# SHORTS

Dulwich Runners AC
Weekly Newsletter
December 2nd 2015


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

**- THE COMING WEEK –**

**Wed 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 Note Tuesday to give another break from the track before the new year sessions** - the plan is to have a hill session but this time on the hill opposite Sydenham Hill station.
Meet just after 7pm to warm up to start 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 sessions taken by Steve Smythe.**
**Usually starting between 11:15 - 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

## 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**

## LUCKY VEST

**tonight - Wednesday 2nd**

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

## In your SHORTS this week !


1... General information
2... Club kit, social events etc
2... 2015 Dulwich Runners Club Champs races diary
3... All things Cross country
4... Fixture list, club champs,XC, road, track
4... Race results and reports..
7... Parkrun results...100 in a 100 for Clare !
8... Annual Turkey Trot entry form
9... 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 4**

Dec 5 Kent Masters - Sparrows Den
Dec 6 Pirie 10 Xc - Farthing Down
Dec 12 SEAA Masters - tbc
Dec 19 South of Thames 7.5M Xc - Tonbridge

## 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: **Laura Lane , Barry Graham.**
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**

| | |
|---|---|
| **Yvette Dore** | **25/11** |
| Sharon Erdman | 02/12 |
| Paul hilton | 09/12 |
| Emma Ibell | 16/12 |

## 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

# SOCIAL SPOT

SPOT

## Dulwich Runners Christmas Party

**The Plough - Saturday 12th December**

Get your dodgy Christmas jumper and your dancing shoes on for the one you've been waiting all year for!! Bar, music, food (menu TBC - veggie option) and club awards.

Let me know if you are a veggie or have any dietary needs.

**Tickets are £15 and the final deadline will be Wednesday 2nd December.**

**Pay on a club night or transfer your festive pounds to:**

Matthew Ladds - Santander ref your name
Account: 34933412
Sort Code: 09-01-28
Any queries then just give me a shout.
Many Thanks - Matt matthew.ladds@uk.zurich.com

## ANNUAL CHRISTMAS HANDICAP TURKEY TROT

The traditional way for a Dulwich Runner to celebrate Christmas with his or her clubmates is to go to the Christmas party on the Saturday night, and then follow it up by running in the handicap race in Dulwich park the next day. It's the best way to get over that hangover!

This year's race will be on Sunday 13th December at 10.00 in Dulwich Park.

The race is approximately 5k (3 laps of the park), and run as a handicap with the first runner over the line winning a prize.

It is a fancy dress race, and this year I would like you to dress as CHRISTMAS ELVES.

After the race we usually go to the cafe in Dulwich park for coffee.

Entry form is near the end of Shorts, and if you need more information, please contact me. ros.tabor49@gmail.com

Thanks - Ros

## 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)

# 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 |

**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

## New !!! Dulwich Runners SOCKS

**only £5**
They will be at the club on Wednesdays,thanks - Ros

***New addition to the Dulwich Runners kit range***

buffs/snoods - only £6
available from 1 April

## HOODIES

Thanks for all who responded, and asked for a hoody.
The order has been sent off and I am expecting delivery in about 2 weeks
Thanks Ros ros.tabor49@gmail.com

**The cross country season** is now upon us with fixtures taking place on most Saturdays up to late February. Here is some advance information for the benefit of both newly joined members and regulars.

**We compete in the Surrey League** and this is the club's main priority, with the men in Division 2..... There are 4 fixtures during the season starting on 10 October with the women at Roundshaw Down and the men at Wimbledon Common. Further details regarding individual fixtures will be posted nearer the time. Details of other Surrey League fixtures can be found elsewhere in Shorts.

**Event distances** in the men's Surrey League races are approximately 8k, while the women's races start at 6k, increasing to 8k later in the season. Distances in other races vary, increasing in the New Year to 12k or over for the men and usually around 8k for the women.

**For the men's Surrey League**, theres no need to enter in advance or pay; simply turn up on the day in good time to register and warm up.Please don't turn up at the last minute as it will stress out your captain and yourself.

**With the women's Surrey League**, Ange has sent an email to all ladies to enter runners in advance. If any lady still wants to run but has not replied it is not too late as there are some places on the day but do get in contact to let Ange know - don't just turn up.

**With the first 5 runners scoring for the women and the first 10 for the men**, it is important that we field as many as possible of our strongest runners. But these and other cross country races are not elite and are suitable for runners of all abilities. They are also an excellent way of improving your overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits across races of all distances and surfaces.

**In addition to the Surrey League**, there are a number of other races, almost all of which take place on Saturdays. Indeed if you are a cross country fanatic, it is possible to race most weekends through the season. These races include the Kent and Surrey Masters, the London champs, 2 South of Thames races, the county champs, the South of England and National champs. See the fixture list in Shorts for details.

**For virtually all these races other than the Surrey League**, entries have to be submitted in advance, in some cases over a month before the events. Your captains will post details in Shorts or by email, requesting those interested in participating to contact them before the deadline given. It is not possible to cater for runners who decide after the deadline or even on the day that they would like a run. Note that the club pays for entries. You are asked not to put yourself forward on a speculative basis, but don't worry if you have to withdraw because of injury or illness.

**Regarding footwear,** you can often get away with road or trail shoes early in the season, but as the ground becomes muddier, cross country spikes or fell shoes will be necessary.

for further information and make sure you respond in good time if you like to take part in races.
Cross country captains
Mike Mann
mcmann90@yahoo.co.uk
Ange Norris
dulwichladiescaptain@gmail.com

# CROSS COUNTRY CHAMPS

We are holding a cross country champs once again this season. There are 4 events to qualify including a minimum of 3 Surrey League races. The other races are the South of Thames 5 miles at Polesdon Lacey on 21 November and a mob match yet to be arranged but likely to be in March, probably using the Lloyd parkrun. **Mike Mann**

# SOUTH OF THAMES 7.5 MILE CROSS COUNTRY - 19 DEC

Men's entries invited for the 7.5 mile South of Thames cross country race taking place at Somerhill School, Tonbridge on 19 December. The course consists of 3 laps of grassland and woodland paths. Please let me know if you would like to take part no later than 9 December. - **Mike Mann**

# SURREY & KENT CROSS COUNTRY COUNTY CHAMPS

Entries are invited for the Kent cross country champs taking place near Brand Hatch on Saturday 9 January and the Surrey champs taking place the next day, 10 January at Denbies Vineyard near Dorking. Distances will be around 8k for the women and 12k for the men. Please get in touch with your captains before 11 December
Eligibilty is birth or residence. For those living in London you qualify for Surrey if you live in the boroughs of Lambeth, Southwark, Croydon and Wandsworth and for Kent if you live in Lewisham, Greenwich or Bromley. Please contact your captains if you have any queries over which county you qualify for.

# KENT MASTERS CHAMPS, 5 DECEMBER

For information for those entered, start times for the Kent Masters cross country champs taking place at Sparrow's Den on 5 December are as follows:
11.00 Men 50-59
12.00 Men 60+ and all women
12.45 Men 40-49

# Dulwich Runners 2015/16 Fixtures

Further information regarding races will usually be here in SHORTS and or announced on a Wednesday club night.

***Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .***

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

| Date | | Race | | Venue |
|---|---|---|---|---|
| Dec | 5 | Kent Masters | | Sparrows Den |
| | 6 | Pirie 10 Cross country | | Farthing Down, Coulsdon |
| | 12 | SEAA Masters Champ | | Biggleswade |
| | 19 | South of Thames 7.5m | | Tonbridge |
| | | 2016 | | 2016 |
| Jan | 9 | County Champs (Surrey & Kent) | | Various |
| | 16 | Surrey League match 3 | men & women | Reigate Priory Park |
| | 23 | Vets AC Champs | | Wimbledon Common |
| | 30 | South of England champs | | Parliament Hill Fields |
| Feb | 13 | Surrey League match 4 | men | Lloyd Park |
| | 13 | Surrey League match 4 | women | Richmond Park |
| | 27 | National Champs | | Donnington |

**To be sure your race results/reports appear in SHORTS you must send them in.** barry@1bg1.com
All road, fell, xc, tri results etc, are welcome.

## Race Reports & Results

### Inter Financial Services Aa Cross Country Championships

25Th November 2015

Fat cat bankers and other finance workers forewent their usual post luncheon cigar and port to head over to Richmond park for a quick stroll round the "White House" and then down to the ponds and back.
Three Dulwich runners turned up, Selma and Bob representing Royal Bank of Canada and Duncan Wilson, HSBC. Traditionally the Ladies have run 3.5miles and the Men 5.75 miles but in these days of equality each can choose which distance, although the Ladies team prize is based on the short course finishers.
Selma was entered in the short race as part of the RBC team. Unfortunately a team member ultimately dropped out meaning that a team prize was out but Selma ran a great race to take third Lady Vet
Bob set off fast but was soon overtaken by Duncan, who had only had physiotherapy on an injury that morning and who was pleased just to finish . Afternoon was completed by a traditional sausage roll, chips and beans in the Bank of England Sports Club. Very English. ***- Bob Bell***

**Short race (3.5Miles)**
6 (3rd Lady Vet ) Selma Benattia 24:24
44 ran
**Long Race (5.75 miles)**
99th Duncan Wilson 42:36
132nd Bob Bell 45:46
178 ran

### Crystal Palace Canter

01/12/15

I just recovered from my cold in time to run this friendly, hilly, free and low key race. It has the advantage of being during the day when most faster runners are at work so I was able to win the race this time. The big disadvantage is that it is on a Tuesday and not recommended as alternative to the track sessions! Ros Tabor also ran but DNF due to looking after her recovery from injury. ***- Ian Sesnan***
1 Ian Sesnan 23.27

### Marathon schedules

Anyone interested in marathon schedules for 2016, then let me know asap. I now have 40 continual years of marathon preparation behind me - My first marathon was in 1976, and if I stay injury-free (not managed the last 3 years), the plan is to run a sub-3 40 years after my first, which it appears no one has ever done yet but might have been done by next year.
***Steve Smythe***
steve.smythe@athleticsweekly.com

# Ian Lilley's Birthday Run – aka Serpentine RC's Last Friday 5k for November

Hyde Park, 27 November 2015

***With Serpentine kindly agreeing to host Ian's birthday run, 15 Dulwich Runners turned up with 247 others to race the two undulating laps of the 'B' course in Hyde Park.***

It was a relatively warm, if breezy, day. And Dulwich had plenty of support: Ros was marshalling while Steve Smythe seemed to be around each corner – keeping everyone on their toes. Jim Dowsett came armed with his camera and Nicola Richmond and Carolina Lilley both came to cheer (and guard the cake, of course).

After a trio of impressive Crystal Palace parkruns, Wayne 'one man campaign for personal time zones' Lashley was convinced to come and try out a 'proper' 5k – his first attempt at the Last Friday. He was a man on a mission; arriving in plenty of time for a warm up and looking focused. The strong crosswinds were not going to be enough to derail this PB attempt.

There were no separate A/B races but there was the usual fast paced start with plenty of jostling for position up the first (and only serious) slope while unsuspecting pedestrians ran for cover. My hopes of keeping up with Wayne at least for the first mile or so vanished as soon as we reached the top of the 'hill' and Wayne went into an even higher gear as I tried to find a steady pace. Steve was calling out times at the 1km marker and Wayne was so far ahead at that point that I didn't hear his; I soon lost sight of him.

My legs just didn't want to push on and despite Steve giving me a 16:50 prediction at the 3km mark, I was looking at something north of 17 as I topped the hill for the last time - with The Locke hot on my heels. Steve appeared again, barking at me (and Alastair) to lean forward into the final descent. I did, and found some more speed for the straight, coming in just a hair under 17 in the end. OK, but Dulwich Parkrun beckoned for another go.

As I crossed the line, Wayne was already recovered from his fantastic 16:30 – a well deserved result that smashed his old PB and puts him within striking distance of Messrs Godber and Smythe's records for the Last Friday races. Wayne's time would have been enough to medal at a number of Last Friday races this year but it was a highly competitive race on the day and even ex-Dulwich Ben Fairhall missed out with his 16:03. Wayne will just have to come back!

'Late for the tea party? Not a chance.'

Alastair came in behind me, continuing his good form, though a little off his September time. Then, like a man who knew exactly what was waiting for him after the finish, birthday boy Ian came careering down the hill to be fourth Dulwich Runner; looking remarkably perky and gifting himself a superb new PB with an 81% age grade to boot. As if perfecting the art of the Victoria Sponge wasn't enough! Under 17 minutes next year?

Charlie continued his pre marathon training form building – coming in just behind Ian. Like me, he found the early pace too fast and couldn't keep it up. Kev and Ross were next both with fine runs – Kev running 6 seconds quicker than last month.

Fresh from her mind boggling parkrun milestone, but tired after an intensive week of training, Clare Elms was second woman overall (first FV50 by some way). Paul 'Ready for Rio' Devine followed her with a respectable 18:35; his Brazilian training camp didn't quite go to plan apparently but he had enough energy left at the finish to power through to the cake. Seeing Paul go past him earlier, Ebe was tempted to skip straight to the cake (was he worried Ian had only made one?) but kept on and despite illness he finished second V50 with an 80% age grading - and two slices of cake!

Graham Laylee (third V55) was rightly chuffed with a course PB – and his second fastest 5k of the year; strong runs also from Katie Styles (fourth senior woman) and Mark Muffet (fifth V55) – both only just shy of their 5k PB or SB. After Mark, Andy Murray and a becolded Ian Sesnan were a little off their recent times, and Andy wasn't sure he deserved his slice of cake. I think it was justified all round.

Ian had brought two cakes, of course, generous slices of which he handed out to the ravenous horde after the race. To top it off, he then produced party bags for everyone – an old school sugary consolation for those of us slogging back to work. So thanks again to Carolina and Ian (he should have birthdays more often) and to all who supported.

| | | | |
|---|---|---|---|
| 8 | Wayne Lashley | 16:30 PB | 4 SM |
| 12 | Tim Bowen | 16:58 | 7 SM |
| 13 | Alastair Locke | 17:07 | 8 SM |
| 17 | Ian Lilley | 17:23 PB | 3 V40 |
| 20 | Charles Lound | 17:35 | 1 V45 |
| 36 | Kevin Chadwick | 18:15 | 7 V35 |
| 39 | Ross Rook | 18:28 PB | 8 V35 |
| 40 | Clare Elms | 18:30 | 1FV50 |
| 43 | Paul Devine | 18:35 | 9 V35 |
| 47 | Eberhard Prill | 18:52 | 2 V50 |
| 125 | Graham Laylee | 21:34 | 3 V55 |
| 136 | Katie Styles | 21:49 | 4 SL |
| 158 | Mark Muffett | 22:33 | 5 V55 |
| 161 | Ian Sesnan | 22:40 | 6 V55 |
| 167 | Andy Murray | 22:45 | 6 V60 |

## November 28th

### Banstead Woods

156 ran

| Pos | Gen | | |
|---|---|---|---|
| 2 | 2 | Tony Tuohy | 18:12 |

### Brockwell

212 ran

| Pos | Gen | | |
|---|---|---|---|
| 28 | 1 | Ola Balme | 20:04 |
| 36 | 2 | Nicola Jane Richmond | 20:32 |
| 60 | 7 | Michelle Lennon | 21:33 |
| 66 | 59 | Cameron Timmis | 21:51 |
| 70 | 63 | Graham Laylee | 22:07 |
| 82 | 9 | Lucy Pickering | 22:38 |
| 162 | 44 | Sharon Erdman | 27:06 |

### Bromley

559 ran

| Pos | Gen | | |
|---|---|---|---|
| 7 | 1 | Clare Elms | 18:47 |
| 12 | 11 | Stephen Smythe | 19:38 |
| 28 | 2 | Selma Benattia | 20:45 |
| 59 | 53 | Chris Goodman | 22:17 |
| 99 | 88 | Colin Frith | 23:16 |
| 273 | 225 | Peter Jackson | 28:00 |
| 504 | 317 | Steve Wehrle | 36:44 |

### Crystal Palace

191 ran

| Pos | Gen | | |
|---|---|---|---|
| 7 | 7 | Tom Wilson | 18:54 |
| 13 | 1 | Mel Edwards | 20:00 |
| 31 | 29 | Michael Mann | 22:05 |
| 54 | 5 | Belinda Cottrill | 23:21 |
| 61 | 8 | Clare Wyngard | 23:48 |
| 65 | 56 | Bob Bell | 23:52 |

### Didcot

76 ran

| Pos | Gen | | |
|---|---|---|---|
| 16 | 1 | Caroline Pettigrew | 21:46 |

### Dulwich

243 ran

| Pos | Gen | | |
|---|---|---|---|
| 6 | 6 | Timothy Bowen | 16:44 |
| 11 | 11 | Tim R Taylor | 17:32 |
| 13 | 13 | Stephen Davies | 17:46 |
| 14 | 14 | Shane O'neill | 17:47 |
| 15 | 15 | Rob Hollands | 17:52 |
| 73 | 66 | Mark Muffett | 22:18 |
| 118 | 15 | Hannah Little | 24:21 |
| 146 | 125 | Mick Mead | 25:29 |

### Greenwich

141 ran

| Pos | Gen | | |
|---|---|---|---|
| 6 | 6 | Michael Fullilove | 20:26 |

### Hilly Fields

148 ran

| Pos | Gen | | |
|---|---|---|---|
| 60 | 55 | Mark Wallace | 24:56 |

### Peckham Rye

102 ran

| Pos | Gen | | |
|---|---|---|---|
| 2 | 2 | Andy Bond | 17:27 |
| 3 | 3 | Alastair Locke | 17:46 |
| 14 | 3 | Kim Hainsworth | 19:52 |
| 23 | 19 | Gideon Franklin | 21:20 |
| 96 | 60 | Chris Vernon | 34:43 |

### Penallta

102 ran

| Pos | Gen | | |
|---|---|---|---|
| 24 | 3 | Ros Tabor | 22:14 |
| 30 | 27 | Andy Murray | 22:56 |

### Richmond

303 ran

| Pos | Gen | | |
|---|---|---|---|
| 107 | 93 | Barrie John Nicholls | 24:30 |
| 119 | 18 | Lindsey Annable | 25:13 |

### Riddlesdown

105 ran

| Pos | Gen | | |
|---|---|---|---|
| 11 | 1 | Ange Norris | 22:29 |
| 51 | 7 | Christine Dawson | 27:07 |

### Royal Tunbridge Wells

120 ran

| Pos | Gen | | |
|---|---|---|---|
| 21 | 19 | Lloyd Collier | 25:12 |

### St Peters, Sydney, Aust.

270 ran

| Pos | Gen | | |
|---|---|---|---|
| 148 | 29 | Penelope D'arcy Graham | 27:12 |

**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)

From January until the London marathon in April we will be meeting for Sunday sessions incorporating long slow runs/ mile rep track sessions/races
See below for a schedule of activities planned for the 16 weeks. This schedule is aimed at those hoping to run between 3.45 and 4.45 hour marathons , so not really aimed at the faster D.R.s, but of course everyone is welcome . I am afraid the entry fee for the Bromley 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 2 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!
I will not guarantee to make it to all of these sessions, as will probably grab a 2 week holiday somewhere in March, but I am sure Claire can sort you all out.
For me it will be my 50th marathon, if everything works out and possibly my last.

If you intend being part of this group please e mail me to confirm then I will have an idea of numbers to expect
Cheers - Steve Wehrle steve.wehrle@immediate.co.uk

## SUNDAY RUNS, RACES AND REPS

***(Provisional – 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
Preparation for London Marathon 2016

| Weeks to go! | Date | Event / Distance | Information |
|---|---|---|---|
| 16 | 3 Jan | Tadworth 10 | 11:30 Epsom Downs 10 mile race |
| 15 | 10 Jan | 6 X 1 Mile reps | 09.00 Bromley track, Norman Park |
| 14 | Sat 16 | Surrey League XC (3/4) | Reigate Priory (Men and women) |
| | 17 Jan | High Elms | 09.00 11 miles off road |
| | or | Benfleet 15 (?Denbies 10) | 10:30 Mostly off-road, Canvey Island |
| 13 | 24 Jan | Canterbury 10 mile race | 10:00 Road race |
| 12 | 31 Jan | High Elms | 09:00 12 miles off road |
| 11 | 7 Feb | 8 x 1 mile reps | 09.00 Bromley track |
| 10 | Sat 13 | Surrey League XC (4/4) | 13:00 Lloyd Pk (Men), Richmond (Women) |
| | 14 Feb | Dulwich Park | 09:00 15 miles to Beckenham Place park |
| 9 | 21 Feb | Tunbridge Wells Half Marathon | 09:00 Road race |
| | or | Meon Valley Plod | 10:30 Hampshire |
| 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 |
| 6 | 13 Mar | Dartford 1/2 Marathon | 09.00 Road race |
| | or | Spitfire 20 | 09:30 Dunsfold Aerodrome, Surrey |
| 5 | 20 Mar | Norman Park | 09:00 18m through Badgers Mount/Chislehurst |
| 4 | 27 Mar | 12 x 1 mile reps | 09:00 Bromley track |
| 3 | Sat 2 Apr | Orion 15 | 10:00 Off-road, Epping Forest, Chingford |
| | 3 Apr | Westerham -18 mile | 09:30 Off road – 3 to 4 hours |
| 2 | 10 Apr | Orpington – 20 miles | 09:00 3 hours plus on road |
| 1 | 17 Apr | Darenth 10km,Eynsford | 08:00 Road race |
| **Zero** | **13 Apr** | **LONDON MARATHON** | **This is it !** |

***for more information contact Steve Wehrle, 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)
– check out http://www.parkrun.org.uk/ for venues and registration

Sunday alternative, (High Elms Runners on Sunday) mostly off-road, starting from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9:00 – usually two pace/distance groups, minimum ~10 miles

### Alternative / additional race options:

Bramley 10 / 20 miles, Basingstoke http://Readingroadrunners.org
Finchley 20 miles (Ruislip) http://www.hillingdonac.co.uk/f20/
Hastings Half Marathon http://www.hastings-half.co.uk/
Cranleigh 15/21 (15 or 21 miles) http://www.mabac.org.uk/

# DULWICH RUNNERS
# TURKEY TROT HANDICAP RACE

5K (approx) HANDICAP RACE (3 laps of Dulwich Park)

SUNDAY 13th DECEMBER 10.00 2015 (meet by Queen Mary's Gate)

prizes for:
1st runner across the finish line
1st walker across the finish line
runner closest to predicted time
best fancy dress - THEME CHRISTMAS ELVES

entry fee £2.50 or £2 if in fancy dress

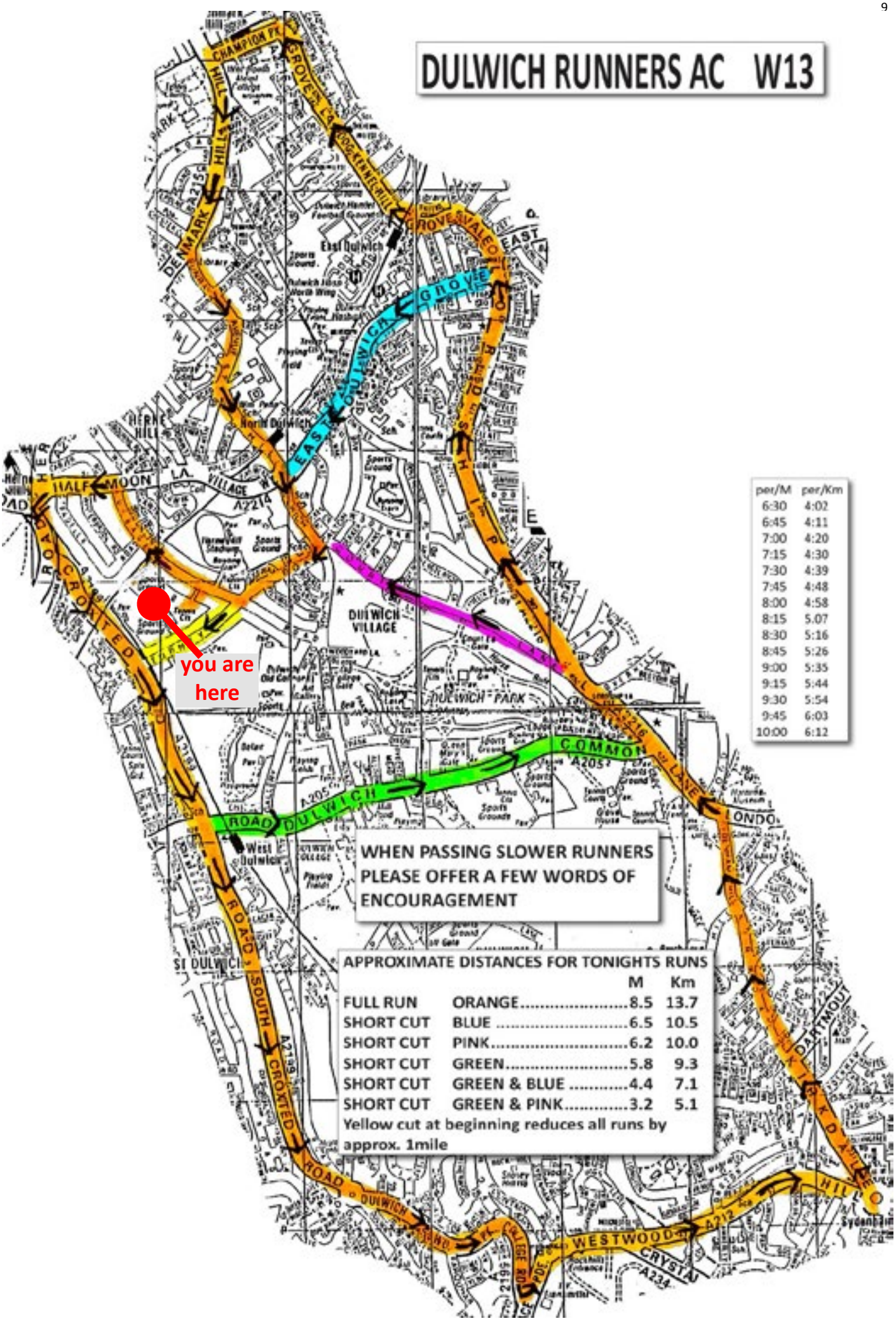
NAME: _____

most recent 5k or parkrun time _____

predicted time for 5k on 14th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than predicted time.

ros.tabor49@gmail.com

# DULWICH RUNNERS AC W13