SHORTS

Dulwich Runners AC
Weekly Newsletter
December 6th 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 6 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 12 Track - Crystal Palace Arena -see below

In your SHORTS this week !

1 General information
2 Club kit etc
3 Fixture list, club champs, road, XC, etc
4/5 Cross country section - Races & useful info etc
6 Kent Masters XC - Silver for women full report & results
9 Parkrun results
10 Map for the routes this Wednesday
11 Turkey Trot 2017 - Entry form

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 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

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

Dec 9 SEAA Masters - Horspath, Oxford
16 South of Thames 7.5M - Aldershot
17 Dulwich Runners Turkey Trot 2017

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 to Christina Dimitrov, Mike Mann, Yvette Dore 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

Hugh Balfour	**6/12**
Joseph Brady	13/12
Lloyd Collier	20/12

TURKEY TROT 2017

Sunday 17 December - 10am

The club annual Christmas handicap race will be held in Dulwich Park the morning after the Christmas party.

Come and run away your hangover!
Prize for the best sparkly outfit!
3 laps of Dulwich Park (approx 5k)
Enjoy post race presentations and coffee in the park café.
Details and entry form at end of Shorts.

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.

HOODIES...

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

Buffs/snoods - only £6

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

Gill Johnson

One correction to Gill's successes, the winning team when we won the National Championships at Bath Half Marathon in 2002 included Ros and not Andrea.
Also missed from Gill's achievements was she was selected as a reserve for England's Masters International team in 2002.

Steve Smythe

Active Train

All aboard the Active Train! We are looking for runners and walkers to experience and provide feedback on two new groups in Lambeth before we officially launch in January 2018.

Sessions: (started 29th Nov. and run weekly until 20th Dec

Email info@activetrain.org to register. Details of the groups can be found on the Active Train Strava Club & Facebook Page.

SOCIAL SPOT

SPOT

Watch this space for future events.

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

7.30pm onwards @ The Edward Alleyn Club

The highlight of the DR social calendar is upon us!

This year sees a new venue, but tickets remain at a bargain £15. This includes a glass of bubbly on arrival, a finger buffet (plenty of veggie options), disco and with the bar open until 1 am the party is sure to go on late into the night!! There will as always also be the club awards and a 50/50 draw with a cash prize up for grabs.
Dress Code - Dress to impress
You can either purchase your tickets from Matt Ladds or Tom South at one of the club nights or via online transfer to the account details below (please be sure to include your name on the reference). Deadline for purchasing tickets is Sunday 10th December so that we have confirmed numbers.

Sort Code: 09-01-27
Acc No: 86032186

If you have any special dietary requirement please let Matt Ladds know and we will do our best to accommodate.
Matt Ladds - laddsm85@gmail.com

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
Dec	9	SEAA Masters XC		Horspath, Oxford
	16	South of Thames 7.5		Aldershot
	17	Dulwich Runners 2017 Turkey Trot		Dulwich Park
2018		2018		2018
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.

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

Brockwell Parkrun

The anniversary run at Brockwell parkrun takes place on 9 December and we have offered to provide some pacers for the event. You can pace slower than your normal speed, fastest time required 20 mins down to around 28 min.

In addition 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.

In the meantime pacing volunteers for 9 December should contact me at mcmann90@yahoo.co.uk

Track Training

A reminder that improvement in running is built upon hard work, consistency of training and a mixture of speed, endurance and stamina.
To me the Tuesday track session is the most important session of the week - the Sunday long run may be important in the middle of marathon training - but the most gain in terms of speed and speed endurance (and pace judgement etc) comes from regularly completing track sessions. While numbers are regularly around the 30 mark this winter, very few turn up every week to ensure they build up a consistency and the range of runners of all speeds is disappointing.
Steve Smythe

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

UPDATE

4 pacing volunteers have come forward so far for the Brockwell Park anniversary parkrun on 9 December. It would be nice to have a couple more so please let me know if you are able to help out. If you want to challenge yourself you could choose a time slightly slower than your normal 5k, but equally you may want to choose a time closer to your comfort zone or training pace. Those volunteering should aim to turn up at the start at 8.45. Mike Mann

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 that started in 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.

Men's Surrey League Volunteers Needed 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

South Of England Champs

27 January

With the National champs taking place at Parliament Hill in February, these champs will be held at Stanmer Park, Brighton.
Please register interest with your captains by 11 December
There are some transport issues. Due to engineering works there is a rail replacement bus operating between Three Bridges and Brighton and restrictions on parking at Stanmer Park and Sussex University.

There may be access to the football ground car park but this will not be known until early Jan. We are looking into the booking a coach, but this will depend on numbers. It would help to have an early idea of numbers, so could those interested please contact your captains.
In responding could you also let your captains know whether you intend to travel by coach or make your own transport arrangements.

UPDATE

So far there has been little interest in these champs. With the closing date for entries looming, it is now unlikely that the club will hire a coach unless there is a sudden upsurge in interest. For those planning to run, there is a replacement bus service between Three Bridges and Brighton, with an overall journey time from Clapham Junction to Falmer of 1 hour 40 minutes.

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

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.

Kent County Champs

6 January

So far there has been surprisingly little interest from those of you who regularly compete in these championships, taking place at Brands Hatch. Maybe many of you are taking skiing holidays, but if you would like to be entered, please notify your captains **by 8 December.**

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.

South of Thames Champs

16 December

These championships take place at Aldershot this year over a 12k course.

We had an impressive turnout at the South of Thames race at Beckenham, due in part to the fact that this was billed as a club champs event, but so far interest in the longer event at Aldershot has been limited. The only men who have signed up to date are Martin Double, Matt Cooke, Jonathan Whittaker and Buzz Shephard. If I have omitted anyone who has already expressed interest please let me know, but there must be many others who are available. After all it is the day of the Christmas party and you will need to do something to earn your drinks!
Please register interest with your captains by 7 December

UPDATE

So far we have 7 men and 7 women who have expressed interest in this 12k combined men's and women's race. Since many of you will be around on the day of the Christmas party and Aldershot is cheap and easy to get to by train, we could do with a few more entries, but you will need to move quickly in notifying your captains.

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.

Kent Masters XC Championships, Dartford

Sat 2nd December

'Dulwich women win silver'

For the second year the Kent Masters were organised in excellent fashion by Dartford Harriers and held in Central Park on the same spectator-friendly course; mostly flat grassland but with multiple switchbacks and plenty of very steep but short bankings to negotiate both up and down. A slight tightening of one of the corners when marking out, multiplied by many laps, meant the course was a bit shorter than last year; no difference to the races of course, and we were to find out that the standard across the board was probably as high as it's ever been.

Women W45 (approx. 4.5km)

Our W45 women won team gold here last year but were faced with a harder job this time in the absence of the injured 8-time champion Clare Elms. However they showed real grit to land the silver medals, and just two points behind the gold, only losing due to the race winner Maria Heslop now running for Tonbridge when she was previously with Paddock Wood.

Ange was one place up this time, just missing out on an individual medal; not bad when you consider she was the only W55 declared by any team to run in the W45 race and, as last year, would have won the W55 race by two minutes. Andrea started quickly but suffered in the last mile; however she stuck to the task and also came in one place up on last year. And just five seconds behind her Emma was earning her county silver with a blinding ninth place, one of her very best runs in recent years.

4	Ange Norris	18:58 (2 min faster than W55 winner)
7	Andrea Pickup	19:45
9	Emma Ibell	19:50

49 ran
W45 team: 1 Ton 18; **2 Dulw 20 (silver medals);** 3 Kent 45; 4 Cambridge H 50; 5 PWR 54; 6 Folkestone RC 56

Women W35 (approx. 4.5km)

Former Dulwich fast-woman Alexie Shaw is a current Dulwich fast-woman again and it was great to see her back in the club team as she continues to get fitter on her post-baby 'comeback'. Mike and the little man were there to see her run hard for a commendable 9th place, matching Ange's time to the second. This is even better than at first glance as Alexie was ill recently and not at her best but that 9th was a mere 15 seconds short of the bronze medal. Yvette and Jo were running strongly too and sixth place for the team isn't bad going in the W35s.

9	Alexie Shaw	18:58
25	Yvette Dore	21:04
33	Jo Shelton Pereda	22:02

45 ran
W35 team: 1 Kent 26; 2 B&B 47; 3 Ton 51; 4 Beckenham RC 58; 5 M&M 59; **6 Dulw 67**

Men M60 (approx. 4.5km)

Neville won gold with our M50s team back in 2013, our only men's gold in this event. He's now our sole M60 here at the Kents (until Coach Steve hits the milestone next year) and wasn't far short of his great effort last year, this time coming an excellent 7th out of 50 in a high quality race, only about 40 seconds short of the medals.

7	Neville Webb	19:22

50 ran

Men M50 (approx. 8.8km)

With our team win in 2013 followed by silvers last year we were entitled to some hope of once again getting amongst the medals. But with the mainstays of our Kent M50 team now getting a little long-in-the-tooth (coach Steve, running his 10th successive M50 Champs, is nearly M60 and even I'm an M55 now, who would've believed it?) the task was this time well beyond us. From the start I ran with the leading pack (behind Ben Reynolds who shot off to win from the front yet again) but soon weakened from the effects of a head cold contracted the previous weekend.

I probably wouldn't have troubled the medallists but was still a bit disappointed with having to stir myself to a hard sprint finish just to secure 8th, although was at least second M55. Steve was also adrift of last year's form, not too bad but it meant a considerably lower placing in a much higher quality field (the top three included two Masters International winners and a former sub-14 5000m man), although he'll be medal-hunting next year in a new age group if he can repeat this form. Able back-up was supplied by third counter Mike, who started a bit too enthusiastically, plus Joseph and Gideon, and although we may be disappointed with 5th team out of 18 it looks quite respectable.

8	Tony Tuohy	33:49 (2nd M55)
25	Steve Smythe	35:38
39	Mike Fullilove	37:17
67	Joseph Brady	40:34
71	Gideon Franklyn	40:39

89 ran
M50 team: 1 Ton 16; 2 B&B 35; 3 Kent 44; 4 M&M 60; **5 Dulw 72**; 6 S'oaks 73

Men M40 (approx. 8.8km)

The standard of the races this year really stood out in the M40s where the best quality Dulwich M40 team seen at these championships could 'only' finish 5th. Buzz's form of late has been well on the up, to put it mildly, but he had a hard day at the office here after being ill earlier in the week, falling back from an early stint in the top half dozen. He was joined by halfway by Steve and Andy, both having to work hard to overcome mid-race rough patches, and with a couple of miles to go it was anyone's guess which order the Dulwich boys would finish in.

At the back of the group it looked like Andy was hanging on, but he was the only one able to change gear for the last 200m and decisively sprint away to gain a couple of places on the run-in. Buzz and Steve followed together, totally spent, while fourth man Ian, on a hiding to nothing in this company, ran very solidly with no recent form to speak of while tentatively trying to return from his long injury-ravaged absence. Potential other M40 runners for the Kents include Lloyd, who had family commitments for this one, and Mike Williams, spectating while nursing a stress fracture ensconced in a 'space boot'. Another 5th place for the team, only 2 points behind 4th and with three runners in the top fifteen our best M40 performance. Again a very respectable result – but we can do better.
Tony Tuohy

11	Andy Bond	31:09
14	Buzz Shephard	31:13
15	Steve Davies	31:13
48	Ian Lilley	35:22

82 ran
M40 team: 1 Kent; 2 M&M 69; 3 Ton 69; 4 Dartf 86; **5 Dulw 88**; 6 Sth Kent 105

Olympic Park 10K

Saturday 2nd December

'A bitter/sweet experience'

I haven't done many 10Ks this year, so decided to do one. This is a good course: three laps, almost flat (just a few slopes), all paths (albeit, slightly gravelly) and traffic-free.

I started running in 2002 when I was already old, and my first 10K was 52 minutes. Since then I have got down to 40:02 almost seven years' ago. 40 minutes is the time I always aim for, even though I am usually somewhat off it, so I hatched a cunning plan and decided to run the first lap in 14 minutes to get settled in and then see how I felt.
It went well. Not the greatest plan! First lap was faster at 13:14, so I carried on at the same pace as best I could.

At the start of the last lap I picked it up, but went too fast too soon, so found myself running an uneven lap with fluctuations in pace. Oddly, I didn't look at my watch very often, but as I got to the last stretch I did and saw the time was approaching
39 minutes, which brought on the realisation a fast time was doable. I ran as hard as I could without passing out and got a PB, knocking one whole second off, but missing out on the 40-minute dream by one whole second.
Oh well, the dream continues.

34 Gary Sullivan 40:01
420 ran

Surrey Cross Country League Men's Division 4 Match 3, Roundshaw

02.12.17

Divison 3 and 4's 3rd match was held on Saturday, 6 weeks ahead of men's and women's divisions 1 and 2. The venue was Roundshaw Downs, hosted by Collingwood and Tadworth. Whilst it is close to Purley Way and the approaches are quite trafficky, the Downs is a pleasant enough open space and we were able to use toilets at a nearby sports centre.

The course was two laps around the edge of the Downs, a gradual climb, level across a top field and then descent, alongside pitches, common and thickets, mainly on grass with some twisty path sections. I was running for 2nd claim club Veterans AC in division 4, the only DR this time alongside several veteran HHH's and others. I set off at what I hoped was an easy pace at about 3 quarters position amongst the runners.

As we headed uphill I was wheezing but at least breathing deeply and after a few came past managed to roughly hold position after the first half lap. I was able to put some effort in on the second lap, and felt better than at the previous match at Epsom. I was 9th scorer for VAC, who came 5th.

97 div 4 (89th scorer of 120) Andy Murray 36:56
121 ran division 4 + 151 ran division 3

Pirie 10

Sunday 3rd December

The last time I hid behind a sofa Dr Who was about to be jumped on by a combination of BBC wardrobe latex rubber and bacofoil. And so it was that when I clicked on the results page of this year's wonderful Pirie 10 cross country race, I knew I might reveal something too horrid and terrifying for a fifty one year old to take even though this was the furthest I'd 'raced' all year. But as I gradually let light in between my fingers I could see that I wasn't quite bottom of the pile but getting there and as the saying goes, there's always next year.

This seemingly largely ignored 10 miler is set on the downlands just south of Croydon in Coulsdon.
A lovely thought out course with a bit of everything you can imagine underfoot and above in terms of flower, fauna and views. Rising (painfully subtlety at the start) over Farthing Down and falling into the aptly named Happy Valley with only one notable sharpish ascent about half way and then over the obligatory cabbage field, it's a mud a go go at that point. Some Bambiesque sideways action entering into a couple tricky cambered meadows you then emerge out of the woods and back to the open heath for a bit more leg sapping undulation before a welcome downhill leg opener (funny how they never put photographers there).
It's a two lapper so if like me you get a taster of what's to come the second time around when you're already feeling like one of Captain Scott's Antarctic explorers in that last photo at the pole on the first lap.

Four hardy DRs put in an appearance with Peter Jackson keeping a consistent minute or more distance between us after I made the schoolboy error of matching his Park Run pace at over the first mile uphill and running on empty for the following nine. Ola and Eleanor (who scooped a prize) kept a consistent lap between us or so it looked. Well done you two!

This race is a true club race with none of your party bags, medallions or boom box warm up smiley lycra clad gym jockeys, just good natured marshalling, bloke with megaphone, bottle of water (memento) and a decent cuppa with cake in the South London Harriers club house tucked away behind the High St, even the cold water only showers seemed to fit in perfectly with the austere feel to this one.

A worthwhile one to note for your diaries in coming years if you want something local and interesting where even the weather which on the whole wasn't too unpleasant with just a bit of drizzle to cope with can't really spoil a good morning's toil!

Winner 55:36

Ola Balme	1:12:57
Eleanor Simmons	1:20:31
Peter Jackson	1:34:15
Paul Hilton	1:36:24

77 Finished

Last Friday of the Month 5k Hyde Park

24 November 2017

1	6	Andy Bond	17:05
2	9	Tony Tuohy	17:23
3	42	Rob Cope	18:48
4	54	Ian Lilley	19:07
5	109	Steve Williams	21:07
6	130	Graham Laylee	21:47
7	139	Ros Tabor	22:09
8	162	Andy Murray	23:09

.. the one where Andy Bond forgot his shorts and had to run in hiking trousers. Undeterred, he set off in the lead for the first k, but then gradually dropped back. Still conditions.
Andy Murray

CROSS COUNTRY CHAMPS MEN 2017 - 2018
After 3 events - Best 4 Events To Count

	Surrey League 1	Surrey League 2	South of Thames	Running Total
	Wimbledon	Richmond	Beckenham	
	14/10/2017	11/11/2017	25/11/2017	
Steve Davies	48	48	49	**145**
Steve Smythe	37	37	42	**116**
Ebe Prill	36	36	43	**115**
Hugh Balfour	34	30	40	**104**
Tim Bowen	49	49		**98**
Andy Bond	47	47		**94**
Daniel Mann	46	45		**91**
Steve Rolfe		44	47	**91**
Tom South		43	48	**91**
Lloyd Collier	42		45	**87**
Ed Harper	44	41		**85**
Charlie Lound	43	42		**85**
Jonathan Whittaker		38	46	**84**
Matt Cooke	38		44	**82**
Justin Siderfin	41	39		**80**
Holger Betz	39	40		**79**
Chris Loizou	32		38	**70**
Ross Rook	35	33		**68**
Grant Kennedy	33	35		**68**
Jim Dowsett		29	39	**68**
Martin Double		27	37	**64**
Mark Foster	31	31		**62**
Mike Mann	29	28		**57**
Joseph Brady	30	26		**56**
Graham Laylee	28	25		**53**
Shane O'Neill	50			**50**
Buzz Shepherd		50		**50**
Greg Hills			50	**50**
Jack Ramm		46		**46**
Tony Tuohy	45			**45**
Grzegor Galezia			41	**41**
Olly Cooper	40			**40**
Cameron Timmis			36	**36**
Matt Ladds			35	**35**
Ed Simmons		34		**34**
Ed Smyth			34	**34**
Andy Murray			33	**33**
Gary Sullivan		32		**32**

CROSS COUNTRY CHAMPS WOMEN 2017 - 2018
After 3 events - Best 4 Events To Count

	Surrey League 1	Surrey League 2	South of Thames	Running Total
	Reigate	Nonsuch	Beckenham	
	14/10/2017	11/11/2017	25/11/2017	
Ola Balme	49	45	49	**143**
Emma Ibell	42	46	48	**136**
Michelle Lennon	44	43	46	**133**
Christina Dimitrov	43	42	47	**132**
Lucy Clapp	39	36	44	**119**
Ange Norris		49	50	**99**
Helen Lister	50	48		**98**
Andrea Pickup	48	47		**95**
Rebecca Schuleri		44	43	**87**
Anna Thomas	45	41		**86**
Lucy Pickering		40	45	**85**
Laura Vincent	41	38		**79**
Eleanor Simmons	40	39		**79**
Yvette Dore		37	42	**79**
Joanne Shelton-Pereda	38	34		**72**
Ros Tabor	37	35		**72**
Claire Baglin		50		**50**
Ellie Balfe	47			**47**
Katie Styles	46			**46**
Hannah Harvest	36			**36**
Clare Wyngard		33		**33**
Lindsey Annable		32		**32**

Men - events to come		
Surrey League 3	Surrey League 4	Nationals
Beckenham	Wimbledon	Parl Hill
13/01/2018	10/02/2018	24/02/2018

Women - events to come		
Surrey League 3	Surrey League 4	Nationals
Wimbledon	Richmond	Parl Hill
13/01/2018	10/02/2018	24/02/2018

parkrun December 2

Beckenham Place
126 Ran

Pos	Gen		
7	7	William Cotter	20:25

Bromley
535 Ran

Pos	Gen		
68	63	Colin Frith	22:06
185	154	Chris Goodman	25:11

Brockwell
258 Ran

Pos	Gen		
50	4	Michelle Lennon	21:43
52	48	Cameron Timmis	21:47
68	7	Anna Thomas	22:18
85	11	Laura Vincent	22:56
90	14	Clare Cummings	23:12
128	99	Rafe Collier	25:16
201	65	Rhoda Collier	28:55
203	138	Lloyd Collier	28:57

Burgess
277 Ran

Pos	Gen		
32	31	Dan Hill	20:25
36	34	Hugh Balfour	20:29
65	3	Ros Tabor	22:25
277	177	Chris Vernon	59:05

Crystal Palace
209 Ran

Pos	Gen		
5	5	Tom Wilson	19:54
31	4	Belinda Cottrill	22:18
47	43	Bob Bell	23:11
72	65	Andy Cottrill	24:42

Dulwich
277 Ran

Pos	Gen		
6	6	Daniel Mann	16:51
11	11	Timothy Bowen	18:10
20	20	Ebe Prill	18:58
41	40	Grzegorz Galezia	19:54
60	53	Graham Laylee	21:14
104	92	Mark Muffett	22:53
116	102	Michael Dodds	23:25
173	36	Claire Steward	26:36

Gladstone
143 Ran

Pos	Gen		
28	3	Becca Schulleri	22:27

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.

Greenpoint
883 Ran

Pos	Gen		
115	15	Caroline Maynes	24:01

Malling
142 Ran

Pos	Gen		
28	25	Nicholas Brown	23:45

Osterley
118 Ran

Pos	Gen		
40	11	Lindsey Annable	25:17

Peckham Rye
208 Ran

Pos	Gen		
73	8	Claire Barnard	24:03
159	105	Justin Siderfin	29:30

Southwark
229 Ran

Pos	Gen		
129	22	Kaylee Coxall	25:36

Swindon
352 Ran

Pos	Gen		
22	3	Ellie Balfe	20:28

Western Springs
106 Ran

Pos	Gen		
19	16	Nick Bell	23:00

BROCKWELL PARKRUN

Anniversary Brockwell parkrun on 9 December we have offered to provide pacers. You can pace slower than your normal speed, 20 mins down to around 28 min. paces will be ok

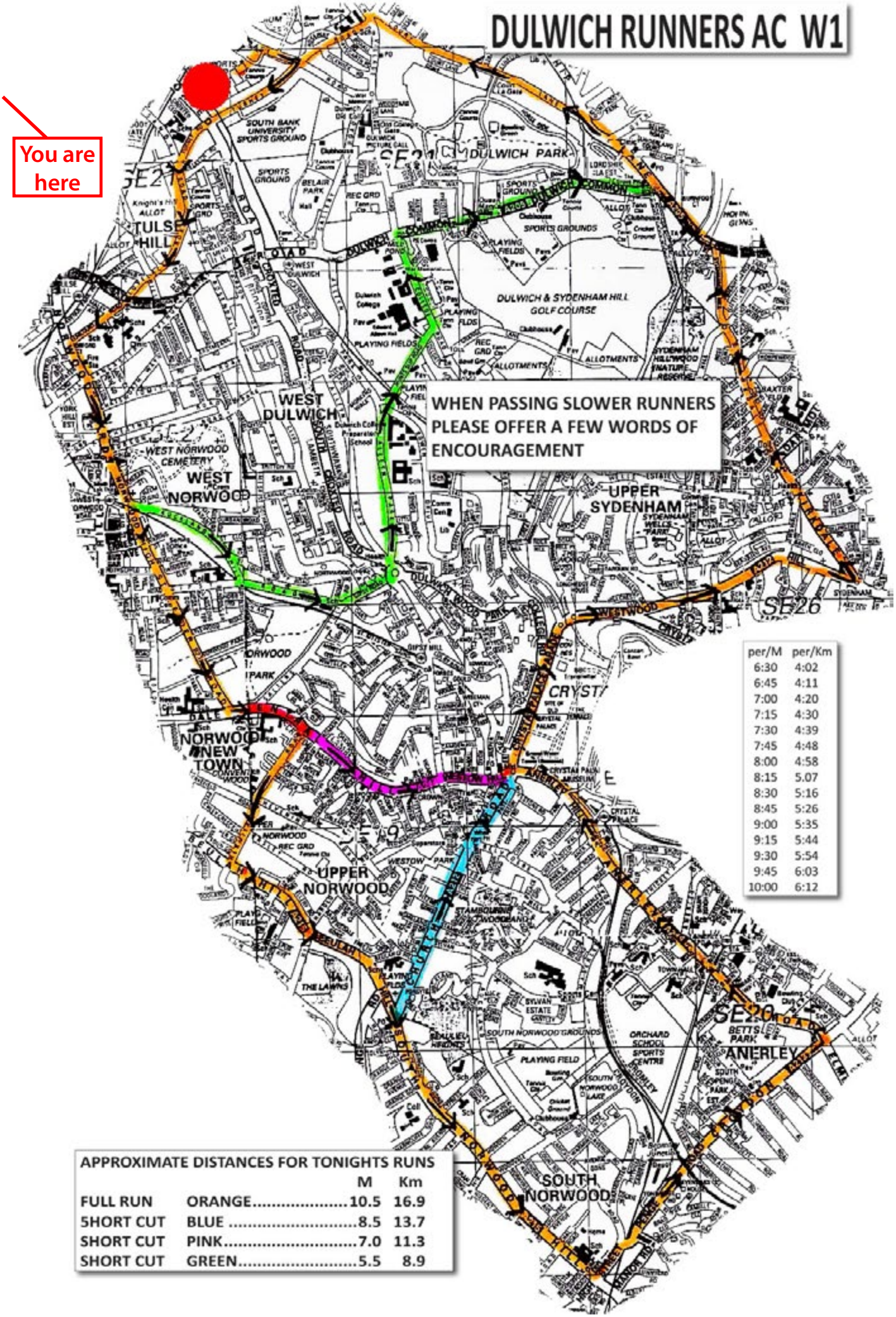
We are also intending to take over the organisation of one of the parkruns at Brockwell in the New Year. This is intended to be one element in our efforts to raise the profile of the club locally. Volunteers will be required for the various tasks at the finish and for marshalling on the course. A request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

In the meantime pacing volunteers for 9 December should contact me at mcmann90@yahoo.co.uk

UPDATE

4 pacing volunteers have come forward so far for the Brockwell Park anniversary parkrun on 9 December. It would be nice to have a couple more so please let me know if you are able to help out. If you want to challenge yourself you could choose a time slightly slower than your normal 5k, but equally you may want to choose a time closer to your comfort zone or training pace. Those volunteering should aim to turn up at the start at 8.45. Mike Mann

DULWICH RUNNERS AC W1



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	10.5	16.9
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK	7.0	11.3
SHORT CUT	GREEN	5.5	8.9

DULWICH PARK

SUNDAY 17 DECEMBER 10.00

5K (approx) HANDICAP RACE (3 laps of Dulwich Park)
meet by Queen Mary's Gate

prizes for:

1st runner across the finish line

1st walker across the finish line

Runner closest to predicted time

Best fancy dress – wear something sparkly!

entry fee £2.50 or £2 if in fancy dress

NAME: _____

most recent 5K or parkrun time _____

predicted time for 5K on 17th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than predicted time.

ros.tabor49@gmail.com