SHORTS

Dulwich Runners AC
Weekly Newsletter
December 20th 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 20 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 21 **Grass session - Dulwich Park - see below**

Tue 26 **NO TRACK - see below**

Wed 27 **NO CLUB RUN clubhouse closed - see below**

Tues 02 **Track - Crystal Palace Arena** - details below

Thursday 20th @11:30 There will be a speed session on grass in Dulwich Park

No track session at Crystal Palace on 26th December.
For those who still want to do a speed session, suggest something like 10 x 2 minutes or 500s with 1 minute recovery. Sessions will resume on January 2

There will be no club run Wednesday 27th as the clubhouse will be closed.
There will be a session on the grass at Brockwell Park at 11.30 , meet outside the Lido. If there is a lot of rain during the next week, it may be necessary to switch to an alternative local venue.

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 for 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 45 mins.
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***

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

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

Thank you. - Ros

In your SHORTS this week !

1 General information
2 Club kit etc
3 **2018 Club Champs races**
3 Fixture list, club champs, road, XC, etc
4/5 Cross country section - Races & useful info etc
6 Race report & results
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

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

Jan 6 Kent Champs - Brands Hatch
7 Surrey Champs - Denbies Vineyard
13 Surrey Lge. - m @ Beckenham & women @ Wimbledon
20 Vets Ac Champs - Wimbledon tbc
27 Sth. of England Champs - Stanmer Pk, Brighton

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

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.
Thanks to **Joseph Brady** for taking out a new runners last weekIf 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

Lloyd Collier	**20/12**
Natalie Davys	3/01
Yvette Dore	10/01

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

SOCIAL SPOT

SPOT

Watch this space for future events.

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

2018 Club Championship Programme

We now have the full programme of races for the 2018 club championships in place, subject to a few dates not yet publicised. The races are as follows:

Feb 3	Dulwich parkrun
Mar 24	Run Through 10k, Hyde Park
Apr 8	Paddock Wood 1/2M (or earlier alt. for those entered for Brighton marathon)
Apr 22	Virgin Money London Marathon (or alt. prior to final event)
Jun 7	(date tbc) Assembly League 5k, Battersea Park
Jul 20	(date tbc) SOAR Mile, Battersea Track
Sep 15	(or alternative early autumn date) Beckenham parkrun
Sep 30	Middlesex 10k, Victoria Park, Hackney
Nov 24	(date tbc) South of Thames 5 mile

The marathon, 1/2M and two 10k races are classified as long races, with the remaining 5 short.
The dates of some of the later events have yet to be announced, so likely dates have been inserted and will be confirmed as soon as known.
Please make sure that you enter the Hyde Park 10k and Paddock Wood Half Marathon in good time.

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**

2018		Race		Venue
Jan	6	Kent Champs		Brands Hatch
	7	Surrey Champs	*note revised date - see below*	Denbies Vineyard
	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

Correction. It has come to our attention that the Surrey County champs at Denbies Vineyard is scheduled for Sunday 7 January, not 6 January.

Brockwell Parkrun

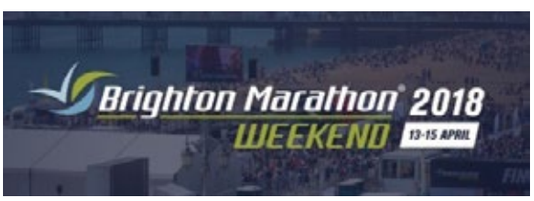
We are intending to take over the organisation of one of the parkruns at Brockwell in the New Year. This is intended to be one element in our efforts to raise the profile of the club locally.
Volunteers will be required for the various tasks at the finish and for marshalling on the course.
A request for help will be put out once a date has been fixed.

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

Club places

There is now a chance to get a place in the Brighton marathon a week before London (Sunday 15. April 2018).
Regular entry has closed but the organisers give up to 10 places to running clubs like us. The cost is £69.50 per entry
Email me ebeprill@yahoo.co.uk if you are interested and I can apply for these places.
So far three of our members who missed out on our London marathon club places have applied. 7 place are left and will be allocated on first come first serve basis.



In addition our committee has decided to give everyone with a club place for the Brighton marathon the choice to nominate a different Half Marathon to Paddock Wood as her/his club champs race. Paddock Wood Half will be the main club champs Half but it takes place just a week before Brighton.
The alternative Half marathon must take place before Paddock Wood. ***Ebe Prill***

The cross country season starterd 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. 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 Div. 2 last season, but will need to maintain their excellent turnouts and performances to be sure of returning to Div. 1.

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

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. Here is some advice on races to target. Our main priority is the four Surrey League races, but other important events 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 are 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, while not 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.

Men's Surrey League Volunteers Needed for 13 January

We will be hosting the third men's Surrey League fixture at **Beckenham Place Park on 13 January, starting at 2.30pm**.

We will need volunteers for the finish and to marshal the course (at least 6 marshals, 4 time recorders, 4 number recorders and 2 stewards to help with parking) so at least 16 in total.

We will be asking other Division 2 clubs to provide one volunteer each. We will require help from club members not taking part in the race, including some with experience of working on the finish in races we have hosted in Dulwich Park. Hopefully some of our women competing earlier in the day at Richmond Park will be able to help out, but it will be difficult for them to arrive much before the start, so we do need help from others not planning to run.
Any volunteers please contact ***Mike Mann***
mcmann90@yahoo.co.uk

National Cross Country Champs

24 February
This season the National Cross Country Championships take place at Parliament Hill Fields, the national home of cross country. It is an iconic event as well as being the final race in this season's cross country champs, so we are looking for a large entry. The distances are 12k for men and 8k for women. The closing date for entries is very early so please **contact your captains no later than 10 January.**
The plan afterwards is to adjourn for refreshments at a pub in the Kentish Town area.

Marathon Training

For those looking ahead to a marathon or possibly just a half-marathon in the Spring, the onset of December is a good time to start building up the training so you are fit and ready in the New Year.
I am happy to give anyone (of any ability or target) a more detailed schedule but would suggest something along the lines of the following for December.
Monday: rest or easy 45 mins
Tuesday: track or speed work (alternating reps from distances at least over a range of 400m to 1600m
Wednesday: Medium run of at least a hour (up to 75 mins) at a comfortable pace
Thursday: tempo or speed endurance - ie 5 miles picking up pace or a block of 3-4 miles at half-marathon pace between an easy mile before or after
Friday: rest or easy 45 mins
Saturday: XC race, parkrun or hills
Sunday: long relaxed run of 100 mins to 2 hours
steve.smythe@athleticsweekly.com

Cross Country Entries

So far this season, numbers have been encouraging for the men's and women's Surrey League, and for the South of Thames race on 25 November. However although we had 40 entries in total for Beckenham, we had a disappointingly high drop out rate with only 27 running on the day.

Although some had good excuses such as illness of themselves or partners, it seems unlikely that this was the case for all those not attending. The club pays for cross country races, and for some the cost is quite high, so you are encouraged not to put yourself forward for entry to races on a speculative basis when you have no real intention of running or when another option that appears better crops up on the day.

Surrey County Champs

7 January
We have a rather more relaxed **deadline of 27 December** for these champs taking place at Denbies Vineyard on Sunday 7 January.
Please contact your captains if you would like to be entered.

Please check with your captains if you are unsure which county you are eligible to compete for.
Qualification is by birth or borough of residence, and ensure that you register interest in advance of these closing dates for entries.

Box Hill Fell Race

Saturday 20 January 2018

Sixteen Dulwich Runners have entered this year, which is definitely a record, and I think we will have a great day. But as you are aware it fills up ridiculously fast and I know of some who have missed out.
Therefore if you are ill or injured or can't do it for any other reason, please let me know and someone could take your place. My email is hugh@christchurchpeckham.info
Can I also stress the need to have proper fell shoes. Trail shoes won't do.
The descents are too steep and muddy (unless we have no rain at all for the next month!). Walsh, Inov8 and Salomon all make good fell shoes. ***Thanks Hugh Balfour***

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

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.

Dulwich Runners' Turkey Trot 5.03k Dulwich Park

17.12.17

As usual, the club party went on until the early hours and it was a good effort by the 13 runners to make it to the start line on Sunday. The runner going from scratch had grand-parenting duties instead but we retained the original timing, so first off was Claire S at twelve and a half after ten on a cold morning that led to her requesting gloves after one lap, duly supplied by Mike M in an impressive alongside handover from her bag. By this time all the other runners had arrived and set off behind Clare, some in fancy dress, including Clare W, Bob B wearing flashing lights and a Christmas stocking and Lucy C in a seasonal miniskirt.

As the laps passed, runners showed varying degrees of discomfort but some managed to smile. Claire Steward stayed in front all the way, with Bob (only 3 seconds out on his predicted time), Joseph, Lucy P and Clare W not too far behind but unable to claw back their starting handicaps.
After everyone was photographed finishing by Jonathan and Stephanie we headed for the park café to warm up and eat the Christmas goodies provided by Ros, who also gave out the 3 main prizes. Thank you to Dulwich Clock Cafe for providing tea and coffee afterwards at a very reasonable price.
Andy Murray

Dulwich Runners Turkey Trot 2017

Results in finish order (handicapped) 3 laps = 5.03K

Pos.	Name	Actual	Handicap	Net	Prediction	Difference	
1	Claire Steward	39.18	12.30	26.48	26.45	+0.03	1St Home
2	Bob Bell	39.28	16.30	22.58	22.55	+0.03	Closest Prediction
3	Joseph Brady	39.42	17.00	22.42	22.00	+0.42	
4	Lucy Pickering	39.43	18.00	21.43	22.30	-0.47	
5	Clare Wyngard	39.56	15.00	24.56	24.15	+0.41	
6	Paul Hodge	40.00	18.00	22.00	21.30	+0.30	
7	Mike Dodds	40.09	15.30	24.39	24.02	+0.37	
8	Lucy Clapp	40.28	17.00	23.28	23.01	+0.27	Best Fancy Dress
9	Katie Styles	41.45	19.00	22.45	21.06	+1.39	
10	Ellie Balfe	41.46	19.30	22.16	26.36	-4.20	
11	Sue Cooper	41.54	18.30	23.24	23.00	+0.24	
12	R. Craig-Mcfeely (Serps Rc)	41.55	18.30	23.25	23.00	+0.25	
13	Ebe Prill	42.38	21.00	21.38	20.52	+0.46	

South Of Thames Champs

16 December

Our teams were rather depleted as a result of injuries and illness but we just managed to field a complete men's team of 6. Unfortunately the women ended up one short as Ange was forced to pull out early on in the race with a tight hamstring.

Although relatively flat apart from a couple of steep banks and one short ascent on each of the 3 laps, the course on the western edge of Aldershot, which came out just short of 7 miles, was quite challenging with a mixture of muddy playing fields and twisty sections of woodland with tree roots to avoid. Several of us felt that our pace was on the slow side, but this is probably explained by the nature of the course as well as the longer distance compared with earlier races. The winning time of just under 37 mins was well short of 5 minute mile pace. The weather, though on the cold side was thankfully dry, rain being a nightmare in these old technology South of Thames races where team captains have to complete the results on paper having collected finish tokens.

Matt Cooke was first Dulwich Runner to finish, followed by Ebe who struggled a bit with the twists and turns and changes of pace. Grant Kennedy, not helped by wearing trail shoes which were unable to cope with the muddy bends, was a little down on his earlier Surrey League runs. Martin and myself resumed our recent ding dong battle with Martin winning out this time, while our team was completed by Andy. Katie Styles had a great run, resuming her early autumn form following a recent holiday break. Becca came through well to finish just ahead of Michele, another handicapped by trail shoes, and she was followed by Lucy Clapp in a strong run. Ros decided to treat it as a training run and take in the attractive scenery.

After the race some of us thought we might stop for a coffee before catching the train, but Aldershot on a Saturday afternoon is obviously not a place to loiter in as we observed several incidents in and around the High Street, so we pressed on to catch an earlier train to take us back to a relatively tranquil London and get ready for a well earned Christmas party. ***Mike Mann***

Men

Matt Cooke	48:07
Ebe Prill	50:11
Grant Kennedy	51:42
Martin Double	53:40
Mike Mann	53:53
Andy Murray	59:13

Women

Katie Styles	52:07
Becca Schulleri	55:07
Michele Lennon	55:12
Lucy Clapp	56:02
Ros Tabor	60:14
Ange Norris	dnf

Rave Report Thames Hare and Hound Alumni Race Wimbledon Common 5 miles

Sat 16 December

Two weeks ago, I finally started to excavate my in tray, and discovered the annual review from my old school, in which I found out there was a cross country association that was racing in the Alumni race. After some e mails and a phone call, I found myself at the TH&H clubhouse wandering around looking for a group of people I didn't know. The first likely looking group I approached contained Lloyd Collier, and we definitely didn't go to the same school. (He was at Sherborne and I was at Eton).

Eventually they found me and after a rather brief warm up and some completely inaudible instructions (I would have thought TH&H would be able to run to a megaphone), we were off. The course was one lap, figure of 8, starting in the playing fields west of the brook, and after about ½ a mile heading into the Common, and the delights of its hills and mud. Mostly I had no idea where we were, but occasionally I recognised parts of the course, or thought I did.

I went off pretty fast and wondered whether I could keep it up. Somewhat to my surprise I found I was maintaining a good pace, and over the first half steadily overtaking, which is good for morale, especially when everyone you overtake is younger! The contrast with the last Surrey League could not have been greater. It is amazing to see the effect of my weekly hill training. The only slight disappointment was loosing out in a sprint finish with three other guys.

Overall, the Eton team had a pretty good day, producing the overall winner, and I was chuffed to win the M60, and contribute to third place for the M50 team. ***Hugh Balfour***

1	William Ryle-Hodge (Eton)		26.51
41	Lloyd Collier (Sherborne)	8V40	31.47
47	Tom South (Dulwich)	11V40	32.04
108	Hugh Balfour (Eton)	1M60	35.47

271 finished

Thames Hare And Hound Alumni Cross Country Race 2017

Sat 16 Dec

This year was the 65th year that Thames Hare And Hounds have organised this single lap 5 mile cross country course around Wimbledon Common, starting and finishing at their clubhouse at the Richardson Evans Memorial playing fields.

The field is made up of old pupils from various public schools from around the country, such as King Edward School in Birmingham, Winchester, Eton Bournemouth, as well as more local venues such as Eton, Duwich and Sherbourne, with women and men racing together. As I was unable to do the South Of The Thames in Aldershot this year, was looking for a race do to and any excuse not to do a park run, was roped into making my debut at this race, by my old cross country coach on Friday afternoon, event I had been struggling with the flu all week.

Saturday dawned cold, but wind free, creating perfect conditions to do a cross country race. I was making my debut in the event, but was joined on the start line by Lloyd Collier, who has previously run this race for his school Sherbourne and Hugh Balfour who was also making his debut at the race for Eton. The course took in a lap of the playing fields before heading up hill through the woods towards the Windmill, where the course lopped round before heading downhill via a roller coaster section known as The Butts back towards the finish.

It was a tough demanding course, with sections of the course being single file, with a mixture of being frim underfoot then moving to ankle deep mud. My aim at the start of the race was to stay as close to Lloyd as close as possible, as pre race he claimed to be back fitness. For most of the way, I was maybe 4 seconds down on him, but loss ground on the desecent through the single file area known as the Buts, by someone who was moving at walking pace,. The Butts is a short mini section of 3 short sharp climbs in the space of 150 metres.

Overall I was happy with my run after a week with the flu, over a good tough cross country course. Congratulations to Hugh on winning the V60 age group.
Tom South

The course measured 5.1 miles on the garmain, with 271 finishers

A year of running hardly at all and winning the Turkey Trot

Claire Steward writes: 2017 will have to go down as the year when I finally realised that I'm actually quite old and not as fit as I used to be. I never intended to be a 'runner' but had spent a few years reluctantly 'jogging' with my then partner along the Thames tow path when I lived in Fulham. I joined Dulwich Runners when I moved here twenty years ago, aged 45, and was slowly seduced by the idea of running a marathon.

At 51, I ran my first London marathon, missing the magic sub 3hrs 30mins by 14 seconds. A year later I took a whole 23secs of my time at London, and also ran Edinburgh. By then I was hooked and discovered the joys of trail marathons including, Beachy Head, South Downs, The Picnic and the 30 mile Downland Ultra. There were a few forays abroad to Berlin, Llubljana, Palma de Mallorca, Copenhagen and Vantaa (Finland), a PB of 3:23:11 in London in 2009, and amazingly a half marathon PB in 2012, aged 61, at Paddock Wood, the only time I managed sub 1:36. Last year I did four marathons, London, Greensand, Picnic and Beachy Head, and when I turned 65 in February this year it seemed only fitting to take part in a long (21 miles), hilly, muddy race with a few friends, so off we went to do the Meon Valley Plod, me for the tenth time.
In March I did what turned out to be my only Club Champs race of the year, 10k in Regents Park, and later that month went off for my annual skiing break.

I've skied pretty much every year for 35 years and although it's not ideal in the middle of marathon training I wouldn't have dreamed of missing the thrill of tearing around in the mountains. Alas, I had a fall, wrenched my groin and reluctantly withdrew from London. At the end of May I was up in Glen Coe Scotland with some big walks every day, returning on a Saturday with the first SCVAC track meeting on the following Monday – hardly ideal but Herne Hill Harriers needed me as their only V60 scorer in 200, 800, and 3000m.

What started as a niggle in my right knee in June has gone on to wreak havoc with my running. An ultrasound showed arthritis and osteophytes, confirmed by X ray, followed by a long wait for an appointment with the triage service at King's, and an even longer wait for an appointment with an orthopaedic specialist at the end of January next year. In the meantime I have followed my own recovery regime and improved from 5k jogs followed by hobbling for a couple of days, to managing a few steady 10k races.

On Sunday, after a fun-filled and booze-fuelled club Christmas party (did Ajay really twirl around on the dance floor holding me above his head? Why did that seem like a good idea at the time?) I joined my fellow Turkey Trotters to be informed that I was to be the first starter. No pressure then – I would be the target that everyone else was aiming for and I was sure that I would be overhauled by the later-starting, faster runners but it was not to be. As I approached the finish line I knew that someone was slowly reeling me in but I held on to the lead and Bob Bell took the second place. Amazingly we were both within three seconds on our predicted times – a triumph for the more mature participants!

There are plenty of photos on Facebook, courtesy of Stephanie and Jonathan and I'm so grateful for the lovely comments about my victory – it goes a long way to making up for having such a wretched year. Who knows what 2018 will bring but it's reassuring that even when I'm not able to take part in all the events, the club is still a source of fun and friendship.

parkrun December 16

Beckenham Place
139 Ran

Pos	Gen		
65	8	Carys Morgan	24:39
83	66	Peter Jackson	26:21

Brockwell
206 Ran

Pos	Gen		
1	1	Timothy Bowen	17:27
48	44	Cameron Timmis	22:11
133	42	Sharon Erdman	28:06
143	49	Natalie Davys	28:30

Crystal Palace
212 Ran

Pos	Gen		
10	10	Tom Wilson	19:49
30	2	Ola Balme	21:21
39	5	Belinda Cottrill	22:31
49	44	Joseph Brady	23:13
52	47	Bob Bell	23:15
68	59	Nick Bell	24:13
76	11	Joanne Shelton Pereda	24:45
87	14	Clare Wyngard	25:24
88	74	Michael Dodds	25:24
130	26	Claire Steward	27:24
155	118	Paul Hilton	29:53
200	67	Chris Bell	36:59
207	135	Chris Vernon	43:51
210	74	Penelope d'Arcy Graham	52:41

Dartford
153 Ran

Pos	Gen		
14	14	Michael Fullilove	21:12

Dulwich
208 Ran

Pos	Gen		
7	7	Daniel Mann	17:48
23	23	Rob Cope	19:18
26	1	Chloe Green	19:50
33	2	Ellie Balfe	20:08
49	44	Graham Laylee	21:41
59	8	Victoria Read	22:11
91	76	Mark Muffett	23:43
139	108	Mick Mead	26:47

Fulham Palace
315 Ran

Pos	Gen		
93	17	Susan Cooper	22:38

Hilly Fields
220 Ran

Pos	Gen		
8	8	Ian Lilley	19:54
9	9	Justin Siderfin	20:00
11	11	Gary Sullivan	20:16

Hoblingwell
39 Ran

Pos	Gen		
3	1	Clare Elms	20:39
5	4	Stephen Smythe	22:01

Malling
111 Ran

Pos	Gen		
111	48	Tereza Francova	41:53

Medina I.O.W.
216 Ran

Pos	Gen		
34	33	Duncan Wilson	22:48

Newark
157 Ran

Pos	Gen		
25	23	Colin Frith	23:08

Peckham Rye
161 Ran

Pos	Gen		
2	2	Gregory Hills	17:17
30	29	Oliver Bottle	21:16
32	2	Emma Ibell	21:30
57	8	Claire Barnard	23:54

Hastings
170 Ran

Pos	Gen		
18	15	Nicholas Brown	22:00

South Norwood
76 Ran

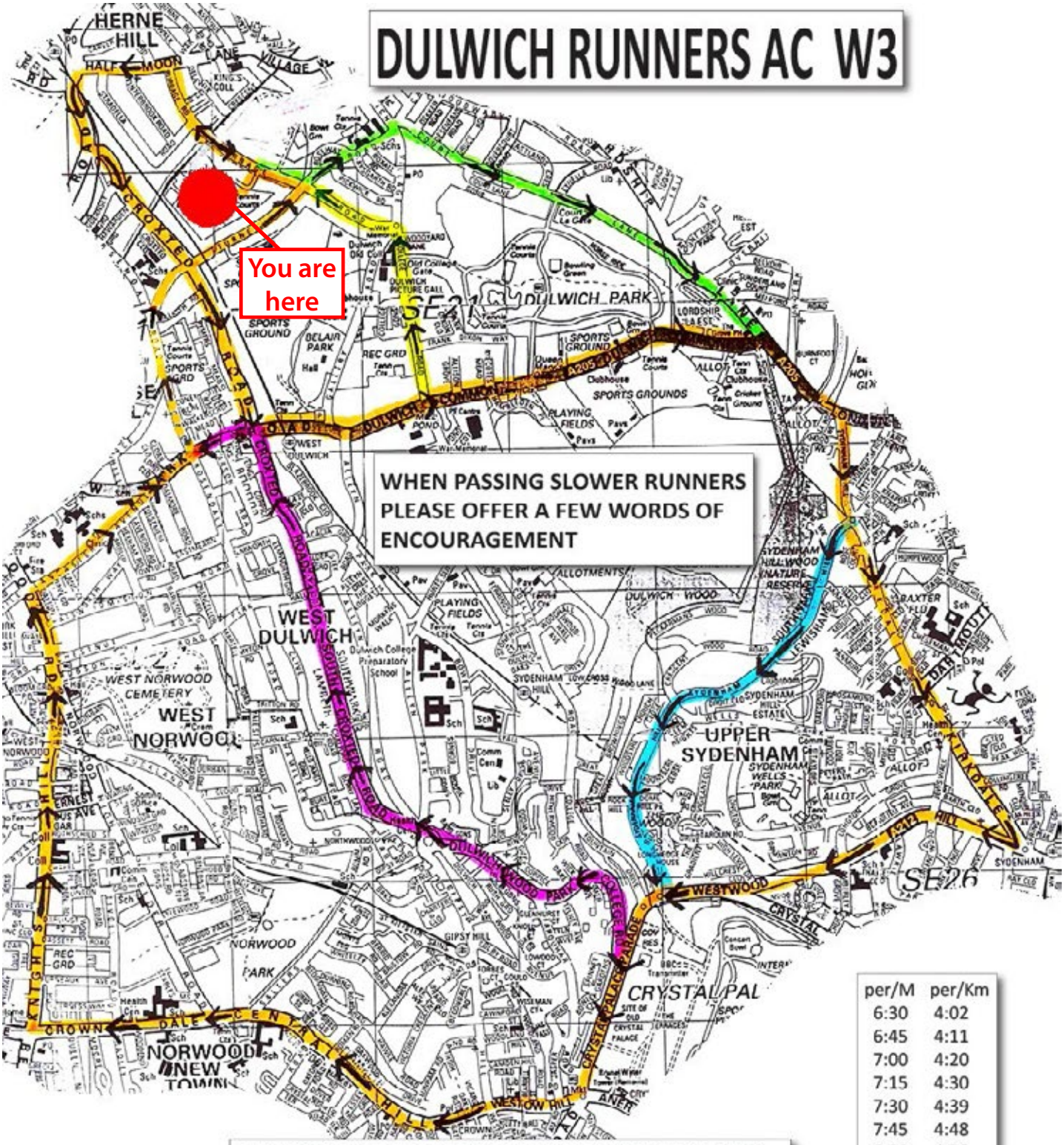
Pos	Gen		
1	1	Andy Bond	17:58

Zandvlei
186 Ran

Pos	Gen		
18	3	Caroline Maynes	25:00

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 W3



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	9.5	15.3
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK or GREEN	8.0	12.9
SHORT CUT	GREEN & BLUE	7.0	11.3
SHORT CUT	GREEN & PINK	6.5	10.5
SHORT CUT	GREEN, BLUE & PINK	5.5	8.9
SHORT CUT	YELLOW	3.0	4.8

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