Dulwich Runners AC
Weekly Newsletter
Wednesday 28th December 2011

SHORTS

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

– THE COMING WEEK –

Wed 28 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Sat 31 **Parkruns**–at Bromley, Brockwell, C Palace

Sun Jan 1 **Parkruns** –Bushy – 9am, Bromley/Banstead/Roundshaw/Lloyd Pk/Nonsuch – 10am,Riddlesdown – 11am, possible to do 2 or 3 ?

Tue Jan 3 **Session with Steve Smythe 7pm**
Ladywell Track http://g.co/maps/sqrjq
pay at desk on entrance, fee £2.55

In your short *SHORTS* this week !

page 2.. Results etc – Clare wins three times plus wins for Alexie, Kim and Ola
page 3 Club Champs, XC Fixture List

FAPPY NEW YEAR!

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

A brief look ahead

Jan 07 Surrey & Kent County Champs
Jan 14 Men's & Women's Surrey League XC
Jan 28 South of England Champs
full fixture list & info page 3

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 £2:55.
Pay at desk on entrance to track
Sessions start at 7pm and are suitable for all.
Location http://g.co/maps/sqrjq

NEW RUNNERS ROTA

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**

Tiarnan Ocleirigh???28/12
Clare Osborne 04/01
Barrie John Nicholls 11/01

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**

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

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

Race Reports & Results

Witham 5

12W/85 Mel Edwards 36:10 (PB) (2:17 quicker than on same course in May)

5km Results Dec 24/25/26th

Xmas Eve saw over 30 Dulwich Runners in action with plenty of success over the festive period with wins for Clare, Alexie, Kim and Ola and pbs for Ebe, Ian S (twice), Vicki, Alexie, Susan V, Ajay, Oliver B and a number of near misses. Clare fell just six seconds short of her Bromley women's record but was easily the highest age graded parkrun in Britain on Xmas Eve, then beat all the men in setting a women's record at Lloyd Park on xmas day and then beat all the men again in winning Greenwich on Boxing day.

Brockwell Dec 24

2 Mike Williams 17:22
1W/8 Alexie Shaw 18:43 (course PB)
9 Chris Loizou 19:01 (debut)
14 Mike Mann 19:40 (1M60)
17 Paul Hodge 19:51
18 Jose Barretta 19:58
19 Ebe Prill 20:05 (PB)
20 Mark Foster 20:14
21 Hugh Balfour 20:21
39 Jozef Danko 23:01
44 Ameet Patel 23:24
10W/59 Vicki Fong 25:55 (PB)
76 Chris Vernon 29:37
80 Mark Best 30:44
20W/85 Susan Vernon 32:03 (PB)
87 Ajay Khandelwal 35:37 (PB) (88 ran)

Brockwell Dec 25

1W/6 Ola Balme 19:54
13 Ian Sesnan 21:46 (PB)
17 Graham Laylee 22:12
19 Bob Bell 22:30
25 Ameet Patel 23:37
5W/36 Vicki Fong 26:10 (53 ran)

Oakhill Dec 24

1W/5 Kim Hainsworth 21:28 (debut) (48 ran)

Bromley Dec 24

2 Jim Addison (2c) 17:20
1W/5 Clare Elms 17:43
12 Duncan Hussey 18:42
16 Steve Smythe 19:08
32 Mike Fullilove 20:04
57 Oscar Hussey 21:05
77 Martin Morley 21:48
138 Colin Frith 24:05
200 Steve Wehrle 26:19 (record 316 ran)

Crystal Palace, Dec 24

11 Ian Sesnan 22:11 (PB)
14 Bob Bell 22:36
16 Graham Laylee 22:39
2W/17 Clare Wyngard 22:42
19 Mike Dodds 22:43
22 Oliver Bottle 23:00 (PB)
4W/23 Emma Ibell 23:06
24 Pete Gibbons 23:07 (57 ran)

Bromley Dec 25

2 Jim Addison (2c) 17:32
32 Martin Morley 22:16 (125 ran)

Bushy Dec 25

13 Mike Williams 17:27
2W/41 Alexie Shaw 18:52 (course PB) (631 ran)

Lloyd Park Dec 25

1/1W Clare Elms 19:10 (Course rec) (36 ran)

Greenwich Dec 26

1/1W Clare Elms 18:12
14 Alex Elms 22:17 (I U20) (65 ran)

Bromley 17th December

(results shown last week)

Duncan Hussey writes I should have written a report for last week's race, as although some of the times weren't too inspiring, it was a quite a notable event. Peering from the car park beforehand, looking direct into winter sunshine on a cold frosty day, it was somewhat surreal to see a six foot, white, fluffy rabbit putting out the cones in readiness for the race. Although it was expected that various costumes were going to be worn for the festive event – a rabbit? To add to matters, there was a loose horse in the park! Parkrun Bromley had again surpassed themselves decorating not only the interior and exterior of the changing rooms, the finishing funnel, cones, direction signs and had laid on mulled wine as well. In response, parkrunners adorned themselves in costumes varying from many Santa Claus, reindeer, Xmas puddings, elves to Sponge Bob(?) Certainly a great atmosphere and there was even parkrun "royalty" in attendance in the form of @theparkrunshow. Listen out for Bromley's mention.Some good times up front, with two sub 17s and a 12 year old girl narrowly missing out on a sub 20. Two days of Xmas partying didn't help my cause in returning from injury but the prospect of a fast finishing Santa meant upping my game at the end.

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

Date			Event		Venue
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*

For details of other club stuff – ie Steve Wehrle's marathon training and cross-country info see previous shorts.

If anyone wants a specific marathon schedule, then contact Steve Smythe with details of race plans on stevesmythe2006@yahoo.com