SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 6th 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	**06**	**Club Night, Edward Alleyn Club** 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Sat	**09**	**Mens Surrey League XC- Wimbledon** **details page 7 - map page 11**
Tue	**12**	Track session with Steve Smythe - £2.50 fee Crystal Palace Track - 7 for 7:15pm start **IMPORTANT SEE BELOW**

In your SHORTS this week !

5 Fixtures, Club Champs, Assembly League etc.
8 Race reports , results etc
13 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.

Nb 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.
It is important that we try and get 30 runners each week for this to work and the club doesn't lose money so please support this. 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
Ideally you should have some sort of identification
- Dulwich members card or England registration card - certainly from next week

With others away in sunnier climes or off remembering how Guy Fawkes nearly got the job done, 10 runners turned out for last night's hilly track session up the infamous Sydenham Hill station slope.
In adverse conditions there were some notable performances and the whole group put in their best Tuesday night hill session of the season.
Normal service at Crystal Palace track resumes next week

EVENT HORIZON

A brief look ahead

full fixture list page 5

Nov	09	Mens Surrey League XC, Wimbledon
Nov	16	London XC champs Parliament Hill Fields
Nov	23	South of Thames 5mile cross country

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

Joseph Brady	**06/05**
Lloyd Clater	13/11
Steve Cook	20/11
Kaylee Coxall	27/11

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

Wednesday Apres-Run Rehydration !

Come up to the bar and have a drink and a natter with us , it's a great way to get to know fellow runners (hot drinks also available)

Carbo Loading !

For all you hungry runners we will be ordering fish and chips 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 ! - Ros

NEW RUNNERS

As you are a regular runner on Wednesday nights you have been included on the new runners' rota.
Your name will probably only appear about once a year.

Here are some guidelines:

- read Shorts and make a note in your diary of when your turn is (the list is largely alphabetical)
- if you can't make that date try and swap with someone else on the list and let Barry/Ros know
- if swapping dates is impossible let Barry know as soon as possible, so he can amend Shorts
- arrive in good time so you can meet any new people and discuss their needs
- agree the distance and pace that the group will be running. If the new runners are much faster (or slower) than you, you will have to ask around and find someone else to go with them, consulting Ros as necessary
- make sure the group stays together and no-one is left behind
- slower runners may need time to stop and rest, or short periods of walking
- tell people about how the club works – championships, cross country, track nights, relays etc
- emphasize the social side of the club
- encourage people to come to the bar after the run and try to introduce them to others of similar age and/or ability
- if you are not confident taking a group out by yourself ask for someone to go with you
- encourage people to sign up for Shorts and read it
- encourage people to join (through Barry)
- if you see people you ran with in later weeks, ask how they are getting on

LUCKY VEST

Tonight

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**

All race reports/articles etc are welcome in SHORTS...but please remember to keep them cordial and free from remarks that might be considered as personal attacks/politics etc, as they will be edited out.
Thanks for your co-operation - **Dulwich Runners committee**

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.

Run the London Marathon in 2014
Dulwich Runners has four club entries for the 2014 London Marathon.
To be considered and eligible for one of these places you must have applied unsuccessfully for a place and have been a member for at least one year.
We will allocate three places on the basis of number of appearances and volunteering for marshalling during the last year in selected club events. The fourth place we will decide by ballot.
Note, these places still require payment of an entry fee.
If you would like to be considered for a place contact me by 31st October in person or at **chas.lound@btinternet.com**
Charlie Lound

Remembering **PATRICK SUGRUE**

A gathering for friends and family to celebrate the life of Paddy

9TH NOVEMBER 2013

2.30 - 5.30 PM

ST FAITHS COMMUNITY CENTRE
RED POST HILL
LONDON SE24 9JQ

Patrick Sugrue aged 50 died on the 17th July this year. Pat was a member of Dulwich runners until 2009. He has not run for the last five years after being diagnosed with Leukaemia. As I think a number of you know he had a tough time of it over this period, having to battle one set of side effects after another, in his attempt to beat the illness.

Pat was the first Dulwich runner I got to know really well as we were more or less the same pace, and remained so as we ran together. We became firm friends; our primarily running 'achievement' was our attempts year after year to follow one of Steve's plans to get us under 40 mins for 10K. We never did quite manage it (possibly due to beer intake on Fridays) but as Pat said after he stopped running, at least I did it in the end, and we 'enjoyed' our attempts.

His sister Dara is organising an event to celebrate Pats life on the 9th November at 2.30 - 5.30pm at St Faiths (bottom of Red Post Hill).

If you know Pat it would be great if you could make it.
Please let me know if you can come on **Markafos@gmail.com** so we get an idea of numbers.
Mark Foster

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 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

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	9	Surrey League Cross Country	Men	Wimbledon Common
	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

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

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***

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***

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.
The deadline for the South of Thames is a little more relaxed at 12 November. 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 tactics

Pacing at cross-country without the absence of 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 well in advance helps too and it is best to be half a hour too early with time to kill than half a hour too late and risk missing 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. 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 reasonably 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 likelihood is 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.

I suggest those who ran the league this week should look at their position and aim to come slightly higher next time and try and set off at that position or near to the runner you want to try and run with from the start.

Always try and finish strongly and 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. - ***Steve Smythe***

SURREY LEAGUE CROSS COUNTRY, WIMBLEDON COMMON, 9 NOVEMBER

Our second Surrey League fixture takes place at Wimbledon Common, starting at 3pm. Although we ended up in 8th position after the first match at Richmond Park, the points totals were unusually close between the 9 participating clubs, so there is all to play for in the rest of the season. It is important that we field as many of our scorers as possible plus those who missed the first race.

Please read the joining instructions very carefully as the start of the course is located in the middle of Wimbledon Common and not easy to find. If you arrive in good time, and not at the last minute as many of our runners did last time, there should be enough people to follow if you do go astray. You should aim to be start by 2.30pm at the very latest. Note that you are discouraged from driving as there is only limited parking around the Common. If you must drive and are familiar with the Common, there is a sizeable parking area near the Windmill but it is good mile away from the start.

The organizers, Wimbledon Windmilers, are looking for one marshal from each club to help with the children's race and to be at the start at 1.30pm. If anyone is able to help, could you contact Ebe Prill who is standing in for me. Any questions should be directed to Ebe as I will not be around much in the near future: **ebeprill@yahoo.co.uk**
Mike Mann

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**

Joining Instructions Wimbledon Windmiler Hosted Match

Nov. 9th
Juniors 14:15
Seniors: 15:00

The traditional Windmiler course will be used. As you are aware this is mostly single track allowing 3 people abreast, widening as it crosses playing fields approx.. 1 mile in. It is on mixed terrain comprising mud, grass and gravel. No roads or tarmac should be crossed.
Hazards – tree roots, fallen branches, low trees, steep hills and uneven ground. The Common is an extremely popular area for walking dogs and children. Please remind all your team members that people on the course are allowed to be there and may struggle to get out of the way. Please treat them with courtesy.
The course is suitable for spikes but typically these are not required as the Common drains well.
Juniors will do one lap starting at Caesars well on Wimbledon Common and finishing near the start.
Seniors will do two laps. It is proposed to walk participants down to a broad part of the course, thereby allowing a smoother start. The finish will be at the same point as the juniors. The distance will still be approx.. 5 miles.
Transport
There is (virtually) no parking at the start.
Participants are encouraged to travel by train to Wimbledon Station and then take a bus to War Memorial. You can then walk across the Common to the Fox & Grapes pub. Go beyond this to Wimbledon Common Golf Club and you should see Sunset Road. At the far end of Sunset Road there are white gateposts. Go to the right of these down a small track and you should come to an open space (Ceasers Well) surrounding pine trees. This is the start. **MAP on page 12**
The usual mistake is to head down Gravelly Hill. If you do this you will see flags marking the course. Follow these through the trees to your right and you will also arrive at Ceasers Well.
The start is at least 1 mile from the bus stop and you should allow time for this walk (20 minutes plus).

Race Reports & Results

Nb Steve Smythe will now only send in results for races he will attend (or arrange for someone else to send), 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

Eryri/Snowdonia Marathon 26.10.13

Andy Murray reports. I had run this race exactly 20 years ago steadily with Ros, who was coming back from injury.

Her brother, Mick, this year decided it would be a good race for him on turning 60 and suggested it to me. I had two injuries that prevented me running London this year and hoped I would be fit again by autumn .... but my comeback was disrupted by two falls requiring stitches, a back strain and a cold, so I was only half-trained for marathon running and my best hope was to keep going to finish within 4 hours.

Behind the registration desk was an inspiring life-size banner showing Emily Gelder in her Dulwich vest breaking the tape as first woman in 2012. The course is described by the organisers as the toughest road race in Britain and makes a four-sided route around Snowdon, always above us on our right. Three of the sides have 2+ mile uphills.

Fortunately the race was on Saturday, before most of the bad weather arrived and we started in grey, blustery conditions at Llanberis. After a flat 1.5 miles the road was overlooked by rock faces either side as we climbed to Pen y Pas. Even trying to run steadily the last steeper mile was beginning to tire the legs but we eventually reached the hotel at the top just before five miles, where Ros, combining training and spectating, joined me after running up earlier for the descent to the first junction.

From here we went off-road on a bumpy track, still downhill and with several fell runners charging through. Rejoining the road at 7 miles I caught up with Ros's brother for a while and we had a beautiful relaxing section in a low valley, passing two lakes and admiring the autumn colours on the hillsides.

The up and down had set off some pains in my upper legs, which gradually disappeared on this flat section. Nearing halfway we came to some terraces of stone cottages at Bedgelert and turned uphill as we passed the hotels there. The hill lasted for over 2 miles but was never steep and I felt good soon after 15 when we hit a plateau by the restored Welsh Highland Railway line. We were soon passing by Rydd Ddhu, where we were staying in the Vernon's cottage, and then the camping barns Dulwich Runners have stayed in prior to the Welsh Castles Relay.

By 22 weakness was setting in as we dropped down past the Snowdonia Park Inn and then up through Waunfaur for the final climb. Firstly this was off the main road and up through the village but it soon came out into the open on a bumpy, splashy track. I was still running here, unlike most around me, but at low power in the strong cross-wind and over 11 minute-miling. After the mile 23 point I allowed myself two minutes of walking but got running again as the slope lessened and we rounded a shale hill before we saw the support vehicles in the open at the top of our climb.

Soon we were leaving the windy hilltop to sharply descend on a track following a wall down towards Llanberis. There were others charging down this hill but I found my legs could not cope with speed at that angle. Finally we could hear the race commentary and entered the high street to reach the finish line. Ahead of me by 30 minutes and six minutes were Emily (4th woman) and brother-in-law Mick. Also Dylan Owen (ex-DR) was there having run the second half with a friend - he will be back for Pat Sugrue's memorial event. It was a great relief to finish still running and not too stiff (the final downhill compressed the quads, which I have read is good for them).

The race had great atmosphere, scenery and support. Frequent feed stations had two-gulp water containers and energy gels. There were two buildings to shelter in at start and finish and we received souvenir T-shirts and slates.

Emily Gelder reported to us:
" I struggled a bit - have been carrying a shin injury last few weeks and although the flat parts were not bad, I was in some pain on the hills, and there are one or two hills! still managed 3.16 with a 4th place so not too bad. fell apart a bit on the last up and down but I am sure I am not the only one!"
Emily was running with the second placer, who briefly took the lead near the end, most of the way before shin pain slowed her on the last uphill.

There is a good highlights programme available on the S4C Clic website, with English subtitles if you click on the S button. The programme features last year's highlights, a pre-race interview with Emily and coverage of this year's race.
http://s4c.co.uk/clic/e_level2.shtml?programme_id=510456820
chip times

76	Emily Gelder	4W	3:16:55
278	Mick Tabor (Les Croupiers)	4M60	3:40:52
355	Andy Murray	5M60	3:46:41

1554 finished.

Priory Relays, Reigate, November 2

Steve Smythe writes....

Another great result for Dulwich's women as they won by almost two minutes. Clare Elms took it easily initially but pushed on sufficiently to be the fastest woman on the day by around half a minute. Shona McIntosh increased the lead further. Worth noting that Shona still ranks amongst Britain's top 10 marathoners of 2013 and while well short of top fitness, she went better than in the league race with a strong run and was the quickest on the leg.

On the final leg, Charlie just had to hold form to ensure victory and she had a good steady run as she gets back to fitness and trackwork.

Katie Crowe ran well on leg one and was 52 seconds up on last year and then Mel Edwards moved the B team into a top three place and was 51 seconds faster than 2012. Andrea Pickup ran a similar time to last year but was up against some quick runners but we still finished top five and first B team by a whopping four minutes.

The C team had good runs from Anna Thomas, Jo Shelton and Louisa Pritchard and they were the second C team and finished in the top half of the women's field.

Nb the second and third leg of the women's race were held in a downpour and conditions were harder (slipprier) as the race went on.

In this form, the Dulwich women should have probably contested more relays this autumn. We didn't have any teams in the National road relays or Southern cross-country relays in October or the National cross-country relays the same day as Reigate, which is probably why there wasn't quite the same opposition as usual.

It was slightly disappointing that even though they did the presentations quickly post race in the nearby hall and where they had the results up minutes up after the race and had tea and cakes on offer that only man and one woman were there at presentation when we had 18 runners competing.

Dulwich Women: 1st: 50:35

Clare Elms	16:13
Shona McIntosh	16:52
Charlie Wood	17:30

Dulwich Women B: 5th 54:10

Katie Crowe	18:25
Mel Edwards	17:36
Andrea Pickup	18:09

Dulwich Women C: 14th 61:32

Anna Thomas	19:39
Jo Shelton	21:09
Louisa Pritchartd	20:44

32 teams

Men's race

The men got out two teams officially and part of a third but did jog in to finish to get their money's worth. While it makes organisation easier to sort teams out in advance, the organisers do allow entries up to minutes before the start and club runners should have been encouraged to come along, even if they wouldn't be in the two named teams.

Tony eased back after his ankle injury at the last league match and wasn't at his best, being 26 seconds down on 2012 but was still comfortably the club's quickest and he was the fastest M50 of the whole race.

Paul Devine ran well after his recent sub-3 marathon while Ian Lilley, short of cross-country experience, had a strong leg Alastair Locke completed the team with a slightly faster run than last year and we came home in the top dozen of 41 teams.

For the B team, Ebe got off to a good start and was 27 seconds up on 2012 though a gradually improving fitness Rupert was slightly slower than last year but Joseph Brady was close on a minute down. Chris Goodman ran a solid relay debut but would have gone quicker had he not ran a sub-20 5k in the Parkrun inb the morning!

In the C team, Neville Webb had his best cross-country run for the club while Steve Smythe was well warmed up after 50 miles on his bike earlier but almost half a minute down on 2012.

Dulwich men: 12th

Tony Tuohy	15:43
Paul Devine	16:04
Ian Lilley	16:52
Alastair Locke	16:11

Dulwich B: 23rd

Ebe Prill	16:37
Rupert Nash	17:03
Joseph Brady	18:59
Chris Goodman	17:54

Dulwich C: 28th

Neville Webb	17:19
Steve Smythe	17:26
Tony Harran (gst)	17:58
Steve Smythe	20:47

41 teams finished

parkrun 2nd November

Banstead Woods

44	Jo Quantrill 1W	23:03

Brockwell

24	Chris Goodman	19:39
60	Nicola McIvor 4W	21:58
65	Michelle Lennon 7W	22:32 (PB)
70	Graham Laylee	22:44
145	Stephanie Robinson 34W	27:28
163	Sarah Lyness 43W	29:12

197 ran (record – previous best 131!)

Crystal Palace

2	Edwin McCormack	18.07 (PB)
20	Andy Cottrill	20.34
47	Bob Bell	22.43
76	Belinda Bell 9W	24.49
85	Claire Steward 13W	25.20

192 ran

Dulwich

11	Sam Crump	18:28
20	Chris Loizou	18:48
25	Adrian Greer	19:28
48	Alastair Clarke	21:00
77	Mark Campbell	23:32
86	Pip Eastop	24:03
164	Emma Ibell 52W	30:58

184 ran (record – previous 183)

Hilly Fields

7	Kevin Chadwick	19:33
77	Carolina Lilley 17W	27:53

123 ran (record – previous 108)

Wormwood Scrubs

Wayne Lashley writes.....

As part of an ongoing mission to run as many, if not all London park runs, this morning I was up at an ungodly hour to join Ian Sesnan, Ros Tabor and Andy Murray for a run at Wormwood Scrubs.

I have previously played football there and I remember it being one of the more depressing environments for a session of sport. That day, it was grey and murky so the sight of Hammersmith Hospital on one side and Wormwood Scrubs prison on the other, was not the most inspiring back drop.

I didn't even notice the almighty Linford Christie ahtletics track was there such was the delapidation to the facilities. I seem to remember the shell of a burnt out car or maybe I just imagined it. Anyway, on the morning of this park run and in complete contrast to the week, it was a lovely day. In fact coming out of East Acton station, one woud have been forgiven for thinking we had just walked into a quaint little village with some lovely houses on route.

This of course changed when Wormwood Scrubs came into view. The park itself is actually quite nice if you look with the prison behind you. It seemed like a high calibre of runners were taking part as West 4, Barnes Runners, Ealing Runners and Thames Valley were all represented (alongside Dulwich Runners of course).

The course was all off road so spikes and felt shoes were a must. The start was quite quick as a West 4 runner zoomed off to set a quick tempo. However, it soon became obvious that his tactics were deeply floored when his nervous looks behind after some 500 metres revealed he had no idea where he was going! In the end, I ended up winning the run with a time of 18:11 mins which I was not overly chuffed with but was on my own for all of the second lap. Andy finished 25th in a time of 21:42 mins which I believe meant he narrowly missed out on a M60s record. Ian came in 37th at 23:04 mins and Ros 38th at 23:07. I also learnt something new at the end of the race...Ros has a mini fan club!!

1	Wayne Lashley	18:11
25	Andy Murray	21:42
37	Ian Sesnan	23:04
38	Ros Tabor	23:07

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

You can follow us on

CROSS COUNTRY CHAMPIONSHIPS 2013 - 2014 MEN

Total of 4 best runs

MUST INCLUDE 3 SURREY LEAGUES

NAME	Richmond 19/10/2013	Wimbledon 09/11/2013	S of Thames Streatham 23/11/2013	Reigate 11/01/2014	Lloyd Park 08/02/2014	Beckenham mob match 15/02/2014	TOTAL	No. of events
Wayne Lashley	50							
Tony Tuohy	49							
Alastair Locke	48							
Charlie Lound	47							
Oli Thurogood	46							
Ian Lilley	45							
Ebe Prill	44							
Rupert Nash	43							
Duncan Hussey	42							
Steve Smythe	41							
Kevin Chadwick	40							
Neville Webb	39							
Chris Goodman	38							
John English	37							
Mark Foster	36							
Mike Mann	35							
Andy Murray	34							
Jim Dowsett	33							
Graham Laylee	32							

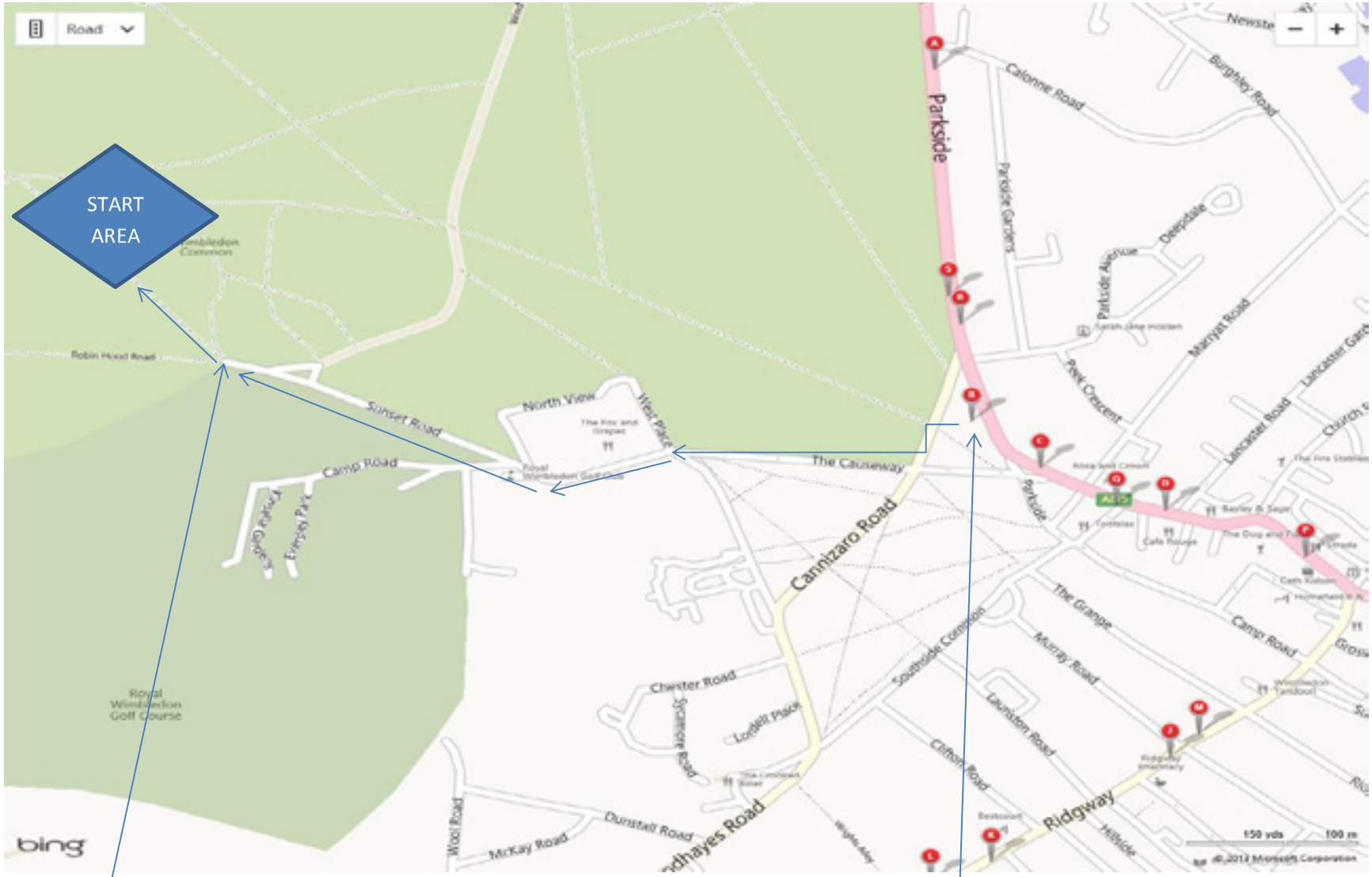
CROSS COUNTRY CHAMPIONSHIPS 2013 - 2014 WOMEN

Total of 4 best runs

MUST INCLUDE 3 SURREY LEAGUES

NAME	Lightwater 19/10/2013	Sof Thames Streatham 23/11/2013	Farthing Down 07/12/2013	Putney Vale 11/01/2014	Lloyd Park 08/02/2014	Beckenham mob match 15/02/2014	TOTAL	No. of events
Clare Elms	50							
Shona McIntosh	49							
Charlie Wood	48							
Mel Edwards	47							
Ola Balme	46							
Nicola Richmond	45							
Sange Norris	44							
Katie Crowe	43							
Nicola McIvor	42							
Anna Thomas	41							
Ros Tabor	40							
Claire Steward	39							
Joanne Shelton	38							
Lindsay Annable	37							
Sue Rowlands	36							
Stephanie Burchill	35							

SURREY LEAGUE CROSS COUNTRY, WIMBLEDON COMMON

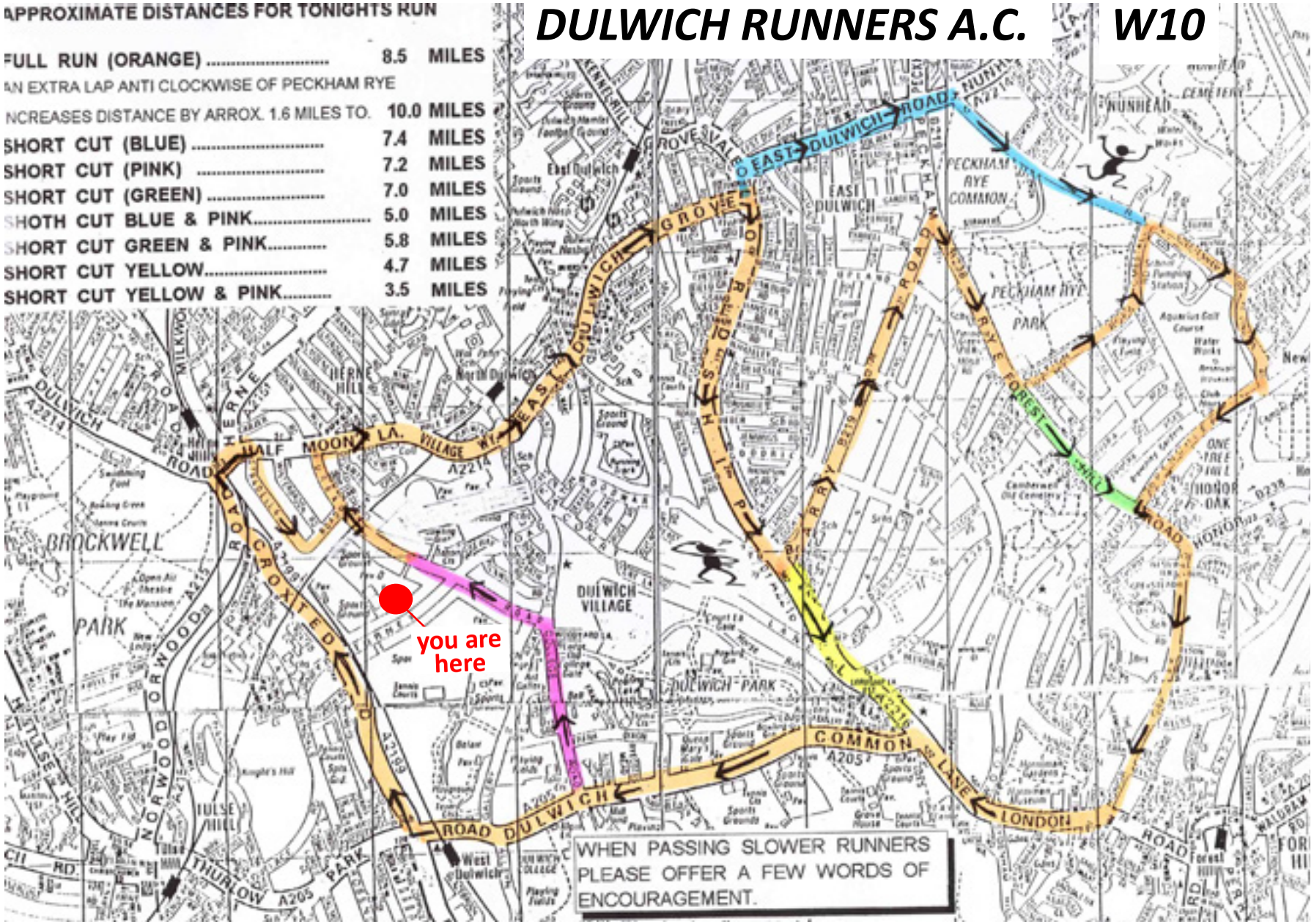


Small parking area
Take path to right (logs at start)

War memorial bus stop (route 93)
93 from Wimbledon (beside Next, opp Centre Ct mall) towards Putney Bridge

SAT 9 NOV MEN's XC. From war memorial bus stop head along the Causeway towards Camp Rd (between high wall on left and cottages on right), past the Fox & Grapes pub (SW19 4UN). At the golf club (on left) take the middle road (Sunset Road) to a small parking area, then path by logs on the right into the common. Start area c200m away in a clearing.

DULWICH RUNNERS A.C. W10


APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 8.5 MILES
AN EXTRA LAP ANTI CLOCKWISE OF PECKHAM RYE
NCREASES DISTANCE BY ARROX. 1.6 MILES TO. 10.0 MILES
SHORT CUT (BLUE) ..... 7.4 MILES
SHORT CUT (PINK) ..... 7.2 MILES
SHORT CUT (GREEN) ..... 7.0 MILES
SHOTH CUT BLUE & PINK..... 5.0 MILES
SHORT CUT GREEN & PINK..... 5.8 MILES
SHORT CUT YELLOW..... 4.7 MILES
SHORT CUT YELLOW & PINK..... 3.5 MILES
you are here
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
EAST DULWICH ROAD
GROVE VALE
EAST DULWICH
PECKHAM RYE COMMON
PECKHAM RYE PARK
RYE LANE
FOREST HILL ROAD
HONOR OAK
ONE TREE HILL
DULWICH PARK
DULWICH VILLAGE
COMMON
LONDON ROAD
DULWICH ROAD
CROXTED ROAD
HALF MOON LA.
VILLAGE WAY
DULWICH ROAD
BRIXTON HILL
BRIXTON ROAD
BRIXTON HILL
BRIXTON ROAD
BRIXTON HILL
BRIXTON