



One Life Racing Round-up No.84, 9th December 2011

Christmas Party Raffle – from Lisa Copland

At the club Christmas party we will be holding a raffle and we are still on the scrounge for some prizes. Last year, the Club's supporters were incredibly generous in donating some fantastic prizes; we have had some very kind donations already this year but could do with some more, so please bring your donation along to a club night. Bottles, chocolates and any prizes that would be suitable for junior members would be gratefully received!

Best wishes

Lisa, Helen and the Chrimbo party team

Tickets
£2.50 per person
Bring food to share
& your own drinks

Friday 16th December
7-11pm
Christmas fun
for the whole family,
party games, awards

ONE LIFE PARTY 2011

The Winter Gardens
Queen Elizabeth High School
All children attending
must be accompanied
by an adult





Angus Tait Memorial Hexhamshire Hobble

Last Sunday saw the running of the annual Hexham Hobble fell race brilliantly organised by the team at [Allen Valley Striders](#). Conditions in Allendale were looking a bit snowy but that was nothing compared to what was going on over the fells. The race was 10.5 miles long over a very tough, hilly and boggy course with lots of runners literally getting a 'taste for the fells' as finding your footing was very tricky in places! One Life had lots of members taking part whether it be for competition, fun or just to get round! **Richard Parker** was the first Tynedale Harrier home in 5th place overall and **Beth Gregory-Smith** was the first Tynedale lady and second lady overall. Well done to both! Other One Lifers taking part were **Alan Copland, Pete Murphy, Kim Bluck, Charlie Pinkney, Jan Oliver, Rhiannon Robinson, Louise Griffin, Pip Griffiths, Jo Murphy and Jane Saul** well done everyone! Full results are available [HERE](#)





Northumberland Try a Tri days

For those new to our sport or friends or family that may be interested in giving our sport a try there are some Try Triathlon courses planned in Northumberland for 2012. Details below:

Try Triathlon 2012

SWIM, BIKE, RUN. GET ADDICTED TO TRIATHLON

Try Triathlon is aimed at first time athletes, for those who want a new challenge and to get fit and healthy outside of the gym environment.

The programme is led by qualified England Triathlon coaches, with sessions catered to suit your individual fitness, goals and lifestyle. The triathlon sessions will cover a mixture of swimming, cycling and running.

There is limited space so make sure you **BOOK EARLY**. You will be required to book on all 4 sessions and it is recommended to attend all to get the full benefit of the programme. You will need to bring swimwear, running trainers and athletic wear for the first session. Further details will be provided at the first session.

Only £20 for all four sessions.



WHERE IS IT TAKING PLACE

Ashington Leisure Centre: 11.00am - 2.00pm

Saturday 25th February 2012

Saturday 31st March 2012

Saturday 28th April 2012

QE2 Lake Ashington: 6.00PM - 7.30PM

Thursday 10th May 2012



HOW TO BOOK

Contact Tom Lavender: tlavender@bval.co.uk or 07540412086 to book your place. Limited space so book early!!





Tynedale Sports Awards – Jake Duffy

Congratulations to **Jake Duffy** on being awarded the Stan Calvert Annual Scholarship Award at the recent Tynedale Sports Awards. The scholarship is awarded to a young person who has not only displayed excellence in his or her chosen sport, but who can also be encouraged to develop even further an outstanding potential. Jake receives a grant of £500 and a memento with both contributions having been kindly sponsored by Tyne Valley Insurance to help him reach his short to medium term goals in sport.

Offers and Advertisements

Castle Triathlon Series [newsletter](#)

Embrace Sports Holidays [website](#)

Britishsports.com [get fit for the games](#)

Monster Racing duathlon (Cambridgeshire) 26 Feb 2012 - [website](#)

Cheers,

Alan & the One Life team

