DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
November 8th 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 8 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 11 Surrey League Cross country - men & women.
Page 4 race details.

Tue 14 Track - Crystal Palace Arena -see below

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Fixture list, club champs, road, XC, etc
5 Cross country section - Races & useful info etc
7 Race reports , results etc
9 Parkrun results
10 Map for the routes this Wednesday

And much more !

Click to SUBSCRIBE or UNSUBSCRIBE
www.dulwichrunners.org.uk/index.html

You can follow us on

TRACK SESSIONS

Crystal Palace Track

£2.50 per session - Suitable for all abilities.
At reception say you are with Dulwich Runners but do not pay there, pay Ros trackside. Can take up to 10mins to get from reception down to track.
Arrive at 7pm if you want a full warm-up, of various drills. Strides etc will start around 7.20pm, main session taken by Steve Smythe will start shortly after and be in the region of 40-45 minutes.
In my view apart from the long Sunday run, if you are preparing for a marathon, this is the key session to improve speed and speed endurance and works best if you do it regularly. ***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

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like to have more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed. Details are on the website: www.englandathletics.org Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members.
If you are interested please contact me or another committee member. ros.tabor49@gmail.com
Thanks - Ros

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

Nov 11 Surrey League Xc - men & women
Nov 18 London Xc champs - Parliament Hill

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.
Thanks go to Cameron Timmis & Sharon Erdman 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

Volunteer/s needed	8/11
Mick Ward	15/11
Clare Wyngard	22/11
Lindsey Annable	29/11

Wednesday Night Map

This map for this Wednesday's runs can be found 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

Wednesday Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings after the Wednesday run.
Arrives close to 9pm 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)

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

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

STOCK CLEARANCE! BARGAIN KIT !

I have a limited number of old stock vests (mostly large sizes) for sale at £1 each

Available at the club on Wednesdays but please email to make sure

Ros Tabor
ros.tabor49@gmail.com

Socks only £5

SHORTS!

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

Sports & Therapeutic Massage

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

HOODIES...

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

Buffs/snoods - only £6

SOCIAL SPOT

Watch this space for future events.

Free Quiz Night - Wed 22nd Nov.

The Social Fund will be laying on some prizes for a fun quiz night post club run.
Teams of 4 and I promise there will be no Harry Potter round this year !
It will begin at 9pm in the club house bar.
Don't worry if you're not sure who'll you'll team up with there'll be plenty to form teams on the night.

Xmas Party - Save the Date - Sat 16th Dec.

A date for the diary and one not to be missed !
This year will see a change of venue to the Edward Alleyn Club.
More details to follow shortly. Any suggestions and feedback based on last years always welcome.

Matt Ladds - laddsm85@gmail.com

2018 Club Places

The club will hopefully have two London Marathon places for club members (numbers will be decided by the London marathon organisers mid November).

To qualify for consideration you must have:

- Been a member for at least 12 months
- Applied to the ballot and been rejected and not been eligible for a good for age or championship place
- Not awarded a club place for the past two years (16 & 17)

We allocate one place on the basis of contribution towards the club over the year and the other by draw.

To be considered contact ebeprill@yahoo.co.uk **or in person, or via our FB group by Wednesday 15 November.**

DULWICH RUNNERS 2017/18 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** **Track**

2017		Race		Venue
Nov	11	Surrey League 2 **Note: 2.30pm start**	men	Richmond Park
	11	Surrey League 2	women	Nonsuch Park
	17	November British and Irish Masters		Derry, Northern Ireland
	18	London champs		Parliament Hil
	25	England Masters Inter-Area		Bournemouth
	25	South of Thames 5		Beckenham
Dec	2	Kent Masters		**tbc**
	9	SEAA Masters XC		Horspath, Oxford
	16	South of Thames 7.5		Aldershot
2018		2018		2018
Jan	6	Surrey and Kent Champs		**tbc**
	13	Surrey League 3	men	Beckenham Place Park
	13	Surrey League 3	women	Wimbledon Common
	20	Vets AC Champs		Wimbledon Common **tbc**
	27	South of England Champs		Stanmer Park, Brighton
Feb	10	Surrey League 4	men	Lloyd Park
	10	Surrey League 4	women	Richmond Park
	24	National Champs		Parliament Hill
Mar	17	BMAF Champs		Forres, Scotland

Men's Surrey League cross country at Richmond Park Nov 11starts earlier than usual at 2.30pm. (Further details of the venue to follow).

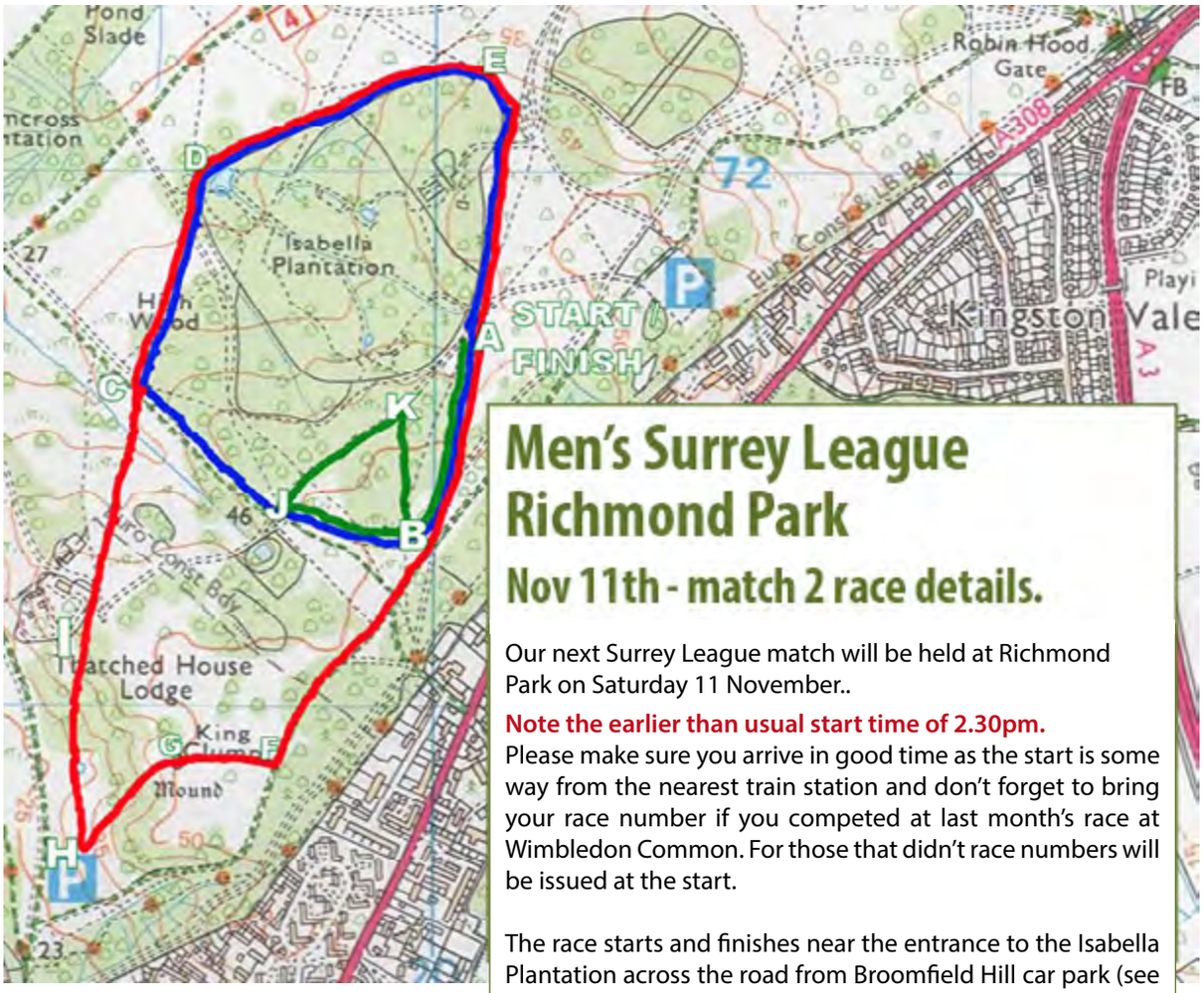
Track Training

Numbers have been ok overall since our return to Crystal Palace but I have been disappointed by the lack of support from our faster runners and the consistency of attendance. I appreciate some have had injuries or other targets but a well balanced training programme requires a focus on speed endurance and it is in runners interest and the club to get a good group of similar paced runners working together.
And it is better that the best runners train together on the Tuesday rather than go too fast together on the Wednesday run on the roads.
To get the benefit of the sessions,though it is necessary to do it regularly.
From experience I can say all my best marathons and 10k and half-marathon and cross-country races in the past have come after consistent speed sessions which I attended every week even if it meant working very early or very late on other days.
Now I have to come further than most to get there and back and it would be easier for me to train more locally and just advise a session for someone else to administer or take over.

Steve Smythe

Marathon Training

A few people have been in touch about marathon training and I am happy to oblige.
I have done all bar one London marathon (the short one in 1983!) and have run at least one marathon every year since 1976 - and have run a sub-3 marathon in 5 different decades (70s (2:54 in debut), 80s (2:29 PB), 90s, 00s (2:43 at 50) and 10s (2:56 in Seville this year for a then world record 40 year-span) so hopefully know a few things about preparation which I haven't totally forgotten yet.
steve.smythe@athleticsweekly.com



NOTE: Above map is for the men's only.

Men's Surrey League Richmond Park

Nov 11th - match 2 race details.

Our next Surrey League match will be held at Richmond Park on Saturday 11 November..

Note the earlier than usual start time of 2.30pm.

Please make sure you arrive in good time as the start is some way from the nearest train station and don't forget to bring your race number if you competed at last month's race at Wimbledon Common. For those that didn't race numbers will be issued at the start.

The race starts and finishes near the entrance to the Isabella Plantation across the road from Broomfield Hill car park (see map below). the closest toilets are at Kingston or Robin Hood Gates, both 20 minutes walk away. Free parking is available at Broomfield Hill car park, 5 minutes from the start. The nearest station is Norbiton which is a good 30 minutes away. The course should be fairly dry and suitable for medium length spikes, fell or trail shoes.

We will need to improve on our performance at the first race last month so a good turnout, particularly from our potential scorers is important. If you are intending to run and have not yet informed Ebe or myself, please do so as soon as possible so that we can complete the online declaration

Ladies Surrey League Nonsuch Park

Ewell Rd, Sutton SM3 8AB. Saturday 11th November

11 a.m. 6km

Note - both divisions will run together.

Course

Start/finish is approx. 150m from the Mansion House Café. Footwear will be off road shoes/ spikes but road shoes will be ok if that is all anybody has.

Routes are mixed terrain, short grass and park/ wooded trails and will be marked with flags and marshals at key junctions.

Parking and access

There are two entrances in London Road each leading to car parks

Ewell Road, Cheam, which also leads to car parking facilities.

Cheam park Café, Car parking & access through Tudor Drive (SM4) off B279

Use residential roads off Bramley Road, SM2 7LR for a quick exit from the event – access park via railway tunnel on Bramley Road, follow footpath for about 800m in a straight line into Nonsuch park and the Mansion House.

No parking in the Mansion House car park.

We have secured this venue based on this parking rule being complied with.Nonsuch Park is within a ten minute walk of Cheam train station. The Park is accessible to pedestrians from the main entrances off London Road and Ewell Road, Blue Gates, Beaufort Way, the public footpath off Holmwood Road, which leads across Warren Farm to Nonesuch Park. There is other street parking available in these areas.

Changing/toilets

No changing facilities in the park, but there are toilets in the park café (150m from the start) and in Cheam park Café, Car parking & access through Tudor Drive (SM4) off B279.

Don't forget to bring your number if you took it home last time. Your captains will take all that they have. If you haven't yet told them you want to run in Surrey League then email them before Saturday so you can be allocated a number.

The cross country season starts in October 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 is the club's main priority. There are 4 fixtures during the season that started on 14 October .Details on Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible. Our men were relegated to Division 2 last season, but will need to maintain their excellent turnouts and performances to be sure of returning to Division1.

Distance
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, ranging from around 8km in the autumn to 12km and over for the men later in the season, but normally not more than 8k for the women.

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. The hill sessions on Tuesday nights in September will help, and there are likely to be other hill sessions during the season.

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 in order to help with the online declarations). For the women's Surrey League, runners have to be entered in advance. The women's captains will contact everyone for availability. It is free for all runners.

Other Races
In addition to the Surrey League there are a number of 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, which take place at Parliament Hill Fields in February. There are also a number of other races for Masters. See the fixture list in Shorts for details.

Cross country champs
Once again, we will be holding a cross country champs.
For details see article below.

Which races to go for
From around mid October until late February, there are cross country races on most Saturdays, so enthusiasts will have plenty to keep them occupied. In practice many of you have family and other commitments, so here is some advice on races to target. Our main priority is the four Surrey League races, but other important events that we target are the BMAF Masters relays and the SEAA Masters champs. In addition to the Surrey League races our cross country champs includes the South of Thames 5 miles and the National Champs, being held next February at Parliament Hill Fields, so these should also be regarded as races to prioritize from an individual point of view.

Other races can be regarded as medium priority but you are encouraged to compete for your eligible county in the Surrey and Kent Masters champs and the county champs in early January. In the Masters champs in particular we have had success in winning team medals in recent years. There are a number of other races, which while not a high priority are nice to do. These include the London champs, Reigate relays, South of Thames 7 miles and the South of England champs, likely to be held in Brighton. Finally VAC members are encouraged to take part in the Vets AC champs in January.

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, requesting those interested in participating 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

Ken Crooke Cross Country Champs

With the National cross country champs being held at Parliament Hill next February, it has been decided to include this event in the races comprising the cross country champs. The championships will consist of the best 4 of the following 6 races; the 4 Surrey League matches, the South of Thames 5 miles and the National Championships.

Upcoming Events

Nov 11 - Surrey Leagues, Richmond and Nonsuch Park

Nov 18 - London Champs, Parliament Hill

Nov 25 South of Thames 5, Beckenham
A local mixed race that should be worth targetting with good numbers and a likely club champs race

Dec 2 - Kent Masters Championships, Dartford
potentially we could have a few medal-winning teams - especially the men, if we can get everyone out - we have won the M50s recently but could also do well in the M40s for the first time. The women have also done well in recent years, and the multi lap course in Central park was well received last year. ***Steve Smythe***

South of Thames 5 miles

25 November

This race will be held at nearby Beckenham Place Park on 25 November, starting at 2pm.
You are strongly encouraged to take part in this mixed race, which forms part of this year's cross country champs.
But Vets AC members should note that the Masters Inter-Area cross country challenge takes place on the same day in Bournemouth.

To enter please contact your captains by 15 November

Kent Vets Champs, Dartford

2 December

These champs take place at Central Park, Dartford once again this year. In additional to individual awards, team prizes are available (M40s 4 to score, M50s, M60s 3 to score).
Those who have taken part in recent years are invited to enter plus anyone else eligible, including new members.
Please contact your captains if you are unsure about your eligibilty and confirm whether you are available to run by 15 November.

SEAA Masters, Oxford

9 December

We have done well in these champs, taking place this year at Horspath, Oxford on 10 December, so it would be good to enter some strong teams.
The distance is 10km for men, including M60s and 6km for the women, with 3 to score in all age categories.
Please register your interest with your captains by 20 November.

To enter any of the above races or if you require any further information about them or any other races in Shorts then contact:
Men: mcmann90@yahoo.co.uk
Ladies: dulwichladiescaptain@gmail.com

Men's Surrey League Volunteers Needed

As you will see from the fixture list we have a venue, Beckenham Place Park, for the third men's Surrey League fixture on 13 January. Finding a venue had been problematic for some time, but we now have approval in principle from Lewisham Council for the club to host this match.

In order to host it we need a number of volunteers to act as marshals and arrange the finish. Hopefully some of the women running earlier in the day at Richmond Park will be able to help, but we also need help from club members not planning to run.

We are also asking for one helper from each of the other Division 2 clubs, so the burden will not fall entirely upon us. So for the forthcoming men's match at Richmond Park on 11 November, we are also looking for a volunteer who will probably be used for marshalling (but it would also be good to have a familiar friendly face to provide support during the race!).
Any volunteers please contact ***Mike Mann.***

START FITNESS AND MORE MILE DISCOUNT CODES

Start Fitness, the online sports retailer is offering discounts on its products as part of its sponsorship of the Men's Surrey League Cross Country.
Discounts are available to all club members, men and women, and not just Surrey League competitors.
Enter code **SurreyXCSF10** for 10% off at startfitness.co.uk
Enter code **SurreyXC** for 30% off at moremile.co.uk

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.

Priory Relays Reigate

4th November

Tony Tuohy writes...Another week, another relay. The popular cross country Priory Relays have been going forever and are a perennial favourite with Dulwich Runners. The 2.6 miles lap really has the lot – an uphill first three-quarter-mile with a severe camber in places, very muddy on this occasion; then a fast half-mile trail to a tough little climb onto a mainly flat plateau for another half-mile; then half a mile of precipitous descent that invites you into breakneck speed if you'll let it. And let it you must, if you're going to make up any time before the final run-in across the park to the finish.

In common with some other relays this autumn we were a bit short of takers, but eventually the men and women fielded two teams each despite a shortage of personnel with Tom, Ange and myself running double bubble. Well, it's twice the fun, isn't it? We were lucky to get two extra teams on the day (two were pre-entered) as entries were full but luckily a few teams didn't show.

Last year's firm and dry conditions disappeared overnight with a good lashing of rain and I found myself slippy-slidey in the wetty-grippy (Prof. Stanley Unwin – obscure I know...) up the sideways camber while trying to stay on my feet. Conditions weren't too bad after that although both Steve and Grant would no doubt have fared better in spikes; this is not a course for flats, or even trail shoes, long spikes were definitely de rigueur this year - especially for the descent. Just before the steepest part there is a virtual hairpin bend and despite having come a cropper here on a previous occasion (overshot into the bushes; probably had my eyes shut) I nearly made the same mistake as I was trying to overtake someone around the outside.

Yvette Dore, Ange Norris, Andrea Pickup, Helen Lister, Rebecca Schulleri

With frantically wind-milling arms I just about made it and belted down the fastest section with wild abandon (it's like Wuthering Heights, this) to record an inglorious 15:52, a good thirty seconds slower than last year. Could be worse in my current state of fitness and I'm blaming some of it on slower conditions, which were even worse by the time the latter legs were run, including mine nearly a minute slower than the first. As mentioned, Tom and Ange doubled up too, but they managed their second go more impressively, losing only 30-40 seconds.

Team selection was pretty good, with the four fastest men's times in the A team; Steve's solid debut run here would have no doubt been closer to Tom's own excellent debut time if he'd had spikes. Even so, 13th of 51 teams is more than respectable. Likewise the B team's 22nd, with repeat offender Ebe leading off for his fourth outing here. It's his slowest but not bad at all after long-term injury and compares well with his previous. Grant made a good debut too, but was also hampered by a lack of spikes; his online order had failed to arrive in time (at least he'll have them for the Surrey League). Ross ran despite very curtailed training after recent illness and knew he couldn't match his previous here, but joined in the fun anyway.

Like Ebe and me, Andrea was here for the fourth or fifth time and, also like us, ran her slowest time. Unlike us though she still ran within half a minute of her best from five years ago, so not bad at all.

Helen and Becca were running debuts here, both in good form and running well with Helen just outside the top twenty fastest times. Those three combined for an excellent 9th place; and just behind in 10th was the Dulwich B team of Ange, Yvette and ... Ange. Yvette's 18 second improvement on her previous try here was impressive, and combined with Ange's double heroics (including 17th fastest of the day) meant our two teams were quite well matched. Having said that, if Ange's double had been joined by Helen's run they'd have been nudging 7th place.

Ross Rook, Grant Kennedy, Ebe Prill, Steve Rolfe, Tom South, Tony Tuohy

Men (4x 2.6 miles)

A – 13th

Tony Tuohy 15:52 (2012 – 15:17, 2013 – 15:43, 2014 – 15:13, 2016 – 15:23)
Tom South 16:30
Tony Tuohy 16:48 (2nd. Leg: 2014 – 15:47, 2016 – 15:49)
Steve Rolfe 16:43

B – 22nd

Ebe Prill 17:28 (2012 - 17:04, 2013 – 16:37, 2015 – 16:49)
Grant Kennedy 17:59
Ross Rook 17:45 (2015 - 16:24)
Tom South 17:00
51 teams

Women (3x 2.6 miles)

A – 9th

Andrea Pickup 18:30 (2012 – 18:00, 2013 – 18:09, 2016 – 18:03)
Helen Lister 17:53
Becca Schulleri 19:27

B – 10th

Ange Norris 17:37 (2015 – 18:21, 2016 – 17:28)
Yvette Dore 20:33 (2015 – 20:51)
Ange Norris 18:17 (2nd leg: 2016 – 17:47)
44 teams

Algarve Challenge Portugal

November 1-5

Though a few regulars were missing and numbers were down overall, six Dulwich Runners enjoyed very good weather in Portugal for the four-event Challenge.
Though there are four races, they don't dominate the week and trips were made to Spain via Ferry, Faro, Tavira and Castel Nuevo.
The long beach was superb for running most days and the sea was fine for swimming and the area is good for running and walking, being close to the Algarve forest, and there is plenty of water and wetlands nearby. Pink Flamingos were spotted from the local station platform.
The area is superb for training and Britain's Olympic athletes prepared for London 2012 here in Portugal.
Food is plentiful in the excellent beach hotel and drink is cheap in the nearby bars.
Personally I think the club champs should be held here but I don't think I will get that through.

5km Cross-Country, November 1

The race was split into two groups with Ros and Andy in the slower group going three minutes before the group with the other Dulwich Runners.
The course was slightly shorter than last year to avoid starting and finishing on the road.
Ros won the battle in the first group to pull away from Andy and be second to the finish.
Steve had a poor run and fell five seconds short of catching Andy. Joseph and Mike had Ok runs but Gideon was probably not at his best having only arrived on the day.

2nd	Ros Tabor	22:14 923 pts
3rd	Andy Murray	22:27 736 pts
4th	Steve Smythe	19:32 820 pts
9th	Joseph Brady	21:01 707 pts
11th	Mike Mann	21:34 801 pts
13th	Gideon Franklin	21:47 704 pts

Mile Timetrial, November 2

Normally this is run on the track but the track was being relaid and the maintenance overran so an alternative was found.
The race was run in the forest along a 600m straight flattish stretch, a 400m loop, then the 600m section back to the start.
Everyone set off with 5 second intervals, which probably needed a revision as most caught each other on the narrower circular 400m stretch.
Steve ran badly initially but had a better finish to be second across the line and on time.
Joseph ran well and Gideon performed much better than he had in the 5km. Andy reversed 5km form with Ros with a strong run. Though Ros did not have a good run compared with her 5km, the weakness of the age-graded tables are evident as she still scored a huge 956 points to increase her lead.
Mike, usually so good at miles, also had an off-day and a mile PW.
2nd Steve Smythe 6:51.8 (5:41.8) 803 pts
5th Joseph Brady 7:05.5 (6:10.5) 693 pts
6th Andy Murray 7:09.8 (6:34.8) 726 pts
7th Gideon Franklin 7:14.8 (6:29.8) 680 pts 8th Mike Mann 7:22.9 (6:32.9) 765 pts 9th Ros Tabor 7:25.6 (6:45.6) 956 pts

Trail 10km, November 3

Based on the 5km times, runners set off on handicap. Usually a later afternoon race, it was moved to the morning to give more time to do other things during the day and give extra time to recover for the Sunday race. Unfortunately, it was much hotter than normal and times were generally slow.
It's bad etiquette for the handicapper to finish first but with two regulars going off course, Steve was not aware he had he had been first to finish until most others had finished and at one stage 5 of the six Dulwich Runners were within about 5 seconds of each other with a kilometre to go.
Joseph and Mike followed with runs up to their 5km form. Ros got the better of Andy after her mile reversal, making up 30 seconds and going past easily enough.
Gideon suffered and ran it at a slower pace than all his training runs in Portugal
1st Steve Smythe 58:54 (actual 42:54) 758 pts
2nd Joseph Brady 59:18 (46:18) 654 pts
3rd Mike Mann 59:23 (47:23) 755 pts 6th Ros Tabor 59:51 (48:51) 892 pts
7th Andy Murray 60:05 (49:35) 687 pts
12th Gideon Franklin 65:31 (54:01) 581 pts

MILHAS DO GUADIANA, -Vila Real de St Antonio - Ayamonte, Huelva, November 5 17.2km

Every year the race alternates between Spain and Portugal and this year was the shorter option from Portugal to Spain across the impressive bridge. For many this one of their favourite races as it runs between two countries and it has a history and memorable course. This was the 25th anniversary of the first race when the bridge was opened. The women's winner was three-times Olympian and 2:28 marathoner Ana Dias, who won for the ninth time. Clare Elms won it in 2011.
A history of winners is here http://joaolima.net/Provas/10_Milhas_do_Guadiana_Vila_Real_de_St_Antonio.htm
Because of the track being out of action, it was 300 metres shorter than two years ago.
The race was hot and sunny as usual and quite windy with some testing hills and lots of cobbles so times weren't great.
In his last year as a M55, Steve had his highest age-group position in over a decade of doing the event.
Joseph had a steady run while Mike probably took it too easy but got a late fright when Ros caught him. Ros has never beaten Mike in her 25 years plus in Dulwich but pressured him all the way to the finish and finished just two seconds back with one of her best runs on the course. She won the W60 prize - a hotel stay in Portugal but also beat the W50 and W55 winners too. Andy was not far back having not been to match Ros's second half surge.
Gideon ran much better than he had in the 10km. A slight back problem which has limited him lately eased on the second half and he enjoyed his later kilometres.
113 STEVE SMYTHE (2 M55) 70:14 (4:06 km) (815 pts) (74:04 in 2015)
284 JOSEPH BRADY (36 M50) 80:03 (4:40 km) (671)
338 MIKE MANN (8 M60) 82:15 (4:48) (777) (82:32 in 2015) 21W ROS TABOR (1 W60) 82:17 (4:48) (944) (83:23 in 2015)
351 ANDREW MURRAY (10 M60) 82:52 (4:50) (722) (90:50 in 2015)
398 GIDEON FRANKLIN (19th M55) 84:57 (4:57) (647) approx. 700 finishers

Points

With last year's winner Clare still injured, Ros, who missed 2016 due to the World Masters in Australia, won the overall award, based on age-grading with her biggest challengers - two top class Dutch athletes. Els, a W70 is a regular while M70 Bert was in his first Challenge - He is the world's top duathlete in his age group and capable of a sub-20 5km despite being 72 this week.

1	Ros Tabor	3715 pts
5	Steve Smythe	3186
7	Mike Mann	3098
9	Andy Murray	2871
11	Joseph Brady	2725
12	Gideon Franklin	2612

Steve Smythe

River Thames Half Marathon Walton on Thames

October 29

Shane had his best race to date with a PB and second place to show his marathon preparation remains on course.
2 Shane O'Neill 73:52

parkrun October 28

Burgess
353 Ran

Pos	Gen		
1	1	Andy Bond	16:48

Bushy
1123 Ran

Pos	Gen		
323	281	Rafe Collier	24:15
583	132	Rhoda Collier	27:18
585	453	Lloyd Collier	27:19

Crystal Palace
277 Ran

Crystal Palace was the venue for Sue Cooper's 50th parkrun. The new one lap course they have been using for the past few weeks was impractical in the wet conditions so a small variation on the old one was put in place at the last minute to turn it into a more or less two lap course.

In the event the overall distance ended up nearer to 5.5km than the allotted 5 - which matters not one jot on a one off basis - but does make the times distinctly unflattering if anyone's looking very closely at them (as I know some of you do).

Mike Dodds

Pos	Gen		
26	1	Emma Ibell	22:56
31	2	Michelle Lennon	23:13
39	3	Belinda Cottrill	23:31
82	13	Joanne Shelton Pereda	25:56
86	14	Clare Wyngard	26:02
88	74	Michael Dodds	26:06
95	16	Susan Cooper	26:18
150	29	Claire Steward	28:16
157	125	Paul Hilton	28:26
171	136	Andy Cottrill	29:23
273	171	Tom Wilson	42:33

Dulwich
306 Ran

Pos	Gen		
20	20	Matthew Cooke	19:28
48	46	Simon Burnett	20:48
53	50	Paul Vivash	21:10
58	4	Lucy Pickering	21:28
70	63	Graham Laylee	21:50
91	79	Simon Harding	22:49
108	93	Mark Muffett	23:22
143	117	Thomas Macey-Dare	25:05
221	167	Mick Mead	28:12

Greenwich
282 Ran

Pos	Gen		
13	13	Michael Fullilove	20:39

Highbury Fields
236 Ran

Pos	Gen		
20	20	Joe Farrington-Douglas	20:33

Hilly Fields
272 Ran

Pos	Gen		
33	31	Hugh Balfour	21:56

Leicester Victoria
208 Ran

Pos	Gen		
57	12	Marjorie Epson	24:10

Malling
228 Ran

Pos	Gen		
8	1	Tereza Francova	20:52

Medina I.O.W.
238 Ran

Pos	Gen		
29	29	Duncan Wilson	22:33

Oak Hill
218 Ran

Pos	Gen		
18	18	Nicholas Brown	20:39

Orpington
196 Ran

Pos	Gen		
40	33	Colin Frith	23:47

Peckham Rye
227 Ran

Pos	Gen		
2	2	Stephen Davies	16:55
9	9	Charles Lound	18:30
10	10	Justin Siderfin	18:33
12	12	Rob Cope	19:14
13	13	Paul Devine	19:17
74	4	Caroline Maynes	23:17

Richmond
435 Ran

Pos	Gen		
120	105	Barrie John Nicholls	24:47
154	23	Lindsey Annable	25:51

Riddlesdown
140 Ran

Pos	Gen		
20	4	Ange Norris	22:27

South Norwood
110 Ran

Pos	Gen		
20	19	Chris Goodman	22:29
32	2	Eleanor Simmons	23:29
59	52	Peter Jackson	27:03
101	70	Chris Vernon	41:31

Swindon
454 Ran

Pos	Gen		
15	1	Ellie Balfe	20:10

Western Springs
100 Ran

Pos	Gen		
27	23	Nick Bell	23:26

Whitstable
322 Ran

Pos	Gen		
109	90	Bob Bell	26:07

250 Coming Up

Chris Vernon writes..... My last ten runs have been extremely challenging. I have travelled to Wales twice and run in the tail end of two hurricanes. A tour to Derby to meet Martyn, Southwark for the start of the slam and Burgess for the fifth birthday. Oh yes and had a heart pacemaker fitted in the meantime!

Do come and join me at Burgess park on 18th November to help me celebrate my 250th run and my 50th at Burgess. Yes, there will be cake.

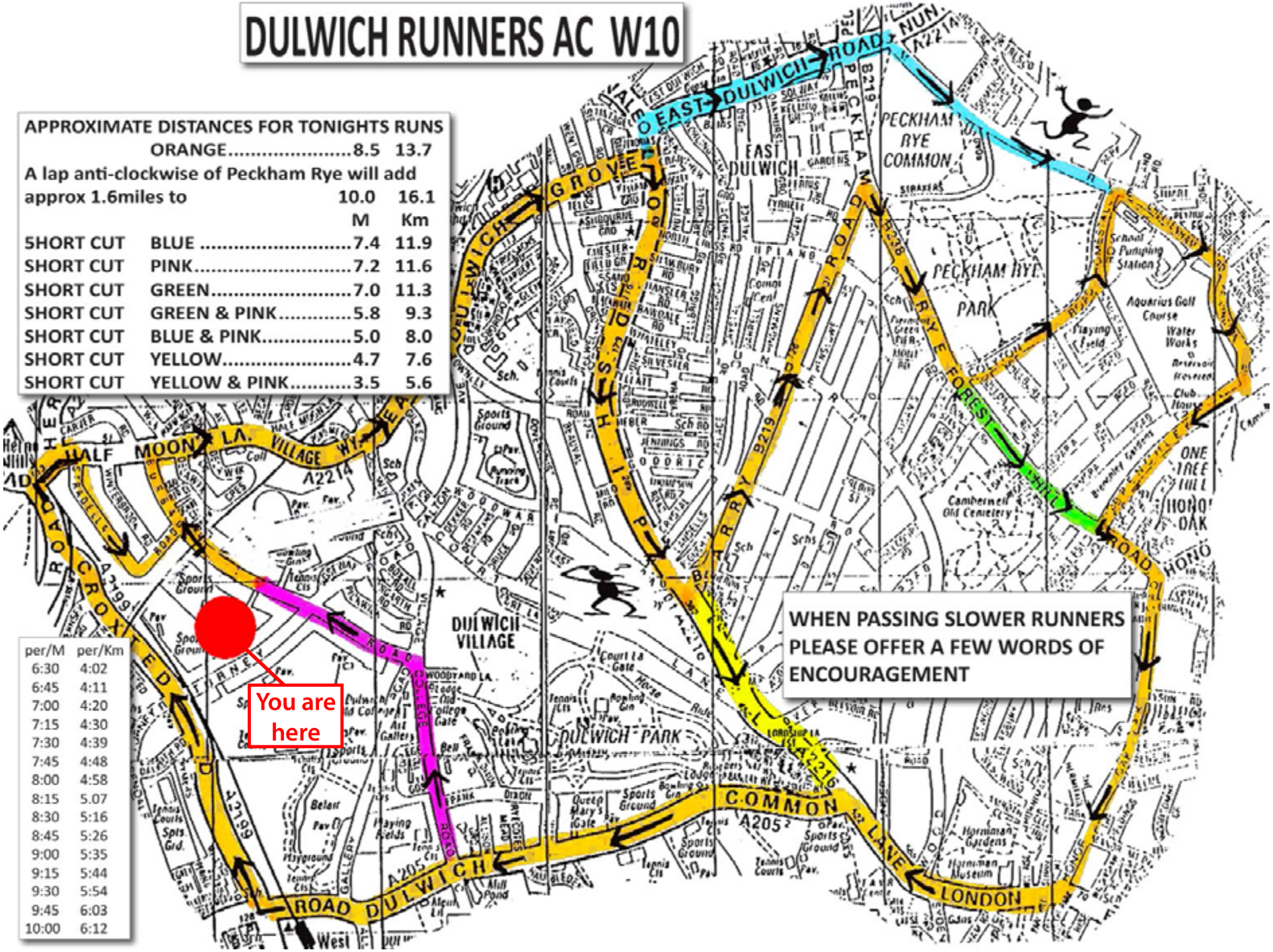
New members especially, and others....

For your results to appear here you need to update your parkrun profiles to show you are a current member of Dulwich Runners AC. or send them in.

DULWICH RUNNERS AC W10

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

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



per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT