SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 6th February 2013

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

- THE COMING WEEK –

Wed 6 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Don't forget -tonight is also Lucky Vest night!details

Sat 9 **Surrey League XC mens & womens**

Tue 12 **Track sessions with Steve Smythe**
Ladywell track http://goo.gl/maps/92zNw
Start 7:15pm, fee £2:55 pay at reception on entry. **Fusion Gym members entry is free**

In your *SHORTS* this week !

3 Fixtures list Cross Country, Club champs etc
5 Race reports etc
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9 Marathon Training Program
10 Wednesday night running map

And much more !

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

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

A brief look ahead

Feb 09 Surrey League XC, Mens & Womens
Feb 16 Sth of Eng. Champs, Parliament Hill
full fixture list page 3

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

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 **Joseph Brady, Andy Murray and Patrick McMorrow** for taking out new runners two weeks ago.
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**

Colin Bailey-Wood	**06/02**
Stephanie Burchill	13/02
Graeme Campbell	20/02
Lloyd Clater	27/02

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 in this year's club champs and other events as a Dulwich Runner you will need to

RENEW ASAP RENEW ASAP RENEW ASAP

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.

Thankyou to all those who have renewed

Wednesday Night Map

On page 10 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.

LUCKY VEST – This Wednesday

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

WINE AND WISDOM QUIZ

The Wine and Wisdom Quiz, held annually at St Barnabas Hall in Dulwich Village will be held on Saturday 2 March.

I have reserved a table for a Dulwich Runners Team. If you are interested can you let me know - we need 8 people altogether - it's usually about £10 which covers entry, food and a glass of wine. The buffet supper is usually very good. ***Ros***

CLUB CHAMPS 2013

Races for next year's club championships have now been selected. These are as follows:

- 3 February Chichester 10K
- 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).*

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***

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**

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***

Spring Relays: Presentation, 13 Feb

There will be a short presentation at the clubhouse on Wednesday 13 February at around 9pm intended to provide information on the Green Belt and Welsh Castles relays.

Entries have to be submitted in March, and we need to have a fairly firm idea of numbers before deciding whether to enter teams. ***Mike Mann***

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 17	BMAF 10M Champs, ,	Lytchett Manor, Poole
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

ASSEMBLY LEAGUE RACES

Details of this summer's series of Assembly League races, most of which take place on the first Thursday evening of the month, can be found below.

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***

FIXTURES 2013

The fixture list includes all currently available info on cross country and club champs fixtures. It includes most races that will be of general interest, some dates to be decided and some fixtures missing, will be updated as details become available.
Details of fixtures, start times, distances and transport information will be provided in Shorts prior to each event.
Apart from Surrey League most matches require entries in advance and only those pre-entered will be eligible to run.
Please look out for requests for entries from your cross country captains and make sure that you respond in time as the closing dates for some races are well in advance of the event. ***Mike Mann***

Date		Race		Venue
Feb	9	**Surrey League 4**		Wimbledon Common **(M)** - Dorking **(W)**
	16	South of England Champs		Parliament Hill
	23	National Champs		Sunderland
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 or 27	**2 Miles club champs race**	**S**	**Dulwich Park**
Jul	**4**	**Battersea Park Assembly League**		**Battersea Park**
	12 or 19	**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**

2013 Dulwich runners Club Championship races - The usual rules apply with the 8 races split into long **(L)** 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 **Mike Mann** (on behalf of ADSC).

2013 Surrey League Cross Country **M**= Men **W**=Women

The men's Cross Country races start at 3pm, apart from the January race which starts at 2.30pm and the womens fixtures start at 12 noon.

XC Captains: Men - **Mike Mann** mcmann90@yahoo.co.uk Women - **Mel Edwards and Anna Thomas** dulwich.womenscaptain@yahoo.co.uk

All members are welcome and needed to do the Surrey league XC matches, just contact your captains

All things CROSS COUNTRY 2012/13

The cross country season proper started back in October with the first men's and women's Surrey League matches

Please make every effort to attend these races, particular potential scorers even if you are planning to race the following day. These races are free and do not require advance entries. Details about start times, transport, footwear etc will appear in Shorts nearer the times of the races.

XC Captains:

Men - **Mike Mann** mcmann90@yahoo.co.uk

Women - **Mel Edwards and Anna Thomas** dulwich.womenscaptain@yahoo.co.uk

Dulwich Runners Cross Country Champs

We are holding a cross country champs for the forthcoming season. To qualify it will be necessary to complete 4 of the following 6 races - The 4 Surrey League matches, the South of Thames 5 miles at Reigate on 24 November and the South of England champs at Parliament Hill on 26 January.

The prize categories will be the same as last season - the 3 leading men and women and first M40, M50, M60, W40 and W50. In addition there will be a captain's award. Our traditional mob match with Reigate will not be taking place this autumn. It may be rescheduled for February/March but this will not be confirmed in time to include this race in the club champs. ***Mike Mann***

Surrey League Cross Country

The final matches take place on 9 February. In the men's division 3 we lie in 2nd place with an apparently healthy margin over the third placed club.

However the experience of last year when we were unexpectedly relegated in the final match, through competing clubs being in a position to field fast second claim runners, means that we must not be complacent.

We need to ensure that all our scorers from the last meet , those at the fringes of the scoring team and those potential scorers not present at the last meet take part in this final fixture if we are to ensure promotion. It takes place at nearby Wimbledon Common, so there is no excuse.

MEN'S SURREY LEAGUE XC, 9 FEBRUARY

The final men's Surrey League of the season will be held on Wimbledon Common on 9 February, with the seniors starting at 3pm and the juniors immediately afterwards at 3.05pm.

The start and finish are at the open space at the junction of West Place and The Causeway near the Fox and Grapes pub (SW19 4UH). We are co-hosting this fixture and providing marshalling support. Thanks for those who have offered to help so far, including some of our women travelling up from Denbies. We still need a few more.

There is limited parking near the start/finish but don't bank on being able to park very close to the start.There is a large car park at the Windmill 0.8m away. Parking around the Common is free but metered in the nearby residential streets.

The HQ is Belgrave Hall, Denmark Road, SW19 4PG, with changing and refreshments, and about 10 minutes jog from the start. Wimbledon rail/tube/tram is the nearest station. Then take the 93 bus to the War Memorial, or walk to the start (15 mins).

The course of around 5 miles over 2 laps is a mixture of gravel paths (with puddles), grass and one currently very boggy stretch through the woods of about 400m. ***Mike Mann***

As is the custom we will be having a post-race meet in the evening for drinks banter etc from 7:30 onwards

This is the last of the Surrey matches for this season so lets hope theres plenty to celebrate !

Everybody is welcome running or not !

Venue: The Mag or Magdala as some know it
211 Lordship Lane, East Dulwich, London, SE22 8HA
http://goo.gl/maps/4DfQR

URGENT - Mens Surrey League XC - Marshals required for final match *we are co-hosting this final men's match at Wimbledon Common, and have agreed to provide marshalling assistance.*
Hopefully some of our women will be able to travel to Wimbledon following their match at Denbies Vineyard to help out, but we also need assistance from those not competing and able to arrive at the start by 2pm. Please contact me if you are able to help out as well as hopefully support us on our return to Division 2. ***Mike Mann***

VETS AC CROSS COUNTRY

The Vets AC cross country champs due to take place on 19 January, but postponed because of the weather, is likely to be rescheduled for 2 March, though this has not yet been confirmed. We had up to the 10 from the club planning to run, so it is hoped that most of those will be able to compete on the rearranged date. Watch this space for further details. ***Mike Mann***

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, Feb 2nd

Brockwell

85 Clare Quirico 13W	24:31
105 Michelle Lennon 20W	25:35
131 Barry Walker	28:11(1M65)
136 Nicola Hill 41W	28:43
157 ran	

Bromley

71 Colin Frith	23:59
74 Martin Morley	24:04
150 Clare Osborne 27W	26:51
298 ran	

Burgess

Alex Elms set a course under-15 record with a good run on a potentially fast course that people are getting at around 80-100m long (approx 15-25 seconds) on their Garmins.

Though Ros was easing back from injury, she was still easily first on age grading. Dulwich had five of the six best performances on age-grading.

4 Alex Elms	18:50 (course PB/U15 record)
11 Steve Smythe	20:21 (1M50) (course PB)
14 Hugh Balfour	20:40 (1M55)
15 Andy Murray	21:55
24 Lucy Elms 4W	22:55 (course PB)
31 Ros Tabor 6W	24:03
63 ran	

Dulwich

A few set PBs with very good runs from Mike, Oliver, Iain and Stephanie.

9 Alistair Locke	18:51
15 Mike Fullilove	20:18 (course PB)
33 Ian Sesnan 22:24	
41 Emma Ibell 6W	22:57
47 Claire Steward 7W	23:26
60 Mark Campbell	24:32
62 Iain Millar	24:37(course PB)
70 Per Hedberg	25:13
78 Stephanie Burchill 20W	25:43 (course PB)
111 ran	

Orpington

With last week's snow and ice evidently easier than this week's chilly mudfest, a course pw but a comfortable first win on this course.

1 Duncan Hussey	19.41

Riddlesdown

Another win for Ange – number 34 here!

8 Angie Norris 1W	22:37
81 ran	

Ashford 10km

67 John English	40:26

Vets rankings

The website mastersathletics.net lists the fastest times in the world for masters age group.
http://mastersathletics.net/index.php?id=2634

Even though she is at the top end of her age group, Clare Elms had the three fastest W45 800m and 1500m times in the world last year. Ros ranked sixth W60 at 1500m and 14th at 800m.
http://mastersathletics.net/fileadmin/html/Rankings/Rankings_2012/2012800meterw.html

http://mastersathletics.net/fileadmin/html/Rankings/Rankings_2012/201221500meterw.html

Tony Tuohy ranked in the top 30 M50s in 2012 at the men's 5000m and 10,000m
http://mastersathletics.net/fileadmin/html/Rankings/Rankings_2012/20125000meter.html

http://mastersathletics.net/fileadmin/html/Rankings/Rankings_2012/201210000meter.html

Sunday 3rd February 2013
Bookham 10km, Surrey

Race conditions: Overcast, muddy, waders required

Deciding that I should give others the chance for glory in Chichester :) I took myself off to Bookham for a second go at this hilly and undulating off road course. The pre-race briefing mentioned that it would be more of a duathlon, with running and swimming as the last kilometre was a wet one but they like to talk these things up I thought, how bad can it be?

This was the shortest distance that I had run for a while and was determined to set off fast and see how it played out running at the front rather than my usual strategy of running steady till the last third and then manning up for the homeward leg. The quick start seemed to pay off especially as it was an uphill jaunt for the first 500m on road before heading off into some of the north down's muddiest trails and I was passed a couple of runners and still had the leaders in sight at what I guessed to be the 3km mark.

The ground was really claggy and the trail shoes soon clogged up making it heavy going and I'm sure I covered an extra kilometre or two just sliding backwards with each step. Grouping up with a couple of other club runners we pushed each other up the course's first cardiac uphill to emerge onto Ranmore Common where I might as well have been wearing crisp packets for all the traction the trail shoes gave in the mud.

Slipping behind the other two runners I was relieved to get onto a long downhill where I managed to pass one and close up on the other runner before passing him on the last lung buster of a climb.

Exchanging a few garbled words of encouragement as we passed I knew he was likely to come back on the flatter stretch to the finish which he promptly did but this gave me something to aim for at least.
With no distance markers pacing was right out the window but I just kept telling myself that if I can get through a night of 4x1600m at track then I've got no excuses for not monstering a 10km, mud or no mud.

The final kilometre as promised was more like something out of an assault course and I had a good view of the guy ahead almost start doing front crawl to get through the puddles. With a bit of a crowd gathered I thought I should put on a good show and (in my mind) blazed through the knee deep water (the photos will probably show the reality that was my fairy footing through it) before bursting out of the fields and back onto a very welcome 500m road downhill to the finish.

6 Alastair Locke 44: 42
312 ran

Kent School XC Championships
U14 B Year 8&9
4.2km Danson Park, Bexley

Up against the year above and in slippery muddy conditions, Oscar helped his Tunbridge Wells district to a county silver only missing out by 3 points 81-84.
29 Oscar Hussey 17.16
93 ran

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***

'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***

Chichester Priory 10k, February 3

This was a highly successful club championships and despite breezy conditions, quite a few of the club's runners set numerous PBs and for the first time I can remember four Dulwich women broke 38 in the same race and while that would normally be the sort of performance that wins national titles, it only got us third women's team as Britain's top team Aldershot with former junior stars Steph Twell and Emily Pidgeon in their team narrowly won ahead of us and a strong Worthing team and we beat Arena, who won the national title here when it was the English Championships a few years ago.

The club runners survived getting to the start despite setting off ridiculously early and arriving at the race two hours before the start!

The best Dulwich men didn't support it as well as the women did (who had four of the first seven to finish compared to the men's three!) and those men that didn't run missed out on one of the best and fastest 10ks in the country that now has three club records set there. Tony's M50 came this week to add to the previous ones of Kofi's Agyei M40 and Meredith's Pannett's senior women's time.

Clare produced the run of the day in terms of agegrading (see separate result) though the breakthrough run of the day came from Buzz, who was only just over a half-minute down on Jim Estall's 22 year-old men's club record as he had the run of his life by some margin.

30 Buzz Shephard 32:34 (32:33)
(One of the quickest 10ks by a Dulwich Runner for over 20 years and took off two minutes off his PB going through 5k in around 16:10 and holding on well)
64 Tony Tuohy 34:31 (34:31) (1M50) (Club M50 record)
(Disappointed at just missing his PB but broke club M50 record and was first M50 in the race by almost 90 seconds)
6W/98 Shona McIntosh 36:14 (36:10)
(Very strong run and coming through to ease inside her PB and showed she is rounding into great marathon shape)
7W/99 Clare Elms 36:16 (36:14) (1W45/2 W40+)
(Fastest 10k for two years and easily first W45 and top overall age-graded performance of the whole race)
14W/130 Catherine Lee 37:25 (37:17)
(Came through after steady start and took a minute and a half off her PB.)
144 Neville Webb 37:46 (37:43)
(Quickest ever time for a Dulwich 57-year-old and his fastest in a Dulwich vest as he continues his good form)
15W/145 Charlie Wood 37:47 (37:43)
(Set a 25 second PB after a tussle all race with Neville)
148 Rupert Nash 37:56 (37:51)
(Fastest time as Dulwich Runner and best for quite a few years as he got inside his 38 minute target)
153 Steve Smythe 38:02 (37:58)
(almost six minutes outside PB but quickest since 2010)
166 Ebe Prill 38:18 (38:11)
(Took a fair bit off his PB to go well inside 40 minutes in his best ever club run)
190 Michael Hutchison 39:14 (39:11) (not paid up)
(Cycling timetrial legend ran in Dulwich vest and started fast but didn't quite keep it going on second half)
203 Chris Treble 39:34 (39:21)
(first time inside 40 minutes with strong run)
206 Rob Cope 39:34 (39:20)
(another to break 40 minutes for first time and reward for some hard work over recent months which won him te captain's award)
220 James Burrows 39:50 (39:32)
(a third Dulwich Runner delighted to better 40 minutes for first time)
34W/253 Mel Edwards 40:40 (40:27)
(almost 8 minutes quicker than her PB in this race from 2011 as continued improvement at fair bit quicker than her 5K PB pace)
35W/259 Kim Hainsworth 40:45 (40:33)
(bettering PB from this race in 2011, another continuing her improvement at all distances)
266 Gary Sullivan 40:57 (40:42)
(Yet another run for him in the 40 minutes as he returns from injury though yet to break the barrier)
37W/267 Ola Balme 40:57 (40:43)
(quickest 10k for a few years as beginning to return to form)
276 Steve Ackroyd 41:06 (40:48)
(over a minute faster than his PB from this race two years ago)
292 Joseph Brady 41:32 (41:19)
(A lot quicker than he ran in this race two years ago but not quite up to current form)
297 Mark Foster 41:43 (41:30)
(possible PB according to power of ten but not up to his parkrun 5km form)
58W/368 Nicola Richmond 43:13 (42:54)
(slow start but came through well as eased back from injury but focusing on track speed)
370 Mike Mann 43:15
(not at full fitness and five minutes down on his time from a few years ago)
431 Andy Murray 44:20 (43:55)
(another easing back from injury and three minutes down on his 2011 time)
439 Graham Laylee 44:28 (44:09)
(best 10km for quite a few years for club champs regular)
444 Bob Bell 44:34 (44:16)
(Parkrun regular in rare Sunday race in recent years and strong performance based on his 5k form)
69W/449 Anna Thomas 44:36 (44:17)
(huge 10k PB at quicker than 5K pace PB as continues to improve)
86W/518 Jo Shelton 45:39 (45:16)
(three minutes faster than the 2011 race and yet another PB and also quicker than 5K PB)
94W/559 Louisa Pritchard 46:07 (45:44)
(down on previous Chichester 10k times and not yet back at full fitness)
101W/584 Claire Steward 46:33 (46:09)
(not quite back to full fitness but still good enough to win the race W60 award
102W/588 Susan Cooper 46:36 (46:05)
(not in her 2011 form or fitness yet)
755 Barry John Nicholls 49:21 (48:52)
(on a par with his 10ks over recent yearsand a second own on his Elmbridge time)
796 Ameet Patel 49:59 (49:45)
(did enough to squeeze inside 50 minutes and very similar to Elmbridge time)

1159 Steve Street 55:49 (55:19)
One of his best ever club runs)
345W/1280 Lindsey Annable 58:12 (57:43)
(Club championships regular not at full fitness yet)
1673 ran
Former Dulwich Runner and now a Chichester Runner Pete Shaw ran 54:06 (52:30).

Age graded

Though not yet back at full fitness after injury, Clare Elms with a male adjusted time in the vicinity of 28 minutes was easily the top age graded performance of the race and even more clearcut in the overall Dulwich Championships. Tony was a clear second with Neville in his best ever club run third. A dozen Dulwich Runners bettered 800 points which is considered National standard and is one of the best quality Dulwich Runners championships of all time.

Note there was an error in the awards for third age grading and it was very close but Charlie Wood pipped Ebe for it by a few points. Charlie obviously deserving an award as a senior woman as she did run faster than the senior man's winner.
Clare Elms 936 1st Overall Championships
Tony Tuohy 889 1st Dulwich M40+
Neville Webb 862 1st Dulwich M50
Claire Steward (50+) 849 1st Dulwich W50+
Buzz Shephard 847 1st Dulwich male
Shona McIntosh 838 1st Dulwich female
Steve Smythe 835 2nd age-grading
Catherine Lee 814 1st Dulwich senior woman
Ola Balme 806 1st Dulwich W40
Charlie Wood 806 3rd age grading
Mike Mann (60+) 804 1st Dulwich M60
Ebe Prill 804
Gary Sullivan 779
Andy Murray 753
Melanie Edwards 750
Kim Hainsworth 748
Bob Bell 747
Nicola Richmond 735
Graham Laylee 724
Joseph Brady 719
Rob Cope 716 Dulwich captain's award
Mark Foster 716
Rupert Nash 711 1st Dulwich senior man
Louisa Pritchard 699
Anna Thomas 685
Chris Treble 685
Joanne Shelton 684
James Burrows 684
Barrie John Nicholls 671
Steve Ackroyd 668
Sue Cooper 658
Ameet Patel 607
Lindsey Annable 563
Steve Street 559

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
Feb	9	**Surrey League (XC)**	(4/4) **Women** – Denbie's Vineyard, **Men** – Wimbledon
	10	**Wokingham Half**	http://www.wokinghamhalfmarathon.co.uk/
	16	**South of England Champs**	**Parliament Hill**
	17	**10 x 1 mile intervals**	Dulwich Park – 09:00
	24	**Tunbridge Wells Half**	http://www.twharriers.org.uk/node/43
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 | Club champs/XC | 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

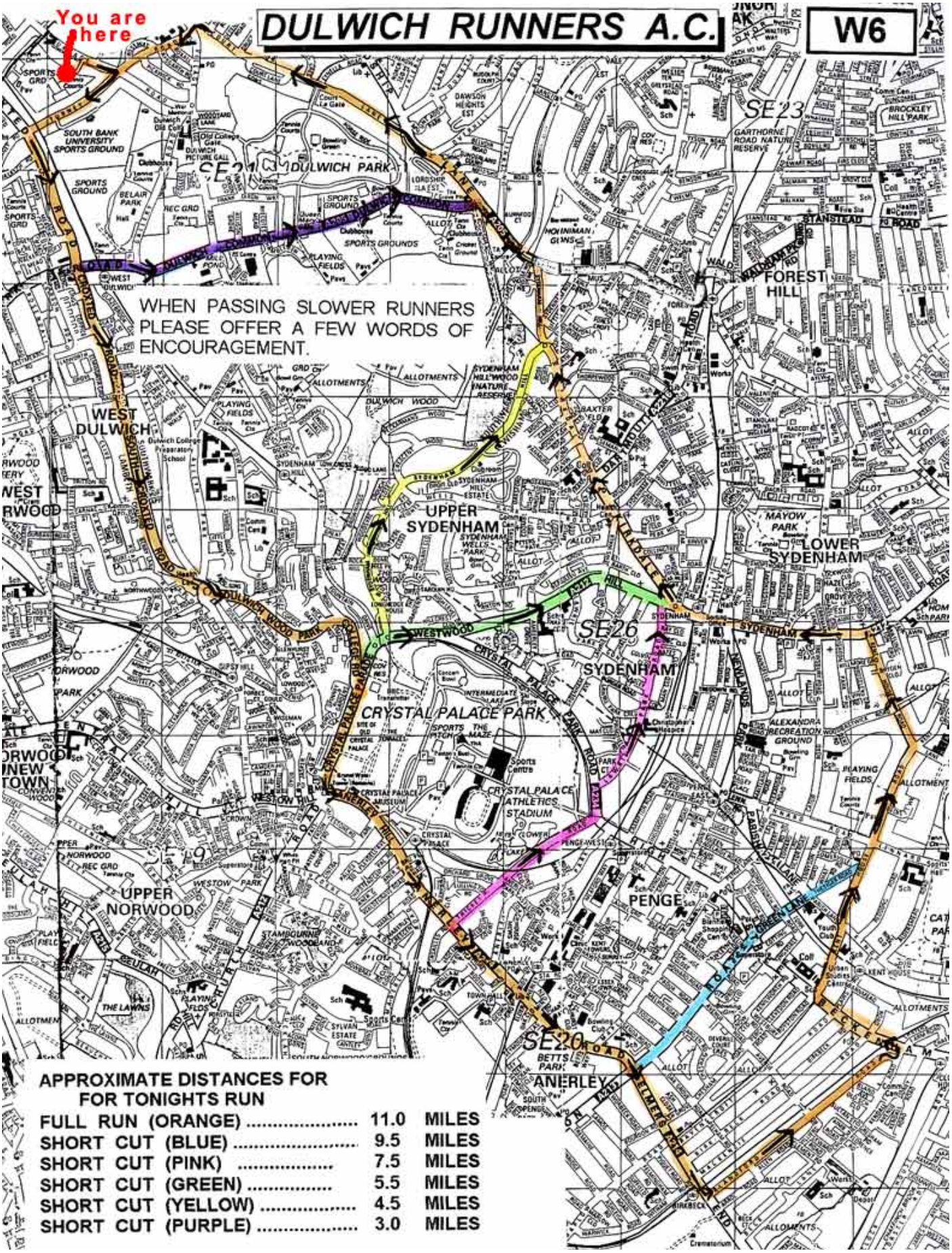
ParkRuns (5k) take place at 09:00 on Saturday morning at local parks all over the country (incl Dulwich, Brockwell, Crystal Palace, Hilly Fields) – check out http://www.parkrun.org.uk/ for venues and how to register

Alternative Sunday race options:

10 Feb	Meon Valley Plod (21 miles) -Tough (but fabulous) multi-terrain – Portsmouth Joggers http://www.pjc.org.uk/
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

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**


You are here
DULWICH RUNNERS A.C.
W6
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
DULWICH PARK
WEST DULWICH
UPPER SYDENHAM
LOWER SYDENHAM
SYDENHAM
CRYSTAL PALACE PARK
CRYSTAL PALACE ATHLETICS STADIUM
FOREST HILL
PENGE
ANERLEY
UPPER NORWOOD
SE21
SE23
SE26
SE19
SE20
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