# SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 13th February 2013


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

**- THE COMING WEEK –**

**Wed 13** **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

**Sun 17** **10 x 1mile reps Dulwich Park 9am**

**Tue 19** **Track sessions with Steve Smythe**
**Ladywell track** http://goo.gl/maps/92zNw
Start 7:15pm, fee £2:55 pay at reception on entry. **Fusion Gym members entry is free**

## In your *SHORTS* this week !


3 Fixtures list Cross Country, Club champs etc
5 Race reports etc
6/7 Surrey League XC – Men promoted & women win at Dorking plus U13 win !– full reports
8/9 XC Champs tables after 5 events
12 Marathon Training Program
13 Wednesday night running map


And much more !

*"Saturday was one of the best ever days for the club as we had overwhelming league victories for the men, women and the under 13s.."*

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

## 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***

## Annual Renewal Fee Due

***If your membership card has 2013 on it then this does not apply to you !*
Memberships expired on 31st Dec so in order to compete and for your points to count in this year's club champs and other events as a Dulwich Runner you will need to:

**RENEW ASAP RENEW ASAP RENEW ASAP**
**If you have competed in the Club Champs races so far this year but your membership wasn't renewed at the time, your perfomance will not count !**

You will have received (if applicable) either by email or post your 2013 membership renewal reminder.
**If you haven't received your renewal form then contact me asap** barry@bg1.co.uk
To make it even easier for you there is the now the extra option to pay by direct bank transfer, details on your renewal form.

## ---------- EVENT HORIZON ---------

*A brief look ahead*

Feb 16 Sth of Eng. Champs, Parliament Hill
Mar 10 Lydd 1/2M, club champs
Apr 11 Beckenham assembly league

**full fixture list** page 3

## WEDNESDAY NIGHT £1 RUNNING FEE

**The club needs this money to cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - Ros**

## NEW RUNNERS ROTA

Many thanks to **Lindsey Annable** 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**

| | |
|---|---|
| Graeme Campbell | 13/02 |
| Lloyd Clater | 20/02 |
| Stephanie Burchill | 27/02 |
| Sue Cooper | 06/03 |
| Steve Cook | 13/03 |

## LUCKY VEST
## February winner was Mike Mann

***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**

## WINE AND WISDOM QUIZ

The Wine and Wisdom Quiz, held annually at St Barnabas Hall in Dulwich Village will be held on Saturday 2 March.

I have reserved a table for a Dulwich Runners Team. If you are interested can you let me know - we need 8 people altogether - it's usually about £10 which covers entry, food and a glass of wine. The buffet supper is usually very good. ***Ros***

## 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).*

## DULWICH RUNNERS
## CLUB CHAMPS 2013

Our second club champs races is outside London and we will be hiring a coach, which will be a lot cheaper than train and ensure that we arrive at the start on time.

The Lydd Half Marathon is one of the pre- London marathon events, as well as being a BMAF Champs, so it is worth booking early for this. We are planning to arrange lunch after at a nearby pub. ***Mike Mann***

## 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.

## SPRING RELAYS

We are planning to enter teams for the Green Belt Relay (GBR) taking place on 11/12 May and the Welsh Castles Relay on 8/9 June. Please note that the 1066 Relay will not be taking place this year.

Both events present interesting, scenic and varied running opportunities as well as being excellent social events. The GBR is largely off-road on riverside towpaths and footpaths, taking in some highly attractive countryside across the Chilterns and North Downs while the WCR takes place mainly on small roads, though some legs include trail sections.

It takes in the whole length of Wales starting from Caernarfon Castle in the north and finishing at Cardiff Castle in the south. In the GBR each competitor runs twice on Saturday and Sunday, while on the WCR you only run once over the weekend. On both relays individual stages range mostly from 8 to 13 miles with differing degrees of difficulty.

The tough hilly stages will be allocated to our strongest runners, though for the GBR when competitors run twice over the weekend, we will ensure that no runner is allocated two tough stages.

We hope to enter two teams of 11 for the GBR and one team of 20 for the WCR. These relays have proved to be popular running, as well as social occasions, so it is in your interest to apply early. If you would like to be entered or require further information, please contact me at mcmann90@yahoo.co.uk – ***Mike Mann***

## Spring Relays: Presentation, 13 Feb

There will be a short presentation at the clubhouse on Wednesday 13 February at around 9pm intended to provide information on the Green Belt and Welsh Castles relays.

Entries have to be submitted in March, and we need to have a fairly firm idea of numbers before deciding whether to enter teams. ***Mike Mann***

## 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**

## Masters Fixtures

These are the main British Masters fixtures. The main club event will be the BMAF Road Relay Championships, where we have done well in recent years.

There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too.

| | | |
|---|---|---|
| Feb 17 | BMAF 10M Champs, , | Lytchett Manor, Poole |
| Feb 24 | BMAF Sth of England Indoor Champs | Lee Valley |
| Mar 9/10 | BMAF Indoor Champs. | Lee Valley |
| Mar 10 | BMAF Half/M Champs. | Lydd |
| Mar 16 | BMAF Champs. | Sunderland |
| May 18 | BMAF Road Relay Champs. | Sutton Park |
| Jun 16 | BMAF 5km road Champs. | Horwich |
| Jun 23 | BMAF 10k track women's Champs. | Oxford |
| Jul 27/28 | BMAF 10k track men's Champs. | Oxford |
| Aug 18 | BMAF 10km Champs., Pollok Ctry. Pk. | Glasgow |
| Sep 14/15 | BMAF Track & Field Champs. | Birmingham |
| Oct 15-27 | World Masters Champs. | Porte Allegre, Brazil |
| Oct 27 | BMAF Marathon Champs. | Newcastle |
| Nov 16 | British & Int. Cross-country | Colwyn Bay |

## ASSEMBLY LEAGUE RACES

Details of this summer's series of Assembly League races, most of which take place on the first Thursday evening of the month, can be found below.

The races at Dulwich Park and Battersea Park are both 5k in length, while those at Beckenham are shorter at around 4.5k and at Victoria Park longer at 5.5k.

| | |
|---|---|
| 11 April | Beckenham |
| 2 May | Victoria Park, Hackney |
| 6 June | Dulwich Park (also our 5k club champs) |
| 4 July | Battersea Park |
| 1 August | Victoria Park |
| 5 September | Beckenham |

Further information on venues and times will be provided nearer the time. ***Mike Mann***

# FIXTURES 2013

The fixture list includes all currently available info on cross country and club champs 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 |
|---|---|---|---|---|
| **Feb** | 16 | South of England Champs | | Parliament Hill |
| | 23 | National Champs | | Sunderland |
| **Mar** | **10** | **Lydd half marathon** | **L** | **Lydd** |
| **Apr** | **11** | **Beckenham Assembly League** | | **Beckenham Sports Club, Foxgrove Rd** |
| | **21** | **London marathon (or alternative)** | **L** | **London** |
| **May** | **2** | **Victoria Park Assembly League** | | **Victoria Park, Hackney** |
| **Jun** | **6** | **Dulwich Assembly League 5k (club champs)** | **S** | **Dulwich Park** |
| | **20 or 27** | **2 Miles club champs race** | **S** | **Dulwich Park** |
| **Jul** | **4** | **Battersea Park Assembly League** | | **Battersea Park** |
| | **12 or 19** | **1 Mile club champs race** | **S** | **Dulwich College Track** |
| **Aug** | **1** | **Victoria Park Assembly League** | | **Victoria Park, Hackney** |
| **Sep** | **1** | **Lingfield (Dry Hill) 10** | **L** | **Lingfield (Dry Hill)** |
| | **5** | **Beckenham Assembly League** | | **Beckenham Sports Club, Foxgrove Rd** |
| **Oct** | **5** | **Trail race, Lloyd Park parkrun** | **S** | **Lloyd Park** |

**2013 Dulwich runners Club Championship races -** The usual rules apply with the 8 races split into long **(L)** 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 **Mike Mann** (on behalf of ADSC).

**2013 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 members are welcome and needed to do the Surrey league XC matches, just contact your captains**

## All things CROSS COUNTRY 2012/13

The cross country season proper started back in October with the first men's and women's Surrey League matches

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.

**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***

## SOUTH of ENGLAND XC CHAMPS, 16 FEB

The rescheduled South of England cross country champs takes place on 16 February at Parliament Hill Fields. Those of you who have been entered will already have been contacted by your captains with further details or will be shortly.

**Please note that only those who have been entered in advance are eligible to run**. However this is great venue for spectating which is easy to do without getting muddy, so supporters are welcome for the races (women start at 2.05 and men at 2.50) and at the Magdala pub nearby afterwards. - ***Mike Mann***

## VETS AC CROSS COUNTRY

The Vets AC cross country champs due to take place on 19 January, but postponed because of the weather, is likely to be rescheduled for 2 March, though this has not yet been confirmed. We had up to the 10 from the club planning to run, so it is hoped that most of those will be able to compete on the rearranged date. Watch this space for further details. ***Mike Mann***

## INTERCLUB XC, LLOYD PARK, 2 MARCH

For those of you who fancy a spot of late (and free) cross country, Croydon Harriers are hosting an inter-club cross country race in Lloyd Park on 2 March.

It is a 10k race consisting of 3 laps which avoid the muddiest sections of the park. Note that the re-arranged Vets AC champs at Wimbledon Common is likely to take place on the same day.

Anyone interested and requiring further details, please contact me. ***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, Sat Feb 9th

### Banstead

| | | |
|---|---|---|
| 29 Jo Quantrill | 1W | 22:58 (2nd cl) |

### Brockwell

It was a now rejoined Barry's 50th parkrun.
Only 20 seconds down on husband Chris, Susan did a PB.

| | | |
|---|---|---|
| 39 Jim Dowsett | | 21:49 |
| 100 Jo Quirico | 16W | 24:45 |
| 103 Michelle Lennon | 18W | 24:56 |
| 138 Barry Walker | | 28:03 |
| 165 Chris Vernon | | 29:54 |
| 171 Susan Vernon | 47W | 30:14 |

207 ran

### Bromley

| | | |
|---|---|---|
| 71 Colin Frith | | 22:49 |
| 85 Martin Morley | | 23:26 |
| 147 Clare Osborne | 32W | 25:51 |

284 ran

### Burgess

| | | |
|---|---|---|
| 23 Ros Tabor | 3W | 23:06 |
| 39 Barry Graham. Evans | | 26:26 |

64 ran

### Crystal Palace

| | | |
|---|---|---|
| 9 Steve Ackroyd | | 20.26 |
| 19 Josef Danko | | 21.27 |
| 21 Bob Bell | | 21.35 |
| 27 Andy Cottrill | | 22.16 (PB) |
| 51 Belinda Bell | 9W | 24.50 (PB) |
| 83 Chris Bell | 25W | 29.40 (PB) |

101 ran

### Dulwich

| | |
|---|---|
| 9 Ebe Prill | 18:26 (PB) |
| 49 Mike Doods | 22:43 |
| 82 Ameet Patel | 26:25 |

110 ran

### Hilly Fields

| | |
|---|---|
| 7 James Burrows | 20:15 |
| 8 Ian Lilley | 20:18 |

77 ran

## Ashford & District 10k Sunday 3 Feb

With a 7 and 9 year old, my weekends are usually not my own, so it was only on the Tuesday night that I realised I would be able to run on the Sunday in the club championship at the Chichester 10k by which time the race was full. So I searched for an alternative and signed up for the Ashford & District 10k and lined up with 721 others for what was my first ever 10k, my first competitive run representing Dulwich Runners and my first run in my newly acquired classification of V50.

Not quite knowing what to expect, I worked on the basis that I would start at about 6m 24s pace to beat 40 mins and then just see how things panned out. With obsessive checking of my Garmin, I ran exactly that for the first mile. Although I wondered whether I could sustain that pace, I went through 5k in just under 20 mins.

Feeling comfortable with the level of pain, I thought with a fast finish I should easily be able to achieve the sub-40 target. However, I hadn't bargained on the ½ mile steep uphill at 7k! Never mind about the watch now, I just put my head down and ran as fast as my tired legs would take me to the finish line. I crossed the line exhausted in 40m 21s in 67th place.

With the exception of that hill, my splits were consistent. I paid for my efforts in the days that followed with a tired body but, on the basis of 'no pain, no gain', I am hoping that lots of pain means lots of gain.

67 John English 40:21
722 ran

## Men Xc Team Win Promotion To Division 2

In our most convincing performance for some years, our men's cross country team not only won the final match at Wimbledon Common by the handsome margin of 59 points, but managed to claw back a shortfall of over 100 points to finish first equal with Croydon Harriers over the season as a whole.

Both teams are promoted to Division 2. Congratulations to all who took part in the mud and cold drizzle for an excellent turnout and performance. There were some very strong individual performances - see report below.
And a big thankyou to all those that turned up to marshal and help ***Mike Mann***
To see race pics http://imagetogo.net/go/?26495

## Surrey Men's League, Wimbledon, February 9

Beforehand, the target was to make sure we got promotion and beat Ful on Tri but with a very good turnout we won the fixture easily and seemingly made up enough points on league leaders Croydon to jointly win the league. However a few days later we found that we missed out by a few points when it was rescored.

It was a generally fast hard course on the common but a very muddy section each lap and one testing hill slowed the pace. It was a pity that not all our faster runners ended up competing but we had a good turn out of marshalls on the course too.

Buzz continued his best ever season with his best ever cross-country run which gave him third place overall.

Tony Tuohy was again first M50 and made the top 10 in division 3.

Charles Lound showed a return to form to be next in, while Alistair Locke had his best ever club run by some distance to make the top 20. David Beaver had his second ever league run for the team and was second M50 in the race.

Wayne Lashley had a rare off day and struggled but did well to keep going and make the top 30 in the division.

Paul Devine had his best ever run for the club by some distance as did Chris Treble. Matt Galvin finished well to be the final scorer.

Of the non scorers, Duncan Hussey started fast as usual and didn't quite maintain the pace. Ebe Prill had a solid run but would have done better had he not run a very fast parkrun in the morning.

Ebe was only the fourth Dulwich M50 and the fifth in the race but by solid runs in all four leagues, he won the M50 section in the overall league.

Rupert had a solid first lap but stitch slowed him in the second, while Ed Smyth started just a little too quickly.

Micahel Hutchinson had a steadier run than in the 10k while behind John English made a good club cross-country debut. James Burrows had a steady run, though probably paid for his parkrun, while Mike Fullilove paced it better than recent cross-country races.

Duncan Wilson had his best run for a while while another parkrunner competitor Jozef had a good run close behind. Mike Mann wasn't at his best but was still first M60 in the division. Club regulars Bob Bell, Ian Sesnan, Graham Laylee and Dave West completed the team.

**Promoted to Div 2:** Dulw R & Croydon

**Division 3 positions**

| | |
|---|---|
| 4 Buzz Shephard | 31:22 |
| 10 Tony Tuohy | 32:42 |
| 15 Charles Lound | 33:00 |
| 17 Alistair Locke | 33:09 |
| 20 David Beaver | 33:18 |
| 30 Wayne Lashley | 34:40 |
| 36 Paul Devine | 35:09 |
| 38 Steve Smythe | 35:12 |
| 41 Chris Treble | 35:22 |
| 44 Matt Galvin | 35:36 |

**Non scorers**

| | |
|---|---|
| 45 Duncan Hussey | 35:40 |
| 50 Ebe Prill | 36:25 |
| 53 Rupert Nash | 36:45 |
| 60 Ed Smyth | 37:04 |
| 62 Michael Hutchinson | 37:08 |
| 67 John English | 37:26 |
| 73 James Burrows | 37:42 |
| 81 Mike Fullilove | 38:01 |
| 96 Duncan Wilson | 39:46 |
| 98 Jozef Danko | 39:56 |
| 101 Mike Mann | 40:15 |
| 105 Andy Murray | 40:58 |
| 109 Bob Bell | 41:51 |
| 114 Ian Sesnan | 42:46 |
| 115 Graham Laylee | 42:53 |
| 119 Dave West | 44:25 |
| Bernard Imber dnf | |

129 ran (197 inc D4)

**DIV 3 TEAM:**

| | |
|---|---|
| **1 Dulwich R** | **255** |
| 2 Ful-on-Tri | 314 |
| 3 Croydon | 383 |
| 4 Sutton R | 398 |
| 5 West 4H | 420 |
| 6 Collingwood | 526 |
| 7 Woking | 528 |
| 8 Elmbridge RR | 582 |
| 9 Runnymede R | 688 |

**Final standings**

**Senior:** 3 Shepherd 22. **M50:** E Prill (Dulw R) 23

**TEAM (prior to being rescored):**

| | |
|---|---|
| **1eq** Croydon/ **Dulw R** | **1123** |
| 3 FoT | 1407 |
| 4 Wok | 1740 |
| 5 W4H | 1917 |
| 6 Sutt R | 1978 |
| 7 Coll | 2042 |
| 8 Elmbridge | 2295.5 |
| 9 Runnymede | 2754.5 |

**U17 race**

Alex Elms had the best ever Dulwich performance in a League junior race to finish second overall and easily first under 13, only losing out to a boy two years older. A few days earlier Alex had finished sixth in the London Schools Championships which should guarantee him a place in the English Schools Championships.

Oscar Hussey had a good consistent run behind to finish as second under 13 on the day and beat his main rival but just lost out on the overall league award. We won the under 13 team race on the day and finished second overall.

| | |
|---|---|
| 2 Alex Elms | 16;44 (1 Under 13) |
| 8 Oscar Hussey | 17:53 (2 Under 13) |

**U13TEAM: 1 Dulw R 7**; 2Sutt R 2; 3 Croydon 1

**Final standings: TEAM:**

1 Sutt R 22

**2 Dulw R 19**

3 Holland Sports 15

## Surrey Ladies league, Dorking, Feb 9

This was almost certainly the club's most overwhelming league victory in history as we won by 40 points and that was without quite a few scorers from last year and an injured Charlie, who had to pull out the day before.

Charlie's regretted absence was probably enough to cost us victory in the overall league and clearly if we perform as we did in the last two fixtures this season, then we should win the league next year.

This race was held over a very tough 5.5 mile course over the vineyards of Dorking. We had a very good turn out of 15 but could still do with more runners of all speeds rather than just a concentration of faster runners – 14 of our 15 were in the first half of the field. Note, while occasionally people have to get away fast, it is good if most runners can cheer their clubmates in and wait for veryone to finish!

**A team**

Clare Elms, sadly lost her sister the day before, and hadn't slept, but decided to run to perk up her devastated dad who came to watch and she had her best league run of the winter to finish third on the day and overall, and be first Veteran overall.

Shona, who pipped Clare at the previous week's 10k, challenged Clare early on but couldn't stay with her but still got her highest league position for us while Catherine also achieved her highest to continue her fine season.

Elkie Mace has shown some good form in training but here she was a revelation with her best ever run for Dulwich. Ola Balme has been a mainstay scorer for us for close on 20 years and she had her highest league run for many years to complete the scorers and ensure we not only had three in six but were also the first team to finish five runners.

| | |
|---|---|
| 3 Clare Elms | 35:08 |
| 6 (5 D1) Shona McIntosh | 35:51 |
| 7 (6) Catherine Lee | 36:25 |
| 15 (13) Elkie Mace | 37:41 |
| 25 (23) Ola Balme | 38:28 |

**B team**

Mel Edwards continued her relentless improvement to lead the B team on the day with her highest position and ensure we were easily the first B team in the league, and they beat quite a few A teams including strong clubs such as Clapham Chasers, Stragglers, Woking and Ranelagh.

Nicola Richmond had her best cross-country of the winter and Angie Norris was second W50, though wasn't in the results initially as she wore her son's Dylan's number by mistake. Anna Thomas had her best league run by a massive 55 places while the B team was completed by a steady run from Katie Crowe, who had one of her better runs in a club vest.

| | |
|---|---|
| 34 (30) Mel Edwards | 39:11 |
| 50 (40) Nicola Richmond | 40:33 |
| 60 (47) Angie Norris | 41:14 |
| 67 (52) Anna Thomas | 41:48 |
| 72 (55) Katie Crowe | 41:57 |

**C team**

Clare Wyngard led the C team in one of her best cross-countries of recent times while Jo achieved her best league position ever. Louisa Pritchard continued her return to fitness close behind while Claire Steward wasn't at her best but finished as second W60. Stephanie Burchill

| | |
|---|---|
| 92 (65) Clare Wyngard | 43:25 |
| 114 (75) Joanne Shelton | 44:45 |
| 115 (76) Louisa Pritchard | 44:50 |
| 130 (89) Clare Steward | 46:12 |
| 220 (124) Stephanie Burchill | 52:46 |

Kim Hainsworth dnf

**TEAM Div 1:**

| | |
|---|---|
| **1 Dulwich R** | **50** |
| 2 Thames HH | 90 |
| 3 Herne Hill H | 108 |
| 4 West 4H | 140 |
| 5 Hercules Wimb. | 142 |
| 6 South London H | 164 |
| 7 Belgrave | 191 |
| 8 Reigate Priory | 207 |
| **9 Dulwich R B** | **224** |
| 10 Thames HH B | 262 |

**OVERALL TEAM:**

| | |
|---|---|
| 1 THH | 316 |
| **2 Dulw R** | **333** |
| 3 Belgrave | 470 |
| 4 W4H | 485 |
| 5 Herne H | 647 |
| 6 S Lon | 650 |
| 7 HW | 876 |
| 8 Rei P | 983 |
| **9 Dulw R B** | **1111** |
| 10 Clapham | 1250 |

| | | | | | | |
|---|---|---|---|---|---|---|
| 1 | THH | 51 | 88 | 87 | 90 | 316 |
| **2** | **Dulwich** | **119** | **101** | **63** | **50** | **333** |
| 3 | Belg | 102 | 77 | 85 | 206 | 470 |
| 4 | West4 | 124 | 82 | 139 | 140 | 485 |
| 5 | HHH | 206 | 244 | 89 | 108 | 647 |
| 6 | SLH | 173 | 165 | 148 | 164 | 650 |
| 7 | Herc W | 312 | 212 | 210 | 142 | 876 |
| 8 | Reig | 274 | 264 | 238 | 207 | 983 |
| **9** | **Dulw B** | **355** | **278** | **254** | **224** | **1111** |
| 10 | Claph | 136 | 203 | 302 | 609 | 1250 |

# CROSS COUNTRY CHAMPIONSHIPS 2012 - 2013 MEN - after five events

**Total of 4 best runs**

| NAME | Lightwater 20/10/2012 | Roundshaw 10/11/2012 | S of Thames Reigate 24/11/2012 | Cranford 12/01/13 | Wimbledon 09/02/13 | TOTAL |
|---|---|---|---|---|---|---|
| Buzz Shephard | 50 | 50 | 50 | 50 | [50] | 200 |
| Tony Tuohy | 49 | | 49 | 49 | 49 | 196 |
| Charlie Lound | 47 | 48 | 48 | [46] | 48 | 191 |
| Wayne Lashley | 48 | 49 | | 48 | 44 | 189 |
| Alastair Locke | 46 | | 47 | 44 | 46 | 183 |
| Steve Smythe | 45 | | 46 | 43 | 42 | 176 |
| Duncan Hussey | 43 | 46 | | 42 | 39 | 170 |
| Ebe Prill | 42 | 41 | 44 | 39 | [38] | 166 |
| Chris Treble | 39 | 39 | | 41 | 41 | 160 |
| Paul Devine | 38 | 40 | | 38 | 43 | 159 |
| Jim Dowsett | 35 | 33 | 39 | 31 | | 138 |
| Andy Murray | 37 | | 40 | 29 | 28 | 134 |
| Joe Brady | 41 | 42 | 43 | | | 126 |
| Ian Sesnan | | 32 | 38 | 30 | 26 | 126 |
| Rupert Nash | 44 | 44 | | | 37 | 125 |
| Dave West | | 30 | 37 | 28 | 24 | 119 |
| Ed Smyth | | | 42 | 40 | 36 | 118 |
| Jose Barretta | | 37 | 45 | 33 | | 115 |
| Mark Foster | 40 | 38 | | 36 | | 114 |
| Mike Mann | | | 41 | 32 | 29 | 102 |
| David Beaver | | | | 47 | 45 | 92 |
| Neil Daniels | | 43 | | 34 | | 77 |
| James Burrows | | | | 37 | 33 | 70 |
| Mike Fullilove | | | | 35 | 32 | 67 |
| Graham Laylee | | 31 | | | 25 | 56 |
| Mike Williams | | 47 | | | | 47 |
| Matt Galvin | | 45 | | | | 45 |
| Colin Bailey-Wood | | | | 45 | | 45 |
| Matt Galvin | | | | | 40 | 40 |
| Cameron Timmis | 36 | | | | | 36 |
| Hugh Balfour | | 36 | | | | 36 |
| Steve Ackroyd | | 35 | | | | 35 |
| Michael Hutchinson | | | | | 35 | 35 |
| Duncan Fairall | | 34 | | | | 34 |
| John English | | | | | 34 | 34 |
| Duncan Wilson | | | | | 31 | 31 |
| Jozef Danko | | | | | 30 | 30 |
| Bob Bell | | | | | 27 | 27 |

**Events to come 2013: Sth. of England 16th Febh**

# CROSS COUNTRY CHAMPIONSHIPS 2012 - 2013 WOMEN - after five events

**Total of 4 best runs**

| NAME | Roe HAMPTON 20/10/2012 | Sth. OF Thames Reigate 24/11/2012 | Nonsuch 01/12/2012 | Mitcham 12/01/13 | Dorking 09/02/13 | TOTAL |
|---|---|---|---|---|---|---|
| Clare Elms | 50 | | 50 | 50 | 50 | 200 |
| Catherine Lee | 49 | | 49 | 48 | 48 | 194 |
| Ola Balme | 47 | | 47 | 46 | 46 | 186 |
| Mel Edwards | 44 | | 46 | 44 | 45 | 179 |
| Ange Norris | 46 | | 45 | 42 | 43 | 176 |
| Katie Crowe | 43 | 48 | 41 | | 41 | 173 |
| Anna Thomas | 41 | 46 | 40 | | 42 | 169 |
| Jo Shelton | 40 | 47 | 39 | 41 | [39] | 167 |
| Claire Steward | 39 | 44 | 38 | 40 | [37] | 161 |
| Charlie Wood | | 50 | 48 | 47 | | 145 |
| Stephanie Burchill | 36 | | 34 | 37 | 36 | 143 |
| Kim Hainsworth | | 49 | 44 | 45 | | 138 |
| Ros Tabor | 42 | 45 | 42 | | | 129 |
| Louisa Pritchard | 38 | 43 | | | 38 | 119 |
| Lindsey Annable | 37 | | 35 | 36 | | 108 |
| Shona McIntosh | | | | 49 | 49 | 98 |
| Andrea Pickup | 48 | | | 43 | | 91 |
| Nicola Richmond | | | 43 | | 44 | 87 |
| Ruki Sidhwa | | | 37 | 38 | | 75 |
| Elkie Thorndyke | | | | | 47 | 47 |
| Sarah Cullen | 45 | | | | | 45 |
| Clare Quirico | | 42 | | | | 42 |
| Clare Wyngard | | | | | 40 | 40 |
| Justyna Bieniek | | | 36 | | | 36 |

**Events to come early 2013: Sth. of England 16th Feb**

# Meon Valley Plod – 21 Miles

**Sunday 10th February 2013**
**Conditions – Aquatic**

**'The wettest run you're glad you never ran ! '**

The weather forecasts didn't bode well and the early optimism on the drive down that it would all clear up soon gave way to the grim reality that it was going to be a wet run, a very wet run. With most of us reluctant to leave the shelter of a comparatively cosy scout hut we were herded out and as the 300 or so mixed bag of runners lined up for the start the rain and wind showed no signs of abating.

It seems recently that every weekend my runs get muddier and muddier and Meon Valley stayed true to form and was without a doubt the muddiest and toughest 21miles I have ever faced. In less Somme like conditions and with a bit of winter sunshine it would have been a spectacular run (the 2008 outing was spoken of in hushed voices before the start as being such a day) but this was quite simply a head down, suck it up slog!

I was laughing (to hide the anxiety and fear) at the state of the conditions at the start as rivers of water were gushing down over everyone's shoes on the first up hill and then having to navigating swathes of mud that claimed a few running shoes (there were even a few sheep to hurdle) but by around mile 9 I realised what really lay ahead and that this was what it was going to be like till it was shoes off back at HQ. By mile 10 the delirium had set in as I started quoting Flash Gordon to myself.

As most of you probably know from your Sunday run, or wise decision to abandon it, the wind was relentless and it was no different down in Hampshire as the several jaunts along exposed ridges and hill tops pleasantly revealed with no chance of shelter. Had it been without the wind and rain or had I made a better clothing choice it might have been a useful training run albeit a muddy one but at the point when it took me a mile to get a gel open and then having to have a marshal feed me at a water station as all feeling had retreated from my hands I decided that I just wanted to get to the finish and not be outside anymore.

My pace actually picked up over the last half I think as I passed quite a few people despite taking a massive face plant dive through a puddle that would definitely have bagged £250 from You've Been Framed and the legs didn't tire with the distance so in some ways perhaps it is a good sign ahead of London.

The race HQ at the finish was a mass of shivering bodies and the St. John's Ambulance by that time had already gone through their entire supply of space blankets but luckily there was plenty of tea and cake and plenty of "well run" pats on backs as well between runners.

Don't let this put you off what is a great run and brilliantly supported by some excellent marshals, I'll probably be back next year depending on the weather.

Cameron Timmis was also out for Dulwich Runners and had a strong run in exceptional conditions.

| | | |
|---|---|---|
| 28 | Alastair Locke | 3:16:45 |
| 145 | Cameron Timmis | 4:02:07 |

## CALLING ALL CYCLISTS

**SNOWDON CHARITY BIKE RIDE 2/3 MARCH**

This is a 30 mile bike ride round Snowdon (following the route of the Snowdonia Marathon) starting and finishing at the Cwellyn Arms in Rhyd Ddu. This is opposite our houses which some will have visited on the Welsh Castles Relay.

You can take your own bike or hire from Peter at Beddgelert Bikes.

We can do Bed and Breakfast for 2 nights for a limited number at £30 per head (Fri and Sat).
Depending on the weather you can ride on the Saturday or the Sunday which gives plenty of time to walk, run or sightsee in the glorious Snowdonia countryside.

If you want to reserve a place or want further information on travel etc, please contact me on vernonrun@aol.com. For details of our accommodation see www.snowdoniahouse.co.uk.

To enter the bike ride(there is no rush), see www.snowdoninn.co.uk - ***Chris Vernon***

## 'And now for something completely different'

Twice a year I go to a fitness weekend at Camber Sands organised by www.fitnessfiesta.com. The next one is on 1-3 March. The weekend away is a great way of complementing your running by getting involved in other sporting activities (running is included though).

I have found the classes great for improving my overall condition, which can only improve my running, and the whole weekend is fun. It's cheap too with prices starting from £82 for self catering accommodation (including the classes). Visit the Fitness Fiesta website and if anyone goes let me know and I'll keep a look out for you. - ***Jim Estall***

# 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 |
|---|---|---|---|
| Feb | 16 | **South of England Champs** | **Parliament Hill** |
| | 17 | **10 x 1 mile intervals** | Dulwich Park – 09:00 |
| | 24 | **Tunbridge Wells Half** | http://www.twharriers.org.uk/node/43 |
| Mar | 3 | **Spitfire 20 / Tempest 10** | Road race – Dunsfold http://www.eventstolive.co.uk/ |
| | 10 | **Lydd half marathon** | http://www.nice-work.org.uk/events.php?id=15 |
| | 17 | **Richmond Pk to Bushy Pk** | 21 miles road / towpath and parks (+ shorter alternatives) |
| | 23 | **Orion 15** | Epping Forest (Chingford) http://www.orionharriers.org.uk |
| | 24 | **12 x 1 mile intervals** | Dulwich Park – 09:00 |
| | 31 | **HERoS at High Elms 17miles** | Trail run - 09:30 – The Grasshopper, Westerham TN16 2EU |
| April | 7 | **Paddock Wood Half** | http://www.paddockwoodac.co.uk/ |
| | 14 | **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 mostly 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/<br>Cranleigh 15/21 - Choice of 15 or 21 miles http://www.mabac.org.uk/index.html |

## Clapham Chasers Thames Riverside 20 Mile Race or Pace - March 3rd

£10 for affiliated runners. Online entry here
http://entrycentral.com/index.php?raceID=100972

## HOODIES

I am waiting delivery of the hoodies. If you haven't paid yet, please can you pay as soon as possible. Cheques should be made out to Dulwich Runners AC. – **Ros**

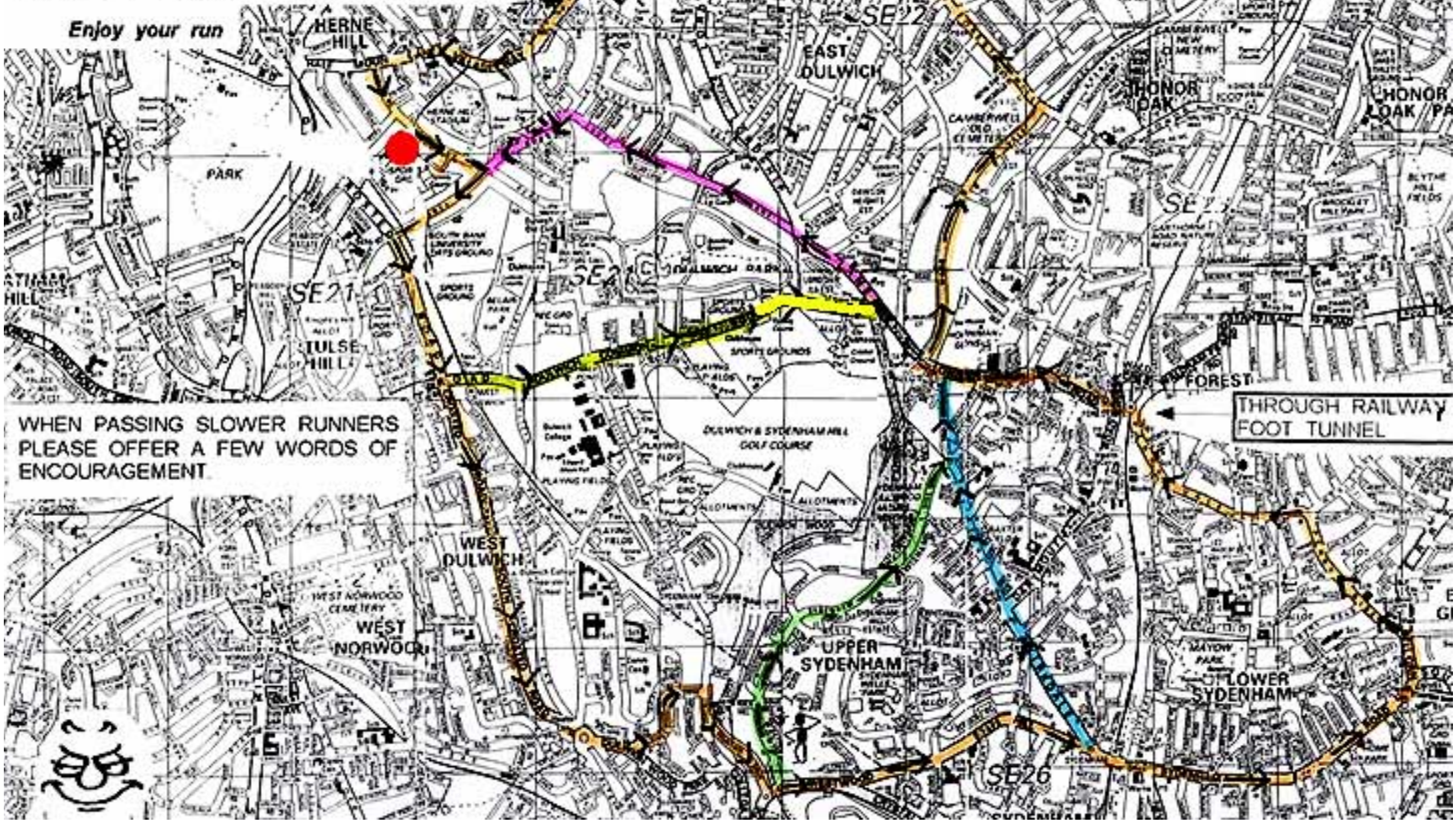
# DULWICH RUNNERS A.C.

**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.