

Jog Derbyshire Dynamamos

November/December 2012
Newsletter



Welcome to the Jog Dynamamos November/December newsletter!

Hello fellow dynamo, we would like to welcome you to the first edition of our newsletter.

It has indeed been sometime in the making, but as 2012 has been such a successful year for us, making progress in leaps & bounds. It would only seem fit we produced a newsletter to help increase our awareness & communication with our members.

Our intention is to ensure that you are kept up to date with everything that is happening at Dynamo HQ, race & jog leader information.

Please feel free to email us at dynamamos@jogderbyshire.co.uk with any stories, pictures or information for us to put in the next newsletter.

Jog Derbyshire 5k Saturday 11th August

The Erewash Jog Derbyshire 5K took place in the scenic surrounds of West Park in Long Eaton on Saturday 11 August 2012 – and joggers were all smiles as they gave the day a big thumbs up!

Groups from around the county turned out for the event and enjoyed great sunshine, and a chance to jog in beautiful parkland on a flat, even course – a great choice for a first 5k.

Jog Derbyshire Co-ordinator Natalie Trethewey said the event, organised by Jog Derbyshire and Erewash Borough Council, had been a big success, with 78 joggers taking part on the day.

"This sort of event is what Jog Derbyshire is all about; it was a chance to run in a friendly, non-competitive environment and benefit from the support and encouragement of other joggers.

"It was great to see joggers really surprising themselves with what they were able to achieve. We had people who perhaps a few months ago didn't believe they were capable of running this distance, and today they managed to get all the way around without stopping.

Winners of the Dynamamos award for the group with the most team entries were the West Park Leisure Centre group, with their prize donated by Breadsall Priory

"A race like this is ideal, especially for beginners, because it's low key, there's no pressure and it's great fun. I'll certainly be encouraging my group members to have a go next time."

A big thank you to everyone who turned up to participate and support the event. We hope you enjoyed it and that you're looking forward to the next Jog Derbyshire 5k!

Coming up events:

- No walk in the park 5k
Chesterfield 3rd November
- Heanor Pudding Run 18th
November
- Derby Runner X Country
League race South
Charwood High School,
Markfield 18th November
- Clown ½ Marathon
25th November
- No walk in the Park 5k 1st
December
- Santa's on the run –Rainbows
Hospice 9th December
- Derby Runner Bolsover 10k
16th December



Winners of the Jog Derbyshire 5k
Jog Derbyshire 5k top 3 finishers,
from left:
Carl Hughes (3rd), Russell Parkin
(1st), Gary Cooper (2nd)



pudding run 2012

2012 Heanor Pudding run is on Sunday the 18th November.

The infamous Pudding Run is a 10k run, sponsored by Mathew Walker – The finest makers of Christmas pudding. Notorious for its hills, mud, puddles and being November temperamental weather. This one is not for the feint hearted!

The run often fills up very quickly so too sure of entry, enter quickly.

Please ensure you put Jog Derbyshire Dynamo's on your entry form, as this is our affiliated name, not Jog Derbyshire.

Do let us know if you've entered, keep us posted on your training and more importantly send us pictures of you crossing the finishing line & eating your Christmas pudding at Christmas!!

For more information check out their web page:

<http://www.heanorrunningclub.com/9.html>



Rainbows Hospice – Santa's on the Run

Join Elvaston Castle Santa's On The Run event and help raise money for Rainbows Children's Hospice.

It is taking place in the beautiful grounds of Elvaston Castle, Derbyshire on Sunday 9th December at 11.00 am.

Jog Derbyshire has supported this event now for the past 4 years, it's now the Dynamos turn.

Anyone can sign up for the event. You don't have to be Olympic fit, just in reasonable, er, 'elf'. You can run, jog or walk the 2.2 and 4.4 mile circular route and by taking part this Christmas you can help make a real difference, get fit and most importantly have fun.

All entrants will receive a Santa suit on registration and everyone is asked to try and raise a minimum of £20.00 in sponsorship.

To enter, or for more information, here's their web page:

http://www.rainbows.co.uk/rainbows-events/?regevent_action=register&event_id=23



2012's run – Warm up courtesy of our very own treasurer Joy

Derby Runner Cross Country League

We are proud to announce we are now members of the Derby Runner X Country League.

The first race of the season is on Sunday 18th November and is held at South Charnwood High School, Markfield, Leicester LE67 9TB

The league is a closed event, only UKA Affiliated clubs can participate.

Each race is £3 to enter and is between 5/6 miles in distance.

You can participate as either individual or in a team.

Individuals score for their team if they are in the counting 8 (men) or 4 (ladies). If individuals attend 4 out of the 5 races they can win the individual awards.

Car parking is often a problem because the races are popular and most of the locations are small village areas, so please car-share if possible.

For more info,

<http://www.derbyrunnerleague.co.uk/>



Jog Derbyshire Dynamos

Helen Purdy – Chair person

Darren Ward - Secretary

Joy Power – Treasurer

Club representatives –

Mary Shishefar

Bex Sims

Ian Chalky

Steve Saunders

Club kit supplied by Sprint
Sports

www.activederbyshire.co.uk/jog/DynamosKit

*“Running is a mental
sport...and we're all
insane”*

Race Results 2012

A big well done to all Dynamos who have ran competitively this year.

Here's a few recent events, names & times.

Great North Run

Helen Purdy 2:12:19

Balinda Bal 2:16:26

Angiolina Leo 2:15:20

Tasha Hutchinson 2:18:28

Robin Hood ½ Marathon

Rachel Birks 2:28:13

Sandra Chalky 2:20:0 - PB

Helen Purdy 2:01:37

Kathleen Smith 2:25:0

Ponton Plod 17 & 27 mile event

(awaiting results)

Steve Saunders

Ann Cook

Rachel Birks

Also congratulations to West Park Jog Derbyshire joggers, who entered 7 joggers!

Don't forget to send in your race results to dynamos@jogderbyshire.co.uk



Club Meeting

Our next club meeting is on 29th October 7pm at The Ashwood Inn Alfreton DE55 7AQ.

Any Dynamos member can attend.

We discuss various things such as who will be volunteering at the next event, which events we will be at, how we should spend money/grants awarded to us etc.

Come and join us in moving the Dynamos forward and improving our member's benefits.



Season's greetings!

Everyone at Derbyshire Dynamos would like to wish all of our members, suppliers & curb side clappers

A very happy Christmas & New Year

See you in 2013!

