SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 9th January 2013

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

- THE COMING WEEK –

Wed	**09**	**Club Night**, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Sat	**12**	**Surrey League XC mens and womens**
Sun	**13**	**Mile reps 6 to 8, Dulwich Park 09:30 details**
Tue	**15**	**Track sessions with Steve Smythe** **Ladywell track** http://goo.gl/maps/92zNw Start 7:15pm, fee £2:55 pay at reception on Entry. **For Fusion Gym members entry is free**

Past issues of SHORTS can be found at:
http://www.dulwichrunners.org.uk/newsletter.html

In your *SHORTS* this week !

3 Cross Country, Club champs fixtures list
5 Race reports etc
6 Silver & Bronze for women in XC champs
8 Marathon Training Program
9 Wednesday night running map

And much more !

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

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

A brief look ahead

Jan 12 Surrey League – mens & womens
Jan 19 Vets AC champs,Wimbledon Common
Jan 26 Sth of Eng. Champs, Parliament Hill
full fixture list page 3

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - Ros

DULWICH TRACK SESSIONS

Improve your speed & strength over all distances. Tuesdays with Steve Smythe are suitable for all abilities.

Tuesday track sessions are now in full swing at Ladywell. http://goo.gl/maps/92zNw
Around 20-30 club members attend these over a wide range of speeds. The sessions are between 7.15pm and 8pm and members should aim to get there to warm up at around 7pm
If you are a Fusion Gym member then entry is free , all others £2.55 pay at reception

NEW RUNNERS ROTA

Many thanks to **James Burrows & Steve Wehrle** for taking out new runners last week.
If you are listed to take out 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 either swap with someone or let us know. Thanks. – **Ros**

Clare Wyngard	**09/01**
Lindsey Annable	16/01
Jose Barretta	23/01
Joseph Brady	30/01

Annual Renewal Fee Due

Your current membership expired on 31st Dec so in order to compete in this year's club champs and other events as a Dulwich Runner you will need to

RENEW ASAP RENEW ASAP RENEW ASAP

You will have received (if applicable) either by email or post your 2013 membership renewal reminder.
If you haven't received your renewal form then contact me asap barry@bg1.co.uk
To make it even easier for you there is the now the extra option to pay by direct bank transfer, details on your renewal form.

Wednesday Night Map

On page 10 in SHORTS is the map for this weeks Wednesday night runs. Copies will be at the clubhouse, but it would help if you can print your own 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.

Dulwich Runners 2012 AGM

Minutes of meeting finalised, if anybody wishes to see them they will be on the clubs website

LUCKY VEST - Tonight

Don't forget , 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 the £5 cash prize on the spot in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

We now have new mens and womens vests and T- shirts,

Vests	**£18 each**
T- shirts short sleeved	**£20 each**
and newly arrived long sleeved T's	**£22 each**
Waterproof Jackets	**£25 each**

Available Wednesdays at the club – Ros

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run. Arrives around 9.
Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating…join in ! - **Ros**

Mile Reps…you know you want to !

This Sunday sees the first of our Dulwich Park sessions leading to spring marathons.
Session will be 6 to 8 x 1 mile reps, with one run each 11 minutes.
Obviously faster runners will get longer rest and those doing 9 minute miles just a couple of minutes recovery time.
We have been doing these sessions for some years now as part of marathon build up and they are ideal for keeping speed in the legs, as the alternative to the longer slower runs other Sundays.
All are welcome as it's a good speed session whatever one is training for.
Meet at 09:30 by park cycle barrier at the gallery end.
Cheers - Steve Wehrle

SPRING RELAYS

It's early days but you may want to make a note of some dates for next year's spring relays. We'll be recruiting participants for these highly popular and enjoyable events early in 2013. **Mike Mann**

Green Belt Relay	12/13 May
Welsh Castles Relay	8/9 June
1066 Relay	16 June(note later than usual)

DULWICH RUNNERS CLUB CHAMPS 2013

Races for next year's club championships have now been selected. These are as follows:

- 3 February Chichester 10K
- 10 March Lydd half marathon
- 21 April London marathon (or alternative)
- 6 June Assembly League 5k, Dulwich Park
- 20 or 27 June 2 Miles, Dulwich Park
- 12 or 19 July 1 Mile, Dulwich College Track
- 1 September Lingfield (Dry Hill) 10
- 5 October Trail race, Lloyd Park parkrun

The usual rules apply with the 8 races split into long and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.

4 races to qualify, including at least one from each of the 2 distance categories. Please register early for the Chichester 10k to avoid disappointment.

Mike Mann *(on behalf of ADSC).*

DULWICH RUNNERS CLUB CHAMPS 2013

Our first two club champs races next year are outside London and we will be hiring a coach, which will be a lot cheaper than train and ensure that we arrive at the start on time.

The Chichester Priory 10K on 3 February is a very popular race on a fast course, and entries often close well in advance, so please make that you enter as soon as possible to avoid disappointment.

Similarly the Lydd Half Marathon is one of the pre-London marathon events, as well as being a BMAF Champs, so it is worth booking early for this. We are planning to arrange lunch after both races at nearby pubs. ***Mike Mann***

CALLING ALL CYCLISTS

SNOWDON CHARITY BIKE RIDE 2/3 MARCH

This is a 30 mile bike ride round Snowdon (following the route of the Snowdonia Marathon) starting and finishing at the Cwellyn Arms in Rhyd Ddu. This is opposite our houses which some will have visited on the Welsh Castles Relay.

You can take your own bike or hire from Peter at Beddgelert Bikes.

We can do Bed and Breakfast for 2 nights for a limited number at £30 per head (Fri and Sat).
Depending on the weather you can ride on the Saturday or the Sunday which gives plenty of time to walk, run or sightsee in the glorious Snowdonia countryside.

If you want to reserve a place or want further information on travel etc, please contact me on vernonrun@aol.com. For details of our accommodation see www.snowdoniahouse.co.uk.

To enter the bike ride(there is no rush), see www.snowdoninn.co.uk - ***Chris Vernon***

'And now for something completely different'

Twice a year I go to a fitness weekend at Camber Sands organised by www.fitnessfiesta.com. The next one is on 1-3 March. The weekend away is a great way of complementing your running by getting involved in other sporting activities (running is included though).

I have found the classes great for improving my overall condition, which can only improve my running, and the whole weekend is fun. It's cheap too with prices starting from £82 for self catering accommodation (including the classes). Visit the Fitness Fiesta website and if anyone goes let me know and I'll keep a look out for you. - ***Jim Estall***

FIXTURES 2013

The fixture list includes all currently available info on cross country and club champs fixtures. It includes most races that will be of general interest, some dates to be decided and some fixtures missing, will be updated as details become available.
Details of fixtures, start times, distances and transport information will be provided in Shorts prior to each event.
Apart from Surrey League most matches require entries in advance and only those pre-entered will be eligible to run.
Please look out for requests for entries from your cross country captains and make sure that you respond in time as the closing dates for some races are well in advance of the event. ***Mike Mann***

Date		Race		Venue
Jan	12	**Surrey League 3**		Cranford **(M)** - Mitcham Common **(W)**
	19	Vets AC Champs		Wimbledon Common
	26	South of England Champs		Parliament Hill
Feb	9	**Surrey League 4**		Wimbledon Common **(M)** - Dorking **(W)**
	3	**Chichester 10k**	**L**	**Chichester**
	23	National Champs		Sunderland
Mar	**10**	**Lydd half marathon**	**L**	**Lydd**
Apr	**21**	**London marathon (or alternative)**	**L**	**London**
Jun	**6**	**Assembly League 5k**	**S**	**Dulwich Park**
	20 or 27	**2 Miles**	**S**	**Dulwich Park**
Jul	**12 or 19**	**1 Mile**	**S**	**Dulwich College Track**
Sep	**1**	**Lingfield (Dry Hill) 10**	**L**	**Lingfield (Dry Hill)**
Oct	**5**	**Trail race, Lloyd Park parkrun**	**S**	**Lloyd Park**

2013 Dulwich runners Club Championship races - The usual rules apply with the 8 races split into long **(L)** and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.
4 races to qualify, including at least one from each of the 2 distance categories. Please register early for the Chichester 10k to avoid disappointment. Mike Mann (on behalf of ADSC).

2013 Surrey League Cross Country **M**= Men **W**=Women

The men's Cross Country races start at 3pm, apart from the January race which starts at 2.30pm and the womens fixtures start at 12 noon.

XC Captains: Men - **Mike Mann** mcmann90@yahoo.co.uk

Women - **Mel Edwards and Anna Thomas** dulwich.womenscaptain@yahoo.co.uk

All things CROSS COUNTRY 2012/13

The cross country season proper started back in October with the first men's and women's Surrey League matches

Please make every effort to attend these races, particular potential scorers even if you are planning to race the following day. These races are free and do not require advance entries. Details about start times, transport, footwear etc will appear in Shorts nearer the times of the races.

There are also a number of other cross country races during the season, most of which require entries in advance which are paid for by the club. These include the London, county, southern and national champs as well as the 2 South of Thames races (see fixture list in Shorts for details).

If you want to take part, it is essential that you let your respective captains know before the deadline given; otherwise it will not be possible to run by simply turning up on the day.

Note that for some of the late season races, entries have to be submitted many weeks in advance. So please look out for notices in Shorts and emails from your captains. The South of England champs at Parliament Hill on 26 January.forms part of our cross country champs, so we will be encouraging entries for this.

If you are planning to take part in cross country races, you will find some hill training of value, so you are encouraged to attend the Saturday morning sessions organised by Steve Smythe on non-race weekends (see recent Shorts Extra notice, and check forthcoming Shorts as times and venues will change from week to week).

Mike Mann, Men's Off-road Captain

XC Captains:

Men - **Mike Mann** mcmann90@yahoo.co.uk

Women - **Mel Edwards and Anna Thomas** dulwich.womenscaptain@yahoo.co.uk

Dulwich Runners Cross Country Champs

We are holding a cross country champs for the forthcoming season. To qualify it will be necessary to complete 4 of the following 6 races - The 4 Surrey League matches, the South of Thames 5 miles at Reigate on 24 November and the South of England champs at Parliament Hill on 26 January.

The prize categories will be the same as last season - the 3 leading men and women and first M40, M50, M60, W40 and W50. In addition there will be a captain's award. Our traditional mob match with Reigate will not be taking place this autumn. It may be rescheduled for February/March but this will not be confirmed in time to include this race in the club champs. ***Mike Mann***

SURREY LEAGUE XC: URGENT REQUEST FOR MARSHALS

We are co-hosting the final Surrey League cross country match on 9 February at Wimbledon Common with Vets AC. We need up to 10 marshals on the course, so could anyone not intending to run and willing to help out please contact me.

For all of you who have been in the scoring team or close to it in matches, please note that your priority will be to take part in the race. The women will be running at Dorking earlier, so it will be tight for those participating to reach Wimbledon Common in time for marshalling, but help on the finish would also be appreciated. ***Mike Mann***

Men's Surrey League Xc, 12 January

The next Surrey League cross country fixture, hosted by BA takes place at Cranford Park. Directions by road and public transport are attached. Please note that if you are driving, parking is available at the Concorde Centre, Crane Lodge Road, Cranford, TW5 9PQ.

Changing and toilets are also available at BA's Concorde Club. Could those requiring lifts and drivers prepared to take passengers please contact me. Please note that the race starts earlier than usual at 2.30. The course is fairly flat though potentially muddy in places and is suitable for spikes or fell shoes. **Mike Mann**

VETS XC CHAMPS, 19 JANUARY

Those VAC members wishing to take part in these champs on Wimbledon Common are now able to enter in advance as an alternative to entering on the day.

Simply send a cheque for £4 to Jeremy Hemming, 7 Emmerton Court, Wynter Street, London SW11 2TZ, and collect numbers at the start. Entry on the day is at Belgrave Hall up to 2pm. ***Mike Mann***

Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major club race which **Steve Smythe** kindly finds & collates results for us, then it's highly unlikely that your results will be appear here in SHORTS
So to make sure your race results, road, fell, XC, Tri etc, are mentioned please send them in, and if you can write a report to go with it even better.

5km Results, Jan 5th

Brockwell

51	Graham	Laylee	21:58
53	Graeme	Campbell	22:01
92	Vicki	Fong 11W	24:31
172	Susan	Nicolai 54W	31:16

181 ran

Bromley

75	Martin	Morley	24:07
77	Colin	Frith	24:14
153	Clare	Osborne 28W	26:47

293 ran

Burgess

2	Barry G	Evans	25:38 (course PB)

51 ran

Crystal Palace

18	Steve	Ackroyd	20.44
19	Patrick	Motylinski	20.56
25	Jim	Dowsett	21.44
26	Bob	Bell	21.52
33	Josef	Danko	22.39
53	Jane	Harbage 10W	24.48
59	David	Harbage	25.35
84	Penelope	Bell 15W	28.16
100	Chris Bell	20W	31.23

114 ran

Dulwich

43	Ian	Sesnan	22:22
44	Mark	Campbell	22:28
56	Claire	Steward 6W	23:12
57	Mike	Dodds	23:17
78	Iain	Millar	25:27
81	Stephanie	Burchill 13W	25:49(course PB

123 ran

Banstead Woods

35 Jo Quantrill 1W (2c) 22:56

Hilly fields

7 Gary Sullivan 21:41

71 ran

Whitley Bay 29th Dec.

Clare and Mike returned to this event on the north east coast during the Christmas break – the 'Shorts' radar for parkrun results doesn't quite stretch up this far so it's a belated report.

Neither was quite as race fit as for the September visit, Mike especially so, which may partly have been down to the chocolates and beer of Brussels but actually had more to do with a bout of 'man flu' during the preceding week.

However there were encouraging signs for both of them that some of the old strength was beginning to return with Clare, mindful of the need for some mileage ahead of the gruesome Tadworth 10, foregoing a warm car so that she could run the 10 kilometres back to her mother-in-law's house after she'd finished.

45 Clare Wyngard 5W 23:33
54 Mike Dodds 23:47
127 ran

Southwick Country Pk, Trowbridge, Wilts.

Undulating multi-terrain course, more cross-country on the day, with a nice downhill finish.

6 Ebe Prill 19:17 (1M50)
109 ran

Norwich Parkrun

188 Peter Warren 2nd Claim 26:22
351 ran

Wimbledon Common

Chris Vernon writes

A new year and a new parkrun. Saturday saw me making the short trip to the 6th anniversary of Wimbledon and I was surprised to find that I was the only DR present to join in the celebrations. Awards,special awards,cakes,champagne and a huge turnout(double the previous week)

The course is very flat and mostly on muddy paths around the common. Mercifully it is only 2.25 laps so no lapping but it is not one I would repeat in a hurry as it is very boring.

It was an overcast but mild morning, the start was very crowded and slow which gave me a chance to chat to some of the locals,the predominant club being Wimbledon Windmilers.My second lap was quicker than the first which improved my time a bit.

I met one lady who had done 82 different parkruns which makes my 18 look pathetic. I must do better in 2013!

308 Chris Vernon 31.35 (4V65)
374 ran

Surrey County XC Champs, 5 Jan.

In addition to winning silver in the Kent champs, our women had a highly successful morning at Lloyd Park, winning bronze against opposition from some of the toughest clubs in the country, with some highly creditable individual performances.

Even by normal Lloyd Park standards ground conditions were pretty dreadful, with heavy mud of differing degrees of consistency, colour and smell in all the usual places. Fortunately the course had been adjusted to cut out the normal cambered stretch which would have been a comedy show in these conditions.

Catherine Lee had her best ever cross country run, finishing in an outstanding 6th place. Charlie Wood finished not far behind and Elkie Mace and Nicola Richmond completed our bronze medal winning team and they were well supported by six other finishers.

Katie Crowe finished strongly, moving up the field in her 2nd lap. Anna started well but faded a bit in the last lap. Louisa Pritchard gave a good performance and moved up the field in her 2nd lap, finishing with energy still left in the tank. Carys, Lindsey and Claire ran well despite the ground conditions, injury and not feeling as fit as normal due to Christmas. Unfortunately Ros had to pull out after the 1st lap due to injury

Numbers were down in the men's race as a result of flu and injuries. Wayne Lashley led the team home and he was followed by Colin Bailey Wood who had a strong even paced run. Alastair Locke and Mark Foster struggled with the distance and tricky ground conditions, but Chris Treble got stronger as the race progressed, picking up places.

Andy Murray was slightly down on normal following his cross country skiing break from running, while Dave West kept going well. *Mike Mann/Anna Thomas*

Women

6	Catherine Lee	33:10
10	Charlie Wood	34:23
45	Elkie Mace	38:39
51	Nicola Richmond	39:31
52	Katie Crowe	39:42
58	Anna Thomas	40:09
70	Louisa Pritchard	41:21
79	Carys Morgan	42:19
105	Lindsay Annable	49:51
106	Clare Quirico	50:08
Ros Tabor dnf		

Teams (4 to score)

1	HHH	70
2	THH	74
3	DR	112

Men

48	Wayne Lashley	49:22
65	Colin Bailey Wood	50:55
99	Alastair Locke	53:50
101	Chris Treble	53:56
122	Mark Foster	56:18
135	Andy Murray	58:08
166	Dave West	67:47

13th team of 6

Mike Mann

Kent Champs, Detling, January 5

Women

Showing the club's great depth, while Dulwich women were getting medals in the Surrey Champs, we were also taking medals in the Kent Championships – even though quite a few of our top runners of recent years ie Shona, Alexie, Ola and Andrea weren't in either team.

Clare who won this race in 2011 was slow getting going but came through strongly to take the silver medal and become the least youngest ever medallist! That gave her her third Kent cross-country medal an made her our most successful ever county competitor.

Mel and Kim were the only other runners from the club and the pressure was on them to try and make the top 20. After a mile they were in the 40s but they moved through together and went into the top 20 on the last lap and at the finish we were the first team to get in three runners but we just lost out to Blackheath and Bromley but took the silver medals of the 16 competing clubs.

2	Clare	Elms	30:20
17	Melanie	Edwards	34:02
18	Kim	Hainsworth	34:04

99 finished

TEAM: 1 Blackheath 34; **2 Dulwich 37**; 3 Medway & Maidstone 40; 4 Larkfield 62: 16 teams completed

Men

The men were one short of a scoring team but Buzz had one of his best ever cross-country runs and got one of the highest ever positions from Dulwich. Tony felt he didn't give everything on the last lap but he was still first M50 and beat the Kent bronze medallist who beat him a few weeks ago in the Vets Championships.

Steve Smythe also reversed form with a few M50s from that race and had his best race of the winter. Duncan struggled a little with a calf strain while Mike had a solid run but probably again started a little too quickly.

31	Buzz	Shephard	45:07
48	Tony	Tuohy	47:37
72	Steve	Smythe	50:10
88	Duncan	Hussey	51:41
100	Mike	Fullilove	52:34

180 ran

U13 boys 3450m

Alex had his best run of the winter and was well up on last year's position and finishing seventh he helped his Cambridge Harriers team to pull off a major surprise and beat national champions Tonbridge. Oscar Hussey also won a team medal for Blackheath and finished 16th but didn't quite match his Surrey league form.

7	Alex	Elms	12:56

16 Oscar Hussey 13:48

49 ran

Tadworth Ten – 6 January 2013

Claire Steward writes: This is a scenic and quite challenging 10 mile, two-lap course, starting and finishing on the Epsom Downs with approx 75% road and 25% tracks & grass, with around1300 feet of climbing. Steve Smythe has previous rated this race as being 4-5 minutes slower than a flatter course.

For the first race of the year it's a bit a wake-up call but sets the scene for the forthcoming marathon training season. After a misty start the sky brightened marginally, the weather was kind and considering the recent rain there seemed very little mud.

Most of us had done it previously, and Jose, Gary, Ruki, Clare and Claire were all within one minute of their last recorded times. Paul was pleased to take over one minute off his time; Tony and Steve around 4 mins quicker, Joanne, nearly 10 mins and Mel has taken a huge 20 mins off her time since 2011.

First timers Alastair and Anna enjoyed the challenge.

Winner 58:33

8	Tony Tuohy	1MV50	1:01:16
27	Alastair Locke		1:06:13
55	Jose Barretta		1:08:44
65	Melanie Edwards	W4	1:09:20
106	Gary Sullivan		1:13:18
177	Anna Thomas		1:18:47
181	Clare Wyngard	2FV50	1:19:04
195	Claire Steward	1FV60	1:20:11
224	Joanne Shelton		1:21:51
271	Paul Keating		1:25:03
352	Ruki Sidhwa		1:28:44
378	Steve Wehrle		1:30:35

612 finished

New Years Day 10K Wymondham (Norfolk).

Peter Warren Far East Reporter writes….

"Happy New Year to all Dulwich Runners"

This event has become my annual kick start each year to my return to "proper" training, this year for once there was a race not only without rain, snow or high winds but SUN and a good ambient temperature for running. The field of 427 were jammed into the narrow start at 11.30am which ment a very slow start (suited me as my start pace did not change for my whole race).

This must be the first year I've run this race without a Dulwich vest amongst the crowd, last year James ran and previous years I wore Dulwich colours but this year, as last year I was forced to wear my first claim colours (grand prix race). The race is mostly down hill for the first 2K where it meets the 6K loop, yes on the return the last 2K is mostly UP hill (do not listen to anyone who swears Norfolk is FLAT).

This was my first race since Helsinki (unless you count Parkruns), my pace was slow having run the Norwich Parkruns on Christmas Day and the 29th, a bit disappointed with my finish time which I intend to improve on in the coming weeks.

1st	Male Ben Fletcher	unattached	33:04
1st	Female Ruth Senior	CoNAC	37:56
338	Peter Warren	CoNAC	57:50

426 finished

1 disqualification

The challenge of the race

It's always good to beat your PB, win or do well in a race but as we all know there can be more to running than just that. I spotted the following words and felt they could capture the motivations of many a runner, particularly those ageing among us!:

No matter how old I get
The race remains one of life's most rewarding experiences
My times become slower and slower
But the experience of the race is unchanged
Each race a drama
Each race a challenge
Each race stretching me in one way or another
And each race telling me more about myself and others

Last year I ran in all of the 8 Club Championship races (the Grand Slam as I call it!) – rarely winning any awards but enjoying the taking part. I also completed the iconic cross-country at Parliament Hill and experienced an international race in Finland; the Vantaa Half. For me the challenge was to stay fit and healthy to compete in such a variety of races across the 12 months of 2012.

More than anything it was a pleasure to encourage other runners to participate in the Club Championship and the London Marathon. Well done to Stephen Street for completing his first Club Championship last year and to him and Xavier for taking part in their first London Marathon.

Roll on 2013, the next 'international' in Porto and the next 'Grand Slam'!

Barrie John Nicholls

RUNS, RACES AND REPS

To help you prepare for London Marathon (or Paris or Brighton) – 3½ to 4½ hr pace

Including: mid and long distance multi-terrain races, cross country fixtures
Sunday runs at High Elms or Dulwich Park; mile intervals in Dulwich Park
Local Sunday runs will be scheduled on a week to week basis

Date	Event / Distance	Information
Sat 12 Jan	**Surrey League (XC)**	(3/4) **Women** – Mitcham Common, **Men** – Cranford
13 Jan	**6 x 1 mile intervals**	Dulwich Park – 09:30
Sat 19 Jan	**Box Hill Fell Race**	7.5 miles XC – http://sloweb.org.uk/events/boxhill2013/
20 Jan	**Benfleet 15**	Multi-terrain – Benfleet, Canvey Island
Sat 26 Jan	**South of England (XC)**	South of England Champs Parliament Hill
27 Jan	**14 Mile run**	Dulwich Park – 09:30
3 Feb	**Chichester 10k**	Club Champs
Sat 9 Feb	**Surrey League (XC)**	(4/4) **Women** – Denbie's Vineyard, **Men** – Wimbledon
10 Feb	**Wokingham Half**	http://www.wokinghamhalfmarathon.co.uk/
17 Feb	**10 x 1 mile intervals**	Dulwich Park – 09:00
24 Feb	**Tunbridge Wells Half**	http://www.twharriers.org.uk/node/43
3 Mar	**Spitfire 20 / Tempest 10**	Road race – Dunsfold http://www.eventstolive.co.uk/
10 Mar	**Lydd half marathon**	http://www.nice-work.org.uk/events.php?id=15
17 Mar	**Richmond Pk to Bushy Pk**	21 miles road / towpath and parks (+ shorter alternatives)
Sat 23 Mar	**Orion 15**	Epping Forest (Chingford) http://www.orionharriers.org.uk
24 Mar	**12 x 1 mile intervals**	Dulwich Park – 09:00
31 Mar	**HERoS at High Elms 17miles**	Trail run - 09:00 – 09:30 – The Grasshopper, Westerham TN16 2EU
7 April	**Paddock Wood Half**	http://www.paddockwoodac.co.uk/
14 Apr	**tbc – Thames Towpath 10**	Chiswick – http://www.west4harriers.com/
21 April	**London Marathon**	**Blackheath to The Mall**

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

As a Sunday alternative, meet with 'HERoS' (High Elms Runners on Sunday) for a mostly off-road, start from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9am, usually two pace/distance groups, min ~10 miles

For more information contact Steve Wehrle or Claire Steward

For cross country fixtures (Saturdays) contact the Dulwich Runner's XC captains

ParkRuns (5k) take place at 09:00 on Saturday morning at local parks all over the country (incl Dulwich, Brockwell, Crystal Palace, Hilly Fields) – check out http://www.parkrun.org.uk/ for venues and how to register

Alternative Sunday race options:

10 Feb — Meon Valley Plod (21 miles) -Tough (but fabulous) multi-terrain – Portsmouth Joggers http://www.pjc.org.uk/

17 March — Finchley 20 (Ruislip) http://www.activetrainingworld.co.uk/events/2013/03/10/finchley_20

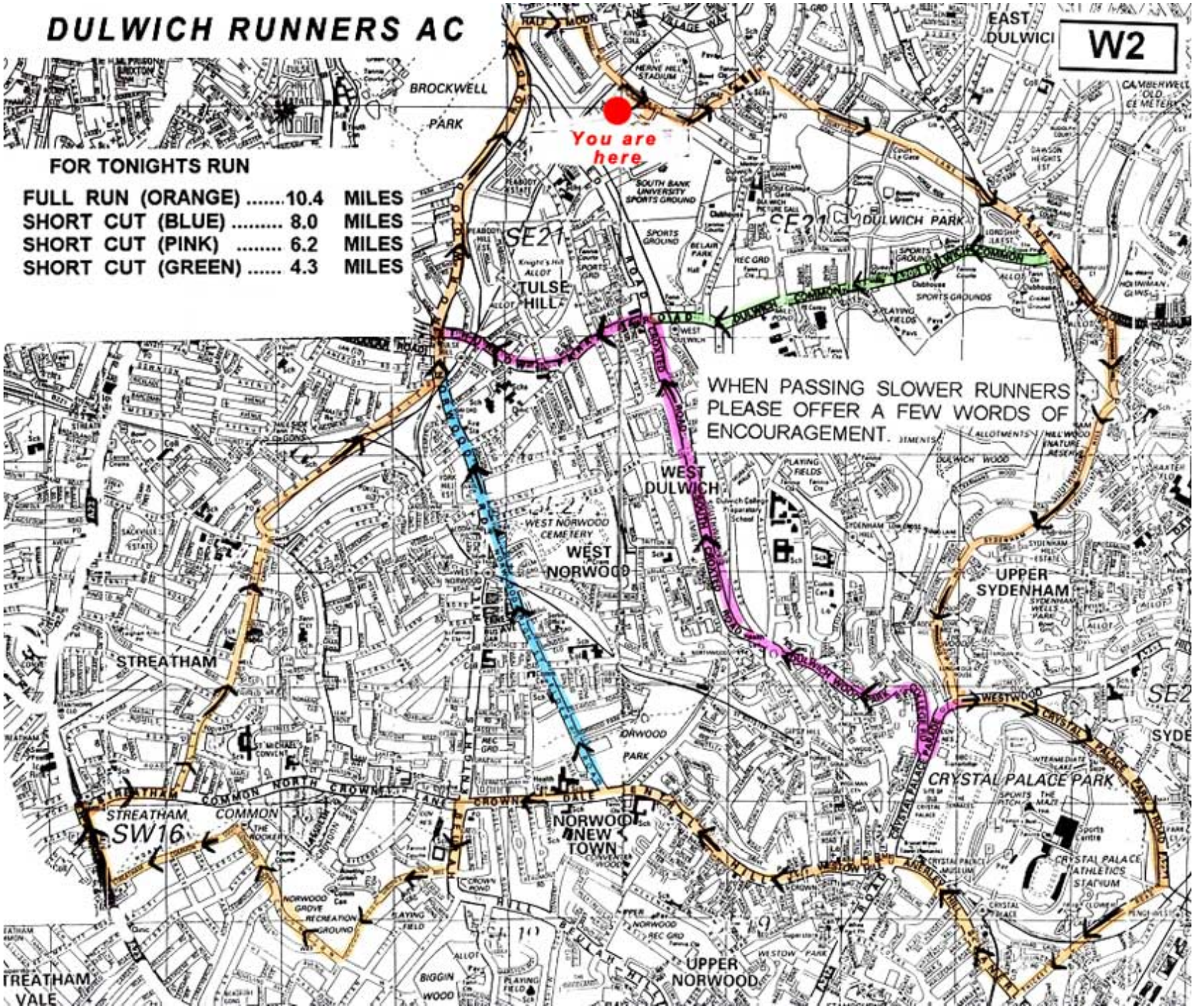
24 March — Hastings Half http://www.hastings-half.co.uk/
Cranleigh 15/21 - Choice of 15 or 21 miles http://www.mabac.org.uk/index.html

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



Directions for Mens Surrey league XC
Live link http://goo.gl/maps/XBYfj or click on map

HOW TO FIND US

By Car

Leave the M4 at junction 3, and then turn south onto to the A312 (signposted Heathrow T4 and Cargo, Feltham, A4).

At traffic signals turn left onto High Street (signposted Heston). At the first mini roundabout bear left and at the second, turn right to Crane Lodge Road.

Free car parking for up to 200 cars.

For 'sat nav' users, our postcode is TW5 9PQ.

Public Transport Links

Rail:

Nearest railway stations:
Syon Lane then H28 bus
Southall then 105 bus
Greenford then 105 bus

Underground:

Nearest underground stations:
Greenford then 105 bus
Hounslow East then 111 or H28 bus

Bus:

105 – From Heathrow Airport Central
(Every ten to fifteen minutes)

111 – From Heathrow Airport Central
(Every twenty minutes)

H28 – From Hayes
(Bulls Bridge)
(Every thirty minutes)

The Concorde Centre.
Crane Lodge Road, Cranford, Middlesex TW5 9PQ
T: 020 8513 2000 F: 020 8513 2002
bookings@baclubs.com