SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 17th 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 17 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 20 **Surrey league Cross country mens details**
Womens details

8pm onwards, social meet for drinks in the George Canning http://goo.gl/maps/nMp4

Tue 23 **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 !

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14 **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

Oct 20	Cross country league starts, details
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

NEW RUNNERS ROTA

Many thanks to Barrie John, Mike Mann, Charlie Lound and Andy Murray for taking out new runners last week.
If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know. Thanks. – **Ros**

Kim Pallen	**17/10**
Tiarnan Ocleirigh	24/10
Clare Osborne	31/10
Ian Sesnan	07/11
jo Shelton	14/11

HILL SESSION

NB there will be no hill session this week
No hills this Saturday due to Surrey League events which it is hoped and expected as many club members will take part. Probably one the following week
Steve Smythe

Wednesday Night Map

On page 13 in SHORTS you will find a copy of the map for this weeks Wednesday night runs.
Although there will still be some available at the clubhouse , it would help if you can print your own copy and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.
Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name by 7:10
Don't just sit there salivating…join in ! - **Ros**

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

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

For this seasons inaugural post XC rehydration session from 8pm onwards this Saturday 20th , we shalll be at the *George Canning, 123 Grove Lane, Camberwell, SE5 8BG* - http://goo.gl/maps/nMp4 -

********Everybody welcome********

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, 18/19 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/

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

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

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

XC Captains: Men - **Mike Mann** mcmann90@yahoo.co.uk Women - **Mel Edwards 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

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***

London XC Champs

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

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

Mike Mann

Men's Surrey League Cross Country, Lightwater, 20th October

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

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

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

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

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

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

Women's Surrey League Cross Country, Roehampton Vale 20 October

The first women's match of the season will take place at Roehampton Vale, Wimbledon Common, on 20 October, starting at 12 noon. Please refer to the email sent by Anna and myself last week for details of the course and how to get there

The course is accessible by public transport but if anyone is driving and has space to take others - or would like a lift - then please let us know and we'll try to organise car sharing.

The hosts recommend spikes as the course can get quite muddy in places although there are some sections of stoney paths as well as mud, and studs should also be fine.

Mel & Anna **dulwich.womenscaptain@yahoo.co.uk**

Reigate Priory Relays, 3rd November

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 (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 men's and 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***

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, 13th October

Brockwell

A big PB for Anna

52 Anna Thomas 4W	22:31 (PB)
86 Michelle Lennon 15W	25:11
139 ran	

Bromley

7 Duncan Hussey	18:21 (2M45)
19 Oscar Hussey (2nd claim)	19:29 (3 U15)
335 ran	

Burgess

31 Chris Vernon	29:01 (PB) 1M65
35 Susan Vernon	30:28 (PB) (1W50+W65)
39 ran	

Crystal Palace

Edward did well to break 20 and then like a number of members here, did a hill session afterwards.

2 Edward Smyth	19:55
4 James Burrows	20:32
5 Steve Ackroyd	20:47
14 Cameron Timmis	21:57
17 Jim Dowsett	22:09
39 Jane Harbage 8W	24:36
47 David Harbage	25:54
76 ran	

Dulwich

Buzz, Adrian and Graham all set course bests. Mick just missed his.

2 Buzz Shephard	16:36 (PB)
10 Adrian Greer	18:27 (PB) (1M55)
13 Joseph Brady	19:02
16 Paul Devine	19:22
20 John English	20:15
33 Graham Laylee	21:35 (PB)
60 Mick Mead	24:39
105 ran	

Greenwich

4 Steve Smythe	19:58 (1stM50)
8 Alex Elms	20:23 (1st U20/U15)
95 ran	

Hilly Fields

On the tough parkrun, Mel won and took over a minute off the course record.

5 Mel Edwards 1W	21:36 (PB)
46 ran	

Riddlesdown

Another win for Ange Norris.

10 Ange Norris 1W	20:31
90 ran	

Fast and Furious Duathlon, Eynsford, October 14

Though she had been too ill to do any exercise the previous few days and had to ease through the run, Clare Elms not only won the race, she also bettered her PB and course record, thanks to an improved bike leg.

Mick Ward also set a PB for the course. Steve Smythe had a solid bike to temporarily pass Clare but with two poor runs still clearly won his M50 category for the fourth year running.

1st W/6 Clare Elms 71:51 (18:00 run, 0:30 transition, 34:30 bike, 0:30 transition, 18:21 run)
10 (1M50)
Steve Smythe 73:08 (18:50 run, 1:00 transition, 32:50 bike, 0:30 transition, 19:58 run)
29 Mike Ward 81:30 (approx 20:30, 0:30, 38:00, 0:30, 22:00)

Maidstone Half Marathon, Oct. 14

Charlie continued her preparations for the New York City Marathon with a two minute PB and a top three placing.

28 Charlie Wood 3W 84:18 (84:16 chip)

Clare Elms has been selected for the England W45 team to run in the Masters International at Belfast next month. **Ros Tabor** has been selected as first reserve for the W60 team, but should have been selected as part of the team of four!

ASHFORD 10K, 14 OCTOBER

Highlights were Tony's best 10k this year, setting a new M50 club record, Neville in what he felt was his best run for 30 years and Ros winning silver in her W60 age group. The course was undulating throughout (well apart from the start and finish) with some short climbs and a couple of long gentle downhills, starting and finishing on the track in the Julie Rose Stadium. This was a well organised event over a traffic free course. Conditions were on the chilly side but ideal for running.

On the way down the temperature dipped to 1 degree as we drove through fog patches, but these got burned off by the time the race started. This race doubled up as the BMAF 10K champs. Despite its location in the far south east of England, the turnout amongst most the age groups was pretty good with some athletes travelling from far afield.

Tony Tuohy had a strong even paced run , finishing just under 30 seconds behind the M50 winner, and setting yet another PB and M50 club record. Neville Webb set out strongly from the outset, doing well to finish inside 38 minutes and 4th M55.

Mike Mann managed to sneak under 40 minutes in an even paced effort, spurred on at the end by a M60 competitor drawing level with him in the final km. His pace was only marginally faster than in the Surrey Masters the previous day.

Andy Murray's decision to hold back slightly in Saturday's cross country seemed to pay off as he finished over 2 minutes faster than the day before over the same distance. Meanwhile Ros had another good runner in a tight contest, finishing only 11 seconds behind the leading W60. Mike Mann

Tony Tuohy	34:46	(2nd M50)
Neville Webb	37:56	(4th M55)
Mike Mann	39:55	(5th M60)
Andy Murray	42:19	(13th M55)
Ros Tabor	43:55	(2nd W60)

SURREY MASTERS CROSS COUNTRY, 13 OCTOBER

Although several had been entered in advance, disruption to the train service to Richmond meant that we only fielded 2 runners in these champs on Richmond Common, and no women.

For the first time, it was decided to combine the M60+ with the women over a course slightly over 6K. This suited me fine with the Ashford 10K coming up the next day. However not used to running shorter distances in cross country I found the pace fairly intense, and faster than sustainable over a 10K course.

I went into the lead amongst the male competitors halfway through the first lap and maintained my position. This is one of the faster courses on the cross country circuit and my pace was faster than achieved in a couple of recent, admittedly rather plodding 5Ks.
A sharp shower towards the end of this race continued well into into the younger men's race, making it unpleasantly cold for those of us standing around, including Ros who was helping with the finish.

Over this longer distance, very close to 10K, Andy decided to hold back a bit in preparation for the 10K the next day. Mike Mann

Mike Mann	25:13 (1st M60)	3.8 miles
Andy Murray	44:26 (7th M55)	6.2 miles

CLUB CHAMPIONSHIP UPDATE

The points have been updated slightly following fuller results appearing from the Paddock Wood half and for Ebe's recent Berlin Marathon -this gives him 4 events and first position as a 50 year old and may mean minor changes to the m40's and m50's points if his best position remains in the 50's .

The full tables (at the end of shorts) continue to show four events of eight to count for the year, which has recently been confirmed as what was originally agreed.

Only Epsom 10 miles on November 18 remains of the 8 events (or a marathon).

27 people have completed four championship events, including long and short races, but might improve their scores at Epsom. EPSOM 10 entry fom

The following 20 need to run at Epsom (or a first marathon in 2012) to complete and count in the Championship:

Alexie Shaw, Kim Hainsworth, Clare Elms, Nicola Richmond, Ros Tabor, Clare Wyngard, Clare Osborne, Rupert Nash, Rob Cope, Jozef Danko, Jose Barretta, Joseph brady, Duncan Wilson, Chris Loizou, Mick ward, Ian Sesnan, Martin Morley, Mike Dodds, Bob Bell, Lloyd Clater.

As for all Championship events, club medals are awarded in all categories for the Epsom event.

Andy Murray

Leaders after 7 events
Women Senior Charlie Wood 203
W40 Ola Balme 204
W50 Claire Steward 200
Men Senior Wayne Lashley 198
M40 Charles Lound 207
M50 Ebe Prill 198
M60 Mike Mann 199

Overall
1 Claire Steward 3524
2 Tony Tuohy 3426
3 Mike Mann 3398

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

DULWICH RUNNERS CLUB CHAMPIONSHIPS 2012

POSITION AFTER 7 EVENTS OF 8 BEST 4 EVENTS TO COUNT 50 for first in category, 49 for 2nd etc

AGE CATEGORY CHAMPIONSHIPS EVENTS COMPLETED

		SHORT					LONG			
Name / Championship category	**Bromley ParkRun 5k 10 March**	**Dulwich Track 1 mile 22 Jun**	**Dulwich Park 2 mile 12 Jul**	**Elmbridge 10k 22 Jul**	**Paddock Wood Half Marathon 1 Apr**	**London (or any other certified) Marathon 17 April**	**Dry Hill 10 mile 2 Sep**	**Epsom 10 Nov 18**	Events completed	**TOTAL POINTS inc 1 bonus for each event**
WOMEN SENIOR										
Charlie Wood	50	49	50		49		[49]		5	**203**
Melanie Edwards	[47]	48	49	50	[47]	48	[48]		7	**202**
Anna Thomas	43			49	44	44			4	**184**
Joanne Shelton	44				45	42	46		4	**181**
Alexie Shaw	49				50	50			3	**152**
Kim Hainsworth	48				43		47		3	**141**
Shona McIntosh		50			-		50		2	**102**
Laura Stephens	45				48				2	**95**
Sue Cooper	46				46				2	**94**
Michelle Allard	41				-		45		2	**88**
Toni Holt					-	49			1	**50**
Catherine Lee					-	47			1	**48**
Annalise Laidlow					-	46			1	**47**
Marlene Russell					-	45			1	**46**
Doerte Weber					-	43			1	**44**
Carys Morgan	42				-				1	**43**
WOMEN V40										
Ola Balme	49	[48]		[49]	50	49	50		6	**204**
Claire Steward (50+)	[45]	47	[47]		48	50	49		6	**200**
Lindsey Annable	[42]	[44]	45	47	46		48		6	**192**
Sue Rowlands		43		46	45		47		4	**185**
Clare Elms	50	50	50		-				3	**153**
Nicola Richmond	[47]	49	49	50	-				4	**152**
Ros Tabor (50+)	46	46	48		-				3	**143**
Clare Wyngard (50+)	[44]	45	46	48	-				4	**143**
Clare Osborne	43				47	48			3	**141**
Susan Vernon (50+)	39	41			-				2	**82**
Andrea Pickup					49				1	**50**
Emma Ibell	48				-				1	**49**
Nicole King		42			-				1	**43**
Ruki Sidwha	41				-				1	**42**
Stephanie Burchill (50+)	40				-				1	**41**
MEN SENIOR										
Wayne Lashley		49	50		49	46			4	**198**
Steve Ackroyd	45	[40]		49	[43]	44	46		6	**190**
Paul Devine			47		44	48	47		4	**190**
Christian Moody			45	48	[38]	42	44		5	**184**
Rupert Nash		47			46		49		3	**145**
Rob Cope		42	46	50					3	**141**
Jose Barretta	47				41	43			3	**134**
Ben Fairhall	50	50			-				2	**102**
Mike Williams	49					50			2	**101**
Tom Marshall					50	49			2	**101**
Edward Hill	48						50		2	**100**
Will Davis		46	49						2	**97**
Chris Broadbent					47	47			2	**96**
Alex Elms	46	48							2	**96**
Jozef Danko	44						48		2	**94**
Ed Smyth		45				45			2	**92**
Oscar Hussey	43	41							2	**86**
Jim Dowsett	42				40				2	**84**
James Godber					48				1	**49**
Scott Hemmens			48						1	**49**
Matt Galvin	-	-		-	45		-	-	1	**46**
Robert Balzanella							45		1	**46**
John Fletcher		44							1	**45**
Alexander Dodds		43							1	**44**
Graeme Campbell							43		1	**44**
Neil Daniels					42				1	**43**
Mark Paine						41			1	**42**
Javier Pujol						40			1	**41**
Olivier Montfort					39				1	**40**

MEN V40										
Charles Lound	50	[48]	[49]	50	50	50	[49]		7	**207**
Tony Tuohy	49	50	50				50		4	**203**
Ebe Prill*	[46]	47	[47]	49	47	49			6	**198**
Mark Foster		46	46	47	49				4	**192**
Ajay Khandelwal	45	44			48	48			4	**189**
Ameet Patel	42	[42]		46	44		45		5	**182**
Cameron Timmis	44	43	44		45				4	**180**
Joseph Brady			45	48			48		3	**144**
Duncan Wilson	47				46		46		3	**142**
Duncan Hussey		49	48						2	**99**
Mike Fullilove	48	-		-	-		47	-	2	**97**
Jonah Albert	43				43				2	**88**
Jon Hyde						49			1	**50**
John English		45							1	**46**
Dave Feasey							44		1	**45**
Paul Keating					42				1	**43**
*best posn to count										
MEN V50										
Mike Mann (60+)	49	49	49		48				4	**199**
Ebe Prill*		[48]	[49]	[50]		[47]			6	**198**
Andy Murray	48	[45]	47			47	48		5	**195**
Steve Smythe	50	40	[39]		49	49			5	**193**
Barrie John Nicholls	[39]	[41]	[40]	46	43	45	46		7	**187**
Graham Laylee	42	42	[41]	48	45				5	**182**
Steve Wehrle (60+)	[38]			45	42	42	45		5	**179**
Chris Vernon (60+)	[35]	37	37	44			44		5	**167**
Steve Street	[37]	38	38		40	41			5	**162**
Chris Loizou		46			47	48			3	**144**
Mick Ward	[40]	44	46	50					4	**144**
Ian Sesnan	45		45	47					3	**140**
Martin Morley (60+)	46		44				47		3	**140**
Mike Dodds	[41]	43	42	49					4	**138**
Bob Bell	43		43		44				3	**133**
Lloyd Clater		39			41	43			3	**126**
Russell Daker		48	48						2	**98**
Gary Sullivan	47						49		2	**98**
Colin Frith	44				46				2	**92**
Colin Bailey-Wood			50						1	**51**
Steve Smythe (2)						50			1	**51**
Steve Williams					50				1	**51**
Adrian Greer		50			-				1	**51**
Neville Webb							50		1	**51**
Hugh Balfour	-	47		-	-		-	-	1	**48**
Patrick McMorrow						46			1	**47**
Giles Gibson						44			1	**45**
Roy Hibberd						40			1	**41**
John O'Byrne	36								1	**37**

OVERALL CHAMPIONSHIP - AGE GRADED

		SHORT					LONG					
Name	**Bromley ParkRun 5k 10 March**	**Dulwich Track 1 mile 22 Jun**	**Dulwich Park 2 mile 12 Jul**	**Elmbridge 10k 22 Jul tbc**	**Paddock Wood Half Marathon 1 Apr**	**London (or any other certified) Marathon 17 April**	**Dry Hill 10 mile 2 Sep**	**Epsom 10 Nov 18**	**TOTAL POINTS**	average	best	position
Claire Steward	858	901	874		[850]	892	[856]		**3,524**	881	901	**1**
Tony Tuohy	852	847	848				879		**3,426**	857	879	**2**
Mike Mann	851	855	838		854				**3,398**	850	855	**3**
Charles Lound	824	[766]	[777]	[812]	832	822	828		**3,306**	826	832	**4**
Ola Balme	811	797		[777]	806	[724]	814		**3,228**	807	814	**5**
Andy Murray	806	758	[758]			771	802		**3,137**	784	806	**6**
Charlie Wood	778	763	790		[759]		779		**3,110**	777	790	**7**
Steve Smythe	808	625	[575]		817	807			**3,057**	764	817	**8**
Ebe Prill	[710]	763	764	759	[686]	724			**3,010**	753	764	**9**
Mark Foster		731	715	699	691				**2,837**	709	731	**10**
Wayne Lashley		747	739		757	588			**2,831**	708	757	**11**
Melanie Edwards	699	[651]	[653]	667	688	[656]	734		**2,788**	697	734	**12**
Clare Elms	894	972	913		-				**2,780**	927	972	**13**
Ros Tabor	925	908	913		-				**2,746**	915	925	**14**
Graham Laylee	700	658	[653]	699	682				**2,739**	685	700	**15**
Barrie John Nicholls	661	[655]	660	671	[647]	[586]	678		**2,671**	668	678	**16**

Paul Devine			672		671	619	650		**2,612**	653	672	**17**
Steve Wehrle	646			643	642	[495]	670		**2,601**	650	670	**18**
Steve Ackroyd	664	647		[631]	642	[585]	647		**2,600**	650	664	**19**
Ajay Khandelwal	657	664			657	600			**2,579**	645	664	**20**
Lindsey Annable	644	648	638	[616]	[621]		628		**2,558**	640	648	**21**
Joanne Shelton	668				665	551	670		**2,554**	639	670	**22**
Cameron Timmis	646	617	620		622				**2,505**	626	646	**23**
Ameet Patel	609	607		[605]	647		630		**2,493**	623	647	**24**
Anna Thomas	647			621	630	554			**2,451**	613	647	**25**
Sue Rowlands		621		604	609		615		**2,449**	612	621	**26**
Christian Moody			592	596	577	[507]	628		**2,393**	598	628	**27**
Alexie Shaw	763				794	760			**2,317**	772	794	**28**
Chris Vernon	[550]	583	590	576			537		**2,287**	572	590	**29**
Nicola Richmond	752	778	[727]	757	-				**2,286**	762	778	**30**
Chris Loizou		748			761	763			**2,272**	757	763	**31**
Clare Wyngard	752	748	[726]	743	-				**2,242**	747	752	**32**
Martin Morley	754		734				738		**2,226**	742	754	**33**
Joseph Brady			703	730			774		**2,207**	736	774	**34**
Steve Street	553	541	546		534	[417]			**2,175**	544	553	**35**
Mick Ward	[690]	708	717	724					**2,149**	716	724	**36**
Ian Sesnan	716		715	693					**2,123**	708	716	**37**
Bob Bell	726		719		672				**2,117**	706	726	**38**
Rupert Nash		701			701		699		**2,101**	700	701	**39**
Duncan Wilson	717				683		685		**2,085**	695	717	**40**
Mike Dodds	689	671	[660]	693					**2,053**	684	693	**41**
Rob Cope		679	666	670	-				**2,014**	671	679	**42**
Jose Barretta	716				645	593			**1,954**	651	716	**43**
Kim Hainsworth	742				488		709		**1,939**	646	742	**44**
Jozef Danko	658				-		648		**1,306**	653	658	**45**
Clare Osborne	633				638	599			**1,870**	623	638	**46**
Alex Elms	805	860			-				**1,665**	832	860	**47**
Shona McIntosh		786			-		841		**1,626**	813	841	**48**
Lloyd Clater		588			550	477			**1,616**	539	588	**49**
Ben Fairhall	813	793			-				**1,606**	803	813	**50**
Mike Williams	803				-	747			**1,550**	775	803	**51**
Duncan Hussey		780	756						**1,536**	768	780	**52**
Mike Fullilove	743	-		-	-		785	-	**1,528**	764	785	**53**
Gary Sullivan	735						773		**1,508**	754	773	**54**
Edward Hill	759				-		740		**1,499**	750	759	**55**
Oscar Hussey	715	764			-				**1,479**	740	764	**56**
Russell Daker		748	721						**1,469**	735	748	**57**
Will Davis		695	718		-				**1,413**	706	718	**58**
Tom Marshall					764	646			**1,410**	705	764	**59**
Colin Frith	709				697				**1,406**	703	709	**60**
Laura Stephens	693				696				**1,389**	695	696	**61**
Sue Cooper	694				677				**1,371**	686	694	**62**
Susan Vernon	644	673			-				**1,317**	658	673	**63**
Chris Broadbent					710	596			**1,306**	653	710	**64**
Ed Smyth		672			-	587			**1,259**	630	672	**65**
Jim Dowsett	635				622				**1,257**	629	635	**66**
Jonah Albert	633				597				**1,230**	615	633	**67**
Michelle Allard	617				-		581		**1,198**	599	617	**68**
Steve Williams					840				**840**	840	840	**69**
Steve Smythe (2)						836			**836**	836	836	**70**
Neville Webb							817		**817**	817	817	**71**
Adrian Greer	-	816		-	-		-		**816**	816	816	**72**
Hugh Balfour	-	784		-	-		-	-	**784**	784	784	**73**
Paul Devine			576		642	619	771		**881**	745	761	**74**
Steve Wehrle	705			643	638	[495]	773		**849**	747	763	**75**
Steve Ackroyd	712	759	562	[631]	634	[585]	775		**817**	748	764	**76**
Ajay Khandelwal	719	763			630	537	778		**785**	750	766	**77**
Lindsey Annable	725	767	548	[616]	[621]	529	780		**753**	752	767	**78**
Joanne Shelton	732	771	541		686	520	783		**721**	753	769	**79**
Cameron Timmis	739	775	534		695	511	785		**689**	755	770	**80**
Ameet Patel	745	779	527	[605]	705	503	787		**657**	757	772	**81**
Anna Thomas	752	783	520	729	714	494	790		**625**	758	774	**82**
Sue Rowlands	759	786	512	734	723		792		**593**	760	775	**83**
Christian Moody	765	790	505	740	732	[507]	794		**560**	762	777	**84**
Alexie Shaw	772	794	498	745	742	766	797		**528**	764	778	**85**
Chris Vernon	[550]	798	491	750			799		**496**	765	780	**86**
Nicola Richmond	569	802	[727]	756	-		802		**464**	767	782	**87**
Chris Loizou	531	806		761	761	769	804		**432**	769	783	**88**
Clare Wyngard	493	810	[726]	766	-		806		**400**	770	785	**89**
Martin Morley	455	814	703	772			809		**368**	772	786	**90**
Paul Devine			576		642	619	771		**336**	774	788	**91**
Steve Wehrle	705			643	638	[495]	773		**304**	775	789	**92**
Steve Ackroyd	712	759	562	[631]	634	[585]	775		**272**	777	791	**93**
Ajay Khandelwal	719	763			630	537	778		**240**	779	793	**94**
Lindsey Annable	725	767	548	[616]	[621]	529	780		**208**	780	794	**95**
Joanne Shelton	732	771	541		686	520	783		**176**	782	796	**96**
Cameron Timmis	739	775	534		695	511	785		**144**	784	797	**97**
Ameet Patel	745	779	527	[605]	705	503	787		**111**	785	799	**98**
Anna Thomas	752	783	520	729	714	494	790		**79**	787	800	**99**
Sue Rowlands	759	786	512	734	723		792		**47**	789	802	**100**
Christian Moody	765	790	505	740	732	[507]	794		**15**	791	804	**101**
Alexie Shaw	772	794	498	745	742	766	797		**- 17**	792	805	**102**
Chris Vernon	[550]	798	491	750			799		**- 49**	794	807	**103**
Nicola Richmond	569	802	[727]	756	-		802		**- 81**	796	808	**104**

ANNUAL GENERAL MEETING Wednesday 24th October 2012

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

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

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

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

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

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

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

Mike Dodds

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

PROPOSED AMENDMENT OF DULWICH RUNNERS AC CONSTITUTION

Background

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

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

Proposal

The relevant section of rule 4 presently reads as follows

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

The proposed new wording is

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

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

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

Process

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

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

Mike Dodds - Hon Secretary, Dulwich Runners

DULWICH RUNNERS AC
W5

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

You are here
SOUTH BANK UNIVERSITY SPORTS GROUND
DULWICH PARK
DULWICH COMMON A205
DULWICH & SYDENHAM HILL GOLF COURSE
WEST DULWICH
UPPER SYDENHAM
SYDENHAM
SE26
CRYSTAL PALACE PARK
DULWICH WOOD PARK
SYDENHAM HILL WOOD NATURE RESERVE
DULWICH WOOD
NORWOOD PARK
CENTRAL HILL
WESTWOOD HILL
COLLEGE RD
LACE PARADE
CRYSTAL PALACE PARADE
CROXTED ROAD
SOUTH CROXTED ROAD
LEWISHAM ROAD
DARTMOUTH ROAD
FOREST HILL ROAD
BROAD LANE
VILLAGE WAY
LORDSHIP LANE
HORNIMAN GDNS
Dulwich College
Dulwich College Preparatory School
Edward Alleyn Hall
PLAYING FIELDS
ALLOTMENTS
SPORTS GROUND
REC GRD
Clubhouse
Tennis Courts
Bowling Green
Cricket Ground
Concert Bowl
BBC Transmitter
INTERMEDIATE LAKE
Ski Slope
Comm Cen
Lib
Sch
Health Cen
Swim Pool
Pol
Mkt
Coll
Pub
Hall
War Memorial
Old College Gate
DULWICH PICTURE GALL
Dulwich Old Coll
Court La Gate
Queen Mary
MILL POND
PE Centre
Cricket Ground
SYDENHAM HILL ESTATE
SYDENHAM WELLS PARK
DAWSON HEIGHTS EST
LORDSHIP LA EST
BAXTER FLD
GIPSY HILL
WESTOW HILL
CROWN
SYDENHAM HILL
LOW CROSS WOOD LANE
THE WOOD
DOME HILL PK
LONGHEDGE HOUSE
BELAIR PARK
REC GRD
SPORTS GROUND
SPORTS GROUNDS
PLAYING FIELDS
ALLOT
Cov Res
Clinic
Health Cen
Swim Pool
Mus
Pav
Sch
Lib
Comm Cen
Tennis Cts
Bowl Grn
Cricket Ground
War Memorial
Hall
Clubhouse
Tennis Courts
Bowling Green
Pol
Mkt
Coll
Pub
Cov Res
Concert Bowl
BBC Transmitter
INTERMEDIATE LAKE
Ski Slope
Comm Cen
Lib
Sch
Health Cen
Swim Pool
Pol
Mkt
Coll
Pub
Hall
War Memorial
Clubhouse
Tennis Courts
Bowling Green
Cricket Ground

Lightwater Cross Country

Ola Balme
Sports & Therapeutic Massage

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

ALGARVE RUNNING CHALLENGE, NOVEMBER

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

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

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

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