SHORTS

Dulwich Runners AC
Weekly Newsletter
February 17th 2016

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

Wed 17 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 23 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
4... Fixture list, club champs,XC, road, track
5... Men win Surrey League promotion results & reports..
7... Crossy Country champs standings
9... Parkrun results..
11... 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 starts 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

EVENT HORIZON

A brief look ahead

full fixture list **page 6**

Feb 27 National Champs - Donnington
Mar 5 Croydon Harriers XC Champs

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: **Mike Mann and Lucy Cartlidge.**
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**

Olivier Montfort	**17/02**
Andy Murray	24/02
Barrie John Nicholls	02/03

Dulwich Runners 2016 membership renewal...

If you do not renew you cannot compete in any races as a Dulwich Runner !
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)

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

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

José Barretta - How am I doing ?

On April 25, 2015 I planned to take the dog for a run with me on my mountain bike. Then later in the day, meet up with a friend who was recovering from cancer.

Well, I didn't get past the first part of the day! I was out on my mountain bike, and then mine, and my family's life would change forever, as I ended up going over the handle bars and smashing my head in to the ground. I wasn't knocked unconscious, but I instantly knew that I was paralyzed from the shoulders down . Luckily, the dog was with me and so attracted the attention of a passerby.

I was taken by the London air ambulance team to the Royal London hospital in Whitechapel, where I spent a month in the ITU department, after having my broken neck fixed. I was then transferred to the Royal National Orthopedic Hospital in Stanmore, where I spent the next 4 months being weaned off of the ventilator, and receiving rehabilitation. I am unlikely to regain any movement in my arms and legs, but I receive a daily bout of stretching exercises for them, in order to keep them from stiffening up.

The hardest thing to cope with, is the obvious inability to do anything for myself. It now takes around 4 hours to get up in the morning, after having my bowels evacuated, and being washed, and the limb stretches. And the mundane days of daytime TV, and responding to emails via eye gaze technology, and it's taking between 45 minutes and an hour and a half to get put to bed depending on the experience of the PA.

The funniest thing that has happened since my accident, was being in a chin controlled wheelchair, and I crashed, getting stuck in a gutter, being wedged up against a wall which required me to be rescued by the hospital staff!

Anyway, that is a brief summary of life after April 25th 2015.

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

Watch this space for upcoming 2016 events !

SHORTS!

I have a limited number of royal blue shorts with the Dulwich Runners' logo. They are traditionally cut either 'racing' style, or slightly longer – size medium.
Both styles are a bargain £15.

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...

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

Buffs/snoods - only £6

20TH GREEN BELT RELAY

Sat 21 & Sun 22 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:
dulwichladiescaptain@gmail.com
or speak to me Ange Norris on a Wednesday evening.

WELSH CASTLES RELAY - 4TH AND 5TH JUNE 2016

This runs the length of Wales - 200+ miles over 2 days with 20 stages. It starts at Caernarfon Castle on Saturday morning, with an overnight halt at Newtown and finishing on Sunday afternoon in Cardiff. It is scenic and hilly, runners need to be able to run between 5 - 9 mins per mile.

We have entered a team for this in some years in the past. If we have enough interest we will enter one this year. We will need about 25 names to ensure that 20 are available and uninjured on the day.
Let me know by Friday 26th February if you are interested.
Ange - dulwichladiescaptain@gmail.com or at the club on a Wednesday
However, if you are keen to run a relay, and only one, we have already committed to a team for the Green Belt Relay so consider that one first. I am still taking names for it.

BMAF AND VAC 10K OLYMPIC PARK 2 APRIL

The BMAF and Vets AC 10k champs on 2 April will be a prestigious national event and an opportunity to race on a course entirely within the Olympic Park.
The race is open to all runners and BMAF members should enter through the BMAF website, where there is a separate entry for non-masters on the BMAF page. There is a limit of 700 runners which is likely to be reached quickly, so those interested are advised to enter soon.

British Masters Road Relays - Sutton Coldfield - Saturday May 14

if you are over the age of 35 - male or female - please put this in your diary now. Dulwich have traditionally done well in a number of the age group races but while we have a few who turn up every year, we rarely get everyone we should have.
It would be good to get as many of our leading runners as possible to turn up and represent the club at what is one of the best events to take part and this year we have people available in the event or who have moved up.
A list of possible runners are below - if you have been missed and are interested contact steve.smythe@athleticsweekly.com

M35+:

Wayne Lashley	Paul Devine	Jim Dowsett	Ian Lilley	Padraig Prunty	Doug Keighley
Ross Rook	James Godber	Rob Cope	Buzz Shephard	Tom Wilson	John Fletcher
Kevin Chadwick	Tom Marshall	Olivier Montfont	Andy Bond	Toby de Belder	
James Burrows	Tom South	Lloyd Collier	Michael Hutchinson	Tim Taylor	

M45+:

Cameron Timmis	Charlie Lound	Joseph Brady	Gideon Franklin	Ebe Prill	Tony Tuohy
Steve Davies	Mark Foster	Duncan Hussey	John English	Duncan Wilson	Mike Fullilove

M55+

Dave Beaver	Gary Sullivan	Graham Laylee	Steve Williams	Barry J. Nicholls	Mike Mann
Colin B. Wood	Nick Brown	Adrian Greer	Neville Webb	Andy Murray	
Steve Smythe	Chris Loizou	Ian Sesnan	Hugh Balfour	Bob Bell	

W35+:

Charlie Wood	Laura Long	Katie Crowe	Jo Shelton	Yvette Dore	Louisa Pritchard
Selma Benattia	Eleanor Simmons	Emily Gelder	Cara Oliver	Emma Ibell	Roz Johnson

W45+:

Nicola Richmond	Michelle Lennon	Ola Balme	Clare Elms	Angie Norris
Andrea Pickup	Lindsey Annable	Lucy Clapp	Marj Epson	

W55+:
Clare Wyngard Stephanie Burchill Claire Steward Ros Tabor Susan Vernon

Steve Smythe suggested weekend runs for marathoners January to April

February 21: steady 20 with fast 5M finish or 1/2M 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)

Dulwich Runners 2016 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.

2016 ASSEMBLY LEAGUE

These races range from 3 to 3.5 miles on road or on paths within parks and run on the first Thursday of the summer months against 12 other clubs.
This series of races is extremely popular and all members are encouraged to participate whatever your standard or ability.
They are free to enter, all you need to do is have a club vest, turn up and run.
Any further information regarding these races will appear here in Shorts as and when it becomes available.

Thu April 7	Beckenham - 7:15pm (3 miles)
Thu May 5	Victoria Park - 7:30pm (3.5 miles)
Thu June 2	Battersea Park - 7:30pm (5km measured)
Thu July 7	o2 Dome - Nth Greenwich - 7:30pm (3 miles approx)
Thu Aug 4	Victoria Park - 7:30pm (3.5 miles)
Thu Sep 1	Beckenham - 7:15pm (3 miles)

From this year, women's team scores will be based upon 4-to-score, the same as the men

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.

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
Feb	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
Apr	7	Assembly League - Beckenham - 7:15pm (3 miles)	Beckenham
May	5	Assembly League - Victoria Park - 7:30pm (3.5 miles)	Hackney
Jun	2	Assembly League - Battersea Park - 7:30pm (5km measured)	Battersea Park
	tbc 6	2 mile Sri Chimnoy race (S)	Battersea Park
Jul	7	Assembly League - o2 Dome - 7:30pm (3 miles approx)	North Greenwich
	tbc 15	Mark Hayes Mile (S)	Ladywell Track, Catford
Aug	4	Assembly League - Victoria Park - 7:30pm start (3.5 miles)	Hackney
Sep	1	Assembly League - Beckenham - 7:15pm start (3 miles)	Beckenham
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

CROYDON CROSS COUNTRY CHAMPS
5 MARCH

The final qualifying match of this season's cross country champs will be at Lloyd Park on 5 March, starting at 2.30pm, where Croydon Harriers have kindly invited us to join them for their annual championships. For those who competed in the recent Surrey League fixture, the start will be at the same place, close to the Lloyd Park tram stop, but the course will be three shorter laps of 10km in total, avoiding the muddier outer reaches of the park, which in any event will have hopefully dried out somewhat by early March.
This is not a race for elite runners and is open to everyone, both men and women, so please come along to this event which for most will the finale of a successful season. Some of you may need to take part in this race to qualify for the cross country champs. Cross country spikes or fell shoes are recommended, or failing that at the very least trail shoes.

Tonbridge Wells 1/2M
Sunday 21st February 2016

I have entered this race and can give 6 other people a lift to and from the event.

Please email me at duncan.j.wilson@hsbcib.com

http://www.twharriers.org.uk/tunbridge-wells-half-marathon/

Race Reports & Results

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.

Surrey League Men XC Lloyd Park 4th fixture

Sat 13th Feb

Media frenzy - Dulwich promoted to Division One!

Tony Tuohy writes...Poised after the third match just a few points adrift of a top-two promotion spot, the Dulwich men stepped up to the plate (more like stepped into the mud) and secured Division One status for the first time in many years. With five out of the ten scorers that won the match at Reigate not able to run, plenty of kudos is due to the 22 hardy chaps who turned out, scorers or not, on a miserable cold and rainy winter's day. Starting the race 18 points adrift of a promotion spot, we comfortably overhauled Croydon Harriers who failed to field enough of their best runners to challenge us. You've got to be in it to win it.

Tim Bowen was our top man this time, continuing his meteoric rise by skimming across the mud and finishing just outside the top ten and a minute and a half ahead of our next man. And that next man was Mark Lacey, who seemed to get faster as the race went on, ploughing through and recording his best cross country run yet. The next four chaps finished in the space of just 11 seconds with very strong runs from Alastair, Paul and Steve finding themselves just managing to get the best of Wayne – and that's very unusual lately. With three top tens so far this season Wayne was not expected to be dropping back into the 40s but he actually had a bona fide excuse; virtually all of his spike pins, sockets and all, parted company from his shoes meaning any grip he started with gradually disappeared as the race went on. Definitely a case of 'not merchantable quality' and I trust a refund will be in order. As none of this was his own fault I can't even bring myself to count it as Wayne's Comedy Gold of the Week. It's the best we've got though, and still quite amusing, so it'll do.

All of the above (bar Tim that is, who I never saw) passed me before halfway; I was surprised anyway to be ahead of them as I thought I was running fairly conservatively, but got that wrong again and succumbed in customary fashion to the strength-sapping action of the muck, although not before nearly taking slippy-slidey Wayne out on the suicidal descent towards the end of the first lap. Apart from them, another marathon-training strong man was showing his mettle in the mud, passing me with half a lap to go. Not a cross country lover, James had to be 'persuaded' to turn out but played a blinder to be 7th scorer and significantly contribute towards the Dulwich tally. He even had to purchase a brand new pair of XC spikes especially for the occasion (obviously better quality than Wayne's). Ross and Ian repeated their now-standard reliable and solid runs to complete our ten; excellent packing meant our promotion spot was secure.

Just missing out on the scoring ten, Dulwich's very own multiple national cycling champion showed off some of his considerable 'engine' by ploughing through the mud ahead of many seasoned cross country campaigners. The legend known as Dr. Hutch does a bit of running in the cycling off-season and has thrown himself at the mud this year with appearances at the Surrey Counties (Denbies) and Southern Champs (Parliament Hill) before the quagmire known as Lloyd Park, all a far cry from a tarmac drag-strip or the velodrome. He finished a little ahead of gutsy runs from Sam Crump (a welcome return) and Ebe, who in turn were a couple of minutes up on good efforts from Jim Dowsett and Mike Fullilove.

A minute back on these two, the regular head-to-head between Hugh Balfour and Mike Mann had Hugh getting the best of it this time, by just six seconds, and they were 40 seconds ahead of another welcome return from Duncan Wilson. Another reliable performance from Andy and a rare but welcome Surrey League outing from Barrie John closed the Dulwich show, with Tom and Martin forced to abandon in the treacherous conditions.

And that's it for another Surrey League season. This time last year we were celebrating the avoidance of relegation; now we're in Division One. It will certainly be a shock to the system to be racing in the top flight of the highest quality county league in the country; on a par with the Dulwich women for a change. Even the mighty Belgrave Harriers, newly relegated, are now a division below us – and apparently the Division One match on Saturday featured clubs who have had athletes at the last four Olympics and winners of four editions of the National XC Championship! To state the bleeding obvious – it's going to be tough for us next season. Still, we'll throw ourselves into the fray and see how it goes. But don't say I didn't warn you...

MEN WIN PROMOTION IN FINAL SURREY LEAGUE CROSS COUNTRY

It was always going to be a tight contest with three clubs competing for the two available promotion places, and although finishing 4th on the day in a solid and highly creditable team performance, we did enough on the day to finish in 2nd place overall at the end of the season.

Despite some initial ambivalence on my part with the prospect of promotion, chatting to some of my colleagues/ rivals at the Vets Indoors track and field champs the next day rather changed my mind as several of them were highly impressed with our achievement in joining the elite clubs of Division 1 next season in what is the strongest county cross country league in the country.

We will clearly have a task on our hands next season, but for now we should savour the moment and be proud of what we have achieved. This something that will look good on the club's cv. Not so many years ago we were relegated to Division 3 so this represents a huge turn round, helped in no small measure by some of our faster runners who have joined the club over the last 2 years.

And a big thank you to all our runners who turned out and showed commitment over the whole season. We were missing some firepower up front with Tim Taylor, Shane O'Neill and Charlie Lound away and not able to make it. This meant that we were not able to match our win at the January fixture at Reigate. But there were some solid performances and all credit to those who ran through injury niggles. There were also some shoe problems so we may want to club together to buy Wayne (no spikes) Lashley a new pair before the start of next season. And one consolation of being in Division 1 is that we'll have a Lloyd Park free season next year.

- ***Mike Mann***

11	Tim Bowen	30:37
32	Mark Lacey	32:08
36	Alastair Locke	32:20
38	Paul Devine	32:25
39	Steve Davies	32:30
41	Wayne Lashley	32:31
47	James Burrows	32:58
56	Tony Tuohy	33:20
68	Ross Rook	33:43
69	Ian Lilley	33:46
87	Michael Hutchinson	34:39
90	Sam Crump	34:47
92	Ebe Prill	34:57
128	Jim Dowsett	37:02
146	Mike Fullilove	37:08
150	Hugh Balfour	38:16
152	Mike Mann	38:22
159	Duncan Wilson	39:02
180	Andy Murray	42:12
198	Barrie John Nicholls	48:21
	Tom South	DNF
	Martin Double	DNF

MATCH RESULT

1 Reigate Priory	312
2 Dorking&Mole Valley	331
3 Wimbledon Windmilers	416
4 Dulwich Runners	**437**
5 Striders of Croydon	479
6 Croydon Harriers	506
7 Walton	517
8 Ful-on-Tri	541
9 West 4 Harriers	556

FINAL STANDINGS

1 Dorking&Mole Valley	1398 P
2 Dulwich Runners	**1532 P**
3 Croydon Harriers	1583
4 Reigate Priory	1616
5 Wimbledon Windmilers	1965
6 Ful-on-|Tri	1965
7 Walton	2038
8 West 4 Harriers	2039
9 Striders of Croydon	2244

SURREY LADIES LEAGUE RICHMOND PARK, FEB. 13

Despite this traditionally being one of the most popular scenic and runnable courses, the turn out here for the women was down on recent leagues and championships and was largely down to the regulars from past years. Additionally too many potential scorers were missing and a few who did run weren't at their best and the result was we finished ninth on the day and dropped a couple of places in the overall league to eighth.

Clare Elms wasn't in her top 10 form as usual, but still led the team home and finished close behind Olympic marathon sixth placer Mara Yamauchi and was eaily first W45+.

Mel Edwards came through well after a slow start to make the top 30.

Ola Balme hasn't been able to train recently at her previous levels but had a steady run as did Ange Norris who matched her best of the league season. Selma Benattia had her best league run to date to complete the A team.

For the B team, Katie, Sue, Lucy, Clare W (3rd W55) and Louisa all had good runs generally coming through the field, that saw the B team finish 23rd.

Regulars Lindsey and Claire S completed the club dozen with Lindsey having a particularly good run while Claire was second W60.

20 Clare Elms	32:15 (17 D1)
26 Mel Edwards	32:40 (22 D1)
67 Ola Balme	34:28 (51 D1)
72 Ange Norris	34:37 (53 D1)
84 Selma Benattia	35:13 (64 D1)
110 Katie Styles	36:27 (84 D1)
142 Sue Cooper	37:23 (104 D1)
180 Lucy Clapp	39:00 (126 D1)
208 Clare Wyngard	40:07 (141 D1)
225 Louisa Pritchard	41:00 (151 D1)
247 Lindsey Annable	42:01 (165 D1)
284 Claire Steward	43:32 (178 D1)
382 ran	

TEAM Div 1: 1 S London 80; 2 Clapham 88; 3 THH 105; 4 Belgrave 135; 5 Herne H 136; 6 Ranelagh 160; 7 FoT 181; 8 W4H 182; **9 Dulw R 207;** 10 DMV 216; 11 HW 268; 12 Rei P 323; 13 Stragglers 332; 14 Ranelagh B 354; 15 Clapham B 363; **23rd Dulwich B**

Final standings: 1 Clapham 327; 2 S London 447; 3 THH 544; 4 Ranelagh 596; 5 FoT 625; 6 Herne H 703; 7 W4H 716; **8 Dulw R 727;** 9 Belgrave 766; 10 Rei P 1056; 11 HW 1169; 12 DMV 1246; 13 Stragglers 1403; 14 Clapham B 1447; 15 Woking 1648

Steve Smythe

CROSS COUNTRY CHAMPIONSHIPS

Some members have already completed the required 4 races including 3 Surrey leagues, but I will leave the final calculations until after the last event – the Lloyd Park race on Saturday 5 March.

Ros

CROSS COUNTRY CHAMPIONSHIPS 2015/16 MEN

TOTAL OF 4 BEST RUNS - MUST INCLUDE 3 SURREY LEAGUES

NAME	Surrey Lge Wimbledon 10/10/15	Surrey Lge 2 Walton 07/11/15	S of Thames Polesdon Lacey 21/11/15	Surrey Lge 3 Reigate 16/01/2016	Surrey Lge 4 Lloyd Park 13/02/2016	Mob Match Lloyd Park 5/3/16	TOTAL	No. of events
Ebe Prill	41	43	47	38	38		207	
Tim Bowen		48	50	48	50		196	
Wayne Lashley	50	50		50	45		195	
Alastair Locke	47	46	49		48		190	
Ross Rook		44	48	40	42		174	
Jim Dowsett	40		45	35	37		157	
Graham Laylee	36	41	43	30			150	
Mike Mann	38		44	34	34		150	
Tim Taylor	49	49		49			147	
Ian Sesnan	34	40	41	29			144	
Barrie John Nicholl	33	39	40		31		143	
Andy Murray	35		42	31	32		140	
Charlie Lound	48	45		44			137	
Mark Lacey	43			45	49		137	
Steve Davies	45			43	46		134	
Tony Tuohy	46			41	43		130	
Hugh Balfour	37			32	35		104	
Tom Rann	44			47			91	
Ian Lilley	42				41		83	
John English		42		37			79	
Duncan Wilson	39				33		72	
Mike Fullilove				36	36		72	
Andy Bond		47					47	
Paul Devine					47		47	
Shane O'Neill				46			46	
Steve Smythe			46				46	
Mark Callaghan				42			42	
Kevin Chadwick				39			39	
Martin Double				33			33	
Tony McPherson				28			28	
Michael Hutchinson					40		40	

The Following people completed the last 2 Surrey league fixtures and so get a £5 voucher to spend on Dulwich Runners' kit.

Well run!

Ebe Prill
Tim Bowen
Wayne Lashley
Ross Rook
Jim Dowsett
Mike Mann
Andy Murray
Mark Lacey
Steve Davies
Tony Tuohy
Hugh Balfour
Mike Fullilove
Ola Balme
Ange Norris
Katie Styles
Lindsey Annable
Selma Benattia
Sue Cooper
Clare Elms
Lucy Clapp
Claire Steward

CROSS COUNTRY CHAMPIONSHIPS 2015/16 WOMEN

TOTAL OF 4 BEST RUNS - MUST INCLUDE 3 SURREY LEAGUES

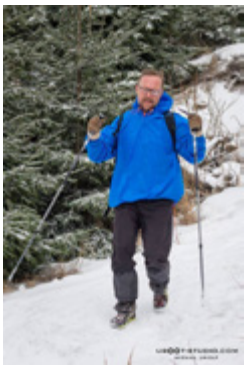
NAME	Surrey Lge 1 Roundshaw 10/10/15	Surrey Lge 2 West End 7/11/15	S of Thames Polesdon Lacey 06/12/15	Surrey Lge 3 Reigate 16/01/16	Surrey Lge 4 Richmond 13/02/16	Mob Match Lloyd Park 5/3/16	TOTAL	No. of events
Ola Balme	46	47	48	48	48		237	
Ange Norris	45	45	47	47	47		231	
Katie Styles	40	41	46	45	45		217	
Lindsey Annable	33	35	39	32	40		179	
Selma Benattia		43	45	43	46		177	
Sue Cooper	42	40		40	44		166	
Eleanor Simmons	41	38	44	39			162	
Clare Elms	50			50	50		150	
Claire Baglin	49	50		49			148	
Mel Edwards		49	50		49		148	
Nicola Richmod	47	48		46			141	
Michelle Lennon	43		43	41			127	
Lucy Clapp	38			37	43		118	
Joanne Shelton	35		41	35			111	
Claire Steward	32			31	39		102	
Anna Thomas		44	49				93	
Fiona Askew		42		42			84	
Clare Wyngard	34				42		76	
Katie Crowe	36	37					73	
Hannah Little			40	33			73	
Ros Tabor	37			34			71	
Stephanie Burchill	31	34					65	
Elkie Mace	48						48	
Laura Long		46					46	
Helen Lister	44						44	
Emma Ibell				44			44	
Lois Reed			42				42	
Louisa Pritchard					41		41	
Lucy Pickering	39						39	
Ruth Bennett		39					39	
Yvette Dore				38			38	
Sarah Banting		36					36	
Tessa Morrison				36			36	

"The Blizzard" – 24 hour Ultramarathon

Last weekend I had the "pleasure" of taking part in a 24-hour mountain race called "The Blizzard" in the Beskidy Mountains in southern Poland.

Once again, it was a race which I can call "the most difficult heretofore" (will it ever get easier?!).
The formula of the race is quite unique

– you run to the top of the Skrzyczne (anyone willing to pronounce that?) Mountain (2,500 feet ascent) and back – 14 km. And you do that as many times as you want during the 24 hours. I managed to do 6 laps – altogether 84 km.
The race started at 12 noon, so you could easily do 2 laps in the daylight, which was very pleasant.



The ascents and descents were very steep at times. In the daytime the snow was melting and things got muddy. But all that could happen to you was getting wet and filthy. Towards the evening things started to get unpredictable. At the base camp, it was nice and dry. At the Skrzyczne peak – gale-force wind and snow. Then, on the opposite slope – rain which made the surface really slippy. As a result every step could (and often did) end up in a double Axel or toe loop. For part of the route I decided to run in the shallow creek because it was the only place where you could get some grip.

The weather surpassed its whimsicalness in the small hours, when during a single lap we had to struggle first with rain, then snow, storm with lightning, and finally hail – falling horizontally because of the gale (apparently 90 m/h).

This lap totally drained me of my energy – I had to rest – and besides it was just getting too dangerous. I decided to get a break till dawn. A few hours later nice sticky snow covered everything and you could nearly enjoy the last lap (if it were not for the burning quads, and everything else). It was possible to do more – 4 people ran 9 laps – but I'm quite happy I did 6. In these conditions

it was the maximum I could do without utter exhaustion.
Altogether the Blizzard is an amazing race. There's something magic about running at night across the forest, in the mountains, in rain and snow. The conditions were extreme but so were the impressions. Although my quads are still hurting I'm already thinking about repeating it next year ! :-)

- Grzegorz Galezia

VETS AC INDOOR CHAMPS
LEE VALLEY 14 FEBRUARY

With two of us wading through Lloyd Park mud the day before and one celebrating the club's promotion to Division 1 that evening, this was not ideal preparation for our first encounter on the indoor track this winter. Sensibly Ros Tabor chose not to run the women's cross country at Richmond Park. Despite this, it was a good early season practice session, from which we would all expect to improve.

In the 800m, I started off too fast with a 38 sec opening 200m, but struggled with legs heavy from Lloyd Park over the final 400m to finish with a slow time. Tony on the other hand had a good tactical even -paced race. Ros was happy with her 400m, which while not quite as fast as some of last year's efforts, was completed in a respectable sub 79 secs. Later in the 1500m, Ros completed the first 500m at 6 min pace, but faded a bit later on. Tony, after a steady start, experienced an isolated time trial for most of the race, with the effects of the previous day's cross country catching up with him, and was disappointed with his time.

Tony had a minimal recovery between this and the 3000m, which he started off slowly, picking up the pace with each 1km, but not surprisingly posted a slow time. With the less demanding pace, my 3000m was an improvement on my earlier 800m, though tired legs costed my some time towards the end.

Nevertheless my time was comparable to recent early season efforts, and a base from which to improve, which is what we all felt after the day's outing.

Mike Mann

400m		
Ros Tabor	78:94	1st W65
800m		
Tony Tuohy	2:19.73	3rd M50
Mike Mann	2:45.96	1st M65
1500m		
Ros Tabor	6:05.93	1st W65
Tony Tuohy	4:44.73	1st M50
3000m		
Tony Tuohy	10:06.67	1st M50
Mike Mann	11:39.93	1st M65

February 13th

Ashton Court

373 ran

Pos	Gen		
141	120	Barnes Stringer	25:45

Brockwell

304 ran

Pos	Gen		
108	97	Kees Kuijlaars	24:07
136	114	Michael Dodds	25:18
189	147	Desmond Edwards	27:21
231	67	Selina Wray	29:17

Bromley

472 ran

Pos	Gen		
19	18	Kevin Chadwick	19:54
85	78	Colin Frith	22:52
100	91	Chris Goodman	23:15

Bushy

1046 ran

Pos	Gen		
18	17	Andy Bond	18:41

Chipping Sodbury

199 ran

Pos	Gen		
7	7	Mark Foster	20:30

Crystal Palace

223 ran

Pos	Gen		
4	4	Oscar Hussey	17:50
7	7	Tom Wilson	18:40
46	9	Lucy Elms	21:39
77	64	Bob Bell	23:25
91	19	Belinda Cottrill	24:06
93	74	Andy Cottrill	24:09
194	130	Simon Lang	31:06

Dulwich

218 ran

Pos	Gen		
2	2	Lewis Laylee	17:03
11	11	Simon Burnett	19:02
50	47	Graham Laylee	21:53
64	58	Mark Muffett	23:02
129	100	Mick Mead	26:13
163	48	Stephanie Burchill	28:33

Fountains Abbey

347 ran

Pos	Gen		
82	9	Niamh Falconer	23:13

Horsham

211 ran

Pos	Gen		
43	37	Gary Budinger	24:26

Orpington

99 ran

Pos	Gen		
9	1	Tereza Francova	22:26

Peckham Rye

153 ran

Pos	Gen		
71	14	Laura Vincent	25:17
77	16	Karina Burrowes	25:33
81	18	Sian Maguire	25:37
119	41	Claire Barnard	28:42
120	42	Sharon Erdman	28:45

Riddlesdown

87 ran

Pos	Gen		
23	20	Peter Gibbons	24:52

Root 44

Chris Vernon writes

Team DR were back at full strength for the trip out to Somerset West and the Audacia wine farm for another on dirt paths between the vines, Dobbies in the dust!

This run attracts vast numbers, the record being set two weeks ago at 1252 and has a pacey course record at 15.12 which suggested flat, how wrong could we be ! Once again few club runners took part from local clubs with just a handful from Helderberg Harriers, Strand AC and Stellenbosch AC.

The sky was overcast as we pulled into the very efficient car park with time to spare. Thanks to a very effective PA system (UK please note) we could hear the announcements from the run director with presentations of milestone tees and thanks to sponsors all being well received.

Just as the gun went the sun came out and the temperature soared. The crowds made for a slow start as the walkers, buggies and dogs hogged the middle of the track but it soon thinned out. The clouds of brown dust hanging in the humid air made breathing unpleasant and spoiled the lovely views. All was fairly flat for the first 3K when there was a tough hill followed by a gentle climb at the top of which was a row of taps.The steep downhill which followed was divided into fast and slow lanes but was difficult for the less agile to keep their footing because of the ruts. Another short hill appeared in the last kilometre before the finish back at the start.

Sue had an indifferent run but still won her age group again.My run was better than of late and I was 2nd MV70.Ron did a big pb by 2 mins in 52.06 but forgot his barcode so did not make the results.

The very efficient and enthusiastic team coped with the second biggest field ever with some approximate results but who cares as we moved on to the attraction of the venue a large food and craft market. Every type of food was available, anyone for fish and chips for breakfast? Sadly it was again too early for the wine tasting.

A shaded eating area with views of the Helderberg mountains encouraged us to stay but we had to go to meet an old flame of Rons from his teenage years in Dulwich.

Thus ended my latest 5 parkruns in SA with 4 new venues to make 54 in total. There is plenty of scope for a return visit as new venues are opening every month to satisfy the huge local demand

1202 ran

Pos	Gen		
499	145	Susan Vernon	36:54
551	381	Chris Vernon	38:18

Southwark

175 ran

Pos	Gen		
102	77	Paul Keating	25:46
110	31	Kaylee Coxall	26:13

St Peters

401 ran

Pos	Gen		
169	35	Penelope D'arcy Graham	27:14

Tooting Common

311 ran

Pos	Gen		
53	51	Cameron Timmis	21:40

Walthamstow

45 ran

Pos	Gen		
4	4	Gary Sullivan	22:16

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)

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.
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

Weeks to go!	Date	Event / Distance	Information
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**

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

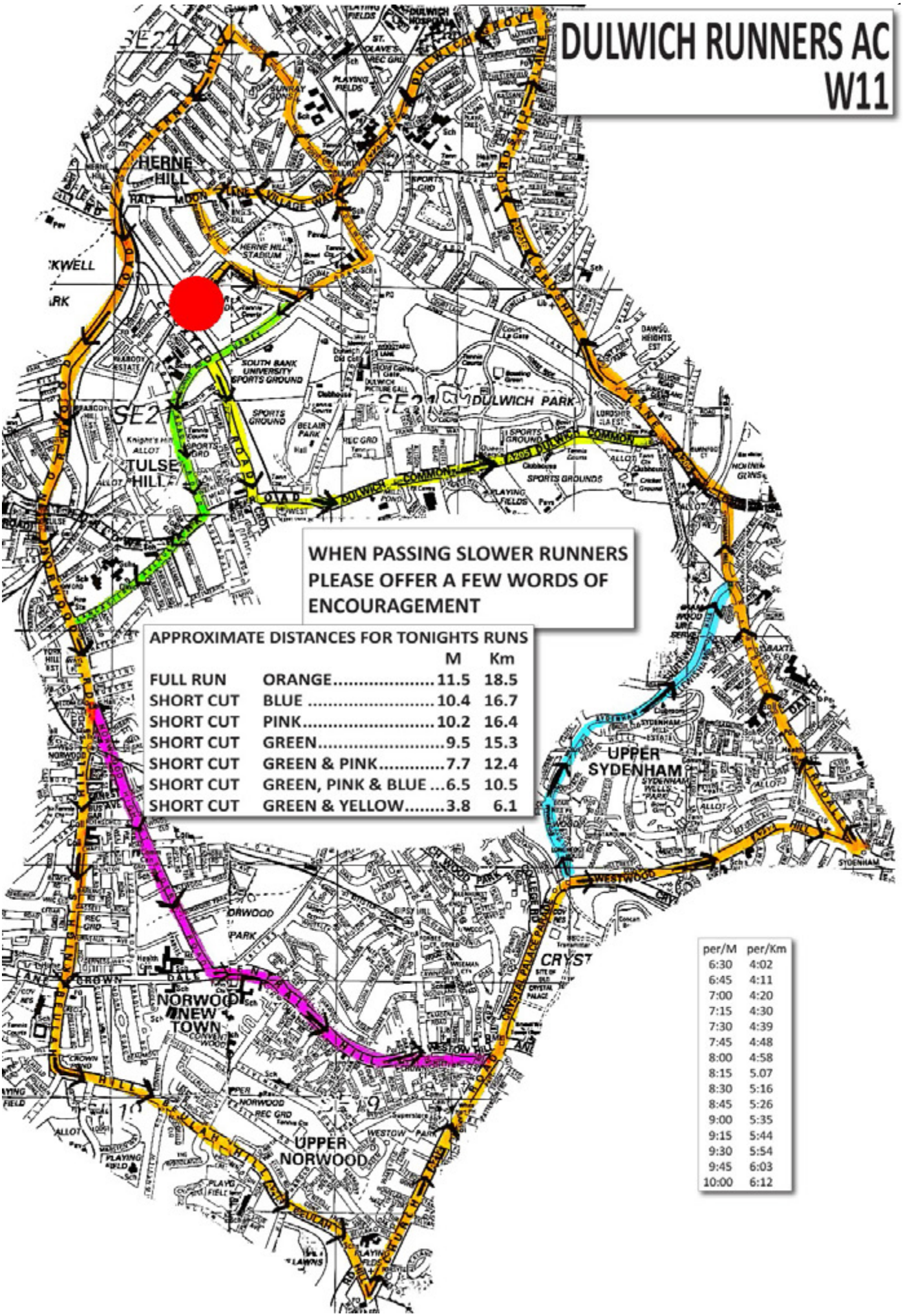
for more information contact:
Steve Wehrle or Claire Steward

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:

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
W11



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	11.5	18.5
SHORT CUT	BLUE	10.4	16.7
SHORT CUT	PINK	10.2	16.4
SHORT CUT	GREEN	9.5	15.3
SHORT CUT	GREEN & PINK	7.7	12.4
SHORT CUT	GREEN, PINK & BLUE	6.5	10.5
SHORT CUT	GREEN & YELLOW	3.8	6.1

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