SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 5th December 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 05 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 08 **Various races see fixture list**

Tue 11 **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 theres no club run that night

In your *SHORTS* this week !

2 Dulwich Runners Xmas Party **details**
3 Cross Country, Fixtures & events
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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.

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

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

A brief look ahead

Dec 8	Dysart/Ellis Cups
Dec 8	SEAA Masters
Dec 15	Kent Masters
Dec 15	South of Thames 7.5 miles

full fixture list page 3

DULWICH TRACK SESSIONS

Improve your speed & strength over all distances. Tuesdays with Steve Smythe are suitable for all abilities.

Tuesday track sessions are now in full swing at Ladywell. http://goo.gl/maps/92zNw
Around 20-30 club members attend these over a wide range of speeds. The sessions are between 7.15pm and 8pm and members should aim to get there to warm up at around 7pm
If you are a Fusion Gym member then entry is free , all others £2.55 pay at reception

NEW RUNNERS ROTA

Many thanks to **Cameron Timmis** 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**

Ros Tabor	**05/12**
Mick Ward	12/12
Kevin Wood	19/12
NO CLUB RUN	**26/12 clubhouse closed**
Steve Wehrle	02/01

Wednesday Night Map

On page 12 in SHORTS is the map for this weeks Wednesday night runs. Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run. Arrives around 9.
Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating…join in ! - **Ros**

Dulwich Runners
Club Champs 2013

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

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

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

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

Mike Mann *(on behalf of ADSC).*

LUCKY VEST – this Wednesday
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.

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

NEWS OF DULWICH RUNNERS.

Chris Vernon writes:

Who remembers Tony Borrow the marathon running dustman who raised thousands for charity? I met Tony in Lordship Lane. He is now 67 and is back working sweeping the streets in Southwark, having retired from Westminster Council 2 years ago. He is still living in Camberwell Grove but most of his 7 children have left home. He says he has retired from running but still goes out occasionally as he misses it badly. I hope he will come and visit us back at the club.

We have heard from Dave Freeman in Malta where he has lived for many years with most of his family. His daughter, Angela, has just had her eighth child and is already a Grandmother herself. Dave, 71, has now retired from running officially but will always be remembered for smoking roll-ups on the start line of races. He sends his regards to all who know him.

GEORGE'S FIRST STEPS

- over the summer my Granddaughters, Elise and Maisy, me and a few other family members, put together a cookbook to raise money for George, a family member, who is 5 years old and has cerebal palsy. He has recently returned from the USA having undergone surgery to enable him to walk.

Amazing things have happened since then and he can walk, with aids, which is something is Mum and Dad never thought would happen. The proceeds from the cookbook are going towards his physio treatment. I do hope you will want to buy one, £5 each, and support this worthy cause. They make excellent gifts. Please email me at vernonrun@aol.com if you would like a copy and I will make sure that either Chris or I bring them to the club next Wednesday. Thank you

FIXTURES Winter 2012/13

The fixture list includes all currently available info on cross country fixtures. It includes most races that will be of general interest, some dates to be decided and some fixtures missing, will be updated as details become available.
Details of fixtures, start times, distances and transport information will be provided in Shorts prior to each event.
Apart from Surrey League most matches require entries in advance and only those pre-entered will be eligible to run.
Please look out for requests for entries from your cross country captains and make sure that you respond in time as the closing dates for some races are well in advance of the event. ***Mike Mann***

Date		Race	Venue
Dec	8	Dysart/ Ellis Cups	Richmond Park
	8	SEAA Masters Champs	Woodford, Essex
	8	Inter Club/Vets AC 5 miles XC	Wimbledon Common
	15	Kent Masters	Tunbridge Wells, Rose Hill School
	15	South of Thames 7.5 miles	Richmond Park
	16	Holly Run	Priory Park, Reigate
	29	Hercules Wimbledon/Lauriston Multi Terrain	Wimbledon Common, 2pm
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

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/SURREY COUNTY XC CHAMPS - SATURDAY 5TH JANUARY

This season's County XC champs take place on Saturday 5th January, with the Kent champs at the Detling Showground at 11am whilst the Surrey champs will be held at Lloyd Park, Croydon (time TBC). To qualify for the Kent champs you must either have resided for the last 9 months/have been born in Kent or one of the Kent boroughs (Bexley, Bromley, Greenwich, Lewisham).

To qualify for the Surrey champs you must either have resided for the last 9 months/have been born in Surrey or one of the Surrey boroughs (Croydon, Kingston upon Thames, Lambeth, Merton, Richmond upon Thames, Southwark, Sutton, Wandsworth). If you want to be entered for either of these races, please contact your respective captain(s) by Tuesday 4th December, stating which race you qualify for and how you are eligible (birth/residence).

Many thanks, - Mel

SOUTH OF ENGLAND XC CHAMPS 26 JANUARY

Entries are invited for these cross country champs at Parliament Hill on 26 January. As well as taking place on your doorsteps, these form part of our cross country champs, so you are actively encouraged to enter, if you have not already informed your respective off-road captains. The closing date for this race is early so please let us know by 8 December.

The National cross country championships this season are rather less local, taking place in Sunderland on 23 February. There is a very early closing date for entries, so if you are interested please let your captains know by 20 December.

SOUTH OF ENGLAND XC CHAMPS 26 JANUARY

Closing date for entries looming !

The South of England XC Champs takes place on our doorstep at Parliament Hill Fields on 26 January, and is one of our cross country champs events.

So far only 12 men have put their names forward and the closing date is looming. As the cost is quite high, we are not intending to enter people speculatively, so if you want to take part, you must let your captains know no later than Sunday 9 December. ***Mike Mann***

CROSS COUNTRY RACES
8 DECEMBER

Several races take place on Saturday 8 December. A number of vets, mainly M50s, have been entered for the SEAA Masters champs in Woodford, Essex.

For those not participating in this there are 2 alternatives, a combined Hercules Wimbledon/Vets AC match at Wimbledon Common, start 2pm, and the Dysart and Ellis Cups at Richmond Common hosted by Ranelagh Harriers (women start at 1.45 and men 2.30). Please contact me if you are interested and require further details. -***Mike Mann***

Race Reports & Results

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

parkrun 5km Results, 1st December

Banstead Woods

Another win for Tony.

1 Tony Tuohy	17:39
123 ran	

Burgess

Chris Vernon writes:

3 Hugh Balfour	20.17 (pb)	(1st MV55)
31 Chris Vernon	29.58	(1st MV65)
33 Sue Vernon 6W	30.20 (pb)	(1st FV65)
36 ran		

Thanks to Lloyd for volunteering

Crystal Palace

PB for Bob Bell in his 83rd parkrun

7 Patrick Motylinski	20:20
14 Josef Danko	21.11
18 Bob Bell	21.25 (course PB)
44 Jane Harbage	25.02
85 ran	

Eastbourne

"Warming up!" for the forthcoming SEAA Masters XC champs, I tackled the Eastbourne parkrun on a bitterly cold morning. Wearing a tracksuit, gloves and 3 layers of clothing, I felt more like "Michelin Man!" than a runner, but a fast time was never on the cards as the multi-terrain course has many tight twists and turns.

In addition the opening and finishing 1/2 mile sections are off - road, which are very muddy and slippery at this time of year. Having paced my partner Helen around the course 3 times previously, it was nice to race it this time. Lying 7th after the first mile, I gradually worked my way through finishing 3rd in 19.21, just 10secs behind the winner.

3 Nick Brown	19:21

Hilly Fields

7 Ian Lilley	21:16
58 ran	

Orpington

Although it was good to see that the Council had invested in a tarmac path on a previously tricky descent, there were plenty of other challenges to hold your interest.

With the temperature still at -2, the tufty, uneven grass and two rutted, muddy, water jumps were frozen solid which made it even more surprising that we both achieved course PBs.

3 Duncan Hussey	19.20
26 Steve Wehrle	27.25
43 ran	

Duncan Hussey

Richmond from 24th Nov

118 Barrie John Nicholls	24.05
274 ran	

Team Outrageous Duathlon, Nov 22

6 Steve Smythe 44:16 (9:36 run, 24:12 bike, 10:28 run)
Tired and poor effort and slow run and below par bike and slow time, despite on checking I found I had done one 1.2km bike lap less than I should have done, which probably gained me half a dozen places. 30 mph winds on the exposed part of the bike course on the steepest hill, made it far more difficult than it normally is
Steve Smythe

Team Outrageous Duathlon, Gravesend Cyclopark, Thur Dec 6

(2.5k run, 12km bike, 2.5km run)
(postcode DA11 7NP)
Nothing too outrageous apart from the on the day entry fee for a fairly basic event is a fairly hefty £20 but it's a great cycling venue (floodlit shortened 1200m lap) and together with the traffic free runs are a good training session.

Kent XC League U13 Boys, Approx 3km Danson Park, Bexley, Sat1 Dec.

The after effects of the previous day's Knole run had less of an impact on Oscar as it did with others. He had a strong, if not better, run than the previous day beating some of those who beat him the previous day.

8 Oscar Hussey 11:21
41 ran

Duncan Hussey

Junior Knole Run, Sevenoaks 3.3km XC, Friday 30 November

A fine but chilly day for the annual Knole Run for Years 7&8. This is a well organised and increasingly popular race with schools coming from as far as Norwich. Last year, the race was a little bit of a novelty to Oscar's school who turned up five minutes before the start.

Encouraged by a reasonable showing last year, they fielded three teams who all did very well. The A team all finished within the top 17 and took the school's first xc trophy in a very long time.

13 Oscar Hussey 11.26
278 ran
1st out of 59 teams

Duncan Hussey

Kingston 10k, Sunday 2. Dec

Flat course, starting in Kingston-upon-Thames, one loop on road and along the Thames tow path. Clear and frosty morning, one had to be mindful of frozen puddles along the way. Managed to do first 5 k in 19:48, second half in 19:53, finishing sub 40 for the first time. Was first in my age group V50 and 27th overall. Nailed it finally. So far the good news.

The bad news seems to be that the race organisers might have forgotten to renew the course measurement, so officially UK athletics don't count it as a 10k road PB. It shows up as '10k NAD' on the 'power of 10' web-site, which means 'Near as dammit' (really, I don't make that up!).

The Kingston 10k course has been officially measured, but in 1997, and you have to do it all over every 10 years (My Garmin measured it, as usual, a bit too long as 10.15k, so I'm pretty certain that it is not short and probably accurately measured).

There's a website where you can check all that, and also which races have a license and are up to date: http://coursemeasurement.org.uk/

I recommend checking up there if you are planning on doing a race for a PB.

It's all far more complicated than it seems, even in the simple and noble sport of running.

So, the quest for the officially sealed and approved sub 40 PB carries on!

Ebe Prill 39:45 (39:41 chip) 1.V50
450 ran (Winner in 32:34)

Serpentine 5k 30th Nov.

Conditions were chilly but still for this 5k race which occurs at lunchtime every last Friday of the month in Hyde Park. I started at a steady pace, gradually easing my way through the feld. At the 4k mark I knew I was in with a reasonable chance of a PB so tried to hold form, and save a bit of energy for a sprint finish.

In the end I was delighted and very surprised to see I had knocked 19 seconds off my previous best, which was a nice way to finish off the 2012 road racing season. An increase in speedwork sessions has clearly paid off, so thanks to Steve for those killer track sessions!

28 Paul Devine 18:31

Pirie 10, Coulsdon, December 2

This is a popular 10 mile cross-country race on Farthing Downs held over two testing laps which were quite muddy in places on a sunny but very cold morning..

Though she hadn't been comfortable the day before, Clare Elms decided to do this, her longest race/run for over a year as training, and taking the lead in the third mile, she moved away for a clear win and was very pleased and encouraged with her finishing speed and the improvement in her injuries .

Mel Edwards had another strong run moving into second on the second lap for one of her best races.

Jo Shelton ran well on her second race of the weekend as did Claire Steward and we would have won the women's team award easil;y had there been one but the organisers gave out just one mixed team award which was won by four Herne Hill men!

Our men were a lot lower than our women and Tony Tuohy took it fairly easy on the first lap but moved through well and Alistair Locke had another strong run.

15 Tony Tuohy 63:20 (2M50)
18 Alastair Locke 64:22
1W/28 Clare Elms 67:20
30 Steve Smythe 68:08
2W/35 Mel Edwards 69:22
6W/72 Joanne Shelton 79:17
7W/81 Claire Steward 82:15
119 ran/21 women

Surrey Ladies league, Dec 1st

Unusually we got two in the top 10 but just lacking some other high potential scorers meant we had to settle for a close fourth, It was another excellent turnout and showing our great strength in depth, we had the leading B team and C team and again one of the biggest squads as well as one of the fastest.

Clare Elms wasn't sure about competing after persistent knee problems and missed training but decided to help the team and was around 30 seconds to a minute down on her early season form and had to stop a few times but a very fast finish meant she was our leading runner and the first W40 to finish and on course to win the first W35 in the league.

Catherine Lee continued her recent cross-country improvement to get her highest ever position and make the top ten for the first ever time. Charlie Wood wasn't feeling at her best but battled well around the top 20 while Ola Balme had a strong second half after a slow start to enjoy her run.

Mel Edwards also came through strongly and finished 94 places higher than she finished in the same fixture last year to complete the A team.
Ange Norris was close behind and was first W50 and achieved her highest league position in recent years and led home the B team.

She finished just ahead of Kim Hainsworth who also came through strongly and is doing well on reduced training. There was a gap then to Nicola Richmond who was doing her first race since her summer injury and she finished just ahead of Ros, who had a much better run than the week before. Katie Crowe completed the winning B team with another good run.

The C team were led in by a good run from Anna Thomas who is another coming back from injury. Jo Shelton didn't quite match her medal winning run of the week before but was still strong and finished ahead of Claire Steward, who isn't fully fit at the moment. Ruki Sidhwa and newcomer Justyna Bienier both had strong runs to complete the C team. Regulars Lindsey Annable and Stephanie Burchill both had good runs.

With one of our other top three runners we would have won but fourth was a solid result which puts us fourth at halfway in the league and certainly in the hunt for second overall.

7 Clare Elms	24:20 (6 div 1) (1W40+)
8 Catherine Lee	24:21 (7)
21 Charlie Wood	25:20 (19)
44 Ola Balme	26:29 (31)
53 Mel Edwards	27:04 (38)
54 Ange Norris	27:10(39) (1W50)
58 Kim Hainsworth	27:13 (43)
89 Nicola Richmond	28:32 (63)
91 Ros Tabor	28:34 (65) (2W60)
95 Katie Crowe	28:43 (68)
122 Anna Thomas	29:35 (82)
140 Jo Shelton	30:20 (95)
159 Claire Steward	30:59 (104) (3W60)
235 Ruki Sidhwa	33:53 (141)
248 Justyna Bienier	34:21 (146)
273 Lindsey Annable	35:18 (156)
285 Stephanie Burchill	36:13 (161)

342 ran (173)

TEAM Div 1: 1 Belgrave H 77; 2 West 4 H 82; 3 Thames Hare & Hounds 88; **4 Dulwich R 101**; 5 South London H 165; 6 Clapham Chasers 203; 7 Hercules Wimbledon 212; 8 Herne Hill H 244; 9 Reigate Priory 264; **10 Dulw R B 278**; 11 Ranelagh H 285; 12 THH B 297; 13 Woking 321; 14 Stragglers 325; 15 Ful-on-Tri 326

Standings after 2 matches: 1 THH 139; 2 Belgrave 179; 3 W4H 206; **4 Dulw R 220**; 5 S Lon 338; 6 Clapham 339; 7 Herne H 450; 8 Woking 523; 9 HW 524; 10 Rei P 538

CROSS COUNTRY CHAMPIONSHIPS 2012 - 2013 WOMEN - after three events

NAME	ROE HAMPTON 20/10/2012	Sth. OF THAMES REIGATE 24/11/2012	NONSUCH 01/12/2012	total of 4 best runs TOTAL
Katie Crowe	43	48	41	132
Ros Tabor	42	45	42	129
Anna Thomas	41	46	40	127
Jo Shelton	40	47	39	126
Claire Steward	39	44	38	121
Clare Elms	50		50	100
Catherine Lee	49		49	98
Charlie Wood		50	48	98
Ola Balme	47		47	94
Kim Hainsworth		49	44	93
Ange Norris	46		45	91
Mel Edwards	44		46	90
Louisa Pritchard	38	43		81
Lindsey Annable	37		35	72
Stephanie Burchill	36		34	70
Andrea Pickup	48			48
Sarah Cullen	45			45
Nicola Richmond			43	43
Clare Quirico		42		42
Ruki Sidhwa			37	37
Justyna Bieniek			36	36

Events to come early 2013:
Mitcham 12th Jan | **Sth. of England** 26th Jan | **Dorking** 9th Feb

Dulwich Runners Club Championship 2012

The championship, 7 listed events plus any certified marathon, has now finished. Full points details were in Shorts two weeks ago (apart from a slight change for Emily Gelder's marathon). A summary is given here. 4 events, including at least one short and long, are needed to complete the championships. 36 completed out of around 107 who did at least one event. Medals for the overall championship, categories and marathon will be given out at the party on December 15th. - ***Andy Murray***

Events

Bromley Parkrun 5k 10 March (56 DR's)

Age graded: Ros Tabor 925

1w Clare Elms	18:19
1m Ben Fairhall	16:03

Paddock Wood Half Marathon 1 April (48)

ag: Mike Mann 854

1w Alexie Shaw	1:22:48
1m Charles Lound	1:15:42

Marathon (London 17 April +others) (39)

ag: Claire Steward 892

1w Alexie Shaw	2:58:53 London
1m Charles Lound	2:42:28 London

Dulwich College Track 1mile 22 June (47)

ag: Clare Elms 972

1w Clare Elms	5:05
1m Tony Tuohy	4:56

Dulwich Park 2 miles 12 July (35)

ag: Ros Tabor & Clare Elms 913

1w Clare Elms	11:17
1m Tony Tuohy	10:35

Elmbridge 10k 22 July (22)

ag: Charles Lound 812

1w Nicola Richmond	41:40
1m Charles Lound	36:22

Dry Hill 10 miles trail 2 Sep (32)

ag: Tony Tuohy 879

1w Shona McIntosh	64:22
1m Tony Tuohy	62:25

Epsom 10 miles 18 Nov (37)

ag: Ros Tabor 938

1w Alexie Shaw	64:19
1m Tony Tuohy	58.45

Age Categories

Senior Women

1 Mel Edwards (1st sw: Elmbridge 10k)	204
2 Charlie Wood (1sw: 5k, 2m)	203
3 Alexie Shaw (1sw: 1/2mar, mar, Epsom 10)	203
4 Jo Shelton	188
5 Anna Thomas	183

Shona McIntosh (2 events, 1sw: 1m, Dry Hill 10)

Women 40-49

1 Ola Balme (1w40+: 1/2 mar, DH10, Ep10)	206
2 Lindsey Annable	193
3 Sue Rowlands	188

Clare Elms (3 events, 1w40+: 5k, 1m, 2m)

Nicola Richmond (4 short events, 1w40+:10k)

Women 50+

1 Claire Steward (1w50: mar(1w40), 1m, ½ mar, DH10)	201
2 Ros Tabor (1w50: 5k, 2m, Ep10)	193
3 Clare Wyngard (1w50: 10k)	191

Senior Men

1 Wayne Lashley (1sm: 2m)	198
2 Paul Devine	195
3 Steve Ackroyd	191
4 Rob Cope (1sm: 10k)	188
5 Christian Moody	184
6 Jose Barretta	182
7 Jozef Danko	179

Mike Williams (3 events, 1sm: mar)

Ed Hill (3 events, 1sm: DH10, Ep10)

Ben Fairhall (2 events, 1sm: 5k,1m)

Tom Marshall (2 events, 1sm: 1/2mar)

Men 40-49

1 Charles Lound (1: 5k,10k,1/2mar,mar)	208
2 Tony Tuohy (1: 1m,2m,DH10, Ep10)	205
3= Mark Foster	195
3= Joseph Brady	195
5 Ajay Khandelwal	190
6 Cameron Timmis	185
7 Ameet Patel	183

Men 50+

1 Steve Smythe (1: 5k, Ep10)	204
2 Ebe Prill (1: 10k)	202
3 Andy Murray	194
4 Barrie John Nicholls	186
5 Graham Laylee	180
6 Mike Dodds	179
7 Bob Bell	177
8 Steve Street	164

Neville Webb (2 events, 1: DH10)

Colin Bailey Wood (1 event, 1: 2m)

Steve Smythe (elder) (1 event , 1: mar)

Steve Williams (1 event, 1: 1/2mar)

Adrian Greer (1 event, 1: 1m)

Men 60+

1 Mike Mann (1: 5k,1m, 2m, 1/2mar, Ep10)	199
2 Steve Wehrle (1: 10k, DH10)	177
3 Chris Vernon	169

Overall Championship (WAVA age graded)

1 Ros Tabor	3683
2 Claire Steward	3524
3 Tony Tuohy	3454
4 Mike Mann	3398
5 Charles Lound	3322
6 Steve Smythe	3265
7 Ola Balme	3228
8 Andy Murray	3168
9 Charlie Wood	3110
10 Alexie Shaw	3107

11 E Prill 3061; 12 C Wyngard 2999; 13 J Brady 2981; 14 M Edwards 2870; 15 B Bell 2855; 16 M Foster 2837; 17 W Lashley 2831; 18 G Laylee 2739; 19 R Cope 2722; 20 M Dodds 2720; 21 P Devine 2688 22 J Shelton 2680; 23 J Barretta 2675; 24 B J Nicholls 2671; 25 S Wehrle 2601; 26 S Ackroyd 2600; 27 A Khandelwal 2579; 28 J Danko 2570; 29 L Annable 2558; 30 C Timmis 2545; 31 A Patel 2493; 32 A Thomas 2451; 33 S Rowlands 2449; 34 C Moody 2393; 35 C Vernon 2314; 36 S Street 2175.

RUNS, RACES AND REPS

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

Including: mid and long distance multi-terrain races, cross country fixtures

Sunday runs at High Elms or Dulwich Park; mile intervals in Dulwich Park

Local Sunday runs will be scheduled on a week to week basis

Date	Event / Distance	Information
9 Dec	**Mince Pie 10**	Brighton – http://www.seafordstriders.org.uk/mincepie.html
Sat 15 Dec	**South of Thames (7.5 miles)**	Cross country – Richmond Park
16 Dec	**Turkey Trot, ~approx 5k**	Dulwich Park – 10:00am handicap race
	and/or …….. Holly Run XC	Reigate Priory – 13:40 **Women** 3 miles, 14:10 **Men** 6 miles http://www.rpac.org.uk/index.php?p=hollyrun
23 Dec	**Go for a run**	Just because it's Christmas doesn't mean you can just sit around eating too much!!
30 Dec	**Go for another run**	
6 Jan 2013	**Tadworth 10**	Epsom Downs http://www.tadworth.org.uk/Tadten.html
Sat 12 Jan	**Surrey League (XC)**	(3/4) Women – Mitcham Common, **Men** – Cranford
13 Jan	**6 x 1 mile intervals**	Dulwich Park – 09:30
Sat 19 Jan	**Box Hill Fell Race**	7.5 miles XC – http://sloweb.org.uk/events/boxhill2013/
20 Jan	**Benfleet 15**	Multi-terrain – Benfleet, Canvey Island
Sat 26 Jan	**South of England (XC)**	South of England Champs Parliament Hill
27 Jan	**14 Mile run**	Dulwich Park – 09:30
3 Feb	**8 x 1 mile intervals**	Dulwich Park – 09:00
Sat 9 Feb	**Surrey League (XC)**	(4/4) **Women** – Denbie's Vineyard, **Men** – Wimbledon
10 Feb	**Wokingham Half**	http://www.wokinghamhalfmarathon.co.uk/
17 Feb	**10 x 1 mile intervals**	Dulwich Park – 09:00
24 Feb	**Tunbridge Wells Half**	http://www.twharriers.org.uk/node/43
3 Mar	**Spitfire 20 / Tempest 10**	Road race – Dunsfold http://www.eventstolive.co.uk/
10 Mar	**Lydd half marathon**	http://www.nice-work.org.uk/events.php?id=15
17 Mar	**Richmond Pk to Bushy Pk**	21 miles road / towpath and parks (+ shorter alternatives)
Sat 23 Mar	**Orion 15**	Epping Forest (Chingford) http://www.orionharriers.org.uk
24 Mar	**12 x 1 mile intervals**	Dulwich Park – 09:00
31 Mar	**HERoS at High Elms**	09:00 – Cuckoo Wood Car Park, High Elms Road
7 April	**Paddock Wood Half**	http://www.paddockwoodac.co.uk/
14 Apr	**tbc – Thames Towpath 10**	Chiswick – http://www.west4harriers.com/
21 April	**London Marathon**	**Blackheath to The Mall**

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

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

For more information contact Steve Wehrle or Claire Steward

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

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

Alternative Sunday race options:

10 Feb	Meon Valley Plod (21 miles) -Tough (but fabulous) multi-terrain – Portsmouth Joggers http://www.pjc.org.uk/
17 March	Finchley 20 (Ruislip) http://www.activetrainingworld.co.uk/events/2013/03/10/finchley_20
24 March	Hastings Half http://www.hastings-half.co.uk/ Cranleigh 15/21 - Choice of 15 or 21 miles http://www.mabac.org.uk/index.html

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

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

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.
I can get a small order of 10 sets for £14 each if enough people require.

Cheers Steve Wehrle

DULWICH RUNNERS XMAS PARTY 2012

Tickets now available at £15 each.

This will include: buffet with vegetarian options, DJ & music, club awards, raffle and much more! Contact Sue Cooper: susan.cooper@hsbc.com

15th December 7:30pm until late.

At The Plough, 381 Lordship Lane, Dulwich, London, SE22 8JJ

www.theploughdulwich.co.uk

DULWICH RUNNERS AC

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:_____

most recent 10k or 5k time :_____

predicted time for 5k on 16th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than handicap.

ros@28kerfield.freeserve.co.uk