



One Life Racing Round-up No.75, 30th September 2011

More Great News About the Club

Below is the autumn newsletter from NCL with a great article on Claire Jackson's winning performance with our all conquering Ladies Relay Team. Well done again to you all

Claire's a real 'Tri-er'

Local athlete Claire Jackson's route to triathlon was found by pure chance. A runner for many years, it's unsurprising that she met her husband Brendan, at a running club.

Claire decided to have a go at triathlon only a few years ago, when her son expressed an interest in joining the then newly formed One Life Triathlon Club.



All five members of Claire's family are now keen triathletes and use the facilities at Wentworth Leisure Centre every week for a variety of activities, clocking up an impressive 26 hours a week between them at the centre.

Claire says, "When the children are taking part in sports and sessions at Wentworth, it's a great chance to fit in some training. Even if the weather is unpleasant my training doesn't need to be interrupted, as I can use the Wattbikes in the gym or go to a group studio cycling session, as well of course as using the pool. It's great that we can all be under one roof, taking part in our chosen activities."





Hard work and many sacrifices in her personal life have paid off for Claire, who, as part of the One Life Triathlon ladies veteran team, has won the national Relay Championship title three years running. She has represented Great Britain in numerous events, including the World Duathlon Championships in Ireland earlier this year where she came 2nd in her age group, and the European Triathlon Championships in Spain, coming first in the sprint. She has many other representations for Great Britain under her belt.

Claire continues, "NCL have been really supportive, offering both me and Brendan full use of the facilities across the area, as part of their International Sports Person Scheme. The cost of participating in Triathlon events across the world isn't cheap, so the support I receive has helped me maintain high levels of achievement. We are both vocally appreciative of NCL's continued contribution to helping me pursue my potential."





Courtesy of Brendon:

Be part of the fast-growing Schools Biathlon
Competition series

British Schools' Biathlon 2011/2012

The Schools' Biathlon (run/swim - not continuous)
provides a fantastic opportunity for school children of all
abilities to take part in a multi-sports experience
with the chance to qualify for a British Championships.

YEAR 5 TO YEAR 13 (PLUS TEACHERS!)

Years 5, 6, 7 & Teachers: 50m swim, 500m run

Years 8 to 13: 100m swim, 1000m run





A rapid year-on-year increase in popularity means that we've introduced a new format for 2011:

**NO QUALIFYING COMPETITIONS
JUST SUBMIT RUN AND SWIM TIMES
FOR **FREE** INCLUSION ON THE
RANKINGS LIST
FOR ONE OF FOUR SEMI-FINALS**

**For more details please see the attached
flyer or go to:**

www.pentathlongb.org/schools/

or contact us by email: schools@pentathlongb.org

or by phone: 01225 386808

**Don't miss out on your chance
to enter !**





Cycling Kit - from Helen Sanderson

We will start taking orders for One Life cycle kit this Friday, 16th September prior to the swim/run session at 7pm.

Below is a list of the most popular items ordered last time. These prices are dependent on a certain number of items ordered. If we do not reach the price thresholds then the price of each item will increase. Hopefully we will be able to gather enough orders but if we are unsuccessful we will let you know. We will require a deposit on ordering any items.

- Perun short sleeve jersey - £49.50
- Perun long sleeve jersey - £56.40
- Piccolo thermo long sleeve jersey - £66.60
- Nowind spring jacket - £111.60 (exclusive of extras)
- Bib shorts - £35.40 (excl.pad)
- Shorts (adults and kids) - £29.40 (excl.pad)
- ¾ knickers - £29.40 (excl. Pad)
- Comfort pad (thinner) - £6.60
- Evo Air pad (mens) - £13.80
- Lady performance pad - £12.00

Thank you
Helen and Antonia

Plus there are various items of kit for sale on OneBay!

<http://www.oneliferacing.co.uk/one-bay>

And don't forget the other ways you can keep in touch:

Follow us on Facebook <http://www.facebook.com/OneLifeRacing>

Or

Via the website <http://www.oneliferacing.co.uk/>

Or

Send us an email oneliferacing@googlemail.com

