DULWICH RUNNERS

SHORTS

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

Sat 4 Reigate Priory Relays - men & women

Tue 7 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
4 Cross country section - Races & useful info
6 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

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

Nov 4 Reigate Priory XC Relays - men & women
11 Surrey league Xc - men & women

LUCKY VEST

tonight in the clubhouse

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

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 Ros Tabor, Andy Murray and Mike Dodds 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

Cameron Timmis	1/11
Tony Touhy	8/11
Mick Ward	15/11

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

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

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

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

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	4	Reigate Priory relays men & women		Reigate
	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

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 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***

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.

British Masters XC Relay Champs Long Eaton

28th October

Dulwich Runners have quite a few medals to show from previous exploits at this championship but a slightly depleted turnout this year saw us disappointed. It's quite an easy journey, an hour and a half on the train from London plus a ten minute walk to the park being used for the third year. The same flat and fast 3.1km (1.93 miles) course was used, nearly all grass with a slightly muddy twisty bit through the woods. It was a nice bright day but a strong breeze provided a tough headwind for most of the second half, accounting for maybe an additional 10 to 15 seconds compared to ideal conditions.

First on the agenda as usual was the women's race where we could only muster one team this year. With a W35, W55 and W65 making up our threesome we were forced to enter the youngest and fastest W35 category with two runners, if I may say so, a bit on the mature side. Of course W55 Ange wasn't fazed by this at all and blasted round the first leg a couple of seconds faster than she did as part of the silver-winning W45 team last year, coming in 7th and ultimately posting the 10th best time of any W35, tremendous stuff (she'd have been 3rd W45 and easily best W55). Katie Styles enjoyed a huge 5k PB the day before at Hyde Park and, although a bit heavy-legged, ran well to bring us amazingly up to 4th place with one leg to go. W65 Ros was on a hiding to nothing but ran well herself to secure 7th place for us, a commendable result – she'd have been 2nd W55 if we'd been able to run a team in that category.

7th of 22

Dulwich Runners AC W35	**39:27**
Ange Morris (W55)(7	12:20 10th fastest leg
Katie Styles (4)	12:55
Ros Tabor (W65)(7)	14:12

With silver medals four years ago the Dulwich M55s were again in the hunt as we fielded our strongest team since then. Coach Steve is running well and turned in a strong first leg only a few seconds slower than last year but worth more in the windy conditions. He handed over to me in 5th place giving me strong incentive to chase, which I duly did – a bit too strongly as it happens, with an over enthusiastic first mile faster than I ran last year (when I recorded 10:36). But lacking last year's fitness, speed for the latter section duly suffered into the wind and I ended up 26 seconds slower, but had pulled us through to second and a decent shot at a medal. Ebe has had injury and fitness woes for months now but worked his socks off for his best recent run, not far short of last year and only ceding one place.

We were all jumping up and down with glee at our bronze medal place as Gary 'Relay King' Sullivan ran off for the last leg when we noticed that quality runner Dave Norman was setting off for Warrington AC only about 20 seconds behind. On average Dave has about a three minutes advantage over Gary in a 10k so we thought the game was up. Unbeknown to Gary, Dave caught him after a mile and sat in behind him out of the wind before breaking for home with 500m to go. Gazza's not a relay king for nothing though; he didn't give up and was even closing again in the last 50m, but it was too much to do and we narrowly missed out.

4th of 12

Dulwich Runners AC M55 'A'	**47:03**
Steve Smythe (5)	11:56
Tony Tuohy (2)	11:02 4th fastest leg
Ebe Prill (3)	12:08
Gary Sullivan (4)	11:57

We had a few more chaps wanting a run so managed to field a B team too. Hastings-based Nick Brown has helped us win relay medals before and here he was again as a solid lead-off though short of his better form. Colin was the only one in this team running in his natural age group and though very lightly raced in recent times is obviously not unfit and should be well pleased with his time. M65s Mike and Andy put in decent runs compared to their previous and indeed could think about what might have been – if we had another M65 at around 13:30 level we could medal in that category. But that's relays for you; half the battle is just getting a team out...

12th of 12

Dulwich Runners AC M55 'B'	**52:47**
Nick Brown (M60) (11)	12:44
Colin Bailey-Wood (10)	12:32
Mike Mann (M65) (8)	13:28
Andy Murray (M65) (12)	14:03

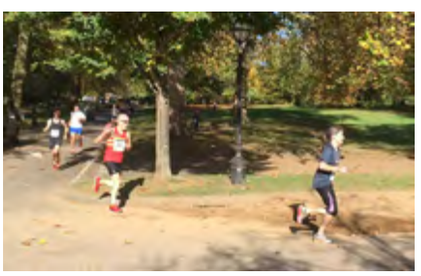
Emer Casey 10K Brockwell Park

29th October

Graham Laylee writes...Three and a half laps of Brockwell Park is not everyone's idea of fun but there was a fair turnout of Dulwich Runners for this established event organised by Herne Hill Harriers.

Paul Vivash	43:05
Alex Bazin	45:12
Lucy Clapp	45:13 (2nd W45) (PB)
Graham Laylee	45:27
Eleanor Simmonds	47:53
Simon Harding	50:03 (PB)
Paul Keating	54:37
Claire Steward	54:42

It was perfect conditions for the monthly 5k race in Hyde Park; barely any wind and mild with the bright sunshine showing off all the autumn colours. However, I had far from perfect preparation for the event. I arrived in the park minutes before it was due to start, ran from the tube in my smart work dress and trainers, had a quick change in the café into appropriate running attire and literally ran out of the café and to the start just in time to pin my number on and hear the speeches on the start line.
It turns out it was the 25th anniversary



of the 5k monthly race in Hyde Park. We heard from the original race director John Walker who had flown over from Spain especially and thanked the current race director Malcolm who also deals with all the race entries which are paid for in advance by sending him a cheque for £2 and an S.A.E. The starter was Phill Harris who ran in the third race when there were just 7 competitors - he now regularly volunteers as a course marshal.

While all this was going on I just about had time to work out that it was the two lap course and instead of splitting the race into two everyone was setting off together – this meant I was way too far back at the start and had to duck around people on the first bend and narrow paths. I hadn't had a chance to think about what pace I was aiming for so tried to run within myself and was aiming for as close to my 21:00 PB as I could get.
Race regulars Tim, Andy, Graham and

Steve were racing too with support from Ros and Ebe who were sensibly saving their legs for the masters relay the following day I could see Tim in the small pack at the front of race in the first 1km before he disappeared into the distance. The race felt much busier than normal and I got cut up many times by people over taking way too close or slowing down in front of me but maybe the crowd was pulling me along as by the 4km marker I'd worked out that even if I slowed down I should be able to get under my PB. I kept pushing as much as I could and crossed the line in a time of 20:34. I shaved quite a chunk off my PB and was over a minute faster than my last Serpentine 5k in August.

I met Tim at the finish who had a good race, he held onto the front group and finished in 5th, he said "it was better than he'd feared". Steve wasn't far behind me, Graham had a strong finish and Andy was next in who was holding back a bit as he was racing the next day. Everyone was happy with their race and the special souvenir towel given to all runners as we went through the funnel was the icing on the cake of another excellent race in Hyde Park. My only regret is that I arrived too late to have a piece of the cake.

Tim Bowen	16:45 5th
Katie Styles	20:34
Steve Williams	21:02
Graham Laylee	21:58
Andy Murray	23:27

Five go mad in Eastbourne Eastbourne Marathon & 10K

28th October

One day Bob came back from a post parkrun coffee with his Crystal Palace friends announcing they were all going on a wizard trip to the seaside for a long walk / jog during which time they got to stop and have tea and cake and listen to a brass band. Chris groaned but Belinda and Andy thought that sounded super and Milo wagged his tail.
On Friday off they all went. On arrival Bob went to register and Chris went to the pub for a large glass of wine.

Saturday morning was bright and sunny and Bob was soon off to start the marathon. B, Andy and Milo set off half an hour later in the 10K and Chris enjoyed a leisurely breakfast. After many hours of trekking up and down hills, over styles and walls and stopping for a cup of tea Bob finally arrived at a very steep hill with the finish in sight at the bottom. He struggled down and as Chris wasn't happy with the picture she had taken of him trying not to fall down a flight of steps (yes steps in a marathon) he was made to go back and relive the experience! Belinda, Andy and Milo had already finished the 10K so they all went for a nice coffee and poncy paninis in a sea side a café, whereas most marathoners went for sausage and chips which was in the price of the entry.

Footnote:
This is family Bells report. Others will no doubt comment on the great performance by Alexie Williams who was first lady and Mike Williams excellent run. Neither they or Tom Wilson, who suffered from stomach cramps all the way round probably had time to enjoy the view, the marshals encouragement, or the cake. We all however faced uneven paths/ tracks and one of the most undulating course likely to be encountered anywhere outside a fell race. Not an event for one trying to preserve their power of 10 score but certainly a different experience to your road run
Bob Bell

Results (not necessarily complete as taken from a pdf file)
Marathon

		Chip	Gun	
24	Alexie Williams	3:27:09	3:27:11	(First Lady)
86	Mike Williams	3:49:24	3:49:24	
619	Bob Bell	4:50:47	4:51:08	
766	Tom Wilson	5:03:25	4:55:23	

Steve Wehrle (Spotted at start and completed Marathon 52)
2156 Finished

10K

101 Belinda Cottrill	51:39	52:52
158 Andy Cottrill (with Milo)	55:14	56:27

751 Finished

parkrun October 28

Beckenham
147 ran

Pos	Gen		
2	2	Stephen Davies	17:57
10	10	William Cotter	19:28
27	26	Martin Double	21:41

Bexley
423 ran

Pos	Gen		
10	10	Michael Fullilove	20:46

Brockwell , Herne Hill
318 ran

Pos	Gen		
22	22	Mark Foster	20:07

Burgess
Chris Vernon writes
On his 40th parkrun Freddie smashed his PB by nearly a minute and led his age group . Sue and I were at the back of the field, me with a heavy chest cold and Sue (making her 40th appearance at Burgess) doing a grand job as Tail Walker of encouraging the best out of the back markers
282 ran

Pos	Gen		
110	92	Freddie Vernon	24:07
278	175	Chris Vernon	46:15
282	105	Susan Vernon	46:28

Cannon Hill
Another tourist parkrun, another hangover. This time it was a short stagger from Sue Cooper's flat to the venue just across the road from the Edgbaston cricket ground. A Friday night curry in Brum? Capital idea! Nightcap to follow in the Prince of Wales? Maybe less so (but nice at the time).

This a huge parkrun so we both registered personal worsts in terms of finishing positions. However Clare was first in her age category, as she usually is, but on this occasion especially commendable. Organisers do a fantastic job given the numbers participating but timekeeping wasn't generous – we were at least 10 seconds faster than our official times.
694 ran

Pos	Gen		
175	163	Michael Dodds	23:14
206	17	Susan Cooper	23:51
226	22	Clare Wyngard	24:13

Colwick
201 ran

Pos	Gen		
65	6	Hannah Harvest	26:57

Dulwich
263 ran

Pos	Gen		
22	20	Rob Cope	19:37
23	21	Grzegorz Galezia	19:43
26	3	Ellie Balfe	19:53
42	39	Paul Vivash	20:57
169	36	Colleen Williams	26:41

Folkestone
198 ran

Pos	Gen		
5	5	Steve Rolfe	19:25

Medina I.O.W.
322 ran

Pos	Gen		
54	2	Lucy Pickering	22:06

Newent , Forest Of Dean
72 ran

Pos	Gen		
1	1	Andy Bond	18:52

Osterley
147 ran

Pos	Gen		
38	35	Barrie John Nicholls	24:36
55	9	Lindsey Annable	25:48

Peckham Rye
185 ran

Pos	Gen		
2	2	Timothy Bowen	17:33
4	4	Mark Callaghan	18:18
33	5	Michelle Lennon	21:10
39	34	Matthew Ladds	21:38
81	19	Michelle Key	24:20
89	68	Thomas Macey-Dare	24:53

Leicester Victoria
276 ran

Pos	Gen		
88	18	Marjorie Epson	24:44

Malling
181 ran

Pos	Gen		
181	87	Tereza Francova	53:41

South Norwood
100 ran

Pos	Gen		
12	1	Helen Lister	21:12

Southwark
335 ran

Pos	Gen		
18	18	Justin Siderfin	18:46

Trelissick
208 ran

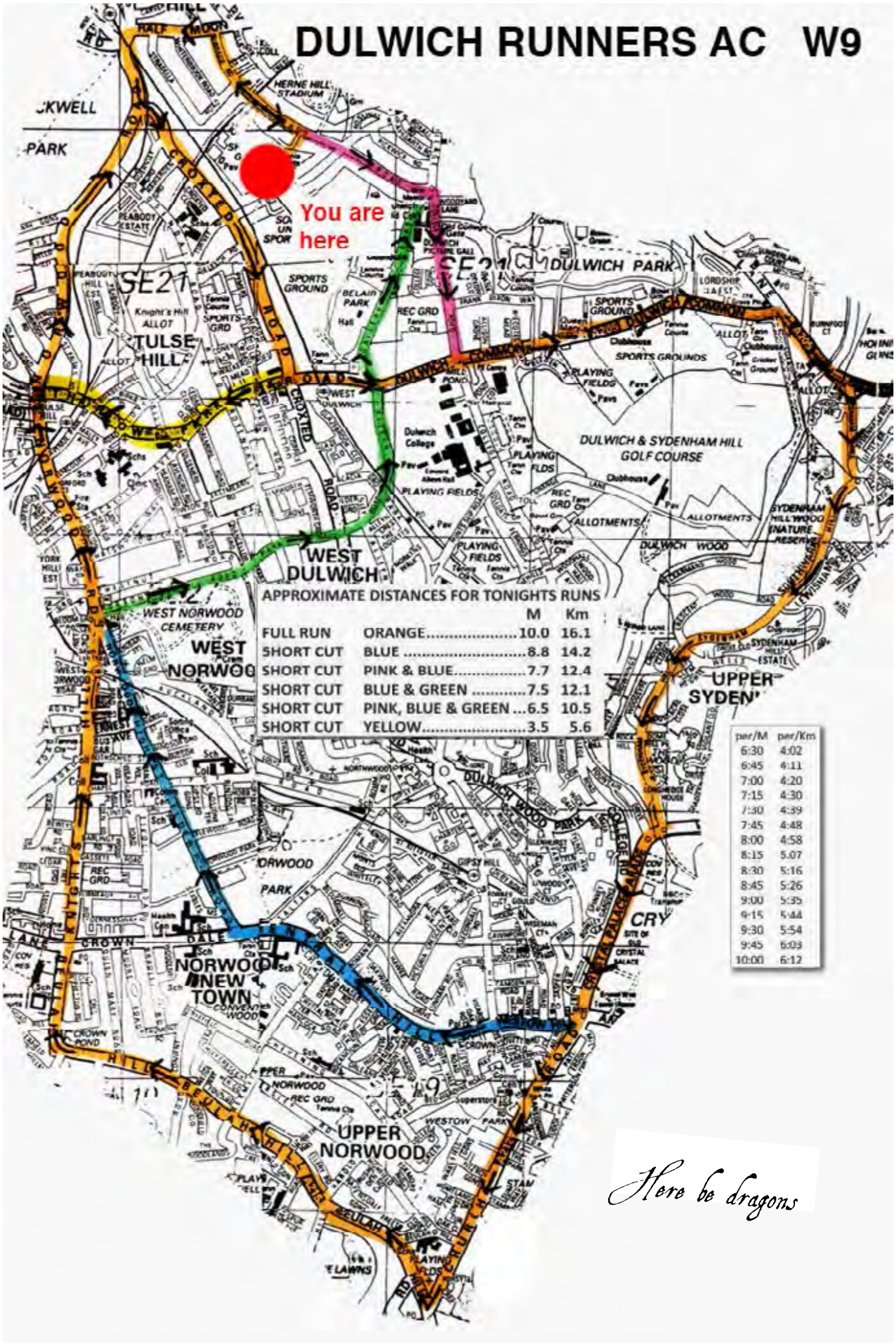
Pos	Gen		
20	20	Cameron Timmis	23:17

Worsley Woods
291 ran

Pos	Gen		
76	69	Colin Frith	23:51

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 W9



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.8	14.2
SHORT CUT	PINK & BLUE	7.7	12.4
SHORT CUT	BLUE & GREEN	7.5	12.1
SHORT CUT	PINK, BLUE & GREEN	6.5	10.5
SHORT CUT	YELLOW	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