

Kit exchange

We have made our first sales through the kit exchange with £10 in my pocket waiting to be handed over! Just as a taster of what we have on offer: a red Islabikes Luath 24" bright red, nearly new condition suit (roughly) 8-10yr old £150; some very nice kit suitable for a junior / small lady including a blue hoody (£10) and a black/blue training jacket £20 and for grown-ups we have road, fell and spike shoes available for very modest fees. If there is something you want to borrow / buy give me a shout on caatkitexchange-1@yahoo.co.uk and I'll add it to the wants list and likewise if you have kit to sell.

Shona

Core exercises to improve your balance and stability

Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities. In fact, most sports and other physical activities depend on stable core muscles.

Just a quick word about **CX Works** at Clayton Green and All Seasons Sports Centres. Daryl, Anna Maria, Steve and a few others, including myself, find this core workout class essential in keeping up fitness and suppleness in our 'not too juvenile' bodies. I am a firm believer in cross training and, particularly for those that don't have masses of time, CX Works is a little gem of a class. It's only half an hour long but packs a lot in!

CX Classes at Clayton Green:

Mondays 5.15pm till 5.45pm and Fridays 5.30pm till 6.00pm

CX Classes at All Seasons:

Tuesday 8.00-8.30pm; Wednesday 5.45-6.15pm; Thursday 7.50-8.20pm;

Friday 12.30-1.00pm

As a bonus, both classes at Clayton Green are followed by a spin / rpm class, for anyone who fancies honing their bike fitness! Les Mills describes CX WORKS as a class which *"really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention."*

Want to give CX a try? Anna Maria has arranged for one of the CX Works instructors to give CAAT members a lesson (time and date to be confirmed). Go for it!

Bill Beckett



Newsletter

Issue 6

October 2014

Intro

As I hope all members, parents, guardians are aware, we take our responsibilities for safeguarding at the Club most seriously. We have several Safeguarding Officers led by our Chief Safeguarding Officer – Terry Dickenson. Terry arranged a meeting intended for ALL parents/guardians on 15 September at Holy Cross and thank you to the 6 who turned up. He explained our role and responsibilities and the importance of vigilance and listening to children. He also emphasised, that parents/guardians MUST see their children into the hall and to the safe custody of a coach and similarly pick them up from the custody of the coach. Dropping them off or waiting for them in the car park is not acceptable. You may recall I, myself have written about this in previous newsletters. It is essential that this is adhered to particularly as the nights are becoming darker, then the risk is increased.

At the meeting, Terry described many facets about how the Club is moving forward and what we are wanting to do but we need parents/guardians to play their part and behave in an appropriate manner as described in their Code of Conduct. You will see a notice is now on the door into the hall at Holy Cross reminding people entering that the use of phones and other electronic devices is prohibited. We have said this on so many occasions but still parents/guardians use them. Even when we were having the safeguarding meeting, some of the parents/guardians present, who chose not to come to the meeting, were using them!

And a reminder that on Monday October 13th, some of the junior athletes will be moving from Holy Cross to indoors at Southlands as it will be too dark to train outside. It's mainly Stuart's and Alan's groups but if in doubt, please check with your coach.

And on the changes from the nights closing in, I mentioned in the last newsletter about the need for a fluorescent bib or gillet and I again remind you how important these are. They are readily available from any sports shop and indeed Aldi also sells them periodically.

Finally a reminder that if people want the newsletter to continue, then they need to contribute to its production. This you can do either by writing articles or making suggestions about potential useful articles and identifying someone to write them. Having written over 50% of the articles in the first 5 issues, I am now restricting my pen to the Introduction.
Daryl Peter

Purchase of Club Kit

The club has various items of kit for sale i.e. vests, T-shirts, polo's, hoodies, track plant, jackets. Ruth Potts very kindly operates the kit purchase for the club. So if you want any kit, it's at Ruth's shop – Cakes by Ruth at 20 St Georges Street, PR7 2AA. You can pick it up from there during shop opening times but please make sure it's prearranged with Ruth - please don't just pop into her beautiful cake shop and expect to get kit without notice! Please email Ruth at ruth@cakesbyruth.co.uk to order the items you require and arrange a day to collect from the shop. Payment by cash or cheque on collection, most sizes are available.
Daryl Peter

Iron Man, Rob Baldwin

Did you sleep the night before? About 4 ½hrs at the most.
How long did it take to complete each event? Swim: 1hr 20mins Cycle: 6hrs 20mins Run: 4 hours, 17 minutes.
How much did you train? 8-16 hours every week.
What was the best part? The cycling was easiest.
What were the worst parts? Running, because of the heat and cramp.
Where were the best supporters located? Babylon Lane in Adlington was the best as it was where my family and friends were waiting.
Did you have to change your diet? I ate lots of fresh food, including fruit, vegetables and white meat.
What were the transitions like? It was very busy, there were lots of people and it was very chaotic.
What problems did you have? Cramp and dehydration but it was my own fault.
How did you feel afterwards? Elated, overwhelmed and relieved. Support helped lots.
Would you do it again? On the day, not a chance, but afterwards I wanted to better my mistakes from this time.
Interviewed by his niece, Jessica Mitchell

A Winter of Mud Content

Soon it will be cold, dark and wet, so let's go out and enjoy all that the countryside has to offer, the cross country racing season is just about to start. Races are for U11s through to veteran's runners, with distances varying from 2k to 12k, on the flat and/or hills.

Terrain is varied (usually muddy) so the use of cross country spikes or fell shoes is recommended for most courses. Cross Country races rarely get cancelled due to adverse weather, so warm clothing (inc. gloves and hats) may be appropriate. At most events, Chorley will have their (new) tent erected, providing a place to meet, get changed and leave stuff while racing.

Such exploits will improve an athlete's strength and stamina during the winter months, providing good quality training runs as well as competition. Athletes compete as individuals and in club teams by age group, so even if you are not the fastest runner you will still earn vital points for the club competition.

Mid Lancs XC Races

25th October 2014 - Wilson Playing Fields, Hyndburn
15th November 2014 - Thorncliffe, Barrow-in-Furness
29th November 2014 - Sefton Park, Liverpool (national event)
10th January 2015 - Towneley Park, Burnley
14th February 2015 - Lawsons Ground, Blackpool
7th March 2014 - Rylands Park, Lancaster
More information at <http://www.midlancs.org.uk/XC/xcframe.htm>

Red Rose XC Races

11th October 2014 - Leigh Sports Village
8th November 2014 - Chorley
22nd November 2014 - Bolton (Leverhulme Park)
6th December 2014 - Rossendale
More information at <http://www.redrosecrosscountry.co.uk/fixtures.htm>

South East Lancs

17th January 2015 - Leight Sports Village
31st January 2015 - Heaton Park, Middleton
28th February 2015 - Boggart Hole

In addition, there will also be Lancashire, Northern and National Championship races during the early part of 2015.

~~XXXXXXXXXXXXXXXXXXXX~~ Simon Teasdale

Diary Dates October 2014

PLEASE CHECK VENUES AS THEY CAN CHANGE

Oct-14

CAAT EVENTS CALENDAR

Date	XC	Fell	Road/Trail	Other
Sat 4/10			Rivington(HM/M) Lytham Hall(5K)	National Road Relays(Sutton Coldfield) Southport Beach(10K)
Sat 11/10	RR(Leigh)/Jnr		Gin Pit(5)/Jnr	
Sun 12/10				
Sat 18/10		Race You to the Summit(4)	Elleston Arms(10K) Green Drive(5)/Jnr	
Sun 19/10				
Sat 25/10	MLs(Hyndburn)/Jnr			
Sun 26/10		Bronte Way(8)	Accrington(10K)	

T&F Grand Prix

XC

Fell Grand Prix

Club Interest Event

Central Lancs Grand Prix

Road/Trail Grand Prix

CAAT Event

Please check venues as they can change

Website:-

www.chorley-athletic-and-triathlon.org

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Twitter:-

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For the full list of contact numbers & emails visit our website & click on the link 'contact us'.

