

# Shorts

[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

Date: 5<sup>th</sup> December 2007

## Christmas Party: 15<sup>th</sup> December. BOOK NOW

**These are your Shorts!** Please send your reports and other running news to [shorts@dulwichrunners.org.uk](mailto:shorts@dulwichrunners.org.uk).  
Deadline for next week: Monday, 5pm UK Time.

**Subscribe** to receive Shorts electronically. Simply send an email with the subject *subscribe* to: [dr@rickjohns.co.uk](mailto:dr@rickjohns.co.uk)  
An email with the title *unsubscribe* to the same address, will remove your name from the list.

### NEW MEMBERS / RUNNERS ROTA

5 Dec Stefan Gatward  
12 Dec Kim Gower

### REGULAR CLUB RUNS

<b>TUESDAY</b>	<b>Track Session</b> LADYWELL TRACK 7pm for 7.15pm start Off Doggett Road, SE13 contact <a href="mailto:stevesmythe2006@yahoo.com">stevesmythe2006@yahoo.com</a>
<b>WEDNESDAY</b>	<b>Club Night</b> Edward Alleyn Club in Burbage Road. 7pm for 7.15 start. Showers, bar and hot food – fee £1
<b>SUNDAY</b>	<b>Turn up and Run Sundays</b> 10 or earlier Dulwich Park, Picture Gallery entrance. Informal - Depends on interest. leave your name, preferred start time and distance. Check before you set out. <a href="#">Click here</a>

### CHRISTMAS PARTY SATURDAY 15TH DECEMBER

**Are you all comin' out to party.....**

So far we have heard from about 30 or so of you to say you are joining us at this year's festive gathering, but we know there are a lot more of you out there who just love to party, we are hoping you

are all planning to come down to the Edward Alleyn Club to help us get in the groove and party the night away.

Tickets are available from myself or Trish Umunna, you can contact us either in person, we are to be found in the Club bar after our Wednesday evening run/power walk, if you are unsure what we look like - I'm the short brunette and Trish is the tall blonde, normally where there is one the other isn't far behind! Or if you can't or don't come down to the Club on a Wednesday please contact us via our email [dr.socialsecretary@googlemail.com](mailto:dr.socialsecretary@googlemail.com) and we can put a ticket or tickets aside and settle up with you on the night.

### Food Glorious Food

For your delectation and delight we are getting together a selection of fabulous dishes for this year's buffet and would love for you all to be involved. The theme this year is do with the parable of the Hare and the Tortoise [ before you all shout what the heck is she going on about, bear with me and I will explain] The Hare represents fast food and Tortoise slow food [ a bit clearer?]. We would love a selection of your favourite fast or slow cooked foods. Fast food ideas could be along the lines of chicken wings [not KFC please], spare ribs, jerk chicken, salads, breads, dips and crudités, or if you fancy something a little slower ideas along the lines of Chilli con carne, meat or veggie curry or a lasagne. Alternately if that's not your thing and you are a dab hand at whipping up a sumptuous pudding that would really help to finish the whole evening off. So, have a rattle around in your kitchens and let us know which dish you fancy rustling up, but if the mind's still blank then come and have a chat with Trish, myself or Giles and we will see which recipes we have that take your fancy. Don't forget to keep all your receipts so we can refund the cost of your ingredients and keep our accounts neat and tidy

### These trainers were made for dancin'

Last but not least please don't forget to give us your top five tracks for the DJ's playlist, so far we have had requests for tracks by Elvis, Bill Haley, James Brown, The Bee Gees, Madness, Jamiroquai, The Beatles to name but a few but we need loads more, so riffle through your record collections, shuffle through your ipods and let us know what gets those feet twitching and you all groovin' on the dance floor

Look forward to seeing you all a week on Saturday  
*Jo Hewett and Trish Umunna*

Please don't hesitate to contact us on [dr.socialsecretary@googlemail.com](mailto:dr.socialsecretary@googlemail.com) about any of the above

## RESULTS AND STATS FROM STEVE Ellis and Dysart Trophy, December 1 Clare Wins

While Dulwich were one runner short of a full team in the women's event, there was an individual success for Clare Elms, who has an one page feature on her (including a picture of her and the triplets) in the current Runner's World. After slowing over the second half of recent cross-country's, she held back this time and followed the leader, who had passed her late and beaten her in the last Surrey league. This time full of running she didn't take the lead until the last 400m but won by 16 seconds.

Ros Tabor was pleased to be inside the half hour while Stephanie Burchill also ran a similar time to last year. Andrea Crisp ran steadily though we were one shorts of the required 5-woman team..

The men's race suffered from a lack of marshals - the first 7 halfway round the first lap went off course (though the first few were good enough to catch up again after running an extra 400m or so, but the six Dulwich Runners all did the right course. Jose Barretta ran strongly though James Godber had come in earlier in the day from China and was a little jet lagged. Andy Murray, John Tymukas and Chris Vernon all ran strongly and ensured we finished 5th in the 6 to score men's event.

As with the women, while this isn't an important team event a pity that more don't take the chance to test themselves on one of the best cross-country courses and venues around and certainly one of the best club hqs with refreshments etc.

### Ellis Trophy (5.53M)

8 Steve Smythe 32:55 (first Vet)  
53 Jose Barretta 37:34  
58 James Godber 37:48  
81 Andy Murray 40:34  
95 John Tymukas 42:26  
109 Chris Vernon 49:05

### Dysart Trophy (4.12M)

1 Clare Elms 25:18  
22 Ros Tabor 29:37 (1W55)  
50 Stephanie Burchill 35:01  
55 Andrea Crisp 39:04

Anyone thinking of buying a running book for Christmas might think about Running Well by Sam Murphy and Sarah Connors.

Sarah, who used to own Back on Track at Ladywell has successfully treated quite a few Dulwich Runners and her husband Andrew is a second claim Dulwich Runner and won the first Dulwich Mile race (the Vets one).

The book tells you how to minimise the risk of injuries and how to improve your technique and keep strong and supple and has lots of photos

showing stretches (and Andrew appears as a model in quite a few of them\*) and good pictures of the body and what you need to know about the knee, ankle etc to stay healthy. It also tells how to cope best if you do get injuries.

It's a recommended read - it's published by Kyle Cathie and costs £14.99

(ed- *Buying books at Christmas? Start at the [Dulwich Runners web site](#), click the Amazon button and earn the club a few pennies.* )

Or click through to . . .

<http://www.amazon.co.uk/exec/obidos/redirect-home?tag=dulwirunnerac&site=amazon>

\* NB the reason Andrew has stopped attending Dulwich track sessions over recent months is not because he has taken up a career of modelling but due to working in Birmingham.

### Results

Marc Clayton finished second in the F3 events 10K at Dorney Lake. The course was fast and flat but it was windy and Marc did just enough to finish second in 35:59. Another second claimer who has scored in both Surrey leagues this year, Mark Lacey also ran and reports were he was just down on his Brighton 10K time of 38 minutes but in the results he is 254th in 58:47!

Both ran in the tough Crowborough 10k on Sunday December 2 and Marc was again right up the front but the results were not showing as per Monday teatime.

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### CLUB CHAMPIONSHIP UPDATE

Richard Lloyd ran what must surely be the last event to count, Luton marathon on 2 December in 3.09.41, which beat his London time of 3.18 (you may remember him running in a beanie hat to keep off the sun). This makes him 6th senior male for the marathon.

**Final marathon medal winners** (medals to be presented at the Christmas party)  
(London unless stated)

Senior men

**1 Duncan Macrae 2.34.04**  
**2 Charles Lound 2.43.04**  
**3 Jeremy Pollock 2.57.17**

Men 40

**1 Steve Smythe 2.46.47**  
**2 Chris Loizou 2.58.06**  
**3 Joe Brady 3.23.47**

Men 50

- 1 Steve Smythe (2) 2.51.40
- 2 Peter Warren 4.28.50
- 3 Roy Hibberd 4.57.36

Women senior

- 1 Andrea Pickup 3.18.53
- 2 Teresa Gaillard de Laubenque 3.20.03
- 3 Cath Castledine (Edinburgh) 3.22.03

Women 40

- 1 Claire Steward 3.35.14
- 2 Clare Wyngard 3.46.40
- 3 Ruki Sidhwa 3.53.37

Final standings best 5 events of 9

These are amendments for Bob Bell being in the Brighton results but not running (Colin Frith had his number)

**V50+ men**

- 1 Steve Williams 255
- 2 Mike Mann 254
- 3 Martin Morley 245
- 4 Andy Murray 240
- 5 Pete Gibbons 237
- 6 = Bob Bell 232  
Pete Warren 232
- 8 Barrie John Nicholls 226
- 9 Chris Vernon 219

Age Graded overall

- 1 Mike Mann 4239 (ave 848, best 867)
- 2 Ros Tabor 4185 (837,844)
- 3 Lis Pritchard 4145 (829,843)
- 4 Steve Smythe 4131 (826,832)
- 5 Steve Williams 3996 (799,816)
- 6 Charles Lound 3910 (782,791)
- 7 Andrea Pickup 3893 (779,800)
- 8 Claire Steward 3851 (770,780)
- 9 Simon Loach 3840 (768,789)
- 10 Martin Morley 3826 (765,775)
- 11 Tony Tuohy 3817 (763,790)
- 12 Teresa Gaillard de Laubenque  
3617(723,750)
- 13 Andy Murray 3597(719,757)
- 14 Mike Williams 3548 (710,720)
- 15 Ian Sesnan 3503 (701,727)
- 16 Kirstin Baker 3502 (700,717)
- 17 Clare Wyngard 3472 (694,708)
- 18 Peter Gibbons 3449 (690,725)
- 19 Dave West 3427 (685,732)
- 20 Bob Bell 3415 (683,695)
- 21 Ruki Sidhwa 3363 (671,682)
- 22 Eleanor Simmons 3341 (668,678)
- 23 Stephanie Burchill 3275 (655,684)
- 24 Chris Vernon 3258 (652,681)
- 25 Trish Umunna 3239 (648,668)
- 26 Barrie John Nicholls 3164 (633,652)
- 27 Susan Vernon 3084 (617,661)
- 28 Peter Warren 3067(613,670)
- 29 Clare Osborne 2800 (560,582)
- 30 Peter Murphy 2789 (558,608)
- 31 Jo Hewett 2648 (530,548)

Andy Murray

## FLORA LONDON MARATHON

Members will probably have heard by now whether or not they have been successful in getting a place to run the London marathon in 2008.

The club will have 4 places to allocate. If you would like to apply for a club place you must have been a paid up member of Dulwich Runners for at least 12 months. You must have a rejection slip from the London Marathon.

3 places will be allocated based on the number of races you have done in 2007 (Surrey league, Assembly league, club championships etc), and also whether you have supported the club in other ways (marshalling or organising our races etc.) This will be done by the committee before Christmas.

The 4th place will be drawn from the hat at the Christmas party on 15 December.

Ros

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## DULWICH RUNNERS CARD AND FLYERS - DESIGNS WANTED

The committee has decided to produce some flyers and small (business type) cards to advertise the club.

We intend to distribute them at races, and place them in local gyms, libraries etc. They will include details of where and when we meet etc.

If you have any ideas about design, layout, art work etc. please can you contact someone from the committee

Ros

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## RACE REPORT

### 2/12/2007 Thanet 10 Miles

On a day that had been forecast with extreme bad weather I still decided to go and Race! I arrived without my usual partner in crime Colin Frith who had sheepishly decided to go away for the weekend. He missed out on an absolutely awful running conditions that saw a depleted field but with the full range of running gear. From people who you would have thought were running in the Arctic to the very hardy souls who ran in normal hot summer gear, quite a contrast.

We started off and to be honest it was fine, a fairly gentle wind from behind and clear blue sunny skies. It soon however started to cloud over and by mile four you could just feel the wind picking up. Very quickly it was also raining and by the turn around point just after 5 miles it was a raging gale). We were all strung out and no-one seemed to be moving forward very much, more a sideways crab

crawl, idea conditions for Barry D but difficult for us to overcome. This meant we had only approx 4 miles of head wind to fight against. I seem to handle better than those in front as I was catching and overtaking people all the way back and with three miles to go felt quite strong and maintained my pace. I finished in approx 69:40 which meant that when head wind factored in I would have finished sub 65 (that's my story and I'm sticking to it.)

Only Nicola Stevenson was brave enough to also run here from DR's and she managed to convince 3 other hardy souls to run as well. Not sure of her time and organisers having great difficulties confirming results due to such bad weather.

Due to how hard this flat course is due to the weather I am sure it will be part of the Club Championships for 2009, only people running ten miles for the first time would be able to claim a PB.

Would not want anyone able to claim a PB in a club championship event would we.....?

Martin Morley 1:09:40 unofficial  
Nicola Stevenson 1:37:00 unofficial.

*Martin*

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## RACE REPORT

### Pirie XC 10 miles, Coulsdon, 1 December

4 Dulwich Runners braved the Christmas shopping traffic jams for the 2 lap cross country race on Farthing Downs. It was windy and muddy in parts but fortunately the rain held off.

Second claimer Jo Quantrill continued her excellent cross country form and finished well ahead of the Dulwich contingent.

This is an enjoyable race, friendly and low key, with varied and interesting terrain. The hot showers and free cake and tea afterwards were appreciated by those who made it back to the SLH clubhouse.

- Jo Quantrill (second claim) 72.51(4W/1FV45)
- Lis Pritchard 74.24 (5W/1FV55)
- Peter Gibbons 75.22
- Clare Wyngard 81.04
- Ruki Sidhwa 89.38 (managing to stay awake after a 15 hour shift at work!)

*Lis Pritchard*

*Post Race from Rukhi :*  
*"Amazingly I found out when I got home that I was one minute up on last year, so this news perked me up no end !"*

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## COMING UP LADIES' XC ENTRANTS

Ladies,

Please let me know as soon as possible if you would like to be entered for the 7.5 mile South of Thames XC on **Saturday 15th December** at 2pm in Banstead.

There are also matches coming up in Parliament Hill on **26th January** and for 35+ in Ruislip on **2nd Feb**. Please let me know if you wish to be entered.

[di\\_145@hotmail.com](mailto:di_145@hotmail.com)

or 07809 111011

*Di Morgan*

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## DULWICH RUNNERS TURKEY TROT

**Ros Tabor writes** Our annual handicap race is traditionally held on the morning after the Christmas party. This year it will be at 10.00 on Sunday 16 December. It is 3 laps of Dulwich Park which is approximately 5k. mementoes to all runners and generous prizes for 1st runner to cross the line, runner closest to predicted time, and best fancy dress. Entry forms in changing rooms.

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## CLUB CHAMPIONSHIPS 2008

The first 2 Club Championships events for 2008 are as follows:

- March 2nd Greenwich 10K- entry forms should be available in the next 2/3 weeks
- March 16th Hastings Half Marathon- enter on-line at [www.hastings-half.co.uk/](http://www.hastings-half.co.uk/) This is an excellent race on a testing course. A special train service from London Bridge is provided.

*Graham Laylee*

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## FORTHCOMING XC RACES

*Mike Mann reports* Details of cross country fixtures until Christmas, including date, venue and start time, are provided at the back of Shorts, but some additional information to entice you is provided below.

8 Dec, Kent Masters Champs, Sparrow's Den. Kent eligible vets have been pre-entered.

8 Dec, London Champs, Parliament Hill. A number

of people have been entered to compete on this classic but challenging course, but it shouldn't be a total mud bath at this time of year. Start is just off Gordon House Road, NW5. Well deserved drinks afterwards at nearby pub.

8 Dec, Vets AC, Wimbledon Common. Combined with Hercules Wimbledon Interclub Champs and on a different course from usual. Register at Belgrave Hall.

15 Dec, South of Thames, Banstead Down. This is a combined men's and women's 7.5 mile race and should provide excellent preparation for the club Christmas party that evening. The course is something of an unknown, but the fact that it is on Banstead Down may provide a clue.

16 Dec, Holly Run, Reigate Priory. Hangover after the Christmas party? Then why not try an excellent cure tried and tested by your cross country captain on a course which is a slight variant of the one used for the mob match (men 6 miles, women 3 miles).

22 Dec, Vets AC, Wimbledon Common. Same course as 24 Nov race. Opportunities for last minute shopping afterwards in Wimbledon.

**CROSS COUNTRY FIXTURES LIST 2007/08**

<b>Date</b>	<b>Event</b>	<b>Venue</b>	<b>Start Time</b>
8 Dec	London XC Champs	Parliament Hill	1.40 women 2.10 men?
8 Dec	Kent Masters Champs	Sparrow's Den	11am
8 Dec	Vets AC/HW Interclub CC	Wimbledon Common	2.00pm
15 Dec	South of Thames 7.5m	Banstead	2.00pm
22 Dec	Vets AC	Wimbledon Common	2.30pm
5 Jan	Surrey County XC Champs	Lloyd Park	
5 Jan	Kent County XC Champs	Detling Showground	
12 Jan	Surrey Women's League	Reigate Priory	12.30pm
12 Jan	Surrey Men's League	Richmond Park	2.30pm
19 Jan	Vets AC Champs	Wimbledon Common	2.30pm
26 Jan	South of England XC Champs	Parliament Hill	
2 Feb	South of England Vets XC Champs	Ruislip	
9 Feb	Surrey Women's League	Richmond Park	12.30pm
9 Feb	Surrey Men's League	Croydon	3.00pm
16 Feb	Vets AC	Wimbledon Common	2.30pm
23 Feb	National XC Champs	Alton Towers	
29 Mar	British Masters XC Champs	Banbury, Oxon	

**Other events**

Sat January 5 County XC Championships - Surrey at Lloyd Park, Kent at Detling  
 Sat January 12 Surrey Women's League, Reigate Priory, Surrey Men's League Div 2, Richmond  
 Sat 19 January Vets AC Champs, Wimbledon, 2.30 Box hill Fell Race  
 Sat January 26 South of England XC Championships  
 Sat February 9 Surrey Women's League, Richmond Park , Surrey Men's League Div 2, Croydon  
 Sat February 23 English National XC Champs, Alton Towers  
 Sat Feb 23/24 British Vets Indoor Championships, Picketts Lock  
 Sun March 2 Greenwich 10K – CLUB CHAMPS  
 Sun Mar 16 Bath (inc British Masters Champs), Fleet Half Marathon  
 Sun Mar 16 Hastings Half Marathon – CLUB CHAMPS  
 Mar 17-Mar 22 World Masters Indoor Champs, Clermont Ferrand  
 Sat March 29 British Masters XC Championships, Banbury  
 Sun March 30 Paddock Wood Half Marathon  
 Sun April 13 Flora London Marathon  
 Sat May 25 British Masters 10,000m Track Champs, Oxford  
 Sun May 26 London 10K (new event organised by LM)

# DULWICH RUNNERS AC

## CHRISTMAS PARTY

Saturday 15<sup>th</sup> December 2007, 8pm



Dulwich Runners invite you to their annual Christmas party. Come and enjoy a drink or two with your fellow runners, eat to your heart's content, cheer on this year's club champions as they receive their awards, take a chance to win a prize with the raffle and strut your stuff on the dance floor to your favourite tunes.

The festivities kick off at 8pm and finish once the last dancer has left the dance floor.

Edward A. Lley Sports Club  
83-85 Burbage Road  
London SE24 9HD

Tickets on sale now at £8.

Contact your social secretaries Trish Umanna

**P.S. Email your top 5 tunes to**

**[dr.socialsecretary@googlemail.com](mailto:dr.socialsecretary@googlemail.com) and we'll add them to the**

**DJ's playlist**

# Shorts

[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

Date: 19<sup>th</sup> December 2007

**DULWICH CROSS COUNTRY SILVER WIN  
FOR WOMEN'S TEAM - SEE MIKE'S REPORT BELOW**

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An email with the title *unsubscribe* to the same address, will remove your name from the list.

## NEW MEMBERS / RUNNERS ROTA

19 Dec Tony Henley  
26 Dec NO CLUB RUN  
2 Jan Jo Hewett  
9 Jan  
16 Jan  
23 Jan

## REGULAR CLUB RUNS

<b>TUESDAY</b>	<b>Last Track Session of 2007</b> LADYWELL TRACK 7pm for 7.15pm start Off Doggett Road, SE13 contact <a href="mailto:stevesmythe2006@yahoo.com">stevesmythe2006@yahoo.com</a>
<b>WEDNESDAY</b>	<b>Club Night</b> Edward Alleyn Club in Burbage Road. 7pm for 7.15 start. Showers, bar and hot food – fee £1
<b>SUNDAY</b>	<b>Turn up and Run Sundays</b> 10 or earlier Dulwich Park, Picture Gallery entrance. Informal - Depends on interest. leave your name, preferred start time and distance. Check before you set out. <a href="#">Click here</a>

## RESULTS AND NEWS FROM STEVE S

### Telford 10K, December 16

It seemed like a good idea a few weeks ago to run one last 10k and the quickest one looked to be in Telford, which unfortunately was a lot nearer North Wales than Dulwich.

With temperatures hovering around freezing, the Dulwich party the night before, a 6am start and three hour plus drive, it seemed an even worse idea Sunday morning and not any better on arrival at the

race car park as beside it was part of the course which was a very rough, rutted narrow path with ice on it but more importantly a testing hill which wasn't in the description.

The course was far too narrow for 500 runners and after a short descent in the first 400m beside the Ice Rink start which I think was in existence before the cold weather, all the rest of the course was on traffic-free paths (mostly in better condition than what we first saw) in scenic Telford Park. The hill was the only one though there was a sharp out and back turn to negotiate on each of the two laps but the worse was runners going in 2 directions on a path wide enough for about 2 people with ice on the side with also prams, pedestrians and dogs also using the path and then on the last lap lapped runners also fighting for the same space.

However, while it was cold, the wind wasn't too bad and despite the lack of space, surface and hill, it's a definitely a course for fast times. Ronnie O'Sullivan who was having a rest between sessions from winning the UK Snooker Championships in Telford was an interested spectator as he hopes to break 35 for 10K one day.

Second claimer Marc Clayton has seemingly run a 10K almost every other week this year and despite the near Brighton gale he set a pb there and knew he was in better shape than 33:58. He's run two more since Brighton finishing second in both and he was happy to drive to Telford for one last chance in 2007. He set off at fairly much 33 minute pace and held it all the way but despite knocking 40 seconds off his PB he was curiously unhappy that he missed breaking 33 by 18 seconds.

Clare Elms was far more happier with what was probably her best run yet of a busy year.  
<http://www.athleticsdata.com/rankings/performance.aspx?athleteid=43862>

Her target was to beat her pb of 36:47. A first slightly downhill mile of 5:30 gave her plenty of time in hand and then she eased back to 5:45 miling to pass halfway in 17:35. That was quicker than her road 5K pb and while she may have struggled a few months ago to hold that pace, this time she felt very comfortable and felt she have gone quicker had it been possible to overtake easier on the narrow paths. Indeed, she was strong enough to run the harder second half in 17:43 and her 35:18 (she only broke 38 for the first time in September) took a minute and a half off her overall pb and placed her fifth in a top class women's race, sharing the time of the 4th placer but just 18 seconds down on second.

Clare was easily first Vet and with an age adjustment of 33:00 for a woman and sub 30 for a man, her 35:18 was according to the age adjustment tables the best ever Dulwich 10K performance and would have scored a Dulwich record 906 points. Only Kofi, Rob Watts and Simon have gone quicker this year amongst Dulwich men.

Steve Smythe was just behind, and felt he couldn't attempt to overtake Clare in the last mile due to space constraints and as she was battling with the other women but he was content with his best legal 10K for three years of 35:20 which on age adjustment (31:59) was his best ever - slightly up on his real 32:06 PB from 20 years ago.

36 Marc Clayton 33:18 (PB)  
5W/61 Clare Elms 35:18 (PB) (1st Vet)  
63 Steve Smythe 35:20 (2nd M45)

### **Tuesday Track Session**

The Ladywell track is closed on Christmas Day and New Year's Day and so not surprisingly there will be no Tuesday evening sessions. However as an experiment, there will be one or two doing a speed session on both Tuesdays at 9.30am. Meet at Dulwich College track. Most will be away or too busy enjoying themselves, opening presents, cooking dinner, away or with family or still recovering from the Xmas parties but if you haven't started on the alcohol and can escape for a hour or so (perhaps test some of the kit you got as presents) then perhaps the efforts will enable you to eat and drink even more with a clear conscience later in the day? All abilities welcome.

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### **FROM YOUR SOCIAL SECS**

We would like to say what a fantastic evening it was on Saturday and we hope you all had a great time. You all proved that not only are you "demon" runners but also groovy party animals who can boogie on the dance floor all night long.

You all contributed to help make the Christmas party such a success and thank you to you all for coming and enjoying yourselves. A special thanks to all those who contributed to what was a mammoth scrumptious feast of food. Please do let us have your receipts as soon as you can if you would like a refund of the cost of ingredients.

A very special thank you to Giles who we enrolled as head chef and maitre of food for the evening. He not only produced several amazing dishes (including that wonderful salmon, enormous trifle, scrummy truffles and a pile of homemade bread) but also supervised all the culinary delights throughout the evening.

Many thanks also to Sally who assisted Giles and spent much of the evening running up and down the stairs ensuring a constant supply of food was

available. A special thanks to Steph who helped us so much with the production of tickets and with all the preparations on the day. Also thanks to Di, Rhys and Jo B for helping with the decorations. Finally a big thank you to Barry G who helped us not only before, but also during and after the festivities.

By the way, we are now recovering in a dark room and have both decided to take a long vacation next year from 24th November to 24th December!

*Trish and Jo*

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### **MARATHON PLACES**

If you want a club place in the marathon, have a rejection slip and have been a member for 12 months please let someone on the committee know.

One place will be drawn out of the hat at the Christmas party.

The remaining 3 places will be awarded on Wednesday 19 December. Criteria are number of cross countries, assembly leagues, club championships, relays, marshalling etc.

*Ros*

20 DEC

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### **RACE REPORT**

#### **Holly Run – Reigate – 17<sup>th</sup> December 2007**

This pre-Xmas event has been a perennial favourite for Dulwich Runners, but this year only four people made the trip south to Priory Park. Those who have taken part in the annual mob match will be familiar with the terrain; with the start and finish in undulating parkland, the race climbs up nearly 200 feet to run along a ridge of high ground with stunning views across the Surrey Hills before plunging down again through woodland and past a frozen lake. The Holly Run variant consisted of just one big climb for the women to make about three miles and three for the men to make about six miles.

Run in cool but bright conditions with very little mud, Claire Steward was our sole female entrant arriving just minutes before the start after a slightly frantic dash from Dulwich Park. Going for the quadruple DR party and XC challenge, it was her second race of the day (finishing the Turkey trot just a couple of hours earlier) and her third of the weekend (including being part of the silver medal winning team in nearby Banstead the previous afternoon), she acquitted herself well finishing 35<sup>th</sup> out of 72 in 23:20, nearly a minute faster than 2006.

The men's race was over twice the distance; both Mike Mann and Dave West had also run in Banstead the previous day. Jo Brady was running

his first race for a while and had picked a tough outing. Mike found some tough V50 opposition but appeared to be going well until falling heavily and banging his head on the frozen ground on the last lap. Remembering little about the last mile, he finished very disorientated in 28<sup>th</sup> place in 39:31. Although around 45 seconds up on 2006, he was unusually only 5<sup>th</sup> V50 – although the fall must have cost a few places.

Dave and Jo had a battle on the first of the three laps before race fitness finally told. Dave managed to pull away from Joe on the second lap and finished quite strongly in 44:29 again about a minute up on 2006. Joe did well to hold Dave to around 40 seconds and finished just a few places behind in 45:10. Both enjoyed their runs over this great course on a perfect day for running.

*Dave West*

### DULWICH CHRISTMAS BASH

Just like to thank Jo & Trish for organising an excellent Xmas Party. Also thank-you to Giles and his wife who spent virtually the whole evening down in the depths of the kitchen sorting out and getting the food prepared & ready .

It all went off like a well oiled (extra virgin olive !) machine . Even though I was forced to dance, twice ! (Strictly Ballroom here I come), it was an excellent evening and I had a great time.

*Barry Graham*

### RACE REPORT

#### DULWICH WOMEN WIN TEAM SILVER IN BANSTEAD

Dulwich runners did well to field complete teams of 6 in both the men's and women's South of Thames event, and even better to win the women's team silver. The conditions at Nork Park, Banstead, although bone-chillingly cold were good underfoot with only limited patches of mud but the course was a challenging one with a steady climb on the second part of each of the 4 laps. Although billed as a 7.5 mile race, the general consensus was that it was about a mile short. Alastair Bayliss had another good run, while Ola Balme was the star amongst the women. Unofficial results are given below.

*Mike Mann*

Alastair Bayliss	39:30
Mike Mann	42:43
Ola Balme	45:40
Martin Morley	46:17
Lis Pritchard	47:51
Ros Tabor	48:05
Andy Murray	48:26

Dave West	49:51
Clare Wyngard	51:06
Claire Steward	52:48
Louise Alan Smith	55:45
Chris Vernon	58:24

### DULWICH RUNNERS TURKEY TROT (approx 5k) SUNDAY 16 DECEMBER

On probably the coldest morning of the year over 20 members turned up at Dulwich Park in varying forms of fancy or undress to contest the annual Christmas handicap. For the first time there were 5 power walkers who started off first. As it was the first competitive event for most of them, we were unsure of handicap times, and the fastest walker (Chris Bell) was nearly 4 minutes ahead of her prediction, finishing the 3 laps (just over 1 mile per lap) in a splendid 32.05. In fact all the walkers were faster than they thought they would be. This meant that Tony Tuohy, who started last, 26 and a half minutes after the start, had an impossible task, but he did overtake many runners and did the 3 laps in 17.43.

There were the predictable moans about handicap times, but the race seemed to be enjoyed by all participants. Thanks should go to Andy, Mike, Brian, Jose, Chris, and Rhys for time keeping, photography and general support.

Prizes were awarded in the cafe afterwards. People who were more than 2 and a half minutes ahead of their predictions were disqualified and so the winners were:

1st in handicap (running) BARRY GRAHAM  
 1st in handicap (walking) RON SEARLE  
 closest to predicted time JOHN FRASER (correct to the second in 28.15)  
 best fancy dress THE COOK FAMILY (a Christmas sack of presents, a very glamorous pair of pyjamas and a huge Santa beard)

Photos can be viewed on the website.

	<u>results:</u> finish time	actual time
Ron Searle	42.20	42.20
Steve Wehrle	39.08	38.08
Aileen Cook	40.18	38.18
Trish Umunna	39.08	39.08
Chris Bell	36.05	32.05
Krista Trudgett	40.42	26.42
Brendan Pelican	39.06	25.06
Julie Pelican	39.06	25.06
Jo Hewett	43.52	28.52
Di Morgan	43.13	27.13
John Fraser	44.45	28.15
Barry Walker	43.19	25.49
Stephanie Burchill	42.57	25.27
Colin Doran	43.11	24.11
Barry Graham	42.55	22.55
Clare Wyngard	44.21	23.51
Ruki Sidhwa	45.15	23.45

Claire Steward	45.37	24.07
Steve Cook	46.37	25.07
Iain Cook	44.07	22.07
John McGlashan	44.48	22.48
Bob Bell	44.11	21.41
Ian Sesnan	44.39	21.39
Peter Jackson	46.46	23.46
Kirstin Baker	45.09	21.39
Barry Dabrowski	44.45	21.15
Mike Williams	44.29	19.59
Tony Tuohy	44.13	17.43

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## CROSS COUNTRY: FORTHCOMING EVENTS

Cross country races will be occurring thick and fast in the early weeks of the New Year, so here are some reminders.

Entries have already been submitted for the Surrey and Kent County Champs, both taking place on **5 January** in Lloyd Park and Detling Showground respectively. The women's race (8K) at the Surrey Champs starts at 1.25, while the men's race (12K) is at 2.15. Changing and refreshments for the Surreys will be at Croham Hurst School, Croham Road, Croydon (note the change from the usual school). Details of the Kent Champs race are awaited.

The most important forthcoming fixture is the Surrey League match on **12 January**. The men's race is at Richmond Park, while the women run at Reigate Priory. Please ensure this is in your diaries, particularly those of you likely to feature in the scoring teams. Further details on these fixtures to follow.

Entries have also been submitted for the South of England XC Champs at Parliament Hill Fields on **26 January**, at which the women (8K) start at 1.50 and the men (15K) at 2.50. Please bring the longest spikes in your possession.

The South of England Masters XC Champs takes place at the intriguingly named Mad Bess Woods in Ruislip on **2 February**. For this event entries will only be submitted for those putting their names forward, so anyone interested should contact Di or myself no later than **16 January**.

Finally the National Cross Country Champs takes place at Alton Towers in Staffordshire on **23 February**. Although it is some way off, entries are required very early in the New Year. Given the distance from London, mass entries will not be submitted, and anyone wishing to run should contact Di or myself no later than **2 January**. If you have not been entered, you are advised not to travel to Alton Towers on spec unless you simply wish to spectate. *Mike and Di*

**CROSS COUNTRY FIXTURES LIST 2007/08**

<b>Date</b>	<b>Event</b>	<b>Venue</b>	<b>Start Time</b>
22 Dec	Vets AC	Wimbledon Common	2.30pm
5 Jan	Surrey County XC Champs	Lloyd Park	
5 Jan	Kent County XC Champs	Detling Showground	
12 Jan	Surrey Women's League	Reigate Priory	12.30pm
12 Jan	Surrey Men's League	Richmond Park	2.30pm
19 Jan	Vets AC Champs	Wimbledon Common	2.30pm
26 Jan	South of England XC Champs	Parliament Hill	
2 Feb	South of England Vets XC Champs	Ruislip	
9 Feb	Surrey Women's League	Richmond Park	12.30pm
9 Feb	Surrey Men's League	Croydon	3.00pm
16 Feb	Vets AC	Wimbledon Common	2.30pm
23 Feb	National XC Champs	Alton Towers	
29 Mar	British Masters XC Champs	Banbury, Oxon	

**Other events**

Sat January 5 County XC Championships - Surrey at Lloyd Park, Kent at Detling  
 Sat January 12 Surrey Women's League, Reigate Priory, Surrey Men's League Div 2, Richmond  
 Sat 19 January Vets AC Champs, Wimbledon, 2.30 Box hill Fell Race  
 Sat January 26 South of England XC Championships  
 Sat February 9 Surrey Women's League, Richmond Park , Surrey Men's League Div 2, Croydon  
 Sat February 23 English National XC Champs, Alton Towers  
 Sat Feb 23/24 British Vets Indoor Championships, Picketts Lock  
 Sun March 2 Greenwich 10K – CLUB CHAMPS  
 Sun Mar 16 Bath (inc British Masters Champs), Fleet Half Marathon  
 Sun Mar 16 Hastings Half Marathon – CLUB CHAMPS  
 Mar 17-Mar 22 World Masters Indoor Champs, Clermont Ferrand  
 Sat March 29 British Masters XC Championships, Banbury  
 Sun March 30 Paddock Wood Half Marathon  
 Sun April 13 Flora London Marathon  
 Sat May 25 British Masters 10,000m Track Champs, Oxford  
 Sun May 26 London 10K (new event organised by LM)

# DULWICH RUNNERS CLUB CHAMPIONSHIPS

The annual club championship aims to encourage good performances from all our members in a supportive friendly atmosphere.

It consists of a number of races of varying distances throughout the year. In 2008 there are 9 events. In order to complete the championship you must run at least 5 events. The races are divided into 3 groups, according to distance: LONG - 10 miles, half marathon, marathon; MEDIUM - 3 races of between 5 and 7 miles with a 10K and one usually a XC; SHORT- 1 mile, 2 miles, 5k. You must run at least one race from each group and subject to this your best scoring five events will be aggregated for your overall score in the 3 sections (see below). By notifying the relevant men's or women's captain at least 7 days before an event, you may opt to have an event discarded for club championship purposes and in this circumstance you will be treated as not having run the event for championship purposes.

Medals are awarded after each race to the first 3 Dulwich Runners in the following categories: senior men, veteran men 40 - 49, veteran men 50 - 59, veteran men 60+, senior women, veteran women 40 - 49, veteran women 50+. For these purposes your age category is determined by your age on the day of the race.

There are 3 annual championship sections:

## 1. Age-group category champions

Points are given within each category (50 for 1<sup>st</sup>, 49 for 2<sup>nd</sup> etc.) plus a bonus point for each event completed. At the end of the year the 5 best position point scores (subject to them covering the 3 distance categories) are added together plus the extra bonus points for races completed. The 1<sup>st</sup> 3 runners in each category win trophies. Your age category is taken as your age at the time that you run your first event of the year.

2. The overall club champion (plus 2<sup>nd</sup> and 3<sup>rd</sup>). In order to be as fair as possible and enable runners of different ages and sexes to compete, it is worked out using special age grading tables which award points according to how well you have run against the world best for your age and sex. Again it is the best 5 events which count (subject to them covering the 3 distance categories as above).

3. The Handicap champion: Runners are handicapped for each event by one of the club coaches and prizes are awarded for each event with an additional award for the overall handicap winner over the 5 events as above. At each event, the handicap award will not be awarded to an individual medallist or to a previous handicap winner.

Where races publish gun to tape times and chip times, it is the gun to tape times that determine positions (i.e. across the finish line), but chip times will be used for overall points purposes in the overall club champion category (2.above) and the Handicap (3 above).

In the event of 2 or more runners tying in any of the above, the winner will be determined by the 'head to head' results in the events in which all the runners took part. If this is still inconclusive points earned in the runners 6<sup>th</sup> best event will be used to determine the winner.

Throughout the year the results of each race, together with current standings are published in Shorts and on the club website. The prizes are awarded at the Christmas party.

#### IN ORDER TO SCORE POINTS YOU MUST

- BE A PAID UP MEMBER
- WEAR A CLUB VEST \*

\*you may wear a charity vest in the Flora London Marathon.

\*you need not wear a club vest for the 1 mile [ and 2 mile if in Dulwich Park]

As not everyone who wants to run in the Flora London Marathon gets a place, you may nominate any other marathon, before the end of November.

# Shorts

[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

Date: 12<sup>th</sup> December 2007

## Final Call: Grab the last tickets for our great DR Christmas Party: This Saturday

**These are your Shorts!** Please send your reports and other running news to [shorts@dulwichrunners.org.uk](mailto:shorts@dulwichrunners.org.uk).  
Deadline for next week: Monday, 5pm UK Time.

**Subscribe** to receive Shorts electronically. Simply send an email with the subject *subscribe* to: [dr@rickjohns.co.uk](mailto:dr@rickjohns.co.uk)  
An email with the title *unsubscribe* to the same address, will remove your name from the list.

### NEW MEMBERS / RUNNERS ROTA

12 Dec Kim Gower  
19 Dec Tony Henley  
26 Dec NO CLUB RUN  
2 Jan Jo Hewett

### REGULAR CLUB RUNS

<b>TUESDAY</b>	<b>Track Session</b> LADYWELL TRACK 7pm for 7.15pm start Off Doggett Road, SE13 contact <a href="mailto:stevesmythe2006@yahoo.com">stevesmythe2006@yahoo.com</a>
<b>WEDNESDAY</b>	<b>Club Night</b> Edward Alleyn Club in Burbage Road. 7pm for 7.15 start. Showers, bar and hot food – fee £1
<b>SATURDAY</b>	<b>Christmas Party</b> Edward Alleyn Club in Burbage Road. 8pm
<b>SUNDAY</b>	<b>Turn up and Run Sundays</b> 10 or earlier Dulwich Park, Picture Gallery entrance. Informal - Depends on interest. leave your name, preferred start time and distance. Check before you set out. <a href="#">Click here</a>

### CHRISTMAS PARTY THIS SATURDAY Final Call to any undecided Groovers.....

This is a final call to any of you who haven't quite made up your minds as to whether you are coming down to the Edward Alleyn Club on Saturday night for this year's Christmas knees up. We have had a great response to date, it is great so many of you

are going to swap trainers for dancing shoes, shorts and vests for you best togs to join us on Saturday night. For those of you who have asked to pick up your tickets on the night they will be available on the door as you arrive.

### Top Nosh.....

Our Hare and Tortoise theme buffet is coming along a treat with just about everyone agreeing to bring their favourite dish so there will be a great selection of your favourite fast and slow cooked dishes for you all to get stuck into. However if there is anyone out there that still who would like to add to the selection but can't decide which dish to bring, Giles, Trish or myself are more than happy to help you choose, so don't be shy and come and have a chat. Don't forget those receipts so we can refund the cost of your ingredients.

### Top five tunes.....

Don't forget to give us your top five tracks for the DJ's play, we have heard from few of you with one runner even offering to bring all his tracks along just in case the DJ doesn't have them! But we need tons more, so have a good think and let us know, ideally we need to know by the end of Thursday to give the DJ chance to hot foot it down to HMV and get stocked up

You can contact Trish or myself about any of the above either in person we will be in the Club bar after our Wednesday evening run/power walk or via our email [dr.socialsecretary@googlemail.com](mailto:dr.socialsecretary@googlemail.com) and we will be only too happy to help.

Look forward to seeing everyone on Saturday night, the festivities will kick off at 8pm but doors open from 7.30pm

*Jo Hewett and Trish*

PS For a chance to win a great raffle prize don't forget to bring a few extra quid, tickets will be on sale on the night

### RESULTS AND STATS FROM STEVE

#### Kent Masters Cross Country Championships TEAM GOLD FOR DULWICH

Dulwich Runners women took team golds and Clare Elms the individual title in awful cold and wet conditions at Sparrows Den in West Wickham.

## Women

Last year Clare had been well over a minute down on winner Tina Oldershaw, but a year stronger, she easily followed Oldershaw until the last 300 metres and opened up a 10 second winning gap.

Andrea Pickup had beaten Clare last year in finishing second but in a stronger field this year (third placer Ruth Briggs ran 2:47 for the Marathon this year) and not at her best and possibly a little hesitant on the descent having suffered a nasty fall when training on this course in October, she came in 7th.

Teresa Gaillard de Laubenque had one of her best cross-country runs and her 10th place ensure we narrowly beat Tunbridge Wells by 2 points.

Di Morgan continued her comeback in finishing in the top 30 in the W45 race.

W35+

1st Clare Elms 17:36

7th Andrea Pickup 19:02

10th Teresa Gaillard de Laubenque 19:27

**TEAM:** 1 Dulwich Runners 18; 2 Tun W 20; 3 B&B 22; 4 Padd W 45; 5 Camb H 54

W45

29th Di Morgan 25:03

## Men

Martin Morley and Colin Frith ran as strongly as his fitness allowed in the men's 10km event but as conditions worsened (the officials tents and umbrellas were blown away) the M40 event was shortened on each of the 4 laps and the 'younger' M40 runners ran a good kilometre shorter, which was annoying for anyone in the M50 age group next year and wanted to compare their times.

M40

12 Steve Smythe 34:00

M50

24 Martin Morley 46:20

42 Colin Frith 49:42

## **Mince Pie 10, December 9**

After getting soaked the previous day, quite a few Dulwich Runners were back in action and increasing their chance of flu in this popular seasonal event from Peacehaven. Conditions were probably the worst yet - many still cold wearing hat, gloves and tights - with the course waterlogged with huge unavoidable puddles, strong gale force winds and driving rain - one particular nasty storm up on the Downs tearing numbers off and almost blowing runners over.

As per last year a Dulwich woman led the club home. Clare Elms was running as a training run (and the previous day after her Kent victory, she had also run the fastest time at a Beckenham charity event - 8:10 for 1.5 miles when she turned up just expecting to marshal.) She ran with Andrea Pickup for 3 miles and then picked up her pace and caught last year's winner Gill Wheeler at nine miles and then Oxford-Cambridge varsity open race winner Katy Moore in the last 400m. That was technically her fourth win in 8 days (though well

down on Andrea's four in four a few years ago) and her good fortune continued as she won 2 of the big prizes in the raffle to go with her trophy and xmas pud.

Andrea was quicker than last year where she was second and much higher overall but was only 4th in the better than normal standard women's event.

Jose Barretta completed a busy weekend (according to the official results he ran for both Dulwich and his old club Highgate - the Highgate one beat the Dulwich one by a few places). See his report, below.

Martin Morley ran in sort of fancy dress though his moustache and mince pie blew away and his wig came off.

The biggest improver from last year was Mick Ward - up eight minutes on last year and he showed his track kick at the end. Pete Gibbons continued his comeback well narrowly ahead of a slightly below par Lis Pritchard who was easily first W55.

Bob Bell ran strongly as did John Tymukas, Pete Jackson, Jana Hladun, and Geraint Lee though Colin Frith seemed to suffer from the weight of his long black curly wig and was 7 minutes down on 2006. Clare Wyngard (4 minutes), Ruki Sidhwa (6), Roy Hibberd (10), Paul Keating (14), Barry John Nicholls (15 minutes) all seemed to prove that either weather (or their) conditions were much worse.

Though he wasn't last across the line as he and a few Dulwich Runners started 45 minutes early and walked the event, Steve Wehrle was last in the results - a hour down on last year and he was just behind Christine Bell who also walked though Lindsay Annable and Steve Street didn't cross the line and don't appear in the results.

John O'Byrne was again out on the course offering encouragement.

Dulwich were again awarded a cake for the biggest team and most of the runners went off for a meal in Brighton post race.

1W/7 Clare Elms 67:57

8 Steve Smythe 68:03 (1st Vet)

4W/19 Andrea Pickup 71:36

32 Jose Baretta 73:50

48 Martin Morley 77:07

62 Lis Pritchard 79:21 (1st W55)

81 Bob Bell 81:52

103 Colin Frith 84:39

110 Clare Wyngard 85:29

114 John Tymukas 85:58

135 Pete Jackson 90:42

139 Ruki Sidhwa 92:05

151 Jana Hladun 94:44

165 Paul Keating 96:26

182 Barry John Nicholls 99:56

191 Roy Hibberd 1:42:10

194 Geraint Lee 1:42:55

226 Christine Bell 2:08:59

227 Steve Wehrle 2:10:16

Perivale 5, December 9

Kofi Agyei finished 5th overall and first Veteran in 27:16.

Crystal Palace 5K, December 5

The course is actually a fraction under 3 miles.

2W Lis Pritchard 20:25

3W Ros Tabor 20:33

4W Jo Quantrill 21:27

Crowborough 10K, December 2

Marc Clayton was second in this very tough 10k in 36:19 while Mark Lacey was 25th in 40:51.

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## FOR YOUR DIARY CLUB CHAMPIONSHIP RACES

CLUB CHAMPIONSHIPS 2008

The following have been chosen as the 2008 Club Championships:

2 March Greenwich 10K

16 March Hastings half marathon (enter online now at [www.hastings-half.co.uk](http://www.hastings-half.co.uk))

13 April London Marathon (nb an alternative marathon can be nominated)

1 May Dome 5k

11 May (TBC) Sevenoaks 7

25 June Dulwich Park 2 mile

8 July Mile Dulwich College

13 or 20 September X-C Mob match

19 October (TBC) Cabbage Patch 10 mile

*Graham*

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## MARATHON PLACES

If you want a club place in the marathon, have a rejection slip and have been a member for 12 months please let someone on the committee know.

One place will be drawn out of the hat at the Christmas party.

The remaining 3 places will be awarded on Wednesday 19 December. Criteria are number of cross countries, assembly leagues, club championships, relays, marshalling etc.

*Ros*

20 DEC

## RUNNER'S WORLD SHOES FOR TESTING

If you have got a pair of shoes to test for Runner's World, please send the completed form back by 14 December. Last time everybody did, and so we got lots more shoes to test, so it's worth the effort.

### More Shoe Testing

We have several more pairs of running shoes to be tested for Runner's World spring shoe guide. These are mainly women's size 5/5.5/6 but we may have a few others.

The reports must be done within the next few days so shoes are to be collected at the club on Wednesday 12 December if possible. You keep the shoes in return for the test reports.

*Ros and Andy*

[ros@28kerfield.freemove.co.uk](mailto:ros@28kerfield.freemove.co.uk)

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## RACE REPORT

**London Champs XC, Parliament Hill Fields, 8 Dec**

Heavy rain during much of the preceding week which continued until shortly before the men's race, coupled with the men's 10K race being the last of several, meant that the course was badly cut up with ankle deep mud in places. The good news was that by the time of the race the rain had eased off and the course, while extremely sloppy was mostly runnable with care.

Both Paul Daniels and Alastair Bayliss produced quality performances, in Paul's case his best cross country performance to date. Dan McCormack also had a highly encouraging run. Mike Mann, after a rather unsteady start, improved as the race progressed and he got used to the conditions. Chris Loizou (the runner formerly known as the man in black), who rarely ventures outside his front door even in a light drizzle, found the going tough with his troublesome toe injury. Similarly Jose Barretta and Graham Laylee didn't find the muddy conditions to their liking, while Bernard Imber, our most experienced cross country runner, completed our team.

Following the race, a number of us adjourned to our traditional watering hole, the Magdela, where we found the Rocking Rudolph beer to our liking. *Mike Mann*

Paul Daniels	37:50	97
Alastair Bayliss	38:03	104
Dan McCormack	40:45	169
Mike Mann	42:15	197
Chris Loizou	43:19	214

Jose Barretta	44:09	221
Graham Laylee	50:36	288
Bernard Imber	58:56	302

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## BOOK NEWS

### Running Well.

You can order my book from the publisher's website  
*Sarah Connors*.

[www.kylecathie.co.uk](http://www.kylecathie.co.uk)

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## 19<sup>th</sup> Lanzarote International Running Challenge: 25<sup>th</sup> – 28<sup>th</sup> November 2007

There's something about this event that makes it difficult to just do once. It was my 7<sup>th</sup> time and the slowest, but there is a definite sense of achievement in completing a 10km road race, 13km volcanic ridge run, 5km beach race and a 21km multi-terrain race in successive days. Claire Steward (4<sup>th</sup> time), Mike Mann (2<sup>nd</sup> time) and Paul Keating (1<sup>st</sup> time) formed the Dulwich party this year. None of us were in sparkling shape, but Mike was eager to retain his 2006 M55 title and Claire hoping to finally overcome the best that her rivals from Denmark and Ireland could throw at her after three years of trying. Paul just wanted to run as many events as he could after a frustrating year of injury.

The 10km was over two laps with a small hill and a strong wind to overcome. Times were not especially fast and it was initially thought that Claire had once again been thwarted by a faster rival, this time from Holland. However Jan turned out to be male and so she won her age category by nearly three minutes, whilst Mike was nearly 40 seconds down on his Dutch rival from 2006 but in clear second place. Dave ran a more even race than his pre-trip Brighton excursion and Paul completed his second 10km in a week without breaking down.

Day two was the ridge run. With 640 feet of climb in 13km it's not huge, but it's all compressed into the first half with a very strong wind to contend with as well. This is however the best run of the series with some glorious views as a reward for the climb and fast downhill running almost to the end. Claire extended her series lead by another 5 minutes (managing to avoid adding to last year's battle scars sustained falling off the highest point) and Mike won his age category and in doing so gained back precious seconds on his rival. Dave suffered on the uphill, but picked up time on the downhill to finish faster than he'd expected. Paul was facing another uphill struggle (literally) as he'd barely raced in the

last 6 months, let alone two in two days but he came through in one piece and decided to quit the series whilst ahead rather than risk a setback in tomorrow's sand.

Day three was the dreaded beach race; dreaded that is unless you're Mike who normally revels in the soft sandy conditions where others get buried. With just a few seconds to gain to take him into first place and having beaten the same rival by a big margin in 2006, this was Mike's chance to take the overall lead. Unfortunately a stomach bug meant that he had been unable to keep anything down for 24 hours and he toed the start-line dehydrated and with no energy. Claire was also suffering. She'd had a chest infection brewing for a couple of days and it came out that day with a vengeance. However with an 8 minute lead, she realistically only had to finish to be in with a chance of the title. Dave had no such excuses. Lack of training meant that he was running on empty and that was pretty much proved with an appalling performance where he was overtaken at the end by a man in a thong and make-up (to add to the banana that beat him in Brighton). Claire coughed her way around to finish 4<sup>th</sup> on the day, but losing only a minute or so of her huge lead. Mike bravely went for it and recorded another stage win but by only 7 seconds, which left him an agonising 11 seconds adrift after 28km of racing. Tomorrow's 21km was going to be tough for both our V55 competitors.

The final race of the series used to be the Trans Island 23km; a race that had classic written all over it. Sadly that course has fallen victim to increased levels of traffic and the replacement 21km Vuelta De Tinajo, run for the first time in 2006, is a nice mixture of trails and road but lacks that something that made the old course so memorable and feared. The start is close to the historic church in Mancha Blanca named in honour of the Virgin of the Volcanoes; an effigy of whom was once paraded around the streets in an effort to stop the lava flows from engulfing the town. There were no virgins on display when we visited to race, but the lava was also safely tucked up underground.

The race commences with a small loop around the town followed by a larger circumnavigation of a local volcano, before heading for home along road and dirt tracks. Nearly all the hills are on this second loop and there were some very weary runners struggling up the short sharp hills. Mike's Dutch rival knew that all he had to do was to keep Mike in his sights. Still weakened by the stomach bug Mike was in no condition to make a big break and although a final sprint brought him home in front, he was given the same time. This left Mike still the 11 seconds adrift overall that he'd started with despite winning three out of the four stages. Dave treated the final race as a long training run and despite going through a bad patch at 10 miles, felt comfortable for

most of the way. Claire was in no fit state to run a half marathon, but nor was she about to give up the chance of first place in her age category. Given that she races best over longer distances, this ought to have been easy given her lead so she decided to play safe. Despite an unspectacular time, she once again increased her lead with a 4 minute gap over second place. Overall, she too had won three out of the four stages and finished with over a 13 minute lead.

See final page of this week's Shorts for results

## **Cuidad De Arrecife – Lanzarote Marathon – 1st December 2007**

Holidays are supposed to be about rest and recuperation but no one had told Mike that. But running twice a day, often swimming or cycling as well throughout the break didn't seem to do the oldest member of the party any harm at all. Dave felt jaded but ready for another race, Paul had always planned to run this one to finish off his holiday and Claire was still coughing for England but didn't want to miss out. There was a common consensus that the half and full marathon options, although tempting were probably best avoided and so it was that we all signed up for the quarter marathon to be run just three days after the completion of the Challenge series. The promise of free food, ice cream and beer did not of course have anything to do with the decision.

As last year, the course starts at the western end of Arrecife and runs along the coast through the town to the port and back – marathon runners have the "joy" of running this course four times. Mike started steadily and soon overhauled the leading women from the challenge week, (a moment captured for posterity on the Club La Santa web site) to finish in a solid 40:54 for 1<sup>st</sup> M55. Dave went off quickly and faded a bit over the last couple of miles, but was fairly pleased with his run given fitness levels and finished third in his age category in 46:04. Claire trotted round limited by her chest infection, but was still 1<sup>st</sup> W55 in 51:38. Paul completed his first trip to Lanzarote with a 55:38 quarter marathon clocking as 10<sup>th</sup> M40. Whilst the Dulwich team recuperated with beer and ice cream, the half and full marathoners went round again, and again, and again... with marathon wins for Brits Shona Crombie-Hicks (running steadily in 2:54 as preparation for a future attempt at an Olympic qualifying time) and Bingley Harrier, Stewart MacDonald in 2:30.

A stay at Club La Santa is always enjoyable but especially so in Challenge week, meeting and racing against familiar faces from across Europe. Unfortunately Mike was probably denied a

successful defence of his M55 title by a stomach bug, but still raced well against an evenly matched Dutch opponent. Claire won her age category for the first time in four attempts despite illness. Paul and Dave achieved their aims and we all came back with a tan having not heard a single Christmas song for 11 days!

*Dave West*

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## **RACE REPORT**

**Mince Pie 10 , 9 Dec.**

A load of Dulwich Runners did this on Sunday – we were the club with the most entrants for which we received a cake. This was mostly a race of attrition due to the adverse weather conditions. Unfortunately, I wasn't aware of the forecast until I read the severe weather warning on the coach travelling down to Brighton – in which case, I may have done a Chris Loizou, and "missed" the coach – well that's his story.

The rain wouldn't have been a problem if it wasn't for the extremely strong wind. It was so strong, that for numerous periods, the rain was nigh on horizontal, and on the high and exposed parts of the course, the rain felt like needles hitting us – well me at least. As well as trying to propel ourselves forward, we had to counteract the force of the wind laterally, and so when it suddenly dropped, you momentarily almost shot off to the left, which made running on the ridge of grass between the vehicle tracks rather tricky. I also found my cheek being "inflated" whilst running with my mouth open. Still, I was very glad to have had my music to listen to – wind direction permitting – to distract me to a degree.

I wasn't doing too badly until about mile eight, where I had no option but to run through a large puddle in an off road track, and turned my ankle quite badly on a submerged rock. After about ¼ of a mile of limping, I managed to run in a reasonable fashion to the finish that seemed forever to arrive at, ankle aside, and only 3 people whom I knew I had beat came past me. I actually found myself in A&E being unable to sleep at one in the morning in severe pain and unable to put any weight on my foot. I may have done a Beckham apparently. B\*gg\*r. I didn't get any mince pies either! The meal later was great, so thanks to Steve for that.

Claire Elms put in another solid effort being the first lady – and scalping Steve Smythe to boot, with Andrea Pickup coming an excellent second lady – personally, I was amazed she wasn't blown away in the wind! Another notable performance I was made aware of was that of Jana Hladun who is fairly new to running, and managed a PB since her last race over the distance which no doubt had a more preferable profile and conditions. We had a couple

of walkers – nearly 3, myself included pre injury – so well done to one and all.

7 1:07:57 ELMS, Clare  
8 1:08:03 SMYTHE, Steve  
19 1:11:36 PICKUP, Andrea  
32 1:13:50 BARRETTA, Jose  
48 1:17:07 MORLEY, Martin  
53 1:18:10 WARD, Michael  
60 1:18:50 GIBBONS, Peter  
62 1:19:21 PRITCHARD, Lis  
81 1:21:52 BELL, Bob  
103 1:24:39 FRITH, Colin  
110 1:25:29 WYNGARD, Clare  
114 1:25:58 TYMUKAS, John  
135 1:30:42 JACKSON, Peter  
139 1:32:05 SIDHWA, Ruki  
144 1:33:19 LEE, Jayne  
151 1:34:44 HLADUN, Jana  
165 1:36:26 KEATING, Paul  
182 1:39:56 NICHOLLS, Barrie  
John  
191 1:42:10 HIBBERD, Roy  
194 1:42:55 LEE, Geraint  
226 2:08:59 BELL, Christine  
227 2:10:16 WEHRLE, Stephen

José Barretta

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## COMING UP LADIES' XC ENTRANTS

Ladies,

Please let me know as soon as possible if you would like to be entered for the 7.5 mile South of Thames XC on **this Saturday 15th December** at 2pm in Banstead.

There are also matches coming up in Parliament Hill on **26th January** and for 35+ in Ruislip on **2nd Feb**. Please let me know if you wish to be entered.

[di\\_145@hotmail.com](mailto:di_145@hotmail.com)  
or 07809 111011

*Di Morgan*

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## DULWICH RUNNERS TURKEY TROT

**Ros Tabor writes** Our annual handicap race is traditionally held on the morning after the Christmas party. This year it will be at 10.00 on Sunday 16 December. It is 3 laps of Dulwich Park which is approximately 5k. mementoes to all runners and generous prizes for 1st runner to cross the line, runner closest to predicted time, and best fancy dress. Entry forms in changing rooms.

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## SOUTH OF THAMES XC, NORK PARK, 2pm 15 DECEMBER

The venue for this combined men's and women's cross country fixture is Nork Park, **not Banstead Down** as stated in recent editions of Shorts.

The race starts at 2pm and is a 7.5 mile course consisting of 4 laps of Nork Park, which is a hilly course mostly on grass through a mixture of fields and woodland.

The race HQ, where there are toilets and refreshments, but no changing facilities, is Banstead Methodist Church Hall, The Drive, Banstead, which is very close to the Brighton Road (A217). This can be accessed from the northbound carriageway of the A217 between Banstead Crossroads and Burgh Heath. The nearest station is Banstead, which is about a mile away (and one stop before Epsom Downs). Please check train times. Di and myself will be collecting the race numbers from the HQ, and depending on the weather, will either distribute them there or at the start, 500m away at Tattenham Way Recreation Ground. Please make sure you arrive at least 30 minutes before the start.

Maps will be available at the track on Tuesday and the club on Wednesday.

*Mike/ Di*

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## FORTHCOMING XC RACES

*Mike Mann reports* Details of cross country fixtures until Christmas, including date, venue and start time, are provided at the back of Shorts, but some additional information to entice you is provided below.

15 Dec, South of Thames, Banstead Down. This is a combined men's and women's 7.5 mile race and should provide excellent preparation for the club Christmas party that evening. The course is something of an unknown, but the fact that it is on Banstead Down may provide a clue.

16 Dec, Holly Run, Reigate Priory. Hangover after the Christmas party? Then why not try an excellent cure tried and tested by your cross country captain on a course which is a slight variant of the one used for the mob match (men 6 miles, women 3 miles).

22 Dec, Vets AC, Wimbledon Common. Same course as 24 Nov race. Opportunities for last minute shopping afterwards in Wimbledon.



### Lanzarote International Running Challenge Results (age positions in brackets)

	10km Road	13km Ridge	5km Beach	21km Trail	Overall
Mike Mann	40:22 (2 <sup>nd</sup> )	52:14 (1 <sup>st</sup> )	22:31 (1 <sup>st</sup> )	1:26:28 (1 <sup>st</sup> )	3:21:33 (2 <sup>nd</sup> )
Dave West	44:52 (23 <sup>rd</sup> )	59:06 (21 <sup>st</sup> )	26:59 (30 <sup>th</sup> )	1:41:19 (26 <sup>th</sup> )	3:52:15 (23 <sup>rd</sup> )
Claire Steward	48:53 (1 <sup>st</sup> )	1:05:45 (1 <sup>st</sup> )	30:44 (4 <sup>th</sup> )	1:48:30 (1 <sup>st</sup> )	4:13:51 (1 <sup>st</sup> )
Paul Keating	54:04 (36 <sup>th</sup> )	1:12:59 (31 <sup>st</sup> )			

265 completed the whole challenge; many more did just a few races.

### CROSS COUNTRY FIXTURES LIST 2007/08

Date	Event	Venue	Start Time
15 Dec	South of Thames 7.5m	Banstead	2.00pm
22 Dec	Vets AC	Wimbledon Common	2.30pm
5 Jan	Surrey County XC Champs	Lloyd Park	
5 Jan	Kent County XC Champs	Detling Showground	
12 Jan	Surrey Women's League	Reigate Priory	12.30pm
12 Jan	Surrey Men's League	Richmond Park	2.30pm
19 Jan	Vets AC Champs	Wimbledon Common	2.30pm
26 Jan	South of England XC Champs	Parliament Hill	
2 Feb	South of England Vets XC Champs	Ruislip	
9 Feb	Surrey Women's League	Richmond Park	12.30pm
9 Feb	Surrey Men's League	Croydon	3.00pm
16 Feb	Vets AC	Wimbledon Common	2.30pm
23 Feb	National XC Champs	Alton Towers	
29 Mar	British Masters XC Champs	Banbury, Oxon	

#### Other events

Sat January 5 County XC Championships - Surrey at Lloyd Park, Kent at Detling  
 Sat January 12 Surrey Women's League, Reigate Priory, Surrey Men's League Div 2, Richmond  
 Sat 19 January Vets AC Champs, Wimbledon, 2.30 Box hill Fell Race  
 Sat January 26 South of England XC Championships  
 Sat February 9 Surrey Women's League, Richmond Park, Surrey Men's League Div 2, Croydon  
 Sat February 23 English National XC Champs, Alton Towers  
 Sat Feb 23/24 British Vets Indoor Championships, Picketts Lock  
 Sun March 2 Greenwich 10K – CLUB CHAMPS  
 Sun Mar 16 Bath (inc British Masters Champs), Fleet Half Marathon  
 Sun Mar 16 Hastings Half Marathon – CLUB CHAMPS  
 Mar 17-Mar 22 World Masters Indoor Champs, Clermont Ferrand  
 Sat March 29 British Masters XC Championships, Banbury  
 Sun March 30 Paddock Wood Half Marathon  
 Sun April 13 Flora London Marathon  
 Sat May 25 British Masters 10,000m Track Champs, Oxford  
 Sun May 26 London 10K (new event organised by LM)