



Newsletter APRIL 2016



Never be afraid of moving slowly, be only afraid of standing still.

(Chinese proverb)

Welcome
to the April issue of the...

Derbyshire Dynamos Newsletter.

Well, here we are at last happy days and reasons to be cheerful. Spring is here and those dreary winter days are over.....oh Joy (referring to happiness not to our Chairperson!)

Please note : this edition of the Newsletter contains articles relating to two important reports – one from the Government and the other from England Athletics. We include them not only because of their importance but also to stimulate ideas. The comments and ideas contained herein, however, are those of the editors only and do not represent official DD policy nor are they necessarily endorsed by the DD Committee. Every member has the right, of course, to agree or not and we really do welcome and need your opinions.

Happy reading.
Your's in running - P&M



Escape By Running by Laura Muhawesh

Today I will run as far as I can and I will not stop until I am spent.

I will run from my fears, and run from the pain.

Today, I will run and I will run without gain.

I will run, today, with a power to live.

I will run with my love and my pride and my hate.

I will run today and no one will know that I am running away and no one said "go."

When I run today, I will not think, my mind and thoughts will my legs overtake.

My muscles will pump and the blood will flow through, my joints will ache and my body will drain.

But through all of this I will keep running, because when I run, to the road I've submit.

My mind will be gone in its own quiet place, and no noise will I hear nor smile will I fake.

Today I will run as strong as I can and today I will run with no finish line.

SEE INSIDE FOR SOME GREAT EVENTS
TO ENTER !



Texas Track Club - Abilene - 1964

Sports illustrated

Want to keep more up to date with what's happening with your club?

Why not join us on Facebook for regular updates including upcoming events, interesting and funny stories, photos and useful tips to further enjoy your running experience.

Just click here www.facebook.com/DerbyshireDynamos

We're also on Twitter @Jog_D_Dynamos

(Note our webpage is soon to be updated !)

Sporting Future: - A New Strategy for an Active Nation



This is a Government report published in December 2015. It has immense implications for our sport, for our club and indeed for us all as Athletes and sports men and women.

It is quite a detailed document with a number of references and it has taken some time to consider it and to discuss with various people in our area. So, after much thought, here is a summary of the main implications for us in DD!

(You can read the whole report by Googling “Sporting Future – a new strategy for an active nation 2015”).

The impact that sport has on physical and mental health, from dementia-friendly swimming sessions to Street League for unemployed youngsters, alongside sport and physical activity more broadly, shows the power to transform people’s wellbeing and create a fitter, healthier and happier nation. This has never been more important, when we are battling with growing levels of obesity and diabetes, mental health problems and other conditions associated with inactivity that cost the nation £7.4bn each year.

Tracey Crouch MP, Minister for Sport, Tourism and Heritage

Putting aside any political views or allegiances, here is a report which actually makes a lot of sense.

It has considerable implications for our and other sports, especially as far as funding is concerned. Anyone who truly believes in the value of sport, and I am sure that includes all DD members, should think very carefully how they, and their clubs, can strive to make the ideals described in the report a reality, not only for those who are naturally talented, not only for those who are the elite, but for all of our citizens to the long term good of all of us.

So - come on Dynamos - lets have your ideas. Remember that as a constituted club we can apply for grant aid to develop our activities. On the following pages I give my ideas and suggestions but everyone reading this has a part to play.

**PLEASE send your ideas to us at the dynamos email or direct to :-
paa123@btinternet.com.**

Sporting Future: A New Strategy for an Active Nation (December 2015).



Quotes from the report.

This new strategy for sport and physical activity moves beyond merely looking at how many people take part. It will consider what people get out of participating and what more can be done to make a physically active life truly transformative.

In the future, funding decisions will be made on the basis of the social good that sport and physical activity can deliver, not simply on the number of participants. We are redefining what success looks like in sport by concentrating on five key outcomes: physical wellbeing, mental wellbeing, individual development, social and community development and economic development.

(See next page for a schematic of these and how they relate to both elite and grass roots sporting and other activity).

All new government funding for sport and physical activity will go to organisations which can best demonstrate that they will deliver some or all of the five outcomes in this strategy. We are open-minded about what type of organisation should receive this funding. However, it is likely that organisations which show that they can work collaboratively and tailor their work at the local level will be best placed to access this funding .

Outdoor Infrastructure - we recognise that people are active outdoors in both urban and rural environments. This can range from parks, canals and open green spaces to parkour sites and skate parks. Access to local urban opportunities is particularly important for those individuals who are currently inactive and want to get started doing 'something' outdoors, as we know that they tend not to travel more than two miles from their homes. Providing outdoor recreation opportunities to suit these people will help to make these experiences a success. This includes capitalising on the development of high quality local access networks, such as footpaths and pavements.

Suggested involvement of our club.

Associate with schools in areas where they don't have access to a running athletics club...perhaps some of us could train on the children's athletics coach course .

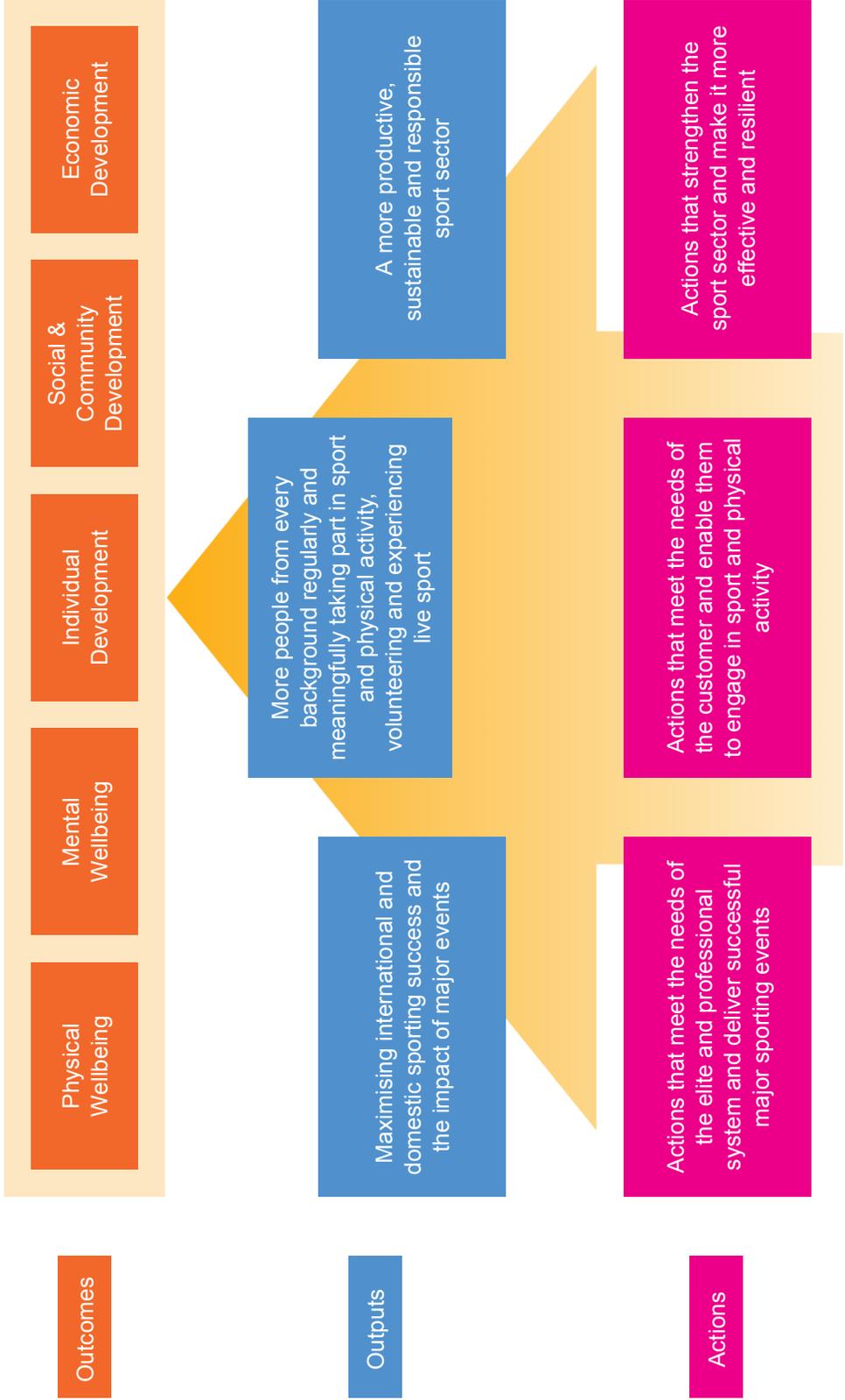
Promote DD satellite clubs in areas where no fixed club exists.

Note that we may be able to get some grant funding to help.

Write to your councillor and MP pointing out the appalling state of many footpaths in the county.

Also to stop cars parking on pavements.

The Framework for a new Sport Strategy



***Athletics & Running:
for everyone, forever.***



England Athletics - strategy document.

(Publication date October 2015)

Read the whole report on England Athletics website - here is a taster !.

We trust people across the sport will feel a strong degree of ownership and belief in the direction we are taking as an organisation. We believe there is a shared vision for the sport that lies behind what people have said they want to see us, at England Athletics, striving to deliver as part of the wider athletics community as reflected in this plan.



Delivering success for the sport during the period of this strategy will require a unified effort. At times there are areas of work where we must take a lead, very often we work in partnership or to support those best placed to deliver what the sport wants or needs, and at times we must step back to let others do what they do so well. There are challenges the sport currently faces, some of which are specific to athletics and running, others of which are common not only to other sports but also to many other people looking to provide activities in their local community.



We have to be realistic and recognise there will be further challenges ahead and not all barriers or obstacles can be fully removed.

However, we and many others share great pride in athletics and a love of the sport. By working together we can ensure that the sport has the best future possible for everyone involved and those yet to discover all that athletics and running have to offer them.



Our Mission

To grow opportunities for everyone to experience athletics and running, to enable them to reach their full potential

Our Vision

Athletics will be the most popular and inclusive sport in England, led by a network of progressive clubs and organisations and supported by a sustainable, respected and trusted governing body