SHORTS

Dulwich Runners AC
Weekly Newsletter
February 3rd 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 03 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 09 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 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

Dulwich Runners 2016 membership renewal...

If you do not renew you cannot compete in any races as a Dulwich Runner !
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)

Any membership queries please dont hesitate to contact me: barry@bg1.co.uk

Next meeting of the DR Committee

The next meeting of the Dulwich Runners' Committee will take place on Thursday 11 February.
If you have any matters which you would like the Committee to discuss or consider, please email me on secretary@dulwichrunners.org.uk by Monday 8 February.
Many thanks. - Yvette Dore - DR Secretary

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 5

Feb 7 Chichester 10k (**now full**) - club champs
Feb 13 Surrey League XC mens and womens

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: **Chris Loizou, Hugh Balfour.**
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**

Patrick McMorrow	**03/02**
Mike Mann	10/02
Olivier Montfort	17/02
Andy Murray	24/02
Barrie John Nicholls	02/03

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)

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

Buffs/snoods - only £6

HOODIES…

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

SOCIAL SPOT

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

For those of you that are paid up and coming on the coach to Chichester, confirmation of final details below.

The pick up location is outside the Crown & Greyhound (currently being refurbished), Dulwich Village, SE21 7BJ the coach will leave at 7am prompt. This will hopefully get us there in plenty of time to warm up etc for a 10am start.

Unfortunately I haven't been able to find somewhere to accommodate all of us for lunch, therefore I have agreed with the coach company that the coach will leave Chichester at 2pm to allow some time after the race for everyone to grab lunch somewhere after the race.

Any other queries then let me know.
Thanks - Matt Matthew.ladds@uk.zurich.com
Race now full

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

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.

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.

MEN'S SURREY LEAGUE CROSS COUNTRY

The final league 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***

20TH GREEN BELT RELAY

Sat 21 & Sun 22 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:
dulwichladiescaptain@gmail.com
or speak to me Ange Norris on a Wednesday evening.

WELSH CASTLES RELAY - 4TH AND 5TH JUNE 2016

This runs the length of Wales - 200+ miles over 2 days with 20 stages. It starts at Caernarfon Castle on Saturday morning, with an overnight halt at Newtown and finishing on Sunday afternoon in Cardiff. It is scenic and hilly, runners need to be able to run between 5 - 9 mins per mile.

We have entered a team for this in some years in the past. If we have enough interest we will enter one this year. We will need about 25 names to ensure that 20 are available and uninjured on the day.
Let me know by Friday 26th February if you are interested.
Ange - dulwichladiescaptain@gmail.com or at the club on a Wednesday

However, if you are keen to run a relay, and only one, we have already committed to a team for the Green Belt Relay so consider that one first. I am still taking names for it.

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.

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 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.

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
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

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 1/2M 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)

British Masters Road Relays, Sutton Coldfield Saturday 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 are below - if you have been missed and are interested contact steve.smythe@athleticsweekly.com

M35+:

Wayne Lashley	Paul Devine	Jim Dowsett	Ian Lilley	Padraig Prunty	Doug Keighley
Ross Rook	James Godber	Rob Cope	Buzz Shephard	Tom Wilson	John Fletcher
Kevin Chadwick	Tom Marshall	Olivier Montfont	Andy Bond	Toby de Belder	
James Burrows	Tom South	Lloyd Collier	Michael Hutchinson	Tim Taylor	

M45+:

Cameron Timmis	Charlie Lound	Joseph Brady	Gideon Franklin	Ebe Prill	Tony Tuohy
Steve Davies	Mark Foster	Duncan Hussey	John English	Duncan Wilson	Mike Fullilove

M55+

Dave Beaver	Gary Sullivan	Graham Laylee	Steve Williams	Barry J. Nicholls	Mike Mann
Colin B. Wood	Nick Brown	Adrian Greer	Neville Webb	Andy Murray	
Steve Smythe	Chris Loizou	Ian Sesnan	Hugh Balfour	Bob Bell	

W35+:

Charlie Wood	Laura Long	Katie Crowe	Jo Shelton	Yvette Dore	Louisa Pritchard
Selma Benattia	Eleanor Simmons	Emily Gelder	Cara Oliver	Emma Ibell	Roz Johnson

W45+:

Nicola Richmond	Michelle Lennon	Ola Balme	Clare Elms	Angie Norris
Andrea Pickup	Lindsey Annable	Lucy Clapp	Marj Epson	

W55+:

Clare Wyngard	Stephanie Burchill	Claire Steward	Ros Tabor	Susan Vernon

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

SOUTH OF ENGLAND CROSS COUNTRY CHAMPS WOMEN

30 JAN

Steve Smythe writes... January 30 On a muddy course, but maybe not at it's very worst, Dulwich had another superb turn out by the women.

A top six place or even medals looked possible with everyone out and in their best form.

However, our fastest runner had a nasty fall at home a few days before the event and couldn't run for a few days and was advised not to race and a few of our other leading runners who did run weren't able to replicate their best form of 2015.

That certainly wasn't the case with Elkie, who had her best ever cross-country run by far to make the top 40, despite struggling with a niggle in the last few weeks. Keen to impress the Kent selectors to confirm a claim to get a place in the Inter Counties at Birmingham in March, she did that by only trailing the first three for the County event and in finishing fourth Kent runner and easily beating two who had beaten her at Brands Hatch, her selection is assured.

Mel had a problem with her inhaler which significantly affected her performance and she did well to persevere and finish second scorer just outside the top 100.

Claire Baglin hasn't been able to train much of late after leading the team home in the London Champs and it showed as she struggled on the second half.

Emily Gelder moved through the field well but probably didn't go off quick enough and completed the scorers. There was a minute gap to the next group with Emma Ibell having her best race for ages to narrowly finish ahead of dependable captain Ange Norris and improving Roz Johnson.

Ola wasn't at her best but did see daughter Katie finish a superb 15th in the Under 15 race a few hours earlier and win a team medal.

Selma had one of her best cross-country races to date and she was followed home by both Michelle Lennon and Eleanor Simmons, who also got the reward for some diligent training of late, with their best ever runs at this sort of event.

A tired Katie Styles wasn't at her best but recent recruit Lois Reed matched her Surrey run with a solid run.

Lucy Clapp and Lucy Pickering both did well and headed a below par Ros Tabor, who hurt her knee during the race.

Regular Lindsey Annable had her usual solid run but Nicola Richmond had an achilles problem and dropped out.

We were 14th of 53 teams.

40	Elkie Mace	33:52
101	Mel Edwards	36:18
110	Claire Baglin	36:38
120	Emily Gelder	36:58
154	Emma Ibell	38:12
157	Ange Norris	38:17
160	Roz Johnson	38:21
174	Ola Balme	38:45
199	Selma Benattia	39:25
210	Michelle Lennon	39:47
215	Eleanor Simmons	40:01
217	Katie Styles	41:03
313	Lois Reed	43:43
326	Lucy Clapp	44:17
337	Lucy Pickering	44:32
353	Ros Tabor	45:12
412	Lindsey Annable	48:12

Nicola Richmond dnf

501 finished

TEAM: 1 AFD 56; 2 Serpentine 156; 3 Herne H 188; 4 Lon H 189; 5 Highgate 199; 6 Winchester 236; 7 Ranelagh 280; 8 Reading 286; 9 Kent 311; 10 S London 322; 11 Mil K 329; 12 Luton 344; 13 C&C 351; **14 Dulw R 371**; 15 Padd W 372; 16 Belgrave 373; 7 VP&TH 405; 18 B&B 468; 19 Avon V 518; 20 THH 560; 21 Tonbridge 601; 22 Bournemouth 604; 23 W4H 632; 24 Barnet 678; 25 G&G 710; 26 Bed C 731; 27 Hillingdon 771; 28 Ealing 818; 29 Herc W 841; 30 Stubb G 844; 31 Morn C 846; 32 St Albans 884; 33 Poole 918; 34 Eton M 918; 35 ESM 1059; 36 Dartford 1112; 37 Folkstone 1129; 38 Farn R 1201; 39 E Lon 1220; 40 Bideford 1229; 41 N Eltham 1265; 42 Royston 1267; 43 NHRR 1274; 44 Ware 1288; 45 TVH 1296; 46 SoC 1308; 47 Trent P 1330; 48 Ips J 1333; 49 Springfield 1396; 50 Bexley 1521

SOUTH OF ENGLAND CROSS COUNTRY CHAMPS SENIOR MEN

30 JAN

Although there were a healthy number of entries, a combination of illness and injuries decimated the teams, particularly the men's at this annual mudfest at Parliament Hill Fields aka the South of England cross country champs.

The course was its usual treacle like state in all the usual places. Fortunately the weather was good for running, breezy and sunny, though a little cool for those spectating, including some of the women who had run earlier, helpfully churning up the course.

During a warm-up we noticed that the first extensive muddy section included an impromptu lake with seagulls swimming in it, providing something different to look forward to. Part of the course had been altered due to some clearly needed drainage work resulting in the men's course being around 1k shorter than the usual 15k. Although it was possible to run in an almost normal fashion on quite a bit of the course, particularly the second half of each of the long laps, repeated yanking of legs out of the gluepot which was over the shoes and ankles in places, eventually took its toll, making it progressively more difficult to be willing and/or able to take advantage of the sounder stretches.

The longest muddy stretch was on the first descent and this continued across the level ground including the temporary lake until halfway up the first hill. Thereafter there were some shorter muddy sections, with the most difficult to negotiate being the cambered downhill near the end of each lap, just after a particularly foul smelling patch of mud. John English overheard a 3 year-old girl asking "Mummy, what are these men doing?" This seemed rather apt as some of us had been asking exactly the same question to ourselves.

Tim Taylor seemed to revel in the conditions, finishing comfortably inside the hour and in the top 15% in a field of over 1000, though he felt he may have started off too fast. Next back was cross country enthusiast, Ross Rook, followed by professional cyclist, Michael Hutchinson. John English completed his longest and toughest run for a long while, while Mark Foster and Mike Mann exchanged places several times, with Mark pulling ahead in the final lap, as he had done at Denbies in the Surrey champs a few weeks earlier.
Chris Loizou was seen towards the end of the second lap but may have pulled out soon after. ***Mike Mann***

The team finished 49th of 70 finishing teams

Tim Taylor	56:51
Shane O'Neill	61:05
Ross Rook	65:04
Michael Hutchinson	67:25
John English	73:09
Mark Foster	76:26
Mike Mann	77:07
Chris Loizou dnf	

Steve Smythe adds...Those who ran did well but 17 entries for the top local cross-country championship was poor and the turn out of eight - seven finishing is diabolical out of a 1000 plus strong field.
Injuries kept a few from running and with the missing women the club paid around £120 for entries that were wasted.

Good half marathoning and marathon is traditionally based on doing plenty of cross-country races and the best course in the country is a must for most distance runners but sadly not for the men in Dulwich. They were probably as poorly represented in this race as I can remember in the last 20 years which is strange when we did so well in the last Surrey League and have record numbers of men training on Tuesday night.
While it was seven finishers, it could have bene worse as the first two men were running their first major cross-country championship for us and Tim Taylor and Shane O'Neill had solid runs but not quite at their Surrey league level.

Ross Rook kept going well as did multi National cycling time trial champion Michael Hutchinson.
John English and Mike Mann kept going well but weren't at their best in this mud though Chris Loizou pulled out after two laps.
1022 finishers
TEAM: 1 Highgate 162; 2 Serpentine 186; 3 Bed C 206; 4 Tonbridge 408; 5 Kent 446; 6 Herne H 567; 7 WG&EL 580; 8 THH 664; 9 B&B 736; 10 Belgrave 737; 11 B&H 770; 12 M&M 814; 13 Herc W 877; 14 AFD 910; 15 Lon H 941; 16 Oxf C 969; 17 Shaftesbury 1092; 18 Bideford 1149; 19 TVH 1165; 20 Cambridge 1273; 21 C&C 1320; 22 Mil K 1376; 23 Hillingdon 1469; 24 VP&TH 1477; 25 G&G 1765; 26 Ranelagh 1808; 27 Clapham 1840; 28 Reading 1973; 29 Norwich 2058; 30 Poole 2066; 31 St Albans 2173; 32 Barnet 2191; 33 Trent P 2209; 34 L Buzz 2240; 35 ESM 2274; 36 Morn 2336; 37 Rei P 2409; 38 VoA 2446; 39 E Lon 2555; 40 Read RR 2576; 41 Tun W R 2662; 42 Canterbury 2663; 43 DMV 2673; 44 Nene V 2689; 45 Ips J 2727; 46 W4H 2783; 47 Dartford 2790; 48 Royston 2825; **49 Dulw R 2883**; 50 Croydon 2912. 70 teams finished

LAST FRIDAY OF THE MONTH 5K HYDE PARK

29/01/16

Paul Devine writes....as has become standard there was a strong Dulwich contingent at the regular Last Friday of the month Serpentine 5k. The course returned to the one lap 'A' course round the Serpentine lake, with just a slight variation as there is still a bit of maintenance work being undertaken near the beginning of the course. Conditions were dry and mild, but there was a strong wind, which made conditions a bit trickier than usual and most finishing times perhaps suffered slightly . However one Dulwich Runner hadn't read the script…….

Tim Bowen continued his remarkable rise with a jaw dropping run, finishing 2nd in the race and knocking a massive 27 seconds off his pb. After a steady start, he seemed to get stronger and stronger and after a good battle with a small group of runners, powered away on the long home straight to set the fastest open 5k time by a Dulwich Runner since Buzz Shepherd's 16:09 at a fast and flat Battersea Park in July 2013. Scarily- Tim isn't even halfway through his marathon training programme yet, so who knows what's next. I used to be faster than him you know (ok, ok nobody cares)

Following some way back- Charlie Lound, Steve Davies and Paul Devine grouped together well at a steady pace, with Paul and Steve generally at the front and wily old fox Charlie sitting in behind getting adequate wind protection. Sadly just after the halfway mark, Steve felt his hamstring tighten and wisely decided to ease off. Sensing blood Charlie put in a spurt at the 3k mark and opened an unassailable lead over Paul, and finished well- with a time just 2 seconds down on December, albeit on the alternative 'B' course. Paul finished 10 seconds back, and was relatively pleased with his effort, with marathon training beginning to reap benefits following illness and injury before Christmas.

Ross Rook came in next and ran an impressive PB as he continues to improve, and will surely break 18 minutes in the near future. He was closely followed by Steve D who still recorded a very respectable time despite his aforementioned injury.

The next finisher home Steve Williams made a welcome return to the Serpentine following injury and ran very solidly. Katie Styles was a little bit down on her pre-Xmas PB form but still ran well in the conditions, just edging out a steady run from 3rd place MV60 Andy Murray, and a very good Serpentine debut from Lucy Pickering who was second FV50 with her run on par with recent parkrun efforts. Graham Laylee completed the Dulwich contingent with a time a fair bit down on recent form, but everyone is entitled to an off day!

Finally a big thanks to Ian Lilley not racing due to a niggly foot problem, who offered fine support- shouting out our split times, being unofficial photographer, and entertaining me with his bright blue puffa jacket.

2	Tim Bowen	16:17 (PB)
17	Charles Lound	17:31 (1 MV 45)
20	Paul Devine	17:41
27	Ross Rook	18:15 (PB)
29	Stephen Davies	18:16 (2MV45)
87	Steve Williams	20:46
138	Katie Styles	22:21
140	Andy Murray	22:22 (3 MV60)
142	Lucy Pickering	22:25 (2 FV 50)
154	Graham Laylee	22:50

January 30th

Brockwell

309 ran

Pos	Gen		
81	72	Graham Laylee	22:58
101	87	Kees Kuijlaars	23:52

Bromley

510 ran

Pos	Gen		
297	238	Peter Jackson	28:17

Burgess

177 ran

Pos	Gen		
91	68	Paul Keating	25:29

Constantia Greenbelt

Chris Vernon writes

This new parkrun, being run for only the 15th time, is held on the tree lined Constantia Alphen Trail in the shadow of Table Mountain, starting in a meadow on Le Suer Avenue a lovely estate of detached houses.I bet they love parkrunners parking over their drives every saturday at 7.30 !

Another large and enthisiastic team kept everything running smoothly, gave a warm welcome to the visitors and warned us of the many trip hazards in the woods, more of which later. The field was made up largely of the jogging and family community with their dogs and even the odd buggy with only a few VOB club members present.

Ron did not run due to injury. Dr Malcolm had diagnosed ligament damage and advised him not to run, this enabled Cynthia to improve on her time of two weeks ago as she had no one to chat to.

At the hooter we set off across the meadow which soon narrowed down to a path through the pine woods .Half a mile in I took my eye off the ground and tripped on a root falling heavily on my shoulder and knee.Three kind runners helped me to my feet, Sue turned briefly to make sure I was ok and sped on.Stopping briefly to check I still had car keys and barcode I walked gingerly on with blood running down my leg onto my fortunately red DR socks.Having got my wind back I was soon jogging as the second half of the course was much flatter and smoother. I finished strongly, managed to break 40 and win my age group !

Sue had another good run,as usual winning her age group and setting a course record despite her stop and the uneven ground.

I was not the only casualty, there was a long queue for the first aid lady who cleaned the dirt from my wounds and applied antiseptic , then it was off to breakfast at the cafe down the road with no lasting damage.I hope to be back next week for yet another new venue

483 ran

Pos	Gen		
256	105	Susan Vernon	36:45
298	166	Chris Vernon	39:57

Crystal Palace

207 ran

Pos	Gen		
5	5	Tom Wilson	18:42
14	14	Simon Lang	20:47
43	40	Duncan Wilson	22:42
58	53	Bob Bell	23:24
68	7	Laura Vincent	23:59
92	80	Andy Cottrill	25:20
94	13	Belinda Cottrill	25:22

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.

Dulwich

235 ran

Pos	Gen		
3	3	Alastair Locke	17:33
6	6	Mark Lacey	17:46
8	8	Martin Holt	18:15
18	18	Simon Burnett	19:12
44	4	Lucy Elms	21:21
74	63	Mark Muffett	23:13
171	40	Hannah Harvest	28:14

Fulham Palace

337 ran

Pos	Gen		
124	103	Barrie John Nicholls	23:24

Fountains Abbey

271 ran

Pos	Gen		
11	11	Tom Calvert	18:55
75	10	Niamh Falconer	23:58

Hilly Fields

182 ran

Pos	Gen		
14	14	Gary Sullivan	21:11

Newark

143 ran

Pos	Gen		
21	20	Martin Morley	24:20

Peckham Rye

136 ran

Pos	Gen		
4	4	Kevin Chadwick	19:42
5	5	Sam Crump	19:44
46	41	Matthew Ladds	23:48
85	18	Claire Barnard	26:59

Orpington

122 ran

Pos	Gen		
29	27	Colin Frith	25:50

St Helens

251 ran

Pos	Gen		
71	6	Sian Maguire	26:30

Tooting Common

200 ran

Pos	Gen		
66	60	Ian Sesnan	23:14

Western Springs

68 ran

Pos	Gen		
33	27	Nick Bell	26:35
34	7	Penelope D'arcy Graham	26:36

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

SUNDAY 7TH FEBRUARY MARATHON TRAINING SESSION

Next week's plans have changed !
We will run from outside Forbanks A.C HQ at 0900, (Foxgrove Road, Beckenham, BR3 5AS)
Run will take us on a dinosaur hunt to Crystal Palace, through Dulwich Woods and into Dulwich Park and then return and finish with a lap of Beckenham Place Park
Approx. distance 15 miles.
Let me know if you are coming! - Cheers - Steve Wehrle
Ps the following week we will do 8 x 1 mile reps at Norman Park 0900

Weeks to go!	Date	Event / Distance	Information
11	7 Feb	**Chichester 10k (now full)**	10:00 Road race **Club champs**
	or	Beckenham 15 miles	09:00 15 miles to Beckenham Place Park
10	Sat 13	Surrey League XC (4/4)	13:00 Lloyd Pk (Men), Richmond (Women)
	14 Feb	8 x 1 mile reps	09:00 Bromley Track, Norman 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**

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

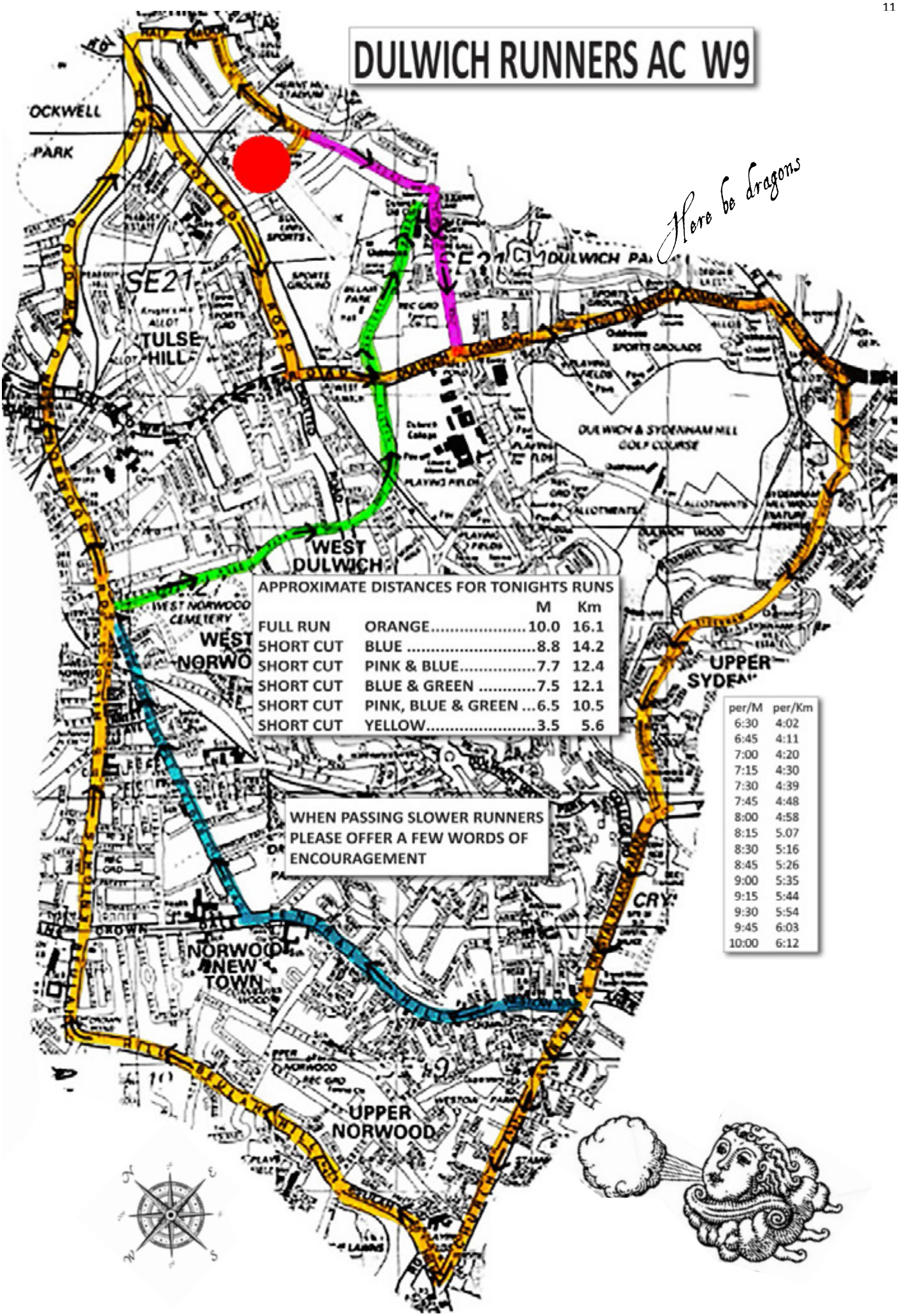
for more information contact:
Steve Wehrle or Claire Steward

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:

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 W9



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.8	14.2
SHORT CUT	PINK & BLUE	7.7	12.4
SHORT CUT	BLUE & GREEN	7.5	12.1
SHORT CUT	PINK, BLUE & GREEN	6.5	10.5
SHORT CUT	YELLOW	3.5	5.6

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