



## One Life Racing Round-up No.54, 29th April 2011

### Albermarle Cycling & Open Water Swimming

*Bank holiday Monday, 2<sup>nd</sup> May – Time trial, Duathlon and open water swimming sessions*

Next Monday promises to be a great day of training for all club members. Remember, Albermarle cycling is not just for juniors!

The day will kick off at Albermarle with registration at 10.45 for an 11am prompt start and running until around 2.30pm. Please remember to enter via [Crash gate 4](#). It will be a chance to brush up on your Time Trial and transition skills! This is a Time Trialling extravaganza!! A chance to test out aero bars, push TT machines, Aero helmets, fettle bikes and alter positions and all things TT related with the bonus of a Duathlon at the end! So please remember to bring trainers & race belts too.

Next it's OPEN WATER SWIMMING in the river at Tyne Green. Registration will be at 6.15pm for a 6.30pm start. We're hoping to be able to include all juniors but this will be dependent on the water temperature. We'll be testing all weekend and will make a final decision on Monday so please keep an eye on your inboxes, on the [Facebook](#) page or our [Twitter](#) feed for updated info. As it stands, the plan is for juniors from T3 upwards to take part (and adults of course!) but please remember, especially if it's your first open water swim of the year that it WILL FEEL COLD so make sure you have a full wetsuit and bring lots of warm clothes for afterwards.

There will be NO CHARGE for the day but we will be taking donations to our own **Angela Wylie's** charity bike ride. It is over 10 years since she was diagnosed and consequently beat Leukaemia, after intensive treatment which included a bone marrow transplant at the Newcastle RVI. Angela and a number of other cancer survivors are accompanying the doctor who originally treated her in sections of the Lands End to John O'Groats bike ride, to raise funds for the cancer ward at the RVI. Good Luck Angela!

### Ashington Triathlon

Well done to all the One Lifers who took to the start line at the Ashington Triathlon on Easter Monday. Especially well done to **Steve McNichol** who was racing in his first full triathlon! There were more honours for our recently crowned European silver medallist **Claire Jackson** who won her category, **Charlie Harris-Pratt** was second junior and **Alan Copland** took the overall race win. Other great performances were made by **Darryl Manning, Brendon Jackson, Stuart Barr, Ian Pratt, Tim Griffiths and Kevin Smith**. Full results are on the [Tri Northumberland](#) website [HERE](#)





## Kendal Triathlon

The weather was perfect for a triathlon and the race started in waves. **Iain Robertson** and **Carl Wilkowski** were representing One Life here. Here is Iain's report: "I was in the second to last wave that saw me up against young elite, GBR racers and generally people that looked very fit. At this point I wished I had put down a slower swim time, however, I sucked in my gut and jumped into my lane as quickly as possible and got my shoulders beneath the water as I thought I look reasonably fit from the neck up. The 500m swim started and I was second of three off in my lane, my idea was to try to catch up with the lad in front, rest on his feet a bit then go for an overtake. I soon realised that this was not to be as I saw him disappear up the lane. The 20 lengths were over with quite quickly and out into transition. On the day, 21st position after the swim. Once onto the bike, I got aero and thought I was powering along until GB tri suit after GB tri suit came past. I stuck to my task and then got stuck into the first of two loops on the bike which were a bit hillier than I was expecting but I was really enjoying myself. The bike went well, with no mishaps and it was back to transition for the second time. I am not famed for my speedy running but decided to give it ago from transition but decided very quickly to get into a more sensible shuffle rhythm. The run was hillier than I expected. I hate hills. One of the hills was really steep and I had just been overtaken by Fergus Roberts of Red Venom, so I thought if I could just keep him in sight on the hill. I did but I've got 20/20 vision, he was a bit ahead but I could still see him. After the hill it was a steady descent to the finish which allowed me to stride out and look half decent for the finish. I crossed the line having really enjoyed the race. I had come in 57th place overall in a time of 1'14'33. (19th in my Cat), not bad I thought as I supped on my complimentary smoothie. A really friendly and well organised race". Thanks to [mytriclub.co.uk](http://mytriclub.co.uk). Full results are [HERE](#)

## Hetton Crit Racing – From Marianne Pughe

A great turn out for the first Hetton series crit race with **Rowan Pughe, Ali Maxwell-Gray, Fin Robertson, Rhianna Stoves, Jake Duffy** and **Jordan Hull** all racing well.

Jake Duffy stormed round, a lone One Life shirt and despite having no teammates to back him; he brought home the first points of the day with a second place in the first race. Rhianna Stoves was on great form with **First place girl and 3rd overall!**

Rowan and Ali hung on in the first group for as long as possible until they fell back into the second group with Jordan Hull to form a team effort to pick up the last remaining points. In the second race rowan Ali and Jordan again quickly got into a team formation with the knowledge that only Jordan had a chance of points Rowan and Ali worked hard to protect Jordan who won his group with a fantastic sprint finish. It was great to see a tactical team effort, let's see some more One Lifers at the next race!





### Bolton Aquathlon – Joint Winner! From Rhianna Stoves

27 Mar Bolton Junior Aquathlon. **Rhianna Stoves** was first out of the water (boys and girls included!) She had a great swim and run to finish joint 1<sup>st</sup>. Well done Rhianna! A great start to her season. A short report with results and photos are on the **Bolton Tri** website [HERE](#)

### Thames Turbo!

**Beth Gregory-Smith** Was the sole One Lifer taking part in the Thames Turbo sprint race 1 on Easter Monday. No wonder since it took place in Hampton, Middlesex! She had a great race in the open air pool followed by a strong cycle and run to finish in a time that was more than 3 MINUTES FASTER than last year! Well done Beth. Full results are [HERE](#)

### Nutcracker Mountain Bike race – from Helena Forster

A small group of One Lifers went down to Catterick, Yorkshire to compete in the first of the four Nutcracker Mountain Biking Series. The loop was 6-7km (4-5 miles) long which the age category juvenile (12-14) had to complete 1 lap of, and the youths (15-16) had to complete 2 laps. All of the Pughes turned up after camping there the night before (including the dog) and ready to race the next morning. Competing were **Rowan Pughe** (18th) (35th) **Rhianna Stoves** (47th) and **Helena Forster** (53rd).

For the under 12's there was a chance to have go in a category called 'sweat monsters' which was a shorter less technical distance. **Phoebe** and **Nell Forster** had a go at this and enjoyed being part of it all.

Everybody did really well even with a few cuts and bruises and had a great day out in the sunshine!

### National Youth Circuit Series Hetton – message from Jon Bateman

Just to let you know that entries are now open for June 18th.

<http://www.britishcycling.org.uk/events/details/71202/Hetton-Lyons-Youth-Crits-%28YOUTH-NATIONAL-CIRCUIT-SERIES%29>

### Haltwhistle Junior Triathlon

There are only 30 places left in our kids race on 14<sup>th</sup> May. There are still lots of One Lifers names missing from the entry list so to avoid disappointment, please enter your children asap via the events page on our website [HERE](#). **If anyone knows where we can 'borrow' around 150 stakes/fence posts for course marking, please drop me a line on [oneliferacing@gmail.com](mailto:oneliferacing@gmail.com)**





## Royal Wedding Day

The Wentworth centre is **closed** on **Friday 29<sup>th</sup>** for the Royal wedding so there will be no training again this week. It's also closed on the May day bank holiday on Monday 2<sup>nd</sup> May.

## Colin Hill – 24 miles in 24 hours charity appeal

<http://www.bmycharity.com/Chill24mile24hourswim> last minute fundraising appeal! I'm attempting to swim one mile every hour for 24 hours, going to be a long cold night at an outdoor pool. Please sponsor me to attempt the swim, as I haven't any support person, so who knows if I'll manage to get out of my tent at 3am to swim another mile..... all for a good cause though. [Help for Heroes](#)



[Colin hill www.bmycharity.com](http://www.bmycharity.com)

## Tri4U Coaching & Open water swimming

### TRI4U TRIATHLON TRAINING DAYS:

#### HEXHAM LEISURE CENTRE

**Saturday 7<sup>th</sup> May 2011**

(see information below)

**ULLSWATER, PENRITH** (includes Open Water Swimming)

**Saturday 11<sup>th</sup> June 2011**

#### The day includes:

- Swimming session working on speed and technique
- Swim analysis
- Wetsuit swim practice
- Seminar talks on nutrition and training preparation
- Bike Set up check and adjustment for optimum performance
- Cycling techniques including hill technique work
- Transition technique and practice
- Run technique and training session on outdoor track
- Triathlon race practice





The Coached sessions are designed for all abilities.

**OPEN WATER SWIMMING.**

- **TALKIN TARN, BRAMPTON -**  
Monday 2<sup>nd</sup> May 6.00pm
- **ULLSWATER SWIM CLINIC**  
Sunday 5<sup>th</sup> June  
Sunday 12<sup>th</sup> June
- **QE2 COUNTRY PARK ASHINGTON**  
Thursday 5<sup>th</sup> May, 19<sup>th</sup> May, 2<sup>nd</sup> June and 9<sup>th</sup> June

If you would like to attend could you please contact Barry:

Tel: **01434 344284**

Mobile: **07808182781**

E-Mail: [barry.jameson@tri4u.co.uk](mailto:barry.jameson@tri4u.co.uk)

Web: [www.tri4u.co.uk](http://www.tri4u.co.uk)



## Senior Triathlon Training Day

**Saturday 7<sup>th</sup> May 2011**

**Wentworth Leisure Centre, Hexham. NE46 3PD**  
**9am — 3.00pm**



*The day includes:*

- Swimming session working on speed and technique
- Swim analysis
- Wetsuit swim practice (optional)
- Seminar talks on nutrition and training preparation
- Bike Set up check and adjustment for optimum performance
- Cycling techniques including hill technique work
- Transition technique and practice
- Run technique and training session on outdoor track
- Triathlon race practice

**£55**  
£20 deposit required

To book a place contact: [barry.jameson@tri4u.co.uk](mailto:barry.jameson@tri4u.co.uk)

**Tel: 01434 344284**

**www.tri4u.co.uk**

Cheers

Alan & the One Life team

