SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 13th 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	**13**	**Club Night, Edward Alleyn Club** 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Sat	**16**	London XC champs Parliament Hill Fields
Tue	**19**	Track session with Steve Smythe - £2.50 fee Crystal Palace Track - 7 for 7:15pm start **IMPORTANT SEE BELOW**

In your SHORTS this week !

4 Fixtures, Club Champs, Assembly League etc.
6 Race reports , results etc
11 Wednesday night running map

And much more !

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DULWICH 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 are paying a monthly fee and it is important that we get as many people to use the track as possible so we don't lose any money.

The system was changed and now a Crystal Palace duty manager or a Dulwich Runner will hand out a wristband at reception and 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 (Ros did it this Tuesday). Ideally aim to arrive at 7pm.
It might be easier to pay £5 for a further session. It will be £3 if you can't pay.
Some of us are travelling some way to do this and 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.
You may need ID eg: Dulwich members card or England registration card .

EVENT HORIZON

A brief look ahead

full fixture list page 4

Nov	16	London XC champs Parliament Hill Fields
Nov	23	South of Thames 5mile cross country
Dec	7	Womens Surrey League XC, Farthing Down

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**

NEW RUNNERS ROTA

Thanks to 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.
Important guidance notes for people on the New Runners Rota are on page 3 please read them. When it's your turn you will recieve a couple of reminders by email
Thanks. – Ros

Lloyd Clater	**13/11**
Steve Cook	20/11
Kaylee Coxall	27/11

LUCKY VEST

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 4**

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

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)

Clare Osborne, DR Secretary writes:

Your DR Committee are next due to meet on Monday 18th November.

If you have any matters which you would would like them to discuss or consider, please email me on:
secretary@dulwichrunners.org.uk
by Wednesday 13th November.

As before, following the meeting a short list of points discussed will appear in Shorts.

The 3 people who got the club marathon places based on participation in club championships, cross country, assembly league and marshalling are:
Rob Cope
Barrie John Nicholls
Ed Smyth
and the lucky dip runner is **Olivier Montfort**

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

Ticket Purchase

I'll be down next Wed to collect ticket money please.
For anyone who finds it difficult to come down on a Wednesday you can transfer payment to my a/c
Please make sure you use your name as a ref and email me once the payment has gone
through.
Bank: Natwest
A/c: 37357182
Sort: 60-21-12
Amount: £15
Ref: your name

Cheers! Sue - **susan.cooper@hsbc.com**

Dulwich Runners Christmas Party Saturday, 14th Dec 2013
The Cambria,Herne Hill Road

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

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
Nov	16	Dysart/Ellis Cups (XC)		Petersham, Richmond Park
	16	London XC Champs		Parliament Hill Fields
	23	BMAF XC Relays		Derby
	23	South of Thames 5m XC		Streatham Common
Dec	7	Surrey League Cross Country	Women	Farthing Down
	7	Kent Masters XC Champs		Danson Park, Bexley
	14	SEAA Masters XC		Biggleswade
	21	South of Thames 7.5m XC		Wimbledon Common
Jan	4	Surrey XC Champs		Denbies Vineyard
	4	Kent XC 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 XC 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

Masters International

Congratulations to Clare Elms (W45), Mike Mann (M65) and Ros Tabor (W60) who have all been selected for England's team in the Masters International at Cardiff this Saturday

I've had a few enquiries about the forthcoming cross country season, so 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).

With the **Men's Surrey League** there is 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 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.

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.

There's also a number of Masters events.

For all these races 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 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 Fixtures

In addition to the cross country races mentioned separately in Shorts, there are two higher profile events this autumn for which we would like to enter the strongest teams available.

These are the BMAF Relays in Derby on 23 November and the SEAA Masters in Biggleswade on 14 December. In both these events we have medal winning potential in some of the age categories. Those of you that have been approached for the SEAA road relays at Aldershot later this month, provided you are eligible as these are masters events, will be contacted individually in due course.

For the BMAF relays the age categories are M35/45/55+ and W35/45/55+ and each stage is around 3k in length. Some of us took part last year and it is a well organised event over an excellent course. The age categories for the SEAA Masters XC are M40/50/60+ and W40/50+, and the distances are 6k for the women and 10k for the men with 3 to score

CROSS COUNTRY ENTRIES

Entries are now open for the London Champs at Parliament Hill Fields (5 miles for men) on 16 November and the South of Thames 5 miles at Streatham Common on 23 November. If you are interested in the London Champs please let me know no later than 30 October.
You will need to be entered in order to run as entries are not accepted on the day. Note that the South of Thames race forms part of our cross country club champs. Mike Mann - **mcmann90@yahoo.co.uk**

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***

This is a final reminder for anyone wishing to be entered for the South of Thames 5 miles on 23 November and the Kent Masters on 7 December. Entries are about to be sent off so anyone who has not already notified me should do so today.
You cannot take part unless entered in advance.
Numbers are disappointingly low for the South of Thames 5 miles given that this is a local event and part of our cross country club champs **Mike Mann**

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.

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.

There are 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**

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

Beckenham Charity Trail 10K 10 Nov

Wins for Ed and Ola.

Claire Steward writes: I have done this every year since its inception in 2007 and once again, it was a beautiful Autumnal day for this local race. At 11:00am we stood quietly in the sunshine for the Last Post and a reflective silence before the race started.

The course was slightly different to last year but the two laps in Beckenham Place Park was still delightfully multi-terrain with woodland trails, open grassy areas and footpaths, a testing climb at the start and finish of each lap, and just enough mud to make it interesting for those not wearing grippy shoes.

Ed was overall winner by over half a minute, Ola was first woman. Joanne, Paul and I reversed last year's finishing order with Paul having an excellent run, passing me, then Joanne, and staying ahead, although all three of us recorded slower times.

Eight Dulwich Runners were there to enjoy the run and the excellent cakes back at clubhouse afterwards.

1	Ed Hill	38:58
12	Ola Balme 1W	43:17
45	Anna Thomas 5W	47:24
46	Graham Laylee	47:29
59	Michelle Lennon	48:28
98	Paul Keating	51:41
102	Joanne Shelton	51:56
114	Claire Steward	52:50 (1st FV55)
177	Steve Wehrle	59:15

(239 Finished)

A successful morning for Dulwich Runners at the Beckenham trail run.The start at 11:02 after a trumpet rendition of 'The Last Post' and 2 minutes silence. A beautiful blue sky and lots of mud

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.

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**

http://tinyurl.com/mskwjte

*** **Note corrected date**

English Schools Cross Country Cup - Chichester Regional SE England Final

Sat 10 November 4.1km

Challenging conditions with frequent heavy downpours, not only for the athletes but also the race recorders. With more rain during the race, quite a few runners finished with no race number.

The race was three laps around a flat non-descript course. As always with his age category, tough competition with Judd and Dulwich College dominating proceedings. Both will probably go on to be in the top three in National Final.

Oscar stuck to his task and whilst not in sparkling form helped his team to 5th position out of 12 just 6 points out of 92 away from reaching the final - ***Duncan Hussey***

42 Oscar Hussey 15.38
61 ran

You can follow us on

Men's Surrey League, Match 2, Wimbledon Common, Nov. 9.

Ebe Prill writes...

It didn't look good in the run-up. Second-to-last in the League, several fast and experienced runners not being able to make it, Coach and Captain away, weather forecast gloomy and sore-throat-syndrome spreading. Even the start seemed hard to find. But then it came all together somehow.

On Tuesday Alastair was standing in for Steve and delivered a killer hill session up Sydenham hill walk for hungry cross country legs. And Saturday the rains had stopped in time, Myself - standing in for Mike - made it early for once and had the pleasure to hand out numbers to 17 runners, only two less than in match 1. There was a definite buzz in the air: we wouldn't go down without a fight!

Wimbledon Windmilers did a good job and laid out a challenging and well marshalled course that had it all: hills, muddy field section, trails with gravel, puddles, more mud and in addition several logs to jump over ('That course was nasty!' - Wayne). It was a new course, beginning with a short triangle and then two larger laps with an uphill finish, altogether about 4.8 miles.

The start was difficult and turned into a bottleneck through the woods quite sudden. It was good to see everyone involved in the initial charge for positions. We all tried to heed Steve's advice to not get stuck too far behind, though some were more successful than others under quite difficult circumstances.

It turned out well in the end: the close grouping of our scorers from 25 to 68 with a strong show in the 20s and 30s positions meant that we moved up to 5th place in this match and in the league table!, and there were many challenging for the scoring positions. It was a very good team performance and more to come!

Wayne continued his strong form from the last match and was our fastest man, hard pushed by an ever improving Alastair, who was only 7 seconds and 4 positions behind. Al said he wants more hills, so he'll get his wish at the next match! Next was Oli with his best race yet (and a 'Bolt - like prolonged sprint finish' according to Paul, a joy to watch for sure, unless you're overtaken by him!), who came past Charlie and Paul at mile 4 and pipped Dave to the line.

David did a great run on the back of not much training (by his standards). He was easily the first M50 and we hope to see him return for the next match! Paul showed his massive improvement from road races and recent marathon in his first cross country of the season, finishing in 36. position, just 3 behind 'The Beaver'. Charlie started with Paul and came past a fast starting Sam, improving on his last race and finishing as 5th vet overall in 44. position, not fully fit yet. Sam showed a lot of promise in his cross country debut, delivering a good performance after starting a bit too fast and sticking not far behind Charlie once overtaken.

Another pair of young legs with more to come! Ian L got stuck 'in the traffic' of the bottleneck at the start, but moved through the field and came first past Kevin and then past me around mile 4, finishing strongly. I held a mid position at the start, ventured past several runners on the downhills and improved during the race, coming past Kevin and enjoying mud, puddles and logs. Finished as 3. M50 with a performance similar to the first match. but feels the need to improve further though to cling on to a scoring position.

Kevin started very fast and struggled in the muddy field part of the course, but clung on to myself to finish just 3 positions behind me as our 10th scorer in a good time. Neville was not far behind and also improved on his last race, challenging for the scoring positions. Chris L strengthened the team and was also not far off the scoring board, despite not having raced much and being not so happy with his performance on the hills.

Rupert took it a bit more easy this time, finishing a few positions down on his last league race. Sadly he announced this will be his last race before he moves with Shona to Edinburgh. His bare chest displays will be sorely missed!

Rob was another runner 'stuck in traffic' at the start. He said he really enjoyed his first league race, but started too cautiously and was frustrated that he could've gone quicker. But he'll get faster!

John is gaining experience in his second league race, as is Jim, who finished well and further up in the positions compared to last time. And Ian S completed the team in a good come back to cross country, which he enjoyed, despite (or because) showing some bruises from dedicated crashing through the undergrowth during the race.

Lastly, Kevin likes to mention, that the parking and getting to the start was much easier than anticipated.
So, all ended well for the team. But, as a note of caution from your one-event stand-in captain: scores can change rapidly in the league, as the example of Reigate Priory shows, who shot from last place to 2nd in one event and improved their score by over 200. But also: so can we, as Steve wrote in his last league match report, with a full strength team and all the promising improvements continuing.

Well done everybody! Let's keep it up!

25. Wayne Lashley	30.06
29. Alastair Locke	30.13
32. Oli Thorogood	30.21
33. Dave Beaver	30.22
36. Paul Devine	30.36
44. Charlie Lound	30.55
52. Sam Crump	31.28
61. Ian Lilley	32.05
71. Ebe Prill	32.25
74. Kevin Chadwick	32.39
77. Neville Webb	32.47
83. Chris Loizou	33.06
87. Rupert Nash	33.09
99. Rob Cope	34.02
114. John English	35.00
126. Jim Dowsett	36.25
140. Ian Sesnan	39.04

155 ran

League table after 2 matches:

1. Croydon Harriers (637 points)
2. Wimbledon Windmilers (695 points)
3. Epsom & Ewell (815 points)
4. Reigate Priory (830 points)
5. Dulwich Runners (953 points)
6. Kingston & Poly (1004 points)
7. Striders of Croydon (1040 points)
8. Stragglers (1093 points)
9. Dorking & Mole Valley (1123 points)

Algarve Challenge, November 6-10

Steve Smythe writes...

Dulwich Runners dominated the Algarve Challenge taking the first four positions and six of the first eight places.

The battle for first was between Clare and Ros and was just seven points at the end in a competition decided on age-grading.

The first race was a 5km cross-country over a three lap course. Clare, whon started with the fastest group, was easily quickest though did stray off course and do an extra 30 second loop. She was following Ros who set off a few minutes ahead in the medium group.

Even though Ros help mark out the course, she went even more off course on the final lap and a few others followed her off the course and didn't technically complete the course but she was given a time including a penalty.

Mike also went off course.

Steve just got the better of Mel and both did the full course as did Andy.

5km

1 Clare Elms	18:55	872 pts
2 Steve Smythe	19:40	764 pts
3 Mel Edwards	19:44	735 pts
4 Andy Murray	21:22	734 pts
5 Mike Mann	21:30	763 pts
9 Ros Tabor	24:30	830 pts

The following day's Mile race, held in windy conditions, saw all the Dulwich Runners in the faster second race though Clare started 30 seconds behind the rest. Mike led with a strong first lap but slowed badly on the second and Clare went past everyone halfway through the third lap but Steve, after his slow start, managed to hold on and sprint past, albeir with a time 29 seconds slower.

Mike was someway below his British M65 mnile best and he narrowly finished ahead of Mel, who was a few seconds outside her best.

Andy came through strongly after a slow start and helped drag Ros to her fastest time of the year and the best by a British W60 in 2013 to join Clare and Mike at the top of the year's British rankings from their earlier miles this year. Ros's time managed to take a few points off of Clare.

1 Clare Elms	5:11.3	948 pts
2 Steve Smythe	5:40.8	778 pts
3 Mike Mann	5:50.3	826 pts
4 Mel Edwards	5:53.5	715 pts
6 Andy Murray	6:16.0	736 pts
7 Ros Tabor	6:21.0	954 pts

The third race was next day and was the **Trail 10km** in the form of a Handicap and none of the Dulwich Runners were amongst the first five finishers but they did run most of the fastest times.

Clare was fastest with a 37:25 and she easily caught the other five Dulwich Runners. Mel comfortably went inside 40 but it was Ros, with her 45:38 that again got the highest score by just three points.

6 Clare Elms	62:55 (37:25 – 1st fastest	– 907 pts
9 Steve Smythe	63:28 (39:28 – 2nd	– 810 pts
10 Mel Edwards	63:31 (39:31 – 3rd	– 769 pts
11 Ros Tabor	63:38 (45:38 – 7th	– 910 pts
13 Mike Mann	65:25 (42:25 – 4th	– 823 pts
14 Andy Murray	65:40 (43:40 – 5th	– 764 pts

Two days later, The final race was the X Milhas de Guardiana – a 17.3km event on the road which this year was run from Portugal to Spain. It used to be 10 miles but is now run from track to track though it was the same course as per two years ago apart from a detour through the town of Castro Marim which added an extra hill.

Clare Elms, who had won this race in 2011, had felt unwell after her big effort in the 10km and was a little wary but got into the back of the leading group of women before dropping back slightly. She was only fourth at halfway and passed 10k in just over 38 minutes but finished strongly moving up to second and finishing just 20 seconds down on the winner, having gone through 10 miles in 61 minutes.

She was pleased to have run faster in than 2011 in all four events.

Mel also finished strongly after running a PB 63 minute 10 and moved up to fourth at the finish.

Steve Smythe faded slightly over the second half but Mike Mann, holding back with Saturday's international in mind, still finished as second M60 in the race and ran well throughout.

Ros and Andy ran together most of the way. Ros needed to be 12 minutes behind Clare to overhaul her in the standings but it was slightly over and though she got the highest score again, it wasn't enough to make up the gap.

Ros finished as 2nd W45 to Clare who won two holiday stays in Portugal for her efforts.

Milhas de Guardiana, Vila Real de Santo Antonio-Ayamonte 17.3km: November 10

2W/53	Clare Elms	66:42
4W/68	Mel Edwards	68:09
80	Steve Smythe	68:45
175	Mike Mann	74:32
291	Andy Murray	79:18
7W/292	Ros Tabor	79:19

600 finished

Overall Challenge

In the overall standings, Mike was the top man and Mel edged past Andy in the last event with her highest score to finish seventh.

1 CLARE ELMS 3628 (18:55 5km XC, 5:11.3 1M, 37:25 Trail 10km, 66:42 17.3km)
2 ROS TABOR 3621 (24:30, 6:21.0, 45:38, 79:19)
3 MIKE MANN 3248 (21:30, 5:50.3, 42:25, 74:32)
4 STEVE SMYTHE 3179
7 MEL EDWARDS 2999
8 ANDY MURRAY 2984

This week's Athletics Weekly has a report and photos of the Challenge with photos of Clare leading the mile from Steve, Mike and Mel and also Ros leading Andy in another shot

parkrun 9th November

Ashford

Nick Brown 19.07 (5th, M55 course record)

Brockwell

13 Lewis Laylee 19:05
60 Michelle Lennon 5W 22:41
85 Katie Styles 12W 24:37
22W/103 Stephanie Robinson 25:57
161 ran

Burgess

76 Barry Walker 28:47 (PB) (1M65)
108 ran

Crystal Palace

23 Bob Bell 22:35
51 Belinda Bell 8W 24:54
56 Claire Steward 9W 25:10
128 Ran

Dulwich

96 Mick Mead 26:22 137 ran

Fulham Palace

This is one of the more recent parkrun start-ups, being just in its fourth running. This week's turnout boasted 123 runners and encouragingly quite a few people new to parkrun. The parkrun juggernaut rolls on!

The course is almost three laps around Bishops Park near Putney Bridge. The bag drop is set up at the finish and the briefing happens inside the gates of the historic Fulham Palace. It's all flat and mainly tarmac although has a few tight turns. I had a good run but narrowly missed having to hurdle a small child on a scooter who shot across the last turn directly in front of me.

I finally managed to break through the 24 minute barrier and run a 5k post-injury best! One for the list Chris and Wayne?

60 Lindsey Annable 11W 23.30 (1st VW45-49/parkrun PB)
123 ran

Lloyd Park

Alex had his first race since the summer after his knee problem and came very close to winning.

2 Alex Elms 19:47 111 ran

Southwark

Chris Vernon writes

Another new venue. Struggling with the remnants of a cold I headed for one of our closest runs, less than 5 miles from Dulwich with good parking alongside the park and a Tesco Extra close by!

Southwark is another park that has undergone a recent makeover but I was surprised to find that the track has already fallen into disrepair and is locked up, what a waste with all those floodlights.

The course is a very flat 3 laps (ugh) with a loop round the pond early on which means you very soon meet the leaders coming back. It was a mild autumn morning when the small field assembled, very few were club runners and most under 30. A good place for us to recruit as there is obviously no club locally.

At the start they all charged off and were soon out of sight leaving me at the back bar one who soon dropped out. Early in lap two I was lapped (reminiscent of Dulwich) but soon I was left alone to enjoy the rest of my run.

42 Chris Vernon 32.19
1st VM65
42 ran

Tonbridge

In what is perhaps the centre of athletics in Kent & Sussex, this parkrun has been a long time in the making.

Although inundated by rent-a-crowd parkrun groupies who seem to attend any inaugural event around the country, it was fitting that at least two local golden oldies won the men's and women's races.

In fact Maria Heslop is also local councillor for the area so not only did she give an opening speech, win the parkrun but she also placed very highly in the Kent League over in Dover later that afternoon.

In what is sometimes seen as a test event, the organisers were delighted that they were able to at least record all the finishing times.

It didn't look at that great at first, convening in a decidedly waterlogged field and although trail shoes seemed the only option, the organisers were correct in that the start was the wettest section of the course.

The next immediate obstacle that will need to be considered is a one metre gap through a hedge which the race passes through after 200m. With such a large field, we were at walking pace having barely just caught our first breath.

Having waded through a few large puddles, we were off fresh in the knowledge that there a few bridges to tackle before circumnavigating a lake and returning on the same outward route.

Guidance was offered by a marshall to "mind our heads" on a rather shallow foot tunnel. Having negotiated the first few stone footbridges, I inevitably found out that the last bridge had a wooden decking flooring. What with the heavy rain over the past week and the 90 degree turning onto to it, I hit the deck hard.

Not that I want to make a habit of it, my fall at parkrun three weeks ago over a dog was at least on soft grass. This time the impact was hard and although a marshall offered to help, I said I was fine apart from stinging hands and knees. After that it was just survival.

Overall, this has the prospect of being a good parkrun and I would expect it to be fast in summer as it is flat with the course mainly being on stony tracks.

13 Duncan Hussey 19.55 262 ran

Riddlesdown

10 Ange Norris 21:54 73 ran

Orpington

16 Colin Frith 24:11 90 ran

Orpington from last week:

5 Duncan Hussey 19:39
169 ran (record - previously 163)

Orpington parkrun Volunteers needed

http://www.parkrun.org.uk/orpington/

Steve Garden - Event Director Orpington parkrun
orpingtonhelpers@parkrun.com

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!!

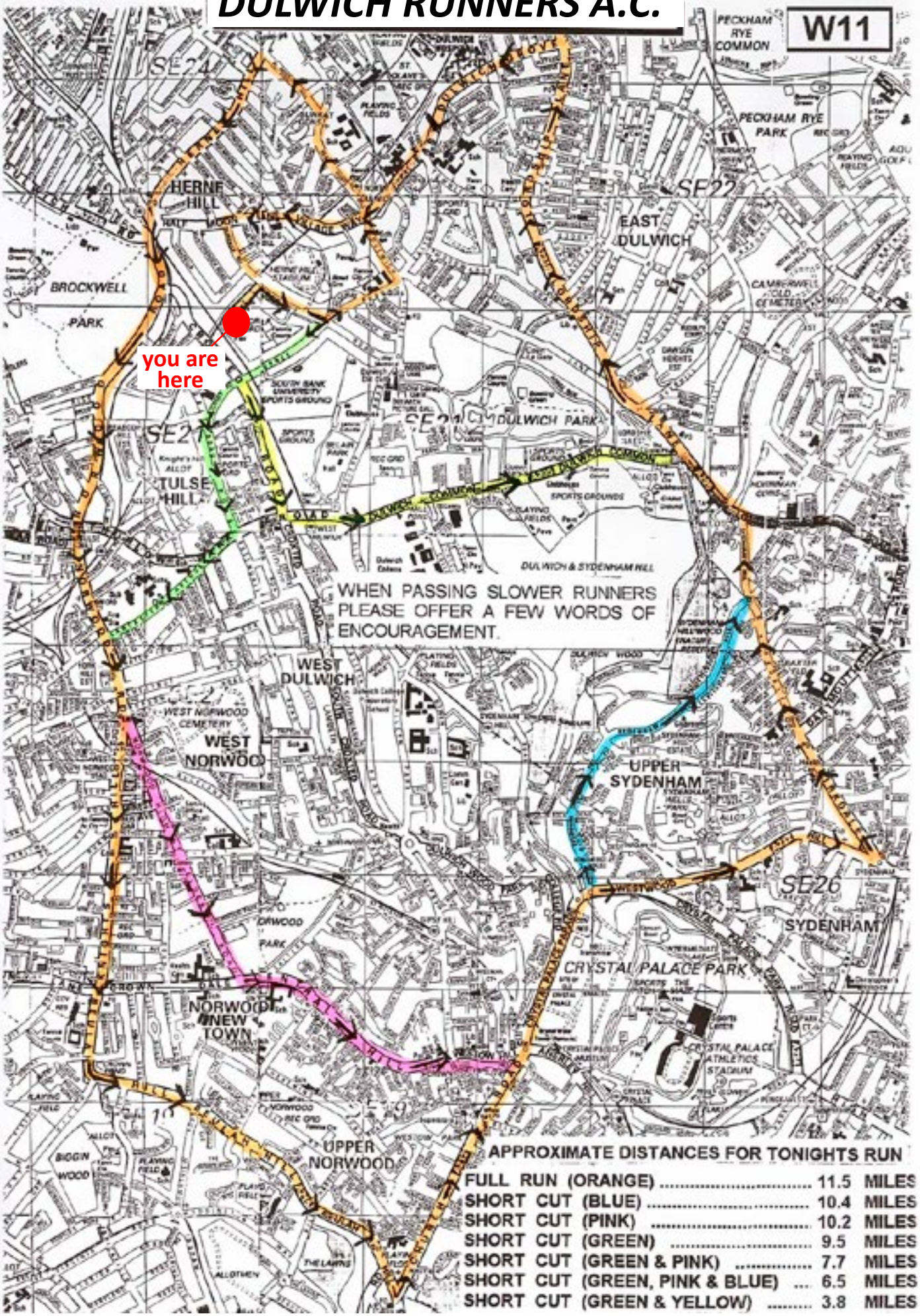
entry fee £2.50 or £2 if in fancy dress

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 A.C.