



SHORTS

Dulwich Runners AC

Weekly Newsletter

January 8th 2020

www.dulwichrunners.org.uk

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

Wed 8	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 14	Crystal Palace Track - starts @ 7.10 warm up taken by Elkie Mace, Anna Thomas & Katie Styles, main session Steve Smythe @ 7.25 see below for cost and new payment system

In your SHORTS this week !

- 1 General information
- 2 Surrey League maps and info for Saturday
- 3 Fixture list & upcoming races etc
- 6 Reports, results etc
- 8 parkrun times
- 11 Club kit
- 14 Map for tonights runs

And much more !

Like us on Facebook @dulwichrunners

Connect with us:



TRACK SESSIONS

Crystal Palace Track

Warm up drills at 7:10pm with Elkie Mace then 7.25 main session with Steve Smythe.

£2.50 for members (non members the standard £4.45)

No trackside payment - Either pay at reception...(You may be asked for proof of membership) or Online at:

<https://www.better.org.uk-leisure-centre-london-crystal-palace-crystal-palace-national-sports-centre>

Thursdays morning sessions

speed-hill work mostly on grass taken by Steve Smythe.

Start 11:15 - 11:30 in various local parks.

There is no fee. Suitable for all standards.

steve.smythe@athleticsweekly.com to go on the mailing list



LUCKY VEST



tonight in the clubhouse

Wear your Dulwich Runners vest or t-shirt for the club run on the first Wednesday of any month and you'll go into a free draw and could win the £5 cash spot prize !

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

When I became Chair of Dulwich Runners,

the club was celebrating its 25th anniversary.

This summer we will be celebrating 40 years!

I have decided that it is time for me to stand down as Chair, so I will not be going for re-election at the AGM in March. I have really enjoyed my time, but it's time for someone else to take over.

I am happy to discuss the role with anyone interested, and thank you all for your support over the years.

Ros Tabor - ros.tabor49@gmail.com

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN IN & 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

Jan 11 Surrey League XC - mens and womens

Jan 25 South of England Xc champs - Parliament Hill

See full fixture list for more events and details



NEW RUNNERS ROTA

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

Many thanks to **Clare Norris** for taking out new runners on Dec 18th

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

If you're on the list please try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know asap. - Thanks. - Ros

Sonja Jutte

08/1

Ebe Prill

15/1

Ian Sesnan

23/1

Jo Shelton

30/1

Rehydration !

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

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>

Mens' Surrey League Xc Beckenham Place Park 11 January - 2:30pm start

We are looking for a good turnout for this third fixture at Beckenham Place Park which we are co-hosting with Kent AC. Note the earlier than usual start time of 2.30pm. The start is located at the bottom of the hill not far from the main vehicle entrance, but the finish is near the gate closed to vehicles at the bottom of the hill. We have a small room booked at the back of the house (see details below) but you are advised to leave bags close to the finish area. Numbers can be collected from either Barry Graham or myself close to the finish area where runners are likely to congregate with banners erected there. Please ensure that you arrive in good time as several of us will be busy with the organisation and in any event you'll need to warm up properly. Any new members wishing to take part should contact Ebe Prill or myself beforehand.

ebeprill@yahoo.co.uk
mcmann90@yahoo.co.uk

UPDATE

A room has been booked at the back of the Mansion, the Garden Cafe. Please do not use the front doors as there is another function in the main atrium, but follow the signs that will take you round the back of the house. Please remove muddy shoes and do not use it for changing or storing bags as the room is only small. Bags can be left and tents erected close to the finish area. Toilets at the top of the stairs and also next to the new Stable Yard Cafe, opposite the car park. Refreshments available at the Garden Cafe and the Stable Yard Cafe, there is a good range of craft beers.

Help needed please

Thanks to those of you who have come forward so far but we need some additional volunteers to act as marshals on the course at Beckenham Place Park this Saturday 11 January, particularly club members not planning to run.

The ladies are running on Wimbledon Common at 11am so those prepared to help out can go by train from Wimbledon Common to Beckenham Junction, changing at Herne Hill or by tram.

Contact me if you are able to help.
mcmann90@yahoo.co.uk

The course, as of Monday 6 January, is drying out nicely. The first 500m before the road crossing is quite soft and muddy in places, but at present the course is suitable for 9mm spikes or studded shoes.

Start and finish close to the Mansion, Beckenham Place Park, BR3 1SY

First aid: Medical Despatch

Organisers: Kent AC and Dulwich Runners AC

Start times: U13s 1.30pm, U15/17s 2pm, Senior Men 2.30pm

Course: for senior men is two laps around 5 miles total. Mostly well drained grass and some mud, also some short gravel paths, which runners cross over. A number of climbs and descents. Course is marked with marker posts, marshals stationed at key points. Suitable for spikes/ cross country fell shoes.

Facilities: Toilets close to the White House Mansion, no changing facilities, a new cafe at the Stable Yard, just down the hill from the Mansion towards the vehicle entrance. No muddy shoes in The Mansion. Take your shoes off before going inside.

Travel Beckenham Junction rail and tram station is about 10 minutes walk from the start, and Beckenham Hill station is slightly closer. Use public transport if possible. Limited metered parking at the new car park close to the Mansion, and parking is available on the residential streets outside the park, but not on the private roads beyond Foxgrove Road on the south western edge of the park.

Declarations and Results

Club team managers must allocate bib numbers for their runners in advance via the Clubs page on the Surrey League website. Results will be uploaded on the Surrey League website as soon as possible after the race.



Ladies' Surrey League this Saturday 11th - 11am start

Wimbledon Common

5 miles - 2 laps

Start/finish is adjacent to The Causeway and West Place on Wimbledon Common.

Nearest post code is Fox and Grapes pub, Camp Rd, SW19 4UN.

Toilets and cafe - Windmill car park, five or ten min. jog from the start.

Lots of you have already run Surrey League this season, so just turn up - bring your number if you have kept it.

If you want to run and haven't told us, let us know and we can allocate you a number.

You only need be a member of the club, no EA needed.

Expect mud especially if it rains this week, spikes or trail shoes recommended.

We'll meet near the start. Please arrive at least half an hour before the start so we can give out numbers and have time to warm up



DULWICH RUNNERS 2019-20 FIXTURES

Further information about races will usually be here in SHORTS and or announced on a Wednesday club night.
Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

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

Road & other

Cross country

Club Champs

Assembly League

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

2020 Club Championships Races

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

15 Feb Dulwich parkrun short
 1 Mar Vitality Big Half long
 26 Apr London Marathon (or alternative) long
 15 Jun Sri Chinmoy 5km, Battersea Park short
 18 Jul Richmond Summer Riverside 10km long
 late July/early August tbc SOAR Mile short
 13 Sep Second Sunday of Month 5M trail, Wimbledon Comm. short
 18 Oct Cabbage Patch 10 long
 4 races to qualify from a total of 8 including at least one from each distance category.

Ken Crooke Cross Country Champs

Will include the following events in 2019-20

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

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

Marathon Training

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

National Cross Country Champs

22 February

We currently have 17 men and women signed up for the National Cross Country Champs taking place at Nottingham on 22 February. Entries will close very soon so if you would like to be entered, now is your final opportunity to contact your captains. dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk or ebprill@yahoo.co.uk

Suggested training in coming weeks.

For those doing London or Brighton Marathons, it is suggested that the marathon build up starts next week, so maybe don't overdo it this weekend - especially if you are doing the league race. - **Steve Smythe**

Wed Jan 8	60 min. steady at one min. a mile slower than marathon pace (or a min. a mile slower than HM pace if not marathoning)
Thu Jan 9	7 mile tempo run - alternating HM and slower than marathon pace per mile (a min. mile slower than HM pace) so could be 6:15-6:30 and 7:15-7:30 for a sub-3 runner or 5:50-6:00 and 6:50-7:00 for a 2:45 runner etc or 45 min. with middle 15 min. at HM pace
Fri Jan 10	short run with strides or rest
Sat Jan 11	Surrey League
Sun Jan 12	2 hours slow (a min. a mile slower than marathon pace) or 90 min. if not doing marathon
Mon Jan 13	short run or rest
Tue Jan 14	6-7 x 800m at 5km pace with one to two min. recovery or 200m slow jog
Wed Jan 15	50-60 min. at one min. a mile slower than marathon pace (or a min. a mile slower than HM pace if not marathoning)
Thur Jan 16	5 miles acceleration run - ie for sub-3, miles of 8:00, 7:40, 7:20, 7:00, 6:40
Fri Jan 17	short run with strides or rest
Sat Jan 18	parkrun or hills Sunday Jan 19 13-15 miles at steady pace
Mon Jan 20	short run or rest
Tue Jan 21	15 x 400m at 5km pace with one min. to 90 seconds recovery or 200m jog

Adidas Shoe trial

Welcome to a unique opportunity to try out one of adidas' newest running shoes for free, with zero obligation to buy. On Wednesday 5th February, our local adidas representative Emma will be coming to the club with the new Ultraboost 20 for you to try.

You will be able to use them for the entire run, and simply hand them back afterwards.

The Ultraboost 20 is a high-performance shoe featuring a foot-hugging knit upper. Stitched-in reinforcement is precisely placed to give you support in the places you need it most. The soft elastane heel delivers a more comfortable fit. Responsive cushioning returns energy to your stride with every footstrike for that 'I-could-run-forever' feeling.

Often when trying on new shoes people respond with, 'Well they feel good now, but you only really know if they're right when you take them for a run outside.' Well, now's your chance.

Big Half Sun 1st March 2020

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



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

Box Hill Fell Race

The following DRs have entered this year's race:

WSEN Ros Johnson, Becca Schulleri, Katie Styles
Anna Thomas, Laura Vincent

W40 Jo Shelton Pereda

W60 Claire Steward

MSEN Max Catterall, Des Crinion, Alastair Locke
Jack Ramm, Ross Rook,

M40 Tom Wilson, Graham Little

M50 Gower Tan, Andrea Ceccolini

M60 Hugh Balfour

I think this is a record number. If anyone is injured or has a subsequent engagement and can't run, please let me know asap as I have had at least one inquiry about swapping in.

My email is hugh@christchurchpeckham.info

Remember spikes are not allowed, but given the amount of rain recently, it will be very slippery, therefore fell shoes are a must. (Inov8, Walsh, Salomon are the main brands)

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



Surrey League

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

Distance

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

Scoring

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

Surrey League entry

To take part inform your captains so we can pre-enter men & women. Men and women use the same numbers for the entire season, so either give them to your captains after the race, or take them home,

in which case you must bring them to the next race. Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

Other Races

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

Which races to go for

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

Other races are medium priority, but you are encouraged to compete for your eligible county in the Surrey and Kent county champs and Masters champs. We would also like a good entry in the two South of Thames races and the South of England champs. Other non high priority high races eg: SEAA relays and Reigate Relays. Note that Lloyd parkrun, 28 Sep is the first race in the Ken Crooke cross country champs (see below for further details).

Entry for other races

Apart from Surrey League for nearly all other races captains have to submit entries in advance of a deadline, details of which will be put in Shorts, by email and Facebook, requesting those interested to

put their names forward, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race and substitutions are not permitted.

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

Footwear

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

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

Ken Crooke championships

2019-20 will include the following:

4 Surrey League races

Lloyd parkrun, 28 Sep.

London Champs, Parliament Hill, 16 Nov.

South of Thames 5M, Morden Pk, 23 Nov.

South of England champs, 25 Jan.

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

For further information please contact your captains at:

dulwichladiescaptain@gmail.com

or mcmann90@yahoo.co.uk

or ebepriill@yahoo.co.uk

Want your race results and reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

Kent Champs Brands Hatch

Lucy bronze in u20s. Women fourth and men ninth in Kent Championships

January 4

Steve Smythe writes having first ran in the Kent Cross-Country Champs in I think 1971 at Aylesford Paper Mills, this was my 50th Kent Championship I attended but this time fitness issues dictated that it was purely in a spectating role but I did consider running at one stage when it looked like we might be a runner short of a scoring team.

I have never quite understood why the club generally puts such an emphasis on the Surrey League but fails to show the same commitment to the county event (Kent or Surrey, which was also poorly supported) when almost everyone else in other clubs, regards the county championships as a far more important event though Dulwich are hamstrung a little by the team being split over two counties.

We have though traditionally done well in the women's race, often medalling and winning a few individual medals too (Clare won the race in 2011 - probably her most proudest win at any event) and this year saw daughter Lucy win her first individual medal.

The race is held on a twisting course and field beside the famous race track though it is a little boring for the men with four laps with a tough drag at the end of each lap It was surprisingly firm after all the recent rain and only cut up in a few places, but was windy and the lap was slightly longer than usual.

Under 20 women (6.1km)

It was Lucy's first race since finishing third in the Kent Championships 1500m in May after being injured most of the Summer and Autumn but a few good weeks training recent weeks, had given her a seemingly good chance of medalling in her final year in the juniors.

In windy conditions, she was at the back

of a group of a dozen that went through the first mile in six minutes, but when the pace picked up, she fell off the lead group. At the end of the first of two laps, she was fourth under-20, 15 seconds back on the then bronze medallist Lara Atkinson, who was second in the 1500m in May and looked the favourite based on the programme.

On the second lap, Lucy quickly closed the gap on Atkinson and went into third and by the finish had stretched the margin to 24 seconds, looking strong, despite her long break from competition. In the mean time her Mum had probably done about 50 races!

Both the two runners ahead were not in the programme for the under-20 race but just the senior race, but were seemingly allowed to officially move into the junior race otherwise it could have been a gold rather than a bronze, which was still easily her best ever cross-country performance.

3 Lucy Elms 25:12
34 runners combined U17/U20

Senior Men (12.1km)

In his previous two Kents, Andy was 54th and 58th but here he almost doubled his position with his one of his best runs on the country.

He started fast - had a mid race wobble but then finished strongly to make the top 30 - a rarity for a Dulwich man in the event. He finished as first M45.

Kevin also had his best county race by some distance and had a very strong second half and finished 72nd.

Matt was not quite at his best after a break from training and was not able to stay with Kevin on the second half but still had a good run.

Andrea was also not at his best and though a few minutes down on last year (the course was longer) he finished in around the same position.

Tom had a good second half until his calf pulled near the finish and he hopped home on one leg.

Mike made his usual quick start and though slowing, held on well.

The team finished ninth and would have been higher had Buzz's car not broken down on the way to the race.

29 Andy Bond 44:13 (1M45)
72 Kevin Chadwick 49:16
85 Matthew Cooke 50:21

126 Andrea Ceccolini 53:47
129 Tom Wilson 54:22
159 Mike Fullilove 58:05
9th team. 200 runners.

Oscar Hussey (running for Blackheath) was just ahead of Kevin in 70th in his first Kent senior.

Dad Duncan was watching and looking well after recent chemotherapy and other spectators included John McGlashan.

Senior women (8.35km)

This was a high quality race won by the National champion Emily Hosker-Thornhill from defending champion Lucy Reid.

Clare, who was probably only running as she was there to support Lucy, started sensibly and then moved through alongside Katy Rowland of Kent.

On the last lap they passed international Anna Weston, who won the Kent Leagues this year, but Clare was not quite able to match Katy on the last hill and settled for seventh., which was far higher than anticipated after looking through the programme and all the medallists and internationals entered.

Kim had one of her best Cross-country races in recent years in a rare off-road appearance and made the top 30 with a well paced-run. Emma, currently in excellent form, ran strongly to be the third scorer in the 3 to score event which saw the team finish fourth, not too far off the medals.

Yvette had a steady run but making the top 40 was still an advance on her previous best of 58th.

Laura was not at her fittest at the moment and completed the team but was still well within the top half of the field.

Unfortunately despite having a dozen eligible runners, we were one short of a runner in the six to score and would have almost certainly finished third had Elkie not been nursing an injury or Ange or Teresa (spectating) not been unwell.

7 Clare Elms 33:55
27 Kim Hainsworth 37:29
33 Emma Ibell 38:12
40 Yvette Dore 38:35
54 Laura Vincent 39:57

TEAM (3 to score): 1 Ton 17; 2 Kent 35; 3 M&M 51; 4 Dulwich Runners 67; 5 Dartf 95; 6 Beckenham RC 105
117 finished

Surrey County Cross Country Champs

5 January

Men's race

Mike Mann writes...Most agreed that the course at Denbies Vineyard is by some way the most attractive and enjoyable on the cross country circuit. Vineyards thrive on well drained chalky soil and the course was near perfect, mostly soft without being muddy, though with some stony sections early on which were uncomfortable for those wearing spikes. It was a shame about the hills but you can't have everything, and vines are generally planted on south facing slopes.

The course is very close to the North Downs Way with good views of Box Hill. With a new start and finish area the course

Women's race



Ola Balme writes..We had a small contingent of Dulwich runners. The general feeling was that it was an enjoyable run. We had the privilege to run in and around the Denbies vineyard. The organisation and support was great along the course.

Sara led the team in another brilliant run. Ola was further back but slowly returning back to form. Sonja was very pleased with her run in her

impressive new spikes, Midge enjoyed her run and looked very good in the finishing straight. Lindsey is back running cross country "I'd entered as I loved the setting but was feeling a little apprehensive before the start as I hadn't been training enough.

Book Review: Endure – Mind, Body and the Curiously Elastic Limits of Human Performance – Alex Hutchinson (Harper Collins)

The year was probably in the early 1990s and the 10km club championship was coming to my home town, Croydon. Not the quickest of courses, but one that I knew well and was able to recce in detail as the race loomed closer; I knew every slight undulation, every pothole and the racing line.

We started running and I dropped into a good rhythm, making the most of my local knowledge. At 5 miles I finally spotted a mile marker, 28 minutes, and I knew that I was on for something special. However, in the last mile, I felt like I was slowing but knew that this was likely to be a big PB on a far from easy course with training beforehand being nothing special. So where had that 34:50 come from?

Time travel forward some 30 years and I'm on a cruise ship in a Norwegian Fjord 250 miles inside the Arctic Circle; the Polar Night taking away all signs of the glorious scenery for the next three days at least. So, reading it is then!

The book I've brought with me is by a Canadian who runs, but this is not a running book. It's the story of how scientists in various disciplines started to look for the ultimate limits of human endurance. Yet, time and time again they came up against barriers which seemed to be self-imposed not physical. In experiment after experiment, the brain subconsciously prevented the body from working to full capacity (often no more than 65% despite apparently giving full effort). Not, as you'd expect, at the end of a race but we pace ourselves from the start without knowing it. How often do we feel that we've give our all, only to find a sprint finish at the end? There was

was longer than usual, and certainly longer than the South of Thames course at Lloyd Park. Unlike the women who a 100% turnout, the men's team was decimated by the nasty heavy cold/flu like virus going around.

Martin Belzunce enjoyed the firm ground, finishing over a minute faster than at Lloyd Park. With family commitments Paul Devine is only managing 2 or 3 runs a week, but nevertheless had a strong run. Gower Tan was slightly faster than at Lloyd Park, as was Mark Foster. I was slower possibly due to a lack of competition around me or withdrawal symptoms from lack of mud, having passed a number of runners by early in the second lap, and almost lapped by Lewis Laylee, running for HHH and finishing in an excellent 19th place in a time of 43:50

76	Martin Belzunce	49:26
120	Paul Devine	52:58
140	Gower Tan	54:52
154	Mark Foster	56:23
188	Mike Mann	65:02

Once out on the course thoroughly enjoyed it and can't wait to do it again when I am fitter". We had team refreshments afterwards and catch up.

55	Sara Roloff	38.41
77	Ola Balme	40.28
106	Sonja Jutte	45.56
108	Midge Cameron	46.34
120	Lindsey Annable	49.56

Crystal Palace Canter 5Km

7 January

This month's event in which 7 club members competed took place in mild breezy conditions and featured a tight finish between 4 of our runners.

Mike Mann

1	Neville Webb	22:33
2	Mike Mann	23:24
6	Barry Graham	26:51
9	Clare Wyngard	28:48
10	Peter Jackson	28:49
11	Claire Steward	28:50
12	Mike Dodds	28:52

clearly more in the tank that the brain was saving.

A lot of the stuff that we think we know about training and race prep has been shown to have at best a placebo effect. But it often works, just not in the way we think! Another strategy is to trick the brain into releasing more resources by distracting it from the "pain" messages it gets. Pain being no more than a subjective, situation-dependent phenomenon to alert the brain – it doesn't always mean that you're damaging yourself. Paula Radcliffe used to count in the latter stages of a marathon apparently.

The other interesting area is around brain endurance training. You'll need to read the book to find out more, but there is some evidence that spending time on repetitive brain games that leave you mentally exhausted actually helps improve performance. The theory is that it helps you to cope better with the growing mental conflict during a race between your conscious desire to run faster and the brain's attempts to stop you from harming yourself by keeping an excessive safety margin.

The take away message from the book is that we spend time poring over Garmin stats (or is that just me?) trying to make connections between the training inputs and racing outputs yet the reality is far more complex and we have to factor in the brain as well. As that day in Croydon demonstrated, sometimes the brain lets the brakes off and we can run nearer to our potential, but the reality of that 5-mile split suddenly put the brakes on again.

I enjoyed the book and will no doubt take in more if I read it again after a break. There is a growing body of evidence that the biggest limits are almost hard wired inside our heads and affects even elite athletes although to a lesser extent. The book is certainly thought provoking and I would definitely recommend it. **Dave West**

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

Aberdeen

260 Ran
 Pos Gen
 8 8 Alex Loftus 19:40

Banstead Woods

228 Ran
 Pos Gen
 12 12 Tony Tuohy 19:36
 18 18 Paul Devine 20:04

Bromley

673 Ran
 Pos Gen
 176 140 Colin Frith 24:06
 330 239 Peter Jackson 27:58

Brockwell , Herne Hill

197 Ran
 Pos Gen
 2 2 Shane Donlon 18:19
 8 8 Edward Simmons 19:26
 16 16 Mark Foster 20:11
 32 3 Anna Thomas 21:50
 116 81 Desmond Edwards 28:13

Bexley

358 Ran
 Pos Gen
 20 20 Michael Fullilove 21:46

Bethlem Royal Hosp.

76 Ran
 Pos Gen
 19 17 Stephen Smythe 24:50

Brockenhurst

271 Ran
 Pos Gen
 31 1 Katie Styles 21:15

Brandon Country Park

144 Ran
 Pos Gen
 13 13 James Auger 21:53

Burgess

260 Ran
 Pos Gen
 209 59 Stephanie Burchill 31:59
 247 87 Susan Vernon 42:25

Cabinteely

166 Ran
 Pos Gen
 1 1 Timothy Bowen 17:21

Catford

135 Ran
 Pos Gen
 1 1 Andy Bond 17:43

Crystal Palace

287 Ran
 Pos Gen
 4 4 Lewis Laylee 17:58
 19 2 Rosalind Johnson 20:52

28 3 Yvette Dore 21:17
 35 32 Austin Laylee 21:36
 50 8 Belinda Cottrill 22:22
 73 61 Graham Laylee 23:26
 101 84 Bob Bell 25:05
 186 53 Jenny Bomers 29:19
 187 54 Clare Wyngard 29:20
 188 134 Michael Dodds 29:21
 285 171 Chris Vernon 52:30

Dulwich

360 Ran
 Pos Gen
 30 29 Gower Tan 18:48
 31 30 Andrea Ceccolini 18:53
 37 3 Kim Hainsworth 19:12
 46 42 Tom Shakhli 19:51
 55 5 Sara Roloff 20:17
 86 7 Kay Sheedy 21:40
 89 8 Charlotte Sanderson 21:47
 95 10 Victoria Read 22:09
 142 122 Joe Wood 24:38
 158 132 Barrie John Nicholls 25:12
 173 36 Lindsey Annable 25:49
 209 49 Colleen Williams 26:53
 258 182 Mick Mead 29:37

Eastville

372 Ran
 Pos Gen
 15 14 Joe Farrington-Douglas 19:32

Hampstead Heath

238 Ran
 Pos Gen
 45 4 Tess Bright 23:43

Henstridge Airfield

182 Ran
 Pos Gen
 8 8 Jonny Hough 19:45

Letchworth

140 Ran
 Pos Gen
 39 37 Matthew Ladds 27:11
 67 12 Karina Burrowes 30:39

Long Eaton

424 Ran
 Pos Gen
 28 2 Michelle Lennon 20:16

Lydiard

494 Ran
 Pos Gen
 32 1 Ellie Balfe 20:36

Malling

306 Ran
 Pos Gen
 306 124 Tereza Francova 52:49

Millhouses

396 Ran
 Pos Gen
 99 8 Madi Robinson 23:18

Milton Keynes

646 Ran

Pos Gen
 454 130 Lauren Gill 33:09

Newcastle

444 Ran
 Pos Gen
 176 155 Sam Mattu 24:43

Oldbridge

107 Ran
 Pos Gen
 6 6 Des Crinion 20:52

Peckham Rye

199 Ran
 Pos Gen
 22 4 Emma Ibell 21:26
 89 15 Midge Cameron 24:58
 103 83 Miles Gawthorp 26:09
 122 26 Michelle Key 27:26

Perry Hall

134 Ran
 Pos Gen
 4 4 Joe Twomey 18:59

Riddlesdown

132 Ran
 Pos Gen
 1 1 Dylan Wymer 19:03
 19 4 Ange Norris 24:04

Sloughbottom

267 Ran
 Pos Gen
 9 9 Camilo Martin Vargas 19:23

Southwark

211 Ran
 Pos Gen
 131 94 Paul Keating 28:53

Squerryes Winery

97 Ran
 Pos Gen
 2 2 Oscar Hussey 20:19

Stratford-Upon-Avon

342 Ran
 Pos Gen
 48 43 David Benyon 21:28
 105 12 Emma Kelly 24:13

Wakefield Thornes

238 Ran
 Pos Gen
 64 8 Claire Barnard 25:15

Weymouth

533 Ran
 Pos Gen
 230 187 Barry Graham 26:50

Woodley

432 Ran
 Pos Gen
 158 29 Hannah Harvest 25:41

January 1

Aberdeen

630 Ran
Pos Gen
30 29 Alex Loftus 19:32

Alvaston

585 Ran
Pos Gen
1 1 Andy Bond 16:37

Beckenham Place

359 Ran
Pos Gen
59 55 Stephen Smythe 21:48
153 129 Peter Jackson 25:00
156 26 Carys Morgan 25:02

Bexley

721 Ran
Pos Gen
42 40 Michael Fullilove 21:45

Brighton & Hove

859 Ran
Pos Gen
273 228 Gary Budinger 24:53

Bromley

729 Ran
Pos Gen
151 133 Stephen Smythe 22:21
487 343 Peter Jackson 29:53

Burgess

405 Ran
Pos Gen
394 159 Susan Vernon 39:20
402 237 Paul Keating 49:40
403 238 Chris Vernon 49:40

Canons Park

264 Ran
Pos Gen
13 12 Des Crinion 20:14

Catford

286 Ran
Pos Gen
4 4 Kevin Chadwick 19:30
149 33 Tereza Francova 27:58

Congleton

325 Ran
Pos Gen
87 12 Marjorie Epton 24:57

Dulwich

714 Ran
Pos Gen
2 2 Buzz Shephard 16:06
8 8 Thomas South 16:47
25 24 Shane Donlon 18:00
44 41 Eugene Cross 18:41
51 48 Edward Simmons 19:08
55 51 Alastair Locke 19:14
60 56 Gower Tan 19:28
62 58 Tom Shakhli 19:33

63 59 James Brown 19:34
72 68 Mark Foster 19:58
73 5 Ellie Balfe 19:58
86 79 Justin Siderfin 20:23
90 83 Joe Twomey 20:29
105 10 Michelle Lennon 20:56
120 107 Matt Webb 21:19
121 14 Anna Thomas 21:19
131 15 Helen Lister 21:26
135 119 Neville Webb 21:33
141 125 Cameron Timmis 21:38
145 18 Victoria Read 21:44
150 20 Yvette Dore 21:50
195 168 Michael Mann 22:49
210 31 Belinda Cottrill 23:12
211 32 Emma Ibell 23:12
236 197 Miles Gawthorp 23:43
262 218 Bob Bell 24:26
285 50 Claire Barnard 24:49
328 70 Hannah Harvest 25:28
345 270 Barry Graham 25:46
380 90 Lauren Gill 27:13
429 115 Charlotte Sanderson 28:15
487 138 Elizabeth Begley 30:02
525 162 Clare Wyngard 31:00
526 364 Michael Dodds 31:02

Gladstone

249 Ran
Pos Gen
10 10 Des Crinion 20:26

Greenwich

467 Ran
Pos Gen
227 51 Tereza Francova 28:06

Hazlehead , Aberdeen

431 Ran
Pos Gen
15 14 Alex Loftus 19:47

Hilly Fields

328 Ran
Pos Gen
14 14 Ian Lilley 19:33
38 4 Kim Hainsworth 21:10

Hove Promenade

833 Ran
Pos Gen
52 50 Joe Farrington-Douglas 18:50
257 226 Gary Budinger 23:24

Markeaton

831 Ran
Pos Gen
1 1 Andy Bond 16:55

Mole Valley

229 Ran
Pos Gen
4 4 Paul Devine 20:29

Newbury

719 Ran
Pos Gen
45 43 Matthew Ladds 20:55

250 45 Karina Burrowes 27:09

Old Deer Park

296 Ran
Pos Gen
137 23 Lindsey Annable 27:16

Peckham Rye

558 Ran
Pos Gen
24 24 Kevin Chadwick 18:55
28 28 James Brown 19:18
34 34 Eugene Cross 19:26
36 35 Joe Twomey 19:29
40 2 Kim Hainsworth 19:39
47 45 Gower Tan 20:03
53 3 Michelle Lennon 20:12
90 82 Justin Siderfin 21:39
95 87 Tom Shakhli 21:50
96 88 Matt Webb 21:50
108 13 Belinda Cottrill 22:15
113 16 Emma Ibell 22:30
163 136 Bob Bell 23:53
210 175 Miles Gawthorp 24:55
236 49 Claire Barnard 25:33
249 54 Hannah Harvest 25:46
418 144 Clare Wyngard 29:34
419 275 Michael Dodds 29:34

Poolbeg

274 Ran
Pos Gen
255 119 Denise Brady 36:37

Riddlesdown

162 Ran
Pos Gen
8 7 Tony Tuohy 19:57
36 8 Ange Norris 22:57

Rondebosch Common

336 Ran
Pos Gen
1 1 Edward Chuck 16:30

Roundshaw Downs

253 Ran
Pos Gen
16 16 Tony Tuohy 19:54
65 8 Ange Norris 23:35

South Norwood

218 Ran
Pos Gen
75 11 Carys Morgan 26:00

Southwark

705 Ran
Pos Gen
473 337 Paul Keating 29:32
688 266 Susan Vernon 41:34
699 424 Chris Vernon 49:53

Tooting Common

516 Ran
Pos Gen
38 37 Jamie Nicol 20:25
227 174 Ian Sesnan 26:21

January 4

Bromley

885 Ran			
Pos	Gen		
210	191	Colin Frith	23:57
254	28	Claire Barnard	24:55
479	357	Peter Jackson	28:51
856	491	Kevin Chadwick	43:42

Burgess

766 Ran			
Pos	Gen		
744	287	Susan Vernon	40:53

Brockwell , Herne Hill

570 Ran			
Pos	Gen		
11	11	Shane Donlon	18:28
32	32	Austin Laylee	20:08
37	37	William Hooper	20:28
83	6	Anna Thomas	21:54
137	11	Lucy Clapp	23:26
267	217	Jamie Nicol	26:45
308	242	Edward Simmons	27:50
329	258	Desmond Edwards	28:23
342	76	Sharon Erdman	28:40
358	82	Clare Wyngard	29:07
359	277	Michael Dodds	29:09

Beckenham Place

255 Ran			
Pos	Gen		
66	60	Stephen Smythe	23:34

Crane Park

267 Ran			
Pos	Gen		
1	1	Thomas South	17:19

Crystal Palace

560 Ran			
Pos	Gen		
24	23	Alastair Locke	19:55
59	6	Helen Lister	21:56
65	8	Belinda Cottrill	22:09
77	10	Eleanor Simmons	22:32
79	69	David Benyon	22:36
117	104	Alistair Clarke	23:30
162	142	Bob Bell	24:31
213	35	Emma Kelly	25:35

220	37	Hannah Harvest	25:44
262	213	Andy Bond	26:48
330	79	Jenny Bomers	28:34

Dulwich

685 Ran			
Pos	Gen		
16	16	Tom Shakhli	17:47
28	28	James Burrows	18:22
32	32	Alex Loftus	18:32
33	33	James Brown	18:34
36	36	Grant Kennedy	18:41
37	37	Matt Wood	18:44
38	38	Michael Williams	18:45
64	63	Matthew Ladds	19:53
78	3	Sara Roloff	20:19
82	79	John Dudding	20:28
89	85	James Auger	20:45
124	7	Charlotte Sanderson	21:32
145	13	Kay Sheedy	22:07
376	79	Lauren Gill	27:36
491	359	Mick Mead	30:41
549	171	Stephanie Burchill	32:02

Eastville

702 Ran			
Pos	Gen		
283	58	Teresa Northey	27:19

Exeter Riverside

466 Ran			
Pos	Gen		
30	3	Katie Styles	20:56

Hackney Marshes

578 Ran			
Pos	Gen		
294	60	Ros Tabor	26:52
295	235	Andy Murray	26:53

Hazelwood

109 Ran			
Pos	Gen		
33	6	Lindsey Annable	27:49

Highbury Fields

482 Ran			
Pos	Gen		

117	108	Paul Collyer	23:21
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Leicester Victoria

488 Ran			
Pos	Gen		
94	10	Marjorie Epton	23:33

Lullingstone

45 Ran			
Pos	Gen		
45	15	Tereza Francova	48:52

Nova Prestatyn

184 Ran			
Pos	Gen		
183	96	Chris Vernon	52:26

Peckham Rye

489 Ran			
Pos	Gen		
19	1	Michelle Lennon	20:03
28	27	Alex Bazin	20:43
68	5	Helena Flippance	22:08
98	12	Madi Robinson	22:45
303	73	Michelle Key	28:30
409	132	Caroline Maynes	32:34

Rondebosch Common

733 Ran			
Pos	Gen		
1	1	Edward Chuck	16:18

South Norwood

192 Ran			
Pos	Gen		
58	7	Carys Morgan	24:59

Southwark

518 Ran			
Pos	Gen		
23	22	Justin Siderfin	19:40
340	226	Paul Keating	29:23

Tilgate

667 Ran			
Pos	Gen		
109	95	Gary Budinger	24:11

DULWICH RUNNERS CLUB KIT

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

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



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



Buffs-snoods - only £6

Socks only £5



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



The Beast from the East !

It's on the way!.. be prepared...
get yourself a bobble hat £15

ros.tabor49@gmail.com





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

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

Use your imagination to create something fantastic!

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

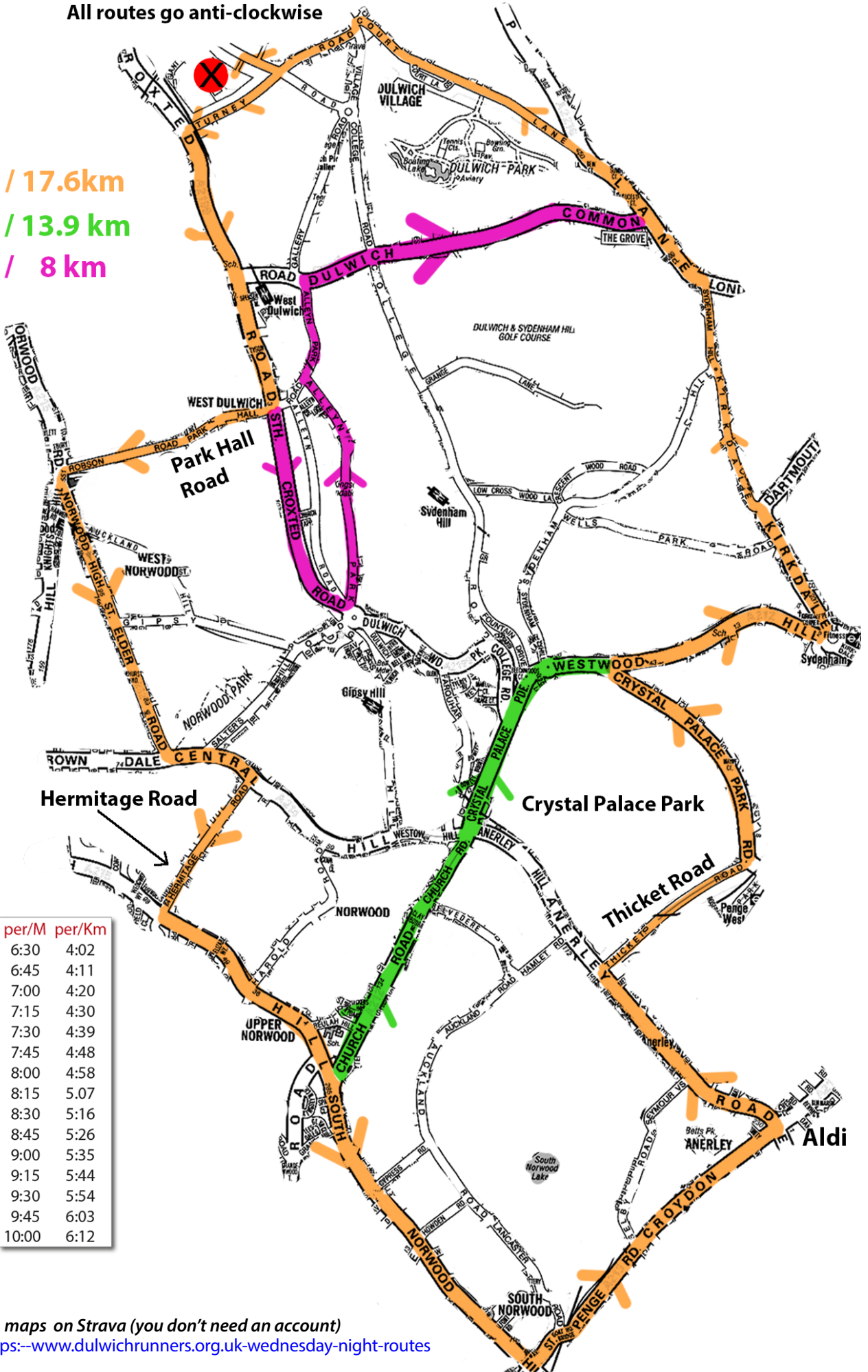
Dulwich Runners Winter Map 1

All routes go anti-clockwise

10.9 M / 17.6km

8.7 M / 13.9 km

5.0 M / 8 km



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