

**These are your SHORTS,**

Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 24 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

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

Tues 30 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 Race reports - Box Hill fun and games !
- 9 Parkrun results
- 10 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 **Andy, Christina, Yvette, Lucy and Laura** who took 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

Paul Hilton**24/1**

Emma Ibell

30/1

Paul Keating

6/2

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

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

Upcoming events.

Saturday February 10th:-

End of Surrey Cross county league social at the East Dulwich tavern from 7.30pm, pub details are as:-

<https://whatpub.com/pubs/SEL/10798/east-dulwich-tavern-east-dulwich>

Saturday 24th February:-

Post National Cross Country Champ drinks from 4.15pm. Come and celebrate the end of the Club cross champs with a drink at the Pineapple, a pub with good food and beer. We have the conservatory reserved for Dulwich runners, and its close to Kentish Town Station for the journey home:-

<https://whatpub.com/pubs/NLD/6101/pineapple-london>

Wednesday 14th March:-

Beer and Cheese Matching evening at the clubhouse, after Wednesday night run from 9pm. More details to follow.



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!

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

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

Photographs needed !...

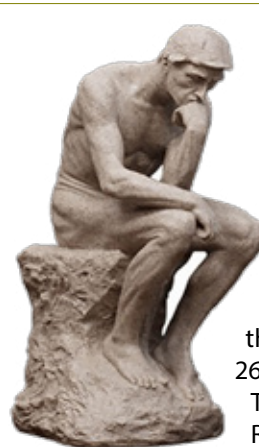
If anyone has any good recent photos of Dulwich Runners in action either on the race course or at the pub (or dance floor for Ajay) for inclusion in the brand new website, please could you send them to:

jonathanwhittaker79@yahoo.co.uk

Dave Freeman

It is with great sadness that we announce the death of Dave Freeman, a long standing Dulwich Runner who relocated to Malta many years ago but still kept in touch with the club.

Vernons



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

Team Bell New signing 20th January 2018



As already reported in the Crystal Palace parkrun news Penelope and James d'Arcy Graham became proud parents to a baby boy on 20th January.

All well and granddad already looking at jogging buggies whilst granny will be at Chrissies corner ready with a spare nappy.

Bob Bell

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



LIMITED NUMBER OF HATS

will be available at the club on Wednesday - only £10



I've been asked about padded jackets (polyester from FASTRAX).

These can be ordered (with Dulwich runners logo on chest)

If we order at least 6 the price will be £39.

Payment must be made in advance.

Fewer than 6 will cost another £7.

Photo is of woman's jacket (slightly fitted).

Male is slightly different.

Sample at club on Wednesday.



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



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

SHORTS!

DULWICH RUNNERS' SHORTS - All sizes available They are traditionally cut either 'racing' style, or slightly longer- Both styles are a bargain £15.



Socks only £5



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	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 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

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



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

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	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 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.

Canterbury 10 mile

21st January 2018

Usually a regular outing for team Bell but diminished this year as only I entered before the event was full.

Travel plans were also disrupted by the arrival of first grandchild the day before (see announcement elsewhere) so it was just me who set off for Kent on Sunday morning. The forecast didn't look great but the weather was OK (for January) when I arrived. Certainly known it worse and was glad I wasn't running in the weather I got on the M2 on the way home.

Owing to a good number of helpers chip pick up and baggage drop were easy and soon making way to start. First couple of miles were a bit congested but the course is almost traffic free country roads and farm tracks so not too difficult to pass (or be passed) just mind the pot holes and puddles. This year the ford at 4 miles looked jumpable (unlike the pictures of Box hill I saw) but we were directed onto the small bridge, which was probably wise, and saved wet feet. After that there is a 1 ½ mile climb were any average mile pace got wiped out but, as they say, downhill after that.

Other than getting round and back in the warm as quickly as possible I didn't have any great aim so pretty pleased with my time, particularly as I had to do a bit of dentistry when a troublesome tooth decided it had enough and jumped ship at 8 miles, which was a first in my long but undistinguished running career!

Bob Bell

328 Bob Bell	1:17:12	(chip 1:16:46)
433 Colin Frith	1:20:04	(chip 1:19:47)
897 Michael Fullilove	1:35:36	(chip 1:35:36)
1,390 finished		

Colin Frith adds....I entered this race with a target of competing this in around 80 mins - a target I had not achieved since reaching my new age category. This is not an easy course with two significant climbs at 5 miles and 8 miles. It was good to see fellow Dulwich Runners Bob Bell and Mike Fullilove at the busy start, as I tried to get close to the front of race start, that had over 1200 entries.

Mike was pacing his daughter who has a marathon place. So for once, I did not see him well ahead of me. Bob had become a granddad for the first time and celebrated in fine style to post a very creditable time in our age group. I was also pleased on the chip time to beat 80 mins having seen the clock just tick over 80 mins despite a real push for the line - the days of a sprint finish have gone!

Vets Ac Cross Country Champs

20 January

These champs were held on the usual course on Wimbledon Common of around 7km. The rain which had stopped and started earlier on became more persistent as the time of the start approached, continuing throughout the race. With a temperature of around 4 degrees, this made for pretty raw conditions, though it was not too bad when actually running. Not surprisingly the ground conditions were muddy in all the usual places, though the early downhill stretch was reasonable and playing fields soft, as opposed to their usual winter swamp. The worst stretch was part of the path alongside the brook where there were deep puddles and mud. As a result the course was a good deal slower than in the championships a year earlier when the ground was largely frozen, making the playing fields very fast and this was reflected in our finish times.

Tony had got the better of HHH rival Gary Ironmonger in the 2017 race, but positions were reversed this time, with Tony, who won M55 silver, not finding the ground conditions to his liking. Don't worry, Tony, you'll have Lloyd Park to look forward to next month. I had a much improved run over my below par performance at Beckenham the week before, running at a faster pace despite the more challenging ground conditions, managing to achieve what passes for a sprint finish these days over the final 400m to hold off an age group rival and narrowly win M65 gold by 6 secs. Ros was another to register a big improvement on her recent Surrey League performance, winning W65 silver, and narrowly beating Andy who ended up with M60 bronze.

Times for last year are included for comparison, but I have not gone further back as that would be embarrassing for most of us with the passage of time. Suffice it to say that all four of us were faster in 2016 when conditions underfoot were even worse.

Mike Mann

Tony Tuohy	27:34	(M55 silver) 25:46 2017
Mike Mann	32:52	(M65 gold) 32:06, 2017
Ros Tabor	35:58	(W65 silver)
Andy Murray	36:07	(M60 bronze) 34:28, 2017
Jo Quantrill	39:39	2nd claimer

Box Hill Fell Race 2018

7.5 miles 2000 ft ascent

“The mud and the blood and the beer”

A record 16 DRs managed to get an entry this year; an achievement in itself, as the entries filled up in 9 hours. But a combination of injuries, a broken down car and subsequent engagements, meant that only 8 of us made it to the start.



Grant Kennedy, Laura Vincent, Katie Styles photobombed by Claire Steward

It felt like a proper fell race with the clag down on the top of the hill, low temperatures and a steady drizzle. The going was clearly what the horse racing world calls “heavy”, and there was a serious chance of losing a shoe at the start! There was also a significant reluctance to line up at the correct spot as most of the start line was taken up by a large puddle. However once we were off and slogging up the steps to the top of Box Hill, all worries about mud were forgotten, we just wanted to get there. From then on, the main object of the exercise was to stay upright; something in which most the Dulwich contingent were quite successful except for Grzegorz and myself who came croppers on the final descent, resulting in bloody knees and a mud covered face in my case.



Grzegorz Gałęzia.....you'd better ask him !

The race was dominated by Victoria Park, who fielded 21 runners and walked off with the team prize by a huge margin. Although there was a tough battle for first place with Aaron McGrady winning

Thanks to Jim Dowsett & Grzegorz Gałęzia for the photos, there were too many to show here but you can see them all on our Facebook page

by only 5 seconds. Even then he was over two minutes slower than last year's winner, due to the conditions.



Grzegorz & Ajay...job done !

I managed to lead the Dulwich contingent home, liberally covered in mud and blood, but despite being four minutes slower than last year, still won the V60 prize. I was quite surprised about this as I had noticed a guy from Cambridge Harriers who was a bit quicker than me according to Power of 10 (yes I know it is a bit nerdy to check up on the potential opposition). In the event I beat him by 5 minutes which shows how different this race is even to cross country.

Alexie was not far behind me; she had me in sight for much of the race, until she had to stop to tie up her shoes lace. But she seemed to enjoy her first outing thoroughly, although the fallen trees may have slowed her up a bit. Grant came in next, again his first time, but having had an even paced run. He obviously took it a bit steadier, as he was three minutes ahead of me last week in the Surrey League.

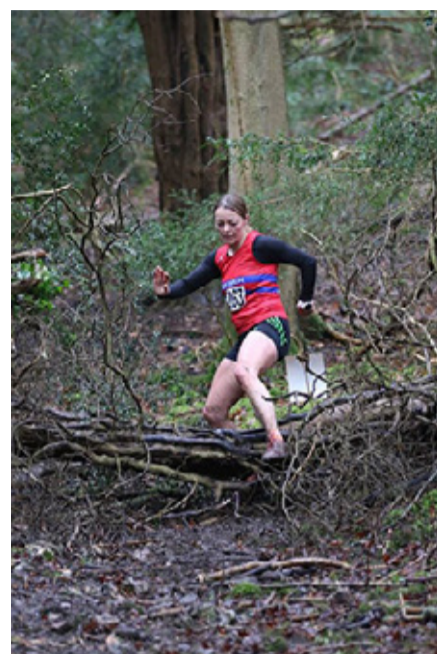


Claire Steward...straight in at the deep end !

Behind him was Grzegorz who was having a much better run than last year until his fall as he was about to start the last descent down the steps, which caused him to descend more cautiously than he would otherwise. However the run of the day was by Katie who stormed round the course, just behind Grant and Grzeg, taking four and a half minutes off her time from last year. Laura also enjoyed it, having an excellent first run, and gaining a few places in the closing stages. Having escaped the domestic upheavals caused by the imminent arrival of builders Ajay took it gently, obviously savouring the delights of the course, and reserving his energies for the more important projects in hand.

Claire brought up the rear, but with a

huge smile on her face. In November she had such pain in her knee that she could barely walk, but something wonderful happened and she ran the course with no pain at all, albeit slower than last year due to lost fitness. To celebrate, she then slipped off the stepping stones and went up to her waist in the River Mole as we returned to the car.



Alexie Williams 1 - Tree 0

So much for the mud and the blood, finally we staggered back to the race HQ conveniently located in the Stepping Stones pub, where large quantities of much needed beer were consumed. Why not come and do it next year, who knows it might be snowing?



Grant...grinning again , Hugh...Hmm

Finally a big thank you to Jim Dowsett for braving the mud to come and support and take some excellent photos.

Hugh Balfour

1	Aaron McGeary (VPH)	56.40
86	Hugh Balfour	75.14 (71.41 in 2017) 1M60
94	Alexie Williams	76.44
106	Grant Kennedy	78.00
111	Grzegorz Gałęzia	78.28 (78.47 in 2017)
113	Katie Styles	78.52 (83.24 in 2017)
182	Laura Vincent	92.21
204	Ajay Khandelwal	104.30
214	Claire Steward	107.18 (97.24 in 2017)
235	finished	



January 20

Beckenham Place

118 Ran

Pos Gen

13	1	Helen Lister	20:56
82	59	Peter Jackson	28:27

Bexley

352 Ran

Pos Gen

9	9	Michael Fullilove	21:00
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Burgess

321 Ran

Pos Gen

14	14	Ian Lilley	19:02
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Brockwell

371 Ran

Pos Gen

22	22	Edward Simmons	19:36
51	3	Michelle Lennon	21:17
129	108	Alex Haylett	23:41

Bromley

560 Ran

Pos Gen

14	14	Nicholas Brown	20:31
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Crystal Palace

307 Ran

Pos Gen

12	12	Tom Wilson	19:51
53	4	Belinda Cottrill	23:04
55	5	Yvette Dore	23:10
122	18	Clare Wyngard	26:10

Dartford

171 Ran

Pos Gen

1	1	Buzz Shephard	17:52
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Dulwich

310 Ran

Pos Gen

6	6	Stephen Davies	17:23
21	1	Phoebe Bowen	18:54
36	34	Timothy Bowen	19:44
58	5	Tess Bright	20:48
81	9	Victoria Read	21:51
94	81	Graham Laylee	22:28
97	14	Lucy Clapp	22:48

104	87	Mark Muffett	22:56
134	25	Lucy Pickering	23:54

Gladstone

161 Ran

Pos Gen

24	3	Becca Schulleri	22:30
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Hilly Fields

253 Ran

Pos Gen

8	8	Justin Siderfin	19:49
12	12	James Burrows	20:08

Hoblingwell

49 Ran

Pos Gen

1	1	Clare Elms	19:40
3	2	Stephen Smythe	20:57

Horsham

246 Ran

Pos Gen

76	67	Gary Budinger	27:37
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Malling

152 Ran

Pos Gen

6	1	Tereza Francova	21:08
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Old Deer Park

118 Ran

Pos Gen

48	7	Lindsey Annable	26:17
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Peckham Rye

268 Ran

Pos Gen

3	3	Andy Bond	16:58
5	5	Charles Lound	18:02
25	1	Emma Ibell	20:47
29	28	Matthew Ladds	21:05
49	47	Gideon Franklin	21:55
69	6	Caroline Maynes	23:16
78	10	Claire Barnard	23:44

Southwark

338 Ran

Pos Gen

175	43	Kaylee Coxall	26:18
184	137	Paul Keating	26:40

Tooting Common

544 Ran

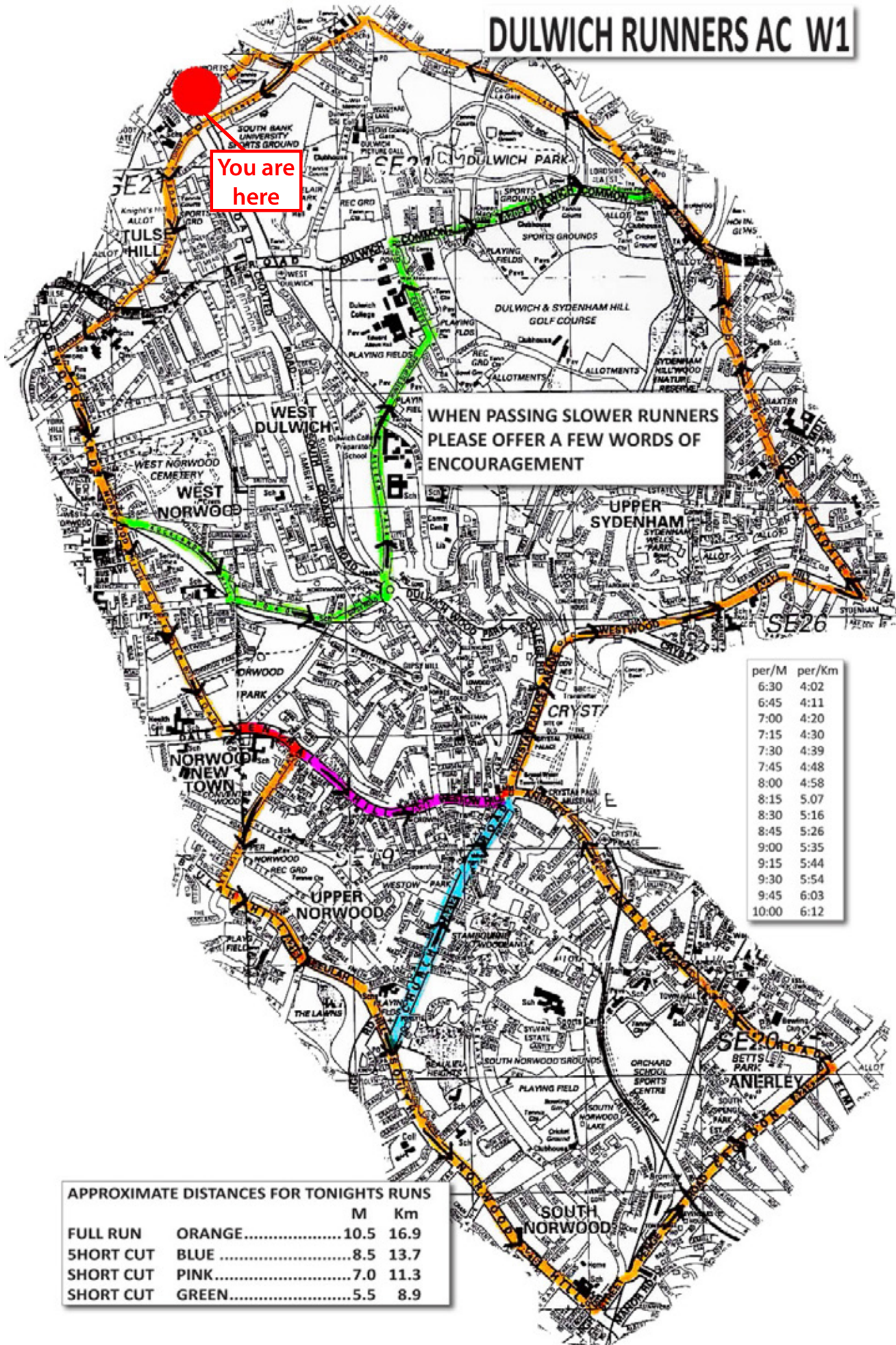
Pos Gen

200	167	Ian Sesnan	25:02
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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 W1



You are here

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

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.....	10.5	16.9
SHORT CUT BLUE	8.5	13.7
SHORT CUT PINK.....	7.0	11.3
SHORT CUT GREEN.....	5.5	8.9