

DMVAC weekly newsletter

7th September 2020



England Athletics memberships:

Thank you to all who responded to our plea last week to update your EA licence. We have sent our August payment through but until such time as they process it members will still show as unpaid. Once EA have taken our payment we will let you all know via the newsletter then if there are any queries Nikki can resolve them. So sit tight until probably the end September (at least!)

This weeks plea is from Kev Irvine - Coach Co-ordinator:

The club would like to update their records and ensure that we are aware of everyone who is qualified in Leadership in Running Fitness (LiRF), especially those of you who deputise for Run Leaders when needed. Also any of you who do deputise but aren't qualified as well!

Could you email Kev with your details on kevin@signalservices.co.uk please so that we can ensure you'll be covered by the clubs EA insurance. We just need your name, contact telephone number and email so that you can be sent up to date RA's and kept in the loop with all relevant info.

You will all have received an email earlier this week regarding the Phil Sears Winter handicap - be sure to email John Jelly as soon as you can if you plan to run - see the email sent out on Friday 5th for all the details.

Training update: All groups are back running on Tuesdays at either Denbies or Ranmore - please liaise with your group leader to book in.



This Thursday 10th Brians group will be meeting at the Old Library Building, Pipbrook starting at 19:00. Email him on brian.james@outlook.com

Howard continues running from Denbies car park on **Monday at 6pm and Tuesday 6pm and 7pm**. Open to all, mixed abilities doing a variety of activities from sprints to longer repetitions, hills etc. Contact him on howard.jones1@mypostoffice.co.uk

The Youth Squad sprint group had their summer presentation last Thursday night at Pixham.

Achieved the **100m dash challenge** in beating their original race time. Certificates to:

- Arturs
- Lyés
- Elanor
- Emily
- Izzy
- Isobel
- Jola

Well done to Lyés on winning the **Speedy certificate** - since lockdown this athlete has excelled at speeding up his pace.

Covid champions certificate:

These athletes despite being in lock down dedicated their time and attention to fitness and strength, proved to help them mentally and physically:

- Emily
- Elanor
- Izzy
- Tom
- Arturs

Trophies:

Fran's sprint trophy 2020 went to Rosie - well done and the Trigg cup for years of dedication to athletics went to Izzy - congratulations!

The Covid sanitising gel **key ring awards** for working hard during training went to Michael, Dan and Tom

Thanks and appreciation to coach Fran and coaching assistants Lorraine and Jon. Special thanks went to Ali for her time helping us, as now she is stepping down from her role.



DMV AC YOUTH SQUAD

TASTER/TRIALS DAY

Your Club Needs You!



| MONDAY 21 ST SEPTEMBER | THURSDAY 24 TH SEPTEMBER |
|---|--|
| <p>U13's up to U20's Time: 6-7pm</p> <p>This is aimed at all athletes from senior schools ie. Yr7 up to 6th Form/College</p> | <p>U11's Time: 5-6pm</p> <p>This is aimed at all athletes from primary schools ie. Yr5 & Yr6</p> |
| <p>Information:</p> <ul style="list-style-type: none">• Please wear sports clothing and trainers• Bring water | <p>Location:</p> <p>Pixham Sports Ground Pixham Lane Dorking RH4 1PQ</p> |

BOOK YOUR PLACE!

E-MAIL: DMVACYOUTH@outlook.com

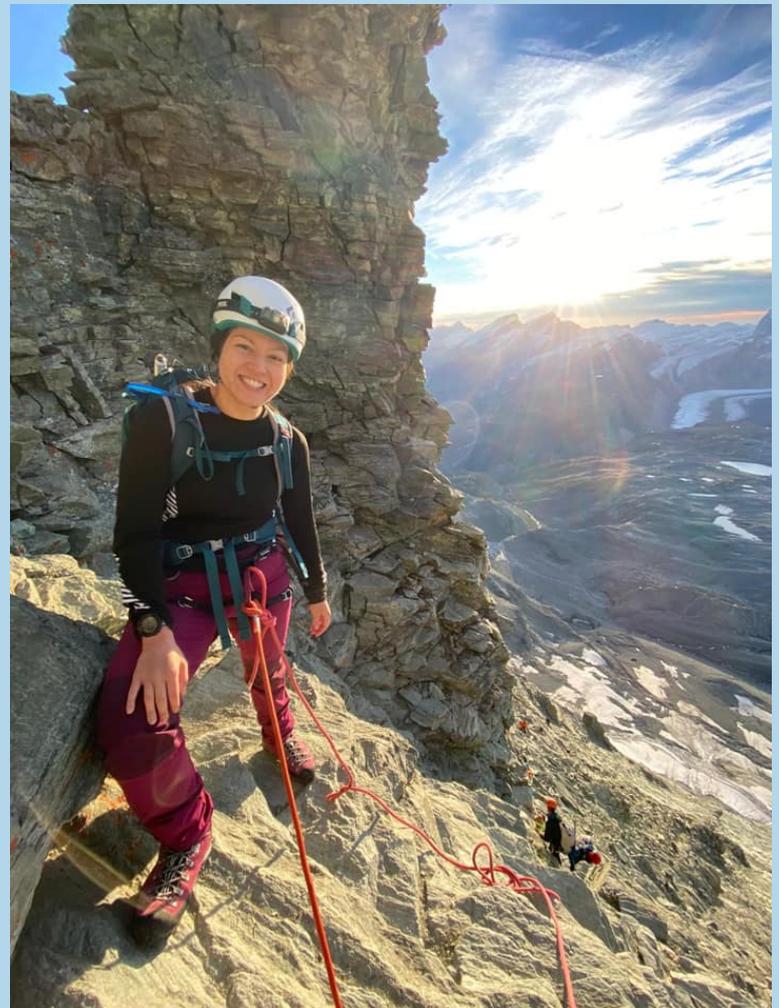
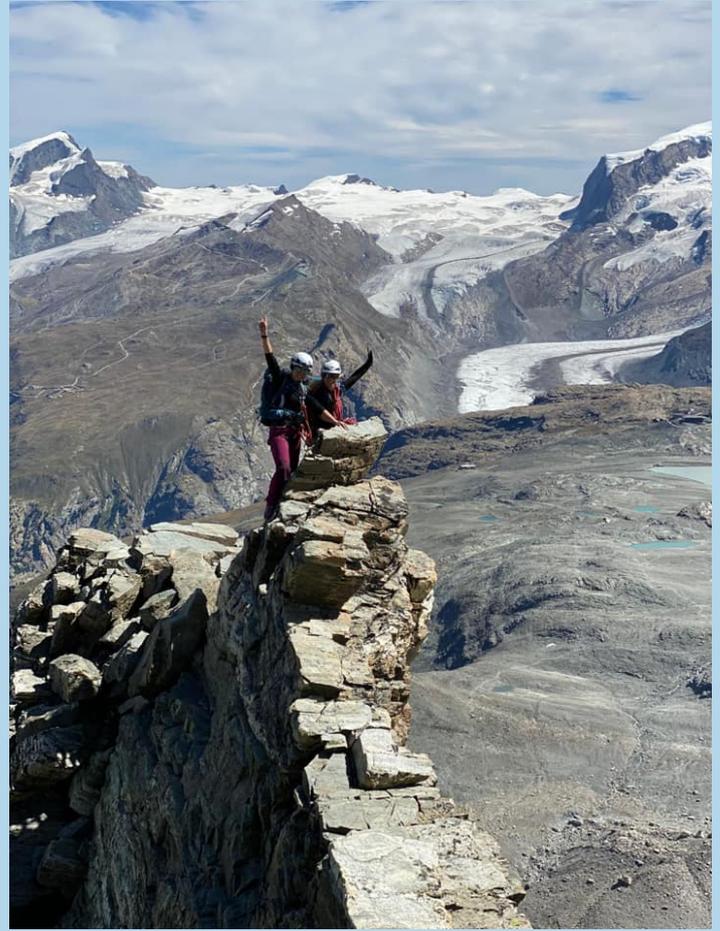
Due to Covid please e-mail us to **confirm** that you wish to attend this event

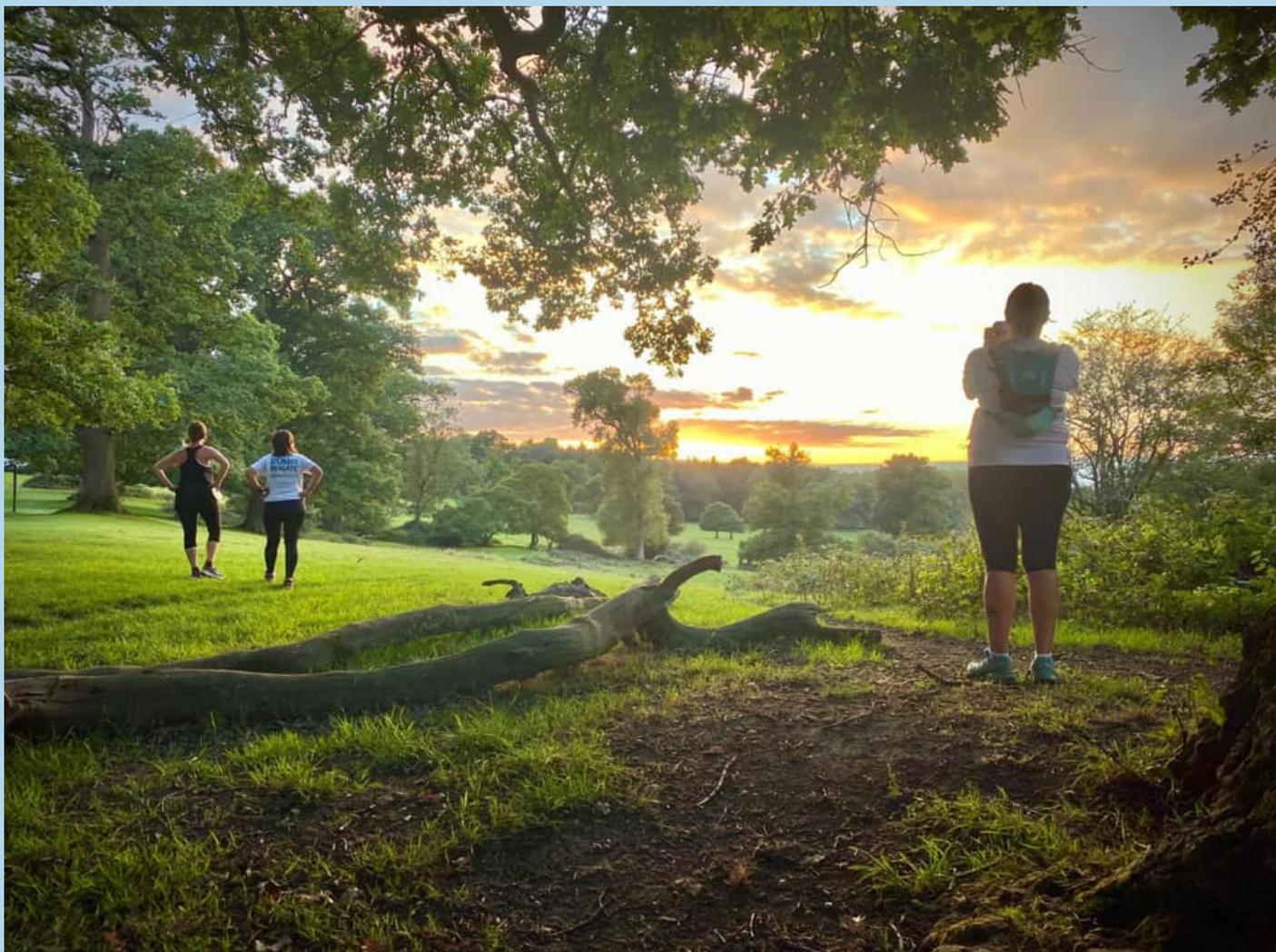
Please DO NOT just turn up!

And finally.... a brief report from Beth from the Matterhorn. Very well done Beth.

“Made it to the shoulder, 200m below the summit, and the wind was so strong it was threatening to tear us off the ridge. We had to make the difficult, but very necessary, decision to turn around and go back down. Life lesson learnt that no matter how hard you train, or how well you prepare for something, some factors will always be out of your control. Mother nature won on this occasion, but I will be back to try again when conditions allow!”







And we sign off with a beautiful sunset courtesy of the Turtles, somewhat nearer home!
(Betchworth Castle if my eyes don't deceive me....)