SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 14th November 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 14 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar
Curry Night after the run tonight
Surma, 42 Lordship Lane, East Dulwich, E22
Price: £10/person cash on the night please (drinks to be paid separately at the bar). Email or text me susan.cooper@hsbc.com or 07967 953 628
Might still be possible to fit you in

Sat 17 **London XC champs, Parliament hill**

Sun 18 **Epsom 10, last of the club champs races** EPSOM 10 entry fom

Tue 20 **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

HILL SESSION

Because of London Champs/ Epsom 10 no Hill session this Saturday. - Epsom 10 is the last of this years club champs races.
You can still enter EPSOM 10 entry fom

In your *SHORTS* this week !

3 Cross Country, Fixtures & events
5 Race reports etc
10 Wednesday night running map
11 Dulwich Runners Xmas Party **details**
13 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.

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

A brief look ahead

Nov 17 London XC champs, Parliament hill
Nov 18 Epsom 10 - final club champs event
EPSOM 10 entry fom
Nov 24 South of Thames 5m Reigate Priory

full fixture list & info page 3

NEW RUNNERS ROTA

Many thanks to **Ian Sesnan & Steve Cook** 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**

Jo Shelton	**14/11**
Claire Steward	21/11
Ros Tabor	28/11
Cameron Timmis	05/12

LUCKY VEST

November winner was Claire Steward

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 on the spot in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

We now have new mens and womens vests and T- shirts,

Vests	**£18 each**
T- shirts short sleeved	**£20 each**
and newly arrived long sleeved T's	**£22 each**
Waterproof Jackets	**£25 each**

Available Wednesdays at the club – Ros

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. Arrives around 9.
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 and money by 7:10
Don't just sit there salivating…join in ! - **Ros**

Dulwich Runners A.C. - Social Calendar 2012		
Event	**Date**	**Details**
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.

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)

Dulwich Runners AC committee meeting November 22nd

If you have any club matters you would like brought up at the meeting, then please let a committee member (see website for details) have them by the 22nd

PARKY POT QUIZ NIGHT

FRIDAY 30th NOVEMBER - at the Clubhouse
TEAMS OF FOUR (usual rules)
7.30 for 8pm

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.

Ps walked the Beachy Head marathon on Saturday , 9 hours in cold/cold wind, but another one finished, 42 done - 8 to go !
Cheers **Steve Wehrle**

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

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	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, REIGATE 24 NOVEMBER ***update***

Men's entries have now been submitted for this race. These include all those of you who have asked to be entered plus a number of you who have competed in the two Surrey League matches to date.

The race starts at 2pm in the centre of Reigate Priory Park adjacent to the tennis courts. The 5 mile course consists of two laps of a slightly modified Priory relay course. The race HQ is at the Methodist Church Hall behind Morrisons (no showers or changing). The venue is 10 minutes walk from Reigate station. Parking is available in Bell Street and at Morrisons.

**Note that the deadline for entries for the second South of Thames race on 15 December is 1 December.
Mike Mann

SEAA MASTERS XC CHAMPS 8 DECEMBER

These Masters cross country champs take place on 8 December at Woodford, Essex, which is accessible using the Central Line. They provide a good opportunity to field M40, M50 and W40 teams (3 to score), and recent success at the SEAA road relays at Aldershot suggests that we are capable of winning medals in the W40 and M50 categories.

To be successful we need to field our strongest runners, but there's nothing to stop us from entering several teams, particularly in the M50 category where we currently have an abundance of talent. All those interested should contact their respective captains. Entry costs will be covered by the club. ***Mike Mann***

MEN'S SURREY LEAGUE CROSS COUNTRY, 10 NOVEMBER

Our second Surrey League fixture of the season (and last this year) takes place at Roundshaw Downs near Croydon on 10 November, starting at 3 pm. Having finished 3rd but only 14 points behind the winning team in a closely fought match at Lightwater, it is important that we field our strongest possible team on this occasion. We need as many of our potential scorers as possible, including those who were not able to make it last time, to enable us to make up lost ground.

The course is a mixture of grass and trail and we are informed that it is suitable for road, trail shoes and spikes. However parts of the course may be muddy so road shoes are not advised in the (probable) event of recent rain.

The venue is easier to reach by public transport than Lightwater. The nearest train station is Waddon (direct trains from Victoria and Clapham Junction), about a mile from the start (buses 154, 157, S4, 455). Wallington station is a little further away. There is parking on Link Lane, Hannibal Way and Imperial Way, all close to the start. The start is accessible by footpath from Mollison Way or Hannibal Way/Imperial Way (see attached map). If anyone requires lifts, please let me and Charlie Lound (team manager on the day in my absence) know, so that arrangements can be put in place.

Please make sure that you're at the start no later than 2.30 to collect numbers and warm up. *Mike Mann*

London XC Champs 17th Nov

Men's entries have been submitted to these cross country champs at Parliament Hill and those who are entered have been notified. ***Mike Mann***

THE BOX HILL FELL RACE

Saturday 19 January 2013 at 11.00 am
7.5 miles with 1700ft ascent
It is not always appreciated by ordinary runners that fell running is actually the ultimate running experience.

If you have never tried it, Box Hill provides the ideal introduction: an easy-to-follow course, with quite short climbs and descents, one of the best finishes in England, and a good bar afterwards.
Details can be found at www.sloweb.org.uk
and entries can be made online at www.fabian4.co.uk

I have also printed some entry forms which I will have at the club over the next few Wednesdays.
Hugh Balfour

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, road, fell, XC, Tri etc, are mentioned please send them in, and if you can write a report to go with it even better.

5km Results, 10th November

Due to schools cross country there is no Crystal Palace parkrun 17th November 2012

Belfast Queens

*Andy Murray writes…*Held at the Queens University sports centre where the Masters international xc was being held later in the day, this features a two-lap course, mainly on a pleasant cinder path around playing fields on different levels, with a road between two car parks at the end of the lap.

Best feature is being able to go in the brand new sports centre building - a bit like UKA's Picketts Lock - before and after. No time to get back to the hotel afterwards so Andy had a bit of breakfast beforehand, causing a fairly breathless run.

18 Andy Murray		21.31

Brockwell

25 Ola Balme	3W	20:17
49 Graeme Campbell		22:33
67 Clare Quirico	10W	24:33 (PB)

123 ran

Bromley

12 Mark Fullilove		19:46

251 ran

And From 3rd November Duncan Hussey writes….The parkrun that nearly wasn't and, not only that, missed Shorts as well! Due to a fun fair having been set up en route, the run was nearly cancelled but at the very last minute, a decision was taken to run the course in reverse and avoid the fair by passing through the car park. Made life difficult for the pacers and there no PBs inside the top 50!

9	Duncan Hussey	19.17
15	Oscar Hussey	19.43
18	Mike Fullilove	20.07
103	Colin Frith	24.16
160	Xavier Pujol	26.36

292 ran

Crystal Palace

18 Josef Danko		21.39
23 Bob Bell		22.11
41 Jane Harbage	10W	24.33
49 David Harbage		25.17
67 Chris Vernon		31.18

77 finished

Dulwich

7 James Burrows		19:23 (PB)
8 John English		19:39 (PB)
28 Claire Steward	4W	22:37
41 Buzz Shephard		24:59
42 Mick Mead		25:17
72 Rachel Butler	28W	31:29 (PB)

75 ran

Greenwich

Clare won her 44th parkrun and maintained her unbeaten record despite being over four minutes down on her best as she tested her knee which had been too injured to see her represent England in the Vets international.

4 Alex Elms		20:30 (1st Jnr)
9 Clare Elms	1W	22:18

92 ran

Hilly Fields

3 ian Lilley		20:53 (PB)
39 Carolina Lilley	7W	29:04

59 ran

Riddlesdown

11 Ange Norris	3W	21:15

63 ran

Self transcendence 10k Battersea Park, 10 November

After reading great reports from Mel Edwards and Ebe Prill about the Self transcendence 10k race, I thought I would give it a go.

An 8am start isn't the best time for a race, particularly when it's chucking down with rain. But after slightly conservative 10k races at Elmbridge and Petts Wood (coming back from injury), I felt it was worth having another crack at my 10k PB before Christmas.

The heavy rain stopped and I went through the first 5k in 20:30. I'd planned to run a negative split and ran the next two 2.5k loops at a slightly harder pace. There's no way that I would've been able to do this a few months' ago, but the regular track sessions have really helped me find another gear and confidence.

The last 1k was tough but I was very happy to finish in 40:29, beating my previous PB by 95 seconds. Next year will be all geared towards finally dipping under 40 minutes…

Rob Cope 40:29 (PB)

English Schools Cross Country Cup Regional Final, Bexley, 10th Nov. 2.85km

Thirteen schools had reached the South East Regional Final from Kent, Surrey, Sussex and South London including the likes of Judd, Ravenswood & Dulwich College. The first three would qualify for the Cup Final in Bolton on 1st December.

Oscar's school having lost one of their top three runners, were expected to finish 6th but did exceedingly well, although frustratingly, to finish 4th two points off third and three off 2nd.

As expected, Kent club and school athletes dominated the higher places but it was the lower scoring athletes who eventually determined the team race positions. Relief for some, disappointment for others, overnight rain had meant that the athletes would not tackle the foot deep and eight foot wide ford. Oscar set off at a good pace and had a very close competition with familiar rivals.

The team's disappointment was tempered afterwards with a cake celebrating Oscar's birthday – not too much mind, as a second race beckoned at the Surrey League!

15 Oscar Hussey 11.19
78 ran
Team 4th out of 13

Poppy 1/2M Bexhill-on-sea, 11th Nov

I had been rather concerned about the weather as last year's race was run in awful conditions, with heavy rain and wind. However, I arrived in a very sunny Bexhill-on-sea to a beautiful clear blue sky. The section along the costal path was a little breezy and felt increasingly so with each lap but that may have been psychological as my legs got progressively more tired!

Consisting of four laps, the course is predominantly flat apart from a steep incline up a 10m ramp on each lap. The hairpin turns at each side of the loop got a bit congested during later laps but the marshals did a good job of making slower runners aware of faster runners approaching from behind.

I did get a bit fed up as I reached the out and back section along the coast for the third time and the field was stretched out by this point so I felt like I was running on my own (although it was a bit confusing trying to work out whether I was overtaking or lapping people). By the 11 mile marker, I was reasonably confident of breaking 90 minutes but was aware that my Garmin was out of synch with the mile markers so tried to push on. At the 13 mile marker, I was truly at my limit but was spurred on by some enthusiastic spectators and the sight of the finish.

In addition to the free cake and fruit in the finishing funnel, there was also the option of printing out a 'receipt' with your official time, which was a nice touch. There was a bit of confusion later on when the organisers mistakenly gave me the prize for 3rd woman only to very apologetically ask for it back a few minutes later. I wouldn't have minded had the chap not suggested that I might still have won an age group prize! Incidentally, the same time last year would have been good enough for 2nd place.

28 Mel Edwards 4th W (3rd SW) 1:29:01
541 finished

Crystal Palace Canter 5k – 6th Nov.

1 Neville Webb 19.49
2 Ola Balme 20.42
4 Graham Laylee 22.56

Correction re last weeks Priory Relays it was Mark Campbell and not Matt who ran his first race for the club in the relays

Algarve Challenge, November 7-11

Numbers were down and one Dulwich Runner completed the Challenge, finishing third though four Dulwich Runners travelled to Portugal. The weather wasn't perfect but still much warmer than England and the facilities here for running are exceptional with excellent runs through woodland trails and long sandy beaches and the British athletics team prepared for major Championships and the Olympics here

Held in wet conditions, Andy probably had the star run though Ros gained the most points of all competitors. Mike suffered with his back and was unable to take part in any more of the Challenge

Cross Country 5km, November 7

2 Steve Smythe		19:38	765 pts
3 Andy Murray		20:47	755 pts
4 Mike Mann		21:15	775 pts
6 Ros Tabor	1W	22:29	839 pts

Track Mile, November 8

on a waterlogged track, Steve and Andy lacked sharpness only at about their mile rep speed, but Ros ran well with the fastest W60 time of the year and again got the top score but travelled to Belfast the next day for the international and so couldn't complete the Challenge and retain her title.

2 Steve Smythe		5:48.4	757 pts
4 Andy Murray		6:17.7	730 pts
5 Ros Tabor	1W	6:28.2	855 pts

10km Trail Handicap, November 9

Steve Smythe ran quicker than expected on a testing off-road course which unfortunately meant he won the handicap he was organising.

1 Steve Smythe	39:49	780 pts

Milhas de Guardiana 17.5km, November 11

This year the race, run from Spain to Portugal, was harder than normal due to a very strong wind, especially noteworthy high up on the Bridge around halfway. Steve Smythe went well to halfway but slowed on the second half, even though it was far easier, with more downhill and a strong tailwind

Steve Smythe 70:26 (64 mins at 10M)

Beckenham Trail 10km – 11 Nov.

Claire Steward writes: Once again, it was a beautiful Autumnal day for this local race and at the 11th hour on Armistice Day we stood quietly in the sunshine for the Last Post and a reflective silence before the race started.

There was a course change due to a fallen tree but the two lap course in Beckenham Place Park was still delightfully multi-terrain with woodland trails, open grassy areas and footpaths, a testing climb at the start and finish of each lap, and just enough mud to make it interesting for those not wearing grippy shoes.

After completing around 4k I could hear the sound of an approaching steam train and as it chugged by with a blast of its whistle and a cloud of steam, I had a perfect view down to railway. Apparently, it had set off from Victoria station at 11:00am for a return journey to Orpington, hauled by the 'Tangmere', a BB class locomotive named after the military airfield in Sussex (so now you know!).

Six Dulwich Runners were there to enjoy the run and the excellent cakes back at clubhouse afterwards.

12 Ed Smyth	41:18
26 James Burrows	43:27
70 Claire Steward	49:06 (1st FV55)
75 Jo Shelton	49:44 (W10)
88 Paul Keating	51:22
130 Paul Hilton	56:53
135 Steve Wehrle	57:32

(200 Finished)

Masters Open XC Belfast 10.11.12

Ros was invited to Belfast as reserve for England and she and Andy first watched the runners in the 3 main international races have some good contests but unfortunately churning up sections of the course, which was 2k laps on short grass round the edge of playing fields with a few slippery slopes between them.

Many reserves ran the open race after the main runs and Ros stayed ahead of the other reserve for her age group. Andy trotted around on tired legs after having also done the Parkrun that morning. The weather was fine by this time, so the hills around Belfast were in view.

Ros Tabor 6k	27.52 unofficial
Andy Murray 8k	36.02 unofficial

Surrey Men's League, Roundshaw, November 10

The men had a slightly better turn out and got an excellent result. The team wasn't particularly stronger with the abroad Tony and Steve replaced by Mike and Matt and Neil but there were some improved runs and last month's second team Ful on Tri were much weaker (we outscored them relatively on every position bar fifth scorer) and we are now well on course for promotion, if we can get similar turn outs. And there are still quite a few potential scorers to come into the team if they can be persuaded to try cross-country again!.

Buzz ran well after worrying that he wasn't going to make it at one time with travel problems and was easy inside the top 10 and he was joined by Wayne Lashley, who had his best ever cross-country run by some way.

Charles Lound showed improved form and it was good to see Mike Williams back in action after successfully focussing on bike racing since the London Marathon.

Duncan Hussey showed greatly improved form to be fifth scorer while matt galvin ran well just ahead of another solid run from Rupert Nash.

The scorers were completed by a returning Neil Daniels, and good runs from Joseph and Ebe.

Non scorers who all ran well were Paul, Chris, Mark F, Jose, Hugh, Steve A, newcomer Duncan Ferrall, Jim, Ian, Graham and former regular Dave W but it would be good if we can field 30 in the next two fixtures to add extra depth to the team and we can get some of the parkrunners.

Oscar Hussey had another excellent run finishing second in the Under 13s and single handledly keeping Dulwich in second place

scorers

7 Buzz Shephard	27:56
10 Wayne Lashley	28:29
12 Charles Lound	28:46 (2nd vet)
19 Mike Williams	29:29
38 Duncan Hussey	30:46
41 Matt Galvin	31:16
44 Rupert Nash	31:18
48 Neil Daniels	31:35
49 Jo Brady	31:37
50 Ebe Prill	31:38

non scorers

55 Paul Devine	31:48
64 Chris Treble	32:09
66 Mark Foster	32:18
69 Jose Barretta	32:36
88 Hugh Balfour	33:53
95 Steve Ackroyd	34:03
96 Duncan Fairall	34:35
112 Jim Dowsett	36:41
116 Ian Sesnan	36:55
123 Graham Laylee	37:36
124 Dave West	37:46

139 ran in Div 3, 202 in total

TEAM:

1 Croydon	186
2 Dulwich R	**318**
3 Ful-on-Tri	420
4 Sutton R	463
5 Collingwood	465
6 Woking	476.5
7 West 4H	549
8 Elmbridge	571
9 Runnymede	646.5

Standings after 2 matches

TEAM:

1 Croydon	472
2 Dulw R	**608**
3 FoT	693
4 Wok	867.5
5 Coll	966
6 Sutt R	1035
7 W4H	1057
8 Elmbridge	1173.5
9 Runnymede	1318

U17-U13 race

11 Oscar Hussey	15:49 (2nd U13)

20 ran, 8 U13s

U13

TEAM:

1 Holl Sp	14
2 Sutt R	8
3 Dulw R	**7**

Standings after 2 matches:

TEAM:

1 Holl Sp	14
2eq Dulw R/Sutt R	9

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

A number of people have asked about the hat/gloves/snood set I had made for our recent trip to Finland.
I can get some more done with amended logo just to show Dulwich Runners logo.
Cost is £11 per set and I need to order 30 sets to get this price.
If interested please let me know and I will order if enough people want them.

Cheers Steve Wehrle

Ola Balme
Sports & Therapeutic Massage

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

- Deep Tissue Massage
- **Massage to alleviate muscle fatigue**
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- ***Maintaining your fitness and well-being***

Ola is an experienced Sports Massage Therapist and club runner.
If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola balme@btinternet.com

DULWICH RUNNERS A.C.
W9
You are here
ROCKWELL PARK
TULSE HILL
SE21
DULWICH PARK
DULWICH & SYDENHAM HILL GOLF COURSE
WEST DULWICH
WEST NORWOOD
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
UPPER SYDENHAM
CRYSTAL PALACE PARK
NORWOOD NEW TOWN
UPPER NORWOOD
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) .....10.0 MILES
SHORT CUT (BLUE) .....8.8 MILES
SHORT CUT PINK & BLUE .....7.7 MILES
SHORT CUT BLUE & GREEN .....7.5 MILES
SHORT CUT PINK BLUE & GREEN...6.5 MILES
SHORT CUT YELLOW.....3.5 MILES

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

DULWICH RUNNERS
TURKEY TROT HANDICAP RACE 2012

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

SUNDAY 16th DECEMBER 10.00 (meet by Queen Mary's Gate)

prizes for:
1st runner across the finish line
1st walker across the finish line
closest to predicted time
best fancy dress – THEME: HOLLY and IVY

Entry fee £2.50 or £2 if in fancy dress

predicted time: _____

most recent 10k or 5k time :_____

predicted time for 5k on 19th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than handicap.

ros@28kerfield.freeserve.co.uk

MANTLE
FINANCIAL PLANNING
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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

runbritain.com

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