SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 30th November 2011

These are your SHORTS! Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk
DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed 30 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Sat 03 **Womens XC Surrey League**
Richmond Park

Tue 06 **Track Session with Steve Smythe**
Ladywell Track http://g.co/maps/sqrjq
7pm pay at desk on entrance, fee £2.45

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

Ladywell Track Sessions

Improve your speed & strength over all distances
Tuesdays with Steve Smythe Start 7pm. – fee £2:45.
Pay at desk on entrance to track
Sessions start at 7pm and are suitable for all.
Location http://g.co/maps/sqrjq

Job Vacancy – Social Secretary

your chance to earn no money but lots of plaudits and praise from fellow members !

As most of you know Caroline will be taking time out (maternity leave) from the post and we need someone to step up to the start line and take her place.
If two people want to share the position even better.
The job will consist of organising social events throughout the year.
The Xmas party is a must but other than that its up to you and your imagination to come up with social events, these can be anything from low key apres race drinks/meals, curry nights or high-profile events like trips into orbit on the Space Shuttle !

This is a very important job, the clubs social side is great for helping members new and old to get to know each other and to get more generally involved with the club.
So if you'd like to help out then please get in touch with Ros or any other committee member via email or at the club etc

In your *SHORTS* this week !

page 2 Christmas Party – tickets on sale now !
page 3 Club Champs, XC Fixture List
page 3.. All things Cross Country
page 5.. Race reports & results
page 5 Extremely windy !
page 7 Delusional ! Runners ?
page 8 Steve Wehrle Marathon Training Schedule
page 9 Wednesday Night Map to print
page 12 AGM minutes

And much more !

---------- *EVENT HORIZON* ---------

A brief look ahead

Dec 3 Women XC Surrey League
Dec 17 South of Thames 7mile details
Dec 17 Dulwich Runners Xmas Party details
Dec 18 Dulwich Runners Turkey Trot
full fixture list & info page 3

NEW RUNNERS ROTA

Thanks to **Martin Morley** for taking out new runners last week.
If your name is on the rota to run with new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and swap with someone. Thanks. – **Ros**

Olivier Montfort	30/11
Andy Murray	07/12
Barrie John Nicholls	14/12
John O'Byrne	21/12

DRAFT MINUTES OF 2011 AGM

Those of you made it to the end of last week's 'Shorts' will have hopefully spotted my draft minutes from this year's AGM. The final version of these will be adopted at the 2012 AGM (provisionally 18th Oct. so get it into the diaries you'll no doubt be picking up in the next few weeks!). However I want to give my draft a bit of an airing whilst memories are still fresh. This is so any problems can be picked up and dealt with immediately.

The minutes will therefore be appearing for the next couple of editions of 'Shorts'. If you read them and you think that they've got something wrong then please let me know. You can usually catch me at the club on a Wednesday night or else e-mail
secretary@dulwichrunners.org.uk
Thanks very much – ***MIKE DODDS***

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips £5 or £6.50 for anyone who gives me their name by 7:10.
Don't just sit there salivating join in !
Ros

LONDON MARATHON – If anyone wants a London Marathon place for 2012, Dulwich Helpline has one. You would need to raise as much money as possible. for trhis local charity. Dulwich Helpline provide volunteers and befrienders for isolated, elderly people in Southwark. They have a website which will give you more information. If you are interested, please contact Sue Vernon at vernonrun@aol.com.
I hope to hear from you

Wednesday Running Maps

On page 9 in SHORTS you will find a copy of the map for this weeks runs.

Although there will still be some available at the clubhouse , it would help if you can print your own copy and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover costs of hiring the club house, so please remember to sign in and pay up. Thanks. – Ros

LUCKY VEST

November winner was ***Catherine Forward***
Don't forget to wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening
To purchase a vest and or any other club kit contact
Sue Cooper susan.cooper@hsbc.com or
Nicola Richmond nicola.j.richmond@gmail.com

Please can you let Caroline know either at the club or by email, asap, if you require tickets for the Xmas party, as the venue needs to know numbers for the catering etc. carolineschurmann@yahoo.fr

CLUB FIXTURES 2011/12 - Club Champs , XCountry etc.

Date			Event	Venue
Dec	Sat	3	**Surrey League 2 XC - women**	Richmond Park
	Sun	4	**Pirie 10 www.southlondonharriers.org**	Farthing downs
	Sat	10	**Dysart/ Ellis Cups**	Richmond Park
	Sat	10	**Masters & Inter County champs**	Lloyd Park
	Sat	10	**Vets AC/ Inter Club**	Wimbledon Common
	Sat	10	**Kent Masters**	Tunbridge Wells
	Sat	17	**South of Thames 7 mile**	Roehampton (tbc)
	Sun	18	**Dulwich Runners AC Annual Turkey Trot (approx. 5k)**	Dulwich Park start 10am
Jan	Sat	7	**Surrey County Champs**	Denbies Vineyard, Dorking
	Sat	7	**Kent County Champs**	Wilmington
	Sat	14	**Surrey League 3 XC - men**	Reigate Priory Park
	Sat	14	**Surrey League 3 XC - women**	Farthing Down, Coulsdon
	Sat	21	**Vets AC Champs**	Wimbledon Common
	Sat	28	**South of England Champs**	Stanmer Park, Brighton
Feb	Sat	11	**Surrey League 4 Cross Country - men & women**	Esher
	Sat	25	**National Champs**	Parliament Hill
Mar	Sun	25	**British Master XC Champs**	Bath

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

Note that we will be co-hosting the January XC fixture with Reigate Priory, so we will need volunteers to help with marshalling, results etc. *Mike*

DULWICH RUNNERS

2012 CLUB CHAMPS

The races comprising the 2012 club champs have now been selected. The dates for some of the races are provisional, based on this year's dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. – ***Mike Mann***

17	Mar	5k (short)	Bromley (or Brockwell Parkrun if muddy)
1	Apr	1/2M (long)	Paddock Wood
22	Apr	Marathon (long)	London (or alternative)
22	Jun	1 mile (short)	Dulwich College track
12	Jul	2 miles (short)	Dulwich Park
22	Jul (tbc)	10k (short)	Elmbridge
2	Sep (tbc)	10m trail (long)	Dry Hill
14	Oct	10m (long)	Cabbage Patch

MARATHON Training Schedule

"Steve Wherle is one of our most experienced marathon runners, including and having completed all 31 London Marathons !

This is his proposed schedule of weekend runs, races and reps to help you prepare for a spring marathon. Steve is at the club most Wednesdays if you would like to discuss the programme."

Provisional – dates and events subject to change so keep checking in SHORTS

click here to see the schedule

RELAYS TEAM

We are looking for volunteers to join the relays team, which is responsible for the planning of the 3 spring relays, the 1066, the Green Belt and the Welsh Castles.

The work includes encouraging members to take part, providing details of organisation and planning transport/ accomodation, but if you would like more details please speak to Martin, Caroline or myself. ***Mike***

CROSS COUNTRY CHAMPS

We have decided to extend the cross country champs introduced last year to include 4 other races, in addition to the 4 Surrey League fixtures.

In order to qualify it will be necessary to complete any 5 of the total of 8 races. The 4 additional races are:

17 Sep.	*Reigate mob match*
26 Nov.	South of Thames 5 miles, Nork Park
28 Jan.	South of England champs, Brighton
25 Feb.	National Champs, Parliament Hill

Details of cross country races in the forthcoming season, including the Surrey League matches, can be found in the SHORTS fixture list. ***Mike***

Updated Mens XC Champs. after 3 events

	Mob match	SL1	SL2	Total
	Reigate	Richmond	Lloyd Pk	
Charlie Lound	49	50	48	147
Mike Mann	43	41	45	129
Andy Murray	45	40	42	127
Tony Tuohy	50	49		99
Wayne Lashley		47	49	96
James Godber		46	50	96
Chris Loizou		44	47	91
Neil Daniels	47	43		90
Matt Galvin	44		44	88
Jose Barretta		42	46	88
Mark Foster		39	43	82
Duncan Wilson	42	38		80
Mick Ward	41		35	76
Joseph Brady	39		36	75
Tiarnan Ocleirigh		37	37	74
Ameet Patel	38		34	72
John O'Byrne		34	32	66
John Fletcher	48			48
Mike Williams		48		48
Ed Smyth	46			46
Steve Smythe		45		45
Ebe Prill			41	41
Ian Sesnan	40			40
Hugh Balfour			40	40
Steve Ackroyd			39	39
Grant Barnes			38	38
Martin Morley		36		36
Graham Laylee		35		35
Ian Sesnan			33	33

CROSS COUNTRY 2011/12

The cross country season started with the mob match at Reigate (and effectively earlier for those of you who took part in the Eridge 10). Our highest priority are the 4 Surrey League matches, with the first fixture on 8 October (see the fixture list for details). For these races you just need to turn up on the day, at least 30 minutes before the start so that you can collect your number, be entered on the declaration and warm up. There is no need to pre-enter.

However for many other races, it is necessary to submit entries in advance, so please check Shorts nearer the time and make sure that you inform your captains of your intention to take part in advance of the deadline given. For these races which include the London, County, South of England and National Champs, as well as the 2 South of Thames races, you must make sure that you enter in advance; it is not possible simply to turn up on the day. For some of these races, notably the South of England and National Champs in the New Year, both of which are included in the club cross country champs, the closing dates are very early so please make sure that you respond in time. ***Mike***

SOUTH OF THAMES 7.5 MILES, 17 DECEMBER

The second South of Thames race takes place on 17 December, the day of the club Christmas party. The venue is the Thames Hare & Hounds clubhouse in Roehampton and the 7.5 mile course is on Wimbledon Common. If you would like to take part, please contact your cross country captains:

Mike mcmann90@yahoo.co.uk

or Kim dulwich.womenscaptain@yahoo.co.uk

no later than 7 December. – ***Mike Mann***

County Cross Country Champs. 7 Jan.

The Surrey and Kent county cross country champs take place on 7 January at Denbies Vineyard, Dorking and Wilmington near Dartford respectively. The plan is to enter the regular participants, who I will be contacting separately, but anyone else interested in taking part should contact your captains before 7 December.

Distances are approximately 12km for men and 8km for women. Qualification is by birth or residence. For residential qualification, those of you living in the boroughs of Lewisham, Greenwich and Bromley qualify for Kent, while those in Southwark, Croydon and boroughs further west south of the river qualify for Surrey. – ***Mike***

Race Reports & Results

parkrun 5km, Novemeber 26th

Black Park

Duncan Hussey writes…set deep in a Berkshire pine forest, this is a somewhat mystical and magical location. It is regularly used by film studios for feature length films such as Harry Potter and it's not hard to see why. Currently, a new adaption of Snow White is in production and with the heavy equipment needed to transport film crews around the forest combined with the Forestry Commission's logging operations, parts of the course were a little water "logged".

Despite this, you could see that when dry this would be a fast course set in a beautiful location. Having weathered the previous night's xmas party in a local hotel, I was all set to crank the pace up in the last half of the race but alas, the wicked curse of a recent calf injury meant hobbling/hopping was the only way to finish the course. Where's a magic wand when you need one?

17 Duncan Hussey 19.50

Brockwell

PBs for Ebe and Olga.

18 Ebe Prill	20:41 (PB)
29 Jozef Danko	21:35
34 Cameron Timmis	21:51
36 Graham Laylee	22:41
43 Olga Gillane 5W	23:26 (PB)
95 Mark Best	31:02

Bromley

Having previously chalked up 13 runs in the 19:47-20:00 range, a relatively clear PB for Mike with Oscar 10 seconds from his best as arecord 292 took part.

16 Mike Fullilove	19:40 (PB)
37 Oscar Hussey	20:53

Glasgow

Andy's 53rd parkrun was a new one for him as he ran his 12th different parkrun course.

23 Andy Murray 20:58

Greenwich

65 Helen Warner 14W 28:45

Norfolk 1/2M 26th November

James Godber

Extremely windy conditions meant that my objective in this race (a sub 75 effort to secure a Champ start place for the 2012 version of the VLM) was always going to be an extremely difficult, if not impossible ask with my current fitness still lacking.

Having had a rubbish race in Brighton last week (in perfect conditions), this time the preparations had all gone to plan. Decent rest meant my foot problem was not as pronounced and my light evening meal on Saturday meant that even after the 2.5 hour drive from Redhill, I felt reasonably refreshed and was ready to go. It was just the weather that was my enemy.

From the off I stuck with the leaders, no one wanting to take the race on until between 3 and 4 miles. This meant I was bang on schedule through the 1st half of the race with almost no variation in pace.

Once the real racers kicked on I unfortunately became isolated, as I had at Barns Green, and between miles 7 and 8 I could hardly take two steps forward without being blown sideways.

As a consequence, my pace dropped by almost a minute. The run between 8 and 9 was equally tough and thereafter, recognising I wasn't going to get the time, I eased back in the hope that I might reduce the damage to my legs. I even stopped at a water station and when I saw Michelle in the last mile went over for a sweaty kiss – she is lucky.

A disappointing day, but still a solid training run. It seems the bulk of those who ran the postponed 2010 version of the race earlier this year were approximately 3 minutes slower this time around so, had conditions been kinder and assuming I had been able to hold it together over the final miles, I might just have had a chance.

23 James Godber 80:17

WOMEN WIN BRONZE AT NORK PARK

Dulwich women continued their medal winning habits with a team bronze at the South of Thames XC race at Nork Park. The third placed team comprised Ola, Nicola, Kim and Mel while the B team (Claire Steward, Clare Wyngard, Anna Thomas and Ruki) finished 6th team of 4. Meanwhile the men finished 9th team of 8.

Following a circuit around playing fields, the course consisted of three 1.5m laps, mostly on firm grass with some challenging short climbs on the return section following a long downhill. The distance was around 5.3 miles.

Ola, in common with most who ran the previous weekend at Parliament Hill, had a better run. After a gap she was followed in quick succession by Nicola, Kim returning to form, and Mel with another strong run to complete the A team. There was a good turnout with 11 women in total competing, including newcomer to cross country Anna Thomas, improving with every run.

The men (10 in total) were led home by Charlie, who eased his way round the course following recent injury problems. Chris left little time for his warm up, having decided to drive down the scenic route via Reigate. The remainder ran close to current form, though Martin took it easy following recent illness. Thanks to John T, Barry G and Bruno for their support. ***Mike***

Men			
48	Charlie	Lound	33:44
67	Chris	Loizou	35:13
85	Mike	Mann	36:50
90	Mark	Foster	37:12
105	Hugh	Balfour	38:45
120	Peter	Gibbons	42:03
122	Martin	Morley	42:35
126	Ian	Sesnan	43:20
132	Ameet	Patel	45:15
134	Barrie J	Nicholls	47:03
Women			
6	Ola	Balme	36:47
14	Nicola	Richmond	39:27
15	Kim	Hainsworth	40:08
17	Mel	Edwards	40:24
24	Claire	Steward	42:05
28	Clare	Wyngard	42:48
(29	Jo	Quantrill (2nd Cl.)	42:51 S.L.H)
30	Anna	Thomas	43:11
43	Ruki	Sidhwa	48:00
44	Lindsay	Annable	48:12
49	Stephanie	Burchill	51:30
51	Jo	Hewett	55:06

Dulwich Men:	Dulwich Women:
17th team of 4	A team 3rd team of 4
9th team of 8	B team 6th team of 4

British & Ireland Masters International, Glasgow, November 26

Representing the English team, Clare Elms and Ros Tabor added to their team gold medal collection as England won but both silver medallists from 2010 in Dublin they narrowly missed out on an individual medal this time.

Conditions were awful with gale force winds and heavy rain blowing down portable toilets and meaning no tents could be erected and the course with steep slippery descents crossing over lots of paths meant there were lots of fallers.

Clare started badly as the race was started while she was chatting behind the start line. Running sensibly as she had done relatively little training since the London Marathon, she gradually worked her way up to the battle for third W45 and was tracking former overall winner and senior international Niamh O'Sullivan who was one of Ireland's best ever senior cross-country runners when she fell on the approach to the final hill.

She never got back on terms and just focussed on holding off Scotland's former British champion Sue Ridley which ensured England won by a point and gave Clare her fifth successive team gold having now competed in Belfast, Swansea, Birmingham and Dublin before this race in Glasgow.

W45: 1 M Whyte (SCO) 22:03; 2 S Samme (ENG) 22:19; 3 N O'Sullivan (IRL) 22:22; 4 C Elms (ENG) 22:34; 5 S Ridley (SCO) 22:40; 6 J Wassell (ENG) 22:58

TEAM: 1 England 12; 2 Scot 13; 3 Ireland 28; 4 Wales 40; 5 N Ireland 46

There was no expectation Ros would be able to challenge Angie Copson who was going for her fourth win on the trot but after tracking Copson up the first big hill and a clear second, Ros had a heavy fall on the dangerous descent on the other side. She never quite fully recovered and was passed by two of her team-mates that with a clear run, she would probably have beaten but she finished well ahead of the Irish, Scots and Welsh runners and won a team gold with ease.

W60: 1 A Copson (ENG) 25:46; 2 L Lyness (ENG) 27:37; 3 M Moody (ENG) 27:42; 4 R Tabor (ENG) 28:04; 5 J Coyle (IRL) 28:40; 6 A James (WAL) 28:42

TEAM: 1 England 6; 2 Ireland 18; 3 Wales 26; 4 Scot 32

The Runner's Delusion

Tony Tuohy

We're our own worst enemies, aren't we? Runners I mean. How many times have you asked someone who's been suffering from an injury if it's okay now, only for them to reply, 'Well I thought it was but I went for a run and it's sore again now'. Lots, I'll bet.

So far, I'm still resisting. It will be four weeks this Saturday since I last ran. Four weeks. Probably doesn't sound much to some of you seasoned patients but my frustration levels are now off the scale. Indoor sessions on an elliptical machine just aren't cutting it. Forty minutes at one go is all I can handle on that thing – tedious is not the word. Staring out the wide open window (can't believe that much sweat) or at the telly only distracts me so far, but it does at least reduce my legs to jelly. And I'm getting better at it, regularly increasing distance covered (big deal).

The week after it happened (in the 10k race at La Santa, couldn't walk after) I went to A & E and blagged an x-ray as I was still forced to walk with a heavy limp. Much research on the interweb had convinced me it was a stress fracture or stress reaction (I'd never heard of that; it's almost a fracture but not quite – sort of caught it on the way and stopped in time). No fracture on the x-ray but then I found out it won't show anyway until new bone starts forming weeks later, so fat lot of good that was. I turned down their kind offer of a crutch.

I needed some advice closer to home – I rang the Stress Fracture King, that's Mike Williams to you. So Mike, tell me about your stress fractures. 'Well, the first one got better after eight months but the second one was much quicker, only five months'. Did I hear that right? I got him to repeat it but it was true. Oh God.

On the bright side (there is one, eventually) I've been walking without the aid of a limp for about ten days now and the shin pain has definitely been gradually improving. I'm now quite hopeful there was no fracture as the improvement compared to Mike's experience has been relatively rapid – so maybe just a stress 'reaction'.

Which brings me to the 'our own worst enemies' bit again. You see, there's a race I want to do. It's the Kent Vets XC Champs and on this year's form I'd have a real chance of a medal. But it's one week on Saturday. That will be five weeks since getting injured and at the moment running is still out of the question as any landing impact on the ball off my foot still hurts.

So you have to delude yourself, don't you? Surely by next week I'll be jogging? And surely a few days later I'll be just about well enough to run the race without damage? Surely?

Deluded, right? Shouldn't even think about it really, but I believe, I believe……..

1066 COUNTRY WALK BOOK PUBLISHED SOON

Those of you who enjoyed your foray into East Sussex for the 1066 Relay in May, organised by Nick Brown and his 2nd claim club Hastings Runners, might be interested to know that Nick's second walking book is due out on 15th November.

For the first time the 32 mile Walk is broken down into 6 separate stages; in addition there are a further 6 circular walks all taking in part of the 1066 route that you enjoyed so much earlier in the year! So that's 12 walks in all, and naturally all the routes are perfectly runable although some of you may need to brush up on your stile technique!

The book is packed with superb photos, great sketch maps and fascinating snippets of local history; and will be recommended by the 1066 Tourist Board. So if you are still looking for that "special" Xmas present, or simply want to treat yourself, then look no further! You can order a signed copy direct from Nick at the bargain price of £10.99 plus £1.00 postage. Please contact Nick on 07918 907265 or email nickbrown@careerlegal.co.uk

SUNDAY RUNS, RACES & REPS

Preparation for London Marathon 2012

(Provisional – dates and events subject to change)

Includes: middle and long distance multi-terrain / road races
Cross Country (XC) Fixtures on Saturdays

Sunday runs at High Elms, Mile repetitions in Dulwich Park

Weeks to go!	Date	Event / Distance	Information
16	2 Jan	Tadworth 10	1:00pm – Epsom Downs – on/off-road
15	**7 Jan**	**Surrey / Kent County XC Champs**	**Denbies Vineyard, Dorking / Wilmington**
15	8 Jan	6 x 1m reps	Dulwich Park 09:30
14	**14 Jan**	**Surrey League XC**	**Reigate Priory (M), Farthing Down (W)**
14	15 Jan	High Elms 14m	09:00 off road with HEROS
13	21 Jan	Box Hill Fell Race	Tough! http://www.sloweb.org.uk/
13	22 Jan	Dartford 10 or Benfleet 15	10m road race / 15m multi-terrain
12	**28 Jan**	**S of England XC Champs**	**Brighton**
12	29 Jan	8 x 1m reps	Dulwich Park 09:00
11	5 Feb	High Elms 17m	0:900 off road
10	**11 Feb**	**Surrey League XC**	**Esher**
10	12 Feb	Sidcup 10 or Meon Valley Plod	10m road race or 20m off road
9	19 Feb	Wokingham 1/2m or 10 x 1m reps	Road race or 09:00 Dulwich Park
8	**25 Feb**	**National XC Champs**	**Parliament Hill**
8	26 Feb	Tunbridge Wells 1/2M	Tunbridge Wells , Kent
7	4 Mar	Thanet 20	road race
6	11 Mar	High Elms 15m	0:900 off road
5	18 Mar	Spitfire 20m road race ….or	Dunsfold aerodrome
5	18 Mar	…. 12 x 1m reps	Dulwich Park 09:00
4	25 Mar	Richmond Park – Bushy Park 22m	09:30 Roehampton Gate
3	**1 Apr**	**Paddock Wood 1/2m**	**CLUB CHAMPIONSHIP (TBC)**
2	8 Apr	10 x 1m reps	Dulwich Park 09:00
1	15 Apr	Easy 10m or Thames Towpath 10 (tbc)	High Elms 09:00
Zero	**22 Apr**	**LONDON MARATHON**	**CLUB CHAMPS – MARATHON**

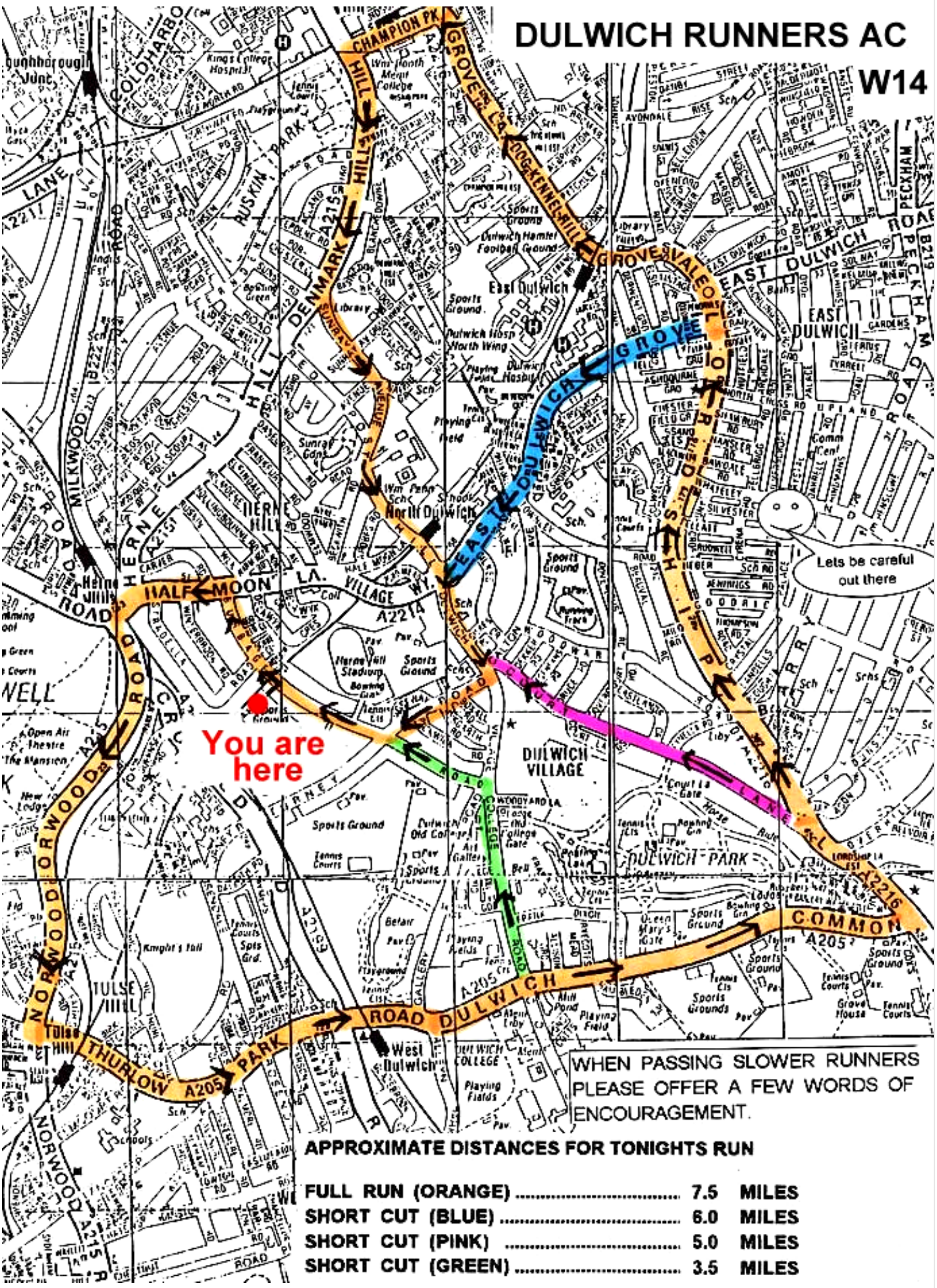
(**dates in bold are club and or club champs races**

Races | Club Champs/ XC | Mile reps | Long runs

The traditional Sunday Dulwich Park runs start at or 09:00 0930 for longer runs for marathon preparation
For a more rural run, meet up with members of Orpington and Blackheath Clubs, 'HEROS'
High Elms Runners on Sunday starting from High Elms at 09:00
For more information contact Steve Wehrle or Claire Steward
For XC events, contact the XC Captains for further details
Suitable for; 3:15 – 3:50 time – long runs with Claire
3:50 – 4:30 – long runs with Steve

DULWICH RUNNERS AC

W14



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	**7.5**	**MILES**
SHORT CUT (BLUE)	**6.0**	**MILES**
SHORT CUT (PINK)	**5.0**	**MILES**
SHORT CUT (GREEN)	**3.5**	**MILES**

Dulwich Runners
TurkeyTrot Handicap Race

5K (approx) HANDICAP RACE (3 laps of Dulwich Park)

SUNDAY 18th DECEMBER 10.00 (meet by Queen Mary's Gate)

prizes for:
1st runner across the finish line
1st walker across the finish line
closest to predicted time
best fancy dress - THEME SNOW

entry fee £2.50 or £2 if in fancy dress

me: _____

most recent 10k or 5k time (if you did not run the Bromley parkrun this year):_____

predicted time for 5k on 19th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than handicap.

ros@28kerfield.freeserve.co.uk

SIZZLING SATURDAYS

Sat 19th Nov - Sat 3rd Dec 2011

20% off all shoes for the period above.

As a valued customer of The Runners Shop, Beckenham you are entitled to 20% off all shoes using the voucher below. Simply cut it out and present it when purchasing your shoes and you will get 20% discount off any shoe purchase

20% Discount Voucher for any shoe purchased

Between

Saturday 19th November – Saturday 3rd December

20% discount voucher

Conditions apply not to be used with other discounts or promotions.

Dulwich Runners Athletic Club

Annual General Meeting

Wednesday 19th October 2011

Edward Alleyn Club
Rear of 83-85 Burbage Road
London, SE24 9HD

The meeting was attended by 51 members of Dulwich Runners

1. **Opening**: The Chair, Ros Tabor, made some opening remarks, highlighting, especially, another successful club championship that had been fiercely contested across the various categories. She also noted how many members now enjoyed the weekly 'parkruns' in multiple venues across our area, and welcomed this, although she encouraged members not to overlook opportunities on Saturdays, such as the Reigate mobmatch, where they could run for the club and which seemed to be recording lower entries than previously. The number of members achieving personal bests pointed to a very successful coaching structure and she thanked all of the club coaches for their efforts throughout the year.

   Some individual club members were thanked personally. Kev Wood was passing on responsibility for the Assembly League after ten years during which it had gone from strength to strength and where his role had brought great credit on the club. After a similar period Steve Cook was handing over club kit duties to Nicola Richmond who was welcomed in his place. Finally Caroline Schurmann was going to stand down as Social Secretary following the Christmas party after over a year of formidable energy and truly spectacular successes.

2. **Apologies for absence** These were received from Christine Dawson, Peter Gibbons, Martin Morley, Rukhi Sidhwa, Steve Street, Chris Vernon, Dave West, and Clare Wyngard.

3. **Minutes of last AGM** There were no corrections to the 2010 AGM minutes which were agreed. The single matter arising from the 2010 AGM concerning club policy on the funding of social events would be returned to in an agenda item at this AGM.

4. **Treasurer's Report** Graham Laylee presented a set of accounts showing an operating deficit for the year of just over £1500. Graham contended that this was largely down to extraordinary items and did not necessarily imply that any major changes in the financial direction of the club were required. It could be satisfactorily addressed by more careful control of costs and a membership drive. Indeed membership income was holding up well and one of the extraordinary items this year was the production costs of promotional flyers that would assist such a drive. In addition some issues arising from the summer refurbishment of the mens' facilities were still being ironed out with Alleyn's school but members should note that the accounts included a refund of one month's hire charge for the short term disruption that the club had encountered.

   Despite these assurances there was a general view, following a reminder from Steve Wehrle of the discussion at the 2010 AGM on raising the Wednesday night fee, that the AGM could usefully explore this issue again. Various views were expressed about raising either the Wednesday night fees or the annual membership fee or retaining the *status quo*. Discussion followed on these options with ideas being expressed on incorporating voluntary and/or discretionary elements into the Wednesday evening fee in particular. A vote was eventually taken with increasing the annual membership fee (by £5) emerging as the overwhelming choice (over retaining the *status quo* or increasing the Wednesday night fee to £2). This will be put into effect from the 2012 renewals onwards.

   Other topics of discussion arising from the Treasurer's report were

   - loss of one of the (two) race clocks: this had resulted from a breakdown in communication with its last hirer. Some discussion ensued on best practice to guard against future problems of this kind, centring on the policy over insurance and deposits. Nicola Richmond observed that for an item for hire with a value of c.£2k having insurance cover ought to be standard procedure. After some inconclusive exchanges it was agreed that the insurance position would be explored with the assistance of Pat O'Connor. Trish Umunna wondered whether a deposit might be required, perhaps in the form of a cheque to be cashed only in the case of non return. However Giles Gibson stressed that the lost item was very much the secondary clock in terms of the overall net revenue stream because it was rarely charged out and, even then, regularly incurred significant maintenance costs. All of this would be relevant when considering the future policy.

- race fees: Steve Wehrle pointed to the rise in race fees of roughly one third and asked for clarification on the club's policy in choosing which races to support directly from club funds. The Committee, assisted by further explanations from Steve Smythe, explained that this would always be a question of judgement but the criteria involved would typically include whether a team were involved and whether the events in question were relatively prestigious, at regional and/or national level, for the club to be seen to be competing in. John Fletcher observed that his experience here with other, comparable running clubs was that members would typically pay for their own relay fees etc.. The Committee accepted that the club's written policy probably required a review and would carry this out.

5. **Issues arising from the 2011 Dulwich 10k** Two concerns had been raised

- Public Address System: Steve Wehrle and Sue Vernon highlighted the malfunctioning of the PA system. Barry Graham confirmed that he was in the process of arranging for a refund from the supplier, HSS. There was no immediate need to resolve the main issue with options around repairing, replacing or hiring being discussed but without firm conclusions. It was therefore agreed that a small team would be assembled including Barry Graham, Hugh Balfour, and Chris Vernon (on return) to make recommendations.

- Routing: Bernard Imber expressed his concerns about the safety of the event this year. He had noted particular problems with traffic control around the football pitches off the South Circular. He thought it might be eased by reverting to a previous routing using the Rosebery Gate instead of the Queen Mary. Subsequent discussion failed to identify any firm reasons why this year's running should have been markedly worse than the recent ones that had used this routing although Richard Handscombe thought that the marshalling seemed relatively light in the problem area. Members were thanked for their contributions which would serve as an early warning to the 2012 Race Committee to look carefully at the experience of 2011.

6. **Funding of future social events**: The issue in question, discussed at some length at the previous 2010 AGM, was whether the club wanted to ring fence a set percentage of funds for social events out of its annual revenue. Notwithstanding the club's primary identity as a sports club, several members once again stressed the importance of its social aspects in their personal attachment to the club. Club secretary, Mike Dodds, recalled **t**he minutes of the 2010 AGM that the proposal to ring fence 'did require special attention from the Committee, probably in the form of some strategy or policy being developed'. He explained the view of the Committee that the experience of the past year, albeit assisted by the efforts of an outstanding social secretary, suggested that the need for a strategy had not (yet) come to a head. This was accepted by the meeting.

7. **Vote of thanks and adoption of new committee:** Ros Tabor thanked the committee and in particular Kim Hainsworth who had operated effectively for much of the year as the combined road and off road women's captain. Otherwise the General Committee was returned as detailed on the meeting papers.

8. **Any Other Business:** There was one such item. Steve Street had enquired, *in absentia*, whether some hard copies of 'Shorts' could be provided on Wednesday club nights for members who may not have had access to their e-mail/printer in the relevant period. There was little enthusiasm for this idea, on environmental grounds principally, and it was therefore declined.

9. **Close:** The meeting closed around 10.15 p.m..

MD – Nov. 2011