SHORTS

Dulwich Runners AC
Weekly Newsletter
February 11th 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 11 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 17 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

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... World records for Ros and Clare
8... Surrey League XC results & reports
11... Parkrun results
12... Wednesday night route map

And much more !

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.

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**

Feb 14 **Beckenham Mob Match cancelled**
Feb 21 National Champs - Parliament Hill Fields

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

NEW RUNNERS ROTA

Many thanks to **Joseph Rham & David White** 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**

Claire Sinka	**11/02**
Natalie Davys	18/02
Yvette Dore	25/02
Sharon Erdman	4/03

The next meeting of the Dulwich Runners' Committee will take place on Thursday 26th February.
If you have any matters which you would like the Committee to discuss or consider, please email me on:
secretary@dulwichrunners.org.uk
by Monday 23rd February .
Many thanks.
Yvette Dore
DR Secretary

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

LUCKY VEST

February winner Steve Cook

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 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**

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)

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 CHARITY OF THE YEAR

- Sue Vernon writes:

Things have gone very quiet on the fundraising front for Dulwich Helpline, our charity of the year. I am looking for volunteers to put on events to raise money to achieve our target of £2,015. Please get in touch with me via email: vernonrun@aol.com . I look forward to hearing from you

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

Sidcup 10 - British Masters Championships

The next club championships is the Sidcup 10 on March 8 and this race includes the British Masters Championships. Potentially Dulwich could do well in this - it is open to all men and women aged over 35 but you need to enter officially through the BMAF.

http://www.xchangecms.co.uk/index.php?option=com_content&view=article&id=12&Itemid=192

it doesn't cost any extra but you may need to enter through the BMAF and get a refund off Kent AC if you wish to challenge for individual British Masters medals and score in Dulwich's team if you have already entered.

So far only a few Dulwich Runners - Duncan Wilson, Steve Smythe, Andy Murray and Ros Tabor have official Championships entries for the event when potentially we could have 40.

For all runners aged over 35, I recommend being a BMAF member - the cost is minimal - joining Veterans AC is the best option of getting into the Masters movement officially.

Ros is the secretary and can give more details.

http://www.vetsac.org.uk/

CROSS COUNTRY ENTRIES

Entries for most forthcoming races are now closed, with the exception of the National champs at Parliament Hill on 21 February.

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.

NATIONAL CROSS COUNTRY CHAMPS 21 FEBRUARY

The final cross country event of the season is the National Champs, taking place at Parliament Hill Fields on Saturday 21 February. The women's race (8k) starts at 2.20pm and the men's (12k) at 3pm. Please make sure that you report to your captains to collect numbers at least 30 minutes before your race starts. Look out for the Dulwich Runners banner close to the outside perimeter of the running track.

The closing date for entries was at the beginning of January, so in case you can't remember whether you are entered, here is a list of men entered - Bob Bell, Steve Davies, Gideon Franklin, Wayne Lashley, Alastair Locke, Chris Loizou, Charlie Lound, Mike Mann, Martin Morley, Barrie John Nichols, Ian Sesnan, Steve Smythe, Tom South, Duncan Wilson, Tony Tuohy, Ian Lilley, Ross Rook, Ed Smyth, Dave Beaver , Stephen Street, Ebe Prill. The entry fee paid by the club is £7 so unless you are injured please make every effort to turn up.

The course will be muddy in places as usual so long spikes or fell shoes are advised. Our usual watering hole, the Magdala is sadly closed, so the plan is to adjourn to the Roebuck, 15 Pond Street afterwards. This is close to the Royal Free Hospital as well as the Magdala. ***Mike Mann***

'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	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!**	**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:

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/

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

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) (completed)
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	Ranelagh Richmond 10k (medium)
3 or 10 July	Mark Hayes Mile, Dulwich College track (short)
31 August	Sevenoaks 7 (medium)
26 Sept	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
Feb	14	Beckenham Mob Match	CANCELLED	CANCELLED
	21	National Champs	mens & womens	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	21	Ranelagh Richmond 10k	medium	Richmond
Jul	3 or 10	Mark Hayes Mile	short	Dulwich College Track
Aug	Mon.31	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	26	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 .

World records for Ros & Clare

Vivo Barefoot Dream Miles, Lee Valley, Wed 4th February

Tony Tuohy writes...An unusual event was eight Dulwich Runners trekking up to the Lee Valley arena for a mid-week winter evening meeting, some in order to have their first go at indoor racing. The big attraction was the inclusion of graded Mile races, fairly rare indoors in this country these days though much more common in USA, whose residents hold a good number of the age-group world records – a fact that hadn't escaped the beady eye of esteemed coach Steve Smythe who, upon spotting the fixture, wasted no time in informing both Clare Elms and Ros Tabor that they were in shape for a couple of world record attempts. So ladies, no pressure then.

Race 2
Before all that excitement I had to get my race out of the way. Wish I'd just spectated really.

7	Tony Tuohy	4:56.97

Race 3
Time for the two main events and the announcer didn't hold back. This was no clandestine attempt with the opportunity of an unobtrusive exit in the event of failure – Clare was actually announced as attempting to break the record. The race was accompanied by blaring background music with continual urging from the commentator and exalted shouts of, 'It's on, it's on!'. Just as well Clare didn't disappoint then.

She knew what splits were needed and even on the first lap found herself having to make all her own pace, hardly ideal when going for the fastest possible time. However, leading the whole way, she only faltered slightly in the last 300m but had enough in the tank to knock over a second off the record set five years ago by American Monica Joyce, adding the indoor Mile to her existing indoor world records at 800m and 1500m. Clare then 'enjoyed' being dragged straight into a track-side interview while still gasping from the race, where she was prompted to think of any other records to attempt. Well, it's easy to lose count.....

Meanwhile, Kev Chadwick had laid off the pace throughout but kept himself in contact and decided to get his finger out just as Clare slowed slightly towards the end and unleashed his now famed sprint finish to nick the race at the death and earn himself a PB. There's no chivalry in racing you know, even with Dulwich legends. Nice finish though Kev.

1	Kevin Chadwick	5:05.72 PB
2	Clare Elms	5:07.32
		W50 World Record

Race 4
Last race of the night and Ros had to follow Clare and go through similar razzamatazz for her own attempt at entry to the history books. She had the advantage of having Steve 'Like Clockwork' Smythe on pacemaking duties; he knew what Ros could do and duly set things up perfectly. Ros later reported that she actually felt 'easy' most of the way and ended up cruising home, astonishingly knocking over ten seconds from the eight-year-old record of USA's Marie Michelsohn. And, as befits a world record breaking run, she also achieved her highest ever age-grading with a rare breach of the 100% barrier, scoring 100.97%!

Up ahead, Ebe and comeback-trail Rob were getting their first taste of indoor racing ahead of Mike, all three having a bit of a struggle and ending just about mildly satisfied with their early-season shock to the system.

1	Ebe Prill	5:26.24
2	Rob Cope	5:35.05
3	Mike Mann	5:51.23
4	Steve Smythe	6:04.97
5	Ros Tabor	6:05.85 W65
		World Record

Steve Smythe adds
On the age-graded tables, Ros's time is apparently worth 4:09.2 for a women's mile. The Americans picked up on it and feature a picture of Ros.
http://masterstrack.com/2015/02/34361/

Athletics weekly report
http://www.athleticsweekly.com/featured/clare-elms-ros-tabor-set-world-age-group-indoor-mile-records-16558/

Video of Clare's race on http://www.tacdistancerunners.com/lee-valley-open-meeting-wednesday-4th-february.html and there is also a video of Tony's race but not Ros's.

Chichester 10k, Sun 8th Feb

An early drive to Chichester on a Sunday in February could only mean the search was on for an early season confidence-boosting 10k time. The Chichester 10k is a big event and well-known for producing fast times but my hopes were dashed by the 5k check in an unaccountably slow 17:52 after a congested first mile including a short hill that appeared soon after the slightly modified start. I lost a bit of heart at that split time but salvaged things a little with a better second half resulting in my slowest time here by far in four visits, which luckily was enough to win 1st M50. Mind you, I suppose running the Surrey League XC the previous afternoon was hardly ideal preparation.

Just a minute back, fresh from her Mile world record on Wednesday, Clare was recording her best distance race since, well, Chichester two years ago. She also got a conservative time at halfway and wobbled a bit at the thought of having to improve the second half for a decent finish but managed it well with a similar time to 2013 and new club W50 record. She was easily 1st W50 of course but the generous prize list went down to 10th for the fastest men and women and she therefore got the 7th woman prize as it was higher value than 1st W50. Mind you, this showed up an anomaly when the 1st W40, who was actually 8th woman behind Clare, was given the higher value W40 prize, which itself was worth more than Clare's 7th place! Seems a bit odd to get penalised for being even faster than the younger veterans....?

Although marathon training has been progressing well, Steve was not totally confident of a confidence-boosting run (too many confidents?) and was in two minds whether to bother, but decided to go just in time to cadge a lift. Just as well, as he also pulled out his best 10k since Chichester 2013, just 20 seconds down on that run. A lethargic first half-mile at seven minute miling meant he fancied pulling out there and then, but pressed on after that with a sub-19 last 5k and 3:30 last kilometre to record 38:21, a faster pace than he ran at last week's club championship 5k.

He was 1st M55 though behind the 1st M60 Nigel Gates who ran a sub-30 10k as a vet 20 years ago. He may also have been given a slight impetus by having to chase and eventually pass champion cyclist and sometime-Dulwich Runner Michael Hutchinson, who was in the midst of his off-season supplementary running training and paying his fourth visit to the one 10k he competes in.

The visit paid off too, as Dr. Hutch recorded an 11 second PB over his effort here five years ago - although he may not rank it as highly as his 56 National time trial titles and three appearances at the Commonwealth Games. Pretty good for a non-runner though, I'll give him that..... And Louisa had a good steady performance too, in line with previous runs here.
Tony Tuohy

65	Tony Tuohy	35:21	1st M50
93	Clare Elms	36:21	1st W50, 7th SW, Dulwich W50 record
150	Steve Smythe	38:21	1st M55
156	Michael Hutchinson	38:26	26th M40 PB
562	Louisa Pritchard	46:33	25th W40

1646 ran,
inc. 213 M50s, 104 W50s, 304 M40s, 219 W40s

Some additional stats.....
Tony: 32nd sub-36 10k (on official UKA courses), all between Feb 2010 and 2015
Clare: 20th sub-37 10k, club W50 record. Equal fourth all-time on the UK W50 rankings and on age-graded terms (95.58%) it was her best ever 10k or standard road race distance.
Steve: 119th fastest 10km but his best age-graded performance at any event for 5 years.

Kent XC League, Swanley Park , U15 Boys 4.1k

Duncan hussey writes...
Not often that an Olympian is seen handing out club numbers but this was the case with London 2012 Olympic Marathon runner Scott Overall offering his hand in performing administrative duties. Later, he went on to win in a thrilling Men's Senior race in some style.

This fixture was the last of the season and replaced one that was inexplicably cancelled due to "muddy conditions" in Danson Park just before Christmas.

Running out of venues, Swanley Park was used again but this wasn't a disaster as its a pleasant venue with a flat course, a mini railway which circumnavigates the perimeter of the park and a duck pond. Luckily the trains weren't running today, which was just as well, as the runners transversed the tracks on several occasions. The ducks were also quiet not being overly excited at the overnight freezing conditions which had interrupted their usual morning dip.

Back to Oscar's race, he was hoping to break the now popular tradition of coming home in 25th in Kent races. He started steadily and, despite his legs at one point becoming entangled with a thorny vine, he came through the pack well, finishing in his highest position of the season.

17 Oscar Hussey 16:28
46 ran

Women's Surrey league – final match Farthing downs Saturday 7th February

It's all over for another year! The final Surrey league match happened on Saturday at Farthing Downs on a hilly 2 lap course with a camber. Despite the challenging terrain, we had some great performances from the women, many of whom achieved their best placing of this season.

Ola was first back and had a great run moving steadily through the field as the race progressed and finished in the top 30, her highest ranking this season. Ange Norris ran strongly as normal, speeding up as the race went on and finishing in the top 50. Her highest position too! Anna started much faster than usual but couldn't quite hold her position with Ange passing her on the 2nd lap. Nicola and Helen Lister were next back completing the A team. Nicola ran well but is still not back to full fitness and was looking forward to flatter less muddy runs! Helen Lister had a great run, her marathon training clearly paying off, and finished in top 75. Selma, recovering from a hamstring injury, ran well and held off Ros who finished close behind her.

Ros finished higher than her last Surrey league race at Wimbledon. Huge improvements in performance came from Eleanor Simmons, and Katie styles. Eleanor was 218th in her 1st Surrey league in October and finished in 153rd on Saturday! Katie was 215th at Wimbledon last month, 159th on Saturday. Lucy Clapp ran well, a few places quicker than normal, completing the B team. Michelle was the final Dulwich Runner home, not having her best run but did well considering the toughness of the course…and giving people lifts home afterwards!

At the end of the four matches, Dulwich finished in joint 4th with Thames Hare and Hound. B team finished 18th (out of 30 teams).

Thanks to everyone who has run, cheered, baked cakes, helped to put the tent down and been willing to give cross country a go! We've had a great team this year and whether you've managed to run in one of the races or all of them, your effort has been valuable. And as the results from Saturday's race show improvements happen as the season goes on. Now time to wash the mud out of our shoes and get ready for some road races! ***- Anna Thomas***

Surrey Ladies League, Coulsdon, February 7

The difference not having our usual top 10 placer in action was felt as despite very good runs from our scorers and good packing we only finished 10th but did enough to hold on for 4th equal in the overall league.

Ola Balme always runs well at Coulsdon and she worked her way into the top 30 and finished 11 places higher than in any other league race this season.

Ange Norris also had a great run and came through well to get her first top 50 in the League according to Power of Ten though they only cover the last decade.

Anna Thomas gave it a real go and was just behind Ola after a mile and though she slipped out of the top 50 eventuallly, it was probably her bravest run to date after starting gently in most recent races.

Not convinced of her fitness at the moment, Nicola Richmond held back early on but a strong finish as she used her track speed, saw her well up on her last league run.

Like Anna, Helen Lister started quicker than in recent cross-country's and had her best ever race, finishing 41 places up on her Wimbledon run.

For the B team, Selma Benattia, who has done most cross-country races this winter, was surprisingly making her league debut and ran well despite her recent injury problems.

Ros Tabor followed up her world record run and had her highest league position for 3 years.There was a gap to the other 3 scorers and they all packed well.

Eleanor Simmons had her best run for a long time and moved through strongly and finished an incredible 93 places up on Wimbledon last month.

Katie Styles also paced it well for a league PB and looks to be gaining fitness.

Lucy Clapp has been consistent all season and all 3 of her leagues have been in the 170s and she completed the B team scoring.

Michelle Lennon has been in excellent form of late but didn't do quite as well here but was close behind the three ahead.

Disappointingly after some great turn outs this season, this was down a bit and we had no runners again in the last third of the field.

The league really is suitable for all standards. Michelle was inside 45 minutes for this course and the last 50 runners in the race ran between 52 and 75 minutes. ***- Steve Smythe***

27 (22 D1) Ola Balme	37:24
48 (33) Ang Norris	38:40
62 (44) Anna Thomas	39:06
73 (52) Nicola Richmond	39:44
74 (53) Helen Lister	39:45
114 (81) Selma Benattia	41:52
116 (82) Ros Tabor	41:59
153 (103) Eleanor Simmons	44:04
159 (107) Katie Styles	44:12
170 (112) Lucy Clapp	4:34
175 (113) Michelle Lennon	44:53

325 ran

TEAM Div 1: 1 Belgrave H 78; 2 Thames Hare & Hounds 113; 3 Clapham Chasers 128; 4 South London H 130; 5 Ranelagh H 130; 6 Herne Hill H 158; 7 Guildford & Godalming 178; 8 Reigate Priory 189; 9 West 4 H 197; **10 Dulwich R 204;** 11 Hercules Wimbledon 216; 12 Stragglers 308; 13 S London B 326; 14 Epsom & Ewell 328; 15 THH B 355; 19 **Dulw B 485 (5th B tm)**

Final standings after 4 matches

TEAM: 1 Belgrave 263; 2 Clapham 427; 3 S London 581; **4eq Dulw R/THH 676;** 6 Stragglers 807; 7 G&G 741; 8 Herne H 751; 9 Ranelagh H 846; 10 Hercules Wimbledon 965; 11 Reigate priory 1025; 12 Belgrave B 1139; 13 W4H 1186; 14 Wimbledon Windmilers 1292; 15 S London B 1582

Surrey League XC (Men), Lloyd Park, Sat 7th February

There was a bit of a worry before the final match that our slightly depleted team may be in danger of the drop to Division 3 if other teams pulled out the stops. Epsom did in fact beat us again but couldn't avoid relegation with Dulwich staying safe by the margin of only 68 points over the four fixtures. A few absences due to injury/illness put us slightly on the back foot but decent packing in the first hundred did the job.

Lloyd Park was its usual mud-fest, my favourite (sarcasm), but Garmin-watchers may have noticed that the move back to the traditional start/finish area compared to the same fixture last year resulted in the lap being 200m longer, a full quarter-mile for the race (just under 5 miles last year, just under 5¼ this year) so anyone who ran both need not be too disconsolate when comparing times. In fact, most appear to have had improved runs this year, although some remember last year being even muddier.

My placings have dropped into the 30s for the last two mucky fixtures compared to mostly being in the 20s for the previous few Division 2 matches, hopefully due to not managing heavier going as well as the firmer ground rather than a general slowing. In fact, a quick check with last year's Lloyd Park race showed I ran 20 seconds per mile quicker this time so that cheered me up a fair bit.

A rapidly improving Steve Davies had probably his best XC to date and a repeat sprint finish with Charlie Lound this time saw him come out on top, with both gaining a lot of points compared to the last match. Wayne came in behind them – did you know, he's going for a hat-trick at the National XC? Falls that is, after suffering a tumble here to follow his spill at Wimbledon. This put him right off his game as after the first lap I passed coach Steve encouraging me with the disconcerting, 'You've got a good gap on Wayne, but he's gaining on you'. This spurred me on to run the downhills even more suicidally than usual (the only way I can make up ground) but later noted that Wayne had dropped well back – I just thought he'd died a death, I'm not that good.....

Tim Bowen is proving to be a very welcome addition to the team with a huge improvement on his first go at Wimbledon, jumping from 11th to 5th scorer, and just getting the better of getting-fit-again Sam Crump. Similarly improved is Ross Rook with easily his best run so far to join the scorers. New dad Paul can't train much and isn't exactly at his best at the moment but turned out and, as he's a King-of-the-Mud, scored well, followed by Ebe who is not a mud-lover and described his own run with more expletives than superlatives. Well, no superlatives at all actually. Mind you, it looks like he is overall 1st M50 over the four fixtures so that should cheer him up.

Rounding off the 10 scorers was Mike Mann who got the better of Hugh in their own personal battle for first M60 in the race – although you could say Mike was 1st M65 and Hugh 1st M60. Hugh ran 18 seconds faster than last year's fixture, a huge improvement with the longer course. In fact, emulating Ebe's overall win, it also looks like Hugh wins the overall League 1st M60.

Recent- and long- established club stalwarts filled the remaining seven Dulwich places, with rare but welcome league appearances from Bob Bell and Steve Street. Jim, Andy, Martin and Ian all had good, solid runs and it was great to see Barry and Steve plugging away giving it some welly at the back of the field – that's what XC is all about.

34	Tony Tuohy	33:10	1st M50
48	Steve Davies	33:47	
50	Charlie Lound	33:52	
54	Wayne Lashley	34:12	
55	Tim Bowen	34:24	
56	Sam Crump	34:28	
64	Ross Rook	34:51	
70	Paul Devine	35:20	
84	Ebe Prill	35:59	
110	Mike Mann	38:02	1st M60
113	Hugh Balfour	38:15	2nd M60
119	Jim Dowsett	39.20	
131	Andy Murray	41:11	
142	Martin Double	42:37	
143	Bob Bell	42:43	
150	Ian Sesnan	45:13	
156	Barry Graham	54:58	
157	Steve Street	59:20	

Match Result
1 Clapham Chasers 150
2 Striders of Croydon 352
3 Walton 361
4 Guildford & Godalming 413
5 Ful-on-Tri 437
6 Epsom & Ewell 453
7 Dulwich Runners 574
8 Stragglers 601
9 Wimbledon Windmilers 754

Final League Positions after 4 fixtures
1 Clapham Chasers 663
2 Guildford & Godalming 1188
3 Striders 1704
4 Ful-on-Tri 1920
5 Walton 2002
6 Dulwich Runners 2159
7 Wimbledon Windmilers 2184
8 Epsom & Ewell 2227
9 Stragglers 2333

Quite a few Dulwich action shots here from the excellent Jeremy Hemming at both the Ladies' match at Farthing Downs and the men at Lloyd Park: http://imagetogo.net/go/?27884

Mike Mann adds

It was tight at the end of the day with only 68 points separating us from relegation position, but congratulations to all those present for a committed performance. There were several who also ran at Lloyd Park last February over a course that was 400m shorter, but allowing for the longer distance this time, most had a better run this year, and some markedly so.

With absences due to illness, injury and other commitments, this was not one of our strongest teams, illustrated by the fact that your captain managed to scrape into the scoring team, but the level of commitment by those present could not be faulted. One of the tricks to cross country running, which many of our runners seemed to cotton on to, is to avoid busting a gut on the difficult muddy stretches but to take advantage of any short downhills and sounder surfaces, where the pace can be picked up.

There were some good stretches, believe me, with the course in much better nick than at the Surreys in January, though you might have missed them if you blinked. This is worth bearing in mind for the National Champs at Parliament Hill on 21 February, though note that the mud is often heavier there and some of the downhills lumpy and hard on the ankles. Finally it was very encouraging to see some of our non elite runners taking part and representing the club in a league where the standard is high with very few slower runners, unlike the women's league.

CROSS COUNTRY CHAMPIONSHIPS 2014/15 MEN

Total of 4 best runs

MUST INCLUDE 3 SURREY LEAGUES

NAME	Surrey Lge 1 Newlands 11/10/14	Surrey Lge 2 Ham Lands 08/11/14	S of Thames Wimbledon 22/11/15	Surrey Lge 3 Wimbledon 10/01/2014	Surrey Lge 4 Lloyd Park 08/02/2014	National Champs Parl Hill 21/01/15	TOTAL	No. of events
Charlie Lound	46	47	50	46	48		237	
Ebe Prill	43	40	47	42	42		214	
Wayne Lashley	48	49		48	47		192	
Steve Davies		45	48	45	49		187	
Ian Lilley	45	44	49	44			182	
Paul Devine	44	48		47	43		182	
Ross Rook		41	46	39	44		170	
Jim Dowsett	38	36	45		39		158	
Martin Double	37	33	44		37		151	
Hugh Balfour	39	35		36	40		150	
Tony Tuohy	50			50	50		150	
Alastair Locke	49	46		49			144	
Edwin McCormack	47			41			88	
Sam Crump		42			45		87	
Tom South		43		43			86	
Tim Bowen				40	46		86	
Mike Mann	41				41		82	
Bob Bell			42		36		78	
Desmond Edwards	36			33			69	
Barry Graham		31			34		65	
John Gabirel Harrison		50					50	
Graham Laylee			43				43	
Rob Cope	42						42	
Mark Foster	40						40	
Kevin Chadwick		39					39	
Chris Loizou		38					38	
Steve Smythe				38			38	
Andy Murray					38		38	
James Charles		37					37	
James Godber				37			37	
Duncan Wilson				35			35	
Ian Sesnan					35		35	
Joe Brady		34					34	
Ed Smyth				34			34	
Steve Street					33		33	
Ameet Patel		32					32	

CROSS COUNTRY CHAMPIONSHIPS 2014/15 WOMEN

Total of 4 best runs

MUST INCLUDE 3 SURREY LEAGUES

NAME	Surrey Lge 1 Richmond 11/10/14	S of Thames Wimbledon 22/11/14	Surrey Lge 2 Nonsuch 06/12/14	Surrey Lge 3 Wimbledon 10/01/14	Surrey Lge 4 Farthing Down 07/02/15	National Parl Hill 21/02/15	TOTAL	No. of events
Ola Balme	47	50	48	48	50		243	
Anna Thomas	43	48	46	46	48		231	
Helen Lister	42	46	44	44	46		222	
Michelle Lennon	40	42	42	42	40		206	
Ange Norris	45	49		47	49		190	
Nicola Richmond	46		47	45	47		185	
Lucy Clapp		44	40	41	41		166	
Katie Styles		40	39	36	42		157	
Eleanor Simmons	35		38	35	43		151	
Claire Balgin	49		50	49			148	
Elkie Mace	44	47	49				140	
Ros Tabor			43	43	44		130	
Claire Sinka	37		41	39			117	
Sue Rowlands	32		37	33			102	
Clare Elms	48			50			98	
Selma Benattia		45			45		90	
Tereza Francova	41			38			79	
Joanne Shelton		41		37			78	
Mel Edwards	50						50	
Kim Hainsworth			45				45	
Clare Wyngard		43					43	
Katie Crowe				40			40	
Nicola McIvor	39						39	
Lindsey Annable		39					39	
Charlie Boden	36						36	
Linda Byrne	34						34	
Claire Steward				34			34	
Charlotte Easton	33						33	
Stephanie Burchill	31						31	

Wokingham half marathon 8th February 2015

Last year's race was cancelled due to flooding on the course so the entries were automatically transferred to this year. We had planned it to be a steady marathon training run for Barrie but the plan got even steadier after lost training. I had missed over three weeks training to flu and whilst Barrie had been less poorly, he'd still missed a lot of runs for his London marathon preparation through a couple of bouts of illness. Furthermore our gentle easing back into training had been disrupted by a few days holiday in Marrakech; not to mention a return from our Moroccan experience in the early hours on the day of the club champs 5k.

There was a stark contrast from last year's weather to Sunday with bright blues skies and a crisp, cool temperature giving perfect race conditions. We both set off at a fairly steady pace but started to struggle after a few miles. Barrie seemed to fare better than me and managed to get a second wind to be not too far outside some recent half-marathon times. I just had a long painful slog to the finish and only a final sprint meant me dipping under the two-hour barrier by my chip time.

The race can't be faulted for the course though which was cheerily marshaled and served by frequent water stations. It was largely flat with a few undulations and had good facilities including showers. Amusingly the race commentator kept making great virtue of the participation of men over 60, announcing the race had over one hundred entrants in that category. Barrie even got a special mention as he crossed the finish line, as if he needed to be reminded of his age!

We hope to do the race again next year as it is their 30th anniversary and perhaps we'll both run better times!

Provisional results

1056	Barrie John Nicholls	1:53:53 (gun: 1:55:24)
1226	Lindsey Annable	1:59:41 (gun: 2:01:12)

1673 ran

Greenwich 10k

83	Richard Dyson	45:46

parkrun February 7th

Brockwell

228 ran

Pos	Gen		
78	69	Giles Gibson	23:02
130	23	Linda Byrne	25:33
131	108	Desmond Edwards	25:40
148	30	Sarah Lyness	26:11

Bromley

253 ran

Pos	Gen		
50	48	Chris Goodman	21:56

Burgess

110 ran

Pos	Gen		
9	2	Kim Hainsworth	19:37
67	43	Barry Evans	27:16
100	40	Susan Vernon	32:15
104	61	Chris Vernon	33:46

Crystal Palace

169 ran

Pos	Gen		
11	1	Mel Edwards 2nd claim	20:50
31	29	Bob Bell	23:00
51	6	Clare Wyngard	24:39
52	46	Michael Dodds	24:45
64	11	Belinda Cottrill	25:15
84	65	Ameet Patel	26:20
87	22	Penelope Bell	26:31
132	93	Paul Hodge	30:47

Surrey League Cross Country 7 Feb

U15 Girls Team

The U15 girls ran a lap of the women's race approximately 4k.Katie Balme was running for Herne Hill Harriers.

6 Katie Balme 18.33

Herne Hill Harriers finished 1st Team

Dulwich

138 ran

Pos	Gen		
17	15	James Wicks	20:13
76	61	Mick Mead	24:58

Newark

131 ran

Pos	Gen		
13	12	Martin Morley	23:23

Orpington

149 ran

Pos	Gen		
27	27	Colin Frith	22:46

Peckham Rye

86 ran

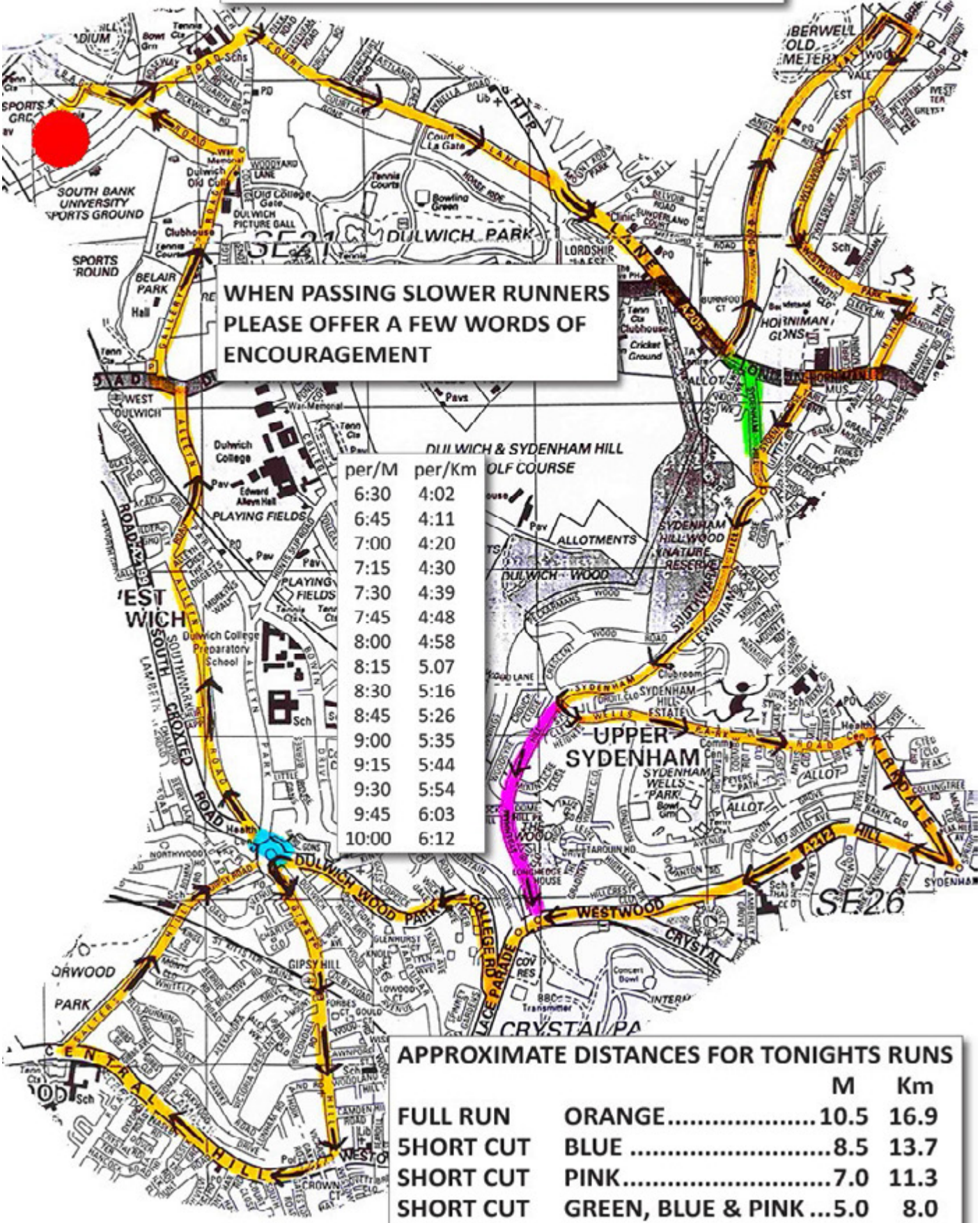
Pos	Gen		
8	8	Michael Fullilove	19:48
16	1	Ellie Horrocks	20:54

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 W5



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

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, BLUE & PINK ...	5.0	8.0