

### Promotions

All reports go through our promotions officer Terry. "Why do I need reports by 10 pm Sunday?"

1. To ensure the papers have sufficient space to print report,
2. Edit reports and make into same style were possible
3. To check validity of information
4. To ensure all pictures are relevant to information provided - I will not put in pictures of athletes who are not wearing correct club colours
5. To respond before publication to any known errors or contentious articles etc raised by reporters

I try to put the "report" into Chorley Guardian, East Lancashire Athletic Press, Citizen Newspaper Group, Chorley FM and to Simon and Gill. Where appropriate I also contact BBC Radio Lancashire and/or NorthWest Tonight.  
*Terry Dickenson*

### Safeguarding

"The key issue of Safeguarding is central to what happens at the club.

There are essentially a number of strands to Safeguarding:

1. Young People and Vulnerable Adults
2. Coaches
3. Volunteers
4. Settings
5. Parents

Any concerns about the above please contact the Chief Welfare Officer, Terry Dickenson on 07825662447 or [tdickenson@tesco.net](mailto:tdickenson@tesco.net). Initially where appropriate talk to the person in charge or if you can't do that talk to Terry. All points are taken seriously and treated "in confidence."

### Sports England

The club is pleased to announce that it has received a major boost to develop its Junior Triathlete section with a grant of nearly £6000 from Sport England. Well done to all who contributed to the successful application.  
*Terry Dickenson*

### Give an interclub race a go!

I recently put on my Chorley vest and went to my first interclub race at Blackpool, having been told these races are free and provide a free buffet after - what better incentives. On arrival, the entry was easy as there isn't one, no numbers needed and no trying to find those random pins at the bottom of your bag. A map was pinned up at the start line. There were over 200 runners and lots of supporters along the way. It felt very friendly, more social than competitive however, there were lots of faster runners for those like my other half who do like a bit of competition. It was a good race for all abilities and ages, for those wanting fast times to those wanting a saunter round.

At the end all you needed to do was fill in the slip given to you at the finish with your name and post it in the correct box. It was as simple as that. (The results were then placed on the club website for you to have a nose at). After the race, some went home and the wiser went in the bar for a drink, had free food from a fabulous buffet and a good old chit chat. It was very social and nice to catch up, plus a little prize giving and some trophies for Chorley made it all the better. I think the inter club races are a great idea for everyone - from those who want a quick run then get back home as there's no registration to those who like a social gathering and running banter, best of all its totally free. The next one is at Lytham on Thursday 15th May.

*Lisa Johnston*



# Newsletter

Issue 1

May 2014

This is the first edition of the 'Chorley' newsletter so we really want to know what you think of it and what you would like to see in future editions. We are planning to publish them at the beginning of each month and there will be a mixture of news, future activities, what's going on in the Club, as well as some useful info about athletics and triathlon. We will try to have some fun items as well and maybe a quiz or two. We will deliberately keep the items short and many of the articles will have more details on the web site but hopefully it will be a way for you to sift what you want to know.

Gail is pulling all this together for the Club so please give any feedback to Gail on [goholehouse@hotmail.com](mailto:goholehouse@hotmail.com). We stress that the newsletter is for all members of the club from age 8 to 80 plus and still counting!

We hope you like it but please do give us your comments and even contribute an article yourself.

*Daryl Peter*  
*Chairman*

### Name the Newsletter

What's in a name? Well 'Chorley Athletic and Triathlon Club Newsletter' is too long, 'Chorley News' would put the Chorley Guardian to shame! How about 'Junior Runs' so the older members can remember JRI! So what should it be :-£5 Voucher prize for kit to the winning entry. Entries to Gail gholehouse@hotmail.com by 26th May.

### How the Club Operates

As with most clubs, we have a **Management Committee** elected each year by the members. Their role is to oversee the activities and running of the club on behalf of its members. The elected members are:-

- Chairman – Daryl Peter
- Secretary – Simon Townsend
- Membership Secretary – Tash Fellowes
- Treasurer – Phil Iddon
- Promotions – Terry Dickenson

There is also a Finance Committee, again elected each year by the members, who oversee all the spending of the Club. This is important so that members know their memberships and other money due to the club is looked after properly and money is not wasted or spent inappropriately.

### Training tip

When running downhill especially over rough ground, don't look at your feet, look about 3 feet ahead of your feet so you'll know where you'll be putting your feet next!  
*Tash Fellowes*

### Athletics and Triathlon Sports Structure

There are many sporting disciplines and in fact Sport England, who oversee the allocation of funding for sport works and gives funds to 46 national governing bodies. The ones we are involved are UKA (UK Athletics) and the BTF (British Triathlon Federation). Despite all the lottery money going into sport, all the work at grass roots is through the immense number of volunteers and they are the lifeblood of the club.

Athletics itself is divided into several disciplines and we have track and field, jumps, throws, fell running, trail, cross country, and many more. Each month we will take one of the disciplines, and explain how the competition structure works, what are the age groupings, when the season operate etc as they are all different (and confusing!!)

### Kit exchange scheme

Lots of us have spare kit we've bought and decided doesn't really fit or our kids have grown out of in five minutes flat. How about passing this on to one of your club-mates - for their benefit and the benefit of the club? If you have items drop me an email to caactkitexchange-1@yahoo.co.uk with a description. See our website for a full list of items available.  
*Shona Taylor*

### Inter-Club Road Race

Spring welcomed the first of the 2014 Inter-Club road races starting with the 4 miler at Blackpool where Chorley had a very good turnout of 27 competitors full details of runners can be found on the club website.  
*Terry Dickenson*

### Aquathlon

15 junior athletes from Chorley turned out for their first aquathlon of the season, and for many, their first event of this kind.

Aquathlons are part of the triathlon series, and consists of swim, and transition straight into a run, finishing on the athletics track. Distances depend on age and category.

They all did amazingly well, supported and cheered each other on and had smiles on their faces throughout. A brilliant day was had by all, there was a proud bunch of mums (and dads) on Mother's Day. The event was hosted by City of Lancaster Triathlon Club (COLT) and Carnforth Otters ASA and held at Salt Ayre Sports Centre in Lancaster.  
*Terry Dickenson*



Some Junior Triathletes entrants

We have had a good turnout at both Salt Ayre Aquathlon on 30th March, with 15 Chorley Athletes entering a mixture of the Sprint and the TriStar categories and 6 entering the Kendal Aquathlon on 19th April which saw two athletes moving up to the TriStar categories. This event did not have the shorter sprint categories.