SHORTS

Dulwich Runners AC
Weekly Newsletter
February 12th 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 12 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 15 Mob Match at Beckenham open to all members
Suitable for all abiities and every runner counts - see page 5 for full details

Tue 18 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
6/7 Surrey League, reports and results
8 Other race reports and results and parkruns
14 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.

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

SEE UPDATE ON PAGE 5 FOR FURTHER INFORMATION

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 4

Feb 15 Mob match - Beckenham Palace Park
Feb 22 National XC Champs - Nottingham

NEW RUNNERS ROTA

A big thankyou to **Paul Keating and Peter Gibbons** 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.
Thanks. – **Ros**

Graham Laylee	**12/02**
Charlie Lound	19/02
Chris Loizou	26/02
Patrick Mcmrorrow	05/03
Mike Mann	12/03

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**

LUCKY VEST

February winner Charlie Lound

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)

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.

HI

Well done those who did the 'Sampan 17' mile training run on Sunday.
This coming Sunday, back to Dulwich Park for 10 x 1 mile reps session at 0900, usual place
Cheers - **Steve Wehrle**

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***

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

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	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

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

CROSS COUNTRY MOB MATCH,

This notice provides additional information on the cross country mob match with Beckenham Running Club on 15 February. As the term "mob" implies it is in our interest to field the largest number of runners possible, so all are encouraged to take part (see further details under Rules below). Quantity is more important than quality. So rather than take part in your local parkrun, come along to Beckenham on Saturday afternoon.

Start time and venue

The race starts at 2.30pm at Beckenham Place Park. Registration opens at 1.30pm at the Beckenham Cricket Club, Foxgrove Road, Beckenham BR3 5AS. You should go there to enter and collect numbers.

The plan is to escort runners to the start which is accessed through the Westgate Road entrance to the park. The start is at the top of Crab Hill Field.

Facilities

There are changing room and showers at the clubhouse, as well as a bar, and refreshments should be available.

Course and footwear

For those of you who have taken part in the Beckenham 10k trail race in November, it is a simplified version of that course reduced to around 5 miles. Given the recent weather there will inevitably be mud in places, but it should be a huge improvement on the recent mudfest at Lloyd Park. It is suitable for studded shoes and you may just about be able to get away with trail shoes. There are some stony paths so if you are wearing spikes, anything over 9mm may be uncomfortable.

A map of the couse is on page 13

Rules

This is a team event and there is a strong advantage in each team fielding the largest number of runners possible. It is particularly suitable for those who have limited experience of cross country or have never done it before, and the course is not unduly challenging, so come along and give it a try.

The scoring system works as follows. The number of runners from each team is added up and the last 2 competitors are subtracted from the team fielding the smallest number. Thus if we field 30 runners and the other 2 teams 26, scores are compiled for the first 24 from each team.

The team with the lowest aggregate score wins. First place counts 1, second place 2 etc etc.

Please contact me if you have any questions:
Mike Mann mcmann90@yahoo.co.uk

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 on the email address above 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

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

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 .

MEN'S SURREY LEAGUE CROSS COUNTRY, 8 FEBRUARY

In the final match of the season the men put in solid performance in a muddier than usual Lloyd Park, and there were some excellent individual runs.

Stragglers pulled the stops out, winning the match and gaining a place on in the overall standings, but we should be proud of finishing in 6th position and well clear of the relegation zone by over 200 points.

There were large stretches of sloppy mud and water but most of the course, of around 4.9 miles was negotiable after a fashion. Some modifications were made to the normal course to avoid some particularly difficult stretches. The biggest challenge was the strong and gusty headwind on the final part of the lap, worse than many could remember during a race, making it seem like a long uphill.

Paul Devine led the team home in his best cross country performance to date. Not far behind was Edwin McCormack with a much better run than Parliament Hill, despite not fully recovered from a chest infection. Tony Tuohy had a solid run and an improvement on his Brockwell parkrun performance, and Alastair Locke demonstrated he is on the way back following recent illness.

Wayne Lashley, following his excellent run at Brockwell a week earlier, didn't find the ground conditions entirely to his liking, while Sam Crump close behind has his best cross country run to date. There was then a gap before the last 4 scorers finished, led by Ebe Prill, who continued his recent good performance and then Rob Cope and Ian Lilley who both ran well. Last finisher was Duncan Hussey, slightly down on his Reigate performance last month. Unfortunately Charlie Lound was forced to pull out at the end of the first lap with a hamstring strain.

Duncan "Cry me a (mud) river" Wilson

Amongst the non-scorers, Mike Mann had a better run than at Reigate, while Chris Loizou in one of his rare cross country runs this season struggled with the tricky ground conditions. Jim Dowcett enjoyed himself though was down on his Brockwell performance. Fell running specialist, Hugh Balfour, coming back from injury, managed to come through unscathed, and Chris Goodman close behind was another who found wallowing in the mud a challenge.

He was followed by Gary Sullivan, returning from recent injury. Duncan Wilson took a tumble and finished looking like a competitor from Tough Guy. Andy Murray was down on recent form, suffering from breathing difficulties, and he was followed by Ian Sesnan and Peter Gibbons, who persevered well and finished strongly.

Earlier Oscar Hussey, taking part in the juniors race over one lap of the course, finished with an impressive time of 17:32.

15	Paul Devine	32:05
24	Edwin McCormack	33:00
27	Tony Tuohy	33:17 (1st M50)
38	Alastair Locke	33:36
43	Wayne Lashley	33:46
44	Sam Crump	33:53
65	Ebe Prill	35:11 (2nd M50)
69	Rob Cope	35:30
76	Ian Lilley	35:56
85	Duncan Hussey	36:32
90	Mike Mann	37:03 (1st M60)
94	Chris Loizou	37:24
111	Jim Dowcett	39:19
115	Hugh Balfour	39:33
116	Chris Goodman	39:35
118	Gary Sullivan	39:49
123	Duncan Wilson	40:21
125	Andy Murray	41:04 (3rd M60)
138	Ian Sesnan	43:10
140	Peter Gibbons	43:19

Match Performance 1 Stragglers 325, 2 Reigate 366, 3 Croydon 381, 4 Striders 398, 5 Wimbledon 437, **6 Dulwich 480**, 7 Dorking & Mole Valley 486, 8 Epsom & Ewell 608, 9 Kingston & Poly 614

Overall Final Standings 1 Reigate Priory 1414, 2 Croydon Harriers 1459, 3 Wimbledon Windmilers 1547, 4 Striders of Croydon 1856, 5 Stragglers 1861, **6 Dulwich Runners 1913,** 7 Epsom& Ewell 1961, 8 Dorking & Mole Valley 2137, 9 Kingston & Poly 2232.

- Mike Mann

League awards

In the men's league, Ebe was the overall M50 winner and Mike the M60 winner.

Surrey Ladies League, Croydon

Though a few were missing, clearly other teams also had absentees, as we finished a surprisingly high second on the day but finished fourth overall.

It was another good turn out of 13, the only weakness being we don't have enough women further back. None of the 13 finished in the second half of the field and yet Dulwich Park had 12.
Clare Elms had a very good run and run a time that only three of the men bettered on what appears to be the same course, though struggled a little bit in the last 200 metres. It was still good enough to get her second place overall in the league in the seniors and over 35s.

While many floundered in the muddy conditions, Ola felt strong and came through well and what looks like it might be her highest ever placing of 23rd (and 17th in division 1) which is quite remarkable in doing almost every Surrey league of the last 20 years!

Charlie Wood is still not fully fit but she has been a regular on the country this winter, and she battled on well, and also came through to get a top 30 place. The big breakthrough run came from Katie Crowe. With a previous best of 72nd, she started slowly and moved her way through to 39th for easily her best ever run for the club.
The final scorer was Angie Norris and she ran solidly throughout to finish 63rd and beat all bar Thames Hare and Hounds.

For the B team, Felicity Hawker made a good club debut and finished just ahead of joint captain Anna Thomas, who had one of her better races. Nicola Richmond, did ok for someone focussing on indoor track training and was another to came through.

Michelle Lennon, showed 60 places improvement on the last league at Putney, while Louisa Pritchard achieved her highest league placing close behind. Ros Tabor, another focussing on indoor training, wasn't at her best but recent member Tereza Francova had her best run yet as a Dulwich Runner while Poppy Meadows made a good club debut.

The original results had us finish but missed scoring Katie.

5	Clare Elms	33:35 (4th Div1)
23	Ola Balme	36:08 (17)
29	Charlie Wood	36:40 (23)
39	Katie Crowe	37:14 (28)
63	Angie Norris	38:16 (45)
82	Felicity Hawker	39:13 (59)
83	Anna Thomas	39:17 (60)
87	Nicola Richmond	39:28 (63)
107	Michelle Lennon	40:48 (76)
109	Louisa Pritchard	40:55 (78)
122	Ros Tabor	41:56 (87)
133	Tereza Francova	42:43 (92)
140	Poppy Meadows	42:58 (98)

290 ran

TEAM Div 1: 1 Thames Hare & Hounds 70; **2 5 Dulwich R 117**; 3 Herne Hill H 130; 4 South London H 187; 5 Belgrave H 146;; 6 Hercules Wimbledon 169; 7 Clapham Chasers 186; 8 Wimbledon Windmilers 218; 9 Stragglers 232; 10 Epsom & Ewell 244

Final standings

Div 1

Senior: 1 Grima (W35); 2 Elms (W50); 3 Clark

W35: 1 Grima; 2 Elms (W50); 3 Doyle

TEAM: 1 Belgrave 311; 2 THH 456; 3 Herne H 487; **4 Dulw R 585**; 5 Clapham 666; 6 South London H 836; 7 HW 860; 8 E&E 965; 9 Stragglers 973; 10 Wimb W 1014

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

February 8

Brockwell

97 Clare Wyngard 11W	23:06 (1W50)
115 Giles Gibson	23:37
158 Desmond Edwards	25:51
182 Sarah Lyness 41W	27:37
242 ran	

Burgess

110 Chris Vernon	31:42
127 ran	

Crystal Palace

17 Andy Cottrill	20.10
77 Graham Laylee	22.58
89 Belinda Bell	23.50 (PB)
148 Ameet Patel	26.32
236 ran	

Dulwich

15 Toby de Belder	19:44
19 Robert Tobin	19:58
41 Neil Moriarty	21:41
42 Gideon Franklin	21:42
70 Michelle Lennon 4W	23:02
72 Mark Muffett	23:15
78 Claire Sinka 7W	23:27
124 Mick Mead	26:12
188 ran	

Hilly Fields

7 Steve Smythe	22:34 (1M55)
95 ran	

Richmond

95 Barrie John Nicholls	24.10
334 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.

Peckham Rye parkrun coming soon

I am pleased to announce after a recent meeting with parkrun officials' and working with a parkrun ambassador, my plan for a new parkrun at Peckham Rye park has been accepted and all the funding via the Mayor of London fund has been made available to start this project.

The course will be a 3 lap course around the trail walk which goes past the pond and over the 2 bridges via the Japanese gardens and I can show the map to anyone who would like to have a look

HOWEVER.....

As you know parkrun requires volunteers which is why I am placing this notice to ask if anyone at the club would be interested in being part the core volunteer team.
Parkrun have asked me to submit 10 names of people who would be willing to help occasionally on a rota system and we will need 3 people after myself to become run directors again on a shared rota.

Please email me if you would be interested in helping to get this project started, I have been told we could do this in as little as 2 months once I have a team of helpers

Many thanks

Kevin Chadwick - Kevchadwick@googlemail.com

The mob match on Saturday is the last event in this year's cross country championships !

it's our mob match with Beckenham and Striders of Croydon.
Taking place at Beckenham place park at 2.30pm.
Suitable for runners of all abilities and every runner counts
So please come along and run! meet at Beckenham cricket club from 1.30pm.

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
Alastair Locke	48	49	50	46	47		240
Ebe Prill	44	42	46	45	44		221
Ian Lilley	45	43	47	41	42		218
Wayne Lashley	50	50		50	46		196
Paul Devine		46	48	48	50		192
Chris Goodman	38		44	37	36		155
Tony Tuohy	49			49	48		146
Jim Dowsett	33	35		34	38		140
Charlie Lound	47	45		47			139
Sam Crump		44		44	45		133
Duncan Hussey	42			43	41		126
Neville Webb	39	40		39			118
Mike Mann	35			38	40		113
Andy Murray	34			36	33		103
Ian Sesnan		34		33	32		99
Edwin McCormack			49		49		98
Oli Thurogood	46	48					94
Michael Hutchinson			45	42			87
Rupert Nash	43	38					81
Kevin Chadwick	40	41					81
Rob Cope		37			43		80
Chris Loizou		39			39		78
John English	37	36					73
Dave Beaver		47					47
Martin Morley			43				43
Bernard Imber			42				42
Steve Smythe	41						41
Matt Galvin				40			40
Hugh Balfour					37		37
Mark Foster	36						36
Joseph Brady				35			35
Gary Sullivan					35		35
Duncan Wilson					34		34
Graham Laylee	32						32
Peter Gibbons				32	31		32

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
Katie Crowe	43	48	47	47	47		232
Charlie Wood	48	49		49	48		194
Ola Balme	46		48	48	49		191
Anna Thomas	41	45	46		44		176
Michelle Lennon		47	45	41	42		175
Ros Tabor	40		44	44	40		168
Clare Elms	50			50	50		150
Mel Edwards	47	50	49				146
Nicola Richmond	45			46	43		134
Shona McIntosh	49		50				99
Sarah Cross		46		45			91
Ange Norris	44				46		90
Louisa Pritchard			43	43	41		86
Sue Cooper		42		42			84
Lindsay Annable	37			39			76
Sue Rowlands	36			38			74
Felicity Hawker					45		45
Clare Wyngard		44					44
Carys Morgan		43					43
Nicola McIvor	42						42
Katie Styles			42				42
Claire Sinka		41					41
Tereza Francova				40	39		40
Claire Steward	39						39
Joanne Shelton	38						38
Poppy Meadows					38		38
Stephanie Burchill	35						35

2014 CLUB CHAMPIONSHIP WITHIN AGE GROUPS	Short			Medium			Long			
Name	5k Brockwell 01-Feb	1M DULWICH 11-Jul	2M DULWICH 11-Sep	10K BROMLEY 05-May	10K BECKENHAM 22-Jun	7M SEVENOAKS 31-Aug	1/2 MAR TUN. WELLS 02-Mar	MARATHON LON or other 13-Apr	10M RYE 25-May	TOTAL 5 EVENTS MAX 1,S,M,L +1 for each event
WOMEN SENIOR										
Charlie Wood	50									51
Melanie Edwards	49									50
Sue Cooper	48									49
Sarah Cross	47									48
Helen Lister	46									47
Laura Lane	45									46
Charlie Boden	44									45
Kim Hainsworth	43									44
Leann Peters	42									43
WOMEN V40										
Clare Elms (50+)	50									51
Ola Balme	49									50
Nicola Richmond	48									49
Emma Ibell	47									48
Michelle Lennon	46									47
Ros Tabor (50+)	45									46
Clare Wyngard (50+)	44									45
Lindsey Annable	43									44
Diana Morgan (50+)	42									43
Sarah Lyness	41									42
MEN SENIOR										
Wayne Lashley	50									51
Paul Devine	49									50
Edward Hill	48									49
Alastair Locke	47									48
Edwin McCormack	46									47
Sam Crump	45									46
Chris Goodman	44									45
Kevin Chadwick	43									44
Toby de Belder	42									43
James Burrows	41									42
Dominic Joiner	40									41
Oscar Hussey	39									40
Andrew Bright	38									39
Hugh French	37									38
Desmond Edwards	36									37
MEN V40										
Charles Lound	50									51
Stephen Davies	49									50
Ian Lilley	48									49
Rob Cope	47									48
Duncan Hussey	46									47
Mark Foster	45									46
Ajay Khandelwal	44									45
Jim Dowsett	43									44
Cameron Timmis	42									43
Paul Keating	41									42
MEN V50										
Tony Tuohy	50									51
Eberhard Prill	49									50
Stephen Smythe	48									49
Neville Webb	47									48
John English	46									47
Gary Sullivan	45									46
Mike Mann (60+)	44									45
Gideon Franklin	43									44
Andrew Murray (60+)	42									43
Martin Morley (60+)	41									42
Duncan Wilson	40									41
Graham Laylee	39									40
Robert Bell (60+)	38									39
Peter Gibbons	37									38
Michael Dodds	36									37
Giles Gibson	35									36
Barrie J. Nicholls	34									35
Michael Ward	33									34
Colin Frith	32									33
Pip Eastop	31									32
Steve Cook (60+)	30									31
Per Hedberg	29									30
Barry G. Evans (60+)	28									29
John O'Byrne (60+)	27									28

Best 5 count for year including 1 each short, medium, long. W50's and M60's have separate contests using the above scores.

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
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)

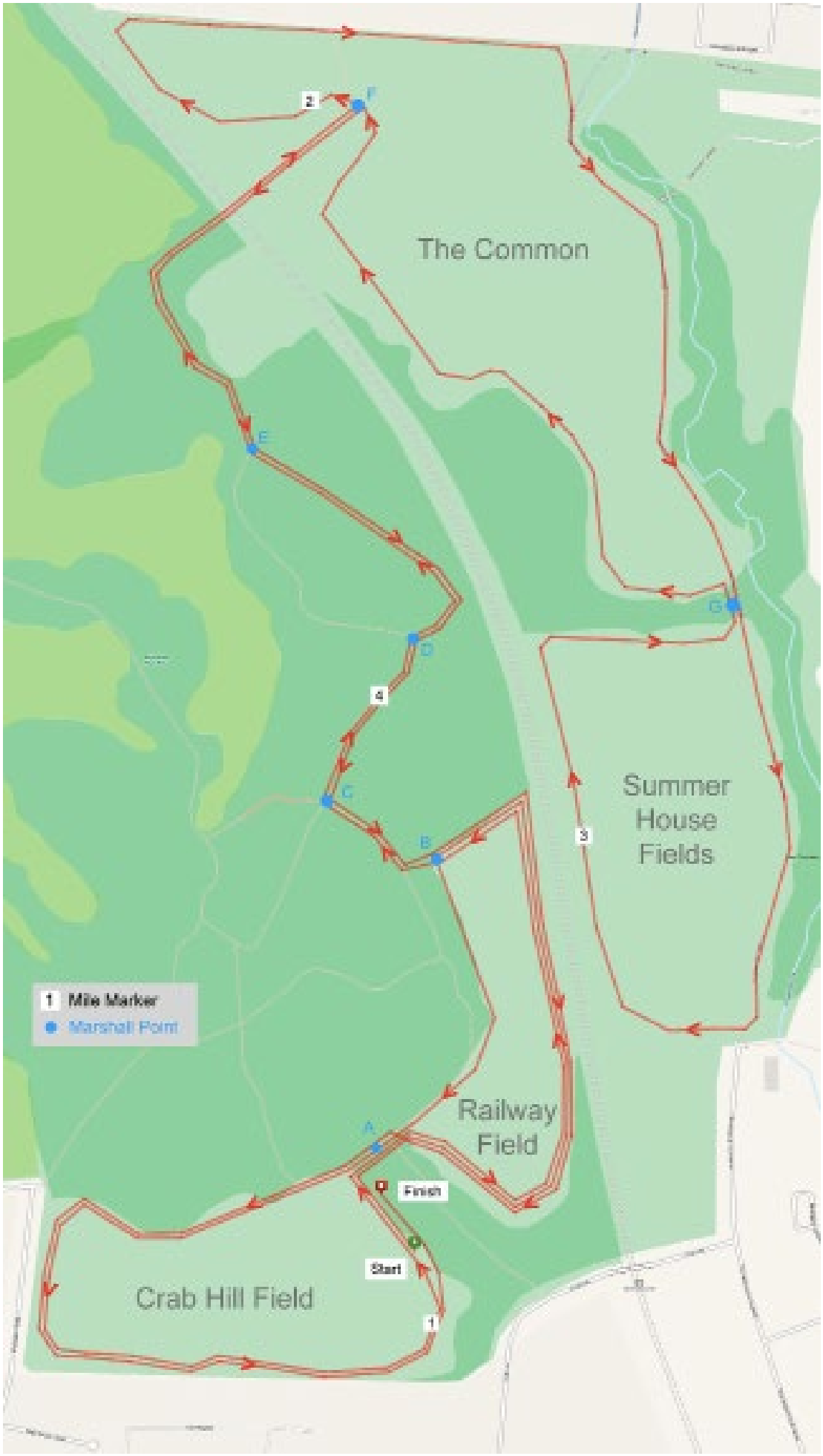
Sunday alternative, meet with 'HERoS' (High Elms Runners on Sunday) mostly off-road, starting from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9:00 – usually two pace/distance groups, minimum ~10 miles
For more information contact Steve Wehrle or Claire Steward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

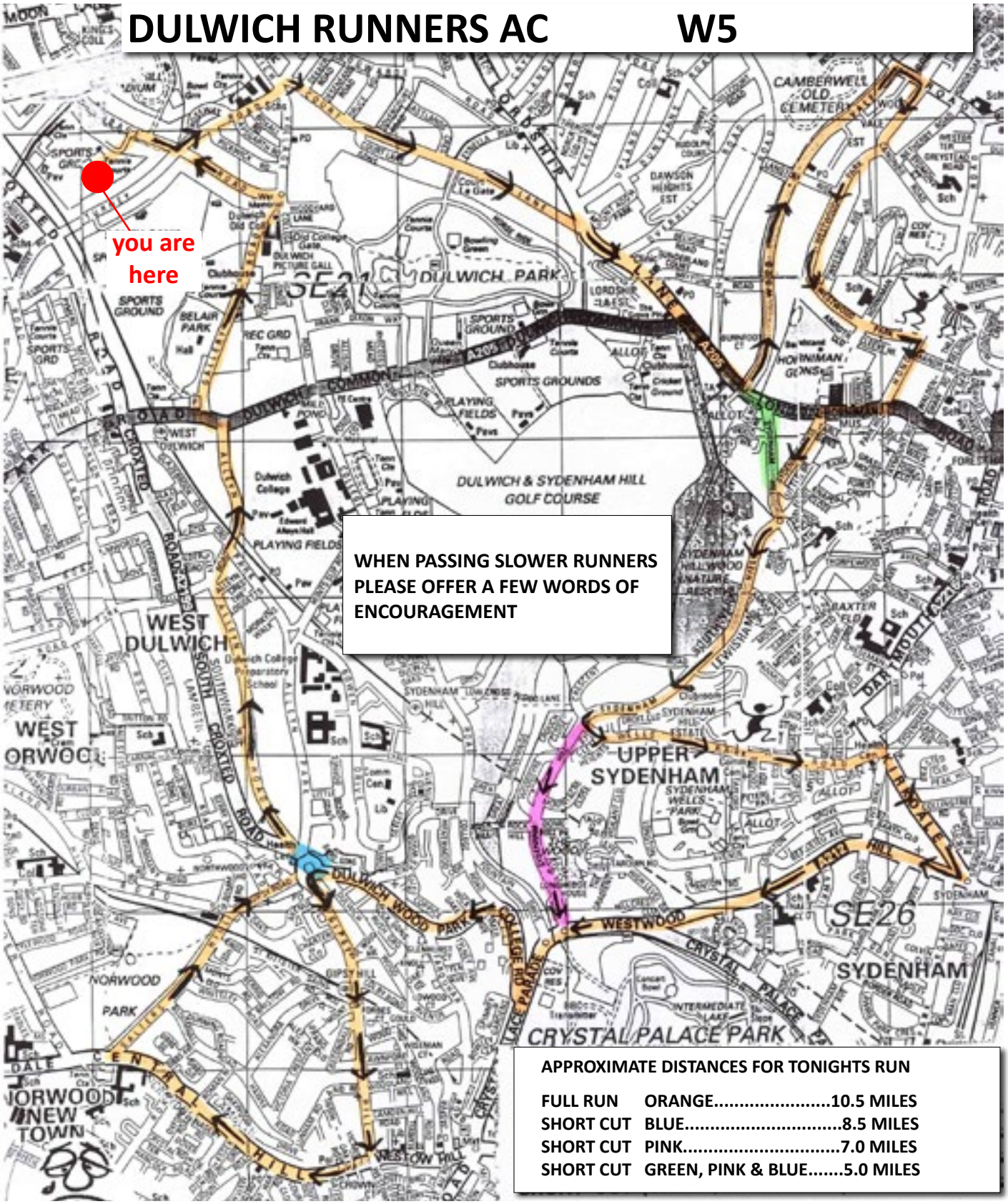
HI

Well done those who did the 'Sampan 17' mile training run on Sunday.
This coming Sunday, back to Dulwich Park for 10 x 1 mile reps session at 0900, usual place
Cheers - STEVE WEHRLE

Beckenham Running Club - 2014 Mob Match Course



DULWICH RUNNERS AC W5



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, PINK & BLUE	5.0 MILES