



One Life Racing Round-up No.62, 24th June 2011

PLD Triathlon

As usual, One Lifers made up the bulk of the field at the PLD triathlon at the weekend but equally refreshing was the sight of lots of new faces amongst the record 133 entries. The weather was ominous but held out enough for a fantastic day of dry and competitive racing. Unfortunately not enough volunteers came forward to ensure that split timing was possible so the results [HERE](#) only show the total times.

First off as always were the Tri-starts, there were wonderful, enthusiastic performances from all the One Lifers. Well done to **Maddy Duffy, Roisin Lally, Martha Cook** and **Jamie Chaplin!**

The T1 age group for girls was dominated by One Lifers who took no less than eight of the top ten places! The first three were **Rhianna Nitsch, Phoebe Forster** and **Alicia Armstrong**. The T1 boys age group leader-board was also made up mainly of One Lifers with five of the top six. **Jack Donaldson** took silver and **Aidan Pinkney** pushed the leaders very close in bronze medal position. Just 20 seconds separated the top three.

Rhianna Stoves produced a typically gritty performance to run the winner close in the T2 age group and picked up second place. In the boys T2 race One Life took gold and bronze in the shape of **Jake Duffy** and **Henry Sanderson** with Jake taking the victory with a 1min 30second margin!

In the T3 girls One Life were represented by the three H's **Harriet Townsend-Rose, Helena Forster** and **Hannah Pinkney** are all in the lowe half of the age group and battled brilliantly against older athletes to bring home 5th, 6th and 7th place honours.

The T3 boys race was a brilliant spectacle with some very close racing. **Matthew Jackson** came from the first swim wave and had to race largely on his own but went on to pick up silver. The next swim wave was a close one! **Fergus Robinson, George Sanderson** and **Toby Routledge** were locked in fierce competition until George gave away the initiative out of T2 when he had to go back and replace his helmet after throwing it down well away from his racking position (take note everyone!) The top three was eventually made up of Fergus, Matthew then George.

Katie Pegg once again gave a typically determined and disciplined performance in the Youth girls category and in the youth boys race there was another epic One Life battle. **Alistair Maxwell-Gray** used his awesome power on the bike and run to force his way past **Rowan Pughe** into bronze medal position behind **Charlie Harris-Pratt** in silver.

If anyone has any good photos from the race, please drop me a line at oneliferacing@gmail.com





Manchester Velodrome Track time - 24th July 12-3pm – from Jon Bateman

We have been able to secure a booking on **Sunday 24th July** from 12pm to 3pm at the velodrome in Manchester available to all North East U16 riders on a first come first served basis.

As mentioned in the selection criteria for the 2011 Inter Region Track Champs, this will be the second session where riders can register interest in selection and some form of competition will be added for those riders, further details will follow nearer the day.

Places are limited but as we have a decent amount of time booked, a number of different ability sessions can be ran throughout the afternoon but please come forward and book your place asap.

Places will be available at £10 a head and bike hire will be included within that price.

- The session is open to U16 members of north east Go-Ride clubs only.
- The session will run from 12 - 3pm on Sunday 24th July
- The session will cost £10 a head, inclusive of bike hire.
- You must be able to make your own way down to Manchester and be trackside for 11.40am.
- Seniors are not eligible to ride this session, regardless of numbers.
- All club coaches are welcome to attend the session and help out.

Please contact Jon via jonbateman@ilsasso.co.uk if you are interested.

Nominations for bearers of the Olympic Torch! – From Northumberland Sport

As part of the run up to the London 2012 Olympic Games, Northumberland Sport are supporting the upcoming Olympic Torch Relay which will be coming through Northumberland on the 14th and 15th June 2012 and stopping overnight in Alnwick. With the relay coming through the County you may be aware that there is an opportunity for local people from Northumberland to become involved in this event. The torchbearer will need to be nominated by someone who feels they have made a difference to you or your sports club, successful nominee will have the opportunity to carry the Olympic Torch. This is your opportunity to get involved in an Olympic event and nominate your club's inspiration to carry the Olympic Torch. You have until 29 June 2011 to nominate them to be a London 2012 Olympic Torchbearer... and don't forget, you can nominate more than one person. London 2012 are looking for special individuals whose personal stories will inspire millions of people watching the Olympic Torch Relay - in their community, across the UK and around the world.

It's easy to nominate someone as part of the Torchbearer's programme, just click [HERE](#) and complete the details required. If you would like to discuss any nominations from your club please feel free to contact Northumberland Sport who'll be happy to support nominations you wish put forward, for support and advice please contact the Northumberland Sport team via **Stephen Parsons** via Stephen.parsons@northumberland.gov.uk.





One Life on the European stage

The ETU European age group triathlon event is taking place in Pontevedra, Spain this weekend. One Life has four representatives on the plane (five if you count **Brendon Jackson** who has scored for an entry in the open event despite it only being open to Spaniards!). A huge shout out and good luck to **Mike Pinkney, Jan Oliver & Claire Jackson** in the sprint event and **Tim Wylie** will be flying the flag in the Olympic distance championships. Details of the event can be found on the ITU website [HERE](#) and on the event's own website [HERE](#) where the results will be available in real-time (hopefully)

Unsung Hero

Just in case you missed it, I've uploaded a video of Tim's BBC Look North piece from December to our shiny new Youtube account. You can take a look [HERE](#)

Great North Swim and Epic swim

There were lots of One Lifers represented at the Great North Swim and the Epic Events swim at the weekend, if anyone who was there could submit a few lines and/or photos for next week's update I would be grateful.

Bike Maintenance

Thank you to **Rowan Pughe, George Sanderson** and **Alistair Maxwell-Gray** for their excellent cycle cleaning demonstration on Monday evening and thanks to all that took part for your input. We hope that now everyone will always carry their spare inner tubes, pumps & tyre levers etc whenever they stray any distance from home!

And of course we hope to see the cleanest line up of bikes at any training session or event in the future!

Open water swimming

As usual, keep your eyes on your inboxes, twitter and facebook for news of next Monday's open water swim. We'll be keeping an eye on the river over the weekend.

Update contributions

If you have any contributions to make to the weekly update on whatever subject, it doesn't have to be triathlon, we love to hear about everything our members are up to, please let me know before 2pm each **Wednesday**. I'd be grateful if your contributions were written up and ready to be inserted straight into the update and any pictures accompanying them would be gratefully received! Items can be sent to oneliferacing@gmail.com.





Inter Regional Championships – your chance to volunteer. From Michelle Scott

As you may be aware Hetton Lyons Country Park in Tyne and Wear will play host to the 2011 British Triathlon Inter Regional Championships (IRC's) taking place on the 4 September 2011. The event will be hosted jointly by the North East and Yorkshire and Humberside regions of Triathlon England in conjunction with British Triathlon. The event will see young triathletes from all three Home Nations compete not only for individual honours but also for the coveted team title as well. The organisers are currently looking for volunteers to help host this fantastic event and I would be extremely grateful if you could pass this email on to all of your club members or anyone that you may feel is interested in volunteering for the day.

The organisers require help in the following areas:-

Course Set up Team, Registration, Car Parking marshals, Swimming marshals, Bike course, marshals, Run course marshals, Drink station marshals, Transition marshals, Finish area marshals

The North East and Yorkshire & Humberside committees have put a lot of effort in to making sure that they have everything in place to host this event, so please show your support by coming along and volunteering on the day.

If you would like to volunteer or would like to know more information about volunteering at the event then please do not hesitate to email me at michellescott@triathlonengland.org

Cheers,

Alan & the One Life team

