



SHORTS

Dulwich Runners AC

Weekly Newsletter

February 13th 2019

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 13 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 16 Dulwich parkrun - Club Champs race

Tue 19 Crystal Palace track

Like us on Facebook @dulwichrunners

In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 3 Marathon schedule and other goodies! etc
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And much more !

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our website: www.dulwichrunners.org.uk

Connect with us:



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

A brief look ahead

Feb 23 England National Cross country Champs - Leeds

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 taken by Elkie Mace, main session taken by Steve Smythe starts 7.25pm and last 45 mins.

Tuesday warms up:

Elkie Mace is now back at track leading the warm up on a Tuesday. Katie and I have enjoyed the last few months covering for her in all weathers, including the snow!

We have booked onto the next stage of our coaching training and should be qualified by the end of September.

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

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

A big thankyou to **James Burrows** for running with 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 asap. - Thanks. - Ros

Sharon Erdman

Emma Ibbell

Paul Keating

13/02

19/02

26/02

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 2019 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
Feb	16	Club Champs Dulwich parkrun short	Dulwich Park
	23	England National Xc Champs	Harewood House, Leeds
Mar	2	Surrey League Xc 1pm Women	Lloyd Park
	10	Vitality Big Half long	London
	16	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	
May	18	BMAF road relays- Sutton Park	Birmingham
	27	BUPA 10k	
Jun	10	Sri Chinmoy 5k short	Battersea Park
	16	Eltham Park 5 short	Eltham
Jul	14	date tbc Sevenoaks Seven long	Sevenoaks, Kent
	26	date tbc SOAR Mile short	
Nov	3	date tbc 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.

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

Club Champs Update: Dulwich parkrun 16 February

Following the cancellation of the Catford parkrun on 2 February as a result of ice on the course, this club champs event has been moved forward to 16 February, but using Dulwich parkrun. The reason for this switch of venue is part of the Catford course is on grass, putting those without trail or cross country shoes at a disadvantage. The road course at Dulwich will hopefully encourage a good turnout.

We have been asked to supply some volunteers for our first club champs race at Dulwich parkrun. If you arent planning to run and can help please contact me, providing your parkrun barcode number. mcmann90@yahoo.co.uk

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

Thames Towpath

10 April 14

This race fills up and sells out quickly each year, with already over 300 entered, of which 18 from Dulwich. if you intend doing this event then sign up ASAP

Are you competing in the 2019 London Marathon and interested in taking part in a study?

I am an MSc student studying Applied Sports Nutrition at St Mary's University Twickenham and am planning on conducting a study observing gastrointestinal disturbance and hydration in runners with different diets (vegan, vegetarian & meat-eater) during a marathon. This would involve taking a urine sample and a couple of questionnaires on race day, and a food diary and some questionnaires on another day that is convenient for participants.

After the study, participants will have access to their results. If you are interested, please let me know at kirsty.yull94@gmail.com or calling me on 07731971302.
 Kind regards Kirsty Yull - MSc Student
 St Mary's University, Twickenham

NOTE: The date of the Regents Park 10k has been changed from 6 October to 3 November, because the October date clashes with the national road relays final.

Masters Events major events coming up

If we were to focus on one Masters event, most would probably choose the BMAF relays at Sutton Park 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.

A full list of Masters events and a write up with pics of some DR Masters can be found here:

<https://www.dulwichrunners.org.uk/masters/>

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

Training

Already quite a few of Dulwich's best are sadly currently injured.

You can do lots of miles, run consistent training with great long runs and speed sessions and tempos but you won't get the benefit if you are unfortunate and get injured.

It is best to train slightly less and know when to back off than do a little bit too much and pay the price but sometimes injuries are unavoidable.

Personally I have found doing a higher proportion of training off-road and not bothering about pace on some of the runs

seems to help.

Though I put suggested paces on the training schedules, I think sometimes it is best to not to always strive for it, if you are tired or want to do a session off-road or over hills.

ie running say 8:00 mile pace on a tougher more off-road route may be better for your legs and fitness than a 7:30 on flat roads.

And while it is great to run with people with similar speeds, I do think sometimes putting competitive people together for runs means the runs can get too fast. Just because you can run fast does not necessarily mean you should be running fast, if you are going to pay for going a bit too fast in the following days and faster speeds in training increases

the chance of injury.

Many years ago, many of Britain's running clubs moved away from their more central bases and moved further out to get better training runs. Blackheath moved to Hayes and Cambridge H moved to Bexley.

Because I'm old, nearly all my runs tend to move out of London rather than into and I have never seen the attraction of moving towards the centre, which may be flat but tends to contain more roads, traffic, people, tourists and traffic lights even if it does have some nice parks.

I am convinced if I had done all my runs into London, I would now not be in my 50th cross-country season and embarking on my 44th year of marathon racing.

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



Weekend 18th & 19th May

A relay around London that starts in Hampton Court on Saturday morning and finishes about 6 p.m. at Kingston on Sunday.

The rules are simple -

220 miles - 11 runners to a team

Each runner must run once each day. (Varying distances and degrees of difficulty.)

It takes in some beautiful countryside, as much as possible off road on footpaths and towpaths.

more details - <http://www.greenbeltrelay.org.uk/index.htm>

We have one team entered so are looking for interested runners. If we have too many people we will try and get a second team. Give your name to Ange - on any Wednesday at the club or email dulwichladiescaptain@gmail.com 1st come, 1st served.

NB. Vets - It clashes with the BMAF relays in Birmingham on the Saturday.

Marathon Schedule

Here is my suggestion for a marathon schedule though those not targetting a 26-miler can follow a similar schedule but just do a lot less on the Sunday run.

Any one after extra miles can put in extra morning runs or before and after speedwork.

The key to a good marathon is a good long run and consistency but not getting injured.

Everyone is different but to me it means not doing too much on the road or running too fast on training runs on a regular basis and saving the real fast runs for the speedwork.

Wed Feb 13	75 mins steady (a min a mile slower than goal mar. pace) but quicker last 15 mins
Thu Feb 14	12km of 2km at steady (15 secs a mile slower than mar. pace, 1km HM pace, 2km mar. pace, 1km steady, 1km HM pace, 3km mar. pace
Fri Feb 15	40 mins easy or rest
Sat Feb 16	Club parkrun champs
Sun Feb 17	3h with 1st & last hour slow (at least min. -90sec a mile slower than goal pace) middle hour within 15-30secs of mar. pace
Mon Feb 18	40 mins easy or rest
Tue Feb 19	1600m/1200m reps
Wed Feb 20	80 mins steady (a min a mile slower than goal mar. pace) but quicker last 20 mins
Thu Feb 21	12km of 1km steady, 1km HM pace, 1km mar pace x 4
Fri Feb 22	40 mins easy or rest
Sat Feb 23	National XC or parkrun
Sun Feb 24	2h relaxed fast steady pace (30-45secs a mile down on mar. pace)
Mon Feb 25	40 mins easy or rest
Tue Feb 26	1000m/800m reps

Wed Feb 27	85 mins steady (a minute a mile slower than goal marathon pace) but quicker last 25 mins
Thur Feb 28	10km of 1500m steady, 1000m marathon pace, 500m half marathon pace, 300m 10km pace, 200m 5km pace and back to steady - repeat 3 more times
Fri Mar 1	40 mins easy or rest
Sat Mar 2	Surrey Ladies League or parkrun
Sun Mar 3	Faster long run - 15 mins slow, 30 mins a mile outside mar pace, 30 mins at 30 sec outside mar pace, 30min at mar pace, 5 mins at faster than mar pace, 30min at 30sec a mile slower than mar pace, 30 mins easy (ie for 3 hour runner pace would be 8:15 for 15, 7:50 for 30, 7:20 for 30, 6:50 for 30, 6:40 for 5, 7:20, for 30, 8:00 for 30)
Mon Mar 4	40 mins easy or rest
Tue Mar 5	400m reps
Wed Mar 6	45 mins relaxed
Thur Mar 7	8km mostly at a minute outside goal HM pace but 1 minute every mile at HM pace
Fri Mar 8	40 mins easy or rest
Sat Mar 9	easy 20 minutes and strides
Sun Mar 10	Half Marathon

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.

Ladies' Surrey League XC Richmond Park

9th February 2019

Despite all the recent rain, we had yet another cross country with barely any mud! And in sunshine! If it had been last week, there would have been snow on the ground. A typical British winter.

Richmond Park drains well due to its sandy soil so we largely had to deal with grass, stones, tree roots and a few localised patches of mud. The park has a few different courses used for cross country; this was one that we haven't raced for a long time – a 2 lap, undulating course with a steep stepped descent, naturally followed by an up. The flat grassy stretch, which should have been the 'easy' part, was open to the strong winds. On lap one that wasn't so much of a problem with groups of runners together, but if you were out on your own on lap two, it was difficult at times to actually move forward. We're told we are increasingly becoming a nation of obese people; where are they when you need them to shelter behind?

There was a team of 14 ladies with Marta leading the way home. After her the next places in the scoring team were tightly contested with Ange, Tess, Michelle and Ola packing well. Anna had a great run, followed by Yvette, getting the better of Belinda, Eleanor and Lucy C. from the previous race at Nonsuch. Steph followed her run at the Southern with a good run at her first Surrey League. Ros allegedly jogged round (She never does.) as she's racing indoors on Sunday. Probably as I write this, (with tired legs), she's sprinting round the track. Jo was suffering from a recent fall, so did well to complete the whole race. Unfortunately, Katie had to drop out after one lap, so was there to give us energy for that final sprint to the line. Thanks also to Bob for his support, and photography, and thanks to the cooks, Katie and Belinda, for post-race recovery.

We finished in 12th place and are now in 12th position overall

Steve Smythe adds...a good but not great turn out with Marta running much better than at Parliament Hill with solid runs from Ange and Tess while Michelle and Ola looked to have particularly improved runs to complete the A team while Anna had a good run to lead home the B team.

Unfortunately five to score doesn't require just good packing, which we are very good at, but runners in high positions and we had too many of our faster runners missing yet again and we were 12th on day and lie 13th overall.

– one place up from before this race. So, not in relegation zone, but we need to keep running fast to ensure we stay in Division 1 after the final race on March 2nd. Even though we beat Reigate by 86 points, they are only 13 points behind us overall. Our B team are in 7th. -

Ange Norris



36 Marta Miaskiewicz	35:55
68 Ange Norris	37:22
70 Tess Bright	37:31
75 Michelle Lennon	37:56
79 Ola Balme	38:06
88 Anna Thomas	38:36
102 Yvette Dore	39:36
104 Belinda Cottrill	39:46
109 Eleanor Simmons	39:58
129 Lucy Clapp	41:14
144 Stephanie Lundon	42:53
157 Ros Tabor	44:13 (1W65)
168 Joanne Shelton	45:03

57 Katie Balme DNF 36:51 – running for Herne Hill, currently leading U20 of the season
205 ran

Women's team

TEAM Div 1: 1 Herne Hill 41; 2 Thames H&H 93; 3 Hercules W 107; 4 Fulham RC 129; 5 Clapham Chasers 143; 6 S London 149; 7 Ranelagh 155; 8 Belgrave 174; 9 Kent 186; 10 HHH B 264; 11 Epsom & E 323; **12 Dulwich R 328**; 13 Clapham B 350; 14 G&G 360; 15 HW B 396

Standings after 3 matches: 1 THH 252; 2 HHH 283; 3 Clapham 425; 4 HW 445; 5 Rane 467; 6 Fulham 486; 7 SLH 508; 8 Belg 526; 9 Kent 715; 10 G&G 786; 11 E&E 811; 12 HHH B 938; **13 Dulw R 980**; 14 Reigate P 993; 15 Clapham B 1051

Men Surrey League XC Div.2 Match 4 Lloyd Park

Sat 9th February

The fourth and final match of the season saw Fulham pulling the stops out to win the fixture and beat Dulwich in a last-ditch attempt to secure the second promotion spot to Division 1 - but to no avail, as the Dulwich heroes only succumbed by 25 points, keeping a handy buffer of 80 points and putting us back into the top flight. It's rained a lot lately and Lloyd Park's five miles over two laps was it's usual glutinous self but that didn't deter a superb team performance of great depth showing just how many good quality runners we can call on these days. Our A-team scoring ten were home in the first 42 runners and we even had another three in the next twenty places.

Ed Chuck's remarkable season ended with a second place after his win and two fourths in the preceding fixtures and earned him second overall in the Division 2 individual standings, missing the top spot by just one point; and all, by his own admission, while looking like he got dressed in the dark (vest back-to-front, nice white socks, arm warmers; what was he thinking?). One minute back another blinding run from Andy completed his great season, easily securing the overall M40 title and remarkably 3rd senior overall too. And speaking of blinding, Jack did it again and was our third man inside half an hour, great going for five miles on such a hilly and deeply mucky terrain. Those three were a

class apart but great packing was evident in strong runs from Steve (2nd M45), Alastair, Tim, Dan and Wayne, all within a span of half a minute. Tim is still gaining fitness after an enforced absence with a calf injury but was only a minute down on his outing here last year. Wayne's main claim to fame today was his denial of being the 'Wayne' appealed-for by the announcer to claim some lost property just before the start (nobody believed him obviously).

Yet another five more Dulwich men ran 31-something to continue the display of depth with just two of them required to complete our A team. Mud-lover Paul was the first and is still getting fitter as he produced his best LLOYD Park run, but only just ahead of 10th scorer Ed Harper's superb improvement, over three minutes faster than here last year. Equally impressive was Rob's great run after consistent higher mileage training - but equally perplexing was yours truly trying to chase him home with my best run at Lloyd Park (1st M50/55) in complete contrast to last month at Mitcham - my form continues to impersonate a yo-yo. Sneaking inside 32 minutes was consistent strongman Des, just getting the better of Tom, sixth counter here a year ago but running faster this time despite his assertion of a 'bad day at the office'. He also asserts that I was responsible for his belly-flop into one of the deepest puddles just as I caught him on the second lap, but that libel is now in the hands of my lawyers. It wasn't me, m'lud.

After that there was a bit of a gap to a strong run from another consistent trainer, James, who just got the better of Charlie, getting fitter slowly after another setback in his marathon training. Nick Wood was next,

running well in his first Surrey League this campaign, before a good battle between Andrea, Jonny and Justin was won by Andrea with a fine run to conclude his first season here, running all four fixtures and finishing a well-deserved 5th in the overall M50 standings. Ebe is still very gradually showing progress and ran half a minute faster than last year, doing well to distance Mark, who himself improved by 45 seconds. Grzegorz ploughed through the mud strongly enough to hold off Hugh, closing our contingent with 4th M60 on the day but consistent running across other fixtures secured him a deserved 3rd in the M60 overall standings. - **Tony Tuohy**

2	Ed Chuck	28:12
8	Andy Bond	29:19 2M40/1M45
12	Jack Ramm	29:43
26	Steve Davies	30:27 2M45
28	Alastair Locke	30:30
30	Tim Bowen	30:44
33	Daniel Mann	30:52 9M40
34	Wayne Lashley	30:56
36	Paul Devine	31:06 10M40
42	Ed Harper	31:15
49	Rob Hollands	31:30
51	Tony Tuohy	31:39 1M50/55
57	Des Crinion	31:57
61	Tom South	32:02
94	James Burrows	32:53
100	Charlie Lound	33:04
104	Nick Wood	33:31
118	Andrea Ceccolini	34:17 8M50
125	Jonny Hough	34:21
127	Justin Siderfin	34:25
144	Ebe Prill	35:36
151	Mark Foster	35:52
165	Grzegorz Galezia	36:36
169	Hugh Balfour	36:56
205	finished	

Steve Smythe adds It was one of our best ever team performances and with a fit Tim and Shane we would have won easily but Ed Chuck (and Andy Bond) completed the greatest ever individual seasons in Dulwich's Surrey League history. Jack continued his advance while there was superb packing from Steve, Alastair, a half-fit Tim, Daniel, Wayne, Paul and Ed

H (amazing pace after his ultras of late).

Certainly this was one of the club's best ever performances though next year will be rather more difficult in Division 1. Good packing from the B team and a good turn out though again we should have more of all paces and not just the faster runners.

TEAM: 1 Ful-on-Tri 226; **2 Dulwich R 251**; 3 Clapham C 350; 4 Croydon 460; 5 Wimbledon W 486; 6 Walton 490; 7 Stragglers 499; 7 Epsom & E 658; 9 Reigate P 675

B TEAM: 1 Clapham 173; 2 Fulham 173; **3 Dulw R 190**; 4 Stragglers 397; 5 Wimb W 433; 6 Croydon 584; 7 Walton 685; 8 E&E 722; 9 Reigate P 738

Final standings: TEAM: 1 Clapham 936; **2 Dulw R 1184**; 3 Ful-on-Tri 1264; 4 Stragglers 1871; 5 Reigate P 2025; 6 Wimb W 2065; 7 Croydon 2128; 8 Walton 2216; 9 Epsom & E 2691.

Promoted to Division 1: Clapham Chasers & Dulwich Runners - Relegated to Division 3: Walton & Epsom & Ewell

B TEAM: 1 Clapham 459; 2 Ful-on-Tri 1087; **3 Dulw R 1108**; 4 Stragglers 1385; 5 Wimb W 2054; 6 Reigate P 2066; 7 Croydon 2439.5; 8 E&E 2727; 9 Walton 3056.5

Individuals overall: 1 T Haughian (Strag) 10; **2 E Chuck (Dulw R) 11**; **3 A Bond (Dulw R, M45) 31**. **M40: 1 A Bond (Dulw R) 5**; 2 M Bridges (Wimb W) 28; 3 S McCandie (Fulham) 29. **M50: 1 A Burn (Croy) 11**; 2 G Mclaughlan (Wimb W) 12; 3 S Adams (Wimb W) 27. **M60: 1 S Bean (E&E) 3**; 2 A Fay (E&E) 6; **3 H Balfour (Dulw R) 7**

Southern Counties Vets Indoor Champs Lee Valley

Sunday 10th February

The first of this season's indoor championships saw Clare, Ros and myself take to the boards to start our campaigns towards competing at the World Masters Championships in Poland at the end of March.

M55 800m

First up in the 800m, I ran a circumspect 72secs for the first 400m but still faded. I may not be a 800m runner but this is as bad as it gets, hopeless.

2 Tony Tuohy 2:26.02

W55 800m

Ros had no idea where her form was and wasn't exactly enamoured with her time, but now she knows.

3 Ros Tabor 3:11.28 1st W65

Steve Smythe adds Clare came back from the USA the day before - slightly jet lagged - just to have a go at the 3000m but the organisers refused her request to run with men and a minute better than anyone else and with lots of slow runners - the tight banked bends made it seem like a hill session as she had to keep swinging wide so the 10:18.87 record will have to wait another day.

Even tired from the 3000m and jet lagged, Clare thought she

M35 3000m

After deciding to run the first km without looking at the clock I was appalled to then see it read 3:30 and I was only on course for about 10:30; the effort felt a lot more. Anyway, I got my finger out and subsequent kms in 3:25 and sub-3:20 redeemed things a little, though not enough to avoid my slowest ever 3000m.

4 Tony Tuohy 10:14.75 1M55

W35 3000m

Clare Elms was aiming to have a crack at the W55 world record of 10:18 here, certainly within her ability, but despite appealing to run in the men's race where she would at least have some opposition (not to mention her habitual pacemaker...) she was forced into a solo run with multiple lappings, not good record-breaking circumstances. She gave it a good go but faltered from the pace at about halfway and drifted back by ten seconds; it's there for another day.

1 Clare Elms 10:27.97

1500m

It had been a long day as I lined up for my third race, and Clare had the 3000m in her legs, Ros the 800m. Clare hadn't mentioned that the W55 world record of 4:56 was on her mind (that's the overall record, not just indoors) but still found herself on my tail from the start as I acted as pacemaker again, though this time inadvertently - and she was cruising. I was running the race steadily with the intention of speeding up for the last 400m and that went exactly to plan as I heard The Legend's steps fade when I put my final effort in - but she put her own kick in at 200m to go and closed to within a second of me as she smashed the record by the best part of three seconds. There's more to come there, watch this space. Ros deemed her opening 1500m satisfactory and she'll improve from here.

Tony Tuohy

5 Tony Tuohy 4:52.96 1M55

6 Clare Elms 4:53.87 1 W55 **World Record**

12 Ros Tabor 6:23.58 1 W60/65

could get close to the 4:56.51 record and thanks to this time having someone to chase, (luckily Tony was ahead and coming back to her on the latter laps and she achieved her second world record in less than 2 weeks.

The 3000m and 800m (2:27.84) still remain attainable targets for the winter and the overall 1500m mark (set outdoors) 4:51.26 is not out of the question when fresher and with more training.

Crystal Palace Canter

5th February

15 intrepid runners took this on, including 7 from Dulwich. That excludes Clare Wyngard who walked the course in reverse as part of her recovery programme

For once Belinda didn't have it her way as she was beaten into second place by Andy Green who sped round in 19:24. Milo having to chase somebody did however give B a PB

Next race is scheduled for 5th March but may be changed if the organiser is on jury service, so if planning on turning up for a lunchtime run, it would be best to check if it is being held that day.

- **Bob Bell**

2	Belinda Cottrill	21:08
3	Bob Bell	22:47
4	Graham Laylee	23:44
5	Jo Quantrill (2 nd claim)	24:14 (1 st Age graded)
6	Mike Dodds	24:38
8	Paul Keating	25:53
12	Claire Steward	28:19
13	Peter Jackson	28:55

Surrey League XC Div 4 Lloyd Park

09.02.19

Andy and Gary ran for Vets AC in the first race on Saturday at Lloyd Park for division 3 and 4 teams. Vets had 11 starters and all finished this time. Gary again had a solid run, whilst Andy suffered a bit from the tail-end of a cold and a couple of niggles, being overtaken by ex-DR Pete Gibbons on lap 2.

Div 4

109 Gary Budinger 41:18 92nd scorer of 120
129 Andy Murray 45:11 99th scorer

We were 6th and 7th scorers for VAC, who came 11th of 12 teams on the day.

Andy Murray



Feb 9th

Beckenham Place

202 Ran
Pos Gen
55 5 Carys Morgan 24:53

Bexley

456 Ran
Pos Gen
7 7 Michael Fullilove 21:42

Brockwell , Herne Hill

401 Ran
Pos Gen
128 20 Nicola Richmond 24:19
239 62 Hannah Harvest 27:22
262 190 Neville Webb 28:14
298 92 Karina Burrowes 29:34

Bromley

641 Ran
Pos Gen
340 264 Peter Jackson 28:19

Burgess

505 Ran
Pos Gen
504 204 Susan Vernon 53:26

Bushy

1317 Ran
Pos Gen
394 53 Teresa Northey 25:23

Catford

185 Ran
Pos Gen
8 8 Ross Rook 20:11
31 31 Gary Sullivan 22:27

Cannon Hill , Birmingham

799 Ran
Pos Gen
132 123 Stephen Smythe 23:05
294 37 Susan Cooper 25:50

Crystal Palace

422 Ran
Pos Gen
42 42 Tom Wilson 22:04
179 155 Paul Hodge 26:38
276 66 Clare Osborne 29:55
277 67 Claire Steward 29:55

Dulwich

412 Ran
Pos Gen
21 1 Hayley Seddon 19:14
45 41 Rob Cope 20:16
55 50 Matthew Ladds 20:49
65 60 Ajay Khandelwal 21:25
107 94 Colin Frith 23:01
112 97 Graham Laylee 23:07
162 135 Michael Dodds 24:25
346 239 Mick Mead 30:54
411 154 Clare Wyngard 46:32

Fulham Palace

546 Ran
Pos Gen
194 170 Barrie John Nicholls 24:25
540 210 Lindsey Annable 46:02

Highbury Fields

328 Ran
Pos Gen
5 5 Paul Collyer 19:07

Lullingstone

97 Ran
Pos Gen
97 41 Tereza Francova 45:59

Peckham Rye

388 Ran
Pos Gen
80 73 Gideon Franklin 23:05
226 167 Andy Bond 28:59

Richmond

465 Ran
Pos Gen
40 3 Belinda Cottrill 21:26
120 110 Bob Bell 24:38

Tooting Common

651 Ran
Pos Gen
223 186 Ian Sesnan 25:40

Wormwood Scrubs

86 Ran
Pos Gen
11 1 Laura Vincent 23:17

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.



Surrey League

We compete in the Surrey League and this is the club's main priority. There are 4 fixtures during the season that started on 13 Oct 2018. 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. Men and women 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 other cross country races, most of which take place on Saturdays. 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

2018/19 the Ken Croke cross country championships will include the 4 Surrey League races, London championships, South of Thames long race, South of England championships on 26 January 2019 and the Riddlesdown parkrun in March 2019 (date tbc after the road club championships have been sorted). To qualify you will need to complete 5 events, including 3 Surrey League races.

Update

As a result of the late change to the women's Surrey League programme, with the January fixture cancelled and switched to March, the women need only to complete 2 Surrey League fixtures, though still 5 in total in order to qualify. The qualifying rules for the men are unchanged.

Contacts

For further information please contact your captains at: dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk or ebepri11@yahoo.co.uk

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

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



Bufs/snoods - only £6

Socks only £5



SHORTS!

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



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



HOODIES CLEARANCE
ONLY £10 each

SOCIAL SPOT

P O T

Upcoming events.

Beer & Cheese matching

Wednesday 13th February 9pm at the clubhouse.

This will be subsidised by the clubs social fund, but looking at £5.00 per person. Price might change depend on numbers.

If interested please send Tom a message on facebook, speak to him at the track or club, or send an email to thomas_south@hotmail.com

I will need to have finalised numbers by Sunday 10th February.

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



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 7

9.8M / 15.7K - 177m elevation
 7.6M / 12.2K - 156 m elevation
 5.6M / 8.95K - 104m elevation

All routes go anti-clockwise

