



One Life Racing Round-up No.59, 3rd June 2011

Epic weather at the Epic Swim!

Last weekend saw the first event of the [Epic Events swim series](#) in Coniston. Dreadful weather conditions meant that the final event of the day had to be cancelled to ensure the safety of competitors. The first 500m swim event went ahead under careful supervision due to the small size of the course and the 3.8k swim was shortened to a 1500m three-lap race over the same 500m course, with swimmers called to shore as the winds became too strong. With the weather subject to abrupt and unpredictable changes, organisers took the tough decision to postpone the final "classic mile" swim.

One Life was well represented in both races that did go ahead. In the 500m event **Sean Wylie** coped brilliantly with the conditions to finish in 3rd place overall with **Jordan Hull** close behind in 5th. **Helena Forster** led the One Life ladies home in 14th place with a very strong performance in the conditions. Well done too to **Jo Lally** and **Lucy Courtney**, excellent swimming all round!

In the 3.8km event (shortened to 1500m) **Daniel Rushton** finished in 4th place overall and **Alison Nitsch** was 8th overall and 2nd lady. Well done both! Other One Lifers mad enough to do the three lap course were **Tim** and **Angela Wylie** with Tim just taking the honours in the family.

Tour de Thursday cycling – from Marianne Pughe

Tour De Thursday 2nd June– Langley Bends

Rose Todhunter and **Sue Bell** have made a generous offer of Tea and Cake after this Thursday evenings ride, at Sue's house, Glencoyne, Haydon Bridge, NE47 6BP. We will be starting our ride from here at 6.45pm.

If you are coming please can you let me know so we have an idea of numbers? mpughe@gmail.com

This is for adult intermediate riders and older juniors when accompanied by a riding adult (unless arranged beforehand) and is not a coached session.

Rescheduled Go-Ride racing

The first Go-Ride race will take place on **Monday 6th June** at HMS 6- 7.30pm.

It will run as cyclo-cross, drag racing, slalom and scratch racing which will be put together for a longer loop race at the end.

The age groups for this race are: under 8's, u10's, u12's u14's, u16's based on your age on 1st Jan 2011. Entry fee is £1. Everyone is welcome; please turn up in good time for registration and bike checks.





Training with Tim Don

There's a great YouTube video [HERE](#) showing a couple of days in the life of Tim Don, one of GB's best ever triathletes and all-round good guy. Some great running tips are included!



Cycling Events in Co. Durham

THE BEAST

Sunday 11th September 2011

A very challenging 50 mile route through beautiful County Durham scenery, the route being mostly on road. This ride is only for the competent, experienced and capable cyclist. Starts at 9:00am from Sniperley Park & Ride, Durham.

Entry prices: Adult £17, call 0191 383 3042 for details of group discounts. Entrants receive a good quality t-shirt and refreshments.

Durham Big Rides

Sunday 4th September 2011. The event now in its 5th year will again comprise of three routes to cater for all abilities (3 miles, 10 miles & 25 miles) and there will be on site entertainment for all to enjoy. Events will take place on closed roads and cycle tracks.

Starts from 9:00am from County Hall, Durham

Entry prices - Under 16's £5, Adult £17, Family (2+2) £40, call 0191 383 3042 for details of group discounts.

Little ride - £5 all entrants

Entrants receive a goody bag (including a t-shirt and medal) and refreshments.

For application forms please call 0191 383 3042 (Mon-Friday 8am-4pm) or visit the website www.durhambigride.co.uk for more details or to apply on-line.





Barnesbury TT & Barbeque

It is the Barnesbury Cycling Club's open twenty five mile time trial on the evening of **Wednesday the 22nd of June 2011** (The Johnny Rankin Trophy). The race is run under the rules of Cycling Time trials. The race is on the [M2510 Horton to Woodhorn \(twice\) course](#), if you wish to enter please let me have your entries. The Barnesbury Club is also a youth development club if you did not already know. And holds regular youth Coaching sessions on Saturday Afternoons. The next session is this Saturday the 28th of May. The coaching is delivered by fully qualified coaches and takes place in a safe off road enviroment. Session is at 1.15pm at Gallagher Park in Bedlington. All enquiries to Chris Gray at cnggray@hotmail.co.uk.

555 Duathlon

The 555 Duathlon will be taking place on **Sunday 4th September 2011** organised by Jesmond and Fenham Pools. Poster is [HERE](#) and entry form is [HERE](#)

The 555 Duathlon has proved popular with both runners and swimmers alike and again will involve them tackling a 500m swim at Fenham Pool before undertaking a 5k run to Jesmond and finishing off with another 500m swim at Jesmond Pool.

Both the swims and the run will be fully marshalled and changing and shower facilities will be available and a baggage bus will operate between both Fenham and Jesmond Pools. On completion of the event, all participants will receive a Start Fitness 'goodie' bag and trophies will be award to the category winners. The cost of entry is £16 per participant and entries are limited to 50.

Info and entry forms can be found on the Jesmond Pool website at www.jesmondpool.co.uk. For further details please contact Jesmond Pool on Tel: 0191 281 2482 or jesmondjoggers2006@hotmail.co.uk

Tri4U Coaching

OPEN WATER SWIMMING. Sunday 5th and Sunday 12th June 2011 from 10am

Tri4u have organised some coached Open Water Swim sessions at Pooley Bridge (Ullswater) Penrith in preparation for the Great North Swim, other Open Water Swim events and Triathlons.

- Coached sessions based around novice, intermediate and advanced groups
- Specific stroke technique coaching and 1-1 tuition
- Open water skills focused around individual athletes





SENIOR TRIATHLON TRAINING DAY. Saturday 11th June 2011 from 9am

Predominantly aimed at novice athletes and those looking to improve technique and knowledge. The day will cater for all abilities and will consist of:

- Open water swimming (wet suits compulsory)
- Bike Set up talk and demonstration
- Cycling session around the surrounding countryside
- Transition practice
- Run technique and training session

Further details at: www.tri4u.co.uk or by emailing barry.jameson@tri4u.co.uk Tel: 01434 344284

BTF Awards – from Michelle Scott

As everyone knows within sport, the help given by volunteers is invaluable. The majority of sports would not exist without them and Triathlon is no different. Recognising and rewarding the volunteers by way of BTF Workforce Awards is one of our ways to say thank you to all the hard work put in year after year.

The categories of Workforce Awards are:

- Volunteer
- Young Volunteer
- Official
- Children's Coach
- Participation Coach
- Performance-Development Coach
- Young Coach

Nominations for the above are to be submitted to [Ali Sibcy](#), with Home Nation members being able to vote for Regional winners by logging in to their membership. From this the Regional, Welsh and Scottish winners will be submitted to the Independent National Panel who will determine the National winners.

Please click [here](#) for the Workforce Awards nomination form

Alongside the Workforce Awards sit the Club and Event of the Year Awards. The Club of the Year award nominations should be submitted to [Ali Sibcy](#) (click [here](#) for nomination form) and Event of the Year nominations (click [here](#) for nomination form) should be submitted to [Hollie Smith](#).

For all criteria details please click [here](#) and for the additional information relating to the Workforce Awards please click [here](#)

Cheers, Alan & the One Life team

