

**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 14 Club Night, Edward Alleyn Club**

83-85 Burbage Road. London, SE24 9HD

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

**Tue 20 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 - Surrey league , full results & tables
- 11 Parkrun results
- 12 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 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 go on the mailing list

## LUCKY VEST

**February winner - Charlie Lound**

Wear your Dulwich Runners vest or t-shirt for the club run on the first Wednesday of any month and you will go into a free draw and could win the £5 cash spot prize !

Vests £18 each from Ros [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.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 **Claire Barnard & Olly Cooper** 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>Matt Ladds</b>	<b>14/2</b>
Charlie Lound	21/2
Chris Loizou	28/2
Patrick Mcmorrow	7/3

## 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)



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.

## 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)

## SOCIAL SPOT

P  
O  
T

*Upcoming events.*

### 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.

## 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

## 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)



## 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



Bufs/snoods - only £6

## HOODIES...

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



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

# 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.  
 Details for TBC's will b shown as soon as known. Ensure 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	24	National Champs	Parliament Hill
Mar	17	BMAF Champs	Forres, Scotland
	18	SEAA Relays	Milton Keynes
	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.
	14	National Road Relays (depending on club qualifying)	Sutton Park, Birmingham
	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 Mile (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.

The easiest and and most difficult park runs in the country.  
 Dulwich gets a mention. Broadcast last weekend.

<http://www.bbc.co.uk/programmes/p05xb0rx>

## Brockwell Parkrun - April 7

We will be taking over the organisation of Brockwell parkrun on 7 April. This is the day before our club champs half marathon at Paddock Wood, so hopefully there will be plenty of you available to volunteer. All members 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.

Contact me if you are available at [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like to have more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed.

Details are on the website: [www.englandathletics.org](http://www.englandathletics.org)

Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members.

If you are interested please contact me or another committee member. [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

Thanks - Ros

## 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.

# National Cross Country Champs

24 February

We have an encouragingly large entry of around 45 men and women in total for the forthcoming National cross country champs being held at Parliament Hill on 24 February. Since there has been some confusion about who has been entered for recent races, a list is included below.

Entries closed several weeks ago and all those who emailed their captains should have been entered.

Those entered for the senior men's race are Bob Bell, Tim Bowen, Edward Chuck, Matt Cooke, Steve Davies, Mark Foster, Grzegorz Galezia, Greg Hills, Duncan Hussey, Grant Kennedy, Chris Loizou, Charlie Lound, Mike Mann, Andy Murray, Barrie Nichols, Ebe Prill, Steve Rolfe, Ross Rook, Buzz Shephard, Ed Simmons, Steve Smythe, Tom South, Tony Tuohy, Jonathan Whittaker, Duncan Wilson, Nick Wood. Lewis Laylee is entered for the U20 race.

...and for the ladies Lindsey Annabel, Claire Baglin, Lucy Clapp, Sue Cooper, Christina Dimitrov, Yvette Dore, Clare Elms, Emma Ibell, Roz Johnson, Michelle Lennon, Helen Lister, Elkie Mace, Ange Norris, Lucy Pickering, Becca Schulleri, Jo Shelton, Eleanor Simmons, Katie Styles, Ros Tabor, Anna Thomas.

## Southern Men's 12 stage and Women's 6 stage road relays Milton Keynes

Sunday 18. March, 12 noon start.

We can enter more than one team for men and women and the club will pay for entry and travel.

Last year the men did very well and made it through to the National Road relays.

I hope we can achieve the same this time and also enter a women's team!

If you'd like to be considered for this. please email

Men - Ebe : [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)

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



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

See the website - [www.greenbeltrelay.org.uk](http://www.greenbeltrelay.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's a relay with teams of 11 who, over the 2 days, circumnavigate London, starting at Hampton Court and 220 miles later and, 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.

***NB Reserves needed. We now have a complete team.***

***But - injuries, work, family commitments and stuff just happens and every year we call on reserves. So that's what we need now, a few people who could put their name down just in case, so I don't have a to panic***

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

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

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

Feb		
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

### Other future races of note

Mar 24 Club 10km

Apr 5 Assembly League

Apr 8 Paddock Wood HM

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

## 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

## 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**

## Should you run if you have a 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 niggles or cold, you will never really get fit but you do need to be sensible. A niggles 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**

# 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.

## Men's Division 2 8km, Lloyd Park Croydon

February 10

A good solid team performance saw us come fourth on the day and a safe fifth on the day.

But we could have done so much better and with runaway league winners Guildford scoring a modest for them 332 points, we could even have won with more support from our faster runners.

I appreciate some may have had prior engagements but it seems some were just complacent and thought we were safe - incredibly 10 of our top 15 from Beckenham did not run here and that doesn't include obviously past regular leading scorers Alastair and Wayne who have been injured this campaign, Ed Chuck, who is a potential top tenner based on his training and parkrun form and Lewis who is at Birmingham University and running Birmingham Leagues.

Additionally quite a few who did run at a very muddy Lloyd Park were well below their best form.

From Beckenham we missed scorers Andy B, Jack R, Daniel, Charlie and Jonathan (on picture duty here) and near scorers from last time Tony, Steve R, Oliver, Nick W and Matt C, who would have scored this time as would a previous earlier scorer Lloyd.

Despite all the missing athletes, we did have a good turn out though.

Tim had a much better run than last time and was strong throughout to lead us home in 15th - previous leaders this winter have been Shane, Buzz and Greg so four different leaders this winter.

Steve D had arguably his best ever run in a Dulwich vest to make the top 20.

Buzz, did not run up to his top 15 form from the first league but was solid on a muddy course that does not usually suit him.

Greg had his first below par run of the winter - probably due to his spikes not being long enough.

The big bonus this time was the run of Oscar Hussey, who ran superbly in his senior league debut and made the top



30 despite starting a little too fast.

Tom also had an excellent run to make the top 50 and his fitness continues to improve but Shane was a long way down on his form when he led the team home at Wimbledon.

There was then a near two-minute gap to our next scorer. Ed Harper was not at his very best but looks to have a lot of potential and finished just ahead of Ian Lilley who ran well on his limited training to make the top 100.

Last time at Beckenham, Grant was the 10th scorer for the B team (and the 20th clubman) but the missing runners and a big improvement saw him complete the A team with his best club run yet.

Justin Siderfin looked capable of faster and running as per his opening league form but was content to follow Ebe until the last kilometre and then speeding up easily.

Steve Smythe paid for his late arrival from the women's league and a hastily attached ankle support coming loose and pulling his shoe off meant stopping early in the race and being a tailed off-last for much of the first kilometre (excluding the stop the exact same running time as Grant) before coming through to pass a cursing Ebe late on.

Ed, Ross, Mark, Hugh (doing enough to win the M60 category over the season), Martin, Mike, Bob, regular Graham and Jo B were the other Dulwich Runners in action on a cold, wet, windy and miserable day with very few supporters.

15 Tim Bowen 29:41  
19 Steve Davies 30:08  
21 Buzz Shephard 30:18 (2M40+/1M45)

25 Greg Hills 30:35  
30 Oscar Hussey 30:51  
50 Tom South 32:16  
56 Shane O'Neill 32:30  
95 Ed Harper 34:28  
97 Ian Lilley 34:31  
118 Grant Kennedy 35:11

### B team scorers

125 Justin Siderfin 35:37  
130 Steve Smythe 35:52  
132 Ebe Prill 36:01  
140 Ed Simmons 36:25  
142 Ross Rook 36:34  
143 Mark Foster 36:37  
146 Hugh Balfour 36:41  
171 Martin Double 40:17  
175 Mike Mann 40:54 (1M65)  
177 Bob Bell 41:28

### non scorers

180 Graham Laylee 41:59  
192 Joseph Brady 44:48  
(Andy Murray 230th 42:44 and Gary Budinger 247th 45:15 ran in the earlier D3/4 match for Veterans AC and gave support later)

**TEAM:** 1 Guildford 325; 2 Croydon 332; 3 Striders 350; **4 Dulw R 457**; 5 Fulham 466; 6 Wimb W 484; 7 Epsom & E 494; 8 Kingston & P 590; 9 Dorking MV 597 B  
**TEAM:** 1 SoC 131; 2 Fulham 227; 3 Wimb W 348

### Final standings

M60: H Balfour (Dulw R) 6  
**TEAM:** 1 G&G 656; 2 SoC 1507; 3 Fulham 1674; 4 Croydon 1829; **5 Dulw R 1860**; 6 E&E 2095; 7 Wimb W 2112; 8 K&P 2199; 9 DMV 2448 Promoted to D1: G&G and SoC Relegated to D3: K&P and DMV

**Steve Smythe**

**Mike Mann adds...**Both the ground and weather conditions were typical of Lloyd Park in mid winter. On the many occasions over the last 20 years in which I have competed there, I have rarely seen Lloyd Park bathed in sunshine, but I guess that simply would not have seemed right. It was cold, wet and windy with the course waterlogged in places, so no change there, and badly cut up elsewhere by the runners in the earlier Div 3/4 race.

The ground was most sloppy rather than heavy going, and thankfully we did not have to contend with the evil smelling orange coloured area of mud that often appears at the far end of the

course, under which I have sometimes wondered who died. The climb early on the lap and the cambered section soon after were tricky underfoot as was the corresponding descent towards the end of the lap, where 15mm spikes were a big help. In those parts of the course that were relatively mud free we had to contend with a strong headwind, notably in the approach to the finish.

All this made it an energy sapping course, but good practice for the even more challenging conditions expected at the National champs at Parliament Hill on 24 February, where we have a large entry. Although without a few of our regulars, it was good to have several back

who had missed either some or all the earlier matches, notably Shane O'Neill, Oscar Hussey and Buzz Shephard. As a result we finished in 4th place on the day, though with a number of other clubs chasing not far behind, and 5th at the end of the season, it was a slightly weaker team performance than in January. However it represented a solid mid table performance. With the hoped for return of runners such as Alastair Locke and Wayne Lashley who missed the entire season through injury and a more consistent turnout by our regular scorers, we are capable of improving on this position in the forthcoming season.

## Surrey League Cross country Lloyd Park

### Men Div 4, match 4

10.02.18

Andy and Gary have been running for 2nd claim club Veterans AC this season as there is a better chance to score for them. The VAC squad is quite small and has very few names – 3 Gary's, 2 Andy's,

2 Tony's, a Vic, a Barry and a Carey. On the day the faster Gary and Andy were absent.

The division 3 and 4 race was at 2pm at Lloyd Park, which is always muddy at the end of the season, although perhaps not at its worst as the top of the course was runnable. Gary had missed the previous match through injury and Andy had a knee problem restricting training, so both set off near the rear of over 260 runners. Andy had little power in the legs and hence moments of breathlessness but managed to overtake VAC teammate Carey Gray,

breathing even harder, and reversing positions from the previous match. With the wind and rain against for the latter part of the lap it was a relief for us to reach the finish, where the VAC gazebo had been blown upside down and damaged.

**Andy Murray**

Div 4 positions

94 (85th scorer of 120) Andy Murray  
42:44

102 (93rd scorer) Gary Budinger 45:18  
5th and 7th scorers for VAC, who came  
10th of 12 teams in the match.

## Surrey Ladies League Richmond, 8.5km

February 10

For some reason the women ran longer than the men on a tough course that was either going up or down and quite windy.

It was close - we only avoided relegation by 18 points - ie if our first scorer had been 29th or second 63rd we would have gone down.

Five to score doesn't really suit us when we have 10 runners finishing so close in the 70-120 range and ideally we need to have less than five minutes covering our five scorers but we had another good turn out and many runners are improving race by race but we are still being let down by too many potential scorers not running and additionally of course Ange has been injured since her international run.

Our leading scorer would have done even better had she not listened to advice about spike length and was sliding around on the downhill sections. Helen showed a big improvement from her previous best in the 70s though her result was still showing as someone else on Tues night.

Rebecca came through well with a strong second lap for her highest position.

Tess made a great debut and Ola came through strongly on the last lap again.

Michelle, Emma, Anna, Katie and Lucy P all had good solid runs to complete



the B team which finished as the fifth B team (much better than the A's) and underlying our good packing in the middle of the race.

Not far back, Yvette had a good second lap to catch Lucy C while Ros was the first W65 and Jo had a good run as did Lindsey.

Claire B was apparently not well and had to drop out.

#### A team scorers

11 Clare Elms (1W45+)	32:22
45 Helen Lister	34:46
73 Rebecca Schulleri	36:37
76 Tess Bright	36:50
85 Ola Balme	37:10

#### B team scorers

90 Michelle Lennon	37:19
93 Emma Ibell	37:26

100 Anna Thomas	37:50
104 Katie Styles	38:05
122 Lucy Pickering	38:57

Non scorers

135 Yvette Dore	39:28
140 Lucy Clapp	39:40
172 Ros Tabor	42:13 (1W65)
179 Jo Shelton	42:54
196 Lindsey Annable	44:26

Claire Baglin dnf

233 finished D1 (& 235 D2)

**TEAM Div 1:** 1 Thames H&H 63; 2 Clapham 72; 3 Herne H 125; 4 S London 132; 5 Belgrave 173; 6 Hercules 180; 7 Ranelagh 182; 8 Kent 213; 9 Reigate P 221; 10 Herne H B 250; 11 Fulham 255; **12 Dulw R 290**; 13 Epsom & E 312; 14 THH B 338; 15 Clapham B 362

Final standings

W60: 2 R Tabor (Dulw R, W65) 5

**Steve Smythe**



**Ange Norris writes...**Our last race of the season and a fine one it was. We were in an unusual position for us – facing relegation from division one to two. We had to beat Epsom and Ewell by at least 29 points. Did we do it? Actually, not quite, they remained just 7 points above us in the end of season table. However, with us having our best result of the season, plus Stragglers and Ful-on Tri both finishing further down the table, we overtook them both and completed the season in a safe 11th position.

Clare arrived unsure about how wise it was for her to run. She may not be able to run often but when she does she's not lost her fitness and ran a great race to finish 11th. Next came Helen who had her best run of the season, finishing in 45th. (Despite that it still says Eleanor in the results. I've told them so it should have been changed by the time you read this.)

Our next three came over the line in quick

succession to complete the A team. Becca, who also had her best race of the season, was followed by new member Tess Bright. Despite wearing road shoes, she had a great run and looked like she was enjoying it too. Thanks go to her boyfriend Daniel, who took photos on the course and didn't miss a single Dulwich Runner.

Ola has been scoring in the ladies' cross country team for as long as I can remember and today had a good run despite a foot problem.

We have great strength in depth with plenty of ladies finishing in the top half of the field. This is proven by the fact that our B team came 5th with only 32 positions dividing them. I do love a few stats so got out my calculator and did some maths. I've often said that it would be favourable for us if there were 10 to score, as in the men's league. And why not? Equality in the work place and on the muddy fields.

Anyway, I added up where we would have finished if there were 10 runners to a team – 6th, only 59 points behind South London Harriers who's A team finished 158 points in front of ours. Our super B team were Michelle, Emma, Anna, Katie and Lucy P. Emma, too, had her best result of the season. (I keep on having to write that, which shows how well the whole team ran.) Lucy P hasn't been able to run all 4 races but she too finished higher than she did at the second race.

Yvette is getting stronger and faster and guess what? Yes, she had her best finish position of the season, along with Lucy C, Ros and Lindsey. Jo ran strongly, as she always does, which gave us a full 3 teams. Clare Baglin came to run but had been ill all week, so unfortunately was unable to finish. Fantastic running from everyone on a fairly cold and blustery day.

## Nostalgia section

in the past - coincidentally back in December 2001, on the same day the women ran at Richmond the men also ran at Lloyd Park.

It was one of our better club days as with Alison Fletcher 1st, Alison Hurford 12th, Andrea Pickup 16th, Gill Johnson 17th and Rachel Best 19th we won the women's league that day by a point from Herne Hill.

It's fair to say though the women's league was not the same quality or quantity as it is now and the course was a different part of Richmond Current regulars, 16 years on, Ola was 26th, Ros 34th, Lindsey 50th and Clare Wyngard 54th amongst our 15 strong squad.

A few hours later, the men pulled off an even more surprise result in their Division 2 match. There the standard was probably similar to this year.

It was the same course lap as used last weekend though with a different start and extended finish and a bit more than two laps Steve S led the team in ninth in 30:57 (then the highest ever Dulwich league position) and other scorers were Rob Spedding 11th, Sean Fishpool 20th, Simon Loach 22nd, John Neighbour 27th, Duncan Hussey 30th 32:40, Mike Mann 42nd 33:27, Amites Sarkar 45th, Pete Marsh 46th. and Gareth Price 52nd. Non scorers of those still running were 53rd Colin Bailey Wood 33:54, 67th Andy Murray 34:37, 74th Martin Morley 34:56, 110th Ian Sesnan 37:37, 119th Colin Frith 38:58.

Dulwich won the match with 304 points from Guildford's 318 and we went on to win the league that season to make Division 1 for the first time ever.

I don't have full details of a few later leagues at Croydon but in Feb 2008, we were led by Alastair Bayliss's 14th in 31:51 with Simon L 15th, Charlie Lound 19th, Steve S 26th, Tony Tuohy 42nd and Mike M 43rd.

In February 2009, Charlie L was 8th in 30:58, Neil Daniels was 19th, Ian Frith 20th, Buzz Shephard 23rd 32:34, Steve S 26th 32:43, Colin BW 42nd 33:33, Tony T 49th 34:03 and Mike M 70th 35:21 In December 2009, (think was extra muddy) Tony led us in in 28th in 33:05, Mike Williams 29th, Steve S 34th and Colin BW was 42nd

**Steve Smythe**

## Ayo Falola Dream Mile/3000m Open Lee Valley

Wed 7th Feb

With six weeks to go before the European Masters Indoor Championships in Madrid I took the opportunity to have a go at this open graded meeting (held in tribute to the late sprint coach Ayo Falola) in order to make a start at indoor racing prior to the regional and national masters championships in the coming weeks. Two personal worst times (by a

good margin) were not unexpected with my 'form', such as it is, at rock bottom since suffering a cold in December. This had already been confirmed by an earlier personal worst, this time for 5k at the Dulwich club champs parkrun and a vain attempt to improve on that last Saturday (alright, I bunked off the Surrey League XC, doesn't make me a bad person...) yielding a pitiful four seconds improvement.

Six months missed track sessions trying to allow my dodgy achilles to improve hasn't done me any favours (nor has a 55th birthday probably) and I can but hope that more concerted recent training (and through the next few weeks) will

bear fruit. With indoor meetings every week for the next month before Madrid I'll be following my customary well-worn path of trying to race myself faster but matching the 9:40 for 3000m I managed this time last year (which would have a good shout at a Euro M55 medal) is probably a forlorn hope. Finding nearly 30 seconds may be a bit of a stretch but you've got to be in it to win it, I've been heard to say.

### 3000m r2

13 Tony Tuohy 10:08.79

### Mile r2

6 Tony Tuohy 5:15.74

## Crystal Palace Canter 5K

6th Feb

1 Bob Bell	22:35
2 Ian Sesnan	25:11
3 Jo Quantrill 2nd claim	25.55
11 ran	

With one race left in this year's Ken Croke championships here are the tables after Saturday

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	Lloyd Park	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	49			242
Tim Bowen	49	49		47	50			195
Steve Smythe	37	37	42	34	40			190
Ebe Prill	36	36	43	30	39			184
Tom South		43	48	42	46			179
Hugh Balfour	34	30	40	26	35			165
Justin Siderfin	41	39		33	41			154
Greg Hills			50	50	47			147
Buzz Shepherd		50		49	48			147
Grant Kennedy	33	35		31	42			141
Andy Bond	47	47		46				140
Daniel Mann	46	45		44				135
Steve Rolfe		44	47	39				130
Ed Harper	44	41			44			129
Charlie Lound	43	42		43				128
Jonathan Whittaker		38	46	41				125
Matt Cooke	38		44	36				118
Mike Mann	29	28		25	33			115
Holger Betz	39	40		32				111
Graham Laylee	28	25		24	31			108
Ross Rook	35	33			37			105
Martin Double		27	37		34			98
Mark Foster	31	31			36			98
Chris Loizou	32		38	27				97
Shane O'Neill	50				45			95
Jack Ramm		46		45				91
Lloyd Collier	42		45					87
Tony Tuohy	45			40				85
Olly Cooper	40			38				78
Ian Lilley				35	43			78
Ed Simmons		34			38			72
Grzegorz Galezia			41	28				69
Jim Dowsett		29	39					68
Gary Sullivan		32		29				61
Joseph Brady	30	26						56
Nick Wood				37				37
Cameron Timmis			36					36
Matt Ladds			35					35
Ed Smyth			34					34
Andy Murray			33					33
Bob Bell					32			32

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	46			233
Emma Ibell	42	46	48	46	44			226
Michelle Lennon	44	43	46	45	45			223
Lucy Clapp	39	36	44	38	39			196
Helen Lister	50	48		48	49			195
Rebecca Schuleri		44	43	47	48			182
Anna Thomas	45	41		42	43			171
Yvette Dore		37	42	40	40			159
Ros Tabor	37	35		37	38			147
Christina Dimitrov	43	42	47					132
Katie Styles	46			43	42			131
Lucy Pickering		40	45		41			126
Eleanor Simmons	40	39		41				120
Laura Vincent	41	38		39				118
Joanne Shelton-Pereda	38	34			37			109
Lindsey Annable		32		36	36			104
Clare Elms				50	50			100
Ange Norris		49	50					99
Claire Baglin		50		49				99
Andrea Pickup	48	47						95
Ellie Balfe	47							47
Tess Bright					47			47
Hannah Harvest	36							36
Clare Wyngard		33						33



February 10

## Beckenham Place

124 Ran

Pos	Gen		
64	53	Peter Jackson	26:23
73	17	Claire Steward	27:40

## Bexley

404 Ran

Pos	Gen		
14	14	Michael Fullilove	21:13

## Brockwell

396 Ran

Pos	Gen		
74	7	Victoria Read	22:27
120	102	Jonathan Senker	23:28
260	192	Alex Haylett	27:31
277	81	Sharon Erdman	28:02
278	82	Natalie Davys	28:02

## Bromley

586 Ran

Pos	Gen		
301	233	Chris Goodman	27:11

## Burgess

369 Ran

Pos	Gen		
71	8	Laura Vincent	21:59
236	67	Hannah Harvest	27:34

## Crystal Palace

348 Ran

Pos	Gen		
51	9	Belinda Cottrill	22:20
74	59	Colin Frith	23:11
118	95	Michael Dodds	25:25

## Dulwich

314 Ran

Pos	Gen		
8	8	Tony Tuohy	17:45
48	46	Paul Vivash	21:59
93	82	Mark Muffett	23:48
201	156	Mick Mead	27:36

## Hilly Fields

247 Ran

Pos	Gen		
11	11	James Burrows	19:45

## Malling

195 Ran

Pos	Gen		
12	1	Tereza Francova	21:15

## Peckham Rye

255 Ran

Pos	Gen		
1	1	Andy Bond	16:58
16	16	Matthew Ladds	20:27
47	46	Gideon Franklin	22:13
81	8	Kim Hainsworth	24:05
89	11	Stephanie Williams	24:44

## Richmond

405 Ran

Pos	Gen		
238	175	Barrie John Nicholls	29:00

## South Norwood

99 Ran

Pos	Gen		
39	6	Carys Morgan	26:25

## Southwark

370 Ran

Pos	Gen		
151	24	Kaylee Coxall	24:40
176	140	Paul Keating	25:30

## Tonbridge

467 Ran

Pos	Gen		
137	112	Rafe Collier	25:58
248	51	Rhoda Collier	28:53

## Wakefield Thornes

337 Ran

Pos	Gen		
68	9	Claire Barnard	23:56

## Western Springs

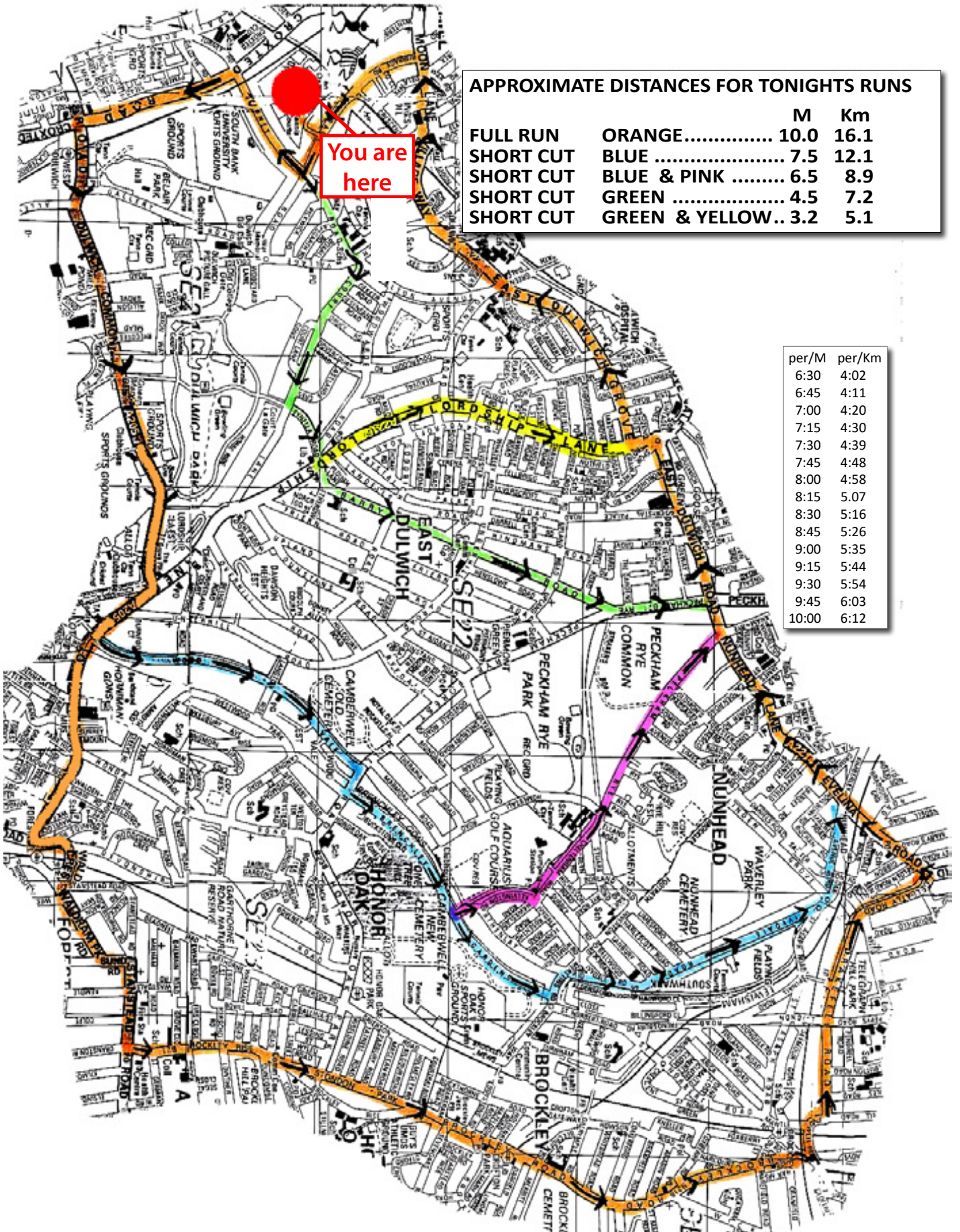
134 Ran

Pos	Gen		
33	25	Nick Bell	23:56

### 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 W4



## APPROXIMATE DISTANCES FOR TONIGHTS RUNS

	M	Km
FULL RUN ORANGE.....	10.0	16.1
SHORT CUT BLUE .....	7.5	12.1
SHORT CUT BLUE & PINK .....	6.5	8.9
SHORT CUT GREEN .....	4.5	7.2
SHORT CUT GREEN & YELLOW..	3.2	5.1

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