



# Newsletter

April 2019

Issue 52

## Presentation Evening

A huge “well done” and “thank you” to Richard Farron, David Owen, Simon Townsend and others involved in organising this year’s presentation and awards evening. It was great to see so many achievements being awarded and celebrated, as well as a very interesting and informative presentation by Daniel Lilley.

Thank you to all those able to attend and make it a successful evening

## AGM

The Club’s AGM is scheduled for Tuesday 14<sup>th</sup> May at 7.30pm at Chorley Cricket Club. This is your opportunity to raise any issues at club level and have your input in to how your club is run.

## Mens' Captain and Vice Captain

For anyone who is interested in taking the Men’s captaincy and also vice captaincy, could you please register your interest and also attend this year’s AGM at Chorley Cricket Club on the 14th May at 19:30.

I would like to thank Daryl & The Committee for allowing me to hold this position temporarily, but I now feel it is time to handover the baton to someone else. It would be good to see someone take over the positions who is more involved in attending club sessions and relaying info when required. Plus we could arrange an out with the old, and in with the new social night!

**David Owen**

## Ladies Captaincy

Helen Lees is also, temporarily, handing over her Ladies captaincy role as she enters in to motherhood in just a few weeks! As with the Men’s captaincy, please email your interest to: [Daryl.peter@btinternet.com](mailto:Daryl.peter@btinternet.com)

## Membership Renewals

You will have seen by now that the annual membership is due for renewal and fees are due.

You need to go to the Membermojo site to renew your membership (please double check all details) and then make a separate payment direct to the club's account for the fees due.

<https://membermojo.co.uk/chorley-athletic-and-triathlon/yourmembership>

There seems to be much confusion over the fee for family membership – please note that the fee is a £25 flat fee for the club membership and on top of that you then pay £15 (UKA) fee for each member in your family who will be aged 11 or over on the 31<sup>st</sup> August 2019.

i.e. Mr & Mrs Smith and their children aged 12 and 9 who all want to be members of the club will pay:

£25 + £15 (Mr Smith) + £15 (Mrs Smith) + £15 (12yr old child) = £70

### **Checking your details on the England Athletics database**

This is a separate thing from Membermojo and your membership of Chorley. If you or your child are registered with UKA (ie if over the age of 11) then you need to log on to MyPortal on the England Athletics website:

<https://myathletics.englandathletics.org/portal/Members/Login>

The usual help is available if you have forgotten your UKA number and / or your password (contact me if you're having problems). You need to check that your details on here are also correct and up to date. England Athletics has also requested that you accept their privacy statement and choose how you wish to receive communications from them.

## Primary League

Primary League competition is for athletes in school years 3/4 & 5/6 and is held at Robin Park.

Match 1 – 26<sup>th</sup> April 2019

Match 2 – 3<sup>rd</sup> May 2019

Medal Meet 1<sup>st</sup> – 7<sup>th</sup> June 2019

Medal Meet 2<sup>nd</sup> – 12<sup>th</sup> July 2019

A fee of £5 covers all dates (one fee).

Please complete an entry form (sent by email or from Richard Farron) and bring on the night to Emmeline Goulding who will administer for the club.

Normally based by the inside track. Please ensure you keep a copy for your own records.

**Richard.Farron@hotmail.com**

## Annual General Meetings

Any Club is made up of members and the Annual General Meeting is the one time in the year when all members are invited to participate and put their views forward and determine who will run the Club and undertake the many roles. In our club, members can come to any of the meetings but the AGM is the one specifically for all members. The meetings have a fairly standard agenda covering:-

- receiving the reports of the elected officers (e.g. Chairman, Treasurer, Secretary, Membership Secretary, Juniors);
- Presentation of the Annual Accounts;
- Election of the Club auditors;
- setting of the membership subscriptions for the following year;
- reviewing and considering proposed updates to the constitution;
- Electing officers for the year.

The club Accounts run from April to March and the AGMs are held each May. So **14.5.19** is the next date for your diary for the 18/19 AGM.

## The Clubs Constitution

For any organisation to operate, it needs a set of rules and structure so there is an understanding about what the club does and how it is run – this is often called the Constitution. The CAATC constitution is reviewed and agreed at each Annual General Meeting and all members have an opportunity to propose changes to the constitution. All changes are considered at the AGM by the members present and a vote taken for changes to be made. CAATC Constitution covers:-

- the purpose of the club;
- the various disciplines undertaken in the Club e.g. track and field, cross country etc;
- the Club colours and its Objectives;
- details of membership types and the responsibilities of members;
- how the club is managed with the Management committee, the finance committee and the junior committee;
- the AGM and what is considered;
- various other sections including the Dissolution of the Club, non-payments of Subs, Extraordinary General Meetings;
- the two main policies of the club i.e. Equal Opportunities and Children/Vulnerable Adult Protection.

**Daryl Peter**

## Cheshire Cat Sportive

The day started with an uneventful drive to Crewe for Lisa Johnston, Katie Jones and myself. Once parked, we started unloading the 3 bikes from the roof. But the middle bike (Lisa's) was stuck; we couldn't get the bike rack to budge. What a great start to an epic ride! Luckily Kevin Munro was on hand to help the damsels in distress and we eventually got on the bikes and rode to the start.

With numbers and timing chips in place we set off towards the Cheshire countryside with only thoughts of the "Killer Mile Climb" at Mow Cop. After around 20 miles we started up the hill towards the steepest road any of us had ridden up. There was no respite before it and I just wanted to get it done so I was out of the saddle powering up feeling a bit sick. All 3 of us conquered Mow Cop and Lisa did it with broken ribs, what a machine! Lots more hills later we stopped at the second food stop by which time we had around 20 miles left. This was no longer fun, we were sore and grumpy and just wanted to go home. The last 10 miles we chain ganged with Katie up front, storming our way to the finish, over taking the Fat Dads CC and anyone else in our way. Riding the finishing straight was a huge relief after 81.5 miles and I for one couldn't wait to get off that saddle. All in all it was a great ride (I can say that now) really well marshalled and signed and I think we would all definitely do it again.

**Rachel Gibson**

## Trimpell 20

Prior to joining CAAT just over a year ago I had never heard of Trimpell 20 or ever considered being crazy enough to want to run 20 miles for fun. However, as my confidence in my mileage increased and I set my sights on a marathon in 2019 I was delighted to get a charity place for London running for the Royal British Legion.

I soon started to hear that Trimpell 20 was the must do race for anyone doing a spring marathon. Everyone I spoke to was either running it or had previously done so, and told me how great it was. I wasn't convinced and the prospect of a 20 mile race didn't fill me with excitement.

However, the other enthusiasm and the recurring theme of "its flat" sparked my interest and I bit the bullet and paid my entry fee. I did worry about being able to do it after I took a fall on the Thursday social run resulting in a sore, infected knee. But as race day got nearer I resigned myself to the fact that I needed to test myself over those long miles. I arrived to find as always a warm welcome from all the other CAAT members doing it and we huddled on the start line wishing each other a good race. As we set off the advice of you all saying "don't go off too fast"

was ringing in my ears. What a fantastic race, it was great to keep seeing all our other runners on the loop backs. Steve T's family, Sian, and Helen and Mark (along with other supporters) braving the cold to cheer us on was a lovely boost just when needed.

I am now flying the Trimpell 20 flag for anyone else looking at a long race, who knows I may even do it again myself. The support of the club cannot be underestimated. I'm going to London truly believing I can do it. If anyone would like to read why the Royal British Legion means so much to me and my family then please check out my just giving page <https://www.justgiving.com/fundraising/sarah-jeffrey5> Thanks.

**Sarah Jeffrey**

### **Inside the Trimpell 20**

The Trimpell 20. A 20 mile road race. A Y shaped route making up 3 out and back sections. Large stretches of uninspiring scenery. Subways to negotiate. Always bad weather. Retractable dog leads! Why would anyone want to do this? I'm back for a third time! In fairness though, it's ideal preparation for spring marathons and credit to the organisers for putting it on, there aren't many road races covering this distance. I'm aware of one other in Lancashire and that's put on by the same guys to coincide with October marathon training.

Rob Walsh and I headed over early to get a good parking spot (we needn't have worried – the carpark was empty!) and met with a few other CAAT athletes along the way to the start.

Given the distance I didn't do a proper warm up, my plan being to instead ease in over the first mile or so and then get onto marathon pace plus a little bit extra. Straightaway though I'm pretty much on pace and it's then a bit slow-fast-slow over the first mile before my needle hits the groove. After that a group forms and a silent agreement forms as we take turns doing the work and reel in some of those up the road, including a lad dressed as doctor. After a bit I pull clear of this group mainly as the pace is getting a bit juddery again to the point of being annoying. Or maybe it's just because I subconsciously want to put some distance on the doctor. I've had a thing about fancy dress runners ever since a pal of mine ridiculed me for getting beaten by a lion in the Manchester Marathon some years back.

Not long after the race reaches its first turnaround point and sends us back against the runners still on their way out (keep left!!!). This gives a good opportunity to offer support to the other Chorley vests. By support I mean a thumbs up and a slurred message that makes me sound like I've spent a couple of hours in 2-4-1 in Harry's Bar (one for the Vet 40s there!)

Back over the river Lune and back into the wind. This time it's a lot more exposed and it's a battle going through it. I try and tag on to a pair of runners in front for a bit of "drafting" but it's clear they're struggling more than me so I end up going round them and grit my teeth for a mile or 2 before turning round to go back the same way for a second time. Ahead of the turnaround Rob comes into view, probably with about a minute on me, which he then extends over the rest of the race. I approach the turnaround point - which is a lad and his dad stood next to a traffic cone in the middle of a narrow path. That's going to get a bit congested as more of the field come through at once I think to myself. Back again, this time with the wind behind me but I don't get back an equivalent benefit to what I put in against the wind – that just never happens.

After a while it's back on the path up towards Caton. At around 13 miles things are gradually starting to get more challenging and I need to concentrate more on how I'm running. There's a guy from Wesham about 20 yards in front of me and I could probably put an effort in to get level and share the load but I decide to sit in where I am until the final turnaround which will send us back slightly downhill. Running past the start/finish line at about 15 miles I discard my gloves by the side of the path knowing I'll definitely remember to pick them up when I'm done – hmm, maybe they'll still be there next year! By the time we do spin round we're back into the wind again and with 17 miles in the legs I abandon thoughts of taking any more places. The pace does start going up again, just not enough. I'm getting pretty hungry in the closing stages and start dreaming of the ham butties they hand out after this race. The weather is taking a turn for the worse as well. My watch hits 20 miles but there's still 100 yards or so to go – should have cut more corners! At this exact point my 2 gel strategy is shown to be a poor one and I blow up pretty spectacularly and I near enough walk to the finish and get handed a wagon wheel, definitely not as big as they used to be and no sign of a ham butty. I must have run so fast they'd not finished making them – arf! In the end whilst I end up ever so slightly off what I'd hoped for but ultimately I'm pretty much bang on marathon pace overall. With more people to run with, better nutrition and crowds cheering my every step in my Union Jack shorts I could be on for a good day in Paris in a few weeks.

Some great Chorley running overall from Rob Walsh, (me), Mick Hancock, Katherine Klunder, Sarah Jeffrey, Ben Gilkes, Ed Gilbertson and Steve Thomas. I didn't hang around to find out how their races went, as I needed to get back home for something to eat! A bl00dy wagon wheel!!!

**Dan Edwards**

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**Deadline for the next newsletter is Sunday 28<sup>th</sup> April**