SHORTS

Dulwich Runners AC
Weekly Newsletter
January 27th 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 27 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 02 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	30	South of England Champs - Parliament Hill Fields
Feb	7	Chichester 10 - club champs

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: **Ian Sesnan, Charlie Lound and Karina Burrow's group**
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**

Chris Loizou	**27/01**
Patrick McMorrow	03/02
Mike Mann	10/02

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 !

Feb 13th

To mark the end of the men's and women's XC season we will visit The Plough in Lordship Lane from 7.30pm.
Everybody welcome

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
Race now full

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…

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

Buffs/snoods - only £6

Rockin' Mayhem with English Rogues has returned!

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

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.
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**

UPDATE

It is now confirmed that the final race that will form part of our cross country champs will be at Lloyd Park on 5 March. Croydon Harriers have invited us to take part in their annual cross country champs which will be held over the usual course there of around 5 miles. The start time is likely to be 2.30 but will be confirmed later. Hopefully ground conditions will become drier as spring progresses.

MEN'S SURREY LEAGUE CROSS COUNTRY

The final fixture of the season takes place at Lloyd Park on 13 February. Further details will follow but the start and finish areas will be close to the Lloyd Park tram stop as usual.
With 3 clubs, including ourselves in the running for 2 promotion places, this is likely to be one of the most exciting, albeit tense, finishes to the season for years. We suspect that both Dorking and Croydon Harriers, the 2 clubs marginally ahead of us after 3 matches, have some fast runners, who did not run at Reigate to draw upon, so we need a maximum turnout from all our potential scorers.

In addition it would be great to display a massive show of red and blue, so runners of all abilities are encouraged to take part.

Afterwards we will be marking the end of the men's and women's season with a visit to the Plough in Lordship Lane from 7.30pm. All are welcome. ***Mike Mann***

SOUTH OF ENGLAND CHAMPS, 30 JANUARY

Those of you entered for these cross country champs should note that the women's race (8km) starts at 2.05pm and the men's race (15km) at 2.50pm at Parliament Hill Fields.

Numbers and chips will be available from your team captains near the running track, where we will put up the banner and tents. Note that changing and showers will be available at the Lido, and not at the running track. As ground conditions are expected to be heavy, long spikes are advised.

Afterwards both runners and spectators are invited to adjourn to our traditional post race watering hole, the Magdala, 2a South Hill Park, NW3 2SB. ***Mike Mann***

THE 20TH GREEN BELT RELAY

Saturday/Sunday 21/22nd May 2016

NB Please re-read as this was misleading first time!
What I meant was - We have entered one team but now need to have runners to fill it. If we have lots of interest we will enter another.

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.

BMAF AND VAC 10K, OLYMPIC PARK 2 APRIL

The BMAF and Vets AC 10k champs on 2 April will be a prestigious national event and an opportunity to race on a course entirely within the Olympic Park.

The race is open to all runners. BMAF members should enter through the BMAF website, and there is a separate entry for non-masters on the BMAF page. There is a limit of 700 runners which is likely to be reached quickly, so those interested are advised to enter soon.

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	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	5	Croydon Harriers XC Champs		Lloyd Park
	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 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)

FREE PLACE FOR A DULWICH RUNNER IN RACE NEAR PARIS!!!

I have been contacted by the Southwark Sports Officer, Emma- Louise Parker.

Southwark's Community Sports Team has been working closely with our twin borough Clichy in France, who annually host a 10km road race Foulées Clichoises, around the French city. This year Clichy have invited representatives from Southwark to take part in the event, which is held on the 13th March 2016.

As part of this partnership, Southwark Councils community sports team would like to offer Dulwich Runners AC one free place package to represent Southwark at the event. The free place package includes race entry, accommodation and meals.

This could be a fantastic PR opportunity for Dulwich Runners AC. We will also be offering the same opportunity to London City AC and we think it would be a fantastic for the two clubs to come together and represent Southwark.

Emma-Louise will be at the club on Wednesday that she will be coming to speak to us BEFORE the run at 7.15 to tell us more.
If you are interested please come on Wednesday night.
Thanks - Ros

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

KNOLE RUN, SEVENOAKS

U18 Boys 10km
In its fortieth year, a tough gruelling cross country course covering parts of the Sevenoaks 7. Up against boys two years older and as far away as Shrewsbury and Manchester. Well paced run. Excellent teas afterwards. - ***Duncan Hussey***

60 Oscar Hussey 36.31
289 ran

SURREY LEAGUE XC MITCHAM COMMON

Junior men
This race was supposed to be 4km on relatively flat terrain so I was optimistic going into it. However after a mile short loop, we were supposed to take a sharp turn to join the larger loop. No marshalling meant we didn't take the turn, and instead the leading group of 5 or 6 which I was a part of ran down a random path hoping to rejoin the large loop. After 50 metres we were told to turn back and do another small loop, meaning we lost about 20 places to slower runners.
It was hard to get these places back over the narrower sections and those of us originally in the lead group finished much further back than we would have been without the mixup.

10. Lewis Laylee
95 ran

KENT SCHOOLS CROSS COUNTRY - HYTHE 5.76KM INTER BOYS

23 January

Duncan Hussey writes...set at a location of the two previous Kent Champs, the course was restricted to the top playing fields as it became apparent a year ago that the steep country park below was dangerous. Unlike last year, despite being in eyeshot of the sea, conditions were benign, although sea fog did roll in during the afternoon which made visibility a little tricky.

Fortunately the nature of the course meant spectating was easy being able to see the race in five different locations each lap and there were three laps!

The Inter Boys race was unusually a tipsy turvy race with established National team gold medalists taking the lead then falling apart whilst year young participants came through in the latter stages. One of these, a schoolmate of Oscar's came through from 14th midway to take second in a stunning performance.

Oscar, meanwhile, had his best performance in these championships, this being his fifth consecutive appearance. He tired slightly on the last lap but rallied a sprint in the last few meters to save a place. It should mean that he will be asked to represent his county in the forthcoming South East Intercounties in Bexhill in two weeks time.

18 Oscar Hussey 20.49
78 ran

CANTERBURY 10 MILE

24 January

Bob Bell writes....this is a good early season try out and usually has a few Dulwich Runners in the field. This year there were five of us although two, Messrs.' Frith and Wehrle, were sporting Orpington colours as it was Orpingtons Club Championship and they contributed 91 to the overall field of 1,168 which was a record number of runners.

The race HQ was also a new venue for the event and too be honest the lack of a big hall and difficulty in moving around made life a bit tiresome as it meant queuing for just about everything, including going through a door. Also in an effort to avoid the crush groups were trying to find alternative routes often leading to dead ends which then meant more problems in trying to retrace steps.

The course itself was the same as previous years, a mixture of farm tracks and country roads all of which were well marshaled and generally less muddy than in some years. Despite some rain in the previous days the ford looked almost jumpable (unlike the raging torrent the year before) but the marshals had everybody going over the little footbridge.

Personally I was five minutes down on last years efforts which I wasn't surprised at. Colin also struggled from a lack of long distance training whereas marathon man Steve Wehrle was very pleased with his efforts
Sorry Mike and Cara, you'd gone by the time I finished so no idea whether you found it good bad or indifferent.

Finally despite the logistic problems of the new race HQ I'll hopefully be back next year.

103	Mike Fullilove	1:06:55 (chip 1:06:49)
230	Cara Oliver	1:12:32 (chip1:12:11)
479	Bob Bell	1:22:29 (chip 1:22:16)
495	Colin Frith	1:23:00 (chip 1:22:52)
666	Steve Werhle	1:27:58 (chip1:27:30)

VETS AC CROSS COUNTRY CHAMPS

23 January

This was the third year in which new course of just over 4.4 miles had been used and despite recent wet weather followed by a cold spell, the ground conditions were surprisingly good. The first part of the course is firm, flat and fast, and this is followed by a descent, which although looking horribly muddy was on a firm base. The playing fields had their usual muddy stretches as did the path along the brook, and this was followed by a long steady climb. The final part of the circuit is level, mostly on gravelly paths. This made for a much faster course that most of us have experienced recently (and those of us running at Parliament Hill on Saturday will).

Tony Tuohy resisted the temptation of a flying start, sensibly holding himself back in the early stages, but picking the pace up later and finishing first M50. In doing so he has seems to have re-discovered at least part of his missing mojo, with his time only 22 secs down on last year and only fractionally slower than in 2014, despite taking it easy. My own run was an improvement on recent efforts, over half a minute faster than last year and only marginally slower than my 2014 time. Next to finish was Andy Murray, followed by an improving Graham Laylee, who has posted progressively faster times over the past 3 years. Joe Brady enjoyed his first outing on the new course. Second claimer, Jo Quantrill ran well to finish second W60, while Ros Tabor, coming back after recent injury problems, finished first W65. ***Mike Mann***

Tony Tuohy	26:56 (26:34 in 2015, 20:52 in 2013)	1st M50
Mike Mann	31:00 (31:35 in 2015, 30:58 in 2014)	1st M65
Andy Murray	33:15 (32:25 in 2015, 31:23 in 2014)	
Graham Laylee	33:24 (34:00 in 2015, 34:21 in 2014)	
Joe Brady	34:12	
Jo Quantrill	34:36	2nd W60
Ros Tabor	34:52 (33:11 in 2015, 33:27 in 2014)	1st W65

CROSS COUNTRY CHAMPIONSHIPS 2015/16 MEN

TOTAL OF 4 BEST RUNS - MUST INCLUDE 3 SURREY LEAGUES

NAME	Surrey Lge Wimbledon 10/10/15	Surrey Lge 2 West End 07/11/15	S of Thames Polesdon Lacey 21/11/15	Surrey Lge 3 Reigate 16/01/2016	Surrey Lge 4 Lloyd Park 13/2/2016	Croydon XC Lloyd Park 5/3/16	TOTAL	No. of events
Ebe Prill	41	43	47	38			169	
Wayne Lashley	50	50		50			150	
Graham Laylee	36	41	43	30			150	
Tim Taylor	49	49		49			147	
Tim Bowen		48	50	48			146	
Ian Sesnan	34	40	41	29			144	
Alastair Locke	47	46	49				142	
Charlie Lound	48	45		44			137	
Ross Rook		44	48	40			132	
Jim Dowsett	40		45	35			120	
Mike Mann	38		44	34			116	
Barrie John Nicholl	33	39	40				112	
Andy Murray	35		42	31			108	
Tom Rann	44			47			91	
Steve Davies	45			43			88	
Mark Lacey	43			45			88	
Tony Tuohy	46			41			87	
John English		42		37			79	
Hugh Balfour	37			32			69	
Andy Bond		47					47	
Shane O'Neill				46			46	
Steve Smythe			46				46	
Ian Lilley	42						42	
Mark Callaghan				42			42	
Duncan Wilson	39						39	
Kevin Chadwick				39			39	
Mike Fullilove				36			36	
Martin Double				33			33	
Tony Macpherson (2nd claim)				28			28	

CROSS COUNTRY CHAMPIONSHIPS 2015/16 WOMEN

TOTAL OF 4 BEST RUNS - MUST INCLUDE 3 SURREY LEAGUES

NAME	Surrey Lge 1 Roundshaw 10/10/15	Surrey Lge 2 West End 7/11/15	S of Thames Polesdon Lacey 06/12/15	Surrey Lge 3 Reigate 16/01/16	Surrey Lge 4 Richmond 13/02/16	Croydon XC Lloyd Park 5/3/16	TOTAL	No. of events
Ola Balme	46	47	48	48			189	
Ange Norris	45	45	47	47			184	
Katie Styles	40	41	46	45			172	
Eleanor Simmons	41	38	44	39			162	
Claire Baglin	49	50		49			148	
Nicola Richmod	47	48		46			141	
Lindsey Annable	33	35	39	32			139	
Selma Benattia		43	45	43			131	
Michelle Lennon	43		43	41			127	
Joanne Shelton	35		41	35			111	
Clare Elms	50			50			100	
Mel Edwards		49	50				99	
Anna Thomas		44	49				93	
Fiona Askew		42		42			84	
Sue Cooper	42	40					82	
Lucy Clapp	38			37			75	
Katie Crowe	36	37					73	
Hannah Little			40	33			73	
Ros Tabor	37			34			71	
Stephanie Burchill	31	34					65	
Claire Steward	32			31			63	
Elkie Mace	48						48	
Laura Long		46					46	
Helen Lister	44						44	
Emma Ibell				44			44	
Lois Reed			42				42	
Sue Cooper				40			40	
Lucy Pickering	39						39	
Ruth Bennett		39					39	
Yvette Dore				38			38	
Sarah Banting		36					36	
Tessa Morrison				36			36	
Clare Wyngard	34						34	

January 23th

Brockwell

366 ran

Pos	Gen		
5	5	Lewis Laylee	17:25
20	20	Ian Lilley	19:04
101	9	Lucy Pickering	22:34
110	13	Lucy Clapp	22:59
167	133	Kees Kuijlaars	24:51
168	134	Lloyd Collier	24:53
267	185	Desmond Edwards	28:12
315	114	Selina Wray	29:52
359	142	Charlotte Easton	34:07

Bromley

524 ran

Pos	Gen		
68	63	Chris Goodman	22:10

Crystal Palace

234 ran

Pos	Gen		
6	6	Tom Wilson	19:01
19	19	Simon Lang	20:39
51	48	Paul Hodge	22:41
58	5	Belinda Cottrill	23:19
65	59	Bob Bell	23:30
108	19	Claire Steward	26:06
129	28	Susan Cooper	27:28
133	103	Paul Keating	27:38
134	104	Paul Hilton	27:39

Dartford

152 ran

Pos	Gen		
4	4	Buzz Shephard	18:19

Dulwich

271 ran

Pos	Gen		
9	9	Mark Lacey	17:37
13	13	Alastair Locke	18:02
14	14	Martin Holt	18:03
16	16	Tom Calvert	18:17
24	23	Simon Burnett	19:02
31	3	Mel Edwards	19:35
79	74	Mark Muffett	22:38
112	11	Claire Barnard	23:50
131	15	Karina Burrowes	24:54
133	117	Matthew Ladds	24:57
136	17	Laura Vincent	25:08
141	22	Sharon Erdman	25:14
164	133	Mick Mead	26:03
195	46	Stephanie Burchill	28:02

Greenwich

208 ran

Pos	Gen		
9	9	Michael Fullilove	20:14

Hermanus

Chris Vernon writes

A very different location for my 51st different venue.

Hermanus is the prime whale watching spot in SA (but not at this time of year) hence the local running club are whalers AC.

This is an undulating and very dusty trail run through a eucalyptus forest situated in the Hemel-en-Arde wine valley above the town. An adventurous dirt road over a narrow bridge led to the start of the run which is very new on the calendar (run no 8) but the run team could teach many in the UK how to do it, they have thought of everything.

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.

It was hot and humid as the 3 DRs struggled up the first hill but the course was well signed and the many tree roots marked with white paint but still difficult to see in the shadows. We all got round amongst the cheerful families with their dogs. Sue was again 1st FV70, I was a lacklustre 3rd MV70 and Ron missed his parkrun pb by only 1.5 mins, no mean feat on this course.

Magnificent coffee was available at the finish served by a local barista, quite a surprise out in the bush! Everyone was very welcoming and keen to know how to pronounce Dulwich and where it is. Another successful missionary visit !

195 ran

Pos	Gen		
71	21	Susan Vernon	38:59
92	63	Chris Vernon	41:57
170	105	Ronald Searle	56:12

Hilly Fields

214 ran

Pos	Gen		
15	14	Gary Sullivan	20:48

Marlay

741 ran

Pos	Gen		
42	5	Selma Benattia	20:31

Moors Valley

286 ran

Pos	Gen		
31	4	Fiona Askew	21:22

Newark

195 ran

Pos	Gen		
24	23	Martin Morley	24:24

Orpington

113 ran

Pos	Gen		
56	47	Peter Jackson	29:36

Peckham Rye

184 ran

Pos	Gen		
1	1	Greg Nicholas	17:12
15	15	Sam Crump	19:52
44	1	Helen Covich	22:43
47	2	Michelle Lennon	22:49
50	48	Gideon Franklin	23:22
67	63	Mark Callaghan	24:27
79	72	Kevin Chadwick	24:49
115	23	Sian Maguire	26:49

Richmond

444 ran

Pos	Gen		
184	32	Lindsey Annable	25:49

Riddlesdown

114 ran

Pos	Gen		
16	3	Ange Norris	22:54

St Peters

366 ran

Pos	Gen		
189	44	Penelope D'arcy Graham	27:05

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

SUNDAY RUNS, RACES AND REPS.....*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
12	31 Jan	High Elms 11 miles	09:00 Off-road
11	7 Feb	**Chichester 10k (now full)**	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 or 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) 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:

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

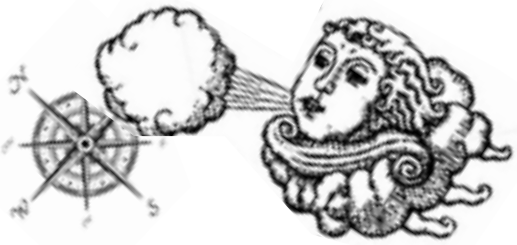
DULWICH RUNNERS AC W8

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

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.6	17.1
SHORT CUT	BLUE	8.7	14.0
SHORT CUT	PINK	6.5	10.5
SHORT CUT	GREEN	5.8	9.3
SHORT CUT	BLUE & GREEN	3.8	6.1
SHORT CUT	PINK GREEN	2.8	4.5

yellow cut reduces runs by approx 1mile

Here be dragons