SHORTS

Dulwich Runners AC
Weekly Newsletter
November 19th 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 19 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 22 South of Thames 5mile XC, Wimbledon Common

Tue 25 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

TRACK SESSIONS

at Crystal Palace Arena
Tuesdays with Steve Smythe

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

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

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

The next meeting of the DULWICH RUNNERS' COMMITTEE

will take place on Monday 24th November.

If you have any matters which you would would like the Committee to discuss or consider, please email me on secretary@dulwichrunners.org.uk by Friday 21st November
Many thanks.
Yvette Dore - DR Secretary

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered to scoff after the Wednesday run.
Arrives close to 9 and the cost is £5, or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating...join in !

Rehydration !

After your run come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

In your SHORTS this week !

2... Get your Christmas party tickets - on sale now !
5... All things Cross Country - races, advice etc
7... Fixture list, club champs,XC, road, track
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

EVENT HORIZON

A brief look ahead

full fixture list **page 7**

Nov 22	South of Thames 5mile XC, Wimbledon Common
Nov 30	Pirie 10, Coulsdon
Dec 6	Surey League Womens XC, Nonsuch Park, Cheam

NEW RUNNERS ROTA

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

Mick Ward	**19/11**
Kev Wood	26/11
Clare Wyngard	03/12
Lindsey Annable	10/12

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to help cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - **Ros**

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page of Shorts.
Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse - Thanks

TICKETS ON SALE NOW

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

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**

Clare Osborne (out-going Honorary Secretary), writes:

Just a quick note on the outcome of the AGM that took place on 29th October:

- The minutes for 2013 AGM were agreed and will shortly be put on the club website;
- The Dulwich Helpline was announced as the winner for the Dulwich Charity of the Year - members were encouraged to consider any events that might be organised to raise funds;
- Wednesday night club attendance was discussed at some length;
- The committee was returned, with the following new members: Matt Land as social secretary; Yvette Dore as honorary secretary; Ebe Prill as a 'member without portfolio' and in absentia, Ange Norris as women's captain.
- In addition, Andy Murray was adopted as the club's representative on the Athletics Development Subcommittee. These members will be co-opted at the next committee meeting on Monday 24th November;
- Thanks and appreciation was given to those members resigning this year: Mel Edwards, Clare Osborne, Alastair Locke and Paul Devine.

SUNDAY MARATHON TRAINING 2015

We are currently putting together a training plan for Sunday runs for those who are running a spring marathon. The schedule will start with the Tadworth 10 mile race on 4th January and culminate with the LONDON MARATHON on April 26th.

This schedule will be suitable for those hoping to run within 3.30 to 4.30 ish times.
Sunday runs will be either from Dulwich Park/ Norman Park, Bromley, or High Elms , near Orpington.
It would be good to know in advance who is interested in taking part and to this end I have started to get a list together.

Please e mail me at

steve.wehrle@immediate.co.uk

if you intend taking part in these sessions.

(These sessions are also useful for those building up to a half marathon race).

Any questions speak to me, Claire Steward or Paul Hilton

The full schedule will be published in 'Shorts' in a few week's time.

Cheers - Steve Wehrle

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.

CROSS COUNTRY ENTRIES

Entries are now open for the following cross country races, with the following closing dates (cds)

- South of Thames 7.5m, Farthing Down, Coulsdon 20 December cd 11 Dec
- Surrey County Champs, Lloyd Park 3 January cd tbc
- Kent County Champs, Hythe, 3 January cd tbc
- South of England Champs, Stanmer Park, Brighton cd 8 Dec (note very early deadline)

Details of the county champs are not yet available but on previous form it is likely to be early December for the Kent champs and mid December for the Surrey champs.
Make sure you notify your captains in good time.

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

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**

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

Ola Balme

Sports & Therapeutic Massage

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

- Deep Tissue Massage
- Massage to alleviate muscle fatigue
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- Maintaining your fitness and well-being

Ola is an experienced Sports Massage Therapist and club runner.
If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

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	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 .

London Champs XC Parliament Hill 15 November 2014

Dulwich women continued their successful 2014 with more championship medals.

Last year a team of Shona (17th), Charlie (20), Ola (28) and Mel (29) finished fourth and initially post race it looked like we were fourth again but a few days later it was revealed that initial third placed team Victoria park Harriers had fielded an ineligible runner and we were promoted to third and medals will presumably be forwarded.
As in the Surrey Ladies League, there was a marshalling error with runners directed down the hill towards the finishing funnel a lap too early. This resulted in runners having to negociate tape, officials and spectators who were in the way and a extra major hill.

Many runners struggled with the extra part of the course and a worry that they had no confidence where they would be directed next!
Clare Elms made a late decision to run because of problems with her recurring foot injury but decided she should test it out before the international this week. Though not 100% and trying to ease around, she made the top 10 and got us off to a good start in the team event and she finished as second over 40 runner.

The ever dependable Ola had been supporting her daughter Katie earlier in the day and after a typical gentle start, she came through at the end of lap one before slowing mid race and then picking up again on the second half of the lap to finish higher than last year.

Elkie Mace showed she is gradually improving her fitness after child birth and she was clearly third scorer.
It was competitive to be the final scorer and Anna Thomas had her best run for the club yet and 65th last year, this year she was up to 47th and moved through strongly throughout the race.

Close behind, Cara Oliver found the tough course difficult but finished strongly to edge past Helen Lister, who enjoyed another encouraging run, and give us six in the first 54.
Lucy Pickering was our other runner and she ran solidly throughout and just missed a place in the first 100. A good turn out - much better than the men - but hopefully we can have a lot more turning out for the National later in the winter.

Steve Smythe

10 Clare Elms	25:43
26 Ola Balme	27:28
43 Elkie Mace	28:42
47 Anna Thomas	29:00
51 Cara Oliver	29:10
54 Helen Lister	29:13
103 Lucy Pickering	32:15

186 finishers - TEAM: 3rd

London Youth Games Parliament Hills

In the London Youth Games, Katie was running for Southwark. She improved on her time and position from last year.

U15's

26 Katie Balme 8.39 196 finishers

Illness, injury and a traffic jam reduced the Dulwich Runners Men's team to four for the London Cross Country Championships at Parliament Hill. For once the conditions were near perfect, mild, still, not terribly boggy, with the hilly 10km course consisting of two short and two long laps. The shorter laps were rough, boggy in places and cut up from a succession of junior and women's races, while the longer laps were mostly in pristine condition and offered the chance of slightly quicker progress.

First home for Dulwich was Ian Lilley, who after a typically poor start, gradually picked up the pace and worked his way through the field, with a particularly fast final mile, the sweeping downhill finish encouraging a sprint finish. Next was Ebe Prill who went with the opposite strategy, starting briskly and initially maintaining a fast, even pace, but fading a little towards the end. Ebe was an impressive 5th V50 in this high quality field. Jim Dowsett is one of the most improved runners in the club this year and was next home, continuing his good form with a solid run and a strong finish. Andy Murray completed the contingent, finishing strongly as 4th V60. He felt that perhaps he showed the tough course too much respect, finishing with plenty in his legs and wanting one more lap.

Many thanks for the terrific support from Dulwich Runners all around the course, it always makes a big difference but never more so than on the brutal muddy trails of Parliament Hill.

Ian Lilley

116 Ian Lilley	40:20	
200 Ebe Prill	43:09	5th V50
244 Jim Dowsett	45:15	
300 Andy Murray	49:10	4th V60

London Youth Games Cross Country 5k - Parliament Hill - 15 Nov

Another cross country race which was disappointing because like last week I wasn't close to people of my speed on the track and road, and I struggled to pick up the pace for the second lap like I would on a road 5k or track race.

I aim to come back stronger for next year's race, when I will be in the top part of my age group and I am experienced with cross country.

At least now I have a break from cross country so I can do more road races before the new year.

U17 boys

74 Lewis Laylee 20:47
125 ran

London Youth Games
U15 Boys
Parliament Hill

Not sure what is the biggest challenge - the course or trying to make the 7am team bus from Norman Park. Having gone home, caught up on a bit more sleep, had a leisurely breakfast, I still made it there an hour before the first race. After the previous morning's rain, the course was a little bit greasy but at 1k shorter than the usual 4k, the race was likely to be 1k of hills then a 2k time trial.

The race was eagerly looked forward to as this was the first competition of the 2015 London Youth Games tournament - the largest youth competition in Europe where each borough competes over 50 different sports. Oscar's aim was a much better performance than last year when he finished a disappointing 110th, hopefully top 50 if not top 30. A steady start placed him in 50th after the second big hill after which he worked his way through the field into the low 20s. He couldn't quite make further progress finishing in a credible 26th. He was fifth scorer for his Bromley with three to score, his team came third, with Noah Armitage-Hookes carrying on his good form the previous week in the Knole Park winning with considerable ease.

The drama, though, unfolded after we left with the U17 Boys race when a B&B regular and Bromley team member was disqualified after winning the race. Due to an administrative oversight by the team manager, he was picked out by a rival team as being three months over age and disqualified. Not only was he disqualified but the U17 Boys team were disqualified even though they had three other individuals who scored third best team. Across the three boys teams, Bromley would have gained second overall and 46 out of a maximum of 50 points to count towards the whole LYG competition. Not only were these taken away but a 50 point penalty levied for the ineligible runner.

At the first hurdle the whole competition across 50 different sports has been nullified for the Bromley team. Ouch indeed!

Duncan Hussey

26 Oscar Hussey 11:40
165 ran

St. Neots Half Marathon
Sunday 16th November

Two Dulwich Runners made the misty journey north of the river into the wilds of Cambridgeshire for the St. Neots half marathon.
Billed as a PB course (some friends had mentioned something about it being quick at least) it sells out quick and having missed out last year I made sure I booked up quick this time round.
A field of over 900 runners gathered at the start ahead of a course which winds through mostly quiet country lanes around St. Neots. The lingering morning mist lent an air of mystery to the course...well, not really but it did ease the pain of seeing how far the roads and hills stretched on ahead...and it was near perfect conditions as we set out.

The first few miles are fairly flat and let you settle into a "steady" pace before a short sharp climb around mile 4 marks the start of a few ups and downs, with one long slog around the 8 mile mark. Mercifully from mile 9 the course flattens out again before easing ever so slightly into a downhill gradient to the finish which is probably what gives it it's PB reputation. If you've managed to get to this point with something left in the legs you can really make up some time. It was a case of mixed fortunes for the DR contingent.

I was looking to make amends for a poorly paced marathon a few weeks earlier and set off with the aim of taking the hills steady and making sure I made it to mile 9 feeling as fresh as possible, if that's possible at all. All went to plan(ish) but the long climb at mile 8 really took it out of me and I was afraid the pace from then on would drift away. Thankfully the legs took to the flat and downhill glide very well and my last 3 mile splits matched or bettered my first 3.

Kevin by his own admission was gutted with his time but was understandably still feeling the hills in his legs from his huge effort at the Beachy Head marathon a few weeks earlier. No matter how much the mind was willing with heavy legs and sore knees this was a tough course and although well off what he is capable of he finished in a more than respectable time given the recent hilly miles he has put himself through.

A bit of a trek from London but it was a well organised and supported event and a great tactical course to run.

Alastair Locke

Alastair Locke	1:18:11 PB
Kevin Chadwick	1:36:51

November 15th

Alice Holt Forest, Hants

206 ran

Pos	Gen		
14	13	James Wicks	22:15

Banstead Woods

170 ran

Pos	Gen		
1	1	Tony Tuohy	17:43

Brandon Country Park

As I was staying at Thetford Centreparcs this weekend I decided to run the Brandon Country Park parkrun as not only is it a mere mile from the main entrance but some internet research revealed that based on past winning times I might actually have a chance of winning.

I made the start for 8.30 with not only full kit but even the right change for the pay and display machine which considering I'd started from Peckham that morning is bordering on the miraculous. I spent the next half hour feeling nervous, doing some warm up jogging and trying to gauge if any of the other runners were Richard Ward (who has won it in the past) or similar. I concluded Richard Ward or similar wasn't there and after seemingly the longest race briefing / plea for volunteers of all time the race started.

The course is a 2 lap loop mostly on trails through forest with each lap starting at the top of a bit of a hill and reaching the bottom about halfway round before returning back up to a lovely pond / lake in front of Brandon Country House.

I had and still have no idea how you're supposed to run a race you think you might be able to win but the mixture of a brutally early morning start and excitement saw me decide after about the first 10 metres that the best way would be from the front. I elbowed my way past several people who clearly weren't taking it as seriously as me to find myself in the lead and charging down a forested trail at a pace I had absolutely no hope of sustaining to the end.

This probably wasn't the best plan as I spent the rest of the race dropping pace, looking worriedly over my shoulder and doubting whether I was going the right way. The gap to the person behind was closing significantly but with about 100m to go and with the finish line in sight I had a last look over my shoulder and to my delight realised the bloke behind had essentially given up the chase and I wasn't going to have to do any sprinting.

All in all a very pleasant parkrun especially if you find yourself at Thetford Centreparcs and enjoy running on trails..

47 ran

Pos	Gen		
1	1	Sam Crump	19:33

Brockwell

207 ran

Pos	Gen		
43	39	Graham Laylee	22:00
44	5	Selma Benattia	22:03
63	10	Lucy Clapp	23:01
116	27	Sharon Erdman	25:32
166	56	Sarah Lyness	28:50

Bromley

489 ran

Pos	Gen		
74	69	Colin Frith	22:52

Burgess

127 ran

Pos	Gen		
16	15	Hugh Balfour	19:51
39	5	Ros Tabor	21:34
85	64	Barry Evans	27:08

Crystal Palace

No Crystal Palace this Saturday 22nd due to schools XC

161 ran

Pos	Gen		
17	17	Andy Cottrill	21:24
44	44	Bob Bell	23:05
45	45	Paul Hodge	23:13
78	13	Penelope Bell	25:32

Daventry

98 ran

Pos	Gen		
13	2	Ange Norris	21:28

Dulwich

209 ran

Pos	Gen		
51	48	Ajay Khandelwal	21:31

Hilly Fields

127 ran

Pos	Gen		
20	19	Gary Sullivan	22:15
109	68	Ian Lilley	31:56
127	49	Carolina Lilley	41:16

Lincoln

316 ran

Pos	Gen		
203	148	Martin Morley	30:19
202	55	Susan Vernon	30:19
255	163	Chris Vernon	33:15

Llyn Llech Owain, Wales

69 ran

Pos	Gen		
3	3	Paul Devine	18:28

Peckham Rye

102 ran

Pos	Gen		
5	5	Kevin Chadwick	19:56
7	7	Michael Fullilove	20:32
31	3	Clare Wyngard	23:13
37	33	Michael Dodds	23:39

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.

continued...

Richmond

50 at 60 – Mission accomplished!

Lindsey Annable writes: Barrie had set himself the goal of completing his 50th parkrun in his 60th year and he finally achieved that last week. After completing his first parkrun in 2010 for the club champs at Bromley he's slowly clocked up the runs. Richmond was his second parkrun and the beautiful surroundings of the park became a firm favourite. He has got faster and faster whilst getting older (and older) so it can't be all that bad!

I did my first run at Wimbledon back in 2007 when it was still a time trial. You had to give in your name at the end to a volunteer with a computer who found it in their records! Injury stopped me doing my second parkrun for another 18 months, when I returned to the Wimbledon 'time trial'. My third parkrun came over a year later at the club champs after yet another injury break.
It wasn't until 2011 we managed to do a few parkruns, albeit tentatively in my case to avoid any setbacks. We've gradually caught the bug and have done more and more each year. I'm sure we'll be pushing for the 100 as soon as we can.

Barrie celebrated his 50th run with a time close to his course PB but I could only match my 2011 course best, suffering from the aftermath of a virus. It was a nice surprise to see Charlotte running the Richmond course despite missed training and not being at her best.

In spite of the number of t-shirts we get from races, this feels like a really special one and we're looking forward to wearing it with pride! Not sure if they'll do a special '50 at 60' one for Barrie, although his achievement drew much respect from fellow runners, after they announced it at the start. They omitted to mention it only applied to Barrie though, so I had to hastily protest innocence!
We will be having a drink to celebrate '50 at 60' soon so please do join us. Watch this space!

322 ran

Pos	Gen		
85	77	Barrie John Nicholls	23:43
116	15	Lindsey Annable	24:50
174	41	Charlotte Easton	27:14

Valentines, Ilford

233 ran

Pos	Gen		
14	1	Kim Hainsworth	21:23

DULWICH RUNNERS AC W9

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.8	14.2
SHORT CUT	PINK & BLUE	7.7	12.4
SHORT CUT	BLUE & GREEN	7.5	12.1
SHORT CUT	PINK,BLUE & GREEN	6.5	10.5
SHORT CUT	YELLOW	3.5	5.6

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

DULWICH RUNNERS TURKEY TROT HANDICAP RACE

5K (approx) HANDICAP RACE (3 laps of Dulwich Park)

SUNDAY 14th DECEMBER 10.00 (meet by Queen Mary's Gate)

prizes for:
1st runner across the finish line
1st walker across the finish line
Runner closest to predicted time
best fancy dress - THEME **CHRISTMAS BELLS**

entry fee £2.50 or £2 if in fancy dress

NAME: _____

most recent 5k or parkrun time _____

predicted time for 5k on 14th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than predicted time.

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