SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 21st 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 21 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 24 **South of Thames XC 5m - Reigate Priory**
here for details

Tue 26 **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

The clubhouse will be closed on Dec 26th so there will be no club run that night

In your *SHORTS* this week !

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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.

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

A brief look ahead

Nov 24 South of Thames 5m Reigate Priory
Dec 1 Surrey League Womens XC, Sutton

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

Wednesday Night Map

On page 14 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.

NEW RUNNERS ROTA

Many thanks to **Jo Shelton 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**

Claire Steward	**21/11**
Ros Tabor	28/11
Cameron Timmis	05/12
Mick Ward	12/12
Steve Wehrle	19/12

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 HOODIES

I have been asked by some people if we could have DR hoodies.

I have found a manufacturer who could provide them for £15, but I need to have 35 definite (paid) orders by the end of November.

If you are interested can you contact me
ros@28kerfield.freeserve.co.uk

Thanks - Ros

LUCKY VEST

November winner was Claire Steward

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

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

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

Available Wednesdays at the club – Ros

Dulwich Runners A.C. - Social Calendar 2012

Event	Date	Details
Dulwich Runners Christmas Party	**Dec 15**	The Plough, Lordship Lane - Party tickets are now on sale and will be available to buy on Wednesday Club nights from Sue Cooper susan.cooper@hsbc.com Glitter balls, glow sticks and crazy shapes at the ready, Dulwich Runners 2012 Xmas Tickets cost £15* which includes music, food (with vegetarian options), club awards and lots of festive fun! ***Please note that tickets will increase to £20 from 1st December**. ****** NOW ON SALE ****** And of course not forgetting the now legendary "Dulwich Runners Apres Cross Country Rehydration Sessions" or DRACCRS for short !, on Saturdy evenings after league cross country events (see fixture list for dates) held at local "refreshment spas" locations to be confirmed prior to each event , everybody is welcome, running or not.

PARKY POT QUIZ NIGHT

Friday 30th November marks the last Parky Pot Quiz.

The event begins at 8pm at the Clubhouse and will be the last time that organisers Keith Rodwell and Roger Parkinson bring us a good old brain teaser of a quiz!

The usual rules of four players per team apply and the entry fee is £5 per team.

If you want to book your team a space, please get in touch with me or Keith in advance.

Thanks and we look forward to seeing you there!. Regards- Rob

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

Flat to Rent

Lovely two-bed garden flat available to rent in Forest Hill
Call **Kim** if interested **07974 912158**

Mince Pie race

A carload of us are going down to once again represent Dulwich in this wonderful Christmas event. A great end of the year race which is 6 miles off road, 4 miles on road with some mud and hills thrown in for good measure.
We will eat after in a local tavern. The race starts in Peacehaven on the coast near Brighton. Entry forms can be found on the Seaford Striders website.
If you decide to come and want lunch after please be sure to let me know and I will book you in. – cheers - Steve Wehrle

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)

HILL SESSION

NO HILL SESSION THIS WEEK

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	24	South of Thames 5 mile	Priory Park, Reigate
Dec	1	**Surrey League 2**	Nonsuch Park, Sutton 12noon start **(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
	16	Holly Run	Priory Park, Reigate
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 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***

Kent Masters Cross Country, 15 December

The following men have asked to be entered for the Kent Masters XC being held at Tunbridge Wells on 15 December: Duncan Hussey, Joseph Brady, Jose Barretta, Tony Tuohy, Steve Smythe and Mike Fullilove.

If anyone else who is Kent qualified by birth or residence wishes to be entered, please let me know by 26 November. The South of Thames 7.5 miles takes place at Richmond Park on the same day. ***Mike Mann***

SOUTH OF THAMES XC, REIGATE 24 NOVEMBER ***update***

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

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

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

Mike Mann

SEAA MASTERS XC CHAMPS 8 DECEMBER

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

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

Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major club race which **Steve Smythe** kindly finds & collates results for us, then it's highly unlikely that your results will be appear here in SHORTS
So to make sure your race results, road, fell, XC, Tri etc, are mentioned please send them in, and if you can write a report to go with it even better.

5km Results, 17th November

Brockwell

22 Matt Kerr		20:43 (PB)
26 Mark Foster		21:05
39 Graham Laylee		22:37
76 Michelle Lennon	15W	25:57
96 Barry Walker		28:36 (not renewed)
117 ran		

Bromley

12 Mike Fullilov	19:27
71 Jo Shelton 4W	22:52
89 Colin Frith	23:42
306 ran	

Dulwich

Bob Bell set an all time parkrun PB by a huge 45 seconds in his 81st parkrun.

12 Joseph Brady	19:20
13 James Burrows	19:22 (PB)
25 Paul Hodge	20:31
32 Bob Bell	20:58 (course 1st time)
41 Ian Sesnan	21:33
42 Jozef Danko	21:40
62 Claire Steward 9W	23:42
69 Duncan Wilson	24:27
133 Rachel Butler 45W	30:55
142 ran	

Hilly Fields

5 Ian Lilley	21:04
41 Caroline Lilley 9W	28:51
66 ran	

Lloyd Park

95 Bernard Imber	32:47 (debut)
110 ran	

Parkrun Stats

Dulwich have had the most runs at Dulwich, Brockwell and Crystal Palace. The biggest number of different runners is Bromley where 89 Dulwich Runners have participated – mostly due to holding our club champs there, though in terms of number of runs, we only rank 7th there.

Different runs

Dulwich

1Dulwich 225 (59 different runners)
2 DPR 205 (84)
3 CP Tri 49 (25)

Brockwell

1 Dulwich 686 (80)
2 Windrush Tri 374 (88)
3 Clapham Chasers 333 (108)

Bromley

1 Petts Wood Runners 2642 (205)
2 B&B 1790 (156)
7 Dulwich R 537 (89)

Crystal Palace

1 Dulwich 778 (70)
2 C P Fun Runners 690 (57)
3 CP Tri 301 (63)

Most parkruns

Jim Dowsett is the member with the most parkruns, a whopping 109, with Mike Dodds also over 100. 18 different runners have done over 50 and a further seven Dulwich Runners could reach the milestone in the next few months.

1	Jim	Dowsett		109
2	Mike	Dodds		100
3	Bob	Bell		81
4	Graham	Laylee		75
5	Clare	Wyngard		74
6	Chris	Vernon		71
7	Jozef	Danko		70
8	Andy	Murray		69
9	Will	Davis		67
10	Jane	Harbage		64
10	Steve	Smythe		64
12	Claire	Steward		60
12	Mike	Fullilove		60
14	Michelle	Lennon		54
15	Ameet	Patel		53
16	Ros	Tabor		51
16	Ian	Sesnan		51
16	Tony	Tuohy		51
19	Steve	Ackroyd		48
19	Ola	Balme	(35 wins)	48
19	Paul	Hodge		48
22	Martin	Morley		47
23	Oscar	Hussey		44
23	Clare	Elms	(44 wins)	44
25	Colin	Frith		43

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

CROSS COUNTRY CHAMPIONSHIPS 2012 - 2013 MEN - after two events

NAME	LIGHTWATER 20/10/2012	ROUNDSHAW 10/11/2012	total of 4 best runs TOTAL
Buzz Shepherd	50	50	100
Wayne Lashley	48	49	97
Charlie Lound	47	48	95
Duncan Hussey	43	46	89
Rupert Nash	44	44	88
Ebe Prill	42	41	83
Joe Brady	41	42	83
Mark Foster	40	38	78
Chris Treble	39	39	78
Paul Devine	38	40	78
Jim Dowsett	35	33	68
Tony Tuohy	49		49
Mike Williams		47	47
Alastair Locke	46		46
Steve Smythe	45		45
Matt Galvin		45	45
Neil Daniels		43	43
Jose Barretta		37	37
Andy Murray	37		37
Cameron Timmis	36		36
Hugh Balfour		36	36
Steve Ackroyd		35	35
Duncan Fairall		34	34
Ian Sesnan		32	32
Graham Laylee		31	31
Dave West		30	31

Events to come:

South of Thames,Reigate	24:11:2012
Cranford	12:01:2013
South of England	26:01:2013
Wimbledon	09:02:2013

London Championships Parliament Hill , Saturday 17 Nov.

As this was in the shadow of the final Club Championship race the next day, a rather smaller contingent of DRs tackled the hills and mud of the Parliament Hill course. Neither of which, in the view of this newcomer, were as fierce as their reputation.

In the Youth Championships, Oscar did really well coming 24th out of 218 in the U13 race. For the women, Ola unfortunately missed the start, and so was further down than normal, but Catherine had a great race, with Katie also having a strong run.

Only four men made it to the start, with Wayne and Alastair leading us home. Neil continues to get stronger and I had a run that got better as I went on, especially once I discovered how many laps we were doing!

U13

Winning time	7.15
24 Oscar Hussey	8.13
(218 finished)	

Senior Women

Winning time	21.50
11 Catherine Lee	24.34
65 Katie Crowe	27.54
80 Ola Balme	28.53
(139 finished)	

Senior Men

Winning time	33.14
84 Wayne Lashley	39.59
111 Alastair Locke	41.07
160 Neil Daniels	43.50
199 Hugh Balfour	45.47
(279 finished)	

Hugh Balfour

London Youth games

Katie Balme showed greatly improved form from the Southwark trials.

U13 girls

37 Katie Balme (S'wark)	9:01
88 Lucy Elms (S'wark)	9:41
227 ran	

U13 boys

24 Oscar Hussey (Brom)	8:13
31 Alex Elms (S'wark)	8:17

Gosport half-marathon, Nov. 18

Congratulations to Buzz who achieved a sub-75 time to guarantee him a spot on the Championships start at the London Marathon. Buzz finished very strongly to break the 75 minute qualifying time.

24 Buzz Shephard 74:39 (chip 74:37

Burgess Park Run, Sat 17th Nov

I thought I trie this relatively new park run, partly out of curiosity, partly to avoid getting into temptation to run too hard the day before the Epsom 10. So I wanted to enjoy the scenery and take it kind of easy... how wrong I was! It's a fast flat course on tarmac with a long straight stretch at the start and finish, ideal for road racing, I think.

The quite small field of runners started off not too fast and I suddenly found myself in third place. Throwing all caution to the wind I tucked myself firmly behind the second placed runner for the first loop around the lake and accelerated on the second loop into second position.

On the last kilometre I sped up further, holding my place and closing in on the leader. Too late to win, but I finished second overall, dipping under 19 min for just the second time.

This park run definitely deserves more runners! (and there are lockers available at the tennis centre next to the start)

2 Ebe Prill 18:58 (so far the fastest DR time on this course, so come and get me!)

41 ran

Epsom 10

I finished five minutes up on last years Epsom and improved my PB by two minutes to 66:20 (gun time; my watch shows 66:14 from the time I got over the start line at this rather surprise start), I felt good through the whole race, getting faster and overtaking runners. I had a race plan and stuck to it.

I should be pleased then with my performance, shouldn't I, and somehow I am, but then again, reflecting on it, I cannot help feeling I should have done better. Not being so cautious on the first downhill mile, setting a more ambitious target, start overtaking runners earlier on in the race, seeing the famous red mist in front of my eyes for once! Well, it would be a fascinating subject for an essay by a wiser man and better writer than me, to probe the question if a runner can ever be content with her or his run. What, if at all is the perfect race for any given runner? How do I know, I've done the best I possibly could on the day? The evaluation seems to change over time, is different before, during and after the race.

On one hand it looks easy to judge, there are the cold facts of a race, the time and position. But already here is a conflict: the time can be excellent, a PB or SB, but since everyone else (or at least the ones you compare yourself with) has speeded up too, your relative position feels unsatisfactory. So is it predominantly about relations? Who has gone past you and who have you passed? For many club runners that probably is important, but then again, even if you have just beaten your peers, you might feel your time is awful, either slower than you used to run, or not a record of any sort and in consequence there is always something or someone on the horizon you are not quite able to catch.

Then there is the race itself, the execution of it and how you felt while running it. Did you feel bad? Then even when time and position is good, chances are you might think I could have done better with more training or a better race plan. Did you feel strong throughout the race? Then maybe afterwards you get the niggling thought: I could have gone even faster, I still had strength to spare, I wasted time in the first half, this could have been the day to put the pedal on the floor, etc. So, can only the likes of Sebastian Coe, David Rudisha or Mo Farrah ever be content with their races? And are they truly?

Ebe (in a reflective mood)

BMAF XC RELAYS, DERBY, 17 NOVEMBER

It is always a challenge to field relay teams, particularly in the older age categories, and this one proved no exception with our participation a week earlier open to doubt with 3 of the team suffering injuries, including one member unable to run even across a room. In the event Adrian Greer was forced to withdraw but was ably replaced by our sole reserve, Andy Murray.

For the M55s this was a 4 stage relay over a 2 lap course of 3.1k consisting of a mixture of slippery grass and woodland trail and twisty in places. The event was efficiently organised and marshalled by Derby AC. Over such a short distance, this a totally different mindset from normal cross country, but all the members of our team had strong runs, and in finishing in 6th place, competing against strong teams mainly from the Midlands and the North, we put down a marker for next year (likely to be held again in Derby) when we will have some runners new to the M55 category.

With the M35s, M45s and M55s running together, there were around 50 starters, and Nick Brown started sensibly to negotiate an early congested bend, but picked up the pace well thereafter, averaging close to 6 minute mile pace. Neville Webb found cross country, particularly over a short distance, something of a novelty, but soon got into the swing of things. Last minute replacement, Andy Murray had a great run, probably his best of the year, and ran at his usual consistent pace.

Mike Mann on the other hand was a model of inconsistency, deciding to take the first lap at a blast at just outside 6 minute mile pace, but was 40 secs slower in the second lap. However his dodgy back was on its best behaviour (unlike the next day at Epsom - note to self and everyone else... avoid hilly road races if suffering from back problems).

Mike Mann

Dulwich Runners	50:13
Nick Brown	11:59
Neville Webb	12:38
Andy Murray	12:54
Mike Mann	12:42

Epsom 10, November 19

This was a highly successful club event on a splendid sunny and cool morning on a course that is probably two minutes harder than a normal course but does feature a fast first and last mile. The club champs scores, computed by Andy reflect a 2% extra difficulty.

We had 38 club members and we finished second team in both events, missing out on a men by single point – more speedwork Ed as the winning team's Epsom and Ewell third scorer outkicked him!

Tony had another excellent run, surviving a sub 5:10 first mile and was first M50 but it wasn't enough to give him the overall club M40 championships, having missed the marathon and half-marathon and beaten by Charlie in the parkrun . Just one place back, Charlie had a good strong run to be second scorer while Ed did run a PB. Mike W struggled with tight calfs and had to slow. Steve S's run ensured he won the overall club M50 championships, his 11th successive M40 or M50 ut probably last with Tony eligible next year.

The new slimline Joseph Brady, ran almost 10 minutes quicker than he did last year and came through strongly. Alexie, who won last year, couldn't quite repeat and lost out by a few seconds. Neville Webb ran well after his cross-country relay the day before and also finished strongly.

Paul Devine continued his good form with his best club run yet and that was sufficient to move him up to second in the club men's championship.

Jose Barretta had his best run for a while ahead of Ebe, who set a PB and was five minutes up on his time last year and that ensured second in the M50 overall standings. Rob Cope had his best club run yet and narrowly lost out on third place in the men's event.

Mike Fullilove had a strong run but didn't quite match the form he showed in the USA recently where he had run a 38 minute 10k.

Next in was Mel Edwards whose run ensured she took the senior women's award on the day (Alexie winning the fastest woman) and it also ensured that Mel, six minutes faster than 2011, snatched the overall seniors award from Alexie and Charlie, by a single point, with Mel doing seven events (and the cancellation of New York for Charlie) proving the difference.

Ed Smyth and Gary Sullivan had solid runs but just below their best form and fitness.

Mike ran steadily after his back problem and race the day before but lost out on the first M60 overall on the second half.

Ola eased around after her London run to ensure she was first women vet in the club champs on the day and overall and finished just ahead of another doubling up over the weekend, Andy Murray.

Steve Ackroyd wasn't at his best but helped by it being his 7th championships of the year, helped him to take third in the overall senior men's.

Jozef Danko was half a minute quicker than 2011 and next in was Ros in her longest race for a year and in just her fourth club champs of the year, she won the overall championships over all ages.

Cameron Timmis gained his best score of the yearwhile other men to rthe championships were Graeme Campbell, Bob Bell, Mike Dodds, Barrie John Nicholls, Stephen Street and Chris Vernon and all bar Graeme completed the full champion ships.

Of the other women behind Ros, Jo Shelton was three minutes up on her 2011 run and that won her the Captain's award on the day. Claire Steward was down on her 2011 time, but she finished strongly and took the overall second award over the season behind Ros.

Close behind came Claire Wyngard in her best race for a while after injury while second claimer Jo Quantrill was slightly up on her time last year.

Katie Crowe, Ruki Sidhwa, Sue Rowlands, Lindsey Annable and Michelle Vernon were the other women to compete though only Lindsey and Sue completed the championships.

6	Tony	Tuohy	58:45/875	(1M50)
7	Charlie	Lound	59:34/829	(1M45)
13	Edward	Hill	60:56/749	
20	Mike	Williams	63:44/739	
22	Steve	Smythe	63:53/833	
24	Joseph	Brady	64:13/775	
27	Alexie	Shaw	64:19/790	2ndW
28	Neville	Webb	64:21/849	
38	Paul	Devine	65:40/695	
39	Jose	Barretta	65:46/721	
43	Ebe	Prill	66:20/775	
47	Rob	Cope	66:32/708	
51	Mike	Fullilove	67:23/763	
57	Mel	Edwards	67:42/749	
60	Edward	Smyth	68:10/665	
67	Gary	Sullivan	68:48/773	
76	Mike	Mann	70:07/830	
77	Ola	Balme	70:18/774	
81	Andy	Murray	70:26/789	
83	Steve	Ackroyd	71:07/642	
89	Jozef	Danko	71:53/633	
96	Ros	Tabor	72:55/938	
101	Cameron	Timmis	73:23/657	
105	Graeme	Campbell	73:47/614	
120	Bob	Bell	75:24/737	
128	Jo	Shelton	76:29/677	
129	Claire	Steward	76:44/853	
132	Clare	Wyngard	76:51/756	
135	Jo	Quantrill	77:00 /	(2nd
158	Mike	Dodds	79:40/668	
192	Barrie J,	Nicholls	84:18/654	
193	Katie	Crowe	84:35/607	
206	Ruki	Sidhwa	86:09/644	

239	Sue	Rowlands	91:03/597
252	Lindsey	Annable	93:08/579
267	Michelle	Vernon	97:41/520
276	Stephen	Street	1:41:10/513
284	Chris	Vernon	1:47:13/564

Top 10 in points

1	Ros	Tabor	938
2	Tony	Tuohy	875
3	Claire	Steward	853
4	Neville	Webb	849
5	Steve	Smythe	
6	Mike	Mann	830
7	Charlie	Lound	829
8	Andy	Murray	789
9	Ebe	Prill	775
9	Joseph	Brady	775
11	Ola	Balme	774
12	Gary	Sullivan	773

Men's TEAM: 1st Epsom; 2nd Dulwich
Women's TEAM: 1st Woking; 2nd Dulwich

Award winners
Overall winner: Ros Tabor
Fastest man: Tony Tuohy
Fastest woman: Alexie Shaw
Senior man: Ed Hill
Senior woman: Mel Edwards
M40: Charlie Lound
M50: Steve Smythe
M60: Mike Mann
W40: Ola Balme
W50: Claire Steward
Age Graded 2: Neville Webb
Age Graded 3: Andy Murray
Captain's award: Jo Shelton

Of the overall club championships, which are attached and of which Andy will give a fuller report next week, over 100 members did at least one event and 36 did four or more events.

Ros won overall, Mel narrowly won the senior women's, Ola the veteran women's and Charlie L won the M40, Wayne won the senior men's.

The biggest section was the M50s with 30 participants. Tony Tuohy was the first M50 at Elmbridge, Dry Hill and Epsom but had started the year in the M40s and therefore fell an event short of counting in the overall M50 championships.

The M50 titles were well shared with the elder Steve Smythe winning the marathon, Colin Bailey Wood the two miles, Steve Williams the half marathon and Adrian Greer the mile, though this quartet did just a single event. In Tony's M40 scoring, Ebe took the M50 10k and Neville won the Dry Hill 10 while Steve Smythe won the parkrun and the overall M50 award..

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 8 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 June**	**Dulwich Park 2 mile 12 July**	**Elmbridge 10k 22 July**	**Paddock Wood 1/2M 1 April**	**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										
Melanie Edwards	[47]	[48]	49	50	[47]	48	[48]	49	8	204
Charlie Wood	50	49	50		49		[49]		5	203
Alexie Shaw	49				50	50		50	4	203
Joanne Shelton	44				45	[42]	46	48	5	188
Anna Thomas	43			49	44	44			4	184
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
Katie Crowe								47	1	48
Annalise Laidlow						46			1	47
Michelle Vernon								46	1	47
Marlene Russell						45			1	46
Doerte Weber						43			1	44
Carys Morgan	42								1	43
WOMEN 40+										
Ola Balme	49	[48]		[49]	50	[49]	50	50	7	206
Claire Steward (50+)	[45]	47	[47]		48	50	49	[48]	7	201
Lindsey Annable	[42]	[44]	45	47	46		48	[44]	7	193
Ros Tabor (50+)	46	46	48					49	4	193
Clare Wyngard (50+)	[44]	45	46	48				47	5	191
Sue Rowlands		[43]		46	45		47	45	5	188
Clare Elms	50	50	50						3	153
Nicola Richmond	[47]	49	49	50					4	152
Clare Osborne	43				47	48			3	141
Ruki Sidwha	41							46	2	89
Susan Vernon (50+)	39	41							2	82
Andrea Pickup					49				1	50
Emma Ibell	48								1	49
Nicole King		42							1	43
Stephanie Burchill	40								1	41
MEN SENIOR										
Wayne Lashley		49	50		49	46			4	198
Paul Devine			47		[44]	48	47	48	5	195
Steve Ackroyd	45	[40]		49	[43]	44	46	[44]	7	191
Rob Cope		42	46	50				46	4	188
Christian Moody			45	48	[37]	42	44		5	184
Jose Barretta	47				41	43		47	4	182
Jozef Danko	44				40		48	43	4	179
Mike Williams	49					50		49	3	151
Edward Hill	48						50	50	3	151
Rupert Nash		47			46		49		3	145
Ed Smyth		45				45		45	3	138
Ben Fairhall	50	50							2	102
Tom Marshall					50	49			2	101
Will Davis		46	49						2	97
Chris Broadbent					47	47			2	96
Alex Elms	46	48							2	96
Graeme Campbell							43	42	2	87
Oscar Hussey	43	41							2	86
Jim Dowsett	42				39				2	83
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
Neil Daniels					42				1	43
Mark Paine						41			1	42
Javier Pujol						40			1	41
Olivier Montfort					38				1	39

MEN V40										
Charles Lound	50	[48]	[49]	50	50	50	[49]	[49]	8	208
Tony Tuohy	[49]	50	50				50	50	5	205
Mark Foster		47	47	48	49				4	195
Joseph Brady			46	49			48	48	4	195
Ajay Khandelwal	45	45			48	48			4	190
Cameron Timmis	44	[44]	45		45			46	5	185
Ameet Patel	42	[43]		47	44		45		5	183
Mike Fullilove	48						47	47	3	145
Duncan Wilson	47				46		46		3	142
Duncan Hussey		49	48						2	99
Jonah Albert	43				43				2	88
Jon Hyde						49			1	50
John English		46							1	47
Dave Feasey							44		1	45
Paul Keating					42				1	43
MEN V50										
Steve Smythe	50	[39]	[38]		49	49		50	6	204
Ebe Prill	[46]	48	49	50	[47]	[47]		48	7	202
Mike Mann (60+)	49	49	48		48			[46]	5	199
Andy Murray	48	[44]	46			46	48	[45]	6	194
Barrie John Nicholls	[39]	[40]	[39]	45	43	44	46	[42]	8	186
Graham Laylee	42	41	[40]	47	45				5	180
Mike Dodds	41	42	[41]	48				43	5	179
Steve Wehrle (60+)	[38]			44	42	41	45		5	177
Bob Bell	43		42		44			44	4	177
Chris Vernon (60+)	[35]	36	[36]	43			44	40	6	169
Steve Street	37	[37]	[37]		40	40		41	6	164
Gary Sullivan	47						49	47	3	146
Chris Loizou		45			47	48			3	143
Mick Ward	[40]	43	45	49					4	141
Martin Morley	46		43				47		3	139
Ian Sesnan	45		44	46					3	138
Lloyd Clater		38			41	42			3	124
Neville Webb							50	49	2	101
Russell Daker		47	47						2	96
Colin Frith	44				46				2	92
Colin BaileyWood			50						1	51
Steve Smythe (2)						50			1	51
Steve Williams					50				1	51
Adrian Greer		50							1	51
Hugh Balfour		46							1	47
Patrick McMorrow						45			1	46
Giles Gibson						43			1	44
Roy Hibberd						39			1	40
John O'Byrne	36								1	37

OVERALL CHAMPIONSHIP AGE GRADED

	Short				Long							
Name	**Bromley ParkRun 5k 10 March**	**Dulwich Track 1 mile 22 June**	**Dulwich Park 2 mile 12 July**	**Elmbridge 10k 22 July**	**Paddock Wood 1/2M 1 April**	**London (or any other certified) Marathon 17 April**	**Dry Hill 10 mile 2 Sep**	**Epsom 10 Nov 18**	**TOTAL POINTS**	**Average**	**Best**	**Position**
Ros Tabor (50+)	925	908	913					938	3,683	921	938	1
Claire Steward (50+)	858	901	874		[850]	892	[856]	[853]	3,524	881	901	2
Tony Tuohy	852	[847]	848				879	875	3,454	864	879	3
Mike Mann (60+)	851	855	838		854			[830]	3,398	850	855	4
Charles Lound	824	[766]	[777]	[812]	841	[822]	828	829	3,322	830	841	5
Steve Smythe	808	[625]	[575]		817	807		833	3,265	816	833	6
Ola Balme	811	797		[777]	806	[724]	814	[774]	3,228	807	814	7
Andy Murray	806	[758]	[758]			771	802	789	3,168	792	806	8
Charlie Wood	778	763	790		[759]		779		3,110	777	790	9
Alexie Shaw	763				794	760		790	3,107	777	794	10
Ebe Prill	[710]	763	764	759	[686]	[724]		775	3,061	765	775	11
Clare Wyngard (50+)	752	748	[726]	743				756	2,999	750	756	12
Joseph Brady			703	730			774	775	2,981	745	775	13
Melanie Edwards	699	[651]	[653]	[667]	688	[656]	734	749	2,870	717	749	14
Bob Bell	726		719		672			737	2,855	952	726	15
Mark Foster		731	715	699	691				2,837	709	731	16
Wayne Lashley		747	739		757	588			2,831	708	757	17
Graham Laylee	700	658	[653]	699	682				2,739	685	700	18
Rob Cope		679	666	670				708	2,722	680	708	19
Mike Dodds	689	671	[660]	693				668	2,720	680	693	20
Paul Devine			672		671	[619]	650	695	2,688	672	695	21
Joanne Shelton	668				665	[551]	670	677	2,680	670	677	22

Jose Barretta	716				645	593		721	2,675	669	721	23
Barrie John Nicholls	661	[655]	660	671	[647]	[586]	678	[654]	2,671	668	678	24
Steve Wehrle (60+)	646			643	642	[495]	670		2,601	650	670	25
Steve Ackroyd	664	647		[631]	642	[585]	647	[642]	2,600	650	664	26
Ajay Khandelwal	657	664			657	600			2,579	645	664	27
Jozef Danko	658				631		648	633	2,570	642	658	28
Lindsey Annable	644	648	638	[616]	[621]		628	[579]	2,558	640	648	29
Cameron Timmis	646	[617]	620		622			657	2,545	636	657	30
Ameet Patel	609	607		[605]	647		630		2,493	623	647	31
Anna Thomas	647			621	630	554			2,451	613	647	32
Sue Rowlands		621		604	609		615	[597]	2,449	612	621	33
Christian Moody			592	596	577	[507]	628		2,393	598	628	34
Chris Vernon (60+)	[550]	583	590	576			[537]	564	2,314	578	590	35
Steve Street	553	541	546		534	[417]		[513]	2,175	544	553	36
Clare Elms	894	972	913						2,780	927	972	
Mike Fullilove	743						785	763	2,291	764	785	
Mike Williams	803					747		739	2,288	763	803	
Nicola Richmond	752	778	[727]	757					2,286	762	778	
Gary Sullivan	735						773	773	2,281	760	773	
Chris Loizou		748			761	763			2,272	757	763	
Edward Hill	759						740	749	2,248	749	759	
Martin Morley	754		734				738		2,226	742	754	
Mick Ward	[690]	708	717	724					2,149	716	724	
Ian Sesnan	716		715	693					2,123	708	716	
Rupert Nash		701			701		699		2,101	700	701	
Duncan Wilson	717				683		685		2,085	695	717	
Kim Hainsworth	742				488		709		1,939	646	742	
Ed Smyth		672				587		665	1,924	641	672	
Clare Osborne	633				638	599			1,870	623	638	
Neville Webb							817	849	1,666	833	849	
Alex Elms	805	860							1,665	832	860	
Shona McIntosh		786					841		1,626	813	841	
Lloyd Clater		588			550	477			1,616	539	588	
Ben Fairhall	813	793							1,606	803	813	
Duncan Hussey		780	756						1,536	768	780	
Oscar Hussey	715	764							1,479	740	764	
Russell Daker		748	721						1,469	735	748	
Will Davis		695	718						1,413	706	718	
Tom Marshall					764	646			1,410	705	764	
Colin Frith	709				697				1,406	703	709	
Laura Stephens	693				696				1,389	695	696	
Sue Cooper	694				677				1,371	686	694	
Susan Vernon (60+)	644	673							1,317	658	673	
Chris Broadbent					710	596			1,306	653	710	
Ruki Sidwha	654							644	1,298	649	654	
Jim Dowsett	635				622				1,257	629	635	
Jonah Albert	633				597				1,230	615	633	
Graeme Campbell							594	614	1,208	604	614	
Michelle Allard	617						581		1,198	599	617	
Steve Williams					840				840	840	840	
Steve Smythe (2)						836			836	836	836	
Adrian Greer		816							816	816	816	
Hugh Balfour		784							784	784	784	
Colin BaileyWood			780						780	780	780	
Andrea Pickup					770				770	770	770	
Emma Ibell	758								758	758	758	
James Godber					729				729	729	729	
John English		726							726	726	726	
Toni Holt						719			719	719	719	
Stephanie Burchill (50+)	703								703	703	703	
Matt Galvin					690				690	690	690	
Alexander Dodds		687							687	687	687	
John Fletcher		675							675	675	675	
Scott Hemmens			673						673	673	673	
Catherine Lee						653			653	653	653	
Neil Daniels					642				642	642	642	
Carys Morgan	639								639	639	639	
Jon Hyde						631			631	631	631	
Olivier Montfort					625				625	625	625	
Nicole King		624							624	624	624	
Robert Balzanella							617		617	617	617	
Patrick McMorrow						610			610	610	610	
Katie Crowe								607	607	607	607	
Annalise Laidlow						605			605	605	605	
Marlene Russell						582			582	582	582	
Dave Feasey							576		576	576	576	
Paul Keating					563				563	563	563	
Doerte Weber						555			555	555	555	
John O'Byrne	544								544	544	544	

Michelle Vernon								520	520	520	520	
Giles Gibson						507			507	507	507	
Mark Paine						439			439	439	439	
Roy Hibberd						385			385	385	385	
Javier Pujol						373			373	373	373	

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

DULWICH RUNNERS AC W10

FULL RUN (ORANGE)	8.5	MILES
AN EXTRA LAP ANTI CLOCKWISE OF PECKHAM RYE		
INCREASES DISTANCE BY ARROX. 1.6 MILES TO.	10.0	MILES
SHORT CUT (BLUE)	7.4	MILES
SHORT CUT (PINK)	7.2	MILES
SHORT CUT (GREEN)	7.0	MILES
SHORT CUT BLUE & PINK.....	5.0	MILES
SHORT CUT GREEN & PINK.....	5.8	MILES
SHORT CUT YELLOW.....	4.7	MILES
SHORT CUT YELLOW & PINK.....	3.5	MILES

DULWICH RUNNERS
TURKEY TROT HANDICAP RACE 2012

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

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

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

Entry fee £2.50 or £2 if in fancy dress

name:_____

predicted time: _____

most recent 10k or 5k time :_____

predicted time for 5k on 19th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than handicap.

ros@28kerfield.freeserve.co.uk