SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 4th 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 4 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Sat 7 **Parkruns**–at Bromley, Brockwell, C Palace etc

Tue Jan 10 Session with Steve Smythe 7pm
Ladywell Track http://g.co/maps/sqrjq
pay at desk on entrance, fee £2.55

In your short *SHORTS* this week !

page 2.. Results etc – Three more wins for Clare.
page 3 Fixtures plus more results inc a Doddering Tadworth report

HAPPY NEW YEAR!

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

A brief look ahead

Jan 07 Surrey & Kent County Champs
Jan 14 Men's & Women's Surrey League XC

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.
Location http://g.co/maps/sqrjq

NEW RUNNERS ROTA

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**

Tiarnan Ocleirigh???28/12
Clare Osborne 04/01
Barrie John Nicholls 11/01

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**

SURREY LEAGUE CROSS COUNTRY, 14 JANUARY: REQUEST FOR MARSHALLS

Mike Mann says The third fixture of the season takes place at Reigate Priory on 14 January. Please note the earlier than usual start time of 2.30 pm (2.pm for the juniors). The race takes place over the usual 2 lap course consisting of a mixture of grass parkland and wooded trails. Spikes or off road shoes with good grip are recommended, as there is a steep and often slippery downhill stretch. Parking is available at Bell Street, Bancroft Road or Morrison's car parks. For those travelling by train, change at Redhill for Reigate.

We are co-hosting this fixture and will be responsible for marshalling the course. We urgently need more marshalls from those not planning to run, including the women who are running earlier at nearby Farthing Down, Coulsdon. Any volunteers please contact me.
Mike Mann
mcmann90@yahoo.co.uk

WHO RACED FOR THE CLUB MOST?

Who did the most club races last year? This doesn't include parkruns or things such as Vets AC events or races for other clubs or track races so it may not necessarily be the most obvious or usual suspects.
Club Championships, relays, cross-country events with team races, road races or Multi event where we had teams also count
Apart from the obvious Surrey League and Assembly Leagues and Finchley 20 where we won the women's team, this would also include races like Mince Pie 10 and Palma Half. Full details next week.

Race Reports & Results

5km Results Dec 31/Jan 1

Brockwell Dec 31

PBs for Hugh, Ian and Vicki

4 John Fletcher	18:51
14 Ebe Prill	20:05
15 Mark Foster	20:11
16 Hugh Balfour	20:12 (PB)
27 Ian Sesnan	21:34 (PB)
30 Sam Oyeyinka	22:05
33 Graham Laylee	22:16
6W/58 Clare Quirico	25:02 (1st time)
8W/61 Vicki Fong	25:33 (PB)
80 Mark Best	31:12 (87 ran)

Bromley, December 31

1 Jim Addison 18:11 (2c)
22 Mike Fullilove 20:20 (248 ran)

Bromley, January 1

2 Jim Addison 18:07

Banstead, January 1

See report to side.

3W/28 Jo Quantrill	23:49 (2c)
30 Mike Dodds	24:11 (debut)
31 Bob Bell	24:15 (debut)
8/45 Clare Wyngard	25:18 (debut)
9/46 Ange Norris	25:19 (81 ran

Roundshaw, January 1

A quite muddy course saw Clare ease around in a course record for her 33rd parkrun victory in 33 starts..

1W/3 Clare Elms	19:00 (Course record)
12 Jozef Danko	22:18 (debut)
15 Stephen Smythe	22:42(debut)
21 Graham Laylee	23:32 (debut) (46 ran)

Riddlesdown, January 1

For win number 34, a hour later Clare had to work harder on another muddy but slightly faster course to take7 seconds off the course record. This was her sixth win over 5km (5 parkruns and Serpentine 5k) in 8 days

1W/5 Clare Elms	18:20 (Course record)
37 Jozef Danko	22:19 (course debut)
44 Stephen Smythe	22:54 (course debut)
5W/52 Jo Quantrill	23:29
53 Mike Dodds	23:39 (course debut)
70 Bob Bell	24:40 (course debut)
11/83 Clare Wyngard	26:09 (course debut)
13/85 Ange Norris	26:17 (176 ran)

All parkruns do great work but Crystal Palace may be the least well fantastically organised as no New year's eve results were available as at Jan 4th

Parkrun report by Mike Dodds

On New Year's day there were some staggered starts so that parkrunners could do two, or even three, different races in a single day. Ange Norris suggested to Clare and me that we should join her at her local one in Banstead for 10.00 and then proceed to Riddlesdown for its 11.00 start. We had 'first footed' the Bell household just a few hours earlier and recruited Bob to join us in this mad escapade.

Both runs were more like cross country conditions than the urban parkruns that we are used to doing and so the footwear we had arrived with was probably not the most suitable. That, and the need to spread the effort over 10k in total rather than the customary 5k, made for relatively slow times but we did it. This was partly down also to the tolerance that was extended by the Riddlesdown organisers to the relatively large contingent in their race who had already taken part in other parkruns. Indeed some of them were on their third of the day having started off at Bushy Park.

Riddlesdown therefore only got underway at c. 11.15 a.m.. This was just as well for the three of us as designated driver, Clare, had mistakenly followed the wrong car on the way from Banstead. In trying to follow second claimer Jo Quantrill, who was also doing 'the Double', she had instead latched onto the back of an innocent pensioner who led us up a sleepy suburban street before abruptly coming to a halt in front of his house. Fortunately, using the accumulated local knowledge that Clare and I had of the area from, respectively, her cycling and my ferrying of Alexander between various venues of the Tandridge youth's football league we managed to get back on track and be pulling into the school carpark used for Riddlesdown at 11.05. We were also helped by Bob's dexterity with Clare's mobile 'phone so that Ange could be warned of our travails, in turn warn the organisers and greet us on arrival for the (rather long) jog to the start

Serpentine 5km, December 30

Clare won the women's race by over a minute and won the overall age grading. Son Alex did a PB with a much quicker second half.
18 Jim Addison 17:29 (2nd cl)
1W/22 Clare Elms 17:42
71 Alex Elms 21:14 (PB) (1U13)

Denise Brady reports My normally uninspiring race results continued this year, safely away from my better-achieving friends! The three events were all in Ireland. They started in March at the 42nd running of the Dunboyne 4 mile race. I managed this in just 44 minutes. It was well worth entering as it is well organised and refreshments afterwards were excellent - and this post-race event also included live traditional Irish music.

The second event was the 29th Dublin 10K mini-marathon in June where I clocked up 69 minutes 50 seconds to finish the course. It was great to have one's time accurately measured by a sensor within one's race number instead of having to fiddle around with shoe laces before the race. Not that there was not plenty of time to do this. I established a life-long friendship with a very nice girl as we waited 2 and half hours to start the race at the front of the joggers' section of the 35,000+ strong field.

The third event was on Christmas Day where I duped myself into thinking that running a mile for charity in 9 min 50 seconds (annual Goal mile at Leopardstown racecourse the day *before* the horses raced) would make up for the calorific intake of my later large Christmas dinner. Of course it didn't – but it was great to be in the company of a former Dulwich Runner, my sister, Mary Butler, who is quite in contrast to her older sister. Mary is still running well and was 3rd home in the over 55s in the mini-marathon (as described above) in 46 minutes 52 seconds. By the way the winner of the Dunboyne race was won by an Irish runner, Mark Kenneally, who has just qualified for the Olympic marathon next year – watch out for him on the Mall in August!

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

Date			Event		Venue
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	Sat	10	5k Bromley (or Brockwell Parkrun if muddy)	S	Bromley or Brockwell
	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

HERCULES WIMBLEDON/LAURISTON 5 MILE MULTI TERRAIN, December 31
Mike Mann reportsConditions were rather more tricky compared with when this race was previously held on New Year's Day 2011 on frozen ground. This time there were a lot of puddles and soft patches to contend with. Nevertheless Ola managed a 5 second improvement in her time in a competitive woman's field, while Stephanie and myself were both slightly down. *Mike*
23 Mike Mann 32:54
26 Ola Balme 33:31
61 Stephanie Burchill 42:39

SERPENTINE NYD 10km, January 1
121 Paul Hodge 45:39
275 David Feasey 54:45
463 ran

Tadworth 10, January 2
Mike Dodds reports I really can't stand this race. So why have I done it done it for each of the last 3 years, then? Ah yes, I remember, one autumn evening Clare says, with us both slightly under the influence, 'let's get our Tadworth entries in, I know you don't like this one but it will do you (or maybe she did say 'us') good after the Christmas excesses'.So what 'excesses' might they be then? In the space of barely a fortnight over the holidays we would do half a dozen parkruns and a Turkey trot fitted around some obligatory shoe testing duties. Admittedly some of the parkruns were at very short notice but even so. And then, on top of all that, the Tadworth 10 arrives. Where does the moaning start? Well how about at the start? This is a manic hurtle down a steep incline at exactly the point where you don't want/need it and which on the first of the two laps is way too congested so you can't get much benefit from it anyway. Inevitably this is followed by an absolutely gruesome hill starting on a path which has one of the worst surfaces for running I've ever encountered and which is also so liberally punctuated with the deposits of our equine friends - to whom this whole environment should be left in my judgement - that the smell never quite gets out of your over extended nostrils. It was also directly into a very low and completely blinding winter sun - did I mention that it was a glorious, crisp day? - so that, when veering ever rightwards in exhaustion and quite at odds with race instructions, I went straight into a descending mountain bike. Fortunately he was going really slowly or it could have been really nasty.I can be a bit more generous about the middle parts of the lap which are on good roads through some pretty villages and posh houses where we got some great vocal encouragement from Christine Dawson. But the end of each lap sees a return to the periphery of the racecourse and a steadily uphill mile on a running surface that is only marginally better than on the aforementioned gruesome hill.The mementos are usually pretty good and innovative but, as for this year, what is a snood exactly and, more to the point, what are you supposed to do with it? I'll happily hand mine over to the reader who gives me the best response.There seemed to be very few DRs this year compared with my recollections from previous years so I guess we're beginning to vote with our feet on this one. I'll definitely leave it to the lady next year. She had a great run, see below, felt strong throughout and finished the best part of half a mile in front of me. Her only disappointment was not quite getting under 80 minutes. Not being the petty sort, of course, I could hardly contain my joy for her at the finish.
All in all then, and reassuringly true to the logos on both his car key ring and his kitchen apron, Mr Grumpy greets another New Year!
Gary Sullivan 73:13
Mel Edwards 76:56
Clare Wyngard 80:01
Peter Gibbons - lost chip but about halfway in between the happy couple
Mr G Rumpy 83:53
Paul Heaton 88:06
Rukhi Sidhwa 90-21
Steve Wehrle 94:42