



Monthly Newsletter – February 2016

Chairman's Chat

A committee meeting was held on Wednesday 10th February. Here is a summary of the meeting.

Club Kit

If you ordered Club kit, it should have arrived by now. I hope you like it!

If you have any issues with sizing or problems with your order, please contact me directly, I will try and help you.

To order your kit, please go to the following website. Fully paid up members qualify for a 40% discount.

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

You will need to create a log in, so you can qualify for the 40% discount.

The discount code you require is DEVIZES40. The discount code will expire on the 31st March 2016.

Please note, if you enter a race under the banner of being affiliated then you must run in your club colours otherwise you run the risk of being disqualified. This is another good reason to order your new club kit.

Membership

Membership renewals are now due. Please go to the following website to renew / join. The current membership count is 86 members.

<http://www.entrycentral.com/DRC>

To find more about membership and benefits please visit our website

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

Presentation Evening

The Presentation evening is confirmed for Friday 1st April. More details will follow shortly

Sofa to 5K

The Sofa to 5K has been a huge success. We have consistently had 40 people turn up for each session, which is fantastic. I would like to thank Cal Maw for organising the course and all of the members that have given up their time to help with the course so far. I have had lots of positive feedback so far, keep up the good work. Thank you!! The course will finish at the Park Run at Southwick on Saturday 19th March or Saturday 26th March. Please come and support the group, they have done amazing so far.

Devizes 10K

The Devizes 10K is fast approaching, this is an event hosted by Devizes Running Club, and so we ask all our members to help marshal the event. The date is Sunday 20th March; please put this date in your diaries. We are lucky to have the race in the WAA Road race league again in 2016. We already have over 200 entries.

ZELF in Devizes have agreed to sponsor the event this year. Caroline Palmer is working hard to organise all aspects of marketing the Devizes 10K and liaising with ZELF.

We are also pleased to announce Julia's House Children's Hospice is associated with the event. They will market the event for us and in return we will offer a discounted place in the 10K for all Julia's House Sponsored runners. The Hospice will also be at the event promoting the charity. From the profits of the race, Devizes Running Club will make a donation to Julia's House.

Even though Hayden's Bakery have agreed to supply the cakes for this year's event, it would be great if our members could bake some cakes to sell to runners and supporters after the event.

If you haven't done so, please can you contact Simon Lathbury if you are able marshal on Sunday 20th March?

Your support is much appreciated.

Julia's House Children's Hospice – Santa Run

Liz Froud from Julia's House Children's Hospice attended the meeting to discuss the Santa Run in Devizes. The date for the Santa Run is **Sunday 11th December 2016**. Julia's House is opening a Hospice in Devizes in 2017, so it is great that Devizes Running Club is associated with such an amazing charity. It would be great if our members would give up their time to make this event a huge success. I will issue more details about the event nearer the time.

To find out more information about the charity please visit their website <https://juliashouse.org/wiltshire> . If you have any questions, please let me know.

Meeting Place – Training Nights

Just a reminder, training nights are getting very busy, so we have decided to move the meeting place on Tuesdays and Thursdays. The new meeting place is outside Southbroom Infant School, on the ring road by the green. The reason for this change means we don't obstruct the general public entering the Leisure Centre. I haven't been contacted by the Leisure Centre; this is a proactive decision by the committee.

Roundway Rampage

The date for this year's Roundway Rampage is Saturday 1st October. We will issue more details when they are available. Please put this date in your diaries, as we ask all our members to marshal and help to make this event a huge success.

James Hatt Physio

I have been speaking to James Hatt physio in recent weeks to find out how the services offered by James Hatt Physio can benefit Devizes Running Club members.

Already as members you get 10% discount on treatment at James Hatt, but I have also discussed the ideas of potential drop in sessions for all members, for occasions when you have injuries or niggles and would like to be assessed by a qualified physio. This is yet to be confirmed, but if you would find this service useful, please let me know.

We have also discussed potential Running Seminars for Devizes Running Club members, run by James Hatt on subjects such as, Injury prevention, Core, Strengthening and Nutrition. If there are any areas of running you would like to include, again please let me know.

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 If you have already completed all three distances in 2016, 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.

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.

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 include:

#1 **Devizes 10k** - Devizes - Sunday 20th March

#2 **Devizes Half** - Devizes - Sunday 10th April

#3 **St Georges 10K** - Corsham - *Sunday 17th April*

#4 **Chippenham 5** - Chippenham - *Sunday 5th June TBC*

#5 **Broad Town 5** - Broad Town near Wootton Bassett - *Saturday 18th June TBC*

#6 **Frome 10K** - Frome, Somerset - *Sunday 17th July TBC*

#7 **Heddington 5K series** - Heddington - *Race series (race #3) - best time to score - concludes August*

#8 **The Bustard 5** - Pewsey - *Wednesday 3rd August*

#9 **Malmesbury 10K** - Malmesbury - *Saturday 3rd September*

#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*

Captains Corner

Injuries!! There seem to be plenty going around the club at the moment!

It is so frustrating being an injured runner. Most injuries are preventable and there are things we can do to help reduce the risk of injury such as wearing the correct shoes which provide the correct support, stability or cushioning, wearing the right kit, warming up and cooling down, strengthening and of course listening to your body when something doesn't feel right.

Most injuries do not occur due to running too much or over training as we are often told. The majority of injuries are caused or brought on by non-running activities which can cause imbalances. Everyday activities that stress you more on one side than the other will lead to these imbalances.

Inevitably though, injury will strike from time to time, and it is important not to run through it. Ask a member of the running club for initial advice and see a qualified sports massage physiotherapist who will be in a position to provide expert advice, diagnose and help to overcome an injury.

When we can't run, there are alternatives to help us keep fit and active. Walking and gym work are good for just about any injury. If the injury allows, swimming and cycling are very good alternatives – anything which works your heart and lungs will help to maintain your fitness for when you are able to run again.

If you have any injury worries at all, please do not hesitate to contact me if you wish to talk.

Dan Sault

A Word from the Coach

Running is often believed to be purely about endurance, or aerobic fitness, but muscular strength also plays a major role. Strength exercises are important to create good running form, avoid injury, and become a more balanced runner. Here's a primer on strength training for runners, including five sets of exercise videos to show you how to do them.

Why do strength training?

While runners often work mainly on their aerobic fitness, strength training (also called resistance training) is an important training tool.

- **Achieve higher speeds and mileage** by building leg strength. Consider that when you run, two-to-three times your body weight is borne by one leg at a time
- **Reduce the risk of injury by correcting imbalances** that occur naturally in the body, such as left-right differences, unequal knee flexion and extension strength, and imbalances in overall muscular strength
- **Improve your overall running form** and become a more efficient runner. When you're running a marathon, good running form may be easy at the start, when you're full of energy, but it's towards the end when you're tired that it really counts!

When to do strength training?

To obtain the best results, **perform strength exercises regularly**, for instance two or three times a week. Do your exercises on lighter training days or on rest days.

It's best to build strength in the earlier phases of your training plan and ease up on exercising as your endurance training increases. Short and middle distance runners can maintain strength training right through. [Build a customised training plan](#)

What to focus on?

As a runner you will of course want to work on your leg strength, but it's also **important to develop your core muscles** (chest, shoulders and back) and pelvic muscles. Training your foot and lower leg muscles (shins, calves and plantar muscles) helps to improve your push-off strength and also reduces the chance of injuries.

How to do it?

When you start doing strength exercises, pay close attention that you're performing the exercises correctly. Some tips for effective strength exercising:

1. Perform strength exercises **two or three times a week**.
2. Start with **few repetitions** and build up step by step.
3. **Don't hold your breath** while exercising. As a rule, breathe out while using strength.
4. When performed correctly, you should **feel a burning sensation in the exercised muscles**.
5. Once you are comfortable with the exercises and you have good form, you can **add weights to create more resistance**.

Occasionally I will be posting Coaching Tips on the website, please take a look at my page

<http://www.devizesrunningclub.co.uk/home/coaches-tips>

Keep up the hard work.

Coach Damo.