SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 10th October 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 10 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 13 **Hill Session with Steve Smythe**
10am Crystal Palace Park details here

Tue 16 **Track sessions with Steve Smythe**
Ladywell track see below
Start 7:15pm, fee £2:55 pay at reception on Entry. **For Fusion Gym members entry is free**

Past issues of SHORTS can be found at:
http://www.dulwichrunners.org.uk/newsletter.h

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.

DULWICH TRACK SESSIONS

Improve your speed & strength over all distances. Tuesdays with Steve Smythe are suitable for all abilities.

Tuesday track sessions are now in full swing at Ladywell. http://goo.gl/maps/92zNw
Around 20-30 club members attend these over a wide range of speeds. The sessions are between 7.15pm and 8pm and members should aim to get there to warm up at around 7pm
If you are a Fusion Gym member then entry is free , all others £2.55 pay at reception

LUCKY VEST

October winner was Jo Shelton

Don't forget , 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 the £5 cash prize in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

We now have new vests and short sleeved T shirts for men and women. - Vests £18 - T shirts £20
Waterproof Jackets £25
Available most Wednesdays at the club – Ros

In your *SHORTS* this week !

3/4 Cross Country, Fixtures & events
5 Race reports etc
8/9 **AGM notice**
10 Wednesday night running map
12 **Epsom 10 entry form.** Last Club Champs race

And much more !

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

A brief look ahead

Oct 20 Cross country league starts, details
Nov 3 Reigate Relays
Nov 10 Mens XC,Roundshaw Down, Croydon
Nov 18 Epsom 10 - final club champs event
EPSOM 10 entry fom
full fixture list & info page 5

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - Ros

NEW RUNNERS ROTA

Many thanks **Andy Murray** 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**

Barrie John Nicholls	10/10
Kim Pallen	17/10
Tiarnan Ocleirigh	24/10

Dulwich Runners - Sail/Flag

Its sailed off into the sunset !
If you know of its whereabouts then please get in touch and let us know where it is

Can everyone collect their boarding cards for Finnish trip from me next Wednesday
Cheers - Steve Wehrle

THANKYOU to all the marshals and helpers that came along on Sunday to assist at the DR Charity 10K.
You can all grab yourself one free drink in the clubhouse bar this Wednesday evening
Ros Tabor

A very big "thank you" to Ros and Andy for all their hard work, together with their "late entries team", for making "The Dulwich Charity 10K" such a success. Also to Steve Wehrle and his Backup Results Team and all the marshals that turned out on a gloriously sunny Sunday morning. And a special "thank you" to Chris Vernon, who, despite struggling with laryngitis, insisted on doing the race commentary throughout.

We had many competitors thanking the club for a well organised and friendly race.

We had one unfortunate mishap with a runner falling ill and requiring an ambulance but we have heard from his friend that he is recovering in hospital. Thanks also, to the unknown marshal, that ran to help him.

Thanks to you all. we are still the best ! - ***Ron Searle***

I have uploaded 120 pictures of participants in yesterday's 10km to the
Dulwich Runners flickr page at:-
http://www.flickr.com/groups/1411047@N20/
Kevin Wood

Wednesday Night Map

On page 10 in SHORTS you will find a copy of the map for this weeks Wednesday night 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 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**

Dulwich Runners A.C. - Social Calendar 2012		
Event	**Date**	**Details**
Curry Night	Nov 14	Details to be confirmed closer to the time.
Dulwich Runners Christmas Party	Dec 15	The Plough, Lordship Lane Please keep this date free! Tickets and further details to follow in September.

And of course not forgetting the now legendary "Dulwich Runners Apres Cross Country Rehydration Sessions" or DRACCRS for short !, on Saturdy evenings after league cross country events (see fixture list for dates) held at local "refreshment spas" locations to be confirmed prior to each event , everybody is welcome running or not.
Questions, suggestions etc to dulwichrunners@gmail.com

HILL SESSION

This week meet at Crystal Palace Park at 10am. Car park near Parkrun finish. Bring suitable off-road footwear as unless ground totally waterlogged, most of it will be an off-road session to prepare for the following week's cross-country league.

NB there will be no hill session the following week because of the Surrey League.

DULWICH RUNNERS 2012 CLUB CHAMPS

The next and final club champs race of 2012 is the Epsom 10 on 18th november
.To qualify it will have been necessary to have completed a minimum of four of the eight events. - ***Mike Mann***

SPRING RELAYS

It's early days but you may want to make a note of dates of next year's spring relays. We'll be recruiting participants for these highly popular and enjoyable events early in 2013. **Mike Mann**

- Green Belt Relay, 18/19 May
- Welsh Castles Relay, 8/9 June
- 1066 Relay, 16 June (note later than usual)

BRADLEY WIGGINS

Well nothing to do with him really but now I have your attention!
WANTED a second hand starter bike for my son who following a succession of running injuries wants to give road cycling a go. Road bike required with a 54 / 56 cm frame. If you have one to sell please contact :
Colin Frith at **nilocfrith@aol.com** or 07714844839

All things CROSS COUNTRY 2012/13

The cross country season proper starts on 20 October with the first men's and women's Surrey League matches (see Shorts for details of this and other fixtures). Please make every effort to attend these races, particular potential scorers even if you are planning to race the following day. These races are free and do not require advance entries. Details about start times, transport, footwear etc will appear in Shorts nearer the times of the races.

There are also a number of other cross country races during the season, most of which require entries in advance which are paid for by the club. These include the London, county, southern and national champs as well as the 2 South of Thames races (see fixture list in Shorts for details).

If you want to take part, it is essential that you let your respective captains know before the deadline given; otherwise it will not be possible to run by simply turning up on the day.

Note that for some of the late season races, entries have to be submitted many weeks in advance. So please look out for notices in Shorts and emails from your captains. The South of Thames 5 miles race on 24 November at Reigate forms part of our cross country champs, so we will be encouraging entries for this in particular, as well as the South of England champs at Parliament Hill on 26 January.

If you are planning to take part in cross country races, you will find some hill training of value, so you are encouraged to attend the Saturday morning sessions organised by Steve Smythe on non-race weekends (see recent Shorts Extra notice, and check forthcoming Shorts as times and venues will change from week to week).

Mike Mann, Men's Off-road Captain

CROSS COUNTRY CHAMPS

We are planning to hold a cross country champs once again for the forthcoming season. To qualify it will be necessary to complete 4 of the following 6 races - The 4 Surrey League matches, the South of Thames 5 miles at Reigate on 24 November and the South of England champs at Parliament Hill on 26 January.

The prize categories will be the same as last season - the 3 leading men and women and first M40, M50, M60, W40 and W50. In addition there will be a captain's award. Our traditional mob match with Reigate will not be taking place this autumn. It may be rescheduled for February/March but this will not be confirmed in time to include this race in the club champs. ***Mike Mann***

SURREY MASTERS XC, 13 OCTOBER, RICHMOND PARK

These champs take place at Richmond Park on 13 October. Teams can be entered in advance, but unusually it is possible to enter this event on the day. (Almost all other races, apart from the Surrey League matches require advance entries.)

However if there is a chance of fielding complete teams of 3 (M40, M50, W35, W45) they will need to be entered in advance, so if you are eligible (a vet and Surrey qualified by birth or residence) you will need to contact your captain.

Otherwise you can enter on the day (£5) at the Ranelagh clubhouse behind the Dysart Arms and 10 minutes jog from the start. ***Mike Mann***

MEN'S SURREY LEAGUE CROSS COUNTRY, LIGHTWATER, 20 OCTOBER

The first Surrey League match of the season takes place at Lightwater Country Park on 20 October, starting at 3pm (juniors start at 2.30). Since this venue is further to travel to than most, those driving are encouraged to offer lifts.

The location is very close to junction 3 of the M3. Go east on the A322 at junction 3 for a very short distance, then Guildford Road and follow signs to Lightwater Country Park **(see attached map).**

Or map link **http://goo.gl/maps/ZauAw**

If travelling by train the venue is 1.5 miles from Bagshot station.

The course consists of grass and paths, with one significant hill on each lap, so you may want to gain some practice at the hill session this Saturday.

It is mostly firm underfoot and suitable for road shoes, spikes or studs.Please make every effort to turn out, particularly potential scorers, as we need to make a strong start to the season. You should aim to be there no later than 2.30 to give time to collect numbers and warm up.

Mike Mann

LONDON XC CHAMPS

Those wishing to enter the London cross country champs at Parliament Hill on 17 November should contact your captains by 26 October at the latest. If you want to participate it is essential that you are entered in advance, but note that this race takes place the day before the Epsom 10, our final club champs event.

Notices about the two South of Thames races on 24 November and 15 December will appear shortly, but if you are interested in taking part, please contact your captains who will put you on the list. Note that the first South of Thames race (5 miles) at Reigate is part of our cross country champs, so you are encouraged to take part. The other race this autumn requiring pre-entries is the Kent Masters also on 15 December. I will contact those eligible for this nearer the time.

Mike Mann

FIXTURES Winter 2012/13

The following table includes information currently available on cross country fixtures. It includes most races that will be of general interest, with some dates to be decided and some fixtures missing, but will be updated as further details become available.

Details of fixtures, start times, distances and transport information will be provided in Shorts prior to each event. Many of the events other than the Surrey League matches require entries in advance and only those pre-entered will be eligible to run.

Please look out for requests for entries from your cross country captains and make sure that you respond in time as the closing dates for some races are well in advance of the event. ***Mike Mann***

Date		Race	Venue
Oct	13	Surrey Masters	Richmond Park
	20	**Surrey League 1**	Lightwater **(M)** - Roehampton Vale **(W)**
Nov	3	Reigate Relays	Reigate Priory
	10	**Surrey League 2**	Roundshaw Down **(M)**
	17	London Champs	Parliament Hill
	18	Epsom 10 **EPSOM 10 entry fom**	**Last club champs (not cross country)**
	24	South of Thames 5 mile	Reigate Priory
Dec	1	**Surrey League 2**	Nonsuch Park, Sutton start 12 **(W)**
	8	Dysart/ Ellis Cups	Richmond Park
	8	Masters & Inter County champs	TBC
	15	Kent Masters	Tunbridge Wells, Rose Hill School
	15	South of Thames 7.5 miles	Richmond Park
Jan	5	Surrey County Champs	Lloyd Park
	5	Kent County Champs	Detling Showground at
	12	**Surrey League 3**	Cranford **(M)** - Mitcham Common **(W)**
	19	Vets AC Champs	Wimbledon Common
	26	South of England Champs	Parliament Hill
Feb	9	**Surrey League 4**	Wimbledon Common **(M)** - Dorking **(W)**
	23	National Champs	Sunderland

2012/13 Surrey League Cross Country M= Men W=Women

The men's Cross Country races start at 3pm, apart from the January race which starts at 2.30pm and the womens fixtures start at 12 noon.

XC Captains: Men - Mike Mann mcmann90@yahoo.co.uk

Women: Mel Edwards dulwich.womenscaptain@yahoo.co.uk

Please note that the Kent Masters champs has now been put back a week to Saturday 15 December and that the venue of the Kent County Champs on 5 January has been switched to Detling Showground

The 4th Emer Casey London 10K - Brockwell Park on Sun. 28 October 2012 - 11.00am. Entries are now open at www.runnersworld.co.uk/emercaseylondon10k. For further information about the Emer Casey Foundation, please go to http://www.emercaseyfoundation.com/

Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major race, of which Steve Smythe kindly collates results for us, then it's highly unlikely that your results will be appear here in SHORTS
So to make sure your race results are mentioned please send them in and if you want to write a report to go with it even better.

parkrun 5km Results, 5th October

Brockwell

Chris Vernon writes...There was a great turnout of DRs (making up 10% of the field) in Brockwell to welcome Caroline back for her first parkrun since the birth of Francois. Many gathered in the Lido Cafe afterwards to catch up on her news.

It was a beautiful Autumn morning which produced some good performances in particular from Catherine and Mel who were first and second women and many others winning their age groups. What a pity they were not all in DR colours to announce our presence to the parkrun world.

12	Catherine Lee 1W	19:09
18	Mike Mann	20:23 1st MV60
21	Mel Edwards 2W	20:33 (PB)
41	Graham Laylee	22:15 1st MV55
44	Mike Dodds	22:33 1st MV50
50	Claire Steward	23:16 1st FV60
72	Ruki Sidhwa	24:32
80	Joanne Shelton	25:14
84	Clare Wyngard	25:42 1st FV50
110	Caroline Schurmann	28:44
118	Chris Vernon	30:31 1st MV65
122	Susan Vernon	31:28 (PB)1st FV65

127 ran

Bromley

The Dulwich Runners were split by former world record holder in the javelin, Steve Backley.

69	Steve Smythe	22:16
94	Martin Morley	23:10

291 ran

Burgess

The 3rd running of this was yet another bright Saturday, so we had a great whole-sky view over the fountain and lake. I had a cold and was going to marshal but wasn't required, so ran it, splashing through the puddles left by overnight rain.

It measured about 5.1k on the Garmin and most of the finishing times were lost, so still a few teething problems but it is a flat course with great views all the way round in the refurbished park.

10	Andy Murray	20.49 (watch) 59.59 official !

42 ran

Dulwich

Excellent times for Colin, Adrian, Neville and Joseph.
Not bar-coded: Tony Touhy 16:52

14	Colin Bailey Wood	18:08 (PB)
15	Adrian Greer	18:28 (eq PB)
16	Neville Webb	18:47 (PB)
17	JosephBrady	18:47 (PB)
38	Ian Sesnan	21:42
56	Ameet Patel	25:14

72 ran

Hilly Fields

On this tough course,Ben Fairhall set a course record and won by three minutes.

1	Ben Fairhall	16:58

58 ran

Sorry to be late with this report but last week 29/09 I made yet another away parkrun visit. This time 3 miles to the east of Dulwich to Hilly Fields which is just beyond Crofton Park station. The name sums up the course, mainly off-road and with a couple of hills per lap, which for me meant a bit of walking and a slow time.

They are a very friendly and welcoming marshalling team for what was probably my smallest ever parkrun. Only 5 of the field were club runners and despite this, I did not spot Angela, until I saw her name in the results.

16	Angela Oritsejafor	24:33
39	Chris Vernon	32:33 1st (and only)MV65

40 ran

Riddlesdown

Another victory for Angie.

9	Angie Norris 1W	20:35

72 ran

Crystal Palace Canter, 2 Oct.

Results for this low key lunchtime race around Crystal Palace Park, now extended to 5K, and used by some as a warm up for the track session. Mike Mann

1	Neville Webb	20:01
2	Mike Mann	20:33
3	Ian Sesnan	22.03
9	Jo Quantrill	24:44 (2nd claim)

Berlin Marathon

Alastair Locke writes…."Ahh nice shoes…Brooks", exclaimed the portly European gentleman pointing at my new pair of trainers. "Very nice", he continued, "but for marathons….no."

A fair comment perhaps but not one that you'd expect to hear standing in pen D down the Tiergarten in full view of the Brandenburg gate 30 seconds before the start of the 39th Berlin marathon. Whether his comment was based on well informed shoe design and running stance research or just another example of why Germans aren't know in this neck of the woods for their humour my new pair of Brooks performed admirably carrying me over the finish line in a 'still not quite sure I can believe it' 2:51:46, putting me 530th overall and 118th in the M30 age group. And I bagged 2 half marathon PBs in the process as well.

I was running with a couple of good, marathon buddy veteran friends and we as well as the other 35,000 or so runners couldn't have asked for a better day. After a not so relaxing start getting stuck in pen H and having to jump over the fence and make a strategic sprint through the toilet queues to my starting area Berlin and the crowds treated us all to an amazing race. This was the biggest run that I had done and after almost breaking sub 3 in Amsterdam last year I was more focussed than I cared to admit on breaking the 3 hour mark here.

There was quite a bit of tap dance footwork at the start getting through the masses and avoiding those runners dashing off to the side for an early race nerves pit stop in the woods but by kilometre 5 or 6 the pack had thinned enough to get into a good stride and settle into a solid pace.

I started behind the 3:15 pace runners but was passed them by at 10km and soon after was up with the 3hour pace runners.

This put my nerves at rest a bit as the pace felt comfortable although it was early days yet in the run. Soon after though race tactics went a little awry as I looked down at my watch to see that I was running an impossible time only for my excitement to be replaced by pace panic as I realised I had stopped my watch accidentally and would have to run blind until I could reset it. In hindsight this was a benefit as it made me pick my pace up and run in-front of the 3hour pacers who I eventually pulled away from and meant I could just run to catch the next guy (or gal) ahead.

The crowds were amazing and my Union Jack running top made me feel like a celebrity with cries of "Go GB!!" all over the place and even a "Go on my son, get in there!!" that was a particular favourite at km 38. I ran with a Japanese chap dressed as Minnie Mouse for a while but had to pull away from him as he was stealing all my crowd love thunder…he did make it into the paper the next day though. I can't remember much of the last 10km but the crowd and a steady supply of Shock-blocks (other energy gels are out there but these ones work a treat) saw me through the hard yards.

My pace was good right up until the very last km when I must have done something to upset the running gods as I was hit with a lung twisting stitch but in true Olympic glory fashion I just told myself, 'What would Mo do?' and slogged it out over the finish.

A great course and an amazing run. And Berlin lays on a fine spread for a post race debrief beer.

I'd also like to say a massive congratulations to my 2 plucky running buddies, Lisa (now good for age) and Kate who also smashed their marathon PBs as well!

530 Alastair Locke 2:51:46
Circa 35000 ran

Kent Cross-country Leagues, Oct 6
Kent Women's League (5km)

Clare Elms had one of her best cross-country wins when she outsprinted last year's Kent under-17 league champion Nicole Taylor and top 20 national senior placer Elaine Murty. Using the strength from recent hill sessions, she attacked the final uphill in the last 400m to drop 2:08/4:23 800/1500m runner Murty and then kicked away from Taylor down the downhill finishing straight

1st Clare Elms 18:31

Kent Young Athletes League (3.2km)

Alex Elms wasn't quite at his best but a 13th place ensured his team came third.

13 Alex Elms 12:25

Dulwich Charity 10km, October 7

While acknowledging the key thing is to organise a race successfully which we obviously do very very well, perhaps we should field a few of our top runners as we did in the past, just to confirm we are also a running club! Two is the lowest number of members we have ever had in the race. Clare easily won her second race in under 20 hours while Caroline returned from France to just squeeze inside the hour.

Altogether 350 raced, of which 141 were women but only around 20% of the field were club members. The result system had the results up within minutes and was well praised, and the only negative comment I heard was the wait in making the presentations, which was delayed until after the end of the fun run.

11 Clare Elms 1W 38:16 (chip 38:15)
289 Caroline Schurmann 94W 59:21 (chip 58:55)

Mablethorpe Marathon Sun 7 Oct

***Per Hedberg writes*.....**

This marathon was my second try at Mablethorpe and was an experiment in order to prepare for my third marathon. Last year I had prepared and planned for a 3hr56min attempt (9min/miles), carrying all my own drink (rucksack and chest bottles), thinking that early October would be a good time for a flat marathon.

When that day turned out to be the hottest October day probably ever, +29 Celsius, no wind, no clouds I still went for my race plan based on pace rather than effort. Bad choice. I was "red lining" within a couple of miles, kept going until 20miles when the wheels came off and finally made it to the end at 4hr30. Good lesson.

This year the goal was A) make it to the end without stopping/walking/cramping, B) at all costs run on effort rather than pace. I kept my pulse constant in zone 2 (out of 5) until mile 22 and then in mid zone 3 only and got to end in 4hrs19min54sec (PB) without hardly breaking sweat and feeling that I could have run faster and further. So, happy with the experiment and ready for an attempt on the sub 4hr next time.

179 4:19:54 (PB)

Kent Men's League (10km)

Having run the parkrun, then done the hill session and also ran 5K supporting during the other races, and also cycled 20 miles, Steve Smythe was surprised to have his best race of the year so far over a testing course fractionally over 10km.

68 Steve Smythe 40:17 (3rd M50)

Dulwich Runners Race Clock needs a new home.

The Dulwich Runners Race clock raises much needed funds for the club and it needs a new person to take over the management of the rentals as I have limited time to do it anymore.

It doesn't take up too much time, all of the documents are on-line and it is relatively straightforward now. I can show you how it all works, the forms (all electronic) and if need be can fill in occasionally when you are away. Let Ros, Graham or me know if you are interested.

Giles Gibson giles@originaltg.com

ALGARVE RUNNING CHALLENGE, NOVEMBER

For those of you who fancy some warm weather training and racing and escaping the often gloomy weather here, there is an opportunity this autumn. The Algarve Running Challenge takes place from 7 to 11 November and includes a cross country race, a mile on the track, a 10km forest trail race and a 10 mile road race from Spain to Portugal across the Guardiana Bridge.

The hotel is situated on the beach and there are excellent opportunities for training runs through pine woods, cycling and swimming in the sea or pool, or alternatively lounging on the beach for those wishing to chill out. Trips to some picturesque local towns nearby can be made on the local railway. As it off season the cost is very reasonable with the total including flights, bed and breakfast, evening meal and race entries amounting to no more than £550 per head for a 7 day stay, and less for a shorter trip.

The organisation of the races is by our own Steve Smythe, and Ros, Andy and myself are regular participants, so please contact one of us for further details or get a brochure from Track and Field Running Tours (www.trackandfield.co.uk) *Mike Mann*

ANNUAL GENERAL MEETING Wednesday 24th October 2012

The AGM will be held in 'The Nursery' at the Edward Alleyn Club, Burbage Road, London SE24 9HD at 9pm.

Items for the agenda must be sent to the Hon. Secretary, Mike Dodds, by Wednesday 10th October to be sure of inclusion. Minor items of 'any other business' will be allowed on the day at the discretion of the Chair depending upon the time available. Draft minutes of the 2011 AGM were included in 'Shorts' during November and December and will be proposed for adoption at this AGM.

Nominations for club positions should also go to Mike. These should ideally be by October 10th to allow time to organise an election if there is more than one candidate, but will be taken up to and including the day of the AGM in the event of a single nomination.

All posts are up for election, including the President (which has a three year term and was last elected in 2009), with the table below showing whether the present incumbent wishes to stand again. This shows that there is one post, that of Secretary, where there is a definite vacancy. However it may be possible to accommodate someone prepared to join the Committee, but who would prefer to take on one of the other roles, through some re-shuffling of the rest of Committee. For example Graham Laylee has indicated that he would be happy to move to Secretary if a successor were to emerge for him as Treasurer.

If you are interested in any of the roles, or know of someone who you think would be good at them, please have a word with any committee member as soon as possible.

I can be contacted at secretary@dulwichrunners.org.uk or on 07501 536631

Post	**Present Holder**	**Standing Again?**
President	Ron Searle	Yes
Chair	Ros Tabor	Yes
Hon. Secretary	Mike Dodds	No
Hon Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Sue Cooper	Yes
Women's Captain	Mel Edwards*	Yes
Men's Captain	Charles Lound	Yes
Women's Off Road Captain	Anna Thomas*	Yes
Men's Off Road Captain	Mike Mann	Yes
Shorts Editor	Barry Graham	Yes
Publicity Officer	Chris Loizou	Yes

Mike Dodds

*Anna has kindly agreed to stand for the role of one of the Women's captains. If they are elected Mel, who has latterly been performing both roles, and Anna would intend to follow the job sharing model for the combined roles that Kim Hainsworth and Charlie Woods successfully pioneered in the recent past

PROPOSED AMENDMENT OF DULWICH RUNNERS AC CONSTITUTION

Background

In the course of the past year the club's General Committee has become aware that it is presently in breach of the current provision in the constitution that it meets at least six times per year (for a long time now they have customarily been meeting four times per year). The Committee recommends that, instead of trying to adapt its practice in line with the present constitution, a proposal should be put to the first available AGM for an amendment that would establish its new *de facto* practice on a properly authorised footing. In its view advances since the original rule was drafted, principally in the field of IT, have had a major impact on the need to meet with quite the same frequency as was envisaged when the original constitution was adopted. It still seems reasonable, though, to prescribe, as below, a minimum of four meetings per year.

The Committee also recommends that the opportunity is taken to add some further detail at this point in the constitution about the general management and transparency of its business.

Proposal

The relevant section of rule 4 presently reads as follows

'Meetings of the General Committee will be held not less than six times per year at the discretion of the Committee'.

The proposed new wording is

'The General Committee should meet a minimum of four times per year to discuss club matters such as

- *the club's financial position*
- *coaching and athletic issues, including liaison with its Sub Committee referred to below*
- *social events*
- *general club policies*

Such meetings should be notified, in advance, in 'Shorts' in order that members may suggest items for discussion, in writing, to the Club Secretary. Brief details of significant discussions at those meetings should be reported in 'Shorts''

Process

Rule 6 of the constitution prescribes that any alteration of that constitution may be agreed by (simple majority of) a properly constituted AGM provided 21 days notice is given. This proposal will therefore be placed on the agenda for the 24th October AGM. A separate notice of the AGM in this issue of 'Shorts' invites other agenda items.

I would be pleased to deal with any questions you may have about these proposed changes prior to their discussion at the AGM, as would any other members of the Committee.

Mike Dodds - Hon Secretary, Dulwich Runners

DULWICH RUNNERS AC
W3

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	9.5	MILES
SHORT CUT (BLUE)	8.5	MILES
SHORT CUT (PINK OR GREEN)	8.0	MILES
SHORT CUT (GREEN & BLUE)	7.0	MILES
SHORT CUT (GREEN & PINK)	6.5	MILES
SHORT CUT (GREEN, BLUE & PINK)	5.5	MILES
SHORT CUT (YELLOW)	3.0	MILES

Lightwater Cross Country

Keep yourself dry on those wet winter runs

New – Dulwich Runners waterproof jackets now in stock Only £25 –
See Ros to buy one of these and other club kit

MANTLE
FINANCIAL PLANNING
Chartered Financial Planners & Tax Advisers

The 49th Annual
EPSOM 10

Sunday 18 November 2012 9.30am

One lap scenic 10 mile course on country roads around Epsom & Walton Downs. Start & Finish close to the Grandstand on Epsom Racecourse.

BECAUSE OF THE NATURE OF THE COURSE AND POTENTIAL WEATHER CONDITIONS IN LATE NOVEMBER A TIME LIMIT OF 2 HOURS WILL APPLY.

Race HQ in the Queen's Stand

Under UKA rules – permit applied for.

Plenty of parking ~ Memento to every finisher

Prizes: First 3 Men/Women

1x M40, 1xM50, 1xM60

1xF35, 1xF45, 1xF55

1st Club Teams: Male & Female 3 to score

The race includes the 10 mile championship for both Vets AC and SCVAC but is NOT a vets only race.

Cert No 12/322

Entry fee: £12 [£14 unattached]

All entries on the day £15

Add £2 if entering Vets AC champs / £1 SCVAC champs

Enter online: www.runnersworld.co.uk/(events)

Cheques payable to Epsom & Ewell Harriers

Name		Male/ Female?	
Address			
Club		Age on race day? *You must be at least 17 years old on race day*	
Your phone no.			
If Vets AC give member number		If SCVAC give member number	
Signed: *Entries for 17 year olds must be signed by parent / guardian*			

Participating in endurance events is physically stressful and you should ensure that you are properly prepared, trained and fit to compete. By entering the race you agree that personal and medical details can be released by the medical team to the race organiser in the event of a medical emergency.

Send entry & 9x6 SAE to Don Turner,
40 Rosedale Rd, Stoneleigh, Epsom, KT17 2JH
Tel: 0208 393 8950
Enquiries? davidaclarke@blueyonder.co.uk