

# DMVAC Weekly Newsletter

OCTOBER 28TH 2019



## Announcements

From Dave Stead

### **Bob Drew (1930—2019)**

*Bob died on 24th October, three months before his 90th birthday. He never fully recovered from serious heart problems 3 or 4 years ago. He was a very proud Londoner and a keen cyclist in his younger days, competing mainly in time trials. Later, he was director of the Paddington Track League for 10 years which attracted the top racers of the era including Bradley Wiggins' dad.*

*Having moved to North Holmwood to work at Gatwick, he took up running at the age of about 50 and ran in the first ten London Marathons (sub-3:30). Aged 55 he broke 3-hours in New York. Initially, finding no sign of a viable club in Dorking, he joined Horsham Joggers but, when things improved, he transferred to Dorking St Paul's. In the late 1980s we joined up with Mole Valley AC in the Veterans' Track and Field League and Bob became team manager. On one occasion he took part in the Triple Jump, just reaching the pit from the 5-metre board (he was only 5' 3" tall!) A few years later he set up the club newsletter which he edited for seven years.*

*He continued to race at a good level—aged 62 he recorded a 62-minute 10-mile performance at Woking and, on the only occasion he ran on an indoor track, he won the National Vets 3000m in Glasgow. For many years, club members and other friends would meet at Bob's house in January for his birthday run to Leith Hill tower (tea and cakes) and back. Before being allowed back into the house for showers and refreshments, runners would be hosed down by the late Michael Horner.*

*At the age of 65, Bob set out to walk to Land's End, staying with the family who had looked after him during the War. He then returned to London by a different route, continuing all the way to John O'Groats which he reached just before his 70th birthday and the Millennium.*

*Running with Bob was always hard work as he never stopped talking and I was too out of breath to answer! He will be greatly missed by his many friends including Ealing Cycling Fellowship, St John's Walking Group and Dorking Jazz Club as well as by fellow runners.*

### **Reigate Cross Country Relays:**

Combined race – ladies and men's teams start together. Men – 4 x 2.5 miles, Ladies – 3 x 2.5 miles.

Date: Saturday 2nd November, start at 13:30

Venue: Priory Park, Reigate

<http://www.rpac.org.uk/index.php/2015-02-28-17-16-06/priory-relays>

On the men's side, DMVAC are the defending champions, so we will be looking for another strong showing here. We usually enter multiple teams for both the ladies and the men, so hopefully we will have strong support for this again.

**Please note that we do need to enter this in advance, so please let me know if you want to run before 28th October and I will submit the necessary number of teams. Email: [bruceharrold@hotmail.co.uk](mailto:bruceharrold@hotmail.co.uk)**



**Nonsuch Park MABAC:** Provisional results have been issued and can be found using the link below. Any queries or objections, please contact Patrick Martin asap at [pjum1980@gmail.com](mailto:pjum1980@gmail.com)

Link to results: <https://drive.google.com/open?id=IsizWlthgZe2WO4R9thB9MWDyJ-fOeWV>

**Phil Sears Winter Handicap:** Results from last Thursday's race and the latest club league table are available using the links below. Any queries or objections, please contact John Jelly asap at [jellyassociates@yahoo.co.uk](mailto:jellyassociates@yahoo.co.uk)

Link to results: [https://drive.google.com/open?id=IHcYK0dohlgH2pVGIC69\\_bbNAfsdgHss](https://drive.google.com/open?id=IHcYK0dohlgH2pVGIC69_bbNAfsdgHss)

Link to league table: [https://drive.google.com/open?id=IfYnIQDdA-ibQIVCL4KtAGZk\\_yH2IfnLO](https://drive.google.com/open?id=IfYnIQDdA-ibQIVCL4KtAGZk_yH2IfnLO)



## Achievements

No PBs were recorded at the Mole valley Parkrun on Saturday. Other notable Parkrun achievements include:

- Mark Fitzgerald came 3rd at Horsham in a time of 20:07
- Daniel Bratton came 5th at Chichester in a time of 20:26
- Dan Ashwood (once of this parish) came 1st at Portobello in Edinburgh in a time of 17:48

Not so many Parkrun tourists this week other than those above although Charlotte Craig ran at Dinton Pastures in Wokingham.

A team of DMVAC Parkrunners journeyed to Richmond Park for the second DMVAC Awayday.



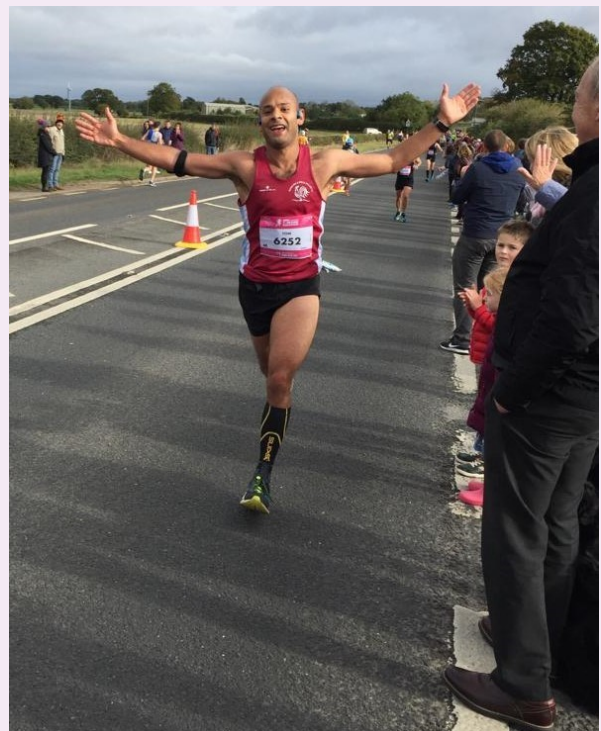
The next Awayday is scheduled for 30th November at a venue to be confirmed

Picking up on a couple of previously mentioned events...

Dave Moore picked up an individual Bronze medal in the V50 category at the Surrey Masters Cross Country Championships



Tom Seecharan ran his first ever 26-miler at the Yorkshire Marathon and finished in a very creditable 3:19:20





Another good DMVAC turnout at Nonsuch Park on Sunday saw us retain the lead in the overall MABAC standings

Club	B/Fwd	Runners	Joggers	Total
DMV	4583	617	16	5216
WW	4336	543	6	4885
EO	3807	668	6	4481
PP	2652	376	2	3030
WH	2804	138	0	2942
RR	2598	281	6	2885
RPAC	2463	332	4	2799
BVR	2450	110	2	2562
MAGIC	1441	72	0	1513
CR	43	58	0	101

We need to keep the momentum going at the next event on 17th November at Farley Heath (a 10.00 start)







# UPCOMING EVENTS

## October 2019

31st DMVAC Committee Meeting

17th MABAC Farley Heath

## November 2019

2nd Reigate Priory Relays

24th Sportshall competition, Spectrum, Guildford 12.00-16.00

2nd ECCA Championship Cross Country Relays—Mansfield

28th Phil Sears Winter Handicap Race 3

9th XC League—Epsom Downs (Men/boys)

30th DMVAC Parkrun awayday (venue TBC)

9th XC League—Mitcham Common (Ladies/girls)

# TRAINING THIS WEEK

## Monday 28th:

*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 29th at 7pm at Ashcombe school 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. Jane is leading this week*

*The Profiteroles: Faster paced group with fewer stops. Alan is leading a moderately paced run to Brockham via Deepdene & Betchworth Park Golf Club, then along the Coach Road. Approx 5.5 miles*

*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 31st 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 and endurance group: 18.45—20.00 St Martin's School, then circuits to 21.00*

*Brian's group: Meet at Pixham at 7:00 for warm up jog to the old library for the start of the session*

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

*Nick's faster group: meet at Pixham at 7pm & run to Tower Hill for drills & a speed endurance / short recovery workout. PLEASE NOTE THAT AS NICK IS CURRENTLY UNABLE TO RUN HE WILL MEET THE GROUP AT THE TOP OF TOWER HILL AT 7.15. You are still encouraged to run between Pixham & Tower Hill (15 mins) as this provides a good warm up / warm down*