

Chorley Athletic Club Newsletter

October 2006

www.chorleyac.org



Francis - Coach of the Year 2005—Chorley Sports Forum



John Payn and his European Gold Medal

Coach Profile—

Francis Crook Chorley Sprint Coach

Francis has been involved in coaching for over 40 years.

“ I started in the 1960’s with the Football Association attending Loughborough University to tutor referees. Progressing from local coach, to county standard, and then onto international level.

I was then appointed FA staff coach, being responsible as area advisor for Lancashire, Cumberland and Westmoreland for 20 years.

During this time I was responsible for having two FIFA referees on the panel!

In 1980, whilst involved with Preston Athletic Club, I became a founder member of Chorley Athletic Club, and was allocated to coach the male sprinters. I later took charge of all sprint coaching.

Within 5 years the first international sprinter gained a gold medal as a member of the 4X400 metres relay squad.

There has been regular sprint champions at local, county, and schools levels during my time at the club. Interestingly in all that time there has only been three years in which we have not had a county sprint champion.

Coach Profile continued:

Recently I have had the pleasure of being involved with athletes who have a disability, and I am pleased that over the past 5 years I have coached European champions and a Paralympic medal winner..

I must add that I find Chorley athletes pleasant and willing, and I have enjoyed their successes!"

Francis Crook



"The final Inter-Club Race of 2006 was contested at Worden Park on Tuesday 5 September. Chorley AC had a few absentees because of holidays and injuries but still performed admirably in the biggest field ever.

Stephen Fletcher was the first AC runner in 92nd (26mins :11secs) just heading of other veterans.

Simon Townsend making his debut this year came in 99th(26:40), with Ted Orrell 101st(26:45) and Henry Minorczyk 104th (26:53).

Youngster Josh Metters had an excellent race and came next in 125th(27:57) just ahead of Dave Taylor 131st(28:16).

Paul Bass in 143rd(28:53) fractionally lost out to Dave Kershaw

142nd(28:51). Emma Perrin lead the ladies in 162nd(30:11) just ahead of Michelle Devine 169th(30:53).

Paul Wareing closely followed in 170th(31:02). Remaining club members came in a fairly even spread with Stuart Swann

194th(32:48), Eddie Murray 198th(32:56), Janet Pound 206th(33:39), Tim

Croston 209th(33:57), Jan Mayor 211th(34:11), John Payn 217th(35:14) and

Mike Coppin 224th(36:16).

In the overall series, Ted Orrell lead the individual awards as 1st vet 65

with Stephen Fletcher 2nd vet 55, Emma Perrin 2nd junior female and John

Payn 2nd vet 70. Henry Minorczyk and Janet Pound gained 3rd vet 55 and 3rd



Chorley AC athlete Michelle Devine, picked a tough triathlon for her first attempt competing in the Horwich Tri.

Her target time was to finish in three hours, but despite a head wind over Belmont, she finished in a terrific time of 2 hrs 51min 04 secs.

Grittily she worked her way past 2 other swimmers in her lane, swam the 800m in 16.49 42, then a tough 42km on the bike in 1hr 39. 41 and finally a hilly 10km run in 54mins 34 secs.



On the Run Park Series 2007 Dates

Race 1 20 April Race 2 18 May
Race 3 22 June Race 4 6 July

female vet50 respectively with Jan Mayor taking 4th vet 50 female.

Chorley AC came 6th overall as also in the vets, ladies and vet 50s but 3rd

in the vet 60s losing 2nd place by 1 point.

In the 2006 series Chorley strengthened as the year progressed registering

6th in the ladies and the vet 50s with 5th place in the vet 60s."

Report by Mike Coppin

Fun Time Quiz! Answers— How did you do?

1. What month is the proposed social gathering for family and friends? Answer—
December
2. Which series began in 1994? Answer—**Park Series**
3. How much do you ascend (climb) in the Great Hill Fell Race? Answer—**1300 ft**
4. Who has won international medals at race walking? Answer—**John Payn**
5. Who holds the course record at the Gallop? Answer—

Awards Evening
Please return your trophy to Pat Keene or to any

Events Calendar 2006

October

- 7th Langdale Horseshoe, Coniston Trail, RR XC Blackburn
- 14th ML XC Worden Park, SEL XC Leigh
- 15th Green Drive 5
- 21st The Screes Fell
- 22nd RR XC Bury, Withins Skyline
- 29th Accrington 10K, Snowdonia Marathon

November

- 4th Shepherds Skyline
- 5th On the Run Through the Villages'
- 11th ML XC Burnley
- 18th RR XC Hyndburn, Tour of Pendle
- 19th Preston 10
- 25th ML XC Liverpool (Reebok)

Road Relays

The club are keen to enter next year's six stage road relays—if any athlete is interested in taking part please email the contact on the club's website

COMMITTEE CORNER

1. Lancashire A.A. AGM on 13/9/06 -

Competition 2006 Lancashire competed in all 6 inter county events with a total of 140 athletes (alas none from CAC) but regarded as a very successful year with particularly good team spirit and discipline. XC - 5th overall, Road(10K) - 3rd overall, Road(HM) - 2nd, T&F(National) - Men 7th; Women 2nd, T&F(Northern) - 17 1st places, Fell - Men 3rd; Women 4th.

Finances Profit of £576.87 for the year.

Positions Vacant - Vice Chairman and XC/Fell Secretary....should anyone wish to offer their services.

Les Rogerson Trophy Awarded to Chris Hart of Blackburn Harriers. Our presentation was for our own Michael Churm but was a little late.

Thanks were given to our Frank Crook and Maureen Platt for tutoring work on the Grade 4 officials training course.

Concern Increasing verbal abuse of officials by athletes but mostly their parents or coaches is occurring. Fortunately no CAC reported involvement, but please be restrained as this will not be tolerated even if the Official is a pillock....there are no mitigating circumstances.

Lancs. Championship races for 2007 are: XC - Witton Park(6/1/07), Fell - Pendle(June), Road Relays - Blackpool, Road 5K - Lytham(Green Drive Oct), T&F - Blackpool (May), Combined Events - N/K as concerned that only 6 Clubs competed last year.

. NOEEA

In existence until December '06, but is going to continue as long as possible to provide NoE Championship races using their £490K bank account until exhausted.

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 or visit www.chorleyac.org

Contact	Your contacts	Telephone
Chair	John Payn	01257 482210
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	01254 832009
Webmaster	Simon Townsend	07775 756347
<u>Coaching</u>		
Sprints	Frank Crook	01257 415304
M.Dist/Jumps	Stuart Swann	01257 482253
Throws	Alan Morris	01257 416348
Coaching Officer Schools	John Payn	01257 482210
Track and Field	Pat Keene	01772 422061
Fell/Road	Mike Coppin	01257 241451
Under 11's Coach	Maureen Platt	01254 830775

- 2 Affiliation Fees for 2007 onwards are still being discussed and the current proposal is the 'Scandinavian' formula of £1 per athlete per race. Permits are also not decided but UKA likely to take this up - but meanwhile continuing through the county (Ron McAndrew).
3. England Athletics - UKA
The NW Council based at Sports City is the third largest. The budget for this year is £340K. Future funding will depend on getting 10 athletes above a set standard in all disciplines (pole vault, hurdles, high jump, long jump, triple jump, 800/1500/3K/5k, 10K, steeplechase, 100/200/400, shot, discus, hammer, javelin, disability, XC, Road, walking and fell) during the year. After 4 years likely to have to find our own finances. Working groups are to be Lancs. & Merseyside, Cheshire & Manchester, and Cumbria. The emphasis is to be on athlete performance & talent spotting and to be for both the athlete and his coach. The only CAC athlete (& coach) so far selected is young Andrew Holmes (& Stuart Swann) who were invited to a training weekend in Ormskirk.
4. Officials All Officials are reminded that they have to apply for their UKA licences by 31/12/06.
5. Sporting Village Local MP Lindsay Hoyle is pursuing serious consideration for a sporting village in Chorley with funds from NW Development Agency who are prepared to discuss this with Chorley Borough Council. If successful we must ensure that athletics is included.