SHORTS

Happy New Year

Dulwich Runners AC
Weekly Newsletter
January 1st 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 01 **NO CLUB RUN SEE BELOW**
Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Thu 02 *Speed session on the grass of the park and heath – meet 11am at the top gates of Greenwich Park*

Tue 07 Track session with Steve Smythe - £2.50 fee
Crystal Palace Track - 7 for 7:15pm start
IMPORTANT SEE BELOW ABOUT HOLIDAY PERIOD RUNS &TRACK

TRACK SESSIONS

Hill session/track session

NB over 20 people attended the hill session on Christmas eve – sessions resume at Crystal Palace track Tuesday 6 Jan.

Speed Session: Thursday 2nd Jan

This Thursday for those still off there will be a speed session on the grass of the park and heath – meet 11am at the top gates of Greenwich Park

Christmas and New Year Arrangements

Dec 18	Club run – showers & changing no upstairs use or bar due to a private party (see below)	
Jan 1	**No club run**	**clubhouse closed**
Jan 8	Club run	clubhouse open back to normal !

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

In your SHORTS this week !

4 Fixture list, Club champs,XC road, trail etc
6 Race reports results etc
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

EVENT HORIZON

A brief look ahead

full fixture list page 4

Jan	4	Surrey County XC Champs, Denbies Vineyard
Jan	4	Kent County XC Champs, Hythe

NEW RUNNERS ROTA

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**

CLUB CLOSED NO CLUB RUN	**01/01**
Jo Hewett	08/01
Paul Hilton	15/01
Emma Ibell	22/01

Dulwich Runners Membership Annual Renewals Due

Yes, its that time of year again and for most of you that means your current membership expires on 31 st December

In order to compete in next year's club champs and other events as a Dulwich Runner you will need to **RENEW ASAP**

If applicable to you, then 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

NATIONAL CROSS COUNTRY CHAMPS

If you like to take part in the National Cross Country Champs in Nottingham on 22 February, ***now is your last chance.*** Please contact your captains by ***3 January*** if you want to be entered. ***Mike Mann***

Men - Mike Mann **mcmann90@yahoo.co.uk**
Women - Anna Thomas & Mel Edwards
dulwich.womenscaptain@yahoo.co.uk

Marathon schedules

NB Steve Smythe, who is coaching Asics/Runner's World marathoners again this year, is happy to give runners from the club marathon schedules, and other marathon help and advice but runners will need to contact him soon and give some feedback so schedules can be adjusted accordingly. While sub-2:30 to sub-3 hours is his speciality, having himself run around 60 in the last 35 years, anyone of any pace who is willing to train hard is welcome to come for advice. steve.smythe@athleticsweekly.com

ps There are of course plenty of other people to go to for advice the club, and in other local clubs too

Need a New Year incentive ?

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

"Last year I organised a team of regular runners at Dulwich parkrun in the Marathon Talk Jantastic challenge.
This year I've set up a team called 'Dulwich' and would like to extend it to the runners in the club, now that I am a member!

Jantastic is all about setting yourself personal running targets during January, February and March to help stay on track with your New Year's fitness, health and performance goals. Whether you want to improve your personal fitness, set a new PB or are in training for a marathon, Jantastic will help you along the way and keep you motivated.
There are also some amazing adidas prizes to be won including a VIP guaranteed entry to the Virgin London Marathon 2015."

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

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)

LUCKY VEST

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.
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 3**

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***

Good Gym

Personal trainer required
12.5 hours / running coach/
The trainer has these primary responsibilities:
-Organising and running group runs.
-Recruiting runners to be members.
-Developing the fitness of members.
for full details on this position please contact Ajay at ajaykhandelwal2013@gmail.com

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

Coach to Tunbridge Wells Half

Sunday 2nd March 2014

Thanks to everyone who sent a note showing interest in a coach to the Tunbridge Wells half on 2nd March.
It looks like we have enough people interested to make a coach worthwhile so I'll be making enquiries and will have a note in Shorts next week with more details about costs and deadlines for booking a seat.
Have a fun New Year's eve and see you all in 2014.
Alastair - drsocialsec@gmail.com

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 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

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**
***** Note corrected date**

Free Gig Alert !
Sunday 5th January 2014, 4-7pm
Post Christmas Rock Mayhem with English Rogues!

At The Nightingale, 53 Carshalton Rd, Sutton SM1 4LG

Have you got post-Christmas blues? Of course you have, or you're not normal! You definitely need some post-Christmas ROCK! Fed up with the cold and the wet? You need some 'Summer of '69'! Not getting any PBs lately? You need some 'All or Nothing'! Come on, there's nothing wrong with repeating the same old lines.....

I've done most of these 'jokes' before but never mind. Anyway, you've guessed it, English Rogues are short of a drummer again so I'll be dusting down the old thundersticks and giving the kit a sound thrashing. It's all the usual pub-rock mayhem; classic rock/blues tracks by the likes of Eric Clapton, ZZ Top, Rolling Stones, Jimi Hendrix, Bryan Adams, The Kinks, Crosby Stills & Nash, Small Faces, AC/DC, Free, Bad Company, Bob Dylan, Guns 'n Roses, etc., etc., you know what I mean! All with blistering guitar solos from young guitar-god Dan Murphy and over-the-top mad 'Animal' drumming – I can't help it, I don't get out much you know.

So here we go again - exciting, edge-of-your-seat, totally unrehearsed live music guaranteed

And even more baffling, it's an afternoon gig! Do a morning long run (just call me for marathon advice, I know all about marathons.....), scoff your Sunday lunch, then get to Sutton for a 4pm start – and it's totally FREE. You can get all rocked out and still be home in time for the evening telly! What a day!

http://www.streetmap.co.uk/map.srf?X=526436&Y=164198&A=Y&Z=110
Tony 'Thundersticks' Tuohy

Dulwich Runners 2013/14 Fixtures

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

Date		Race		Venue
Jan	4	Surrey Country Champs		Denbies Vineyard
	4	Kent Country Champs		Hythe
	11	Surrey League Cross Country	Men	Reigate Priory (DR to co-host)
	11	Surrey League Cross Country	Women	Putney Vale
	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

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**

CROSS COUNTRY CHAMPS

We will be 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***

Cross-Country tactics – *Steve Smythe*

Pacing at cross-country without mile markers isn't easy so a garmin is useful or at the very least a watch so you can estimate roughly how long you will be racing to gauge your effort.

Getting to a race half an hour early also helps, better to have time to kill than be half an hour late and miss the start! Then you can relax pre race, warm up gently and look over some of the course and check the start ie is it too narrow and is there a need to start faster than usual so as not to get boxed in. You can also check the finish and also what shoes or spikes you need to fit the terrain.

While it isn't easy in your first cross-country races, narrow starts excepting, it is important to be fairly close to what is your intended finishing position after the first mile.

Coming gradually through the field is generally far more rewarding and successful than starting way too fast but it is pointless being 30 seconds down on people who should be your rivals after a mile as you won't make it up if they are a similar ability.

However, run the first mile ten seconds too fast and the chances are you will run the latter few miles 20-30 seconds slower and end up in a far worse position than if you had been more conservative.

Always try and finish strongly, speedwork should help, and try and work out where the last 200m is before the race so you can work out where to start accelerating.

When you finish try and check your time and hear what's called and check who is around you as initial results aren't always accurate and it could help the team if you can provide a time and confirm who you finished just ahead of or behind.

Kent County Cross Country Champs, 4 Jan

For those entered for the Kent County Champs at Hythe on 4 January, please note that the men start at 1pm and the women at 2pm.

The venue is Brockhill Park School and Country Park, Sandby Road, Saltwood, Hythe, Kent CT21 4HL

Surrey Country Cross Country Champs, 4 Jan

For those entered for these champs at Denbies Vineyard, Dorking on 4 January, please note the following details. The start times are 11.15 for U15s, 12.00 for senior women and 1.45 for senior men.

The venue is close to Dorking station. Parking is available at the Friends Provident car park, the other side of the A24. Refreshments are available at the Vinery Cafe

Surrey League Cross Country, 11 January

We are co-hosting the forthcoming Surrey League cross country match at Reigate Priory on 11 January and need to provide 6 marshalls. Could anyone not planning to run and willing to help out on the day please contact me.

mcmann90@yahoo.co.uk

The club will reimburse transport costs

National Cross Country Champs 22 Feb

One of the last events of the cross country is the National Champs, being held this year at Woolaton Park, Nottingham on 22 February.

This is an opprtunity to take part in a race graced by quite a few elite runners, including several who ran in the cross country in Belgrade recently. But it it is not an elite event with many club runners participating.

Anyone wanting to take part or find out further details (both men and women), please contact me. With the senior womens and mens races starting atr 2.20 and 3.00pm, the trip to Nottingham can easily be done as a a day trip and rail fares are quite cheap if booked well in advance.

The closing date for entries is early in January, so I will need names by 3 January

Mike Mann - **mcmann90@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***

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 .

Serpentine Last Friday of the Month 5km, December 27

In unpleasantly wet and very windy conditions, Tony wasn't at his best but still placed highly and was first M50.
Ian Lilley started very fast and hung on well and ran a PB.
Close behind, in her first race as a W50, Clare Elms was easily first woman overall – this was despite pulling a calf muscle and having to ease back slightly.
Because of the Winter Wonderland, the course used wasn't the normal but a two lap route though part of the course was waterlogged and required a minor detour.

5 Tony Tuohy	17:18 (1M50)
16 Ian Lilley	18:19
17 Clare Elms 1W	18:21
20 Ebe Prill	18:45 (2M50)
27 Steve Smythe	19:11 (1M55)

137 ran

Lauriston 5 Mile Multi-Terrain 28 Dec

This annual event takes place on a mixture of gravel and grassy paths on Wimbledon Common with a short muddy stretch with puddles over the first and last 200m. The terrain is quite similar to last week's South of Thames race, though without the boggy downhill stretch.

For some reason, possibly the after effects of Christmas, I started off at a rather sluggish pace and did not come to life until after the first mile, whereupon I picked up the pace together with 8 places during the remainder of the race.

One competitor from HHH who I had passed earlier, came past me at the beginning of the final 200m stretch. This led to a sprint finish in which I narrowly lost out splashing through the mud and puddles, much to the dismay of those embarking on a post Christmas walk in the sunshine.

Mike Mann 34:03

Cambridge Harriers 7.5M Cross-Country, Bexley, December 28

11 Steve Smythe 52:49 (1M55) (4 secs quicker than 2012 though this year six felled trees to clamber over)

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

December

Burgess Park 21st Dec

Good weather for a midwinter run. Met a previously keen DR Sarah Hind who sends her best to all her old running mates. She lives near Burgess with her two small children and despite a lack of practice managed 25.51. Lloyd once again doing stalwart duty on the marshalling.

61 Chris Vernon 32.01
74 ran

25th December

Banstead Woods

4 Tony Tuohy 17:57 (1M50)
150 ran

Brockwell

8 Lewis Laylee 19.20
15 Andy Cottrill 20.22
26 Graham Laylee 22.32
36 Bob Bell 23.29
37 Katie styles 23.45
40 Belinda Bell 24.13
75 Sarah Styles 28.23
91 Ran

The "Bell" family and a few others then went onto to Dulwich but as only one run counted they were asked not to scan but positions were

Dulwich

A good gathering of DR's some doing their second run of the day as Brockwell was at 9am but for some reason only one score was allowed to count in the results. Yours truly had another pathetic run coming 98th out of 99 in 33.48 thus missing out on the prize for 10,00th finisher at Dulwich by a couple of places.

7 Stephen Davies 18:52
14 Andy Cottrill 19.49
26 Paul Hodge 21:21
28 Sue Cooper 2W 21:30
44 Kim Hainsworth 3W 23:01
46 Bob Bell 23.09
47 Clare Wyngard 4W 23:13
50 Mike Dodds 23:40
53 Duncan Wilson 24:16
62 Belinda Bell 24.20
77 Ameet Patel 26:24
87 Stephanie Burchill 13W 28:22
98 Chris Vernon 33:48
99 ran

Eastbourne

5 Nick Brown 19.21 (1st M55)

Greenwich

Win number 66 for Clare.

4 Clare Elms 1W 19:47
6 Steve Smythe 20:38 (1M55)
98 ran

Hilly Fields

4 Mel Edwards 1W 20:20
7 Ian Lilley 20:40
8 Gary Sullivan 21:36 (1M55)
81 ran

Hull

Last year on Christmas day I ran 20:37 at Hull parkrun which at that time was my fastest 5k! One year later I was running my Second Hull parkrun again on xmas day and I ran 1:16 faster although I was disappointed with this time as I expected to run a sub19 and possibly gain a new all time 5k PB.

The course is 2 laps all on flat smooth tarmac and is perfect for running PB's on, perhaps I had to much to drink on Xmas eve is my only explanation for struggling on this fast course

8 Kevin Chadwick 19:21 (course PB)
140 ran

28th December

Brockwell Park

16 Paul Hodge 21:19
66 Sarah Lyness 22W 28:13
83 ran

Crystal Palace

6 Andy Cottrill 20.24
27 Bob Bell 22.56
46 Belinda Bell 24.20
72 Ameet Patel 27.06
78 Penelope Bell 19W 28.11
125 ran

Dulwich

7 Ebe Prill 18:22
9 Lewis Laylee 18:27
10 John English 19:01 (PB)
21 Mike Fullilove 20:32
38 Susan Cooper 2W 21:45
44 Gideon Franklin 22:04 (PB)
46 Graham Laylee 22:14
59 Clare Wyngard 5W 23:21
63 Mike Dodds 23:32
79 Emma Ibell 7W 24:51
101 Mick Mead 26:47
124 ran

Greenwich

4 Steve Smythe 20:38 (same time as xmas day) (1M55)
10 Alex Elms 22:02
84 ran

Gunnersbury

6 Nick Brown 19.30 (1st M55)

Hilly Fields

5 Kevin Chadwick 20:57
77 ran

Roundshaw Downs

Freddie Vernon's first parkrun aged 8

Three generations of Vernons ran for the first time, a proud moment. Michelle led us away on a very muddy and slippery course, half way round the first lap Freddie turned round and ran back to me with words of encouragement before running off to catch his friend and Mum up! The youngsters took a bit of a short cut so as to finish with mum but it did not matter as they enjoyed the experience.

56 Michelle Vernon 29.42
58 Freddie Vernon 29.46
88 Chris Vernon 38.29 all time pw
92 ran

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
14	4 Jan	Surrey XC champs	Denbies Vineyard
14	5 Jan	Tadworth 10	Epsom Downs – off road
13	11 Jan	Surrey League XC	Reigate & Putney
13	12 Jan	6 x 1 mile reps	Dulwich Park 09:30
12	19 Jan	High Elms	09:00 off road with HEROS- 14 miles
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)