SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 11th January 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 11 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Sat 14 **Surrey League XC** Mens at Reigate & Womens at Farthing down Coulsdon

Sat 14 **Post XC drinks and banter ! 7:30 onwards**
The Pheonix , Champion Hill– all welcome

Tue 17 **Track Session with Steve Smythe** see below
Ladywell Track http://g.co/maps/sqrjq
pay at desk on entrance, fee £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.

Ladywell Track Sessions

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.
Location http://g.co/maps/sqrjq

LUCKY VEST

January winner was Ameet Patel
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

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

In your *SHORTS* this week !

page 3 Club Champs, XC Fixture List
page 3.. All things Cross Country
page 4.. Race reports & results
page 4/5 Surrey & Kent XC results
page 5.. 2011 Stats, Who what & how many
page 8 Wednesday Night Map to print
page 9 Marathon Training Schedule

And much more !

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

A brief look ahead

Jan 14 Mens & Womens Surrey League XC
Jan 28 South of England Champs
Feb 11 Mens & Womens Surrey League XC
full fixture list & info page 3

NEW RUNNERS ROTA

Thanks to **Clare Osborne** 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**

Barrie John Nicholls	11/01
John O'Byrne	18/01
Tiarnan Ocleirigh	25/01
Sam Oyeyinka	01/02
Mary Roberts	08/02

Wednesday Running Maps

On page 8 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.

This Saturday evening come and relax those tired legs !

Post XC drinks will be at The Pheonix Pub, Champion Hill by Denmark Hill Station SE5 8BB from around 7:30 onwards

EVERYBODY WELCOME

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips £5 or £6.50 (large) for anyone who gives me their name by 7:10.

Don't just sit there salivating join in ! – **Ros**

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

Date			*Event*		*Venue*
Jan	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	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	
	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, also **Cabbage Patch 10** has been confirmed as **21 Oct**, not a week earlier as previously advertised

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.

Note that we will be co-hosting the January Sat 14th XC fixture with Reigate Priory, so we will need volunteers to help with marshalling, results etc. *Mike*

SPRING RELAYS

Dates for the 3 spring relays are as follows:

- 1066 relay (Pevensey to Rye), 6 May
- Green Belt Relay (GBR), 19/20 May
- Welsh Castles Relay (WCR), Carnaervon to Cardiff, 9/10 June

All three events present interesting, scenic and varied running opportunities outside London, with the first two largely off road, and the WCR mainly on road and taking in some spectacular scenery.

The GBR involves each competitor running on both days, but on the WCR you only run once over the weekend, with individual stages ranging from 8 to 13 miles on both relays.

The 1066 relay is a much shorter event completed on the Sunday morning with 5 stages ranging from 3 to 10 miles. Please contact me for further details, (or google the respective websites), and let me know if you would like to be entered (mcmann90@yahoo.co.uk). Numbers are limited, particularly for the GBR and WCR, so you will have a better chance of taking part if you apply early.

We are looking for volunteers to join the relays the relays team, which is responsible for their planning and organisation. Please let me know if you are interested and speak to Martin Morley, or myself for further details.

Mike Mann

ENTRIES FOR FORTHCOMING CROSS COUNTRY EVENTS

If you have not yet asked to be entered for forthcoming cross country events, **please make sure that you read this**. A number of you have already put your names forward, but others may wish to take part. **Please note that you will not be able to compete in any of these races unless you are pre-entered.**

- **South of England Champs** at Brighton on 28 January ENTRIES NOW IN
- **National Champs** being held at the iconic venue of Parliament Hill Fields on 25 February is also a club champs race, so the same procedures as the Sof E champs will apply..

Please let your captains:

Mike mcmann90@yahoo.co.uk

Kim dulwich.womenscaptain@yahoo.co.uk

know by 28 December if you wish to take part.

Mike Mann

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***

Run and Become

Self-Transcendence Race Series 2012 details to follow next week

Ummmmmmmmmmmmmm !

SURREY LEAGUE CROSS COUNTRY, 14 JANUARY: REQUEST FOR MARSHALLS

We are co-hosting the forthcoming men's Surrey League on 14 January with Reigate Priory AC. Our main task will be to provide marshalling support and we need 6 volunteers for this.

The women's match earlier that day is at Farthing Down so it should be fairly easy for those willing to help to reach Reigate in good time. If you are able to provide assistance on the day please contact me at mcmann90@yahoo.co.uk

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.

Any questions, let me know.

Tim Wright
Captain, Orion Harriers - www.orionharriers.org.uk
079 1018 5162

Race Reports & Results

parkrun 5km Results for January 7th

Brockwell

Dave Beaver ran the fastest ever parkrun time by a Dulwich M50 and with a very high age-grading of over 85%

4 Dave Beaver (1M50)	17:30

154 finished

Bromley

17 Mike Fullilove	20:18
77 Colin Frith	22:38

283 finished

Crystal Palace January 7th

14 Jozef Danko	21:35
21 Angela Oritsejafor 4th W	22:18 (debut)
23 Bob Bell	22:39
28 Mike Dodds	23:38
77 Chris Vernon	30:47

87 finished (record)

Crystal Palace, December 31st

After Ola, Clare W, Claire S, Andrea, Clare E, Alexie and Emma, Kim became the eight Dulwich woman to win Crystal Palace as she gained her fifth different parkrun victory. Ameet set a PB.

10 Steve Ackroyd	20:46
16 Jozef Danko	21:32
1W/21 Kim Hainsworth	21:44
28 Bob Bell	22:43
31 Mike Dodds	23:05
5W/31 Clare Wyngard	23:38
39 Ameet Patel	24:41

(PB) 71 finished

SURREY COUNTY XC CHAMPS, 7 JANUARY

This year the Surrey champs moved from their traditional Lloyd Park to the much more scenic Denbies Vineyard. Bright sunshine and mild temperatures made for excellent running and supporting conditions and there were some spectacular views of Box Hill for those able to raise their eyes above ground level. Predictions of difficult slippery conditions proved wholly unfounded, with the only patch of mud being a small area around the start.

I guess this should have been a bit of a no brainer as vines thrive on well drained soil and it had been dry for a few days. Nevertheless the organisers, fearing last minute rain, had installed a chicane at one point to avoid a sharp turn across a concrete path. This proved something of a challenge except for those with good skills in side stepping and ballet style turns. Apart from a stony stretch at the beginning of each lap, the course consisted of soft springy grass, with a fair amount of uphill in the first half of each lap, followed by undulations and then some fast downhills.

The best run amongst the men in their 12k race was from Wayne Lashley who enjoyed the course and led the Dulwich team home, while Chris Loizou also had a strong run. A few, including Mike Williams, Charlie Lound, Mike Mann and Ed Smyth were a bit below their best as a result of recent injuries and illness. Mark Foster kept Mike in his sights at the end, while Andy showed few obvious ill effects from his recent break from running, with Ian completing the men's contingent of 9.

In the women's 8k race, Ola came through strongly in the second lap after a rather slow start to finish in 19th place. Next in were Ros, Claire Steward and Clare Wyngard, all of whom enjoyed the course, and they were followed by an improving Anna Thomas. The women's contingent was completed by solid runs from Lindsay and Stephanie. ***Mike***

Senior Men

57	Wayne Lashley	45:38
64	Michael Williams	46:24
72	Charlie Lound	47:06
107	Chris Loizou	49:42
149	Mike Mann	52:29
152	Mark Foster	52:48
162	Ed Smyth	53:20
163	Andy Murray	53:23
195	Ian Sesnan	59:30

12th of 27 teams (18 completed)
(winner Nick Torry 38:32)

Senior Women

19	Ola Balme	33:55
65	Ros Tabor	38:21
82	Claire Steward	39:40
87	Clare Wyngard	40:12
89	Anna Thomas	40:24
108	Lindsay Annable	43:25
125	Stephanie Burchill	46:47

14th of 26 overall teams (17 completed)
(winner Georgie Bruinvels 29:02)

Kent, Wilmington, January 7

Men (11970m)

Duncan Hussey started fast and had a good last lap on the four lap course. Jose, Joseph and Ameet all had steady runs but with a supporting Tony Tuohy unable to race we were one short of a team.

87	Duncan Hussey	46:01
92	Steve Smythe	46:54
125	Jose Barretta	49:22
170	Joseph Brady	55:41
172	Ameet Patel	56:02

187 finished

U13 men (3285m)

Alex Elms finished strongly to outsprint Oscar Hussey as both had good runs and they both have another year in the age group.

16 Alex Elms 12:24
17 Oscar Hussey 12:25
37 finished

Kent, Wilmington, January 7

Women (8050m)

Clare Elms was unable to defend her title as her foot injury worsened and she dropped out halfway while in second place. Emma Ibell had a strong run to lead the team home and there were solid runs from Kim, Mel and Jo.

23	Emma Ibell	33:142
28	Kim Hainsworth	33:43
33	Melanie Edwards	34:31
59	Jo Shelton	36:55

85 finished Clare Elms dnf Team 8th

Want to know who did what and how often !

Then satisfy your craving for stats here.

All you will need to know.

compiled by Steve Smythe

Club Events Counting all Club Championships, Assembly Leagues, Cross-country team events, Relays and various road team events (50 in total) over 120 club runners did at least one of these events with 38 doing at least 10 of the runs. This doesn't count parkruns, track (other than club mile) or events like Vets AC races.

Andy Murray narrowly has run the most events with 28, one up on Mike Mann and Mike Williams (who also did lots of bike and duathlon races) and would have been equal with Andy had he not done a Duathlon instead of the last Surrey League.

Quite surprsing are the number of high placings for runners who had injuries for quite a bit of the year. NB this list hasn't been scientifically worked out and was based on results in Shorts and may not be 100% accurate.

1st Andy Murray 28: 8x clubchamps, 4 x Assembly League, 9 x cross-country (4 Surrey League), 3 x Relays, 4 x other
2nd Mike Mann 27 6 x club, 4 x AL, 10 XC (4 SL), 4 Rel, 3 others
2nd Mike Williams 27 8 x club, 6 x AL, 6 x XC (3 SL), 4 x Rel, 3 other
4 Ola Balme:26 5 x club, 6 x Ass Lge, 2 x Relay, 10 x XC (inc 4 X Surr Lge), other rd/Trail 3
5 Melanie Edwards 25 (7 x Club, 5 x AL, 5 x XC (2 SL), 4 Relays, 4 Others
5 Steve Smythe 25 8 x club, 5 x AL, 4 x XC (1 SL), 3 Rel, 5 other
5 Ros Tabor 25 5 x club, 5 x AL, 10 XC (4 SL), 2 Rel, 3 other
8 Joseph Brady 24 – 7 x club, 3 x AL, 6 x XC (3 SL), 3 relays, 5 Others
8 Kim Hainsworth 24 6 x club, 4 x AL, 8 x XC (2 SL), 3 Relays, 3 others
10 Clare Elms 22 – 6 x Club, 2 x AL, 9 x XC (3 SL), 5 Other
10 Claire Steward 22 7x club, 3 x AL, 6 x XC (2 SL), 6 other
10 Caroline Schurmann 22 (5 x Club, 1 x AL, 6 XC (2 SL), 4 Rel, 6 Other)
13 Tony Tuohy21 6 x club, 6 x AL, 6 XC (3 SL), 2 Rel, 1 other
13 Alexie Shaw 21 (7 x Club, 5 x AL, 2 XC (1 SL), 4 Rel, 3 Other)
15 Martin Morley 20 (4 x club, 5 x AL, 3 x XC (1 SL), 5 x Rel, 3 other)
15 Tiarnan Ocleirigh 20 (6 x club, 2 AL, 6 Xc (4 SL), 5 x relay, 1 other)
15Clare Osborne 20 (7 x club, 2 x AL, 5 XC (3 SL), 2 Rel, 4 Other)
18 Stephanie Burchill 19 – 3 x Club, 6 x AL, 2 x relays, 7 x XC (4 SL), 1 other
18 Charlie Lound 19 (8 x club, 0 AL, 3 Rel, 7 XC (3 SL), 1 other)
20 Sue Cooper 18 6x Club, 4x AL, 4xXC (1 S L), 4 Other
20 Catherine Lee 18 (6 x club, 4 x AL, 4 x Rel, 3 XC (1 SL), 1 other
21Jose Barretta: 17: 5 x club, 3 x AL, 6xXC (4 S Lge), 1 x relay, 2 x rd/trail,
22 Duncan Hussey 16 (Club x 6, AL x 5, 3 XC (2 SL), 2 x Rel??
22 Jo Shelton 16 (7 x Club, 3 XC (3 SL), 1 Rel, 5 Other)
23 James Godber 15 (6 x Club, 1 x AL, 4 XC (4 SL), 4 x relay
24 Chris Loizou 14 (4 x club, 1 AL, 6 XC (3 SL), 2 Rel, 1 other)
24 Nicola Richmond 14 (2 x Club, 2 x AL, 4 XC (2 SL), 3 Relay, 3 other)
24 Clare Wyngard 14 (Club x 6, Al x 1, XC x 4 (SL x 2), 3 other)
24 Ruki Sidhwa 14 (6 x club, 5 x XC (1 SL), , 1 relay, 2 other)
28 Chris Treble 13 (7 x club, 2 x AL, 1 XC, 3 relays)
29 Ian Sesnan 12 (1 x Club, 4 AL, 5 XC (1 SL), 2 other)
29 Michael Ward 12 (6 x club, 2 AL, 2 XC (1 SL), 2 other
31 John Fletcher 11 5 club, 2 x AL, 3 x relay, 1 x XC
31 Mark Foster 11 4 x club, 2 x AL, 4 x XC (2 Slge), 1 other
31 Wayne Lashley 11 – 4 x club, 7 XC (4 SL)
34 Graham Laylee 10 (5 x club, 3 x AL, 2 XC (2 SL)
34 Barry John Nicholls 10 (7 x club, 1 XC, 2 other)
34 Andrea Pickup 10 (2 x club, 3 x AL, 3 Rel, 2 other)
34 Jozef Danko 10 (8 x club, 2 other)
34 Marlene Russell 10 (7 x club, 1 XC, 2 Rel)
39 Steve Ackroyd: 9 (6 x club, 1 X Ass, 1 x XC, 1 other)
39 Lindsey Annable 9 (5 x club, 2 x XC (1 SL), 2 other)
39 Pete Gibbons 9 (4 x club, 3 x XC (1 SL), 2 other)
39 Charlie Wood 9 (3 x Club, 5 x XC (3 x SL), 1 Relay
39 Dave West 9 (1 x Club, 3 x AL, 4 Xc (1 SL), 1 other
44 Ian Butler 8 (3 x Club, 4 x AL, 1 other)
44 Neil Daniels 8 (3 x club, 5 x XC (2 Lge)
44 Oscar Hussey 8 (2 x club, 3 x AL, 3 XC (1 SL)
44 Gary Sullivan 8 (3 x club, 1 x AL, 1 relay, 3 other)
44 Anna Thomas 8 (6 x XC (2 SL), 1 relay, 1 other)
44 Steve Wehrle 8 (5 x club, 3 other)

50 Colin Frith 7 (2 x Club, 2 AL, 2 Relay, 1 other)
50 Jo Hewett 7 (3 x Club, 4 XC (2 SL)
50 Emma Ibell 7 (3 x club, 1 relay, 2 XC (1 SL), 1 other)
50 Paul Keating 7 (2 x club, 5 x other)
50 Ajay Khandelwal 7 (5 x club, 2 other)
50 John O'Byrne 7 (2 Club, 2 XC (2 SL), 3 other
50 Steve Williams 7 (1 x Club, 2 x AL, 2 XC (2 SL), 2 Rel)
50 Ed Smyth 7 (3 x club, 2 x AL. 2 XC (1 SL)
58 Grant Barnes 6 (1 x Club, 4 x XC (1x Surr L), 1 MT
58 Kev Wood 6 (6 x AL)
58 Duncan Wilson 6 (1 x club, 2 x AL, 3 x XC (1 SL)
58 Buzz Shephard 6 (3 club, 2 AL, 1 other)
58 Cameron Timmis 6 (6 x club)
58 Claire Tinker 6 (3 x XC (2 SL)
64 Hugh Balfour 5 (2 x AL, 3 x XC (2 Sur Lge)
64 Russell Daker 5 (2 x club, 1 x AL, 2 x relays)
64 Christine Dawson 5 (2 x club, 1 x relay, 2 other)
64 Chris Vernon 5 (4 x club, 1 other)

4 events for Katie Crowe , Paul Hodge , Angie Norris, Sue Rowlands , Elkie Thorndyke, Susan Vernon

3 events for Matt Galvin , Steve Cook , Michelle Allard, Bob Bell , Roy Hibberd , Ed Hill , Paul Hilton, , Pete Jackson, Tom Marshall, Ebe Prill, Ferenc Takacs
a further 44 did 1 or 2 events

50 Races counted
Club Champs (9): 1M, 2M, parkrun, 10k winter, 10k summer, 10M, Eridge, HM, Mar Assembly League (6) Surrey League (4) Relays (7): Green Belt, Welsh Castles, Beckenham, Reigate, Nat Vets, South , Hastings XC races (11): National, South, Kent, Surrey, Kent Vets, Surrey Vets, S o Thames (3). London, Mob MT (3): Mince Pie, Beck Trail. Tadworth Other Road (10): Finchley 20, Ted Pepper 10k, Sidcup 10, Cabbage Patch, Turkey Trot, Dartford HM, Palma, Elmore 7, Beckenham 10k, Sutton 10K

Individual successes in 2011 Though she had a foot injury for most of the summer, Clare Elms had the most individual successes in 2011 winning the Kent Cross-country Championships, Telford 10km, Ted Pepper 10km, Paddock Wood Half, Roding Valley Half, Finchley 20, Tadworth 10, Serpentine 5Km twice, Beckenham Charity 10k, British Masters Indoor 1500m, Milhas de Guadiana, Algarve Challenge Mile, Algarve Challenge Trail 10k, Algarve Challenge XC, Dulwich Mile, Blackheath and Bromley XC, 2 Assembly Leagues & 22 parkruns. She also gained third places in the Brighton 10k, Chichester 10k and South of Thames and had age group wins at the Chichester 10k, Richmond 10k, Brighton 10k, Hastings Half and was 2nd W45 in the London Marathon and was in the winning England Masters cross-country

Ros Tabor was the most successfuly internationally. She won the World Masters and European Masters W60 cross-country titles and also the European Masters W60 indoor 3000m in Gent in Belgium and was 2 nd in the World Masters 10,000 and third in the 5000m in Sacramento. She also finished 2 nd in the European Masters indoor 800m and third in the 1500m. She also won the overall Algarve Challenge and the Club Championships, the Surrey Masters title. She also won the BMAF 10,000m and was 2 nd in the BMAF 5000 and third in the 1500m.

On Power of Ten in 2011
Ros Tabor 79 races
Mike Mann 68 races
Tony Tuohy 64 races
Steve Smythe 54 races
Clare Elms 52 races
Andy Murray 51 races
Ola Balme 48 races
Claire Steward 45 races

According to Power of Ten
Ros ran the following - nb it doesn't include non UKA events such as Tadworth 10 or Crystal Place Handicap and some of the Algarve Challenge races

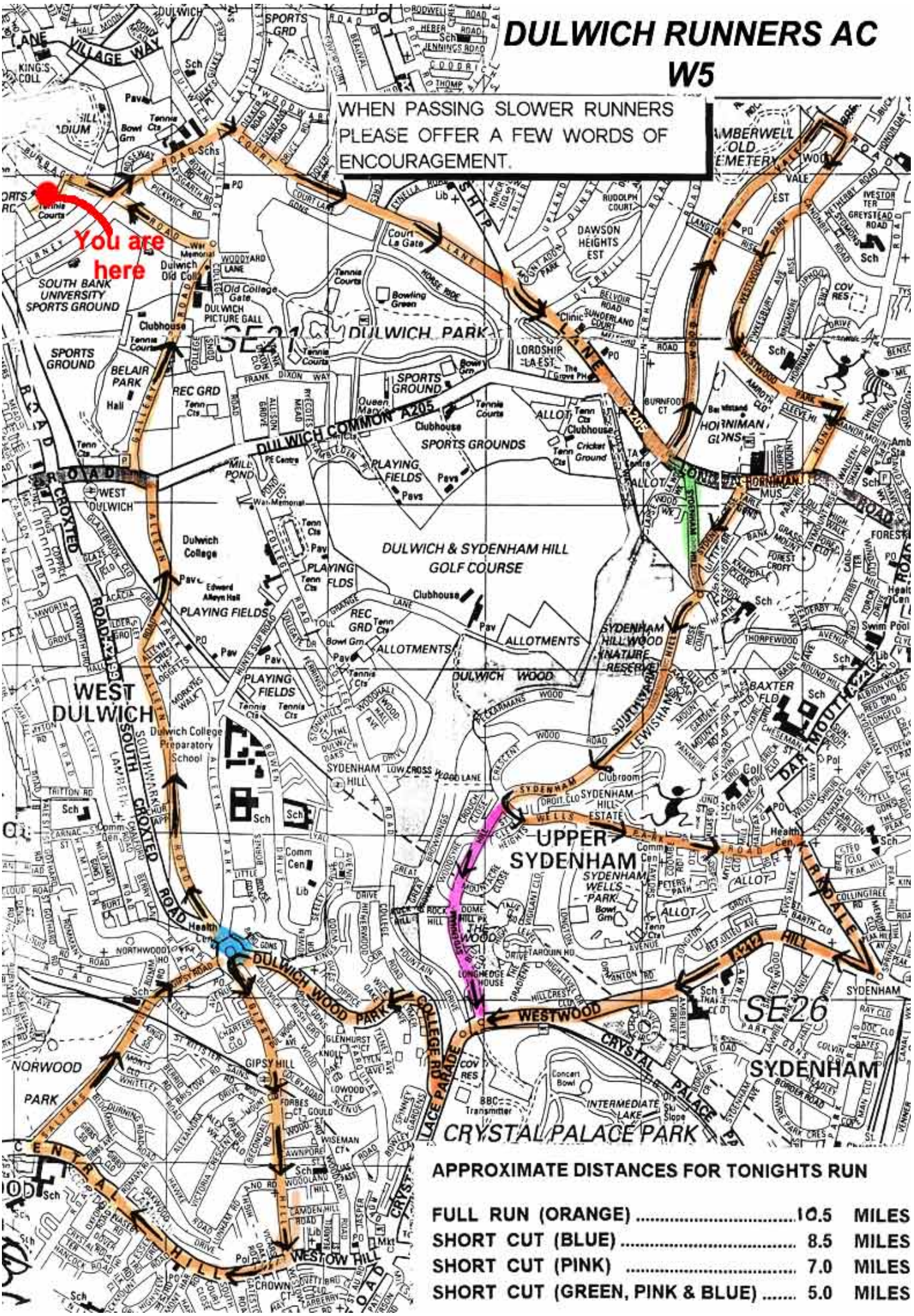
1 - 100m	1 - 200m	1 - 400m	6 - 800m
8 - 1500m	1 - mile	6 - 3000m	3 - 5000m
3 - 10,000m	1 Triple jump	1 odd distance road	
4 - Assembly Leagues	3 - 5k	10 - Parkruns	19 - XC
2 - relays	4 - 10k	2 - half-marathons	3 - offroad races

Parkrun Stats At Crystal Palace, Dulwich has had the most number of different runners with 60 who collectively have run 433 races - the next best is Crystal Palace Fun runners who have a collective 286. Mike Dodds with 46 has the most with Bob Bell on 35, Will Davis 33, Clare Wyngard 31 and Jozef Danko 28 and Steve Ackroyd 27.

At Brockwell, Dulwich also top the list with 61 different runners (to Clapham Chasers 56) and a total of 396 runs to the next best of Herne Hill on 165. Graham Laylee tops the list individually with 28 from Anna Thomas on 25 and Paul Hodge on 22 and Ola Balme on 19. At Bromley, 73 different Dulwich Runners (higher than Crystal Palace and Brockwell) only lies fourth - Petts Wood Runners have an incredible 136 runners and 1296 total runs to Dulwich's 348 which only lies seventh. Steve Sm,ythe tops the list with 32 from Mike Fullilove's 31 and Martion Morley and Clare Elms 24.

DULWICH RUNNERS AC
W5

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



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	10.5	MILES
SHORT CUT (BLUE)	8.5	MILES
SHORT CUT (PINK)	7.0	MILES
SHORT CUT (GREEN, PINK & BLUE)	5.0	MILES

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
14	**14 Jan (Sat)**	**Surrey League XC**	**Reigate Priory (M), Farthing Down (W)**
14	15 Jan	High Elms 14m	09:00 off road with HEROS
13	21 Jan (Sat)	Box Hill Fell Race	Tough! http://www.sloweb.org.uk/
13	22 Jan	8 x 1m reps	Dulwich Park 09:00
12	**28 Jan (Sat)**	**S of England XC Champs**	**Brighton**
12	29 Jan	Cantebury 10	Canterbury 11:00h
11	5 Feb	High Elms 17m	0:900 off road
10	**11 Feb (Sat)**	**Surrey League XC**	**Esher**
10	12 Feb	Sidcup 10 or Meon Valley Plod	10m road race or 20m off road
9	19 Feb	10 x 1m reps	09:00 Dulwich Park
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

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

Well done all of you 30 people who turned up Sunday morning for the 6 x 1 mile reps. a couple of people dipped in and out, but given below are average times for all of those that were noted;

	Avg Rep Time	MARATHON PREDICTION
Ebe Brill	6m:36s	3h:12m
Steve Wright	6m:39s	3h:13m
Gergie Hollett	6m:40s	3h:14m
Josef Danko	6m:52s	3h:19m
Christain Moody	6m:54s	3h:21m
Claire Steward	6m:59s	3h:23m
Anna Thomas	7m:05s	3h:26m
Paul Hilton	7m:11s	3h:28m
Clare Quirico	7m:13s	3h:29m
Ameet Patel	7m:15s	3h:30m
Mel Ward	7m:22s	3h:34m
Paul Keating	7m:33s	3h:38m
Clare Osborne	7m:36s	3h:41m
Steve Wehrle	7m:39s	3h:43m
Andy Bate	7m:42s	3h:44m
Jo Shelton	7m:43s	3h:45m
Vicki Fong	7m:43s	3h:45m
Jessica Sale	7m:44s	3h:46m
Pat Mcmorrow	7m:48s	3h:47m
David Fensey	7m:58s	3h:52m
Barrie John Nicholls	7m:59s	3h:54m
John O'byrne	8m:03s	3h:57m
Roy Hibberd	8m:19s	4h:05m
Lloyd Clater	8m:20s	4h:06m
Zoe Wright	8m:45s	4h:17m
Emma Sullivan	8m:48s	4h:19m
Sue Fisher	10m:04s	4h:56m

Well done to everyone - a brilliant turnout. I hope you will join us for future sessions in the park, runs at High Elms and races.
Don't forget there are local ParkRuns on Saturday mornings, cross country fixtures some Saturday afternoons, club runs on Wednesday nights, and Tuesday track sessions at Ladywell so no excuses for not getting out there and running!
Steve has amended the programme now that Benfleet 15 has filled up and Dartford 10 has been cancelled (should be in Shorts newsletter on Tuesday/Wednesday).

For info, I have entered the following:

12 Feb - Meon Valley Plod (Portsmouth Joggers)
26 Feb - Tunbridge Wells Half (Tunbridge Wells Harriers)
18 March - Spitfire 20 (EventsToLive) there is also a 10 mile race

and will most likely do Canterbury 10 on 29 Jan

During marathon training, I regard most races simply as long training runs; an opportunity to see how well it's going.

Don't worry if you are one of the slower runners in the group - we all have room for improvement and we can't be at our best every time we put are running shoes on.

Enjoy! - Claire

Marathon prediction is pretty much a guess at this point, but if longer slower runs are done as planned and training all goes well this is what is possible.
This having been said ,I haven't broken 4 hours for 3 years, but then I know I haven't done enough of the long slow ones!
Future plans have changed already, Dartford 10 is cancelled for 2nd year, I won't be supporting this one again, Benfleet is already full up.
Next week we run longer off road route 0900 High Elms, Nr Farnborough , Kent, nearest post code BR6 7JL. Turn into High Elms rd, 3rd car park up on left, ¾ mile when you turn into road. On left side.
Two weeks time we will do 8 x 1 mile in Dulwich Park at 0900.
I have entered Canterbury 10 on 29th jan today, and also Tunbridge wells half on 26th Feb.
Both of these are nearly full up so enter asap.
Hope you all enjoyed!
cheers -
Steve Wehrle

THE RUNNERS shop *where you matter*

JANUARY SALE

GREAT BARGAINS ON SHOES AND CLOTHING

Starts Saturday 7th January 2012

Up to 25% off shoes and clothing.

15% off the new range of Asics and New Balance shoes with this token

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15% Discount Voucher for any shoe purchased from the 2012 Asics and New Balance range

Saturday 7th January 2012 – Saturday 28th January 2012

15% discount voucher

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

STARTS 9.00am
Saturday 7th January 2012

January 18th from 21:00h in the clubhouse
The Vale Practice will be coming to the clubhouse to talk and give a presentation to us about the services they offer/osteopathy

This will be for about 15 minutes and then afterwards they will answer questions, or talk to people in small groups or individually

Kent Running Project - Running Group Leaders

Training to become a Running Group Leader
To become a Running Group Leader you will need to attend the 1 day 'Leadership in Running Fitness' (LIRF) course run by England Athletics.

The course is designed to equip new leaders with the knowledge and skills required to lead beginner running groups. Once qualified, leaders will also be insured through England Athletics.

The cost of the course is £90, however, as part of the Kent Running project we are able to offer a refund of the cost of the course to individuals.

Support available to set up / promote new running groups
On completion of the LIRF course there will be support available to assist leaders with setting up and promoting a running group(s) in Kent. This will include:

- Support from the Kent Running Activator
- Provision of a 'marketing package' of training and support to assist with promotion of new groups. The marketing package will include: Make Sport Fun marketing workshop, support with marketing/identifying communication channels, flyers, posters and banners
- Centrally co-ordinated promotion of groups via web, local press, magazines etc
- Access to the leader area on Run England website which includes best practice ideas and suggested session plans
- Two Leader Development days
- First Aid Kit
- High visibility vest
- CRB check

Commitment required from leaders in order to receive a refund of the cost of the LIRF course

Group leaders will be required to:

1) Establish at least one running group in Kent within 3 months of completion of the LIRF course and continue leading the group for a minimum of 3 months.

2) Commit to providing monitoring information regarding the number of new runners to the Activator.

Leaders will be required to sign an agreement confirming that in return for committing to, and achieving, the above then they will be eligible for a full refund of the cost of the LIRF course.

The cost of the course (£90) will be refunded to individuals on receipt of an invoice once they have set up and delivered a running group for 6 weeks.

For further information please contact: Elise Rendall, Kent Sports Development Officer
Tel: 01622 605038 or e-mail: elise.rendall@kent.gov.uk