

From Running to Fitter!

Having read Simon's article last month, where he suggested he had benefited from doing other exercises, I thought I would add to that with my own story. I used to be a runner (a fact many will dispute, but for the sake of the story, lets just assume I was). And so I ran and then started doing a bit of spinning and circuits.

Then I had a hip replaced and much as I could run, I was warned that being young to have it done (another fact that will be disputed), it would risk wearing it out and needing another, so I decided to stop running and took up more serious gym activities.

So it's weights, boxing, press ups, stability exercises with balls and boards and lots of body weight stuff - forget the fancy machines, they just get in the way!. Obviously there is the cardio to maintain, but I can assure you the heart rate gets up with 2 sets of 8 clapping press ups. And strength isn't about doing 20 reps of an exercise in 20 seconds, its about doing 6 reps in 30 secs and just not being able to do that last rep!

There is also 'metafit' which is a high intensity short workout (about 20 mins excluding warm up and cool down) which works the whole body with 15 or so different exercises of short bursts with even shorter recovery. And the range of exercises is limitless so it's always different. And so that not only challenges cardio, but it's flexibility, reaction time, movement, balance, coordination as well as fab fun. Circuit classes are similar, longer and different intensity.

So back to running, and sad I don't do it anymore as I know that my times would be so much better as not only am I so much stronger, the way my body coordinates and works as one is better. Strength in any sport comes from the core, and as runners we never do a lot with the core - it's the middle bit to tuck the vest into your shorts isn't it! But a strong core carries you through and ensures the power from any part of the body is transferred efficiently.

I can give anyone details of the best gyms I have found as I tried many! And it's the instructors and their knowledge that makes the gym. Don't go to a gym where they aren't constantly going on about technique - you can do so much damage using the wrong techniques. Anyway, that just my view and happy to argue with any non-convinced runner - we'll do it with boxing gloves on!

Daryl Peter



Chorley

Newsletter

Issue 21

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Wishing You All A Very Happy New Year!

For all parents/guardians

As we embrace 2016, I am sure you will support me in thanking the coaches for all the time they give up and the work they do with their utter dedication and commitment to our junior members. Remember, it's not just when you see them at the sessions, they do so much planning outside the sessions as well, so that we end up with the immense activities and fun that the juniors can enjoy.

Our usual plea is always for more coaches, and the more parents/guardians we have supporting the coaches, the better it is for all. One or two juniors are known to be somewhat over-excitable and other than your role in ensuring your children understand the behaviour expected (the Codes of Conduct are on our web site), why not offer to help the coaches, even if only in organising and directing the juniors into the relevant groups. There are so many skills that can be imparted to the junior athletes that need absolutely no more knowledge of athletics that being able to talk! Would be good to see you involved.

Daryl Peter

Triathlon England Coaching Course Recruits

Jane Bowles and Joe Duckworth have both signed up for the Level 2 Triathlon England Coaching course, starting in January. This will be a great support for Steve Thomas (head coach) as the club sees a big increase in both junior and senior interest in triathlon.

Adult Swim Sessions

For some time our club has wanted to provide a regular adult swim session to help with triathlon training and to improve general fitness of athletes. Following a successful trial at the end of last year, these sessions have been made a regular addition to the Club's training schedule and those attending are seeing the benefits already.

Athletes should be able to complete 4 lengths of a 25m pool using front crawl, breast stroke or butterfly, though the primary focus of the sessions is on improving front crawl.

Where : Brinscall Pool 18.30 – 19.30pm.

Cost : Swim £3,

Contact : Steve Thomas, thom09@blueyonder.co.uk, 07794701815 for further information, or just turn up – booking not required.

Junior Swim Sessions

The junior swim sessions will continue on Thursdays 5.30 – 6.30pm at Brinscall pool. Sessions are in a 6-week block costing £15.

Any newbies are welcome to try a session first, but please contact the coaches in advance as numbers are restricted.

Contact Jane Bowles or Steve Thomas via email: juniors@chorley-athletic-and-triathlon.org

Jane Bowles

Please can we have views / feedback

There is a committee meeting on Wednesday 27th (Barons Rest 7.15) so please give us any comments or feedback, ideas or offers. What do you think of St Michaels, how was the Christmas party, we're starting planning the races for 2016 so any suggestions about those.

Its only 4 months off the AGM (10th May for your diary) which seems a long time away, but will soon be on us. So what do you think about the way the Club operates and can you make suggestions where we can do things better - or even get more involved yourself. Please let any of the committee members know or just drop me an email / ring. We run the club for you!

Daryl Peter – daryl1.peter@btinternet.com

Nick's Pilgrimage to Marathon for Combat Stress

(cont. from December)

November 8th 2015 - Race Day:

The sun was beaming, as forecasted and made for a great Sunday morning for families to hit the streets and come down to the Panathenaic Stadium and watch runners finishing. If the pain of the 16mile climbs is too much for you, then seriously consider spectating next year...

I had watched a seminar on the best strategy to tackle the hilly course by the Greek record holder a few days previous: the summary was "restrain yourself until the last 6 miles". So I did, pacing over 1min/mile slower than my training pace for 3/4 of the course. In addition I drank and showered my head with over 15 bottles of water, having established last year that I'm naturally a "heavy sweater" and lose salty minerals excessively. It was all about reaching mile 20 with minimal energy costs. My best mate was waiting for me there with an assortment of isotonic and energy sources. It was finally time to spread my stride. And so I did, feeling quite comfortable for the first two miles. Then, I started feeling the numbness and lack of control that precedes a cramp, and the next water station was a mile farther. Back to "safe mode" then; all I had to do was keep jogging.

I had managed to keep running (albeit slow) even while feeding so far and an under 4h finish time was within my grasp. The final 3 miles were the slowest but not by far, so I reached the Panathenaic Stadium, slowed down and started looking for Ailiki and Eliee among the crowd. I couldn't find them, shouted their names in vain and the finish line was getting closer, no matter how much I slowed down. Then, just before the finish line I saw Eliee sitting on the outside wall of the track. Ailiki was behind her, and she asked me whether she should fetch me Philip as well. I decided not to take the risk this year (I owe you a ride to the finish next year, buddy) and run to the finish line holding Eliee's hand only.

Great feeling finishing the Marathon with your daughter by your side! Eliee was super excited too!

The time: 4:00:44!

Narrowly missed my sub 4h target, but who cares???



<https://www.justgiving.com/Nick-Gkikas8>

Inter Club 2016

There will be some changes to the Inter-Club road series in 2016, the main one being that a number system will be used, with each person being allocated and given a number that they will keep throughout the year and use at each race.

The other change will be that a new female vets F40 category will be introduced

All interclub races are free entry with a buffet after each. Distances are between 4 and 5 miles. Age 14+. 4 out of 7 to qualify for series awards.

Road Championship

Date	Host Club	Venue/Time
06/04/16	BWF AC	19:00 Stanley Park followed by 2015 Presentation at Blackpool Cricket Club for Road & Fell
15/05/16	Preston	19:30 Factory Lane – Cricket Club
09/06/16	Lytham	19:30 St Annes Prom
21/06/16	Thornton	19:30 Anchorholme Prom
18/07/16	Wesham	19:30 BNFL Salwick
10/08/16	Chorley	19:30 Astley Park Chorley
07/09/16	Red Rose	19:00 Worden Park Leyland

Fell Championship

Date	Venue
28/05/16	Hutton Roof (+ Jnr 14-18yrs race)
16/06/16	Aggies Staircase
24/08/16	Harrock Hill
10/09/16	Hodder Valley (+ Jnr 14-18yrs race)

Distances are from 5 to 7 miles. Enter the race in the normal manner & the Inter-Club results will be extracted from the race results. 3 out of 4 races to qualify for series awards. All races are local-ish.

Further dates for your Diaries

Park Series

Chorley hosted races held of the first Wednesday of the summer months all in Astley Park. May 4th, June 1st, July 6th & August 3rd
Junior race (Age 4-16) at 19:00 Senior race (16+) at 19:30.

Great Hill(5.75) Saturday 18th June @ 15:00

Chorley organised fell race from Brinscall fair. Age 16+ No junior race.

www.chorley-athletic-and-triathlon.org

XC's

Date	Venue
09/01/16	Lancs (Witton Park)
16/01/16	MLs (Hyndburn)
23/01/16	SELs (Oldham)
30/01/16	Northern (Witton Park)
20/02/16	SELs (Boggart Hole)
27/02/16	National (Donnington)
05/03/16	MLs (Leyland)
13/03/16	Roddlesworth Roller(9K) & Daffodil Duddle(2K) Chorley hosted race @ Abbey Village. 11:00 Roller – 16+yrs. 12:30 Duddle – 4+yrs

Fell Grand Prix

Date	Race	Details
07/02/16	Mickleton Straddle. BL	Entries @ www.denbydaleac.co.uk
27/02/16	High Cup Nick BM	Entries on the day www.duffonvillage.info
		Entries on the day. Please see race FRA site
20/03/16	Heptonstall. BL	Entries www.ukresults.net
02/04/16	Pendle. AS	www.ellenboroughac.org.uk
09/04/16	Coledale Horseshoe. AM	
10/05/16	Mearley Clough. AS	
28/05/16	Hutton Roof. AS	www.race-results.co.uk
	Holcombe Two Towers.	
08/06/16	AS	Hare and Hound pub BL10 9SA
16/06/16	Aggies Staircase. AS	www.darwendashers.co.uk
21/06/16	Birdstone. AS	Hare and Hound Pub OL14 8EA
09/07/16	Tally Fan. AM	FRA race information
24/07/16	Holmes Moss. AL	www.holmefirharriers.com
02/08/16	Crow Hill Reverse. AS	FRA race information
24/08/16	Harrock Hill. AS	Farmers Arms, Bispham
27/08/16	Pendleton. AS	Village Hall
04/09/16	Castle Carr. AL	Please see Calder Valley website
10/09/16	Hodder Valley. AS	Entry on show ground
24/09/16	Thieveley Pike. AS	www.claytonlemoors.org.uk
12/11/16	Harriers v Cyclist	FRA race information
19/11/16	Tour of Pendle. AL	www.tourofpendle.co.uk

You have 20 races to choose from. Best 8 to count. (100pts for long, 70pts for medium, 40pts for short) All details can be found on the FRA website.

Steve Baker, Mike Coppin, Mark Ellithon

www.chorley-athletic-and-triathlon.org

Date	XC/Multi Es/Relays	Fell	Road/Trail /Trail	T &F
Fri 1/1		Nine Standards(8) Kirkby Stephens	Liverbird (M)	
Sat 2/1		Scout Scar(5) Kendal	Merseyvend (5K) Halewood Central Lancs (HM) Preston	
Sun 3/1	Lancs(Witton Park)/Jnr [L]			
Sat 9/1		Firbank Fell(AS) M6 J37	Garstang (10K)	Sale Indr(Ethiad)
Sun 10/1	Dick Maxwell(10K-W) Simister			
Fri 15/1	MLS(Hyndburn)/Jnr			
Sat 16/1		Stanbury Splash(7)/Jnr Penistone	Inskip(HM) Preston	Indr Champs(Sheffield) [N] Indr Champs(Sheffield) [N]
Sun 17/1	SELS(Oldham)/Jnr			
Sat 23/1		The Lambs Longer Leg(3.1) Kinder	Hunters(10K) Preston	
Sun 24/1	Northern(Witton Park)/Jnr[N]			
Sat 30/1		Birkrigg Common(AS) UJverston	Welcome Tavern (10K) Preston	Sale Indr(Ethiad)
Sun 31/1	Tough Guy(11) Wolverhampton			

T&F Grand Prix
 XC Grand Prix
 [L] = Lancashire Championships
 [J] = English Jnr Championships

Fell Grand Prix
 Club Interest Event
 [B] = British Championships

Central Lancs Grand Prix
 Road/Trail Grand Prix
 [Bma] = British Masters

CAAT Event
 Multi Events Grand Prix
 [E] = English Championships
 [N] = Northern Championship

MEETINGS

Wed 27/1 CAAT Committee Meeting @ 19:15 Barons Rest
 Thur 28/1 Events Meeting - Chorley Cricket Club @ 20:45

Attendees

Open
 Open