SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 22nd Febraury 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed 22 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Sun 25 **National XC Champs**

Tue 28 **Track Session with Steve Smythe** see below
Ladywell Track http://g.co/maps/sqrjq
pay at desk on entrance, £2.55

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.

Track Sessions at Ladywell

Improve your speed & strength over all distances
Tuesdays with Steve Smythe Start 7pm. – fee £2:55.
Pay at desk on entrance to track Sessions start at 7pm and are suitable for all abilities.
Location http://g.co/maps/sqrjq

WEDNESDAY NIGHT £1 RUNNING FEE

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

LUCKY VEST

February winner was Andy Murray *(stewards inquiry pending…Ed.)*

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

Vests/kit – a selection of tops is always available at the club on Wednesday nights (£15 each)

In your *SHORTS* this week !

2 Club Champs, XC Fixture List
5. Relays relays and more relays !
6.. Race reports & results
9 Marathon Training Schedule
10 Wednesday Night Map to print

And much more !

---------- EVENT HORIZON ---------

A brief look ahead

Feb 25 National XC Champs
Mar 10 Club Champs 5k
Apr 1 Paddock Wood 1/2M Club Champs
full fixture list & info page 3

NEW RUNNERS ROTA

Thanks to **Mike Dodds** for taking out new runners last week.

If you are listed to take out 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 either swap with someone or let us know. Thanks. – **Ros**

Tiarnan Ocleirigh	22/02
Sam Oyeyinka	29/02
Claire Steward	07/03
Ros Tabor	14/03
Cameron Timmis	21/03

Annual Subs Due

You will have received either by email or post your 2012 membership renewal reminder. Your current membership expired on 31st Dec so in order to compete in this year's club champs and other events as a Dulwich Runner you will need to

RENEW ASAP RENEW ASAP RENEW ASAP

If you haven't received your renewal form then contact me barry@bg1.co.uk

For once in my life I'm giving you a bit of notice. Saturday 10th March I'm playing drums with English Rogues at the Oval Tavern, 131 Oval Road, East Croydon CR0 6BR (a few minutes walk from East Croydon station): http://www.bing.com/maps/?where1=cr0%206br,GB&FORM=MMREDIR. Playing from about 8.45pm, entry is free.
Some of you will remember a good night at this pub when we played there about a year ago.

You'll all need a bit of light relief after blasting round the Bromley parkrun that morning for the Club Champs 5k. So come and get your fill of blistering guitar solos and mad 'Animal' muppet drumming with all the usual Rock Mayhem!

Tonv 'Thundersticks' Tuohv.

SWEATSHOP DISCOUNT VOUCHERS

Sweatshop Clapham is offering club members a 20% discount on all its product range. This will be available at its Clapham store in Voltaire Road until 14 April. Vouchers will be available at the club on Wednesday nights

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.
Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name by 7:10
Don't just sit there salivating…join in ! – **Ros**

Relay's wot Relay's

Make a date of **22nd Feb** and after the run stay for a short presentation and chat about the relays that we as a club take part in.
Find out what each one is about and ask questions and we will answer them for you.

So no matter how new or old to the club you are why not order your fish & chips and come and listen to *The Relayers Team* short talk.
cheers.– Martin – 07505149144

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***

Pancakes for all – this Wednesday at the club night.

A key calendar date for supreme athletes is the world famous Runners Shrove Wednesday when runners around the world indulge in their favourite carbohydrate loading by seeing just how many pancakes they can scoff in a single sitting.

Dulwich Runners, being a world class running club will be leading the charge to the kitchen this Wednesday night. Runners, walking wounded warriors and bar flies are welcome to partake in the delights of freshly cooked pancakes after the club run on Wednesday.

Shrove is derived from the word shrive, meaning "to confess" so it will be an opportunity for all runners to finally come clean on all the short cuts, under the rope detours, swapping race numbers, sneaky tactics or plain bragging on finish times that they really didn't manage in races gone by.

Ajay is up for challenging anyone to see how fast he can make a pancake disappear compared to any other "marathon pancake runner" as part of his highly tuned "speed is within us all, especially when it comes to pancakes" training plan.

However, there is a catch, pancakes will only be available upon giving the secret password available only via twitter - just follow @dulwichrunners to be in the know.

Remember, no tweets, no eats.

CLUB CHAMPS 2012

The first two club champs races of this season are the 5k parkrun at Norman Park, Bromley on 10 March, followed by the Paddock Wood half marathon on 1 April. Please make sure that you enter Paddock Wood soon to avoid disappointment and note that you will only qualify for club championship points if you have renewed your club membership and you are wearing a club vest. *Mike*

REIMBURSEMENT OF RACE EXPENSES POLICY

At last October's AGM, the Committee was mandated to refresh its policy towards the reimbursement of race expenses. An updated document approved by the Committee can be found on the Dulwich website.
http://www.dulwichrunners.org.uk/aboutus.html

Wednesday Running Maps

On page 10 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.

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

Date			*Event*		*Venue*
Feb	Sat	25	National Champs		Parliament Hill
Mar	Sat	10	5k Bromley (or Brockwell Parkrun if muddy)	S	Bromley or Brockwell
	Sat	10	Orion Harrier 'Mercury' 10 Mile XC Race		Epping Forest
	Sun	25	British Master XC Champs		Bath
Apr	Sun	1	Paddock Wood 1/2M	L	Paddock Wood
	Sun	22	Marathon	L	London or alternative
Jun	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Date of the **5k parkrun** has changed to **10 March** to avoid a clash with another event.
Cabbage Patch 10 has been confirmed as **21 Oct**,
2012 Club Champs races in red S=Short L=Long
Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked with asterisks, below) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm#prov

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

Update: the Wimbledon 5k has been moved to Saturday 11th August to avoid clashing with the Olympics Men's Marathon. (Although you may want to consult your coach if you are aiming to do both!)
Also, the Richmond Half is officially full, but a few places have been made available for members of Surrey clubs. Contact me for details." - *Charlie Lound*

Kent Grand Prix and Championship Races

4 March	Thanet 20 *
6 April	Folkestone 10 *
15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

6 May	Richmond Half Marathon *
13 May	Sutton 10km
3 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
12 August	Wimbledon 5km *

Orion Harriers are holding their annual 10mile Cross Country Race on **Saturday 10th March** from their new clubhouse in Epping Forest.

For those who havent run it before, its a beautiful one lap race with plenty of mud and hills through the forest. **Entries are on the day** and the race is always a relaxed, friendly affair.

This year, we will also be able to offer hot showers and food after the race (even for the women) again, so we are keen to open up the field to new runners.

You and your members, as always, are welcome to join us on 10th.

Tim Wright - Captain, Orion Harriers – 07910 185162
www.orionharriers.org.uk

"Note that this is the same day as our club champs 5k at Bromley, but some of you may relish the chance to double up.

For those of you who are more cautious and in need of a long off-road run, we have been invited to enter the Orion 15 which also takes place in Epping Forest on 24 March."- ***Mike Mann***

NATIONAL CROSS COUNTRY CHAMPS, 25 FEBRUARY

Those of you who have been entered should already have been notified, but the National cross country champs takes place this Saturday at Parliament Hill Fields. For most this will be the final event of the cross country season as well as the final race in our cross country club champs. Start times are 2.05pm for the U13 boys, 2.20pm for the women and 3pm for the men, and the races start behind the Lido building.

Please ensure you are there at least 30 mins before the start to collect your number and warm up. Look out for the Dulwich banner. The course is reported to be muddy at the usual places, where it tends to get badly cut up, so if you have spikes, you may want to select your 15mm ones. After the race, we are planning to adjourn to our traditional watering house, The Magdala. *Mike*

Dulwich Runners and Relays.

It's that time of year again and we start thinking of….London Marathon followed nicely by relay events. Each year we participate in a number of relays that all in the past have thoroughly enjoyed and want to do again. I'd like to think it is because they are so well organised but think it is more likely just how great the events are and to run in some stunning scenery.

The relays are for all abilities, yes I know you have heard this all before but for Dulwich Runners (DR's) it is true.

We can only enter and enjoy these events because we use all our runners possible whatever their level. We do target some relays with a stronger team but this is for only a couple.

Whether you are new to the club or new to running relays or an old stager now is the time to put your name forward.

So what are the relays we enter and when?

South of England Road Relay Championships. Milton Keynes Sunday 25th March.

(Hopefully entering a ladies team of 6)

New course and venue this year.

This we have done several times over the past years and for the men it is a 12 stage event with alternate short and long stages. The ladies do 6 stages over the same course. At the sharp end there are some top clubs with very fast runners and we usually finish anywhere between low 30's to 40th team out of 50+ teams. We have fielded 2 teams before both men and ladies. Good fun to be running with and against some class runners. Always interesting to see if you can hold or better DR's position on your leg.

The 1066 Relay. This is near Battle in Sussex Saturday 6TH May

We ran this last year (first year of the event) with 4 teams over 5 stages and everyone thought it was great. All run in one day and only one long stage (10 miles) and a nice short stage (3 mile), with 6+ miles for the other 3 stages. Very good organisation from one of our 2nd claim members and his team of helpers. This allows us to put some very specific teams together, i.e. Senior Ladies, senior men, Vets Ladies, MV50 men, mixed and any combination you can come up with. Slick organisation required to get everyone at their start and picked up at their finish which means we all have to be flexible but that just makes it all the more fun. Because of where it starts and time of start means early rise to get to leg one on time! Looking to field even more teams this year.

BMAF Masters Relays. Saturday 12TH May

This I'm afraid is not one for the youngsters of the club, as you have to be over a certain age. Women and men 35+ & men 40+. This will be a nice warm-up for the GBR for those of the correct age. They are held in different venues around the country and are just as competitive as open races. This year it is in Sutton Park, no not Surrey but Birmingham. Again all levels of ability as clubs can struggle to field a full team. Always good to watch some old people running remarkably fast and some remarkably slow with most in the middle.

(GBR). Saturday & Sunday 19TH & 20TH May

This is one we have done for many years and have had several stage winners. It is a 22 stage relay over Saturday and Sunday and each team member has to run a stage on both days. Sounds hard? Well yes it is but we have never had anyone not do both days unless through injury!!

We try to get at least 2 teams but have managed 3 in years past. This limits the composition of the teams, especially as we have to have 11 members of course for each team. This year we would like to field a women's team which could stand a good chance of being amongst the prizes. The relay takes you all around London and most is outside the M25 and taking in some truly stunning countryside.

The stages are graded by how hard and we match team members current abilities to the different stages so don't worry (unless you have upset one of the organisers of course!!) you won't be out of your depth. Most are amazed at how well they run on both days and this is one that although some only come for their stages it is well worth making the weekend of it so you can support and encourage other team members and see just how good the countryside is at this time of the year. Camera's at the ready.

Welsh Castle's Relay (WCR). Saturday & Sunday 9TH & 10TH June

We do this as often as we can be accepted by the organisers. Like the GBR it is always oversubscribed and due to its nature they do have only a limited number of teams allowed. This is for 90% of the team a weekend away. As the name suggests it is in Wales and starts in North Wales at Carnaervon Castle and over Saturday and Sunday wends its way down the coast a bit and then down the middle of Wales to the south finishing in Cardiff Castle grounds. We normally travel up on the Friday and return Sunday evening.

This is the easy one as you only have to run once, the hard part is that this is Wales and it seems to have a lot of hills and even some mountains! Still we again match stages to team members current fitness levels and again we have had some good stage wins, our ladies hold more stage wins than the men (OK a lot more, I know, I know). Do I need to mention the stunning scenery again? Don't think so as again this a great time to see Welsh countryside (and a couple of industrial sites) at its best.

South of England Vets Relays. Aldershot, September 22/23 (dates tbc)

These are short distance stage approx. 3 ½ miles and there are only men's or women's teams in the different age categories including seniors and vets. We look to see how many are prepare to run and then try to select a strong team. This includes you as it can be a challenge to get a complete team to the event on the day.

Seem to suffer a lot of injuries just before these, too much track work but also holidays, just a couple of the excuses sorry reasons why. You will have the chance to see some very good club runners and some internationals that are representing their clubs just like you.

So what do you have to do now?

E-mail therelayersteam@dulwichrunners.org and tell us you would like to be considered for which relay/s (hopefully all of them). That's it simples!!

(please note corrected email address)

For more information. If you would like any more info then please seek out and speak to Mike Mann, Martin Morley, Andy Murray or Kim Hainsworth. All will be happy to answer your questions, allay your fears or why not speak to others that have done these relays themselves before.

WEB-SITE INFO. Have a look at Dulwich Runner's web-site as there are buttons for GBR and WCR with reports from previous years. 1066, GBR & WCR have their own web-sites which, like ours are well worth a look.
Web-site for 1066 is www.spanglefish.com/1066relay GBR is www.greenbeltrelay.org.uk and WCR is www.lescroupiersrunningclub.org.uk then go to Welsh Castles Relay page.
DR's have to apply for these relays so please respond as soon as possible so we can gauge numbers and apply accordingly.

Thanks. ***THE RELAYERS TEAM***

Race Reports & Results

5km Results for February 18th

The Parkrun organisers encourage the wearing of club vests, so if you have one please wear it and help promote the club. Vests and other club kit can be obtained by contacting – **Sue** susan.cooper@hsbc.com **Nicola** nicola.j.richmond@gmail.com

Brockwell

Mike Williams did a PB but suffered a very nasty reaction post race as his tongue swelled up. Charlie and Jozef also did a PB as we had three of the top 4 women.

4 Mike Williams	17:07 (course PB)
2W/17 Alexie Shaw	19:26
19 Mark Foster	19:50
3W/20 Ola Balme	19:52
4W/22 Charlie Wood	20:00 (course PB)
29 Jozef Danko	20:40 (course PB)
35 Sam Oyeyinka	21:01
8W/43 Nicola Richmond	21:27
45 Paul Hodge	21:48
51 Ian Sesnan	22:09
55 Graham Laylee	22:29
77 Ameet Patel	24:02
95 Dominic Brooks	25:14

156 finished

Bexley

3 Steve Smythe	20:59 (course debut)

85 finished

Bromley

6 Jim Addison	18:06 (2nd claim)
32 Mike Fullilove	22:26
76 Colin Frith	22:28

298 finished

Crystal Palace

Ben Fairhall, who has been impressing at the track sessions this winter ran the fastest ever time by a Dulwich Runner here. Will Davis was a distant second

1 Ben Fairhall	16:51 (PB/DR club record)
2 Will Davis	18:33
14 Jim Dowsett	22:19
18 Bob Bell	22:37
4W/25 Clare Wyngard	23:22
26 Mike Dodds	23:31
7W/36 Claire Steward	24:30
39 Jonah Albert	24:52

87 finished

Cardiff

This was the 4th birthday at Cardiff and also awards day, with Ros receiving a commemorative glass for the best age-graded performance (over 92%) there in 2011-12 .

In return she marshalled by the weir at 1k. Andy had a slow start , affected by there being 288 runners, but kept going steadily to overtake a lot by the end.

31 Andy Murray	20:11

Riddlesdown

2W/17 Ange Norris	21:55

64 finished

Hackney Marshes

In the shadow of the Olympic stadium, this is out and back course circumnavigates the land of a thousand football pitches. Not that there was one footballer in sight, just a flock of seagulls braving the bracing wind whipping across the somewhat desolate landscape. Even though the mercury was hitting the giddy heights of 8 degrees, with the wind, it actually felt colder than the sub zero temperatures of the two previous weekends.

Lucky that there was warming camaraderie from some of the fellow parkrunners, some of whom were on their way afterwards to watch Hoy & Co in action at the nearby velodrome. Some reasonable competition but I became isolated mid race onwards and such was the wind, narrowly avoided running into the only tree in the final 100m. Wonder if we'll see the likes of Farah & Rupp trying out this course 4th August?

6 Duncan Hussey	19.14

Bridge Duathlon, Gravesend Cyclepark, February 19

Steve Smythe battled with Tony Tuohy's nephew for most of the first run and after pulling away on the bike stayed roughly around the 8th/9th place mark though lost a few places with very slow shoe changing but regained on the final run.

It was a very strong wind and much faster speeds were achieved on the bike on uphill section of each lap with a tailwind than on the fast downhill sections.

8 (1M50) Steve Smythe 76:07 (first run (approx 5k: 19:06 plus 50 seconds transition, 39:46 approx 20k bike, 1:00 transition plus 15:25 approx 4k run)

Cottesloe Beach Triathlon, February 18

Buzz Shephard reports I Almost didn't compete due to a bad case of man flu! Anyway decided to use it as a training session at the very least. The swim was at the iconic Cottesloe beach (were a swimmer was taken by a shark a few months ago).

There hasn't been a shark sighting for at least a fortnight so what the heck! Sea was fairly choppy and with no wetsuits allowed this was always going to be tough. The bike course was extremely busy and with my recent crash I decided to take it pretty steady and put in some efforts on the hills. Went out reasonably steady in the run on a fairly flat loop and overtook quite a few competitors.

Buzz Shephard 1:22:08, 30th (M30-39)
Swim (750m) 20:18 (61st)
Bike (22.5k) 42.51 (55th)
Run (5k) 18:59) (30th)

BMAF South of England/Eastern Vets/Vets AC Championships, Lee Valley, Feb 19

All 4 Dulwich Runners had a successful return to the indoor track scene. Ros sat in in her 800m behind multi-record holder Pat Gallagher before kicking away in the last 200m with a last lap seven seconds quicker than any of the previous three. Clare Elms sat in initially before easing away to victory over the second half. Mike Mann front ran all the way and then produced a kick from the front to win his race while Tony did well off very little training to run a faster second half.

In the 1500m, Clare expected a tougher race and she followed Bernadine Pritchett, who had given her a great race four years ago when the pair broke the British W40 record until the last lap and kicked away to a respectable sub 4:50 clocking. Ros ran a good double with a good kick to beat a W55 on the line and go well inside six. Mike Mann found the 1500m harder and lost a little ground over the second half after a quick start while Tony Tuohy ran another well paced run and a strong last lap saw him go inside 4:40.

800m

ht 1: 1 Ros Tabor 2:57.98 (1st W60)
ht 3: 1 Clare Elms 2:29.95 (1st overall woman/W45)
ht 4: 1 Mike Mann 2:31.84 (2nd overall M60)
ht 7: 4 Tony Tuohy 2:18.29 (5th overall M45)

1500m

ht 1: 1 Clare Elms 4:48.74 (1st overall woman)
ht 1: 8 Ros Tabor 5:50.28 (1st W60)
ht 2: 5 Mike Mann 5:09.86 (2nd M60)
ht 3: 7 Tony Tuohy 4:39.39 (3rd M45)

MEN'S SURREY LEAGUE CROSS COUNTRY

It was a shock and disappointment to many of us, including me, that we ended the season relegated from Division 2, albeit by a narrow margin. Walton provided a surprise to everyone by fielding a far stronger team than in the earlier matches, but alas we do not have the luxury of having a wealth of fast unused runners, including 2nd claimers, at our disposal. Our target next year must be to go straight back but it will not be a foregone conclusion.

Although there are quite a few weak teams in Division 3, there are a few capable of providing serious competition.

Our turnout in the final match at Esher was not in fact that bad, with virtually all those expected turning out, although some performances were a bit below par. There were some regulars, known in advance, who were not available for various reasons, including injury. We would have needed 2 more runners in mid scoring position or 1 fast runner to overcome the deficit, but alas that was not to be. It would have been tempting, though ultimately foolish, to risk fielding runners returning from injury, particularly on what turned out to be a treacherous course.

Given that we do not have hidden reserves of fast runners, we need to maximise our turnout next year to ensure promotion. Newly joined members in particular are encouraged to take part. The dates of the fixtures will be known by the end of next month, so these need to be put in the diary and prioritised over other races taking place the same weekends. Parkruns in no way should be regarded as a priority for those capable of scoring and there are plenty of alternative road races around on dates other than these. With only 4 Surrey League fixtures during the season this ought not to be too much of a challenge. ***Mike***

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
8	**25 Feb (Sat)**	**National XC Champs**	**Parliament Hill**
8	26 Feb	Tunbridge Wells 1/2M	Tunbridge Wells , Kent
7	4 Mar	12 x 1m reps	09:00 Dulwich Park
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**
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**

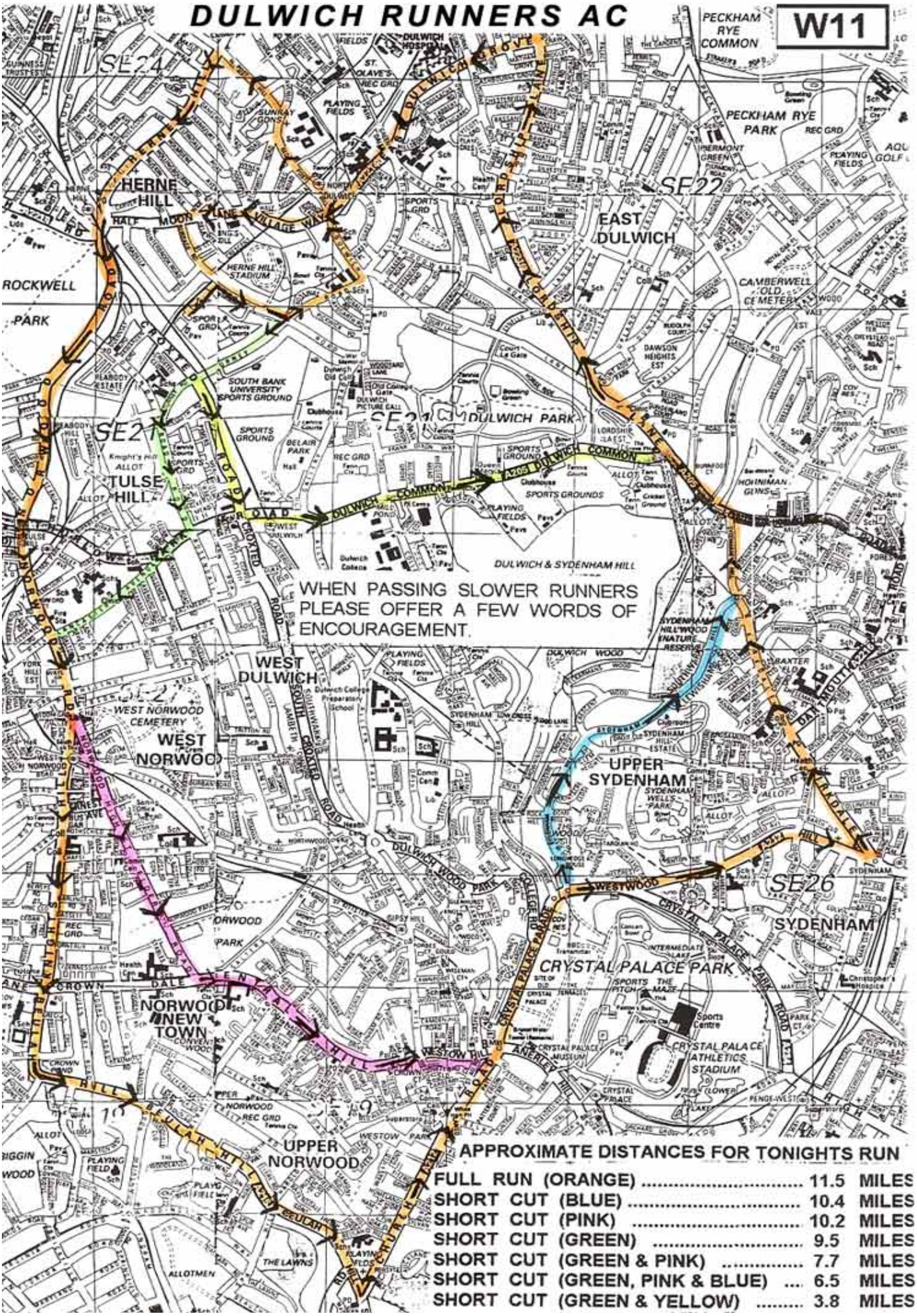
(**dates in bold are club and or club champs races including XC champs**

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

W11



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	11.5	MILES
SHORT CUT (BLUE)	10.4	MILES
SHORT CUT (PINK)	10.2	MILES
SHORT CUT (GREEN)	9.5	MILES
SHORT CUT (GREEN & PINK)	7.7	MILES
SHORT CUT (GREEN, PINK & BLUE)	6.5	MILES
SHORT CUT (GREEN & YELLOW)	3.8	MILES

RUNNERS WANTED

St Christopher's

St Christopher's cares for over 2,000 dying people and their families and friends each year from the London boroughs of Bromley, Croydon , Lambeth, Lewisham and Southwark. Through innovations in care, education and research we promote the highest standards of end of life care worldwide. Please help us to raise funds to maintain these vital services.

VIRGIN LONDON MARATHON Sunday 22 April 2012

Do you have a place? Please join our team and help us give more people the best possible end of life care. We provide excellent support to all our runners!
Please contact Liz Sowden to join the team

Bupa London 10,000
Sunday 27 May 2012

10k road race start & finish
in St James's Park
Minimum sponsorship is £150
Contact Liz Sowden

Superhero Run
Sunday 13 May 2012

Fun fancy dress 5K or 10K run
in Regent's Park
Contact Rebecca Kemp

British 10k London Run
Sunday 8 July 2012

10k road race from
Hyde Park Corner through London
Minimum sponsorship is £150
Contact Rebecca Kemp

Run to the Beat
Powered by Nike +
Sunday 21 October 2012

Music filled half marathon
from Greenwich O2
Minimum sponsorship is £300
Contact Rebecca Kemp

Rebecca Kemp on 020 8768 4570 - r.kemp@stchristophers.org.uk
Liz Sowden on 020 8768 4575 - e.sowden@stchristophers.org.uk
St Christopher's Hospice - 51-59 Lawrie Park Road - Sydenham, SE26 6DZ
020 8768 4500 - www.stchristophers.org.uk - Registered charity 210667

St Christopher's Hospice Official Fundraising

stchfundraising

THE VALE PRACTICE
SPORTS INJURY SPECIALISTS

Running Clinic

Video Analysis &

Biomechanical Assessment of your Technique

Come Along!
Wed 22 February 2012
6pm - 9pm
Dulwich Leisure Centre

For more information:

020 8299 9798

info@thevalepractice.co.uk
www.thevalepractice.co.uk

64 Grove Vale
East Dulwich
London