

DMVAC Weekly Newsletter



MAY 27TH 2019

News & announcements

- *Dan Evans came 1st in the Mole Valley Parkrun last Saturday with the 10th fastest time so far recorded on the course: 17:31*
- *Graham Taylor (V70-74) also got another PB with an outstanding time of 22:59*
- *Mark Sutherland will be running his 250th(!) Parkrun (probably) at Stoke Park, Guildford next Saturday if you would like to support him*
- *Advanced notice that DMVAC will be taking over the MV Parkrun on September 7th for the 80th running of the event. We would like to aim at 80 for 80 with, you guessed it, 80 members (at least) either running or volunteering*
- *Congratulations to all those who ran the Vitality 10K today—some PBs were achieved. More to follow*
- *It's the first club BBQ on Thursday. To help plan the catering please visit <https://forms.gle/HTGiNWtsFLEEEqGw7> if you haven't already done so. Club kit will be on sale so, if you need a new vest for the Bench to Bench, now is the time...*
- *The Dorking Tens are next Sunday, June 2nd. This is the premier club event and many months of planning and hard work have gone towards making it a success. Many members are already either running or have volunteered to support the races; if you're not one of these, why not come along to Brockham to support the runners. You will also find out just why that man is standing on a Black & Decker Workmate! Details can be found at www.dorkingandmolevalleyac.org/dorkingtens*



CALENDAR OF UPCOMING EVENTS

May 2019

- 30th BBQ Pixham Lane

June 2019

- 1st Lily B Walton on Thames
- 2nd Dorking Tens
- 2nd Ebbisham League TBC
- 9th MABAC Holmwood
- 10th Vet's League T&F Walton
- 15th Southern Athletics League Lewes
- 25th Bench to Bench then Wotton Hatch
- 27th BBQ Pixham Lane

July 2019

- 4th Committee Meeting
- 7th Lily B Guildford
- 8th Vet's League T&F Croydon
- 13th Southern Athletics League Worthing
- 14th Ebbisham League TBC
- 21st MABAC Surrey Slog
- 25th BBQ Pixham Lane

August 2019

- 6th MABAC Wimbledon Common
- 17th Southern Athletics League Tooting
- 29th BBQ Pixham Lane



TRAINING THIS WEEK

Monday 27th at Pixham Lane:

Fran's sprinters: 18.30—20.00

Rachel's juniors: 18.30—20.00

Tuesday 28th at Ranmore—meet for departures at 19.00:

Note if approaching from the south, lower Ranmore Road / Station Road is due to be closed. Approach via Chalkpit Lane and Ashcombe Road

Brian's and Caroline's walking group

Gayle's group: The Snayle Wowers are preparing for the Dorking Tens—6 miles this week

Elizabeth's group: The Turtles will run a gentle 8.8km as they prepare for the Dorking Tens

Janet's group: Up to 7 miles this week taking in some of Denbies and Westhumble including some hills

Gail's group: About 6 miles with some hills. Trail or road shoes—trails are in good shape at the moment

David's group: Alan and Sue are leading this week aiming for 7 miles or so taking in Wotton and Friday Street

Nick's group: As previously, Nick, Glen & Gaz (& Heather if not working) will team together to take 2/3 groups out from Ranmore. The plan is to steadily increase the mileage / speed each week in preparation for the annual bench to bench

Thursday 30th at Pixham Lane:

Linda's U11s: 17.45—19.00

Fran's sprinters: 18.30—20.00

Rob's competition focused middle distance / endurance: 19.00—20.30

Brian's group: track session for all-comers

David's group: Track session at an interim pace between Brian's and Nick's groups

Nick's group: Faster-paced drills and track work. All welcome

BBQ follows training and is open to all club members. Club kit will be available from Kevin