



SHORTS

Dulwich Runners AC

Weekly Newsletter

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

Sat 2 Catford parkrun - Club champs

Tue 5 Crystal Palace track

In your SHORTS this week !

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

And much more !

Like us on Facebook @dulwichrunners

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

our website: 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 to go on the mailing list

Updated expenses policy can be found here:

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

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.

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

A brief look ahead

- Feb 2 Catford parkrun - club champs
- Feb 9 Surrey League Xc - men Lloyd Pk - women Richmond Pk
- Feb 26 England National Cross country Champs - Leeds

NEW RUNNERS ROTA

A big thankyou to **Joseph Brady, Richard Criag-McPheely, and Teresa Northey** for running with new people last night
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

James Burrows

Yvette Dore

Sharon Erdman

30/01

06/02

12/02

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	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 Xc Champs		Harewood House, Leeds
Mar	2	Surrey League Xc 1pm	Women	Lloyd Park
	10	Virginity 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	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	
Oct	6	Regents Park 10k	short	Regents Park, London

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

2019 Club Championships

The nine club championship races for 2019 have now been agreed (four long, five short) with four dates to be confirmed. To complete and qualify for the champs you must run at least 5 events, including at least one from each distance category.

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

Men's Surrey League Cross Country - 9 February

Final Surrey League fixture on 9 February at Lloyd Park, Croydon. Please note the earlier start time of 1.30pm. After 3 matches we remain in second position overall, but following our weaker showing in January, our lead over Fulham, in 3rd place, is only just over 100 points, so there is all to play for. Hopefully many of our leading scorers, injured in January, will be sufficiently fit to return, and we are looking for a strong showing from potential scorers and non-scorers alike to demonstrate our commitment to our supporters and the opposition. Those who kept their numbers after the last race are reminded to bring them, though to be fair to Wayne he turned up in good time last time with his number before having a good run.

Start and finish areas are close to Lloyd Park tram stop toilets and a cafe there. Two lap course, around 5 miles in total likely to be heavy going in places, so if you are wearing spikes, 12mm is recommended; otherwise fell shoes, but not trail shoes if you want to stay upright. *Mike Mann*

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

Catford Parkrun - 2 February Volunteers Needed

Our first club championship event of the year is the Catford parkrun on 2 February. Since we will be adding to number of participants there, we have offered to provide some volunteers, so if you are not able to run your assistance and support would be greatly appreciated. If you normally help out at another local parkrun, think about coming to Catford instead that day. If you are able to help out please contact me Mike Mann at mcmann90@yahoo.co.uk

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

If you require any further information about any races in Shorts then contact your respective captains:

Men Xc: mcmann90@yahoo.co.uk

Men road: ebepriill@yahoo.co.uk

Ladies: dulwichladiescaptain@gmail.com

Surrey League - Ladies'

3rd match Saturday 9th Feb

Richmond Park TW10 5HS

11 a.m. start

5 miles

The third ladies' Surrey League cross country race is at Richmond Park. The start is 100m from the entrance to Isabella Plantation, across the road from the Broomfield Hill car park.

The course is 2 laps of the red route on parkland and

wooded trails. Spikes or trail shoes are recommended.

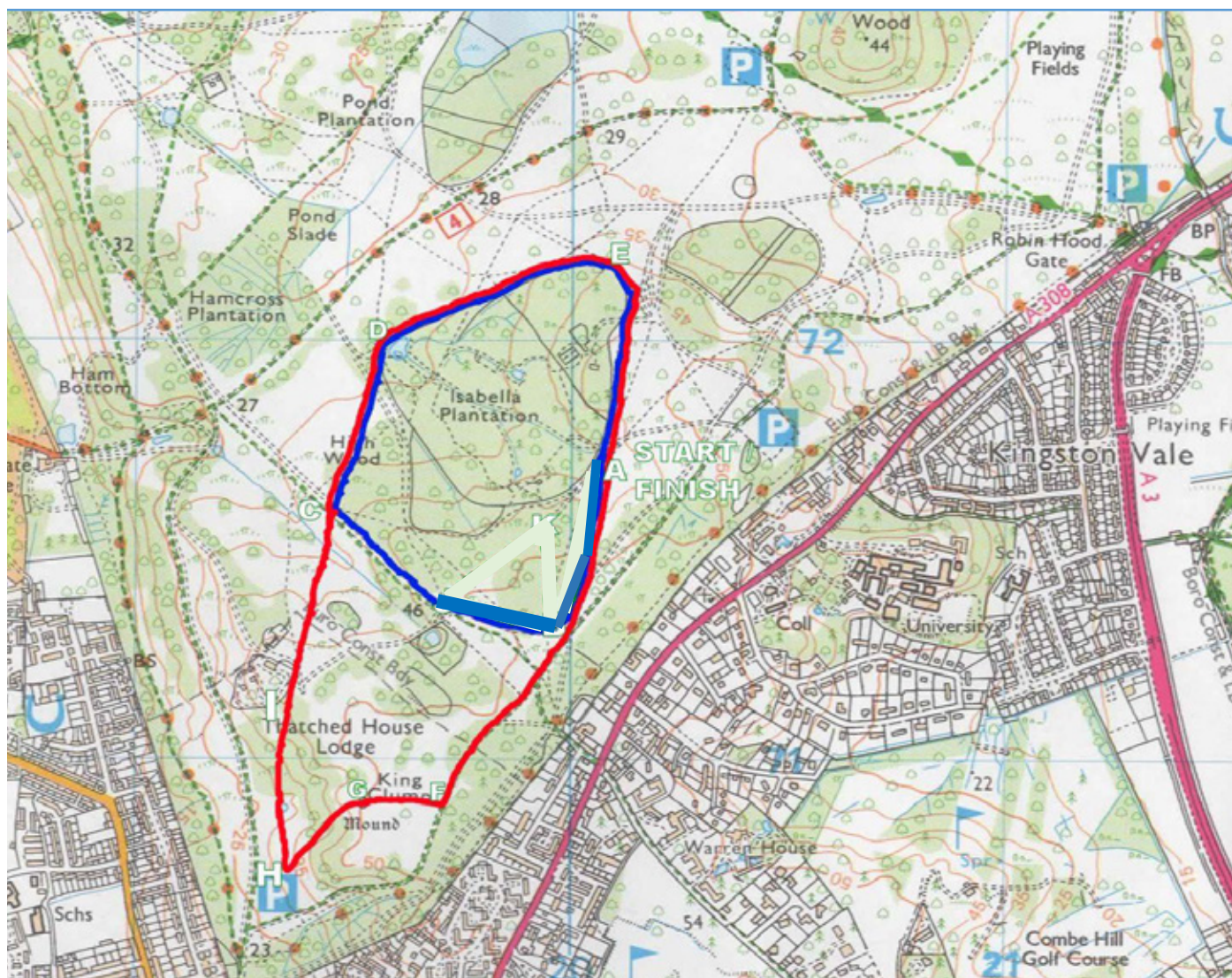
Getting there - parking is free at the Broomfield Hill car park and also at Robin Hood and Kingston gates. (Both 20 minutes walk from the start). Toilets are also at the Robin Hood and Kingston gates. Public transport details are here - <https://www.royalparks.org.uk/parks/richmond-park/visitor-information/opening-times-and-getting-here>

All ladies can run. Any who haven't yet run a Surrey League race this season need to let Ange and Ola know they want to run so they can be allocated a number in advance.

dulwichladiescaptain@gmail.com

Helpers

If any member can help on the day please let Ange and Ola know..



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/>

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 Jan 30	80 mins steady (30 secs a mile slower than goal mar. pace)
Thu Jan 31	12km of 1km relaxed then 5km at mar. pace, 1km relaxed, 5km of mar. 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 mar. pace
Mon Feb 4	40 mins easy or rest
Tue Feb 5	400m/800m reps
Wed Feb 6	60 mins steady (min. a mile slower than goal mar. pace)
Thu Feb 7	12km of 2km easy, 10km at slower than mar. pace with 30 sec bursts every km at 5km pace
Fri Feb 8	40 mins easy or rest
Sat Feb 9	Surrey League
Sun Feb 10	approx 2h 40mins slow (approx a min. a mile slower than goal mar. pace (21-23M))
Mon Feb 11	40 mins easy or rest
Tue Feb 12	Tues Feb 12: 2000m/200m reps

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	Hills
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	2 hours relaxed fast steady pace

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.

SEAA XC Parliament Hill

26/1/19

Senior Women

Another great women's turnout today with brilliant performances at the South of England. Elkie continued with another great run and was the first Dulwich Woman followed by Ange. There was great packing - Marta, Rebecca, Michelle, Katie and Anna all finished very closely together. Ola was struggling and was well down on previous performances. Lucy Pickering had a good run after her prize winning Boxhill Fell race, Lucy Clapp also seemed pleased with her run. Good runs from Yvette and Steph, who said she 'absolutely loved it!' Ros finished very strongly and Midge had a 'fun time' after recent injury.

Thank you to the support crew - Emma and Abbie, Helen, Kaylee, Barry, Mike, Jim, Gary, Andy and the men. There are so many great photos on Facebook, (Thanks photographers)

I don't think we dared walk in case it was caught on film!
Thanks to Mike for bringing and triumphing over the tent, he needed those pints.
- Ange Norris

42	Elkie Mace	31:09
182	Ange Norris	35:02
196	Marta Miaskiewicz	35:23
203	Rebecca Schuller	35:32
216	Michelle Lennon	35:51
228	Katie Styles	36:14
235	Anna Thomas	36:18
287	Ola Balme	37:23
293	Lucy Pickering	37:31
311	Yvette Dore	37:53
365	Lucy Clapp	38:54
446	Stephanie Landon	40:41
465	Ros Tabor	41:09
551	Midge Cameron	43:36

27th out of 45 teams
703 total number of finishers

South Of England Cross Country Champs

26 January

Senior Men

The general consensus was that conditions underfoot were the best for several years, giving a whole new meaning to dry January (though evidence from those in the Pineapple afterwards indicates that this fad had passed most people by). However there was some mud at the bottom of the first hill and the usual bumpy surface that makes Parliament Hill Fields such a challenging course. The 3 lap course for the men's race came out slightly short at around 14km.

The unduly early closing date for entries made it inevitable that there were some drop outs through injury, but nevertheless we had a good squad of 12 men, in

addition to the strong women's entry. This is the sort of course length and surface that suits Alastair Locke and he confirmed this with another strong run. Tom South led Des Crinion for almost all the race, but was caught on the final run-in to the finish, with both putting in good performances. Nick Wood seemed to find the challenging course to his liking with a strong run. Next to finish was Andrea Ceccolini, demonstrating his commitment to cross country in his first season, followed by Grant Kennedy, another who seemed to revel in the longer than usual distance.

Both Ross Rook and Gower Tan (whose name was back to front in the official results, though apparently this is not an infrequent occurrence), finishing in rapid succession, put in their best performances of the season, with Ebe Prill finishing close behind. Jonny Hough suffered a bit from running in trail shoes but promises to buy some spikes for our final Surrey League match at Lloyd Park. Hugh Balfour appeared to show no after-effects from his

exploits at Box Hill the previous weekend, while Mark Foster, in good heart as ever, found it a bit over-distance for him.

There were a number of supporters scattered around the course, including Barry Graham, Jonathan Whittaker, Steve Smythe, Bernard Imber, Graham Laylee, Lewis Laylee, Andy Murray, Jim Dowsett, Mike Mann as well as many of our ladies who had just completed their race, so there was no shortage of encouragement and advice.

-Mike Mann

283	Alastair Locke	56:00
369	Des Crinion	57:44
371	Tom South	57:46
530	Nick Wood	60:35
704	Andrea Ceccolini	63:39
744	Grant Kennedy	64:22
788	Gower Tan	65:08
789	Ross Rook	65:09
795	Ebe Prill	65:15
871	Jonny Hough	67:07
893	Hugh Balfour	67:36
932	Mark Foster	68:48

South of England Championships, Parliament Hill

January 26

*Steve Smythe writes...*The course was quicker and drier than normal but still testing in places and with the usual tough climbs.

The expected rain just about stayed away apart from a very brief shower.

Men's 15km (actually 14km)

17 entries were made (disappointing for a local championships) and 12 ran with some of the faster entries not showing. Alastair led the way easily with a controlled run while Des narrowly got the better of Tom.

Nick had a controlled run and Andrea thought he may have gone off too quick. Grant was his usual strong self and narrowly got the better of Tan, Ross and Ebe.

Jonny, Hugh and Mark completed the not so dirty dozen.

283	Alastair Locke	56:00
369	Des Crinion	57:44
371	Thomas South	57:46

530	Nicholas Wood	60:35
704	Andrea Ceccolini	63:39
744	Grant Kennedy	64:22
788	Tan Gower	65:08
789	Ross Rook	65:09
795	Eberhard Prill	65:15
871	Jonny Hough	67:07
893	Hugh Balfour	67:36
932	Mark Foster	68:48

1154 finished
Team 50th 3001 points

Women 8km (actually 7.5km)

The women outnumbered the men in terms of entry (20) and finishers (14) and they did far better in the team.

Elkie moved through strongly and her 42nd was the best by a club member for 4 years (Clare was 16th, 18th, 24th and 34th between 2011-2015).

Ange continuing to improve her fitness but down on her 113th from 2 years ago. Marta was not at her pre Xmas form but Rebecca had a strong finish to be final scorer.

She came through ahead of Michelle, Katie and Anna the latter starting particularly quickly.

Ola started slowly and worked her way through as did Lucy P, who also finished

strongly, while there were steady runs from Yvette, Lucy C, Steph, Ros and Midge.

42	Elkie Mace	31:09
182	Ange Norris	35:02
196	Marta Miaskiewicz	35:23
203	Rebecca Schulleri	35:32
216	Michelle Lennon	35:51
228	Katie Styles	36:14
235	Anna Thomas	36:18
287	Ola Balme	37:23
293	Lucy Pickering	37:31
311	Yvette Dore	37:53
365	Lucy Clapp	38:54
446	Stephanie Lundon	40:41
465	Ros Tabor	41:09
551	Midge Cameron	43:36

703 finished
Team 27th 623 points

Having waited two hours the previous week at Vets AC for a field with just 60 runners, the benefit of computerised results and chip timing was evident when at 4pm when over 300 men were still on the course I was given complete individual and team results from the first 9 races and a sheet of the first 800 men and 50 teams.

As I walked past the finish area, three of the Dulwich Runners on the sheet had only gone a few feet past the finish line and I was able to show them their position and time.

CROSS COUNTRY CHAMPIONSHIP

MEN 2018 - 2019

After 6 events - Best 5 events inc. 3 Surrey Leagues

	Surrey League 1	Surrey League 2	Surrey League 3	London Champs	South of Thames	Southern Champs	Running Total
	Richmond	Banstead	Mitcham	Parl. Hill	Beckenham	Parl. Hill	
	13/10/2018	10/11/2018	12/01/2019	17/11/2018	15/12/2018	26/02/2019	
Des Crinion	40	41	42	46	44	49	262
Alastair Locke	37	44		49	48	50	228
Nick Wood	36	36	40		43	47	202
Ed Chuck	50	50	50		50		200
Andrea Ceccolini	30	31	39	45		46	191
Ebe Prill	32	32		44	37	42	187
Jonathan Whittaker	44	46		48	46		184
Tom South	45		44	47		48	184
Gower Tan	22		33	40	36	44	175
Paul Devine	41	42	45		45		173
Ross Rook			32	41	35	43	151
Andy Bond	47	47	49				143
Wayne Lashley	46	45	47				138
Jonny Hough	29	33	35			41	138
Danny Mann	42		46		47		135
Ed Harper	43	43			42		128
Rob Hollands	38	39	43				120
Martin Double	23	29	30		34		116
Justin Siderfin	33	34	36				103
Grzegorz Galezia	24		34	43			101
Shane O'Neill	49	49					98
Jack Ramm			48	50			98
Hugh Balfour	27	30				40	97
Tim Bowen	48	48					96
Grant Kennedy					40	45	85
Mark Foster				42		39	81
Ian Lilley		38			41		79
Steve Smythe			37		39		76
James Burrows	34		41				75
Charlie Lound	39	35					74
Matt Cooke	35	37					72
Joseph Brady				39	32		71
Eugene Cross	31		31				62
Graham Laylee		28			33		61
Steve Davies					49		49
Mike Williams		40					40
Mike Mann				38			38
Joe Farrington-Douglas					38		38
Tony Tuohy			38				38
Bob Bell					31		31
Tom Poynton			29				29
Olivier Montfort	28						28
Colin Frith		27					27
Graham Little	26						26
Ed Simmons	25						25
Ed Smyth	21						21

events to come

Surrey League 4	Riddles down
Lloyd Park	parkrun
9/02/2019	16/03/19

CROSS COUNTRY CHAMPIONSHIP WOMEN 2018 - 2019 After 5 events - Best 5 events inc. 3 Surrey Leagues						
	Surrey League 1	Surrey League 2	London Champs	South of Thames	Southern Running Champs	Total
	Wimbledon 13/10/18	Nonsuch 10/11/18	Parl. Hill 17/11/18	Beckenham 15/12/18	Parl. Hill 26/2/19	
Ola Balme	45	49	46	46	43	229
Anna Thomas	40	46	49	41	44	220
Katie Styles	39	39	45	38	45	206
Elkie Mace	49		50	50	50	199
Lucy Clapp	38	41	43	34	40	196
Michelle Lennon	44	47		44	46	181
Rebecca Schulleri		44	47	43	47	181
Yvette Dore		40	42	40	41	163
Marta Miaskiewicz	48			48	48	144
Ange Norris	46			45	49	140
Emma Ibell	43	50		37		130
Lucy Pickering		45		39	42	126
Eleanor Simmons	37	42	44			123
Ros Tabor	36			33	38	107
Joann Selton Pereda	34	38		32		104
Clare Elms	50			49		99
Christina Dimitrov		48	48			96
Belinda Cottrill		43		47		90
Helen Lister	42			35		77
Anna Ward			41	36		77
Sharon Erdman	33	37				70
Hayley Seddon	47					47
Laura Vincent				42		42
Victoria Read	41					41
Midge Cameron			40			40
Stephanie Lundon					39	39
Midge Cameron					37	37
Hannah Harvest	35					35

Women - events still to come		
Surrey League 4	Surrey League 5	Riddles down
Richmond 9/02/2019	Lloyd Park 02/03/19	parkrun

Canterbury 10 Mile

27th January 2019

This fixture is usually a cold one and forecasts didn't dispel the idea that it would be any better this year. However the day actually turned out better weather wise than expected with the rain holding off even though the wind didn't. So Belinda (without Milo) and Bob set off into the Kent country side in reasonable conditions. First two miles are pretty much uphill with B settling into a 7.5 mile pace whereas Bob tagged onto to a group and ended up a bit slower than planned. Both of us passed a nasty incident of a lady who looked like she had broken her leg and was naturally in severe pain. Luckily this is a really well organised event and the marshal's

were already on it. As in most years recent rain meant not fording the river at the 4 mile mark but using the bridge didn't really slow anyone. Then its a two mile slog up a never ending hill finally arriving at one of the most exposed ridges you can find but its then downhill nearly all the way to the finish. Trouble was the wind was then smack in your face making it feel like two steps forward and one back. Belinda had a good run going under her 75 minute target time, Bob wanted sub 80 but ended off the mark, paying the price for a slow start, but was cheered on by Mike and Belinda who were waiting at the finish. **-BobBell**

118 Mike Fullilove	1:09:44 (Chip 1:09:38)
161 Belinda Cottrill	1:12:49 (Chip 1:12:37)
457 Bob Bell	1:24:07 (Chip 1:23:54)
1,411 ran	

Marrakech Marathon

A lot of people have told me not to run too many marathons and focus on quality rather than quantity, but since the club training schedule prescribed 23 miles for the Sunday run, I decided to go the extra mile (or three) and enjoy the pleasure of taking part in a race in an exotic location, rather than force myself to pound the streets of London. But not to disrupt the training plan too much, this time I wanted to control my pace until the end.

Another good reason to run the Marrakech was to do a dress rehearsal - I wanted to try out Kipchoge's carb-packed Maurten gels and my new Nike Zoom Flys.

The problem with the Zoom Flys is that you start to actually feel the effect of the inbuilt carbon plate working if you run fast enough. In my case the minimum speed to experience the benefits was 4:15 m/km, so this was likely to be a risk factor.

The gels turned out nice (and, I guess, effective). I never liked taking any gels, but, of course I've learnt it's a necessary evil. They had the consistency of jelly rather than gel, which was great, and had a natural sweetish taste - which was also great, because you didn't get any of the artificial sickening flavourings. Sipping them didn't actually make me feel sick, which was often the case with some other stuff.

When I checked in at the little riad in the winding streets of the old town, it turned out that there was a strong crowd of Polish runners and running supporters in my hotel.



They were spending most of their evenings on the roof terrace, applying the Polish understanding of Jack Daniels method, with the whiskeys they bought in the duty free shop. Since for me the race was supposed to be only a training one, I happily accepted their invitation and joined them.



A few other competitors - post hydration !

On Sunday morning I got up to a muezzin chanting from the neighbouring mosque. Having grabbed a quick roll and a snickers bar (couldn't find any proper shop and all the cafes were closed at the time) I set out jogging for the start line 2 km away. It was still dark, misty and quite chilly - 7 degrees, expected to go up to 20, but it stayed below 10 degrees all the way through. Normally you can't complain about weather like that, but this time the DR vest with no buff and no sleeves left me a bit shivery.

After a visit to a water-less and paper-less portalo, where marshals were distributing sandpit buckets full of water decanted from paint barrels, I proceeded to the start line.

It turned out that, apart from French, the Polish language was omnipresent. Ryanair's cheap fares make a huge difference for people's marathon destinations.

The field was quite small. The organizers claim there were 6 thousand people, but this included 5 thousand half-marathon runners, starting half an hour later. So there were not many people around you. The course was nice and flat. I recorded only one noticeable hill. The mist stayed on until the end and took away some of the attraction of the palm trees, olive groves and deserty bits we were passing by.

The mist made the atmosphere rather phantasmagorical - with sheep and camels

stoically watching the runners, or an occasional caravan passing by. I couldn't resist a few times and had to take out my phone to take some pictures.

All the time I tried to keep my pace at 4:30-4:40, without trying to speed up towards the end (like I did in Malaga). Only at the end, a Moroccan runner and I kept overtaking each other at the last kilometre or so. If you have no obvious contender, you run your own pace but if somebody is trying to overtake you or you feel you are able to overtake them, your competitive mode turns on. As a result I got carried away and my last split read 3:33 minutes per kilometre.

All in all, it was a good run. I did my Sunday run duty and managed not to wear out my body too much. I also tested the new gear, which I was generally happy about.

Putting running aside, Marrakech is a great city to visit, although some might find it a bit too tiring - with all the noise, pushy and sometimes annoying sellers, scooter bikes swishing by, cobra enchanters with their hard to appreciate flute tunes.



There's some amazing food to try, dominated by all kinds of tagines, shish kebabs, harira soup and Moroccan salad. But there are also delicacies for the more adventurous - like sheep's head, brain, tongue, tripe or snails. Personally, I got addicted to the delicious freshly squeezed fruit juices (only 40p a glass!). The only culinary problem was no beer to celebrate the marathon. But luckily there were the Polish followers of Jack Daniels school always happy help you out on the roof terrace.

113 Grzegorz Galezia 3:13:53

Jan 26^h

Ally Pally

372 Ran			
Pos	Gen		
126	18	Teresa Northey	25:37

Beckenham Place

204 Ran			
Pos	Gen		
4	1	Clare Elms	19:01
6	5	Stephen Smythe	19:27

Bexley

500 Ran			
Pos	Gen		
8	8	Michael Fullilove	20:51

Brockwell , Herne Hill

464 Ran			
Pos	Gen		
24	24	Jamie Nicol	19:54
79	72	Cameron Timmis	22:01
136	116	Graham Laylee	23:51
183	151	Andy Murray	24:52
292	83	Sharon Erdman	28:03
294	210	Alex Haylett	28:09
323	96	Natalie Davys	28:49

Burgess

524 Ran			
Pos	Gen		
333	84	Michelle Key	27:13
519	324	Chris Vernon	44:38
523	199	Susan Vernon	48:38

Bushy

1379 Ran			
Pos	Gen		
424	363	Barrie John Nicholls	24:41
1344	556	Lindsey Annable	47:56

Catford

223 Ran			
Pos	Gen		
3	3	Joe Farrington-Douglas	19:11
11	11	Justin Siderfin	20:34
17	16	Gary Sullivan	21:06
99	81	Paul Keating	26:27

Clapham Common

814 Ran			
Pos	Gen		
315	269	Ian Sesnan	25:34

Crystal Palace

405 Ran			
Pos	Gen		
11	11	Tom Wilson	20:29
12	1	Belinda Cottrill	20:35
77	73	Bob Bell	23:50

Dulwich

478 Ran			
Pos	Gen		
2	2	Stephen Davies	16:54
18	1	Ali Campbell	18:25
27	2	Hayley Seddon	19:24
34	4	Chloe Green	19:47
36	32	Edward Simmons	19:49
45	41	Matthew Ladds	20:04
46	5	Kim Hainsworth	20:05
77	69	John Dudding	21:20
81	72	Daniel Mann	21:27
191	169	Michael Dodds	24:15
223	32	Charlotte Sanderson	25:03
231	38	Hannah Issett	25:20
299	64	Karina Burrowes	27:46
377	263	Mick Mead	30:44
475	174	Clare Wyngard	54:35
477	175	Susan Cooper	54:37

Highbury Fields

443 Ran			
Pos	Gen		
443	286	Paul Collyer	54:16

Holkham

168 Ran			
Pos	Gen		
12	9	John English	22:23

Hull

674 Ran			
Pos	Gen		
120	112	Paul Hodge	24:15

Orpington

181 Ran			
Pos	Gen		
35	31	Colin Frith	25:28

Peckham Rye

467 Ran			
Pos	Gen		
84	10	Madi Robinson	22:57
98	85	Gideon Franklin	23:27
250	66	Claire Steward	27:42

South Norwood

169 Ran			
Pos	Gen		
3	3	Andy Bond	17:23
106	78	Peter Jackson	28:38

Wimbledon Common

525 Ran			
Pos	Gen		
205	33	Claire Barnard	26:05

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



Socks only £5



Bufs/snoods - only £6



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.



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 4

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

10.2 miles / 16.4 km - 151m elevation

7.2 miles / 11.6 km - 94m elevation

5.5 miles / 8.9 km - 55m elevation

All routes go anti clockwise

Green - keep going
to cut out the Rye



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