SHORTS

Dulwich Runners AC
Weekly Newsletter
December 23rd 2015

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

- THE COMING WEEK –

Wed 23 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 29 Grass Hill Session
Meet 7:15pm to warm up, - see below for more details

In your SHORTS this week !

1... General information
2... Marathon and other training information
3... Club kit, social events etc
4... All things Cross country
5... Fixture list, club champs,XC, road, track
6... Race results and reports..
10... Parkrun results..
12... Wednesday night routes map

And much more !

This Thursday (Xmas Eve) there will be a grass session on Blackheath. Meet top gates Greenwich Park at 11.30am.

Tuesday sessions

The session on Dec 29 will be opposite Sydenham Hill Station - meet 7:15pm
Track sessions resume at Crystal palace on January 5

Thurdays morning sessions

And there's also speed sessions taken by Steve Smythe. Usually starting between 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
Interested ? then email steve.smythe@athleticsweekly.com to go on the mailing list

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 !

After your run 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)

Dulwich Runners 2016 membership renewal...

You will have recieved by email your 2016 renewal form.
If your current red membership card has 2016 then this does not apply to you, if for any reason you have then please ignore it, if you are not sure you can contact me.

If you have 2015 on your membership card and have not recieved your renewal email then please contact me at the address below

Full membership including EA registration is £36 or £23 without EA...and dont forget as well as the usual methods you can pay by direct payment (details on the email)

For those of you that keep up with us on our Facebook and Twitter pages but are not actually members of Dulwich Runners you can join by either contacting me at the email address below or via our website:

http://www.dulwichrunners.org.uk/index.html

Any membership queries please dont hesitate to contact me: barry@bg1.co.uk

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

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list page 4

Jan 9 County Champs Surrey & Kent
16 Surrey League Men & Women, Reigate Priory Pk

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to: **Tom Calvert**
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**

Paul Keating	**23/12**
Matt Ladds	30/12

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

- Sign the attendance register and pay £1.
- **We need the money to help pay for clubhouse hire, map printing etc.**
- **We use the register to compile the new runners' rota, so please write legibly.**
- **We also like to keep an accurate record of weekly attendance.**

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE
Thank you. - Ros

LUCKY VEST

December winer Matt Ladds

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.tabor49@gmail.com

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on 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

TRAINING SCHEDULES AND TUESDAY SESSION

Steve Smythe writes - Thanks to all those who requested schedules. I will get back with more individual sessions shortly but below is a rough guideline to take most runners, including those who won't neccessarily be doing a marathon but may be targeting a spring half-marathon, up to the New Year to prepare for the full schedules in the New Year.

The plan is that most people whether going for 2:40 or 3:40 will follow a similar sort of schedule in terms of time and many of the type of runs so more runners can train together though obviously faster runners will go faster and further and may do a few extra runs and miles. If anyone is unsure then contact me.

Tuesday sessions - the session on Dec 29 will be opposite Sydenham Hill Station
Track sessions resume at Crystal palace on January 5

Wed Dec 9: steady run one hour – minute down on goal marathon pace
Thu Dec 10: Speed endurance: 6 miles picking up 15 secs a mile finishing mile at 10k race pace
Fri Dec 11: easy run or rest
Sat Dec 12: XC or parkrun or fartlek
Sun Dec 13: long run: 100 minutes – 45 secs down on goal marathon pace
Mon Dec 14: rest or easy run
Tue Dec 15: track (1000 or 1600s)
Wed Dec 16: steady run 65 mins at a minute down on goal marathon pace
Thu Dec 17: Speed endurance: 45 minutes of 1 minute pace changes – starting at slow, then marathon, then HM, then 10k, 5km, then slow, marathon etc
Fri Dec 18: easy run or rest
Sat Dec 19: South of Thames XC or parkrun

Sun Dec 20: long run: 90 minutes – 30 secs down on goal marathon pace
Mon Dec 21: rest or easy run
Tue Dec 22: track or grass hills
Wed Dec 23: steady run: 70 mins at a minute down on goal marathon pace
Thu Dec 24: Speed endurance: 45 mins alternating 5 mins – ie first 5 mins at goal marathon pace and then 5 mins at 90 secs a mile slower and repeat
Fri Dec 25: easy run or rest or parkrun (see list)
Sat Dec 26: 40 mins fartlek

Sun Dec 27: long run – 75 mins – 15 secs down on goal marathon pace
Mon Dec 28: rest or easy run
Tue Dec 29: grass hills or Hills at Sydenham Hill
Wed Dec 30: steady run: 75 mins at a minute down on goal marathon pace
Thu Dec 31: Speed endurance – 10 mins easy, 40 mins at goal marathon pace, 10 mins easy
Fri Jan 1: easy run or rest
Sat Jan 2: 1 hour Grass hill session
Sun Jan 3 long run – 2 hours plus – a minute down on goal marathon pace

Christmas day parkruns

Bexley	9am
Bromley	9am
Greenwch	9am
Dulwich	10am
Hilly Fields	9am
Lloyd	9am
Peckham Rye	10am
Riddlesdown	9am
Roundshaw	9am

Nb numbers have averaged over 40 and occasionally over 50 for the Tuesday session.
However, it is important to get the most from these sessions that you try and attend them regularly.

When I was still developing as a runner 30-35 years ago, I viewed the Tuesday session as the most important session for fitness and improvement.(Sunday long runs though are more important for marathoners) If I was busy at work, I would get in early on Tuesday, work through my lunch hour and if need be, get in very early the next day to catch up on work rather than miss the session in the evening. Friend and family committments would also be arranged around the Tuesday session.

Even now the Tuesday session isn't convenient for me with my work and I live further away than most who attend but I try and make the committment but now certainly not for my own running. There are quite a few regular attendees but there are a few who don't come regularly enough and many of these are ones who may not reach their potential or tend to race inconsistently and have trouble with their pacing.

Steve Smythe
Results Editor
Athletics Weekly
07894076229

Marathon schedules

The London marathon is on April 24 next year. For those likely to be following Steve Smythe's marathon schedules, this is the provisional plan for long runs so runners can make race plans.
Apart from the club champs races, there is room for a faster half-marathon too. Most of the club runs will probably be from the Dulwich area but some might be from Greenwich Park and use the river. There will obviously be a slight adjustment for those doing an earlier or later marathon.

January 9: (Kent champs Jan 9 Surrey champs Jan 10) 16-20M slow January 16: (Surrey League Jan 15) 18-20M steady January 23: (Vets AC Jan 22) - 16 -20M (approx 2 hrs 15) with quicker second half January 30: (South of Eng Jan 29): 15-18 miles slow February 7: (Chichester 10k Feb 7)10km race February 14: (Surrey Lge Feb 13) 17-20M steady February 21: steady 20 with fast 5M finish or half-marathon (Wokingham or Tunbridge Wells) February 28: (National Feb 27) 15-17M slow (Brighton HM) March 6: steady 20-22 miler with some at marathon pace March 13: (Dartford HM Mar 13) Mar 20: slow 22-23 miler Mar 27: brisk 18-20 - quick second half Apr 3: slow 20-22 miler Apr 10: (Parkrun Apr 9) 15 miles Apr 24: (London M Apr 24)

Marathon schedules

Anyone interested in marathon schedules for 2016, then let me know asap. I now have 40 continual years of marathon preparation behind me - My first marathon was in 1976, and if I stay injury-free (not managed the last 3 years), the plan is to run a sub-3 40 years after my first, which it appears no one has ever done yet but might have been done by next year. -***Steve Smythe***

steve.smythe@athleticsweekly.com

SOCIAL SPOT

SPOT

Watch this space for upcoming 2016 events !

Coach to Chichester 10k

The first Club Champs race will be the Chichester 10k on Sunday 7th February.

With a 10am start we are organising a coach from Dulwich to Chichester, after the race we will return following some lunch at a suitable establishment (more details to follow on this element). We will be leaving at 7am (meet point TBC) and returning at around 4/5pm.

The price will be a very reasonable £12pp return. Please can you let me know whether you would like to come on the coach so that I can get an idea of numbers.

Matthew.ladds@uk.zurich.com

It's also worth noting that entries do fill up fairly quickly, they are open now on Run Britain, link: http://tinyurl.com/nsem2eu

Emma-Louise Parker, the Run! Southwark Athletics Activator

has sent a list of training courses. (Coaching and Leadership in Running Fitness). They are free to residents of Southwark who are over 19. If you are interested please contact me or Emma-Louise directly: Emma-Louise.Parker@southwark.gov.uk

HOODIES

Hoodies will be at the club every Wednesday from 6 Jan
Thanks
Thanks Ros ros.tabor49@gmail.com

DULWICH RUNNERS CLUB KIT

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

Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk
With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

New !!! Dulwich Runners SOCKS

only £5
They will be at the club on Wednesdays,thanks - Ros

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

The cross country season is now upon us with fixtures taking place on most Saturdays up to late February. Here is some advance information for the benefit of both newly joined members and regulars.

We compete in the Surrey League and this is the club's main priority, with the men in Division 2..... There are 4 fixtures during the season starting on 10 October with the women at Roundshaw Down and the men at Wimbledon Common. Further details regarding individual fixtures will be posted nearer the time. Details of other Surrey League fixtures can be found elsewhere in Shorts.

Event distances in the men's Surrey League races are approximately 8k, while the women's races start at 6k, increasing to 8k later in the season. Distances in other races vary, increasing in the New Year to 12k or over for the men and usually around 8k for the women.

For the men's Surrey League, theres no need to enter in advance or pay; simply turn up on the day in good time to register and warm up.Please don't turn up at the last minute as it will stress out your captain and yourself.

With the women's Surrey League, Ange has sent an email to all ladies to enter runners in advance. If any lady still wants to run but has not replied it is not too late as there are some places on the day but do get in contact to let Ange know - don't just turn up.

With the first 5 runners scoring for the women and the first 10 for the men, it is important that we field as many as possible of our strongest runners. But these and other cross country races are not elite and are suitable for runners of all abilities. They are also an excellent way of improving your overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits across races of all distances and surfaces.

In addition to the Surrey League, there are a number of other races, almost all of which take place on Saturdays. Indeed if you are a cross country fanatic, it is possible to race most weekends through the season. These races include the Kent and Surrey Masters, the London champs, 2 South of Thames races, the county champs, the South of England and National champs. See the fixture list in Shorts for details.

For virtually all these races other than the Surrey League, entries have to be submitted in advance, in some cases over a month before the events. Your captains will post details in Shorts or by email, requesting those interested in participating to contact them before the deadline given. It is not possible to cater for runners who decide after the deadline or even on the day that they would like a run. Note that the club pays for entries. You are asked not to put yourself forward on a speculative basis, but don't worry if you have to withdraw because of injury or illness.

Regarding footwear, you can often get away with road or trail shoes early in the season, but as the ground becomes muddier, cross country spikes or fell shoes will be necessary.

for further information and make sure you respond in good time if you like to take part in races.
Cross country captains
Mike Mann
mcmann90@yahoo.co.uk
Ange Norris
dulwichladiescaptain@gmail.com

WIN £5 VOUCHER IF YOU RUN FINAL 2 SURREY LEAGUE MATCHES

There has been good participation in the first 2 fixtures of the women's Surrey League and the first men's match but following this successful start, the men struggled in the second fixture with a number of potential scorers away and several runners unable to finish due to injuries. We need to maintain the excellent women's turnout and pull the stops out in the final two fixtures on 16 January and 13 February, where we need as many of our regular runners as possible plus those who have joined recently to participate. As a small incentive, we are offering a £5 voucher, which will go towards the cost of club kit to all those, both men and women who complete the final two fixtures.

CROSS COUNTRY CHAMPS

We are holding a cross country champs once again this season. There are 4 events to qualify including a minimum of 3 Surrey League races. The other races are the South of Thames 5 miles at Polesdon Lacey on 21 November and a mob match yet to be arranged but likely to be in March, probably using the Lloyd parkrun. **Mike Mann**

NATIONAL CROSS COUNTRY CHAMPS

27 FEBRUARY

This season's National Cross Country champs will be held in the East Midlands at Donnington Park on 27 February (women 8k, men 12k).

Since it would be possible to travel there are as a day trip, the committee is considering subsidising some of the travel costs, but first we would like to establish the level of interest to see whether there are sufficient numbers to enter complete women's and men's teams.

Options for travelling there would be car sharing, if there are willing drivers, or train to either Derby, Long Eaton or Loughborough and then taxi to the venue. Although the closing date is not until early January, **it would be helpful if those interested in competing could put their names forward to their cross country captains by 15 December** to enable a decision to be reached on funding transport costs. Only first claim members and those with EA membership are eligible.

SURREY CROSS COUNTRY COUNTY CHAMPS

Entries are invited for the Surrey champs , 10 January at Denbies Vineyard near Dorking. Distances will be around 8k for the women and 12k for the men. Eligibilty is birth or residence. For those living in London you qualify for Surrey if you live in the boroughs of Lambeth, Southwark, Croydon and Wandsworth. Please contact your captains if you have any queries over which county you qualify for. - ***Note that entries for Kent have closed***

LAST CALL.....

We already have a fair amount of interest in the Surrey champs taking place at Denbies Vineyard on Sunday 10 January. If anyone else would like to be entered today, 23 December is your final chance to contact your captains.

SOUTH OF ENGLAND CROSS COUNTRY CHAMPS

30 JANUARY

These champs at Parliament Hill Fields on 30 January are 8k for women and 15k for men. The reward for running these long distances over tricky terrain is a visit to the refurbished Magdala afterwards.
A number of members have already expressed interest. Anyone else to take part should contact your captains today.

SOUTH OF THAMES 7.5 MILE CROSS COUNTRY - 19 DEC

Those entered for ththis race should note that it starts at 2pm on 19 December. The venue is Somerhill School, Tonbridge , TN11 0NJ. The school is located on the B2017, Tudely Lane. Mike Mann mcmann90@yahoo.co.uk

Dulwich Runners 2015/16 Fixtures

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

Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

DULWICH RUNNERS

2016 CLUB CHAMPIONSHIPS

The races for next year's club championships have now been selected. Once again there will be 9 races in total, but this time they will split into 2 distance categories, short (S) and long (L). To qualify it will be necessary to complete 5 races in total, including at least one from each of the two distance categories. Note that the dates of some of the races have not yet been finalized, but updates will be issued as soon as we know. It is planned to book a coach for the Chichester 10k, together with lunch at a local pub (details to follow). Please make sure you enter this race soon as it fills up very quickly.

The races are:

7	Feb	Chichester 10k (S)
13	Mar	Dartford Half Marathon (L)
9	Apr	5k parkrun, venue tbc (S)
24	Apr	Virgin London Marathon (or alternative) (L)
6	Jun tbc	2 mile Sri Chimnoy race, Battersea Park (S)
15	Jul tbc	Mark Hayes Mile, Ladywell Track (S)
4	Sep	Middlesex 10k (S)
2	Oct	Titsey multi-terrain 10k (L)
16	Oct tbc	Cabbage Patch 10

Cross country Club Champs Assembly League **Misc.**

Date		Race 2016		Venue 2016
Jan	9	County Champs (Surrey & Kent)		Various
	16	Surrey League match 3	men & women	Reigate Priory Park
	23	Vets AC Champs		Wimbledon Common
	30	South of England champs		Parliament Hill Fields
Feb	7	Chichester 10k (S)		Chichester
	13	Surrey League match 4	men	Lloyd Park
	13	Surrey League match 4	women	Richmond Park
	27	National Champs		Donnington
Mar	13	Dartford 1/2M (L)		Dartford
Apr	9	5k Parkrun (S)		TBC
	24	Virgin London Marathon (or alternative) (L)		London
Jun	tbc 6	2 mile Sri Chimnoy race (S)		Battersea Park
Jul	tbc 15	Mark Hayes Mile (S)		Ladywell Track, Catford
Sep	4	Middlesex 10k (S)		TBC
Oct	2	Titsey Multi-Terrain 10k (L)		Oxted
	16	Cabbage Patch 10		Twickenham

Steve Smythe writes many runners in the club could probably benefit from a look at the efficiency of their style. Elkie is willing to help runners in the club who are committed to improving their style, which could lead to faster running and avoiding injury.

Volunteers wanted to take part in running technique sessions in Jan & Feb Elkie Mace writes - As many of you know I have now formally gained my coaching qualification (as well as being a personal trainer), but I would like to work specifically on developing my skills on running technique with a small group of volunteers.
I am looking for volunteers who would benefit from making changes to their technique in order to prevent injuries, improve their running economy and ultimately their speed.

I am offering four sessions over Jan/ Feb where I analyse your current style (session one) and then go through a process to improve it by addressing posture/ body position (session two), contact with the ground (session three) and stride shape (session four). Other topics may come up depending on the nature of the group and as this is a learning process for me volunteers will need to be flexible.

I suggest that the sessions would be at the following times (I have avoided days where there are cross country races, although if you are marathon training and do a long run on Sundays I appreciate that these dates may clash).
In order to get the most from the experience I ask that volunteers try to attend all the sessions.
Sunday 17th Jan – 1030-1130am
Saturday 23rd Jan - 1030-1130am
Sunday 31st Jan – 1030-1130am
Saturday 6th February – 1030-1130am
The location would be Dulwich park and possibly the track so we have a flat and consistent surface.
Please do get in touch if you would be interested in taking part.
Many thanks - Elkie
elkiemace@gmail.com

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, xc, tri results etc, are welcome.

Race Reports & Results

TH&H ALUMNI RACE

Saturday 12th saw the 63rd annual running of the TH&H Alumni Race, in which assorted old codgers from the great and good public schools of the land assemble to run the 5m version of the TH&H Blues Course.

This was my third time doing the race and for the team (Sherborne) our first ever opportunity at a consecutive hat-trick of wins.

For me personally, it was all about laying a 28 year old ghost to rest and finally beating my former team-mate (and occasional XC DR) Ed Raymond. Given the reasonable year I've had – combined with his achilles problems – I thought I was in with a shout.

As it happened it wasn't to be as he showed his true class (and me a clean set of heels) powering away in the 2nd mile as I went through a bad patch.

In the run in, and much to my disgust, I was outkicked by a bloke wearing Bermuda shorts and those strange 5 toe climbing shoes. Mind you, given the horrific conditions underfoot maybe that was a wise choice of footwear as my spikes were completely useless all the way round.

Still, I was pleased to find another 30s on last year, finishing in 29:42. Sherborne did the Hat-trick and also won the V40s for the first time ever so – as "Vets Captain" I have a massive cup on my mantelpiece to get engraved and hold for the year!

21 Lloyd Collier 29:42

Marathon schedules

Anyone interested in marathon schedules for 2016, then let me know asap. I now have 40 continual years of marathon preparation behind me - My first marathon was in 1976, and if I stay injury-free (not managed the last 3 years), the plan is to run a sub-3 40 years after my first, which it appears no one has ever done yet but might have been done by next year.
Steve Smythe
steve.smythe@athleticsweekly.com

SOUTH OF ENGLAND CHAMPIONSHIPS BIGGLESWADE

December 12

A rare poor club turn up from the women but we did finish a M50 and M60 team on what is an excellent runnable course though facilities were non existant.
The individual highlight was Clare Elms easily winning the overall women's race.
After a hard week's training and with no team to run for, Clare wasn't sure about doing it but she held back early on and only went ahead on the near kilometre long climb with just over a mile to go.
She won untroubled by 17 seconds and took W50 gold by 85 seconds.
Ros Tabor wasn't at full fitness after injury but also won gold, taking the W65 title five minutes down on Clare but six minutes up on the W65 runner-up.
In the men's M50 and M60+ race, the highlight was Mike Mann's second place in the M65 category just 10 seconds off gold. He had a good battle with John English and not too far back on Gary Sullivan. Up ahead, Ebe Prill had a solid run but wasn't at his best.
Mike combined with Hugh and Andy to finish fourth as Dulwich finished a point out of the medals for the second week running.
Charlie Lound was our only representative in the M40 plus race and he had one of his best cross-country races and finished 9th M45 **- Steve Smythe**

Women
1 Clare Elms 23:23 (1W50)
48 Ros Tabor 28:26 (1W65)

M40
23 Charlie Lound 37:41 (9M45)

M50: 9th team
39 Ebe Prill 41:07 (30 M50)
41 Steve Smythe 41:19 (11 M55)
56 Gary Sullivan 42:37 (18 M55)
63 John English 43:04 (43 M50)

M60+: 4th team
10 Mike Mann 42:52 (2 M65)
21 Hugh Balfour 45:13 (17 M60)
28 Andy Murray 47:31 (23 M60)

SOUTH OF THAMES CHAMPIONSHIPS TONBRIDGE

DECEMBER 19

Steve Smythe reports Dulwich's women have had a great early winter, winning the British Masters relays and medalling in the London Championships, South of Thames 5 miles and Kent Masters. This was one of their best performances as they won the South of Thames 7.5 mile championships with yet another brilliant turn out on what must be one of the toughest courses this race has been run on in the 130 years there has been a championships.

Clare Elms wasn't at her very best but she was still a class apart from the rest of the club runners including the men that did show. She finished fifth woman and won the W45 gold. Elkie had a solid race and run much of the race with our leading man Ebe Prill but just didn't quite have the strength of the last lap but still made the top 10. Ola Balme has been in most successful Dulwich teams of the last 20 years and she ran another good race to finish 15th. Ange Norris came through the field strongly to finish 18th.

Katie Styles continues to improve and she finished a fine 21st and she was followed in by Emma Ibell and we were easily the first team to finish six. It wasn't a clearcut victory - Tonbridge were clearly leading on three to score and we were behind Kent and Belgrave after four scorers but even without so many potential scorers, Dulwich had the strongest team of six.

For Dulwich's B team, Selma wasn't able to match her training form but kept going well. Fiona Askew who ran so well at Esher in the Surrey League showed good long distance form and finished just ahead of Michelle Lennon, who again ran well.

Lucy Clapp and Lucy Pickering finished close together and Hannah and Sarah Banting ensured we not only had the best women's team but also easily the biggest and our B team finished a fine fifth. Jo Shelton had an injury and had to drop out.

The men started with six so could have finished a team had everyone finished but Steve Smythe injured a knee and Him Dowsett struggled and also pulled out.

Ebe ran consistently and led the men's team. Gideon had a good run between Ola and Ange and Mike had a steady run to be first M65. Ian Sesnan found the race hard and wasn't at his best. Tony Tuohy and John McGlashan provided excellent support.

5W/88 Clare Elms 53:44
111/101M Ebe Prill 55:49
10W/115 Elkie Mace 56:15
15W/137 Ola Balme 58:26
141/123M Gideon Franklyn 58:40
18W/146 Ange Norris 58:51
151/132M Mike Mann 59:28
21W/168 Katie Styles 60:59
23W/178 Emma Ibell 62:10
28W/187 Selma Benattia 63:36
36W/201 Fiona Askew 66:13
37W/202 Michelle Lennon 66:14
46W/216 Lucy Clapp 68:30
47W/217 Lucy Pickering 68:34
51W/225 Hannah Little 72:20
228/175M Ian Sesnan 73:10
59W/235 Sarah Banting 74:54
Jo Shelton dnf
Steve Smythe/Jim Dowsett dnf
Women TEAM (6 to score): 1 Dulw R 92; 2 Kent 99; 3 Belgrave 106; 4 B&H 238; 5 Dulw R B 245; 6 Wimb W 282

Observations from the sidelines...
Checking out the terrain beforehand I was glad I was a spectator; no envy at all. The 3-lap course was truly tough cross country and a lot of runners found it a brutal test. Clare Elms was one of them, finding the continual changes in elevation somewhat tough to cope with, but still turned in a typically gutsy performance to lead the whole Dulwich contingent home as 5th woman, despite giving away 20 to 30 years to three rivals ahead (only 15 years to the other one but who's counting?).

Kent AC's first runner home was Kent County XC Champion Amy Clements, who won the women's race, so we were immediately on the back-foot. The gap opened further by the time half the teams were home with both Kent and Belgrave ahead, but was still manageable at just eight points behind the lead. The tables started turning from there and Dulwich inexorably closed on the leaders with each runner finishing until there was nothing in it. Incredibly we were still one point behind Kent after both teams had brought five runners home but the Dulwich strength-in-depth told in the end.

Katie stepped up in Style (do you see what I did there?). With most previous participants running similar times to those achieved in last year's race on the (over distance) course at Farthing Downs she underlined her superb improvement throughout this year by running an incredible nine minutes faster, getting in the scoring team for the first time and putting Dulwich in with a fighting chance of winning in her best cross country race to date.

The champion's trophy was reliably secured by Emma a minute later as the 6th counter, and such was the team's strength that even without her Selma would have brought us home anyway by a single point with her own excellent run, hugely improved this year. With such a great turnout from the Dulwich women, Selma in fact led the way for a complete B team, while the men had merely six starters (before you ask, I'm 'resting', didn't you know?), which were reduced to four when Coach Steve and Jim Dowsett had to pull up early injured and so couldn't finish a team.

Jo Shelton unfortunately suffered the same fate but the other women plugged away really well. Michelle and Lucy Clapp had reliably solid runs while Lucy Pickering matched her namesake well in a run much longer than the parkruns she's been used to. Fiona, Hannah and Sarah are similarly inexperienced in such a long and tough race but all acquitted themselves well and we hope they'll all be back for more.

A day of good Dulwich runs across the board, and a fine well-deserved team win in a high quality race. Great to watch; I quite like being a spectator.
Tony Tuohy

GASTON ROELANTS 10K BRUSSELS

20 December

The two of us returned for the second consecutive year to do this race in the parkland surrounding the Atomium and the Heysel Stadium but were accompanied this year by our son, Alexander. I think we'd forgotten just how challenging it was, two laps where you're either climbing steadily or descending, very little on the flat. This would normally make for a slow time but the fact that it's a '10k' that's missing at least half a kilometre, a la mode Belge, makes up for this!

Even so we were both slower than last year, a little bit in Clare's case, but she still won the over 50's category, and very much so in my case. Two excuses for my own performance, or lack of it. The first was down to Sky's Premier League scheduling as I had joined a half dozen or so Geordie exiles to watch the Newcastle game in the Saturday evening slot and had a pretty gruesome hangover come the morning of the race. The second was continuing paranoia about the calf injury from the summer which made me take the middle part of the race pretty easily just to make sure I got round. Alexander didn't have a yardstick from last year but found the second lap a bit tough. Still, a pretty good performance considering he'd also been indulging with me on the previous evening and doesn't really train properly.

Finally, I know I keep banging on about this but the choice of racing kit from the vast majority of the Belgians simply beggars belief. Yes, it's just a few days before Christmas but it was like a mild autumn day, warm even when the sun got out, as it did, during the race. It was quite obviously vest and shorts weather so why would you want to carry around layer upon layer of superfluous, sweaty kit? Answers please ……etc. ***- Mike Dodds***

189 (78/328 senior men)	Alexander Dodds	42-16
384 (1st/35 FV50)	Clare Wyngard	46-09
621 (24/67 MV55)	Mike Dodds	50-02

1504 finishers

SERPENTINE LAST FRIDAY 5K

18th December

The final Serpentine 5K of 2015 over the 2 lap course saw some outstanding performances from the Dulwich contingent. Leading the way and with a new pb of 16:43 was Tim Bowen, following him was Lewis Laylee with his first sub-17 and the fastest time recorded by an U17 over the course in 2015. Next was Charlie with a solid run, followed by Alastair suffering from Xmas excess and Steve Davies who had his best race since his recent injury. Paul and Kevin were both down on recent performances and were followed by Jim, making his course debut, and Graham with a solid run. Ros just broke 22 mins and was the overall age graded winner and the Dulwich contingent was completed by Andy and Mark. **-Graham Laylee**

Tim Bowen	16:43 (11th overall}
Lewis Laylee	16:48 (1st U17)
Charlie Lound	17:28
Alastair Locke	17:38
Steve Davies	17:42
Kevin Chadwick	18:32
Paul Devine	19:01
Jim Dowsett	20:26
Graham Laylee	21:38
Ros Tabor	21:57 (1st age-graded)
Andy Murray	22:05
Mark Muffett	22:46

In the Last Friday 5K 2015 Overall Championship based on average age grading from best 6 events, Ian Lilley was 13th (78.5%) followed by Tim Bowen(76.2) Paul Devine(74.9) Graham Laylee(72.2) Mark Muffett(68.2) and Katie Styles(66.2)

DULWICH RUNNERS TURKEY TROT 13 DECEMBER 2015 - 3 LAPS = 5.03K

RESULTS IN START ORDER	5K TIME	HANDICAP	START TIME	RACE NO	FINISH	ACTUAL	PREDICTION	DIFF	
RICHARD POLE	39.40	-		**635**	47.54	47.54	39.40	+8.14	
CHRIS BELL	39.40	-		**641**	39.56	39.56	40.00	-0.04	1ST WALKER
STEPHANIE BURCHILL	39.40	-		**649**	47.54	47.54	39.40	+8.14	
CHRIS VERNON	36.10	3.30	**3.30**	**652**	40.41	37.11	36.10	+1.01	
JOHN MCGLASHAN	33.00	6.40	**6.40**	**653**	39.09	32.29	33.00	-0.31	
SUSAN VERNON	31.30	8.10	**8.10**	**655**	42.17	34.07	31.30	+2.37	
SELINA WRAY	30.30	9.10	**9.10**	**656**	38.46	29.36	30.00	-0.24	
PAUL HODGE	26.30	13.10	**13.10**	**657**	35.42	22.32	23.15	-0.43	1ST FINISHER
CLAIRE STEWARD	25.20	14.20	**14.20**	**665**	39.18	24.58	25.20	-0.22	
MIKE DODDS	24.50	14.90	**14.50**	**658**	39.06	24.16	24.40	-0.24	
BARRY DABROWSKI	24.05	15.35	**15.35**	**672**	38.41	23.06	24.15	-1.09	
SUE COOPER	24.00	15.40	**15.40**	**659**	37.44	22.04	22.00	+0.04	
CLARE WYNGARD	23.50	15.50	**15.50**	**660**	40.02	24.12	22.55	+1.17	
EMMA IBELL	23.00	16.40	**16.40**	**661**	38.06	21.26	21.45	-0.19	
IAN SESNAN	22.40	17.00	**17.00**	**662**	40.42	23.42	22.00	+1.42	
PAUL HELLEWELL (guest)	22.00	17.40	**17.40**	**664**	39.25	21.45	22.00	-0.15	
HELEN LISTER	20.40	19.00	**19.00**	**666**	40.11	21.11	21.25	-0.14	
MEL EDWARDS	20.00	19.40	**19.40**	**667**	39.38	19.58	19.40	+0.18	BEST ELF OUTFIT
EBE PRILL	19.20	20.20	**20.20**	**668**	39.33	19.13	19.07	+0.06	
TONY TUOHY	18.10	21.30	**21.30**	**669**	39.01	17.31	17.45	-0.14	
ALASTAIR LOCKE	17.50	21.90	**21.50**	**670**	40.18	18.28	17.30	+0.58	
TIM BOWEN	16.40	23.00	**23.00**	**671**	40.19	17.19	17.20	-0.01	CLOSEST TO PREDICTION

CLUB PLACES IN LONDON MARATHON

Every year Dulwich Runners is allocated a number of club places in the London marathon. The number we get depends on the number of England Athletics registered members we have.

We award the places as follows:

1. 12 months membership
2. Application for a place, and rejection
3. Awarding points - number of club championship races completed (maximum 5)
    - number of Assembly League races completed (maximum 5)
    - number of Surrey cross country league races completed
    - member of team in Green Belt relay (or other non-selective relay)
    - marshalling at club races (1 point per race)
4. One place will be allocated by a draw.
5. If a member has been allocated a club place, s/he will be barred from applying for the next 2 years.

December 19th

Banstead Woods

203 ran

Pos	Gen		
5	5	Tony Tuohy	18:03

Barnsley

122 ran

Pos	Gen		
89	16	Selina Wray	31:49

Bromley

475 ran

Pos	Gen		
10	10	Kevin Chadwick	18:42
245	210	Peter Jackson	27:16

Burgess

131 ran

Pos	Gen		
18	1	Kim Hainsworth	19:54
71	10	Claire Steward	24:02
83	63	Paul Keating	25:34

Brockwell

181 ran

Pos	Gen		
83	68	Hugh French	24:52
102	81	Desmond Edwards	25:45
158	54	Charlotte Easton	31:55

Cleethorpes

88 ran

Pos	Gen		
41	33	Colin Frith	25:06

Crystal Palace

188 ran

Pos	Gen		
1	1	Jake English	18:23
8	8	Tom Wilson	20:08
24	24	Simon Lang	22:09
37	34	Graham Laylee	23:13
50	44	Bob Bell	24:11

Dulwich

188 ran

Pos	Gen		
3	3	Andy Bond	17:06
21	19	Simon Burnett	19:42
46	40	Ajay Khandelwal	21:43
60	10	Michelle Lennon	22:09
70	59	Mark Muffett	22:51
97	18	Claire Barnard	24:13
118	92	Kevin Smith	25:41
128	31	Sharon Erdman	26:16

Fulham Palace

256 ran

Pos	Gen		
104	12	Ros Tabor	23:27
106	94	Andy Murray	23:30

Hilly Fields

145 ran

Pos	Gen		
10	10	Gary Sullivan	20:36

Malling

80 ran

Pos	Gen		
7	7	Michael Fullilove	19:56

Medina I.O.W.

241 ran

Pos	Gen		
101	82	Duncan Wilson	26:40

Peckham Rye

77 ran

Pos	Gen		
3	3	Alastair Locke	18:49
16	2	Helen Lister	21:35

Richmond

313 ran

Pos	Gen		
105	21	Lindsey Annable	24:27

St Peters, Sydney, Aust.

295 ran

Pos	Gen		
158	40	Penelope D'arcy Graham	27:51

Pacing at Brockwell parkrun 23 January 2016

To help promote the club, we are going to offer to pace at Brockwell parkrun on 23 January. We want to offer a range of different paces. Can you let me know if you are available and the target time you would be willing to pace.
Charlie Lound chas.lound@btinternet.com

New members especially ! and others....

Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

MARATHON TRAINING FOR LONDON (OR OTHER SPRING MARATHON)

From January until the London marathon in April we will be meeting for Sunday sessions incorporating long slow runs/ mile rep track sessions/races

See below for a schedule of activities planned for the 16 weeks. This schedule is aimed at those hoping to run between 3.45 and 4.45 hour marathons , so not really aimed at the faster D.R.s, but of course everyone is welcome . I am afraid the entry fee for the Bromley track is £4 on a Sunday morning, but then you would spend that on a pint these days !

On the longer runs we will probably split into 2 groups , faster with Claire, slower with me. We will possibly change a few of these sessions according to how the training goes.

If you intend doing any of the races then enter asap as they all fill up fast!

I will not guarantee to make it to all of these sessions, as will probably grab a 2 week holiday somewhere in March, but I am sure Claire can sort you all out.

For me it will be my 50th marathon, if everything works out and possibly my last.

If you intend being part of this group please e mail me to confirm then I will have an idea of numbers to expect

Cheers - Steve Wehrle steve.wehrle@immediate.co.uk

SUNDAY RUNS, RACES AND REPS

(Provisional – dates and events subject to change)

Includes: middle and long distance multi-terrain / road races

Sunday runs at High Elms, Norman Park & Dulwich Park

Track sessions at Norman Park track, Bromley

Preparation for London Marathon 2016

Weeks to go!	Date	Event / Distance	Information
16	3 Jan	Tadworth 10	11:30 Epsom Downs 10 mile race
15	10 Jan	6 X 1 Mile reps	09.00 Bromley track, Norman Park
14	Sat 16	Surrey League XC (3/4)	Reigate Priory (Men and women)
	17 Jan	High Elms	09.00 11 miles off road
	or	Benfleet 15 (?Denbies 10)	10:30 Mostly off-road, Canvey Island
13	24 Jan	Canterbury 10 mile race	10:00 Road race
12	31 Jan	High Elms	09:00 12 miles off road
11	7 Feb	8 x 1 mile reps	09.00 Bromley track
10	Sat 13	Surrey League XC (4/4)	13:00 Lloyd Pk (Men), Richmond (Women)
	14 Feb	Dulwich Park	09:00 15 miles to Beckenham Place park
9	21 Feb	Tunbridge Wells Half Marathon	09:00 Road race
	or	Meon Valley Plod	10:30 Hampshire
8	28 Feb	Norman Park	09:00 Road route to Tatsfield and return – 18m
7	6 Mar	10 x 1 mile reps	09.00 Bromley track
6	13 Mar	Dartford 1/2 Marathon	09.00 Road race
	or	Spitfire 20	09:30 Dunsfold Aerodrome, Surrey
5	20 Mar	Norman Park	09:00 18m through Badgers Mount/Chislehurst
4	27 Mar	12 x 1 mile reps	09:00 Bromley track
3	Sat 2 Apr	Orion 15	10:00 Off-road, Epping Forest, Chingford
	3 Apr	Westerham -18 mile	09:30 Off road – 3 to 4 hours
2	10 Apr	Orpington – 20 miles	09:00 3 hours plus on road
1	17 Apr	Darenth 10km,Eynsford	08:00 Road race
Zero	**24 Apr**	**LONDON MARATHON**	**This is it !**

for more information contact Steve Wehrle, Claire Steward

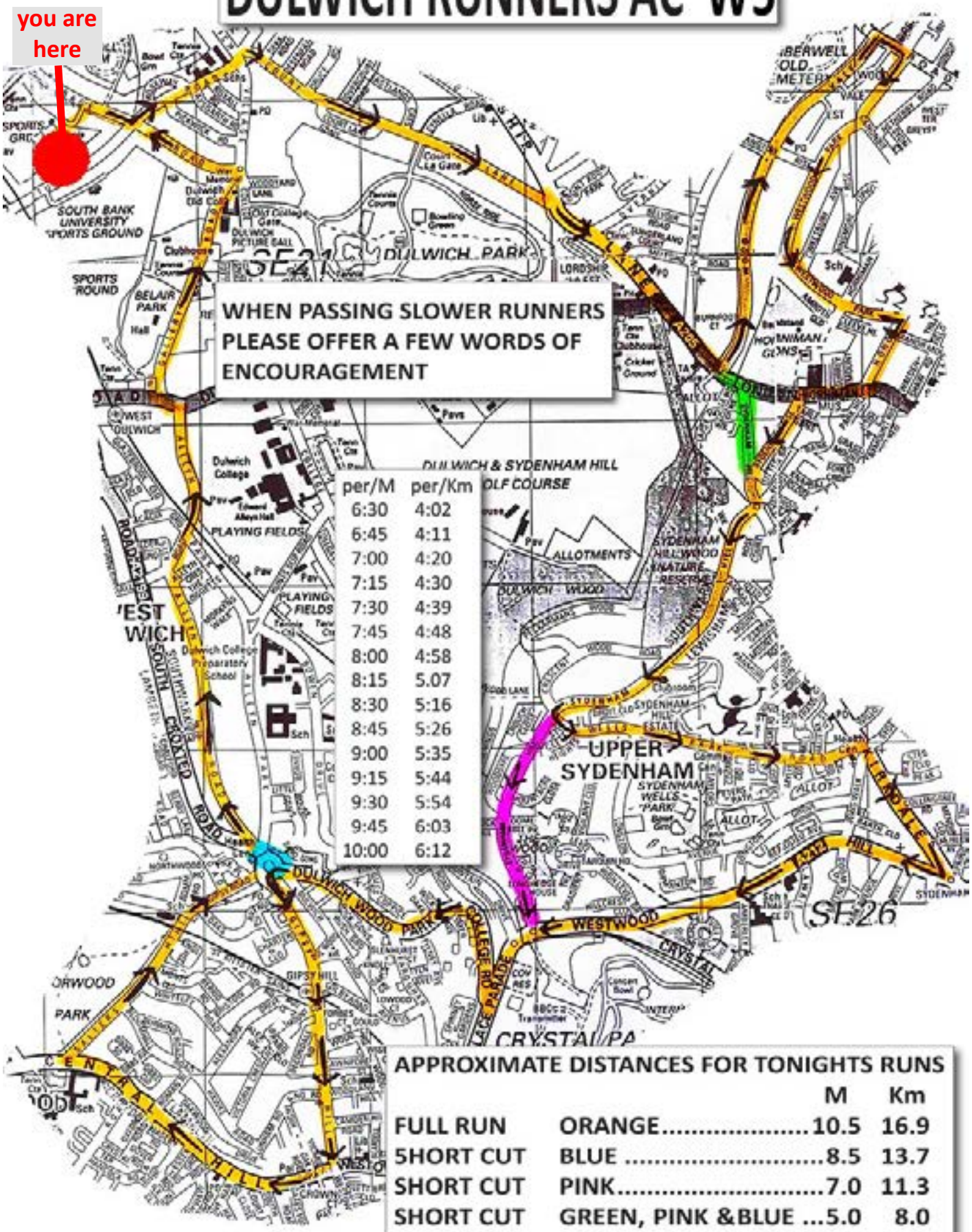
ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell Park, Crystal Palace, Peckham Rye, Burgess Park, Southwark, Hilly Fields)
– check out http://www.parkrun.org.uk/ for venues and registration

Sunday alternative, (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

Alternative / additional race options:

Bramley 10 / 20 miles, Basingstoke	http://Readingroadrunners.org
Finchley 20 miles (Ruislip)	http://www.hillingdonac.co.uk/f20/
Hastings Half Marathon	http://www.hastings-half.co.uk/
Cranleigh 15/21 (15 or 21 miles)	http://www.mabac.org.uk/

DULWICH RUNNERS AC W5



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.5	16.9
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK	7.0	11.3
SHORT CUT	GREEN, PINK &BLUE	5.0	8.0