



British Triathlon National Club Relay Championships

One of the most exhilarating and fun events on the UK calendar, the Club Relays revolves around teams of four using a tagging format where *everyone swims, everyone bikes and everyone runs* in a race that at times looks like a mixture between competition and chaos.

With the sun finally shining, five 4life teams raced in the morning and two in the afternoon – with twelve of the twenty seven 4life competitors competing in this event for the first time. For those of us supporting, you couldn't fail to be impressed, not only by the speed of many of the competitors, but also by the camaraderie and sheer determination of some of the more novice competitors who really conveyed the spirit of the event. Seeing Elvis complete the course four times over was a highlight for many of the younger members!

Well done to everyone who competed, with thanks to Dean for encouraging the many first timers and to those who were able to make the post race BBQ in the camp site. Top marks to Davids (MO and Giles) for going round again the following morning in the Nottingham Triathlon.