



Monthly Newsletter – May 2016

Chairman's Chat

A committee meeting was held on Wednesday 18th May. Here is a summary of the meeting and other recent events.

Devizes 10K

The committee meeting was dominated by the Devizes 10k. The committee agreed a new race day HQ is required which could result in a new route. A few ideas were discussed of new routes and even a new distance of 5mile or 10mile race.

I will be arranging a meeting to discuss the Devizes 10k (or 5m or 10m!!), if you would like to get involved with the organisation of the race, please let me know.

Roundway Rampage

Another big topic discussed at the meeting was the Roundway Rampage, the date for this year's race is **Saturday 1st October**. Adrian Griffiths has kindly offered to be Race Director again this year, and will be closely supported by Jason Bain. More help is required with the organisation of the event, I will be arranging a meeting in the coming weeks to discuss the Rampage, if you want to get involved, please let me know.

Please put this date in your diaries, as we ask all our members to marshal and help to make this event a huge success.

Club Kit

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

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

Membership

Membership renewals are now due. Please go to the following website to renew / join. The current membership count is 114 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/>

Improvers Group

I just want to take this opportunity to congratulate the Improvers group, their progress has been amazing. We are consistently getting 10-15 improvers turning up to each sessions and now running 10k +. Well done, keep it going !!

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

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.

James Hatt Physio

20 members attended a Running Seminar hosted by James Hatt, it was a very successful evening with lots of knowledge being passed on by an experienced physio. I will keep you informed of seminars which are planned in the future.

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>

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.

A standard 5 mile route will be added to our training runs on a Thursday night, for those members which don't want to do the "Supervised Run". But the 5 mile route **will not be supervised**, but we always encourage all members to participate in the "Supervised" which is brilliantly organised by Dan Sault

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 Wiltshire Road Race League is now under way as some of you know. A few of you have already taken part in the Devizes Half and we would like to encourage as many members as possible to enter these races.

The next race is The Chippenham 5 which takes place on the 5th June. We already have 20+ members registered for this event and it would be great to see more. Details of the road race league and the fixtures can be found in the following link.

<http://www.wiltshire-athletics.org.uk/index.php?page=road-race-league>

We are also organising a club trip to the Bristol Half Marathon which takes place on the 25th September 2016. This is a good day out for all members, whether you want to run the Bristol Half or just come along and support. As members, you will be entitled to a discounted race entry fee. We would like to encourage as many members as possible to take part in this race, so I will be asking you at club training nights and promoting it on social media. Ideally, I will need to know final numbers by the end of June.

Dan Sault

A Word from the Coach

As most of you will be aware, I have started a Core and strengthening class for DRC members on a Monday. I started this as I believe it's important to do strengthening to support your running, for those of you that went to James Hatt Seminar will know that my theory is right.

It's really good to see so many PB's and achievements in the club, so a big well done to all members

Here are a few Core exercises for you to do at home.



STARTING POSITION (UP)



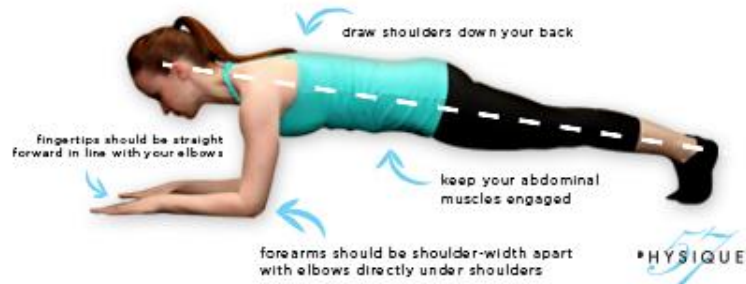
DOWN POSITION (2 VIEWS)

Neutral Head Position



FOCUS *on* FORM

forearm plank



HYSIQUE

1. START



2. LIFT & HOLD



3. SWITCH SIDES

