SHORTS

Dulwich Runners AC
Weekly Newsletter
January 20th 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 20 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 26 Track at Crystal Palace Arena
£2.50 per session.
Meet just after 7pm to warm up, the session around 7.20pm.

In your SHORTS this week !

1... General information
2... Club kit, social events etc
3... All things Cross country
5... Fixture list, club champs,XC, road, track
6... Race results and reports..
9... Parkrun results..
10... 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

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/hill work mostly on grass taken by Steve Smythe. Usually starting between 11:15 - 11:30 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

Dulwich Runners 2016 membership renewal...

You will have recieved by email your 2016 renewal form.
If your current red membership card has 2016 then this does not apply to you, if you are not sure you can contact me.
If you have 2015 on your membership card and have not recieved your renewal email then please contact me at the address below

Full membership including EA registration is £36 or £23 without EA...and dont forget as well as the usual methods you can pay by direct payment (details on the email)

For those of you that keep up with us on our Facebook and Twitter pages but are not actually members of Dulwich Runners you can join by either contacting me at the email address below or via our website:
http://www.dulwichrunners.org.uk/index.html

Any membership queries please dont hesitate to contact me: barry@bg1.co.uk

CROSS COUNTRY CHAMPS UPDATE

It is now confirmed that the final race that will form part of our cross country champs will be at Lloyd Park on 5 March. Croydon Harriers have invited us to take part in their annual cross country champs which will be held over the usual course there of around 5 miles. The start time is likely to be 2.30 but will be confirmed later. Hopefully ground conditions will become drier as spring progresses.

EVENT HORIZON

A brief look ahead

full fixture list **page 5**

Jan 23 Vets AC - Wimbeledon common
Jan 30 South of England Champs - Parliament Hill Fields

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: **Andy Murray, Hugh Balfour and Karina Burrows.**
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**

Charlie Lound	**20/01**
Chris Loizou	27/01
Patrick McMorrow	03/02
Mike Mann	10/02

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 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

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)

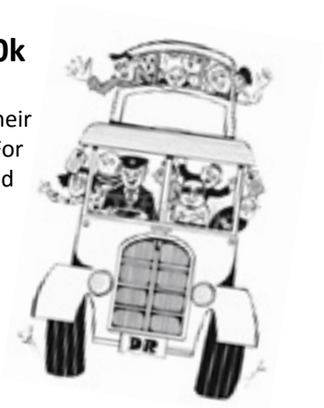
SOCIAL SPOT

SPOT

Watch this space for upcoming 2016 events !

Coach to Chichester 10k

UPDATE



So far 31 people of registered their interest in going on the coach. For those of you that have registered your interest the deadline for payment of £12 return fare is Friday 22nd January, you can either pay me in person down the club on a Wednesday night or transfer the money to the bank details below:

Matthew Ladds - ref your name

Account: 34933412
Sort Code: 09-01-28

I am still trying to find a venue for lunch that can accommodate all of us, however if I can not we will have an extended period after the race in Chichester for people to get lunch and/or have a drink before heading back to Dulwich.
I will update you on the pick-up location shortly.
There is still plenty of room on the coach, we have a 49 seater so if anyone would still like to come on the coach then please let me know.

Thanks - Matt Matthew.ladds@uk.zurich.com

It's also worth noting that entries do fill up fairly quickly, they are open now on Run Britain, link:
http://tinyurl.com/nsem2eu

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
Socks	£5 pair
Buffs/snoods	£6 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

only £5

HOODIES… will be at the club every Wednesday
Thanks Ros

Buffs/snoods - only £6

Rockin' Mayhem with English Rogues has returned!

Friday 22nd January 2016, 9pm –At The Nightingale, 53 Carshalton Rd, Sutton SM1 4LG
http://streetmap.co.uk/map.srf?X=526436&Y=164198&A=Y&Z=110 (just up the road from Sutton station)

It's been a while so all you live music fans must be gagging for it. Yes, 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. Fans who've been before know what to expect – if you haven't, it's our own brand of 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.! Blistering guitar solos are supplied courtesy of young guitar-god Dan Murphy (good-looking, half my age, full head of hair, but I'm not bitter) and over-the-top 'Animal' drum thrashing from yours truly – and there'll be plenty, they don't let me out much you know.... So get on that 'Highway to Hell' and come down and 'Love The One You're With' – yep, same old song title jokes.

And just three weeks later (Sat 13th February) we're not too far away at the Rose and Crown, Wallington Corner, London SM6 7HX
http://streetmap.co.uk/map.srf?X=528522&Y=164886&A=Y&Z=110
Tony 'Thundersticks' Tuohy.

Keep Music Live - it's time to ROCK – come on, you need it and you need it now....

The cross country season is now well underway 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 that started on 10 October with the women at Roundshaw Down and the men at Wimbledon Common. Details regarding individual fixtures will be posted nearer the time.

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 will send 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

WIN A £5 VOUCHER IF YOU RUN THE FINAL 2 SURREY LEAGUE MATCHES

There has been good participation in the first 2 fixtures of the women's Surrey League and the first men's match but following this successful start, the men struggled in the second fixture with a number of potential scorers away and several runners unable to finish due to injuries. We need to maintain the excellent women's turnout and pull the stops out in the final two fixtures on 16 January and 13 February, where we need as many of our regular runners as possible plus those who have joined recently to participate. As a small incentive, we are offering a £5 voucher, which will go towards the cost of club kit to all those, both men and women who complete the final two fixtures.

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**

UPDATE

It is now confirmed that the final race that will form part of our cross country champs will be at Lloyd Park on 5 March. Croydon Harriers have invited us to take part in their annual cross country champs which will be held over the usual course there of around 5 miles. The start time is likely to be 2.30 but will be confirmed later. Hopefully ground conditions will become drier as spring progresses.

VETS AC CROSS COUNTRY CHAMPS

23 JANUARY

The Vets AC cross country champs takes place at Wimbledon Common on 23 January, starting at 2.30pm. It is open to VAC members or members of other BMAF clubs, but in addition entries are welcome from any Masters athletes (men and women over 35).
You can enter through the BMAF website or alternatively on the day at the start (cost £5), if you arrive in good time. The start is at the Camp View end of Wimbledon Common, close to the Thatched House. Anyone interested can contact me for further details - ***Mike Mann***

THE 20TH GREEN BELT RELAY

Saturday/Sunday 21/22nd May 2016

NB Please re-read as this was misleading first time!

What I meant was - We have entered one team but now need to have runners to fill it. If we have lots of interest we will enter another.

We have entered one team for this year and if we get more interest we could enter another. If you aren't familiar with it the best thing would be to have a look at the website http://www.greenbeltrelay.org.uk/

That will give you all the details but in short it is a relay of 11 runners who run 220 miles around London over a weekend. There are 22 stages so each runner runs once on Saturday and once on Sunday. The course is rural and mostly off road with the stages varying in length from 7 - 13 miles and are graded in difficulty on a scale 1 - 10 depending on distance and terrain.
That makes it sound quite a physical undertaking, which it can be, but it is also a unique event consisting of running some beautiful green routes just on the outskirts of London. It is a team event with great camaraderie within our team and also between clubs.

At the moment we are gauging interest. A team is 11 runners but between now and then things will turn up or injuries occur which cause people to drop out, so ideally we need about 16 names to start with.
Let me know if you want to run. If you've never done it and are unsure, talk to me and I can tell you more about it from having run before. Personally I love it and would recommend it to anyone.

Email me: dulwichladiescaptain@gmail.com
or speak to me Ange Norris on a Wednesday evening.

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 .

DULWICH RUNNERS

2016 CLUB CHAMPIONSHIPS

The races for next year's club championships have now been selected. Once again there will be 9 races in total, but this time they will split into 2 distance categories, short (S) and long (L). To qualify it will be necessary to complete 5 races in total, including at least one from each of the two distance categories. Note that the dates of some of the races have not yet been finalized, but updates will be issued as soon as we know. It is planned to book a coach for the Chichester 10k, together with lunch at a local pub (details to follow). Please make sure you enter this race soon as it fills up very quickly.

The races are:

7	Feb	Chichester 10k (S)
13	Mar	Dartford Half Marathon (L)
24	Apr	Virgin London Marathon (or alternative) (L)
6	Jun tbc	2 mile Sri Chimnoy race, Battersea Park (S)
15	Jul tbc	Mark Hayes Mile, Ladywell Track (S)
4	Sep	Middlesex 10k (S)
17	Sep	5k parkrun, venue tbc (S)
2	Oct	Titsey multi-terrain 10k (L)
16	Oct tbc	Cabbage Patch 10

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

Date		Race	Venue
Jan	23	Vets AC Champs	Wimbledon Common
	30	South of England champs	Parliament Hill Fields
Feb	7	Chichester 10k (S)	Chichester
	13	Surrey League match 4 men	Lloyd Park
	13	Surrey League match 4 women	Richmond Park
	27	National Champs	Donnington
Mar	5	Croydon Harriers XC Champs	Lloyd Park
	13	Dartford 1/2M (L)	Dartford
	24	Virgin London Marathon (or alternative) (L)	London
Jun	tbc 6	2 mile Sri Chimnoy race (S)	Battersea Park
Jul	tbc 15	Mark Hayes Mile (S)	Ladywell Track, Catford
Sep	4	Middlesex 10k (S)	TBC
	17	5k Parkrun (S) Note new date	TBC
Oct	2	Titsey Multi-Terrain 10k (L)	Oxted
	16	Cabbage Patch 10	Twickenham

Steve Smythe suggested weekend runs for marathoners January to April

January 23: (Vets AC/Boxhill fell race) Jan 22 /Jan 23 (6 Boxhill)) - 16 -20M (approx 2 hrs 15) with quicker second half

January 30: (South of Eng Jan 29): 15-18 miles slow

February 7: (Chichester 10k Feb 7)10km race

February 14: (Surrey Lge Feb 13) 17-20M steady

February 21: steady 20 with fast 5M finish or half-marathon Wokingham or Tunbridge Wells)

February 28: (National Feb 27) 15-17M slow (Brighton HM)

March 6: steady 20-22 miler with some at marathon pace

March 13: (Dartford HM Mar 13)

Mar 20: slow 22-23 miler

Mar 27: brisk 18-20 - quick second half

Apr 3: slow 20-22 miler

Apr 10: 15 miles

Apr 24: (London M Apr 24)

WEDNESDAY 3 FEBRUARY 2016
Dream Mile & 3km, lee Valley
3K – 7PM
DREAM MILE – 8PM
£6 per event
ENTRIES TAKEN ON THE NIGHT

Last year both Clare and Ros set World Masters indoor records for the mile and a number of other Dulwich Runners also took part and enjoyed the event which had a good atmosphere.
Races are graded so you will be put in a race with someone of similar ability irrespective of age.
There is also a 3000m race but the mile is probably the better option for those not used to running indoors on a 200m circuit.
if you want advice whether this event is suitable for you, speak to Steve Smythe.

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

SURREY LEAGUE XC MEN REIGATE 3RD FIXTURE

16th January

The Dulwich men have only gone and won a Surrey league match. I'll say that again: we won. Our best league result since before the war (just kidding) means we are now dangerously close to promotion to the top flight for the first time in years. With just one match to go we lie third, currently just 18 points short of a top two promotion place. Obviously some good packing towards the front of the field was required by the scoring ten to achieve such a result, and this was duly delivered by a massively improved turnout of 24 runners old and new to the Dulwich vest.

Wayne's World of Superlative Running (see what I did there?) continued his best ever cross country season as he followed up his 8th and 5th in the previous fixtures with a superb 7th place, speeding along at well inside six minute miling on the tricky 5.66 miles course, nearly half a mile longer than the usual. Wayne's running really has kicked on a level since the autumn but he still hasn't got it all his own way as Tim Taylor's third appearance for us in the League also stepped up a gear with his best run so far, just nine seconds behind Wayne. Tim Bowen had to give way to those two this time but a similarly superb run meant all three of them were a cut above the rest of the team and finished in a window of little more than half a minute to give us a great start in the scoring.

There was a gap then to another solidly improving performance from Tom Rann with his best run yet in a Dulwich vest. He was over half a minute ahead of a phalanx of four Dulwich Runners all coming home in the space of 16 seconds; new man Shane made a great debut to lead a closely packed Mark, Charlie and Steve Davies, all currently training hard and it shows. Mark Callaghan made a great debut to finish only 14 seconds behind Steve and, after slipping from being 5th scorer at halfway, I crawled in as our 10th and final counter to complete the scoring in 58th place, which was enough to take the match from hosts Reigate by the margin of 32 points.

Ross, Kev and Ebe provided fine back-up to lead the non-scorers, with John continuing his welcome comeback. Mike Fullilove responded to the call and ran well in his first Surrey League for a couple of years, leading another solid performance from Jim. Mike was well ahead this time in his regular M60 battle with Hugh (2nd and 3rd M60s overall) and they were split by Martin making another welcome appearance.

Andy and Graham weren't far behind, a couple of minutes ahead of inveterate club cross country man Ian Sesnan, with yet another welcome debutante Tony McPherson completing the team. I did mention we started with 24 runners – coach Steve had to pull out injured, hopefully early enough to avoid compromising marathon training too much.

Match four is at Lloyd Park on 13th February, and Division 1 beckons. Be afraid. ***- Tony Tuohy***

7	Wayne Lashley	33:12
10	Tim Taylor	33:21
12	Tim Bowen	33:46
26	Tom Rann	35:03
38	Shane O'Neill	35:40
41	Mark Lacey	35:46
44	Charlie Lound 1M45	35:51
46	Steve Davies 2 M45	35:56
54	Mark Callaghan	36:10
58	Tony Tuohy	36:24
74	Ross Rook	37:38
76	Kev Chadwick	37:52
77	Ebe Prill	38:02
108	John English	39:55
122	Mike Fullilove	40:26
132	Jim Dowsett	40:48
155	Mike Mann 1M65	43:24
165	Martin Double	44:21
169	Hugh Balfour	45:03
173	Andy Murray	45:51
176	Graham Laylee	46:18
182	Ian Sesnan	48:35
191	Tony McPherson	51:47

196 ran

MEN'S SURREY LEAGUE CROSS COUNTRY

16 JANUARY

In our best team performance for at least a decade, we won the match at Reigate Priory in convincing fashion, with a margin of 32 points over the host club, Reigate Priory who finished in second place. There were solid performances from our regulars, but this win was due in no small measure to some outstanding contributions from our recently joined members. The positions at the top of Division are now very tight, with Dorking narrowly in the lead with 1067 points ahead of Croydon on 1077 points, with Dulwich not far behind on 1095 points, below which there is a huge gap. So there is all to play for at the final fixture at Lloyd Park on 13 February, with just two clubs eligible for promotion (I was trying to avoid using the P word, but there you go).

The course which in my view is the most enjoyable one used by the Surrey League , with an added twist provided by the frozen ground conditions, which made the early stretch in the park just below the treeline quite lumpy. The paths through the woods were muddy in places and the ridge at the top solid but gradually thawing on the surface. The descent was surprisingly in excellent condition with little mud and no leaves hiding tree roots. The course was extended to 5.5 miles by going round the lake, which may have been a mistake as the path was narrow with quite a few pedestrians.

To mark the end of the men's and women's cross country season, we are planning a visit to a pub in the Herne Hill or East Dulwich area, so watch this space! This will be open to all club members. But before then we are looking for a massive show of red and blue vests at Lloyd Park from our regulars, newer members, but also from those of you who do not regularly participate. The objective is to maintain and hopefully improve our team performance, as well as demonstrate the commitment of the club. ***- Mike Mann***

SURREY LADIES LEAGUE REIGATE

16 January

Despite some regulars missing and some late withdrawals - almost certain scorers Elkie and Mel pulled out late due to respective ITB and illness/sore foot - but it was another great turn out with 20 runners, despite being further out than normal.

With those missing and some of the runners who did turn up not at their very best, it was a below-par team performance and we only finished a distant sixth A team. However, our depth was good and we were comfortably the first club to finish 10 runners and thus a B team where we finished third in that section.
Clare Elms was too ill to run at the Kent Champs and was slightly better and probably shou't have run but only decided to as it looked like we would have a good team and didn't want to let the club down. She took it much easier than normal but worked her way through to 16th and 12th in Division one, probably a minute down on her best form but still two minutes up on anyone else in the club and three minutes up on the second W50.

Claire Baglin was 11th in the first fixture (and 21st in the second) but a back problem meant she hadn't trained for weeks and was looking likely to finish around 40th until a 'wardrobe malfunction' around halfway while changing her top meant she had to stop briefly and she got going again to get just inside the top 50.

Ola started far too slowly (and didn't match daughter Katie's superb fourth in the under-17 race) but moved through well and did finish higher than the last fixture.

Captain Ange Norris had her usual dependable race and she too was up on her previous runs this season.
Nicola also moved through after a slow start to be the fifth scorer. The next four finished not too far down on Nicola and within 12 seconds of each other.
Katie Styles was 132nd in the last league race (and 215th in same race last year) but showing her improvement she had her best league race by far to lead the B team home in 86th just ahead of Emma Ibell's solid run.
Selma also had her best league run by far though still not up to her speed training form and just as in the last fixture a stride up on Fiona Askew, who is another clearly improving race by race.

Though she didn't score this time, Michelle Lennon showed her best form of the winter with a well controlled race. Sue Cooper and Eleanor Simmons finished close together with steady runs but both are capable of a lot more with their speed levels.
Yvette Dore and Lucy Clapp had good runs while Tessa Morrison produced one of the strongest finishes.
Jo Shelton, Hannah Little and Lindsey Annable also ran to form but our two most experienced runners Ros Tabor and Claire Steward weren't at their best and yet again we had no runners in the last 20 minutes of the field (DPR had 7). We also now lie 6th overall and though with everyone out and in form, we potentially could win, it's probably unlikely that we will finish any higher than sixth but we are at least still ahead of Herne Hill and Belgrave, who won this last fixture. ***- Steve Smythe***

16	Clare Elms	28:38 (2 D1, 1W45/50)
48	Claire Baglin	30:43 (39)
54	Ola Balme	30:50 (43)
72	Ange Norris	31:43 (56) (2 W50)
77	Nicola Richmond	31:53 (61)
86	Katie Styles	32:12 (69)
87	Emma Ibell	32:13 (70)
93	Selma Benattia	32:22 (73)
94	Fiona Askew	32:24 (74)
108	Michelle Lennon	33:16 (83)
143	Sue Cooper	34:26
144	Eleanor Simmons	34:28
158	Yvette Dore	35:05
163	Lucy Clapp	35:20
187	Tessa Morrison	36:21
192	Jo Shelton	36:32
196	Ros Tabor	36:42 (2W65)
223	Hannah Little	37:33
233	Lindsey Annable	37:53
265	Claire Steward	39:15

380 ran

TEAM on day Div 1: 1 Belgrave 70; 2 Clapham 71; 3 Ranelagh 118; 4 FoT 138; 5 S London 144; 6 Dulw R 211; 7 THH 217; 8 W4H 220; 9 Herne H 221; 10 G&G 240; 11 DMV 272; 12 HW 275; 13 Rei P 287; 14 Clapham B 332; 15 Ranelagh B 359; **16 Dulw B 369**
Standings after 3 matches
STANDINGS: 1 Clapham 239; 2 S London 367; 3 THH 429; 4 Ranelagh 436; 5 FoT 444; ***6 Dulw R 520***; 7 W4H 535; 8 Herne H 567; 9 Belgrave 631; 10 Rei P 733; 11 HW 901; 12 DMV 1030; 13 Stragglers 1071; 14 Clapham B 1084; 15 Woking 1094

SURREY LEAGUE MATCH 3 DULWICH LADIES REIGATE PRIORY

Opinions of the course ranged from 'scenic and varied, and 'better than Denbies' to 'ankle breaking' and 'at least it wasn't raining'. Despite the frost it was an ideal day for cross country – bright but not too chilly. Deceptive though, as the tendency for some was to layer up too much and regret it half way round. It's never easy to shed layers whilst running, especially on rough ground.

The ladies' course begins with an uphill stretch, which a week ago would have been deep mud but had now frozen into ruts ready to turn the runner's ankles. Claire B. did fall here and grazed her chin but got herself going again and finished strongly. There followed an uphill concrete path where all those in spikes ran in single file at the edge, making it difficult to overtake. What goes up …. comes down! The descent is steep which separates the kami kazee runners from the rest. Ola rapidly pulled away from me here. A lap around the pond and the first short lap was complete.

The second lap started the same but continued around the back path in some ankle deep mud in places (for variety), before turning sharply up to the top of the ridge. Here were great views for the spectators while the runners were far too busy watching their feet to notice anything.
Another fast descent and we knew it was not too far to go around the pond again to the welcome finish line. Thanks to all the men who arrived early to cheer us on.

We had another good turnout with 20 ladies running. Clare E. still wasn't feeling completely better but came to have a run without pushing it. Claire B. was second scorer despite falling with Ola chasing hard behind. I was next due to Nicola having been ill and lost fitness, but she was just behind me.

Katie S. who is ever improving, had a strong run and led the B team home in a sprint with Emma, finishing just one second ahead. Selma and Fiona also fought hard together and finished two seconds apart. (At Esher there was only one second between them!) Michelle, Sue and Eleanor seem to like to finish in that order.

There was another two second gap between Sue and Eleanor, we like to pack well. Yvette, Tessa and Hannah L had their first Surrey League this season, although all have been part of the team at the South of Thames. They all had good runs on this challenging course, as did Lucy C. Joanne and Lindsey who all finished higher up the field than previously. Injury and less training saw Ros finish lower down the field than normal as did Claire S but they both finished strongly and rounded up four teams. ***- Ange Norris***
Division 1
203 ran
Dulwich A – 6th
Dulwich B – 16th (3rd B team)
After 3 events Dulwich are 6th overall

January 16th

Bromley

549 ran

Pos	Gen		
80	71	Chris Goodman	22:23
115	101	Colin Frith	23:07
314	249	Peter Jackson	27:52

Greenwich

204 ran

Pos	Gen		
35	34	Joseph Brady	22:33

Brockwell

392 ran

Pos	Gen		
35	35	Mark A Foster	20:12
129	15	Louise Reynolds	24:01
206	168	Desmond Edwards	26:33
222	177	Kees Kuijlaars	26:58

Crystal Palace

235 ran

Pos	Gen		
2	2	Tom Calvert	19:24
48	39	Bob Bell	23:29
51	42	Paul Hodge	23:41
52	10	Belinda Cottrill	23:49
196	119	Simon Lang	32:01

Lloyd Park

149 ran

Pos	Gen		
28	28	Matthew Ladds	24:40

Barnsley

172 ran

Pos	Gen		
123	35	Selina Wray	30:56

Medina I.O.W.

249 ran

Pos	Gen		
34	4	Lucy Pickering	23:11

Roundhay

350 ran

Pos	Gen		
62	8	Laura Vincent	23:47

Mile End

216 ran

Pos	Gen		
7	7	Martin Holt	18:26

Dulwich

257 ran

Pos	Gen		
130	106	Mick Mead	25:09
185	55	Stephanie Burchill	28:44

Hilly Fields

213 ran

Pos	Gen		
2	2	James Burrows	19:15

Orpington

113 ran

Pos	Gen		
14	1	Tereza Francova	22:21

Southwark

200 ran

Pos	Gen		
133	39	Kaylee Coxall	27:16

Newark

160 ran

Pos	Gen		
27	24	Martin Morley	25:08

Greenpoint

817 ran

Chris Vernon writes

THE RONSTER IS BACK

Club president Ron Searle has returned to competition after nearly a decade away ! The temperature at Greenpoint (Cape Town) was 30deg even at 8am with not much breeze ,quite a jump from Brockwell last week.

Fortunately the course which runs round the park surrounding the world cup stadium has matured giving more shade than last year. The start was a gathering of many CT running friends from previous visits all now older but not much wiser. The huge field of more than 800 including dogs and buggies did not make for a quick getaway but in that heat it did not matter and a one lap course allowed everyone to spread out.

Team DR aquitted themselves well with Sue leading the VW70 class and Ron, accompanied by the lovely Cynthia to spur him on was well away from the back of the field which was led home by a Kent AC member in a pedestrian 17 mins!

I managed to stop well short of the line and lost both places and time but not to worry.Ron will be back for more next week looking for another PB. Watch this space

Pos	Gen		
394	123	Susan Vernon	32:34
533	330	Chris Vernon	37:19
782	425	Ronald Searle	54:42

Peckham Rye

170 ran

Pos	Gen		
13	12	Sam Crump	20:20
14	13	Gideon Franklin	20:20
32	30	Alistair Clarke	22:27
75	60	Oliver Bottle	25:27
76	16	Karina Burrowes	25:28
151	68	Abbie Grace Bottle	31:03

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.

Pacing at Brockwell parkrun 23 January 2016

To help promote the club, we are going to offer to pace at Brockwell parkrun on 23 January. We want to offer a range of different paces. Can you let me know if you are available and the target time you would be willing to pace.
Charlie Lound chas.lound@btinternet.com

MARATHON TRAINING FOR LONDON (OR OTHER SPRING MARATHON)

This schedule is aimed at those hoping to run a Springtime marathon in a time between 3:45 and 4:45, so not really aimed at faster club members (who will be referring to Steve Smythe's schedules), although of course everyone is welcome and there are likely to be friends from other club(s) at some of the sessions.
See below for the planned activities. The entry fee for the Bromley track in Norman Park 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 two 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!
Claire and I cannot guarantee to make it to all of these sessions but we will do our best to keep the training momentum going.
For me it will be my 50th marathon, if everything works out and possibly my last; it will be Claire's 44th.
If you intend being part of this group please email 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

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

Weeks to go!	Date	Event / Distance	Information
13	24 Jan	Canterbury 10	10:00 Road Race
12	31 Jan	High Elms 11 miles	09:00 Off-road
11	7 Feb	**Chichester 10k**	10:00 Road race **Club champs**
	or	8 x 1 mile reps	09:00 Bromley Track, Norman Park
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	09:00 Road race
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, Norman Park
6	13 Mar	**Dartford Half marathon**	?time Road race **Club champs**
5	20 Mar	NormanPark	09:00 10miles thru BadgersMount / Chislehurst
4	27 Mar	12 x 1 mile reps	09:00 Bromley Track, Norman Park
3	3 Apr	Westerham Run	09:00 Grasshopper Inn, Moorhouse – off road 3-4 hrs
	10 Apr	Orpington 20 miles	09:00 3 hours + on the road
1	17 Apr	Darenth 10km, Eynsford	08:00 Road Race
Zero	**24 Apr**	**LONDON MARATHON**	**This is it ! Club Champs**

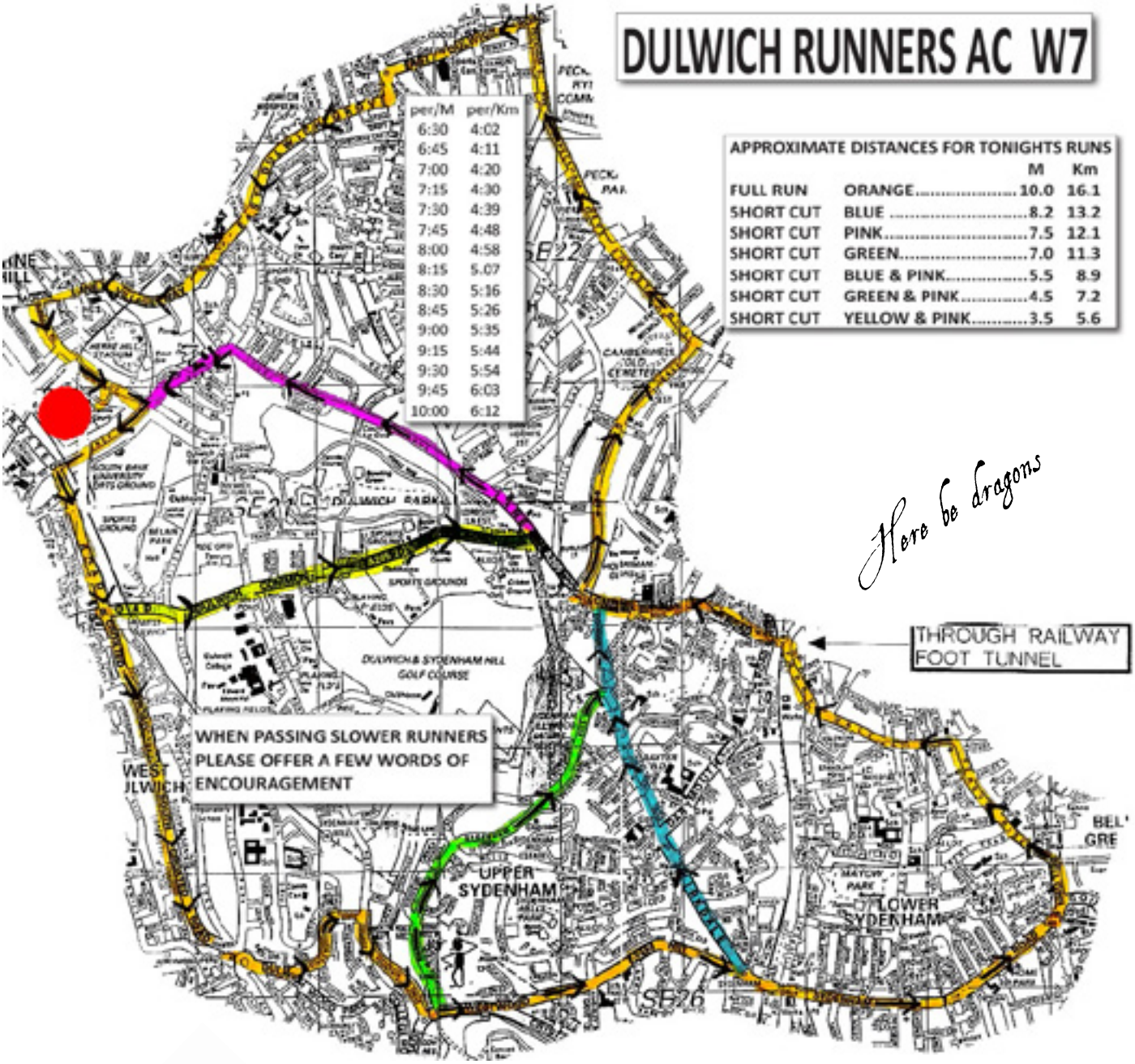
for more information contact:
Steve Wehrle or Claire Steward

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)
http://www.parkrun.org.uk/
High Elms runs ('HERoS' High Elms Runners on Sunday) mostly off-road, start 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	14 Feb, 10:30	www.readingroadrunners.org
Meon Valley Plod (East Meon)	21 Feb, 10:30	http://pjc.org.uk
Leith Hill Half	6 Mar, 11:00	www.trionium.com/leithhillhalf
Spitfire 20 (Dunsfold Aerodrome)	13 Mar, 09:30	www.eventstolive.co.uk
Finchley 20 miles (Ruislip)	13 Mar, 09:00	http://www.hillingdonac.co.uk/f20
Hastings Half Marathon	20 Mar, 10:30	http://www.hastings-half.co.uk
Cranleigh 15 or 21 miles	20 Mar	www.mabac.org.uk
Orion 15 (Epping Forest)	2 Apr (Sat) 10:00	www.orionharriers.com
Paddock Wood Half	3 Apr, 09:30	www.paddockwoodhalfmarathon.co.uk
Thames Towpath 10 (Chiswick)	17 Apr, 09:00	www.west4harriers.com

DULWICH RUNNERS AC W7



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

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.2	13.2
SHORT CUT	PINK	7.5	12.1
SHORT CUT	GREEN	7.0	11.3
SHORT CUT	BLUE & PINK	5.5	8.9
SHORT CUT	GREEN & PINK	4.5	7.2
SHORT CUT	YELLOW & PINK	3.5	5.6