



SHORTS

Dulwich Runners AC

Weekly Newsletter

October 3rd 2018

These are your SHORTS,

Please send your reports, running news & anecdotes to:

barry@bg1.co.uk or barry@1bg1.com

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 3 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

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

We can't meet upstairs tonight because of a wedding.

Notices etc. will be downstairs but Bernie has said she will be able to get drinks for us after the run.

Tue 9 Crystal Palace track - details below

Like us on Facebook @dulwichrunners

TRACK SESSIONS

Tuesday training returns to Crystal Palace track.

£2.50 per session - Suitable for all abilities.

At reception say you are with Dulwich Runners, do not pay there, pay Ros trackside, allow time to get down to track.

Warm-up, of drills, strides etc will start around 7pm & main session taken by **Steve Smythe** will start shortly after @ 7.25pm and be in the region of 45 mins.

Newcomers should wait in reception area to be escorted to the track

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@athleticsweekley.com to go on the mailing list

LUCKY VEST

tonight in the clubhouse

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

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.**
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

In your SHORTS this week!

- 1 General information
- 2 Fixture list, 2018 & race details
- 2 **Cross Country section**- All you need to know & races
- 4 Race reports and times
- 9 Parkrun times
- 10 Club kit
- 11 Social events etc
- 12 Wednesday map + Strava links

And much more!

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

our website: www.dulwichrunners.org.uk

Connect with us:



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

A brief look ahead

- Oct 13 Surrel league Xc
- Oct 20 Surrey Masters & SEAA Xc relays
- Oct 27 BMAF Xc relays

NEW RUNNERS ROTA

Thankyou to **Claire Barnard's** group and **Tom South's** for taking out new people last week

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

Alastaire Locke

Charlie Lound

Mike Mann

3/10

10/10

17/10

Wednesday Night Map

This map for this Wednesday's runs can be found at the back 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

We are in the process of putting the new maps onto Strava (you don't need an account) and links can be found here:

<https://www.dulwichrunners.org.uk/wednesday-night-routes>



Surrey League

We compete in the Surrey League and this is the club's main priority. There are 4 fixtures during the season starting on 13 October. Further details on times, location etc. will be posted by your captains nearer the time. Details on Surrey League fixtures can be found in Shorts and on the website. Please keep these dates free if at all possible. Our men currently compete in Division 2, but with good turnouts and performances from our strongest runners, we have a chance of promotion to Division 1.

Distance

The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, ranging 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, first 5 women for the club and 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**, and in the men's Surrey League there is now a B team competition where the second 10 runners score. These races 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.

Surrey League entry

For the men's Surrey League, it would be helpful if all those intending to take part could inform their captains to enable as many as possible online entries to be made in advance. 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. Second claim members can compete in the Surrey League, but not in most other cross country races.

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. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London Champs, 2 South of Thames races, South of England and National champs. There are also a number of other races for Masters. See the fixture list in Shorts and on the website.

Which races to go for

There are cross country races on most Saturdays from early October until late February. Our main priority is the 4 Surrey League races, but other important events include the BMAF Masters Relays and the SEAA Masters champs. In addition we hold the Ken Crooke cross country champs which includes the Surrey League races and 2 other races, probably the South of Thames 7 mile race in December and the South of England champs in late January, so these are races to prioritise 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 county champs and Masters champs. This year we are hosting the South of Thames 7 mile race and the South of England is back at its usual venue at Parliament Hill Fields. We would like a good entry in both these events. There are a number of other races which are not high priority, but are nice to do. These include the London Champs, SEAA relays and the Reigate Relays.

Entry for other races

For virtually all races other than the Surrey League, your captains must submit entries in advance, some times more than a month in advance. Details will be posted in Shorts and by email, asking those interested 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 from late autumn onwards, 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

DULWICH RUNNERS 2018/19 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.

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

2018		Race	Venue
Oct	13	Surrey League Xc Men	Richmond Park
	13	Surrey League Xc 6k -11am Women	Wimbledon Common
	20	Surrey Masters Cross Country Champs	Richmond Park
	20	SEAA Cross Country Relays,	Wormwood Scrubs
	27	BMAF Cross Country Relays	Long Eaton
Nov	3	Priory Relays	Reigate
	10	Surrey League Xc Men	Nork Park, Banstead
	10	Surrey League Xc 6k -1pm Women	Nonsuch Pk, Cheam
	17	London Champs	Parliament Hill Fields
	24	South of Thames 5 mile XC (S) (incorp. club champs 5M)	Morden Park
Dec	1	Kent Masters Cross Country Champs	Dartford
	8	SEAA Masters Champs	Horspath, Oxford
	15	South of Thames 7 mile XC	Beckenham Place Park
2019			
Jan	5	Surrey County Champs	Denbies Vineyard, Dorking
	5	Kent County Champs	Brands Hatch
	12	Surrey League Xc Men	Mitcham Common
	12	Surrey League Xc 8k -11am Women	Happy Valley, Coulsdon
	19	Vets AC Champs	Wimbledon Common
	26	South of England Champs	Parliament Hill Fields
Feb	9	Surrey League Xc Men	Lloyd Park
	9	Surrey League Xc 8k -1pm Women	Richmond Pk, Kingston end
	23	England National Cross Country Champs	Harewood House, Leeds
Mar	10	Vitality Big Half (L)	London

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like 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

SURREY LEAGUE DISCOUNT CODES

The following discounts are available as part of the Surrey XC league sponsorship package from Start Fitness (these are available to all club members not just Surrey League runners)

30% off www.moremile.co.uk (you will also accrue 10% of the spend on this code to claim products or More Mile gift vouchers) SurreyXC

10% off www.startfitness.co.uk SurreyXCSF10

Surrey Masters Cross Country

These championships will be held at the usual venue of scenic Richmond Park, with autumn colours and rutting stags. All those eligible by county of qualification and age are encouraged to take part. Women and M60+ run 6km and M40 and 50s 9km. **Please contact your captains by 10 October** if you would like to be entered. Unlike previous years, there are no entries on the day.

Big Half - Club Champs 10 March 2019

We don't normally select the programme of club champs races for the next year until late autumn, but this time it is necessary to make an exception. A number of members took part in this year's Big Half and it proved a popular race with good feedback. In view of this and because the Paddock Wood is often close to the London Marathon and is difficult to get to by train, we have chosen the Big Half on 10 March 2019 as our club champs half marathon. This is likely to fill up fast so it's best to enter as soon as possible. *- Mike Mann*
<https://www.thebighalf.co.uk/how-enter/>

Upcoming Masters Event Kent Masters Cross-Country Championships, Dartford

December 1

This event in Dartford is one Dulwich could potentially do well in and we have quite a few eligible runners.

Male Athletes who are eligible include

M40: Andy Bond, Rob Cope, Will Cotter, Steve Davies, Lloyd Collier, Joshua Groenendijk, Ian Lilley, Daniel Mann, Buzz Shephard, Mike Williams

M50; Joseph Brady, Gideon Franklyn, Mike Fullilove, Duncan Hussey, Tony Tuohy

M60: Hugh Balfour, Colin Frith, Steve Smythe, Gary Sullivan, Neville Webb

If you require any further information about any races in Shorts then contact your respective captains:

Men Xc: mcmann90@yahoo.co.uk

Men road: ebepriill@yahoo.co.uk

Ladies: dulwichladiescaptain@gmail.com

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.

Middlesex 10k (club championship) Victoria Park

Sunday 30th September

Tony Tuohy writes...The season-long club championship competition reached its penultimate round at fast Victoria Park giving 39 Dulwich Runners a chance for a swift 10k (well, not me as it turned out) . A good number of PBs was the result and club championship points and age gradings can be seen in the separate table provided.

Until this year Jim Estall had held all the club's distance senior records on the road for upwards of 27 years but Ed Chuck has been on a mission to re-write some of them. Following his track 5000m and 10000m marks alongside the road 5k, Ed has now added the road 10k record with probably his best run yet, making good use of pacing behind excellent runners such as Kent AC's top veteran Chris Greenwood, before securing a superb 4th place in the race. He wasn't the only one breaking club records;

Andy Bond got within 20 seconds of his two-months-old PB but having turned 45 recently has deprived Steve Davies of the club M45 record. He also finished nearly half a minute ahead of a very impressive run from second-claimer Dylan Wymer clocking 33:48 to squeeze a six second PB. Shane put his recent marathon training to good use after his Berlin disappointment

by 'smashing' his PB by a single second; got it on the dip. In contrast Steve Davies is still basking in his Berlin success so wasn't racing for a time but rather playing about acting as a casual pacemaker for those of us trying for sub-36; that all went a bit awry anyway and he pushed on a bit in the latter stages to record a decent 35:23.

Tom's continued improvement saw him score his third 10k PB of the summer; still more to come methinks. Ian's recent training and 17:14 track 5k gave him confidence to try for sub-36; he fell only a little short but still bagged a big PB. A superb run at the Southern Relays last week didn't prevent Daniel having a bad day at the office this week; at least he was still good humoured afterwards. Paul's 'comeback' isn't a comeback any more; he's running within a minute or so of his best now and is still getting faster. Jonathan was running outside 37:00-pace for most the race but belted through the latter stages for an easy big PB; definitely too conservative, he's due a much faster 10k time.

Ed Harper paced himself well, moving through at the end for a good PB. I was next, running one of my worst ever 10ks just after a string of my best 5k times for years; no, I don't know either. Alastair is not in his sub-17 5k form of June and had to make do with not catching me... Charlie's having some inconsistency too; nearly a minute behind a poor run from me is abnormal and not where he is at. Des has been running strongly lately and is not far away from his best time, while James is

currently ticking over nicely too.

Clare's first road 10k this year found her a bit under-par just a day after the Vets Inter-Area XC and therefore short of her recent short-distance form. Matt Cooke should be well pleased with getting a PB for his run, as should Elkie in her first road race for over two years, a decent quality run after such a long absence. Joe continues to get faster, running a two minute PB just ahead of Paul, a little short of his early summer form, as was Mark's solid run. Serial PB artist Michelle has done it again; her first sub-43 as she continues to inch faster despite now being W50. Becca ran well about half a minute short of her early season best time while Helen is lightly-raced since her April marathon and was a couple of minutes short of her best. Katie, Gideon and Yvette finished in close order with decent solid runs while not challenging their best times.

Close to these, Coach Steve came in with Cameron, just managing to secure the club M60 points ahead of a great run from Graham, his best for over two years. A great run from Lucy saw her fall an agonising four seconds short of her early season PB, and Colin should be very satisfied with his best 10k for many years. Steve Brown made his club debut, club stalwart Joseph just pipped Alex's good effort, and Ros kept Andy off to the tune of a minute while gaining the best age grading from Clare. And speaking of club stalwarts, Barrie kept up his unbroken club champs sequence (just how long is it?) while Jo was perhaps a little short of her parkrun form.

	Time	Points In Age Category M/F								Age Grade Points	Club Champs Awards
		MS	M40	M50	M60	FS	F40	F50	F60+		
Edward Chuck	31.53	50								838	1 st M SM new club record
Andy Bond	33.22		50							864	2 nd M V45 new club record
Dylan Wymer	[33.48]									2 nd cl.	
Shane O'Neill	34.04	49								784	3 rd M
Stephen Davies	35.23		49							842	1 st M40
Thomas South	35.37		48							797	
Ian Lilley	36.10		47							804	Man age graded
Daniel Mann	36.20	48								763	
Paul Devine	36.38		46							757	
Jonathan Whittaker	36.48	47								743	
Edward Harper	36.52	46								725	
Tony Tuohy	37.08			50						852	1 st M50
Alastair Locke	37.24	45								724	
Charles Lound	38.01			49						797	
Des Crinion	38.23	44								700	
James Burrows	38.26	43								712	
Clare Elms	38.56							50		924	1 st W
Matthew Cooke	39.22	42								691	
Elkie Mace	39.22					50				779	2 nd W
Joe Farrington-Douglas	39.31	41								696	
Paul Collyer	39.43		45							750	
Mark Foster	41.56			48						729	
Michelle Lennon	42.56							49		808	3 rd W
Rebecca Schulleri	43.24					49				699	Women age graded
Helen Lister	43.52					48				696	
Katie Styles	44.50					47				686	
Gideon Franklin	44.53			47						705	
Yvette Dore	45.03						50			727	1 st W40
Cameron Timmis	45.06		44							650	
Steve Smythe	45.06				50					727	1 st M60
Graham Laylee	45.12				49					732	Captains' award
Lucy Clapp	45.13							48		796	1 st W50
Colin Frith	45.58				48					720	
Steve Brown	46.25			46						694	
Joseph Brady	46.50			45						653	
Alex Haylett	46.55	40								587	
Ros Tabor	47.24								50	934	Overall age graded
Andy Murray	48.28				47					709	
Barrie John Nicholls	51.21				46					663	
Joanne Shelton Pereda	52.54						49			608	
		40	11	7	6	5	4	2	3	1	

Oliver Cooper	47							47		2	96
Alastair Locke		47							45	2	94
Jack Ramm		45	43							2	90
Lewis Laylee			50							1	51
Joe Twomey		44								1	45
Eugene Cross				42						1	43
Stephen Pinkster								41		1	42
Russell Morgan								39		1	40
Ed Simmons		37								1	38
Paul Vivash	37									1	38
Men V40											
Andy Bond	50	50	50	[50]		50	50		[50]	7	257
Stephen Davies	49	49	49					50	49	5	251
Tom South	[47]	48	[46]	49			48	49	48	7	249
Ian Lilley	[46]		47	48		49	49		47	6	246
Cameron Timmis	41	42		45			43		44	5	220
Paul Devine		46	48	47					46	4	191
Justin Siderfin	44			46		48	45			4	187
Grzegorz Galezia	43						46	48		3	140
Paul Collyer		45						47	45	3	140
Martin Double		43	44				44			3	134
Hugh French	39	41				47				3	130
Lloyd Collier	48	47								2	97
Tom Wilson	45	44								2	91
Michael Hutchinson							47			1	48
Gower Tan								46		1	47
William Cotter			45							1	46
Adam Taylor								45		1	46
Jim Dowsett	42									1	43
Ajay Khandelwal	40									1	41
Men V50											
Charles Lound	49	49		50		50		50	[49]	6	254
Mark Foster	46	48				49	49		48	5	245
Gideon Franklin	[43]	46		46			48	49	47	6	242
Tony Tuohy	50	50		49					50	4	203
Gary Sullivan	47	47				48	50			4	196
Joseph Brady	42	45		45					45	4	181
Michael Fullilove	45			47			47			3	142
Michael Dodds	40	44				46				3	133
Ebe Prill	48			48						2	98
Paul Keating	38			44						2	84
Scott Williams						47				1	48
Steve Brown									46	1	47
Chris Loizou	44									1	45
Mark Muffett	41									1	42
John English	39									1	40
Men V60											
Colin Frith	[46]	[46]	50	49		49	49		48	7	252
Stephen Smythe		50	46	[46]			50	50	50	6	252
Graham Laylee	47	[45]	48	47		50			49	5	246
Bob Bell	48	47	49	48			47			5	244
Barrie John Nicholls	[42]	[43]	47	45		48	46		46	7	239
Hugh Balfour	50	49		50				49		4	202
Andy Murray	45	44					48		47	4	188
Michael Mann	49	48								2	99
Peter Jackson	44			44						2	90
Mick Mead	43									1	44
114	70	63	40	42	-	28	37	46	39	350	

Best 5 Count For Year Including 1 Each Short, Long. 5 Including One Short And Long Needed For Completion Medal. Marathon Points Are Temporary. Bracketed Points [] Are Discards, Outside Top 5 Scores.

2018 Club Championship Overall Championship After 8 Events Including Marathons	Short					Long				Events counting	TOTAL 5 events max inc 1.5L	Average	Average of all races	
	5k Dulwich 3 Feb	5k Battersea 7 Jun	1m Stratford 27 Jul	5k Beck 15 Sep	5M Sth.o.T 24 Nov	10k Hyde Pk 24 Mar	1/2M Paddock Wood 8 Apr	Marathon London or other 22 Apr	10k Victoria Park 30 Sep					
Andy Bond	857	894	857	865		[835]	[830]		864	5	4,337	867	3	858
Stephen Davies	876	851	873					849	842	5	4,291	858	3	858
Charles Lound	808	848		827		816		[792]	797	5	4,095	819	3	819
Timothy Bowen	[803]	815	831	815		[799]	816	806		5	4,082	816	3	816
Ed Chuck		837	823				797	760	838	5	4,056	811	3	811
Michelle Lennon	807	820	822			791	[777]	[694]	808	5	4,047	809	3	809
Ian Lilley	792		815	809		781	[772]		804	5	4,000	800	3	800
Lucy Clapp	778	824	820				775		796	5	3,992	798	3	777
Tom South	783	808	[636]	804			744	[725]	797	5	3,935	787	3	787
Stephen Smythe		813	[588]	789			837	764	727	5	3,932	786	3	786
Bob Bell	766	762	745	886			688			5	3,847	769	3	769
Daniel Mann	789		782	777				667	763	5	3,778	756	3	744
Colin Frith	728	729	728	865		[710]	[699]		720	5	3,770	754	3	754
Clare Elms		966	999	826					924	4	3,715	929	3	929
Yvette Dore	733	730	767	[668]		746	733	[656]	[727]	5	3,709	742	3	736
Mark Foster	748	764				753	702		729	5	3,696	739	3	739
Helen Lister	745	722				757	756	714	[696]	5	3,694	739	3	740
Ros Tabor	918	917					913		934	4	3,681	920	3	920
Gideon Franklin	725	723		807			696	[638]	705	5	3,655	731	3	731
Jonathan Whittaker		781	808			696	619	[610]	743	5	3,647	729	3	729
Graham Laylee	736	727	[681]	715		720			732	5	3,631	726	3	711
Des Crinion		738	756	744				651	700	5	3,589	718	3	718
Rebecca Schulleri	715	735	718	706		707	[660]	[514]	[699]	5	3,581	716	3	716
Rob Hollands	711	732	712	739				658		5	3,552	710	3	710
Barrie John Nicholls	[509]	688	672	823		676	[625]		663	5	3,522	704	3	704
Joe Farrington-Douglas	708	716		728		664	[659]		696	5	3,512	702	3	702
Matt Cooke		719	700	708		670		[576]	691	5	3,488	698	3	698
Tony Tuohy	861	893		857					852	4	3,464	866	3	837
Christina Dimitrov	720	730	758	632				623		5	3,463	693	3	693
Katie Styles	683	687		[589]		692	700		686	5	3,449	690	3	690
Grant Kennedy	679		679	705		678	667			5	3,408	682	3	682
Laura Vincent	675	717	707	636				584		5	3,318	664	3	664
Cameron Timmis	680	672		659			632		650	5	3,293	659	3	659
Gary Sullivan	818	806				807	767			4	3,198	799	3	799
Joanne Shelton Pereda	629	655	653	[597]		652			608	5	3,197	639	3	639
Lucy Pickering		807	804				772	730		4	3,112	778	3	778
Hugh Balfour	812	813		822				658		4	3,105	776	3	777
Alex Haylett	612	638	650			609			587	5	3,095	619	3	619
Shane O'neill	784					784		741	784	4	3,093	773	3	773
Paul Devine		760	783	771					757	4	3,071	768	3	768
Matt Ladds	648	603		600		617	570			5	3,039	608	3	608
Andy Murray	731	725					723		709	4	2,888	722	3	722
Justin Siderfin	748			738		719	678			4	2,883	721	3	721
James Burrows	714		704	725					712	4	2,854	714	3	714
Edward Harper	708		717				665		725	4	2,815	704	3	704
Eleanor Simmons		688	759	668				633		4	2,747	687	3	687
Tess Bright	722		695				662	656		4	2,734	683	3	683
Lindsey Annable	666		663	670		686				4	2,684	671	3	671
Joseph Brady	686	628		669					653	4	2,635	659	3	659
Claire Barnard	648	615					560	494		4	2,317	579	3	579
Paul Collyer		794						705	750	3	2,250	750	3	750
Grzegorz Galezia	753						730	747		3	2,230	743	3	743
Michael Fullilove	771			866			574			3	2,211	737	3	737
Emma Ibell	762	730					703			3	2,195	732	3	732
Steve Rolfe	727	730						658		3	2,115	705	3	705
Anna Thomas	693	694	681							3	2,068	689	3	689
Ross Rook	667	691	693							3	2,052	684	3	684
Michael Dodds	683	629				681				3	1,992	664	3	664
Martin Double		697	676				611			3	1,983	661	3	661
Tereza Francova				625			669	636		3	1,930	643	3	659
Hugh French	568	603				557				3	1,729	576	3	576
Ebe Prill	796			894						2	1,690	845	3	845
Lloyd Collier	804	818								2	1,622	811	3	737
Wayne Lashley		809	812							2	1,621	811	3	811
Michael Mann	804	812								2	1,616	808	3	808
Marta Miaskiewicz		768						763		2	1,530	765	3	765
Alastair Locke		782							724	2	1,505	753	3	753
Tom Wilson	754	735								2	1,488	744	3	744
Jack Ramm		744	733							2	1,478	739	3	739
Chloe Green	765							708		2	1,473	737	3	737
Oliver Cooper	735							712		2	1,447	724	3	724
Kristen Stephenson	727							681		2	1,409	704	3	704
Stephanie Williams	627					684				2	1,311	656	3	656
Teresa Northey		678						597		2	1,274	637	3	637

Peter Jackson	632			598						2	1,231	615	3	615
Paul Keating	580			592						2	1,172	586	3	586
Hannah Harvest	602							532		2	1,134	567	3	567
Emily Warburton-Brown	530							455		2	985	492	3	492
Lewis Laylee			854							1	854	854	3	854
Andrea Pickup		796								1	796	796	3	796
Lucy Elms		783								1	783	783	3	783
Chris Loizou	781									1	781	781	3	781
Ola Balme				781						1	781	781	3	781
Elkie Mace									779	1	779	779	3	779
Victoria Read		767								1	767	767	3	767
Eugene Cross				766						1	766	766	3	766
William Cotter			757							1	757	757	3	757
Michael Hutchinson							751			1	751	751	3	751
Joe Twomey		744								1	744	744	3	744
Clare Wyngard		710								1	710	710	3	710
Steve Brown									694	1	694	694	3	694
Mark Muffett	689									1	689	689	3	689
Ed Simmons		683								1	683	683	3	683
Jim Dowsett	680									1	680	680	3	680
Ajay Khandelwal	677									1	677	677	3	677
Louisa Pritchard							676			1	676	676	3	676
Emily Gelder								670		1	670	670	3	670
John English	661									1	661	661	3	661
Claire Steward								660		1	660	660	3	660
Scott Williams						632				1	632	632	3	632
Gower Tan								622		1	622	622	3	622
Ellie Balfe								621		1	621	621	3	621
Caroline Maynes								619		1	619	619	3	619
Kim Hainsworth	604									1	604	604	3	604
Clare Cummings								587		1	587	587	3	587
Stephen Pinkster								587		1	587	587	3	587
Sharon Erdman	585									1	585	585	3	585
Adam Taylor								584		1	584	584	3	584
Mick Mead	582									1	582	582	3	582
Vicky Gashe								573		1	573	573	3	573
Paul Vivash	556									1	556	556	3	556
Russell Morgan								545		1	545	545	3	545
Annie Hackett								509		1	509	509	3	509
Karina Burrows				498						1	498	498	3	498
	114	70	63	40	42	-	28	37	46	39	336			

English Masters Inter Area Cross Country Bury St Edmunds

September 29

The organisers were keen to point out that was not an official trial for the England team for the Masters International at Swansea in November, but that it would be used as a selection guide. Surprisingly only two members chose to compete and those who didn't have undoubtedly reduced their chances. Clare Elms, as an already three-time international winner of the W50s, and top of the UK W50 rankings at 5000m and

5km, probably needed to compete less than anyone to gain selection but despite a well below par run, she won her age group which was surprisingly competitive as 16 seconds covered the top five.

Having raced sparingly (including missing the previous week's relay), Ange Norris had no reason for high expectations but her second W55, just four seconds down on the winner, has increased her selection chances for Swansea after her fifth place in Derry last year, where she was second English runner in her age group.

Clare and Ange helped Veterans AC to win the women's inter area.

Steve Smythe

11 Clare Elms 22:42 (1W50) (3rd overall age-graded 87.71%)
32 Ange Norris 24:11 (2W55) (9th overall age-graded 85.30%)



Beckenham Place

235 Ran			
Pos	Gen		
1	1	Stephen Davies	17:30

Brockwell

346 Ran			
Pos	Gen		
36	35	Jamie Nicol	20:19
42	41	Jonny Hough	20:50
59	4	Lucy Pickering	21:24
205	58	Sharon Erdman	27:13

Burgess

383 Ran			
Pos	Gen		
43	41	Hugh Balfour	20:17

Clapham Common

523 Ran			
Pos	Gen		
518	317	Chris Vernon	50:19

Crystal Palace

278 Ran			
Pos	Gen		
9	9	Alastair Locke	19:04
16	16	Justin Siderfin	19:35
31	2	Belinda Cottrill	20:56
59	5	Yvette Dore	22:37
87	9	Teresa Northey	24:08
172	137	Paul Hilton	28:10

Greenwich

278 Ran			
Pos	Gen		
36	34	Stephen Smythe	22:33

Dulwich

359 Ran			
Pos	Gen		
29	29	Rob Cope	19:23
35	34	Ebe Prill	19:33
55	50	Tom Shakhli	20:33
60	53	Chris Cooper	20:54
67	9	Victoria Read	21:01
85	76	Olivier Montfort	21:27
117	105	John English	22:37
298	207	Mick Mead	30:55

Fulham Palace

458 Ran			
Pos	Gen		
225	168	Barrie John Nicholls	25:22

Gladstone

212 Ran			
Pos	Gen		
50	8	Becca Schulleri	23:25

Hackney Marshes

322 Ran			
Pos	Gen		
44	4	Christina Dimitrov	20:07

Hastings

308 Ran			
Pos	Gen		
61	48	Nicholas Brown	23:09

Highbury Fields

336 Ran			
Pos	Gen		
191	152	Paul Collyer	26:19

Hilly Fields

288 Ran			
Pos	Gen		
27	2	Kim Hainsworth	21:31

Leicester Victoria

354 Ran			
Pos	Gen		
281	98	Marjorie Epton	31:28

Malling

191 Ran			
Pos	Gen		
17	1	Tereza Francova	21:37

Marlay

376 Ran			
Pos	Gen		
36	4	Laura Vincent	21:50

Oxford

340 Ran			
Pos	Gen		
48	46	Gideon Franklin	22:10

Peckham Rye

275 Ran			
Pos	Gen		
1	1	Andy Bond	17:18
83	9	Madi Robinson	23:36
200	134	Thomas Macey-Dare	30:10
265	104	Susan Vernon	40:53

Richmond

441 Ran			
Pos	Gen		
441	175	Lindsey Annable	01:28

Royal Tunbridge Wells

310 Ran			
Pos	Gen		
6	6	Tom Wilson	20:15
13	1	Rosalind Johnson	20:56
93	11	Susan Cooper	25:00
97	12	Clare Wyngard	25:09
115	100	Michael Dodds	25:41

South Norwood

111 Ran			
Pos	Gen		
6	6	Eugene Cross	20:05

Southwark

296 Ran			
Pos	Gen		
147	119	Paul Keating	26:29
176	45	Claire Steward	27:41

Trelissick

159 Ran			
Pos	Gen		
1	1	Timothy Bowen	17:52

Wakefield Thornes

304 Ran			
Pos	Gen		
72	7	Claire Barnard	24:34

New members especially, and others...

For your results to appear here you need to update your parkrun profile to show you are a current member of Dulwich Runners AC. or send them in.

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



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



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.
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

SOCIAL SPOT

P
O
T

Upcoming events.

Watch this space !



Instagram

Dulwich Runners are on Instagram....So if you would like to photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, or Jonathan Whittaker who will take care of it!

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

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)

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

Algarve Running Challenge

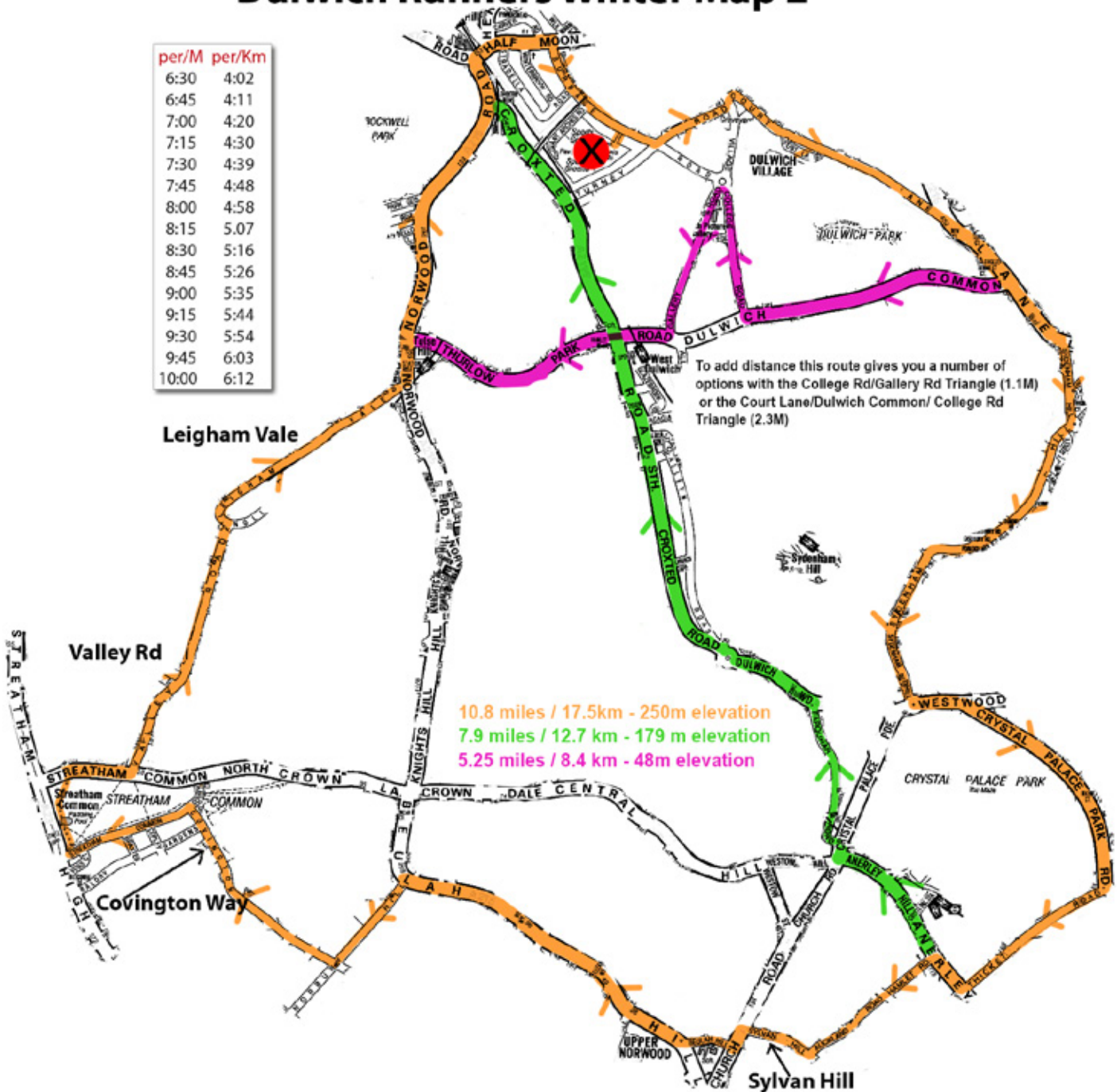
7-11 NOVEMBER

For those of you interested in some warm weather training and racing this autumn, this year's Algarve Running Challenge takes place between 7-11 November. Accommodation and races are in Monte Gordo at the eastern end of the Algarve in Portugal and it is organized by Track & Field Tours.

Mike Mann

Dulwich Runners Winter Map 2

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



We are in the process of revising, updating and putting the maps onto Strava . There are some new routes. You dont need an account to view them and links can be found here:
<https://www.dulwichrunners.org.uk/wednesday-night-routes>