SHORTS

Dulwich Runners AC
Weekly Newsletter
December 10th 2014

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

- THE COMING WEEK –

Wed 10 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 06 South of England Masters,, Oxford

Tue 16 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

NOTE !!! - The Edward Alleyn clubhouse will be closed 24th and 31st December

TRACK SESSIONS

at Crystal Palace Arena
Tuesdays with Steve Smythe

Improve your speed & strength over all distances, suitable for all standards and abilities.
Please be warmed up and ready for the session to start at 7.15.

You need to go through the Crystal Palace reception check in where you say you are with Dulwich Runners and you will be given a wristband.

When you get to the track itself, Ros will be there to collect your track fee (£2.50 per week) and mark the track register. If you want to pay in advance for future sessions that is fine.

LUCKY VEST

December winner Tom South

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 5**

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 !

After your run 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)

In your SHORTS this week !

2... Get your Christmas party tickets - on sale now !
5... All things Cross Country - races, advice etc
7... Fixture list, club champs,XC, road, track
8... Race reports & results
9... More Golds for Dulwich Ladys
12... Parkrun results
13... Wednesday night routes map
14... Turkey Trot entry form

And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list page 7

Dec13	South of England Masters Horspath, Oxford
13	HW Interclub XC, Wimbledon Common
20	South of Thames 7.5 miles, Farthing Down

NEW RUNNERS ROTA

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.
Thanks. – **Ros**

Hugh Balfour	**10/12**
Lindsey Annable	17/12
No Club Run	**24/12**
" "	**31/12**
Charlie Boden	07/01

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**

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page 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

TICKETS ON SALE NOW

but will go up to £18 from Wednesday 26th November.

Dulwich Runners' AC

Christmas Party 2014

Saturday 13th December from 7:30
at The Plough, 381 Lordship Lane , London SE22 8JJ
Bar, music, buffet,(veggie option), club awards, raffle.
Let me know if you are veggie or have any other dietary needs.
As of Wednesday 26th November tickets are £18
Contact Alastair Locke email: drsocialsec@gmail.com
Pay on a club night or transfer your festive pounds to:
Alastair Locke - CoOp bank ref your name
Account: 23208232 Sort code: 08-93-00

I'll be at the club tonight
Alastair Locke

LAST ENTIRIES FOR TURKEY TROT BY FRIDAY

If you intend to run the Turkey Trot can you let Ros know by Friday, so that the handicaps can be done - you can pay your entry on race day
Thanks - Ros

It's almost time folks!

Party shoes are being polished, dancing frocks (and festive onesies) are being dusted down, a Christmas platter finer than any ambassador's reception is being prepared all for your xmas entertainment.
ONLY A FEW TICKETS LEFT NOW! **TICKETS NOW £18!**
TICKET SALES MUST END 12PM FRIDAY 5TH DECEMBER. That's it. No DFS style sale extensions.
See above page for details on how to pay or speak to Alastair drsocialsec@gmail.com club on Wednesdays

So don't be bored at home on December 13th

Get yourself along to the party!!!!

Paid up party goers as of 9am on Tuesday 2nd December are…(those in red have let me know about any special diets)

CHRISTMAS PARTY RAFFLE

Sue Vernon writes:
There will be a raffle at the Dulwich Runners Christmas Party on Saturday 13th December and the proceeds will be going to our chosen Charity of the Year 2015 Dulwich Helpline. Please buy your party tickets now and bring plenty of cash with you to purchase raffle tickets. There will be good prizes which Alastair, Matt and I will be organising.

WEEKEND IN SNOWDONIA 27TH FEB - 2ND MAR
Join other DR's for some Running/Walking/Chilling in self catering cottages at the foot of Snowdon.
Options include the new parkrun at Penryn Castle, Anglesey Half Marathon (Sun 1st March) so it will fit in with your spring training and not clash with other club events.
Partners/non runners will be most welcome.
Places are limited so contact Chris Vernon on vernonrun@aol.com for more details

Remembering John Hoy

The Department for International Development (DFID) are marking the 10th anniversary of the death of John Hoy. John died in Thailand during the 2004 Indian Ocean Tsunami.
A plaque will be unveiled in his honour. FCO staff who worked with John are welcome to attend the event on Wednesday 17 December at 18:30. Please contact Matt Bell M-Bell@dfid.gsx.gov.uk to confirm your attendance.

DULWICH RUNNERS KIT STOCK CLEARANCE SALE

There will be a sale of old style kit - vests, short and long sleeved shirts.

Now is your chance to buy an extra vest or long sleeved training top.

Limited sizes - all items £10.

Available on Wednesday nights,
or email Ros **ros@28kerfield.freeserve.co.uk**

'MARATHON TRAINING SUNDAY SESSIONS'

SUNDAY RUNS, RACES AND REPS

(Provisional – dates and events subject to change)

Includes: middle and long distance multi-terrain / road races
Sunday runs at High Elms & Dulwich Park
Track sessions at Norman Park track, Bromley
Preparation for London Marathon 2015

Weeks to go!	Date	Event / Distance	Information
16	4 Jan	**Tadworth 10**	Epsom Downs 10 mile race
	Sat 10	Surrey League XC	Wimbledon Common (Men and women)
15	11 Jan	Norman Park track	09:30 'Yassoo' session – 8 x 800m
14	18 Jan	Dulwich Park	09:00 14 miles to Beckenham
13	25 Jan	High Elms	09:00 Off-road 2 hours
12	1 Feb	High Elms	09:00 Off-road 2 hours+
	Sat 7	Surrey League XC	Men at Lloyd Park / Women at Farthing Down
11	8 Feb	Norman Park track	09:30 Track session
10	15 Feb	Dulwich Park	09:00 18 miles
9	22 Feb	**Tunbridge Wells Half Marathon**	Tunbridge Wells 13.1 miles Race
8	1 Mar	Norman Park	09:00 Road route to Tatsfield and return – 18m
7	8 Mar	Norman Park track	09:00 Track session
6	15 Mar	Dulwich Park	09:00 Road run to Town/City – 20m
5	22 Mar	High Elms	09:00 Off-road 2 hours +
4	29 Mar	**Paddock Wood Half Marathon**	Paddock Wood, Kent- 13.1 mile race
3	5 Apr	Westerham run	09:00 Grasshopper pub, Westerham – off road 3 hrs +
2	12 Apr	High Elms	09:00 Off road 2 hours +
1	19 Apr	High Elms	09:00 Easy 10m off road
GO!	26 Apr	LONDON MARATHON!	09:00
Zero	**13 Apr**	**LONDON MARATHON**	**CHAMPSCLUB**

for more information contact Steve Wehrle, Claire Steward, Paul Hilton

ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell Park, Crystal Palace, Peckham Rye, Burgess Park, Southwark, Hilly Fields) – check out http://www.parkrun.org.uk/ for venues and registration

Alternative / additional race options:

17 Jan (Sat)	Box Hill Fell Race – approx 7.5 miles off-road	http://www.fabian4.co.uk/
18 Jan	Benfleet 15 – 15 miles multi-terrain	http://benfleetrunningclub.co.uk/benfleet-15
15 Feb	Bramley 10 / 20 miles, Basingstoke	http://Readingroadrunners.org
8 March	Finchley 20 miles (Ruislip)	http://www.hillingdonac.co.uk/f20/
15 March	Meon Valley Plod (multi-terrain 21 miles)	http://www.pjc.org.uk/
21 March (Sat)	Date tbc – Orion 15, Epping Forest	http://www.orionharriers.org.uk
22 March	Hastings Half Marathon	http://www.hastings-half.co.uk/
29 March	Cranleigh 15/21 (15 or 21 miles)	http://www.mabac.org.uk/
29 March	Tempest 10 / Spitfire 20 (10 or 20 miles)	http://www.eventstolive.co.uk/
29 March	Croydon Half Marathon	http://www.croydonhalf.co.uk
19 April	Thames Towpath 10 (10 miles, Chiwswick)	http://www.west4harriers.com/

IMPORTANT UPDATE

Green Belt & Welsh Castles Relays

The dates of these relays have now been confirmed as 16/17 May for the Green Belt Relay (GBR) and 6/7 June for the Welsh Castles Relay (WCR). These dates are different from those previously advised.

We need to make decisions shortly on which relays to enter next spring as well as the number of teams. In order to do this, we would like to ask for expressions of interest for each of these relays. It should be emphasized that these events are not targeted at our faster elite runners but are open to everyone.

They are particularly suitable for newly joined members as the WCR in particular is an excellent opportunity to get to know other club members. The GBR has 22 stages and takes place over 2 days with each competitor running on both days, so we need 11 runners per team. A lot of the relay is offroad on trails and riverside towpaths and the stage distances range from 8 to 13 miles.

The WCR also takes place over a weekend and has 20 stages, but each competitor only runs once, so we need 20 runners to complete a team. Most of the relay takes place on roads but some of the stages contain contain sections of trail. The stage distances are similar to the GBR ones. It would he helpful if those of you who would like to take part in one or both of these events could let me know by 12 December,even if you have already responded to existing Shorts articles,to enable us to see whether we have sufficient runners + reserves to enter teams.

We are looking at ways of reducing the financial burden to the club of these relays and will be increasing the current £10 contribution towards entry costs made by runners to £15. However this is similar to or less than the cost of entering most road races.

We will make decisions soon after on which relays to enter and the number of teams in the light of your responses. Those newer members who are unfamiliar with these events and who would like further information are welcome to contact me mcmann90@yahoo.co.uk

Mike Mann on behalf of the relays team

Marathon Training

Steve Smythe, who has run a sub-three hour marathon in 5 different decades and is one of the Runner's World/Asics Target 26.2 marathon coaches, can offer marathon training advice and schedules free to members.
If interested, contact steve.smythe@athleticsweekly.com

2015 CLUB CHAMPS

Some more research is required before a final decision is reached on the club champs races for 2015. However 2 races in the long category have been selected for the spring; the Sidcup 10 on 8 March and the Paddock Wood Half Marathon on 29 March.

Since these races are currently open for entries and are filling up quite fast, you are encouraged to enter soon. Note that the first club champs race of the year will be the Dulwich parkrun on 31 January. The full list of club champs races will be issued within the next few weeks.

Mike Mann on behalf of ADSC

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each

There is limited stock of hoodies, very small sizes only.
I can order more if enough people are interested.
They will be £20 each.
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

The cross country season has started, so here is some information, particularly for the benefit of newly joined members.

We compete in the Surrey League cross country with the men in Division 2 whilst the women compete in Division 1.

There are 4 fixtures during the season that started on 11 October at Richmond Park for the women and Newlands Corner near Guildford for the men (details of other fixtures can be found in Shorts).

With the Men's Surrey League there's 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 will receive 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, being held at Parliament Hill Fields this season.

There are also a number of Masters events. For all these races, other than the Surrey League 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 or trail shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country spikes, or alternatively fell 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 ENTRIES

Our Surrey League cross country races, (see eleswhere in Shorts for further details) do not require advance entry - you can simply turn up on the day - but most other races in the calendar do.

Two such fixtures this autumn are the London Champs at Parliament Hill on 15 November and the South of Thames 5 miles at Wimbledon Common a week later on 22 November. In order to take part, it is essential that you notify your respective women's and men's captains in advance.

If you would like to take part please contact your captains no later than 29 October for the London Champs and by 12 November for the South of Thames race. ***- Mike Mann***

UPDATE.....

Entries are now open for the Kent Masters Champs being held at Sparrow's Den on 6 December. If you are eligible and would like to be entered please contact your captains before 17 November.

CROSS COUNTRY MOB MATCH WITH BECKENHAM RUNNING CLUB

Beckenham Running Club have kindly agreed to host a further cross country mob match at Beckenham Place Park on 14 February. The course is likely to be similar to the one used last winter. There is a clue in the name and we need to field a large "mob" to do well. This is an event for everyone, not just our faster runners, as virtually all runners score. So please note the date in your calendars.

Surrey League Cross Country, 10 January
Volunteers Needed

We are hosting the third men's Surrey League fixture at Wimbledon Common on 10 January, and need up to 25 volunteers to provide marshals at a number of points on the course and manage the finish.

Since the women will be running on the same course earlier in the day,it is hoped that as many participants as possible will be prepared to stay on and help with the men's match starting at 2.30pm. In addition we need as many as possible of those not intending to run to help out on the day.

Our men intending to run are also encouraged to turn up early to support the women who will be starting at 12.00. Further details of the course and marshalling stations will be provided nearer the time.
In the meantime could all those willing to volunteer please contact me at mcmann90@yahoo.co.uk

UPDATE.....

Thank you to those of you who have already offered to help, but we urgently need more volunteers to assist with this Surrey League match at Wimbledon Common which we are hosting.

Since the course is quite complicated with many changes of direction, we need a number of marshals on the course and we also require some to help with the finish. It is hoped that many of our women who will be running earlier on the same course will be able to stay and that those men who are not planning to run will be able to help.

As an extra incentive there should be access to Wimbledon Windmilers club facilities where soup and hot drinks will be available.

Surrey League & Other Cross Country Fixtures

Please try to keep the Surrey League dates free, particularly if you are likely to be in the scoring (the first 10 runners in each team). We are hosting the Surrey League fixture at Wimbledon Common and will be asking for helpers.

Since the National Champs take place in London this time, it is likely to be included as part of our own cross country champs.

CROSS COUNTRY ENTRIES

Entries are now open for the following cross country races, with the following closing dates (cds)

- South of Thames 7.5m, Farthing Down, Coulsdon 20 December cd 11 Dec
- Surrey County Champs, Lloyd Park 3 January cd tbc
- Kent County Champs, Hythe, 3 January cd tbc
- South of England Champs, Stanmer Park, Brighton cd 8 Dec (note very early deadline)

Details of the county champs are not yet available but on previous form it is likely to be early December for the Kent champs and mid December for the Surrey champs.
Make sure you notify your captains in good time.

UPDATE.....

The closing date for the Kent county champs at Hythe on 3 January is approaching, so please let me know by the end of today,3 December if you want to be entered. So far only 3 men have expressed interest.

Although the South of England champs at Stanmer Park, Brighton does not take place until 24 January, entries are closing soon, so if anyone else is interested, you must inform me by 8 December.

If you still want to be entered for the South of Thames 7.5m at Farthing Down on 20 December, please also let me know by 8 December.

Entries for the Surrey County champs at Lloyd Park are open until 20 December.

Finally there is a very early closing date for the National champs at Parliament Hill Fields on 21 February, so names please by 3 January. **Mike Mann**

Next pacing/promotional event- to be hosted on the day of the Xmas party!

Following the recent success of providing pacers to promote the club at Peckham Rye parkrun- the next parkrun that will play host to us in this capacity is Brockwell on December 13th.

As it also happens to be the day of the Christmas party what better way to start your day! You can get a nice run in and then fill your boots at the buffet in the evening! If we get a high response it would be great to not just have pacers, but also a group of our runners in club colours running as a `mob` preferably towards the back of the field to chat to and encourage slower runners who may have a misconception that running clubs are only for elite runners.

It would also be nice to have a couple of non running volunteeers at the event itself (e.g barcode scanners, marshalls) who could hand out leaflets or just generally chat to the runners as they finish.

Please contact me at pddevine2000@yahoo.co.uk if you're interested in taking part, and inform me what role you would like to undertake. I can then assess how we will structure the event - **Paul Devine**

Thursday daytime sessions

A growing number of runners meet up on Thursday Mornings at various different places each week (ie Dulwich Park, Brockwell Park, Greenwich Park, Beckenham, Crystal Palace). Cost is £1.
If you want to be added to the mailing list - session usually confirmed late Wednesday - e-mail steve.smythe@athleticsweekly.com

Marathon Training

Steve Smythe, who has run a sub-three hour marathon in 5 different decades and is one of the Runner's World/ Asics Target 26.2 marathon coaches, can offer marathon training advice and schedules free to members.
If interested, contact steve.smythe@athleticsweekly.com

DULWICH RUNNERS 2014/15 FIXTURES

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

Date		Race		Venue
Dec	13	South of England Masters		Horspath, Oxford
	13	HW Interclub Cross Country		Wimbledon Common
	20	South of Thames 7.5 miles		Farthing Down, Coulsdon
Jan	3	County Champs		Various venues
	10	Surrey League 3	mens & womens	Wimbledon Common
	24	South of Englands Champs		Stanmer Park, Brighton
Feb	7	Surrey League 4	mens	Lloyd Park, Croydon
	7	Surrey League 4	womens	Farthing Downs, Coulsden
	14	Beckenham Mob Match	mens & women	Beckenham
	21	National Champs		Parliament Hill Fields

Race Reports & Results

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, xc, tri results etc, are welcome .

AXA Hivernales - 12.8km, Foret de Soignes, Brussels, 7th December

Clare and Mike returned to a trail race they did last year through picturesque and undulating woodland just outside Brussels. Both were about a minute down on their times from last year but this was probably due to the dramatic drop in temperature from their debut runs. They wore their Innov8 shoes for the event again but practically all of the race was on well-established paths – we'd forgotten this for some reason - and the normal road trainers that the locals generally seemed to be wearing would have been more comfortable. It is a distinctly 'old school' event with an especially high quota, it seemed, of wizened looking vets (you all know the sort!). We're expecting quite a contrast when we next race over here in a fortnight's time as part of a cast of thousands at the Brussels 10k road race.

Clare won the VW50 category last year but was in the 'worst' position of 4th this time, less than 2 minutes behind the winner, who seems to have entered the category this year, and only 4 seconds behind 3rd. This meant she just missed out on collecting a delicious 4 pack of Leffe brune that she'd set her heart on. You can't fault the gender equality around these parts, though!

Finally it wouldn't be Belgium if there weren't a couple of eccentricities. This time they came at either end of the race. At the start the official (no less!) photographer positioned himself not at the side of the road but in the very middle of it, completely invisible to all but the first row or so of runners. 'Quel idiot' I think I recall shouting as I had to barge past him (but it may have been something else). Then at the finish the 'petits cadeaux' were some totally incongruous, for the prevailing weather, sunglasses plus, more conventionally, a pack of speculoos biscuits. The sunglasses may make an appearance at the 'Turkey Trot' but my pack of biscuits, at least, isn't going to last that long.

Mike Dodds

250	Clare Wyngard	59:45
376	Mike Dodds	64:02

875 finishers

Queen Elizabeth Olympic Park 10k 06 Dec

Chris decided some weeks ago to drag me out of bed at some ungodly hour on a Saturday morning (and miss Parkrun) to take part in the December Queen Elizabeth Olympic Park 10k. My first job was to scrape the ice from the windscreen of the car to enable us to get to the station to catch the 06.30 train to Stratford.

I had not been to the Olympic park since we saw Mo win the 5k and the Jamaican team win the 4 x 100m men's relay on the last Saturday of the 2012 Olympics, a bit less crowded, but ICE everywhere. The race is a 3 lap course, the start moved to a new location (2 earlier events October and November) to just outside the main stadium, not too far from the station but a fair walk to the changing at the Copper Box.

The first lap was taken fairly easy by most due to the skating conditions (ICE) on most of the route which meandered around the paths of the park undulating up and down, along the river, over bridges, under the main stadium entrances and walkways, and past the Olympic swimming pool. We both enjoyed the race but not our finish times (slower due to the extra care not to slip over on the ice - I know any excuse), Chris enjoyed the post race event more and probably the real reason for our journey - WESTFIELD.

Peter Warren - Far East Reporter

Inter Financial Service AA Cross Country Richmond Park 26th November 2014

Results for this event where a bit late arriving or eagle eyed readers of Shorts may have realised that I did two cross country races in a week
This is a traditional event that is still raced for a trophy which is now well over 100 years old. A couple of years back, in the interests of equality, men and women could choose whether to do the 3.5mile or 5.75 mile.

Not having thought out the logistics and impaired by a howling gale and torrential rain meant that the results were, as they would say, Lost in Translation. This year most women ran the short course and most men the long. The delay in the results was not that the score sheet had disintegrated but the record number of finishers who had to be loaded up.

Anyway, apologies for any Dulwich Runners I've missed but Selma, running her first race in an RBC vest, but her second race of the week, came a very credible 13th on the short course. Duncan Wilson (HSBC) ran strongly to finish 93rd on the long course followed by Bob Bell (RBC) a field or two behind in 147th. ***- Bob Bell***

3.5M

13	Selma Benattia	25:52

53 ran

5.75M

93rd	Duncan Wilson	40:59
147th	Bob Bell	45:12

217 ran

Kent Masters XC Championships, Sparrows Den Sat 6th December

Golds for Clare and the W45 team, silver for W35s

Steve Smythe writes

Showing the club's current great women's strength we won medals in two team sections in the Kent Championships with Clare winning her race and leading the W45s to team gold, all on the same day that we also had a strong turn out in the Surrey Ladies League. We were the only Kent women's team to medal in both the W35 and W45 sections. In sunny but very cold conditions the races were over courses of around 9.5km for the men and 5km for the women.

M50

First off were the M50 men who were aiming to defend their Kent title won for the first time last year; the same three were back together with the addition of Mike Fullilove, who was in the medal winning team two years ago. Unfortunately none of the quartet were able to match their best form.

Tony Tuohy, individual silver last year, had a bad cold but decided to run for the team. He did his best but was over three minutes down on the bronze medallist, who he beat last year, and he struggled to finish 13th. Had Tony medalled individually, it would have been enough for a team bronze but the other two scorers were also a long way down on their 2013 positions.

Steve Smythe was only beaten by older runners and was second M55 but achieved his easily worst ever Kent Masters position in either M40 or M50 Championships in 16 years. Neville Webb ran a well-paced race but wasn't at his best after various niggles but managed to overtake Mike Fullilove, who started a little too quickly but kept going well. Neville was third M55 but the medals were only in the 10 year age groups.

13	Tony Tuohy	37:36
19	Steve Smythe	38:34 (2M55)
25	Neville Webb	39:21 (3M55)
32	Mike Fullilove	40:22

63 ran

Team: 1 Tonbridge 12; 2 Kent 22; 3 Tunbridge Wells 47; 4 Sevenoaks 51; **5 Dulwich 57**

W35/W45

Clare had won the women's race outright six times in the last seven years - she missed one in 2010 to run for Kent in the Southern Inter Counties - and here she won her seventh title and led the Dulwich W45s to a very easy team gold. Previously Clare has run mostly out of age group to score in the younger W35s to assist the team but this year we had a strong W45 team too so she ran in the older age group - but still beat the leading W35 to win the race overall just to be sure.

It was a high quality race but Clare followed the W35 winner for much of the way, easing away over the last mile. Third across the line and second W45 was Maria Heslop, who beat Clare decisively in the Sevenoaks 7; fourth was Chester marathon winner in 2:53 Cath Stibbs and fifth was Alice Heather Hayes, who was silver medallist in the senior county championships earlier in the year, one place ahead of Clare.

Next in was Emily Gelder, leading the Dulwich W35s to team silvers. Emily was making her Dulwich cross-country debut and was wearing heavy trainers in slippery conditions as well as coming off her recent 100km race; but she showed her potential with a sixth place and fourth in her age group. Over half a minute back, the next three Dulwich Runners were close with Cara Oliver, in her best cross-country for some time, finishing strongly just ahead of Ange Norris, who finished fifth in the W45s. Emma Ibell had her best cross-country race for many years to complete the W35 team that finished just behind Kent.

The W45s though were dependent on their final scorer and Andrea Pickup provided the drama by turning her ankle badly in the first mile. Visibly limping, she bravely carried on, and though losing a minute to Ange, she still made the top six W45s and ensured we had a very easy 20 point victory.

1 (1W45)	Clare Elms	19:41
6 (4W35)	Emily Gelder	20:51
12 (8W35)	Cara Oliver	21:29
13 (5W45)	Ange Norris	21:30
14 (9W35)	Emma Ibell	21:38
19 (6W45)	Andrea Pickup	22:36

127 ran inc M60/M65

W35 Team: 1 Kent 15; **2 Dulwich 21;** 3 Tunbridge Wells 30

W45 Team: **1 Dulwich 12**; 2 Paddock Wood 32; 3 Beckenham 35

M40

Duncan Hussey failed to show, and a few other eligible runners weren't available so we didn't have a full team which was a shame. Steve Davies had probably his best run yet as a Dulwich Runner, moving through strongly and finishing just a second down on 62:25 half-marathoner and former National XC runner-up Barry Royden. Ian Lilley was close to Steve until having to stop to do his shoe laces up on the last lap - he did better with his running than his lace tying. Joseph Brady said he took a few laps to get going but finished strongly.

16	Steve Davies	35:44
22	Ian Lilley	36:10
66	Joseph Brady	44:53

73 ran

Surrey League Womens XC, Nonsuch Park, Cheam

The second women's Surrey league match was on a freezing cold but sunny Saturday in Nonsuch Park, Cheam. Despite a race clash with the Kent Masters race, a good crowd of 14 women competed from Dulwich. It was a flat not too muddy course which suited those who like fast flat races. Claire Baglin brought the A team home, slowing on her second lap but still finishing high up in 18th, just one position down from the 1st match.

Elkie showed vast improvement from the last Surrey league match 2 months ago moving up 41 places to finish in 37th. Ola too improved on the last match and came in right behind Elkie. Nicola also had a good race coming in next in 53rd place. Anna worked hard in the 1st lap and managed to hold onto her position finishing in 65th and completing the A team.

It was Kim's 1st cross country race in 2 years and though not back to cross country fitness, she ran well and brought the B team home. No doubt she will improve as the ability to jump over tree roots and dodge branches comes back to her! Helen was next back, slightly down on her performance from last race, but managed to get her pacing more even. It was Ros' first race in Surrey league this season and it was another strong run finishing in 130th.

Michlle Lennon bravely ran in shorts and a vest and gave a similarly bold performance, coming in next. Clare Sinka showed a huge improvement on her last race clearly getting fitter and finished next completing the B team. It was Lucy Clapp's 1st Surrey league race and she ran strongly. Katie Styles is getting back to fitness and racing giving a good performance. Eleanor Simmons improved on her performance in the last race. Last but not least was Sue Rowlands, another hardy woman wearing just shorts and a vest, who gave a solid performance, up on the last race.

Thanks for the team effort in trying to put the tent down at the end! Nicola wins the prize for getting it half into the bag! It could be a time trial club champs contest?!

- Anna Thomas

A team - 6th
B team - 19th
Out of 30 teams

18 - Claire Baglin	24:58
37- Elkie Mace	25:38
38 - Ola Balme	25:38
39 - Nicola Richmond	26:04
65 - Anna Thomas	26:24
94 - Kim Hainsworth	27:23
109- Helen Lister	27:51
130 - Ros Tabor	28:25
139 - Michelle Lennon	28:47
156 - Clare Sinka	29:18
177 - Lucy Clapp	29:49
198 - Katie Styles	30:45
222 - Eleanor Simmons	31:29
317 - Sue Rowlands	35:25

379 ran

The Chasers Regents Park 10k Winter Series - Race 3

Having completed a five and half mile cross country race at Sparrows Den (ie the Kent Masters Championships) on Saturday, my plans for the Sunday were either to rest or undertake a long very slow run.

However, I was surfing the Runners World Website late that Saturday evening for future events and came across the Chasers Regents Park 10K Winter Series. They were running their third event on the next day - 9.15 am start. So, what was a completely on the hoof decision, I managed to get up early enough on Sunday morning to head over to Regents Park to have a go at that 10k.

The course is flattish with the odd undulation and quite a few zig zag turns around the park. It's 3 laps of the park on mainly narrow tarmac paths. The park is quite open and in what was a rainy, blustery Sunday morning I would suggest it was not PB race conditions.

In terms of my goals for this race, if I refer you to my Power of 10 profile you will find that my 10k times are extremely out of date. I have a 39 minute time from last year's Dulwich Runners 10k. My 10k times from 2009 and prior are not listed - they hover around the 38 min mark.
So, this time I thought I should get the time down to something that is commensurate with my current Run Britain handicap (ie at least 2.8) and perhaps see if I could dip below 37 minutes, which based on current 5k times I thought was a reasonable stretch target.

With regard to the first objective (Handicap consistency) I most probably met that, but in relation to the second objective (sub 37) that was a miss.
My time was 37 mins 31 seconds - after playing around with the handicap predictor on Run Britain I found that for an average course I needed to get sub 37.25 to lower my handicap by one notch.

I can say that I found it all a bit of a struggle. I'm sure I had not fully recovered from the cross country and I felt I was running with lead in my adios boosts. After a relatively quick first mile (5.39) to keep up with the front I tended then to steady at approx 6 min miling pace for the remainder with the last 3 miles being 6.03. I overtook quite a few early only, then found that these people were overtaking me for miles 4 and 5 and was concerned that I was slowing down and running out of gas. The final 1/3 of a mile I managed to average at 5.43 pace but it was a struggle and overtook a few in the last straight as I lunged towards the finish line and in doing so pulled a face (gasping for air) that would not be out of place at the national guerning championships.

This race was well organised with approx 400 runners of all abilities. Finishers receive a medal, plenty of water, Jaffa cakes and bananas.

13 Stephen Davies. 37:31. (1st V40/V45).
Runners 422.

Mince Pie 10 Peacehaven 7th December 2014

Lindsey Annable writes: Another year another Mince Pie race. We worked out that the club must have been doing this race for around 11-12 years! After the lonesome two-some of Barrie and myself running it in 2013, this year our numbers were swelled by a few more from Dulwich and a large contingent from Orpington.

We didn't quite have the glorious sunshine of Saturday until later and indeed the grey skies tipped a shower over us, thankfully brief, during the race. This year the course was pretty muddy and at times it felt more like an ice-skating rink rather than a grassy path.

Andrea led in the Dulwich contingent, which was a great run considering her swollen ankle, and she was closely followed by Emma who put in an excellent performance. Yvette was next in with another good run. Barrie had yet another close battle with a fast improving Paul but just got the better of him late in the race. Claire was not far off her Epsom time on a course that is probably a lot harder.

I struggled in next, still not back to full strength and this certainly isn't a course to run feeling below par.

Steve was not far behind, who knocked an incredible six minutes off his previous time despite the slippery mud. The Orpington runners all seemed to enjoy the race and the lovely scenery.
We indulged in a delicious meal afterwards at an Italian restaurant in Brighton, which felt just reward for a hard race. Thanks to Steve for organizing and roll on next year!

Lindsey Annable

46	Andrea Pickup	1.13.15
47	Emma Ibell	1.13.26
102	Yvette Dore	1.20.15
131	Barrie John Nicholls	1.24.05
142	Paul Keating	1.24.46
154	Claire Steward	1.26.23
223	Lindsey Annable	1.32.26
230	Steve Wehrle	1.33.35

2014 CLUB CHAMPS - WITHIN AGE GROUPS - Revised w50/m60

2014 CLUB CHAMPS			Short			Medium			Long				
WITHIN AGE GROUPS revised w50/m60			5k Brockwell 01-Feb	2M Dulwich 11-Jul	1M Dulwich 11-Jul	10K Bromley 05-May	10K Beckenham 22-Jun	7M Sevenoaks 31-Aug	1/2 Mar Tun.wells 02-Mar	Marathon Lon Or Other 13-Apr	10M Rye 25-May	Average	TOTAL 5 events max inc 1.S,M,L
WOMEN V50													
1	Clare	Elms	50	50	50	50	-	[50]	50	-	-	6	256
2	Ros	Tabor	[45]	47	46	[45]	48	-	48	-	49	7	245
3	Clare	Wyngard	[44]	-	45	47	49	-	47	-	48	6	242
	Claire	Steward	-	-	-	-	46	48	-	-	44	3	141
	Diana	Morgan	42	-	-	-	-	-	43	-	-	2	87
	Marjorie	Epson	-	-	-	-	-	-	-	50	-	1	51
MEN V60													
1	Mike	Mann	[44]	47	46	46	[45]	47	[44]	-	46	8	240
2	Andy	Murray	[42]	45	[43]	45	46	-	[43]	47	45	8	236
3	Barrie J	Nicholls	[34]	42	[37]	[40]	42	45	[38]	44	41	9	223
4	Bob	Bell	38	-	[38]	39	43	-	39	-	42	6	207
5	Steve	Wehrle	-	-	35	34	-	-	32	41	36	5	183
	Martin	Morley	41	-	41	42	-	-	40	-	-	4	168
	Barry G	Evans	28	-	36	-	-	-	-	42	-	3	109
	Hugh	Balfour	-	46	44	-	-	-	-	-	-	2	92
	Steve	Cook	30	-	-	-	-	-	-	-	-	1	31
	John	O'Byrne	27	-	-	-	-	-	-	-	-	1	28
119	Best 5 count for year including 1 each short, medium, long. W50's and M60's have separate contests using the above scores.												

December 3rd

Brockwell

203 ran

Pos	Gen		
53	45	Cameron Timmis	22:13
65	55	Hugh French	23:01
76	64	Giles Gibson	23:28
125	29	Sharon Erdman	26:24
155	42	Sarah Lyness	27:40

Bromley

375 ran

Pos	Gen		
298	219	Peter Jackson	29:59

Burgess

94 ran

Pos	Gen		
54	45	Barry G Evans	26:25

Cambridge

The Cambridge Parkrun is in Milton Country Park, 3 miles out from the city centre – you run through the woods and around two ponds along a track and some grass, which was nicely firm after the frost last Saturday.

It was well organised with 28 volunteers, some warning you as you approached a slippery bridge or muddy patch; there are lots of signs, including for different suggested starting places according to your speed; there were three people scanning and buckets for leaving the tokens. Sometimes they get over 400 runners on what is in places quite a narrow route.

I was reminded of my time as a student on cold winter mornings lowering a rowing boat on to the frozen Cam or on a football pitch with the wind whistling through the flat fenlands. This course is pretty and protected from the elements.

284 ran

Pos	Gen		
19	19	Gideon Franklin	19:54

Crystal Palace

140 ran

Pos	Gen		
77	13	Belinda Cottrill	26:02
95	22	Penelope Bell	27:25

Dulwich

152 ran

Pos	Gen		
14	14	Lewis Laylee	18:16
35	34	Jim Dowsett	20:13
42	41	Duncan Wilson	21:09
44	43	Graham Laylee	21:44
78	8	Lindsay West	23:45

Nonsuch

290 ran

Pos	Gen		
38	37	Andy Murray	22:04

Orpington

84 ran

Pos	Gen		
32	28	Colin Frith	24:58

Peckham Rye

77 ran

Pos	Gen		
5	5	Alastair Locke	18:09
8	8	Ebe Prill	18:47
10	10	Sam Crump	19:15
11	11	Paul Devine	19:16
12	12	Kevin Chadwick	19:20
18	18	Michael Mann	20:57

Roundshaw Downs

70 ran

Pos	Gen		
41	6	Michelle Vernon	27:59
64	20	Susan Vernon	35:59

Southwark

80 ran

Pos	Gen		
12	12	James Wicks	20:59

New members especially ! and others....

Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

DULWICH RUNNERS AC W12

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	9.5	15.3
5HORT CUT	BLUE	8.6	13.8
SHORT CUT	PINK	8.4	13.5
SHORT CUT	PINK & BLUE	7.5	12.1
SHORT CUT	GREEN	5.4	8.7

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

DULWICH RUNNERS TURKEY TROT HANDICAP RACE

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

SUNDAY 14th DECEMBER 10.00 (meet by Queen Mary's Gate)

prizes for:
1st runner across the finish line
1st walker across the finish line
Runner closest to predicted time
best fancy dress - THEME **CHRISTMAS BELLS**

entry fee £2.50 or £2 if in fancy dress

NAME: _____

most recent 5k or parkrun time _____

predicted time for 5k on 14th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than predicted time.

ros@28kerfield.freeserve.co.uk

LAST ENTIRIES FOR TURKEY TROT BY FRIDAY

If you intend to run the Turkey Trot can you let Ros know by Friday, so that the handicaps can be done - you can pay your entry on race day
Thanks - Ros