DULWICH RUNNERS CHRISTMAS PARTY

Saturday, 14th Dec 2013 - 7:30pm

The Cambria, Camberwell, 40 Kemerton Rd, SE5 9AR

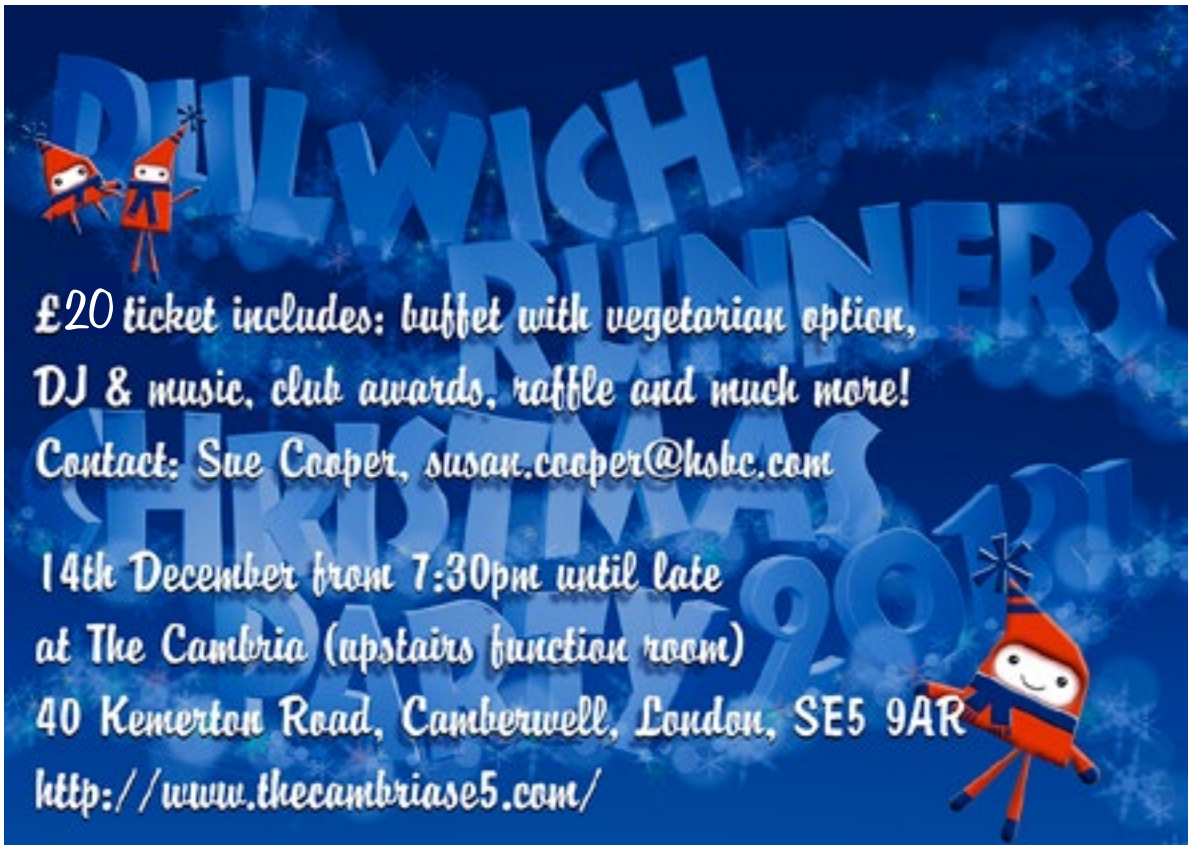
There are now only 15 tickets left...so to be one of the lucky ones get in quick and contact me asap.

susan.cooper@hsbc.com

Pay by direct transfer Bank: Natwest - A/c: 37357182 - Sort: 60-21-12 - Amount: £20 - Ref: your name

Below are the names of those who have bought tickets, and those requesting a veggie meal are in red

Charlie Lound	Paul Devine	Ruki Sidhwa	Di Morgan	Pauline Crawshaw	Barrie J. Nicholls	Ajay Khandelwal	Susan Cooper
Ron Searle	Jose Barretta	Gary Sullivan	Ros Tabor	Tony Tuohy	Ebe Prill	Rob Cope	Torsten
Clare Wyngard	Bob Bell	Bernard Imber	Andy Murray	John McGlashan	Ines Prill	Desmond Edwards	Patrick O'Connor
Mike Dodds	Chris Bell	Cameron Timmis	Mike Mann	Graham Laylee (1)	Jo Shelton	Anna Thomas	Shareena Rashid
Edwin McCormack	Penelope Bell	Ian Lilley	Jill Mann	Graham Laylee (2)	Katie Smith	Chris Loizou	Duncan Wilson
Mel Edwards	Belinda Bell	Carolina Lilley	Susan Vernon	Kaylee Coxall	Steve Wehrle	Clare Elms	Sam Crump
Ameet Patel	Andrew Cottrill	Hugh Balfour	Chris Vernon	Steve Cook	Ann Wehrle	Sarah Richardson	Wayne Lashley
Shona Nash	Kim Hainsworth	Helen Balfour	John O'Byrne	Aileen Cook	Joseph Brady	Christine Dawson	
Rupe Nash	Richard Pole	Patrick McMorrow	Harry Handscombe	Stephen Street	Steve Smythe	Ange Norris (1)	
Alastair Locke	Karen Grieves	Sarah McMorrow	Claire Steward	Katie Styles	Ed Smyth	Ange Norris (2)	
Emma Ibell	John Kerry	Barry Evans	Andrew Crawshaw	Lindsey Annable	Clare Osborne	Nicola Richmond	



.....And for the morning after

SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 4th 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	**04**	**Club Night, Edward Alleyn Club** 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Tue	**10**	Track session with Steve Smythe - £2.50 fee Crystal Palace Track - 7 for 7:15pm start
Sat	**14**	**Dulwich Runners Christmas Party** Only £20 - limited availability -see prev page
Sun	**15**	**Dulwich Runners Annual 5k Turkey Trot Race** Dulwich Park 10am - prizes for 1st finisher and best, fancydress - entry form at end of SHORTS

IMPORTANT SEE BELOW ABOUT HOLIDAY PERIOD RUNS

TRACK SESSIONS

Crystal Palace Track

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

We pay a monthly fee so it is important as many people use the track as possible so we don't make a loss.

The entry & payment systemsystem has changed.
£2.50 per session
Ideally aim to arrive at 7pm warm up for 7:15 start.
Please see page 2 for full details on track entry and payment system - Steve Smythe.

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.

In your SHORTS this week !

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

And much more !

Click below to
SUBSCRIBE or UNSUBSCRIBE

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list page 4

Dec	7	Womens Surrey League XC, Farthing Down
"	"	Kent Masters XC Champs - Bexley
Dec	14	SEAA Masters XC, Biggleswade
Dec	21	South of Thames XC, Wimbledon Common

NEW RUNNERS ROTA

Thanks to **Andy Murray, Patrick McMorrow, Steve Wehrle,** 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**

Paul Devine	**04/12**
Mel Edwards	11/12
Giles Gibson	18/12
CLUB CLOSED NO CLUB RUN	**25/12**
CLUB CLOSED NO CLUB RUN	**01/01**
Jo Hewett	08/01

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)

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 or 0750 655 4004
ola.balme@btinternet.com

If you are stuck for gift ideas this Christmas I offer a great value gift voucher.

LUCKY VEST - Dec 4th

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 2**

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***

Clare Osborne, DR club secretary, writes:

The draft minutes from this year's AGM have been sent to the club website editor and should be available there shortly.

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	7	Surrey League Cross Country	Women	Farthing Down
	7	Kent Masters Cross Country Champs		Danson Park, Bexley
	14	SEAA Masters Cross Country		Biggleswade
	21	South of Thames 7.5m Country Champs		Wimbledon Common
Jan	4	Surrey Country Champs Champs		Denbies Vineyard
	4	Kent Country Champs 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 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.

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***

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***

Forthcoming Cross Country Events

Entries are invited for several cross country races.

The first is the **South of Thames 7.5 miles at Wimbledon Common on 21 December.**

The Kent and Surrey county cross country champs at Hythe and Denbies Vineyard respectively, both take place on 4 January and the **South of England champs at Parliament Hill Fields on 25 January.**

Qualification for the Kent and Surrey county champs is on the basis of place of birth or residence.

I am happy to advise anyone who is unsure which county they are eligible to run for. Please let me know if you would like to take part by the following dates: 6 December for the Kent champs and 13 December for the other 3 races. For all these races you have to be entered in advance to take part. **- Mike Mann**

So far I have had very few requests to enter these races. Please make sure you let me know in time if you want to be entered

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**

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**

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.

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 but please keep them cordial and free from what might be considered as personal attacks/politics etc. as they will be edited out.

The Pirie 10, December 1

A joint effort came up with the following !

Great result for Dulwich women: First and third! 'Some Men also ran (and one of them pretty fast!)'

The Pirie 10 starts with a gentle jog of about 5 minutes from the South London Harriers' clubhouse to the startline on the Farthing Downs.
The race itself consists of two equal laps of 'undulating' (let's just say, there were hills) cross-country terrain on downland and through something someone calls sometimes Happy Valley. A stretch of around 800m across a field is usually quite testing but this year the surface was firm with limited mud.
The distance is 10 miles, but may be mercifully a bit shorter than.

After taking the lead in the first half mile, Mel was driving round by the fear of being overtaken. She lost almost a minute in the second lap, not helped by briefly going off course and later having to dodge a large cow that wandered out in front of her in the last mile, but was relieved when the woman she thought was closing on her turned out to be a man (the second woman actually being a minute and a half behind).

Ebe loved the downhills, hated the uphills and was left floundering in Mel's wake along the Happy Valley trail. He felt a strong Ola getting close at the start of the second lap and had to dig deep to put a bit of distance between them again. Encouraged by the enthusiastic support of Tony Tuohy en route he sped up slightly, but nevertheless lost a minute on the second lap, not feeling his freshest after Saturday's race.

Ola had a strong run, starting off faster than usual and finishing over 40 seconds up on her previous 2011 effort to finish 3rd women and first Vet.

Mike found the cambered stretch over the first mile of each lap hard on the ankles, and seemed to nod off along Happy Valley in the second lap until spurred into action by being caught by a rival M65. His pace was reasonably even, dropping off 30 seconds in lap 2, but his time was slow, almost 4 minutes down on his previous effort in 2011.

Joanne enjoyed the run (except for the Happy Valley) and was enthusiastically dragged along by the South London Harriers running alongside her. She panicked a little when Tony Touhy decided to jog along with her for a bit but was unsuccessfully hopeful of a bacon sandwich when he dropped away.
The support from her team mates at the finish was amazing with Ebe's shout of 'Faster Jo he's gaining on you!!' scaring her into sprinting for the finish line.

Alastair had a more measured run than usual actually trying to apply some tactics, putting in a steady first lap before (marginally, or perhaps the effort was all in my head) upping the pace for lap 2 and was happy to have no one in sight behind for the last couple of miles taking in the sights of Croydon on the horizon. All in all a nice trip for a run.

16 Alastair Locke	1:02.53	(1:04.22 in 2012)
28 Mel Edwards	1:06.53	1W (1:09.22 in 2012)
33. Ebe Prill	1:08:22	
36 Ola Balme	1:08.57	3W, 1st Vet W) (1:09.36 in 2011)
59 Mike Mann	1:13.00	(2nd M60) (1:09.18 in 2011)
96 Jo Shelton	1:23.50	

Kent Cross-Country League (5.8M), Sparrows Den, November 30

69 Steve Smythe	37:11 (1M55)

Hw Inter-Club Cross Country
30 November

This annual event, around 5 miles in distance, takes place on probably the most scenic of the many courses across Wimbledon Common with an extensive rather twisty wooded section in the middle of each lap.

Ground conditions were excellent and I ended up wearing road shoes, having unthinkingly brought along 12mm spikes which would have given my feet a pounding. I managed to miss one of the turns in the woods on the second lap and had to retrace my steps, adding well over a minute to my time in the process. - ***Mike Mann***

Andy Murray	36:45
Mike Mann	36:53
Ros Tabor	38:31

Wednesday runs

Many think the quicker you go on Wednesday, the fitter you will get. It's not necessarily true. If you have done a hard session Tuesday, then a hard run Wednesday is probably the worst thing you can do. You will just probably increase your tiredness and run worst sessions the rest of the week and probably race worse at the weekend than you would have done.

If you only train a few days a week, then it does make sense to train quite hard when you do run but if you are attempting to carry out a well balanced training schedule then for many the best course of action is to run long and relaxed and within yourself. Then you can make sure you recover from the previous day's effort.

It doesn't suit everyone but tests have shown most runners get fitter by slowing down some of their training runs and run faster on just their designated speed days. Remember, there are no prizes for running fast on Wednesdays.
Steve Smythe

Thanks to everyone who sent a card or kind words following the passing of my mother last week.

Self Transcendence 10k - Battersea Park 30th Nov.

Dulwich Runners were out in force in Battersea Park on Saturday morning, as nine men and two ladies participated in the Self Transcendence 10k. Despite the ungodly 8.30am start conditions were perfect, and this event is always highly enjoyable due to the laid back and friendly atmosphere. It attracts a number of high calibre runners, but also a good portion of fun runners which is always nice to see. The course is four 2.5km loops within the park, and with only two small turns per lap is built for fast times.

As we all gathered to collect our numbers and warm up it did have the feeling of an unofficial club championship. I think seeing so many familiar faces can help relax people, and this was most certainly reflected in the performance. All rivalries between our runners are friendly, and there was great support shown between all DRs.

Our contingent was led home by Tony Tuohy who had a strong run following recent ankle problems. Tony comfortably took the 1st V50 prize and was pleased with his performance which he felt was a fair reflection of where his current fitness is.

Not far back and breaking his pb by nearly a minute was the in form Alastair Locke. He achieved his pre-race target and broke 36 for the first time. He also joined the 21st century by debuting his shiny new Garmin. The Casio Classic will be missed Al! He started strongly going through 5k in just under 18 minutes, and despite a slight wobble on the 3rd lap he picked up the pace on the last lap keeping Tony in his sights. He feels there is more to come, and with his current upsurge in form it is hard to disagree,

Paul Devine was next to finish just over 20 seconds behind and was delighted with a 3 minute pb which rubberstamped a pleasing few months of progress. Paul stuck to his game plan by suppressing the urge to race Al (though refusing to let him out of his sight!) and ran a consistent and strong race with only a 2 second variance between his mile splits.

Edwin McCormack also had a good race despite an ongoing shin problem and recent illness. With the benefit of youth on his side, and having only recently joined the club- he is going to be a force to be reckoned with when he returns to full fitness.

The battle to be the next Dulwich Runner home was fiercely contested- as Ian Lilley, Sam Crump, Mel Edwards, Ebe Prill and Rob Cope all took close order from the beginning. Mel and Ebe set the initial fast pace, with the other three tucked behind. They all picked up pace as the race progressed and it was still tight after 3 laps.

Ebe and Mel led the way at the beginning of the last lap, but then Sam and Ian found an extra gear and went past, although Mel chased them hard. The powerhouse Ian was first home, ending with his now trademark sprint finish having followed his race plan to perfection. He ran a massive 47 second negative split to easily break his sub 40 target. A mere five seconds behind was Sam who despite not having done much recent training ran a superbly well judged race and is another with more to come in the coming months. Sam ran very hard and was mildly sick just after finishing which ended Ian's hope of a post race handshake to acknowledge their ding dong battle! Once recovered Sam assured us this was commitment to the Dulwich cause, which impressed Ian greatly.

Only eleven seconds behind and finishing strongly Mel just hold off Ebe. Mel has made superb progress again this year, and knocked over 30 seconds off her pb. She also took the 3rd placed ladies prize adding to her ever increasing trophy cabinet. Ever the perfectionist Mel was a little annoyed with her pacing strategy but was delighted with her time. Ebe also ran well and after a couple of days of research, he discovered he was also the 3rd place V50. He was not far off his pb form, felt he ran better than anticipated and was another who ran a negative split.

Closely behind and delighted to finish the year with a massive pb was Rob Cope, who knocked over 30 seconds off his previous best. Having spent most of the autumn trying to return to fitness from three broken ribs following the notorious `Dog gate` incident, Rob felt it was one of his best judged races to date. He is another runner with more to come in 2014.

John English has recently been fighting a heavy cold, but still ran an excellent race. Although not quite able to pick up the pace in the second half as much as he would have liked, he was still only narrowly down on his pb. John was pleased that he ran as well as he could, although he confessed to being mortified at being outsprinted by a gentleman nearly 15 years his senior.

Carolina Lilley completed the Dulwich contingent and also ran a great race for a PB. She was also a great source of support for fellow Dulwich Runners. Husband Ian as well as Ebe and Sam chivalrously joined her on her final lap.

Some fine research by Ian also noted that Al, Paul, Mel and Ian himself had recorded age graded pb's which are valid for any distance. Mel's being the highest at 78.98% followed by Paul (75.71) Ian (75.43) and Al (75.26)

With spirits high several of us reconvened to a local greasy spoon for a well deserved carbohydrate reload. Most of us reflected on a job well done, whilst masochists Al, Mel and Ebe contemplated the Pirie 10 XC the following day! - ***Paul Devine***

Results

25 Tony Tuohy	35:38 (1V50)
29 Alastair Locke	35:51 (PB)
36 Paul Devine	36:14 (PB)
55 Edwin McCormack	38:01
62 Ian Lilley	38:14 (PB)
63 Sam Crump	38:19 (PB)
67 Mel Edwards	38:30 (PB 3SW)
68 Ebe Prill	38:34 (3M50)
72 Rob Cope	38:45 (PB)
104 John English	40:44
253 Carolina Lilley	55.26 (PB)

30th November

Brockwell

60	Graham Laylee	22:17
67	Michelle Lennon 5W	22:44
75	Clare Wyngard 9W	23:05
78	Mike Dodds	23:17
106	Katie Styles 17W	24:34
122	Stephanie Robinson 20W	26:06
136	Sarah Lyness 27W	27:01

183 ran

Crystal Palace

5	Chris Goodman	19.48
6	Andy Cottrill	20.02
33	Belinda Bell	24.06

102 ran ***Bob Bell***

Eastbourne

5 Nick Brown 19:10 (1st M55)

Peter Pan

Saturday 30th November I vistied my home city of Hull and ran the Peter Pan parkrun for the 1st time.

The absence of very fast sub 18 minute runners combined with my family watching me run and even my mum making her parkrun debut meant that my fastest parkrun time of 18:49 got me the 1st place token for the 1st time.
The course is three clockwise laps on both grass and tarmac and is very flat and fast.

1 Kevin Chadwick 18:49 (parkrun PB)
71 Ran

Orpington

Wayne Lashley writes...
When I said I wanted to run as many runs in London as I could, I meant it.
So when Ian Sesnan suggested Orpington, I was perplexed. This was not part of the deal. Having nearly led us astray in trying to get to Goddington Lane, Orpington thanks to my poor sense of direction, I was further concerned by the fact there was no toilet when I got there.

An essential part of my criteria for selecting a parkrun had not been satisfied. I was convinced I was going to have a 'Paula' moment. We were greeted by the sight of Steve Wehrle and Duncan Hussey and the pair confirmed my worst fears, the toliets had been vandalised so were not in use! This was quite literally going to be a run of containment!

The park is deceptively big so there was quite a bit of varied terrain in just 2 and 3/4 laps, which made it both interesting and a bit more challenging. The course was mostly off-road with one lovely concrete path that was downhill. It was surprisingly dry under foot which made for a more pleasant run.

I have been informed that the drainage at Orpington used to be quite poor so the back end of the course was more often than not a mudpit. Fortunately though, the Parliament Hill-like bog had not migrated to Kent and I managed to hold a fairly consistent pace of 5:51mins, 5:51mins and 5:54 mins with a little sprint at the end. Fairly happy with my morning's work and more importantly, my dignity remained intact with no need for a sorry moment in the woods! Duncan finished strongly in 3rd, Ian through in 24th and Steve came in 64th.

1	Wayne Lashley	17:53
3	Duncan Hussey	19:30
24	Ian Sesnan	24:12
64	Steve Wehrle	29:34

Riddlesdown

18 Ange Norris 3W 21:49
104 ran

Roundshaw

Clare's 65th parkrun win.
2 Clare Elms 1W 19:03
3 Steve Smythe 19:42 (course PB)
68 ran

Southwark

Chris Vernon writes
After last week at Burgess when my result was a mess, this week I thought I would go and visit Paul Keating on his home turf but once again he was not there making me the sole representative of the Two Blue Hoops. This was not a new run for me but just like the previous visit I came last, once again in 42nd place but it was a course PB by 41 secs ! What do I have to do to get off the bottom step?
42 Chris Vernon 31.41 (course PB)1vm65

St Peters parkrun, Sydney

This event starts at 8.00 and was a train ride away from our hotel , so an early start coupled with some sort of jet lag meant arriving without great enthusiasm but greeted by friendly faces. Many asked about my Dulwich vest as the next stop down the line is Dulwich Hill, followed by Sydenham !

A lot of work going on in this park which meant that much of the course was outside the park on a tight pavement making any overtaking difficult. Also had to squeeze through parked cars, avoiding numerous tow bars which seemed to stick out a long way compared with UK ones. Chris moved from "Chris's Corner" to the top of a steep little hill to give encouragement to the Bell contingent. Last time she did this course Penelope was given a time, along with everybody else, of 59.59 so a PB wasn't hard ! Race was won in 15.29 showing that it's quick, if you get a good start. - ***Bob Bell***

71	Bob Bell	23.05
148	Penelope Bell	28.26 (course PB)

206 ran

A couple of corrections to the marathon table from last week.

Ebe Prill ran 3.09.11 at Manchester, not 3.06.36; 744 points not 747, 9th overall not 8th
Toni Holt 8th overall not 9th
Sophie Bennett ran at Lyon, not Brighton.

CROSS COUNTRY CHAMPIONSHIPS 2013 - 2014 MEN

Total of 4 best runs

MUST INCLUDE 3 SURREY LEAGUES

NAME	Richmond 19/10/2013	Wimbledon 09/11/2013	S of Thames Streatham 23/11/2013	Reigate 11/01/2014	Lloyd Park 08/02/2014	Beckenham mob match 15/02/2014	TOTAL
Alastair Locke	48	49	50				147
Ian Lilley	45	43	47				135
Ebe Prill	44	42	46				132
Wayne Lashley	50	50					100
Oli Thurogood	46	48					94
Paul Devine		46	48				94
Charlie Lound	47	45					92
Chris Goodman	38		44				82
Rupert Nash	43	38					81
Kevin Chadwick	40	41					81
Neville Webb	39	40					79
John English	37	36					73
Jim Dowsett	33	35					68
Tony Tuohy	49						49
Edwin McCormack			49				49
Dave Beaver		47					47
Michael Hutchinson			45				45
Sam Crump		44					44
Martin Morley			43				43
Duncan Hussey	42						42
Bernard Imber			42				42
Steve Smythe	41						41
Chris Loizou		39					39
Rob Cope		37					37
Mark Foster	36						36
Mike Mann	35						35
Andy Murray	34						34
Ian Sesnan		34					34
Graham Laylee	32						32

CROSS COUNTRY CHAMPIONSHIPS 2013 - 2014 WOMEN

Total of 4 best runs

MUST INCLUDE 3 SURREY LEAGUES

NAME	Lightwater 19/10/2013	Sof Thames Streatham 23/11/2013	Farthing Down 07/12/2013	Putney Vale 11/01/2014	Lloyd Park 08/02/2014	Beckenham mob match 15/02/2014	TOTAL
Charlie Wood	48	49					97
Mel Edwards	47	50					97
Katie Crowe	43	48					91
Anna Thomas	41	45					86
Clare Elms	50						50
Shona McIntosh	49						49
Michelle Lennon		47					47
Ola Balme	46						46
Sarah Cross		46					46
Nicola Richmond	45						45
Ange Norris	44						44
Clare Wyngard		44					44
Carys Morgan		43					43
Nicola McIvor	42						42
Sue Cooper		42					42
Claire Sinka		41					41
Ros Tabor	40						40
Claire Steward	39						39
Joanne Shelton	38						38
Lindsay Annable	37						37
Sue Rowlands	36						36
Stephanie Burchill	35						35

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	Debbies 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)

DULWICH RUNNERS TURKEY TROT HANDICAP RACE

5K (approx) HANDICAP RACE (3 laps of Dulwich Park)

SUNDAY 15th DECEMBER 10.00 (meet by Queen Mary's Gate)

prizes for:

1st runner across the finish line

1st walker across the finish line

closest to predicted time

best fancy dress - THEME SPARKLE!!

entry fee £2.50 or £2 if in fancy dress

most recent 5k or parkrun time _____

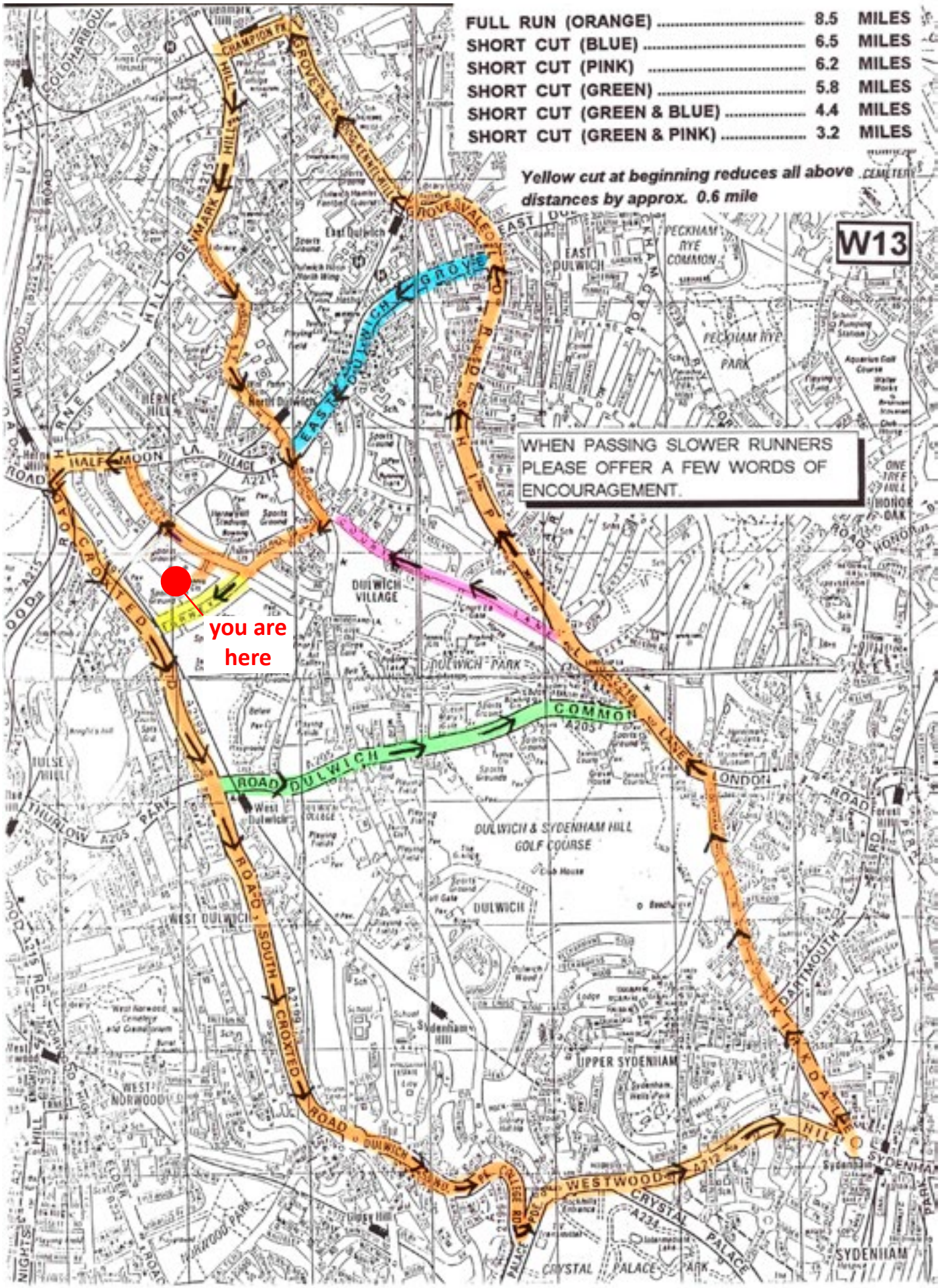
predicted time for 5k on 15th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than handicap.

ros@28kerfield.freeserve.co.uk

DULWICH RUNNERS W13

FULL RUN (ORANGE)	8.5	MILES
SHORT CUT (BLUE)	6.5	MILES
SHORT CUT (PINK)	6.2	MILES
SHORT CUT (GREEN)	5.8	MILES
SHORT CUT (GREEN & BLUE)	4.4	MILES
SHORT CUT (GREEN & PINK)	3.2	MILES

Yellow cut at beginning reduces all above distances by approx. 0.6 mile