SHORTS

Dulwich Runners AC
Weekly Newsletter
December 9th 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 09 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 15 Track at Crystal Palace Arena
£2.50 per session.
Meet just after 7pm to warm up, the session around 7.20pm. - see below for more details
Please see page 2 for further track/hill session information over the next few weeks

In your SHORTS this week !

1... General information
2... Hills and Training information
3... Club kit, social events etc
4... All things Cross country
5... Fixture list, club champs,XC, road, track
6... Race results and reports..
9... Parkrun results..
11... Annual Turkey Trot entry form
12... Wednesday night routes map

And much more !

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

You can follow us on

TRACK SESSIONS

Crystal Palace Track

- Excellent for building speed,stamina and endurance
- Go to reception, tell them you are with Dulwich Runners. Allow 10 mins to get from there down to the track
- Pay Ros £2.50 on the track, do not pay at reception
- Elkie will commence a warm-up around 7pm and the main session will start approximately at 7.20pm.

Suitable for all standards

Thurdays morning sessions

And there's also speed 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

There is a school Christmas party in the bar on Wednesday 16th December, so we won't be able to use it.
We will still be able to use the changing rooms and showers, and we will meet in the school downstairs for notices etc.
After your run we shall be going to The Commercial in Herne Hill for drinks .

Dulwich Runners 2016 membership renewal...

You will have recieved by email your 2016 renewal form.
If your current red membership card has 2016 then this does not apply to you, if for any reason you have then please ignore it, if you are not sure you can contact me.

If you have 2015 on your membership card and have not recieved your renewal email then please contact me at the address below

Full membership including EA registration is £36 or £23 without EA...and dont forget as well as the usual methods you can pay by direct payment (details on the email)

For those of you that keep up with us on our Facebook and Twitter pages but are not actually members of Dulwich Runners you can join by either contacting me at the email address below or via our website:

http://www.dulwichrunners.org.uk/index.html

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

EVENT HORIZON

A brief look ahead

full fixture list page 4

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: **Sharon Erdman**
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**

Paul Hilton	**09/12**
Emma Ibell	16/12
Paul Keating	23/12
Matt Ladds	30/12

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

December winer Matt Ladds

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.

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

TRAINING SCHEDULES AND TUESDAY SESSION

Steve Smythe writes - still trying to clarify what is the availability of Crystal Palace hill and track in next month. Tuesday sessions in new year will mostly be on track but there will be an occasional hill session.

Thanks to all those who requested schedules. I will get back with more individual sessions shortly but below is a rough guideline to take most runners, including those who won't neccessarily be doing a marathon but may be targeting a spring half-marathon, up to the New Year to prepare for the full schedules in the New Year.

The plan is that most people whether going for 2:40 or 3:40 will follow a similar sort of schedule in terms of time and many of the type of runs so more runners can train together though obviously faster runners will go faster and further and may do a few extra runs and miles. If anyone is unsure then contact me.

Next Tuesday will be on the track and the following week will probably be hills but will be confirmed later. December 29 will be hills before the track sessions become more frequent in the New Year.

Wed Dec 9: steady run one hour – minute down on goal marathon pace
Thu Dec 10: Speed endurance: 6 miles picking up 15 secs a mile finishing mile at 10k race pace
Fri Dec 11: easy run or rest
Sat Dec 12: XC or parkrun or fartlek
Sun Dec 13: long run: 100 minutes – 45 secs down on goal marathon pace
Mon Dec 14: rest or easy run
Tue Dec 15: track (1000 or 1600s)
Wed Dec 16: steady run 65 mins at a minute down on goal marathon pace
Thu Dec 17: Speed endurance: 45 minutes of 1 minute pace changes – starting at slow, then marathon, then HM, then 10k, 5km, then slow, marathon etc
Fri Dec 18: easy run or rest
Sat Dec 19: South of Thames XC or parkrun

Sun Dec 20: long run: 90 minutes – 30 secs down on goal marathon pace
Mon Dec 21: rest or easy run
Tue Dec 22: track or grass hills
Wed Dec 23: steady run: 70 mins at a minute down on goal marathon pace
Thu Dec 24: Speed endurance: 45 mins alternating 5 mins – ie first 5 mins at goal marathon pace and then 5 mins at 90 secs a mile slower and repeat
Fri Dec 25: easy run or rest or parkrun (see list)
Sat Dec 26: 40 mins fartlek

Sun Dec 27: long run – 75 mins – 15 secs down on goal marathon pace
Mon Dec 28: rest or easy run
Tue Dec 29: grass hills or Hills at Sydenham Hill
Wed Dec 30: steady run: 75 mins at a minute down on goal marathon pace
Thu Dec 31: Speed endurance – 10 mins easy, 40 mins at goal marathon pace, 10 mins easy
Fri Jan 1: easy run or rest
Sat Jan 2: 1 hour Grass hill session
Sun Jan 3 long run – 2 hours plus – a minute down on goal marathon pace

Christmas day parkruns

Bexley	9am
Bromley	9am
Greenwch	9am
Dulwich	10am
Hilly Fields	9am
Lloyd	9am
Peckham Rye	10am
Riddlesdown	9am
Roundshaw	9am

Nb numbers have averaged over 40 and occasionally over 50 for the Tuesday session.
However, it is important to get the most from these sessions that you try and attend them regularly.

When I was still developing as a runner 30-35 years ago, I viewed the Tuesday session as the most important session for fitness and improvement.(Sunday long runs though are more important for marathoners) If I was busy at work, I would get in early on Tuesday, work through my lunch hour and if need be, get in very early the next day to catch up on work rather than miss the session in the evening. Friend and family committments would also be arranged around the Tuesday session.

Even now the Tuesday session isn't convenient for me with my work and I live further away than most who attend but I try and make the committment but now certainly not for my own running. There are quite a few regular attendees but there are a few who don't come regularly enough and many of these are ones who may not reach their potential or tend to race inconsistently and have trouble with their pacing.
Steve Smythe
Results Editor
Athletics Weekly
07894076229

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

SOCIAL SPOT

SPOT

Dulwich Runners Christmas Party

LAST CALL

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 only a few left !

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

WIN £5 VOUCHER IF YOU RUN FINAL 2 SURREY LEAGUE MATCHES

There has been good participation in the first 2 fixtures of the women's Surrey League and the first men's match but following this successful start, the men struggled in the second fixture with a number of potential scorers away and several runners unable to finish due to injuries. We need to maintain the excellent women's turnout and pull the stops out in the final two fixtures on 16 January and 13 February, where we need as many of our regular runners as possible plus those who have joined recently to participate. As a small incentive, we are offering a £5 voucher, which will go towards the cost of club kit to all those, both men and women who complete the final two fixtures.

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**

UPDATE

So far only a few names have been put forward. If you would like part in the Kent champs, taking place at Brand Hatch on 9 January please inform your captains by 9 December.
You have a bit longer with the Surrey champs, being held at Denbies Vineyard, just outside Dorking, where we need responses by 23 December.

NATIONAL CROSS COUNTRY CHAMPS

27 FEBRUARY

This season's National Cross Country champs will be held in the East Midlands at Donnington Park on 27 February (women 8k, men 12k).

Since it would be possible to travel there are as a day trip, the committee is considering subsidising some of the travel costs, but first we would like to establish the level of interest to see whether there are sufficient numbers to enter complete women's and men's teams.

Options for travelling there would be car sharing, if there are willing drivers, or train to either Derby, Long Eaton or Loughborough and then taxi to the venue. Although the closing date is not until early January, **it would be helpful if those interested in competing could put their names forward to their cross country captains by 15 December** to enable a decision to be reached on funding transport costs. Only first claim members and those with EA membership are eligible.

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.

UPDATE....

We have reasonably healthy numbers amongst the men for the Surrey champs, but only 2 for the Kent champs, with none of those who competed in last week's Kent Masters on the list. ***Note that entries for the Surrey champs remain open until 23 December, but the Kent champs closes today***

SOUTH OF ENGLAND CROSS COUNTRY CHAMPS

30 JANUARY

These champs at Parliament Hill Fields on 30 January are 8k for women and 15k for men. The reward for running these long distances over tricky terrain is a visit to the refurbished Magdala afterwards.
A number of members have already expressed interest. Anyone else to take part should contact your captains today.

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**

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 .

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.

The races are:

7	Feb	Chichester 10k (S)
13	Mar	Dartford Half Marathon (L)
9	Apr	5k parkrun, venue tbc (S)
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)
2	Oct	Titsey multi-terrain 10k (L)
16	Oct tbc	Cabbage Patch 10

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

Date		Race		Venue
Dec	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	7	Chichester 10k (S)		Chichester
	13	Surrey League match 4	men	Lloyd Park
	13	Surrey League match 4	women	Richmond Park
	27	National Champs		Donnington
Mar	13	Dartford 1/2M (L)		Dartford
Apr	9	5k Parkrun (S)		TBC
	24	Virgin London Marathon (or alternative) (L)		London
Jun	tbc 6	2 mile Sri Chimnoy race (S)		Battersea Park
Jul	tbc 15	Mark Hayes Mile (S)		Ladywell Track, Catford
Sep	4	Middlesex 10k (S)		TBC
Oct	2	Titsey Multi-Terrain 10k (L)		Oxted
	16	Cabbage Patch 10		Twickenham

Southwark council has appointed a new sports officer. She is Emma-Louise Parker, and her official title is New Run! Athletics Activator. She met a few members at the track last week and is very keen to help Dulwich Runners with coaching courses, officials training or anything else running-related. Part of her role will be to manage the newly refurbished track in Southwark Park.
She is happy to be contacted, and her email address is:
Emma-Louise.Parker@southwark.gov.uk

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

2015 champs categories MARATHON		
1	Overall winner	**CLARE ELMS**
2	Fastest man (excl. overall winner)	**CHARLIE LOUND**
3	Fastest woman excl. overall winner)	**SHONA MCINTOSH**
4	First Senior Man (excl. above)	**MARK LACEY**
5	First Senior woman (excl. above)	**MEL EDWARDS**
6	First M40 (excl. above)	**STEVE DAVIES**
7	First W40 (excl. above)	**EMILY GELDER**
8	First M50 (excl. above)	**EBE PRILL**
9	First W50 (excl. above)	**ANGE NORRIS**
10	First M60 (excl. above)	**ANDY MURRAY**
11	2nd Age Graded (excl. above)	**CLAIRE STEWARD**
12	3rd Age Graded (excl. above)	**STSVE SMYTHE**
13	Captains' award	**JAMES BURROWS**

EAST SURREY LEAGUE/ HERCULES WIMBLEDON OPEN CLUB MEETING- WIMBLEDON COMMON

5th Dec

This relatively low key meeting comprised both Junior (1 lap) and Senior races (2 laps) with both races starting together. Running for Herne Hill Harriers, Lewis had one of his best XC races finishing in 3rd place in the junior race just 2secs behind a Herne Hill team-mate who had well beaten him at an earlier Surrey League and is in the Surrey inter-counties team.
In the Seniors 5 mile race, Graham and Andy ran for Vets AC and had good runs although Andy felt he struggled on the second lap

Junior Race (2.5 miles)
3 Lewis Laylee 14:18
48 ran

Senior Race (5 miles)
87 Graham Laylee 38:14 (3rd M55)
94 Andy Murray 39:01 (2nd M60)
124 ran
Graham Laylee

KENT LEAGUE DANSON PARK

28 November

U17M 5k
New course, set on the southern side of the lake, part way running alongside the start to the Bexley parkrun. Flat, open and on a blustery day, exposed. No real mud nor hills so there was no hiding and it was high speed from the start. Oscar felt a little heavy legged but achieved his second highest position of the season. Kent like to get their fixtures over quickly and this was the fourth and final league race of the season and the first time he'd completed the full set. Again, some good talent on show, with Tonbridge, the likely winners of the National XC, to the fore. - ***Duncan Hussey***

22 Oscar Hussey 17.24
38 ran
13th overall across whole season in which 61 competed

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

KENT MASTERS XC CHAMPIONSHIPS, SPARROWS DEN

Sat 5th December

Gold number eight for Clare and team silvers for the W35s

Women and M60+ men
Clare joined Dulwich in 2007 and this was her eighth overall women's win in this event. She missed one year to run for Kent in the Southern Inter Counties. Clare stayed back in the first mile, sitting in in the strong wind but broke clear after the first steep hill and she won easily by over 20 seconds from Kent's Cath Stibbs, who ran for England's W40 team in Dublin.

Emily Gelder wasn't at her best after a hard training week but kept going well. The short distance, just three miles, and the ease of the course probably didn't suit Ange Norris's strength but she worked her way through well. The end result was we lost out by just two points in the W35s with both Clare and Ange moving down 15 years to score in the W35s when if we had all our Vet women out, they should have been scoring in the W45s.

Emma Ibell and the closely matched Yvette Dore and Jo Shelton all ran strongly and ensured yet again more women from the club ran than the men. Neville Webb, who was in our winning M50 team two years ago, debuted in the M60 and he finished just behind Jo and just outside the top ten men.

W35 women (approx 4.9km)

1	Clare Elms (W50)	19:46
7	Emily Gelder (W40)	21:15
12	Ange Norris (W50)	21:57
17	Emma Ibell (W40)	22:21
30	Yvette Dore (W40)	25:03
32	Joanne Shelton (W40)	25:15

161 in race inc M60s

11	Neville Webb	22:24

W35 TEAM: 1 Kent 18; **2 Dulwich R 20**; 3 Blackheath & B 31; 4 Petts Wood Runners 37; 5 Tunbridge Wells H 63

M50
Tony Tuohy ran much better than last year when suffering from a cold (but still well short of his second-place form of two years ago) and after having to jockey for position into the stiff headwind when caught with 800m to go managed to win a sprint finish with former Kent Masters M40 champion Nick Kinsey for a solid sixth place.

Steve Smythe, who was second and third in his first two M50 appearances in this race didn't run well and scraped into the top 20 but was at least only beaten by runners younger than him. Mike Fullilove only runs one cross-country race a year and he couldn't match his road form. After starting quickly, he faded up the short steep hill.

Frustratingly he lost out by two seconds to Tunbridge Wells' third scorer and those two seconds proved crucial as Tunbridge Wells beat Dulwich by a single point. ***- Steve Smythe***

M50 (9km):

6	Tony Tuohy	35:11
20	Steve Smythe	38:24 (2M55)
31	Mike Fullilove	39:15

71 ran

TEAM: 1 Tonbridge 20; 2 Blackheath & Bromley 23; 3 Tunbridge Wells H 56; **4 Dulwich Runners 57;** 5 Kent 67

M40
The club should have had a M40 team but Joseph Brady was our sole representative over the same course as the M50s
75 Joseph Brady 44:39

Ange Norris adds...
Kent masters – the ladies
As there aren't many vet ladies who are eligible to run in Kent we unfortunately didn't have a W45+ team.
Clare, selflessly, chose to run as a W35+ for the team which paid off. She won the race outright and was part of the W35+ silver winning team with Emily and Ange. Emma, a Kent regular, was only just behind Ange, Joanne has run here before although not last year, and Yvette ran well in her debut in this race.

At the start Clare's advice was to not go out front to avoid the strong wind blowing head on. Good advice, so I shielded behind one or two (or about 30!) runners.

Once inside the woods it was sheltered and running was easier. The two laps were on the side of a hill, so some ups and downs – an enjoyable course.

PIRIE 10 MILES XC FARTHING DOWNS

Sun 6th December

The long-standing and popular Pirie 10 was yet again well attended by a smattering of Dulwich Runners, this time on a mild and benign morning more like April than December.

Despite this, most returnees were a bit slower than before – some a lot slower. I've done this race twice before in the last three years, both in 63 minutes, and both as good, hard training runs after having raced the day before and that was the intention this time. I ran with Clare; we ran the first lap briskly in 32 minutes and I headed into the second half thinking the same would do nicely. It was then that someone stole my leg muscles and I was suddenly reduced to jogging and as Clare was having a hard time by now too (including falling flat on her face at one point...) we even had a little walk. I kid you not.

After getting going again I had to let her get on with it as I got round in considerable hardship. Everyone else had solid enough runs with less drama, although Jim was slower than could be expected due to a painful shoe digging in his Achilles; he reckoned they're heading for the bin. ***- Tony Tuohy***

15	Clare Elms	67:11 2 SW, 1W45
19	Tony Tuohy	69:05
25	Steve Smythe	71:04
28	Ola Balme	71:49 2 W45
39	Ange Norris	74:33 3 W45
42	Anna Thomas	75:29
50	Jim Dowsett	78:37

89 ran

ENDURANCELIFE CTS ULTRA MARATHON

DORSET

A few words from last Saturday's Endurancelife CTS Ultra Marathon in Dorset – 33.4 miles, with ascend of nearly 6,000 feet.
In the whole Costal Trail Series, Dorset is one of two races classified as "Extreme". And extreme it was. The hills were not very long but often very steep. Running on a sinking, pebbly beach is a good exercise for your legs, but not so much when you have 20 miles ahead of you. However, the main obstacle was the gale-force wind, apparently blowing at the speed of 50 miles/h. On the exposed coastline ridges it made it a struggle to walk, not to mention running. The level of difficulty is shown by the fact that more than 25% of ultras didn't finish the race.

But the hardships were compensated by the splendid views! Running along the steep cliffs, pebbly beach, disused military areas with discarded derelict tanks, undulating moorlands. Just breathtaking! (or was it the wind again?)
In terms of logistics and organization the race was OK, although for an entry fee of 60 quid you would expect slightly more than gummy bears, bananas and water served from watering cans at pit stops. There were no showers and no hot meal or drink for the frozen-to-the-bone runners after the race. Only a rather cheap-looking generic medal for all races.
But again, the views saved the day and made it a really intense and highly recommendable race :)

Some pics on Facebook
http://tinyurl.com/p3gk7ge

Grzegorz Galezia

AXA HIVERNALES: FORET DES SOIGNES NEAR BRUSSELS,

6 December

This is the third year consecutive year that we have done this attractive trail race on the southern fringes of Brussels although this time I opted for the shorter 5 km distance – that actually turned out to be a lot nearer 5 and a half - so I could be back in warm, dry kit to see Clare finish her 12.7km (when I'd otherwise be coming up to the 12km marker).

Speaking of kit we've mentioned before how the locals over here tend to run in multiple layers even when racing. As we were stripping down to our vests and shorts in the AXA HQ we felt more than a bit conspicuous but a bit less so when we spotted the backs of a couple nearby who had made the same, oh so daring and controversial, choice (it was windy, of course, but really not that cold). When this pair turned around to reveal the fronts of said vests what did they say on them? Harlow Running Club, that's what. Yes, it was pretty much the Brits alone who dressed like this but once you were out there in the forest it certainly wasn't cold at all.

Actually the profile of the races pretty much ensures this since to reach the forest in the first place involves a good 1km of steady climbing and a bit more of the same once inside. In fact it's a race where I have always felt pretty desperate by 3km so the chance to shoot off left and wave goodbye to the vast majority of the field was very welcome, I'd probably choose the shorter option again should we return. Meanwhile, battling on whilst I went swanning off, Clare really enjoyed this race, as she always does, it's just her sort of thing. The only downer was that she ended up in exactly the same position, the worst position of 4th, in her category as last year. She was first over 50 on her debut in 2013 but emulating that, or even getting onto the podium, obviously becomes a harder ask as every year goes by. - ***Mike Dodds***

12.7km:
258/898 (4th VW50) Clare Wyngard 60-49

5.35km
22/127 (2nd VM50) Mike Dodds 26-48

Mince Pie 10

6th December 2015

Lindsey Annable writes: A few Dulwich Runners made their way down to the South coast for this festive-themed multi-terrain course over the South Downs. Steve Wehrle had also got together a bunch of Orpington runners who arrived en masse in festive costume, with Steve also sporting a rather fetching pair of red tights and tinsel to match.

As usual we were greeted by cheery Christmas music blasting out from speakers set up in front of HQ. Eyes had all been on the weather the day before as the course can be very exposed in places but the forecast seem to predict the conditions would calm down. This race has almost an addictive quality with potentially stunning scenery and clear blue skies but equally brutal conditions if the wind and mud prevail. Perhaps part of the intrigue is not knowing what you are going to get.

This year it was the turn of the latter with the recent rain having turned parts of the course into a mud-bath which challenged runners to stay on their feet. The promised calming of conditions also proved elusive. We were battered by strong winds for much of the race and particularly after a mile four There, a normally welcome downhill after a tough climb became quite torturous as we turned into a gale force head wind with stinging rain and hail directly into our faces.

Still the run was somehow enjoyable and the now traditional mince pie at the end of the race put a smile on everyone's faces. Jo was the first DR across the line with a fantastic run, obviously benefitting from her marathon fitness. Barrie followed with a run very close to his time of 2014, which was impressive given the weather.

I had entered the race but was very sceptical about taking part only having landed from a 3 day business trip to Bogota on the Friday. I felt pretty tired after the affects of jetlag and an overnight flight had taken their toll, so I ran steadily without pushing it. Unbelievably I managed to produce my best time on the course for years showing there is no rhyme or reason sometimes to performance.

The next DR was Paul who also took it more steadily than normal in the wake of recent injury niggles but was pleased to have completed such a long run without ill effects. Steve was a little slower than last year but no surprise given the conditions – or perhaps it was those lurid red tights? He just overtook Peter near the end who was struggling with knee pain but it was great to see him out on the course after so many years of injury. Thankfully Peter reports no lasting damage after the run, which is good news.
Official results (although my result was incorrect)

120	Jo Shelton	83:02
132	Barrie John Nicholls	84:52
163	Lindsey Annable	88:32 (official 88:52)
199	Paul Keating	1:32:24
291	Steve Wehrle	1:40:22
293	Peter Jackson	1:40:27

December 5th

Brockwell

201 ran

Pos	Gen		
52	7	Lucy Pickering	22:50
60	11	Lucy Clapp	23:15
137	46	Sharon Erdman	27:37
200	117	Chris Vernon	36:09

Bromley

415 ran

Pos	Gen		
256	210	Peter Jackson	27:59

Crystal Palace

160 ran

Pos	Gen		
4	4	Tom Wilson	18:35
44	5	Belinda Cottrill	23:27
52	45	Simon Lang	23:55
55	8	Susan Cooper	23:59
87	72	Tony Macpherson	25:51

Didcot

89 ran

Pos	Gen		
15	2	Caroline Pettigrew	21:37

Dulwich

200 ran

Pos	Gen		
4	4	Ian Lilley	17:40
10	10	Stephen Davies	18:01
15	15	James Burrows	18:34
21	21	Ebe Prill	19:21
29	2	Kim Hainsworth	20:12
41	38	Ajay Khandelwal	21:34
46	5	Michelle Lennon	21:44
50	45	John Fletcher	21:51
64	58	Mark Muffett	22:30
140	123	Mick Mead	26:44

Dunfermline

50 ran

Pos	Gen		
26	3	Hannah Little	25:43

Peckham Rye

78 ran

Pos	Gen		
2	2	Andy Bond	17:10
5	5	Mark Callaghan	18:58

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.

Pacing at Brockwell parkrun 23 January 2016

To help promote the club, we are going to offer to pace at Brockwell parkrun on 23 January. We want to offer a range of different paces. Can you let me know if you are available and the target time you would be willing to pace.
Charlie Lound chas.lound@btinternet.com

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 _____

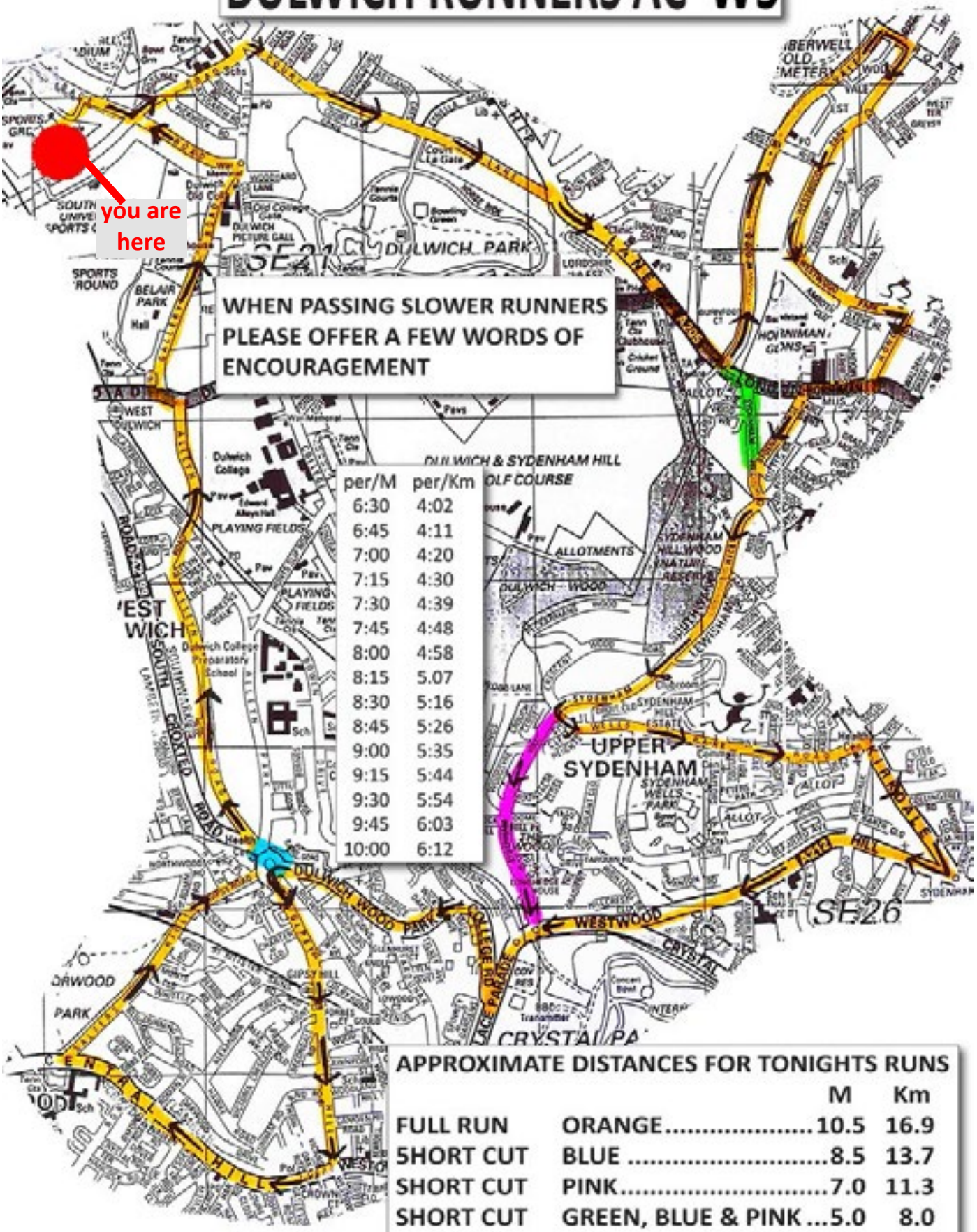
predicted time for 5k on 14th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than predicted time.

ros.tabor49@gmail.com

DULWICH RUNNERS AC W5



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

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	10.5	16.9
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK	7.0	11.3
SHORT CUT	GREEN, BLUE & PINK	5.0	8.0