



Newsletter

Issue 40

December 2017

CAaT Christmas Party!

The Seniors Christmas party will be held on Saturday 16th December at Chorley Cricket Club. There will be a Casino, food and plenty of merriment! Tickets are £15 each and are on sale now on Thursdays at the Cricket Club and every Monday night at St. Michaels.

Senior Christmas Lights Orienteering Run

The annual Christmas Lights orienteering run will be on Thursday 21st December, followed by pizza night at Chorley Cricket Club. The run will start at 7.30pm – teams will be decided on the night. If you don't fancy the run, just come along for the pizza or even just a drink!

Time Credits

We now accept Time Credits in payments for all Club sessions. 1 Credit per 1 hour session. (Please note however that this is a trial and is subject to change).

Don't forget, if you volunteer your time to help with a club organised event, you can earn Time Credits too (1 per hour volunteered).

If you would like to read more about Time Credits and where to spend them throughout the North West and the rest of the country, go to:

<http://www.justaddspice.org/get-involved/spend-time-credits>

Contact myself for any further details or to claim your credits.

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Closure over Christmas

Dates for returning to sessions after the holiday period will be confirmed at the last training sessions and will be posted on the club website and Facebook page.



Lee Mills Relays – Sunday 26th November

I've never run a Fell race before – I don't even walk the fells in the summer – and I've always wimped out of trying cross country races too. I like firm, flat road surfaces and perhaps a bit of trail thrown in on occasions, but nothing 'rougher' than that. So I'm not quite sure what I was thinking when I said "I'll give the Lee Mills Relays a try" and roped in a few friends too..... but there was a huge response from many in the club to do this race, so it looked set to be great fun!

I was assured, by those who had done it previously, that I would 'love it' and I wouldn't get lost (lots of runners, with all 4 legs doing the same route and plenty of flags and marshalls). However, when it came to the day before, an official notice went out to say that 'due to the conditions and weather, if you feel you don't have the experience and ability to cope with the course you could defer', I seriously doubted my abilities and knew I definitely didn't have the experience.....but when you have 3 team mates up for the challenge (despite everyone having colds), you can't possibly be the one to back out!

On for Leg 3, I had quite a wobble when Lisa (Johnston) finished Leg 1 saying it had been her 2nd worst race experience ever and looked me straight in the eye and said "don't do it"!!!! Thankfully the organisers decided that Legs 3&4 would set off en masse at 1pm, which meant I was able to run with team mate and friend Rachel Gibson. I can't describe what a relief that was – and it did make for lots of laughs along the way (when I would otherwise have cried!).

The course? Well, there were some ridiculously steep hills, one of which I had to pull myself up using clumps of grass, and along the tops was 2ft of snow and the most mud and bogs I've ever seen. A great deal of time (and laughs) was spent sinking thigh deep in to said bogs with almost every other step (and so very close to face planting in mud too). We were joined after half way by Jacko (Paul Jackson) and together with a woman from another club, we battled our way through the remainder of the course and finally made it to the finish line just before it got dark and as everyone was packing up (many had left)!

Thank you to all there for waiting for us and for the huge cheers at the finish line, and to Bill (Beckett) for coming to find us and make sure we were ok!! I don't think I'll be hurrying back, but I'm glad I did it and it completes my year of challenging myself and trying new things just nicely!

Lara Dickinson



Volunteering



So here is my story.

About a million years ago (well 20) I was at All Seasons Leisure Centre gym when I was accosted by a strange man (I should have listened to my mother) who asked me if I was interested in running with the then Chorley Harriers. It was Martin Harrington, the then club chairman. Before I knew it I was running with the club on Thursday nights and one thing led to another and I was entering races. Ian also joined and we thoroughly enjoyed sessions where Rick Bennett and Graham Stephenson organised speed sessions and being led all round the environs of Chorley by knowledgeable club mates, never really thinking that these people were volunteering their time to do this.

The children then became interested in running and wanted to join the junior section so we went along with them, initially as 'helpers' and then both went on to do various UKA coaching courses. I learnt so much from this that improved my own running too – And had a great time (Don't worry Peter, what happened in Mythymroid stays in Mythymroid!)

At the same time I was involved with cross country and the kids started to come along and run too, so when the cross secretary left I took over and then spent many Saturday's stood in fields across Lancashire (and the wider country) as cross country secretary. This was a great time that led to many friendships within the club and with other clubs too. I was also involved with organising races for the leagues and supporting other races when required.

Additionally, I was ladies club captain, arranging relay teams, cajoling lady members to run in events to make up teams and other more social functions(!). I am still coaching the seniors on Monday nights for speed sessions, feeling like one of the old ladies now.

The club has evolved in many ways since I joined - From two clubs in Chorley to three including the triathlon club and then finally merging to the one club as we have now. Chorley Athletic and Triathlon club is a truly great club that is achieving many great things through all disciplines and age groups. This is because of the talents of the athletes, but don't forget the volunteers that support these athletes. The coaches, coaching assistants and other volunteers such as race organisers, team captains, discipline secretaries/leads and the committee members who all give their time to allow this to happen. Behind every event that you or your child takes part in - from a training session to a race - there has been someone



behind that who has planned, risk checked and arranged it to happen. There are many people who go mainly unnoticed arranging things such as relays, club camping trips, social functions, club kit, etc - there are many jobs that need doing. But one thing I have been aware of over the years is that it tends to be the same people and I wonder why a club with so many members has a relatively limited number of volunteers?

When I think back to my time volunteering with the club I can only think of the positives - We started because of the kids and rather than thinking of it as giving up time, we looked at it as investing time with our kids. We ran with them and raced with them - I can still remember lining up with the oldest for the first time when she was old enough to be in my cross country race and thinking 'How did we get here?' and let me tell you, you never forget the first time one of them beats you in a race. We spent many hours at cross country learning skills for life, such as how to pee in the outdoors. And this crossed into all our activities. Even though the girls have all left home and are grown up, they still come on holiday and run with us. It's just become something we do as a family. The girls are entering events themselves and we are now the ones watching. By volunteering to help we have created some great memories together as a family. Running has given the girls a positive outlook on life as independent and strong women and they have seen the benefits of being involved with a caring club and seen us as role models too.

So, the next time you are at a club event - training, racing or otherwise - give a thought to the people that have made it happen and ask - 'Could I help here in any way?'. It doesn't have to be taking on the whole thing, maybe just admin, holding a direction marker as a marshal at a race, helping to set out a course, producing the newsletter or any such thing.

And don't think of it as giving up time - It really is not just investing in your family, but yourself too.

If you feel you can help please ask.

Anna Maria Crabtree

***** Wishing you all a very Merry Christmas and a Happy and Healthy New Year! ******