SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 20th 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	**20**	**Club Night, Edward Alleyn Club** 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Sat	**23**	South of Thames 5mile cross country
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
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12 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 pay a monthly fee so it is important we get as many people to use the track as possible so we don't make a loss.

The entry system has changed, now 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 (Ros did it this Tuesday). 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 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.

CLUB RUN, 18 DECEMBER

On Wednesday 18 December, there will be a private function at the club house which means we will not have use of the upstairs bar area. However changing rooms and showers will be available so there will be a club run as usual. The pre-run briefing 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 that as both Christmas Day and New Year's Day fall on a Wednesday, the following club run will take place on 8 January.

EVENT HORIZON

A brief look ahead

full fixture list page 4

Nov	23	South of Thames 5mile cross country
"	"	BMAF XC Relays - Derby
Dec	7	Womens Surrey League XC, Farthing Down
"	"	Kent Masters XC champs - Bexley

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 **Clare Wyngard, Joanne Shelton and Steve Wehrle** 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

Steve Cook	**20/11**
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)

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

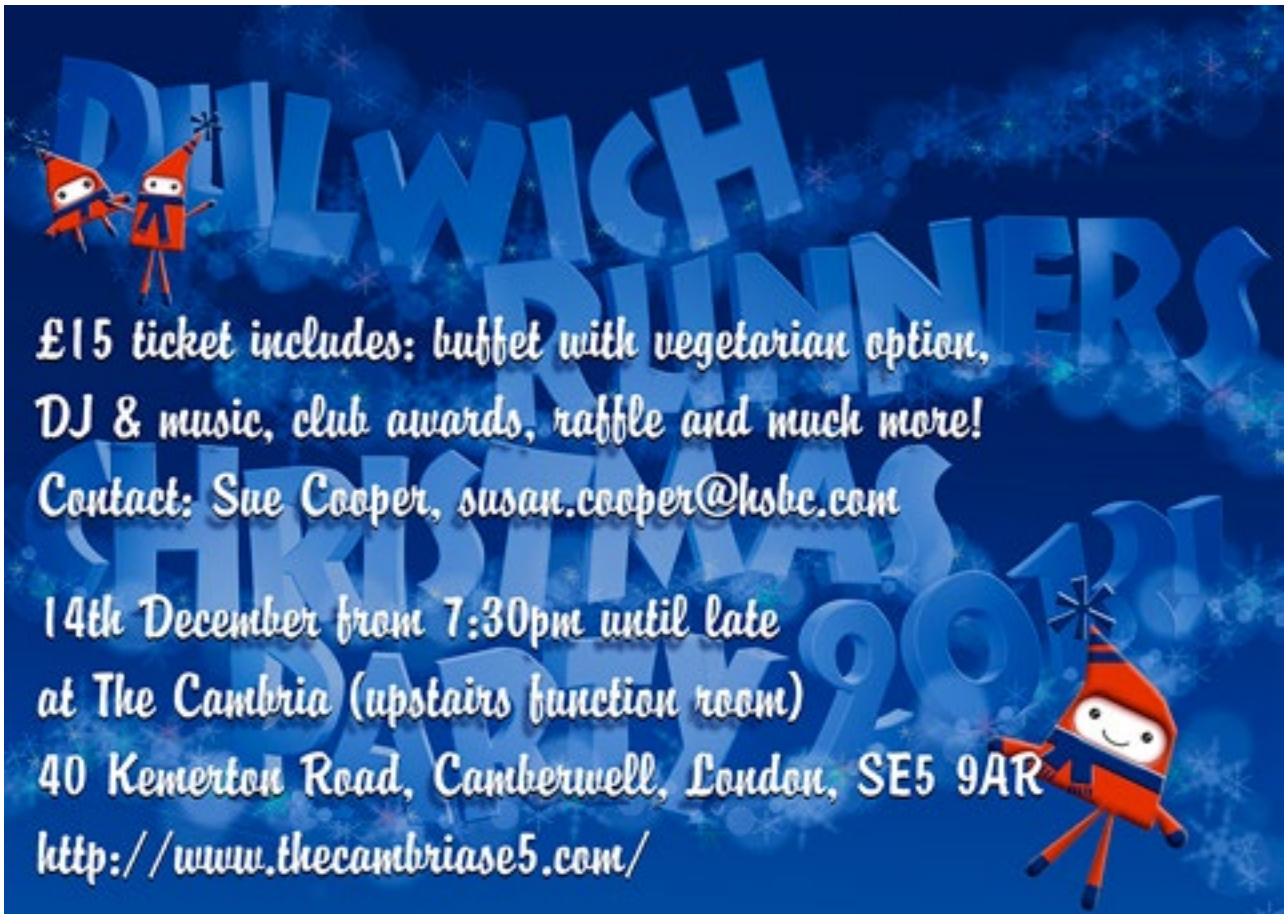
The Cambria, Camberwell, 40 Kemerton Rd, SE5 9AR

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

I'll be down Wednesday to collect ticket money.
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
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	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 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***

South Of Thames 5 Miles 23 November

For those of you entered for this race on Streatham Common on Saturday 23 November, please note that it is combined men's and women's race starting at 2pm.
The race HQ is adjacent to the Rookery Cafe, close to the junction of Streatham Common South and Covington Way. There are no changing facilities. Toilets are located behind the cafe.
There is plenty of parking in streets to the south of Streatham Common. The race HQ is 15-20 minutes walk from Streatham, Streatham Common and Norbury stations. The 5 mile course is quite hilly in places on a mixture of open grassland and woodland paths, and is suitable for spikes, fell or trail shoes. Road shoes are not recommended. Please ensure you arrive at the start at least half and hour before the start. ***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 2pm). **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

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***

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**

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

British and Ireland Masters International, Cardiff - November 16

CLARE SECOND, ROS THIRD AND BOTH IN WINNING TEAMS WITH MIKE

The club had their most successful ever international showing as all three Dulwich Runners were in the winning England team in their age group and both Clare Elms and Ros Tabor gained individual medals with probably their best ever performances in this race.

All three took part in the same race as all women and M65 plus men took part in a 6km race over three very fast and flat laps beside the River Taff.

Clare was competing for the sixth time but was supported by her Mum and Dad for the first time. She decided to follow W45 defending champion Philippa Taylor, who recently ran 2:49 in the Yorkshire Marathon. She was surprised how fast it was from the off and also alongside her was W50 world record setter Fiona Matheson, who was running for Scotland. Clare held on well throughout the race but found the last kilometre really hard and wasn't able to produce her usual sprint as Taylor accelerated to the line. She did find a late kick though to pass Matheson who will be her big rival next month when she turns 50 herself. Just two seconds covered the three and Clare was just one second from winning the International. She would also have finished second in the younger 40-44 category.

The England W45 team score was the lowest in all the 15 age group matches and England won 14 of the categories. Like Clare, Ros was also in her last year in the age group (W60), and only got notice she was in the team on Monday after some withdrawals but she more than justified her selection, beating two of those picked in front of her. She started sensibly and worked her way through and moved into an excellent third and in the end was just 27 seconds behind the winner and like Clare, could do even better next year when she is youngest in her age

Mike Mann was in his first year in the M65 age group and having had back problems wasn't sure he would be at his best. However, he started far more gently than normally, and like Ros also came through the field and he worked himself up to sixth, less than half a minute from an individual medal and he was third scorer in England's winning team. He felt it was his best cross-country for some time.

W45: 1 P Taylor (ENG) 21:03; **2 C Elms (ENG) 21:04**; 3 C Crowley (IRL) 22:00; 4 G Griffiths (ENG) 22:04; 5 H Stockdale (NI) 22:32; 6 E Leslie (ENG) 22:45; 7 S Roberts (WAL) 22:55; 8 A Moore (RL) 23:09 – 20 in each age group

TEAM: 1 England 7; 2 Irish R 24; 3 N Ire 25; 4 Wales 34; 5 Scotland 47

W60: 1 J Needham (ENG) 25:15; 2 J Waterhouse (SCO) 25:24; **3 R Tabor (ENG) 25:42**; 4 J Georghiou (ENG) 25:57; 5 S Cooper (ENG) 26:00; 6 L Bowers (SCO) 26:10; 7 H Bradley (SCO) 26:13; 8 L Nicholson (SCO) 26:44

TEAM: 1 England 8; 2 Scotland 15; 3 Irish R 33; 4 Wales 36

M65: 1 M McEvilly (IRL) 22:19; 2 G Owens (WAL) 22:42; 3 P Young (ENG) 22:47; 4 R Marshall (SCO) 22:57; 5 R Treadwell (ENG) 23:11; 6 **M Mann (ENG) 23:14;** 7 A Sutherland (SCO) 23:38; 8 D Evans (WAL) 24:08

TEAM: 1 England 14; 2 Irish R 23; 3 Scotland 25; 4 Wales 25; 5 N Ire 40

A20 Paths And Downs Marathon

HI,
Another marathon completed!
Four of us went off to Maidstone to complete in the marathon on Sunday.
A small field with only 213 finishers. Not the most wonderful of courses with a fair percentage spent running on the footpath next to the A20.
Plenty of marshalling /drinks stations and a nice HQ in the Mercure Hotel just across from the start.
Steve Wehrle

Claire Steward writes: Looking around for one last marathon before the end of the year I came across this one which has been on my 'possibles' list for a while. After I entered, Louise said she would join me to do the half which would be her first race for several years. We were thinking (hoping) that we would be the only DRs there but it turned out that the Beachy Head Trio had also decided on one final marathon for 2013, and then Joanne impulsively decided to do the half.

The course is undulating as it crosses the North Downs and the Pilgrims Way with the biggest climbs in the first half (great for producing a negative split – my first ever over the distance). On a clear day the visibility is apparently about 25 miles with 'amazing views' but on Sunday it was misty and we spent most of the time running through damp low cloud. The route, which was disappointingly boring, uses tarmac pathways where the route is alongside the A20, and quiet country lanes when on The Downs. Strictly speaking it is a road race although some of the paths and lanes were slippery with mud that had been washed across, and there were overhanging branches and debris from the recent gales to be avoided.

There were plentiful aid stations with mineral water in cups and bottles, flat cola, and a variety of tasty goodies, jaffa cakes, mars, snickers, jelly babies, pastilles, marshmallows. Apart from swallowing a few of my own gels and a couple of marshmallows I decided to forego the chocolate treats on offer. Unlike my two previous marathons, I managed not to fall over (hurrah!) and after a few feeble miles before I had even reached half way I found myself in a small group and the miles ticked by until I felt rejuvenated and pulled away, and really enjoyed the last few miles.

The half had started one hour after the marathon and Joanne was waiting at the finish line with phone at the ready to record my smiling finish and tell me that she had been overtaken by the winner of the marathon who recorded an impressive 2:40:12. The race HQ was the Mercure Hotel (four star) at Hollingbourne, and post-race I enjoyed a shower to rinse off the sweat, a swim (in reality just a paddle around the pool using the available floats) followed by jacuzzi, a hot shower, and a drink at the bar, an unusually luxurious post-race experience.

93	Claire Steward	4:00:56 (W14)
159	Lloyd Clater	4:44:03 (PB)
176	Dave Feasey	4:58:12
177	Steve Wehrle	4:58:13

Winning time was 2h 40m
(Final finisher 6:12:49)
213 completed

A20 Paths And Downs Half Marathon

Whilst Claire, Lloyd, Dave and Steve were off running the Marathon, myself and Louise Welsh were strolling around the Half Marathon course.
For us it was a mixture of country lanes and the A20 with a lovely steep hill to climb just after mile three. However what goes up came down another steep hill a few miles later.
I agree it was not the most wonderful of courses but the race was friendly enough and well organised with great facilities at race HQ.

44th Louise Welsh	1: 44:39 (2nd FV) PB??
60th Joanne Shelton	1:49:13

Winning time was 1:26
Joanne Shelton

and Louise Welsh writes...
....I entered this Half thinking I could do it quietly with no one from Dulwich knowing apart from Claire who was running the marathon. It was my first race in 4.5 years due to Elliot and lack of cheap weekend childcare and I had visions of me happily plodding through the countryside in around 2 hours.

For the first time in my life I felt totally relaxed about running in a race and had put none of the usual pressures about times.

It was quite something being down there with hard core marathoners Claire and Steve. Apparently there was a guy there who had run about 920 marathons and a woman who had run about 460 - what??!!

Having waved Claire, Lloyd and Steve off in the marathon, I met Jo Shelton so she and I had a short warm up ready for the half. Why is it in those warm up runs I seem to puff and pant and wonder how on earth I am going to get round 13 miles?!

The conditions were perfect, apart from the mist, meant the views were not as magnificent as they should have been. Apparently from the top of the Pilgrims Way we should have been able to see 25 miles, this was more like 250 metres. I can't tell you much else about the course I am afraid, it was very up and down and twisting and turning but my legs were doing what I had always dreamed they would do and I just focused on breathing and banning all negative thoughts and I ended up having the best race I have ever had.

There were only 138 or so of us running the half and about 213 running the full marathon - all credit to those who did the marathon - they had many more hills than we did.

Louise Welsh 1:44:39 (Yippee!) (2FV 7F)

London XC Champs- Parliament Hill Fields Saturday 16th Nov.

Women's race

- Anna Thomas

On a sunny autumn day, 9 women from Dulwich Runners were at Parliament Hill to compete in the SEAA London Champs. The race was two 3km laps of Hampstead Heath on a course that wasn't quite as muddy as last year but still as hilly! Shona missed the start as was still warming up but did well to move through the field so quickly and was the first from Dulwich Runners to finish.

Charlie had a return to pre injury form and, despite still having an Achilles problem, was second home. Ola had one of her best runs recently, gliding down the hills and was the 3rd women from Dulwich Runners. Mel wasn't feeling on top form and struggled on the downhill's but was still only a few seconds behind Ola and was the final woman in the scoring team. We were 4th overall.

Next in was Katie Crowe who moved through the field well and gained about 20 places during the race. Her triathlon training showing! Anna was next back and whilst she started well, struggled on the second lap. Two runners new to cross country this season, Nicola McIvor and Michelle Lennon, embraced the challenge and finished smiling. Michelle described it as brutal and Nicola loved the mud.

More of that as the season progresses! Katie Styles, another new runner in the women's cross country team, started the race feeling anxious about her fitness having not run much in the last few months due to an injury. But she finished ahead of where she thought she'd be and even managed a sprint finish.

We were helped along by good support on the course from Ola's daughter, Katie Balme, and fellow Dulwich runners Chris Loizou, Stephanie Burchill and Ian Sesnan. Katie Balme had run in the London Youth Games in the morning and her team got a Silver medal. Clearly an athlete in the making!

A huge THANK YOU to all the women who ran on Saturday; it was one of the best turnouts from the club in the last few years. It should be noted that we were only 9 points off 3rd place so a podium position is definitely within reach next time! Also, there were vast improvements in placing's on last year's performance from both Ola Balme and Katie Crowe - Ola was 28th moving up from 83rd, Katie was 49th this year and 65th last year. A great result all round!

17	Shona McIntosh	23m 46s
20	Charlie Woods	23m 59s
28	Ola Blame	24m 37s
29	Mel Edwards	24m 41s
49	Katie Crowe	26m 13s
65	Anna Thomas	27m 20s
70	Nicola McIvor	27m 51s
73	Michelle Lennon	27m 56s
115	Katie Styles	30m 48s

135 ran

4th Women's team (Shona, Charlie, Ola and Mel scoring)

Men's race

- Mel Edwards

The men's race was just under 10K and comprised two short laps followed by two long laps. New member Olly was first in and looked strong throughout, finishing inside the top 100.

Next in was another new member, Edwin, who ran well and despite taking a tumble in the first lap and having bloody toes by the finish, claimed to have enjoyed his first outing at Parliament Hill.

Rupert had a good run and looked very relaxed. Chris was slightly down on his time from 2011 but had a solid run and was even spotted smiling during the race. Ian had a good run, finishing slightly up on his time from 2011.

86	Oli Thorogood	37:55
107	Edwin McCormack	39:01
150	Rupert Nash	40:27
181	Chris Loizou	41:55 (2011: 41:15)
269	Ian Sesnan	49:59 (2011: 50:06)

289 ran

Dulwich Runner Men: 21st Team

Thanks to all the women who stayed to support the men's race. There are photos from the race on the Dulwich Runners Facebook page

Steve Smythe writes....

After the superb showing and result in the Surrey League, the men were thin on the ground and it was disappointing for what many people think is the both the most famous and best cross-country course in Britain.

Newcomers Oli Thorogood and Edwin McCormack led the team home as Rupert and Chris weren't at their best. Consistent and reliable Ian Sesnan performed well and the team finished 21st of 25 in the 4 to score event.

Congrats to the women on their turn out and their fourth place is one of their best ever results in the Championships. That was achieved without a few being at their best for various reasons (Ola the exception) and without Clare Elms, who has raced the London winner here Lara Bromilow 20 times and beaten her comfortably every time and so potentially we could do even better next year if it doesn't clash with the Vets international.

(1st 31:14)

Bangkok Marathon

17 November

"This was never going to be easy and I wasn't especially looking forward to it." writes Ed Smythe

I had only entered because it coincided with a trip that I had already planned and, having not prepared very well, I did consider pulling out beforehand but in the end I thought I might as well give it a try.

The course was basically 12 miles on an almost dead-straight elevated motorway (so, no chance of any crowds or supporters along the way), then turn around and come back the on the other side of the carriageway, and ending with a couple of miles in the centre of town. but by the time the race reached this point it was early morning and roads were quite busy, and traffic wardens held up the mass of runners at some sets of traffic lights to allow vehicles to pass. It didn't happen to me as I was lucky with the timings.

Although we started at 2am to beat the worst of the heat it was still deceptively hot and, having been running comfortably at under 4hr pace, in the second half I found that I needed to stop every 2k for a long gulp of water.
Not an experience to be repeated in a hurry!

427 Ed Smyth 4:20.15 (4:19.42)

London Youth Games XC Parliament Hill – 16 Nov.

Lewis Laylee writes....

U15 Boys - 3km

It was my first real xc race, and the lack of experience showed when I got boxed in for the first km because I underestimated how fast you had to be up that beginning hill!
I got into a sort of rhythm by the second half of the race, but found it quite hard trying to claw back other runners who I knew I could have been running alongside. A recent injury had taken away some of my racing speed and I didn't run very well. It was a very fast field this year, my time would have put me in the top 20 in 2012.
But, overall it was a great experience to run at the home of XC running and I really enjoyed it, and will use this race to benefit my future cross country races.

61 Lewis Laylee – 11:19
195 ran

U13 Girls – 2km

Katie ran well, and helped Southwark pick up 2nd place in the team competition.

73 Katie Balme – 09:27
218 ran.

parkrun 16th November

Brockwell

7 Adrian Greer	18:41 (1 M55)
10 Sam Crump	18:49 (cPB)
14 Adam Vaughan	19:04 (cPB)
17 Neville Webb	19:18 (cPB)
58 Cameron Timmis	22:10
108 Stephanie Robinson	25:25 (cPB)
142 Sarah Lyness	28:19
150 Dominic Brooks	29:13

168 ran

Boultham Park

1st Parkrun in Lincolnshire !

Martin Morley ourLincolnshire Shorts Correspondent writes...

Having moved to the area I thought I should do the 1st parkrun in the whole of Lincolnshire.
So last Saturday I duly turned up and after a long time listening to the organisers telling us all about parkrun etc. they then asked how many here today are parkrun tourist and I was amazed when about 50% of the runners put their hands up.

They then asked how many were parkrun virgins and about 25% put their hands up, so only 25% were classing themselves as regular "local" parkrunners, this from a field of 276 so a good turnout. The course was just over 1 mile per lap so it meant that it was exactly 3 laps for the 5k.

The route was around Boultham Pk and had a few tight turns and one narrow and rutted section but (as it is in Lincolnshire, so they say) very flat, yes no hills to be seen!

We started and although I was near the front within 100 mts people were streaming past, but of course these were mainly the new people and a few minutes later I had passed the over excited and under-trained runners and we settled into a normal parkrun rhythm.

The narrow section was not a problem as we had all strung out and so passing someone was fine but you did still have to be careful. Completed the well marked and marshalled course in my quickest 5k time for a long while of 22mins which surprised me. Also surprising was that I also managed a slow MV60 course record, clearly the good sog's did not turn up.

Coffee afterwards was a few minutes walk away at Lincoln indoor bowls club which compared to most parkrun cafes etc. was spectacularly good. We had been asked not to walk in with muddy shoes and it was quite a sight to see about 100 pairs of trainers all nicely lined up in the entrance hall.

I will be mixing this parkrun with the Newark (Notts) parkrun as they are about the same distance from where we now live. (ps Marion says hello to you all). Any DR tourist are welcome to stay with us so they can tick another one off their list. See you at Streatham XC as I hope to be down. Cheers.

50 Martin Morley 22:00 1MV60
276 ran

Cardiff

Steve S writes this had a reputation of being a fast course alongside the River Taff so decided to do it eventhough it was much further from the town centre than I thought.

Eventually I found the course and began running to the start back along the course but got worried when I saw the kilometre mark and it had gone 8.56am.

A sub-four minute kilometre got me to the start just in time but I had to race in tracksuit bottoms. After a kilometre I was about 50m down on the sub-20 pacer and slower than my warm up but improved and moved through and ended up with my fastest parkrun since last May.

It was quite a big field and I didn't even spot Andy at the race at all, before during or after. He felt he also could have gone better with a faster beginning as he got blocked on what is a very narrow start but an excellent course otherwise.

20 Steve Smythe	19:03 (1M55)
75 Andy Murray	21:09 (2M60)
419 ran	

Crystal Palace

Due to Bromley Schools Cross Country there is no Crystal Palace parkrun on 23 November 2013

9 Andy Cottrill	20.17
25 Bob Bell	22.28
41 Belinda Bell	24.17
71 Ameet Patel	27.08
116 ran - **Bob Bell**	

Dulwich

5 Ebe Prill	18:44	(1M50)
8 Rob Cope	18:53	
64. Claire Steward	23:53	(1W60)
133 ran		

Hilly Fields

10 Kevin Chadwick	20:53
99 ran	

Llyn Llech Owain

Paul Devine writes*....*

"A race review of a very Welsh Parkrun"

I took part in West Wales only current Parkrun event as part of a trip home to see my family this weekend.

It was only set up in March this year and is a friendly and intimate affair. I managed to have a chat with the event organiser in the warm up who told me about the months of searching for the right venue before settling on this pretty and secluded country park in the village of Gorslas half way between my home town of Carmarthen and Llanelli.

The course is made up of two laps mainly run on gravel through woods and past a small lake, with a small bit of Cross country at the end of each lap. The course profile is surprisingly undulating which caught me out.

With one short sharp hill and a very long yet less steep drag quite early on. ***cont...*** Any thoughts of a pb soon went out of the window.

I was hoping to challenge for a virgin Parkrun victory but alas I could only manage 3rd. However in theory I came 4th as the runaway winner was a man running with his springer spaniel!

I had a good early battle for 2nd with the aforementioned race organiser but his knowledge of the course prevailed as he eased past me at the end of the first lap, meaning a lonely second lap as he sped off into the distance as I paid the price for too fast a start. It was great to see Parkrun in my local area and the event was run in great spirit. Highly recommended if you are ever in the area.

3 Paul Devine	18:32 (65 ran)

Orpington

30 Colin Frith	24:01
80 John O'Byrne	31:04
Race was hosted by Steve W.	
116 finished	

Richmond Park

'That was too close for comfort' Barrie said as I crossed the finish line just three places behind him.

We both ran PBs although Barrie confessed I'd pushed him to a 6 second course best, despite his recent heavy filming schedule.

I was pleased to knock 58 seconds off my course PB, no doubt thanks to a few track sessions at Crystal Palace.

85 Barrie John Nicholls	23.33	(2VM55 -59)
88 Lindsey Annable 11W	23.44	(1FV45-49)
298 ran	***Lindsay Annable***	

Roundshaw

Clare and Mike gave their newly acquired trail shoes another spin before they're next deployed in anger in a Belgian trail race in a couple of weeks' time.

They chose the Roundshaw course for this as it's completely off road. As previously mentioned in these columns the road that it's just off is the Purley Way, behind the old Croydon airport, and it's well worth dropping into occasionally if you're one of those many DRs who enjoy a bit of variety in their parkrunning.

25 Mike Dodds	23.28
30 Clare Wyngard 3W	24.00

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

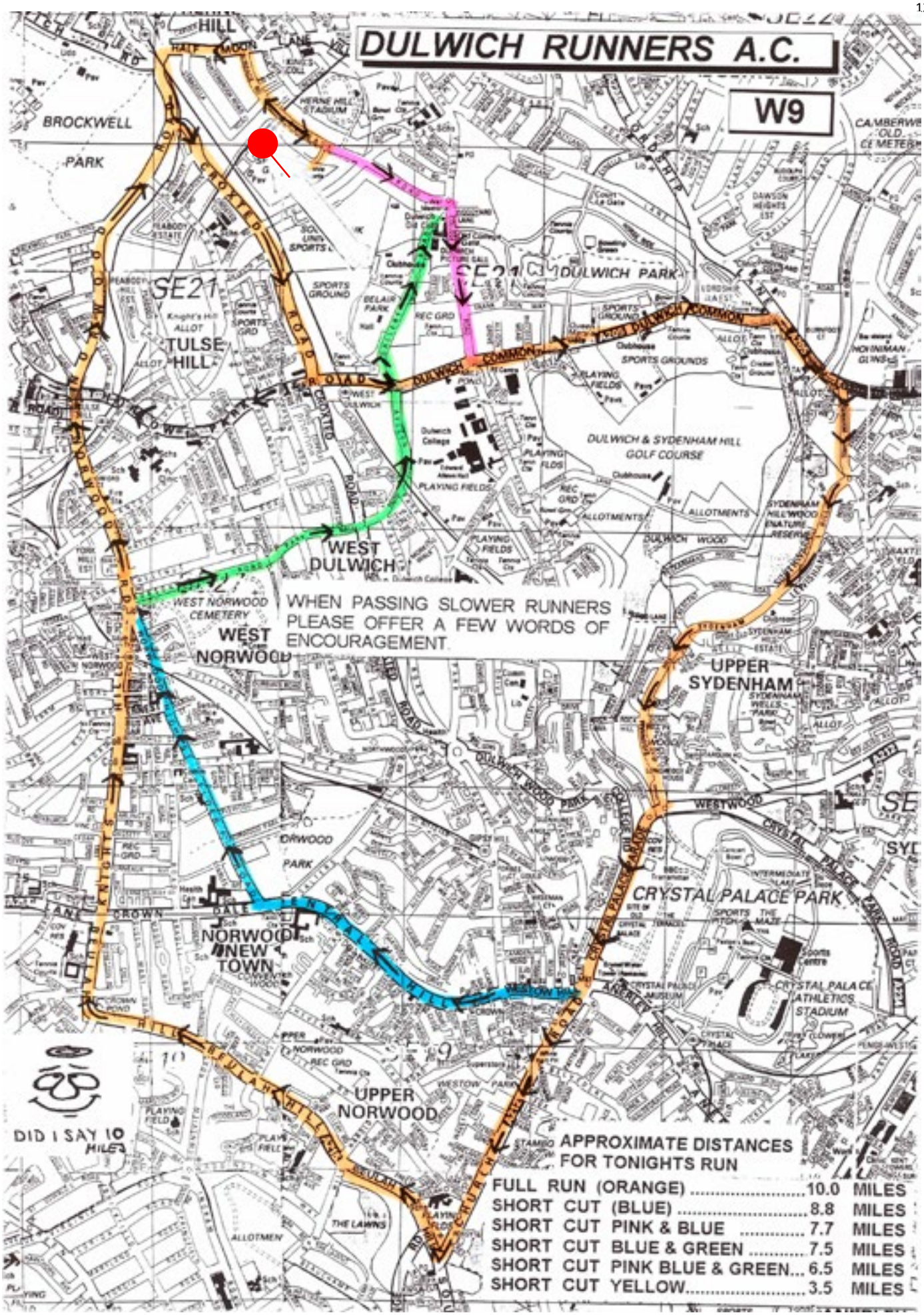
most recent 5k or parkrun time _____

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 A.C.
W9
BROCKWELL PARK
TULSE HILL
SE21
DULWICH PARK
DULWICH & SYDENHAM HILL GOLF COURSE
WEST DULWICH
WEST NORWOOD
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
UPPER SYDENHAM
CRYSTAL PALACE PARK
NORWOOD NEW TOWN
UPPER NORWOOD
DID I SAY 10 MILES
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 10.0 MILES
SHORT CUT (BLUE) ..... 8.8 MILES
SHORT CUT PINK & BLUE ..... 7.7 MILES
SHORT CUT BLUE & GREEN ..... 7.5 MILES
SHORT CUT PINK BLUE & GREEN... 6.5 MILES
SHORT CUT YELLOW..... 3.5 MILES