SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 7th 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 07 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Sat 10 Various races see fixture list

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 6 A tough one
page 6 Ladies XC.... High fives !
page 8 Marathon Training Schedule
page 9 Wednesday Night Map to print
page 12 AGM minutes

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 to **Olivier Montfort** & **Olga Gillane** 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**

Andy Murray	07/12
Barrie John Nicholls	14/12
John O'Byrne	21/12
Tiarnan Ocleirigh	28/12
Clare Osborne	04/01

DRAFT MINUTES OF 2011 AGM

Those of you made it to the end of last week's 'Shorts' will have hopefully spotted my draft minutes from this year's AGM. The final version of these will be adopted at the 2012 AGM (provisionally 18th Oct. so get it into the diaries you'll no doubt be picking up in the next few weeks!). However I want to give my draft a bit of an airing whilst memories are still fresh. This is so any problems can be picked up and dealt with immediately.

The minutes will therefore be appearing for the next couple of editions of 'Shorts'. If you read them and you think that they've got something wrong then please let me know. You can usually catch me at the club on a Wednesday night or else e-mail
secretary@dulwichrunners.org.uk
Thanks very much – ***MIKE DODDS***

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

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

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

LUCKY VEST this Wednesday

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

Please can you let Caroline know either at the club or by email asap if you require tickets for the Xmas party, as the venue needs to know numbers for the catering etc. carolineschurmann@yahoo.fr

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

Date			Event		Venue
Dec	Sat	10	Dysart/ Ellis Cups		Richmond Park
	Sat	10	Masters & Inter County champs		Lloyd Park
	Sat	10	Vets AC/ Inter Club		Wimbledon Common
	Sat	10	Kent Masters		Tunbridge Wells
	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

CROSS COUNTRY RACES, 10 DECEMBER

A number of cross country events are taking place this Saturday. Some of you are entered for the Kent Vets champs at Rose Hill School, Tunbridge Wells and should have the necessary details. The combined Vets AC/ Interclub is being held at Wimbledon Common, starting at 2pm. To enter please go to the Belgrave clubhouse in Denmark Road, Wimbledon, which is about a mile from the start.

Finally there are the Dysart and Ellis Cups on Richmond Park. The Dysart Cup (women) starts at 1.45 while the Ellis Cup (men) is at 2.30. Entries, changing and refreshments are available at the Ranelagh clubhouse behind the Dysart Arms opposite Petersham Gate.- **Mike**

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. If you would like to take part, please contact your cross country captains:
Mike mcmann90@yahoo.co.uk
or Kim dulwich.womenscaptain@yahoo.co.uk
no later than 7 December. - ***Mike Mann***

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, but anyone else interested in taking part should contact your captains before 7 December.

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** being held at 17 December and the **Kent County Champs on 7 January** are about to be sent off. If you have not asked to take part but would like to, please let your captains know by today 7 December
- 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.
  If you're not sure, or not a regular competitor, and want to take part, it is important that you inform your captains no later than 12 December as the deadline for entries is very early. Similarly 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, Novemeber 26th

Brockwell

Pbs for track regulars Ebe and Ameet

13 Mike Mann	20:10
14 Andy Murray	20:27
15 Ebe Prill	20:31 (PB)
30 Sam Oyeyinka	22:11
35 Graham Laylee	22:25
43 Giles Gibson	22:58
48 Ameet Patel	23:49 (PB)

109 ran

Bromley

In slightly muddy conditions, Mike Fullilove produced another sub-20 while Steve Smythe matched his 42 race average to the second while Xavier Pujol debuted.

5 Steve Smythe	19:02
15 Mike Fulliove	19:57
73 Xavier Pujol	23:59 (debut)

221 ran

Junior Knole 4k Run, Knole Park, Sevenoaks, 2nd December 2011

Having convinced his rugby orientated school to embrace cross country running, Oscar's school took part in this keenly contested race for the first time. With schools coming from as far away as Manchester, this was the biggest race he had taken part in.

79th Oscar Hussey

340 ran

U13 Kent League 3k, Sparrow's Den West Wickham, 3rd December 2011

Running as a guest, this was an opportunity to compete against some of those who would feature in next month's County Championships. Despite the race the day before, Oscar ran well against strong opposition, coming in on the tail of a pack of eight runners and just losing out to an older former school colleague on the final sprint.

20 Oscar Hussey 12.12

30 ran

Duncan Hussey

Crystal Palace

This past week it was Ian Sesnan's turn to smash his course pb, helped to do so by battling it out all the way to the line with Bob. In both weeks Mike Dodds has been treading water slightly and was 50 metres or so adrift of this battle last Saturday. He is leaving his 50th milestone behind now, although hasn't got the t-shirt yet, and is generally keeping within his basic sub 23 benchmark for this course.

This could not prevent him from being last DR home, however, with Will, who only runs Crystal Palace achieved his customary top 3 finish and Steve Ackroyd, beginning to think of the club place in the marathon he is so pleased to have won and getting back to full fitness, being the only other club colleagues on show

3 Will Davis	18:55	
8 Steve Ackroyd	20:32	
17 Ian Sesnan	22:26	(PB)
18 Bob Bell	22:28	
21 Mike Dodds	22:44	

62 ran

Crystal Palace Nov 26 (omitted last week)

A win for Andrea and a PB for Will. Bob Bell's fitness is well and truly on the up and he smashed his course pb in the 26th Nov. event following a really good run at Brockwell the week before.

Higher up the field, in second place overall, Will Davis also smashed his pb and further consolidated his grip on the men's points table whilst Andrea was first woman and 8th overall. The parkrun also welcomed back Chris Vernon, just ducking under 31 mins

2 Will Davis	18:41(PB)
8 Andrea Pickup 1st W	20:34
10 Steve Ackroyd	20:58
20 Bob Bell	22:20
24 Mike Dodds	22:52
64 Chris Vernon	30:58

PIRIE 10, 4 DECEMBER

This is not a race for the faint hearted and a liking for running across ploughed fields helps. Leaving aside the exploits of our intrepid two in Glasgow the previous weekend, this was the first cross country race of the season with something approximating typical winter conditions with all four of us finishing with mud splattered legs.

In fact about 80% of the course was either on firm grass or tracks, albeit hilly in place. However there was a mile on each of the 2 laps over difficult slippery conditions. The ploughed field seemed to consist of heavy clay with puddles on top. The stretch coming out of the field onto slippery cambered ground was challenging with a number of runners falling. To start with I thought my decision to wear spikes was a sound one but they got hopelessly clogged on the cambered section and were uncomfortable over the stony paths and the short tarmac section.

Ola had a much improved race compared with her Surrey League run the previous day and did well to finish first women, having exchanged places with me a couple of times during the race. Both of us seemed to get the pace about right from the start (I was only 30 seconds slower over the second lap) and felt fairly comfortable throughout (though I struggled up a hill about 7 miles into the race). Clare Wyngard and Peter Gibbons finished in fairly quick succession, having exchanged places earlier, with both of them enjoying the race despite the challenging conditions. How Peter managed to stay upright wearing road shoes, I haven't quite worked out. *Mike*

23 Mike Mann	69:18 (1st M60)
25 Ola Balme	69:36 (1st W)
69 Clare Wyngard	81:25
70 Peter Gibbons	82:16

Mike Mann

Surrey Ladies League, Richmond, December 3

The club had one of the biggest team turn outs in league history, a superb 19 (only Wimbledon Windmilers had more) and they kept up their challenge for a leading place in the Surrey Ladies league with a solid fifth place at Richmond Park despite missing lots of potential scorers. If just one of either Alexie, Catherine, Andrea or Debbie had run we would have been third and we also missed many other regulars (Kim, Sue C, Clare W etc).

Clare Elms had her best run of the winter thus far with fourth overall and second place in the Division one event. She was first Veteran by over two minutes. Ola Balme didn't match her form of the week before but came through strongly while the scoring team was completed by Nicola Richmond and Emma Ibell having their best recent cross-country runs and Charlie Wood who did well in her first proper race since the birth of her daughter Flora a few months earlier.

Angie Norris had a solid race to lead the B team home while Ros also ran well, just missing out on first W60. Mel wasn't at her recent best due to injury while Claire Steward came through strongly and was chased by Olga who had one of her best ever cross-country runs.Now based up in Cambridge a lot of the time, Louisa Pritchard made a rare winter appearance to lead the Cs just ahead of the improving trio of Jo Shelton, Anna Thomas and Clare Osborne while newcomer Lindsay Beckett made a good debut.

For the D team, Lindsay Annable ran steadily, Stephanie Burchill had her best run for some time ahead of another improving runner Michelle Allard while Jo Hewett also had a very good run. Apart from fifth on the day, we also lie fifth overall but with more fit and available for the last fixture, we are close enough to challenge for a top three place

A Team		Place	Time
Clare	Elms	2	21:17
Ola	Balme	28	23:54
Nicola	Richmond	42	24:31
Emma	Ibell	48	24:39
Charlie	Wood	57	25:05

B Team		Place	Time
Angie	Norris	59	25:07
Ros	Tabor	63	25:23
Mel	Edwas	101	26:39
Claire	Steward	112	26:58
Olga	Gillane	117	27:11

C Team			
Louisa	Pritchard	120	27:19
Jo	Shelton	121	27:23
Anna	Thomas	128	27:35
Clare	Osborne	158	29:25
Lindsay	Beckett	166	29:43

D Team			
Lindsey	Annable	168	30:04
Stephanie	Burchill	179	30:37
Michelle	Allard	190	32:05
Jo	Hewett	198	33:33

Altogether 367 runners took part in the combined senior women's race.

Placings on following page

TEAM Div 1: 1 Sth London H 78; 2 Thames H&H 78; 3 Hercules Wimbledon 156; 4 Woking 164; **5 Dulwich R 177;** West 4 H 185; 7 Clapham Chasers 192; 8 Dorking & Mole Valley 205; 9 Herne Hill H 206; 10 Wimbledon Windmilers 243; 11 Ranelagh H 243; 12 Reigate Priory 253; 13 Thames H&H B 273; 14 Stragglers 339; 15 Sth London B 364; **19 Dulwich B 452 (4 B), 28 Dulwich C 693 (3rd C), 39 Dulwich D 950(2nd D)**

Standings after 2 matches: Div 1 TEAM: 1 Thames 217; 2 Hercules W 257; 3 Woking 279; 4 Sth London 293; **5 Dulwich R 304**; 6 Herne H 355; 7 Reigate Priory 360; 8 West 4 H 400; 9 Clapham Chasers 435; 10 Ranelagh 496; **16 Dulwich B (2nd B team) 829, 27 Dulwich C (2nd C) 1330, 35 Dulwich D (1st D) 1786**

Mens XC after 4 events

	Mob Match	SL1	SL2	SofT	Total
Charlie Lound	49	50	48	50	197
Mike Mann	43	41	45	48	177
Chris Loizou		44	47	49	140
Mark Foster		39	43	47	129
Andy Murray	45	40	42		127
Ameet Patel	38		34	42	114
Tony Tuohy	50	49			99
Wayne Lashley		47	49		96
James Godber		46	50		96
Neil Daniels	47	43			90
Matt Galvin			44		88
Jose Barretta		42	46		88
Hugh Balfour			40	46	86
Duncan Wilson	42	38			80
Martin Morley		36		44	80
Mick Ward	41		35		76
Ian Sesnan			33	43	76
Joseph Brady	39		36		75
Tiarnan Ocleirigh		37	37		74
John O'Byrne		34	32		66
John Fletcher	48				48
Mike Williams		48			48
Ed Smyth	46				46
Steve Smythe		45			45
Peter Gibbons				45	45
Ebe Prill			41		41
Barrie John				41	41
Ian Sesnan	40				40
Steve Ackroyd			39		39
Grant Barnes			38		38
Graham Laylee		35			35
				Nork Pk	
	572	714	779	455	2520

Womens XC after 4 events

	Mob Match	SL1	SofT	SL2	Total
	Reigate	Light water	Nork Pk	Richmond	
Ola Balme	50	48	50	49	197
Nicola Richmond	49	47	49	48	193
Mel Edwards	48	44	47	43	182
Anna Thomas	46	39	44	38	167
Ros Tabor	47	42		44	133
Ange Norris		46		45	91
Claire Steward			46	42	88
Clare Wyngard		40	45		85
Jo Shelton		41		39	80
Ruki Sihdwa		37	43		80
Lindsey Annable			42	35	77
Clare Osborne		38		37	75
Stephanie Burchill		36	41	34	75
Jo Hewett		35	40	32	72
Alexie Shaw		50			50
Clare Elms				50	50
Elkie Thorndyke		49			49
Kim Hainsworth			48		48
Emma Ibell				47	47
Charlie Wood				46	46
Sue Rowlands	45				45
Emma Vernon		45			45
Katie Crowe		43			43
Olga Gillane				41	41
Louisa Pritchard				40	40
Lindsey Beckett				36	36
Michelle Allard				33	33

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

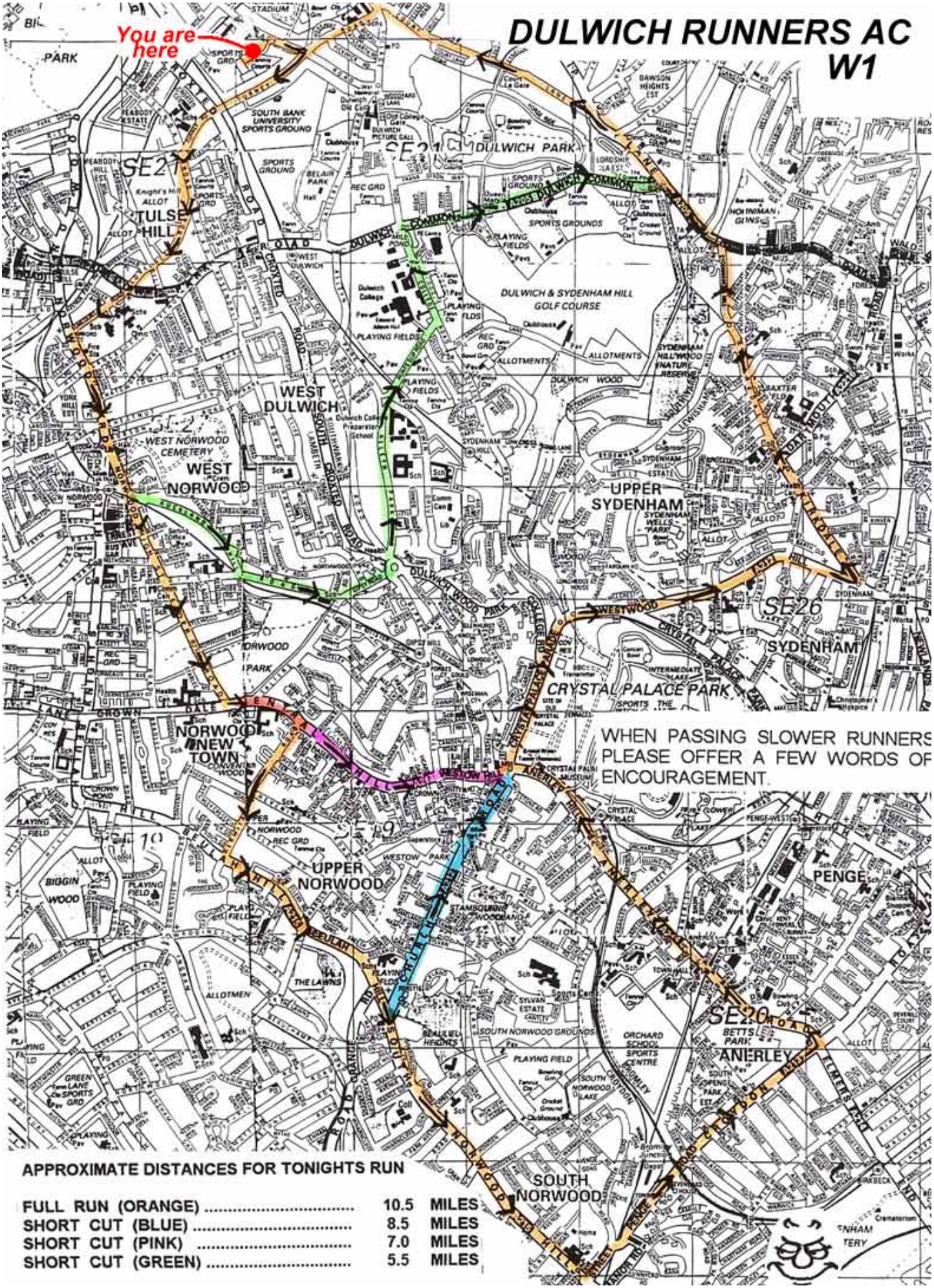
The traditional Sunday Dulwich Park runs start at or 09:00 0930 for longer runs for marathon preparation
For a more rural run, meet up with members of Orpington and Blackheath Clubs, 'HEROS'
High Elms Runners on Sunday starting from High Elms at 09:00
For more information contact Steve Wehrle or Claire 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
W1



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	10.5	MILES
SHORT CUT (BLUE)	8.5	MILES
SHORT CUT (PINK)	7.0	MILES
SHORT CUT (GREEN)	5.5	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

Dulwich Runners Athletic Club

Annual General Meeting

Wednesday 19th October 2011

Edward Alleyn Club
Rear of 83-85 Burbage Road
London, SE24 9HD

The meeting was attended by 51 members of Dulwich Runners

1. **Opening**: The Chair, Ros Tabor, made some opening remarks, highlighting, especially, another successful club championship that had been fiercely contested across the various categories. She also noted how many members now enjoyed the weekly 'parkruns' in multiple venues across our area, and welcomed this, although she encouraged members not to overlook opportunities on Saturdays, such as the Reigate mobmatch, where they could run for the club and which seemed to be recording lower entries than previously. The number of members achieving personal bests pointed to a very successful coaching structure and she thanked all of the club coaches for their efforts throughout the year.

   Some individual club members were thanked personally. Kev Wood was passing on responsibility for the Assembly League after ten years during which it had gone from strength to strength and where his role had brought great credit on the club. After a similar period Steve Cook was handing over club kit duties to Nicola Richmond who was welcomed in his place. Finally Caroline Schurmann was going to stand down as Social Secretary following the Christmas party after over a year of formidable energy and truly spectacular successes.

2. **Apologies for absence** These were received from Christine Dawson, Peter Gibbons, Martin Morley, Rukhi Sidhwa, Steve Street, Chris Vernon, Dave West, and Clare Wyngard.

3. **Minutes of last AGM** There were no corrections to the 2010 AGM minutes which were agreed. The single matter arising from the 2010 AGM concerning club policy on the funding of social events would be returned to in an agenda item at this AGM.

4. **Treasurer's Report** Graham Laylee presented a set of accounts showing an operating deficit for the year of just over £1500. Graham contended that this was largely down to extraordinary items and did not necessarily imply that any major changes in the financial direction of the club were required. It could be satisfactorily addressed by more careful control of costs and a membership drive. Indeed membership income was holding up well and one of the extraordinary items this year was the production costs of promotional flyers that would assist such a drive. In addition some issues arising from the summer refurbishment of the mens' facilities were still being ironed out with Alleyn's school but members should note that the accounts included a refund of one month's hire charge for the short term disruption that the club had encountered.

   Despite these assurances there was a general view, following a reminder from Steve Wehrle of the discussion at the 2010 AGM on raising the Wednesday night fee, that the AGM could usefully explore this issue again. Various views were expressed about raising either the Wednesday night fees or the annual membership fee or retaining the *status quo*. Discussion followed on these options with ideas being expressed on incorporating voluntary and/or discretionary elements into the Wednesday evening fee in particular. A vote was eventually taken with increasing the annual membership fee (by £5) emerging as the overwhelming choice (over retaining the *status quo* or increasing the Wednesday night fee to £2). This will be put into effect from the 2012 renewals onwards.

   Other topics of discussion arising from the Treasurer's report were

   - loss of one of the (two) race clocks: this had resulted from a breakdown in communication with its last hirer. Some discussion ensued on best practice to guard against future problems of this kind, centring on the policy over insurance and deposits. Nicola Richmond observed that for an item for hire with a value of c.£2k having insurance cover ought to be standard procedure. After some inconclusive exchanges it was agreed that the insurance position would be explored with the assistance of Pat O'Connor. Trish Umunna wondered whether a deposit might be required, perhaps in the form of a cheque to be cashed only in the case of non return. However Giles Gibson stressed that the lost item was very much the secondary clock in terms of the overall net revenue stream because it was rarely charged out and, even then, regularly incurred significant maintenance costs. All of this would be relevant when considering the future policy.

- race fees: Steve Wehrle pointed to the rise in race fees of roughly one third and asked for clarification on the club's policy in choosing which races to support directly from club funds. The Committee, assisted by further explanations from Steve Smythe, explained that this would always be a question of judgement but the criteria involved would typically include whether a team were involved and whether the events in question were relatively prestigious, at regional and/or national level, for the club to be seen to be competing in. John Fletcher observed that his experience here with other, comparable running clubs was that members would typically pay for their own relay fees etc.. The Committee accepted that the club's written policy probably required a review and would carry this out.

5. **Issues arising from the 2011 Dulwich 10k** Two concerns had been raised

- Public Address System: Steve Wehrle and Sue Vernon highlighted the malfunctioning of the PA system. Barry Graham confirmed that he was in the process of arranging for a refund from the supplier, HSS. There was no immediate need to resolve the main issue with options around repairing, replacing or hiring being discussed but without firm conclusions. It was therefore agreed that a small team would be assembled including Barry Graham, Hugh Balfour, and Chris Vernon (on return) to make recommendations.

- Routing: Bernard Imber expressed his concerns about the safety of the event this year. He had noted particular problems with traffic control around the football pitches off the South Circular. He thought it might be eased by reverting to a previous routing using the Rosebery Gate instead of the Queen Mary. Subsequent discussion failed to identify any firm reasons why this year's running should have been markedly worse than the recent ones that had used this routing although Richard Handscombe thought that the marshalling seemed relatively light in the problem area. Members were thanked for their contributions which would serve as an early warning to the 2012 Race Committee to look carefully at the experience of 2011.

6. **Funding of future social events**: The issue in question, discussed at some length at the previous 2010 AGM, was whether the club wanted to ring fence a set percentage of funds for social events out of its annual revenue. Notwithstanding the club's primary identity as a sports club, several members once again stressed the importance of its social aspects in their personal attachment to the club. Club secretary, Mike Dodds, recalled **t**he minutes of the 2010 AGM that the proposal to ring fence 'did require special attention from the Committee, probably in the form of some strategy or policy being developed'. He explained the view of the Committee that the experience of the past year, albeit assisted by the efforts of an outstanding social secretary, suggested that the need for a strategy had not (yet) come to a head. This was accepted by the meeting.

7. **Vote of thanks and adoption of new committee:** Ros Tabor thanked the committee and in particular Kim Hainsworth who had operated effectively for much of the year as the combined road and off road women's captain. Otherwise the General Committee was returned as detailed on the meeting papers.

8. **Any Other Business:** There was one such item. Steve Street had enquired, *in absentia*, whether some hard copies of 'Shorts' could be provided on Wednesday club nights for members who may not have had access to their e-mail/printer in the relevant period. There was little enthusiasm for this idea, on environmental grounds principally, and it was therefore declined.

9. **Close:** The meeting closed around 10.15 p.m..

MD – Nov. 2011