

DMVAC Weekly Newsletter

JULY 29TH 2019



Announcements



It is with great sadness that we heard of the death of Pete Dillow from a heart attack whilst out cycling on July 19th. Many of you will remember Pete who was a club regular for a number of years up until a couple of seasons ago.

'Triathlon Pete' as he was affectionately known became increasingly keen on the triple discipline and ran the club's Tri section for a time. A member of Epsom Triathlon Club, Pete competed in both UK events (as recently as May) and on the international stage in countries as diverse as Turkey, Spain, Portugal, The Netherlands, USA and Ireland

You may be aware that several of our run leaders are injured at the moment and are unable to lead their groups. Thankfully, other group members have been filling the gaps but it does point to the fact that we could do with more people qualified and willing lead the groups out. In addition it would allow us to offer a wider range of groups with differing pace/ability.

If you have enjoyed running at Ranmore over the past couple of months (and it is certainly why many people belong to the club), why not give some thought to taking a Leadership In Running Fitness (LIRF) course and learn more about the ins and outs of run leading. Courses are run locally and take a single day and, if you do become a run leader for the club, the cost of the course will be reimbursed. You can find out more at the following website: www.athleticshub.co.uk/course-list/eng?what=Leadership%20In%20Running%20Fitness%20

A reminder that DMVAC is taking over the running of the Mole Valley Parkrun for the 80th running of the event on Saturday September 7th. We would like to make a special event of this under the slogan 80 for 80 and, you guessed it, we want to ensure we have 80 (at least) DMVAC members helping out and/or running that day. We need plenty of volunteer marshals, bar code scanners, token handing out etc as well as plenty of runners. If you are able to volunteer please email Matt Smith (matt.c.smith5@gmail.com) so he can start a list. If you have one, your Park run number would be good so you will get credit for your effort).

And another reminder that August 6th is the Wimbledon Common MABAC and we need a good turnout of runners in order to maintain our position at the top of the league table so please forego your Ranmore run and get to Wimbledon Rugby Club. There is the added incentive of post-race food and a reasonably priced bar for the social that always follows this event. Contact Patrick for further details pjum1980@gmail.com or 07955 435570

Fran's sprinters will be taking a break for August following this week's training and will resume in September

A reminder to complete the England Athletics member survey. You should have received an email from EA

The Ashted 10K and 2K Fun Run will take place on Sunday 15th September in support of Rianna's Fund. The course record is currently held by our own Nick Hodges but was set in 2009 so it's worth someone having a go at taking the top spot. Details at www.trionium.com/ashted10k/

Achievements

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

- *Kate Morris (again) PB of 34:39 (2:30 faster than last week's PB)*
- *Rebecca Pulsford PB of 30:18*
- *Chris Parrott PB of 27:45*

Notable results from other Parkruns include:

- *Hannah Morris came 1st lady at the Brooklands Parkrun on her first visit to that location*
- *Brian Blackman gained a PB of 39:48 at the Cranleigh Parkrun*

Results from the BMC Grand Prix at Watford on Saturday 20th July

800m:

Ben Brunswick 1.52.80

Charlie Wyllie 1.53.21 (PB)

And from the Caterham Rotary 10km at Redhill on Sunday 21st July:

3rd: Michael Alwin 34.19 (SB)

Richard Grassly sent this report on the last Vets' League match:

The last veterans' match of the season took place at Croydon Arena earlier in the month. The entire team was busy with multiple events and all recorded some very strong performances against experienced opposition.

- *Kevin Stroud led the way with a PB in the V50 100m, just being pipped into second place, then followed this performance with a season's best time of 64.1 and a win in the 400m. Away from the track, a PB for Kevin of 1.35m in the high jump secured another win for the team.*
- *Having just run a vets' PB of 63.4 in the 400m, David Moore ran a very strong race in the mile race recording an excellent time of 5:09.6, whilst Nick Seaman ran a vets' PB 6:05.7 in the mile having also clocked a good 400m time a few minutes earlier.*
- *In the field, Martin Crayton produced a vets' PB in the shot put, quickly followed by season's best in the javelin. For our ladies, Dawn Howell threw a season's best discus and a season's best javelin to secure 3rd place.*
- *The evening rounded off with the 4x100m relays with the men's team of Seaman, Moore, Grassly and Stroud recording a season's best performance but unfortunately just outside the medals.*

Our particular thanks to Susie Crayton for giving up her time to officiate in the men's and women's high jump competitions. The vets' track season will start again next April. Please let Richard Grassly know if you are interested in competing for our club.



In other news...

It seems the club BBQ was well attended last week and included some daredevil exploits from the resident Fan Dancer as well as a fashion show



Dawn Howell achieves a PB in fence hurdling



The new ladies' kit was available to buy (that's the vest not the shorts!!)



Elsewhere...

Some people will go a long way to find a flat Parkrun...



Whilst others prefer the hillier terrain of the Polesden Lacy Trust 10K





CALENDAR OF UPCOMING EVENTS

August 2019

- 6th MABAC Wimbledon Common
- 17th Southern Athletics League Tooting
- 29th Summer Handicap followed by BBQ at Pixham Lane
- 29th Night of the Mad Miles, Epsom & Ewell Harriers
- 31st Lily B Kingston upon Thames

September 2019

- 8th Bacchus Marathon / Half
- 8th Cranleigh 10K
- 15th Run Reigate
- 15th Ashted 10K and 2K Fun Run
- 22nd Lightwater MABAC
- 22nd Surrey Hills Challenge
- 29th Beat Box Hill

TRAINING THIS WEEK

Monday 29th at Pixham Lane:

Fran's sprinters: 18.30—20.00

Rachel's juniors: 18.30—20.00

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

Tuesday 30th at Ranmore—meet for departures at 19.00:

Brian's and Caroline's walking group

Gayle's group:

Elizabeth's group: Alan will be leading the Turtles. 5 - 6 miles with a few undulations

Janet's group: A 6-mile run in slightly cooler conditions than last week

Gail's group: A 5-6-mile run this week with Kevin in charge

David's group: Gill is leading the Profiteroles this week

Nick's group: Glen & Gaz (Nick injured) will take a mixed standard group for a steady run of approx 7 miles. The quicker runners will be given the opportunity to run a little further / faster

Thursday 1st August at Pixham Lane:

Linda's U11s: 17.45—19.00

Fran's sprinters: 18.30—20.00

Rob's competitive middle distance and endurance group: 19.00—20.30

Brian's group: track session for all-comers