



One Life Racing Round-up No.82, 18th November 2011

Extra Velodrome Session – from Ross Maxwell

Linda and Allen Petit have arranged an additional Manchester velodrome session for **Saturday 17th March 2012 (1-5pm)** This is a 4 hour session and it is open to those who have not ridden on a velodrome before (although numbers will be limited) as well as experienced riders. This is suitable for both junior & senior riders. For more info please email Ross at ross.maxwell@newcastle.ac.uk. The booking form is available to download [HERE](#)

BBC Children in Need



One Lifers have again made their own contribution to this excellent cause. **Rosie Mitchell** and **Abbie Pearson's** cake stall raised well over £100 last week after selling out of their cakes within what seemed like minutes (there were nearly fisticuffs over **Marianne Pughe's** courgette cake too). Who'd have thought Triathletes liked cake!?

And Matt Bakers escort around the track on his stopover at the Wentworth Centre on his epic rickshaw ride was also a mainly One Life affair. Lots of blue hoodies were there on the night and on the next morning at 5.30am **Isobel Maxwell-Gray** got to ride in the rickshaw with **Pudsey** as Matt set off on the next leg of his journey!





The 'Town Moor 10k' – from Julie Pearson

A few One Lifers travelled to Newcastle on Remembrance Sunday to take part in the Town Moor Memorial 10K. **Patrick Lally** ran in the U11 1K race finishing in a very commendable 3rd place. **Max Pearson** and **Poppy Harris-Pratt** followed in the second race of the day, 3K for U13 Girls and Boys. Max finished 4th overall. Poppy had a strong run and finished in the middle of the field. Both boys commented on the lack of mud and hills – “a little bit boring”.

The main race, a 10K closed road event snaking around the Town Moor, started just after 11.00am following a well observed minute's silence. The course was very flat and all on hard ground which resulted in some fast times, the winner finishing in just over 30 minutes. **Ian Pratt** was the first One Life representative to finish in a time of 42mins. This was Ian's first 10k and he was more than pleased with the bench mark he has set himself. The ladies followed on, somewhat later, but still pleased with their performances. **Marianne Pughe** recorded a time of 51.50 and **Julie Pearson** got a new 10K PB of 52.30!

Adult Sunday Swim

The 5pm Sunday swim session is becoming increasingly popular. We've been focussing purely on technique and will continue to do so for the coming weeks. It's an ideal opportunity to develop your stroke technique as the focus in the main sessions on Wednesday and Friday shifts towards fitness, endurance and speed. Numbers are limited so please drop us a line at oneliferacing@gmail.com each week if you would like to attend. Normal session fees apply.

Offers and advertisements

This week's offers/ advertisements as received via our email address/ website (but not necessarily recommended by us)

The Castle Triathlon series 2012 – open for entries [HERE](#)

Mountain biking in the Algarve at <http://mountainbikingalgarve.com/>

Sports Tours International sporting holidays at <http://sportstoursinternational.co.uk/>

Club Activo sporting holidays in the Canary Islands at <http://www.clubactivo.com/>

Cheers,

Alan & the One Life team

