

will all help. There are a lot of foot strengthening exercises on YouTube which can only benefit anyone with this horrible complaint, check them out it worked for me. **Steve Baker**

Shelley's Goal

My main goal for 2015 is to qualify for the GB Age Group Team (55-60) for both the Sprint Duathlon World Championships in Australia in October 2015 and the European Sprint Duathlon Championships in 2016. The qualifying races for these are through March and April. Although I qualified last year for the GB Age Group team for the 2015 European Sprint Duathlon Championships, getting a place on the GB teams is now more competitive with many more people taking part in these events. The Sprint events are short distances (5k run, 20k bike, 2.5k run) so I will need to get faster for both the run and bike to achieve my goal for 2015. Lots of speed sessions planned to build on the winter training and another 6kilos in weight to loose.

Shelley Parkinson

It's a Doodle (and Roller)

The 8th March 2015 will see the 27th running of the Roddlesworth Roller and Daffodil Doodle races. The race is organised by our club for Abbey Village CP School, and both organisations benefit from any monies made.

The 9km Roddlesworth Roller senior race is run on well marshalled course, starting and finishing near the Hare and Hounds, Abbey Village, traversing the shale tracks of Roddlesworth, the roads of Tockholes, and the scenic delights of the area - tough but enjoyable! Runners all receive free cake and brew at the school after the race. The 2.2km Daffodil Doodle juniorfun run takes place after the senior race on part of the same trail course. Again there will be free food for all racers, plus a medal for all finishers. This race is restricted to 200 runners and usually fills up several weeks before the race date. There are also prizes for individuals, club and school teams. If you cannot run it, please help the club and school run the event on the day. We will need marshals and officials on the day between 10:30 and 13:00. If you can help, please email me at sp_townsend@hotmail.com.

Simon Townsend

Road and Trail Race discipline Lead 2015

Please get behind Robert Walsh who is the Club's new road and trail racing discipline lead for 2015. Rob will lead from the front to inspire road racing among Chorley runners. Great start for him with a shiny new PB at the Ribble Valley 10k Road Race, competing against the best in the 2014 Northern Athletics 10km Road Race Championships.



Newsletter

Issue 9

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The Newsletter

Well its 9 months now since we started the newsletter and I have to admit, there have been a couple of moments when I wondered if it would keep going. But thanks to Gail for all the chasing up and arranging she has done, and thanks to everyone who has contributed an article and thanks to Steph who has picked them up from the printers and ensured they are in the right place, the newsletter has been a great success and long may it continue. Gail is now going to take a back seat and Lara Dickinson (lara.dickinson@blueyonder.co.uk) is taking on the coordinating role. So on behalf of all readers of the newsletter, I would like to express our thanks to Gail for all the work she has done and hope she can now sit back and just have a good read of future editions!

I am sure Lara will be appreciative of any help people can give her and also if anyone could take their turn in picking up the newsletters from the printers, folding them and distributing to club members so they can be taken to the training sessions, or even just offer to be on standby, that would really be appreciated. It's all straightforward and we've dates arranged with the printers so there is nothing too onerous - just some willing hands to give a bit back is all that's needed. Please contact either Lara or Stephe (stephefletcher@gmail.com)

Daryl Peter

Defibrillator for the club

In collaboration with Chorley Cricket Club, there will soon be a Defibrillator sited on the outside of Chorley Cricket clubhouse. This has been a joint venture and it was also agreed it should also be available to the local community should the need arise. When North West Ambulance receive a 999 call they can direct the caller, if in the local vicinity, to the Cricket Club to access the defibrillator.

In addition there will be training organised for willing club members in the use of the machine. Once in situ there will be plenty of PR coverage that can only enhance the reputation of both clubs. This is a very positive move for both clubs and the local community.

Martin Harrington

2014 Awards

December saw not only the Club Christmas parties, but also the all-important awards for 2014!

Congratulations to all those who won, and to all those who took part in the many events throughout the year.

Senior Awards

XC Men: 1. Paul Wareing 2. Jonathan Burgess 3. David Bidulph 4. Barry Chester 5. Simon Townsend
XC Women: 1. Christine Sweatman 2. Alison Fowler 3. Anya Townsend
Fell Men: 1. Darren Fishwick 2. Mark Ellithorn 3. Bill Beckett 4. Stephen Baker 5. Phil McCullagh
Fell Women: 1. Lynn Clough 2. Jacke Redmayne
Road Men: 1. Rob Walsh 2. Paul Wareing 3. Bill Beckett 4. Phil McCullagh 5. Tom Hilton
Road Women: 1. Christine Sweatman 2. Laura Murphy
Track & Field Men: 1. Andrew Ramsey 2. Rick Cordwell 3. Ryan Sciacca 4. John Wright 5. Simon Townsend
Track & Field Women: 1. Eluned Smith 2. Anya Townsend
Triathlon Award: Ainsley Murphy and Nicki Rushton
Road Walking Award: Phil McCullagh
Committee Cup: Mike Coppin

Special Performance Awards:

Joe Duckworth (KONA triathlete) Nicki Rushton (GB triathlete). Shelley Parkinson, Graeme Ballard John Wright (4x Gold European Medals), Tony Marlow (Bob Graham Round), Fell Relay Team: Julian Goudge, Dominic Raby, Malc Christie, Yewan Bennison, Adam Critchley, Darren Fishwick.

Junior Awards

Cross Country: (U11) Daniel Lilley, Amber Boardman, Isabelle Faron, (U13) Jacob Hughes, Caitlin McCarrick, (U17) Hannah Lavin
Track & Field: (U11) Martin Rimmer, Lauran Prince, (U17) Holly Brooks
Trail (and Fell): (U11) Owen Kellelt, Emily Warren, (U13) Oliver Goldthorpe, Caitlin McCarrick (U15) Jack Wilson
Grand Prix: Daniel Lilley and Isabelle Faron
Coaches Award: Joseph Chadwick and Olivia Leigh
Athletes Athlete: Caitlin McCarrick
Special Recognition: Jack Hughes and Charlotte Lavin

How to prevent and cure Plantar Fasciitis

Often referred to as joggers heel is inflammation of the plantar fascia, a thick fibrous band running underneath the sole of the foot and is one of the most common running injuries.

As a fully qualified sports massage therapist over the years I have been able to treat my own injuries be they strains, sprains, soft tissue injuries etc. When I developed Plantar Fasciitis I found it frustrating when I could not get rid of it no matter how I tried, massage, stretching, ice, night splints, rolling my foot over a frozen bottle of water or over a golf ball, ultrasound, orthotics, and rest. I tried them all over an 18 month period but all they did was give some relief but no cure. Not being one to give up, I started to do some research on it and some experimenting myself. One solution that was constantly repeated was the use of orthotics to support your foot, not only an expensive solution but one that didn't make sense to me.

The reality is that Plantar Fasciitis is brought on by weak foot muscles and wearing orthotics will only make them weaker as you lose the ability to use the muscles and not only that you will lose the natural pronation of the foot used in walking and running and part of your natural gait. Put it this way if you go to a physiotherapist with a bad shoulder amongst other things they will give you some shoulder strengthening exercises and if you go to a chiropractor with a bad back you can guarantee strengthening exercises will be part of your injury prevention and rehabilitation. So why with a foot problem are you not told to strengthen but to support it can only make the foot weaker leading to more problems in the future.

After a lot of time on the internet researching how other people had got rid of this debilitating condition I found the common factor was foot strengthening exercises were the best cure, so I had nothing to lose as I had tried everything else. Starting off with basic exercises such as spreading the toes, keeping the big toe down and lifting and separating the other toes and the opposite, raising the big toe and keeping the others down were hard to do at first as proprioception was not fully present but became easier after about a week and could feel the blood flowing to parts of the foot that were not used to being used.

Progressing to exercises such as standing barefoot on one leg and drawing the alphabet with the other to throw you off balance will get you using all the muscles of your standing foot and another dragging a towel or cloth across the floor by scrunching it with your toes and eventually adding weight to it by placing some shoes or other object on it. Walking around the house barefoot as much as possible and wearing flat shoes