

London Triathlon – Subsidised Entries

The Club has been offered 5 subsidised entries to this years London Triathlon, by Derian House <http://www.thelondontriathlon.com/About>

Single entry is £25 (Fund raising target £500). Team Entry is £50 (Fund raising target £750). If you are interested please contact John Rullo, john.rullo@derianhouse.co.uk or 07970889803.

Ainsley Murphy has taken one of these places and has a fundraising page for anyone who would like to sponsor him to raise funds for Derian House: www.justgiving.com/Ainsley-Murphy

Leave Us a Message

Our new web site was launched a couple of months ago and more development is planned during the next few months.

One feature that was taken from the old web site is the message board. Many, but not all members, use this and the Committee would like to promote its use as a valuable mechanism for relaying timely information to all members. It is recommended that members check the board before events and training, just in case some last minute important information needs to be shared. Also, posting of messages by any member is very straightforward from any device.

If you have any ideas for the new web site, please do not hesitate to contact me anytime. www.chorley-athletic-and-triathlon.org

Simon Townsend

Events – Car Sharing

Now that the events season is in full swing, there may be many people attending the same events who could car share - which would not only aid morale (and possibly motivation to attend!), but also help the environment! Please feel free to post on the Club website if you would like to meet up before an event and car share (whether you're the driver or in need of a lift) and look out for others posting too.

Lara Dickinson

If you have any articles or even article suggestions/things you would like to read for the next newsletter, please email them to Lara.Dickinson@Blueyonder.co.uk before 8pm on Sunday 26th April!

www.chorley-athletic-and-triathlon.org



Chorley

Newsletter

Issue 12

April 2015

Annual General Meeting - Your responsibility as a member of CAaTC

Don't forget - it's the Club AGM at 7.30pm on Tuesday 5th May at the Cricket Club. It's the one time in the year when all members have the opportunity to have their say about who is on the committees and how the funds are spent. We also agree the membership fees for next year (i.e. 2016/17) and this time we are looking at setting membership fees in a different way. It's for members to decide upon, so, have your say about whether you think it's right or not.

Daryl Peter

Helping Members to get the most out of the Club

To help both new and current members understand a bit more about the club, we have written flyers along the same format as the newsletter

CAaTC - ABOUT US - A Guide for new Members

CAaTC - MEMBERS RESPONSIBILITIES

100 will be printed of the first draft and we want feedback for subsequent print runs, so please see what you think and let us know.

Daryl Peter

Club Kit Exchange

The Club runs a kit exchange for members to pass on items of kit you've bought and decided doesn't really fit, or your kids have outgrown in five minutes flat. It benefits club members and the club itself

For low value items, we just ask the buyer for a donation to the club (£5) Where something is worth a bit more (i.e. >£50) - something you might have thought of selling on eBay perhaps - the seller gets most of the money and the club gets 10% to help fund those activities that help the club grow and support its budding (and ageing!) athletes.

We currently have on the list two bikes suitable for juniors, lots of good quality clothing and road, trail and spike shoes. Have a look on the club website (Club>Kit>Kit Exchange) and drop me a mail - caatckitexchange1@yahoo.co.uk if anything is of interest.

Shona Taylor

www.chorley-athletic-and-triathlon.org

Highs, Lows and Great Achievement

The grand finale of the pilot Couch to 5K programme was held on Saturday 14th March with the 5k race day challenge, which saw over one hundred runners of all abilities take on the challenge and every one finished in style - it was indeed a bit emotional as the final runner crossed the finish line. The mayor was luckily on hand to present all runners with a well deserved medal.

Over the previous nine weeks, five groups of people have gone from being unable to run for more than three minutes to running their first 5k course over an undulating Astley Park.

I'll be honest, we have experienced some highs, some lows and some emotional training sessions over the nine weeks. However, hand on heart, to witness the determination and effort these people have put in week after week has been a true inspiration to the helpers from Chorley Athletic and Triathlon Club.

The journey continues - we have laid the foundations to hopefully encourage all attendees to carry on. They may not all have a love of running, but we urge each of them to keep going - walking, swimming, cycling or whatever activity they enjoy.

The story now also takes a lovely twist folks, as a large number of runners want to try to achieve the 10k distance, so I have been talked into (or cajoled) to remain involved with the group in some capacity.

The progression group continues on Saturday at 10:00am outside Astley Hall then each Monday and Wednesday 18:30 to 19:30 on the car park near Barons Rest. Additionally there is still the option to continue the 5k runs at the above. There is also a new course planned to commence on 2nd May, also following the same sessions.

If you would like to be involved, any help or support would be greatly appreciated. Please email Nicola McIntyre at Chorley Council -

Nicola.mcintyre@chorley.gov.uk

The job simply is to run with the groups to motivate and encourage - following the NHS couch to 5k plan (which can be downloaded for free), which builds up the time spent running

Stuart Kilmartin

www.chorley-athletic-and-triathlon.org

Membership Renewals 2015/16

Now that it's the start of April, your **annual membership subscriptions** for 2015/16 are due and must be paid by 15th June please. Every member also needs to fill in a new **annual membership form** for the year. The junior and senior forms for 2015/16 will be circulated by email and are also available on the website. Your membership for 2015/16 will only begin when I have received both the form and the subscriptions.

Although England Athletics have increased the athlete registration fee from £10 to £12 this year, I'm pleased to say that your subs will not be going up but will be staying the same as they were last year.

Subs for 2015/16 are as follows:

Full adult member	£35.00
Full adult member at concessionary rate (unwaged)	£25.00 (e.g. Full time student, 2 nd claim member)
Junior member (Aged 11 - 16)	£15.00
Junior member (Aged under 11)	£10.00
Junior 2 nd Claim (Triathlon)	£10.00
Junior Associate	£0.00
Volunteer (Non Competitive)	£0.00
Associate from Chorley Cycle Club	£0.00
Family membership	£50.00
(2 seniors + their children aged under 17)	

Payment can be made in cash (in a labelled envelope) or by cheque made out to "Chorley Athletic & Triathlon Club" to your coach or register keeper. If you wish to pay by bank transfer the details are as follows:

Bank name: Natwest
Account name: Chorley Athletic and Triathlon Club
Sort code: 01-05-14
Account number: 37207830

Please use the member's surname as the reference when processing the payment, and email the Membership Secretary, Tash Fellowes, (tash.fellowes@talktalk.net) to confirm exactly whom the payment covers. A direct debit payment option is also currently being setup, details of which will be circulated once complete.

If you have any queries please get in touch as soon as possible on the email address above.

Tash, Membership Secretary

www.chorley-athletic-and-triathlon.org

Still Walking Tall – Shoe review/update

My review of a newly acquired pair of Hoka One One Stinson Evo running shoes in issue 2 still generates queries from club mates more than a year later and many have taken the plunge in purchasing their own pair of cushioned heaven. After 14 months and more than 1000 miles, I thought I would update you with my relationship progress with these unique shoes.

Despite showing substantial signs of wear and tear on the sole and uppers, they still feel just the same as they did a year ago. They are my go-to shoe for virtually everything, whether racing or training on trails, road or track they have never let me down. They are super stable on the rough stuff and flat road and I am sure their down hill performance cannot be beaten by any other shoe on the market. Like me, they are not particularly useful in mud, but non-muddy offroad runs are a joy.

Despite their normal retail price of over £100s, I feel they are excellent value for money because they seem to have coped with at least double the distance of normal training shoes. I am sure that they have also helped to protect my ageing legs and body; I have noticed a definite reduction in hamstring issues which were plaguing me pre-Hoka time.

My first pair of Hokas have served me well, so I have retired them after being tempted by a pair of Hoka One One Bondi 3s for a very competitive price of £75.



PS If you fancy a pair, purchase at least 1/2 size larger than normal, as they tend to be a small, narrow fit.

Simon Townsend

Race Report - Juniors - Blackpool Track and Field

Five Chorley Juniors made the trip to Blackpool for the first Track and Field event of the season.

For some it was their first time competing in Track and Field. U9 Alayama Ahmed achieved 1st place in the 80m with a fantastic run, with Martha Singleton not far behind. Martha also achieved 2nd place in the 600m. Sam Challinor and Alice Singleton started their season with excellent performances for the U11's. U17 Holly Brookes achieved a PB in the Shot Putt, with a throw of 8.16m.

Track & Field Open Medal Meeting

Wigan Harriers Track & Field Spring Open Medal Meeting is on **Sunday 12th April 2015** from 10am at Robin Park Arena.

It is a great opportunity for athletes aged U13 to senior level to get an early competition under their belt before the main season starts. Further details can be found on the Wigan Harriers website - www.wiganharriers.org.uk

Janet Brookes

2nd Katie Hewison Junior Duathlon - 9th May 2015

European Duathlon Champion, Katie Hewison, has confirmed she will be attending the event and will be meeting all junior athletes at the start line.

The Duathlon is a fun event for any junior aged 5-19 in Astley Park on Saturday 9th May from 9am. Some local Chorley schools are entering teams, which is via Chorley Schools Sport Partnership. Other local schools are leaving it to individuals to enter themselves online at <http://chorley.niftyentries.com/JuniorDuathlon>. A £6 discount will be applied at the checkout to any Chorley school pupil.

For those who've not done a Duathlon before, a good starting point is the Supersprint (Primary age), and Sprint (Secondary age), which are less distance than the Tristar categories. Any queries, please contact the race organiser T-J Hughes chorleytri.junior@gmail.com

T-J

CAAT EVENTS CALENDAR

Apr-15

Date	XC/Multi Es	Fall	Road/Trail	T&F
Fri 3/4 Sat 4/4 "		Rivington Pike(3.25)/Jnr Pendle(4.5)/Jnr [L][J] Peats Pit Woods(10K)	Caldervale(10)/Jnr Blackpool(20)	
Sun 5/4	Ulverston Tri	Bunny Run(3)/Jnr		
Tues 7/4 Wed 8/4 Sat 11/4 Sun 12/4	Skipton Tri	Wardle Skyline(7)	I/C - Blackpool(4) Radcliffe(10K)	MLS(Blackpool)/Jnr
Tues 14/4 Wed 15/4 Fri 17/4 Sat 18/4 Sun 19/4	MLS XC Presentation(Bamber Bridge) Clitheroe Tri	Bunny Run(3)/Jnr Anniversary Waltz(11.5)/Jnr Mickleden Straddle(23K)	Podium(5K) Barrowford Manchester(M)	NVAC(Cleckheaton)
Tues 21/4 Sat 25/4 Sun 26/4 "	Kendal Aquathlon Kendal Sprint Tri	Bunny Run Relay(3)/Jnr Three Peaks(24) Kinder Downfall(9.6)	Wray Scarecrow(10K) London(M) Bolton(10K)	
Tues 28/4 Thur 30/4		Orchan Rocks(3.4)	Ripley Supper Run(4)	

T&F Grand Prix XC
 [L] = Lancashire Championships [B] = British Championships [Bma] = British Masters
 [J] = English Jnr Championships [B] = British Championships [Bma] = British Masters

MEETINGS

Thurs 30/4 Events Meeting - Chorley Cricket Club @ 20:45

Attendees
Open

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CAAT Event

[N] = Northern Championship
[E] = English Championships

Central Lancs Grand Prix
Road/Trail Grand Prix

Fall Grand Prix
Club Interest Event

T&F Grand Prix
XC