SHORTS

Dulwich Runners AC
Weekly Newsletter
January 14th 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 14 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 20 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

We saw the effects of marathon training plans and New Year's resolutions last Wednesday night, when at least 59 people came to the club for the Wednesday run.
The more people the better on Wednesdays.
Everyone gets a suitable group to run with.
Keep it up! - **Ros**

Track Session

A record 40 people attended a session of 8 x 1000m on Tuesday at Crystal Palace (each rep was run slightly differently)
Next week, will be the monthly 800m session at the Palace and another opportunity for marathoners to check their rough potential on the Yasso formula, which some may have tried with Steve Wehrle's group at Bromley last weekend.

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

In your SHORTS this week !

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

Jan 24 South of England Champs - Brighton
Jan 31 Club Champs 5k Dulwich Parkrun
Feb 07 Surrey League XC - Men and women

NEW RUNNERS ROTA

Many thanks to **Charlie Boden, Steve Cook and Tony Tuohy** 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**

Joseph Brady	**14/01**
James Burrows	21/01
Sue Cooper	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)

LUCKY VEST

January winner Patrick Mcmorrow

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 2**

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

Lewisham are up to their tricks again.

"Lewisham Council will be closing the golf course at Beckenham Place Park to turn it into an outdoor concert/event venue, and additionally altering the meadows into a bmx park. i hope you believe like us that it would be best kept as originally intended - an open natural wildlife habitat to be enjoyed unspoilt by all. Otherwise the same argument could be used to change any existing park or public access space into more commercial ventures."

Beckenham Place Park Golf Course is a public course within a public park in SE London. Once the most-played public course in Europe, Beckenham Place Park is the only 18 hole public course in the 'Inner Boroughs' of South London. It has in recent years assumed a major role in bringing the game to the youth of the district with a thriving junior academy introducing the game to players as young as 6 years. It is ironic that the Council, following the success of the Olympic Games in London 2012 (and the inclusion of Golf as an Olympic sport for 2016), should now seek its closure. We the undersigned wish to register our objection to the attempt by Lewisham Council to close this public golf course and call upon the Secretary of State for Communities and Local Government to appoint an Inspector to Guarantee that Lewisham Borough hold consultations with all Park and Course users and also all Local Residents as the said park is predominately bounded by residents of the Borough of Bromley

Andrea Pickup

http://epetitions.direct.gov.uk/petitions/70912

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 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.

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

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). 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 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.

VETERAN races will be held at the IAAF World Championships in Beijing for the first time next summer, World Masters Athletics has announced.
The women's over-50 400m and men's over-50 800m will take place before the main evening programme on Saturday August 29, the penultimate day of action in the Bird's Nest Stadium.

Both races will be straight finals with eight athletes in the 400m and ten competitors in the 800m.

Applications are being invited from female athletes who ran 65.00 or quicker in 2014 and who will be 50 or over on the day and male 800m runners who clocked 2:06.00 or better last year and who will be old enough.
The deadline is March 30 and soon after this World Masters will invite the quickest athletes.

Though it's not her favourite event, Clare Elms ran 64.40 for 400m last summer and topped the W50-54 rankings in Britain last year (and has a best of 62.9) and she is one of six British women eligible. She may apply to run in China though she is currently training for the London Marathon!

'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
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	Sidcup 10 (DR club champs race)	10 mile race –Sidcup 10.00
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**	**CLUB CHAMPS**

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/
22 March	Hastings Half Marathon	http://www.hastings-half.co.uk/
28March (Sat)	Date tbc – Orion 15, Epping Forest	http://orionharriers.weebly.com/
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/

A good turnout for Sunday's Catford 'yassoo' session.
Marathon prediction times calculated are as follows;

Kevin chadwick	3h 6m
Kim hainsworth	3h 10m
Matthew ladds	3h 35m
Claire steward	3h 40m
Jo Shelton	3h 42m
Laura lane	3h 43m
Charlie boden	3h 43m
Lucy cartlidge	3h 46m
Patrick mcmorrow	3h 49m
Desmond Edwards	3h 55m
Paul Hilton	4h 5m
Dougie Keighley	4h 6m
Di morgan	4h 7m
Karina burrows	4h 15m
Natalie davis	4h 15m
Jo walker	4h 16m

Next week's session will be a 14-15 mile run from Dulwich Park at 0900. Meet inside main gate at college Rd .

We will run via Crystal Palace, Beckenham Place park etc

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

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	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

Track Session

Over 30 attended a session of 8 x 1000m on Tuesday at Crystal Palace (each rep was run slightly differently)
Next week, will be the monthly 800m session at the Palace and another opportunity for marathoners to check their rough potential on the Yasso formula, which some may have tried with Steve Wehrle's group at Bromley last weekend.

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 League
Wimbledon Common, January 10

Despite another good turnout, stronger competition from other clubs in the biggest field so far this season of 200 meant that we were only able to finish 7th on the day, though we managed to hold on to our 6th position after 3 matches.

The course was fairly typical of Wimbledon Common in mid winter with a fair amount of mud and water on the lower part of the course, but with firmer stonier ground higher up. There were quite a few narrow sections which made overtaking difficult. It was decided to position the start and finish on the playing fields close to the Thames Hare & Hounds clubhouse to ease congestion problems at the start of the race, particularly for the women's race earlier which had an even larger field.

Although the course was billed as 7k, the general consensus was that the distance was close to 8k.
Although we packed quite well, our 10 scorers were spread narrowly over 2.5 minutes. This means that small improvements in individual times in our final match on 7 February could pay large dividends through higher placings.

There was a welcome return to form from Tony Tuohy, who led our team home, having now fully recovered from illness in December. Only just behind were Alastair Locke closely followed by Wayne Lashley, both of whom had strong runs (Wayne caused some consternation by arriving over an hour before the start). Towards the end of the race Wayne took a tumble tripping on a tree root.

This set him back but he recovered well with a good contest between him and Alastair in the final straight in which he narrowly lost out. Our remaining scorers were all further down the field than in the previous match. However Paul Devine, Steve Davies,Ian Lilley, Tom South and Ebe Prill all had solid runs and their poorer positions were more a reflection of the quality of the opposition than their own performances. Charlie Lound our 5th scorer, was not able to replicate his November performance following recent niggles, while Edwin McCormack, our final scorer on the day, has lost some form through illness. Hopefully both will return stronger for our final fixture. Between 32 and 34 minutes runners were finishing thick and fast, while only 1 minute 40 seconds separating Paul, our 4th scorer, and Edwin, our final scorer.

Finishing just outside the scorers, Tim Bowen had an excellent debut and will surely improve, and another new to cross country this season, Ross Rook had a good run. Steve Smythe, a little down on recent form finished slightly ahead of James Godber, who is in the process of returning to fitness.

Hugh Balfour finished 1st M60 though was a little disappointed with his run. Duncan Wilson's run was down on his performance at the Surrey Champs a week earlier, while Ed Smyth struggled. Although at the back of the field Des Edwards has made remarkable improvements over the last year. Barry Graham had to pull out following a heavy fall. ***- Mike Mann***

37 Tony Tuohy	31:13 (1M50)
41 Alastair Locke	31:28
42 Wayne Lashley	31:29
57 Paul Devine	32:00
64 Charlie Lound	32:17
63 Steve Davies	32:18
82 Ian Lilley	33:13
90 Tom South	33:23
97 Ebe Prill	33:39
98 Edwin McCormack	33:41
102 Tim Bowen	33:45
111 Ross Rook	34:05
126 Steve Smythe	34:43
134 James Godber	35:00
159 Hugh Balfour	36:30 (1M60)
178 Duncan Wilson	38:19
194 Ed Smyth	42:34
198 Desmond Edwards	45:36

Charlie lound added.....
Saturday was a great day out for the club with both teams out on the same course. The runners are particularly grateful for Mike Mann and the marshalling team who stood out in the cold and in some cases gave up their own opportunity to run to make sure we fulfilled our commitment to the league.
It was also a great boost for the men to have marshalls cheering us on!

Match Result

1 Clapham Chasers	198
2 Guildford & Godalming	214
3 Ful-on-Tri	393
4 Wimbledon Windmilers	449
5 Stridersof Croydon	476
6 Epsom & Ewell	513
7 Dulwich Runners	**560**
8 Walton	642
9 Stragglers	650

League Position after 3 fixtures

1 Clapham Chasers	513
2 Guildford & Godalming	775
3 Striders	1352
4 Wimbledon Windmilers	1430
5 Ful-on-Tri	1483
6 Dulwich Runners	**1585**
7 Walton	1641
8 Stragglers	1732
9 Epsom & Ewell	1774

Surrey League Junior Boys Cross Country
Streatham Common 10 January

This was my second surrey league of the season and was a slight improvement on my run at the Lloyd Park match, but not as good as my Surrey cross country championships race a week before. Our race was slightly over 2 miles at a hilly Streatham Common. I started strongly and managed to keep a decent position although I struggled a bit towards the end of the race when we ran into the wooded area of the common, where there was a steep hill . Overall it was an ok run, and I feel that just getting through the cross country over the winter will benefit me for the track in the summer.
Results not published yet.
Lewis Laylee. Rough time of 12:06

A big thankyou to all those who volunteered to marshal, supervise the finish and compile results. Those who helped out included many of our women following their race earlier, which made it a long day for them and a number of men, some of whom forfeited their opportunity to run.

All of this went very smoothly on the day thanks to your help. On a tricky course with lots of twists and turns, no one went off course to my knowledge and we have received good feedback from some competing clubs. Although we have assisted other clubs with Surrey League fixtures in recent years, this was the first one we have hosted ourselves.

Unlike most other clubs in Division 2, we don't have a suitable course in the Dulwich area, so we offered to host at Wimbledon Common, where both men and women were running on the same day and on the same course.

Mike Mann

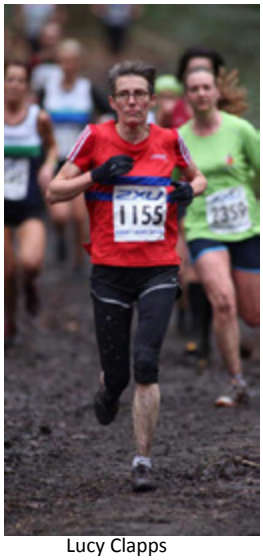
Yours truly

This is a small selection of the excellent photographs taken by Nicki Clark & James Godber, visit the links to see pics of everybody that ran on Saturday and to get a better feel for the mud and conditions at the race.

Nicki Clark
https://www.flickr.com/photos/dqnic/sets/72157650246434815/

James Godber pics DR FB page (you may need to sign up to see these)
https://www.facebook.com/groups/2409157697/

back row - Jo Shelton Katie Krowe Lucy Clapps Angie Norris
Tereza Francova Nicola Richmond Clare Elms Katie Style Helen Lister Claire Steward Sue Rowlands Michelle Lennon
Claire Baglin



Lucy Clapps

Wayne Lashley Alastair Locke

True Grit ! - Steve Davies Charlie Lound

Eleanor Simmons

Surrey Ladies League, Wimbledon Common, January 10

It was another fantastic turnout by the women generally (not far short of 400) and by the club women – 18 is a superb number but there were quite a few who have run previous events this winter (ie eight who ran the Surrey or Kent or Kent Masters) so we could get a record 25-30 women out for the last fixture.

It was one of the best quality Surrey Ladies League in recent times and the team did well but on a narrow course, too many probably started slightly too cautiously at the start and didn't maximise their final position, as they were too far back after a first mile.

The course was advertised as 7km but was actually over 8km, but while it was muddy in places, the course was relatively runnable compared to the Thames Hare and Hound course on Wimbledon.

Clare Elms wanted a steady run after her experience in the Kent Championships and she paced it well and finished 34 places higher than in the first league fixture, and she was easily first veteran over 35, despite being in the M50s.

The men ran the same course as the women and her time would have made her seventh scorer in the Dulwich men's team, close behind Charlie and Steve Davies.

Claire Baglin had been top 20 in the previous two leagues where the quality was less but here not quite at full fitness, she was down this time but she ran a good steady race and certainly a up in quality on her Surrey Champs run the week before.

The ever dependable Ola didn't feel at her best but moved through the field after a steady start to be third scorer.

Angie Norris also came through after a slow start though the course didn't suit her quite as well as the previous week's Kent Championships, where she had such a storming run, and where she was well over a minute closer to Clare E than here.

Despite the up in quality, Anna Thomas did well to achieve her highest ever league position as she followed Angie through the field to complete the A team scorers that finished fifth.

Nicola Richmond eased back after injury with a well-paced run to lead home the B team.

Helen Lister isn't quite back in her early season form but she was another coming through the field.

Ros Tabor didn't reach her Masters International form but she was in her usual area of her overall Surrey League position.

Michelle Lennon paced it better than in some recent races while Lucy Clapp virtually matched her position from her league debut at Cheam to complete the B team.

Katie Crowe was taking part in her first race since September and though far from the fitness which saw her a superb 39th in the league of the last fixture of last season, she ran strongly throughout and will improve race by race.

Claire Sinka mainatained the form of her two previous league races this season with a good run

Tereza Francova, was returning after injury and in her first race for three months, found the course very hard going with reduced fitness.

Jo Shelton was in her first league race since the beginning of the 2013-2014 season and she ran well throughout.

Katie Styles showed the most improvement from the previous week's Surrey Championships and the course clearly suited her more than Lloyd Park.

Eleanor Simmons didn't match her best form but ploughed on well.

Sue Rowlands, kept a steady pace throughout, and was 10 places up on her league run at Richmond and though she was our final competitor, she beat 8 of the 12 Dulwich Park Runners by at least 2 minutes.

These good results saw us fourth on the day but we closed up on the third team South London Harriers and have every chance of overtaking them in the final fixture in February if we get another good turnout.

The B team were the third B team on the day. - **Steve Smythe**

6	(5 D1) Clare Elms	32:34
29	(22) Claire Baglin	34:59
43	(33) Ola Balme	35:48
60	(46) Angie Norris	36:43
61	(47) Anna Thomas	36:47
87	(68) Nicola Richmond	37:50
115	(84) Helen Lister	38:52
132	(96) Ros Tabor	39:28
161	(115) Michelle Lennon	40:41
178	(123) Lucy Clapp	41:49
185	(128) Katie Crowe	41:56
191	(130) Claire Sinka	42:16
201	(138) Tereza Francova	42:37
206	(141) Jo Shelton	42:50
215	(144) Katie Styles	43:06
246	(157) Eleanor Simmons	44:53
321	(191) Sue Rowlands	49:14

379 ran (221 D1)

TEAM Div 1:

1 Belgrave H	62
2 Clapham Chasers	117
3 Herne Hill H	124
4 Dulwich R	**153**
5 Stragglers	162
6 Thames Hare & Hounds	169
7 Guildford & Godalming	179
8 South London H	185
9 Belgrave B	185
10 Ranelagh H	241
11 Hercules Wimbledon	251
12 Reigate Priory	266
13 Wimbledon W'milers	296
14 West 4 H	328
15 Epsom & Ewell	348
18 Dulwich B	**486 (3rd B team)**

Standings after 3 matches

Div 1TEAM:

1 Belgrave	185
2 Clapham	299
3 S London	451
4 Dulw Runners	**472**
5 Stragglers	499
6eq G&G/THH	563
8 Belgrave B	579
9 Herne H	593
10 Ranelagh	716
11 Hercules Wimbledon	749
12 Wimb W	834
13 Rei P	836
14 W4H	989
15 S London B	
1256	

January 10th

Alice Holt

219 ran

Pos	Gen		
21	19	James Wicks	22:48

Barking

71 ran

Pos	Gen		
5	1	Kim Hainsworth	21:06

Brockwell

327 ran

Pos	Gen		
83	73	Graham Laylee	22:58
183	38	Sharon Erdman	26:26
222	58	Sarah Lyness	27:58

Burgess

138 ran

Pos	Gen		
33	30	Andy Murray	21:41
37	34	Matthew Ladds	22:16
86	24	Karina Burrowes	28:00

Crystal Palace

253 ran

Pos	Gen		
57	51	Bob Bell	23:25
70	9	Clare Wyngard	24:13
76	10	Penelope Bell	24:38
87	73	Michael Dodds	24:55
90	76	Paul Hodge	25:00
110	22	Belinda Cottrill	25:28

Dulwich

199 ran

Pos	Gen		
21	20	Rob Cope	20:20
117	97	Mick Mead	25:53

Lloyd Parkrun

165 ran

Pos	Gen		
54	51	Chris Goodman	28:22

Newark

141 ran

Pos	Gen		
33	32	Martin Morley	25:42

Orpington

158 ran

Pos	Gen		
3	3	Oscar Hussey	20:31
51	47	Colin Frith	25:49

Peckham Rye

114 ran

Pos	Gen		
13	13	Kevin Chadwick	20:48
16	16	Gideon Franklin	21:08
17	1	Ellie Horrocks	21:09
26	2	Nicola Mcivor	22:25

Poole

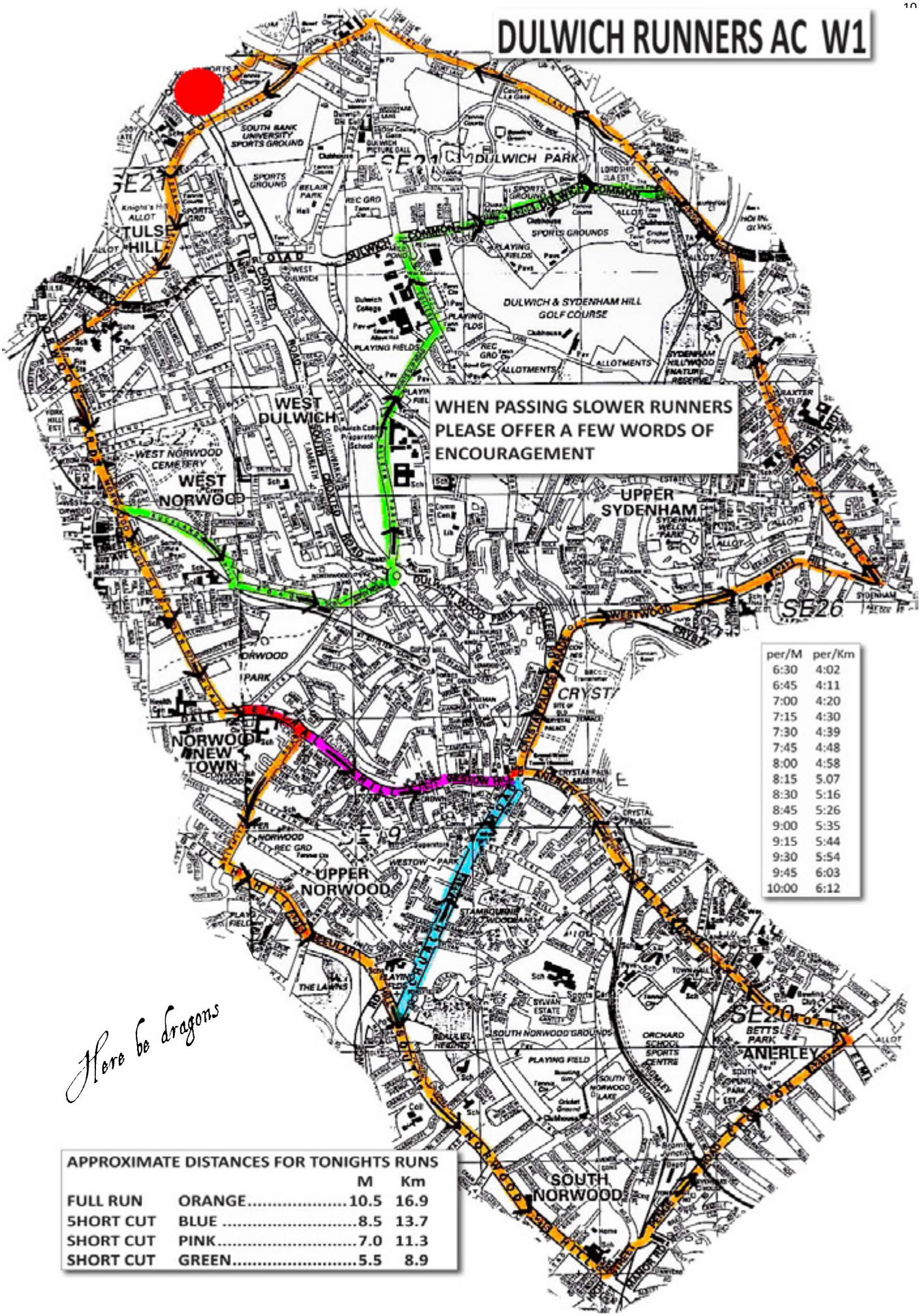
544 ran

Pos	Gen		
9	9	Sam Crump	19:19

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 W1



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	10.5	16.9
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK	7.0	11.3
SHORT CUT	GREEN	5.5	8.9

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 League
Wimbledon Common, January 10

Despite another good turnout, stronger competition from other clubs in the biggest field so far this season of 200 meant that we were only able to finish 7th on the day, though we managed to hold on to our 6th position after 3 matches.

The course was fairly typical of Wimbledon Common in mid winter with a fair amount of mud and water on the lower part of the course, but with firmer stonier ground higher up. There were quite a few narrow sections which made overtaking difficult. It was decided to position the start and finish on the playing fields close to the Thames Hare & Hounds clubhouse to ease congestion problems at the start of the race, particularly for the women's race earlier which had an even larger field.

Despite the course being billed as 7k, the general consensus was that the distance was closer to 8k.
Although we packed quite well, our 10 scorers were spread narrowly over 2.5 minutes. This means that small improvements in individual times in our final match on 7 February could pay large dividends through higher placings.

There was a welcome return to form following illness in December from Tony Tuohy who led our team home. Alastair Locke and Wayne Lashley finished close together and had strong runs with Wayne narrowly losing out to Alastair in a sprint finish after making a strong hearted comeback following a hard tumble into the ground half a mile from the finish .This set him back but he recovered well with a good contest between him and Alastair in the final straight in which he narrowly lost out. (Wayne also causing some consternation by arriving over an hour before the start).

Our remaining scorers were all further down the field than in the previous match. However Paul Devine, Steve Davies,Ian Lilley, Tom South and Ebe Prill all had solid runs and their poorer positions were more a reflection of the quality of the opposition than their own performances. Charlie Lound our 5th scorer, was not able to replicate his November performance following recent niggles, while Edwin McCormack, our final scorer on the day, has lost some form through illness. Hopefully both will return stronger for our final fixture. Between 32 and 34 minutes runners were finishing thick and fast, while only 1 minute 40 seconds separating Paul, our 4th scorer, and Edwin, our final scorer.

Finishing just outside the scorers, Tim Bowen had an excellent debut and will surely improve, and another new to cross country this season, Ross Rook had a good run. Steve Smythe, a little down on recent form finished slightly ahead of James Godber, who is in the process of returning to fitness.

Hugh Balfour finished 1st M60 though was a little disappointed with his run. Duncan Wilson's run was down on his performance at the Surrey Champs a week earlier, while Ed Smyth struggled. Although at the back of the field Des Edwards has made remarkable improvements over the last year. Barry Graham had to pull out following a heavy fall. ***- Mike Mann***

37 Tony Tuohy	31:13 (1M50)
41 Alastair Locke	31:28
42 Wayne Lashley	31:29
57 Paul Devine	32:00
64 Charlie Lound	32:17
63 Steve Davies	32:18
82 Ian Lilley	33:13
90 Tom South	33:23
97 Ebe Prill	33:39
98 Edwin McCormack	33:41
102 Tim Bowen	33:45
111 Ross Rook	34:05
126 Steve Smythe	34:43
134 James Godber	35:00
159 Hugh Balfour	36:30 (1M60)
178 Duncan Wilson	38:19
194 Ed Smyth	42:34
198 Desmond Edwards	45:36

Charlie lound added.....
Saturday was a great day out for the club with both teams out on the same course. The runners are particularly grateful for Mike Mann and the marshalling team who stood out in the cold and in some cases gave up their own opportunity to run to make sure we fulfilled our commitment to the league.
It was also a great boost for the men to have marshalls cheering us on!

Match Result

1 Clapham Chasers	198
2 Guildford & Godalming	214
3 Ful-on-Tri	393
4 Wimbledon Windmilers	449
5 Stridersof Croydon	476
6 Epsom & Ewell	513
7 Dulwich Runners	**560**
8 Walton	642
9 Stragglers	650

League Position after 3 fixtures

1 Clapham Chasers	513
2 Guildford & Godalming	775
3 Striders	1352
4 Wimbledon Windmilers	1430
5 Ful-on-Tri	1483
6 Dulwich Runners	**1585**
7 Walton	1641
8 Stragglers	1732
9 Epsom & Ewell	1774