SHORTS

Dulwich Runners AC
Weekly Newsletter
March 9th 2016

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

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

Sun 13 Dartford 1/2M club champs

Tue 15 Track at Crystal Palace Arena
£2.50 per session.
Meet just after 7pm to warm up, the session around 7.20pm.

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 starts 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

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- **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.**

Thank you. - Ros

LUCKY VEST

March winner - Jim Dowsett

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 from Ros and all kit ros.tabor49@gmail.com

In your SHORTS this week !

1... General information
2... Club kit, social events etc
5... Fixture list, club champs,XC, road, track
6... Race reports and results
7... Cross country champs final standings
8... 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

EVENT HORIZON

A brief look ahead

full fixture list page 6

Mar 13 Dartford 1/2M 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: **There were no new runners :(**
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**

Claire Steward	**09/03**
Ebe Prill	16/03
Barrie John Nicholls	23/03

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 !

SHORTS!

I have a limited number of royal blue shorts with the Dulwich Runners' logo. They are traditionally cut either 'racing' style, or slightly longer – size medium.
Both styles are a bargain £15.

Feeling the strain from your training and your recent races?

Ola an experienced Sports Massage Therapist and club runner offers

Deep Tissue, Sports and Therapeutic massage

To find out more - hernehillsportsmassage.co.uk
or email: ola.balme@btinternet.com
0750 6554004

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

José Barretta Fundraising

Guess the number of Eggs in the Jar!

Please join our Easter fundraising for José and guess how any eggs are in the jar!

Bring your Easter pounds to track or Wednesday night and have a guess to win the jar of eggs! You can purchase your guesses:

Before track: 8th, 15th, 22nd March

Before or after the Club run: 9th, 16th and 23rd March

Cost: 1 guess = £2, 3 guesses = £5, 7 guesses = £10

Winner (closest guess) to be drawn after the club run on March 23rd

Club Championship: Dartford Half Marathon Sunday March 13

This will be the 40th running of this race.

https://www.runbritain.com/race/dartford-half-marathon-half-marathon/entry

The course isn't superflat with four hills but has some nice rural sections and quite a few long flat sections.
There is a short sharp hill around 3 miles, a long drag around 5 miles and two medium hills around 6 and 10 but a downhill last few miles. - ***- Steve Smythe***

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 and BMAF members should enter through the BMAF website, where 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. ***- Steve Smythe***

Steve Smythe suggested weekend runs for marathoners January to April

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)

British Masters Road Relays - Sutton Coldfield - Sat May 14

if you are over the age of 35 - male or female - please put this in your diary now. Dulwich have traditionally done well in a number of the age group races but while we have a few who turn up every year, we rarely get everyone we should have.
It would be good to get as many of our leading runners as possible to turn up and represent the club at what is one of the best events to take part and this year we have people available in the event or who have moved up.
A list of possible runners has been published in previous issues of SHORTS which can be found on the clubs website.
- if you have been missed and are interested contact steve.smythe@athleticsweekly.com

20TH GREEN BELT RELAY

Sat 21 & Sun 22 May 2016

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.

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.

We now have 27 names so will have 2 teams plus some as reserves. If anyone still wishes to put their name down I will add them to the reserve list.
I will be emailing everyone who has put their name down so far in the next couple of days.
Email Ange Norris:
dulwichladiescaptain@gmail.com

Dulwich Runners 2016 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 here regularly.

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

Date		Race	Venue
Mar	13	Dartford 1/2M (L)	Dartford
Apr	7	Assembly League - Beckenham - 7:15pm (3 miles)	Beckenham
	24	Virgin London Marathon (or alternative) (L)	London
May	5	Assembly League - Victoria Park - 7:30pm (3.5 miles)	Hackney
Jun	2	Assembly League - Battersea Park - 7:30pm (5km measured)	Battersea Park
	Mon 13	5k Battersea Park	Battersea Park
Jul	7	Assembly League - o2 Dome - 7:30pm (3 miles approx)	North Greenwich
	tbc 15	Mark Hayes Mile (S)	Ladywell Track, Catford
Aug	4	Assembly League - Victoria Park - 7:30pm start (3.5 miles)	Hackney
Sep	1	Assembly League - Beckenham - 7:15pm start (3 miles)	Beckenham
Sep	4	Middlesex 10k (S)	TBC
	17	5k Parkrun (S)	TBC
Oct	2	Titsey Multi-Terrain 10k (L)	Oxted
	16	Cabbage Patch 10	Twickenham

2016 ASSEMBLY LEAGUE

These races range from 3 to 3.5 miles on road or on paths within parks and run on the first Thursday of the summer months against 12 other clubs.
This series of races is extremely popular and all members are encouraged to participate whatever your standard or ability.
They are free to enter, all you need to do is have a club vest, turn up and run.
Any further information regarding these races will appear here in Shorts as and when it becomes available.

Thu April 7	Beckenham - 7:15pm (3 miles)
Thu May 5	Victoria Park - 7:30pm (3.5 miles)
Thu June 2	Battersea Park - 7:30pm (5km measured)
Thu July 7	o2 Dome - Nth Greenwich - 7:30pm (3 miles approx)
Thu Aug 4	Victoria Park - 7:30pm (3.5 miles)
Thu Sep 1	Beckenham - 7:15pm (3 miles)

From this year, women's team scores will be based upon 4-to-score, the same as the men

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.

CLUB CHAMPS UPDATE

It had been intended to schedule the 2 mile race for the first half of June, once the timetable for the Monday night series of summer races in Battersea Park had been scheduled. However this race has now been scheduled for 1 August, which is not ideal as it falls within the summer holiday season, and there are no alternative 2 mile races available. We have therefore decided to scrub this race and replace it with the 5km in Battersea Park on Monday 13 June. All other club champs races remain unchanged, including the 5km parkrun on 17 September

13	Mar	Dartford Half Marathon (L)
24	Apr	Virgin London Marathon (or alternative) (L)
13	Jun	5k 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

Race Reports & Results

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.

Croydon Harriers Cross Country Champs

5 March

We were invited by Croydon Harriers to take part in their champs at Lloyd Park, and with 15 runners, we had the highest turnout of all the participating clubs. The course was slightly shorter than the one normally used for league fixtures, consisting of three 2 mile laps. There were mixed views on the state of the course compared with our Surrey League fixture a few weeks earlier. The first part of the course up to including the hill was drier, but after that there was a stretch that was heavily waterlogged, though for the most part not unduly heavy going.

Following his excellent run in the Surrey League match, Tim Bowen revelled in the conditions to finish clear overall winner. Charlie Lound is now hitting top form just at the right time, following his strong run at the National a week earlier and finished less than a minute behind Tim. Elkie Mace finished first women by over 4 minutes, showing good form a week before her Inter Counties race next weekend in Birmingham where she has been selected to represent Kent. Ebe Prill was not best pleased with his run, having been overtaken by a couple of Croydon Harriers in the final lap. There was a good battle between Gideon, Jim and Mike, with Hugh not far behind, but Gideon pulled away in the final lap and Jim settled down well having struggled playing catch-up following a shoelace stop early on.

Next to finish was Ola, who is currently a little short on training, followed by Ange, who was supposed to be saving herself for a 20 mile race the next day, and then Katie who is continuing her good run of form. Another saving herself for a long run the next day was Michelle Lennon. Lois Reed and Lucy Clapp finished close together, while Bob Bell used the race as a recovery from his earlier parkrun. Our A team of 4 finished second to Striders while our B and C teams were 5th and 7th respectively. - ***Mike Mann***

1 Tim Bowen	37:02
3 Charlie Lound	37:58
11 Elkie Mace	40:54
15 Ebe Prill	42:12
20 Gideon Franklin	43:42
21 Jim Dowsett	43:53
22 Mike Mann	44:24
24 Hugh Balfour	44:46
25 Ola Balme	45:02
26 Ange Norris	45:19
28 Katie Styles	45:45
30 Michelle Lennon	48:28
32 Lois Reed	50:49
33 Lucy Clapp	51:00
37 Bob Bell	53:08

Frank Harmer 10K Brockwell Park

Sunday 6 March

A number of Dulwich Runners did this local 10k organised by Herne Hill Harriers. It was a cold morning but the sun helped, and we were cheered on by several members as we completed the 3 and a half laps of the park.

- R. Tabor/ G. Laylee

Damien Helleboid	43.55	
Graham Laylee	45.21	
Lucy Pickering	45.29	1st W45
Ros Tabor	45.57	1st W55
Clare Wyngard	48.26	
Mike Dodds	50.47	
Sharon Erdman	52.11	PB
Caroline Robin-Prevallee	54:17	
Hugh French	57.33	
Clare Cummings	65.02	

Greenwich Meridian 10K

Only my second race of 2016 since Tadworth back in early Jan due to injury problems. Chose this race as reasonably close to home and remembered it as a club champs race some years ago so decided to try it out again and test both my fitness and injury.

Course made up of one small lap and two larger laps of the park with a steep climb on laps 2 and 3 which was tough but a good work out. Enjoyable race, well organised (Cambridge Harriers) and good support from both race marshals and spectators.

77 Paul Keating 52:40 chip time: 52.31
146 finishers

Thames Riverside 20 miles

Ange Norris writes...Tried and tested as a pre London race last year I thought I'd give this another go. It's organised by Clapham Chasers and they do it well. It's called Race or Pace as it's just that – there are 2 pacers for each ½ min/mile pace from 7 min/mile right through to 10 min/mile so something for everyone. Sub 7 min/mile runners go by themselves. Each pace group goes off at 2 minute intervals.

It is run from Putney Bridge to Richmond and back along the side of the river, (hence the name!) mainly on towpath but some small tarmac roads. The ground is largely uneven with stones, cobbles, tree roots and this year, some mud and puddles. It's a beautiful setting which for me goes largely unnoticed due to concentrating on the ground in front of me.

I'd opted to run at 7.30 pace which I stayed with for 11 miles then found myself amongst a small breakaway group. Only time would tell if this was a wise decision or not. This too started to spread out as the miles passed but I always had somebody in sight and managed to reel a few in. One mentally tough bit is when you can see Putney Bridge that you have to cross to the finish line but you still haven't reached the 19 mile marker.

The race starts at 8 a.m. (the alarm went off far too early on mother's day – no tea in bed for me) to avoid too much congestion on the towpath but there were still cyclists, dogs and other runners to slalom around, plus extremely long skulls being launched from boat houses.

Both Tessa and Sarah had chosen to go at 8.30 min/mile which they easily managed. Tessa finished smiling and knew she had been too conservative in her anticipated pace. Sarah was not far behind and seemed to run well within herself. Both were delighted that they had run further than they had ever done before.

Roz managed to get a place at the last minute and ran with sore calves from wearing spikes for track training for the first time on Tuesday. Consequently it was a tough run but she still ran strongly.

I passed Barrie-John on the towpath but only saw him at the last minute and he was wearing a running jacket over his number so I wasn't sure if he was in the race or out for a Sunday run. We met Lindsey on Putney Bridge looking for him who confirmed he was racing. I didn't see him finish so not sure how he would rate his run.
Results are not up yet so I don't know finish times.
Ange Norris, Tessa Morrison, Sarah Banting, Roz Johnson and Barrie-John Nicholls ran.

CROSS COUNTRY CHAMPS

final tables for this season.

In order to complete the championships members had to complete 4 races, including 3 Surrey Leagues.

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	Mob Match Lloyd Park 5/3/16	Best 4 inc 3 SL	running total	
Ola Balme	[46]	47	[48]	48	48	49	192		1st
Ange Norris	45	[45]	[47]	47	47	48	187		2nd
Katie Styles	[40]	41	[46]	45	45	47	178		3rd
Selma Benattia		43	45	43	46		177		
Sue Cooper	42	40		40	44		166		
Eleanor Simmons	41	38	44	39			162		
Lucy Clapp	38			37	43	44	162		
Lindsey Annable	33	35	39	[32]	40		147		
Michelle Lennon	43		43	41		46		173	2sl
Clare Elms	50			50	50			150	3 only
Claire Baglin	49	50		49				148	3 only
Mel Edwards		49	50		49			148	3 only
Nicola Richmod	47	48		46				141	3 only
Joanne Shelton	35		41	35				111	3 only
Claire Steward	32			31	39			102	3 only
Elkie Mace	48					50		98	2 only
Anna Thomas		44	49					93	2 only
Fiona Askew		42		42				84	2 only
Clare Wyngard	34				42			76	2 only
Katie Crowe	36	37						73	2 only
Hannah Little			40	33				73	2 only
Ros Tabor	37			34				71	2 only
Stephanie Burchill	31	34						65	2 only
Laura Long		46						46	1 only
Helen Lister	44							44	1 only
Emma Ibell				44				44	1 only
Lois Reed			42					42	1 only
Louisa Pritchard					41			41	1 only
Lucy Pickering	39							39	1 only
Ruth Bennett		39						39	1 only
Yvette Dore				38				38	1 only
Sarah Banting		36						36	1 only
Tessa Morrison				36				36	1 only
	20	17	12	20	12	6	8	25	

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 Walton 07/11/15	S of Thames Polesdon Lacey 21/11/15	Surrey Lge 3 Reigate 16/01/2016	Surrey Lge 4 Lloyd Park 13/02/2016	Mob Match Lloyd Park 5/3/16	Best 4 inc 3 SL	running total	
Tim Bowen		48	50	48	50	[50]		196	1st
Wayne Lashley	50	50		50	45			195	2nd
Alastair Locke	47	46	49		48			190	3rd
Charlie Lound	48	45		44		49		186	
Ross Rook		44	48	40	42			174	
Ebe Prill	41	43	[47]	38	[38]	48		170	
Jim Dowsett	40		[45]	35	37	46		158	
Mike Mann	38		[44]	34	34	45		151	
Graham Laylee	36	41	43	30				150	
Hugh Balfour	37			32	35	44		148	
Ian Sesnan	34	40	41	29				144	
Barrie John Nicholl	33	39	40		31			143	
Andy Murray	35		42	31	32			140	
Tim Taylor	49	49		49				147	3 only
Mark Lacey	43			45	49			137	3 only
Steve Davies	45			43	46			134	3 only
Tony Tuohy	46			41	43			130	3 only
Tom Rann	44			47				91	2 only
Ian Lilley	42				41			83	2 only
John English		42		37				79	2 only
Duncan Wilson	39				33			72	2 only
Mike Fullilove				36	36			72	2 only
Andy Bond		47						47	1 only
Paul Devine					47			47	1 only
Gideon Franklin						47		47	1 only
Shane O'Neill				46				46	1 only
Steve Smythe			46					46	1 only
Bob Bell						43		43	1 only
Mark Callaghan				42				42	1 only
Michael Hutchinson					40			40	1 only
Kevin Chadwick				39				39	1 only
Martin Double				33				33	1 only
Tony McPherson				28				28	1 only
(2nd claim)									
	18	12	12	23	18	8	-	33	

DULWICH RUNNERS CROSS COUNTRY CHAMPIONSHIPS 2015 - 2016

1ST WOMAN	OLA BALME
2ND WOMAN	ANGE NORRIS
3RD WOMAN	KATIE STYLES
1ST FV40	LINDSEY ANNABLE
1ST FV50	LUCY CLAPP
1ST MAN	TIM BOWEN
2ND MAN	WAYNE LASHLEY
3RD MAN	ALASTAIR LOCKE
1ST MV40	CHARLIE LOUND
1ST MV50	EBE PRILL
1ST MV60	MIKE MANN
CAPTAIN'S AWARD	ROSS ROOK

COMPLETED:

SELMA BENATTIA
SUE COOPER
ELEANOR SIMMONS
JIM DOWSETT
GRAHAM LAYLEE
HUGH BALFOUR
IAN SESNAN
BARRIE JOHN NICHOLLS
ANDY MURRAY

March 5th

Brockwell

206 ran

Pos	Gen		
163	60	Selina Wray	29:25

Bromley

531 ran

Pos	Gen		
1	1	Oscar Hussey	17:17
43	4	Selma Benattia	20:35
66	9	Lucy Elms	21:22
112	98	Colin Frith	22:34
134	117	Chris Goodman	23:21
391	272	Peter Jackson	29:28
484	306	Stephen Smythe	34:20

Crystal Palace No run Sat 12 March

205 ran

Pos	Gen		
4	4	Tom Wilson	19:20
40	2	Belinda Cottrill	23:23
44	41	Bob Bell	23:33
56	50	Andy Cottrill	24:13
65	8	Clare Wyngard	24:28
88	72	Michael Dodds	25:03

Dartford

153 ran

Pos	Gen		
4	4	Buzz Shephard	18:28

Dulwich

197 ran

Pos	Gen		
3	3	Lewis Laylee	16:55
10	10	Sam Crump	18:42
23	23	Grzegorz Galezia	19:48
30	29	Kamal Lewis-Gopie	20:29
123	100	Mick Mead	26:22
137	31	Hilary Woof	27:09

Hilly Fields

174 ran

Pos	Gen		
13	12	Gary Sullivan	20:24

Horsham

234 ran

Pos	Gen		
44	40	Gary Budinger	23:04

Little Stoke

215 ran

Pos	Gen		
87	78	Barnes Stringer	24:17

Malling

121 ran

Pos	Gen		
13	13	Nicholas Brown	22:20

Newbury

343 ran

Pos	Gen		
51	49	Matthew Ladds	23:11
146	23	Karina Burrowes	26:45

Peckham Rye

146 ran

Pos	Gen		
1	1	Alastair Locke	17:20
5	5	Mark Callaghan	18:02
6	6	Andy Bond	18:11
29	1	Kim Hainsworth	21:35
47	44	Lloyd Collier	23:02

Riddlesdown

105 ran

Pos	Gen		
36	31	Peter Gibbons	25:44

Stretford

321 ran

Pos	Gen		
92	7	Laura Vincent	22:38

St Peters, Sydney, Aust.

359 ran

Pos	Gen		
181	40	Penelope D'arcy Graham	27:53

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)

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.
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

Weeks to go!	Date	Event / Distance	Information
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**

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

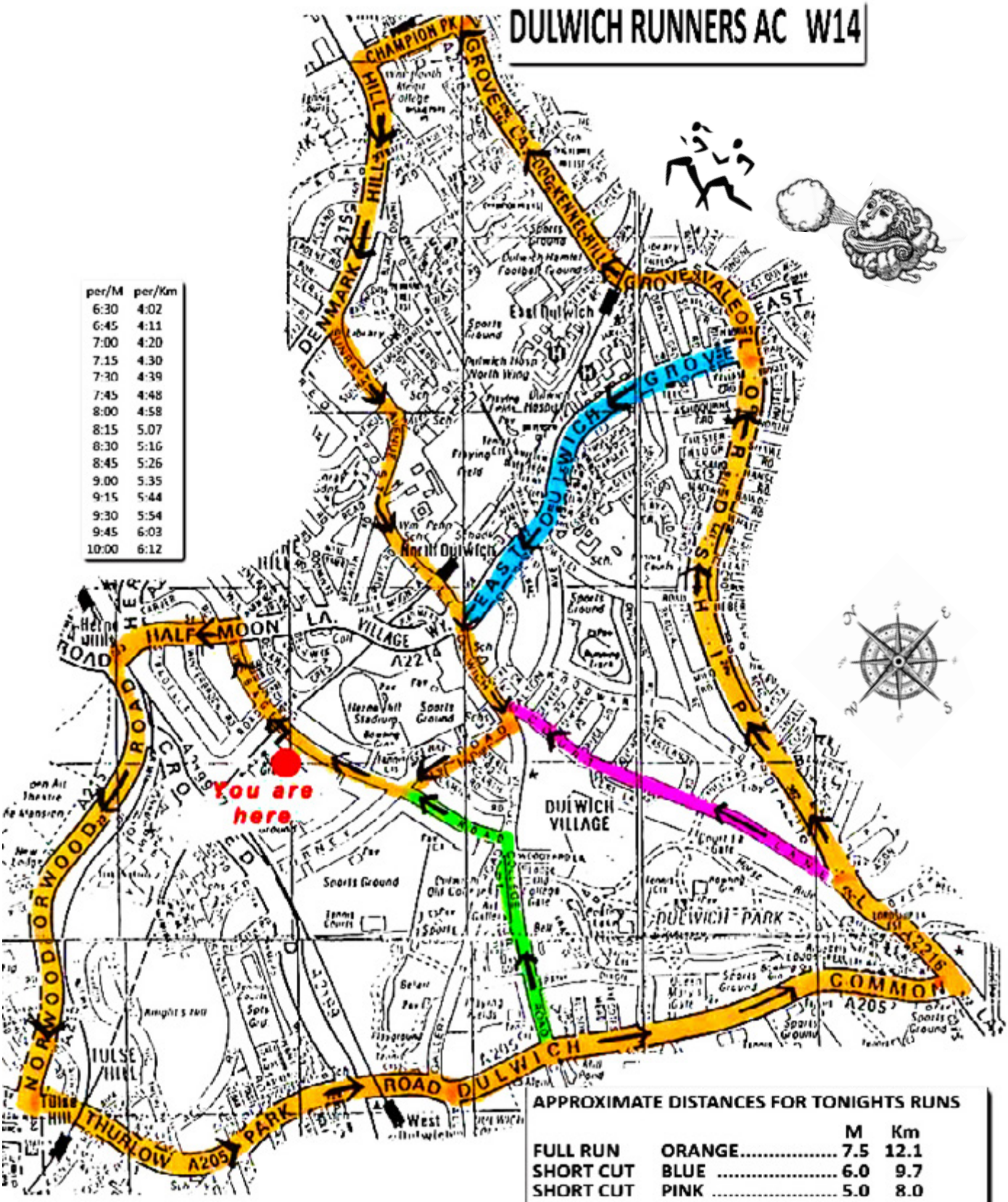
for more information contact:
Steve Wehrle or Claire Steward

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:

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 W14



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	7.5	12.1
SHORT CUT	BLUE	6.0	9.7
SHORT CUT	PINK	5.0	8.0
SHORT CUT	GREEN	3.5	5.6

Here be dragons