SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 27th November 2013

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

- THE COMING WEEK –

Wed 27 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 03 Track session with Steve Smythe - £2.50 fee
Crystal Palace Track - 7 for 7:15pm start

IMPORTANT SEE BELOW ABOUT HOLIDAY PERIOD RUNS

In your SHORTS this week !

4 Fixture list, Club champs,XC road, trail etc
6 Race reports results etc
8 Gold and silver for Dulwich At The British Masters XC
12 Wednesday night running map

And much more !

Click below to
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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 are now committed to Crystal Palace for Tuesday track for the winter.
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 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***

CLUB RUN, 18 DECEMBER

On Wednesday 18 December, there is a private function at the club house which means we won't have use of the upstairs bar area. Changing rooms and showers will be available so it's a club run as usual. The pre-run notices will take place just inside the main door of the club.
Please ensure that you do not go upstairs.
Afterwards the plan is to adjourn to the Florence in Dulwich Road near Herne Hill station for refreshments.

Please note : as Christmas Day and New Year's Day fall on Wednesdays, there will be no club runs, the next club run will take place on Jan 8.

EVENT HORIZON

A brief look ahead

full fixture list page 4

Dec	7	Womens Surrey League XC, Farthing Down
"	"	Kent Masters XC Champs - Bexley
Dec	14	SEAA Masters XC, Biggleswade
Dec	21	South of Thames XC, Wimbledon Common

Tunbridge Wells 1/2M March 2nd 2014

If you want to take part in the second club champs race of 2014, please make sure you enter soon, and if possible before Christmas.
Last year entries closed very early in January.

NEW RUNNERS ROTA

Thanks to **Patrick McMorrow and Andy Murray** 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.
When it's your turn you will recieve a couple of reminders by email
Thanks. – Ros

Kaylee Coxall	**27/11**
Paul Devine	04/12
Mel Edwards	11/12

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is at the back 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

LUCKY VEST - Dec 4th

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.
Vests £18 each and can be puchased from Ros as can all kit

ros@28kerfield.freeserve.co.uk

for all other club kit please see **page 2**

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**

Ola Balme
Sports & Therapeutic Massage

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

- Deep Tissue Massage
- Massage to alleviate muscle fatigue
- Relaxing massage
- 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.
If you would like to know more, discuss a course of treatment or make an appointment, please call:
020 8678 7205 or 0750 655 4004
ola.balme@btinternet.com

If you are stuck for gift ideas this Christmas I offer a great value gift voucher.

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)

Your DR Committee met last Monday 18th November, a number of issues were discussed, three key areas/ conclusions were as follows:

- following the discussion at the AGM about what the club can do to attract more slower runners to compete in club championships, the Committee are recommending that in future club championship races, medals on the day should not be awarded until all DR runners participating have completed their race - the committee also encourage faster runners to cheer on slower runners finishing;
- Alastair Locke, the new Committee Social Secretary, would look into booking a restaurant/pub for a post race meal after the Tunbridge Wells half marathon;
- that Shorts would no longer accept publicity items for events/services that are not related to running and/or do not involve a DR club member;
- that the criteria for awarding future club London marathon places would in future, exclude members who had received a club marathon place in the previous two years, this would help ensure that a wider number of club members had an opportunity to secure a place - **Clare Osborne**

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**

Rupe & Shona farewell party:

We'll be bidding goodbye to London, and to our well piff flat, by having a wee party on 7th December.
This is post cross country for the girls so please do come to rehydrate yourself, from around 8pm onwards!
We're at 15 Marbles House, 20 Grosvenor Terrace, SE5 0DD.
We will provide some snacks but maybe bring a bottle of your favoured tipple!
If you plan to come, some advance warning would be much appreciated so we can ensure there's enough to eat!
Email **shona.c.mcintosh@gmail.com** to RSVP!
Partners, friends and pets all welcome, as long as they are all housetrained. Music will mostly be of the rock variety

DULWICH RUNNERS CHRISTMAS PARTY

Saturday, 14th Dec 2013 - 7:30pm

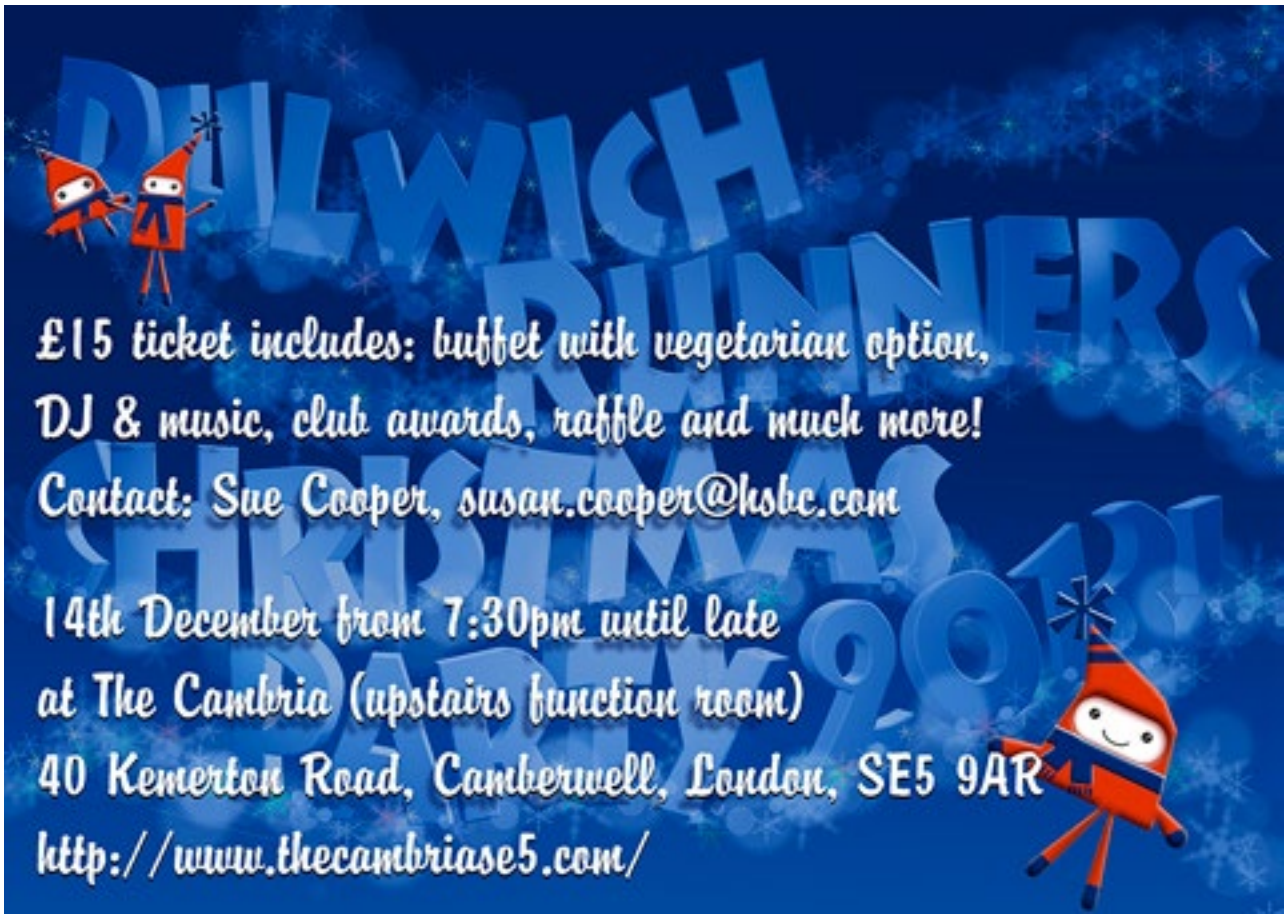
The Cambria, Camberwell, 40 Kemerton Rd, SE5 9AR

I need to confirm numbers by 29th November latest and then the price of tickets increases to £20.

There is only capacity for 100...so to be one of the lucky ones get in quick and contact me below.
If you have any music requests for the DJ let me know by the same date

***** **Passed 70 ticket sales .**
I need payment/confirmation by the end of this week please so that the food order can be finalised. Also veggies need to speak up so I can get the food balance correct. AND..... Music requests to be with me by Friday!!

Pay by direct transfer
Bank: Natwest
A/c: 37357182
Sort: 60-21-12
Amount: £15
Ref: your name
susan.cooper@hsbc.com



Dulwich Runners 2013/14 Fixtures

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

Date		Race		Venue
Dec	7	Surrey League Cross Country	Women	Farthing Down
	7	Kent Masters Cross Country Champs		Danson Park, Bexley
	14	SEAA Masters Cross Country		Biggleswade
	21	South of Thames 7.5m Country Champs		Wimbledon Common
Jan	4	Surrey Country Champs Champs		Denbies Vineyard
	4	Kent Country Champs Champs		Hythe
	11	Surrey League Cross Country	Men	Reigate Priory (DR to co-host)
	11	Surrey League Cross Country	Women	Putney Vale
	25	South of England Cross Country Champs		Parliament Hill Fields
Feb	8	Surrey League Cross Country	Men & Women	Lloyd Park
	15	Beckenham/Striders/Dulwich Mob Match		Beckenham Place Park
	22	National XC Champs		Nottingham
Mar	15	BMAF Cross Country Champs		Tollcross Park, Glasgow

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	16	South of England Masters Indoor Champs	(indoor track)	Lee Valley
	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

Here is some advance information, particularly for the benefit of newly joined members.

We compete in the Surrey League cross country and the men were promoted to Division 2 last season whilst the women remain in Division 1.

There are 4 fixtures during the season, which started on 19 October at Lightwater for the women and Richmond Park for the men (details of other fixtures can be found in Shorts).

Men's Surrey League there's no need to enter in advance; simply turn up on the day although your captain will find it helpful if you could let him know in advance.
Women's Surrey League, we need to enter runners in advance and you should have received 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.

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's ar 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 Jan and the National champs in Feb.

There's also a number of Masters events. For all these races entry must be submitted 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 shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country shoes, or alternatively fell or trail 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 tactics – *Steve Smythe*

Pacing at cross-country without mile markers isn't easy so a garmin is useful or at the very least a watch so you can estimate roughly how long you will be racing to gauge your effort.

Getting to a race half an hour early also helps, better to have time to kill than be half an hour late and miss the start! Then you can relax pre race, warm up gently and look over some of the course and check the start ie is it too narrow and is there a need to start faster than usual so as not to get boxed in. You can also check the finish and also what shoes or spikes you need to fit the terrain.

While it isn't easy in your first cross-country races, narrow starts excepting, it is important to be fairly close to what is your intended finishing position after the first mile.

Coming gradually through the field is generally far more rewarding and successful than starting way too fast but it is pointless being 30 seconds down on people who should be your rivals after a mile as you won't make it up if they are a similar ability.

However, run the first mile ten seconds too fast and the chances are you will run the latter few miles 20-30 seconds slower and end up in a far worse position than if you had been more conservative.

Always try and finish strongly, speedwork should help, and try and work out where the last 200m is before the race so you can work out where to start accelerating.

When you finish try and check your time and hear what's called and check who is around you as initial results aren't always accurate and it could help the team if you can provide a time and confirm who you finished just ahead of or behind.

CROSS COUNTRY CHAMPS

We will be holding a cross country champs once again this season. To qualify it will be necessary to complete 4 out of the 6 following races: 3 out of the 4 Surrey League matches plus either the South of Thames 5 miles at Streatham Common on 23 November or the mob match on 15 February.

The prize categories will be the three leading men and women, the first M40, M50, M60, W40 and W50, plus a captain's award. - ***Mike Mann***

Beckenham/Striders of Croydon/Dulwich Mob Match, 15 February

A 3 way cross country mob match against Beckenham Running Club and Striders of Croydon has been arranged for Saturday 15 February, starting at 2.30. It will take place in Beckenham Place Park on a course similar to that used for the 10k trail race there.

It is suitable for runners of all standards; the idea is to field as many competitors as possible. Further details will be provided nearer the time.

Note that this race will form part of a cross country champs competition (see separate notice in Shorts). - ***Mike Mann***

Forthcoming Cross Country Events

Entries are invited for several cross country races.

The first is the **South of Thames 7.5 miles at Wimbledon Common on 21 December.**

The Kent and Surrey county cross country champs at Hythe and Denbies Vineyard respectively, both take place on 4 January and the **South of England champs at Parliament Hill Fields on 25 January.**

Qualification for the Kent and Surrey county champs is on the basis of place of birth or residence.

I am happy to advise anyone who is unsure which county they are eligible to run for.

Please let me know if you would like to take part by the following dates: 6 December for the Kent champs and 13 December for the other 3 races. For all these races you have to be entered in advance to take part.

Theres a a couple of races coming up where it is possible to enter and pay for on the day, the **Hercules Wimbledon Common Inter-club champs at Wimbledon Common on 30 November (start time 2pm)** and the **Pirie 10 the following day at Farthing Down, Coulsdon, 1 December (start time 10am)**

- Mike Mann

So far I have had very few requests to enter these races. Please make sure you let me know in time if you want to be entered

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**

***** Note corrected date**

Possible coach to Tunbridge Wells half 2nd March 2014

The second event in the 2014 Club Champs competition is the excellent Tunbridge Wells half marathon. "Famed for the scenic and challenging route", it sold out by the start of January for this year's event so be sure to sign up soon if you haven't already booked your place with glory.

At around an hour's drive from Dulwich there is plenty of parking available a short walk from the race HQ. However unless you set out at just gone midnight from Victoria the train doesn't appear an option as the first train gets in at 9:20 with the race starting at 10am and a 30 minute walk from station to race HQ.

With this in mind we are looking into hiring a coach (to be rebranded the Dulwich Runners' Race Wagon) to take people to and from the race on the day. There would be a cost for taking the coach which would depend on the number of people signing up.

If you might be interested in taking a coach to the race can you let me know by sending an email to: **drsocialsec@gmail.com** with something like "TW COACH YES!!!" in the subject line by the end of December.

Also if you think you may drive and would be happy to take passengers please drop me a message as well.

There will be a trip to a local public house for a post-race debrief as well – details to follow nearer the time.

Oh and sign up for the race now! - **Alastair**

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 but please keep them cordial and free from what might be considered as personal attacks/politics etc. as they will be edited out

South of Thames Champ, Streatham Common, Nov 23

Steve S writes In the South of Thames Championships, Dulwich's women had another superb turn out and led by Mel Edwards in fifth and Charlie Wood ninth finished fourth and would have been in the medals but for a few absentees and the clash with the Masters relays. Katien and Michelle completed the A team. Sarah, Anna, Clare and Carys were the B team, who also made the top 10. Additionally, Sue and Claire all supported the team well and most ran to form or better. The leading Dulwich man in 47th in 31:53 was Alastair Locke, who maintainefd his good run of form and there were further good runs from A team scorers PEdwin, Paul and Neil, the latter making a fine comeback run.

The B team was consistent Ebe, cycling star Michael Hutchinson, a below par Chris (who had run hard parkrun in morning) and Martin. Bernard, still going strong at 67, had a solid run.

47 Alastair Locke	31:53
64 Edwin McCormack	33:02
74 Paul Devine	33:32
88 Neil Daniels	34:29
95 Ebe Prill	34:37
5W/96 Mel Edwards	34:40
9W/109 Charlie Wood	35:18
125 Michael Hutchinson	36:10
30W/169 Katie Crowe	39:04
171 Chris Goodman	39:19
176 Martin Morley	39:36
32W/177 Michelle Lennon	39:37
33W/178 Sarah Cross	39:37
35W/180 Anna Thomas	39:38
41W/190 Clare Wyngard	40:54
43W/193 Carys Morgan	41:24
45W/197 Sue Cooper	42:02
52W/208 Claire Sinka	43:37
226 Bernard Imber	56:38

Women TEAM: 1 Belgrave 29; 2 S London 53; 3 Thames Hare & Hounds 58; **4 Dulw R 76**; 5 Ranelagh H 99; 6 Herne H 108; 7 Kent 113; 8 Stragglers 125; **9 Dulw R B 152**; 10 S Lond B 192

Men Team (4 to score): 1 Kent 23; 2 Herne Hill H 42; 3 Tonbridge 65; 4 Aldershot, Farnham & District 68; 5 Belgrave H 84; 6 Hercules Wimbledon 88; 7 Kent B 103; 8 Herne Hi B 140; 9 Cambridge H 172; 10 AFD B 210; 11 Herne H C 221; 12 Tonbridge B 230; 13 South London H 251; **14 Dulwich R 270;** 15 Stragglers 271

26 Dulwich B 486 32 teams finished

8 to score: Dulwich 8th

South of Thames 5miles – Saturday 23rd November, 2pm
3 (torrid) laps

The Phantom Menaces

Men's team report - Alastair Locke

Not so long ago these words appeared in Shorts written by Steve, drawing on his wealth of race experience and tactical nouse, "…run the first mile ten seconds too fast and the chances are you will run the latter few miles 20-30 seconds slower and end up in a far worse position than if you had been more conservative…". Ooops.
If we were still at school, most of the men's team would be writing lines of this!

On reflection and after some Power of 10 competitor research the final standings for the men's A & B teams wasn't too bad. Alastair Locke led home the first 4 scorers followed by a well blistered Edwin McCormack, Paul Devine and Ian Lilley to take 14th in the team competition. Ebe Prill was first in for the B team completed by Michael Hutchinson, Chris Goodman and a visiting Martin Morley who couldn't stay away from the big smoke and a good bit of XC, securing 26th place in the team competition. A strong and steady run by Bernard Imber should also be noted as he made good time round a very testing course.

The down hill start was like a red rag to a bull and with no Surrey League points to play for, tactics went out the window with most of the men making a daring, flying start that put some of them into the top 30 if only briefly as the pack made it's way round the bottom of Streatham Common on the first of 3 laps before heading back up the hill and following an undulating path through the woods at the top of the common before spitting us back out and off down the hill again.

Alastair, Paul and Edwin befell the same fate at the start recording a sub 6minute first mile (Paul looking equally amazed and aghast as he went over his mile splits at the post race cuppa). This quick start left all 3 of us gasping for the next 2.5 laps, already writing the apology letter to Steve in our heads, doing what we could to stop the field from swallowing us up, running in fear, convinced that the next runner to pass us would be that phantom Dulwich Runner wresting away crucial club champs points. Ian was also caught out by the speedy downhill start and keeping Paul in sight he, "began to scythe through the field, albeit backwards," although his track form came though as he mustered strength enough for a 100m sprint to the line.

Ebe was also another man left to consider the bitter truth of his garmin stats after hitting the up hill slog on lap 1 far too hard which came back to haunt him on the last lap. He to was running from that phantom Dulwich Runner although this time it wasn't all in his mind as unbeknownst to him Mel was closing rapidly on the hills over the last lap. Chris was perhaps one of the few men who made a sensible start but admitted that his hill form needs some work as like the rest of us he also started to go backwards on the up hills, left to rue another pre-XC parkrun but put in a strong finish to take back a few places including the huffing and puffing old fella who'd passed him on the big climb. Martin had a strong return to racing fending off a trio of Dulwich women to come in under 40 minutes with one thought already on the post race beer…or was it beers Martin?

Despite many of us being left to consider what might have been for a better paced start there were some strong showings throughout the team and hopefully we can carry this form and lessons learnt onto the next Surrey League race.

Men's placings

47	Alastair Locke	31:53
64	Edwin McCormack	33:02
74	Paul Devine	33:32
85	Ian Lilley	34:29
91	Ebe Prill	34:37
110	Michael Hutchinson	36:10
140	Chris Goodman	39:19
145	Martin Morley	39:36
161	Bernard Imber	56:38

South of Thames 5 mile race – Saturday 23rd November

Women's race report **- Anna Thomas**

Another good turnout from the women's team saw 10 runners plus the men's team on Streatham common ready to tackle the 3 lap route.

With a long gradual uphill section, it was a course that some people loved and others hated! Due to the way the start panned out, the women ended up stuck at the back of the field which meant they had to work hard to make up positions. Mel enoyed the course, moving through the field strongly, nearly beating Ebe and being first woman home for Dulwich in 5th.

Charlie was next back in 8th and found the race tough saying she'd found Parliament Hill easier! Katie Crowe moved up the field as the race progressed finishing in 30th. There was a battle for 4th place in the scoring team between Michelle Lennon, Sarah Cross and Anna Thomas. After much position changing, Michelle's bursts of speed on the up and downhills saw her victorious and she pipped the others to the post for 32nd place. Sarah, in her 1st outing in a Dulwich vest, showed her strength on the hills and followed her in 33rd with Anna in 35th.

Clare Wynguard was 41st having moved through the field well as the race progressed overtaking Carys Morgan, who also ran well, and was next back in 43rd. Sue Cooper, who hadn't run much in the last month as she'd been in South America, was 45th .

The final member of the women's team was Claire Sinka, a new runner to cross country, who is now used to her trail shoes and how to pace a race and came in in 52nd.

We were cheered on by Martin Morley's wife, as he'd came back to run in the men's team.
Overall the women's A team came 4th and B team 9th. Whilst we didn't get a medal position, we had a better overall score than our 3rd position in 2012 and the B team moved up from 11th. It's great to see new runners to cross country this season. Still more chances to enter races so look out for the notices in Shorts and emails!

96	W5	Mel Edwards	34:40
109	W9	Charlie Woods	35:18
169	W30	Katie Crowe	39:04
177	W32	Michelle Lennon	39:37
178	W33	Sarah Cross	39:37
180	W35	Anna Thomas	39:38
190	W41	Clare Wyngard	40:54W
193	W43	Carys Morgan	41:24
197	W45	Sue Cooper	42:02
208	W52	Claire Sinka	43:37

227 ran

1 Belgrave H	(3-6-8-12)	29
2 South London H	(2-13-14-24)	53
3 Thames Hare & Hounds	(7-10-15-26)	58
4 Dulwich Runners	**(5-9-30-32)**	**76**
9 Dulwich Runners 'B'	**(33-35-41-43)**	**152**

Downton Half Marathon

Louise Welsh writes....

I have known about this half marathon for many years as it is just near my parents house but have always been put off by the fact that it is hilly and it generally pours with rain. This year, having checked the weather forecast, I decided to 'man up' and embrace the ups and downs and enjoy a run somewhere different.

The race is on roads and through the New Forest with some stunning views at the top of the hills, passing through really pretty villages, past wild horses and not too much traffic.

The weather couldn't have been more perfect, cold, clear and hardly any wind. Some people looked at me like I was mad at the beginning, standing in my vest but I had the last laugh as they huffed and puffed up the hills sweating profusely in jackets, jumpers and hats!

The route was hilly / undulating with a couple of long drags uphill but what goes up must come down and there were some sharp descents which I found harder than going up but the views, clean air and quiet roads made it all worth while.

Great marshalling and a very easy start and finish made it a very pleasant morning out.

1.46.22 (PB by miles on a hilly course so very happy!)
Winner - 1.20.25 *(so...wheres the abbey !?...*Ed.)

TWO TEAM SILVER MEDALS AND A FASTEST LAP GOLD MEDAL

British Masters Cross-Country Championships, Derby, November 23

Dulwich Runners picked up two sets of silver medals at the British Masters Cross-country Relay championships at Derby on Saturday.

The Dulwich W35 team, with an average age of 46, were involved in a close race with North Shields Poly and Staffs Moorlands, which went down to the final lap of the final leg. Obviously with two of the team in the W45 age group, we could have done even better in the age group had a few more of the club veteran women made an effort to participate at an excellent venue that was actually surprisingly easy to get to from London.

Ola Balme, who has been a superb supporter of our relay team for many, many years had a steady start on leg one and came in ninth, taking 12:52 for the two-lap 3.1km stint. Clare Elms followed up her run for England last week with another top quality effort and her 11:23 was a women's course record, and the day's fastest by almost half a minute and it moved Dulwich into the lead at the start of the last leg. It's worth noting the second fastest of the day, the Heanor first leg runner Lisa Palmer, had run 10km the previous week in 36:11 but was a lot slower than Clare.

Though 49, Clare took the W35 gold fastest lap, and was a minute faster than the W45 lap winner, who beat her in the Masters International a few years ago. Clare's run means her photo will appear in Athletics Weekly for a record fourth week running, following her fastest lap at Reigate, Algarve Challenge win and the International last week.

The baby of the team, Nicola Richmond started slowly as illness had meant she had only managed one run in the previous three weeks and soon lost the lead to Staffs Moorlands. On the second lap she was also passed by North Shields Poly whose runner ran the third best time of the day. However, Nicola did fight back past Staffs Moorlands team in the last half mile using the speed that took her to medals indoors and out at 1500 metres in the British Masters Champs and she timed 12:56.

W35 (3x3.1km): 1 North Shield Poly 36:52; 2 Dulw R 37:11 (Ola Balme 12:52, Clare Elms 11:23, Nicola Richmond 12:56); 3 Staffs M 37:16; 4 Heanor 37:43; 5 Watford H 39:18; 6 Sheffield RC 39:53; 7 Charnwood 40:01; 8 Staffs M B 40:20; 9 Cannock & Staffs 40:47; 10 Bourneville 42:20; 11 Barnsley 44:16; 12 Denby Dale 46:20
Fastest: 1 Elms (Dulw) 11:23; 2 Palmer (Hean) 11:51; 3 McClean-Dann (NSP) 12:00

M55
The M55 team also had to settle for a close second but it was Dulwich's best ever national championship result for a men's team, improving their third from the National Masters road relays in May. The major problem was deciding who should go in the team as it was clear that there was little between five or six of the team. Chris Loizou was initially going to miss out due to his cross-country racing form not being up to his training form but he insisted he should be in the A team and Neville kindly agreed to step down and Chris did more than enough to justify his confidence and selection.

Steve Smythe ran 12:09 on leg one to come in third and then Nick Brown moved them up to second with a solid 12:14. Adrian Greer led for much of the third leg but lost ground in the last 400 metres to winners Oxford City as he timed 12:19. Chris Loizou chased Oxford hard all the way but couldn't close and ended up 17 seconds back with a 12:13 as all four Dulwich Runners ran within 12 seconds of each other.

The B team ended up 12th with Steve Williams and Neville Webb joint fastest with 12:33 and worth noting that had Steve W and Neville replaced our two fastest from the A team, we would still have finished second which shows what great depth we have in this age group. Steve W showed surprising speed on the opening lap and Neville had another good run. Andy and Ian both had steady runs to complete the team that finished 12th.

M55: 1 Oxford City 48:38; **2 Dulwich R 48:55 (S Smythe 12:09, N Brown 12:14, A Greer 12:19, C Loizou 12:13);** 3 Bristol & West 49:41; 4 Barnet & District 49:52; 5 Redhill RR 49:56; 6 Ilkley H 50:25; 7 Staffs M 50:32; 8 Team Bath 50:47; 9 Sheff RC 51:18; 10 Salford 52:19; **12 Dulw R B 52:39 (S Williams 12:33, N Webb 12:33, A Murray 13:16, I Sesnan 14:17)**

Estimated lap times: women: Ola 6:25, 6:27, Clare 5:38, 5:44, Nicola 6:24, 6:32

Men: Mike 6:29, 6:34, Ros 7:00. 7:20
Steve S 5:59, 6:10. Nick 6:00, 6:14,
Adrian 5:59, 6:20, Chris 6:00, 6:13
Steve W 6:13, 6:20, Neville 6:10, 6:23,
Andy 6:33, 6:43, Ian 6:59, 7:18

Mike led in the first leg in the M65 race, though suffering from a thigh strain, but ended up second fastest, seconds ahead of the English team member who outsprinted him last week while Ros, also running solo, ended up second fastest in the W55 age group.

Steve Smythe

Club Championships 2013 - provisional Marathon listing

We believe all those who were going to run marathons in 2013 have now done so.
Set out below are the times picked up from Shorts for the championship.
Please let Andy Murray **andrew@28kerfield.freeserve.com** of any omissions or amendments before next week.
Championship medals for the marathon and the 2013 championship in total will be presented at the club party on 14 December

	MARATHON CHAMPIONSHIP 2013				
Name/Champs cat.	Marathon time	Points in own age category	Overall age grade points	Overall age grade position	Other marathon if not London
WOMEN SENIOR					
Shona McIntosh	2:42:17	50	834	2	
Emily Gelder	3:01:08	49	774	5	
Toni Holt	3:02:19	48	746	9	
Melanie Edwards	3:13:04	47	703	14	
Charlie Wood	3:13:29	46	703	15	
Kim Hainsworth	3:28:01	45	652	20	
Sophie Bennett	3:29:31	44	646	22	Brighton
Anna Thomas	3:42:08	43	611	28	Brighton
Joanne Shelton	3:52:54	42	602	29	
Clare Quirico	4:09:12	41	543	37	Brighton
WOMEN V40					
Ola Balme	3:31:23	50	723	11	
Ange Norris	3:33:12	49	764	6	New Forest
Claire Steward (50+)	3:35:46	48	869	1	
Susan Vernon (50+)	6:05:16	47	565	35	
MEN SENIOR					
Buzz Shephard	2:37:38	50	793	4	
Alastair Locke	2:49:17	49	738	10	
Tom Marshall	2:56:47	48	709	13	
Paul Devine	2:58:09	47	701	16	
Chris Treble	3:09:28	46	659	19	
Adam Vaughan	3:12:14	45	650	21	
Scott Hemmens	3:13:56	44	644	23	
John Fletcher	3:14:35	43	642	24	
James Burrows	3:19:33	42	626	25	
Sam Crump	3:21:03	41	621	26	
Andrew Bright	3:31:39	40	590	31	
Jozef Danko	3:34:08	39	621	27	Kosice
Robert Balzanella	3:43:45	38	558	36	
Simon Winstanley	4:02:03	37	516	38	
Ed Smyth	4:05:43	36	508	39	
Jim Dowsett	4:26:57	35	476	42	
Cory W.Malcolm	4:45:45	34	437	45	
MEN V40					
Charles Lound	2:40:04	50	831	3	
Joseph Brady	3:20:46	49	676	17	
Ajay Khandelwal	4:18:54	48	507	40	
Dave Feasey	4:58:12	47	464	43	A20
MEN V50					
Ebe Prill	3:06:36	50	747	8	Manchester
Steve Smythe	3:12:27	49	759	7	
John English	3:13:17	48	722	12	
Andy Murray (60+)	3:46:41	47	676	18	Snowdonia
Per Hedberg	4:04:22	46	576	32	
Barrie John Nicholls	4:15:23	45	594	30	
Steve Wehrle (60+)	4:41:29	44	572	33	
Lloyd Clater	4:44:03	43	500	41	A20
Barry Evans (60+)	4:45:32	42	570	34	
Steve Street	5:22:02	41	441	44	
Roy Hibberd	6:28:05	40	379	46	

23rd November

Brockwell

15 Mark Foster	19:48
134 Sarah Lyness 38W	27:01 (course PB)
169 Susan Nicolai 58W	29:49
178 ran	

Burgess

10 Chris Goodman	19:08 (course PB)
96 Chris Vernon	32:26
109 ran	

Crystal Palace

Dulwich

29 Andy Cottrill	19:44 (course PB)
51 Neil Moriarty	21:48
69 Mike Dodds	22:54
90 Belinda Bell 10W	23:47
167 ran	

Hilly Fields

5 Kevin Chadwick	20:47
14 Gary Sullivan	22:24
86 ran	

NB other parkrun results not in this week's Shorts will go in the following week's Shorts but Steve Smythe will no longer compile newer results from the weekend unless he attends events

DULWICH RUNNERS TURKEY TROT HANDICAP RACE

5K (approx) HANDICAP RACE (3 laps of Dulwich Park)

SUNDAY 15th DECEMBER 10.00 (meet by Queen Mary's Gate)

prizes for:

1st runner across the finish line

1st walker across the finish line

closest to predicted time

best fancy dress - THEME SPARKLE!!

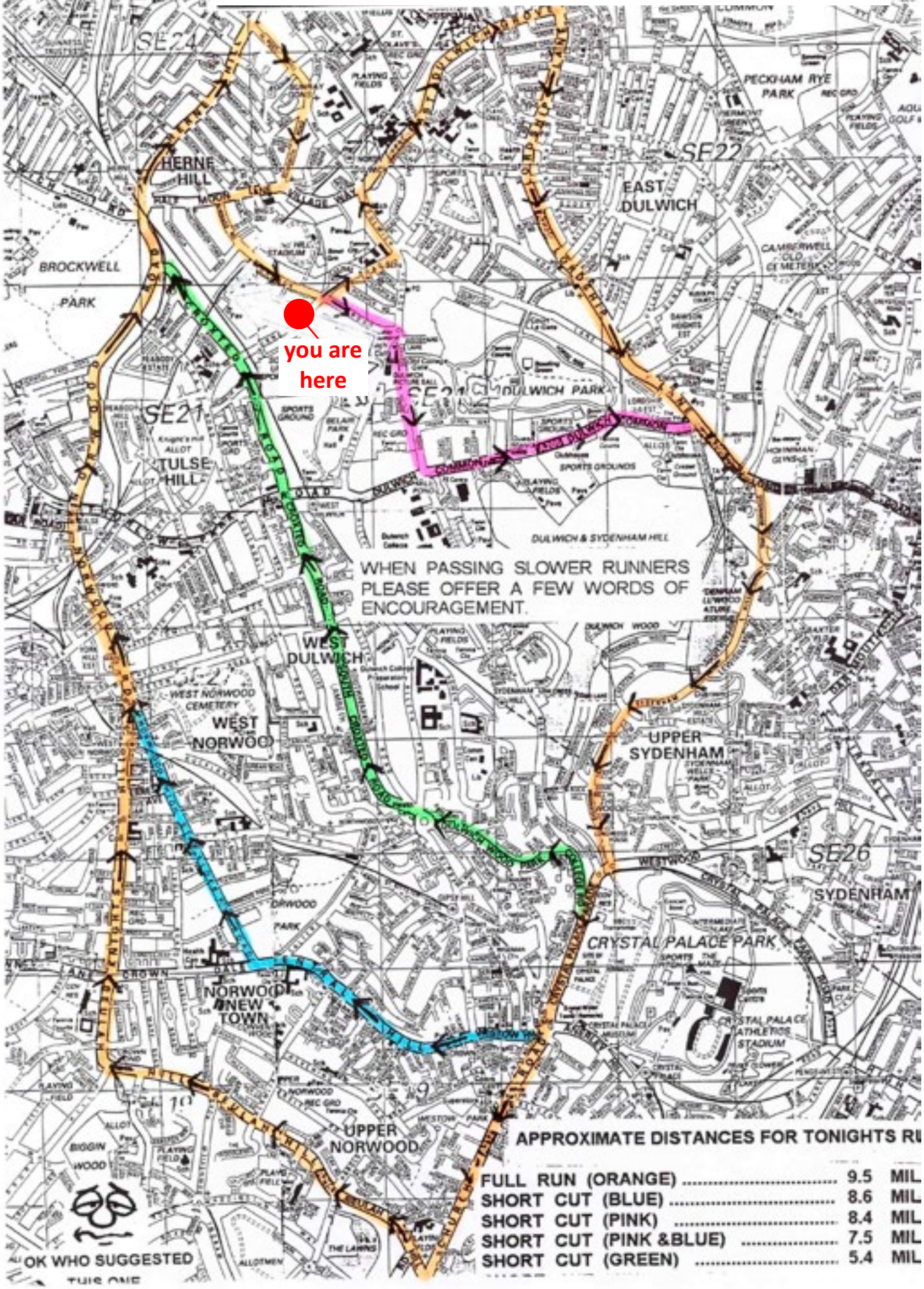
entry fee £2.50 or £2 if in fancy dress

most recent 5k or parkrun time _____

predicted time for 5k on 15th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than handicap.

ros@28kerfield.freeserve.co.uk

DULWICH RUNNERS W12