SHORTS

Dulwich Runners AC
Weekly Newsletter
November 26th 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 26 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 02 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

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.

32 runners attended the Crystal palace track session last Tuesday, which is the most this winter so far but over 20 runners who have attended a session so far were missing.

The most important thing about keeping fit and improving speed is consistency and it's important to turn up for these sessions on a regular basis

Please see page 6 for important updates on Green Belt and Welsh Castle Relays

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... Ros and Clare take golds in Nottingham
10... Parkrun results
12... Wednesday night routes map
13... 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**

Nov	30	Pirie 10, Coulsdon
Dec	6	Surey League Womens XC, Nonsuch Park, Cheam

NEW RUNNERS ROTA

Thanks to **Steve Wehrle, Steve Cook and Andy Murray** for taking out new club 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**

Kev Wood	**26/11**
Clare Wyngard	03/12
Hugh Balfour	10/12
Lindsey Annable	17/12

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.
Tickets are £15 but will go up to £18 from Wednesday 26th November.
And the final deadline to get your tickets will be Wednesday 3rd December
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

UPDATE.....

Paid up party goers as of 9am on Tuesday 25th Nov are listed below.
(folk in red have let me know about any dietary needs)
Remember, today is the last day when you can get your tickets for £15, after then the price goes up to £18
Bank details if you want to transfer the money are above, otherwise I'll be at the club tonight and next week!
Alastair Locke

Aileen Cook	2	Gary Sullivan	1	Mike Mann	2	Hugh Balfour	2
Ameet Patel	1	Gideon Franklin	1	Paul Devine	1	Denise Brady	1
Andy Murray	1	Helen Lister	1	Ros Tabor	1	Karen Grieves	1
Barry Graham	1	Ian Lilley	2	Steve Smythe	1	John Kenny	1
Cameron Timmis	1	John McGlashan	1	Steve Wherle	2	Rob Cope	2
Chris Louizu	1	Katie Crowe	1	Sue Cooper	3	Graham Laylee	2
Claire Sinka	1	Laura Lane	1	Sue Vernon	2	Jim Dowsett	1
Claire Steward	1	Lindsey Annable	2	Toby de Belder	2	Joanne Shelton	1
Claire Wyngard	1	Lloyd Collier	1	Tony Tuhoy	1	Lucy Clapp	1
Desmond Edwards	1	Mel Edwards	1	Ron Searle	1		
Edwin McCormack	1	Mike Dodds	1	Harry Handscome	1		

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.

Dulwich Charity of the Year

Sue Vernon writes:

Please email me at vernonrun@aol.com or pm me on Facebook with event suggestions to raise money for Dulwich Helpline, our chosen charity. So far I have 4 suggestions but we need organisers to put on events as well as helpers. Come on folks, I am waiting for your emails and messages. There is the possibility that we could put on the Dulwich Charity 10k in 2015 if there are enough people willing to sit on the Committee and take responsibility for certain aspects of the race. We would need to solve the congestion problem in Dulwich Village and also the football traffic along Dulwich Common but where there's a will, there' a way! So far I have 4 members who have shown interest. Thank you everyone

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**

Friday 28th November 2014 – the return of Saucy Jack!

I'm back at Elmer's End for a gig with pop-rock-soul four-piece 'Saucy Jack'!!! It's been over a year since I last got the call (my Bat-phone's been on the blink) so I'll have forgotten half the set and you can play spot-the-drums-cock-up! You'll still get great tracks from the likes of The Beatles, Rolling Stones, David Bowie, The Monkees, Van Morrison, Free, Gerry Rafferty, The Eagles, Squeeze, Thin Lizzy, T. Rex, various classic Rock 'n' Roll, etc., etc., you know you'll love it!

So here we go again, the usual well-rehearsed (!!) live music mayhem – with the crowd at previous gigs being very helpfully swollen by various Dulwich and Beckenham Runners (some appear to now be die-hard fans!) I'll be hoping to recruit yet more of you. All the blistering guitar solos and mad 'Animal' muppet drumming you could wish for. Keep music live!

The gig is once again at the very local-ish William IV, 116 Croydon Road, Elmers End, Beckenham BR3 4DF, start about 9pm – and it's totally **FREE**.

http://tinyurl.com/pd2x4kq
Tony 'Thundersticks' Tuohy. – Has-Been rock star (OK, never-was rock star, just don't get me started)

Come on, let your ears bleed once more (don't worry, just an expression, it's not that loud. Honest…….)

'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/

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

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

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

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

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.

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, but in the meantime could all those willing to volunteer please contact me at mcmann90@yahoo.co.uk

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.

SEAA Masters Cross Country,13 December

These champs take place at Horspath near Oxford on 13 December. Last year at Biggleswade our M50s won a highly creditable silver team medal, and we have a chance of doing well again provided that our faster runners turn out. For M40, M50s and M60s the distance is 10k (the women's race is 6k). Please let me know whether you are available by 24 November. The race takes place on the same day as the Dulwich Christmas party, so will give you an opportunity to earn your beer in the evening. - ***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).
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
Nov	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
	7	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 .

SOUTH OF THAMES XC 5 MILE
22nd November

Graham Laylee writes:
23 Dulwich Runners were amongst a field of 322 on a muddy Wimbledon Common Course. The standard at the front end of the field with Belgrave and Tonbridge having particularly strong teams.

Charlie, returning from injury, led the Dulwich contingent home from Ian and Steve. Ebe completed the 4 to score team reversing positions with Ross from the last Surrey League. The 8-to-score men's team was completed by Jim, new Dad Martin and Graham ahead of Bob Bell making a rare cross country appearance.

Anna Thomas adds:
Ola led the Dulwich women home, just outside the top 20, running well but not at her best due to tiredness. Ange Norris, the new women's co captain, led by example and moved through the field steadily over the 2 laps and finished just one position behind Ola. Anna was next back managing to pass Elkie in the last 50 metres. This will not happen in the future when Elkie gets back to full fitness!

The B team was led by Helen Lister who had an evenly paced run. Selma Benattia, running her 1st race for Dulwich, finished next. She enjoyed the challenge and will get even faster once she is used to the terrain and pacing. Lucy Clapp, only her 2nd outing in a Dulwich vest, and Clare Wyngard completed the B team both having excellent runs. Michelle Lennon brought the C team home, followed by Joanne Shelton both running well. Katie styles, still getting back to fitness but enjoying running in her new Innov8s, and Lindsey Annabelle, a gallant effort whilst still recovering from an illness, made up the women's team.

It was a great turn out of both new and long standing female members from Dulwich who all represented the club well. The 3 teams were placed 6th, 10th and 17th out of 19 teams. A few more top 10 individual placings next time may lead to a podium finish! The second South of Thames is in December at Farthing Downs so still a chance to compete!

More photos (courtesy of Nicki) can be found at;
https://www.flickr.com/photos/dqnic/sets/72157649426729321/

79	Charles Lound	31:38
80	Ian Lilley	31:39
88	Steve Davies	31:57
116	Ebe Prill	33:33
122	Ross Rook	33:43
W21	Ola Balme	35:39
W22	Ange Norris	35:41
	Jim Dowsett	36:09
	Anna Thomas	36:38
	Elkie Mace	36:40
	Helen Lister	37:59
	Martin Double	39.16
	Selma Benattia	39:33
	Graham Laylee	39:52
	Lucy Clapp	39:56
	Clare Wyngard	40:04
	Michelle Lennon	41:28
	Bob Bell	41;41
	Joanne Shelton	41:56
	Katie Styles	42:58
	Lindsay Annabelle	45:42
	Tom South	DNF

Men's A team 4 to score	18th
Men's team 8 to score	13th
Women's A team 4 to score	6th
Women's B team 4 to score	10th

World 100km Championships, Doha, November 22

Though she found the humidity tough and had problems with the surface which was tiles and cobbles rather than road, Emily Gelder wan't too far outside her best. She didn't think she could have run any faster on the day and achieved her aim of a top 20 place and she was in Britain's gold medal winning team for the 62 mile event. **Steve Smythe**

19th Woman Emily Gelder 8:19:40
Emily's 10 10ks back to back: 47:01, 47:23, 47:03, 46:53, 49:34, 51:03, 51:32, 54:54, 53:08, 50:47

Scottish East District League, Alloa, November 22

Shona had a solid run to finish fourth, again behind the two who beat her in her sub-35 10km and the Scottish Marathon Championships. ***Steve Smythe***
4 Shona McIntosh 23:34

Epsom 10 miles Sunday 23rd Nov

Tony Tuohy writes....

After getting up early on Sunday morning I did my usual shuffling hobble to the window. The view was particularly nasty, and I'm not talking about my reflection. The rain was pelting down and in fact stayed that way all day. Having entered in advance, and not being one to waste an entry fee, I thought I'd better get over to Epsom Racecourse and get on with it.

Standing at the start, despite having arms and hands covered, we were already freezing and a few of us rushed into the first downhill mile at a bit of a gallop (Epsom, gallop, do you see what I did there?) in an attempt to warm-up; however, 5:03 is not normally advisable when you've got another nine miles to run. Luckily I didn't know this until checking the Garmin afterwards so headed through the flooded dips and up the slower hilly miles to halfway still trying to warm up without going too hard.
For contrast, the uphill fourth mile was the slowest in 6:30 and halfway came in 29:27. I was running strongly at this point with another runner vying for third place but started faltering at seven miles and had to let him go.

A final effort for the fast last mile of 5:35 meant I finished with a decent time for the course and conditions (a damn sight better than the Cabbage Patch debacle) but I was still freezing straight after finishing and couldn't even talk properly as my frozen jaw appeared to be locked – I was in a right state I can tell you.

Anyway, after an agonising ten minutes thawing out my hands under a hot shower there was at least a very decent cash prize to pay for my entry and the nice lunch I treated myself to later.
I was also pleasantly surprised on arrival to be joined by a posse of team-mates so there were half a dozen of us Dulwich Runners mug enough to step out the door. Everyone professed themselves happy enough to have got round in one piece, with Laura and Karina really throwing themselves in the deep end for their debut 10-milers. Matt Ladds was a cut above all of us by managing to run three minutes faster than his Cabbage Patch time – I don't think he noticed the weather at all.

Looking at the times, I think Paul was acting as pacemaker for Claire so I'm not sure who was to blame for Claire missing the 1st W55 prize by just five seconds. Claire reports that she didn't know who the other runner was. Very careless.

4	Tony Tuohy	58:56 1M40/50
100	Matthew Ladds	78:32
127	Laura Vincent	82:56
139	Paul Keating	85:11
140	Claire Steward	85:12 2W55
187	Karina Burrowes	94:50

217 ran

British and Ireland Masters Cross Country International, Nottingham, November 22

Gold for Clare: Silver for Ros: Mike 4th

Three Dulwich Runners enjoyed a highly successful day as they represented England in Nottingham.
All were seemingly benefitting from their recent week in the Algarve as they had their best cross-country runs of the year.

Second last year in the W45 age group, Clare Elms pulled off an exciting win in the W50 category for women aged 50 and over.
Not at full fitness with a sore foot and breathing difficulties, Clare trailed the world 10,000m W50 record holder Fiona Matheson of Scotland who was seeking her fourth successive victory for most of the race. Five seconds down with a kilometre to go, she caught her in the last 400 metres and passing her with less than 100 metres to go, she won by five seconds and led England to victory over teams from Scotland, Wales, Northern Ireland and Ireland.

This was her first victory in the event at the seventh attempt (she was second by a second the year before) and it was watched by a supporting team including her 81 year-old father and her mother She timed 22:16 for the 6km event.
European Masters W65 800m champion and World W60 half-marathon champion Ros Tabor was also in a winning team as she debuted in the W65 age group and she finished second to the multi world record holder Angela Copson and was pleased to beat her other rivals with probably her best ever cross-country run. Her time was 26:21 and she beat the bronze medallist Margaret Moody, who has beaten her in their previous international meetings by 30 seconds.
It was her fifth individual medal.

Mike Mann hasn't raced in the event as much as Clare and Ros but in his second year in the M65 age group he excelled and was just eight seconds down on the winner but ended up fourth and leading Englishman as he shared the same time of 23:59 as the second and third runners in an exciting finish. Ireland beat England into second place in the M65 team competition.
Nb Men over 65 ran with the veteran women and the first man in the race finished 49th. ***Steve Smythe***

Women and M65 6km
W50: 1 C Elms (ENG) 22:16; 2 F Matheson (SCO) 22:21; 3 C Newman (ENG) 22:25
TEAM: 1 ENG 8; 2 SCO 16; 3 WAL 34; 4 NIR 35; 5 IRL 49
W65: 1 A Copson (ENG) 25:45; **2 R Tabor (ENG) 26:21;** 3 M Moody (ENG) 26:51
TEAM: 1 ENG 16; 2 IRL 19; 3 WAL 27; 4 SCO 42
M65: 1 T Eakin (NIR) 23:51; 2 M McEvilly (IRL) 23:59; 3 P Collins (IRL) 23:59; **4 M Mann (ENG) 23:59**
TEAM: 1 IRL 13; 2 ENG 19; 3 NIR 26; 4 SCO 33; 5 WAL 38

Open Race 8km

35 Steve Smythe 32:47

Clare's record
2007 Belfast 4th W40
2008 Swansea 3rd W40
2009 Birmingham 3rd W45
2010 Dublin 2nd W45
2011 Glasgow 4th W45
2012 Belfast injured
2013 Cardiff 2nd W45
2014 Nottingham 1st W50

Ros's record since 2003
2003 Cardiff 6th W50
2004 Croydon reserve
2005 Dublin 3rd W55
2006 Falkirk 9th W55
2007 Belfast reserve
2008 Swansea reserve
2009 Birmingham 3rd W60
2010 Dublin 2nd W60
2011 Glasgow 4th W60
2012 Belfast reserve
2013 Cardiff 3rd W60
2014 Nottingham 2nd W65

November 22nd

Brockwell

253 ran

Pos	Gen		
7	7	Lewis Laylee	18:25
28	1	Katie Balme	20:43
51	48	Cameron Timmis	21:51
106	86	Giles Gibson	23:45
133	106	Desmond Edwards	24:33
178	47	Sharon Erdman	26:56
207	62	Sarah Lyness	28:34

Burgess

Chris Vernon writes:

SUE SMASHES IT ON HER 50TH

Last week we were on tour in Lincoln with coach Martin when Sue just failed to break 30 minutes but on a twisty but flat course I managed to chop 2 minutes off my recent time.

This week we were back at a wet Burgess for Sue's 50th parkrun, accompanied by son Piers and Grandson Jack supporting. He had left his running things at home!! Sue took 36 secs off her previous best. I had twisted my knee during the week so was pleased to be only 20 secs slower than Lincoln. Barry Evans had a quiet run after a few weeks of very little running but was well ahead of Team Vernon.

Unfortunately, due to a timing glitch, the times have not yet been verified so we were all credited with 59.59 for the time being.

Watch times:

119 ran

Pos	Gen			
54	42	Barry Evans	??:??	1VM65
94	55	Sue Vernon	29:25	1VW65
95	40	Piers Vernon	29:26	
104	58	Chris Vernon	33:39	1MV70

Dulwich

213 ran

Pos	Gen		
7	7	Paul Devine	17:27
10	10	Wayne Lashley	17:47
17	17	Simon Burnett	19:05
40	37	Alex Haylett	20:57
46	43	John Fletcher	21:19
52	49	Duncan Wilson	21:35
122	17	Claire Steward	25:06
145	119	Mick Mead	26:03

Forest Rec, Nottingham

This one is just 3 tram stops north of central Nottingham. Forest Rec is a rectangular park, half of it being flat playing fields, the other half a wooded slope overlooking them and with a wide promenade path running between the two parts.

The start was by a café in the centre and we were soon running around the edge of the playing fields - I wore studs because of the grassy bit here but didn't really need them. The second part of the lap was a steady climb from one end of the promenade across on tarmac paths to the far corner at the top of the slope, with a quick whizz down to the end of the lap for a repeat.

The course therefore has a good mix of surfaces, flat bits and hills. I ran a steady race on the morning other DR's were running the XC international later in the more scenic Wollatton Park, keeping my options open for the final open race there (but in fact saved my legs for a long Sunday run).

I noticed later my Parkrun time was an M60 course record at the 79th race there. Other tourists there included London marathon ever-present Jeff Aston, who says hi to Steve Wehrle.

95 ran

Pos	Gen		
16	15	Andy Murray	22:01

Lodmoor Country Park, Weymouth

For most of the year its a nice typical small country park near the coast, a mixture of trail and tarmac.... but winter time the trail sections morph into a typical cross country course .... really hadnt expected to see so much mud and water.... wish I'd taken my inov8's with me !

140 ran

Pos	Gen		
64	53	Barry Graham	25:16

Newark

115 ran

Pos	Gen		
22	18	Martin Morley	23:35

Orpington

87 ran

Pos	Gen		
21	21	Colin Frith	24:15

Peckham Rye

100 ran

Pos	Gen		
10	9	Sam Crump	19:02
17	16	Michael Fullilove	20:20
19	2	Kim Hainsworth	20:39
31	28	Bob Bell	22:34
42	38	Michael Dodds	23:42
53	7	Penelope Bell	25:38

Riddlesdown

99 ran

Pos	Gen		
17	17	James Wicks	22:54

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.

CROSS COUNTRY CHAMPIONSHIPS 2014/15 MEN

Total of 4 best runs

MUST INCLUDE 3 SURREY LEAGUES

NAME	Surrey Lge 1 Newlands 11/10/14	Surrey Lge 2 Ham Lands 08/11/14	S of Thames Wimbledon 22/11/15	Surrey Lge 3 Wimbledon 10/01/2015	Surrey Lge 4 Lloyd Park 07/02/2014	National Champs Parl Hill 21/01/15	Beckenham mob match TBC	TOTAL	No. of events
Wayne Lashley	48	49						97	
Alastair Locke	49	46						95	
Charlie Lound	46	47						93	
Paul Devine	44	48						92	
Ian Lilley	45	44						89	
Ebe Prill	43	40						83	
Hugh Balfour	39	35						74	
Jim Dowsett	38	36						74	
Martin Double	37	33						70	
Tony Tuohy	50							50	
John Gabirel Harrison		50						50	
Edwin McCormack	47							47	
Steve Davies		45						45	
Tom South		43						43	
Rob Cope	42							42	
Sam Crump		42						42	
Mike Mann	41							41	
Ross Root		41						41	
Mark Foster	40							40	
Kevin Chadwick		39						39	
Chris Loizou		38						38	
James Charles		37						37	
Desmond Edwards	36							36	
Joe Brady		34						34	
Ameet Patel		32						32	
Barry Graham		31						31	

DULWICH RUNNERS AC W10

min per/M	min 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

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

FULL RUN ORANGE 8.5M 13.5K

An extra lap anti-clockwise of Peckham Rye ups distance by about 1.6 miles to 10M 16.1K

		M	Km
5HORT CUT	**BLUE**	**7.4**	**11.9**
SHORT CUT	**PINK**	**7.2**	**11.6**
SHORT CUT	**GREEN**	**7.0**	**11.3**
SHORT CUT	**GREEN & PINK**	**5.8**	**9.3**
SHORT CUT	**BLUE & PINK**	**5.0**	**8.0**
SHORT CUT	**YELLOW**	**4.7**	**7.6**
SHORT CUT	**YELLOW & PINK**	**3.5**	**5.6**

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.

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