# SHORTS

Dulwich Runners AC
Weekly Newsletter
December 21st 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 21 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 27 NO TRACK SESSION

Wed 28 The club will be open but there will be no maps and no £1 charge -
FREE RUN WHEREVER YOU LIKE !

## *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 South of Thames report and results
6 Parkrun results
7 Map for the run this Wednesday


***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

To confirm there will be no track session Dec 27.
Will resume in the New Year at Crystal Palace on January 3.

***Instead.....***
There will be a session next **Tuesday 27th at 11.30am** Crystal Palace on the hill beside track and Crystal Palace station

This **Thursday 22nd** there will be a session at Crystal Palace Park meeting at Car park opposite Sydenham Avenue at 11.30am.

## ------- EVENT HORIZON ----
***A brief look ahead***

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

## 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

## 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 7.20pm and will last 40-45 minutes.**

## 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 **Claire Steward** 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**

## 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 2016/17 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**

| 2017 | | 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.

## South of Thames Championships Beckenham Place Park

**December 17**

Steve Smythe adds a great women's team performance, finishing third despite a far from full strength team and an impressive three of the top eight teams as we had a fantastic women's turn out.

Clare Elms finished a strong fifth and first W50 and was far happier with her strong performance than in recent races. Ange had another good run and was accompanied most of the race by Selma, who like Clare ran far better than she had in the Kent event.
The A team were completed by Ola, Rebecca (despite flats) and Katie. Helen led home the B team from Anna, Michelle, the two Lucys and Eleanor, who all acquitted themselves well over the tough near 7.5 mile course.

The mixture of experienced and newcomers in the C team of Yvette, 2 Clare's, Cathy, Jo and Vicki gave us an incredible 18 finishers from 19 starters.
The men didn't fare as well in terms of position or turnout, which is surprising, though that was down to the women's strength rather than the men not turning out but we could have done with a few more top finishers.

Steve Davies built on his superb 10k and finished ahead of Tim, who had to almost walk down some of the hills because of his knees. Mark also ran well while Paul and Shane fared ok but should do better in the Surrey League. Tom South completed the scoring with another fine run. Kevin wasn't at his best while Steve Smythe ran 40 years after his first South of Thames.
Jim, Duncan, Gary, Mike, Martin and Colin were the other men to finish.

The race was generally well organised on a two lap course that took in the golf course for the first time in a race. It was well marshalled and the course well marked but the course designer didn't match the rest of the organisation as there was a bottleneck 400 metres in which caused runners to queue a few times and probably cost some runners up to a minute. and could have been resolved with a short lap around the golf course There was also a needless cross-over point on the return which caused faster runners to run across the path of slower runners, which could also have been easily remedied.

NB even though the men's entry was smaller than the women, there were more errors in names submitted and correct age groups than all the other clubs put together and meant less than half the names automatically matched initially on Power of Ten!

| | | |
|---|---|---|
| 45 | Steve Davies | 42:03 (1M45) |
| 49 | Tim Bowen | 42:19 |
| 61 | Mark Lacey | 42:54 |
| 71 | Paul Devine | 43:38 |
| 79 | Shane O'Neill | 44:19 |
| 5W/90 | Clare Elms | 45:13 (1W50) |
| 95 | Tom South | 45:44 |
| 100 | Kev Chadwick | 46:25 |
| 106 | Steve Smythe | 46:54 (1M55) |
| 14W/146 | Ange Norris | 49:29 (1W55) |
| 15W/149 | Selma Benattia | 49:55 |
| 161 | Jim Dowsett | 50:28 |
| 164 | Duncan Wilson | 50:32 |
| 184 | Gary Sullivan | 51:39 |
| 194 | Mike Mann | 52:01 (1M65) |
| 33W/195 | Ola Balme | 52:12 (3W45) |
| 38W/202 | Rebecca Schuelleri | 52:38 |
| 43W/210 | Katie Styles | 53:04 |
| 46W/214 | Helen Lister | 53:39 |
| 47W/216 | Anna Thomas | 53:05 |
| 51W/220 | Michelle Lennon | 54:47 |
| 225 | Martin Double | 54:59 |
| 60W/238 | Lucy Clapp | 56:56 |
| 243 | Andy Murray | 56:34 |
| 64W/244 | Lucy Pickering | 56:54 |
| 247 | Joseph Brady | 57:05 |
| 68W/252 | Eleanor Simmons | 57:21 |
| 72W/261 | Yvette Dore | 58:37 |
| 75W/266 | Clare Wyngar | 59:45 (3W55) |
| 76W/268 | Claire Steward | 60:00 (3w60) |
| 78W/272 | Cathy Bennett | 61:05 |
| 79W/275 | Jo Shelton-Pereda | 62:07 |
| 278 | Colin Frith | 62:43 |

dnf Andrea Pickup

**Men TEAM (6 to score):** 1 Kent 72; 2 Tonbridge 104; 3 Belgrave 126; 4 Herne H 162; 5 Kent B 190; 6 SoC 208; 7 Kent C 293; **8 Dulw R 380**; 9 Herne H B 449; 10 Stragglers 524; 11 Kent D 546; 12 Croydon 604; 13 Tun W 612; 14 Camb H 620; 15 Beckenham 712; 16 Wimb W 745; **17 Dulw R B 780**; 18 E&E 886; 19 Kent E 892; 20 SoC B 937 Coleman Cup (12 to score): 1 Kent 262; 2 Herne H 611; 3 Kent B 839; 4 SoC 1145; 5 Dulw R 1160; 6 Stragglers 1485
**Women TEAM (6 to score):** 1 Belgrave 81; 2 Kent 98; **3 Dulw R 150;** 4 Ranelagh 195; 5 B&H 245; 6 Dulw R B 336; 7 Stragglers 367; **8 Dulw R C 464**

## Christmas Yacht Handicap 5m, Hayes

**18 December**

Setting off second to last, Oscar made his way up to 14th in a time two minutes quicker than six weeks ago.
14 Oscar Hussey 28.25 (fastest)
41 ran

parkrun

**December 17th**

## Ashton Court
373 ran

| Pos | Gen | | |
|---|---|---|---|
| 196 | 160 | Barnes Stringer | 27:08 |

## Beckenham
115 ran

| Pos | Gen | | |
|---|---|---|---|
| 1 | 1 | Andy Bond | 17:10 |
| 73 | 56 | Peter Jackson | 25:56 |

## Brighton & Hove
367 ran

| Pos | Gen | | |
|---|---|---|---|
| 107 | 18 | Charlotte Boden | 22:52 |

## Brockwell
185 ran

| Pos | Gen | | |
|---|---|---|---|
| 8 | 8 | Derek Lee | 19:11 |
| 43 | 42 | Graham Laylee | 22:14 |
| 74 | 10 | Laura Vincent | 24:11 |
| 88 | 72 | Cameron Timmis | 24:57 |
| 137 | 42 | Natalie Davys | 28:48 |
| 138 | 43 | Sharon Erdman | 28:49 |

## Bromley
502 ran

| Pos | Gen | | |
|---|---|---|---|
| 3 | 3 | Oscar Hussey | 16:51 |

## Burgess
171 ran

| Pos | Gen | | |
|---|---|---|---|
| 29 | 28 | Hugh Balfour | 20:16 |
| 43 | 2 | Kim Hainsworth | 21:19 |
| 63 | 6 | Ros Tabor | 23:01 |

## Crystal Palace
163 ran

| Pos | Gen | | |
|---|---|---|---|
| 15 | 15 | Simon Lang | 20:25 |
| 55 | 48 | Tom Wilson | 23:55 |
| 72 | 61 | Paul Hilton | 25:06 |
| 118 | 27 | Penelope D Graham | 29:13 |
| 119 | 92 | Andy Cottrill | 29:14 |

## Dulwich
168 ran

| Pos | Gen | | |
|---|---|---|---|
| 4 | 4 | Andrew Shreeve | 17:13 |
| 28 | 3 | Alice Mcdonald | 20:22 |
| 35 | 31 | Ajay Khandelwal | 20:53 |
| 54 | 49 | Mark Muffett | 22:18 |
| 61 | 7 | Sandra Marie | 22:45 |
| 76 | 66 | Michael Dodds | 23:30 |

## Fulham Palace
278 ran

| Pos | Gen | | |
|---|---|---|---|
| 95 | 83 | Barrie J Nicholls | 22:58 |
| 117 | 19 | Lindsey Annable | 23:52 |

## Hastings
97 ran

| Pos | Gen | | |
|---|---|---|---|
| 30 | 26 | Nicholas Brown | 23:33 |

## Hull
314 ran

| Pos | Gen | | |
|---|---|---|---|
| 33 | 31 | Paul Hodge | 21:20 |

## Pennington Flash
115 ran

| Pos | Gen | | |
|---|---|---|---|
| 2 | 2 | Daniel Mann | 18:09 |

## Orpington
143 ran

| Pos | Gen | | |
|---|---|---|---|
| 14 | 2 | Tereza Francova | 22:32 |
| 26 | 23 | Colin Frith | 24:07 |

## Peckham Rye
127 ran

| Pos | Gen | | |
|---|---|---|---|
| 42 | 4 | Emma Ibell | 23:16 |
| 51 | 43 | Oliver Bottle | 24:07 |
| 87 | 27 | Karina Burrowes | 27:47 |
| 92 | 30 | Claire Barnard | 28:11 |
| 94 | 63 | Matthew Ladds | 28:13 |

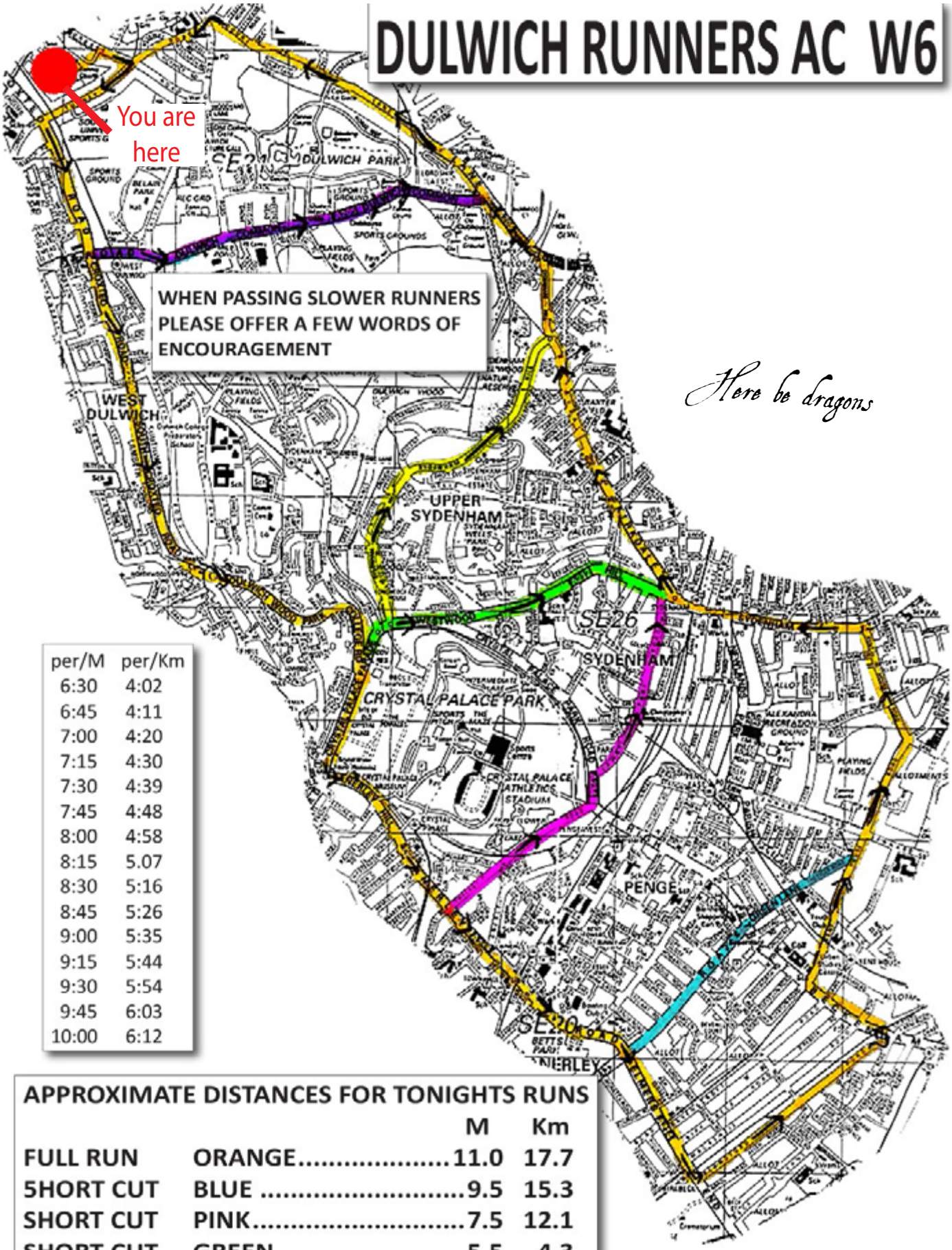
## Stretford
369 ran

| Pos | Gen | | |
|---|---|---|---|
| 173 | 27 | Hannah Harvest | 25:19 |

**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.

# DULWICH RUNNERS AC W6




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

## APPROXIMATE DISTANCES FOR TONIGHTS RUNS

| | | M | Km |
|---|---|---|---|
| FULL RUN | ORANGE | 11.0 | 17.7 |
| SHORT CUT | BLUE | 9.5 | 15.3 |
| SHORT CUT | PINK | 7.5 | 12.1 |
| SHORT CUT | GREEN | 5.5 | 4.3 |
| SHORT CUT | YELLOW | 4.5 | 7.2 |
| SHORT CUT | PURPLE | 3.0 | 4.8 |