SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 18th January 2012

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

– THE COMING WEEK –

Wed 18 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Sun 22 **8 x 1 mile reps Marathon training**
Dulwich Park 9am – meet by the bench near the playground up from the tennis courts

Tue 24 **Track Session with Steve Smythe** see below
Ladywell Track http://g.co/maps/sqrjq
pay at desk on entrance, fee £2.55

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 £2:55.
Pay at desk on entrance to track Sessions start at 7pm and are suitable for all abilities.
Location http://g.co/maps/sqrjq

LUCKY VEST

January winner was Ameet Patel

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 before the run.
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

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

In your *SHORTS* this week !

page 3 Club Champs, XC Fixture List
page 3.. All things Cross Country
page 4.. Race reports & results
page 4 Parkruns
page 5.. Surrey League XC Results
page 7 Wednesday Night Map to print
page 9 Marathon Training Schedule

And much more !

---------- *EVENT HORIZON* ---------

A brief look ahead

Jan 28 South of England Champs
Feb 11 Mens & Womens Surrey League XC
full fixture list & info page 3

NEW RUNNERS ROTA

Thanks to **Barrie John Nicholls** 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**

John O'Byrne	18/01
Tiarnan Ocleirigh	25/01
Sam Oyeyinka	01/02
Ian Sesnan	08/02
Jo Shelton	15/02

This Wednesday in the clubhouse before the run there will be a presentation of the cheque from the Dulwich Runners Charity 10k to Velodrome trust run.....

.....and after the run at about 9.00 a talk from physios etc. from the Vale Practice (injury prevention etc.)

Curry Night Wednesday 15th February

As many of you know our lovely Social Secretary Carloine is leaving us to go back to France and I thought we should wave goodbye to her in our usual style,having a good old nosh up at The Surma Curry House on Lordship Lane.

So please let me know if you are up for coming along so I can confirm numbers. We will book for about 8.30pm so you all can get in a run before hand.

Thanks – Jo Hewett joanna_hewett@hotmail.com

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips £5 or £6.50 (large) for anyone who gives me their name by 7:10.

Don't just sit there salivating join in ! – **Ros**

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

Date			*Event*		*Venue*
Jan	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	Sat	10	5k Bromley (or Brockwell Parkrun if muddy)	S	Bromley or Brockwell
	Sat	10	Orion Harrier 'Mercury' 10 Mile XC Race		Epping Forest
	Sun	25	British Master XC Champs		Bath
Apr	Sun	1	Paddock Wood 1/2M	L	
	Sun	22	Marathon	L	London or alternative
Jun	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Date of the **5k parkrun** has changed to **10 March** to avoid a clash with another event, also **Cabbage Patch 10** has been confirmed as **21 Oct**, not a week earlier as previously advertised

2012 Club Champs races in red S=Short L=Long

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

MARATHON Training Schedule

"Steve Wherle is one of our most experienced marathon runners, including and having completed 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

SPRING RELAYS

Dates for the 3 spring relays are as follows:
- 1066 relay (Pevensey to Rye), 6 May
- Green Belt Relay (GBR), 19/20 May
- Welsh Castles Relay (WCR), Carnaervon to Cardiff, 9/10 June

All three events present interesting, scenic and varied running opportunities outside London, with the first two largely off road, and the WCR mainly on road and taking in some spectacular scenery.

The GBR involves each competitor running on both days, but on the WCR you only run once over the weekend, with individual stages ranging from 8 to 13 miles on both relays.

The 1066 relay is a much shorter event completed on the Sunday morning with 5 stages ranging from 3 to 10 miles. Please contact me for further details, (or google the respective websites), and let me know if you would like to be entered (mcmann90@yahoo.co.uk).
Numbers are limited, particularly for the GBR and WCR, so you will have a better chance of taking part if you apply early.

We are looking for volunteers to join the relays the relays team, which is responsible for their planning and organisation. Please let me know if you are interested and speak to Martin Morley, or myself for further details.

SOUTH OF ENGLAND CROSS COUNTRY CHAMPS, 28 JAN

Those of you who notified your captains are entered for these champs at Stanmer Park, Brighton on 28 January. Women's race (8k) starts at 2.05pm and the men's (15k) at 2.50pm. Falmer Station is adjacent to the course and be reached by trains from Victoria or London Bridge (change at Brighton or Lewes).

Parking is available at Brighton & Hove Albion's Amex Stadium on the south side of the A27 just off the B2123 sliproad signposted to Rottingdean. There is no parking in Stanmer Park itself. To reach Stanmer Park and changing facilities at Sussex University from the car park or station use the underpass across the A27 close to the station.
Mike

Wednesday Running Maps

On page 7 in 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.

DULWICH RUNNERS 2012 CLUB CHAMPS

The races comprising the 2012 club champs have now been selected. The dates for some of the races are provisional, based on this year's dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. – ***Mike Mann***

Orion Harriers are holding their annual 10mile Cross Country Race on **Saturday 10th March** from their new clubhouse in Epping Forest.

For those who havent run it before, its a beautiful one lap race with plenty of mud and hills through the forest. **Entries are on the day** and the race is always a relaxed, friendly affair.

This year, we will also be able to offer hot showers and food after the race (even for the women) again, so we are keen to open up the field to new runners.

You and your members, as always, are welcome to join us on 10th.

Any questions, let me know.

Tim Wright
Captain, Orion Harriers - www.orionharriers.org.uk
079 1018 5162

Race Reports & Results

5km Results for January 14th

Brockwell

Ebe Prill slipped through the net and was missed from last weeks results.He turned in a PB of 19:50 Former member Kofi Agyei won this week in 18:00.

48 Paul Hodge	21:57	
51 Sam Oyeyinka	22:02	
56 Mike Dodds	22:22	
94 Jessica Sale	25:20	12th W
132 Barry Walker	28:10	

169 finishers (record)

Bromley

22 Mike Fullilove	20:52
43 Colin Frith	22:10

282 finishers

Crystal Palace

Sadly, although I did finish 15th the time on my watch was 22.20 and not the 21.34 I got attributed with, the number of PB's achieved leaves me to believe that the times for most of us were wrong.- Bob Bell

Though almost a minute down on the winner Justina Heslop who broke Alexie's course record, Will Davis smashed his PB and gained a men's win.

2 Will Davis (1M)	18:19 (PB)
15 Bob Bell	21:34

66 finishers

Kent Schools Cross Country Champ - Year 7 3.3k - Canterbury, 14 January

With the sun burning off some of the overnight frost, conditions were perfect on this relatively flat, part wooded, part field course. In a competitive race, Oscar started steadily picking up midway through the race, to gain a credible position against tough opposition. His district gained bronze medals.

13th Oscar Hussey 15.00

NB: Many who ran or even spectated at the previous weekend's Kent championships will be able to see themselves on www.tacdistancerunners.com section "race videos".

Worthwhile watching the U13 boys race just to see how it's dominated by one very talented runner and great to see Alex and Oscar sprinting against each other leaving Tonbridge boys in their wake!

Duncan Hussey

Wormwood Scrubbs

Chris Vernon writes

Having now completed 40 Parkruns, I thought it was time to branch out and take the Dulwich colours to some new venues. Wormwood Scrubbs is a small (but perfectly formed) parkrun held on a totally flat, offroad course, not far from East Acton tube and next to the Linford Christie Stadium.

On Saturday it was covered in frost with ice hanging from the bushes and a low sun rising over the prison, very picturesque! Two and a bit laps with an excellent bag-carrying service from the start to the finish by the friendly marshalls. I was happy with my run, just dipping under 30 minutes which placed me 23rd out of the 30 runners.

23 Chris Vernon 29.51 (1st V65)

Riddlesdown

An easy women's win for Angie.

9 Angie Norris 1W 21:11

72 finishers

Hackney Marshes

Debbie broke her own course record and PB by three seconds.

1W/5 Debbie Niccol 18:16 (2nd claim)

65 finishers

CRYSTAL PALACE CANTER, 3 JANUARY

Conditions were atrocious immediately before the race with driving torrential rain, but eased somewhat immediately before the start. However there was a fair amount of standing and flowing water on various stretches of the undulating course, which was around 100m short of 5k.

Not surprisingly, times were down on the previous month, though in Ola's case only by 4 seconds. The club fared well with men's and women's winners, as well as 4th and 5th places. ***Mike***

1 Mike Mann	19:57
2 Ola Balme	20:29
4 Josef Danko	21:33
5 Ian Sesnan	21:49
9 Jo Quantrill (2ndCl)	24:24

Champion Lakes Triathlon, January 14

Buzz Shephard the club's top runner last year tried a triathlon in Australia but after a solid swim - 19:14 for 750m which placed him midway, he had a crash on his bike on a corner and had to drop out

Surrey Ladies League, Coulsdon, January 14

On a course of well over 5 miles, a tremendous turn out but with too many potential scorers missing or injured, we lacked the necessary firepower in the top 50 to come any higher than 10th on the day which dropped Dulwich to seventh with one fixture to go. Ola had a steady run – up on her previous Surrey League 42nd but below other previous league runs of recent years.

Emma had one of her best ever league runs while Kim was closer this week to Emma than in the Kents as she gained fitness. Mel Edwards made the top 100 for the first time and was 58 places up on December. Katie Crowe completed the scorers with one of her best recent league runs.

Ros had a steady run while there were encouraging runs from Olga, Clare W, Louisa, Claire S, Jo S, Clare O, Lindsay, Michelle, Ruki, Stephanie and Jo H who ensured we again finished four teams and we are the only club in the league who's managed that.

35	Ola Balme	37:07
59	Emma Ibell	38:48
63	Kim Hainsworth	38:57
89	Mel Edwards	40:20
100	Katie Crowe	40:42
110	Ros Tabor	41:09
138	Olga Gillane	42:21
140	Jo Quantrill	42:24 (SLH)
142	Clare Wyngard	42:26
150	Louisa Pritchard	42:46
185	Claire Steward	44:30
191	Jo Shenton	44:42
211	Clare Osborne	46:03
221	Lindsay Beckett	46:58
247	Michelle Allard	48:34
251	Ruki Sidhwa	48:52
266	Stephanie Burchill	50:36
305	Jo Hewett	55:04

331 finished

TEAM Div 1

1 Thames Hare & Hounds	46
2 South London H	70
3 Clapham Chasers	140
4 Reigate Priory	164
5 Hercules Wimbledon	186
6 Herne Hill H	188
7 Woking	189
8 Dorking & Mole Valley	232
9 THH B	239
10 Dulwich R	248
11 Stragglers	248
12 Ful-on-Tri	265
21 Dulw B (5th B team)	496
31 Dulwich C (4th C team)	
40 Dulwich D (3rd D team)	

Standings after 3 matches

Div 1 TEAM:

1 THH	263
2 S London	363
3 Hercules W	443
4 Woking	468
5 Reigate Priory	524
6 Herne H	543
7 Dulwich R	552
8 Clapham C	575
9 THH B	771
10 W4H	772
11 Stragglers	811
12 Full-on-Tri	835
18 Dulwich B (2nd B)	1325
27 Dulwich C	3056 (3rd C)
37 Dulwich D	2710 (1st D)

MEN'S SURREY LEAGUE, 14 JANUARY, REIGATE

Mike Mann reports: In crisp winter sunshine, the men's team finished 6th on the day, and 5th after 3 matches, though with 2 other clubs close behind, with our strongest turnout of the season both quality and numbers- wise. Meanwhile Kent AC had their most convincing win of the season with all of their runners home before our first scorer.

Wayne Lashley continued his good run of form, leading the team home, with Michael Williams not far behind. There was a strong performance by James Godber despite very limited training and racing since the beginning of December, and he was followed by Charlie Lound.

A few of the team struggled on the day but it was good see Duncan Hussey returning from injury and international cyclist (30 miles record holder where he averaged over 32mph), Michael Hutchinson trying his hand at running rather successfully, though he struggled somewhat on the second lap.

Ed Smyth had a better run than at the Surreys the previous week, finishing as our final scorer. Amongst the non-scorers, there were encouraging debuts from Ebe Prill and Josef Danko, while Hugh Balfour had his strongest run to date, practicing his fell running technique on the sharp downhill.

(previous 2 leagues in brackets)

26	Wayne Lashley	31:21	(31 , 37)
28	Michael Williams	31:35	(23, -)
32	James Godber	31:56	(34 , 15)
41	Charlie Lound	32:22	(12 , 41)
57	Duncan Hussey	33:40	(3M45)(-, dnf)
58	Michael Hutchinson	33:47	(debut)
71	Steve Williams	34:30	(1M55)(-, -)
81	Steve Smythe	35:05	(2 M50) (70, -)
85	Chris Loizou	35:24	(80, 72)
89	Ed Smyth	35:43	(-, -)
92	Ebe Prill	35:50	(debut)
96	Mike Mann	36:11	(1M60)(96, 89)
98	Hugh Balfour	36:18	(-, 120)
99	Grant Barnes	36:31	(-, -)
102	Andy Murray	36:42	(99, 102)
115	Steve Ackroyd	38:20	(-, 123)
119	Josef Danko	39:30	(debut)
128	Joseph Brady	41:13	(-, -)
130	Ian Sesnan	41:35	(-, 140)
132	Ameet Patel	43:53	(-, 137)

Match result:

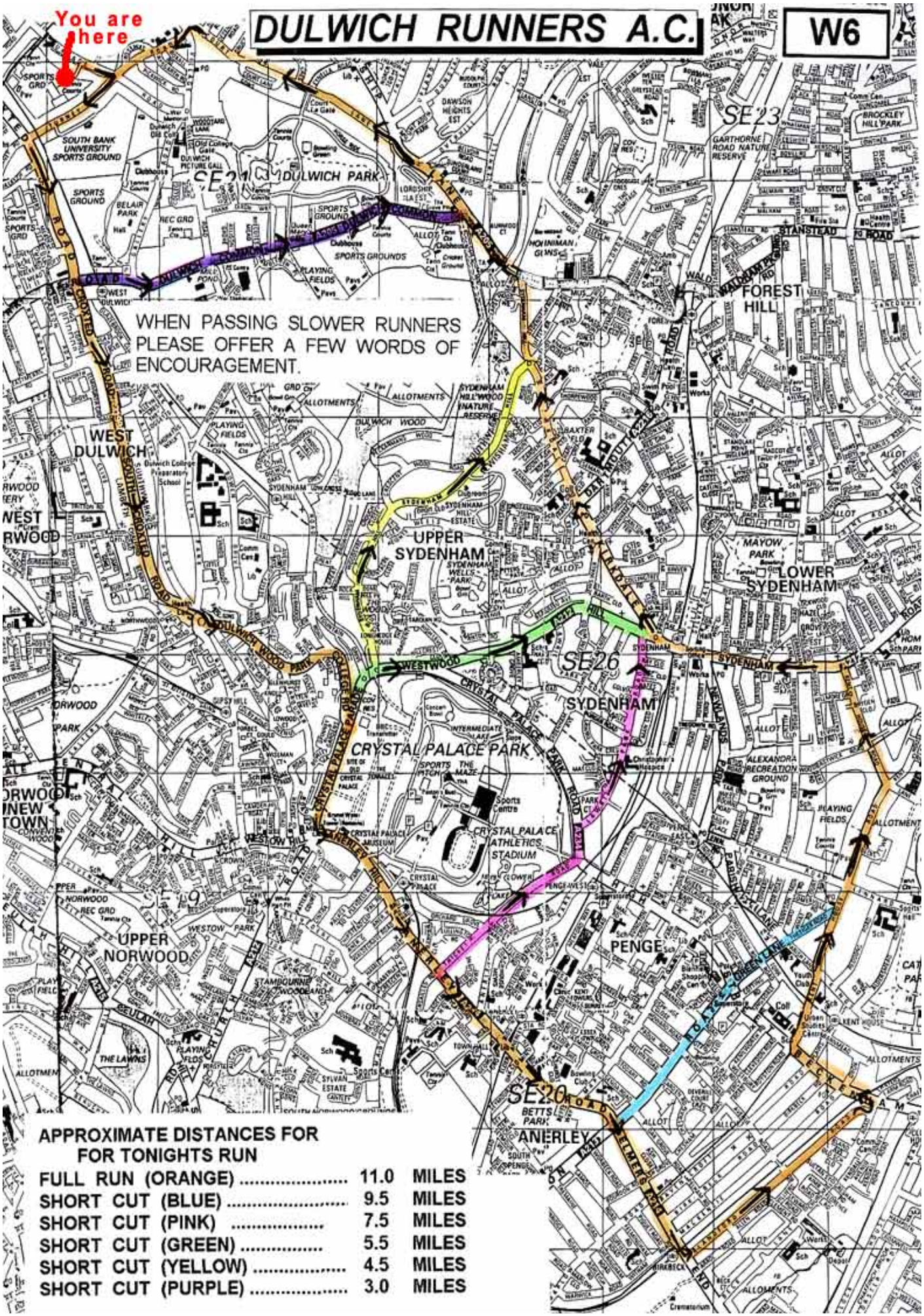
1 Kent AC 79, 2 RPAC 305, 3 Epsom & Ewell 388, 4 Striders 438, 5 Kingston & Poly 509, 6 **Dulwich 526**, 7 Ful-on-Tri 595, 8 Walton 615, 9 Guildford & Godalming 640.

Placings after 3 matches:

1 Kent AC 447, 2 RPAC 727, 3 Kingston & Poly 1275, 4 Epsom & Ewell 1452, **5 Dulwich** 1565, 6 Guildford & Godalming 1590, 7 Striders 1618, 8 Walton 1754, 9 Ful-on-Tri 1817.

DULWICH RUNNERS A.C.

W6



APPROXIMATE DISTANCES FOR FOR TONIGHTS RUN

FULL RUN (ORANGE)	11.0	MILES
SHORT CUT (BLUE)	9.5	MILES
SHORT CUT (PINK)	7.5	MILES
SHORT CUT (GREEN)	5.5	MILES
SHORT CUT (YELLOW)	4.5	MILES
SHORT CUT (PURPLE)	3.0	MILES

SUNDAY RUNS, RACES & REPS

Preparation for London Marathon 2012

(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

Weeks to go!	Date	Event / Distance	Information
13	21 Jan (Sat)	Box Hill Fell Race	Tough! http://www.sloweb.org.uk/
13	22 Jan	8 x 1m reps	Dulwich Park 09:00
12	**28 Jan (Sat)**	**S of England XC Champs**	**Brighton**
12	29 Jan	Cantebury 10	Canterbury 11:00h
11	5 Feb	High Elms 17m	0:900 off road
10	**11 Feb (Sat)**	**Surrey League XC**	**Esher**
10	12 Feb	Sidcup 10 or Meon Valley Plod	10m road race or 20m off road
9	19 Feb	10 x 1m reps	09:00 Dulwich Park
8	**25 Feb (Sat)**	**National XC Champs**	**Parliament Hill**
8	26 Feb	Tunbridge Wells 1/2M	Tunbridge Wells , Kent
7	4 Mar	12 x 1m reps	09:00 Dulwich Park
6	11 Mar	High Elms 15m	0:900 off road
5	18 Mar	Spitfire 20m road race ….or	Dunsfold aerodrome
5	18 Mar	…. 12 x 1m reps	Dulwich Park 09:00
4	25 Mar	Richmond Park – Bushy Park 22m	09:30 Roehampton Gate
3	**1 Apr**	**Paddock Wood 1/2m**	**CLUB CHAMPIONSHIP**
2	8 Apr	10 x 1m reps	Dulwich Park 09:00
1	15 Apr	Easy 10m or Thames Towpath 10 (tbc)	High Elms 09:00
Zero	**22 Apr**	**LONDON MARATHON**	**CLUB CHAMPS – MARATHON**

(**dates in bold are club and or club champs races including XC champs**

Races | Club Champs/ XC | Mile reps | Long runs

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 09:00
For more information contact Steve Wehrle or Claire Steward
For XC events, contact the XC Captains for further details
Suitable for; 3:15 – 3:50 time – long runs with Claire
3:50 – 4:30 – long runs with Steve

Great 15 mile run with HEROS and DR people on Sunday. Great weather , crisp and sunny!

Sunday coming, it's back to Dulwich Park 09:00, for an 8 x 1 mile session.
This is not only for people running the marathon, but anyone who wants a different kind of Sunday morning run.
cheers – **Steve Wehrle**

THE RUNNERS shop *where you matter*

JANUARY SALE

The Runners Shop, 106 Beckenham Road, Beckenham, Kent, BR3 4RH, England. 0208 663 0630

http://www.runnersshop.co.uk/index.php/

GREAT BARGAINS ON SHOES AND CLOTHING

Starts Saturday 7th January 2012

Up to 25% off shoes and clothing.

15% off the new range of Asics and New Balance shoes with this token

.

15% Discount Voucher for any shoe purchased from the 2012 Asics and New Balance range

Saturday 7th January 2012 – Saturday 28th January 2012

15% discount voucher

Conditions apply not to be used with other discounts or promotions

STARTS 9.00am
Saturday 7th January 2012

January 18th from 21:00h in the clubhouse
The Vale Practice will be coming to the clubhouse to talk and give a presentation to us about the services they offer/osteopathy

This will be for about 15 minutes and then afterwards they will answer questions, or talk to people in small groups or individually

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For more information:

020 8299 9798

info@thevalepractice.co.uk
www.thevalepractice.co.uk

64 Grove Vale
East Dulwich
London

Kent Running Project - Running Group Leaders

Training to become a Running Group Leader
To become a Running Group Leader you will need to attend the 1 day 'Leadership in Running Fitness' (LIRF) course run by England Athletics.

The course is designed to equip new leaders with the knowledge and skills required to lead beginner running groups. Once qualified, leaders will also be insured through England Athletics.

The cost of the course is £90, however, as part of the Kent Running project we are able to offer a refund of the cost of the course to individuals.

Support available to set up / promote new running groups
On completion of the LIRF course there will be support available to assist leaders with setting up and promoting a running group(s) in Kent. This will include:

- Support from the Kent Running Activator
- Provision of a 'marketing package' of training and support to assist with promotion of new groups. The marketing package will include: Make Sport Fun marketing workshop, support with marketing/identifying communication channels, flyers, posters and banners
- Centrally co-ordinated promotion of groups via web, local press, magazines etc
- Access to the leader area on Run England website which includes best practice ideas and suggested session plans
- Two Leader Development days
- First Aid Kit
- High visibility vest
- CRB check

Commitment required from leaders in order to receive a refund of the cost of the LIRF course

Group leaders will be required to:

1) Establish at least one running group in Kent within 3 months of completion of the LIRF course and continue leading the group for a minimum of 3 months.

2) Commit to providing monitoring information regarding the number of new runners to the Activator.

Leaders will be required to sign an agreement confirming that in return for committing to, and achieving, the above then they will be eligible for a full refund of the cost of the LIRF course.

The cost of the course (£90) will be refunded to individuals on receipt of an invoice once they have set up and delivered a running group for 6 weeks.

For further information please contact: Elise Rendall, Kent Sports Development Officer
Tel: 01622 605038 or e-mail: elise.rendall@kent.gov.uk

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register online:

www.runbeco.me/SCAC12

Saturdays

Start: 8am

10 Mile

3 Mar (SMA)
8 Sept (SMB)
20 Oct (SMC)

10K

24 Mar (SKA)
7 July (SKB)
4 Aug (SKC)
29 Sept (SKD)
10 Nov (SKE)

Mondays

Start: 7pm

5K

14 May (M5A)
21 May (M5B)
18 June (M5C)
2 July (M5D)

2 Mile

28 May (M2A)
9 July (M2B)

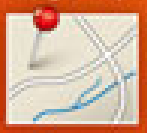
3x1 Mile

(Relay)

25 June (R3A)
6 Aug (R3B)

Race HQ: South Carriage Drive, Battersea Park, SW11 4NJ → Google Maps

Far end of Rosary Gate Car Park, within the Park. Vehicular entrance: Rosary Gate at corner of Prince of Wales Drive and Queenstown Road.



Facilities: Water station, toilets, baggage area, showers (at the track)

Minimum age: 2&1M 11 yrs | 5K 13 yrs | 10M 16 yrs | 10K 15 yrs
Parental Consent required for entrants under age 16

Fees:

2Mi	£5.50 (Club £3.50)
5K	£6 (Club £4)
Relay	£10.50 per team of 3
10K	£10 (Club £8)
10Mi	£10 (Club £8)

Saturdays on-day entries: £1 extra

Cheques payable to: Run and Become, 42 Palmer Street, London SW1H 0PH (Please enclose a stamp addressed envelope/email address for confirmation) Postal closing date 4 days prior to race. For maps and further details please see website. Organised by Sri Chinmoy AC in conjunction with Run and Become, under UK Athletics Rules. All courses UKA Certified Accurate. Road Race Permits applied for.

www.uk.srichinmoyraces.org