



# SHORTS

Dulwich Runners AC

Weekly Newsletter

January 2nd 2019

## 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 2 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

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

### Tue 8 Crystal Palace track

## In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 3 Marathon schedule and other goodies! etc
- 5 Race reports and times
- 6 Parkrun times
- 10 Club kit - New winter additions !
- 11 Social events etc -
- 12 Wednesday map + Strava links

**And much more !**

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

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

Connect with us:



**Like us on Facebook @dulwichrunners**

## TRACK SESSIONS

Tuesday training returns to Crystal Palace track.

**£2.50 per session - Suitable for all abilities.**

At reception say you are with Dulwich Runners, do not pay there, pay Ros trackside, allow time to get down to track.

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

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

*A brief look ahead*

Jan 5 Surrey & Kent County Champs

Jan 12 Surrey League - Men @ Mitcham Common

## 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)

## NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota. If you're on the list please try and turn up that night and make sure anybody new has someone to run with.

If you can't make it, please try and either swap with someone or let us know as early in advance as possible.

Thanks. - Ros

**Volunteers may be needed 02/01**

## 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. 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 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                      |
|------|---|----------------------------|
| Jan  | 5 Surrey County Champs                                | Lloyd Park                 |
|      | 5 Kent County Champs                                  | Brands Hatch               |
|      | 12 Surrey League Xc Men - DR XC champs                | Mitcham Common             |
|      | 19 Vets AC Champs                                     | Wimbledon Common           |
|      | 26 South of England Champs - DR XC champs             | Parliament Hill Fields     |
| Feb  | 2 Catford parkrun short                               | Catford                    |
|      | 9 Surrey League Xc Men - DR XC champs                 | Lloyd Park                 |
|      | 9 Surrey League Xc 11am Women - DR XC champs          | Richmond Pk                |
|      | 23 England National Cross Country Champs              | Harewood House, Leeds      |
| Mar  | 2 Surrey League Xc 1pm Women                          | Lloyd Park                 |
|      | 10 Vitality Big Half long                             | London                     |
|      | 16 <b>date tbc</b> Riddlesdown parkrun - DR XC champs |                            |
|      | 24 SEAA 12/6 Stage Relays                             | Milton Keynes <b>t.b.c</b> |
| 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: [ebeprill@yahoo.co.uk](mailto:ebeprill@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 |

## Men's Surrey League Cross Country, Mitcham Common

### 12 January

Our next Surrey League match is 12 January at Mitcham Common, starting at 1pm (note the early start time). Race HQ is MillHouse Ecology Centre, Windmill Road, Mitcham CR4 1HT. Very limited parking at the Eco Centre and no street parking near the start, use public transport if possible. Nearest train station is Mitcham Junction, nearest tram stop Beddington Lane. Course around 8.3km in length, variety of undulating terrain, which depending on the weather may be muddy in places. There are some short sharp hills which are likely to be slippery. Spikes or fell shoes are advised but there are two short sections of stony paths.

## 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

## 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

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: [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk)

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

## Track training

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

| December  |  |
|-----------|--|
| Wed 2     | 1 hour steady  |
| Thurs 3   | 200s on grass or tempo - 10km at slightly slower than Mar pace with 30 secs bursts every km at HM pace |
| Fri 4     | 4M easy or rest  |
| Sat Jan 5 | County Champs or parkrun   |

## Masters Events major events coming up

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.

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/>

## 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 in a training runs on a regular basis and saving the real fast runs for the speedwork.

Wed Jan 2: 60 mins easy (a minute a mile slower than goal marathon pace) Thurs Jan 3: 12km of 1km easy, 3km at marathon pace x 3 Fri Jan 4: 40 mins easy or rest Sat Jan 5: County Champs or 5-7 miles brisk Sun Jan 6: approx 2 hours steady (approx 30 secs slower a mile than goal marathon pace (15-18M)

Mon Jan 7: 40 mins easy or rest

Tues Jan 8: 400m reps

Wed Jan 9: 65 mins easy (a minute a mile slower than goal marathon pace) Thurs Jan 10: 12km of 2km easy, 10km at slower than marathon pace with 30 seconds bursts every kilometre at 10km pace Fri Jan 11: 40 mins easy or rest Sat Jan 12: Surrey League men – parkrun or hills women Sun Jan 13: approx 2 hours 20 mins slow (approx a minute a mile slower a mile than goal marathon pace (16-20M)

Mon Jan 14: 40 mins easy or rest

Tues Jan 15: 2000m/1600m reps

Wed Jan 16: 70 mins easy (a minute a mile slower than goal

## 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)



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**

marathon pace) Thurs Jan 17: 12km of 2km relaxed then 1km at slower than marathon pace, marathon pace, HM pace x3 ie kilos of 4:30, 4:15, 4:00 for sub-3 runner Fri Jan 18: 40 mins easy or rest Sat Jan 19: parkrun or hills Sun Jan 20: approx 2 hours 30 mins steady (approx 30 seconds a mile slower a mile than goal marathon pace (20-22M)

Mon Jan 21: 40 mins easy or rest

Tues Jan 22: 1000/1200m reps

Wed Jan 23: 75 mins steady (30 seconds a mile slower than goal marathon pace) Thurs Jan 24: 12km of 2km relaxed then 1km at 10km, HM, Marathon, slightly slower then easier ie kilos for sub-3 runner of 3:45, 4:00, 4:15, 4:30, 4:45 x 2 Fri Jan 25: 40 mins easy or rest Sat Jan 26: Area cross-country or brisk hour Sun Jan 27: approx 2 hours 40 mins slow (approx a minute a mile slower a mile than goal marathon pace (21-23M)

Mon Jan 28: 40 mins easy or rest

Tues Jan 29: 800m/600m reps

Wed Jan 30: 80 mins steady (30 seconds a mile slower than goal marathon pace) Thurs Jan 31: 12km of 1km relaxed then 5km at marathon pace, 1km relaxed, 5km of marathon pace Fri Feb 1: 40 mins easy or rest Sat Feb 2: Parkrun club champs Catford Sun Feb 3: Brisk 2 hour run just short of marathon pace

Mon Feb 4: 40 mins easy or rest

Tues Feb 5: 400m reps

Wed Feb 6: 60 mins steady (a minute a mile slower than goal marathon pace) Thurs Feb 7: 12km of 2km easy, 10km at slower than marathon pace with 30 seconds bursts every kilometre at 5km pace Fri Feb 8: 40 mins easy or rest Sat Feb 9: Surrey League Sun Feb 10: approx 2 hours 40 mins slow (approx a minute a mile slower a mile than goal marathon pace (21-23M)

# Most events in 2018

Now that 2018 has ended, which runners ran the most for Dulwich or who was affected with injuries or a lack of club committment?

Impressively over 40 members have chalked up more than 10 appearances.

I've included all relays, cross-country events and some road races where there are team events (Assembly League, London Marathon, Paddock Wood, Middlesex 10km etc) but no parkruns or track races or road races where there were no teams involved and no international vet races.

## Women

|    |  |
|----|--|
| 24 | 1 Lucy Clapp   |
| 23 | 2 Michelle Lennon  |
| 19 | eq 3 Clare Elms, Ros Tabor   |
| 17 | 5 Becca Schulleri  |
| 16 | eq 6 Yvette Dore, Helen Lister, Anna Thomas  |
| 14 | 9 Eleanor Simmons  |
| 13 | eq 10 Lucy Pickering, Katie Styles   |
| 12 | eq 12 Jo Shelton, Laura Vincent  |
| 11 | eq 14 Ola Balme, Emma Ibell  |
| 10 | eq 16 Christina Dimitrov, Andrea Pickup  |
| 8  | 18 Lindsey Annable   |
| 7  | eq 19 Tess Bright, Marta Miaskiewicz, Ange Norris  |
| 6  | eq 22 Chloe Green, Elkie Mace, Claire Steward  |
| 5  | 25 Claire Barnard  |
| 4  | 26 Lucy Elms   |
| 3  | eq 27 Belinda Cottrill, Sharon Erdman, Teresa Northey, Louisa Pritchard, Alice Williams  |
| 2  | eq 32 Claire Baglin, Midge Cameron, Tereza Francova Kim Hainsworth, Susanna Kinsella, Caroline Maynes Victoria Read, Anna Ward   |
| 1  | eq 40 Ellie Balfe, Katie Balme, Elizabeth Begley, Karina Burrowes, Kaylee Coxall, Sue Cooper, Clare Cummings, Vicky Gashe, Emily Gelder, Annie Hackett, Hannah Harvest, Roz Johnson, Michelle Key, Steph Lundon, Hayley Seddon, Gemma Simpson, Kristen Stephenson, Stephanie Williams, Clare Wyngard |

There is slightly more opportunity for masters and Lucy Clapp and Michelle Lennon, with superb regularity, come out on top amongst the women and Tom South amongst the men (and not included a few races he dropped out of). The women with four of the top six overall come out on top with the higher figures but the men has more at 8 or more (30 to 18) The club's club champion Clare Elms is third amongst the women with fellow vet champion Ros, though some of the other leading women are notable for their absence though most of the leading men (ie Tim, Steve D, Andy and Ed) have also shown excellent commitment for the club.

I've included second claim members where they ran for Dulwich but not if they were running for a different club.

**Steve Smythe**

## Men

|    |  |
|----|--|
| 21 | 1 Tom South  |
| 19 | 2 Steve Smythe   |
| 17 | eq 3 Tim Bowen, Steve Davies, Ebe Prill  |
| 16 | 6 Jonathan Whittaker   |
| 15 | eq 7 Andy Bond, Des Crinion  |
| 14 | 9 Ed Chuck   |
| 13 | eq 10 Mark Foster, Ed Harper, Graham Laylee, Ian Lilley, Mike Mann   |
| 12 | 15 Joseph Brady  |
| 11 | eq 16 Grant Kennedy, Alastair Locke, Charlie Lound Andy Murray, Tony Tuohy   |
| 10 | eq 21 Hugh Balfour, Matt Cooke, Daniel Mann Barrie J Nicholls  |
| 9  | eq 25 Bob Bell, J Farrington-Douglas, Rob Hollands   |
| 8  | eq 28 Paul Devine, Wayne Lashley, Shane O'Neill  |
| 7  | eq 30 Martin Double, Gideon Franklin, Colin Frith Grzegorz Galezia, Jack Ramm, Steve Rolfe Justin Siderfin   |
| 6  | eq 37 Lloyd Collier, Greg Hills, Ross Rook, Ed Simmons Cameron Timmis, Tom Wilson  |
| 5  | eq 43 James Burrows, Buzz Shephard, Gary Sullivan Gower Tan  |
| 4  | 47 Andrea Ceccolini  |
| 3  | eq 48 Gary Budinger, Jonny Hough, Matt Ladds Lewis Laylee, Joe Twomey, Mike Williams, Nick Wood  |
| 2  | eq 55 Holger Betz, Nick Brown, Paul Collyer Olly Cooper, Eugene Cross, Mike Dodds, Alex Haylett, Duncan Hussey, Oscar Hussey, Michael Hutchinson, Chris Loizou, Ian Sesnan, Dylan Wymer  |
| 1  | eq 68 Colin Bailey-Wood, Alex Bazin, Steve Brown Mark Callaghan, Chris Cooper, Rob Cope, Hugh French, Mike Fullilove, Alex Green, Joshua Groenendijk, Paul Keating, Graham Little, Tom Marshall, Olivier Montfont, Russell Morgan, Martin Morley, Chris Pana, Stephen Pinkster, Fergus Power, Andrew Shreeve, Ed Smyth, Adam Taylor, Steve Williams, Duncan Wilson |



# 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.

## Cambridge Harriers 7.5 miles Joydens Wood

Saturday 29 December

This low key race is part of the Cambridge Harriers cross-country championship, and having staggered round three years ago, I thought it was time to give it another go, and try and work off the industrial quantities of food consumed over Christmas. I was the only DR present, although Gregory Hills was also running (quickly as it turned out), having popped over from his new home in Plumstead.

The course is on gravelly/muddy paths in the wood and is made up of a short lap (about 1 mile) and three longer laps (about 2.2 miles). It meant that the main hill had to be climbed four times, giving us a total climb of about 600 feet.

I started fairly conservatively, and so was doing some overtaking on the first small lap. In a race like this I tend to have a bit of anxiety about whether I am going to overcook it early on, but this time I seem to get it about right. On the first long lap I picked off another four or five runners, but from then on, I was on my own. I was planning to go under 60 minutes, or hopefully be a bit quicker than three years ago. This kept me pushing on, and in the last lap I was still able to keep a decent pace, and the Bexley runner a couple of hundred yards behind me wasn't catching me, but I wasn't catching the guy 150 yards in front of me.

At the finish I was delighted to find that I was two minutes quicker than three years ago. In fact this was one of my best races this year, and afterwards my legs certainly told me that I had pushed it hard!

- *Hugh Balfour*

|                 |                         |
|-----------------|-------------------------|
| 1 Dean Lacey    | 45.51                   |
| 4 Gregory Hills | 48.13                   |
| 23 Hugh Balfour | 56.51 1M60 (2015 58.52) |
| 75 finished     |                         |

## Rita and Robbie 5K Navan, Ireland

27th December

Fueled by alcohol and chocolate after a sociable few weeks I did my local post-Christmas 5k. This is a relatively flat road race I have done before and with good conditions I decided to push it and see how I felt. I went out at 3:30/km pace for the first 2km and was in a pack of about 10 runners all within a few seconds of each other. A lot including myself fell off pace slightly for the next 2km, perhaps from a small incline.

On the last kilometre I thought to myself this is the last race and hard effort of the year so I decided to empty the tank and managed to pick off 5 runners in the last 500m. Quite pleased to run close to my PB with 17:42.

Happy also to take possibly my best scalp to date in finishing ahead of the first female runner, Sara Treacy who was in 3000m Steeplechase final at the Rio Olympics. She must have been taking it easy for off-season!

Des Crinion 17:42

## Lauriston, HW, 5 miler multi-terrain

29-12-2018

On a very flat and firm Wimbledon Common 2-lap course where spikes were almost a hindrance Dulwich supplied two runners in this low key yet highly enjoyable regular mid-winter celebration lethargy cleanser.

In the exceptionally warm, yet cloud covered conditions Ola Balme getting back to her best (1st W50; Dulwich R) led home in 12th place followed by her old training partner Gary Budinger in 16th. Many thanks to Hercules Wimbledon for a great event  
*Gary Budinger*



## Albert , Melbourne

333 Ran  
Pos Gen  
34 3 Tess Bright 21:07

## Banstead Woods

204 Ran  
Pos Gen  
1 1 Tony Tuohy 18:21  
3 3 Paul Devine 18:40

## Beckenham Place

169 Ran  
Pos Gen  
6 6 Stephen Smythe 19:36  
46 4 Helen Lister 23:57

## Brockwell , Herne Hill

179 Ran  
Pos Gen  
5 5 Matthew Cooke 19:19  
18 18 Tom Shakhli 20:43  
68 12 Lucy Pickering 24:25

## Burnham-On-Crouch

118 Ran  
Pos Gen  
3 3 Jonathan Whittaker 17:58

## Catford

126 Ran  
Pos Gen  
13 13 Gary Sullivan 22:07

## Cootehill

54 Ran  
Pos Gen  
18 13 Joseph Brady 23:53

## Congleton

225 Ran  
Pos Gen  
4 1 Elkie Mace 18:14

## Crystal Palace

247 Ran  
Pos Gen  
3 3 Alastair Locke 18:07  
27 2 Cara Stedman 21:35  
28 3 Belinda Cottrill 21:35  
32 5 Kim Hainsworth 21:48  
58 53 Bob Bell 23:29  
104 10 Clare Wyngard 25:32  
106 96 Michael Dodds 25:39  
142 118 Paul Hodge 27:34

## Dulwich

280 Ran  
Pos Gen  
21 19 Andrea Ceccolini 19:16  
91 76 Graham Laylee 23:26  
123 23 Hannah Harvest 24:42  
213 147 Mick Mead 30:06

## Eden Project

338 Ran  
Pos Gen  
35 7 Laura Vincent 21:37

## Foots Cray Meadows

64 Ran  
Pos Gen  
62 41 Chris Vernon 54:31

## Hilly Fields

190 Ran  
Pos Gen  
11 10 Ian Lilley 20:29

## Horsham

406 Ran  
Pos Gen  
8 8 Edward Harper 18:35

## Milton Keynes

615 Ran  
Pos Gen  
238 50 Sharon Erdman 27:27  
151 47 Carolina Lilley 30:56

## Northwich

251 Ran  
Pos Gen  
19 18 Rob Cope 21:39

## Oldbridge

126 Ran  
Pos Gen  
16 15 Gower Tan 21:02

## Orpington

168 Ran  
Pos Gen  
41 35 Colin Frith 25:34  
74 58 Peter Jackson 28:50

## Peckham Rye

202 Ran  
Pos Gen  
3 3 Joe Farrington-Douglas 19:26  
12 12 Justin Siderfin 20:28  
17 1 Michelle Lennon 21:09  
22 2 Yvette Dore 21:37  
25 22 Alex Bazin 21:39  
27 4 Emma Ibell 21:44

## Richmond

422 Ran  
Pos Gen  
156 129 Barrie John Nicholls 25:55

## Riddlesdown

166 Ran  
Pos Gen  
19 3 Ange Norris 21:56

## Seaton

284 Ran  
Pos Gen  
5 5 Joe Twomey 18:56  
85 16 Jenny Ross 24:58

## Sheringham

200 Ran  
Pos Gen  
5 1 Hayley Seddon 20:49

## Shipleigh Country

196 Ran  
Pos Gen  
1 1 Andy Bond 17:55

## Southwark

155 Ran  
Pos Gen  
62 55 Paul Keating 25:18

## Tooting Common

319 Ran  
Pos Gen  
144 127 Ian Sesnan 25:58

## Wakefield Thornes

277 Ran  
Pos Gen  
83 6 Claire Barnard 25:10

## Whitstable

369 Ran  
Pos Gen  
1 1 Edward Chuck 16:32

**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.

Jan 1<sup>st</sup>**Bakewell**

199 Ran

Pos Gen

72 20 Marjorie Epson 24:43

**Beckenham Place**

258 Ran

Pos Gen

1 1 Andy Bond 16:51

162 127 Peter Jackson 27:43

**Bexley**

618 Ran

Pos Gen

38 1 Tereza Francova 22:34

**Bromley**

612 Ran

Pos Gen

363 267 Peter Jackson 28:51

**Canons Park**

225 Ran

Pos Gen

5 5 Des Crinion 19:05

**Catford**

205 Ran

Pos Gen

3 3 Andy Bond 17:10

27 26 Gary Sullivan 22:02

70 60 Stephen Smythe 25:20

**Dulwich**

613 Ran

Pos Gen

1 1 Edward Chuck 15:47

2 2 Lewis Laylee 16:04

16 16 Thomas South 17:47

27 27 Oliver Cooper 18:45

28 28 Edward Harper 18:47

34 34 Joe Twomey 18:56

35 1 Ali Campbell 18:58

49 48 Mark Foster 19:32

50 49 Eugene Cross 19:35

57 56 Ebe Prill 19:49

61 60 Tom Shakhli 19:56

64 63 Matthew Cooke 20:06

83 3 Belinda Cottrill 20:48

86 82 Hugh Balfour 20:53

98 93 Justin Siderfin 21:08

116 6 Anna Thomas 21:29

118 112 Gower Tan 21:32

127 7 Michelle Lennon 21:42

133 124 Matthew Ladds 21:46

142 133 Alex Bazin 22:05

150 10 Yvette Dore 22:24

173 162 Graham Laylee 22:50

177 12 Lucy Pickering 22:55

189 176 Ajay Khandelwal 23:22

192 15 Emma Ibell 23:25

202 184 Paul Hodge 23:36

204 186 Bob Bell 23:41

216 193 Edward Simmons 24:02

242 214 Hugh French 24:53

287 248 Michael Dodds 25:54

295 43 Clare Wyngard 26:09

300 44 Jenny Ross 26:17

301 45 Sharon Erdman 26:18

302 46 Hannah Harvest 26:20

303 47 Claire Barnard 26:21

322 54 Joanne Shelton Pereda 26:46

426 106 Elizabeth Begley 29:02

449 121 Karina Burrowes 29:38

**Foots Cray Meadows**

226 Ran

Pos Gen

33 4 Tereza Francova 23:09

**Gladstone**

184 Ran

Pos Gen

6 6 Des Crinion 19:01

**Greenwich**

298 Ran

Pos Gen

19 18 Stephen Smythe 20:27

**Hilly Fields**

262 Ran

Pos Gen

7 6 James Burrows 19:35

8 7 Ian Lilley 19:44

27 26 Stephen Smythe 21:28

34 3 Kim Hainsworth 21:50

186 56 Carolina Lilley 31:58

**Horsham**

453 Ran

Pos Gen

112 98 Gary Budinger 24:34

**Kingsbury Water**

792 Ran

Pos Gen

195 28 Susan Cooper 25:05

**Maidenhead**

278 Ran

Pos Gen

39 3 Laura Vincent 23:07

**Mole Valley**

292 Ran

Pos Gen

2 2 Paul Devine 19:03

**Mullum Mullum**

323 Ran

Pos Gen

13 1 Tess Bright 21:40

## Orpington

155 Ran

| Pos | Gen |                |       |
|-----|-----|----------------|-------|
| 13  | 13  | Toby De Belder | 21:32 |

## Peckham Rye

548 Ran

| Pos | Gen |                        |       |
|-----|-----|------------------------|-------|
| 24  | 24  | Joe Twomey             | 18:46 |
| 31  | 30  | Joe Farrington-Douglas | 19:20 |
| 39  | 38  | Eugene Cross           | 19:32 |
| 44  | 42  | Ebe Prill              | 19:45 |
| 53  | 51  | Edward Harper          | 19:57 |
| 72  | 70  | Gower Tan              | 20:42 |
| 73  | 71  | Hugh Balfour           | 20:43 |
| 76  | 4   | Kim Hainsworth         | 20:47 |
| 78  | 5   | Michelle Lennon        | 20:51 |
| 84  | 78  | Justin Siderfin        | 21:01 |
| 87  | 7   | Belinda Cottrill       | 21:05 |
| 107 | 99  | Alex Bazin             | 21:43 |
| 117 | 9   | Emma Ibell             | 22:05 |
| 122 | 11  | Yvette Dore            | 22:11 |
| 133 | 119 | Tom Shakhli            | 22:32 |
| 159 | 19  | Eleanor Simmons        | 23:14 |
| 209 | 180 | Bob Bell               | 24:24 |
| 221 | 32  | Claire Barnard         | 24:43 |
| 240 | 41  | Joanne Shelton Pereda  | 25:11 |
| 255 | 208 | Paul Keating           | 25:35 |
| 269 | 50  | Jenny Ross             | 25:58 |
| 281 | 54  | Clare Wyngard          | 26:17 |
| 282 | 228 | Michael Dodds          | 26:19 |
| 317 | 251 | Ajay Khandelwal        | 27:32 |
| 332 | 73  | Hannah Harvest         | 28:05 |
| 384 | 98  | Karina Burrowes        | 30:10 |
| 385 | 287 | Matthew Ladds          | 30:12 |
| 537 | 198 | Susan Vernon           | 37:04 |
| 547 | 346 | Chris Vernon           | 51:42 |

## Pocket

519 Ran

| Pos | Gen |               |       |
|-----|-----|---------------|-------|
| 5   | 5   | Buzz Shephard | 18:18 |

## Riddlesdown

165 Ran

| Pos | Gen |             |       |
|-----|-----|-------------|-------|
| 2   | 2   | Tony Tuohy  | 18:38 |
| 21  | 3   | Ange Norris | 21:27 |

## Roundshaw Downs

260 Ran

| Pos | Gen |             |       |
|-----|-----|-------------|-------|
| 1   | 1   | Dylan Wymer | 17:21 |
| 10  | 10  | Tony Tuohy  | 19:08 |
| 78  | 9   | Ange Norris | 24:20 |

## Southwark

427 Ran

| Pos | Gen |              |       |
|-----|-----|--------------|-------|
| 193 | 154 | Paul Keating | 25:27 |
| 412 | 166 | Susan Vernon | 39:31 |
| 423 | 249 | Chris Vernon | 51:51 |

## Sutton Park

580 Ran

| Pos | Gen |              |       |
|-----|-----|--------------|-------|
| 132 | 10  | Susan Cooper | 24:38 |

## Tilgate

563 Ran

| Pos | Gen |               |       |
|-----|-----|---------------|-------|
| 1   | 1   | Jacob Cann    | 17:19 |
| 15  | 1   | Kate Drew     | 18:53 |
| 104 | 97  | Gary Budinger | 23:17 |

## Tooting Common

426 Ran

| Pos | Gen |                 |       |
|-----|-----|-----------------|-------|
| 1   | 1   | Unknown Athlete | 17:12 |
| 3   | 1   | Lucie Custance  | 17:34 |
| 182 | 144 | Ian Sesnan      | 25:31 |





### **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**

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.

### **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 [ebepri@yahoo.co.uk](mailto:ebepri@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](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 have received items in time for Christmas the latest date to place an order was Sunday 25th November. Orders placed after that date we will of course try to oblige but may not be able to post in time.

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

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

## DULWICH RUNNERS CLUB KIT

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

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

*Upcoming events.*

Watch this space

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Instagram

Dulwich Runners are on Instagram....So if you would like to photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, or Jonathan Whittaker who will take care of it!

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

## Rehydration !

After your run come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

## Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004

[ola.balme@btinternet.com](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)



# Dulwich Runners Winter Map 14



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

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