SHORTS

Dulwich Runners AC
Weekly Newsletter
March 5th 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 5 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 11 **Track session with Steve Smythe** - £2.50 fee
Crystal Palace Track - 7 for 7:15pm start

In your SHORTS this week !

3 Fixture list, Club champs,XC road, trail etc
4 Tunbridge Wells 1/2 Full results and report
10 Club Champs standings afer two events
13 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.

EVENT HORIZON

A brief look ahead

full fixture list page 4

Mar 15 BMAF Cross Country Champs -Glasgow
Apr 3 Beckenham Assembly league

Dulwich Runners Membership Annual Renewals Due

If you have not yet renewed your 2014 membership then you cannot score as a Dulwich Runner in any club races, XC, club champs and any other events you may enter.
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

NEW RUNNERS ROTA

Many thanks to **Charlie Lound and Steve Wehrle** for taking out new people 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.
Thanks. – **Ros**

Patrick Mcmrorrow	**05/03**
Mike Mann	12/03
Di Morgan	19/03

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**

LUCKY VEST

This Wednesday

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 8**

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page 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)

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)

UPDATE

Good news and bad news! We are getting close to our target of entering 2 teams, including one women's team for the GBR. But we could do with a few more to cover the inevitable withdrawals through injury etc, so please come forward if you would like to take part. With the deadline for the WCR now only a week away we are still some way short of a full team, so if our entry is to go forward we need more runners to come forward and quickly.

Film Night

Coming to a pub near my house soon
It's not all about training, training, training (…isn't it?).
Take some time out, put the running socks on for a boil wash and venture out of the house without having to wait on the doorstep to locate that satellite.
Join us for a night of blockbuster cinema action, running themed of course (I promise it won't be that youtube clip of the men's XC at Richmond Park, inspiring though it was).
Details out soon

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***

Ola Balme
Sports & Therapeutic Massage

Do you suffer from a sporting injury? Are you feeling the strain from your marathon training?

What could you benefit from?

- Deep Tissue Massage
- Massage to alleviate muscle fatigue
- 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 (completed few marathons).

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

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
Mar	15	BMAF Cross Country Champs			Tollcross Park, Glasgow
Apr	3	Assembly League	3miles		Beckenham - 7:15 start
	13	London (or other) Marathon		(long)	London / various
May	1	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	5	Ted Pepper 10k		(medium)	Bromley, Norman park
	25	Rye 10 miles		(long)	Rye
Jun	5	Assembly League	5k		Dulwich Park - 7:30 start
	22	Beckenham 10k		(medium)	Beckenham
July	3	Assembly League	5k		Battersea Park - 7:30 start
	11	Mark Hayes Mile		(short)	Dulwich College Track
Aug	7	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	31	Sevenoaks 7		(medium)	Sevenoaks
Sep	4	Assembly League	3miles		Beckenham - 7:15 start
	11	Dulwich Park 2 miles		(short)	Dulwich Park

ASSEMBLY LEAGUE 2014

This year's series of Assembly League races has now been decided.
They will take place on the first Thursday of every summer month, venues will be the same as last year.
This summer evening series of races is popular with club members, and all including newly joined members are warmly welcomed and encouraged to participate.
For those that are new to the club these races are open to all standards and abilities, 5k, and free to enter, all you need to do is have a club vest, turn up and run.
If there is any further information regarding these races it will appear here in Shorts as and when it becomes available

3 April	Beckenham	3miles	7.15 start
1 May	Victoria Park	3.5 miles	7.30 start
5 June	Dulwich Park	5k	7.30 start
3 July	Battersea Park	5k	7.30 start
7 Aug	Victoria Park	3.5 miles	7.30 start
4 Sept	Beckenham	3 miles	7.15 start

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	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

Surrey Road League 2014

As well as the events we choose for our Club Championships, we are also eligible to compete in the Surrey Road League. Individual positions in the league are determined by the best five scores and you also contribute to the club's position.
As soon as the fixtures are confirmed they will be listed here

For more info go here:
http://www.surreyathletics.org.uk/road/league/index.php?Y=2013&O=R&S=2014
Charlie Lound **-** Men's Road Captain

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

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 .

Club Half Marathon Records For Clare And Shona In Tunbridge Wells And Paris

Tunbridge Wells Half-Marathon, March 2

Steve smythe writes...

Another superb club championships turn out of 57 and we did well in both team events on a breezy day but conditions were cool and dry.

The race is very well organised and it's an challenging mostly rural course and an ideal pre Marathon test and did make a change from Paddock Wood where most club champs have been at in recent years.

However, some feel that most runners are probably only going to run one spring half marathon and with the stimulus of club competition this was an opportunity lost for many to set a PB. While a few still set PBs as they were in their best ever shape, there is no doubt, many would have gone up to two minutes quicker on a faster and flatter course.

The course had a mostly uphill first 1.5 miles but then the next 3.5M was very fast downhill before there is 300 feet of climbing between six and eight miles. The last five is mostly flat or slightly downhill with the odd bump.

Fast times are possible – one very long standing member ran his two fastest times as a Dulwich Runner on this course 20 years ago but the consensus seems to be it should be a faster club championships course next year!

Tony started fast and held on strongly considering he was focussing on shorter training and finished very well in the last few miles and while not his fastest, it was not far outside his PB and his best ever half-marathon and on a par with Dave Beaver's club M50 record.

Alastair Locke equalled his Lydd PB of last year with a well paced run moving through the field with a very strong last few miles for his best run since last year's London Marathon.

Despite the hills, Paul Devine took over three minutes off his PB and went five minutes quicker than Lydd last year but couldn't quite hold Alastair over the second half.

Ed Hill held onto the two in front until late in the race, and did well in his longest race as a Dulwich Runner, especially as he is focussing on track speed this winter.

Rob Cope did a big PB as he finally surpassed his form before his broken arm while Sam Crump followed him home with a three minute PB of his own.

Clare Elms is in the middle of aiming for world records on the track over 800 metres and 1500 metres and so ran controlled for the points and held back for most of the race. She still set her third record in three weeks though when she broke the club W50 record by four minutes, though worth noting when fully fit she could even potentially challenge the men's M50 record next winter!

With her for much of the half-marathon, also moving through the field strongly, was Mel Edwards who was encouragingly less than a minute outside her PB from Kosice and after suffering a foot injury in the new year, she looks back on target for the London Marathon.

Ebe Prilll was just behind and he too was very close to his PB but found the hills hard but found sufficient energy to practice some Anglo Saxon phrases when caught by the Dulwich women close to the end!

Others to PB according to Power of Ten (which may be inaccurate on older runners) were Steve Davies, Kev Chadwick and Andy Cottrill – all 3 capable of much quicker on training form – Jim Dowsett continued his improvement with another big PB. Anna Thomas also did her best time as seemingly did Katie Crowe, Lindsey Annable and Pat McMorrow and Belinda Bell.

Other performances of note came from Cameron Timmis, who probably had his best run yet as a Dulwich Runner and won him the captain's award. NB those who won awards here (Ie Rob) or recently (Ie Sam, Jim) aren't eligible for this award

Mike Mann was second M60, Andy Murray third M60 and Ros Tabor first W55+ even though Mike and Ros were others who have been focussing on their track and along with Tony, Ed and Clare, plus Nicola and Cara, will be competing in this weekend's British Masters indoor Championships.

11 Tony Tuohy	78:41 (78:38 chip) 1M50	859 pts
15 Alastair Locke	79:41 (79:39)	744 pts PB
17 Paul Devine	79:58 (79:56)	750 pts PB
18 Edward Hill	80:05 (80:03)	749 pts PB?
38 Rob Cope	83:46 (83:43)	737 pts PB
42 Sam Crump	83:58 (83:54)	706 pts PB
4W/46 Clare Elms	84:34 (84:32) 1W50	882 pts
	(Dulwich W50 club record)	
5W/49 Mel Edwards	84:54 (84:50)	778 pts
50 Ebe Prill	84:58 (84:54) 2M50	795 pts
55 Stephen Davies	85:48 (85:44)	743 pts PB
58 Chris Loizou	86:06 (85:35) 2M55	825 pts
80 Kev Chadwick	88:03 (87:54)	675 pts PB
94 Neville Webb	88:46 (88:44)	810 pts
95 Toby de Belder	88:47 (88:40)	673 pts
103 James Burrows	89:17 (89:04)	666 pts
121 John English	90:16 (90:10)	749 pts
129 Andy Cottrill	90:42 (90:28)	656 pts PB
148 Chris Goodman	91:52 (91:48)	645 pts
172 Gary Sullivan	99:13 (92:51)	760 pts
192 Mike Mann	94:23 (94:16) 2M60	815 pts
214 Jim Dowsett	95:10 (94:32)	651 pts PB
234 Andy Murray	96:07 (95:57) 3M60	763 pts
271 Gideon Franklin	97:13 (96:58)	696 pts
21W/272 Anna Thomas	97:15 (96:49)	682 pts PB
22W/274 Sarah Cross	97:22 (97:08)	679 pts
24W/285 Emma Ibell	97:50 (97:40)	706 pts
35W/324 Susan Cooper	99:07 (98:56)	667 pts
336 Ajay Khandelwal	99:23 (99:11)	642 pts
351 Cameron Timmis	99:45 (99:29)	635 pts

362 Joseph Brady	1:40:05 (1:39:57)		653 pts
39W/363 Ros Tabor	1:40:07 (1:39:58)	1W60	902 pts
410 Graham Laylee	1:41:34 (1:41:25)		696 pts
52W/441 Clare Wyngard	1:42:34 (1:42:07)		758 pts
53W 464 Katie Crowe	1:43:17 (1:42:42)		652 pts PB?
479 Martin Morley	1:43:49 (1:43:38)		720 pts
536 Bob Bell	1:45:17 (1:44:55)		698 pts
68W/597 Louisa Pritchard	1:46:47 (1:46:16)		649 pts
85W/674 Yvette Dore	1:48:31 (1:46:53)		641 pts
676 Christian Moody	1:48:36 (1:47:11)		571 pts
90W/694 Joanne Shelton	1:48:54 (1:48:13)		625 pts
749 Barrie John Nicholls	1:49:53 (1:48:51)	8M60	673 pts
760 Ammet Patel	1:50:06 (1:49:45)		610 pts
765 Michael Ward	1:50:14 (1:49:35)		650 pts
797 Hugh French	1:51:06 (1:50:05)		552 pts
809 Per Hedberg	1:51:43 (1:50:29)		611 pts
136W/869 Lindsey Annable	1:53:26 (1:52:14)		635 pts PB?
890 Mike Dodds	1:54:17 (1:53:51)		614 pts
937 Pat McMorrow	1:55:46 (1:54:48)		620 pts PB
949 Paul Keating	1:56:05 (1:54:20)		571 pts
177W/982 Belinda Bell	1:57:11 (1:55:26)		571 pts PB
179W/987 Di Morgan	1:57:25 (1:56:13)		66 pts
997 Steve Wehrle	1:57:46 (1:56:33)		659 pts
1213 Paul Hilton	2:04:07 (2:01:43)		541 pts
271W/1235 Carolina Lilley	2:05:03 (2:02:57)		553 pts
330W/1366 Leann Paters	2:10:52 (2:07:59)		514 pts
366W/1446 Penelope Bell	2:15:38 (2:13:20)		495 pts
1573 Stephen Street	2:26:22 (2:23:43)		474 pts

Club Champs age-grading

With Clare not running to her full potential, Ros, though 15 minutes slower had a clear lead on the day and moved ahead after two events. Tony was a clear third.

1 Ros Tabor 902
2 Clare Elms 882
3 Tony Tuohy 859 pts
4 Chris Loizou 825 pts
5 Mike Mann 815 pts
6 Neville Webb 810 pts
7 Ebe Prill 795 pts
8 Mel Edwards 778 pts
9 Andy Murray 763 pts
10 Gary Sullivan 760 pts

Dulwich Runners Club Champs 1/2M Tunbridge Wells

Melanie	Edwards	f	32	84.50	50	778
Anna	Thomasf	f	32	96.49	49	682
Sarah	Cross	f	31	97.08	48	679
Sue	Cooper	f	32	98.56	47	667
Katie	Crowe	f	37	102.42	46	652
Joanne	Shelton	f	39	108.13	45	625
Belinda	Bell	f	30	115.26	44	571
Leann	Peters	f	29	127.59	43	514
Penelope	Bell	f	32	133.20	42	495
Clare	Elms (50+)	f	50	84.32	50	882
Emma	Ibell	f	42	97.40	49	706
Ros	Tabor (50+)	f	64	99.58	48	902
Clare	Wyngard (50+)	f	53	102.07	47	758
Louisa	Pritchard	f	42	106.16	46	649
Yvette	Dore	f	41	106.53	45	641
Lindsey	Annable	f	46	112.14	44	635
Diana	Morgan (50+)	f	53	116.13	43	666
Carolina	Lilley	f	40	122.57	42	553
Alastair	Locke	m	31	79.39	50	744
Paul	Devine	m	36	79.56	49	750
Edward	Hill	m	36	80.03	48	749
Sam	Crump	m	30	83.54	47	706
Kevin	Chadwick	m	33	87.54	46	675
Toby	de Belder	m	35	88.40	45	673
James	Burrows	m	33	89.04	44	666
Andrew	Cottrill	m	33	90.28	43	656
Chris	Goodman	m	28	91.48	42	645
Christian	Moody	m	39	107.11	41	571
Hugh	French	m	38	110.05	40	552
Rob	Cope	m	40	83.43	50	737
Stephen	Davies	m	44	85.44	49	743
Jim	Dowsett	m	40	94.42	48	651
Ajay	Khandelwal	m	44	99.11	47	642
Cameron	Timmis	m	43	99.29	46	635
Joseph	Brady	m	47	99.57	45	653
Paul	Keating	m	47	114.20	44	571
Paul	Hilton	m	48	121.43	43	541
Tony	Tuohy	m	51	78.38	50	859
Eberhard	Prill	m	51	84.55	49	795
Chris	Loizou	m	56	85.35	48	825
Neville	Webb	m	58	88.44	47	810
John	English	m	51	90.10	46	749
Gary	Sullivan	m	56	92.51	45	760
Mike	Mann (60+)	m	65	94.16	44	815
Andrew	Murray(60+)	m	60	95.57	43	763
Gideon	Franklin	m	51	96.58	42	696
Graham	Laylee	m	56	101.25	41	696
Martin	Morley (60+)	m	62	103.39	40	720
Robert	Bell (60+)	m	60	104.55	39	698
Barrie J	Nicholls	m	60	108.51	38	673
Ameet	Patel	m	50	109.45	37	610
Michael	Ward	m	57	109.35	36	650
Per	Hedberg	m	51	110.29	35	611
Michael	Dodds	m	55	113.51	34	614
Patrick	McMorrow	m	57	114.48	33	620
Stephen	Wehrle 60+)	m	65	116.33	32	659
Stephen	Street	m	52	143.43	31	474

2014 champs categories TUNBRIDGE WELLS HALF MARATHON

1 Overall winner	ROS TABOR
2 Fastest man (excluding overall winner)	TONY TUOHY
3 Fastest woman excluding overall winner)	CLARE ELMS
4 First Senior Man (excluding above)	ALASTAIR LOCKE
5 First Senior woman (excluding above)	MEL EDWARDS
6 First M40 (excluding above)	ROB COPE
7 First W40 (excluding above)	EMMA IBELL
8 First M50 (excluding above)	EBE PRILL
9 First W50 (excluding above)	CLARE WYNGARD
10 First M60 (excluding above)	MIKE MANN
11 2nd Age Graded (excluding above)	CHRIS LOIZOU
12 3rd Age Graded (excluding above)	NEVILLE WEBB
13 Captain's improver award	CAMERON TIMMIS

To see a selection of photographs taken at The Tunbridge Half Marathon see the next page.
All photos care of Ian Lilley.
Due to space limitations, couldnt fit pics of all runners in, but there are more on the Dulwich Runners Facebook page.
https://www.facebook.com/groups/2409157697/

Paris 1/2M - March 2

Showing she is getting into great shape for this year's London Marathon, Shona McIntosh narrowly improved her PB from Lydd last year and in doing so narrowly improved Meredith Pannett's senior women's club record by six seconds though it is still behind Alison Fletcher's overall women's record of 75:22

122 Shona McIntosh 12W 77:20
(Dulwich senior women's record)
Steve Smythe

Serpentine Last Friday 5k in Hyde Park - 28 Feb

Tony Tuohy	17.06
Steve Williams	19.33
Andy Murray	21.22
Ros Tabor	21.43
Mark Muffett	23.27

Ros Tabor

Bath 1/2 Marathon

Unfortunately we both a bit off colour going into this. As a result, Paul aimed for mediocrity and achieved it (!), whereas Marjorie at least gave it a really good go, but had quite a struggle as a result
chip times

874	Paul Mottram	1:34:47
1248	Marjorie Epson	1:38:24

Paul Mottram

Bromley Mini Marathon Trial Crystal Palace parkrun 5k course - 1 March

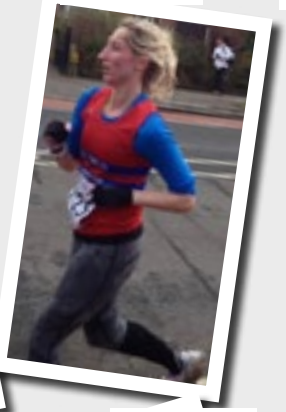
The trial was held on same course as the Crystal Palace parkrun one hour later than the normal parkrun so it was good to cheer on the likes of Bob Bell steaming past as we arrived.

After 16 hour coach trip to Ypres, Belgium the previous day, expectation of selection was not high on paper due to being lower age in age group and potential quality of possible contenders on the day. First five in each age group automatically selected and a further three by adjudication. It was therefore a shock to be in 5th place after 2k with a 40m gap, a position maintained until the end. Although a minute quicker than two weeks ago if doesn't count as an official parkrun time but it does secure a place for the event on 13 April.

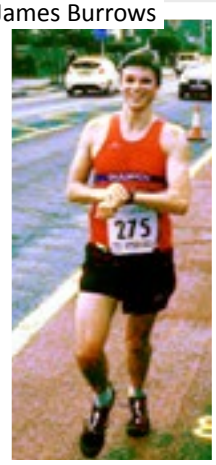
14. Oscar Hussey 19:41
5th U15B
49 ran
Duncan Husseey

Anna Thomas

Belinda Bell

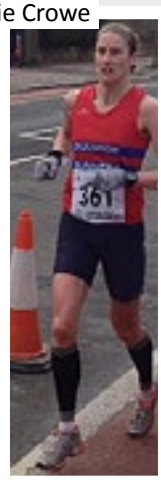


James Burrows

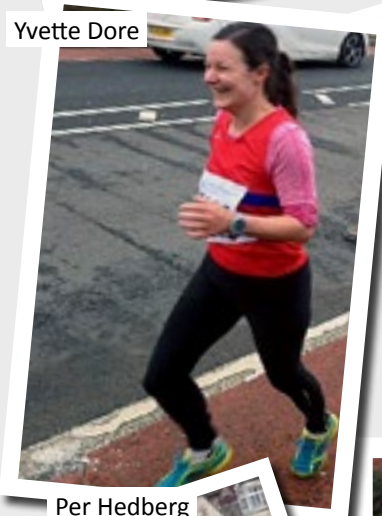


Carolina Lilley

Katie Crowe



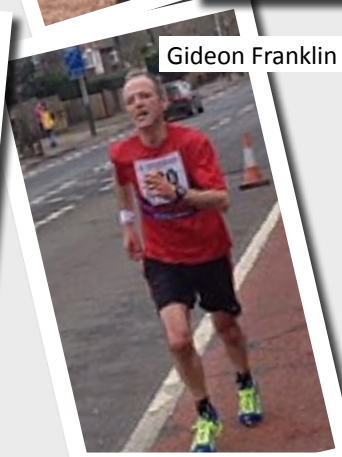
Yvette Dore



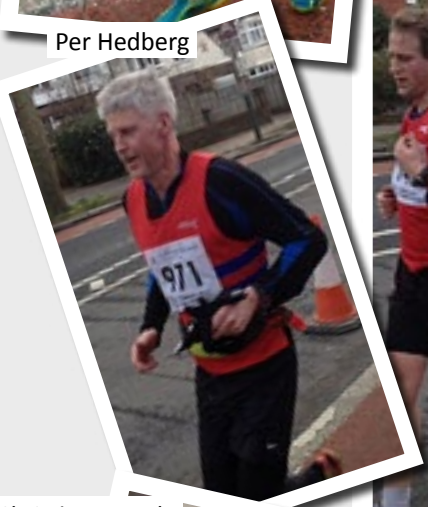
Jim Dowsett

Nicola Mcivor

Gideon Franklin

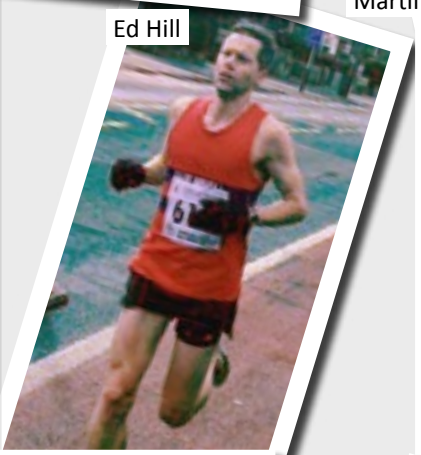


Per Hedberg



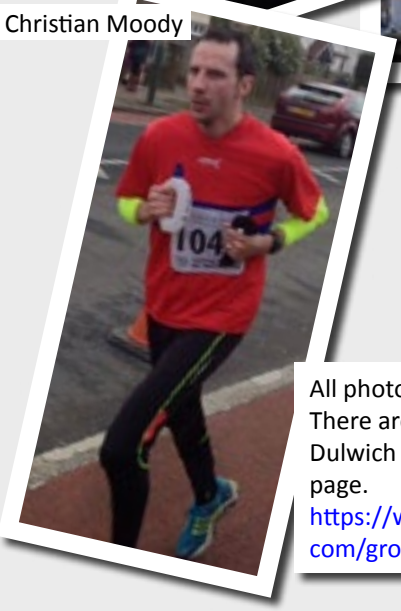
Hugh French

Ed Hill



Martin Morley

Christian Moody



Emma Ibell

Louise Pritchard

All photos care of Ian Lilley. There are more on the Dulwich Runners Facebook page.
https://www.facebook.com/groups/2409157697/

March 1st

Brockwell

Andy Murray reports: the run a couple of weeks ago was the occasion of my and Desmond Edward's 100th Parkruns. My series started in March 2007 at Bushey Park, the only one in existence at the time, followed by Wimbledon, and has continued slowly but surely, incorporating 27 different venues across England, Wales, Northern Ireland and Scotland. I have also volunteered 45 times.
Desmond by contrast has run all his 100 at Brockwell Park and since last September has run 10 pb's, knocking a total of 4 minutes off his best.

Crystal Palace

11	Andy Cottrill	19.58
17	Martin Double	21.17 (PB)
32	Bob Bell	22.23
56	Belinda Bell	24.17
94	Clare Wyngard	26.11
95	Mike Dodds	26.12
101	Desmond Edwards	26.24

Gunnersbury Parkrun

5 Nick Brown 19.24 (1st M55)
234 ran

Peckham Rye parkrun coming soon

I am pleased to announce after a recent meeting with parkrun officials' and working with a parkrun ambassador, my plan for a new parkrun at Peckham Rye park has been accepted and all the funding via the Mayor of London fund has been made available to start this project.

The course will be a 3 lap course around the trail walk which goes past the pond and over the 2 bridges via the Japanese gardens and I can show the map to anyone who would like to have a look

HOWEVER.....
As you know parkrun requires volunteers which is why I am placing this notice to ask if anyone at the club would be interested in being part the core volunteer team.
Parkrun have asked me to submit 10 names of people who would be willing to help occasionally on a rota system and we will need 3 people after myself to become run directors again on a shared rota.

Please email me if you would be interested in helping to get this project started, I have been told we could do this in as little as 2 months once I have a team of helpers

Many thanks

Kevin Chadwick - Kevchadwick@googlemail.com

New members especially ! and others....
Could you update your Parkrun profiles to show you are a member of Dulwich Runners AC (if paid up). This help us pick out all our runners for the weekly results.

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

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
5	9 Mar	Richmond Pk / Bushy Pk	09:30, 22 mile off-road run, Roehampton Gate
4	16 Mar	Spitfire 20 / Tempest 10	Dunsfold Aerodrome(20or10mrace) www.eventstolive.co.uk/
3	23 Mar	12 x 1 mile	08:30 Dulwich Park
2	30 Mar	Paddock Wood 1/2M	Paddock Wood, Kent www.paddockwoodac.co.uk/
1	6 Apr	Easy 10 miles	09:00 High Elms
Zero	**13 Apr**	**LONDON MARATHON**	**CLUB CHAMPS**

The Sunday runs from Dulwich Park start at 09:00, (suitable for; 3.15 – 3.50 time long runs with Claire
3.50 – 4.30 long runs with Steve)

Sunday alternative, meet with 'HERoS' (High Elms Runners on Sunday) mostly off-road, starting from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9:00 – usually two pace/distance groups, minimum ~10 miles
For more information contact Steve Wehrle or Claire Steward
For XC events, contact the Cross Country Captains for further details

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

PLEASE NOTE NEXT SUNDAYS RUN IS THE 21 MILER IN RICHMOND.

Start At 0930 From The Car Park Just Inside And To The Left Of Roehampton Gate.
Route Is 90% Off Road, Taking In Richmond Park , The Thames Towpath And Bushy Park. The Most Picturesque Route In London.
Meet By 0920 In The Car Park.
Hope To See You All There

Steve Wehrle

2014 CLUB CHAMPIONSHIP
WITHIN AGE GROUPS

	Short			Medium			Long			
Name/Champs cat.	5k Brockwell 01-Feb	1M DULWICH 11-Jul	2M DULWICH 11-Jul	10K BROMLEY 05-May	10K BECKENHAM 22-Jun	7M SEVENOAKS 31-Aug	1/2 MAR TUN.WELLS 02-Mar	MARATHON LON or other 13-Apr	10M RYE 25-May	TOTAL 5 events max 1.S,M,L
WOMEN SENIOR										
Melanie Edwards		49						50		101
Sarah Cross		47						48		97
Sue Cooper		48						47		97
Leann Peters		42						43		87
Charlie Wood		50						-		51
Anna Thomas		-						49		50
Helen Lister		46						-		47
Katie Crowe		-						46		47
Laura Lane		45						-		46
Joanne Shelton		-						45		46
Charlie Boden		44						-		45
Belinda Bell		-						44		45
Kim Hainsworth		43						-		44
Penelope Bell		-						42		43
WOMEN V40										
Clare Elms		50						50		102
Emma Ibell		47						49		98
Ros Tabor		45						48		95
Clare Wyngard		44						47		93
Lindsey Annable		43						44		89
Diana Morgan		42						43		87
Louisa Pritchard		-						46		47
Yvette Dore		-						45		46
Carolina Lilley		-						42		43
Ola Balme		49						-		50
Nicola Richmond		48						-		49
Michelle Lennon		46						-		47
Sarah Lyness		41						-		42
MEN SENIOR										
Paul Devine		49						49		100
Alastair Locke		47						50		99
Edward Hill		48						48		98
Sam Crump		45						47		94
Kevin Chadwick		43						46		91
Toby de Belder		42						45		89
Chris Goodman		44						42		88
James Burrows		41						44		87
Hugh French		37						40		79
Wayne Lashley		50						-		51
Edwin McCormack		46						-		47
Andrew Cottrill		-						43		44
Christian Moody		-						41		42
Dominic Joiner		40						-		41
Oscar Hussey		39						-		40
Andrew Bright		38						-		39
Desmond Edwards		36						-		37
MEN V40										
Stephen Davies		49						49		100
Rob Cope		47						50		99
Jim Dowsett		43						48		93
Ajay Khandelwal		44						47		93
Cameron Timmis		42						46		90
Paul Keating		41						44		87
Charles Lound		50						-		51
Ian Lilley		48						-		49
Duncan Hussey		46						-		47
Joseph Brady		-						45		46
Mark Foster		45						-		46
Paul Hilton		-						43		44
MEN V50										
Tony Tuohy		50						50		102
Eberhard Prill		49						49		100
Neville Webb		47						47		96
John English		46						46		94
Gary Sullivan		45						45		92
Mike Mann		44						44		90
Andrew Murray		42						43		87
Gideon Franklin		43						42		87
Martin Morley		41						40		83
Graham Laylee		39						41		82
Robert Bell		38						39		79
Barrie John Nicholls		34						38		74
Michael Dodds		36						34		72
Michael Ward		33						36		71

Per Hedberg		29						35		66
Stephen Smythe		48						-		49
Christopher Loizou		-						48		49
Duncan Wilson		40						-		41
Peter Gibbons		37						-		38
Ameet Patel		-						37		38
Giles Gibson		35						-		36
Patrick McMorrow		-						33		34
Colin Frith		32						-		33
Stephen Wehrle		-						32		33
Pip Eastop		31						-		32
Stephen Street		-						31		32
Steve Cook		30						-		31
Barry Graham Evans		28						-		29
John O'Byrne		27						-		28

Best 5 count for year including 1 each short, medium, long. W50's and M60's have separate contests using the above scores.

		Short			Medium			Long			
	OVERALL AGE GRADED CHAMPS	**5k Brockwell 01-Feb**	**1M DULWICH 11-Jul**	**2M DULWICH 11-Jul**	**10K BROMLEY 05-May**	**10K BECKENHAM 22-Jun**	**7M SEVENOAKS 31-Aug**	**1/2 MAR TUN.WELLS 02-Mar**	**MARATHON LON or other 13-Apr**	**10M RYE 25-May**	**TOTAL 5 events max inc 1 of 1.S,M,L**
	Name/Champs cat.										
1	Ros Tabor	910						902			1,812
2	Clare Elms	914						882			1,797
3	Tony Tuohy	831						859			1,690
4	Mike Mann	819						815			1,634
5	Neville Webb	792						810			1,602
6	Eberhard Prill	803						795			1,598
7	Gary Sullivan	767						760			1,527
8	Andrew Murray	761						763			1,524
9	Clare Wyngard	762						758			1,521
10	Melanie Edwards	740						778			1,517
11	Paul Devine	752						750			1,502
12	Stephen Davies	759						743			1,502
13	John English	746						749			1,495
14	Edward Hill	745						749			1,494
15	Martin Morley	746						720			1,465
16	Rob Cope	720						737			1,457
17	Alastair Locke	711						744			1,455
18	Emma Ibell	727						706			1,433
19	Robert Bell	716						698			1,413
20	Gideon Franklin	707						696			1,403
21	Sam Crump	691						706			1,396
22	Graham Laylee	698						696			1,394
23	Sarah Cross	694						679			1,372
24	Sue Cooper	703						667			1,370
25	Diana Morgan	697						666			1,363
26	Kevin Chadwick	667						675			1,342
27	Toby de Belder	667						673			1,340
28	Barrie John Nicholls	666						673			1,338
29	Ajay Khandelwal	692						642			1,334
30	James Burrows	660						666			1,326
31	Chris Goodman	668						645			1,313
32	Jim Dowsett	660						651			1,311
33	Michael Ward	642						650			1,291
34	Cameron Timmis	654						635			1,289
35	Lindsey Annable	650						635			1,286
36	Michael Dodds	651						614			1,265
37	Per Hedberg	578						611			1,189
38	Paul Keating	584						571			1,155
39	Hugh French	575						552			1,127
40	Leann Peters	533						514			1,048
41	Christopher Loizou	-						825			825
42	Charles Lound	805						-			805
43	Ola Balme	801						-			801
44	Stephen Smythe	779						-			779
45	Charlie Wood	754						-			754
46	Ian Lilley	745						-			745
47	Wayne Lashley	741						-			741
48	Duncan Hussey	739						-			739
49	Nicola Richmond	734						-			734
50	Michelle Lennon	729						-			729
51	Mark Foster	720						-			720
52	Edwin McCormack	705						-			705
53	Oscar Hussey	700						-			700
54	Anna Thomas	-						682			682
55	Peter Gibbons	679						-			679
56	Duncan Wilson	675						-			675

57	Helen Lister	672						-			672
58	Dominic Joiner	663						-			663
59	Charlie Boden	662						-			662
60	Laura Lane	661						-			661
61	Stephen Wehrle	-						659			659
62	Andrew Cottrill	-						656			656
63	Joseph Brady	-						653			653
64	Katie Crowe	-						652			652
65	Louisa Pritchard	-						649			649
66	Yvette Dore	-						641			641
67	Giles Gibson	638						-			638
68	Steve Cook	635						-			635
69	Colin Frith	630						-			630
70	Joanne Shelton	-						625			625
71	Patrick McMorrow	-						620			620
72	Andrew Bright	620						-			620
73	Kim Hainsworth	619						-			619
74	Pip Eastop	611						-			611
75	Ameet Patel	-						610			610
76	Barry Graham Evans	584						-			584
77	Sarah Lyness	574						-			574
78	Christian Moody	-						571			571
79	Belinda Bell	-						571			571
80	Carolina Lilley	-						553			553
81	Paul Hilton	-						541			541
82	Desmond Edwards	506						-			506
83	Penelope Bell	-						495			495
84	John O'Byrne	485						-			485
85	Stephen Street	-						474			474

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	FINAL RESULT
Wayne Lashley	50	50		50	46	48	244	198
Alastair Locke	48	49	50	46	47	49	289	194
Paul Devine		46	48	48	50	50	242	194
Sam Crump		44		44	45	47	180	180
Ebe Prill	44	42	46	45	44	45	266	179
Ian Lilley	45	43	47	41	42	43	261	177
Chris Goodman	38		44	37	36	40	195	155
Mike Mann	35			38	40	41	154	154
Jim Dowsett	33	35		34	38	35	175	142
Andy Murray	34			36	33	39	142	142
Ian Sesnan		34		33	32	29	128	128
Tony Tuohy	49			49	48		146	
Charlie Lound	47	45		47			139	
Duncan Hussey	42			43	41		126	
Neville Webb	39	40		39			118	
Edwin McCormack			49		49	46	144	
Oli Thurogood	46	48					94	
Michael Hutchinson			45	42			87	
Rupert Nash	43	38					81	
Kevin Chadwick	40	41				44	125	
Rob Cope		37			43		80	
Chris Loizou		39			39	33	111	
John English	37	36					73	
Dave Beaver		47					47	
Martin Morley			43				43	
Bernard Imber			42				42	
Steve Smythe	41						41	
Matt Galvin				40			40	
Hugh Balfour					37	37	37	
Mark Foster	36						36	

Joseph Brady				35			35	
Gary Sullivan					35	36	35	
Duncan Wilson					34		34	
Graham Laylee	32					32	64	
Peter Gibbons				32	31	28	32	
Dominic Joyner						42		
Andy Cottrill						38		
Gideon Franklin						34		
Lewis Laylee						31		
Bob Bell						30		
Dave West						27		

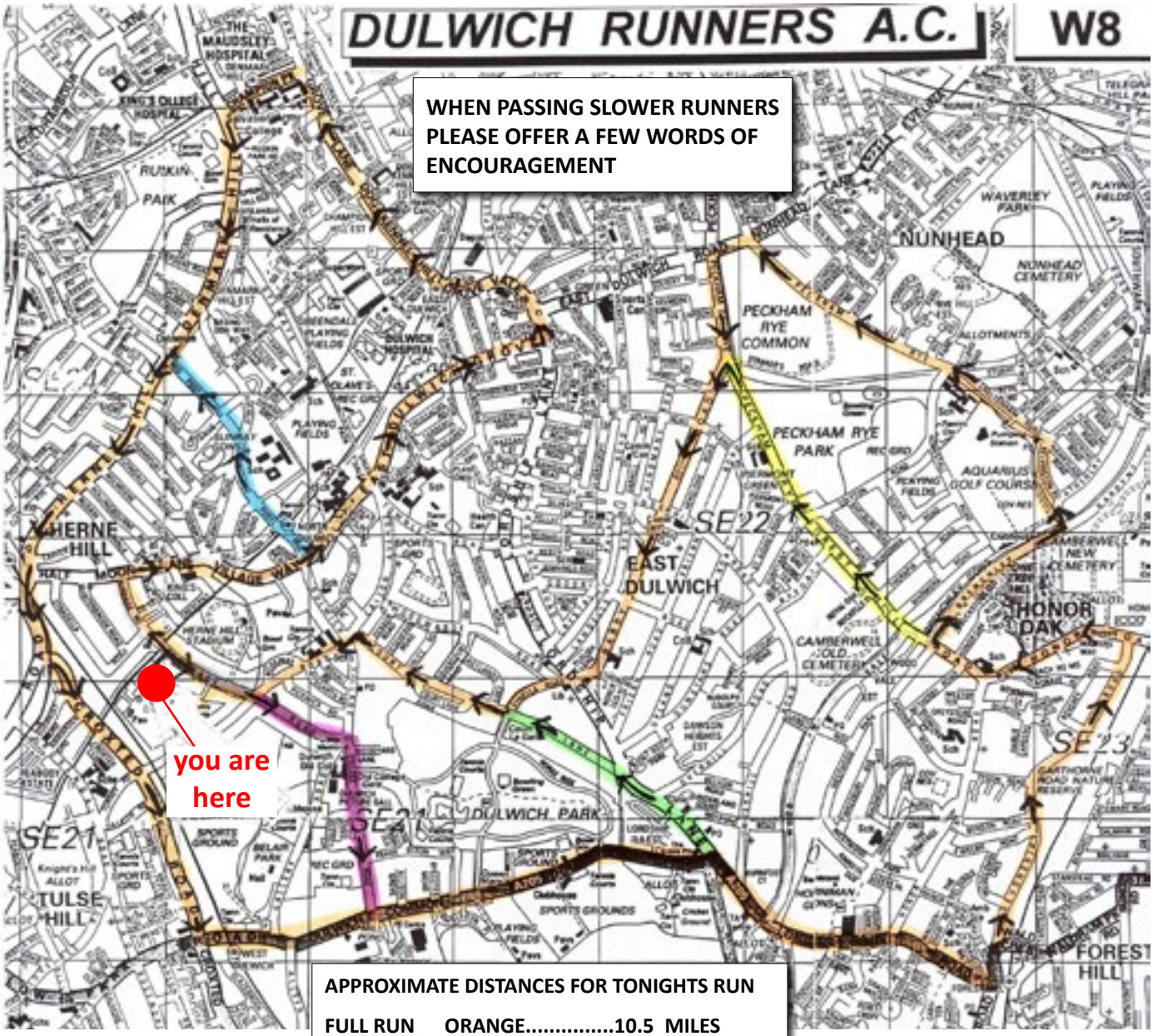
CROSS COUNTRY CHAMPIONSHIPS 2013 - 2014 WOMEN

Total of 4 best runs

MUST INCLUDE 3 SURREY LEAGUES

NAME	Lightwater 19/10/2013	S of 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	FINAL RESULT
Clare Elms	50			50	50	50	200	200
Charlie Wood	48	49		49	48		194	194
Ola Balme	46		48	48	49	49	240	194
Katie Crowe	43	48	47	47	47		232	189
Anna Thomas	41	45	46		44	47	223	182
Michelle Lennon		47	45	41	42	45	220	175
Louisa Pritchard			43	43	41	46	173	173
Ros Tabor	40		44	44	40		168	168
Mel Edwards	47	50	49				146	
Nicola Richmond	45			46	43		134	
Shona McIntosh	49		50				99	
Sarah Cross		46		45			91	
Ange Norris	44				46		90	
Sue Cooper		42		42			84	
Poppy Meadows					38	44	82	
Tereza Francova				40	39		79	
Lindsay Annable	37			39			76	
Sue Rowlands	36			38			74	
Andrea Pickup						48	48	
Felicity Hawker					45		45	
Clare Wyngard		44					44	
Carys Morgan		43					43	
Nicola McIvor	42						42	
Katie Styles			42				42	
Claire Sinka		41					41	
Claire Steward	39						39	
Joanne Shelton	38						38	
Stephanie Burchill	35						35	

DULWICH RUNNERS A.C. W8



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE.....10.5	MILES
SHORT CUT	BLUE.....8.7	MILES
SHORT CUT	PINK.....6.5	MILES
SHORT CUT	GREEN.....5.8	MILES
SHORT CUT	BLUE & GREEN.....3.8	MILES
SHORT CUT	PINK & GREEN.....2.8	MILES

HERE BE DRAGONS