



### 4Life Winter Race Series

The first race in our Junior Winter Race Series kicked off literally with a bang (from the start gun!). The Mini League (cross country) at Harvey Hadden Sports Centre had begun!

This was the first time 4Life had entered the mini league as a club and overall everyone was impressed with the event. For starters, it was free to enter! As a stream of athletes began to arrive from 4Life there were course maps posted up and the course itself was clear and fairly flat (apart from a hill just before the finish). Before each race Dan organised short warm ups to make sure that everyone was well prepared and felt part of the team.

The races were divided into school year categories: U11 ( years 4, 5 and 6) was the first category, beginning with the girls, who ran 1km, then the boys, who ran 1.5km. Well done to Maya Todd-Macintyre (8th), Georgie Moffat (31st), Finn Moffat (3rd), Xavi Salcedo (4th), Lucas Wolf-Pudney (12th), Louie Dunne (26th) and Ollie Clay (27th) who all competed in this category.

Next was the U13 category (year 7 and 8) Erica Screaton was the only 4Life girl in this category and she ran 2km, whilst Tom Dussek (12th), Jack Cobb (13th), Joss Moffat (17th), and Stephen Guerin (21st) all ran 3km in the boys event.

The last category was U15 (year 9 and 10) Hannah Clay (7th) and Rebekah Dussek (13th) were in this category, both running 3km.

At the end of the race most people were pleased with their performances! I was tired but knew I'd done my best.

The next race in the Mini League is Sunday 27th November. We hope to see many of you there!

Well done to all the athletes competing!

By Rebekah Dussek

