



One Life Racing Round-up No.58, 27th May 2011

UCI Mountain Bike World Cup Dalby Forest U14s Relay – from Max Harrison

Thankfully I didn't have to get up at 4.00am to get to the event village by 7.45am. Unlucky **Marianne Pughe, Fin Robertson, Sean Wylie and Rowan Pughe!**

This event is amazing, much bigger than I was expecting. For the U23s and Elite men's and women's events there were teams from all of the major bike & component manufacturers; Shimano, Rock Shocks, Scott, Trek, Orbea, Giant etc. Also international teams from Canada and China to name but two. Dozens of tents and caravans displaying all the latest bikes and biking bling and a few thousand spectators.

Our U14s race was a relay with four members per team. Representing One Life Racing were **Fin Robertson, Helena Forster, Sean Wiley** and me. There were eight teams in all, seven from around the north of England and one tri club from Southampton (I wonder what time they had to get up?) Each team member did one lap of Dixon's Hollow (part of the World Cup circuit) and then tagged their team mate to set off the next rider. This was repeated once, so eight laps in total for each team.

All eight teams gathered on the start line and there was a count-down, 15 seconds to go, adrenalin gushing, absolute silence, tension rising – the pistol fired and the first eight riders sped off in a cloud of dust. After we had all ridden once and four laps were completed we were well placed in the top three but the first placed team were pulling out a clear lead so the battle was on for second place. Second and third places were traded a couple of times but by the final lap there was only a few seconds between the two teams. Sean put in a blinding lap, just holding the lead and winning a sprint finish up the final straight and over the line. WOW!

All riders gathered for congratulations and pats on the back – Marianne, my dad and Helena's dad were bouncing up and down – so embarrassing! We received our goody bags and silver medals on the World Cup podium but the highlight was when they played the national anthem.

This was a great team effort, every one of us played a great part, we learned loads and the experience was simply fantastic. We'd also like to thank Marianne for getting us there in the first place – Thank you Marianne.

Video of the event can be found at this link: <http://uk.freecaster.tv/mountainbike>
Photos from the event are [HERE](#) and [HERE](#)





St Anne's Triathlon, Sunday 22nd April – from Rhiannon Robinson

Three tough juniors endured appalling weather on Sunday at the St Anne's Triathlon near Blackpool, to fly the flag for One Life at one of the North West region's children's races. This large event, which is for 300 adults as well as 100 kids, is held at Lytham St Anne's and, with closed roads, offered the opportunity for some great cycling experience for the juniors. However, its location right on the coast meant that the competitors were left completely exposed to 40mph winds and lashing rain and hail beating in from the North Sea, as they attempted to cycle and run up the promenade.

The adults went first thing in the morning and as wave after wave of competitors came into second transition off the bike they looked like they had been through a washing machine. As the morning drew on the organizer considered cancelling the cycle part of the children's competition on safety grounds, but after consultation with the junior competitors and their parents who were all keen to continue as a full triathlon, it went ahead as planned.

Contrary to normal practice, the youths went first, followed by T3 where **Jordan Hull** and **Fergus Robinson** were One Life's representatives. Both had good swims, Fergus emerging first of the two from the pool into transition where he was trying out the full 'triathlon shoes ready clipped to the pedals' routine in a race for the first time. He exited onto the bike course, looking like a pro, although commented afterwards that trying to get his feet into his shoes proved extremely challenging as every time he took one hand from the bars he was almost knocked from his bike by the wind. Going one way up the flat and largely straight road he clocked over 30mph, but having turned to return to transition could manage a bare 10mph, struggling all the while to stay upright as gusts buffeted the cyclists all the way. Meanwhile, Jordan, down on his tri bars, was catching up fast, with a superb bike leg. Out onto the run course and once more they were fighting the conditions along the edge of the beach, before returning directly into the wind and the finish. By this time Jordan had overtaken Fergus to cross the line in an excellent first place with Fergus in fifth.

Meanwhile, **Rhianna Stoves** was out on the course in the T2 girl's category. A strong swim set her up well for the rest of the race and despite falling off, having caught a wheel on the cone marking the turn point, and finished strongly on the bike to emerge in the lead onto the run course. A great run and sprint finish saw her cross the line in first place to take a well-deserved handsome silver salver as a trophy. Well done to all three, especially for battling on in such atrocious conditions. The weather was a disappointment this year, and even the chip timing failed because of the conditions, but the closed roads and flat fast bike course make this a great event, so it is certainly worth considering for both seniors and juniors.





Keswick Triathlon

What a day for all the One Lifers brave enough to take part in the Keswick event. The wind was wild, the rain was driving and the temperature was coooold! The conditions made racing extremely tough but as usual, One Life featured all over the leader-board. In the 'short' race **Charlie Harris-Pratt** had a strong race finishing in 2nd place in the junior category, **Sandra Thomson** had a storming race, not letting the conditions get to her she finished 1st in the V40 category and 4th lady overall, well done Sandra! Not to be outdone **Mike Pinkney** returned the same numbers in the men's race, 4th overall and V40 winner! **Beth Gregory-Smith** also had a great race finishing 6th in her category. **Ian Pratt** was also 6th in his category with **Pete Murphy** hot on his heels just 2 seconds behind in 7th place. **David Owens** and **Julian Thomson** finished in 14th and 15th in their category, Julian was just edged out by Sandra in the Thomson family race....Results for the short race are [HERE](#)

The long race posed a whole new set of 'challenges' with the run being predominantly over fells and a longer, colder cycle but as is becoming customary **Jan Oliver** beat all competition in her category to finish first with over 6 and a half minutes to spare! **Tim Griffiths** turned in a good performance in 49th in his category and the ever present **Rose Todhunter** coped brilliantly with the conditions to finish 8th in her category. **Tim Wylie** unfortunately had to withdraw with an injured calf early on the run. Results for the long race are [HERE](#)

Photographs from both races are [HERE](#) and [HERE](#)

Strathclyde Triathlon – British Super Series

Although it was not part of the elite event One Life were present and in winning form at the first of the British Triathlon Super Series at Strathclyde Park at the weekend. **Martin Bluck, Alan Copland** and **Richard Parker** formed a relay team that swept away the opposition to win the GE sponsored corporate relay event by a clear 16 minutes! One Life are working with GE in their tri-twinning program to encourage GE employees to get involved in our sport and will have the opportunity to repeat our efforts in the Blenheim Triathlon on 4th June. Results of the relay event are [HERE](#)

Hetton Junior Open Water Triathlon – Open for entries!

There has finally been some good news regarding the venue at Hetton Lyons Park and the weed will be removed and treated to prevent its return in time for the junior event on **9th July**. Entry is now online at Entry Central [HERE](#). It's a great venue with the bonus of offering closed road cycling so the kids can let fly with the road bikes!





Salt Ayre Junior Triathlon

Bolton Tri club are organising what looks like a good junior event in **Lancaster** on **Sunday 12th June**. The swim will be in an eight lane indoor pool, the cycle is on a 1500m tarmac off-road cycle track and the run will finish on the running track. There are a few places left and entry forms and info are [HERE](#)

Open Water Swimming

The next session will take place on **Monday 30th** at the usual time of 6:30pm. As before, please watch this space and your inboxes for information on which junior groups will be able to join the adults in the water.

We have begun to receive bills for our use of the changing facilities so from now on we will need to make a small charge of £2 per adult per session, please arrive in good time to sign in and pay before the session begins. Kids swimming will remain free as long as we can cover our costs.

New & used bikes

If you're looking to buy a bike, there are two useful websites where you might be able to pick up a second hand bargain. **BikeSoup** and **The Gorilla Firm** both offer a similar service. If you're looking to sell bikes, they offer listing for that too but of course we'd like you to offer your used bikes for sale to other club members first. Click the pictures to see their websites:



Mens night out

Preparations are well under way in the Troll House for this Saturdays men's night out. We're meeting at the bus stop in front of the Abbey at 7:15 sharp. We'll be driving to Humshaugh but will be arranging some taxis for our return as, no doubt there will be some 'light refreshments' imbibed during the evening. If you haven't yet confirmed with **Julian Thomson** whether you need a lift there and/ or a taxi back then please drop him a line asap at j.thomson@andersonandgarland.com





Ladies night out – reminder from Helen Sanderson

The Ladies night out is on **Thursday 9th June** at Saathi Indian restaurant, Hexham at 8pm. Please can you let me know before half term (Friday 27.5.11) if you are able to come...thank you. You can catch me at the triathlon sessions or email me paul@thepaddock.entadsl.com

Cycling – Tour de Thursday from Marianne Pughe

Tour De Thursday 26th May group cycle ride.

Meet at lay-by just outside Stonehaugh village at 6.45pm.

Directions: From the A69 take the A6079 through Acomb and Wall turn left onto B6318 go over the bridge at Chollerford and straight over the roundabout onto the B6320 towards Wark, before Wark take the left hand turn AFTER the one for Simonburn Tearooms, this is Ward Lane signposted for Stonehaugh and Whygate, drive up the steep hill and keep going along this twisting, undulating road until there is a right turn to Stonehaugh, we will be parked a little way along this road. I will try to get some signs out.

The following provisional Tour De Thursday dates are:

2nd June: Langley Bends, parking at Haydon Bridge, Sue and Rose will be hosting this twisty turning route.

16th June: Bingfield and Ryal, parking in Jill Crawford's field with a BBQ after, bring something to sling on the grill.

30th June: Parking at Slaley, Ross Maxwell will take us on a cycle-run- cycle through the forest, bring your trainers!

14th July: parking at Catton Sports Club, Brendan Jackson will take us round his favourite Allendale

route. 25th August: Parking at Great Whittington Village Hall, Iain Robertson will take us around this

route. 1st September: parking at Newbrough, a return to the killer climbs of Stanegate, the last planned ride.

Further details on these rides will follow.

Cheers

Alan & the One Life team

