SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 7th 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 07 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 10 **Surrey League, XC Men - Roundshaw Down Croydon** **details here** and Saturday evening **Post XC drinks from 8 onwards**
The Actress 90 Crystal Palace Rd, East Dulwich SE22 9EY http://goo.gl/maps/mk3m

Tue 13 **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

PARKY POT QUIZ NIGHT

FRIDAY 30th NOVEMBER
at the Clubhouse

TEAMS OF FOUR
(usual rules)
7.30 for 8pm

In your *SHORTS* this week !

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

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

A brief look ahead

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

NEW RUNNERS ROTA

Many thanks to **Steve Cook and Claire Steward** 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**

Ian Sesnan	**07/11**
Jo Shelton	14/11
Claire Steward	21/11
Ros Tabor	28/11

LUCKY VEST – this Wednesaday

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

HILL SESSION

None this week.

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**
Post XC Drinks	**Nov 10**	**Post XC drinks from 8 onwards -** everybody is welcome running or not The Actress 90 Crystal Palace Rd, East Dulwich SE22 9EY http://goo.gl/maps/mk3m
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.

Run the London Marathon in 2013

Dulwich Runners has four club entries for the 2013 London Marathon. To be eligible to be considered for one of these places you must have applied unsuccessfully for a place and have been a member for at least one year.

We will allocate three places on the basis of number of appearances and volunteering for marshalling during the last year in selected club events. The fourth place we will decide by ballot.

Note, these places still require payment of an entry fee.

Contact me in person or : chas.lound@btinternet.com by Friday 9 November if you would like to be considered for a place. - ***Charlie Lound***

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 - 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

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**

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	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***

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***

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***

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, 3rd November

Brockwell

79 Michelle Lennon	15W	25:39
114 Chris Vernon		30:35

124 ran

Burgess

Ros's 21:52 was the best age-graded performance of the weekend, even beating Olympic double finalist Julia Bleasdale's win at Bushy.

4 Adrian Greer		19:25
18 Ros Tabor	1W	21:52

48 ran

Crystal Palace

17 Steve Ackroyd	21:16
26 Bob Bell	22:06
33 Josef Danko	22.44 (with buggy)

Dulwich

Buzz was unable to make the relays after a night shift and just missed his PB but Edward and Paul set Pbs.

5 Buzz Shephard		16:41
8 Edward Hill		17:20 (PB)
18 Paul Devine		18:51 (PB)
19 Ebe Prill		19:05
36 Paul Hodge		21:21
37 Jim Dowsett		21:23
38 Duncan Wilson		21:29
39 Ian Sesnan		21:38
49 Claire Steward	3W	22:54
60 Per Hedberg		24:35 (debut)
67 Mike Mead		25:22

Greenwich

6 Steve Smythe	20:02 (1st age-grading)
11 Alex Elms	21:13

100 ran

Richmond

This was the third largest field for Richmond Park apparently, with 337 taking part, which caused the start to be quite congested and slow. It was not surprising though, that so many had turned out under bright blue skies and beautiful sunshine, which showed the autumnal park in its true splendour. Barrie had a reasonable run slowed probably by the bunching at the start.

Still sidelined by my calf sprain from being tripped in the Vantaa Half, I had my inaugural experience as a parkrun volunteer. It was really good fun and nice to participate in a parkrun from a different perspective. Runners included kids as young as 4 or 5, a man sporting a kilt, a boy over on a French exchange visit and just so many who were truly happy to complete the run. A great display of the parkrun spirit.

137	Barrie John Nicholls	24.37

337 ran

Riddlesdown

22 Ange Norris	2W	23:26

98 ran

Little Pell Hill Mud Run, Bewl Water, Wadhurst, November 4

Ange Norris came out on top on a course held over seriously undulating land that had 18 obstacles, including jumps, wading through a thigh-high pond and steep ascents and descents using ropes.

1st W Angie Norris 6:33

Kent League cross-country, Tonbridge, October 27

Andrea Pickup finished 19th in 24:29 and daughter Francesca finished 34th in the Under 15 race in 16:52. Both ran for Blackheath and Bromley.

Hellvellyn 15k Trail race

*Chris Treble writes….*having spent the half term week in the Lake District walking, running and reading about the fell running legends of Billy Bland and Joss Naylor it only seemed fitting that we finished by testing ourselves in the Hellvellyn 15k trail race.

While the name may suggest something more extreme than it actually was (it didn't go up Hellvellyn!) the testing course was made up of steep climbs and descents, wet and rocky trails and thigh deep bogs, all while surrounded by blue skies and snow capped fells and provided a welcome change to the pavements and parks of south east London.

From the gun the race climbed steadily up the Glenridding valley before turning back towards the start by Ullswater, plunging down a narrow, rocky path.

Having found the initial climb tough I disengaged both brain and legs for the descent and managed to regain a number of places and the confidence gave me strength to push hard up the steep climb that led over into the second valley, Grisedale.

An undulating and boggy few miles rose gradually to the head of the valley before another steep descent and a final few miles along a gravel track provided a fast finish.

Whether it was the relaxed atmosphere, stunning surroundings or the freshly ringing tales of newfound running heroes I ran feeling stronger than for a long time and finished the race confidently still passing other competitors.

Chris Treble	1:08:54
Catherine Lee	1:13:04

Priory Relays , Reigate, November 3

The conditions were much muddier than normal and times were around 30 seconds down on normal for the testing 2.5 mile circuit.

Women

Dulwich women made it a good third place. Alexie, who has been focusing on her cycling and has been signed up by an all women's team was carring a back niggle from a cycle collision but ran strongly. Andrea wasn't at her very best on a course that probably didn't full suit her but kept us in contention and then Shona moved through well with the third equal fastest leg of the day.

The B team of Katie, Jo and Mel all had good runs while Christine in a rare race appearances started the C team which Alexie (with a few minutes recovery) and Katie completed and we had three teams in the top 10.

3rd Dulwich A	**51:16**
Alexie Shaw	16:56
Andrea Pickup	18:00
Shona McIntosh	16:20
9th Dulwich B	**58:00**
Katie Crowe	19:17
Jo Shelton	20:16
Mel Edwards	18:27
10th Dulwich C	**58:44**
Christine Dawson	20:36
Alexie Shaw	17:50
Katie Crowe	20:18
33 teams	

Men

The men got a solid start from Wayne, with Tony only a few seconds slower and then steady runs from Alastair and Colin saw us pipped for a top ten place in last 200 metres. Matt Galvin's run was the pick away from the A team, taking almost 30 seconds out of Alexie and Steve on the mostly downhill last kilometre.

Matt Campbell made a good club debut. Jose hasn't raced much either of late and wasn't at the changeover point in time and wasted 5-10 seconds.

Dulwich A 11th	**63:15**
Wayne Lashley	15:08
Tony Tuohy	15:17
Alastair Locke	16:17
Colin Bailey Wood	16:33
Dulwich B 21st	**68:31**
Matt Galvin	16:35
Jo Brady	18:03
Ed Smyth	17:02
Rupert Nash	16:51
Dulwich C 31st	**71:20**
Steve Smythe	17:01
Jose Barretta	17:41
Matt Campbell	19:34
Ebe Prill	17:04
44 teams finished	

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

MEN'S SURREY LEAGUE , CROSS COUNTRY, 10 NOVEMBER

DULWICH RUNNERS A.C.

W8

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

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	10.5	MILES
SHORT CUT (BLUE)	8.7	MILES
SHORT CUT (PINK)	6.5	MILES
SHORT CUT (GREEN)	5.8	MILES
SHORT CUT (BLUE & GREEN)	3.8	MILES
SHORT CUT (PINK & GREEN)	2.8	MILES

YELLOW CUT REDUCES DISTANCE BY APPROX. 1 MILE

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

MANTLE
FINANCIAL PLANNING
Chartered Financial Planners & Tax Advisers

The 49th Annual
EPSOM 10

Sunday 18 November 2012 9.30am

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

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

Race HQ in the Queen's Stand

Under UKA rules – permit applied for.

Plenty of parking ~ Memento to every finisher

Prizes: First 3 Men/Women

1x M40, 1xM50, 1xM60

1xF35, 1xF45, 1xF55

1st Club Teams: Male & Female 3 to score

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

Cert No 12/322

Entry fee: £12 [£14 unattached]

All entries on the day £15

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

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

Cheques payable to Epsom & Ewell Harriers

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

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

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