SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 2nd January 2013

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

- THE COMING WEEK –

Wed 02 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 05 **Surrey and Kent Champs** (entries now closed)

Tue 08 **Track sessions with Steve Smythe**
Ladywell track see below
Start 7:15pm, fee £2:55 pay at reception on Entry. **For Fusion Gym members entry is free**

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

In your *SHORTS* this week !

3 Cross Country, Fixtures & events
5 Race reports etc
7 Marathon Training Program
8 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.

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

*** Thursday Session ***

As there was no track on Tuesday and no hill session because of the county championships on Saturday, for those not back at work there will be a Thursday session at Crystal Palace Park (meet at parkrun finish) this week at 11am.
16 people attended a session on the previous Thursday at Dulwich College.

Annual Renewal Fee Due

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
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

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

A brief look ahead

Jan 05 Surrey Champs –Lloyd Park
Jan 05 Kent County Champs, Detling Showground
Jan 12 Surrey League – mens & womens 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 **Mick Ward** 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**

NO CLUB RUN	**26/12 clubhouse closed**
Steve Wehrle	02/01
Clare Wyngard	09/01
Lindsey Annable	16/01

Wednesday Night Map

On page 7 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 - Tonight

December winner was Kevin Wood

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

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

It's early days but you may want to make a note of some dates for next year's spring relays. We'll be recruiting participants for these highly popular and enjoyable events early in 2013. **Mike Mann**

Green Belt Relay	12/13 May
Welsh Castles Relay	8/9 June
1066 Relay	16 June(note later than usual)

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***

Saturday 5th January 2013 – Kick-start the New Year with English Rogues!

Have you got post-Christmas blues? You need some post-Christmas ROCK instead! Fed up with the winter? You need some 'Summer of '69'! Even more fed up with kids screaming 'gimme all your presents'? You need some 'Gimme All Your Lovin'!

I could go on like this but the joke's wearing thin and I might bore you. Anyway, you've guessed it, English Rogues appear to be short of a drummer again so I've had a call, which is just as well as I've been gagging to do a gig for months. It's all the usual pub-rock mayhem; classic rock/blues tracks by the likes of Eric Clapton, ZZ Top, Rolling Stones, Jimi Hendrix, Bryan Adams, The Kinks, Crosby Stills & Nash, Small Faces, AC/DC, Free, Bad Company, Bob Dylan, Guns 'n Roses, etc., etc., you know what I mean! All with blistering guitar solos and mad 'Animal' drumming – you need it and you need it now!

So once again it's exciting, edge-of-your-seat, totally unrehearsed live music guaranteed – it's time to really let your hair down (my hair let me down years ago)! Get on the 'Highway to Hell' and come and 'Love The One You're With'! And then……oh sorry, I've started that song title thing again……..

And as if any more persuasion is needed, it's once again at the extremely local Royal Albert, 42 Westow Hill, Crystal Palace, SE19 1RX, **http://tinyurl.com/amplkmb** start about 9pm – and it's totally FREE.

Tony 'Thundersticks' Tuohy. - Come on, let your ears bleed. !

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	5	Surrey County Champs		Lloyd Park
	5	Kent County Champs		Detling Showground
	12	**Surrey League 3**		Cranford **(M)** - Mitcham Common **(W)**
	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 XC CHAMPS, 5 JANUARY

For those of you who have been entered for the Kent and Surrey XC Champs this coming Saturday, please note the following information. The Kent champs take place at Detling Show ground while the Surrey champs are at Lloyd Park.

Distances are approximately 8k for the women and 12k for the men. Start times at Lloyd Park are 11.10 for the women and 1.45 for the men. At Detling the men start first at 1pm while the women's race starts at 2pm. The Lloyd Park course in particular is likely be even muddier than normal

Also if you want to compete in the National XC Champs at Sunderland on 24 February, please inform your captains now, if you have not already done so.
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.

5km Results, 22nd 25th & 29th Dec &Jan 1st

Brockwell

Only realised on Christmas Eve that, as well as the Dulwich parkrun at 10.00 on Christmas Day, Brockwell was also hosting a run starting at 9.00. Waking up to rain lashing down and armed only with a Santa hat I set off for Brockwell were I found 53 people, including Ameet, who was also doing the double, huddled under the entrance to the Lido and a lake, nearly as large as the Lido, where the finish usually is.

At 9.00 the rain eased and we paddled off, avoiding "the lake" by running on the grass which was well and truly sodden.

Having finished it was on to Dulwich were the the rain was coming down hard. Sheltering under the trees were more DR's including daughter Penelope making her DR debut. The rain came down all through the run and the marshall timing the finish changed several times, ending with me, as peoples hands became too cold to press the button.

Still worked up an appetite.

Bob Bell

Brockwell Park Christmas Day

3	Buzz Shephard		17.36
18	Bob Bell		22.16
39	Ameet Patel	26.34	

53 ran

Dulwich Park Christmas Day

4	Ebe Prill		19.11
7	Rob Cope		19.47
11	Josef Danko		20.32
17	Bob Bell		22.11
21	Ian Sesnan		23.55
25	Clare Wyngard		24.12
27	Mike Dodds		24.57
29	Ameet Patel		25.26
40	Penelope Bell	27.13	
	Chris Vernon	????	

56 ran

Crystal Palace

12	Steve Ackroyd		20.41
17	Josef Danko	21.30	
20	Bob Bell		21.53
49	Ameet Patel		26.19
54	Penelope Bell	28.06	

72 ran

Bob Bell

Greenwich

Clare won on an adjusted course for the waterlogged ground.
1W/2 Clare Elms 19:18
6 Alex Elms 20:24

Dulwich

4 Buzz Shephard 16:44
9 Alastair Locke 19:00
56 ran

Riddlesdown

Another win for Angie.
1W/8 Ange Norris
33 ran

Banstead Woods

Another win for Tony.
1 Tony Tuohy 18:36
110 ran

Hilly fields

Mel won a set a new course record.
2 Steve Smythe20:52 (course PB) (1M50)
1W/5 Mel Edwards 21:14 (course PB/record)
6 Ian Lilley 21:26
29 ran

Valentines

Another parkrun win for Kim.
1W/5 Kim Hainsworth 20:22 (course PB)
56 ran

Brockwell Park

7 Mark Foster 19:58 (1M45)
12 Andy Murray 21:07 (1M55)
29 Graham Laylee 22:56
4W/38 Ros Tabor 24:18 (1W60)
8W/46 Michelle Lennon 25:59
12W/54 Stephanie Burchill 27:12 (course PB)
65 ran

December 25

Brockwell (9am)

3 Buzz Shephard 17:36
18 Bob Bell 22:16
39 Ameet Patel 26:34
53 ran

Bexley

Though not flat out, Clare took six seconds off the course record.
1W/5 Clare Elms 19:47 (women's course record)
6 Steve Smythe 20:42 (1M50)

Banstead

3W/33 Jo Quantrill 24:24 (2nd cl)

Dulwich (10am)

Clare Wyngard pulled off a surprise win.
4 Ebe Prill 19:11 (1M50)
7 Rob Cope 19:47

11 Jozef Danko 20:32 (course PB)
17 Bob Bell 22:11
21 Ian Sesnan 23:55
1W/25 Clare Wyngard 24:12
27 Mike Dodds 24:57
29 Ameet Patel 25:26
6W/40 Penelope Bell 27:13
56 ran

Hilly Fields
There were Christmas wins for James and Mel.
1 James Burrows 20:02 (PB)
1W/2 Mel Edwards 22:03
4 Gary Sullivan 22:19 (1M50)
20 ran

Hampstead Heath
Kim won this tough one.
1W/5 Kim Hainsworth 21:42 (course PB)

December 29

Banstead Woods
Tony gained his 12th win at Banstead (and he has had 19 second places).
1 Tony Tuohy 17:46 (1M50)
3W/38 Jo Quantrill 23:31 (1W55)
128 ran

Brockwell
11 Mark Foster 19:51 (1M45)
32 Graham Laylee 22:40 (1M55)
66 Barry Walker 27:56 (renewed?)
87 ran

Crystal Palace
12 Steve Ackroyd 20:41
17 Josef Danko 21:30
20 Bob Bell 21:53
49 Ameet Patel 26:19
72 ran

Dulwich
Paul Devine set a parkrun PB.
7 Paul Devine 18:48 (course PB)
8 Ebe Prill 19:06
11 Rob Cope 19:37
14 Mike Fullilove 20:22 (course PB)
18 Paul Hodge 20:43
47 Ian Sesnan 23:44
65 ran

Greenwich
Kim had one of her best parkruns to finish second overall and easily finish as first woman as a warm up for her hill session.
1W/2 Kim Hainsworth 21:26
79 ran

Hilly Fields
Clare won her 48th parkrun while Alex was second.
2 Alex Elms 20:08 (course PB)
1W/3 Clare Elms 20:13 (course PB/record)
4 Steve Smythe 20:30 (course PB)
33 ran

January 1

Riddlesdown (9am)
Tony won by 28 seconds and Angie was first woman by four minutes.
1 Tony Tuohy 18:48 (1M50)
1W/8 Ange Norris 22:59 (1W50)
58 ran

Greenwich (9am)
In very wet conditions, Clare Elms won her 49th parkrun by three minutes.
1W/5 Clare Elms 20:45
7 Alex Elms 21:35
10 Steve Smythe 22:06 (1M50)
65 ran

Dulwich (10am)
Ebe led the way and Rob and Mark just missed their PBs but Paul and Jo managed them.
8 Ebe Prill 19:13 (1M50)
10 Rob Cope 19:20
11 Mark Foster 19:23
19 Paul Hodge 20:15 (course PB)
27 Jozef Danko 21:11
28 Bob Bell 21:19
35 Ian Sesnan 22:47
4W/39 Joanne Shelton 23:30 (course PB)
58 Ameet Patel 25:27
8W/59 Penelope Bell 26:24
15W/68 Stephanie Burchill 27:21
89 ran

Banstead Wood (10am)
Tony just missed out on a second win by seven seconds.
2 Tony Tuohy 17:49 (1M50)
3W/38 Jo Quantrill 23:41 (1W55)
7W/50 Ange Norris 25:06
132 ran

Hilly Fields (10am)
After a bad journey with the road being closed to a serious raod accident at Ladywell, Clare had to run the last mile and arrived seconds before the start. Catherine Lee headed her in the first mile but eventually went on to become the first runner to win their first 50 parkruns and set a course record by a minute. Catherine also broke the previous course record despite very muddy slippery conditions.
1W/2 Clare Elms 19:13 (Course PB/course record)
2W/4 Catherine Lee 20:03 (course PB)
6 Steve Smythe 21:18 (1M50)
34 ran

Cambridge Harriers 7.5M cross-country, Joydens Walk, December 29

Getting in some over distance work, Clare was easily first womanand ran a strong second half after having run a parkrun a few hours earlier.

Steve Smythe had also done a parkrun and a one hour hill session and it must have warmed him up well as he was first in is age group, defeating three 3 M50s who had beaten him in the recent Kent Vets Championships.

9 Clare Elms 1W	51:27
13 Steve Smythe	52:53 (1M50)

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
6 Jan 2013	**Tadworth 10**	Epsom Downs http://www.tadworth.org.uk/Tadten.html
Sat 12 Jan	**Surrey League (XC)**	(3/4) Women – Mitcham Common, **Men** – Cranford
13 Jan	**6 x 1 mile intervals**	Dulwich Park – 09:30
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	**8 x 1 mile intervals**	Dulwich Park – 09:00
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**	09:00 – Cuckoo Wood Car Park, High Elms Road
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 rmostly 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

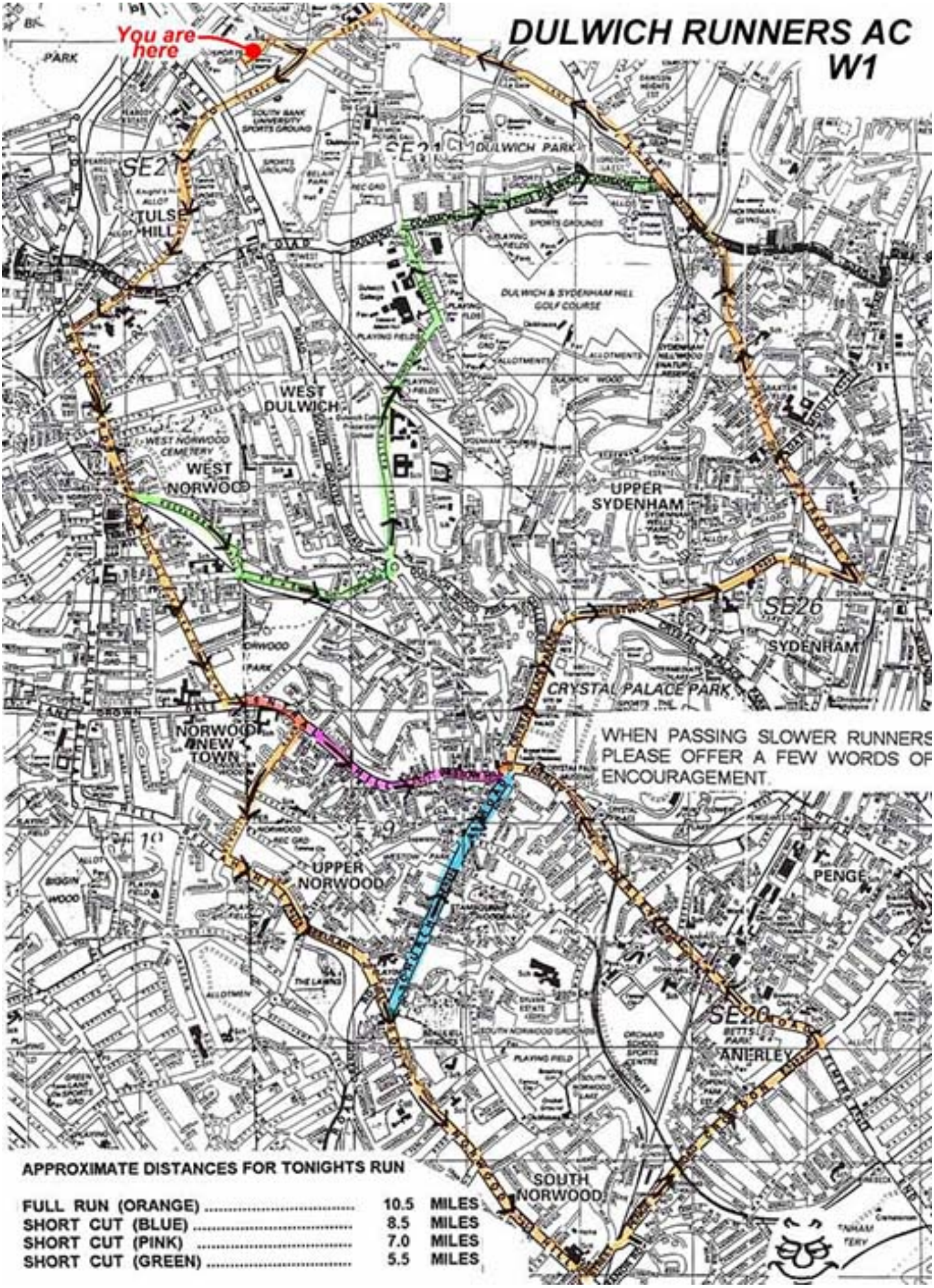
ParkRuns (5k) take place at 09:00 on Saturday morning at local parks all over the country (incl Dulwich, Brockwell, Crystal Palace, Hilly Fields) – check out http://www.parkrun.org.uk/ for venues and how to register

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
W1
You are here
PARK
SE21
DULWICH PARK
SE27
TULSE HILL
DULWICH & SYDENHAM HILL GOLF COURSE
WEST DULWICH
WEST NORWOOD CEMETERY
WEST NORWOOD
UPPER SYDENHAM
SE26
SYDENHAM
CRYSTAL PALACE PARK
NORWOOD NEW TOWN
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
UPPER NORWOOD
PENGE
SE20
ANERLEY
SOUTH NORWOOD
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 10.5 MILES
SHORT CUT (BLUE) ..... 8.5 MILES
SHORT CUT (PINK) ..... 7.0 MILES
SHORT CUT (GREEN) ..... 5.5 MILES