SHORTS

Dulwich Runners AC
Weekly Newsletter
January 15th 2014

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

- THE COMING WEEK –

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

.Tue 21 **Track session with Steve Smythe** - £2.50 fee
Crystal Palace Track - 7 for 7:15pm start

In your SHORTS this week !

5 Fixture list, Club champs,XC road, trail etc
7 Race reports results etc
7 Surrey League XC womens report & results
8 Surrey League XC mens report & results
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

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.

40 attended the last track session at Crystal palace.
Note to get the most out of the sessions, regular attendance helps and also to complete the whole session and not just run a selected part of it and it is best to do more reps slower than do one fast and then miss one!

Dulwich Runners have received an e-mail from the London Marathon re the 10k in London on May 25.
The fastest six male and female runners based on times in 2013 and 2014 up until the first week in May, and subject to fitness, will be entered free of charge by the club. Contact Steve Smythe if you are interested in being part of the team. steve.smythe@athleticsweekly.com

Dulwich Runners Membership Annual Renewals Due

If you have not yet renewed your 2014 membership then you cannot compete as a Dulwich Runner in any races, XC, club champs and any other events
You must RENEW ASAP

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 or see me at the club on a Wednesday evening
Thankyou to those of you that have renewed

EVENT HORIZON

A brief look ahead

full fixture list **page 6**

Jan 25 Sth of England XC champs - Parliament Hill fields
Feb 08 Surrey League XC - men & women - Lloyd Park
Feb 15 Mob match - Beckenham Palace Park

NEW RUNNERS ROTA

A big thanyou to **Steve Davies** 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 Hilton	**15/01**
Emma Ibell	22/01
Ajay Khandelwa	29/01
Paul Keating	05/02

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

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)

Commonwealth Games Tickets

I have 4 tickets to the Commonwealth Games on Monday 28 July for the session from 19:00-22:00 at Hampden Park to see the Men's 100m semi-final and the Women's 100m & 400m semi finals plus some Paralympic events. £120 for the 4. They are the cheapest price category but I don't have the actual tickets yet so can't tell you the exact seats at the moment. If you want to take them off my hands let me know, email **kimhainsworth@hotmail.com** Thanks

HIGH ELMS RUN - SUNDAY 19TH JANUARY

HELLO,

For those intending to do the long off road Sunday run on the 19th January.
The drive from Dulwich on a Sunday morning is approximately 12 miles and takes around 45 minutes.
Best way is to drive to Bromley, by the Bromley South station and then pick up the A21 towards Sevenoaks.
Travel approximately 4 miles , to 3rd roundabout, take 3rd exit B2158, then immediately left onto SHIRE LANE, 3rd left HIGH ELMS ROAD, up ¾ mile to 3rd car park on left.
I will leave a large sign pointing towards car park.
Some DRs have been before so know the way, ask around to see who intends being there.
Cheers
STEVE WEHRLE

I will not be at the Club this Wednesday, so please ask Claire S/Paul Hilton/Lloyd Clater if not sure of directions

Grey running tights - found after mile reps

If you left a pair of running tights in Dulwich Park on Sunday after the mile reps please let me know as we found them on the bench at the end of the session.
I shall be at track on Tuesday the club on Wednesday or you can email me on lindsey.annable@gmail.com if you can't pick them up from me on either of those evenings - Thanks
Lindsey Annable

Bob Bell writes.....

Just in case members haven't noticed the roads under the railway bridges in Rosendale Road and Croxted Road are closed until Sunday 26th January
This may affect your route to the club and may mean a longer journey, even if you are walking or cycling, see attached link http://tinyurl.com/nwljcsd

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***

LAKE GARDA TRIP - OCTOBER 2014!

HI ALL,

I am planning our 21st anniversary trip.
The plan is to go to the Lake Garda half marathon on the 12th October
We would fly out on the 10th October and return on the 14th October, 4 nights.
I already have 52 people signed up , so only have space for another two. First 2 people to e mail me back are in!
steve.wehrle@immediate.co.uk

I will need £50 deposits by Monday February 3rd
Cheers
STEVE – WEHRLD TOURS

DULWICH CHARITY EVENT October/November 2014

Susan Vernon writes:
We are looking for new Dulwich Runner members to join a committee to organise a charity event in Oct/Nov 2014. The Club has put on a Dulwich Charity 10k for the last 28 years and need a new committee to start the organisation of an event in February. We need lots of new ideas so if you are interested, please email me at vernonrun@aol.com.
Many thanks

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

Post Parkrun club champ brekkie

With mince pies and turkey sarnies now firmly behind us or at least still firmly on the waist line, thoughts can turn to the first big sporting event of the year; the Brockwell Park parkrun Club Champs race – Saturday 1st February!

Over a testing course this is sure to be a great event and I hope that everyone will turn out in their red and blue striped finest to take part and make a morning of it by coming along to the prize giving and post-run breakfast.

We have an option on the very nice Florence Pub opening early for us for our own private gathering and race debrief. However, not everyone has the minerals to get themselves out of bed and run 5km before 10am and so we need to have a good group of us to go along and relive every bend of the parkrun over a hearty breakfast and warm cuppa to make sure they'll have the doors open.

The options are full English (meaty or veggie) and poached eggs on muffin with bacon/spinach/both.
If you're planning to be there for some top morning grub and a brew can you pop an email to drsocialsec@gmail.com with Yes for Breakfast or some other cereal based propaganda.
Thanks
Al

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

- Deep Tissue Massage
- Massage to alleviate muscle fatigue
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- Maintaining your fitness and well-being

Ola is an experienced Sports Massage Therapist and club runner.
If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004 - ola.balme@btinternet.com

Coach to Tunbridge Wells Half Marathon – Sunday 2nd March, 9am race start

It's on!

We'll be organising a coach to take runners and groupies alike to and from Tunbridge Wells for our 2nd club champ race on Sunday March 2nd.
Don't waste tenths of seconds of energy on the brake and accelerator pedal. Let someone else take the strain and get on board the executive DR wagon.
Exact timings for the day TBC but an initial itinerary is as follows;
Pick up: Crown and Greyhound pub, 6:30am
Arrive: Race HQ, 8am
Lunch: Pick up from race HQ at 12pm and very short trip to lunch venue (all welcome to join us there, not just for those on the coach, more details to follow on the venue)
Return: Leave TW 3pm, return to Dulwich
The cost based on 25 people taking the coach is £16 per person.
Of course the more people we have on board the cheaper it will be for all.
Payment details to follow
People that have currently shown interest are

Toby De Belder	Paul Devine	Claire Steward
Michael Mann	Jim Dowsett	Gideon Franklin
Liann Peters	Ebe Prill	Sue Cooper
Jo Brady	Ros Tabor	Per Hedberg
Nicola McIvor	Chris Loizou	Alastair Locke
Yvette Dore	Andy Murray	Helen Lister
John English	Mel Edwards	Louisa Pritchard
James Burrows	Katie Crowe	Ameet Patel
Gary Sullivan	Di Morgan	

There is still plenty of space available on the coach
If you would like a seat or have any questions please let me know at drsocialsec@gmail.com by Friday 31st January
Thanks
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.

Dulwich Runners

have received an e-mail from the London Marathon re the 10k in London on May 25.

The fastest six male and female runners based on times in 2013 and 2014 up until the first week in May, and subject to fitness, will be entered free of charge by the club. Contact Steve Smythe if you are interested in being part of the team. steve.smythe@athleticsweekly.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

SPRING RELAYS

We plan to enter teams from the club for the Green Belt Relay (GBR) on 17/18 May and the Welsh Castles Relay on 8/9 June. Both relays which take place over weekends present scenic and varied running opportunities as well as being excellent social events.

The GBR is a circular route around the edge of the London area. It is largely off road on riverside towpaths and footpaths taking in some highly attractive countryside, particularly across the Chilterns and North Downs. The WCR takes place mainly on smallish roads but includes some trail sections. It starts at Caernarfon Castle in North Wales and finishes the next day at Cardiff Castle.

In the GBR each competitor runs twice on Saturday and Sunday, while in the WCR you only run once during the weekend. With both relays individual stages range mostly from 8 to 13 miles in length, with differing degrees of difficulty. The tough hilly stages will be allocated to our strongest runners. These are not elite events and are open to runners of all abilities, though a certain level of fitness is required, especially for the GBR where you run on 2 consecutive days.Newly joined members of the club are especially welcome; these relays provide excellent opportunities to socialize.

We hope to enter two teams of 11 for the GBR and one team of 20 for the WCR. These relays have proved popular in recent years, so it is in your interest to put your names down early. If you would like to enter or require any further information, please contact me at
mcmann90@yahoo.co.uk
Mike Mann (on behalf of the Relays team)

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**

Dulwich Runners 2014 Fixtures

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

Date		Race		Venue
Jan	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
Apr	13	London (or other) Marathon	(long)	London / various
May	5	Ted Pepper 10k	(medium)	Bromley, Norman park
	25	Rye 10 miles	(long)	Rye
Jun	22	Beckenham 10k	(medium)	Beckenham
July	tbc 11	Mark Hayes Mile	(short)	Dulwich College Track
Aug	31	Sevenoaks 7	(medium)	Sevenoaks
Sep	11	Dulwich Park 2 miles	(short)	Dulwich Park

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 are 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***

SOUTH OF ENGLAND CROSS COUNTRY CHAMPS,25 JANUARY

There are quite a few of you entered for these champs on this iconic cross country course at Parliament Hill Fields on 25 January. It is a great spectacle to watch, particularly the mass start up the long hill, so supporters would be welcome.

Start times are 2.05pm for the women and 2.50pm for the men. Numbers can be collected from your captains on the outside perimeter of the running track. Please make sure you are there in good time as the start area is usually crowded. The course will be muddy and cut up in all the usual places, so if you have spikes, 12mm or 15mm are recommended.

There are showers and changing facilities at the Lido but the better option is the changing rooms near the running track. Afterwards as tradition holds we will be adjourning to the Magdala (2a South Hill Park, NW3 2SB) for post race rehydration. **Mike Mann**

Thames Hare and Hounds invite Dulwich Runners AC to take part in our inaugural open 10 km cross-country race 'Dash for the Splash', Sunday 16th February 2014 at 9:30am.

multi-terrain course all the best features of Wimbledon Common, Starting with the famous water splash crossing through Beverley Brook, then taking in other landmarks such as the Toast rack, the Butts, and the Windmill. It's going to be tough, wet, and muddy, and a super challenge

lots of prizes on offer, for individuals, age group winners and also teams (4 runners per team, men, ladies and mixed) and also be a goodie bag for each finisher.

website and online entry system has just opened:
www.dashforthesplash.com
Any race profits to be donated to conservation projects on Wimbledon Common.

Dorchie Cockerell - Club Captain
Thames Hare and Hounds

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 .

Surrey Ladies League, Wimbledon Common, January 11

With many absent, a few were persuaded to run despite not being at their best and considering the missing runners we did well to finish a fine fifth and get 12 runners out on a very tough, muddy course.

Clare Elms, who wasn't going to run initially after problems last week, started gently and then found herself almost disputing the lead when the first four at the time went off course. She held on to finish a strong third for a very encouraging run.

Charlie Wood, wasn't at her very best fitness after injury, but ran a good, steady race to make the top 30 and not far back was Ola Balme, who was very pleased with a strong performance.

The fourth scorer was Katie Crowe, who worked her way through the field well while Nicola Richmond did well to score after not being at her fittest after a training break.

For the B team, Sarah Cross made a very good league debut while Ros Tabor, showed better form than the week before. Louisa Pritchard's fitness is also improving while Sue Cooper should improve further. Michelle Lennon started a little too quickly but plugged away well.

Tereza Francova made a good club cross-country debut in borrowed shoes while Lindsay Annable had a steady run throughout. Captain Mel Edwards couldn't run due to injury but came along to support and hand numbers out.

Andrea Pickup, who said she felt unwell midweek but would come along if she felt well enough as we were short of runners, instead went to the Blackheath mob match, where she did not finish due to an ankle injury.

We currently lie fourth but without the likes of Shona and Catherine from last year who have moved away (if either had run we would have been second), we probably don't have the power to make the top three teams.

3 Clare Elms	31:52 (3 Div 1) (1W50)
28 Charlie Wood	34:27 (22 Div 1)
33 Ola Balme	34:57 (2W45) (27)
77 Katie Crowe	37:22 (60)
83 Nicola Richmond	37:31 (63)
117 Sarah Cross	38:38 (84)
139 Ros Tabor	39:39 (96) (2W60) (96)
145 Louisa Pritchard	40:18 (100)
147 Sue Cooper	40:23 (101)
168 Michelle Lennon	41:19 (114)
204 Tereza Francova	42:50 (135)
238 Lindsay Annable	44:50 (154)
360 finished	

TEAM Div 1: 1 Belgrave H 33; 2 Thames Hare & Hounds 114; 3 Belgrave B 145; 4 Herne Hill H 147; **5 Dulwich R 175**; 6 Clapham Chasers 180; 7 Epsom & Ewell 225; 8 Hercules Wimbledon 234; 9 Ful-on-Tri 250; 10 Wimbledon Windmilers 257; **19 Dulwich B 495**

Standings after 3 matches

Div 1 TEAM: 1 Belgrave 165; 2 Herne H 357; 3 THH 386; **4 Dulw R 468**; 5 Clapham 480; 6 W4H 676; 7 HW 691; 8 South London H 699; 9 E&E 721; 10 Stragglers 741; 18th **Dulw B 1348;** 52 teams

Surrey Men's League, Reigate, January 11

A solid performance kept us midtable.

Wayne Lashley had another excellent run but was pushed all the way by a rejuvenated Tony Tuohy, who was easily first M50.

Paul Devine had his best league run to date while Charles
Lound had a vastly improved run from teh week before. Alastair Locke wasn't quite at his pre Christmas form after an injury but made the top 40.

Ebe Prill had probably his best ever club cross-country run and achieved his highest league position.
Sam Crump was close behind and matched his pre christmas league performance.

Steve Smythe wasn't at his best but was first M55 while the scoring team was completed by a steady Duncan Hussey run and champion cyclist Michael Hutchinson, who did well when he was running in appropriate trail shoes.

Non scorers included Ian Lilley, who suffered on the second half, Matt Galvin, not quite at his fittest, Neville Webb, who wasn't at his best. Mike Mann was first M65 and had a solid run ahead of Chris Goodman, who again ran better at the parkrun than here.

Others to run for us included Andy Murray, Joseph Brady, Jim Dowsett, Ian Sesnan and Pete Gibbons.
We were sixth on the day but note, would have been second had our top runner from last season Buzz Shephard been fit and we lie fifth and a similar performance at the last fixture should see us finish mid table.

21	Wayne Lashley	32:23
23	Tony Tuohy	32:30 (1M50)
33	Paul Devine	33:07
36	Charlie Lound	33:16
40	Alastair Locke	34:12
51	Ebe Prill	34:36 (2M50)
55	Sam Crump	34:41
66	Steve Smythe	35:27 (1M55)
75	Duncan Hussey	36:00
85	Michael Hutchinson	36:19
95	Ian Lilley	37:00
100	Matt Galvin	37:16
113	Neville Webb	37:52
119	Mike Mann	38:09 (1M65)
123	Chris Goodman	38:42
125	Andy Murray	38:52
129	Joseph Brady	39:27
133	Jim Dowsett	39:45
150	Ian Sesnan	42:49
154	Peter Gibbons	43:45

161 ran

TEAM: 1 Reigate Priory 218; 2 Wimbledon Windmilers 415; 3 Striders of Croydon 418; 4 Croydon H 441; 5 Stragglers 443; **6 Dulwich R 480**; 7 Dorking & Mole Valley 528; 8 Epsom & Ewell 538; 9 Kingston & Polytechnic 614
Standings after 3 matches: 1 Rei P 1048; 2 Croydon 1078; 3 Wimb W 1110; 4 E&E 1353; **5 Dulw R 1433**; 6 SoC 1458; 7 Stragglers 1536; 8 K&P 1618; 9 DMV 1651

U17 race

Oscar Hussey had one of his better races and ran a much quicker pace at one lap than his Dad did for two laps.

14 Oscar Hussey (7U15)	17:30	30 ran

Dulwich Park Mile Reps

Well done to all 24 people who turned up for the mile reps on Sunday.
Average times were as follows;

Lloyd Clater	8:27
Ameet Patel	8:03
Colin Frith	8:02
Paul Keating	8:01
Paul Hilton	7:58
Steve Wehrle	7:57
Barry John Nicholl	7:56
LindSey Annable	7:56
Pat Mcmorrow	7:52
Kerry Seal	7:48
Laura Lane	7:45
Charlie Boden	7:45
Di Morgan	7:42
Claire Steward	7:40
Mike Dodd	7:40
Michelle Lennon	7:38
Jo Shelton	7:35
Christian Moody	7:29
Gideon Franklin	7:24
Sue Cooper	7:20
Katie Crowe	7:20
Nicola Mciver	7:17
Mike Mann	6:27
Kevin Chadwick	6:21

Long run next Sunday, 8 x 1 mile Sunday after. Start will be sharp at 09:00 as park getting crowded by 11:00.

I have now run 45 marathons since my first in 1981,If anyone of the newer people need advice or a schedule for the marathon let me know.

Cheers - Steve Wehrle

Grey running tights - found after mile reps

If you left a pair of running tights in Dulwich Park on Sunday after the mile reps please let me know as we found them on the bench at the end of the session.
I shall be at track on Tuesday the club on Wednesday or you can email me on lindsey.annable@gmail.com if you can't pick them up from me on either of those evenings - Thanks
Lindsey Annable

Surrey Men's League, Reigate, January 11

Jo Brady

Chris Goodman

Matt Galvin

Ian Lilley

Alastair Locke

Jim Dowsett

Sam Crump

Charlie lound

parkrun January 11

Brockwell

27 Gideon Franklin	21:17 (PB)
71 Sarah Hind 15W	25:36 (former member)
150 ran	

Burgess Park

6 Stephen Davies	18:33 (1st time)
11 Lewis Laylee	18:53
64 Graham Laylee	22:07
101 Clare Wyngard 13W	23:20
104 Austin Vernon	23:27 (?)
139 Mike Dodds	24:40
178 Michelle Vernon 40W	26:29
194 Freddie Vernon	27:34
195 Piers Vernon	27:35
233 Sarah Lyness 63W	30:36
255 Susan Vernon 83W	33:25
256 Jack Vernon	33:25
259 Chris Vernon	34:10
267 ran	

Crystal Palace

Due to waterlogging the finish was again on the path rather than off onto the grass. This led to some small issues with other, non parkrunner runners, being timed which we can cope with but one experienced parkrunner missed getting a finishing token. This meant an extra coffee whilst the results were sorted to include him and that will be charged to Mr Cottrill next week !

8 Andy Cottrill	20.05
45 Bob Bell	22.59
62 Belinda Bell	23.56
101 Ameet Patel	26.51
176 ran	

Dulwich, Jan 1

Capn' Bob Bell writes....

Better late than never !

A large contingent of Dulwich Runners, including a few hungover ones, ventured out for the first run of the year

5 Edward Hill	18.20
11 Lewis Laylee	19.21
12 Mel Edwards	19.26
14 Andy Cottrill	19.38
17 Chris Goodman	19.50
40 Gideon Franklin	21.42
47 Jim Dowsett	21.55
57 Graham Laylee	22.31
59 Sue Cooper	22.35
66 Bob Bell	23.01
68 Duncan Wilson	23.14
77 Belinda Bell	23.56
114 Ameet Patel	26.15
172 ran	

Dulwich

24 Toby de Belder	19:27
27 Chris Goodman	19:37
37 Ajay Khandelwal	20:17
57 Duncan Wilson	21:39
11W/117 Claire Steward 11W	24:49
38W/166 Stephanie Burchill 38W	27:14
242 ran	

Riddlesdown, Jan 1

Clare's 67th win

3 Tony Tuohy	19:19
7 Alex Elms	21:46
8 Clare Elms 1W	21:50
23 Ange Norris 4W	24:37
67 ran	

Roundshaw, Jan 1

Clare's 68th win

2 Tony Tuohy	19:24 (1M50)
8 Clare Elms 1W	20:55
12 Steve Smythe	21:55 (1M55)
15 Alex Elms	22:05
104 Chris Vernon	38:23
109 ran	

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

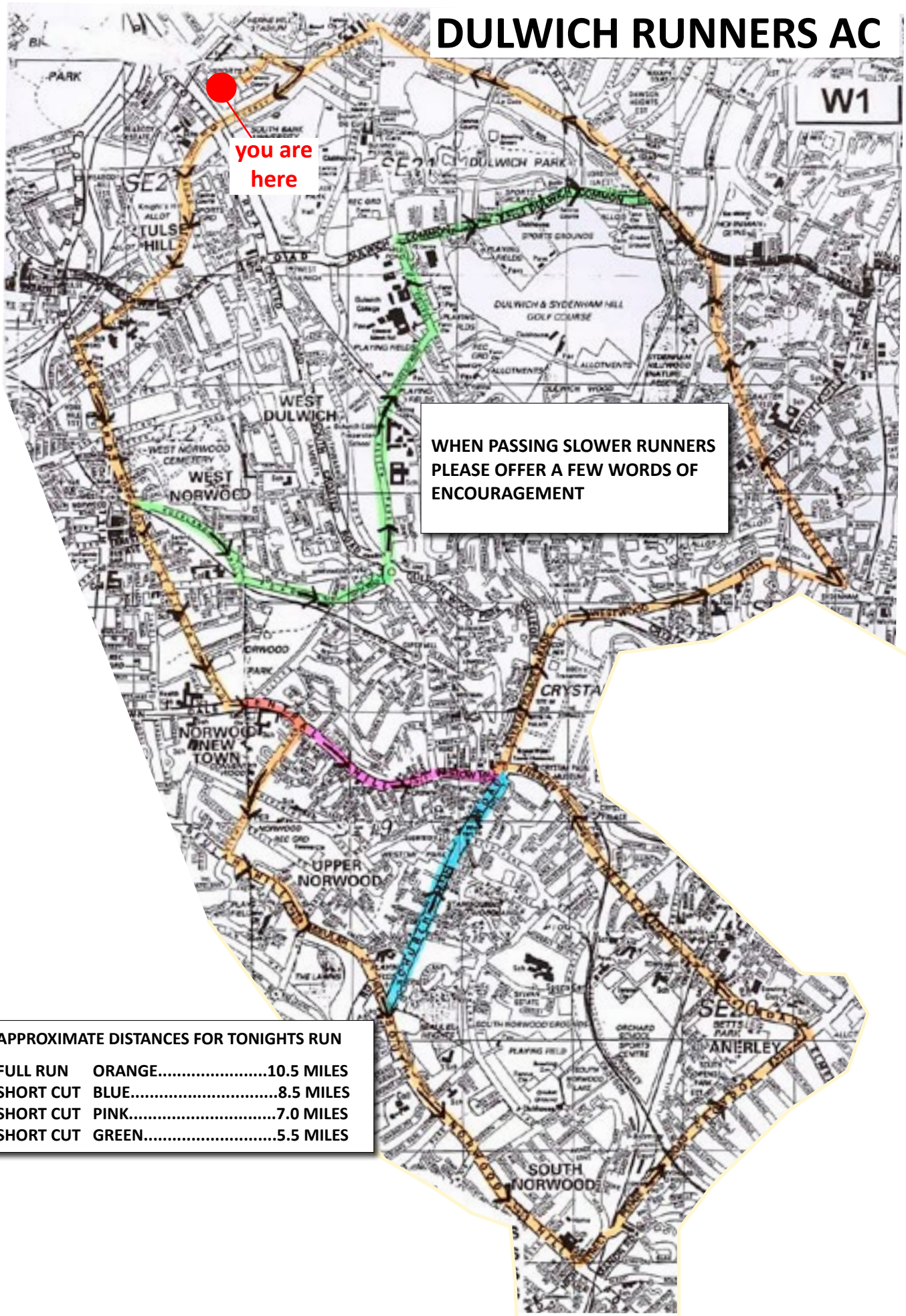
For further information contact either STEVE WEHRLE or CLAIRE STEWARD

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
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 AC



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE.....	10.5 MILES
SHORT CUT	BLUE.....	8.5 MILES
SHORT CUT	PINK.....	7.0 MILES
SHORT CUT	GREEN.....	5.5 MILES