

These are your SHORTS! Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

- Wed 23 Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar
- Sat 26 South of Thames 5 XC [details](#)**
If you're not running why not come and support the club !
- Tue 29 Track Session with Steve Smythe**
Ladywell Track <http://g.co/maps/sqrjq>
7pm pay at desk on entrance, fee £2.45

TO SUBSCRIBE to Shorts send an email with the subject *subscribe* to: shorts@dulwichrunners.org.uk
An email with the title *unsubscribe* to the same address will remove you from the list.

Ladywell Track Sessions

Improve your speed & strength over all distances
Tuesdays with Steve Smythe Start 7pm. – fee £2:45.
Pay at desk on entrance to track
Sessions start at 7pm and are suitable for all.
Location <http://g.co/maps/sqrjq>

Job Vacancy – Social Secretary

your chance to earn no money but lots of plaudits and praise from fellow members !

As most of you know Caroline will be taking time out (maternity leave) from the post and we need someone to step up to the start line and take her place.

If two people want to share the position even better. The job will consist of organising social events throughout the year.

The Xmas party is a must but other than that its up to you and your imagination to come up with social events, these can be anything from low key apres race drinks/meals, curry nights or high-profile events like trips into orbit on the Space Shuttle !

This is a very important job, the clubs social side is great for helping members new and old to get to know each other and to get more generally involved with the club.

So if you'd like to help out then please get in touch with Ros or any other committee member via email or at the club etc

In your *SHORTS* this week !

- page 2 Christmas Party – tickets on sale now !
page 3 Club Champs, XC Fixture List
page 3.. All things Cross Country
page 5.. Race reports & results
page 7.. Dulwich Club Champs. final scores
page 11 Wednesday Night Map to print
page 12 **Steve Wehrle Marathon Training Schedule**
page 15 AGM minutes

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

- Dec 3 Women XC Surrey League
Dec 17 South of Thames 7mile [details](#)
Dec 17 Dulwich Runners Xmas Party [details](#)
Dec 18 Dulwich Runners Turkey Trot
full fixture list & info [page 2](#)

NEW RUNNERS ROTA

Thanks to **Mike Mann** and **Ebe Prill** for taking out new runners last week.

If your name is on the rota to run with new runners, 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 swap with someone.

Thanks. – Ros

Martin Morley	23/11
Olivier Montfort	30/11
Andy Murray	07/12
Barrie John Nicholls	14/12

RELAYS TEAM

We are looking for volunteers to join the relays team, which is responsible for the planning of the 3 spring relays, the 1066, the Green Belt and the Welsh Castles.

The work includes encouraging members to take part, providing details of organisation and planning transport/ accomodation, but if you would like more details please speak to Martin, Caroline or myself.

Mike Mann



TURKEY TROT 2011

The annual Christmas handicap Turkey Trot race will be held on Sunday 18th December at 10.00 in Dulwich Park. It's the traditional way to run off your post party hangover 3 laps of Dulwich park (approx 5k). We usually follow the race with coffee prizes etc. in the Dulwich Park cafe. Entry form attached to Shorts. - Ros

Wednesday Running Maps

On [page 10](#) near the end of SHORTS you will find a copy of the map for this weeks runs.

Although there will still be some available at the clubhouse , it would help if you can print your own copy 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 them in the clubhouse.

PS: If anybody can help out with printing maps please can you contact Ros

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover costs of hiring the club house, so please remember to sign in and pay up. Thanks. - Ros

CLUB MARATHON PLACES

We were allocated 3 places for the Virgin London Marathon 2012. There were 5 members wanting them. Barrie John Nicholls and Steve Ackroyd were awarded places on the basis of the number of club appearances. Then there was a raffle for the 3rd place between Roy Hibberd, Giles Gibson and Neil Daniels. Giles was the lucky one! - Ros

LONDON MARATHON - If anyone wants a London Marathon place for 2012, Dulwich Helpline has one. You would need to raise as much money as possible. for trhis local charity. Dulwich Helpline provide volunteers and befrienders for isolated, elderly people in Southwark. They have a website which will give you more information. If you are interested, please contact Sue Vernon at vernonrun@aol.com. I hope to hear from you

LUCKY VEST

November winner was **Catherine Forward**

Don't forget to 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 £5 in the clubhouse that evening

To purchase a vest and or any other club kit contact Sue Cooper susan.cooper@hsbc.com or Nicola Richmond nicola.j.richmond@gmail.com



**DULWICH RUNNERS
CHRISTMAS PARTY 2011**

Saturday 17th December

at The Plough, 381 Lordship Lane, SE22 8JJ
(www.theploughdulwich.co.uk)

**Your £15 ticket includes a Buffet with vegetarian options,
DJ & Music, Club Awards, Raffle & much more!**

TICKETS NOW AVAILABLE

contact Caroline Schurmann
carolineschurmann@yahoo.fr

CLUB FIXTURES 2011/12 - Club Champs , XCountry etc.

Date		Event	Venue
Nov	Sat 26	South of Thames 5 mile details	Nork Park
Dec	Sat 3	Surrey League 2 XC - women	Richmond Park
	Sun 4	Pirie 10 www.southlondonharriers.org	Farthing downs
	Sat 10	Dysart/ Ellis Cups	Richmond Park
	Sat 10	Masters & Inter County champs	Lloyd Park
	Sat 10	Vets AC/ Inter Club	Wimbledon Common
	Sat 10	Kent Masters	Tunbridge Wells
	Sat 17	South of Thames 7 mile	Roehampton (tbc)
	Sun 18	Dulwich Runners AC Annual Turkey Trot (approx. 5k)	Dulwich Park start 10am
Jan	Sat 7	Surrey County Champs	Denbies Vineyard, Dorking
	Sat 7	Kent County Champs	Wilmington
	Sat 14	Surrey League 3 XC - men	Reigate Priory Park
	Sat 14	Surrey League 3 XC - women	Farthing Down, Coulsdon
	Sat 21	Vets AC Champs	Wimbledon Common
	Sat 28	South of England Champs	Stanmer Park, Brighton
Feb	Sat 11	Surrey League 4 Cross Country - men & women	Esher
	Sat 25	National Champs	Parliament Hill
Mar	Sun 25	British Master XC Champs	Bath

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

Note that we will be co-hosting the January XC fixture with Reigate Priory, so we will need volunteers to help with marshalling, results etc. *Mike*

MARATHON Training Schedule

"Steve Wherle is one of our most experienced marathon runners, including and having completing all 31 London Marathons !

This is his proposed schedule of weekend runs, races and reps to help you prepare for a spring marathon. Steve is at the club most Wednesdays if you would like to discuss the programme."

Provisional - dates and events subject to change so keep checking in SHORTS

[click here to see the schedule](#)



CROSS COUNTRY CHAMPS

We have decided to extend the cross country champs introduced last year to include 4 other races, in addition to the 4 Surrey League fixtures. In order to qualify it will be necessary to complete any 5 of the total of 8 races. The 4 additional races are:

- 17 Sep. Reigate mob match*
- 26 Nov. South of Thames 5 miles, Nork Park
- 28 Jan. South of England champs, Brighton
- 25 Feb. National Champs, Parliament Hill

Details of cross country races in the forthcoming season, including the Surrey League matches, can be found in the SHORTS fixture list. ***Mike***

CROSS COUNTRY 2011/12

The cross country season started with the mob match at Reigate (and effectively earlier for those of you who took part in the Eridge 10). Our highest priority are the 4 Surrey League matches, with the first fixture on 8 October (see the fixture list for details). For these races you just need to turn up on the day, at least 30 minutes before the start so that you can collect your number, be entered on the declaration and warm up. There is no need to pre-enter.

However for many other races, it is necessary to submit entries in advance, so please check Shorts nearer the time and make sure that you inform your captains of your intention to take part in advance of the deadline given. For these races which include the London, County, South of England and National Champs, as well as the 2 South of Thames races, you must make sure that you enter in advance; it is not possible simply to turn up on the day. For some of these races, notably the South of England and National Champs in the New Year, both of which are included in the club cross country champs, the closing dates are very early so please make sure that you respond in time. **Mike**

Updated Mens XC Champs. after 3 events

	Mob match	SL1	SL2	Total
	Reigate	Richmond	Lloyd Pk	
Charlie Lound	49	50	48	147
Mike Mann	43	41	45	129
Andy Murray	45	40	42	127
Tony Tuohy	50	49		99
Wayne Lashley		47	49	96
James Godber		46	50	96
Chris Loizou		44	47	91
Neil Daniels	47	43		90
Matt Galvin	44		44	88
Jose Barretta		42	46	88
Mark Foster		39	43	82
Duncan Wilson	42	38		80
Mick Ward	41		35	76
Joseph Brady	39		36	75
Tiarnan Ocleirigh		37	37	74
Ameet Patel	38		34	72
John O'Byrne		34	32	66
John Fletcher	48			48
Mike Williams		48		48
Ed Smyth	46			46
Steve Smythe		45		45
Ebe Prill			41	41
Ian Sesnan	40			40
Hugh Balfour			40	40
Steve Ackroyd			39	39
Grant Barnes			38	38
Martin Morley		36		36
Graham Laylee		35		35
Ian Sesnan			33	33

SOUTH OF THAMES 5 MILES, NORK PARK, 26 NOVEMBER

Entries for this race, which is a club champs cross country race, have now been submitted. All the usual cross country participants have been entered, apart from those who have notified they can't make it, but if in doubt please check with your captains:

Kim dulwich.womenscaptain@yahoo.co.uk

and Mike mcmann90@yahoo.co.uk

Please note that it starts at 2pm (it's a combined men's and women's race) and the venue is Tattenham Way Recreation Ground near the entrance to Nork Park (OS Grid Ref 242859). The race HQ is Banstead Methodist Church Hall at the junction of the The Drive and Woodgavil, 5 minutes jog from the start (note no showers or muddy shoes).

The nearest train stations are Banstead, Epsom Downs and Tattenham Corner, but each is over a mile from the start. For those driving use the A217 towards Reigate (from the north). Parking is available in The Drive, – **Mike Mann**

SOUTH OF THAMES 7.5 MILES, 17 DECEMBER

The second South of Thames race takes place on 17 December, the day of the club Christmas party. The venue is the Thames Hare & Hounds clubhouse in Roehampton and the 7.5 mile course is on Wimbledon Common. If you would like to take part, please contact your cross country captains:

Mike mcmann90@yahoo.co.uk

or Kim dulwich.womenscaptain@yahoo.co.uk

no later than 7 December. – **Mike Mann**

County Cross Country Champs. 7 Jan.

The Surrey and Kent county cross country champs take place on 7 January at Denbies Vineyard, Dorking and Wilmington near Dartford respectively. The plan is to enter the regular participants, who I will be contacting separately, but anyone else interested in taking part should contact your captains before 7 December.

Distances are approximately 12km for men and 8km for women. Qualification is by birth or residence. For residential qualification, those of you living in the boroughs of Lewisham, Greenwich and Bromley qualify for Kent, while those in Southwark, Croydon and boroughs further west south of the river qualify for Surrey. – **Mike**

5km, November 19th**Bromley**

15 Mike Fullilove 19:48 (1 sec from PB)
 77 Carys Morgan 9W 23:07

Brockwell

With Crystal Palace not being held, a record 162 ran (previous record 133) including 14 Dulwich Runners though they were outnumbered by 40 Dulwich Park Runners who were presumably holding a club champs.

There were PBs for Dominic Edmunds and Olga Gillane while Charlie Wood ran her first race since the birth of Flora and was the quickest of the course debutantes in an encouraging run.

14 Mark Foster		20:07
22 Andy Murray		20:50
39 Charlie Wood	5W	21:58 (1st time)
41 Bob Bell		22:12
43 Graham Laylee		22:25
47 Giles Gibson		22:57
48 Dominic Edmunds		22:57 (PB)
59 Claire Steward	12W	23:29
63 Olga Gillane	13W	23:35 (PB)
75 Ameet Patel		24:26 (1st timer)
86 Mike Dodds		25:02
110 Vicki Fong	38W	27:12 (1st timer)
136 Mark Best		30:18

LUTON MARATHON 20th November

Dreams come true in Luton... writes John Fletcher

A sub-three hour marathon seemed impossible to me for quite a few years. In 2009 I struggled round the second half of the Paris Marathon after a hopelessly ambitious attempt. Last year in London I was an awfully long way off my ultimate target, as I was in Portsmouth, where I got lost in a housing estate...

However a change of job this year provided the opportunity for some more rigorous training. I re-entered this year's Luton Marathon after the 2010 race that I had wanted to run had been cancelled due to the snow.

The 2011 event was held on a splendid autumn day, with crispy and misty edges melting away in the sunshine. The course consists of three laps of a slightly undulating route on compacted tracks, paths, pavements and roads. Most of it is more picturesque than I'd expected. I didn't mind the repetition of the laps, nor the long straight section next to the A6(!), as both helped me get into a rhythm. By the halfway point I was just behind 1:30:00, but only by a few seconds.

The guidance and strength that I had prayed for at the start of the race both came in great measure. A surprising number of spectators gave some spot-on advice, such as the suggestion that I should surely overtake the leading lady just ahead of me. The resulting adjustments worked very well indeed.

Things started to get a bit ragged as they usually do in the final few miles of any marathon, but I was beginning to picture the real possibility of a sub-three hour finish. Just before mile 25 a man told me that I was capable of finishing in under three hours, but he advised that I needed to renew my focus if I really wanted to achieve this. Of course I did! However the exciting prospect of knocking 15 minutes off my previous PB almost got the better of me, but I soon pressed on with renewed determination.

Now there were only 400 metres to go. Not quite The Mall or the Arc de Triomphe, rather the middle of a drab housing estate. But that didn't matter, as you couldn't get more dramatic than this (for me at least). It was so incredibly close: only two minutes off three hours, from a shifty glance at my watch.

I thought that I could see the finish. No, it wasn't where I thought it would be... Still further away than I'd imagined! However as I neared the line, the race clock was still showing a giant 2... Just. I was the penultimate runner to finish in under three hours, at 2:59:36, and was so elated!

Particular thanks go to Steve Smythe for the Tuesday night track sessions that clearly helped me on my way, as well as everyone who has given me encouragement and advice as I've been preparing.

Epsom 10 20.11.11

On a foggy morning the downs were high enough to see some sunshine but the first mile or so was downhill back into the gloom as we passed under the M25. Many ran too fast early on but Mike W, Ed Hill and Alexie ran sensibly, picking up positions on the long uphill through Headley village and out to a high forested area.

Finally after the 4 mile point we got a downhill and then relatively flat running as we passed through Walton on the Hill, with a pretty duck pond, and Tadworth. The final couple of miles were firstly on an undulating road, where we got a great view of the first half of the Derby course on Epsom Downs, and then downhill from Tattenham corner towards our finish at the end of the Grandstand right opposite the Derby winning post.

Although this was a tough course in places and on non-closed roads it was always scenic and a good challenge. The start/ finishing facilities were the impressive Queen's grandstand and the prize giving was at the winning jockey/owners podium – Alexie (1st woman), Catherine (3rd) and Kim (1st team with the other two) went up.

There were also strong runs from Mike, Ed, Chris, Mick Ward , Laura Stephens, Mel and Clare Steward. Susan Vernon completed her longest distance race for a while.

The Tadworth 10 has a two-lap course in the same area on 2nd January.

<http://www.tadworth.org.uk/Tadten.html>

Andy Murray

positions and DR club championship positions/points

Pos.	Name	Cat.	Points	Time
6	Michael Williams	1sm	794	58:51
13	Edward Hill	2sm	740	61:25
22	Alexie Shaw	1sw	804	63:08
43	Catherine Lee	2sw	763	66:24
44	Chris Treble	2sm	681	66:28
57	Gary Sullivan	1m50	782	67:28
73	Andy Murray	2m50	789	69:49
81	Steve Ackroyd	3sm	642	70:48
86	Eberhard Prill	1m40	714	71:26
88	Michael Ward	3m50	741	71:46
94	Jozef Danko	4sm	627	72:25
99	Kim Hainsworth	3sw	696	72:52
101	Laura Stephens	4sw	696	73:20
102	Tiarnan Ocleirigh	2m40	700	73:25
105	Joseph Brady	3m40	671	73:35
107	Melanie Edwards	5sw	687	73:46
111	Claire Steward	1w50	871	74:10
116	Cameron Timmis	4m40	637	75:06
133	Michael Dodds	4m50	686	76:52
135	Peter Gibbons	5m50	708	77:06
138	Jo Quantrill (2cl)			77:17
154	Joanne Shelton	6sw	650	79:17
165	Barrie J.Nicholls	6m50	677	80:39
171	Paul Keating	5m40	602	81:17
172	Marlene Russell	7sw	634	81:22
176	Clare Osborne	1w40	642	81:30
188	Paul Hilton	6m40	597	82:36
203	Ruki Sidhwa	2w40	640	85:50
230	Lindsey Annable	3w40	588	90:59
261	Chris Vernon	1m60	575	104:16
270	Susan Vernon	2w50	653	109:35

BROOKS BRIGHTON 10k - 20.11.11

James Godber writes.....I'd had the Brighton 10k as a focus for some time (read months) and was hoping that I'd use it as a platform to prove once again that I was reasonably fit before the winter and the inevitable slow down in the calendar of road races. I'd run the race in 2003 and again in 2005 but this year it as opposed to being close to my birthday, it was on the day itself. Stupidly, I ate a big meal with my parents quite late on Saturday and that, with an over exuberant start was to be my undoing. It was a perfect day on the south coast (as illustrated by the performances of some of my Reigate friends) but I almost dropped out at 3km with terrible stomach cramps. Thankfully after slowing a little, the pains subsided slightly and with support from Tony, Steve S and Claire Elms (who was running) I managed to make it to the finish.

53 James Godber	35:02	34:58 (Chip)
96 Claire Elms 3rdW	37:21	37:11
295 Nicola Richmond 27thW	41:52	41:47

Steve Smythe added..James Godber ran well but started far too quickly and slowed over the second half but broke 35 on chip time.

Clare Elms started very slowly as she treated it as a training run but came through well to snatch third in a sprint finish and first Vet which gave her one of her best ever prize rewards despite the relatively slow time.

Nicola Richmond didn't feel particularly well but ran a solid time with a good last kilometre

Women 6km XC

A great team result for one of our best ever results in this competition saw us take bronzes behind Highgate and Serpentine. With our win in Epsom, and a high individual placing in Brighton, this was an exceptionally successful weekend for the women's team. Our second claimer Debbie, who has been training with the Tuesday group since the Spring, came through well on the last lap with Clare more preoccupied with her son's run in the earlier London Youth Games and a long way from her best but still doing well to also make the top ten in a training run for her international this weekend. In the first part of a strong weekend double, Catherine Lee had one of her better cross-country's to make the top 20. Ola Balme, wasn't at her best after a tiring week and bad journey there but it was good enough to ensure we took third place medals. Kim Hainsworth and Anna Thomas also did well.

8 Debbie Nicol	23:10
9 Clare Elms	23:14
18 Catherine Lee	24:08
30 Ola Balme	25:05
65 Kim Hainsworth	27:15
96 AnnaThomas	29:18

TEAM: 1 Highgate 37; 2 Serpentine 40; 3 Dulwich 65

London Youth Games U13 race

Oscar Hussey and Alex Elms had good runs well inside the top half of the field as they represented their boroughs, with a slow starting Alex not quite catching the more experienced Oscar.

77 Oscar Hussey	8:04 (Bromley)
84 Alex Elms	8:07 (Southwark)

Surrey League Cross Country 12 Nov

Apologies for omitting the results for Oscar Hussey in last week's report. Competing as U13 he completed the one lap course at Lloyd Park of around 2.6m in a highly creditable time of 19:10 mins. Following this he provided some excellent support to the men's race. *Mike*

London Cross-country Championships Men 10km XC - November 19

None of the men ran particularly well.

80	Wayne Lashley	39:18
115	Steve Smythe	40:58
123	Chris Loizou	41:15
158	Mike Mann	43:29
172	Neil Daniels	44:00
224	Ian Sesnan	50:06

Dulwich Runners Club Champs 2011

- *Final Scores after 9 events*

Attached are the latest Club Championship scores following the 9th event of 9, the Epsom 10 (and final marathon at Luton). The age-graded scores for Epsom have 2% added for hilliness to the 2010 updated tables.

For senior women, Alexie wins, with Catherine overtaking Kim for 2nd. For the M40's Tony stayed ahead of Charlie. Clare E, Steve, Mike M and Mike W had already won w40, m50, m60, msen. Claire S pulled clear of Ros for the w50 title.

Ros won the overall championship (age graded), 26 points ahead of Clare Elms, with Clare Steward moving up to 3rd place.

Andy Murray

Full lists are attached - 37 members completed 5 events with 104 taking part overall.

Leading contenders in each age group were:

Senior Women

Alexie Shaw	256
Catherine Lee	254
Kim Hainsworth	248

Women 40+

Clare Elms	256
Ola Balme	252
Clare Osborne	239

W50

Claire Steward	249
Ros Tabor	245
Clare Wyngard	239

Veterans AC Cross Country, Nov. 19

Ros warmed up for her international in Glasgow this Saturday with a women's win just behind former member and 2:17 marathoner Pete Marsh.

4 Ros Tabor 1W	42:06
Stephanie Burchill	35:01 (2 laps)

Senior Men

Mike Williams	258
James Godber	246
Chris Treble	238

Men V40

Tony Tuohy	256
Charles Lound	255
Duncan Hussey	247

Men 50+

Steve Smythe	258
Andy Murray	250
Mick Ward	236

M60

Mike Mann	249
Steve Wehrle	217

[50,49 etc for 1st,2nd.. in category each race +1 point for each event]

Overall Championship top 15 (age graded)

Ros Tabor	4536
Clare Elms	4510
Claire Steward	4317
Tony Tuohy	4287
Mike Mann	4253
Charles Lound	4082
Steve Smythe	4063
Andy Murray	3965
Mike Williams	3959
Ola Balme	3951
Alexie Shaw	3918
Duncan Hussey	3893
Catherine Lee	3816
Tiarnan Ocleirigh	3813
Clare Wyngard	3742

MEN V50

Steve Smythe	50	50	[50]	50	50	-	[48]	50	[50]	8	258	
Andy Murray	47	-	48	[46]	[47]	49	[46]	49	49	8	250	
Mike Mann (60+)	49	[47]	49	49	49	-	47	-	-	6	249	
Mick Ward	-	-	47	44	[41]	48	43	-	48	6	236	
Mike Dodds	-	42	45	42	43	47	[41]	-	-	6	225	
Graham Laylee	43	40	46	-	45	-	44	-	-	5	223	
Barrie John Nicholls	40	[39]	43	41	[40]	45	-	46	-	7	222	
Steve Wehrle (60+)	-	-	42	39	-	-	-	40	45	46	5	217
Chris Loizou	44	46	-	47	-	-	-	48	-	-	4	189
Martin Morley	46	45	-	45	-	-	45	-	-	-	4	185
Peter Gibbons	-	43	-	43	44	46	-	-	-	-	4	180
Chris Vernon (60+)	39	38	-	37	-	44	-	-	-	-	4	162
Gary Sullivan	-	48	-	48	-	50	-	-	-	-	3	149
Steve Cook	42	41	-	40	-	-	-	-	-	-	3	126
Russell Daker	48	49	-	-	-	-	-	-	-	-	2	99
Colin Frith	45	-	-	-	46	-	-	-	-	-	2	93
Giles Gibson	-	-	-	-	-	-	42	47	-	-	2	91
John O'Byrne	-	-	41	38	-	-	-	-	-	-	2	81
James Godkin	-	-	-	-	-	-	50	-	-	-	1	51
Steve Williams	-	-	-	-	-	-	49	-	-	-	1	50
Barry Dabrowski	-	-	-	-	48	-	-	-	-	-	1	49
Peter Jackson	-	-	-	-	-	-	-	-	47	-	1	48
Ian Sesnan	-	44	-	-	-	-	-	-	-	-	1	45
Roy Hibberd	-	-	-	-	-	-	-	44	-	-	1	45
Bob Bell	-	-	44	-	-	-	-	-	-	-	1	45
Dave West	-	-	-	-	42	-	-	-	-	-	1	43
Mick Mead	41	-	-	-	-	-	-	-	-	-	1	42

OVERALL CHAMPIONSHIP - AGE GRADED

Name	SHORT			MEDIUM			LONG			TOTAL POINTS	average	best	position
	Dulwich Park 2 miles 7 June	Dulwich Track 1 mile 12 July	Bromley Parkrun 5k 1 Oct	Chichester Priory 10k 6 Feb	Richmond 10k 19 Jun	Epsom 10m 20 Nov	Paddock Wood 1/2M 27 Mar	London (or any other certified) Marathon 17 April	Eridge 10m trail 11 Sep				
Ros Tabor (50+)	902	-	915	915	895	-	909	-	-	4,536	907	915	1
Clare Elms	-	895	887	937	[869]	-	908	884	-	4,510	902	937	2
Claire Steward (50+)	839	-	[833]	861	-	871	854	892	[777]	4,317	863	892	3
Tony Tuohy	849	[845]	861	875	853	-	850	-	-	4,287	857	875	4
Mike Mann (60+)	835	[814]	846	879	834	-	860	-	-	4,253	851	879	5
Charles Lound	[770]	[787]	811	845	806	-	811	[792]	809	4,082	816	845	6
Steve Smythe	792	[789]	818	813	819	-	821	[764]	[738]	4,063	813	821	7
Andy Murray	[759]	-	799	790	[778]	789	807	779	[771]	3,965	793	807	8
Mike Williams	[774]	797	790	786	-	794	[783]	[754]	792	3,959	792	797	9
Ola Balme	769	786	807	-	802	-	786	-	[769]	3,951	790	807	10
Alexie Shaw	753	[738]	800	-	-	804	774	[737]	787	3,918	784	804	11
Duncan Hussey	765	791	796	-	770	-	[757]	-	771	3,893	779	796	12
Catherine Lee	769	739	766	-	779	763	-	[603]	-	3,816	763	779	13
Tiarnan Ocleirigh	757	756	-	777	760	[700]	764	-	-	3,813	763	777	14
Clare Wyngard (50+)	745	766	744	[736]	768	-	719	-	-	3,742	748	768	15
James Godber	-	777	717	739	748	-	718	[675]	-	3,697	739	777	16
Kim Hainsworth	-	707	[568]	742	-	696	727	672	-	3,544	709	742	17
Mick Ward	-	-	713	722	[660]	741	694	-	670	3,540	708	741	18
Jose Barretta	678	-	676	731	-	-	724	652	-	3,460	692	731	19
Graham Laylee	678	665	703	-	714	-	689	-	-	3,450	690	714	20
Mike Dodds	-	660	692	683	676	686	[624]	-	-	3,396	679	692	21
Sue Cooper	-	686	703	711	-	-	661	620	[589]	3,381	676	711	22
Barrie John Nicholls	[635]	660	663	689	667	677	-	[522]	-	3,357	671	689	23
Chris Treble	666	678	665	[646]	647	681	[637]	-	-	3,338	668	681	24
Joseph Brady	[646]	649	662	684	-	671	654	-	-	3,319	664	684	25
Melanie Edwards	637	[627]	669	638	-	687	656	[610]	-	3,287	657	687	26
Ruki Sidwha	-	-	658	655	663	640	636	-	[567]	3,252	650	663	27
John Fletcher	693	-	-	614	573	-	-	696	667	3,244	649	696	28
Caroline Schurmann	625	-	-	696	601	-	666	630	-	3,217	643	696	29
Steve Ackroyd	[615]	625	653	644	-	642	625	-	-	3,189	638	653	30
Joanne Shelton	-	636	649	636	-	650	615	[585]	[608]	3,186	637	650	31
Marlene Russell	-	-	660	631	[550]	634	632	605	[569]	3,161	632	660	32
Cameron Timmis	-	623	-	649	618	637	609	-	[608]	3,135	627	649	33
Clare Osborne	604	633	634	-	[589]	642	591	-	[558]	3,105	621	642	34
Steve Wehrle (60+)	-	-	635	647	-	-	640	543	601	3,066	613	647	35
Jozef Danko	592	622	-	596	[589]	627	[575]	[534]	605	3,041	608	627	36
Lindsey Annable	-	608	640	604	571	588	-	-	-	3,011	602	640	37
Martin Morley	750	749	-	762	-	-	728	-	-	2,989	747	762	38
Wayne Lashley	715	763	735	706	-	-	-	-	-	2,919	730	763	39
Edward Hill	-	699	739	678	-	740	-	-	-	2,856	714	740	40
Ian Buller	-	709	712	-	726	-	-	-	700	2,847	712	726	41
Mark Foster	712	712	716	-	699	-	-	-	-	2,839	710	716	42
Peter Gibbons	-	707	-	719	700	708	-	-	-	2,835	709	719	43
Chris Loizou	686	735	-	781	-	-	-	605	-	2,807	702	781	44
Ajay Khandelwal	-	644	-	657	-	-	-	545	583	2,428	607	657	45
Buzz Shephard	796	799	-	-	780	-	-	-	-	2,375	792	799	46
Chris Vernon (60+)	596	612	-	569	-	575	-	-	-	2,352	588	612	47
Gary Sullivan	-	756	-	786	-	782	-	-	-	2,324	775	786	48
Tom Marshall	-	777	-	-	-	-	783	700	-	2,260	753	783	49
Emma Ibell	-	725	-	735	-	-	713	-	-	2,173	724	735	50
Charlie Wood	-	-	-	778	-	-	727	632	-	2,137	712	778	51
Elkie Thorndyke	-	-	763	-	-	-	702	665	-	2,130	710	763	52
Stephanie Burchill (50+)	682	687	-	645	-	-	-	-	-	2,014	671	687	53
Steve Cook	666	693	-	635	-	-	-	-	-	1,994	665	693	54
Ed Smyth	-	-	677	-	-	-	679	-	627	1,983	661	679	55
Neil Daniels	-	-	-	676	645	-	-	533	-	1,854	618	676	56
Sue Rowlands	-	626	-	590	591	-	-	-	-	1,808	603	626	57

Paul Keating	-	-	593	-	570	602	-	-	-	1,765	588	602	58
Andrea Pickup	796	791	-	-	-	-	-	-	-	1,588	794	796	59
Jo Hewett	-	-	-	560	-	-	529	484	-	1,573	524	560	60
Russell Daker	727	753	-	-	-	-	-	-	-	1,480	740	753	61
Paul Hodge	719	730	-	-	-	-	-	-	-	1,450	725	730	62
Nicola Richmond	718	731	-	-	-	-	-	-	-	1,448	724	731	63
Rob Watts	-	-	-	-	-	-	752	696	-	1,448	724	752	64
Oscar Hussey	702	-	739	-	-	-	-	-	-	1,440	720	739	65
Colin Frith	703	-	-	-	725	-	-	-	-	1,427	714	725	66
Laura Stephens	-	-	-	-	-	696	-	674	-	1,369	685	696	67
Christine Dawson	-	-	-	711	-	-	657	-	-	1,368	684	711	68
Olivier Montfort	666	690	-	-	-	-	-	-	-	1,356	678	690	70
Susan Vernon (50+)	-	646	-	-	-	653	-	-	-	1,298	649	653	71
Giles Gibson	-	-	-	-	-	-	664	592	-	1,256	628	664	72
Cliona Kenny	-	-	-	-	-	-	583	556	-	1,159	579	583	73
John O'Byrne	-	-	565	588	-	-	-	-	-	1,153	577	588	74
Sonja Townsend	-	-	-	-	-	-	579	557	-	1,136	568	579	75
Cory Wharton-Malcolm	532	559	-	-	-	-	-	-	-	1,091	546	559	76
Anna Steward	-	-	-	-	-	-	560	472	-	1,032	516	560	77
Steve Williams	-	-	-	-	-	-	855	-	-	855	855	855	78
James Godkin	-	-	-	-	-	-	847	-	-	847	847	847	79
Barry Dabrowski	-	-	-	-	806	-	-	-	-	806	806	806	80
Emily Gelder	-	-	-	-	-	-	-	781	-	781	781	781	81
Ebe Prill	-	-	-	-	-	714	-	-	-	714	714	714	82
Alexander Dodds	-	711	-	-	-	-	-	-	-	711	711	711	83
Bob Bell	-	-	705	-	-	-	-	-	-	705	705	705	84
Ian Sesnan	-	697	-	-	-	-	-	-	-	697	697	697	85
Aeon Channer	-	681	-	-	-	-	-	-	-	681	681	681	86
Dave West	-	-	-	-	670	-	-	-	-	670	670	670	87
Duncan Wilson	-	-	-	-	-	-	-	-	661	661	661	661	88
Helen Warner	-	-	655	-	-	-	-	-	-	655	655	655	89
Grant Barnes	-	-	-	-	-	-	650	-	-	650	650	650	90
Goerte Weber	-	649	-	-	-	-	-	-	-	649	649	649	91
Angela Oritsejafor	-	-	-	-	-	-	-	639	-	639	639	639	92
Mick Mead	634	-	-	-	-	-	-	-	-	634	634	634	93
Per Hedberg	-	-	-	-	-	-	614	-	-	614	614	614	94
Magdalena	-	613	-	-	-	-	-	-	-	613	613	613	95
Peter Jackson	-	-	-	-	-	-	-	-	613	613	613	613	96
Lindsay Beckett	-	-	-	-	-	-	607	-	-	607	607	607	69
Paul Hilton	-	-	-	-	-	597	-	-	-	597	597	597	97
Carys Morgan	-	-	-	-	-	-	-	595	-	595	595	595	98
Michelle Allard	566	-	-	-	-	-	-	-	-	566	566	566	99
Ferenc Takacs	-	-	-	-	564	-	-	-	-	564	564	564	100
Michelle Vernon	-	526	-	-	-	-	-	-	-	526	526	526	101
Alex Luff	-	-	-	-	-	-	-	501	-	501	501	501	102
Sophia Lewis	-	-	-	-	-	-	-	483	-	483	483	483	103
Roy Hibberd	-	-	-	-	-	-	-	458	-	458	458	458	104

Duncan Hussey reports

A little bit ironic in the lead up to the Olympics but here's a message that's doing the rounds on social networking sites. If you have ever used the track or are just interested in preserving the few facilities we have in the locality, here's your chance to have a say! There's also a proposal to convert the park itself into floodlit astro turf pitches with work taking up to 14 months....

You maybe aware that the future of the Norman Park Athletics Track and indeed Athletics in Bromley is under serious threat. The Council want to save £30 million in the next 3 years and in their words, they are "making tough choices". The Athletics Track will always run at a loss and they are looking to offload the estimated £1 million cost over the next 10 years. I cannot see any sensible business wanting to take over such a loss making entity and thus one has to fear for the future.

They are holding 4 public meetings within the next 4 weeks and I feel that it would be most useful for those that want to see Athletics thrive locally and the Track to continue to be available should make their feelings known either by attending a meeting or contacting their local Councillor.

The meetings are on:

Tuesday 8 November 11am to 12.30 at Bromley Civic Centre

Thursday 17 November 7.30 to 9pm at Orpington Methodist Church

Wednesday 23 November 7.30 to 9pm at Bromley Civic Centre

Monday 28 November 7.30 to 9pm at Citygate Church, Beckenham

Further info is available at

www.bromley.gov.uk/publicmeetings or call 0208

464 3333 and ask for "public meetings". Latest facts and figures for 2012/13 are available on

www.bromley.gov.uk You can e-mail

Leader@bromley.gov.uk

SUNDAY RUNS, RACES AND REPS ***(Provisional – dates and events subject to change)***

Includes: middle and long distance multi-terrain / road races

Cross Country (XC) Fixtures on Saturdays

Sunday runs at High Elms, Mile repetitions in Dulwich Park Preparation for London Marathon 2012

Weeks to go!	Date	Event / Distance	Information
16	2 Jan (Mon)	Tadworth 10	1:00pm – Epsom Downs – on/off-road
15	7 Jan (Sat)	Surrey / Kent County XC Champs	Denbies Vineyard, Dorking / Wilmington
15	8 Jan	6 x 1 mile	Dulwich Park 0930
14	Sat 14 Jan	Surrey League XC	Reigate, Priory Pk (M), Farthing Down (W)
14	15 Jan	High Elms	09:00 off road with HEROS- 14 miles
13	21 Jan (Sat)	Box Hill Fell Race	Tough! http://www.sloweb.org.uk/
13	22 Jan	Dartford 10 or Benfleet 15	10m road race / 15m multi-terrain
12	28 Jan (Sat)	S of England XC Champs	Brighton
12	29 Jan	8 x 1 mile	Dulwich park 09:00
11	5 Feb	High Elms	0900 Off road 17 miles
10	11 Feb (Sat)	Surrey League XC	Esher
10	12 Feb	Sidcup 10 or Meon Valley Plod	10 mile road race or 20+ miles off road
9	19 Feb	Wokingham half marathon Or 10 x 1 mile	Road race 0900 Dulwich Park
8	25 Feb (Sat)	National XC Champs	Parliament Hill
8	26 Feb	Tunbridge Wells Half	Tunbridge Wells , Kent
7	4 Mar	Thanet 20	20 mile road race
6	11 Mar	High Elms	15 miles
5	18 Mar	Spitfire 20or	20 mile road race – Dunsfold aerodrome
5	18 Mar12 x 1 Mile	Dulwich Park 09:00
4	25 Mar	Richmond Park – Bushy Park	22 miles 09:30 Roehampton Gate
3	1 Apr	Paddock Wood Half	CLUB CHAMPIONSHIP (TBC)
2	8 Apr	10 x 1 mile	Dulwich Park 09:00
1	15 Apr	Easy 10 miles orThames Towpath 10 tbc	High Elms 09:00
Zero	22 Apr	London Marathon	CLUB CHAMPS – Marathon

The traditional Sunday Dulwich Park runs start at or 09:00 0930 for longer runs for marathon preparation

For a more rural run, meet up with members of Orpington and Blackheath Clubs, 'HEROS'

(High Elms Runners on Sunday) starting from High Elms at 9:00

For more information contact Steve Wehrle or Claire Steward

For XC events, contact the Cross Country Captains for further details

(suitable for; 3.15 – 3.50 time long runs with Claire

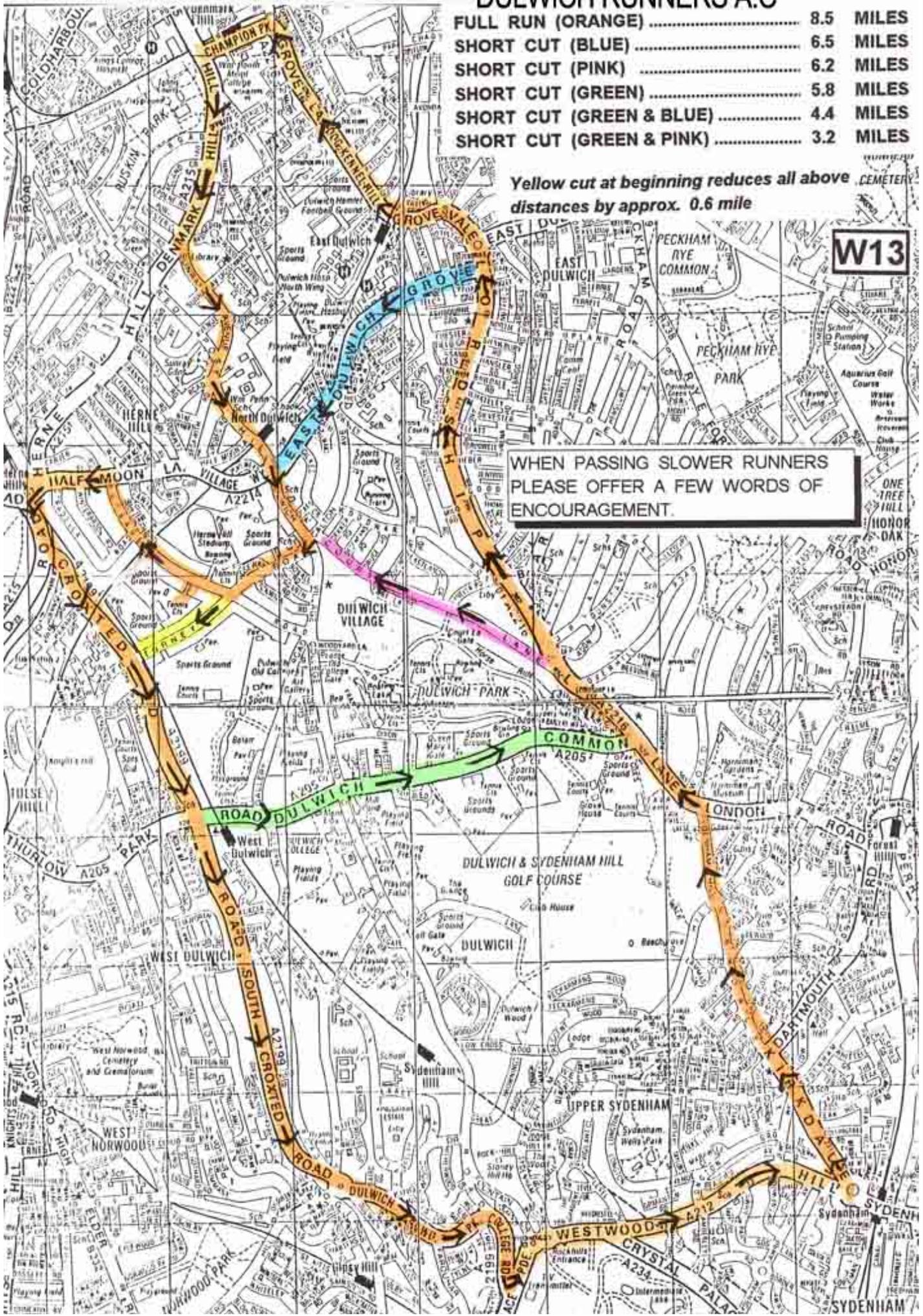
3.50 -4.30 long runs with Steve)

DULWICH RUNNERS A.C

FULL RUN (ORANGE)	8.5	MILES
SHORT CUT (BLUE)	6.5	MILES
SHORT CUT (PINK)	6.2	MILES
SHORT CUT (GREEN)	5.8	MILES
SHORT CUT (GREEN & BLUE)	4.4	MILES
SHORT CUT (GREEN & PINK)	3.2	MILES

Yellow cut at beginning reduces all above distances by approx. 0.6 mile

**WHEN PASSING SLOWER RUNNERS
PLEASE OFFER A FEW WORDS OF
ENCOURAGEMENT.**



Dulwich Runners

Turkey Trot Handicap Race

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

SUNDAY 18th DECEMBER 10.00 (meet by Queen Mary's Gate)

prizes for:

1st runner across the finish line

1st walker across the finish line

closest to predicted time

best fancy dress - THEME SNOW



entry fee £2.50 or £2 if in fancy dress

me: _____

most recent 10k or 5k time (if you did not run the Bromley parkrun this year): _____

predicted time for 5k on 19th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than handicap.

ros@28kerfield.freeserve.co.uk

1066 COUNTRY WALK BOOK PUBLISHED SOON



Those of you who enjoyed your foray into East Sussex for the 1066 Relay in May, organised by Nick Brown and his 2nd claim club Hastings Runners, might be interested to know that Nick's second walking book is due out on 15th November.

For the first time the 32 mile Walk is broken down into 6 separate stages; in addition there are a further 6 circular walks all taking in part of the 1066 route that you enjoyed so much earlier in the year! So that's 12 walks in all, and naturally all the routes are perfectly runnable although some of you may need to brush up on your stile technique!



The book is packed with superb photos, great sketch maps and fascinating snippets of local history; and will be recommended by the 1066 Tourist Board. So if you are still looking for that "special" Xmas present, or simply want to treat yourself, then look no further! You can order a signed copy direct from Nick at the bargain price of £10.99 plus £1.00 postage. Please contact Nick on 07918 907265 or email nickbrown@careerlegal.co.uk



SIZZLING SATURDAYS

Sat 19th Nov - Sat 3rd Dec 2011

20% off all shoes for the period above.

As a valued customer of The Runners Shop, Beckenham you are entitled to 20% off all shoes using the voucher below. Simply cut it out and present it when purchasing your shoes and you will get 20% discount off any shoe purchase

20% Discount Voucher for any shoe purchased

Between

Saturday 19th November – Saturday 3rd December

20% discount voucher

Conditions apply not to be used with other discounts or promotions.



Dulwich Runners Athletic Club

Annual General Meeting

Wednesday 19th October 2011

Edward Alleyn Club
Rear of 83-85 Burbage Road
London, SE24 9HD

The meeting was attended by 51 members of Dulwich Runners

1. **Opening:** The Chair, Ros Tabor, made some opening remarks, highlighting, especially, another successful club championship that had been fiercely contested across the various categories. She also noted how many members now enjoyed the weekly 'parkruns' in multiple venues across our area, and welcomed this, although she encouraged members not to overlook opportunities on Saturdays, such as the Reigate mobmatch, where they could run for the club and which seemed to be recording lower entries than previously. The number of members achieving personal bests pointed to a very successful coaching structure and she thanked all of the club coaches for their efforts throughout the year.

Some individual club members were thanked personally. Kev Wood was passing on responsibility for the Assembly League after ten years during which it had gone from strength to strength and where his role had brought great credit on the club. After a similar period Steve Cook was handing over club kit duties to Nicola Richmond who was welcomed in his place. Finally Caroline Schurmann was going to stand down as Social Secretary following the Christmas party after over a year of formidable energy and truly spectacular successes.

2. **Apologies for absence** These were received from Christine Dawson, Peter Gibbons, Martin Morley, Rukhi Sidhwa, Steve Street, Chris Vernon, Dave West, and Clare Wyngard.
3. **Minutes of last AGM** There were no corrections to the 2010 AGM minutes which were agreed. The single matter arising from the 2010 AGM concerning club policy on the funding of social events would be returned to in an agenda item at this AGM.
4. **Treasurer's Report** Graham Laylee presented a set of accounts showing an operating deficit for the year of just over £1500. Graham contended that this was largely down to extraordinary items and did not necessarily imply that any major changes in the financial direction of the club were required. It could be satisfactorily addressed by more careful control of costs and a membership drive. Indeed membership income was holding up well and one of the extraordinary items this year was the production costs of promotional flyers that would assist such a drive. In addition some issues arising from the summer refurbishment of the mens' facilities were still being ironed out with Alleyn's school but members should note that the accounts included a refund of one month's hire charge for the short term disruption that the club had encountered.

Despite these assurances there was a general view, following a reminder from Steve Wehrle of the discussion at the 2010 AGM on raising the Wednesday night fee, that the AGM could usefully explore this issue again. Various views were expressed about raising either the Wednesday night fees or the annual membership fee or retaining the *status quo*. Discussion followed on these options with ideas being expressed on incorporating voluntary and/or discretionary elements into the Wednesday evening fee in particular. A vote was eventually taken with increasing the annual membership fee (by £5) emerging as the overwhelming choice (over retaining the *status quo* or increasing the Wednesday night fee to £2). This will be put into effect from the 2012 renewals onwards.

Other topics of discussion arising from the Treasurer's report were

- loss of one of the (two) race clocks: this had resulted from a breakdown in communication with its last hirer. Some discussion ensued on best practice to guard against future problems of this kind, centring on the policy over insurance and deposits. Nicola Richmond observed that for an item for hire with a value of c.£2k having insurance cover ought to be standard procedure. After some inconclusive exchanges it was agreed that the insurance position would be explored with the assistance of Pat O'Connor. Trish Umunna wondered whether a deposit might be required, perhaps in the form of a cheque to be cashed only in the case of non return. However Giles Gibson stressed that the lost item was very much the secondary clock in terms of the overall net revenue stream because it was rarely charged out and, even then, regularly incurred significant maintenance costs. All of this would be relevant when considering the future policy.

- race fees: Steve Wehrle pointed to the rise in race fees of roughly one third and asked for clarification on the club's policy in choosing which races to support directly from club funds. The Committee, assisted by further explanations from Steve Smythe, explained that this would always be a question of judgement but the criteria involved would typically include whether a team were involved and whether the events in question were relatively prestigious, at regional and/or national level, for the club to be seen to be competing in. John Fletcher observed that his experience here with other, comparable running clubs was that members would typically pay for their own relay fees etc.. The Committee accepted that the club's written policy probably required a review and would carry this out.

5. **Issues arising from the 2011 Dulwich 10k** Two concerns had been raised

- Public Address System: Steve Wehrle and Sue Vernon highlighted the malfunctioning of the PA system. Barry Graham confirmed that he was in the process of arranging for a refund from the supplier, HSS. There was no immediate need to resolve the main issue with options around repairing, replacing or hiring being discussed but without firm conclusions. It was therefore agreed that a small team would be assembled including Barry Graham, Hugh Balfour, and Chris Vernon (on return) to make recommendations.

- Routing: Bernard Imber expressed his concerns about the safety of the event this year. He had noted particular problems with traffic control around the football pitches off the South Circular. He thought it might be eased by reverting to a previous routing using the Rosebery Gate instead of the Queen Mary. Subsequent discussion failed to identify any firm reasons why this year's running should have been markedly worse than the recent ones that had used this routing although Richard Handscombe thought that the marshalling seemed relatively light in the problem area. Members were thanked for their contributions which would serve as an early warning to the 2012 Race Committee to look carefully at the experience of 2011.

6. **Funding of future social events**: The issue in question, discussed at some length at the previous 2010 AGM, was whether the club wanted to ring fence a set percentage of funds for social events out of its annual revenue. Notwithstanding the club's primary identity as a sports club, several members once again stressed the importance of its social aspects in their personal attachment to the club. Club secretary, Mike Dodds, recalled the minutes of the 2010 AGM that the proposal to ring fence 'did require special attention from the Committee, probably in the form of some strategy or policy being developed'. He explained the view of the Committee that the experience of the past year, albeit assisted by the efforts of an outstanding social secretary, suggested that the need for a strategy had not (yet) come to a head. This was accepted by the meeting.

7. **Vote of thanks and adoption of new committee**: Ros Tabor thanked the committee and in particular Kim Hainsworth who had operated effectively for much of the year as the combined road and off road women's captain. Otherwise the General Committee was returned as detailed on the meeting papers.

8. **Any Other Business**: There was one such item. Steve Street had enquired, *in absentia*, whether some hard copies of 'Shorts' could be provided on Wednesday club nights for members who may not have had access to their e-mail/printer in the relevant period. There was little enthusiasm for this idea, on environmental grounds principally, and it was therefore declined.

9. **Close**: The meeting closed around 10.15 p.m..

MD – Nov. 2011