



# SHORTS

Dulwich Runners AC

Weekly Newsletter

December 12th 2018

## These are your SHORTS,

Please send your reports, running news & anecdotes to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

### Wed 12 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

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

Sat 15 Sth of Thames 7M Xc - Beckenham

Tue 18 Crystal Palace track - details below

**NOTE: club will be closed on the 26 December, but open on 2 January**

**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 drills from 7.10pm lead by **Katie Styles** and **Anna Thomas** & main session taken by **Steve Smythe** will start shortly after @ 7.25pm and take circa 45 mins.

### 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

### December winner - Joseph Brady

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)

## 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)

## 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 & race details
- 3 S.o.T Beckenham course map and info
- 4 Upcoming races, information etc
- 7 Race reports and times
- 9 Parkrun times
- 10 Club kit - New winter additions !
- 11 Social events etc - **Xmas Party , tickets now available**
- 12 Wednesday map + Strava links
- 13 Turkey Trot entry form

**And much more !**

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

our website: [www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

Connect with us:



### ----- EVENT HORIZON -----

*A brief look ahead*

Dec 15 Sth of Thames 7M Xc - Beckenham



**Thankyou to Eleanor Simmons and Midge Cameron 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

**Mick Ward**

Lindsey Annable

**12/12**

19/12

## Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Some copies will be at the clubhouse, but feel free to print your own and 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.

**All maps also on Strava (you don't need an account)**

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

# 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
Dec	15	South of Thames 7 mile - XC champs	Beckenham Place Park
	16	Dulwich Runners Annual Turkey Trot Handicap 5k	Dulwich Park
2019			
Jan	5	Surrey County Champs	Lloyd Park
	5	Kent County Champs	Brands Hatch
	12	Surrey League Xc Men - DR XC champs	Mitcham Common
	19	Vets AC Champs	Wimbledon Common
	26	South of England Champs - DR XC champs	Parliament Hill Fields
Feb	2	Catford parkrun short	Catford
	9	Surrey League Xc Men - DR XC champs	Lloyd Park
	9	Surrey League Xc 11am Women - DR XC champs	Richmond Pk
	23	England National Cross Country Champs	Harewood House, Leeds
Mar	2	Surrey League Xc 1pm Women	Lloyd Park
	10	Vitality Big Half long	London
	16	date tbc Riddlesdown parkrun - DR XC champs	
	24	SEAA 12/6 Stage Relays	Milton Keynes t.b.c
Apr	14	Thames Towpath 10 long	
	28	London Marathon (or alt.) long	
Jun	3/10	date tbc Sri Chinmoy 5k short	Battersea Park
	16	date tbc Eltham Park 5 short	Eltham
Jul	14	date tbc Sevenoaks Seven long	Sevenoaks, Kent
	26	date tbc SOAR Mile short	
Oct	6	Regents Park 10k short	Regents Park, London

If you require information about any races in Shorts, how to enter etc then contact your respective captains:  
 Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Men road: [ebepri1@yahoo.co.uk](mailto:ebepri1@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## 2019 Club Championships

The nine club championship races for 2019 have now been agreed (four long, five short) with four dates to be confirmed. To complete and qualify for the champs you must run at least 5 events, including at least one from each distance category.

	2 Feb	Catford parkrun	short
	10 March	Big Half	long
	14 April	Thames Towpath 10	long
	28 April	London Marathon (or alt.)	long
	3 or 10 June tbc	Sri Chinmoy 5k	short
	16 June tbc	Eltham Park 5	short
	14 July tbc	Sevenoaks Seven	long
	26 July tbc	SOAR Mile	short
	6 Oct	Regent's Park 10k	short

## Try out those long spikes !

With the Surrey XC Champs at Lloyd Park in January I was thinking of practicing part of the course by doing the Lloyd Parkrun on Saturday 22 December. The course is entirely on grass (and mud!) I gather, so it would be a good occasion to try out long spikes and get a feel for the course.

The 0800 Southern train (destination Caterham) from North Dulwich gets to East Croydon for 0824 providing sufficient time to jog to the start line and change shoes.

Jonathan Whittaker

## Ladies' Surrey League Xc

### Note changes

The third race at Farthing Downs has been cancelled. The last 2 fixtures of the season are now as follows:-

Sat 9 Feb - Richmond Park 11am start  
 Sat 2 March - Lloyd Park 1pm start

## 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](http://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](http://www.startfitness.co.uk) SurreyXCSF10

## 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](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)

## South Of Thames, Beckenham, 15 December - 2pm start

Entries have already been submitted for the second South of Thames race this Saturday and numbers are good, though slightly lower than at Morden Park.

Start is 2pm on the grass close to the Mansion and car park. Your captains will collect numbers from the race HQ, Beckenham Cricket Club, Foxgrove Road, where the presentation will take place

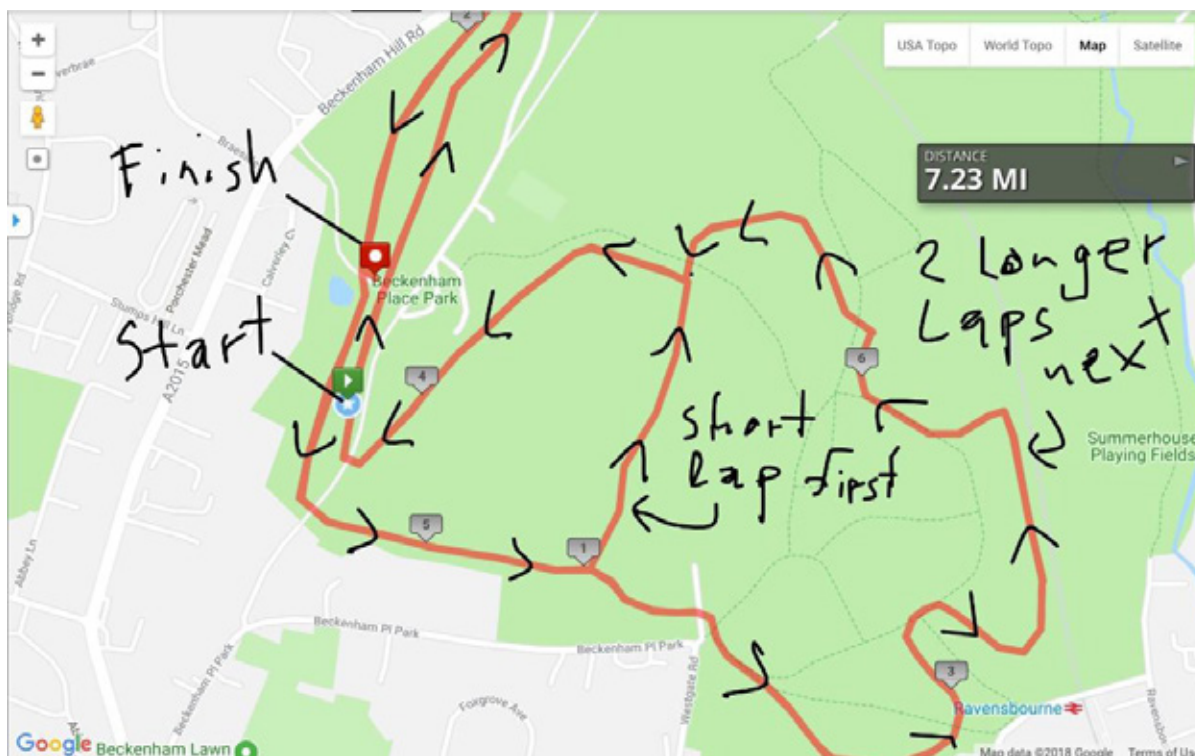
afterwards and drinks and snacks will be available. The HQ is 500m from the start.

There is parking at race HQ and on nearby streets, but please avoid parking at the car park close to the Mansion.

We are hosting this event and have had to design a different and more hilly course than the men's Surrey League course back in January, avoiding the

construction work in the park. It consists of one short lap and two long ones mostly on grassland but with a few gravel tracks and some short muddy sections created by bulldozers.

The distance is around 7.3 miles and the course is suitable for studded shoes or 9mm spikes. **Mike Mann**



*and for grown ups.....*



## Track training

Because of the calendar, there will be **no Tuesday track sessions obviously on Christmas Day and New Year's Day.**

While numbers have been ok this winter, the consistency of many has been disappointing.

To get the benefit of track training, it has to be a regular part of training. Certainly when I broke 2:30 for the marathon, I did not miss a single session over the winter and my better seasons have all been built on consistent speed training.

December	
Wed 12	1 hour steady
Thurs 13	short recovery 200s or tempo - 10 kilos alternating Mar and HM pace per kilo
Fri 14	4M easy or rest
Sat 15	South of Thames XC or 10k run
Sun 16	90 minute - 2 hour slow run
Mon 17	4M easy or rest
Tues 18	Track - 1600s
Wed 19	1 hour steady
Thurs 20	400s on grass or tempo - km accelerations over 10km - 1k at slower than Mar pace, 1k at Mar pace and 1k at HM pace and back to slower etc
Fri 21	4M easy or rest
Sat 22	parkrun
Sun 23	2 hour slow run

The round trip to get to track takes me four hours - I leave at 6 and get home around 10 - and I'm questioning whether I want to give up so much time consistently when many others don't and some that do pay no attention to my instructions anyway and so many in the club don't do races that I want to do and my own racing is probably drawing to an end anyway. I may return sometime in the new year - but will issue instructions to others so the sessions can continue - but for the moment here is my suggestion for a schedule over the next month.

Mon 24	4M easy or rest
Tues 25	Hour fartlek or parkrun
Wed 26	1 hour steady
Thurs 27	hills
Fri 28	4M easy or rest
Sat 29	parkrun
Sun 30	2 hours slow
Mon 31	4M easy or rest
January	
Tues 1	hills
Wed 2	1 hour steady
Thurs 3	200s on grass or tempo - 10km at slightly slower than Mar pace with 30 secs bursts every km at HM pace
Fri 4	4M easy or rest
Sat Jan 5	County Champs or parkrun

## 2018 CLUB TURKEY TROT HANDICAP

10.00 SUNDAY 16 DECEMBER

The club traditionally holds an annual Christmas handicap race the day after the Christmas party. Again it will be the day after the long South of Thames 7.5M, so after a long race and long party on Saturday jump up bright and early on Sunday and run off your hangover or post race stiffness.

The course is the same as Dulwich parkrun (3 laps of the park road) approximately 5k. You need to predict



your finish time and run without your watch. The handicappers will use recent parkrun times. Runners set off with the slowest going first. The first across the finish line after 3 laps wins a prize and the prestigious Turkey Trot trophy.

There is also a prize for the runner closest to their predicted time, and also for best fancy dress. The theme this year is CHRISTMAS CRACKERS.

After the race we usually have the presentation and coffee in the park café.

**PUT THE TURKEY TROT IN YOUR DIARY NOW!**

Ros Tabor [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

**Entry form at the back of Shorts**

## Masters Events major events coming up

March 9 British Masters Open Cross Country Championships, Stormont, Belfast  
 March 24-30 European Masters Indoors, Torun, Poland April 7, British Masters 10k Road Championships, Port of Blyth  
 May 18 (tbc) British Open Masters Road Relays, Sutton Coldfield  
 May 25 British Masters 1-Mile Road Championships, Westminster  
 June 2 British Masters 10-Mile Road Championships, Dorking  
 June 16 British Masters 5km Road Championships, Horwich  
 June 30 British Masters 30km Multi-Terrain Championships, Gravesend  
 July 7 British Masters Half Marathon Championships, Ashbourne, Derbyshire  
 August 10-11 British Masters Outdoor track Championships, Birmingham  
 Sept 5-15 European Masters Track & Field Championships - Jessolo, Italy  
 September 21 British Masters 10000m Track, Jarrow  
 September 28 England Masters Inter Area XC, venue tbc  
 October 20 British Masters Marathon Championships, York  
 October 26 British Masters Open Cross Country Relay Championships, Long Eaton  
 November 16 (tbc) British Masters International cross-country, Southport  
 BMAF Relays, May 2019

If we were to focus on one Masters event, most would probably choose the relays at Sutton Park, which is provisionally May 18,

with such a large percentage of good vets, we could do very well. The club pays the fee and travel. We have previously medalled in the W35s, W45s, W55s and the M55s and should also have our best ever teams (on paper) in the M35, M45 and M65 but we need a far better show and turn out than we get in most events. Please put the date in your diary.

I have gone through quickly the latest membership list which may not be totally up to date and apologies if I have missed anyone of those competing but we look like we could field more than one team in most age groups

**M35:** Tim Bowen, James Burrows, Paul Devine, Rob Hollands, Jonny Hough, Wayne Lashley, Alastair Locke, Daniel Mann, Russ Rook, Buzz Shepherd, Tom South, Jonathan Whittaker, Tom Wilson

**M45:** Andy Bond, Joseph Brady, Andrea Ceccolini, Lloyd Collier, Rob Cope, Will Cotter, Steve Davies, Mark Foster, Grzegorz Galezia, Duncan Hussey, Michael Hutchinson, Ian Lilley, Charlie Lound, Olivier Montfont, Justin Siderfin, Gower Tan, Cameron Timmis, Mike Williams, Nick Wood

**M55:** Colin Bailey Wood. Hugh Balfour, Nick Brown, Gideon Franklin, Colin Frith, Mike Fullilove, Graham Laylee, Barrie John Nicholls, Ebe Prill, Ian Sesnan, Steve Smythe, Tony Tuohy, Neville Webb, Steve Williams, Duncan Wilson

**M65:** Bob Bell, Mike Mann, Andy Murray

**W35:** Selma Benattia, Belinda Cottrill, Sue Cooper, Tereza Francova, Emily Gelder, Kim Hainsworth, Roz Johnson, Elkie Mace, Alexie Shaw, Jo Shelton, Eleanor Simmons, Katie Styles, Anna Thomas, Laura Vincent

**W45:** Lindsey Annable, Ola Balme, Midge Cameron, Lucy Clapp, Yvette Dore, Emma Ibell, Michelle Lennon, Lucy Pickering, Andrea Pickup, Victoria Read, Nicola Richmond

**W55:** Clare Elms, Ange Norris, Clare Wyngard

**W65:** Ros Tabor, Claire Steward

# Dulwich Runners Club Championships 2018



*Statistics after 9 races from 1760 yards to 26.2 miles,  
the 2018 edition of Dulwich Runners' Club Championship  
on the club website...*

<https://www.dulwichrunners.org.uk/news/2018/12/5/club-championships-2018>

*by Jonathan Whittaker*



The club has 10 places for the Brighton marathon (Sunday 14 April). Regular entry is now closed, club places go for same fee. If more than 10 apply we will decide same way as with London club places (those who secured a London place will be considered last for this one).

Let me know at [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk) or in person by 31 January 2019 .

## Upcoming Cross Country Races

### South Of Thames 7.5M XC Beckenham Place Park

15 December

We are hosting this race and it is one of our Ken Croke cross country club champs races.

It is the day of the Christmas party so many of you should be around. **Please contact your captains by 5 December**

The following people have kindly offered to volunteer as marshals for this event.

Barry Graham, Claire Steward, Ian Sesnan, Bernard Imber, John O'Byrne, Chris Vernon, Andy Murray, Colleen Williams, Mel Edwards, Mike Dodds, Clare Wyngard.

We require quite a few marshals, so if any of you are not planning to run and can help , please let me know.

Finally please note that entries are still open, so please contact your captains if you would like to run. **Mike Mann**

### South Of England Champs

26 January

**UPDATE:**

Very few of you have asked to be entered for these champs at Parliament Hill on 26 January. Please note that they are also one of our designated cross country champs races.

Those wishing to enter should **contact your captains by 19 December at the very latest**. It will not be possible to accept late entries for this event.

### Cross Country County Champs

5 January

The Surrey cross country champs take place on Saturday 5 January at Lloyd Park. Distances are 8km for the women and 12km for the men.

**To take part contact your captains by 20 December**. Eligibility is by residence or birth. Please contact your captain if you are unsure which county you can compete for.

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

Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

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

Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)



### **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 elsewhere 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, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. Cross country races are not elite and are suitable for runners of all abilities, 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, all those intending to take part should inform their captains to enable as many as possible online entries to be made in advance. For the women's Surrey League, and now the men's runners have to be entered in advance. The women keep their numbers for the entire season and this system is

being introduced for the men from this season. This means that runners should return their numbers to their captains after the race, or take them home, in which they must remember to take them to the next race. The Surrey League 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, and the other 4 races that make up the Ken Croke cross country championships (see below for further details). In addition runners are encouraged to compete in the Surrey and Kent county and masters champs.

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 SEAA relays and the Reigate Relays.

### **Entry for other races**

For virtually all races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email, requesting

those interested in participating to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

### **Footwear**

You can often get away with road or trail shoes in early season races, but as the ground becomes heavier from late autumn onwards, cross country spikes or fell shoes become necessary. You will need to make sure that you buy cross country spikes, as opposed to track spikes. Spikes come in different lengths ranging from 6mm to 15mm and can be screwed in. As the ground becomes heavier longer spikes will be needed, particularly on heavy course such as Parliament Hill and Lloyd Park in the winter months. Fell shoes are studded and have more grip than trail shoes. They are suitable for most ground conditions apart from ice. Cross country shoes can be bought at a number of retail outlets including Run & Become (Victoria), Runner's Shop (Beckenham), Intersport (Herne Hill), Runners Need and Sweatshop (various locations) or Wiggle online. Most offer a 10% discount to those with club or EA membership.

### **Ken Croke championships**

This year the Ken Croke cross country championships will include the 4 Surrey League races, the London championships on 17 November, the South of Thames long race on 15 December, the South of England championships on 26 January and the Riddlesdown parkrun in March (date tbc after the road club championships have been sorted). To qualify you will need to complete 5 events, including 3 Surrey League races.

### **Contacts**

For further information please contact your captains at: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com) or [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) or [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)

# 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.

## Serpentine Last Friday 5k Hyde Park,

30th November 2018

*Ian Lilley writes..* A total of nine Dulwich runners competed in the penultimate Serpentine Last Friday 5k of the year, which was again a B course race thanks to Winter Wonderland and again run in the opposite clockwise direction. Conditions were cool and clear, but a little bit blustery, with times generally a little down on last month.

Andy Bond was running his fifth race of the year with conflicting goals, both needing a decent scoring run to perhaps win the 2018 Last Friday Championship, but also needing to save his legs for the Kent Masters Cross Country the following day. It's a measure of how far he has progressed this year that he eased around in 16:22, finishing a very respectable 4th. Tim Bowen was not quite 100%, but in typical barnstorming style hammered the opening kilometre to lead the race up the hill before eventually succumbing to fatigue and finishing 5th. 'Am I going too fast?' Andy asked Tim as he passed him later on. Alastair Locke is another man on the move, he seems to have put his Achilles issues behind him and ran a typical progressive race, starting very easy and finishing fast, passing Jonathan near the finish.

Jonathan Whittaker, taking a much needed day off from scouting cross country courses, had a good even run finishing

just a second behind Alastair, chipping four seconds off his Battersea PB, likely both will run sub 17 in the coming months given form and fitness. Like Andy, I was also running the Kent Masters the following day, so ran conservatively to save my legs picking up over the last downhill kilometre. Paul Collyer became a father for the third time a couple of weeks ago, to a baby girl called Cordelia, congrats Paul! I think he felt those sleepless nights over the second half of the race, but held on well to run an even nineteen minutes.

Steve Williams had a decent run which was on par with recent runs, finishing just ahead of Graham, who is remarkably consistent in this event and over 5k generally. This year his six runs at Hyde Park span a range of only 24 seconds, this one perfectly in the middle of the range. Ros Tabor had a solid run, slightly down on her summer 5k races at Battersea, as ever a very strong age graded result, this month pipped by 0.1% by the welcome return to form and fitness from long term injury of Dave Cox.

4	Andy Bond	16:22	1st MV45 / 86.8% a.g.
5	Tim Bowen	16:36	
18	Alastair Locke	17:14	
19	Jonathan Whittaker	17:15	PB
48	Ian Lilley	18:25	
60	Paul Collyer	19:00	
148	Steve Williams	21:26	
175	Graham Laylee	22:24	
199	Ros Tabor	23:17	1st FV65 / 89.4% a.g.
	290	Ran	

## Telford 10k

Sunday 9th December

In mid-September I ran 16:52 for 5000m, my best for three years, but just two weeks later could only manage 37:08 at the Middlesex 10k, almost my worst ever. This anomaly peeved me no end so I resolved to have a good go at a decent 10k time for a change. A return to Telford, renowned as one of the fastest 10k courses in the country, was my best chance; ten weeks to prepare with plenty of decent stamina training. My previous visit here was eight years ago but did glean my still-standing 34:26 PB and I reasoned that a 35-something had to be doable based on my 5k form (and despite advancing years). However, some reticence about my prospects must have been felt as I uncharacteristically refrained from blabbing about these plans to anyone... Four weeks on, without any easing up, I tested the waters at Battersea Park and

knocked the best part of a minute off the Middlesex time with 36:17; not a bad start. Five more weeks of solid training and a careful taper week left me feeling very fit and ready for action with the minimum requirement of sub-36 surely a foregone conclusion. I was relying on some seconds in the bank in the first mile due to Telford's early 'gift' hill (you don't have to run up it later) but hadn't counted on the incredible popularity of this race nowadays, such that it is now run in three separate waves.

The congestion on the narrow paths early on was unbelievable, I couldn't let rip at all and found myself constantly braking to avoid running into the backs of people. Even so, after a while I felt I was going strongly despite the very wet conditions and slippery leaves underfoot and so was very disheartened to see 17:45 at the 5k clock; there was no way I was going to repeat that for the second half after the fast start (despite the above excuses). What felt like an overall strong run only resulted in

36:05, shaving three seconds off my own club record from last year, but more or less the same performance as the Battersea run six weeks earlier with the 12 second improvement easily accounted for by the downhill first mile. Perhaps this my limit and I need not have bothered with all the 'targeted' training...

This event was also the first of three qualifier races for selection for an England Age Group Masters vest to represent England Athletics at the Great Birmingham 10k next May; the top three in each age group qualified. In fact I missed the 1st M55 prize by only ten seconds to UK ranked no.1 Steve Watmough, who ran 34:45 in September; he ran in a different wave so we didn't directly race each other, which was a shame. It at least released me from waiting around for the prize-giving so I could get an earlier train home...

278 Tony Tuohy 36:05 2nd M55  
(M55 club record)

was further from the winner who is the British champion. It was at least my highest ever South position at about the 15th attempt in the masters and 40th overall inc Area age groups and senior races.

At the start of the year, I had three aims in M60 competition over the autumn/winter.

The South of England road relays, where hopelessly unfit, I cost the team a medal and we finished fourth, the Kents, where I finished fourth and now here fourth with a better run but same result.

I was 96th out of 205 runners in total. Derek Lee, who ran for Dulwich two years ago and was in the M50 team that finished fifth with Tony and I, ran for Herne Hill and was 24th M50 and his team finished fourth while Katie Balme ran in the Under-20 Inter Counties race for Surrey - she was 23rd U20 in 25:59 in the 6km race that was combined with the senior women.

4 M60 Steve Smythe 38:54  
(Advertised as 10km but actually 5.5M)

## South of England Masters Championships Oxford

December 8

*Steve Smythe writes* in previous years there have been Dulwich teams in this event but not this year and we had a single representative.

The course was the tougher, muddier, hillier course used in 2014 rather than the faster flatter course in 2016 and 2017. It contained some steep hills and some steep descents down gullies and tree roots and I struggled on the tougher sections. I did at least run much better than I did the week before but there was an element of frustration as having finished fourth in the Kents, I beat the bronze medallist there by over a minute and finished fourth M60 again. It was closer to a medal though

# Malaga Marathon

After a running-free summer, I decided to go back to training earlier than at the turn of the year. Two months of fairly regular running brought me to a point where I wanted to take part in a nice race to end the year. Some friends of mine decided to run the Malaga Marathon. Two of them meant business – breaking 2:40. I looked up the prices – flight: GBP 12 one way, hostel: GBP 10. So the decision wasn't difficult. On top of that, also Marta Miaskiewicz of DR decided to finish her successful year with a "leisurely" marathon in the lovely city of Malaga.

I didn't have any particular plan for the race. Having returned to training only recently, obviously I was not ready to attempt to improve my PB. I flew to Spain on Thursday evening, checked in and found out that the famous 200 year old winery – Antigua Casa de Guardia was just across the street. I fell in love with this atmospheric place at first sight. Old dark-panelled bar with huge barrels of great Malagan wines, crammed with locals and efficient but solemn-faced bartenders writing down your tab with chalk on the wooden counter. I tried Pedro Ximenes and Moscatel to start with, combined with shrimp tapas. The wines were just like liquid gold! All this joy for the price of around EUR 1.20 per glass! Naturally, over the next 4 days I became a regular at this honourable establishment.

Next day I met with Marta and together we wandered around town, including the Gibralfaro and Alcazaba fortresses. In the afternoon we joined the other friends and picked up our starting kits, after which we all went for a pleasurable



jog along the coast. But on the way back we bought quite a substantial stock of 11 Malaga Victoria beers to wash down a lavish home-cooked supper. Everything was going great. For a holiday. But not necessarily for a marathon. So on Saturday we decided to be more moderate – less walking, less drinking and less gluttony. On Sunday we arranged to meet one hour before the race, but somehow we couldn't

find each other. Instead I bumped into another couple of running buddies.

After the start I was trying to find the right pace for me. After a kilometre or so Marta caught up with me. We chatted for a bit and it turned out that her "leisurely" pace was around 4:24 min./km. Obviously I was tempted to go along with her, but I overcame the temptation and stayed behind. I made this mistake with Tom in Brighton and I paid dearly for it towards the end of the race.

The comfortable pace I was looking for came, as always around, the 10km line. It turned out to be our DR Sunday long run pace of 4:30/4:40 m/km. I decided to stick to it until mile 20 and then see how it goes. The 3:15 marathon pace felt good. I had time to enjoy the race and remembered to take gels every 10 km. Running without an ambitious goal, I was not even too upset when there was



a split of the course into the half marathon and full marathon. Instead of putting up conspicuous boards or having marshals who speak a few words of English, there were two girls shouting "Para todo - izquierda! Para media - derecha!" "Para todo - izquierda! Para media - derecha!" My brain is not very bright when I'm running but I decided that I should turn left. I had to wait till the next km sign to make sure I was on the right track.

There were also a few other cock-ups in the organization, like the useless website which didn't even give you the address of the expo or the course. Or the fact that the race was supposed to start at 9 until two days before we got an email saying actually it's 8:30.

One of the race's questionable attractions was quite a surreal track lap around the empty Malaga City Stadium at km 30. The course was meandering around the city centre and the suburbs, including a long bit along the waterfront. There were not many people en route and sometimes the race felt a bit sleepy. Only the last 8 km ran through the old town, with huge crowds cheering loudly along the course.

I was dispassionately sticking to my pace and was really looking forward to the final push at the last 10 km. I've already learned that you don't get the proper marathon



experience during the first 30 km. You just have to keep running until the real thing comes. After 32-33 km I concluded that the "wall" was nowhere to be seen and I surmised I had enough energy to accelerate. Slowly but steadily I kept increasing the pace.

To while the time away I started counting the runners I was passing. One by one, I kept ticking them off. I soon reached number 99 and then, after a sharp bend, on a long stretch around a mile before the finish line, I finally saw the Dulwich Runners vest in front of me. I managed to catch up with Marta but she didn't feel up to speeding up. As it turned out she was struggling from the beginning with a headache, stomach-ache and just wasn't enjoying herself. So I left her behind and kept going at the pace of just under 4 min./km, ticking off Marta as no. 100. (After the race it turned out that at the half-point my position was 538, at the end – 311) I passed a few more runners at the home stretch and crossed the finish line with a beaming smile on my face. It was indeed a very enjoyable race. Putting a curb on my ambitions, somehow I managed to find the right balance between sightseeing, drinking and, last but not least, I found the optimum pace for the marathon. I'm afraid it won't be nearly as much fun in the spring, when the "A race" comes.

**Grzegorz Gałęzia**

311 Grzegorz Gałęzia 3:13:23  
314 Marta Miaskiewicz W14 3:13:42

P.S. Our two ambitious friends ran 2:41 and 2:39.





## Beckenham Place

181 Ran  
Pos Gen  
117 33 Claire Steward 28:05

## Bexley

334 Ran  
Pos Gen  
13 13 Michael Fullilove 21:27

## Bromley

692 Ran  
Pos Gen  
176 23 Claire Barnard 24:48

## Brockwell , Herne Hill

344 Ran  
Pos Gen  
1 1 Andy Bond 17:13  
24 24 Mark Foster 19:59  
30 30 Jonny Hough 20:16  
57 4 Michelle Lennon 21:28  
67 61 Gower Tan 21:49  
78 8 Lucy Pickering 22:11  
88 78 Cameron Timmis 22:34  
99 12 Lucy Clapp 22:53  
104 91 Graham Laylee 23:03  
195 46 Sharon Erdman 26:59  
212 160 Andy Murray 27:37  
255 180 John Breslin 29:13

## Burgess

368 Ran  
Pos Gen  
47 46 Hugh Balfour 20:33  
368 137 Susan Vernon 49:42

## Catford

148 Ran  
Pos Gen  
23 23 Edward Smyth 21:14

## Croxteth Hall

279 Ran  
Pos Gen  
42 3 Mel Edwards 23:11

## Crystal Palace

264 Ran  
Pos Gen  
13 13 Dominic Wilson 19:18  
37 1 Belinda Cottrill 21:49  
49 3 Yvette Dore 22:28  
77 7 Helen Lister 24:04  
86 79 Bob Bell 24:28  
107 13 Jo Shelton Pereda 25:17  
124 21 Clare Wyngard 25:47  
125 104 Michael Dodds 25:48

## Dulwich

328 Ran  
Pos Gen  
11 11 Thomas South 17:49  
25 24 Tom Wilson 19:28  
27 26 Justin Siderfin 19:33  
72 68 John English 21:33  
186 41 Hannah Harvest 25:38

## Finsbury

438 Ran  
Pos Gen  
16 16 Paul Collyer 19:17

## Fulham Palace

393 Ran  
Pos Gen  
204 159 Barrie John Nicholls 25:34

## Hilly Fields

212 Ran  
Pos Gen  
16 14 James Burrows 20:30

## Leicester Victoria

281 Ran  
Pos Gen  
76 6 Marjorie Epton 23:54

## Newborough Forest

58 Ran  
Pos Gen  
51 30 Chris Vernon 48:20

## Newbury

389 Ran  
Pos Gen  
25 22 Matthew Ladds 21:59  
191 29 Karina Burrowes 28:21

## Peckham Rye

239 Ran  
Pos Gen  
50 48 Alex Bazin 22:26  
73 6 Madi Robinson 23:38

## Riddlesdown

102 Ran  
Pos Gen  
1 1 Dylan Wymer 18:03  
8 1 Nicola Archer 21:05  
11 2 Ange Norris 22:33

## South Norwood

100 Ran  
Pos Gen  
3 3 Alastair Locke 18:30

## Southwark

267 Ran  
Pos Gen  
41 38 Grant Kennedy 21:04  
128 103 Paul Keating 25:06

## Studley

179 Ran  
Pos Gen  
19 15 Eugene Cross 22:26

## Tooting Common

471 Ran  
Pos Gen  
216 180 Ian Sesnan 25:44

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

# DULWICH RUNNERS CLUB KIT



## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces and hoodies.  
You just click on the link to the Dulwich Runners shop and purchase directly.  
<https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html>  
any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1/4 Zip Top

### PB Teamwear Christmas Delivery & Opening

Please note for members to receive items in time for Christmas the latest date to place an order is Sunday 25th November. Orders placed after that date we will of course try to oblige but may not be able to post in time.

Anything not despatched by the 20th December will follow asap in the New Year.

We will be closed during the interim period as usual, from Thursday 20th December to Thursday 3rd January.

## DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 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)



WATERPROOF JACKETS  
LIMITED STOCK - only £10 each  
Sizes: small, large and Xlarge

## SHORTS!

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



Bufs/snoods - only £6

Socks only £5



# CLEARANCE OF HOODIES £10

# SOCIAL SPOT

P  
O  
T

*Upcoming events.*

**Saturday 15th December**  
**Christmas Party**

## The Lordship

211 Lordship Lane, East Dulwich, SE22 8HA

<https://whatpub.com/pubs/SEL/10796/lordship-east-dulwich>

Dust off your glad rags and get ready for a night of festive fun!!

As always there will be a buffet, music & club awards and we will be doing a 50/50 draw again this year. The menu will be posted on Facebook shortly and in next week's Shorts.

Tickets are £20, please confirm attendance to [dulwichsocialsecs@gmail.com](mailto:dulwichsocialsecs@gmail.com) with any dietary requirements.

Dress Code: Dress to impress

Payment by cash to Tom, Matt or Barry Graham or via online transfer (**deadline for tickets is Friday 7th December**):

M Ladds: 09-01-28 34933412

## 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](mailto:ola.balme@btinternet.com)

[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

## 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)



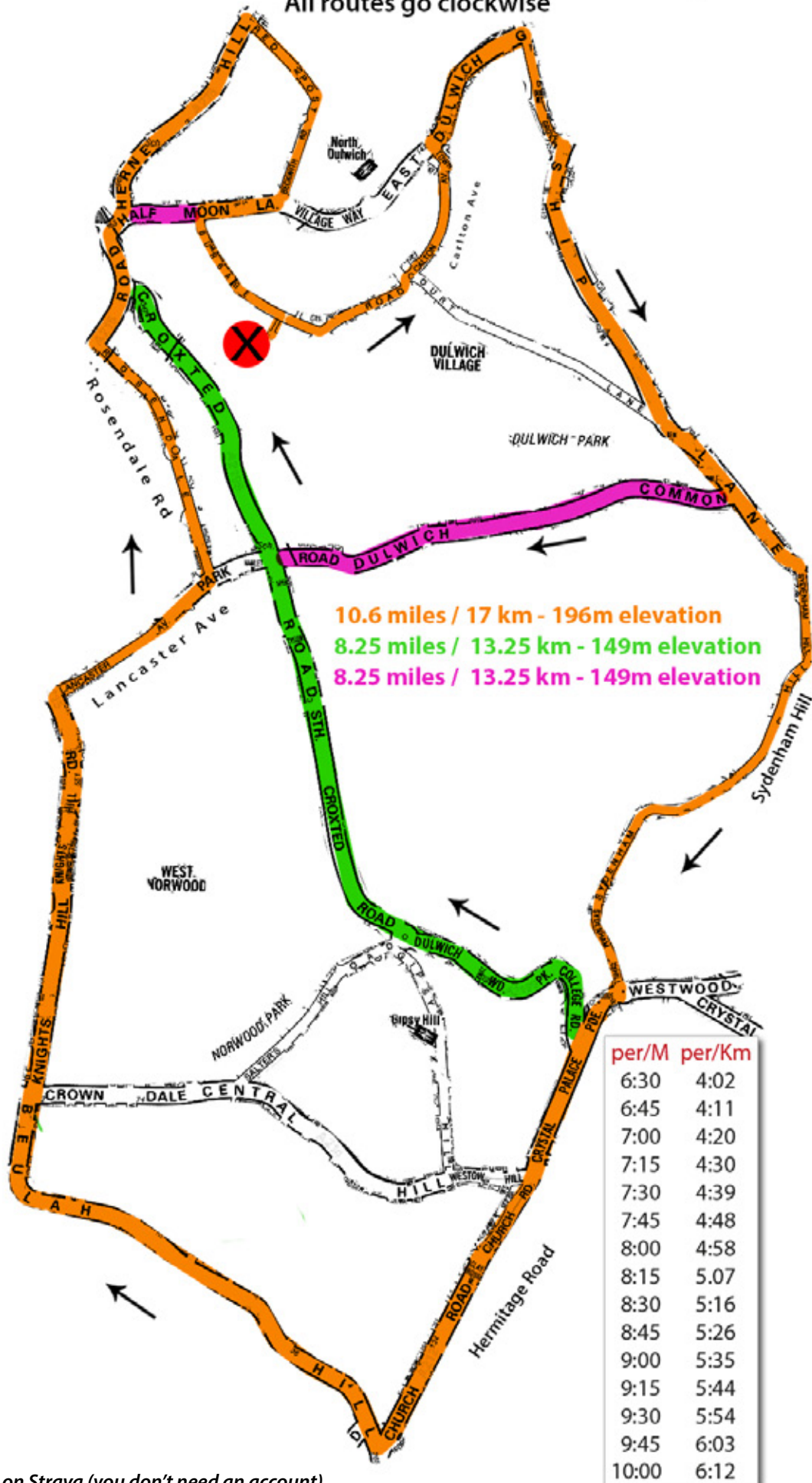
Instagram

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!

If people mention [@dulwichrunners](https://www.instagram.com/dulwichrunners) on their posts then we can easily repost pictures on the main Dulwich Runners account of key achievements that you want to share, or cover club races that neither Jonathan or Yvette are at.

# Dulwich Runners Winter Map 12

All routes go clockwise



All maps on Strava (you don't need an account)

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

# DULWICH RUNNERS TURKEY TROT HANDICAP RACE



DULWICH PARK  
SUNDAY 16 DECEMBER 10.00 2018

5K (approx) HANDICAP RACE (3 laps of Dulwich Park) meet by Queen Mary's Gate

Prizes For:

1<sup>st</sup> runner across the finish line

1<sup>st</sup> walker across the finish line

Runner closest to predicted time

best fancy dress - **the theme is CHRISTMAS CRACKERS**

entry fee £2.50 or £2 if in fancy dress

NAME: \_\_\_\_\_

most recent 5k or parkrun time \_\_\_\_\_

predicted time for 5k on 17th December: \_\_\_\_\_

**Runners / walkers must compete without watches.**

Disqualification if 2 minutes or more faster than predicted time.

[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)