

DMVAC Weekly Newsletter

MARCH 30TH 2020



Announcements

Club Memberships: All existing club memberships will automatically be extended for 3 months and run through to end-June. The situation regarding membership renewal will be reviewed at that time depending on the social distancing regulations at that time

Furthermore, England Athletics has reduced the fee for a licence from £16 to £15 for the year 2020—21. It has also extended the deadline for licence renewal from June 30th to August 31st. Anyone with a valid licence from 2019—20 will be eligible to compete in EA licensed events until 31st August

England Athletics has also extended its ban on all club and other activities until 31st May. This includes the following:

- The Surrey County Athletics Association AGM on 27th March
- The Awards Evening on 3rd April
- The Surrey County Disability Track and Field Championships on 4th April
- Surrey County Track Field Championships scheduled for 30th & 31st May

The club is still looking for a new Treasurer to replace Stuart Aikman and a new Membership Secretary to replace Chris Brown. If you are interested in either role please contact [Patrick Martin](#)

Despite widespread support for the club to make a donation to local foodbanks or other local cause, it appears that this is not allowed under the club constitution and the constitution cannot be changed without a 2/3 majority vote at an AGM or EGM.

This will be brought up at the AGM (whenever this takes place) so that members can vote on a change to enable the club to make charitable donations

Since there are no club runs, John Squires has set up a new group within DMVAC's Facebook page called **2020 Strava** for members to log their runs from Strava. Hopefully people will use this as a way of staying in touch given the current constraints on getting together.

Quiz night: There has been significant interest from members in an online quiz night. John Squires and quizmeister David Phillips are looking at how this might take place from a technology perspective—with WhatsApp, Zoom and Houseparty being considered although these do seem to limit the numbers of participants online at any one time. If anyone has any experience in this area or can suggest a possible solution then please email [Martin Schlaeppi](#) or [David Phillips](#)

Richard Grassly writes: **Denbies Mob Virtual League**

Members of the Tuesday night training group, normally based at Denbies, have been giving their sessions of permitted, daily exercise some focus by taking part in a virtual league. Week 1 has been based on each runner completing a solitary 5km route of their choosing. The runs are recorded on Strava and then scored relative to each runner's Parkrun PB.

The first week has seen some big performances with Mark and Dennis, both beating their best Parkrun times. Lucinda pressed hard to finish as the highest scoring lady of the week followed closely by Emily, Nikki, Rosie and Karen. The Male V50 category was hard fought with Graham coming very close to his own PB, Greg led the way in the M40s, whilst in the V60 and V70 categories Glenn and Gary showed great pacing.

Week 2 progresses to a 5 mile time trial. As this is not a club activity, runners compete at their own risk, but the league aims to provide a bit of fun in these strange times. Stay well all!

DENBIES MOB VIRTUAL LEAGUE							
		Race 1					
Runner	Cat	Base Time		5KM			
		Mins	Sec	Mins	Sec	Score	Points
Mark F	Sen	19	6	18	47	-1.66%	20
Dennis E	V50	19	12	19	7	-0.43%	19
Graham B	M50	23	40	24	9	2.04%	18
Lucinda L	W40	23	18	24	10	3.72%	17
Greg F	V40	20	36	21	35	4.77%	16
Emily F	Sen	23	44	24	54	4.92%	15
Richard G	M50	20	56	22	23	6.93%	14
Mark B	V40	20	0	21	40	8.33%	13
Gaz M	V35	20	0	22	14	11.17%	12
Nikki H	W40	22	16	25	4	12.57%	11
Rosie G	Sen	22	46	25	56	13.91%	10
Gary L	M70	24	56	29	11	17.05%	9
Karen S	M40	26	10	30	39	17.13%	8
Nick Sp	V40	22	15	26	15	17.98%	7
Glenn M	M60	20	18	24	27	20.44%	6
Chris E	M50	22	38	31	31	39.25%	5

Richard Grassly has been putting his lockdown time to good use and has produced the following:

Here are a few **warm-up drills** from our Tuesday evening training sessions at Denbies. Some of these will be familiar to you, but they may keep you and your kids amused during lockdown. These are intended for outside but could be adapted for inside (but no liability for broken furniture accepted!).

Domes and Dishes

You probably won't have any cones at home so use saucepan lids or plastic plates/bowls (not your best crockery). Spread these randomly on the ground around your game area with half facing upwards (dishes) and half facing downwards (domes). Split yourselves (your household only) into two teams. When the game starts, moving quickly around the game area, one team must turn the dishes over to make them into domes whilst the other team turns the domes over to make them into dishes. Keep going for a set period of time, say two or three minutes, then introduce a different way of moving around the game area, say by hopping, play for another couple of minutes then introduce another movement etc until you are all exhausted. Keep heads up at all times to avoid crashing into each other.

Sailors and Sharks

At commencement one player is nominated as the shark and the rest of the players are sailors. The shark must put one hand on top of their head imitating a dorsal fin and keep it there throughout the game. The game area has small islands of safety in each corner and a central area that is the sinking ship where the sailors are still hanging on. On the shout of "Abandon ship" the sailors must leave the sinking ship and "swim" to an island before being tagged by the shark. If a sailor is tagged then that sailor becomes another shark. All sailors reaching an island are safe. Next round starts with another shout of "Abandon ship" when sailors must leave the islands and find another island, risking being tagged by the sharks again. Game goes on until no sailors are left. You can adjust the game if the sharks are too successful by making them hop or if the sailors are too successful, take away an island.

Rock Paper Scissors

This is based on the normal rules of rock, paper scissors. At either end of your game area you have two home bases. To start, the pairs of players stand facing each other at the midpoint of your game area and say together "1,2,3.." and then make their hands into a rock, piece of paper or scissors. The loser then turns and runs to their home base and the winner chases them and tries to tag them before they reach the home base. Repeat several times, and keep score.

If you want more of these drills, let the [editor](#) know.

Richard

