DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 18th December 2013

These are your SHORTS,
Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk
DEADLINE 17:30 TUESDAY

- THE COMING WEEK –

Wed 18 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 24 There is no track session at Crystal Palace as it will be closed, however Steve Smythe has arranged a session at Dulwich College Track instead - 11am start

IMPORTANT SEE BELOW ABOUT HOLIDAY PERIOD RUNS &TRACK

In your SHORTS this week !

4 Fixture list, Club champs,XC road, trail etc
6 Race reports results etc
12 Wednesday night running map

And much more !

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TRACK SESSIONS

Tuesday 17 December open as usual

NB the Crystal Palace track isn't in use on Tuesday December 24 and December 31

There will be a session, meeting at Dulwich College track on December 24 at 11am, part of it at least will be on the nearby hills.
There will be a session meeting at Dulwich College track on December 24 at 11am, part of it at least will be on the nearby hills.
There will also likely be a session same time on December 31 – Meet at the track but be prepared to jog to the hill.

EVENT HORIZON

A brief look ahead

full fixture list page 4

Dec	21	South of Thames XC, Wimbledon Common
Jan	4	Surrey County XC Champs, Denbies Vineyard
Jan	4	Kent County XC Champs, Hythe

NEW RUNNERS ROTA

Thanks to **Mel Edwards, Steve Wehrle, Ian Lilley and Andy Murray** for taking out new runners last week.
If you are on the list, 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 as early in advance as possible.
When it's your turn you will recieve a couple of reminders by email
Thanks. – **Ros**

Giles Gibson	**18/12**
CLUB CLOSED NO CLUB RUN	**25/12**
CLUB CLOSED NO CLUB RUN	**01/01**
Jo Hewett	08/01

Christmas and New Year Arrangements

Dec 18	Club run – showers & changing no upstairs use or bar due to a private party (see below)	
Dec 25	**No club run**	**clubhouse closed**
Jan 1	**No club run**	**clubhouse closed**
Jan 8	Club run	clubhouse open back to normal !

CLUB RUN, 18 DECEMBER

On Wednesday 18 December, there is a private function at the club house which means we won't have use of the upstairs bar area. Changing rooms and showers will be available so it's a club run as usual. The pre-run notices will take place just inside the main door of the club.
Please ensure that you do not go upstairs.
Afterwards the plan is to adjourn to the Florence in Dulwich Road near Herne Hill station for refreshments.

Dulwich Runners Membership Annual Renewals Due

Yes, its that time of year again and for most of you that means your current membership expires on 31 st December

In order to compete in next year's club champs and other events as a Dulwich Runner you will need to **RENEW ASAP**

If applicable to you, then you will have received either by email or post your 2014 membership renewal reminder.
If you haven't received your renewal form then contact me asap **barry@bg1.co.uk**

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is at the back of Shorts.
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 it in the clubhouse- Thanks

WEDNESDAY NIGHT £1 RUNNING FEE

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

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered to scoff after the Wednesday run.
Arrives close to 9 and the 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 !

Rehydration !

Come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

Need a New Year incentive ?

Then read on because Chris Goodman may have just what you're looking for

"Last year I organised a team of regular runners at Dulwich parkrun in the Marathon Talk Jantastic challenge.
This year I've set up a team called 'Dulwich' and would like to extend it to the runners in the club, now that I am a member!

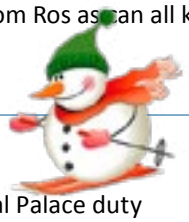
Jantastic is all about setting yourself personal running targets during January, February and March to help stay on track with your New Year's fitness, health and performance goals. Whether you want to improve your personal fitness, set a new PB or are in training for a marathon, Jantastic will help you along the way and keep you motivated.
There are also some amazing adidas prizes to be won including a VIP guaranteed entry to the Virgin London Marathon 2015."

Full details and how to sign up to Jantastic are on the website – **www.jantastic.me**
Chris Goodman

I am planning a run of 12 miles, road and cross country, on Friday 27th December at 1000 from Polhill, near Badgers Mount
This run takes in Shoreham/Otford/Kingsdown etc and has 4 big hills.
Come along and run off the turkey.
Anyone happy to run at 9 minute mile pace come and join us!
If you want directions please ask. Cheers Steve.wehrle@immediate.co.uk

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.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk
for all other club kit please see **page 3**



Crystal Palace Track

The entry system has changed, a Crystal Palace duty manager or a Dulwich Runner will hand out a wristband at reception so you don't need to pay or queue at reception but you will need to pay £2.50 to whoever is doing the club rota at the track. Ideally aim to arrive at 7pm.
You may need ID eg: DR members card or EA/UKA reg card

It might be easier to pay £5 for a further session. It will be £3 if you can't pay. Some of us travel some way to do this so those who live within a few miles should make a special effort to run on what has traditionally been one of the best tracks and athletic stadiums in the world and every top class athlete of the last 40 years has competed on it at some stage. - ***Steve Smythe***

Good Gym

Personal trainer required
12.5 hours / running coach/
The trainer has these primary responsibilities:
-Organising and running group runs.
-Recruiting runners to be members.
-Developing the fitness of members.

for full details on this position please contact Ajay at ajaykhandelwal2013@gmail.com

Dulwich Runners Club Kit

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£18 each

Hoodies are now available. There are a few left in each size .
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

DULWICH RUNNERS CLUB CHAMPS 2014

We have now finalized the events and structure of next year's club champs. There will be 9 races in total split into 3 distance categories. In order to qualify it will be necessary to complete 5 races in total, including at least one from each distance category.

The structure of awards will be unchanged from recent years. Club vests are compulsory for all events other than the mile. You will need to ensure that your club membership is up to date in order to qualify for points.

Finally you are advised to enter the Tunbridge Wells Half marathon early as last year entries were closed from very early in January. http://tinyurl.com/mskwjte

The events are as follows:

1 February	Brockwell parkrun 5k (short)
2 March	** Tunbridge Wells Half (long)
13 April	London (or other) Marathon (long)
5 May	Ted Pepper 10k (medium)
25 May	***Rye 10 miles (long)
22 June	Beckenham 10k (medium)
11 July (tbc)	Mark Hayes Mile (short)
31 August	Sevenoaks 7 (medium)
11 September	Dulwich Park 2 miles (short)

Mike Mann (on belhalf of ADSC)
**** According to the host club , entries were closed this year 2 months in advance of the race, so you are strongly advised to submit your entry by December**
***** Note corrected date**

Tunbridge Wells 1/2M March 2nd 2014

If you want to take part in the second club champs race of 2014, please make sure you enter soon, and if possible before Christmas.
Last year entries closed very early in January.

Possiblity of coach to Tunbridge Wells half 2nd March 2014

The second event in the 2014 Club Champs competition is the excellent Tunbridge Wells half marathon. “Famed for the scenic and challenging route”, it sold out by the start of January for this year’s event so be sure to sign up soon if you haven’t already booked your place with glory.

At around an hour’s drive from Dulwich there is plenty of parking available a short walk from the race HQ. However unless you set out at just gone midnight from Victoria the train doesn’t appear an option as the first train gets in at 9:20 with the race starting at 10am and a 30 minute walk from station to race HQ.

With this in mind we are looking into hiring a coach (to be rebranded the Dulwich Runners’ Race Wagon) to take people to and from the race on the day. There would be a cost for taking the coach which would depend on the number of people signing up.

If you might be interested in taking a coach to the race can you let me know by sending an email to: drsocialsec@gmail.com with something like “TW COACH YES!!!” in the subject line by the end of December.

Also if you think you may drive and would be happy to take passengers please drop me a message as well.

There will be a trip to a local public house for a post-race debrief as well – details to follow nearer the time.

Oh and sign up for the race now! - **Alastair**

Dulwich Runners 2013/14 Fixtures

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesday club night.

Date		Race		Venue
Dec	21	South of Thames 7.5m Country Champs		Wimbledon Common
Jan	4	Surrey Country Champs		Denbies Vineyard
	4	Kent Country Champs		Hythe
	11	Surrey League Cross Country	Men	Reigate Priory (DR to co-host)
	11	Surrey League Cross Country	Women	Putney Vale
	25	South of England Cross Country Champs		Parliament Hill Fields
Feb	8	Surrey League Cross Country	Men & Women	Lloyd Park
	15	Beckenham/Striders/Dulwich Mob Match		Beckenham Place Park
	22	National XC Champs		Nottingham
Mar	15	BMAF Cross Country Champs		Tollcross Park, Glasgow

INDOOR TRACK MEETINGS

For those vets interested in taking part in indoor track races, the following meetings are scheduled for early 2014

Date		Race		Venue
Feb	16	South of England Masters Indoor Champs	(indoor track)	Lee Valley
	23	EAMA Indoor Inter Area Challenge	(indoor track)	Lee Valley
Mar	8/9	BMAF Indoor Track & Field Champs	(indoor track)	Lee Valley
	25-30	World Masters Indoor Track & Field Champs	(indoor track)	Budapest

Here is some advance information, particularly for the benefit of newly joined members.

We compete in the Surrey League cross country and the men were promoted to Division 2 last season whilst the women remain in Division 1.

There are 4 fixtures during the season, which started on 19 October at Lightwater for the women and Richmond Park for the men (details of other fixtures can be found in Shorts).

Men's Surrey League there's no need to enter in advance; simply turn up on the day although your captain will find it helpful if you could let him know in advance.
Women's Surrey League, we need to enter runners in advance and you should have received an email regarding this.With the first 5 runners scoring for the women and the first 10 for the men , it is important to field as many as possible of our strongest runners.

These and other cross country races are not elite and are suitable for all abilities. They also provide excellent strength and endurance training from which you will reap the benefits, particularly in longer road races.

In addition to the Surrey League there's ar a number of other races during the season, almost all of which take place on Saturdays. These include the London champs in November, two South of Thames races in the autumn, the county champs (Kent and Surrey) in early January, the South of England champs in late Jan and the National champs in Feb.

There's also a number of Masters events. For all these races entry must be submitted in advance, in some cases over a month before the events. Your captains will post details in Shorts and contact regular cross country competitors nearer the time, but it is important to read this information carefully and respond before the deadline given if you want to participate.

The club pays for race entries. We cannot cater for runners who simply decide on the day that they fancy a run, but they are of course welcome to support our runners.

Regarding footwear, you can often get away with road shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country shoes, or alternatively fell or trail shoes become essential.

Please contact your captains if you would like to take part and for any other information regarding the forthcoming cross country season. - ***Mike Mann***

Your Cross Country contacts: Men - Mike Mann **mcmann90@yahoo.co.uk**
Women - Anna Thomas & Mel Edwards **dulwich.womenscaptain@yahoo.co.uk**

CROSS COUNTRY CHAMPS

We will be holding a cross country champs once again this season. To qualify it will be necessary to complete 4 out of the 6 following races: 3 out of the 4 Surrey League matches plus either the South of Thames 5 miles at Streatham Common on 23 November or the mob match on 15 February.
The prize categories will be the three leading men and women, the first M40, M50, M60, W40 and W50, plus a captain's award. - ***Mike Mann***

Cross-Country tactics – *Steve Smythe*

Pacing at cross-country without mile markers isn't easy so a garmin is useful or at the very least a watch so you can estimate roughly how long you will be racing to gauge your effort.

Getting to a race half an hour early also helps, better to have time to kill than be half an hour late and miss the start! Then you can relax pre race, warm up gently and look over some of the course and check the start ie is it too narrow and is there a need to start faster than usual so as not to get boxed in. You can also check the finish and also what shoes or spikes you need to fit the terrain.

While it isn't easy in your first cross-country races, narrow starts excepting, it is important to be fairly close to what is your intended finishing position after the first mile.

Coming gradually through the field is generally far more rewarding and successful than starting way too fast but it is pointless being 30 seconds down on people who should be your rivals after a mile as you won't make it up if they are a similar ability.

However, run the first mile ten seconds too fast and the chances are you will run the latter few miles 20-30 seconds slower and end up in a far worse position than if you had been more conservative.

Always try and finish strongly, speedwork should help, and try and work out where the last 200m is before the race so you can work out where to start accelerating.

When you finish try and check your time and hear what's called and check who is around you as initial results aren't always accurate and it could help the team if you can provide a time and confirm who you finished just ahead of or behind.

South Of Thames Cross Country, 21 December

Important Information

For those entered for this race at Wimbledon Common on Saturday 21 December, please read the following important information.

The start is near the Fox and Grapes pub, close to the corner of the the Causeway and West Side Common. The race (a 3 lapper of around 7.5 miles) starts at 2pm so make sure you are there in good time to collect numbers from your captains and warm up. Note that parking is quite limited on the common and is pay and display on the adjoining residential streets, so use public transport if possible. The race HQ is Belgrave Hall on Denmark Road where changing, showers and refeshments are available. This is a good 10 minute jog from the start.

Quite a bit of the course is on flat gravelly paths which can make spikes, particularly long ones, uncomfortable, so trail or fell shoes are recommended. As of today (Monday) there are large puddles on these paths so expect wet feet. There is also a fair bit of sloppy mud in places and depending on the exact route of the course, there is likely to be a short section of heavier mud. - Mike Mann

There is a map near the back of Shorts

National Cross Country Champs 22 Feb

One of the last events of the cross country is the National Champs, being held this year at Woolaton Park, Nottingham on 22 February.

This is an opprtunity to take part in a race graced by quite a few elite runners, including several who ran in the cross country in Belgrade recently. But it it is not an elite event with many club runners participating.

Anyone wanting to take part or find out further details (both men and women), please contact me. With the senior womens and mens races starting atr 2.20 and 3.00pm, the trip to Nottingham can easily be done as a a day trip and rail fares are quite cheap if booked well in advance.

The closing date for entries is early in January, so I will need names by 3 January

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

Kent County Cross Country Champs, 4 Jan

For those entered for the Kent County Champs at Hythe on 4 January, please note that the men start at 1pm and the women at 2pm.

The venue is Brockhill Park School and Country Park, Sandby Road, Saltwood, Hythe, Kent CT21 4HL

Surrey Country Cross Country Champs, 4 Jan

For those entered for these champs at Denbies Vineyard, Dorking on 4 January, please note the following details. The start times are 11.15 for U15s, 12.00 for senior women and 1.45 for senior men.

The venue is close to Dorking station. Parking is available at the Friends Provident car park, the other side of the A24. Refreshments are available at the Vinery Cafe

Surrey League Cross Country, 11 January

We are co-hosting the forthcoming Surrey League cross country match at Reigate Priory on 11 January and need to provide 6 marshalls. Could anyone not planning to run and willing to help out on the day please contact me.

mcmann90@yahoo.co.uk

The club will reimburse transport costs

Beckenham/Striders of Croydon/Dulwich Mob Match, 15 February

A 3 way cross country mob match against Beckenham Running Club and Striders of Croydon has been arranged for Saturday 15 February, starting at 2.30. It will take place in Beckenham Place Park on a course similar to that used for the 10k trail race there.

It is suitable for runners of all standards; the idea is to field as many competitors as possible. Further details will be provided nearer the time.

Note that this race will form part of a cross country champs competition (see separate notice in Shorts). - ***Mike Mann***

Race Reports & Results

Nb Steve Smythe will now only send in results for races he attends or arranges for someone else to attend, so to be sure your race results appear in SHORTS you must send them in.

If you can write a report even better, all road, fell, XC, Tri results etc, are welcome .

M50 TEAM WINS SILVER AT BIGGLESWADE

It was yet another highly successful day for the club at the SEAA Masters cross country at Biggleswade on 14 December, with an outstanding team silver for the M50s, against tough competition from Herne Hill Harriers,Barnet and District and other clubs from around the south of England. There were some excellent individual performances, notably from Clare Elms who finished 2nd woman.

The course was over reasonably firm parkland with a couple of testing hills on each of the long laps. The M50s and M60s ran together in the first race, which was around 300m over 10k. Tony had a storming run to finish 5th while Dave Beaver, despite limited recent races, used his experience to pick up places late on. The third member of our medal winning team was Ebe who continued his recent run of strong form. Not far behind was Chris Loizou, finishing 7th M55, followed by John English, and then Gary Sullivan, handicapped by recent injury. Mike Mann was pleased with his run, coming in a patch of mixed form, finishing first M65 by over a minute, while Andy had probably his best cross country run of the season to finish 6th M60.

The women's race was over a short, medium and long lap and around 6k in distance. Clare was well up with the leader until the end of the medium lap but struggled in the final lap, losing a bit of ground, but finishing 2nd overall and, although entered as a W40 was 1st W45. Ros Tabor appeared wrongly in the results as 8th W50 but finished ahead of all the W60s. Not far behind was Louisa who ran well despite a lack of race fitness.

In the final M40s race over the same course of just over 10k, we finished 12th team. Charlie had a strong run against some tough opposition. Michael Hutchinson is participating in a few cross country races during a quite winter period for cycling, and had a good run. Mark Foster may have found 10k a little over-distance, while Joe Brady enjoyed his run but found the course quite hard.

Steve S adds this was our best ever men's cross-country championship result and achieved without any of the M50s who ran itr last year with most of our M55 national medal winning team unavailable. Great runs from Tony, Dave and Ebe plus a goodf M65 title for Mike, easily beating the runner who pipped him in the Vets international.

Potentially we should have been battling for medals in the women's team but the very expensive fees went to waste as three potential team members, who would have surely completed a medal winning team, inexicably pulled out after asking to be included in the team entry. Clare (though far from her form of the week before) and Ros seemingly lost out on south of England titles due to confusion in the entries.

M50+ race

5 M50 Tony Tuohy	38:26
9 M50 Dave Beaver	39:08
22 M50 Ebe Prill	41:25
7 M55 Chris Loizou	41:37
31 M50 John English	43:20
1 M65 Mike Mann	43:37
6 M60 Andy Murray	45:16
17 M55 Gary Sullivan	47:36

M50/M55 TEAM: 1 Col H 29; **2 Dulwich R 42;** 3 Barnet 49; 4 Herne Hill H 51; 5 Crawley 85; 6 City of Norwich 88; 7 St Alb 98; 8 Headington RR 113; 9 Winchester & District 138; 10 Trent Park RC 140; 11 Hillingdon 168

M40/M45

20 M45 Charlie Lound	39:15
31 M40 Michael Hutchinson	42:27
44 M45 Mark Foster	44:37
52 M45 Joseph Brady	46:45

M40/M45 TEAM: 1 Kent 25; 2 Colchester H 49; 3 Aldershot, Farnham & District 54; 4 London Heathside 55; 5 Springfield Striders 85; 6 Royston R 149; 7 Camberley & District 151; 8 Riverside R 164; 9 St Albans Striders 168; 10 Ely R 183; 11 Thames Valley H 185; 12 Dulwich R 187; 13 Barnet & District 195; 14 Hillingdon 201; 15 Leighton Buzzard 203

Women's Race

2 Clare Elms 24:03 (1st W45)
43 Ros Tabor 29:07 (1st W60)
51 Louisa Pritchard 29:46 (15th W40)

Waveney Valley Turkey Trot 15 December 2013

from our far east correspondent

Feeling guilty at not being able to run the Dulwich Runners Turkey Trot, I decided to sneak across the border into neighbouring Suffolk to take part in an annual event with a similar name but a bit more testing and 10 miles.

The course is described as "undulating" (a better description would be only one hill per mile). The trot started at 11.00am with the first two miles heading south from Beccles http://www.waveneyvalley.org/wp-content/uploads/Turkey-Trot-2013-course-map.pdf "gently" uphill.

At mile 3 we were reminded of the fact we were now in a pleasant rural setting by the aroma of the local pig farm and soon found ourselves "trotting" through a half mile carpet of squit (a local Norfolk term for muck) left by a lazy farmer on the road. Mile 4 and three hills completed but no view or scenery, a runner from Clapham (just west of Dulwich) asked if there were many more hills, "just a few" I replied, " about 5 but a nice downhill finish for the last mile."

At mile 5 we passed a free range chicken farm, several had escaped into the road and decided to add insult by "pacing" several of us up the next hill and beating us to the top.

Having not run any races for several weeks (not since the Peterborough half) I began to notice the lack of distance training and at mile 6 began to slow drastically on "undulation" number 7, but managed to keep going, by mile 8 I was beginning to feel a lot better until I remembered the sting in the tail of this race.

To enjoy the "nice" final one mile downhill to the finish you had to climb the meanest hill on the route from 8 ¼ miles to mile 9 a steady slog got me to the top and the last marshal greeted me with the usual "well done not far now." I turned the last corner and headed downhill to the finish on a muddy football pitch to collect the usual memento of the race, a family size Christmas pudding. Unlike London I believe we missed all the rain and enjoyed a dry (apart from the squit which was now dry on the back of my legs) and fairly mild morning if not a bit windy at the top of the hills and open countryside. I can recommend this race if any of you are in the area next year.

Wishing all at Dulwich a very merry Christmas and a fantastic New Year.

Peter Warren (a slow 1 hour 38 minutes 43 seconds)

The Kent Masters XC 2013

The vital missing result !

A dejected and far away Martin Morley writes...

I can only assume that my poor non-medalling effort was not worth any space compared with just how well the Ladies LV35 and Mens MV50 teams performed and how well Clare and Tony ran for their Gold and Silver individual medals, so good to see them running so well.

I ran in the same race as the ladies team and it was really great to see how well they all ran and make it onto the podium. I arrived a little late and did not have time to pin my number on so just carried it with me. I started right at the back and chased hard to catch up with Jo and then I had Cara in my sights as of course Clare was long gone.

On the 2nd lap realised that Cara had also got away so time to just dig in and with support from Neville, Tony, Ian and Steve. I managed to finish a lowly 20th of 42 MV60 and MV65 men. I need to improve by a massive 2min 49secs to even get a bronze medal so a good target for next year. Like Ian in the MV40 race I was the only Dulwich Runner in the MV60 race. Actually I was 14th MV60 in 22:50 of 28 and 5 MV65's men beat me as well. Oh yer, well done to MV50 team.

Kent Masters Cross-Country Championships
M60 5km
This result was missed from last week
20 Martin Morley 22:50

Nene Valley 10M Road Race

96 Paul Mottram 01:07:13

spotted by Martin Morley

14th December

Ashford

5 Nick Brown	18.46 (M55 course record)

Brockwell

6 Paul Devine	17:52 (course PB)
22 Charlie Wood 1W	18:59 (2 secs from PB)
37 Rob Tobin	19:55 (course PB)
39 Kevin Chadwick	20:00 (course debut)
58 Sarah Cross 6W	20:57 (course PB)
72 Michelle Lennon 9W	21:38 (course PB)
75 Cameron Timmis	21:48
85 Anna Thomas 13W	22:10
144 Claire Steward 33W	25:25

215 ran

Bromley

8 Oscar Hussey	19:15 PB

309 ran

Burgess Park

This was my first attempt at a 5k since mid April, and to be only 1.37 down on my pb was not bad.

I was pleased to feel generally ok, and to run the final kilometer 17 seconds faster than the first. The downside was a bad pain in my left knee, but the physio didn't seem to think it was too serious. One lesson for aspiring fast finishers is try not to give away how bad you are feeling.

When the finish came into view, I was not sure I could catch the guy ten yards in front of me until I heard him groan. Then I knew he was in more trouble than me, and wouldn't come back at me as I sprinted. I beat him by 2 seconds. - ***Hugh Balfour***

16 Hugh Balfour	21.20
22 Gideon Franklin	22.12

89 ran

Crystal Palace

Clare's 100th run

4 Andy Cottrill	20.18
21 Bob Bell	22.40
27 Clare Wyngard	23.28
29 Mike Dodds	23.42
30 Belinda Bell	24.30
52 Ruki Sidhwa	26.07
86 Chris Vernon	34.15

94 ran

Dulwich

18 Chris Goodman	18:37 (course PB)
39 John Fletcher	21:29
64 Pip Eastop	24:16

124 ran

Hilly Fields

Edwin gets first parkrun victory

1 Edwin McCormack	19:01

Richmond Park

80 Barrie John Nicholls	24.01
89 Lindsey Annable 10W	24.17 (Ist VW45)

246 ran

Riddlesdown

10 Ange Norris 1W	21:21

80 ran

Wimbledon

82 Graham Laylee	22:35

TURKEY TROT DECEMBER 2013

NAME	Net time
Tony Tuohy	17.11
Ebe Prill	18.56
Ian Lilley	19.08
Mel Edwards	19.24
Andy Cotrill	20.03
Toby De Belder	20.19
Gideon Franklin	22.33
Clare Wyngard	23.00
Sue Cooper	23.30
Mike Dodds	23.40
Bob Bell	24.03
Belinda Bell	24.33
Sarah Hughes	25.11
Kat Ware	25.12
Claire Steward	25.17
Joanne Shelton	25.38
Duncan Wilson	26.04
Francesca Wilson	26.11
Leann Peters	27.09
Steve Cook	27.30
Stephanie Burchill	27.50
Kathryn Cheshire	28.30
Penelope Bell	29.05
Carolina Lilley	29.05
John O'byrne	31.30

In addition 3 people walked:

Chris Bell	40.17
Richard Pole	41.04
Aileen Cook	41.58

John O'Byrne won the handicap

Andy Cotrill was closest to his predicted time (2 econds)

Bob Bell won the prize for best fancy dress - making the park SPARKLING clean as he ran round with his various cleaning materials.

Thank you everyone for taking part

Ros

2014 pre London Marathon schedule for weekend runs going through to 13th April .

For further information contact either STEVE WEHRLE or CLAIRE STEWARD

SUNDAY RUNS, RACES AND REPS
(Provisional – dates and events subject to change)
Includes: middle and long distance multi-terrain / road races
Cross Country (XC) Fixtures on Saturdays
Sunday runs at High Elms, Mile repetitions in Dulwich Park
Preparation for London Marathon 2014

Weeks to go!	Date	Event / Distance	Information
14	4 Jan	Surrey XC champs	Denbies Vineyard
14	5 Jan	Tadworth 10	Epsom Downs – off road
13	11 Jan	Surrey League XC	Reigate & Putney
13	12 Jan	6 x 1 mile reps	Dulwich Park 09:30
12	19 Jan	High Elms	09:00 off road with HEROS- 14 miles
11	26 Jan	8 x 1 mile reps	Dulwich Park 0900
10	1 Feb	Brockwell Parkrun	09:00 5km – **CLUB CHAMPS**
10	2 Feb	High Elms	09:00 off road – 15 miles
9	8 Feb	Surrey League XC	Lloyd Park
9	9 Feb	High Elms	09:00 off road- 16 mile run
8	15 Feb	Mob Match XC	Beckenham Place Park
8	16 Feb	10 x 1 mile reps	09:00 Dulwich Park
7	23 Feb	Dulwich Park	09:00 17 miles
6	2 Mar	Tunbridge Wells 1/2M	**CLUB CHAMPS**
5	9 Mar	Richmond Park	09:30 - 22 mile off road run
4	16 Mar	Spitfire 20	Dunsfold Aerodrome(20 mile race)
3	23 Mar	12 x 1 mile reps	09:00 Dulwich Park
2	30 Mar	Paddock Wood 1/2M	Paddock Wood, Kent
1	6 Apr	Easy 10 miles	09:00 High Elms
Zero	**13 Apr**	**LONDON MARATHON**	**CLUB CHAMPS**

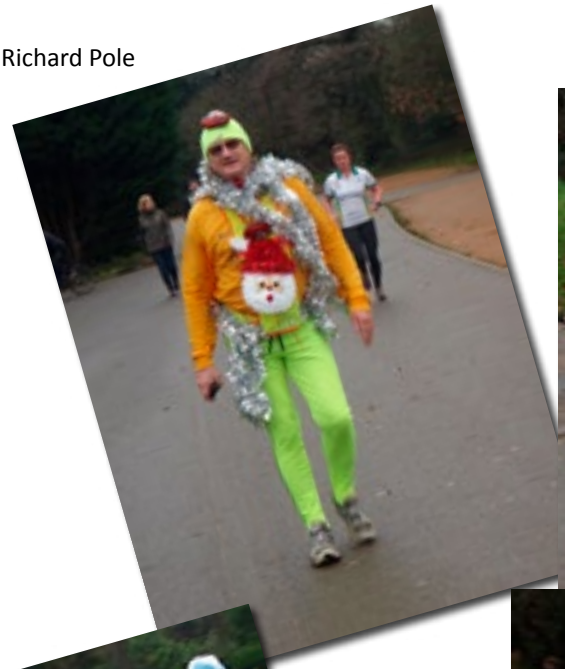
The traditional Sunday Dulwich Park runs start at or 09:00 for longer runs for marathon preparation
For a more rural run, meet up with members of Orpington and Blackheath Clubs, 'HEROS'
(High Elms Runners on Sunday) starting from High Elms at 9:00
For more information contact Steve Wehrle or Claire Steward
For XC events, contact the Cross Country Captains for further details
(suitable for; 3.15 – 3.50 time long runs with Claire
3.50 -4.30 long runs with Steve)

The Annual Turkey Trot

The Rogues Gallery...well some of them

photographs - John Fletcher

Richard Pole



Christine Bell

Claire Steward

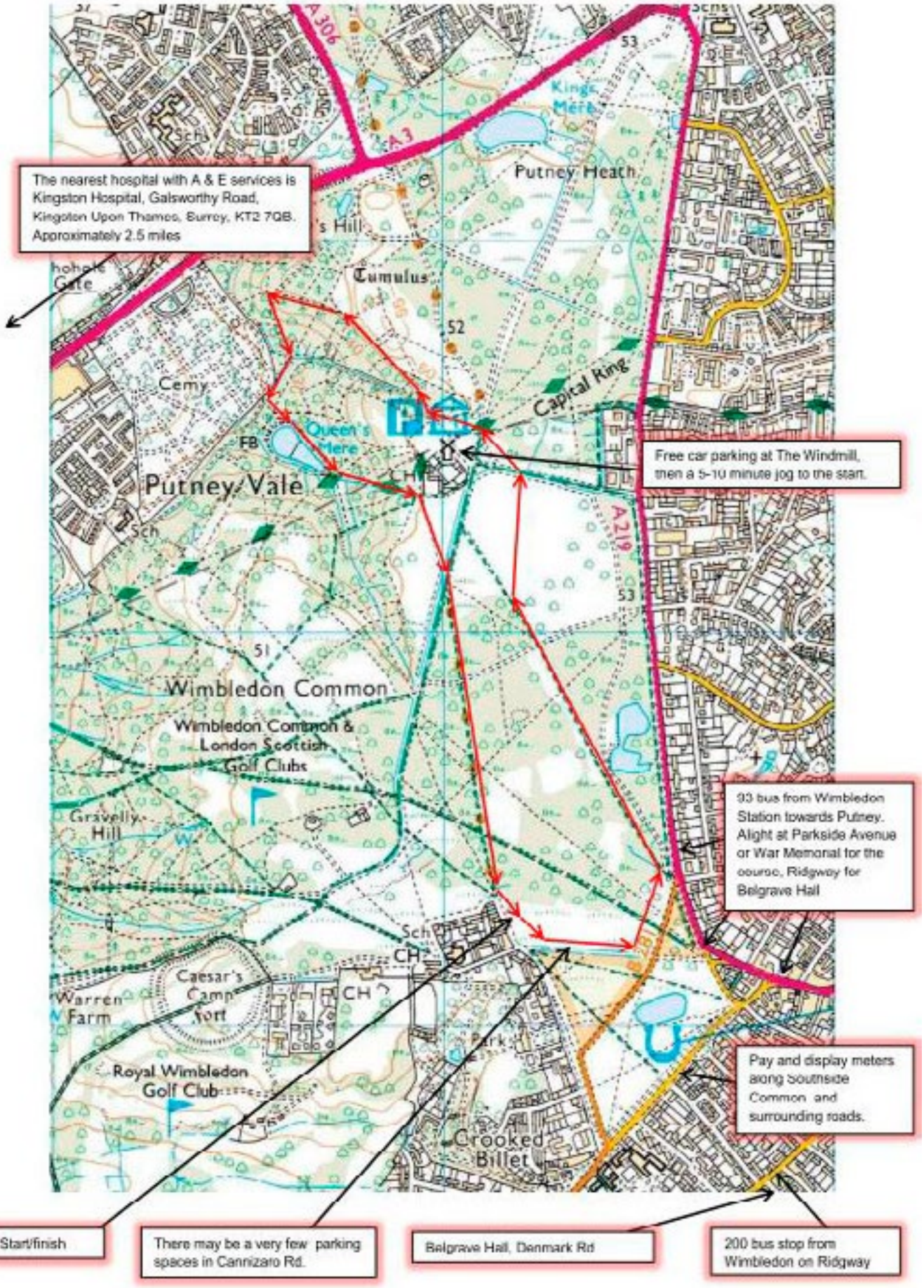
Claire & Duncan Wilson

Mike Dodds

Jo Shelton

Sue Cooper

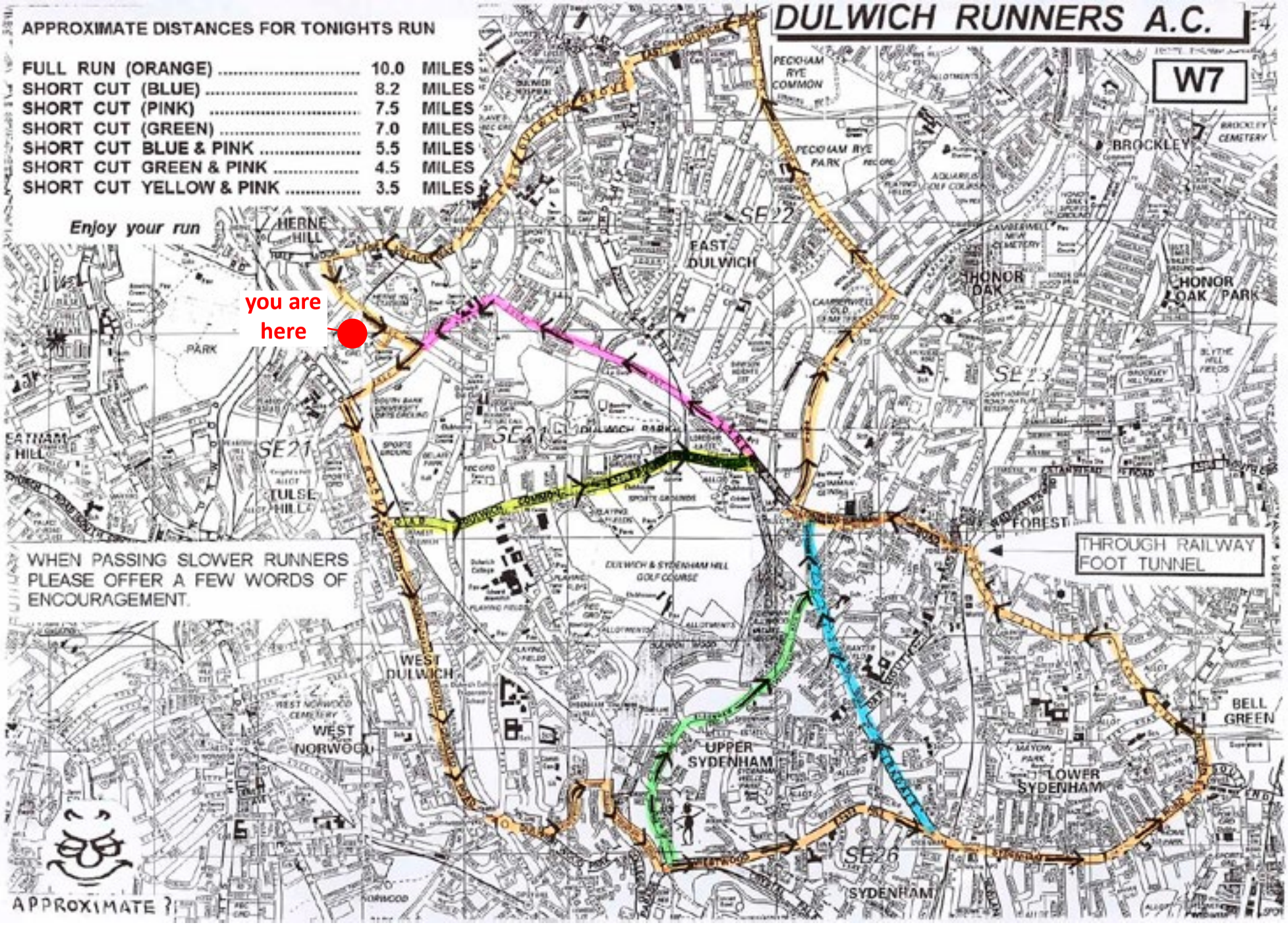
Belgrave Harriers Cross Country Course, Wimbledon Common



DULWICH RUNNERS A.C.

W7

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	10.0	MILES
SHORT CUT (BLUE)	8.2	MILES
SHORT CUT (PINK)	7.5	MILES
SHORT CUT (GREEN)	7.0	MILES
SHORT CUT BLUE & PINK	5.5	MILES
SHORT CUT GREEN & PINK	4.5	MILES
SHORT CUT YELLOW & PINK	3.5	MILES

Enjoy your run