



Monthly Newsletter – April 2016

Chairman's Chat

A committee meeting was held on Wednesday 13th April. Here is a summary of the meeting and other recent events.

Devizes 10K

At the meeting Kate Wilkins (Race Director), concluded the Devizes 10K was a huge success and that the following items were positive:

- Registration – The process was quick and efficient.
- Sponsorship – ZELF providing the Goody bags, race vehicles and baggage drop off looked professional and many of the runners giving excellent feedback.
- Medical Assistance – Thankfully wasn't required, but the presence of the medical staff was excellent.
- Marshals – The most marshals we have ever had. Again, lots of excellent feedback from the runners.
- Entrants – The most ever started the race, 296 (150 affiliated)
- Effort – Kate thanked the effort and commitment showed by all members that helped before and after the event

Some negative items to build on for next year:

- Start Line – A more defined start line is required for next year.
- Nursted Road Crossing – Near the end of the race, getting runners over the road is a high risk.
- Venue – The Football club was the biggest area of concern. We may need to look at a different HQ for next year. This may result in a new course. This will be discussed at the next committee meeting, if you have any ideas, please let me know.

Due to the success of the event, Devizes Running Club donated £371 (£1 per entrant) to Julia's House.



Here is the article from the Gazette and Herald. DRC handing over the cheque for £371 to Julia's House

Club Kit

Over the last month we have had a massive influx of new members, which many have come through the Sofa to 5K course. The committee has decided to release a new discount code to purchase new club kit.

To order your kit, please go to the following website. Fully paid up members qualify for a 25% 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 25% discount.

The discount code you require is DEVI25. The discount code will expire on the 31st May 2016.

Membership

Membership renewals are now due. Please go to the following website to renew / join. The current membership count is over 100 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/>

BBC Filming

I was approached by Ben White (BBC West Producer), to see whether Devizes Running Club would help to make a 30 second promotional video for the local BBC radio stations, which was being filmed at Caen Hill Locks with BBC's Wiltshire's Ben Prater.

The idea was to see Ben in his studio broadcasting his breakfast show, and cut with a man/woman/group of runners on the towpath at Caen Hill Locks, listening to his show through earphones into a smartphone/small digital radio. The shot widens out to reveal Ben running alongside with his studio headphones and microphone. He says good morning, and the shot cuts to an aerial shot showing them running and revealing the lock system.

So Damion Godwin and Kathryn Volkelt-Igoe kindly volunteered for the shoot. The filming took longer than I anticipated (nearly 3 hours!!), but luckily the sun was out on the beautiful Caen Hill Locks. Many thanks for Damion and Kathryn for giving up their time, this is great promotion for the club and opens doors with the media. I will let you know once I receive the video.

Sofa to 5K – Improvers Group

The Improvers group start in March and has been a huge success, with 10-15 attending each session. 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. Thank you so far to all the members which have helped 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. **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.

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

Thank you so much to everyone that helped on the finish line at the Devizes Half Marathon, everyone looked so smart and professional in their new club kit. You all did DRC proud, this was a great way to promote the club, you all did an amazing job!!

We have been given 10 places for the 2017 Devizes Half Marathon, if you helped on the day please let me know if you would like to be considered for one of these places, I need to submit the places in June.

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

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.

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

The summer routes are now in operation, 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.

<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.

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

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

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

#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 concluded with the Reading and Devizes Half and Manchester Marathon. Again, it was absolutely inspiring to see some of you achieve your first half marathon and full marathons and achieving fantastic times or a personal best. You have all done yourselves and DRC proud. Well done.

Please spare a thought though for our injured runners who have had to miss out. I have never known so many injuries during my time at the running club. It is important to make sure our injured runners still feel part of the club, so if you know somebody who can't run, please ask them how they are from time to time.

Also, congratulations to our Sofa to 5k runners who have completed the Parkrun 5k and are now running as part of the improvers group and currently running 4.5 miles. Several members have also completed their first 10k at Corsham recently. Well done and keep up the good work.

Dan Sault

A Word from the Coach

As you all may be aware, I was training for the London Marathon and sadly didn't get to run it, due to injury. But I do not feel sad about it, as I have learnt so much about training and think I can train better next year.

One of the main reasons I got injured was neglecting my core. Doing long runs

I would hurt in areas, such as abductors, glutes and lower back.

Due to so many injuries in the club, I have decided to hold a core and conditioning class on a **Monday at the Bell on the Green at 6:30 – 7:30**. I will ask all that come to sign a disclaimer and to bring water and a towel or exercise matt, all DRC members are invited. Sessions will start on Monday 11th May

Below is a piece I found to support what I have said about my London training.

Runners are increasingly recognizing the importance of core strength. Overall, core strength training reinforces the way that your pelvis, abs, hips and lower back work together. When you're at your peak fitness level, running allows well-toned core muscles to work in sync. When your foot hits the ground, they hold your trunk rock-solid as the kinetic energy from your foot transmits to your hamstring, up to your arm and back down to your other foot. A conditioned core prevents any wiggling in your torso and keeps you from deflecting energy, so you run faster.

Core conditioning reduces the chances of all sorts of injuries, ranging from common running injuries to those that are considered a normal part of the aging process. Core strength training also improves stability and balance, two qualities that you'll lose without practice. And without them, routine running and even regular activities -- like sitting in an office chair all day at work -- can lead to back pain, hernia, disc degeneration and arthritis.

It may seem obvious that core conditioning improves posture, which is a bonus for marathon runners. When you're exhausted at the end of a long race, your coordination and posture tend to suffer and cause you to slow down. But core-strengthening workouts will improve your coordination and posture throughout the race, even in the latter part of a marathon when you may need it most.

I would like to say well done to all that have been taking part in the Wiltshire Road Race League and hope to see DRC continue the hard work.

Well done to all new and not so new Marathon and Half Marathon runners.

Damion Godwin

Simon Gilbert – Chairman