SHORTS

Dulwich Runners AC
Weekly Newsletter
December 30th 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 30 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 05 Track at Crystal Palace Arena
£2.50 per session.
Meet just after 7pm to warm up, the session around 7.20pm.

In your SHORTS this week !

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

- Excellent for building speed,stamina and endurance
- Go to reception, tell them you are with Dulwich Runners. Allow 10 mins to get from there down to the track
- Pay Ros £2.50 on the track, do not pay at reception
- Elkie will commence a warm-up around 7pm and the main session will start approximately at 7.20pm.

Suitable for all standards

Thurdays morning sessions

And there's also speed/hill work 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

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**

Matt Ladds	**30/12**
Laura Lane	**6/01**
Alastair Locke	**13/01**

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

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

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

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)

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

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

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

HOODIES

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

The cross country season is now well underway 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 that started on 10 October with the women at Roundshaw Down and the men at Wimbledon Common. Details regarding individual fixtures will be posted nearer the time.

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 will send 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 A £5 VOUCHER IF YOU RUN THE 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.

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)
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)
17	Sep	5k parkrun, venue tbc (S)
2	Oct	Titsey multi-terrain 10k (L)
16	Oct tbc	Cabbage Patch 10

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

Date		Race		Venue
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
	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
	17	5k Parkrun (S) Note new date		TBC
Oct	2	Titsey Multi-Terrain 10k (L)		Oxted
	16	Cabbage Patch 10		Twickenham

Steve Smythe suggested weekend runs for marathoners January to April

January 2: long run - 16 to 18M steady (or Tadworth 10)

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/Boxhill fell race) Jan 22 /Jan 23 (6 Boxhill)) - 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)

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

CAMBRIDGE HARRIERS 7.5 MILES JOYDENS WOOD

Monday 28 December

Dulwich Runners are clearly an abstemious lot. Mike Mann and I were the only two who felt it necessary to work off the Christmas excess by slogging round the mud and hills of Joydens Wood.

This is a fairly low-key race – most of the field of about 70 were Cambridge Harriers, as it is part of their club championship. For once the sun was shining, and actually there wasn't a great deal of mud.

The course involved one short lap in the woods, followed by three long laps. I set off fairly conservatively, and was surprised to be well clear of Mike by half way round the first lap. For the first part of the race, I ran with a Cambridge Harrier, and we gained a few places. I thought he was going to give me a good race, when he suddenly slowed soon after the beginning of the second long lap. By now the field was very spread out, so I was running on my own. I chased down another Harrier at the end of the second lap when he stopped for a drink. The third lap was a solitary affair, but I was pleased to be able to maintain a good pace, and was about 45 seconds quicker than than the previous lap, as I pushed on the finish in under 60 minutes.

Mike was quite some way behind me, and was struggling with the after effects of a chest infection. At the finish he thought that doing the race was probably a mistake, but apparently the alternative was shopping!

It was a well organised race, over a beautiful course. The perfect Christmas recovery event. ***- Hugh Balfour***

32 Hugh Balfour 58.52
40 Mike Mann 63.48

Wayne Lashley writes...So last week was a break from the normal schedule as Christmas offers unique park run opportunities. So against my better judgement (and desire to sleep) I ended up running the Dulwich park run on Christmas Day and then the Crystal Palace park run on Boxing Day. The latter run was as pleasant a run as is possible at Crystal Palace. For once , I was on my own with no random runners appearing to school me. Dulwich however presented some unfinished business

Owen Hind came first and was in another time zone to the rest of us mortals . That is his only mention in this story. The next two runners and I had met once before, at the club championship 5km run at Dulwich Park earlier in 2015, when it was snowing and I couldn't feel any part of my anatomy! Their names were Andrew Inglis and Stephen Hodges (unknown at the time, but subsequently found out). That day, I had gone off with them. Andrew looked round, saw me and duly sped up with Stephen. They'd taken exception to my very presence. That injection of pace ruined me and 'The Locke' caught me up before the finish and snatched the club champ victory.

Fast forward to Christmas Day 2015. Andrew gave me the same look on seeing me on his shoulder. After the same instruction to his comrade, Stephen, they increased the pace to break me. This time, I was having none of it. I stuck to them like glue and at the beginning of the third lap I overtook them and increased the pace so that they were following me. Annoyingly, I had one moment of weakness on the descent of the final lap and both Andrew and his faithful disciple seized their chance and overtook me. But I did not let go and followed them all the way to the finish so that they pipped me by just two seconds.

A new PB for Dulwich park run had been achieved (16.44 mins) but more importantly, both Andrew and Stephen were spent and both had to shake my hand. I saw the look in Andrew's eyes. He'd been worked hard..harder than he wanted or expected. That's what I wanted. I wanted them to be concerned when they realised they weren't going to have things their own way this time. They will not underestimate me again. They are of course on THE list after their antics. I have mentioned many that I have claimed to be gunning for so I thought it would be useful to end this by providing you with an up-to-date Nemesis List. The current list is comprised of the following:

1. Ron Taylor - Kent AC
2. Andrew Inglis - Cambridge Harriers
3. Stephen Hodges - Cambridge Harriers
4. Luke Armitage - Kent AC
5. Luke Armitage's son - club and name unknown to me at this stage

December 25th

Barnsley

148 ran

Pos	Gen		
104	25	Selina Wray	31:19

Bromley

350 ran

Pos	Gen		
37	4	Kim Hainsworth	19:57
45	5	Selma Benattia	20:32
114	99	Colin Frith	23:45

Cooks River, Australia

93 ran

Pos	Gen		
60	19	Penelope D'arcy Graham	27:37

Dulwich

189 ran

Pos	Gen		
4	4	Wayne Lashley	16:44
6	6	Lewis Laylee	17:37
10	10	Tom Wilson	18:36
24	23	Chris Loizou	20:17
41	38	Graham Laylee	21:39
50	45	Mark Muffett	22:26
54	49	Bob Bell	22:37
63	58	Hugh French	23:15
71	7	Clare Wyngard	23:28
82	10	Claire Steward	23:55
84	74	Michael Dodds	24:07
92	14	Belinda Cottrill	24:38
109	90	Kevin Smith	25:50
146	38	Stephanie Burchill	29:27
157	114	Edward Lockhart	30:30
166	122	Paul Hilton	31:54
170	46	Chris Bell	32:45
173	49	Susan Vernon	33:24
183	131	Chris Vernon	35:03

Hilly Fields

123 ran

Pos	Gen		
6	5	Kevin Chadwick	19:12
8	7	James Burrows	19:23
12	11	Gary Sullivan	20:56

Lloyd Park

141 ran

Pos	Gen		
23	2	Anna Thomas	23:02

Newbury

265 ran

Pos	Gen		
36	32	Matthew Ladds	21:59

Newcastle

286 ran

Pos	Gen		
51	8	Helen Lister	21:12

Norwich

509 ran

Pos	Gen		
482	316	John O'Byrne	34:53

Peckham Rye

70 ran

Pos	Gen		
4	4	Ebe Prill	19:07
16	12	Ian Sesnan	23:29

Preston Park, Brighton

289 ran

Pos	Gen		
10	10	Lloyd Collier	18:33

Roundshaw Downs

100 ran

Pos	Gen		
4	4	Tony Tuohy	19:11
5	1	Clare Elms	19:38
10	9	Stephen Smythe	20:52

December 26th

Banstead Woods

166 Ran

Pos	Gen		
4	4	Tony Tuohy	18:13

Brockenhurst

112 Ran

Pos	Gen		
15	4	Katie Styles	22:21

Bromley

349 Ran

Pos	Gen		
102	89	Colin Frith	23:51

Brockwell

90 Ran

Pos	Gen		
9	1	Katie Balme	19:43
11	2	Ola Balme	20:34
27	4	Lucy Pickering	23:09
90	60	Chris Vernon	38:20

Crystal Palace

86 Ran

Pos	Gen		
1	1	Wayne Lashley	17:46
8	8	Simon Lang	21:06
29	27	Andy Cottrill	23:58
30	3	Belinda Cottrill	23:59
31	28	Bob Bell	24:03
49	10	Claire Steward	26:15

Dulwich

113 Ran

Pos	Gen		
4	4	Stephen Davies	18:00
5	5	Paul Devine	18:24
7	7	Ebe Prill	18:48
16	15	Duncan Wilson	21:26
32	30	Mark Muffett	23:12
50	46	Michael Dodds	25:10
55	48	Mick Mead	25:52

Eastbourne

140 Ran

Pos	Gen		
12	11	Simon Burnett	19:38

Greenwich

131 Ran

Pos	Gen		
12	10	Michael Fullilove	20:47

Harrow

89 Ran

Pos	Gen		
1	1	Shane O'neill	18:34

Lanhydrock

180 Ran

Pos	Gen		
38	5	Laura Vincent	26:56

Lincoln

239 Ran

Pos	Gen		
79	67	Martin Morley	24:19

Lloyd Park

98 Ran

Pos	Gen		
1	1	Lewis Laylee	20:02
23	22	Graham Laylee	25:12
33	4	Carys Morgan	26:57

Long Eaton

194 Ran

Pos	Gen		
20	1	Michelle Lennon	21:44

Malling

108 Ran

Pos	Gen		
2	1	Clare Elms	18:41
12	11	Stephen Smythe	20:10

Marlay

215 Ran

Pos	Gen		
3	3	Timothy Bowen	17:18

Nostell Priory

120 Ran

Pos	Gen		
71	21	Selina Wray	30:36

Peckham Rye

59 Ran

Pos	Gen		
3	3	Andy Bond	17:28
5	5	Kevin Chadwick	19:47

Princes, Liverpool

111 Ran

Pos	Gen		
10	1	Mel Edwards	20:10

Reigate Priory

126 Ran

Pos	Gen		
12	12	Tom Wilson	22:19

Riddlesdown

79 Ran

Pos	Gen		
19	3	Ange Norris	24:20

Scunthorpe

242 Ran

Pos	Gen		
61	4	Hannah Little	23:58

Stretford

118 Ran

Pos	Gen		
62	18	Hannah Harvest	26:09

St Peters, Sydney, Australia

170 Ran

Pos	Gen		
79	10	Penelope D'arcy Graham	27:26

Tamar Lakes

79 Ran

Pos	Gen		
2	2	Alastair Locke	18:32
12	1	Lucy Clapp	22:50

Victoria, Glasgow

147 Ran

Pos	Gen		
71	12	Eleanor Allan	24:04

Worcester

431 Ran

Pos	Gen		
352	116	Elizabeth Begley	33:40

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

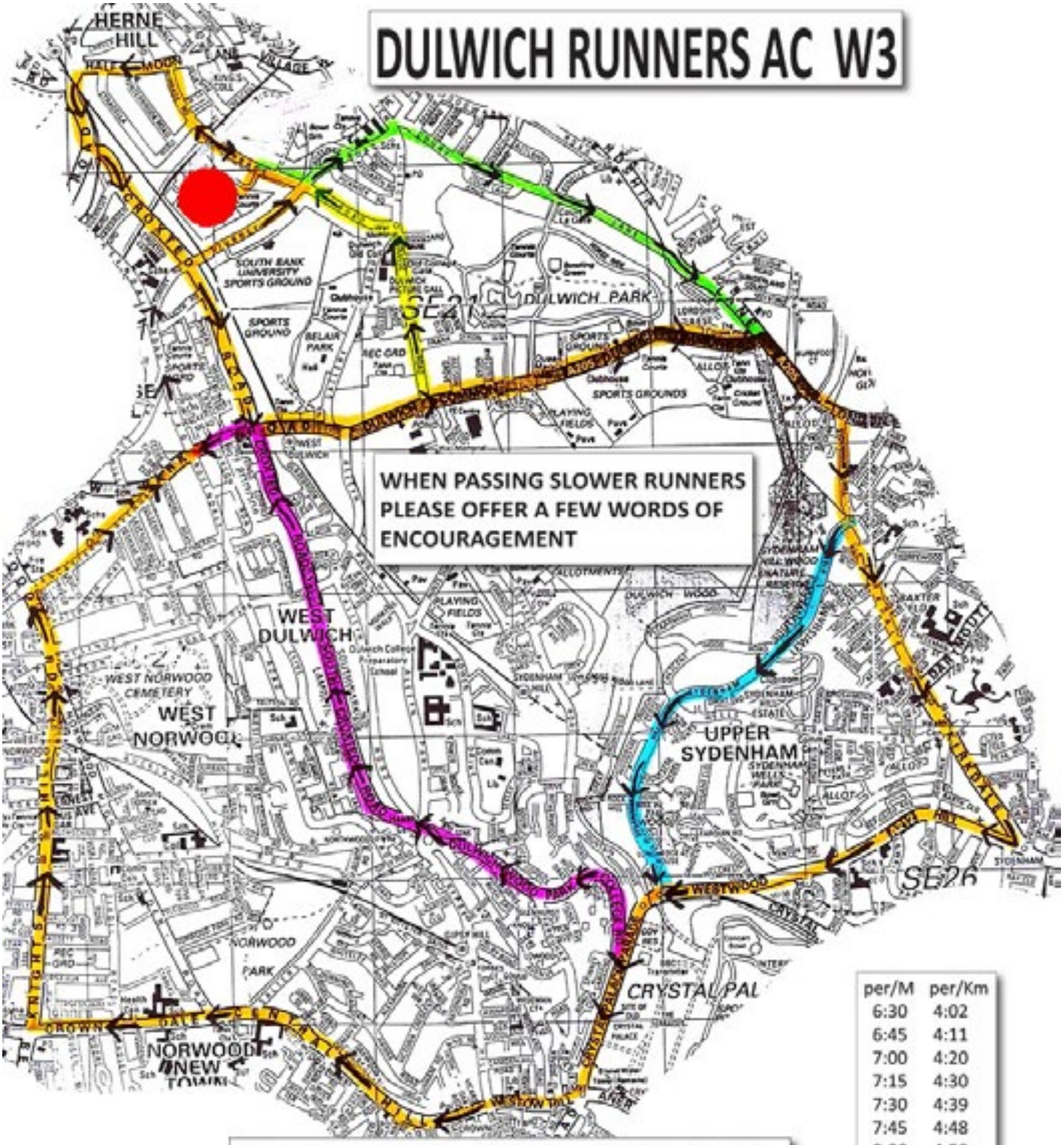
ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell Park, Crystal Palace, Peckham Rye, Burgess Park, Southwark, Hilly Fields)
– check out http://www.parkrun.org.uk/ for venues and registration

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 W3



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	9.5	15.3
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK or GREEN	8.0	12.9
SHORT CUT	GREEN & BLUE	7.0	11.3
SHORT CUT	GREEN & PINK	6.5	10.5
SHORT CUT	GREEN, BLUE & PINK	5.5	8.9
SHORT CUT	YELLOW	3.0	4.8

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