



These are your SHORTS,

Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 17 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

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

Tues 23 Track - Crystal Palace Arena - details below

In your SHORTS this week !

- 1 General information
- 3 Club kit - new kit additions !
- 4 Fixture list, **2018 Club Champs** and all other races
- 5 Cross country section - Races & useful info etc
- 6 Marathon schedule and training advice
- 7 Surry league Xc reports and champs standings
- 10 Parkrun results
- 11 Wednesday map

And much more !

MEMBERSHIP FEES FOR 2018/19

Members will recall that at the AGM it was agreed that the Committee would review Membership Fees prior to the renewal date of 1st April.

The Club last increased fees in January 2015 although since then the England Athletics affiliation fee collected through the membership for first claim members has increased by £1 each year as it will again for 18/19.

Since 2015 we have faced increased costs particularly in Club Hire, race entry fees and transport costs etc. The Committee has therefore decided to increase membership fees for 2018/19 to £45 (currently £37) for first claim members and £30 (currently £23) for second claim and non affiliated members.

The Committee are sure you will agree that membership fees give excellent value for money.

The benefits of membership include:

- Free entry to 5 Assembly League road races during the summer.
- Free entry to 4 Surrey League XC fixtures, XC relays, County, Area and National XC races and National and Area Road Relays.
- The opportunity to qualify for one of the club's places in the London and Brighton marathons
- Advice from our qualified coaches
- Subsidised entry to Green Belt Relay
- Kit and race entry discounts with EA Affiliation

**It was also agreed that our membership year would change to April 1 - March 31
In accordance with this, your membership renewals will be emailed March time**

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

Connect with us:



----- EVENT HORIZON -----

A brief look ahead

20 Vets Ac Champs - Wimbledon

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 to get on the mailing list

Marathon Training

See page 6 for a general schedule and training tips.

I am happy to give anyone (of any ability or target) a detailed schedule - 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 **Dave West, Claire Steward, Tony Tuohy, Eleanor Simmons, Andy Murray and Yvette Dore** for running with new people last week 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

Sharon Erdman

17/1

Paul Hilton

23/1

Emma Ibell

30/1

Paul Keating

6/2

Wednesday Night Map

This map for this Wednesday's runs can be found on the last page of Shorts.

Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.

If your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse - Thanks

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

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

Thank you. - Ros



Instagram

We have now set up an Instagram account for Dulwich Runners - so if you

would like your photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z uploaded, please send through to one of Barry Graham, Yvette Dore or Jonathan Whittaker who will take care of it!

The Instagram feed will be linked to our new and upgraded website - more on that soon.

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)

SOCIAL SPOT

P
O
T

Watch this space for future events.

Photographs needed !...

If anyone has any good recent photos of Dulwich Runners in action either on the race course or at the pub (or dance floor for Ajay) for inclusion in the brand new website, please could you send them to:

jonathanwhittaker79@yahoo.co.uk



Dulwich Wine and Wisdom Quiz

This local quiz in aid of the Children's society is on Saturday 3 March.

Dulwich runners has often entered a team (of 8). If anyone is interested in organising a team for this year please let me know by Friday 26 January.

Thanks

Ros - ros.tabor49@gmail.com

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



NEW KIT – BUY ONLINE DIRECT FROM THE MANUFACTURER

We have set up an arrangement with pbteamwear to provide showerproof jackets and mid-layer training tops. You just click on the link to the Dulwich Runners shop: <https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html> and purchase directly. I am getting a couple of samples to check sizing. any questions contact Ros at: ros.tabor49@gmail.com



Showerproof Team Jacket

Full Zip Multi Purpose Club Jacket. Unisex Fit, Chin guard, Concealed hood. Drawcord system, Durable water repellent textured fabric, Inside pocket. Mesh lining. Scooped hem, Generously sized



Pro Mid Layer 1/4 Zip Top

Technical Mid layer Pro 1/4 Zip Training Top, 220gsm 4 Way stretch matt finish / full dull polyester outer Scooped hem dropped back, Soft touch anti - pill fleece reverse

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

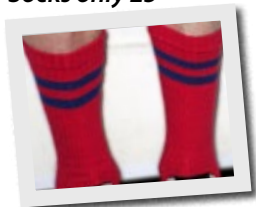
STOCK CLEARANCE! BARGAIN KIT!

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



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

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



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	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 (note : 1pm start)	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 Mille (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)

Big Half on Sunday 4 March 2018

Entry available

The Salmon Youth Centre in Bermondsey has a number of charity places available.

I believe the condition of entry is to raise £250 in sponsorship.

If you are interested drop me an email.

hugh@christchurchpeckham.info

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

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

Assembly League 20218

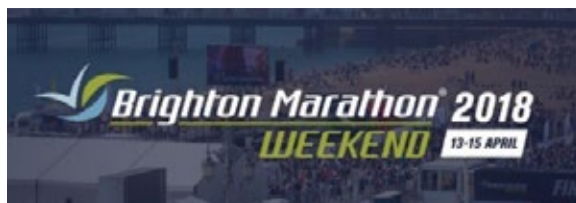
The dates and venues of this summer's series of Assembly League series are now in the main fixture list, all taking place on the first Thursday of the month.

Brighton Marathon Club places

Club places for 2018 Brighton Marathon,

Deadline this Sunday, 21. January

The last chance to get a place in the Brighton marathon a week before London (Sunday 15. April 2018). Their regular entry has closed but the organisers give up to 10 places to running clubs like us. Cost is £69.50
Email me ebepriill@yahoo.co.uk if you are interested and I can



apply for these places by Sunday evening, 21. January. So far six members who missed out on our London marathon club places have applied. 4 place 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 1/2M to Paddock Wood as her/his club champs race.

Paddock Wood Half will be the main club champs Half but it takes place a week before Brighton. The alternative 1/2M 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 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.



Saturday and Sunday 19th & 20th May 2018

See the website - 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

Surrey League, Beckenham

A big thank you to all of you who volunteered as course marshals or on the finish at Beckenham on Saturday. Your help was a key factor in ensuring that the event passed off smoothly. As a token of appreciation, you will be able to claim a free drink at the club house either today or next Wednesday. Bernie will have a list behind the bar.

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

Ladies: dulwichladiescaptain@gmail.com

Marathon training

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

Jan		
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 note about marathon training

Everyone is different and even runners who race at the same speed don't always train comfortably at the same speed.

My views are based on 40 plus years of marathoning and what worked for me to break 2:30 but I do feel some runners in the club run too quickly in training.

Remember when you race 26 miles flat out in a marathon, it can take months to fully recover and that is after tapering and having the adrenaline of the race stimulus. If you train too long at near to race pace in the middle of hard training without a taper, how do you know it is building your fitness and not taking something from it?

You do need some faster running in your training but you should be attempting to build your fitness up gradually in the three to four months leading to the marathon.

Too fast at a continual quick pace on a long Sunday run could mean instead of getting fitter, you are tiring the body, opening the way for fatigue, injury and illness and possibly struggling for a week or two after the run.

The important thing seems to me is to be consistent, building endurance through a diet of long slow runs, some faster training and races and then being strong on the day. It is more important to stay injury free and healthy than to have a few blinding long runs, even if they seem easy at the time.

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
All road, fell, xc, tri and track results etc, are welcome.

Surrey League Ladies Wimbledon

13/1/18 –

Ange Norris writes...The fairly dull January day didn't match the sunny mood of the 15 Dulwich ladies on Wimbledon Common. The second weekend of the year and it was time for the second cross country race of the year. No wonder there was a lot of excitement!

As is custom, the pre-race conversation very quickly turned to the topic of 'shoes'. Spikes Vs trails. Was it muddy?

'Only at one point,' said Andy.

So, with a 2-lap course with a long gravelly path and very little mud, many preferred trail shoes but others still preferred their old faithful spikes. For many the conversation is a necessary ritual but futile when only one pair of shoes is brought along. Ros donned her brand new and glowing trail shoes while Becca scraped thick mud off hers from the last race.

Once again, the 2 divisions were to race separately, far preferable to the overcrowded race of 570 runners at Nonsuch park in back in November. Once off, the runners quickly disappeared from view and the spectators debated the best place to support. One (mentioning no names) said, 'Oh, I was going to go for a coffee', but was shamed to staying and cheering. Staying put meant watching the runners at the half way point and the finish without needing to move – a result!

It was good to see Clare Elms running with us again after such a long time out injured. She started off steadily and came through well in the second lap. Second Dulwich spot went to Claire Baglin, running well. Every second counts, as Helen followed just 35 seconds behind and 18 places. Next in was Becca, having a great run and clearly enjoying it as the photo evidence tells us. Emma was next, despite falling over. Bloody knees didn't slow her down; she pressed on regardless and completed the A team.



L - R Clare Elms, Ola Balme, Eleanor Simmons, Ros Tabor, Laura Vincent, Katie Styles, Lucy Clapp
Yvette Dore, Claire Baglin, Ange Norris, Helen Iister, Lindsey Annable, Emme Ibell, Becca Schulleri

More Dulwich ladies were hot on her tail, with Michelle, Ola and Katie grouped within 5 places and 19 seconds. Ola and Katie were actually given the same time along with a third lady. Both were also under par, being ill and having a stitch respectively. Well done to them for still finishing and doing their best. Anna, coming back from injury, had a good run to finish just in front of Eleanor, having a great run with her best finish position this season.

Yvette and Laura also had good runs to come in, in front of Lucy C. who was running her first race since being ill, so lacking recent training. Ros followed with a strong run to be first V65, (out of 1!) but more importantly, in front of all 7 of the V60 ladies. Lindsey also had a strong run, definitely looking like she is coming back to form and hardly looking like she has lacked training.

In writing this report I looked up the results from the previous Surrey League race, and although some ladies were up on their previous position and some down, most were there, or thereabouts. If there was a prize for the greatest improvement in places it's a close contest, but top 4 are –

Lindsey up 35 places
Yvette up 34 places
Eleanor up 33 places
Becca up 30 places

But sadly, there is no prize except your name in dazzling colours in Shorts!

A team

14 Clare Elms	34.20 1 st W45+
55 Claire Baglin	37.12
73 Helen Lister	37.47
92 Becca Schulleri	38.40
103 Emma Ibell	39.20

B team

106 Michelle Lennon	39.23
109 Ola Balme	39.42
110 Katie Styles	39.42
128 Anna Thomas	40.26
134 Eleanor Simmons	40.41
139 Yvette Dore	40.51
166 Laura Vincent	41.58
187 Lucy Clapp	43.11
195 Ros Tabor	43.53 1 st V65+ & 1 st V60+
223 Lindsey Annabel	47.17
264 ran	

Thanks to Jim for support out on the course and some excellent photos. We're now looking forward to the final fixture –
Richmond Park, 10th Feb 11 a.m.
Be there! 😊

Surrey Ladies League Wimbledon

January 13

Steve Smythe writes...Dulwich's women had a good turn out and showed a slight improvement on the previous result, but with so many potential scorers missing, relegation is still possibly in the final fixture though given our current level, it would not be the end of the world if we dropped down to division 2 for the first time and regrouped next season.

Captain Ange Norris wasn't able to run but gave good support out on course.

The course was longer than the men ran but it was a faster course and most of the course was quick and runnable.

Clare Elms had barely run since the summer but has been doing a weekly parkrun the last month and though only averaging 5 miles a week, has kept very fit by watt bike training.

She started slowly but then gradually picked up and moved into the top 15 to show she still has the ability. She was easily first W45 and the leading club runner by nearly three minutes.

Claire Baglin is not in her fitness of a few years ago (11th in league in 2015) but it's good, having moved away, and training less, that she carries on competing for us and plugged away just outside the top 50.

Helen Lister showed her natural marathon strength on the second lap and was well up on her form of the last league.

Rebecca Schuller also ran strongly over the second half and was also well up on her last league run.

The final A team scorer was Emma Ibell, who was not able to replicate her Kent form of the week before not helped by a heavy fall mid-race.

She finished just ahead of Michelle Lennon and Ola Balme and Katie Styles who were all very close and not quite in their very best for yet for various reasons.

Anna Thomas also is below her best fitness

but fought well and the B team were completed by a very good run from Eleanor Simmons who had one of her best ever league positions.

Of the non scorers, Yvette had a good run but Laura was not at her best and Lucy was also not able to fulfill her potential.

Ros was first W65 but doesn't seem to hit her best form in league races compared to her Vet race form.

Lyndsey Annable completed the 15 runners of Dulwich with a strong run throughout.

TEAM: 1 Thames H&H 57; 2 Clapham 85; 3 Belgrave 123; 4 S London 143; 5 Herne H 155; 6 Ranelagh 187; 7 Kent 234; 8 THH B 247; 9 Clapham B 249; 10 Reigate P 267; 11 Woking 312; 12 Stragglers 313; 13 Fulham 314; **14 Dulw R 332**; 15 Hercules 349; 16 Ful on Tri 402; 20 Epsom 474; **23 Dulwich B 582** - 30 teams Standings after 3 matches: 1 THH 242; 2 Clapham 270 3 S London 415; 4 Belgrave 471; 5 Ranelagh 494; 6 Herne H 496; 7 Kent 557; 8 HW 598; 9 Reigate P 660; 10 FoT 951; 11 Fulham 965; 12 Stragglers 997; 13 Clapham B 1002; 14 E&E 1021; **15 Dulw R 1052**

Surrey League XC Div. 2 Men Match 3 Beckenham Place Pk

Sat 13th January

Tony Tuohy writes....This was the third fixture in the league this season and was hosted by good old Dulwich Runners in excellent fashion with a full complement of non-running officials/marshals/helpers as well as an impressive turn-out of 27 runners; so for a start, big thanks are due to our cross country captains and other committee members for their organisation skills. New to the league was the venue, Beckenham Place Park, used recently for the shorter South of the Thames championship and providing a proper five mile test over soft and wet undulating grassland, churned to mud in places.

Our squad was the strongest we've fielded for some time with the ten A team scorers packing well in little over two and a half minutes (even with the first two well clear of the rest) and taking 4th place on the day, our best result this season that should see us climb the table to 4th with one fixture to go.

Continuing his great winter form, first Dulwich man home was Greg Hills with a storming Buzz this time nipping at his heels, far closer than last week at the Kent Championship. These two were well clear of our other eight counters in the space of just 1:52 who were led by yet another strong and consistent

run from Steve Davies, who had a good margin over a still-getting-it-back Tim and Andy. Jack Ramm has been a great addition to the team and here stretched his advantage over Dan Mann's solid consistency.

Charlie's still-careful return from injury was rewarded with a good run that saw him get up and pip Tom right at the death, a death that Tom had been dying for the last mile, but only after a very strong run that was testament to the hard training he's doing. The scoring ten were completed by another hefty improvement from Jonathan, getting better all the time and securing our A team a strong 4th place.

Within about 400m of the start I knew it wasn't my day, and when Steve Rolfe passed me late on while I was daydreaming about hot tea and biscuits I at least stirred myself to have a go back at him. Olly wasn't far behind either, followed by Nick, all useful runs within a minute of the scorers and therefore well capable of being top ten on another day. That goes for Matt and Ian too, and Coach Steve of course, who did well to just get the better of Justin and Holger.

Grant matched his solid run at Richmond to close the B team, followed by Ebe, getting the miles in now towards marathon training but short of form while trying to emerge from injury troubles. Gary loves to hate the soft going but was a minute ahead of Grzegorz, and it's good to see Chris mixing it for the second time in the league this season. Hugh wasn't far back for another consistent 2nd M60 placing, and the huge turnout was completed by Mike and Graham.

16	Greg Hills	28:52	
17	Buzz Shephard	28:56	2M40
31	Steve Davies	29:40	1M45
36	Tim Bowen	30:03	
39	Andy Bond	30:09	
47	Jack Ramm	30:33	
57	Daniel Mann	30:50	
64	Charlie Lound	31:11	3M50
65	Tom South	31:12	
69	Jonathan Whittaker	31:32	
78	Tony Tuohy	31:53	1M55
80	Steve Rolfe	32:00	
86	Olly Cooper	32:10	
98	Nick Wood	32:36	
107	Matt Cooke	32:59	
120	Ian Lilley	33:16	
123	Steve Smythe	33:20	3M55
127	Justin Siderfin	33:26	
128	Holger Betz	33:27	
142	Grant Kennedy	33:57	
146	Ebe Prill	34:08	
153	Gary Sullivan	34:42	
162	Grzegorz Galezia	35:44	
170	Chris Loizou	36:22	
173	Hugh Balfour	36:38	2M60
190	Mike Mann	40:06	1M65
192	Graham Laylee	40:24	
208 finishers			

TEAM: 1 Guildford 97; 2 Fulham 356; 3 Striders 375; **4 Dulwich 430**; 5 Wimbledon 440; 6 Epsom & E 556; 7 Croydon 558; 8 Kingston & P 634; 9 Dorking 649

Men's Standings after 3 matches

TEAM: 1 G&G 331; 2 SoC 1157; 3 Fulham 1208; **4 Dulw R 1403**; 5 Croydon 1497; 6 E&E 1601; 7 K&P 1609; 8 Wimb W 1628; 9 DMV 1851

Here are the cross country tables after the Surrey league races at the weekend
2 more opportunities to complete 4 counting events – final Surrey league 10 February, and National championships at Parliament Hill 24 February

CROSS COUNTRY CHAMPIONSHIP MEN 2017 - 2018 BEST 4 EVENTS TO COUNT								
	Surrey League 1	Surrey League 2	South of Thames	Surrey League 3	Surrey League 4	Nationals	Best 4	Running Total
	Wimbledon	Richmond	Beckenham	Beckenham	Wimbledon	Parl Hill		
	14/10/2017	11/11/2017	25/11/2017	13/01/2018	10/02/2018	24/02/2018		
Steve Davies	48	48	49	48				193
Steve Smythe	37	37	42	34				150
Ebe Prill	36	36	43	30				145
Tim Bowen	49	49		47				145
Andy Bond	47	47		46				140
Daniel Mann	46	45		44				135
Tom South		43	48	42				133
Hugh Balfour	34	30	40	26				130
Steve Rolfe		44	47	39				130
Charlie Lound	43	42		43				128
Jonathan Whittaker		38	46	41				125
Matt Cooke	38		44	36				118
Justin Siderfin	41	39		33				113
Holger Betz	39	40		32				111
Greg Hills			50	50				100
Grant Kennedy	33	35		31				99
Buzz Shepherd		50		49				99
Chris Loizou	32		38	27				97
Jack Ramm		46		45				91
Lloyd Collier	42		45					87
Ed Harper	44	41						85
Tony Tuohy	45			40				85
Mike Mann	29	28		25				82
Olly Cooper	40			38				78
Graham Laylee	28	25		24				77
Grzegorz Galezia			41	28				69
Ross Rook	35	33						68
Jim Dowsett		29	39					68
Martin Double		27	37					64
Mark Foster	31	31						62
Gary Sullivan		32		29				61
Joseph Brady	30	26						56
Shane O'Neill	50							50
Nick Wood				37				37
Cameron Timmis			36					36
Matt Ladds			35					35
Ian Lilley				35				35
Ed Simmons		34						34
Ed Smyth			34					34
Andy Murray			33					33

CROSS COUNTRY CHAMPIONSHIPS WOMEN 2017 - 2018 BEST 4 EVENTS TO COUNT								
	Surrey League 1	Surrey League 2	South of Thames	Surrey League 3	Surrey League 4	Nationals	Best 4	Running Total
	Reigate	Nonsuch	Beckenham	Wimbledon	Richmond	Parl Hill		
	14/10/2017	11/11/2017	25/11/2017	13/01/2018	10/02/2018	24/02/2018		
Ola Balme	49	45	49	44				187
Emma Ibell	42	46	48	46				182
Michelle Lennon	44	43	46	45				178
Lucy Clapp	39	36	44	38				157
Helen Lister	50	48		48				146
Rebecca Schuleri		44	43	47				134
Christina Dimitrov	43	42	47					132
Anna Thomas	45	41		42				128
Eleanor Simmons	40	39		41				120
Yvette Dore		37	42	40				119
Laura Vincent	41	38		39				118
Ros Tabor	37	35		37				109
Ange Norris		49	50					99
Claire Baglin		50		49				99
Andrea Pickup	48	47						95
Katie Styles	46			43				89
Lucy Pickering		40	45					85
Joanne Shelton-Pereda	38	34						72
Lindsey Annable		32		36				68
Clare Elms				50				50
Ellie Balfe	47							47
Hannah Harvest	36							36
Clare Wyngard		33						33

Project 19: Grzegorz: The Polyglot Everest Salt Mine Bear Man

Week 2, and I'm already running out of steam. Miles 0. Weight estimated at 72kg + a Christmas lunch that was postponed from December.

Alcohol consumption: successfully achieved. I reflected on a conversation with Grzegorz at the Xmas party. In my imagination he lived in a bedsit and was a running trustafarian with thick glasses and serious facial hair and a good barrel shaped heart-engine. A good one track running beast. I guessed his home was filled with maps on the wall pinpointing his next 107 km bear wrestling run in mud filled forests, boxes of half-used running shoes, damp socks. Muddy cross country kit. Take away boxes. From shorts I knew he was running up and down stairs thinking he was climbing Everest, or running marathons in salt mines like some deranged Minotaur. It also suited me, to imagine he was a tragic loner with just one true love, running. So, I was rather shocked, to find out he has both a very committed professional and family life.

The Ian Lilley sponsored xmas-rum potion didn't dull the pain of discovering another Dulwich Runner that was more muscly, faster and a better all round human being than me.

This club is majorly depressing. As I sank deeper into the hopelessness of my sub 19 quest, I got a text message from Hugh. The Box Hill Fell Race. I was just about to surrender my place as I had booked 3 other things on Saturday suggesting my major ambivalence. Still, too embarrassed to tell Hugh I go along with his plan.

Perhaps Hugh can provide the guide to running salvation in 2018. Tune in next week.

Ajay Khandelwal

Bromley 10k

14/01/18

I decided to enter this relatively low key race in Norman Park. at short notice. The course was 3 laps of the track, 4 laps of a slightly extended (slight double back) of the park and finishing with 300m of the track. Despite starting later than the advertised 10.30 am this was a well organised race, although the race director could have done with some more help at the finish with the medals and t shirts.

The official results are still not available but I was happy, after the previous day's park run in Newark, with former Dulwich Runner, Martin Morley, to duck under 47 mins for the first time since I turned 60.

Colin Frith 46.52



January 13

Bromley

704 Ran

Pos Gen

665 360 Chris Goodman 38:25

Crystal Palace

426 Ran

Pos Gen

5 5 Tom Wilson 19:51

51 4 Belinda Cottrill 22:53

53 49 Bob Bell 22:58

102 96 Michael Dodds 24:34

127 11 Clare Wyngard 25:16

225 47 Claire Steward 28:38

Dulwich

374 Ran

Pos Gen

22 1 Chloe Green 19:27

63 61 Matthew Ladds 21:26

113 103 Mark Muffett 23:18

126 13 Claire Barnard 23:37

173 31 Hannah Harvest 25:24

268 193 Mick Mead 28:26

Fulham Palace

573 Ran

Pos Gen

554 178 Susan Cooper 35:20

Greenwich

311 Ran

Pos Gen

9 9 Michael Fullilove 20:16

Hilly Fields

368 Ran

Pos Gen

11 11 Joe Farrington-Douglas 19:52

Horsham

310 Ran

Pos Gen

109 90 Gary Budinger 28:39

Hove Promenade

274 Ran

Pos Gen

22 18 Nicholas Brown 20:57

Leicester Victoria

356 Ran

Pos Gen

248 75 Marjorie Epson 30:25

Medina I.O.W.

273 Ran

Pos Gen

16 16 Duncan Wilson 20:49

Newark

278 Ran

Pos Gen

21 21 Colin Frith 23:22

Nonsuch

638 Ran

Pos Gen

16 16 Paul Devine 19:39

Peckham Rye

344 Ran

Pos Gen

9 9 Edward Simmons 19:32

120 15 Michelle Key 24:33

344 216 Andy Bond 59:43

Peterborough

598 Ran

Pos Gen

50 4 Clare Cummings 22:37

Royal Tunbridge Wells

216 Ran

Pos Gen

171 45 Rhoda Collier 35:17

175 129 Lloyd Collier 35:31

Southwark

421 Ran

Pos Gen

178 36 Kaylee Coxall 25:21

198 154 Paul Keating 25:50

Western Springs

130 Ran

Pos Gen

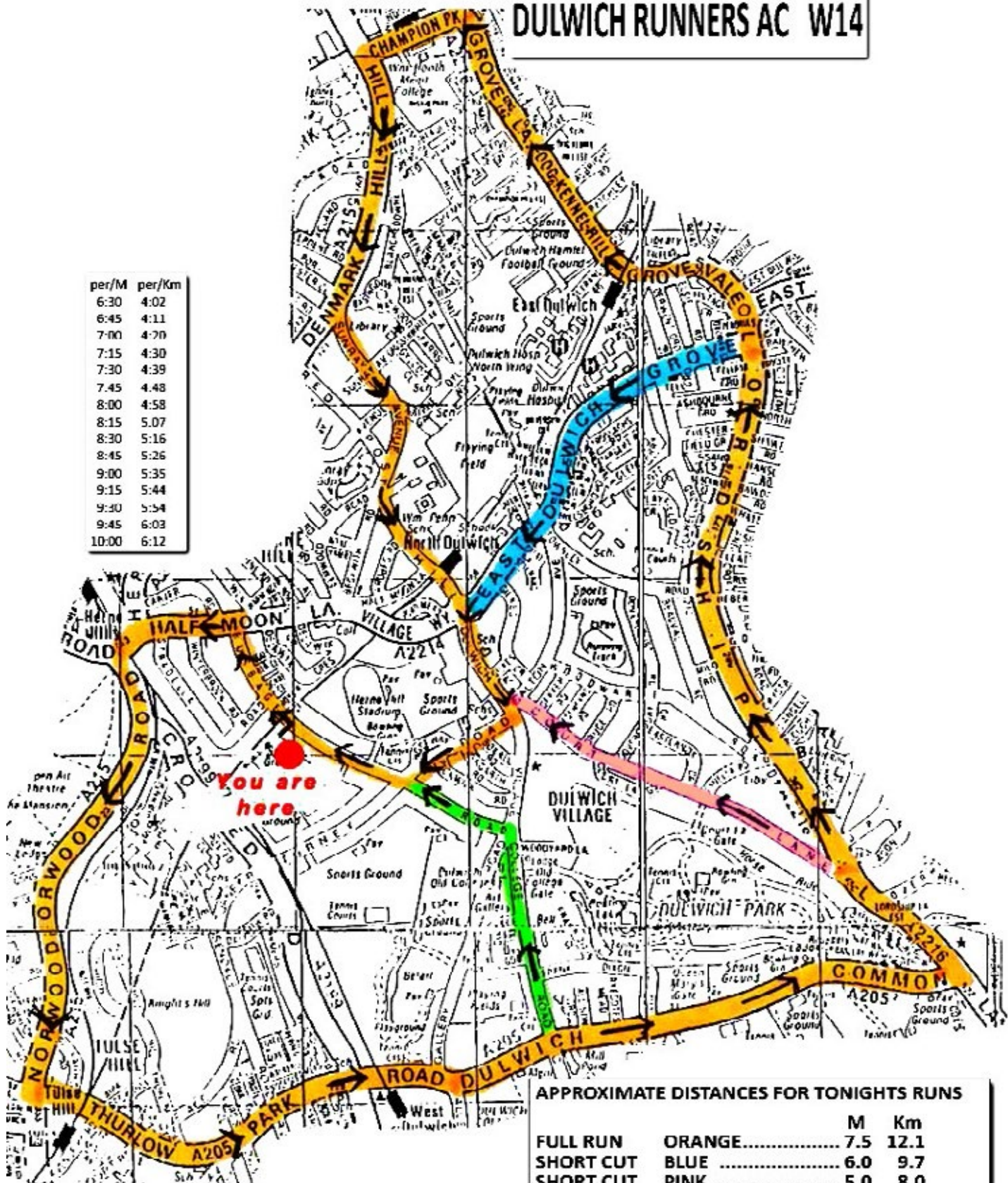
40 36 Nick Bell 24:55

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