SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 21st 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 21 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Sun 25 **Xmas Day**–various locations, ?am onwards
Eat Drink & be Merry

Mon 26 **Boxing Day** – probably a late start
Try & recover from previous day !

Tue 27 **Session with Steve Smythe** see below
Ladywell Track http://g.co/maps/sqrjq
pay at desk on entrance, fee £2.55

In your *SHORTS* this week !

page 3 Club Champs, XC Fixture List
page 3.. All things Cross Country
page 5.. Race reports & results
page 7 DR women grab silver
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page 9 Club Champs Marathon Results
page 11 Marathon Training Schedule
page 10 Wednesday Night Map to print

And much more !

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

A brief look ahead

Jan 07 Surrey & Kent County Champs
Jan 14 Mens & Womens 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

Tuesday December 27th : Track session at 3pm
Ladywell Track (nb not 11am) nb also Cambridge Harriers 7.5 mile XC at Joyden's Wood Noon start – pick up number at Cambridge Harriers HQ, 59 Glenhurst Avenue, Bexley from 11am

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**

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

Wednesday 28th of December...

is going to be a **FREE** running night at the club !

Free of the running fee (no £1)
Free of maps (make up your own route)
Free of fish and chips (bring sarnies)

so free up the time and free up your mind and come down and run free !

(ok that's enough "free" !....Ed.)

Runners Who Asked For Shoes To Test From Runner's World Need To Come To The Club To Collect Them This Wednesday 21st -

Thanks - Ros

Christmas Running

Xmas Eve (Sat): normal range of Parkruns
Xmas Day (Sun): Parkruns at Bromley and Brockwell at 9am
Tuesday December 27th : Track session at 3pm Ladywell Track (nb not 11am as previously stated)
Saturday December 31 – normal range of parkruns
Sunday January 1 NB Bushy – 9am, Bromley/Banstead/Roundshaw/Lloyd Pk/Nonsuch – 10am, Riddlesdown – 11am, possible to do 2 or 3 ?

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

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

Clubhouse Christmas Party

Hi Everyone
Just a quick reminder that you're all welcome to come on down to the
Clubhouse Christmas Party, Next Thursday (22 December) from 7pm.

Entry is free and the drinks are cheap, so if you fancy coming down for a mince pie, music and a bit of merriment, it would be lovely to see you.

Please feel free to bring friends/family as well, the more the merrier!

Any questions, give me a shout on 07827 352962 or email me here; crowleyrj@alleyns.org.uk

All the best and Merry Christmas!

Rob

A reminder we will be running from SHOREHAM VILLAGE car park Wednesday 28th December, 10:30 for 10 mile run at 9-10 minute pace, all welcome!

and....

Currently I have 40 names for our trip to Finland next year.
We will fly out Friday October 12th, return Tuesday October 16th, 4 nights in Vantaa, 15 mins on train from Helsinki.
Half marathon (and marathon for claire) on the Sunday.
All other details to be confirmed.
Approx cost £360, flights /accommodation
Maximum number for trip is 50, so the first 10 people who e mail me are in!

Steve Wehrle
Steve.wehrle@immediatemedia.co.uk

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*

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

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.**

- **Kent County Champs 7 January entries** 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

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

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***

Race Reports & Results

5km Results for December 17th

Conditions were cold and there were very few times of note with most serious club runners running in the South of Thames event

Brockwell

17 Mark Foster 20:06
20 Paul Hodge 20:23
39 Graham Laylee 22:38
41 Giles Gibson 22:52
11W/64 Vicki Fong 26:17
76 Chris Vernon 30:11

Bromley

7 Duncan Hussey 19:05
24 Mike Fullilove 20:18
35 Oscar Hussey 21:07
69 Ameet Patel 23:32

Riddlesdown

11 Jo Quantrill 3W 22:47 (2nd cl)

Crystal Palace

2 Will Davis 19:06
9 Steve Ackroyd 21:13
16 Bob Bell 22:57
18 Mike Dodds 24:07 (parkrun 57)

Just a note on the CP parkrun. Conditions were a little slippery early on Saturday morning so many of us took it easily although not as easily as at least my official time suggests as 20 seconds or so seem to have been added to it. Will, though, in a comfortable second place, seemed to be just about as fast as normal.

Incidentally a 'right of reply' on behalf of us CP devotees is probably necessary after last week. Two bits of context could have been usefully added to the piece that was written.

First of all, no one's ever argued that the typical CP field has particular strength in depth but to compare it with the times at Bushy Park is like the proverbial 'chalk and cheese'. It's a way tougher course.

Secondly some people have an incentive to keep running the same parkrun because there is a points table for each gender. I speak from personal experience as I was completely oblivious about this until Bob Bell informed me about halfway through its inaugural year that I was occupying second spot in the men's table.

After that I was hooked and duly ensured I kept up my record as much as possible through to the year end. That does beg questions, I know, about whether it's right for everyone to be motivated by this sort of thing – I'm sure it isn't – but let's at least get the pertinent facts out into the open.

Finally I'm a devotee of CP partly because it's an interesting and vaguely iconic course. Bromley has its attractions but I don't think the same can quite be said for it.

Mike Dodds

Thanet 10 Miles - 4/12/11

New course record!

*Martin finally wrote a proper report !...*On a bright and perfect day for running I was the sole Dulwich Runner although I had seen 2 other names on the entry list but both wimped out.

It was a new course which meant that as we had done in previous we did not have to run over the grass at the halfway turn-around point but stayed on tarmac and went around a grass island and only slightly higher up the small hill at this point. The finish was also changed in that we went past the cafe at the end but then went up the HILL pathway behind the cafe doubling back on ourseleves and then a final 200 yards on grass still uphill finishing up at the race HQ

This year the grass OK but if it was wet and muddy not a good idea!! Getting back to running after injury and illness so this was a long distance training run as I had not run 10 miles for over 4 months (same old excuses but same old runner). I was pleased to pass most of the people I have seen at this race before that I should and had a great battle with one guy from mile 6 to 8 who I was then able to drop and push on and catch and pass another 5 runners in the last mile.

I Felt strong at the finish and a little bit pleased with slow time but very pleased to have been able to run and complete 10 miles and of course gain a new couse record, hope they change it again next year. As with all coastal runs you are very much at the mercy of the weather but this year it was great. Going for a meal with our best friends from our teenage years just made sure it was a great day out.

1hr 15m 39s

Martin Morley.

HOLLY RUN, REIGATE, 18 DECEMBER

Just two of us took part in this year's Holly Run, an annual series of races organised by Reigate Priory on the last Sunday before Christmas. With no snow this year, the traditional course was used which involves climbing the hill used in the descent for the mob and league matches, and going down an even steeper hill, which was quite treacherous in places (the second placed woman in the earlier race took a spectacular tumble there).

The course was over 3 laps, billed as 6 miles, but probably slightly short of this. Both Joe and myself enjoyed the race, with my time a few seconds faster than the last time this course was used 3 years ago.

Mike

Mike Mann	39:39
Joe Brady	42:49

SILVER FOR WOMEN'S TEAM IN SOUTH OF THAMES

The second and longer South of Thames race took place in Wimbledon Common on 17 December over a challenging 7.5 mile course which included muddy stretches, well hidden tree roots and some fast descents. This course has a fearsome reputation but despite rain earlier in the week, the muddy stretches were relatively benign covering only feet rather than halfway up calves, as is often the case. Once again our women's were in the medals in second place, and had it not been for a nasty ankle injury which forced Kim to pull out, we would have in the fray for gold.

The women were led home by Clare Elms finishing in 3rd pace, some 40 seconds behind the winner, and first W40. Alexie continued her run of good form with a strong run, finishing 6th in a quality field. Ola bounced back well from mid-week tiredness following some long training runs. Our final 3 scorers in the 6 to score team were Ros, Mel and Clare Wyngard. We fielded an impressive 12 women starters, with the remaining finishers, Anna Thomas, Marlene Russell. newcomer Michelle Allard, Ruki and Jo Hewett all enjoying their experience (at least once the race was over.

By comparison the men's team was weak in terms of quality and numbers, led home by Michael Williams and with all the other participants running to current form or better and pleased with their performances, including Jose returning from a break following an ankle injury. Martin sacrificed his race by gallantly coming to Kim's assistance after she fell on the descent at the end of the first lap. *Mike*

60 Mike Williams	45:36
3 Clare Elms	47:29 (1st W40)
6 Alexie Shaw	48:49
96 Chris Loizou	50:11
111 Mike Mann	51:14 (1st M60)
112 Jose Barretta	51:26
14 Ola Balme	51:48
121 Andy Murray	52:33
125 Hugh Balfour	53:00
29 Ros Tabor	57:27 (1st W60)
32 Mel Edwards	58:07
38 Clare Wyngard	60:02
44 Anna Thomas	62:07
48 Marlene Russell	64:27
55 Michelle Allard	69:25
56 Ruki Sidhwa	69:48
60 Jo Hewett	75:34

Kim Hainsworth, Martin Morley dnf
(winners: Phil Wicks 37:42, Ruth Clifton 46:48)

Women's teams (6 to score) SLH 98, **Dulwich 122**, Belgrave 123

TURKEY TROT SUNDAY 18 DEC.

24 runners completed this year's Turkey Trot on a very cold morning. Most had made at least some attempt at fancy dress, and there were some spectacular costumes. Jozef took many photos. Thank you to Andy, Mike, Graham and Kirstin for help with the organisation. The course was a measured 5k.

First to cross the line in a dead heat were Martin Morley and Sue Vernon. Chris Bell, Richard Pole and Caroline Schurmann walked, Chris and Richard also dead heating. Chris Vernon was the closest to his predicted time, running 3 seconds slower. The fancy dress prize went to Caroline, a magnificent snowperson.

R

	actual time	handicap
Steve Ackroyd	20.39	(19.30)
Emma Ibell	21.25	(18.00)
Martin Morley	21.35	(16.00)
Ian Sesnan	22.10	(17.00)
Mike Dodds	22.44	(17.30)
Bob Bell	22.55	(17.00)
Chris Treble	23.22	(20.00)
Gill Kester (guest)	23.28	(16.45)
Graeme Campbell	23.33	(20.00)
Olga Gillane	23.49	(16.00)
Ameet Patel	24.48	(15.00)
Clare Osborne	25.19	(15.00)
Sue Cooper	25.34	(20.00)
Stephanie Burchill	25.44	(13.30)
Nicole King	25.45	(13.30)
Clare Wyngard	26.00	(16.45)
Javier Pujol	26.04	(19.30)
Ebe Prill	27.32	(18.45)
John O'Byrne	28.18	(11.30)
Chris Vernon	30.35	(10.00)
Sue Vernon	32.00	(5.45)
Chris Bell	40.10	(0)
Richard Pole	40.10	(0)
Caroline Schurmann	42.07	(6.30)

Ros

Turkey Trot pictures on next page

Oh how they laughed...then the warm jackets came off and the likelihood of hypothermia for Clare and Olga became a reality

I've been reliably informed that Chriss scarf has now thawed out and is making an excellent recovery

Be afraid, ...very afraid. Caroline was able to scare all the kids out of the park. Well done Caroline !

Chris needed snow and Sue was hoping for water lots of it ! Both were sorely disappointed

Chris and Catherine in the race pits doing a last minute telemetry and systems check

Olga takes time off from her partime job in the park cafe to do the run

Kim fooled us, but Bernard Mathews was having none of it. Certainly adds new meaning to "Free Range"

It all ended well for Sue, she heard that the ice on the park lake had melted.

DULWICH RUNNERS CLUB CHAMPIONSHIPS 2011

MARATHON POINTS/TIMES

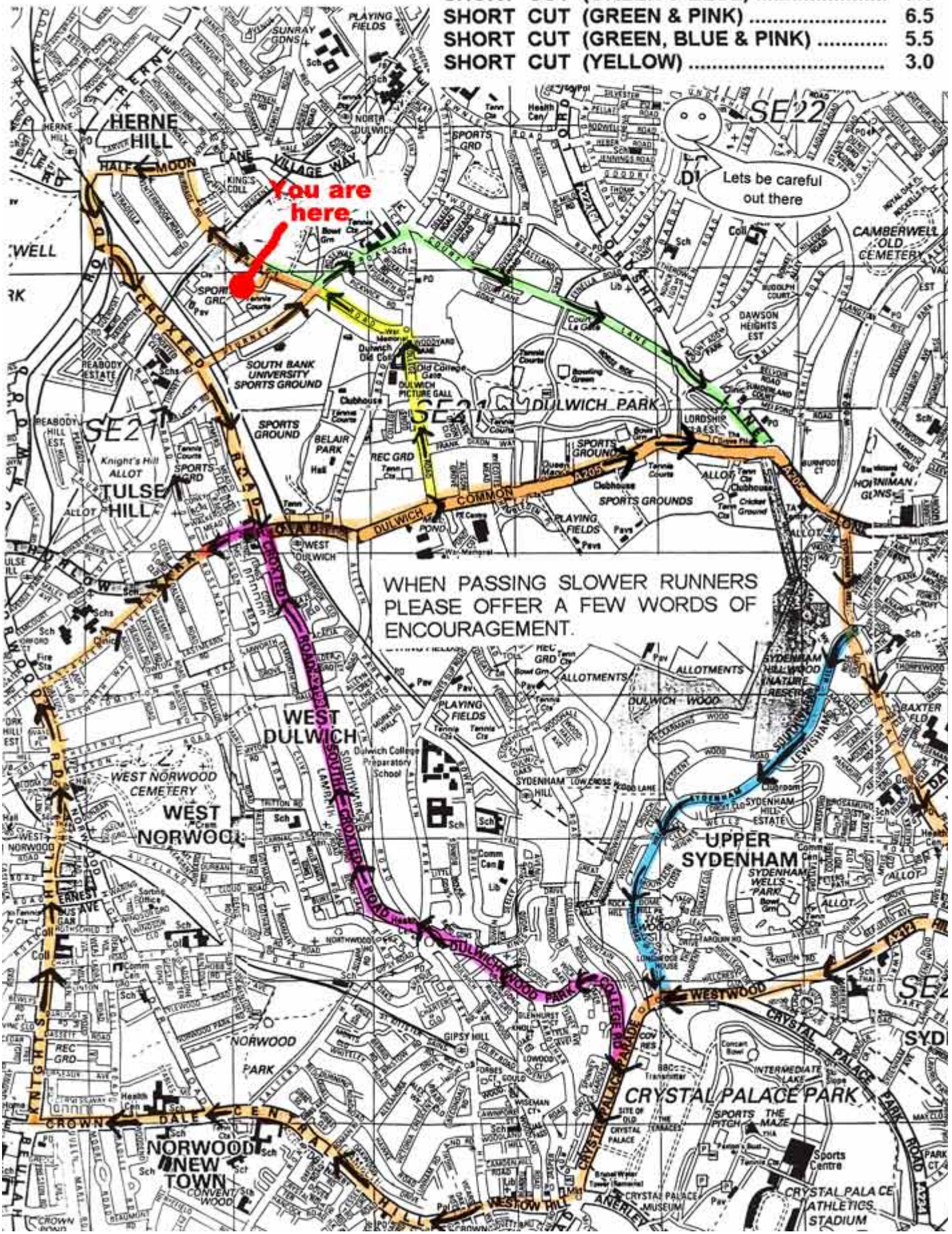
WOMEN SENIOR	Points in category	Age grade	Marathon time		
Emily Gelder	50	781	2.56.59	London	1st senior woman
Alexie Shaw	49	[737]	3.04.00	Brighton	3rd age graded
Kim Hainsworth	48	672	3.21.24	London	
Charlie Wood	47	632	3.34.21	London	
Caroline Schurmann	46	630	3.37.21	Paris	
Sue Cooper	[45]	620	3.38.27	London	
Melanie Edwards	[44]	[610]	3.42.05	London	
Catherine Lee	[43]	[603]	3.44.40	Chester	
Carys Morgan	42	595	3.49.51	London	
Marlene Russell	[41]	605	3.49.56	London	
Cliona Kenny	40	576	3.56.07	Dublin	
Joanne Shelton	[39]	[585]	3.56.18	Cork	captains' award
Sonja Townsend	38	557	4.05.49	New York	
Alex Luff	37	501	4.33.17		
Sophia Lewis	36	483	4.40.18		
Anna Steward	35	472	4.46.50	London	
WOMEN V40					
Clare Elms	50	884	2.55.11	London	1st woman
Claire Steward (50+)	49	892	3.24.05	London	1st overall age graded
Angela Oritsejafor	48	639	3.53.32	Edinburgh	1st w40
Jo Hewett	47	484	5.01.00	Brighton	
MEN SENIOR					
Mike Williams	50	[754]	2.47.10	London	1st senior man
Tom Marshall	49	700	2.58.34	London	
Rob Watts	48	696	2.59.28	Halstead	
John Fletcher	47	696	2.59.36	Luton	
James Godber	46	[675]	3.04.59	London	
Jose Barretta	45	652	3.13.25	London	
Jozef Danko	44	[534]	3.53.48	Kosice	
Neil Daniels	43	533	3.54.34	London	
MEN V40					
Charles Lound	50	[792]	2.45.39	London	1st man
Ebe Prill	49	687	3.21.04	Toronto	1st m40
Joseph Brady	48	[622]	3.34.29	Dublin	
Ajay Khandelwal	47	545	3.57.00	Brighton	
MEN V50					
Steve Smythe	50	[764]	3.07.32	London	1st m50
Andy Murray	49	779	3.12.47	London	2nd age graded
Chris Loizou	48	605	3.56.46	London	
Giles Gibson	47	592	3.57.43	London	
Barrie John Nicholls	46	[522]	4.45.04	London	
Steve Wehrle (60+)	45	543	4.50.40	London	1st m60
Roy Hibberd	44	458	5.16.07	London	

DULWICH RUNNERS AC

W3

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	9.5
SHORT CUT (BLUE)	8.5
SHORT CUT (PINK OR GREEN)	8.0
SHORT CUT (GREEN & BLUE)	7.0
SHORT CUT (GREEN & PINK)	6.5
SHORT CUT (GREEN, BLUE & PINK)	5.5
SHORT CUT (YELLOW)	3.0



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