SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 28th 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 28 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 01 **Surrey League Womens Cross country**
Nonsuch Pk, Cheam - here for details
And Saturday evening from 8 onwards
Post XC drinks at Mr Lawrence Wine Bar, Brockley Rd (near Crofton Pk station) **http://goo.gl/maps/1IAxz**

Tue 04 **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
5 Race reports etc
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11 Dulwich Runners Turkey Trot entry form

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

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 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.

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

A brief look ahead

Dec 1	Surrey League Womens XC, Sutton
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

NEW RUNNERS ROTA

Many thanks to **Claire Steward, Steve Wehrle, 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**

Ros Tabor	**28/11**
Cameron Timmis	05/12
Mick Ward	12/12
Kevin Wood	19/12
NO CLUB RUN	**26/12 clubhouse closed**
Steve Wehrle	02/01

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**
Apres XC Drinks	**Dec 01**	**Apres cross country drinks from 8 onwards – everybody welcome running or not at -** Mr Lawrence Wine Bar, Brockley Rd (near Crofton Pk station) **http://goo.gl/maps/1IAxz**
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**

HILL SESSION

NO HILL SESSION THIS WEEK
Due to Cross Country

Your DR Committee met on Thursday 22nd November and discussed a number of matters, including:

- club kit – how to increase a demand in sales of the jackets in that only 4 had been sold out to date;
- publicity plans for club achievements following upcoming SEAA masters races;
- actions from the AGM including finalising the constitutional amendment;
- suggestions for club champ races in 2013;
- ongoing issues with UK Athletics in terms of handling membership fees.

The next DR Committee meeting is scheduled to take place on Monday 11th February at 7pm.

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)

NEWS OF DULWICH RUNNERS - Chris Vernon writes:

Richard Pole - members will be sad to learn that Richard's mother, Lee Pole, died soon after he returned from the Finland trip. Lee, who was 84, had been ill for a long time and Richard had been looking after her. Geoff Leberl and Mary-Jane attended the funeral.

Jim Eastall - I bumped into Jim at the weekend. He has now retired from the Civil Service and is studying to be a Personal Trainer. He is threatening to return to Dulwich soon so look out all you fifty somethings!

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	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***

WOMEN'S SURREY LEAGUE - SATURDAY 1ST DECEMBER

The next Surrey League XC race takes place in Nonsuch Park, Cheam, SM3 8AL at 12 noon this Saturday. The nearest station is Cheam, approx 1K away. There are 3 car parks in the park that you can use (but not the visitor car park adjacent to Mansion House).

If you kept your number after the first race then please remember to bring it with you. If you've lost it then you'll need to make a replacement.

Otherwise, collect your number from us at the start. If you haven't done a Surrey League race before, it's possible to turn up on the day and race. Please arrive by 11.30am at the very latest as we need to submit a declaration form in advance of the race. - 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.

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

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, 17th November

Brockwell

24 Graeme Campbell	20:51
34 Cameron Timmis	21:38
41 Graham Laylee	22:18
129 ran	

Bromley

The Husseys both ran strong races.

5 Duncan Hussey	18:48
19 Oscar Hussey	19:52
312 ran	

Crystal Palace

7 Patrick Motylinski	20.18
11 Josef Danko	20.48
18 Bob Bell	21.44
77 ran	

Dulwich

Pbs for Steve, Mick and Michelle.

4 Edward Hill	18:08
14 Rob Cope	19:49
15 Steve Ackroyd	19:52 (PB)
29 John Fletcher	21:45
32 Ebe Prill	22:03
44 Mick Mead	24:03 (PB)
45 Michelle Lennon 5W	24:33(PB)
85 ran	

Greenwich

Win 45 for Clare on what was a slightly longer and wetter course than normal, as the three DRs got the three highest age-graded scores.

3 ClareElms 1W	20:09
4 Steve Smythe	20:29
5 Alex Elms	20:31
88 ran	

Hilly Fields

8 James Burrows	20:42
37 Carolina Lilley 8W	28:31
52 ran	

Bedfont Lakes

Chris Vernon writes… I had been told that this is one of the most attractive parkrun venues in London but it was not at its best on Saturday, which dawned misty and wet. I set out, nonetheless, for my 17th different parkrun which lies in a country park made from an old gravel pit just south of Heathrow.

Although it has been going for over 3 years, it has not yet exceeded 100 runners with only a smattering of them being club runners. I was the first DR to do this parkrun.

It is a 2 lap course (one short, one long, so no danger of lappery) on gravel paths with a slight hill on each lap. We set off into the mist but could just about make out the waterfowl on the lakes and the BA Headquarters with the inevitable planes taking off.

The recent wet weather had left puddles everywhere so the first lap I tried to go round them and on the second lap I was wet anyway so made up some places while others were trying to stay dry. Coming up to the finish, I took a slight wrong turn as the marshalls stood in front of the arrow and I was called back for a 150m loop instead of the 50m dash I could see!

I joined the organising team in the cafe for a post-run coffee and bacon butty and like so many parkruns none of the team were part of the club scene so plenty of scope for evangelising here.

With over 70 parkruns now under my belt, I am well on my way to a new Dulwich record.

64 Chris Vernon	30.26 1st MV65
91 ran	

Burgess – (17th November)

12 Jim Dowsett	21.42
34 Chris Vernon	30.44
41 ran	

Orpington

30 Steve Wehrle	28:15
60 ran	

Riddlesdown

Another win for Angie. Her 30th win at Riddlesdown in her 94th parkrun which puts her third in the Dulwich parkrun all time list which was in Shorts last week and she was omitted from, as while she has done 7 different parkruns, she hasn't done any of the usual ones Dulwich Runners do in volume: Dulwich, Crystal Palace, Bromley and Brockwell.

6 Ange Norris 1W 21:29

66 ran

South of Thames 5M team Championships, Reigate, Nov. 24

Conditions were muddier than normal at Reigate in wet conditions but we had a fairly good turn out.

Despite many women missing, we won bronze medalsin the women. Charlie and Kim, back from their New York marathon trip where they ran 26 miles in 3:25 around Central Park to make up for the race cancellation, ran solidly though Charlie wasn't a her best on the second lap. Kim did well to be just be behind Mike and up on Andy.

Katie ran well and the surprise final scorer was the greatly improved Jo Shelton who edged Anna and Ros to take the final team medal. Claire, Louisa (who travelled all the way from Cambridge to run) and Clare Q completed the team.

The men had one of their best ever results in the event, with fourth in the eight to score and sixth in the 4 to score.

Buzz again led the team home. Tony was first M50 but wasn't at his very best while Charlie L and Alistair ran to form. Of the B team, Jose had probably the best run, coming through well. Ebe, Joseph and Ed S all had better first laps than second, while Mike and Andy weren't at their best. Steve Sandham made a good debut while Jim, Ian and Dave W all ran to form.

20 Buzz Shephard	31:53
33 Tony Tuohy	32:34
37 Charlie Lound	32:46
55 Alistair Locke	34:26
77 Steve Smythe	35:37
83 Jose Barretta	35:56
85 Ebe Prill	35:59
94 Joseph Brady	36:31
9W/97 Charlie Wood	36:40
103 Ed Smyth	37:11
125 Mike Mann	39:10
22W/132 Kim Hainsworth	39:25
136 Andy Murray	39:35
140 Steve Sandham	39:40
27W/145 Katie Crowe	40:09
149 Jim Dowsett	40:36
152 Ian Sesnan	40:59
34W/166 Jo Shelton	41:48
35W/167 Anna Thomas	41:49
38W/171 Ros Tabor	42:08
178 Dave West	42:35
43W/181 Claire Steward	42:48
48W/186 Louisa Pritchard	43:43
62W/207 Clare Quirico	47:56

215 finished (69 women)

Mens Team

1 Tonbridge AC (2-3-7-10) 22
2 Kent AC (1-8-9-12) 30
3 Kent AC 'B' (13-15-22-23) 73
4 Epsom & Ewell H (18-21-25-27) 91
5 South London H (4-19-47-50) 120
6 Dulwich Runners (20-32-35-53) 140
18 Dulwich Runners 'B' (73-78-80-87) 318

8 to score

1 Kent AC (30 + 73) 103
2 South London H (120 + 284) 404
3 Reigate Priory (147 + 283) 430
4 Dulwich Runners AC (140 + 318) 458
5 Cambridge H (163 + 387) 550
5 Croydon H (216 + 475) 691

Womens Teams (four to score):-

1 Thames Hare & Hounds (2-12-16-20) 40
2 South London H (4-13-14-23) 54
3 Dulwich Runners (9-22-27-34) 92
4 Herne Hill H (5-21-26-42) 94
5 Walton AC (8-10-11-67) 96
6 Belgrave H (1-6-41-56) 107
7 Tunbridge Wells H (18-30-31-37) 116
8 Hercules Wimbledon AC (7-25-28-65) 125
9 Ranelagh H (15-19-47-55) 136
10 South London H 'B' (29-32-40-53) 154
11 Dulwich Runners 'B' (35-38-43-48) 164
12 Tadworth AC (36-45-57-64) 202
13 Herne Hill H 'B' (49-51-58-63) 221

Inter Financial Services AA Cross Country 21st November 2012

This event has been going on for over 100 years and over the past 40 years I've done about 20. It's a low key but normally well organised event in Richmond Park

This year it was decided that, on the grounds of equality, women, who have traditionally done a 3.5 mile course, were given the opportunity to run the longer mens course of 5.75 miles and men could do the shorter course if they wished. Was never sure how the results would be worked out, but this became academic anyway.

Unfortunately this event was held in almost the worst conditions anybody could remember. Just before the start the wind got up and the rain came in. May have been OK if we weren't all sporting very basic running numbers, most of which disintegrated by the end of the first mile. In fact they were strewn all over the course with effect that it looked more like a "Hare and Hounds" or "Hash" event.

I finished with a lump of paper mache in my hand and told the marshalls my number. Problem was the results sheet was also, by then, soaked and pretty much illegible. A couple of hours after the finish some trophies were given out but, by then, I had left. At the time of writing no results have been sent out and I'm not sure they ever will be.

I didn't win and didn't come last but that is about as much as I can say about my performance.
Hopefully next year either the numbers or the weather will be better.

Last word on this was from a very cold and wet marshall who shouted out encouragement by reminding us, "we could be at work". At the time that seemed like a better option but I'll hopefully be back again next year, if only for the post race pie and beans.

Bob Bell Time and place unknown
160 men and 35 ladies entered

Snowdonia Marathon, October 27

Emily won by just over a minute.
Emily Gelder 1st W 3:06:26 (3:06:22 chip)

Hayling Island 10 – 26/11

Buoyed from a big PB at the Epsom 10 last weekend, I was hoping to surpass this performance in my second consecutive Sunday 10 mile race. Unlike Epsom, there were no hills in the flat, scenic seaside race that is mainly on road, although there is about a mile and a half of country footpath, which given the recent rain was like heavy trail in places.

I set off at a good pace, perhaps a little too fast, but soon settled into a steady rhythm. After negotiating the mud and puddlles along the footpath at mile 3, the race returned to the road, where I maintained my form and at the 10k mark my Garmin told me I had run an unoffical 10k PB.

However as the race approached the latter stages on the seafront, I think last weeks race caught up with me as my legs began to feel very heavy. My progress was further hampered by a very strong headwind from Mile 8 to the finish, meaning I lost between 15-20 seconds per mile. These factors meant that my hopes of a sub 65 run was not to be on this occasion

Overall I was still pleased with my performance and would recommend this friendly, low key event with fantastic views throughout

36 Paul Devine 66:05

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 1 Dec	**Surrey League (XC)**	(2/4) **Women** – Nonsuch Park, Sutton
2 Dec	**Pirie 10 (off road)**	Coulsdon – http://www.southlondonharriers.org/
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

Cross Country Championships 2012 - 2013
Men After Three Events
total of 4 best runs

NAME	LIGHTWATER 20/10/12	ROUNDSHAW 10/11/12	S OF THAMES 24/11/12	TOTAL
Buzz Shepherd	50	50	50	150
Charlie Lound	47	48	48	143
Ebe Prill	42	41	44	127
Joe Brady	41	42	43	126
Jim Dowsett	35	33	39	107
Tony Tuohy	49		49	98
Wayne Lashley	48	49		97
Alastair Locke	46		47	93
Steve Smythe	45		46	91
Duncan Hussey	43	46		89
Rupert Nash	44	44		88
Jose Barretta		37	45	82
Paul Devine	38	40		78
Mark Foster	40	38		78
Chris Treble	39	39		78
Andy Murray	37		40	77
Ian Sesnan		32	38	70
Dave West		30	37	67
Mike Williams		47		47
Matt Galvin		45		45
Neil Daniels		43		43
Ed Smyth			42	42
Mike Mann			41	41
Cameron Timmis	36			36
Hugh Balfour		36		36
Steve Ackroyd		35		35
Duncan Fairall		34		34
Graham Laylee		31		31

Events to come:

Cranford	12/01/2013
South Of England	26/01/2013
Wimbledon	09/02/2013

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
Women after three events
total of 4 best runs

NAME	Roehampton 20/10/12	Sth of Thames Reigate 24/11/12	TOTAL
Katie Crowe	43	48	91
Ros Tabor	42	45	87
Anna Thomas	41	46	87
Jo Shelton	40	47	87
Claire Steward	39	44	83
Louisa Pritchard	38	43	81
Clare Elms	50		50
Charlie Wood		50	50
Kim Hainsworth		49	49
Catherine Lee	49		49
Andrea Pickup	48		48
Ola Balme	47		47
Ange Norris	46		46
Sarah Cullen	45		45
Mel Edwards	44		44
Clare Quirico		42	42
Lindsey Annable	37		37
Stephanie Burchill	36		36

Events to come:

Nonsuch	01/12/13
Mitcham	12/01/13
Sth of England	26/01/13
Dorking	09/02/13

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 A.C.
W11
PECKHAM RYE COMMON
PECKHAM RYE PARK
SE24
SE22
HERNE HILL
EAST DULWICH
BROCKWELL PARK
You are here
SOUTH BANK UNIVERSITY SPORTS GROUND
DULWICH PARK
SE21
TULSE HILL
DULWICH & SYDENHAM HILL
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
WEST DULWICH
WEST NORWOOD CEMETERY
WEST NORWOOD
UPPER SYDENHAM
SE26
SYDENHAM
CRYSTAL PALACE PARK
NORWOOD NEW TOWN
CRYSTAL PALACE ATHLETICS STADIUM
UPPER NORWOOD
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 11.5 MILES
SHORT CUT (BLUE) ..... 10.4 MILES
SHORT CUT (PINK) ..... 10.2 MILES
SHORT CUT (GREEN) ..... 9.5 MILES
SHORT CUT (GREEN & PINK) ..... 7.7 MILES
SHORT CUT (GREEN, PINK & BLUE) .... 6.5 MILES
SHORT CUT (GREEN & YELLOW) ..... 3.8 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:_____

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.

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