SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 25th 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 25 **NO CLUB RUN SEE BELOW**
Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 31 There is no track session at Crystal Palace as it will be closed, however Steve Smythe has arranged a hill session meeting 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 !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

TRACK SESSIONS

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

Hill Session: next Tuesday
Over 20 runners attended the hill session on Christmas Eve and the session will be repeated next Tuesday (New Year's Eve) at 11am.
Meet at Dulwich track at 11am and then jog up to hill opposite Sydenham Hill station

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 !

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 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

EVENT HORIZON

A brief look ahead

full fixture list **page 4**

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**

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**

Marathon schedules

NB Steve Smythe, who is coaching Asics/Runner's World marathoners again this year, is happy to give runners from the club marathon schedules, and other marathon help and advice but runners will need to contact him soon and give some feedback so schedules can be adjusted accordingly. While sub-2:30 to sub-3 hours is his speciality, having himself run around 60 in the last 35 years, anyone of any pace who is willing to train hard is welcome to come for advice.
steve.smythe@athleticsweekly.com
ps There are of course plenty of other people to go to advice for too in the club, and in other local clubs too

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

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 !

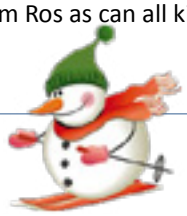
Rehydration !

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)

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
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.

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

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**

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 .

South of Thames 7.5M Championships

Held on a horribly wet day, the race was actually over 8 miles on three laps of the Common. The course was wet but mostly fast and runnable apart from a section of a few minutes each lap which was very boggy and the weather was worst after the race than during.

Ideally should have been more than 17 club members running and the women fared much better than the men in team terms but needed more front runners to retain the title won last year but third was still an excellent result. Mel finished fairly much the same position overall but advanced from 16th to 9th woman (8th in championship as a non scorer from non participating club finished high up). Charlie, not at full fitness due to an Achilles problem, lost a little ground on Mel in the last mile but still made the top 12 in teh Championship while Ola was in the top 20, and again finished very strongly.

Uniquely amongst women's cross-country races, this event is six to score and good runs from Anna Thomas, Sue Cooper and Michelle Lennon completed the team that narrowly finished third as just 12 points covered the second to fifth team.
Non scorers were Clare Wyngard and a less than fit Katie Crowe.

Clare Elms, with a very good record against the women's winner, was ill and had to pull out on the day but it was another good turn out and a good end to a very successful year for the women's team ably led by Mel and Anna.
The men finished a lot lower than the women, though there were a lot more teams.

Wayne Lashley led the team home with a strong finish to narrowly beat Paul Devine, who had another good run. Steve Smythe, showing slightly improved form, was first M55 and Ebe was next in with another good run. Ian Lilley and Chris Goodman completed the scorers though neither are quite up to their short race form yet.
Mike Mann just missed out on the M60 medal. Cameron Timmis had a good run while Martin Morley completed the men with another trip down from Lincolnshire.

79 Wayne Lashley	51:19
82 Paul Devine	51:27
99 Steve Smythe	52:43 (1M55/2M50+)
118 Ebe Prill	54:14
123 Mel Edwards 9W	54:46
130 Ian Lilley	55:26
134 Charlie Wood 13W	55:37
160 Ola Balme 18W	57:46 (1W40+)
162 Chris Goodman	58:03
172 Mike Mann	58:52 (1M65/2 M60+)
202 Cameron Timmis	61:41
209 Anna Thomas 35W	62:08
215 Sue Cooper	62:51
223 Martin Morley	63:55
225 Michelle Lennon 47W	64:01
239 Clare Wyngard 53W	66:22
243 Katie Crowe 56W	67:38

260 ran (inc 70 women)
Men TEAM: 1 Tonbridge 97; **16 Dulwich R 616**
Women: TEAM (Brian Boulton Trophy, 6 to score): 1 Belgrave 80; 2 Tonbridge 155; **3 Dulw R 156;** 4 Thames Hare & Hounds 161; 5 S Lon 167

parkrun 21st December

Wins for Tony, Sarah and Angie.

Banstead Woods

1 Tony Tuohy 18:02
147 ran

Brockwell

32 Sarah Cross 1W	21:12
50 Graham Laylee	22:40
52 Ian Sesnan	22:48
74 Katie Styles 13W	24:03
106 Sarah Lyness 27W	28:57

118 ran

Crystal Palace

10 Andy Cottrill	20.35
25 Gideon Franklin	22.26 (PB)
29 Bob Bell	23.17
39 Belinda Bell	24.45

99 ran

Dulwich

14 John English	19:12 (course PB)
Chris Loizou dnf	

103 ran

Hilly Fields

8 Kevin Chadwick	21:11

77 ran

Riddlesdown

Riddlesdown
12 Ange Norris 1W 23:36
59 ran

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)