



SHORTS

Dulwich Runners AC

Weekly Newsletter

December 19th 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 19 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

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

Tue 25 Crystal Palace track - closed

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 to go on the mailing list

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.

From The President

Though I was unable to get to either the Club Christmas Party nor the Turkey Trot, I did get reports and saw the photos.

It is great that the Club keeps up it's long standing traditions and it was nice that a good number of long standing members managed to attend both.

On behalf of the Committee, I would like to wish all members a very Happy Christmas and a prosperous and healthy 2019.

- Ron Searle.

In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 4 Upcoming races, information etc
- 7 Race reports and times
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- 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

Jan 5 Surrey & Kent County Champs

Jan 12 Surrey League - Men @ Mitcham Common

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)



NEW RUNNERS ROTA

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

Volunteers may be needed 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**

2019	Race	Venue
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 Men road: ebepriill@yahoo.co.uk Ladies: 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 (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

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

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 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
Mon 24	4M easy or rest
Tues 25	Hour fartlek or parkrun
Wed 26	1 hour steady
Thurs 27	hills

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.

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

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 apologises 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 or in person **by 31 January 2019**.

Upcoming Cross Country Races

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.

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.

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



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 or mcmann90@yahoo.co.uk or ebepriill@yahoo.co.uk

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.

South of Thames 7.5M Cross Country Championships Beckenham

December 15

Over 40 competitors in an excellent turn out but we only won two individual age group medals.

We were third (of three!) in the 12-man contest but only the winners get a trophy for that.

Second-claimer Lewis, is now of course in Herne Hill colours, and ran excellently here and we also lost our leading runner from the South of Thames 5 miler Tim Bowen, very early from an Achilles problem and Tim South also dropped out (suffering from hours of course marking) and we were missing quite a few other potential scorers such as Shane and Wayne but ninth was still disappointing.

The women were unlucky to finish fourth with a team that would always have previously medalled with ease. It was the best standard women's race yet and over 100 ran in what is the longest championship race for women in the country and shows equality in terms of opportunity is possible in running.

The weather conditions were awful – very cold and very wet and the marshalls from our club did a superb job, though unfortunately it was not policed as well as it should have been from a higher level and the runners ran most of the first small lap in the wrong direction but thankfully they returned in the right direction to complete the lap and roughly the same distance was covered.

Edward Chuck was not at his Surrey League winning form but ran to his current limits in terms of heart rate, and was well within the top 40 and almost three minutes better than the rest of the team.

For some reason Steve Davies warmed up with a 8 mile run in the morning and had

a steady run to just edge Alastair, whose fitness continues to improve after his Achilles problems.

Daniel Mann had one of his best runs to be next in while Jonathan Whittaker and Paul Devine continue to build on what is becoming their best ever cross-country season and they completed the scoring.

Des Crinion was next in with another strong finish to lead the B team in.

He just got the better of Elkie who had another excellent run but after her second in the five-miler, here could only finish eighth because of the much stronger opposition.

Clare, who has won this race in the past, followed Elkie for much of the race, but still suffering from her breathing problems, had to ease back in the last mile but held her women's position in the top 10.

She still ran well, though beating a runner who beat her in the 5-mile and winning the W50 gold medal by four minutes.

Nick Wood also had a strong run and he was followed by Ed Harper, who eased around and then picked up on the second lap with clearly more to come.

The third women's scorer was Marta. She had her best cross-country run yet, finally getting the pace right and not starting as fast as she did in the 5-miler.

Ian Lilley did not match his Kent Vets form and was another in survival mode while Grant Kennedy looked in control until late on the last lap and then burst to life with a strong kick and then had a shock when he realised he still had a kilometre to go! I brought his run of M60 fourths to a close but was aided by a lack of opposition. On most of the first two laps I followed a runner who had been a minute plus up in the 5-miler (and 5 minutes quicker in Septembers South relay) and I remember having a sprint with him in a Surrey League 20 years ago to achieve a then best 12th. Steve went past before the start of the final lap and pushed on to win the M60 gold by over two minutes, aided by his main rival dropping out.

Joe Farrington-Douglas slowed on the second half but came back well in the last mile to be close behind.

After a big gap, Belinda was next in with

another strong run (minus dog) and has been a good addition to our team this winter. Close behind was Ebe, who was tired from his course marking, Gower who ran strongly and Ross, who is some way from his fitness from a few years ago.

Our new women's captain Ola ran well (and was third W50 – though only age group winners in 10 year-bands won medals) and she was fifth scorer and next in was the other captain - Ange, who had her typical steady run to complete the six-woman team that trailed Belgrave, Tonbridge and Kent's strong squads. Ange was the first W55 but went unrewarded.

Close behind and finishing close were W50 club champion Michelle, senior women's champion Rebecca and Martin, all of whom ran well as did the next group led by Laura, Anna, Yvette and Lucy P which meant Dulwich had 11 women in the top 50.

Next in were two runners not quite at their best – Katie and Emma then according to the results Lucy P again.

Recent recruit Anna Ward did well and she was followed in by expectant Helen and Lucy C who were both not quite at their very best.

Graham continued his recent run of good form and then came second claimer Jo, Ros, who was first W65 though not at her best. Joseph, able to run better after his ankle problem at the Kents, followed in by the other Jo, also excelling with Bob, recovering from injury, the final member to finish.

Apart from the weather, the course was the toughest yet used in Beckenham and apart from the first lap.

The cold rain meant the building in the park was used to collect finishers discs but it was such a laborious task that it took ages and Dulwich were the last team to hand in their envelopes by half a hour, and the men's scores were incorrectly totalled. At the prizegiving, as per all prizegivings, Dulwich was probably the worst represented club considering how many competed but at least there was a good side as we were initially awarded the women's bronze by mistake and did not have many having to need to give their medals back.

Steve Smythe

31	M30	Lewis Laylee HHH (2c)	41:22
34	M33	Edward Chuck	41:36
72	M68	Steve Davies M45	44:28
73	M69	Alastair Locke	44:32
78	M73	Daniel Mann M40	44:46
81	M76	Jonathan Whittaker	45:07
84	M79	Paul Devine M40	45:33
98	M89	Des Crinion	46:24
101	W8	Elkie Mace	46:30
107	W10	Clare Elms W50	46:57 W50 gold
117	M102	Nick Wood M45	47:34
129	M112	Ed Harper	48:14
136	W14	Marta Miasiewicz	48:45
140	M121	Ian Lilley M45	48:55
146	M127	Grant Kennedy	49:24
149	M129	Steve Smythe M60	49:35 M60 gold
150	M130	Joe Farrington-Douglas	49:36
193	W29	Belinda Cotterill	52:14
194	M161	Eberhard Prill M55	52:21
196	M162	Gower Tan M45	52:28
197	M163	Ross Rook	52:38
202	W32	Ola Balme W50	53:04 3W50
207	W35	Ange Norris W55	53:31 1W55

213	W37	Michelle Lennon W50	53:48
214	W38	Rebecca Schulleri	53:50
215	M173	Martin Double M40	53:52
221	W41	Laura Vincent	54:30
226	W46	Anna Thomas	54:46
229	W49	Yvette Dore W45	55:08
230	W50	Lucy Pickering W50	55:09
235	W53	Katie Styles	55:23
243	W58	Emma Ibell W45	56:00
252	W64	Lucy Pickering W50	56:43??
257	W65	Anna Ward	57:01
259	W67	Helen Lister	57:13
260	W68	Lucy Clapp W50	57:21
265	M192	Graham Laylee M60	57:44
273	W74	Jo Quantrill W60 SLH (2c)	58:22
289	W85	Ros Tabor W65	60:25 1W65
295	M203	Joseph Brady M50	61:06
297	W89	Jo Shelton-Pereda W40	61:14
300	M205	Bob Bell M65	62:18
		Tim Bowen DNF	
		Tom South DNF	
		337 finished (109 women)	

Mens Teams (6-to-score)

9	Dulwich Runners (33-68-69-73-76-79)	398
14	Dulwich Runners 'B' (89-101-112-121-127-129)	680
	Coleman Cup (12-to-score)	
3	Dulwich Runners 1078 (398 + 680)	

Womens Teams (6-to-score)

4	Dulwich Runners (8-10-14-29-32-35)	128
6	Dulwich R'B' (37-38-41-46-49-50)	261

Race video clip here: https://www.youtube.com/watch?time_continue=1422&v=HoG5VA8fe3Q

plenty of photos on our FB page

Anagrams

At the club presentation, anagrams were constructed for all the 41 who completed the Club champs this year.

1 Smell race	10 lac cup ply	19 vet eyed rot	28 or shall bond	37 mimes romantic
2 Torso bra	11 I'll lie any	20 tell robber	29 stir china rid vomit	38 jab sky dooper
3 Bonny Dad	12 tooth sum	21 line shelter	30 me took cat	39 jet lane no nosh
4 Yo ho nutty	13 meets shy vet	22 sin on cider	31 no tart ring ale jog	40 he tax lately
5 save vest die	14 hub flora hug	23 hint frolic	32 leakiest sky	41 dad melts thaw
6 cash unrolled	15 unpaved lie	24 lager may heal	33 begs thirst	
7 bit me own	16 win that joker an hat	25 beach circle rules	34 angry kent end	
8 6 whacked curd	17 Damn inn ale	26 dared wrap her	35 jab her iron bar son	
9 conmen line hell	18 smoker fart	27 drank one filling	36 raven lunatic	

Nb if you are struggling as a hint the order above is the same as the overall championships.

Alumni Race Wimbledon Common, 5 miles

Saturday 15 December

In order to get into the party mood, I had signed up to race for my old school (Eton) in the annual Alumni Race, having really enjoyed it last year. However, it was touch and go as to whether I would do it, having gone down with a bad cold last week. Despite the weather, I went for it and was surprised how much better I felt once I started running.

I saw Lloyd before the start, as we all huddled in the Thames Hare and Hounds Clubhouse, putting off the awful moment when we actually had to try and warm up in the rain and wind.

The start was in the playing fields to the west of the Beverly Brook, following the Brook for about half a mile before crossing into the Common proper. After a quickish start I eased up, conscious of my cold, and got stuck in the queue on the narrow path up through the woods.

Once onto wider paths I started gaining places, and managed to increase my pace over the last three miles which is always encouraging. In fact I think I only got overtaken by two runners in a sprint finish. Although I was about a minute slower than last year it was a good run under the circumstances, and I finished as third scorer for our winning V50 team. Meanwhile Lloyd was storming round four minutes in front of me, helping his V40 team to second place.

59	Lloyd Collier (Sherborne)	32.57
133	Hugh Balfour (Eton)	36.54 (2M60)

DULWICH RUNNERS TURKEY TROT HANDICAP

16-Dec-18

RESULT IN FINISH ORDER

3 LAPS OF DULWICH PARK = 5.03K

			Start time	Finish	NetTime	Predict	Difference	
			10.00.00 first					
1	Clare Wyngard	W55	10.22.30	47.45	25.15	25.57	-0.42	1 st Runner
2	Mike Dodds	M60	10.22.30	47.53	25.23	24.42	+0.41	
3	Stephanie Lundon	W45	10.24.30	48.34	24.04	23.50	+0.14	
4	Sue Cooper	W35	10.25.00	48.35	23.35	24.12	-0.37	
5	Claire Steward	W65	10.20.30	48.35	28.05	28.20	-0.15	
6	Chris Vernon (Walker)	M70	10.00.00	48.48	48.48	49.50	-1.02	1 st Walker
7	Bob Bell	M60	10.23.30	49.04	25.34	23.40	+1.54	
8	Gower Tan	M45	10.26.30	49.10	22.40	21.25	+1.15	
9	Gzregorz Galezia	M45	10.29.00	49.11	20.11	21.15	-1.04	
10	Chris Bell (Walker)	W70	10.08.30	49.13	40.43	40.00	+0.43	
11	Susan Vernon	W70	10.11.30	49.39	38.09	37.56	+0.13	Best Prediction
12	Eberhard Prill	M55	10.29.00	49.50	20.50	21.15	-0.25	
13	Yvette Dore	W45	10.26.30	49.55	23.25	21.40	+1.45	
14	Michelle Lennon	W50	10.27.00	50.02	23.02	22.00	+1.02	
15	Richard Craig-Mcfeely (Serps. Rc)	M50	10.27.00	50.03	23.03	22.12	+0.51	
16	Belinda Cottrill (With Dog)	W35	10.28.00	50.52	22.52	20.30	+2.22	

On a sunny morning after party night, 2 walkers and 14 runners made it to the (appropriately) staggered start of the annual Turkey Trot handicap race. Chris Vernon, walking, started off scratch and the rest followed at intervals determined by recent Parkrun times.

The handicapping worked quite well this year with all finishing within 3 minutes of each other.

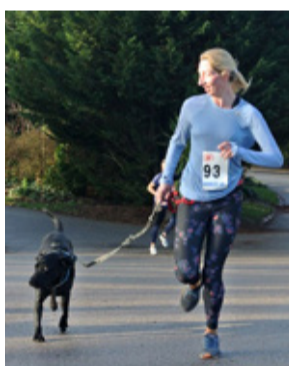
First home was Clare Wyngard, just



easing ahead of husband Mike. First walker was Chris Vernon, putting in a good effort to beat his own predicted time by a minute, whilst Susan V was only 13 seconds out, the closest of all to predicted time. Dog Milo unfortunately had indigestion and wasn't much of a pull for Belinda.

Best fancy dress award went to Sue Cooper and Rich, bravely wearing red festive onesies.

Andy Murray



Olympic Park 10k

Sunday 16th December

Avid readers of Shorts last week will have gathered that I was a bit fed up after the Telford 10k (and if not, why not - this weekly outpouring of distressing personal emotions and heartfelt gushing isn't for the good of my health you know...). Anyway, two months of targeted training appeared to have come to nothing so I resolved to be grumpy and put my feet up for a while. In effect this meant do nothing for all of a couple of days until a recreational run at the club on Wednesday culminated in a three mile blast where I felt pretty damn nippy. I still couldn't be bothered to run on Thursday but after a bouncy-feeling jog on Friday I found myself tapping out a search for another 10k. I can only have the hump for so long and I was bloody sure I could run a 35 - maybe I just needed to

extend last week's taper... and this week added up to a grand total of two runs and just 12 miles (now that's a taper).

So the race I found was just a couple of days hence; unfortunately that was the morning after the club Christmas party. Brilliant timing if you're not keen on sleep. My sanity was questioned while at the party, by myself and others, but being in bed by 2am meant getting up in the dark on Sunday morning was no problem, none at all (this is a big fat lie). Actually I felt far better than at Telford; for a start the conditions were perfect (sunny, cool and still), the course was virtually flat (although with a good number of twists and turns) and I had a proper race rather than being elbow-to-elbow with hundreds of other runners. There was only one fast man in the field and after he'd buggered off I settled in with three others moving quite quickly. One mile in I was confident enough to push on a bit in a clear second

place and passed 5k in a very gratifying 17:22. Things were going well although the course switchbacks meant I was having to keep an eye on two pursuers who were trailing me by only about 25 metres for most of the way. This helped me keep my head down and it was only in the sixth mile, usually the time to rally, when the speed really faltered to my slowest split, a poor 5:49. Decent finishing speed here might well have got me under 35 again (it's been three and a half years) but apart from being knackered it was a big hindrance weaving in and out of a lot of lapped runners during the last mile. Even so, I was well satisfied with jumping up the M55 rankings to 5th, and with a time far more in line with my end-of-summer track 5000s, which was the whole point of the last couple of months training.

2 Tony Tuohy 35:13 1st M35-55 (M55 club record)
563 finished



Dec 15th

Bexley

305 Ran

Pos Gen

12 12 Michael Fullilove 21:09

Brockwell , Herne Hill

259 Ran

Pos Gen

19 19 Mark Foster 19:45

20 20 Jonny Hough 19:55

114 18 Claire Barnard 25:13

162 36 Sharon Erdman 27:45

Bromley

471 Ran

Pos Gen

1 1 Andy Bond 16:12

Burgess

291 Ran

Pos Gen

171 128 Andy Murray 26:06

286 116 Susan Vernon 45:34

Catford

116 Ran

Pos Gen

17 16 Gary Sullivan 22:09

Clapham Common

308 Ran

Pos Gen

75 68 Cameron Timmis 22:18

Cleethorpes

140 Ran

Pos Gen

11 11 Stephen Williams 21:36

127 85 Colin Frith 34:05

Crystal Palace

236 Ran

Pos Gen

10 10 Tom Wilson 19:53

28 3 Belinda Cottrill 21:10

75 69 Bob Bell 23:49

91 10 Clare Wyngard 25:06

106 93 Michael Dodds 25:49

Dulwich

274 Ran

Pos Gen

26 3 Hayley Seddon 18:55

42 6 Chloe Green 19:54

68 7 Charlotte Sanderson 21:06

174 30 Claire Steward 27:12

218 161 Mick Mead 29:56

Gladstone

160 Ran

Pos Gen

5 5 Des Crinion 19:40

Hampstead Heath

277 Ran

Pos Gen

30 1 Tess Bright 21:33

Hilly Fields

260 Ran

Pos Gen

51 4 Mel Edwards 23:20

Orpington

107 Ran

Pos Gen

13 2 Tereza Francova 23:07

Peckham Rye

192 Ran

Pos Gen

80 11 Jenny Ross 25:23

Richmond

342 Ran

Pos Gen

129 104 Barrie John Nicholls 25:26

South Norwood

90 Ran

Pos Gen

55 45 Peter Jackson 28:17

Tooting Common

414 Ran

Pos Gen

167 135 Ian Sesnan 25:02

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



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 have received items in time for Christmas the latest date to place an order was 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



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.

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!

If people mention [@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.

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

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

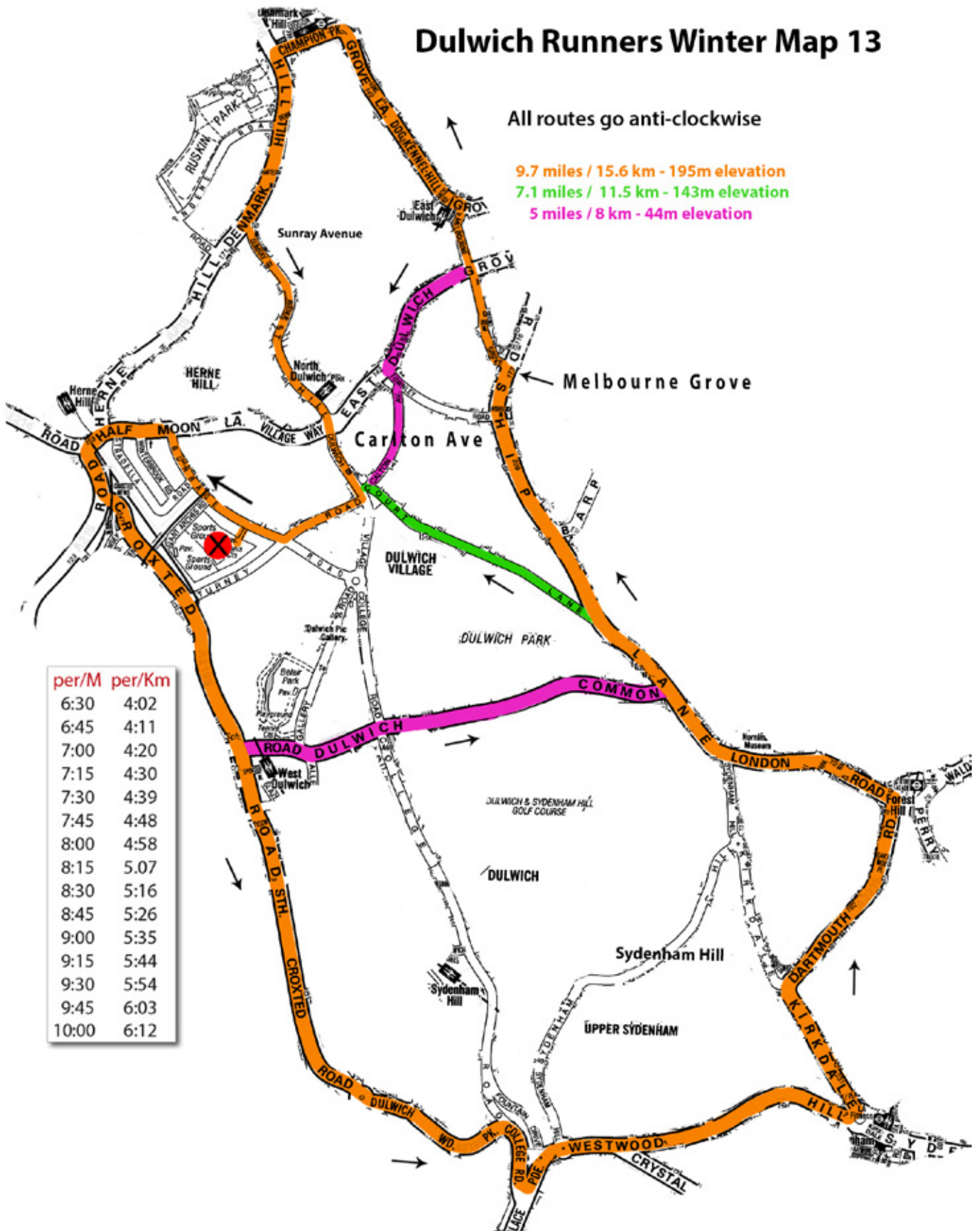
Dulwich Runners Winter Map 13

All routes go anti-clockwise

9.7 miles / 15.6 km - 195m elevation

7.1 miles / 11.5 km - 143m elevation

5 miles / 8 km - 44m elevation



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

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