SHORTS

Dulwich Runners AC
Weekly Newsletter
January 13th 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 13 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 19 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
5... Fixture list, club champs,XC, road, track
6... Race results and reports..
9... Parkrun results..
10... 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 mostly on grass 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

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 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

LUCKY VEST

January winner - Dave West

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

EVENT HORIZON

A brief look ahead

full fixture list page 5

Jan 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: **Laura Lane, Doug Keighley and Andy Murray**
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**

Alastair Locke	13/01
Charlie Lound	20/01
Chris Loizou	27/01

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

Watch this space for upcoming 2016 events !

Coach to Chichester 10k

UPDATE

So far 31 people of registered their interest in going on the coach. For those of you that have registered your interest the deadline for payment of £12 return fare is Friday 22nd January, you can either pay me in person down the club on a Wednesday night or transfer the money to the bank details below:

Matthew Ladds - ref your name

Account: 34933412
Sort Code: 09-01-28

I am still trying to find a venue for lunch that can accommodate all of us, however if I can not we will have an extended period after the race in Chichester for people to get lunch and/or have a drink before heading back to Dulwich.
I will update you on the pick-up location shortly.
There is still plenty of room on the coach, we have a 49 seater so if anyone would still like to come on the coach then please let me know.

Thanks - Matt 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

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
Socks	£5 pair
Buffs/snoods	£6 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

only £5

HOODIES… will be at the club every Wednesday
Thanks Ros

Buffs/snoods - only £6

KEN CROOKE THANKSGIVING SERVICE

For those of you who knew Ken Crooke, who sadly died last month, a thanksgiving service will be held for him in Mitcham at 3pm on Sunday 17 January.
Ken was a longstanding member of Croydon Harriers, but formerly a Dulwich Runner, and will have been known to some of our longstanding members. Could anyone wanting to attend the thanksgiving service please contact me as we need to provideCroydon Harriers with an indication of numbers. I will provide details of the venue on request.
Mike Mann (mcmann90@yahoo.co.uk)

Rockin' Mayhem with English Rogues has returned!

Friday 22nd January 2016, 9pm –At The Nightingale, 53 Carshalton Rd, Sutton SM1 4LG
http://streetmap.co.uk/map.srf?X=526436&Y=164198&A=Y&Z=110 (just up the road from Sutton station)

It's been a while so all you live music fans must be gagging for it. Yes, you've guessed it, English Rogues are short of a drummer again so I'll be dusting down the old thundersticks and giving the kit a sound thrashing. Fans who've been before know what to expect – if you haven't, it's our own brand of pub-rock mayhem; classic rock/blues tracks by the likes of Eric Clapton, ZZ Top, Rolling Stones, Jimi Hendrix, Bryan Adams, The Kinks, Crosby Stills & Nash, Small Faces, AC/DC, Free, Bad Company, Bob Dylan, Guns 'n Roses, etc., etc.! Blistering guitar solos are supplied courtesy of young guitar-god Dan Murphy (good-looking, half my age, full head of hair, but I'm not bitter) and over-the-top 'Animal' drum thrashing from yours truly – and there'll be plenty, they don't let me out much you know.... So get on that 'Highway to Hell' and come down and 'Love The One You're With' – yep, same old song title jokes.

And just three weeks later (Sat 13th February) we're not too far away at the Rose and Crown, Wallington Corner, London SM6 7HX
http://streetmap.co.uk/map.srf?X=528522&Y=164886&A=Y&Z=110
Tony 'Thundersticks' Tuohy.

Keep Music Live - it's time to ROCK – come on, you need it and you need it now....

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**

LADIES SURREY LEAGUE MATCH 3

The third Surrey league race is at Reigate Priory this Saturday. Ladies run at 12 noon (8k) and if you're not too cold then you can stop and cheer on the men at 2.30 p.m.

If you've run a Surrey league already this season then you can just turn up but if not then do let Ange and Clare know that you want to run so you can be allocated a number in advance.

(If you really don't know until the very last minute that you can come then we will still be pleased to see you so do come and we'll get you a number on the day.)
Let's have a good turnout and show what Dulwich ladies can do! So far we have 18 definites and 2 possibles.
If you want a course map or any more information or not sure how to get there do email us.
dulwichladiescaptain@gmail.com Ange and Clare

THE 20TH GREEN BELT RELAY

Saturday/Sunday 21/22nd May 2016
We have entered one team for this year and if we get more interest we could enter another. If you aren't familiar with it the best thing would be to have a look at the website
http://www.greenbeltrelay.org.uk/

That will give you all the details but in short it is a relay of 11 runners who run 220 miles around London over a weekend. There are 22 stages so each runner runs once on Saturday and once on Sunday. The course is rural and mostly off road with the stages varying in length from 7 - 13 miles and are graded in difficulty on a scale 1 - 10 depending on distance and terrain. That makes it sound quite a physical undertaking, which it can be, but it is also a unique event consisting of running some beautiful green routes just on the outskirts of London. It is a team event with great camaraderie within our team and also between clubs.

At the moment we are gauging interest. A team is 11 runners but between now and then things will turn up or injuries occur which cause people to drop out, so ideally we need about 16 names to start with.
Let me know if you want to run. If you've never done it and are unsure, talk to me and I can tell you more about it from having run before. Personally I love it and would recommend it to anyone.

Email me:
dulwichladiescaptain@gmail.com
or speak to me Ange Norris on a Wednesday evening.

MEN'S SURREY LEAGUE CROSS COUNTRY 16 JANUARY

Our next cross country fixture will be at Priory Park, Reigate on Saturday 16 January.

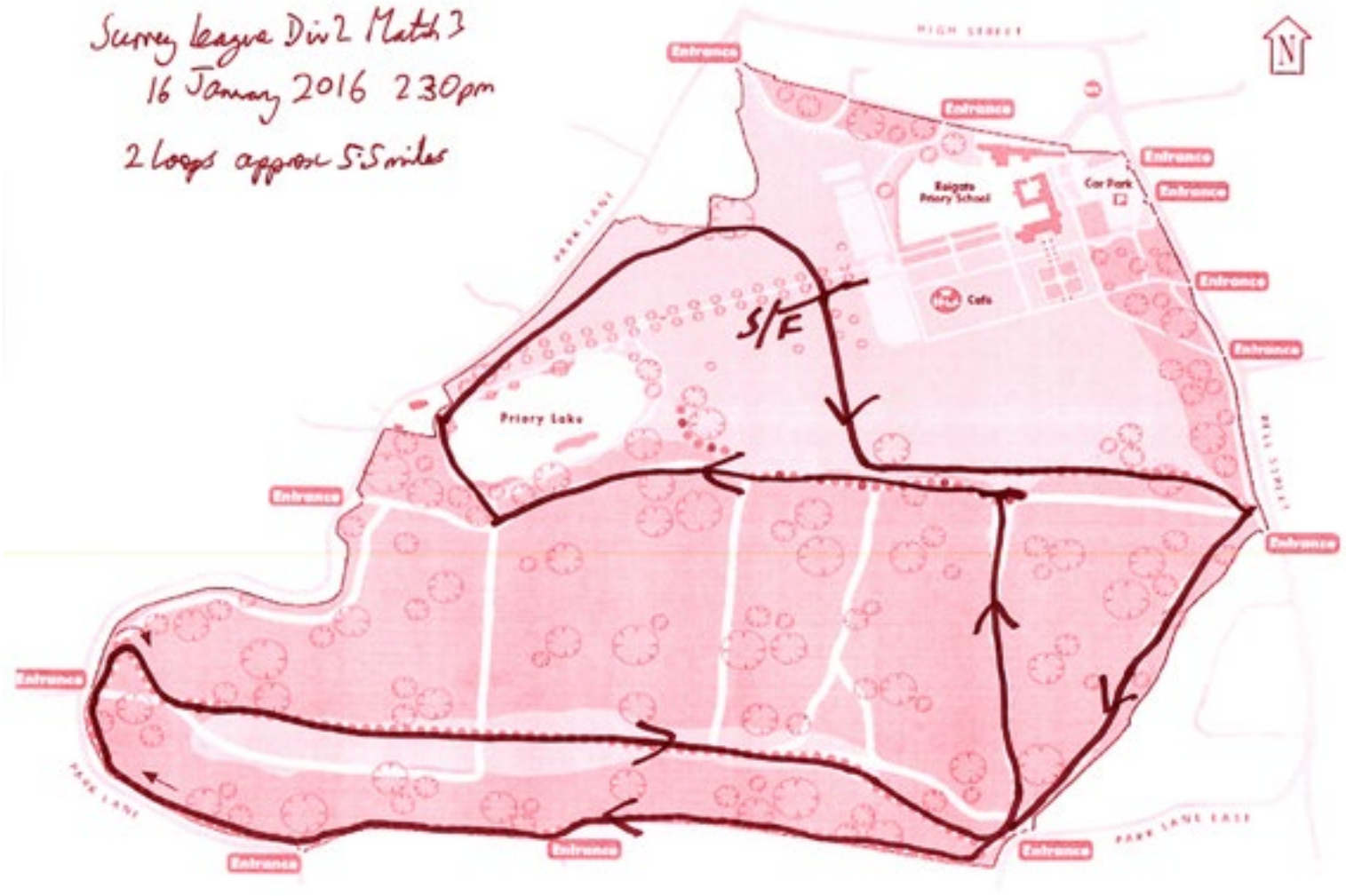
Please note the earlier than usual start time of 2.30pm. It is important that we have a high turnout amongst all our potential scorers in order to maintain, and hopefully improve our position in the league.

The course is over 2 laps and is approximately 5.5 miles in length.

The start is 200m from the park cafe.

The course is a mixture of parkland and woodland trails which are likely to be soft and muddy in places, and either spikes or robust fell shoes are recommended. There is a long technical descent at the end of each lap requiring care.

Priory Park is 10 minutes walk from Reigate station. Parking (pay and display) is available at Bell Street and Bancroft Road car parks and at Morrisons supermarket. ***Mike Mann***



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	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 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: 15 miles

Apr 24: (London M Apr 24)

WEDNESDAY 3 FEBRUARY 2016
Dream Mile & 3km, lee Valley
3K – 7PM
DREAM MILE – 8PM
£6 per event
ENTRIES TAKEN ON THE NIGHT

Last year both Clare and Ros set World Masters indoor records for the mile and a number of other Dulwich Runners also took part and enjoyed the event which had a good atmosphere.
Races are graded so you will be put in a race with someone of similar ability irrespective of age.
There is also a 3000m race but the mile is probably the better option for those not used to running indoors on a 200m circuit.
if you want advice whether this event is suitable for you, speak to Steve Smythe.

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

KENT CROSS COUNTRY AT BRANDS HATCH

It was raining very heavily as I drove in off the A20 to the Brands Hatch pot holed road by the fields where some banners proclaimed the location for the Kent cross country. Junior runners had started their races, a complex map of different routes and matrix of times to show who would run where.

The senior men's race was a four lap 12K race. The field tilted down at one corner and was exposed to the wind higher up. It was a challenge to know what to do with kit in the windy rainy field, then Ange appeared with a welcome tent and Dulwich Runners banner. I thought I might do somewhere between 4 and 5 minutes per kilometer pace and ended up doing 4 minutes thirty. On the third lap I was keen to overtake a runner in a Medway vest who was distracting me with his spitting, so I picked up the pace on the downward slope, only to skid over into the mud on the tight bend after the big pylon. People nicely asked if I was OK, I said yes without being too sure, but carried on fine.

After that my pace slowed, although I caught up again with the same group I had been with before. The mud seemed to be getting heavier as the race went on. For all my apprehensions about understanding the route, it was well marshalled and flagged. It did not rank as challenging as some of the hilly cross country runs I have done recently and the atmosphere was cheerful despite the conditions. Brands Hatch was not like going to Epson, though, when we had the privilege of the state-of-the-art jockeys' changing rooms.

I washed my mud caked hands in a puddle and defrosted my toes in the shower back home. ***Gideon Franklin***

SURREY COUNTY CROSS COUNTRY CHAMPS

10 January

Well, at least the sun was shining, despite a couple of sharp showers, but the ground conditions were pretty dreadful with slippery sections, cambers and one section of the course that appeared to have been designed with the help of advice from Bernie Ecclestone. Although the hills were shorter and gentler than those experienced in the pre- Christmas South of Thames race at Tonbridge, the difficult ground conditions made it, if anything, more challenging.

Choice of footwear was made difficult by variations in ground conditions with a flinty section early on. This was followed by a couple of climbs that were not unduly muddy, after to which there was a fast gently undulating stretch on firm ground. The second part of the circuit was more challenging with a couple of muddy climbs on cambered ground, followed by the notorious chicane, which seemed to be the highlight of their weekends for supporters,Tony Tuohy and John McGlashan. The final 1km of the lap contained a technical muddy descent followed by 200m on the flat that was largely a sea of mud. The men's race consisted of 3 laps, with a heavy shower during the final lap.

My own performance over the chicane appeared to be more incompetent than most, not helped by having only 3 spikes left on the forefoot of each shoe. They worked fine on the climbs and with care on the descents until tiring towards the end, but were simply not up to negotiating the two sharp bends on a slippery downhill slope; it was rather like to attempting to ice skate on a gradient. I'm not sure how I managed to stay upright, but at least it provided entertainment for our supporters, as I awarded myself nul points the second time round.

Leading the Dulwich team home by a substantial margin was Wayne Lashley. Charlie Lound had a strong race, with international cyclist, Michael Hutchinson, had a fine run, finishing only a minute behind. Shane O'Neill was next, with the difficult conditions underfoot probably providing a shock to the system. Mark Foster and myself exchanged places on several occasions, but Mark finally pulled away on the final lap. ***Mike Mann***

31	Wayne Lashley	47:31
93	Charlie Lound	52:36
101	Michael Hutchinson	53:34
111	Shane O'Neill	54:07
184	Mark Foster	60:36
193	Mike Mann	61:34

SURREY XC CHAMPIONSHIPS DENBIES U17 MEN - 6.1 KM

As the course was particularly muddy and lacked fast and flat sections I knew it wouldn't suit me, as I much prefer track racing and use xc as training. However I was happy enough with my run despite losing 4 places after sliding/falling onto my side with about 600m to go and losing my rhythm.

12. Lewis Laylee. 24:03

SURREY COUNTY CROSS COUNTRY CHAMPIONSHIPS DENBIES VINEYARD

Sunday 10th January

More than a dozen Dulwich women turned up on Sunday to brave the horrendous mud fest at Denbies vineyard. The 2 lap 8km course is tough at the best of times with steep up and downhills, and tricky cambers to negotiate. After days of heavy rain parts of the course were so thick with claggy gloopy mud that to stay upright and try to move forward was the main objective. One competitor slid right in front of me sideways on a steep downhill and tight corner (I think the lads christened it after some motor racing chicane thing) and I had to try and hurdle over her in the mud.

The wintery sun shone as we set off at noon and the views from the ridge were glorious - if you had time to take your eyes off the mud, but it did rain and cloud over a little bit but it wasn't too cold. Anna had a stunning run to be our first finisher in 31st position, closely followed by Ola running to her current good form. Nicola came through the field well in the second lap and Michelle had a strong run. Katie continues her excellent improvement and just scraped home in under 40 minutes.

Newer member Fiona had a great run and wasn't far behind her, with Eleanor thinking her trail shoes may have been just somewhat short on traction as she felt herself slipping and sliding all over the course. Ros took the first lap steady after injury niggles but ran a confident second lap to just pip Lucy at the post. Lois proved she is a tough new cross country runner for Dulwich, and I managed to gain some ground on her but there was too much deep mud over the last 400m for any kind of sprinting.

Lindsay ran a gutsy race and classed it as a "bit of an experiment" after no running for 2 weeks because of a chest infection, so she found the state of the course even more horrendous ...if that's possible! Claire and I were dreading this race after the Terrible Tadworth 10 the previous Sunday - but the fact it was 5miles shorter and not raining certainly helped us enjoy it a little bit more.

I think we all really appreciated the support of John McGlashan, Mike Mann, Andy Murray, Graham and Lewis Laylee .

We were 9th team out of 15 and there were 144 finishers. ***Clare Wyngard***

Anna Thomas	38.04
Ola Balme	38.16
Nicola Richmond	38.22
Michelle Lennon	39.31
Katie Styles	39.59
Fiona Askew	40.43
Eleanor Simmons	42.24
Ros Tabor	43.19
Lucy Clapp	43.36
Lois Reed	44.11
Clare Wyngard	44.20
Lindsay Annable	47.50
Claire Steward	48.52

KENT CHAMPIONSHIPS BRANDS HATCH

January 9

Steve Smythe writes..
This was a new venue - basically a big field opposite the motor racing track. The weather wasn't good being wet and windy and the course was quite muddy and slippery though a little boring but harder than it first looked.

Traditionally this has been one of our most successful cross-country events with regular medals and hopes were initially high when it was clear we were going to have two top class debutantes. Unfortunately past individual winner Clare was too ill to run, past fourth placer Mel has moved back to Surrey, past team medallist Kim had a prior engagement and an achilles problem and two other county medallists have not run for the club for a while.

Nevertheless Elkie made a great Kent county debut and was fifth for much of the race but held on for a fine seventh which should see her gain a Kent county vest in the Inter Counties. Emily also debuted successfully and moved through to 14th after a steady start. Angie wasn't able to match her top ten form of 2015 with the course not suiting her quite as much but she too moved through strongly to 23rd and the team finished fourth but would have been second with Clare.

With around a dozen women eligible, and after such great turn outs this season, it was disappointing just three ran but at least it was enough for a team unlike the men who needed six.

Women

7 Elkie Mace	34:41
14 Emily Gelder	35:26
23 Angie Norris	36:56

Team: 4th

Men

The county championships to some has always been a must-do event with one of the team attending their 45th Championships but unfortunately a lot of club runners who could have done it didn't and we were one short of finishing a team.
Kevin was easily the best though slowed a little on the second half (Strava laps of 12:42, 13:19, 13:36, 14:09). Steve Smythe was well down on past form and was far and away his worst ever position but did pick a little on last lap (13:51, 13:54, 14:11, 13:49). Gideon had his usual steady run. Mike Fullilove had a solid run with his usual quick start. Chris Goodman made a rare XC appearance and found it hard on the second half (15:34, 17:12, 17:53, 18:12)

97 Kevin Chadwick	54:04
112 Steve Smythe	55:32
122 Gideon Franklin	56:37
136 Mike Fullilove	57:57
179 Chris Goodman	69:30

The club's Surrey men and women supported their championships better than the Kent men did and there were especially good runs by Wayne and Anna.
The next major championship event is the South of England Championships at Parliament Hill where it looks like we will have a good club entry. However, it looks as if the National Championship entry is a major disappointment for both the men's and women teams. Other clubs turn out in great numbers and are happy to travel to an event which is regarded as one of the greatest races in the world to run. The men's start with 2000 runners is one of the most exciting views in sport.
If anyone is training hard and running some cross-country, it makes no sense not to take part in what is the best cross-country race, especially when the club was willing to pay entries and assist with the travel. We could have done especially well in the women's event and achieved our highest ever position had all our best runners been available.

January 9th

Braunstone

349 Ran

Pos	Gen		
28	27	Hugh Balfour	21:12

Bromley

588 Ran

Pos	Gen		
27	1	Selma Benattia	20:45

Brockwell

419 Ran

Pos	Gen		
53	3	Michelle Lennon	21:25
97	11	Laura Vincent	23:02
119	104	Ian Sesnan	23:41
183	36	Claire Barnard	25:33
230	53	Sharon Erdman	26:37
256	70	Karina Burrowes	27:28
266	75	Sarah Lyness	27:45
281	85	Natalie Davys	28:03
307	205	Freddie Vernon	29:04
308	206	Piers Vernon	29:14
384	145	Susan Vernon	33:16
406	246	Chris Vernon	35:50

Burgess

225 Ran

Pos	Gen		
38	35	Matthew Ladds	21:26

Crystal Palace

269 Ran

Pos	Gen		
4	4	Tom Wilson	18:51
5	5	Tom Calvert	19:15
19	19	Jim Dowsett	21:00
28	3	Susan Cooper	22:11
42	38	Martin Double	23:00
65	8	Clare Wyngard	24:15
69	61	Michael Dodds	24:23
72	10	Joanne Shelton Pereda	24:28
124	100	Andy Cottrill	27:03
125	25	Belinda Cottrill	27:04
148	114	Tony Macpherson	27:58
182	130	Bob Bell	29:30
242	155	Simon Lang + kids !	33:22

Dulwich

298 Ran

Pos	Gen		
7	7	Mark Lacey	17:42
9	9	Tim R Taylor	17:43
11	11	Stephen Davies	18:05
19	19	Simon Burnett	19:21
49	48	John Fletcher	21:27
50	49	Duncan Wilson	21:28
56	3	Victoria Read	21:46
91	84	Colin Frith	23:11
124	15	Claire Steward	24:22
127	16	Hannah Little	24:31
157	137	Mark Muffett	25:48
174	146	Mick Mead	26:20
215	49	Stephanie Burchill	28:43
220	52	Selina Wray	29:02
224	169	Kevin Smith	29:08

Fulham Palace

426 Ran

Pos	Gen		
148	23	Lindsey Annable	24:10

Hilly Fields

233 Ran

Pos	Gen		
6	6	James Burrows	19:33
9	9	Ian Lilley	20:36
19	19	Lloyd Collier	21:16
25	23	Gary Sullivan	21:29

Newark

172 Ran

Pos	Gen		
35	33	Martin Morley	25:26

Peckham Rye

186 Ran

Pos	Gen		
1	1	Andy Bond	17:19
3	3	Mark Callaghan	18:20
29	2	Helen Lister	21:47
95	82	Oliver Bottle	25:20
98	15	Eleanor Allan	25:40
176	65	Abbie Grace Bottle	32:39

Roundshaw Downs

112 Ran

Pos	Gen		
3	3	Tony Tuohy	19:30
23	1	Lucy Elms	24:29
60	54	Peter Jackson	30:11

St Peters, Sydney, Australia.

381 Ran

Pos	Gen		
172	32	Penelope D'arcy Graham	26:20

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.

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

MARATHON TRAINING FOR LONDON (OR OTHER SPRING MARATHON)

This schedule is aimed at those hoping to run a Springtime marathon in a time between 3:45 and 4:45, so not really aimed at faster club members (who will be referring to Steve Smythe's schedules), although of course everyone is welcome and there are likely to be friends from other club(s) at some of the sessions.
See below for the planned activities. The entry fee for the Bromley track in Norman Park 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 two 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!
Claire and I cannot guarantee to make it to all of these sessions but we will do our best to keep the training momentum going.
For me it will be my 50th marathon, if everything works out and possibly my last; it will be Claire's 44th.
If you intend being part of this group please email me to confirm then I will have an idea of numbers to expect

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

Marathon Training session – Sunday 17 January

Well done to those who turned up for the session on Sunday.
Twenty seven of us in total and everyone did well!
Next week we are off to Blackheath & Bromleys open cross country 10km. meet 0930- 56, Bourne Way, Hayes BR2 7EY. Will do warm up before and after to ensure we do at least 10 miles.
Tea after at their HQ, and time for a few more hand outs and advice if required.
LONDON will be my 50th marathon if all goes well. For those who don't know I have UK Athletics level 2 coaching qualification.(Also last week, on 1st January, I hit 50,000 miles run since 1978,sorry a bit anoraky I know).
A few people missed last Sunday's session due to illness, please feel free to join us at Hayes if better. I don't expect that everyone will attend every Sunday, no problem, come when you can.
Remember this is all about fun, health, fitness and sociability. Don't beat yourselves up if you don't always hit your targets.
The following run you will fly!
Rock & Roll
Steve Wehrle

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

Weeks to go!	Date	Event / Distance	Information
14	Sat 16	Surrey League XC (3/4)	Reigate Priory (Men and women)
	17 Jan	Blackheath & Bromley open 10km (see map below for HQ)	09:45 Hayes – HQ 56 Bourne Way BR2 7EY (add some distance before and after, ask Steve for details)
13	24 Jan	Canterbury 10	10:00 Road Race
12	31 Jan	High Elms 11 miles	09:00 Off-road
11	7 Feb	**Chichester 10k**	10:00 Road race **Club champs**
	or	8 x 1 mile reps	09:00 Bromley Track, Norman Park
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	09:00 Road race
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, Norman Park
6	13 Mar	**Dartford Half marathon**	?time Road race **Club champs**
5	20 Mar	NormanPark	09:00 10miles thru BadgersMount / Chislehurst
4	27 Mar	12 x 1 mile reps	09:00 Bromley Track, Norman Park
3	3 Apr	Westerham Run	09:00 Grasshopper Inn, Moorhouse – off road 3-4 hrs
	10 Apr	Orpington 20 miles	09:00 3 hours + on the road
1	17 Apr	Darenth 10km, Eynsford	08:00 Road Race
Zero	**24 Apr**	**LONDON MARATHON**	**This is it ! Club Champs**

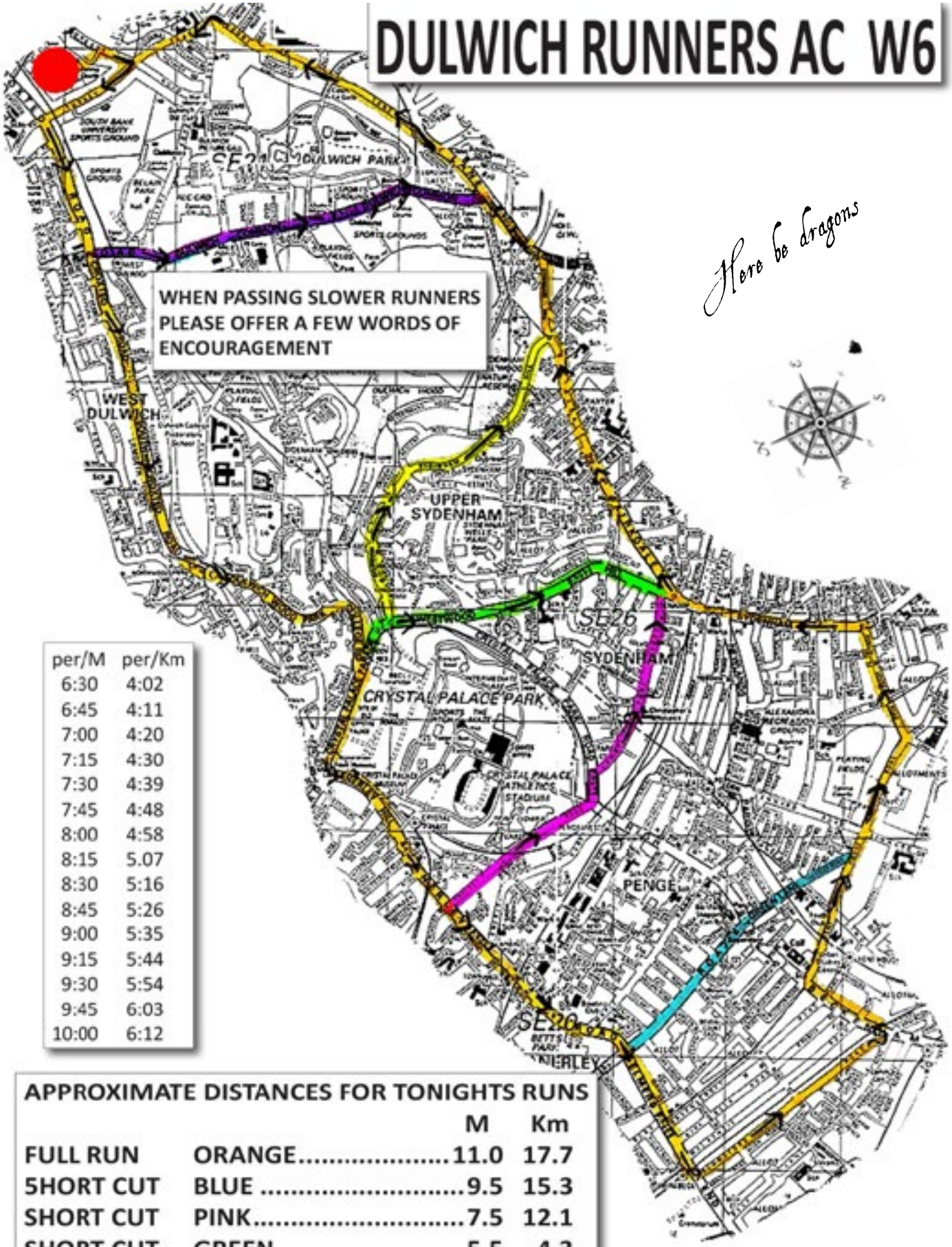
for more information contact Steve Wehrle, Claire Steward

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/
High Elms runs ('HERoS' High Elms Runners on Sunday) mostly off-road, start 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:

Denbies 10 (Dorking)	17 Jan, 10:00	www.eventstolive.co.uk
Bramley 10 / 20 miles, Basingstoke	14 Feb, 10:30	www.readingroadrunners.org
Meon Valley Plod (East Meon)	21 Feb, 10:30	http://pjc.org.uk
Leith Hill Half	6 Mar, 11:00	www.trionium.com/leithhillhalf
Spitfire 20 (Dunsfold Aerodrome)	13 Mar, 09:30	www.eventstolive.co.uk
Finchley 20 miles (Ruislip)	13 Mar, 09:00	http://www.hillingdonac.co.uk/f20
Hastings Half Marathon	20 Mar, 10:30	http://www.hastings-half.co.uk
Cranleigh 15 or 21 miles	20 Mar	www.mabac.org.uk
Orion 15 (Epping Forest)	2 Apr (Sat), 10:00	www.orionharriers.com
Paddock Wood Half	3 Apr, 09:30	www.paddockwoodhalfmarathon.co.uk
Thames Towpath 10 (Chiswick)	17 Apr, 09:00	www.west4harriers.com

DULWICH RUNNERS AC W6



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	11.0	17.7
SHORT CUT	BLUE	9.5	15.3
SHORT CUT	PINK	7.5	12.1
SHORT CUT	GREEN	5.5	4.3
SHORT CUT	YELLOW	4.5	7.2
SHORT CUT	PURPLE	3.0	4.8