SHORTS

Dulwich Runners AC
Weekly Newsletter
January 29th 2014

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

- THE COMING WEEK –

Wed 29 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 4 **Track session with Steve Smythe** - £2.50 fee
Crystal Palace Track - 7 for 7:15pm start

In your SHORTS this week !

4 Fixture list, Club champs,XC road, trail etc
5 Race reports results etc
5 South of Thames XC champs reports and results
8 Parkrun results and reports
11 Wednesday night running map

And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

TRACK SESSIONS

Crystal Palace Track

Tuesdays with Steve Smythe - suitable for all abilities
Improve your speed & strength over all distances.
suitable for all abilities.

We pay a monthly fee so it is important as many people use the track as possible so we don't make a loss.

The entry & payment systemsystem has changed.
£2.50 per session
Ideally aim to arrive at 7pm warm up for 7:15 start.
Please see page 2 for full details on track entry and payment system - Steve Smythe.

BECKENHAM MOB MATCH, 15 FEBRUARY REQUEST FOR MARSHALS

Our 3-way cross country mob match takes place at Beckenham Place Park on Saturday 15 February. We have been asked to provide some volunteers so anyone not planning to run but willing to marshal and provide support, please contact me. mcmann90@yahoo.co.uk

Your DR Committee are next due to meet on Monday 10th February.

If you have any matters which you would would like the mittee to discuss or consider, please email me on secretary@dulwichrunners.org.uk by Wednesday 5th February.
Thanks!
Clare - DR Secretary

Dulwich Runners Membership Annual Renewals Due

If you have not yet renewed your 2014 membership then you cannot score as a Dulwich Runner in any club races, XC, club champs and any other events you may enter.
You must RENEW ASAP

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 or see me at the club on a Wednesday evening
Thankyou to those of you that have renewed

EVENT HORIZON

A brief look ahead

full fixture list page 5

Feb 08 Surrey League XC - men & women - Lloyd Park
Feb 15 Mob match - Beckenham Palace Park
Feb 22 National XC Champs - Nottingham

NEW RUNNERS ROTA

A big thankyou to **Steve Cook, Peter Gibbons Steve Wehrle, and Andy Murray** 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.
Thanks. – **Ros**

Ajay Khandelwal	**29/01**
Paul Keating	05/02
Graham Laylee	12/02
Alastair Locke	18/02

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 Night Run - Map

Click above for this weeks Wednesday night map, which is at the last page 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 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)

SPRING RELAYS

We plan to enter teams from the club for the Green Belt Relay (GBR) on 17/18 May and the Welsh Castles Relay on 8/9 June. Both relays which take place over weekends present scenic and varied running opportunities as well as being excellent social events.

The GBR is a circular route around the edge of the London area. It is largely off road on riverside towpaths and footpaths taking in some highly attractive countryside, particularly across the Chilterns and North Downs. The WCR takes place mainly on smallish roads but includes some trail sections. It starts at Caernarfon Castle in North Wales and finishes the next day at Cardiff Castle.

In the GBR each competitor runs twice on Saturday and Sunday, while in the WCR you only run once during the weekend. With both relays individual stages range mostly from 8 to 13 miles in length, with differing degrees of difficulty. The tough hilly stages will be allocated to our strongest runners. These are not elite events and are open to runners of all abilities, though a certain level of fitness is required, especially for the GBR where you run on 2 consecutive days.Newly joined members of the club are especially welcome; these relays provide excellent opportunities to socialize.

We hope to enter two teams of 11 for the GBR and one team of 20 for the WCR. These relays have proved popular in recent years, so it is in your interest to put your names down early. If you would like to enter or require any further information, please contact me at
mcmann90@yahoo.co.uk
Mike Mann (on behalf of the Relays team)

There has been quite a lot of interest in the Green Belt Relay and if a few more come forward it should be possible to enter 2 teams, including either a vets or women's team, depending on numbers. However we are well short of a full team of 20 for the Welsh Castles Relay and need more to come forward before the entry deadline of early March if we are to enter a team.

Dulwich Runners have received an e-mail from the London Marathon re the 10k in London on May 25.
The fastest six male and female runners based on times in 2013 and 2014 up until the first week in May, and subject to fitness, will be entered free of charge by the club. Contact Steve Smythe if you are interested in being part of the team. steve.smythe@athleticsweekly.com

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***

Need a New Year incentive ?

Then read on because Chris Goodman may have just what you're looking for

"How is your new year running going? Struggling for motivation and want to compete virtually against other club members? Some Dulwich Runners have signed up to team 'Dulwich' in the Jantastic challenge, and it's not too late to join.
Charles Lound Ian Sesnan Dave Feasey
Ed Smythe
To sign up and find out more visit www.jantastic.me and join the team named 'Dulwich'"

Full details and how to sign up to Jantastic are on the website – **www.jantastic.me**
Chris Goodman

DULWICH CHARITY EVENT October/November 2014

Susan Vernon writes:
We are looking for new Dulwich Runner members to join a committee to organise a charity event in Oct/Nov 2014. The Club has put on a Dulwich Charity 10k for the last 28 years and need a new committee to start the organisation of an event in February. We need lots of new ideas so if you are interested, please email me at vernonrun@aol.com.
Many thanks

Southwark Children's Brass Band

are looking for a runner who has a London Marathon place to run on behalf of this registered local charity for children aged 6-14) . We want a local runner to run for us and to help us fundraise by setting up a link on Virgin Money Giving. We will do most of the fund raising though .
We can offer a free t shirt and possibly musical support on route .

We have now been offered a charity place but the offer is only open till Friday morning 31st January .

I'll come to the club on Wednesday to give more informa

www.southwarkchildrensbrassband.org/

If anyone is interested, can they please contact
info@southwarkchildrensbrassband.org

Best wishes - Iain Millar 07956 255970

Post Parkrun club champ brekkie !

With mince pies and turkey sarnies now firmly behind us or at least still firmly on the waist line, thoughts can turn to the first big sporting event of the year; the Brockwell Park parkrun Club Champs race – Saturday 1st February!

Over a testing course this is sure to be a great event and I hope that everyone will turn out in their red and blue striped finest to take part and make a morning of it by coming along to the prize giving and post-run breakfast.

We have an option on the very nice Florence Pub opening early for us for our own private gathering and race debrief. However, not everyone has the minerals to get themselves out of bed and run 5km before 10am and so we need to have a good group of us to go along and relive every bend of the parkrun over a hearty breakfast and warm cuppa to make sure they'll have the doors open.

The options are full English (meaty or veggie) and poached eggs on muffin with bacon/spinach/both.
If you're planning to be there for some top morning grub and a brew can you pop an email to drsocialsec@gmail.com with Yes for Breakfast or some other cereal based propaganda.
Thanks
Al

!STOP PRESS!

We might be left in the lurch by an understaffed Florence so that post run monster fry up / granola bar (delete as applicable) may be in jeopardy.
But Social Sec is using his time at work to maximum efficiently to sort something out.
Watch out for a SHORTS Extra notice on Friday with full details!

Film Night

Coming to a pub near my house soon
It's not all about training, training, training (…isn't it?).
Take some time out, put the running socks on for a boil wash and venture out of the house without having to wait on the doorstep to locate that satellite.
Join us for a night of blockbuster cinema action, running themed of course (I promise it won't be that youtube clip of the men's XC at Richmond Park, inspiring though it was).
Details out soon

WINE AND WISDOM QUIZ

St Barnabas Hall, Dulwich
Saturday 8 March

I have reserved a table for a Dulwich team of 8. It is an annual quiz in aid of the Children's Society. I think the entry fee is about £8, and that includes a drink, but you have to provide a little food for the buffet supper.

If you are interested please let me know. - **Ros**

Coach to Tunbridge Wells Half Marathon – Sunday 2nd March

!ONLY 6 PLACES LEFT!

Grab one before they're gone!
Send an email to:
drsocialsec@gmail.com
to book your seat.
Please let me know if you can't make the coach anymore so I can give your seat to someone else.

Schedule for the day:

- *Depart at 6:30am from in front of the Crown & Grey hound public house 73 Dulwich Village, London SE21 7BJ)*
  Wheels will be rolling at 6:30 to ensure we get to the race HQ in plenty of time so please make sure you're on board by then.
- *Arrive at race HQ (approx 8am). Race faces on, PBs all round. Good times.*
- *Pick up from race HQ at 12pm for a short trip to the pub for lunch, tales of glory, the hill, garmin lap times and post-race rehydration.*
- *Leave from pub to be back in Dulwich (Crown & Grey hound) for 5pm at latest.*

Payment

Pay on the day so please bring cash or cheque books.
With a good take up and a good deal on the coach as it stands the cost is £10 each.
People who have signed up are;

Toby De Belder	*Lindsey Annablel*	*Laura Long*
Mel Edwards	*Katie Crowe*	*Rob Cope*
Liann Peters	*BarrieJohn*	*Andrew Bright*
Di Morgan	*Claire Steward*	*Steve Street*
Nicola McIvor	*AnnaThomas*	*Edwin McCormack*
GideonFranklin	*Chris Loizou*	*Michelle Lennon*
John English	*Sue Cooper*	*Michael Mann*
Per Hedberg	*Ed Hill*	*James Burrows*
Jim Dowsett	*Alastair Locke*	*Jo Brady*
Helen Lister	*Cameron Timmis*	*Paul Devine*
Ros Tabor	*LouisaPritchard*	*Yvette Dore*
Ameet Patel	*Ajay Khandelwal 2*	*Ebe Prill*
Andy Murray	*GarySullivan 3*	

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.

Dulwich Runners 2014 Fixtures

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

Date		Race			Venue
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
Apr	3	Assembly League	3miles		Beckenham - 7:15 start
	13	London (or other) Marathon		(long)	London / various
May	1	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	5	Ted Pepper 10k		(medium)	Bromley, Norman park
	25	Rye 10 miles		(long)	Rye
Jun	5	Assembly League	5k		Dulwich Park - 7:30 start
	22	Beckenham 10k		(medium)	Beckenham
July	3	Assembly League	5k		Battersea Park - 7:30 start
	tbc 11	Mark Hayes Mile		(short)	Dulwich College Track
Aug	7	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	31	Sevenoaks 7		(medium)	Sevenoaks
Sep	4	Assembly League	3miles		Beckenham - 7:15 start
	11	Dulwich Park 2 miles		(short)	Dulwich Park

ASSEMBLY LEAGUE 2014

This year's series of Assembly League races has now been decided.
They will take place on the first Thursday of every summer month, venues will be the same as last year.
This summer evening series of races is popular with club members, and all including newly joined members are warmly welcomed and encouraged to participate.
For those that are new to the club these races are open to all standards and abilities, 5k, and free to enter, all you need to do is have a club vest, turn up and run.
If there is any further information regarding these races it will appear here in Shorts as and when it becomes available

3 April	Beckenham	3miles	7.15 start
1 May	Victoria Park	3.5 miles	7.30 start
5 June	Dulwich Park	5k	7.30 start
3 July	Battersea Park	5k	7.30 start
7 Aug	Victoria Park	3.5 miles	7.30 start
4 Sept	Beckenham	3 miles	7.15 start

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

BECKENHAM MOB MATCH, 15 FEBRUARY, REQUEST FOR MARSHALS

Our 3-way cross country mob match takes place at Beckenham Place Park on Saturday 15 February. We have been asked to provide some volunteers so anyone not planning to run but willing to marshal and provide support, please contact me. mcmann90@yahoo.co.uk

MEN'S SURREY LEAGUE CROSS COUNTRY 8 FEBRUARY

The final men's Surrey League match of the season takes place at Lloyd Park on Saturday 8 February, starting at 3pm (5 miles, 2 laps). The women's match will be held at 12 noon (also 5 miles, 2 laps).
The address is Lloyd Park, Coombe Road, Croydon CR0 5RA. The nearest tram stop is Lloyd Park. From East Croydon take the tram heading for New Addington. There is a small car park at the venue (take a ticket) and plenty of parking in adjacent streets. The course is currently very muddy in places so long spikes or studded shoes would be suitable.
Please make every effort to turn up, particularly if you are one of our regular scorers. We need another solid performance to keep us clear of the two relegation spots
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***

REQUEST FOR MARSHALS
Our 3-way cross country mob match takes place at Beckenham Place Park on Saturday 15 February. We have been asked to provide some volunteers so anyone not planning to run but willing to marshal and provide support, please contact me. mcmann90@yahoo.co.uk

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

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 .

South Of England Cross Country Champs, 25 January

This race took place in conditions resembling a First World War battlefield, though fortunately most managed to stay upright, although a number were spotted with lost shoes sucked into the mud.

There was a mixture of sloppy mud, deep mud and a few reasonably firm sections where it was possible to pick up speed. The start was close to the wall of the lido making the men's race an estimated 200m longer than last year's and the opening hill more challenging than usual.

This 15k race is the most challenging in the cross country calendar but the ground conditions made it even more difficult than usual. For some it was part of their marathon training but for other it was a case of floundering around in the mud with varying levels of (in)effectiveness and (in)competence before going to the pub. Conditions got increasingly squally as the men's race progressed and later finishers had to contend a downpour accompanied by thunder and lightning.

The threatening conditions didn't deter the intrepid runners and the men's field was almost 1000 finishers about twice as large as last year!

The men's team was led home by Paul Devine, celebrating his birthday and having his best cross country race of the season, being 4 min faster than on last years shorter course. With his Welsh blood he seemed to revel in the appalling conditions. Next finishers were a not fully fit Alastair Locke followed by Ebe Prill who continued his good run of form, and then Sam Crump who had a strong run.

Rob Cope was caught out by the moved start-line and had to catch up from behind, confirming nevertheless his improving form through the winter and using the race as training for his marathon-goal.
Edwin McCormack missed the start by several minutes but managed to go through the field steadily despite recovering from a recent virus.

Next was Ian Lilley who was a little disappointed with his run, but performed well in the conditions.
Mike Mann missed the start by around 30 seconds following a late decision to switch shoes, but had a good battle with a M60 rival in the last mile, missing out by 7 seconds.

The next 3 finishers, Chris Goodman, Ian Sesnan and Barrie John Nichols had to contend with dreadful conditions in the final stages. With the officials disappearing to take shelter from the storm, Barrie John's time was not recorded.

Finally thanks to those who trampled across extensive mud to support our competitors before joining us in the pub afterwards, including those who have been strong supporters of the event in recent years - John Tymukas, John O'Byrne, Bernard Imber, Steve Street, Dave West,Stephanie Burchill and Lindsey Annable - ***Mike Mann***

265 Paul Devine	63:34
376 Alastair Locke	66:32
434 Ebe Prill	67:33
487 Sam Crump	69:03
552 Rob Cope	70:46
564 Edwin McCormack	71:08
623 Ian Lilley	72:35
722 Mike Mann 1MV65	75:51
769 Chris Goodman	77:44
906 Ian Sesnan	85:56
Barrie J Nicolls	95:00 (est)

986 ran

South of England Women's Championship

Steve S adds with everyone fit and available we could have possibly challenged for medals but with injuries and people moving away, we had to make do with a top-30 place.
Clare Elms wasn't at her very best but ran solidly and though feeling like she wasn't moving well, she was in the top 25 and beat National masters champion Lucy Elliott, who medalled in this race a few years ago for the first time. She also beat London champion Lara Bromilow and the women who beat her to second place in the Kents a few weeks ago.

Anna Thomas, looking at her fittest ever, moved through well. Nicola Richmond started slowly, and though not comfortable in the mud, also came through the field.
Michelle Lennon had one of her best cross-country runs, despite a parkrun warm-up.
Sue Cooper was another ill at ease on the mud, but battled on as did Louisa and Jo S, who didn't quite reach their best form of the winter in very difficult conditions.

24 Clare Elms	34:03
182 Anna Thomas	39:50
202 Nicola Richmond	40:34
228 Michelle Lennon	41:19
235 Sue Cooper	41:28
256 Louisa Pritchard	42:29
358 Joanne Shelton	47:23

466 ran
TEAM: 30th

SEAA U15 Boys 4.5k

219 Oscar Hussey	20.37

258 ran

Lliswerry 8 - 26-01-14

This eight mile race started by a stadium next to the velodrome on the outskirts of Newport, South Wales, and the race limit of 700 was reached before race day.

The route was one mile out, a six mile loop and one mile back on flat lanes. It was potentially a fast course but three hours of torrential rain in the morning created lots of puddles and the pre-start area of a small car park gave little room for a warm-up.

Fortunately the rain stopped just after the start and we set off past farms and ditches in countryside similar to Lydd or Paddock Wood.

Although we were hit by wind and showers in the middle of the race we managed to recover our pace by the end. A sports centre was available for changing, showers and cake afterwards. Ros won a bottle of wine.

-***Andy Murray***

193 Andy Murray	57:36
243 Ros Tabor 1W60	59:21

(chip times)

Kent Schools Championships, Wilmington, January 18

Oscar wasn't at is best. He finished exactly a minute behind James Elms, who has been a member and was borrowing the pair of a Dulwich Runners' vets shoes. He once ran a 6:00 mile at the age of 7 at Dulwich. Here, watched by his brother Alex, who was sadly injured and couldn't run, James in eighth put himself in line for a place in the 8 man Kent team (probably the strongest in the country) in the English Schools Championships, but is more likely to focus on his preferred football.

33 Oscar Hussey	15:49

Nightmare on ~~Elm Street~~ Parliament Hill South of England XC 25th January 2014

Parliament Hill is never an easy course and this year it certainly took the biscuit as one of the toughest races ever. But it was the weather towards the end of the run this year that turned it into a real horror movie.

I took the run steadily worried about getting injured during my marathon training even though I was wearing proper XC shoes for the first time ever! As the race progressed the numbers at the back dwindled as people dropped out. By the time I hit the final lap the marshals were taking down the course markers despite quite a few people still being on the course.

It became a real battle of wills to keep going. I kept pausing to encourage the people around me up the hills as some were contemplating giving up. I even stopped at one point as I couldn't make out the course in the ensuing gloom and had to ask the help of a fellow runner.

It was towards the end of the final lap when the horror movie started. A real storm suddenly whipped up and lashed the trees on the course. It was almost as if we'd be engulfed by their branches as they swung violently in the strong gusts of wind.

The rain turned to hail and then there was lightening – first along the length of the hill, followed by a massive fork and then a huge burst of light as if someone had turned a bulb on directly overhead. This was all the more worrying as we were at the top of the course!

I waited for the two runners behind me as I was now really concerned about our safety and we vowed to finish the course together. As we approached the final straight descending down to the finish we were suddenly blinded by the headlights of a police Range Rover, with a policeman shouting 'Drop out now' through a loudhailer. But drop out where? This seemed quite ridiculous, as we were literally half a mile from the end and finishing was actually the quickest way back.

We all pushed on to the finish funnel, but with no course markers in sight we just had to follow the wide path of mud. It was such a relief to finish and get a quick shower.

That has to be the toughest race in my 25 years of running but it showed the real camaraderie that XC engenders. I might not race against the two runners I finished with again but we were united via a sense of sportsmanship and comradeship in our fight against the elements.

Barrie John Nicholls

Canterbury 10

've done this race on and off over a fair few years and can't remember one done in decent weather.

This year it was bit warmer than last and the organisers announced at the start that the rain was scheduled to hold off for an hour so advised anybody who didn't want to get wet to get a move on. Sadly even Mo Farah, if he'd been there, would have got wet as the heavens opened about ten minutes into the race. I say heavens but it was more of a broadside as the the wind also got up.

This is a course with some very exposed parts and we got the full brunt. On the other hand it's all on country lanes or tracks, which with a few exceptions were relatively non muddy, probably because of the streams running down them. Talking of streams there is a ford which, in most years, a lot of us have jumped, thereby saving going over a small bridge. This year the stream was a full blown river and anything but the bridge was not an option . However when I arrived the field was well spaced out so didn't cause a bottleneck.

Andy and Belinda both had plans whereas I was only interested in getting round in what I thought would be a reasonable time, even though our Garmins all told us another mile was up a missing 9 mile mark gave us all some doubt as to the final run in and I for one didn't push quite as might have for fear of having to go further.

Also over the years the finish has moved a few times and this year was one of the least inauspicious going (you are sent off the road and onto a pavement behind some parked cars) adding to the doubt as to the timing of that sprint finish.

Having said that we were all pleased to get round (Belinda and Andy both on target) in what is a well organised event which if the weather cooperated could be a pleasant course. ***-Bob Bell***

86	Andy Cottrill	69.27 (chip 69.08)
211	Bob Bell	78.48 (chip 78.27)
407	Belinda Bell	89.57 (chip 89.35)
629	swam	

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**

Sunday training

Hello

Well done all 20 who turned up for the 8 x 1 mile session today, especially those nursing Burns night burnout and injuries.

Much faster reps achieved in particular Gideon, Michelle and Colin.

Next 2 Sundays, plans have changed as High Elms is currently under water!

FEB 2nd

0900 – Run from Dulwich to Beckenham Place park and back, appx 14 miles (Paul Hilton to lead)

FEB 9th

0900- Run from Norman Park , Bromley to Tatsfield and back, appx 16 miles, (Meet at pavilion, where park run finishes)

Session times

Claire Steward	8;12
Steve Wehrle	8:01
Paul Hilton	8:01
Pat Mcmorrow	8:00
Ameet Patel	7:55
Paul Keating	7:55
Charlie Boden	7:42
Jo Shelton	7:41
Laura Lane	7:40
Anne Unseld	7:38
Teddy Crane	7:34
Chris Moody	7:32
Hugh French	7:31
Claire Sinka	7:26
Nicola Mcivor	7:23
Colin Frith	7:17
Michelle Lennon	7:11
Gideon Franklin	6:43
Laura Long	6:39
Ajay Khandwal	6:32

Cheers - **Steve Wehrle**

New members especially ! and others....

Could you update your Parkrun profiles to show you are a member of Dulwich Runners AC (if paid up). This will help us pick out all our runners for the championship results on Feb 1 and also for the weekly results.

parkrun January 25

Brockwell

25 Ola Balme 2W	20:05
67 Graham Laylee	22:07
66 Katie Balme 7W	22:02
72 Nicola McIvor 11W	22:27
163 Desmond Edwards	26:10
198 Sarah Lyness 45W	27:44
249 ran	

Burgess Park

62 Barry Evans	26:18 (1M65)
72 Lloyd Clater	27:27
123 ran	

Cardiff

57 Andy Murray	20.51
115 Ros Tabor 10W	22:06

Crystal Palace

Must be something in the cosmos with three PB's !

Bob Bell

8 Andy Cottrill	19:12 (PB)
19 Jim Dowsett	21.15 (PB)
22 Gideon Franklin	21.24 (PB)
38 Bob Bell	22:33
73 Belinda Bell	24.29
191 ran	

Dulwich

13 Stephen Davies	18:19 (PB)
34 Ajay Khandelwal	19:38 (PB)
40 Toby de Belder	19:52
45 Adam Vaughan	20:18
98 Pip Eastop	23:26
103 Michelle Lennon 15W	23:45
125 Claire Steward 23W	24:52
143 Mick Mead	25:49
161 Ameet Patel	27:43
223 ran	

Eastbourne

A record field of 156 runners for the 2nd anniversary of our local parkrun at Shinewater Park, near Eastbourne. When I say "local", it's a 35mins drive, but the next nearest is at Ashford, 45mins away!

Having run 19.06 the previous week, I was hoping to break 19.00 for the first time since last July in a parkrun. However I was isolated relatively early on as the eventual winner, who ran 18.30, soon forged clear and effectively I ran the majority of the race as a solo run.

2 Nick Brown	19.04 (1st M55)

Fish Hoek, Cape Town ,Sth Africa

Chris Vernon Writes

Oh dear, another hot and sunny day in South Africa. We had to leave at 7AM to drive to Fish Hoek for the start at 8AM ,far too far for most Captonians.

This is a new run which has only been going 5 weeks and still has a small field. SA ultra legend Bruce Fordyce had graced the first run but this week they had to put up with multiple parkrunners the Vernons as guests and we were made most welcome.

The course turned out to be a trail run, so difficult for the visually challenged with molehills and tree roots abounding as it twisted and turned through the bush, but mercifully it was flat. It did have some easy bits with some gravel and a lap of the local cricket pitch. Unlike last week this was impeccably organised to UK parkrun standards.

At the off we followed the crowd but focusing on the terrain, no-one had mentioned snakes but you cannot be too careful in Africa. Sue went off course at one point but was called back so she stayed with her guide to the end.

For once Sue was not the only one in her age group and ended up second out of six. I managed to win mine and take the course record by six minutes. That will not last.

After saying our goodbyes we went to breakfast at the beach where the shark nets were deployed so we did not even paddle and went to see the penguins instead.

31 Chris Vernon	38.18	1VM 70
35 Sue Vernon	40.42	2VW 65

Hilly Fields

5 Gary Sullivan	21:04
116 ran	

Orpington

39 Colin Frith	26:19
103 ran	

Riddlesdown

Ange's 62nd win at Riddlesdown.

12 Ange Norris 1W	22:23
79 ran	

Wanstead Flats

Just past the gleaming Olympic stadium and Velodrome, is perhaps a typical East London park, Wanstead Flats.

At first sight, maybe not the most inviting start - a block of flats in need of some tlc, a "caged" set of changing rooms and a deserted, unmade car park with desolate, gloomy playing fields as a backdrop.

However, the organisers from East London Runners were most welcoming and there was a large, portable fast food van in full bacon-butty production, ready no doubt, for many football teams who devour them later as part of their warm up.

As with many parkruns, you wonder at 8.40 whether anyone is going to turn up until like wasps in

summer swarming towards a delightfully sticky bun, fluorescent tops descend from all directions and, with about 5 minutes left, suddenly there was 70-80 ready and raring to go.

The course, is as it name suggests, is flat but with the recent weather, there is little in the way of drainage and hence it was waterlogged with plenty of mud (although not in Parliament Hill biblical proportions).

Setting off from the block of flats, the course is an enjoyable two lap, figure of eight, all on grass and it would be possible to wear spikes, which is not something you can often do on parkruns. After half a lap, it was down to myself and a local runner to lead the way. Local knowledge proved handy as I attempted to veer off on a couple of occasions and my fellow native was very generous in showing me round.

With half a lap to go my mind began to wander as to whether to push the pace harder and, pondering in Paddington Bear fashion, whether Mr Brown would think it would be awfully rude to consider winning. Thankfully, the dilemma was quickly resolved as entering the final field, he unleashed a Mo-esque sprint and, looking at the results afterwards, I could see why as it was his first win at Wanstead after a couple of near misses in over 20 attempts so who was I to steal his moment of glory!

After a quick shake of hands and a couple of marmalade sandwiches, it was off fighting the traffic with our onward journey to Parliament Hill for Oscar to run in the Southerns' first race of the day.

Unfortunately, although he did not partake in marmalade sandwiches nor indeed rashers of bacon, it was a bad stitch that did him half way round and despite nearly walking when we saw him, it was credit to him that he at least finished.

2 Duncan Hussey	19.51
73 ran	

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

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
10	1 Feb	Brockwell Parkrun	09:00 5km – **Club Champs**
10	2 Feb	Dulwich Park	09:00 road – 14 miles
9	8 Feb	Surrey League XC	Lloyd Park (men and women) – **Club XC Champs**
9	9 Feb	Norman Park, Bromley	09:00 road- 16 miles
8	15 Feb	Mob Match XC	Beckenham Place Park - **Club XC Champs**
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	12 x 1 mile	09:00 Dulwich Park
4	16 Mar	Spitfire 20 / Tempest 10	Dunsfold Aerodrome(20or10mrace) www.eventstolive.co.uk/
3	23 Mar	Richmond Pk / Bushy Pk	09:30, 22 mile off-road run, Roehampton Gate
2	30 Mar	Paddock Wood 1/2M	Paddock Wood, Kent www.paddockwoodac.co.uk/
1	6 Apr	Easy 10 miles	09:00 High Elms
Zero	**13 Apr**	**LONDON MARATHON**	**CLUB CHAMPS**

The Sunday runs from Dulwich Park start at 09:00, (suitable for; 3.15 – 3.50 time long runs with Claire
3.50 – 4.30 long runs with Steve)

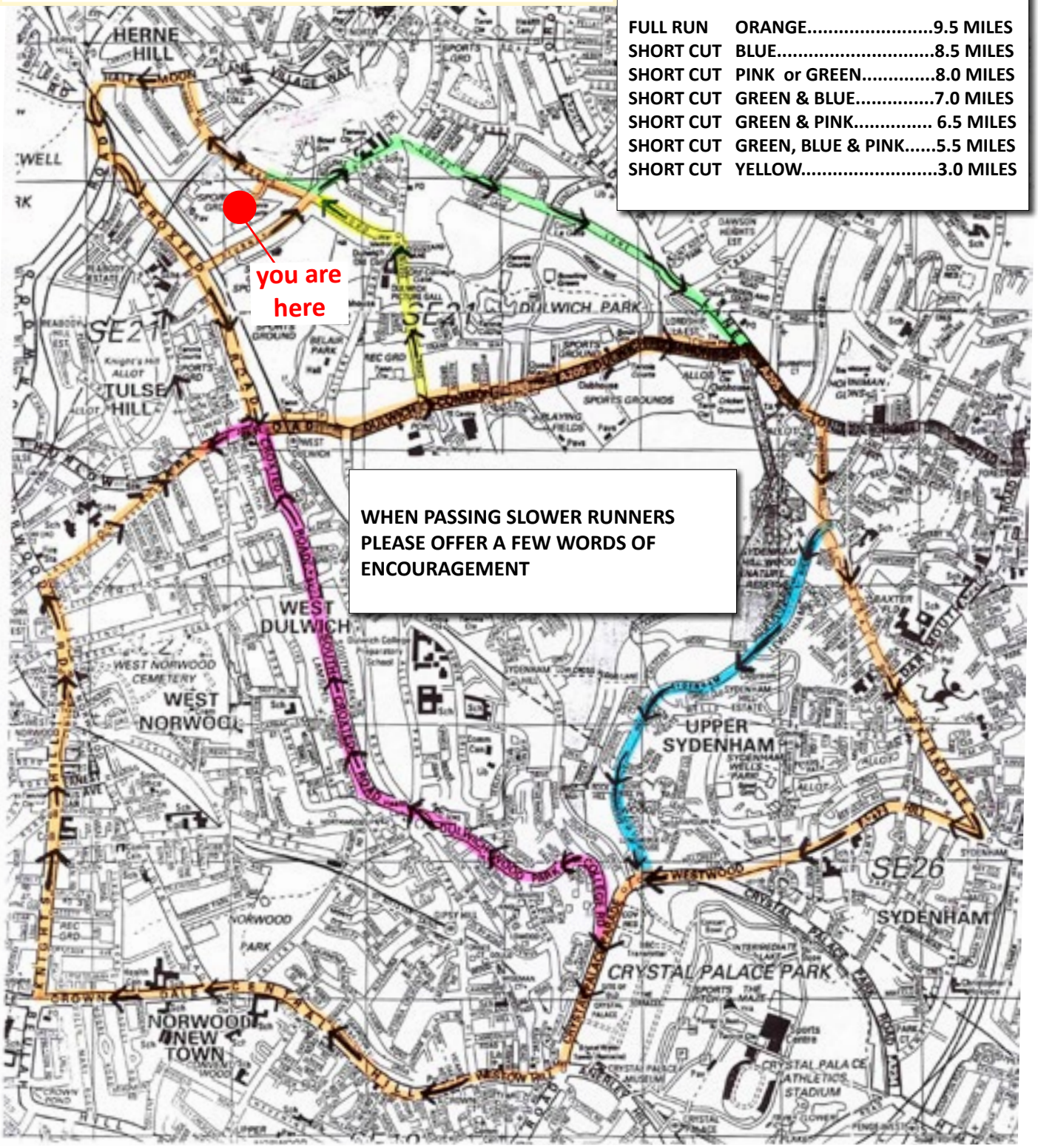
Sunday alternative, meet with 'HERoS' (High Elms Runners on Sunday) mostly off-road, starting from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9:00 – usually two pace/distance groups, minimum ~10 miles
For more information contact Steve Wehrle or Claire Steward
For XC events, contact the Cross Country Captains for further details

ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell, Crystal Palace, Burgess, Southwark, Hilly Fields) – check out www.parkrun.org.uk/ for venues and registration

DULWICH RUNNERS AC W3

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE	9.5 MILES
SHORT CUT	BLUE	8.5 MILES
SHORT CUT	PINK or GREEN	8.0 MILES
SHORT CUT	GREEN & BLUE	7.0 MILES
SHORT CUT	GREEN & PINK	6.5 MILES
SHORT CUT	GREEN, BLUE & PINK	5.5 MILES
SHORT CUT	YELLOW	3.0 MILES



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT