SHORTS

Dulwich Runners AC
Weekly Newsletter
October 29th 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 29 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 01 Reigate Priory Relays

Tue 04 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

TRACK SESSIONS

back at Crystal Palace Arena
Tuesdays with Steve Smythe

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

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

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

LUCKY VEST
October winner Cameron Timmiss

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk
for all other club kit please see **page 17**

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... AGM notice
7... Fixture list, club champs,XC, road, track etc
7... Race reports & results
9... Dulwich women win national title
11... Cross Country champs results so far
12... Parkrun results
13... 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

EVENT HORIZON
A brief look ahead

full fixture list page 6

Nov	1	Reigate Priory Relays
Nov	8	Mens Surrey League XC, Ham Lands, Nr Richmond
Nov	15	London XC Champs, Parliament Hill fields
Nov	22	South of Thames 5mile XC, Wimbledon Common

NEW RUNNERS ROTA

No new runners last week.
If you are on the list, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – **Ros**

Stephen Street	29/10
Cameron Timmis	05/11
Tony Tuohy	12/11

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

ANNUAL GENERAL MEETING:

Wednesday 29th October 2014, 9pm

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

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

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

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

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

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

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

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

TFT RUNNING TOURS
ALGARVE
Running Challenge

Algarve Challenge, November 5-9

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

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

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

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

Ros in full flight

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

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

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

FOR DISCUSSION AT THE AGM ON 29TH OCTOBER 2014 - Susan Vernon writes:

The current Dulwich Charity 10k race, which has been held in October each year since 1986, is now not viable as the course has become too congestion through Dulwich Village and also in Dulwich Park, with other users making good use of the facilities, especially on a glorious Autumn day. We also have the floodworks taking place this year. The Dulwich Runners 10k committee have looked into alternative courses and venues for this event but have come to the conclusion that there is nothing which quite fits the bill. A suggestion received recently suggests we could possibly use Peckham Rye Park for a future event.

The main DR Committee have come up with an alternative Dulwich charity event as they feel it is important for the club to put something back into the community and this also helps to raise our profile.

For 2015 we will have a Dulwich Charity Challenge and members were asked to put forward names of local charities from which 3 were shortlisted at a recent committee meeting. Members were then asked to vote, via an online survey, for their favoured charity, The winner will be announced at the AGM.

We now want to encourage you, the members, to put on sponsored events to raise money for this charity, the target being £2,015 for next year. This year's event has not happened but it has been suggested that we could put into the empty pot in January, proceeds from the Christmas party or another social event. Would you all agree?

So....get your thinking caps on and come up with ideas for raising money. I am willing to be the co-ordinator for 2015. Anyone who wants to put on an event must contact me in the first instance, we can then advertise the event and put someone in charge. Rob Cope will be assisting me so any question or queries you may have, can be directed to either of us". See you all at the AGM I hope.

Crystal Palace National Sports Centre

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

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

and here is a link to an e-petition to save the stadium, its vital that as many people as possible sign this

http://epetitions.direct.gov.uk/petitions/70880

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**

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

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**

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 - I should know by the end of October.

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.....

Now is your last chance to enter for the London champs at Parliament Hill on 15 November, as the closing date is fast approaching, so if you have not already contacted your captains please do so today if you want to be entered. 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.

REIGATE RELAYS

Women's team have already been entered but men's teams will be entered on the day. So far we have 2 teams of 4 comprising Alastair Locke, Wayne Lashley, Charlie Lound, James Godber, Duncan Hussey, Oscar Hussey, Des Edwards and Mike Mann. If anyone else would like to run, please contact me as soon as possible. mcmann90@yahoo.co.uk
Mike Mann

SURREY LEAGUE & OTHER CROSS COUNTRY FIXTURES

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

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

Dulwich Runners 2014/15 Fixtures

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

Date		Race		Venue
Nov	8	Surrey League 2	mens	Ham Lands, nr Richmond
	15	London Champs		Parliament Hill Fields
	22	South of Thames 5 miles		Wimbledon Common
	30	Pirie 10		Farthing Down, Coulsdon
Dec	6	Surrey League 2	womens	Nonsuch Park, Cheam
	6	Kent Masters		Sparrows Den
	13	South of England Masters		Horspath, Oxford
	13	HW Interclub Cross Country		Wimbledon Common
	20	South of Thames 7.5 miles		Farthing Down, Coulsdon
Jan	3	County Champs		Various venues
	10	Surrey League 3	mens & womens	Wimbledon Common
	24	South of Englands Champs		Stanmer Park, Brighton
Feb	7	Surrey League 4	mens	Lloyd Park, Croydon
	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 .

Great Eastern Run, Peterborough 12/10/14

Paul & Marjorie both had decent runs in this big local (to us) race and our first since the Manchester marathon. Conditions were particularly good for once and the only possible gripe could be that the course has a fair few turns, which slows matters somewhat and encourages other runners to cut corners by mounting pavements thus not running the full measured distance!

Marjorie put together halves of 48:22/48:14 for a much more even paced effort than I think she perceived. Not for the first time, her Garmin was measuring well over distance, which probably contributed to her having the false impression she had overcooked it in the 1st half. In fact, assuming the Garmin was inaccurate in a consistent way (if that makes any kind of sense!) her slowest mile was the first, possibly caused from the inevitable 'runner' traffic' encountered by starting too far back (1:09 to get over the start line). In fact, although the gun time results showed her as being 1:15 behind the next FV50, who had started up at the front, in reality she was only 16 seconds behind on chip timing.

Paul just about managed to hang on after a 44:06 first half, and limit time losses to 31 seconds on that pace over the 2nd half. I think that just about counts as not blowing up but if felt a bit close to it at times. It was good to take a good minute off last year's time, albeit that was achieved in pretty horrible conditions. Easy to forget differing race conditions when it paints a more recent performance in a better light. Without argument it was V50 PB anyway, and will provide a new target to aim for when Bath rolls round in the spring.

- Paul Mottram

260 Paul Mottram 1:28:43
598 Marjorie Epson 1:36:36 (2FV50)
3787 finishers

Blackheath & Bromley 5M Cross Country 19 Oct

Before a holiday break, with limited running opportunities, I decided to go for a second cross country race this weekend, which was a Blackheath & Bromley club champs.
The first mile or so was a bit of obstacle course with stiles, grass churned by horses, fallen trees and logs to negotiate. After a long haul through rather muddy wooded paths, there was a long hill to tackle. Later in the race there were some stretches of road, including the steepest climb of the race about half a mile from the finish.

With rather tired legs, I wasn't at my most spritely, but managed to persevere reasonably well to the end over a slightly longer than 5 miles circuit. ***- Mike Mann***

Mike Mann 39:54

Frankfurt Marathon

26 October

A tale of two halves or how not to pace a marathon

Having spent the summer adjusting my expectations for Frankfurt from just getting to the finish after a putting a stress fracture in a metatarsal in May to deciding to have a go at 2:45 after a recent patch of unexpected good form, when I got to the start line I still wasn't sure what to go out at.

Perhaps I thought I was still running the Cabbage Patch or really wanted to make myself suffer as my first few mile splits all came back as sub-6 min/miles. This wasn't going to turn out well but for the time being I was loving it. Going through half way in 1:21 the legs were beginning to tire but no more than expected and I still felt I had enough in the tank to make it through the second half if not for a 2:45 then at least for a comfortable PB.

Of course, this wasn't how it turned out. It was just after half way that the ghosts of the stress fracture came back; a dull ache, the odd stab of pain, I was convinced it had cracked again or wasn't far off doing so. I lost all confidence in the foot and my pace dropped back, stopping now and again to hop about on the foot to see if that would confirm my diagnosis one way or the other (part of me almost hoped it was broken again if only so I could get a beer from one of the river side bars and put my feet up). After one final, shoe-off check at the road side the foot was clearly fine, aside from a whopping blister, and with 7 miles to go the quickest way to get to the finish was going to be to stop faffing around and run.

Pace was good if not quite on a par with the first half but about 5 miles from the finish there was a rather unpleasant sensation from the end of my foot which required some self-administered road side A&E and left some spectators a little traumatised.
By now I was just holding out for the finish which is quite a nerve jarring experience as you run the last 200m through a dark exhibition hall, flash lights tracking you as you run up a red carpet, streamers falling out of the sky. Not what you need when you're at your weakest and just want to pass out on the ground/a cuddle.

Overall Frankfurt is a well organised event and a quick course, if a little uninspiring in a few places. With Berlin now a ballot entry Frankfurt should definitely be a consideration for anyone considering an autumn marathon. There was good support out on course and it's a good town for some post race refreshment.

I'm a little miffed at myself for having squandered a chance at a good PB or possibly a 2:45 with an ill-considered first half pace but take some solace that the 12 minute positive split wasn't just down to a massive collapse of pace. Here's hoping I can hold onto some of the form till London 2015

Alastair Locke

Race info

Halb 1	01:20:59
Halb 2	01:33:33

totals

place (M/W)	400
place (ag)	83
time total (netto)	02:54:32
Total min/km	04:09

Splits

Split	time	diff
5 km	00:19:07	19:07
10 km	00:38:13	19:06
15 km	00:57:02	18:49
20 km	01:16:34	19:32
Halb	01:20:59	04:25
25 km	01:37:02	16:03
30 km	01:59:28	22:26
35 km	02:23:31	24:03
40 km	02:45:05	21:34
netto	02:54:32	09:27

Cabbage Patch 10 Twickenham

19th October 2014

A belated report on the Cabbage Patch….
Whilst Barrie was starting a different race on Sunday, as official starter of the point-to-point race in Downton Abbey, we found ourselves the week before that on the start line in Twickenham for the Cabbage Patch. This year was the 33rd running of the race and it was sobering to think we had participated in the 20th anniversary race with rather faster times – will we make the 40th?!

We'd not been back long from our tour of sunny California and jetlag had dogged us for the previous days, leaving us very tired. Yet a Club Championships is not to be missed particularly as Barrie sets himself the goal of completing the 'Grand Slam' each year, that is running all the Club Champ events. So we decided to run and just take the race as it came.

Not surprisingly our pace was very slow and a bad sign was that we were both looking out for the mile markers right from the start. Still we managed to complete the ten miles and slowed only slightly from our pedestrian pace in the second half. Thanks to Sue and Chris who, with their large DR banner, couldn't be missed on the course and to Paul for his support in the final mile.
We joined the throngs of runners in the Cabbage Patch to watch the presentations and cheer on the winners including Tony's age category win.

Dulwich's second and surprise podium came late on in the presentation ceremony as I won the ladies' bike, although it didn't come with the obligatory cabbage. I guess it's the only way I'll get to stand on a podium!

I had to ask the organisers to hold onto bike as there was no way it would fit into the Alfa and nor did I have any energy left to cycle back to Putney. It was well worth doing the race after all despite our jetlagged run! Now the difficult decision on what to buy as I can 'bank' the value of the bike to buy any style if I wish. All advice welcome!
Times as per last week's Shorts and really not worth repeating….

Lindsey Annable and Barrie John Nicholls

Luton half marathon

The clocks going back this weekend, brought an extra little lie in, before heading up the M1 to luton for the second running of the love luton half marathon.
Apparently, there used to be a regular full marathon held in luton before the race became a bit unpopular, so they introduced the half version to try and get a regular race back into the area.

To be honest, I was a bit dubious about participating in this race, as I have herd that luton is not the best place in the world to visit, but to my surprise it wasn't that bad at all(maybe because it was early). The route was a mix of local parks and pathways, with a few undulating roads thrown in, and then you head right into the centre of luton it self, finishing slap bang right outside the town hall.

With only around 450 runners talking part, there was plenty of room on the roads, but that also meant that at times, you would be running on your own, but there was always a few cheers of encouragement from the locals that lined the streets around the course.

The race itself went well, and I felt ok heading back into the town centre, with the last two miles consisting of a long straight road, with the first mile going up hill, and then a nice down hill mile right to the Finnish line, or so I thought. We were asked to do an extra little loop around the town hall to make up for an error in the measurement of the course.

It turns out that at mile 3 which was a turn around point, where you double back on yourself, we were turned to early at the wrong place, which left a shortfall in measurement. But even the extra loop near the Finnish line, still left the course short, with my garmin measuring 12.8miles.

The who episode just left many of the runners including me,very frustrated, as I was sure I was on for a P.B. Never mind I will just have to have another go at it in the spring.

For what it's worth
39 jim Dowsett 1:29:41
450 ran

British Masters XC Relay Championship Derby Sat 25th October

Dulwich Women Win National Title

The Dulwich W35 team, with an average age of 47, went one better than last year's silver by winning the title comfortably with the same line-up as in 2013. Ironically, the original intention was to concentrate our efforts on the W45 contest as Clare was well short of a proper recovery from her foot injury – even so, alongside Ola and Andrea, the trio would as it turned out have won the gold medal in the older age group by 20 seconds. However, with Ros unfortunately not entered in the W35 category and so having to run for the W45s we were forced to field our strongest team in the W35s, so Nicola, Ola and Clare had to go for it once again against much younger rivals.

Nicola showed all her improvement from this year, helped by the mass start of the first leg, by racing over 30 seconds faster than she managed last year, taking 12:24 for the two laps of one mile each, setting us up with a great chance by handing over to Ola in third place. Ola set off with the leader 20 seconds ahead of her, and with an excellent controlled run soon caught the runner in second and then the leader within sight of the finish.

A superb sprint finish created a small gap of three seconds for Clare Elms to take into the last leg. Clare set off knowing Sheffield's fastest runner was only ten yards behind, and in fact starting hard trying to keep Dulwich in reach, but it was soon apparent to the watching supporters that Clare was moving away and by the end of the lap she was looking safe and able to relax somewhat (and mind that foot!). The lead stretched to a comfortable victory margin of 36 seconds landing another British Masters title for the Dulwich women, which gets their picture featured in this week's Athletics Weekly. Clare's time of 11:39 proved second fastest of the contest and in fact her course record from last year stayed intact when Lisa Palmer's 11:24 fell short by only a second while bringing Heanor RC through to bronze.

W35 (3x 2 miles):

1 Dulwich Runners	**36:53**
Nicola Richmond	12:24
Ola Balme	12:50
Clare Elms	11:39

2 Sheffield RC 37:31
3 Heanor RC 37:40
Fastest:

1 Palmer (Heanor)	11:24
2 Elms (Dulwich)	11:39
3 Smith (Charnwood)	12:04

Despite the emphasis having shifted to the W35s, the W45 team had a great stab at their race and finished a creditable 5th. Ros, again running 20 years out of age group, had a good run to hand over in 7th place. With rabbits ahead to chase, Andrea set off very quickly and was soon reeling them in. Her early pace took its toll though and she was suffering on the last lap but still made up three places to hand over in 4th. Clare Wyngard gave it her all and did really well to only concede one position and 5th was certainly a worthy finish for this team.

W45 (3x 2 miles):
1 Bristol & West 38:03

5 Dulwich Runners	**42:12**
Ros Tabor	14:09
Andrea Pickup	13:12
Clare Wyngard	14:51

The Dulwich M55s last year landed our best ever national championship result for a men's team with their fine silver but with five needed to make a team, and despite our depth in this age group, it was just not possible due to injuries, etc. to get a full complement this year, so hopes switched to the M45s. Charlie mixed it with the bunch on the first leg and was in very good form to run an excellent 11:01, handing over to me in 3rd place, just 2 seconds down on second but nearly half a minute adrift of the leader's eventual fastest time of the day.

I enjoyed the course (only very short hills!) and felt quite strong although not particularly speedy as I moved through to 2nd with an even-paced 10:57, just 4 seconds better than Charlie's opener.

Third leg runner Chris was uncomfortable with his injured shoulder bothering him and his 12:40 was nearly half a minute down on his run in last year's epic M55 team. But then he is due to have an operation soon - on the shoulder I'm assuming..... Steve Davies took over in 4th and certainly seemed to enjoy his national championship experience as he ran an excellent 11:25 to consolidate our 4th place, which Ebe kept hold of on an isolated final leg, running well to record 11:59.

Overall, quite a creditable performance when you consider we were only 25 seconds adrift of the medals. Injured Steve Smythe was another survivor of last year's silver-winning team but here gave his recently surgically-pinned arm a jarring run round along with Andy Murray in an incomplete M55 'almost-team'. Looking nearly as uncomfortable as Chris (and let's face it, that's not easy) Steve got round nearly a minute slower than last year, while Andy fared better, only a few seconds short of his run last year for the M55 B team.

Despite good numbers of teams entered the standard in the M55s was well down on last year; in fact Barnet, who came 2nd here, would only have finished equal 8th last year and Andy was up with them on the first leg. If last year's team are fit again next time we will be back in with a chance - better still Dave Beaver is now in the age group and his addition could make a formidable team.

M45 (5x 2 miles)

1 Salford Harriers	53:52
2 Herne Hill Harriers	56:35
3 Clayton Le Moors Harriers	57:37
4 Dulwich Runners	**58:02**
Charlie Lound	11:01
Tony Tuohy	10:57
Chris Loizou	12:40
Steve Davies	11:25
Ebe Prill	11:59
M55 DNF; Andy Murray	13:27
Steve Smythe	13:02

Tony Tuohy

Surrey XC Match 2 Div2 - 8th Nov

Ham Lands Course Map
Surrey XC Div2 – Match 2

The Course

A fast & flat 2 lap "lollipop" of 5.4miles. The track down to the river towpath has been known to flood, which makes for an interesting water feature!

The course is suitable for spikes – there's only about 50 metres of unavoidable hard surface.

The course will be marshalled and marked with small white flags and red & white tape.

Race HQ & Start

The race is at the Stragglers' club house:
The Hawker Leisure Centre
Lower Ham Road, Kingston upon Thame Surrey, KT2 5BH, where there are showers,toilets and refreshments available.The start is a 5 minute walk from the Hawker Centre.

Parking

There is parking at the Hawker Centre, but the car park will not accommodate all race vehicles, and is also used by other leisure centre visitors.

So car share where possible. Extra parking can be found in Lower Ham Road in front of the Hawker Centre and also in the business park across the road and to the left (behind the fire station) - about 5 mins walk.

Public transport

Take the 65 bus from Kingston towards Richmond, or vice versa from Richmond.

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 10/01/2014	Surrey Lge 4 Lloyd Park 08/02/2014	National Champs Parl Hill 21/01/15	Beckenham mob match TBC	TOTAL	No. of events
Tony Tuohy	50								
Alastair Locke	49								
Wayne Lashley	48								
Edwin McCormack	47								
Charlie Lound	46								
Ian Lilley	45								
Paul Devine	44								
Ebe Prill	43								
Rob Cope	42								
Mike Mann	41								
Mark Foster	40								
Hugh Balfour	39								
Jim Dowsett	38								
Martin Double	37								
Desmond Edwards	36								

CROSS COUNTRY CHAMPIONSHIPS 2014/15 WOMEN

Total of 4 best runs

MUST INCLUDE 3 SURREY LEAGUES

NAME	Surrey Lge 1 Richmond 11/10/14	S of Thames Wimbledon 22/11/14	Surrey Lge 2 Nonsuch 06/12/14	Surrey Lge 3 Wimbledon 10/01/14	Surrey Lge 4 Farthing Down 07/02/15	National Parl Hill 21/02/15	Beckenham mob match 21/02/15	TOTAL	No. of events
Mel Edwards	50								
Claire Balgin	49								
Clare Elms	48								
Ola Balme	47								
Nicola Richmond	46								
Ange Norris	45								
Elkie Mace	44								
Anna Thomas	43								
Helen Lister	42								
Tereza Francova	41								
Michelle Lennon	40								
Nicola McIvor	39								
Lucy Pickering	38								
Claire Sinka	37								
Charlie Boden	36								
Eleanor Simmons	35								
Linda Byrne	34								
Charlotte Easton	33								
Sue Rowlands	32								
Stephanie Burchill	31								

October 25th

Bedfont Lakes

152 ran

Pos	Gen		
18	17	James Wicks	21:48

Bexley

207 ran

Pos	Gen		
6	6	Michael Fullilove	20:39

Brockwell

196 ran

Pos	Gen		
12	12	Lewis Laylee	18:32
21	21	Neville Webb	19:45
47	46	Cameron Timmis	21:31
64	58	Graham Laylee	22:29
90	78	Desmond Edwards	23:44
168	47	Sarah Lyness	29:16

Chelmsford Central

391 ran

Pos	Gen		
50	3	Kim Hainsworth	21:15

Crystal Palace

143 ran

Pos	Gen		
17	17	Andy Cottrill	21:32
28	27	Bob Bell	22:55
72	10	Claire Steward	26:17

Dulwich

159 ran

Pos	Gen		
31	31	John Fletcher	20:57
55	53	Chris Goodman	22:52
59	57	Pip Eastop	23:06
62	3	Lindsay West	23:30
113	90	Mick Mead	26:54

Fulham Palace

178 ran

Pos	Gen		
67	57	Barrie J Nicholls	22:52
79	15	Lindsey Annable	23:40

Hilly Fields

95 ran

Pos	Gen		
94	34	Carolina Lilley	44:20

Orpington

117 ran

Pos	Gen		
26	23	Colin Frith	24:16

Riddlesdown

131 ran

Pos	Gen		
10	1	Ange Norris	20:50

Southwark

92 ran

Pos	Gen		
24	22	Robert Tobin	20:49
46	37	Paul Keating	23:43

Wanstead Flats

Chris Vernon writes

Surprisingly Wanstead is only 35mins by car from Dulwich on a Saturday morning so it did not take long to get to my 29th different London venue. There are now 44 of them, and growing, so I still have a long way to go.

This is the home run of East London Runners, another 'new breed' club like DR with runners of all ages and abilities including children. I was not the only tourist as a gang came from Gunnersbury (Ealing Eagles) someone from Derry and also Bury St Edmunds.

Not the most picturesque assembly area in a muddy car park alongside a burger van but the loos and changing rooms are good. However very well oiled arrangements were in place (they even laminate your bar code for free while you run) and we were off.

The course is all off road and true to its name. Starting with a brief run round a football field and then onto woodland paths with mud, leaves and many tree roots, this is not one for a midwinter visit! Mercifully it is only two laps but unfortunately I managed to get lapped within 10 yards of the end of lap 1.

With no other runners in sight and just the odd sign to guide me (very old school, they don't bother with marshals here except for a sweeper) it was a lonely run but I finished in good order, 30secs quicker than last week and breaking the 50% age related time for the first time in a while.

109 ran

Pos	Gen			
107	72	Chris Vernon	35:07	1st and only MV70

Weymouth

212 ran

Pos	Gen		
77	58	Barry Graham	26:06

New members especially ! and others....

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

DULWICH RUNNERS AC W6

APPROXIMATE DISTANCES FOR TONIGHTS RUN IN MILES		
FULL RUN	ORANGE	11.5
SHORT CUT	BLUE	9.5
SHORT CUT	PINK	7.5
SHORT CUT	GREEN	5.5
SHORT CUT	YELLOW	4.5
SHORT CUT	PURPLE	3.0