SHORTS

Dulwich Runners AC
Weekly Newsletter
December 31st 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 31 CLUB CLOSED NO CLUB RUN

2015 - Back to normal !

Tue 6 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below
Wed 7 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

In your SHORTS this week !

1... General information
3... All things Cross Country - races, advice etc
6... 2015 Dulwich Runners Club Champs races diary
6... Fixture list, club champs,XC, road, track
7... Race reports & results
8... Parkrun results

And much more !

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

You can follow us on

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.

EVENT HORIZON

A brief look ahead

full fixture list **page 7**

Jan 10 Surrey League XC - m & w, Wimbledon

NEW RUNNERS ROTA

Many thanks to **Lindsey Annable, Andy Murray and Ian Sesnan** 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**

Club Closed No Club Run	**31/12**
Charlie Boden	07/01

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 membership renewal reminder for 2015.
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

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**

COUNTY CROSS COUNTRY CHAMPS, 3 JANUARY
This is a reminder to those entered of the start times for the Kent and Surrey cross country champs on 3 January. For the Kents at Hythe the men start at 12.45 and the women at 14.00. The start times for the Surreys at Lloyd Park are 13.05 for the women and 13.50 for the men.

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

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.

UPDATE..... 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**

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.

SURREY LEAGUE CROSS COUNTRY, 10 JANUARY, WIMBLEDON COMMON

Our third fixture takes place on Wimbledon Common on 10 January. Note the earlier than usual start time of 2.30pm and the venue which is Putney Vale near the Thames Hare and Hounds clubhouse and the Asda supermarket where parking is available, though check for restrictions(see details attached). It is important that we maintain the improvement achieved at the second fixture; this will require as many of our regular scorers as possible taking part.

The women's match will be at the same venue earlier in the day. We are hosting the men's match which will require a number of volunteers at various marshalling points and the finish. We have had a good response from the women who have offered to stay on after their race, but those men who are not taking part or unlikely to score are encouraged to help on this occasion. ***Mike Mann***

2XU MEN'S SURREY CROSS COUNTRY LEAGUE 2014/15, DIVISION 2 - MATCH 3 PRE-RACE INFORMATION

Hosted by Dulwich Runners

Date: Saturday 10th January 2015
Venue: Wimbledon Common

Race time and distance
The race starts at 2.30 (note earlier time than usual) and the distance is approximately 7km.

Travelling to the venue
The race start & finish area is on the Richardson Evans Memorial Playing Fields, or University Playing Fields as indicated on the attached maps (Roehampton Vale, London, SW15 3PQ). The entrance is alongside the A3, just north of the Robin Hood junction.

Please share cars or preferably use public transport. There will be NO on-site parking available due to other events taking place on the playing fields on the same day. If you do travel by car, the nearest car parking facility is a short walk away from race HQ, at the ASDA Roehampton Superstore (SW15 3DT) – please check for any parking restrictions.

The No. 85 bus runs between Kingston & Putney, both of which are served by National Rail.

Facilities
There will be port-a-loos on-site, though no changing facilities will be available. Runners should arrive ready to compete. The nearest food & refreshments are available at ASDA.

Health & Safety
Please note the course is different to those used by Thames Hare & Hounds and run in an anti-clockwise direction. A risk assessment has been carried out and will be updated to the time of the races. Wimbledon Common provides a wide range of undulating terrain & challenging conditions underfoot. Depending on the weather, there can be some very deep mud. Spikes or cross country fell shoes are advised, and please be aware there are stony paths in some places.
Runners should exercise care, looking out for tree routes and other trip hazards, muddy areas and any other obstacles. There is one small concrete bridge with no side rails over a small steam. The courses will be fully marshalled by club members in yellow hi-visibility bibs. Members of the public, many of whom walk their dogs or have young children, use the Common extensively. The Common is a public area- all users have a right to be there and should be respected.
First Assist Ltd, will be providing first aid cover throughout the time of the races, based at the start/finish area. The nearest A&E hospital is St George's Hospital (Tooting), Blackshaw Road, London, SW17 0QT (0208 672 1255)

Race finish
To assist timekeepers and their assistants, runners finishing their race MUST stay in order and keep moving along the funnel, only exiting at the end and not through the sides.

Declarations and Results
Team managers should hand in declaration sheets at race HQ in good time before the start of each race. Results will be compiled and released as soon as possible after the completion of each event.

Other Information
The Women's Surrey Cross Country League fixture will be taking place at the same location at 12.00pm, hosted by Wimbledon Windmilers.

2015 Cross Country Route

Marked is the route for the 2015 Cross Country

- Start/finish area is at the University Playing Fields
- One circuit of the fields and then two laps on the Common tracks & paths, to finish back at the University Playing Fields.
- No Parking on Site – use Asda short way up the A3 towards Central London and walk to start.
- Portable toilets, bag drop facility at the Start/Finish area.

'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/

Hi All - Near future events planned;

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.
STEVE WEHRLE - UK ATHLETICS grade 2 coach

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

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

Sunday Long Run Group / Spring 2015 Marathon Training

There will be an informal Sunday long run group meeting around 9am in Dulwich Park from the beginning of January onwards. The runs will typically be 15-20 miles and at a range of paces in accordance with training schedules, aiming at runners targeting 8 min down to sub 7 min miling in a spring marathon. Non marathon runners looking to improve their stamina equally welcome.
Contact ian.lilley@gmail.com or ebeprill@yahoo.co.uk to be added to the email distribution list, we will also try to get something up on Facebook each week.
Cheers,

Ian Lilley

Dulwich Runners 2015 Club Championships

Some of the earlier races have already been advertised, with the remaining ones held back as dates have yet to be confirmed. Although this still remains the case, we have decided to issue the complete list which will be updated with confirmed dates once these are known.

Once again the races will be split into 3 distance categories. As the 3 long events fall within a 6 week period, we have added the Cabbage Patch 10 as an additional long race to accommodate those who may be injured during the spring. Details of scoring rules to follow.

31 Jan	Dulwich parkrun (short)
8 March	Sidcup 10 (long)
29 March	Paddock Wood half marathon (long)
26 April	London Marathon (or alt. marathon) (long)
15 June tbc	Battersea Park 2 miles (short)
21 June tbc	Ranelagh Richmond 10k (medium)
3 or 10 July	Mark Hayes Mile, Dulwich College track (short)
30 August tbc	Sevenoaks 7 (medium)
27 Sept tbc	Middlesex 10k, Victoria Park (medium)
1 Nov	Cabbage Patch 10 (long)

Dulwich Runners 2015 Fixtures

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

Date		Race		Venue
Jan	3	County Champs		Various venues
	10	Surrey League 3	mens & womens	Wimbledon Common
	24	South of Englands Champs		Stanmer Park, Brighton
	31	Dulwich Parkrun	short	Dulwich Park
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
Mar	8	Sidcup 10	long	Sidcup
	29	Paddock Wood half marathon	long	Paddock wood
Apr	26	London Marathon (or alt. marathon)	long	London
Jun	tbc 15	Battersea Park 2 miles	short	Battersea
Jun	tbc 21	Ranelagh Richmond 10k	medium	Richmond
Jul	3 or 10	Mark Hayes Mile	short	Dulwich College Track
Aug	tbc 30	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	tbc 27	Middlesex 10k	medium	Victoria Park
Nov	1	Cabbage Patch 10	long	Twickenham

Green = Cross country Blue = Club Champs

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 .

Dulwich Runners South of Thames, Farthing Downs

for more action pics of the race https://www.flickr.com/photos/dqnic/sets/72157647592854413/

Ange Norris, Clare Elms, Katie Styles, Anna Thomas, Lucy Clapp, Selma Benattia, Claire Baglin
photos courtesy of Nicki Clark...cakes courtesy of Katie Styles !

Cambridge H 7.5M Cross-country Champs and Open, Bexley, December 27

In her final race of a busy year (90 plus races), Clare Elms gained her 54th victory of 2014 by winning the women's race by three minutes, after trailing for the first two miles. Steve Smythe was 10 minutes down on his 25 year-old best for the event in his slowest ever time.
1W/10 Clare Elms 52:46
12 Steve Smythe 54:21 (1M55)

5 MILE MT RACE, WIMBLEDON COMMON 27 DECEMBER

I decided to get some race action during the holiday period at this multi-terrain race organized by Hercules Wimbledon and Lauriston, which is held on the last Saturday of the year. This is a fast flat course on a mixture of gravel paths and grass though slowed somewhat by some muddy sections and large puddles.
Mike Mann 35:19

parkrun

December 25th

Bromley

318 ran

Pos	Gen		
111	103	Colin Frith	23:52

Dulwich

130 ran

Pos	Gen		
11	10	Wayne Lashley	19:19
26	25	Andy Cottrill	21:05
42	39	Bob Bell	22:48
50	4	Clare Wyngard	23:27
51	47	Michael Dodds	23:31
68	10	Penelope Bell	25:12
107	28	Stephanie Burchill	28:19
130	89	Chris Vernon	34:41

Greenwich

112 ran

Pos	Gen		
4	1	Clare Elms	18:53
13	12	Stephen Smythe	21:03

Guildford

191 ran

Pos	Gen		
28	26	James Wicks	22:02

Hilly Fields

121 ran

Pos	Gen		
7	7	James Burrows	19:32
12	11	Kevin Chadwick	20:11
15	14	Gary Sullivan	20:43
20	2	Kim Hainsworth	21:00

Newbury

221 ran

Pos	Gen		
52	48	Matthew Ladds	22:53

Peckham Rye

48 ran

Pos	Gen		
1	1	Stephen Davies	17:55
10	1	Helen Lister	21:31

Pollok Glasgow

411 ran

Pos	Gen		
61	52	Edwin Mccormack	21:06

Roundshaw Downs

103 ran

Pos	Gen		
4	4	Tony Tuohy	18:39

December 27th

Banstead Woods

141 ran

Pos	Gen		
3	3	Tony Tuohy	18:14

Brockwell , Herne Hill

61 ran

Pos	Gen		
17	2	Lucy Clapp	22:59
20	17	Ian Sesnan	23:36
24	20	Michael Dodds	23:57
25	5	Clare Wyngard	24:04

Bromley

251 ran

Pos	Gen		
176	140	Peter Jackson	30:05

Crystal Palace

89 ran

Pos	Gen		
29	26	Bob Bell 23:56	
37	7	Penelope Bell	25:03
46	33	Ameet Patel	26:28

Dulwich

91 ran

Pos	Gen		
7	7	Rob Hollands	18:58
8	8	Lewis Laylee	19:23
28	26	James Wicks	22:03
35	32	Graham Laylee	22:37
59	47	Mick Mead	25:37
73	18	Stephanie Burchill	28:18

Marlay

224 ran

Pos	Gen		
1	1	Stephen O Kennedy	17:28
4	4	Timothy Bowen	19:03

Nonsuch

277 ran

Pos	Gen		
13	11	Paul Devine	19:31
16	13	Sam Crump	19:56

Orpington

59 ran

Pos	Gen		
22	20	Colin Frith	26:22
43	36	Steve Wehrle	30:00

Peckham Rye

30 ran

Pos	Gen		
4	2	Kim Hainsworth	20:32

Riddlesdown

65 ran

Pos	Gen		
9	2	Ange Norris	23:40

York

281 ran

Pos	Gen		
166	132	Paul Hilton	26:29