SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 12th December 2012

These are your SHORTS,
send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

- THE COMING WEEK –

Wed 12 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 15 **Various races see fixture list**
Dulwich Runners Xmas Party details and tickets

Sun 16 **Annual Turkey Trot, Dulwich Park details and entry**

Tue 18 **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 !

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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 15 Kent Masters
Dec 15 South of Thames 7.5 miles Richmond Park
Please note that this race in Saturday 15 Dec starts near Kingston Gate, Richmond Park at 2pm.
It is a combined men's and women's race.
The race HQ is the Albert pub near the junction of Queen's Road and Kingston Hill, about 400m from the start.
The nearest train station is Norbiton. ***Mike Mann***

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**

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

Wednesday Night Map

On page 9 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

December winner was Kevin Wood

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

NEW KIT NEW KIT NEW KIT

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

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

Available Wednesdays at the club – Ros

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 £20 which includes music, food (with vegetarian options), club awards and lots of festive fun! ****** NOW ON SALE ****** ***Raffle prizes*** Intersport - £10 voucher Ollyes Fish & Chip Shop - Dinner for two in the restaurant with bottle of house wine (x 2) Physio - 1 hour lower limb assessment & foot scan at Deisel Physio, Croydon Drink - bottle of wine Club - 2013 Club Membership

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.

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

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

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	15	Kent Masters	Tunbridge Wells, Rose Hill School
	15	South of Thames 7.5 miles	Richmond Park details
	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***

National XC CHAMPS 23 February (men & women)

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

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 to the South of England champs are now closed. All those who requested to take part have been entered.. ***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, 8th December

Brockwell

Charlie bounced back to form with a victory and PB, breaking 20 minutes for the first time.

15 Charlie Wood	1W	18:57 (PB)
54 Graham Laylee		22:08
87 Michelle Lennon	13W	24:48
113 Jessica Sale	26W	27:07

147 ran

Bromley

Kim Hainsworth just missed out on being first woman and was close to her best.

7 Duncan Hussey		18:43
17 Alex Elms		19:53
20 Mike Fullilove		20:01
25 Kim Hainsworth	2W	20:11
105 Colin Frith		24:03

264 ran

Crystal Palace

11 Steve Ackroyd		20.38
20 Josef Danko		21.37
21 Bob Bell		21.40
32 Clare Wyngard	3W	23.15
33 Mike Dodds		23.19
41 Jane Harbage	7W	24.54
51 Ameet Patel		26.14

86 ran

Dulwich

A big PB for Ebe.

8 Alastair Locke		18:32 1st time
10 Ebe Prill		18:37 (PB)
30 Ian Sesnan		21:58
39 Claire Steward	3W	23:10
43 Mick Mead		24:09
61 Rachel Butler	15W	31:49

63 ran

The Big White Whale of the park runs!
The first person emailing me with the answer to what is the connection between Dulwich park run and Moby Dick gets a German Christmas Stollen!
(ebeprill@yahoo.co.uk)
Ebe Prill

Hilly Fields

PBs for James and Carolina.

4 James Burrows		20:05 (PB)
9 Ian Lilley		20:56
38 Carolina Lilley	6W	28:17 (PB)

55 ran

CRYSTAL PALACE CANTER 5K, 4 DEC

1 Neville Webb	19:59
2 Mike Mann	20:58
7 Graham Laylee	23:06
11 Ros Tabor	25:42
13 Jill Easty	27:14

Mincepie 10 9th Dec

108 Claire Steward	1.24.32
158 Barrie John Nicholls	1.29.57
202 Paul Hilton	1.34.46
232 Steve Wehrle	1.37.40
258 Lloyd Clate	1.41. 05
299 Stephen Street	1. 46. 09
300 Xavier Pujol	1.46.09

On a cold, crisp morning once again Dulwich were represented at this wonderful race.
No longer do they bake a cake in our honour, as there are not enough of us anymore, but it is still worth the trip to Peacehaven each year.

We have been supporting this race for at least the last 12 years and this year après the run we went back to the Telscombe Tavern along the road for a hearty lunch.

We were also joined for lunch by 4 of the runners from IMMEDIATE MEDIA doing their first proper race. Thanks also to Bernard Imber who supported us along our way.

Ps On FRIDAY 28TH DECEMBER meet at 10:00 if you fancy a 9-10 mile run around the Kent countryside. We will start from the small public car park in Shoreham Village and finish with a pint after .
This is a great country run with a few nice hills thrown in. hope you can join us! - cheers - ***Steve Wehrle***

Hercules Wimbledon 5 (inc Vets AC Match), Wimbledon, December 8

29 Stephanie Burchill	6W	47:58

Ellis Trophy, Richmond Park, 8. Dec., 5.55 miles XC

One was spoiled for XC choices that Saturday. Since I was having a late breakfast with friends in the vicinity I thought running this one in Richmond Park would be nice. And it was! Great weather, a scenic course of two laps from hill to hill and back plus a conveniently late start after 2:30 pm made it an enjoyable race.

It was basically a match between four clubs, scoring ten a side, so I ran out of the team competition as sole DR. Somehow I secretly hoped for a Fenton like stampede of deer along the way, set off by the awesome sight of 'man-the-hunter' speeding away in tight formation, but the one big herd we passed quite closely wasn't impressed at all.

The second time we brightly coloured panting bipeds ambled by they didn't even raise their heads. This slight disappointment aside, I felt quite good all the way, held my position and even passed three runners on the last mile or so.

Finished in midfield as third V50, but far behind two strong V60s! Although basically a men's race (the women's Dysart Cup race was decided earlier on a shorter course), the 'Milocarians', a running club from the armed forces, fielded three female runners, the fastest of which finished just ahead of me.

Hot shower and great sandwiches in the clubhouse after rounded of a good day of sightseeing coupled with mild physical activity.

NB: At the presentation the Dysart Cup couldn't be found, but the Ellis Trophy (it all sounds like something out of a Harry Potter novel for my German ears) was won by the Milocarians, with Serpentine in second, Ranelagh (who hosted the race) in third and Stragglers in fourth position.

34 Ebe Prill	37:35 (3rd V50)
63 ran, winner in 30:13	

South of England Championships, Claybury, Woodford, December 8

W40+

Clare Elms started steadily but soon moved into a top three place behind two national champions Lucy Elliott and Julie Briggs, who have both ran fast 10kms this year and had her best run in recent months to finish a clear third overall and take the silver medal in the W45s.

Ola Balme also had one of her best runs of the winter, moving through very strongly and finishing tenth.Ola gained a rare win over Andrea Pickup who was well below her best but did well to keep going and ensure we won the silver team medals.

Nicola Richmond was ahead of Andrea on the second lap but was caught out by a unexpected for her third lap when not at her fittest and slowed up quite a bit but then a lack of marshalls meant she followed another runner off course and cut over 400m off a loop of the woods and ended up just in front of Ola but will probably be disqualified.

Ros Tabor was on her way to an easy W60 gold but a calf injury meant she had to drop out.

3 Clare Elms	26:04 (W45 siilver)
10 Ola Balme	27:48
24th Andrea Pickup	29:41
(Nicola Richmond	27:44)
Ros Tabor dnf	
Dulwich 2nd team of 13 teams	

M50

Tony Tuohy, who would surely have medalled, was unable to compete and any chance of a team medal disappeared though those that did run would have had to run far better for us to make a team impact even with Tony winning but we at least got a team out and had our best ever performance in the event, finishing sixth.

Colin Bailey Wood had a good final lap while Nick and Neville don’t have much cross-country experience and are far better on road but both finished in the top 8 M55s. Andy Murray had a steady run again.

24 Colin Bailey-Wood	38:46
29 Steve Smythe	39:05
37 Nick Brown	40:17
38 Neville Webb	40:17
61 Andy Murray	43:03
Dulwich 6th	

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
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

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 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

FULL RUN (ORANGE)	8.5	MILES
SHORT CUT (BLUE)	6.5	MILES
SHORT CUT (PINK)	6.2	MILES
SHORT CUT (GREEN)	5.8	MILES
SHORT CUT (GREEN & BLUE)	4.4	MILES
SHORT CUT (GREEN & PINK)	3.2	MILES

Yellow cut at beginning reduces all above distances by approx. 0.6 mile

W13

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