



SHORTS

Dulwich Runners AC

Weekly Newsletter

March 11th 2020

www.dulwichrunners.org.uk

These are your SHORTS,
Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com
DEADLINE 17:30 TUESDAY

Wed 11	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 17	Crystal Palace Track - starts @ 7.10 warm up taken by Elkie Mace, Anna Thomas & Katie Styles, main session Steve Smythe @ 7.25 Members £2.50 - guests 4.50

In your SHORTS this week !

- 1 General information
- 2 Fixture list & upcoming races, training etc
- 3 Training & Misc.
- 4 Race reports, results etc
- 5 parkrun times
- 6 Club kit
- 9 Map for tonights runs
- 10 AGM notice & club constitution

And much more !

[Like us on Facebook @dulwichrunners](#)

Connect with us:



TRACK SESSIONS

Crystal Palace Track

Warm up drills at 7:10pm with Elkie Mace then 7.25
main session with Steve Smythe.

£2.50 for members (non members the standard £4.45)

**No trackside payment - Either pay at reception...(You
may be asked for proof of membership) or Online at:**

<https://www.better.org.uk-leisure-centre-london-crystal-palace-crystal-palace-national-sports-centre>

EVENT HORIZON

A brief look ahead

Mar 22 Southern 12 & 6 stage relays - Milton Keynes

See full fixture list for more events and details

Thursdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks, lasts around 1 hour.

There is no fee. Suitable for all standards.

steve.smythe@athleticsweekly.com to go on the mailing list

LUCKY VEST

**March winner -
Lucy Clapp**

Wear your Dulwich Runners vest or t-shirt for the club
run on the first Wednesday of any month and you'll go
into a free draw and could win the £5 cash spot prize !
Vests £18 each from Ros ros.tabor49@gmail.com

When I became Chair of Dulwich Runners,

the club was celebrating its 25th anniversary.
This summer we will be celebrating 40 years!
I have decided that it is time for me to stand down as
Chair, so I will not be going for re-election at the AGM
in March. I have really enjoyed my time, but it's time for
someone else to take over.

I am happy to discuss the role with anyone interested,
and thank you all for your support over the years.

Ros Tabor - ros.tabor49@gmail.com

NEW RUNNERS ROTA

No new runners last week.

It really helps when people are willing to volunteer to help
even though its not their turn.

I expect we will have big numbers for at least the next 2
Wednesdays, so I shall probably be asking for your help
again.

If you're on the list please 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 asap. - Thanks. - Ros

Tony Tuohy 11/3

Laura Vincent 18/3

Mick Ward 25/3

Rehydration !

After your run come to the bar, have a drink and a chat, it's
a good way to get to know fellow runners (hot drinks also)

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN IN & PAY AS SOON AS YOU ARRIVE

- Sign the attendance register and **pay £1.**
- The money is to help pay for clubhouse hire, map
printing, club costs etc.
- We use the register to compile the new runners'
rota, so please write legibly.

Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts.
Copies will be at the clubhouse, but feel free to print your
own and 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.

All maps also on Strava (you don't need an account)

<https://www.dulwichrunners.org.uk-wednesday-night-routes>

Further information about races will usually be here in SHORTS and or announced on a Wednesday club night. *Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.*

2020					
Mar	22	Southern 12 and 6 stage relays		Milton Keynes	Road & other
Apr	2	Assembly League		Beckenham Place Park	
	4	National 12 and 6 stage relays		Sutton Park	Cross country
	26	London Marathon or alternative	long	London or alt.	
May	7	Assembly League		Victoria Park	
Jun	4	Assembly League		Jubilee Pk, Leyton	Club Champs
	15	Sri Chinmoy 5km	short	Battersea Park	
Jul	2	Assembly League		Crystal Palace Park	Assembly League
	18	Richmond Summer Riverside 10km	long	Richmond	
tbc		SOAR Mile late July/early August tbc	short	t.b.c	
Aug	6	Assembly League		Victoria Park	
Sep	3	Assembly League		Beckenham Place Park	
	13	Second Sunday of Month 5M trail	short	Wimbledon Common	
Oct	18	Cabbage Patch 10	long	Twickenham	

If you require information about any races in Shorts, how to enter etc, contact your respective captains:
Men road: ebprill@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

2020 Club Champs Races

The programme of races for the 2020 club championships has now been selected. Races still to come are as follows:

26 Apr London Marathon (or alternative) long
15 Jun Sri Chinmoy 5km, Battersea Park short
18 Jul Richmond Summer Riverside 10km long
late July/early August tbc SOAR Mile short
13 Sep Second Sunday of Month 5M trail, Wimbledon Comm. short
18 Oct Cabbage Patch 10 long
4 races to qualify from a total of 8 including at least one from each distance category.

2020 Assembly League

A series of races from 3 to 3.5 miles on road or paths within parks, on or close to the first Thursday evening in summer months against 12 other clubs.

Free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.

These are extremely popular and all members whatever standard or ability are welcome and encouraged to participate. Any further race details will be here as and when known.

All Thursdays

Apr 2	Beckenham	5km	7:15
May 7	Victoria. Pk	5km	7:30
Jun 4	Jubilee Pk, Leyton	5km	7:30
Jul 2	Crystal Palace	5km	7:30
Aug 6	Victoria Pk	3.5M	7:30
Sep 3	Beckenham	5km	7:15



Weekend of 16th and 17th May

It's that excellent time of year again.

Teams of 11 compete on a route around London which is as off road as possible. It starts on Saturday morning at Hampton Court and ends at Kingston on Sunday evening. Each member of the team needs to run a stage on both Saturday and Sunday. Although it is a relay, each stage has a start time and is like an individual race, so runners can be as competitive, or not, as they like. The stages are graded according to distance and

terrain so there is something for everyone.

If you would love a weekend of running in scenic places, this is for you. Many members come back again each year for this, but we also encourage anybody else to come and try it. You'll not be disappointed.

Let me know via email, (dulwichladiescaptain@gmail.com), or in person on a Wednesday evening if you'd like to run. I will allocate places on a first come first served basis.

If you want any more information, just ask me or take a look at the website - <http://www.greenbeltrelay.org.uk/>

NB This clashes on the Saturday 16th with the BMAF road relays in Birmingham. This only effects any master runner (over 35 for women and over 40 for men) who may want to run there. Due to the timings, it is actually possible for women to run both.

Ange Norris

Thanks and relay runners required

Steve Smythe says a kind thanks to the Dulwich Runners who put something towards the Soar club vest I received last week though not sure when I will be able to race in it.

After 50 years of running, 45 years of marathoning and 35 years of coaching, my body seems to be saying enough is enough but I can hopefully make it through to the London Marathon (if it goes ahead).

The half marathon results across the board were very good this week but any football coach who was anyway responsible for two relegations in the same season and not putting out a full team in the National event would have already been sacked. It would be good if to make up for the Surrey League and National XC (though there were some exceptional individual if not team performances in both) if we can get good teams

out in the next two big relay events - the South of England relays at Milton Keynes on Sunday March 22 http://www.seaa.org.uk/images/2020/126STAGE/126RR2020_Entry_Details-compressed_2.pdf

(the National event at Sutton Park is a few weeks later) and the BMAF Relays for all those aged over 35 on Saturday May 16.

The men (needing 12) already seem well organised and have had encouraging signs of interest and we should have a very good team in Milton Keynes but the women (needing 6) have yet to get the same commitment.

We don't just want to put out numbers but a high proportion of our fastest runners or for the women ideally 2 teams, so we can cover both bases. Relays are probably the best club events open to members and where in the past we have had the most success.

If we could put a women's team or two out featuring most of Clare and Lucy E, Elkie, Marta, Roz J, Ali, Polly, Sara, Kim, Katie, Andrea, Emma, Yvette, Ange, Michelle, Laura, Helen, Lucy, Ola etc etc etc, we could do very well

Training paces

*Steve Smythe writes...*Note that schedules often have a suggested pace but this is only relevant if the conditions are good and the ground is firm and flat.

In my view it is much better regularly to run off-road on hillier courses than trying to run faster on the flat all the time.

While I will give individual schedules to those who ask, some

may be interested in some of my training thoughts on schedules here <https://www.athleticsweekly.com/performance/diy-marathon-training-plan-1039927310/>

No one has yet run a sub three marathon in six different decades but someone will this year and many in line for that achievement were asked for their thoughts on how they have stayed fit for so long.

https://www.podiumrunner.com/how-six-decades-sub-3-marathoners-have-kept-fit-fast-and-injury-free_179413

MARCH SCHEDULE

This is my suggested training for the month of March for those doing the London Marathon.

Those doing an earlier one may need to make adjustment so they taper earlier.

Wed 11	70 mins at 45 secs a mile slower than marathon pace
Thu 12	12km of alternative pace at steady (30 secs slower than mar pace, 1/2M mar per km
Fri 13	40 mins easy or rest
Sat 14	Easy parkrun or 40 mins steady
Sun 15	22M a min slower than mar pace but put 10km in middle at just outside mar pace
Mon 16	45 mins easy or rest
Tue 17	20 x 400m at 5km pace with one min to 90 secs recovery or 200m jog
Wed 18	75 mins at 30 secs a mile slower than mar pace
Thu 19	12km alternating 1/2M pace and a min a mile slower than mar pace every 4 min/km
Fri 20	45 mins easy or rest
Sat 21	Easy parkrun or 40 mins steady
Sun 22	18M with first half at 60-90 secs a mile slower than mar pace, second half at mar pace
Mon 23	50 mins easy or rest
Tue 24	5 x 1600m at 10km pace with two min recovery or 400m jog
Wed 25	80 mins at 30 secs a mile slower than mar pace
Thu 26	7 M acceleration run - ie for sub-3 marathoner, M of 8:00, 7:45, 7:30, 7:15, 7:00, 6:45, 6:30
Fri 27	50 mins easy or rest
Sat 28	Easy parkrun or 40 mins steady
Sun 29	23 M at 30-45 sec a mile slower than mar pace
Mon 30	55 mins easy or rest
Tue 31	8 x 1000m at 5k-10km pace with one to two min recovery or 200m slow jog

Marathon Training

If anyone needs any help with marathon training 2020, schedules or advice, contact me at: steve.smythe@athleticsweekly.com

I have run a marathon every year since 1976 so 2020 will be my 45th consecutive year of doing a marathon (and quite likely last) My PB was long, long ago (2:29) but (for now), I still average well under 2:50 for my 60 plus marathons and have run a sub-3 in five different decades (70s, 80s, 90s, 00s, 10s) - a sixth looking doubtful though judging by my current health and fitness.

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race
- What you could benefit from?
- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004
ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

Want your race results and reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

British Masters Indoors Championships Lee Valley

March 7/8

Steve Smythe writes....No Ros this year and no European Masters to aim for with the event for next week in Braga, Portugal belatedly called off last week because of the Coronavirus but Dulwich still won three golds and six medals.

Clare eased through the 1500m but still won W55 gold by 25 seconds in easily winning the combined W50/W55 race.

On the second day (in the combined women's W35+ race), she led for most of the race and succeeded in her 10:30 target which now tops the world rankings for the year and her 101 per-cent age-grading was the best in the meeting.

She won gold by 86 seconds from former world masters steeplechase champion Jane Pidgeon Mike got a bronze in the 1500m on the first day but missed out in the 800m but shortly afterwards he showed his endurance. He was trailing John Exley by some distance for most of the race but his rival faded and he came through for

Mike Mann adds...This was the final and biggest of the series of indoor competitions over the last 4 weeks, with athletes from across the country competing. In the 1500m I finished third M70 in a time of 6:00.48, slightly slower than 2 weeks ago. My 800m was a tactical affair with a rather pedestrian pace early on as no one, including myself, was up for taking on the pace once we broke lanes.

The pace accelerated in the second half and I lost out on third place in a scramble at the end in a similar time to the previous week, 3:00.90. My legs felt quite good for the 3000m, as the

gold in a time 25 seconds better than his previous best this year.

Technically it was a club M70 indoor 3000m record and better than anything he achieved last year.

Tony did not win a title but did win two medals. His 1500m was nine seconds faster than his previous best in 2020, and he had to fight on the last lap to take a medal by half a second. In the 3000m he tried to go off at 10:00 pace and though he could not hold that, he did run a season's best by four seconds and took the silver medal with two seconds in hand and only former world masters champion Simon Anderson finished ahead of him.

M55 1500:

1 G Ironmonger (Herne H)	4:38.41
2 S Anderson (Ply)	4:39.14
3 T Tuohy (Dulw)	4:44.56
4 R Parkin (Der)	4:44.96
5 T Roper (B&W)	4:50.98
6 T Killilea (Lon Hth)	4:59.97
7 C Watson (Mid M)	5:05.12
8 S Doxey (Swint)	5:16.41
9 P York (ESM)	5:24.18.

3000:

1 S Anderson (Ply)	9:52.59
2 T Tuohy (Dulw)	10:11.48
3 C Ridley (Col H)	10:13.72
4 G Lowry (Hean)	10:25.38
5 S Doxey (Swint)	11:08.89

6 P York (ESM) 11:17.31.

M70

800:

1 B Hendrie (Banb)	2:53.41
2 J Exley (Oxf C)	2:56.03
3 T Solomon (Vets)	3:00.24
4 M Mann (Dulw)	3:00.90
5 A Daley (Glouc)	3:02.22
6 B O'Connor (QPH)	4:02.10

1500:

1 D Jones (Strat)	5:50.49
2 A Daley (Glouc)	5:52.05
3 M Mann (Dulw)	6:00.48
4 B O'Connor (QPH)	7:44.12

3000:

1 M Mann (Dulw)	12:31.91
2 J Exley (Oxf C)	12:39.11
3 B O'Connor (QPH)	16:49.05

W55

1500:

1 C Elms (Dulw)	5:01.34
2 C Anthony (W Suff)	5:26.34
3 J Pidgeon (Notts)	5:31.74
4 B Leane (ESM)	5:34.74

3000:

1 C Elms (Dulw)	10:30.05
2 J Pidgeon (Notts)	11:56.83
3 E Hausler (Newmkt J)	12:03.38

800m clearly didn't take much out of me although this race was only 90 minutes later. I ran an even paced race, apart from some acceleration in the last 300m where I overtook a rival M70 to take the gold medal in a time of 12:31.91, some 25 secs faster than my effort a few weeks earlier, so ending the short indoor season on a high note.

Those down to compete in the indoor champs in Braga, Portugal found that that the event had fallen victim to the coronavirus.

362nd Crystal Palace Canter 5km

3rd March 2020

Fourteen runners took part in this friendly, lunchtime 5km in Crystal Palace Park. As well as the hills, strong breeze and non-participating doggy obstacles, many of the runners were still recovering from the Big Half. I didn't have that last excuse, but my run was nearly a minute up on last month and another step back to full fitness after recent health issues.

Milo provided the comedy moments in the first half mile as he pulled Belinda way off course up a steep bank in pursuit of a crafty pit stop (the extra distance more than countering the dog-aided propulsion) – suitably embarrassed he refused to face the camera for the traditional post-race photo. The next race will be earlier than normal on 31st March to avoid school holidays. **Dave West**

2 Belinda Cottrill (& Milo)	23:42	61.7%
3 Graham Laylee	24:13	67.4%
4 Jo Quantrill (2nd Claim)	24:19	82.1%
5 Bob Bell	24:47	68.3%
6 Mike Dodds	25:39	63.1%
7 Ian Sesnan	25:45	63.4%
9 Dave West	26:38	60.8%
10 Claire Steward	26:44	79.5%

2020 champs categories Big Half

Overall winner (AGE GRADING)	Andy Bond
1st Man (any age category)	Jack Ramm
1st Woman (any age category)	Marta Miaskiewicz
2nd Man (any age category)	Tim Bowen
2nd Woman (any age category)	Ali Campbell
3rd Man (any age category)	Buzz Shephard
3rd Woman (any age category)	Elkie Mace
1st M40 (excl. above)	Tom South
1st W40 (excl. above)	Yvette Dore
1st M50 (excl. above)	Steve Davies
1st W50 (excl. above)	Michelle Lennon
1st M60 (excl. above)	Graham Laylee
1st W60 (excl. above)	Claire Steward
Age Graded MAN (excl. above)	Shane O'Neill
Age Graded WOMAN (excl. above)	Lucy Pickering
13 Captains' award(s)	Gower Tan, Sara Rolof

*For your results to appear here ...
you need to update your parkrun profile to show
you are a current member of Dulwich Runners AC.*

Amsterdamse Bos

257 Ran
Pos Gen
122 33 Lauren Gill 27:26

Ashton Court

570 Ran
Pos Gen
56 8 Belinda Cottrill 22:19

Bromley

685 Ran
Pos Gen
72 6 Tereza Francova 21:19
140 118 Colin Frith 22:55
366 275 Peter Jackson 27:53

Brockwell Park

510 Ran
Pos Gen
5 5 Shane Donlon 17:58
18 16 Jonny Hough 19:12
78 67 Cameron Timmis 21:46
87 5 Lucy Pickering 22:10
146 18 Lucy Clapp 24:02
196 130 Barry Graham 25:15
267 68 Shoko Okamura 26:52
321 88 Catherine Buglass 28:13

Burgess

656 Ran
Pos Gen
1 1 Andy Bond 16:20
148 112 Joseph Brady 22:27
171 127 Hugh Balfour 23:01
272 48 Claire Steward 25:19
478 144 Stephanie Burchill 30:11
649 295 Chris Vernon 46:20
656 253 Susan Vernon 55:48

Catford

233 Ran
Pos Gen
2 2 Grant Kennedy 20:00
23 20 Stephen Smythe 22:22
219 107 Denise Brady 39:34

Crystal Palace

500 Ran
Pos Gen
23 20 Alastair Locke 21:10
24 1 Helen Lister 21:12
52 45 Ebe Prill 22:35
59 51 Tom Wilson 22:48
60 5 Rosalind Johnson 22:49
77 7 Yvette Dore 23:27
103 85 Paul Hodge 24:06
125 100 Bob Bell 24:52
135 108 Eugene Cross 25:12
136 18 Carys Morgan 25:13
203 32 Jenny Bomers 26:49
213 36 Charlotte Sanderson 27:06
223 40 Hannah Little 27:21

Dulwich

555 Ran
Pos Gen
5 5 Edward Chuck 15:56
18 14 Thomas South 16:42
26 21 Stephen Davies 17:34
44 36 Joe Wood 18:35
58 44 Austin Laylee 19:22
63 3 Polly Warrack 19:29
73 55 Tom Shakhli 19:54
85 7 Ali Campbell 20:22
101 75 James Auger 20:59
109 80 Michael Fullilove 21:12
128 14 Victoria Read 21:59
150 115 Graham Laylee 22:35
261 182 Michael Dodds 24:54
329 74 Colleen Williams 26:45
377 102 Elizabeth Begley 28:02
401 116 Clare Wyngard 28:45

Fulham Palace

622 Ran
Pos Gen
229 141 Barrie John Nicholls 24:50
269 68 Lindsey Annable 25:45

Gunnerybury

651 Ran
Pos Gen
27 22 Matthew Ladds 19:52

Hackney Marshes

441 Ran
Pos Gen
33 4 Kim Hainsworth 19:54

Hampstead Heath

423 Ran
Pos Gen
34 30 Paul Collyer 21:34

Peckham Rye

355 Ran
Pos Gen
2 2 Daniel Mann 17:22
6 6 Alex Loftus 19:08
10 10 Kevin Chadwick 19:30
21 1 Vicky Boyle 20:36
24 2 Emma Ibell 21:02
44 5 Laura Vincent 22:08
75 60 Gideon Franklin 23:21

Riddlesdown

107 Ran
Pos Gen
9 2 Ange Norris 23:28
63 48 James Wicks 31:18

Southwark

497 Ran
Pos Gen
38 33 Justin Siderfin 20:08

Tooting Common

575 Ran
Pos Gen
183 130 Ian Sesnan 24:53

Wythenshawe

323 Ran
Pos Gen
18 3 Helena Flippance 22:28

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T-shirts short sleeved	£20 each
T-shirts long sleeved	£22 each
Socks	£5 pair
Bufs-snoods	£6 each

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or
slightly longer - Both styles are a bargain £15.



Bufs-snoods - only £6

Socks only £5



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



The Beast from the East !

It's on the way!.. be prepared...
get yourself a bobble hat £15



! Available now !
Women's "Racer Back"
vests - £25

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces and hoodies.
 You just click on the link to the Dulwich Runners shop and purchase directly.
<https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html>
 any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top



***DULWICH RUNNERS
IS 40 THIS YEAR!
DESIGN A T-SHIRT!***

*We would like to have a t-shirt to commemorate the club's 1st 40 years of running
And are looking for someone who could produce a design suitable for printing
on a t-shirt, (front, back or both)*

Use your imagination to create something fantastic!

If you want more details speak to anyone on the committee.

Dulwich Runners Winter Map 10

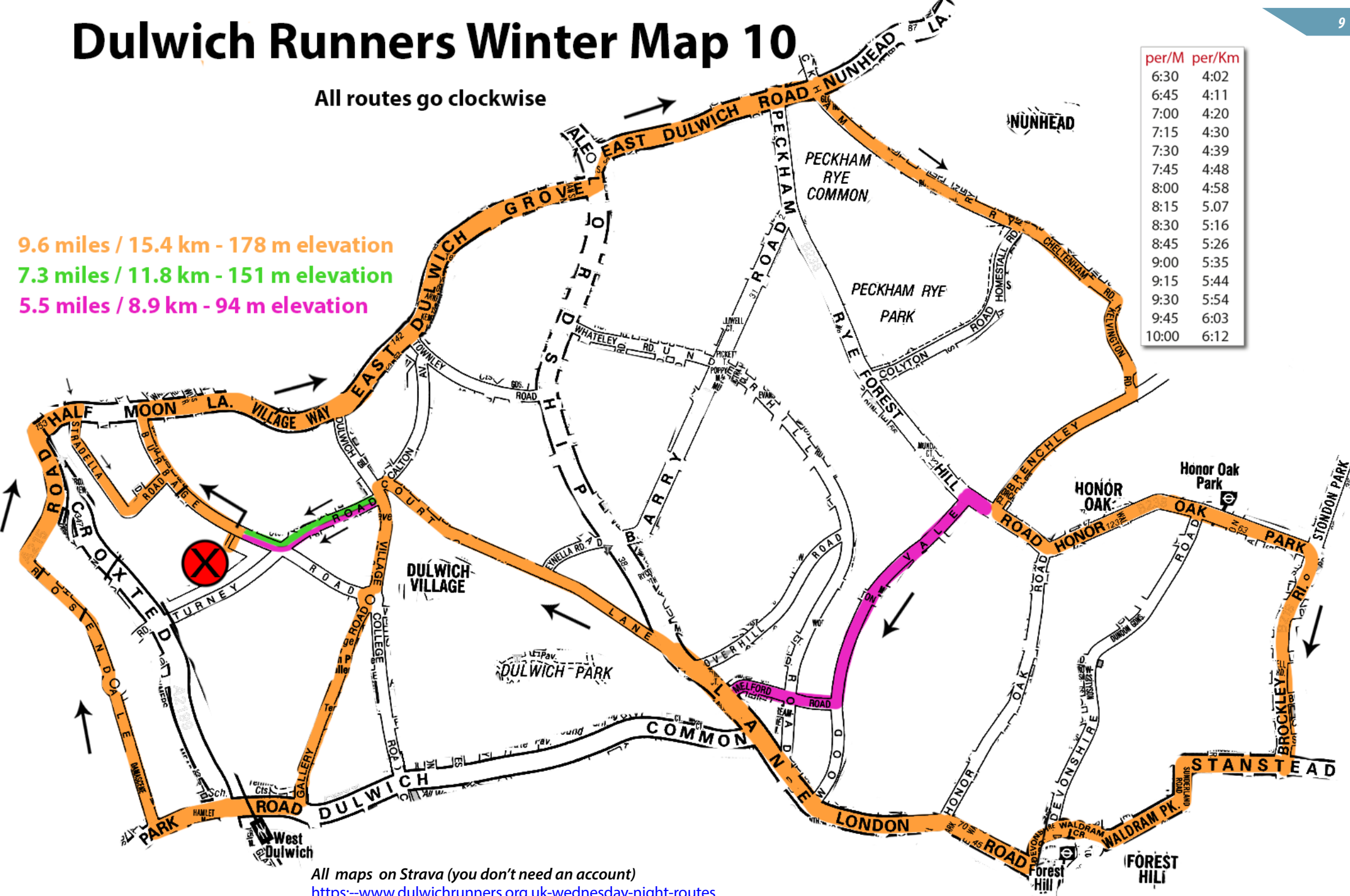
All routes go clockwise

9.6 miles / 15.4 km - 178 m elevation

7.3 miles / 11.8 km - 151 m elevation

5.5 miles / 8.9 km - 94 m elevation

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



All maps on Strava (you don't need an account)
<https://www.dulwichrunners.org.uk-wednesday-night-routes>

DULWICH RUNNERS A.C.

ANNUAL GENERAL MEETING:

Wednesday 25 March 2020, 9pm

The AGM will be held in 'The Nursery' downstairs at the Edward Alleyn Club, 83-85 Burbage Road, London, SE24 9HD at 9pm on Wednesday 25 March.

Items for the agenda should be sent to the Club Secretary, Yvette Dore, by Friday 20 March to be sure of inclusion.

Minor items of Any Other Business will be allowed on the day at the discretion of the Chair depending upon the time available.

Draft minutes of the 2018/19 AGM are available on the club website (<https://www.dulwichrunners.org.uk/agm>) and will be proposed for approval at this AGM.

All Committee posts are up for election with the table opposite showing whether the present incumbent is happy to stand again.

There are four positions where there are definite vacancies.

These are Chair; Social Secretary; Men's Joint Road and Cross Country Captains (2 posts).

Members are encouraged to stand for these and any role they may be interested in.

For further information on the responsibilities, please see the brief descriptions below, or speak to the person currently in the role.

It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-shuffling of the remaining Committee.

If you are interested in any of the roles, or know of someone who you think would be a good fit, please have a word with any Committee member as soon as possible.

Nominations for any role should be sent to Yvette by Wednesday 11 March to allow time to organise an election if there is more than one candidate, but nominations will be taken up to and including the day of the AGM.

Yvette can be contacted at: secretary@dulwichrunners.org.uk

Dulwich Runners AC - Committee Roles 2020

Generally, the role of all Committee members is to deliver the smooth running of Dulwich Runners AC, ensuring it remains a successful, welcoming and sociable club where members of mixed abilities can get the most out of their running and have the opportunity to develop and progress.

Club Chair

The Club Chair has overall responsibility for the smooth running of the Club, and Chairs committee meetings and the AGM.

The Chair oversees the running and administration of Wednesday Club nights, with responsibilities including maps, register, announcements, greeting new runners, and finding them a group to run with, which they undertake personally, delegate to a Committee Member, or a combination of both.

The Chair also oversees Club events including the Club Championships, coordinating results, and organising, and presenting medals when the President is unavailable to do so.

The Chair listens to members' views and raises relevant issues at meetings.

Club Treasurer

The Club Treasurer manages the Club's finances and financial records, maintaining cash and income and expenditure records, and making payments and banking income as required.

The Treasurer makes track bookings at Crystal Palace and Dulwich College and negotiates rates as necessary.

The Treasurer produces and presents income and expenditure summaries for each Committee meeting and the AGM.

Club Secretary

The Club Secretary organises and co-ordinates five Committee Meetings per year. This includes compiling and distributing the agenda, and attending and writing meeting minutes. The Secretary also attends and minutes the AGM, and supports the Club

Chair in Committee Meetings and the AGM as required.

Membership Secretary

The Membership Secretary maintains the database holding an up to date record of Club members and issues membership details. Sends out an annual notice via email of membership renewals, registering members with England Athletics, and liaising with EA throughout the year.

The Membership Secretary attends Wednesday Club runs to welcome new and prospective members, explaining the benefits of joining, the training we offer and about all aspects of Dulwich Runners and answer any questions they may have about running with us.

Social Secretary

The Social Secretary organises regular events to increase club engagement, such as curry nights and quizzes. The main event of the year is the Christmas Party which is the responsibility of the Social Secretaries. The Social Secretary is also responsible for arranging coaches to Club Championship Races that are difficult to get to or too far away for public transport.

Club Captains – Joint Men's Captains and Joint Women's Captains

There are four Club Captains, two Joint Men's and two Joint Women's. The Captains share responsibility, to ensure men and women members, new and existing, feel part of a team.

The Captains encourage members to participate in events, ensuring they are aware of fixtures, and are responsible for submitting entries for the Club's participation in races, relays and Leagues. Where required, they also select members to represent the Club in certain races and Leagues.

In conjunction with the Athletic Development Sub-Committee (ADSC), the four Captains are responsible for selecting Club Championship races and setting the rules.

The Captains select events for the Ken Croke Cross Country Championships and organise the Club's participation in Surrey League races.

The Women's Captains sometimes arrange women-only social evenings.

Shorts Editor

Shorts is the Dulwich Runners AC weekly newsletter. The Shorts Editor compiles and edits where required all stories and articles, ensuring the newsletter goes out every Wednesday containing all relevant information about the Club and upcoming races and events. The Editor distributes Shorts via email to all subscribers and also makes it available on the club Facebook page and via a downloadable online copy.

Publicity Officer

The Publicity Officer is responsible for promoting the Club and its achievements via a number of channels including the Club's website, Facebook, Instagram and local forums, as well as submitting regular reports of races the Club has competed in, including Cross Country and Club Championships, to relevant publications

such as the South London Press.

Additionally, the Publicity Officer is responsible for distributing publicity materials at local venues, such as sports shops, supermarket notice boards, pubs and railway stations.

Kit Person

The Kit Person orders and sells Club kit, including Club vests, and maintains a stock list

General Member x 3

There are currently two (of a possible three) General Member roles on the Committee. Their remit is to represent club members generally and feedback to the Committee by taking part in most club events (training, road and cross country races, and social activities), and picking up on general matters through input from other members as well as their own experiences.

Post	Present Holder	Standing Again?
Chair	Ros Tabor	No
Secretary	Yvette Dore	Yes
Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Joint Social Secretary	Matt Ladds	No
Joint Social Secretary	Tom South	No
Joint Women's Captains	Ola Balme	Yes
Joint Women's Captains	Ange Norris	Yes
Joint Men's Captain	Ebe Prill	No
Joint Men's Captain	Mike Mann	No
Shorts Editor	Barry Graham	Yes
Publicity Secretary	Jonathan Whittaker	Yes
General Member	Eleanor Simmons	Yes
General Member	Ed Chuck	Yes

Club Constitution

During the year the General Committee has reviewed the Club Constitution and made a number of amendments to bring it up to date with both current practice and good governance. At the AGM members will be asked to ratify this document (which is appended to the Shorts email) on the recommendation of the committee.

Founding President and Club President

Ron Searle has indicated his desire to retire from the role of Club President. In recognition of Ron's role in the formation of the club and his work over the last 40 years, the Committee has elected to confer Ron the title of Founding President.

In accordance with the Constitution, the Committee intends to propose to the AGM that each year one person serve as President for the following year. The President is not a member of the Committee but is appointed in recognition of long service to the Club. It is hoped that he/she will be available to present Club Awards at the Christmas party and after Club Championship races.

Whilst it is for the Committee to propose someone for the role, it would welcome suggestions from the membership. Please note that existing Committee members and anyone seeking election to the Committee for 2020/21 cannot be nominated.

Dulwich Runners AC Constitution

1. The club shall be known as Dulwich Runners A.C. and in short as 'Dulwich Runners'. It is registered as a Community Amateur Sports Club under Inland Revenue rules.
2. The object of the club shall be to promote community participation in road running, cross-country running, and athletics generally.
3. The headquarters of the club shall be The Edward Alleyn Sports Club, 83-85 Burbage Road, London, SE24 9HD or any such new place as agreed by the General Committee.
4. Management of the club is vested in the General Committee which will consist of a Chair, Honorary Secretary, Honorary Treasurer, Men's and Women's Joint Road and Cross Country Captains (4 posts), Shorts (Club Newsletter) Editor, Publicity Officer, Social Secretary and Membership Secretary.
5. The General Committee may co-opt up to three additional members to serve for all or part of a year. Any person so co-opted will have the same rights afforded to elected committee members.
6. Ron Searle is the Founder President. There is also an Honorary President who will serve for a period of one year. Neither President will have voting rights. The General Committee will recommend one person for the post of Honorary President for confirmation by the AGM.
7. The General Committee should meet a minimum of 4 times a year to discuss club matters and receive an updated financial statement from the Club Treasurer.
8. Such meetings shall be notified, in advance, in Shorts in order that members may suggest items for discussion in writing, to the Club Secretary. Brief details of such meetings shall be reported in Shorts.
9. A quorum of seven voting Committee Members is required for any decisions to be taken at General Committee Meetings.
10. All General Committee members will be elected at the Annual General Meeting. When the Chair is absent, either the Club Secretary or Treasurer will deputise.
11. There will also be an Athletics Development Sub Committee (ADSC) to consist of the Men's and Women's Joint Road and Cross Country Captains and any active club coaches. They may also co-opt up to three additional members who need not be members of the General Committee.
12. Events organised in the name of Dulwich Runners must be authorised by the General Committee and any organising sub committee will be accountable to that committee.
13. The Annual General Meeting will be held in March or April each year. Twenty-one days' notice will be given of such meetings in the weekly newsletter. Items for the agenda must be given in writing to the Honorary Secretary at least fourteen days before the meeting.
14. An Extraordinary General Meeting (EGM) may be called by the General Committee or by 10% of the membership of the club. The Honorary Secretary shall give no less than fourteen days' notice of such a meeting to all members.
15. No alteration of the rules or constitution shall be made unless agreed at an Annual General Meeting or Extraordinary General Meeting. Notice of any proposed amendment must be given in line with Rule 13.
16. Life membership of Dulwich Runners will be awarded for exceptional service. Nominees will be elected by the Annual General Meeting following a recommendation by the General Committee.
17. An annual membership subscription is payable by members on joining and subsequently on the 1 April each year, the recommended level of which will be determined by the General Committee in the light of forecast expenditure and revenues that year. Life Members will not pay a membership fee.
18. After three months and three renewal requests, membership will be considered lapsed if not renewed.
19. The club colours shall be a red vest with two blue horizontal stripes, with the name 'Dulwich Runners' on the back and/or front.
20. The cessation of the club may only be determined by majority vote of 75% or higher at either an Annual General Meeting or Extraordinary General Meeting convened for the purpose. At the same meeting it shall be decided how to redistribute any assets remaining after all debts have been discharged.