



One Life Racing Round-up No.72, 9th September 2011

Inter Regional Championships – from Mark Duffy

Last Sunday saw the cream of the British Isles young triathletes compete at the Inter Regional Championships at Hetton Lyons Country Park. At ages from 11-16 years, competitors came from all over the country including Scotland and Wales.

One Life were well represented with 7 of the North-East regional squad of 17 coming from the club: **Rhianna Stoves, Max Pearson, Jake Duffy, Jordan Hull, Fergus Robinson, Charlie Harris-Pratt and Rowan Pughe**. First up was Rhianna in the T2 girls. A mass start on the swim with a large group of girls all in close proximity going onto the bike. She had a good bike leg posting the 5th fastest time, and continued that onto the run finally coming home in 9th place overall.

Next up the T2 boys with Max and Jake taking to the water. Another mass start with a bit of argy-bargy in the early stages. It soon calmed down with both boys exiting the water in mid division - Jake first followed not too far behind by Max. Jake got quickly into his rhythm on the bike and worked well in a small group to post one of the fastest times. Onto the run and it was all to play for with both Jake and Max making up ground. They both dug deep on the final lap to gain as many points as possible for the region. Jake finished in 4th place only 6 seconds from a podium spot with Max finishing in 10th. On to T3 boys and Jordan. A solid swim saw him in a good position as he headed out onto the bike with his North-East team mate **Jack Willis**. They worked unselfishly for each other and you will struggle to see a better example of team work (and that includes the Brownlees!). They pushed the pace hard and moved onto the run with Jack in first and Jordan 2nd. Legs were getting tired and pain set in, but they both gave it their all with Jack finishing in 2nd and Jordan 3rd. Another great performance for the North-East and some superb point scores.

Charlie had the toughest task of the day with a field of 46 taking to the start in the Youth boys. A fast swim from many with the first transition the key to getting into a lead group on the bike.

Unfortunately Charlie just failed to make it into one of these groups and had to settle working hard and trying to pull his group up. Out onto the run and all the previous exertions were beginning to take their toll, but he gave it everything and gained a few places and points for the team coming home in 24th. Fergus and Rowan played sterling roles as supporting reserves and shouted and encouraged the whole of the team.

There then followed an agonising wait to see where the North-East had finished in the overall classification. The countdown started from 11th and there was a degree of optimism within the camp and a hope that the team could maybe sneak into 3rd place. The 3rd region was announced - East Midlands. So we had won the silver? - no that went to Yorkshire and Humberside. The North-East had taken top spot by the narrowest of margins - 1 point. Could have been 20 points, didn't matter the team had earned a well deserved victory and were crowned National champions - Superb! Well done the North-East and well done One Life.

Full results are [HERE](#) together with the open races held on the Saturday featuring loads more One Lifers.





Training Times – back to normal (nearly!)

Now everyone is back into school and work mode training will return to normal as of this week. Wednesday’s 6pm swim is back on the agenda, the adult run on Wednesday recommences and Sunday’s three junior swim sessions will be back in full swing as will the senior 5pm sessions.

However, on this **Friday 9th** there is a function on at the Wentworth meaning there is a huge marquee covering the football pitch and some of the track so **junior running this Friday is cancelled**

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Glentress Mountain Bike Trip – from George Bell

Saturday & Sunday October 22nd & 23rd

This year is going to be bigger and better than last. We are planning a weekend of fun, at one of Britain's best trail centres Glentress near Peebles. Improve your skills, try something new or just have a weekend away in the Scottish Borders, it's up to you. If you are not a mountain biker its fine, with plenty of walks with fantastic views across the Scottish hills, as your children race around on their mountain bikes on some of Britain's best trails. So why not join us for a weekend of enjoyment for all the family at [Glentress](#). Voted best UK trail centre by Singletrack magazine: "There's still no beating this place's combination of trails, café, bike shop, staff and facilities. And cake."

For more information on the biking, camping and bike hire please contact George Bell on susanbell2@btinternet.com

Helvellyn Triathlon – from Tim Griffiths

The lead up to Helvellyn was not altogether straightforward. In retrospect practising the bike course was a mistake because it meant I had to do it more than once and it also resulted in me wearing out the 27 ring on the rear cassette of the bike. But after putting my affairs in order on Saturday and driving to the campsite in the driving rain I decided I was ready (after I failed to get a refund at registration).

Sunday conditions turned out to be sunny and pleasant apart from the slightly chilly lake. A good strategy for a relaxing swim proved to be starting in wave 2 and finishing in wave 3. But still for some reason I managed to collapse with leg cramp for 30s in T1. This cannot have had anything to do with work rate so I am guessing electrolyte imbalance caused by the large bunch of bananas I had for breakfast. When the cramp resolved the cycle turned out to be the most enjoyable part of the event on roads that has mostly dried out. Towards the end, the Struggle up from Ambleside is easier on the day because they close the road which allows a bit of weaving. On the way down the Kirkstone Pass on the other side I counted six people with flats which I guess is due to braking causing hot rims which melt the inner tubes. The 'run' up Helvellyn is so much harder on the day than doing it fresh but the views from the top were brilliant.

All in all this was a great event with impeccable organisation. But the whole is much more than the sum of the parts.

Full results are [HERE](#) photos are [HERE](#) and [HERE](#)





The Hills are Alive! - from Mike Routledge

Whilst on holiday in the Salzkammergut [Austrian Lake District] **Toby Routledge** could not resist entering a local street race on closed roads - part of the Fuschlseelauf adult race 11 km around Lake Fuschl .The 14 year olds ran a 2km around the village - a 2-lap circuit .After the first lap it became obvious that the One Life training schedule was more than a match for the local Salzkammergut / Salzburg athletics clubs , with Toby winning comfortably by 31 seconds from the nearest rival - cheered on by some very friendly and enthusiastic locals. One of the highlights of the race was the starting gun - a huge Blunderbuss which nearly blew up its lederhosen - clad owner , unfortunately after the race had already started ! On a broader note the Salzkammergut region in Austria is a great location for an active holiday and triathlon training with clean lakes / extensive cycling on and off road / endless running possibilities, and close proximity to Salzburg airport.



Cheers,

Alan & the One Life team

