SHORTS

Dulwich Runners AC
Weekly Newsletter
January 6th 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 06 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 12 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..
8... Parkrun results..
11... Wednesday night routes map

And much more !

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

You can follow us on

TRACK SESSIONS

Crystal Palace Track

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

Suitable for all standards

Thurdays morning sessions

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

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

Tonight

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 4**

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

NEW RUNNERS ROTA

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

Laura Lane	**6/01**
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

SPOT

Watch this space for upcoming 2016 events !

Coach to Chichester 10k

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

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

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

Matthew.ladds@uk.zurich.com

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

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

DULWICH RUNNERS CLUB KIT

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

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

New !!! Dulwich Runners SOCKS

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

HOODIES

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

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

We compete in the Surrey League and this is the club's main priority, with the men in Division 2..... There are 4 fixtures during the season that started on 10 October with the women at Roundshaw Down and the men at Wimbledon Common. Details regarding individual fixtures will be posted nearer the time.

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

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

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

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

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

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

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

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

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

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

CROSS COUNTRY CHAMPS

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

NATIONAL CROSS COUNTRY CHAMPS

27 FEBRUARY

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

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

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

COUNTY CROSS COUNTRY CHAMPS

The county cross country champs take place this weekend with the Kents at Brands Hatch on Saturday 9 January and the Surreys at Denbies Vineyard on Sunday 10 January.

Start times for the Kent Champs are 12.45 for the men (12k) and 2.00 for the women (8k). For the Surrey Champs the women start first at 12.00 (8k) and the men at 1.45 (12k). Those entered should arrive in good time and pick up race numbers from their captains.
Both courses are likely to be muddy and slippery in places given recent rain so spikes or robust fell shoes are advised

MEN'S SURREY LEAGUE CROSS COUNTRY 16 JANUARY

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

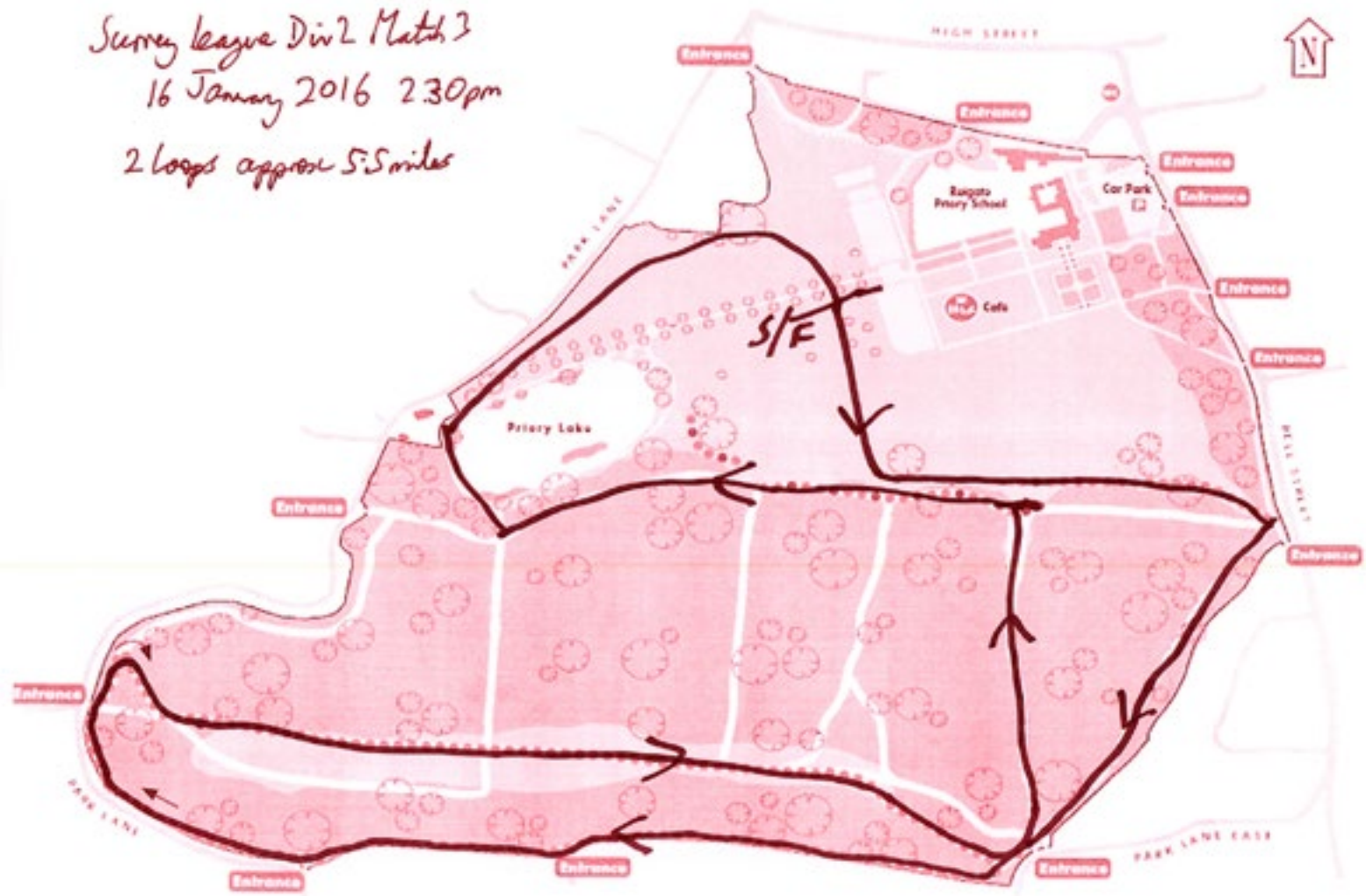
Please note the earlier than usual start time of 2.30pm. It is important that we have a high turnout amongst all our potential scorers in order to maintain, and hopefully improve our position in the league.

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	9	County Champs (Surrey & Kent)		Various
	16	Surrey League match 3	men & women	Reigate Priory Park
	23	Vets AC Champs		Wimbledon Common
	30	South of England champs		Parliament Hill Fields
Feb	7	Chichester 10k (S)		Chichester
	13	Surrey League match 4	men	Lloyd Park
	13	Surrey League match 4	women	Richmond Park
	27	National Champs		Donnington
Mar	13	Dartford 1/2M (L)		Dartford
	24	Virgin London Marathon (or alternative) (L)		London
Jun	tbc 6	2 mile Sri Chimnoy race (S)		Battersea Park
Jul	tbc 15	Mark Hayes Mile (S)		Ladywell Track, Catford
Sep	4	Middlesex 10k (S)		TBC
	17	5k Parkrun (S) Note new date		TBC
Oct	2	Titsey Multi-Terrain 10k (L)		Oxted
	16	Cabbage Patch 10		Twickenham

Steve Smythe suggested weekend runs for marathoners January to April

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

January 9: (Kent champs Jan 9 Surrey champs Jan 10) 16-20M slow

January 16: (Surrey League Jan 15) 18-20M steady

January 23: (Vets AC/Boxhill fell race) Jan 22 /Jan 23 (6 Boxhill)) - 16 -20M (approx 2 hrs 15) with quicker second half

January 30: (South of Eng Jan 29): 15-18 miles slow

February 7: (Chichester 10k Feb 7)10km race

February 14: (Surrey Lge Feb 13) 17-20M steady

February 21: steady 20 with fast 5M finish or half-marathon Wokingham or Tunbridge Wells)

February 28: (National Feb 27) 15-17M slow (Brighton HM)

March 6: steady 20-22 miler with some at marathon pace

March 13: (Dartford HM Mar 13)

Mar 20: slow 22-23 miler

Mar 27: brisk 18-20 - quick second half

Apr 3: slow 20-22 miler

Apr 10: (Parkrun Apr 9) 15 miles

Apr 24: (London M Apr 24)

LONDON MARATHON TRAINING GROUP
SUNDAY 10TH JANUARY
0830 NORMAN PARK TRACK, BROMLEY

HAPPY NEW YEAR!

For those who are interested in this group, which is for the 3.45 to 4.45 hour runners , we will meet at 0830 in the car park on the Bromley Common side of the park.
Meet early so I can explain the programme to any 'newbies', also because there is a 10km race planned for 11a.m. from the track, so we need to be clear of track by 1015.
Think there are possibly a dozen of you interested. This session will be a 5 x 1 mile rep session , which we run every 11 minutes and to finish 1 x 800 metres run. If you run the rep in 8 minutes you get 3 minutes rest between each rep, obviously you get a bit longer rest if you are running faster!
Hope to see you all there
Steve Wehrle

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

H W LAURISTAN 5M MULTI TERRAIN
Sat. 2 January

Hugh Balfour writes...Kevin, Ola and I were the three DRs who braved the aquatic conditions of Wimbledon Common on Saturday afternoon. Most of the field were from Hercules Wimbledon who were hosting the race, which was two laps on the flat on the east side of the Common. We warmed up in a downpour, which fortunately eased for the race itself, but meant that much of the race was in huge puddles.

Kevin started off at a good pace and was soon well clear of Ola and me. Before the start, he had said that he still felt tired from two Park Runs on New Year's Day, but that didn't seem to affect him too much. However, he did not make life easy for himself by wearing road shoes. They caused him to have a nasty fall on the final sharp corner just before the finish; this winded him and he reckoned lost him a minute.

Meanwhile I was trying to keep in touch with Ola, which I managed for half the first lap. After which I was largely on my own. But I felt I was going well and during the second lap started to gain on a group of HWs in front of me. I picked off one, and was confident of catching some of the others. But I had made the mistake of not checking exactly were the finish was; so when I got near to what I thought was the finish, I discovered there was another half mile loop too run. Not good for morale, I probably lost ten seconds on the group I was chasing, and that final loop became more of a struggle than a sprint.

In front of me Ola was having an excellent steady run, and although I kept in sight of her throughout, she comfortably stayed ahead of the competition to be the woman home.

Winning time 26.40

14	Kevin Chadwick		33.39
18	Ola Balme	1W	34.22
27	Hugh Balfour	2M60	35.2047

finshers

TADWORTH 10 MILES MULTI-TERRAIN
Sun. 3rd Jan.

Tony Tuohy writes....The picturesque Tadworth 10 on the first Sunday of the year is a great event and always attracts a good smattering of Dulwich Runners and this year was no exception, but everyone I spoke to afterwards wished they hadn't bothered. The weather was of truly epic grimness, horizontal rain slashing into freezing bodies on Epsom Downs from start to finish. With half the race taking place deep in Mucksville anybody not wearing well-studded trail shoes was in for more than a bit of skating, and that definitely included me.

Using the race as my first long run back after a self-imposed one month 'rest' (alright, I did run a parkrun or three...), I thought it's got to be better than slogging out for a run all on my tod. However, any eagerness to chase the 1st M50 prize started dissipating rapidly inside the first mile when I fell flat on my face in the mire before we'd even left the Downs. Eventual 1st M50 Chris Phelan elegantly leapt over my prostrate form (I congratulated him on his hurdling prowess later) while I scrambled up and did my best to keep him in sight (after all, I'd beaten him in a parkrun by 40 seconds only last week). A couple of suicidal descents in the fourth mile, thankfully on nice grippy tarmac, saw me get right back to him – just in time to run into rivers of mud as we entered the woods. That was it for me, all heart lost as I diverted my concentration to trying to stay upright on the cambers, sideways motion winning easily over pathetic attempts at forward propulsion.

This was all before halfway and I have never been more sorely tempted to pull out of a race before heading out for the second circuit; but we just get on with it, don't we? I actually ended up running four minutes slower than last year and only 4th M50 - I hadn't even noticed the second and third who finished just a few seconds ahead. Still, training for the new year had to start somewhere...

The rest of our bedraggled contingent staggered in over the next half hour or so, and all I spoke to were satisfied enough with just getting round the thing. Previous participants in the race were obviously all hugely slower than any previous times but that wasn't the point today. Andrea's trail shoes and a gutsy effort meant she was rewarded with the 2nd W40 prize. Joe Brady and Clare Wyngard did well to get home inside 1:26, while recent new member Tessa managed to let Claire Steward know she was a Dulwich Runner when she passed her around halfway.

Claire reports she was shocked at how hard she found it and struggled badly but she still managed to secure the prize for 2nd W60, and to catch Paul, who was happy enough with his run given the conditions and the fact he was wearing road shoes. Sarah Banting is another recent new member but has thrown herself into the toughest of races in her first outings in a Dulwich vest, two very hard XCs and now this.

She ran well with a chip time only seconds behind Claire, so obviously started much further back in the crowds. Finally, Steve was out more than long enough to suffer badly with the cold but got back to a welcome cup of tea from Claire only to then find he had brought no spare trousers with him. Not the most comfortable journey home, methinks, nor the warmest.

	Time			Chip
19	1:06:43	Tony Tuohy		1:06:43
97	1:14:35	Andrea Pickup	2W40	1:14:29
222	1:25:47	Joseph Brady		1:25:33
223	1:25:51	Clare Wyngard		1:25:42
289	1:30:07	Tessa Morrison		1:29:22
317	1:32:42	Claire Steward	2W60	1:32:33
326	1:33:15	Paul Keating		1:32:55
328	1:33:22	Sarah Banting		1:32:36
506	1:48:18	Stephen Wehrle		1:48:06
597	finished			

parkrun

January 1st

Richmond

257 Ran

Pos	Gen		
23	22	Simon Lang	20:16

Basingstoke

215 Ran

Pos	Gen		
147	111	Freddie Vernon	31:49
175	47	Susan Vernon	35:16
191	136	Chris Vernon	38:13

Roundshaw Downs

183 Ran

Pos	Gen		
3	3	Tony Tuohy	19:12
6	1	Clare Elms	19:29
13	11	Stephen Smythe	21:06
42	4	Ange Norris	23:47

Bromley

328 Ran

Pos	Gen		
138	114	Chris Goodman	25:44

Bexley

207 Ran

Pos	Gen		
4	4	Kevin Chadwick	19:29
9	9	Michael Fullilove	20:16

Greenwich

178 Ran

Pos	Gen		
9	9	Michael Fullilove	20:08

St Albans

356 Ran

Pos	Gen		
222	170	Matthew Ladds	28:39

Lloyd Park

168 Ran

Pos	Gen		
6	1	Clare Elms	20:42
47	5	Lucy Elms	24:55
57	51	Stephen Smythe	25:43
86	74	Chris Goodman	28:08

Riddlesdown

86 Ran

Pos	Gen		
1	1	Tony Tuohy	19:21
20	4	Ange Norris	23:52

Long Eaton

297 Ran

Pos	Gen		
93	78	Martin Morley	24:54

Conkers, N.W.Leicestershire

398 Ran

Pos	Gen		
118	106	Martin Morley	24:30

Dulwich

216 Ran

Pos	Gen		
4	4	Timothy Bowen	17:21
8	8	Alastair Locke	18:09
10	10	Paul Devine	18:15
16	16	Ebe Prill	18:53
20	1	Mel Edwards	19:31
29	27	Chris Loizou	20:18
41	39	Gideon Franklin	21:07
54	50	Graham Laylee	22:03
55	5	Sarah Cross	22:04
64	6	Helen Lister	22:16
77	70	Mark Muffett	23:01
80	8	Belinda Cottrill	23:04
89	80	Bob Bell	23:30
91	82	Jonathan Senker	23:38
99	89	Ameet Patel	23:55
104	93	Michael Dodds	24:25
105	12	Clare Wyngard	24:27
108	13	Claire Steward	24:33
109	96	Andy Cottrill	24:36
126	105	Andy Bond	25:54
200	71	Charlotte Easton	32:38

Hilly Fields

117 Ran

Pos	Gen		
5	5	Ian Lilley	20:12
7	7	Mark Callaghan	20:50

Southwark

163 Ran

Pos	Gen		
18	18	Jim Dowsett	20:08

Fulham Palace

236 Ran

Pos	Gen		
80	67	Ian Sesnan	23:44

Peckham Rye

183 Ran

Pos	Gen		
3	3	Timothy Bowen	17:27
6	6	Andy Bond	18:12
7	7	Alastair Locke	18:15
13	13	Kevin Chadwick	18:49
15	15	Ebe Prill	18:59
21	21	Mark Callaghan	19:40
40	40	Gideon Franklin	20:57
50	2	Helen Lister	21:45
63	59	Graham Laylee	22:39
71	65	Bob Bell	23:15
72	66	Mark Muffett	23:26
96	17	Clare Wyngard	25:07
97	80	Michael Dodds	25:11
99	19	Claire Steward	25:14
105	83	Ameet Patel	25:36

January 2nd

St Peters, Sydney, Australia

263 Ran

Pos	Gen		
105	16	Penelope D'arcy Graham	26:21

Bromley

454 Ran

Pos	Gen		
41	6	Selma Benattia	21:05

Luton Wardown

185 Ran

Pos	Gen		
38	30	Matthew Ladds	23:45

Albert, Melbourne, Australia

276 Ran

Pos	Gen		
37	33	Neville Webb	21:09

Brockwell

185 Ran

Pos	Gen		
47	1	Katie Styles	22:14
62	57	Hugh French	23:36
108	90	Desmond Edwards	26:26
136	31	Sarah Lyness	28:35
147	36	Selina Wray	29:48
173	49	Charlotte Easton	33:15

Crystal Palace

168 Ran

Pos	Gen		
51	42	Martin Double	23:01
52	10	Eleanor Simmons	3:06
58	13	Belinda Cottrill	23:27
62	48	Andy Cottrill	23:40
91	70	Ameet Patel	25:22
97	75	Michael Dodds	25:50
126	90	Peter Jackson	27:50

Riddlesdown

93 Ran

Pos	Gen		
20	2	Ange Norris	24:13

Raphael

113 Ran

Pos	Gen		
3	1	Kim Hainsworth	19:54

Dulwich

190 Ran

Pos	Gen		
8	7	Stephen Davies	17:55
14	12	Rob Hollands	18:38
15	13	Lloyd Collier	18:55
18	16	Simon Burnett	19:44
52	48	Mark Muffett	23:13
96	79	Mick Mead	25:58

Hilly Fields

155 Ran

Pos	Gen		
9	9	James Burrows	19:36
11	11	Ian Lilley 20:06	
121	34	Carolina Lilley	31:30

Burgess

105 Ran

Pos	Gen		
92	56	Freddie Vernon	31:07
95	58	Barry Evans	31:48
97	39	Susan Vernon	32:27
104	61	Chris Vernon	35:31

Orpington

112 Ran

Pos	Gen		
14	1	Tereza Francova	23:56
29	25	Martin Morley	25:38
35	31	Colin Frith	27:15
104	77	John O'Byrne	39:06

Osterley

78 Ran

Pos	Gen		
22	21	Simon Lang	26:31

Blickling

149 Ran

Pos	Gen		
13	12	Gary Sullivan	21:15

Peckham Rye

112 Ran

Pos	Gen		
2	2	Andy Bond	17:56
4	4	Kevin Chadwick	18:57
6	6	Ebe Prill 19:09	
7	7	Mark Callaghan	19:17
14	1	Emma Ibell	20:29
18	17	Sam Crump	20:47
23	21	Gideon Franklin	21:29
52	44	Oliver Bottle	25:25

Lee-On-The-Solent

260 Ran

Pos	Gen		
48	44	Bob Bell 24:51	

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)

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

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

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

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

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

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

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

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

SUNDAY RUNS, RACES AND REPS

(Provisional – dates and events subject to change)

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

Sunday runs at High Elms, Norman Park & Dulwich Park

Track sessions at Norman Park track, Bromley

Weeks to go!	Date	Event / Distance	Information
15	10 Jan	6 x 1 mile reps	08:30 Bromley Track, Norman Park NB earlier time
	"	Surrey/Kent County Champs XC	(Participants have been sent details)
14	Sat 16	Surrey League XC (3/4)	Reigate Priory (Men and women)
	17 Jan	High Elms 11 miles	09:00 Off-road
13	24 Jan	Canterbury 10	10:00 Road Race
12	31 Jan	High Elms 12 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
2	Sat 9 Apr	ParkRun 5k	09:00 Venue tbc **Club champs**
	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 !**

for more information contact Steve Wehrle, Claire Steward

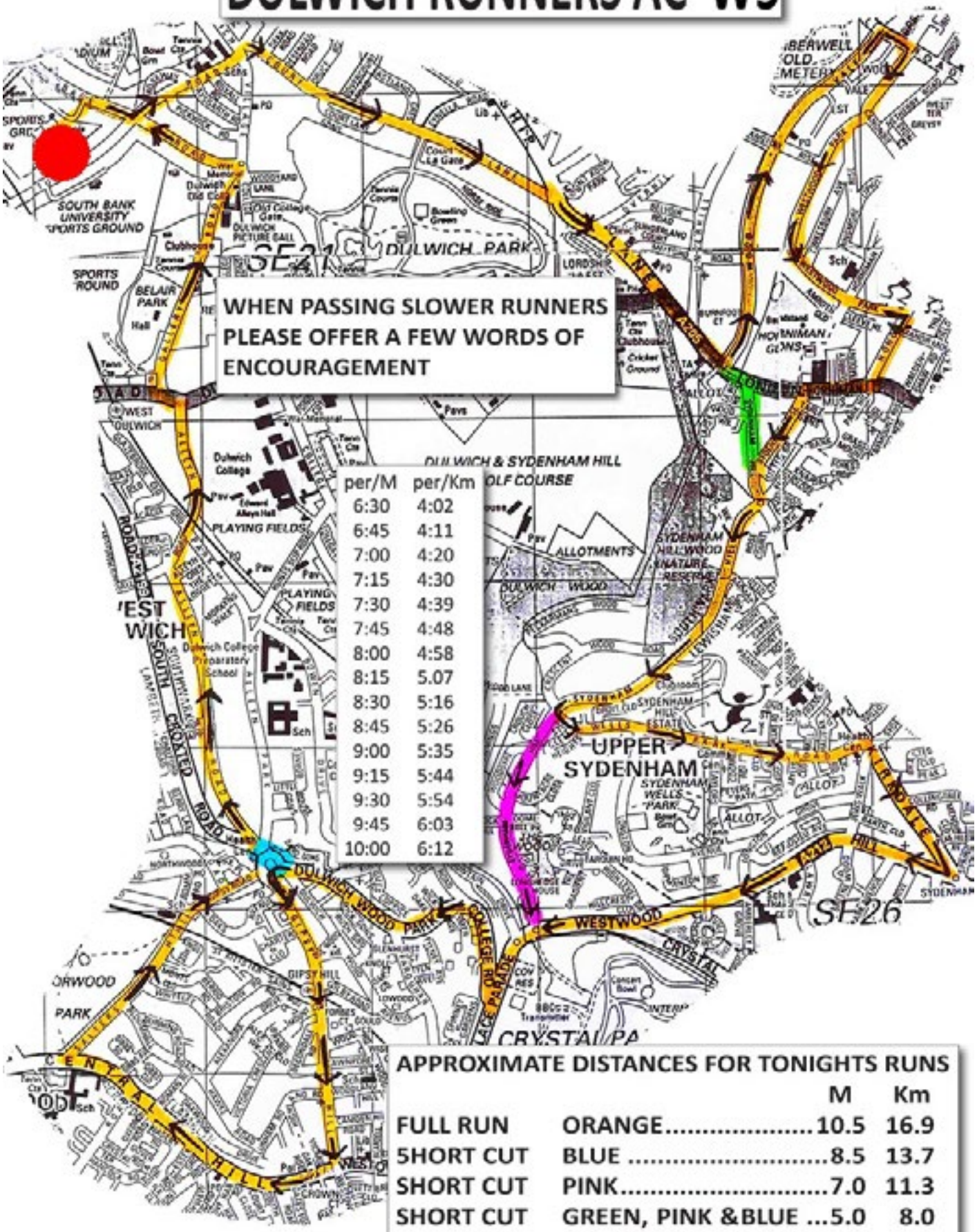
ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell Park, Crystal Palace, Peckham Rye, Burgess Park, Southwark, Hilly Fields)
– check out http://www.parkrun.org.uk/

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

DULWICH RUNNERS AC W5



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

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

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

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