



4Life Tri Club

Triathlon in South Nottinghamshire



## Derby Triathlon - September 2009

Ahead of the Last Minute Triathlon at Southwell, 4Life's adults enjoyed the late Summer sunshine to take on a brand new pool complex and revised run route over the Derby Sprint Triathlon course.

Becoming 4Life Triathletes for the first time were Debbie Botting and Helen Dussek, both of whom moved up from competing as a team member in a relay team to doing the whole event as an individual. Months of training paid off for both Debbie and Helen as they both exceeded their own expectations for completing the event in some style.

Other 4Lifers enjoying a fantastic event were Cerys Gingell, Nicola Bennett, Liam Doyle, Will Gamble and David Giles, who notched up 10 years of competing at the event, with Liam's sprint finish over the final 200m being one of the quickest ends to a triathlon by any 4Lifer this season

So if you are thinking of completing your first triathlon next year – the early season event is of course the East Leake Triathlon – but for those of you needing an event after the summer holidays – the Derby Tri offers a really friendly well organised event with 40% of the 650 starters being first time entrants.



*More Photos – See the Website!!*



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