

# DMVAC Weekly Newsletter

FEBRUARY 24TH 2020



## Announcements

**Phil Sears Handicap:** It is the penultimate round of this winter's Phil Sears Handicap on Thursday 27th. If you wish to run, please arrive at the Pixham Lane clubhouse in good time for a 19.00 departure up to Denbies. We are still having problems getting everyone to run with a working torch of some description! It is with much regret that we are going to have to resort to the following rule or we risk losing the venue:

**NO TORCH NO RUN** Anyone without a working torch will be disqualified! Sorry but we can't afford to upset Denbies

If you wish to take part in the post-race supper please use the following link to order your food by the end of Wednesday 26th February: [Handicap Supper](#)

Dan Jeffries writes: The February **Parkrun Awayday** will be on Saturday 29th (High hopes for a first awayday proposal!) 09.00 at Tilgate Park, Crawley, RH10 5PQ. If driving from Dorking, it's approximately 35-40mins and you will likely use the Tilgate Drive entrance near the K2. An alternative is the Titmus Drive entrance.

Car park options are:

- A small free one just after the huts run out and as you enter the park grounds, the car park is on the left hand side, there are no facilities here and the start line is approx 1km away
- Main car park, follow the road further up and on the left - charges start from 09.00. Costs £1.10/hour, there are toilet facilities here with the start line about 600m away
- A free one (till 10.00) if coming from Titmus Drive, 500m walk to the start/finish area, fills up fairly quickly and there are no toilet facilities

Course - I've not run Tilgate yet but have been reliably informed it's 'nice'. They're currently on the Winter route, starting and finishing by the Boathouse near the main lake. Solid paths with a small amount of gravel and uneven ground. Some sections of may accumulate mud, leaves and puddles after rain (Plenty of that about). It's a figure of 8 including a lap of the lake and park.

Post parkrun coffee takes place in the Tilgate Forest Golf Centre "Serving an excellent breakfast and also do refillable tea/coffee"

Average number of runners per week: 400.5 <https://www.parkrun.org.uk/tilgate/> #Tilgreatparkrun

Based on past Awaydays, everyone will make their own way or car share, but if you need help with travel then please let me know beforehand: [daniel\\_jeffries8@hotmail.com](mailto:daniel_jeffries8@hotmail.com)

Look forward to seeing you there.

**Advance notice:** March's Awayday is being organised by Ruth is likely to be at another vineyard—Squerries Winery on March 28th.

**Rob McCaffrey** is looking for additional marshals for the **UK Wife Carrying Race** and **Leith Hill Half** on Saturday 29 February. Marshals get a full cooked breakfast after the race and a free place in a future race.

Please contact Rob on [rob@trionium.com](mailto:rob@trionium.com)

**England Athletics** is going digital; all existing members will receive a licence renewal notification by email. Please ensure that your correct email address is showing in your membership profile. Having checked the membership list, it is clear that some members have not supplied an email address at all so please do check and amend as necessary.

You can access your profile through the [myAthletics portal](#)

**London Marathon Marshals**— David Phillips writes: Every year a team from DMVAC marshals the “pre-start” of the London Marathon. This earns the club an extra entry for a member to compete in the race.

What’s involved?

We meet in Dorking at 05.30 on the morning of the race (this year – April 26), and carpool to drive to Blackheath, arriving around 06.30 (some of the team meet us there).

We then take up positions in Greenwich Park to greet runners arriving from Greenwich and Maze Hill stations and direct them to the Start, answer silly questions:

- FAQ No.1: are there any toilets? Answer: yes!
- FAQ No.2: where is the Cutty Sark? Answer: you are looking at it!
- Answer to all other questions – “it’s up the hill to/at the Start”)

and generally provide a friendly and reassuring presence to athletes, some of whom are somewhat nervous.

It is good fun and a great atmosphere. Our duties are usually over around the time the race starts which enables us to head the short distance to c. mile 7 of the course and cheer on DMVAC runners as they come past or head into London to spectate at later sections of the course.

If you would like to be considered for our team of 20, please contact me on [david@4pg.co.uk](mailto:david@4pg.co.uk) You must be 14 or older. If more than 20 people apply, some sort of selection process will take place

And from Paul Allen: **British Triathlon Club Registration** Our club affiliation to Triathlon England for 2020 has now been approved by the British Triathlon Membership Services Team. As an affiliated club, all DMVAC members who wish to purchase a Triathlon England Race Licence in 2020, are entitled to pay the reduced club member rate of £45 (rather than £56), for the new "Core" membership category suitable for racing and training in the UK only. A race licence provides the necessary insurance for race day, allows you to claim reduced race entry prices and also provides public liability insurance and personal accident cover during training and racing.

## Achievements

No PBs were gained at Saturday's **Mole Valley Parkrun** however celebrations were in order for Ruth Kirkpatrick's 100th Parkrun



Nikki Hutton was 2nd lady at Tilgate and Daniel Bratton was 5th at East Grinstead. Meanwhile, Carolyn Amos gained a PB of 28:24 at Plymvalley and Chris Parrott ran a PB of 29:45 at Brooklands. Elizabeth Horner was furthest afield in Preston



Congratulations to the two Dorking ladies who headed to Nottingham and braved the mud in the National Cross Country Championships. Hannah Morris and Lucy Brett both ran in the Senior Ladies' race which had a total of 911 finishers. Hannah was 147th in a time of 40:36 and Lucy was 424th in a time of 47:25. Well done both!






On Sunday, Hannah's dad took on the latest of the Polesden 10K races. Despite claiming to be getting slower he didn't appear to be struggling up the hill to Ranmore!

Glenn Morris – Run

12

3



09:03 on Sunday, 23 February 2020

**Polesden Lacey 10k**

Getting slower 😞

9.78 km

Distance

1:00:19

Moving Time

6:10 /km

Pace

185

Massive Relative Effort

Elevation

291m

Calories

731

Elapsed Time

1:00:27

Perceived Exertion: Hard

TomTom

Shoes: —

TOP RESULTS

PR

PR on [ranmore common climb](#) (10:01)

PR

PR on [NT 10k Start to Bottom of Hill](#) (2:15)

2

2nd fastest time on [NT 10k 2nd Big Downhill](#) (6:39)

3

3rd fastest time on [NT 10k Past YH & 3rd Big Uphill](#) (14:35)

A few of DMVAC's finest headed to the coast for what was a very blustery Brighton Half Marathon. Mark Fitzgerald finished in 1:25:13 (130th of the 7611 finishers) whilst the London Marathon training duo of Fiona Fidgett and Michelle Baldaro ran the 13.1 miles in 2:24:38 and 2:54:06 respectively. Congratulations to all of them

A photograph of two female runners, Fiona Fidgett and Michelle Baldaro, smiling and holding their Brighton Half Marathon medals. They are wearing colorful running gear; one is in an orange jacket and the other in a pink jacket. They are both wearing blue lanyards with their medals. The background is dark, suggesting an indoor setting.

Sunday also saw the Hampton Court Half take place with a number of DMVAC runners taking part (including the third member of the Morris Clan, Jane). Some great results were achieved:

Place	Time	Name	Team	Category	Number	Chip
212	1:30:30	<a href="#">Lawrence Bate</a>	Dorking & Mole Valley AC	M50-59	149	1:30:18
872	1:49:39	<a href="#">Nicolette Hutton</a>	Dorking & Mole Valley AC	F45-54	3762	1:43:42
1166	1:55:23	<a href="#">Graham Baker</a>	Dorking & Mole Valley AC	M40-49	3345	1:50:07
1301	1:58:40	<a href="#">Gill Hudson</a>	Dorking & Mole Valley AC	F60-64	2881	1:52:46
1476	2:02:14	<a href="#">Chiara Secchi</a>	Dorking & Mole Valley AC	F35-44	2145	1:55:48
1510	2:02:52	<a href="#">Corrie Haxton</a>	Dorking & Mole Valley AC	F45-54	1016	1:57:26
1693	2:06:38	<a href="#">Paul Allen</a>	Dorking & Mole Valley AC	M60-64	2671	2:00:44
2112	2:17:45	<a href="#">Karen Smith</a>	Dorking & Mole Valley AC	F45-54	2220	2:08:39
2114	2:17:51	<a href="#">Sarah Woodcock</a>	Dorking & Mole Valley AC	F55-59	2622	2:08:44
2255	2:21:52	<a href="#">Clare Kesby</a>	Dorking & Mole Valley AC	F45-54	1283	2:12:46
2299	2:23:56	<a href="#">Libby Edwards</a>	Dorking & Mole Valley AC	F60-64	666	2:14:52
2352	2:26:20	<a href="#">Catherine Bate</a>	Dorking & Mole Valley AC	F45-54	148	2:13:42
2359	2:26:37	<a href="#">Jane Morris</a>	Dorking & Mole Valley AC	F55-59	1669	2:17:30
2570	2:37:23	<a href="#">Jacqueline Stephenson</a>	Dorking & Mole Valley AC	F45-54	2269	2:24:45
2698	2:46:18	<a href="#">Robert Searle</a>	Dorking & Mole Valley AC	M60-64	2142	2:30:07

Top 20 placings

6th M50-59

17th F45-54

2nd F60-64

16th M60-64

14th F55-59

12th F60-64

16th F55-59

Also spotted, running in stealth mode were:

2344	2:26:02	<a href="#">Emma Crayton</a>	F45-54	514	2:16:58
2568	2:37:12	<a href="#">Jane King</a>	F55-59	1295	2:28:05





A couple of weeks ago Sharon Walker spared some time from her busy schedule for a chat. For those who don't know Sharon, she is one of DMVAC's most successful athletes and tackles events that many of us would quail at the thought of.

**When did you start running?**

I've always enjoyed sport, I did a lot of sport at school and then less so in the 'Dark Years' of smoking and drinking. It was also hit and miss through having children. I started running races again casually when I was about 27 or 28 but not really seriously until about 10-12 years ago.

**Why did you pick it up again after the Dark Years?**

To get fitter I guess, to lose weight. I ran about three times a week and did a few 10Ks and Half Marathons. I was a lot slower then than I am now which is bizarre given I was 20 years younger



**What has driven you to get faster and faster?**

I don't know really, I had just had my 3rd child and my sister rang me. We were watching the London Marathon, probably in 2009, and she persuaded me to do it and I started training a bit more seriously. Initially I was going to do it with her but I quickly realised I was going to be a lot quicker than her and I ended up doing about 3½ hours and I thought 'Oh, I'm quite good at this'. I enjoy pushing myself so from then I started pushing myself a bit more and got better and better as I got older which is weird

**The proof she is getting faster and faster!**

Best known performances												
Event	PB	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010
10K	40:33			40:33								
10M	66:55		67:12			66:55	67:58		71:28	74:28	74:00	
HM	87:18	87:18		88:47	88:44	89:53	91:37	93:16	94:06	98:17	98:44	
20M	2:18:29			2:18:29			2:18:34	2:20:13				
Mar	3:02:00			3:02:00		3:06:36	3:08:17			3:22:07		3:34:30

**Aside from a cupboard full of medals, what do you get from running?**

It is enjoyable mostly...I don't always enjoy the training runs but I do enjoy it when I've won—and especially now—still winning and particularly the longer races is amazing and I'm still surprised by that. I suppose it is pushing myself beyond what I think I can do—I enjoy the pain part bizarrely—sticking through it, going through the pain and, afterwards, feeling fantastic. I hate it if I don't do well, I can't bear it, I feel I've let myself down

**You're clearly a competitive person?**

Yeah, yeah I am. It's competing against myself as well as against other people. If I think I've given up then I'm upset with myself. If I think I've tried my best then that's fine but there's always the odd race where I think I've given up, let myself down.

**Do you look back through things, as a lot of professional sports people do, and analyse every facet of a race?**

Not really, I just kick myself and try to do better next time. An example is, a couple of years ago I was trying to do under 3 hours in a marathon. I was doing really, really well up until about 22 miles and then I got cramp a bit in my legs and I let it all get to me. I would have got through that but I started walking and I just fell apart a bit and I ended up not doing it and afterwards I just thought it was my brain stopped me doing it.

**There is a lot talked about now regarding the importance of mental strength; is that something that interests you?**

Yes, I think it's important, it's massive. At whatever level you are at, it can affect you. I was doing an Ultra last year and at around 37-38 miles I thought 'I've had enough of this'.

**So what gets you through?**

I think it's about being in the moment—just focus on a short-term goal—get to the next check point or stage and see how you are. I also think about how fortunate I am to be doing it—my leg's not fallen off, or my head—I'm lucky to be able to do it, so live in the moment really

### **Do you get support from Kenny and the kids?**

Yeah, definitely—well not so much the kids, they're not interested at all. When I did the European Duathlon the boys didn't even watch but Kenny and my daughter were brilliant, they kept telling me where people were so I could gauge things—they kept screaming at me, mainly in the run since, on the cycle, we go off—so I knew what I had to do which was great

### **Does the competitive thing extend into other parts of your life?**

No, I don't think so. I have been driven at work, I ran my own business for a long time and, when I sold that, people said you'll be doing something very similar, in the City, that I'd have to do something like that again but, actually, I dropped out of it and was very happy and comfortable. Running maybe took its place a little bit

### **What has been your greatest achievement in your running?**

Difficult. If I had done under a 3-hour marathon it would be that because that is really tough—especially as you get older



### **How close were you?**

3:02. I was on for 2:57 until the last couple of miles so I was really disappointed in that and now and again I think 'Should I try again?' but, Oh God, I'm 50 this year and there are not many women of 50 who run 3-hour marathons. It's so hard, so hard.

The best then has probably been the European Duathlon (Sharon won the 2018 Women's 45-49 European Duathlon Championship having placed 4th in 2017 and bettered her time from 2:40 to 2:00).

Hopefully this year I will do the World Duathlon and if I won that obviously it would be really good.

The European Duathlon was such a great race for me, I was relaxed—the year before I was really, really nervous and came 4th, even though the top 4 were within 2 minutes of each other over a 2½ hour race. But in 2018 I was really relaxed, it was sunny, it was in Ibiza, it was lovely! I kind of knew that once the cycling was done...the best part of my race is the final run—that's my strength—marathon running and ultras come into that. I knew I just had to stay with the girl I thought could win when we were on the bike and I knew I could take her on that run. So that was probably the best, even though she was 30 seconds ahead of me I knew I was going to beat her. That was a good feeling!



### **Can you identify a flaw in your approach to things that other people might learn from?**

For me, once someone's gone past me I can think I'm never going to get back. My attitude is 'Oh well, I'll just be 2nd or 3rd or top 10 or finish, whatever'. But, on the other hand, if I'm feeling good, I can be a little bit ruthless—I think 'I know, if I go past her now she will lose faith and give in.' So it works the other way round and I think a lot of people feel like that—you go past them with only a couple of K to go and they're sort of emotionally broken, they've been in the lead for all that time and then someone comes past—you know their shoulders are going to drop



**You've mentioned the World Duathlon Championships, do you have other plans for this year?**

I've got the London Marathon, a couple of marathons including Beachy Head coming up, some triathlons...I did a Half Iron Man last year and really enjoyed that and I think I won my age group so, even though my swimming's not very good, the cycling and the running are good so it doesn't matter if you lose 10 minutes on the swim—it's such a small part of it.

I'll probably do some Ultras. I think, as you get older, that's the path most people take—you can run a bit slower but just keep going. I did the Race to the King last year (**53 miles of the South Downs Way from Arundel to Winchester**) and I was 2nd lady, I was pleased with that. The lady who won has won a couple overall—men's and women's—so she's very, very good. I think I can still be quite successful in Ultras whereas I'm probably not going to be in shorter runs



**What would you like to achieve, what's the burning ambition?**

It's that sub-3-hour marathon, if I had to choose one thing it would be that. But, every time I think about the work I would have to put in, it puts me off. I did work really hard for that in Manchester, I did a lot of really hard intervals on the treadmill—really pushed myself hard—so the thought of doing it all again is not that appealing really. The trouble is I know I could do it, it's there, I could, even now, if everything went right for me on the day...**a bit like Kipchoge?** Yeah, and actually I have bought those shoes. I've got them but never worn them because I've hurt my foot and I need to wait for that to heal—they could make all the difference but would I feel that I had cheated a bit? I'd probably get over it!

**So you're injured at the moment; are you one of those people who says, right, I'm going to take this amount of time off and allow myself to heal?**

No! I did try for a little bit but not for long, I get bored waiting for it to get better. I'm just icing it and running on it—it's not ideal but I've got a 20-mile race next Sunday so I'll have to see how it goes—it's two laps so I can pull up if necessary.

**And you have these marathons coming up...**

Yes, it's a real shame because, at the beginning of the year, I was in good form. I had a good run at Tadworth and the weekend after I did a Half Marathon and came 2nd (**in a PB of 87:18**) but since then it's been a disaster, it's like running in quicksand now.

**You've been a member of DMVAC for some years now, what do you think of the club?**

I wish I was more active in the club, I was a few years ago. It's a nice, friendly club but I can run a lot during the day so the evening things don't really work for me. I know we struggle to get women to compete as much as the men. Maybe they are more afraid of coming last or towards the back. Maybe being competitive is not such an attractive quality in a woman as it is in a man but women can be just as competitive as men and it's just getting over the fear factor and putting yourself out there

**Any final words of wisdom?**

At the beginning, training is really tough. Friends may say they can't run, it's hard work—and it is—but going out with a group is brilliant and can certainly help. Stick at it for the first 3 or 4 months when everything is heavy and hard work but then you start to get those moments—I call them 'flow moments' - where you just feel fantastic and it's just all worth it for that feeling.

**Thanks very much Sharon, Right, now, where's that spin bike...**





## UPCOMING EVENTS

### February

- 27th Phil Sears Winter Handicap & Supper
- 29th Parkrun Awayday—Tilgate Park
- 29th Leith Hill Half / UK Wife Carrying Race

### March

- 1st MABAC Reigate Priory Park
- 5th DMVAC Committee Meeting

- 7th Inter County XC Championships, Prestwold Park
- 19th DMVAC AGM—Pixham Lane 20:15
- 22nd South East Region Sports Hall
- 26th Phil Sears Winter Handicap & Supper
- 28th Parkrun Awayday—Squerries Winery
- 28th Denbies 20
- 29th Cranleigh 15/21

## TRAINING THIS WEEK

### Monday 24th

*Rachel's older juniors: 18.30—19.45 at Pixham*

*Nick's younger juniors: Year 7s to meet at 18.30 at the car park behind Mark & Spencer. Please bring high viz tops. Parents to collect athletes at 19.45*

*Rob's competitive middle distance and endurance group: 18.30—20.00 at Pixham*

### Tuesday 25th at 7pm: St Martin's Walk car park unless otherwise stated, headtorch recommended:

*Brian's and Caroline's walking group*

*The Snayle Wowers: A run/walk group for newer runners*

*The Turtles: Picking up the pace a bit and running consistently*

*The OWLs: Moderately paced running with some stops. Emma is leading this week*

*The Profiteroles: Running on Holmwood Common this week. Meet at St John's Church ready for a 19.00 departure but please park on Spook Hill not at the church. Trail shoes and head torch required*

*The Wolves: Running drills—all abilities welcome. Led by Kevin and Chris this week and heading to Chichester Road. Either start at the car park and do a warm up run or meet at Chichester Road*

*The Denbies Mob: Reps and intervals around Denbies with different speed groups being led by Gaz, Richard and Glenn with support from Heather. All are welcome to come along **MEET AT DENBIES at 7PM***

### Thursday 27th at Pixham Lane unless otherwise stated: Note it is the Phil Sears Handicap at 19.00

*Linda's UIIs: 17.45—19.00*

*Fran and Lesley's circuit training: For all club members aged 15 and upwards—20.00—21.00 at St Martin's School*

*Rob's competitive middle-distance & endurance group if not running the handicap: 18.45—20.00 St Martin's School, then circuits to 21.00*

*Brian's group: No training due to Phil Sears Handicap*

*David's group: No training due to Phil Sears Handicap*

*Nick's Senior Group: No training due to Phil Sears Handicap*

**REMEMBER: NO TORCH = NO RUN**