SHORTS

Dulwich Runners AC
Weekly Newsletter
January 7th 2015

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

- THE COMING WEEK –

Wed 7 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 10 Surrey League XC - Wimbledon

Tue 13 **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.

Dulwich Runners Annual Membership Due

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

LUCKY VEST
Tonight

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 club kit please see **page 2**

In your SHORTS this week !

1... General information
3... All things Cross Country - races, advice etc
4... **Surrey League XC details - make sure to read**
6... 2015 Dulwich Runners Club Champs races diary
6... Fixture list, club champs, XC, road, track
7... Race reports & results, Surrey & Kent XC league etc
10... Parkrun results
11... Map for this Wednesday runs

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**

Jan 10 Surrey League XC - m & w, Wimbledon

NEW RUNNERS ROTA

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

Charlie Boden	**07/01**
Joseph Brady	14/01
James Burrows	21/01
Karina Burrowes	28/01

WEDNESDAY NIGHT £1 RUNNING FEE

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

Wednesday Night Run - Map

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

Wednesday Apres-Run Carbo Loading !

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

Rehydration !

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

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

Free of charge(just your time) next Monday (12th) the new sponsors of the Assembly League are laying on a seminar about injury prevention/treatment and the benefits of Yoga in that task. T

he new sponsors are HFS Clinics who have surgery's around the City they also have a number of exceptional physio's.
For example, as a runner of nearly 40 years I had been suffering with a lot of injuries and having spent 1000's on so called experts I discovered Nick Critchley. Within a few sessions Nick diagnosed my issue, I had the op' and I now have a leg without pain. So I cannot speak highly enough of Nick. Sadly, he could not cure me of my rapidly decreasing pace!. Nick will be talking at the seminar and he is a runner, so understands us!.

Also Francesca Clark of 'FrancescaLilyYoga' will be talking about the benefits of yoga. Francesca is a member of the Ravens group and has participated at the World Schools at 1500 and was a successful junior athlete for Havering and Chelmsford. I have attended a Yoga class organised by Francesca and she is excellent – a very good way of teaching.

We will be using the presentation area of the shop and I am sure there will be discounted gear for you to buy. I am sure they will want to sell something to you so be prepared . The main interest is repaying our sponsors. The event starts at 6 30 pm but please try and get there as soon as you can. Depending on the success of this seminar Nick and Francesca will add two more Feb and March leading up to the start of the Assembly League and the London Marathon.

Venue – London Marathon Store , 1-3 Norton Folgate , Bishopsgate , London E1 6DB

Please could you pass the word around your members.

Phil Hernon
On behalf of Ravens City of London Running Club

The cross country season has started, so here is some information, particularly for the benefit of newly joined members.

We compete in the Surrey League cross country with the men in Division 2 whilst the women compete in Division 1.

There are 4 fixtures during the season that started on 11 October at Richmond Park for the women and Newlands Corner near Guildford for the men (details of other fixtures can be found in Shorts).

With the Men's Surrey League there's no need to enter in advance; you simply turn up on the day though your captain will find it helpful if you could let him know in advance.

With the Women's Surrey League, we need to enter runners in advance and you will receive an email regarding this. With the first 5 runners scoring for the women and the first 10 for the men , it is important to field as many as possible of our strongest runners.

But these and other cross country races are not elite and are suitable for all abilities.
They also provide excellent strength and endurance training from which you will reap the benefits, particularly in longer road races.

In addition to the Surrey League there are a number of other races during the season, almost all of which take place on Saturdays. These include the London champs in November, two South of Thames races in the autumn, the county champs (Kent and Surrey) in early January, the South of England champs in late January and the National champs in February, being held at Parliament Hill Fields this season.

There are also a number of Masters events. For all these races, other than the Surrey League it's necessary to submit entries in advance, in some cases over a month before the events. Your captains will post details in Shorts and contact regular cross country competitors nearer the time, but it is important to read this information carefully and respond before the deadline given if you want to participate.

The club pays for race entries. We cannot cater for runners who simply decide on the day that they fancy a run, but they are of course welcome to support our runners.

Regarding footwear, you can often get away with road or trail shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country spikes, or alternatively fell shoes become essential.

Please contact your captains if you would like to take part and for any other information regarding the forthcoming cross country season. **Mike Mann**

Your Cross Country contacts: Men - Mike Mann mcmann90@yahoo.co.uk
Women - Anna Thomas & Mel Edwards dulwich.womenscaptain@yahoo.co.uk

CROSS COUNTRY ENTRIES

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

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

CROSS COUNTRY MOB MATCH WITH BECKENHAM RUNNING CLUB

Beckenham Running Club have kindly agreed to host a further cross country mob match at Beckenham Place Park on 14 February. The course is likely to be similar to the one used last winter. There is a clue in the name and we need to field a large "mob" to do well. This is an event for everyone, not just our faster runners, as virtually all runners score. So please note the date in your calendars.

Surrey League & Other Cross Country Fixtures

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

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

UPDATE..... There is a very early closing date for the National champs at Parliament Hill Fields on 21 February, so names please by 3 January. **Mike Mann**

MEN'S SURREY LEAGUE MARSHALLING WIMBLEDON COMMON

Thanks to all of you who have volunteered to marshal at Wimbledon Common on 10 January.

Those who have volunteered include Katie Crowe, Katie Styles, Louisa Pritchard, Ros Tabor, Stephanie Burchill, Claire Steward, Helen Lister, Anna Thomas, Rob Cope, Sue Rowlands, Claire Sinka, Ange Norris, Lindsey Annable, Lucy Pickering, John O'Byrne, Patrick McMorrow, Bob Bell, Dave and Bridget West, Linda Byrne and Lucy Clapp, Andy Murray with Jim Dowsett and Ian Sesnan potentially available.

We could do with a few more volunteers as some of the men listed would quite like to run.
Volunteers have already been contacted with provisional marshalling posts allocated.

In addition to marshalling, we will be responsible for the finish and could do with people who have experience. So if you have manned the finish on our 5k or 10k events, your help would be appreciated.

The women will be there after their race earlier but everyone including the men should meet at the start area at 1.15. Note that the start is at Putney Vale near the Thames Hare & Hounds clubhouse and that the men's race starts at 2.30pm (earlier than usual).

Check for any engineering work if you are travelling by train. The ground will be very muddy in places so wear suitable footwear. - ***Mike Mann***

SURREY LEAGUE MATCH, 10 JANUARY IMPORTANT REMINDER

If you are thinking about travelling to Wimbledon station for this Saturday's cross country, DON'T! The station is closed for engineering and in any event is more than 2 miles from the start. Please read the directions in the instructions above which involve a train to Putney and then 85 bus to Roehampton Vale. The start is at the Thames Hare & Hounds clubhouse, just past ASDA on the A3

SURREY LEAGUE CROSS COUNTRY, 10 JANUARY, WIMBLEDON COMMON

Our third fixture takes place on Wimbledon Common on 10 January. Note the earlier than usual start time of 2.30pm and the venue which is Putney Vale near the Thames Hare and Hounds clubhouse and the Asda supermarket where parking is available, though check for restrictions(see details attached). It is important that we maintain the improvement achieved at the second fixture; this will require as many of our regular scorers as possible taking part.

The women's match will be at the same venue earlier in the day. We are hosting the men's match which will require a number of volunteers at various marshalling points and the finish. We have had a good response from the women who have offered to stay on after their race, but those men who are not taking part or unlikely to score are encouraged to help on this occasion. ***Mike Mann***

2XU MEN'S SURREY CROSS COUNTRY LEAGUE 2014/15, DIVISION 2 - MATCH 3 PRE-RACE INFORMATION

Hosted by Dulwich Runners

Date: Saturday 10th January 2015
Venue: Wimbledon Common

Race time and distance
The race starts at 2.30 (note earlier time than usual) and the distance is approximately 7km.

Travelling to the venue
The race start & finish area is on the Richardson Evans Memorial Playing Fields, or University Playing Fields as indicated on the attached maps (Roehampton Vale, London, SW15 3PQ). The entrance is alongside the A3, just north of the Robin Hood junction.

Please share cars or preferably use public transport. There will be NO on-site parking available due to other events taking place on the playing fields on the same day. If you do travel by car, the nearest car parking facility is a short walk away from race HQ, at the ASDA Roehampton Superstore (SW15 3DT) – please check for any parking restrictions.

The No. 85 bus runs between Kingston & Putney, both of which are served by National Rail.

Facilities
There will be port-a-loos on-site, though no changing facilities will be available. Runners should arrive ready to compete. The nearest food & refreshments are available at ASDA.

Health & Safety
Please note the course is different to those used by Thames Hare & Hounds and run in an anti-clockwise direction. A risk assessment has been carried out and will be updated to the time of the races. Wimbledon Common provides a wide range of undulating terrain & challenging conditions underfoot. Depending on the weather, there can be some very deep mud. Spikes or cross country fell shoes are advised, and please be aware there are stony paths in some places.
Runners should exercise care, looking out for tree routes and other trip hazards, muddy areas and any other obstacles. There is one small concrete bridge with no side rails over a small steam. The courses will be fully marshalled by club members in yellow hi-visibility bibs. Members of the public, many of whom walk their dogs or have young children, use the Common extensively. The Common is a public area- all users have a right to be there and should be respected.
First Assist Ltd, will be providing first aid cover throughout the time of the races, based at the start/finish area. The nearest A&E hospital is St George's Hospital (Tooting), Blackshaw Road, London, SW17 0QT (0208 672 1255)

Race finish
To assist timekeepers and their assistants, runners finishing their race MUST stay in order and keep moving along the funnel, only exiting at the end and not through the sides.

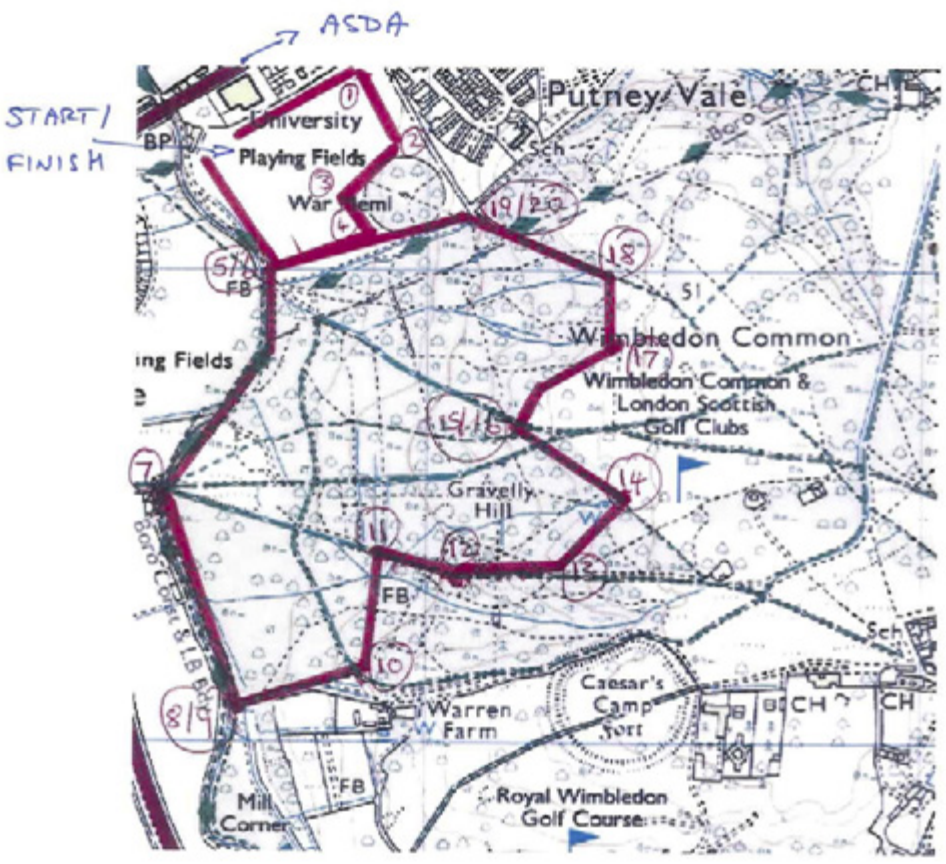
Declarations and Results
Team managers should hand in declaration sheets at race HQ in good time before the start of each race. Results will be compiled and released as soon as possible after the completion of each event.

Other Information
The Women's Surrey Cross Country League fixture will be taking place at the same location at 12.00pm, hosted by Wimbledon Windmilers.

2015 Cross Country Route

Marked is the route for the 2015 Cross Country

- Start/finish area is at the University Playing Fields
- One circuit of the fields and then two laps on the Common tracks & paths, to finish back at the University Playing Fields.
- No Parking on Site – use Asda short way up the A3 towards Central London and walk to start.
- Portable toilets, bag drop facility at the Start/Finish area.



'MARATHON TRAINING SUNDAY SESSIONS'

SUNDAY RUNS, RACES AND REPS

(Provisional – dates and events subject to change)
Includes: middle and long distance multi-terrain / road races
Sunday runs at High Elms & Dulwich Park
Track sessions at Norman Park track, Bromley
Preparation for London Marathon 2015

Weeks to go!	Date	Event / Distance	Information
	10 Jan	Surrey League XC	Wimbledon Common (Men and women)
15	11 Jan	Ladywell Track	09:30 'Yassoo' session – 8 x 800m
14	18 Jan	Dulwich Park	09:00 14 miles to Beckenham
13	25 Jan	High Elms	09:00 Off-road 2 hours
12	1 Feb	High Elms	09:00 Off-road 2 hours+
	Sat 7	Surrey League XC	Men at Lloyd Park / Women at Farthing Down
11	8 Feb	Norman Park track	09:30 Track session
10	15 Feb	Dulwich Park	09:00 18 miles
9	22 Feb	**Tunbridge Wells Half Marathon**	Tunbridge Wells 13.1 miles Race
8	1 Mar	Norman Park	09:00 Road route to Tatsfield and return – 18m
7	8 Mar	Norman Park track	09:00 Track session
6	15 Mar	Dulwich Park	09:00 Road run to Town/City – 20m
5	22 Mar	High Elms	09:00 Off-road 2 hours +
4	29 Mar	**Paddock Wood Half Marathon**	Paddock Wood, Kent- 13.1 mile race
3	5 Apr	Westerham run	09:00 Grasshopper pub, Westerham – off road 3 hrs +
2	12 Apr	High Elms	09:00 Off road 2 hours +
1	19 Apr	High Elms	09:00 Easy 10m off road
GO!	26 Apr	LONDON MARATHON!	09:00
Zero	**13 Apr**	**LONDON MARATHON**	**CHAMPSCLUB**

for more information contact Steve Wehrle, Claire Steward, Paul Hilton
ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell Park, Crystal Palace, Peckham Rye, Burgess Park, Southwark, Hilly Fields) – check out http://www.parkrun.org.uk/ for venues and registration

Alternative / additional race options:

17 Jan (Sat)	Box Hill Fell Race – approx 7.5 miles off-road	http://www.fabian4.co.uk/
18 Jan	Benfleet 15 – 15 miles multi-terrain	http://benfleetrunningclub.co.uk/benfleet-15
15 Feb	Bramley 10 / 20 miles, Basingstoke	http://Readingroadrunners.org
8 March	Finchley 20 miles (Ruislip)	http://www.hillingdonac.co.uk/f20/
15 March	Meon Valley Plod (multi-terrain 21 miles)	http://www.pjc.org.uk/
21 March (Sat)	Date tbc – Orion 15, Epping Forest	http://www.orionharriers.org.uk
22 March	Hastings Half Marathon	http://www.hastings-half.co.uk/
29 March	Cranleigh 15/21 (15 or 21 miles)	http://www.mabac.org.uk/
29 March	Tempest 10 / Spitfire 20 (10 or 20 miles)	http://www.eventstolive.co.uk/
29 March	Croydon Half Marathon	http://www.croydonhalf.co.uk
19 April	Thames Towpath 10 (10 miles, Chiwswick)	http://www.west4harriers.com/

SUNDAY 1TH JANUARY

Next Sundays marathon session will now be at **Ladywell Track, Silvermere Road, Catford, SE6 4QX- 0930,** as norman park closed.
Entry is £2.55 for a 'yassoo session' on the track!
Come along and run 8 x 800 metre reps and I will predict your potential marathon time.

CORRECTION

We will only be using the track 3 times before the Marathon)
Sessions are predominantly for those hoping to run a marathon between 3.30 and 4.30 hours.
The following Sunday it's 14 miles from Dulwich Park at 0900.
Let me know if you are coming along. - Cheers - STEVE WEHRLE

Sunday Long Run Group / Spring 2015 Marathon Training

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

Another Sunday running group meets each week at 8am prompt at Brockwell Park main gates. Runs are from one hour, with marathon runners extending this towards two hours. We try to visit local points of interest (windmills, cemeteries, riverside etc). Pace is around 8 minute miling.
Andy andrew@28kerfield.freeserve.co.uk
Ros ros@28kerfield.freeserve.co.uk

UPDATE

We have now entered one team for the Green Belt Relay, and subject to further interest, may enter another. However at present we are well short of sufficient numbers to enter a team for the Welsh Castles Relay

5 do's and don'ts for how to run right.

Simple but not obvious pointers...
http://www.brainpickings.org/2012/08/30/how-to-run-right/
Patrick O'Connor

Dulwich Runners 2015 Club Championships

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

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

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

Dulwich Runners 2015 Fixtures

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

Date		Race		Venue
Jan	10	Surrey League 3	mens & womens	Wimbledon Common
	24	South of Englands Champs		Stanmer Park, Brighton
	31	Dulwich Parkrun	short	Dulwich Park
Feb	7	Surrey League 4	mens	Lloyd Park, Croydon
	7	Surrey League 4	womens	Farthing Downs, Coulsden
	14	Beckenham Mob Match	mens & women	Beckenham
	21	National Champs		Parliament Hill Fields
Mar	8	Sidcup 10	long	Sidcup
	29	Paddock Wood half marathon	long	Paddock wood
Apr	26	London Marathon (or alt. marathon)	long	London
Jun	tbc 15	Battersea Park 2 miles	short	Battersea
Jun	tbc 21	Ranelagh Richmond 10k	medium	Richmond
Jul	3 or 10	Mark Hayes Mile	short	Dulwich College Track
Aug	tbc 30	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	tbc 27	Middlesex 10k	medium	Victoria Park
Nov	1	Cabbage Patch 10	long	Twickenham

Green = Cross country Blue = Club Champs

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 .

Surrey County Cross Country Champs - 3 January

These champs now alternate between Denbies Vineyard and Lloyd Park. This year was Lloyd Park's turn and true to form it was raining and a mudbath. The start area near the playing fields was deceptive in that the course, though soft and slippery, was covered by a curious green substance.

However after a few hundred metres,it degenerated into a sea of mud that was pretty well unbroken for the best part of 2 miles, with the races earlier in the day and continuous rain cutting up even some of the usually sounder stretches. With a few shoe sucking exceptions the mud was not deep and possible to run through (and it would have probably been unnoticed by those 8/9 stone runners going close to 5 minute mile pace), but for more normal runners it eventually became quite energy sapping.

The star performers were the youngsters, with Lewis Laylee running strongly in his best cross country race to date and Katie Balme finishing in a brilliant 11th place in a gold medal winning HHH team. Later her mum was seen effortlessly gliding through the mud in an excellent run, leading the Dulwich women home.

In the men's race Alastair led the men's team home, seeming to revel in the conditions. It would be churlish of me not to report that both Wayne Lashley and James Godber missed the start by what appeared to be a good 8 minutes, and spent the race of the race playing catch-up, with Wayne finishing just behind Duncan Wilson. I managed to run at a reasonably constant pace though started to run out of energy in the final stages. Ian Sesnan and Bob Bell, following an earlier parkrun, finished close together. - ***Mike Mann***

SENIOR MEN 12K

93 Alastair Locke	50:46
185 Mike Mann	57:39
191 Duncan Wilson	58:40
192 Wayne Lashley	58:54 (missed start)
221 James Godber	64:26 (missed start)
225 Ian Sesnan	65:58
226 Bob Bell	66:18

236 ran

Surrey Cross Country Championships , Lloyd Park 3rd Jan 2015

Under 17 men

The 6 km race was on a hilly course in Lloyd Park and the rain made it slippery in places but nothing too bad. It was by far my best cross country race to date and I paced it sensibly so that on the second lap I was able to push on a bit and not get overtaken at all.
Overall I was surprised with how it went because I haven't been running well at all in cross country this season, and it gives me a bit more confidence for the Surrey league and London Schools at Parliament Hill later this month.
Also, I was fairly pleased with my position of 24th considering I was one of the younger group within the age category, so next year hopefully I can push higher up the order.

- ***Lewis Laylee***

24. Lewis Laylee	22.49

44 ran

Under 15 Girls 4.0k

11 Katie Balme	17.15

48 finishers

Katie was part of the U15 team that won gold

Under 15 Girls Team Result

1. Herne Hill Harriers

Tadworth 10 miles Multi-terrain - Sunday 4th January

It now seems traditional for a fair few Dulwich Runners to turn out at Epsom Racecourse for this excellent event featuring nearly 800 entries on the first Sunday of the new year, and 2015 was no exception. On a very cold morning with dense fog, plenty of slippery mud was encountered on the off-road sections (the race is roughly half on the road and half off) and the late start time of 11.30am was very welcome.

This is a tough course and I found the climb of over a mile up Ebbisham Lane on each of the two laps very wearing indeed and ran a minute slower than my last attempt two years ago. Having been dropped the second time up by a bloke who looked 'of a certain age' I had to try a lot harder than I wanted in the last mile trying to retrieve the M50 prize but only got back to within five seconds of him. But I had done him a disservice – he was only 47. Lucky I didn't congratulate him straight away on winning 1st M50.....

Rob Hollands must be training well and produced a very good run, while Ed Smyth got round solidly but not near his best distance-race form. Claire somehow contrived to run a few seconds faster than she did in the (all road) Epsom 10 a few weeks ago; as I was three and a half minutes slower I have no idea how she did that.

And unlike that day (she lost by 5 seconds) she made no mistake in winning 1st W60. Laura was taking things steady to round off a tough weekend – she ran the mudfest Kent County XC the day before. Paul's run was good, a minute and a half up on last year but we were all overshadowed by Steve Wehrle's excellent 1:33:21, which was no less than four minutes better than he managed last year. - ***Tony Tuohy***

13	Tony Tuohy	1:02:28	1st M50
27	Rob Hollands	1:06:08	
164	Ed Smyth	1:17:07	
284	Claire Steward	1:25:00	1st W60
355	Laura Vincent	1:29:23	
410	Steve Wehrle	1:33:21	
445	Paul Hilton	1:35:15	

614 ran

Gaston Roelants Brussels 10k, 21st Dec. 2014

Clare and Mike returned to the Roi Baudouin stadium, formerly Heysel, on the last Sunday before Christmas for this race. No griping about Belgian eccentricities this time – except, maybe, that it was actually 9.6k not 10k as the official results make no effort to disguise - because it was very well organised and good value for money overall. This was helped by having the players' changing facilities available with only a short trot in the cold from there to the start next to the iconic symbol of Brussels, the Atomium (opened for the World Expo of 1958).

Once there we were started by Gaston himself. The 50th anniversary of his gold for Belgium in the 3000m steeplechase at the Tokyo Olympics has just passed. Of course, in those days, the event was still completely dominated by Europeans, indeed Gaston held off the Brit Maurice Herriot in silver, but it was just one of his many achievements, during the 60's especially, in distances up to and including the marathon. He chatted amiably to Clare and me after we'd finished when I passed myself off as an acquaintance of an old adversary of his, the North East based marathon specialist Jim Alder (to be fair to myself, I did 'sort of' know Jim before leaving the area around 30 years ago). Indeed some subsequent googling threw up a seminal 30km race at our own Crystal Palace on 5th September 1970 where Alder prevailed over Gaston, as well as Ron Hill et al., during one of the Coca Cola meetings in the very early days after the track was opened (they don't put on things like that in big athletics meets nowadays!). I can't imagine he'd be impressed had he heard that we may now be approaching the end game for athletics at the Palace.

Oh, yes, the course. Two laps, quite twisty and hilly in parts, largely over the forest paths that we ran for the Ekiden, i.e. marathon, relay. However that had been during the October heat-wave, not the return to climactic reality we experienced in the immediate run-up to Christmas so it was a different, distinctly muddier, experience this time. Enjoyable though. ***- Mike Dodds***

363	Clare Wyngard	44:36	(2nd F50)
533	Mike Dodds	46:41	

1961 finishers

Surrey County - Championships 3rd January

The 1st race of the year was a mud bath accompanied by rain....and the women luckily only had to run 8K!

As it was the county championships, the juniors ran first. Katie Balme, Ola's daughter, came 11th forming part of the gold medal winning Herne Hill Harriers Under 15's team. Her performance clearly inspired her mum who had a great run for Dulwich coming 24th. Claire Baglin was close behind her in 26th and felt stronger after a few weeks of being ill.

Anna Thomas was next home and found the mud hard going. Selma Bennattia ran well and made up the scoring team just ahead of Laura Long. Good to see Laura out running for Dulwich. Eleanor Simmons enjoyed the race despite the mud and finished next.

Katie Styles made up the Dulwich contingent with a good performance working towards pre injury fitness. Thanks to the Dulwich men who cheered us on as we ran and apologies for not staying around to return the support. Being muddy and cold, warm showers at home were beckoning! ***- Anna Thomas***

24	Ola Balme	35.37
26	Claire Baglin	35.59
41	Anna Thomas	37.18
69	Selma Bennattia	40.00
71	Laura Long	40.14
91	Eleanor Simmons	43.23
106	Katie Styles	45.38

Dulwich came 7th out of 16 teams with 160 points.

Kent Championships, Hythe, January 3

Dulwich Runners gained individual bronze in the Kent Championships in both the senior women's individual and team events, narrowly missing out on gold in both sections at Hythe on a very muddy course by the coast in very wet conditions.

We could have done even better as only five of the 10 women entered made it to Hythe and just two of our six women medallists from the Kent Masters championships ran.
Clare Elms won this race in 2011 but didn't think she was quite in the same form, having been well beaten by two Kent athletes in the South of Thames Championships. Two days before Hythe, she had won her 80th and 81st parkrun and maintained her unbeaten parkrun record and that might have affected her final mile.

The course was changed from last year, when a team of Clare, Mel, Angie had won the title as a broken leg in one of the younger races meant it was decided to bypass the Country Park part of the course, which many thought was too dangerous last year. Consequently the race was shortened to four laps of the top field, around fairly flat playing fields which had turned into a quagmire.

Clare started steadily as the two runners who had beaten her in Coulsdon, Lucy Reid and Amy Clements (the first Briton in New York City Marathon in 2014) built up a clear lead. Reid, 2nd at Coulsdon to Clare's fourth, faded first and Clements had a 10 second lead at halfway as Clare moved into second.
On the second half, Clare moved closer and with around 800 metres to go, was only a few yards back on Clements and looking far stronger.

However, in the worst of the mud, she had to stop and Clements was away. While she recovered she was also passed by 2:51 marathoner Mel Frazier, who came within a few metres of Clements herself as they entered the finishing straight.
Kent AC, who had well over 20 men's competitors plus lots of supporters and on a short lap of less than a mile, their runners were able to support Clements in a way which I'd never seen in a club race before and she just held Frasier off while Clare who was almost caught by Reid at one stage, got back to speed in the last 400 metres and closed up on the pair ahead and just four seconds covered the three medallists.

Clare had been the oldest ever medallist when she debuted in this event and finished second in 2008 aged 44 and at 51, she did have the consolation of again becoming the oldest ever senior medallist in the history of a championships which goes back well before the second world war.
While pleased to medal, Clare was disappointed to go so close but it was probably one of her best ever cross-country runs.

Angie Norris, who had been just 23rd, last year also excelled in what also might have been her greatest ever cross-country run for the club.
Back in the 20s on the first lap, she gradually moved through the field and the former club marathon record holder used her strength to work her way all the way at the finish to 10th place in 29:17 - 13 places better than last year and a clear second W50 to Clare.

Kim Hainsworth, who was was running her first Championships, since child birth and not quite yet back in the form when she was 18th and in our silver medal winning team in 2013 or running on a course that suits her, battled on well throughout the race and held her position in the 20s throughout and she finished 23rd in 31:08 and will improve as she gets fitter. That put Dulwich a close third, missing out on second on countback (placing of third scorer) as they had the same score as runners-up Paddock Wood as Kent AC won the event by just five points.

Non scorers were Laura Vincent who was 48th in 34:23 and Yvette Dore who was 51st in 34:52, who were both making their debuts in the event.
Even though we have lost Mel Edwards, who was in our winning team last year, we can still regain this in future years with better support and if those that run continue to improve, and a full squad would have certainly have won the six to score event.

3 Clare Elms	26:28
10 Angie Norris	29:17
23 Kim Hainsworth	31:08
48 Laura Vincent	34:23
51 Yvette Dore	34:52

74 finishers - approx 80 starters
TEAM (3 to score): 1 Kent 31; 2 Padd W 36; 3 Dulw 36; 4 Ton 47; 5 Beck 52; 6 M&M 68; 7 Tun W 78; 8 Folk 107

While ideally more women would have run, it was still great that we had a quintet willing to do the long trip and back to the coast and again the women outnumbered as well as outperformed the men. Five men who ran the Kent Masters didn't compete here and none of the non Vets we have, so we didn't have a full team.

The first Dulwich man, on a course that was six laps long and well short of the originally advertised 12km, was Steve Smythe. He first competed in these championships in 1971, and has run almost every year since and had his best run of the season apart from the last kilometre when he faded to be caught by a M50 runner who had been nearly five minutes ahead of him in the South of England Masters.
Gideon Franklyn hasn't run much cross-country but had a strong run and worked his way through the field very well.

Duncan Hussey isn't at full fitness and did well to battle on and finish on a course that clearly didn't suit him and he was certainly outperformed by son Oscar, who was 25th in 18:00 in the under-15 boys race. - ***Stevbe Smythe***

76 Steve Smythe	40:33
104 Gideon Franklyn	43:32
127 Duncan Hussey	46:42

Surrey League
NB the Surrey League this weekend is local and it certainly isn't the muddiest of the Wimbledon courses and to improve our positions we need better turn outs. It would be good if the women could get more support from the club men for their race at midday as quite a few of the women have promised to help out at the men's fixture where we are helping to organise.

January 1st

Banstead Woods Parkrun

167 ran

Pos	Gen		
1	1	Tony Tuohy	18:01
83	20	Ange Norris	27:10

Dulwich Parkrun

230 ran

Pos	Gen		
5	5	Wayne Lashley	17:25
12	12	Alastair Locke	18:41
18	18	Ian Lilley	19:01
26	25	Paul Devine	19:32
34	5	Kim Hainsworth	20:07
66	60	Duncan Wilson	21:57
70	64	Rob Cope	22:12
74	68	Ian Sesnan	22:27
75	69	Graham Laylee	22:29
91	81	Bob Bell	23:03
107	16	Claire Steward	24:07
126	107	Barry Graham	25:08
127	108	Andy Cottrill	25:17
142	25	Penelope Bell	26:11
149	31	Belinda Cottrill	26:26
169	39	Stephanie Burchill	27:36

Hilly Fields Parkrun

123 ran

Pos	Gen		
16	14	Gary Sullivan	21:39
21	19	Gideon Franklin	21:55

Peckham Rye Parkrun

156 ran

Pos	Gen		
6	6	Alastair Locke	18:33
7	7	Ian Lilley	18:56
17	17	Jim Dowsett	20:33
23	23	Gideon Franklin	20:49
37	36	John Fletcher	21:56
39	37	Duncan Wilson	21:59
48	45	Rob Cope	22:27
57	52	Graham Laylee	23:06
58	53	Bob Bell	23:08
91	15	Susan Cooper	25:17
92	77	Tony Macpherson	25:18
93	16	Penelope Bell	25:19

Riddlesdown Parkrun

103 ran

Pos	Gen		
2	2	Tony Tuohy	18:22
16	2	Ange Norris	22:11

Shorne Woods Parkrun

361 ran

Pos	Gen		
11	1	Clare Elms	19:40
24	23	Stephen Smythe	20:57

Southwark Parkrun

90 ran

Pos	Gen		
13	13	Jim Dowsett	20:20
14	14	Kevin Chadwick	20:27

Tonbridge Parkrun

196 ran

Pos	Gen		
23	22	Nicholas Brown	22:10

Whitstable Parkrun

133 ran

Pos	Gen		
4	1	Clare Elms	19:32
5	4	Stephen Smythe	20:14

January 3rd

Brockwell

186 ran

Pos	Gen		
54	8	Lucy Clapp	23:00
63	10	Charlotte Boden	23:24
90	71	Desmond Edwards	24:37
128	34	Sharon Erdman	26:31
137	39	Natalie Davys	27:12
147	47	Sarah Lyness	27:54

Bromley

298 ran

Pos	Gen		
92	86	Colin Frith	24:06
190	158	Peter Jackson	28:31

Burgess

86 ran

Pos	Gen		
6	6	Ross Rook	18:45
22	21	James Charles	21:04

Crystal Palace

142 ran

Pos	Gen		
30	30	Andy Cottrill	22:12
39	37	Paul Hodge	23:02
41	39	Bob Bell	23:11
64	9	Penelope Bell	24:45

Dulwich

155 ran

Pos	Gen		
10	10	Ebe Prill	18:30
30	29	Rob Cope	20:57
88	71	Mick Mead	25:35

Lloyd Parkrun

125 ran

Pos	Gen		
23	23	Graham Laylee	25:08

Hilly Fields

128 ran

Pos	Gen		
9	9	Ian Lilley	20:44

Newark

140 ran

Pos	Gen		
36	33	Martin Morley	24:45

Peckham Rye

79 ran

Pos	Gen		
5	5	Sam Crump	19:32
12	12	Kevin Chadwick	21:11
24	2	Helen Lister	22:50
27	25	Matthew Ladds	23:16

Southampton

394 ran

Pos	Gen		
45	41	James Wicks	21:44

Tonbridge

On an alcohol-fuelled and turkey-busting whim I entered my first ever parkrun down in Tonbridge on Saturday.

As I pulled on my DR "Rab. C. Nesbitt" string vest for the first time in about 7 years over my white base layer I realised that there was only 1 thing missing to complete the look.. luckily I still have the Union Jack shorts.

Conditions were horrendous and the course really narrow and twisty so in the circumstances (and given the beer and turkey) I was reasonably satisfied with a solid 18:57 and 5th place.

Aiming to be back in town l ate Jan / early Feb and will see you all then. ***Lloyd***

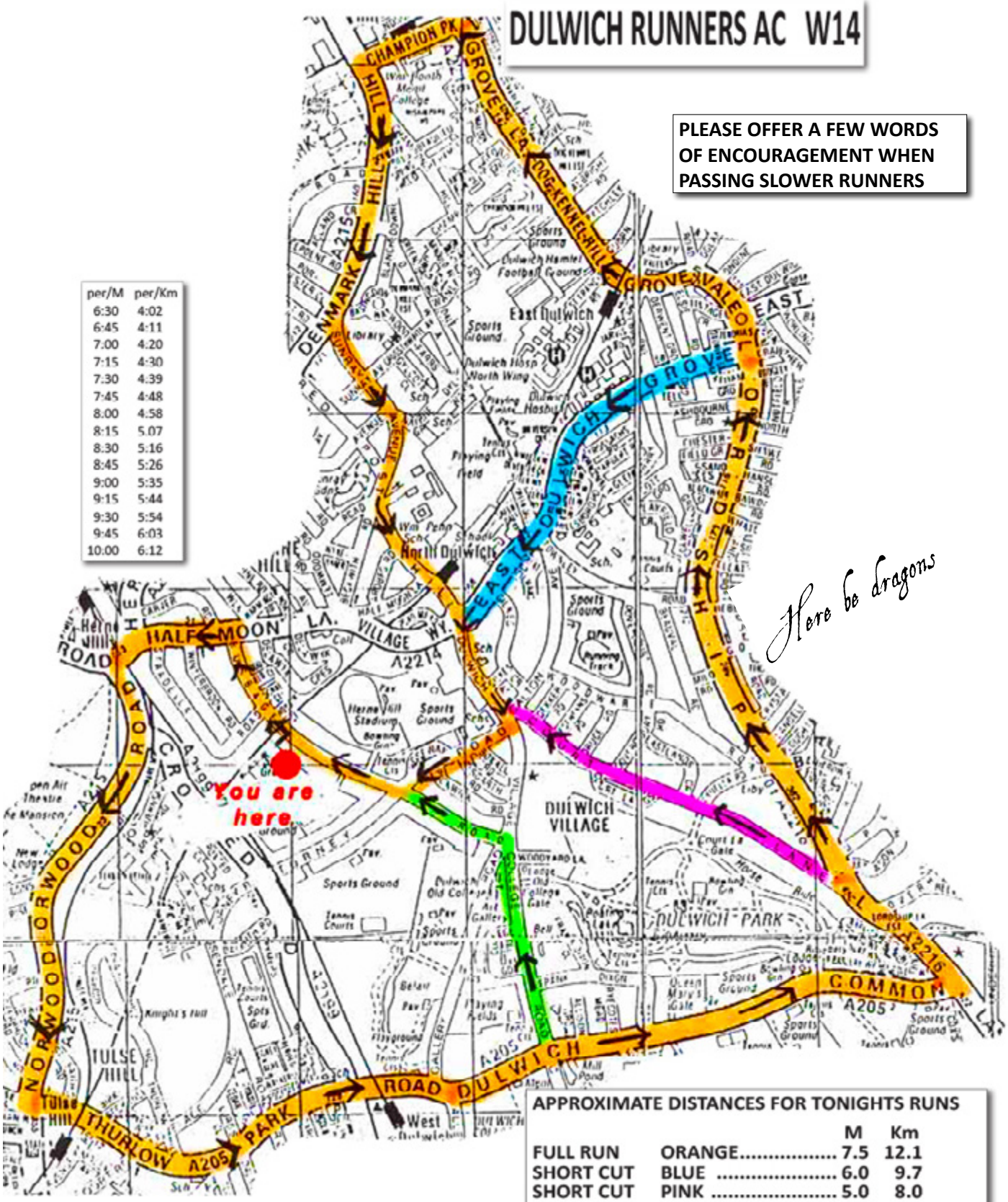
184 ran

Pos	Gen		
5	5	Lloyd Collier	18:57

DULWICH RUNNERS AC W14

PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT WHEN PASSING SLOWER RUNNERS

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	7.5	12.1
SHORT CUT	BLUE	6.0	9.7
SHORT CUT	PINK	5.0	8.0
SHORT CUT	GREEN	3.5	5.6