DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
October 25th 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 25 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Wed 25 Curry night at 9pm after your run at the Surma on Lordship Lane.
Contact Matt Ladds - see page 3

Tue 7 Track - Crystal Palace Arena -see below

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Fixture list, club champs, road, XC, etc
4 Cross country section - Races & useful info
6 Race reports , results etc
9 Parkrun results
10 Map for the routes this Wednesday

And much more !

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

You can follow us on

TRACK SESSIONS

Crystal Palace Track

£2.50 per session - Suitable for all abilities.
At reception say you are with Dulwich Runners but do not pay there, pay Ros trackside. Can take up to 10mins to get from reception down to track.
Arrive at 7pm if you want a full warm-up, of various drills. Strides etc will start around 7.20pm, main session taken by Steve Smythe will start shortly after and be in the region of 40-45 minutes.
In my view apart from the long Sunday run, if you are preparing for a marathon, this is the key session to improve speed and speed endurance and works best if you do it regularly. ***Steve Smythe***

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

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

Oct 28 BMAF XC relays - Long Eaton
Nov 4 Reigate Priory XC Relays - men & women

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE
PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- Sign the attendance register and **pay £1.**
- We need the money to help pay for clubhouse hire, map printing etc.
- We use the register to compile the new runners' rota, so please write legibly.

Thank you. - Ros

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.
Thanks go to Joanne Shelton Perada, Jim Dowsett and Christina Dimitrov for taking out new runners last week.
If you're on the list, please try and turn up that night and make sure anybody new has someone to run with.
If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – Ros

Ros Tabor	25/10
Cameron Timmis	1/11
Tony Touhy	8/11
Mick Ward	15/11

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like to have more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed. Details are on the website: www.englandathletics.org Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members.
If you are interested please contact me or another committee member. ros.tabor49@gmail.com
Thanks - Ros

Wednesday Night Map

This map for this Wednesday's runs can be found on the last page of Shorts.
Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse - Thanks

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)

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

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

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

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	28	BMAF XC Relays		Long Eaton
Nov	4	Reigate Priory relays men & women		Reigate
	11	Surrey League 2	men	Richmond Park
	11	Surrey League 2	women	Nonsuch Park
	17	November British and Irish Masters		Derry, Northern Ireland
	18	London champs		Parliament Hil
	25	England Masters Inter-Area		Bournemouth
	25	South of Thames 5		Beckenham
Dec	2	Kent Masters		tbc
	9	SEAA Masters XC		Horspath, Oxford
	16	South of Thames 7.5		Aldershot
2018		2018		2018
Jan	6	Surrey and Kent Champs		tbc
	13	Surrey League 3	men	Beckenham Place Park
	13	Surrey League 3	women	Wimbledon Common
	20	Vets AC Champs		Wimbledon Common tbc
	27	South of England Champs		tbc
Feb	10	Surrey League 4	men	Lloyd Park
	10	Surrey League 4	women	Richmond Park
	24	National Champs		Parliament Hill
Mar	17	BMAF Champs		Forres, Scotland

Track Training

Numbers have been ok overall since our return to Crystal Palace but I have been disappointed by the lack of support from our faster runners and the consistency of attendance. I appreciate some have had injuries or other targets but a well balanced training programme requires a focus on speed endurance and it is in runners interest and the club to get a good group of similar paced runners working together.
And it is better that the best runners train together on the Tuesday rather than go too fast together on the Wednesday run on the roads.
To get the benefit of the sessions,though it is necessary to do it regularly.
From experience I can say all my best marathons and 10k and half-marathon and cross-country races in the past have come after consistent speed sessions which I attended every week even if it meant working very early or very late on other days.
Now I have to come further than most to get there and back and it would be easier for me to train more locally and just advise a session for someone else to administer or take over.

Steve Smythe

Marathon Training

A few people have been in touch about marathon training and I am happy to oblige.
I have done all bar one London marathon (the short one in 1983!) and have run at least one marathon every year since 1976 - and have run a sub-3 marathon in 5 different decades (70s (2:54 in debut), 80s (2:29 PB), 90s, 00s (2:43 at 50) and 10s (2:56 in Seville this year for a then world record 40 year-span) so hopefully know a few things about preparation which I haven't totally forgotten yet.
steve.smythe@athleticsweekly.com

The cross country season starts in October with races taking place on most Saturdays until mid February.
Here is some key information for the benefit of both newly joined members and regulars.

Surrey League
We compete in the Surrey League and this is the club's main priority. There are 4 fixtures during the season starting on 14 October with the women at Reigate Priory Park and the men at Wimbledon Common. Further details on times, location etc. will be posted by your captains nearer the time.

Details on other Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible. Our men were relegated to Division 2 last season, but will need to maintain their excellent turnouts and performances to be sure of returning to Division1.

Distance
The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, ranging from around 8km in the autumn to 12km and over for the men later in the season, but normally not more than 8k for the women.

Scoring
In the Surrey League, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible.

But cross country races are not elite and are suitable for runners of all abilities. They are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races. The hill sessions on Tuesday nights in September will help, and there are likely to be other hill sessions during the season.

Surrey League entry
For the men's Surrey League there is no need to enter in advance or pay; simply turn up on the day in good time to register and warm up (though your captain will find it helpful to know your availability in advance in order to help with the online declarations). For the women's Surrey League, runners have to be entered in advance. The women's captains will contact everyone for availability. It is free for all runners.

Other Races
In addition to the Surrey League there are a number of other cross country races, almost all of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London champs, 2 South of Thames races, South of England and National champs, which take place at Parliament Hill Fields in February. There are also a number of other races for Masters. See the fixture list in Shorts for details.

Cross country champs
Once again, we will be holding a cross country champs.
For details see article below.

Which races to go for
From around mid October until late February, there are cross country races on most Saturdays, so enthusiasts will have plenty to keep them occupied. In practice many of you have family and other commitments, so here is some advice on races to target. Our main priority is the four Surrey League races, but other important events that we target are the BMAF Masters relays and the SEAA Masters champs. In addition to the Surrey League races our cross country champs includes the South of Thames 5 miles and the National Champs, being held next February at Parliament Hill Fields, so these should also be regarded as races to prioritize from an individual point of view.

Other races can be regarded as medium priority but you are encouraged to compete for your eligible county in the Surrey and Kent Masters champs and the county champs in early January. In the Masters champs in particular we have had success in winning team medals in recent years. There are a number of other races, which while not a high priority are nice to do. These include the London champs, Reigate relays, South of Thames 7 miles and the South of England champs, likely to be held in Brighton. Finally VAC members are encouraged to take part in the Vets AC champs in January.

Entry for other races
For virtually all races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email, requesting those interested in participating to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear
You can often get away with road or trail shoes in early season races, but as the ground becomes heavier, cross country spikes or fell shoes become necessary.

Contacts
For further information please contact your captains at:
dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk

Cross Country Champs

With the National cross country champs being held at Parliament Hill next February, it has been decided to include this event in the races comprising the cross country champs. The championships will consist of the best 4 of the following 6 races; the 4 Surrey League matches, the South of Thames 5 miles and the National Championships.

Upcoming Events

Oct 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

Reigate Priory Relays

4 November

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

To enter please contact your captains by 28 October

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

London Cross Country Champs

18 November

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

To enter please contact your captains by 28 October

South of Thames 5 miles

25 November

This race will be held at nearby Beckenham Place Park on 25 November, starting at 2pm.
You are strongly encouraged to take part in this mixed race, which forms part of this year's cross country champs.
But Vets AC members should note that the Masters Inter-Area cross country challenge takes place on the same day in Bournemouth.

To enter please contact your captains by 15 November

Kent Vets Champs, Dartford

2 December

These champs take place at Central Park, Dartford once again this year. In additional to individual awards, team prizes are available (M40s 4 to score, M50s, M60s 3 to score).
Those who have taken part in recent years are invited to enter plus anyone else eligible, including new members.
Please contact your captains if you are unsure about your eligibilty and confirm whether you are available to run by 15 November.

SEAA Masters, Oxford

9 December

We have done well in these champs, taking place this year at Horspath, Oxford on 10 December, so it would be good to enter some strong teams.
The distance is 10km for men, including M60s and 6km for the women, with 3 to score in all age categories.
Please register your interest with your captains by 20 November.

To enter any of the above races or if you require any further information about them or any other races in Shorts then contact:
Men: mcmann90@yahoo.co.uk
Ladies: dulwichladiescaptain@gmail.com

Men's Surrey League Volunteers Needed

As you will see from the fixture list we have a venue, Beckenham Place Park, for the third men's Surrey League fixture on 13 January. Finding a venue had been problematic for some time, but we now have approval in principle from Lewisham Council for the club to host this match.

In order to host it we need a number of volunteers to act as marshals and arrange the finish. Hopefully some of the women running earlier in the day at Richmond Park will be able to help, but we also need help from club members not planning to run.

We are also asking for one helper from each of the other Division 2 clubs, so the burden will not fall entirely upon us. So for the forthcoming men's match at Richmond Park on 11 November, we are also looking for a volunteer who will probably be used for marshalling (but it would also be good to have a familiar friendly face to provide support during the race!).
Any volunteers please contact ***Mike Mann.***

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.

Surrey League XC Div. 2 Match 1 Wimbledon Common

Sat 14th October

Tony Tuohy writes..The Dulwich men kicked off the new cross country season back in the Surrey League division 2 with an excellent turn-out numerically and solid mid-table performance. We were short of a few reliable top ten scorers and with our 5th place falling only 40 or so points behind 3rd there's every chance of climbing the table in forthcoming fixtures - if we can reduce our scoring window from today's four minutes to not much more than two. Conditions under foot at this time of year were pretty benign for the Wimbledon 4.6 miles course with the testing uphill second half of each 2-mile lap, but the extra half-mile or more was added on by starting us back down the finish hill before the lap proper, making three ascents in all.

Shane's meteoric recent improvements as he trains for the Valencia marathon pushed up another level as he stole 14 seconds from the Dublin Dynamo with easily his best cross country yet. Twenty seconds further back Steve Davies (easily 1st M45) continued his consistently good form with a similar gap to Andy's decent run. Dan Mann was an isolated Dulwich vest half a minute back but then our lack of depth for this fixture really started to show as I was another 49 seconds behind, injury-ravaged training reducing me to a plod on the last hill. I considered myself fortunate to be sixth counter but others behind were also finding it tough; over a minute behind me Ed Harper reported a tough time for the last mile while Charlie probably had more energy but was restricted by his continuing achilles problem, although he just managed to keep Lloyd at bay. Justin ran solidly and completed our scoring ten.

Olly made a very promising cross country debut in road shoes and will be pressing to place higher next time. Holger and debut man Matt ran well ahead of a decent run from Coach Steve whose form is hopefully creeping forward ahead of the Dulwich M55 assault on the British Masters XC Relays at the end of the month – Ebe will be hopeful for the same reason. It was good to see Ross back in action trying to get fit again ahead of a very good run from Hugh missing the first M60 by just 10 seconds. A welcome debut from Grant headed an equally welcome return to cross country from Chris, then Mark, Joseph, Mike (1st M65 and 4th M60) and Graham got round to complete the large Dulwich presence.

17	Shane O'Neill		27:25
20	Tim Bowen		27:39
24	Steve Davies	1st M45	27:59
32	Andy Bond		28:17
43	Daniel Mann		28:48
55	Tony Tuohy	1st M55	29:37
78	Edward Harper		30:46
79	Charles Lound		30:52
81	Lloyd Collier		30:56
87	Justin Siderfin		31:18
97	Olly Cooper		31:35
105	Holger Betz		31:53
111	Matt Cooke		32:09
118	Steve Smythe	3rd M55	32:27
135	Eberhard Prill		33:16
143	Ross Rook		33:35
152	Hugh Balfour	2nd M60	33:54
154	Grant Kennedy		34:11
168	Chris Loizou		35:08
170	Mark Foster		35:14
174	Joseph Brady		36:09
176	Mike Mann	1st M65	36:34
179	Graham Laylee		37:24
207 finished			

Teams:

1	Guildford	98
2	Striders	387
3	Fulham	438
4	Croydon	459
5	**Dulwich**	**479**
6	Kingston	455
7	Epsom	557
8	Wimbledon	565
9	Dorking	567

Div 3/4

This race was held before the Division 2 race and Andy Murray and Gary Budinger not surprisingly chose to run for Veterans AC and though they were slower than all who ran for Dulwich, both scored for their team that came seventh in division 4. Former member Pete Gibbons was 306th (41:42) for Holland Sports.

275 Andy Murray	39:03 (97 D4)
298 Gary Budinger	40:39 (106 D4)

South of England XC Relays Wormwood Scrubs

October 21

One team and three runners for the area cross-country relay being held in London shows a poor level of committment. The storm held off but it was very windy on a flat course around the scrubs of fields and scrubland. I think this is a preferable event in many ways to the road relay and an event we could do far better in if our top runners competed. Andrea had a steady opener and Laura kept us roughly in the same position, though isn't quite in her form of last year. Rebecca, who now lives in North London, used her strong kick to win a three-way sprint which saw us finish almost halfway.

Steve Smythe

25 Andrea Pickup	13:38
26 Laura Vincent	14:48
24 Rebecca Schulleri	14:09

47 teams competed

Surrey Masters XC

21 October

Mike Mann writes...with storm Brian forecast to arrive early in the afternoon there was some apprehension about running conditions, but in the event although those running experienced a severe buffeting on certain parts of the course, making for slower times than usual, the wind strength was less than had been expected. The deer were also well behaved, keeping clear of the course. There was a good club turnout with 9 women and 7 men. The women and M60+ ran together over a 6km course while the M40s and M50s had to contend with 10km.

Running as a guest in her first race for several years, Alexie Shaw used the race as a practice for her forthcoming Beachy Head marathon, doing well to finish in 5th place overall and unofficially second fastest W35. Katie Styles continued her recent good form finishing 3 seconds faster than in 2016 in more difficult conditions and 3rd W35 against strong competition. Anna Thomas illustrated her cross country strength in a good performance more than 30 secs faster than last year. Two others to perform well were Lucy Pickering and Lucy Clapp, less than a minute behind. Ros Tabor has a much better run than the previous week's Surrey League, finishing first W65, and she was followed by Clare Wyngard and Lindsay Annable. The W45 team finished 6th.

In the M60+ race, Mike Mann had a better race than last week, finishing 3rd M65, one second behind the 2nd placed finisher. Graham Laylee continued his recent good form, with Andy Murray a little way behind, followed by Barrie Nichols. Our M60 team finished 5th.

In the M40/ M50 race, Ebe Prill finished 20 seconds ahead of Mark Foster. Gary Budinger started off cautiously but managed to pick up some places in the second lap. He also finished in a faster time than last year.

Women's Race

Alexie Shaw	24:41	(guest)
Katie Styles	26:33	(3rd W35) (26:36, 2016)
Anna Thomas	27:26	(28:00, 2016)
Lucy Pickering	27:54	(27:31, 2016)
Lucy Clapp	28:41	(28:08, 2016)
Ros Tabor	29:26	(1st W65)
Clare Wyngard	30:22	
Lindsay Annable	33:18	(30:46, 2016)

M60

Mike Mann	27:45	(3rd M65) (26:48, 2016)
Graham Laylee	28:56	
Andy Murray	29:37	
Barrie Nichols	32:19	(30:12, 2016)

M50

Ebe Prill	43:59	(42:23, 2016)
Mark Foster	44:19	(43:12, 2016)
Gary Budinger	50:31	(50:38, 2016)

Surrey County Masters XC Champs M40/50s race (10k) Richmond Park

Saturday 21 October

Ebe Prill writes...this race over two long laps is held for the third year on the same course in Richmond park and on all three occasions the conditions underfoot were dry and comparably easy for a cross country. In fact it would be better labelled as a multi-terrain race since the surfaces include gravel paths, hard packed earth trails and even a stretch of tarmac around the ballet school.

The main difference this year was storm Brian, who provided some blustery winds, mainly in our backs on the downhills and in our faces on the uphill stretches.

We only had four entries to this race and unfortunately our M40 Mike Williams had to pull out before the start due to calf worries. Hopefully he will be fine for his main race goal this Saturday, the off road Beachy Head marathon. The remaining three of us were just enough to make up a team in the M50s category, though never with a realistic chance of any podium places even if all of us would have been at our very best.

As it was I ran about four minutes slower than in my best effort here two years ago, lacking race form and struggling with tightening hamstrings, foot and glutes niggles. Mark Foster wasn't far behind, having a steady race but still a minute down on his run last year. Gary Budinger was the only one who improved slightly on his previous time, maybe due to his extensive pre-race stretching session.

Nevertheless an enjoyable afternoon of racing in great surroundings, with a chance to see and support the women's and M60s race taking place just before. Compared to the Surrey league the field is much smaller and the course not congested, so anyone can get into his/her stride quickly. And the wind-assisted mad first downhill mile was fun, if only it would have lasted.
A gallery of good race photos can be found here: http://www.nigelbramley.com/Sports-Photography/Athletics/Surrey-Masters-XC-2017/

59 Ebe Prill 43:59 (10th M55)
(2016: 42:23; 2015: 39:48)
62 Mark Foster 44:19 (19th M50)
(2016: 43:12)
81 Gary Budinger 50:31 (13th 55)
(2016: 50:38)
90 ran - DR 7thof 8 teams x 3 for M50-59

Blackheath Harriers 5 Mile cross-country West Wickham

October 22

To avoid doing a long run in windy conditions, Steve Smythe made a very very late decision to do this event instead and arrived seconds before the start.
The race was over a slightly different course than normal and I think part of it was the first time I have raced some of the early route since a Blackheath Harriers Schools cross-country which I think was in about 1974!
The course was quite dry, initially on the edge of farmland before a then long mile climb through the woods.
While this bit was quite interesting and new to me, it was not practical as so narrow and I got stuck on the back of a group of six that was going much slower than I wanted to run but it was impossible to get by.
The last 2 miles were generally faster downhill on a wider track and I slightly picked up until the last mile of styles, where in clambering over I showed the finesse and mobility of a hippo in a zimmerframe and lost all the ground I had made up on the faster section and I finished a few seconds behind the runner I had been following most of the way and was expecting to beat.
It was quite a youthful field up front and the first five men were 15 or 16 years-old and the first three women all aged 17. I might have matched them back in 1974 but here was four minutes back on the winner but at least no one older than me finished ahead.
16 Steve Smythe 34:31
45 finished

Lisbon Rock 'n' Roll 1/2 Marathon

15th October

Michelle Key writes...the average temperature for Lisbon in October is 22°C. But on Sunday 15th October, when I had 13.1 miles to run, it decided to be 34°C. Thankfully, myself and my running buddy had decided far in advance that neither of us were going to aim for a specific time, and when the day (and the heat) arrived, we were thankful we had this mindset! In the end our only goal was to get around without being hospitalised for dehydration.... which, spoiler alert, we managed.

With 2 days in Lisbon beforehand to "climatise" (test the local wine), we were definitely in holiday mode rather than pre-run mode, but when the morning arrived and we bumped into some runners on the way to the Metro, the excitement kicked in. The tube carriage was packed to the rafters with runners from all over the world, making our way to a shopping centre where we had to queue for shuttle buses to the starting line, which was halfway across the longest bridge in Europe (Ponte Vasco da Gama).
The first 4 miles whizzed by with 2.5 of them on the bridge (although we forgot bridges went up as well as down) and the other 1.5 winding down to get onto the main road, with the first of the bands we were promised in the Rock 'n' Roll race series. Before we knew it we'd run 10k, and were thinking "this isn't too bad" - we were going slow and we were enjoying it. The views from the bridge had been incredible, where we had benefited from a nice breeze.

Then we hit a 3 mile long, straight tarmac road, with absolutely no shade, and sweltering heat. At this point we joined the majority of the runners and became walkers on and off for the remainder of the race. Though there were a fair number of water stops, we simply couldn't cool down, despite ditching our tops and going for the sports bra approach, and miles 7-10 were incredibly tough. There was a disappointing lack of bands to help keep us going, although we did all enjoy the fire engine hose which was being used to shower us down!

At just after mile 10 we turned in to what we knew was going to be a shaded last 5k.... unfortunately it was also uphill until mile 12. Looking around me, I could

only see 3 people still attempting to run, everybody else was walking, so we didn't feel too bad!
The last 1.2 miles was downhill (hooray) and largely in the shade (HOORAY!) so we still managed a good sprint finish, running through a very impressive finish line arch (Arco da Rua Augusta) at 2 hrs 20 mins on the dot. Surprisingly, there was no water to help yourself to at the end, so after our Calippo ice lollies (best finish line gift ever) we had to cool ourselves down with pints of beer in the shade!

We instantly forgot the horrendous miles of imminent sunstroke ("unbearable" was the word used at the time), congratulated ourselves on completing our first half marathons abroad, and immediately starting thinking about where our next one might be.
Somewhere a little cooler, perhaps....

5559 Michelle Key 2:20:00
7338 ran

Sri Chimnoy Golden Leaves 10k Battersea

Road PB as my better time at Clapham Common counts as a multi trail event!

31 Jonathan Whittaker 39:11

parkrun October 21

Beckenham Place
160 ran

Pos	Gen		
8	8	William Cotter	20:19
71	61	Peter Jackson	26:07

Bexley
385 ran

Pos	Gen		
14	14	Michael Fullilove	20:53

Brockwell
340 ran

Pos	Gen		
246	72	Sharon Erdman	28:49

Bromley
547 ran

Pos	Gen		
1	1	Oscar Hussey	16:24
136	18	Claire Barnard	23:56

Burgess
277 ran

Pos	Gen		
5	5	Gregory Hills	18:02

Conwy
220 ran

Pos	Gen		
213	135	Chris Vernon	41:06

Crystal Palace
277 ran

Pos	Gen		
26	2	Helen Lister	21:19
30	3	Ola Balme	21:31
44	6	Belinda Cottrill	22:20
77	65	Michael Dodds	24:11
224	157	Paul Hilton	32:21

Dulwich
285 ran

Pos	Gen		
6	6	Daniel Mann	17:09
21	21	Paul Devine	19:41
27	26	Grzegorz Galezia	20:05
29	2	Ellie Balfe	20:08
48	45	Paul Vivash	21:03
125	22	Hannah Harvest	25:00

Eastbourne
183 ran

Pos	Gen		
8	7	Joe Farrington-Douglas	20:13

Fulham Palace
415 ran

Pos	Gen		
251	63	Susan Cooper	27:10

Kingsbury Water
409 ran

Pos	Gen		
7	7	Gary Sullivan	19:53

Leicester Victoria
295 ran

Pos	Gen		
85	10	Marjorie Epson	25:04

Lullingstone
59 ran

Pos	Gen		
21	18	Colin Frith	27:18

Maldon Prom
261 ran

Pos	Gen		
65	59	Alastair Young	25:11

Old Deer Park
103 ran

Pos	Gen		
1	1	Andy Bond	18:06

Peckham Rye
229 ran

Pos	Gen		
3	3	Mark Callaghan	18:43
28	24	Oliver Bottle	20:47
58	8	Emma Ibell	22:21
182	70	Abbie Grace Bottle	29:57

Riddlesdown
169 ran

Pos	Gen		
18	1	Ange Norris	21:14

Royal Tunbridge Wells
221 ran

Pos	Gen		
52	48	Rafe Collier	24:29
53	49	Lloyd Collier	24:29
121	24	Rhoda Collier	28:56

Southwark
304 ran

Pos	Gen		
9	9	Justin Siderfin	19:07
151	28	Claire Steward	25:56
154	30	Kaylee Coxall	26:06
177	135	Paul Keating	27:21

Western Springs
84 ran

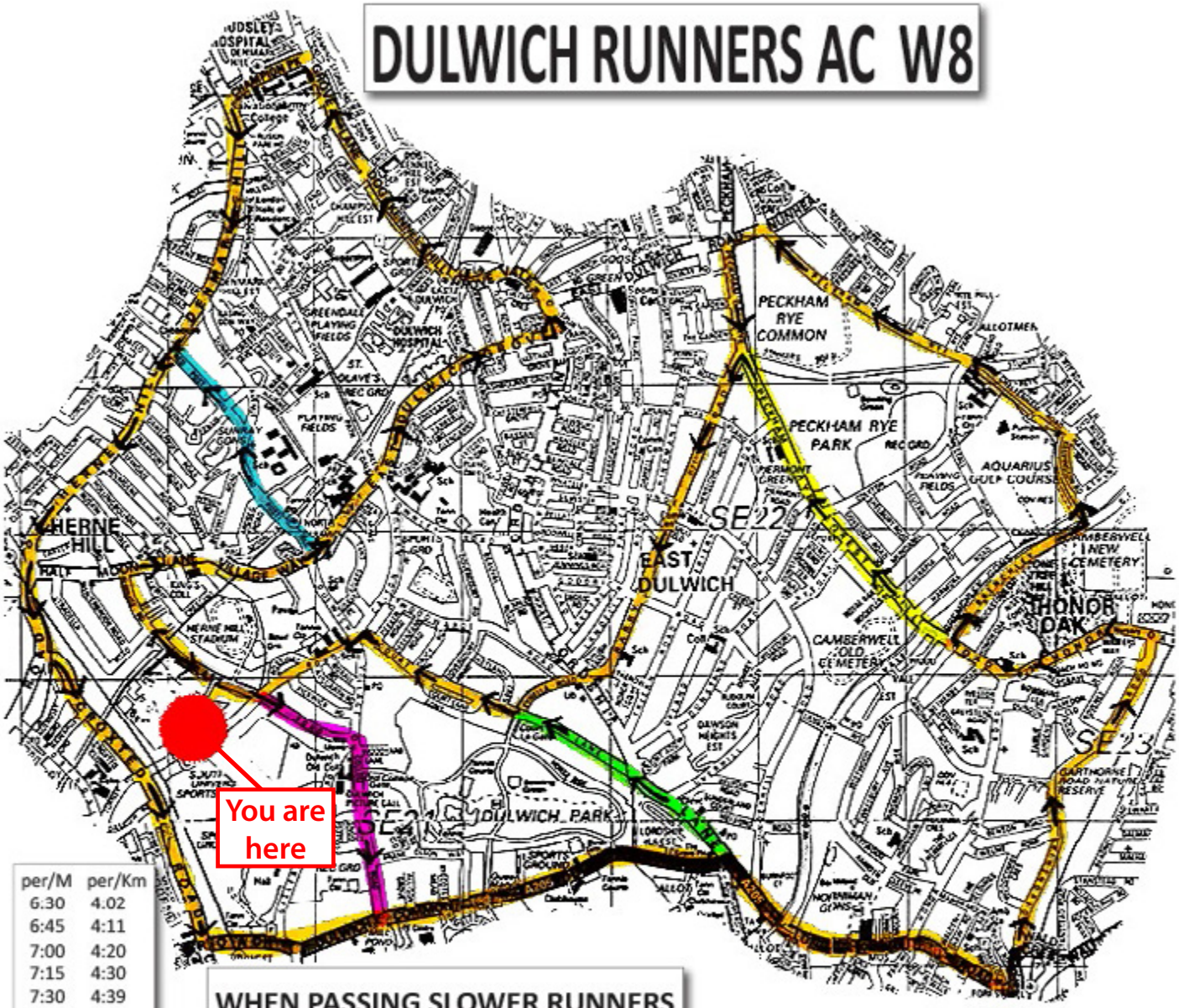
Pos	Gen		
25	21	Nick Bell	23:24

Whitstable
245 ran

Pos	Gen		
26	24	Bob Bell	23:02

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 W8



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

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.6	17.1
SHORT CUT	BLUE	8.7	14.0
SHORT CUT	PINK	6.5	10.5
SHORT CUT	GREEN	5.8	9.3
SHORT CUT	BLUE & GREEN	3.8	6.1
SHORT CUT	PINK GREEN	2.8	4.5

yellow cut reduces runs by approx 1mile

Here be dragons