SHORTS

Dulwich Runners AC
Weekly Newsletter
November 12th 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 12 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 15 London XC Champs, Parliament Hill fields

Tue 11 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

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
7... Race reports & results
9... Ros betters world record !
11... Parkrun results
12... 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

November - Hugh Balfour

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 4**

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 7

Nov 15	London XC Champs, Parliament Hill fields
Nov 22	South of Thames 5mile XC, Wimbledon Common
Dec 6	Surey League Womens XC, Nonsuch Park, Cheam

NEW RUNNERS ROTA

If you are on the list, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – **Ros**

Tony Tuohy	**12/11**
Mick Ward	19/11
Kev Wood	26/11

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

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: £15
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
Alastair Locke

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**

Another Athletics Track Under Threat

A few weeks after the consultation on the possible closure of the track at Crystal Palace comes a move by Wandsworth Council to close the track at Tooting Bec.
The local MP Sadiq Khan is with Herne Hill Harriers gathering support to stop this at:

www.sadiqkhan.org.uk/keep_tooting_bec_athletics_track_running

Please sign the petition.

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…….)

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

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***

Dulwich Runners AC London Marathon Club Entries 2015

The club gets a number of London Marathon places each year. Because of our membership we normally get four places, but I am waiting for confirmation for this year.

To be considered eligible for one of these places you must have applied unsuccessfully for a place and have been a member for at least one year. In addition, we are excluding those that benefited from a club place last year.
We will allocate three places on the basis of number of appearances and volunteering for marshalling during the last year in selected club events. The fourth place we will decide by ballot.

Note, these places still require payment of an entry fee.
If you would like to be considered for a place contact me by 8th November in person or at chas.lound@btinternet.com
Charlie Lound

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***

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.

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***

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.

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

LONDON CROSS COUNTRY CHAMPS SAT 15 NOV

For those entered for the championships at Parliament Hill Fields this Saturday 15 November, please note that start times are 1.15pm for the women and 2pm for the men. Please ensure that you arrive at least 30 minutes before your starts to ensure that you collect numbers on the outside perimeter of the running track near the race HQ

SOUTH OF THE THAMES CCA 5-MILE TEAM RACE
Saturday, November 22, 2014 at 2pm - Men and women

Hosted by Hercules Wimbledon AC

Those entered for this cross country race should note that it starts at 2pm near the Thatched Cottage on Wimbledon Common

start: As indicated by arrow on map (near 'Thatched Cottage')

2.00pm Men and women run together but are scored separately.

Parking: Street parking on surrounding roads but restrictions may apply in some places. Allow plenty of time and car share if possible.

Race HQ: Belgrave Hall, Denmark Road off The Ridgeway, SW19 4PG Limited changing and showers. Refreshments will be available.

Two laps x 2.5 miles

KENT MASTERS CROSS COUNTRY, 6 DECEMBER

This year these cross country champs take place at nearby Sparrow's Den and It would be good to repeat our success of last year when our M50 team (Tuohy, Smythe, Webb) won gold. Many of you have already been contacted but these champs are open to all those eligible by age and county. Please contact me by 17 November if you are available to run and if you are unsure whether you are eligible to run for Kent.

-

Mike Mann

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	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
	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 .

The Druid Challenge Ridgeway Multistage Ultra

3 ultras over three days, Fri 7 – Sun 9 Nov.

This is a point to point cross country race organised by a company called Extreme Energy. Officially 84miles and with a few minor detours I clocked up 136km (84.7miles).

Day 1: Ivinghoe to Watlington, 47.6km in 6:02.
The toughest day of the three. Overnight stay in Icknield Community College sports hall, in my case with basically no sleep at all due to the "practicalities" of my sleeping arrangements.

Day 2: Watlington to Wantage, 43km in 5:12.
Overnight stay in the Wantage Leisure Centre sports hall where I managed at least a couple of hours of sleep despite what must – surely (!) - be the male world record holder snorer within 4-5 meters.

Day 3: Wantage to Wroughton, 45.7km in 5:10.
Each day there were three starting groups with one hour in between, starting with the walkers/slow joggers, followed by the middle of the pack runners (me) and then the elite (not me…).

Runners may have different views on this but personally I enjoy the chance to see the elite runners in full flow when they catch and pass us during the races, so I like it when they start later.

A lot of MdS runners use this long weekend as part of their preparations and there were at least 30+ runners who are due to go to the desert in April next year.

This was the first time I heard of/saw Nathan Montague, the male winner, and I just want to mention that he was the nicest and friendliest (to everyone) elite runner I have ever experienced in any race, really amazing attitude.

62 Per Hedberg 136km 16h:25m
approx. 200 ran

Male winner, Nathan Montague 10:32 (Nathan holds the course record from last year in 10:02), female winner Annabelle Stearns 12:20

SURREY LEAGUE MATCH 2

Ham Lands, Kingston Saturday 8th November

A good turnout, several excellent debuts and far stronger depth in the main pack saw the men's team climb out of the relegation zone with a very credible 5th place in Saturdays 2nd Surrey League fixture at Ham Lands.
Unlike the previous fixture the course was pancake flat and straightforward- A two lap lollipop shape course with some gravel, a few muddy bits and an enormous puddle which temporarily made you feel like you were running a 3000 metre steeplechase. Conditions were dry and slightly breezy and we were fortunate the race didn't come an hour later when the heavens opened dramatically.

The team was led home by John-Gabriel Harrison (aka JG) on his debut cross country race. JG further demonstrated his raw talent running without a watch and wearing a borrowed large size Dulwich vest (won't name who it belongs too!) He ran a superbly measured race working his way through the field and hauling in Wayne in the latter stages to record a top 30 finish. Wayne also made the top 30 following a brave and aggressive run which he slightly paid for in the latter stages but still held on gamely to also secure us excellent points.

The next three runners Paul Devine, Charlie Lound and Alastair Locke packed very well and were in close order right up to the last mile. Paul for once paced his race very sensibly and finished very strongly picking up several places in the last mile and felt it was his best race for a few months. Charlie had a great race and led the trio for the majority of the race and stayed on very well for a top 40 place and was also first V45. Al was not quite at his best following his recent epic efforts at the Frankfurt Marathon but still ran a very solid race, although he complained there were no hills- odd chap.

Next home in close order to each other were the in form rivals Steve Davies and Ian Lilley with Steve just getting the upper hand this week. Steve on his Surrey League debut ran another well executed race with a strong finish. Ian has a slight love/hate relationship with cross country and made a slightly slow start as well as running a little out of steam at four miles, but still ran very well to gain us valuable points.

Next home was Tom South who ran superbly in his first cross country race since his welcome return to the club- more to come there too I think. Sam Crump did well to even make the start line following a recent hamstring injury and a freak accident at work on Thursday, but Cross Country seems to bring out the best in him and he kept up his 100% Surrey League scoring record with a fine run. Completing the scorers was newcomer Ross Rook with another welcome and well executed cross country debut, which he admitted to enjoying more than road events.

Such was the depth of the team- Ebe was our leading non scorer but still secured second V50, and he ran well given his recent training has been severely interrupted by a niggling Achilles injury. Ebe was followed by Kev Chadwick who finished very strongly, Chris Loizou who had a solid run and an excellent debut from club newcomer James Charles. Jim Dowsett continued his vast improvement this year with another good run, narrowly ahead of Hugh Balfour who was second V60 and felt he performed well, but also bemoaned the lack of hills- although there are not many events in the South East of England that are hilly enough for Hugh!

Completing the contingent was Joe Brady who ran well and just held off a fast finishing Martin Double, Ameet Patel who made his first Cross Country appearance of the season and finished strongly, and a very gutsy and popular run from our SHORTS editor Barry Graham who completed his longest race since his comeback.

RESULTS

27	John-Gabriel Harrison	31:52
29	Wayne Lashley	32:08
32	Paul Devine	32:15
37	Charles Lound	32:28 (1 V45)
44	Alastair Locke	32:43
56	Stephen Davies	33:10
64	Ian Lilley	33:31
72	Tom South	33:49
77	Sam Crump	34:13
84	Ross Rook	34:20
90	Ebe Prill	34:48 (2 V50)
101	Kevin Chadwick	35:15
108	Chris Loizou	35:29
134	James Charles	36:50
139	Jim Dowsett	37:10
142	Hugh Balfour	37:24 (2 V60)
162	Joseph Brady	39:04
163	Martin Double	39:09
190	Ameet Patel	45:12
193	Barry Graham	47:43

Match Result:
1. Clapham Chasers 189
2. Guildford and Godalming 240
3. Wimbledon Windmilers 440
4. Striders of Croydon 447
5. **Dulwich 472**
6. Walton 532
7. Ful on Tri 578
8. Stragglers 588
9. Epsom & Ewell 609.

League Position after 2 fixtures;
1 Clapham Chasers- 315 points
2 Guildford and Godalming 561
3 Striders of Croydon- 876
4 Wimbledon Windmilers- 981
5 Walton- 999
6 Dulwich Runners- 1025
7 Stragglers- 1082
8 Ful on TC- 1090
9 Epsom & Ewell- 1261

- Paul Devine

ROS BETTERS WORLD RECORD

Algarve Challenge, Portugal/ Spain, November 5-9

Five Dulwich Runners competed in this event which has four races in 5 days and they dominated the age-graded event though one special performance highlighted the event.
First off was the 5km cross-country on Wednesday. This was held on a new course which was an out and back race through the forest and proved a more testing course than envisaged.

In a partially handicapped event, Clare Elms won the 5km easily with the fastest time though Ros won the age-grading from Clare. Andy ran well to narrowly pip Steve on age grading though Mike beat both of them easily though he wasted time stopping to do his shoe laces up.
Clare followed Mike on the first lap of the mile before picking the pace up to win easily with Steve kicking into second in the last 100 metres. Mike faded badly and was closed up by Andy.

The star run came in the other mile. Ros followed Masters international and former 32 minute 10k runner Martyn Rouse through a much too fast 87 first lap and the gap opened on the second lap. Ros began to close on the third lap before sprinting past to win the race in the last 100 metres. Her time was 6:12.3, her fastest for four years but more importantly was four seconds faster than the 6:16.26 world W65 world record by American Marie Michelsohn.
Like Clare Elms' World W50 record set at the Dulwich Club champs, it won't count as a record though due to a lack of graded officials and electrical timing.
Ros's time on age-grading equates to a sub 3:50 men's mile.

The Handicap Trail 10km saw much slower times than last year. Clare started last but moved through to second overall with the fastet time by three minutes.
Ros didn't run well and struggled after the high of her mile but still got the highest score.

The final event was on Sunday and was the traditional X Milhas do Guadiana, which used to be 10 miles but has now been extended to 18km (over 11 miles). The race alternates direction and this year was run from Ayamonte in Spain to Villa Real San Antonio in Portugal across the giant bridge.
The course was quite tough with a kilometre climb after 3km and also a climb onto the bridge and it was also windy and warm thjough most managed faster times through the uphill first 10km than they did in the trail race.

After injury, little training and no long runs, Clare Elms started slowly but moved through with a strong second half. With an encouraging run, she finished third overall behind winner Ana Cabechina, who has finished in the top 10 in the last two Olympic walks, but is also a top class runner and runner-up Ana Dias, who competed in four Olympics and has a 31:42 10,000m best.
She finished almost two minutes up on the other leading British woman in the challenge, sub-three hour runner this year Catherine Charlton.
Ros made the top ten women with a much classier race than Friday and the Dulwich men all ran better than they did in the 10km.

Steve and Mike won prizes in their age group - Mike was first M65 but had to settle for a M60+ prize.
Andy ran well to overhaul Rouse for fifth overall to ensure a Dulwich top five in the Challenge.
The 18km race which starts and finishes on a track in different countries had over 800 runners (400 Portuguese, 400 Spanish and around 50 other Europeans (mostly British and Dutch)) and many of the participants think its one of the best races they have ever participated in.

The track and adjoining area is great for running (forest trails and flat beaches) and has been used by the British team for the last Olympics.
The weather is usually great in the spring and autumn and the area has great beaches, hotels and scenery and food and drink is great value.
The vast majority of participants do the Challenge every year and the ability is wide ranging. The slowest participant took 66 minutes in the 10km though there were three sub-3 women marathoners in the field and that doesn't include Ros, who set a British W55 marathon record 10 years ago.

Overall (age-graded):
1 Ros Tabor (W65) 3722 (22:17 5km XC, 6:12.3 1M track, 48:18 trail 10km, 83:12 18km road)

2 Clare Elms (W50) 3509 (19:30, 5:25.6, 39:41, 73:18)

3 Mike Mann (M65) 3248 (20:56, 6:04.2, 43:48, 78:42)

4 Steve Smythe (M55) 3098 (20:22, 5:44.9, 42:14, 74:55)

5 Andy Murray(M60) 3051 (21:10, 6:05.9, 44:29, 81:32)

Milhas do Guadiana 18km November 9

Men
116 Steve Smythe 74:55
182 Mike Mann (1M65) 78:42
260 Andy Murray 81:32
Women
3 Clare Elms (1W50) 73:18;
10 Ros Tabor (1W65) 83:12

Beckenham Trail 10km
9 November 2014

Claire Steward writes:
I have done this event every year since its inception in 2007 and once again, it turned into a beautiful Autumnal day for this local race. At 11:00am we stood quietly for the Last Post and a reflective silence before the race started. The course consists of two multi-terrain laps in Beckenham Place Park with woodland trails, open grassy areas and footpaths, a testing climb at the start and finish of each lap, and just enough mud following the recent rain to make it interesting for those not wearing grippy shoes.

Past years have seen a larger turnout from Dulwich, but overall this year they had so many on-the-day entries that they ran out of entry forms and the finishers memento bags. Once again Ola was first woman; Joanne and Paul Keating swopped positions (again) and I recorded my slowest ever time by nearly 7 minutes but after 51 weeks of injury, I was elated to get round without any pain, and no ill-effects the next day.

Steve and Paul Hilton completed the Dulwich line-up, with Steve recording a quicker time than last year, and Paul finishing strongly. Barry Graham was there to lend support and we all enjoyed the post-race tea and cakes at the Cricket Club.

18	Ola Balme 1F	42:49
80	Joanne Shelton	49:51
95	Paul Keating	50:54
141	Claire Steward	54:54
168	Steve Wehrle	57:31
175	Paul Hilton	58:34

(236 Finished)

English Schools Cross Country Cup
South East England Regional Final
Knole Park, Sevenoaks -Sat 8 Nov

Intermediate Boys 4.3km
Two years ago, Oscar's school team of four missed qualifying for the National Final by 1 point 65 vs 66.

Being top of their age range again and the last time they are eligible, there was a strong will to succeed. Not being too far away, his rugby dominated school even allowed for boys to be taken to the course a few days earlier, although an impromptu time trial did mean that a sure fire team member was not selected. This could have proved costly as the whole result was likely to rest on the fourth and closing scorer of the team.

The course was tough with three laps incorporating the hill that features at the end of the first lap of the Sevenoaks 7. With three teams to qualify, the team performed well finishing second with Oscar closing the scoring. The prize is a place in the final, although unlike last year when it was in Southend, this year it's in Newquay in Cornwall!
Duncan Hussey

24 Oscar Hussey 16:46
61 ran

Junior Surrey League
Cross country - match 2 Lloyd Park - Saturday 7

Lewis laylee writes...
I ran my first Surrey league cross country, and it was my first cross country race for nearly a year, on Saturday at Lloyd Park. The course was one 2.5 mile lap of the park, with the division one men running 2 laps of it after us. I was the only Dulwich runner in the race because I wasn't allowed to score for my track club Herne hill harriers. I started quite well, not wanting to be stuck in the narrow part of the course early on but also not wanting to tire myself out with the hills later on.

However my lack of cross country racing and experience running on this terrain meant I struggled to hold my pace for the last mile. I lost about 10 places which I was disappointed with as I finished 30 seconds behind people I usually beat on the track and road. The race was a good experience, and will hopefully mean I run well at Parliament Hill this Saturday and also the winter's remaining Surrey Leagues.

U17/U15 boys
33 Lewis Laylee 15:36
115 ran

November 8th

Brockwell

255 ran

Pos	Gen		
68	65	Cameron Timmis	21:59
72	69	Graham Laylee	22:06
93	6	Lucy Clapp	22:55
216	62	Sarah Lyness	29:23

Chelmsford Central

421 ran

Pos	Gen		
60	2	Kim Hainsworth	21:39

Crystal Palace

162 ran

Pos	Gen		
23	22	Andy Cottrill	21:55
35	34	Bob Bell	22:56
79	11	Belinda Cottrill	25:16
86	15	Penelope D'arcy Graham	25:49
108	22	Sharon Erdman	27:01

Dulwich

174 ran

Pos	Gen		
45	40	Ajay Khandelwal	22:28
94	75	Mark Muffett	25:29
112	88	Mick Mead	26:29

Durham

315 ran

Pos	Gen		
128	22	Charlotte Easton	25:41

Fulham Palace

236 ran

Pos	Gen		
89	76	Barrie John Nicholls	23:23
111	20	Lindsey Annable	24:06

Gravesend Junior Parkrun 2k - Sun 9 Nov

29 ran

Duncan hussey writes..

On the eve of his 15th birthday, this was Oscar's first and last junior parkrun. Having started parkrun when he was nine, the concept of junior parkruns has come too late for him and adjusting to 2k was somewhat of a novelty on a Sunday at 9.30am.

As we were on our way to midday hockey match in Canterbury, a quick interlude en route was welcome respite as the following hockey match was likely to be very testing against county and England players.

The course is all within the confines of a park which is adjacent to the Thames and opposite a very large power station. Being the second running of this event, there was plenty of enthusiasm beforehand from the four year olds dressed in onesies. Great to see, and you never know, they could be the next Paula Radcliffe.

Having briefed Oscar to push it from the start and be careful to not send said four year olds flying when lapping, he set to his task well in taking 55 seconds off the course record. Given that he was 2 mins 45 seconds ahead of second place, it was, as a parkrun like to describe, a timed run rather than a race!

1 Oscar Hussey 6:46

Hilly Fields

130 ran

Pos	Gen		
123	46	Carolina Lilley	41:17

Orpington

105 ran

Pos	Gen		
23	23	Colin Frith	23:56

Osterley

Chris Vernon writes

I was inspired to head west for the next leg of my tour after Lindsay's report of a couple of weeks back and was surprised to find it took only 40 mins from Dulwich.

Osterley park is a fine Robert Adam mansion built for the Childs banking family but now owned by the National Trust.

It is an enchanting parkrun venue which circles part of the extensive grounds. It has been going for just over a year and only attracts a small field with few club runners the most numerous being Ranelagh.

Starting at the foot of the grand entrance steps the route takes a long downhill tarmac path which encourages you go off too quickly before a sharp right turn onto a potholed gravel path. Here you find yourself running alongside the roar of the M4. What was Childs thinking of, next to a motorway and on the Heathrow flight path no, wonder the King never stayed in the bedroom built specially for him ! Turning into the woods the trees soon dull the noise and you have to look out for trip hazards but those thoughtful NT folk have sprayed the tree roots white.

You emerge onto the meadow alongside the lake climbing gently back to the house for the end of the lap, to be repeated twice more.

The winner was a 14 year old with youngsters filling 3rd,5th and 6th places all of whom lapped me, hey ho. I managed pretty even but slow splits finding the uneven ground and the grass difficult so my hoped for sub 35 will have to wait.

This is definitely one to return to in the summer to explore the vast house and grounds. With immaculate toilets yards from the start/finish and 'The Stables' café for your post run coffee, what more could you ask for.

91 ran

Pos	Gen		
83	51	Chris Vernon	35:26 1MV70

Peckham Rye

86 ran

Pos	Gen		
5	5	Andrew Bright	19:19
7	7	Gideon Franklin	20:38
10	10	James Wicks	21:09
19	2	Michelle Lennon	22:30
56	43	Toby De Belder	26:33

Riddlesdown

109 ran

Pos	Gen		
7	1	Ange Norris	21:13

DULWICH RUNNERS AC W8

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

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

Here be dragons

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE.....	10.5	16.9
SHORT CUT	BLUE	8.7	14.0
SHORT CUT	PINK.....	6.5	10.5
SHORT CUT	GREEN.....	5.8	9.3
SHORT CUT	BLUE & GREEN.....	3.8	6.1
SHORT CUT	PINK & GREEN	2.8	4.5

Yellow cut reduces distances by approx. 1mile