

## Roddesworth Roller and Daffodil Duddle

A reminder that the first of our club organised events is fast approaching on **Sunday 13th March 2016**. Juniors (16 or under) are advised to pre-enter the Daffodil Duddle race, as it is normally completely full by race day. Seniors can enter before or on the day of the event.

If you do not want to or are unable to run, please volunteer and help the club run the event successfully. As a volunteer, the maximum time required would be from 10:30 to about 13:00 on the day, but if you could help for part one of the races that would also be very useful. As a volunteer, you could be a marshal, time-keeper, photographer, medal dispenser, results runner, etc. If you are able to help please contact myself at [sp\\_townsend@hotmail.com](mailto:sp_townsend@hotmail.com), in person (at training) or via the web site as soon as possible.

As an added incentive, there is free food and drink for all runners and helpers, plus medals for the Duddle racers. Time credits will also be awarded to all volunteers! For more information please visit

[www.chorley-athletic-and-triathlon.org/roller-duddle](http://www.chorley-athletic-and-triathlon.org/roller-duddle)

Simon Townsend

## Sandman Triathlon and Club Camping Trip – Anglesey

It's about time we had a club weekend away again and what better than a trip to the seaside! On the weekend of the **16-18<sup>th</sup> September 2016** we have booked the whole campsite **Talli-Ho** ([www.talli-ho.co.uk](http://www.talli-ho.co.uk)) in Anglesey for our club. Everyone's welcome including partners and children.

The weekend also corresponds to the famous and televised Sandman Triathlon events ([www.angleseysandman.com](http://www.angleseysandman.com)) and the events are just 10 minutes away. A number of Chorley athletes have already entered both the Sprint Tri on the Saturday (400m swim, 25k bike and 5k run) and Full Tri on the Sunday (1000m swim, 60K bike and 10k run) plus there's a junior tri for the younger athletes available. Please enter directly, asap, to secure your place. For those not wanting to compete, it's also a great spectator event.

For anyone interested in camping for the weekend, there are still a couple of pitches left, so please contact me as soon as possible to secure a place. Please feel free to contact me for any further information on 07985 287819 or [lmjohnston@hotmail.co.uk](mailto:lmjohnston@hotmail.co.uk) plus I'm usually around Mondays and Thursday at senior training.

Lisa Johnston



# Newsletter

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## Presentation Evening

It's our first year for a joint Senior/Junior presentation evening and so we really want it to go down well. It's on **Friday 18<sup>th</sup> March at 6.30pm for a 7.00pm start at the Masonic Hall in Chorley**. Tickets are just £3 per person (adult and child) and that includes some good food. Tickets are on sale, so hurry and get yours as it will be a first come first served basis. Sorry we have a limit of 150 for the room. Daryl Peter

## Time Credits

From March, the Club will (re)introduce 'Time Credits' as a thank you to all parents, guardians and members who give their time and volunteer so that as a club, we can offer a great array of events throughout the year.

This is part of a national scheme enabling people to earn Time Credits by giving their time to help their community. People can then 'spend' these Time Credits to access services and activities with other organisations and community groups who use time credits.

### **1 Time Credit earned = 1 hour of Activities in another group**

E.g. if you volunteer to help at the Roddesworth Roller, or if you coach or assist coaches, then you earn 1 Time Credit for each hour volunteered.

There are 90+ local organisations and groups involved in the Time Credit Network in Chorley, from Chorley Little Theatre to leisure centres, kids clubs and playcentres, Chorley Council Get up and Go programmes and even Chorley Council parking! So there are plenty of opportunities to spend those hard earned credits!

If you would like more information, you can take a look at their website [www.justaddspice.org](http://www.justaddspice.org), or contact [Lara.Dickinson@blueyonder.co.uk](mailto:Lara.Dickinson@blueyonder.co.uk)

Lara Dickinson

## Club AGM – Correction

Please note that the date of the AGM is **17<sup>th</sup> MAY**, not 17<sup>th</sup> March as stated in last month's newsletter.

## Junior Triathlon Training

Firstly, well done to all the juniors who took part in the Wirral Aquathlon, the 1st of the North West Series. Chorley Athletic and Triathlon were well represented. If anyone else is interested in taking part in the series you can find all the events info at [www.triathlonengland.org/north-west/juniors](http://www.triathlonengland.org/north-west/juniors)

### **west/juniors**

The junior tri section is developing well and we are busy planning ahead for the coming season. At the moment we offer weekly-coached swim and cycling sessions and as the daylight improves and weather permits there will be more opportunity to train outdoors. Following on from last year we'll be continuing the swim/run sessions and will be mobile on the bikes again. In the coming months we will be planning some social rides, uclan track sessions and open water swimming. Jane Bowles

### Level 3 Coached Junior Triathlon Session

An opportunity has arisen to attend a triathlon training session delivered by a level 3 triathlon coach. The planned date is **Sunday 27th March** although this depends on interest. It is aimed at juniors who actively compete in triathlon disciplines and is likely to take place at Witton Park (bikes required). Places will be limited. To secure a place or for more info please email [janebowles@talktalk.net](mailto:janebowles@talktalk.net) Jane Bowles

### Katie Hewison Junior Duathlon May 7th 2016

Entries are coming in thick and fast for this year's Chorley Junior Duathlon sponsored by Up & Running. The event incorporates the Chorley Schools Duathlon Championship - one for Primary schools and one for Secondary Schools. Any young person can enter, with Chorley school pupils entry fee £5 for individual race entry, and school teams £6 per team. ALL entries must be done through the online system, and team entries must be from the same school and age category. Entries are limited. Katie Hewison will be in attendance on the day.

<https://chorley.niftyentries.com/Katie-Hewison-off-road-Junior-Duathlon>

### **Duathlon**

We need as many volunteers as possible on the day to help out with ensuring the event is a success, with the expected numbers of about 500 young people taking part. If you can help, even for a couple of hours, please get in contact with event organiser [chorleytri.junior@gmail.com](mailto:chorleytri.junior@gmail.com)

T-J Hughes

## Please Don't End Up Like Me!

Don't worry, I am not looking for sympathy, I am trying to raise awareness to anyone under 40 (or older) to avoid ending up at 57 and being fitter than you have even been in your life. That is just not right – what a wasted life!

So what went wrong? This is absolutely not about how fit I am at 57. Yes I can deadlift 150% body weight, clean and press 60% body weight, press-ups and sit-ups I do at the Army level of excellence for a 35 year old female etc. And you want to see me doing tricks with a skipping rope! But it's the message I want to get across. What went wrong? Being your fittest at 57 is not right! Please don't let it happen to you.

I ran for years with the club, happiest times of my life and I thought I was getting fitter. OK at one level, maybe, but I was actually not getting fitter – all I did was run. I took nothing to its limit even though I gave it my all in races. We use a small range of leg movements in running; arms a bit involved, particularly if cold, mouth fully engaged – what else is there? Well, I had no functional strength, (why did I need that for running?). I had no core, as in those days I had a waist, so shorts stopped up OK. Coordination was left arm/right leg and right arm/left leg. Mouth has always worked independently – never a problem there.

Looking back, that was just so wrong and I am a genuine example of how wrong it was. You can't just run and do an odd circuit class and expect to get fitter. To me there are 2 key elements – they've worked for me and I am sure could work for anyone else whatever your level (but please do it before your 50s!):-

1. **Quality gym work** – trainers who know and nag you on technique; classes and programmes with a purpose, not just a list of exercises in some haphazard order; it's the quality of the work in the gym that counts, not the time spent. And it's the intensity and recovery rates (or lack of!) which drive the adaptation of the body to be fitter.
2. **Personal trainer** – I credit my entire transformation to mine (I'm not letting him read this!). It's about them being absolutely specific to your level, weak and strong bits. Working with you to make your whole body function better as a single unit for whatever you are doing (e.g. running!). We are all so different, our bodies function differently. And so that is why it has to be *'personal'*!

Name me a top athlete who doesn't do that? Oh if only I was 20 again !!!!!

Daryl Peter



Date	XC/Multi Es/Relays	Fell	Road/Trail	T&F
Sat 5/3	MLs(Cuerden Park)/Jnr			
Sun 6/3			<b>Trotters (5)</b>	Sale Indr (Ethiad)
Sat 12/3	Toms March Walk(21W)	Haworth Hobble(33)	Dentdale (14.2)	Indr Champs(Lee Valley) [Bma]
Sun 13/3			Roddlesworth (6)/Jnr	Indr Champs(Lee Valley) [Bma]
Sat 19/3	Wharfdale Wander(19W)	Causey Pike(4.5)	Coniston (14)	
Sun 20/3	Fire 2Up Duathlon(Rivington)	<b>Heptonstall(15)</b>	<b>Trimpeil (20)</b>	Sale Indr (Ethiad)
Fri 25/3			Caldervale (10)	
Sat 26/3	Trigs & Tops(17W)	Rivington Pike(3.5)	Isel Cross(Cockermouth)	
Sun 27/3	Ulverston Tri	Peats Pit Woods(10K) Bunny Run(3)	Avenham Park (5K)/Jnr	
Tues 29/3				
Wed 30/3			Curleys(5K) Horwich	

T&amp;F Grand Prix

XC Grand Prix

Fell Grand Prix

Club Interest Event

Central Lancs Grand Prix

Road/Trail Grand Prix

CAAT Event

Multi Events Grand Prix

[L] = Lancashire Championships

[J] = English Jnr Championships

[B] = British Championships

[Bma] = British Masters

[E] = English Championships

[N] = Northern Championships

**MEETINGS**

Wed 9/3	Astley Park Meeting - Astley Coachhouse @ 19:00	Attendees
Fri 18/3	CAAT Presentation Evening - Masonic Hall @ 19:00	Maurice Houghton & Mike Coppin
Wed 23/3	CAAT Committee Meeting - Barons Rest Pub @ 19:15	Ticket Open
Thur 31/3	Events Meeting - Chorley Cricket Club @ 20:45	Open
		Open

