SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 20th February 2013

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

- THE COMING WEEK –

Wed 20 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 26 **Track sessions with Steve Smythe**
Ladywell track http://goo.gl/maps/92zNw
Start 7:15pm, fee £2:60 pay at reception on entry. **Fusion Gym members entry is free**

In your *SHORTS* this week !

3 Fixtures list Cross Country, Club champs etc
5 Race reports etc
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And much more !

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.

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

Annual Renewal Fee Due

***If your membership card has 2013 on it then this does not apply to you !*
Memberships expired on 31st Dec so in order to compete and for your points to count in this year's club champs and other events as a Dulwich Runner you will need to:

RENEW ASAP RENEW ASAP RENEW ASAP
If you have competed in the Club Champs races so far this year but your membership wasn't renewed at the time, your perfomance will not count !

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.

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

A brief look ahead
Mar 10 Lydd 1/2M, club champs
Apr 11 Beckenham assembly league

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

NEW RUNNERS ROTA

Many thanks to **Lindsey Annable & Andy Murray** 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**

Lloyd Clater	**20/02**
Sue Cooper	27/02
Steve Cook	06/03
Kaylee Coxall	13/03

CLUB CHAMPS UPDATE

Dates have now been finalized for the 1 and 2 mile races this summer.
The 2 miles will take place at Dulwich Park on Thursday 20 June, while the Mark Hayes 1 mile will be held at Dulwich College Track on Friday 12 July

SPRING RELAYS

We are planning to enter teams for the Green Belt Relay (GBR) taking place on 11/12 May and the Welsh Castles Relay on 8/9 June. Please note that the 1066 Relay will not be taking place this year.

Both events present interesting, scenic and varied running opportunities as well as being excellent social events. The GBR is largely off-road on riverside towpaths and footpaths, taking in some highly attractive countryside across the Chilterns and North Downs while the WCR takes place mainly on small roads, though some legs include trail sections.

It takes in the whole length of Wales starting from Caernarfon Castle in the north and finishing at Cardiff Castle in the south. In the GBR each competitor runs twice on Saturday and Sunday, while on the WCR you only run once over the weekend. On both relays individual stages range mostly from 8 to 13 miles with differing degrees of difficulty.

The tough hilly stages will be allocated to our strongest runners, though for the GBR when competitors run twice over the weekend, we will ensure that no runner is allocated two tough stages.

We hope to enter two teams of 11 for the GBR and one team of 20 for the WCR. These relays have proved to be popular running, as well as social occasions, so it is in your interest to apply early. If you would like to be entered or require further information, please contact me at mcmann90@yahoo.co.uk – ***Mike Mann***

*RELAYS UPDATE *****

Entries are due shortly for the Welsh Castles Relay. Thanks to those who have expressed interest so far, but we need more in order to be able to submit an entry before the closing date of early March.

We have enough runners to enter one team for the Green Belt Relay, but need more in order to enter a second team. So if you haven't already put your name, check your calendar and let me know as soon as possible if you are interested in one or both relays at mcmann90@yahoo.co.uk

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 CLUB CHAMPS 2013

Our second club champs races is 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 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 at a nearby pub. ***Mike Mann***

ASSEMBLY LEAGUE 2013

This year's series of Assembly League races begins in April. For those new to the club, this is a series of 6 races of roughly 5k in distance open to all members free of charge.
The races are normally held on the first Thursday of the month from April to September, starting at 7.15pm.

The races at Dulwich Park and Battersea Park are both 5k in length, while those at Beckenham are shorter at around 4.5k and at Victoria Park longer at 5.5k.

11 April	Beckenham
2 May	Victoria Park, Hackney
6 June	Dulwich Park (also our 5k club champs)
4 July	Battersea Park
1 August	Victoria Park
5 September	Beckenham

Further information on venues and times will be provided nearer the time. ***Mike Mann***

DULWICH RUNNERS CLUB CHAMPS 2013

Races for next year's club championships have now been selected.

- 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).*

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**

Final Reminder!!!!

Hi All,

Please note that we only have **8 spaces left** on the coach to Lydd so please let me know asap if you would like join us.

First pick-up: 07:00 at **Dulwich Village**
Second pick-up: **Orpington Train Station**
Social: details to follow
Leave Lydd: 15:00 - 15:30
Cost: £16 pp return journey

Currently, the following people have confirmed:

Sue Cooper	Paul Devine
Brendan Greaney	Alastair Locke
Joseph Brady	Stephen Street
Rob Cope	Shona McIntosh
Buzz Shephard	Rupert Nash
Duncan Wilson	Jo Shelton
Mel Edwards	Andrew Bright
Ameet Patel	Elkie Mace
Louisa Pritchard	Claire Steward
Steve Wehrle	John O'Byrne
Ajay Khandelwal	Chap (sorry, I forgot your name!!)
Gary Sullivan	Jim Dowsett
Andy Murray	

Contact me on: susan.cooper@hsbc.com
Many thanks

LUCKY VEST

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

Clapham Chasers Thames Riverside 20 Mile Race or Pace - March 3rd

£10 for affiliated runners. Online entry here
http://entrycentral.com/index.php?raceID=100972

Frank Harmer 10k

Sunday 3rd March in Brockwell Park. Link to further details below:
http://hernehillharriers.org/fixtures-and-results/fixtures/12-frank-harmer-10k-2013.html

FIXTURES 2013

Assembly league races are free and no advance entry is needed, and are open to all club members , just turn up and run

Date		Race		Venue
Feb	23	National Champs		Sunderland
Mar	10	Lydd half marathon	L	Lydd
Apr	11	Beckenham Assembly League		Beckenham Sports Club, Foxgrove Rd
	21	London marathon (or alternative)	L	London
May	2	Victoria Park Assembly League		Victoria Park, Hackney
Jun	6	Dulwich Assembly League 5k (club champs)	S	Dulwich Park
	20	2 Miles club champs race	S	Dulwich Park
Jul	4	Battersea Park Assembly League		Battersea Park
	12	1 Mile club champs race	S	Dulwich College Track
Aug	1	Victoria Park Assembly League		Victoria Park, Hackney
Sep	1	Lingfield (Dry Hill) 10	L	Lingfield (Dry Hill)
	5	Beckenham Assembly League		Beckenham Sports Club, Foxgrove Rd
Oct	5	Trail race, Lloyd Park parkrun	S	Lloyd Park

Masters Fixtures

These are the main British Masters fixtures. The main club event will be the BMAF Road Relay Championships, where we have done well in recent years.

There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too.

Feb 24	BMAF Sth of England Indoor Champs	Lee Valley
Mar 9/10	BMAF Indoor Champs.	Lee Valley
Mar 10	BMAF Half/M Champs.	Lydd
Mar 16	BMAF Champs.	Sunderland
May 18	BMAF Road Relay Champs.	Sutton Park
Jun 16	BMAF 5km road Champs.	Horwich
Jun 23	BMAF 10k track women's Champs.	Oxford
Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 14/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs.	Porte Allegre, Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

Kent Grand Prix and Surrey Road Leagues

As well as the races we select for the Club Championships and the Assembly League races, listed elsewhere in Shorts, we also take part in the Kent Grand Prix and Surrey Road Leagues.

Some of these are designated County Championship races for the given distance, for runners that are suitably qualified. In addition, all runners can accumulate points over the season to compete in the league by age category.

For more details see the following links:

Kent Athletics:http://www.kcaa.org.uk/road%20races.htm

Surrey Athletics:http://www.surreyathletics.org.uk/road/league

Charlie Lound

Kent Grand Prix		**Surrey Road League**	
27 Jan	Canterbury 10m	5 May	Richmond 1/2M
10 Feb	Deal Half	12 May	Sutton 10km
3 Mar	Thanet 20	2 Jun	Dorking 10 miles
7 Apr	Paddock Wood 1/2M	23 Jun	Richmond 10km
14 Apr	Darenth Valley 10k	13 Jul	Elmore 7 miles
tbc	Beckenham 10k	21 Jul	Elmbridge 10km
tbc	Mount Ephraim 10k	11 Aug	Wimbledon 5km
tbc	Kent Coastal Marathon		
tbc	Tonbridge 1/2M		
tbc	Sittingbourne 10m		

VETS AC XC 2nd March

This fixture postponed because of the weather, has now been rescheduled for 2 March and thisdate has now been confirmed.

The race starts at Caeser's Well and follows the usual Vets AC course. The HQ, where changing, showers and refreshments are available, is at the newly refurbished Belgrave Hall, Denmark Street, where you can enter on the day.

Alternatively you can collect your number at the course shortly before the start by sending a cheque for £4 to Editor, 7 Emmerton Court, Wynter Street, London SW11 2 DJ.

Mike Mann

INTERCLUB XC, LLOYD PARK, 2 MARCH

For those of you who fancy a spot of late (and free) cross country, Croydon Harriers are hosting an inter-club cross country race in Lloyd Park on 2 March.

It is a 10k race consisting of 3 laps which avoid the muddiest sections of the park. Note that the re-arranged Vets AC champs at Wimbledon Common is likely to take place on the same day.

Anyone interested and requiring further details, please contact me. ***Mike Mann***

After the race at Parliament Hill I kept thinking of a poem by W. G. Sebald.
I changed it slightly for the occasion.
Ebe Prill

For how hard it is
to understand the landscape
as you pass it by running
from start here to finish there
and mutely it
watches you vanish

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.

parkrun 5km Results, Sat Feb 16th

Brockwell

16 Mark Foster	19:37
18 Ola Balme 1W	19:42
128 Nicola Hill 31W	27:26
168 ran	

Bromley

75 Colin Frith	23:01
297 ran	

Burgess

Chris Vernon writes
Saturday saw me at Burgess Park for my 81st run,the weather was perfect, I had a half decent run and Barry had a stormer.
Many thanks to Lloyd as race director

28 Barry Evans	24:30 1V65 PB
52 Chris Vernon	29:43 2 V65
65 Ran	

Crystal Palace

3 Steve Ackroyd	20:25
12 Josef Danko	21:37
14 Bob Bell	21:41
34 Belinda Bell	24:26 (PB)
42 Claire Steward 11W	25:09
52 Ameet Patel	26:35
88 Ran	

Dulwich

Pbs for Mike, Graham and Stephanie.

11 Sam Crump	19:28
16 Mike Fullilove	19:47 (PB)
30 Graham Laylee	21:30 (PB)
34 Ian Sesnan	21:49
67 Micl Mead	25:17
70 Stephanie Burchill 10W	25:39 (PB)
103 ran	

Hamsptead Heath

26 Andy Murray	22.23 (debut)
42 Ros Tabor 3W	23.50 (debut)

Hilly Fields

7 Ian Lilley	20:26
11 Gary Sullivan	21:28
40 Carolina Lilley 11W	28:19
69 ran	

Riddlesdown

14 Angie Norris 1W	22:06
66 ran	

Valentines 10k, Ewell, February 17

Tony matched his M50 club record from Chichester and fell just five seconds short of his all time PB.

5 Tony Tuohy	34:31 1V/M50)

SCVAC INDOOR TRACK MEETING, LEE VALLEY, 17 FEBRUARY

Taking part in indoor track the day after a challenging 9 mile cross country race was perhaps not the brightest of ideas.

As well as the usual post race aches and pains, my ankles were fragile and quads tight, possibly not unconnected with having to wade through up to 2 miles of horrendous mud at Parliament Hill.

This was a fairly low key meeting with all the age groups thrown in together in one race in both my events.

In warming up for the 800m, I could barely move and considered pulling out, but I was a bit more mobile during some strides, and decided to persevere. After a 78 sec first 400m, which I would hope to maintain in normal circumstances, my pace dipped until the final 100m.

Nicola had her first taste of indoor track later in the afternoon in the 1500m, doing exceptionally well to achieve a PB of over 2 secs. she caught up with me mid race and tucked in behind, notwithstanding my variable pace (fast on the straights, slow on the bends - sounds like one of Steve's reps!). *Mike Mann*

800m

Mike Mann	2:41.6

1500m

Mike Mann	5.26.2
Nicola Richmond	5:27 (pb)

Bramley 20 - 17 February 2013

This was to be the first proper marathon benchmark setter of the year but with 3 laps of Parliament Hill still making themselves felt in the legs from the day before I knew that there wasn't going to be any easy miles in this one.

The training plan had me down for 7 – 6:30 m/miles which I felt quite happy with, well at least the 7 m/miles and I set off on the first 10mile lap looking to bang in some solid 7 m/miles and think about what to do for the next lap depending how the legs felt. The race pace wasn't helped when I was still answering a call of nature as the starter's gun went so I spent the first 3 miles using all my commuter skills to elbow past the masses till I could get some open tarmac and settle into a steady pace.

It was a beautiful course along some quiet country roads and it made a very welcome change to be running in glorious sunshine and on a hard surface (though there were a few pot holes that caught out one or two now bruised shinned runners). I'm even nursing a bit of sunburn after the race though that's not saying much after a dark winter; I get a bit of a tan from standing too close to the toaster.

The first 10 went down well and the legs were still feeling fresh as I crossed the lap line with my watch showing 69mins so I decided to try and put in 5 6:30m/miles and up the stakes a bit. The legs definitely rebelled against the change in pace but thankfully all those Wednesday nights trying to keep Tony in sight up Kirkdale are paying off as the heart and lungs seemed to cope with the speed ok. By 15miles the legs were really feeling it and I was happy to drop back to a 7 m/mile pace albeit not quite as sprightly as I'd felt on the first lap.

While I'm happy that I managed to stick to my pacing especially on tired legs, part of me, as always, feels that I could have, should have gone faster or that it should have been easier. The marathon paranoia begins; knowing that you're ticking off the training plan but also that somehow the 5 miles at 6:30 have to become 26 miles. Maybe it's just a matter of not doing laps of Parliament Hill the day before and eating a few more jelly babies.

104 Alastair Locke 2h 15 27

Brighton 1/2M 17th February

*Clare Quirico writes….*After a foggy start the sun broke through to give a stunning views and perfect conditions down at the sea front. The park and ride buses took us down to Madeira drive, at which point I realised how big the race was, with lots of bottlenecks of people trying to make their way to toilets and bag drop, not helped by the fact that no one could walk to the east without being blinded by the sun.

The race took us on a short loop up into the town which felt slow due to the number of runners, and then opened out as we came back along the front heading east up onto the marina. It was a surprisingly long climb up to mile 4, at which point we turned back west and could relax into the gentle downhill and get into a rhythm.

My race strategy was a risky one: go out at 8min miles (my 10k pace) and see if I can hold on. And up until the 9 mile mark it was going to plan. At that point I was feeling really in need of water, for the first time ever in a race. I'd made the mistake of ignoring the first station at mile 3, not realising there was nothing other than Lucozade until mile 11.

So after a tough and slower mile in which I was overtaken by the 1.45 pacer, we turned back east again and it was just a 3 mile battle to the end. At mile 11, with some water inside me and the realisation that I was definitely on for a PB, I found some energy reserves and managed to quicken the pace again, eventually taking 3m33s off my PB.

Hoping for equally good conditions and a good run in 8 weeks time for the full marathon!
Clare

Chip positions and times:
1846 Clare Quirico 1:46:03 PB
1948 Jon Hyde 1:46:56
7539 finished

South of England XC Championships, Parliament Hill, February 16

The revised event took place three weeks after it should have happened and with it being the week before the National, while the event had great quality at the front, the event lacked its usual depth and numbers were down. The course was exceptionally muddy in places and difficult to get into any rhythm.

Men: 15km

While not quite up to his 10k form, Buzz achieved probably the highest ever men's placing by a Dulwich Runner in this event. Alastair had a steady start and then moved through well, without ever quite hitting the form of the last Surrey League. Steve Smythe struggled with a hamstring niggle and undone shoe laces cost him a minute.

Paul Devine and Ebe Prill had solid runs without quite matching their shorter distance form. Rob Cope chose a baptism of fire for his first cross-country but appropriately coped well. Jose Barretta was well below his capabilities while Robert Balzanella made a good debut.

Mike Mann seemingly used his run as a slow warm up for the track race the next day while Barrie John Nicholls eased around the course.

98 Buzz Shephard	58:15
(199 Alastair Locke	63:01
248 Steve Smythe	65:26
283 Paul Devine	67:37
291 Ebe Prill	68:11
319 Rob Cope	69:44
321 Jose Barretta	69:51
332 Robert Balzanella	70:19
408 Mike Mann	74:15
533 Barrie John Nicholls	97:39

541 finished

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Reigate Priory 10k

This is one race in a series of 10km events which are held in parkland in London and Southern England. The courses normally consist of 4 laps of 2.5 km per lap. In other words a Parkrun held over 4 laps instead of 2.

The conditions at Reigate Priory last Sunday were perfect for running, chilly but sunny, and there was no mud bath like there was at Parliament Hill the previous day, neither did it go up the big hill as we do in the Mob Match, in fact it was (for me) a gentle perambulation on a flat course based on the lake.

As I said it is a series of runs and the next one is on Sunday week at Bushey Park. A good option if you are getting back in racing after a lay off or if you fancy something different.

John O'Byrne 63:57

PS there is an event going around Peckham Rye beginning of May.

Women: 8km

Had we a similar turn out to the last few Surrey leagues, we could have easily won our first ever medals in this event but a much weakened team did well to make the first ten.

Clare Elms, wasn't feeling very well, but not entered for the following week's National, which she had been hoping to do well at, she decided to race here and just did enough to make the top 20 and had she been feeling better, she could probably have been the first woman from the club to make the first ten. She was still first veteran b y a minute. Anna Thomas run well and just missed out on the first 100. Kim eased around to focus on staying injury free while Jo Shelton ran well again to complete the scorers while Louisa Pritchard showed improved form over early season.

18 Clare Elms	31:52
101 Anna Thomas	38:42
114 Kim Hainsworth	39:17
138 Jo Shelton	40:42
142 Louisa Pritchard	40:57

9 Dulwich Runners AC (18 101 114 138) 371

Under 13 Boys race 3km

Having been seventh in the Kent Championships and sixth in the London Schools in his previous best cross-country races and 117th last year, it was a huge breakthrough for Alex to finish just 100 metres down on the winner in seventh in the whole of the South of England in a Kent dominated event that saw them take seven of the top 12 places in the 200 plus strong field and Alex's team Cambridge Harriers took silver medals.

Oscar Hussey was running for Blackheath and Bromley and he was their second scorer finishing in 74th place with a well paced effort.

7 Alex Elms	10:51
74 Oscar Hussey	11:54

204 ran

Well done to all who did the mile rep session last Sunday a.m. in Dulwich park.

Average times were as follows;

Neville Webb	6:07
Ebe Prill	6:16
Jozef Danko	6:53
Ian Sesnan	6:54
Claire Steward	7:13
Colin Frith	7:15
Jo Shelton	7:16
Jo Quantrill	7:32
Paul Keating	7:40
Ameet Patel	7:42
Steve Wehrle	7:44
Patrick Mcmorrow	7:52

Good to see Jo Quantrill join us on a Sunday after some years gap

A 12 x 1 mile session coming up in March, watch this space

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***

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
Feb	24	**Tunbridge Wells Half**	http://www.twharriers.org.uk/node/43
Mar	3	**Spitfire 20 / Tempest 10**	Road race – Dunsfold http://www.eventstolive.co.uk/
	10	**Lydd half marathon**	http://www.nice-work.org.uk/events.php?id=15
	17	**Richmond Pk to Bushy Pk**	21 miles road / towpath and parks (+ shorter alternatives)
	23	**Orion 15**	Epping Forest (Chingford) http://www.orionharriers.org.uk
	24	**12 x 1 mile intervals**	Dulwich Park – 09:00
	31	**HERoS at High Elms 17miles**	Trail run - 09:30 – The Grasshopper, Westerham TN16 2EU
April	7	**Paddock Wood Half**	http://www.paddockwoodac.co.uk/
	14	**tbc – Thames Towpath 10**	Chiswick – http://www.west4harriers.com/
21 April		**London Marathon**	**Blackheath to The Mall**

Races 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:

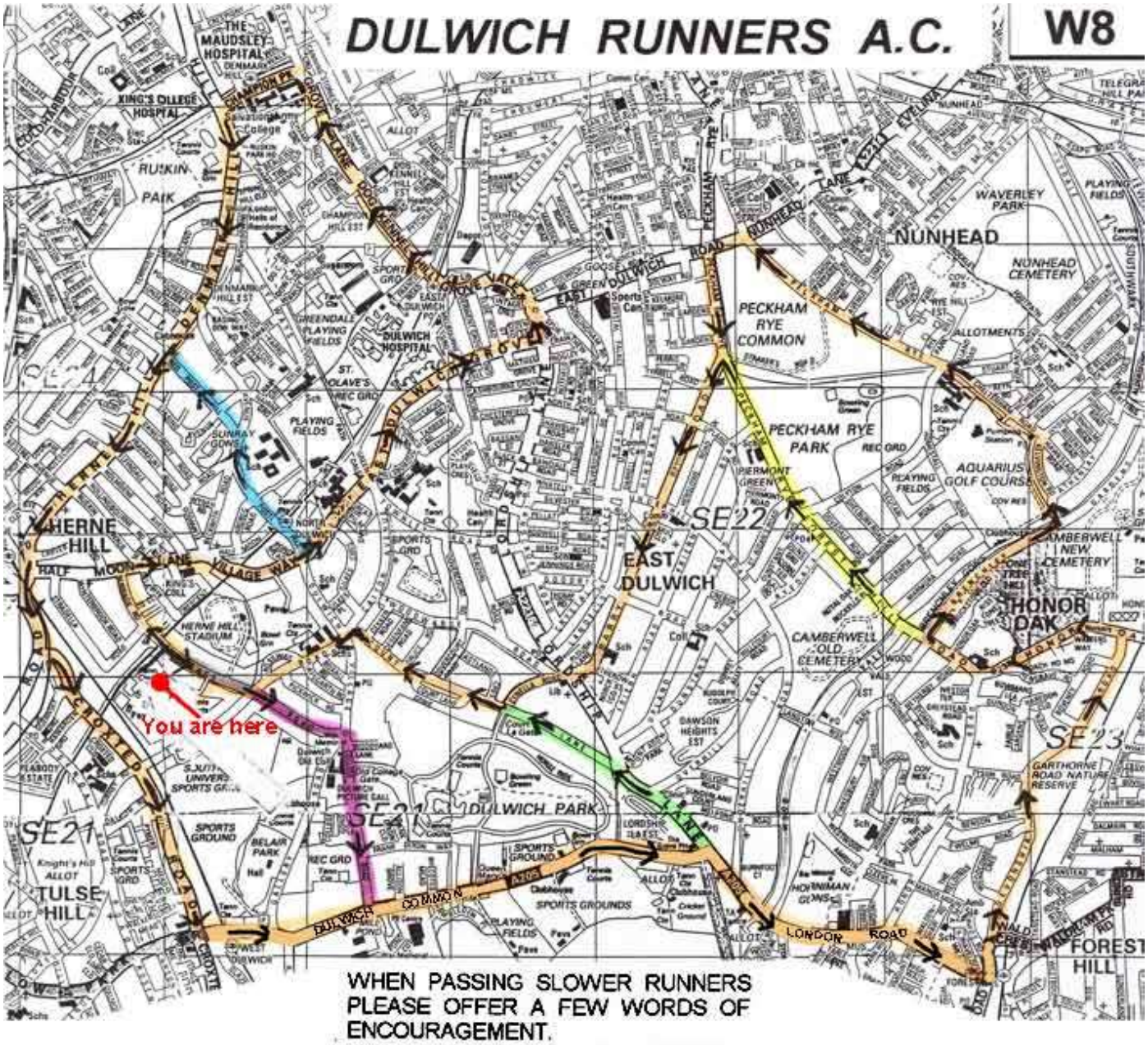
17 March Finchley 20 (Ruislip) http://www.activetrainingworld.co.uk/events/2013/03/10/finchley_20

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

HOODIES

I am waiting delivery of the hoodies. If you haven't paid yet, please can you pay as soon as possible. Cheques should be made out to Dulwich Runners AC. – **Ros**

DULWICH RUNNERS A.C. W8



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)	8.7	MILES
SHORT CUT (PINK)	6.5	MILES
SHORT CUT (GREEN)	5.8	MILES
SHORT CUT (BLUE & GREEN)	3.8	MILES
SHORT CUT (PINK & GREEN)	2.8	MILES

YELLOW CUT REDUCES DISTANCE BY APPROX. 1 MILE