



Monthly Newsletter – January 2017

Chairman's Chat

I hope you've had a fantastic Christmas and New Year. Good luck to everyone in 2017, it is going to be a busy and exciting year at Devizes Running Club.

New Committee

I would like to take this opportunity to welcome Azurah Oliver, Ashley Stevens, Sam Hooper-Browning and Nathan Smith to the committee.

I would like to also thank the resigning committee members, Alan Stevens, Adrian Griffiths, Janey Fishlock, Simon Lathbury and Denise Turner for all your hard work and commitment to Devizes Running Club. Many thanks!!

Roundway Rampage

Jason Bain is working really hard to organise the 2017 Roundway Rampage. A new route is being considered to make it muddier and tougher which would make it more of an off road event. The date of the Rampage will be **Saturday 4th November 2017**. We plan to market the event early in 2017 to help make it a massive success.

Santa Run – Sunday 11th December

Thank you so much to everyone that supported the Julia's House Santa Run. The event was a massive success, with over £2000 being raised.



Sofa to 5K

The 2017 Sofa to 5K starts on **Wednesday 11th January**. The 10 week course is full with 45 people attending the course. I am looking for volunteers to help myself, Damion and Dan. Please let me know if you are interested, you don't have to commit yourself to every week. Many thanks in advance.

Presentation Night

The Presentation night is taking place on **Friday 20th January**. Please support this event, this is a review of 2016 with awards being presented. Dan Sault is doing a great job organising the event, please help by confirming your attendance by clicking on the following link <http://doodle.com/poll/5me64p7hm2mkfuh>

Tickets will be issued at training nights, a free drink and good raffle prizes on offer with your attendance and ticket on the night. I look forward to seeing you on the 20th January.

Training

Since the conclusion of the EA Club Run, I can announce that Devizes Running Club have retained the services of Bryan Clinton.

Bryan will be working closely with Damion and delivering a session every 2 months. Damion is doing a great job, but its important Damion has a mentor with the experience of Bryan. This is massive news for the club. If you have any questions about training, please speak to Damion or myself.

Club Championships

You only have a few days to submit your 2016 Club Championship times. Please email me your times.

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 If you have already completed all three distances in 2016, including Park runs, send your details to 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 1st 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 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.

Membership

Your 2017 membership is due in January, I will issue a link to the EntryCentral website when it is setup in the next few days. Even though EA have increased their membership fee, Devizes Running Club are keeping the fees the same for 2017.

Club Kit

A discount code will be issued in January for fully paid members. New products have been added to the club shop.

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

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

UKA Rules

As from 1st April, UKA have changed 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.

Sofa to 5K, 5 miles, 10k and half-marathon in 9 months – Phil Savill

The foundations to me joining the Sofa to 5K in January were laid throughout 2015. So many people at work were running that in all honesty it was becoming a bit of a bore, leading me for a while to be totally against it! That said, my conscience was saying 'look at what they are achieving' and 'maybe I should give it a go'.

Without going into details, but some of you are aware and I'm happy to talk about it, my personal situation changed and there was quite a lengthy period of adjustment. I definitely needed something to commit to.

I started going to the gym and saw adverts for Sofa to 5k. I had never been one for sport and especially had never run (apart from the bus). Some trial runs around the local streets were less than encouraging, but once I had managed 20 minutes on the treadmill I did wonder if I could run after all.

So I decided to sign-up, with 3 aims in mind: Commitment to a new activity [only 10 weeks!], to meet new people and to get fit.

Deciding to join and then turning up on the first evening are quite different things. All that day I was secretly hoping for a late meeting at work or travel problems on the way home. I clearly remember that first evening in the freezing cold: over-dressed in terms of layers of tee-shirts and a fleece, very worried at what I'd let myself in for and whether I'd actually survive. Having arrived it was evident that everyone was much in the same state as me. What a buzz seeing so many people all up for the challenge; an even bigger

buzz when we'd completed the warm-up, then the first run and then finding we'd actually survived the first evening!

That was a lesson that continues to repeat itself – stepping into the unknown and then achieving what seemed impossible.

What really impressed me throughout were the club members being willing to share their time, knowledge and experience and really encouraging the beginners.

I do remember thinking in those very early weeks that I would never be able to run 5k and the thought of a parkrun was a bit overwhelming. This turned out to be a great experience and as I had man-flu the first week I went back with other beginners and improved my time from 28:15 to 27:11. This was the end of Sofa to 5k and the end of my 10-week commitment which I had in fact committed to 100% and gone on most of the extra runs each week.

Why stop there? Well I didn't and joined the club! Encouraged by others building up their distance, I entered for a 5-mile race (4.8 miles in reality!) at Chippenham achieving 40:02 and then my first 10k at Frome achieving 53:27 followed by a Heddington 5k (improving to 24:18). Along the way it was also good to be able to give something back to the club by helping with the Devizes 10K and Half and to join a few social events.

The biggest challenge was then to enter for the Bristol Half in September. The increase from 5k to 10K had seemed huge at the time and to more than double it again seemed a massive challenge but I had several months to prepare. The week before, I achieved a new PB at the Melksham 10k of 50:58 – good to have a positive experience one week out. What a superb event at Bristol, the day surpassed all expectations! I am so glad to have entered after encouragement from many to do so. My secret goal was under 2 hours and so to achieve 1:56:27 was fantastic.

My next goal was the Grittleton 10k 3 weeks later in under 50 minutes. Despite an unexpected hill on a 'flat' course, I achieved a new PB of 49:31.

So that's my journey so far – one I am really glad to have started. Along the way I have achieved what I wanted to at the outside. But that completely understates it! For me this has been life-changing and one of the best decisions I have ever made. So many memories, meeting so many positive people all at different stages of their journey and being part of a team achieving great things. I have re-learnt that you don't know what you can achieve until you try.

So thank you to all at DRC, you have all played your part, whether it be the encouragement, the club nights, the weekend runs or the race-days. I've not mentioned individuals here for fear of leaving someone out, but you know who you are.

We are definitely stronger together – I would never have started running on my own!

Simon Gilbert - Chairman