SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 14th December 2011

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

– THE COMING WEEK –

Wed 14	**Club Night**, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 – 7 for 7:15 start. Showers, Bar
Sat 17	**South of Thames XC 7 details** **Dulwich Runners Xmas Party details** **tickets from carolineschurmann@yahoo.fr**
Sun 18	**Tukey Trot 10am Dulwich Park details**
Tue 14	**Track Session with Steve Smythe** **Ladywell Track http://g.co/maps/sqrjq** 7pm pay at desk on entrance, fee £2.45

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

Ladywell Track Sessions

Improve your speed & strength over all distances
Tuesdays with Steve Smythe Start 7pm. – fee £2:45.
Pay at desk on entrance to track
Sessions start at 7pm and are suitable for all.
Location http://g.co/maps/sqrjq

Ladywell Tuesday track sessions continue as normal on December 13 and 20 though the track closes at 6pm on December 27 and as that day is a bank holiday, the likelihood is we will have a session at 11pm that day, but that will be confirmed later in the month.

Job Vacancy – Social Secretary

your chance to earn no money but lots of plaudits and praise from fellow members !

As most of you know Caroline will be taking time out (maternity leave) from the post and we need someone to step up to the start line and take her place.
If two people want to share the position even better.
The job will consist of organising social events throughout the year.
The Xmas party is a must but other than that its up to you and your imagination to come up with social events, these can be anything from low key apres race drinks/meals, curry nights or high-profile events like trips into orbit on the Space Shuttle !

This is a very important job, the clubs social side is great for helping members new and old to get to know each other and to get more generally involved with the club.
So if you'd like to help out then please get in touch with Ros or any other committee member via email or at the club etc

In your *SHORTS* this week !

page 2 Christmas Party – tickets on sale now !
page 3 Club Champs, XC Fixture List
page 3.. All things Cross Country
page 5.. Race reports & results
page 5 Park run roundup
page 6 Kent Masters
page 8 Marathon Training Schedule
page 9 Wednesday Night Map to print

And much more !

---------- *EVENT HORIZON* ---------

A brief look ahead

Dec 17 South of Thames 7 details
Dec 17 Dulwich Runners Xmas Party details
Dec 18 Dulwich Runners Turkey Trot
full fixture list & info page 3

NEW RUNNERS ROTA

Thanks **Andy Murray** & **Jo Shelton** for taking out new runners last week.
If your name is on the rota to run with new runners, 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 swap with someone. Thanks. – **Ros**

John O'Byrne	21/12
Tiarnan Ocleirigh	28/12
Clare Osborne	04/01
Barrie John Nicholls	14/01

Wednesday Running Maps

On page 10 in SHORTS you will find a copy of the map for this weeks runs.

Although there will still be some available at the clubhouse , it would help if you can print your own copy 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 them in the clubhouse.

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover costs of hiring the club house, so please remember to sign in and pay up. Thanks. – Ros

Turkey Trot Entry form

LONDON MARATHON – If anyone wants a London Marathon place for 2012, Southwark Churches Care has one. You would need to raise as much money as possible for trhis local charity. We need someone to run for them as they have obtained another place. Thank you to Xavier who is raising money for Dulwich Helpline. These two charities amalgamated recently and offer the similar services but in a smaller way.

If you are interested, please contact Sue Vernon at vernonrun@aol.com. I hope to hear from you

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips £5 or £6.50 (large) for anyone who gives me their name by 7:10.

Don't just sit there salivating join in !

Ros

LUCKY VEST

December winner was Ian Sesnan

Don't forget to 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 £5 in the clubhouse that evening

To purchase a vest and or any other club kit contact

Sue Cooper susan.cooper@hsbc.com or

Nicola Richmond nicola.j.richmond@gmail.com

XMAS PARTY this Saturday evening

Please can you let Caroline know either at the club or by email asap how many tickets you require for the Xmas party, carolineschurmann@yahoo.fr

CLUB FIXTURES 2011/12 - Club Champs , XCountry etc.

Date			Event		Venue
Dec	Sat	17	South of Thames 7 mile XC		Roehampton (tbc)
	Sun	18	Dulwich Runners Annual Turkey Trot (approx. 5k)		Dulwich Park start 10am
Jan	Sat	7	Surrey County Champs		Denbies Vineyard, Dorking
	Sat	7	Kent County Champs		Wilmington
	Sat	14	Surrey League 3 XC - men		Reigate Priory Park
	Sat	14	Surrey League 3 XC - women		Farthing Down, Coulsdon
	Sat	21	Vets AC Champs		Wimbledon Common
	Sat	28	South of England Champs		Stanmer Park, Brighton
Feb	Sat	11	Surrey League 4 Cross Country - men & women		Esher
	Sat	25	National Champs		Parliament Hill
Mar	Sat	10	5k Bromley (or Brockwell Parkrun if muddy)	S	Bromley or Brockwell
	Sun	25	British Master XC Champs		Bath
Apr	Sun	1	Paddock Wood 1/2M	L	
	Sun	22	Marathon	L	London or alternative
Jun	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Date of the **5k parkrun** has changed to **10 March** to avoid a clash with another event, also **Cabbage Patch 10** has been confirmed as **21 Oct**, not a week earlier as previously advertised

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

Note that we will be co-hosting the January XC fixture with Reigate Priory, so we will need volunteers to help with marshalling, results etc. *Mike*

DULWICH RUNNERS
2012 CLUB CHAMPS

The races comprising the 2012 club champs have now been selected. The dates for some of the races are provisional, based on this year's dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. – ***Mike Mann***

RELAYS TEAM

We are looking for volunteers to join the relays team, which is responsible for the planning of the 3 spring relays, the 1066, the Green Belt and the Welsh Castles.

The work includes encouraging members to take part, providing details of organisation and planning transport/ accomodation, but if you would like more details please speak to Martin, Caroline or myself. ***Mike Mann***

MARATHON Training Schedule

"Steve Wherle is one of our most experienced marathon runners, including and having completed all 31 London Marathons !

This is his proposed schedule of weekend runs, races and reps to help you prepare for a spring marathon. Steve is at the club most Wednesdays if you would like to discuss the programme."

Provisional – dates and events subject to change so keep checking in SHORTS

click here to see the schedule

SOUTH OF THAMES 7.5 MILES, 17 DECEMBER

The second South of Thames race takes place on 17 December, the day of the club Christmas party. The venue is the Thames Hare & Hounds clubhouse in Roehampton and the 7.5 mile course is on Wimbledon Common

This race starts from the Thames Hare and Hounds clubhouse in Roehampton Vale. This is situated on the A3 just before the Robin Hood roundabout going south. By public transport take the 85 bus from Kingston or Putney train stations. The race is open to all those who requested entries. Note that the start time is 2pm. Spikes, fell or trail shoes are advised. ***Mike***

County Cross Country Champs. 7 Jan.

The Surrey and Kent county cross country champs take place on 7 January at Denbies Vineyard, Dorking and Wilmington near Dartford respectively. The plan is to enter the regular participants, who I will be contacting separately.

Distances are approximately 12km for men and 8km for women. Qualification is by birth or residence. For residential qualification, those of you living in the boroughs of Lewisham, Greenwich and Bromley qualify for Kent, while those in Southwark, Croydon and boroughs further west south of the river qualify for Surrey. – ***Mike***

SURREY LEAGUE CROSS COUNTRY, 14 JANUARY: REQUEST FOR MARSHALLS

We are co-hosting the forthcoming men's Surrey League on 14 January with Reigate Priory AC. Our main task will be to provide marshalling support and we need 6 volunteers for this.

The women's match earlier that day is at Farthing Down so it should be fairly easy for those willing to help to reach Reigate in good time. If you are able to provide assistance on the day please contact me at mcmann90@yahoo.co.uk

ENTRIES FOR FORTHCOMING CROSS COUNTRY EVENTS

If you have not yet asked to be entered for forthcoming cross country events, **please make sure that you read this**. A number of you have already put your names forward, but others may wish to take part. **Please note that you will not be able to compete in any of these races unless you are pre-entered.**

- entries for the **South of Thames 7.5m** 17 Dec. and **Kent County Champs 7 January** are now in.
- the **South of England Champs** at Brighton on 28 January is a cross country club champs event, so we plan to enter all those who have regularly competed in cross country races this season. Those regulars who cannot take part are asked to inform us so as to avoid wasting club funds.
- the **National Champs** being held at the iconic venue of Parliament Hill Fields on 25 February is also a club champs race, so the same procedures as the Sof E champs will apply. **Please inform your captains by 28 December**, as there is also an early closing date.
- the **Surrey County Champs** are being held on 7 January.
  Please let your captains:
  Mike mcmann90@yahoo.co.uk
  Kim dulwich.womenscaptain@yahoo.co.uk
  know by 28 December if you wish to take part.

Mike Mann

Race Reports & Results

parkrun 5km, December 10th

Brockwell

Ola ran well for second and Charlie Wood continued her progress with PBs for Ameet Patel, Susan Vernon, Vicky Fong and Michelle Allard.

24	Ola Balme	2nd W	19:33
27	Mark Foster		19:49 (missed PB by 5s)
30	Steve Ackroyd		20:05
35	Paul Hodge		20:21
39	Nicola Richmond	4th W	20:32 (missed PB by 4s)
43	Charlie Wood	5th W	20:54 (course PB)
46	Sam Oyeyimka		21:19
56	Cameron Timmis		21:58
63	Claire Steward	10th W	22:30
81	Ameet Patel		23:23 (PB)
118	Vicki Fong	35th W	25:58 (PB)
119	Michelle Allard	36th W	25:59 (debut)
150	Chris Vernon		29:28
157	Susan Vernon	57th W	33:37 (PB)

163 finished (record)

Parkrun stats

58 Dulwich Runners have run Crystal Palace with 413 runs

73 Dulwich Runners have run Bromley with 331 runs

58 Dulwich Runners have run Brockwell with 350 runs

Bromley with its free food and drinks and bigger numbers and flatter grass course would seemingly be the much better option but the higher number of different runners (73) is purely because we have held the club champs there.

The fastest this week was Bushy winning time 14:48 and over 800 ran and the first 54 ran quicker than the Crystal Palace winner and the time that got you 100th at Bushy would have got you fifth at the Palace!

Bromley

Mike Fullilove's 16th run in the 19:40-19:59 range.

27	Mike Fullilove	19:59
50	Nolan Wilkens (2nd cl)	21:29
92	Martin Morley	23:25

254 finished

Crystal Palace

Will Davis won his second ever parkrun by a big margin of 46 seconds. This was his 35th parkrun and he has seemingly confined himself to this event alone with just one run at Ashton Court and two at Finsbury Park to break the monotony.

1	Will Davis		18:44
18	Ian Sesnan		22:17 (PB)
19	Bob Bell		22:18
26	Mike Dodds		23:17
41	Clare Wyngard	9th W	25:30

65 finished.

All time parkrun list

Mike Dodds	56
Andy Murray	54
Steve Smythe/Ian Butler	42
Clare Wyngard	41
Graham Laylee	40
Chris Vernon/Ros Tabor	37
Bob Bell/Will Davis	35
Jozef Danko/Tony Tuohy	34
Paul Hodge	33
Steve Ackroyd	32
Clare Steward	30
Clare Elms	29 (29 wins)
Ameet Patel	28
Mike Fullilove	27
Ocsar Hussey/Duncan Hussey	26

Benidorm Half Marathon, November 26

Improving 10 minutes on his half-marathon in July, recent recruit and former UK age record holder at 5000m, Dave Beaver ran one of the fastest ever times by a club M50.

59 Dave Beaver 5th M50 80:06 (80:02 chip)

Met Police 10km Championships, Battersea, November 23

Andrea Pickup didn't quite match her form in the Beckenham Trail 10km with a 39:25 on a course she set her 37:44 PB three years ago. Her positions (2nd woman and 29th overall) matched her positions in the Beckenham 10k in June, where she ran a similar time.

Kent Masters XC Championships, Tunbridge Wells, December 10

Clare Elms moved down from the W45 event to the W35 event to help the team (to cover those who failed to show) and the county senior champion won the women's race by over a minute without exerting herself too much, following the M60 winner until the final kilometre and then leaving him close on 100m behind.

Emma Ibell battled on the edge of the top 10 but found the last lap hard but finished strongly while Clare Osborne probably had her best ever run for the club and she was rewarded with her first ever county medal as we won surprise bronze team medals as we overhauled Medway and Maidstone who held the edge over us at halfway.

In recent weeks apart from medalling here, the women have won medals at the London Champs and the South of Thames Champs as well as win the Beckenham 10k In the same race, Martin Morley made the top dozen M60s having warmed up with the parkrun a few hours earlier.

Steve Smythe was enjoying his first injury-free race for some time when he pulled a calf slightly halfway which tightened badly in the last kilometre and he had to jog in but didn't cost him any places in a high quality race where the past two winners Alan Camp and Nick Kinsey came third and fourth behind two of the top age group runners in the country, Graeme Saker and David Childs,

In the later M40 race, Tony Tuohy, who hadn't run for five weeks gave it a go and was with the medal contenders on the first lap but was limping badly at the end of the first lap and dropped out. The third injury affected runner Duncan Hussey eased around and moved through the field well while Joseph Brady kept going well over the four testing and some would view dangerous laps.

W35 Race (4.8km)

1	Clare Elms	18:57 (1st W)
7	Emma Ibell	21:15 (11th W)
25	Clare Osborne	25:27 (43rd W)

64 women ran (& 37 M60/M70s)

TEAM: 1 B&B 19; 2 TWH 23; **Dul.R 33**; 4 M&M 38

M60 race (4.8km)

12	Martin Morley	23:04

M40: (9.5km)

35	Duncan Hussey	35:50
63	Joe Brady	42:55
	Tony Tuohy dnf	

M50 (9.5km)

9	Steve Smythe	35:05

CRYSTAL PALACE CANTER, 6 DECEMBER

*Steve S writes….*In some coaches view there is nothing more pointless about doing this low key short-distance 5k instead of a track session later in the day than doing both the race and session in which Mike, Ian and Ros did!

*Mike M added….*A much bigger than normal 23 did this this month. There was a good turnout from the club at this low key first Tuesday of the month race.

A locked gate resulted in a last minute course alteration, and led to runners taking a variety of routes at the end of each lap. The distance varied between around 3m and 5k depending on which route was taken.

2	Mike Mann		19:37
4	Ola Balme	2nd W	20:25
6	Ros Tabor	3rd W	21:00
7	Ian Sesnan		21:12
10	Mike Dodds		21:49
13	Clare Wyngard	4th W	22:39
14	Jo Quantrill (2nd Cl)		22:52

23 ran

HW INTERCLUB X- COUNTRY, 10 DEC

The ground was still frozen in places on what is probably the most attractive of the many cross country courses taking in some of the wooded sections of Wimbledon Common on some narrow twisty footpaths.

This event organised by Hercules Wimbledon is effectively a mob match against Vets AC over a course of just over 5 miles, and was enjoyed by the Dulwich contingent of 6. For those around and wanting to race on New Years Eve, HW are hosting a multi terrain race, the Lauriston 5 on a different course consisting mostly of flat gravelly paths (start time 2pm, entries at Lauriston Cottage, Lauriston Road). – ***Mike***

8	Mike Mann	4:10
12	Andy Murray	34:37
19	Ros Tabor (2nd W)	37:29
23	Peter Gibbons	38:41
27	Clare Wyngard	40:23
32	Stephanie Burchill	45:08

Thanet 10 Miles 4/12/11

Martin Morley 1:15:39

(Martin, please keep reports short and to the point ! …Ed)

Mince Pie 10, Peacehaven 11th Dec. 2011

*Lindsey writes…*this race has become a firm favourite and the absence of a club coach to the venue wasn't going to stop us driving down to take part. Paul Hilton had kindly offered to drive a few DRs down to Brighton too, so it was a small but select gathering that stood on the cold and blustery start.

The drive down had been marred by rain but fortunately the skies had shed all their moisture by the 11a.m. start time although the wind still blew stubbornly and was quite strong in parts. The course is familiar to us all now bar a few minor alterations at the start. It then gradually winds up onto the rolling South Downs only to dip down again towards the half way point. What goes down must go back up and there is a cruelly near vertical climb at about mile 6.

I hadn't actually run this race since 2005 as I had either been injured or too unfit to attempt it, so I was extremely happy to complete it although had to work hard and was passed by a far fitter and ever present marathoner Steve in the final mile. Barrie ran an excellent race to bring the Dulwich contingent home followed by Paul Keating and Paul Hilton who were not far behind. Peter also had a good run just outside 90 minutes. Roy ran well to complete the team.

The organisers were disappointed not to see the usual large team from Dulwich and the race seemed slightly down on numbers this year. It was a shame as the proceeds went to a local Down's Syndrome Support group. A Hastings's runner also commented to Barrie that is was sad not to see the Dulwich team down in Peacehaven en masse- apparently we have built up quite a reputation at the event.

After collecting our obligatory mince pie and, for the first time, a medal we headed off for a meal at a fish restaurant, which Paul H had also organised. It was good to see John O'Byrne who had travelled by train to Brighton to join us and hear about the race.

After a hearty lunch and a celebratory drink we headed back home feeling rather sore-legged but so glad to have run and enjoyed the glorious countryside of the South Downs. Next year? You bet, coach or no coach!

Steve Werhle chipped in…

The secret seven did the 'mince pie 10'
A race that all the club should do again
For the organisers did us this year reproach
'Where in 2011 is your coach'?
'Do you mean the one on wheels
Or the one that runs around a track?
No funding deal for us this year
Cause we aren't a 'team' & your course isn't flat'!
'Sorry but Dulwich no longer ecstatic
Unless terrain is on road and flattish'
But we'll be back next year for more pw's
Even if we get in trouble
We do all really love this race
Country views, air and space
Peacehaven is the run for us
Even if we have no bus!

1st James Baker-Chichester	56:34 course record
171 Barrie John Nicholls	1:28:46
180 Paul Keating	1:29:10
183 Paul Hilton	1:29:28
199 Peter Jackson	1:32:18
224 Steve Wehrle	1:34:50
229 Lindsey Annable	1:35:10
319 Roy Hibberd	1: 56:22

1066 COUNTRY WALK BOOK PUBLISHED SOON

Those of you who enjoyed your foray into East Sussex for the 1066 Relay in May, organised by Nick Brown and his 2nd claim club Hastings Runners, might be interested to know that Nick's second walking book is due out on 15th November.

For the first time the 32 mile Walk is broken down into 6 separate stages; in addition there are a further 6 circular walks all taking in part of the 1066 route that you enjoyed so much earlier in the year! So that's 12 walks in all, and naturally all the routes are perfectly runable although some of you may need to brush up on your stile technique!

The book is packed with superb photos, great sketch maps and fascinating snippets of local history; and will be recommended by the 1066 Tourist Board. So if you are still looking for that "special" Xmas present, or simply want to treat yourself, then look no further! You can order a signed copy direct from Nick at the bargain price of £10.99 plus £1.00 postage. Please contact Nick on 07918 907265 or email nickbrown@careerlegal.co.uk

SUNDAY RUNS, RACES & REPS

Preparation for London Marathon 2012

(Provisional – dates and events subject to change)

Includes: middle and long distance multi-terrain / road races
Cross Country (XC) Fixtures on Saturdays

Sunday runs at High Elms, Mile repetitions in Dulwich Park

Weeks to go!	Date	Event / Distance	Information
16	2 Jan	Tadworth 10	1:00pm – Epsom Downs – on/off-road
15	**7 Jan**	**Surrey / Kent County XC Champs**	**Denbies Vineyard, Dorking / Wilmington**
15	8 Jan	6 x 1m reps	Dulwich Park 09:30
14	**14 Jan**	**Surrey League XC**	**Reigate Priory (M), Farthing Down (W)**
14	15 Jan	High Elms 14m	09:00 off road with HEROS
13	21 Jan	Box Hill Fell Race	Tough! http://www.sloweb.org.uk/
13	22 Jan	Dartford 10 or Benfleet 15	10m road race / 15m multi-terrain
12	**28 Jan**	**S of England XC Champs**	**Brighton**
12	29 Jan	8 x 1m reps	Dulwich Park 09:00
11	5 Feb	High Elms 17m	0:900 off road
10	**11 Feb**	**Surrey League XC**	**Esher**
10	12 Feb	Sidcup 10 or Meon Valley Plod	10m road race or 20m off road
9	19 Feb	Wokingham 1/2m or 10 x 1m reps	Road race or 09:00 Dulwich Park
8	**25 Feb**	**National XC Champs**	**Parliament Hill**
8	26 Feb	Tunbridge Wells 1/2M	Tunbridge Wells , Kent
7	4 Mar	Thanet 20	road race
6	11 Mar	High Elms 15m	0:900 off road
5	18 Mar	Spitfire 20m road race ….or	Dunsfold aerodrome
5	18 Mar	…. 12 x 1m reps	Dulwich Park 09:00
4	25 Mar	Richmond Park – Bushy Park 22m	09:30 Roehampton Gate
3	**1 Apr**	**Paddock Wood 1/2m**	**CLUB CHAMPIONSHIP**
2	8 Apr	10 x 1m reps	Dulwich Park 09:00
1	15 Apr	Easy 10m or Thames Towpath 10 (tbc)	High Elms 09:00
Zero	**22 Apr**	**LONDON MARATHON**	**CLUB CHAMPS – MARATHON**

(dates in bold are club and or club champs races including XC champs

Races | Club Champs/ XC | Mile reps | Long runs

The traditional Sunday Dulwich Park runs start at or 09:00 0930 for longer runs for marathon preparation
For a more rural run, meet up with members of Orpington and Blackheath Clubs, 'HEROS'
High Elms Runners on Sunday starting from High Elms at 09:00
For more information contact Steve Wehrle or Claire Steward
For XC events, contact the XC Captains for further details
Suitable for; 3:15 – 3:50 time – long runs with Claire
3:50 – 4:30 – long runs with Steve

for further information or questions contact steve.wehrle@immediatemedia.co.uk

The Vale Practice will be coming to the clubhouse to talk and give a presentation to us about the services they offer/osteopathy

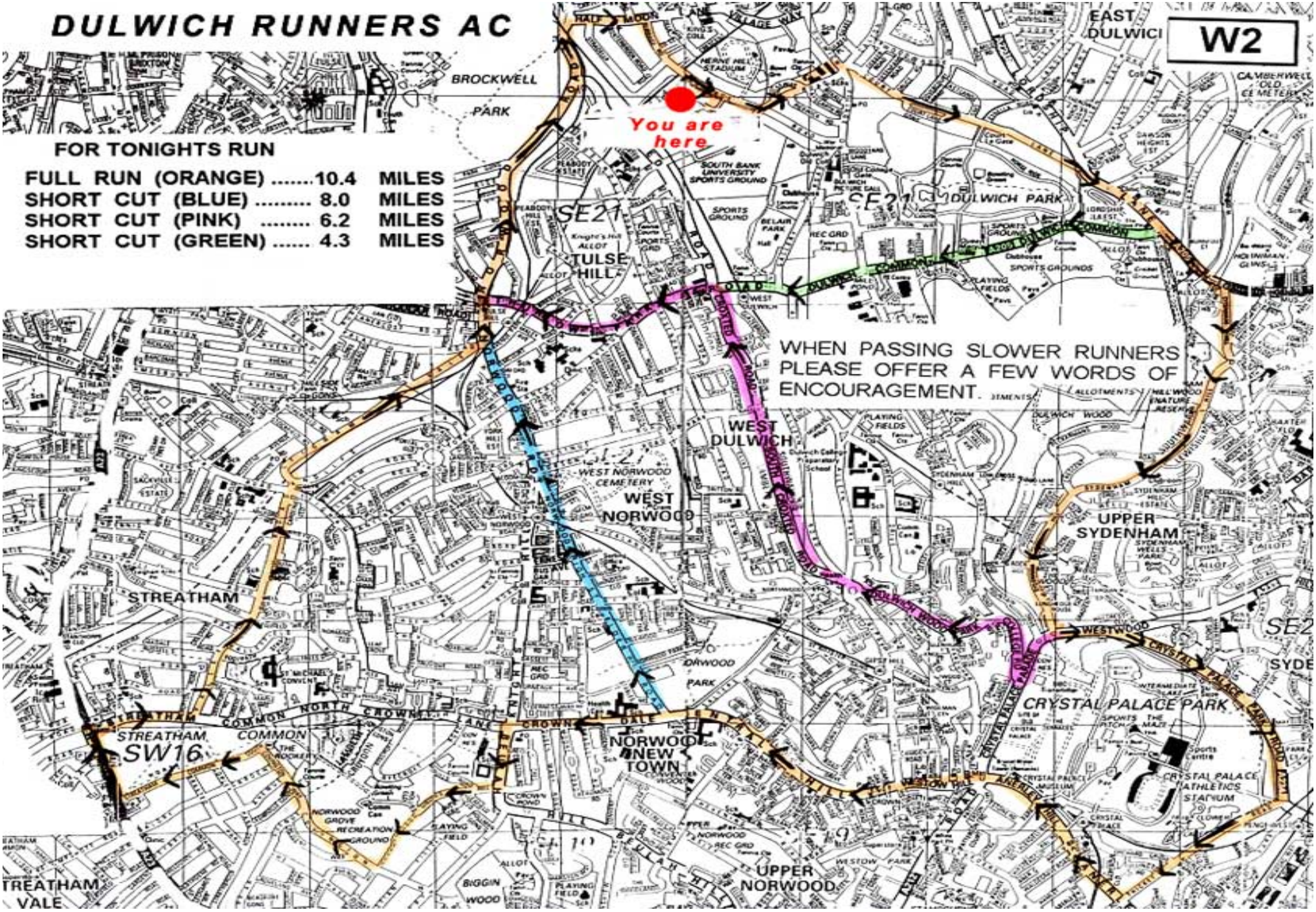
This will be for about 15 minutes and then afterwards they will answer questions, or talk to people in small groups or individually

DULWICH RUNNERS AC

W2

FOR TONIGHTS RUN

FULL RUN (ORANGE)	10.4	MILES
SHORT CUT (BLUE)	8.0	MILES
SHORT CUT (PINK)	6.2	MILES
SHORT CUT (GREEN)	4.3	MILES



Dulwich Runners
TurkeyTrot Handicap Race

5K (approx) HANDICAP RACE (3 laps of Dulwich Park)

SUNDAY 18th DECEMBER 10.00 (meet by Queen Mary's Gate)

prizes for:
1st runner across the finish line
1st walker across the finish line
closest to predicted time
best fancy dress - THEME SNOW

entry fee £2.50 or £2 if in fancy dress

me: _____

most recent 10k or 5k time (if you did not run the Bromley parkrun this year):_____

predicted time for 5k on 19th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than handicap.

ros@28kerfield.freeserve.co.uk