



One Life Racing Round-up No.70, 26th August 2011

Go-Ride Grass Track Racing – From Marianne Pughe

Please [CLICK HERE](#) for a link to Barnesbury CC's Go-Ride Race in Gallagher Park, Bedlington on **this Saturday, 27th August**. Go-Ride Races specifically aim to introduce new riders to bike racing and therefore the event is only open to youth riders with little racing experience. I realise this is short notice but if you have any riders in your club which would like to ride then please let them know. For more info please contact: Stephen McIntosh, 0191 289 1881 stephen1mcintosh@blueyonder.co.uk

Barry 'the fish' Completes Windermere 2-way – from Barry O'Docherty

“HARDEST THING IN THE WORLD BAR NONE, EVEN HARDER THAN LEARNING TO WALK AGAIN!”

As you can see from the picture below, I managed the 21 mile, 2-way Windermere swim in 15 hours 33mins. This was my channel; I hope everyone who sponsored me understands that this was the substitute swim for the spinal injuries as it is the same distance. I still have a slot next September for the channel, but not sure if I will go ahead after Joanne told me she couldn't bear to see me in so much agony for so long again. I did say at the start if it didn't happen this week I wouldn't keep going down to try, I just can't justify more expense as it has already cost around £3000.00 and dragging people down to support me! I have just got up and am in massive pain, I can't move my arms, walk properly or even speak properly as yet. When I finished I had to be helped out and couldn't string 2 words together. I nearly gave up on several occasions especially in the dark, I can't describe the agony I was in and how cold I was, but I am very determined and glad I carried on, but will pay for the next few days I'm sure.





Stockton Triathlon Festival

Seven One Lifers set off in the sunshine to take part in the Stockton Triathlon Festival at the weekend. **Jo Lally** was taking part in her first ever full triathlon in the pool based shorter distance event and finished in 8th position in her category, well done Jo! The rest of the One Lifers took part in the sprint distance race involving a dip in the Tees Barrage. **Mark Todhunter** was the quickest club member and in the junior age group claimed 5th place. The **Matt Binns/ Jeremy Cook** rivalry was in full force as they battled against the clock and each other with Matt just taking the honours by a mere 50 seconds. They finished 14th and 15th in their category. **Lucy Courtney** was next putting in a brilliant performance, especially on the run to claim a magnificent 3rd place in her category! **Carl Wilkowski** was also representing the club and finished in a time of 1:36:29 claiming 42nd place in his category. **Rose Todhunter** completed her umpteenth race this year and claimed **First Place** in her category to boot, well done everyone! Results for the mini tri are [HERE](#), the sprint results are [HERE](#) and the Olympic race which also took place over the weekend results are [HERE](#). Photo's are [HERE](#)

Club Relays

Good luck to all the One Life teams preparing to take on the National Relay championships in Nottingham this weekend. This year the event promises to be bigger and better than ever with two full days of relay racing with over 2,000 people taking part. Watch this space for reports and photo's!

BTF volunteering survey – from Ali Sibcy

The Triathlon England board are looking to develop a new volunteer strategy to support the recruitment, retention and reward of volunteers within the sport.

As part of this they are keen to engage with the clubs and identify their thoughts on volunteers within triathlon and areas for improvement. As such please can you forward the below link on to all clubs within your counties: <https://www.surveymonkey.com/s/VMW82FR>

The closing date for completion of the survey is **9 September** and it is not compulsory to complete the questionnaire, but the more responses received the more relevant and applicable the strategy will be.

If you, have any questions please let me know via alisonsibcy@britishtriathlon.org or 01509 226154.





Inter Regional Championships – appeal for marshals

The British Triathlon Inter Regional Triathlon Championships will be taking place in Hetton, Lyons Country Park on Saturday 3rd and Sunday 4th September. This event will see 180 of the best young Triathletes from around the UK to battle it out to earn points for their region and to be crowned British Triathlon Regional Champions 2011.

We are looking to recruit a team of volunteers from the North East Region to assist with the smooth running of the event. Volunteers will be required from 7am on the Sunday morning until around 3.30pm. There are also some open races on Saturday 3rd for which we would also appreciate any help you can offer.

A variety of voluntary positions are available;

- Swim Marshals
- Bike Marshals
- Run Marshals
- Transition Marshals
- Registration Assistants
- Presentation Assistants
- Timing runners
- Car Park Marshals

If you would like to be involved please complete and return the application form at the bottom of the link below to michellescott@triathlonengland.org. A volunteer application form is [HERE](#)
If you would like more information about the event please visit the Youth and Junior Super Series Website; www.britishtriathlonsuperseries.com

Cheers,

Alan & the One Life team

