DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
December 7th 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	7	Club Night, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Sat	10	SEAA Xc - Oxford
Tue	13	Crystal Palace Arena See notice below for more details £2.50 per session - Full warm up from 7pm Main session start around 7:20

Christmas opening

The Edward Alleyn Club will be open as usual on Wednesday 28 December, and Wednesday 4 January

TRACK SESSIONS

At **Crystal Palace National Arena**
£2.50 per session - Suitable for all abilities.
At reception say you are with Dulwich Runners but do not pay there, pay Ros trackside.
Leave time to get from there down to track - it can take up to 10 minutes.

Arrive at 7pm if you want a full warm-up of various drills etc, taken by Elkie Mace.
Main session taken by Steve Smythe starts around 7.20pm and will last 40-45 minutes.

LUCKY VEST
tonight in the clubhouse

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.
Vests £18 each from Ros and all kit ros.tabor49@gmail.com

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE
PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- 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.

Thank you. - Ros

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Cross Country section - all the info you need
4 2017 Club Champs teaser !
5 Fixture list, club champs, road, XC, etc
6 Kent Masters medal haul !
11 Club champs 2016 marathon results
12 Parkrun results
13 Map for the run this Wednesday
14 Turkey Trot entry form

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

Dec	10	SEAA Xc - Oxford
Dec	17	South of Thames Xc - Beckenham

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
If you're on the list, please 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

Ian Sesnan	**7/12**
Claire Steward	14/12

Volunteers if needed over the holidays

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

SOCIAL SPOT

P *Watch this space for upcoming*
O *2016 events !*

T

Dulwich Runners Xmas Party

"Tickets on sale now !"

17th December 7pm onwards

Guys and girls it's the event you've waited the whole year the DR Xmas Extravaganza!!

As in previous years it will be held at **The Plough on Lordship Lane**, with strong negotiation skills I've managed to keep tickets at an inflation busting **£15**
Deadline for tickets is 9th December

There will be a buffet and then you'll be able to strut your stuff on the dance floor to DRs essential party playlist courtesy of Ian Lilley & Co!

Dress Code: Dress to Impress (Bad Taste Xmas Jumpers Optional)

I'll be down the club on Wednesday tickets will be available from me or Barry. Alternatively you can transfer your ticket money to:
Matthew Ladds

Santander
09-01-27
86032186

Any queries let me know, veggies, vegans or other dietary requirements then give me a shout and I'll try best to ensure there are plenty of food choices.

TURKEY TROT CLUB HANDICAP

18 DECEMBER

The annual club Christmas handicap race will be held in the traditional way, in Dulwich Park, the morning after the Christmas party. Come and run off your hangover!
The race is 3 laps round Dulwich Park, run as a handicap, based on recent parkrun times. It is a light-hearted festive event with several prizes. Runners run without their watches and try and match their predicted times.
Please wear a Christmas hat – prize for the best one!

Entry form at the end of Shorts. Thanks - Ros

SHORTS!

DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or slightly longer– Both styles are a bargain £15.

1 Bedroom Flat with parking in Thicket Rd. SE20 8DR, overlooking the lake at Crystal Palace Park.
Handy for track and the park run!! £800 per month.

If interested please call Clive on 0208 658 8386 or 07881 622575
(Clare Elms)

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 **£5.50**
Just give me your name and money when you sign in - Ros
Don't just sit there salivating…join in !

Rehydration !

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

DULWICH RUNNERS 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 from Ros
ros.tabor49@gmail.com

HOODIES...

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

Buffs/snoods - only £6

Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

Socks only £5

Deep, Sports & Therapeutic Massage December Special Offer -10%! Off Gift Vouchers available

Do you:
- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?
- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004,
ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

The cross country season started in September with races taking place on most Saturdays until mid February. Here is some key information for the benefit of both newly joined members and regulars.

Surrey League

We compete in the Surrey League and this the club's main priority. Further details on times, location etc will be posted by your captains nearer the time. Details on other Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible.
Our men did exceptionally well to gain promotion to Division 1 last season, but will face a challenge this season in avoiding relegation, competing against some of the strongest clubs in the country.

Distances

The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, from around 8km in the autumn to 12km and over for the men later in the season.

Scoring

In the Surrey League, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. But cross country races are not elite and are suitable for runners of all abilities. They are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races.

Surrey League entry

For the men's Surrey League there is no need to enter in advance or pay; simply turn up on the day in good time to register and warm up (though your captain will find it helpful to know your availability in advance). For the women's Surrey League, the women's captains will request runners to enter in advance. If you have not asked to be on the list but decide later that you want to run, please contact your captains.

Other Races

In addition to the Surrey League there are other cross country races, almost all of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London champs, 2 South of Thames races, South of England and National champs. There are also other races for Masters. See the fixture list in Shorts for details.

Entry for other races

For virtually all races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email for those interested to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first. But don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

You can often get away with road or trail shoes in early season races, but as the ground becomes heavier, cross country spikes or fell shoes become necessary.
Contacts
For further information please contact your captains at:
dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk

Cross Country Champs

Once again we will be holding a cross country champs this season and there will be 2 perpetual trophies in memory of Ken Crooke, one for women and one for men. They will be awarded at the end of this cross country season (Spring 2017).

There will be 4 events to qualify, including a minimum of 3 Surrey League races. The other races are the South of Thames 5 miles at Polesden Lacey on 26 November and a mob match yet to be arranged in February or March, probably using the Beckenham Place Park parkrun course.

Cross Country Entries

There are a number of notices in Shorts and emails about informing your captains whether you would like to enter various cross country events over the autumn months.

A busy cross country calendar means that races are held on most Saturdays through the season, so it might be helpful to know which to prioritize.
As far as the club is concerned the 4 Surrey League matches over the season represent a key target.

To come there are women's and men's matches on 14 Jan and 11 Dec, please keep these dates free if at all possible. Another important races this autumn is the SEAA Masters champs at Oxford on 10 December. There are a number of other races including the London Champs, the two South of Thames races and you are encouraged to enter these, but they represent a slightly lower priority.

Advice on which races to target later in the season will follow. For all events, please make sure you read the notices carefully and respond before the deadlines given, in order to ensure that you get a place. ***- Mike Mann***

South Of Thames Cross Country

17 December

The South of Thames 7.5 mile race has now been confirmed for 17 December at Beckenham Place Park and should be a perfect appetizer for the Christmas Party that evening.

The race starts at 2pm near West Gate on the south side of the park. The race HQ is Beckenham Cricket Club, Foxgrove Road BR3 5AS (the same HQ as used for Assembly League races there), 600m from the start. Numbers can be collected from your captains there or later at the start. It is a 3 lap course of around 12k mainly on grass but including some gravel paths, so should be suitable for short spikes. (course map on next page)

Stop press
Today is your final chance to enter this race and earn your drinks at the Xmas (or is it Brexmas blues?) party at the Plough

South Of England Champs

28 January

These cross country champs take place at the traditional venue of Parliament Hill on 28 January (15km for men, 8km for women). Since the closing date is absurdly early can you ***please inform your captains by 12 December*** if you would like to be entered.

County Champs

7 January

The cross country county champs take place on 7 January, with the Surrey races at Lloyd Park and the Kent ones at Brands Hatch. ***Please contact your captains by 8 December for the Kent champs and by 22 December for the Surrey champs.*** Your captains can provide advice on which county you are eligible to run for.

South Of Thames Cross Country map

2017 CLUB CHAMPIONSHIPS

Once again the 2017 club champs will consist of 8 races in total with 4 races in each of 2 distance categories. The 2016 championship rules which can be found on our website are applicable.

Owing to uncertainties surrounding some of the races later in the year, the list of fixtures is being issued in two tranches, with the first including those races up to and including the London marathon. It is hoped to issue a firm programme for the whole of 2017 early in the New Year.

The early fixtures will be as follows:

4 February	Southwark parkrun 5k
5 March	Regent's Park 10k
2 April	Paddock Wood 1/2M
23 April	London Marathon or alternative (see rules below)

It is possible to give an indication of some of the later events. We are considering a 2 mile race if one of the Battersea Park summer series is scheduled for a suitable date, preferably in June. If not the Battersea Park Assembly League race, likely to be on 6 June will be chosen. The Mark Hayes Mile will take place, probably in the first half of July, but not as a club champs event. Instead we are looking for a suitable track mile race in July. The Sittingbourne 10 on 1 October will be used as the 10 mile event.

Finally we are considering options for a multi-terrain, or possibly a cross country race in the September/October time frame.

We recommend that you enter the 10k and half marathon races early in case they fill up.

Mike Mann

Clarification of marathon nomination for 2017:

The main marathon for the club championship is the London Marathon (LM).
However since it can be difficult to secure a place it is permitted to nominate another marathon instead. To make this as fair and comparable to the other club champs races as possible the following rules apply:

a) it should be a certified marathon accepted by UK Athletics sites http://www.thepowerof10.info/ or http://www.runbritainrankings.com/

b) the nomination should be made ahead of the LM in principle. That means if you are not able to run the LM, or if you do not want your result in the LM to count for the club championship (because for example you are a pace maker or run not fully trained for a charity), you are required to announce this before the LM and declare that you want to nominate one other marathon for the club championship. As soon as you have secured a place in that other marathon, you should nominate the specific marathon.

c) the marathon needs to take place before December 1st

d) otherwise your result in the LM or (if you are not running London) the first marathon of the year you run as a club member will count for the club championship.

e) It is not permitted to have the best time of multiple marathons count in hindsight at the end of the year.

f) the announcement of your intention ahead of the LM (if you do not want it to count) and the nomination of another marathon can be made to the club committee or to the club newsletter SHORTS. It will be made public for your fellow competitors in SHORTS.

Box Hill Entries

Entries for the Box Hill Fell Race on Saturday 21 January filled up very rapidly – it was full by 9.48 am on Tuesday. I know that several people were disappointed. However, don't despair. Fabian4 have said that they expect cancellations and it is quite straightforward to take the place of someone who has pulled out.

Put the date in your diary and log onto www.fabian4.co.uk after Christmas. I will put another note in Shorts if they send any further info. If you would like to find out any more about fell running, feel free to collar me on a Wednesday night or e mail me at : hugh@christchurchpeckham.info

Hugh Balfour

Dulwich Runners 2016/17 Fixtures

Further information about 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 here regularly.

Road & other **Cross country** **Club Champs** **Assembly League**

2016		Race		Venue
Dec	10	SEAA Masters champs		Horspath, Oxford
	17	South of Thames 7.5m		Beckenham Place Park
2017				
Jan	7	County Champs		Lloyd Park, Surrey - Kent **tbc**
	14	Surrey League	men	Mitcham Common
	14	Surrey League	women	Lloyd Park
	21	Vets AC Champs		Wimbledon Common
	28	South of England Champs		Parliament Hill
Feb	4	Southwark parkrun 5k		Southwark
	11	Surrey League	men	Ham Lands, Ham **tbc**
	11	Surrey League	women	Farthing downs, Coulsdon
	26	National Champs		Nottingham
Mar	5	Regents Park 10k		Regents Pk, london
Apr	2	Paddock wood 1/2M		Paddock Wood
	23	London or alternative marathon		various

Targetting races

Someone recently asked me what are the important events in a calendar year ?

There is no simple answer - it will vary depending on your standard, your age group and how much time you have and whether you are willing to travel.

Some people just want to do parkruns or midweek races that don't impinge on family time and it's difficult to do everything, especially if you do all the Club Championships and things such as the Assembly League which are quite important but hardly essential.

And some people just have favourite races they like doing completely indepentedly of a team.

Traditionally, in cross-country we have targeted the Surrey League which I think is fine when the women are strong and we are vying for a top-3 place which we were for a few seasons. or the men are on for promotion but 4 league races can dominate the winter. Certainly, this year the women aren't as strong. A few have moved away, have injury problems or aren't racing much but we could quite easily do well again - Doing well in team events can often be just ensuring we have one of the team highly placed - luckily we have at least one woman runner who has finished high repeatedly for close on ten years and just need fit runners to back them up to do well.

The men now probably have the best cross-country squad ever - it might be good seeing whether we can place higher than ever before in the Southern or National rather than worrying too much about the final league races.

If we got everyone out we could be quite competitive in a lower key event such as the South of Thames, and the women have done well regularly and if it was local but normally this wouldn't be an event worth making a special effort amongst the men

but we do have some good over 35s in both men and women and have traditionally done well in the National masters road and xc relays - Next May is the BMAF Road relays and it would be good if all eligible can put this date in the diary, and we actually field A and B teams in some age groups such is the demand.

Doing well is good but I would also like to see teams of all abilities compete and us field teams in national road and cross-country (we have never competed in the senior XC relays)

There are also BMAF Championships at cross-country and most road distances but they are probably only worth doing if you are in a position to challenge for an individual medal or you know there is an interested team from the club in your age group.

The club has also regularly done well amongst the women at Kent County senior Championships and Kent masters - less so in Surreys even though technically we are a Surrey-based club and the men have only had a few successes at county level and only in the M50s.

This year we could and should have put a good team out in the M40s and W35s in the Kent Masters but too many were not available. However, we don't need to do these events just when we have a team. ie Neville could have run in the M50s and strengthened our team in that age group but quite rightly ran as an individual in the M60s as he had an individual medal shout.

While it doesn't help that the club is split between two counties, in my view a county championships is in some ways worth doing more than some National events because it is reasonably local and easier to get teams out for and to do well. I personally have been competing in them for 45 years and will continue for hopefully a few more years yet and I will be part of a Dulwich team in them and see others in younger age groups compete too.

Steve Smythe

Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, fell, xc, tri and track results etc, are welcome.

Kent Masters XC Championships, Dartford

Sat 3rd December

"Dulwich win gold, two silvers and bronze"

After two years at Sparrows Den the Kent Masters were shifted to Central Park in Dartford; a compact course was designed with a lot of switchbacks each lap that made for good spectating if you could work out what part of what lap the runners were on. It did work well though, providing a mostly fast and flat grassland run broken up each lap by an uphill trail and diving a number of times up or down some very steep but mercifully short bankings – although these could catch out the unwary (see below)...

Women W45 (approx. 4.6km)

With eight individual gold medals in the last nine years (she missed it one year doing another event) it's too easy to be complacent about Clare Elms winning this event every year despite going ever deeper into the veteran ranks. But all it takes is to have a slight off-day or a little dip in form to spoil an exemplary record, and that is exactly what happened. This is not to belittle the achievement of Maria Heslop (Paddock Wood AC) in winning here after being an 'eternal second' to Clare on numerous occasions, as she is a quality runner and particularly fit at the moment, having won the previous week's Kent Women's League XC outright, including beating all the seniors.

When a runner pushes the pace in the final half-mile of a race and senses a gap is opening on the opposition it is a massive confidence booster and Heslop seized her moment to press home the advantage. Clare had known she wasn't on-song from the outset when she found the early pace hard going despite it not even matching a parkrun she had despatched easily the previous week. Nevertheless, she dug in but had to give way late on and found herself ten seconds adrift with 400m to go. A final call to the legs for a big kick found little response and despite closing a couple of seconds on Heslop and to within two seconds of Hazel Behagg, who was winning the W35 race, she finished utterly spent but with a hard-earned silver medal.

Meanwhile, Ange and Andrea were waging their own battles as they were well aware that every place could count in the hunt for team medals. It was made slightly more difficult for them as it was a mixed age-group race and they had to fight all-comers without knowing who was W35 or W45. In the end, strong runs from both brought them home in fine 5th and 8th places completing what turned out to be a repeat of the easy win by exactly the same team two years ago for another set of gold medals. Andrea's run was her best XC for some time, while Ange's could well qualify as her best ever short-course race and it's also well worth noting that had she run in her own age group she would have won the W55 gold medal by over two minutes.

2	Clare Elms (W50)	17:10	silver
5	Ange Norris (W55)	18:55	
8	Andrea Pickup	19:35	

38 ran

W45 team: 1 Dulwich Runners 15 (gold medals), 2 Kent AC 43, 3 Folkestone RC 43

Women W35 (approx. 4.6km)

We couldn't raise a team this year in the W35s but Selma asked for entry anyway as she is unafraid of testing herself against high quality opposition and was keen to see how she would fare against the best in Kent. The answer was pretty well despite being a little short of her best and feeling sore in the legs; she found the testing course quite tough but as usual persevered and finished a highly creditable 12th out of 46, excellent going in this company and just in front of Andrea.

12	Selma Benattia	19:33

46 ran

Men M60 (approx. 4.6km)

Neville was a member of Dulwich's only men's gold medal winning team at this event, the M50s in 2013. Now he was our sole M60 and with a few late season parkruns and road races under his belt he was fit enough to give this race a real crack. He certainly gave it a good go and with a concerted effort towards the end was gaining on the leaders but his excellent 5th place fell an agonising five seconds short of the bronze medal.

5	Neville Webb	19:40

44 ran

Men M50 (approx. 9km)

Since our 'famous' team victory in 2013 the Dulwich M50s have had two editions at this event affected by illness, injury or just plain poor form. Last year we missed out on a medal by a single point but this year had higher hopes. This was my fifth attempt at the M50 race and after 4th and 2nd placings followed by illness in 2014 and being in the doldrums last year I was hopeful of a better showing after a recent gradual return of form. I was a little surprised by how swiftly the field set off but soon settled in comfortably behind twice M50 world 5000m champion Ben Reynolds (so pleased he runs for Kent...) and Graeme Saker (PB for the mile 4:00.7, just don't mention the 0.7 seconds).

Along with Tunbridge Wells' Andy Howey we soon had a gap on the rest so I concentrated on sitting in for as long as possible and my task soon became easier when Howey dropped out with a hamstring injury, leaving me in the medals barring disaster – so obviously along came disaster. After a quick first mile in 5:23 we settled down a bit and at one and a half miles in we came to one of the descents of a steep banking; I tripped at the top and performed what felt like 38 forward rolls until coming to a halt at the bottom (probably only about three actually but I wasn't counting).

I was soon on my feet and assessing the damage (none) but the Tonbridge pair hadn't bothered to wait (told them later I thought they were very rude), although the truth is that I now had an excuse not to hang on any longer. I'd had great hopes of at least challenging Saker (just turned M55 but still a class runner) for the silver but although I've matched him and even beaten him on the road he's always superior on the country and I could only watch as the duo drifted further away with Reynolds acting as pacemaker and hardly breaking sweat.

Ben Reynolds is a class apart; he only decided to stretch his legs for the last lap, putting 48 seconds into Saker in the last mile and a half by running about 5:10 for the last mile, astonishing speed. Meanwhile I continued in isolation, concentrating on holding the gap to fourth at 20-30 seconds and came in safely for the bronze. With the first two, Tonbridge were going to wrap up the team gold easily but Steve's form has been on a resurgence lately and he was engrossed in his own personal battles to achieve the highest place possible. It was his 17th Kent Vets Champs (missed a couple; slacker) and who knows how many Kent Champs altogether (his first medal was Kent Boys gold in 1973).

He ran really well here to come home in a fine 12th and was easily best M55 after Saker. We had four entered and a team needs three so when Mike Fullilove had to pull out with a family emergency it was down to Duncan to do enough for a decent team result. Though very lightly raced this year he put in a very solid performance to finish 25th of 84, easily enough for us to secure very satisfying team silvers.

3	Tony Tuohy	32:58	bronze
12	Steve Smythe	35:13	
25	Duncan Hussey	37:21	

84 ran

M50 team: 1 Tonbridge AC 19, **2 Dulwich Runners 40 (silver medals)**, 3 Petts Wood 55

Surrey Ladies XC League match 2 Mitcham Common

Saturday 3 December

Unfortunately our second match clashed with the Kent Masters XC championships. This clash seems to happen often and it probably affects Dulwich more than any other club in the league. So we were going to find it hard to maintain our position in the league. In fact we finished only 16th team, behind 2 B teams, so 14th. I'm not sure where that leaves us in the league overall, but obviously we need as many runners as possible at the next 2 matches in January and February.
Details are in Shorts, and expect an email from Ange and Clare.

We fielded a team of 9 runners, plus one Under 17.

All our runners all enjoyed the course. It is 2 laps over pleasantly undulating common land. The ground was firm underfoot and the sun shone throughout. Nearly 400 runners in a race mean that you have to get to the front at the start. Roz managed this and was able to run freely. Others found the beginning very narrow and a few started too far back and had to spend time having to work through the pack. There was great support on the course with cow bells being rung on the top of the hills to spur us on.

Claire Baglin, Jim Dowsett and Duncan Wilson were there supporting us which was appreciated. ***- Ros Tabor***

RESULTS 6k

25	Roz Johnson	23.30
86	Ola Balme	25.56
90	Helen Lister	26.14
95	Anna Thomas	26.27
96	Michelle Lennon	26.33
101	Katie Styles	26.47
123	Eleanor Simmons	27.41
132	Ros Tabor	27.58
179	Hannah Harvest	31.05

Under 17

5	Lucy Elms	16.00

Thanet Road Runners Alan Green 10 mile memorial race

It was a toss up between running through mud and up hills at the Piri 10, or a flat and scenic race along the Kent coast.
So I was Kent bound for an out and back route along the Thanet coast line. The only thing I dident take in to consideration was the strong sea wind that was in your face for most of the outward route until you turned around past margate.

The race start was at westgate, and the first mile of the race seemed to be sheltered from the wind, but the second mile onwards, the wind really took its toll!
Now I know I'm not one of the thinnest people on the planet, but from about mile 2 until around the 5mile mark, I had a human shadow using me as a wind shield following me every step for step. Even my best attempts to zig zag from side to side didn't deter this fellow until I really got fed up with this guy, and I turned around and told him to do one! His reply was that it's nothing against the rules, before scuttling off and doing the same to the next set of runners down the way! The only time he left my presence was when he saw a photographer up ahead and wanted his photo taken.Unbelievable.

The second half of the race was pretty uneventful in comparison. I found myself losing a couple of places as my pace slowed for a bit, probably feeling the effects of going out to quick for the first mile and the first half wind (note to self, remember to tuck in behind someone next time).I managed to hold on to around the 7 min mile pace for the last couple of miles, until crossing over the Finnish line. The friendly marshals, and the fine selection of free cakes, made this a nice mornings outing, and would definitely consider doing this race again in the future.

Winner 58:57
38 Jim Dowsett 71:06
307 ran

Perivale 5 Mile

Sunday 4th

I thought I would return to this race after a great number of years. I was really hoping to do around 37.30 but sadly on this fast flat course I failed miserably!

151 Colin Frith 38.59
325 finishers
(Ist Male 25.26 / 1st Female 30.49)

Crystal Palace Canter

6/12/16

2 Mike Dodds 23.56
3 Claire Steward 24.20 approx.
About a dozen ran

Pirie 10 miles XC, Farthing Downs

Sun 4th

It's a good event, the Pirie 10, commemorating South London Harriers' most famous old boy, former 5000m world record holder Gordon Pirie. There are good facilities at the SLH clubhouse, prizes in all the usual categories and free cake afterwards; not much to fault there. Consequently there is usually a little gathering of Dulwich Runners turning up and this time seven of us were there to take advantage of a cool but sunny morning with decent conditions underfoot on the tough but picturesque 2-lap course.

It was my fourth go at the event and as it's only a mile from my house I use it as a good hard 'training' run having raced the day before, as I'd only be going for a run in the same area anyway. Having said that, having a number pinned on your front is bound to make you run harder than any training run and this is a hard enough 10 miles to catch you out if you go too mad on the first lap.

Anyway, after chatting with Alastair for a couple of miles and giving up fiddling with my malfunctioning Garmin I watched him ease ahead as I remembered there was still about 40 minutes of running to do. This period also included a slight detour off-course as an errant marshal had gone missing, with a bunch of us losing maybe half a minute but realising our mistake quickly enough to re-emerge in a field to the surprise of Clare who was just behind. Alastair, Clare, Steve and myself all ran good even-paced runs. Alastair's excellent 4th got him the 3rd prize because a vet was ahead and he was pleased to be close to his best time here; probably better actually, if you take into account the detour.

The same goes for me, with a particularly pleasing last couple of miles where I left my companions behind and caught a couple more. Clare bounced back from the previous day's Kent Masters with easily her best run here and Steve was showing similarly good form too. Jo had more of a problem; she was being irritated enough by a hip pain to consider dropping out at halfway but pressed on regardless as things didn't worsen and it would be 'too embarrassing to stop' – a tough run though. Claire was back for the fourth time but first since 2012, a few minutes slower but still, I quote, 'feeling a bit shattered' after completing the Club La Santa 4-day Race Challenge. Paul did well though, good running to come in within a few minutes of Jo and Clare.

4	Alastair Locke	1:03:13
7	Tony Tuohy	1:04:00 2nd M50
13	Clare Elms	1:04:57 1st SW, 1st W45
18	Steve Smythe	1:07:18
57	Jo Shelton Pereda	1:27:30
58	Claire Steward	1:28:41 2nd W55
60	Paul Hilton	1:32:19

66 finishers

Club La Santa International Running Challenge Lanzarote 27th – 30th November 2016

When Paul announced he had chosen to do the International Running Challenge for his 50th birthday we were filled with admiration and also intrepidation. It took us a while to decide to take the plunge and join in but we felt we couldn't miss celebrating Paul's big 50.

We booked the trip without Paul's knowledge and wanted to surprise him with our presence on the island. We half expected to bump into Paul, Claire, Harry, Peter and Steve when a casual enquiry revealed they were travelling the same day as us. As it happened we were on a flight half an hour earlier but it was a miracle we didn't cross paths in the airport. It was even more surprising we didn't coincide around the Club La Santa complex in the afternoon. Needless to say we finally found the group propping up the bar on the first night and were able to emerge from around the corner in Cilla Black 'surprise surprise' style!

And so to the challenge. An event not to be sniffed at with four races in four days largely over difficult terrain kicked off by a breakfast run. We both felt ill prepared particularly Barrie who had been struggling with a bad chest infection for what seemed like eternity and had missed three full weeks training. I had done more training but had lost some due to long haul work travel and colds.

Breakfast 3k run
Feeling relaxed

This was advertised as a run or walk over 3k but proved to be the former rather than the latter. It started off with the legendary La Santa 'Morning Gymnastics' by the leisure pool lead by one of the 'Green team'. We then met at the refurbished stunning blue running track for the 3k run. Kenneth, the main host and organiser, announced this was the iconic challenge, which was about enjoying the runs, meeting friends and 'having fun in the sun' (said with a German or maybe Scandinavian (?) accent). And then we were off with Barrie and me trailing way at the back having intended to walk but managing to raise a plod. Afterwards there was an abundance of breakfast on offer and many indulged in fruit, donuts and cake - not quite the pre-challenge brekkie they recommend. But then it was all about fun wasn't it?

After a stretch and relaxation in the afternoon we had booked ourselves onto a beginners dance class thinking it would be easy in the legs. It was anything but with two routines of the waltz and cha cha cha to learn working muscles not used normally for running not to mention taxing the brain!

Race 1: 10km 'adventure' run
Just wanting to get the challenge started

A name change to the race illustrated the fact this was a rerouted from the classic 3-lap road route due to roadworks. So what had been the only road race of the series became a mix of road and uneven ground around the La Santa lagoon finishing at the athletics track. Not such an exotic adventure but certainly not a smooth road run either.

Claire powered ahead no doubt relishing the challenge ahead - indeed this whole event played to her strengths being long, hard and hilly! Paul, Barrie and I ran in a group with Paul and I both taking turns to push the pace although there was inevitable light-hearted disagreement afterwards around who was forcing the pace.

Paul worked well til about 7k and then dropped back slightly, with a war of attrition then taking place between Barrie and I. Needless to say there was only ever one outcome as Barrie managed a sprint towards the end. It just didn't feel appropriate to have a burn up down the track though given the program ahead of us. Peter and Steve came in soon after well ahead of their own race expectations
I was peeved to learn the female race winner was from my age group - age always seems like such a good excuse for slowing times but then I learnt she was an ex Olympian who had run in the Marathon at Beijing! The male winner was also a London 2012 Olympian from Spain.

Flying the flag for DR, one down three to go

Race 2: 13k ridge run
Feeling dread, very worried and hot!

Hills are not my strong point so this was not a highlight of the race program. In fact I could only remember the ridge on this race and not the incredibly long climb up to it. To boot this was the hottest day of the challenge and we all welcomed the first water station about 3k in.

Kenneth announced the start of the race with there are three rules – *rule number 1 'we have no accidents, rule number 2 lift your knees so we have no accidents*…and I can't remember the third but it probably had something to do with knees and accidents. He also advised us to take a second at the top of the ridge to admire the view whether we were at the front or the back of the race.

Claire had burned ahead again but Barrie and I were running together and too conscious of Paul following to take more than a cursory glance at the view. That said it was stunning and a hand glider was hovering above us enjoying a birds eye view of the race. Steve asked for a lift back apparently but he didn't oblige!

Barrie again took the honours as he surged ahead of me for this race but deservedly so as I felt I was flagging badly at the end. Paul again was very close to us at the finish. Steve also completed the race with aplomb, just surging ahead of Peter with 1km to go and suggested the whole challenge might be in the cards. Peter had an excellent run, powering ahead of Steve

up the hill but suffered from very tired legs after 10km. Nonetheless finishing two hard races in two days is fantastic after his long injury break.

Two down two to go. Palpable relief. Job well done for Peter

Race 3: 5k beach run (Puerto del Carmen)
Feeling relaxed and happy. This is easy…. or is it?

This was the run I was least worried about given the short distance but it can still have a sting in its tail, as it is run on the softest sand they can find. We were bussed to the other side of the island and watched by bemused holidaymakers as we were treated to a pre-race warm up by two of the Club La Santa staff in fancy dress.

As it happened the course was not as bad as we imagined. The race seemed comparatively short and Barrie this time took team honours, followed by myself, Paul, Claire and then Steve. After the run we took a dip in the sea, which felt soothing and cool and hopefully was good for muscle recovery.

'Fun and games' on the sand

Race 4: 21k La vuelta de Tinajo
Feeling very worried again and tired. Not much sleep

The nerves had been jangling for this race as it was the big push after three days of racing. We were bussed up the beautiful church of La Mancha Blanca (literally 'The white stain' due to its brilliant white colour). Kenneth announced his now famous rules… *rule number 1 we have no accidents…etc* and then we set off. After a hilly circuit of a large volcano we headed downhill to La Santa. The downhill was welcome but again on uneven ground in the main, which was often like rippled sand and hard to run on.

I started with Paul (in the wake of Claire of course) and we ran together for around 9k but then Paul eased off to conserve some energy for the rest of the race. No surprises he was replaced by Barrie. I felt pretty strong and only had a slight wobble at around 15k after feeling a slight hamstring twinge. Barrie was kind enough to stick with me (well he should be shouldn't he?) in the final 5k to help me keep going apart from the last kilometre of course! Paul came in soon after with Steve not far behind.

It was such a relief to receive the finishers' medal and it only sunk in a while afterwards what we had all achieved. Everyone deserved to be proud of themselves. Claire led us all in with an outstanding performance no doubt fortified by her recent marathons. Barrie and I both achieved beyond our wildest expectations. I had run the challenge 18 years ago after completing my first London marathon pre-DR in 4:06. Despite not being anywhere near that pace now I was actually faster in this challenge overall so very pleased.

Paul had a superb event after his great Seven Sisters marathon and Steve excelled after doubting he would complete all four events. A special mention has to go to Harry too who gave us great support and also marshalled with Peter on the final day.

Proud, tired and relieved finishers!

We all met for dinner in the evening and attended the event presentations hosted by the indomitable Kenneth looking like a cousin to Karl Lagerfeld! There was dancing and a little drinking of course too. It was a shame the rest of the group had to head off early with most on a flight the next day but we indulged in a few dance floor moves at the nightclub.

Post challenge

Whist during the challenge the name of the game had been self-preservation we had planned to stay on for a few days afterwards to make the most of the excellent sports facilities. This complex is used by Olympians and national sports teams alike and boasts such a diversity of facilities and activities including professional coaching for a wide range of sports. During the challenge we had limited ourselves to stretch and relaxation classes, two lengths of the Olympic pool and crazy golf or putting! The next few days were filled with activities we hadn't dare expend energy on - tennis, a bike ride and more serious swimming in three Olympic size pools. The Spanish national swimming team were there training during our stay and were often powering up and down the pools. And of course we treated ourselves to a beer or two and relaxed in the sun. It was lovely to have a bright blue sky and sunshine at the beginning of December!

Overall a great trip and a big thank to Paul for suggesting it without which I would have never had the confidence to do the challenge again. We are just hoping he doesn't choose to celebrate other big birthdays with impossibly hard events though…. Well done to all!
Lindsey Annable

	10k adventure run	13k ridge run	5k beach run	21k La vuelta de Tinajo	Overall
Claire Steward	47:49	1:11:05	28:01	1:50:34	4:17:28
Barrie John Nicholls	49:28	1:14:09	26:40	1:55:06	4:25:21
Lindsey Annable	49:38	1:14:21	26:51	1:55:17	4:26:05
Paul Keating	49:52	1:15:41	27:18	2:06:30	4:39:20
Steve Wehrle	54:43	1:23:33	31:49	2:10:21	5:00:26
Peter Jackson	52:58	1:24:49			

Claire Steward writes: When Paul Keating put forward a suggestion to celebrate his impending fiftieth by returning to La Santa for the four-day International Race Challenge, I leapt at the idea. Paul and I were last there in 2007 (my fourth and Paul's first time) and that year I had finally managed to clinch the challenge trophy for first FV55. With Steve and Peter also signed up to take part in the challenge, and Harry accompanying us to grab a few more days in the sun after recently returning from Namibia, I knew we were going to have a good time.

On our first evening, as we enjoyed a beer or three in the Sports Bar, in walked Lindsey and Barrie, having kept their intention to join us a secret! With a couple of days before the main event we signed up for a few of the classes – 'Senior Fitness Strength and Mobility' and 'Senior Fitness Circuits' were particularly popular for us oldies but regretably Paul and Lindsey were barred for being too young.

Back in 2006 the challenge consisted of two road races,10k and trans-island 23k, plus a 5k beach run, and 13k ridge run to one of the local volcanoes. In 2007 the trans-island race was re-routed to a shorter, more off-road course of 21k. This year even the 10k had to be changed due to 'road works', so it was also partly off-road. The dreaded beach run was just as awful as I remembered; I've tried various shoes, faster cadence, longer strides, positive thinking – nothing works for me, and I just had to watch as Barrie, Lindsey and Paul pulled ahead. Barrie was determined that I wouldn't get a clean sweep and they well and truly put me in my place!

At the end of the 10k race on day one, I was already 6 mins down on the FV60 leader and she continued to pull ahead each day leaving me in third place at the end of the challenge. If I had been three months older, I would have won the FV65 prize by over 30 minutes, but I shouldn't be wishing my life away – I just need to go back next year and have another go!

The Runs in Colombia

Mike Dodds writes....

Clare and I were lucky enough to spend practically the whole of November touring Colombia on the pretext of catching up with our son, Alexander, who's been teaching English in a school there since early summer. That's all great but what about the really important things in life? What would happen to the training?

Alex was sceptical. 'It'll be far too hot on the Caribbean coast where you're going and when you get to me in the coffee growing area of the Cordilleras – effectively the beginning of the Andes chain – it's way too hilly'.

It didn't start too brilliantly so it seemed like the smug little so and so was going to be spot on. Entry point was the capital, Bogota, which has its attractions, but not really that many to be honest, and with freedom to move about on your own easily and safely not one of them. We were in a 'corporate type' hotel for the first couple of nights so for the one and only time had a gym at our disposal. This at least allowed a modest start but I hadn't been on a treadmill for years and had frankly forgotten how grim they were. Still 'beggars and all that' and soon enough, with two or three tedious 5ks under our belts, it was time to leave the temperate conditions at altitude and put Alex's claims to the test on the Caribbean, firstly in the old colonial city of Cartagena.

First full day there was a Saturday so we (obviously!) got up at first light and headed only a couple of blocks from our hotel for the coast. Cue a challenging 8k, it probably turned into the hottest day of our whole stay so even the early start didn't spare us too much. We were quickly learning though that hot weather in Colombia, to be honest any weather, doesn't last all day so it was cooling down with thunder threatening as we ambled around the historic quarter in late afternoon. Cue the first disappointment of the holiday as I suddenly noticed that there were lots of people wandering around with running numbers on their chests and the dawning realisation that we'd stumbled upon the start of the Cartagena 10k! Obviously kicking ourselves for not having researched beforehand and entered, all we could do was watch, of course – crazily chaotic in places (they could even teach Belgium a thing or two here!) and a few decent runners but, frustratingly for Clare, no sign of any real quality through the depth of the field.

After another coastal 8k in Cartagena along a promenade it was a shift along the coast to a national park. This was idyllic, tranquil, had terrific wildlife blah, blah, blah but any coastal running was going to have to be on the sand itself. This turned out to be not the firm, if gently yielding, stuff I might be used to in Northumberland, say, but, low or high tide, the sort of stuff you sink deeply into on every step. With my extra 3 stone over Clare I found it particularly difficult and the flocks of watching vultures didn't exactly help things either. I have never come across them on Blyth beach but, on the plus side, a warm breeze coming down from Jamaica was definitely preferable to a gale rattling in from Denmark! Clare enjoyed it anyway, which is all that matters ultimately, and after about 20k of this beach running we flew inland again, landing safely in Medellin (thankfully!).

As it was back to a big city the frustrating memories of Bogota surfaced again. We needn't have worried, though, as Medellin was great, a city re-invented from what it was like 20-25 years ago. Breakfast on our first morning there was on the 6th floor of our hotel so we had a good view over a hugely spectacular city. We were still sceptical at that point about how easy it would be to get out and run but the vantage point was useful as I began to notice in a distant park that there seemed to be a constant procession of joggers, even the occasional runner.

On further examination this turned out to be 'cyclovia', a closing of the main drag through the city to motorised traffic for the entire morning leaving it free for bikes predominantly – this is a serious cycling nation – but also for exercising pedestrians. Part of the road closure, as we realised upon exiting the hotel, was actually right on our doorstep so, despite having just downed a full breakfast, we obviously had to abandon the conventional sightseeing we had envisaged in favour of the running alternative. In the event we ran a terrific 5k out, 5k back route into the heart of the city centre. Even better, the following day happened to be a public holiday so the whole cyclovia thing was repeated and this time we headed in the opposite direction, managing 7k out then 7k in. The simple maths confirms that in excess of 12k of roads had been closed, in addition, every crossroads was supervised by teams of cheerful marshals. Absolutely terrific.

The final leg on the tour was to meet up with Alex at his base in the medium sized city of Manizales. This was in mountainous country, amongst terraces of coffee growing 'fincas', just as spectacular as Medellin and as high as Bogota, but where practically all of the towns or small cities have been devastated at one time or another in the 20th century by earthquakes so there was little in the way of historic buildings. Come another weekend, though, come another 'cyclovia'. Given the time difference with the UK I managed to catch Newcastle despatching Leeds over breakfast at Alex's flat downtown – thanks to Wayne, and all the other DR Eagles out there, for the boy Dwight, by the way! – before Clare joined me for the cyclovia. It was a much smaller affair this time, we had run about 3.5 km before exiting the cordoned off area and had to endure local traffic conditions before turning around on 5.5k or so. All in all, though, another terrific morning of footie then cyclovia (even if there's been a bit of a blip in the footie since we got back).

As for running in Manizales on 'normal' week days, well it was tough as well as being at altitude and there were always dogs to look out for, but Alex's warnings were a bit exaggerated. From our finca it was no worse than ascending for 25 minutes or so up one of the milder approaches to Crystal Palace then bombing downhill for the remaining 20 minutes for a decent enough run overall.

At the end of our final run we'd managed around 200k over the four weeks and only missed 3 out of nearly 30 days on the road. In a slightly bizarre twist we got chatting that final morning over breakfast at the finca to some fellow guests, a newly arrived couple who'd noticed us coming in from our 'up and down' 8k. The guy seemed to know a thing or two about running in SE London and it emerged, in a modest sort of way, that he'd finished 69th in the Chicago marathon in 2.29 (or something like that). It turned out to be Lawrence Avery of Kent AC who said he was taking an entire break from running whilst he toured South America but confessed to at least some envy when he saw what we were doing. Well, we certainly had no regrets in trying to keep things going on the running front, especially if it meant getting one over on Alex!

And finally, the double entendre in the title. I got them of course, Clare didn't, but then it was only to a mild degree on the beach with my old friends the vultures.

Points table for known best marathons of members in 2016.
Andy Murray

2016 Club Championships

Marathon Notified performances

to 22 November 2016 in time order

nb: age group points are provisional

	Catego-ry	Marathon	Time	Age graded points	Age graded pos.	Age group points fs	f40/50	ms	m40	m50/60	
Charles Lound	m40	lon 24 apr	2.37.57	854	2				50		1st male
Timothy Bowen	m s	ny 6 nov	2.38.38	775	7			50			1sm
Alastair Locke	m s	lon 24 apr	2.43.12	754	10			49			captain's award
Stephen Davies	m40	lon 24 apr	2.48.23	787	5				49		1m40
Tom Marshall	m40	lon 24 apr	2.49.43	745	11				48		
Mark Lacey	m s	lon 24 apr	2.50.19	724	15			48			
James Burrows	m s	lon 24 apr	2.50.19	726	14			47			
Stephen Pinkster	m s	lon 24 apr	2.50.41	726	13			46			
Clare Elms	f50	lon 24 apr	2.53.52	908	1		50				1 overall
Paul Devine	m s	lon 24 apr	2.54.01	718	19			45			
Shane O'Neill	m s	ffurt 30 oct	2.55.14	702	20			44			
Mark Callaghan	m40	b'mth 2 oct	2.55.26	721	18				47		
Ian Lilley	m40	lon 24 apr	2.57.43	734	12				46		
Tom Wilson	m40	seville 21 feb	3.00.09	702	21				45		
Eberhard Prill	m50	lon 24 apr	3.00.23	781	6					50	1m50
Emily Gelder	f40	lon 24 apr	3.05.30	758	9		49				1st female
Greg Hills	m s	dartf 2 jul	3.08.01	654	28			43			
Stephen Smythe	m50	lon 24 apr	3.11.52	768	8					49	3 age grade
Sam Crump	m s	lon 24 apr	3.14.04	634	30			42			
Gideon Franklin	m50	lon 24 apr	3.15.21	721	17					48	
Paul Greenhalgh	m s	lon 24 apr	3.15.30	629	31			41			
Grzegorz Galezia	m40	manch 10 apr	3.17.50	676	23				44		
Angie Norris	f50	lon 24 apr	3.17.51	819	3		48				1 f50
Helen Lister	f s	ny 6 nov	3.24.36	664	27	50					1sw
Roz Johnson	f s	richm pk 22 may	3.25.19	667	25	49					
Toby De Belder	m s	geneva 8 may	3.25.28	608	34			40			
Michael Fullilove	m50	lon 24 apr	3.25.33	685	22					47	
Jim Dowsett	m40	manch 10 apr	3.25.41	624	32				43		
Sumrit Mattu	m s	ny 6 nov	3.27.16	593	36			39			
Fiona Askew	f s	manch 10 apr	3.27.31	653	29	48					
Michelle Lennon	f40	bright 17 apr	3.30.17	723	16		47				1f40
Kevin Chadwick	m s	geneva 8 may	3.30.39	557	39			38			
Rebecca Schulleri	f s	ny 6 nov	3.41.01	613	33	47					
Claire Steward	f60	lon 24 apr	3.48.02	818	4		46				2 age grade
Lucy Pickering	f50	m keynes 2 may	3.50.51	665	26		45				
Andrew Murray	m60	lon 24 apr	3.51.49	667	24					46	1m60
Tessa Morrison	f s	lon 24 apr	3.54.24	578	38	46					
Miles Griffies	m40	seville 21 feb	3.58.21	552	40				42		
Joanne S-Pereda	f40	m keynes 2 may	4.00.23	585	37		44				
Stuart Erskine	m s	lon 24 apr	4.06.33	501	44			37			
Sue Cooper	f s	dartf 2 jul	4.12.47	538	42	45					
Barrie J Nicholls	m60	lon 24 apr	4.14.22	602	35					45	
Hannah Harvest	f s	rob hd 25 sep	4.23.19	514	43	44					
Sharon Erdman	f40	lon 24 apr	4.25.54	547	41		43				
Desmond Edwards	m s	hamb 17 apr	4.31.59	454	45			36			
Laura Coote	f s	lon 24 apr	5.11.11	435	46	43					
Paul Keating	m 40	b head 29 oct	5.22.10	422	48				41		
Paul Hilton	m 40	b head 29 oct	5.53.36	426	47					44	

NB Certified marathons throughout the year can count, so the above points are subject to change

2016 champs categories MARATHON

1 Overall winner	Clare Elms	LONDON
2 Fastest man (excl. overall winner	Charlie Lound	LONDON
3 Fastest woman (excl. overall winner)	Emily Gelder	LONDON
4 1st Senior Man (excl. above)	Tim Bowen	NEW YORK
5 1st Senior woman (excl. above)	Helen Lister	NEW YORK
6 1st M40 (excl. above)	Steve Davies	LONDON
7 1st W40 (excl. above)	Michelle Lennon	BRIGHTON
8 1st M50 (excl. above)	Ebe Prill	LONDON
9 1st W50 (excl. above)	Ange Norris	LONDON
10 1st M60 (excl. above)	Andy Murray	LONDON
11 2nd Age Graded (excl. above)	Claire Steward	LONDON
12 3rd Age Graded (excl. above)	Steve Smythe	LONDON
13 Captains' award	Alastair Locke	LONDON

parkrun

December 3rd

Ashton Court
339 ran

Pos	Gen		
183	138	Barnes Stringer	27:08

Beckenham Place
135 ran

Pos	Gen		
1	1	Stephen Davies	17:04
14	13	Ebe Prill 19:06	
32	30	Michael Mann	21:29
75	65	Peter Jackson	25:41

Brockwell
199 ran

Pos	Gen		
41	2	Becca Schulleri	21:39
50	46	Graham Laylee	22:28

Burgess
194 ran

Pos	Gen		
50	42	Andy Murray	22:15
112	83	Freddie Vernon	25:42
189	112	Chris Vernon	36:42

Crystal Palace
182 ran

Pos	Gen		
8	8	Tom Wilson	20:06
18	18	Simon Lang	21:09
28	3	Belinda Cottrill	22:11
63	56	Michael Dodds	24:00
64	8	Clare Wyngard	24:02

Dulwich

Pos	Gen		
4	4	Daniel Mann	16:48
13	13	Alastair Locke	17:44
27	27	Simon Burnett	19:25
33	33	Paul Devine	19:40
36	36	Sam Crump	20:15
37	37	Michael Fullilove	20:21
39	39	Duncan Wilson	20:32
43	43	Ajay Khandelwal	20:47
64	63	Mark Muffett	22:26
77	5	Claire Steward	23:19

Finsbury
246 ran

Pos	Gen		
53	51	Matthew Ladds	22:22

Hilly Fields
184 ran

Pos	Gen		
6	6	Ian Lilley	18:47
7	7	Kevin Chadwick	18:52
11	11	Martin Holt	19:27
14	14	Gary Sullivan	20:19
42	2	Kim Hainsworth	22:33

Norwich
419 ran

Pos	Gen		
5	5	Andrew Shreeve	17:53

Orpington
142 ran

Pos	Gen		
1	1	Oscar Hussey	17:31

Peckham Rye
147 ran

Pos	Gen		
1	1	Andy Bond	16:59
6	6	Mark Callaghan	19:02
37	36	Gideon Franklin	22:06
42	2	Laura Vincent	22:46

Royal Tunbridge Wells
168 ran

Pos	Gen		
1	1	Lloyd Collier	18:31
87	72	Rafe Collier	28:36
134	42	Rhoda Collier	32:33

Southwark
202 ran

Pos	Gen		
80	64	Paul Keating	24:34
115	33	Kaylee Coxall	26:34

Tilgate

Pos	Gen		
64	58	Gary Budinger	23:30

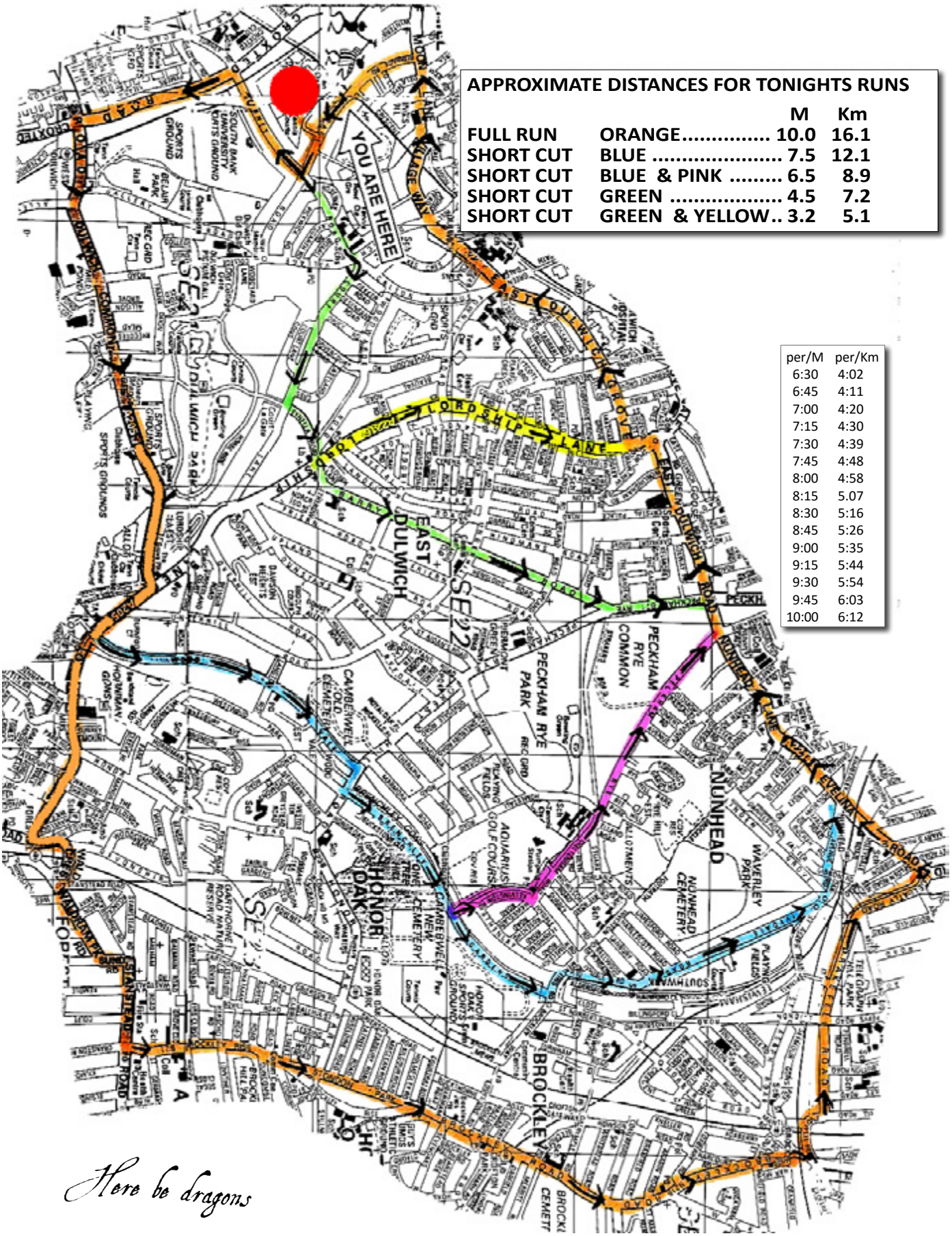
Tooting Common
363 ran

Pos	Gen		
49	46	Cameron Timmis	21:13

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 W4



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE.....	10.0	16.1
SHORT CUT	BLUE	7.5	12.1
SHORT CUT	BLUE & PINK	6.5	8.9
SHORT CUT	GREEN	4.5	7.2
SHORT CUT	GREEN & YELLOW..	3.2	5.1

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

DULWICH RUNNERS
TURKEY TROT HANDICAP RACE

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

SUNDAY 18th DECEMBER 10.00 (meet by Queen Mary's Gate)

prizes for:
1st runner across the finish line
1st walker across the finish line
Runner closest to predicted time
best fancy dress – please wear a CHRISTMAS HAT

entry fee £2.50 or £2 if in fancy dress

NAME: _____

most recent 5k or parkrun time _____

predicted time for 5k on 18th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than predicted time.

ros.tabor49@gmail.com