SHORTS

Dulwich Runners AC
Weekly Newsletter
February 10th 2016

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

Wed 10 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 16 Track at Crystal Palace Arena
£2.50 per session.
Meet just after 7pm to warm up, the session around 7.20pm.

TRACK SESSIONS

Crystal Palace Track

- Excellent for building speed,stamina and endurance
- Go to reception, tell them you are with Dulwich Runners. Allow 10 mins to get from there down to the track
- Pay Ros £2.50 on the track, do not pay at reception
- Elkie will commence a warm-up around 7pm and the main session will start approximately at 7.20pm.

Suitable for all standards

Thurdays morning sessions

And there's also speed/hill work mostly on grass taken by Steve Smythe.
Usually starts between 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
Interested ? then email steve.smythe@athleticsweekly.com to go on the mailing list

Dulwich Runners 2016 membership renewal...

If you do not renew you cannot compete in any races as a Dulwich Runner !
You will have recieved by email your 2016 renewal form.
If your current red membership card has 2016 then this does not apply to you, if you are not sure you can contact me.
If you have 2015 on your membership card and have not recieved your renewal email then please contact me at the address below

Full membership including EA registration is £36 or £23 without EA...and dont forget as well as the usual methods you can pay by direct payment (details on the email)

Any membership queries please dont hesitate to contact me: barry@bg1.co.uk

LUCKY VEST
Tonight

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.tabor49@gmail.com

In your SHORTS this week !

1... General information
2... Club kit, social events etc
4... All things Cross country
7... Fixture list, club champs,XC, road, track
8... Race results and reports..Chichester 10k
12... Parkrun results..
14... Wednesday night routes map

And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

EVENT HORIZON
A brief look ahead

full fixture list **page 5**
Feb 13 Surrey League XC mens and womens

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to: **Chris Loizou, Hugh Balfour.**
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**

Mike Mann	**10/02**
Olivier Montfort	17/02
Andy Murray	24/02
Barrie John Nicholls	02/03

Remember to SIGN IN!
WEDNESDAY NIGHT £1 RUNNING FEE

- Sign the attendance register and pay £1.
- **We need the money to help pay for clubhouse hire, map printing etc.**
- **We use the register to compile the new runners' rota, so please write legibly.**
- **We also like to keep an accurate record of weekly attendance.**

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE
Thank you. - 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)

SOCIAL SPOT

SPOT

Watch this space for upcoming 2016 events !

Feb 13th
To mark the end of the men's and women's XC season we will visit The Plough in Lordship Lane from 7.30pm.
Everybody welcome

SHORTS!

I have a limited number of royal blue shorts with the Dulwich Runners' logo. They are traditionally cut either 'racing' style, or slightly longer – size medium.
Both styles are a bargain £15.

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
Socks	£5 pair
Buffs/snoods	£6 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

only £5

HOODIES…

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

Buffs/snoods - only £6

Update on fund-raising support for José Barretta

In April last year, club member José took a tumble from his bike while cycling close to his home, in Oxleas Wood. Many of us have fallen over when running or cycling and most of us have got back on our feet, maybe shed a few tears of pain, patched ourselves up with sticky plaster and got on with our lives. For José however, the damage to his neck resulted in total paralysis and the prospect of life as a tetraplegic.

After the shock of hearing this devastating news, friends within the club set about helping to raise funds to purchase state-of-the-art equipment to give him back some of his independence. Our initial aim was to purchase an FES (Electrical Stimulation) bike; this is the only form of exercise that will raise José's heart rate and increase his lung capacity. It will help strengthen his paralysed muscles including those in his core – helping him cough to prevent pneumonia, and to sit up. A spectacular start was made by Christine Dawson (Dawsie) shaving her head which achieved in excess of her £18,000 target via her JustGiving page (now closed). The club agreed to a donation of £1,000 and smaller sums have also been raised, £327 from the Christmas party raffle and £225 from a quiz night. The money has been channelled through Regain Charity Supporting Sports Tetraplegics via their Restricted Funds account with José as the named recipient.

José has made amazing progress despite a number setbacks due to to infections which necessitated being readmitted to hospital for specialist treatment. He is now back home with his care paid for by the NHS Continuing Care Group (Greenwich) and two live-in carers who will both work two weeks on, and two weeks off.

Fundraising has focussed on a head-controlled, stand-up powerchair which can elevate him into standing position, allowing him to communicate at eye-level while giving pressure relief and mitigating osteoporosis. Watch this video to see it in action https://www.youtube.com/watch?v=FMbgtGk9hcg and https://www.youtube.com/watch?v=NNTfbJ-L02c shows how the head-control works.This robust chair can also be used off-road so will be a life-changer. The chair needs personalised configuration, made to order from Germany and takes 4 5 months to be delivered.

Our fund-raising efforts will continue to raise money towards the FES bike and also a TILT table which will enable José to stand straight and bear his own weight. Look out for future fund raising events which may include an Easter egg hunt, Cuban evening, or salsa dance class, and if you have any ideas, please let one of us know or send an email to: joanne634@outlook.com

Claire Steward, Lindsey Annable, Christine Dawson, Joanne Shelton, Wayne Lashley, Peter Gibbons, Emma Ibell, Ange Norris & Georgina Barretta

The cross country season is now well underway with fixtures taking place on most Saturdays up to late February. Here is some advance information for the benefit of both newly joined members and regulars.

We compete in the Surrey League and this is the club's main priority, with the men in Division 2..... There are 4 fixtures during the season that started on 10 October with the women at Roundshaw Down and the men at Wimbledon Common. Details regarding individual fixtures will be posted nearer the time.

Event distances in the men's Surrey League races are approximately 8k, while the women's races start at 6k, increasing to 8k later in the season. Distances in other races vary, increasing in the New Year to 12k or over for the men and usually around 8k for the women.

For the men's Surrey League, theres no need to enter in advance or pay; simply turn up on the day in good time to register and warm up.Please don't turn up at the last minute as it will stress out your captain and yourself.

With the women's Surrey League, Ange will send an email to all ladies to enter runners in advance. If any lady still wants to run but has not replied it is not too late as there are some places on the day but do get in contact to let Ange know - don't just turn up.

With the first 5 runners scoring for the women and the first 10 for the men, it is important that we field as many as possible of our strongest runners. But these and other cross country races are not elite and are suitable for runners of all abilities. They are also an excellent way of improving your overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits across races of all distances and surfaces.

For virtually all these races other than the Surrey League, entries have to be submitted in advance, in some cases over a month before the events. Your captains will post details in Shorts or by email, requesting those interested in participating to contact them before the deadline given. Note that the club pays for entries. You are asked not to put yourself forward on a speculative basis, but don't worry if you have to withdraw because of injury or illness.

Regarding footwear, you can often get away with road or trail shoes early in the season, but as the ground becomes muddier, cross country spikes or fell shoes will be necessary.

for further information and make sure you respond in good time if you like to take part in races.
Cross country captains
Mike Mann
mcmann90@yahoo.co.uk
Ange Norris
dulwichladiescaptain@gmail.com

CROSS COUNTRY CHAMPS

We are holding a cross country champs once again this season. There are 4 events to qualify including a minimum of 3 Surrey League races. The other races are the South of Thames 5 miles at Polesdon Lacey on 21 November and a mob match yet to be arranged but likely to be in March, probably using the Lloyd parkrun. **Mike Mann**

UPDATE

It is now confirmed that the final race that will form part of our cross country champs will be at Lloyd Park on 5 March. Croydon Harriers have invited us to take part in their annual cross country champs which will be held over the usual course there of around 5 miles. The start time is likely to be 2.30 but will be confirmed later. Hopefully ground conditions will become drier as spring progresses.

WIN A £5 VOUCHER IF YOU RUN THE FINAL 2 SURREY LEAGUE MATCHES

There has been good participation in the first 2 fixtures of the women's Surrey League and the first men's match but following this successful start, the men struggled in the second fixture with a number of potential scorers away and several runners unable to finish due to injuries. We need to maintain the excellent women's turnout and pull the stops out in the final two fixtures on 16 January and 13 February, where we need as many of our regular runners as possible plus those who have joined recently to participate. As a small incentive, we are offering a £5 voucher, which will go towards the cost of club kit to all those, both men and women who complete the final two fixtures.

MEN'S SURREY LEAGUE CROSS COUNTRY, 13 FEBRUARY

The 4th and final Surrey League match of the season takes place at Lloyd Park on 13 February starting at 3pm. The start of the race is close to Lloyd Park tram stop, which can be picked up from East Croydon. There is limited parking at a small car park there. Make sure you get a pay and display ticket if the machine is working. Parking is available on side roads close to the park. There are no changing facilities but there are toilets and a cafe close to the start.

It is important not only that we achieve close to maximum turnout from all our potential scorers, but also that we demonstrate a strong level of support from runners of all abilities. And if you are not able to run come along and support us. There are 3 clubs competing for 2 promotion places. We suspect that both Croydon Harriers and Dorking & Mole Valley have some fat runners they can draw on, but we need to concentrate on ourselves.
If we can achieve a good turnout and performance from our runners, we can be proud regardless of the final outcome.

And don't forget everyone including our women and supporters and invited for drinks afterwards at the Plough, Lordship Lane from 7.30. ***Mike Mann***

Public Transport - Tthe start of the race is next to the Lloyd Park which can be picked up from East Croydon train station.
Parking – There is limited free parking in the small park car park. If the ticket machine is working (unlikely) please make sure you get a ticket for display. Otherwise parking is available on the surrounding side roads opposite the park.
Changing / toilets – There are no changing facilities so please come ready to run. There are toilet blocks however and also a café on site.

http://gb.mapometer.com/running/route_3178560.html - Here is the course map, two laps of joy.
Location – Lloyd Park Croydon, CR0 5RA

20TH GREEN BELT RELAY

Sat 21 & Sun 22 May 2016

NB Please re-read as this was misleading first time!
What I meant was - We have entered one team but now need to have runners to fill it. If we have lots of interest we will enter another.

We have entered one team for this year and if we get more interest we could enter another. If you aren't familiar with it the best thing would be to have a look at the website http://www.greenbeltrelay.org.uk/

That will give you all the details but in short it is a relay of 11 runners who run 220 miles around London over a weekend. There are 22 stages so each runner runs once on Saturday and once on Sunday. The course is rural and mostly off road with the stages varying in length from 7 - 13 miles and are graded in difficulty on a scale 1 - 10 depending on distance and terrain.

That makes it sound quite a physical undertaking, which it can be, but it is also a unique event consisting of running some beautiful green routes just on the outskirts of London. It is a team event with great camaraderie within our team and also between clubs. At the moment we are gauging interest. A team is 11 runners but between now and then things will turn up or injuries occur which cause people to drop out, so ideally we need about 16 names to start with.
Let me know if you want to run. If you've never done it and are unsure, talk to me and I can tell you more about it from having run before. Personally I love it and would recommend it to anyone.
Email:
dulwichladiescaptain@gmail.com
or speak to me Ange Norris on a Wednesday evening.

WELSH CASTLES RELAY - 4TH AND 5TH JUNE 2016

This runs the length of Wales - 200+ miles over 2 days with 20 stages. It starts at Caernarfon Castle on Saturday morning, with an overnight halt at Newtown and finishing on Sunday afternoon in Cardiff. It is scenic and hilly, runners need to be able to run between 5 - 9 mins per mile.

We have entered a team for this in some years in the past. If we have enough interest we will enter one this year. We will need about 25 names to ensure that 20 are available and uninjured on the day.
Let me know by Friday 26th February if you are interested.
Ange - dulwichladiescaptain@gmail.com or at the club on a Wednesday
However, if you are keen to run a relay, and only one, we have already committed to a team for the Green Belt Relay so consider that one first. I am still taking names for it.

BMAF AND VAC 10K OLYMPIC PARK 2 APRIL

The BMAF and Vets AC 10k champs on 2 April will be a prestigious national event and an opportunity to race on a course entirely within the Olympic Park.
The race is open to all runners and BMAF members should enter through the BMAF website, where there is a separate entry for non-masters on the BMAF page. There is a limit of 700 runners which is likely to be reached quickly, so those interested are advised to enter soon.

British Masters Road Relays - Sutton Coldfield - Saturday May 14

if you are over the age of 35 - male or female - please put this in your diary now. Dulwich have traditionally done well in a number of the age group races but while we have a few who turn up every year, we rarely get everyone we should have.
It would be good to get as many of our leading runners as possible to turn up and represent the club at what is one of the best events to take part and this year we have people available in the event or who have moved up.
A list of possible runners are below - if you have been missed and are interested contact steve.smythe@athleticsweekly.com

M35+:

Wayne Lashley	Paul Devine	Jim Dowsett	Ian Lilley	Padraig Prunty	Doug Keighley
Ross Rook	James Godber	Rob Cope	Buzz Shephard	Tom Wilson	John Fletcher
Kevin Chadwick	Tom Marshall	Olivier Montfont	Andy Bond	Toby de Belder	
James Burrows	Tom South	Lloyd Collier	Michael Hutchinson	Tim Taylor	

M45+:

Cameron Timmis	Charlie Lound	Joseph Brady	Gideon Franklin	Ebe Prill	Tony Tuohy
Steve Davies	Mark Foster	Duncan Hussey	John English	Duncan Wilson	Mike Fullilove

M55+

Dave Beaver	Gary Sullivan	Graham Laylee	Steve Williams	Barry J. Nicholls	Mike Mann
Colin B. Wood	Nick Brown	Adrian Greer	Neville Webb	Andy Murray	
Steve Smythe	Chris Loizou	Ian Sesnan	Hugh Balfour	Bob Bell	

W35+:

Charlie Wood	Laura Long	Katie Crowe	Jo Shelton	Yvette Dore	Louisa Pritchard
Selma Benattia	Eleanor Simmons	Emily Gelder	Cara Oliver	Emma Ibell	Roz Johnson

W45+:

Nicola Richmond	Michelle Lennon	Ola Balme	Clare Elms	Angie Norris
Andrea Pickup	Lindsey Annable	Lucy Clapp	Marj Epson	

W55+:
Clare Wyngard Stephanie Burchill Claire Steward Ros Tabor Susan Vernon

Steve Smythe suggested weekend runs for marathoners January to April

February 14: (Surrey Lge Feb 13) 17-20M steady
February 21: steady 20 with fast 5M finish or 1/2M Wokingham or Tunbridge Wells)
February 28: (National Feb 27) 15-17M slow (Brighton HM)
March 6: steady 20-22 miler with some at marathon pace
March 13: (Dartford HM Mar 13)
Mar 20: slow 22-23 miler
Mar 27: brisk 18-20 - quick second half
Apr 3: slow 20-22 miler
Apr 10: 15 miles
Apr 24: (London M Apr 24)

Dulwich Runners 2016 Fixtures

Further information regarding races will usually be here in SHORTS and or announced on a Wednesday club night.
Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly.

2016 ASSEMBLY LEAGUE

These races range from 3 to 3.5 miles on road or on paths within parks and run on the first Thursday of the summer months against 12 other clubs.
This series of races is extremely popular and all members are encouraged to participate whatever your standard or ability.
They are free to enter, all you need to do is have a club vest, turn up and run.
Any further information regarding these races will appear here in Shorts as and when it becomes available.

Thu April 7	Beckenham - 7:15pm (3 miles)
Thu May 5	Victoria Park - 7:30pm (3.5 miles)
Thu June 2	Battersea Park - 7:30pm (5km measured)
Thu July 7	o2 Dome - Nth Greenwich - 7:30pm (3 miles approx)
Thu Aug 4	Victoria Park - 7:30pm (3.5 miles)
Thu Sep 1	Beckenham - 7:15pm (3 miles)

From this year, women's team scores will be based upon 4-to-score, the same as the men

DULWICH RUNNERS
2016 CLUB CHAMPIONSHIPS

The races for next year's club championships have now been selected. Once again there will be 9 races in total, but this time they will split into 2 distance categories, short (S) and long (L). To qualify it will be necessary to complete 5 races in total, including at least one from each of the two distance categories. Note that the dates of some of the races have not yet been finalized, but updates will be issued as soon as we know. It is planned to book a coach for the Chichester 10k, together with lunch at a local pub (details to follow). Please make sure you enter this race soon as it fills up very quickly.

13	Mar	Dartford Half Marathon (L)
24	Apr	Virgin London Marathon (or alternative) (L)
6	Jun tbc	2 mile Sri Chimnoy race, Battersea Park (S)
15	Jul tbc	Mark Hayes Mile, Ladywell Track (S)
4	Sep	Middlesex 10k (S)
17	Sep	5k parkrun, venue tbc (S)
2	Oct	Titsey multi-terrain 10k (L)
16	Oct tbc	Cabbage Patch 10

Cross country Club Champs Assembly League **Misc.**

Date		Race	Venue
Feb	13	Surrey League match 4 men	Lloyd Park
	13	Surrey League match 4 women	Richmond Park
	27	National Champs	Donnington
Mar	5	Croydon Harriers XC Champs	Lloyd Park
	13	Dartford 1/2M (L)	Dartford
	24	Virgin London Marathon (or alternative) (L)	London
Apr	7	Assembly League - Beckenham - 7:15pm (3 miles)	Beckenham
May	5	Assembly League - Victoria Park - 7:30pm (3.5 miles)	Hackney
Jun	2	Assembly League - Battersea Park - 7:30pm (5km measured)	Battersea Park
	tbc 6	2 mile Sri Chimnoy race (S)	Battersea Park
Jul	7	Assembly League - o2 Dome - 7:30pm (3 miles approx)	North Greenwich
	tbc 15	Mark Hayes Mile (S)	Ladywell Track, Catford
Aug	4	Assembly League - Victoria Park - 7:30pm start (3.5 miles)	Hackney
Sep	1	Assembly League - Beckenham - 7:15pm start (3 miles)	Beckenham
Sep	4	Middlesex 10k (S)	TBC
	17	5k Parkrun (S) Note new date	TBC
Oct	2	Titsey Multi-Terrain 10k (L)	Oxted
	16	Cabbage Patch 10	Twickenham

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.

Chichester 10k Club champs

Sun 7th February

Tony Tuohy writes...Firstly, let's get the Wayne Lashley Comedy Gold Award for this week out of the way. Habitual readers of club championship reports in Shorts will no doubt notice that Wayne, one of the very few who could potentially challenge Tim Bowen as the current fastest Dulwich Runner, was highly conspicuous by his absence on Sunday, thereby putting himself at an early disadvantage in the chase for the 2016 championship.

Followers of the Dulwich Facetube page (other social media is available, apparently) may have already followed the tale of woe explaining why, which reached resolution only on Monday morning. Outlining all the detail may get boring, suffice to say Wayne's organisational skills failed early when he neglected to enter himself for the race in the first place. Next came an impassioned plea with just two days to spare to take up an unwanted place, kindly agreed by Lucy Clapp, who sent a private message to Wayne with details of how he could indeed run – which remained unseen by Wayne as he neglected to access the correct facebook message box, or something. Not being much of a facebook user myself, and so not knowing all the ins-and-outs either, I almost fell into the trap of having some sympathy with the unfortunate Mr. Lashley's predicament. Stopped myself in good time though.

Meanwhile, those who made it to Chichester included 37 Dulwich Runners for yet another very well attended club championship as part of one of the best 10k events in the country. This course has seen some great runs in the past with our club 10k records for senior women, W50, M40 and M50 all being set here and Buzz Shephard's 32:33 in 2013 is still the fastest Dulwich time of the past twenty-odd years. None of these looked in danger this time though, not least because of blustery conditions that included a strong headwind for the last 3k that rubbed off a lot of the usual downhill impetus for which this stretch is renowned, often resulting in negative 5k splits.

Nevertheless, the Dulwich contingent put in some good performances, including more than a smattering of PBs, and can quite likely expect faster times in more amenable conditions. I don't know about anyone else, but my second 5k was considerably slower than the first despite the changes in elevation. As I don't think I completely imploded this time I'm blaming the wind.

Pos Time Chip
65 34:34 34:33 Timothy Bowen PB
After his recent 16:17 5k a big fat PB was expected from Tim and he duly delivered despite an extra-enthusiastic 16:52 first half. He'll go faster though.

83 35:29 35:26 Lewis Laylee PB
See comments above. Only his second 10k but a perfectly judged run and plenty more to come from the 800m specialist.

94 35:54 35:51 Mark Lacey PBeq
Mark forgot to dip for the line and so only equalled his PB. A great run though, laying off my pace and coming through to steal past in the last mile and earn himself the Captains' Award.

98 36:04 36:02 Tony Tuohy 3rd M50
Slowest by far out of five runs here since 2010 but will count as an improvement over recent form (i.e., didn't completely fold during second half). Even managed a good sprint for the last 4-500 metres but Mark's buffer held to ten seconds.

116 36:27 36:24 Lloyd Collier
Missed PB by mere seconds so current fitness is obviously coming along nicely.

128 36:49 36:45 Ian Lilley
Also just missed PB (by only 3 seconds) but great run in the conditions and marathon training obviously going well.

131 36:57 36:53 Paul Devine
Comeback in full swing now, another excellent run quite possibly close to PB level on an easier day.

140 37:13 37:11 James Burrows PB
A sizeable PB from marathon-training James as he dips inside six minutes per mile for the first time in a 10k.

141 37:23 37:20 Charles Lound
Charlie's marathon focus meant quite a few miles right before the race and quite a few right after, with the race itself taking a hit...

152 37:44 37:41 Clare Elms 14W, 1st W50
A disappointed Clare counted this as a bad day at the office, but after some recent missed training due to injuries it's a fair run on a windy day and a huge age-graded performance. Better races will come during marathon training if injuries can be side-stepped.

153 37:45 37:40 Ross Rook PB
Onwards and upwards for Ross, following up recent 5k PB with a huge one here. Upward trajectory to continue.

184 38:44 38:41 Eberhard Prill
A decent solid run from Ebe with improving fitness as marathon training takes effect.

194 38:55 38:52 Melanie Edwards 24W
A slightly disappointed Mel was held back a little by breathing problems but is obviously fit as still managed to get within half a minute of PB, a very good run in the wind.

270 41:14 41:06 Steve Smythe
Coach Steve's marathon preparation has been rudely interrupted again by injury and he only just returned in time for the race, but three weeks missed training can't be caught up in a couple of days.

323 42:32 42:22 Selma Benattia 45W PB
A superb two minute PB from Selma whose hard work continues to pay off, all the better for being achieved on a windy day. More to come.

342 43:04 42:35 Michael Mann 4th M60
A very good run from Mike, less than a minute outside his best in recent years. Winter fitness holding up well.

347 43:07 42:43 Emma Ibell 50W
A rare 10k from Emma, but an excellent run, little more than a minute short of her PB from Chichester five years ago.

363 43:29 42:56 Mark Foster
A solid run from Mark, currently improving and hopefully heading towards his best form of a couple of years ago.

364 43:30 43:22 Christopher Loizou
After a year out from injuries including hospital operations Chris somehow managed to stay in decent trim and this was a very solid run at the start of the long comeback trail.

374 43:43 43:20 Katie Styles 53W PB
The PB of the day. A huge three and a half minutes off but more to the point, a faster pace than her best 5k, which she races much more often. A massive run; I want to know what she had for breakfast.

386 43:52 43:22 Gideon Franklin
Gideon is running solidly at the moment and working hard to get back to last year's form.

390 43:54 43:31 Michelle Lennon 56W PB
Another hard worker who is still improving. Recent parkrun 5k PB followed up with a superb 90-second-or-so improvement here over 10k. Great run.

399 44:04 43:34 Sue Cooper 58W
No idea how Sue pulled that out of the bag. Not much more than a minute behind her PB from Chichester five years ago, easily her best road run for years.

404 44:09 43:23 Matthew Ladds PB
Still improving, another with a recent parkrun 5k PB setting him up for an excellent best time at 10k.

441 44:48 44:20 Graham Laylee
Solid and consistent, Graham pulled out a great run, missing his three year old PB by just 11 seconds.

443 44:52 44:20 Cameron Timmis
A rare 10k for Cameron, but the consistent performer turned in a very solid run for his first appearance this year.

547 47:08 45:52 Ros Tabor 89W, 1st W60
Ros will be pleased enough with this performance after recent injury niggles, just a minute or so short of 10k times from recent years and a mere 10 points short of Clare Elms in the age grade tables.

548 47:08 45:52 Andy Murray
Andy's currently a little short of last year's fitness/form but apparently managed to pip Ros on the line...

575 47:30 46:57 Clare Wyngard 96W
A very good run from Clare, far superior to indications from recent parkruns.

599 47:49 47:15 Hugh French
First appearance this year for Hugh and a solid run well in-line with form of the past year.

663 48:55 47:39 Joanne Shelton 118W
A good run from Jo, currently on an improvement curve heading towards previous levels of fitness.

702 49:31 47:40 Adrian Ward
A debut 10k and welcome first club championship appearance from Adrian.

716 49:40 49:11 Ameet Patel
Don't know how he does it. Been churning out times within a minute or so of each other at all distances for years. Having seen his sprint I'm sure he could be dangerous at 400m if he trained for it...

720 49:47 49:01 Barrie John Nicholls
Just a little down on best form, Dulwich's ever-present club champs man turns in another sold performance.

725 49:54 49:22 Michael Dodds
Good to see Mike back after his sojourn abroad and his times will hopefully soon be creeping back towards former glories...

783 50:51 50:05 Claire Steward 156W, 5th W60
A solid run from Claire with form not too far adrift of last year's excellent autumn.

818 51:20 50:35 Lindsey Annable 167W PB
Getting stronger and stronger from regular training and cross country races, Lindsay is once again rewarded with a well-deserved half-minute PB. Sub-50 beckons.

1201 58:41 58:11 Tony McPherson
Long distance triathlon man Tone takes it steady...
1710 finishers

			Time	Age group points					Age grade points	Champs medals
				ms	m40	m50+	fs	f40+		
Timothy	Bowen	ms	34.33	50					775	Fastest man
Lewis	Laylee	ms	35.26	49					760	1st sen man
Mark	Lacey	ms	35.51	48					748	Captains' award
Tony	Tuohy	m50	36.02			50			855	1st m50
Lloyd	Collier	m40	36.24		50				779	1st m40
Ian	Lilley	m40	36.45		49				778	
Paul	Devine	ms	36.53	47					742	
James	Burrows	ms	37.11	46					725	
Charles	Lound	m40	37.20		48				791	
Ross	Rook	ms	37.40	45					716	
Clare	Elms	f50	37.41					50	932	Overall
Eberhard	Prill	m50	38.41			49			797	3rd age grade
Melanie	Edwards	fs	38.52				50		784	Fastest woman
Stephen	Smythe	m50	41.06			48			777	
Selma	Benattia	fs	42.22				49		723	1st sen woman
Mike	Mann	m60	42.35			47			823	1st m60
Emma	Ibell	f40	42.43					49	753	1st w40
Mark	Foster	m40	42.56		47				694	
Katie	Styles	fs	43.20				48		703	
Chris	Loizou	m50	43.22			46			736	
Gideon	Franklin	m50	43.22			45			711	
Matthew	Ladds	ms	43.23	44					616	
Michelle	Lennon	f40	43.31					48	769	
Sue	Cooper	fs	43.34				47		699	
Cameron	Timmis	m40	44.20		46				650	
Graham	Laylee	m50	44.20			44			727	
Ros	Tabor	f60	45.52					47	922	1st w50
Andrew	Murray	m60	45.52			43			729	
Clare	Wyngard	f50	46.57					46	776	
Hugh	French	m40	47.15		45				587	
Joanne	Shelton	f40	47.39					45	660	
Adrian	Ward	m50	47.40			42			636	
Ameet	Patel	m50	49.11			41			616	
BarrieJohn	Nicholls	m60	49.01			40			675	
Michael	Dodds	m50	49.22			39			647	
Claire	Steward	f60	50.05					44	809	2nd age grade
Lindsey	Annable	f40	50.35					43	662	
Tony	Macpherson	m50	58.11			38			525	

Watford Half Marathon

A tempting early bird offer, saw me heading north to Watford for the annual Watford half marathon on Sunday morning.
I had run this race before in 2014 when some of the route was effected badly by flooding. I can remember running ankle deep in a couple of places. This prompted a change or route that some say has made the route even harder with an extra added hill.

It was a cold, damp and muddy race HQ that greeted the runners in Cassiobury park, with the majority of the sellout race staying sheltered until the very last moment until having to brave the elements.
I managed to bump into fellow Dulwich runners Sharon Erdman, and Gary Sullivan before the off, and we wished each other good luck before making my way over to the start area. It's always nice to see a familiar face at a race.

Before long, the starter gave the order, and we were set off along the narrow paths of Cassiobury park. It was dodge the slower runner and head onto the mud at the side of the paths, until we were clear of the park and onto the open roads.
Around a mile into the race,I could see fellow Dulwich runner Gary Sullivan ahead of me, so I gradually bridged the gap until I caught up with him, and virtually stayed side by side right until the finish line. We both encouraged each other around the course with a bit of idle chit chat as you do, and also checked regularly on the race pace. Without this I'm sure I would have gone out to quick. It was also nice to have someone to moan at, every time I saw a hill in the distance, and believe me their seemed to be a few.

We did have a giggle at one runner who we overtook on a hill who looked like he was wearing Roman legionaires sandals. They were probably all the rage when Mike Mann was a young lad (only joking Mike).
The last mile and a half seemed to be slightly down hill, until entering back into Cassiobury park where the the finish line was spotted in the distance, and just an uphill 400 meters to negotiate. A last gasp surge saw Gary over the finish line ahead of me by just a second or two, but I was very relieved and satisfied with my time on this very undulating tough coarse.

Winner 01:07:31

280 Gary Sulliva	01:33:24
282 Jim Dowsett	01:33:17
1275 Sharon Erdman	01:59:03

1866 ran

S. East Intercounties Schools 5k Intermediate Boys, Bexhill

6 February

A few hills, some mud and a strong wind, all in all, good ingredients for a cross country race against five other counties. Good performance, exceeding that of the recent Kent Schools Championships. Much improved on the 68th position in same race, same course four years ago.

32 Oscar Hussey 19.17
88 ran

Parliament Hill 6k U17B

30 January

An unusually fast start paid dividends, as although lost a few places on second lap, remained strong enough to finish 25 places higher than last year in an older age group.

77 Oscar Hussey
173 ran

Crystal Palace Canter

2 Feb 2016

2 Ola Balme	21:41 (1st W)
5 Graham Laylee	23:01
8 Jo Quantrill (2nd Claim)	24:55
10 Ros Tabor	25:59

The Crystal Palace Canter now has its own website
https://crystalpalacecanter.wordpress.com/

February 6th

Barking

90 ran

Pos	Gen		
29	23	Kevin Smith	25:23

Beckton

40 ran

Pos	Gen		
1	1	Daniel Walsh	19:53

Black Park

534 ran

Pos	Gen		
114	9	Laura Vincent	24:12

Brockwell

295 ran

Pos	Gen		
16	16	Andy Bond	19:08
52	4	Michelle Lennon	22:03
231	69	Selina Wray	29:31

Bromley

498 ran

Pos	Gen		
267	218	Peter Jackson	26:57

Burgess

187 ran

Pos	Gen		
69	58	Matthew Ladds	23:35

Durbanville

Chris Vernon writes

Time for another parkrun adventure, this time the adventure was just getting there. I left Capetown bright and early without Sue or Ron heading north for the wine area of Durbanville. After a couple of minor wrong slots as the description on the website was rather vague I got to within a couple of miles of the start with half an hour to go and was confronted by a police roadblock and was sent on a 10 mile diversion into the velt, on through barren countyside with just a couple of lone ostriches for company.

This is not wine country, a dirt road followed and I arrived in Durbanville town where I was diverted again by a massive cycle race, the cause of all my troubles. Stopping to ask the way, the first people did not speak english, the second was stone deaf ! By now I was very late and panicking.

Eventually I pulled into the lovely Meerendal wine estate and parked up. No time for water,the call of nature or sun block as I dashed to the start line which I crossed 8 mins late. I had no idea of the course as but at the top of the first hill some runners passed so I joined in after a quick pit stop in the bushes. The route meandered round the vineyards,pity the grapes were not ripe, on dry dusty tracks just like Dobbies .

By this time the sun was very hot and I was losing interest so I walked/ jogged to the finish having missed half a kilometer at the start. I was surprised to find I had won my age group with the others far enough behind for the short cut not to matter .

Durbanville AC are the local club with a handful running the rest of the field were again mainly joggers/walkers and families. I appeared to be the only foreign club runner but in the past Sheen Shufflers, Reigate Priory and Southend have visited.

The wine farm was lovely with a swish hotel, grand resturants and wine tasting which even I could not manage at 9am after a parkrun but coffee and a croissant were welcome.

I met Allison,the ' mother hen 'of local parkruns and founder of many. In England, where her kids are at school ,her home run is Blandford and her favorite Weymouth so we could compare notes. Both of us have Poole on the radar for this year. She has assembled a good team of friends for this run but after 28 runs they are looking for others to join and help out.

On exiting the farm I had to cross the path of the cycle race, they were on the last big downhill ,crouched over the handlbars, lycra flapping and barely in control. Luckily I found a gap and headed into the saturday morning traffic with the tablecloth down on the mountain in the distance.

523 ran

Pos	Gen		
237	130	Chris Vernon	40:31

Eastbourne

183 ran

Pos	Gen		
8	8	Simon Burnett	19:32

Cleethorpes

86 ran

Pos	Gen		
22	21	Colin Frith	22:56
34	32	Martin Morley	24:18

Crystal Palace

260 ran

Pos	Gen		
8	8	Tom Wilson	18:30
45	38	Stephen Smythe	21:28
51	9	Lucy Elms	21:32
94	74	Bob Bell	23:48
99	79	Andy Cottrill	24:00
101	21	Belinda Cottrill	24:02

Dulwich

261 ran

Pos	Gen		
6	6	Alastair Locke	17:26
11	11	Martin Holt	17:55
32	29	Tom Tabori	19:31
76	69	Ajay Khandelwal	22:17
104	95	Mark Muffett	23:34
136	119	Duncan Wilson	24:48
143	21	Claire Steward	25:13
159	131	Michael Dodds	25:39
207	56	Stephanie Burchill	28:37

Finsbury Park

247 ran

Pos	Gen		
53	51	Michael Mann	22:18
106	15	Ros Tabor	25:29
105	91	Andy Murray	25:29

Hilly Fields

205 ran

Pos	Gen		
11	11	Mark Callaghan	19:21
22	21	Ian Lilley	21:00

Medina IOW

243 ran

Pos	Gen		
38	2	Lucy Pickering	23:32

Peckham Rye

156 ran

Pos	Gen		
21	21	Gideon Franklin	21:49
83	19	Sian Maguire	26:21
154	67	Abbie Grace Bottle	32:46

Riddlesdown

83 ran

Pos	Gen		
14	4	Ange Norris	23:04

Royal Tunbridge Wells

105 ran

Pos	Gen		
95	65	Rafe Collier	36:42
96	66	Lloyd Collier	36:44
97	31	Rhoda Collier	36:45

Southwark

191 ran

Pos	Gen		
1	1	Giovanni Graglia	17:57
20	1	Victoria Davis	21:13
111	27	Kaylee Coxall	26:26

St Peters

288 ran

Pos	Gen		
111	21	Penelope D'arcy Graham	26:28

Tooting Common

372 ran

Pos	Gen		
85	77	Cameron Timmis	21:56
134	117	Ian Sesnan	23:56

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.

MARATHON TRAINING FOR LONDON (OR OTHER SPRING MARATHON)

This schedule is aimed at those hoping to run a Springtime marathon in a time between 3:45 and 4:45, so not really aimed at faster club members (who will be referring to Steve Smythe's schedules), although of course everyone is welcome and there are likely to be friends from other club(s) at some of the sessions.
The entry fee for the Bromley track in Norman Park track is £4 on a Sunday morning, but then you would spend that on a pint these days!
On the longer runs we will probably split into two groups, faster with Claire, slower with me. We will possibly change a few of these sessions according to how the training goes.
If you intend doing any of the races then enter asap as they all fill up fast!
Claire and I cannot guarantee to make it to all of these sessions but we will do our best to keep the training momentum going.
For me it will be my 50th marathon, if everything works out and possibly my last; it will be Claire's 44th.
If you intend being part of this group please email me to confirm then I will have an idea of numbers to expect

Cheers - Steve Wehrle steve.wehrle@immediate.co.uk

Weeks to go!	Date	Event / Distance	Information
10	Sat 13	Surrey League XC (4/4)	13:00 Lloyd Pk (Men), Richmond (Women)
	14 Feb	8 x 1 mile reps	09:00 Bromley Track, Norman Park
9	21 Feb	Tunbridge Wells Half	09:00 Road race
8	28 Feb	Norman Park	09:00 Road route to Tatsfield and return – 18m
7	6 Mar	10 x 1 mile reps	09:00 Bromley Track, Norman Park
6	13 Mar	**Dartford Half marathon**	?time Road race **Club champs**
5	20 Mar	NormanPark	09:00 10miles thru BadgersMount / Chislehurst
4	27 Mar	12 x 1 mile reps	09:00 Bromley Track, Norman Park
3	3 Apr	Westerham Run	09:00 Grasshopper Inn, Moorhouse – off road 3-4 hrs
	10 Apr	Orpington 20 miles	09:00 3 hours + on the road
1	17 Apr	Darenth 10km, Eynsford	08:00 Road Race
Zero	**24 Apr**	**LONDON MARATHON**	**This is it ! Club Champs**

SUNDAY RUNS, RACES AND REPS.....*dates and events subject to change*

Includes: middle and long distance multi-terrain / road races - Sunday runs at High Elms, Norman Park & Dulwich Park
Track sessions at Norman Park track, Bromley

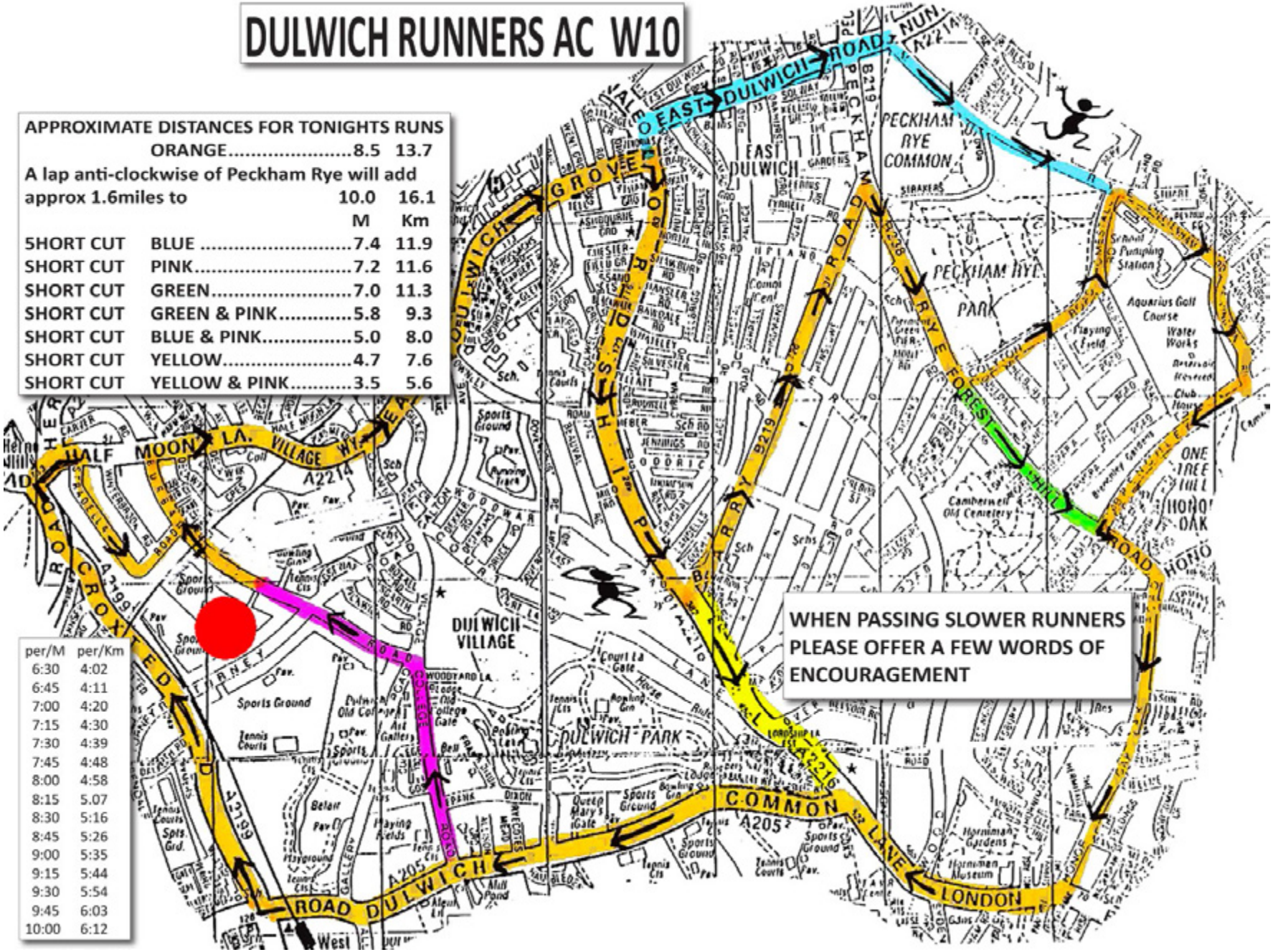
for more information contact:
Steve Wehrle or Claire Steward

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) http://www.parkrun.org.uk/
High Elms runs ('HERoS' High Elms Runners on Sunday) mostly off-road, start from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9:00 – usually two pace/distance groups, minimum ~10 miles

Alternative / additional race options:

Bramley 10 / 20 miles, Basingstoke	14 Feb, 10:30	www.readingroadrunners.org
Meon Valley Plod (East Meon)	21 Feb, 10:30	http://pjc.org.uk
Leith Hill Half	6 Mar, 11:00	www.trionium.com/leithhillhalf
Spitfire 20 (Dunsfold Aerodrome)	13 Mar, 09:30	www.eventstolive.co.uk
Finchley 20 miles (Ruislip)	13 Mar, 09:00	http://www.hillingdonac.co.uk/f20
Hastings Half Marathon	20 Mar, 10:30	http://www.hastings-half.co.uk
Cranleigh 15 or 21 miles	20 Mar	www.mabac.org.uk
Orion 15 (Epping Forest)	2 Apr (Sat) 10:00	www.orionharriers.com
Paddock Wood Half	3 Apr, 09:30	www.paddockwoodhalfmarathon.co.uk
Thames Towpath 10 (Chiswick)	17 Apr, 09:00	www.west4harriers.com

DULWICH RUNNERS AC W10



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
	ORANGE	8.5	13.7
A lap anti-clockwise of Peckham Rye will add approx 1.6miles to		10.0	16.1
SHORT CUT	BLUE	7.4	11.9
SHORT CUT	PINK	7.2	11.6
SHORT CUT	GREEN	7.0	11.3
SHORT CUT	GREEN & PINK	5.8	9.3
SHORT CUT	BLUE & PINK	5.0	8.0
SHORT CUT	YELLOW	4.7	7.6
SHORT CUT	YELLOW & PINK	3.5	5.6

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

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT