SHORTS

Dulwich Runners AC
Weekly Newsletter
March 2nd 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 02 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 08 Track at Crystal Palace Arena
£2.50 per session.
Meet just after 7pm to warm up, the session around 7.20pm.

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

LUCKY VEST
Tonight

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

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

In your SHORTS this week !

1... General information
2... Club kit, social events etc
5... Fixture list, club champs,XC, road, track
6... Race reports and results
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

EVENT HORIZON
A brief look ahead

full fixture list **page 6**

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: **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**

Volunteers needed	**02/03**
Claire Steward	09/03
Ebe Prill	16/03
Barrie John Nicholls	23/03

Dulwich Runners 2016 membership renewal...

If you have not renewed you cannot compete in any races as a Dulwich Runner !
Full membership including EA registration is £36 or £23 without EA...you can also pay by direct payment
Please dont hesitate to contact me: barry@bg1.co.uk

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 !

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.

VOLUNTEERS PLEASE!

I have been asked by Emma-Louise Parker if we can help with a schools' event in Burgess Park on Wednesday 2 March

She writes: I have a huge favour to ask, on Wednesday 2nd March I am organising the Southwark Schools Road Running Championships and I am very short on volunteers. The event is during a working day, but please could ask any of your club runners whether they would be able to help with the event?

- The event is on Wed. 2nd March 2016 at Burgess Park Community Sports Centre, SE5 7JW
- Times between 9.00am-1.00pm
- Roles will include marshalling, event registration, place markers
- I will reimburse local travel costs

Email: Emma-Louise.Parker@southwark.gov.uk
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
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

Saturday 5th March 2016, 9pm – yet more Rockin' Mayhem with English Rogues

At The Chandos, 56 Brockley Rise, London SE23 1LN
https://goo.gl/maps/CCRB7mWu7co (400m from Honor Oak Park station)

No excuses now, a local gig has cropped up, what more do you want?
Here we go with the usual pub-rock madness; 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.
Tony 'Thundersticks' Tuohy
Keep Music Live - it's time to ROCK – come on, you need your fix and you need it now....

José Barretta Fundraising

Guess the number of Eggs in the Jar!

Please join our Easter fundraising for José and guess how any eggs are in the jar!

Bring your Easter pounds to track or Wednesday night and have a guess to win the jar of eggs! You can purchase your guesses:

Before track: 8th, 15th, 22nd March

Before or after the Club run: 9th, 16th and 23rd March

Cost: 1 guess = £2, 3 guesses = £5, 7 guesses = £10

Winner (closest guess) to be drawn after the club run on March 23rd

Club Championship: Dartford Half Marathon Sunday March 13

This will be the 40th running of this race.

https://www.runbritain.com/race/dartford-half-marathon-half-marathon/entry

The course isn't superflat with four hills but has some nice rural sections and quite a few long flat sections.
There is a short sharp hill around 3 miles, a long drag around 5 miles and two medium hills around 6 and 10 but a downhill last few miles.
The race was first run in 1977 and famously won by future Olympic 800m champion Steve Ovett in his only half-marathon. One current Dulwich Runner ran in that race.
http://www.ukresults.net/history/77darthalf.html

There were just 122 finishers but note how different the standards are now and relatively how few 'less fast' runners took part and only 5 women ran The halfway time (61st) was 81:39 and only 7 runners were slower than 1:40 Last year 618 took part, the halfway time was 1:54:52 and 469 were slower than 1:40 and only 14 runners were faster than 81:39. 226 women ran ***- Steve Smythe***

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.

WELSH CASTLES RELAY

We have only had 3 names for this so the club will not be entering a team this year.

Steve Smythe suggested weekend runs for marathoners January to April

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)

British Masters Road Relays - Sutton Coldfield - Sat 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 has been published in previous issues of SHORTS which can be found on the clubs website.
- if you have been missed and are interested contact steve.smythe@athleticsweekly.com

20TH GREEN BELT RELAY

Sat 21 & Sun 22 May 2016

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. 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.

We have 17 names so with teams of 11 this seems to me too many for one team but not enough for 2. Experience from others who have organised it in the past may say that we need that many as there is always a drop out due to injury etc but ..... I would love everybody who has given me their name to be able to run so I'm looking for more keen runners.

So far I have - Hannah Riley, Alastair Locke, Louisa Pritchard, Michael Hutchinson, Tessa Morrison, Mel Edwards, Gideon Franklin, Gary Sullivan, Jim Dowsett, Claire Steward, James Burrows, Andrea Pickup, Lucy Pickering, Steve Williams, Ebe Prill, Mark Foster and Ange Norris.

So if you are free that weekend think about joining in and giving it a go, it's fun.
Email Ange Norris - dulwichladiescaptain@gmail.com

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
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)	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.

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.

Tenterden 5 Mile Race
21/02/16

Colin Frith 38.31 56th place out of 175 finishers. Winner 26.04. Small friendly relatively flat (one significant incline between 3 and 4 miles) well organised race in deepest Kent.

Bournemouth 10 Mile Race
28/02/16

Managed thanks to a down hill finish with the wind and beans behind me for the last 2 miles to duck under 80 mins. Colin Frith 1.19.26 197th place out of 418 finishers. Winner 56.30.

Colin- currently between injuries- Frith

SERPENTINE LAST FRIDAY 5K 26 February

Only 3 Dulwich Runners ran this month in near perfect conditions. Performance of the day came from Katie Styles who ran a 44 second pb to follow her half marathon pb of the previous week. Graham posted a course best and Andy ran strongly and was pleased with his time ***- Graham Laylee***

Katie Styles	21:00 (pb)
Graham Laylee	21:33
Andy Murray	21:42

English National Cross Country Championships Donington Park

Saturday 27 February 2016

Charlie Lound writes...Six of us turned out for the senior races at the climax to the cross country season at the English National Cross Country Championships at Donington Park, Leicestershire.

Those that arrived at East Midlands Parkway station were met with the impressive, if not particularly attractive, Ratcliffe-on-Soar power station. The station is quite isolated, so needed a taxi or a lift to get to the park. What we saw of the Park itself was functional rather than attractive, including the race track, huge car parks, some sort of store for plant machinery and light industrial units, together with the very low-flying aircraft coming into land at the nearby East Midlands Airport.

The course is probably less hilly than Parliament Hill, and perhaps on the whole less muddy. However, the sharp climbs, twists and turns and deep sticky mud sections on the second half was generally regarded as equally as tough. The early part also ran along the edge of a turnip field with ruts and roots to turn ankles.
Clare had made a late decision to take part, so had a heavy week's training in her legs including a hard tempo session on Thursday. This told as she felt good for 100m after which her legs 'refused to work', although she did seem to be running well and turned in a very good result.

In the men's race, I learnt from last year's traffic jams to put myself on the start line and run nearly as hard as possible across the start paddock. Even then I ended up in a pile-up (literally) on the corner of the turnip field but was happy to have battled on through.
Kev enjoyed the experience and was reasonably pleased with his time after on-off illness during January and February that had affected his breathing and which he now appears to have shaken off.

Ian was in awe at the mass start, but took it too easy and got stuck in traffic. He found the 'sticky toffee with glue' mud hard going and settled into training run mode.
Ross is just over a bout of flu and this and the consequent lack of training took its toll after an enjoyable first 100m. He enjoyed the support (notably from Coach Steve, thanks) and the distraction of the Ryan Air fly-bys!

After limited training and no recent racing Duncan's main focus was on Oscar's race, but resolved to enjoy the run round. He found the course pretty fair in general, but was challenged by the tough last section. We can all agree with his comment that the National is the embodiment of club running and has a fantastic atmosphere with real camaraderie between the teams.

Senior women

106	Clare Elms	35:34

739 finishers
84 teams finished

Senior Men

508	Charles Lound	53:40
825	Kevin Chadwick	57:50
899	Ian Lilley	58:48
1117	Ross Rook	62:06
1118	Duncan Hussey	62:07

1731 finishers
123 teams finished

National Cross-country

Steve Smythe writes..
Good article on National XC here
http://www.telegraph.co.uk/wellbeing/fitness/is-cross-country-running-experiencing-a-quiet-renaissance/

The numbers in the men's race may be less than the London Marathon but in London there are three starts and runners take up to 15 minutes to cross the start line so a lot of runners don't start at the start time. In the National 2000 runners start simuelltaneously and the sight is one of the best in sport.
The club should be doing more to encourage it's runners to do the event which is one of the best races in the world to compete in with a brilliant atmosphere.
For the club it was a rather half-hearted attempt and some of those who did run did so at considerable expense to themselves because the club policy was unhelpful.
consequently we had just 5 men - we needed six to score and just one woman - 3 entered and we needed 4 for a team.

If you are a distance runner, you should want to compete in the National so why is it over 200 senior teams finished in the National and Dulwich didn't.
It wasn't in London but was only a 80 minute train journey, albeit quite a way from the nearest station
Charlie Lound had a very good run but Kevin, Ian, Ross and Duncan weren't at their best for various reasons.
Clare Elms felt it was important we did have a female presence at the event after the other two runners entered couldn't run but after a very hard week's training and no team to run for eased round feelling tired and was just outside the top 100.

Scottish Championships, Fife

February 27

Shona McIntosh had an excellent run to finish 18th in 32:55 and won a team gold for her Scottish team Hunters Bog Trotters

- Steve Smythe

National Cross Country Champs Donington Park Leicestershire

26 February

U17 Men 6k

After good performances at the recent South East Intercounties and the Bromley mini marathon selection trials, Oscar came away a little bit disappointed with his performance here. It wasn't helped by a start line which disadvantaged those runners on the right hand side as it was further back than the left hand side and meant they also had a climb a slight rise before reaching the main part of the course.

Even though he was sprinting for the first 800m, he was still at the back which had a knock on effect as he went too fast on the first lap. Still had the closest race for a couple of years with a schoolmate. Apart from an uneven start line the course itself was pretty fair with a few rolling hills and a field of turnips to contend with. Surprisingly scenic, nestled in at it was between East Midlands airport and the motor race track of Donington Park. ***- Duncan Hussey***

125 Oscar Hussey 22.52
246 ran

Eama Inter-Area Track & Field Challenge

28 February

Unusually for track and field, this competition between all the regional Masters area clubs is broken down into 10 year age categories, rather than 5, putting those of us towards the top of our age bands at something of a disadvantage.

Ros Tabor posted a season's best for her 400m, but saved her best until last when she beat 800m specialist and current W60 and W65 UK record holder, Nancy Hitchmough to win a closely fought W60 race.. Taking the pace on from the start, but with Hitchmough tucked in behind, the gap narrowed in the final 100m as she attempted to overtake Ros in the short finishing straight, but Ros narrowly prevailed in a tight and exciting finish.

My 1500m was rather lacklustre and slower than the previous week's effort, but my 3000m later represented a distinct improvement. Metronome is never going to be my middle name but somehow I achieved just that with my pace barely wavering from 46 secs throughout the 15 laps. Running a couple of 800ms at that speed during the previous Tuesday track session may have helped to regulate my pace. In doing so I improved my SB by over 10 secs and overtook 2 M60 rivals in the middle of the race. ***- Mike Mann***

400m	Ros Tabor	77.25	3rd W60
800m	Ros Tabor	2:55.18	1st W60
1500m	Mike Mann	5:33.99	6th M60
3000m	Mike Mann	11:28.31	3rd M60

Kenley Airfield 10k

Sun 28th February

Spotted this local low-key 10k, so thought it a nice way to break up another long Sunday plod. A three-mile jog from home to Kenley, grab a number, win the race, jog home with an enormous trophy - what's not to like? As I was alone after the first mile (5:36) it was actually a stress-free way on a pan-flat course to hammer out a solid even-pace tempo run; all subsequent miles were 5:53 or 5:54.

The airfield is of course pretty bleak and half of each lap (three in total) was into a very cold north-easterly wind; a blessed relief in the opposite direction. Fairly obviously, any notable opposition was conspicuously absent; but you've got to be in it to win it, as the saying goes.

1 Tony Tuohy 36:23
130 ran

parkrun

February 27th

Barnsley

159 ran

Pos	Gen		
111	35	Selina Wray	30:40

Brockwell

246 ran

Pos	Gen		
26	2	Ola Balme	20:38
33	30	Robbie Campbell	21:11
67	9	Michelle Lennon	22:30
98	18	Clare Wyngard	24:52
115	92	Michael Dodds	25:19
128	29	Claire Steward	25:54
129	30	Emma Vernon	25:56
155	46	Sharon Erdman	27:06

Burgess

166 ran

Pos	Gen		
1	1	Nathan Bekele	17:35
25	1	Isabel Hessey	21:08
140	87	Barry Evans	31:23

Crystal Palace

217 ran

Pos	Gen		
3	3	Wayne Lashley	18:26
42	41	Bob Bell	23:03
193	128	Simon Lang	32:57

Dulwich

252 ran

Pos	Gen		
5	5	Tim R Taylor	17:11
6	6	Tony Tuohy	17:18
8	8	Stephen Davies	17:36
23	1	Sarah Watson	19:02
24	23	Simon Burnett	19:03
34	32	Grzegorz Galezia	20:10
42	40	Edward Lockhart	20:38
49	47	Kamal Lewis-Gopie	20:58
56	53	Ajay Khandelwal	21:40
148	116	Mick Mead	25:57
186	55	Stephanie Burchill	28:16

Bromley

491 ran

Pos	Gen		
42	4	Selma Benattia	20:38
309	233	Peter Jackson	28:45

Greenwich

246 ran

Pos	Gen		
13	13	Michael Fullilove	20:35
34	33	Joseph Brady	22:18

Hilly Fields

172 ran

Pos	Gen		
3	3	Alastair Locke	18:35

Little Stoke

239 ran

Pos	Gen		
66	61	Barnes Stringer	23:47

Llyn Llech Owain

85 ran

Pos	Gen		
1	1	Paul Devine	18:08

Southwark

144 ran

Pos	Gen		
89	68	Paul Keating	25:33

Finsbury

244 ran

Pos	Gen		
22	22	Gary Sullivan	20:41

Fulham Palace

320 ran

Pos	Gen		
131	22	Lindsey Annable	24:41

Malling

105 ran

Pos	Gen		
22	20	Nicholas Brown	23:38

Mile End

174 ran

Pos	Gen		
9	9	Martin Holt	18:33

Peckham Rye

118 ran

Pos	Gen		
1	1	Gregory Nicholas	17:15
3	3	Andy Bond	18:21
5	5	Ebe Prill	19:09
15	1	Emma Ibell	20:41
53	9	Claire Barnard	23:57

Raphael

131 ran

Pos	Gen		
8	1	Kim Hainsworth	21:25

Riddlesdown

121 ran

Pos	Gen		
29	6	Ange Norris	24:20

Tooting Common

292 ran

Pos	Gen		
43	39	Cameron Timmis	20:57
60	56	Graham Laylee	21:48

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
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

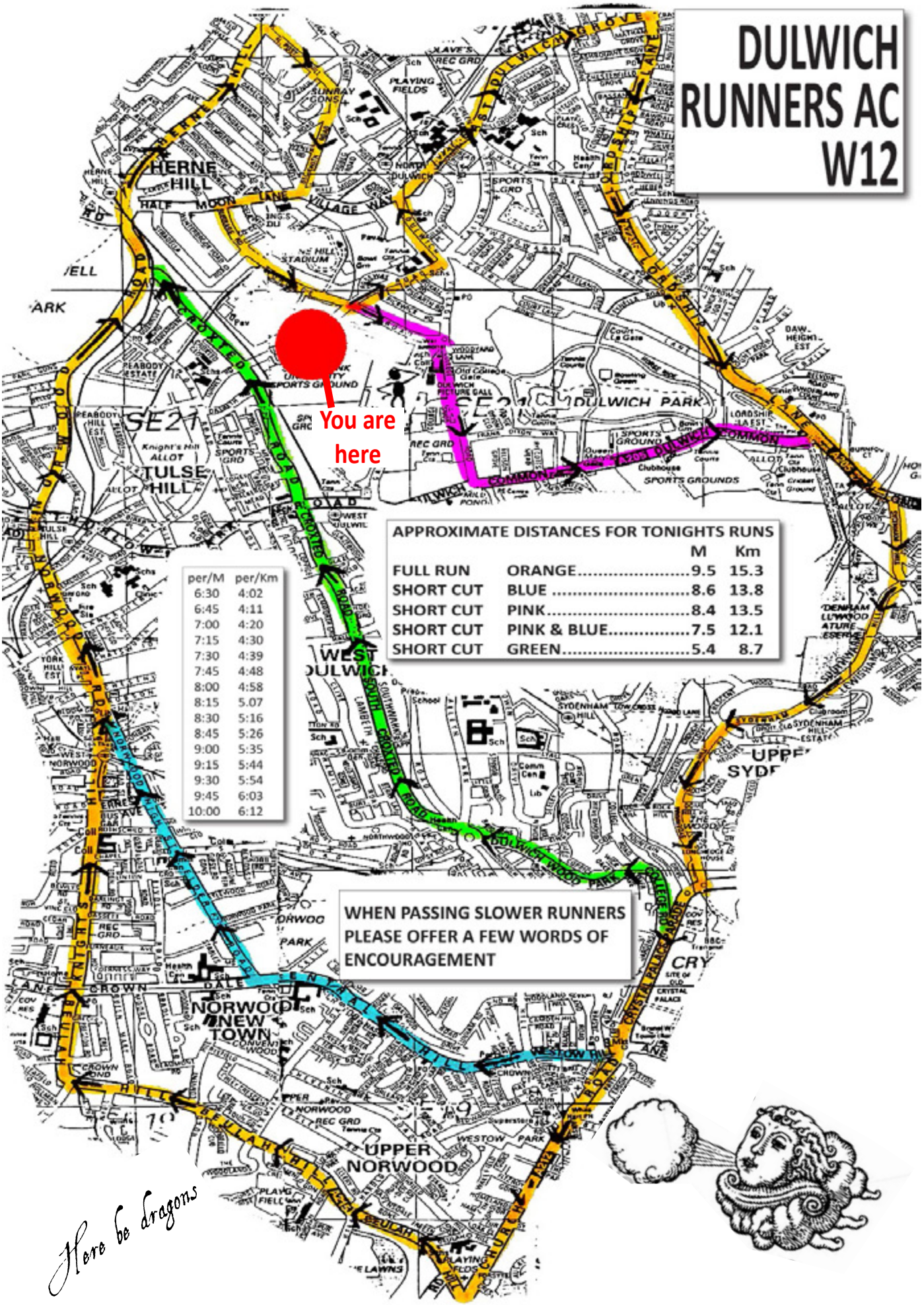
for more information contact:
Steve Wehrle or Claire Steward

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:

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 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

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT