

DMVAC Weekly Newsletter

JANUARY 20TH 2020



Announcements

Unfortunately **the storm** last week has caused significant damage to the club's garage store at Pixham Lane. The area is taped off and very few people should require any form of access. If you do need to collect anything from the general shed / garage area please use extreme caution since the building is potentially very unstable



The next **Parkrun awayday** is on Saturday 25th at Brooklands. Please share cars if possible when heading over to Byfleet.

The **South of England Cross Country Championships** take place on Saturday 25th. There will be the usual crop of DMVAC runners and a solid team of supporters heading to Parliament Hill Fields for the event.

The next committee meeting is being held on Thursday 23rd January. If you have any items you would like the committee to discuss please email [Matt Smith](#) by end of play Wednesday 22nd

The next **Winter Handicap** race and club supper will take place on Thursday January 30th followed by the traditional club supper. Details will be in next week's newsletter together with a link to order food

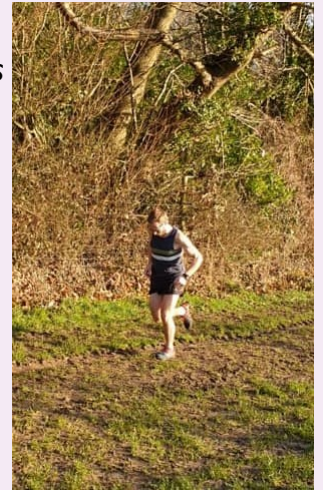
Advance notice of the next MABAC race. This will take place on Sunday 1st March starting at 10.00 at Reigate Priory Park. Also, entries are now open for the Cranleigh 15/21 which starts at 09.00 on Sunday 29th March. Enter [HERE](#)

Achievements

At last Saturday's Mole Valley Parkrun Katie Doddrell achieved a PBs with a time of 28:34.

Other notable achievements included:

- Sam Pearce finished in 5th place in a time of 20:30 in what was his 50th Parkrun and on his **WEDDING DAY**. Congratulations Sam



- Well done to Howard Jones who also completed his 50th Parkrun but without his wedding to run onto

A few Parkrun tourists were noted on Saturday:

- Daniel Bratton was 2nd at Hanworth Parkrun with a time of 20:11
- Hamish Wilson ran at Clapham Common
- Charlotte Craig ran at Jersey Farm, St Albans
- Glenn and Jane Morris ventured up to Cannon Hill in Birmingham

Well done to Emma Crayton who took on the Doughnut Dash last Saturday. The idea is to run as many laps as you wish within the 6-hour time limit. 8 laps constitutes a Marathon. Emma completed 6 laps so 3/4 of a full Marathon in a time of 3:41:50

An intrepid group of DMVAC seniors took on the Box Hill Fell Race last Saturday, an event widely acknowledged to be extremely tough! Well done gents:

- Fraser Dawson was 1st M50 in a time of 65:25
- Chris Lazenby was 12th M40 in 67:46
- Stuart Prentice was 24th M40 in 73:12
- Lawrence Bate was 9th M50 in 76:42
- Gareth Stace was 10th M50 in 77:25



Saturday also saw the 2nd of the G3 races from Newlands Corner. In the 10K race Dawn Howell finished as 2nd WV40-49. Congratulations Dawn. Doug Ponting was also spotted flying under the radar. He finished in 83:30



Dawn Howell

81

10K

Gender : Female

Category : Vet 40-49

Status : Finished

Club : DMVAC

★ Add To Favourites

Finish Time

01:01:12

OVERALL CATEGORY GENDER

48/187 2/40 6/93

Net Time

01:01:07

OVERALL CATEGORY GENDER

52/187 2/40 7/93



In the 15K race, Sam Rippington finished in a time of 74:44 placing her as 2nd lady overall and 1st Senior Lady. Congratulations Sam. Unfortunately no pics have been seen.



“IF IT DOESN'T CHALLENGE YOU,
IT WON'T CHANGE YOU.”

— FRED DEVITO

UPCOMING EVENTS

January 2020

25th South of England XC Championships—Parliament Hill

25th Parkrun Awayday—Brooklands

30th Winter Handicap / Club supper

February

1st Fitstuff G3 series—Race 3: Newlands Corner

8th Surrey League XC—Men: Lloyd Park / Ladies: Richmond Park

27th Winter Handicap / Club supper

29th Parkrun Awayday—TBC

29th Leith Hill Half / UK Wife Carrying Race

March

1st MABAC Reigate Priory Park

TRAINING THIS WEEK

Monday 20th

Fran's sprinters: 18.30—20.00 at Parkway

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 21st at 7pm: St Martin's Walk car park unless otherwise stated, a headtorch is 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 but with plenty of stops

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

The Profiteroles: Faster paced group with fewer stops. As usual this will involve some off-road terrain so please wear trail shoes

Howard's Wolves: Running drills—all abilities welcome.

*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 23rd at Pixham Lane unless otherwise stated:

Linda's UIIs: 17.45—19.00

Fran's sprinters: 19.00—20.00 St Martin's School, Ranmore Road

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: 18.45—20.00 St Martin's School, then circuits to 21.00

Brian's group: Meet at Pixham at 19.00 for warm up jog to the old library (last weeks was rained off) ready to start the session

David's group: Potential for a moderately paced group if there is sufficient demand on the night

*Nick's Senior Group: Meet at Pixham at 19.00 & run to **Curtis Road** for drills & a speed endurance / short recovery workout. **Please note** Nick will not be going via Pixham but will meet the Group at Curtis Road.*