SHORTS

Dulwich Runners AC
Weekly Newsletter
December 17th 2014

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

- HOLIDAY PERIOD CALENDAR –

Wed 17 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 20 South of Thames 7.5m , Farthing down
Tue 23 Track closed - Hill Session - see below
Wed 24 CLUB CLOSED NO CLUB RUN
Tue 30 Track closed - Hill Session - see below
Wed 31 CLUB CLOSED NO CLUB RUN

There will also be a private party in the clubhouse this evening, so please change in the changing rooms... no nudity upstairs !...thankyou

Holiday period Hill/Track sessions

No Tuesday track sessions next 2 weeks (Tuesday December 23rd and Tuesday 30th) but there will be a hill session opposite Sydenham Hill Station - They will start at a slightly earlier time at 7pm. £1 fee for club funds.

TRACK SESSIONS

at Crystal Palace Arena
Tuesdays with Steve Smythe

Improve your speed & strength over all distances, suitable for all standards and abilities.
Please be warmed up and ready for the session to start at 7.15.

You need to go through the Crystal Palace reception check in where you say you are with Dulwich Runners and you will be given a wristband.

When you get to the track itself, Ros will be there to collect your track fee (£2.50 per week) and mark the track register. If you want to pay in advance for future sessions that is fine.

Dulwich Runners Annual Membership Due

If you do not renew your 2015 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 by email or post your 2015 membership renewal reminder.
If not then contact me asap barry@bg1.co.uk or see me at the club on a Wednesday evening
You can now pay direct online

In your SHORTS this week !

1... General information
5... All things Cross Country - races, advice etc
6... Fixture list, club champs,XC, road, track
6... Race reports & results
7... Parkrun results
8... Wednesday night routes map

And much more !

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

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list **page 7**

20 South of Thames 7.5 miles, Farthing Down

NEW RUNNERS ROTA

Many thanks to **Hugh Balfour & Mike Mann** 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.
Thanks. – **Ros**

Lindsey Annable	**17/12**
Club Closed No Club Run	**24/12**
Club Closed No Club Run	**31/12**
Charlie Boden	07/01

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

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 !

After your run 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)

DULWICH RUNNERS KIT STOCK CLEARANCE SALE

There will be a sale of old style kit - vests, short and long sleeved shirts.

Now is your chance to buy an extra vest or long sleeved training top.

Limited sizes - all items £10.

Available on Wednesday nights,
or email Ros ros@28kerfield.freeserve.co.uk

WEEKEND IN SNOWDONIA 27TH FEB - 2ND MAR

Join other DR's for some Running/Walking/Chilling in self catering cottages at the foot of Snowdon.
Options include the new parkrun at Penryn Castle, Anglesey Half Marathon (Sun 1st March) so it will fit in with your spring training and not clash with other club events.
Partners/non runners will be most welcome.
Places are limited so contact Chris Vernon on vernonrun@aol.com for more details

DULWICH RUNNERS CHRISTMAS PARTY

Susan Vernon writes:
- Thank you to everyone who bought tickets for the raffle on Saturday night. We made an astounding £300 which will go to our Charity of the Year. It was a most successful party and huge thanks to Alastair Locke and Matt Ladds for the organisation

HI ALL

Near future events planned;

SUNDAY 28TH DECEMBER
The Shoreham shuffle
0930 from the Car park in Shoreham village.
10 mile road/country run with optional lunch in pub after.
If interested please e mail me –
steve.wehrle@immediate.co.uk

SUNDAY 4TH JANUARY
Tadworth 10 mile race – Epsom
Some of us always do this post Christmas race, join us!

SUNDAY 11TH JANUARY
0930 Norman Park track –Bromley
First of our marathon training sessions
YASOO session
Come along and do this event and I will predict your potential marathon time, if you do the sessions planned up to April time!
Entry to the track is £4.

Merry Christmas

STEVE WEHRLE
UK ATHLETICS grade 2 coach

Thursday daytime sessions

A growing number of runners meet up on Thursday Mornings at various different places each week (ie Dulwich Park, Brockwell Park, Greenwich Park, Beckenham, Crystal Palace). Cost is £1.
If you want to be added to the mailing list - session usually confirmed late Wednesday - e-mail
steve.smythe@athleticsweekly.com

‘MARATHON TRAINING SUNDAY SESSIONS’

SUNDAY RUNS, RACES AND REPS

(Provisional – dates and events subject to change)

Includes: middle and long distance multi-terrain / road races
Sunday runs at High Elms & Dulwich Park
Track sessions at Norman Park track, Bromley
Preparation for London Marathon 2015

Weeks to go!	Date	Event / Distance	Information
16	4 Jan	**Tadworth 10**	Epsom Downs 10 mile race
	Sat 10	Surrey League XC	Wimbledon Common (Men and women)
15	11 Jan	Norman Park track	09:30 ‘Yassoo’ session – 8 x 800m
14	18 Jan	Dulwich Park	09:00 14 miles to Beckenham
13	25 Jan	High Elms	09:00 Off-road 2 hours
12	1 Feb	High Elms	09:00 Off-road 2 hours+
	Sat 7	Surrey League XC	Men at Lloyd Park / Women at Farthing Down
11	8 Feb	Norman Park track	09:30 Track session
10	15 Feb	Dulwich Park	09:00 18 miles
9	22 Feb	**Tunbridge Wells Half Marathon**	Tunbridge Wells 13.1 miles Race
8	1 Mar	Norman Park	09:00 Road route to Tatsfield and return – 18m
7	8 Mar	Norman Park track	09:00 Track session
6	15 Mar	Dulwich Park	09:00 Road run to Town/City – 20m
5	22 Mar	High Elms	09:00 Off-road 2 hours +
4	29 Mar	**Paddock Wood Half Marathon**	Paddock Wood, Kent- 13.1 mile race
3	5 Apr	Westerham run	09:00 Grasshopper pub, Westerham – off road 3 hrs +
2	12 Apr	High Elms	09:00 Off road 2 hours +
1	19 Apr	High Elms	09:00 Easy 10m off road
GO!	26 Apr	LONDON MARATHON!	09:00
Zero	**13 Apr**	**LONDON MARATHON**	**CHAMPSCLUB**

for more information contact Steve Wehrle, Claire Steward, Paul Hilton

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

Alternative / additional race options:

17 Jan (Sat)	Box Hill Fell Race – approx 7.5 miles off-road	http://www.fabian4.co.uk/
18 Jan	Benfleet 15 – 15 miles multi-terrain	http://benfleetrunningclub.co.uk/benfleet-15
15 Feb	Bramley 10 / 20 miles, Basingstoke	http://Readingroadrunners.org
8 March	Finchley 20 miles (Ruislip)	http://www.hillingdonac.co.uk/f20/
15 March	Meon Valley Plod (multi-terrain 21 miles)	http://www.pjc.org.uk/
21 March (Sat)	Date tbc – Orion 15, Epping Forest	http://www.orionharriers.org.uk
22 March	Hastings Half Marathon	http://www.hastings-half.co.uk/
29 March	Cranleigh 15/21 (15 or 21 miles)	http://www.mabac.org.uk/
29 March	Tempest 10 / Spitfire 20 (10 or 20 miles)	http://www.eventstolive.co.uk/
29 March	Croydon Half Marathon	http://www.croydonhalf.co.uk
19 April	Thames Towpath 10 (10 miles, Chiwswick)	http://www.west4harriers.com/

IMPORTANT UPDATE

Green Belt & Welsh Castles Relays

The dates of these relays have now been confirmed as 16/17 May for the Green Belt Relay (GBR) and 6/7 June for the Welsh Castles Relay (WCR). These dates are different from those previously advised.

We need to make decisions shortly on which relays to enter next spring as well as the number of teams. In order to do this, we would like to ask for expressions of interest for each of these relays. It should be emphasized that these events are not targeted at our faster elite runners but are open to everyone.

They are particularly suitable for newly joined members as the WCR in particular is an excellent opportunity to get to know other club members. The GBR has 22 stages and takes place over 2 days with each competitor running on both days, so we need 11 runners per team. A lot of the relay is offroad on trails and riverside towpaths and the stage distances range from 8 to 13 miles.

The WCR also takes place over a weekend and has 20 stages, but each competitor only runs once, so we need 20 runners to complete a team. Most of the relay takes place on roads but some of the stages contain contain sections of trail. The stage distances are similar to the GBR ones. It would he helpful if those of you who would like to take part in one or both of these events could let me know by 12 December,even if you have already responded to existing Shorts articles,to enable us to see whether we have sufficient runners + reserves to enter teams.

We are looking at ways of reducing the financial burden to the club of these relays and will be increasing the current £10 contribution towards entry costs made by runners to £15. However this is similar to or less than the cost of entering most road races.

We will make decisions soon after on which relays to enter and the number of teams in the light of your responses. Those newer members who are unfamiliar with these events and who would like further information are welcome to contact me mcmann90@yahoo.co.uk

Mike Mann on behalf of the relays team

Marathon Training

Steve Smythe, who has run a sub-three hour marathon in 5 different decades and is one of the Runner's World/Asics Target 26.2 marathon coaches, can offer marathon training advice and schedules free to members.
If interested, contact steve.smythe@athleticsweekly.com

2015 CLUB CHAMPS

Some more research is required before a final decision is reached on the club champs races for 2015. However 2 races in the long category have been selected for the spring; the Sidcup 10 on 8 March and the Paddock Wood Half Marathon on 29 March.

Since these races are currently open for entries and are filling up quite fast, you are encouraged to enter soon. Note that the first club champs race of the year will be the Dulwich parkrun on 31 January. The full list of club champs races will be issued within the next few weeks.

Mike Mann on behalf of ADSC

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each

There is limited stock of hoodies, very small sizes only.
I can order more if enough people are interested.
They will be £20 each.
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

The cross country season has started, so here is some information, particularly for the benefit of newly joined members.

We compete in the Surrey League cross country with the men in Division 2 whilst the women compete in Division 1.

There are 4 fixtures during the season that started on 11 October at Richmond Park for the women and Newlands Corner near Guildford for the men (details of other fixtures can be found in Shorts).

With the Men's Surrey League there's no need to enter in advance; you simply turn up on the day though your captain will find it helpful if you could let him know in advance.

With the Women's Surrey League, we need to enter runners in advance and you will receive 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.

But 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 are 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 January and the National champs in February, being held at Parliament Hill Fields this season.

There are also a number of Masters events. For all these races, other than the Surrey League it's necessary to submit entries 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 or trail shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country spikes, or alternatively fell 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 ENTRIES

Entries for most forthcoming races are now closed, with the exception of the Surrey champs at Lloyd Park on 3 January and the National champs at Parliament Hill on 21 February.

Both these events are local and the National is one of the cross country champs races and will be a memorable occasion. If you have not yet informed your captains, please do so as soon as possible if you would like to be entered.

CROSS COUNTRY MOB MATCH WITH BECKENHAM RUNNING CLUB

Beckenham Running Club have kindly agreed to host a further cross country mob match at Beckenham Place Park on 14 February. The course is likely to be similar to the one used last winter. There is a clue in the name and we need to field a large "mob" to do well. This is an event for everyone, not just our faster runners, as virtually all runners score.
So please note the date in your calendars.

Surrey League & Other Cross Country Fixtures

Please try to keep the Surrey League dates free, particularly if you are likely to be in the scoring (the first 10 runners in each team).
We are hosting the Surrey League fixture at Wimbledon Common and will be asking for helpers.

Since the National Champs take place in London this time, it is likely to be included as part of our own cross country champs.

Surrey League Cross Country, 10 January
Volunteers Needed

We are hosting the third men's Surrey League fixture at Wimbledon Common on 10 January, and need up to 25 volunteers to provide marshals at a number of points on the course and manage the finish.

Since the women will be running on the same course earlier in the day,it is hoped that as many participants as possible will be prepared to stay on and help with the men's match starting at 2.30pm. In addition we need as many as possible of those not intending to run to help out on the day.

Our men intending to run are also encouraged to turn up early to support the women who will be starting at 12.00. Further details of the course and marshalling stations will be provided nearer the time.
In the meantime could all those willing to volunteer please contact me at mcmann90@yahoo.co.uk

UPDATE.....

Thank you to those of you who have already offered to help, but we urgently need more volunteers to assist with this Surrey League match at Wimbledon Common which we are hosting.

Since the course is quite complicated with many changes of direction, we need a number of marshals on the course and we also require some to help with the finish. It is hoped that many of our women who will be running earlier on the same course will be able to stay and that those men who are not planning to run will be able to help.

As an extra incentive there should be access to Wimbledon Windmilers club facilities where soup and hot drinks will be available.

Marathon Training

Steve Smythe, who has run a sub-three hour marathon in 5 different decades and is one of the Runner's World/ Asics Target 26.2 marathon coaches, can offer marathon training advice and schedules free to members.
If interested, contact steve.smythe@athleticsweekly.com

UPDATE.....

Entries for the Surrey County champs at Lloyd Park are open until 20 December.

There is a very early closing date for the National champs at Parliament Hill Fields on 21 February, so names please by 3 January.
Mike Mann

Dulwich Runners 2014/15 Fixtures

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

Date		Race		Venue
Dec	20	South of Thames 7.5 miles		Farthing Down, Coulsdon
Jan	3	County Champs		Various venues
	10	Surrey League 3	mens & womens	Wimbledon Common
	24	South of Englands Champs		Stanmer Park, Brighton
Feb	7	Surrey League 4	mens	Lloyd Park, Croydon
	7	Surrey League 4	womens	Farthing Downs, Coulsden
	14	Beckenham Mob Match	mens & women	Beckenham
	21	National Champs		Parliament Hill Fields

Race Reports & Results

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, xc, tri results etc, are welcome .

South of England Masters Championships, Oxford, December 13

For various reasons not a great turn out or series of performances on a very tough course with a very long hill with some steep sections near the top, a slightly dodgy immediate descent and a long stretch of thick mud in the woods. We did at least have a women's team but a lack of numbers meant Clare Elms had to choose between running for a W40/ W45 team or going for an easy win in the W50s and she chose to help the team.

Clare had won the race outright three times before and was disputing the lead until a mile to go when she slowed through the very muddy section. Eventually she was fourth across the line. Unfortunately she had been declared in the W45 as were the first three and would have won the W40s had she been entered in that age group.

Andrea Pickup had a solid run after her ankle injury of the week before and the team was completed by Marjorie Epson, who like Clare had to move down an age group.

A former club women's champion, she moved to Leicestershire around 20 years ago but has remained a club member and ran 3:26 in the Manchester Marathon in April.
Dulwich were just a few points down on the medals but ended up fifth.

We did win one medal on the day, Ros had asked not to be in the club team and not to move down an age group (ie W50) and with no real opposition, she won W65 individual gold by almost ten minutes. Had Ros run for a W50 team with Clare and Marjorie, we would have won team silvers.

Last year the M50s got a team silver but of six entered and about 20 potential club members who could have run, just one finally ran due to a mixture of illness, injury and lethargy.
We also had hoped to have a M60 team for a rare occurence but just two ran eventually. Mike didn't run anywhere near his recent international form and though beating one of his main international rivals, ended up just fifth in a very high standard competition.
Andy Murray had a solid run to form.
Women 6km

- Steve Smythe

4 (4W45) Clare Elms 23:12 (was 1W50)
28 (14 W45) Andrea Pickup 26:12
40 (1 W65) Ros Tabor 27:19
46 (18 W45) Marjorie Epsom 28:01 (was 9 M50)
W40/45 team: Dulwich 5th

Men 10km (nearer 9.5km)
51 (11M55) Steve Smythe 43:25
66 (5 M65) Mike Mann 44:43
88 (12 M60) Andy Murray 46:48

Andy Reading 10k

I returned to Bicester after a 9 year gap to run this small, well organised 10k race, much of which is on a pancake flat airfield. Whilst my 2005 time would have won me the race, my form of 2005 is long gone and a comparatively gentle opening mile of 5:40 was ridiculously fast and rather took its toll.

With strong headwinds to contend with, it took me a few miles to regain my composure, meaning that I had put myself within touching distance of a personal worst. I think I avoided that and, with a decent finish, sneaked inside 40:00 with 39:45, scraping into the top 50 to boot. Not too bad for a couch potato in his first road race for almost 3 years....

-James Godber

Nene Valley 10, December 7

171/18W/1W50 Marjorie Epson 74:20 (74:10 chip)

December 13th

Brockwell

235 ran

Pos	Gen		
18	18	Ebe Prill	18:41
24	24	Timothy Bowen	19:03
25	25	Wayne Lashley	19:09
74	66	Duncan Wilson	21:49
83	10	Michelle Lennon	22:01
92	79	Hugh Balfour	22:22
94	81	Graham Laylee	22:29
99	16	Selma Benattia	22:37
110	21	Lucy Clapp	23:09
112	90	Gary Sullivan	23:11
142	106	Stephen Davies	24:46
151	41	Claire Steward	24:58
152	42	Katie Styles	24:58
170	124	Desmond Edwards	26:32
171	47	Sarah Lyness	26:33
181	53	Clare Wyngard	27:27
198	137	Michael Dodds	28:54
234	150	Chris Vernon	49:47

Burgess

92 ran

Pos	Gen		
7	7	James Charles	19:33

Crystal Palace

126 ran

Pos	Gen		
5	1	Elkie Thorndyke	20:01
56	46	Barry Graham	24:50

Dulwich

"Duncan Wilson 50th park run Dulwich Park 20th December Just thought I would let you know I will finally reach 50 park runs on Saturday if anyone wants to join in the "fun".

I am going ski-ing the next day so will be away on the Christmas day one.

Merry Christmas to all of you if I don't see you on Saturday."

131ran

Pos	Gen		
10	10	Simon Burnett	19:03
23	22	John Fletcher	20:53
59	51	Rob Cope	24:11
78	63	Mick Mead	25:17

Gladstone

70 ran

Pos	Gen		
18	18	Ian Sesnan	24:05

Maidstone

194 ran

Pos	Gen		
5	5	Michael Fullilove	19:30

Newark

100 ran

Pos	Gen		
24	24	Martin Morley	23:36

Old Deer Park

41 ran

Pos	Gen		
16	2	Lindsey Annable	25:02

Orpington

91 ran

Pos	Gen		
2	2	Oscar Hussey	19:48
8	8	Duncan Hussey	20:39
25	24	Colin Frith	24:00
70	57	Peter Jackson	29:59

Peckham Rye

57 ran

Pos	Gen		
2	2	Kevin Chadwick	19:06
7	7	Gideon Franklin	19:58
9	9	Toby De Belder	20:04
18	18	Joseph Brady	21:59

Riddlesdown

87 ran

Pos	Gen		
10	1	Ange Norris	22:22

Valentines

179 ran

Pos	Gen		
16	1	Kim Hainsworth	20:33

Wycombe Rye

125 ran

Pos	Gen		
7	7	James Wicks	20:57

New members especially ! and others....

Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

DULWICH RUNNERS AC W13

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	8.5	13.7
SHORT CUT	BLUE	6.5	10.5
SHORT CUT	PINK	6.2	10.0
SHORT CUT	GREEN	5.8	9.3
SHORT CUT	GREEN & BLUE	4.4	7.1
SHORT CUT	GREEN & PINK	3.2	5.1

Yellow cut at beginning reduces all runs by approx. 1mile