SHORTS

Dulwich Runners AC
Weekly Newsletter
February 26th 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 26 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sun 02 Tunbridge Wells 1/2M Cub Champs

Tue 05 **Track session with Steve Smythe** - £2.50 fee
Crystal Palace Track - 7 for 7:15pm start

In your SHORTS this week !

4 Fixture list, Club champs,XC road, trail etc
5 Race reports & results
6 Clare Elms grabs another World Record !
8 Cross Country Champs final roundup
9 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 02 Tunbridge Wells 1/2M Cub Champs
Mar 15 BMAF Cross Country Champs -Glasgow

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 **Chris Loizou, Steve Wehrle and Clare Wyngard** 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**

Charlie Lound	**26/02**
Patrick Mcmrorrow	05/03
Mike Mann	12/03
Di Morgan	19/03

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)

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 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

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.

Crystal Palace Track

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

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

Clare Osborne, Secretary, Dulwich Runners AC wrote:

Your Dulwich Committee met on Monday 10th February and discussed the following:

- finalising travel and social arrangements for upcoming Tunbridge Wells half marathon this Sunday;
- initial thoughts for the location of the Dulwich Runners charity run later this year;
- that there were a record number of Dulwich Runners (incl 11 new members) taking part in the first club championship race of the year at Brockwell Parkrun earlier this month;
- that Ros would bring club flyers to the club for members to help distribute and publicise the club when opportunities arise.

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

Coach to Tunbridge Wells Half Marathon – Sunday 2nd March

Race numbers have arrived, the pub has been booked and hopefully you're all set for 13.1 miles of history yet to be made on Sunday.
There are still spaces on the coach so if you would like to join us for the bargain price of £10, even if you aren't racing then let me know at the email address below.
The brass tacks for Sunday are;
Depart 6:30am from Crown and Grey Hound pub in Dulwich Village
Please make every effort to be on time.
Arrive at Race HQ around 8am in time to get settled and have a good warm up.
Pick up from the Race HQ at 12pm to head to the pub.
Lunch at The Trading Post. A heads up now that we might be tight for space but there will be a 10% discount on everything, even pints of Ribena.
Pick up from the pub at around 3pm to head back to Dulwich.
The final list of those I'm expecting to see on Sunday morning is;

People who have signed up are;

Toby De Belder	Paul Devine	Emma Ibell
LiannPeters	Mel Edwards	Sam Crump
Nicola McIvor	DiMorgan	Lindsey Annable
John English	Gideon Franklin	Barrie John
Ros Tabor	Per Hedberg	Louisa Pritchard
Andy Murray	AmeetPatelY	Ajay Khandelwal 1
KatieCrowe	Anna Thomas	Ajay Khandelwal
Sue Cooper	Ed Hill	Charlie Lound
Alastair Locke	Cameron Timmis	HelenLister
EdwinMcCormack	Rob Cope	JoBrady
Michael Mann	SteveStreet	Ebe Prill
Yvette Dore	SteveDavies	ChrisLoizou
JamesBurrows	Joanne Shelton	

If you are yet to pay I can take £10 on the day but bank transfer in advance would be preferable; send me an email if you don't already have my bank details.
Any questions about arrangements for the day email drsocialsec@gmail.com
IF YOU NEED TO GET IN TOUCH URGENTLY – my mobile number is 07837 522 021
And a final note of some course facts for Sunday;
There are 17metres per mile average climb over the course
Mile 3 to 4.5 sees a drop from 103m elevation to 31m elevation
Mile 6.6 to 7.9 sees a climb from 33m to 129m!
The last mile…is all downhill!
See you all on Sunday
Alastair

WINE AND WISDOM QUIZ

St Barnabas Hall, Dulwich
Saturday 8 March

I have reserved a table for a Dulwich team of 8. It is an annual quiz in aid of the Children's Society. I think the entry fee is about £8, and that includes a drink, but you have to provide a little food for the buffet supper.

If you are interested please let me know. - **Ros**

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**

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

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 2014 Fixtures

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

Date		Race			Venue
Mar	2	Tunbridge Wells 1/2M Club Champs race			Tunbridge Wells
	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 .

Saucony National Cross Country Races Wollaton Park, Nottingham

Duncan Hussey writes....

Stately home, deer park, blue skies, relatively flat and mostly dry underfoot, this was an excellent venue for the first time visit of the National.

But for the estimated 10,000 competitors and spectators, it could have been Richmond Park. In contrast to the tarlike mud, sub-zero conditions of Sunderland last year and the recent challenges of Lloyd Park & Hythe in the wettest winter in the South East for some time, conditions were almost benign.

On a three lap course, there were only two main obstacles – a metre diameter, 40m long tree placed the breadth of the course and on the other side of the course, a marshy area with deep pools of water. The latter was reminiscent of "It's a Knockout" with flocking crowds oohing and aahing when competitors either slipped or slid their way across or when the odd poor soul went head over heels.

Record numbers competed with 708 in the women's race and in the men's race, with 127 clubs completing teams of six, 1,657 – not quite a record but not far off. Popular winners as well with Steve Vernon in the men's with a record top three National finishes and Gemma Steel taking control of the women's. Even Jonny Brownlee made his first senior outing finishing ninth just behind this year's Kent champion, John Gilbert.

In one of the first races, Oscar enjoyed the U15 race and, although not at his best, was able to complete a four man team for B&B. In the last race of the day, I was relatively satisfied overturning a few Surrey League competitors who were ahead of me at Lloyd Park. The downhill finish was particularly memorable with five sprinting past me at 300m to go. Thinking it too early, I sped up with 150m to go, passing eight in the process but slowing slightly before the line, lost three in the last metre. Such were the numbers that I finished with the same as five others. There were a fair few other memorable finishes – particularly in the U13's:

http://www.athleticos.org/coverage/251436-2014-National-Cross-Country-Championships/video/736264-U13-Girls

http://www.athleticos.org/coverage/251436-2014-National-Cross-Country-Championships/video/736262-U-13-Boys

U15 4k

Oscar Hussey	17mins 17secs 346 finished

Senior 12k

Duncan Hussey	49mins 35secs 1657 finished

Indoor Open Track Meeting 19 February

There were mixed fortunes for the 4 of us who took part in this open indoor track meeting at Lee Valley. The event was well attended with 19 graded 800m races and 6 1500m races.

In the 800m, Tony was down by about half a second on his Sunday time at the VAC meeting, while Cara was up by a similar amount, having started at the back of the field in her race containing a number of fast starting youngsters. We declared identical times in an effort to get into the same race and work together, but this was not to be. Nicola was slower than her expected time but should improve with more speed/endurance and familiarity with the distance. I was about 1.5 secs up on my solo effort on Sunday and fractionally faster than last year's season's best having gone through 400m at 75 secs.

Tony had an excellent 1500m with a couple of fast laps to finish, putting him 7.5 secs ahead of his Sunday time. Nicola found the race a struggle following a short recovery from the earlier one. I was pleasantly surprised by my time, having declared what I thought was an optimistic 5:12 to get into a fast race. Having gone through the first 3 laps at 5:00 pace, my time was not far short of last year's outdoor SB.

Mike Mann

800m

Tony Tuohy	2:18.24
Cara Oliver	2:35.29
Mike Mann	2:34.29
Nicola Richmond	2:45.89

1500m

Tony Tuohy	4:34.80
Mike Mann	5:09.11
Nicola Richmond	5:31.96

National cross-country

We only had one representative in the National cross-country.

20 years ago we regularly had strong men's and women's teams and good turnouts in an event that was regarded by most as one of the greatest events they had participated in. This year hundreds of other clubs still take it very seriously and make a real day out of it. Seeing or being part of 2000 plus runners in a national event should be a highlight of the year and many runners who have joined the club in recent years have never taken part in a historic and atmospheric race

Now there seems little interest in promoting teams to participate .

Hopefully we will make more effort next year to get teams out and make sure anyone who does want to run, is actually entered. - ***Steve Smythe***

Vets Inter Area, Lee Valley, February 23

CLARE BREAKS ANOTHER WORLD RECORD

Dulwich had a big representation at this major inter-area event, most running for Vets AC against teams from Midland Masters, Welsh Masters, Northern Vets etc.
Clare produced the star performance, setting yet another record.

W35/W35 1500m

The W50s were put with the W35s and Clare was up against a good field of younger runners including Jo Locker, who was targeting a time of 4:40. Clare's W50 world record target was 4:47 and the British record 4:48.
Locker set a sub 4:40 pace through the first 500m but slowed thereafter. Clare could never quite get behind Locker as an Irish W35 Denise Toner wouldn't relinquish second place but would occasionally drop 10 metres behind.

On tthe last lap, Toner sprinted past to win with Locker second, Clare didn't feel as good as when she broke the 800m record and didn't finish as fast as normal but she chased Locker home and held her form and her time took just over a second off the world and two seconds off the British best.
Clare gained maximum points for Vets AC as she obviously won the W50 race.
3rd 1st W50 Clare Elms 4:46.12

M50 1500m
Tony ran in the M50 race and it started gently and Tony led at a modest pace. After 600m the pace picked up as the Midlands athlete pushed on. Tony lost contact with the leader in the last 500 metres and was second until close to the finish and ended up a solid third.
3rd Tony Tuohy 4:36.72

W35 400m
Cara Oliver ran in the 400m and just missed out on third spot as she couldn't quite catch the Southern Vet runner, who had started much faster
4 Cara Oliver 69.19

W50 800m
Clare was back in action for the 800m but this time was drawn in a total W50 race and she was just about able to be patient and only make an effort on the last 200 metres and she won easily.
1st Clare Elms 2:38.73

W60 800m
Ros was up against W65 world champion and world record holder Angela Copson, who she has never beaten. Ros led at a slow pace and then kicked hard on the last lap. She couldn't quite shake off Copson, who edged up to Ros and the pair finished almost together but the photo finish revealed Copson had won by just three hundredths of a a second. Ros was understandably pleased with running Copson so close. Ros enters Copson's age group in the summer.
2nd Ros Tabor 2:58.12

M35 800m
Ed Hill was making his Vets debut and he looked good at 400m as he went through halfway in under 63 seconds. He slowed on the second half but held his form well and ran run one of his fastest times.
4th Ed Hill 2:10:02

M50 800m
After starting fast in the previous week's 800m, Tony started much slower but after his 1500m, he never really got going and ended up fifth.
5th Tony Tuohy 2:21.34

W35 3000m
Emily Gelder had her first race since the Snowdonia marathon, and though she wasn't too pleased with her run, it did beat her PB set in the summer.
5th Emily Gelder 11:11.61

M60 3000m
Mike paced himself well aiming for around 11 minutes and he kept going well but just missed out on the barrier. He finished third in the age group but the second runner, who was over half a minute ahead set a British M65 record.
3 Mike Mann 11:03.25

4x200m relays - Ros and Mike ran for the Vets AC team

Scottish National Cross Country champs 2014, Falkirk Park

Shona Mcintosh write...
With Rupe having fallen over into a hole in the last second of his last rep before the championships, I was the only DR competing in this Saturday's Scottish Nationals. The course has a few undulations and this year the conditions going up the biggest hill were reminiscent of the trenches that Mr Gove seems so keen for us all to remember this year.

I tried not to take off like too much of a pansy, and got to the first corner (at the top of a hill) probably in the top 25. I spent the rest of the lap trying to work my way through and was sitting in the low teens by the middle of the second lap. I started to struggle a bit on the muddy hills in the last quarter, and was passed by someone I'd beat by over a minute in my last 10k. HBT men were out on force on the course shouting encouragement and assuring me we were in contention for the team prize.

I knew coming down to the finish that there were two girls on my back so desperately tried to 'sprint' as much as my legs ever do. Unfortunately I was pipped on the line by a Garscube harrier, and HBT had to settle for silver team prize in what must be the closest margin possible: we were tied on points with the winning team, Centralscum AC, and lost by one place on countback to our fourth runner.

The women's race was of very high quality, with 20-year-old student Rhona Auckland winning from Susan Partridge, and Olympian Freya Ross having to settle for 5th in her comeback from injury.

15 Shona McIntosh 30.57

February 22

Ashford

10 Nick Brown	19.23 (1st M55)

Burgess

5 Oli Thorogood	18:02
11 Patrick Hutchison	18:34
128 ran	

Brockwell

30 Ola Balme 2W	20:11 (1W45)
44 Duncan Wilson	21:11
49 Nicola Richmond 3W	21:23 (1W40)
50 Andy Murray	21:27 (1M60)
74 Graham Laylee	22:31
83 Charlotte Boden 12W	22:59
96 Ros Tabor 18W	23:47 (1W60)
127 Desmond Edwards	25:34
203 ran	

Crystal Palace

Cap'n Bob writes....

Paths smoothed out (thanks Bromley Council) and a bright sunny day meant it looked like a few PB's might be on.

This turned into an understatement as somebody reported a stonking 58, a quarter of all runners achieved a PB. It was rumoured that Bob Bell was accepting £10 for each PB but this was untrue, he only stepped in with the stop watch at the last minute as Jane Harbage was off giving birth to a son, who arrived at 12.54, so she could have done the timing first !

Anyway congrats to Jane and David on introducing another Dulwich Runner to the world

9 Andy Cottrill	19.19 (PB)
74 Clare Wyngard	23.22
76 Mike Dodds	23.26
80 Belinda Bell	23.34 (PB)
234 ran	

Dulwich

7 Paul Devine	17:15 (PB)
16 Ebe Prill	18:24 (1M50)
23 Chris Goodman	18:52
24 Chris Loizou	19:07 (1M55)
25 Rob Tobin	19:10 (PB)
26 Cristiano Alberigo	19:15 (PB)
28 Kevin Chadwick	19:20
58 Gideon Franklin	21:46
87 Mark Muffett	23:04
95 Kim Hainsworth 9W	23:38
127 Mick Mead	25:55
128 Pip Eastop	25:57
163 Kathrytn Cheshire 44W	29:21
200 ran	

Hilly Fields

8 Gary Sullivan	21:23
49 CarolinaLilley 14W	28:03
92 ran	

Riddlesdown

9 Ange Norris 1W	22:38
56 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.

2013 - 2014 cross country champs categories

Ist man	Wayne Lashley
2nd Man	Alastair Locke + Paul Devine
1st M40	Ian Lilley
1st M50	Ebe Prill
1st M60	Mike Mann
1st Woman	Clare Elms
2nd Woman	Charlie Wood
3rd Woman	Katie Crowe
1st W40 (Excluding Above)	Ola Balme
1st W50	Ros Tabor
Captains' Award	Sam Crump

Congratulations to these runners who completed the cross country championships:

Anna Thomas
Michelle Lennon
Louisa Pritchard
Chris Goodman
Jim Dowsett
Andy Murray
Ian Sesnan

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
Wayne Lashley	50	50		50	46	48	244
Alastair Locke	48	49	50	46	47	49	289
Paul Devine		46	48	48	50	50	242
Sam Crump		44		44	45	47	180
Ebe Prill	44	42	46	45	44	45	266
Ian Lilley	45	43	47	41	42	43	261
Chris Goodman	38		44	37	36	40	195
Mike Mann	35			38	40	41	154
Jim Dowsett	33	35		34	38	35	175
Andy Murray	34			36	33	39	142
Ian Sesnan		34		33	32	29	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
Clare Elms	50			50	50	50	200
Charlie Wood	48	49		49	48		194
Ola Balme	46		48	48	49	49	240
Katie Crowe	43	48	47	47	47		232
Anna Thomas	41	45	46		44	47	223
Michelle Lennon		47	45	41	42	45	220
Louisa Pritchard			43	43	41	46	173
Ros Tabor	40		44	44	40		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

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
6	2 Mar	Tunbridge Wells 1/2M	**Club Champs**
5	9 Mar	12 x 1 mile	09:00 Dulwich Park
4	16 Mar	Spitfire 20 / Tempest 10	Dunsfold Aerodrome(20or10mrace) www.eventstolive.co.uk/
3	23 Mar	Richmond Pk / Bushy Pk	09:30, 22 mile off-road run, Roehampton Gate
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

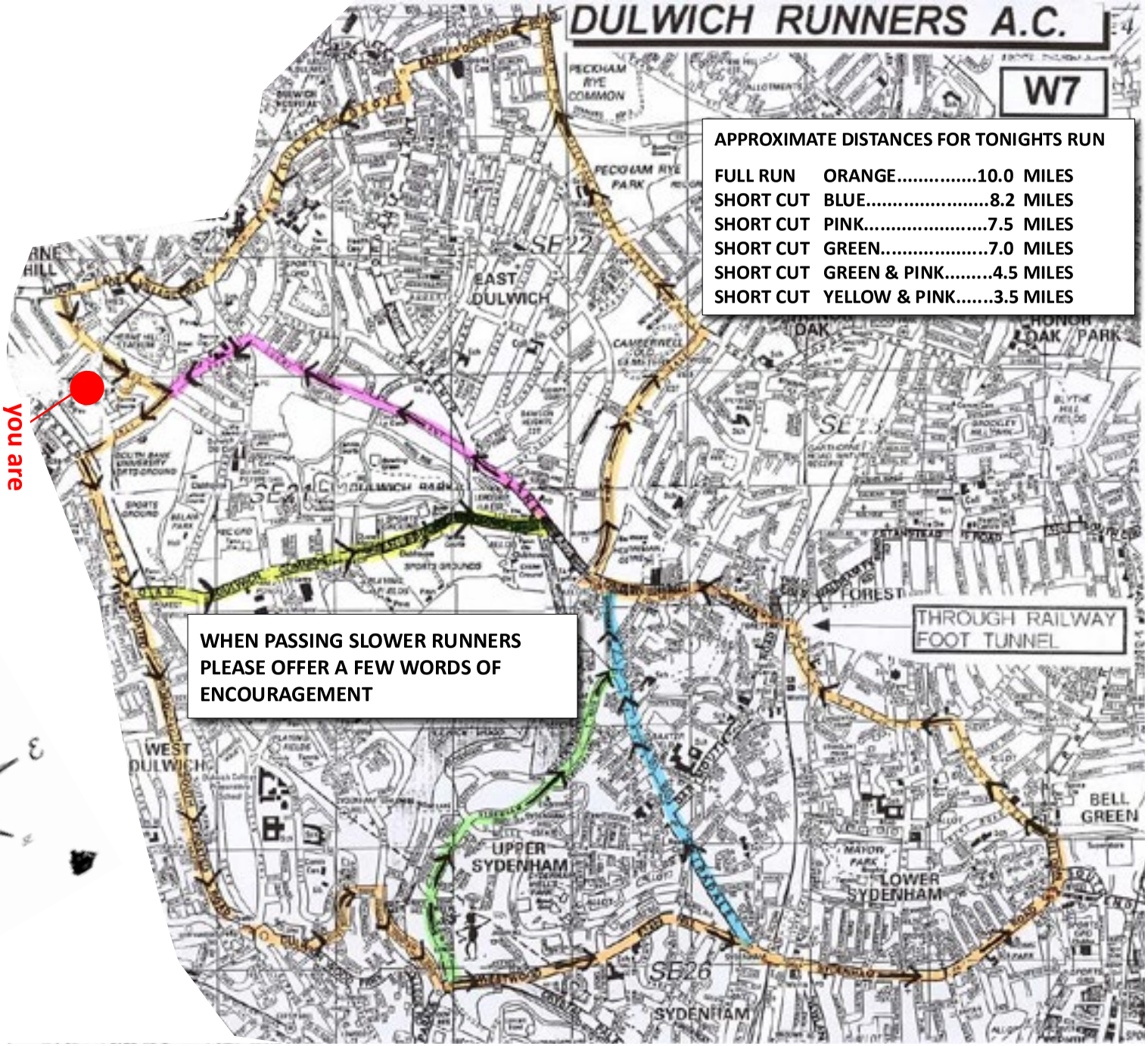
ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell, Crystal Palace, Burgess, Southwark, Hilly Fields) – check out www.parkrun.org.uk/ for venues and registration

DULWICH RUNNERS A.C.

W7

APPROXIMATE DISTANCES FOR TONIGHTS RUN

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



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

HERE BE DRAGONS