SHORTS

Dulwich Runners AC
Weekly Newsletter
January 11th 2017

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

Wed 11 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 14 **Surrey League Cross Country** - men's & women's- free to enter, for all standards

Tue 17 **Crystal Palace Arena Track**
See notice below for more details
£2.50 per session - Full warm up from 7pm
Main session starts around 7:20

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Cross Country section
4 2017 Club Champs teaser !
4 Fixture list, club champs, road, XC, etc
5 Marathon Training Schedule
6 Report and results
7 Parkrun results
9 Wednesday map

And much more !

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

You can follow us on

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 7.20 - 7.25pm and will last 40-45 minutes.

Note: to get the most of the track sessions, it is important to do the sessions regularly and when you do turn up, to do the whole session! - Steve Smythe

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

LUCKY VEST

January winner- Lindsey Annable

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

2017 Membership renewals and changes to the club membership year.

You will have recieved via email your membership renewal form.
It was agreed at the AGM in October 2016 that as of 2017 the club would change its membership year from Jan 1 - Dec 31 to March 31 - April 1.

This means that you will gain an extra three months on your 2017 renewal and it will not expire until March 31 2018.

The Dulwich Runners membership fee has remained unchanged at £23 but the UKA/EA fee has risen to £14, meaning full 1st claim membership will be £37.

If you have any queries regarding this or your membership in general you can email me at barry@1bg1.com

Many thanks and I look forward to seeing you all as freshly renewed members in the coming year !

------- EVENT HORIZON -------
A brief look ahead

Jan 14 Surrey League men and women
Jan 21 Vets AC Champs - wimbledon Common
Jan 28 Sth of England Champs - Parliament Hill

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Thank to **Andy Murray and Lucy Clapp** for running with new people last week
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

Ebe Prill	**18/01**
Ian Sesnan	25/01
Jo Shelton	01/02
Tom South	08/02

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

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

DONT FORGET !!!!!!

Unless you have renewed your membership you cannot run as a Dulwich Runner in any races at all !
see information to the left

Don Adie's 90th birthday celebrations

There will be a small celebration of Don Adie's 90th birthday on Wed 11th January in the clubhouse.
Arranged by one of Don's daughters Vicky, there will be food and drinks.
She knows how much Dulwich Runners means to Don and how it almost certainly helped him through his cancer.
(Don's actual birthday is on the 10th when his family are holding a private family party.)

Don must not know about it in advance !

SOCIAL SPOT

Watch this space for upcoming 2017 events !

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

SHORTS!

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

HOODIES...

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

Buffs/snoods - only £6

Socks only £5

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

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.

Surrey League 14 January

Helpers Needed

At our next men's Surrey League cross match at Mitcham Common on 14 January, we have offered to help out HHH with the organization. Assistance is needed in marking out the course beforehand and with marshaling. The main race starts at 2.30 with the youngsters going off 30 minutes earlier, so if some of the men taking part are able to arrive early, by around 12.30, that would be a great help. In addition those not taking part and some of our women who race earlier at Farthing Down may be able to perform marshaling duties. Please let me know if you are able to help out at mcmann90@yahoo.co.uk

Update

Thanks to those of you have come forward. Our main responsibility will be marshalling the course, and we need a few more volunteers, both from the women running earlier at Lloyd Park and anyone not competing. The youngsters race starts at 2pm, with the men's race starting at 2.30pm and with anyone coming from Lloyd Park unlikely to arrive at Mitcham Common much before then, it would be helpful to have more volunteers from those not competing on the day.
Please get in touch if you are able to help out

Cross Country Mob Match

25 March

A cross country mob match with Beckenham Running Club has been arranged for 9am Saturday 25 March, using the Beckenham Place parkrun. This will be the final fixture of our cross country champs.
The scoring rules mean that it will be to our advantage to field as many runners as possible regardless of ability, so it is very much an event open to all.

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).

Green Belt Relay

Saturday 20th and Sunday 21st May

This is a great weekend of running around the green belt of London. It is a team event; each team comprises of 11 runners who each run a leg on Saturday and a leg on Sunday.
The course starts at Hampton Court on Saturday morning and ends at Kingston at approx. 6 p.m. on Sunday, roughly following the Green Belt, taking in river and canal tow paths, old disused railway tracks, foot paths, woods, fields and quiet roads. Although it is a relay, each leg has a specific start time.
Have a look at the website – www.greenbeltrelay.org.uk
We have entered teams for this for many years and there are lots of you who regularly sign up for it. We have entered one team and will potentially enter another if there is the demand. If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen.
The legs vary in length from 6 miles to 13.5 miles and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.
Note – This is the same weekend as the BMAF relays at Sutton Park, Birmingham.
Ange – dulwichladiescaptain@gmail.com

National Xc Champs

25 February

This season's National cross country champs will be held at Woolaton Park, Nottingham on 25 February. Although the field will include some elite athletes, it is an open event suitable for all and can easily be done as a day trip. Those interested should have already contacted their captains by 11 January, as entries close many weeks before the event. ***-Mike Mann***

Men's Surrey League 14 January

Our third Surrey League fixture takes place on Mitcham Common on Saturday 14 January, starting at the earlier than usual time of 2.30pm. Once again it is important that we achieve a good turnout, particularly from all our potential scorers.

The race HQ is located at Mill House Ecology Centre, Windmill Road, Mitcham, CR4 1HT. There are toilets but no changing facilities so come ready to run. There is a car park at the Eco Centre but with very few places and there is no street parking near the start. The nearest station to the start is Mitcham Junction, but Mitcham Eastfields is only a short walk away. Trains run from Clapham Juction and Balham to both Mitcham stations.

The course is undulating and likely to be muddy in places. Spikes are advised but note that there are some sections of stony paths.

We are co-hosting this fixture with HHH and will be responsible for marshalling. Thanks to all those who have come forward so far, but we could do with more volunteers from those not competing and our women who will be running earlier at Lloyd Park. - ***Mike Mann***

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).
Its not always possible to get entry so another marathon can be nominated. To make this as fair and comparable as possible to other club champs 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) in principle it should be nominated ahead of the LM. Meaning 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 (eg: you are a pace maker , not fully trained, or 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) needs to take place before December 1st 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.

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

e) Notice 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 where all such intentions will be printed.

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 2017 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**

		Race		Venue
Jan	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
	25	Mob Match with Beckenham		Beckenham Place Park
Apr	2	Paddock wood 1/2M		Paddock Wood
	23	London or alternative marathon		various

Marathon Schedule

Steve Smythe writes.... this year I am embarking on my 41st year of marathoning. I ran my first sub-3 in 1976, and if healthy and uninjured should do so again this year.

I believe the key to running well at all events is consistency with training based on a regular long run and a weekly hard speed session and these runs need to be prioritised.

The rest of the training isn't quite as important but the more running you can do without getting ill or injured the better.

Everyone is different but I do think some in the club do the less key runs too quickly (ie Monday, Wednesday, Friday) at the detriment of the runs they should be doing fast on Tuesday, Thursday, Saturday and occasionally Sunday.

Some runs at marathon pace, rest, good nutrition, a feeling for pace, getting quick treatment to ensure a minor niggle doesn't become an injury and a strong mental attitude are the other key factors.

I am happy to give schedules to any regulars of the Tuesday training sessions. Also additionally to anyone seriously training for a target whether half-marathon or indoor track.
I think it helps if as many people are doing similar types of session, if not always necessarily at the same speed.

This is my rough guideline for those doing London Marathon in detail for next month and a few key sessions and races after that month.
This is just my initial thought and could be subject to change or amendment depending on fitness and am happy to give amendments and suggestions to those who need a more personalised schedule.

January

Wed	11	8-11M slow
Thu	12	Tempo – km accelerations x 4 - (ie: 5:00, 4:45, 4:30, 4:15) 2 mins easy, then repeat km accelerations x 4
Fri	13	5M easy or rest
Sat	14	Surrey League men Mitcham women Lloyd Pk
Sun	15	16M slow
Mon	16	5M easy or rest
Tue	17	2000m or mixed reps
Wed	18	9-12M slow
Thu	19	5 x 1M continuous acceleration (picking up pace 15 secs each mile)- then 2M at marathon pace
Fri	20	5M easy or rest
Sat	21	parkrun
Sun	22	Canterbury 10 or 15M brisk
Mon	23	5M easy or rest
Tue	24	400m reps
Wed	25	10-13M slow
Thu	26	alternate 800m at 10k and marathon pace for 7M
Fri	27	5M easy or rest
Sat	28	South of England XC Champs
Sun	29	18M slow
Mon	30	5M easy or rest
Tue	31	800m reps

Februrary

Wed	1	6-8M slow
Thu	2	3M at marathon pace, 2M nearer 10k pace, 2M at marathon pace
Fri	3	5M easy or rest
Sat	4	parkrun
Sun	5	20 miles slow
Tue	7	1000m reps
Sat	11	Surrey leagues - men Ham?, women, Farthing Downs
Sun	12	18M steady
Tue	14	2000m/200m reps
Sun	19	20M slow
Tue	21	1600m reps
Sat	25	National XC Champs
Sun	26	18M slow
Mon	27	?
Tue	28	400m reps

March

Sun	5	Regents Park 10k
Tue	7	800m reps
Sun	12	20M slow
Tue	14	1000m reps
Sun	19	18-20M fast
Tue	21	1600m reps
Sun	26	22M slow
Tue	28	400m reps

April

Sun	2	Paddock Wood 1/2M
Tue	4	1000 reps
Sun	9	18-20M
Tue	11	800m reps
Sun	16	10-12M
Tue	18	200/400m reps
Sun	***23***	***London Marathon***

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.

Surrey Cross Country Championships Lloyd Park

Saturday 7th January

Women's Race
Clare Wyngard writes...
It does seem a shame that our wonderful women's team are split between Surrey and Kent divisions for these county races….but we still managed to get a good turnout at both locations.

The Lloyd Park race was 2 laps, 8km and although slightly claggy in places, wasn't as bad as it can sometimes be. The mild weather also added to the overall experience of a pleasant XC outing.

Claire Baglin had a decent run despite lack of recent training, though she struggled in the second lap before picking things up within sight of the finish. Ola came through the field well and finished strongly. Anna had a good run despite not being fully race fit. Eleanor was suffering with what seems to be the ubiquitous cold, so it was good of her to turn up and have a reasonable run. Lucy continued her good season of improving, strong cross country running.

Clare W and Claire S were both a bit wary with the Tadworth 10 looming the next morning, but still had steady, strong runs. Ros was also somewhat under par with a cold and took it easy for her. Cathy Simpson was airing her new trail shoes but wasn't convinced of their benefit especially on the slippery muddy hilly parts, but she persevered through the mud and hopefully her new shoes will get another airing!

Thanks to support crew Mike Mann (with banner) and Andy Murray.
Clare Wyngard

37	Claire Baglin	35.24
44	Ola Balme	35.59
63	Anna Thomas	38.08
69	Eleanor Simmons	38.58
74	Lucy Clapp	39.34
87	Clare Wyngard	41.16
92	Ros Tabor	42.23
95	Cathy Simpson	42.46
102	Claire Steward	43.57

129 finishers. Dulwich Runners were 10th team out of 15.

Surrey County Champs

7th January

Men's Results
Mike Mann writes...
The venue for these champs alternates with Denbies Vineyard and this year it was Lloyd Park's turn. Relatively dry weather in recent weeks meant that the course was in better condition than usual, though straying into technical terminology, it was still a pudding of a course with extensive muddy stretches through being cut up in earlier races, though there were grassy sections particularly at the beginning and end of the two lap course. The course is similar, though not identical to the one used for the Surrey League, with some variations early and late on in each lap and came out very close to 12km. Times are shown for 2015 and 2013. The faster times this year partly reflect the lack of normal glue-pot Lloyd Park conditions, but also improvements in form by some of our runners and everyone managing to make the start on time this year.

Wayne Lashley led the men's team home by a margin of almost 2 minutes, evidently enjoying the relatively benign ground conditions. Alastair Locke continued a sequence of improved performances on this course, finishing over 3 minutes faster than in 2015. Meanwhile Shane O'Neill continued his good cross country form. There were good runs from Jim Dowsett and the new slimline Duncan Wilson, both of whom have improved in recent months, with Mark Foster finishing close behind Duncan. By the time of the final lap Mike Mann was ploughing a rather lonely furrow as large gaps emerged in the field.

The ladies Surrey League match takes place on 14 January on a similar course. Either 12mm spikes or studded fell shoes are strongly recommended. Those attempting the course in trail shoes found the going toughand tricky in places.

Wayne Lashley	45:26 (58:54 in 2015 -missed start,	49:22 in 2013)
Alastair Locke	47:14 (50:46 in 2015, 53:50 in 2013)	
Shane O'Neill	49:22	
Jim Dowsett	53:55	
Duncan Wilson	55:34	(58:40 in 2015)
Mark Foster	55:49	(56:18 in 2013)
Mike Mann	57:16	(57:39 in 2015)

Crystal Palace Canter

10 January

Ian Sesnan returned to this monthly 5k after a gap of about a year and led from the 'gun'. Just to prove how the memory plays tricks as you get older he took a wrong turn at the end of the 1st of the 2 laps, adding maybe 50 metres or so.
Not so far behind I had a decent enough run in front of a trio of Dulwich lady veterans, none of whom were going flat out and all for different reasons - recent injury, looming track session and a really tough racing schedule over the previous weekend. - ***Mike Dodds***

1.	Ian Sesnan.	23.03
3.	Mike Dodds.	23.45
4.	Jo Quantrill (2nd claim).	24.39
5.	Ros Tabor.	24.40
6.	Claire Steward.	24.45

c. a dozen ran

Kent County Cross Country Championships Brands Hatch

Sat 7th January

Superb Dulwich Team Results

Tony Tuohy writes....
This venue was first used last year when the big, bleak, undulating field next to the motor racing circuit was windswept and muddy, but for the return this year conditions were much more benign despite lingering mist and fog. Returnees Kevin, Steve S, Mike and Ange all ran considerably quicker this time; some were a lot fitter but the better ground conditions helped enormously.

Senior Men 7.6 miles
Steve Davies is our current strong man and he set out steadily but quite fast before settling down to a steady rate he kept to the finish. I was going well enough to keep him company for a couple of miles but of course had to leave him to it, and was eventually caught and dropped by good runs from Andy and Mark gauging their efforts better than me. Despite his now obvious talent Andy was very wary of the distance and made sure he could get round without blowing up, and Mark just continues to get fitter.

I was close behind these two until slowing badly on the uphill drag in the last half-mile but sub-6 minutes per mile for this distance on the country isn't too shabby. Considering this was a county championship the four of us were packing well in the scoring, but two more were required to complete the team and Kevin and Steve S (46th year doing this?) stepped up with excellent runs over six and seven minutes respectively faster than their efforts last year. More importantly their positions were also much improved and our six-to-score total placed us a superb 6th in the team competition, the best position ever achieved by the Dulwich men in a county XC championship, Kent or Surrey. Not that far outside the scoring Ian, Gary and Mike all produced good solid runs while club stalwart Colin slogged it out in a little over an hour.

45	Stephen Davies	44:05	1st M45
54	Andy Bond	44:51	M40
55	Mark Lacey	44:53	SM
58	Tony Tuohy	45:16	3rd M50
90	Kevin Chadwick	47:49	M35
94	Stephen Smythe	48:03	M55
105	Ian Lilley	49:01	M45
128	Gary Sullivan	51:24	M55
143	Michael Fullilove	52:50	M50
202	Colin Frith	63:49	M55

210 finishedTeams (6 to score): 6th Dulwich Runners (15 teams completed)

Senior Women 5.2 miles
Clare Elms's record in the senior championships may not be the equal of her masters' equivalent but beats it hands down considering the difference in quality. With numerous silver and bronze medals to back up her legendary win in 2011, her 4th place this time was another strong run, falling short of the medals only due to superlative opposition. She was backed up by superb racing from Andrea and Selma, battling each other all the way to bring out their best runs – although both were passed and left by Ange's customary excellent pacing while moving through to 17th, far and away the fastest W55 and actually best W50 after Clare.

The sterling work by these four was matched by another private battle, with Laura stalking Helen doggedly for almost the entire race; a final effort got Laura really close and she was only just denied by Helen's determination. All of this showed strength in depth we hadn't seen before and was rewarded with surprise silver medals to the Dulwich six; we'd won medals before in the three-to-score but this was the first time in the six-to-score. Special mention to Tereza – her run only half a minute behind Helen and Laura would be good enough almost any other time to win one of those medals.

4	Clare Elms	32:11	1st W50
17	Angie Norris	34:57	1st W55
22	Andrea Pickup	35:19	W45
25	Selma Benattia	35:21	W35
50	Helen Lister	38:43	SW
52	Laura Vincent	38:45	SW
55	Tereza Francova	39:16	W35

119 finished
Teams (3 to score): 5th Dulwich Runners.
Teams (6 to score): 2nd Dulwich Runners

Under 17 Women
And before all this excitement, the day was actually started off by a rare outing for a Dulwich vest in the under 17 women's race. Despite suffering at the moment from shin problems, Lucy was determined to compete and put in what is becoming her customary well-paced run, managing to finish in the top half of a quality field. Perhaps more telling is that she was only about a minute too slow to really compete at the sharp end of the race; that's surely a decent indicator of possible capabilities considering she has hardly been able to train at all lately.

14	Lucy Elms	23:02	U/17

30 finished

Tadworth 10 miles Multi-Terrain, Epsom Downs

Sunday 8th January

Tony Tuohy writes...
This event always draws a merry band of Dulwich Runners and there were eight on the pre-entry list; however a few no-shows resulted in just five lining up this time, all five of us returning despite putting ourselves through an ordeal last year of epic proportions that masqueraded as a nice local Sunday long run (horizontal freezing rain, half the course in deep muck, etc., blah blah...). What a difference a year makes; it was a bit grey and drizzly but relatively mild with little breeze to speak of and, more importantly, the off-road bits (about half the race) were actually OK to run on without wishing you had spikes. The improved conditions were best demonstrated by the time improvements; all of us were faster in a range of three to six minutes and generally delighted with the difference. A couple of decent value prizes came our way too, both to the pair of us who'd run in County XC championships the day before; Claire, who'd run in the Surrey Champs, was 1st W60 and I actually received the 1st M50 as the faster M50 landed himself an M40 prize – a nice bonus considering still tired legs from the Kent Champs. The only mystery is why the field was over a hundred runners short of last year's event held in the biblical flood...

10	Tony Tuohy	1:03:06	2nd M50
195	Clare Wyngard	1:22:57	
234	Claire Steward	1:26:39	1st W60
240	Paul Keating	1:27:19	
403	Steve Wehrle	1:43:18	

488 finished

parkrun

January 7th

Ashton Court

520

Pos	Gen		
181	150	Barnes Stringer	25:58

Beckenham Place

145

Pos	Gen		
27	27	Martin Double	21:26

Brockwell

416

Pos	Gen		
53	4	Michelle Lennon	20:40
74	67	Cameron Timmis	21:12
106	97	Graham Laylee	21:58
123	12	Becca Schulleri	22:23
182	158	Michael Dodds	23:55
306	75	Natalie Davys	27:43
307	76	Claire Barnard	27:44
333	97	Selina Wray	28:51

Bromley

600

Pos	Gen		
152	138	Chris Goodman	24:18

Burgess

269

Pos	Gen		
148	108	Freddie Vernon	25:42
189	62	Kaylee Coxall	27:37
267	112	Susan Vernon	43:51

Crystal Palace

249

Pos	Gen		
14	14	Tom Wilson	20:20
22	20	Simon Lang	21:13
36	5	Belinda Cottrill	22:45
84	15	Penny D Graham	25:36
138	105	Ameet Patel	28:02
143	106	Andy Cottrill	28:32
154	112	Bob Bell	29:02
226	138	Patrick O'connor	35:48

Dulwich

294

Pos	Gen		
3	3	Daniel Mann	16:59
6	6	Tim Taylor	17:48
11	11	Derek Lee	18:33
18	18	Simon Burnett	19:26
22	22	Andrew Bright	19:56
39	37	Jonathan Senker	20:43
42	40	John English	20:49
49	47	Paul Devine	21:09
56	53	Sam Crump	21:24
67	64	Rob Cope	21:48
86	79	Mark Muffett	22:40
235	181	Mick Mead	28:53
290	203	Ajay Khandelwal	36:17

Peckham Rye

231

Pos	Gen		
60	56	Matthew Ladds	22:48

Tooting Common

608

Pos	Gen		
105	96	Ian Sesnan	22:25

Wormwood Scrubs

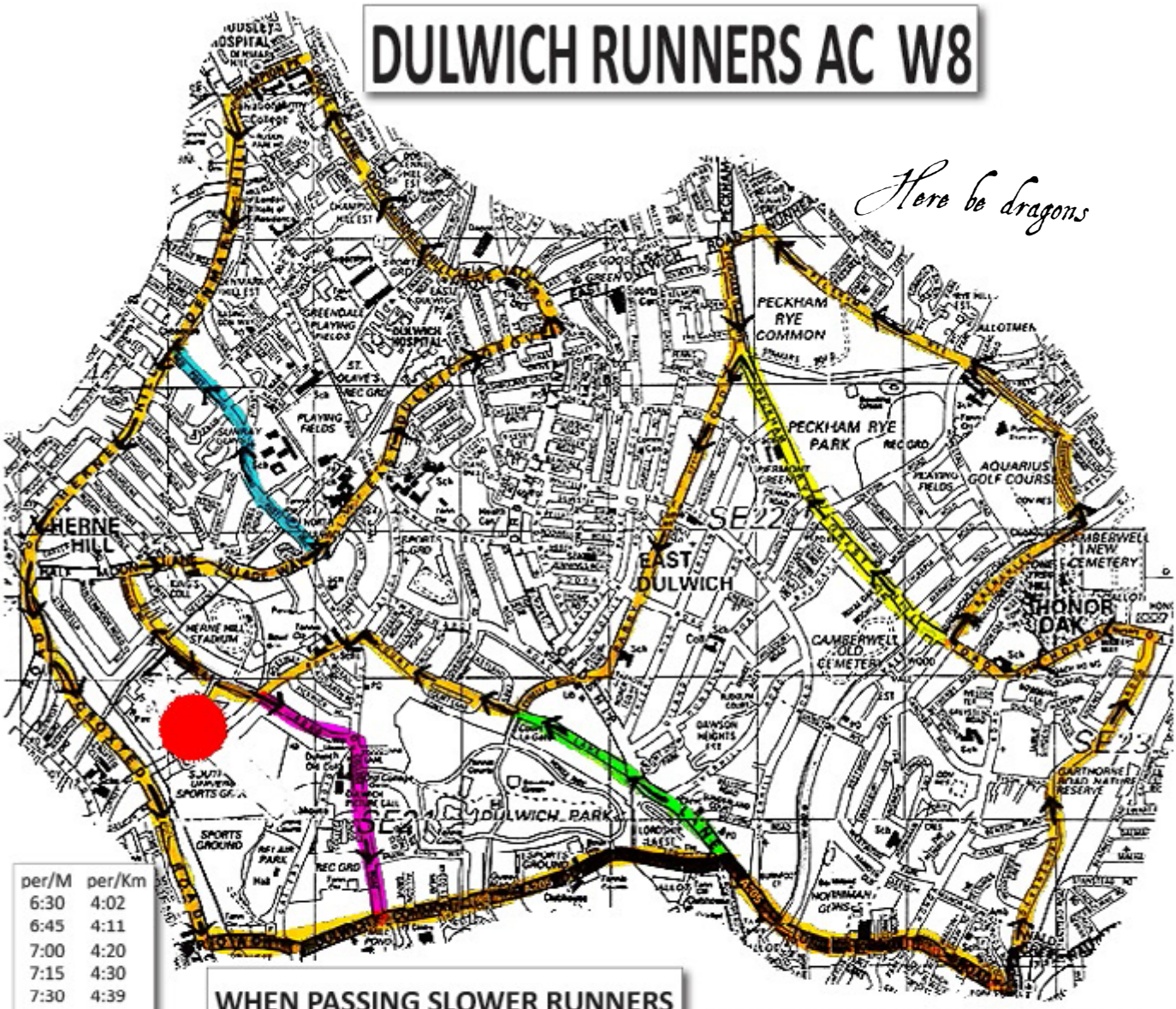
59

Pos	Gen		
25	6	Lindsey Annable	27:39

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 W8



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

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.6	17.1
SHORT CUT	BLUE	8.7	14.0
SHORT CUT	PINK	6.5	10.5
SHORT CUT	GREEN	5.8	9.3
SHORT CUT	BLUE & GREEN	3.8	6.1
SHORT CUT	PINK GREEN	2.8	4.5

yellow cut reduces runs by approx 1mile