



1995 Assembly Lge
team champions
Hog's Back 1995
women's team win-
ners & 1995 Kent
Women's Road Relay
Champions.

SHORTS

WEDNESDAY 27TH DECEMBER 1995 PAGE ONE

HAPPY BIRTHDAY TO:-

John Lafferty (26th Dec) Emily Gartside (28th Dec) Steve Lane (29th Dec) Roland Rosser (1st Jan), Rich Pole (3rd Jan)

Membership News:-

Hilary Brindley thanks all members (more than a 100) who've already paid their 1996 subs. Anyone else who wants to pay should either send a cheque to her through the post or give her the money at the club from about 8pm for the next few Wednesdays.

EVERYBODY OUT!

Unless Father Christmas has brought you a new pair of training shoes or club vest, it's just possible that good training intentions have become weighed down under a mountain of alcohol, turkey, mince pies, Christmas Puds and family commitments.

Alternatively, truly committed runners (ie ones that should be put away) have probably stepped up their training and making use of the extra time available from work.

Both Surrey League campaigns are on a knife's edge. We need all our men fit and giving 100% on January 6th to make sure we beat the Stragglers to avoid relegation. In the women's league, Herne Hill have a good lead but we have the potential to win the last two leagues and if not actually catch them (though we just may) at least repel the challenge of the other Surrey clubs to finish runners-up. More importantly, let's get as many members (men and women) as possible out competing and show we are well organised, friendly, have great competitive and club spirit and we cater for a wide range of abilities.

Even if you are not in the scoring team you will add to the atmosphere and club's prestige just by being there and doing your best. On that point and the principle that the club isn't just interested in the fleet of foot, I have made every effort to open out the reporting of Shorts to include coverage of all participants in Surrey Leagues and major events rather than just the elite, who possibly in the past got a disproportionate amount of coverage.

But I am still concerned that most club members never make any effort to report their performances or news items to these pages. This is the club's record, so if you are doing anything or have done anything that may be of interest to fellow members, share it!

SHORT SHORTS

- Sunday morning training runs from Dulwich Park at 10am.
- NB there will be no hot food tonight.
- The January issue of Men's Health Magazine (just £2.25) contains a feature on club stalwart Dennis Barker.
- If you can't make Wednesday nights, or alternatively require back numbers, call me and I will put your Shorts in the post.
- Apologises that this week's Shorts isn't as topical as usual but owing to Christmas restrictions in the Printing Industry I had to produce this in November. Normal service will hopefully be resumed next week.
- Presumed missing (but not in action). Interpol, Scotland Yard and the Dulwich captains are eager to trace the whereabouts of the previous abilities of Jason Hayman, Mark Hayes, Colin Bailey Wood, Tony Touhy, Tom McKenzie, John Hoy, Brendan Pelican Sue Busuttill, Marlena Bogdanowicz and countless others, who have seemingly lost either fitness, motivation or their club vest and have barely been seen in action this winter. If fit, all of them could be useful for Dulwich's 1996 campaign on road and country.
- Full details of the Jan 6th League XC in next week's Shorts

■ Omitted from last week's club champs rules re the special medal for each championship event was the fact that the recipient must not have finished in the first three in their category and that they can only win one such award each year. This should mean more club members than ever before will receive awards.

1996 Club Championships dates

February 4	10K; Ewell (26.2 RRC)
March 3	20M: Thanet 20, Margate
March 24	1/2M: Fleet 1/2M
April 21	Marathon 1: London Marathon
May ?	5M: Tadworth 5
July ?	Mile: Dulwich Mile
September 5	5K: Assembly League, Beckenham
September 22	Marathon 2: Polytechnic
October ?	10M: Cabbage Patch (or Tonbridge)
January-Nov 30	Marathon 3: (to be nominated by 31.1)
December	Tie Break Race - Hog's Back

Additionally track championships will be held through June while the last two Surrey Leagues (both men and women's) will incorporate the cross country championships.

THE CAPTAIN'S LOG - THE VIEW FROM DULWICH WOOD

First of all, a very happy Christmas and New Year to all Dulwich Runners. 1995 has not been a bad year for the club with many success stories over road and country. More of our members seem to be adopting a structured approach to training, building in speedwork and planning a racing calendar. The track sessions at Dulwich College offered a gentle introduction to track training and racing and, hopefully, these will be developed further next year. If you feel that you would benefit from training advice or schedules contact myself or any of the other club coaches, who will be happy to assist. Remember now is the time to set goals and make resolutions for the forthcoming year.

My Christmas wishes for the club include:- continued success for our strong squad of women runners; the men escaping the drop to Surrey League division 3, followed by the arrival of the clutch of fast male runners that we need to provide a springboard for future developments; a happy association with Dulwich Club and maximum benefit from current & future facilities that are offered in our new home. Dulwich hope to be able to field a strong team for the Southern Men's 12 stage relay which is set to take place at Thurrock on Sunday March 31st. It's a very enjoyable event and with our great team spirit I am sure it will turn out to be a memorable afternoon. Vice Captain, Paul Mottram and I would like to inform our fastest 20-25 men that their performances are being closely scrutinised, to ensure that team places will be going to our speediest available 12. Put the date in your diary now.

Mr Rumours tells me that one of our members, who is currently injured, need to build up his pelvic muscles. If anybody has any ideas or thinks they can help, track down Rumours and he will be delighted to pass your message (or athletic support) on.

Finally, eat drink and make merry but make sure you are fit and raring to go when the gun sounds in the forthcoming men's and women's Cross-country fixtures in early January!*

Keve Wood (Captain's Log, Stardate. 25th December 1995)

*(*Alistair want to clarify that this says makes Merry, not Mary!)*

SHORTS

Please note, Shorts is normally completed early on Monday. Ideally all information should be given to me by Sunday pm at home or if not, by Monday am at my work number.

If you have any news, gossip, complaints, items and results send them to Steve Smythe. (0181- 319 1576 (h) 0171 291 6064 (w). Fax: 0171 291 6080.

