



SHORTS

Dulwich Runners AC

Weekly Newsletter

January 9th 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 9 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

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

Sat 12 Surrey League - Men @ Mitcham Common

Tue 15 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, County Xc results
- 7 Parkrun times
- 9 Club kit - New winter additions !
- 10 Social events etc -
- 11 Wednesday map + Strava links

And much more !

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our website: www.dulwichrunners.org.uk

Connect with us:



The Dulwich Runners AC Committee's

next meeting will take place on Wednesday 16 January.

If you have any items you would like added to the agenda for the committee's consideration, then do please email me **by midday on Tuesday 15 January.**

Many thanks - Yvette Secretary@dulwichrunners.org.uk

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

A brief look ahead

Jan 12 Surrey League - Men @ Mitcham Common

Jan 19 Vets AC Champs - Wimbledon common

Jan 26 Sth of Thames Xc (DR Xc champs) - Parliament Hill

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.

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.

The Drinks are on Chris

Please join me in the bar after the run on Wednesday to celebrate my 75th Birthday.

After a miserable year healthwise I am hoping for better this year. A new age group looms and an attempt on the club championship is on the cards, well someone has to be last!

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

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 09/01

Hugh Balfour 16/01

Joseph Brady 23/01

James Burrows 30/01

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
Jan	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	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	date tbc 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
3 or 10 June tbc	Sri Chinmoy 5k	short
16 June tbc	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, 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 Beddington Lane. Course around 8.3km of undulating terrain with some short sharp hills may be muddy and slippery. Spikes or fell shoes best but 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 (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

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

Box Hill Fell Race

Saturday 19 January

The following DRs have entered:

Men: Hugh Balfour, Des Crinion, Ed Simmons, Joe Farrington-Douglas, Mark Foster, Martin Double

Woman: Christina Dimitrov, Marta Miaskiewicz, Lucy Pickering, Katie Styles, Becca Schuller

If anyone can't do the race, please let me know as I know of 2 or 3 who missed the entry.

Email hugh@christchurchpeckham.info

Hugh Balfour - 07930 901 189

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

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/>



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 ebepriill@yahoo.co.uk or in person **by 31 January 2019**

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 targeting 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 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 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)

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.

Kent Championships Brands Hatch

January 5

Steve Smythe writes... A strong women's team and a not strong men's team competed in very cold conditions but on a much firmer course than in previous years and the women continued their run of great results this winter.

After winning medals in both the W35s and W45s in the Kent Vets last month, this time an all vets squad won medals in both the 3 and six to score team events taking bronzes behind strong squads from Tonbridge and Kent but ahead of the likes of Blackheath and Bromley, Medway and Maidstone and Cambridge Harriers.

Elkie Mace continued her good form to improve on her previous best of seventh three years ago to finish top five this time with a strong controlled run.

Past winner Clare Elms was still not back at her very best but ran to help the club and had a strong run, just having to ease back in the final mile and finishing eighth in her W55 cross-country debut.

There was a big gap to the third scorer. For most of the race Andrea Pickup was in that position but despite a strong second half, she could not quite hold off the usual powerful finishing strength of Ange Norris. Laura Vincent admitted she might have started too fast and she just about held off Emma who completed the scorers and a very good run from Yvette which just missed the scorers but the good packing enabled us to easily finish third.

Jo Shelton Pereda had another good run

to easily make the top 100.

On the plus side, we were actually well represented at the presentations with only one scorer missing - but it was actually only about 10 minutes after race end.

Women 8.35km

5 Elkie Mace	32:29 (1W35)
8 Clare Elms	33:04 (1W55)
31 Ange Norris	36:10 (2W55)
32 Andrea Pickup	36:23 (3W45)
53 Laura Vincent	38:09
55 Emma Ibell	38:13
56 Yvette Dore	38:18
82 Jo Shelton-Pereda	41:31

TEAM(3 to score): 1 Ton 10; 2 Kent 34; **3 Dulwich Runners 44;** 4 B&B 69; 5 M&M 96; 6 Central Park 103; 7 Folkestone RC 120; 8 Camb H 125. **(6 to score):** 1 Ton 65; 2 Kent 93; **3 Dulw 104**

U20 women 6.1km

Though short of training, Lucy Elms did well to make the top six and put herself in line for inter county selection in what was likely to be her last run for Blackheath as she missed out on team gold with Blackheath only fielding two of their seven entered runners.

6 Lucy Elms (B&B)	25:07
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Men's 12km race

It was good all who were entered ran (the same for the women) but unlike the women nearly all the vets who ran the Kent Vets did not bother to run here.

The course might be quite boring and the venue exposed and unreachable but it is disappointing that a county championships produces so little interest. Last year we had our best ever result of sixth (see *) but this year dropped to 12th

to be well down on the excellent Surrey men's team result.

Daniel Mann was two minutes quicker than last year and had another strong run. Matt Cooke continued his run of good form with a solid run to be second scorer. Steve Smythe, who first competed in the senior championships in 1979, when he was 27th, celebrated the anniversary by being first M60 by four minutes though was hampered by a calf spasm after a few miles which meant easing back a bit. He was nine seconds up on last year.

Andrea Ceccolini made a good Kent debut but was hampered by a tight hamstring on the last lap which enabled Steve to catch him in the last mile.

Mike Fullilove, making a rare cross-country appearance this winter, had a strong run and Bob Bell did well after an earlier parkrun to ensure we actually finished a team. It looked like we would be a man short when the organisers said there was five minutes before the off and Bob arrived minutes before the start with no spikes in his shoes and was persuaded not to put them in at that late stage as he would have missed the start by many minutes.

John McGlashan, who used to run himself back in the 70s, was the Dulwich supporter.

66 Daniel Mann	44:35
90 Matt Cooke	46:58
128 Steve Smythe	49:44 (1M60)
130 Andrea Ceccolini	50:04
152 Mike Fullilove	52:28
183 Bob Bell	59:08

*2018: 36th Greg H 43:36, 49th Buzz 44:23, 52nd Steve D 44:38, 58th Andy B 45:04, 71st Daniel 46:19, 82nd Tony T 47:21, 113th Steve S 49:53; 115th Lloyd 50:02, 205th Colin F 62:02

Surrey County Xc Champs

5 January

Despite some withdrawals through injury and illness, we managed to field a team of 9 men for these champs which rotate each year between Lloyd Park and Denbies Vineyard. Conditions were the best that most could recall at Lloyd Park at this time of year, with excellent ground conditions and very little mud resulting in faster than normal times over this 12k course. Weather conditions were pretty good, dry with no wind, though a little on the chilly side for spectators.

The conditions clearly suited Ed Chuck who had another high quality run, better than his performance in freezing Beckenham, finishing just outside the top 20. He was followed by Jack Ramm who also had an excellent run. There was a ding dong battle between Alastair Locke and Wayne Lashley with

Wayne tracking Alastair for much of the second part of the race. With less than 100m to go, Wayne switched on the after burners, but Alastair was able to respond with only a second between them at the finish. Tom South put another good performance, followed by Rob Hollands in a strong run. In a rare outing this season, Ed Simmons put in a solid performance while Gower Tan continued his improving trend. Jonny Hough was slightly down on his autumn performances. **Mike Mann**

22 Ed Chuck	40:58
56 Jack Ramm	43:58
73 Alastair Locke	45:09
74 Wayne Lashley	45:10
85 Tom South	46:15
96 Rob Hollands	46:32
160 Ed Simmons	51:22
177 Gower Tan	52:32
199 Jonny Hough	54:22

Tadworth 10

Sunday 6th January.

Couldn't really not enter this race- The start is less than 3 miles from my house and passes through my village en route. Furthermore the course is part off road and hilly- what's not to like as our regular roving reporter Tony T might say.

Tony has been a regular at this race in previous years and warned me it would be tough. A 2 lapper starting on Epsom Downs racecourse and then a very undulating MT course which goes through Walton on the Hill and then back to the Downs via a hilly off road climb. Fortunately conditions were benign and milder than what the poor souls who did the County XC champs had to endure the previous day.

I persuaded Alastair that it would be a good idea to join me, and thought my local knowledge might allow me to get a rare win over him especially as he had done the XC the day before. However he helpfully informed me the day before the race that he had actually done it before, so my bullish hopes were immediately dashed.

As ever he humoured me for a mile before windmilling off down

the first steep downhill leaving me way behind. However as we took the first hard climb I was soon level with him again- maybe this is my day I thought. As we went through Walton village where my wife and 3 year son were waiting to cheer me on, he accelerated again leaving me trailing in his wake in front of my family on my home turf- horrible man and I heard rumours my son cried, (this part may not be true...)

He opened a decent lead but but I still felt good and the aim was now just to keep him in sight for the remainder of the race. This went pretty according to plan as we both picked up a few places on the 2nd lap. After a very tough leg sapping climb between miles 8 and 9, Al had left something in the tank and picked up another place for a fine top 10 finish. I followed 40 seconds behind, and was pleased with my run in a time about 90 seconds quicker than what I was expecting.

As we were preparing to leave I noticed on the big screen that there were prizes for the first 3 V40 finishers, so decided to hang around on the off chance. Sure enough I'd managed 3rd M40 and a rare prize of a 40 quid voucher was mine. Lovely jubbly as Tony T would say.

9	Alastair Locke	61:52
11	Paul Devine (3rd M40)	62:32
	690 ran	

Last Friday of the Month 5k, Hyde Park

28th December

Tony Tuohy writes...The final outing of 2018 in the Last Friday 5k competition saw the usual handful of Dulwich Runners boosted to thirteen for the alternative two-lap course to avoid the Winter Wonderland mayhem in Hyde Park. Nearing the year-end Andy had realised he was in with a chance of winning the six-to-count overall age-graded championship; so for his sixth and final counter he gave it his best shot, recording his second best here of the year and ending equal best overall on age grading, a nice result.

Alastair's up-and-down comeback from injury is currently on the up; his excellent 16:55 is his best for three years and not far short of PB-level. Half a minute back Tom and me resumed friendly hostilities; after

both running poorly (five seconds apart) at Dulwich parkrun we both improved considerably and similarly here with the gap reduced to three seconds - I'm still on the receiving end. Rob has been recently looking to improve his four-year-old PB and was hunting down Tom and me - he achieved it in some style with a superb 20-second reduction, a fine run. Brand new W55 Clare's aim was to sneak in at year-end and top the 2018 W55 rankings as well as the W50s, and she did that with plenty to spare; in fact her 17:55 is only 14 seconds short of the UK record, which is hopefully now on borrowed time.

Helping her out on the same time, Ian turned in another consistent race, well up towards his best form. Lightly-raced James is training well and inching towards his best form of a couple of years ago. Ebe's 19:32 was decent for his current form while Michelle is still hunting PBs; her superb 20:33 fell a mere ten seconds short. Next was a startling run from Katie; fresh from her all-time best parkrun on Christmas Day she ran over half a minute faster for

21:00, a time she's only bettered once for last year's PB. Graham also reserved his best for this last appearance here of six this year, just a second short of his Assembly League season's best, and he was followed a minute later by Helen, obviously jogging about nice and easily at the moment...

Steve Smythe adds Clare's time (scoring a huge 97.5% on age grading) was a English W55 best as the only runner faster is a Scot (and on a notoriously fast much easier course).

13	Andy Bond	16:09
19	Alastair Locke	16:55
17	Tom South	17:25
29	Tony Tuohy	17:28
32	Rob Hollands	17:32 PB
41	Clare Elms	17:55 2 nd SL, 1 st W35-55
42	Ian Lilley	17:55
59	James Burrows	18:36
76	Ebe Prill	19:32
103	Michelle Lennon	20:33
114	Katie Styles	21:00
140	Graham Laylee	22:09
153	Helen Lister	23:22

Woodcote 10k

The Woodcote 10k is something of an acquired taste. Not only is the race normally held in the first week of January but the course is one of two very distinct halves. While the first 5km are almost exclusively downhill, the second half is an uphill slog and includes a continuous leg (and soul) destroying 2.5km climb to the finish.

As Woodcote is close to where I grew up and where my family still live, I have ran the Woodcote 10k several times. In 2007 I even managed to win the U17 category in, what was then, a record time of 39.55. It remains the only race I have ever won and somewhere in the loft I still have the little plaque.

With 100m of ascent, the Woodcote 10k is not a course for fast times but nonetheless attracts a strong field of local club runners looking to set a benchmark for the year ahead. I lined up alongside some swift looking runners with my complex race plan of: "try not to destroy your legs on

the downhill and then see what happens".

The first half was, predictably, a headlong downhill charge. I am not particularly good at running downhill and several people shot past me with the kind of technique (and reckless abandon) that would have made Tony proud. I reached the halfway mark in 17.20 (a 5k pb) which is testament to the downhill nature of the course and the fact I had paid absolutely no attention to my race plan.

At this point the gradient changed dramatically and the small group I was running with began climbing the evocatively titled Cat's Brain Hill. This is a short(ish) and sharp hill that opens up onto some beautiful views across the Chilterns and the next part of the course. I could just about see the lead car in the distance and what I thought was between seven and nine runners ahead of me.

The final quarter of the race is one long climb. Think Kirkdale but steeper, longer and -for some reason- part of a race. Each

bend revealed only more uphill and a few handfuls of hardy spectators who had walked down from the finish to enjoy the sight of runners in abject misery. A couple of the group I was running with suffered some fairly catastrophic detonations at this point and I was able to gain a few places.

The hill finally came to an end about 500m from the finish leaving just enough time for a lung-busting push to the line. I knew the race had gone well but I was surprised to see 36.30 on my watch a time that, if correct, would be a 10k pb by some 20 seconds. This was later confirmed as 26.28 (chip time) and a finishing position of 4th overall. While a good result, I couldn't help but wonder if I should have gone a bit faster at the very flat Victoria Park 10k last September...

The Woodcote 10k is everything good about a local village 10k. Cheap, well organised and with a challenging course. I can think of few better ways to start the year.

4 Edward Harper 36.28 (chip) 36.31 (gun)
380 ran (winning time 34.35)

Jersey Farm and the parkrun alphabet

Those of you who follow Suzannah and I on Strava will know that we have been busy ticking off the parkrun alphabet challenge over the last few months.

Those not familiar with the challenge, it's pretty simple. run a parkrun where the name of the parkrun begins with each letter of the alphabet. We're not doing it in any particular order but just around our busy lives and schedules.

So, for New Year, I needed an A and Suzannah a G so we did a Guildford – Alice Holt double (no small feat given the whisky shots at 2am in Tunbridge Wells followed by a 7:15 start to get to Guildford for 9!).

Most letters are within the M25 but there are a few you have to travel to tick off:

I – Ipswich or Inverness

J – up until very recently you had to go to Jersey but in November a new one started just outside St. Albans – Jersey farm [much to the disgust of some mates we're racing who went to Jersey for their J]

Q – Queen Elizabeth – there's one near Petersfield and one in Belfast

Y – York or Yeovil Montacute [luckily my sister is in Devon and my uncle in Bristol so we overnighted at one en route to the other]

X – none worldwide (yet)

Z – you have to go to Russia, Poland or Cape Town

A few facts from our journey / observations:

Largest field – Bushy

Hilliest / muddiest / hardest – Queen Elizabeth

Most agricultural – Killerton

Most scenic – Yeovil Montacute

Furthest travelled – Amager Faelled [Denmark – only Suzannah]

Regal runs – Royal Tunbridge Wells is the only 'Royal' parkrun in the world although there are a few Kings, Queens & Princes P1s along the way – Basingstoke, Eastleigh, RTW, Upton Court

Least interesting – Footscray Meadows, Old Deer Park, Upton Court (Slough) tied for this honour

So, I need a trip to Ipswich in February and then we're off to Cape Town at some point for a long weekend in the Spring.

Following these, the next challenges will probably be 50 different parkruns (a 'half Cowell' – I will not be buying a Cow snood however), all the parkruns within the M25 & Kent, and the finisher time bingo (every second from 00-59) etc

LLoyd Collier





Ally Pally

331 Ran
Pos Gen
7 7 Paul Collyer 19:47

Bakewell

221 Ran
Pos Gen
98 22 Marjorie Epton 26:47

Brockwell , Herne Hill

458 Ran
Pos Gen
43 42 Jamie Nicol 20:51
215 43 Sharon Erdman 26:28
325 222 Daniel Mercer 29:20
329 224 John Breslin 29:35

Bromley

759 Ran
Pos Gen
126 109 Colin Frith 22:54

Braunstone

530 Ran
Pos Gen
26 25 Hugh Balfour 20:33

Burgess

531 Ran
Three generations of Vernons ran Burgess on Saturday, my 275th parkrun, thanks to a double at New Year. Florence aged six was first home in a new PB by 20 secs, she is now approaching sub 29 mins. I have now visited 71 different parkrun venues the last being Foots Cray Meadows the other week where the two tailwalkers accompanying me had both suffered from Lyme disease, as I did last year, both of them were bitten by infected ticks in the South East London area so BEWARE

Pos Gen
528 333 Chris Vernon 48:27
529 196 Susan Vernon 48:29

Catford

215 Ran
Pos Gen
1 1 Andy Bond 16:43
12 1 Kim Hainsworth 20:36

Crystal Palace

430 Ran
Pos Gen
14 14 Tom Wilson 19:35
21 1 Rosalind Johnson 19:52
24 2 Belinda Cottrill 20:11
42 40 Martin Double 21:46
76 72 Bob Bell 23:08
111 9 Helen Lister 24:16
145 18 Clare Wyngard 25:06
146 128 Michael Dodds 25:07
148 19 Carys Morgan 25:11

244 198 Ameet Patel 28:18

Dulwich

473 Ran
Pos Gen
17 16 Joe Twomey 18:11
35 34 Ebe Prill 19:19
38 37 Justin Siderfin 19:38
57 55 Rob Cope 20:46
73 69 Gary Sullivan 21:23
115 103 Ajay Khandelwal 22:37
166 145 Tom Shakhli 24:04
230 43 Jenny Ross 25:41

Highbury Fields

373 Ran
Pos Gen
49 49 Matthew Ladds 21:15

Lloyd , Croydon

260 Ran
Pos Gen
106 94 Andy Murray 27:15
122 105 Peter Jackson 28:21

Lullingstone

66 Ran
Pos Gen
66 31 Tereza Francova 44:46

Peckham Rye

419 Ran
Pos Gen
41 40 Alex Bazin 21:14
135 22 Claire Barnard 24:51
202 47 Hannah Harvest 26:51
269 89 Karina Burrowes 28:49

Pocket

252 Ran
Pos Gen
2 2 Buzz Shephard 18:31
28 1 Gemma Custerson 22:48

Shanganagh

223 Ran
Pos Gen
65 58 Joseph Brady 24:06

Southwark

430 Ran
Pos Gen
150 123 Paul Keating 24:28
171 137 Ian Sesnan 25:17

Whitstable

442 Ran
Pos Gen
5 5 Eugene Cross 20:20

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.

Contacts

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

DULWICH RUNNERS CLUB KIT



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces and hoodies.
You just click on the link to the Dulwich Runners shop and purchase directly.
<https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html>
any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1/4 Zip Top

DULWICH RUNNERS CLUB KIT

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

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



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Sizes: small, large and Xlarge



Bufs/snoods - only £6

Socks only £5



SHORTS!

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



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



HOODIES CLEARANCE
ONLY £10 each

SOCIAL SPOT

P
O
T

Upcoming events.

Beer & Cheese matching

Wednesday 13th February at 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

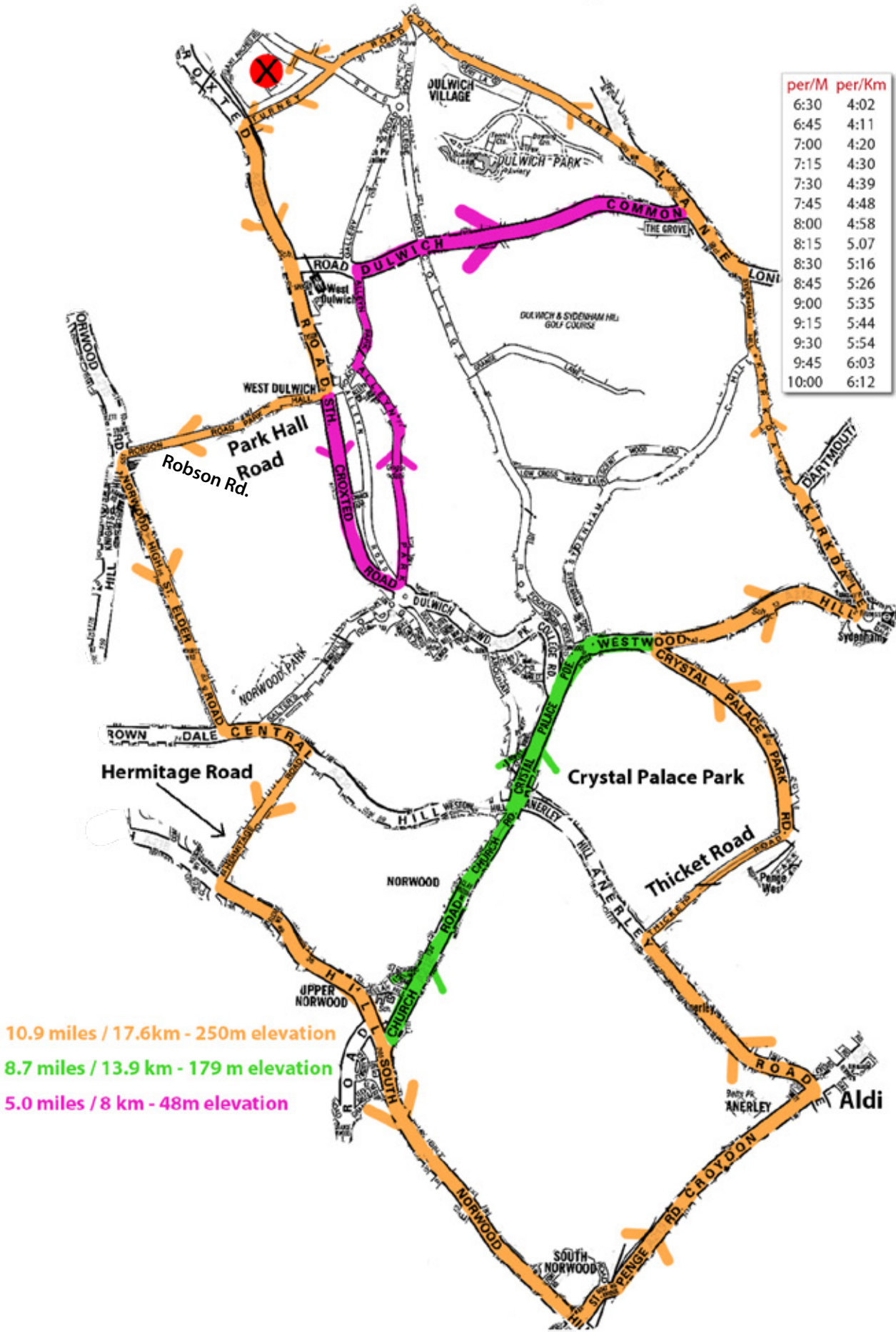


Instagram

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 1



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