SHORTS

Dulwich Runners AC
Weekly Newsletter
February 5th 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 5 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 8 Surrey League XC - men & women - Lloyd Park

Tue 11 **Track session with Steve Smythe** - £2.50 fee
Crystal Palace Track - 7 for 7:15pm start

In your SHORTS this week !

4 Fixture list, Club champs,XC road, trail etc
5 Race reports results etc
7 Brockwell club Champs race - full report and results
9 Other race reports and results and parkruns
11 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.

Track Sessions

There were also record numbers at Tuesday's track session at Crystal Palace too – well over 40 took part in a 5 times one mile session.

BECKENHAM MOB MATCH, 15 FEBRUARY REQUEST FOR MARSHALS

Our 3-way cross country mob match takes place at Beckenham Place Park on Saturday 15 February. We have been asked to provide some volunteers so anyone not planning to run but willing to marshal and provide support, please contact me. mcmann90@yahoo.co.uk
We currently have 6 volunteers but could do with a few more to cover both marshaling and the finish, so please contact me if you are available

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 5

Feb 08 Surrey League XC - men & women - Lloyd Park
Feb 15 Mob match - Beckenham Palace Park
Feb 22 National XC Champs - Nottingham

NEW RUNNERS ROTA

No 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.
Thanks. – **Ros**

Paul Keating	**05/02**
Graham Laylee	12/02
Alastair Locke	18/02

Someone dropped their Oyster card at the track last night, I have it . No distinguishing features, a single Oyster card in a plastic national rail wallet.
I'll be at the club tomorrow. - **Ian Lilley**
(or contact me and I'll pass your details to Ian)

LUCKY VEST

February 5 - 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.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk
for all other club kit please see **page 9**

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)

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**

Next Sundays run on road from Norman park Pavilion at 0900
Bring cash to buy water at Biggin Hill. Approximate distance 15 miles. - **Steve Wehrle**

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)
There has been quite a lot of interest in the Green Belt Relay and if a few more come forward it should be possible to enter 2 teams, including either a vets or women's team, depending on numbers. However we are well short of a full team of 20 for the Welsh Castles Relay and need more to come forward before the entry deadline of early March if we are to enter a team.

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is at the last page 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

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***

Your DR Committee are next due to meet on Monday 10th February.

If you have any matters which you would would like the mittee to discuss or consider, please email me on secretary@dulwichrunners.org.uk by Wednesday 5th February.
Thanks! - ***Clare - DR Secretary***

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

Film Night

Coming to a pub near my house soon
It's not all about training, training, training (…isn't it?).
Take some time out, put the running socks on for a boil wash and venture out of the house without having to wait on the doorstep to locate that satellite.
Join us for a night of blockbuster cinema action, running themed of course (I promise it won't be that youtube clip of the men's XC at Richmond Park, inspiring though it was).
Details out soon

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 Decembe**r

Ola Balme
Sports & Therapeutic Massage

Do you suffer from a sporting injury? Are you feeling the strain from your marathon training?

What could you benefit from?

- Deep Tissue Massage
- Massage to alleviate muscle fatigue
- Massage to prevent injury
- Learning appropriate stretches and exercises
- Maintaining your fitness and well-being

Ola is an experienced Sports Massage Therapist and club runner (completed few marathons).

If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004

ola.balme@btinternet.com

WINE AND WISDOM QUIZ

St Barnabas Hall, Dulwich
Saturday 8 March

I have reserved a table for a Dulwich team of 8. It is an annual quiz in aid of the Children's Society. I think the entry fee is about £8, and that includes a drink, but you have to provide a little food for the buffet supper.

If you are interested please let me know. - **Ros**

Coach to Tunbridge Wells Half Marathon – Sunday 2nd March

!ONLY 6 PLACES LEFT!

Grab one before they're gone!
Send an email to:
drsocialsec@gmail.com
to book your seat.
Please let me know if you can't make the coach anymore so I can give your seat to someone else.

Schedule for the day:

- *Depart at 6:30am from in front of the Crown & Grey hound public house 73 Dulwich Village, London SE21 7BJ)*
  Wheels will be rolling at 6:30 to ensure we get to the race HQ in plenty of time so please make sure you're on board by then.
- *Arrive at race HQ (approx 8am). Race faces on, PBs all round. Good times.*
- *Pick up from race HQ at 12pm for a short trip to the pub for lunch, tales of glory, the hill, garmin lap times and post-race rehydration.*
- *Leave from pub to be back in Dulwich (Crown & Grey hound) for 5pm at latest.*

Payment

Pay on the day so please bring cash or cheque books. With a good take up and a good deal on the coach as it stands the cost is £10 each.

People who have signed up are;

Toby De Belder	*Lindsey Annablel*	*Laura Long*
Mel Edwards	*Katie Crowe*	*Rob Cope*
Liann Peters	*BarrieJohn*	*Andrew Bright*
Di Morgan	*Claire Steward*	*Steve Street*
Nicola McIvor	*AnnaThomas*	*Edwin McCormack*
GideonFranklin	*Chris Loizou*	*Michelle Lennon*
John English	*Sue Cooper*	*Michael Mann*
Per Hedberg	*Ed Hill*	*James Burrows*
Jim Dowsett	*Alastair Locke*	*Jo Brady*
Helen Lister	*Cameron Timmis*	*Paul Devine*
Ros Tabor	*LouisaPritchard*	*Yvette Dore*
Ameet Patel	*Ajay Khandelwal 2*	*Ebe Prill*
Andy Murray	*GarySullivan 3*	

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.

Tunbridge Wells Half 2 March: Place Available

Sue Rowlands is unable to run and is offering her place free to the first taker.
Contact her on: suerowlands47@yahoo.com

Sunday 2nd February Training run

Thank you to Paul Hilton for leading a group of us on a lovely run to Beckenham Place park and back. Using his knowledge of the Green Chain Walk Paul took us through many other parks en route to Beckenham which made for a very pleasant run in the sunshine.

Lindsey Annable and Barrie John Nicholls

pen picture: charlie lound men's road captain

this is the second in a series of occasional articles about members of the club starting with those on the club committee.

At school, cross country was an option for those who didn't want to play rugby, or did want to smoke. I grew to enjoy running on the gentler Derbyshire hills and did get to run for the school. (But still got C3 in my report for PE, whereas someone who'd left the school two years earlier got A1, but I'm not bitter.)

The running boom around the first London Marathon came to Derby and I ran a couple of hilly half marathons in my sixth form on modest training and finished a little either side of 90 minutes. Then: no running for twenty years. Well, not quite: I did play football, and did a bit of running to keep fit around raising a family with three lovely daughters. I got in the habit in my early thirties of running around 10k on a Sunday evening.

Then a friend ran the Dulwich 10k in 45 minutes and I realised I could manage that, so I entered the next year and in 2004, I ran the Dulwich 10k in a bit under 40 minutes, was hooked and joined the club.
The first few years are great for PBs. I knocked about five minutes off my 10k time and over ten minutes off those half marathon times from the early eighties. I initially had no intention of running a full marathon, I thought it was just too much commitment, but after a challenge from friends we tried to get into the 2006 London Marathon. We didn't get in, but this had sparked my interest and I entered the Amsterdam marathon as we had friends we could stay with over there.

This is the only autumn marathon I've done. It is tough training in the summer: I remember on holiday running long runs in Italian hills at 40 degrees. But the race went well and I ran a few seconds over 2:45. I think there's a number of reasons that first marathon went well.

Not having intended to run a marathon, I had done a couple of years training and racing with experienced runners and excellent club coaching. I was also away from London (and pretty naïve about pacing), so not under so much pressure to be cautious. And then there was the fast, flat course, perfect conditions and no injuries.

Once again, I was hooked and I've now run the next seven London marathons. I do have a pretty consistent record: all between 2:40:40 and 2:45:39, which I realise as I write it, is almost exactly 5 minutes. That does mask some ups and downs. On one I pulled a calf muscle at four miles and on another at twelve miles. On another, I decided on the Wednesday that I was definitely not running, but after some emergency physio on the Thursday managed to get round. (That was the slowest one.)

Personal bests are of course rarer now, although my marathon best is from last year and the half marathon best is only a couple of years back. As I've got into the routine of 1,000 mile eighteen-week programmes, the speed over shorter distances has dropped off – although that might be just age kicking in!

So, what's the future plan? Truth is – there isn't one. Of course I will be disappointed when the consistent streak ends, but that hasn't deterred me from going again. I still hope to crack the 2:40 at some point and have similar career goals for half marathon (75 minutes) and 10k (34 minutes), although I may have to concede they are becoming less likely. I will also continue enjoying the literal and metaphorical ups and down of cross country, the club runs, the track sessions (especially the 150s) and of course the club sessions in the pub. If I hadn't joined the club, there's no way I would run as frequently or as much as I do.

I'm also on the club committee as the men's road captain. Some of this involves the administrative tasks such as organising our teams for relays. We also get to influence how the club is run, the events we compete in for our club championships and the races we stage, our policies and how we promote ourselves.

Specifically on the men's side, I think the future looks bright. For example, our cross country record of late shows that rather than relying on a few outstanding stars, we have competition across the squad that gets the team home with a reasonable score.

We also have an increasing number of runners capable of breaking three hours for the marathon. So I'm looking forward to my second decade in the club!

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
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	3miles		Beckenham - 7:15 start
	13	London (or other) Marathon		(long)	London / various
May	1	Assembly League	3.5miles		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	5k		Dulwich Park - 7:30 start
	22	Beckenham 10k		(medium)	Beckenham
July	3	Assembly League	5k		Battersea Park - 7:30 start
	tbc 11	Mark Hayes Mile		(short)	Dulwich College Track
Aug	7	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	31	Sevenoaks 7		(medium)	Sevenoaks
Sep	4	Assembly League	3miles		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	3miles	7.15 start
1 May	Victoria Park	3.5 miles	7.30 start
5 June	Dulwich Park	5k	7.30 start
3 July	Battersea Park	5k	7.30 start
7 Aug	Victoria Park	3.5 miles	7.30 start
4 Sept	Beckenham	3 miles	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

BECKENHAM MOB MATCH, 15 FEBRUARY, REQUEST FOR MARSHALS

Our 3-way cross country mob match takes place at Beckenham Place Park on Saturday 15 February. We have been asked to provide some volunteers so anyone not planning to run but willing to marshal and provide support, please contact me. mcmann90@yahoo.co.uk

We currently have 6 volunteers but could do with a few more to cover both marshaling and the finish, so please contact me if you are available

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

MEN'S SURREY LEAGUE CROSS COUNTRY 8 FEBRUARY

The final men's Surrey League match of the season takes place at Lloyd Park on Saturday 8 February, starting at 3pm (5 miles, 2 laps). The women's match will be held at 12 noon (also 5 miles, 2 laps).
The address is Lloyd Park, Coombe Road, Croydon CR0 5RA. The nearest tram stop is Lloyd Park. From East Croydon take the tram heading for New Addington. There is a small car park at the venue (take a ticket) and plenty of parking in adjacent streets. The course is currently very muddy in places so long spikes or studded shoes would be suitable.
Please make every effort to turn up, particularly if you are one of our regular scorers. We need another solid performance to keep us clear of the two relegation spots
Mike Mann

Surrey Road League 2014

As well as the events we choose for our Club Championships, we are also eligible to compete in the Surrey Road League. Individual positions in the league are determined by the best five scores and you also contribute to the club's position.
As soon as the fixtures are confirmed they will be listed here

For more info go here:
http://www.surreyathletics.org.uk/road/league/index.php?Y=2013&O=R&S=2014
Charlie Lound - Men's Road Captain

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

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

REQUEST FOR MARSHALS

Our 3-way cross country mob match takes place at Beckenham Place Park on Saturday 15 February. We have been asked to provide some volunteers so anyone not planning to run but willing to marshal and provide support, please contact me. mcmann90@yahoo.co.uk

We currently have 6 volunteers but could do with a few more to cover both marshaling and the finish, so please contact me if you are available

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 .

Brockwell Park Run (Inc Club Championships), February 1

With 68 runners, this was by far and away the most successful club championships of all time

It could have been more as some (inexplicably!) chose other parkruns, a few were away or not fit but perhaps could have easily done with a bit more effort. Some thought it a pity that a parkrun on a far from fast course was chosen and therefore PBs were missed out on a a potentially perfect competitive opportunity.

Wayne led the club runners home in second, not far ahead of Paul Devine.

Clare Elms was eaily first woman and won the overall club championships.

The Captain's award went to Jim Dowsett, who showed massive improvement.

- report and stats Steve Smythe

2	Wayne Lashley	17:32	741	(course PB) (One of best ever parkruns to win club champs by finishing second overall.)
4	Paul Devine	17:37	753	(PB) (Just 11 seconds from his Dulwich PB and his best parkrun as continues to improve.)
5	Edward Hill	17:40	746	(PB) (Strong return from injury and finished well)
6	Charles Lound	17:44	805	(PB) (1M45) (Sharpest race for some time as returns to form)
8	Tony Tuohy	17:52	832	(PB) (2M50) (Not at best after half-marathon and long hilly bike ride on same day earlier in week.)
11	Alastair Locke	18:12	712	(PB (Ran well to beat his alltime parkrun PB at Dulwich.)
12	Edwin Mccormack	18:16	706	(PB) (Strong finish but not back to his autumn form yet)
13	Clare Elms 1W	18:20	914	(PB) (Parkrun win number 70 as first woman by over minute and fastest nationally in age group by minute.)
14	Ebe Prill	18:30	804	(PB) (3M50) (23 seconds off his Brockwell best with another good run.)
15	Stephen Davies	18:31	759	(PB) (Best club run to date as improving under marathon training.)
17	Ian Lilley	18:35	745	(PB) (Another setting an all time parkrun PB, beating his best Dulwich time.)
20	Sam Crump	18:42	692	(PB) (Solid run inside 19 minutes in one of first club champs runs.)
22	Rob Cope	18:56	721	(PB) (23 seconds off previous Brockwell best as finished strongly.)
28	Chris Goodman	19:17	669	(19:11 PB) (Close to Brockwell best but didn't quite keep going from fast start.)
32	Kevin Chadwick	19:32	668	(PB) (28 seconds off Brockwell best as finished very strongly.)
34	Duncan Hussey	19:37	740	(PB) (Steady well-paced run and strong finish.)
38	Stephen Smythe	19:42	780	(PB) (1M55) (Slowed by calf pull.)
39	Charlie Wood 3W	19:43	754	(18:57 PB) (Good run after illness and injury.)
40	Toby De Belder	19:43	669	(PB) (First sub-20 Brockwell in club champs debut.)
41	James Burrows	19:44	661	(19:30 PB) (Good comeback run in first parkrun since August.)
45	Neville Webb	19:52	794	(19:18 PB) (2M55) (Not at his very best but strong finish)
46	John English	19:54	747	(PB) (First sub-20 at Brockwell in fourth attempt and another good finish.)
48	Dominic Joyner	19:58	664	(18:12 PB) (Club champs debut and not yet in his good from of a few years ago)
49	Mark Foster	19:59	720	(19:15 PB) (Not at full finess but good finish to break 20.)
50	Gary Sullivan	20:00	768	(19:54 PB) (Fastest parkrun since August as returns to form.)
51	Mel Edwards 4W	20:02	740	(PB) (Return after injury and easily best time on this course.)
55	Ola Balme 5W	20:13	801	(19:11 PB) (38th Brockwell run and steady but not quite at very best.)
56	Oscar Hussey	20:15	700	(PB) (Brockwell debut and not quite in form which saw him run minute quicker in Bromley last month)
58	Ajay Khandelwal	20:19	692	(PB (Almost a minute off best Brockwell run but not quite up to best Dulwich form.)
60	Michael Mann	20:27	820	(18:52 PB) (1M65) (Not at best but easily first in age group.)
63	Jim Dowsett	20:39	661	(PB) (His 126th and fastest ever parkrun and minute off previous Brockwell best and deserved club captain award.)

67	Andrew Bright	20:49	621	(PB) (Not at very best Dulwich form.)
72	Gideon Franklin	21:00	708	(PB) (Improving runner bettered his parkrun best.)
74	Andy Murray	21:03	762	(19:41 PB) (98th parkrun and best Brockwell for close to year.)
77	Susan Cooper	21:06	703	(PB) (Bettered Brockwell best in best run for while.)
84	Cameron Timmis	21:19	655	(21:08 PB) (40th Brockwell run and close to his best.)
85	Nicola Richmond	21:19	733	(20:28 PB) (Not at full fitness yet and produced controlled run.)
86	Emma Ibell	21:20	727	(PB) (Steady race having raced very lightly over winter.)
87	Sarah Cross	21:20	694	(20:57 PB) (Solid first club championships race.)
96	Martin Morley	21:52	746	(21:46 PB) (Returned from Lincoln and just six seconds down on best run here from three years ago.)
100	Duncan Wilson	22:00	676	(20:26 PB) (Easing back to fitness.)
101	Michelle Lennon 13W	22:00	729	(21:38 PB) (70th Brockwell park run and second best ever.)
102	Helen Lister 14W	22:01	672	(PB) (Good club champs debut and first ever parkrun.)
105	Katie Balme 15W	22:07	722	(22:02 PB) (Close to best for improving runner not quite member yet.)
107	Graham Laylee	22:10	699	(21:28 PB) (77th Brockwell park run and slightlu inside average of 22:17.)
109	Ros Tabor 18W	22:16	910	(20:53 PB)(Two minutes up on best parkrun here in last year but not at best.)
112	Bob Bell	22:23	716	(21:34 PB) (A rare run away from Crystal Palace and good solid run.)
117	Laura Lane 19W	22:37	661	(PB) (Eighth parkrun here and easily best time in club champs debut.)
120	Charlotte Boden 20W	22:45	661	(22:19 PB) (19th Brockwell run and well over minute inside average in club debut.)
124	Clare Wyngard 22W	22:52	762	(22:23 PB) (15h Brockwell run and best since 2011.)
133	Hugh French	23:20	576	(PB) (30 seconds best than previous PB from 2 weeks ago for another club champs debut.)
137	Peter Gibbons	23:24	679	(PB) (Best parkrun since 2011 for former club champs regular.)
139	Mike Dodds	23:35	652	(21:56 PB) (A minute up on three weeks ago but not in best form.)
142	Giles Gibson	23:40	639	(21:00 PB) (fastest parkrun since 2012 though well down on best form.)
150	Barrie John Nicholls	23:51	667	(PB) (Best at Brockwell and within 30 seconds of parkrun all-time best.)
153	Kim Hainsworth 29W	23:57	619	(PB) (Running for two and staying fit in 40th Parkrun.)
161	Michael Ward	24:07	643	(PB) (First parkrun for over 2 years and not yet back in best form.)
165	Colin Frith	24:33	632	(PB) (Orpington regular made solid Brockwell debut.)
168	Paul Keating	24:36	585	(PB 23:43) (Club champs regular close to average best.)
171	Lindsey Annable 32W	24:39	650	(PB) (Brockwell best for club champs regular.)
179	Di Morgan 37W	24:59	697	(PB) (Brockwell debut for former women's captain who did well to break 25.)
181	Pip Eastop	25:06	612	(PB (Found course much harder than Dulwich in club champs debut.)
190	Steve Cook	25:26	636	(PB) (Equalled previous best with solid run.)
195	Per Hedberg	25:42	578	(PB) (Solid run minus his renowned ponytail.)
196	Desmond Edwards	25:45	507	(PB) (97th Brockwell run and new PB for improving runner.)
219	Leann Peters 49W	27:45	533	(PB) (Club champs debut and first run at Brockwell.)
231	Sarah Lyness 57W	28:31	???	(PB 27:01) (76th Brockwell run and over a minute inside average.)
235	Barry G Evans	28:56	586	(PB)
268	John O'Byrne	33:19	486	(PB) (Brockwell debut and nb at his best form of the 70s would probably have been in the 16s.)

286 ran (inc 84 women – but nb real third woman a few places ahead of Charlie down as unknown runner.

Club Championships awards

Overall winner:	Clare Elms
Fastest man:	Wayne Lashley
Fastest senior:	Paul Devine
Fastest M40:	Charles Lound
Fastest M50:	Tony Tuohy
Fastest M60:	Mike Mann
Fastest woman:	Charlie Wood
Fastest senior:	Mel Edwards
Fastest W40:	Ola Balme
Fastest W50:	Ros Tabor
Age Graded 1:	Ebe Prill
Age graded 2:	Neville Webb
Captains:	Jim Dowsett

Top age graded

1	Clare Elms	91.45%
2	Ros Tabor	91.02%
3	Tony Tuohy	83.21%
4	Mike Mann	81.99%
5	Charlie Lound	80.55%
6	Ebe Prill	80.36%
7	Ola Balme	80.13%
8	Neville Webb	79.36%
9	Steve Smythe	78.00%
10	Gary Sullivan	76.84%
11	Clare Wyngard	76.17%
12	Andy Murray	76.17%
13	Stephen Davies	75.97%
14	Charlie Wood	75.40%
15	Paul Devine	75.31%
16	John English	74.71%
17	Martin Morley	74.62%
18	Edward Hill	74.62%
19	Ian Lilley	74.53%
20	Wayne Lashley	74.14%
21	Mel Edwards	74.04%
22	Duncan Hussey	74.00%
23	Nicola Richmond	73.26%
24	Michelle Lennon	72.88%
25	Emma Ibell	7266%

Buchlyvie 10km, January 25

Shona is back in Scotland and won this race but was disappointed with the time, though a lot of the race was off-road. She is still likely to be running for Dulwich in the London marathon where we potentially have a medal winning women's team.
She is staying in touch still doing some of the Dulwich track sessions, albeit many hundreds of miles north in Saughton.

1 Shona McIntosh 36:44

Crystal Palace Canter 5K

1 Ian Sesnan 22.38

parkrun February 1

Crystal Palace

8 Andy Cottrill	19:55
66 Belinda Bell	24:41
165 ran	

Dulwich

35 John Fletcher	20:14
136 Mick Mead	25:59

Riddlesdown

12 Ange Norris 2W	24:19

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.

Watford 1/2M - 2 Feb 2014

I thought I would have a go at the Watford half last weekend as a bit of practise for Tunbridge Wells
So after a Sunday engineering works affected journey by tube to watford, I managed to find myself on the start line with about 10 minutes till the off.

The weather that morning was lovely. Blue sky, and a bit of sunshine,(remember what that is) but with a bit of standing water in a few places around on the course.

We finally got going from the start line, which was slow at first, due to the narrow park paths in cassonbury park, but we soon picked up the pace, once we got onto the side streets of sunny watford.
I did not have a time in my mind for the race,but decided to just go with the flow, and run on how I felt at the time.
The course it self was a mix of side roads and country lanes, with a few hills thrown in for good measure, and most of the time traffic free.

I had settled down into a comfortable pace, and around the 5 mile mark, saw the familiar red and blue of a fellow dulwich runner(Katie Crowe)and passed with an encouraging well done dulwich shout, and onwards I went.
A few miles on, and the first bit of standing water was encountered.

A massive river like puddle that was un passable with out getting your feet wet(over your ankles in places)and just thought sod it, trench foot or not, here go's, followed by another ford like puddle even deeper at around the 10 mile mark, with a well positioned official race photographer, looking for some poor bugger(normally me) to make his day.

With about a mile to go, it was back into cassonbury park, and with only a few narrow path's, and a long straight to the Finnish, a sprint on(squelch on),and over the line with a time under 1.40, I was we'll pleased with the mornings effort. **Jim Dowsett**

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

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
9	8 Feb	Surrey League XC	Lloyd Park (men and women) – **Club XC Champs**
9	9 Feb	Norman Park, Bromley	09:00 road- 16 miles
8	15 Feb	Mob Match XC	Beckenham Place Park - **Club XC Champs**
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	12 x 1 mile	09:00 Dulwich Park
4	16 Mar	Spitfire 20 / Tempest 10	Dunsfold Aerodrome(20or10mrace) www.eventstolive.co.uk/
3	23 Mar	Richmond Pk / Bushy Pk	09:30, 22 mile off-road run, Roehampton Gate
2	30 Mar	Paddock Wood 1/2M	Paddock Wood, Kent www.paddockwoodac.co.uk/
1	6 Apr	Easy 10 miles	09:00 High Elms
Zero	**13 Apr**	**LONDON MARATHON**	**CLUB CHAMPS**

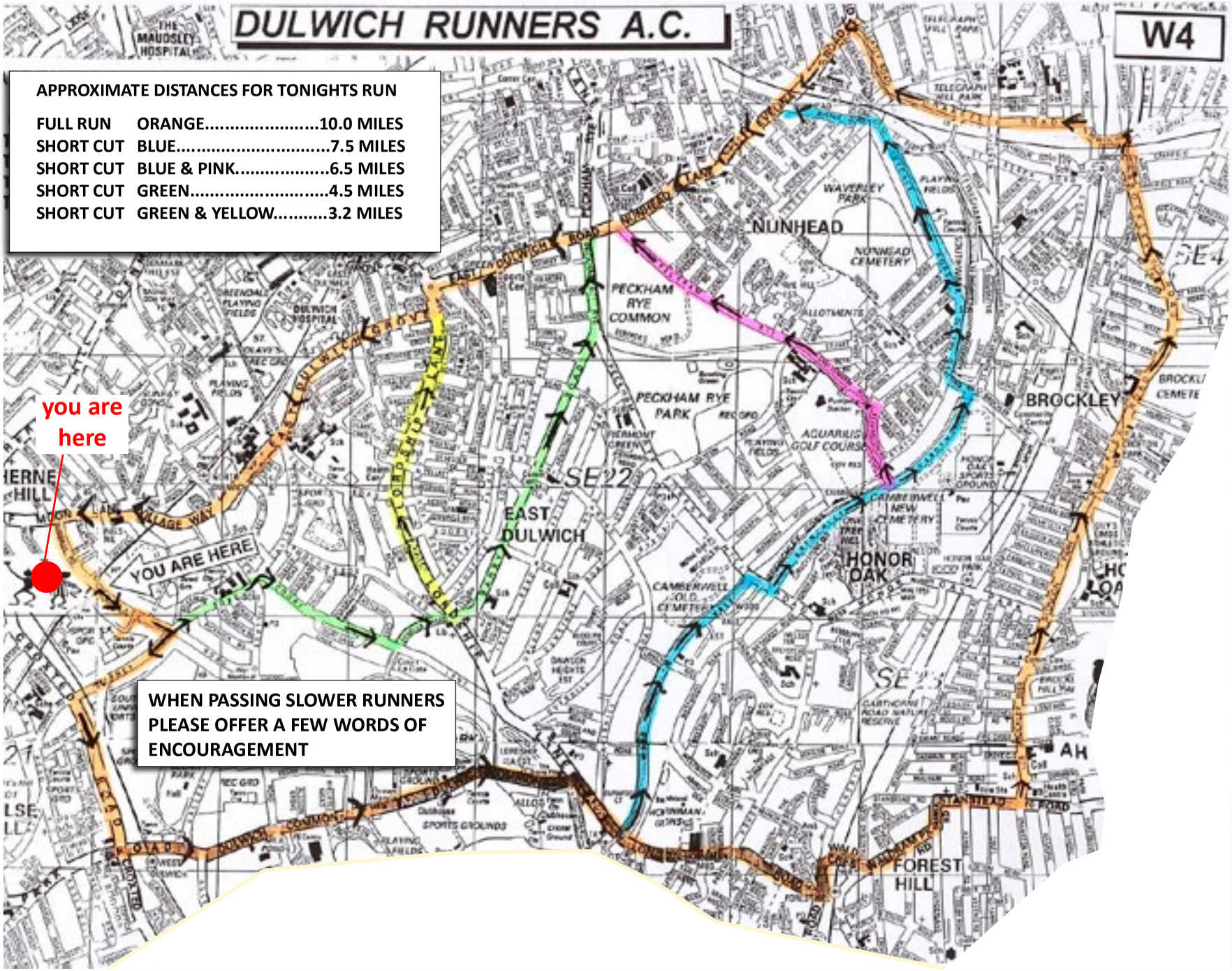
The Sunday runs from Dulwich Park start at 09:00, (suitable for; 3.15 – 3.50 time long runs with Claire
3.50 – 4.30 long runs with Steve)

Sunday alternative, meet with 'HERoS' (High Elms Runners on Sunday) mostly off-road, starting from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9:00 – usually two pace/distance groups, minimum ~10 miles
For more information contact Steve Wehrle or Claire Steward
For XC events, contact the Cross Country Captains for further details

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

DULWICH RUNNERS A.C.

W4

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE	10.0 MILES
SHORT CUT	BLUE	7.5 MILES
SHORT CUT	BLUE & PINK	6.5 MILES
SHORT CUT	GREEN	4.5 MILES
SHORT CUT	GREEN & YELLOW	3.2 MILES