SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 27th February 2013

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

- THE COMING WEEK –

Wed 27 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 05 **Track sessions with Steve Smythe**
Ladywell track http://goo.gl/maps/92zNw
Start 7:15pm, fee £2:60 pay at reception on entry. **Fusion Gym members entry is free**

In your *SHORTS* this week !

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5 Race reports etc
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And much more !

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

DULWICH TRACK SESSIONS

Improve your speed & strength over all distances. Tuesdays with Steve Smythe are suitable for all abilities.

Tuesday track sessions are now in full swing at Ladywell. http://goo.gl/maps/92zNw
Around 20-30 club members attend these over a wide range of speeds. The sessions are between 7.15pm and 8pm and members should aim to get there to warm up at around 7pm
If you are a Fusion Gym member then entry is free , all others £2.55 pay at reception

Annual Renewal Fee Due

***If your membership card has 2013 on it then this does not apply to you !*
Memberships expired on 31st Dec so in order to compete and for your points to count 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 have competed in the Club Champs races so far this year but your membership wasn't renewed at the time, your perfomance will not count !

You will have received (if applicable) either by email or post your 2013 membership renewal reminder.
If you haven't received your renewal form then contact me asap barry@bg1.co.uk
To make it even easier for you there is the now the extra option to pay by direct bank transfer, details on your renewal form.

---------- EVENT HORIZON ---------

A brief look ahead

Mar 10 Lydd 1/2M, club champs
Apr 11 Beckenham assembly league

full fixture list page 3

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - Ros

NEW RUNNERS ROTA

Many thanks to **Vicki Fong and Steve Wehrle** for taking out new runners last week.
If you are listed to take out 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 either swap with someone or let us know. Thanks. – **Ros**

Sue Cooper	**27/02**
Steve Cook	06/03
Kaylee Coxall	13/03
Jozef Danko	20/03
Melanie Edwards	27/03

CLUB CHAMPS UPDATE

Dates have now been finalized for the 1 and 2 mile races this summer.
The 2 miles will take place at Dulwich Park on Thursday 20 June, while the Mark Hayes 1 mile will be held at Dulwich College Track on Friday 12 July

SPRING RELAYS

We are planning to enter teams for the Green Belt Relay (GBR) taking place on 11/12 May and the Welsh Castles Relay on 8/9 June. Please note that the 1066 Relay will not be taking place this year.

Both events present interesting, scenic and varied running opportunities as well as being excellent social events. The GBR is largely off-road on riverside towpaths and footpaths, taking in some highly attractive countryside across the Chilterns and North Downs while the WCR takes place mainly on small roads, though some legs include trail sections.

It takes in the whole length of Wales starting from Caernarfon Castle in the north and finishing at Cardiff Castle in the south. In the GBR each competitor runs twice on Saturday and Sunday, while on the WCR you only run once over the weekend. On both relays individual stages range mostly from 8 to 13 miles with differing degrees of difficulty.

The tough hilly stages will be allocated to our strongest runners, though for the GBR when competitors run twice over the weekend, we will ensure that no runner is allocated two tough stages.

We hope to enter two teams of 11 for the GBR and one team of 20 for the WCR. These relays have proved to be popular running, as well as social occasions, so it is in your interest to apply early. If you would like to be entered or require further information, please contact me at mcmann90@yahoo.co.uk – ***Mike Mann***

*RELAYS UPDATE *****

Entries are due shortly for the Welsh Castles Relay. Thanks to those who have expressed interest so far, but we need more in order to be able to submit an entry before the closing date of early March.

We have enough runners to enter one team for the Green Belt Relay, but need more in order to enter a second team. So if you haven't already put your name, check your calendar and let me know as soon as possible if you are interested in one or both relays at mcmann90@yahoo.co.uk

Wednesday Night Map

On page 12 in SHORTS is the map for this weeks Wednesday night runs. Copies will be at the clubhouse, but it would help if you can print your own 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 CLUB CHAMPS 2013

Our second club champs races is outside London and we will be hiring a coach, which will be a lot cheaper than train and ensure that we arrive at the start on time.

The Lydd Half Marathon is one of the pre- London marathon events, as well as being a BMAF Champs, so it is worth booking early for this. We are planning to arrange lunch after at a nearby pub. ***Mike Mann***

ASSEMBLY LEAGUE 2013

This year's series of Assembly League races begins in April. For those new to the club, this is a series of 6 races of roughly 5k in distance open to all members free of charge.
The races are normally held on the first Thursday of the month from April to September, starting at 7.15pm.

The races at Dulwich Park and Battersea Park are both 5k in length, while those at Beckenham are shorter at around 4.5k and at Victoria Park longer at 5.5k.

11 April	Beckenham
2 May	Victoria Park, Hackney
6 June	Dulwich Park (also our 5k club champs)
4 July	Battersea Park
1 August	Victoria Park
5 September	Beckenham

Further information on venues and times will be provided nearer the time. ***Mike Mann***

DULWICH RUNNERS CLUB CHAMPS 2013

Races for this year's club championships have now been selected.

- 10 March — Lydd half marathon
- 21 April — London marathon (or alternative)
- 6 June — Assembly League 5k, Dulwich Park
- 20 or 27 June — 2 Miles, Dulwich Park
- 12 or 19 July — 1 Mile, Dulwich College Track
- 1 September — Lingfield (Dry Hill) 10
- 5 October — Trail race, Lloyd Park parkrun

The usual rules apply with the 8 races split into long and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.

4 races to qualify, including at least one from each of the 2 distance categories. Please register early for the Chichester 10k to avoid disappointment.
Mike Mann *(on behalf of ADSC).*

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.
Arrives around 9.
Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating…join in ! - **Ros**

LUCKY VEST

Don't forget , 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 the £5 cash prize on the spot in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

We now have new mens and womens vests and T- shirts,

Vests	**£18 each**
T- shirts short sleeved	**£20 each**
and newly arrived long sleeved T's	**£22 each**
Waterproof Jackets	**£25 each**

Available Wednesdays at the club – Ros

Clare Osborne, DR secretary reports:

Your DR Committee met on Monday 11th February to discuss a number of matters, decisions taken included:

- measures needed to improve navigation round the DR website, including removing the 'members only' part of the club website, which it felt served little benefit and linking the site with facebook and twitter;
- that more runners were needed to compete in Assembly Leagues and an article will appear in Shorts soon to this effect;
- to retain the Dulwich Track Session Tuesday night fee at £1.

The Committee will next meet on Monday 29th April at 7pm. If you have any matters about the club that you would like the committee to discuss, please speak to me on Wednesday night or email me at: secretary@dulwichrunners.org.uk

Lydd 1/2M Coach

Hi All,

Please note that we only have **6 spaces left** on the coach to Lydd so please let me know asap if you would like join us.

First pick-up: 07:00 at **Dulwich Village**
Second pick-up: **Orpington Train Station**
Social: Tbc (likely the George on Lydd Highstreet - details/orders to follow for Sunday lunch)
Leave Lydd: 15:00 - 15:30
Cost: £16 pp return journey

Currently, the following people have confirmed:

Sue Cooper	Alastair Locke
Brendan Greaney	Stephen Street
Joseph Brady	Shona McIntosh
Rob Cope	Rupert Nash
Buzz Shephard	Jo Shelton
Duncan Wilson	Andrew Bright
Mel Edwards	Elkie Mace
Ameet Patel	Claire Steward
Louisa Pritchard	John O'Byrne
Steve Wehrle	Patrick McMorrow
Ajay Khandelwal	Jim Dowsett
Gary Sullivan	Anna Thomas
Andy Murray	Cameron Timmis
Paul Devine	

Those people listed above, please could you transfer the money to my a/c and then email me to let me know to expect it or give me the cash this Wednesday at the Club.

Bank: Natwest
A/c: 37357182
Sort: 60-21-12
Ref: your name

Many thanks as always! - **Suz**

DULWICH RUNNERS 2013 FIXTURES

Assembly league races are free and open to all club members and no advance entry is needed, just turn up and run. Details will be posted nearer race dates

Date		Race		Venue
Mar	10	Lydd half marathon	L	Lydd
Apr	11	Beckenham Assembly League		Beckenham Sports Club, Foxgrove Rd
	21	London marathon (or alternative)	L	London
May	2	Victoria Park Assembly League		Victoria Park, Hackney
Jun	6	Dulwich Assembly League 5k (club champs)	S	Dulwich Park
	20	2 Miles club champs race	S	Dulwich Park
Jul	4	Battersea Park Assembly League		Battersea Park
	12	1 Mile club champs race	S	Dulwich College Track
Aug	1	Victoria Park Assembly League		Victoria Park, Hackney
Sep	1	Lingfield (Dry Hill) 10	L	Lingfield (Dry Hill)
	5	Beckenham Assembly League		Beckenham Sports Club, Foxgrove Rd
Oct	5	Trail race, Lloyd Park parkrun	S	Lloyd Park

Masters Fixtures

These are the main British Masters fixtures. The main club event will be the BMAF Road Relay Championships, where we have done well in recent years.

There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too.

Feb 24	BMAF Sth of England Indoor Champs	Lee Valley
Mar 9/10	BMAF Indoor Champs.	Lee Valley
Mar 10	BMAF Half/M Champs.	Lydd
Mar 16	BMAF Champs.	Sunderland
May 18	BMAF Road Relay Champs.	Sutton Park
Jun 16	BMAF 5km road Champs.	Horwich
Jun 23	BMAF 10k track women's Champs.	Oxford
Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 14/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs.	Porte Allegre, Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

Kent Grand Prix and Surrey Road Leagues

As well as the races we select for the Club Championships and the Assembly League races, listed elsewhere in Shorts, we also take part in the Kent Grand Prix and Surrey Road Leagues.

Some of these are designated County Championship races for the given distance, for runners that are suitably qualified. In addition, all runners can accumulate points over the season to compete in the league by age category.

For more details see the following links:

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

Surrey Athletics:http://www.surreyathletics.org.uk/road/league

Charlie Lound

Kent Grand Prix		**Surrey Road League**	
3 Mar	Thanet 20	5 May	Richmond 1/2M
7 Apr	Paddock Wood 1/2M	12 May	Sutton 10km
14 Apr	Darenth Valley 10k	2 Jun	Dorking 10 miles
tbc	Beckenham 10k	23 Jun	Richmond 10km
tbc	Mount Ephraim 10k	13 Jul	Elmore 7 miles
tbc	Kent Coastal Marathon	21 Jul	Elmbridge 10km
tbc	Tonbridge 1/2M	11 Aug	Wimbledon 5km
tbc	Sittingbourne 10m		

VETS AC XC 2nd March

This fixture postponed because of the weather, has now been rescheduled for 2 March and thisdate has now been confirmed.

The race starts at Caeser's Well and follows the usual Vets AC course. The HQ, where changing, showers and refreshments are available, is at the newly refurbished Belgrave Hall, Denmark Street, where you can enter on the day.

Alternatively you can collect your number at the course shortly before the start by sending a cheque for £4 to Editor, 7 Emmerton Court, Wynter Street, London SW11 2 DJ.

Mike Mann

INTERCLUB XC, LLOYD PARK, 2 MARCH

For those of you who fancy a spot of late (and free) cross country, Croydon Harriers are hosting an inter-club cross country race in Lloyd Park on 2 March.

It is a 10k race consisting of 3 laps which avoid the muddiest sections of the park. Note that the re-arranged Vets AC champs at Wimbledon Common is likely to take place on the same day.

Anyone interested and requiring further details, please contact me. ***Mike Mann***

Clapham Chasers Thames Riverside 20 Mile Race or Pace - March 3rd

£10 for affiliated runners. Online entry here http://entrycentral.com/index.php?raceID=100972

Frank Harmer 10k

Sunday 3rd March in Brockwell Park. Link to further details below:
http://hernehillharriers.org/fixtures-and-results/fixtures/12-frank-harmer-10k-2013.html

Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major club race which **Steve Smythe** kindly finds & collates results for us, then it's highly unlikely that your results will be appear here in SHORTS
So to make sure your race results, road, fell, XC, Tri etc, are mentioned please send them in, and if you can write a report to go with it even better.

parkrun 5km Results, Sat Feb 23rd

Brockwell

There were wins for Buzz, Clare, Ros and Angie.

15 Mark Foster	19:44
49 Cameron Timmis	22:18
98 Stephanie Burchill 22W	25:57 (course PB)
127 Barry Walker 28:44	

Bromley

143 Claire Steward 29W	26:11 (1W60)
144 Jo Shelton 30W	26:15
269 ran	

Burgess

Ros showed improve form to pull off a women's win by a few seconds.

12 Andy Murray	22:28 (1M55)
14 Ros Tabor 1W	22:31
28 Barry Evans	25:34 (1M60+)
59 ran	

Cambridge

Buzz Shephard took nine seconds off his best ever parkrun time, previously set at Dulwich with a clear win.

1 Buzz Shephard	16:27 (course PB)
267 ran	

Crystal Palace

11 Jozef Danko	21:03
13 Andy Cottrill	21:11 (PB)
18 Bob Bell	21:49 (1M55)
23 Graham Laylee	23:07 (2M55)
31 Belinda Bell 4W	24:27
48 Penelope Bell 11W	26:27(PB)
75 Chris Vernon	31:20
84 ran	

Dulwich

Mel Edwards just missed out on winning but did take 21 seconds off her PB.

11 Ebe Prill	18:51 (1M50)
13 Neil Moriarty	18:56 (PB)
19 Mel Edwards 2W	20:05 (PB)
20 Mike Fullilove	20:10
26 Paul Hodge	21:14
37 Ian Sesnan	21:59
38 Jim Dowsett	22:12
45 Colin Frith	22:42 (PB)
62 Mick Mead	24:56
96 ran	

Hilly Fields

Clare Elms narrowly gained an overall victory with a sprint finish and broke the women's course record again. This was her 53rd parkrun win.

1 Clare Elms 1W	18:56
7 Steve Smythe	20:37 (1M50)
54 ran	

Riddlesdown

Angie Norris won her 36th parkrun at Riddlesdown.

14 Angie Norris 1W	21:34

Roundshaw Downs

Clare and Mike returned to a parkrun they've enjoyed a couple of times previously at Roundshaw Downs (just off the Purley Way after the old Croydon airport and on the right hand side travelling south away from London). Like Riddlesdown, quite nearby, it's pretty much all cross country, very hard and rutted on this occasion and comprising two laps of gently sloping terrain. Not one of the faster parkruns, therefore, but offering nice variety with nothing too extreme.

It has a strong and enthusiastic core of around 80 runners but a rather odd age profile. It's practically all youths and veterans, and older veterans largely at that, with a yawning gap in between where seniors would normally be.

Thus Mike, prevailing rarely these days over Clare after being neck and neck for 4.5k just above halfway in the field, was 6th VM50-54 but would have been 4th SM and way out in front in that category on age grading. At the same time though a whole football team of teenage boys finished within the first 14. What happens to them after that, is it just down to Friday night clubbing (guess it must be)?

Putting family rivalries to one side Clare was delighted to be second out of two dozen women with only, you've guessed it, a 14 year old girl in front of her (whom she pipped on age grading by 14 hundredths, appropriately, of a percentage point so job well done).

35 Mike Dodds	23:39
37 Clare Wyngard	23:46
82 finishers	

Malta Marathon, 24 February

Having had some fairly promising long training runs, I was really hoping to finally get a decent marathon under my belt. Every single one of my marathon attempts over the past few years has resulted in the wheels really coming off quite disastrously in the last 10k or so, and alas this time was no different.

The organizers claimed the course was very fast, as it starts in the beautiful old town of Mdina on top of a big hill and, after winding its way through the countryside, drops down to the finish on the coast. However, despite a couple of big downhill sections there were a few unexpectedly undulating parts as well, whilst most of the run was in pretty hot temperatures.

I can't blame my time on those factors however - it was simply a case of discipline and pacing strategy flying out of the window the moment the gun went off. I had hoped to run 7.30 pace and pick up in the closing stages and run somewhere close to 3.15.
I failed to pay close attention to my garmin though - when I got back and looked at my splits I saw that I had been running under 7.10 pace for the first four miles.

Nevertheless, I was still going well until about 30k but then I hit the wall. If I had a little more mental strength I could have probably pushed on and finished five or six minutes faster, but by that point I was far more interested in stopping for sweets, oranges, and water at the side of the road.

96 Ed Smyth 3:32.07 (3:32.04)
403 finishers

Southwark Mini Marathon Trials, 3 miles, Burgess Park, Februaty 14

Alex Elms, had his best road race win to date as he outkicked both the Kent champion and runner up (the Armitage-Hookes twins) and Surrey league winner Laurie Pope to win in a time of 16:49.

His sister Lucy almost made it a family double as she was just overtaken in the final straight and was second in 19:22 but like Alex qualified for the London Mini marathon trials. Katie Balme came through strongly and was 15th in 21:27.

U13
1 Alex Elms 16:49
61 ran

South of England Masters Champs, Lee Valley, February 24

Tony ran a great triple in a few hours and well paced efforts at 1500 and 3000 were superior to his Dulwich club M50 outdoor records and his 1500 just missed is PB. Nicola Richmond set a 1500 PB while Mike and Ros got good practice for the upcoming indoor championships

800

4th M50+ Tony Tuohy	2:15.21
3rd M60 Mike Mann	2:38.69
1st W60 Ros Tabor	3:00.23

1500:

1st M50 Tony Tuohy	4:29.22
1st W40 Nicola Richmond	5:21.13
3rd M60 Mike Mann	5:29.51
1st W60 Ros Tabor	6:10.16

3000m

1st M50 Tony Tuohy	9:38.31
3rd M60 Mike Mann	12:01.78

Serpentine 5km, February 22

Just seven seconds covered the leading four Dulwich Runners.
Paul Devine continued his good form and had a strong second half to set a PB. Matt Galvin finished well and just pipped Alex Elms whose 18:24 was a Dulwich under-13 best but just short of the race event U13 record he was targeting but puts him second nationally and he was the first under-20 to finish.
Clare Elms ran to help Alex and eased around but her time was still fast enough to go top of the UK W45 rankings.
Ian Lilley set a PB and Steve Williams eased back to racing after a long break.

32 Paul Devine	18:18 (PB)
33 Matt Galvin	18:23
35 Alex Elms	18:24 (PB)
36 Clare Elms 2W	18:25
45 Ian Lilley	19:05 (PB)
63 Steve Williams	19:51

214 ran

CROSS COUNTRY CHAMPIONSHIPS 2012 - 2013

28 Dulwich Runners completed this season's championships by finishing at least 4 of the counting events. Details of winners and the final tables are here.
Well done all who ran in what was the muddiest season for a while.

Medals will be presented to winners before the run on Wednesday 27th February. – **Ros**

CROSS COUNTRY CHAMPIONS 2012 - 2013

1st man	Buzz Shephard	1st woman	Clare Elms
2nd man	Wayne Lashley	2nd woman	Catherine Lee
3rd man	Alistair Locke	3rd woman	Kim Hainsworth
1st M40	Charlie Lound	1st W40	Ola Balme
1st M50	Tony Tuohy	1st W50	Ange Norris
1st M60	Mike Mann		

captains' award: Paul Devine

CROSS COUNTRY CHAMPIONSHIPS 2012 - 2013 MEN

Total of 4 best runs

NAME	Lightwater 20/10/2012	Roundshaw 10/11/2012	S of Thames Reigate 24/11/2012	Cranford 12/1/13	S of England 26/1/13	Wimbledon 09/2/13	TOTAL	No. of events
Buzz Shephard	50	50	50	50	[50]	[50]	200	
Tony Tuohy	49		49	49		49	196	
Charlie Lound	47	48	48	[46]		48	191	
Wayne Lashley	48	49		48		45	190	
Alastair Locke	46		47	[44]	49	47	189	
Steve Smythe	45		46	43	48	[43]	182	
Ebe Prill	42	41	44	[39]	46	[39]	173	
Duncan Hussey	43	46		42		40	171	
Paul Devine	38	40		[38]	47	44	169	
Chris Treble	39	39		41		42	161	
Jose Barretta		37	45	33	44		159	
Mike Mann			41	32	42	30	145	
Jim Dowsett	35	33	39	31			138	
Andy Murray	37		40	29		29	135	
Ian Sesnan		32	38	30		27	127	
Joe Brady	41	42	43				126	3
Rupert Nash	44	44				38	126	3
Dave West		30	37	28		25	120	
Ed Smyth			42	40		37	119	3
Mark Foster	40	38		36			114	3
David Beaver				47		46	93	2
Neil Daniels		43		34			77	2
James Burrows				37		34	71	2
Mike Fullilove				35		33	68	2
Graham Laylee		31				26	57	2
Mike Williams		47					47	1
Matt Galvin		45					45	1
Colin Bailey-Wood				45			45	1
Rob Cope					45		45	1
Rob Balzanella					43		43	1
Matt Galvin						41	41	1
Barrie John Nicholls					41		41	1
Cameron Timmis	36						36	1
Hugh Balfour		36					36	1
Michael Hutchinson						36	36	1
Steve Ackroyd		35					35	1
John English						35	35	1
Duncan Fairall		34					34	1
Duncan Wilson						32	32	1
Jozef Danko						31	31	1
Bob Bell						28	28	1

CROSS COUNTRY CHAMPIONSHIPS 2012 - 2013 WOMEN

Total of 4 best runs

NAME	Roehampton 20/10/12	S of Thames Reigate 24/11/12	Nonsuch 1/12/12	Mitcham 12/1/13	S of Eng 26/1/13	Dorking 9/2/13	TOTAL	No. of events
Clare Elms	50		50	50	[50]	50	200	
Catherine Lee	49		49	48		48	194	
Ola Balme	47		47	46		46	186	
Kim Hainsworth		49	44	45	48		186	
Mel Edwards	44		46	44		45	179	
Anna Thomas	41	46	[40]		49	42	178	
Ange Norris	46		45	42		43	176	
Jo Shelton	40	47	[39]	41	47	[39]	175	
Katie Crowe	43	48	41			41	173	
Louisa Pritchard	38	43			46	38	165	
Claire Steward	39	44	38	40		[37]	161	
Charlie Wood		50	48	47			145	3
Stephanie Burchill	36		34	37		36	143	
Ros Tabor	42	45	42				129	3
Lindsey Annable	37		35	36			108	3
Shona McIntosh				49		49	98	2
Andrea Pickup	48			43			91	2
Nicola Richmond			43			44	87	2
Ruki Sidhwa			37	38			75	2
Elkie Thorndyke						47	47	1
Sarah Cullen	45						45	1
Clare Quirico		42					42	1
Clare Wyngard						40	40	1
Justyna Bieniek			36				36	1

BRITISH BUPA 10Km

May is going to be a busy month again this year with plenty of club events and relays. For those aged 35 to 60, who are are amongst the best in their age group in Dulwich, it is hoped that they will be available for the British Masters Road Relays at Sutton Park on May 18.
For all ages, On Monday May 27, Dulwich have been invited to take part in the National 10km Championships at the BUPA British 10k in Central London which the women won a significant amount of money last year.
There are six free places available for men and six for women
At the moment the six fastest men in 2013 are Buzz 32:33, Tony 34:31, Neville 37:43, Rupert 37:51, Steve S 37:58, Ebe 38:11
Next in line: Chris T 39:21, Rob C 39:20 (Chris beat him on gun time), James B 39:32
No road times yet for: Wayne L, Dave B, Alastair L, Duncan H, Paul D etc
The six fastest women are Shona McIntosh 36:10, Clare Elms 36:14, Catherine Lee 37:17, Charlie Wood 37:43, Mel Edwards 40:27, Kim Hainsworth 40:33
Next in line: Ola Balme 40:43, Nicola Richmond 42:54, Anna Thomas 44:17
No road times yets for Elkie Thorndyke, Andrea Pickup, Emily Gelder, Ros Tabor etc
Please contact stevesmythe2006@yahoo.com to confirm your availability.

BUPA Westminster Mile

The organisers of the 10km above have asked the club to publicise details of the BUPA Westminster Mile which will be held the day before on Sunday May 26. They are planning 50 different races on a road course from the Mall to Buckingham Palace, and the event will contain the first ever British age group Mile Championships and should be a fun event, and possibly even a good warm up for the 10km.http://www.bupawestminstermile.co.uk/

National XC, Herrington Park, nr Sunderland Sat 23 February

U13 Boys 3k

71 Oscar Hussey 12.42
205 finished

As the announcer said over tannoy to the boys at the start of the race "this maybe your first National XC but is one that you will remember for the rest of your life as there's not often snow at the National. Tie your spikes up tight, it's going to be a tough one!"

Wise words indeed to all runners, young and old, as with three inches of snow having fallen that morning and it still continuing to fall during the early races, this was going to be a true test, not only during the race, but before and afterwards as well.

Looking back at the photos, it made last week's muddy Southerns at Parliament Hill seem like an early autumnal xc run. But not to be defied by the postponement of our regional championships when the Northerns and Midlands took place in worse conditions, at least there was plenty of boys from the south excelling in the difficult conditions.

Tonbridge deservedly won team gold but it was a shame Cambridge Harriers were not here as they would surely have challenged for individual and team medals.

The race was won by Tom Kendrick from Tonbridge. In a well paced race, he won by 4 seconds on the final run in and it was lovely to see how choked up he was afterwards clutching his red rose - a momento given to each of the winners.

Oscar had a really good race purposely leaving his effort to the slow 1k drag up hill through the snow to the finish. His position was two better than at the Southerns the previous weekend and he led home his Blackheath team. He was pleased also to have narrowed the gap on a Tonbridge rival from 3 seconds last week to two this week!

Senior Men 12k (and the rest...)

595 Duncan Hussey 57.54
1085 finished

Three full laps on the site of a former slag heap in sub zero conditions didn't seem that appealing but as the club's sole representative, I thought I must fly the flag!

Although there was a couple of testing hills on each lap, the most difficult parts were in fact the ones where you thought there would some respite. Unfortunately, these were the parts that were either covered in ankle deep mud or three inches of snow slush, which even in long spikes, gave no form of traction at all. There was also a section with a cross camber of 45 degrees covered in snowy slush which I'm surprised nobody went over on.

Having said that, whilst it was not a course for fast times and was one for strong off-road runners, the course was scenic with its brown furrow ploughing its way through the winter wonderland. At the sharp end of the race, it was same one-two as last year with Keith Gerrard winning by 4 seconds in just over 41 minutes from Steve Vernon who has one once in the six top 3 finishes he has now had.

Unlike last year, when I set off up Parliament Hill too quickly and nearly came to a walking pace after the first lap, I set off at a much more even pace. It was helpful seeing some local rivals to gauge early pace setting. Despite frozen feet, all was going well until the last hill when I hit a concrete path with my spikes causing a severe hamstring cramp, no doubt as a result of trying to keep upright on a sticky, slippery course.

Not wanting to pull out with 3k to go, I desperately tried to stretch the cramped muscle to no avail. Seeing a Sutton rival, I tried stretching again and at last the cramp eased. Picking up slowly, I tried to work my way back but by then had lost a minute which, looking at the final results, made the difference between a few local rivals. I made up some lost time in the last 2k which at least was partly satisfying.

All in all, given the conditions, a very well organised event which relived its tradition of being the best Cross Country event of the season. Here's hoping that it will be little nearer and warmer next year!
Duncan Hussey

'And now for something completely different'

Twice a year I go to a fitness weekend at Camber Sands organised by www.fitnessfiesta.com. The next one is on 1-3 March. The weekend away is a great way of complementing your running by getting involved in other sporting activities (running is included though).

I have found the classes great for improving my overall condition, which can only improve my running, and the whole weekend is fun. It's cheap too with prices starting from £82 for self catering accommodation (including the classes). Visit the Fitness Fiesta website and if anyone goes let me know and I'll keep a look out for you. - ***Jim Estall***

Ola Balme
Sports & Therapeutic Massage

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

CALLING ALL CYCLISTS

SNOWDON CHARITY BIKE RIDE 2/3 MARCH

This is a 30 mile bike ride round Snowdon (following the route of the Snowdonia Marathon) starting and finishing at the Cwellyn Arms in Rhyd Ddu. This is opposite our houses which some will have visited on the Welsh Castles Relay.

You can take your own bike or hire from Peter at Beddgelert Bikes.

We can do Bed and Breakfast for 2 nights for a limited number at £30 per head (Fri and Sat).
Depending on the weather you can ride on the Saturday or the Sunday which gives plenty of time to walk, run or sightsee in the glorious Snowdonia countryside.

If you want to reserve a place or want further information on travel etc, please contact me on vernonrun@aol.com. For details of our accommodation see www.snowdoniahouse.co.uk.

To enter the bike ride(there is no rush), see www.snowdoninn.co.uk - ***Chris Vernon***

HOODIES

I am waiting delivery of the hoodies. If you haven't paid yet, please can you pay as soon as possible. Cheques should be made out to Dulwich Runners AC. – **Ros**

RUNS, RACES AND REPS

To help you prepare for London Marathon (or Paris or Brighton) – 3½ to 4½ hr pace

Including: mid and long distance multi-terrain races, cross country fixtures
Sunday runs at High Elms or Dulwich Park; mile intervals in Dulwich Park
Local Sunday runs will be scheduled on a week to week basis

Date		Event / Distance	Information
Mar	3	**Spitfire 20 / Tempest 10**	Road race – Dunsfold http://www.eventstolive.co.uk/
	10	**Lydd half marathon**	http://www.nice-work.org.uk/events.php?id=15
	17	**Richmond Pk to Bushy Pk**	21 miles road / towpath and parks (+ shorter alternatives)
	23	**Orion 15**	Epping Forest (Chingford) http://www.orionharriers.org.uk
	24	**12 x 1 mile intervals**	Dulwich Park – 09:00
	31	**HERoS at High Elms 17miles**	Trail run - 09:30 – The Grasshopper, Westerham TN16 2EU
April	7	**Paddock Wood Half**	http://www.paddockwoodac.co.uk/
	14	**tbc – Thames Towpath 10**	Chiswick – http://www.west4harriers.com/
21 April		**London Marathon**	**Blackheath to The Mall**

Races Mile reps Long runs

As a Sunday alternative, meet with 'HERoS' (High Elms Runners on Sunday) for a mostly off-road, start from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9am, usually two pace/distance groups, min ~10 miles

For more information contact Steve Wehrle or Claire Steward

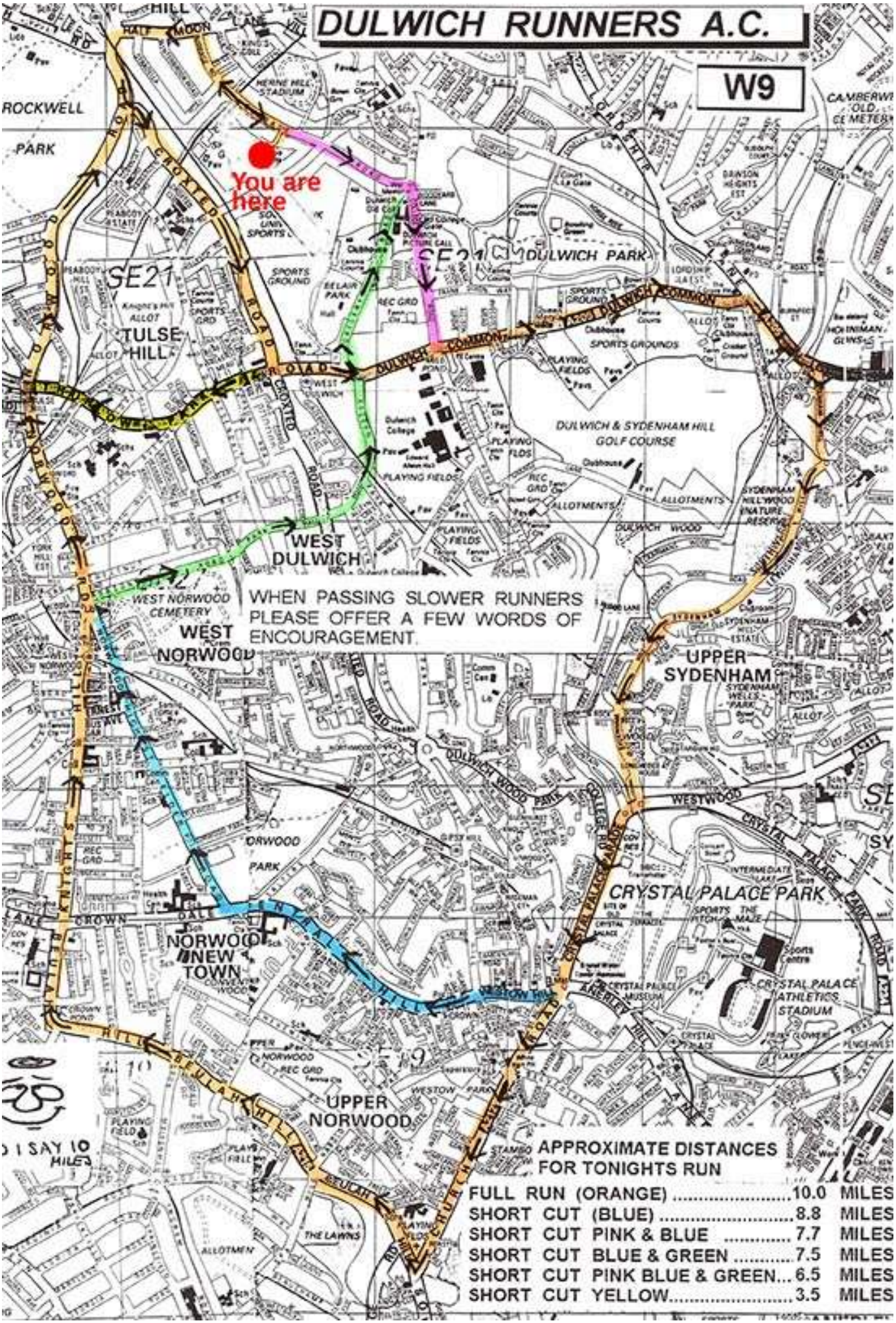
For cross country fixtures (Saturdays) contact the Dulwich Runner's XC captains

ParkRuns (5k) take place at 09:00 on Saturday morning at local parks all over the country (incl Dulwich, Brockwell, Crystal Palace, Hilly Fields) – check out http://www.parkrun.org.uk/ for venues and how to register

Alternative Sunday race options:

17 March Finchley 20 (Ruislip) http://www.activetrainingworld.co.uk/events/2013/03/10/finchley_20

24 March Hastings Half http://www.hastings-half.co.uk/
Cranleigh 15/21 - Choice of 15 or 21 miles http://www.mabac.org.uk/index.html


DULWICH RUNNERS A.C.
W9
You are here
SE21
TULSE HILL
DULWICH PARK
DULWICH & SYDENHAM HILL GOLF COURSE
WEST DULWICH
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
WEST NORWOOD
UPPER SYDENHAM
CRYSTAL PALACE PARK
NORWOOD NEW TOWN
UPPER NORWOOD
I SAY 10 MILES
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) .....10.0 MILES
SHORT CUT (BLUE) .....8.8 MILES
SHORT CUT PINK & BLUE .....7.7 MILES
SHORT CUT BLUE & GREEN .....7.5 MILES
SHORT CUT PINK BLUE & GREEN...6.5 MILES
SHORT CUT YELLOW.....3.5 MILES