SHORTS

Dulwich Runners AC
Weekly Newsletter
November 25th 2015

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

- THE COMING WEEK –

Wed 25 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 01 Track at Crystal Palace Arena 7 for a 7:20pm start £2.50 per session

TRACK SESSIONS

Crystal Palace Track

- Excellent for building speed,stamina and endurance
- Go to reception, tell them you are with Dulwich Runners. Allow 10 mins to get from there down to the track
- Pay Ros £2.50 on the track, do not pay at reception
- Elkie will commence a warm-up around 7pm and the main session will start approximately at 7.20pm.

Suitable for all standards

Thurdays morning sessions

And there's also speed sessions taken by Steve Smythe. Usually starting between 11:15 - 30 in various local parks.
There is no fee. Suitable for all standards.
Interested ? then email steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

- Sign the attendance register and pay £1.
- **We need the money to help pay for clubhouse hire, map printing etc.**
- **We use the register to compile the new runners' rota, so please write legibly.**
- **We also like to keep an accurate record of weekly attendance.**

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE
Thank you. - Ros

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 !

After your run 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)

In your SHORTS this week !

1... General information
2... Club kit, social events etc
2... 2015 Dulwich Runners Club Champs races diary
3... All things Cross country
4... Fixture list, club champs,XC, road, track
4... South of Thames 5
7... Parkrun results...100 in a 100 for Clare !
8... Annual Turkey Trot entry form
9... Wednesday night routes 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**

Dec 5 Kent Masters - Sparrows Den
Dec 6 Pirie 10 Xc - Farthing Down
Dec 12 SEAA Masters - tbc
Dec 19 South of Thames 7.5M Xc - Tonbridge

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to: **Natalie Davys, Gary Sullivan and Andy Murray** 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**

Yvette Dore	**25/11**
Sharon Erdman	02/12
Paul hilton	09/12
Emma Ibell	16/12

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on 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

SOCIAL SPOT

Dulwich Runners Christmas Party

The Plough - Saturday 12th December

Get your dodgy Christmas jumper and your dancing shoes on for the one you've been waiting all year for!! Bar, music, food (menu TBC - veggie option) and club awards.

Let me know if you are a veggie or have any dietary needs.

Tickets are £15 but will go up to £18 from Thursday 26th November and the final deadline will be Wednesday 2nd December.

Pay on a club night or transfer your festive pounds to:
Matthew Ladds - Santander ref your name
Account: 34933412
Sort Code: 09-01-28
Any queries then just give me a shout.
Many Thanks - Matt matthew.ladds@uk.zurich.com

I'll be down the club tonight and from Thursday 26th the price goes up to £18pp

Those going so far.....

Barry Graham	Chris Loizou	Clare Wyngard
Des Ed	Tim Bowen	Cameron Timms
Ros Tabor	Graham Layley x 2	Helen Lister
Andy Murray	Mike Mann x 4	Lucy Clapp
Steve Smyth	Tony Touhy	Katie Crowe
Laura Lane	Elkie Mace	Ameet Patel
Jim Dowsett	Mel Edwards x 2	Stephen Cool x 2
John O'Bryne	Charlie Lound	Clare Elms

ANNUAL CHRISTMAS HANDICAP TURKEY TROT

The traditional way for a Dulwich Runner to celebrate Christmas with his or her clubmates is to go to the Christmas party on the Saturday night, and then follow it up by running in the handicap race in Dulwich park the next day. It's the best way to get over that hangover!

This year's race will be on Sunday 13th December at 10.00 in Dulwich Park.

The race is approximately 5k (3 laps of the park), and run as a handicap with the first runner over the line winning a prize.

It is a fancy dress race, and this year I would like you to dress as CHRISTMAS ELVES.

After the race we usually go to the cafe in Dulwich park for coffee.

Entry form is near the end of Shorts, and if you need more information, please contact me. ros.tabor49@gmail.com

Thanks - Ros

DULWICH RUNNERS CLUB KIT

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

Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk
With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

New !!! Dulwich Runners SOCKS

only £5
They will be at the club on Wednesdays,thanks - Ros

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

HOODIES

Thanks for all who responded, and asked for a hoody.
The order has been sent off and I am expecting delivery in about 2 weeks
Thanks Ros ros.tabor49@gmail.com

LUCKY VEST

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.tabor49@gmail.com

The cross country season is now upon us with fixtures taking place on most Saturdays up to late February. Here is some advance information for the benefit of both newly joined members and regulars.

We compete in the Surrey League and this is the club's main priority, with the men in Division 2..... There are 4 fixtures during the season starting on 10 October with the women at Roundshaw Down and the men at Wimbledon Common. Further details regarding individual fixtures will be posted nearer the time. Details of other Surrey League fixtures can be found elsewhere in Shorts.

Event distances in the men's Surrey League races are approximately 8k, while the women's races start at 6k, increasing to 8k later in the season. Distances in other races vary, increasing in the New Year to 12k or over for the men and usually around 8k for the women.

For the men's Surrey League, theres no need to enter in advance or pay; simply turn up on the day in good time to register and warm up.Please don't turn up at the last minute as it will stress out your captain and yourself.

With the women's Surrey League, Ange has sent an email to all ladies to enter runners in advance. If any lady still wants to run but has not replied it is not too late as there are some places on the day but do get in contact to let Ange know - don't just turn up.

With the first 5 runners scoring for the women and the first 10 for the men, it is important that we field as many as possible of our strongest runners. But these and other cross country races are not elite and are suitable for runners of all abilities. They are also an excellent way of improving your overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits across races of all distances and surfaces.

In addition to the Surrey League, there are a number of other races, almost all of which take place on Saturdays. Indeed if you are a cross country fanatic, it is possible to race most weekends through the season. These races include the Kent and Surrey Masters, the London champs, 2 South of Thames races, the county champs, the South of England and National champs. See the fixture list in Shorts for details.

For virtually all these races other than the Surrey League, entries have to be submitted in advance, in some cases over a month before the events. Your captains will post details in Shorts or by email, requesting those interested in participating to contact them before the deadline given. It is not possible to cater for runners who decide after the deadline or even on the day that they would like a run. Note that the club pays for entries. You are asked not to put yourself forward on a speculative basis, but don't worry if you have to withdraw because of injury or illness.

Regarding footwear, you can often get away with road or trail shoes early in the season, but as the ground becomes muddier, cross country spikes or fell shoes will be necessary.

for further information and make sure you respond in good time if you like to take part in races.

Cross country captains
Mike Mann
mcmann90@yahoo.co.uk
Ange Norris
dulwichladiescaptain@gmail.com

CROSS COUNTRY CHAMPS

We are holding a cross country champs once again this season. There are 4 events to qualify including a minimum of 3 Surrey League races. The other races are the South of Thames 5 miles at Polesdon Lacey on 21 November and a mob match yet to be arranged but likely to be in March, probably using the Lloyd parkrun. **Mike Mann**

SOUTH OF THAMES 7.5 MILE CROSS COUNTRY - 19 DEC

Men's entries invited for the 7.5 mile South of Thames cross country race taking place at Somerhill School, Tonbridge on 19 December. The course consists of 3 laps of grassland and woodland paths. Please let me know if you would like to take part no later than 9 December. - **Mike Mann**

KENT CROSS COUNTRY COUNTY CHAMPS

Entries are invited for the Kent cross country champs taking place near Brand Hatch on Saturday 9 January and the Surrey champs taking place the next day, 10 January at Denbies Vineyard near Dorking. Distances will be around 8k for the women and 12k for the men. Please get in touch with your captains before 11 December

SEAA MASTERS CROSS COUNTRY - 12 DEC

These Masters champs held near Oxford last December revert to Biggleswade this year. Age categories for both men and women are 40+. 50+, as well as M60+ with 3 to score in each age category. Start times are 11am for M50s and M60s (10k), 11.43am for W40s and W50s (6k) and 12.10pm for M40s (10k).

Those who have taken part in the last 2 years plus anyone who is a regular scorer or just outside the scoring teams in the Surrey League are invited to put their names forward to their captains by 25 November.

The above applies to the younger age groups. Any of the usual suspects amongst W50+ and M60+ should apply. Since the venue is difficult to reach by train , we will be organizing a series of lifts. **Mike Mann**

Eligibilty is birth or residence. For those living in London you qualify for Surrey if you live in the boroughs of Lambeth, Southwark, Croydon and Wandsworth and for Kent if you live in Lewisham, Greenwich or Bromley. Please contact your captains if you have any queries over which county you qualify for.

Dulwich Runners 2015/16 Fixtures

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

Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

Cross country Club Champs Assembly League **Misc.**

Date		Race		Venue
Dec	5	Kent Masters		Sparrows Den
	6	Pirie 10 Cross country		Farthing Down, Coulsdon
	12	SEAA Masters Champ		tbc
	19	South of Thames 7.5m		Tonbridge
		2016		2016
Jan	9	County Champs (Surrey & Kent)		Various
	16	Surrey League match 3	men & women	Reigate Priory Park
	tbc 23	Vets AC Champs		Wimbledon Common
	30	South of England champs		Parliament Hill Fields
Feb	13	Surrey League match 4	men	Lloyd Park
	13	Surrey League match 4	women	Richmond Park
	27	National Champs		Donnington

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, xc, tri results etc, are welcome.

Race Reports & Results

SOUTH OF THAMES CHAMPIONSHIPS POLESDEN LACEY

The race used Polesden Lacy - the first time it's been used for such an event and it was a magnificent setting, albeit a remote one, many miles away from public transport and one that required going up a 20% gradient hill to get to. It was a tough course with a hill of over a mile in the middle of the race and some other sharp climbs with a very tough one near the finish.

The women outperformed the men with well deserved bronze medals and the women also had the first B team and C team.While the team wasn't as strong as last week where they medalled in the London Championships, the packing was excellent with a better run from Mel, Anna's best ever club race, Ola showing her usual consistent form and Ange working her way through. Dulwich only won bronzes on countback and it was dependant on which of Dulwich and South London had the best fourth scorer and Ange beat her relevant rival by a single second after being a long way behind at halfway.

Ever improving Katie Styles led home the B team with solid runs from Selma, Eleanor and Michelle, who should all significantly improve over the winter. The C team had two newcomers in Lois and Hannah with regulars Jo and Lindsey - all four running well.
The men didn't do as well but Tim and Alastair continued their good form with Ross Rook having his best cross-country to date.

Ebe had a solid run to complete the A team. Jim ran well for the B team and Mike was first M65 while Graham, Andy, Ian and Barrie all continued their remarkable consistency of turning out regularly better than the vast majority of quicker runners in the club.

Steve Smythe

Men
51 Tim Bowen 31:00
53 Alastair Locke 31:17
72 Ross Rook 33:02
90 Ebe Prill 33:58
114 Steve Smythe 35:38
122 Jim Dowsett 35:57
137 Mike Mann 38:01
163 Graham Laylee 40:44
167 Andy Murray 40:48
175 Ian Sesnan 42:21
180 Barrie John Nicholls 45:18
16 Dulwich Runners (51-53-72-90) 266
32 Dulwich Runners 'B' (114-122-137-163) 536

Women
12 Mel Edwards 34:33
20 Anna Thomas 35:59
21 Ola Balme 36:15
23 Ange Norris 36:22
35 Katie Styles 37:52
41 Selma Benattia 38:47
50 Eleanor Simmons 39:41
54 Michelle Lennon 39:56
59 Lois Reed 40:39
71 Jo Shelton 43:09
77 Hannah Little 44:27
85 Lindsey Annable 47:05
3 Dulwich Runners (12-20-21-23) 76
9 Dulwich Runners 'B' (35-41-50-54) 180
17 Dulwich Runners 'C' (59-71-77-85) 292

SOUTH OF THAMES 5 MILES

21 NOVEMBER

The first of the two South of Thames races, held in the grounds of Polesdon Lacey was not one for the faint hearted but true cross country red in tooth and claw, matching the knees of several runners who had tumbled on the difficult stony ground. The race started close to the property located high on the North Downs with an early long descent into a deep valley on stony paths of almost a mile. This was followed by a steady climb of a similar distance on tricky muddy paths, making it one of the longest ascents anyone could remember on a cross country race.

After some slightly gentler stretches by comparison though with some over loose stones covered by leaves, there were two lung busting sharp ascents towards the end of the single lap. Although the conditions were cold and blustery, one small consolation was that much of the course, a lot of which was under trees and on the south facing slopes of the North Downs, was sheltered from the northerly blast.

The turnout was reasonable but sufficient for the women to finish 3rd team of 4 on countback. Now fully recovered from her recent marathon, Mel Edwards led the women's team home, and there was a remarkable performance from Anna Thomas, following a long break through injury. The bronze medal team was completed by Ola Balme and Ange Norris, both of whom made light of the tricky conditions. Another to run well was Katie Styles, while Selma Benattia showed improvement on her London champs run a week earlier. The remaining women, Eleanor Simmons, Michelle Lennon, Lois Reed, Joanne Shelton, Hannah Little and Lindsay Annable all performed well on this difficult course.

Tim Bowen, continuing his good spell of form was first Dulwich man to finish and he was closely followed by Alastair Locke, revelling in the difficult conditions. Ross Rook had another strong run, as did Ebe Prill. After a slow start, Steve Smythe came through the field strongly, and not far behind was Jim Dowsett, maintaining his good recent form. Mike Mann was down on his Parliament Hill run the previous week, while Andy Murray was affected by injury problems. However both Graham Laylee and Ian Sesnan had solid runs. Thanks to Ros and Nikki for their support and assistance. - ***Mike Mann***

Ange adds.....

Mike's description of the course has summed it up well. Both before and after the run there was discussion about the merits of spikes verses trail shoes. The advice from the organisers in advance had been ' mostly woodland paths and tracks but there are a couple of stony sections, so trail shoes may be best although short spikes are OK. Beware exposed tree roots'. I found that the stony sections plus the many flints hidden under fallen leaves were painful in spikes but others found some trail shoes slipped. I believe the majority favoured trail shoes, so - remember that if we run there again.

Out of 20 women's teams that completed the course, Dulwich came 3rd, 9th (1st B team) and 17th (only C team). The teams included 2 new ladies racing for the club for the first time - Lois Reed and Hannah Little. It was a tough race to debut at, they have proved that they can tackle anything now. So too has Michelle who was going well, fell and battled on despite knees and hands being decorated with a mix of blood and mud. There were good determined runs from all 12 ladies

LONDON YOUTH GAMES - U17B PARLIAMENT HILL

Never quite sure why the meet time is at 7am, arrive at Parliament Hill at 9am with race at 1pm. Particularly when it's reasonably damp and chilly but that's London Youth Games and the Bromley team for you.

Last year, the team entered an over age athlete who is very good and duly obliged by winning, only for one of the opposition teams to complain and the end result being a whole team disqualification.This year, just before the team started I jokingly asked the team captain whether everyone was the right age.

They were and they delivered a great team performance in coming 2nd in the U17Bs, third overall in the boys and won the girls.

Oscar had a decent race starting conservatively and coming through in the last two kms. Much better performance than when he was lower age two years ago when he finished 118th. Still out sprinted by the same team mate as in a previous Kent League so whilst it was a good performance, still room for improvement! Dashed off fit another hockey game in Bromley, arriving two minutes beforehand but lo and behold, it was cancelled due to a waterlogged pitch!

Duncan Hussey

31 Oscar Hussey 18.55

124 ran

November 21st

Brockwell

175 ran

Pos	Gen		
37	2	Fiona Askew	21:44
38	36	Cameron Timmis	21:47
50	5	Lucy Pickering	22:39
127	30	Sharon Erdman	27:37
150	48	Selina Wray	30:26

Bromley

302 ran

Pos	Gen		
74	67	Chris Goodman	23:58

Chelmsford Central

258 ran

Pos	Gen		
21	1	Kim Hainsworth	20:22

Clair, Haywards Heath

Clare Elms became the first runner in parkrun history to win all their first 100 parkruns. With Andy, Ros, Steve and Tony in support (plus her biggest supporter - her Dad) - Clare chose this one as the name seemed appropriate though it turned out to be one of the toughest parkruns.

A very twisty four and a half lap course around a small park on a narrow path with half the lap climbing - initially very steep and the descent being knee jarringly steep and too steep to relax on. Wet weather made it more testing and lapping on the path was difficult.
For the first 200 metres, Clare was challenged by a fellow woman but thereafter, she was a to relax and she was eventually first woman by four minutes, taking it very easy on the descents.

Tony battled for first until halfway and ended up second overall while Ros just missed out on being second woman but was the overall top on age-grading ahead of Clare and Tony. Andy was saving himself for the South of Thames.

Former club champion Rob Watts lives less than 400m from the parkrun course with his wife - another former member Mags Layzell and they were seen after the race. Rob described the parkrun as Hayward Heath's fell race. Unfortunately by the time Clare dropped her father off home there wasn't time to get to the South of Thames race as planned.

Steve Smythe

90 ran

Pos	Gen		
2	2	Tony Tuohy	18:38
5	1	Clare Elms	19:57
10	9	Stephen Smythe	21:36
21	3	Ros Tabor	23:57

Didcot

71 ran

Pos	Gen		
10	1	Caroline Pettigrew	22:12

Dulwich

177 ran

Pos	Gen		
2	2	Tom Wilson	18:10
3	3	Shane O'neill	18:12
4	4	Stephen Davies	18:20
6	6	Tom Calvert	18:36
13	1	Hannah Edwards	19:30
18	17	Simon Burnett	20:09
34	30	John Fletcher	21:58
47	42	Bob Bell	22:34
58	52	Andy Cottrill	23:07
59	7	Belinda Cottrill	23:14
69	11	Clare Wyngard	23:41
88	74	Kevin Smith	24:52
93	16	Hannah Harvest	24:56
89	75	Michael Dodds	24:52
112	90	Mick Mead	26:08
119	97	Barry Graham	26:26
141	33	Stephanie Burchill	28:37

Greenwich

117 ran

Pos	Gen		
8	8	Michael Fullilove	20:59

Hilly Fields

132 ran

Pos	Gen		
23	23	Gary Sullivan	22:03

Lloyd ,Park

118 ran

Pos	Gen		
28	26	Martin Double	24:51

Medina I.O.W.

210 ran

Pos	Gen		
34	32	Duncan Wilson	22:11

Newark

95 ran

Pos	Gen		
25	22	Martin Morley	26:47

Orpington

71 ran

Pos	Gen		
18	18	Colin Frith	24:43

Peckham Rye

75 ran

Pos	Gen		
2	2	Andy Bond	17:41
7	7	Gideon Franklin	20:53

Moormead Junior Parkrun

The Colliers, visiting friends in Twickenham for the weekend, decided to indulge in some parkrun junior tourism.
It was a rather chilly morning and as the kids had packed their own suitcase we were a little short on base layers so they had their PJs on under their running kit…

Moormead has only been running for a few months now and is a lovely little park with a figure of 8 course where you can stand in the middle and see them twice each lap as well as having eyes on all the way round.

Colliers are up to 6 now which means they're fast closing in on their first wristband (awarded for 11 as that is Half Marathon distance, 22 (full M) and 50 (ultra marathon).

LLoyd Collier

19	Rafe Collier	11:48
30	Leo Mabbott	13:56
31	Rhoda Collier	13:57

We'll be at Hilly Fields on the 6th Dec for our next one if anyone would like to join us.

New members especially ! and others....

Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

MARATHON TRAINING FOR LONDON (OR OTHER SPRING MARATHON)

From January until the London marathon in April we will be meeting for Sunday sessions incorporating long slow runs/ mile rep track sessions/races
See below for a schedule of activities planned for the 16 weeks. This schedule is aimed at those hoping to run between 3.45 and 4.45 hour marathons , so not really aimed at the faster D.R.s, but of course everyone is welcome . I am afraid the entry fee for the Bromley track is £4 on a Sunday morning, but then you would spend that on a pint these days !
On the longer runs we will probably split into 2 groups , faster with Claire, slower with me. We will possibly change a few of these sessions according to how the training goes.
If you intend doing any of the races then enter asap as they all fill up fast!
I will not guarantee to make it to all of these sessions, as will probably grab a 2 week holiday somewhere in March, but I am sure Claire can sort you all out.
For me it will be my 50th marathon, if everything works out and possibly my last.

If you intend being part of this group please e mail me to confirm then I will have an idea of numbers to expect
Cheers - Steve Wehrle steve.wehrle@immediate.co.uk

SUNDAY RUNS, RACES AND REPS

(Provisional – dates and events subject to change)
Includes: middle and long distance multi-terrain / road races
Sunday runs at High Elms, Norman Park & Dulwich Park
Track sessions at Norman Park track, Bromley
Preparation for London Marathon 2016

Weeks to go!	Date	Event / Distance	Information
16	3 Jan	Tadworth 10	11:30 Epsom Downs 10 mile race
15	10 Jan	6 X 1 Mile reps	09.00 Bromley track, Norman Park
14	Sat 16	Surrey League XC (3/4)	Reigate Priory (Men and women)
	17 Jan	High Elms	09.00 11 miles off road
	or	Benfleet 15 (?Denbies 10)	10:30 Mostly off-road, Canvey Island
13	24 Jan	Canterbury 10 mile race	10:00 Road race
12	31 Jan	High Elms	09:00 12 miles off road
11	7 Feb	8 x 1 mile reps	09.00 Bromley track
10	Sat 13	Surrey League XC (4/4)	13:00 Lloyd Pk (Men), Richmond (Women)
	14 Feb	Dulwich Park	09:00 15 miles to Beckenham Place park
9	21 Feb	Tunbridge Wells Half Marathon	09:00 Road race
	or	Meon Valley Plod	10:30 Hampshire
8	28 Feb	Norman Park	09:00 Road route to Tatsfield and return – 18m
7	6 Mar	10 x 1 mile reps	09.00 Bromley track
6	13 Mar	Dartford 1/2 Marathon	09.00 Road race
	or	Spitfire 20	09:30 Dunsfold Aerodrome, Surrey
5	20 Mar	Norman Park	09:00 18m through Badgers Mount/Chislehurst
4	27 Mar	12 x 1 mile reps	09:00 Bromley track
3	Sat 2 Apr	Orion 15	10:00 Off-road, Epping Forest, Chingford
	3 Apr	Westerham -18 mile	09:30 Off road – 3 to 4 hours
2	10 Apr	Orpington – 20 miles	09:00 3 hours plus on road
1	17 Apr	Darenth 10km,Eynsford	08:00 Road race
Zero	**13 Apr**	**LONDON MARATHON**	**This is it !**

for more information contact Steve Wehrle, Claire Steward

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

Sunday alternative, (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

Alternative / additional race options:

Bramley 10 / 20 miles, Basingstoke http://Readingroadrunners.org
Finchley 20 miles (Ruislip) http://www.hillingdonac.co.uk/f20/
Hastings Half Marathon http://www.hastings-half.co.uk/
Cranleigh 15/21 (15 or 21 miles) http://www.mabac.org.uk/

DULWICH RUNNERS
TURKEY TROT HANDICAP RACE

5K (approx) HANDICAP RACE (3 laps of Dulwich Park)

SUNDAY 13th DECEMBER 10.00 2015 (meet by Queen Mary's Gate)

prizes for:
1st runner across the finish line
1st walker across the finish line
runner closest to predicted time
best fancy dress - THEME CHRISTMAS ELVES

entry fee £2.50 or £2 if in fancy dress

NAME: _____

most recent 5k or parkrun time _____

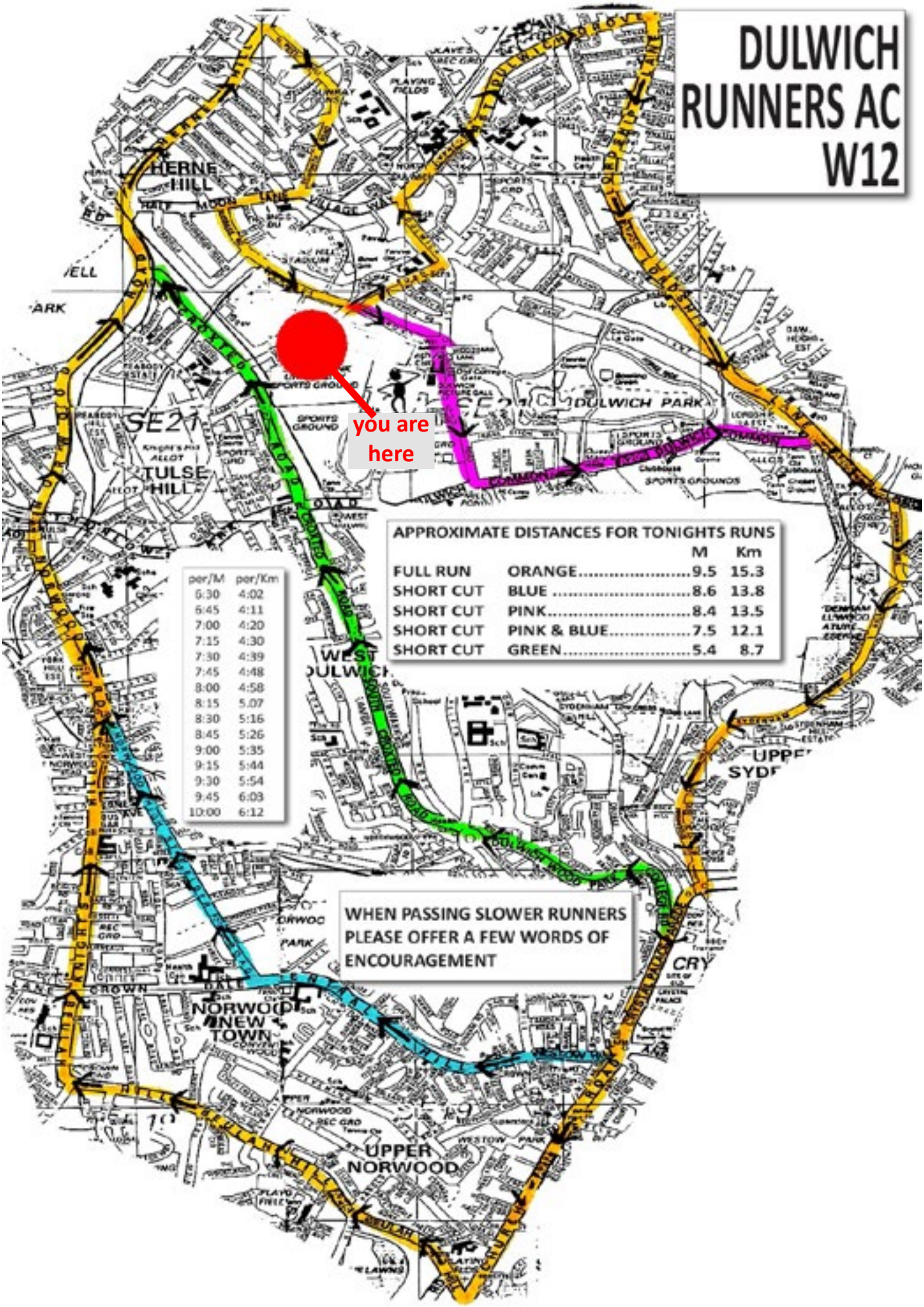
predicted time for 5k on 14th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than predicted time.

ros.tabor49@gmail.com

DULWICH RUNNERS AC W12



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	9.5	15.3
SHORT CUT	BLUE	8.6	13.8
SHORT CUT	PINK	8.4	13.5
SHORT CUT	PINK & BLUE	7.5	12.1
SHORT CUT	GREEN	5.4	8.7

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12