# SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 19th December 2012


*These are your SHORTS,*
*and your reports, running news & anecdotes to:*
shorts@dulwichrunners.org.uk

**- THE COMING WEEK –**

**Wed 19** **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

**Tue 25** **Christmas Day - No track**
**Wed 26** **The clubhouse will be closed on Dec 26th so theres no club run that night**

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

## In your *SHORTS* this week !


3 Cross Country, Fixtures & events
5 Race reports etc
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And much more !

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

## Hill Session

This Saturday on **December 22** there will be a hill session opposite Sydenham Hill station at 10.15am

The following week on **December 29** there will be a hill session at Greenwich Park at 10am. Meet top gates

There will be no track session at Ladywell on **December 25 or January 1** as the track is closed but there will be a speed session meeting at Dulwich track on **Thursday December 27** at 10am.

## ---------- *Event Horizon* ---------

*A brief look ahead*

**Jan 05 Surrey Champs –Lloyd Park**
**Jan 05 Kent County Champs, Detling Showground**
**Jan 12 Surrey League – mens & womens full fixture list** page 3

## 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***

## New Runners Rota

Many thanks to **Mick Ward** 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**

| | |
|---|---|
| **Kevin Wood** | **19/12** |
| **NO CLUB RUN** | **26/12 clubhouse close** |
| Steve Wehrle | 02/01 |

## Wednesday Night Map

On page 11 in SHORTS is the map for this weeks Wednesday night runs. Copies will be at the clubhouse, but it would help if you can print your own 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
## Club Champs 2013

Races for next year's club championships have now been selected. These are as follows:

- 3 February Chichester 10K
- 10 March Lydd half marathon
- 21 April London marathon (or alternative)
- 6 June Assembly League 5k, Dulwich Park
- 20 or 27 June 2 Miles, Dulwich Park
- 12 or 19 July 1 Mile, Dulwich College Track
- 1 September Lingfield (Dry Hill) 10
- 5 October Trail race, Lloyd Park parkrun

The usual rules apply with the 8 races split into long and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.

4 races to qualify, including at least one from each of the 2 distance categories. Please register early for the Chichester 10k to avoid disappointment.

***Mike Mann*** *(on behalf of ADSC).*

# Dulwich Runners
## Club Champs 2013

Our first two club champs races next year are outside London and we will be hiring a coach, which will be a lot cheaper than train and ensure that we arrive at the start on time.

The Chichester Priory 10K on 3 February is a very popular race on a fast course, and entries often close well in advance, so please make that you enter as soon as possible to avoid disappointment.

Similarly the Lydd Half Marathon is one of the pre-London marathon events, as well as being a BMAF Champs, so it is worth booking early for this. We are planning to arrange lunch after both races at nearby pubs. ***Mike Mann***

# DULWICH CHARITY 10K

This year's race raised £2500 for the London Wildlife Trust.

We shall be presenting the cheque to a representative from the charity before this week's run, so it would be good if as many members as possible could be there.

Ros

## LUCKY VEST
### December winner was Kevin Wood

***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**

## 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***

## Hi Everyone,

Thanks very much for those who came along to the Christmas party, I hope that fun was had by all.

If you have any comments in relation to the venue, music, food or the questionable dance routines, then please let me know - any feedback will be welcomed.

Merry Christmas and Happy New Year!!
Sue

## 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) |

# 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 |
|---|---|---|---|
| Dec | 29 | Hercules Wimbledon/Lauriston Multi Terrain | Wimbledon Common, 2pm |
| Jan | 5 | Surrey County Champs | Lloyd Park |
| | 5 | Kent County Champs | Detling Showground |
| | 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

## 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 holding a cross country champs 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 XC CHAMPS, 5 JANUARY

For those of you who have not already notified your captains, this is your last chance to enter these county champs at Lloyd Park on 5 January. Entries will be submitted within the next few days.

Also if you want to compete in the National XC Champs at Sunderland on 24 February, please inform your captains now, if you have not already done so.

***Mike Mann***

## SURREY LEAGUE XC: URGENT REQUEST FOR MARSHALS

We are co-hosting the final Surrey League cross country match on 9 February at Wimbledon Common with Vets AC. We need up to 10 marshals on the course, so could anyone not intending to run and willing to help out please contact me.

For all of you who have been in the scoring team or close to it in matches, please note that your priority will be to take part in the race. The women will be running at Dorking earlier, so it will be tight for those participating to reach Wimbledon Common in time for marshalling, but help on the finish would also be appreciated. ***Mike Mann***

## SOUTH OF ENGLAND XC CHAMPS 26 JANUARY

Entries to the South of England champs are now closed. All those who requested to take part have been entered.. ***Mike Mann***

## National XC CHAMPS 23 February (men & women)

**Entries are invited for the National Cross Country Champs** being held in Sunderland on 23 February (2.20pm for women, 3.00pm for men). Could all those interested please notify their respective captains by 21 December. ***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, 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, 15th December

### Brockwell

| | |
|---|---|
| 34 Graham Laylee | 22:13 |
| 46 Giles Gibson | 23:30 |
| 136 ran | |

### Bromley

### Burgess Park

| | |
|---|---|
| 16 Paul Keating | 25:12 |
| 28 ran | |

### Crystal Palace

| | |
|---|---|
| 6 Will Davis | 20.20 |
| 12 Bob Bell | 21.47 |
| 22 Clare Wyngard 4W | 23.24 |
| 23 Mike Dodds | 23.34 |
| 35 Jane Harbage 9W | 25.03 |
| 40 Ameet Patel | 26.20 |
| 68 ran | |

Clearly Christmas party season 68 ran

### Dulwich

| | |
|---|---|
| 13 Ian Lilley | 19:49 (PB) |
| 16 Steve Ackroyd | 19:58 |
| 18 Paul Hodge | 20:16 (PB) |
| 43 Oliver Bottle | 23:43 (PB) |
| 47 Mick Mead | 24:24 |
| 57 Carolina Lilley 4W | 27:51 |
| 74 Abbie Bottle 16W | 30:44 (PB) |
| 75 Emma Ibell | 30:45 |
| 80 ran | |

### Hilly Fields

| | |
|---|---|
| 6 James Burrows | 20:17 |
| 39 ran | |

### Lloyd Park

The Clash of the Dinosaurs

*Chris Vernon writes….* I had heard that Bernard was going to be at Lloyd Park so I thought I would keep him company.He announced that he would only be jogging but no other excuses were proffered so I was worried as I was ready with my own list.Sure enough he passed me within 400m of the start and there he stayed although I did make up a bit on the second lap.

With the recent rain the park was very muddy so studs were the order of the day which enabled me to make up ground on others but not on Alex Elms who had already finished his breakfast by the time I got to the finish.His mum told me later that he was very disappointed with his run as he was beaten by his friend.

| | | |
|---|---|---|
| 5 Alex Elms | 20.49 | |
| 70 Bernard Imber | 32.55 4th | MV65 |
| 73 Chris Vernon | 33.52 5th | MV65 |
| 83 ran | | |

### Richmond

The field was swelled to a massive 451 by a mob match between Full on Tri and Thames Turbo Triathletes.

Much to the delight of the triathletes Chrissie Wellington attended although from the results table it doesn't look like she ran - probably a race far too short for her!

| | |
|---|---|
| 224 Barrie John Nicholls | 24.41 |

## HOLLY RUN , REIGATE, 16 DEC

I was the sole representative from the club this year. The course, about 6 miles long, is rather different from that used in the relays and the recent South of Thames race, with the route going up the descent used there, with a short circuit of the ridge at the top followed by a much steeper descent. The downhill which involved avoiding 2 fallen trees was particularly slippery and treacherous this year, and I came close to losing my footing on one occasion.

It's necessary to lean forward going downhill when using spikes as there is no grip on the heels; fell shoes might have been a better bet. I did this successfully the first time, but came very close to falling spectacularly coming down the second time. As a result I went into ultra cautious mode on the final lap to avoid re-injuring my dodgy back. With an improved performance on recent weeks at Richmond the day before, and surviving this race in one piece, this went down as a reasonably successful weekend. ***Mike Mann***

| | |
|---|---|
| Mike Mann | 44:53 |

# Turkey Trot 2012

**The outfit theme for the Club's Turkey Trot handicap this year was holly and ivy, judged to have been best displayed by Richard Pole. Oddest outfit was a driver's white overalls and helmet, worn by 'Stig' who was slowed by signing autographs and was later revealed to be….(sorry, can't tell you, he'd get the sack from Top Gear) .**
**Jozef offered to try out his chip timing kit and was a late entrant, receiving a slightly generous instant handicap and coming home first with a strong run, closely followed by Tony. These two were jointly awarded the Turkey Trot Trophy. Closest to predicted time was Cameron Timmis, just 6 seconds out. The handicap was intended to result in everyone finishing in 42 minutes and most came close to this, although handicapping walkers proved difficult.**
**Finish order (3 laps of Dulwich Park, c 5.02k).**

| Place | Name | Bib No | Lap1 | Lap2 | Lap3 | Chiptime | Guntime |
|---|---|---|---|---|---|---|---|
| 1 | Jozef Danko | 25 | 6.55 | 7.04 | 6.50 | 20.49 | 41.20 |
| 2 | Tony Tuohy | 1 | 5.31 | 5.50 | 5.45 | 17.06 | 41.30 |
| 3 | Steve Cook | 15 | 8.53 | 8.49 | 8.23 | 26.06 | 41.47 |
| 4 | Stephanie Burchill | 8 | 8.52 | 8.46 | 8.33 | 26.12 | 41.53 |
| 5 | Chris Bell | 23 | 9.48 | 10.05 | 10.05 | 29.59 | 42.00 |
| 6 | Peter Gibbons | 18 | 8.00 | 8.02 | 7.42 | 23.46 | 42.07 |
| 7 | Christine Dawson | 17 | 8.00 | 8.03 | 7.43 | 23.47 | 42.09 |
| 8 | Chris Vernon | 10 | 10.10 | 10.12 | 9.46 | 30.09 | 42.10 |
| 9 | Paul Hodge | 24 | 6.41 | 6.59 | 6.59 | 20.39 | 42.13 |
| 10 | Bob Bell | 22 | 7.14 | 7.24 | 7.14 | 21.52 | 42.23 |
| 11 | Sue Rowlands | 26 | 8.53 | 8.50 | 9.06 | 26.50 | 42.30 |
| 12 | Ebe Prill | 11 | 6.14 | 6.15 | 6.28 | 18.57 | 00.00 |
| 13 | Clare Wyngard | 5 | 7.45 | 7.43 | 7.31 | 22.59 | 42.30 |
| 14 | Mike Dodds | 4 | 7.46 | 7.43 | 7.31 | 23.02 | 42.31 |
| 15 | Cameron Timmis | 21 | 7.25 | 7.27 | 7.13 | 22.05 | 42.36 |
| 16 | Susan Vernon | 9 | 10.13 | 10.27 | 10.21 | 31.02 | 43.02 |
| 17 | Claire Steward | 14 | 7.56 | 7.55 | 7.46 | 23.39 | 43.11 |
| 18 | Steve Wehrle | 6 | 9.04 | 8.51 | 8.52 | 26.48 | 43.11 |
| 19 | Ameet Patel | 2 | 8.32 | 8.40 | 8.32 | 25.36 | 44.57 |
| 20 | Aileen Cook | 16 | 15.15 | 15.23 | 14.52 | 45.31 | 45.32 |
| 21 | Martin Morley | 13 | 15.15 | 15.24 | 14.52 | 45.31 | 45.32 |
| 22 | Richard Pole | 3 | 11.07 | 13.17 | 13.36 | 38.01 | 50.01 |

## Kent Masters Championships, Tunbridge Wells, December 15

**Women**

Clare Elms won her fifth overall Kent masters cross-country title in the last six years – she missed it one year to run for Kent in an Inter Counties competition. It was expected she might have a tougher race than normal as one of the W35s Alice Heather-Hayes had run faster than Clare on the same course the previous week when the Tunbridge Wells runner had run for Kent at the Inter Counties while Clare had medalled in the South of England Championships.

However, Clare followed for most of the first lap and then eased away for a clear win by 14 seconds, and take W45 gold by around half a minute from a past overall winner Tina Oldershaw.

Andrea Pickup, who has medalled in the race before, had a better run than the previous week but found the second lap tough and ended up 9th in the W35 plus race and was fourth W40.

We have previously won this event but Emma Ibell was unable to run this year in the W35s and so Clare ran in thw W45s and worth noting in the W45s because of Clare winning, two runners of any speed would have got us silver team medals and beaten the actual second and third teams.

| | |
|---|---|
| 1 Clare Elms (1W45) | 19:43 |
| 13 Andrea Pickup (9th W35+/4th W40) | 22:33 |

**M50**

Nobody was at their best on what many consider to be a dangerous course with stones, branches and slippery gullies to negociate.

Tony was second initially but never got into a good rhythm and also strayed off course a few times. He did produce a good finish to snatch fourth but was probably a few minutes down on his capabilities which may have seen him finish second to national champion Graeme Saker who won easily and was much faster than the M40 winner. Steve Smythe, who has medalled twice in the M50s when younger and fitter, was over two minutes down on his form of a disappointing run the week before and the previous year and also struggled.

Mike Fullilove hadn't run a cross-country for over 10 years but was persuaded to complete the team and though starting a bit too quickly, he held on well enough to ensure Dulwich just about took silver county team medals and he beat the third scorer of our two major rivals in Cambridge and Tonbridge.

| | |
|---|---|
| 4 Tony Tuohy | 35:24 |
| 13 Steve Smythe | 37:39 |
| 20 Mike Fullilove | 39:22 |

49 finished

TEAM: 1 Blackheath 16; **2 Dulwich** 37; 3 Camb H 41; 4 Tonbridge 44; 5 Tun Wells 66; 6 Kent 70

**M40**

Former Shorts Editor Lloyd Collier, running for Tunbridge Wells (37:02) and former club champion Simon Loach (37:44) finished just ahead of Duncan Hussey in a race that was held in a downpour and Duncan was two minutes down on his 2011 run. Joseph Brady wasn't at his very best either but still ran around three minutes faster than last year when conditions were much better.

| | |
|---|---|
| 30 Duncan Hussey | 37:50 |
| 43 Joseph Brady | 40:03 |


**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**

## South of Thames 7.5 mile XC, Richmond Park, 15th December

*A superb women's team performance led by a less than fully fit Shon and strong runs from Catherine, Charlie, Ola, Mel and Kim*

The women's team put in a great performance to take first place - improving from last year's second place - with Shona taking the prize for 3rd lady. Catherine and Charlie ran well to finish in the top ten while Ola continued her good form from the previous week's XC. Mel had a slow start before moving through the field in the last two laps and Kim was the final scorer for the team, having lost momentum after briefly going off course.

Elkie, returning from a knee injury, was the first home for the second (but incomplete) team followed by Anna, also returning from injury. Joanne enjoyed her first race in spikes despite falling over mid-race. Katie and Louisa had good runs, Katie having been out on her bike earlier in the day. Claire Steward unfortunately had to drop out after the second lap due to feeling unwell. ***Mel Edwards***

| | | | |
|---|---|---|---|
| 63 | Shona McIntosh | 3W | 49:31 |
| 69 | Catherine Lee | 5W | 50:15 |
| 77 | Charlie Wood | 7W | 50:57 |
| 113 | Ola Balme | 14W | 54:27 |
| 121 | Mel Edwards | 16W | 55:11 |
| 127 | Kim Hainsworth | 17W | 55:45 |
| 157 | Elkie Mace | 31W | 58:44 |
| 160 | Anna Thomas | 33W | 59:15 |
| 162 | Joanne Shelton | 34W | 59:34 |
| 176 | Katie Crowe | 42W | 61:30 |
| 179 | Louisa Pritchard | 43W | 62:09 |

**Womens Teams**

| | | | |
|---|---|---|---|
| 1 | Dulwich Runners | 3-5-7-14-16-17 | 62 |
| 2 | Thames Hare & H | 1-6-11-19-21-22 | 80 |
| 3 | Belgrave H | 2-8-10-12-29-36 | 97 |
| 4 | Herc. Wimbledon | 9-26-32-39-54-55 | 215 |
| 5 | The Stragglers | 24-30-37-51-62-63 | 267 |
| 6 | Herne Hill H | 28-47-49-53-56-58 | 291 |

## South of Thames 7.5 mile XC, Richmond Park, 15th December

*The men weren't at the same strength as the women ,but led by Buzz, they did well to finish runners-up in the 12 to score Colman Cup.*

It was also a good day for the men who finished in second place in the 12 to score Coleman Cup. On a fast Richmond Park course, albeit with a few patches of mud in places, Buzz Shephard ran strongly to lead the team home in 6 minute mile pace.

There was a gap before Charlie Lound and Colin Bailey Wood finished, and they were followed by Rupert Nash and Paul Devine in their best cross country performances to date, with Jose Barretta not far behind. There was another gap before Mike Mann finished with Hugh Balfour hard on his heels. Mark Foster, Andy Murray, Ed Smyth and Gary Sullivan then finished in quick succession. They were followed by Jim Dowcett, a newcomer to Cross country, who will improve with experience. ***Mike Mann***

| | | | |
|---|---|---|---|
| 30 | Buzz | Shephard | 45:17 |
| 52 | Charlie | Lound | 48:31 |
| 59 | Colin | Bailey Wood | 49:25 |
| 65 | Rupert | Nash | 50:40 |
| 72 | Paul | Devine | 51:08 |
| 78 | Jose | Barretta | 52:05 |
| 96 | Mike | Mann 1MV 60 | 54:12 |
| 97 | Hugh | Balfour | 54:17 |
| 105 | Mark | Foster | 55:24 |
| 107 | Andy | Murray | 55:39 |
| 110 | Ed | Smyth | 55:51 |
| 111 | Gary | Sullivan | 55:52 |
| 127 | Jim | Dowsett | 59:30 |

**Mens Teams**

| | | | |
|---|---|---|---|
| 1 | Tonbridge AC | 5-6-7-8-14-18 | 58 |
| 2 | Kent AC | 2-4-9-16-21-28 | 80 |
| 3 | Herne Hill H | 12-15-17-22-33-35 | 134 |
| 4 | Hercules Wimbledon | 11-13-31-32-40-43 | 170 |
| 5 | Belgrave H | 1-19-27-38-45-66 | 196 |
| 6 | Brighton & Hove | 23-24-26-37-100-125 | 335 |
| 7 | Hercules Wimbledon 'B' | 44-51-54-60-62-82 | 353 |
| 8 | Dulwich Runners | 30-52-59-65-72-78 | 356 |
| 13 | Dulwich R 'B' | 96-97-105-107-110-111 | 626 |

**12-to-score (Coleman Cup)**

| | | | |
|---|---|---|---|
| 1 | Hercules Wimbledon | 170 + 353 | 523 |
| 2 | Dulwich R | 356 + 626 | 982 |
| 3 | South London H | 404 + 703 | 1107 |

# A Whale of a Question

To last weeks riddle as to what might be the connection between Dulwich Park Run and Moby Dick there were some interesting contributions. Ros told me about John Amis, the cousin of Kingsley Amis, who went to school at Dulwich College and later sung a tenor part in Bernard Herrmann's Cantata 'Moby Dick'. Ian Sesnan unearthed a visit to Dulwich by film director John Huston, who made the classic 1956 movie 'Moby Dick'.

These unexpected finds are all praise- and prize worthy and I'll bring some stollen / muffins to the club on Wednesday for all to share, but the answer I had in mind was far more silly and found by Charlie Lound. You could have only guessed it when you ran the park run with a gps device and looked at the course map:

Thar she blows!

There is a deeper connection though, and even garmin maps can lead to treasure. While I was recently out jogging in Dulwich Park, I encountered a very old retired groundskeeper, walking his parrot in the dark and muddy recesses of the outer reaches of the woods. And he told me an uncanny story: when he was a very young apprentice gardener, the park was still frequented by the old surveyor and architect Charles Barry Jr., who made the initial design of Dulwich Park. And being in his last year of life on this earth and given to the more than occasional tipple of rum, Charles Barry was heard muttering strange things while circling the paths of the park. Especially one path was his favourite haunt, and this was the only one unchanged from his original design.

So he walked and talked to himself and no one payed any attention to the old man, except the very young apprentice gardener (who was now very very old indeed). And what he overheard was something like "the whale, the cursed whale ... I never should have done it... only madness and misery can come from it ... it's an unsound shape, oh why have I done it!". Our young man was intrigued enough to approach the old surveyor with an offer to share a flask of spirits on a bench. The offer was accepted and after some swigs the old man opened up and eventually told the story of his circumambulatory woes.

On a dark November day in the year 1849 when he was a young architect of 26 he went sketching in the Dulwich Picture Gallery, as he frequently did in those days, copying designs from the old masters. And there he met the most extraordinary fellow, a Yankee from New York with a great black beard and piercing jet-black eyes. He turned out to be a famous writer, author of the bestselling adventure novels 'Typee' and 'Omoo', now on visit in Dulwich to research images of whales, sperm-whales in particular, of which there were several in the gallery.

And this fellow, Herman Melville by name, persuaded the young architect to make sketches of the whales in the Dutch seascape paintings, for use in a large and lengthy novel Melville was working on. Barry obliged and when he tore the drawings out of his sketchbook and handed them to Melville, he noticed that the outline of a great sperm-whale had superimposed itself on a charcoal sketch of a garden design he had previously worked on for an estate in the vicinity. Barry laughed and jokingly said to Melville that sometimes in art accidents are happy. "Now just see this Big Whale has swallowed my garden with pond boathouse and all! Imagine the master and mistress of the house sitting smugly in a boat on their lake inside this whale like Jonah of old, hah!"

Melville only glowered at the drawing and then stared at Barry with his dark eyes: "Accidents are also of the devil sometimes. I do not consider the whale a light matter, nor did Jonah! Let me warn you, young fellow, the big white whale is a vengeful creature, misery and madness might follow in his wake. Do not use his lines in jest!". Then he thanked the architect for the drawings and bid him farewell.

Barry never saw Melville again. He later heard of Moby Dick, and that it didn't bring Melville any luck. He forgot all about it, until many years after he was asked to come up with a design for a new municipal park in Dulwich. He suddenly remembered his happy accident with the whale and decided on a whim to use it in earnest. And so it came that in Barry's original plans for Dulwich Park the boating lake and pavilion sat right in the middle of a main path in the form of a large male sperm-whale. He even included a fountain with the biblical figures of Jonah and Ahab on the very spot where its eye would be. But as with Melville, this whale brought him only misery.

The designs were fought tooth and nail by the Dulwich estate, the holders of the grounds where the park was planned. His career suffered, he took to drink and later on became convinced that he was haunted by the evil spirit he had so foolishly evoked while spending a dark November day in the company of that Yankee genius Melville. The bitter irony of his life was that when eventually the park was opened in 1890, the only bit kept from his initial design was ... The Big White Whale! Albeit in a mutilated form without the large fluke and without the fountain in place of the eye.

And so Charles Barry Jr. spent the last ten years of his life tracing the outline of his happy accident with his weary feet, trodding it into his all consuming idee fixe.

So far the story of the very, very, very old groundskeeper. He has been avoiding The Whale ever since and confines himself to walking the outer perimeter of the park. And to all ambitious, PB hunting park runners I can only repeat his warning: Do not pursue The Big Whale obsessively or suffer the consequences!

N.B. My apologies to the real Charles Barry Jr. and all his descendants. He was in all likelihood a very sober and sane man. Herman Melville did indeed visit the Dulwich Picture Gallery on the 17. November 1849 to look at paintings of whales – ***Ebe Prill***

# RUNS, RACES AND REPS

**To help you prepare for London Marathon (or Paris or Brighton) – 3½ to 4½ hr pace**

**Including: mid and long distance multi-terrain races, cross country fixtures**
**Sunday runs at High Elms or Dulwich Park; mile intervals in Dulwich Park**
**Local Sunday runs will be scheduled on a week to week basis**

| Date | Event / Distance | Information |
|---|---|---|
| 23 Dec | **Go for a run** | Just because it's Christmas doesn't mean you can just sit around eating too much!! |
| 30 Dec | **Go for another run** | |
| 6 Jan 2013 | **Tadworth 10** | Epsom Downs http://www.tadworth.org.uk/Tadten.html |
| Sat 12 Jan | **Surrey League (XC)** | (3/4) Women – Mitcham Common, **Men** – Cranford |
| 13 Jan | **6 x 1 mile intervals** | Dulwich Park – 09:30 |
| Sat 19 Jan | **Box Hill Fell Race** | 7.5 miles XC – http://sloweb.org.uk/events/boxhill2013/ |
| 20 Jan | **Benfleet 15** | Multi-terrain – Benfleet, Canvey Island |
| Sat 26 Jan | **South of England (XC)** | South of England Champs Parliament Hill |
| 27 Jan | **14 Mile run** | Dulwich Park – 09:30 |
| 3 Feb | **8 x 1 mile intervals** | Dulwich Park – 09:00 |
| Sat 9 Feb | **Surrey League (XC)** | (4/4) **Women** – Denbie's Vineyard, **Men** – Wimbledon |
| 10 Feb | **Wokingham Half** | http://www.wokinghamhalfmarathon.co.uk/ |
| 17 Feb | **10 x 1 mile intervals** | Dulwich Park – 09:00 |
| 24 Feb | **Tunbridge Wells Half** | http://www.twharriers.org.uk/node/43 |
| 3 Mar | **Spitfire 20 / Tempest 10** | Road race – Dunsfold http://www.eventstolive.co.uk/ |
| 10 Mar | **Lydd half marathon** | http://www.nice-work.org.uk/events.php?id=15 |
| 17 Mar | **Richmond Pk to Bushy Pk** | 21 miles road / towpath and parks (+ shorter alternatives) |
| Sat 23 Mar | **Orion 15** | Epping Forest (Chingford) http://www.orionharriers.org.uk |
| 24 Mar | **12 x 1 mile intervals** | Dulwich Park – 09:00 |
| 31 Mar | **HERoS at High Elms** | 09:00 – Cuckoo Wood Car Park, High Elms Road |
| 7 April | **Paddock Wood Half** | http://www.paddockwoodac.co.uk/ |
| 14 Apr | **tbc – Thames Towpath 10** | Chiswick – http://www.west4harriers.com/ |
| **21 April** | **London Marathon** | **Blackheath to The Mall** |

Races | Club champs/XC | Mile reps | Long runs

As a Sunday alternative, meet with 'HERoS' (High Elms Runners on Sunday) for a rmostly off-road, start from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9am, usually two pace/distance groups, min ~10 miles

For more information contact Steve Wehrle or Claire Steward

For cross country fixtures (Saturdays) contact the Dulwich Runner's XC captains

ParkRuns (5k) take place at 09:00 on Saturday morning at local parks all over the country (incl Dulwich, Brockwell, Crystal Palace, Hilly Fields) – check out http://www.parkrun.org.uk/ for venues and how to register

## Alternative Sunday race options:

10 Feb Meon Valley Plod (21 miles) -Tough (but fabulous) multi-terrain – Portsmouth Joggers http://www.pjc.org.uk/

17 March Finchley 20 (Ruislip) http://www.activetrainingworld.co.uk/events/2013/03/10/finchley_20

24 March Hastings Half http://www.hastings-half.co.uk/
Cranleigh 15/21 - Choice of 15 or 21 miles http://www.mabac.org.uk/index.html

# DULWICH RUNNERS AC

**APPROXIMATE DISTANCES FOR TONIGHTS RUN**

| | | |
|---|---|---|
| FULL RUN (ORANGE) | 7.5 | MILES |
| SHORT CUT (BLUE) | 6.0 | MILES |
| SHORT CUT (PINK) | 5.0 | MILES |
| SHORT CUT (GREEN) | 3.5 | MILES |

TRUST ME