SHORTS

Dulwich Runners AC
Weekly Newsletter
January 25th 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	25	**Club Night, Edward Alleyn Club** 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Sat	28	**Sth of England Champs XC** - Parliament Hill
Tue	31	**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
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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.

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

Jan	21	Vets AC Champs - Wimbledon Common
Jan	28	Sth of England Champs - Parliament Hill

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.
Thank to **Tom Wilson, Ebe Prill and Dave West for taking out new runners 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

Ian Sesnan	**25/01**
Jo Shelton	01/02
Tom South	08/02
Katie Styles	15/02
Ros Tabor	22/02

DONT FORGET !!!!!!

Unless you have renewed your membership you cannot run as a Dulwich Runner in any races at all and that includes the Club champs race on Feb 4th !

2017 Membership renewals & changes to the 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 !

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

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 O T

Watch this space for upcoming 2017 events !

Wednesday 15th February
Pizza Night

To help you refuel after those long Wednesday night training runs we will be having a Pizza Night courtesy of the Social Kitty!!

Pizza's will be ordered to arrive just after 9pm, all welcome.

If you could let me know if you are planning to stay behind for pizza so I can get an idea of numbers also if anyone would like to help by bring a salad along to go on the side please let me know.

Wednesday 22nd March
Curry Night - Surma

Pop it in your diaries, as always £10 buffet at Surma on Lordship Lane post club run. I'll get an idea of numbers nearer the time.

Thanks - Matt Matthew.ladds@uk.zurich.com

END OF CROSS COUNTRY SEASON DRINKS
Date to be confirmed when known

To mark the end of the men's and women's Surrey League cross country series on that day we will be meeting at the East Dulwich Tavern, Lordship Lane for drinks from 7.30pm. All are welcome

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 **£6.00**
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)

I won't be able to bring the kit boxes to the club for the next 3 weeks, but can bring individual items as required, so please email me with your requests. ros.tabor49@gmail.com
Thanks - Ros

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.

Socks only £5

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

HOODIES...

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

Buffs/snoods - only £6

For further information please contact your captains at:
dulwichladiescaptain@gmail.com
or mcmann90@yahoo.co.uk

Cross Country Champs

We will be holding a cross country champs this season and there will be men's and women's perpetual trophies awarded at the end of this Xc season (Spring 2017) in memory of Ken Crooke, .
4 events to qualify, including a minimum of 3 Surrey League races. Other races are the South of Thames 5 miles at Polesden Lacey on 26 Nov and a mob match March 25th using the Beckenham parkrun.

South Of England Champs

28 January

Those entered for these champs at Parliament Hill on 28 January should note that the women's race (8km) starts at 2.05pm and the men's (15km) at 2.50pm.

We will be positioning the banner and tent on the hill above the running track. It is likely to be crowded so make sure that you arrive in good time to find us, collect your numbers and warm up.

Please note that only those entered are allowed to run; no substitutes are possible. Long spikes are usually needed, though you may want to review this if the ground is heavily frozen. As is traditional, we will be adjourning for drinks after the races, this time at -
The Southampton Arms, 139 Highgate Road, NW5 1LE.

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***

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.

Sat 20th & Sun 21st May

This is a great weekend of running around the green belt of London.
Teams of eleven runners who each run a leg on Saturday and a leg on Sunday.
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.
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

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.

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

The early fixtures will be as follows:

4 Feb	Southwark parkrun 5k
5 Mar	Regent's Park 10k
2 Apr	Paddock Wood 1/2M
23 Apr	London Marathon or alternative (see link)

The 2017 championship rules can be found on our website http://tinyurl.com/jer92qm

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 1st of 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 Sep./Oct. time frame.
We recommend that you enter the 10k and half marathon races early in case they fill up. - ***Mike Mann***

UPDATE
As no 2 mile race is scheduled in this year's Monday evening series of Battersea Park races, the Asssembly League race at Battersea Park on 1 June will be used as our 5k champs. We are still considering options for the mile and multi-terrain race.

CHANGES TO CHAMPIONSHIP CATEGORIES 2017

At the AGM it was agreed that from 2017 onwards men and women would be treated the same in the club championships, so there will now be separate categories for Men and Women 40, Men and Women 50, and Men and Women 60 in the overall championships. There are also changes in the individual race categories. The new ones are as listed.

1ST OVERALL (AGE GRADING)
1st MAN (any age category)
2nd MAN (any age category)
3rd MAN (any age category)
1st SENIOR MAN
1ST MV40
1ST MV50
1ST MV60
AGE GRADING MEN
AGE GRADING WOMEN
CAPTAINS'AWARD

1st WOMAN (any age category)
2nd WOMAN (any age category)
3rd WOMAN (any age category)
1ST SENIOR WOMAN
1ST FV40
1ST FV50
1ST FV60

I hope all that makes sense – come to the first championship event of 2017 on February 4th at Southwark parkrun and see how it works! - Thanks -Ros

Assembly League Races

These races will take place on the first Thursday of each summer month starting from April, with the exception of the August race which has been brought forward to the final Thursday in July.
Some venues are yet to be confirmed but most, if not all, are likely to be the same as in 2016. The race at Battersea Park on 1 June will be used as our 5k club champs. The confirmed dates and provisional; venues will be as follows:

6 April	Beckenham
4 May	Victoria Park, Hackney
1 June	Battersea Park
6 July	O2, North Greenwich
27 July	Victoria Park, Hackney
7 Sept	Beckenham

Assembly league races are free to enter, just turn up on the day. Open to all members whatever your ability.

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	28	South of England Champs		Parliament Hill	
Feb	4	Southwark parkrun 5k		Southwark	
	11	Surrey League	men	Wimbledon Common	
	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	
	6	Assembly League		Beckenham	tbc
	23	London or alternative marathon		various	
May	4	Assembly League		Victoria Pk, Hackney	tbc
Jun	1	Assembly League incorporating Club champs 5k		Battersea Park	
Jul	6	Assembly League		O2, Nth Greenwich	tbc
	27	Assembly League		Victoria Pk, Hackney	tbc
Sep	7	Assembly League		Beckenham	tbc

Marathon Schedule

Steve Smythe adds a few further marathon tips.
Despite 40 plus years of marathon running, I've not had too many injuries. Part of the reason is given the choice, I always run off-road which is why I have been lucky with knees though when it is wet and muddy, obviously some off-road routes are not ideal.

When you run off-road (especially with some hills), the paces will be slower than you might run on the road but it doesn't always matter unless you are doing the occasional scheduled faster run. ie an off-road hilly 8-minute mile run might be of even more benefit than a 7-minute run on flat roads.
The more running you do, the liklihood is your speed might suffer ie someone doing normally doing 40 miles may initially not find it easy to run 50 miles at the same speed.
It varies runner by runner but If you are permanently tired (or getting ill and picking up niggles regularly), then some might be better doing less miles at a faster pace.

Re getting illnesses. I do think it is possible to continue training with caution if you have a minor cold or sore throat.If you do do a race or speed session, I suggest doing it with far less effort, and certainly not if feverish.

One area where some runners have noticed a difference of late is if they didn't realise their blood ferritin levels were low after suffering with disappointing race results and being over tired.
Many doctors don't even realise the importance but a blood test with ferritin requested can reveal whether the levels need topping up and could explain disappointing performances and be improved by iron supplements.

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	25	10-13M slow
Thu	26	alternate 800m at 10k and marathon pace for 7M
Fri	27	5M easy or rest
Sat	28	S of E XC Champs (or parkrun if not entered)
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
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
Sat	25	Parkrun match v Beckenham
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.

Vets Ac Cross Country Champs

21 January

Mike Mann reports

The course on Wimbledon Common, which comes out very close to 7km, was partially frozen which made life both interesting and challenging for those competing. The early descent over quite soft ground was fine and the long climb firmer than usual underfoot, but the usually swampy football pitch was frozen solid and white with frost, and parts of the path alongside the stream were concrete like and badly rutted with blinding sun making it difficult to avoid some of the frozen puddles. The course was faster than in recent champs races though those wearing spikes found the football field uncomfortable underfoot and the section along the stream, which required caution, undoubtedly slowed things down. However the course was slower than in October for the Inter-Area Masters when it was in excellent condition.

Even allowing for the faster than usual conditions, Tony had a storming run to finish 2nd overall and first M50 by almost 5 minutes as well as being over a minute up on his run a year ago In the process he comfortably beat 2 regular HHH rivals who have recently turned M55. Another comfortable age category winner was Ange Norris in another strong run, only 14 secs slower than her October effort. Ola was unlucky to finish 4th W45, in the most competitive age category on the day, despite a strong run. If the race had been a day later she would easily have finished first W50. I was just 4 secs down on my October run in an unusually even paced effort, finishing M65 winner. Joe Brady hasn't competed much in cross country this season but made up for lost time with an excellent run. This time Graham got the better of Andy whose time was well down in his October run.
Both faced strong competition in their respective age categories.

Tony Tuohy	25:46	(ist M50)
Ange Norris	29:54	(ist W55)
Ola Balme	31:56	(4th W45)
Mike Mann	32:06	(1st M65)
Joe Brady	32:59	(4th M50)
Graham Laylee	33:57	(5th M55)
Andy Murray	34:28	(4th M60)

Box Hill Fell Race 8 miles 1950 ft ascent

Saturday 21 January

Hugh Balfour writes.....the first challenge of the Box Hill Fell Race is to get your entry in on time when it opens on 1st November. Seven DRs managed it. Several didn't, though Al and Claire were able to swap in, a practice actively encouraged by the organiser. So it was that on a magical frosty morning, five rather cold would be runners gathered at Tesco Express in East Dulwich Road to head to the frozen slopes of Box Hill, where we were joined by the two Martins.

For the uninitiated, the course is on the North Downs, just north-east of Dorking, and involves one 8 mile lap of Box Hill and Headley Heath, involving no less than four visits to the top of the Downs – about 1950 ft of ascent. The course was changed two years ago, with the start and finish being moved to the foot of the hill near the Stepping Stones. This means starting with a steep 450ft climb up the steps, and finishing with a somewhat hair-raising descent back down them.

The start was congested, and felt a bit like the Grand National, with at least two fallers in the first twenty yards, but we then settled in to the hands-on-knees slog to the top, and the roller-coaster that followed. Al must have got off to a great start and clearly had a brilliant run knocking nearly 4 minutes off his time from 2015. He said he was absolutely shattered afterwards and his toes were black and blue, but it was a magnificent effort and earned him a top 20 place.

I had a less good start, and got held up on the second descent which had now become very narrow. But my main concern was an M60 runner from Reigate Priory who had won last year in a quick time. I spotted him before the start, but was quite surprised to overtake him on the first climb. After that I kept up a good pace, and felt surprisingly strong over the second half and had the encouragement of steadily overtaking other runners, including two who had previously gone past me. The highlight was a fallen tree blocking a fast descent about 2 miles from the finish. I made a split second decision to vault it, and discovered too late that the top was covered in ice. But momentum was on my side and I landed safely. The runner just behind me followed my lead and said as he landed, "That's our Superman moment!" The winner, apparently tried the same trick and wasn't so lucky! In the end I won the M60 prize but only by 25 seconds, but I am pretty sure that I overtook the second M60 in the last third of the race.

Martin Holt had finished just in front of and obviously had a good run, but we didn't spot him as he wasn't wearing a Dulwich vest. Grzegorz took it more carefully as it was his first proper fell race. But he clearly loved it, and was helped by having some second-hand fell shoes. Martin Double finished strongly just after Grzegorz, having had a good strong run. Katie had a good run for a first go at a race like this and also really enjoyed it. Claire was our final finisher, having had a great run despite taking some of the final descent on her backside! To be fair it was pretty lethal, and she got a nice bar of chocolate as the prize for the second F60.

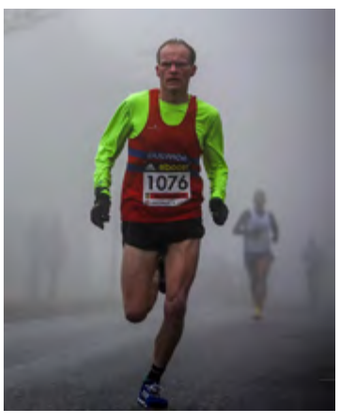
1 James McMullan (Thames H & H)	54.24	
19 Alastair Locke	61.35 (2015: 65.29)	
76 Martin Holt	71.29	
78 Hugh Balfour	71.41 (2015: 71.31)	1M60
146 Grzegorz Galezia	78.47	
151 Martin Double	80.11	
173 Katie Styles	83.24	
226 Claire Steward	97.24	2F60

257 finishers

Canterbury 10 Mile Road Race

Steve Davies writes ……
As part of our London Marathon training schedule Mark Lacey and I both decided to have a crack at this challenging 10 mile road race instead of the alternative option of doing a 15 mile brisk run along the Thames (starting from Greenwich).

When I got up at 6.30am on a dark, icy cold Sunday morning I was very much wishing we had opted for the more local and later starting option. Nevertheless, we embarked on our 50 odd mile journey and arrived in Canterbury in good time, notwithstanding the icy roads and freezing fog.



Steve Davies heading to the finish line

Moreover, I learnt afterwards from reviewing runs on Strava and comments on Facebook that the local London long runs were completed in cold conditions but with brilliant blue skies and glorious sunshine. We had no such luck, with the entire environs of the Canterbury countryside enveloped in a think 'pea soup' layer of fog for the duration of the race. I'm glad I wore my extra padded gloves! I also felt for the many volunteers marshalling the course in the cold and mirk.

This year the HQ for the race had moved to the local university campus; large sports hall with facilities to get changed and keep out of the cold, and only a hop skip and a jump away from the start line. Plenty of time to collect our race numbers and timing chips, get ready and (sort of) warm up before the start.

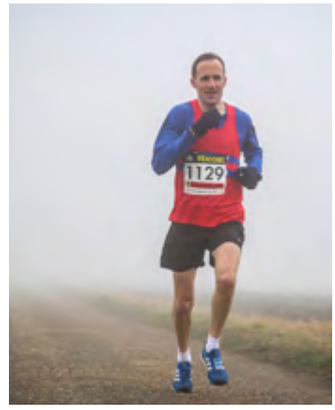
The 10 mile route starts at the edge of the town and heads out into the Kent countryside. The course was undulating to say the least with rather sizeable hills at miles 4 and 8. From the start there is broadly a gradual uphill section of 2 miles, heading out into the narrow country lanes in an anti-clockwise circular loop, before returning back along the same two mile stretch (downhill) to the finish. This is definitely not a PB hunters course. Nevertheless, a good test of strength and endurance – ideal for marathon training.

Mark and I set off close to the front and ran fast but controlled uphill for the first 2 miles of which I was sustaining sub 6 minute miling until the welcome respite of the first downhill section at mile 3, with a comfortable sub 5:40 minute/mile. Mark at this stage had exercised some restraint and had let me go on ahead.

A right hand twist on to another country lane then a short sharp hill at mile 4 to put a dent into my sub 6 minute mile average (6.16 for that one). At the half way mark, I had clocked 29:15 and thought that with the downhill section for the latter part of the race a sub 1 hour time was in range. However, at mile 6 one incredibly frustrating experience for the runner competing against the clock. This race was not on closed roads and when heading down a narrow lane two vehicles had blocked the way through. I had to slow down, jump on to the verge and walk my way around one of the cars, scarring my legs against brambles and nettles. Not serious in the grand scheme of things, but a loss of momentum and speed for a few seconds together with wasted energy from the expletives emanating under my breath.

Further undulations at miles 6 and 7; then on to mile 8 and a long never ending test of a hill (reminiscent of the ones that have previously torn me apart at the Tunbridge Wells and Dartford Half marathons). My slowest mile of the day made worse by a young athletic type gliding past me and heading off into the mist but, must add, the only one who did overtake me from mile 2 onwards. With 2 miles left, I was able to enjoy the final descent home picking up speed through to the finish. Chip time of 59.04, a PB at the distance, 18th overall &1st V45.

At the finish I had a chat with the runner a few seconds behind me who runs for Petts Wood and often frequents Bromley parkrun – the last time I ran it he beat me. Then I heard the announcer shouting out Mark's name who had just managed a sprint finish to nudge under the hour mark and 23rd overall. Mark said afterwards that he was pleased with his run and time.



Mark Lacey taking it a little too easy (so it seems)….

So, post race treats of a cereal bar, bottle of water and a decent sized finisher's medal to add to the rack. Also the offer of a free sports massage if one was willing to line up. We decided not to hang around and missed the awards ceremony – if we had managed to field a team of 4, its possible that we would have competed for the team prize.

On our way back to the car we bumped into Andy and Belinda Cottrill, Bob Bell (and Milo the dog) for a quick post-race chat. Belinda had finished the race with Andy and Bob spectating (although Andy did mention he did a 7 mile run along the course with Milo). Belinda agreed that the course is a challenging one!

From perusing the results afterwards I noticed that there were a few other Dulwich members at the race, including Colin Frith, Michael Fullillove and Penelope d'Arcy Graham.
I also had a quick look at the RunBritain difficulty (SSS) rating for this race – it was granted a score of 1.0, which would mean a similar level of difficulty as the flat and fast Dulwich Parkrun, the more benign Sidcup 10, but less demanding than the Epsom 10 (SSS of 1.4). If anyone call fill me in on the reasoning behind this, I'd love to know…..

1	Abel Tsegay (Invicta East Kent)	52:47
18	Steve Davies	59:04 (1V45) PB
23	Mark Lacey	59:56
25	Maria Heslop (Paddock Wood)	1:00:38 (1stW)
277	Michael Fullillove	1:13:26
498	Colin Frith	1:21:13
592	Belinda Cottrill	1:24:57
726	Penelope d'Arcy Graham	1:28:59

Ladies' Surrey League Results - update

The results are officially still provisional so could change but all our runners are recorded now.
77 Helen Lister 35:30
107 Emma Ibell 36:51

This puts us up to 2nd B team.

Canterbury 10M

22nd January 2017

Bob Bell writes....this race is usually blessed with rain and wind but freezing fog and a temperature of -5 C was the order (not that anybody ordered it) of the day. Race HQ was back to a sports hall as opposed to the school rooms used last year and so was far less chaotic moving around.

As spectators Andy and I hung around at the start with Milo (the dog) with the intention of going out to 2.5 miles and then cutting across to watch the race at 7 miles. Maybe not the best option to actually support specific runners, or comment on performances but, as a lot of the course is traffic free, not a bad option. Ultimately we did see a number of Dulwich and Crystal Palace parkrun faces appearing through the mist and by keeping running we remained reasonably warm.

We missed the leaders but Milo was pleased to see his "Mum" and took off thinking he could join the fun. All in all a pleasant day in the country on a well marshalled course. Results up nice and quickly and the biggest medal you'll find outside of a chocolate one from Café Nero. (We know as we compared them at our post run warm up)

			chip
18	Steve Davies	59:05	59:03
23	Mark Lacey	59:57	59:55
277	Michael Fullilove	73:43	73:25
498	Colin Frith	81:28	81.13
592	Belinda Cottrill	85:49	84:56
726	Penny d'Arcy Graham	89:57	88:59

1,300 finished

Windsor Winter Half Marathon

22nd January 2017

Lindsey Annable writes....the best laid plans.....we'd entered this race as a training run for Barrie's London build up and as it had a rather luxurious start time of 12.30. It was around Dorney Lake and although 4.5 laps, we'd grown accustomed to running around in circles there as we'd done several marathon training runs at the lake before.

The prospect of the race became far less appealing as I came down with a stomach bug/virus on the Saturday and had nothing but toast and water all day. I wasn't even up to running a lap on the Sunday as I was feeling very weak and toast was still featuring large on the menu!

Barrie hadn't had a great run up to the race either. He was filming three days on the trot at Leavesden studios near Watford on The Darkest Hour, a movie about Churchill. He had had early starts and very long days as he was playing the speaker of the house. In fact the Saturday proved a marathon of a day itself lasting 18 hours. He was on set all day, which he found exhausting, but he did have the pleasure of witnessing at close quarters that famous Churchill speech. Had he not been entered for the race he would have probably done a long run on the Monday but we didn't want to double our losses with an extortionate £37 entry fee.

Fortunately we were graced with beautiful conditions on the Sunday and not a breath of wind. This was a blessing on a multi-lapper where the lake can be very exposed. Barrie's aim was to complete the race in around 2 hours and he duly obliged being just 20 seconds outside that mark.

The weather conditions really made the race, which was otherwise nothing to write home about. The course followed one side of the lake and then a perimeter road. To keep myself warm and console myself with a little exercise I decided to walk one lap. This was thoroughly stunning alongside the lake but went downhill once I got onto the perimeter road. They had held a 5, 10, 15 and 20km race as well so the early finishers were driving down the perimeter road treating the half marathoners to a hefty dose of car fumes.

Despite the event company claiming direct experience of competing in races, Barrie reported disinterested marshals, there was no bag drop or showers and all you got at the end was a bottle of water although the medal was nice. Even the winners only seemed to get a plaque. Quite how they justified the entry fee I don't know. Whilst the lake venue apparently is becoming increasingly expensive to hire, no doubt a hefty slice of profit went into someone's back pocket.

Still it was lovely to be out in the sunshine and Barrie was pleased to have completed the run. We also met the partner of former DR member Wizzy who spotted Barrie's DR vest and came over to say hello. Wizzy was running in the half marathon too but we both missed seeing her among the other competitors.

Barrie John Nicholls 2:00:20

CROSS COUNTRY CHAMPIONSHIPS 2016/17 MEN
TOTAL OF 4 BEST RUNS - MUST INCLUDE 3 SURREY LEAGUES

	Surrey Lge 1	Surrey Lge 2	South of Thames	Surrey Lge 3	Surrey Lge 4	Mob Match	Best 4 inc. 3 SL	Running total
	15/10/16	12/11/16	26/11/16	14/01/17	11/02/17			
	Richmond	Farthing D	Polesdon L	Mitcham				
Tim Bowen	50		50	50				150
Andy Bond	49	50		49				148
Ebe Prill	33	34	46	31				144
Alastair Locke	48		49	45				142
Lewis Laylee	47	46	48					141
Jim Dowsett	32	30	43	32				137
Wayne Lashley	45	44		47				136
Mike Mann	32	32	42	28				134
Mark Lacey	42	45		43				130
Tom South	37	36	47					120
Nick Wood	40	38		40				118
Ian Lilley	39	40		35				114
Kevin Chadwick	38	37		37				112
Steve Davies		48		48				96
Greg Hills	46	49						95
Tim Taylor		47		44				91
Daniel Mann		42		46				88
Paul Devine	43	43						86
Tony Tuohy	44			42				86
Shane O'Neill	41			41				82
Mark Callaghan		41		38				79
Charlie Lound		39		39				78
Ross Rook	34	35						69
David Stone	35			34				69
Hugh Balfour		33		30				63
Gary Budinger	31	29						60
Duncan Wilson			45					45
Hugh Balfour			44					44
Graham Laylee			41					41
Lloyd Collier	36							36
Derek Lee				36				36
Steve Smythe				33				33
Mark Foster		31						31
John English				29				29
Gregorz Galezia				27				27
Justin Siderfin				26				26

CROSS COUNTRY CHAMPIONSHIPS 2016/17 WOMEN
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	Surrey Lge 1	Surrey Lge 2	South of Thames	Surrey Lge 3	Surrey Lge 4	Mob Match	Best 4 inc. 3 SL	Running total
	15/10/16	3/12/16	26/11/16	14/01/17	11/02/17			
	Nonsuch	Mitcham	Polesdon L	Lloyd Pk	Farthing D			
Ola Balme	41	49	48	46				184
Katie Styles	44	45	46	42				177
Roz Johnson	49	50		49				148
Ange Norris	48		50	47				145
Selma Benattia	47		49	48				144
Michelle Lennon		46	45	43				134
Clare Elms	50			50				100
Helen Lister	46	48						94
Andrea Pickup	45		47					92
Emma Ibell	43		44					87
Eleanor Simmons		44		40				84
Ros Tabor	38	43						81
Laura Vincent	39			41				80
Lucy Clapp	40			39				79
Sarah Banting	32		43					75
Hannah Harvest	33	42						75
Joanne Shelton-Pereda	34			34				68
Anna Thomas		47						47
Elkie Mace				45				45
Rebecca Schulleri				44				44
Lucy Elms	42							42
Clare Wyngard				38				38
Clare Cummings	37							37
Cathy Bennett				37				37
Anna Saunders	36							36
Claire Steward				36				36
Tessa Morrison	35							35
Lyndsey Annable				35				35

parkrun

January 20th

Bexley
343 ran

Pos	Gen		
22	20	Michael Fullilove	21:59

Brockwell
353 ran

Pos	Gen		
9	9	Derek Lee	18:41
97	90	Jonathan Senker	22:20
165	22	Laura Lane	24:17
185	157	Kees Kuijlaars	25:04
193	33	Sarah Banting	25:28
252	184	Desmond Edwards	27:21
324	107	Sharon Erdman	30:47

Bromley
486 ran

Pos	Gen		
78	72	Colin Frith	22:52
91	81	Chris Goodman	23:08
426	258	Peter Ogden	34:05

Burgess
220 ran

Pos	Gen		
81	70	Paul Keating	24:23
216	131	Chris Vernon	42:40
220	88	Susan Vernon	56:07

Bushy
1291

Pos	Gen		
6	6	Andy Bond	16:48

Crystal Palace
274 ran

Pos	Gen		
2	2	Wayne Lashley	17:32
13	13	Simon Lang	20:01
14	14	Alexander Dodds	20:11
31	29	Tom Wilson	21:07
62	7	Belinda Cottrill	23:13
83	13	Clare Wyngard	24:20
85	14	Lucy Cartlidge	24:27
92	19	Joanne Shelton Pereda	24:46
108	22	Penny D'arcy Graham	25:24

Dulwich
238 ran

Pos	Gen		
3	3	Daniel E F Mann	17:12
4	4	Shane O'neill	17:33
5	5	Andrew Shreeve	17:41
25	25	Ajay Khandelwal	19:48
39	2	Michelle Lennon	20:48
77	9	Ellie Balfe	22:47
80	71	Mark Muffett	22:58
92	14	Cathy Simpson	23:23
127	27	Hannah Harvest	24:55
176	125	Mick Mead	27:38
184	55	Hilary Woof	28:05

Greenwich
205 ran

Pos	Gen		
8	1	Clare Elms	20:17

Hilly Fields
286 ran

Pos	Gen		
4	4	Timothy Bowen	17:41
15	15	Ian Lilley	19:43
20	20	Stephen Smythe	20:04
23	23	Ebe Prill	20:16
24	24	Gary Sullivan	20:18
36	36	Jim Dowsett	21:00

Horsham
413 ran

Pos	Gen		
75	67	Gary Budinger	23:21

Lloyd , Croydon
193 ran

Pos	Gen		
84	77	Peter Jackson	26:55

Orpington
187 ran

Pos	Gen		
87	17	Kaylee Coxall	27:55

Peckham Rye
210 ran

Pos	Gen		
7	7	Toby De Belder	19:36
13	12	Mark Callaghan	20:16
17	16	Dan Hill	20:38
27	26	Sam Crump	21:29
49	6	Susan Cooper	22:39
54	48	Alistair Clarke	23:10
77	11	Tess Le	24:16
86	16	Claire Barnard	24:39
89	17	Laura Vincent	24:41

Richmond
466 ran

Pos	Gen		
29	1	Claire Baglin	20:05

Royal Tunbridge Wells
233 ran

Pos	Gen		
2	2	Lloyd Collier	18:52

Torbay Velopark
275 ran

Pos	Gen		
84	13	Emily Warburton-Brown	25:32

Tooting Common
547 ran

Pos	Gen		
77	75	Cameron Timmis	21:28
135	126	Ian Sesnan	23:01

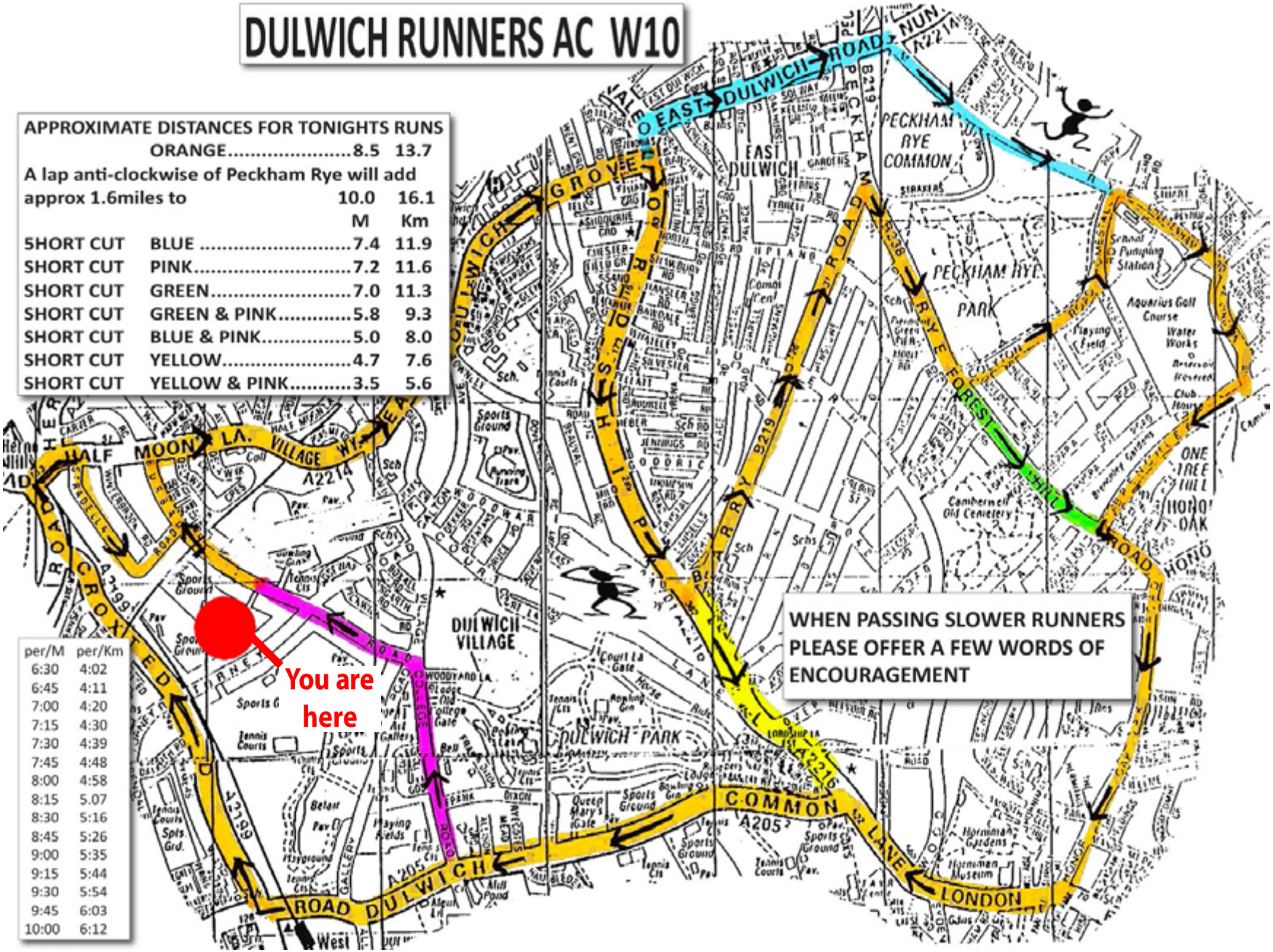
Western Springs
66 ran

Pos	Gen		
14	11	Nick Bell	22:15

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 W10



APPROXIMATE DISTANCES FOR TONIGHTS RUNS			
	ORANGE	8.5	13.7
A lap anti-clockwise of Peckham Rye will add approx 1.6miles to		10.0	16.1
		M	Km
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