

In February 15 we are going to a taster session at Manchester velodrome, a day out that filled really quickly with a waiting list to boot, not even room for the coaches to get a few laps in. From a personal point of view the Tri training has given me a new impetuous with the juniors and I have returned to athletic training on Thursday evenings at parklands school after a break of 12 months. The juniors have taken on the guild wheel, a ride of about 21 miles around tracks near Preston, quite a distance for some of them but an indication of how far they have come in the short time they have been training. Onward and upward they say, the senior triathlon section had better watch out, they are coming for you!!!!
Steve Thomas

Road and trail running – 2014 season draws to a close

The annual trophy and prizes presentation evening for the eleven-race Central Lancs Grand Prix was held on Friday 21 November at Bolton United Harriers. No team or individual prizes were in the offing for Chorley this year, but Phil Iddon chalked up an impressive 5th position (21st overall) in the competitive V40 category. I was the second Chorley runner to complete this year's competition in 46th position overall. The final team standings saw the Chorley A team drop a place to 9th, having been narrowly piped to a top 8 finish by Radcliffe AC in the last fixture of the season. The ladies team went one better in 8th place overall, with the Vets team holding a lofty 7th place slot by the end of the competition.

Chorley's own road and trail grand prix competition drew to a close with the popular "Through the Villages" road race on 2nd November. Phil Iddon was once again the Chorley runner back in 27th place overall (56:44) followed by Ainsley Murphy (31), David Parkinson (37) and Martin Quinn (43rd) all beating the hour mark. Bill Beckett, Dave Kershaw, David Miller and Stephen Baker provided strong support, followed closely by Nicola Raby with a welcome return to road running, Lee Childs, Andy Lowe and Phil McCullagh completing the strong Chorley turnout.

In the final men's competition standings, Rob Walsh was crowned King of the Road with 275 points, followed by the highly 'versatile' Bill Beckett (250 points) and Paul Wareing (210) in third. In the ladies' competition, Christine Sweatman (226 points) took this year's crown, followed by Laura Murphy (158) and Ruth Whipp (80) completing the podium.

Look out for a few ad hoc events over the winter, and best wishes for a lively road and trail season in 2015!

Mike Hendry



Newsletter

Issue 8

December 2014

Intro

There has been some good progress recently in the junior section with the completion of the questionnaire to parents/guardians, the development of the junior coach committee and the junior party/presentation evening. These are opportunities for people to get more involved in the running and operation of the junior section and thank you to all those who have offered their help.

Given we are now into December, on behalf of the committee, may we wish everyone a really Happy Christmas and New Year. With some days off from training, it's time for the body to recover from all the hard work that has been done during the year (in whatever way it needs to!). If anyone is looking for New Year's resolutions, the Club can support in many of these like training harder, turning out to more races and events, getting more involved in the activities of the club etc! So there are a few to think about.

Daryl Pefer

Junior Triathlon Section – end of season report

In January 2014, CAaTC set up a Junior Triathlon section. Existing athletics sessions, plus a new swim session were promoted to juniors who wanted to try this new, but growing sport. The club submitted a bid to Sport England to help grow the section, and asked for money for bike equipment and coach and volunteer training, in the main. In March the club received the good news that Sport England had awarded us £5930.2 volunteers, Jonathan Grundy & Steve Thomas have undergone Level 2 Triathlon Coach training, with Jane Bowles and Ruth Whipp having started their Level 1 coaching courses this September.

Since the club started the section, 42 juniors have taken part in triathlon training and/or competitions. The 27 juniors, who competed, mainly smiled, if not all the way through their races, at least at the start and end! Confidence has grown, and skills have developed since we started in January, and those of us involved in the section are proud of the efforts our coaches have put in, as well as the achievements of our juniors.

The successful club Duathlon on 20th September had just under 200 people taking part, individually, or as part of a team. Many of our club juniors took part, and for many this was their first multi-event competition.

Our progress towards our Sport England targets at the 6 month stage are:

| | Target Participants | Actual to date | Participants |
|--------------|---------------------|----------------|--------------|
| | M | F | M |
| Aged 0 – 13 | 43 | 39 | 107 |
| Aged 14 – 25 | 75 | 65 | 16 |
| Aged 26+ | 34 | 12 | 9 |
| | | | 5 |

In the next 6 months, our actions are :-

- Promote to more juniors that triathlon training now exists
 - Recruit new coach and appoint Lead Triathlon coach
 - Make contact with Chorley Marlins to discuss joint swim training.
 - Try new initiative for "Chorley Girls to Try Tri"
 - Plan next Chorley Duathlon event in Astley Park
 - Development and training plans for next 6 – 9 months.
- TJ Hughes*

Chorley Athletic and Triathlon Club Feedback: Juniors

During summer, parents/guardians were asked to fill in a feedback questionnaire. About 50 forms were handed out and 16 returned.

Question 1: How do you rate the quality of the sessions?

100% were happy with the quality of the sessions 44% said excellent. Comments included my child "enjoys the sessions, he has made friends and is improving" and "the sessions are good, more track and long jump practice before track and field season would be good." and "any child competing in cross country whatever their age would benefit from outdoor training in the winter."

Question 2: How do you rate the professionalism of the coaches?

100% said either good/excellent. 69% saying excellent. "Fab coaching."

Question 3: How well does the club provide information to parents?

63% happy. 31% said below average and 6% said poor. Some thought the "website is a bit confusing when trying to find activities for juniors" and "Global emails are difficult to deal with, and need to be targeted."

Question 4: How enjoyable does your child find the sessions?

63% extremely enjoyable and 25% very enjoyable. Parents stated that their children "love attending and love running, please keep the running only sessions going." And they find them "great fun." They felt that "this last year's grouping gives all chance to see their ability and they have felt that they have improved with this system."

Question 5: How satisfied are you with your child's development?

81% are satisfied. They said that although they are happy they would like to see a little more "running technique" and "warm-up routine for when they are on their own". They also said that they felt they "Don't get any feedback on how their child is progressing/ developing"

So overall, all of our coaches are well regarded by the parents of the junior members of the club and they feel that all of the sessions on offer are well run and their children are gaining skills and enjoyment from them.

I would like to say a big thank you to all parents who completed the feedback forms. I will forward all your comments on to the coaches.

Amanda Chadwick

View from a Triathlete Coach

So you get a text message from one of your ex junior athletes saying you do a lot of cycling and are still running, (even at my age), what do you think to becoming a level 2 triathlon coach for the club? I check the course details out and although it's quite expensive after finding out that the club will pay and we are an up and coming triathlon club too I decide to give it a go.

After 5 intensive days of training and course work (2 full weekends and a final Sunday exam) I passed and am now along with Johnathon Grundy a qualified level 2 triathlon coach. My main involvement would be cycling and after roping in Mark Sheffield from Chorley cycling club we set up our junior sessions at varying venues around Chorley ending up at our current location at Buckshaw primary school on Astley Village. Throughout the summer months we have had great fun with the juniors involving them in lots of different cycling techniques to improve their skills and riding ability.

This ranged from long rides from various locations, to the box of doom (slow riding within a circle of cones to see who is the last to either touch the ground or ride outside the cones), the kids renamed this the box of death!!!! Dark nights have brought another aspect to their training in as much as we purchased bikes and turbo trainers using a grant from the sports foundation, these have been put to great use at Buckshaw so far with the parents returning towards the end of the session to find their offspring actually sweating, something some of them have never seen! It's not all training, most of them have competed in races in the format of triathlon and aquathon and are rapidly improving at all levels and age groups.

Diary Dates November 2014
PLEASE CHECK VENUES AS THEY CAN CHANGE

CAAT EVENTS CALENDAR

Dec-14

| Date | XC | Fell | Road/Trail | Other |
|-----------|--------------------|---------------------------------------|---------------------------|-----------------------------------|
| Fri 5/12 | | | | |
| Sat 6/12 | RR(Rossendale)/Jnr | | | CAAT Snr Xmas 'Do' & Presentation |
| Sun 7/12 | | Tintwistle Gravy Pud(8K) | Guys(10) | |
| Sat 13/12 | | | | |
| Sun 14/12 | | Mytholmroyd(7) | Longridge(7) | |
| Sat 20/12 | SEls(Oldham)/Jnr | | | |
| Sun 21/12 | | The Stoop(5)] Jnr Curly Wurllys] | Blackpool Fire Station(5) | |
| " | | | | |
| Fri 26/12 | | Whinberry Naze Dash(4) | Worden Park(10K) | |
| Sat 27/12 | | | | |
| Sun 28/12 | | | Ribble Valley(10K) [N] | |
| Wed 31/12 | | Auld Lang Syne(6) | | |

T&F Grand Prix

XC

Fell Grand Prix

Club Interest Event

Central Lancs Grand Prix

Road/Trail Grand Prix

CAAT Event

[N] = Northern Championship

Please check venues as they can change

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