



SHORTS

Dulwich Runners AC
Weekly Newsletter
December 4th 2019
www.dulwichrunners.org.uk

These are your SHORTS,
Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com
DEADLINE 17:30 TUESDAY

Wed 4	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 10	Crystal Palace Track - starts @ 7.10 warm up taken by Elkie Mace, Anna Thomas & Katie Styles, main session Steve Smythe @ 7.25 see below for details on new payment system

Connect with us:



In your SHORTS this week !

- 1 General information
- 2 Christmans party and 40th anniversary t shirt
- 4 Fixture list & upcoming races etc
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- 10 Social events etc...Club kit,
- 13 Wednesday route map

And much more !

Like us on Facebook @dulwichrunners

EVENT HORIZON

A brief look ahead

- Dec 7 SEAA Masters XC champs - Horspath, Oxford
Dec 21 South of Thames 7.5 miles - Lloyd Park

See full fixture list for more events and details

TRACK SESSIONS

Crystal Palace Track

Warm up drills at 7:10pm with Elkie Mace then 7.25 main session with Steve Smythe.
£2.50 for members (non members the standard £4.45)
No trackside payment - Either pay at reception...(You may be asked for proof of membership) or Online at:
<https://www.better.org.uk-leisure-centre-london-crystal-palace-crystal-palace-national-sports-centre>

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



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'll go into a free draw and could win the £5 cash spot prize!
Vests £18 each from Ros ros.tabor49@gmail.com

Turkey Trot Handicap Race 10am Sunday 15 December

Make this annual jolly event the perfect end to your Dulwich Runners Christmas weekend.
It's a friendly handicap approx. 5k race (3laps of Dulwich Park). Runners start off according to their speed and we hope there is a great sprint finish, with all runners together!
Runners will be handicapped according to recent parkrun times. The more runners we have, the more exciting is the finish.
Runners are encouraged to wear fancy dress, and after the race we usually go to the café in Dulwich Park for the presentation of prizes.
Defending champion – Clare Wyngard.

Entry form at the end of Shorts. - Further details ask me, or any committee member. Ros Tabor ros.tabor49@gmail.com

NEW RUNNERS ROTA

I am very pleased that we have been attracting a large number of new runners every week (often too many for the person on the rota).

Thank you very much to members who regularly volunteer to run with new people on a Wednesday even though its not their turn.

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 asap. - Thanks. – Ros

Barrie John Nicholls	4/12
Ange Norris	11/12
Teresa Northey	18/12

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.

Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. 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 Christmas Party

Saturday 14h December 7.30pm

The Lordship 211 Lordship Lane
East Dulwich, SE22 8HA



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

After a popular Christmas party at The Lordship last year we are returning for this years shindig, so dust off your glad rags and get ready for a night of festive fun!!

As always there will be a buffet, music & club awards.

Tickets are £20 each, confirm attendance to: dulwichsocialsecs@gmail.com with any dietary requirements.

Dress Code: Dress to impress.

Payment by cash to Tom, Matt or Barry or via online transfer:

M Ladds 09-01-28 34933412

(deadline for tickets is Friday 6th December)

Menu

Wood pigeon, rabbit & duck pate crostini, fig chutney

Mini wild mushroom & truffle arancini (v)

Mini braised beef, pearl onion & red wine pies

Roast beetroot & goats' cheese tartlets (v)

Mini pumpkin, Stilton & spinach pies (v)

Xmas dinner on a stick

Hendricks cured salmon, pickled cucumber & fennel crostini (df)

Black pudding Scotch eggs & Virgin Mary sauce

Honey roast winter root vegetable skewers (vegan/gf)

Vegetable empanadas & spicy salsa (vegan)

Spiced Tiger prawn skewers (gf/df)

*

Chocolate brownie bites (vegan/gf)

Sticky toffee pudding bites

Pre-orders are required seven days prior to the date of your booking

Allergen information is available on request

Gluten free options available on request



***DULWICH RUNNERS
IS 40 NEXT YEAR!
DESIGN A T-SHIRT!***

*We would like to have a t-shirt to commemorate the club's 1st 40 years of running
And are looking for someone who could produce a design suitable for printing
on a t-shirt, (front, back or both)*

Use your imagination to create something fantastic!

If you want more details speak to anyone on the committee.

DULWICH RUNNERS 2019-20 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**

2019		Race		Venue
Dec	7	SEAA Masters XC Champs		Horspath, Oxford
	21	South of Thames 7.5 miles	2pm	Lloyd Park
2020				
Jan	4	Kent county cross country champs		Brands Hatch
	5	Surrey county cross country champs		Denbies Vineyard, Kent
	11	Surrey League cross country	men	Beckenham
	11	Surrey League cross country - 8k	11am women	Wimbledon Common
	25	South of England cross country champs		Parliament Hill
Feb	8	Surrey League cross country	men	Lloyd Park
	8	Surrey League cross country - 8k	1pm women	Richmond Park
	15	Dulwich parkrun	short	Dulwich Park
	22	England cross country champs,		Nottingham
Mar	1	Vitality Big Half	long	London
	21	England area 12 and 6 stage relays		t.b.c
Apr	4	National 12 and 6 stage relays		Sutton Park
	26	London Marathon or alternative	long	London or alt.
Jun	15	Sri Chinmoy 5km	short	Battersea Park
Jul	18	Richmond Summer Riverside 10km	long	Richmond
tbc		SOAR Mile late July/early August tbc	short	t.b.c
Sep	13	Second Sunday of Month 5M trail	short	Wimbledon Common
Oct	18	Cabbage Patch 10	long	Twickenham

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

2020 Club Championships Races

The programme of races for the 2020 club championships has now been selected. The races are as follows:

15 Feb Dulwich parkrun short
 1 Mar Vitality Big Half long
 26 April London Marathon (or alternative) long
 15 June Sri Chinmoy 5km, Battersea Park short
 18 July Richmond Summer Riverside 10km long
 late July/early August tbc SOAR Mile short
 13 Sep Second Sunday of Month 5M trail, Wimbledon Comm. short
 18 Oct Cabbage Patch 10 long

4 races to qualify from a total of 8 including at least one from each distance category. This compares with 5 races to qualify from a total of 9 this year, and should increase participation.

Awards for this year's club championships along with the Gill Johnson awards for outstanding road performance (men and women) will be presented at the Christmas party on 14 December.

Marathon Training

If anyone needs any help with marathon training for next year with schedules or advice, contact me on steve.smythe@athleticsweekly.com
 I have run a marathon every year since 1976 so 2020 will be my 45th consecutive year of doing a marathon (and quite likely last) My PB was long, long ago (2:29) but (for now), I still average well under 2:50 for my 60 plus marathons and have run a sub-3 in five different decades (70s, 80s, 90s, 00s, 10s) - a sixth looking doubtful though judging by my current health and fitness.

Ken Crooke Cross Country Champs

Will include the following events in 2019-20

- 4 Surrey League races
- Lloyd parkrun, 28 Sep.
- London Champs, Parliament Hill, 16 Nov.
- South of Thames 5 miles, Morden Park, 23 Nov.
- South of England champs, Parliament Hill, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

Cross Country County Champs

The Kent county championships Brands Hatch Saturday 4 January, and the Surrey event next day Sunday 5 January at Denbies Vineyard, by Dorking. Whilst early in the New Year and some of you may still be away you are encouraged to take part. Your captains will be able to advise you which county you are eligible to run for. Eligibility is by residence or birth. If you currently live in the boroughs of Lewisham, Greenwich or Bromley its Kent and if you live in the boroughs of Southwark, Lambeth, Croydon or Wandsworth its Surrey.

UPDATE

To date I only have 5 men on my list for the Kent champs, taking place on 4 Jan. If you want to compete you'll need to get your skates on and **let your captains know by 7 Dec**, as we discovered to our cost at the Kent Masters that late entries are not accepted. Closing date for Surrey champs on 5 January is more sensible and realistic. **Please inform your captains by 23 December.**

South Of Thames 7 Miles 21 December

These champs at Lloyd Park are a week later than usual owing to congestion in the calendar. Entries are now open so please **contact your captains by Dec 10** to be entered



The club has 10 places for the Brighton Marathon. Regular entry is closed, the club places go for the same fee. **Let me know by Monday 24 February latest**, ebepri11@yahoo.co.uk or in person.

South Of England Xc Champs 25 January

These champs take place at their usual venue of Parliament Hill in those years when the National champs take place outside London. The women's race is 8km and the men's 15k. Note that this event is likely to feature on marathon schedules. Closing date is very early so you must **contact your captains by 18 December** to take part

Big Half Sun 1st March 2020

The community places for our club are filled. Good for Age entry open at : <https://www.thebighalf.co.uk-events-vitality-big-half-good-age-entry-> Possible more regular entries as last year, but no guarantee.



Second claim members can compete in the Surrey League, but not in most other cross country races.

Surrey League

Is the main priority, 4 races this season, further details posted nearer the time in Shorts or: <http://surreyleague.org> Keep these dates free if possible. Our men were promoted to Div 1 last season and we will need to perform well again to avoid the drop. Ladies compete in Div 1.

Distance

Men's Surrey League around 8km, women's races start at 6km in autumn, up to 8km in the new year. Other races from around 8km autumn to 12km plus for men later in the season, normally not more than 8k for women.

Scoring

Surrey League, first 5 women for the club and the first 10 men qualify for the scoring team, so it is important we field as many of our strongest runners as possible. Cross country races are not elite, are suitable for runners of all abilities, and in both the men's and women's Surrey League there is now a B team competition where the second 5 or 10 runners score.

Surrey League entry

To take part inform your captains so we can pre-enter men & women. Men and women use the same numbers for the entire season, so either give them to your captains after the race, or take them home, in which case you must bring them to the next race. Surrey League is free for all runners.

Other Races

There are cross country race most Saturdays during the season eg: county champs (incl. Masters), London Champs, 2 Sth. of Thames races, Sth. of England and National champs, and other races for Masters. See fixture list in Shorts and on the website.

Which races to go for

Main priority is the 4 Surrey League races, and races in the Ken Crooke champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

Other races are medium priority, but you are encouraged to compete for your eligible county in the Surrey and Kent county champs and Masters champs. We would also like a good entry in the two South of Thames races and the South of England champs. Other non high priority high races eg: SEAA relays and Reigate Relays.

Note that Lloyd parkrun, 28 Sep is the first race in the Ken Crooke cross country champs (see below for further details).

Entry for other races

Apart from Surrey League for nearly all other races captains have to submit entries in advance of a deadline, details of which will be put in Shorts, by email and Facebook, requesting those interested to put their names forward, so please read these carefully. It is not possible to cater for runners who decide at the last minute

that they fancy a race and substitutions are not permitted.

The club pays for entries, so do not put yourself forward on a speculative basis but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

Road or trail shoes early season, late autumn onwards spikes or fell shoes are best. Get cross country spikes, not track spikes. Screw in spikes are from 6mm to 15mm. As it gets muddier change to longer spikes, eg: Parliament Hill and Lloyd Park.

Fell shoes are studded with more grip than trail shoes and are suitable for most conditions except ice. Cross country shoes can be bought at a number of places eg: Run & Become (Victoria), Intersport (Herne Hill), Runners Need and Sweatshop or Wiggle online. Most offer a 10% discount to those with club or EA membership.

Ken Crooke championships

2019-20 will include the following:
4 Surrey League races
Lloyd parkrun, 28 Sep.
London Champs, Parliament Hill, 16 Nov.
South of Thames 5M, Morden Pk, 23 Nov.
South of England champs, 25 Jan.
To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

For further information please contact your captains at:

dulwichladiescaptain@gmail.com
or mcmann90@yahoo.co.uk
or ebepri11@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.

Valencia Marathon

The marathon is quite the event, after about (exactly) 100 days of training, 2 half marathon PBs, 1,750kms, countless laps of Battersea park, endless 400m loops and two new pairs of super shoes... My lasting memory is of a Spanish clown...

Peter, Ed and myself headed over to Valencia with miles in our legs and ambition in our eyes, hoping to break 2:45, 2:30 and 2:35 respectively. At the end of the trip one of us would be happy.

Conditions looked set to be good, maybe a little hot, but really rather nice. The route takes flat to a new level, and unlike recent horrendous XC outings, conditions underfoot were positively, reassuringly and undoubtedly firm.

My race got off to a nice and controlled start, I was running with a few familiar London faces and we started at a conservative pace. I was building into my race pace (in an unexpectedly mature way) and had my first gel at 10km. This was the first time I felt the beginnings of a stitch, the last time I had a stitch was... Well... Berlin Marathon 2018. Great. It was manageable at this point but I was rattled, for sure. I didn't know at the time but that was to be my last gel of the race.

I took on some water at 15km and the pain worsened, noticeably. I was now fully managing a stitch, which is bonkers, but such is life. At 20km, I thought I'd try a drink and then think about gels. After a sup I knew things were bad and that was the last thing I took on, survival now. I struggled from here

cruised passed me. High-fiving and frolicking as he went. Keep focused, Shane - Peter's coming. I plodded on and just about kept the wheels from completely falling off - managing a championship time and though far from what I was hoping, a sadistically enjoyable experience.

Peter's race went like all his races - exactly to bloody plan. He started as he finished, on pace. A little while into his race he settled into a two man group - just him and chap in a Spain vest. Peter hasn't got a super extensive knowledge of Spanish but ever keen to make friends he offered his running mate some water he had grabbed, digging deep for any Spanish words he could find, only to come up with: "agua o plomo?" Ignoring this threat, his new pal replied "cheers, geez" and it turns out he was running with a chap from Wallington - you really cannot escape South London. They worked superbly together and then, as they approached the finish, Peter smelled a rat. Not just any rat but a Kent AC rat.

Those familiar with Peter's race from Kingston half (go have a read in October Shorts, it's a great write up) will remember him man-marking a Kent runner before dusting him. Unbelievably, here in Valencia with 500m to go, Peter spotted this same runner. And in classic, snidey fashion - he again cruised past this poor Kent man - though passing up what must be one the most perfect opportunities for a patronising bum tap... An amazing run from Peter resulted in a NINE minute PB, with more to come (if he starts going track) - exciting times ahead. It would be very remiss of me not to mention that his new friend from Wallington did do him by 1 second in the final sprint (see track comment above.)

Dulwich's fastest man was back to have another crack at the marathon distance in Valencia and having spent numerous hours being dragged around Battersea park by him I can confirm that Ed was and is in great shape. Having seen massive improvements at all distances in recent years the marathon has proven to be a tougher distance to crack. We all know that



running makes you a bit mad and marathon running is its own special brand of psychosis and sometimes we might feel that faster runners are immune to these pressures. So in some ways it was comforting to watch Ed decant ten 70ml sachets of vinegar into an empty beetroot juice shot bottle whilst contemplating drinking 6litres of Lucozade with each meal of the day.

He quickly threw out the Lucozade idea but the bottle of vinegar was very much a part of his "anti-cramp" plan. Ed started strongly, cruised through the half in 1.17.30ish, right on course for 2.35. Then at around 20miles, Ed's marathon gremlin reappeared and he started to cramp. Unfortunately, Ed knows the routine from here - it's a battle to the line, and battle he did, finishing in a still very respectable 2.41.31.

Valencia really is a fantastic marathon, it is flat, fast and the support is awesome. Well organised from start to finish, decent goodie bag and loads of strong runners - it is definitely one of my favourites and I fancy I'll be back at some point.

- Shane O'Neill

497	Ed Chuck	2.41.31
628	Shane O'Neill	2.43.57
662	Peter Jenkins	2.44.23
21,548 Ran		

A BRIEF EXTRA WORD FROM ED CHUCK

The vinegar-to-avoid-cramping experiment didnt appear to work, or not in the way I was anticipating. I set off at a conservative pace and took vinegar periodically. This didnt

seem to prevent cramping, which again came on around the 20 mile mark.

However, once I started cramping I found that sipping what little vinegar I had left kept them at bay over the final 3 miles, which was some small comfort.

To anyone that does want to experiment, avoid ingesting too soon/after a gel - this appears to generate a sort of foam which is as unpleasant as you would imagine.

As I'm sure Shane must have mentioned, this is a great race which anyone who gets on well with the marathon should think of doing. Flat course, well managed drinks areas, great support throughout, and a goody bag which includes a literal ton of foot lotion, if you're into that.

*"he again cruised
past this poor
Kent man"*

to 27km with worsening pain at which point I stopped and tried to compose myself. My targets were gone but I couldn't possibly live with the horror of Peter beating me, I needed to be strong.

Like Keaunu Reeves in Speed I managed to find a pace at which I could function - faster than 4min/km and the pain in my side was unbearable, slower and Peter's relentless waddle would crush me. At 32km I had resigned myself to running mediocrity but felt a championship time would save some face - it was at this point that I saw the kids on the side of the road laughing intensely. The pointing and laughing was hysteric and continuous. And then it happened. A man in a full, head-to-toe, clown outfit

Another record for Clare

Kent AC Winter 5000m

Thursday November 28

Clare Elms made a late decision to try one more 5000m this year and decided to risk the cold weather.

Conditions were not too bad but about 30 degrees centigrade cooler than her last 5000m in Italy when she won the European title in Venice in September.

The organisers agreed to have a 17:30 pacer to help Clare and Katie Rowland of the home club (Katie had finished fourth in the previous weekend's South of Thames cross-country - over 30 seconds up on Elkie) while also in the field was Amelia Pettitt, who won the first Surrey League race.

The pacemaker did an excellent job passing 1000m in 3:29 and 2000m in 6:59 and halfway in 8:44.

Clare's only problem was in the early laps when a large gentleman placed himself behind the pacemaker and then got in the way and then slowed and let a gap open up which Clare had to sprint to make up but she looked comfortable and at 3000m

in 10:29 she began to ease away from Katie with Amelia about 30 metres back but closing.

At 4000m, the world record of 17:29 looked possible but Clare had dropped off a few seconds and was feeling the breeze on the bend despite the pacemaker's continued excellent efforts. The penultimate lap was just a little too slow but a good kick saw her home in a British age group record of 17:36.4, taking six seconds off her record set in much better conditions, scoring a huge 101.40 on age-graded.

She won the women's race from Amelia (17:42.8) and Katie (17:46.0) and it was her 20th British or world W55 record of 2019 which is itself a record!

Clare's finish on video on the Athletics Weekly twitter feed got a respectable 4000 plus views.

-Steve Smythe

1W Clare Elms 17:36.4 (UK W55 record)

Clare was not the only Dulwich Runner in action as Tim Bowen ran in race two. He started fast and then struggled midrace and was caught by another group but then hung on well and sprinted away on the last two laps to ensure he broke 16 minutes

5 Tim Bowen 15:54.7

GOLDS FOR ELKIE AND CLARE - MEDALS FOR ANDY AND ANGE

Kent Masters Championships Dartford

Saturday November 30

Dulwich left these Championships with two golds, one silver and a bronze but it could have been more.

In terms of maximising success, it does not help, in terms of simplicity that unlike normal senior events these events have flexible age groups and thus a older runner can drop down and score in a younger age group for team purposes but sacrifice their older age group successes.

In the past both Ange and Clare have run in a younger age group to help the team. However, we did not get it right this time and Clare was only entered in the W55s where there was no team though Ange did enter herself for the W45s but in the race chose to stay in her age group so we lost out on W45 team success additionally not helped by one runner entered, who was flying on Thursday not running on Saturday!

As to the race, and the standard being a bit lower than in previous years, the event was soon dominated by Elkie - second overall last year and in the W35s and Clare - who has won it overall six times in the past - and this time running in the W55s. They stayed together into the last lap and Clare, a little wary after her hard 5000m, trying to save energy.

Clare made her move well into the last mile and pulled away but unfortunately then went off course and lost considerable ground until a marshall called her back but she was unable to make up for her mistake and a delighted Elkie went on to

win her first ever race and take her first ever county gold.

Clare jogged in but had the consolation of the W55 gold medal to go with her first ever going off course in a race and she would also have won the W45 individual gold.

Behind came the W45 team led by a great run by Emma and probably the best ever cross-country by Yvette.

Not far behind, Ange - not at her best on such a short easy course, who easily took W55 silver two minutes down on Clare and well ahead of the next W55.

Had the entries maximised our potential then Clare would have been in the W45s and we would have won W35 gold through Elkie, W45 gold through Clare, W55 gold through Ange and W45 team gold with Clare, Emma and Yvette.

And it is the latter two who were most unlucky to miss out on medals with their excellent runs as we would won easily with Clare in the team Despite another good run from Jo we finished fifth team in the W45s but would have got third had Ange scored (or second claimer Jane Bradshaw) been available.

W35

1 Elkie Mace 20:12

W45

7 Emma Ibell 22:30
12 Yvette Dore 22:45
(13 Jane Bradshaw 2nd claim) 22:50
38 Joanne Shelton-Pereda 26:34
Team 5th Dulwich 57 pts of 9 teams

W55

1 Clare Elms 20:32
2 Ange Norris 22:56

M40

Andy Bond continued his improvement - 11th and fifth the last two years, he stayed on the back of a quality lead group and then on the last lap worked his way into a medal position and held on for a fine third. We should have had two medal contenders but sadly Buzz was left off the entry despite requesting he wanted to do this race.

At least Daniel and Ian both ran well as did Martin and it was an excellent team performance as we were only 15 points short of a medal and if Buzz had run (or been entered!) we would have finished a very easy second.

3 Andy Bond 29:13
18 Daniel Mann 32:14
24 Ian Lilley 33:11
67 Martin Double 37:59

Team 4th of 11 completed teams

M60

Steve Smythe competed in his 21st Kent Masters but not successfully. Having been third in the M40s, and second in the M50s, he had previously hoped to do better in the older age group but injuries took its toll and he got his worst ever race position in 21 years and took no consolation that he had beaten the winner in all previous meetings against him. Neville ran well just behind and Bob bell completed our best ever team position in this age group.

20 Steve Smythe 23:58
21 Neville Webb 24:03
32 Bob Bell 26:02

Team 6th 73 points of 11 teams
(former member Gary Sullivan 13th)

M50

With Tony have seemingly retired from cross-country this winter, we had just two runners and Mike and Joseph both did as well as their fitness allowed.

56 Mike Fullilove 37:59
85 Joseph Brady 44:29

CROSS COUNTRY CHAMPIONSHIP 2019 - 2020
After 5 events - Best 5 events including 3 Surrey Leagues

	Surrey					Sth of Thames	total so far		Surrey					Sth of Thames	total so far
	Lloyd pkrun	Lge 1	Lge 2	London Champs	London Champs				Lloyd pkrun	Lge 1	Lge 2	London Champs	London Champs		
MEN	Mob match	Effing ham	Wimble ldon	Parl. Hill	Morden			WOMEN	Mob match	Reigate	Mitcham	Parl. Hill	Morden		
	28/9/19	12/10/19	09/11/19	16/11/19	23/11/19				28/9/19	12/10/19	9/11/19	16/11/19	23/11/19		
Tom South	48	46	45	49	50	238		Ange Norris	47	48	47	46	46	234	
Jack Ramm	49	49	49	50		197		Anna Thomas	46	45	46	48	42	227	
Martin Belzunce	47	43	42	48		180		Yvette Dore	48	49	43		45	185	
Tom Wilson	40	29	28	36	41	174		Sara Roloff	50		42	45	44	181	
Matt Cooke		38	36	47	48	169		Michelle Lennon	45	43	45		43	176	
Gower Tan	43	36		41	43	163		Elkie Mace			50	50	50	150	
Ed Chuck	50	50	50			150		Marta Miaskiewicz			49	49	48	146	
Jonny Hough	42	32	26	37		137		Emma Ibell		46	48		47	141	
Mike Mann	37	28		33	37	135		Jane Bradshaw	44	41	44			129	
Danny Mann		45	43		47	135		Ola Balme		42	41	44		127	
Tom Shakhli			41	45	46	132		Lucy Clapp		36		43	40	119	
Nick Wood		42	37	46		125		Midge Cameron			37	42	38	117	
Grant Kennedy		37	33	43		113		Katie Styles		47			49	96	
Ross Rook			29	40	44	113		Belinda Cottrill	41	44				85	
Des Crinion		33	34	42		109		Madi Robinson	43	37				80	
Andrea Ceccolini	41	34	30			105		Eleanor Simmons		38	40			78	
Justin Siderfin		35	27		42	104		Hannah Little			39		39	78	
Ebe Prill	39		24	35		98		Sonja Jutte			36		37	73	
Andy Bond		48	48			96		Ros Tabor		34			34	68	
Shane O'Neill		47	46			93		Clare Elms		50				50	
Wayne Lashley			44		49	93		Roz Johnson	49					49	
Tim Bowen		44	47			91		Tess Bright				47		47	
James Burrows		41	38			79		Carys Morgan	42					42	
Martin Double	38				38	76		Alexie Williams	41					41	
Miles Gawthorp			25		39	64		Ellie Balfe					41	41	
Gideon Franklin		27		34		61		Laura Vincent		40				40	
Joe Twomey	46					46		Helen Lister		39				39	
Tony Tuohy	45					45		Katie Prior			38			38	
Ben Smith					45	45		Catherine Buglass					36	36	
Alex Loftus	44					44		Naomi Crowther		35				35	
Will Lawn				44		44		Sharon Erdman			35			35	
Charles Lound		40				40		Claire Steward					35	35	
Mike Williams			40			40		Jenny Shutt			34			34	
Lloyd Collier					40	40		Lindsey Annable					33	33	
Paul Devine		39				39									
Rob Hollands			39			39									
Kevin Chadwick				39		39									
Ed Simmons				38		38									
Jopseph Brady	36					36									
Gary Budinger					36	36									
Ian Lilley			35			35									
Barrie John Nicholls					35	35									
Andy Murray					34	34									
Joe Farrington-Douglas			32			32									
Mark Foster		31				31									
Eugene Cross			31			31									
Hugh Balfour		30				30									

**Men / events
to come**

Surrey League 3	Surrey League 4	Southern Champs
Beckenham 11/01/20	Lloyd Park 08/02/20	Parl. Hill 25/01/20

provisional, please advise of any errors

**Women - events
to come**

Surrey League 3	Surrey League 4	Southern Champs
Wimbledon 11/1/20	Richmond 08/2/20	Parl. Hill 25/01/20

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

Bromley

559 Ran
Pos Gen
293 230 Peter Jackson 28:01

Brockwell , Herne Hill

359 Ran
Pos Gen
6 6 Shane Donlon 18:06
19 19 Austin Laylee 19:50
21 21 Jonny Hough 19:55
25 25 Mark Foster 20:05
52 50 James Auger 21:32
64 4 Anna Thomas 21:57
117 101 Bob Bell 23:44
144 24 Claire Barnard 24:43
199 150 Desmond Edwards 26:56

Burgess

499 Ran
Pos Gen
21 2 Kim Hainsworth 19:10
238 47 Ros Tabor 25:23
499 188 Susan Vernon 52:25

Cannon Hill, Birm'ham

572 Ran
Pos Gen
3 3 Lewis Laylee 15:40
168 149 Graham Laylee 24:15

Chipping Sodbury

502 Ran
Pos Gen
14 14 Tom Shakhli 19:09

Crystal Palace

339 Ran
Pos Gen
15 15 Tom Wilson 20:09

18 1 Belinda Cottrill 20:28
22 20 Alastair Locke 20:46
42 39 David Benyon 22:18
46 43 Eugene Cross 22:27
50 5 Helen Lister 22:35
115 19 Emma Kelly 24:46
181 35 Claire Steward 26:56
205 48 Jenny Bomers 27:43

Dulwich

384 Ran
Pos Gen
55 3 Sara Roloff 20:38
101 95 James Rimmer 22:14
202 27 Lauren Gill 26:09
261 52 Charlotte Sanderson 28:28
268 57 Clare Wyngard 28:36
269 212 Michael Dodds 28:37
317 236 Mick Mead 31:00

Hastings

215 Ran
Pos Gen
4 4 Joe Farrington-Douglas 17:54

Highbury Fields

344 Ran
Pos Gen
97 86 Paul Collyer 23:25

Leicester Victoria

388 Ran
Pos Gen
215 60 Marjorie Epon 29:41

Lullingstone

54 Ran
Pos Gen
54 22 Tereza Francova 42:56

Milton Keynes

482 Ran
Pos Gen
16 16 Des Crinion 20:20

Osterley

275 Ran
Pos Gen
76 64 Barrie John Nicholls 25:11
101 18 Lindsey Annable 25:59

Peckham Rye

286 Ran
Pos Gen
20 20 Justin Siderfin 21:18
38 34 Gideon Franklin 22:28
100 18 Midge Cameron 25:18
156 116 Cameron Lund 27:58

Stevenage

277 Ran
Pos Gen
9 9 Matthew Ladds 20:22
94 15 Karina Burrowes 26:17

Tooting Common

615 Ran
Pos Gen
607 385 Ian Sesnan 42:59

South Norwood

116 Ran
Pos Gen
33 3 Carys Morgan 25:07

Westpark

60 Ran
Pos Gen
1 1 Joe Twomey 18:03

SOCIAL SPOT

P THE SOCIAL EVENT OF THE YEAR IS
O COMING.

T **Reminder Deadline for Tickets is this
Friday 6th December**

Saturday 14h December
Christmas Party
The Lordship, 211
Lordship Lane, East
Dulwich, SE22 8HA



After a popular Christmas party The Lordship last year, we are returning for this years shindig. Dust off your glad rags and get ready for night of festive fun!! As always there will be a buffet, music & club awards this year.

Tickets are £20, please confirm attendance to dulwichsocialsecs@gmail.com with any dietary requirements.

Dress Code: Dress to impress.

**Payment by cash to Tom, Matt or Barry
or via online transfer: M Ladds
Sort: 09-01-28 A/c: 34933412**

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

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)

Community Athletics Club In Somaliland

Many of you will know Mohammed Ismail who runs for Herne Hill/ Serpentine/Vets AC and is a regular attendee at local Parkruns. Mohammed has set up UFFO Athletics Club, the first community athletics club in Somaliland. He is seeking donations of used running shoes to send to Somaliland for runners who cannot afford to buy imported kit. UFFO's newsletter is at <http://online.anyflip.com/bupur/iesd/mobile/index.html?1573841909515>

If you have any donations, I can collect them at the Club before the run on Wednesday 11th December.

Thanks - Graham Laylee

DULWICH RUNNERS CLUB KIT

- Vests £18 each
- T-shirts short sleeved £20 each
- T-shirts long sleeved £22 each
- Socks £5 pair
- Buffs-snoods £6 each



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



Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



Buffs-snoods - only £6

Socks only £5



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



The Beast from the East!
It's on the way!.. be prepared...
get yourself a bobble hat £15
ros.tabor49@gmail.com

**! Available now!
Women's "Racer Back"
vests - £25**



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

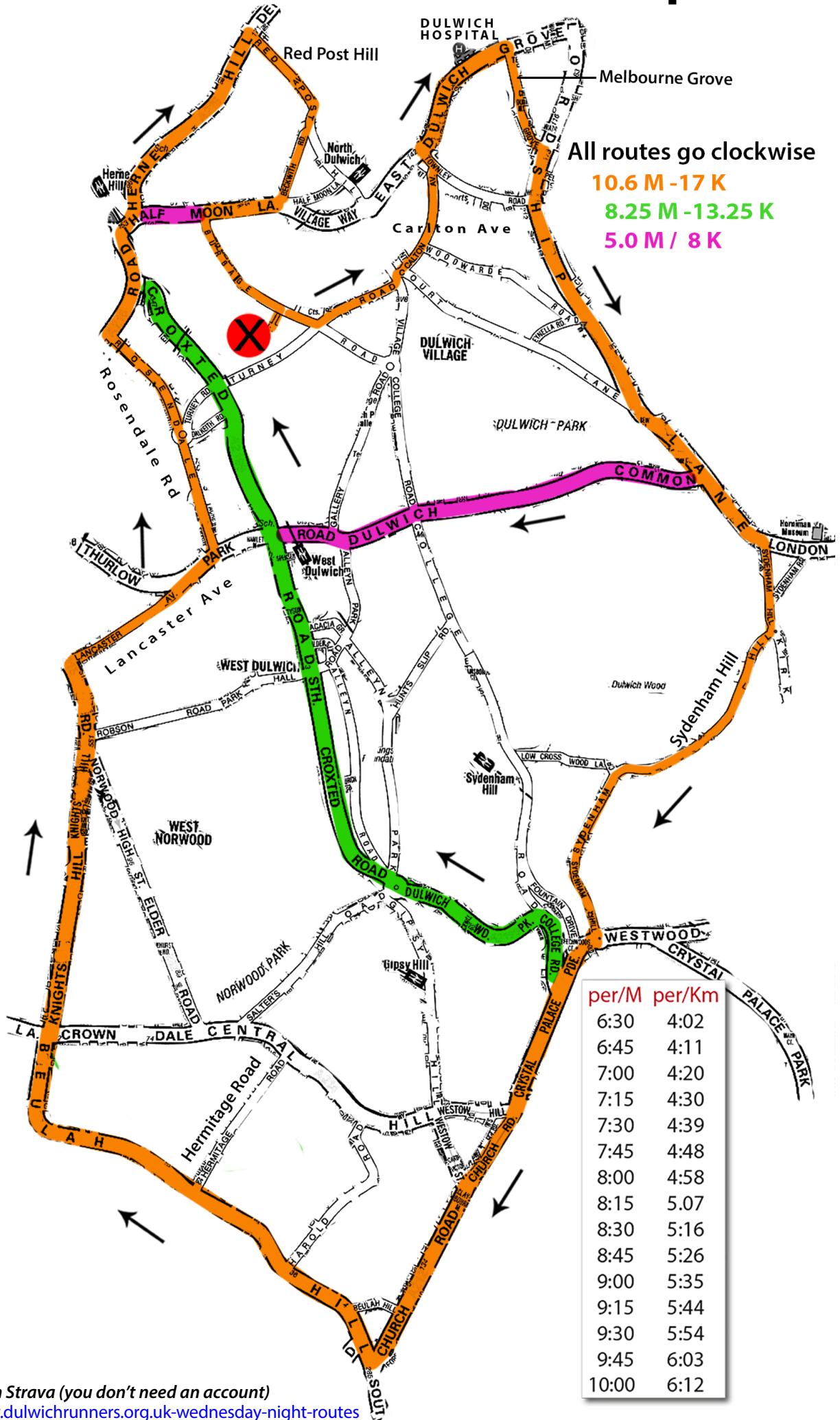


Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map12



All maps on Strava (you don't need an account)
<https://www.dulwichrunners.org.uk-wednesday-night-routes>

DULWICH TURKEY HANDICAP

RUNNERS TROT RACE

DULWICH 10.00 DECEMBER



PARK SUNDAY 15 2019

5K (approx) HANDICAP

RACE (3 laps of Dulwich Park) meet

by Queen Mary's Gate

prizes for:

1st runner across the finish line

1st walker across the finish line

Runner closest to predicted time

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

entry fee £2.50 or £2 if in fancy dress

NAME: _____

most recent 5k or parkrun time _____

predicted time for 5k on 15th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than predicted time.

ros.tabor49@gmail.com