SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 23rd January 2013

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

- THE COMING WEEK –

Wed 23 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 26 **Hill session at Cox's Walk (approx 400m from Dulwich Park on South Circular, opposite Harvester pub) meet at 10am at bottom.**

Sat 26 ***South of England Champs, Parliament Hill***
SEAA HAVE CANCELLED THIS RACE

Sun 27 **14 miles meet Dulwich Park- 9am details (weather permitting)**

Tue 29 **Track sessions with Steve Smythe**
Ladywell track http://goo.gl/maps/92zNw
Start 7:15pm, fee £2:55 pay at reception on Entry. **For Fusion Gym members entry is free**

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

Chichester Feb 3- Club Champs, unless you renew you will not be able to compete and count.
Membership expired on 31st Dec so in order to compete in this year's club champs and other events as a Dulwich Runner you will need to

RENEW ASAP RENEW ASAP RENEW ASAP

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.

Thankyou to all those who have renewed

In your *SHORTS* this week !

3 Cross Country, Club champs fixtures list
5 Race reports etc
6 Box Hill slalom !
10 Marathon Training Program
11 Wednesday night running map

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

Jan 26 S th of Eng. Champs, CANCELLED
Feb 03 Chichester 10k , Club Champs
Feb 09 Surrey League XC, Mens & Womens
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 **Clare Wyngard, Chris Bell, Patrick Mcmorrow** for taking out new runners two weeks ago.
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**

Jose Barretta	**23/01**
Joseph Brady	30/01
Colin Bailey-Wood	06/02
Stephanie Burchill	13/02

Wednesday Night Map

On page 11 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.

Speed Sessions etc

With the farcical decision of the South of England cross-country Championships at Parliament Hill being called off almost a week before the event, when cross-country should be run in any conditions, there will be a suggested hill session at Cox's Walk (approx 400m from Dulwich Park on South Circular opposite the Harvester pub) meet at 10am at bottom.

Around 15 runners attended last week's hill session and around 25 attended the speed session on Tuesday where the track was out of use but a nearby hill and a path/trail were used and whatever the conditions, there will be a session on future Tuesdays!

Dulwich Runners Club Champs 2013

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

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

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

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

Mike Mann *(on behalf of ADSC).*

Dulwich Runners Club Champs 2013

Our first two club champs races next year are 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 Chichester Priory 10K on 3 February is a very popular race on a fast course, and entries often close well in advance, so please make that you enter as soon as possible to avoid disappointment.

Similarly 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 both races at nearby pubs. ***Mike Mann***

LUCKY VEST
January winner – 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

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**

Coach for Club Champs

Dear All,

Thank you for responding, people confirmed for Chichester are:

Catherine Lee	Duncan Wilson
Chris Treble	Mel Edwards
Claire Steward	Kim Hainsworth
Shona McIntosh	Mike Mann
Rupert Nash	Gary Sullivan
Stephen Street	Ros Tabor
Joseph Brady	Andy Murray
James Burrows	Steve Ackroyd
Jo Shelton	John O'byrne
Rob Cope	Anna Thomas (tbc)
Buzz Shephard	Sue Cooper
Charlie Wood	Brendan Greaney

Unfortunately, due to the low numbers, we are not able to take advantage of the lower approximate of £15/pp originally quoted for the coach to Chichester.

On recommendation, three companies have been approached and £495 or £21.63/pp, with Coach Direct, was the best price offered.

Please transfer using the following details by Friday 25th January.

Bank: Natwest
Ac: 37357182
Sort: 60-21-12
Ref: your name

If you anticipate any problems with doing this, then please let me know.

Sue

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

'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***

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
Jan	26	South of England Champs **CANCELLED**		Parliament Hill **CANCELLED**
Feb	**3**	**Chichester 10k**	**L**	**Chichester**
	9	**Surrey League 4**		Wimbledon Common **(M)** - Dorking **(W)**
	23	National Champs		Sunderland
Mar	**10**	**Lydd half marathon**	**L**	**Lydd**
Apr	**21**	**London marathon (or alternative)**	**L**	**London**
Jun	**6**	**Assembly League 5k**	**S**	**Dulwich Park**
	20 or 27	**2 Miles**	**S**	**Dulwich Park**
Jul	**12 or 19**	**1 Mile**	**S**	**Dulwich College Track**
Sep	**1**	**Lingfield (Dry Hill) 10**	**L**	**Lingfield (Dry Hill)**
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. Please register early for the Chichester 10k to avoid disappointment. 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 speak to or 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.

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..

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***

SURREY LEAGUE XC: URGENT REQUEST FOR MARSHALS

We are co-hosting the final Surrey League cross country match on 9 February at Wimbledon Common with Vets AC. We need up to 10 marshals on the course, so could anyone not intending to run and willing to help out please contact me.

For all of you who have been in the scoring team or close to it in matches, please note that your priority will be to take part in the race. The women will be running at Dorking earlier, so it will be tight for those participating to reach Wimbledon Common in time for marshalling, but help on the finish would also be appreciated. ***Mike Mann***

Surrey League Cross Country

The final matches take place on 9 February. In the men's division 3 we lie in 2nd place with an apparently healthy margin over the third placed club.

However the experience of last year when we were unexpectedly relegated in the final match, through competing clubs being in a position to field fast second claim runners, means that we must not be complacent.

We need to ensure that all our scorers from the last meet , those at the fringes of the scoring team and those potential scorers not present at the last meet take part in this final fixture if we are to ensure promotion. It takes place at nearby Wimbledon Common, so there is no excuse.

Finally a reminder that we are co-hosting this final men's match at Wimbledon Common, and have agreed to provide marshalling assistance. Hopefully some of our women will be able to travel to Wimbledon following their match at Denbies Vineyard to help out, but we also need assistance from those not competing and able to arrive at the start by 2pm. Please contact me if you are able to help out as well as hopefully support us on our return to Division 2. ***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, Jan 19th

A few parkruns were cancelled because of the snow such as Brockwell while others went ahead despite the conditions.

There were wins for Clare, who also beat the men at Hilly Fields (where the snow made it easier in some ways) and for Kim at Crystal Palace and there was also a fast outright win for Buzz.

He won at Dulwich and beat the all time Parkrun most successful athlete Richard Ward, who has won 138 parkruns

Bromley

76 Colin Frith	25:17
167 ran	

Crystal Palace

6 Kim Hainsworth 1W	21:15 (course PB)
9 Jozef Danko	22:26
15 Bob Bell	22:55 (1M55)
21 Clare Wyngard 4W	25:12 (1W50)
25 Mike Dodds	25:32
34 Ameet Patel	28:00
46 ran	

Dulwich

1 Buzz Shephard 16:51
4 Ebe Prill 19:11 (1M50)
8 Paul Devine 20:00
27 Robert Balzanella 22:51
32 Andy Murray 23:41
37 Ian Sesnan 24:02
4W/46 Laura White 25:16
10W/56 Stephanie Burchill 28:45
61 Chris Vernon 31:29
13W/62 Susan Vernon 31:57
65 ran

Hilly fields

1 Clare Elms 1W	19:44
4 Steve Smythe	20:50 (1M50)
5 Ian Lilley	20:54 (1M40)
8 Gary Sullivan	21:43
10 Mel Edwards 2W	21:50
32 Carolina Lilley 6W	29:28
45 ran	

Roundshaw

3 Tony Tuohy	19:53 (1M50) (crse PB)
67 ran	

Riddlesdown

14 Ange Norris 2W	21:55 (1W50)
55 ran	

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**

Box Hill Fell Race; Saturday 19th Jan

Start time: 11am

Conditions: Hazardous - Snow, mud, sledges

Spirits were high among the 6 strong Dulwich Runners crew that were on the start line for the 32nd Box Hill fell race.

The prospect of tackling one of the north down's most notorious hills is always a daunting (some say exciting but that's still open for debate) prospect but facing what was for many of us our first fell race with the course covered in a good layer of winter's finest and with massed ranks of rather rotund middle aged sledders on most hill tops meant that the stakes were definitely raised, especially after the starter's calming words that if the first descent gives you the willies then the second will finish you off.

Thankfully we had an experienced hand with us to calm the nerves and raise the spirits in the form of Hugh who, although unfortunately had to pull out before the start due to injury was on hand to give us a detailed description of the course right down to the odd fallen tree that we would have to vault.

L-R: Jo Shelton, Shona McIntosh, Anna Thomas, James Burrows, Alastair Locke

I was quietly confident of bagging a fair result on the course as I've posted some reasonable times on other runs over Box Hill although I was a little concerned that my lack of studded shoes (I only had a pair of trusty trail shoes) would see me go west off most of the down hills. My patchy race plan was to pace the first few miles till the legs were warm and then to try and push on over the last half making some places up on the hills.

This worked well for the first hill and then went entirely out the window at the first descent which whilst wide and short was unexpectedly steep and slippy did see quite a few runners take to their backsides. With Rupert disappearing ahead of me and James passing me on the downhill I told myself that I just need to grow a pair of kahoonas and stop being such a fairy.

With this new textbook approach I managed to make up some lost ground on the next steep and relentless uphill that soon followed. Passing was difficult as the snow cover meant anything off the runners' line was slippery and a leap into the unknown as I kept visualising a trip in the back of a St, Johns' ambulance with a sprained ankle.

The course itself was well thought out and offered a nice variety of lung bursting up hills, caution to the wind down hills and a few windy flats through Narnia-esque woods. There was a real mix of runners too with some who would fly down the hills but then stagger on the ups or those who were clinging to the trees on the descents but who would then frustratingly skip past you on the ups. This meant that there was a lot of to-ing and fro-ing of places for most of us on the run but overall I think most of us came out on top in our in-race battles.

It really was a special run through the snow in the woods with the marshals and other runners giving each other much needed encouragement.

I found the climbs tougher than expected given that I've done them before in drier conditions and wasn't sure if it was tired legs, that I was just pushing harder than before, the snow or last night's chicken tikka. With the snow I reckon this was close to a 9 mile race with the extra distance covered going nowhere except just trying to get some traction.

There were strong runs from everyone in a Dulwich top with Jo exclaiming, "This is FUN!" as she whizzed down the final hill on her way to the finish. Even Shona, who said that she wasn't enthralled by the race or her performance, conceded that maybe she'd just have to work on her hill training a bit more and then she'd be back.

A great run and a great warm up for what lay in store on Sunday…

Team

5th (combined times) Dulwich Runners AC 4:24:50

25	Alastair Locke	1:03:06
37	Rupert Nash	1:05:01
38	James Burrows	1:05:04
72	Shona McIntosh	1:11:36
97	Anna Thomas	1:15:07
143	Joanne Shelton	1:25:18

195 finished

Alastair Locke

For more pics click

Box Hill Fell Race 7.5 miles 1700ft Saturday 19 January

For the first time in 32 years the race was run in snow; Box Hill loking more like an Alpine resort than a modest Surrey hill. This interesting variation partly accounted for the high drop out rate – 40% of those entered failed to start. Injury and illness accounted for some, including the favourite to win the men's V40 – my mate from Reigate out with a kidney stone- and the favourite to take the fourth or fifth men's V50 place – out with a bad back! However, six intrepid DRs lined up to tackle the pistes along with 190 other brave souls.

The conditions meant that it was a slow race. The winner was nearly 5 minutes down on his time last year when he came second. Some of the descents were quite exciting, and the long traverse of White Hill was decidely unnerving for anyone without the right footware (there were some!).

Extra marshalls were deployed on the final descent to make sure no one got lost or killed. As the runners topped the last climb they were confronted by a long slope covered with crowds of tobogannists, skiers and snowboarders. The finish was completely hidden.

Alastair was the first of our team to appear, having had a great first run here and finished strongly. Shortly after him came Rupert with James hot on his heels. Despite a fast finish James never quite manged to catch him. The girls were led in by Shona who found the conditions tough going especially on the descents. But she kept going well to finish 5th lady. She was followed by Annawho seemed to be in her element and was still grinning as she raced to the finish. Finally Jo had another good run, which given the conditions was similar to last year.

Congratulations on coming fifth in the teams, especially as we were beaten by some big clubs, whose runners come every year. Thank you for coming. Hopefully we'll have a strong team next year.

Winning time	54.19
25 Alastair Locke	63.06
37 Rupert Nash	65.01
38 James Burrows	65.04
72 (5) Shona McIntosh	71.36
97 (9) Anna Thomas	75.07
143 (19) Jo Shelton	85.18

Teams (ordered by combined times 4 to score)
1. Serpentine (3.56.08) 2. OUOC (4.08.18) 3. Tring (4.11.53) 4. Reigate (4.21.57) **5. Dulwich (4.24.50)** out of 19 teams. ***Hugh Balfour***

Benfleet 15, Hadleigh, Essex; Sunday 20th January 2013

Start time: 10:30am

Conditions: Ankle shaking – Heavy snow and rutted ground underfoot

This was an absolute blinder of a race over some rough terrain and in some bleak conditions as it snowed heavily from start to finish. I was, however guaranteed to be the first Dulwich Runner home being the only one there, for reasons that soon became very apparent; namely it being an absolute mission to get to.

After a Teutonic battle with the snooze button to get up and what was possibly the most stressful journey to get to a race it was an even snowier start than Box Hill had been but with a good run there under my belt I was excited to set off and find out what lie ahead.

The cold and snowy conditions actually turned out to be an advantage as they meant that much of the mud that this course is notorious for was frozen hard so whilst the ground was quite rutted in some places and there were still a few snow covered puddles that caught some people out I think we were lucky overall as the snow provided some good traction compared to the mud which last year apparently was, as a fellow runner put it, “like trying to run along a travelator the wrong way”.

This being the longest distance I had raced for a while and with a thigh burner the day before I set out to go with the flow and make a call on whether to pace or push at about mile 5. The race website talked of a few big hills and so it was quite a relief to hear a marshal shout, “This is your biggest climb”, when the course led us onto something that obviously passes for a hill in Essex up past the very picturesque Hadleigh castle but that wouldn’t get a look in on one of Steve’s hill sessions.

I felt strong over the mixed terrain and had settled into a good pace (only being passed by one runner between now and the finish) until around mile 7 when the course struck out along the exposed Cavey sea wall (complete with a numbing, snow driving head wind).

I’ve never known two miles to go on for so long. By this point I was in no man’s land with a few runners far enough behind and the pack in front far enough ahead that I wouldn’t catch them until around mile 11 and found it quite a struggle to stay on it despite reciting Muhammad Ali quotes in my head.

Thankfully at mile 9 I was passed by a runner that woke me up and we exchanged places for a couple more miles along the opposite side of the sea wall. This picked my pace up quite a bit (and makes me think that perhaps I was pacing too much) and we passed three or four runners as we pushed each other on. I wasn’t a huge fan of the middle section as it was fairly flat and featureless with the weather blotting out any view of the creek and countryside which apparently are quite lovely, and the ground still being too rutted to be able to get into a good stride.

The last 5 miles were brilliant as we were back on mixed terrain along roads and through some beautiful woods. I was probably also enjoying a massive sugar rush from finishing off a pack of gel blocks. With my pace picking up I passed a couple more runners in the closing mile and made enough of a gap to be able to enjoy running through the snowy woods before the last cheeky uphill before the downhill sprint/stagger to the finish.

This was a challenging but enjoyable run with some excellent marshals who kept on smiling and pushing us on despite having to stand round in the snow and cold. The worst part of the trip was probably on the journey home as I called my dad just as they were settling down to the full Sunday roast which reminded me that I was starving hungry but only in possession of one out of date granola bar.

28	Alastair Locke	1:47:33
	Rob Hollands	1:55:38

373 finished.

Alastair Locke

Rob Hollands writes….

It was a great event, with excellent organisation and superb marshals.

The tough but thoroughly enjoyable route was made all the more exciting by the snow, which continued to fall heavily throughout the race.

My final time was 1:55:35 and I was glad to come in under 2 hours and knock of 8 minutes from my time last year, despite this years conditions

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***

Ola Balme
Sports & Therapeutic Massage

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

- Deep Tissue Massage
- **Massage to alleviate muscle fatigue**
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- ***Maintaining your fitness and well-being***

Ola is an experienced Sports Massage Therapist and club runner.
If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

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

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***

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
27 Jan	**14 Mile run**	Dulwich Park – 09:00 **weather permitting !**
3 Feb	**Chichester 10k**	Club Champs
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 17miles**	Trail run - 09:30 – The Grasshopper, Westerham TN16 2EU
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 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/ Cranleigh 15/21 - Choice of 15 or 21 miles http://www.mabac.org.uk/index.html

New Year Mile Reps

A great start to this year's mile rep. sessions with 21 people taking part and doing between 6 – 8 reps.

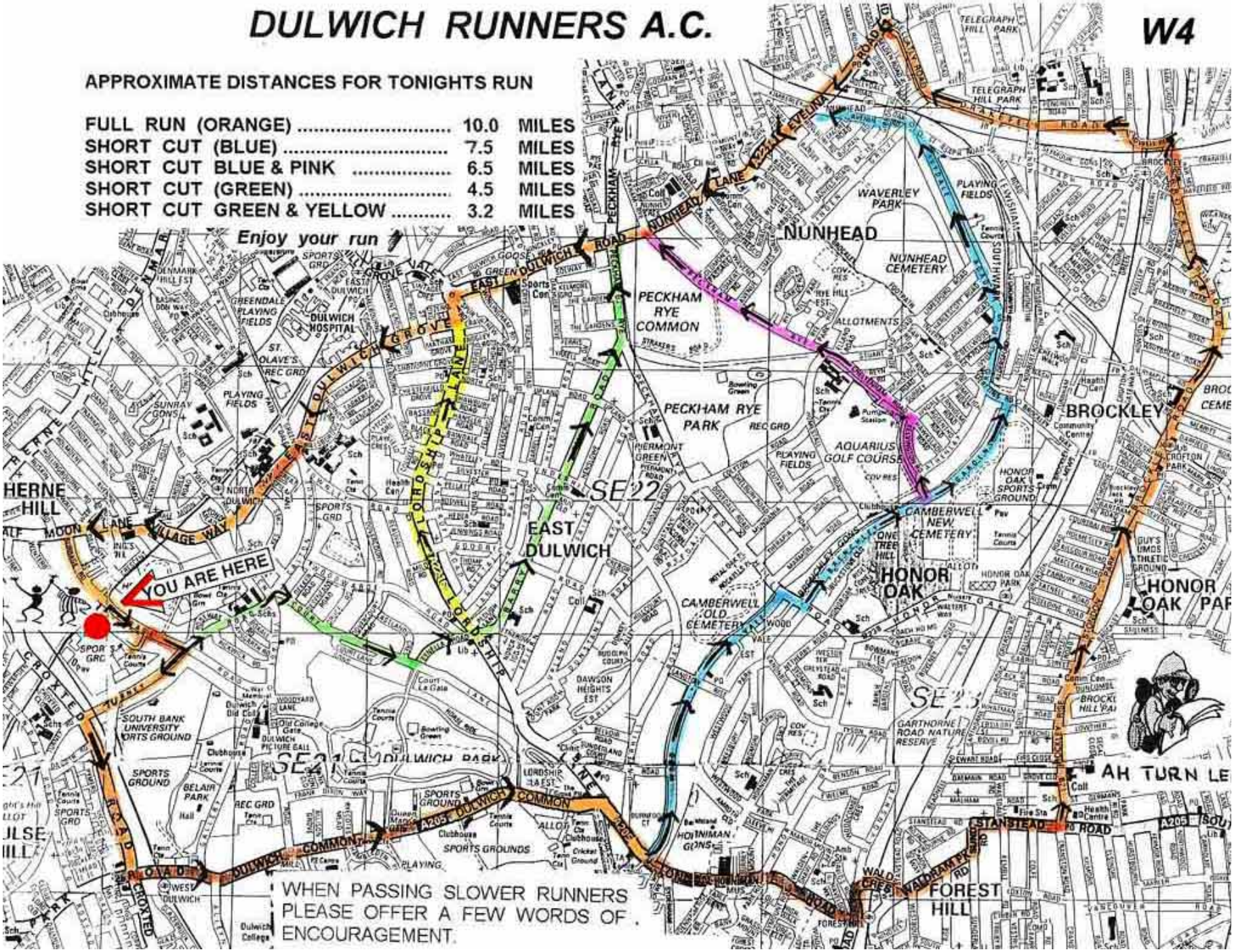
Sunday 27th Jan we will do a long run from Dulwich Park at 0900, out to Beckenham place park etc. meet by cycle barrier.

Happy Running! - ***Steve Wehrle***

DULWICH RUNNERS A.C.

W4

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	10.0	MILES
SHORT CUT (BLUE)	7.5	MILES
SHORT CUT BLUE & PINK	6.5	MILES
SHORT CUT (GREEN)	4.5	MILES
SHORT CUT GREEN & YELLOW	3.2	MILES

Enjoy your run