SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 24th 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 24 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Dulwich Runners AGM at 9pm downstairs in the clubhouse

Sat 27 **Hill Session**
Opposite Sydenham Hill Station 10am

Tue 30 **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.html

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

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

Over 30 runners attended this week'sTuesday track session. Currently high volume sessions – last three weeks have been on successive weeks - 8 x 1000, 10x800, 4x2000 to build winter endurance but suitable for all speeds.

This week was the best fast men's group in the dozen years of Tuesday sessions at Ladywell/Dulwich , but as per recent hill sessions, women's turn out slightly disappointing.
Steve Smythe

In your *SHORTS* this week !

4 Cross Country, Fixtures & events
6 Race reports etc
7 Surrey League XC results
10 Wednesday night running map
11 **Epsom 10 entry form.** Last Club Champs race

And much more !

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.

*****AGM tonight 9pm*****

Downstairs in the clubhouse
'The Nursery' at the Edward Alleyn Club, Burbage Road, London SE24 9HD at 9pm
There will be limited copies of the agenda, accounts, & 2011 minutes, so if you want copies print them out from previous weeks SHORTS and bring along.
There will be sandwiches provided.

NEW RUNNERS ROTA

Many thanks to **Andy Murray, Joseph Brady and Clare Quirico** 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	**24/10**
Clare Osborne	31/10
Ian Sesnan	07/11
jo Shelton	14/11
Claire Steward	21/11
Ros Tabor	28/11

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

A brief look ahead

Nov 3 Reigate Relays info
Nov 10 Mens XC,Roundshaw Down, Croydon
Nov 18 Epsom 10 - final club champs event
EPSOM 10 entry fom

full fixture list & info page 3

Wednesday Night Map

On page 9 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 - Party tickets are now on sale and will be available to buy on Wednesday Club nights from Sue Cooper (susan.cooper@hsbc.com). Glitter balls, glow sticks and crazy shapes at the ready, Dulwich Runners 2012 Xmas Tickets cost £15* which includes music, food (with vegetarian options), club awards and lots of festive fun! *Please note that tickets will increase to £20 from 1st December. ***NOW ON SALE***

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.

Anybody interested in

Mince pie race on 9th December , travelling by coach with lunch after in Brighton. If so give your name to me, It's a 10 mile multi terrain hilly run. - Cheers – **Steve Wehrle**

HILL SESSION

opposite Sydenham Hill Station 10am
Steve Smythe

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***

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

SPRING RELAYS

It's early days but you may want to make a note of some dates for 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, 12/13 May
- Welsh Castles Relay, 8/9 June
- 1066 Relay, 16 June (note later than usual)

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

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/

DULWICH RUNNERS XMAS PARTY 2012

Tickets now available at £15 each.

This will include: buffet with vegetarian options, DJ & music, club awards, raffle and much more! Contact Sue Cooper: susan.cooper@hsbc.com

15th December 7:30pm until late.

At The Plough, 381 Lordship Lane, Dulwich, London, SE22 8JJ

www.theploughdulwich.co.uk

FIXTURES Winter 2012/13

The fixture list includes all currently available info on cross country fixtures. It includes most races that will be of general interest, some dates to be decided and some fixtures missing, will be updated as details become available.
Details of fixtures, start times, distances and transport information will be provided in Shorts prior to each event.
Apart from Surrey League most 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
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	SEAA Masters Champs	Woodford, Essex
	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 and Anna Thomas** 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

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

XC Captains:

Men - **Mike Mann** mcmann90@yahoo.co.uk

Women - **Mel Edwards and Anna Thomas** dulwich.womenscaptain@yahoo.co.uk

Dulwich Runners 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***

SOUTH OF THAMES XC RACES

2 South of Thames cross country races take place this autumn, the 5 mile race at Reigate Priory on **24 November**, and the 7.5 miler at Richmond Park on **15 December**. Unusually these are combined men's and women's events. The Reigate race is part of our cross country champs so you are strongly encouraged to participate.

Although there will be fast runners at the front of the field, these are not elite events and open to runners of all abilities. So far 11 men have put their names forward, and I'm planning to enter all those who ran at Lightwater last weekend plus other cross country regulars, unless they tell me that they are unavailable.

If you are interested, please contact
men's / women's captains, no later than **10 November.**

A handful of you have asked to enter the 7.5 mile race at Richmond Park. This is the day of our Christmas party so you are encouraged to enter to earn your food and drink later in the day. Entries for this by **1 December** please. ." ***Mike Mann***

Reigate Priory Relays, 3rd November Mens & Womens

The Priory Relays take place at Reigate Priory Park on **Saturday 3 November**, starting at 1.30 pm. It is 4 x 2.5 miles for the men and 3 x 2.5 miles for the women (one lap of the usual mob match course). We have entered teams in recent years and it is an enjoyable event over a scenic course.

If you are interested, please contact your respective mens / women's captains before 24 October.

It is possible to enter teams on the day by 1pm at the latest (in which case the club will reimburse the cost of entry) and, if we enter multiple teams, to run different legs for different teams. ***Mike Mann***

Reigate Priory Relays Update

So far Tony Tuohy, Wayne Lashley, Alastair Locke, Joe Brady and Jose Barretta have put their names forward, which means that we have at least one men's team, and probably two, given that some have expressed interest in running twice (each stage is only 2.5 miles). If others are interested we may be able to enter more teams, and hopefully we will have several women's teams. ***Mike Mann***

GIBB CUP CROSS COUNTRY 27 OCT.

For those in need of their regular cross country fix, SLH are staging their annual Gibb 5 mile race at Farthing Down this Saturday starting at 2.30 pm.

Entries are available on the day at the SLH clubhouse, 194a Brighton Road, Coulsdon CR5 2NF, about 10 minutes jog from the start. Please contact me for any further details. - ***Mike Mann***

London XC Champs 17th Nov

If you want to enter the London cross country champs at Parliament Hill on **17 November** then **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. So far 9 men have asked to be entered. - ***Mike Mann***

Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major club race which Steve Smythe kindly finds & 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,wether they be road, fell, XC, Tri etc, are mentioned please send them in, and if you can write a report to go with it even better.

parkrun 5km Results, 20th October

Brockwell

146 Chris Vernon	31:21
157 ran	

Bromley

10 Alex Elms	19:14
113 Colin Frith	23:44
316 ran	

Crystal Palace

*Mike Dodds write…*I ran my 99th parkrun on Saturday but it was probably my worst ever performance in that whole set. I put it down though to the most persistent and debilitating cough I've had since a dose of bronchitis as an infant in the Big Freeze of 1963.

I'll do my best to get rid of it before my 100th at the same venue on next Saturday the 27th but it's been my companion for 3 straight weeks now. Please join me if you can, the Race Director is quite comfortable with a bigger field than normal and I'll arrange for some goodies at the finish line.

7 Edward Smyth	20:19
16 Jozef Danko	21:13
17 Ebe Prill	21:14
24 Bob Bell	22:03
39 Mike Dodds	23:37
55 David Harbage	25:13
105 ran	

Dulwich

16 Rob Cope	19:48
33 Ian Sesnan	21:27
59 Michelle Lennon 9W	24:56
118 ran	

Greenwich

7 Buzz Shephard	21:14
95 ran	

Hilly Fields

3 James Burrows	20:48
53 ran	

FH Taylor School Road Relays, 18th October, Tonbridge 6 x 1.3 (?) mile

2nd Leg

Duncan hussey writes…A hastily arranged team of two runners from each of Year 7s, 8s & 9s was put together and, true to form, arrived five minutes before the start, allowing plenty of time for warm up!

Picking up in fourth place, Oscar quickly overtook one of the seven Judd teams and did well to hold off the UK U13 No 1 for most of his leg, only to be passed just near the end.

Overall, the team finished a very credible 3rd out of 13 teams.

Oscar Hussey 6.54

English Schools Cross Country Cup 1st Round Junior Boys, 2nd October, Tonbridge

2nd team; 11 teams

The Head of PE surpassed himself by entering this XC race before the mid June deadline. He must have got the message! On a tight, twisty course, Oscar was an early faller.

Having been badly spiked with four two inch "Zorro" style on his upper leg, he managed to dust himself off recovering to 16th place in what was a good field from schools in Kent, Surrey & Sussex.

It was important that he did manage to recover as otherwise the team wouldn't have placed second and hence not progress to the regional final next month.

16 Oscar Hussey
62 ran

Petts Wood 10km, October 14

Missed off last week. Andrea had a good win in this big race.

47 Andrea Pickup 1W	43:18 (43:16)
59 Rob Cope	44:00 (43:57 chip)

Surrey League Cross Country, 20 October, Lightwater

Mike Mann reports our first match of the cross country season went reasonably well as we finished in 3rd position, but only 4 points behind 2nd placed Croydon Harriers, and 17 points behind the winners, Ful-on-Tri. Although we had a decent turnout among the scorers, and it was good to see some first timers, we were missing several in potential mid scoring positions (one runner faster than 33:30 would have given us victory), and this made a difference on the day. There is clearly going to be a tough fight between these 3 clubs for the 2 promotion spots, and Woking AC in 4th position cannot be ruled out of contention.

Despite the recent wet weather the course was in good condition with a mixture of grass and stony surfaces and little mud. It started rather deceptively with a short fairly flat loop, followed by 2 longer more challenging laps.

6 Buzz Shephard 30:02 Started off a bit too fast, leading the field after the first short lap, but ran well in his first important race since his return from Australia

10 Tony Tuohy 30:27 Began fairly cautiously but came through strongly in the final lap, picking up a number of places.

15 Wayne Lashley 30:54 Ran close to Tony for the first two laps, but faded a bit in the final lap, finding the going tough.

21 Charlie Lound 31:05 A strong run from cross country regular.

23 Alastair Locke 31:53 An excellent run in his cross country debut for a club, maintaining his position well during the race.

37 Steve Smythe 33:20 Started off slowly but came through the field strongly in the last lap.

39 Rupert Nash 33:23 Another cross country debutant had an encouraging performance, battling away with Steve for much of the race.

49 Duncan Hussey 34:02 Cross country regular was not quite up to his usual form.

53 Ebe Prill 34:10 Showed good endurance, maintaining his position well to the finish

57 Joe Brady 34:23 Final scorer as the new lightweight version of Joe delivered his best ever performance for the club, though he struggled at times and is likely to improve further as the season progresses.

72 Mark Foster 35:19 Solid run by another cross country dependable.

81 Chris Treble 35:41 Found the going tough, but ran consistently

85 Paul Devine 36:00 Found the second half a struggle but should improve as the season progresses

88 Andy Murray 36:18 Consistent supporter of cross country races slightly down on his normal form.

99 Cameron Timmis 37:50 A relative newcomer to cross country who will improve as he catches the bug.

110 Jim Dowsett 40:08 Another welcome first timer who not surprisingly found the race a bit of a challenge.

Half an hour earlier Oscar Hussey had an encouraging run in the youngsters race consisting of one large large lap, winning the U13 race in a time of 12:51 and finishing 7th overall in a field that included U17s and possibly his best ever run for the club.

Team Positions

1 Ful-on-Tri 273
2 Croydon Harriers 286
3 Dulwich Runners 290
4 Woking AC 391
5 Collingwood AC 501
6 West 4 Harriers 508
7 Sutton Runners 572
8 Elmbridge 602.5
9 Runnymede 671.5

Surrey Ladies League, Roehampton Vale, October 20

With so many potential scorers missing, such as Shona, Alexie, Charlie, Kim etc, we did surprisingly well to finish third team. On a tough but very badly thought out course, there was total chaos when many runners towards the back, got misdirected and missed a lap and got in the way of those on the proper course on some of the narrow sections and finished early and meant many hours extra work for the organisers removing 20 or so runners from the official results who had run a lap short.

Showing the club's excellent depth, the B team were second B team and the C team second C.

The below should be the correct results.

(Div 1 posn given)

4 Clare Elms 24:40 Was in contention for third until getting held up and good run on a course that she didn't enjoy.

12 Catherine Lee 25:45 Probably best ever cross-country run for club – held position well throughout.

23 Andrea Pickup 27:07 Best run on the country for a while and held ground well.

36 Ola Balme 27:50 The club's most reliable ever cross-country runner wasn't quite at her best.

44 Angie Norris 28:10 One of her best cross-country runs in recent years.

50 Sarah Cullen 28:26 Excellent debut for club newcomer.

53 Mel Edwards 28:38 Best cross-country league but still well below her form of the following day.

68 Katie Crowe 29:21 Good solid run to score for B team.

91 Ros Tabor 31:00 Not at best though finished second W60.

93 Anna Thomas 31:07 Probably her best cross-country run for club.

99 Jo Shelton 31:23 Close to her best for another improved runner.

105 Claire Steward 32:04 Second W60 but not quite at her sharpest form.

112 Louisa Pritchard 32:46 Short of training of late and below her best but steady run.

144 Lindsey Annable 35:58 A good steady run for league regular.

164 Stephanie Burchill 39:14 Not at very best but battled on well.

328 in total did both races

TEAM: Div 1:

1 Thames Hare & Hounds 51
2 Belgrave H 102;
3 Dulwich R 119;
4 West 4 H 124;
5 Clapham Chasers 136;
6 South London H 173;
7 Woking 202;
8 Herne Hill 206;
9 Stragglers 273;
10 Ful-on Tri 274

Vantaan Maraton – Sunday 14 Oct

Claire Steward writes: For the nineteenth successive year Steve's 'Wehrld Tours' took a motley crew from Dulwich and BBC running clubs off to parts foreign, this time to Finland. Over the years the raison d'être has changed and the emphasis has gradually moved from a running holiday with sightseeing and an overindulgent celebration, to partying into the small hours with the distraction of a race for those that can't get a doctor's sick note.

I'm always keen to check out another marathon, and for those who like something shorter there was a half or quarter, all conveniently starting and finishing outside our sports centre residence. The marathon comprised four laps of the course starting at 11:00am with the quarter setting off at 1:45 and the half at 2:00pm. This seemingly strange scheme worked surprisingly well; I had a great send off and loud cheers as I completed laps one and two; the marathon leader and a few chasing men overtook me while I was on my second circuit, I was overtaking slower runners on lap four, and was then overhauled by Sue and Brendon doing the quarter.

Colin caught me on the line and I finished in time to cheer Di completing her first race in over a year, before seeing Joanne and José completing their first lap. All rather disorientating! As I passed the 42k marker (for the fourth time) I was fearful of missing the sharp turnoff to the finish and setting off on a fifth lap. Ted from BBC club did just that at the end of the half, and had to backtrack to the finish.

With the race out of the way, it was time to party! Steve's business associates through his paper buying for the BBC generously invited us for buffet and drinks at their hotel, even sending a minibus (twice) to collect us all, and we found ourselves back at the hotel where our coach driver had tried to deposit us at midnight on Friday (he had been given the wrong address and was not best pleased at having to reload his coach and take us elsewhere, particularly when Steve's bag started to leak red wine after being deposited rather too roughly in the hotel lobby).

After being mini-bussed back to our 'hotel' (most of us were in shared rooms of 4 to 6 persons) we had dinner together then walked into downtown Vantaa where the evening slowly degenerated into the most appalling karaoke session I ever hope to hear, and a good time was had by all.

Having done our 'serious' sightseeing in Helsinki (15 mins by train) on Saturday, Monday afternoon was taken up with a visit to the Flamingo Spa and Water Park and we reverted to childhood as we whooshed down the water slides, jumped off the diving board, and were swept around in the whirlpool before moving on to more grown-up pastimes of the steam-rooms and saunas (pronounced like 'sour' not 'fauna').

Monday night was spent in a different bar, mercifully without the karaoke, but another late night nonetheless. Tuesday we had to pack our bags and vacate our rooms before trudging off to the Heureka Science Centre in the pouring rain. In the planetarium we lay back in nice comfy seats in the dark while the solar system was created above our heads and Whoopi Goldberg (why??) expounded on black holes, and red and brown dwarves in irritatingly dramatic voice-over.

A trip around the interactive exhibits in the museum woke us up, as we donned yellow wellies and sploshed around experiencing global warming and melting ice-caps, rode a bicycle across a tightrope, hoisted a mini off the ground, and had a 'coin' minted with our likeness etched on one side. The time flew by and after grabbing a bite to eat we were on our way home.

It's not easy to condense four packed days into a few lines but you get the idea! Steve is now working on something special for his twentieth anniversary expedition (I hope) and once again we owe him a huge vote of thanks for his efforts and organisational skills.

……and here are the results……

Quarter Marathon

Sue Cooper	0:51:18
Colin Frith	0:53:40
Di Morgan	0:56:08
Steve Wehrle	0:59:26
Steve Street	1:04:04
Roy Hibberd	1:06:18
Chris Bell	1:08:23
Richard Pole	1:17:36

Half Marathon

Bob Bell	1:42:46
Jo Shelton	1:43:32
José Barretta	1:43:33
Barrie J Nicholls	1:51:58
Lindsey Annable	1:59:14
Lloyd Clater	1:59:10
Paul Keating	2:00:27

Marathon

Claire Steward	3:38:13

(the winner finishing in 2:13:34 became the new national champion of Finland)

FINLAND

Thirty nine travellers, lusty and bold
North towards Finland one Friday did go
Some seeking fortune in prizes and medal
Others to sample the food, sights and beverage

The runners did triumph, though many dropped out
Through sickness or injury; frailty or doubt.
Cheered on as ever by runners of yore,
Who clapped, cheered, encouraged 'til voices were sore.

Many the stories of passports mislaid.
Of finishes missed; routes home waylaid.
The hotel perhaps lacking in refinement.
While Claire had the swiftest gender reassignment!

Today in the Flamingo we all had a splash
To counter excesses of karaoke slapdash.
Tired legs, sore voices, lost toenails were soothed
In sauna and steamroom we all were amused.

'Til next we shall meet,
Who knows when or where?
Give thanks to our captain;
The gallant Steve Wehrle

Cabbage Patch 10, October 21

Mel had the star women's run, improving her PB by five minutes and finishing ahead of Ola, who did win the first W45 prize. Claire Steward was 2 minutes outside her PB and third W55+. Jo did a three minute PB and ran over eight minutes quicker than she did in 2010

For the men, Mike, who is focusing on his cycling, squeezed inside the hour but the top men's run came from Neville Webb who followed up his superb 10k with an even better run. Joseph ran six minutes faster than he has the three previous years.

51 Mike Williams	59:52
96 Neville Webb	62:36
109 Alistair Locke	63:26
131 Joseph Brady	64:49
186 Mel Edwards	67:27
188 Gary Sullivan	67:33
198 Ola Balme	67:47
344 Graeme Campbell	72:43
391 Mick Ward	73:53
435 Claire Steward	74:53
491 Jo Shelton	76:19
697 Clare Quirico	80:57
1205 Kaylee Coxall	92:22

2012/13 Cross Country Championship So Far

CROSS COUNTRY CHAMPIONSHIPS 2012 - 2013 MEN — **TOTAL OF 4 BEST RUNS**

NAME	LIGHTWATER 20/10/12	ROUNDSHAW 10/11/12	S OF THAMES REIGATE 24/11/2012	CRANFORD 12/1/13	S OF ENG 26/1/13	WIMBLEDON 9/2/13	TOTAL
Buzz Shepherd	50						50
Tony Tuohy	49						49
Wayne Lashley	48						48
Charlie Lound	47						47
Alastair Locke	46						46
Steve Smythe	45						45
Rupert Nash	44						44
Duncan Hussey	43						43
Ebe Prill	42						42
Joe Brady	41						41
Mark Foster	40						40
Chris Treble	39						39
Paul Devine	38						38
Andy Murray	37						37
Cameron Timmis	36						36
Jim Dowsett	35						35

CROSS COUNTRY CHAMPIONSHIPS 2012 - 2013 WOMEN — **TOTAL OF 4 BEST RUNS**

NAME	ROEHAMPTON 20/10/12	S OF THAMES REIGATE 24/11/12	NONSUCH 01/12/12	MITCHAM 12/1/13	S OF ENG 26/1/13	DORKING 9/2/13	TOTAL
Clare Elms	50						50
Catherine Lee	49						49
Andrea Pickup	48						48
Ola Balme	47						47
Ange Norris	46						46
Sarah Cullen	45						45
Mel Edwards	44						44
Katie Crowe	43						43
Ros Tabor	42						42
Anna Thomas	41						41
Jo Shelton	40						40
Claire Steward	39						39
Louisa Pritchard	38						38
Lindsey Annable	37						37
Stephanie Burchill	36						36

DULWICH RUNNERS A.C.

W6

APPROXIMATE DISTANCES FOR FOR TONIGHTS RUN

FULL RUN (ORANGE)	11.0	MILES
SHORT CUT (BLUE)	9.5	MILES
SHORT CUT (PINK)	7.5	MILES
SHORT CUT (GREEN)	5.5	MILES
SHORT CUT (YELLOW)	4.5	MILES
SHORT CUT (PURPLE)	3.0	MILES

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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