



4Life Tri Club

Triathlon in South Nottinghamshire



Trentham Gardens Triathlon - July 2009

With the juniors taking a well earned rest for competition, youths and normally taxi driving parents donned club colours and took on the splendour the landscaped gardens and lake at Trentham - with the added bonus of multiple trips up and down a damp A34 dual carriageway.

In the Sprint event, Sam Wass put down an early marker of what was to come by leading the 200+ field out of the water, before the lead changed hands to Grace Hobbs and then Charlie Howick. By the time the 4Lifers reached the finish tunnel, Charlie was third and Grace was the second female finisher, both winning their youth age categories in the bargain. Club awards did not stop there though with Alex Chapman hot on Charlie's heels for another age group win, followed by Sam Wass and George Howick. In giving the youth a clear run to the finish, Chris Dussek (competing in his first o/w event) and Anne Howick maintained a respectable gap to the younger (and some might say faster?) 4Life Youth Sprint Team.

While the award ceremony for the Sprinters was completed, the other "star of the day" was Sam Chapman, who completed her first Olympic Distance Triathlon with both style and a smile. In the spirit of the club, this was another personal success story, where both the position and clock gave testimony to the training Sam had put in over the past months.

As ever – thanks to the coaches and supporters for getting us round the course!

