SHORTS

Dulwich Runners AC
Weekly Newsletter
October 15th 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 15 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sun 19 Cabbage Patch 10
Club champs alternative 10miler

Tue 21 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

In your SHORTS this week !

2... AGM notice
5... All things Cross Country
6... Fixture list, club champs,XC, road, track etc
7... Race reports & results
7/8... Mens & womens Surrey League XC
10... Parkrun results
11... Wednesday night routes map

And much more !

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

You can follow us on

TRACK SESSIONS

back 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

October winner Cameron Timmiss

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 6**

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)

EVENT HORIZON

A brief look ahead

full fixture list **page 6**

Oct	19	Cabbage Patch 10
Nov	1	Reigate Priory Relays
Nov	8	Mens Surrey League XC, Ham Lands, Nr Richmond

NEW RUNNERS ROTA

No 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.
Thanks. – **Ros**

Ian Sesnan	**15/10**
Stephen Street	22/10
Ros Tabor	29/10

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

ANNUAL GENERAL MEETING:

Wednesday 29th October 2014, 9pm

The AGM will be held in 'The Nursery' at the Edward Alleyn Club, Burbage Road, London SE24 9HD at 9pm.

Items for the agenda should be sent to the Honorary Secretary, Clare Osborne, by Wednesday 8th October to be sure of inclusion.
Minor items of 'any other business' will be allowed on the day at the discretion of the Chair depending upon the time available.

Draft minutes of the 2013 AGM are available on the Dulwich Runners website and will be proposed for adoption at this AGM.

All Committee posts are up for election with the table below showing whether the present incumbent wishes to stand again. This shows that there are four posts, that of Honorary Secretary, Social Secretary, Women's captain and one of the general member posts, where there are definite vacancies.
It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-shuffling of the rest of Committee.

If you are interested in any of the roles, or know of someone who you think would be good at them, please have a word with any committee member as soon as possible.

Sue is also happy to step aside if someone is interested in taking her role as one of the two general member posts.

Nominations for any of these posts should be sent to Clare by Wednesday 8th October to allow time to organise an election if there is more than one candidate, but nominations will be taken up to and including the day of the AGM.
Clare can be contacted at **secretary@dulwichrunners.org.uk**

Post	Present Holder	Standing Again?
President	Ron Searle	N/A
Chair	Ros Tabor	Yes
Hon. Secretary	Clare Osborne	**No**
Hon Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Alastair Locke	**No**
Women's Captain	Mel Edwards	**No**
Men's Captain	Charles Lound	Yes
Women's Off Road Captain	Anna Thomas	Yes
Men's Off Road Captain	Mike Mann	Yes
Shorts Editor	Barry Graham	Yes
Publicity Officer	Chris Loizou	Yes
General member	Paul Devine	**No**
General member	Sue Vernon	Yes

TFT RUNNING TOURS
ALGARVE
Running Challenge

Algarve Challenge, November 5-9

The Algarve running challenge is a warm weather training holiday, taking place between Wed 5 and Sunday 9 of November, based in Monte Gordo on the South coast of Portugal.

The running challenge is organised by Steve Smythe and comprises:
5 Nov undulating 5k trail race
6 Nov 1 mile track races
7 Nov mainly flat 10k trail handicap
The above 3 are time trials amongst the group of runners present.
9 Nov X Milhas Do Guadiana 17k open road race Spain to Portugal.
Awards are made on an age graded basis to participants (plus the opportunity to win hotel stay and other prizes in the road race)

Participants mainly stay at the Dunamar Hotel, which has indoor and outdoor pools, large modern rooms and is situated on a long sandy beach, also adjacent to a pine forest with many trails .

The half board option is reasonable and includes breakfast and buffet supper with vegetarian options.
There is plenty of free time to explore the area by bike or local trains and buses.

Ros in full flight

Mike Mann, Andy Murray and Ros Tabor have already booked for this year. If you fancy joining us have a word, or click this link:

http://www.trackandfield.co.uk/default.asp?UniqueID=190

Andy Murray/Ros Tabor
Andrew@28kerfield.freeserve.co.uk
Ros@28kerfield.freeserve.co.uk

Dulwich Runners' AC

Christmas Party 2014

Saturday 13th December
The Plough (Lordship Lane)

HO HO HO it's that time of year again!
The Dulwich Runners' Christmas party will be at the Plough pub on Saturday 13th December.
Dancing, drinks, buffet, club awards, festive one-zies (?) and maybe even an appearance from the big man himself.
Tickets: £15
Email: drsocialsec@gmail.com
Please transfer your festive pounds for your ticket to:
Alastair Locke
Account: 23208232
Sort code: 08-93-00
Alastair Locke

DULWICH CHARITY OF THE YEAR 2015

Susan Vernon writes:
The DR committee shortlisted to 3 the nominations for Charity of the Year 2015. These are: Brixton and Norwood Foodbank,
Dulwich Helpline and Homestart Southwark. You can find out about these charities on their websites. There will be an opportunity for all members to vote for their favoured charity very soon. http://goo.gl/forms/kv1CfXqvGD
The closing date for voting will be 22nd October and the winning charity will be announced at the AGM on 29th October,
together with a chance for you to suggest what we could do to raise as much money as we can for the chosen charity

Crystal Palace National Sports Centre

The Mayor has recently launched a consultation for the redevelopment of the National Sports Centre at Crystal Palace https://www.london.gov.uk/media/mayor-press-releases/2014/10/mayor-launches-public-consultation-on-plans-to-transform-crystal
The proposals include the demolition of the existing athletics stadium and states that the provision of a community athletics facility to replace it is under review!!

I would urge members to respond on the consultation (the survey only takes 5 mins to complete) by 31st October closing date
Graham Laylee

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, 0750 655 4004
ola.balme@btinternet.com

GREEN BELT AND WELSH CASTLES RELAYS

It's a long way to go until these relays take place next spring, but we would like to encourage as many club members as possible to take part in 2015. We had very positive feedback from those of you in the 2 teams that completed this year's Green Belt Relay and it was great to see so many newly joined members participating.

A number of you were keen to take part in both events next year. It was disappointing that we were not able to field a team for the Welsh Castles Relay; we were just a few short of a full team of 20. We would particularly like to promote this for 2015 and make every effort possible to field a complete team.

We have just been informed of the date which is 13/14 June, a week later than usual, so please try to keep that weekend clear if you are interested; it is a highly enjoyable running and social weekend. The date for next year's Green Belt Relay has not yet been set but it is likely to be either 16/17 May or 23/24 May. ***Mike Mann***

Emer Casey Foundation 10K

Sunday 26th October 9:30am Brockwell Park
Charity race being organised Herne Hill Harriers
As an extra incentive to local clubs, we are offering a deal of 6 entries for £60. This offer is available until the 12th October, and needs to be done directly through the club via the email emercaseylondon10k@gmail.com
(i.e. don't enter online!).
Alternatively runners can enter individually online, or just turn up on the day!
Location - Brockwell Park (start near the lido), 3.5 laps on paved paths
Entry fee - From £12 (no further fundraising required) advanced entry, or enter on the day
Facilities - Changing and baggage storage
Prizes - First 3 men, first 3 women, first 40+ man, first 35+ woman, spot prizes, medal for all finishers
Contact - emercaseylondon10k@gmail.com
Race entry and details
www.runnersworld.co.uk/emercasey10k2014

Box Hill Fell Race

Saturday 17 January 2015

For anyone who wants to enter the Box Hill Fell Race, I have been informed by the organiser that the entries open on 1st November. Last year it filled up in 9 days, and several people missed out. You can enter on line at Fabian 4. Cost £5.

If you have never done a fell race before and would like to try it, Box Hill is an ideal one to start with – not too demanding and no chance of getting lost. But nonetheless fell running is not for the faint-hearted as the photo of Paul Jeggo (Springfield Striders) at the end of this year's Black Mountains race testifies. Paul is a regular at Box Hill and won the V50 last year. You can see the photo and some others of that race at www.wfra.me.uk

If you want to ask me anything about Box Hill or fell races in general, I will next be down on a Wednesday on 22 Oct and hopefully at the AGM on 29th. - ***Hugh Balfour***

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

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**

The cross country season will be starting shortly, so here is some advance 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, starting 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.

As a warm up for the cross country season, the Will Bolton relays at Sparrow's Den on 13 September (advertised separately in Shorts) are highly recommended. The stages of 4k are shorter than other cross country races, most of which range from 3 to 8 miles, but will be able to put your summer training to good use on what is usually firm ground.

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***

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.

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
Oct	18	Surrey Masters Champs			Richmond Park
	19	Cabbage Patch 10	(alternative to Rye 10)	(Long)	Twickenham
Nov	1	Reigate Priory Relays			Reigate Priory Park
	8	Surrey League 2	mens		Ham Lands, nr Richmond
	15	London Champs			Parliament Hill Fields
	22	South of Thames 5 miles			Wimbledon Common
	30	Pirie 10			Farthing Down, Coulsdon
Dec	6	Surrey League 2	womens		Nonsuch Park, Cheam
	6	Kent Masters			Sparrows Den
	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
	8	Surrey League 4	womens		Farthing Downs, Coulsden
	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 .

Brussels Half Marathon

Sunday October 5th

Clare W entered this race only because a friend from Luxembourg was coming to do it. A marathon was held at the same time along with a 5km and children's race. Mike Dodds couldn't be persuaded to enter any of them (there were entries for all of them on the day!) but did a great job as chief bag carrier.

Like the Brussels 20km we did in May, the race started a stone's throw from Mike's apartment in the park opposite. Unlike the 20km it didn't finish there (hence the need for a bag carrier) but in Brussels city centre.

Surprisingly (I don't think I lied about my finish time) my low number let me into the first starting pen, with not many other women and some speedy looking men. The circular route followed the attractive wide boulevards and was gently undulating.

The last 5km were the worst when the run entered the city centre and there were lots of windy cobbled streets to negotiate and spectators darting out in front of us. The cobbles were worth it however as the final kilometre went through the beautiful (if cobbled) medieval Grand Place.

That was the best part of the run; the part that made me laugh was the feeding station at 10km where they were giving out bananas - and yes, we were running over banana skins on top of wet leaves. Only in Belgium!

Clare Wyngard 1.39.13 3rd VW50/152; 1099th/7319 finishers; 50th /1500 women

Royal Parks Half Marathon

Sunday October 12th

A lovely Autumn morning saw Karina and I line up in Hyde Park along with 15,998 other runners, with good comditions and a quick course both of us were hopeful for a PB.

I got off to a steady start and kept the 1.40 pacer in sight all the way until we got back into Hyde Park with 6 miles gone, the little pockets of charity supporters kept me going through the next few miles. At mile 9 I'd started to struggle and my splits crept up over 8 min/miles until the 12 mile mark, once I knew I was in the last mile though I was able to up it again and came home in 1.43.48 a six minute PB.

Karina had set off with the 1.55 pacer in her sights, like me she was still in touch with them at around the half-way mark. She did tire slightly in the second half of the race and at the 12.5 mile mark the 2hr pacers were on her tail but she powered home again knocking more than six minutes off her PB in 1.58.50. - ***Matthew Ladds***

It'll definitely be nice to take on the "shorter" Cabbage Patch 10 this weekend....

Matthew Ladds	1.43.48 PB
Karina Burrowes	1.58.50 PB

Surrey League Womens XC, Sat 11th October

The 1st women's Surrey league match happened last Saturday 11th October in Richmond Park.

The 1st women's Surrey league match happened last Saturday 11th October in Richmond Park. The rain held out and 20 women were on the start line for Dulwich in a field of nearly 400. The team included a lot of new faces running for the club. After being informed that it would be one small lap and one big lap, the marshals weren't very well organised and proceeded to send the women on the large lap 1st! This was disconcerting and tiring not knowing how much further was to be run. Despite the course problems, all the women performed well for the club with the A team coming 4th and B team coming 16th out of 30 teams.

Mel came in 1st for Dulwich running strongly and still finished in the top 10 despite falling over near the beginning. A big improvement on her previous best league place of 30th. Claire Baglin, new to the club and her 1st time running in a Dulwich vest, had a great run starting and finishing fast and came in the top 20. Clare Elms, who is still not recovered from her foot injury, gave a sturdy performance and was next home running with Ola for most of the race before pulling away at the end. Ola Balme and Nicola Richmond completed the A team. They had solid runs though were tired after a few hard weeks of training.

First home for the B team was Angie Norris running strongly as usual closely followed by Elkie Mace, who gave an excellent performance in her 1st race for the club since motherhood. Anna Thomas, who only arrived back from a holiday at 4am on the day, found the race tough but placed well. Helen Lister was close behind her making a good club debut and will no doubt improve during the season. The final person for the B team was Tereza Francova who had her best cross country to date. Michelle Lennon and Nicola McIvor had good runs coming in in close succession.

Some new faces to the Dulwich team crossed the line next, Lucy Pickering, Claire Sinka and Charlie Boden, who all ran well. After a few minutes gap, Eleanor Simmons and Linda Bryne, who enjoyed her first cross country race, finished strongly.

Next to finish was Charlotte Easton who was worried about coming last but was no where near the back! Sue Rowlands was pleased the cross country season had started again and gave a sprint finish. Stephanie Burchill was the final Dulwich Runner home crossing the line gallantly with a grazed knee after taking a tumble on the course.

It was a great start to the season and really positive that so many new faces were part of the women's team. After seeing smiles at the end, I'm sure they will all be back for more! Something still to be mastered is how to put down the pop up tent. Mel is an expert but I still needs further training!

. ***- Anna Thomas***

10	Mel Edwards 25:59
17	Claire Baglin 26:29
40	Clare Elms 27:39
54	Ola Balme 28:05
63	Nicola Richmond 28:21
75	Angie Norris 28:57
78	Elkie Mace 29:03
86	Anna Thomas 29:25
89	Helen Lister 29:29
122	Tereza Francova 30:31
136	Michelle Lennon 30:56
138	Nicola Mcivor 31:05
154	Lucy Pickering 31:48
182	Claire Sinka 33:20
185	Charlie Boden 33:30
219	Eleaner Simmons 35:14
225	Linda Bryne 35:27
240	Charlotte easton 36:05
331	Sue Rowlands 40:34
350	Stephanie Burchill 41:15

383 ran

English schools Cross Country Cup 1st Round Chichester 8 October

Intermediate Boys 3k

After a good start, faded slightly in the last lap but achieved aim of school qualifying for next months Regional final.

- Duncan Hussey

18 Oscar Hussey 12:44
30 ran

Kent League Cross Country U15 4k Swanley Park

11 October

A satisfactory performance given he hasn't done much recently. Given lack of form could have paid severely for a fast start but held it together reasonably well to beat some of those who had beaten him three days previously.

- Duncan Hussey

25 Oscar Hussey 16:40
62 ran

Surrey League Men's XC Div. 2 Newlands Corner, Sat 11th October

It was quite an inauspicious start to this season's Surrey League campaign for the men where we struggled and headed straight for the relegation zone.

On the plus side, this is the most remote fixture of the four this year and we can hopefully expect one or two extra scoring runners to turn out at the more convenient races, as well as some improved performances from some of our runners here as there were more than a few (good) excuses! Also, our points total wasn't actually a great deal behind the three clubs ahead of us so with three more fixtures to run, it's all to play for. The top two positions are already looking wrapped up - in fact Clapham Chasers had their entire scoring team home in the top 30 - but there's no real reason why we shouldn't get up to mid-table again and avoid relegation.

A good deal of our woes here can be attributed to, wait for it, inappropriate footwear! Reports from the women's match at Richmond earlier told of good ground conditions with the recent heavy rain not yet softening things up much and numerous runners chose trail shoes or even flats. This was a big mistake with studs or spikes being required here in very slippery conditions once off the grass. I wore spikes and generally had no trouble with grip but was more concerned with my usual problems uphill as both Alastair and Wayne passed and left me up the 1-in-4 quarter-mile hill towards the end of the first lap. However, once past that I ran on quite well to get back to them and gave the second lap a bit of welly to be ahead by the second ascent, mustering up a gratifying sprint to grab three places in the last straight for one of my more decent XC races. To put that in proportion I finished one place behind Clapham's ninth scorer; hey-ho.

Meanwhile Wayne and Alastair were running well, which didn't stop Wayne complaining about his performance while losing his battle with Alastair, who did particularly well after at one point slipping and taking a tumble (dodgy shoes). Backing up the first three were Edwin and Charlie, both under-par through illness, Edwin still finishing anti-biotics after tonsillitis (and no running for a couple of weeks) and Charlie weakened by a bout of fever mid-week. Just as well we had them there at all.

Ian Lilley ran in very well as sixth counter and the team was completed with creditable runs from Paul, Ebe, Rob and Mike. Ebe's good run while not fully fit couldn't quite get him a rare victory over Paul, who was suffering more than most in the mud (more dodgy shoes, lovely smooth soles) and was practically having to jog in places to stay on his feet. Still managed a quick sprint finish though.....

There's a nightmare postscript to Rob Cope's run though. He unfortunately trod in a hole with only 300m or so to go and turned his ankle but hobbled in and still managed to finish. He's subsequently learnt that the ankle is broken, which is such bad luck especially as he has only just got back after his calf injury. Rest easy Rob, you've really got to let that get better properly.

Excellent back-up just outside the scoring ten was provided by Mark, Hugh and Jim and it was great to see Martin and Des making their Dulwich cross-country debuts. A welcome sight also was Barry Graham, continuing his careful comeback by easing round one lap. However, not so much 'easing' was Steve Smythe who was running wearing a support on his left forearm after a recent bike spill and carrying his phone in the other hand as he was expecting a call at any time from the surgeon to call him in to get the broken bones pinned (!).

He then proceeded to skate all over the place (did I mention dodgy shoes?), fall over and just about avoid balancing up his injuries by busting the other side. Now that's commitment. Or he needs to be committed. Anyway, with further risk assessment now reading sky-high he finally decided to pull out.

I can't compete with that - my excuse for missing the next Surrey League is merely a holiday. Just not good enough really..... ***- Tony Tuohy***

21	Tony Tuohy 1st M50	29:32
31	Alistair Locke	30:13
38	Wayne Lashley	30:38
51	Edwin McCormack	31:16
53	Charlie Lound 1st M45	31:27
68	Ian Lilley M40	32:26
76	Paul Devine	33:06
79	Ebe Prill 3rd M50	33:12
107	Rob Cope M40	35:01
111	Mike Mann 1st M60/65	35:37
112	Mark Foster M40	35:40
114	Hugh Balfour 2nd M60	35:43
119	Jim Dowsett	36:03
134	Martin Double	37:32
150	Desmond Edwards	42:52
DNF	Steve Smythe	
DNF	Barry Graham	

Teams

1	Clapham Chasers	126
2	Guildford & Godalming	321
3	Striders of Croydon	429
4	Walton AC	467
5	Stragglers	494
6	Ful on Tri	512
7	Wimbledon Windmilers	541
8	Dulwich Runners	553
9	Epsom & Ewell H	652

'Surrey League scorers stats from Steve Smythe'

In the previous 5 years (20 league races) Wayne Lashley and Charlie Lound had scored 16 times - Wayne in all the last 16.
Duncan Hussey 15, Tony Tuohy 13, Mike Williams 10, Chris Loizou 10, Mike Mann 9, Steve Smythe 9, James Godber 7, Jose Barretta 7, Alastair Locke 7, Buzz Shephard 7, Ebe Prill 6, Neil Daniels 5, Steve Williams 4, ColinBailey-Wood 4 - a further 15 have done either 2 or 3 and a further 16 have scored just once.

Some photos from the mens Surrey League Cross Country -

courtesy of James "The Lens" Godber

Rob Cope

Alastair Locke

Paul Devine

Martin Double

Edwin McCormack

Hugh Balfour & Mark Foster

Ian Lilley

Jim Dowsett

Charles Lound

Mike Mann

Steve Smythe

Tony Tuohy

Wayne Lashley

parkrun

October 11th

Brockwell

215 ran

Pos.	Gen.		
8	8	Lewis Laylee	18:30
75	63	Ian Sesnan	23:21
154	37	Natalie Davys	27:09
201	64	Sarah Lyness	32:36

Crystal Palace

117 ran

Pos.	Gen.		
16	15	Andy Cottrill	22:06
56	6	Belinda Cottrill	25:24

Dulwich

163 ran

Pos.	Gen.		
20	20	Duncan Wilson	20:36
26	26	Chris Goodman	20:48
48	46	Ajay Khandelwal	22:03
62	5	Lindsay West	22:57
63	58	Mark Muffett	23:00

Burgess

124 ran

Pos.	Gen.		
12	12	James Charles	19:37

Newark

160 ran

Pos.	Gen.		
27	26	Martin Morley	23:40

Rushmoor

113 ran

Pos.	Gen.		
17	17	James Wicks	20:49

Peckham Rye

82 ran

Pos.	Gen.		
9	8	Gideon Franklin	20:33
44	36	Kevin Chadwick	25:59

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 W4