



One Life Racing Round-up No.86, 23rd December 2011

Boxing Day Run – from Brendon Jackson

The Boxing Day run will start at **9am from Allendale Sports Club** in Catton. Anyone and everyone are welcome. The distance, course and surface will depend on who turns up, the weather and what the majority would like to do. So come along prepared!

Mountain Biking – from Tim Wylie

Some of the hardier One Life families are planning a trip to Glentress for some mountain biking on Wed 28th December meeting at the venue (<http://thehubintheforest.co.uk/>) from around 9.30am. If you're interested, all are welcome. Contact Tim via tpwylie@btinternet.com or 01434 230490 for info.

Allendale (informal) Duathlon – from Brendon Jackson

I am hoping to stage an informal duathlon from Allendale Sports Club in Catton sometime in February (weather permitting). It's for the serious, not so serious and those who just want to give it a try. It will probably be at short notice (7days) as the whole thing will be weather dependant. There will be no cost, but donations (not obligatory) are accepted and go towards Allendale Sports Club funds. I will speak to the Sports Club about providing refreshments for sale. Participants join in at their own risk. There will be no marshals etc, but helpers would be appreciated for some tasks, which may enable some marshalling. The course is simple: 2 x 4km loop for the run, then onto Allenheds for the 29km out and back cycle, and then 1 x 4km loop run. You cannot get lost. For those wanting to do a shorter course, then there is 1 x 4km loop for the run, then onto Sparty Lea for the 21km out and back cycle, and then 1 x 4km loop run. The informal duathlon is open to anyone over 13, but more importantly - with road sense as the run and cycle are on open roads. The participants must accept full liability for any loss or damage of any nature to themselves or personal property arising out of their participation. More details to follow.

Kielder Duathlon

Well done to **Neil Harrison** for taking part in the Kielder Duathlon on 4th December! A tough race in beautiful surroundings. A full report and results are available on the run247 website [HERE](#)





Club Stock-take

We're looking to compile a complete inventory of kit and training resources over the Christmas holidays. The intention is to get everything to Allendale Sports Club from whom we've agreed to rent some storage space by 29 December. Please can anyone holding any kit, equipment or training aids drop Jeremy a line at jeremy@jeremycook.wanadoo.co.uk or 07894 615316 to arrange transport.

BTF Officials Course – a message from Michelle Scott

Sunday 5th February 2012 At Northumbria University

Every Club should have one! Would you like to help support your club event by becoming the club event official? Would you like to officiate at your local or national events?

Then why not start your journey by booking a **FREE** place on your **Local Technical Officials** course!

What is a Local Technical Official (LTO)?

As a Local Technical Official you are qualified to be the chief race official at all pool based events and you are also able to assist a **Regional Technical Official (RTO)** at open water based events.

To qualify to become a LTO you must complete at least **four** shadows at **four** BTF recognised events (two of them pool based).

Pre requisites:

- You must be at least an associate member of Triathlon England.
- You must be a minimum 16 years of age.

Cost: This is a **FREE** course, *terms and conditions do apply, see below.

Support: On completion of the qualification all **northeast regional members** will be awarded £100 from the Northeast Committee. This is to cover the cost of any expenses incurred at the four shadow events.

How to Apply: If you are interested in becoming a Local Technical Official, then please complete the application form available [HERE](#) and return it to Michelle Scott; michellescott@triathlonengland.org

***Terms and Conditions:** All applicants must complete the four shadows within 12 months of the course date, failure to do so will result in full payment of the course amount to be paid to BTF within 30 days from when the invoice is issued.





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Cheers and MERRY CHRISTMAS!

Alan & the One Life team

