

Club Meetings

The club has various meetings around things like race organising, grand prix selection etc. These are arranged as and when determined by the needs of the activity. There are 2 regular scheduled meetings **Committee Meetings** – 7.15pm Barons Rest – 2nd Wed every other month – May, July, etc and **Coaches meetings** – 8.00pm Holy Cross – 2nd Monday every other month – May, July, etc. If anyone is interested in attending or voicing opinions etc, please do come along, that's how we can get feedback.

Daryl Peters

Alison goes from Chorley to Zurich

Alison Leonard joined Chorley Harriers Juniors in 1999 with a burning ambition to win – the Buckshaw School Fun Run. She was quickly hooked on the buzz from running fast and winning races too. She did win that Fun Run (at the second attempt) as well as quite a few other competitions. 15 years later she has been selected to run the 800m at the European Championships after her Silver medal from the UK 800m championships and PB at the Diamond League meeting in Glasgow. She is also the British Women's Mile champion. What made that happen? Some things it could have been include:

- Always listening to her coaches (well almost always)
- Turning up to training, whatever the weather
- Hating losing
- Persistence when it wasn't going so well
- Being able to enjoy running for its own sake
- Having fellow runners in Chorley, Blackburn and Birmingham to keep her company on different parts of the journey
- Supportive family and friends (many of whom are very keen on sports of all sorts)
- Her sense of humour and interests outside athletics
- At least some running talent

So come on juniors, who's next?

Ian Leonard

Items for the Newsletter

In the first 3 editions of the newsletter, we had a total of 33 articles submitted by 10 different people. So a diverse selection of items to choose from which really shows that articles can be about anything relating to the Club. And a big thank you to all who have contributed. A minor problem was that 50% were written by me – someone who has physically never been able to run since the club started, and have never been to a training session or a race. So to the other 290 members, come on, you must be able to write better articles than me!

Daryl Peters



Newsletter

Issue 4

August 2014

Intro

It is August and one of our busiest times as a club, and where everyone can give back to club. We are organising 3 events where the club raises funds to support its activities. So no excuse not to help:-

- 6th – Astley Park Trail Race – please be at the Barons Rest for 6.30
- 9th – Track and Field event at Preston – details later
- 13th – Interclub at Astley Park – details later

The Astley Park race is also the Mich Ogle memorial race, a member who was an inspiration to all of us honoured to know him, run with him and have all the laughs and jokes we did – remember what he used to say 'Running is Life'.

And forewarning of our Duathlon on 20th September – support needed so give something back to the club.

Daryl Peters

Protecting Children - DBS (former CRB) and Self-Declaration Forms

You will no doubt have heard about checks undertaken on people who have responsibility for children. These are called DBS (formerly called CRB) checks and it's a way of ensuring the background of anyone involved is suitable to be dealing with children in an appropriate way. To clarify the position as a club and as determined by UK Athletics, all qualified coaches have undertaken a DBS check. These are regularly renewed and our Safeguarding Officer keeps a record of all of these. In fact, their coaches licences wouldn't be renewed without one. For all other people in the club who are involved with the juniors in any capacity, you are required to fill in a 'Self Declaration Form' and send to our Safeguarding Officer – Terry Dickenson. The forms are available on the web site

Daryl Peters

Essential reading for all Parents/Guardians

Last month, I described the 4 Codes of Conduct i.e. Parent/Guardians, Coaches, Athletes and Young Athletes and I asked people to be familiar with them. This month I want to look at the Parent/Guardian Code of Conduct and raise aspects of it where I know there are issues. This is wholly the responsibility of parents/guardians and much as many of you do respect it, too many of you don't – sorry to be blunt but that's the way it is! The Parent/Guardian Code of Conduct, which you have said you would adhere to on the membership form, includes:-

- take an active interest in my Child's participation;
- attend training or competition as required;
- know exactly where my child will be and who they will be with at all times;
- never make assumptions about my child's safety;
- assume responsibility for safe transportation to and from training and competition;
- take my child into the training venue and ensure they are with a coach before I leave;
- be there on time to pick up my child and to come into the training venue and so take my child from the coaches' supervision.

Many parents already embrace this and thank you to those. But for those who don't, please take note and just do it – they are your children – it's for their safety.

Daryl Peters

Update from Junior Triathlon

The council have given the go-ahead for a Junior Duathlon event to be held on 20th September in Astley Park. This is exciting news for the club and is the first time we will have held an event like this. ANY help at all will be much appreciated no matter how small either leading up to it and particularly on the day like marshals and registration. Also we need to do a promotional push for this event so any contacts that people may have through schools, other clubs etc. to get the word out for entrants is much needed too! Please contact chorleytri.junior@gmail.com to get your name on the volunteers list!

Nicola Rothwell

Lead coach, Junior Triathlon, Chorley Athletic & Triathlon Club

Junior Duathlon - September 20th Astley Park

Katie Hewison, World Duathlon champion, 2011, and GB Triathlete, based in Chorley, will be at the event, and along with club coaches and volunteers, will be helping with warm ups and transition guidance. Use any bike you want, or if you need to borrow one, please tell us on your entry form. Your bike must be safe to use, and you must wear a bike helmet. The run and bike course will all be on grass, marked out, with marshals to help. * N.B. Tristar categories are based on age at 31st December 2014 & are NOT school year based. This is Triathlon England Junior competition guidelines. Sprint categories are school year based. Entry forms are available on the website chorley-athletic-and-triathlon.org

Nicola Rothwell

Lead coach, Junior Triathlon, Chorley Athletic & Triathlon Club

Junior Swim & Bike Summer sessions

Available, and suitable, for any junior aged 8-16 before 31st December 2014. You do not need to be a club member to take part in these sessions, but you will need to register on your first night. Older athletes are in a different group to younger ones, with different and more challenging practice sessions. No previous experience necessary. These are fun sessions.

Cycling – bring your own bike and helmet, or let us know you need to borrow a bike and helmet in advance, with your inside leg measurement. All sessions based at Buckshaw Primary School, Astley Village 6pm – 7.30pm.

Wednesday 13th, 20th and 27th August

Wednesday 3rd September

£7.50 for all 4 sessions, payable on your first night attending.

Swimming and running – wear a swimsuit and bring a t-shirt and trainers to put on to run straight from the swim. You must be able to swim 25m unaided to attend. All abilities welcomed, and encouraged. All sessions at Brinscall Pool, 5.30 – 7pm

Thursday 24th and 31st July

Thursday 7th and 14th August

Thursday 4th September

£7.50 for all 5 sessions, payable on your first night attending. If you can only make one session out of these, please pay £2.50 on the night to the volunteer taking the register. To book a place, or for more information about the summer sessions or regular sessions during term time, please contact chorleytri.junior@gmail.com

T-J Hughes

Chorley Athletic & Triathlon Club

Diary Dates August 2014

Sun 3rd August - MLs T&F meeting at Lancaster's Salt Ayre track. See Chorley's website for details or contact Janet Brooks/Simon Townsend. No cost (Club entered). >11. Part of the Club T&F GP.

Wed 6th August - Astley Trail Races(4,6/1) in Astley Park. Jnrs 19:00(£3)/Snrs19:30(£5). As usual marshals & helpers all needed please. This is also Chorley's CLGP race (which requires at least 10 Chorley athletes to participate) and the Mich Ogle memorial race so big fields expected. Jnrs(4-16)/Snrs >15.

Thurs 7th August - Badger(10K) race at 19:30 in Cuerden Park at the Barn next to the Sue Ryder home £6 also a Chorley road/trail GP race.

Sat 9th August - NM/W T&F meeting at Preston's UCLAN stadium. This is a Chorley hosted event and we thus need all the helpers and competitors we can muster. See the Club website or Simon Townsend for details. No cost (Club entered). >15. Part of the Club T&F GP.

Sun 10th August - Blackpool Air Show(10K) road race at 11:00 from Bispham Fire Station, Blackpool, Red Bank Rd £6 this is a CLGP race where we are committed to 10 Club competitors.

Wed 13th August - Chorley's Inter-Club(4.7) road race in Astley Park from the Hall at 19:30. No registration/no cost just turn up and run. >14. This is a Chorley hosted race so all helpers and marshals are needed please. Also we are required to provide a buffet afterwards in the Barons Rest so we are asking everybody

to please contribute a small amount each eg sandwiches, cakes, pies, crisps, biscuits etc. to fulfil our commitment. Contact Mike Coppin (01257.241451) [lindacoppin@hotmail.com].

Sat 16th August - Darwen Gala(7.5K) fell race at 13:30 from Bold Venture Park, Darwen £4 >16. This is a Club fell GP race counter. NB- if organised as previous years it includes free beer and food at the end for runners!!

I hope all are not too exhausted after the above programme, but a bit of a rest then with only 4 Club counters of Harrock Hill(27/8), Pennington Flash(31/8), I/C Red Rose(3/9) & MCA(7/9) before launching ourselves into another XC season at the end of September.

Mike Coppin.'

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				Aug-14
Date	T&F	Fell	Road/Trail	Other	
Fri 1/8 Sat 2/8		Hellifield Gala(3.5) Skipton		Round the Park Relays(3x2.8) Blackpool Zoo	
Sun 3/8	MLs(Lancaster) Salt Ayre				
Wed 6/8 Thur 7/8 Sat 9/8			Astley Trail Races/Jnr Badger(10K) Cuerden		
Sun 10/8	NM/W(Chorley) UCLAN		Blackpool Air Show(10K)		
Wed 13/8 Sat 16/8 Sun 17/8		Darwen Gala(3.7) Sedbergh Hills(14)	I/C(Chorley) Astley Park		
Wed 20/8 Sat 23/8		Golf Ball(5.5) Rosendale Pendleton(5)	Lancaster(HM)		
Sun 24/8		Sheep Fell Over(3.1) Littleborough	Horwich Jubilee(5)/Jnr		
Wed 27/8 Sat 30/8		Harrock Hill(5.2) Parbold			
Sun 31/8	MLs(Blackpool) medal		Pennington Flash(5) Leigh		
	T&F Grand Prix	Fell Grand Prix Club Interest Event	Central Lancs Grand Prix Road/Trail Grand Prix	CAAT Event	

Please check venues as they can change