

DORKING AND MOLE VALLEY AC

eNews

March 2008

Number 3

DORKING 10 June 1st

This is the premier event in the DMVAC calendar and is our main source of fund-raising. PLEASE put the date into your diary as we will need lots of volunteers for marshalling etc.

Please let me have jottings re races / events you have done. They seem to have dried up - Editor

Ranmore

Running will be starting again in April at Ranmore on Wed at **7.00pm** from the National Trust Car Park.

Seniors only – with different ability groups. Runs increase in length according to daylight!!

Summer Training

The summer training schedule begins on April 27th

Track sessions at Pixham Lane at 7.00pm with different abilities groups.

Leith Hill Half 11-00 Sunday 9th March

Thank you to all who helped at the first staging of this event. If the comments on the Runners World website are anything to go by, it will definitely not be the last as far as the competitors are concerned. Well done Rob for your usual inimitable style!!!!!!!!!!!!

MABAC April 20th at Winterfold

Take the A25, signposted Guildford. Go past Newlands Corner to Silent Pool, and there turn right onto the A248, then immediately left (New Road -- see map below). Continue through Farley Green (Shoehouse Lane) to Winterfold. There is a MABAC car park at the road junction (Winterfold Heath). Park and walk to the start. OS grid ref. TQ 059428 (car park), 063429 (start).

Junior Training – request from Phil Palmer

My current helpers have had to stop and I am looking for some more helpers (this is in addition to our adult coaches).

Helpers will:

- Get out and put away equipment
- Assist with coaching

It counts as community service for Duke of Edinburgh award etc and is particularly relevant to sports leadership students.

It is voluntary and participants should be able to attend regularly at Ashcombe School 7pm -8:30 pm on Tuesdays until mid-April and from September, and Pixham Lane 7pm -8:30 pm on Mondays (which clashes with Monday training of course). This might suit people who have left active participation in the club. They do not need to be members as you qualify for free membership as a coach if you just do this. If anyone knows someone who would be interested, can they contact me on Tel: (01372) 454791 Email: PalmersSol@AOL.com

Ladies XC League

A big **WELL DONE to all** for the terrific result we obtained in this season's Surrey XC League - we finished 9th out of 15 Clubs in Division 1. This is our best result for many a year, and especially since the Division converted from 10 to 15 teams back in 2004.

In addition, the **DMV Ladies' Vets Teams** have done brilliantly at many high level events this year (Road & XC) and have amassed **MEDALS GALORE**. So.....

LET'S CELEBRATE!

Girlie Get-Together

Tuesday 22nd April - 8pm at Charlotte's House

This invitation is extended to **ALL Ladies** at the Club. **Please bring_1)** small plate of food **2)** something to drink. Please advise Tracy or Charlotte if you intend going and what food (sweet or savoury) you will take

Tracy (Dinnage) the.dinnages@talktalk.net Charlotte (Craig) craigcharlotte@aol.com

Subscription Reminder

Thank you to all of you who have already paid your subscription, but there are still 140 members who have not yet paid their sub for 2008. If you are one of them, then please could you forward your subscription to me as soon as possible. Also could you let me know if you don't want to continue your membership so that I can update the records accordingly and don't have to continue chasing you.

If you no longer have a copy of the membership renewal form I sent out in January then please let me know, and I will either e-mail or post you a new form and covering letter.

John Barron (Membership Sec)

e-mail: john@jbarron.wanadoo.co.uk

Tel: 01372 – 276635

Calendar

April					
Sun	6	Arundel 10k	Arundel	jane.a.johnson@btinternet.com	9.30
Sun	6	Dunsfold 10k	Cranleigh	www.209events.com	10.00
Sun	20	MABAC 5 and 2.5 miles XC	Winterfold Forest	www.mabac.org.uk	11.00
Sun	26	Superhero 10k Challenge	Brighton		11.30
May					
Sun	4	Reigate YMCA 5m	Priory Park Reigate	kim.roderick@ymcaredhill.com	11.00
Sun	11	Hogsmill Ladies 5	Epsom	www.epsomallsorts.org.uk	10.00
Sun	11	Ranelagh Half Marathon	Richmond	www.ranelagh-harriers.com	8.30
Sun	11	MABAC 5 and 2.5 miles XC	Lightwater (prov.)	www.mabac.org.uk	
Sun	25	Surrey Hill Races	Nower, Dorking	www.sloweb.org.uk	10.30
June					
Sun	1	Dorking 10	Brockham	www.dmvac.org.uk	10.00
Wed	4	Worthing 10k	Worthing		10.00
Sun	8	Winchester 10k	Winchester	www.wadac.org.uk	
Sun	15	MABAC 5 and 2.5 miles XC	Holmwood	www.mabac.org.uk	11.00
Sat	21	Midsummer Munro ½ M	Dorking	www.trionium.com	4.00

Contact email addresses

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