SHORTS

Dulwich Runners AC
Weekly Newsletter
January 22nd 2014

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

- THE COMING WEEK –

Wed 22 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Jan 25 S[th] of England XC champs - Parliament Hill fields

Tue 28 **Track session with Steve Smythe** - £2.50 fee
Crystal Palace Track - 7 for 7:15pm start

In your SHORTS this week !

5 Fixture list, Club champs,XC road, trail etc
6 Race reports results etc
6/7 Box Hill reports
9 Cross country Champs - standings after 4 events
12 Wednesday night running map

And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

TRACK SESSIONS

Crystal Palace Track

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

We pay a monthly fee so it is important as many people use the track as possible so we don't make a loss.

The entry & payment systemsystem has changed.
£2.50 per session
Ideally aim to arrive at 7pm warm up for 7:15 start.
Please see page 2 for full details on track entry and payment system - Steve Smythe.

Dulwich Runners have received an e-mail from the London Marathon re the 10k in London on May 25.
The fastest six male and female runners based on times in 2013 and 2014 up until the first week in May, and subject to fitness, will be entered free of charge by the club. Contact Steve Smythe if you are interested in being part of the team. steve.smythe@athleticsweekly.com

Dulwich Runners Membership Annual Renewals Due

If you have not yet renewed your 2014 membership then you cannot score as a Dulwich Runner in any club races, XC, club champs and any other events you may enter.
You must RENEW ASAP

You will have received either by email or post your 2014 membership renewal reminder.
If you haven't received your renewal form then contact me asap barry@bg1.co.uk or see me at the club on a Wednesday evening
Thankyou to those of you that have renewed

EVENT HORIZON

A brief look ahead

full fixture list **page 6**

Jan 25 S[th] of England XC champs - Parliament Hill fields
Feb 08 Surrey League XC - men & women - Lloyd Park
Feb 15 Mob match - Beckenham Palace Park

NEW RUNNERS ROTA

A big thankyou to **Mike Mann, Andy Murray, Paul Hilton and Susie Labinjoh** for taking out new runners last week.
If you are on the list, 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 as early in advance as possible.
When it's your turn you will recieve a couple of reminders by email
Thanks. – **Ros**

Emma Ibell	**22/01**
Ajay Khandelwa	29/01
Paul Keating	05/02

WEDNESDAY NIGHT £1 RUNNING FEE

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

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is at the back of Shorts.
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 it in the clubhouse- Thanks

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered to scoff after the Wednesday run.
Arrives close to 9 and the 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 !

Rehydration !

Come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

SPRING RELAYS

We plan to enter teams from the club for the Green Belt Relay (GBR) on 17/18 May and the Welsh Castles Relay on 8/9 June. Both relays which take place over weekends present scenic and varied running opportunities as well as being excellent social events.

The GBR is a circular route around the edge of the London area. It is largely off road on riverside towpaths and footpaths taking in some highly attractive countryside, particularly across the Chilterns and North Downs. The WCR takes place mainly on smallish roads but includes some trail sections. It starts at Caernarfon Castle in North Wales and finishes the next day at Cardiff Castle.

In the GBR each competitor runs twice on Saturday and Sunday, while in the WCR you only run once during the weekend. With both relays individual stages range mostly from 8 to 13 miles in length, with differing degrees of difficulty. The tough hilly stages will be allocated to our strongest runners. These are not elite events and are open to runners of all abilities, though a certain level of fitness is required, especially for the GBR where you run on 2 consecutive days.Newly joined members of the club are especially welcome; these relays provide excellent opportunities to socialize.

We hope to enter two teams of 11 for the GBR and one team of 20 for the WCR. These relays have proved popular in recent years, so it is in your interest to put your names down early. If you would like to enter or require any further information, please contact me at
mcmann90@yahoo.co.uk
Mike Mann (on behalf of the Relays team)

DULWICH CHARITY EVENT October/November 2014

Susan Vernon writes:
We are looking for new Dulwich Runner members to join a committee to organise a charity event in Oct/Nov 2014. The Club has put on a Dulwich Charity 10k for the last 28 years and need a new committee to start the organisation of an event in February. We need lots of new ideas so if you are interested, please email me at vernonrun@aol.com.
Many thanks

Crystal Palace Track

The entry system has changed, a Crystal Palace duty manager or a Dulwich Runner will hand out a wristband at reception so you don't need to pay or queue at reception but you will need to pay £2.50 to whoever is doing the club rota at the track. Ideally aim to arrive at 7pm.
You may need ID eg: DR members card or EA/UKA reg card

It might be easier to pay £5 for a further session. It will be £3 if you can't pay. Some of us travel some way to do this so those who live within a few miles should make a special effort to run on what has traditionally been one of the best tracks and athletic stadiums in the world and every top class athlete of the last 40 years has competed on it at some stage. - ***Steve Smythe***

Need a New Year incentive ?

Then read on because Chris Goodman may have just what you're looking for

"How is your new year running going? Struggling for motivation and want to compete virtually against other club members? Some Dulwich Runners have signed up to team 'Dulwich' in the Jantastic challenge, and it's not too late to join.
Charles Lound Ian Sesnan Dave Feasey
Ed Smythe
To sign up and find out more visit www.jantastic.me and join the team named 'Dulwich'"

Full details and how to sign up to Jantastic are on the website – **www.jantastic.me**
Chris Goodman

Bob Bell writes…..

Just in case members haven't noticed the roads under the railway bridges in Rosendale Road and Croxted Road are closed until Sunday 26th January
This may affect your route to the club and may mean a longer journey, even if you are walking or cycling, see attached link http://tinyurl.com/nwljcsd

Post Parkrun club champ brekkie !

With mince pies and turkey sarnies now firmly behind us or at least still firmly on the waist line, thoughts can turn to the first big sporting event of the year; the Brockwell Park parkrun Club Champs race – Saturday 1st February!

Over a testing course this is sure to be a great event and I hope that everyone will turn out in their red and blue striped finest to take part and make a morning of it by coming along to the prize giving and post-run breakfast.

We have an option on the very nice Florence Pub opening early for us for our own private gathering and race debrief. However, not everyone has the minerals to get themselves out of bed and run 5km before 10am and so we need to have a good group of us to go along and relive every bend of the parkrun over a hearty breakfast and warm cuppa to make sure they'll have the doors open.

The options are full English (meaty or veggie) and poached eggs on muffin with bacon/spinach/both.
If you're planning to be there for some top morning grub and a brew can you pop an email to drsocialsec@gmail.com with Yes for Breakfast or some other cereal based propaganda.
Thanks
Al

DULWICH RUNNERS CLUB CHAMPS 2014

We have now finalized the events and structure of next year's club champs. There will be 9 races in total split into 3 distance categories. In order to qualify it will be necessary to complete 5 races in total, including at least one from each distance category.

The structure of awards will be unchanged from recent years. Club vests are compulsory for all events other than the mile. You will need to ensure that your club membership is up to date in order to qualify for points.

Finally you are advised to enter the Tunbridge Wells Half marathon early as last year entries were closed from very early in January. **http://tinyurl.com/mskwjte**

The events are as follows:

1 February	Brockwell parkrun 5k (short)
2 March	** Tunbridge Wells Half (long)
13 April	London (or other) Marathon (long)
5 May	Ted Pepper 10k (medium)
25 May	Rye 10 miles (long)
22 June	Beckenham 10k (medium)
11 July (tbc)	Mark Hayes Mile (short)
31 August	Sevenoaks 7 (medium)
11 September	Dulwich Park 2 miles (short)

Mike Mann (on belhalf of ADSC)
**** According to the host club , entries were closed this year 2 months in advance of the race, so you are strongly advised to submit your entry by December**

Coach to Tunbridge Wells Half Marathon – Sunday 2nd March, 9am race start

It's on!

We'll be organising a coach to take runners and groupies alike to and from Tunbridge Wells for our 2nd club champ race on Sunday March 2nd.
Don't waste tenths of seconds of energy on the brake and accelerator pedal. Let someone else take the strain and get on board the executive DR wagon.
Exact timings for the day TBC but an initial itinerary is as follows;
Pick up: Crown and Greyhound pub, 6:30am
Arrive: Race HQ, 8am
Lunch: Pick up from race HQ at 12pm and very short trip to lunch venue (all welcome to join us there, not just for those on the coach, more details to follow on the venue)
Return: Leave TW 3pm, return to Dulwich
The cost based on 25 people taking the coach is £16 per person.
Of course the more people we have on board the cheaper it will be for all.
Payment details to follow
People that have currently shown interest are

Toby De Belder	Andy Murray	Ed Hill
James Burrows	Per Hedberg	Gary Sullivan 2
Liann Peters	Katie Crowe	Cameron Timmis
Paul Devine	Helen Lister	Andrew Bright
Nicola McIvor	Claire Steward	Ajay Khandelwal
Ebe Prill	Ameet Patel	Edwin McCormack
John English	Sue Cooper	Ajay Khandelwal 2
Chris Loizou	Lindsey Annabelle	Michael Mann
Mel Edwards	Alastair Locke	Laura Long
Jim Dowsett	Barrie John N	Jo Brady
Di Morgan	Louisa Pritchard	Yvette Dore
Ros Tabor	Anna Thomas	
Gideon Franklin	Gary Sullivan 1	

There is still plenty of space available on the coach
If you would like a seat or have any questions please let me know at drsocialsec@gmail.com by Friday 31st January
Thanks
Alastair

Tunbridge Wells 1/2M March 2nd 2014

If you want to take part in the second club champs race of 2014, please make sure you enter soon, and if possible before Christmas.
Last year entries closed very early in January.

Dulwich Runners 2014 Fixtures

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesday club night.

Date		Race		Venue
Jan	25	South of England Cross Country Champs		Parliament Hill Fields
Feb	8	Surrey League Cross Country	Men & Women	Lloyd Park
	15	Beckenham/Striders/Dulwich Mob Match		Beckenham Place Park
	22	National XC Champs		Nottingham
Mar	15	BMAF Cross Country Champs		Tollcross Park, Glasgow
Apr	3	Assembly League		Beckenham - 7:15 start
	13	London (or other) Marathon	(long)	London / various
May	1	Assembly League		Victoria Park, Mile End - 7:30 start
	5	Ted Pepper 10k	(medium)	Bromley, Norman park
	25	Rye 10 miles	(long)	Rye
Jun	5	Assembly League		Dulwich Park - 7:30 start
	22	Beckenham 10k	(medium)	Beckenham
July	3	Assembly League		Battersea Park - 7:30 start
	tbc 11	Mark Hayes Mile	(short)	Dulwich College Track
Aug	7	Assembly League		Victoria Park, Mile End - 7:30 start
	31	Sevenoaks 7	(medium)	Sevenoaks
Sep	4	Assembly League		Beckenham - 7:15 start
	11	Dulwich Park 2 miles	(short)	Dulwich Park

ASSEMBLY LEAGUE 2014

This year's series of Assembly League races has now been decided.
They will take place on the first Thursday of every summer month, venues will be the same as last year.
This summer evening series of races is popular with club members, and all including newly joined members are warmly welcomed and encouraged to participate.
For those that are new to the club these races are open to all standards and abilities, 5k, and free to enter, all you need to do is have a club vest, turn up and run.
If there is any further information regarding these races it will appear here in Shorts as and when it becomes available

3 April	Beckenham	7.15 start
1 May	Victoria Park	7.30 start
5 June	Dulwich Park	7.30 start
3 July	Battersea Park	7.30 start
7 Aug	Victoria Park	7.30 start
4 Sept	Beckenham	7.15 start

INDOOR TRACK MEETINGS

For those vets interested in taking part in indoor track races, the following meetings are scheduled for early 2014

Date		Race		Venue
Feb	16	South of England Masters Indoor Champs	(indoor track)	Lee Valley
	23	EAMA Indoor Inter Area Challenge	(indoor track)	Lee Valley
Mar	8/9	BMAF Indoor Track & Field Champs	(indoor track)	Lee Valley
	25-30	World Masters Indoor Track & Field Champs	(indoor track)	Budapest

Here is some advance information, particularly for the benefit of newly joined members.

We compete in the Surrey League cross country and the men were promoted to Division 2 last season whilst the women remain in Division 1.

There are 4 fixtures during the season, which started on 19 October at Lightwater for the women and Richmond Park for the men (details of other fixtures can be found in Shorts).

Men's Surrey League there's no need to enter in advance; simply turn up on the day although your captain will find it helpful if you could let him know in advance.
Women's Surrey League, we need to enter runners in advance and you should have received an email regarding this.With the first 5 runners scoring for the women and the first 10 for the men , it is important to field as many as possible of our strongest runners.

These and other cross country races are not elite and are suitable for all abilities. They also provide excellent strength and endurance training from which you will reap the benefits, particularly in longer road races.

In addition to the Surrey League there's ar a number of other races during the season, almost all of which take place on Saturdays. These include the London champs in November, two South of Thames races in the autumn, the county champs (Kent and Surrey) in early January, the South of England champs in late Jan and the National champs in Feb.

There's also a number of Masters events. For all these races entry must be submitted in advance, in some cases over a month before the events. Your captains will post details in Shorts and contact regular cross country competitors nearer the time, but it is important to read this information carefully and respond before the deadline given if you want to participate.

The club pays for race entries. We cannot cater for runners who simply decide on the day that they fancy a run, but they are of course welcome to support our runners.

Regarding footwear, you can often get away with road shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country shoes, or alternatively fell or trail shoes become essential.

Please contact your captains if you would like to take part and for any other information regarding the forthcoming cross country season. - ***Mike Mann***

Your Cross Country contacts:
Men - Mike Mann **mcmann90@yahoo.co.uk**
Women - Anna Thomas & Mel Edwards
dulwich.womenscaptain@yahoo.co.uk

SOUTH OF ENGLAND CROSS COUNTRY CHAMPS,25 JANUARY

There are quite a few of you entered for these champs on this iconic cross country course at Parliament Hill Fields on 25 January. It is a great spectacle to watch, particularly the mass start up the long hill, so supporters would be welcome.

Start times are 2.05pm for the women and 2.50pm for the men. Numbers can be collected from your captains on the outside perimeter of the running track. Please make sure you are there in good time as the start area is usually crowded. The course will be muddy and cut up in all the usual places, so if you have spikes, 12mm or 15mm are recommended.

There are showers and changing facilities at the Lido but the better option is the changing rooms near the running track. Afterwards as tradition holds we will be adjourning to the Magdala (2a South Hill Park, NW3 2SB) for post race rehydration. **Mike Mann**

Beckenham/Striders of Croydon/Dulwich Mob Match, 15 February

A 3 way cross country mob match against Beckenham Running Club and Striders of Croydon has been arranged for Saturday 15 February, starting at 2.30. It will take place in Beckenham Place Park on a course similar to that used for the 10k trail race there.

It is suitable for runners of all standards; the idea is to field as many competitors as possible. Further details will be provided nearer the time.

Note that this race will form part of a cross country champs competition (see separate notice in Shorts). - ***Mike Mann***

CROSS COUNTRY CHAMPS

We are holding a cross country champs once again this season. To qualify it will be necessary to complete 4 out of the 6 following races: 3 out of the 4 Surrey League matches plus either the South of Thames 5 miles at Streatham Common on 23 November or the mob match on 15 February.

The prize categories will be the three leading men and women, the first M40, M50, M60, W40 and W50, plus a captain's award. - ***Mike Mann***

Thames Hare and Hounds invite Dulwich Runners AC to take part in our inaugural open 10 km cross-country race 'Dash for the Splash', Sunday 16th February 2014 at 9:30am.

multi-terrain course all the best features of Wimbledon Common, Starting with the famous water splash crossing through Beverley Brook, then taking in other landmarks such as the Toast rack, the Butts, and the Windmill. It's going to be tough, wet, and muddy, and a super challenge

lots of prizes on offer, for individuals, age group winners and also teams (4 runners per team, men, ladies and mixed) and also be a goodie bag for each finisher.

website and online entry system has just opened:
www.dashforthesplash.com
Any race profits to be donated to conservation projects on Wimbledon Common.

Dorchie Cockerell - Club Captain
Thames Hare and Hounds

Race Reports & Results

Nb Steve Smythe will now only send in results for races he attends or arranges for someone else to attend, so to be sure your race results appear in SHORTS you must send them in.

If you can write a report even better, all road, fell, XC, Tri results etc, are welcome .

Box Hill Fell Race - Jan 18
7.5 miles 1700 ft ascent

Hugh Balfour writes:

For my 7th go at Box Hill, I was joined by the intrepid duo of Katie, who had raced it several times before, and Ebe, a Box Hill novice. Knowing the conditions would be treacherous, especially on the descents, I was a bit worried when Ebe told me he planned to run in trail shoes. However a trial on Peckham Rye convinced him to borrow some fell shoes.

After a delayed start, because everyone had to collect their numbers at the registration, we headed up the first climb to the top of Box Hill. Having done no serious running since April, and therefore not being in mid-season form, I started slowly. I overtook Katie on the first descent which I took in my normal "brains off brakes off" style.

So far so good. But when it came to the next descent, things went a bit pear-shaped. It was steep, narrow and very muddy with a few trees to dodge. I lost control quite quickly; crashed through two runners before my legs gave up the unequal struggle and I hit the deck. By the time I got to the bottom, I was completely done in, and started to loose places as we went up the next big climb. Katie overtook me, as did one of my fell running acquaintances who had seen me sliding down the muddy descent, and remarked, "Hugh, this is a running race not a sledging race."

From here on the race became a bit of a personal struggle. I soon lost sight of Katie (Ebe was way ahead), and by the halfway point my watch told me I was 5 minutes down on two years ago. This was not good for morale, but there was little that could be done, as there was simply not enough fitness to speed up. But at least I could keep going, and on the last big climb back up to the top of Box Hill, I kept running and gained one or two places.

The last challenge was provided by the National Trust, who had the brainwave of "improving" some of the paths with a digger! This made the last descent but one more like a ploughed field with rocks than a path, but we all lived to tell the tale and run the final long downhill with something approaching a sprint.

Ebe and Katie both had very good races, and coped with the mud brilliantly. Katie was only 1.19 off her pb, which was a great effort given the conditions. Although disappointed with my time (8.33 slower than my pb in 2012), I was pleased to have done it again, and with even a little training should be quicker next year.

Winning time	49.39
60 Ebe Prill	64.45 (4 M40)
104 Katie Crowe	70.20 (4 W)
115 Hugh Balfour	71.36 (3M55)
257 finished	

Vets Ac Champs, 18 January

There were overall wins for Tony Tuohy and Ros Tabor at the Vets AC Champs held on Wimbledon Common. The race was run on a new 2 lap course of just under 4.5 miles of length, which many found an improvement on the old 3 lap course. Although muddy in places, the course was quite runnable.

Unfortunately numbers were down on recent years and good competition was limited to the M50 and W60 age categories. Less than half a minute split the first 4 finishers but Tony Tuohy was able to open up once he spotted the final turn into the finish, with a 5 second winning margin over the first of 3 HHH runners.

Ros had a bigger winning margin of 14 seconds, facing tough competition from two other W60s. Meanwhile both Mike Mann and Andy Murray had stronger runs than at Reigate the previous weekend, while Graham Laylee and Stephanie Burchill won their respective age categories.

1 Tony Tuohy	26:52 (1st M50)
7 Mike Mann	30:58 (1st M65)
9 Andy Murray	31:23 (1st M60)
11 Ros Tabor	33:27 (1st W60)
15 Graham Laylee	34:21 (1st M55)
20 Stephanie Burchill	43:08 (1st W55)

Mike Mann

Due to a problem with the Surrey league womens results last week Sue Rowlands run of 44:17 was not listed

HI,

Well done to all of the DRs who came to Kent,
And for 2 hours in the morning spent,
Most of their time deep in mud,
Or seeing pond life from close up,
Next Sunday it's back to mile reps,
Eight x one is what you'll get,
Dulwich Park 9 o'clock,
Followed with a coffee stop!
Steve Wehrle

Box Hill fell race (7.5M/1739ft) Saturday 18 January

Ebe Prill reports....

In the German winter countryside as a kid, I did this sledging down a trail me and my friends called the 'Todesbahn' (death-run).

With reckless teenage abandonment we threw ourselves head first on our sledges down a steep narrow barrel of a path with thorny shrubs on one side and barbed wire cattle-fences on the other. If anyone crashed we had a mother of a pile-up and somewhere on the back of my head I still bear a scar from this joyous enterprise.

This Saturday's race vividly reminded me of that 'death-run'. There is a steep little descent not far into the race, that seems to belong more to the Alps than to the Surrey countryside.

Not made easier by the wet and muddy conditions underfoot, it became almost impossible to break your gathering speed on that stretch. Some runners tried clinging to the thorny shrubs on one side of the trail, some tried to mount the bank on the other side, and I was getting dangerously close to the runner in front of me. At the bottom waited a sharp lefthand turn or a tumble into the trees. Luckily I just about got around, quads protesting.

As the event-organizer cheerfully advised: "anyone considering running in shoes that don't have a decent stud on them would be (to quote a former great junior fell runner)"a complete numpty". At this point I should probably thank John English for a very short-notice loan of a pair of fell shoes with the aforementioned decent studs. Life-savers those!

After that the next long uphill was almost a relief. One of the peculiarities of fell racing I found is the way to fast walk up a steep incline with your hands pushing down on your knees (not to be confused with doing the twist though). My rule of thumb became: if a) the runners ahead are walking and b) running myself doesn't get me any closer, then it's time to 'race-walk'.

Helped to save energy and I'm happy to report that anyone running past me on these uphills ran out of steam later on and was overtaken in turn.
Other highlights include an ankle-twisting downhill along a trail strewn with boulders and pebbles in heavy mud, made more interesting by recent digger activity. I followed an experienced old-timer down this one, who fearlessly attacked it. He also encouraged me later on that the little hill with steps approaching would be the last one before the finish. So I raced up it and had the most welcome downhill sprint all the way on glorious grass to the finish. It felt like flying.

I enjoyed this demanding but exciting and well-organized race. Watching the long string of runners, including our little Dulwich contingent come over the crest of the hill and charging down the slope, some gleefully whooping, some with blood on them or caked in mud from tumbles and crashes, but all safely home, was truly a good thing.

Thanks to my fellow Dulwich Runners Katie and Hugh for providing cheerful company, good advice and pre-race prepping (Hugh!) and a nifty lift through London traffic (Katie!).

The post-race shower facilities are grand indeed. And three microwaves to heat your pies. The fallen tree from previous races, which made runners either run around or slide under (Sue Cooper, legend!) is sadly gone now, by the way

parkrun **January 18**

Brockwell

Ola's 28th win at Brockwell. The next best is 16 by the leading man.

10 Lewis Laylee	18:51
24 Ola Balme 1W	19:46
53 Gideon Franklin	21:15 (PB)
76 Nicola McIvor 6W	22:02
Katie Balme 8W	22:42 (PB)
194 Desmond Edwards	25:57 (PB)
240 Sarah Lyness 65W	29:52

274 ran (record)
n

Burgess Park

87 Lloyd Clater	26:22

148 ran

New members especially ! and others....

Could you update your Parkrun profiles to show you are a member of Dulwich Runners AC (if paid up). This will help us pick out all our runners for the championship results on Feb 1 and also for the weekly results.

Crystal Palace

A Record number of runners turned out to see Clare get her 100 T shirt.

Charlie Lound was in a comfortable 3rd place having preferred the hills here over the flatness of Dulwich park as preparation for the club champs in a fortnight's time.

Not so far behind new member, Alexander Dodds, battled with Andy Cottrill for both to finish creditably in the top 15 amongst well over 200 runners.

Alexander's mum, not so new member Clare Wyngard, was both surprised and delighted to be first woman after a really strong run. However their efforts were not enough to secure victory for Team Dodds in their informal challenge with Team Bell ('informal' because I've just made it up!).

Do the maths below and you'll find cumulative times of 68-29 and 67-52 respectively. This was largely due to the present travails of his dad as third counter, still lugging around a good few unwanted Belgian pounds, sorry, kilos, and finishing a few seconds behind another solid effort from Belinda.

3	Charlie Lound	18:16 (PB)
12	Andy Cottrill	20:21
15	Alexander Dodds	20:26 (PB)
52	Bob Bell	22:50
61	Clare Wyngard	23:16
80	Belinda Bell	24:41
81	Mike Dodds	24:47
126	Ameet Patel	27:33

231 ran

Dulwich

8	Edward Hill	17:52
18	Sam Crump	18:41
19	Ian Lilley	18:44 (PB)
24	Chris Goodman	19:02
25	Kevin Chadwick	19:08 (course debut)
39	Ajay Khandelwal	19:54
64	Duncan Wilson	21:36
73	John Fletcher	21:54
102	Kim Hainsworth 8W	23:06
106	Claire Sinka 10W	23:21
142	Claire Steward 19W	25:12
158	Mick Mead	26:07

246 ran (record)

Eastbourne Parkrun

4 Nick Brown 19.06 (1st M55)

Green Point, Cape Town South Africa

Chris Vernon writes

ERRATUM 11TH January

For some reason my 'big birthday bash' last week got moved to Burgess Park from Brockwell.

Thanks to all those who attended and I hope enjoyed the cake especially Di Morgan with a hangover and no barcode.

It was great to run with so many of the Vernon Clan most of whom were making their parkrun debuts. Sons Austin and Piers, daughter in law Michelle, grandsons Jack, Freddie and Louis and of course Sue who was ecstatic at beating me! Others in attendance were Maisy, little Forence and Kat.

Thanks also to the marshals who sang Happy Birthday on each lap.

Our first African parkrun.

Held in a new urban park around the stadium built for the 2010 Soccer World Cup.

A somewhat torturous route with much doubling back but mercifully only one lap.

The Irish race director welcomed us all to 'perfect running weather'(at least 20 degrees hotter than Brockwell last week!)

We had to teach them parkrun etiquette by clapping sponsors(to much hurumphing from the locals) and welcoming to new runners, visitors, volunteers etc.

They are still new to this parkrun lark this being only their 26th run with numbers increasing lately by 50 each week. My 100 club teeshirt was a novelty!

We both found the run a struggle in the heat, Sue more than I, who had done some acclimatisation runs earlier in the week, but we still found ourselves a long way off the back.

Many old friends were in attendance. Cynthia Hayward, Malcolm Marrison (DR founder member but never actually joined) Chris Readman (Chairman of Atlantic AC and our pilot round the Cape on our previous club trips) and Graham Paulson so we had a jolly breakfast in the sun at Seapoint.

The results turned out to be a bit of a mess probably because the finish lacked proper order. I was credited with a time 40 secs faster than my watch and 10 places ahead of Sue when we were only yards apart. She was not happy!

For what they are worth here they are

147 Chris Vernon 33.37 (official) 34.12 actual 2nd MV70

157 Sue Vernon 34.21 (official) 34.17 actual 1st FV 65

Next week another new one which has only been run four times.

Chris Vernon

Hilly Fields

4 Gary Sullivan 21:11 (1M55)

129 ran (record)

Orpington

Clare's fifth win at Orpington and she won overall as Duncan was first man, It was Clare's 69th parkrun victory from 69 starts.

1 Clare Elms 1W	19:20
2 Duncan Hussey	19:47
13 Steve Smythe	22:13 (1M55)
48 Colin Frith	26:49

125 ran

Richmond

A muddy and puddle-ridden course, the highest ever field at Richmond plus his trusty pacer being sidelined by flu meant Barrie went over 25 minutes for the first time in his parkrun career. His plan to do a long marathon training run after the parkrun can't have been conducive to a swifter pace either. But at least Jose Mourinho didn't lose his record at the Bridge though....

139 Barrie John Nicholls 25.15

398 ran

Riddlesdown

Win number 61 at Riddlesdown for Ange and 65 overall.

14 Ange Norris 1W 23:49

61 ran

CROSS COUNTRY CHAMPIONSHIPS 2013 - 2014 MEN

Total of 4 best runs

MUST INCLUDE 3 SURREY LEAGUES

NAME	Richmond 19/10/2013	Wimbledon 09/11/2013	S of Thames Streatham 23/11/2013	Reigate 11/01/2014	Lloyd Park 08/02/2014	Beckenham mob match 15/02/2014	TOTAL	No. of events
Alastair Locke	48	49	50	46			193	
Ebe Prill	44	42	46	45			177	
Ian Lilley	45	43	47	41			176	
Wayne Lashley	50	50		50			150	
Paul Devine		46	48	48			142	
Charlie Lound	47	45		47			139	
Chris Goodman	38		44	37			119	
Neville Webb	39	40		39			118	
Jim Dowsett	33	35		34			102	
Tony Tuohy	49			49			98	
Oli Thurogood	46	48					94	
Sam Crump		44		44			88	
Michael Hutchinson			45	42			87	
Duncan Hussey	42			43			85	
Rupert Nash	43	38					81	
Kevin Chadwick	40	41					81	
John English	37	36					73	
Mike Mann	35			38			73	
Andy Murray	34			36			70	
Ian Sesnan		34		33			67	
Edwin McCormack			49				49	
Dave Beaver		47					47	
Martin Morley			43				43	
Bernard Imber			42				42	
Steve Smythe	41						41	
Matt Galvin				40			40	
Chris Loizou		39					39	
Rob Cope		37					37	
Mark Foster	36						36	
Joseph Brady				35			35	
Graham Laylee	32						32	
Peter Gibbons				32			32	

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£18 each

Hoodies are now available. There are a few left in each size .
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

CROSS COUNTRY CHAMPIONSHIPS 2013 - 2014 WOMEN

Total of 4 best runs

MUST INCLUDE 3 SURREY LEAGUES

NAME	Lightwater 19/10/2013	S of Thames Streatham 23/11/2013	Farthing Down 07/12/2013	Putney Vale 11/01/2014	Lloyd Park 08/02/2014	Beckenham mob match 15/02/2014	TOTAL	No. of events
Katie Crowe	43	48	47	47			185	
Mel Edwards	47	50	49				146	
Charlie Wood	48	49		49			146	
Ola Balme	46		48	48			142	
Michelle Lennon		47	45	41			133	
Anna Thomas	41	45	46				132	
Ros Tabor	40		44	44			128	
Clare Elms	50			50			100	
Shona McIntosh	49		50				99	
Nicola Richmond	45			46			91	
Louisa Pritchard			43	43			86	
Sue Cooper		42		42			84	
Lindsay Annable	37			39			76	
Sue Rowlands	36			38			74	
Sarah Cross		46					46	
Sarah Cross				45			45	
Ange Norris	44						44	
Clare Wyngard		44					44	
Carys Morgan		43					43	
Nicola McIvor	42						42	
Katie Styles			42				42	
Claire Sinka		41					41	
Tereza Francova				40			40	
Claire Steward	39						39	
Joanne Shelton	38						38	
Stephanie Burchill	35						35	

2014 pre London Marathon schedule for weekend runs going through to 13th April .

For further information contact either STEVE WEHRLE or CLAIRE STEWARD

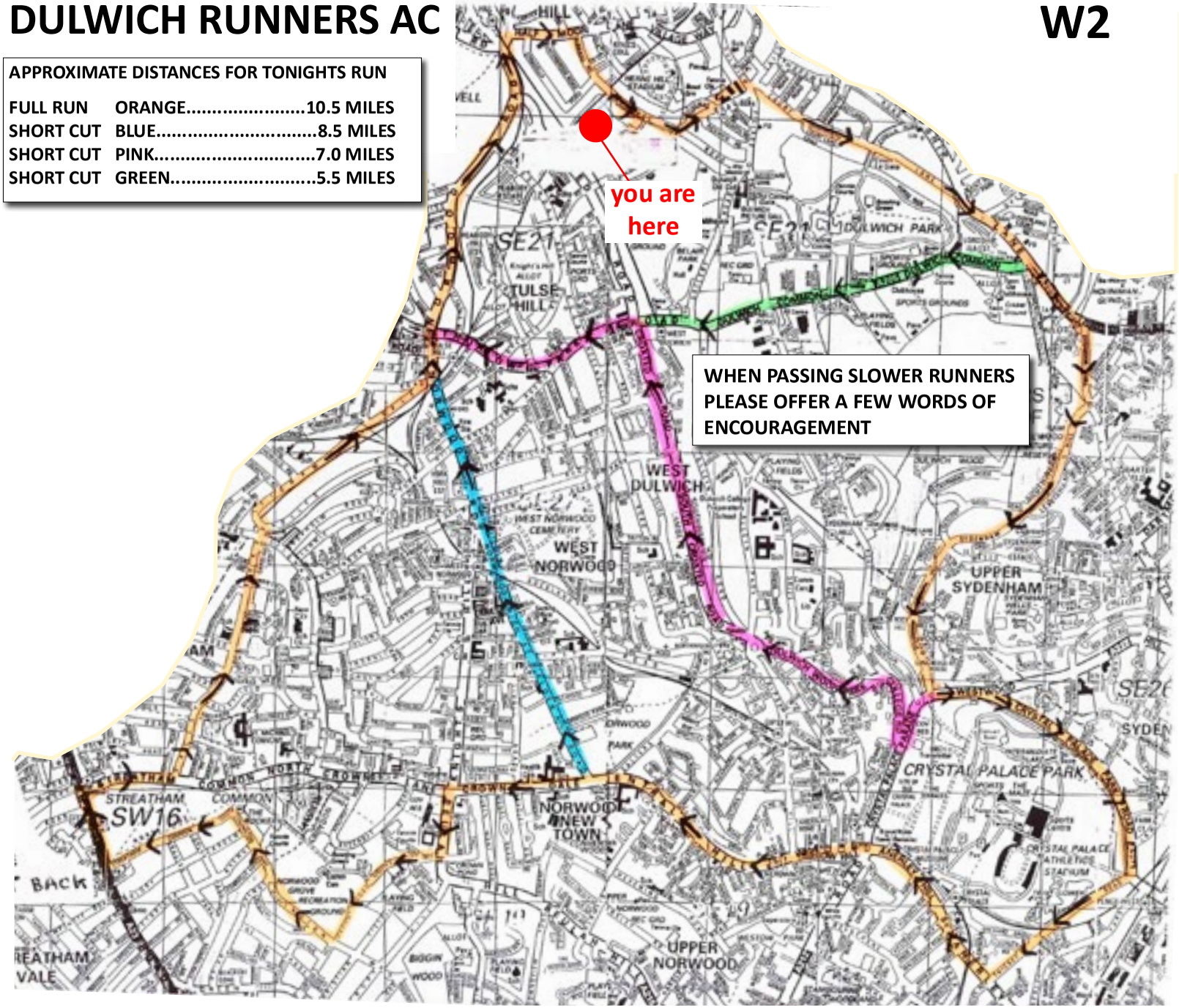
SUNDAY RUNS, RACES AND REPS
(Provisional – dates and events subject to change)
Includes: middle and long distance multi-terrain / road races
Cross Country (XC) Fixtures on Saturdays
Sunday runs at High Elms, Mile repetitions in Dulwich Park
Preparation for London Marathon 2014

Weeks to go!	Date	Event / Distance	Information
11	26 Jan	8 x 1 mile reps	Dulwich Park 0900
10	1 Feb	Brockwell Parkrun	09:00 5km – **CLUB CHAMPS**
10	2 Feb	High Elms	09:00 off road – 15 miles
9	8 Feb	Surrey League XC	Lloyd Park
9	9 Feb	High Elms	09:00 off road- 16 mile run
8	15 Feb	Mob Match XC	Beckenham Place Park
8	16 Feb	10 x 1 mile reps	09:00 Dulwich Park
7	23 Feb	Dulwich Park	09:00 17 miles
6	2 Mar	Tunbridge Wells 1/2M	**CLUB CHAMPS**
5	9 Mar	Richmond Park	09:30 - 22 mile off road run
4	16 Mar	Spitfire 20	Dunsfold Aerodrome(20 mile race)
3	23 Mar	12 x 1 mile reps	09:00 Dulwich Park
2	30 Mar	Paddock Wood 1/2M	Paddock Wood, Kent
1	6 Apr	Easy 10 miles	09:00 High Elms
Zero	**13 Apr**	**LONDON MARATHON**	**CLUB CHAMPS**

The traditional Sunday Dulwich Park runs start at or 09:00 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 9:00
For more information contact Steve Wehrle or Claire Steward
For XC events, contact the Cross Country Captains for further details
(suitable for; 3.15 – 3.50 time long runs with Claire
3.50 -4.30 long runs with Steve)

DULWICH RUNNERS AC

W2

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