



One Life Racing Round-up No.49, 25th March 2011

Cycling News – from **Marianne Pughe**

Well done to the One Life team of **George Bell, Mark Todhunter, Kate Charlton, Kate Chaplin, Lisa Copland** and **Marianne Pughe** who went to York on Sunday for the Go-Ride conference. It was a really good event and we have got lots of new ideas to pass on so look out for some great new exercises and tricks at the forthcoming cycling sessions!

Upcoming club cycling events are:

The first HMS session Mon 28th March 6-7pm – open to everyone! Novice adults are welcome; we'll go through some basics and help get you more confident before taking to the roads. For the more experienced adults, we'll go out for a group ride. As usual the kids will split into groups and do some great skills work!

The next Albemarle session Sun 10th April 12:45-4pm – full details and session plan to follow nearer the date

Dalby Forest trip - SUNDAY 27TH MARCH 2011

Another jaunt in the style of our last Glentress trip, all welcome for this non-coached social ride. Juniors please bring an adult or arrange it with Marianne if you need to arrange (informal) supervision/a lift. Bikes can be hired from Purple Mountain. There are a range of routes to suit all abilities, from easy greens, challenging blues, tricky reds and severe blacks, check it all out at: <http://www.purplemountain.co.uk/> We will meet at the café at 10am. Any questions email Marianne at: mpughe@gmail.com or phone 07919 164257

Killingworth Junior Aquathlon – Extended Entries & Volunteers

Tyne Tri has extended the entries to 70 for the junior Aquathlon on April 3rd. At the time of writing there are still 14 places left so if you missed out previously, get in quick! The online entry page is [HERE](#). Also Shaun and the team at Tyne Tri would be very grateful for volunteers to help out on the day so if your child is racing we'd really appreciate it if you would agree to marshal/ help out elsewhere. Please drop Tim a line on tpwylie@btinternet.com if you can. Also any adults entered in the later race, it would be great if you could arrive earlier and support the kid's race. It's the first running of the event for kids and it's important that we help make it an annual event since all but a handful of the entrants is One Lifers!





Anyone fancy a challenging ride?

APRIL 17th 2011
Wrynose or Bust
...are you ready for this?

A gruelling 112 mile sportive challenge cycle ride for charity around North Lancashire and South Cumbria. Starting and finishing in Lancaster, the route includes the climbs of Grizebeck, Wrynose Pass, Grizedale Forest, Bigland Hill and Sunnybank

The sold out Fred Whitton Challenge is testament to the popularity of riding in this area, and now Wrynose or Bust looks set to follow in its wheeltracks
 Cycling Weekly, May 6th 2010

Organised for the second year by The Rotary Club of Lancaster

www.wrynose.org

Photo: Rick Robison, CyclesportPhotos.com





Junior Spinning

There is a spinning session on **Monday** evenings from **4:15pm** open to juniors from 12-16 (min inside leg 72cm so if you're younger you can still join in if your legs are long enough!) It's run by **Richy Walton** of Zumba fame and is a fantastic workout for the juniors. It's £3.70 if you have a BeActive card (£4.65 without). The junior BeActive card is £8.50 for three years and gives holders discounts on everything at the Wentworth Centre and other NCL venues and also other benefits such as 10% off at Greggs Sports. For more info on BeActive look [HERE](#). And to book junior spinning just see Wentworth reception or call 01434 607080.

Arragons Tri Club Swim Gala

We're still looking for volunteers for the gala on **Saturday 2nd April** from 5-8pm in Penrith. The events on offer are:

Open age group (anyone can enter) 100m, 200m, 400m Freestyle, 100m Backstroke, 100m Breaststroke, 100 Butterfly and 100m Individual Medley

Vet 35+ age group 100m Freestyle, 100m Backstroke, 100m Breaststroke, 100m Butterfly

Relays (open age group) 4 x 50m Freestyle, 4 x 50m Backstroke, 4 x 50m Medley, 4 x 50m Breaststroke, 4 x 50m Butterfly and finally 8 x 25m Freestyle Cannon

It promises to be a great, fun event so if you'd like to give it a go just grab us at any club session or drop us a line at oneliferacing@gmail.com

SWIMATHON!

This year's Swimathon is taking place at Wentworth Centre between **8 – 10th April** and is a great challenge. Distances are 1.5k, 2.5k or the full fat 5k! You can also enter teams and take on the 5k as a relay. As always, proceeds go to **Marie Curie Cancer Care**. Full details are on the [swimathon website](#) or I'm sure you've also seen **Nick Speed's** wonderful display at the entrance to the Wentworth Centre.

Cheers

Alan & the One Life team

