



One Life Racing Round-up No.55, 6th May 2011

Sponsored Cycle – from Angela Wylie

I would like to say a big thank you to everyone who sponsored me on my cycle ride from Seahouses to Newcastle. Around 100 cyclists took part on the final day all raising money for Bright Red - a charity established to improve the lives and treatment of people in the North who are dealing with Blood Cancer. Sean and I finished at the front of the field and I actually got a prize for being first lady home even though it was not a race. So far I have raised around £240 (*you can add just over £70 donated at our sessions on Monday - Alan*). Tim has forced me to attach a photo of me and Sean getting ready to set off from Seahouses!



Haltwhistle Junior Triathlon

Entries to the Haltwhistle event will be closing this Sunday 8th May. Please enter your children asap via the events page on our website [HERE](#).

Jo Lally has kindly offered to co-ordinate the volunteers on the day. Could everyone who helped out last year please drop Jo a line at j.e.lally@newcastle.ac.uk or see her on Friday night to confirm whether you can help out in the same capacity again and for those who weren't around last year but would still like to help, we'll definitely be able to find you something to do too! so please don't be backward in coming forward. (We're still looking for fence posts for course marking too if anyone can help)





Albermarle Cycling - a report from Marianne Pughe

We had a great training session on Monday with a record turn-out of **71 participants**, and well over 80 with coaches and helpers included. It was a great atmosphere and by trading information between the experienced and novice riders, everyone came away having learnt something.

The sun shone and a gusty wind blew over, ideal conditions for our Time Trial special. **Pauline Harris** had the task of registering and collecting parental consent forms and stayed on until the bitter end for sign out, apparently there are still 20 people still there (or maybe they forgot to sign out?!!)

We concentrated on body position and discussed all of the ways we could minimize drag and maximise power. Aero bars, special helmets and wheels were discussed as well as getting a close up look at Alan's lovely P3 Time Trail bike in action. We had expert advice from **Alex McLean**, our regional development coach from British Cycling, who got stuck into all the practical bits, and seemed to really enjoy the Bike/run competition at the end (we might have to kidnap him)

The younger group practised riding up-right into the wind and then compared their times doing the same distance in an aero tuck position...much faster!

The older group were doing much the same on the main runway, completing two time trials with and then against the wind (**see results [HERE](#)**) a special mention has to go to **Max Pearson** who came up into the big group, worked really hard and has obviously getting the miles in!

Ross Maxwell, Mark Todhunter and **George Bell** recorded the times while **Mike Watchorn, Iain Robertson** and **Marianne** did the held starts and countdowns, a super team effort.

Mike was also on hand to take photographs of the riders for body position analysis and generally made sure everything ran smoothly – thanks Mike. We broke for lunch and enjoyed lovely cups of tea from Nathan and Millie with lots of parent helpers dishing out the refreshments. A bucket went round for Angela's bike race, raising £50!! After lunch was the Bike/run competition with each age group braving the bumpy grass bike course and the many mount and dismounts. Everyone worked really hard and there were some excellent performances. Well done to **Jordan Hull** who was press ganged up a group and still came in second! **We cannot thank the coaches and parents enough, so many people pitched in and offered help, which is what makes our club so brilliant!**

Results (it was really complicated so please forgive any mistakes, and only the first 3 were recorded in the first races)

Tri starts

Jamie Chaplin
Archie Marston
Roisin Lally

T2

Max Pearson
Sophie Speed
Tom Copland
Abigail Thompson

T3

Fergus Robinson
Matthew Jackson
Finlay Robertson
Ollie Allcock
Bryn Mordey
Sam Watchorn
Helena Forster
Harriet Townsend-Ro
Hannah Pinkney

Adults

Alex Maclean
Pete Murphy
Alan Copland
Karen Robertson
Ian Pratt
Iain Robertson
Julian Thompson
Sandra Thompson
Richard Hutton
Jo Murphy
Louise Griffin
Ross Maxwell
Adrian Marston
Jo Hutton

T1

Jack Donaldson
Aiden Pinkney
Angus Thompson

Junior

Charlie Harris Pratt
Jordan Hull
Alistair Maxwell-Gray
Rowan Pughe
James Dickinson





A selection of photo's from Albermarle. More available [HERE](#) (coming soon)





Housekeeping

There was a small blight on the proceedings at Albermarle. Some of the youngsters got a little over excited in the Pavilion and had a water fight which left the area in rather a mess (thank you to those who stayed behind to help clear up). Can I remind everyone that we rely on an enormous amount of goodwill from the MOD and volunteers on the day and if things like this persist we run the risk of losing the use of these facilities, a situation I'm sure you'll agree that we want to avoid after all the hard work from Marianne to gain access to the airfield in the first place. Please bear this in mind when attending Albermarle or any other club sessions.

Friday Running/ Brick session. Please can we borrow your turbo trainer!

This Friday Rhiannon is running a bike (turbo)/ run brick session for her and Tim's run groups. Please bring along your turbo if you have one and if you don't please try and borrow one. **We'd also be grateful if anyone could lend us their turbo for the evening.** For details please drop Tim a line on tpwylie@btinternet.com

Troll House BBQ - Calling all MEN

After the success of the after training get together at the Tap & Spile recently (and to keep up with the ladies who are planning their own do) **Julian Thomson** has suggested another gentlemen's evening. **Rob Pughe** has kindly offered use of the back garden Troll House with lots of manly stuff like built in BBQ and animal skins to sit on at his house in Humshaugh. The proposed date is Saturday 28th May. Please let Julian know if you're keen on j.thomson@andersonandgarland.com

Aldi Offers!

There's lots of cycling stuff on offer in Aldi this week. Details on their website [HERE](#)

Time to bike – Alston training camps from Neil Withington

I am starting my own Cycle Business "time2bike", and will be offering all types of cycle training from the beginner through to the more experienced, please take a look at my website www.time2bike.co.uk (under development), to find out more about what is on offer.

I have attached a [flyer for a set of training camps](#) which I have organised for June/September/October at Whitlow Farmhouse near Alston, Cumbria.

Cheers

Alan & the One Life team

