



One Life Racing Round-up No.64, 8th July 2011

Albermarle Cycling

Due to the busy race calendar and one or two other factors, this weekend's Albermarle cycling session has been postponed. We're working to get another date sorted so watch this space.

Coniston Marathon – from Maria Armstrong

Dubbed as “the most picturesque marathon in the UK” the Lakeland Trails hosted the first Coniston marathon this weekend. It was a hot morning, with wall to wall sunshine and therefore a perfect day to see the Lake District at its most finest. Not, however, perfect conditions to run a marathon in. Most people I think thought it was a mad choice for a first marathon but I figured if I was going to do one it had to be one that would provide me with some stunning scenery along the way, and that is exactly what I got. For anyone who is considering a marathon next year, I would highly recommend this one. It was tough, with a total of 2,900 ft of climbing (according to a friend's GPS watch at the end), but the view over the Lake when we reached the highest point was certainly worth the pain. I was on such a high at this moment I felt the need to share this feeling with fellow runners, and not being amongst anyone I knew, I turned to the nearest runner to remark on how beautiful it was. He did not seem to agree and I only got a grunt in reply, I can only assume the heat had got to him! My only regret was that I didn't stick a camera in my bum bag as it would well have been worth a momentary stop to take a snap. The terrain was very typical of the Lakeland trails and quite tricky. It certainly makes time go faster when you have to concentrate on your feet so much. It also meant that it was impossible to resort to the usual shuffle like run I adopt when I'm tired because unfortunately you had to keep on picking your feet up the whole way in order to stay upright! As I expected the last couple of miles were pretty painful and seemed to go on forever, but after 4 hours and 23 minutes I eventually crossed the finish line and could not have been more pleased with myself. Kim Bluck was already finished and still looking fresh after having a fantastic run and finishing in under 4 hours. Meanwhile, Iain Robertson was doing the honourable thing and helping a friend who had collapsed with dehydration. I am sure they would both agree that it really could be the most picturesque marathon in the UK. I may well be back next year and I hope to see more One Lifers on the start line!

Don't Forget One Bay! – from Matt Binns

Please don't forget the 'One Bay' page on our website [HERE](#) where you can buy, sell and place wanted ads for all your Triathlon related equipment. Take a look today at the latest posts. If you are interested in placing an ad, please send your photo (jpeg file attachment) and description to mattandkris@btinternet.com. And remember this is a **free service!**





Hetton Kids Race

As the open water event at Hetton looms, the organising committee are looking for volunteers to Marshal the course on the day. Once again the field will be made up of mostly One Lifers so if you're going along and can help on Saturday please let me know at oneliferacing@gmail.com and copy in the race director **Richard Coates** on richardcoates13@sky.com. Any offers of help will be gratefully received, **without your help these events just couldn't go ahead.**

Cleveland Steelman

Massive congratulations to **Rose Todhunter** on completing the Cleveland Steelman half ironman distance race at the weekend! Comprising of a 2km swim, 90km bike and 21km run the event is a massive test of strength and endurance. The conditions were hot and dry which meant many competitors had to withdraw through fatigue and dehydration but as always, Rose kept going and finished in just under 7 hours finishing 4th in her category to boot!

Here's Rose's race report:

"It was with some trepidation I drove into the car park ready to compete in my first Steelman event. It was a lovely still and sunny day (so I couldn't blame the weather). The swim was a calm 2 laps of the lake and I entered T1 ready for the bike. The first 28 mile lap went smoothly but on the 2nd lap I realised there would be no stopping for tea and cake (must train without stopping in future!!) and the pain in my neck was getting worse. For the last 5 miles of the bike I was wondering if I had any legs/strength/energy left for the 12 mile run to come. (Thanks to the friendly bike marshal who persuaded me to start the run.) Once out of T2 I suddenly found I had legs (that worked) and not only that I was actually overtaking people!! I crossed the finish in 6hrs 59mins. If anyone is thinking of trying a longer distance I would recommend the Cleveland Steelman; good course and great supportive marshals. I have the feeling I may return next year!! Anyone want to join me?"

One Life was also represented by **Sam Scott** who also made an impressive effort to finish 5th in her category. Full results are [HERE](#)

Discounts at Start Fitness/ Start Cycles

After speaking with the friendly and helpful staff at Start Fitness in Newcastle, they have agreed to let One Life become members of their discount scheme. There is a 10% discount for all club members until the end of March next year. If you'd like to take advantage, please come and pick up a discount card at any club session.





Canary Wharf Triathlon

A brand new event took place in London docklands on Thursday evening in the shadows of big business. It was part of the British Triathlon Super Series for elite athletes and took the form of a super sprint eliminator. **Alan Copland** was taking part in the event which consisted of two heats of 400m swim, 10k bike (which included 36 right angle turns!), 2krun with the fastest 20 making it through to the final later that night. It was a fantastic spectacle with the city types turning out in their thousands to see what it was all about as the athletes flew round Canary Wharf and the Isle of Dogs. Alan had a decent race but missed out on the final which was eventually won by Brendan Sexton from Australia, a recent ITU world cup race winner in Monterrey. The event will be televised on Channel 4 on Sunday 17th July and again on Sunday 24th July at 7.30am. Look out for the massive schoolboy error from Adam Bowden in heat 1. Info and results are on Tri247 [HERE](#). Results of the heats are [HERE](#) and [HERE](#)

New Cycle Sportive in Glasgow – from Janet Balcome

Our new Glasgow 100 bike ride offers up a mix of coast and countryside with a varied terrain to tackle. The route takes in some testing climbs and wicked descents as you cycle through the shires south of Glasgow which are dotted with laws and lochs that feature across the rugged landscape. With excellent signage, superb lunch and well stocked feed stations, ride mechanics, moto marshals, post ride massage and chip timing - **All included** in your £28 entry fee.

[Sign up NOW!](#) [View our BIG cycling calendar!](#)

Janet Balcombe

Event Manager

Action Medical Research

T 01505 864334

W action.org.uk

Lost watch

Pete Murphy has lost his Timex Ironman watch, probably at the open water session on Monday. If you happened to pick it up, please let me know at oneliferacing@gmail.com

Cheers,

Alan & the One Life team

