SHORTS

Dulwich Runners AC
Weekly Newsletter
November 29th 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 29 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 5 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 South of Thames XC - full report & results
8 Parkrun results
9 Map for the routes this Wednesday
10 Turkey Trot 2017 - Entry form

And much more !

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

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

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

Click to SUBSCRIBE or UNSUBSCRIBE
www.dulwichrunners.org.uk/index.html

You can follow us on

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

Dec 2 Kent Masters - Dartford
9 SEAA Masters - Horspath, Oxford
16 South of Thames 7.5M - Aldershot

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 Steve Rolfe 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

Lindsey Annable	29/11
Hugh Balfour	6/12
Joseph Brady	13/12
Lloyd Collier	20/12

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

TURKEY TROT 2017

The club annual Christmas handicap race will be held in Dulwich Park the morning after the Christmas party (Sunday 17 December).
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 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

Gill Johnson

Hi everyone just to let you know mums funeral will be on Thursday 7th December. At hithergreen cemetery with reception at 241 standstead road (where her party was). It is at 3.15pm so please arrive for 3ish. Mum wants everyone to be happy so wear as much colour as you feel :-) flowers welcome but mum has asked for donations to be preferred which I have decided will go to the amazing hospice she was in at the end of her life.
Please pass this on! Love ashleigh xx

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	2	Kent Masters		Dartford
	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.

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

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

Club place for London Marathon 2018

Thank you so much to Dulwich Runners for giving me the opportunity to run the London Marathon in 2018. I think I was in shock on Wednesday! This will be my first marathon and I've started training already – hopefully it will be a run to be proud of!
Claire Barnard

Brockwell Parkrun

The anniversary run at Brockwell parkrun takes place on 9 December and we have offered to provide some pacers for the event. If you are able to help please let me know. It does not have to be particularly challenging as you can pace slower than your normal speed and the fastest time required is likely to be 20 minutes, going down to around 28 minutes.

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

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**.

Following the South of Thames race on 25 November which used the same course, we now have a better idea of the number of volunteers required and their deployment. 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, so the burden will not fall entirely on us. 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. However there are some transport issues. Due to engineering works there is a rail replacement bus operating between Three Bridges and Brighton and there are restrictions on parking at Stanmer Park and Sussex University.

It is possible there may be access to the football ground car park but this will not be known until the FA Cup draw in early January. We are therefore looking into the possibility of booking a coach, but this will depend on numbers. It would therefore be useful to have an early indication 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

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

Kent Vets Cross Country Champs

2 December

For those of you entered these champs take place at Central Park, Dartford. Start times are as follows:
11.00 M50s (9k)
12.00 M60s + all women (5k)
12.45 M40s (9k)

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

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

January Cross Country Events

Entries are now open for the following races taking place in January

6	January Kent Champs at Brands Hatch	**closing date 8 December**
6	January Surrey Champs at Denbies Vineyard	**closing date 20 December**
27	January South of England Champs at Stanmer Park, Brighton	**closing date 11 December**

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.

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.

South of Thames 5 mile Championships, Beckenham Place Park

November 25

Steve Smythe writes 27 Dulwich Runners took part but considering it was local and part of the club cross-country championships, the total of 18 men and 9 women should have been better and a lot of runners who requested entry failed to show for a variety of reasons and that included a fair number of our faster runners which cost us a higher position.
The race was held over a better two-lap course than the 7.5 mile event last year, sticking more to the old golf course and there was only one notable bottleneck which could easily be avoided and the basics of the course will probably be used in the upcoming Surrey men's league which we host.
The course was quite testing (5 medium hills per lap) and twisty and the grass was not muddy or too slippery and was 0.2 to 0.3 over the advertised three miles.

Women's TEAM (4 to score):

6 Dulwich (15-28-30-37) 110
England international Ange Norris led the team home which came sixth place. She was first W55 and actually beat the W45 and W50 winners too. The team entered would probably have medalled. Organisers Kent AC would have won anyway but we should be able to give their B team a good race, and they took second place in a weaker team race than the men's not helped by there being a Kent women's league less than 10 miles away.
Ola is improving race by race and so are the other A scorers Emma and Christina as all the A team ran to form.

15W/137 Ange Norris 36:03 (1W55)
28W/171 Ola Balme 37:54 (2W50)
30W/174 Emma Ibell 38:01 (2 W45)
37W/190 Christina Dimitrov 38:51

11 Dulwich B (38-43-46-47) 174

All the B team finished within a minute of each other, packing well and they were also within a minute of the final A scorer. Michelle ran well while Lucy Pickering had one of her best ever runs for the club to beat fellow W50 Lucy Clapp who did well to hold off Rebecca, who did not run to her best form this time.

38W/191 Michelle Lennon38:54 (5 W50)
43W/197 Lucy Pickering 39:24 (6 W50)
46W/204 Lucy Clapp 39:46 (7 W50)
47W/205 Rebecca Schulleri 39:48

Non scorers
Yvette was our ninth runner and not far behind the scorers and had one of her better runs of late but it was disappointing that we did not have more women behind her and Yvette actually beat the last four men of the club, who had a better range of abilities in action.
49W/211 Yvette Dore 40:14
73 women finishers

Men's race (4 to score):

10 Dulwich Runners (29, 41, 59, 61) 190
Dulwich men finished tenth with a solid team effort which would have been higher had Buzz been well enough to run. It seems unfortunate that we never seem to get our top 6 to all run at the same time! Greg Hills is in great form but hasn't been able to race for us on the country so far this year and he had his best club cross run yet to make the top 30 and lead the team home by almost a minute. Greg's miles courtesy of Strava (5:45 average) were 5:26, 6:04, 5:43, 5:43, 5:57 with 5:21 for the extra 0.2 at the end!
He carried on his good form to win the Kent Fitness league the following day at Eltham.
Steve Davies had a solid run though maybe not at his very best. Tom South ran well again and was just ahead of a hangover-affected Steve Rolfe, who made the most of his last race as a single/free man.

29 Greg Hills 30:24
41 Steve Davies 31:17 (2M45)
59 Tom South 32:44
61 Steve Rolfe 32:48

23 Dulwich R 'B' (77, 80, 110, 113) 380

Jonathan Whittaker ran a strong well-paced run to finish ahead of Lloyd, who made a welcome reappearance to proper running minus the swim and bike.
Matt Cooke and Ebe completed the B team, both finding the second lap harder after a fast first lap.

77 Jonathan Whittaker 33:39
80 Lloyd Collier 33:52
110 Matt Cooke 35:22
113 Ebe Prill 35:28 (7 M55)

32 Dulwich R 'C' (117, 134, 141, 147) 539

Steve Smythe was well below form and finished ahead of Grzegorz, who started far too quickly.
Hugh, who was first M60, and Jim showed better form than in the last league race.

117 Steve Smythe 35:35
134 Grzegorz Galezia 36:58
141/165 Hugh Balfour 37:30 (1M60)
147/179 Jim Dowsett 38:20

38 Dulwich R 'D' (149, 150, 163, 173) 635

Chris made a welcome reappearance to racing and led home the D team just ahead of Martin.
Cameron is capable of better but ran strongly as did Matt.

149/182 Chris Loizou 38:34
150/193 Martin Double 38:36
163/212 Cameron Timmis 40:16
173/225 Matt Ladds 41:23

Non scorers
Ed is someway short of his best fitness but good to see him back racing and Andy completed the team.

175/227 Ed Smyth 41:34
177/231 Andy Murray 41:40
264 finishers

Men's TEAM (8 to score)
Showing our depth, the men finished fifth in the 8 to score event.
5 Dulwich Runners (190 + 380) 570
13 Dulwich R 'B' (539 + 635) 1274

Just to clarify my previous women's league report.
My negativity was more towards a far too low five to score system (the men is 10) which negates against those without very high individual placings. I think the club numbers at Nonsuch Park were excellent (less so at Beckenham!) and in many ways I think it is best to get 20 runners out than a lot less who may finish further up. To me good team results in the league are slightly overrated compared to championship racing and we should focus on numbers as much as positions in the next two league races.

Ange Norris adds..What a perfect day for cross country running! Put that together with a good course and we were set for an enjoyable time.
It was cold, gloves weather but bright too, so warm enough whilst running. The 2-lap course was lacking some mud but had undulations, twists and turns and tree roots which all had to be navigated semi blindly with the low sun in eyes that were running due to the chilly wind.

Our 16 strong ladies team was depleted to 9 due to various injuries and illnesses, but that was enough for 2 teams which finished 6th and 11th. The South of Thames is unusual (unique?) in that ladies run in the same race as the men although they score separately. All our ladies ran strongly and finished around mid-pack in terms of the ladies' race and overall. Well run everyone.

Thanks to Jo who came to marshal and support despite having a strained ankle, Barry who cheered and took photos and Tom who arranged the post run drinks venue. The beer was good, and it warmed me up before peddling home.

Kent League, Danson Park

November 25

Lucy did not run to her very best form but was less than 30 seconds back on a top 5 place and only 19 seconds back on the first junior. She was a scorer in Blackheath's second placed women team in both the 3 and 6 to score event.
Women: 5km (slightly under)
15 Lucy Elms 19:35 (4th U20)
149 finished

In the under 20 men's race, Oscar Hussey, also representing Blackheath, finished 10th in 16:38 – he was fourth, eighth and second in the previous three and he finished third overall over the whole season.

Inter-Area Cross Country Challenge

25 November

This year's Inter-Area Challenge took place at King's Park on the edge of Bournemouth, next to the football stadium. Although billed as 7.5km, it was shorter than this and judging by my own time and those of some of my rivals was similar in distance to the 7k course at Wimbledon Common used for last year's event. At first sight the course appeared to consist largely of flat well drained parkland, but this proved not to be the case with the middle section of each of the 3 laps taken up with stony paths with one short sharp hill and another gradual one. As a result my spikes were confined to the rucksack and I wore road shoes, which were perfectly adequate, if a little clunky. This year the race was scored using age grading. Next year's Challenge is pencilled in for the North of England and is likely to be used as a selection race for the British and Irish Masters cross country, so those planning to put themselves forward for selection should take note.

The pace was brisk from the outset and the tempo throughout the race felt similar to a 5k. My run represented my best of the season to date in a similar time to last year and exactly the same gap of 3 secs ahead of my Blackheath & Bromley rival. With just under 83% age grading, I was a good 30 secs short of my top form, but much improved on my early season form, hopefully providing a solid basis for the indoor track season starting at the end of the winter months.

Mike Mann 32:08 (82.97% age grading)

2017 Club Championships Marathon
Notified performances in time order

	cat.	marathon	time	age graded pts.	pos.	Age group points								
						ms	m40	m50	m60	fs	f40	f50	f60	
Timothy Bowen	m s	London 23 Apr	2.32.46	806	6	50								1st man
Alastair Locke	m s	London 23 Apr	2.39.15	774	7	49								2nd man
Shane O'Neill	m s	Valencia 19 Nov	2.42.19	not nom.										
Charles Lound	m40	London 23 Apr	2.42.48	836	3		50							3rd man
Stephen Davies	m40	London 23 Apr	2.44.17	814	4		49							1st m40
Shona Mcintosh	f s	London 23 Apr	2.47.52	809	5					50				1st woman
Tom Marshall	m40	London 23 Apr	2.48.44	755	8		48							2nd age graded
Gregory Hills		Amsterdam 15 Oct	2.48.47	not nom.										
Gregory Hills	m s	London 23 Apr	2.53.05	710	18	48								1st sen. man
Paul Devine	m s	London 23 Apr	2.53.21	725	14	47								Captains' award
Mark Lacey	m s	London 23 Apr	2.53.28	712	17	46								
Mark Callaghan	m40	London 23 Apr	2.54.22	730	12		47							
Stephen Smythe	m50	Sev 19 Feb	2.56.16	837	2			50						1st m50
Edward Chuck	m s	Edinb 28 May	2.57.02	695	22	45								
Tom Tabori	m s	Sev 19 Feb	2.59.06	687	24	44								
Daniel Mann	m s	Cannes 5 Nov	2.59.35	700	21	43								
Steve Rolfe	m s	Belfast 1 May	3.00.42	680	26	42								
Michael Hutchinson	m40	London 23 Apr	3.01.22	713	16		46							
Shane O'Neill	m s	London 23 Apr	3.03.08	671	28	41								
Helen Lister	f s	London 23 Apr	3.05.19	733	11					49				2nd woman
Melanie Edwards	f s	London 23 Apr	3.06.02	733	10					48				3rd woman
Ange Norris	f50	London 23 Apr	3.08.29	871	1							50		1st overall
Grzegorz Galezia	m40	London 23 Apr	3.10.39	707	19		45							
Tom Wilson	m40	Gt Manc 2 Apr	3.17.30	645	29		44							
Paul Vivash	m s	Paris 7 Apr	3.18.18	627	32	40								
Alice Williams	fs	Brighton 9 Apr	3.21.24	673	27					47				1st sen.oman
Eberhard Prill	m50	London 23 Apr	3.21.43	705	20			49						
Jim Dowsett	m40	London 23 Apr	3.23.25	636	30		43							
Edward Harper	m s	Edinb 28 May	3.25.51	597	36	39								
Toby de Belder	m s	Ambleside 21 May	3.26.45	605	35	38								
Michelle Lennon	w40/50	London 23 Apr	3.26.51	744	9							49		1st w50
Gary Sullivan	m50	M Keynes 1 May	3.27.00	719	15			48						
Yvette Dore	w40	London 23 Apr	3.30.10	685	25						50			1st w40
Ajay Khandelwal	m40	London 23 Apr	3.30.38	635	31		42							
Stephen Duck	m s	Edinb 28 May	3.31.31	581	41	37								
Lucy Pickering	f50	London 23 Apr	3.34.37	726	13							48		3rd age graded
Clare Cummings	f s	London 23 Apr	3.41.10	612	34					46				
Hugh Balfour	m60	Bost UK 17 Apr	3.41.25	692	23				50					1st m60
Laura Vincent	f s	Hamburg 23 Apr	3.50.21	591	38					45				
Laura Lane	f s	Gt Manc 2 Apr	3.51.54	595	37					44				
Joanne Shelton-Pereda	f40	Valencia 19 Nov	3.53.03	612	33						49			
Christina Dimitrov	f s	Kent Circt 28 May	3.58.41	567	42					43				
Karina Burrowes	f s	London 23 Apr	4.07.57	546	43					42				
Patrick Mcmorrow	m60	London 23 Apr	4.14.50	590	39				49					
Tessa Morrison	f s	Gt Manc 2 Apr	4.19.30	522	44					41				
Barrie John Nicholls	m60	London 23 Apr	4.22.58	588	40				48					
Natalie Davys	fs	Chicago 8 Oct	4.32.49	506	45					40				
Matt Ladds	ms	London 23 Apr	4.55.00	417	46	36								
					46	15	9	3	3	11	2	3	-	

parkrun November 25

Brockwelll
321 Ran

Pos	Gen		
2	2	Andy Bond	17:19
107	20	Clare Cummings	23:46
187	48	Sharon Erdman	26:39
198	51	Natalie Davys	27:07
213	152	John Breslin	27:36

Cannock Chase
339 Ran

Pos	Gen		
7	7	Gary Sullivan	20:19

Crystal Palace
255 Ran

Pos	Gen		
14	14	Tom Wilson	20:30
33	2	Belinda Cottrill	22:24
103	87	Andy Cottrill	25:37
144	35	Hannah Little	27:40
184	127	Paul Hilton	30:04
252	100	Penelope d'Arcy Graham	48:06

Dartford
174 Ran

Pos	Gen		
8	8	Michael Fullilove	21:01

Dulwich
293 Ran

Pos	Gen		
17	16	Rob Hollands	18:30
41	40	Paul Vivash	20:47
65	60	Paul Hodge	21:45
91	81	Rob Cope	23:03
107	91	Michael Dodds	23:48
154	31	Hannah Harvest	25:14
220	160	Mick Mead	28:21

East Coast Park
100 Ran

Pos	Gen		
85	24	Elizabeth Begley	28:39

Henley-On-Thames
The Henley parkrun started this year. It is a trail course in two laps with a fiendish hill in the middle from which you get a lovely view over the Thames Valley. In the first kilometer or so it is not possible to overtake easily, as people run in single file before the wider part through the trees up the hill starts separating everyone.

I ran on a nice crisp morning with conditions good, but it could be quite awkward after rain and you need to watch out for tree roots. One of the runners had cycled out from London in the morning to do his 150th run. There were quite a few children braving the cold weather. It was well marshaled and signed with friendly volunteers to explain the course.

81 Ran

Pos	Gen		
14	11	Gideon Franklin	23:46

Hilly Fields
240 Ran

Pos	Gen		
12	12	Ian Lilley	20:50
234	85	Carolina Lilley	43:08

Hove Promenade
277 Ran

Pos	Gen		
31	28	Nicholas Brown	20:36

Lullingstone
49 Ran

Pos	Gen		
8	1	Tereza Francova	22:49

Leicester Victoria
272 Ran

Pos	Gen		
68	4	Marjorie Epson	23:53

Orpington
143 Ran

Pos	Gen		
26	26	Colin Frith	23:44

Peckham Rye
249 Ran

Pos	Gen		
15	15	Joe Farrington-Douglas	19:48
213	139	Justin Siderfin	31:12

Portsmouth Lakeside
286 Ran

Pos	Gen		
42	3	Laura Vincent	22:49

South Norwood
78 Ran

Pos	Gen		
37	6	Carys Morgan	26:30
38	32	Peter Jackson	26:34

Southwark
300 Ran

Pos	Gen		
146	25	Kaylee Coxall	25:48
147	26	Claire Steward	25:53

Western Springs
94 Ran

Pos	Gen		
23	21	Nick Bell	22:38

Whitstable
215 Ran

Pos	Gen		
18	17	Bob Bell	23:17

Wimbledon Common
381 Ran

Pos	Gen		
119	11	Ros Tabor	24:07

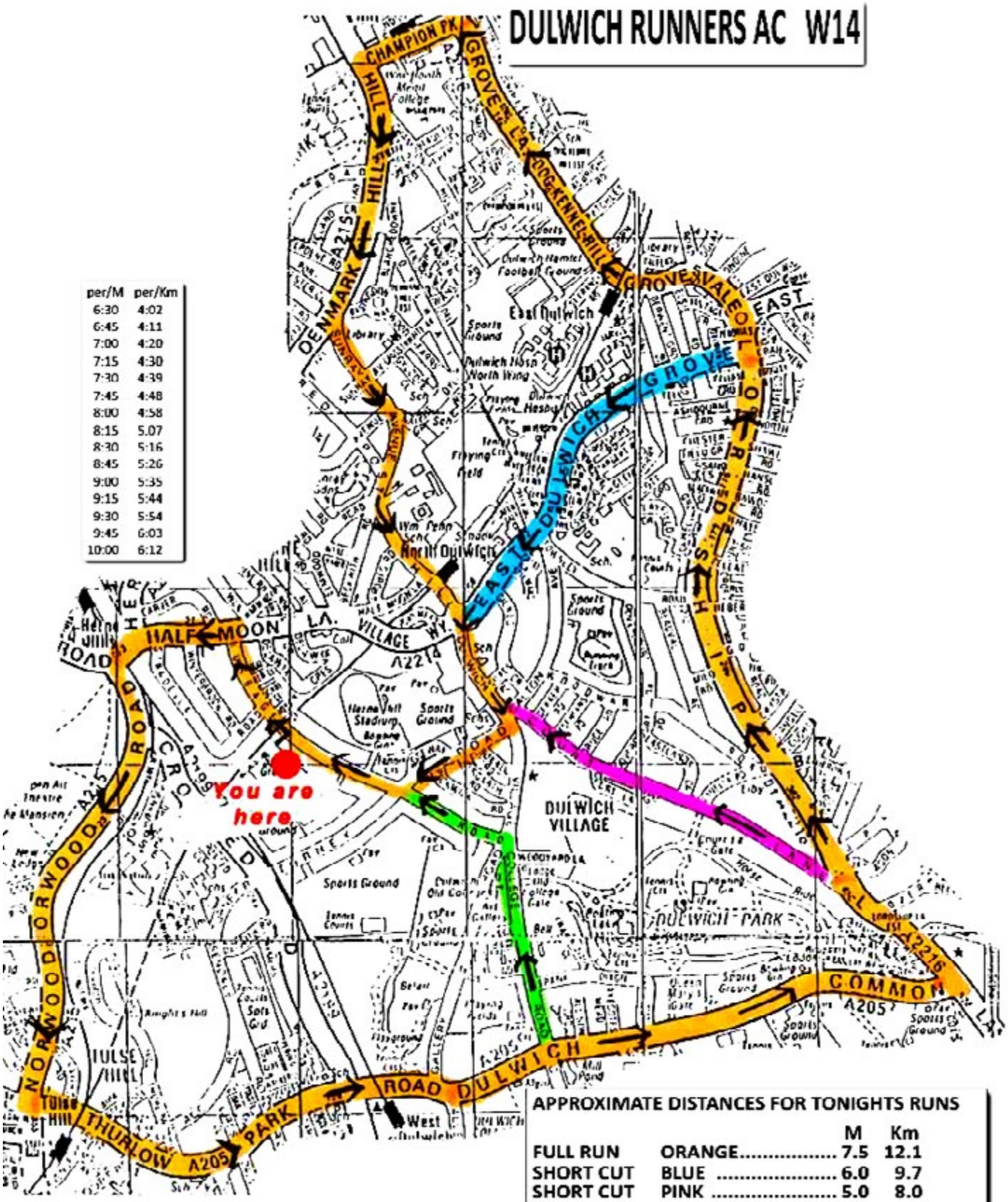
BROCKWELL PARKRUN
The anniversary run at Brockwell parkrun takes place on 9 December and we have offered to provide some pacers for the event. If you are able to help please let me know. It does not have to be particularly challenging as you can pace slower than your normal speed and the fastest time required is likely to be 20 minutes, going down to around 28 minutes.

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

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 W14



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	7.5	12.1
SHORT CUT	BLUE	6.0	9.7
SHORT CUT	PINK	5.0	8.0
SHORT CUT	GREEN	3.5	5.6

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