



# SHORTS

The newsletter of  
**DULWICH RUNNERS**

1994 Women's National 10Km Team Bronze Medal  
Assembly League B Team Champions 1994

Wednesday December 14 1994

## HAPPY BIRTHDAY TO:-

Tony Henley & Duncan Eagland (both 15th December);  
Lisa Martin (19th December)

### Security

The curse of 'men's security rota has been lifted- and not before time. There are now keys to the men's and women's changing rooms, which will enable them to be locked- at least during the winter months when the cyclists are not around. The key will be left with the bar staff. If you are first back from the run, see them so that you can get access. Listen out for an announcement tonight.

## CLUB ATHLETE / MEMBER OF THE YEAR

Your last chance to vote. Ballot forms for this Club award are available in your changing room for in the bar after the run.

## CLUB CHRISTMAS PARTY

Tickets for this first-class Do on 17 December, are available at £8.00 each (inclusive of buffet). Tonight represents your last chance to obtain tickets. Get yours now or risk disappointment.

## TRACK SESSIONS

If you want to improve your performances one of the best routes is via regular track training with runners of similar ability. Several Dulwich Runners are part of a group that trains at 6.30pm on Tuesday evenings at Sutcliffe Park (Kidbrooke BR Station). One pack is comprised of people who race at between 5.15 and 5.30 per mile for 10Km while the other group are around the 6 minute mark for the same distance- but it would be possible to arrange sessions for other runners without difficulty. Phone Kev Wood for details. If you train regularly at another track, where fellow Dulwich Runners could also run, please let us know about this.

## LONDON MARATHON ENTRIES

The Club has three guaranteed places for the London Marathon available. If you are interested let Steve Wehrle know, so that the Committee can allocate to those who have the most deserving cases.

## CROSS COUNTRY

The men's vital third Surrey League fixture takes place at Sparrows Den, Hayes, Kent. The race HQ is the Metropolitan Police Sports Club at The Warren (off Croydon Road A232). Trains to Hayes leave London Bridge on the hour and at half past the hour. It is important that all of our runners get there early and use the Christmas break to sharpen up (and not lose) their fitness. We are only 72 points- a couple of bad individual performances- off the relegation zone and we need every single one of our best runners to turn out on Saturday 7th January.

The equally vital third women's fixture is two weeks later on Saturday 21 January at Brockwell Park.

## TURKEY TROT

This popular Xmas handicap event, held in Dulwich Park every year, takes place on Sunday. If not wearing fancy dress please wear a club vest, because we are expecting a photographer from a local newspaper.

## CLUB CHAMPIONSHIP 1995

After weeks of deliberation and debate, tears, raised voices and bloodshed (OK I exaggerate!), the following list of fixtures will represent the battleground over which the annual club championship is decided:-

|   |                        |                |             |
|---|------------------------|----------------|-------------|
| 1 | Mitcham 25K            | 25K            | 22. Jan.    |
| 2 | Surrey X/C Lge         | 3M Wmn, 5M Men | Feb         |
| 3 | Woking Ten             | 10 Miles       | 5 Mar       |
| 4 | London Marathon        | 26.2 Miles     | April       |
| 5 | Tadworth 5             | 5 Miles        | April / May |
| 6 | Lensbury 10K           | 10K            | June        |
| 7 | Dartford Half Marathon | 13.1 Miles     | July        |
| 8 | Dulwich Mile           | 1760 yards     | July        |
| 9 | Final Assembly Lge     | 2.9 Miles      | August      |

Points are allocated from standard tables, according to your finishing time. Your best five performances count. To score you need to run in a Dulwich vest (pos. exception- the Marathon) and be a paid up first claim member of the club. If you want to include the Marathon but don't get a place, you may nominate the Poly Marathon (in the Autumn) instead (however, you will need to speak to your Captain- Tony Edwards or Mary Loftus immediately).

**N.B. Entries for the Mitcham 25K  
close on 6 January.**

## HOGSBACK ROAD RACE. 12 DEC. 94.

The Hogsback is one of Britain's longest established road races with well-deserved classic status. This challenging nine mile course has been a happy hunting ground for Dulwich for the last few years. For once our Senior Men fared better than the vets. and the women, recovering the Hogsback Trophy which we first won in 1989.

Last year crack Welsh club Bridgend fielded four internationals (we still managed a good third place) and returned over the Severn Bridge with their silvery plunder. However, this year it was our turn. Whilst it could be said that many faster runners from other clubs were otherwise engaged in the various county cross country events, we stole in for a surprise victory. It's no use having a superb roster of runners if a club can't get them out on the day, so all credit to our men- top dogs of 78 clubs' winners of a prestigious trophy at the end of a year when fortune has been our friend.

Steve Smythe cut nearly three quarters of a minute off his time from last year, achieving his highest placing in this race on his ninth attempt. Mike Hobbs produced one of his best runs to push Clive Sentance into our third spot. Mike claims to have drunk thirteen pints of lager on the previous day- which must give his performance Fred Thompson's 'freak of nature' status. As they say on the kids TV "Don't try this one at home" Dave West continues to recapture his form and was our fourth scorer, while Paul Foster is reclaiming his former position in the pecking order, capping a good Autumn as our first vet. home.

Second claimer (and part of our victorious 1989 team) Walter Busuttill took 12th in 50.55, leading Woking to 2nd place. The race was won by Dulwich 10K record holder, Kasse Tadesse of Belgrave Harriers (in 45.15)

### Men:-

|     |                   |       |
|-----|-------------------|-------|
| 14  | Steve Smythe      | 51.29 |
| 48  | Mike Hobbs        | 54.27 |
| 52  | Clive Sentance    | 54.46 |
| 64  | Dave West         | 55.19 |
| 82  | Paul Foster       | 55.52 |
| 88  | Andy Murray       | 55.59 |
| 94  | Paul Mottram      | 56.21 |
| 148 | John McCormack    | 58.44 |
| 218 | Mike Dodds        | 61.06 |
| 224 | Steve Wehrle      | 61.16 |
| 231 | John O'Byrne      | 61.22 |
| 232 | Colin Frith       | 61.23 |
| 260 | Andrew Drinkwater | 61.55 |
| 340 | Mike Mann         | 63.54 |
| 345 | Joe Fell          | 64.04 |
| 349 | Andy Clarke       | 64.06 |
| 361 | Phil Burlinson    | 64.16 |
| 430 | John Lawson       | 66.04 |
| 431 | Gary Budinger     | 66.06 |
| 558 | Harry Handscombe  | 69.02 |
| 641 | John Kenny        | 72.06 |
| 656 | Tom Callaghan     | 72.28 |
| 664 | Brian O'Shea      | 72.54 |
| 679 | Dave Freeman      | 73.20 |
| 751 | Chris Reed        | 76.16 |
| 882 | Ron Searle        | 86.07 |

(907 men finished)

### TEAMS (4 to score):-

|   |                          |     |
|---|--------------------------|-----|
| 1 | Dulwich Runners A.C.     | 178 |
| 2 | Woking                   | 217 |
| 3 | Southampton Road Runners | 220 |

A total of 78 male teams took part

Our women packed well, but for the second year running were third behind Epsom and Ewell and Stragglers (our 30 points would easily have given us first place last year). Sue Busuttill improved by seven places and over two minutes, ahead of Mary Loftus (her 10th place a fitting reward for lots of hard work) and newcomer Malze Bogdanowicz in 13th. Marjorie Epton did well to take fourth after a hard run in the Surrey X/C Champs less 24 hours earlier, while Julie Hobbs was also on song.

### WOMEN

|     |                    |       |
|-----|--------------------|-------|
| 7   | Sue Busuttill      | 58.51 |
| 10  | Mary Loftus        | 60.40 |
| 13  | Malze Bogdanowicz  | 60.47 |
| 17  | Marjorie Epton     | 62.03 |
| 18  | Julie Hobbs        | 62.04 |
| 32  | Clare Wyngard      | 65.50 |
| 33  | Ros Tabor          | 65.51 |
| 53  | Andrea Megram      | 69.04 |
| 61  | Monica Ward        | 69.46 |
| 79  | Karen Grieves      | 72.03 |
| 81  | Stephanie Burchill | 72.25 |
| 189 | Isabelle Burlinson | 87.33 |

(212 women finished)

### TEAMS (3 to score):-

|   |                      |    |
|---|----------------------|----|
| 1 | Epsom and Ewell      | 18 |
| 2 | Stragglers           | 25 |
| 3 | Dulwich Runners A.C. | 30 |

## SURREY X/C CHAMPIONSHIP. 11 DEC 94.

Men's X/C Captain ANDY MURRAY writes:- the Happy Valley course must have been named by a Hippo. Several days of rain left it very slippery, especially one key uphill section. Only two Dulwich women were at the start (one short of a scoring team), but both Ros and Marjorie ran strongly over the four mile course and enjoyed themselves. 2nd claimer, Jo Quantrill of SLH, (who reads Shorts each week), also ran well.

For the men, Tom Callaghan agreed to run the full course to ensure that we had a scoring team of six. He gamely battled on as many around him dropped out. Our first four completed the course inside a two minute spell. Regular Wednesday visitor, David Jones of SLH was in the top 30, while fellow second claim member, Jim Estall was 10th in the vest of Belgrave Harriers.

Approx times:- Marjorie Epton 32.26; Ros Tabor 34.17 Andy Murray 55.30; Brendan Pelican 55.54; Bernard Imber 56.30; John Kenny 57.19; Gary Budinger 61.00; Tom Callaghan 74.31. The event was enjoyed by one and all.

## CHESHIRE X/C CHAMPIONSHIP. 12 DEC 94.

KEV WOOD reports:- Great 11,500M course, with steep hills and sharp descents. Reasonably happy with time and position (72nd in 48.58), as I was fighting off a cold, although after a disaster on a muddy third hill I lost touch with two clubmates. Macclesfield Harriers tasted success, with our British fell running international Cecilia Greasley taking the Cheshire County silver medal in the women's race.