



# SHORTS

Dulwich Runners AC

Weekly Newsletter

December 5th 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 5 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

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

### Tue 11 Crystal Palace track - details below

## In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 3 Upcoming races, information etc
- 6... Race reports and times, Kent Masters, Marathon table
- 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 !*

Like us on Facebook @dulwichrunners

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

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

Connect with us:



## 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

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

*A brief look ahead*

Dec 8 SEAA Masters - Horspath, Oxford

Dec 15 Sth of Thames 7M Xc - Beckenham

## LUCKY VEST

### Tonight in the clubhouse

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

Vests £18 each from Ros [ros.tabor49@gmail.com](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.



## NEW RUNNERS ROTA

Thankyou to **Hugh Balfour** 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

**Cameron Timmis**  
Mick Ward

**5/12**  
12/12

## 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	8	SEAA Masters Champs	Horspath, Oxford
	15	South of Thames 7 mile XC	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	Mitcham Common
	19	Vets AC Champs	Wimbledon Common
	26	South of England Champs	Parliament Hill Fields
Feb	2	Catford parkrun short	Catford
	9	Surrey League Xc Men	Lloyd Park
	9	Surrey League Xc 11am Women	Richmond Pk
	23	England National Cross Country Champs	Harewood House, Leeds
Mar	2	Surrey League Xc 1pm Women	Lloyd Park
	10	Validity Big Half long	London
	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	<b>date tbc</b> Sri Chinmoy 5k short	Battersea Park
	16	<b>date tbc</b> Eltham Park 5 short	Eltham
Jul	14	<b>date tbc</b> Sevenoaks Seven long	Sevenoaks, Kent
	26	<b>date tbc</b> 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
	<b>3 or 10 June tbc</b>	Sri Chinmoy 5k	short
	<b>16 June tbc</b>	Eltham Park 5	short
	<b>14 July tbc</b>	Sevenoaks Seven	long
	<b>26 July tbc</b>	SOAR Mile	short
	6 Oct	Regent's Park 10k	short

## 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)

## 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	
Sat 8	parkrun
Sun 9	90 minute - 2 hour slow run
Mon 10	4M easy or rest
Tues 11	Track - 400s -
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

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.

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
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



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 [ebepri11@yahoo.co.uk](mailto:ebepri11@yahoo.co.uk) or in person **by 31 January 2019**.

**The two club places for the London marathon** were decided on at our last club night Wednesday 28 November. 10 members had applied. For the first place based on club race participation alone there was a tie on 14 points between Barrie John Nicholls, Des Crinion and Grant Kennedy which was decided by draw. The place went to Grant Kennedy.

In the general draw for the second place between the remaining 9 applicants the lucky club member was Teresa Northey. Thank you to all participants!

There are still 10 club places for the Brighton marathon on Sunday 14. April on offer, so far two have applied for one and if this year is anything to go by (only 7 of these places were taken up and it turned out to be a good marathon for PBs) everyone stands a good chance to secure a place.

## 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

With the National champs taking place in Leeds, the South of England champs take place at their usual venue, Parliament Hill Fields on 26 January (8km for women, 15km for men). This may seem a long way away but entries close before Christmas so **please contact your captains before 19 December** if you wish to take part

### 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: [ebepri11@yahoo.co.uk](mailto:ebepri11@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.

## Kent Masters XC Championships, Dartford

Saturday 1st December

**Two Dulwich champions, a silver and multiple team medals!**

Tony Tuohy writes Dartford Harriers once again did an excellent job of hosting the masters county championships at Central Park for the third year in a row. The mostly flat grassland course, with frequent interruptions of switchbacks and very steep but mercifully short bankings (both up and down) remained unchanged apart from an additional 400m or so for the women and over-60 men to bring the distance close to 5k. However, recent heavy rain made the going much heavier than previous editions and times across the board, at least in the 9km races, were considerably slower. This didn't affect the standard of the racing though, with the county of Kent again demonstrating the strength in depth here of veteran runners - and the Dulwich teams were at the forefront for bling collection with as large a haul of medals as I can remember...

### Women W35 (approx. 4.9km)

Defending champion Amy Clements of Kent AC may have been just coming back to good form but still almost matched her pace of last year despite the heavier going, so wasn't going to make it any easier for potential rivals. It turned out that only one W35 could trouble her, and that was our own Elkie, making her debut here and not too far from pulling off a big upset. A wiser racer now and careful not to repeat old mistakes of starting too fast, Elkie eased into the race and then pursued Clements strongly with the gap ebbing and flowing until the latter stages, finally conceding by only 12 seconds and earning a fine silver medal. Meanwhile Laura's continued consistent training really paid off to secure an excellent 13th place while Jo showed why it's important to fight for every place when team championship medals are at stake, finishing just 20 seconds and four places ahead of Central Park's final counter to ensure Dulwich collected surprise bronze medals.

2 Elkie Mace 18:47 **silver**  
13 Laura Vincent 21:46  
25 Jo Shelton Pereda 24:36

**W35 team:** 1 Kent 25; 2 Tunbridge Wells 31; **3 Dulwich 40 (bronze medals);** 4 Central Park 42; 5 Med & Maid 45; 6 Tonbridge 52; 7 Ashford 56

### Women W45 (approx. 4.9km)

Clare has won the women's race outright on many occasions in the past but missed last year through injury and was here just hoping for a trouble-free run after suffering some breathing problems in recent cross country races. Her task in the W45s became easier when she noted defending champion Maria Heslop on the sidelines after deciding not to run with a niggle, so got into her running in a relatively relaxed fashion and was able to win her gold completely untroubled; not that she was slow though, finishing a mere 20 seconds behind Elkie. Andrea has been 8th then 7th previously and produced another fighting 8th here to put the team in with a great chance of medals. With all three runners in the first six Tonbridge had the gold wrapped up but Yvette played an absolute blinder to come 12th and the team easily earned the silver medals.

1 Clare Elms 19:07 **gold medal**  
8 Andrea Pickup 21:12  
12 Yvette Dore 22:01

**Team:W45 team:** 1 Tonbridge 13; **2 Dulwich 22 (silver medals);** 3 Kent 36; 4 Blackheath 50; 5 Canterbury 60; 6 Dartford Road Runners 62; 7 Greenwich Tritons 67; 8 Petts Wood 82; 9 Istead & Ifield 90; 10 Dartford Harriers 101

### Women W55 (approx. 4.9km)

Ange Norris has thrown away almost certain individual gold in recent years to strengthen younger teams but this year with a team in the younger age groups, she made the decision to focus on her W55 age group and she won by 81 seconds and she would have got sixth in the W45s finishing ahead of Andrea but it would not have been enough to win the W45 team and would have not altered our second position (we would have lost by a point) so it was an excellent decision  
W55: 1 Ange Norris 21:04

### Men M60 (approx. 4.9km)

Coach Steve has had an injury-plagued recent past but was looking forward to his 20th Kent Masters as it was his first as M60 and with a recent bout of relatively untroubled training the chance was there to make an impact. He was left a little at the start but soon started moving into contention when he tripped/slipped and fell (a fate of quite a few in the conditions) and winded himself, losing a fair bit of ground that proved too difficult to make up. With all three medallists fighting for the title only half a minute ahead Steve

was left to rue a lost chance, and despite closing the gap to the bronze he had to be content (which he won't be) with the cruellest of places.

4 Steve Smythe 20:36

### Men M40 (approx. 9km)

The longer races for the younger men saw most repeat runners losing a lot of time on previous performances due to the heavier going, with over two minutes not being uncommon. One runner keeping that down to the bare minimum though was Andy Bond, improving from his debut 11th last year to a superb 5th, but more to the point a mere 20 seconds short of the bronze, a margin that stayed similar throughout the race after a slightly cautious start that may well have proved costly (or not... it's easy with hindsight...).

Able backing came first from Steve D in a similar position to last year; he was another put off his stride by a tumble (evidence: two symmetrically blackened knees) but ran on gamely despite getting despondent at his subsequent lack of speed as he kept slipping and sliding. Daniel had a characteristically strong run and moved through in the latter stages. Ian completed the team, as he did last year, but this time with a huge jump of twenty places to 28th. All this meant the Dulwich boys nabbed third spot by just nine points from Blackheath who had to wait a lot longer for their third scorer, so M40 bronze medals for Dulwich for the first time in this event.

5 Andy Bond 32:23  
17 Steve Davies 34:38  
21 Daniel Mann 35:16  
28 Ian Lilley 36:30

**M40 team:** 1 Kent 46; 2 Medway & Maidstone 57; **3 Dulwich 71 (bronze medals);** 4 Blackheath 80; 5 South Kent 94; 6 Tonbridge 107; 7 Cambridge 151; 8 Ashford 176; 9 Petts Wood 224

### Men M50 (approx. 9km)

Not much to see here. Ran with the leaders for about a quarter of a mile before realising I was on a hiding. Still can't handle soft ground, give me a track any day. Past silver and bronze in this race feels like ancient history (I'm getting on you know, excuses, excuses...). At least I got round; poor Joe ran most of the race before managing to crock himself on the last lap and had to drop out.

10 Tony Tuohy 36:05  
DNF Joseph Brady

## Kent Championships

**Steve Smythe writes** That appears to be my 65th Kent cross-country championships - the first one was I think 1971 in the Under-15 race at Aylesford Paper Mills when I was the youngest in the race in the youngest age group and in recent years I have done two a year with the masters championships.

I think maybe they have had a disproportionate place in my racing calendar as my father died while I was racing at a Kent Championships around 30 years ago.

Individually I had a third place when I was in the M40s, second in the M50s, so was hoping I could go one better in the

M60s but in Dartford, the birthplace of Mick Jagger and Keith Richards, I got no satisfaction with one of my disappointing ever races behind three runners I had expected to be the challengers for medals but had previously had the edge over but they were vastly better on the day.

Apart from my run, it was probably even more disappointing that we did not have a team.

A few months ago, when I was injured and did not think I would be fit, the thought that we potentially would have a team of 5 M60s and would challenge for medals. I have previously won team medals in the U15s, U20s, seniors, M40s and M50s but in the end I was the only one in my age group and we also only had one finisher in the M50s, a section we have won in recent years.

This coming weekend, is the South of England Masters Championships, a competition where we have done well in the past and potentially we had over 50 who could have competed as we do have rather a lot of over 40s but I am the only single person competing which again is very disappointing.

To me the whole reason to train is to train to compete and it is championship races I have always deemed to be the most important competitions.

There are too many events and we can't do all but again we have failed to get a team this winter in the English Cross country relays, the South of England cross country relays and we have often had half-hearted showings in the winter races so far other than the Surrey Leagues.

## Sorrento Panoramica 27k

On Sunday 2nd December I ran the "Sorrento Panoramica", a 27k road race with 735m elevation, going across the hills surrounding the picturesque town of Sorrento in the Naples area, in clear sight of the Vesuvio volcano and the Capri island. It was an amazing sunny day with crisp and clear air - a great opportunity to wear my Dulwich Runners vest. The race route was simple: winding roads for 17k uphill, followed by 10k downhill.



I started at the back of around 1,000 runners, initially passing through the center of Sorrento in the middle of cheering crowds. My plan was to start in a relaxed way, soak the atmosphere of the run, and progressively pick up the pace as I climbed up the hills, then put my maximum effort over the last couple of uphill kilometers, and finally go down the hills back to Sorrento as fast as I could for the last 10k.

It worked pretty well: I arrived at the top of the hills with some energy to spare, and I sprinted downhill. I managed to pass over 70 runners in the downhill part, and I finished 126th out of 924 runners who completed within the cut off time.

Andrea Ceccolini 2:09:29 chip time

## Mornington Chasers 10k Series Regent's Park

2 December 2018

**Claire Steward writes:** I've been running 10k races in Regent's Park for at least twelve years, mostly those organised by the BBC Running Club (finishing third female once), and more recently as part of Mornington Chasers race series. All races have to use the same course, the only one licensed by the Royal Parks. Over the years my times have gradually got slower and this year was a record by quite some margin. I have to console

## Pirie 10 Sunday 9.7M approx

2nd December

Three Dulwich Runners took part in this long standing and long distance Cross Country Race on Farthing Downs. Alastair and Ola were veterans of the race, and although it was my first go, I had an idea of what to expect when running about half the distance on a similar course at a Surrey league in 2016.

Despite it being a lovely morning for running in cool and calm conditions the deluge of rain during the week made the two lap course very slippery in parts. As small sections of the course are on hard trail and road, spikes which would have been ideal for the muddy sections were not recommended, so trail shoes had to do. Throw in some nasty up and downhills and a lot of the course being on a tricky camber, meant my aim was to get round and enjoy it and not worry too much about time.

Al and I started off together so he could humour me for a couple of uphill miles, but as expected as soon as we hit the first narrow and steep downhill he was off- arms flailing like a teenager at a One Direction concert, legs seemingly out of control and destined for a lengthy spell in intensive care if he stacked it. He didn't of course, and in typical Locke fashion he then started scything through the field, getting and faster as the race progressed. He gained several places on the second lap and ran a big negative split for a top 15 finish in very strong company which included the race winner and Commonwealths Games marathon runner Nick Torry.

In contrast tiptoeing down the first hill like a cowardly Bambi on ice, I inevitably lost a lot of time on the Locke and the gap grew and grew in no time. I also found the muddier sections of the course tough at times, but still ran a relatively solid race, and managed to latch onto a group of four for the majority of the second lap which I ran only about 30 seconds slower. All good training etc. etc. Ola found the second half tough, but still ran a very solid race in the tricky conditions and came 4th in her age category.

- Paul Devine

14 Alastair Locke	65:01
22 Paul Devine	67:48
49 Ola Balme	76:16
93 ran	

myself that with advancing years and an arthritic knee, maybe I'm lucky to still be running at all, but it's difficult not to be a little bit disappointed, especially as I was a couple of minutes behind the first FW70!

Paul K had an almost perfectly judged run over the three laps, while my laps got progressively slower. It was nice to see Paul Hodge there, pacing a friend around the first two laps before speeding up and leaving me behind.

Winner	35:43
168 Paul Keating	52:49
201 Paul Hodge	53.25
231 Claire Steward	57:27
346 Ran	

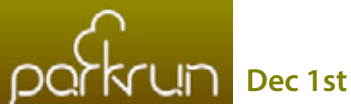


# 2018 Club Championships - Marathon

Notified performances in time order

First Name	cat.	marathon	time h.m.s	age grade pts	age group points									
					ms	m40	m50	m60	fs	f40	f50	f60		
Tim Bowen	ms	London 22 Apr	2.33.02	806	50									1st man
Stephen Davies	m40	Berlin 16 Sep	2.38.48	849		50								1st overall
Ed Chuck	ms	Eastbourne 13 May	2.41.43	760	49									2nd man
Lee Fedden	ms	New York 4 Nov	2.41.55	768	48									3rd man
Shane O'Neill	ms	Boston 16 Apr	2.45.55	741	47									Captains' award
Oliver Cooper	ms	Gt Manc 8 Apr	2.52.47	712	46									
Charles Lound	m50	London 22 Apr	2.53.16	792			50							1st m50
Tom South	m40	Brighton 15 Apr	2.56.57	725		49								1st m40
Marta Miaskiewicz	fs	Berlin 16 Sep	2.58.23	763				50						1st woman
Grzegorz Galezia	m40	Brighton 15 Apr	3.00.26	747		48								man age graded
Paul Greenhalgh	m40	Chester 7 Oct	3.04.56	684		47								
Edward Harper	ms	Abingdon 21 Oct	3.06.16	660	45									
Steve Rolfe	ms	Boston 16 Apr	3.06.51	658	44									
Rob Hollands	ms	London 22 Apr	3.07.52	658	43									
Daniel Mann	ms	Paris 8 Apr	3.08.26	667	42									
Des Crinion	ms	Gt Manc 8 Apr	3.09.05	651	41									
Helen Lister	fs	London 22 Apr	3.10.36	714					49					2nd woman
Paul Collyer	m40	London 22 Apr	3.09.05	705		46								
Chloe Green	fs	Berlin 16 Sep	3.11.22	708					48					3rd woman
Eugene Cross	ms	Amsterdam 21 Oct	3.13.11	640	40									
Steve Smythe	m60	London 22 Apr	3.16.39	764				50						1st m60
Kristen Stephenson	fs	London 22 Apr	3.18.50	681					47					
Jonathan Whittaker	ms	Brighton 15 Apr	3.24.58	610	39									
Tess Bright	fs	London 22 Apr	3.26.33	656					46					
Stephen Pinkster	ms	London 22 Apr	3.33.04	587	38									
Emily Gelder	f40	London 22 Apr	3.33.07	670						50				1st w40
Tereza Francova	fs	London 22 Apr	3.33.56	636					45					
Matt Cooke	ms	Barcelona 18 Mar	3.36.04	576	37									
Lucy Pickering	f50	London 22 Apr	3.36.16	730							50			1st w50
Gower Tan	m40	Paris 8 Apr	3.36.49	622		45								
Christina Dimitrov	fs	Edinburgh 26 May	3.38.00	623					44					
Ellie Balfe	fs	London 22 Apr	3.39.51	621					43					
Eleanor Simmons	f40	Paris 8 Apr	3.40.34	633						49				
Yvette Dore	f40	London 22 Apr	3.41.25	656						48				
Adam Taylor	m40	Brighton 15 Apr	3.41.36	584		44								
Caroline Maynes	fs	Paris 8 Apr	3.42.00	619					42					
Michelle Lennon	f50	London 22 Apr	3.44.31	694							49			woman age graded
Gideon Franklin	m50	London 22 Apr	3.44.57	638				49						
Stephanie Lundon	f40	B'nsmouth 7 Oct	3.46.15	664						47				
Russell Morgan	ms	Paris 8 Apr	3.48.11	545	36									
Clare Cummings	fs	London 22 Apr	3.50.47	587					41					
Laura Vincent	fs	Paris 8 Apr	3.53.49	584					40					
Hugh Balfour	m60	London 22 Apr	3.54.55	658				49						
Teresa Northey	f40	London 22 Apr	4.01.17	597						46				
Vicky Gashe	f40	Brighton 15 Apr	4.03.29	573						45				
Hannah Harvest	fs	Vienna 22 Apr	4.14.48	532					39					
Becca Schulleri	fs	London 22 Apr	4.23.28	514					38					
Annie Hackett	fs	London 22 Apr	4.26.10	509					37					
Claire Barnard	fs	London 22 Apr	4.34.14	494					36					
Claire Steward	f60	London 22 Apr	4.51.48	660								50		
Emily Warburton-Brown	fs	Berlin 16 Sep	4.59.40	455					35					
Gemma Sampson	fs	Brighton 15 Apr	4.59.40	2 <sup>nd</sup> cl.										
Bob Bell	m60	Beachy Hd 27 Oct	5.14.10	502				48						
Joanne Shelton Pereda	f40	Beachy Hd 27 Oct	5.15.58	475						44				
Barrie John Nicholls	m60	New York 4 Nov	5.36.42	464					47					
				54	15	7	2	4	16	7	2	1		





Dec 1st

## Banstead Woods

133 Ran

Pos	Gen		
7	7	Paul Devine	19:39

## Brockwell , Herne Hill

210 Ran

Pos	Gen		
16	16	Mark Foster	19:52
18	18	Jonny Hough	19:57
47	44	Gower Tan	22:30
66	7	Lucy Pickering	23:10
71	8	Susan Cooper	23:44
90	72	Michael Mann	24:38

## Bromley

425 Ran

Pos	Gen		
217	173	Peter Jackson	27:41

## Burgess

228 Ran

Pos	Gen		
218	76	Susan Vernon	37:52
225	146	Chris Vernon	48:09

## Croxteth Hall

290 Ran

Pos	Gen		
105	17	Mel Edwards	27:00

## Crystal Palace

164 Ran

Pos	Gen		
6	6	Alastair Locke	19:14
13	13	Tom Wilson	20:09
20	1	Belinda Cottrill	21:00
64	5	Helen Lister	23:54
99	13	Clare Wyngard	26:32

## Dulwich

202 Ran

Pos	Gen		
50	45	John English	21:52
64	58	Graham Laylee	22:49
68	7	Teresa Northey	22:56
82	72	Ajay Khandelwal	23:48

## Fulham Palace

241 Ran

Pos	Gen		
141	107	Barrie John Nicholls	26:50

## Gladstone

115 Ran

Pos	Gen		
2	2	Des Crinion	18:54

## Highbury Fields

174 Ran

Pos	Gen		
11	11	Paul Collyer	20:01

## Leicester Victoria

262 Ran

Pos	Gen		
123	22	Marjorie Epton	26:19

## Malling

161 Ran

Pos	Gen		
161	62	Tereza Francova	49:15

## Peckham Rye

156 Ran

Pos	Gen		
14	14	Ebe Prill	20:06
22	1	Michelle Lennon	21:00
27	2	Alice Williams	21:40
34	31	Gideon Franklin	22:12
76	14	Jenny Ross	26:20

## Southwark

186 Ran

Pos	Gen		
88	72	Paul Keating	26:02

## Tilgate

298 Ran

Pos	Gen		
39	36	Gary Budinger	23:47

## Whitstable

225 Ran

Pos	Gen		
44	42	Bob Bell	24:08
137	31	Ros Tabor	29:23
138	107	Andy Murray	29:24

**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.

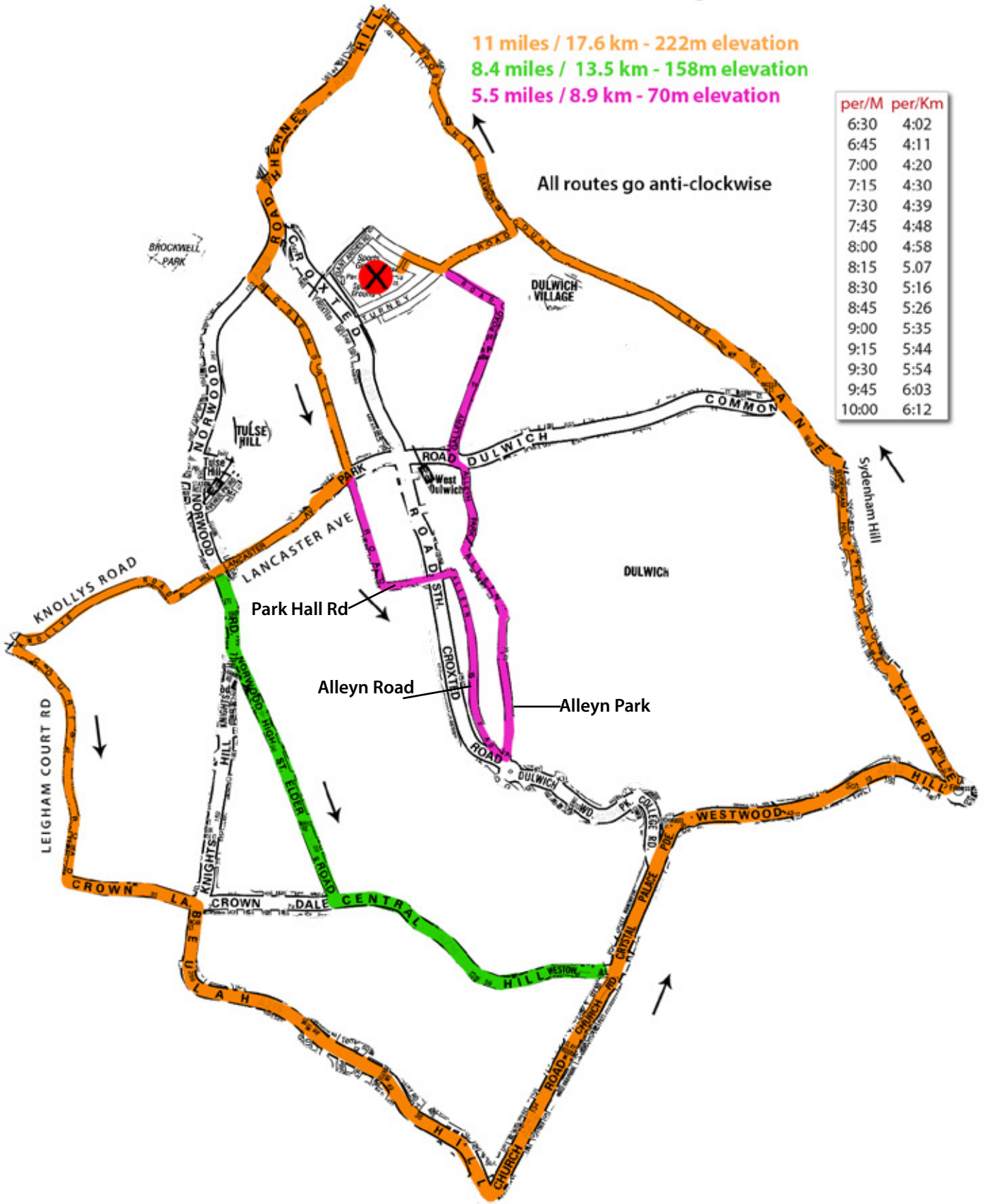


# Dulwich Runners Winter Map 11

11 miles / 17.6 km - 222m elevation  
 8.4 miles / 13.5 km - 158m elevation  
 5.5 miles / 8.9 km - 70m elevation

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

All routes go anti-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)