SHORTS

Dulwich Runners AC
Weekly Newsletter
December 24th 2014

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

- HOLIDAY PERIOD CALENDAR –

Wed 24 CLUB CLOSED NO CLUB RUN
Tue 30 Track closed - Hill Session - see below
Wed 31 CLUB CLOSED NO CLUB RUN

2015 - Back to normal !

Tue 6 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below
Wed 7 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

In your SHORTS this week !

1... General information
3... All things Cross Country - races, advice etc
5... 2015 Dulwich Runners Club Champs races diary
5... Fixture list, club champs,XC, road, track
6... Race reports & results
9... Parkrun results

And much more !

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

You can follow us on

Holiday period Hill/Track sessions

No Tuesday track session next week (Tuesday 30th) but there will be a hill session opposite Sydenham Hill Station - They will start at a slightly earlier time at 7pm. £1 fee for club funds.

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.

Dulwich Runners Annual Membership Due

If you do not renew your 2015 membership then you cannot compete as a Dulwich Runner in any races, XC, club champs and any other events
You must RENEW ASAP
You will have received by email or post your membership renewal reminder for 2015.
If not then contact me asap barry@bg1.co.uk or see me at the club on a Wednesday evening
You can now pay direct online

EVENT HORIZON

A brief look ahead

full fixture list **page 7**

Jan 10 Surrey League XC - m & w, Wimbledon

NEW RUNNERS ROTA

Many thanks to **Lindsey Annable, Andy Murray and Ian Sesnan** for taking out new runners last week.
If you are on the list, please can you try and turn up that night and make sure anybody new has someone to run with.
If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – **Ros**

Club Closed No Club Run	**24/12**
Club Closed No Club Run	**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

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)

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

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 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

Entries for most forthcoming races are now closed, with the exception of the Surrey champs at Lloyd Park on 3 January and the National champs at Parliament Hill on 21 February.

Both these events are local and the National is one of the cross country champs races and will be a memorable occasion. If you have not yet informed your captains, please do so as soon as possible if you would like to be entered.

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 & 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.

UPDATE..... 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**

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.

‘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/

Hi All - Near future events planned;

SUNDAY 28TH DECEMBER
The Shoreham shuffle
0930 from the Car park in Shoreham village.
10 mile road/country run with optional lunch in pub after.
If interested please e mail me –
steve.wehrle@immediate.co.uk

SUNDAY 4TH JANUARY
Tadworth 10 mile race – Epsom
Some of us always do this post Christmas race, join us!

SUNDAY 11TH JANUARY
0930 Norman Park track –Bromley
First of our marathon training sessions
YASOO session
Come along and do this event and I will predict your potential marathon time, if you do the sessions planned up to April time!
Entry to the track is £4.

Merry Christmas

STEVE WEHRLE
UK ATHLETICS grade 2 coach

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

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

Sunday Long Run Group / Spring 2015 Marathon Training

There will be an informal Sunday long run group meeting around 9am in Dulwich Park from the beginning of January onwards. The runs will typically be 15-20 miles and at a range of paces in accordance with training schedules, aiming at runners targeting 8 min down to sub 7 min miling in a spring marathon. Non marathon runners looking to improve their stamina equally welcome.
Contact ian.lilley@gmail.com or ebeprill@yahoo.co.uk to be added to the email distribution list, we will also try to get something up on Facebook each week.
Cheers,

Ian Lilley

Dulwich Runners 2015 Club Championships

Some of the earlier races have already been advertised, with the remaining ones held back as dates have yet to be confirmed. Although this still remains the case, we have decided to issue the complete list which will be updated with confirmed dates once these are known.

Once again the races will be split into 3 distance categories. As the 3 long events fall within a 6 week period, we have added the Cabbage Patch 10 as an additional long race to accommodate those who may be injured during the spring. Details of scoring rules to follow.

31 Jan	Dulwich parkrun (short)
8 March	Sidcup 10 (long)
29 March	Paddock Wood half marathon (long)
26 April	London Marathon (or alt. marathon) (long)
15 June tbc	Battersea Park 2 miles (short)
21 June tbc	Ranelagh Richmond 10k (medium)
3 or 10 July	Mark Hayes Mile, Dulwich College track (short)
30 August tbc	Sevenoaks 7 (medium)
27 Sept tbc	Middlesex 10k, Victoria Park (medium)
1 Nov	Cabbage Patch 10 (long)

Dulwich Runners 2015 Fixtures

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

Date		Race		Venue
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 .

Dulwich Runners Turkey Trot 5k 14-12-2014

3 walkers, 20 runners and several spectators gathered at 10am in a cold but sunny Dulwich Park near the new hump and following a great night at the party. Great efforts were made with outfits on the theme of bells. Chris Bell had bought golden material printed with bells for her and Bob's costumes. Bob added a bottle of Bells (and was later nearly banned from the café).

Caroline, over from Barcelona, wore a green and red felt Christmas elf outfit, to which she attached 100 bells. Richard was covered in bells from head to foot and was adjudged to have the best costume.
Runners set off spaced by time handicaps based on Parkrun times. At the end of lap one not much of the handicap had unwound. The walkers completed one lap before many of the runners had started. Eventually the last starters came round, with Tony having knocked about 10 seconds off the 30 seconds starting gap with Ebe but a smile rather than a grimace indicated he would not run flat out following illness.

Lap two still had the walkers in front but Ian and Clare were well up, taking advantage of a handicap based on 23+ minute recent Parkruns. Bells were falling off everyone's costumes, adding an underfoot hazard to the dogs, cyclists and pedestrians to be dodged on the busy path on a sunny day.

At the finish, walkers Chris (fastest) and Richard were first home, followed half a minute later by Ian and Clare running together, who won the Turkey Trot shield jointly for the year. Ebe stayed just ahead of Tony, fastest runner as in most years recently, who pipped Alastair by 1 second at the finish. After a recount it was discovered that Ebe had run closest to prediction -just two seconds out.

- Andy Murray/Ros Tabor

TURKEY TROT DECEMBER 2014

Name Finish order	Finish	Handicap	Net	Prediction	Difference	
RICHARD POLE (walker)	40.41	01:00	39.41	N/K		
CHRIS BELL (walker)	40.41	01:30	39.11	35.00	+4.11	fastest walker
IAN SESNAN	41.13	18:30	22.43	23.00	-0.17	1st home m
CLARE WYNGARD	41.13	18:30	22.43	23.00	-0.17	1st home f
PAUL HILTON	41.22	16:00	25.22	26.00	-0.38	
MIKE DODDS	42.06	18:30	23.36	24.05	-0.29	
CLAIRE STEWARD	42.20	17:30	24.50	25.00	-0.10	
EBE PRILL	42.29	23:30	18.59	18.57	+0.02	closest
TONY TUOHY	42.37	24:00	18.37	17.10	+1.27	fastest
ALASTAIR LOCKE	42.38	24:00	18.38	17.30	+1.08	
AILEEN COOK (walker)	42.40	01:30	41.10	45.31	-4.31	
STEVE DAVIES	42.41	24:00	18.41	21.00	-2.19	
STEVE COOK	42.48	16:30	26.18	N/K		
KATIE STYLES	42.51	18:00	24.51	24.00	+0.51	
CAROLINE SCHURMANN	42.53	19:30	23.23	N/K		
GIDEON FRANKLIN	42.57	22:00	20.57	20.00	+0.57	
BOB BELL	43.07	19:00	24.07	23.00	+1.07	
KEVIN CHADWICK*	44.29	24:00	20.29	N/K		
JOHN O'BYRNE	45.19	08:00	37.19	32.50	+4.29	
AMEET PATEL*	49.05	24:00	25.05	N/K		
DESMOND EDWARDS*	49.06	24:00	25.06	N/K		
SUE COOPER*	49.30	24:00	25.30	N/K		
TONY MACPHERSON* (Windrush)	49.30	24:00	25.30	N/K		

* entry on the day

Serpentine Last Friday 5km, 19 December

Conditions at Hyde Park were fine, bright and blustery for the final Last Friday of the year. An impressive 10 Dulwich Runners lined up for the B route start, a short climb followed by two anti-clockwise laps before returning back down the hill to finish by the boathouse.

First home was Alastair, who cruised the first one and a half laps, before putting in a strong surge over the last mile to catch and pass first Paul and then Tony. Tony, now getting over his epic cold but still feeling the after effects, was half a minute off his normal pace but happy to be racing again, finishing 1st MV50 by almost a minute. Paul, possibly on his last competitive start for a while (good luck Paul!), gave it a real go, but faded a little towards the end, not alone in finding the strong headwind on the back straight hard work.

With Steve D unable to make the start through illness, Ian was robbed of his regular sparring partner and opted to run an even paced sub 18 with Claire and Lewis, who were chasing course records and a maiden sub 18 5km respectively. Claire found the going in the blustery conditions tough, but held on to take the outright win by over a minute and the W50 course record she so narrowly missed last year, to add to her W40 and W45 course records.

Sadly Lewis, another recent victim of illness, pulled up with about half a kilometre to go, feeling completely drained, another couple of weeks recovery and training and you'll get there Lewis! Next home was Ebe, who felt heavy legged at the start, but improved as the race went on to finish a strongly. It was great to see Rob racing again after returning to training at the beginning of the week, he surprised himself with how quickly he ran and no doubt those times will continue to tumble.

Ros was also chasing a course record, running a seasons best and an astonishing 95.6% a.g., the highest of any runner in this race throughout 2014, reducing her own FV65 record by a full 10 seconds. Sadly Ros was 1 race short of championship eligibility criteria, as she would easily have won the overall prize for 2014.

Graham followed to complete the Dulwich contingent with another strong finish in brilliant sunshine. ***- Ian Lilley***

10 Alastair Locke 17:31
12 Tony Tuohy 17:37 (1st MV50)
14 Paul Devine 17:43
19 Ian Lilley 17:54
22 Clare Elms 18:10 (1W/Course Rec)
28 Ebe Prill 18:45
74 Rob Cope 21:14
81 Ros Tabor 21:32 (8W/1FV65 / SB /Course Rec)
103 Graham Laylee 22:46
169 Ran

South of the Thames 7.5m XC Championship Farthing Downs, Sat 20th December

Once again this race boasted a typically very high standard but that didn't stop the Dulwich women giving an excellent showing to take second team behind a very strong Belgrave squad. Unusually with teams being six-to-score, strength in depth was needed and the Dulwich team pulled out the stops to beat local rivals Kent AC into third by a mere 4 points. This was achieved even without Claire Baglin who was very disappointed to unfortunately miss the start – although even a sparkling run from her would not have overhauled the classy Belgrave team, who had 46 points in hand.

This is 'proper' cross-country; dodgy cambers, steep ups, steep downs, mud, the lot. Actually the weather wasn't bad at all although a decent length spike was advisable. The tough three-lap course was actually nearer 8.2 miles than 7.5 and a typically well paced run from Alastair saw him overhaul Wayne on the last lap and take all of five seconds from him to lead the Dulwich men.

I was a minute back on these two and will continue to use my chesty cough excuse for as long as necessary (could be well into the spring. Or maybe summer.....). Clare Elms was running strongly and when she caught me at the start of the last lap I pressed on a bit harder when really I ought to have offered a bit of pace-making (I know, I have no shame or chivalry). As it was, she only lost 14 seconds to me anyway to finish 4th woman behind three excellent (and much younger) runners and easily win the first W50 prize, well ahead of all the W40s.

Steve Smythe was next, still gradually improving his form but not yet back to last year's level, followed by another strong performance from Ola who was just pipped for second W40 in the dash for the line – she was 13th woman overall, up from 18th last year. Jim Dowsett ran well to hold off Ange Norris (2nd W50 and just 48 seconds behind Ola), who in turn wasn't far ahead of Hugh Balfour, claiming 3rd M60 and completing the men's team.

Gutsy performances were needed from Anna, Lucy and Selma to close the scoring for the women's team and nab that second place – and all three duly obliged. And there were similarly solid runs from Katie Styles, Claire Steward, Des Edwards and Clare Cummings, all battling well to finish the tough course – with Katie's contribution even extending to the very welcome supply of post-race home-made cakes, alongside the equally scrumptious scones brought along by Ola. I spent so long mucking about wondering which to have I missed the lot.....

Tony Tuohy

94	Alistair Locke	52:25	
95	Wayne Lashley	52:30	
107	Tony Tuohy	53:35	2 M50
110	Clare Elms 4W	53:49	1 W50
136	Steve Smythe	56:53	
150	Ola Balme 13W	57:55	3W40
155	Jim Dowsett	58:22	
161	Ange Norris 14W	58:43	2 W50
167	Hugh Balfour	59:10	3M60
186	Anna Thomas 21W	60:10	
230	Lucy Clapp 41W	66:31	
240	Selma Benattia 45W	67:36	
262	Katie Styles 58W	70:04	
267	Claire Steward 61W	72:43	
270	Desmond Edwards	75:20	
275	Clare Cummings 66W	80:26	

284 ran (inc. 74 women)

Men TEAM
1st Tonbridge 114,
15th Dulwich 700

Women TEAM
1st Belgrave 92
2nd Dulwich 138

December 20th

Brockwell

161 Runs Took Part.

Pos	Gen		
120	36	Sharon Erdman	27:11
131	41	Sarah Lyness	27:41

Bromley

397 Runs Took Part.

Pos	Gen		
8	7	Oscar Hussey	18:53

Burgess

91 Ran

Pos	Gen		
9	9	James Charles	20:09
51	34	Barry Evans	26:29

Crystal Palace

122 Ran

Pos	Gen		
41	38	Bob Bell	23:42

Chelmsford Central

327 Ran

Pos	Gen		
24	2	Kim Hainsworth	20:30

Cleethorpes

68 Ran

Pos	Gen		
30	27	Colin Frith	24:04

Dulwich

157 Ran

Pos	Gen		
8	8	Rob Hollands	18:43
12	12	Lewis Laylee	19:14
15	15	Simon Burnett	19:36
25	24	Duncan Wilson	20:44
31	30	John Fletcher	21:06
45	43	Graham Laylee	22:14
56	5	Lindsay West	23:02

Hilly Fields

109 Ran

Pos	Gen		
9	9	Gary Sullivan	21:09

Maidstone

234 Runs Took Part.

Pos	Gen		
7	7	Michael Fullilove	19:24

Old Deer Park

61 Runs Took Part.

Pos	Gen		
7	6	James Wicks	21:26

Peckham Rye

78 Ran

Pos	Gen		
8	8	Toby De Belder	20:03
10	10	Ebe Prill	20:05
19	1	Ellie Horrocks	20:55
73	50	Ian Lilley	31:21
77	51	Chris Vernon	36:56

Porthcawl

161 Ran

Pos	Gen		
41	39	Andy Murray	22:09
48	3	Ros Tabor	22:52

Weymouth

126 Ran

Pos	Gen		
50	42	Barry Graham	24:05

Wormwood Scrubs

With a day of Christmas preparations ahead of me I thought I should start the morning with a festive run. A quick google revealed that Wormwood Scrubs were holding a Santa themed parkrun, so sporting a Santa hat and as much red and white clothing I could find I headed off to the park. It temporarily crossed my mind before I left that I might need by trail shoes but decided better of it. How wrong could I be!

The course was beset with large puddles and sticky mud so much of my run was spent heading in every direction but forwards, trying to keep on my feet. Testament to the condition of the course was the fact that most were 2-3 minutes down on their PBs. Apparently it can get worse though!

Despite a woeful time I thoroughly enjoyed the run though, with all the 'Wormwood Scrubbers' as they call themselves being very friendly. There was one Polish parkrun tourist there from the Gdynia parkrun by the Baltic Sea, who was visiting his daughter over Christmas.

The beautiful sunny morning gave us stunning views right over London too. It was such a contrast to see the gleaming Shard and opulence of the city against the stark and gloomy façade of the prison and the fading glory of the Linford Christie athletics stadium.

19 Ran

Pos	Gen		
10	2	Lindsey Annable	26:33

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.