SHORTS

Dulwich Runners AC
Weekly Newsletter
December 28th 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 28 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 03 Crystal Palace Arena Track
See notice below for more details
£2.50 per session - Full warm up from 7pm
Main session starts around 7:20t

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Cross Country section - all the info you need
4 2017 Club Champs teaser !
4 Fixture list, club champs, road, XC, etc
5 Report and results
6 Parkrun results
7 No map this week - Off Piste !

And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

Clubhouse Christmas opening

The Edward Alleyn Club will be open as usual on Wednesday 28 December, and Wednesday 4 January

TRACK SESSIONS

At **Crystal Palace National Arena**
£2.50 per session - Suitable for all abilities.
At reception say you are with Dulwich Runners but do not pay there, pay Ros trackside.
Leave time to get from there down to track - it can take up to 10 minutes.

Arrive at 7pm if you want a full warm-up of various drills etc, taken by Elkie Mace.
Main session taken by Steve Smythe starts around 7.20 - 7.25pm and will last 40-45 minutes.

Note: to get the most of the track sessions, it is important to do the sessions regularly and when you do turn up, to do the whole session! - Steve Smythe

------- EVENT HORIZON ----
A brief look ahead

Jan 7 County XC Champs
Jan 14 Surrey League men and women

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Thank to **Paul Hilton and Peter Jackson** for running with new people last week
If you're on the list, please 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 if needed over the holidays

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

2017 Membership renewals and changes to the club membership year.

You will have recieved via email your membership renewal request form.
It was unanimously agreed upon at the AGM in October just gone, that as of 2017 the club would change its membership year from Jan 1 - Dec 31 to April 1 - March 31.

This means that you will gain an extra three months on your 2017 renewal and it will last from Jan 1 2017 until March 31 2018.

The Dulwich Runners membership fee has remained unchanged at £23 but the UKA/EA fee has risen to £14, meaning full 1st claim membership will be £37.

If you have any queries regarding this or your membership in general you can email me at barry@1bg1.com

Many thanks and I look forward to seeing you all as freshly renewed members in the coming year !

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE
PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- 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.

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

click on the image or **https://youtu.be/u0KpZySXFqo**
and dont forget to drag the video around !

with thanks to Paul Hodge

SOCIAL SPOT

Watch this space for upcoming 2017 events !

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 **£5.50**
Just give me your name and money when you sign in - Ros
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)

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 from Ros
ros.tabor49@gmail.com

SHORTS!

DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or slightly longer– Both styles are a bargain £15.

HOODIES...

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

Buffs/snoods - only £6

Socks only £5

Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

The cross country season started in September with races taking place on most Saturdays until mid February. Here is some key information for the benefit of both newly joined members and regulars.

Surrey League

We compete in the Surrey League and this the club's main priority. Further details on times, location etc will be posted by your captains nearer the time. Details on other Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible.
Our men did exceptionally well to gain promotion to Division 1 last season, but will face a challenge this season in avoiding relegation, competing against some of the strongest clubs in the country.

Distances

The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, from around 8km in the autumn to 12km and over for the men later in the season.

Scoring

In the Surrey League, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. But cross country races are not elite and are suitable for runners of all abilities. They are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races.

Surrey League entry

For the men's Surrey League there is no need to enter in advance or pay; simply turn up on the day in good time to register and warm up (though your captain will find it helpful to know your availability in advance). For the women's Surrey League, the women's captains will request runners to enter in advance. If you have not asked to be on the list but decide later that you want to run, please contact your captains.

Other Races

In addition to the Surrey League there are other cross country races, almost all of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London champs, 2 South of Thames races, South of England and National champs. There are also other races for Masters. See the fixture list in Shorts for details.

Entry for other races

For virtually all races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email for those interested to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first. But don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

You can often get away with road or trail shoes in early season races, but as the ground becomes heavier, cross country spikes or fell shoes become necessary.
Contacts
For further information please contact your captains at:
dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk

Cross Country Champs

Once again we will be holding a cross country champs this season and there will be 2 perpetual trophies in memory of Ken Crooke, one for women and one for men. They will be awarded at the end of this cross country season (Spring 2017).

There will be 4 events to qualify, including a minimum of 3 Surrey League races. The other races are the South of Thames 5 miles at Polesden Lacey on 26 November and a mob match yet to be arranged in February or March, probably using the Beckenham Place Park parkrun course.

Cross Country Entries

There are a number of notices in Shorts and emails about informing your captains whether you would like to enter various cross country events over the autumn months.

A busy cross country calendar means that races are held on most Saturdays through the season, so it might be helpful to know which to prioritize.
As far as the club is concerned the 4 Surrey League matches over the season represent a key target.

To come there are women's and men's matches on 14 Jan, please keep these dates free if at all possible.
Another important races this autumn is the SEAA Masters champs at Oxford on 10 December. There are a number of other races including the London Champs, the two South of Thames races and you are encouraged to enter these, but they represent a slightly lower priority.

Advice on which races to target later in the season will follow. For all events, please make sure you read the notices carefully and respond before the deadlines given, in order to ensure that you get a place. ***- Mike Mann***

South Of England Champs

28 January

These cross country champs take place at the traditional venue of Parliament Hill on 28 January (15km for men, 8km for women). Since the closing date is absurdly early can you ***please inform your captains by 12 December*** if you would like to be entered.

Surrey League 14 January

Helpers Needed

At our next men's Surrey League cross match at Mitcham Common on 14 January, we have offered to help out HHH with the organization. Assistance is needed in marking out the course beforehand and with marshaling. The main race starts at 2.30 with the youngsters going off 30 minutes earlier, so if some of the men taking part are able to arrive early, by around 12.30, that would be a great help. In addition those not taking part and some of our women who race earlier at Farthing Down may be able to perform marshaling duties. Please let me know if you are able to help out at mcmann90@yahoo.co.uk

County Champs

7 January

The cross country county champs take place on 7 January, with the Surrey races at Lloyd Park and the Kent ones at Brands Hatch. ***Please contact your captains by 8 December for the Kent champs and by 22 December for the Surrey champs.*** Your captains can provide advice on which county you are eligible to run for.

National Xc Champs

25 February

This season's National cross country champs will be held at Woolaton Park, Nottingham on 25 February. Although the field will include some elite athletes, it is an open event suitable for all and can easily be done as a day trip. Those interested should ***contact their captains before 11 January,*** as entries close many weeks before the event.
-Mike Mann

2017 CLUB CHAMPIONSHIPS

Once again the 2017 club champs will consist of 8 races in total with 4 races in each of 2 distance categories. The 2016 championship rules which can be found on our website are applicable.

Owing to uncertainties surrounding some of the races later in the year, the list of fixtures is being issued in two tranches, with the first including those races up to and including the London marathon. It is hoped to issue a firm programme for the whole of 2017 early in the New Year.

The early fixtures will be as follows:

4 February	Southwark parkrun 5k
5 March	Regent's Park 10k
2 April	Paddock Wood 1/2M
23 April	London Marathon or alternative (see rules below)

It is possible to give an indication of some of the later events. We are considering a 2 mile race if one of the Battersea Park summer series is scheduled for a suitable date, preferably in June. If not the Battersea Park Assembly League race, likely to be on 6 June will be chosen. The Mark Hayes Mile will take place, probably in the first half of July, but not as a club champs event. Instead we are looking for a suitable track mile race in July. The Sittingbourne 10 on 1 October will be used as the 10 mile event.

Finally we are considering options for a multi-terrain, or possibly a cross country race in the September/ October time frame.

We recommend that you enter the 10k and half marathon races early in case they fill up.

Mike Mann

Clarification of marathon nomination for 2017:

The main marathon for the club championship is the London Marathon (LM).
However since it can be difficult to secure a place it is permitted to nominate another marathon instead. To make this as fair and comparable to the other club champs races as possible the following rules apply:

a) it should be a certified marathon accepted by UK Athletics sites http://www.thepowerof10.info/ or http://www.runbritainrankings.com/

b) the nomination should be made ahead of the LM in principle. That means if you are not able to run the LM, or if you do not want your result in the LM to count for the club championship (because for example you are a pace maker or run not fully trained for a charity), you are required to announce this before the LM and declare that you want to nominate one other marathon for the club championship. As soon as you have secured a place in that other marathon, you should nominate the specific marathon.

c) the marathon needs to take place before December 1st

d) otherwise your result in the LM or (if you are not running London) the first marathon of the year you run as a club member will count for the club championship.

e) It is not permitted to have the best time of multiple marathons count in hindsight at the end of the year.

f) the announcement of your intention ahead of the LM (if you do not want it to count) and the nomination of another marathon can be made to the club committee or to the club newsletter SHORTS. It will be made public for your fellow competitors in SHORTS.

Box Hill Entries

Entries for the Box Hill Fell Race on Saturday 21 January filled up very rapidly – it was full by 9.48 am on Tuesday. I know that several people were disappointed. However, don't despair. Fabian4 have said that they expect cancellations and it is quite straightforward to take the place of someone who has pulled out.

Put the date in your diary and log onto www.fabian4.co.uk after Christmas. I will put another note in Shorts if they send any further info. If you would like to find out any more about fell running, feel free to collar me on a Wednesday night or e mail me at : hugh@christchurchpeckham.info

Hugh Balfour

DULWICH RUNNERS 2017 FIXTURES

Further information about 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 here regularly.

Road & other **Cross country** **Club Champs** **Assembly League**

		Race		Venue
Jan	7	County Champs		Lloyd Park, Surrey - Kent **tbc**
	14	Surrey League	men	Mitcham Common
	14	Surrey League	women	Lloyd Park
	21	Vets AC Champs		Wimbledon Common
	28	South of England Champs		Parliament Hill
Feb	4	Southwark parkrun 5k		Southwark
	11	Surrey League	men	Ham Lands, Ham **tbc**
	11	Surrey League	women	Farthing downs, Coulsdon
	26	National Champs		Nottingham
Mar	5	Regents Park 10k		Regents Pk, london
Apr	2	Paddock wood 1/2M		Paddock Wood
	23	London or alternative marathon		various

Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, fell, xc, tri and track results etc, are welcome.

End of Year 10 miles Staplehurst

Tues 27th December

So, what's to do on a slow Tuesday after Christmas? Might as well go pot-hunting I thought (you've got to be in it to win it) and found this little gem in darkest Kent. And it certainly was a bit dark as I set out on a freezing morning – the temperature actually dropped as I got further out, eventually registering minus three on arrival.

It may have lifted a bit by start-time, but not much, and a fast start through the icy country lanes was essential just to try to keep warm. Better form lately and passing five miles in 29:07 had me optimistically harbouring hopes of a sub-59 but a swine of a half-mile hill and cold lungs put paid to that, meaning the seventh mile stretched to nearly seven minutes. I ran on strongly though for the last three miles and was satisfied enough with a decent season's best; it's good to be under the hour again, especially on this course. I didn't see Colin afterwards, but his run looks good for a tough course, well in line with his recent form. Oh, and I did get the pot; it wasn't actually a pot, but you know what I mean.

11	Tony Tuohy	59:26	1st M50
102	Colin Frith	1:21:38	

222 runners

Dulwich Runners Turkey Trot Handicap 5.03k

19.12.16

As usual, this was held at 10am the morning after the club party, so not all were at their best. Fortunately the weather, although cold, was dry and still. From walkers to fast runners, the handicapped start times varied by over 30 minutes, with Andy Bond and a couple of entries too late to be handicapped starting last.Richard Pole, although claiming to be at last year's fitness, came in several minutes faster as first walker due to his recent Nordic sessions.

The first in the Turkey Trot handicap was Sharon Erdman. Although first runners in were Ellie Balfe and Andy Cottrill they were discounted due to handicap assumptions being overgenerous – Ellie on a clearish path able to run with buggy closer to her previous day's 22.38 rather than 25 from the previous week, Andy breaking away from his handicap group based on Bob Bell.

Best outfit (hat theme this year) went to Lucy Clapp (poinsettia and flowing ribbons) although there were several other good efforts, including Joanne's flashing lights and Clare W's Christmas tree decorations. Although their times were not recorded, Lloyd and family ran 2 laps. The park café organised coffee for us afterwards.
Thank you to all who helped record and support.

Andy Murray, Ros Tabor

Dulwich Runners Turkey Trot 18 Dec 2016

3 Laps = 5.03K

RESULTS IN STARTING (HANDICAPPED) ORDER

	5K TIME	HANDICAP	START TIME	FINISH	ACTUAL	PREDICTED	DIFFERENCE	
			10am+					
Richard Pole	47.54	48.00	-	41.23	41.23	40.00	+1.23	1st walker
Chris Bell	40.00	40.00	8.00	47.55	39.55	40.00	-0.05	
Bob Bell	27.49	27.45	20.15	47.34	27.19	27.00	+0.19	
Penny D. Graham	25.58	27.45	20.15	47.54	27.39	27.00	+0.39	
Andy Cottrill	25.27	27.45	20.15	47.18	27.03	27.00	+0.03	best prediction
Sharon Erdman	27.39	27.45	20.15	47.23	27.08	28.00	-0.52	1st runner in h'cap
Ellie Balfe	[25.02] 22.38	25.00	23.00	46.23	23.23	25.00	-1.37	
Mike Dodds	24	24.00	24.00	47.45	23.45	23.52	-0.07	
Ian Sesnan	23.54	24.00	24.00	47.38	23.38	24.00	-0.22	
Clare Wyngard	23.29	23.30	24.30	48.45	24.15	23.56	+0.19	
Claire Steward	23.19	23.15	24.45	48.45	24.00	23.50	-0.10	
Lucy Clapp	22.33	22.30	25.30	50.08	24.38	23.00	+1.38	best outfit
Sue Cooper	22.19	22.15	25.45	49.46	24.01	24.07	-0.06	
Rebecca Schulleri	21.17	21.15	26.45	50.09	23.24	21.30	+1.54	
Elkie Mace	17.52	19.30	29.10	50.30	21.20	19.30	+1.50	
Andy Bond	16.45	16.45	31.15	48.20	17.05	17.35	-0.30	
Tom Wilson		late entry	31.15	51.28	20.13			
Joanne S-Pereda		lte entry	31.15	57.55	26.40			

December 24th

Ashton Court
420 ran

Pos	Gen		
178	146	Barnes Stringer	26:50

Banstead Woods
224 ran

Pos	Gen		
3	3	Tony Tuohy	17:41

Barnsley
185 ran

Pos	Gen		
123	32	Selina Wray	30:01

Bexley
334 ran

Pos	Gen		
27	27	Michael Fullilove	21:30

Ballincollig
230 ran

Pos	Gen		
10	10	Mark Mccolgan	19:52

Burgess
92 ran

Pos	Gen		
87	60	Chris Vernon	38:51

Brockwell
120 ran

Pos	Gen		
5	5	Derek Lee	18:56
11	11	Mark A Foster	20:35
13	1	Ola Balme	21:07
31	6	Katie Styles	22:24
78	58	Alex Haylett	26:19
82	22	Sharon Erdman	26:55
91	28	Natalie Davys	27:41
99	66	Cameron Timmis	29:14

Beckenham Place
165 ran

Pos	Gen		
1	1	Stephen Davies	17:16
2	2	Mark Lacey	17:48
4	1	Clare Elms	18:26
10	9	Stephen Smythe	18:56
26	3	Lucy Elms	20:41
30	27	Michael Mann	21:06
45	42	Graham Laylee	22:31
61	9	Eleanor Simmons	23:02
106	83	Peter Jackson	25:56

Crystal Palace
156 ran

Pos	Gen		
12	12	Tom Wilson	20:52
24	5	Belinda Cottrill	22:35
38	30	Paul Hodge	23:46
49	9	Clare Wyngard	24:28
50	41	Michael Dodds	24:29
58	10	Joanne S Pereda	25:04
69	11	Penny D Graham	25:30
73	60	Andy Cottrill	25:49

Dulwich
196 ran

Pos	Gen		
1	1	Timothy Bowen	16:52
4	4	Tim R Taylor	17:51
36	35	Ajay Khandelwal	20:51
41	2	Kim Hainsworth	21:08
48	45	John English	21:26
71	64	Mark Muffett	22:40
72	65	Rob Cope	22:54
80	9	Claire Steward	23:09

Hilly Fields
158 ran

Pos	Gen		
6	5	Alastair Locke	19:04
12	11	Martin Holt	20:10

Long Eaton
387 ran

Pos	Gen		
36	2	Michelle Lennon	21:06

Malling
187 ran

Pos	Gen		
35	29	Nicholas Brown	22:24

Newbury
444 ran

Pos	Gen		
68	60	Matthew Ladds	23:05

Newcastle
500 ran

Pos	Gen		
91	84	Sam Mattu	22:55

Orpington
183 ran

Pos	Gen		
47	41	Colin Frith	25:15

Peckham Rye
106 ran

Pos	Gen		
1	1	Andy Bond	17:00
4	4	Toby De Belder	20:03
12	12	Mark Callaghan	20:42
17	1	Helen Lister	21:28
68	17	Emma Ibell	27:11
91	59	Sam Crump	31:08

Riddlesdown
150 ran

Pos	Gen		
39	6	Ange Norris	24:00

Royal Tunbridge Wells
281 ran

Pos	Gen		
77	71	Lloyd Collier	24:55

Southwark
101 ran

Pos	Gen		
40	31	Paul Keating	24:38
57	17	Kaylee Coxall	27:19

Tooting Common
211 ran

Pos	Gen		
42	35	Ian Sesnan	22:54

Wakefield Thornes
232 ran

Pos	Gen		
125	35	Claire Barnard	29:33

Western Springs
68 ran

Pos	Gen		
20	17	Nick Bell	23:56

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.

parkrun

December 25th

Bromley
459 ran

Pos	Gen		
154	137	Colin Frith	24:08

Dulwich
217 ran

Pos	Gen		
4	4	Timothy Bowen	16:44
15	15	Alexander Dodds	19:58
20	20	Jim Dowsett	20:18
28	27	Tom Wilson	20:57
33	32	Chris Loizou	21:20
45	44	Jonathon Senker	21:54
50	48	Graham Laylee	22:01
72	68	Duncan Wilson	23:08
75	69	Mark Muffett	23:17
76	70	Michael Dodds	23:19
81	9	Clare Wyngard	23:35
120	99	Ameet Patel	25:30
124	103	Bob Bell	26:01

Guildford
252 ran

Pos	Gen		
3	3	Alastair Locke	18:09
31	5	Helen Lister	22:03

Hilly Fields
112 ran

Pos	Gen		
6	6	Gary Sullivan	20:27

Hull
244 ran

Pos	Gen		
12	12	Kevin Chadwick	19:09

Newbury
201 ran

Pos	Gen		
37	33	Matthew Ladds	22:36

Peckham Rye
109 ran

Pos	Gen		
4	4	Tom Wilson	20:13
18	17	Jonathon Senker	22:47
25	2	Belinda Cottrill	23:30
37	31	Andy Cottrill	24:46
39	7	Penny D Graham	24:51
44	37	Duncan Wilson	25:17

Roundshaw Downs
97 ran

Pos	Gen		
4	4	Tony Tuohy	18:15
81	57	Sam Crump	32:09

Worcester
336 ran

Pos	Gen		
234	66	Elizabeth Begley	31:01

No map this week ...tonight its off piste !

You can make up a route to suit,

and there is no running fee, tonight is free !