# DULWICH RUNNERS CHRISTMAS PARTY

## Saturday, 14th Dec 2013 - 7:30pm

## The Cambria, Camberwell, 40 Kemerton Rd, SE5 9AR

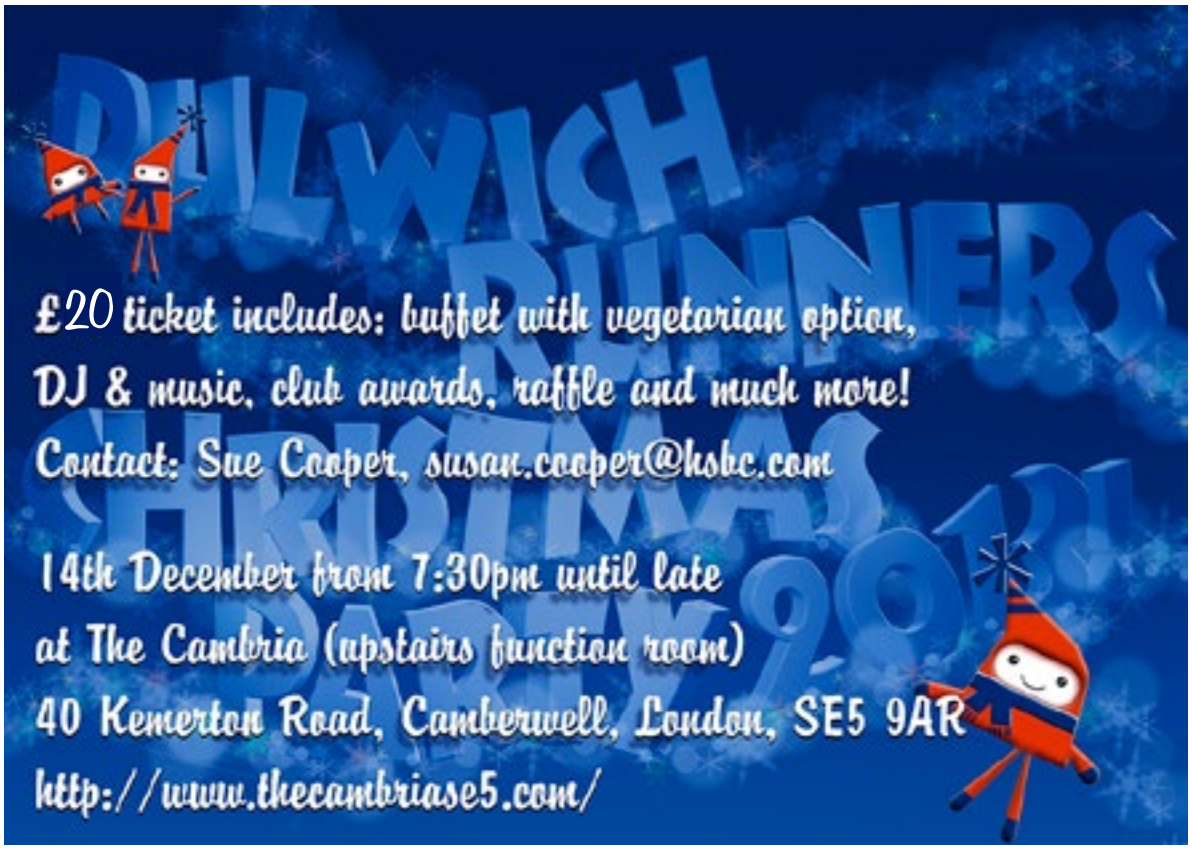
**There are now only a few tickets left...so to be one of the lucky ones get in quick and contact me ASAP.**

**susan.cooper@hsbc.com**

**Pay by direct transfer** Bank: Natwest - A/c: 37357182 - Sort: 60-21-12 - Amount: £20 - Ref: your name

**Below are the names of those who have bought tickets, and those requesting a veggie meal are in red**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Aileen Cook | Barrie JNicholls | Christine Dawson | Emma Ibell | Jill Mann | Kim Hainsworth | Pauline Crawshaw | Shona Nash |
| Ajay Khandelwal | Barry Evans | Claire Steward | Gary Sullivan | Jo Shelton | Lindsey Annable | Penelope Bell | Stephen Street |
| Alastair Locke | Belinda Bell | Clare Elms | Gideon Franklin | John Kerry | Lorraine | Richard Pole | Steve Cook |
| Ameet Patel | Bernard Imber | Clare Osborne | Graham Laylee (1) | John McGlashan | Mel Edwards | Rob Cope | Steve Smythe |
| Andrew Cottrill | Bob Bell | Clare Wyngard | Graham Laylee (2) | John O'Byrne | Mike Dodds | Ron Searle | Steve Wehrle |
| Andrew Crawshaw | Cameron Timmis | Desmond Edwards | Harry Handscombe | Jose Barretta | Mike Mann | Ros Tabor | Susan Cooper |
| Andy Murray | Carolina Lilley | Di Morgan | Helen Balfour | Joseph Brady | Nicola McIvor (1) | Ruki Sidhwa | Susan Vernon |
| Ange Norris (1) | Charlie Lound | Duncan Wilson | Hugh Balfour | Karen Grieves | Nicola McIvor (2) | Rupe Nash | Tony Tuohy |
| Ange Norris (2) | Chris Bell | Ebe Prill | Ian Lilley | Katie Smith | Nicola Richmond | Sam Crump | Torsten |
| Ann Wehrle | Chris Loizou | Ed Smyth | Ines Prill | Katie Styles | Patrick O'Connor | Sarah Richardson | Wayne Lashley |
| Anna Thomas | Chris Vernon | Edwin McCormack | James Burrows | Kaylee Coxall | Paul Devine | Shareena Rashid | |




## .....And for the morning after

Dulwich Runners AC
Weekly Newsletter
Wednesday 4th December 2013

# SHORTS

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

**- THE COMING WEEK –**

**Wed 04** **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

**Tue 10** Track session with Steve Smythe - £2.50 fee
Crystal Palace Track - 7 for 7:15pm start

**Sat 14** **Dulwich Runners Christmas Party**
Only £20 - limited availability -see prev page

**Sun 15** **Dulwich Runners Annual 5k Turkey Trot Race**
Dulwich Park 10am - prizes for 1st finisher and best, fancydress - entry form at end of SHORTS

**IMPORTANT SEE BELOW ABOUT HOLIDAY PERIOD RUNS**

## In your SHORTS this week !

4 Fixture list, Club champs,XC road, trail etc
7 Race reports results etc
12 Wednesday night running map

**And much more !**

**Click below to**
SUBSCRIBE or UNSUBSCRIBE

**You can follow us on**

## EVENT HORIZON

*A brief look ahead*

**full fixture list** page 4

Dec 14 SEAA Masters XC, Biggleswade
Dec 21 South of Thames XC, Wimbledon Common

## TRACK SESSIONS

Tuesday 17 December open as usual

**NB the Crystal Palace track isn't in use on Tuesday December 24 and December 31**

There will be a session, meeting at Dulwich College track on December 24 at 11am, part of it at least will be on the nearby hills.
There will also likely be a session same time on December 31 but this will be confirmed at a later date

## NEW RUNNERS ROTA

Thanks to **Paul Devine and Alastair Locke** for taking out new runners last week.
If you are on the list, 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 as early in advance as possible.
***When it's your turn you will recieve a couple of reminders by email***
Thanks. – **Ros**

| | |
|---|---|
| **Mel Edwards** | **11/12** |
| Giles Gibson | 18/12 |
| **CLUB CLOSED NO CLUB RUN** | **25/12** |
| **CLUB CLOSED NO CLUB RUN** | **01/01** |
| Jo Hewett | 08/01 |

## Christmas and New Year Arrangements

| | | |
|---|---|---|
| Dec 18 | Club run – showers & changing no upstairs use or bar due to a private party (see below) | |
| **Dec 25** | **No club run** | **clubhouse closed** |
| **Jan 1** | **No club run** | **clubhouse closed** |
| Jan 8 | Club run | clubhouse open back to normal ! |

## CLUB RUN, 18 DECEMBER

On Wednesday 18 December, there is a private function at the club house which means we won't have use of the upstairs bar area. Changing rooms and showers will be available so it's a club run as usual. The pre-run notices will take place just inside the main door of the club.
**Please ensure that you do not go upstairs.**
Afterwards the plan is to adjourn to the Florence in Dulwich Road near Herne Hill station for refreshments.

## Dulwich Runners Membership Annual Renewals Due

Yes, its that time of year again and for most of you that means your current membership expires on 31 st December

In order to compete in next year's club champs and other events as a Dulwich Runner you will need to **RENEW ASAP**

**If applicable to you,** then you will have received either by email or post your 2014 membership renewal reminder.
**If you haven't received your renewal form then contact me asap barry@bg1.co.uk**

## Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is at the back of Shorts.
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 it in the clubhouse- Thanks

## WEDNESDAY NIGHT £1 RUNNING FEE

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

## Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered to scoff after the Wednesday run.
Arrives close to 9 and the 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 !

## Rehydration !

Come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)


## Ola Balme
### Sports & Therapeutic Massage

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

What could you benefit from?

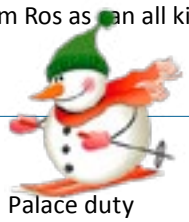
- Deep Tissue Massage
- Massage to alleviate muscle fatigue
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- Maintaining your fitness and well-being

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 or 0750 655 4004
ola.balme@btinternet.com

**If you are stuck for gift ideas this Christmas I offer a great value gift voucher.**


## LUCKY VEST - Dec 4th

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.
Vests £18 each and can be puchased from Ros as an all kit
**ros@28kerfield.freeserve.co.uk**
for all other club kit please see **page 2**



## Crystal Palace Track

The entry system has changed, a Crystal Palace duty manager or a Dulwich Runner will hand out a wristband at reception so you don't need to pay or queue at reception but you will need to pay £2.50 to whoever is doing the club rota at the track. Ideally aim to arrive at 7pm.
You may need ID eg: DR members card or EA/UKA reg card

It might be easier to pay £5 for a further session. It will be £3 if you can't pay. Some of us travel some way to do this so those who live within a few miles should make a special effort to run on what has traditionally been one of the best tracks and athletic stadiums in the world and every top class athlete of the last 40 years has competed on it at some stage. - ***Steve Smythe***

## *One man's view of the Club Champs*

No matter how old I get
The race remains one of life's most rewarding experiences.
My times become slower and slower
But the experience of the race is unchanged:
Each race a drama
Each race a challenge,
Each race stretching me in one way or another
And each race telling me more about myself and others
Another year, another twelve months of racing – and maybe getting a bit slower. This year I completed my third consecutive London Marathon which makes four in total and improved on my time of last year – well only just.
But what a result: BJ beats Ajay! I am sure you'll get me back Ajay. Thank you to the committee for the chance to compete in the marathon. I managed to do all the Club Champs again, joined only by Andy Murray who was able to do the same. Looking forward to completing all 9 in 2014 health and injury permitting. I hope more members can join us in completing all 9, the 'Grand Slam'!
***Barrie John Nicholls***

# Dulwich Runners 2013/14 Fixtures

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesday club night.

| Date | | Race | | Venue |
|---|---|---|---|---|
| Dec | 14 | SEAA Masters Cross Country | | Biggleswade |
| | 21 | South of Thames 7.5m Country Champs | | Wimbledon Common |
| Jan | 4 | Surrey Country Champs Champs | | Denbies Vineyard |
| | 4 | Kent Country Champs Champs | | Hythe |
| | 11 | Surrey League Cross Country | Men | Reigate Priory (DR to co-host) |
| | 11 | Surrey League Cross Country | Women | Putney Vale |
| | 25 | South of England Cross Country Champs | | Parliament Hill Fields |
| Feb | 8 | Surrey League Cross Country | Men & Women | Lloyd Park |
| | 15 | Beckenham/Striders/Dulwich Mob Match | | Beckenham Place Park |
| | 22 | National XC Champs | | Nottingham |
| Mar | 15 | BMAF Cross Country Champs | | Tollcross Park, Glasgow |

## INDOOR TRACK MEETINGS

For those vets interested in taking part in indoor track races, the following meetings are scheduled for early 2014

| Date | | Race | | Venue |
|---|---|---|---|---|
| Feb | 16 | South of England Masters Indoor Champs | (indoor track) | Lee Valley |
| | 23 | EAMA Indoor Inter Area Challenge | (indoor track) | Lee Valley |
| Mar | 8/9 | BMAF Indoor Track & Field Champs | (indoor track) | Lee Valley |
| | 25-30 | World Masters Indoor Track & Field Champs | (indoor track) | Budapest |

*Here is some advance information, particularly for the benefit of newly joined members.*

We compete in the Surrey League cross country and the men were promoted to Division 2 last season whilst the women remain in Division 1.

There are 4 fixtures during the season, which started on 19 October at Lightwater for the women and Richmond Park for the men (details of other fixtures can be found in Shorts).

**Men's Surrey League** there's no need to enter in advance; simply turn up on the day although your captain will find it helpful if you could let him know in advance.
**Women's Surrey League**, we need to enter runners in advance and you should have received an email regarding this.With the first 5 runners scoring for the women and the first 10 for the men , it is important to field as many as possible of our strongest runners.

These and other cross country races are not elite and are suitable for all abilities. They also provide excellent strength and endurance training from which you will reap the benefits, particularly in longer road races.

In addition to the Surrey League there's ar a number of other races during the season, almost all of which take place on Saturdays. These include the London champs in November, two South of Thames races in the autumn, the county champs (Kent and Surrey) in early January, the South of England champs in late Jan and the National champs in Feb.

There's also a number of Masters events. For all these races entry must be submitted in advance, in some cases over a month before the events. Your captains will post details in Shorts and contact regular cross country competitors nearer the time, but it is important to read this information carefully and respond before the deadline given if you want to participate.

The club pays for race entries. We cannot cater for runners who simply decide on the day that they fancy a run, but they are of course welcome to support our runners.

Regarding footwear, you can often get away with road shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country shoes, or alternatively fell or trail shoes become essential.

Please contact your captains if you would like to take part and for any other information regarding the forthcoming cross country season. - ***Mike Mann***

**Your Cross Country contacts:** Men - Mike Mann **mcmann90@yahoo.co.uk**
Women - Anna Thomas & Mel Edwards **dulwich.womenscaptain@yahoo.co.uk**

## Cross-Country tactics – *Steve Smythe*

Pacing at cross-country without mile markers isn't easy so a garmin is useful or at the very least a watch so you can estimate roughly how long you will be racing to gauge your effort.

Getting to a race half an hour early also helps, better to have time to kill than be half an hour late and miss the start! Then you can relax pre race, warm up gently and look over some of the course and check the start ie is it too narrow and is there a need to start faster than usual so as not to get boxed in. You can also check the finish and also what shoes or spikes you need to fit the terrain.

While it isn't easy in your first cross-country races, narrow starts excepting, it is important to be fairly close to what is your intended finishing position after the first mile.

Coming gradually through the field is generally far more rewarding and successful than starting way too fast but it is pointless being 30 seconds down on people who should be your rivals after a mile as you won't make it up if they are a similar ability.

However, run the first mile ten seconds too fast and the chances are you will run the latter few miles 20-30 seconds slower and end up in a far worse position than if you had been more conservative.

Always try and finish strongly, speedwork should help, and try and work out where the last 200m is before the race so you can work out where to start accelerating.

When you finish try and check your time and hear what's called and check who is around you as initial results aren't always accurate and it could help the team if you can provide a time and confirm who you finished just ahead of or behind.

## CROSS COUNTRY CHAMPS

We will be holding a cross country champs once again this season. To qualify it will be necessary to complete 4 out of the 6 following races: 3 out of the 4 Surrey League matches plus either the South of Thames 5 miles at Streatham Common on 23 November or the mob match on 15 February.

The prize categories will be the three leading men and women, the first M40, M50, M60, W40 and W50, plus a captain's award. - ***Mike Mann***

## Beckenham/Striders of Croydon/Dulwich Mob Match, 15 February

A 3 way cross country mob match against Beckenham Running Club and Striders of Croydon has been arranged for Saturday 15 February, starting at 2.30. It will take place in Beckenham Place Park on a course similar to that used for the 10k trail race there.

It is suitable for runners of all standards; the idea is to field as many competitors as possible. Further details will be provided nearer the time.

**Note that this race will form part of a cross country champs competition (**see separate notice in Shorts). - ***Mike Mann***

## Forthcoming Cross Country Events

***Entries are invited for several cross country races.***

The first is the **South of Thames 7.5 miles at Wimbledon Common on 21 December.**

**The Kent and Surrey county cross country champs at Hythe and Denbies Vineyard respectively, both take place on 4 January** and the **South of England champs at Parliament Hill Fields on 25 January.**

Qualification for the Kent and Surrey county champs is on the basis of place of birth or residence.

I am happy to advise anyone who is unsure which county they are eligible to run for. Please let me know if you would like to take part by the following dates: **6 December for the Kent champs and 13 December for the other 3 races.** For all these races you have to be entered in advance to take part. **- Mike Mann**

**So far I have had very few requests to enter these races. Please make sure you let me know in time if you want to be entered**

## CROSS COUNTRY UPDATE

The closing dates for entry for the Surrey champs at Denbies Vineyard on 4 January and the South of England champs at Parliament Hill Fields on 25 January are fast approaching.

Please contact your captains as soon as possible if you want to take part. ***Mike Mann***

Men - Mike Mann **mcmann90@yahoo.co.uk**

Women - Anna Thomas & Mel Edwards **dulwich.womenscaptain@yahoo.co.uk**

# Dulwich Runners Club Kit

| | |
|---|---|
| Vests | £18 each |
| T- shirts short sleeved | £20 each |
| T- shirts long sleeved | £22 each |
| Waterproof Jackets | £25 each |
| Hoodies | £18 each |

**Hoodies are now available. There are a few left in each size .**
**Most kit is usually available Wednesdays at the club**
**Contact Ros** ros@28kerfield.freeserve.co.uk

# DULWICH RUNNERS CLUB CHAMPS 2014

We have now finalized the events and structure of next year's club champs. There will be 9 races in total split into 3 distance categories. In order to qualify it will be necessary to complete 5 races in total, including at least one from each distance category.

The structure of awards will be unchanged from recent years. Club vests are compulsory for all events other than the mile. You will need to ensure that your club membership is up to date in order to qualify for points.

Finally you are advised to enter the Tunbridge Wells Half marathon early as last year entries were closed from very early in January. http://tinyurl.com/mskwjte

The events are as follows:

| | |
|---|---|
| 1 February | Brockwell parkrun 5k (short) |
| 2 March | ** Tunbridge Wells Half (long) |
| 13 April | London (or other) Marathon (long) |
| 5 May | Ted Pepper 10k (medium) |
| 25 May | ***Rye 10 miles (long) |
| 22 June | Beckenham 10k (medium) |
| 11 July (tbc) | Mark Hayes Mile (short) |
| 31 August | Sevenoaks 7 (medium) |
| 11 September | Dulwich Park 2 miles (short) |

**Mike Mann** (on belhalf of ADSC)
**** According to the host club , entries were closed this year 2 months in advance of the race, so you are strongly advised to submit your entry by December**
***** Note corrected date**

## Possiblity of coach to Tunbridge Wells half 2nd March 2014

The second event in the 2014 Club Champs competition is the excellent Tunbridge Wells half marathon. “Famed for the scenic and challenging route”, it sold out by the start of January for this year’s event so be sure to sign up soon if you haven’t already booked your place with glory.

At around an hour’s drive from Dulwich there is plenty of parking available a short walk from the race HQ. However unless you set out at just gone midnight from Victoria the train doesn’t appear an option as the first train gets in at 9:20 with the race starting at 10am and a 30 minute walk from station to race HQ.

With this in mind we are looking into hiring a coach (to be rebranded the Dulwich Runners’ Race Wagon) to take people to and from the race on the day. There would be a cost for taking the coach which would depend on the number of people signing up.

If you might be interested in taking a coach to the race can you let me know by sending an email to: **drsocialsec@gmail.com** with something like “TW COACH YES!!!” in the subject line by the end of December.

Also if you think you may drive and would be happy to take passengers please drop me a message as well.

There will be a trip to a local public house for a post-race debrief as well – details to follow nearer the time.

Oh and sign up for the race now! - **Alastair**

## Tunbridge Wells 1/2M March 2nd 2014

If you want to take part in the second club champs race of 2014, please make sure you enter soon, and if possible before Christmas.
Last year entries closed very early in January.

# Race Reports & Results

**Nb Steve Smythe will now only send in results for races he attends or arranges for someone else to attend, so to be sure your race results appear in SHORTS you must send them in.**
If you can write a report even better, all road, fell, XC, Tri results etc, are welcome but please keep them cordial and free from what might be considered as personal attacks/politics etc. as they will be edited out.

## AXA Hivernales, 12.8km, Watermael-Boisfort, Brussels, 8th Dec

***More from your Brussels correspondent***

Clare, Mike and Suki Efthymiou, did this trail race at the weekend (Suki was a member of the club in the early '90s and visiting for the weekend so this event was obviously thrown into the overall package even though she hasn't done any regular running for a number of years).

It was a similar course to the one that just the pair of them did in mid-October through part of the Foret des Soignes bordering the city – indeed we recognised some parts of that course, albeit in the opposite direction and gradients. It was, though, a couple of km or so shorter at 12.8km.

As a welcome surprise the weather was actually milder this time and perfect, for racing anyway, in just a vest or t-shirt and shorts. The race HQ was also very plush, being the insurance giant AXA's Benelux base, so there was no hanging about for the start in a draughty hut like (shall we say?) Lydd earlier this year, you could just emerge from the spacious, warm foyer and pretty much get straight into action.

This didn't stop almost all of the locals piling on the layers, quite unnecessarily it seemed to us. In fact one of Clare's rivals for the lady veteran title, having noted the new face around these parts, commented that they didn't need the club colours to spot the visiting English runners, the fact that they tended to wear so few clothes usually did the trick – voyez les rosbifs encore, ils sont fous!

Once again it was very much Clare's sort of race along the scenic and atmospheric forest paths and trails which were testing, but not outrageous. This is also a very popular race where the registrations, having reached their limit of just over a thousand, had to close well before the race date and was thus more competitive, it seemed, in the various categories. This meant that Clare couldn't admire the scenery too much, having to keep an eye out for anyone who looked like a threat in her own category.

She spent the race progressively gaining places but when, contrary to this pattern, one potential rival went past her in the final 2k Clare was able to rally and, in a distinctly downhill finish – happily one of here fortes – ended up a good half a minute ahead. This turned out to be decisive as she did win the category carrying away quite a handsome trophy and the inevitable bottle, a cava on this occasion.

One of these items did not survive the rest of the day, shared between herself and the trailing support crew (and very nice it was, too).

We'll try to be back for the 'Estivales' version of this race in June where the course they use is one kilometre further. One assumes our choice of racing gear won't be considered quite so outlandish then.

***Mike Dodds***

| | | | |
|---|---|---|---|
| 210 | Clare Wyngard | 58-07 | 1st W50 |
| 401 | Mike Dodds | 63-41 | |
| 852 | Suki Efthymiou | 86-13 | |

904 finishers

## Brooks Serpentine Last Friday 5k Hyde Park 29.11.13

***This was held in blustery conditions on an alternative course, as the bandstand area is engulfed by Winter Wonderland in November and December.***

The course started by the Serpentine boathouse and turned uphill to the police station, with two square 2k loops from there on a narrowish path.

The downhill in the last kilometre allows for a strong finish even with tired legs, so quite a fast course despite some congestion. Most of the DR regulars were resting before the Battersea 10k but Ian decided to practice his pace for that run. I was trying to run sub 21 and just made it with a sub 4 last k.

Winter Wonderland offers lots of German-style refreshment for afterwards - the mulled wine is recommended as a recovery drink.

The next race is on Friday Dec 27th at 12.30, entry only by post in advance at £2 via the address on the Serpentine website.

***Andy Murray***

| | | |
|---|---|---|
| 35 | Ian Lilley | 19:09 |
| 58 | Steve Williams | 19:42 |
| 92 | Andy Murray | 20:51 |

## Crystal Palace Canter 5K, 3 December

A 1,2,3 for Dulwich this month.

| | | |
|---|---|---|
| 1 | Mike Mann | 20:46 |
| 2 | Ian Sesnan | 22:00 |
| 3 | Graham Laylee | 22:36 |

***Mike Mann***

## Mince Pie 10 8th Dec

***Lindsey Annable writes……****And then there were two.*

We made the trip down to a bright and sunny Peacehaven, Brighton as sole representatives of Dulwich Runners to run in this iconic race.

This used to be an annual event for DR and the BBC running club where we took 40+ runners, which used to earn us a specially made team cake! Despite an increased entry limit, this popular race had sold out a few weeks in advance. A running club based on the Isle of Wight had come to take part and they probably took the prize for furthest travelled!

Wearing Santa Hats which co-ordinated well with the Dulwich red vests we set off along a now familiar course. This was Barrie's tenth race here and my sixth, as well as two walks of the course during my injury break!

At the top of the course there were stunning views of rolling hills, blue sky and the sea – not something you get in every race. We even saw pheasants and horses en route, which made us feel that we were really in the country! Fortunately the ground was quite dry which made for good running conditions. The hill at 6 miles felt no easier though and made Kirkdale seem relatively flat. We were nonetheless buoyed by very supportive marshals, some of whom recognised, and cheered the DR vest.

Barrie and I didn't feel 100% after struggling to fully recover from the cold and cough that is doing the rounds and this is one course that will find you out. We ran closely together for the first couple of miles but Barrie very gradually built a gap between us.

Barrie did very well to come in close to his time last year, being about 20 seconds faster. I was pleased to take around 4 minutes off my last time for the race but found the final two miles very tough.

Afterwards we headed for The Telscombe Tavern for a Sunday roast, which felt all the more delicious after our hard run.

Unofficial results at time of writing:

| | |
|---|---|
| Barrie John Nicholls | 1.29.32 |
| Lindsey Annable | 1.31.27 |

## Surrey Ladies League, Coulsdon, Sat 7th December

***Mel Edwards writes*** A rare one lap course of just under 4 miles across Farthing Down taking in the Happy Valley. Turn out was down on the first match, despite Coulsdon being much closer and easier to get to, although we were missing some women to the Kent vets XC race being held at the same time.

Shona had her best ever Surrey League race in what was her last XC race for Dulwich before heading off to Scotland, placing third after a sprint finish. Mel struggled to get going but had a good second half. Ola had a fast start, which she maintained well and enjoyed the course. Katie and Anna were the final scorers for the A team, both finishing strongly with Anna just maintaining her lead over Michellle to the finish line. Michelle was first scorer for an incomplete B team, with Ros not too far behind. Louisa ran well and enjoyed the course. Katie showed great finishing speed, outsprinting one woman and almost catching a second on the line.

The A team finished 8th on the day, which put us 4th overall in the league after two races. We really need as many women as possible – of all abilities – to turn out for the last two matches!

***Steve Smythe*** adds after some great turn-outs by the women this winter, this was a disappointment and the Kent clash only cost us one regular scorer and it was a shame that well over half a dozen regulars of all abilities didn't give the team their usual support. Shona achieved a position that only Clare has bettered over the last 10 years or so and it was easily her best cross-country run for the club.

The other A team scorers, Anna aside, weren't at the very best though the B team runs of Michelle, Louisa and Katie looked like they are improving fitness.

| | | |
|---|---|---|
| 3 | hona McIntosh | 24:08 (2nd div 1) |
| 31 | S Mel Edwards | 26:05 (22nd Div 1) |
| 37 | Ola Balme | 26:37 (26 Div 1) |
| 88 | Katie Crowe | 28:31 (59 Div 1) |
| 106 | Anna Thomas | 29:13 (71 Div 1) |
| 107 | Michelle Lennon | 29:14 |
| 122 | Ros Tabor | 29:37 (1W60) |
| 148 | Louisa Pritchard | 30:39 |
| 172 | Katie Styles | 31:44 |

TEAM Div 1: 1 Belgrave H 68; 2 Herne Hill H 92; 3 Thames Hare & Hounds 121; 4 West 4 H 137; 5 South London H 154; 6 Clapham Chasers 174; 7 Stragglers 178; 8 Dulwich R 180; 9 Hercules Wimbledon 218; 10 Reigate Priory 260

# Kent Masters Championships, Danson Park, Bexley, Dec 7

***GOLDS FOR CLARE, M50 TEAM.***

Silver for Tony and bronze for W35s.

It was a generally fast course with one hill per lap and mostly firm ground. It only used a small part of the park and each lap was 2.5km, which meant the men had to run four laps. The times were fast for a cross-country course and a course a fraction over 10km for the men and 5km for ther women.

He hasn't been at his best in recent weeks due to an injury but Tony Tuohy liked the course and did far better than last year when he was much fitter and only fourth. Here he ran a strong last lap which got him up to second and he was only beaten by 2012 British M50 10k champion Graeme Saker.

Steve Smythe and Neville Webb were reasonably close throughout and once moving into the top ten past halfway, it was clear that Dulwich had the team race sewn up which proved the case as they won the event for the first time, having been second last year.

The pair were easily the first two M55s and the victory was clearcut over the other 12 teams.

Steve's gold meant he has won Kent team golds over forty years apart, having been in the winning under 15 boys team back in 1973!

**M50 10km**

| | |
|---|---|
| 2 Tony Tuohy | 36:46 |
| 9 Steve Smythe | 39:22 (1M55) |
| 10 Neville Webb | 39:26 (2M55) |

TEAM: **1 Dulwich 21**; 2 B&B 32; 3 S'oaks 50; 4 Beckenham 70; 5 Canterbury 83; 6 Camb H 84; 7 Tonbridge 87; 8 Orpington 112; 9 Istead & Ifield 113; 10 Dartford RR 121; 11 Kent 130; 12 Maidstone 167; 13 Bexley 172

**M40 10km**

Ian Lilley, was the only Dulwich M40 as others failed to show and found it hard to gauge his effort and his early laps weren't fast enough but he finished strongly.

30 Ian Lilley 40:16

**W35 5km**

Clare had to run the W35s so we could have a team and one likely scorer and regular competitor got confused and didn't think she could run the race. The standard was very high and the first four in the race all finished in the top six in the main Kent senior Championships earlier in the year and those four were followed home by two runners who have both won senior titles, with one of those former UK senior 10,000m champion Louise Knight who won the senior title a record seven times.

Clare sat in behind Maria Heslop, who has run regular 36 10ks this year before making her effort up the final hill in the last 500 metres and winning the women's race by 13 seconds and taking W35 gold by half a minute as Heslop is also a W45.

This was the sixth time Clare has run the race since 2007 and she gained her sixth win as a Dulwich Runner. She had been an unofficial third in 2006 in her pre Dulwich days.

Cara Oliver, in her first appearance on the country for the club, started slowly but came through well to finish as seventh W35.

The event was three to score and Jo Shelton also fininshed strongly with one of her best cross-country runs and her 27th was enough to give Dulwich the bronzes

| | |
|---|---|
| 1 Clare Elms | 18:20 |
| 7 Cara Oliver | 20:31 |
| 27 Jo Shelton | 24:16 |

TEAM: 1 M&M 15; 2 B&B 21; 3 **Dulwich 35**; 4 Tun W 44; 5 Kent 58

***Steve Smythe***

# 7th December

## Ally Pally

Chris Vernon writes
As it was their 2nd Anniversary I thought I should make the trek to this hill in North London which can be seen from Crystal Palace.

This is another parkrun which has grown out of the community without the help of the established running scene. It attracts no more than about 60 probably because it is not an easy one , largely off road and after rain, muddy in parts.

I was singularly unprepared for this as I wore old road shoes without grip and I left my glasses in my bag which made it difficult to see undulations, tree roots etc.

After an enthusiastic welcome from the Race Director we set off round the two and a bit lap course. Round a very large field, uphill ( not too bad, just a little walk required !) through the woods then traversing the hill under the Palace and down a very steep tarmac path to begin the big field again. This is where the first few runners came thundering past me on their way to the finish, oh joy of joys, but from there on in I was on my own except for three back markers behind.

Lots of lovely cake awaited at the finish and the prizes were awarded to points winners, volunteers etc. as usual for an anniversary. I met three other tourists, two women at the back of the field, both 100 clubbers from Collingwood Runners (home run Roundshaw Downs) and a gent from Gloucester visiting his daughter. Verdict- Not the most exciting course but would be lovely in the summer with a picnic afterwards.

That is new parkrun no 29 in the bag, no 30 should be on the other side of the world in the sun and a new age group!

57 Chris Vernon 36.15 1st VM65
60 ran

## Brockwell

***Three year anniversary for Brockwell and a good result for Charlie, finishing first lady one second short of her course PB.***

A rather prolonged ceremony/speech meant a very late start and huddling about 15 minutes in the cold wind, wiping out the benefits of any pre-run warm-ups.

On the plus side there were some home-made cereal bars handed around after the run, and a gathering in a pub, which I skipped in favour of a hill session with Mike Mann who wanted some exercise after his probably hundredth time as a volunteer here.

I recommend for all not familiar with this course to run it ahead of our club-champs race to get an idea of the hills involved and of how to time your finish (since it can come rather suddenly on your second lap). ***Ebe Prill***

| | | |
|---|---|---|
| 13 | Ebe Prill | 18:53 (course PB) |
| 14 | Charlie Wood W1 | 18:58 missed pb by 1 sec |
| 27 | Mark Foster | 20:05 |
| 51 | Andy Murray | 21:13 (1 M60) |
| 58 | Cameron Timmis | 21:43 |
| 60 | Graham Laylee | 21:49 |
| 111 | Steve Cook | 25:26(course PB) |
| 119 | Stephanie Robinson W25 | 26:17 |
| 135 | Sarah Lyness W35 | 27:37 |

169 ran

## Crystal Palace

| | | |
|---|---|---|
| 2 | Edwin McCormack | 18.36 |
| 8 | Andy Cottrill | 20.12 |
| 14 | Bob Bell | 22.35 |

83 ran

## Dulwich

| | |
|---|---|
| 7 Paul Devine | 17:33 |
| 12 Sam Crump | 18:31 |
| 14 Chris Loizou | 18:39 (1M55) |
| 19 Rob Cope | 18:52 |
| 23 Rob Tobin | 19:17 (PB) |
| 73 Claire Steward 5W | 24:39 (1W60) |

117 ran

## Hilly Fields

| | |
|---|---|
| 7 Kevin Chadwick | 19:55 |

86 ran

## Orpington

| | |
|---|---|
| 40 Steve Wehrle | 28:14 (1M65) |

86 ran

## Riddlesdown

| | |
|---|---|
| 21 Ange Norris 2W | 22:01 (1W50) |

97 ran

# 2014 pre London Marathon schedule for weekend runs going through to 13th April .

For further information contact either STEVE WEHRLE or CLAIRE STEWARD

SUNDAY RUNS, RACES AND REPS
(Provisional – dates and events subject to change)
Includes: middle and long distance multi-terrain / road races
Cross Country (XC) Fixtures on Saturdays
Sunday runs at High Elms, Mile repetitions in Dulwich Park
Preparation for London Marathon 2014

| Weeks to go! | Date | Event / Distance | Information |
|---|---|---|---|
| 14 | 4 Jan | Surrey XC champs | Debbies Vineyard |
| 14 | 5 Jan | Tadworth 10 | Epsom Downs – off road |
| 13 | 11 Jan | Surrey League XC | Reigate & Putney |
| 13 | 12 Jan | 6 x 1 mile reps | Dulwich Park 09:30 |
| 12 | 19 Jan | High Elms | 09:00 off road with HEROS- 14 miles |
| 11 | 26 Jan | 8 x 1 mile reps | Dulwich Park 0900 |
| 10 | 1 Feb | Brockwell Parkrun | 09:00 5km – **CLUB CHAMPS** |
| 10 | 2 Feb | High Elms | 09:00 off road – 15 miles |
| 9 | 8 Feb | Surrey League XC | Lloyd Park |
| 9 | 9 Feb | High Elms | 09:00 off road- 16 mile run |
| 8 | 15 Feb | Mob Match XC | Beckenham Place Park |
| 8 | 16 Feb | 10 x 1 mile reps | 09:00 Dulwich Park |
| 7 | 23 Feb | Dulwich Park | 09:00 17 miles |
| 6 | 2 Mar | Tunbridge Wells 1/2M | **CLUB CHAMPS** |
| 5 | 9 Mar | Richmond Park | 09:30 - 22 mile off road run |
| 4 | 16 Mar | Spitfire 20 | Dunsfold Aerodrome( 20 mile race) |
| 3 | 23 Mar | 12 x 1 mile reps | 09:00 Dulwich Park |
| 2 | 30 Mar | Paddock Wood 1/2M | Paddock Wood, Kent |
| 1 | 6 Apr | Easy 10 miles | 09:00 High Elms |
| **Zero** | **13 Apr** | **LONDON MARATHON** | **CLUB CHAMPS** |

The traditional Sunday Dulwich Park runs start at or 09:00 for longer runs for marathon preparation
For a more rural run, meet up with members of Orpington and Blackheath Clubs, 'HEROS'
(High Elms Runners on Sunday) starting from High Elms at 9:00
For more information contact Steve Wehrle or Claire Steward
For XC events, contact the Cross Country Captains for further details
( suitable for; 3.15 – 3.50 time long runs with Claire
3.50 -4.30 long runs with Steve)

I am planning a run of 12 miles, road and cross country, on Friday 27th December at 1000
from Polhill, near Badgers Mount
This run takes in Shoreham/Otford/Kingsdown etc and has 4 big hills.
Come along and run off the turkey.
Anyone happy to run at 9 minute mile pace come and join us!
If you want directions please ask. Cheers Steve.wehrle@immediate.co.uk

# DULWICH RUNNERS TURKEY TROT HANDICAP RACE

**5K (approx) HANDICAP RACE (3 laps of Dulwich Park)**

**SUNDAY 15th DECEMBER 10.00 (meet by Queen Mary's Gate)**

prizes for:

1st runner across the finish line

1st walker across the finish line

closest to predicted time

best fancy dress - THEME SPARKLE!!

entry fee £2.50 or £2 if in fancy dress

most recent 5k or parkrun time _____

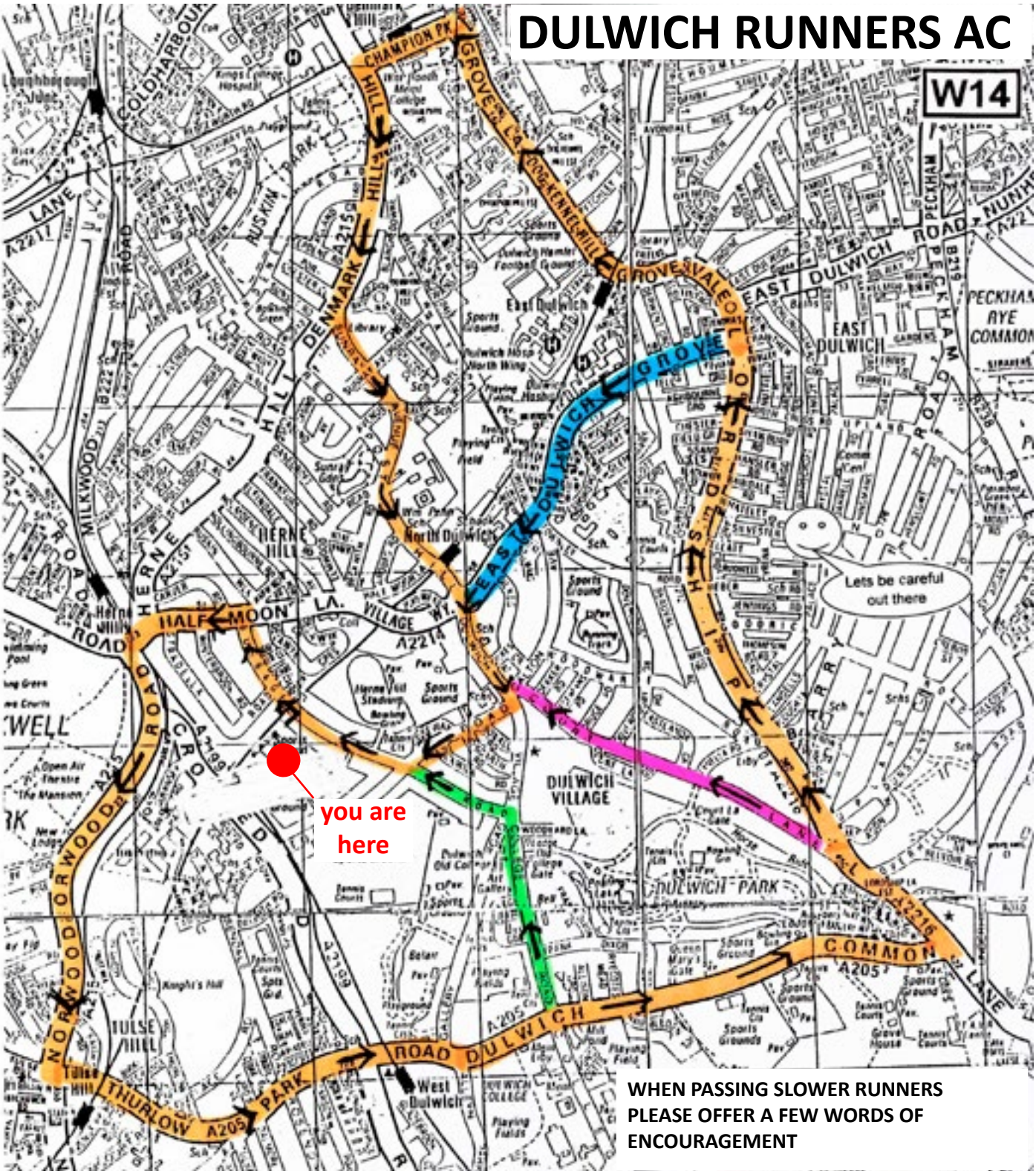
predicted time for 5k on 15th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than handicap.

**ros@28kerfield.freeserve.co.uk**

# DULWICH RUNNERS AC




**APPROXIMATE DISTANCES FOR TONIGHTS RUN**

| | | |
|---|---|---|
| **FULL RUN** | **ORANGE** | **.....7.5 MILES** |
| **SHORT CUT** | **BLUE** | **.....6.0 MILES** |
| **SHORT CUT** | **PINK** | **.....5.0 MILES** |
| **SHORT CUT** | **GREEN** | **.....3.5 MILES** |