SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 16th January 2013

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

- THE COMING WEEK –

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

Wed 16 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 19 **Hill Session**, 10am opposite Sydenham Hill staion
Vets AC champs, Wimbledon Common

Past issues of SHORTS can be found at:
http://www.dulwichrunners.org.uk/newsletter.html

In your *SHORTS* this week !

3 Cross Country, Club champs fixtures list
5 Race reports etc
6/7 Surrey League results and XC champs tables
9 Marathon Training Program
10 Wednesday night running map

And much more !

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.

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

A brief look ahead

Jan 19 Vets AC champs,Wimbledon Common
Jan 26 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

Annual Renewal Fee Due

For those of you yet to renew, 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

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 £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 **James Burrows & 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**

Lindsey Annable	**16/01**
Jose Barretta	23/01
Joseph Brady	30/01
Colin Bailey-Wood	06/02
Stephanie Burchill	13/02

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
January winner – Mike Mann

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

Re last Wednesdays lack of heating and showers

Hi Ros

Apologies for Wednesday, we had a power outage through all of our plugpoints and the boiler apparently did not reset itself, the problem should hopefully be solved now.

Again, sorry that it caused inconvenience

Thanks - Rob

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***

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**

Congratulations !

My second son Amadeu was born at 12 pm last wednesday at King's College Hospital ,3.5 Kilos. Mummy was brave and midwife brilliant. Everyone well if a bit tired and emotional .
Happy happy times!
Thanks - ***Xavier Pujol***

Also…….

Jozef and Zuzana have a new addition born last week
No details yet .

DULWICH RUNNERS
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 first two club champs races next year are 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 Chichester Priory 10K on 3 February is a very popular race on a fast course, and entries often close well in advance, so please make that you enter as soon as possible to avoid disappointment.

Similarly 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 both races at nearby pubs. ***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

'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).

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
Jan	19	Vets AC Champs		Wimbledon Common
	26	South of England Champs		Parliament Hill
Feb	9	**Surrey League 4**		Wimbledon Common **(M)** - Dorking **(W)**
	3	**Chichester 10k**	**L**	**Chichester**
	23	National Champs		Sunderland
Mar	**10**	**Lydd half marathon**	**L**	**Lydd**
Apr	**21**	**London marathon (or alternative)**	**L**	**London**
Jun	**6**	**Assembly League 5k**	**S**	**Dulwich Park**
	20 or 27	**2 Miles**	**S**	**Dulwich Park**
Jul	**12 or 19**	**1 Mile**	**S**	**Dulwich College Track**
Sep	**1**	**Lingfield (Dry Hill) 10**	**L**	**Lingfield (Dry Hill)**
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. Please register early for the Chichester 10k to avoid disappointment. 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 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.

There are also a number of other cross country races during the season, most of which require entries in advance which are paid for by the club. These include the London, county, southern and national champs as well as the 2 South of Thames races (see fixture list in Shorts for details).

If you want to take part, it is essential that you let your respective captains know before the deadline given; otherwise it will not be possible to run by simply turning up on the day.

Note that for some of the late season races, entries have to be submitted many weeks in advance. So please look out for notices in Shorts and emails from your captains. The South of England champs at Parliament Hill on 26 January.forms part of our cross country champs, so we will be encouraging entries for this.

If you are planning to take part in cross country races, you will find some hill training of value, so you are encouraged to attend the Saturday morning sessions organised by Steve Smythe on non-race weekends (see recent Shorts Extra notice, and check forthcoming Shorts as times and venues will change from week to week).

Mike Mann, Men's Off-road Captain

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 XC: URGENT REQUEST FOR MARSHALS

We are co-hosting the final Surrey League cross country match on 9 February at Wimbledon Common with Vets AC. We need up to 10 marshals on the course, so could anyone not intending to run and willing to help out please contact me.

For all of you who have been in the scoring team or close to it in matches, please note that your priority will be to take part in the race. The women will be running at Dorking earlier, so it will be tight for those participating to reach Wimbledon Common in time for marshalling, but help on the finish would also be appreciated. ***Mike Mann***

VETS XC CHAMPS, 19 JANUARY

Those VAC members wishing to take part in these champs on Wimbledon Common are now able to enter in advance as an alternative to entering on the day.

Simply send a cheque for £4 to Jeremy Hemming, 7 Emmerton Court, Wynter Street, London SW11 2TZ, and collect numbers at the start. Entry on the day is at Belgrave Hall up to 2pm. ***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, Jan 5th

Banstead Woods

51 Jo Quantrill 1W	23:37 (2cl)
158 ran	

Brockwell

78 Giles Gibson	23:44
81 Michelle Lennon 9W	24:00
188 ran	

Bromley

85 Colin Frith	24:32
95 Martin Morley	24:55
302 ran	

Crystal Palace

10 Steve Ackroyd	20:31
22 Jozef Danko	21:42
30 Andy Cottrill	22:38
52 Jane Harbage 7W	25:10
102 Chris Bell 30W	31:13 (PB)
109 Chris Vernon	32:23
118 ran	

Dulwich

9 Rob Cope	19:32
31 Jim Dowsett	21:23
34 Graham Laylee	21:35
42 Susan Cooper 4W	22:14 (first time)
108 ran	

Hilly fields

2 Ian Lilley	20:04 (PB)
37 Carolina Lilley 9W	28:25
68 ran	

Crystal Palace Canter

Jo Quantrill 23.51 2nd claim

Surrey League Cross Country

Congratulations to the men for their narrow win at Cranford Park and to the women for their convincing win at Mitcham Common. While the locations on a boring flat park in the approach to Heathrow Airport and on a rather scrubby common may have left something to be desired, we made up for that by our convincing performances.

In both matches we fielded most of our strongest runners and as a result achieved our lowest points scores of the season. 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 Saturday, those at the fringes of the scoring team and those potential scorers not present last Saturday take part in this final fixture if we are to ensure promotion. It takes place at nearby Wimbledon Common, so there is no excuse.

Finally a reminder that 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***

Surrey Men's League, Cranford, January 12

Though league leaders Croydon had the first three, Dulwich packed superbly and won on the day and now look certain to gain promotion in second, if there is a similar turn out in the final fixture.

On a fast, flat course, which wasn't too muddy, Buzz again led the way with his best ever League position, finishing a fine sixth.

A flat course suited Tony and he ran well and was easily first M50 and only one M40 was ahead. Wayne had another strong run to finish 14th. Dave Beaver, made his league debut for us and ran well for a top 20 place.

Charles Lound wasn't at his best and was closed down on the final lap by Colin Bailey-Wood, who had his best league run for many years. Alastair Locke showed improved form on the week before to make the top 40.

Steve Smythe was fourth M50 overall while Duncan Hussey showed better form than in the Kents. Chris Treble had his best ever cross-country run to complete the scorers.

Ed Smyth also showed his best form ahead of Ebe, Paul D who this time weren't at their very best. James Burrows made a solid league debut while Mark Foster ran well and just about held off our unofficial youngest ever senior competitor.

Alex Elms hadn't made it in time from his Mum's league race and so guested in the senior race and enjoyed his longest race to date. In his first season since his youth, Mike Fullilove probably started a little too fast but made a good league debut. Largely league regulars Neil, Jose, Mike, Jim, Ian, Andy and Dave gave us good numbers throughout the field and meant we had one of the biggest teams as well as the best on the day!

Oscar Hussey had a nother good run in the under 13s and was on the back of a big group that contained the age group winner and he was third U13.

6 Buzz Shephard	28:06
11 Tony Tuohy	28:48 (1M50)
14 Wayne Lashley	29:18
20 Dave Beaver	29:38 (2M50)
33 Charles Lound	30:30
37 Colin Bailey-Wood	30:42 (3M50)
38 Alastair Locke	30:55
44 Steve Smythe	31:12
51 Duncan Hussey	31:30
58 Chris Treble	31:49
61 Ed Smyth	31:58
64 Ebe Prill	32:07
71 Paul Devine	32:23
72 James Burrows	32:24
80 Mark Foster	32:46
81 Alex Elms	32:50
84 Mike Fullilove	32:57
100 Neil Daniels	33:28
108 Jose Barretta	33:49
136 Mike Mann	35:19
154 Jim Dowsett	36:32
173 Ian Sesnan	38:12
174 Andy Murray	38:31
188 Dave West	40:20

212 finished

DIV 3 TEAM: **1 Dulwich R 260**; 2 Croydon 268; 3 Woking 344; 4 Ful-on-Tri 400; 5 West 4H 440; 6 Elmbridge RR 540; 7 Sutton R 545; Collingwood 550; 9 Runnymede R 658

CROSS COUNTRY CHAMPIONSHIPS 2012 - 2013 MEN - after four events

Total of 4 best runs

NAME	Lightwater 20/10/2012	Roundshaw 10/11/2012	S of Thames Reigate 24/11/2012	Cranford 12/01/13	TOTAL
Buzz Shepherd	50	50	50	50	200
Charlie Lound	47	48	48	46	189
Ebe Prill	42	41	44	39	166
Tony Tuohy	49		49	49	147
Wayne Lashley	48	49		48	145
Jim Dowsett	35	33	39	31	138
Alastair Locke	46		47	44	137
Steve Smythe	45		46	43	134
Duncan Hussey	43	46		42	131
Joe Brady	41	42	43		126
Chris Treble	39	39		41	119
Paul Devine	38	40		38	116
Jose Barretta		37	45	33	115
Mark Foster	40	38		36	114
Andy Murray	37		40	29	106
Ian Sesnan		32	38	30	100
Dave West		30	37	28	95
Rupert Nash	44	44			88
Ed Smyth			42	40	82
Neil Daniels		43		34	77
Mike Mann			41	32	73
Mike Williams		47			47
David Beaver				47	47
Matt Galvin		45			45
Colin Bailey-Wood				45	45
James Burrows				37	37
Cameron Timmis	36				36
Hugh Balfour		36			36
Steve Ackroyd		35			35
Mike Fullilove				35	35
Duncan Fairall		34			34
Graham Laylee		31			31

Events to come early 2013:
Sth. of England 26th Jan | **Wimbledon** 9th Feb

Standings after 3 matches
TEAM: 1 Croydon 740; **2 Dulw R 868**; 3 FoT 1093; 4 Wok 1211.5; 5 W4H 1497; 6 Coll 1516; 7 Sutt R 1580; 8 Elmbridge 1713.5; 9 Runnymede 2066

U17 race
9 Oscar Hussey 15:07 (3U13)

Surrey Ladies League, Mitcham Common, January 12

With a superb team performance, Dulwich won easily and moved into third in the league with one fixture to go, and certainly have a chance of second, especially if Alexie returns to the team.

For the first time ever, we packed three in the first eight (seven if you count Division one).

Clare Elms is well ahead in the Veteran (Over 35) league standings and she was in contention for third most of the race and she was pleased with how she felt in at 8.5km was one of the longest ever league races.

Shona wasn't at her very best but made a great league debut, losing contact with Clare just before halfway. Catherine had another strong run, equalling her best league but couldn't quite get on terms with those ahead.

Charlie Wood showed improve form again for her best league position to give us four in 15.

There was then a two minute wait for our final scorer. Ola probably wasn't at her very best, but looked comfortable and she just about held off Kim and Mel, who achieved their best ever league results with Kim reversing county form with a determined finish. Nb Mel's last 6 Surrey leagues have been 147th, 89th, 82nd last season and 77th, 53rd and now 41st this season.

Kim and Mel's performance ensured a great start to our B team and we were again dominant there and lead the B team section easily. Andrea Pickup, found it hard going on the second half while there were steady runs from Angie Norris and Jo Shelton to complete the B team.

For the C team, Claire S, Ruki, Stephanie (her best league run for a long time) and Lindsey all did well.

While it was a great turn out of our faster runners, it is notable that we lack runners throughout the field and are top heavy. While that is better than the other way around, worth noting that DPR had 16 runners finish behind our last runner!

5 (4 D1) Clare Elms	33:22
7 (6) Shona McIntosh	34:13
8 (7) Catherine Lee	34:29
16 (15) Charlie Wood	35:17
38 (31 D1) Ola Balme	37:22
40 Kim Hainsworth	37:25
41 Mel Edwards	37:29
57 Andrea Pickup	38:21
70 Angie Norris	39:01
135 Jo Shelton	42:51

CROSS COUNTRY CHAMPIONSHIPS 2012 - 2013 WOMEN - after four events

Total of 4 best runs

NAME	ROE HAMPTON 20/10/2012	Sth. OF THAMES REIGATE 24/11/2012	NONSUCH 01/12/2012	MITCHAM 12/01/13	TOTAL
Jo Shelton	40	47	39	41	167
Claire Steward	39	44	38	40	161
Clare Elms	50		50	50	150
Catherine Lee	49		49	48	146
Charlie Wood		50	48	47	145
Ola Balme	47		47	46	140
Kim Hainsworth		49	44	45	138
Mel Edwards	44		46	44	134
Ange Norris	46		45	42	133
Katie Crowe	43	48	41		132
Ros Tabor	42	45	42		129
Anna Thomas	41	46	40		127
Lindsey Annable	37		35	36	108
Stephanie Burchill	36		34	37	107
Andrea Pickup	48			43	91
Louisa Pritchard	38	43			81
Ruki Sidhwa			37	38	75
Shona McIntosh				49	49
Sarah Cullen	45				45
Nicola Richmond			43		43
Clare Quirico		42			42
Justyna Bieniek			36		36

Events to come early 2013:
Sth. of England 26th Jan | **Dorking** 9th Feb

151 Claire Steward	43:49
210 ?? 46:47 (allocated to Dulwich but probably error)	
233 Ruki Sidhwa	48:11
264 Stephanie Burchill	49:59
267 Lindsey Annable	50:35
Nicola Richmond/Carys Morgan dnf	

329 ran

TEAM Div 1: 1 Dulwich R 63; 2 Belgrave H 85; 3 Thames Hare & Hounds 87; 4 Herne Hill H 89; 5 South London H 148; 6 West 4H 159; 7 Hercules Wimbledon 210; 8 Reigate Priory 238; **9 Dulw R B 254**; 10 Stragglers 266; 11 Ful-on-Tri 275; 12 Herne H B 288; 13 Clapham Chasers 302; 14 Woking 395; 15 W4H B 405

Standings after 3 matches: Div 1: TEAM: 1 THH 226; 2 Belgrave 264; **3 Dulw R 283**; 4 W4H 365; 5 S Lon 486; 6 Herne H 539; 7 Clapham 641; 8 HW 734; 9 Rei P 776; 10 Stragglers 862

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***

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

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

New Year Mile Reps

A great start to this year's mile rep. sessions with 21 people taking part and doing between 6 – 8 reps. Average times were as follows;

Alastair	Locke	6:06
Ebe	Prill	6:19
James	Burrows	6:20
Neville	Webb	6:23
Mike	Mann	6:39
Jozef	Danko	6:48
Ian	Sesnan	6:48
Ajay	Khandewal	6:53
Claire	Steward	7:07
Colin	Frith	7:10
Chris	Moody	7:19
Josh	Elton	7:23
Giles	Gibson	7:29
Barry	Nicholls	7:41
Guillaume	Turiln	7:42
Katie	Styles	7:45
Ameet	Patel	7:49
Steve	Wehrle	7:49
Paul	Keating	7:53
Lloyd	Clater	8:00
Nicole	King	8:40

Next week some are doing the Benfleet 15 mile race, if not there will be a run at High Elms at 0900, if anyone wants to come and doesn't know where it is please ask or e mail.
The following Sunday 27th Jan we will do a long run from Dulwich Park at 0900, out to Beckenham place park etc. meet by cycle barrier.

Happy Running! - ***Steve Wehrle***

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
Sat 19 Jan	**Box Hill Fell Race**	7.5 miles XC – http://sloweb.org.uk/events/boxhill2013/
20 Jan	**Benfleet 15**	Multi-terrain – Benfleet, Canvey Island
Sat 26 Jan	**South of England (XC)**	South of England Champs Parliament Hill
27 Jan	**14 Mile run**	Dulwich Park – 09:30
3 Feb	**Chichester 10k**	Club Champs
Sat 9 Feb	**Surrey League (XC)**	(4/4) **Women** – Denbie's Vineyard, **Men** – Wimbledon
10 Feb	**Wokingham Half**	http://www.wokinghamhalfmarathon.co.uk/
17 Feb	**10 x 1 mile intervals**	Dulwich Park – 09:00
24 Feb	**Tunbridge Wells Half**	http://www.twharriers.org.uk/node/43
3 Mar	**Spitfire 20 / Tempest 10**	Road race – Dunsfold http://www.eventstolive.co.uk/
10 Mar	**Lydd half marathon**	http://www.nice-work.org.uk/events.php?id=15
17 Mar	**Richmond Pk to Bushy Pk**	21 miles road / towpath and parks (+ shorter alternatives)
Sat 23 Mar	**Orion 15**	Epping Forest (Chingford) http://www.orionharriers.org.uk
24 Mar	**12 x 1 mile intervals**	Dulwich Park – 09:00
31 Mar	**HERoS at High Elms 17miles**	Trail run - 09:30 – The Grasshopper, Westerham TN16 2EU
7 April	**Paddock Wood Half**	http://www.paddockwoodac.co.uk/
14 Apr	**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:

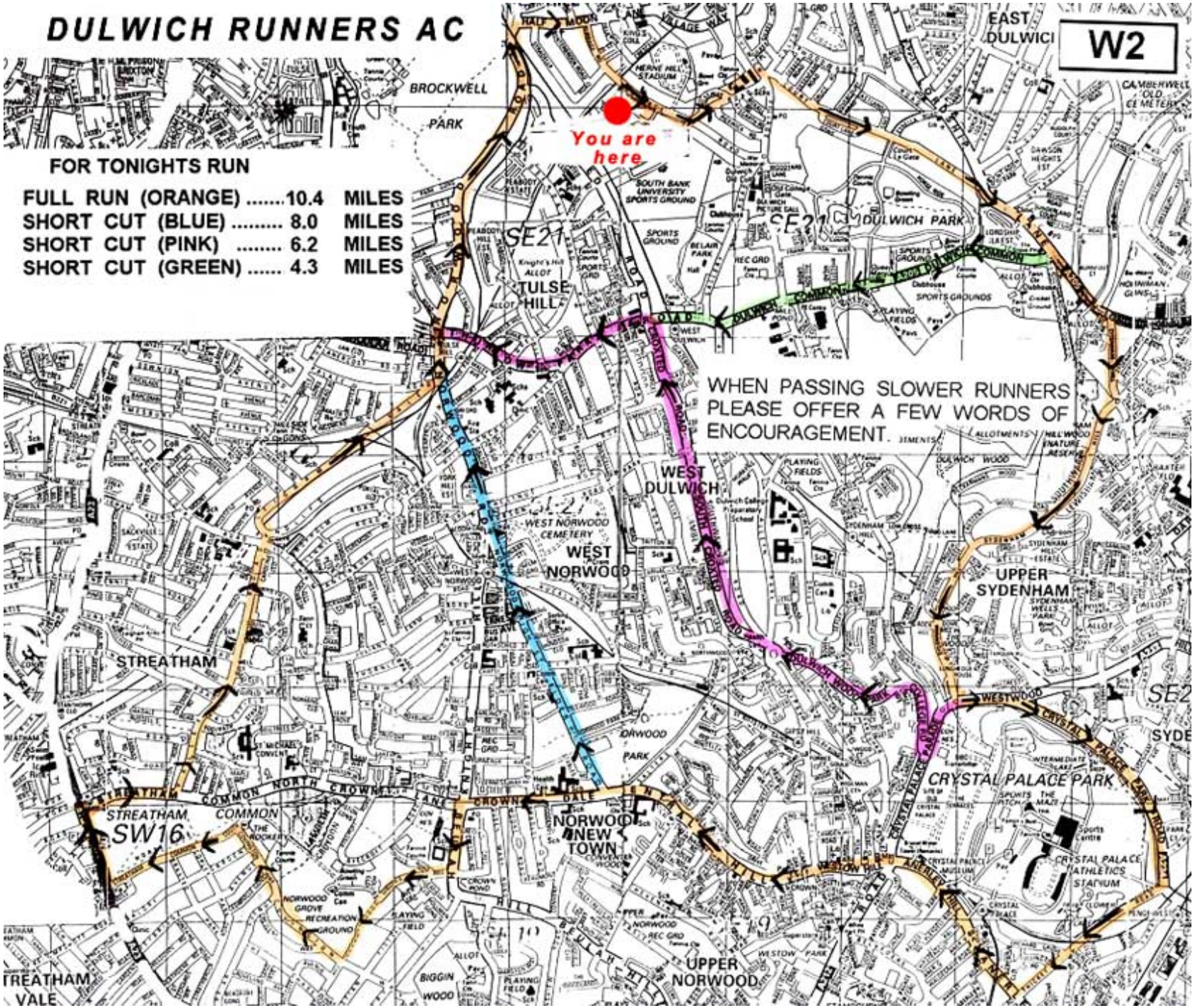
10 Feb — Meon Valley Plod (21 miles) -Tough (but fabulous) multi-terrain – Portsmouth Joggers http://www.pjc.org.uk/

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

DULWICH RUNNERS AC

W2

FOR TONIGHTS RUN

FULL RUN (ORANGE)	10.4	MILES
SHORT CUT (BLUE)	8.0	MILES
SHORT CUT (PINK)	6.2	MILES
SHORT CUT (GREEN)	4.3	MILES