

Chorley Athletic Club Newsletter

August 2006

www.chorleyac.org



Coach Profile

Alan Morris

I am not quite a founder member but it's as near as makes no difference.

It all started when I told my daughter that athletic clubs didn't cater for ten year old girls. I was of course proven wrong and I am still here today after twenty-five years or so with the likes of Frank and Kath Crook, Pat Keane, Glyn and Maureen Platt and Maurice Houghton to name but a few.

We were then based at Limbrick and I began by helping out at the training sessions - doing whatever I could. Probably about 1983ish I and another couple of dads took the assistant club coaches course - which covered all events. I soon realised track work wasn't for me and I concentrated on field events - mainly the throws in which I specialised in later years.

I have attended many joint "teach ins" for athletes and their coaches and enjoyed every one, particularly the squad sessions which were held at Blackpool and the multi events held at Waver-tree from the mid nineties to 2002. It's a great feeling to know that you have helped many youngsters to realise their potential and become champions at their school, their district sports, at Lancashire school and County level, but most of all I hope they leave a session having enjoyed themselves.

Two to mention who achieved the aforementioned (who showed a willingness to learn, to train and to compete) are Eloise Manger who qualified for the English Schools, in the javelin event, on four consecutive years, and James Roden who also experienced English schools competition in the javelin and as a multi-eventer. Both are ex Holy Cross pupils.



Great Hill 2006 Winner
Mat Nuttall

Photos courtesy of Simon Townsend



Dave Kershaw first Chorley home

Junior Sessions
Monday night 18:30 to 19:45 at Holy Cross

Senior Training
Seniors now meet on Tuesday evening at 6.30 pm at Holy Cross RC High School Science and Sports College

I am a level 2 coach qualified to coach throws plus athletics conditioning work involving running and using athletics equipment. I also hold certificates for attending courses on PACESETTERS GOOD PRACTICE AND CHILD PROTECTION EQUITY IN COACHING COACHING DISABLED PERSONS HEALTH AND SAFETY FUNDAMENTALS OF MOVEMENT FIRST AID and SAQ.

I attend primary schools (along with John Payn) to teach sports hall athletics and at a secondary school where I coach shot discus and javelin to pupils in readiness for their school and district sports days. We have also coached and managed the Chorley Borough Athletics Teams winning three and coming second and third. On Saturdays I am a volunteer assistant at Chorley Wildcats - a children's disability club.



Alan Morris—Club Coach



- | | |
|---------------------|-----------------------|
| 212 Ellie Coxhead | 209 Ashley Smith |
| 213 Eleanor Pollard | 217 Lauren Blackledge |
| 210 Maxine Smith | 218 Bethany Henry |

Our girls at Wigan

Have you a story to tell about your best experience at a race— then tell us?
You can email your story to tdickenson@tesco.net
You could find it included in the next newsletter.

A bit of nostalgia!

Swaledale Marathon

The very mention of this race would strike terror in the heart of some club runners!

The 24 mile event organised by Swaledale Outdoor Club was held during June.

Best times on it include:

Glynn Platt—3hrs 7 mins

Terry Dickenson—3 hours 43 mins (1st Vet)

Any one fancy this race?

Fun Time Quiz!

1. What month is the proposed social gathering for family and friends?
2. Which series began in 1994?
3. How much do you ascend (climb) in the Great Hill Fell Race?
4. Who has won international medals at race walking?
5. Who holds the course record at the Gallop?



Christine Sweatman at the Preston Inter -Club race—June 2006



Events Calendar 2006 August

- 2nd Harriers 4
- 6th NM/W – Hyndburn
- 9th Horwich 4
- 12th ML—Hyndburn
- 16th Inter Club—Chorley
- 19th Race the Train Tywyn
- 20th Birchwood 10K
- 23rd Harrock Hill
- 26th Malham Show Fell Races
- 30th Wirral Seaside Run



Medal winners at Wigan

Year 3 & 4 Girls

75 mins	2nd	Shannon Padden
	3rd	Bellamy Henry
150 mins	4th	Shannon Padden
	5th	Bellamy Henry
600 mins	1st	Maxine Smith (8th over all)
L.J	3rd	Maxine Smith
Shot	2nd	Bellamy Henry
	4th	Shannon Padden
Jav	1st	Maxine Smith

Year 5 Girls

75 mins	1st	Ellie Coshead
150 mins	1st	Eleanor Pollard
	2nd	Lauren Blackledge
600 mins	1st	Eleanor Pollard
	2nd	Alex Meller
L.J	1st	Ellie Coshead
Shot	1st	Lauren Blackledge
	2nd	Ellie Coshead
Jav	1st	Lauren Blackledge
	2nd	Alex Meller
	4th	Eleanor Pollard
	5th	Eleanor De'lystere

Year 3 & 4 Boys

75 mins	1st	3rd	Callum Padden (3th over all)
150 mins	2nd	Callum Padden	
Shot	5th	Callum Padden	

Year 5 Boys

75 mins	1st	3rd	Connor White (5th over all)
L.J	2nd	Connor White	
Jav	4th	Connor White	

Year 6 Girls

600 mins	2nd	Ashley Smith
75 mins	3rd	Ashley Smith
H.J	1st	

September

- 3rd Lancaster Hal Marathon
- 5th Gosforth 10K
- 10th Sue Ryder Trail races
- 17th Boggart Chase 10K
- 24th Garstang Half Marathon

NB. Check dates and events with organisers

Get your newsletter by email

If you have MS Publisher, you can get your club newsletter by email—just email tdickenson@tesco.net and you will be added to the mailing

New members—contact any club members or any committee member and we will email you a membership form or alternatively take one of the website www.chorleyac.org

Contact	Your contacts	Telephone
Chair	John Payn	01257 278404
Secretary	Pat Keene	01772 422061
Treasurer	Mike Coppin	01257 241451
Membership	Maurice Houghton	01257 271507
Promotions etc	Terry Dickenson	01254 830591
Cross Country	Barry Chester	
Webmaster	Simon Townsend	
<u>Coaching</u>	Fran Crook	
	Stuart Swann	01257 415867
	Alan Morris	
	John Payn	As above
	Maureen Platt	



The next issue could contain your story—send details via the website or email Terry at tdickenson@tesco.net

Biffa Roddlesworth Roller
Emma Perrin and Michelle Devine
at the half mile point 2006 Roller