SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 31st October 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk
DEADLINE 17:30 TUESDAY

- THE COMING WEEK –

Wed 31 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 03 **Reigate Priory Relays** We have teams entered in both men's and women's races. Please contact me **stevesmythe2006@yahoo.com** if you want to be added to the Dulwich team.

Tue 06 **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

In your *SHORTS* this week !

3 Cross Country, Fixtures & events
5 Race reports etc
9 Wednesday night running map
11 **Epsom 10 entry form.** Last Club Champs race

And much more !

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

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

A brief look ahead

Nov 3 Reigate Relays info
Nov 10 Mens XC,Roundshaw Down, Croydon
Nov 18 Epsom 10 - final club champs event
EPSOM 10 entry fom

full fixture list & info page 3

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

HILL SESSION

No Saturday hill session this week due to Priory Relays at Reigate. We have teams entered in both men's and women's races. Please contact Steve Smythe on stevesmythe2006@yahoo.com if you want to be added to the Dulwich team. - ***Steve Smythe***

NEW RUNNERS ROTA

Many thanks to **Steve Cook and Claire Steward** 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**

Clare Osborne	**31/10**
Ian Sesnan	07/11
jo Shelton	14/11
Claire Steward	21/11
Ros Tabor	28/11

LUCKY VEST

October winner was Jo Shelton

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

NEW KIT NEW KIT NEW KIT

We now have new vests and short sleeved T shirts for men and women. - Vests £18 - T shirts £20
Waterproof Jackets £25
Available most Wednesdays at the club – Ros

Wednesday Night Map

On page 9 in SHORTS you will find a copy of the map for this weeks Wednesday night runs.
Although there will still be some available at the clubhouse , it would help if you can print your own copy and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

Wednesday Apres-Run Carbo Loading !

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

Dulwich Runners A.C. - Social Calendar 2012		
Event	**Date**	**Details**
Curry Night	Nov 14	Details to be confirmed closer to the time.
Dulwich Runners Christmas Party	Dec 15	The Plough, Lordship Lane - 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.

For Sale

I have a power jog machine I have had since the mid 90s and I want to clear the space in my conservatory. It was top of the range at that time and is much better than many I have ran on since (in hotel gyms around the world). It is a very fast and robust ex-gym machine. See link for a picture.

http://ultimatefit.co.uk/showproduct.asp?product=22&cat=

As it is old I will give it away at no cost to another Dulwich Runner who has the space. It is very heavy but I will be able to get it in the back of my MPV but we will need at least 3 other people to get it out of the house. Please contact me on duncan.j.wilson@hsbcib.com

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)

Run the London Marathon in 2013

Dulwich Runners has four club entries for the 2013 London Marathon. To be eligible to be considered for one of these places you must have applied unsuccessfully for a place and have been a member for at least one year.

We will allocate three places on the basis of number of appearances and volunteering for marshalling during the last year in selected club events. The fourth place we will decide by ballot.

Note, these places still require payment of an entry fee.

Contact me in person or : chas.lound@btinternet.com by Friday 9 November if you would like to be considered for a place. - ***Charlie Lound***

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

Anybody interested in

Mince pie race on 9th December , travelling by coach with lunch after in Brighton. If so give your name to me, It's a 10 mile multi terrain hilly run.

Ps walked the Beachy Head marathon on Saturday , 9 hours in cold/cold wind, but another one finished, 42 done - 8 to go !
Cheers **Steve Wehrle**

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

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

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

XC Captains: Men - **Mike Mann** mcmann90@yahoo.co.uk Women - **Mel Edwards and Anna Thomas** dulwich.womenscaptain@yahoo.co.uk

Please note that the Kent Masters champs has now been put back a week to Saturday 15 December and that the venue of the Kent County Champs on 5 January has been switched to Detling Showground

All things CROSS COUNTRY 2012/13

The cross country season proper starts on 20 October with the first men's and women's Surrey League matches (see Shorts for details of this and other fixtures). Please make every effort to attend these races, particular potential scorers even if you are planning to race the following day. These races are free and do not require advance entries. Details about start times, transport, footwear etc will appear in Shorts nearer the times of the races.

There are also a number of other cross country races during the season, most of which require entries in advance which are paid for by the club. These include the London, county, southern and national champs as well as the 2 South of Thames races (see fixture list in Shorts for details).

If you want to take part, it is essential that you let your respective captains know before the deadline given; otherwise it will not be possible to run by simply turning up on the day.

Note that for some of the late season races, entries have to be submitted many weeks in advance. So please look out for notices in Shorts and emails from your captains. The South of Thames 5 miles race on 24 November at Reigate forms part of our cross country champs, so we will be encouraging entries for this in particular, as well as the South of England champs at Parliament Hill on 26 January.

If you are planning to take part in cross country races, you will find some hill training of value, so you are encouraged to attend the Saturday morning sessions organised by Steve Smythe on non-race weekends (see recent Shorts Extra notice, and check forthcoming Shorts as times and venues will change from week to week).

Mike Mann, Men's Off-road Captain

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 planning to hold a cross country champs once again for the forthcoming season. To qualify it will be necessary to complete 4 of the following 6 races - The 4 Surrey League matches, the South of Thames 5 miles at Reigate on 24 November and the South of England champs at Parliament Hill on 26 January.

The prize categories will be the same as last season - the 3 leading men and women and first M40, M50, M60, W40 and W50. In addition there will be a captain's award. Our traditional mob match with Reigate will not be taking place this autumn. It may be rescheduled for February/March but this will not be confirmed in time to include this race in the club champs. ***Mike Mann***

SOUTH OF THAMES XC RACES

2 South of Thames cross country races take place this autumn, the 5 mile race at Reigate Priory on **24 November**, and the 7.5 miler at Richmond Park on **15 December**. Unusually these are combined men's and women's events. The Reigate race is part of our cross country champs so you are strongly encouraged to participate.

Although there will be fast runners at the front of the field, these are not elite events and open to runners of all abilities. So far 11 men have put their names forward, and I'm planning to enter all those who ran at Lightwater last weekend plus other cross country regulars, unless they tell me that they are unavailable.

If you are interested, please contact men's / women's captains, no later than **10 November.**

A handful of you have asked to enter the 7.5 mile race at Richmond Park. This is the day of our Christmas party so you are encouraged to enter to earn your food and drink later in the day. Entries for this by **1 December** please. ." ***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***

Reigate Priory Relays, 3rd November Mens & Womens

The Priory Relays take place at Reigate Priory Park on **Saturday 3 November**, starting at 1.30 pm. It is 4 x 2.5 miles for the men and 3 x 2.5 miles for the women (one lap of the usual mob match course). We have entered teams in recent years and it is an enjoyable event over a scenic course.

It is possible to enter teams on the day by 1pm at the latest (in which case the club will reimburse the cost of entry) and, if we enter multiple teams, to run different legs for different teams. ***Mike Mann***

Reigate Priory Relays Update

We have teams entered in both men's and women's races. Please contact Steve Smythe on stevesmythe2006@yahoo.com if you want to be added to the Dulwich team

London XC Champs 17th Nov

If you want to enter the London cross country champs at Parliament Hill on **17 November** then **contact your captains by 26 October at the latest**. If you want to participate it is essential that you are entered in advance, but note that this race takes place the day before the Epsom 10, our final club champs event. So far 9 men have asked to be entered. - ***Mike Mann***

MEN'S SURREY LEAGUE CROSS COUNTRY, 10 NOVEMBER

Our second Surrey League fixture of the season (and last this year) takes place at Roundshaw Downs near Croydon on 10 November, starting at 3 pm. Having finished 3rd but only 14 points behind the winning team in a closely fought match at Lightwater, it is important that we field our strongest possible team on this occasion. We need as many of our potential scorers as possible, including those who were not able to make it last time, to enable us to make up lost ground.

The course is a mixture of grass and trail and we are informed that it is suitable for road, trail shoes and spikes. However parts of the course may be muddy so road shoes are not advised in the (probable) event of recent rain.

The venue is easier to reach by public transport than Lightwater. The nearest train station is Waddon (direct trains from Victoria and Clapham Junction), about a mile from the start (buses 154, 157, S4, 455). Wallington station is a little further away. There is parking on Link Lane, Hannibal Way and Imperial Way, all close to the start. The start is accessible by footpath from Mollison Way or Hannibal Way/Imperial Way (see attached map). If anyone requires lifts, please let me and Charlie Lound (team manager on the day in my absence) know, so that arrangements can be put in place.

Please make sure that you're at the start no later than 2.30 to collect numbers and warm up. *Mike Mann*

Race Reports & Results

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

5km Results, 27th October

Four Dulwich women gained victories – Ola, Clare, Angie and Debbie. The biggest Dulwich presence was at one of the smallest and least popular parkruns at Crystal Palace where Mike Dodds did his 100th parkrun

Crystal Palace

Can I just say a quick thanks to everyone who turned up at Crystal Palace on Saturday for my 100th parkrun - I should also mention that our numbers included our club Chair doing her own 50th?

Conditions were a bit chilly but I am getting over my recent chestiness (I think) and returned to more or else what I should be doing on that course, i.e. my benchmark time of 23 mins. It also co-incided with Rubid's 100th volunteering session, whom many of you will know, and so the organisers put on some refreshments afterwards to mark the occasion including not just one but two enormous 100 cakes baked by the wife of Mike Woodward, the previous Race Director.

Incredibly, too, it's my last one before taking up the new job in Brussels - I'll actually be travelling out there at precisely 'parkrun o'clock' next Saturday. I'll still be accumulating parkruns in the future but at nothing like my previous rate, of course.

I see from the home page that around two dozen of us reached this milestone nationally this past weekend. Slightly surprisingly I wasn't even the only 'Dodds' in that prestigious group as a Kelly Dodds also ran her 100th (and 97th at Newcastle where there are rather a lot of us, it must be said). ***Mike Dodds***

5 Clare Elms 1W	19:38
6 Ebe Prill	19:49
7 James Burrows	19:52
27 Bob Bell	22:18
28 Ros Tabor 5W	22:22 (course PB)
31 Claire Steward 8W	22:50
32 Andy Murray	23:00
34 Mike Dodds	23:02 (100th)
36 Jozef Danko	23:33
42 Jo Quantrill 13W	24:23 (2nd claim)
45 Clare Wyngard 14W	24:44
54 Ruki Sidhwa 17W	25:53
76 Susan Vernon 27W	32:58
81 Chris Vernon	39:37 (tripped by dog !)
82 ran	

Brockwell

17 Ola Balme 1W	20:20
24 Matt Kerr	20:54
65 Michelle Lennon 16W	26:05
79 Nicola Hill	27:41
106 ran	

Bromley

25 Kim Hainsworth 3W	20:20
109 Colin Frith 24:34	
260 ran	

Dulwich

24 Paul Hodge	20:22 (course PB)
29 John Fletcher	21:23
33 Ian Sesnan	21:55
37 Kevin Murphy	22:38
50 Mick Mead	24:57
87 Rachel Butler 30W	31:49
90 ran	

Riddlesdown

7 Angie Norris 1W	21:04
80 ran	

Ipswich

4 Debbie Niccol 1W	18:30 (course record)
73 ran	

Emer Casey 10km, Brockwell park, October 28

Colin was first vet.

7 Colin Bailey Wood (1 vet/M50)	38:07
36 Duncan Wilson	44:46
109 ran	

Tiptree 10, inc BMAF Championships, October 28

Another strong run by Tony on a far from easy course in cold wet conditions gave him another club M50 record but missed out on British Masters gold by just six seconds.

15 Tony Tuohy 58:18 (58:15) (Club M50 record)

Gibb 5 Mile Xc, Farthing Down 27th October

Mike Mann writes…This one lap course of Farthing Down and Happy Valley provided what is known in the trade as a traditional cross country course consisting of grassy but hilly downland and stony paths, but including a delightful stretch of almost 800m across a heavy going ploughed field, followed by a difficult slippery path with an adverse camber.

It was a chilly day with frequent showers and a strong northerly headwind for most of the second half of the race. Before the start most of the runners were huddled under trees sheltering from the rain and penetrating wind. After a cautious start I picked up a few place after half way (oddly feeling quite good across the field) but struggled in the final mile of so with renewed back problems. For those interested in improving their endurance, the Pirie 10 on 2 December also organised by SLH consists of 2 laps of the same course.

Mike Mann 36:09 (1st M60

Kent Cross Country League, Sat 27th Oct, Tonbridge

Not quite New York weather conditions but certainly a jolt to the system with strong Arctic winds and frequent downpours.

This parkland course is undulating and due to the rain, a little slippy underfoot. Both Andrea and Oscar had good performances against decent opposition.

Senior Women

19 Andrea Pickup 24.29 (4th V40)

100 ran

U13 Boys

11 Oscar Hussey 12.48

48 ran

Duncan Hussey

LAST FRIDAY OF THE MONTH 5K HYDE PARK, 26th OCTOBER

3 Dulwich Runners were amongst the 240 strong field tackling the Friday lunchtime 5kms in Hyde Park, organised by Serpentine RC. To mark the 20th anniversary of the race, all runners were given a very nice quality towel which made for an unusual freebie!

The Dulwich contingent all recorded significantly faster times than in the September race, even though it was a chilly day with blustery winds in places, with Steve Williams (31 secs), Paul Devine (30 secs) was pleased with something of a return to form and Nick Brown (18 secs) quicker.

20	Nick Brown 1st M55	18.17
33	Paul Devine	19.00
42	Steve Williams	19.10

240 ran

Nick Brown

Jekyll and Hyde Park Duathlon, October 28

Clare Elms knee gave way while she was in a challenging position in second and she had to drop out halfway around the final run leg, when if fit, she would have had an excellent chance of victory.

She had achieved the two best women's individual bike laps despite a slipped saddle problem but her overall bike time due to a slow start and the saddle, was just beaten.

Steve Smythe had a modest first run, and poor transitions but a better bike, catching Clare on the last of the eight 2.6km legs and he snatched first M50 place by three seconds on the final run.

1M50/30th **Steve Smythe** 80:51.75 (15:54.87 4km run: 52nd, 73.30 transition, 31:35.17 bike 23rd, 60.37 transition, 31:08.03 7.5km run: 43rd

(Bike laps: 4:11.30 (50), 3:48.79 (22), 3:53.54 (27), 3:55.51 (31), 3:52.83 (24), 3:52.66 (28), 3:50.94 (22), 3:53.66 (21), 15.95: best 3:48.794 (40.910kph)

Clare Elms 15:04.89 run, 68.89 transition, 32:22.29 bike 74.62 transition.

Bike laps: 4:18.84 (76), 4:05.13 (60), 3:57.94 (38), 3:53.94 (26), 3:59.26 (42), 3:53.91 (31), 4:04.15 (54), 4:04.26 (41), 14.83. best: 3:53.91 (40.015kph) (fastest woman)

DULWICH RUNNERS fleeces

KEEP YOUSELF WARM WITH A DULWICH RUNNERS FLEECE

MID SEASON SALE - EVERYTHING MUST GO -END OF STOCK CLEARANCE

ONLY £10 TO CLEAR

See Ros to buy one of these and other club kit

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

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

MEN'S SURREY LEAGUE , CROSS COUNTRY, 10 NOVEMBER

Carshalton/
Sutton
Croydon
Purley
Coulsdon (A23)
Start
Footpath
Croydon
Toilets
BEDDINGTON PARK
BEDDINGTON
WADDON
WALLINGTON
Wallington
Bandonhill
SOUTH BEDDINGTON
Roundshaw
WOODCOTE GREEN
FIVEWAYS CORNER
DUPPAS HILL RD
A232
A237
A23
B271
B272
B275
CROYDON
SUTTON
PURLEY WAY
PLAYING FIELDS
Roundshaw Park (Playing Fields)
Nature Reserve
Sports Ground
Playing Field Wilson's School
Surrey Tennis & Country Club
Mellows Park
Amy Johnson Prim. Sch
Foresters Prim. Sch
Lakehurst Lea Prep. Sch
Thomas More
Margaret Roper R.C. Prim. Sch
Halling Manor High Sch
Russell Hill Resr. (covered)
Recreation Ground
Wandle Park
Waddon Ponds
Carew Manor
Church Paddock
Manor Garden Grant Sch
Boating Lake
River Wandle
Bandon Hill Cemetery
Electricity Switching Station
Factory
Depot
Works
Playground
Tennis Courts
Sports Grd
Play. Fld
Prim. Sch
Jun. & Inf. Schs
Liby
Retail Park
Red Gates Sch
Wilson's Sch
Bowl. Alley
Current Cas
Pav.
Playing Fields
High Sch for Girls
Sports Grd Purley Ckt. Club
Peaks Hill
Tennis Cts
Sports Ground
Recreation Ground
LONDON RD
MANOR RD
ROYDON
PLOUGH LANE
HILLSIDE
DENNING AV
STAFFORD R.
EPSOM RD
PURLEY WAY
CROYDON WAY
WOODCOTE GREEN RD
FORESTERS DR
SANDY LANE
STANLEY PK. RD
BOUNDARY RD
WOODCOTE VALLEY RD
WOODCOTE GROVE
WOODCOTE PL
WOODCOTE HIGH WAY
WOODCOTE END
WOODCOTE AVENUE
WOODCOTE DOWN
WOODCOTE LANE
WOODCOTE PARK
WOODCOTE VILLAS
WOODCOTE MEWS
WOODCOTE GROVE
WOODCOTE HILL
WOODCOTE DRIVE
WOODCOTE PLOUGH
WOODCOTE HIGHFIELD
WOODCOTE HILL CRES
WOODCOTE ROAD
WOODCOTE VALLEY RD
WOODCOTE PARK
WOODCOTE GREEN
WOODCOTE LAN

DULWICH RUNNERS A.C.

W7

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	10.0	MILES
SHORT CUT (BLUE)	8.2	MILES
SHORT CUT (PINK)	7.5	MILES
SHORT CUT (GREEN)	7.0	MILES
SHORT CUT BLUE & PINK	5.5	MILES
SHORT CUT GREEN & PINK	4.5	MILES
SHORT CUT YELLOW & PINK	3.5	MILES

Enjoy your run

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

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

MANTLE
FINANCIAL PLANNING
Chartered Financial Planners & Tax Advisers

The 49th Annual EPSOM 10

Sunday 18 November 2012 9.30am

One lap scenic 10 mile course on country roads around Epsom & Walton Downs. Start & Finish close to the Grandstand on Epsom Racecourse.

BECAUSE OF THE NATURE OF THE COURSE AND POTENTIAL WEATHER CONDITIONS IN LATE NOVEMBER A TIME LIMIT OF 2 HOURS WILL APPLY.

Race HQ in the Queen's Stand

Under UKA rules – permit applied for.

Plenty of parking ~ Memento to every finisher

Prizes: First 3 Men/Women

1x M40, 1xM50, 1xM60

1xF35, 1xF45, 1xF55

1st Club Teams: Male & Female 3 to score

The race includes the 10 mile championship for both Vets AC and SCVAC but is NOT a vets only race.

Cert No 12/322

runbritain.com

Entry fee: £12 [£14 unattached]

All entries on the day £15

Add £2 if entering Vets AC champs / £1 SCVAC champs

Enter online: www.runnersworld.co.uk/(events)

Cheques payable to Epsom & Ewell Harriers

Name		Male/ Female?	
Address			
Club		Age on race day? *You must be at least 17 years old on race day*	
Your phone no.			
If Vets AC give member number		If SCVAC give member number	
Signed: *Entries for 17 year olds must be signed by parent / guardian*			

Participating in endurance events is physically stressful and you should ensure that you are properly prepared, trained and fit to compete. By entering the race you agree that personal and medical details can be released by the medical team to the race organiser in the event of a medical emergency.

Send entry & 9x6 SAE to Don Turner,
40 Rosedale Rd, Stoneleigh, Epsom, KT17 2JH
Tel: 0208 393 8950
Enquiries? davidaclarke@blueyonder.co.uk