

**These are your SHORTS,**

Please send your reports, running news &amp; anecdotes to:

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

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

- Wed 31 Club Night, Edward Alleyn Club**  
83-85 Burbage Road. London, SE24 9HD  
Fee £1 - 7:15 for 7:30 start. Showers, Bar.
- Sat 3 Dulwich Parkrun - Club Champs - 1st of the year**  
**Tue 6 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
- 6 Marathon schedule and training advice
- 8 Race reports - SEAA Xc full report & results
- 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](http://www.dulwichrunners.org.uk/index.html)

Connect with us:

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

- Feb 3 Dulwich Parkrun - Club champs  
Feb 10 Surrey League - men & women  
Feb 24 National Cross country - Parliament Hill Fields

**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 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](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 **Andy Murray, Tess Bright and Laura Vincent 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

<b>Emma Ibell</b>	<b>31/1</b>
Paul Keating	7/2
Matt Ladds	14/2
Charlie Lound	21/2

## 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



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.

## 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.

## 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)

## 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](mailto:jonathanwhittaker79@yahoo.co.uk)

## 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)



## 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](mailto: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](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)

## 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

2018 club championships races (subject to a few dates and venues tbc) are now in the fixture list below.

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

TBC dates and locations will be confirmed as soon as known. Please make sure to enter the Hyde Park 10k and Paddock Wood 1/2M in good time.

Road & other   **Cross country**   **Club Champs**   **Assembly League**   **Track**

2018		Race		Venue
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. 1/2 if doing Brighton mar.	(L)	Paddock Wood or alt.
	22	Virgin Money London Marathon (or alt. prior to final event)	(L)	London or alt.
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
	30	Assembly League (note new date)		Beckenham Place Park
Sep	15	(or alt. early autumn date) Beckenham parkrun	(S)	Beckenham Place Park
	30	Middlesex 10k	(L)	Victoria Park, Hackney
Nov	24	(date tbc) South of Thames 5 mile	(S)	(tbc)

## Assembly League 2018

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.

**Note:** final fixture at Beckenham has been brought forward to 30 August. New course at Beckenham used for this and the April race will take in parts of the route used in the January Men's Surrey League cross country race. Cutting out the woods should remedy running in semi darkness.

## February Cross Country

We are now approaching the end of the cross country season but two high profile fixtures take place in February. We have the final men's and women's Surrey League matches on 10 February and there is a large entry for the National Championships at Parliament Hill Fields on 24 February.

Both these races form part of the Ken Crookes Champs. Details of the forthcoming Surrey League match are shown separately and those for the National will be included nearer the time.

## 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

## 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.

# 1st Club Championships of 2018 Dulwich Parkrun

3 February

Our first club championships of the year will be the Dulwich parkrun on 3 February, starting at 9am. Please make sure that you are registered with parkrun as a Dulwich Runner and bring your printed barcode with you for scanning at the end of the run, and note that barcodes on your phone are not usually accepted.

As it is a club championship event, you should wear your club vest. We are looking for a big turnout to start off the 2018 club championships with a bang.

There are 9 events in this year's club champs, listed in the fixture list in Shorts. It is necessary to complete 5 events to qualify, including at least one from each of the two distance categories. The overall award is based on age grading and there are award for the top 3 men and women, as well as the winners of each age category and a captain's award

## Men's Surrey League Cross Country

10 February

Our final fixture takes place at Lloyd Park starting at 3pm. The easiest way to get to the start is by tram from East Croydon, alighting at Lloyd Park tram stop on the New Addington branch. The tram stop is adjacent to the start. There is parking on the side streets off Coombe Road.

There is a cafe along with toilets and changing facilities close to the start. It is a 2 lap course over around 5 miles, mostly on what can generously be described as grass and trails, but it is likely to be muddy, if not waterlogged in places, particularly since Div 3 and 4 are using the same course an hour earlier. The course is suitable for long spikes or robust fell shoes.

## Brockwell Parkrun - April 7

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)



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)

If you require any further information about 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 those doing marathon training.*

Feb		
Thu	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	20 miles – ideally out and back with wind behind if possible on return – 10M slow first half and faster second half (ie for sub-3 7:45-8:00 first half and 7:00-7:15 second half.
Mon	5	5M easy or rest
Tue	6	Track/speed: ie 1000 reps
Wed	7	9 miles steady
Thur	8	2M easy then continuous 10km of 3 paces each km of HM pace, marathon pace, then slower pace (ie sub-3 runner 4:00, 4:15, 4:30)
Fri	9	5M easy or rest:
Sat	10	Surrey League
Sun	11	22 miles steady – relaxed and slow first 5 and then slightly quicker for next 15 and easy last 2
Mon	12	5M easy or rest
Tue	13	Track/speed: ie 800 reps
Wed	14	10M steady

Thu	15	2M easy then 10km alternating minutes at 1/2M pace and slightly slower than Mar pace – ie 4:00 and 4:30 pace for sub-3.
Fri	16	5M easy or rest
Sat	17	Hill session
Sun	18	16M with middle 10M at marathon pace
Mon	19	5M easy or rest
Tue	20	Track/speed: ie 400 reps
Wed	21	11M steady
Thu	22	2M easy then 10km of marathon pace with 6 faster HM 1 minute surges every mile
Fri	23	5M easy or rest
Sat	24	National XC
Sun	25	20M very slow
Mon	26	5M easy or rest
Tue	27	Track/speed: ie 2000/200 reps
Wed	28	7M steady
March		
Thu	1	10km at slightly slower than Mar pace with 10 400m busts of HM pace every km
Fri	2	5M easy or rest
Sat	3	steady 5M with strides
Sun	4	Race (ideally HM) or near flat out effort over 10-13M

## *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**

## Other future races of note

Mar 24 Club 10km

Apr 5 Assembly League

Apr 8 Paddock Wood HM

## ***This Sunday run***

For a change, if anyone is interested, there will be a long run at 9am from Beckenham Cricket Club heading out towards Kent/Biggin Hill - the pace should be approx 8 minute miles initially on way up though suggest a faster second half on the easier return. 20 miles is the target though runners could return earlier if necessary.

## **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

## ***Should you run if you have cold or a virus?***

I have always tried to carry on running but occasionally adjusted the intensity. It probably means that I have never really been that ill in the last 50 years.

I now take care not to run too hard or too long if I have a virus.

And I have adjusted my views slightly as I have got older.

However, I did try and ease back when I had a cold/virus before Christmas and I don't feel it helped me get better – I just felt I lost fitness then compounded by a bike fall and a turned ankle the week after.

I do feel if you take time off every time you have a niggle or cold, you will never really get fit but you do need to be sensible. A niggle can become an injury and a virus can wipe you out completely. The only major negative instance I can recall was in 2005.

I had trained my hardest for 20 years and was training in Portugal on a Runner's World Training Holiday.

One of the other RW people in our villa had a very bad cold and I thought I might get away with it. I did a 20 mile run there

and for the first 15 miles was running at a pace I had not managed for half-marathon for over a decade. I admittedly suffered the last 2 miles.

A few days later I left Portugal with the onset of a very bad sore throat.

I ran the Fleet half Marathon at the weekend and ran a very good first half but struggled the second and put it down to the throat/cold.

The next week I raced a flat 5 mile and my time was a minute slower than I went through that time during the half.

I still had the endurance because of all the hard winter training – and ran a 2:46 at London that year – but it felt I was sprinting throughout and all my races from March and through the summer, my speed endurance had dropped– an estimated minute at 5km – and even though I trained hard and sensibly- I couldn't get back my winter form.

I recall one top runner telling me it just happens and you suddenly slow late 40s but I was convinced it was the virus not age, and eventually come the next winter season, I started to get back some of the form.

## ***Should you have rest days?***

I remember one outspoken runner in the 70s effectively telling me rest days are for babies and the dead.

You can have rest days when you can't run anymore, he said. Though hardly anyone ran then over the age of 40!

Age is a factor though and it does take longer to recover as you get older so you need to factor that in.

I personally now prefer to have easy days (at least in terms of running) on Monday and Friday just so I can run hard on Tuesday and the weekends, which are my priorities and even when I was doing 100 miles a week back in the 70s and 80s, I still took it easier on Monday and Friday. I do think if you are used to running no more than three or 4 days a week and have a busy life, socially or with family or with work, then it makes sense to recharge the boundaries a few days a week but remember if you are marathon training, you are trying to get the body used to operating well while fatigued and need to get a certain amount of mileage and endurance in so you can hold a good pace over the second half of a marathon.

However while hard work usually pays off in running it doesn't if you do too much and get ill or injured or too fatigued.

***Steve Smythe***

## **Parkrun round up, January 27**

Steve Smythe writes..last weekend there were numerous good performances and 'first finishes' for a few club members (Clare, Andy, Tereza, Chloe) in many different parkruns. A reminder this weekend is the winter club parkrun champs so hopefully most of the below will be in one place at Dulwich.

At Beckenham, Clare Elms (nb not assigned as Dulwich) first finished her 132nd parkrun (all 132 in first place) and despite very slippery conditions there, her 18:44 was very easily the best age-graded performance at 93.46% over every parkrun on Saturday in Britain and the world!

Claire Steward was first W65.

Andy Bond was first man by a minute at Hoblingwell.

Chloe Green was first woman at Peckham and there was a PB for Michelle Key.

Justin Siderfin was first M45 and Emma Ibell first W45.

Tereza Francova was first woman at Malling and Nick Brown was first M60.

At Greenwich, Ros again got the better of Andy and her 88.93% was easily the top age-graded there It was good to see former club M40 champion Barry Dabrowski run his first as a M65 and run a solid 24:26.

At Dulwich Ed Chuck was second in a PB 16:00 and set a club men's course record.

Kristen Stephenson was second woman.

Matt Ladds and Colin Frith also set course PBs. Steve Davies was first M45 and Michelle Lennon first W50.

There were 14 members there – can we have an extra 50 this weekend?

Becca Schulleri was second woman in a PB 22:11 at Gladstone.

Mike Fullilove was first M55 at Bexley.

Hugh Balfour was first M60 and Susan Vernon first W70 at Burgess.

There to report on the South of England XC later, Steve Smythe was first M55 at Hove. He finished ahead of his fellow Junior school football team member Kevin from 50 years ago. They had once tied (after a flat out sprint finish not by design) in a rival Grammar school inter track race in 1973!

Jack Ramm led the seven DR's at Brockwell in his course debut there and Claire Barnard did a course PB.

Tom and Ola (first W50) led a big Dulwich contingent of 10 at Crystal Palace.

Duncan was first M55 at Medina on the Isle of Wight.

# 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.

## SEAA Cross Country Championships - Stanmer Park, Brighton

Saturday 27th January

This years Southern Cross Country Championships took place at Stanmore Park just outside Brighton. Due to concerns about potential parking on the day and a bus replacement operating on the day between Three Bridges and Brighton, numbers entered into the race were lower than expected, with some clubs boycotting the event.

Three Dulwich men toed the line, to face the daunting 9 miles, with advice warning us of a long tough climb on each of the three big laps, and supposed firm underfoot conditions. Well the advice was right about the tough climb, but with the constant rain showers on the day and being the 9th race of the day the course was nice churned up. Even with 12 mm spikes in, myself and Grag found it hard going. Some of the lead runners had 15 mm spikes in and they found it hard to stay on their feet.

The most treacherous muddy part parts (up to you ankles in mud) were the steep downhill who decants, where several runners fell on each lap, including first Dulwich Runner in Greg Hills, who brought his excellent cross form in to this race, to finished a superb 139th. Next in was myself, and found it tough on the uphill climbs and would say this is a far tougher course than anything than Parliament Hill Fields has ever thrown up. In the end was reasonably happy with my 358th finish. Final man in was Grant Kenney, who has really thrown himself into the Cross Country racing scene since he has joined the club and was using the race as part of his build up for the Comrades marathon. As with myself, he found the conditions tough going, especially as he only had 9mm spikes in. He came in a commendable 554th.

**Thomas South**

### 15km

139	Gregory Hills	59:39
358	Thomas South	1:06:51
554	Grant Kennedy	1:15:03

740 finished

**Steve Smythe adds...**With engineering works, motorway closures, anticipated car parking problems, not being in London and plenty of other races coming up, it wasn't perhaps surprising we did not have our usual entry but 3 men and 2 women for an Area Championships is a disgrace for a club our size. Brighton isn't Devon or Cornwall.

Of course it would have been more as Steve Rolfe travelled there to find he was not entered and Buzz would also have run had he been entered – he put it down to his fault.

It did appear to me that the club did not make its usual effort to ensure we had a good entry there. If we have a good turn out at the National then I think it would just about be ok to have had such a poor entry in Brighton.

## RunThrough 10k Crystal Palace Park

January 28th 2018

1 Andy Bond 36.14  
421 ran

Christina and I represented Dulwich Runners women on Saturday at the yearly SEAA main championships. Christina wasn't feeling very well and it was a long journey to get there so neither of us started feeling that energised! It was an 8k (2.5 lap) course of what I would call classic cross country. Mud, woods, tree roots, hills and sharp corners...lovely!

I'm not very fit at moment so started slowly and Christina bounded ahead. But the wisdom accrued from many cross-country races of using the downhill paid off and I eventually overtook her on the 2nd lap. She stayed quite close behind me and we finished near to one another. Tom and Grant were there competing too so it was much appreciated having their support on the course. Coach Steve also popped up unexpectedly to cheer us on as he was working for Athletics Weekly at the event.

Christina said it was the hardest cross country race she had done so far and was slipping quite a lot which affected her confidence and speed. Even though it's a bit of a journey to get there, it would be great for more Dulwich runners to enter next year so we could make up a team (4 for women and 6 for men). As it's the main championships it's got a buzz about it and is an enjoyable course to run.

**Anna Thomas**

### 8km

153	Anna Thomas	38.31
160	Christina Dimitrov	38.49

351 finished

Greg had another good run – probably amongst the best six all time as a Dulwich Runner –Tom had a steady run and Grant paced it well.

It was a gruelling but interesting course climbing up towards the South Downs. Rain throughout made the nine miles even harder – there were few supporters and conditions got more slippery throughout and it must have been difficult to focus with no club mates or normal rivals around you.

In the women's race, Anna and Christina did have each other to key off and both had good runs to make the top half of the field with Anna proving the stronger over the final lap.

## Serpentine Last Friday 5k

5	Tim Bowen	16:52
44	Ian Lilley	18:35
154	Graham Laylee	22:12
226	Mark Muffett	26:10





January 27

## Beckenham Place

188 Ran

Pos Gen

6	1	Clare Elms	18:52
118	26	Claire Steward	27:45

## Bexley

485 Ran

Pos Gen

10	10	Michael Fullilove	20:48
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## Brockwell

460 Ran

Pos Gen

5	5	Jack Ramm	18:10
139	18	Claire Barnard	24:07
259	200	Alex Haylett	27:17
302	85	Sharon Erdman	28:18
343	110	Rhoda Collier	29:25
344	234	Lloyd Collier	29:26

## Burgess

425 Ran

Pos Gen

52	49	Hugh Balfour	20:43
228	178	Paul Keating	26:16
425	166	Susan Vernon	46:47

## Clermont Waterfront

93 Ran

Pos Gen

87	49	Chris Goodman	45:18
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## Crystal Palace

343 Ran

Pos Gen

10	9	Tom Wilson	19:48
51	4	Ola Balme	22:49
54	50	Martin Double	22:54
57	53	Bob Bell	23:16
106	93	Michael Dodds	25:16
157	23	Carys Morgan	27:00
168	143	Paul Hilton	27:29
192	36	Belinda Cottrill	28:36
201	160	Ameet Patel	28:56

## Dulwich

361 Ran

Pos Gen

2	2	Edward Chuck	16:00
7	7	Stephen Davies	17:08
19	18	Edward Harper	18:47
28	27	Grzegorz Galezia	19:45
37	2	Kristen Stephenson	20:16
46	44	Matthew Ladds	20:45
64	6	Michelle Lennon	21:39
97	87	Colin Frith	22:40
117	103	Mark Muffett	23:15
139	117	John English	23:54
161	133	Paul Vivash	24:34
196	41	Stephanie Williams	25:39
242	179	Mick Mead	27:17

## Gladstone

196 Ran

Pos Gen

20	2	Becca Schulleri	22:11
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## Greenwich

299 Ran

Pos Gen

81	7	Ros Tabor	24:14
84	77	Andy Murray	24:27

## Hilly Fields

292 Ran

Pos Gen

30	29	James Burrows	21:23
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## Hoblingwell

53 Ran

Pos Gen

1	1	Andy Bond	19:19
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## Hove Promenade

308 Ran

Pos Gen

8	8	Stephen Smythe	19:22
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## Leicester Victoria

333 Ran

Pos Gen

126	20	Marjorie Epton	26:17
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## Malling

202 Ran

Pos Gen

12	12	Nicholas Brown	21:05
19	1	Tereza Francova	21:34

## Medina I.O.W.

345 Ran

Pos Gen

15	15	Duncan Wilson	21:21
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## Peckham Rye

316 Ran

Pos Gen

11	11	Justin Siderfin	19:14
15	1	Chloe Green	19:26
51	48	Gideon Franklin	21:32
59	55	Oliver Bottle	21:48
62	5	Emma Ibell	21:53
84	8	Caroline Maynes	23:19
87	10	Michelle Key	23:23
271	102	Emily Warburton-Brown	31:21

## Seaton

125 Ran

Pos Gen

43	6	Lindsey Annable	25:53
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## Southwark

419 Ran

Pos Gen

161	36	Kaylee Coxall	25:00
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## Stretford

527 Ran

Pos Gen

374	142	Hannah Harvest	31:33
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## Tooting Common

725 Ran

Pos Gen

106	101	Cameron Timmis	21:55
287	243	Ian Sesnan	25:52

### 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 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

