



# SHORTS

Dulwich Runners AC

Weekly Newsletter

January 10th 2018

## These are your SHORTS,

Please send your reports, running news & anecdotes to:

[shorts@dulwichrunners.org.uk](mailto:shorts@dulwichrunners.org.uk)

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

### Wed 10 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 13 Surrey league XC men & women

Tues 16 Track - Crystal Palace Arena - details below

## In your SHORTS this week !

- 1 General information
- 2 Club kit etc
- 3 Fixture list, **2018 Club Champs** and all other races
- 4 Cross country section - Races & useful info etc
- 5 Mens surrey league XC info and course map
- 7 Marathon schedule and advice etc
- 8 Kent and Surry Champs Xc reports
- 10 Parkrun results
- 12 Wednesday map

*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 for a full warm-up, of various drills. Strides etc will start around 7.20pm, main session taken by Steve Smythe will start shortly after and be in the region of 45 mins.

Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)

[www.dulwichrunners.org.uk/index.html](http://www.dulwichrunners.org.uk/index.html)

You can follow us on



### ----- EVENT HORIZON -----

*A brief look ahead*

13 Surrey Lge. - m@Beckenham w@Wimbledon

20 Vets Ac Champs - Wimbledon tbc

27 Sth. of England Champs - Stanmer Pk, Brighton

## Thursdays 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](mailto:steve.smythe@athleticsweekly.com) to go on the mailing list

## Marathon Training

I am happy to give anyone (of any ability or target) a detailed schedule - [steve.smythe@athleticsweekly.com](mailto:steve.smythe@athleticsweekly.com)

## NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.

Thanks to **Joseph Brady** for taking out a 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

**Yvette Dore**

Sharon Erdman

Paul Hilton

**10/01**

17/01

23/01

## Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

**PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE**

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

Thank you. - Ros

## Wednesday 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

## SOCIAL SPOT

P  
O  
T

*Watch this space for future events.*

After the Men's cross country on Saturday at Beckenham Place Park, we will be heading to The Jolly Woodman, Beckenham. Everybody welcome  
<https://whatpub.com/pubs/BRO/12531/jolly-woodman-beckenham>

## 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
Bufs/snoods	£6 each



Most kit is usually available  
 Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



Keep dry in a Dulwich Runners waterproof jacket.  
 Incorporated hood. - all sizes available - £25

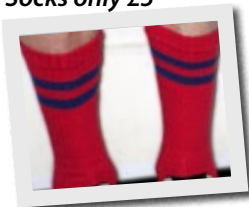
### STOCK CLEARANCE! BARGAIN KIT !

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](mailto: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](mailto:ola.balme@btinternet.com)  
[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

## HOODIES...

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



Bufs/snoods - only £6

# 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.*

## 2018 Club Championship

All the races for the 2018 club championships (subject to a few dates and venues tbc) have now been incorporated into the main fixture list below.

The marathon, 1/2M and two 10k races are classified as long races, with the remaining 5 short.

The dates of some of the later events have yet to be announced, so likely dates have been inserted and will be confirmed as soon as known.

Please make sure that you enter the Hyde Park 10k and Paddock Wood Half Marathon in good time.

Road & other   Cross country   Club Champs   Assembly League   Track

2018		Race		Venue
Jan	13	Surrey League 3	men	Beckenham Place Park
	13	Surrey League 3	women	Wimbledon Common
	20	Vets AC Champs		Wimbledon Common
	27	South of England Champs		Stanmer Park, Brighton
Feb	3	Dulwich Parkrun	(s)	Dulwich Park
	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
	24	Run Through 10k	(L)	Hyde Park, London
Apr	5	Assembly League		Beckenham Place Park
	8	Paddock Wood 1/2M or earlier alt. for those entered for Brighton mar.	(L)	
	22	Virgin Money London Marathon (or alt. prior to final event)	(L)	
May	3	Assembly League		Victoria Park, Hackney
Jun	7	Assembly League (incorporating 5k club champs)		Battersea Park
Jul	5	Assembly League		Tottenham Marshes
	20	(date tbc) SOAR Mile	(s)	Battersea Track
Aug	2	Assembly League		Victoria Park, Hackney
Sep	6	Assembly League		Beckenham Place Park
	15	(or alternative early autumn date) Beckenham parkrun	(s)	
	30	Middlesex 10k	(L)	Victoria Park, Hackney
Nov	24	(date tbc) South of Thames 5 mile	(s)	(tbc)

## Assembly League 20218

The dates and venues of this summer's series of Assembly League series are now in the main fixture list, all taking place on the first Thursday of the month.

### Brockwell Parkrun

We will be taking over the organisation of Brockwell parkrun on 7 April, as part of our campaign to raise the profile of the club locally. This is the day before our club champs half marathon at Paddock Wood, so hopefully there will be plenty of you available to volunteer. As well as Brockwell Park regulars, others who regularly participate in other local parkruns are invited to put themselves forward. We will need volunteers for the finish (time-keeping, scanning and tokens) as well as marshalling on the course. Please contact me if you are available at [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## 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](http://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](mailto:ros.tabor49@gmail.com)

Thanks - Ros

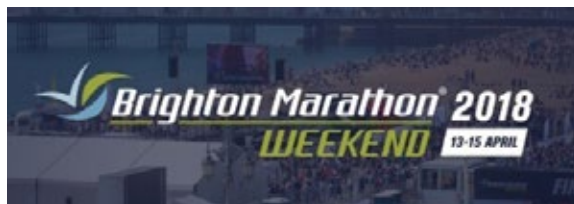
## Club places

There is now a chance to get a place in the Brighton marathon a week before London (Sunday 15. April 2018).

Regular entry has closed but the organisers give up to 10 places to running clubs like us. The cost is £69.50 per entry

Email me [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk) if you are interested and I can apply for these places.

So far three of our members who missed out on our London



marathon club places have applied. 7 places are left and will be allocated on first come first serve basis.

In addition our committee has decided to give everyone with a club place for the Brighton marathon the choice to nominate a different Half Marathon to Paddock Wood as her/his club champs race. Paddock Wood Half will be the main club champs Half but it takes

place just a week before Brighton.

The alternative Half marathon must take place before Paddock Wood. **Ebe Prill**



*The cross country season started 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. 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 Div. 2 last season, but will need to maintain their excellent turnouts and performances to be sure of returning to Div. 1.

### Distance

The men's Surrey League races are around 8km, the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, 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. 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 (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. 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.

### Cross country champs

Once again, we will be holding a cross country champs.

*For details see article below.*

### Which races to go for

There are cross country races on most Saturdays until late February. Our main priority is the four Surrey League races, but other important events 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 are 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, while not 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](mailto:dulwichladiescaptain@gmail.com) or [mcmann90@yahoo.co.uk](mailto: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 Cross Country

13 January

We are looking for a high turnout for the third fixture of the season, hosted by the club, so if you plan to run, please notify Ebe Prill so that you can be declared in advance. The race starts at 2.30pm on the grass behind the White House Mansion over a 2 lap course consisting mostly of reasonably well drained grassland but some gravel paths and woodland. The course is very similar the one used for the South of Thames in November last year. It is suitable for spikes or fell

shoes, and possibly trail shoes, although these might prove tricky on the bends. There was some standing water in and around part of the course last week but hopefully this will have drained by the time of the race.

The race HQ is the White House Mansion close to the car park at the top of the hill, accessible by car from the Beckenham Hill Gate, and near Beckenham Hill station. Beckenham Junction train and tram station is 10-15 minutes walk to the start, using the pedestrian gate at the southwest corner of the park off Foxgrove Road. There is a small car park outside the White House but that is likely to fill up quite early on. Please use public transport or car share, if at all possible. Parking is available on the public roads outside the park, but not on the private roads on the

south west edge of the park (Beckenham Place Park and Westgate Road).

There are toilets and a cafe at the Mansion, but no showers or changing facilities, so please arrive ready to run. Race numbers will be handed out inside the Mansion or near the start, depending on the weather. As we are hosting the race, please make runners from competing Division 2 clubs welcome and help them with any queries.

Finally if you have taken part in one or both of the two fixtures last autumn, please remember to bring your race numbers with you. New ones can be issued but using the same ones makes life much easier for the on line declaration

**Mike Mann**



map not totally accurate !

After the Men's cross country on Saturday at Beckenham Place Park, we will be heading to The Jolly Woodman, Beckenham. Good beer, and real fires. Ideal place to warm up for spectators, people marshalling on the course and finish, and for us who will be running.

<https://whatpub.com/pubs/BRO/12531/jolly-woodman-beckenham>



## Saturday and Sunday 19th & 20th May 2018

See the website - [www.breenbeltrelay.org.uk](http://www.breenbeltrelay.org.uk) for full details

This is a regular for plenty of us - why - because it's a fun weekend of running in some of the most picturesque parts of London.

It is a relay with teams of 11 who, over the 2 days, circumnavigate

London, starting at Hampton Court and 220 miles later, finishing at Kingston. There are 22 stages varying in length (from 6.5 m - 13.5 m) and difficulty of terrain with each member of the team running on both Saturday and Sunday.

This all may sound daunting but runners of all abilities compete. The number of us who come back each year is proof of what an excellent event it is but don't just take my word for it, come and have a chat to any Greenbelter on a club night or email me with any questions.

We have one team for 2018 and the event is now full with 50 teams entered, so we won't be able to get any more. If you're keen let me know by email or on a Wednesday evening. I'll put people into the team on a first-come-first-served basis then have a list of reserves.

Ange - [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## Box Hill Fell Race

Saturday 20 January 2018

Sixteen Dulwich Runners have entered this year, which is definitely a record, and I think we will have a great day. But as you are aware it fills up ridiculously fast and I know of some who have missed out.

Therefore if you are ill or injured or can't do it for any other reason, please let me know and someone could take your place. My email is [hugh@christchurchpeckham.info](mailto:hugh@christchurchpeckham.info)

Can I also stress the need to have proper fell shoes. Trail shoes won't do.

The descents are too steep and muddy (unless we have no rain at all for the next month!). Walsh, Inov8 and Salomon all make good fell shoes. *Thanks Hugh Balfour*

**To enter any of the above races or if you require any further information about them or any races in Shorts then contact your respective captains:**

**Men:** [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

**Ladies:** [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

# Marathon training

*#This is my suggestion for the next month for those doing marathon training.*

Jan		
Wed	10	Steady 9 -10M
Thu	11	6M inc 10x 60-sec bursts quicker than race pace
Fri	12	Easy 5M or rest
Sat	13	Surrey League XC
Sun	14	Long Run - 18 -21M easy pace
Mon	15	Easy 5M or rest
Tue	16	Track: 400s
Wed	17	Steady 10-11M
Thu	18	7M inc accelerating kms by 5-10 secs - starting at slower than mar pace, then mar pace, then HM pace, then 10km pace, 5 mins jog then repeat (nb for sub-3 hr runner - kms in 4:30, 4:20, 4:10, 4:00)
Fri	19	Easy 5M or rest
Sat	20	Parkrun or hills
Sun	21	Long Run - easy 2M, 12M slightly slower than mar pace, 2M easy
Mon	22	Easy 5M or rest
Tue	23	Track 2000m and 200s
Wed	24	steady 11-12M
Thu	25	7M inc 5M of alternate 800m at 10k-10M pace and mar pace
Fri	26	Easy 5M or rest
Sat	27	Area XC or parkrun
Sun	28	Long Run 18-20M relaxed
Mon	29	easy 5M or rest
Tue	30	Track 1600M reps
Wed	31	Slow 8M
Feb		
Thurs	1	45min Tempo - 3 paces: down and up, 3min easy, 2min mar pace, 1min 5km pace, 2min mar pace, 3 min easy, 2min mar pace, 1 min 5k pace, 2min mar pace, 3min easy etc
Fri	2	easy 5M or rest
Sat	3	Parkrun club champs
Sun	4	Long Run 20-22M relaxed

## A few notes:

**Monday and Friday runs** are optional - maybe not for those not used to running 6 or 7 days a week but they should be easy and give extra mileage and a recovery between some of the harder sessions

**Tuesday sessions** are very important to improve speed and speed endurance and pacing. They don't have to be done on the track but it is a benefit running with a group on a fast, flat surface.

The long run is the most important of the week for those doing a marathon or even a half marathon (if you are doing a half the training runs the rest of the week are fairly similar but you could limit it to 15 miles on the Sunday.

It doesn't have to be fast. Time on feet is the important factor initially. The faster you go doesn't necessarily mean you will get fitter as if you go too fast you will tire quicker and

probably suffer for the following week's training and gain less fitness overall.

Also don't get obsessed with pace every week. Some long runs don't be afraid to go off-road and be slower and run some hills occasionally and check out different routes. Also stay off the road where possible.

**Tempo runs on Thursday** aren't as important as the long run or track but do give an opportunity to do longer less intensive reps and build speed endurance and work more on marathon pace.

**The Wednesday run** is the midweek mileage boost. Don't go too fast and use it to recover from the Tuesday and save the energy for Thursday.

I do feel cross-country races are useful for building endurance - parkruns aren't as good but are often more convenient. A few longer Sunday races are useful.

I note many runners are slightly unimaginative in their long runs. Many years ago many London running clubs moved further out so they would get better runs - ie Blackheath Harriers moved to Hayes and Cambridge Harriers to Bexley but Dulwich Runners tend to do most of their long runs into the city - often towards crowded parks passing busy roads. Why not occasionally head out towards Kent or Surrey?

National Cross-Country Championships: Saturday February 24 I saw a note that entries haven't been great for this so far. It is a club championship race though to me more importantly, it is probably the greatest cross-country race you will ever do on an iconic famous course at Parliament Hill, easily reachable for all club members.

The atmosphere when nearly 2000 men and 1000 women charge up the first hill is special. The country's best runners do it but so do all abilities and very slow runners too and everyone who attends the club speed sessions are more than fast enough to participate and enjoy running this event. It would be great if we could have at least 20 women and 30 men participate in this race.

Big Half Marathon, London, March 4

This race, organised by London Marathon, will be high profile with Mo Farah competing alongside Callum Hawkins and is over a fast course from London to Greenwich and will incorporate the National championships and looks worth doing. There may be some good for age entries still available. <https://www.thebighalf.co.uk/>

*Steve Smythe*

## SUNDAY RUN GROUPS

There are 2 regular Sunday groups particularly for those planning spring marathons and half marathons

**9 am Dulwich Park (College Rd entrance)** - Suitable for those running at 8min/mile and faster. Details usually posted on the Facebook page.

**8am Brockwell Park (Herne Hill gate)**- for those running 8min/mile and slower

# Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to [barry@1bg1.com](mailto:barry@1bg1.com)  
All road, fell, xc, tri and track results etc, are welcome.

## Kent County Cross Country Champs Brands Hatch

Sat 6th January

### Dulwich men equal best team result

#### Tony Tuohy writes...

The big, bleak field next to the Brands Hatch motor racing circuit served as the Kent Champs venue for the third year in succession; underfoot conditions were muddy but not too bad (similar to last year) and certainly better than the quagmire of 2016. For the men, four of our scoring six from last year were back and were this time bolstered by additional Dulwich quality – probably the best team overall we've ever fielded for these championships. In contrast, the women's team was well depleted this time through injuries, holidays, home responsibilities and sheer hard luck so a repeat team medal was not to be.

#### Senior Men 7.5 miles

Greg Hills is as fit as a butcher's dog; recent successes include two wins in the Kent Fitness League, a 2:48 marathon and a sub-17 parkrun. Even so, putting a minute or more into perfectly good runs by the likes of Buzz and Steve takes some doing and his 36th in top level company at sub-5:50

**Steve Smythe adds**, this was I think my 47th Kent cross-country Championships plus 20 Kent Vets and though it was probably my worst position, I took something out though that no one of my age or older was ahead.

Discounting the 2014 London Marathon, it appears it was the first time I have finished ahead of Lloyd for 12 years. More importantly, it was our best ever men's team performance though we probably need a fit and healthy Alastair

per mile was a fine performance. Buzz and Steve were well inside six minute miling themselves, Steve's return about half a minute slower than last year, not much of a loss compared to some of us. Andy ran well but perhaps needed a shorter distance to be closer to Steve. Dan Mann had a solid run a further minute back, himself another minute ahead of sixth counter yours truly, running as slow as a slow thing, two minutes adrift of last year's time.

Nevertheless, it was enough to complete our six-to-score total and place us in an excellent 6th, equalling last year as the best position ever achieved by the Dulwich men in a county XC championship, Kent or Surrey. Sixth counter last year Steve Smythe missed the cut this time and was down on last year's form but after recent setbacks ran his best cross country this season, doing well to beat a solid run from Lloyd. Closing the team, Colin came home in a little over an hour, somehow managing the best part of two minutes faster than his effort last year.

36	Greg Hills	43:26
49	Buzz Shephard	44:22
52	Steve Davies	44:37
58	Andy Bond	45:04
71	Daniel Mann	46:19
82	Tony Tuohy	47:21 2nd M55
113	Steve Smythe	49:42
115	Lloyd Collier	50:01
205	Colin Frith	62:01
	220 finished	

Teams (6 to score): 6th Dulwich Runners

to make the top 5 but we did beat past winners such as Cambridge Harriers. It was perhaps surprising though that with Greg, Buzz and Daniel scoring instead of Mark, Steve and Kevin (Petts Wood this time but behind our 8th runner Lloyd) that we stayed sixth but this time with 348 Points instead of 394 last time so we were 46 points better in 2018.

We have a far greater tradition of success in the women's event - we have always had a high proportion of our faster

(16 teams completed)

#### Senior Women 5.1 miles

As mentioned, our women's team was unfortunately well under strength this year, not least because of the absence of former champion and multiple medallist Clare Elms in long-term injury recovery and Ange Norris with a more recent injury, although Ange was on hand to give sterling support to the teams. But our three heroines who did take to the field ran solidly and to form. Laura's good run was similar to that of last year when she landed her silver medal in the six-to-score team; she split the other two, Emma was a minute quicker and Yvette a minute behind, and the trio finished a very creditable 10th of 18 teams in the three-to-score competition.

37	Emma Ibell	37:57
50	Laura Vincent	39:00
65	Yvette Dore	40:10

129 finished

Teams (3 to score): 10th Dulwich Runners (18 teams completed)

#### Under 20 Women

Lucy Elms is now running for Blackheath in some events where she has more age-appropriate competition. Now in the under-20 age group (and with two more years as such) this choice paid off as she ran well to an excellent 7th place, backing up her team-mates and landing them silver medals, just a single point short of the winners.

7 Lucy Elms (B&B Harriers AC) 22:47

women in Kent. However, while well done to those who ran and while we did have the injured Ange and Clare there it was disappointing that so many of our Kent qualified women were absent. Hopefully next year we can get back amongst the medals with the above plus Alexie, Andrea, Helen, Selma, Kim, Cara, Emily etc available and in action In the under-20 men's race ,Oscar Hussey was 14th in 22:46 - but didn't make Blackheath's scoring three.



# Surrey County Xc Champs

7 January

These championships alternate each year between Denbies Vineyard and Lloyd Park and there couldn't be more a contrast between the two venues. On a crisp sunny winter's day there can be few more scenic cross country courses on the circuit than Denbies Vineyard situated on the slopes of the North Downs across from Box Hill. 5 degrees warmer with less wind would have been nicer but one has to put up with the conditions served upon the day.

What about the course? This one has a bit of a reputation with plenty of hills, slippery mud, cambers and a chicane (for some reason more popular with spectators than the runners). The course turned out to be slightly tamer than in recent years despite muddy sections towards the beginning and end of each lap. In addition the organisers had taken out the

difficult cambered section at the top of the vineyard, along with the chicane, though sadly none of the hills. The course changes meant that the distances were shorter than previously, with the women's 2 lap course coming out well under 5 miles and the men's 3 lap course just over 7 miles.

Although many had run at Denbies at least once before there seemed to be a degree of collective amnesia, (possibly akin to child birth but others may be better placed to comment than me), with Michael Hutchinson having no recollection of the course at all apart from the notorious former chicane, and Mark Foster convinced that the distance was no more than 6 miles.

In the women's race Ola came through the field well in the second lap, following a cautious start. Michelle also had a good run, in line with current form. In recent years Ros and Louisa have often finished close together, and this proved no exception, with Louisa finishing marginally in front this time. Lindsey completed the women's team with a

determined run.

Lewis Laylee competed in the U20 race. Well up in the field after the first lap he was forced to pull out later with what appeared to be a recurrence of the injury he picked up last month. Tim Bowen led the senior men's time, finishing in the top 20% of the field. Michael Hutchinson had a strong run, with his cycling endurance clearly paying dividends. After a cautious start, Mark was able to come through the field, while Mike had an even paced run, managing to pick off a few competitors in the second half.

**Mike Mann**

## Women's race

Ola Balme	36:05
Michelle Lennon	38:42
Louisa Pritchard	41:32
Ros Tabor	41:38
Lindsey Annable	44:39

## Men's Race

Tim Bowen	44:27
Michael Hutchinson	49:10
Mark Foster	56:30
Mike Mann	58:26

## Project 19 is back.

### (Despite attempts to ban it from shorts)

January body snapshot: 72 Kg. 25% body fat. Yes, true. I'm a quarter pounder. Mileage, none. If Steve Smythe's spreadsheet ever saw those numbers it would self-destruct, splattering my failing ex-runner's body all over the club walls. Gruesome. Recent darker memories flood into my consciousness. Hot, sticky memories, like the club house dance floor with some quiche mixed in.

Ian Lilley telling me to buy rum and cokes until mutual destruction was ensured. Or that's what I thought he said.

Thinking back now I realise all he did was just buy me a drink. Picking up Claire Steward and swirling her over my shoulder on the dance floor. "Why?" she legitimately asked. Michelle Lennon seemed to enjoy it more, or was she just mocking me, like when she beat me in the London Marathon? I feel a crimson shame. The look of despair in "coach" Paul "Divinity's" eyes jabs me between the eyes. Ok, so it's January and time to pick myself up. Last year saw a bike crash and dance floor injury combination that derailed my sub 19 efforts. As well, it's true, a failing of character and personality

to carry the task through. This year is going to be different. Yes. Matthew Ladds, yes I was sitting on his shoulders. That was a good moment. Anything was possible. Sub 18, sub 17. Then a bright flash of light as I managed to catch the edge of glorious Tony Tuohy's shirts as he strutted up to collect his haul of trophies.

Yes, a glorious light is flooding my mind. Dulwich Runners, this is going to be a great year. I scrapped a bit of the Tony Tuohy DNA under my finger nails and I feel myself undergoing a strange mutation as my 72 kg begins into a buff V shaped runners torso. Sub 19, I can feel it in my rum-soaked bones, it's going to happen.

**Ajay Khandelwal**



January 7

## Banstead Woods

188 Ran  
Pos Gen  
12 12 Paul Devine 20:46

## Braunstone

403 Ran  
Pos Gen  
28 28 Hugh Balfour 21:22

## Brockwell

516 Ran  
Pos Gen  
19 19 Edward Simmons 19:33  
306 232 John Breslin 27:31  
320 80 Hannah Harvest 28:04  
481 302 Hugh French 33:24

## Bromley

727 Ran  
Pos Gen  
151 131 Chris Goodman 23:38

## Burgess

475 Ran  
Pos Gen  
43 40 Dan Hill 19:49  
474 189 Susan Vernon 47:50

## Crystal Palace

365 Ran  
Pos Gen  
8 8 Tom Wilson 19:32  
34 1 Christina Dimitrov 21:31  
36 2 Helen Lister 21:44  
43 3 Lucy Pickering 22:19  
57 4 Belinda Cottrill 22:53  
62 58 Bob Bell 22:59  
112 102 Michael Dodds 24:51  
151 19 Clare Wyngard 26:19  
211 41 Claire Steward 28:19

## Dartford

216 Ran  
Pos Gen  
11 11 Michael Fullilove 21:23

## Dulwich

370 Ran  
Pos Gen  
1 1 Edward Chuck 16:47  
11 11 Thomas South 18:08  
29 1 Chloe Green 19:38  
107 96 Paul Vivash 22:54  
233 186 Mick Mead 27:32

## Eastbourne

336 Ran  
Pos Gen  
15 15 Nicholas Brown 20:32

## Gladstone

210 Ran  
Pos Gen  
37 5 Becca Schulleri 23:09

## Leicester Victoria

306 Ran  
Pos Gen  
170 38 Marjorie Epton 28:40

## Malling

243 Ran  
Pos Gen  
243 105 Tereza Francova 49:36

## Peckham Rye

347 Ran  
Pos Gen  
10 10 Justin Siderfin 19:11  
12 12 Ebe Prill 19:14  
17 17 Joe Farrington-Douglas 19:42  
27 27 Grant Kennedy 20:27  
33 2 Michelle Lennon 20:42  
48 46 Alex Bazin 21:31  
49 47 Matthew Ladds 21:32  
113 100 Graham Laylee 24:10  
347 208 Andy Bond 44:54

## Richmond

564 Ran  
Pos Gen  
183 20 Lindsey Annable 25:17

## Southwark

361 Ran  
Pos Gen  
154 32 Kaylee Coxall 25:34

## Tooting Common

812 Ran  
Pos Gen  
278 235 Ian Sesnan 25:31

## Western Springs

116 Ran  
Pos Gen  
31 26 Nick Bell 24:17

### 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.



# INJURIES HAPPEN

## FIRST AID COURSE



Saturday  
3<sup>rd</sup> Feb 2018  
9am-1pm

Athletics presents the potential for a wide variety of 1st Aid situations...

- Do you have the confidence to deal with minor injuries?
- Can you manage serious injuries until professional help arrives?

First aid may be required at training and during competition. It may apply to athletes or even officials and spectators, therefore the more 1st Aiders we have amongst our coaches, officials and club volunteers the greater the chance of any accidents being dealt with correctly. Surrey Athletics Network is pleased to offer a 1st Aid for Sport course to coaches, officials and club volunteers. Those successfully completing the course will receive a HSE certificate, valid for 3 years, and directions to obtain a 1st Aid manual.

**Venue:** CADAC clubhouse, King's International College, Watchetts Drive, Camberley, GU15 2PQ. Turn right for parking. Clubhouse in clockwise direction.

**Cost:** £45 ea but only £35 to members of Surrey Athletics Network clubs.

Pay by bank transfer to sort code 09-01-27 Acc no 78661002.

Cheques if necessary to Gillian Wilder 3 Redcourt Woking GU22 8RA

**Booking:** Martin Goodway – course facilitator on [megoodway@hotmail.co.uk](mailto:megoodway@hotmail.co.uk)



If interested the club will pay the fee

# DULWICH RUNNERS AC W2

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

	M	Km
FULL RUN	10.4	16.7
SHORT CUT	8.0	12.9
SHORT CUT	6.2	10.0
SHORT CUT	4.3	6.9

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

You are here

