

Day 5 – Monday 31st March - Stage 2 - 24 miles

Same routine as yesterday: Rise 5.30am; Breakfast 6.00am; Attend daily briefing 8.30am; Set off approx. 9.00am. Only occasional dunes today, with "small" hills, but long stretches of salt flats with temperatures reaching 50°C. Arrive at camp late afternoon and after a rest cook and eat evening meal.

Day 6 – Tuesday 1st April - Stage 3 - 25½ miles

Yet more dunes today, combined with jebels (mountains), wadi's (dried up rivers) and salt flats. It's strange how you soon get into a routine: rise; breakfast; briefing; run/walk; finish; rest; evening meal; bed.

Whilst the temperature during the day reached 50° C, it soon went cool then cold once the sun set at around 8.00-8.30pm. It was pitch black by about 9.00pm, albeit the sky was a real picture with an abundance of stars – no cloud cover.

A couple of nights we experienced severe sand storms with some tents being blown down. It was a wonderful experience to awake at about 5.00am with all your belongings covered in sand. Sand gets everywhere..... yes, I do mean everywhere!



.....to be continued.....

Do you have any articles you would like included, or would like to see, in future issues of the Club Newsletter? Runner profiles, items of interest, hints and tips to becoming a better athlete, avoiding/overcoming injury, event reports – the list is endless! Please email them to Lara.Dickinson@blueyonder.co.uk



Newsletter

Issue 10
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Club Kit

We have a special offer on our Chorley Athletics jackets at the moment. These fab lightweight, showerproof jackets – as worn by many of our coaches – have been reduced from £15 to just £10! (Age 9-11 to adults XL. Email ruth@cakesbyruth.co.uk to grab yours now! Ruth has many other items of kit available:

Item	Sizes available	Price
T shirts	XS to M	£11
Vests	Age 13-14 to L	£17
Hoodies	XS to M	£14
Track pants	Age 9-11 to L	£14
Jackets	Age 9-11 to XL	£10

New Triathlon Grand Prix Series

2015 will see the clubs first Triathlon Grand Prix series.

Dates and scoring system will be confirmed very soon. The intended points scoring events will be:

1. Horwich Triathlon
2. Oulton Park Autumn Duathlon
3. 10 mile TT Southport
4. 25 mile TT Southport
5. 1500 meter open water swim (Epic events in the lakes)
6. 10k or 10 mile road race.

(Ainsley Murphy)

Bicycle Maintenance

There will be a series of basic bicycle maintenance classes starting in February. Aimed at beginners in maintenance topics covered will include:

1. Initial set up of a new or little used bike
 2. Typical bedding in issues
 3. Gear and brake adjustment
 4. Changing an inner tube. (Repairing punctures is so 80's)
- Dates will be confirmed via Facebook and the message board but to register your interest please email ainsleymurphy@icloud.com.

Runner Profile: Jan(et) Pound (By *Stephe Fletcher*)

Like many runners of the time Jan didn't start running until her late 20s, in 1984. However, as with most things she did and enjoyed, Jan took to it whole heartedly, as signified by her 1st race - the 1986 Lancaster Half Marathon, completed in 1:45:12. Competing became a regular activity for her with times slowly improving and 1988 saw her achieve 3:54:01 in her first marathon at Blackpool; a time she improved by 10 minutes at Leeds later in the same year.

By 1991 Jan was picking up podium places with 1st V35 at both Lancaster and Morecambe 10 milers and 3rd V35 at the Leeds Marathon in 3:24:12. Moving from Lancaster to the Chorley area in '93 she continued her success in more local races with a 5th woman, 3rd Vet placing in the Through the Villages race. Until '94 she ran as unattached but a 1st place in her inaugural Astley Park 5k that year brought a swift request there and then for her to join Chorley AC. Later the same year Jan set her marathon PB with a 3:11:24 at The Potteries and competed in her first XC events achieving 2nd Vet at the Lancashire Championships.

From this point on Jan became a familiar face at events all over the North West and sometimes further afield in Yorkshire, Stafford and once at the Stratford upon Avon Marathon. Initially starting with road running she added XC and from 2000 onwards trail and fell to her disciplines. She was continually amongst the prizes with numerous 1st Vet prizes and invariably in the 1st 10 and often top 5 women in races. She was Chorley AC Athlete of The Year twice, competed for Lancashire in XC and won overall trophies regularly in the Inter Club Series.

I'm sure she would still be competing today and giving her best, but sadly in 2009 Jan was diagnosed with Early Onset Dementia and this condition has now eradicated her memories of running and achievements. In the past year Jan's mobility has failed completely due to her illness. However, many remember her ready smile and willing nature, her ability to try her best, whatever the conditions and her health, and she inspired me and I'm sure many others in all her years of running.

PBs

Marathon	3:11:24	Potteries
Half Marathon	1:27:32	Carlisle
10 Miles	1:05:31	Preston
10K	40:02	Garstang
5K	20:29	Park Series

Marathon des Sables - Tales from the "Sahara" (By *Graham Schofield*)

In April 2008 I had the privilege of taking part in the Marathon-des-Sables, a self-sufficient **153-mile Ultra** in the Sahara Desert. Here is a daily diary of my experience, which first appeared on the old Chorley Harriers web site in 2008. Since then there have been changes at the club and new members to the club who may be interested in doing an "Ultra".

Day 1 – Thursday 27th March

6.00am start for a 12.00pm Charter flight from Gatwick to Quarzazate, Morocco - chartered by "Best of Morocco", the UK agents for the Mds – and the first opportunity to meet your fellow competitors. Arrive Quarzazate, and ferried to the 5 star Berberis Hotel for dinner.

Day 2 – Friday 28th March

Early breakfast for 9.00am departure to our first Bivouac - a 6 hour coach journey (no air con) into the desert. Arrive late afternoon and allocated tents. You arrange your fellow campers the evening before. There are 7 on. Queue up for dinner provided by the event organisers.

Day 3 – Saturday 29th March

Queue up; for breakfast provided by the event organisers, for packed lunch provided by the event organisers, to have our kit and medical certificates checked out, for dinner provided by the event organisers.....Spent most of the day queuing!!!!!!!!!!!!!!!

Day 4 – Sunday 30th March - Stage 1 - 20 miles

At last the waiting is over and the race is on. Also first day of being self-sufficient, so after an early rise (the Berbers start to dismantle our tents from about 5.30am), we cook our own breakfast and make our way for the 8.30am briefing from Patrick Bauer, the ex French Legionnaire who started the Mds event in 1986 with 25 competitors.

This year had a starting line up of 800 with the majority from France (approx. 300), 250 Brits and the remainder from all corners of the globe. The youngest was 18, the eldest, a 70-year old Japanese lady who was stalked by a TV crew. Traditionally the first day is a comfortable introduction". This year we broke with tradition, apparently the event was in danger of losing its reputation as the "Worlds Toughest Footrace" and so the first stage was designed to re-establish this reputation. Basically 20 miles including 12 miles of dunes..... simple !!!!!!!!

Couch to 5k Training

A number of club members have been supporting Chorley Borough Council launch the 8-week Couch to 5k programme. The response from the public has been fantastic with around 100 enthusiastic attendees turning up to each of the 3 weekly sessions. The aim following the pilot programme is that groups will be self sufficient and able to operate with volunteers – modelling on Blackburn's successful scheme.

There are 5 groups ranging from 'never exercised for years' to those 'quite active but can't run'. Following a set plan (with a leader and a couple of volunteers) they increase their running/jogging and decrease their walking time. The finale of the 8 weeks will be a 5k race on Astley Park on **Sunday 14th March**, where hopefully all of the attendees will run/jog the entire course and we can celebrate in style.....an update will be in next months' newsletter!

Chorley AC & Tri will be hoping to recruit new club members from this hardy band of citizens in the final 2 weeks (from Feb 21st) and signposting them to local races and the Park Run in Cuerden Valley (we don't want to scare them off!). We hope also that many will progress and do our 4-race series on Astley Park.

(Stuart Kilmartin)

Junior Triathlon Series.

To receive an Achievement Certificate you must complete a minimum of 4 Triathlons AND accumulate 8 or more scoring races in the year e.g. 4 Triathlons, 4 Aquathlons or 7 Triathlons and 1 Aquathlon. The Regional Relay is the only race that is not point scoring. A great link for Junior Triathlon events this year is at <http://www.triathlonengland.org/north-west/juniors/juniors>. Good luck!

(Andrew)

Regional Sports Hall Final – Congratulations

Well done to the 4 Chorley Juniors who represented Lancashire in the Regional Sports Hall final on January 18th. Olivia & Megan Leigh helped the girls team to first place, whilst Joe Bowles & Jack Hughes helped the boys to 1 point off 2nd place. It was a very competitive day of athletics at Sport City. Our juniors did themselves proud, with excellent individual results & they all smiled all day!

(T-J)

Having your cake and eating it too

(by Simon Townsend)

****Shoe Recommendation****

Have you ever got to a Cross Country event and were undecided to wear spikes or fell shoes? Don't panic ... Inov8's OROC 340 solves this dilemma by including spikes in a fell shoe.

The shoe was designed as a highly durable orienteering shoe and includes Inov-8's new outsole technology combines Dual-C™ rubber and Ice-Tec™ tungsten carbide metal spikes to ensure maximum grip in sub zero conditions. The outer has a special coating to repel mud and water.



My damp OROC 340s after the Marl Pitts XC

These shoes are great on any surface, but tarmac/pavements will generate a noise. They are not the lightest at 340g, especially when compared to X-talons (my previously preferred Inov-8 shoe), but provide a comfortable, stable ride.

From personal experience of running 3 cross country races and lots of training runs, these shoes have performed way beyond my expectations in thick mud, moorland, trail, wood and rock. Open treads clear mud well, and the spikes enable purchase on any material they come into contact. In particular, good tread and spikes on the heel make descending safe and assured (even on the Marl Pitts hill descents).

In summary, I would recommend these shoes to anyone wishing to run and explore off road and trail.

Warning - never wear these shoes indoors, as they will destroy carpets, lino and laminate flooring.

CAAT EVENTS CALENDAR

Feb-15

Date	XC	Fell	Road/Trail	T&F
Sat 31/1	SELS(Heaton Park)/Jnr			
Sun 1/2		Mickleden Straddle(23K)		Indoor U13/15(Sheffield) [N]
Sat 7/2	Lancs Schools(Witton Park)	Wadsworth Trog(20)		Indoor Champs (Sheffield) [B]
Sun 8/2		Fairmile(2.5)	Blackburn Winter Warmer(10K)/Jnr	Indoor Champs (Sheffield) [B]
Sat 14/2	MLs(Blackpool)/Jnr			Sportshall(Blackpool)/Jnr
Sun 15/2			Central Lanes(5K)	
Fri 20/2		Mr Sparkie's Dark(Un(5)		
Sat 21/2	National(London)/Jnr [B]		Standish Hall(10K)	
Sun 22/2			Lostock(6)	
Fri 27/2	RR Presentation(RMI)/Jnr			Indoor U20/17/15(Sheffield) [E]
Sat 28/2	SELS(Boggart Hole)/Jnr		Trotters(5)	Indoor U20/17/15(Sheffield) [E]
"				Sale Indoor Meeting(Sportscty)

T&F Grand Prix

XC

Fell Grand Prix

Club Interest Event

Central Lancs Grand Prix

Road/Trail Grand Prix

CAAT Event

[N] = Northern Championship

[E] = English Championships

[L] = Lancashire Championships

[B] = British Championships

MEETINGS

Thurs 29/1	Events Meeting - Chorley Cricket Club @ 20:45.	Attendees
Thurs 12/2	Astley Park Meeting - Astley Coach House @ 19:00	Open
Thurs 29/1	Events Meeting - Chorley Cricket Club @ 20:45.	Maurice Houghton & Mike Coppin. Open