

Central Lancs Grand Prix

This is a competition between 11 (mostly Lancs Clubs) with each hosting one standard race a year (a mixture of weekends & midweek). The object of this series is to protect Club funds i.e. if all the Clubs fully support each race then the host Club generates a healthy income for themselves. Each Club is asked to bring a minimum of 10 runners per race (some Clubs are 70+ strong) which often creates large 300+ fields. Chorley & Wesham are the only 2 Clubs in both competitions.

Mike Coppin

Walking Tall

After seeing Les Paul running in a pair of Hokas, I became curious and wondered if these shoes held the secret to protecting my legs. After much investigation, I decided to plump for a pair as a Christmas present.

The Hoka One One Stinson Trail is one of an ever increasing range of trainers designed specifically for the ultra-running community (of which I am not one). The shoes include up to 2.5 times EVA of normal trainers, have 4 to 6mm drop, an in-built rocker to encourage good running style and weigh a lot lighter than they look.

After 4 months of heavy use, I can report that I love these shoes. I have used them for many training runs, on and off road, and even on track. I even use them in the 5K Park Runs. Their grip is superb in all but the muddiest conditions, and they encourage rapid (pain-free) descents. The feet are cradled in foam, giving complete protection from anything the ground can throw at you. Since using them, I can run more often, longer and faster (for me), and my knees and hamstrings do not bother me anywhere near as much as they used to.

So what are the downsides?

1. They are not cheap, at over £100 they are investment but reviews to suggest they last much longer than normal trainers.
2. It is difficult to run in other trainers after you have become used to such luxury.
3. They are not the lightest shoe, and do not perform well in muddy conditions.

If you need to save your knees, then these shoes (or others in the range) may be for you.

Simon Townsend



Newsletter

Issue 2

June 2014

So here we are with the second edition of the newsletter already! The great achievement is that we have done it on time for the first week of the month. We had some really positive feedback on the first edition and some ideas for future editions so thanks you to those people. But it's never too late to give feedback so please email Gail gwholehouse@hotmail.com with any comments, suggestions or an article you feel would be useful to include.

The diary was well liked and members thought it was useful and that was always going to be a regular item. We will also have a training tip each month (and now everyone knows how to run downhill from last month, we should see some good results!). There will be something about the operation of the club and something on the structure of athletes and triathlon. That is all about helping people understand the immense amount of work and organisation that goes into sport. And always remember, that no matter how much you see on TV, the vast majority of sport is run by volunteers on the ground, just like our club. It's important to remember that we are all volunteers and so if you see something that needs doing, or something you feel isn't right, then please don't criticise, why not offer to do it. The cut-off date for newsletter articles is - all the 2's - 22nd of each month, email to gwholehouse@hotmail.com

Daryl Peter

How new members will be taken on

All new athletes will start on 1st Monday of each month in the 6.00 group. If under 8, they will remain in this group; if over 8, they are assessed and advised which group to join for the following week. This could be either Monday or Thursday. The membership system is explained to the parent/guardian at the first session and it is to be completed including medical details and brought to the second session. The parents/guardian must stay with the athlete on the first session. Payment of the membership fee is due at the start of the following month. Payment of session fees is at every session they attend.

Daryl Peter

Annual General Meeting 13/14 – 6.5.14

As a registered club, we have to have an AGM once a year to which all members are invited. The purpose of the AGM is for members to:-

- Receive details from the committee members about what has gone on during the year and ask any questions if they wish. This also includes the financial statement;
- Agree who will be the independent auditor who will check the accounts on behalf of members;
- consider nominations for and elect members of the club to hold the various posts involved in running the club e.g. chairman, secretary, treasurer etc.;
- Consider and agree any changes to the constitution (our rule book!);
- Set subscriptions.

The AGM is for all members and there is an immense amount of work that goes into preparing for the AGM. So it was rather disappointing that only 4% of members turned up to the AGM. We always have the AGM on a non-training night and it lasts just over an hour.

There were no new nominations for any of the posts and where the existing members were prepared to continue, they were elected by those present. The incredible amount of work undertaken by TJ and Niccola, which resulted in the club being awarded funding by Sport England for the development of the junior triathlon section, was highlighted. Their dedication and commitment was truly recognised and appreciated by members. The minutes of the AGM are on the web site.

Daryl Peter

Relays

Two teams of senior runners took part in the Calderdale Way relay on Sunday 11th May in awful conditions. The relay is a six leg relay in pairs that covers 50 miles of off road trails. The teams were one mixed team who finished in 30th position, and an open men's team who finished in 41st place. Well done to all involved.

Whilst on the subject of relays we are planning to enter teams into the 6 & 4 stage road relays on 20th September at Warrington and also the British fell relays on 19th October at Kirby Lonsdale. If you are interested in either or both of these please contact Anna Maria -crabbers5@talktalk.net
Anna Maria Crabtree

Training tip

Relax and enjoy your running. If it is not fun it is too much hard work, there are plenty of other things in life to worry about (Doesn't mean to say that it won't hurt).

Anna Maria Crabtree

Want to know something about one of the sports disciplines?

Last month, I gave brief details about how we are linked to UKA (UK Athletics) and the BTF (British Triathlon Federation) with the disciplines we offer. Each of the disciplines has a different competition structure, age groupings, seasons etc. so it can be really confusing! We are going to explain each of the disciplines in future newsletters. What we have in the club is a 'contact' for each of the disciplines. The contact, is a specialist in that discipline (and usually very good at it as well!). The role of the contact is to encourage participation in their discipline, answer any questions members may have and when we have the new web site, they will ensure their part of the web site is up to date with all the relevant information about their discipline. We have confirmed contacts for Cross country (Stan Jewell), Track and Field (Pat Keene), Fell (Darren Fishwick) and Walking (John Payn). Contact details are on the web site. We will confirm the contacts for Road, Trail and Triathlon. In future editions, we will be taking each discipline and then describing it in more detail.

Daryl Peter

Inter-Club

The Inter-Club, not to be confused with the Central Lancs Grand Prix, is a 'friendly' summer competition (distances < 5 miles to allow >14 year olds to compete) between the 6 Clubs of Blackpool, Wesham, Lytham, Red Rose, Preston & Chorley with a race in each summer month with all Clubs acting as host for one race providing a buffet afterwards. The format is simplicity for both runners and organisers involving no fees, no registration with athletes just turning up in their Club vests and running, filling in a finishing slip at the end. The results are then collated internally over the next few days. A seasonal prize giving occurs at the first race each year. Average fields are approx. 200 with real quality at the front (often internationalists e.g. Helen Clitheroe etc.) but also with the slowest Club runners at the tail end. Guest runners are allowed with the host Club's permission and are used to encourage prospective Club joiners.

This Inter-Club road series has been going for over 30 years and has been so successful that a fell competition has also been recently introduced of 4 summer races (2 weekend, 2 midweek, within Lancs, max travel 50 miles, max distance 7 miles). This format is to enter the race as normal and the I/C results are extracted from the official results. The idea is to encourage road runners to venture onto the fells, and it has added approx. 50 or so athletes to each race. Again there is a full range of competition from quick at the front to 'social' at the back.

Mike Coppin

Diary Dates

Mid-Lancs League this is for athletes in school year 6 and above (Qualifying ages are as at 31st August 2014. Note: 10 year olds may compete if 11 by 31st August). Any new athletes need to be at the venue at least 1/2 hour before the start to register. Turn up on the day and you will be given a number which you use at all the meetings, bring 4 safety pins with you to attach your number to your vest. Track events start at 1pm, field events start at 12 for the Hammer and others at 1pm.

28 June Litherland
26 July Preston
3 August Lancaster
30 August – Medal Meeting Blackpool

For more info & to check times/venue visit www.midlancs.org.uk or from the Chorley Website, go onto links & click on Mid-Lancs track & field. There is no charge to enter the league, apart from the medal meeting and you have to attend at least 2 meetings to be able to attend the medal meeting. Hope to see lots of you there
Janet Brookes

Track & Field - Primary age - Primary League at Robin Park, Wigan:

6th June, and the medal meet is 4th July. There is a £5 fee for all four events. They are held Fridays about 6pm until 8pm. Registration was at Wigan arena on 25th. Enter 3 events, either 2xtrack and 1xfield or 1xtrack and 2xfield.
Melanie

Horwich Jubilee Series (for juniors and seniors) June 18th Rivington, July 16th, Aug 20th.
Astley Trail Series (for juniors and seniors) July 2nd, Aug 6th. We also need helpers on the night for the Astley Trail Series.
Simon Townsend

Triathlon events - There are a lot of events in the North West series coming up, but the next Chorley event is not until Westhoughton Aquathlon as the Salt Ayre Duathlon which should have been on 18th May has moved to 31st August. For details see either, our

section calendar-

www.google.com/calendar/embed?src=chorleytri.junior%40gmail.com&ctz=Europe/London, or the NW Junior Triathlon series page.
Triathlon coaches & admin team

Chorley Athletic and Triathlon Committee

June Events

7/6 Northern Track and Field, Wigan
11/6 Interclub, Preston
12/6 Two Lads Fell Race, Horwich
19/6 Aggies Staircase, Darwen
21/6 Great Hill Fell Race, Brinscall
Simon Townsend

PLEASE CHECK VENUES AS THEY CAN CHANGE

Website:-

www.chorley-athletic-and-triathlon.org

Email:-

<mailto:contact@chorley-athletic-and-triathlon.org>

Twitter:-

@Chorley2012

For the full list of contact numbers & emails visit our website & click on the link 'contact us'.

PLEASE CHECK VENUES AS THEY CAN CHANGE

CAAT EVENTS CALENDAR

Jun-14

Date	T&F	Fell	Road/Trail	Other
Sat 31/5 Sun 1/6		Kelbrook(3.4)	Catforth Canter(5K) Crazy Cow(10K)/Jnr Wigan Trail(10K)/Jnr Badger(10K)	
Thur 5/6 Fri 6/6	Primary League(Wigan)			
Sat 7/6 Sun 8/6	NM/W(Horwich)	Pen-y-Ghent(5.9)	Morecambe(10K) V/C(Preston) 4.8	
Wed 11/6 Thurs 12/6		Two Lads(5.3)		
Sat 14/6 Sun 15/6		Knowl Hill(6)	Naden(6) Hendon Brook(13.5)	
Wed 18/6 Thur 19/6		Aggies Staircase(4) Great Hill(5.75)	Horwich Jubilee(5)	
Sun 22/6 Tue 24/6			Freckleton(HM) Welcome Tavern(5K)	
Wed 25/6 Thur 26/6		Harrock Hill(5.3)		Witton Park Relays
Sat 28/6 Sun 29/6	MILs(Hyndburn)	Settle Hills(7)	Sotos(10)	

T&F Grand Prix

Fell Grand Prix

Central Lancs Grand
Prix

CAAT Event

Club Interest Event

Road/Trail Grand Prix

Please check venues as they can change