

DMVAC weekly newsletter

12th October 2020



Tuesday and Thursday training:

The Snayle Wowers - currently two groups running to try and maximise spaces - both led by Gayle meeting behind Dorking Halls at **18.30 and 19.30** - contact Gayle on snayley@gmail.com

The Snayle Blayzers. a group offering a shorter, slightly sharper experience in the form of a 5k continuous run - no walking and limited stopping. Ideal for people running c.30-32 minute parkruns - meet at **18.30** behind Dorking Halls. Contact Jo on jo.lloyd@cotmandene.com

The Turtles have moved into Dorking for the Winter season, meeting in Sainsburys car park at 19.00, please contact Elizabeth on elizabethmhorner@yahoo.co.uk

The Owls are meeting regularly now at Dorking M&S car park at **18:30**, but they do have the odd 'awayday' which I believe might be related to a full moon (!) so it's important that all OWLS keep checking Whatsapp as full details will always be on there. Contact Emma on ecrayton11@gmail.com

The Profiteroles are meeting on Tuesdays at **18.30** at the back of St Martin's Walk for headtorch runs through the winter. Participants need to join the WhatsApp group by emailing david@4pg.co.uk

The Denbies Mob run appropriately enough at Denbies - please contact either Richard Grassly on richardgrassly@gmail.com or Glenn Morris on glenn57morris@gmail.com to join their WhatsApp group for updates.

On Monday and Tuesday **Howard** still has his mixed abilities groups. Meeting times this week are:

- Monday meet at the old Dorking library at **18.00**.
- Tuesday the **11.00** group meet in Denbies vineyard car park to run the parkrun course.
- Tuesday the **18.30** group meet at old Dorking Library.
- On Thursday the Foxes will meet at St Martin's School at **18.30**.

This Thursday **Brians group** will be meeting at St Martins School at **19.00** - contact him on brian.james@outlook.com

Please remember that head torches and hi-vis vests are needed for all groups and pre-booking remains essential.

Announcement re Phil Sears Winter Handicap:

Following the recent increase in infection rates in the Mole Valley region the committee cannot sanction the running of the handicap at the end of October. We realise this is the second time we have had to cancel this event and consequently we have looked for an alternative. We are going to run a **VIRTUAL HANDICAP**.

HOW WILL IT WORK?:

We will confirm this in the Newsletter at the weekend of 17th and 18th October and by separate emails to everyone and on our FB page, but basically we will give any paid up club member who has registered for the handicap season the opportunity to run the course whenever they like between two set dates (probably Sunday 25th October to Saturday 31st October), time themselves and send John Jelly their times. He will apply their handicap, collect all the results and issue a full set of handicap results for that month. Your times will be kept secret until all times have been collected by midnight on 31st October. Final details will be sent out later but in principle it will be as above.

REGISTRATION:

If you **STILL** haven't registered then email John Jelly (jellyassociates@yahoo.co.uk) your name, your mobile number, your emergency contact person, their contact number and a means by which John can work out your handicap – if you ran the handicap last season then that is enough. Otherwise your pb at Mole Valley Parkrun or your current best 5K time.

We will be in touch!

Volunteers needed for some club roles:

We had a great response to our call for helpers earlier in the year, but in true me, me, me fashion - we still have a couple of vacancies at the club:

Run Leaders:

With the existing restrictions around how many people we can take on a run being 8 athletes plus a leader, we are finding that we are having to disappoint people every week as the groups fill up. This will not change in the foreseeable future while the country manages the Covid situation. Therefore we are putting out a call for volunteers to be Run Leaders to help us through this situation. If you are used to running with a group then it isn't especially onerous - however we recognise that new Run Leaders will benefit from an explanation as to what the role is, and what actions they need to be aware of. To this end Howard Jones and John Jelly have offered to run a short course (approx 1hr) on Saturday 17th October at 10am at Denbies to talk through the role and how it works. Any volunteers please email either Howard on howard.jones1@mypostoffice.co.uk or John on jellyassociates@yahoo.co.uk to register your interest.

Welfare Officer:

The club is looking for a female Welfare Officer. The overall aim of the role is to ensure that all members feel welcome, included and supported. This includes managing any safeguarding incidents, supporting good volunteer recruitment and vetting and ensuring that the club uses appropriate welfare policies and procedures. England Athletics offers training and see [here](#) for more information and [a video](#).

If you think you might be able to help or would like to learn more please get in touch with Kev Stroud, our current Welfare Officer at kevstroud@yahoo.co.uk or call him on 07504 163211.

Club clothing:

For a long time now the distribution of club kit has been done by Kevin Irvine for the men and Emma Crayton for the women. Both having done sterling service but are finally looking to put their trainers up and step away if anyone fancies giving it a go? Please email John Jelly in the first instance on jellyassociates@yahoo.co.uk

Priory Relays 2020

Good news for the XC season!

Reigate Priory Athletic Club have confirmed they will be holding the Priory Relays this year. The event will not be held at Reigate Priory Park but a new location: 30 acre field of the Mid Surrey Pony Club on Hurst Road, Walton on the Hill. Post code: KT20 5BN.

The race will be a 2-day event, with the ladies' race being held on the 14th of November with a provisional start time of 11am. The men's race will be held on the 15th of November with a provisional start time of 10am. There will be waves of 12 runners being set off across the day.

The course will be approx 1.5 miles. This is shorter than usual but still a challenging course.

The teams will consist of 4 runners each, with each member's time being added up. The event will use chip timing.

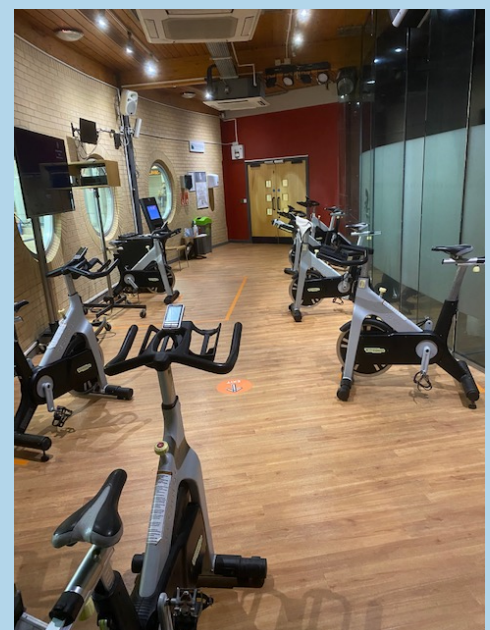
The new race location has adequate parking, designated warm up area and a block of loos.

This event is for anyone who wants to get out and have a race. It will be great to get a large turnout from the Club! Ladies please email Hannah if you wish to run on hlmorris20@gmail.com and gents please email Bruce on bruceharrold@hotmail.co.uk

Anyone fancy trying spinning?

Club member **Graham Baker** has set up a 30 minute MyRide spinning class at Dorking sports centre every Wednesday night at 18:30. It's a good form of cross training as it is low impact and can be done at your own level. There is no instructor other than the man in the corner of the screen that guides you through the session. Spinners will cycle all over the world and take on some classic routes. Graham used to instruct at Dorking Sports Centre and will be on hand to help set the bike up and explain what's going on. It's for all levels, even if you've never been before, and there is no one there to shout at you and make you go harder than you want to! And the best thing is it only costs £3.00.....

If you are interested in taking part please email him at gmanbaker@sky.com and he'll add you to the WhatsApp group for booking.



If you're a member of the Denbies Mob WhatsApp group, you'll already know about this, if not, then do get in contact with Graham as this is for all members of DMVAC. Finally, each session is limited to 7 spaces and there is plenty of room in the studio for a socially distanced session.

Race reports from the Virtual London Marathon:

A final round up of last weeks event. All told we had a total of 19 athletes who ran the London Marathon this year - a brilliant turnout. Names and times below - everyone ran their own course so times are not competitive - there is also a difference with some over their official time and also their actual elapsed running time - so I have shown that where I know it. (Apologies if I've missed anyone!)

One thing is for sure - everyone who completed deserves a huge round of applause - it's a tough distance and the weather also added a couple of miles by my reckoning.

	Elapsed time	Official time
Bea Milne	7.13.46	8.27.37
Becky Cragg	5.44.00	6.32.49
Clare Kesby	5.00.59	5.25.35
Corrie Haxton	6.05.35	
David Moore	3.45.03	
Dennis Earl	5.07.55	
Emma Crayton	6.21.16	
Fernanda Townrow	8.13.22	
Fiona Fidgett	6.16.46	
Gary Lloyd	4.45.13	
Hannah Morris	4.01.53	
Jane Morris	5.47.50	
Lawrence Bate	3.16.11	
Libby Edwards	5.32.43	5.43.43
Lucinda Lighting	4.05.40	
Michelle Baldaro	7.13.46	8.36.38
Sarah Brogden	7.49.04	
Sarah Clarke	5.44.00	6.32.49
Stuart Aikman	5.36.25	



Gary Lloyd - "I ran with my (Windmiler) son, Jasper, from Walton-On-Thames to Bishop's Park, Fulham and we achieved our sub 5 hours target...4:45:13. There was phenomenal support from the public and the many hundreds of other competitors along the Thames towpath, plus my (Windmiler) daughter in law in support on her bike. Not sure yet whether I can handle the real thing in a year's time, when I'll be a week short of my 77th birthday!! I already have my charity place though..."

Lawrence Bate - “The last time I ran the London Marathon (2018) it was blisteringly hot and the streets of London were packed – last Sunday was rather different and looking out of the window before I left the house, it was only the commitment of my fellow DMVAC runners who had agreed to be company / pacemakers that motivated me to get in the car and head up to Denbies for 4 trips along the A24 up to the Givons Grove and back.

Stuart Prentice, Chris Reeh, Dan Jeffries and **Dave Moore** were already raring to go when I arrived so after a strategic placing of water and gels by the car we were off. Dave and I were aiming for Good For Age places, which in my case meant sub-3:15 so we headed off at the required pace and the chat made it feel just like a regular Sunday run up on Ranmore or Box Hill even if the puddles and encouraging honks from passing cars didn't.



Up at Givons Grove, Dan and Stuart headed across the road to rescue a motorist in distress, but our pace was good so we carried on back to Denbies where Rich Giddings joined us.

After the turnaround and heading back along the A24 I caught a glimpse of a familiar burgundy and blue coloured running vest out of the corner of my eye: it was Rob Russell, who'd decided that running in the pouring rain was far more enjoyable than a relaxing Sunday breakfast - who ever said that DMVAC coaches weren't a bit mad? Up and back to Denbies and hitting 1:35 at halfway meant that things were looking good. Lap 3 was just me and Rich for the most part; the cold and wet was starting to take its toll but Rich kept me motivated and heading back towards Denbies we were joined by Chris Lazenby together with his son Thomas cycling alongside.

After a quick swig of water (with hindsight I should definitely have drunk a bit more, which was ironic given the conditions) it was back up to Givons Grove for the final time. On one hand it was good knowing that I was almost on the home stretch, but I could feel myself flagging; for the final three or four miles it was a bit of a sufferfest and I could tell my running form wasn't that great.

It was great to hear a cheerful shout from John Phillips as I arrived in the car park at Denbies for one final mini loop, but by now I was just looking forward to the end and had no idea how close I was to my target time. One final push to the end, a semi-collapse by the car and I looked at my phone only to realise that the official London Marathon app had logged my run as a grand total of 0.75 miles! After a few choice swear words, I checked Strava and fortunately that had managed to log a run, but frustratingly at just over 3 hours 16 minutes, so over the course of 26.2 miles I was just over a minute outside the required time ☹

I was definitely looking rather tired, bedraggled and starting to shiver by the time I got back home, but plenty of TLC from Cath got me back on track by the end of the day. While I didn't achieve what I wanted from the run, I've still got a guaranteed place in 2023(!) and there will be, I hope, plenty of other marathons between now and then. More importantly, the day was a great reminder of the camaraderie within the club and how supportive club runners are to each other, even (or especially) when the conditions are like they were, so a huge thanks to everyone who was there on the day."

Jane (and Hannah) Morris - 'When Sunday dawned and it was still raining Hannah and I both rued our hasty decision to run the Virtual Marathon! £20 for a medal and t shirt had seemed so cheap for such an iconic race 5 weeks ago and I definitely wanted the t shirt to remember 2020 - the year of Covid!



Hannah had absolutely no plan where she was running until late Saturday evening and she trotted around clutching her mobile for support and route planning! I was quite surprised she never hit the deck! Turns out she picked a rather muddy, wet and hilly route. I, meanwhile, ran with Clare and Libby for 9 miles. What fun we had squelching through the mud.... they then disappeared to Denbies and Brockham and the Stepping Stones. I mooched around Polesden and Norbury.

What did we learn from 26.2 miles in the pouring rain? My running watch sulked, my hands froze but my waterproof jacket was just that! The app was excellent I really enjoyed being applauded every mile and virtually running past Cutty Sark and Tower Bridge. Hannah needs new trainers!

We soggily celebrated at Denbies which was teeming with Marathon finishers! We both survived and we both know a nice flat, dry Marathon would be a cinch! So did we enter the ballot?"

And to finish, last Sunday saw club member Rob McCaffrey of Trionium organise the **“Thank you NHS and other Keyworkers Run”** at Denbies, twice round the parkrun course. Rob will post results up here <https://www.trionium.com/Thank-you-NHS-run/> but in the meantime our intrepid reporter, that man Chris Edwards, was there cheering on Abbie and Graham. Well done guys - and you certainly had a beautiful morning for it!!

