



Monthly Newsletter – March 2016

Chairman's Chat

A committee meeting was held on Wednesday 9th March. Here is a summary of the meeting and other recent events.

Devizes 10K

Firstly, I would like to say a massive thank you to everyone who helped to make the Devizes 10k a huge success. The club came together to deliver a fantastic race. There are too many people to mention, but special thanks to Race Directors Kate Wilkins and Damion Godwin, Simon Lathbury, Janey Fishlock, Alan Stevens, Caroline Palmer, Dan Sault and Stuart Pearce for helping to arrange the event.

Club Kit

If you have 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 over 90 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/>

Sofa to 5K – Improvers Group

The Sofa to 5K has been a huge success. All the runners have completed their Park Runs. With over 40 people consistently attending the weekly course, we have decided to run an Improvers Group on a Tuesday and Thursday night. The purpose of the group is to nurse the beginners group into the club training nights. All attendees of the Improvers group will be members of the club. I will be asking members to help out with the Improvers Group, if you are interested in helping out from time to time, please let me know.

UKA Rules

As from 1st 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
4. Other changes can be found at the following site <http://www.englandathletics.org/athletes/athlete-registration/athlete-registration>.

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.

Julia's House Children's Hospice – Santa Run

Julia's House Children's Hospice are hosting a 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.

Devizes Half Marathon

Devizes Running Club will be hosting a water station at the Devizes Half Marathon. If you are available to help on the Water Station, please can you let me know, it's a great way to promote the club.

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 would like to announce the Triage sessions will go live on the 4th April, this is ideal for members with niggles and unsure of an injury. 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.

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. The seminars are likely to commence in May.

If you want to see the services which James Hatt offer, please visit their website

<http://jameshattphysio.co.uk>

Summer Routes

Now the clocks have changed, we will be introducing the Summer Routes, these routes will be added to the website shortly.

Before turning up on a Thursday night, please can you familiarise yourself with the routes. As training nights are getting busy, it is difficult to explain the route to all runners on the night. If you are unsure of the route, please can you raise this prior to the Thursday night? Your support is much appreciated.

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, 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.

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

The spring marathon and half marathon season got off to a great start at the Bath Half. It was great to see so much positivity on social media after the event, and absolutely inspiring to see some of you achieve your first half marathon or achieve fantastic personal best times.

Next month we look forward to the Reading and Devizes half marathons and the Manchester and London marathons. All of you have been training so well over the winter months. We look forward to hearing all about your experiences at these races, and hopefully you will all achieve the goals you have trained so hard for.

Please remember, at this stage of your training the hard work has been done. You are race fit, and you just need to maintain your fitness between now and race day. There is no benefit in pushing yourself to the limit in a training session.

All the very best of luck, and enjoy yourselves.

Don't forget that the Wiltshire Road Race League has now commenced. This offers local league races of distances from 5k to half marathon, and it would be great to see as many members as possible take part in these races. More details will be posted on social media in the near future.

Dan Sault

A Word from the Coach

Recovery refers to resting after a workout or tough run, or taking time off during a training program. Recovery is an important—but often neglected—part of training plans. Take your easy days seriously so you'll run your best when it really counts. Years of research disprove the notion that a day off wrecks fitness; in fact, the opposite is true. Little detraining—the loss of fitness and performance that occurs when you stop working out—happens until you take off more than two weeks. Without recovery, adaptation may occur short-term, but ultimately it will fail. And since most injuries come from overuse, a day of cross-training, rest, or easy miles can prevent three-or four-week forced breaks, caused by, say, ITB syndrome.

When it follows difficult bouts of work, rest lets your body adapt to the work and improve. A day off every seven to 14 days restocks glycogen stores, builds strength, and reduces fatigue. If you jump-start your recovery as soon as you finish a tough workout or race, you can speed up the process considerably.

Signs of Lack of Recovery

Ignoring your body's signals of needed recovery can lead to injury. Some common signs your body may need a rest day are sudden weight loss, an elevated resting heart rate, interrupted or lack of sleep, dehydration, low energy, depressed mood, illness, pain or soreness, bad workouts and low oxygen levels.

If you're experiencing a combination for these symptoms, reconsider your workout and opt for an easy day or a day off. If you're not sure what to do on your recovery day, follow our guidelines to help you get the kind of rest you need to get the most out of tough workouts.

Post-Marathon Recovery

Most runners don't consider the toll the marathon can take on their bodies and minds-and that's a big mistake. Recovery doesn't just happen; you need to coax it along carefully, especially if you plan to return to quality running soon after your race.

You'd think that runners would love to linger in their postrace downtime. But those of us who thrive on the regimented schedule of a training program often go stir-crazy without one. So Runner's World created a four-week plan that'll give some structure to your recovery and ensure that you don't do too much too soon, jeopardizing your body's ability to heal.

Just completed a marathon and want to recuperate from the race, maintain fitness, and stay injury-free ?

For those of you doing marathons I have added a post marathon recovery schedule.

Week	Post Marathon Recovery Running Schedule						
Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest (20 min. walk)	Rest	Rest (20 min. walk)	Rest	Rest	Rest	20-30 minutes
2	Rest	20-30 minutes	Rest	20-30 minutes	Rest	20-30 minutes	30-40 minutes (12 minutes tempo)
3	Rest	30-40 minutes	40-50 minutes easy	Rest	30-40 minutes	30-40 6 x 100 strides	50 - 60 minutes
4	Rest	40 - 50 minutes	50 - 60 minutes (14-16 minutes tempo)	Cross Train or Rest	40 - 50 minutes	30-40 minutes 8 x 100 Strides	60 - 75 minutes

5	Rest	40 - 55 minutes	50 - 60 minutes (15-20 tempo)	Cross Train or Rest	40 - 50 minutes	30 - 45 8x100 strides	60 - 80 minutes
6	Rest	40 - 55 minutes	50 - 60 minutes (15-20 tempo)	Cross Train or Rest	40 - 50 minutes	30-45 easy 8-10 x 100 strides	75 - 90 minutes

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.

Member Profile



Hi there, my name is Jason Bain and I have recently taken over the role of club secretary. A little about my running history: I used to run some years ago (maybe 10 years) but I only did 10K races, never any real distance and I was not a member of the club and just used to run with friends. Then in 2009 I met my now wife, Helen was a member of the club so this encouraged me to take up the running properly and in a more structured way. Over the years I have completed various half marathons, Race the Train a couple of times (a quite brutal 14 mile off road event in Wales) and the pinnacle for me was running Edinburgh Marathon last year in a time of 4.19, something I am really proud of! I was also a member of the London to Cardiff 24 teams over the last couple of years, last year we actually came second out of about 30 teams, quite an achievement. Unfortunately it has all gone a bit wrong at the moment as I have picked up an injury, torn Meniscus in my left knee and I am currently awaiting a date for an operation, therefore you won't see me out running at the moment, however I will always be around.

I am very proud of our club, we have a great committee organising all sorts of events, not least the 10K and Rampage events that we stage every year. We have a healthy membership, there is also a great diversity throughout the club with runners of all abilities, and ensuring no-one is left out on a club night.

Hopefully I will see you all out on the road soon once I have been fixed!!

Jason.

Simon Gilbert - Chairman