

DMVAC weekly newsletter

31st August 2020



Please note that on Bank Holiday Monday 31st August - there will be no training for the U/13s at Pixham. Sprinters meet as normal.

All **Tuesday** running groups are back in action, though not all at Ranmore. **Pre-booking is essential please!** Contact details are as follows:

The Snayle Wowers - contact Gayle Banks (walk/run group aimed at newer runners and those back from injury) - currently running at Denbies

The Turtles - contact Elizabeth Horner (mixed ability - parkrun time of 30-40 minutes)

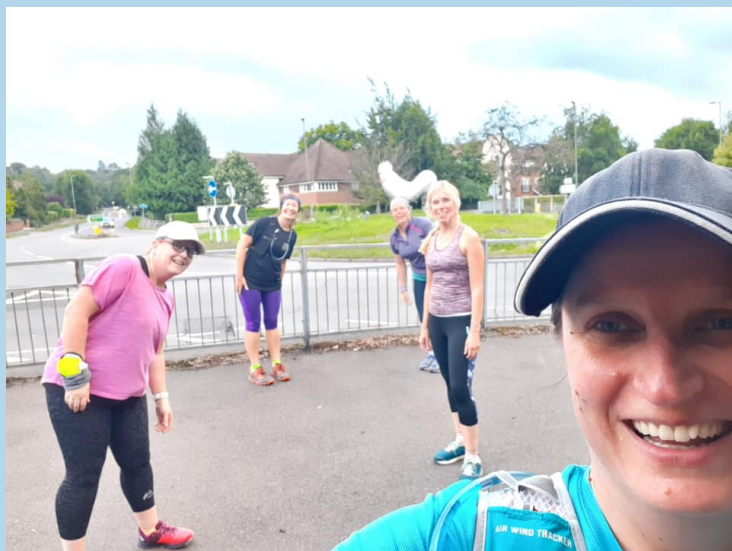
The Owls - contact Emma Crayton (moderate paced group - parkrun time of 30-35 minutes)

The Profiteroles - contact David Phillips (medium fast group - parkrun time 25-30 minutes)

The Denbies Mob - contact Richard Grassly or Glenn Morris (friendly and competitive group offering a mix of drills and 4-6mile trail runs - parkrun time between 18-25 minutes)

On **Thursdays** Brian is running a track session at Pixham at 19.00 and has room for more athletes. To contact Brian either email him on brian.james@outlook.com or text to 07773 121544 - he's not on WhatsApp!

Howards groups are still 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. Expect to run faster than usual!! Contact him on howard.jones1@mypostoffice.co.uk



Winter Handicap news from John Jelly!!

We are hoping to run the 'Phil Sears' handicap this year despite the virus. We are confident that, with a few 'tweaks' we can make the event compliant with EA regulations and just as enjoyable as previous years. More details will follow in a week or so but in the meantime, if you don't know what the handicap is all about then I can tell you!

Phil Sears Handicap

It's a 3.80 mile race over 2 laps starting, we hope this year, at Denbies carpark, following one way system out to the roundabout, heading into Dorking on A24 to Chichester Road, turning right into Chichester Road, left into Calvert Road, right into Calvert Crescent, left into Calvert Road again, right into Chichester Road, left onto A24, left towards Denbies and back to starting point carpark then repeat that again. That is the 2 laps with the Calvert Road hill twice – it's short and sharp!! You will be set off according to a handicap that we will work out for you.

The idea is that everyone, if running to their handicap, will finish together! (That has never happened.....).

There will be a handicap race last week of September, October, November, January, February and March. Each race will have results issued but as well as that each race will have points awarded to carry over to the next race and then, at the end of March your best 5 of the 6 races will be added up and a Male and Female Champion will be announced with amazing prizes to be won.

If you are interested in taking part, we would like you to prepare for the event as follows:

First Timers:

- You need to be a paid up club member.
- If you don't have a previous handicap time from last year then please let me have a Denbies Parkrun time as recent as you can give me.
- If you don't have either of the above then please work out how fast you would run a 5K under race conditions. By all means talk to your running leader or one of the coaches to establish a 5K time for you. Otherwise just measure out 5K and time yourself!
- Once you have established a 5K time as best you can then please email that to me (John Jelly) asap on jellyassociates@yahoo.co.uk I need your full name, your telephone number, the 5K time and any other relevant details about the 5K time (was it flat or hilly, did you have a broken leg when you did it etc. etc.).
- When you have done this I will email you your first handicap time. This will be the time you will start after the clock has started. Don't worry, the timekeepers will keep everyone advised of the elapsed time.
- You will have to enter each race separately. Everyone will have to do this in the same way which is by email. This is new this year due to the Covid restrictions. Races are on the Thursday. Entries will open at 9.00am on the Tuesday and close at 1.00pm on the Thursday.
- Entries generally will be on a first come first served basis
- More details will follow. This is all you need to know for now.

Previous Handicap Runners:

- You need to be a paid up club member.
- We will have your previous handicap time from last year.
- You will have to enter each race separately. Everyone will have to do this in the same way which is by email and I will need your telephone number. This is new this year due to the Covid restrictions. Races are on the Thursday. Entries will open at 9.00am on the Tuesday and close at 1.00pm on the Thursday.
- Entries generally will be on a first come first served basis.
- More details will follow. This is all you need to know for now.

Any questions please email John at jellyassociates@yahoo.co.uk and then Get Training!! (But always remember it's a handicap and FUN !!)

Did you know the club has a Welfare Officer?

Meet Kev Stroud:

"I came to DMVAC on a free transfer from Sutton Runners in 2008 when I moved to Dorking. I like the fact that the club is open to all and so encouraging of those new to or returning to running and athletics, young and old. I also like the team spirit at club competitions and am particularly looking forward to the return of track and field and cross-country racing.

I have assisted coaches as a parent helper in the past and have been the Lily B girls track and field team manager for several seasons.

I have also been the club Welfare Officer for a number of years. As a registered social worker my professional knowledge of safeguarding has been helpful in this. A key part of my role is to support the Club in building a culture where members feel welcome, safe, included and supported. This is clearly very important as our club activities resume under the new Covid-19 arrangements.

If any club member has welfare concerns that they wish to discuss or would like guidance on where to seek support please feel free to contact me."

Kev Stroud
kevstroud@yahoo.co.uk
07504 163211



And finally - some soggy sprinters!

Seven of our sprinters turned up for training on Thursday, a little apprehensive after running in the heat all summer. Literally, as they started their sprint 200m training session, the heavens opened. It was as if a shower had been put on full blast. They went for it and had great fun.



Well done "the swimmers! Thanks also to Jon who stood out in the rain with Fran as assistant coach.

