



One Life Racing Round-up No.51, 8th April 2011

Killingworth Aquathlon

It was an early, early start for some on Sunday for the first junior race of the season, many of the One Lifers left Tynedale before 6:30am to get to Killingworth for 7:15. Once there though, the excitement was building fast as everyone gathered in the sports hall for registration. There was a fantastic turnout from the club with the blue & white dominating everywhere you looked!

Racing got underway at 8:15 with the tri-starts; everyone did fantastically well and produced the first clean sweep for the club in the girl's category. Well done to **Maddy Duffy, Katie Toomey, Róisín Lally, Martha Cook** and **Grace Courtney**. Next up were the T1's and in the girls race again One Life were just 13 seconds away from another clean sweep. Well done to **Rhianna Nitsch** for the win and **Alicia Armstrong** was a very close second. **Phoebe Forster** also had a great race, just missing the bronze medal. The first boy's medals also came in the T1 category with an excellent silver for **Jack Donaldson** and a superb performance in bronze medal position by **Angus Thomson**. The T2's followed with more fine performances with a bronze for **Rhianna Stoves**. The next One Life clean sweep came in the T2 boys with **Jake Duffy, Max Pearson** and **Henry Sanderson** dominating the field for an excellent 1, 2, 3. The T3's were up next and **Harriet Townsend-Rose** had a great race to finish in bronze medal position. One of the most hotly contested categories was the T3 boys. There was an epic battle between the three One Life trailblazers. **George Sanderson** produced an epic run performance to overturn a 19 second deficit from the swim to a 26 second winning margin taking the gold medal in fine style. **Fergus Robinson** produced his usual committed and consistent performance to pick up silver with **Toby Routledge** completing yet another clean sweep for the club. The youth category produced an interesting scenario. There was a youth option in both the adult and junior race entry system which meant that on the day there were two youth categories, one racing 400m swim and 3k run and the other racing the full adult distance of 500m swim and 5.7k run. The shorter distance event produced the most exciting finish of the day with **Charlie Harris-Pratt** just pipping Greg Chambers in a nail-biting sprint finish. In the longer race, **Daniel Rushton** picked up a fantastic silver medal.

The adults were up next with more great One Life performances from **Claire Davies** (our adopted One Lifer picked up the gold in the ladies race) **Maria Armstrong** (2nd senior), **Lucy Courtney** (1st female Vet), **Leisl Allcock** (2nd female vet), **Pauline Harris** (3rd female Vet), **Rose Todhunter** (first super vet) and **Alan Copland** (second male and 1st Vet).

Full results are available [HERE](#). There have been one or two queries regarding the results and the organisers acknowledge that there may be others. If you have a query please direct it to Emma from Tyne Tri at emcox_email@yahoo.co.uk

Once again, well done to EVERYONE who took part and made it such an enjoyable event to be a part of!





Cycling - HMS

The next session at Hexham Middle School is on this coming **Monday, 11th April**. We'll be finishing off the bike checks and practicing mount/ dismount techniques for transition, flying dismounts and cyclo-cross style frame lifts. Can everyone (juniors and adults) bring their running shoes again please. For the adults, we'll go out on a short group ride and finish off with we'll set up a dismount line and do a transition practice and a short run off the bike, now's the time of year when we should be putting things together!

Hamsterley Forest MTB Coaching – From Alex McLean



Developing the Next Generation of Cyclists

Mountain Bike Coaching at Hamsterley Forest



9th April/ 7th May/ 9th July 2011
£5 per session
(also parking is £3)

Type of Session
Mountain Bike skills

Age Range
11yrs – 16yrs

Venue Details/Address
Hamsterley Forest, Redford lane
DL13 3NL

Session Timings
Saturday 10:00 – 14:30

You need to book yourself onto these sessions before hand as we have specific coach : rider ratio.
You can also pre book a mtb if needs be.

For further information please contact: Alex McLean
Mobile Number: 07534281257
Email Address: alexmclean@britishcycling.org.uk

To book a place please complete this form and return it to: 37 Collingwood Drive
Shiney Row
Houghton Le Spring
DH4 7LP



Registration form and info are on our website [HERE](#)





Tyne Valley CC Sportive – from Mike Hodgson

Tyne Valley Cycling Club

Promotes in partnership with
Chain Events

The North Pennine Challenge



**Saturday
18th June 2011**

**Three interesting challenges in the North Pennines
Starting and finishing at Blanchland**

Ride ASeriously Challenging.....	75 Miles	..	£25 Entry
Ride BModerately Challenging.....	42 Miles	..	£15 Entry
Ride CScenic Family Fun Ride.....	12 Miles	..	£10 Entry

Route Details & Entry Forms on our website
www.tynevalleycycling.co.uk



Contact Mike Hodgson:
Home 01207 255219
Mobile 07519 565061







Velo29 Stockton Cycling Festival 2011

The 16th/ 17th July 2011 will see the roads of Stockton and the North Yorkshire Moors transformed in to a fantastic festival of Cycling.

There will be something for everyone, on Saturday The Endeavor Sportive of distances 35/ 65 or 95 miles taking in the areas countryside, villages and climbs. On Sunday, Town Centre racing on closed roads for all abilities. From the Velo29 Elite Criterium to Go-Race, National Junior, Youth and first time racer, there will be something for everyone.

Of course all the Velo29 usual touches will be included, we have street entertainers, music, a great circuit, all the Nations top riders and a generous prize list. All taking place over the weekend at the picturesque setting of Stockton Riverside.

Sportive entires are now open, short route £15 medium route £25 long route £25

Early bird offer £15 all events until 1st May 2011

Full event details available at www.velo29events.co.uk

Tynedale Harriers: Cross Country Results - Congratulations! – from **Jo Murphy**

Well done to everyone who has turned out for Tynedale in this season's NE Harrier League. Snow disrupted the start of the season with early fixtures having to be re-scheduled, but fortunately none had to be cancelled, and the season finished without a hitch on Saturday with the Prudhoe fixture which our club hosted. On the whole Tynedale has had a very successful season. Thanks must go to the juniors' coaches headed up by Peter Venus, Hugh Bingham and a special mention to **Steph Scott** (women's captain) for her motivational emails! At Prudhoe the U13 boys team finished the season strongly with **Bryn Mordey** 2nd, Callum Outterside 8th and Dominic Morely 16th, giving their them overall victory. In the U15's a fine performance by **George Sanderson** in 9th, with Tynedale in 4th team position. Polly Byron ran well securing 3rd place in the U13 girls race. Prudhoe concluded a great season for the U13 Tynedale boys champions in their age category. Well done to **Matthew Jackson** who came a fantastic 2nd in the individual U13 grand prix, strong performances from **Fergus Robinson** and Callum Outterside as well meant they finished 7th and 8th respectively. The U15 boys were 6th team overall, and **George Sanderson** came 10th in the individual grand prix. Polly Byron secured a very respectable 6th position in the U13 girls' grand prix too. There were fine performances from the Tynedale ladies throughout the season, as reflected in the grand prix results, which they dominated. Seven out of the twenty-one veteran women in the grand prix were Tynedale Harriers. Sonia Morley was 1st, Fran Little 3rd, **Karen Robertson** 4th, Kirstie Anderson 6th, Joanne Lee 10th, **Steph Scott** 13th and **Kim Bluck** 14th. Notwithstanding this, given the handicap system, frustratingly the Tynedale team had to settle for 2nd place behind Heaton Harriers (again - grr!) - a brilliant result nevertheless. For the men, Phil Vincent had a tremendous run at Prudhoe finishing in 5th place. While there were notable individual performances by the men during the season, inconsistency in getting a team out for each fixture has meant that Tynedale men are relegated to start the 2011/12 season in the second division. Hopefully this time next year I'll be reporting that they've been promoted back up!





Harriers: Seniors Track & Field – from Jo Murphy (again!)

A message from Richard Hunter:

2011 Track & Field season is nearly here!!!

As usual we are calling all members to dust off their track spikes, polish their throwing shoes or simply just turn up to our track and field fixtures to help the club in the Northern Senior League on the following dates:

7th May Hosted by Richmond & Zetland (venue TBC)

4th June Jarrow

3rd July Middlesbrough

14th August HEXHAM - hosted by Tynedale Harriers

The league has 7 teams in it and in many events only 1-2 clubs field athletes therefore if we can field someone in EVERY event we could finish in the top 2 teams - our men are strong on the track and field but we are always looking for more men and WOMEN sprinters, hurdlers, middle distance runners as well as jumpers and throwers - so don't be shy!!!! We welcome anyone who is interested in taking part for the first time.

Minimum Age is school Year 11 (ie Top year U17 men/women) so it is a great competition for those juniors looking for extra competition.

If you have not competed on the track or field for a while OR have never tried some of the events we are holding 5 taster sessions with advice and coaching on Tuesdays from **TUESDAY 5th April (7pm to 8pm)**

5th April, 12th April, 19th April, 26th April, 3rd May

If there is interest we will continue to offer these sessions throughout the summer up to the last fixture in August.

Please contact Ian Cowell ian@born4running.co.uk or Richard Hunter richard@tynedaleharriers.com if you are interested in trying new events. If any of the ladies wish to be ladies T&F Team Capt. please also let us know so we can coordinate team information and help recruit some athletes

Track from 100m to 5000m (men) or 3000m for women

Field from High Jump to hammer!!!

Cheers

Alan & the One Life team

