SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 1st Febraury 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	1	**Club Night**, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 – 7 for 7:15 start. Showers, Bar
Sun	5	**Long Run from Dulwich Park 9am** details
Tue	7	**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.

Track Sessions at Ladywell

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

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house, so please remember to pay when you sign in. Thanks. – Ros

LUCKY VEST- This Wednesday

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

In your *SHORTS* this week !

2	Club Champs, XC Fixture List
3	Surrey League XC Details
4..	Relays relays and more relays !
6..	Race reports & results
8	Marathon Training Schedule
10	Wednesday Night Map to print
11	XC Champs so far

And much more !

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

A brief look ahead

Feb 11 Mens & Womens Surrey League XC
Feb 25 National XC Champs
full fixture list & info page 2

NEW RUNNERS ROTA

Thanks to **Andy Murray** 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**

Ian Sesnan	**01/02**
Jo Shelton	08/02
Claire Steward	15/02
Tiarnan Ocleirigh	22/02
Sam Oyeyinka	29/02

Annual Subs Due

You will have received either by email or post your 2012 membership renewal reminder. Your current membership expired on 31st Dec so in order to compete in this year's club champs and other events as a Dulwich Runner you will need to

RENEW ASAP RENEW ASAP RENEW ASAP

If you haven't received your renewal form then contact me barry@bg1.co.uk

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**

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***

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

Date			*Event*		*Venue*
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	Paddock Wood
	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.

Cabbage Patch 10 has been confirmed as **21 Oct**,

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

Wednesday Running Maps

On page 10 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.

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked with asterisks, below) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm#prov

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

Charlie Lound

Kent Grand Prix and Championship Races

29 January	Canterbury 10
12 February	Deal Half
4 March	Thanet 20 *
6 April	Folkestone 10 *
15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

6 May	Richmond Half Marathon *
13 May	Sutton 10km
3 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
12 August	Wimbledon 5km *

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.

Tim Wright - Captain, Orion Harriers – 07910 185162
www.orionharriers.org.uk

SURREY LEAGUE CROSS COUNTRY ESHER, 11 FEBRUARY

SURREY LEAGUE XC, ESHER, 11 FEBRUARY

The final Surrey League matches of the season, both women's and men's, take place at West End Common, Esher on Saturday 11 February, with the women's race starting at 12.00, the boys at 2.30 and the men's at 3pm.

Parking is available at Garson's Farm in Winterdown Road, located close to the start and marked on the attached map. If you are travelling by train to Esher, note that it is over a mile walk or cycle ride to the start. The course is suitable for spikes or fell shoes. With both matches at the same venue there should be plenty of opportunities for support. Please make every effort to turn out.

Mike/Kim

Online Map link *http://g.co/maps/9qvn9*

Dulwich Runners and Relays.

It's that time of year again and we start thinking of….London Marathon followed nicely by relay events. Each year we participate in a number of relays that all in the past have thoroughly enjoyed and want to do again. I'd like to think it is because they are so well organised but think it is more likely just how great the events are and to run in some stunning scenery.

The relays are for all abilities, yes I know you have heard this all before but for Dulwich Runners (DR's) it is true.

We can only enter and enjoy these events because we use all our runners possible whatever their level. We do target some relays with a stronger team but this is for only a couple.

Whether you are new to the club or new to running relays or an old stager now is the time to put your name forward.

So what are the relays we enter and when?

South of England Road Relay Championships. Milton Keynes Sunday 25th March.

(NOT ENTERING THIS YEAR)

New course and venue this year.

This we have done several times over the past years and for the men it is a 12 stage event with alternate short and long stages. The ladies do 6 stages over the same course. At the sharp end there are some top clubs with very fast runners and we usually finish anywhere between low 30's to 40th team out of 50+ teams. We have fielded 2 teams before both men and ladies. Good fun to be running with and against some class runners. Always interesting to see if you can hold or better DR's position on your leg.

The 1066 Relay. This is near Battle in Sussex Saturday 6TH May

We ran this last year (first year of the event) with 4 teams over 5 stages and everyone thought it was great. All run in one day and only one long stage (10 miles) and a nice short stage (3 mile), with 6+ miles for the other 3 stages. Very good organisation from one of our 2nd claim members and his team of helpers. This allows us to put some very specific teams together, i.e. Senior Ladies, senior men, Vets Ladies, MV50 men, mixed and any combination you can come up with. Slick organisation required to get everyone at their start and picked up at their finish which means we all have to be flexible but that just makes it all the more fun. Because of where it starts and time of start means early rise to get to leg one on time! Looking to field even more teams this year.

BMAF Masters Relays. Saturday 12TH May

This I'm afraid is not one for the youngsters of the club, as you have to be over a certain age. Women 35+ and men 40+. This will be a nice warm-up for the GBR for those of the correct age. They are held in different venues around the country and are just as competitive as open races. This year it is in Sutton Park, no not Surrey but Birmingham. Again all levels of ability as clubs can struggle to field a full team. Always good to watch some old people running remarkably fast and some remarkably slow with most in the middle.

(GBR). Saturday & Sunday 19TH & 20TH May

This is one we have done for many years and have had several stage winners. It is a 22 stage relay over Saturday and Sunday and each team member has to run a stage on both days. Sounds hard? Well yes it is but we have never had anyone not do both days unless through injury!!

We try to get at least 2 teams but have managed 3 in years past. This limits the composition of the teams, especially as we have to have 11 members of course for each team. This year we would like to field a women's team which could stand a good chance of being amongst the prizes. The relay takes you all around London and most is outside the M25 and taking in some truly stunning countryside.

The stages are graded by how hard and we match team members current abilities to the different stages so don't worry (unless you have upset one of the organisers of course!!) you won't be out of your depth. Most are amazed at how well they run on both days and this is one that although some only come for their stages it is well worth making the weekend of it so you can support and encourage other team members and see just how good the countryside is at this time of the year. Camera's at the ready.

Welsh Castle's Relay (WCR). Saturday & Sunday 9TH & 10TH June

We do this as often as we can be accepted by the organisers. Like the GBR it is always oversubscribed and due to its nature they do have only a limited number of teams allowed. This is for 90% of the team a weekend away. As the name suggests it is in Wales and starts in North Wales at Carnaervon Castle and over Saturday and Sunday wends its way down the coast a bit and then down the middle of Wales to the south finishing in Cardiff Castle grounds. We normally travel up on the Friday and return Sunday evening.

This is the easy one as you only have to run once, the hard part is that this is Wales and it seems to have a lot of hills and even some mountains! Still we again match stages to team members current fitness levels and again we have had some good stage wins, our ladies hold more stage wins than the men (OK a lot more, I know, I know). Do I need to mention the stunning scenery again? Don't think so as again this a great time to see Welsh countryside (and a couple of industrial sites) at its best.

South of England Vets Relays. Aldershot, September 22/23 (dates tbc)

These are short distance stage approx. 3 ½ miles and there are only men's or women's teams in the different age categories. We look to see how many are prepare to run and then try to select a strong team. This includes you as it can be a challenge to get a complete team to the event on the day.

Seem to suffer a lot of injuries just before these, too much track work but also holidays, just a couple of the excuses sorry reasons why. You will have the chance to see some very good club runners and some internationals that are representing their clubs just like you.

So what do you have to do now?

E-mail therelaysteam@dulwichrunners.org.uk and tell us you would like to be considered for which relay/s (hopefully all of them). That's it simples!!

For more information. If you would like any more info then please seek out and speak to Mike Mann, Martin Morley, Andy Murray or Kim Hainsworth. All will be happy to answer your questions, allay your fears or why not speak to others that have done these relays themselves before.

WEB-SITE INFO. Have a look at Dulwich Runner's web-site as there are buttons for GBR and WCR with reports from previous years. 1066, GBR & WCR have their own web-sites which, like ours are well worth a look.
Web-site for 1066 is www.spanglefish.com/1066relay GBR is www.greenbeltrelay.org.uk and WCR is www.lescroupiersrunningclub.org.uk then go to Welsh Castles Relay page.
DR's have to apply for these relays so please respond as soon as possible so we can gauge numbers and apply accordingly.

Thanks. ***THE RELAYERS TEAM***

Race Reports & Results

5km Results for January 27th

Bansread woods

Enjoyable first outing on varied woodland course. Excellent turnout by Oxted School who filled many of the top placings.

10 Duncan Hussey 19.33
29 Oscar Hussey 21.21
(156 ran)

Duncan Hussey

Brockwell

David Beaver narrowly missed his best and had one of day's top age-graded runs. Ola was pleased with her second after a long run and Ebe Prill also just missed his PB.

4 David Beaver17:35 85.21% (PB: 17:30)
2W/21 Ola Balme19:46 80.35% (PB: 19:11)
24 Ebe Prill 19:55 73.47 % (PB:19:50)
32 Paul Hodge 20:25 69.96% (PB:19:43)
44 Samuel Oyeyinka 21:02 71.24 % (PB:20:25)
181 ran

Bromley

Deborah Niccol equalled her best time from Hackney with one of day's fastest women's time while Jose who couldn't make Southern Champs had a solid run.

5 Deborah Niccol 1stW 18:16 (1st time course) (2nd claim)
16 Jose Barretta 19:26 (PB: 18:41)
310 ran

Crystal Palace

Steve Smythe writes...Dulwich had 12 of 72 in one of the smallest established parkruns. There were PBs for Will, Jonah and the Harbages, David and Jane. Clare Wyngard and Ameet came close to their bests The results of the CP parkrun were issued promptly this week and, as an added bonus, they seemed to be accurate too.

And Mike Dodds writes...Will Davis managed to get to the start on time - yes, both he and Wayne joined the run late last week, hence the erratic looking results from then - and was rewarded with a pb, slipping under 18.30. Further down the field a large contingent of other DRs seemed to perform more or less as expected, the most eye-catching performance probably coming from Clare Wyngard, deep into 70% territory on age grading and continuing her gold medal form from the Vets cross country a week earlier.

3 Will Davis	18:29 (PB)
13 Steve Ackroyd	21:00 (PB:20:14)
19 Jozef Danko	21:43 (PB: 21:09)
21 Bob Bell	22:18 (PB:22:18)
25 Clare Wyngard 3rd W	22:39 (PB:22:27)
28 Michael Dodds	23:15 (PB:22:28)
32 Claire Steward 4th W	23:47 (PB:22:49)
36 David Harbage	24:22 (PB)
37 Jane Harbage	24:27 (PB)
41 Ameet Patel	24:46 (PB:24:41)

72 ran

Just going back to the 21st Jan. event it was actually ironic that last week's 'Shorts' was disparaging about CP's performance over issuing timely and accurate results as these results were about as prompt and accurate as they've ever been. The main reason for this was a visit from the founder of 'parkrun', Paul Sinton-Hewitt. Apart from a general pep talk and canter through the software he gave us a new 'idiot proof' timing mechanism.

Given that I was the first 'idiot' to be charged with using it I felt a bit hard done by when my (perfect) set of results were 'dissed' like that! Incidentally, one other thing that's helped at CP recently has been the commitment from our neighbours at Dulwich Park Runners to provide a team of volunteers for every event in January. This has obviously come to an end now but it may well offer a model for the future of an event that has plainly struggled on the organisational front in its 20 month or so lifetime (and which attracted way more DRs than any other parkrun this past weekend).

Committing to do this sort of thing blankly, and in perpetuity, is daunting but breaking it into manageable bits like this between consenting parties is a much easier concept to handle. I'm sure, too, that the last month has given DPR some, well deserved, goodwill (and they weren't even wearing club kit!). All in all, something for us to give serious consideration to, I'd suggest.

Riddlesdown

12 Ange Norris 2nd W 22:02
68 ran

Canterbury 10 29 Jan

Course is fine but organisation not brilliant, major queues for numbers and championchips, too few toilets, tea ran out, all a bit messy!

1st Andrew Rayner 53: 31
1st lady Rona Louber 59:16
last 2:15:26
889 ran

Steve Wehrle

Thanks to Martin "Geek" Morley" for the halfway and finish splits

Pos	Gun Time	Name	Age Group	1st Half Split	2nd Half Split	Chip Time	2nd half
65	65:33	Edward Smythe	v40	32:46:00	32:46:00	65:31	even split
104	68:12	Eberhard Prill	v40	33:58:00	34:10:00	68:07	12 sec slower
213	72:43	Josef Danko	v40	36:42:00	35:35:00	72:16	67 sec quicker
293	75:52	Claire Steward	v55	37:53:00	37:32:00	75:25	21 sec quicker
332	77:13	Martin Morley	v60	38:28:00	38:35:00	77:03	7 sec slower
347	77:47	Colin Frith	v50	38:23:00	39:14:00	77:37	51 sec slower
351	77:52	Bob Bell	v50	38:25:00	39:11:00	77:35	46 sec slower
483	83:01	Paul Hilton	v40	41:25:00	41:09:00	83:33	16 sec quicker
497	83:30	Clare Osborne	v35	41:47:00	41:26:00	83:13	21 sec quicker
580	86:59	Steve Wehrle	v60	43:21:00	43:10:00	86:31	11 sec quicker
713	94:16	John O'byrne	v50	46:44:00	46:44:00	93:27	even split

Slaughterford 9 Sunday 29th January

Jo Hewett write...'Mud ,mud, glorious mud,there's nothing quite like it to numb your limbs and senses!' On a very cold,damp and foggy Sunday morning Trish, Chichi and myself took part in Chippenham Harriers' mud feast they call the Slaughterford 9.

Starting at a T junction on the A4 this gruelling 9 mile race takes the runners through some of East Somerset's most beautiful countryside,up and down dale,through steams,across fields,over a stile or 6, down and around tractor tracks ankle deep in sticky gluey mud,through the odd bramble patch and finally up the 3rd and final beast of a hill to the finish back where we started.

Despite being in the middle of nowhere the race is well marshalled and well supported by the local farmers, one of whom was offering all the 'young ladies' a ride in his tractor,and another offering up orange slices at the 5 and half mile point where I got rather confused having been told at the start the orange stop was at 7 miles.

Going by my watch I was on for a very impressive time [and possibly a drug test!] if it really was the 7 mile point,but was put right at the next marshal point that in fact I still had 3 and half miles to go not 2!

Despite conditions being just about the worse we have raced this race in,visibility being down to about 200m for the entire race,the mud being gloopy,sticky and ankle deep in places and the river [everyone is made to run through it, there is no way around or over it and the Race photographer recording every grimace] being freezing and knee deep we all had a great race,Trish seemly having great fun chatting up all the Race marshals on route even managing to get escorted up the final straight and over the finish line by two handsome chaps!

1st Male 55:09
1st Female 65:54
Chichi Umunna 1:25:39
Trish Umunna 1:59:59
Jo Hewett 1:41:20

SOUTH OF ENGLAND XC CHAMPS, BRIGHTON, 27 JANUARY

This was a new venue for all of us and most agreed it was one of the most challenging cross country courses we had experienced, significantly more hilly than Parliament Hill, though without the mud. The senior's course contained 2 testing hills on each lap, one of around 400m over a mixture of chalk, flints and tree roots and a longer hill of around 600m towards the end of the lap followed by a long downhill. There were also some smaller hills, too numerous to mention. The terrain was generally firm with some nice springy grassy sections and stony paths through the woods.

The youngsters kicked off first over a 3k course containing an arduous hill on each of the 2 laps. Both Alex and Lucy Elms had highly encouraging runs in their respective U13 races, competing for the first time against high quality fields and some much older competitors on by far the most challenging course they have encountered to date. They both finished strongly and enjoyed the experience.

In the women's 8k, we just completed a team of 4, with Clare Elms pulling out halfway through with a recurrence of her foot problem. Ros was our first finisher, but a glitch in the posted results means that times are not yet available for the 3 who followed, Louisa Pritchard, Anna Thomas and Marlene Russell.

Warming up before the men's race, James Godber and myself encountered the first monster hill, looked at each other in horror at the thought of climbing it 3 times and wondered whether to let on to the others. We rather copped out, muttering something about finding another hill. The long hill at the end of the lap came as a complete surprise, at least to me, with the route through the woods rather confusing with numerous twists and turns. The 15k course consisted of one short lap followed by 3 long.

Wayne Lashley led the team home once again with another strong run, and he was followed by James and then Charlie. I had a battle with a national M60 rival, which kept me pretty well in the zone throughout the race, though I lost out to him by around 30 secs.

Neil Daniels ran better than in the fell race the previous week, and he was followed by Andy, then Mark Foster, struggling a bit over the longer than usual distance, and then Ian Sesnan. With Brighton's late afternoon cup match at the nearby Amex Stadium about to start we made quick getaways. In my case any sort of warmdown was out of the question, even if someone had pointed a pistol behind my head, as I shuffled around like a granny. *Mike*

U13 Girls (3k)

168 Lucy Elms	13:31
218 ran	

U13 Boys (3k)

117 Alex Elms	12:02
192 ran	

Senior Women (8k)

181 Ros Tabor	39:59
199 Louisa Pritchard	41:00 (approx)
211 Anna Thomas	41:30 (approx)
251 Marlene Russell	??:??
37th team of 4 out of 49	
335 ran	

Senior Men (15k)

237 Wayne Lashley	60:52
274 James Godber	62:19
304 Charlie Lound	63:40
441 Mike Mann	68:29
475 Neil Daniels	69:52
515 Andy Murray	71:00
537 Mark Foster	71:48
671 Ian Sesnan	80:47
47th team of 6 out of 79	
745 ran	

Mike Mann

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
11	5 Feb	Long run from Dulwich Park	0:900 * (see below)
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**

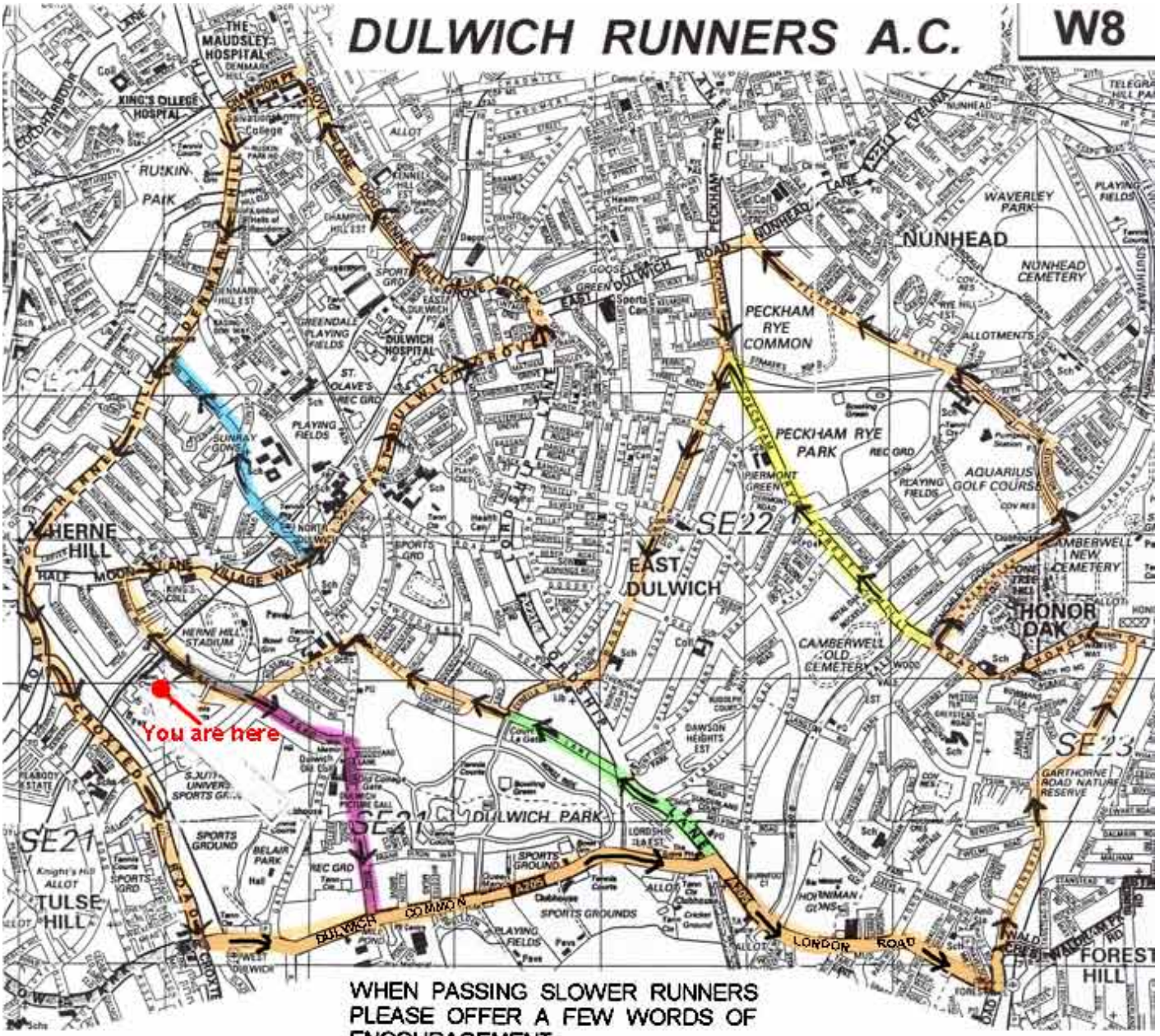
Races | Club Champs/ XC | Mile reps | Long runs

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

*** Sunday , 5th Feb** , long run from Dulwich Park at 0900, meet by car barrier inside College Rd. gate. Route to Beckenham Place Park and West Wickham.

DULWICH RUNNERS A.C.

W8



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

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	10.5	MILES
SHORT CUT (BLUE)	8.7	MILES
SHORT CUT (PINK)	6.5	MILES
SHORT CUT (GREEN)	5.8	MILES
SHORT CUT (BLUE & GREEN)	3.8	MILES
SHORT CUT (PINK & GREEN)	2.8	MILES

YELLOW CUT REDUCES DISTANCE BY APPROX. 1 MILE

Mens Cross Ccountry Champs after six events							
	Mob Match	SL1	SL2	SofT	SL3 Reigate	Brighton	Total
Charlie Lound	49	50	48	50	47	48	292
Mike Mann	43	41	45	48	39	47	263
Chris Loizou		44	47	49	42		182
Mark Foster		39	43	47		44	173
Andy Murray	45	40	42		36	45	208
Ian Sesnan	40		33	43	32		148
Ameet Patel	38		34	42	31	43	188
Tony Tuohy	50	49					99
Wayne Lashley		47	49		50	50	196
James Godber		46	50		48	49	193
Neil Daniels	47	43				46	136
Matt Galvin	44		44				88
Jose Barretta		42	46				88
Hugh Balfour			40	46	38		124
Duncan Wilson	42	38					80
Martin Morley		36		44			80
Mick Ward	41		35				76
Joseph Brady	39		36		33		108
Tiarnan Ocleirigh		37	37				74
John O'Byrne		34	32				66
John Fletcher	48						48
Mike Williams		48			49		97
Ed Smyth	46				41		87
Steve Smythe		45			43		88
Peter Gibbons				45			45
Ebe Prill			41		40		81
Barrie John Nicholls				41			41
Steve Ackroyd			39		35		74
Grant Barnes			38		37		75
Graham Laylee		35					35
Michael Hutchinson					45		45
Jozef Danko					34		34
Duncan Hussey					46		46
Steve Williams					44		44

Ladies Cross Ccountry Champs after six events							
	Mob Match Reigate	SL1 Light Water	SofT Nork Park	SL2 Richmond	SL3 Farthing Down	Brighton	Total
Ola Balme	50	48	50	49	50		247
Nicola Richmond	49	47	49	48			193
Mel Edwards	48	44	47	43	47		229
Anna Thomas	46	39	44	38		48	215
Ros Tabor	47	42		44	45	50	228
Ange Norris		46		45			
Claire Steward			46	42	41		129
Clare Wyngard		40	45		43		128
Jo Shelton		41		39	40		120
Ruki Sihdwa		37	43		36		116
Lindsey Annable			42	35			77
Clare Osborne		38		37	39		114
Stephanie Burchill		36	41	34	35		146
Jo Hewett		35	40	32	34		110
Alexie Shaw		50					50
Clare Elms				50			50
Elkie Thorndyke		49					49
Kim Hainsworth			48		48		96
Emma Ibell				47	49		96
Charlie Wood				46			46
Sue Rowlands	45						45
Emma Vernon		45					45
Katie Crowe		43			46		89
Olga Gillane				41	44		85
Louisa Pritchard				40	42	49	131
Lindsey Beckett				36	38		74
Michelle Allard				33	37		70
Marlene Russell						47	47

Ola Balme
Sports & Therapeutic Massage

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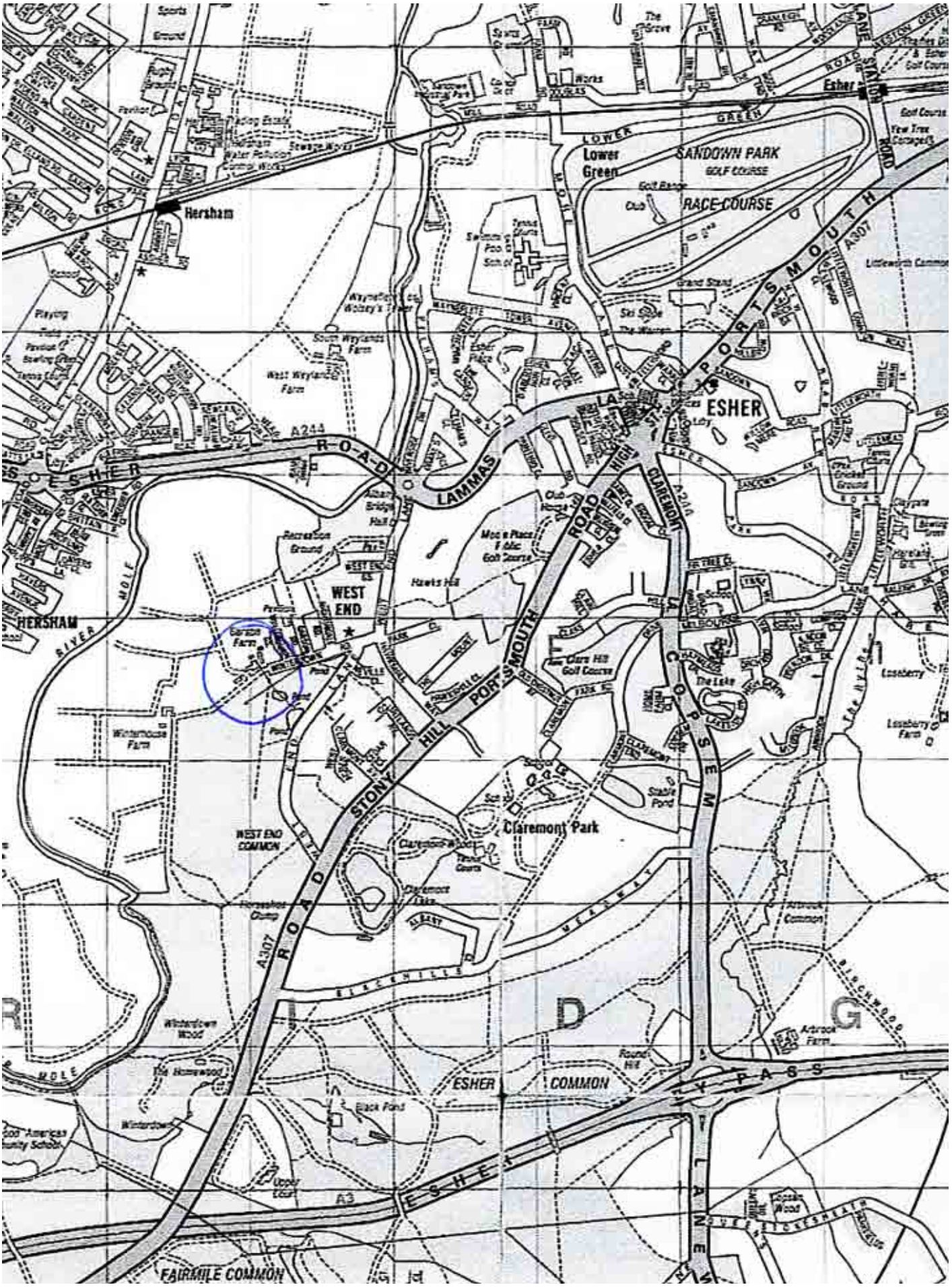
Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

- Deep Tissue Massage
- **Massage to alleviate muscle fatigue**
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- ***Maintaining your fitness and well-being***

Ola is an experienced Sports Massage Therapist and club runner.
If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

Map for Saturday Feb 11 Cross Country - Esher