

DVAC Weekly Newsletter

SEPTEMBER 30TH 2019



Announcements

Lightwater MABAC: The excellent DMVAC turnout at Lightwater has seen us return to the top of the MABAC league table

Senior League Table - Event 7

Club	B/Fwd	Runners	Joggers	Total
DMV	3900	663	10	4573
WW	3926	394	8	4328
EO	3348	449	0	3797
WH	2345	450	2	2797
PP	2275	364	6	2645
RR	2241	344	6	2591
BVR	2116	395	4	2515
RPAC	1616	400	2	2018

There are two fixtures left this season so we need to maintain the level of turnout in order to ensure we stay ahead of the Windmilers and Oddballs. The dates for your diary are 27th October at Nonsuch Park and 17th November at Farley Heath

Phil Sears Winter Handicap: the first race was well attended and included a good number of runners from RPAC. Keep an eye out for an email from John Jelly containing the results

Note for Year 7 athletes from Nick Seaman: Thank you to all parents who have confirmed their child's attendance. If you have not yet emailed me or Lisa to confirm your child will be attending I would be grateful if you would do so as it is important that we have the correct number of helpers.

I am pleased to announce that training for the Year 7's will commence Monday 30th September. We will meet at St Martins Walk Car Park at 6.30pm and the session will finish at 7.45pm.

Please would you ensure that all athletes are dressed appropriately for exercise and bring warm clothing to put on after the session, and rain wear if appropriate. High viz bibs / jackets must be worn during the winter months to ensure visibility. I look forward to meeting all of you next Monday.

Fran and Lesley start their circuit training session at St Martin's School this Thursday, October 3rd. This is open to any member aged 15 and above

The DMVAC Christmas Party takes place on December 14th at the Wotton Hatch. Watch for further announcements soon

Club website—we are looking for someone in the club with knowledge of websites and a bit of spare time to help keep the website up to date and to add additional information as required. If you (or possibly one of your children) can help please get in touch with [Matt Smith](#)

Achievements

Congratulations to the following who achieved PBs at Saturday's Mole Valley Parkrun:

- Sarah Walker PB of 27:28
- Georgia Sowman PB of 28:42

Other notable Parkrun achievements last Saturday include:

- Hannah Morris was 1st lady in a time of 21:00 at her first run at Sedgefield (supported by Jane and Glenn)



- Viv Victor gained a PB of 26:45 at Guildford
- Ruth Kaypee gained a PB of 29:43 at Nonsuch Park whilst Chris Cooper ran a PB of 24:23 at the same event
- Noah Brown achieved a PB of 22:46 at Tilgate
- Dan Evans was 3rd overall and gained a PB of 18:04 at Dishley (Loughborough)
- Hideo Takano beat last week's time to get a PB of 22:13 at Futakotamagawa Park near Tokyo

Our correspondent, Chris Edwards sent the following report on Saturday's DMVAC Awayday:

The inaugural club Parkrun Awayday took place on Saturday, with a team of DMVAC runners heading off to Nonsuch Park. Elizabeth and the team, received a very warm welcome from the organisers and Marshals. The crowd of 727 participants gave DMVAC a very loud cheer and a round of applause.

The flat course, with a mixture of some tarmac, trail and grass, led to some DMVAC Personal Bests, though some were not listed as most of the team were recorded as first-timers.

The Dorking runners enjoyed the morning and are looking forward to next Awayday. Since some members were away on holiday or at other events, the next Awayday should see our numbers be rather higher.

In all a successful first Awayday for DMVAC.



Parkrun Awayday

Some action from Nonsuch Park





CALENDAR OF UPCOMING EVENTS

October 2019

- 12th XC League—Richmond Park (M) / Priory Park (L)
- 13th Guildford 10K and 5K
- 19th Richmond Autumn Riverside 10K
- 20th Worthing Seafront 10K
- 26th DMVAC Parkrun awayday to Richmond Park
- 27th Wimbledon 10K

November 2019

- 9th XC League—Epsom Downs (M) / Mitcham Common (L)
- 28th Phil Sears Winter Handicap Race 2
- 30th DMVAC Parkrun awayday (venue TBC)

TRAINING THIS WEEK

Monday 30th:

Fran's sprinters: 18.30—20.00 at Parkway

Rachel's older juniors: 18.30—20.00 at Pixham

Nick's younger juniors: 18.30—19.45 at St Martin's Walk car park

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

Tuesday 1st at 7pm at Ashcombe school, 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. Sarah is leading this week

The Profiteroles: Faster paced group with fewer stops. Heading to Brockham thence the Deepdene Trail

Howard's Little 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

Thursday 3rd 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: 19.00—20.30

Brian's group: Meet at Pixham at 7:00 for warm up jog to 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: Drills & short recovery interval work. All abilities welcome