

# DMVAC Weekly Newsletter

FEBRUARY 17TH 2020



## Announcements

Following this weekend's somewhat inclement weather, John 'Bendybus' Routemaster' Jelly has rescheduled his **Course Course** to next Sunday, the 23rd. Meet at the car park on Ranmore for 09.00 and bring your National Trust card if you are a member or some cash for the machine (or pray that it is still not working which is currently the case!) John is also looking at other options than a Sunday given the number of events that take place on that day – stay tuned for more info

Dan Jeffries is organising **February's Parkrun Awayday**: 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.

The Awayday is looking for volunteers to organise Spring Awaydays—April and May are currently up for grabs. Plenty of guidance is available. If you are interested please let [Patrick Martin](#) know

**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 that 20 people apply, some sort of selection process will take place

### **Is it your time to become a Masters athlete?**

Masters athletes start at age 35 and can still be competing 60 years later! You might already be 35+ and considering your options in athletics and running, or maybe you’re 34 and you’re planning ahead for new competition opportunities when you reach your next birthday! There are plenty of opportunities to compete in athletics and running as a Masters athlete through both England Athletics or the British Masters Athletic Federation (BMAF).

Click [here](#) for more information

**Coming soon:** The first in a sporadic series of interviews with club members who have achieved extraordinary things. First up, 2018 European Duathlon Champion (and my spin coach with the best music), **Sharon Walker**





## Achievements

Unsurprisingly, given Storm Dennis's unwelcome presence, no PBs were gained at Saturday's Mole Valley Parkrun. Similarly, Parkrun tourists were a bit thin on the ground although Lawrence and Cath Bate were spotted at the South Manchester run.

Next Saturday, Ruth Kirkpatrick is planning to run her 100th Parkrun at Denbies. Please come along and give her some support. Coffee (if you can really call it that) afterwards in Denbies Conservatory

### Official Surrey League report from the men's race last week:

The top of Division 3 provided a rare example of the often-heard "every place matters". Going into the final match, Walton held a slender lead of 3 points over Epsom, followed some way behind by Dorking. Having seen Walton falter badly in January, not only did Epsom throw their all into the race for the division title but Dorking also brought a strong team perhaps hoping to make up the ground into the promotion zone. With such a narrow margin, expectations were that if either Walton or Epsom won the match the divisional win would follow.

A close 3-way race ensued, the three teams ultimately separated by only 15 points. For Dorking, in third despite the valiant efforts of their lead runners in first and third positions, this could never be enough to bridge the gap into the top two overall positions. Ahead of Dorking, Epsom beat Walton into second place. But the margin of only two points was not enough, leaving Walton overall divisional winners by a single point.

Behind these three leading teams, Kingston, Full-on-Tri and 26.2 consolidated their mid-table positions, the latter led home once more by divisional individual champion Ben Chown (2nd at Lloyd Park).

In the relegation zone, Sutton Runners once again edged out Tadworth and Runnymede, the result confirming the previous results from the season so far. So it's goodbye from Division 3 to Walton, Epsom, Tadworth and Runnymede.

Below - approaching the hill for the first time, race winner DMV's Luke Caldwell (138) considers whether to ignore Div 4 winner Josh Knight (1515), followed by teammate Ben Brunswick (143), third D3 finisher, and 26.2's Ben Chown (10).





Well done to DMVAC stalwarts, father and daughter, Chris and Abbey Edwards who ignored all Met Office warnings and took on the Valentine's 10K in Chessington on Sunday along with another 416 nutters:



Some pics from Fran's circuit training session:



Video can be found here: [https://drive.google.com/open?id=124-tYpUul9Wp00LP-3KO\\_ts25EucH0fZ](https://drive.google.com/open?id=124-tYpUul9Wp00LP-3KO_ts25EucH0fZ)



## UPCOMING EVENTS

### February

27th Phil Sears Winter Handicap & Supper

29th Parkrun Awayday—Tilgate Park

29th Leith Hill Half / UK Wife Carrying Race

22nd South East Region Sports Hall

26th Phil Sears Winter Handicap & Supper

28th Parkrun Awayday—Squerryes Winery

28th Denbies 20

29th Cranleigh 15/21

### March

1st MABAC Reigate Priory Park

7th Inter County XC Championships, Prestwold Park

## TRAINING THIS WEEK

### Monday 17th

*Fran's sprinters: 18.30—20.00 at Parkway*

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

*Nick's younger juniors: No Year 7s training due to Half Term. Training re-starts Monday 24th February*

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

### Tuesday 18th 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. Katherine 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*

*The Wolves: Running drills—all abilities welcome. Chris Edwards is leading the session this week heading to Rose Hill for a mixed session of Pyramid and speed work with a short recovery*

*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 20th 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 Marks & Spencer's car park 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 and run to Parkway for drills & a speed endurance / short recovery workout. **Please note that Nick will meet the Group at Parkway.** You are still encouraged to run between Pixham & Parkway (10 mins) as this provides a good warm up / warm down*