SHORTS

Dulwich Runners AC
Weekly Newsletter
January 8th 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 08 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 11 **Surrey League XC mens & womens**
open to all members & all standards, **but you must have renewed your membership**
You can turn up on the day and run but it would help to let the captains know in advance if poss.

Tue 14 **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
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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.

LUCKY VEST - tonight

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 can all kit
ros@28kerfield.freeserve.co.uk
for all other club kit please see **page 4**

Dulwich Runners Membership Annual Renewals Due

If you have not yet renewed your 2014 membership then you cannot compete as a Dulwich Runner in any races, XC, club champs and any other events
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

Jan	11	Surrey League - men Reigate Priory
Jan	11	Surrey League - women - Putney Vale
Jan	25	Sth of England XC champs - Parliament Hill fields

NEW RUNNERS ROTA

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**

Jo Hewett	**08/01**
Paul Hilton	15/01
Emma Ibell	22/01
Ajay Khandelwa	29/01
Paul Keating	05/02

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 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 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)

Commonwealth Games Tickets

I have 4 tickets to the Commonwealth Games on Monday 28 July for the session from 19:00-22:00 at Hampden Park to see the Men's 100m semi-final and the Women's 100m & 400m semi finals plus some Paralympic events. £120 for the 4. They are the cheapest price category but I don't have the actual tickets yet so can't tell you the exact seats at the moment. If you want to take them off my hands let me know, email **kimhainsworth@hotmail.com** Thanks

Marathon schedules

NB Steve Smythe, who is coaching Asics/Runner's World marathoners again this year, is happy to give runners from the club marathon schedules, and other marathon help and advice but runners will need to contact him soon and give some feedback so schedules can be adjusted accordingly. While sub-2:30 to sub-3 hours is his speciality, having himself run around 60 in the last 35 years, anyone of any pace who is willing to train hard is welcome to come for advice. steve.smythe@athleticsweekly.com

ps There are of course plenty of other people to go to for advice the club, and in other local clubs too

Need a New Year incentive ?

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

"Last year I organised a team of regular runners at Dulwich parkrun in the Marathon Talk Jantastic challenge.
This year I've set up a team called 'Dulwich' and would like to extend it to the runners in the club, now that I am a member!

Jantastic is all about setting yourself personal running targets during January, February and March to help stay on track with your New Year's fitness, health and performance goals. Whether you want to improve your personal fitness, set a new PB or are in training for a marathon, Jantastic will help you along the way and keep you motivated.
There are also some amazing adidas prizes to be won including a VIP guaranteed entry to the Virgin London Marathon 2015."

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

THANK YOU

On behalf of the Hollington Club for Young People, I would like to thank all Dulwich Runners for their efforts at the Dulwich Charity 10k which enabled a cheque for £3,000 to be given to the Club at the Christmas party.

This money has gone towards the new lighting and floors in the Sports Hall and Boxing Gym which were completed over Christmas.

ALL ARE WELCOME to an open evening at 56 - 60 Comber Grove Camberwell SE5 OLD at 7pm tomorrow 9th January when you can see where the money went.

Thank you again. Chris Vernon
Chairman - Hollington Club for Young People

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

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***

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

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

Post XC rehydration and tactical debrief session

this Saturday, 19:30

Does no one else at home seem to care that 9mm spikes just weren't long enough?
Even the dog not interested in your thoughts on the grip differences of claggy mud and boggy mud?
The kids run out screaming at the sight and smell of your XC shoes?
Never fear, help is at hand.
Come along and share your tales of epic XC exploits or seek split-time solace at the bottom of your pint glass with people who understand.
With both men's and women's teams running this Saturday there should be plenty of muddy tales to tell.
So join us at The Commercial, opposite Herne Hill station from 19:30 this Saturday.
Cheers
Alastair

Coach to Tunbridge Wells Half Marathon – Sunday 2nd March, 9am race start

It's on!

We'll be organising a coach to take runners and groupies alike to and from Tunbridge Wells for our 2nd club champ race on Sunday March 2nd.
Don't waste tenths of seconds of energy on the brake and accelerator pedal. Let someone else take the strain and get on board the executive DR wagon.
Exact timings for the day TBC but an initial itinerary is as follows;
Pick up: Crown and Greyhound pub, 6:30am
Arrive: Race HQ, 8am
Lunch: Pick up from race HQ at 12pm and very short trip to lunch venue (all welcome to join us there, not just for those on the coach, more details to follow on the venue)
Return: Leave TW 3pm, return to Dulwich
The cost based on 25 people taking the coach is £16 per person.
Of course the more people we have on board the cheaper it will be for all.
Payment details to follow
People that have currently shown interest are

Toby De Belder	Katie Crowe	Jim Dowsett
Ros Tabor	John English	Alastair Locke
Liann Peters	Claire Steward	Michael Mann
Andy Murray	Gary Sullivan	Louisa Pritchard
Nicola McIvor	Sue Cooper	Jo Brady

There is still plenty of space available on the coach
If you would like a seat or have any questions please let me know at drsocialsec@gmail.com by Friday 31st January
Thanks
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.

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@[illegible]rfield.freeserve.co[illegible]

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)

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**

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
Jan	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 CHAMPS

We are 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***

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.

Mens Surrey League Cross Country, 11 January

Our forthcoming Surrey League fixture this Saturday is important with the league positions in Division 2 so tight. With a good turnout and performance we could gain places, but equally we could drop into the relegation zone with a below par performance. It is therefore important that as many of our potential scorers as possible turn out.

Note the start time for this fixture is 2.30pm, earlier than usual. The start is in Reigate Priory Park, close to the tennis courts and cafe and not far from the High Street. Parking (pay and display) is available at Morrisons nearby and the course is about 10 minutes walk from Reigate station (change trains at Redhill, where there is also the option of a bus to Reigate if you miss the connecting train).

We are co-hosting this fixture and still need some volunteers for marshaling etc, so if you can step in please contact me or speak to me at the club tonight. ***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***

Thames Hare and Hounds invite Dulwich Runners AC to take part in our inaugural open 10 km cross-country race 'Dash for the Splash', Sunday 16th February 2014 at 9:30am.

multi-terrain course all the best features of Wimbledon Common, Starting with the famous water splash crossing through Beverley Brook, then taking in other landmarks such as the Toast rack, the Butts, and the Windmill. It's going to be tough, wet, and muddy, and a super challenge

lots of prizes on offer, for individuals, age group winners and also teams (4 runners per team, men, ladies and mixed) and also be a goodie bag for each finisher.

website and online entry system has just opened:
www.dashforthesplash.com
Any race profits to be donated to conservation projects on Wimbledon Common.

Dorchie Cockerell - Club Captain
Thames Hare and Hounds

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 .

Surrey Cross Country Champs Men and Women - 4 January 2014

In the days before these county champs, there had been some concerns about transport with the nearby River Mole bursting its banks. In the event on the day there was some disruption to rail services, but those entered managed to reach the venue at Denbies Vineyard.

Despite the wet ground, the organisation was generally good and the vineyard cafe provided a welcome respite from the rain. The alternative venue for these champs, Lloyd Park, would have been worse in just about every respect.

Heavy rain in mid morning combined with the number of competitors and different age group races had rendered the start area a sea of sloppy mud. Nevertheless we managed to pitch the "pop up but difficult to pop down" tents and secure them in an effort to avoid them sailing over Box Hill.

The course was a challenging one, particularly with the poor ground conditions, with a long hill early on, followed by an undulating cambered stretch (enjoyable but only in dry conditions) with a muddy downhill towards the end of the lap.

Conditions during the first lap of the women's race were dreadful with horizontal rain and strong winds but fortunately eased during the second and final lap. There were mixed views amongst our women over the relative merits of studs and spikes, and both seemed to work reasonably.

The improvement in the weather continued throughout the men's races, but in the meantime with all the preceding races, the course had cut up badly in places, with the bends and cambered sections particularly difficult to negotiate.This gave more of an advantage to those wearing spikes despite some sections of uncomfortable gravel paths.

In the men's race

Wayne Lashley led our team home, closely followed by Alastair Locke. Ebe Prill continued his recent good form, finishing ahead of Charlie Lound who was a little short of his best. John English was tracked for most of the race by Mike Mann who overtook him midway through the third and final lap.

However this seemed to spur John into action as he came past a bit later. The course was rather over-distance for Mark Foster but he persevered well. Despite a heavy cold Andy Murray finished first M60, while Chris Goodman was down on recent performances on this difficult course. Chris Loizou, wearing Innovates, pulled out early on finding it difficult to grip on the soft mud.

Mike Mann

Men (12k)

81	Wayne Lashley	51:09
89	Alastair Locke	51:52
112	Ebe Prill	53:17
127	Charlie Lound	54:18
146	John English	55:55
152	Mike Mann	56:22 (1st M65)
164	Mark Foster	57:11
191	Andy Murray	60:30 (1st M60)
214	Chris Goodman	63:21
	Chris Loizou dnf	

The women's race

On Saturday 4th January the Surrey Country Championships, the first cross country of the year, happened at Denbies Vineyard. No amount of heavy rain would stop the race happening and after sheltering in the café for as long as possible, 7 runners from the women's team were on the start line.

With Junior races happening first, the ground was already very churned up making the hilly 2 lap course of the vineyard hard going. Charlie Wood ran well enjoying the race and was the 1st Dulwich Runner home in 16th place. Ola also had a good run and was next back finishing in 23rd.

Anna Thomas had a strong run, overtaking people on the downhills and just piping Sarah Cross to be 3rd Dulwich runner home in 50th place. Sarah started too fast and felt it in the 2nd lap but still finished in a good position in 54th and was the final scorer in the women's team.

Katie Crowe ran strongly and finished in 81st with Ros Tabor not finishing far behind in 88th. Katie styles finished in 101st and did very well considering she ran the extremely muddy course in road shoes and fell over at one point! Overall the women's team came 6th out of 18 teams.

Thanks to Mike Mann and Andy Murray for their support on the course in wet and cold conditions.

Anna Thomas

16	Charlie Wood	36.02
23	Ola Balme	36.59
50	Anna Thomas	39.33
54	Sarah Cross	39.39
81	Katie Crowe	42.30
88	Ros Tabor	43.52
101	Katie Styles	45.32

Kent Championships, Hythe, Women (5M) - January 4

Dulwich Win County Gold - Clare Third

Dulwich women have won the team gold in this before but it usually been quite narrowly but this time the win was really decisive and was achieved without Kim, who was in the medal winning team last year and previous team gold medallist Andrea, who used to be a regular in this event (and for the club) and of course all the Surrey-based athletes.

The standard was luckily quite a bit lower than it was in the Surrey event.

Clare Elms has a good individual record having won in 2011 and twice been second and here she won another medal despite being some way from her best. She matched South of Thames winner Deidre McDermott until about halfway and felt comfortable but then suddenly struggled and had to slow right down.

She did well to keep going and still easily came third and became the first ever 50 year-old, man or woman, to win an individual Kent senior cross-country medal.

Following her in was Mel Edwards, who had her best ever cross-country run and only 18th last year, she advanced to a fine fourth with a strong run which saw her move through the field, though she picked up an injury during the race.

The final scorer in the three to count event was Angie Norris, who had an excellent run in a rare county appearance and used her strength well to ensure we won easily of the 12 competing clubs. There was also a six to score event and Dulwich had their best ever result in this as they finished second.

Cara Oliver, who would have expected to normally have finished higher, didn't enjoy the course at all and followed Angie around while Sue Cooper and Jo Shelton had good steady runs and they ran far better to form and fitness than most of the men.

3 Clare Elms	33:51 (1M50)
4 Mel Edwards	34:37
23 Angie Norris	38:53 (2M50)
25 Cara Oliver	39:27
39 Susan Cooper	41:20
57 Jo Shelton	44:05

84 ran

TEAM (3 to score): 1 Dulwich 30; 2 M&M 47; 3 B&B 50; 4 Ton 50; 5 Folk 72; 6 T Wells 76; 7 Dart 101; 8 Kent 102; 9 Ashf 105; 10 Petts W 128

TEAM (12 to score): 1 M&M 131; **2 Dulw 151;** 3 Ton 182; 4 Folk 262; 5 Petts W 311

Men 7.5M

The men finished a surprisingly high 10th considering there were some quite moderate performances as most struggled on a tough muddy course in heavy rain with a section of camber, which most found unrunnable and there were lots of fallers.

Tony Tuohy finished some way down on two M50s who he would normally beat. Steve Smythe was first M55 but three minutes further back on the winner than he was in the South of Thames. Duncan Hussey ran a steadier race than he normally does and held his position far better than normal. Kevin Chadwick was ahead of Steve and Duncan at one stage of lap two of four but couldn't quite keep it going as he still gets to grip at cross-country.

Joseph Brady is some way short of his best fitness but finished well while Martin Morley was probably the only one of the six who ran to form.

65 Tony Tuohy	53:26 (3M50)
85 Steve Smythe	55:46 (1M55)
92 Duncan Hussey	56:42
98 Kevin Chadwick	57:12
128 Joseph Brady	63:37
134 Martin Morley	64:48 (3M60)

TEAM (6 to score): 1 Tonbridge 73; 2 Kent 105; 3 B&B 127; 4 Camb H 135; 5 M&M 257; 6 S Kent 290; 7 Dartford 379; 8 T Wells 481; 9 Folkestone 486; **10 Dulwich 596**

-Steve Smythe

Kent U15 cross-country

Oscar Hussey finished 25th in the under 15 race in 17:5

Wymondham (Windum) AC New Year's Day 10k

Our far east reporter Peter Warren writes.....

With a touch of the morning after the night before I was glad this annual fixture of mine had a fairly late start, 11.30.

The race was fully sold out by Christmas Eve (600), but some must have been suffering more than I as only 494 managed to drag themselves to the start line.

For once the weather was also kind to us no rain, snow or ice this year (one year the New Year's Day race was held on the third Sunday of January due to icy conditions) just WIND, which was OK until 4K when you turned sharp left and found yourself losing your stride and slowing in a fierce head wind.

Thankfully this only lasted for one kilometre at which point we turned left again down a protected lane with hedges on both sides. Having "blown" away the morning after feeling I settled into my usual slow plod for the remainder of the race.

A good majority of the marshals know me by name or from Norwich Parkrun, so I got a cheer as I passed from a large number of them, each of us wishing the other a happy New Year.

I crossed the line in just under 58 mins (I know very slow) and did a cool down jog back to the hall, where the annual Runners Centre (a running shop in Norwich) Grand Prix awards and Norfolk postal marathon county medals (no recognised marathons in Norfolk) were being awarded (I came eighth this year in the 55 – 59 cat of the grand prix).

Hope to be in London soon (bike/tri show in Feb) so might see one or two of you there. Wishing all at Dulwich a very very Happy New Year.

Tadworth 10

HAPPY NEW YEAR!

Yesterday was the usual Tadworth 10 mile race , starting and finishing on Epsom racecourse.
The course was altered this year due to worries about the major road that used to be at the end of the race.
The start and finish are now much closer to the main grandstand and hearer the HQ.
This is a difficult course, two laps , with a longer than 1 mile hill to be conquered twice.
Weather was reasonably kind but plenty of mud in places.
Result s as follows;

Martin Double	79m 08s
Peter Gibbons	83m 47s
Ruki Sidhwa	91m 54s
Paul Hilton	96m 07s
Steve Wehrle	97m 23s

1st was James Baker in 55m 59s
A DNF from 1983 London Marathon winner Mike Gratton

Next Sunday – 12th January is the first of this year's mile rep sessions in Dulwich Park, meet 0930 by the childrens playground. Plan is to do 6 x 1 mile reps. Hope to see many of you there.

parkrun January 4

Brockwell

5 Rob Cope	19:19 (course debut)
35 Gideon Franklin	22:07 (PB)
107 Sarah Lyness 29W	29:05
134 ran	

25 December 2013

Katie Balme 3W	22.58 (PB)

4 January 2013

Katie Balme 7W	23.31

Burgess Park

Chris Vernon writes:
The results speak for themselves with Barry and I sweeping the over 65s!

47 Barry Evans	26.15 1M65
67 Chris Vernon	34.35
72 ran	

Do join me for my 70th birthday parkrun at Brockwell Park next Saturday 11th January

Crystal Palace

5 Andy Cottrill	20.07
17 Jim Dowsett	22.06
39 Belinda Bell 2W	24.20
105 ran	

Dulwich

9 Lewis Laylee	19:01 (1U20)
20 Gary Sullivan	20:42 (1M55)
45 Neil Moriarty	22:28
47 Graham Laylee	22:42 (3M55)
75 Pip Eastop	25:05
88 Mick Mead	26:18
102 Stephanie Burchill 26W	28:31 (2W55)
131 ran	

Highbury 1 Jan

After a long and horrible New years eve night shift at work I made the short journey to Highbury Fields parkrun for a 9am start.

A 5 lap course described by the regulars as Round & Round & Round & Round & Round & a little bit! the course is all concrete with a slight incline. This was my 3rd visit here however I was struggling with tiredness from work.

13 Kevin chadwick	20:41
49 ran	

.....Hilly Fields 1 Jan

Clear traffic and no congestion charges meant I was then able to drive roughly 9 miles to my local parkrun at Hilly fields and just make the 10am start with a few minutes to spare
Rain was heavy and conditions on the grass parts of the course including the hills were terrible with many runners falling over in the mud!

4 Kevin Chadwick	21:27
79 ran	

Happy new year everyone

Hilly fields

Kevin warmed up for the county event (and explains his tiredness on the last lap in the afternoon!) with a second place.

2 Kevin Chadwick	19:58
69 ran	

Orpington

This was run in saturated conditions with many runners including me recording personal worsts. Credit to all who turned out, the turnout of 80 runners was better then anticipated, and a special thanks must be made to the volunteers who helped out including Steve W

John O'Byrne	34:40

Wallace Park, Northern Ireland

7 Nicola Mcivor 1W	21:44 course debut

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

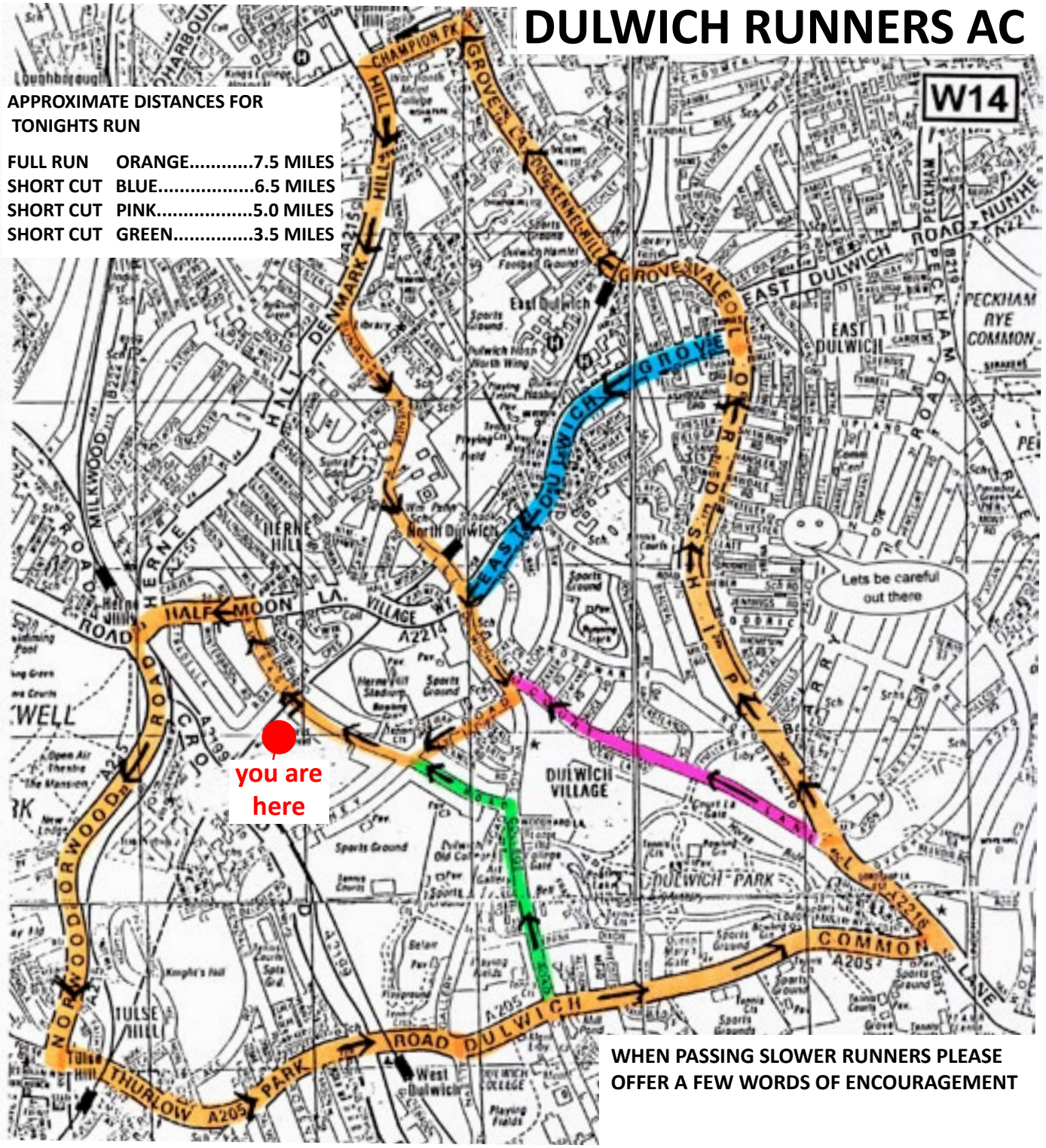
For further information contact either STEVE WEHRLE or CLAIRE STEWARD

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
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)

DULWICH RUNNERS AC



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE	7.5 MILES
SHORT CUT	BLUE	6.5 MILES
SHORT CUT	PINK	5.0 MILES
SHORT CUT	GREEN	3.5 MILES

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT