



## **Monthly Newsletter – September 2016**

### **Chairman's Chat**

#### **Roundway Rampage**

Sadly we had to cancel the Roundway Rampage. The bottom line we didn't have enough entrants which meant we would have lost in the region of £1000. It is normal for us to lose money on the Rampage, it's normally about publicising the club and giving something back to the running community, but with only 57 entrants on the Monday before the race just wasn't enough to carry on. It was a tough decision to make and with the agreement with DB Max not to charge us if the event was cancelled, I believe it was the right decision, I hope you understand but we need to look at it positively and learn from it for future events.

#### **Santa Run – Sunday 11<sup>th</sup> December**

The Santa Run will soon be upon us, I am after between 20 -30 marshals to help out on the day. The HQ will be Hilworth Park and there will be a 1.5K and 3K race starting at 11am, this will be a great opportunity to promote the club. Please let me know if you are available to help.

#### **Tuesday / Thursday Club Nights – New Meeting Place**

Through the winter months the committee has agreed to hire out Cornerstones, on Brickley Lane for club nights from 6pm to 8pm. This will ensure we have a dry and warm meeting place instead of waiting outside the Leisure Centre in the wet and cold. There is enough for about 10 cars to park there, but you will be parking there at your own risk.

We will need to leave the Hall clean and tidy when we leave. You may leave bags and valuables in the hall while we are out running, but again you do so at your own risk.

This will take place for first time on **Tuesday 4<sup>th</sup> October**, the hall will be open from 6pm. We hope you approve of this change.

#### **Club Kit**

To order your kit, please go to the following website.

<http://www.pbteamwear.co.uk/athletics-clubs/devizes-rc.html>

## **Sofa to 5K**

We will be arranging another Sofa to 5K course in January. We have set a provisional date of Wednesday 11th January. Please spread the word.

I will issue more details in due course.

## **UKA Rules**

As from 1<sup>st</sup> April, UKA are changing some rules, here is a summary.

1. More spot checks are being made at races, so it's important you know your URN/Licence Number. If you are unsure of your URN/ Licence, please visit <http://livemyathletics.uka.org.uk/LicenceCheck> If you are a new member this year, we will be registering you in April.
2. As more spot check are being made at races, please do not pass bib number on to other Athletes if transfers are not available, this could result in bans for all UKA races.
3. If you are registering for races as an affiliated runner (obtaining a discount) you must run in the club vest/ T-Shirt of the club. I think this rule has caused a bit of confusion (including myself!!). The problem is UKA rules are written for Elite races and clubs like us have to follow suit. UKA have stated "In team events you must wear the colours of your team UNLESS the race referee has given permission otherwise". At most races that permission is taken as granted unless you're threatening to win a category or team prize". So if you are hoping to win something (either a category or team prize) or score points in league races, please wear a club Vest/T-Shirt.
4. Other changes can be found at the following site  
<http://www.englandathletics.org/athletes/athlete-registration/athlete-registration>.

If you have any questions or queries relating to any of the UKA rules, please let me know.

## **Facebook Activity**

Due to the above rule changes, if a race does not allow transfers, please do not advertise spare race places on the Facebook page. Please check if transfers are allowed with the race organisers before offering race places.

## **EA Coaching**

The 2 sessions we have had with Bryan Clinton have been a great success, he has certainly brought a new dimension to our training.

We have one more session, probably in November, but I am negotiating with Bryan to hopefully stay on either as a mentor or to come and train us every 2 months or so. Again, I will issue details in due course.

## **James Hatt Physio**

A few members have attended the new Triage service at James Hatt, due to patient confidentiality, I don't know who those members are, but your feedback would be appreciated.

With all the injuries in the club at the moment, please support this service.

The Triage Appointment is free of charge and only available to fully paid members of Devizes Running Club. James Hatt will have a list of all current members.

During a trial period, the triage session will be for Physio services only.

To book, please ring the main number on 01380 730473. You need to mention you are booking a Triage Appointment for Devizes Running Club, otherwise you will be booked in for a full 45 min appointment which would be charged for.

James Hatt has requested if members could book an appointment no more than 2 days in advance.

The appointment is 15 min long and would include a triage assessment, advice and any recommendations for treatment, but treatment is not included in this appointment.

If you already know they need treatment, please book directly in for a full appointment, as going for a Triage session will not really benefit.

If you want to see the services which James Hatt offer, please visit their website  
<http://jameshattphysio.co.uk>

## **Club Championship**

The Club Championship structure is based on the cumulative Total time of a runner's best 5K, 10K and Half Marathon time for a given year. Awards are made to the lead runner in the Senior, V40, V50 and V60 categories (Male and Female). All 5k, 10K and Half Marathons must be all Certified Road Races.

Please note you are not automatically entered for the Club Championship, you must submit your times to the following email address: [chairman@devizesrunningclub.co.uk](mailto:chairman@devizesrunningclub.co.uk) If you have already completed all three distances in 2016, including Park runs, send your details to [chairman@devizesrunningclub.co.uk](mailto:chairman@devizesrunningclub.co.uk) and if you improve the time before the end of the year then just resubmit the new time.

Throughout the year I will publish the Club Championship on the Website and send updates via Facebook. The deadline to submit Club Championship results is 1<sup>st</sup> January 2017.

<http://www.devizesrunningclub.co.uk/home/club-championship/2016-club-championship/>

Also, I plan to keep the website up to date with all race results, so please throughout the year send your results to [chairman@devizesrunningclub.co.uk](mailto:chairman@devizesrunningclub.co.uk) with a link to the full results of the race.

**Remember, it's your responsibility to ensure your times are up to date. Please don't forget to submit your results.**

## **Wiltshire Road Race League**

**The Wiltshire Road Race League** is an annual series of races for all runners from clubs affiliated to Wiltshire Athletic Association with the goal of promoting road running within the county and raising the profile of Wiltshire clubs and athletes.

The League is structured into two divisions (First and second) and will run from January to December, with all races selected being in the same calendar year.

Points shall be scored by teams according to the finishing positions of the first five male athletes and first five female athletes belonging to the same Wiltshire affiliated club, with the points being determined by the overall position of the runners against those of other Wiltshire Athletic Association affiliated club

athletes of the same sex with 100 points being awarded to the first and counting down thereafter. Clubs with more than five runners of the same sex will have their points attributed to their 'B' team, if applicable. The calculation of points scored will be performed by the Road Running Secretary of Wiltshire Athletic Association.

An award shall be made to the club with the highest scoring team in the First Division of The League and also to the club with the highest scoring team in the Second Division of The League. An award shall also be made to the highest scoring Man and Lady within The League and also in the V40, V50 & V60 age categories.

#### **The fixtures remaining:**

**#10 Cricklade Half Marathon** - Cricklade - Sunday 2nd October

**#11 Grittleton 10K** - Grittleton - Sunday 16th October

**#12 The Clock Change Challenge 10K** - Calne - Sunday 30th October

## **Forthcoming Events**

The AGM will be held in November, date, time and venue will be announced soon.

The presentation night will be held in January 2017, this will be instead of a Christmas party in December as previous years it has been very difficult to arrange due to Work Christmas parties etc. Again, Time, date and venue to be announced

If you would like to get involved in helping to arrange these events, please let me know.

## **Sofa to Half Marathon in 9 months – My Journey,**

### **By Wendy Hunt**

I joined the Sofa to 5k in January that Devizes Running club had organised. When I saw it advertised I made every excuse NOT to go instead of thinking about all the reasons why I should. The usual; I am really rubbish, I won't be able to keep up, I will get left behind, I won't know anyone, it's too cold, it's too dark etc.

I finally plucked up the courage to give it a go and said to myself "well if I don't like it, I don't have to go again. I don't have anything to lose but everything to gain".

I signed up and went every Monday night for the 10 week course. I received so much help and encouragement that my confidence grew each week. I finally said to myself "I can do this".

When the sofa to 5k course finished, we were all given the opportunity to join Devizes Running Club and I have to say it was the best thing I ever did. I went on to complete a 5k parkrun in Trowbridge on 26 March 16. 2 x 5k at Heddington in Jun & July, Chippenham 5 Miles on 5th June, The Bustard 5 miles on 10 August. My first 10k in Melksham was on 18 September and I did it in 63 mins and I was pleased with my progress.

On 25 Sep 16 was to become my greatest achievement, my first half marathon in Bristol which I did in 2 hrs 26 minutes.

I have received some incredible support from other members of DRC. I can't tell you how fantastic It is when you see a friendly, familiar face on a tough course .When you are exhausted, wet and everything hurts and you want to give up hearing someone call your name cheering you on it's just the boost that you need to keep you going and it's what gets you through. To get that hug at the end, to cry together and them uttering the words "I am so proud of you", it's at that moment you realise how proud you have become of yourself.

I have had an incredible 9 month journey. I have met some wonderful people, made some friends for life and all their help and support has been amazing. The people that put themselves out, to give up their own time to lend their support is incredible and I something I will never forget.

My only regret is that I didn't join Devizes Running club sooner. If I have a message for anyone it would say:

Sofa to Marathon in 9 months

For all those people out there that think they can't

Just do it

Just believe

## **Tucketts Talk.....**

As some of you know, I work as a Medic and First Aid Instructor.

I propose to write a short item for the newsletter focusing on "First Aid for Runners" and would really appreciate your suggestions for areas that may be of interest or use to you. Eg, what to do if a runner collapses!

On another matter I have secured Insurance for the club to supply its own Medical and First Aid Cover at our events, and possibly other charitable events in the area. This will save a small fortune at our own events and others, and help raise the club profile locally.

To this end I would be interested to know what First Aiders we have in the club. If you a qualified First Aider, Appointed Person, Emergency First Aid at Work, First Aid at Work, Paediatric First Aid etc. or anything else you may have through other organizations, I would be interested in knowing about it. Any such declaration would of course not obligate you to anything.

I would be prepared to train and certify anybody who is interested in becoming a First Aider for the club, whether to offer event cover or at our club meetings. Such qualifications could also be used at work or anywhere else.

When I have your interest I will arrange something!

The best way to let me know about anything in this article would be by FaceBook, PM please.

Ian "The Hippo" Tuckett.

## **A Word from the Coach**

Over the last few months I have been motivated to look at the way we train on a Tuesday, This has come from Simon putting us forward for a coach to come and train us, Bryan has help me design the session's and has expressed the importance of recovery between rep's and set's.

I would like to thank you all for your support and making me feel comfortable while leading the Tuesday session's, this has made me more confident and look forward to Tuesday speed session's. I hope that you are enjoying the warm ups, this makes the session longer but is beneficial.

I have noticed there have been a few pb's, at the last few races, this is amazing and makes me proud.

When training in the week it is easy to want to run fast every run, it's important to have your slower runs and recovery run's.

Long, slow runs, easy or recovery runs, this improves the ability of your heart to pump blood and improve muscles ability to utilize oxygen. The body then becomes more efficient at feeding the working muscle, and learns to metabolise fat as a source of fuel.

Next month I will talk about training the Aerobic, Anaerobic, lactate and VO2 max.

Coach

Damion Godwin

**Simon Gilbert - Chairman**