



Monthly Newsletter – August 2016

Chairman's Chat

The Newsletter returns after a month off!! Here you go.....

Exciting News.....England Athletics Club Run

England Athletics have launched an initiative called the Club Run Programme which is specifically aimed at supporting road running clubs.

Club Run offers participating clubs a free series of practical coaching sessions led by a member of the National Coach Mentoring Team or a coach from the National Coach Development Programme with experience in road running.

Back in June, I applied to England Athletics for this programme. With only 30 national spaces available, the excellent news is Devizes Running Club has been selected.

The three sessions will be delivered within a 9-12 week period and are aimed at helping all runners prepare for a particular event, as well as supporting Damion and the other leaders in developing their skills. Each visit will include a practical session specific to the clubs chosen event focus and there will also be opportunity for informal discussion before and after the sessions around key topics such as nutrition, race tactics or other topics of interest to the club.

The first session will take place on **Tuesday 30th August**, the time and venue is yet to be decided.

This is a fantastic opportunity for everyone at the club, Dan Sault, Damion Godwin and myself will be working with the Coach leading up to the sessions so the time spent with the coach is applicable to all members. If you have any questions or queries, please do not hesitate to contact me.

Roundway Rampage

The Roundway Rampage is nearly upon us. The date of the event is **Saturday 1st October**, please put this date in your diaries. We ask all members to marshal and promote this event to help make this event a success.

We have decided not to organise a Junior Rampage this year, so we can concentrate on delivering the main event.

If you would like to get involved with marketing the event please contact Caroline Palmer or myself, any help will be much appreciated.

Newsletter

I want to make this Newsletter a very useful tool for the club, but I need your help.

I would more contributions from members including Race Reports, Adverts, Member profiles, fitness articles, running experiences etc. If you would like to get involved or just write a one off article, please let me know

Do we have anyone with journalist, social media, admin office, organisation, photography skills which could help with this publication each month?

Club Kit

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

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

Core Stability

The Core class held every Monday evening at Cornerstones has been a huge success. Thanks to Damion Godwin and Jason Bain for taking this on. If you would like to attend, please speak to Damion, Jason or myself.

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.

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.

Remember, it's your responsibility to ensure your times are up to date. Please don't forget to submit your results.

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 remaining:

#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*

Member Profile – Ian Tuckett

How has DRC helped my running?

That is the question posed to me by our Chairman last weekend!

The answer

Firstly, without the club I would not be running ... full stop!!

When I rather reluctantly joined the sofa to five Km course in October 2014, my thoughts were negative...running? Had to do that for work fitness tests, not fun!

3 laps of The Green confirmed this, running is not fun. I stuck it out and completed the 10 weeks of hell with a 5k stagger round Southwick Country Park...thanks all, that was fun!

2015 found me turning up for the club runs, and finding folk I actually enjoyed being with. That was the catalyst to really start running. If I didn't run I didn't get to chat with new mates, and I can chat!

This led to weekend runs, but always with company, and entry in the autumn half (marathon) series. Thank you Mr Lathbury for persuading me it would be a good idea to have a target!

Things then got serious and with encouragement, advice and company (you know who you are), I got to a level I was happy with and even sought technical advice from our coach (Damo).

So come September come the half marathons...3! Happy, yes I said happy, with that, and my times!

2016 has seen my times getting better, and involvement in the spring half's and road race league...why? Because I enjoy running with the Mighty DRC!

Do I enjoy running now, yes! Even been out on my own occasionally.... Don't enjoy that, much prefer company! I won't win any races, but I'll have fun not doing so!

So how has DRC helped with my running? I could say advice, encouragement, technical knowhow, fitness, nutrition, new kit, information about races etc.

Yes all of the above, but for me the biggest thing is camaraderie and friendship, or to put it another way what has DRC done to help my running most. Put me in contact with you lot!



Ian Tuckett(AKA The happy Hippo).

Simon Gilbert - Chairman