

DMVAC Weekly Newsletter

NOVEMBER 4TH 2019



Announcements

Car Sharing: Sheena Bassett is setting up a WhatsApp group so that DMVAC athletes can arrange car sharing for travelling to events—in many locations parking is limited and it also makes environmental sense to cut down the number of car miles travelled. If you are interested please drop Sheena an SMS on 07860 197412 and she can add you to the group

Sportshall competitions: Message from Fran Davey—Under 13 and under 15 boys and girls. Sports Hall is a fun multi-event indoor athletics competition, where we enter teams of 6 or more to represent the club. Dates for your diaries

Training: St Martins School Ranmore Road, Dorking—18:30 to 19:30

7th November, 14th November and 21st November. 2nd competition at Spectrum, Guildford Sunday 24th November 12:00 to 16:00

9th January, 16th January and 23rd January. 3rd competition at Spectrum, Guildford Sunday 26th January 12:00 to 16:00

If not already paid, there will be a one off fee to cover costs of £5 per Athlete

EA courses: If you are interested in learning to be a run leader, a coaching assistant or an actual coach please check out the England Athletics website. There are courses available that cover the full range of field, track and off-track disciplines and the club needs more support in this area. You can find more details at <https://athleticshub.co.uk/course-list/eng>



Keep your eyes peeled: In the next newsletter there will be announcements about some new awards for club members as well as information about entering the club's Marathon ballot (for both London and Brighton Marathons) and how to book your place at the DMVAC Christmas Party on December 14th.



Ladies' Cross Country 9th November Message from Dawn Howell: Hi Ladies, details of the next match are below, with course map. Please be warned of parking difficulties and I would suggest a car share if possible and leave plenty of time because of the earlier start time of 11:00am for our 2nd match. You will also find the details on the Surrey League website here:

<https://surreyleague.org/sll/match/108/>

Any questions, please get in touch by text and anyone else who fancies a jolly mud fest let me know asap.

Dawn Howell, Ladies Team Capt.

dawn2howell@gmail.com 07756758997

Surrey League Event 2 - Mitcham Common, 9th November 2019

Hosts: Clapham Chasers and Herne Hill Harriers

Venue: Mitcham Common, Millhouse Ecology Centre Windmill Road, Mitcham CR4 1HT

Start times:

11am Senior D2

12noon U15/U17

12.30pm U13

DIRECTIONS: The Eco Centre is located on Windmill Road, off the A236 (Croydon Road). There is a car park at the Eco Centre but **THE NUMBER OF SPACES IS EXTREMELY LIMITED**. Please do not use the Harvester Pub Car Park next to the Eco Centre.

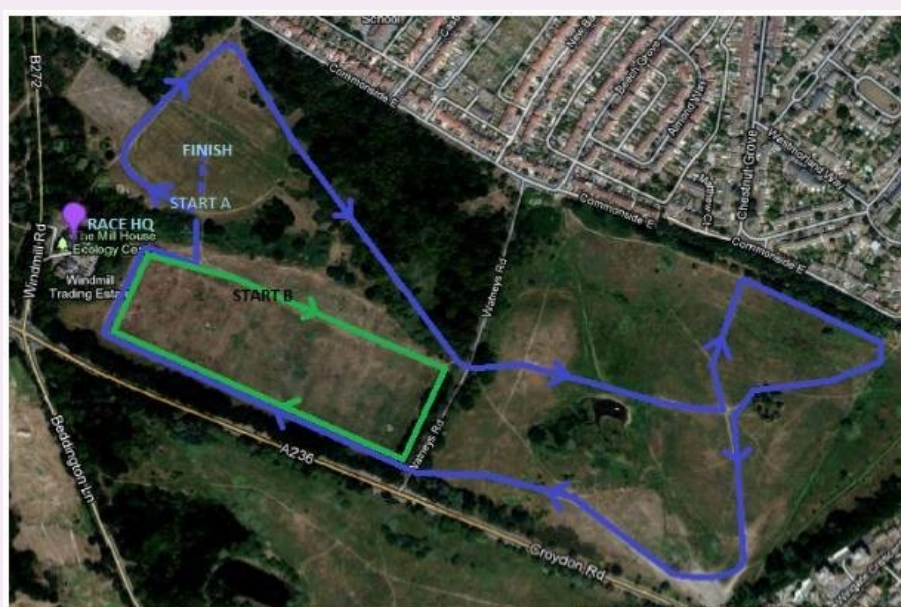
There is also no street parking near the start.

Public Transport: Please use public transport where possible: By Rail/Tram The nearest station is Mitcham Junction. Mitcham Eastfields is also a short walk away. Trains leave Clapham Junction every half an hour for both Mitcham Junction and Mitcham Eastfields. The nearest tram stop is Beddington Lane. If walking from Mitcham Junction there is a footpath inside the common running parallel to Croydon Road. Once you arrive at the junction of Carshalton Rd and Croydon Rd, the footpath to Windmill Road is clearly signposted. Also be aware the walk from Beddington Lane Tram Stop is on a very narrow path next to a busy road. By Bus 264 (Croydon to Tooting), 118 (Brixton to Morden), 127 (Purley to Tooting), and the S1 (Banstead to Mitcham) all stop within walking distance to the Common.

Course: Mitcham Common provides a wide variety of undulating terrain and underfoot conditions. Depending on the weather prior to the event, there may be some deep mud. Wearing spikes is advised but please be aware that there are 2 sections of stony paths where you cross a disused road. Courses will be fully marshalled on the day. Please see attached course map.

Facilities: Race HQ is at the Millhouse Ecology Centre Windmill Road. There are limited toilets at the Eco Centre but no changing facilities so you are therefore advised to come ready to race. Mitcham Common is a public space so all runners and spectators are asked to respect the rights of other users. Competitors are responsible for their own safety, before during and after the competition.

First Aid: Qualified first aiders will be in attendance should medical assistance be required. If hospital treatment is required, the nearest Accident and Emergency department is St George's Hospital Tooting.



Senior Ladies, 2 x large laps (approx 6km)

U15/17 Girls, 1 x large lap, 1 x small lap (approx 4km)

U13 Girls, 1 x large lap (approx 3km)

All 3 races will start at START A marked on the above map.

Men's Cross Country 9th November Message from Bruce Harrold. The next race in the men's Surrey League is this Saturday 9th November at Epsom Downs - a five mile course over trails and grasslands, starting at 3pm. Despite the rain, there was a fantastic turn out at the last race in October with 19 runners putting in some sterling performances. Results can be found at the below link:

<https://surreyleague.org/slm/race/248/#all>

We are currently 5th of nine clubs in both the A Team and B Team leagues. We now need to push on and move up those tables! We need more runners to turn out and help our club! A number of you have already confirmed your availability (or not) for Saturday, but if you haven't please drop me a line to let me know whether you can make it on 9 November, so that I can get an idea of numbers before the day. Email to bruceharrold@hotmail.co.uk or SMS to 07449453773.

Start Fitness Men's Surrey Cross Country League Divisions 3 and 4 Match, Epsom Downs Saturday 9th November 2019, 3pm start

Organisers: Holland Sports AC and Vets AC, assisted by Lingfield Runners and Epsom Oddballs

Location: Start and Finish is adjacent to Epsom Racecourse at the Tattenham Corner end (nearest postcode KT18 5PP).

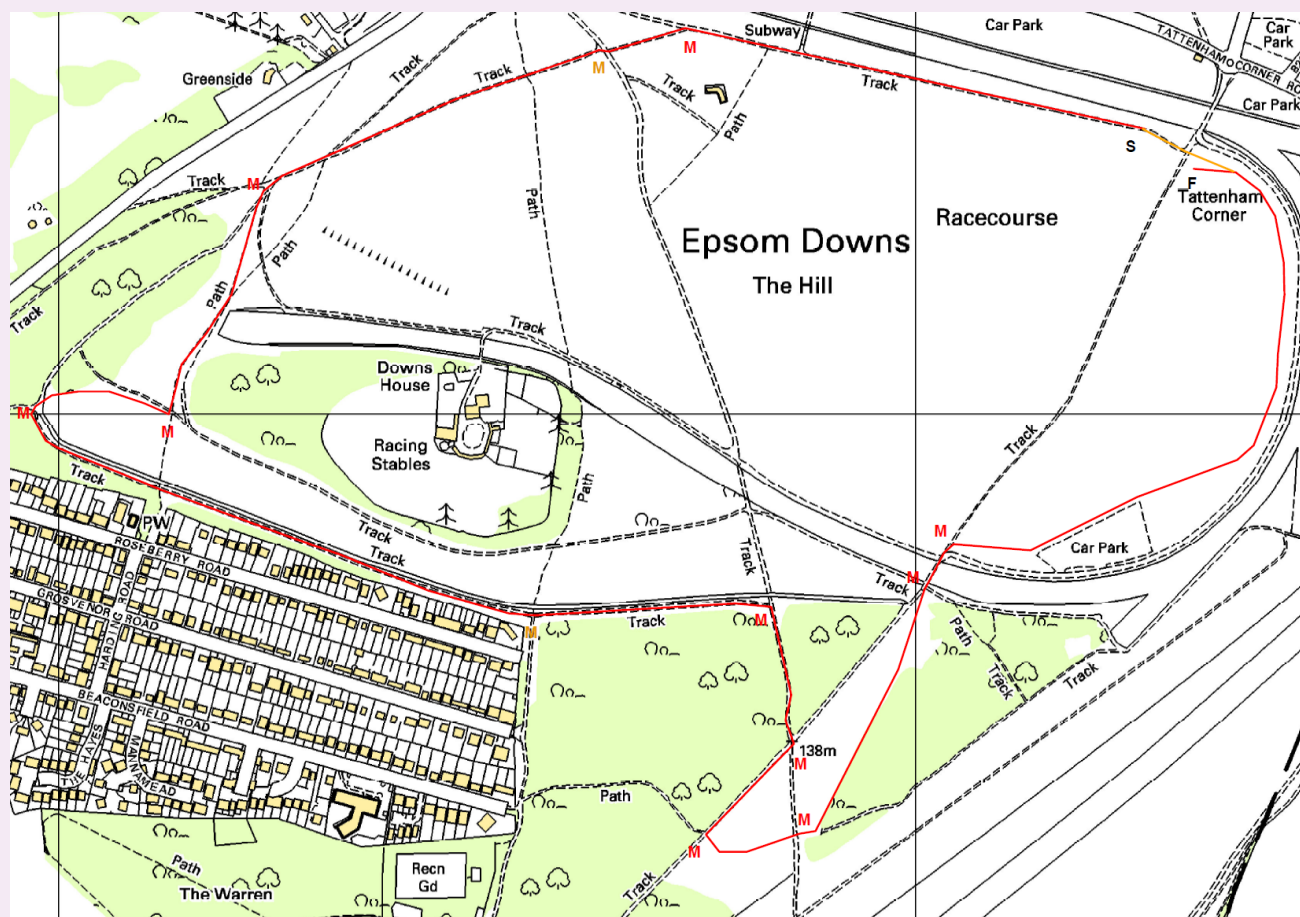
Course distance: Approximately 8km (5miles). There are two equal laps. The course has long sections of steady incline and decline, plus a few sharp turns. The terrain is mainly grass and gravel but can also have soft sand and stones. It is suitable for spikes, but long spikes are not advised. Please keep alert for tree roots and other trip hazards. Competitors must be considerate and watch out for other users of Epsom Downs, especially on the intersections where walkers, cyclists and horse riders frequently use these paths. Runners do not have the right of way.

Travel: Cars: Epsom Downs is just a few minutes from Epsom Town Centre on the B290 Epsom Downs Road or alternatively just off junction 9 of the M25. Tattenham Corner (KT18 5PP) is about half a mile past the entrance to the Grandstand with the racecourse on the right.

Public Transport: Tattenham Corner Station is approximately 1/3 mile walk to the start. Epsom Downs Station is approximately a 1 mile walk. Epsom Station (2.5 miles away) is connected by both South West Trains and Southern Trains. Metrobus operates a 460, 480 and 406F service which runs from Epsom Town Centre to Tattenham Corner Station.

Facilities: There is free public parking at two car parks, either side of the B290 at Tattenham Corner but we recommend sharing as these are popular car parks for visitors to the Downs. Refreshments are available from the Tea Hut at Tattenham Corner (in one of the car parks). Public toilets are located to the west of the Tea Hut. There are no changing facilities.

First Aid will be provided by Medical Despatch Event Services and available onsite. In the event of an injury out on the course runners should advise the nearest marshal. The nearest hospital with an A&E service is two miles away at Epsom Hospital, Dorking Road, Epsom KT18 7EG.



Achievements

No PBs were recorded at the Mole Valley Parkrun on Saturday however Mark Fitzgerald came 1st at Horsham in a time of 20:50

DMVAC fielded a number of teams at the Reigate Priory Relays on Saturday

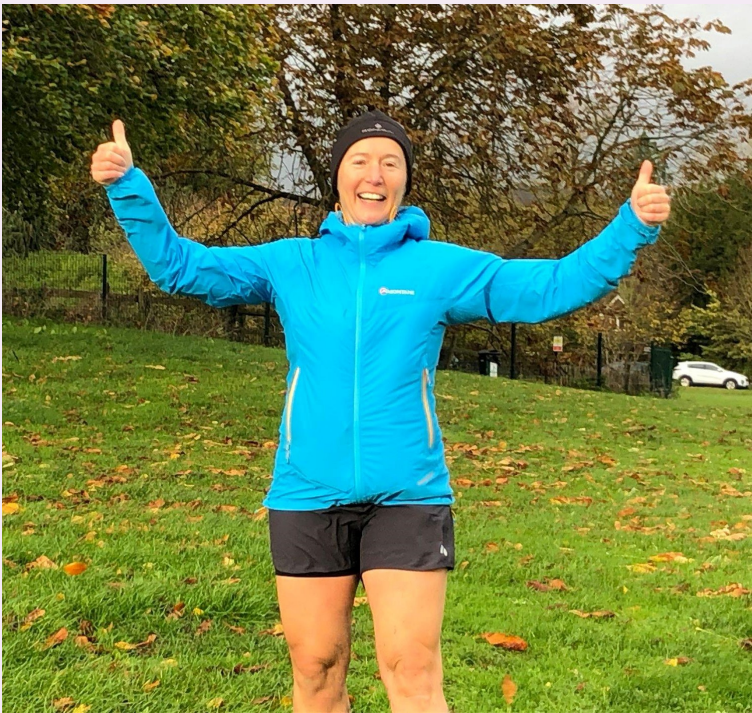


DMVAC ladies had 4 teams competing including some new members and all put in a cracking effort to secure their placings:

- A team completed the course in 1:05:58
- D team in 1:09:56
- B team in 1:10:10
- C team in 1:17:26

Individual efforts recorded were:

- | | |
|----------------------|-------|
| • Gayle Banks | 20:32 |
| • Dawn Howell | 21:42 |
| • Emily Friend | 22:16 |
| • Georgina Rushworth | 22:26 |
| • Corrie Haxton | 23:14 |
| • Viv Victor | 23:29 |
| • Unnamed runner | 23:30 |
| • Amanda Flett | 24:00 |
| • Sue Phillips | 24:25 |
| • Rebecca Sykes | 24:46 |
| • Jo Lloyd | 25:39 |
| • Abbey Edwards | 27:01 |



DMVAC were the defending men's champions and, following a great effort from the team of Charlie Wyllie, Ewan Bate, Michael Alwin and Luke Caldwell, retained their crown with a time of 58:59. Special mention must be made of Ben Brunswick who ran in both the B and D teams, completing both the 3rd and 4th legs for the D team.



The men's team results were:

- A team finished 1st in 58:59
- B team in 1:07:26
- D team in 1:17:54
- C team in 1:19:14

Individual times included:

- | | |
|-------------------|--------------|
| • Luke Caldwell | 13:56 (1st) |
| • Ben Brunswick | 14:52 (6th) |
| • Charlie Wyllie | 14:55 (8th) |
| • Ewan Bate | 14:56 (9th) |
| • Michael Alwin | 15:12 (11th) |
| • Ben Brunswick | 15:27 |
| • David Moore | 16:32 |
| • Alex Haxton | 17:30 |
| • Rob McCaffrey | 17:57 |
| • Ben Brunswick | 18:09 |
| • Lawrence Bate | 18:18 |
| • Phil Burnett | 18:35 |
| • John Phillips | 20:43 |
| • Niki Dargue | 21:08 |
| • Chris Edwards | 21:13 |
| • Charles Wheeler | 24:10 |



Some more pics from Reigate





UPCOMING EVENTS

November 2019

- 9th XC League—Epsom Downs (Men/boys)
- 9th XC League—Mitcham Common (Ladies/girls)
- 17th MABAC Farley Heath
- 24th Sportshall competition, Spectrum, Guildford 12.00-16.00
- 28th Phil Sears Winter Handicap Race 3
- 30th DMVAC Parkrun awayday (venue TBC)

December 2019

- 14th DMVAC Christmas Dinner—Wotton Hatch
- 15th Holly Run—Reigate Priory Park
- 19th DMVAC Christmas Run and Party
- 26th Post Christmas Run—Mickleham details TBC
- 31st New Year's Eve Run—Polesden Lacy details TBC

TRAINING THIS WEEK

Monday 4th:

- 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 5th 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. Emma is leading this week*
- The Profiteroles: Faster paced group with fewer stops.*
- Howard's Wolves: Running drills—all abilities welcome. Heading to Rose Hill this week*
- 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 7th 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 Rose Hill 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 Senior Group will meet at Pixham at 7pm and run to Knoll Road 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 bottom of Knoll Road at 7.15pm. You are still encouraged to run between Pixham & Knoll Road (15 mins) as this provides a good warm up / warm down*