DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
October 11th 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 11 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 14 Surrey League Cross country - men & women

Tue 17 Track - back at Crystal Palace Arena -see below

In your SHORTS this week !

1 General information
2 DR 2017 AGM Notice and notes etc
4 Club kit, social events etc
5 Fixture list, club champs, road, XC, etc
6 Cross country information - ***Important make sure to read***
9 Race reports & results etc
12 Parkrun results
13 This Wednesday route map

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 but 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 Tom South, Ebe Prill and Mike Mann 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

Jo Shelton Perada	11/10
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

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
The 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.

continued next page....

Club Treasurer
The 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
The 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
The 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
The 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
The 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
The 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
The Women's Captain is 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
The 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
The 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.

Dear all who know Gill Johnson.

She would love as many of you as possible to come to a Celebration of her Life. Her daughter Ashleigh has asked for any photos, hopefully some of running or maybe write their favourite/funny memory they have, or even just a message they would like her to read and it will be added in to a book that she is making for her on the day. Either send to me or Ashleigh. Please spread the word re the 13th October.
email photos etc to me Andrea Pickup at andrea.pickup@gmail.com
or to Ashleigh at Ashleigh_Johnson@cotyinc.com

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

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

SOCIAL SPOT

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	14	Surrey League 1	men	Wimbledon Common	
	14	Surrey League 1	women	Priory Park Reigate	
	21	SEAA Relays		Wormwood Scrubs	
	21	Surrey Masters,		Richmond Park	tbc
	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	tbc
	25	South of Thames 5		Beckenham	tbc
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		tbc
	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. Details are yet to be finalized but are likely to include the 4 Surrey League events, the South of Thames 5 miles and the National champs, with 4 events to qualify including 3 Surrey League races.

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 Entries

The cross country season proper begins with the Surrey League fixtures on 14 October, with the men at Wimbledon Common and the women at Reigate Priory. We are looking for good turnouts and performances to kick off the season, so please keep that date free.
There are two early season events, both taking place on 21 October. All those over 40 and eligible to compete for Surrey by birth or residence can compete in the Surrey Masters champs in Richmond Park on a fast, scenic, gently undulating course (6km for all women and M60+, 10km for M40s and M50s). If you would like to take part or have any queries about your eligibility, **please inform your captains by 11 October**. For those not eligible to compete in these champs, the SEAA relays at Wormwood Scrubs provides an alternative (3x3k for senior women, 4x5k for senior men). **Please register interest with your captains by 3 October.** If you are able to agree teams of 3 or 4 beforehand that would make your captains' work easier.

Cross Country Champs

With the National cross country championships 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

The Surrey leagues have traditionally been amongst our major winter targets - personally in view of the current lack of fit top seniors (men and women), it might be worth better focussing on some other events too.
Oct 14 Surrey leagues: men - Wimbledon, women: Reigate

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

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

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

Surrey League Cross Country Men - Wimbledon Common

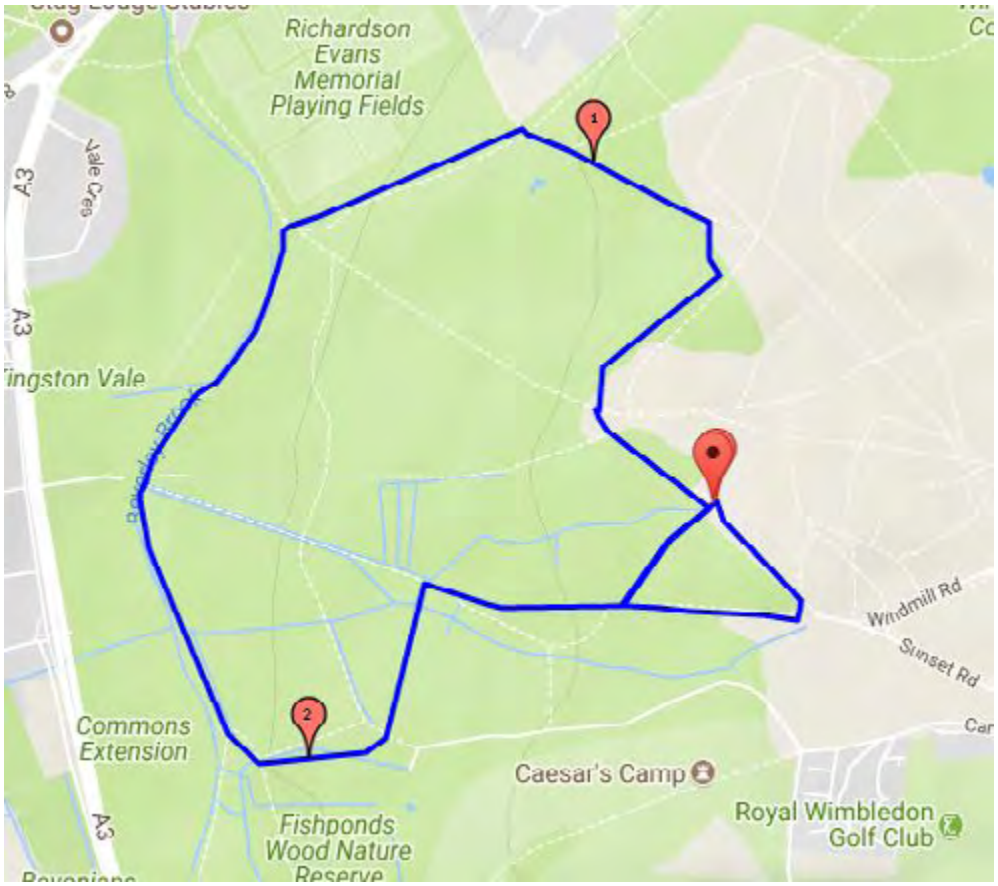
14 October

Our first Surrey League cross country match of the season takes place on Wimbledon Common, starting at 3pm. We hope to perform well in Division 2, but to achieve this we need a good turnout, especially from our potential scorers (the scoring team is made up of the first 10 finishers from each of the 9 competing clubs). I know some of our runners are currently injured, making it even more important to have a good turnout from those of you fit to run.

The start/finish area is at Caesar's Well at the Camp View/ North View end of the Common and close to the end of Sunset Road (approximate postcode SW194UL). It is the same venue as our October 2015 Division 2 fixture. Please use public transport where possible. Wimbledon station is around 20 minutes walk from the start but the 93 bus takes you to Wimbledon Village War Memorial, which is about 10 minutes walk away. Those driving are encouraged to use the free car park at the Windmill (SW195NR), about 10 minutes walk from the start. There is limited metered parking on the street of Wimbledon Village and the top end of the Common. Note that there are no changing facilities at the venue so please arrive ready to run and in good time, at least 30 minutes before the start. Toilets and refreshments are available at Wimbledon Tea Rooms, adjacent to the car park.

The course is the standard 2 laps over a distance of around 7.5km, see map or here https://www.gmap-pedometer.com/?r=6730146
Part of the course, along the brook, is the same as used in the 5 mile club championship race in early September. The section of tghe course can get muddy with large puddles in places, but the remainder of the course should be sounder underfoot. It is less stony than other courses on the Common, so suitable for medium length spikes, but also fell shoes, or even trail or road shoes if the weather remains relatively dry. Note that Divisions 3 and 4 are running on the same course, starting at 2pm.

The team declaration is made online beforehand so please let Ebe Prill ebeprill@yahoo.co.uk and myself Mike Mann mcmann90@yahoo.co.uk know if you are planning to run.



There is a new sponsor this year, so if you still have last year's race numbers, please do NOT use them.
New numbers (200-299) will be issued on the day.

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.

Langdale Horseshoe Fell Race 13 miles 4750 ft

f I had to sum up this race in one word it would be brutal. I had visited the Lake District for four days to be with God, doing some walking and running and crown the visit with this race – a Lakeland classic which had long been on my to do list. I knew it was one of the tougher races, going over Bowfell and Crinkle Crags- two of the rockiest peaks in the Lakes, but as I was going to discover rocks would not be my only challenge.

This is one of the most popular fell races with over 500 entered and 368 turning up on the day. The conditions were windy, wet with a cloud base at about 2400ft. So there was a strict kit check at the start, with every runner also having to have a long sleeve thermal top.
The start was very congested, and because I wasn't confident in my fitness, having had a fortnight off with an eye infection, I started well back in the field, but found the first climb up Sticke Ghyll very slow. However once past CP1 at Stickle Tarn the field spread out a bit. I found myself gaining places, as I was climbing well on the scramble up the side of the huge crag of Pavey Ark. CP2 was on the summit of Thunacar Knott 500 yds east of the top of the crag, and here things changed dramatically. First we left the rocks for a mile and a half downhill on open grass moorland. Secondly we were now running into a gale force wind and driving rain. And thirdly the "grass" was basically bog. At one point a runner just in front of me fell into a bog up to his chest and had to be pulled out. He was fortunate that there were plenty of people around. As we neared the end of the descent I discovered that my fell shoes were getting past their sell-by date as I slipped and fell three times in a row. A girl running behind me said she admired my sliding and rolling technique! This was to become a common feature of the race and not only for me.

The next CP was at the Esk Hause shelter, where the wind felt like a hurricane, and it seemed like a bigger challenge for the marshals than the runners. However after the check point we turned back to traverse under Esk Pike with the wind behind us. It was a small consolation as the route followed a narrow rocky, muddy trod for a mile which made running almost impossible. The next challenge was Bowfell, at 2960 ft, the highest point on the course.
The climb was less challenging than I had expected, but the descent off the summit was a totally different matter. We struggled for several hundred yards over a slippery boulder field, where a fall could have had serious consequences. Several times I and others were reduced to almost going on all fours to keep our balance. However eventually we made it down and started the traverse of Crinkle Crags.

This mountain has five summits ("Crinkles") and we traversed round the first three and then climbed to the top of the fourth, the highest point. Here a decision had to be made. The obvious route goes straight on down a rocky scramble which ends at the Bad Step, a 10 foot vertical rock face. The alternative is to retrace your steps for 50 yards and take to path which skirts the base of the crags. The problem with the Bad Step, which is actually quite easy to get down, is that a queue can build up and for that reason I took the path, and came out in front of several runners who had been ahead of me.

Once again the character of the course changed, a fast easy descent on grass to Rd Tarn, before tacking the last climb up Pike O'Blisco. This proved to be hard work, but it seemed no one else around me was going any faster. However once over the summit, my relative lack of fitness and lack of fell running (this was my first race for 12 months) began to tell. On the boggy, slippery descent I must have fallen half a dozen times, and runners started overtaking me, so that I lost most of the places I had gained since CP1. The wind, rain and bogs had really taken it out of me, and the summit to the finish took 32 minutes. By comparison in the Blisco Dash 7 years ago I did roughly the same descent in 18 minutes!

Runners approaching CP3 at Esk Hause (2400 ft). I am the third runner

The conditions and the terrain meant that this was probably the most challenging race I have done, and it was satisfying to have got round, albeit in a slower time that I had hoped. It was brilliantly organised, and the Sportident timer system meant I was given a readout of my time and splits as soon as I finished. The best bit was the free hot pie – the most delicious thing I have ever eaten ! ***Hugh Balfour***

Winning time 2.13.14
254 Hugh Balfour 3.44.09 9 M60 (out of 23)
347 finishers 22 dnf

SS5 Wimbledon Common

Second Sunday 5 miles cross country

3 Dulwich Runners returned to this event. Matt had a good run and paced it better than in our championship race, and ended up with a time 30 seconds faster. Andy and Ros ran together more slowly! ***Ros Tabor***

Matt Ladds	38:54
Ros Tabor	41:45
Andy Murray	41:47

Royal Parks 1/2M

Haven't run this distance in a while but as it was sponsored by my former employer I blagged a free place. This is a bit of a glitzy affair and not many running club vests in evidence with most runners opting for a charity shirt.
Having a sponsors number I could start were I liked and ended up, rather optimistically, just behind the 1:45 pacers, in the hope of finishing under 2 hours, on the grounds that everybody had said the course was very congested. The first three miles are either flat or marginally downhill. I felt surprisingly comfortable at 8 min mile pace but my pacers were still way ahead, maybe trying to catch up to clock time as we started 5 mins after the gun. The course is certainly scenic and with good crowds, plus lovely running weather, made it a good day out.

2815 Bob Bell 1:46:49

Croydon 10K

10th October

I've run this race at least a dozen times since the 1980's. In the early days (before the tram lines), it used to start in Oaks Road. Bizarrely the start has been moved back to Lloyds Park which means crossing the tram lines about 150metres after the start and again after1K as you turn into Oaks Road. Not really sure how they get away with this in todays elf and safety society. This year I was joined by Paul Hilton running this for the first time and we started towards the back of the field as we knew there was chip timing. Needless to say as 2/3 of the field left the start road to turn left up the hill towards Oaks Rd a tram appeared and we had to stop to let it pass!
The rest of the race was fairly uneventful. I got away from Paul during the first half but apparently he was slowly catching me during the last couple of K with the result we finished fairly close. Despite the unscheduled tram stop, I improved 10 secs on last years time and 2 mins on 2015.

1st S Wade Brighton Phoenix	33.11
203 Peter Jackson	53.48
206 Paul Hilton	54.20
357 finishers	

Cruising for a bruising: Lullingstone park run 7 Oct and the Petts Wood 10k 8 Oct

Having really struggled with hilly races over the last few weeks I decided to really have a testing weekend by competing in the Lullingstone p r and then the Petts Wood 10k. Lullingstone is one of the hilliest park runs around and the PW is a challenging largely off road course. So I was really cruising for a bruising.

Lullingstone parkrun

Despite its challenging course and £2.50 for the car park, this is a really scenic course that is recommended. I ran this with former Dulwich stalwart, Martin Morley, who now runs for Lincoln Wellington. It was no surprise that he left me up the hill and finished comfortably in front of me.

18 Martin Morley (ex Dulwich Runner) 26.26
22 Colin Frith 27.02
53 finished. 1st man 19.55

Petts Wood 10k

Having completed the challenging Park Run the previous day I wondered how much this had taken out of me and sure enough at the first significant climb about 20 runners pass by me. However I was pleased to finish in under 50 mins..The course was slightly changed to that of previous years the removal of the painful footbridge meant that the course, in my opinion, was slightly easier than before.

189 Colin Frith 49:42
760 finishers
1st man 34:09 (course record)
1st woman 38:14 (course record)

Kingston 1/2M

1st Oct

143 Paul Vivash 1:34:50
1051 ran

Royal Parks 1/2M

8th Oct

479 Paul Vivash 1:31:37
16474 ran

Fast and Furious Duathlon Eynsford

October 8

Steve Smthe reports, the race consists of a 3 mile run, 12 miles bike and 3 miles run. The run lap has a tough start and fast finish and the bike is rolling and tough and out and back but slightly easier on the return.
The event used to be very popular with 3 different waves and 120 entries but this time entries were down to 40 and everyone starts together. For a Duathlon, it's a no-frills cheap event at £30 on the day.
A few of the Dulwich Runners have been doing the event for much of the last decade and they returned.
Tony isn't in his best running form after injury problems in the summer but was competitive and in the battle for second but ended up fourth behind three youngsters.
It was just under a minute down on his time from when he was third last year but he was again the first veteran and won the M50 trophy.
Lloyd Collier, while a Ironman, is relatively new to multi-eventing, won the M40 trophy and was just under two minutes down on Tony with a solid run/bike/run but went for the bike shoe option which meant a change of shoes and lost transition time unlike Tony and Steve.
After a modest first run, Steve did exactly the same time to the second as Lloyd on the bike strava stretch from Eynsford to Otford but lost a little time on the faster second half. He had a better second run than usual though and was pleased to finish in the top 8, 6 minutes up on last year and second M50 in his last year in the age group.
However, while the first seven won prizes and he was close behind second and third M40, who did, he went home empty-handed as only 1 M50 prize was awarded, though he was at least quicker than when he was first M50 back in 2012.
That year, Clare Elms was first woman in 71:51 and this year the women's event was won in 80:59 with Clare still too injured to compete though her biking is far stronger than 5 years ago.
Clare Wyngard was also well up on her time of last year and finished fifth woman (and third W50) with a strong run and bike leg.
4th Tony Tuohy 70:39 (1M50) (69:48 2016) 5th Lloyd Collier 72:33 (1M40) 8th Steve Smythe 74:27 (2M50) (80:29 2016) 5W/26th Clare Wyngard 88:37 (91:51 2016)
39 finished

Royal Parks 1/2M

8th October 2017

Week 3...Race 3...Cough and cold gone? Not quite! So here we were again with another case of 'how to get through a race when not feeling great' for Barrie. And another race report from me - the keyboard is now showing a little fatigue!

Barrie had the luck to get a charity place in this fantastic half marathon after the ballot route didn't deliver. He has wanted to run it for years as reports on the course read like a tour guide of the best sites of London. The support on the streets is not far off that of the marathon itself either. He had also worked at the event for the previous 9 years so it was only right to run it on its 10th anniversary. Hence, he was reluctant to miss the event even though it would have been the easiest to drop out of all the three races.

The weather uncannily serves up a healthy dollop of early autumn sunshine for this race most years and can catch out runners who wrap up in the cold of the early morning. This year proved no different with cooler temperatures giving way to blue skies - but not quite Marbella blue nor Spanish heat for that matter.

Barrie had gained a place via the Royal Parks charity as it is one close to our hearts, with the beautiful tranquillity and wild terrain of Richmond Park being a regular parkrun haunt for us. The charity is also in charge of all 8 Royal Parks, helping to preserve the 5,000 acres of magical green space they encompass for future generations. Team Squirrel was the assigned name for this charity's runners and hence a squirrel featured heavily on the back of the team vest and any communication, alongside a raft of somewhat cheesy squirrel puns in anything they sent out e.g. are you squirrelling away your fundraising pounds? More to follow on that theme.

As with Marbella Barrie opted for a steady run with the two-hour pacer. They say third time lucky and so it was with the pacer running the full distance. He also delivered an abundance of enthusiastic encouragement and interesting information as they passed the famous sites. Apparently, he sounded a bit like Bear Grills such was his enthusiasm and passion! Barrie even got a little cocky as he left the pacer at mile 12 given he was feeling so easy but hung around at the finish to thank him. He was clearly a cut above Marbella!

The charity offered post-race massage, which was too good to refuse, and refreshments. Despite clearly topping the age spectrum among his fellow team members, Barrie produced a conkering performance (sorry) and was proud to be the first Team Squirrel runner home. His Super Squirrel Stardom was honoured with a cupcake sporting a small squirrel decoration. Not a particularly portable or durable prize but Barrie revelled temporarily in the glory.

Barrie was relieved to report this race was his best of all 3 and he hardly looked like he had broken a sweat. This has given him encouragement that he can get back on track and hopefully finally get over his chest infection.
He was also so pleased to have had the chance to run the amazing route. Whilst it isn't a highly competitive race with top club runners, it feels like a real festival of running with an incredibly positive vibe around the joy of running and being able to take part. Hats off to the organisers for encouraging and embracing that and opening a race environment up to a broader and less expert audience.

A few other DRs were spotted in the race village but I am sure you will be reporting on your runs. It's also a bit of a guessing game to source DR times as the results are not searchable by club. I hope you all had a good race.

Will Barrie do the race again? He'd love to. After all he came, he saw, he conkered this year and maybe another squirrel cupcake awaits next time!

Lindsey Annable

parkrun October 7th

Banstead Woods
175 Ran

Pos	Gen		
4	4	Tony Tuohy	18:37

Beckenham Place
153 Ran

Pos	Gen		
1	1	Andy Bond	17:05

Brockwell
294 Ran

Pos	Gen		
65	5	Anna Thomas	21:49
70	7	Lucy Pickering	21:55
75	68	Graham Laylee	22:11
103	92	Andy Murray	23:29
188	140	John Breslin	27:10

Bromley
508 Ran

Pos	Gen		
214	178	Chris Goodman	25:44

Burgess
308 Ran

Pos	Gen		
299	193	Chris Vernon	37:52
308	113	Susan Vernon	56:46

Bushy
1465 Ran

Pos	Gen		
6	6	Stephen Davies	16:59

Cannon Hill , Birmingham
644 Ran

Pos	Gen		
202	25	Susan Cooper	25:00

Crystal Palace
263 Ran

Pos	Gen		
29	2	Ola Balme	21:31
57	8	Belinda Cottrill	23:08
72	61	Andy Cottrill	23:39
73	62	Michael Dodds	23:41
74	63	Bob Bell	23:44
115	20	Clare Wyngard	25:24
216	151	Paul Hodge	32:01

Dulwich
295 Ran

Pos	Gen		
14	14	Ebe Prill	19:43
18	18	Rob Cope	19:56
81	76	Mark Muffett	22:53
89	81	Simon Harding	23:03
160	34	Colleen Williams	26:24
184	139	Mick Mead	27:35

Folkestone
207 Ran

Pos	Gen		
3	3	Steve Rolfe	18:38

Greenwich
231 Ran

Pos	Gen		
33	32	Joseph Brady	22:28

Hereford
202 Ran

Pos	Gen		
11	2	Katie Styles	21:48

Hilly Fields
267 Ran

Pos	Gen		
18	18	Gary Sullivan	20:04

Pomphrey Hill
371 Ran

Pos	Gen		
25	25	Joe Farrington-Douglas	20:59

Leicester Victoria
305 Ran

Pos	Gen		
112	20	Marjorie Epson	25:12

Lullingstone
53 Ran

Pos	Gen		
22	22	Colin Frith	27:02

Malling
193 Ran

Pos	Gen		
11	1	Tereza Francova	20:49

Osterley
172 Ran

Pos	Gen		
68	13	Lindsey Annable	26:26

Peckham Rye
207 Ran

Pos	Gen		
1	1	Tom Marshall	18:00
3	3	Justin Siderfin	19:09
5	5	Charles Lound	19:34
25	2	Michelle Lennon	21:51
27	3	Emma Ibell	21:55
31	28	Oliver Bottle	22:05
37	33	Matthew Ladds	22:24
58	12	Michelle Key	23:04
79	19	Claire Barnard	24:39

Richmond
439 Ran

Pos	Gen		
20	2	Claire Baglin	20:21

Riddlesdown
164 Ran

Pos	Gen		
12	2	Ange Norris	20:03

Southwark
263 Ran

Pos	Gen		
127	27	Kaylee Coxall	26:05
137	107	Paul Keating	26:41

Tooting Common
537 Ran

Pos	Gen		
90	84	Cameron Timmis	22:15

Western Springs
86 Ran

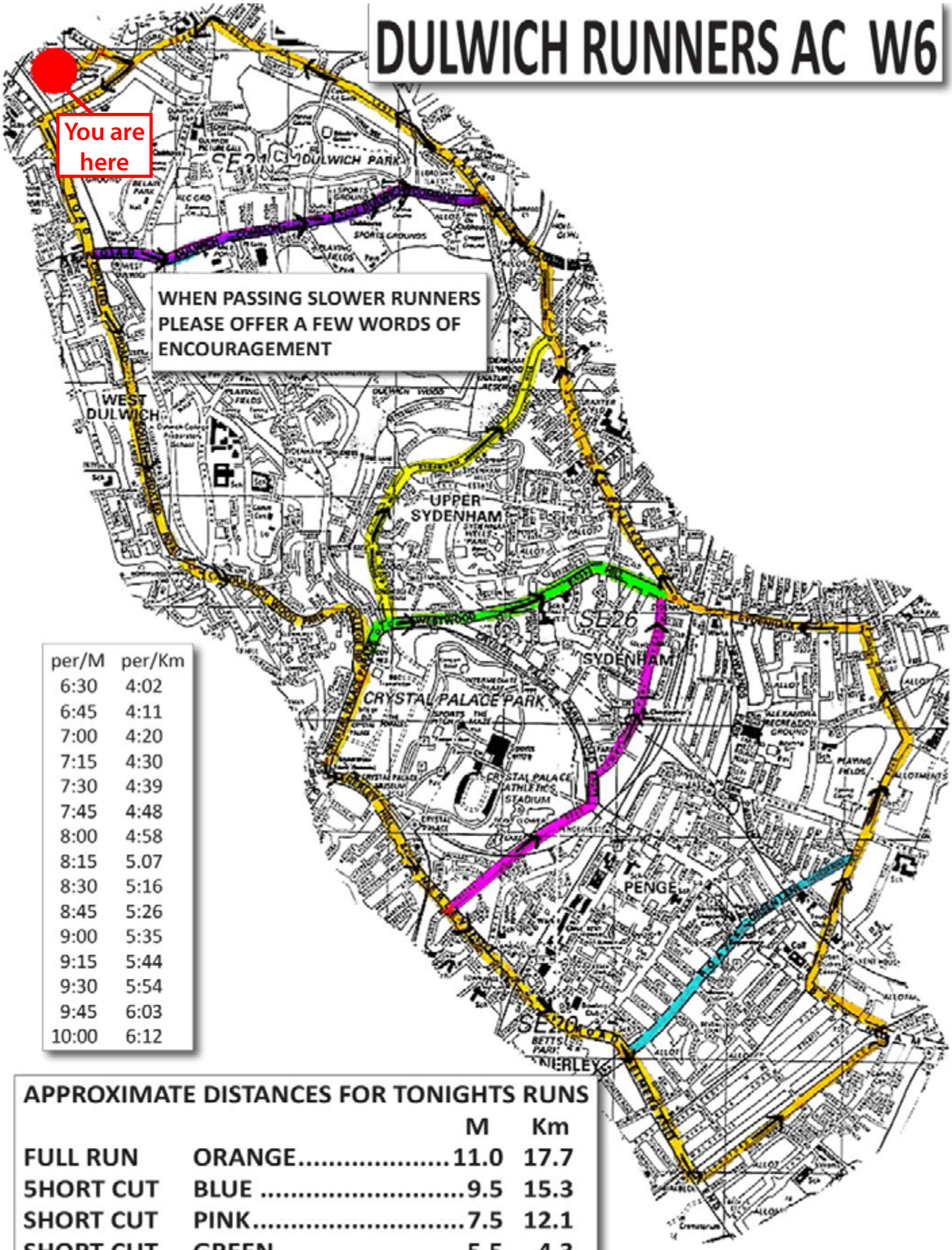
Pos	Gen		
30	22	Nick Bell	23:41

Worcester Pitchcroft
186 Ran

Pos	Gen		
99	22	Elizabeth Begley	27:44

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 W6



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	11.0	17.7
SHORT CUT	BLUE	9.5	15.3
SHORT CUT	PINK	7.5	12.1
SHORT CUT	GREEN	5.5	4.3
SHORT CUT	YELLOW	4.5	7.2
SHORT CUT	PURPLE	3.0	4.8