

DMVAC Weekly Newsletter

MAY 18TH 2020



Announcements



Many of you will have seen the announcement regarding the sad passing of Alan Archer, one of our longest serving club coaches, who died last Thursday following complications from a long-term illness.

Alan was known to almost everyone in the club and certainly to those who trained as juniors over the years or, indeed, were parents of juniors.

Graham and Lesley Taylor were close friends with Alan and his wife, Ann, for forty years and Graham wrote the following about his friend:

Alan was converted to running in the late 1970's, when he joined a few friends from the Chessington and Bookham areas to form a small group that could compete in the newly created MABAC league. Football had been his previous sporting interest, and he remained a lifelong supporter of Kingstonians.

He first became involved in coaching when his daughter started running with Epsom and Ewell Harriers, so when some of the CBR group's younger family members showed an interest in joining in, Alan was the natural choice to be their coach, and as membership numbers increased, he gradually improved his knowledge and experience to qualify as a senior coach. His regular Sunday morning training sessions, in different locations around the area, proved extremely popular with all ages and these were supplemented with Monday evening circuit training sessions and mid-week winter track sessions at Broadbridge Heath. At the weekends, he would then be seen encouraging his charges from the side-lines of a cross country or track meeting.

Alan was probably most proud of the group of young boys including Robbie James, Robbie Phillips, Mark Jackson, Daniel Ottey, and Bruno Witchalls, that he developed into a formidable team capable of winning the Surrey junior cross country championship and finishing second in the South of England championship. During this period, he also organised a number of spring training holidays in the Algarve, that will be remembered as a fabulous experience by all who went.

His coaching was not, however, solely aimed at achieving elite performances and he welcomed runners of all abilities to his sessions with enjoyment and gradual personal improvement being the main aims. His own running ambitions were mainly focused on the monthly MABAC events which he continued to support well into his veteran years. Often, his example persuaded previously inactive parents to join in and many of these still run with the club today.

All of this was combined with a successful career in PR management for a major pharmaceutical company and a love of horseracing. The annual Goodwood Festival was one of the few events that might cause him to miss a training session.

Due to his coaching experience, Alan was a permanent member of club committees and has been sorely missed since illness forced him to stand down. He was 76.

One of our club's long-time (not to say more successful) runners, Chris Lazenby, was coached by Alan:

Memories of Alan Archer

I first met Alan when I joined Dorking & Mole Valley AC in November 1994, which was shortly after the merger of Dorking St Pauls and Mole Valley Runners. Alan was running a training group for senior middle distance and endurance athletes with Lesley Taylor and Mark Robinson.

I have many great memories of training with Alan including winter hill reps on the roads around Epsom Downs in the driving hail, Sunday morning intervals in the sunshine at many beautiful locations around Mole Valley and the springtime training camps (holidays?) at Alfa Mar on the Algarve. Alan was always there for us. I found that there was a fantastic camaraderie in the group which emanated from Alan's enthusiasm for running as well as his enjoyment of seeing people achieve (and often surpass) their goals.

Since that time I know that Alan has continued to coach and support many other runners in the club and his contribution to the club over the years has been immeasurable.

Alan's training mantra of 'Quality not Quantity' along with the encouragement and support which he gave will remain with me forever. Alan was a kind, generous and funny person who will be sorely missed by so many of us.

I know that many people in the club, and the wider running community, knew Alan and have been touched in some way by his personality and the huge amount of work he has done for the club. We have decided to open a Kudoboard condolence card so that people can share their thoughts and wishes for Alan's family (photos can also be uploaded). Please find the link to Alan's condolence card below:

<https://www.kudoboard.com/boards/aTDMPGKw>

Please feel free to share the link with other people who may want to contribute.

We will pass the card to the family shortly before the funeral so they can read through the messages, but it will be kept open for some time afterwards and messages can continue to be added. We will then follow up with printing a hard copy in the form of a condolence book.

Thanks and best wishes to you all,

Chris Lazenby

Alan pitching in as he
so often did, this time
track painting in 2016



Others in the club have sent their memories of Alan:

Club President, Peter Bruinvels:

I was so very sorry to hear the sad news of Alan Archer's sudden passing.

Alan was a great trainer and an inspiration to so many people including my daughter, Georgie.

Ever the professional, he worked tirelessly to see those under his watchful eye develop. He was so proud when they did well and encouraging when they didn't.

Alan was a dedicated and committed coach who will be a very hard act to follow.

He gave up so much time over the years. He was also a loyal Club Member who always supported the committee.

My heart goes out to Ann and his daughters.

We have a tremendous amount to be grateful to Alan.

Chairman, Matt Smith:

I think we all agree Alan was an inspiration to so many.

I first met Alan when he and Lesley took sessions before and after school at St Martins, where both my children attended. He was so encouraging and always seeking to get the children to enjoy themselves when getting involved in a session.

Cameron really benefitted from his wise words and turned from being a football obsessed kid into a more rounded sports person.

After the many sessions which Alan so calmly led, the school competed in inter-school events and excelled as a result of the training.

He was such a kind and all inclusive bloke - he will be missed.

Erstwhile Chairman, John Jelly:

Alan Archer was a gentleman, a genuine 'good bloke' and had a true passion for his sport.

I was probably one of the first 'jogger' chairman the club has ever had. I knew very little about the way the sport of athletics was organised or indeed about running itself but I had Alan as support and that was really all I needed.

Always positive, never patronising, his passion for athletics was not confined to DMVAC. He coached athletics to many schools throughout the Mole Valley area and was a leading light on the Surrey Network group set up to promote athletics throughout our local area.

His MND took him from us several years ago and the club has, without doubt, missed his coaching expertise and enthusiasm. We will all miss him and we offer our sincere condolences to his family

Coach, Rob Russell:

You may have heard the sad news that Alan Archer has passed away. As many of you know, Alan had been suffering from a serious illness for some time.

Many of you were coached by Alan. He had been a coach at Dorking and Mole Valley Athletics Club and one of its forebears, Mole Valley Runners, for well over 30 years. I first met him when he was coaching some of our friendly rival juniors when Dorking St. Pauls and Mole Valley Runners were separate clubs. He was a dedicated and inspirational coach. He spent many hours going into schools to help encourage athletics teaching and through that route introduced many past and current members to the club.

As a coach he would stand at the start/finish straight and run sessions for all members, old and young, for several years. He was always willing to give me advice on coaching and was also willing to learn new stuff.

Alan was made an Honorary Member three years ago for services to the club. He was a real "athletics man" and will be sorely missed.

John Barron: When I first joined the club many years ago I used to go out training on a Sunday morning with Alan and a group of mainly juniors but a few oldies like me, and as an introduction to the club I always remember Alan as being very friendly and welcoming and so good at getting the best out of you. In later years I remember him giving me words of encouragement as he eased his way past me in Mabac races. He was a lovely man with a great sense of humour - a true gentleman. He will be greatly missed by everyone.

Elizabeth Horner: I'll remember Alan for his friendly encouraging manner toward all members of the club and his dry sense of humour. He had a tremendous knowledge of our sport which he was keen to share and gave an enormous amount of his time coaching over many years, in particular the younger members.

Howard Jones: I think Alan's legacy will always live on in the athletes that he has trained over the years

Brian James: As Howard has stated, Alan's legacy will always live on in all of us who have been involved with him and learnt from him over many years. He was one of the original runners who began the Ranmore summer evening training runs for Mole Valley Runners before the amalgamation with the Dorking St Pauls club

One of Alan's more recent coaching successes, Hannah Morris, posted the following message on Facebook:

Over 11 years ago Alan first coached me and introduced me to the world of running. I am forever grateful for the lessons he taught me and the time and effort he put in attending all the races and coaching sessions. I will never forget him as my wonderful first running coach ♥



And the last for now, back to Graham Taylor: In the late 1990's, Alan organised three tours to the Alfa Mar training facility in the Algarve for spring time warm weather training. They were tremendous team bonding trips with beautiful weather and surroundings, great evening meals in the local restaurants, interesting day trips, and of course some hard training. The picture shows part of one group including me, Mark Langley, Dominic Watkins, Simon Beardsall, John Dodson, Chris Lazenby, Lesley, and Alan.

On one training run, Alan managed to get caught on the low hanging branch of a tree, much to the whole group's amusement. Unfortunately, nobody was on hand with a camera, but John Dodson was later able to record the moment with a brilliant cartoon.

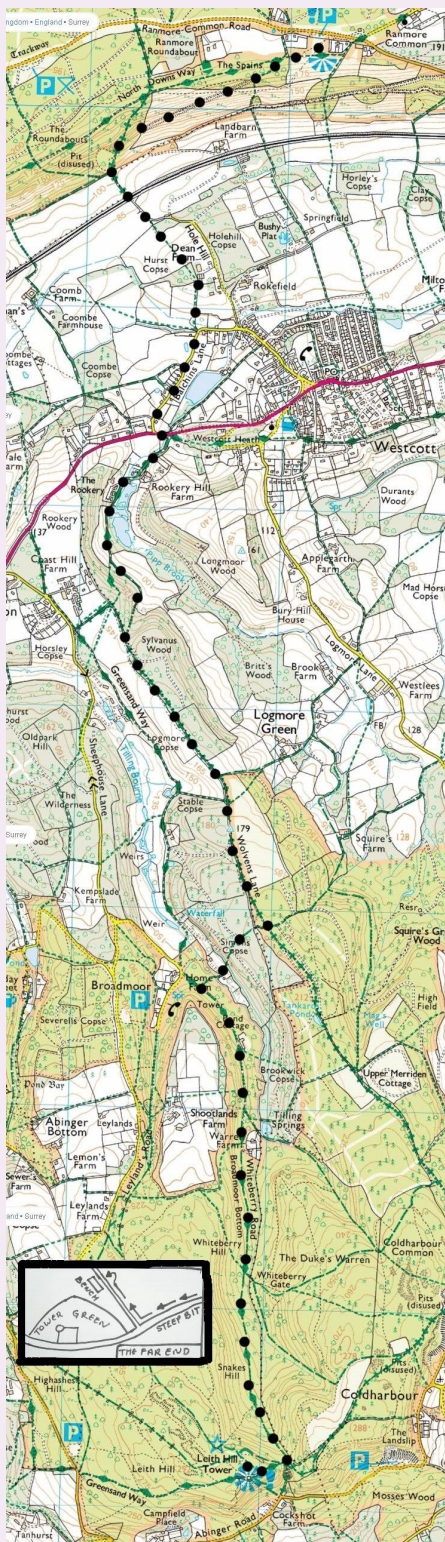
I'm sure that many other club members must have similarly vivid and amusing memories of running with Alan.



A last reminder that **Prof Picks 'em Part 2**, the second instalment of our nearly famous club quiz takes place this Thursday May 21st at 19.00. It will follow the same format as the first quiz with a break for the Clapathon at 20.00. Obviously new teams are welcome and encouraged or, if you played last time, you can keep the same teams or recombine as you wish but we will need the following:

- Your team name
- Team member names
- An email address for the team leader
- If you are in multiple locations, one email address for each additional location

Please email these details to martin@schlaeppi.co.uk by the end of Wednesday 20th to give us time to set up the Zoom meeting and breakout rooms



Michael Horner Bench-to-Bench 2020

Things are progressing on the virtual Bench to Bench runs set for June. A Strava group has been set up 'DMV Bench-to-Bench Group' which you are welcome to join. We're looking into how this can collect just the B2B runs and not everything we do. It maybe that we have to use a Facebook and/or WhatsApp pages to which individual Strava runs can be posted as per the current Strava 2020 page. This would have the advantage of being able to collect posts and photos from people who are not on Strava (though clearly you'd need a Facebook / WhatsApp account!)

Details of how all this will work are being finalised and will be published as soon as they are sorted. A map as well as GPX and TCX files for running watches/computers will be available for download

What we can say is that, for simplicity's sake, we will use an older route that is easier to follow (running all the way along Whiteberry Road to the gate at the foot of the steep climb to the Tower) and that you can run the route in one go or in a number of segments on different days. You can do it alone or in pairs (or as many as Government rules allow for at the time)

Denbies Mob Virtual League - Race 8: 3.8 Mile Handicap

This week’s challenge was based on the club’s winter handicap system. The majority of runners picked the standard route around Denbies and up to Calvert Crescent but some found their own 3.8 mile courses with the stipulation that all routes must include two sharp hills to make the test as even as possible.

Following the requirements of social-distancing, our league runners were out early in the week but without the normal advantage of chasing down a runner in front and trying to avoid being caught by the quicker runner behind. Despite the lack of real competition, two of our runners, Mark Fitzgerald and Dan Jeffries, achieved all-time top ten times for the handicap loop as recorded by Strava. However the star of the week was Nikki Hutton, taking first place with a finish time of 43:08 (handicap start time plus run time), with Dan Jeffries just 10 seconds behind to take silver and Dennis Earl completing the medal line-up.

After eight weeks of competition, Dennis Earl keeps his league lead with 135 points but there was a swap between the silver and bronze positions as Nikki Hutton just edged ahead of Mark Fitzgerald on the back of this week’s win. Week 9 is a week off racing but with a series of challenges planned to include a treasure hunt, hill climbs and bagging some Strava segments.

		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8 Handicap								
Runner	Cat	5 KM	5 Miles	10KM	1 Mile	Age Graded 5 KM	Marathon	20 mins	Start Time		Run Time		Finish Time		Score		
		Points	Points	Points	Points	Points	Points	Points	Mins	Secs	Mins	Secs	Mins	Secs		Total Points	
Dennis E	M50	19	19	19	11	20	9	20	20	30	22	55	43	25	18	135	
Nikki H	W40	11	13	11	18	18	12	16	15	30	27	38	43	8	20	119	
Mark F	Sen	20	14	17	10	17	6	19	21	15	22	35	43	50	15	118	
Richard G	M50	14	11	10	9	19	12	17	16	30	26	59	43	29	17	109	
Lucinda L	W40	17	16	20	6	13	9	13	14	15	29	47	44	2	14	108	
Gary L	M70	9	17	8	12	16	9	18	12	15	33	19	45	44	8	97	
Emily F	Sen	15	18	14	14	6	12	4	13	45	30	34	44	19	13	96	
Dan J	Sen	0	15	13	8	12	12	14	20	30	22	48	43	18	19	93	
Graham B	M50	18	20	9	7	9	9	7	15	30	29	19	44	49	12	91	
Mark B	M40	13	8	7	17	14	15	15	20	0	0	0	0	0	0	89	
Glenn M	M60	6	7	15	15	11	15	12	14	15	0	0	0	0	0	81	
Greg F	M40	16	12	6	13	10	15	8	19	45	0	0	0	0	0	80	
Rosie G	Sen	10	6	3	19	8	9	10	16	30	28	58	45	28	10	75	
Gayle B	W40	0	0	18	9	15	15	11	18	0	0	0	0	0	0	68	
Chris E	M50	5	3	5	20	8	6	9	14	15	30	42	44	59	11	67	
Nick Sp	M40	7	9	16	4	3	15	3	14	0	31	30	45	30	9	66	
Gaz M	M35	12	5	4	16	7	6	5	19	15	0	0	0	0	0	55	
Chris M	M50	0	2	12	3	5	12	6	18	0	28	54	46	54	7	47	
Karen S	W40	8	10	0	2	0	0	2	13	15	37	6	50	21	6	28	
Heather P	Sen	0	4	2	5	4	6	0	19	45	0	0	0	0	0	21	
Kev I	V60	0	0	0	1	2	6	0	10	45	0	0	0	0	0	9	