

Junior Coach Profiles

Month 2 – coach profiles continued from last month...

Alan Morris came to the club in 1980 and at 75 years old he is still an active part of our coaching team.

Alan has been coaching Throw's and multi events for 34 years.

Simon Townsend is very much part of the backbone of the club.

He joined the club around 1990 and although he is a qualified multi event coach with our Juniors he still finds time to organise and set up most of our races.

And at the age of 51 years, still competes in many events.

John Payn, at 82 years old is possibly the club's living Legend.

As a race walker, John has achieved greatness in his sport by winning many medals in walking championships.

I'm pretty sure that he has been the best in the world in some age groups. John holds a level 2 qualification in Tri, Fell, Walking and Athletics.

He has been a member for approximately 30 years and coaches our youngest Athletes.

Ruth Whipp is 17 years old and has been at the club on and off since 2005. She is part of our new coaching blood and works under the watchful eye of John Payn.

Ruth has represented Chorley at most events and is a level 1 multi event coach.

Richard Robb is a multi event coach, is 47 years old and has been with us for about 10 years.

Richard came through the ranks as a runner at Blackburn Harriers and represented them at most events before joining Chorley.

Rick Cordwell is a 38 year old, level 2 UK Athletics Coach and has been around at Chorley for about 7 years.

His speciality is Sprints, which he coaches on a Thursday night at Horwich Track. He also coaches multi events on a Monday night.

Jan Mayor came along in or around 1994 and has since run for Chorley in most disciplines; road, cross country, track and fell.

At 60 years old she is a level 3 UK Athletics coach in Long Jump, Sprints and Middle distance.

Peter Gillham



Newsletter

Chorley

Issue 16

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Chorley Interclub Race

On **Wednesday 12th August** it is the Chorley Inter-club race in Astley Park. We will need volunteers to help with marshaling and other duties. Anyone can volunteer, as no experience is necessary.

It is not only our responsibility to organise the race, but also provide the post race buffet in the Barons Rest pub. We will need food contributions from members to help with this; including sandwiches, savouries, salads, dips, desserts etc. There is a suggestion list on the C.A.T.C Facebook page. If you are able to contribute to the buffet please let me know either through Facebook or email me sbee@blueyonder.co.uk and let me know what you are bringing and the quantity. We could be feeding up to 200 people!

Steve Baker

Junior Swimming at Brinscall

If you fancy a go at Aquathlon or Triathlon and feel that your swimming needs improving, or you just feel you need a swim confidence boost, come and join us at Brinscall baths. You would need to be over age 8 and able to swim at least 1 length of front crawl as a starting point. Jonathon Grundy, Steve Thomas and Jane Bowles coach and assist the sessions, which are a mixture of endurance, speed, drills and a bit of fun. Weather dependent, we often do a transition into a short run around the lodge to end the session. Please contact chorleytri.junior@gmail.com to enquire or reserve a place. The cost of the sessions is £2.50 per week paid in half termly blocks. We resume swim sessions on *Thursday September 3rd 5:30 - 6:30pm*. Come and join us :)

Jane Bowles

New Arrangements for Senior Athletics Kit

Phil Iddon has kindly taken over distribution of Chorley Athletics Kit for adults. If you require any adult sized kit please contact Phil on 01772 490078 or via email at philiddon@sky.com

For junior kit please continue to contact Ruth via ruth@cakesbyruth.co.uk Please note that we all distribute kit on a voluntary basis so please bear with us if we can't answer your enquiries immediately.

Ruth Poar

Surviving Ironman UK

Chorley AC and Tri were represented well at the recent Bolton Ironman UK by myself, Rob Walsh, Jonathan Mattock and Martin Redshaw.

We had all done the training, prepped our kit, racked the bikes and were ready to start. I didn't see the other fellas in the morning, but knew they were somewhere close to feeling as nervous as I was.

The swim was tough, as I couldn't see where I was going due to the torrential rain that came down (as the many Chorley spectators can vouch for). Run to transition was eventful, as I tripped and fell flat on my face. Turned out later that I had broken my big toe!

Anyway, off on the bike I went - still raining and very windy, which was challenging. Support round the bike course was immense, people everywhere - so proud to be from Chorley and wearing my Chorley kit, as I got so much support. Bike into run went well and I set off strong on the run, but started to feel the toe. There was no option but to keep going though and again, great support along the course and lots of friendly faces to keep me going.

Fantastic feeling to have three bands telling me I was on the final lap and nearly finished. Headed into the final straight, with a quick hug for wife and kids and over the line I went. So pleased to finish and pleased with overall time.

Finish times:

Me - 11hrs 22mins

Jonathan - 12hrs 51mins

Rob - 14hrs 14mins

Martin - unfortunately didn't finish – not to be his day and fuelling issues meant he didn't finish bike leg – promised to be back strong for 2016 or 17.

Michael Hancock

Senior Fell Race Kit

The club now has 2 sets of the required kit for fell racing (bum bag, waterproof top and bottoms with hood and taped seams, compass and whistle). It is available for loan to any seniors who would like to try out a fell race but who do not have the kit. At the moment this kit is with Tash Fellowes – contact tash.fellowes@talktalk.net if you would like to borrow it.

Tash Fellowes



Aero on Your Bike!

After coming back from watching some of the Ironman cycling and seeing the large differences in bikes, helmets and clothing used by the competitors, I decided to research improvements that any bike rider can make to become more aero; use less energy and/or increase speed. In summary, the following are examples of time saved (in seconds) over 40km distance.

<u>Equipment</u>		<u>Clothing</u>	
TT/Aero Frame	70s	TT/Aero Helmet	50-60s
Aero Bars	100s	TT Skin Suit	134s
Rear Disk Wheel	29s	Shoe Covers	30s
Front Tri Spoke Wheel	42s	Eyewear	0s ... but they look cool ;)

<u>Personal</u>		<u>Other</u>	
Shave Beard	0s	TT Body Positioning	56s
Shave Legs	70s		
Shave Arms	19s		

From the results above, it can be seen that anyone can achieve significant time/energy savings for modest amounts of cost or even free. Being aware of the information above will hopefully prevent you spending many thousands on the latest Time Trial bike, and then losing any benefit instantly through donning an ill-fitting jersey or jacket.

Simon Townsend (off to buy some shares in Bic razors)

Why Not Have a Crack at Track?

Seniors ... have you ever fancied trying Track and Field?

Our club has three groups that meet at Horwich Track (behind Bolton Arena) from 19:00 to 20:00ish on Thursday evenings. Cost is only £2 and is payable to me on the night (to help cover hire of the track). The groups are...

1. Sprint (+ long and triple jumps) - with John and Rick
2. Speed/Endurance - with Stuart, Simon and Carl
3. Throws (hammer, discus, shot and javelin) - with Alan

These sessions run all year and are suitable for absolute beginners through to national level athletes. They are very enjoyable sessions, and a bit kinder to the limbs than constantly pounding the pavements. Also, you will never be more than 200m from another runner and it is pretty difficult to get lost! If you would like more information please contact any of the coaches or me, or just turn up and run.

Simon Townsend

CAAT EVENTS CALENDAR

Aug-15

Date	XC/Multi Es	Fell	Road/Trail	T&F
Sat 1/8 Sun 2/8	Blackpool Jnr Tri	Borrowdale(17) Worshtorne Moor(7)/Jnr	Merseyvend (5K) Waggon & Horses (10)	MLs(Hyndburn)
Wed 5/8 Thur 6/8	London Tri	Turner Landscape(17K) Boulsworth(7.5)	Astley Trails (4.6)/Jnr Badger Run (10K) Arncliffe Fete (4)	NMMW(Oldham)
Sat 8/8 Sun 9/8	Skipton Tri		Blackpool Air Show (10K) I/C - Chorley (4.7)	John Gerrard Yas(Leigh)
Wed 12/8 Sat 15/8 Sun 16/8	Coniston Swim(1.5)	Darwen Gala(3.7) Sheep Fell Over(3.1)	Catforth Canter (5K) Waggon & Horses (HM) Horwich Jubilee (5)/Jnr Burnsall (10) Rochdale (10K/HM)/Jnr	N.Champs(Witton Park) [N]
Wed 19/8 Sat 22/8 Sun 23/8		Pendle 3 Peaks(9)		
Wed 26/8 Sat 29/8 Sun 30/8		Harrock Hill(5.2) Pendleton(5) Crowden Horseshoe(8)	Blackpool Illuminations (10/5K) Pennington Flash (5)	MLs(Wigan) - medal U15/17 Champs(Bedford) [E]

T&F Grand Prix
XC

Fell Grand Prix
Club Interest Event

Central Lancs Grand Prix
Road/Trail Grand Prix

CAAT Event
Multi Events Grand Prix

[L] = Lancashire Championships
[J] = English Jnr Championships

[B] = British Championships
[B] = British Championships
[Bma] = British Masters
[Bma] = British Masters

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

MEETINGS

Attendees

Tues 11/8	Astley Park Meeting - Astley Coach House @ 19:00	Maurice Houghton & Mike Coppin
Wed 26/8	Mid-Lancs XC Meeting - Lancaster Lansill Club @ 19:30	Open
Thurs 27/8	Events Meeting - Chorley Cricket Club @ 20:45	Open