



Newsletter

Issue 12

May 2015

AGM

Don't forget your AGM - **Tuesday 5th May 7.30pm at the Cricket Club** - 1 hour max, so please come along. The Club wants **your** views!

Marshalls Needed!

There are many events coming up which the Club puts a lot of effort in to organizing and making a success, but we need members to not only participate, but to also give a little of their time to help and marshal at these events to ensure they run smoothly. Some of the forthcoming events requiring help are:

- The Junior Duathlon on Saturday May 9th from 9am – contact TJ chorleytri.junior@gmail.com
- The Astley Park Trail Series on the first Wednesday of each month through the summer (6th May, 3rd June, 1st July, 5th August). Junior races start at 7pm, Seniors' at 7.30pm so please arrive in time to be given instruction.

Anyone is welcome to help out – all members (including Juniors!) and their families (including Juniors'!). The website will have details nearer to the time for each event also.

(Lara Dickinson)

Virgin London Marathon 2015

Five of our Club's athletes ran the London Marathon this year on Sunday 26th April and all did fantastic.

Those runners were: Vicky Burton (3:59:21), Dan Edwards (3:22:51) Julian Goudge (2:49:15), Lisa Johnston (4:20:28) and Robert Walsh (3:04:55). Unfortunately, Keith Johnston was unable to start due to injury.

A huge congratulation goes to those who ran and did themselves, and the club, proud!

Noddy Gives (26) Miles of Smiles at the London Marathon

I was given the opportunity to run this years' London Marathon for the club and to add to the challenge I decided to run it dressed as **Noddy**, aiming to raise a little money for a local based charity in Leyland called 'Miles of Smiles'. The charity arrange 'smiles' (aka treats) for children who need a little cheering up, whether it's because they have lost a sibling, care for a parent or have been going through difficult times.

So, Sunday 26th came. The weather was kind and the predicted rain held off. The streets were lined with so much support and I couldn't believe how many shouts of "go on Noddy" I heard. I felt like a celebrity – and even got asked for a selfie by a grown man whom Noddy was his childhood hero! Having high 5'd so many kids making them smile, and giving thumbs up to all who shouted me, by half way the tiredness had kicked in. Noddy's outfit got hot, especially the hat, and my legs started to feel the burn. The second half was not so enjoyable, but the crowds kept me going and after a toilet stop, a quick chat to the other half and a few photo stops, I finished in 4hrs 20mins. A bit slower than planned, but after a late injury to my calf three weeks earlier, I was amazed I managed to start let alone finish.

Fighting through the finish area to collect my medal, goody bag and baggage, I met with Keith and the achievement kicked in. My first marathon in fancy dress and I've raised over £800 for my chosen charity. I had to be pleased.

Monday morning now and the legs feel the pain but I'm managing to walk and have been at work since 7am so can't be too bad! My finisher T-shirt is on with pride and the buzz has started to kick in.

London Marathon 2015 was tough but it's an experience I will never forget and one I definitely recommend!

A big **thanks** to all who have supported and sponsored me. My effort and your goodwill will give a few smiles to those local children who deserve a little happiness.

THANK YOU AGAIN!

Lisa Johnston
(aka Noddy)

If anyone would still like to donate a little to help make a smile happen, please go to
<https://www.justgiving.com/Lisa-Johnston15>

www.chorley-athletic-and-triathlon.org



Fancy being a Coach?

Richard Farron and I are the latest of the clubs' coaches to become fully qualified. But how and why did we get involved? Could this be for you?

As with many things, the journey for Richard and myself to becoming a fully-fledged Athletic Coach started more by accident than intent. Born of feeling of wanting to help when our daughters were being coached in various disciplines, and noticing that help, would be gratefully received, we both gradually became more involved. Neither of us are involved in anything to do with sports coaching, so we were starting from zero knowledge.

Round 1: As a natural progression, we both (with Jill) decided to take the first steps to being more competent and qualified. The Coaching Assistant course is not assessed, but does involve giving up a weekend to learn the fundamentals of coaching and basic technical skills. This should give you the confidence to coach under the distant supervision of a qualified coach. It is a great course, with all attendees thoroughly enjoying it, and I would recommend it to anyone who wants to lend a hand.

Round 2: We then decided to continue our studies, and took up the much more challenging task of becoming an Athletics Coach in September 2014. This consists of 3 taught days and 1 assessment day, an exam, plus completion of 3 workbooks, which are based on coaching practice, plus a lot of ancillary research and practice. In March 2015, we finally passed all assessments, but were told that our Athletics Coach journey had just begun.

As well as coaching many sessions for the club, we have both become involved in other voluntary roles where coaching/teaching skills are very useful.

The club size is limited by the number of coaches and helpers it has, so the more we have, the larger and more effective the club can become. If you show commitment to the club, then your coaching courses will be fully funded. As part of UKA rules, you will also need to be CRB/DBS cleared to coach.

For more information about courses or if you would just like to help with other aspects of the club, please contact either myself or Richard Farron.

(Simon Townsend)

Get on the Right Track

Summer is traditionally the time for athletic endeavors to move on to Track and Field. Whilst our club youngsters seem to embrace track running, jumping into sand and throwing various bits of metal, over recent years there would seem to be some reticence amongst our senior athletes to become involved. I can understand this, but...

Several years ago, I had never been to a track meeting and had thus never tried any of the events on offer. Within just a few years of attending my first event, I had competed in 800, 1500, 3K Steeplechase, 5K, 4x100m, 4x400m, Long Jump, Triple Jump, Javelin and Discus, plus officiated for all field events. Because of the lack of Chorley competitors, I often attempt all the long distance running events, and some of the field events in one meeting!

The Northern Athletics Track and Field meetings are a great, low stress way of starting your track and field career. You will be part of a Chorley team, who compete, officiate and have fun during four (usual pleasant) summer afternoons. For every event you complete, you will gain points for the team and so everyone contributes to the success.

Several times, Chorley has been close to being promoted up the divisions with only a handful of competitors. Just think what we could achieve with two handfuls ;)

If you are interested in attending and helping our team do well, and may be fulfilling some of the items on your bucket list, then please contact Simon Townsend and/or see more on our web site. **(Simon Townsend)**

Membership Renewals

A reminder that membership renewals are due now. Payment must be made by 15th June 2015 by cash, cheque (to "Chorley Athletic and Triathlon Club") or bank transfer (to: Natwest, a/c name: Chorley Athletic and Triathlon Club, Sort code: 01-05-14, A/c number: 37207830). If you pay via bank transfer, please inform tash.fellowes@talktalk.net of exactly whom the payment covers.

If you have any articles or suggestions for the next newsletter, please email them to Lara.Dickinson@Blueyonder.co.uk before 8pm on Sunday 24th May! It would be great to here from the junior members of the Club too!