



Newsletter Jan/Feb 2013

Annual AGM Monday 4th February

The Derbyshire Dynamos Annual General Meeting takes place on 4th February 2013 at Breadsall Priory Hotel, Derby.
Starting at 7pm.

As well as the usual AGM items of reviewing the successes of the year and the constitution there will also be a free raffle for attendees who could win:

- A year's free Derbyshire Dynamos Membership
- A Dynamos vest or t-shirt courtesy of Sprint Sport & Leisure
- A one month family leisure pass for the Breadsall Priory.

We're looking for a new chairperson too so check out the details on the attached and we hope to see you all there.



Sprint Sports & Leisure Ltd

Are our official provider of race kit and training essentials.

Any kit ordered can be posted directly or pick it up at the next Dynamos committee meeting.

To order or for more information visit their web page:
www.sprintsports.co.uk



Race Calendar 2013

February

Derby Runner X Country League
10th Foremark Reservoir
17th Fosse Meadows

March

2nd No Walk in the Park 5K, Chesterfield
Derby Runner X Country League
3rd Holly Hayes Wood
10th Clough-Taylor-Run, Donington Park
www.clough-taylor-run.com

April

6th No Walk in the Park 5K, Chesterfield
21st Virgin London Marathon
28th Derbyshire Building Society Derby 10k & 3k family fun run

May

4th No Walk in the Park, Chesterfield
5th Mad Monk Obstacle Race Darley Abby Derby
xrrunner.co.uk/mad-monk-obstacle-course-race
5th Hollymoorside 10k, Chesterfield
19th Eyam Half Marathon

June

1st No Walk in the Park 5K, Chesterfield
9th RSPCA Carsington 7+ carsington7.jimdo.com

This is a small selection of events, for a full listing and more information check out www.runnersworld.co.uk/events

Please let us know what events you're attending & we can add them to our list.

Derbyshire Dynamos are pleased to announce that **Rachael Birks** was the lucky member to secure a place in the Virgin London Marathon 21st April 2013.

Originally from Mansfield, but now lives in Ripley, Rachel only started running after commenting to her boyfriend Ryan "If **you** can run a marathon, then anyone can!" So she had to put her money where her mouth is!

Training started in June 2011, for the Brighton Marathon but didn't get very far.

Not a natural runner or being very athletic Rachel found it a struggle. But Rachel joined her local Jog Derbyshire sessions in the October of 2011 and before she knew it, Rachel went from running 1 mile to running the Heanor RC 10K Mathew Walker Pudding run in 3 weeks! She completed the Brighton Marathon in a respectable 5 hours and 22 minutes.

What started out as a whim, soon changed into a new found hobby, entering other events straight after the marathon and subsequently is now on course to complete the Virgin London Marathon in April.

Training over the last few months has been minimal due to slight injury and having a well-deserved rest, but since the New Year training has picked up a lot, even with the snow! Her distance is now up to 9.5 miles (in the snow!)

Rachel is also training for the marathon which is one week before the London Marathon so training will increase even faster (hopefully) now she's got basic fitness back.

Rachel said "I would do half as much training if it wasn't for Bev (Cossey), she is really keeping me on track!"

Rachael's name was drawn from five entries in the hat.

Don't forget that to enter the draw for the club place next year you must have applied unsuccessfully in the main London Marathon ballot (proof may be required).



Farewell from the Chair

Well it's been an exciting if hard working year for the Derbyshire Dynamos and we're now a fully functioning and smooth operation. Thanks to the efforts of my colleagues on the committee we've established the membership process, bought an eye-catching gazebo for use at events and got a fabulous new set of kit.

2012 also saw us host two successful workshops for Jog Derbyshire jog leaders where they exchanged tips and ideas and we told them all about the Derbyshire Dynamos.

A more recent highlight was being able to offer a place for one of our members in the London Marathon and I'm sure Rachel will fly the Dynamos colours with pride!

A very satisfying year but also a good time to step aside and pass the reins on ready for the next chapter of the Derbyshire Dynamos.

Thanks to all

Helen

Derbyshire Dynamos
Chairman



Club Focus

Jog Eckington, North Derbyshire

Jog Eckington was established in June 2009 by jog leader and Dynamos Club secretary Darren Ward. The group currently has around a core of 15 runners and joggers.

Darren says: "Seven of the current group are Dynamo members including myself and hopefully during January 4 or 5 more members will have joined.

One of the latest recruits, Wayne Evison is a very highly rated runner and should be challenging at the top of the leader boards for the Dynamos in 2013 events. The established members who have been with the club for some time are taking part regularly in events throughout the year, but also encourage the new members who are just beginning their jogging journey.

The group are proactive in making me aware of events that are taking place and are always looking for new exciting challenges to take on as an individual or as a team.

We're hoping to bring a sizable team to the Derby 10k, so come and say hello! We train on Tuesdays 6-7pm.

Come and join us! Everyone is welcome!"

To have your club in focus next, contact us at dynamos@jogderbyshire.co.uk

Derby Runner Cross Country League

Congratulations to our members Gail Pickering, Steve Saunders, Rachel Birks and Bridget Smith. Who all are regularly participating in the cross country league.

The next event is at Foremark Reservoir and replaces the cancelled December race at Allestree. Please note that the entry fee for this race only is £4 for seniors. Also there is NO ADDITIONAL PARKING FEE, no car park barrier and hopefully no long queues!

One week later on 17th Feb is the next race, which is at Fosse Meadows, Sharnford.

Anyone wishing to attend please contact Steve Saunders via our Facebook site to discuss transport, what to expect or to arrange a meeting point.

For more information on the league check out their web page www.derbyrunnerleague.co.uk



Steve, Gail & Bridget at the Hinckley & Bosworth race. (Pic taken by Rachel!)

IMPORTANT NEWS from England Athletics (Our affiliation body) and Membership Fee Increase

From the 1st April, annual individual membership fees paid to UKA will increase from £5 to £10. UKA have made the decision to do this due to changes in funding, how it is distributed and increasing participation UK wide.

As Dynamos is a small organisation, we unfortunately cannot absorb such an increase and therefore we have taken the decision to **increase our annual membership to £20**. We have researched other running clubs and their fees, and we feel this is in keeping with them.

If you require further information regarding your England Athletics membership, please visit www.englandathletics.org and log into your profile, with your membership number.

Annual Membership

As you know, Dynamos membership runs from 1st April to 31st March so although new members can join from January onwards and get the extra time for free on their first year's membership (tell your friends!) that doesn't apply to renewals. Existing members must renew on 1st April so make a note on your calendar!

For those who have set up a continual payment via Paypal during the year, we have suspended further payments from being taken. You will however be required to set up a new one off or continual payment on the 1st of April to renew your membership and ensure you are still covered by insurance and the UKA terms & conditions. If you require more information, please get in touch: dynamos@jogderbyshire.co.uk