DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
October 18th 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 18 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Wed 18 AGM 9pm - downstairs in the clubhouse after your run. All members are encouraged to attend.

Tue 25 Track - back at Crystal Palace Arena -see below

In your SHORTS this week !

1 General information
2 DR 2017 AGM notice , agenda,notes etc
4 Club kit, social events etc
5 Fixture list, club champs, road, XC, etc
6 Cross country section - ***Important make sure to read***
8 Race reports , results etc -Surrey League & XC champs so far
10 Parkrun results
11 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

We are back at Crystal Palace Track !

£2.50 per session - Suitable for all abilities.
Go to reception say you are with Dulwich Runners but do not pay there, pay Ros trackside.
Leave time to get from reception down to track - it can take up to 10 minutes.
Arrive at 7pm if you want a full warm-up consisting 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

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

Oct 14 Surrey League - men and women - see fixture list
21 SEAA relays - Wormwood Scrubbs

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

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 Joanne Shelton Perada, Jim Dowsett and Christina Dimitrov 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

Katie Styles	**18/10**
Ros Tabor	25/10
Cameron Timmis	1/11

LUCKY VEST

October winner - **Hannah Harvest**

Wear your Dulwich Runners vest or t-shirt for the club run on the first Wednesday of any month and you will go into a free draw and could win the £5 cash spot prize !
Vests £18 each from Ros ros.tabor49@gmail.com

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

DULWICH RUNNERS A.C.
ANNUAL GENERAL MEETING:

Wednesday 18th October 2016, 9pm

The AGM will be held in 'The Nursery' downstairs at the Edward Alleyn Club, Burbage Road, London SE24 9HD at 9pm on Wednesday 18th October.

Items for the agenda should be sent to the Club Secretary, Yvette Dore, by Friday 13th October to be sure of inclusion.

Minor items of 'any other business' will be allowed on the day at the discretion of the Chair depending upon the time available.

Draft minutes of the 2016 AGM are available on the club website http://www.dulwichrunners.org.uk/index.html# and will be proposed for approval at this AGM.

All Committee posts are up for election with the table opposite showing whether the present incumbent is happy to stand again.
There is one post, General Member, where there is a definite vacancy, but members are encouraged to stand for any role that they may be interested in.
For further information on the responsibilities, please see the brief descriptions below, or have a chat with the person currently in the role.

It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-shuffling of the rest of Committee.

If you are interested in any of the roles, or know of someone who you think would be a good fit, please have a word with any Committee member as soon as possible.

Nominations for any role should be sent to Yvette by Wednesday 11th October to allow time to organise an election if there is more than one candidate, but nominations will be taken up to and including the day of the AGM.

Yvette can be contacted at:
secretary@dulwichrunners.org.uk

Post	Present Holder	Standing Again?
President	Ron Searle	Yes
Chair	Ros Tabor	Yes
Secretary	Yvette Dore	Yes
Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Matt Ladds	Yes
Joint Women's Captains	Clare Wyngard & Ange Norris	Yes
Men's Captain	Charles Lound	Yes
Men's Cross Country Captain	Mike Mann	Yes
Shorts Editor	Barry Graham	Yes
Publicity Officer	Chris Loizou	Yes
General Member	Ebe Prill	Yes
General Member	Sue Vernon	No

AGENDA

1. **Chair's opening remarks**
2. **Apologies** – Sue Cooper, Elkie Mace, Gideon Franklin
3. **Approval of minutes of last AGM**
4. **Treasurer's Report**
5. **Procedural motion to adjust wording in Club Constitution**
6. **Improving athlete development – proposal**
7. **Vote of thanks & adoption of new General Committee**

   Nominees:
   - Tom South – Joint Social Secretary (sharing the role with Matt Ladds)
   - Jonathan Whittaker – Publicity Officer

   Proposed by Ros Tabor seconded by Barry Graham
8. **Any Other Business**

Dulwich Runners AC - Committee Roles 2017

Generally, the role of all Committee members is to deliver the smooth running of Dulwich Runners AC, ensuring it remains a successful, welcoming and sociable Club where members of mixed abilities can get the most out of their running and have the opportunity to develop and progress.

Club President
The role of Club President is to encourage all members, especially new ones, and to ensure that we remain a friendly Club and that true sportsmanship is important to us.

Club Chair
Has overall responsibility for the smooth running of the Club, and Chairs committee meetings and the AGM.
The role administers and attends Tuesday track sessions and Wednesday Club nights, including maps, register and announcements, greeting new runners and finding them a group to run with.
The Chair also oversees Club events including the Club Championships, coordinating results, and organising and presenting medals. The Chair listens to members' views and raises relevant issues at meetings.

Club Treasurer
Manages the Club's finances and financial records, maintaining cash and income and expenditure records, and making payments and banking income as required.
The Treasurer makes track bookings at Crystal Palace and Dulwich College and negotiates rates as necessary.
The Treasurer produces and presents income and expenditure summaries for each Committee meeting and the AGM.

Club Secretary
Organises and co-ordinates five Committee Meetings per year. This includes compiling and distributing the agenda, and attending and writing meeting minutes. The Secretary also attends and minutes the AGM, and supports the Club Chair in Committee Meetings and the AGM as required.

Membership Secretary
Maintains the database holding an up to date record of Club members and issues membership cards. Sends out an annual notice via email of membership renewals, registering members with England Athletics, and liaising with EA throughout the year.
The Membership Secretary attends Wednesday Club runs to welcome new and prospective members, explaining the benefits of joining, the training we offer and about all aspects of Dulwich Runners and answer any questions they may have about running with us.

Social Secretary
Organises regular events to increase club engagement, such as curry nights and quizzes. The main event of the year is the Christmas Party which is the responsibility of the Social Secretary. The Social Secretary is also responsible for arranging coaches to Club Championship Races that are difficult to get to or too far away for public transport.

Club Captains
There are four Club Captains, two Men's and two Women's. Collectively, the Captains encourage members to participate in Club events, ensuring they are aware of fixtures and fulfilling any submission for the Club's participation in races and Leagues. They are responsible for selecting Club Championship races, and also selecting members to represent the Club in certain races and Leagues.
Occasionally, there are sub-committee meetings of the Men's and Women's Captains.

Men's Captain
Works alongside the Men's Cross Country Captain to encourage men in the Club to participate in all events. They keep members informed of upcoming races, through Shorts and emails, and are responsible for submitting entries to races and relays as required.
The Men's Captain leads in the selection of members to represent the Club in certain races and Leagues.

Men's Cross Country Captain
Encourages participation in cross country races, providing information on races in Shorts and through emails. This role selects events for the cross country championships in consultation with the ladies' captain and liaises with them over arrangements. The Cross Country Captain leads on organising Surrey League races in which the club is involved, including submitting declarations and attending the Surrey League AGM, and also has a leading role in ADSC in agreeing events and setting the rules for the Club championships.

Joint Women's Captain
A joint role, sharing responsibility, to ensure women members, new and existing, feel part of a team. They let new members know what races, runs and events they can be involved in, keep all members informed of upcoming races, and are responsible for submitting entries to races and relays as required. The Captains submit notices of races and or results to Shorts, and often write a race report.
The Women's Captains inform members of social events and sometimes arrange women-only social evenings.

Shorts Editor
Shorts Is the Dulwich Runners AC weekly newsletter. The Shorts Editor compiles and edits where required all stories and articles, ensuring the newsletter goes out every Wednesday containing all relevant information about the Club and upcoming races and events. The Editor distributes Shorts via email to all subscribers and also makes it available on the club Facebook page and via a downloadable online copy.

Publicity Officer
Is responsible for publicising the Club and its achievements. This includes submitting regular reports of races the Club has competed at, including Cross Country and Club Championships, to relevant publications such as the South London Press. The role is also responsible for distributing publicity materials at local venues, such as sports shops and stations.

Kit Person
Orders and sells Club kit, including Club vests, and maintains a stock list

General Member x 2
There are currently two General Member roles on the Committee. Their remit is to represent club members generally and feedback to the Committee by taking part in most club events (training, road and cross country races, and social activities), and picking up on general matters through input from other members as well as their own experiences.

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.

Hi all....

I would like thank everybody that attended my gathering on Friday evening and to the people who sent there well wishes who couldn't attend.
I had a great night considering the circumstances and sorry if I didn't get around to talking to everyone.
Thank you again for your continued support it means so much.
Love and best wishes to you all
Gill johnson

HOODIES...

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

Buffs/snoods - only £6

Algarve Running Challenge

This year's Algarve Running Challenge takes place between 1 and 5 November in Monte Gordo, Portugal. As usual there will be 4 races spread over 5 days, finishing with the traditional Spain to Portugal race of around 11 miles. There's also plenty of opportunities for local sightseeing, running on local woodland trails, cycling and swimming in warm autumn weather. For further details please contact me.
Mike Mann

Patrick O'Connor

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

SOCIAL SPOT

P O T

Watch this space for future events.

Curry Night - Wed 25th Oct.
Surma, Lordship Lane

As autumn has arrived we'll have our next warming curry night as ever at Surma on Lordship Lane.
It is £10pp for a curry buffet and will start at 9pm post club run.
All welcome any questions let me know.

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

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)

Box Hill Fell Race

Saturday 20 January 2018

Over the past few years a good number of intrepid DRs have braved the thrills and spills of the Box Hill Fell Race near Dorking in Surrey. If you are interested in doing it in January the entries open at midnight on Wednesday 1st November. It is an online entry system at www.fabian4.com.
The cost is £6.00 (unless they put it up this year). The race is organised by South London Orienteers, details are on their website www.slow.org.uk. There is a limit of 250 and last year it filled up by 9am! If you want to do it, get your entry in before you go to work on that Wednesday morning.

If you have never tried the joys of fell running, this is a perfect introduction. The course is one 7.5 mile lap with about 1800 ft of ascent. There are no navigation problems, so you can't get lost. The hills are all quite short, but some are steep enough to stop you running, or when descending, to get the adrenalin going. But you need to be aware that you need proper fell shoes (spikes are not allowed). Trail shoes are pretty useless, unless you want to spend a lot of time on your backside! Look for brands like Walsh, or Inov8, which are also excellent for many cross-country races. It is a very friendly, well organised race.
If you want to know more I will be at the club on the next few Wednesdays or you can email me:
hugh@christchurchpeckham.info Hugh Balfour

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
Oct	21	SEAA Relays		Wormwood Scrubs
	21	Surrey Masters,		Richmond Park
	28	BMAF XC Relays		Long Eaton
Nov	4	Reigate Priory relays men & women		Reigate
	11	Surrey League 2	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		tbc
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

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 starting on 14 October with the women at Reigate Priory Park and the men at Wimbledon Common. Further details on times, location etc. will be posted by your captains nearer the time.

Details on other Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible. Our men 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

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

Oct 21 - Sth of Eng. XC Relays, Wormwood Scrubs/Surrey Masters
Of the two, I would prefer we focussed on the relays. We have put a good women's team in the past and just missed out on medals, and everyone seemed to enjoy the fast 2 mile course around the Scrubs, and it's fairly easy to get to, but just good numbers would be good. Please think about supporting the club in this event but the Captains need to know asap.

Oct 28 - BMAF XC Relays, Long Eaton
We should have some teams here but seems a disappointing response so far. While quite a way away, the train journey is fast and the club will support the cost.

Nov 4 - Reigate Relays
Unlike the two above relays, this is non Championships, and less important but traditionally we have good numbers competing and the 2.5 mile course around Reigate Priory park is a popular one.

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***

BMAF Cross Country Relays

28 October

These cross country relays take place in Long Eaton, Derbyshire on Saturday 28 October. We have had success with some of our teams in recent years and are treating this as a high priority event. Cross country regulars, including those who have competed in these relays before will be contacted individually but anyone else interested is free to contact their captains.

We hope to be able to field strong A teams but may also be able to include B teams in some of the age categories. There are teams of 3 for W35s,W45s and W 55s, teams of 5 for M35s and M45s, and teams of 4 for M55s. Each stage is 3km in length, mostly over firm fast grass. Long Eaton is an easy day trip from London and the club will fund travel expenses.
Mike Mann mcmann90@yahoo.co.uk

Reigate Priory Relays

4 November

These relays take place at Priory Park Reigate on 4 November. This is a combined men's and women's race starting at 1.30pm (men 4 x 2.5 miles, women 3 x 2.5 miles) and is a popular well-supported event.

To enter please contact your captains by 28 October

So far few people have registered interest, which is a pity as we've entered teams in recent years. If those interested are prepared to take the initiative and organise team(s), it is possible to enter on the day, and the club will reimburse these costs.

London Cross Country Champs

18 November

These champs will be held at Parliament Hill Fields on 18 November, with the women starting at 1.15pm and the men at 2pm. Distances are approximately 6km for women and 10km for men.
For those planning to run the National Champs in February, albeit on a different course, this will provide a good taster, though ground conditions tend to be firmer in the autumn.

To enter please contact your captains by 28 October

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

3 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.***

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.

Start Fitness Surrey Ladies League Match 1 - Reigate Priory

14 October

For the first time the 2 divisions of the Surrey ladies' league were separated.
The division 1 race went off at 11 o'clock and with half the usual number of runners there was far less congestion on the course which is quite narrow in places. It was a lovely mild Autumn day, dry underfoot and no wind.

The team included 2 runners competing in the league for the first time, Ellie and Christina. They both enjoyed the experience, and Ellie made the scoring team. As we were missing some of our faster runners we are quite low down the league in 11th place (out of 15 teams), but the 5 scorers packed well finishing within just over a minute of each other. We were supported on the course by Andy and Justin, and at the end enjoyed cakes cooked by Hannah.
Thank you to all of them. ***Ros Tabor***

Steve Smythe writes
For the first time the league races were split in two and 244 ran in Division 1 at 11am and 219 ran in Division 2 ar 1pm over the same course, Dulwich was in race one and had a good turn out but missing two many of our quicker runners we were only 11th and will need good turn outs in later fixtures to hold on to our Division 1 status.

Helen Lister ran well to lead the team home just outside the top 50. Ola hasn't been at her best lately but her racing is beginning to pick up again and she did well here. Andrea didn't match her recent improved training form but Ellie had her best league run yet with Katie Styles completing the scoring with a typical strong run.

Close behind came Anna who ran well and Michelle who had one of her best ever league runs.
Christina's league debut wasn't up to her best form.
There was a gap after the top eight to Emma Ibell, who is gradually improving her fitness as is Laura.
Eleanor and Lucy followed with consistent runs with Jo having an excellent run for probably her best league performance yet.
Ros wasn't at her best but was still first W65 and Hannah Harvest did very well and her consistent training should see further improvement.

52	Helen Lister	27.34
56	Ola Balme	27.53
65	Andrea Pickup	28.09
74	Ellie Balfe	28.26
78	Katie Styles	28.49
79	Anna Thomas	28.50
83	Michelle Lennon	28.56
87	Christina Dimitrov	29.24
114	Emma Ibell	30.15
120	Laura Vincent	30.24
143	Eleanor Simmons	31.26
159	Lucy Clapp	32.04
166	Joanne Shelton Pereda	32.15
175	Ros Tabor	32.47
202	Hannah Harvest	34.43

TEAM Div 1: 1 THH 75; 2 S London 93; 3 Clapham 118; 4 Hercules 135; 5 Ranelagh 135; 6 Kent 150; 7 Belgrave 167; 9 Reigate P 168; 10 Fulham 281; **11 Dulw R 320**; 12 E&E 338; 13 FoT 343; 14 S Lon B 365; 15 Woking 370

Katie has been suffering from a virus and was not at her very best.
U17 race: 18th of 85: Katie Balme (Herne H) 17:22

Surrey League Wimbledon Common

13 October

We had a decent turnout on the day with 23 finishers, but with several of our potential scorers injured or unavailable, we ended up in mid-table, finishing in 5th place.
Nevertheless there were some good individual performances, and it was good to see some newly joined members taking part. Guildford and Godalming were runaway winners, with 7 of their runners in the first 10 places, but less than 200 points separating the remaining 8 clubs and we were less than 100 points behind the second placed club, Striders of Croydon.

So there is all to play for during the remainder of the season with risks and opportunities for us, and positions are bound to shift. Hopefully we can improve if most of last Saturday's runners can make the November fixture at Richmond Park, and some of our absent runners are available. ***Mike Mann***

CROSS COUNTRY CHAMPIONSHIP 2017 - 2018 After 1 event - BEST 4 EVENTS TO COUNT				
	Surrey League 1			Surrey League 1
	Wimbledon			Reigate
	14/10/2017			14/10/2017
Shane O'Neill	50		Helen Lister	50
Tim Bowen	49		Ola Balme	49
Steve Davies	48		Andrea Pickup	48
Andy Bond	47		Ellie Balfe	47
Daniel Mann	46		Katie Styles	46
Tony Tuohy	45		Anna Thomas	45
Ed Harper	44		Michelle Lennon	44
Charlie Lound	43		Christina Dimitrov	43
Lloyd Collier	42		Emma Ibell	42
Justin Siderfin	41		Laura Vincent	41
Olly Cooper	40		Eleanor Simmons	40
Holger Betz	39		Lucy Clapp	39
Matt Cooke	38		Joanne Shelton-Pereda	38
Steve Smythe	37		Ros Tabor	37
Ebe Prill	36		Hannah Harvest	36
Ross Rook	35			
Hugh Balfour	34			
Grant Kennedy	33			
Chris Loizou	32			
Mark Foster	31			
Joseph Brady	30			
Mike Mann	29			
Graham Laylee	28			

Men - events still to come				
Surrey League 2	South of Thames	Surrey League 3	Surrey League 4	Nationals
Richmond	Beckenham	Beckenham	Wimbledon	Parliament Hill
11/11/2017	25/11/2017	13/01/2018	10/02/2018	24/02/2018

Women - events still to come				
Surrey League 2	South of Thames	Surrey League 3	Surrey League 4	Nationals
Nonsuch	Beckenham	Wimbledon	Richmond	Parliament Hill
11/11/2017	25/11/2017	13/01/2018	10/02/2018	24/02/2018

Men's Surrey Cross Country League Division 4

Andy Murray reports...Last season myself, Graham and Ian took up the option of running for our second-claim club, Veterans AC, in the league rather than Dulwich, where we were very unlikely to make the scoring 10. This season Graham has reverted to Dulwich, now in the slower division 2, Ian has yet to run and Gary B has switched to VAC , which I have stuck with, although I will watch and support Dulwich as much as possible.

Saturday began with a trip to Reigate to watch and support the Dulwich women's good efforts. Then Ros and I had to get to Redhill (walking over a mile until a bus came) for a train in time to get to Wimbledon for the division 4 men's 2pm start, which we just about managed.

Our course map, as for division 2 later, showed an extra triangle loop at the start, presumably to thin out the runners before the narrow paths at the start of the main loop; however, on the day we were led to a start way down the last hill, running back up this bit first and at the end of the subsequent 2 laps. With over 330 runners in the combined divs 3/4 race and many slower runners unable to line up at the back, there was severe congestion on the first lap, three times reducing runners around us to a walk.

I lost time on the first lap and perhaps was a bit wary of the final climb to push as hard as I should have on the easier bits but did some overtaking. Gary was hoping to track me and was not too far behind, scoring 10th in our team to my 7th. The VAC team included several Herne Hill and other runners and came 7th on the day out of 15 in division 4.

We then enjoyed watching the Dulwich men race in division 2.

97 (div 4) Andy Murray 7th of VAC scorers 39.03
106 Gary Budinger 10th VAC scorer 40.39

Kent League, Stanhill Farm

October 14

Steve Smythe writes

Lucy Elms chose to make her debut for Blackheath in the Kent League as she chases a Kent vest for the inter county races and selection is based upon the league.

Short of training she did well to make the top 15 overall amongst the seniors and eighth under-20.

Close behind, Emily Gelder, who also lives in Kent (and has never run a Surrey League) also had a strong run.

15th Lucy Elms (B&B n/s) 21:25
19th Emily Gelder (Camb H) 21:39

Oscar Hussey ran for B&B in the under-20 race and was fourth (Probably his best ever league run) in showing the sort of form that would easily see him amongst our leading senior scorers in the Surrey League.

4th Oscar Hussey 18:12

Adidas 'City Run' Shoreditch 10k

8th October

So, I was all set to get up early again on a Sunday and support Clare at yet another multi event, the 'Fast and Furious duathlon' near Eynsford.

But wait a minute. What's this? Saturday afternoon and son Alex turns his ankle playing football and can no longer do the inaugural Shoreditch 'City run' 10k. Should I take his number off him? OK, you're not supposed to do these things without re-registering the details but I'm hardly going to screw up the results by running as a 24 year old, am I, and they had provided the competitors with wrist straps to record their vital safety details? I was also well up for doing a flat 10k, a lot more than I had been for slogging around a hilly 10 miles on the previous Sunday. Had I known I was doing it at the time I would have taken it that bit easier, like Clare sensibly did, at the weekend's parkrun but that's a minor detail. Last, but not least, it had cost £40 to enter for heavens' sake!

One small and unusual complication was that the numbers were integrated into the race technical t-shirt so, for one thing, you had to wear it for the race which most club runners wouldn't dream of doing in this Indian summer we're enjoying. More importantly, though, he's ordered a 'medium' when I'm a pretty cast iron 'large' usually so, in popping around to his place to pick up the package, I first had to try it on. It couldn't have been a more perfect fit proving that my doing this race must have been written in the (shooting) stars!

So it was that, rather than Kent, I found myself in the Wave A starting pen in Shoreditch Park, pretty much at the front and little more than the length of a diving board from celeb starter, Tom Daley. Once he'd done his stuff I was off, mixing it with hipsters about half my age, for the most part, as we weaved through the closed off streets of de Beauvoir, down to Old Street then back up via a twisty section around Hoxton Street market to the park. Almost completely flat and early enough in the day, just, for the compulsory t-shirt wearing not to be so much of an issue. I was delighted to do my fastest 10k for over 5 years, hardly deviating at all for any of the kms from 4.43 pace, allowing me to just sneak into the top thousand out of over 4000 finishers.

Overall it was well organised with an attractive, and in due course, very sweaty technical t-shirt, decent medal and plenty of trendy water and clif bars. It should be for the money, of course, but even so.

Bumped into Sam at the end. He's not been seen around the club much lately but says 'hello' and has certainly been rattling off the running events, including going back home for the Great North Run and since then the Copenhagen half, complete with flash flooding, apparently.

Mike Dodds

167 Sam Mattu 40:24
973 Mike Dodds 47:22

parkrun October 14th

Bexley
423 ran

Pos	Gen		
14	13	Michael Fullilove	20:58
52	48	Andy Bond	23:14

Braunstone
435 ran

Pos	Gen		
126	15	Marjorie Epson	25:29

Bromley
590 ran

Pos	Gen		
192	164	Chris Goodman	24:59
268	53	Carys Morgan	27:01

Brockwell
330 ran

Pos	Gen		
208	50	Sharon Erdman	27:49

Burgess
300 ran

Pos	Gen		
208	156	Mark Callaghan	29:21

Cannon Hill , Birmingham
530 ran

Pos	Gen		
312	84	Susan Cooper	29:35

Croxteth Hall
314 ran

Pos	Gen		
25	3	Mel Edwards	22:10

Crystal Palace
278 ran

Pos	Gen		
29	29	Tom Wilson	22:12
37	4	Belinda Cottrill	22:33
64	57	Bob Bell	23:33
147	28	Claire Steward	26:52
148	120	Paul Keating	26:55
176	38	Hannah Little	28:37
212	54	Penelope d'Arcy Graham	31:50

Dulwich
330 ran

Pos	Gen		
40	39	Paul Vivash	20:31
100	95	Mark Muffett	23:07
225	50	Stephanie Burchill	29:41

Fulham Palace
471 ran

Pos	Gen		
236	46	Lindsey Annable	25:52

Gibside
88 ran

Clare and I were in the north east for a family wedding and took in this parkrun, the nearest to the hotel where we were staying at the Gateshead Metro Centre. I arrived at it the worse for wear after a very boozy school reunion dinner with fellow 1977 leavers in Newcastle on the Friday evening. By the way, if you ever need an incentive to keep up this running thing into late middle age and beyond I recommend going to one of these things, if you get the chance!

Gibside is a National Trust property which used to belong to the Bowes-Lyons, i.e. the late Queen Mum's family, until death duties intervened in the mid 20's and they 'downsized' to just Glamis Castle. It lies in the steep-sided Derwent Valley in north west Co. Durham. What this meant in running terms is that I'd landed myself at the most challenging parkrun course I'd ever attempted with a distinct hangover, Clare hadn't had an entirely dry evening back in the hotel either. The times illustrate the level of this challenge, especially bearing in mind it was at least 150 metres short, but we were both pleasantly surprised to feel pretty good when we got going on the attractive trail paths.

Pos	Gen		
23	22	Michael Dodds	24:47
25	2	Clare Wyngard	24:53

Hastings
307 ran

Pos	Gen		
23	22	Nicholas Brown	22:03

Newbury
434 ran

Pos	Gen		
358	251	Matthew Ladds	33:21

Peckham Rye
285 ran

Pos	Gen		
12	12	Rob Cope	19:25
39	37	Oliver Bottle	21:27
59	54	Gideon Franklin	22:32
97	22	Claire Barnard	24:01

Roundshaw Downs
168 ran

Pos	Gen		
13	1	Ange Norris	21:13

South Norwood
77 ran

Pos	Gen		
30	27	Peter Jackson	26:13

Tooting Common
552 ran

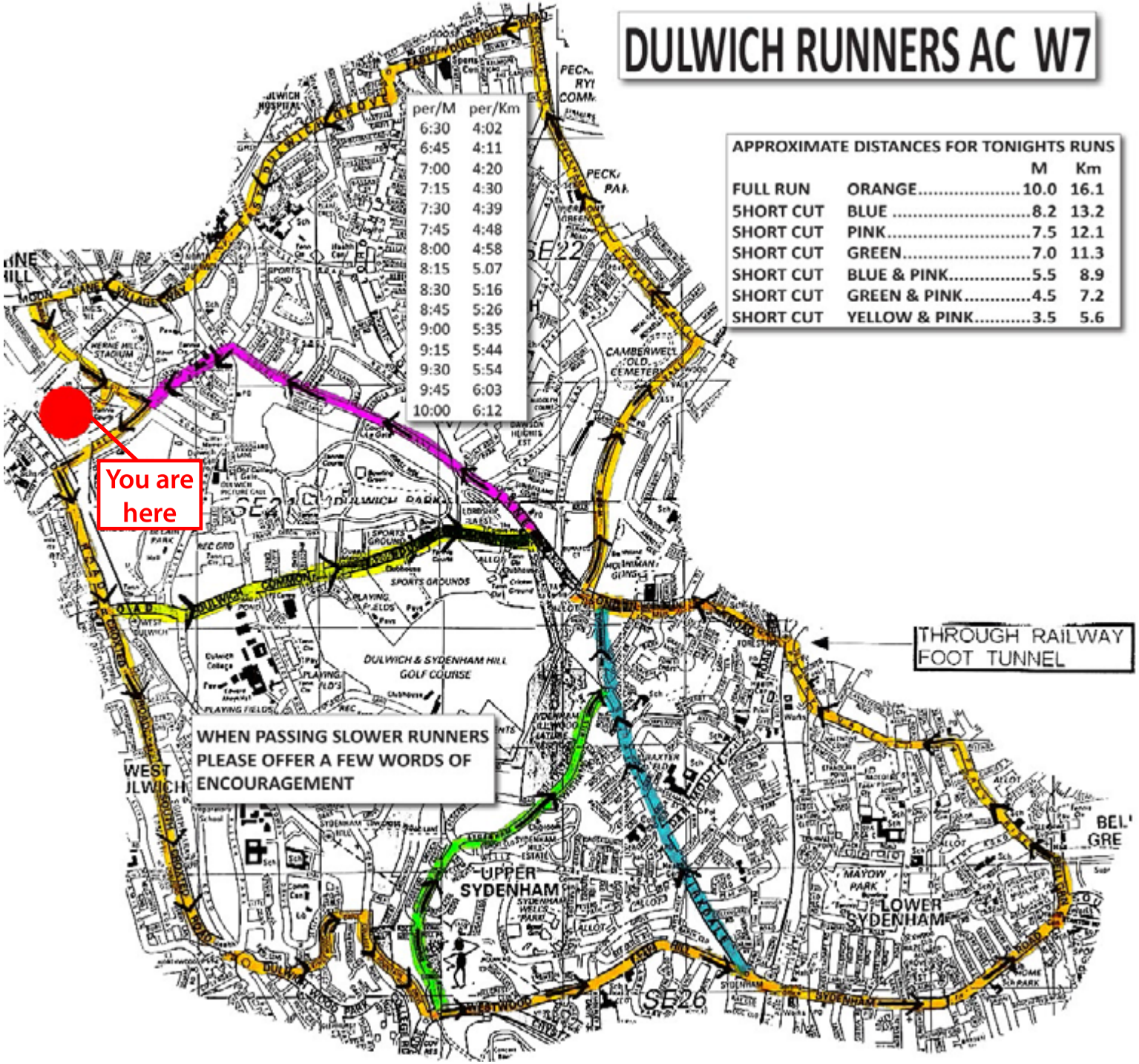
Pos	Gen		
76	72	Cameron Timmis	22:05

Western Springs
87 ran

Pos	Gen		
19	15	Nick Bell	22:59

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 W7



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

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.2	13.2
SHORT CUT	PINK	7.5	12.1
SHORT CUT	GREEN	7.0	11.3
SHORT CUT	BLUE & PINK	5.5	8.9
SHORT CUT	GREEN & PINK	4.5	7.2
SHORT CUT	YELLOW & PINK	3.5	5.6