

Chorley Athletic Club Newsletter

December 2006

www.chorleyac.org



Chorley Athletic Club's annual presentation evening will be held on Thursday 7th December 2006 at St Peters Club, Eaves Lane, Chorley.

As well as presentation of awards to adult, junior and

primary club athletes, there will be music, raffles and quizzes.

The evening is planned to start at 20:00 and be finished by 22:00.

All club members and their families are welcome, and there will be no entry charge.

COMMITTEE CORNER

UKA's 2005 Annual Review It was good to see Michael Churm and Graeme Ballard featured as gold medal winners. There were also interesting awards for Oldham AC who started a very successful satellite Club for the area juniors supported by all the area schools and coaches. This has been suggested as a model for Chorley and Districts to follow to combine specialist junior training. Also Holmfirth AC who have no track but a membership of 600 and 25 grade 1 coaches.

Web Site Good reports with over 300 hits to our web site[[chorleyac.....](http://chorleyac.org)]. Simon has now installed a notice board where anyone can leave a message.

London Marathon Application has been made for our Club entries ; we normally get two, so if anyone wishes to compete please inform John Payn.

NOEAA The final AGM re its dissolution and EGM to set up the new 'Northern Athletics' is to be held on 16/12/06. The new venture is solely to provide Northern Championship races for all disciplines.

XC It is good to see increased nos of bodies this year for both the Red Rose and Mid Lancs. events...keep it up !

T&F Have entered both the Mid Lancs. and the Northern M&W for 2007.

Inter Club Entered again for 2007....dates of the races to be finalised.

Park Series All arranged for 2007.

Great Hill Also arranged for 2007.

Primary League Two indoor competitions to be held at Wigan over the winter....for dates and data see John Payn.

Miscellaneous Please let me know (01257.241451) if anyone has any interest in the following :-

- (i) UKA Annual Dinner & Awards at the NEC (25/26 nov) - £25 dinner.
- (ii) Nirvana Running Tours - Honolulu/Lisbon/Malta/Prague etc
- (iii) Running Breaks Abroad 2007 - from £99.
- (iv) Trek the Inca Trail (24/5/07-2/6/07) £1450 plus £2800 sponsorship.



This is me with fellow club member Michael Churm who also runs as a paralympian. It's great to have someone beside me with a disability who enjoys athletics equally as much as myself. We get on really well together and although I don't train at Chorley now we do meet up at all the meetings and help one another through the bad times as well as the good.

I'm Graeme Ballard a 27 yr old paralympian. I first became involved in athletics in 1999 at the age of 20. I ran at the college up in Lancaster where I was a border for three years and it was here where I first sampled running at competition level. Beaumont College is run by Scope the disability group and at that time was involved with CP Sport which was a group for disabled athletes. From here I was selected to run for the disabled Great Britain Team and in 2002 represented Great Britain for the first time at the World Championships where I run bronze medal at 200 metres. Just before going to the world championships I had joined Chorley AC under the guidance of Francis Crook and for 2 years enjoyed everything that Chorley had to offer. I ran in The European Championships for Great Britain gaining medals in 100m 200m and the 4x 100m relay. 2 Silver and a bronze was my collection from these championships. Then the following year I was selected to do 100m and 200m in the Paralympics in Athens. I came back with bronze medal again for the 200 metres. At this stage I was forced to up my training at international level with a new coach base at sports City in Manchester but I still keep in touch with Francis Crook and will never forget all that he taught me. I still run for Chorley A.C. and enjoy these meetings just as much as the Great Britain competitions. I have won Gold at The German Open Championships and The Europeans in 2005 and this year came back with Silver from the World Championships. Whilst also collecting medals and training hard I have done some coaching badges under the guidance of John Payn and Diane Moss and whenever possible I help out with the youngsters at Holy Cross and whenever possible go into the schools locally to pass on any knowledge to help the youngsters. I intend to get as many coaching achievements as I can then when I am at the end of my career hope to be able to give back some of the good advice that others have passed onto me.

Graeme Ballard



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



The second Mid-Lancs. cross country race took place at Burnley's Townley Park at the weekend and saw a 17 person turnout from Chorley AC. It was all a bit chaotic with no car parks and constant wind and rain so the athletes all had trouble in finding each other. The course conditions however were amazingly good with very little mud and the wind being the most troublesome factor. The rain mostly stayed off catching only the latter runners in the men's race who mercifully made it to the finish before the monsoon downpours that made driving home so difficult.

The under 11 boys had a really excellent team performance from Daniel Bebbington in 4th(7:31), Daniel Jeffery 8th(7:51) and James Field 24th(8:51) and was a good start to our day. Adam Taylor followed in 39th(15:21) position in the under 13 boys in his first race and is certainly going to progress in the future. Josh Metters set off rather too fast in the under 17 race and Laura Livesey was full of a cold both well positioned on their opening laps but were unable to sustain their efforts and sensibly pulled out. Janet Pound appeared to have a good race as 75th lady in 31:03. Nat Lawton who was visibly shaking before the senior race and also had to concede to a 'dnf' leaving Roy Paul who just ghosted through from the back as our first finisher in 175th(46:52) ahead of David Taylor 184th(47:36) and Paul Wareing 195th(48:11). Barry Chester in 218th(50:22) just escaped being caught by John Swift who started the race in last place on the first lap before 'catching fire' and power-ing passed over 50 competitors to 222nd(50:30) just in front of Henry Minorczyk 228th (50:56). Mike Coppin was disappointed in not being able to take Eddie Murray on one of Eddie's weaker days both finishing 264th and 265th in 58:31 and 61:36 with Les Paul just behind in 267th(69:40).

Star of the day was John Swift whose power performance gave him 1st vet 60 place with next best being the two junior Daniels in 4th and 8th.

October News

"Chorley Athletic Club's Eddie Murray and Jim Munn both completed in the British Masters championship 10 miler at St Anne's.

Eddie, Vet 60, had an excellent run to finish 150th overall in 84mins .55 secs with Jim Munn, vet 70, finished in 186th place in 110 mins :21 secs

However Chorley AC Vet 65 John Swift won the Vet 65 prize at Macclesfield Half Marathon.

On an extremely hilly course with the last couple of miles all uphill, John used it as part of his training for the Snowdonia marathon later this month.

John finished in 1hr 43mins, 4 minutes slower than his course record last year, however he still be the Vet 65 course record holder for the Macclesfield course for his age group!"



Cures for Christmas— Races December 2006

2 December XC SE Lancs. Race 3 – Middleton

3 December Bolton by Bowland Fell Race

7 December CAC Fun Presentation Evening

10 December Longridge 10K

16 December XC Red Rose Race 4 - Rossendale

17 December The Stoop Fell Race

26 December Worden Park 10k Leyland

31 December Auld Land Syne Fell Race

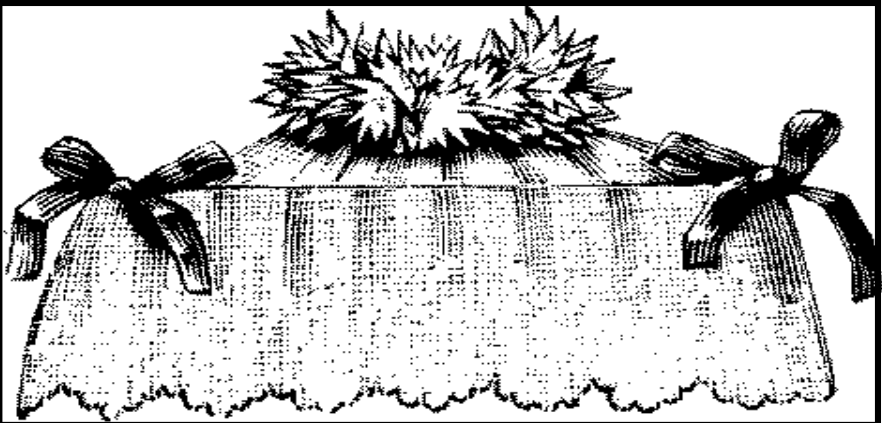
Pictures needed! —send to editor or webmaster

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

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

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



Merry Christmas and a Happy New Year to one and all !

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

