



SHORTS

Dulwich Runners AC

Weekly Newsletter

November 13th 2019

www.dulwichrunners.org.uk

These are your SHORTS,

Please send your reports, running news & anecdotes to:

barry@bg1.co.uk or barry@1bg1.com

DEADLINE 17:30 TUESDAY

Wed 13	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 19	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 details on new payment system

In your SHORTS this week !

- 1 General information
- 3 Fixture list & race details
- 3 Upcoming races etc
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- 5 Reports, results - Surrey League - Ed loses shoe !
- 12 parkrun times
- 13 Social events etc...Club kit,
- 16 Wednesday route map

And much more !

Like us on Facebook @dulwichrunners

Connect with us:



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

A brief look ahead

Nov 16	London Xc champs - Parliament Hill
23	South of Thames 5M Xc - Morden Park
30	Kent Masters Xc champs - Dartford

See full fixture list for more events and details

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

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)



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).

Thank you very much to members who regularly volunteer to run with new people on a Wednesday even though its not their turn. Last week thanks go to **Gower Tan and Dylan Wymer** . 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

Stephanie London

Mike Mann

Andy Murray

13/11

20/11

27/11

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- Sign the attendance register and **pay £1**.
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. 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
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 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.

Road & other **Cross country** **Club Champs** **Assembly League**

2019	Race	Venue
Nov	16 London Xc Champs	Parliament Hill
	16 British & Irish Masters cross country,	Southport
	23 South of Thames 5 miles	Morden Park
	30 Kent Masters cross country champs	Dartford
Dec	7 SEAA Masters XC Champs	Horspath, Oxford
	21 South of Thames 7.5 miles 2pm	Lloyd Park
2020		
Jan	4 County cross country champs	Denbies Vineyard, Kent
	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
	22 England cross country champs,	Nottingham
Mar	21 England area 12 and 6 stage relays	t.b.c
Apr	4 National 12 and 6 stage relays	Sutton Park

If you require information about any races in Shorts, how to enter etc, contact your respective captains:
 Men road: ebepri11@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

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

London Champs - 16 Nov.

We have a large entry for these races at Parliament Hill on 16 November. Can you please ensure that you are there in good time to collect your numbers and chips from your team managers and check the conditions underfoot as this will help you decide what length spikes to use.

Post race drinks at the Pineapple pub nearby.

Cross Country In December

The cross country season is pretty busy throughout, but there are a few gaps in the fixture list during December, when there are some races which you may want to enter yourselves.

For those not competing in the Kent Masters champs the day before, there is the Pirie 10 on 1 December, organised by South London Harriers, and on 29 December there is an open race in Joyden's Wood Bexley, hosted by Cambridge Harriers. Details can be found on their respective websites.

Hogs Back Road Race

Sunday, 8 December 2019

An 11.4 km Guildford & Godalming Athletics Club road run around the Loseley Estate. The event has been held for 59 years. Race goes out of the estate along quiet roads, up The Mount (and along a short section of gravel track) for you to enjoy the views, then back into the Loseley estate. Take a look at your run trace and you'll have run the shape of a Hog.
<https://register.primoevents.com/ps/event/HogsBackRoadRace>

Masters Events

To aid your race planning please visit the masters page on the club website at: <https://www.dulwichrunners.org.uk-masters> to find details of events and dates up to summer 2020

Kent Masters Cross Country Champs - 30 Nov.

Taking place at the usual venue at Dartford on 30 November.

To enter, **contact your captains by 13 November.**

Eligibility by birth or residence; captains will be able to advise.

South of Thames 5 miles 23 November

Entries now closed for the London champs on 16 November, where it looks like we will have the highest entry for many years. The next event, also one of our club champs races, comes a week later, 23 November with the South of Thames 5m at Morden Park (start time 2pm).

To take part **contact your captains by 14 November**

Update

It is now your final chance to notify your captains if you would like to part in this race

SEAA Masters XC, 7 December

These champs take place at Horspath near Oxford on 7 December. There are 2 races: a 6km race for W40, 50 and 60 and a 10km race for the men. There are 3 to score in each of the 10 year age categories. We could do well both individually and as teams in some of the age categories but in the last few years not many have taken part.

To enter **contact your captains by 20 November**, and if you can contact others in your own age categories so that we have teams, even better.

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.



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 8k 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

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.

Surrey League Cross Country Women Mitcham Common

9 November 2019

by Sonja Jutte

What a glorious event in the wilds of Mitcham Common! The second Surrey League event of this winter season took place and it was a tremendous team effort with a total turnout of 17 ladies running on 9 November.

Team Dulwich gathered near the Team Tent (thank you Ola for bringing this!) and our Team Flag (thank you Yvette, our flag bearer in chief!). Numbers were issued and where necessary improvised (thank you Ange the Ladies' Surrey League running number archivist!).

From our little green tent race HQ various warm up groups set off – thank you Ange, Elkie and Anna for leading our mob of 17 runners through a range of warm up exercises. Soon, we heard a five minute warning – just enough time to de-layer and get to the start.

We set off promptly at 1pm for our two laps of Mitcham Common. An undulating course with three sharpish uphill and copious quantities of mud.... Just like cross country should be. The marshalls were fantastic and the vibe really supportive and inclusive. To ensure we didn't overheat, we were rewarded with some deliciously drizzly rain towards the end of the event.

Perfect! Post-race Patisserie was provided by Sharon. (Thank you Sharon!)

19	Elkie Mace	22.29
78	Marta Miaskiewicz	25.05
85	Emma Ibell	25.09
86	Ange Norris	25.11

98	Anna Thomas	25.32
102	Michelle Lennon	25.37
103	Jane Bradshaw	25.39
111	Yvette Dore	25.50
118	Sara Roloff	26.06
131	Ola Balme	26.45
132	Eleanor Simmons	26.48
186	Hannah Little	29.57
190	Katie Prior	30.10
193	Midge Cameron	30.20
204	Sonja Jutte	31.20
220	Sharon Erdman	32.35
228	Jenny Shutt	33.46

A team 14th

B team 8th

It was great to welcome Katie – two weeks into her time at Dulwich runners. And welcome back to Hannah Little, post having a baby. Big shout out to cheerleading Dylan and David our team photographer. And of course to Ange and Ola our fabulous ladies' captains who herded our 17 strong team today!

Surrey League Cross Country Div 1 Fixture 2 -Men Wimbledon Common

Tom South writes... The second fixture of the men's cross country took us to Wimbledon Common. This local fixture saw a small increase of runners from Dulwich Runners, while Clapham Chasers, Hercules and Belgrave had a much bigger increase being practically a home fixture for them. This was reflected in the size of the field compared to the first fixture at Effingham Junction. (278 finishers here at Wimbledon, compared to 228 at Effingham). The increase in numbers was reflected in the quality of the field.

Another bonus was this being a brand new course for the league and proper cross country, offering a good technical challenge for the runners to think about

while offering lots of good viewing points for spectators.

The start of the course was a mixture of very muddy paths and gravel paths for just over a mile, before a steep narrow climb followed by a steep descent. Then another steep descent through the woods and past the Wimbledon Windmill. After passing the lake there was a sharp right turn, leading to a steady climb. At the top of this climb, was an extra steep climb before a short steep descent to complete the lap. The course was a two lapper.

Due to the weather and the nature of the course there was much debate before the start over the choice of footwear. People were split between trail shoes and short spikes.

Leading the team in with a typically strong run was Ed Chuck. Though not completely happy with his run due to a stitch he placed an excellent 31st place.

Second man in and with probably his best cross country run for the club was Jack Ramm who has been steadily improving over the past year with regular training and should soon be even closer to Ed. Jack placed 36th.

Third man in was the evergreen Andy Bond.

Andy has been in stunning form of late and this race will put him in good stead for his debut in an England vest next weekend. He placed 77th.

Returning to form, after being ill leading into the last fixture and fourth Dulwich Runner home was Tim Bowen. As he gets fitter again, he will back up challenging Ed and Jack towards the front of the field. Tim placed 93rd.

Next in and returning back to form after a dip at Effingham was Shane O'Neil. He is in excellent shape and on for a good marathon performance next month. Placed 101st Sixth Dulwich runner in, was Tom South. Not quite as good as a performance as in Effingham. I wasn't confident enough on the downhill sections and had to work hard on the flat and uphill sections to try and regain people in front of me. Placed 128th. Making his first appearance of the season after being in Finland for a wedding for the first fixture was 'Mr Cross Country' Wayne Lashley. Wayne has been building up his endurance over the past few weeks after a summer spent track racing and had a strong run here and will get stronger as the season progresses. Placed 160th.

Chasing Wayne down hard and eighth Dulwich Runner in was Daniel Mann. After a couple of weeks holiday Daniel is not up to full fitness at the moment but will be stronger by the time the next fixture at Beckenham comes around. Placed 163rd.

Ninth man in was Martin Belzunce. This was his second appearance for the club in the Surrey League after joining the club at the tail end of the summer. Though running late to make the start in time he put in an excellent performance to place 165th.

To complete the scoring ten for the A team in his cross country debut for the club was Tom Shakli. He backed up his performance from the club champs 10km last week, to finish in 166th.

Leading the B team in was ultra runner Michael Williams. This was his first country since this time last year and will hopefully be able to compete in the next two fixtures and wasn't far behind Tom.

The next man in was Rob Holland, who was making his first appearance over the country this season, after missing Effingham due to illness. After interrupted training due to injury over the summer and recent illness Rob is gradually getting back to full fitness and will become stronger over the next few months. Placed 179th.

Not far behind Rob, was James Burrows, who is committed to running all the Surrey League fixtures this year. As with Rob he is also building his endurance up for London next year and is getting fitter all the time, placed 182st.

Closing James down fast, was regular cross country competitor Nick Wood. This was a typically strong run by Nick and placed 186th.

Matt Cooke was next in, and another club member who throws himself into the cross country fixtures for the club and is currently training for the Portsmouth Marathon on the 22nd December. Matt placed 195th

Following Matt in, was former cross country captain Charlie Lound. Charlie was nursing a hangover after attending Dulwich Hamlets FA Cup home game on Friday night and not up to his full fitness at the moment. Placed 196th.

Next in and making his first appearance over the country this season was Ian Lilley. Ian is building up his training for London next year and will surely improve as the season continues. Placed 200th

The next two runners came in very close

order. First, came Des Crinion, one of our north London members, who not as fit as he would like to be at the moment, but was strong enough to hold off Grant Kennedy. Grant is in excellent form at the moment after setting his 10km last weekend. Placed 205th and 206th.

Making his first appearance over the country this season was Joe Farrington Douglas. He followed up last weeks strong run at the club championship 10km with a fine run here to place 212th.

Also making his debut over the country this season was Eugene Cross. Eugene has been in excellent form in recent months, setting PBs over the half marathon and marathon distance. Placed 214th.

Next man in was Andrea Ceccolini. After struggling with injury earlier this year, Andrea has been training well in preparation for the Valencia marathon where he will be set for a good run. Placed 219th.

Ross Rook was next in, and is a stalwart of our cross country teams and though not at full fitness put in a typically determined run here. Placed 221st

Next in was Tom Wilson who put in a much improved performance since the first fixture as his fitness returns. He will continue to improve as the season progresses. Placed 227

Hot on Toms shoulders, was another cross country competitor, Justin Siderfin. He matched his performance from the first fixture this season. Placed 229th.

Next in was Jonny Hough, who has been a regular competitor for the club since he joined last year. He had an impressive run here after competing an ultra last weekend. Placed 232.

Making his debut in the Surrey league and second cross country appearance for the club was Miles Gawthorp. This was a strong run by Miles and matches his club champs 10km performance.

Finally, there was captain Ebe Prill. Unfortunately Ebe missed the start of the race due to some last minute admin issues and started five minutes behind the rest of the field, but enjoyed completing the course without the pressure of racing.

Due to other teams increased numbers and stronger teams compared to Effingham, we couldn't match the A team position of 8th and finished 9th overall. The B matched their 8th place as in Effingham

Team A Results

Pos	Club	Points
1	KEN	197
2	H/WH/W	281
3	SLH	414
4	THH	418
5	BELL	445
6	HHH	451
7	G&G	547
8	C/CC	616
9	DUL	726

Team B Results

Pos	Club	Points
1	KEN	74
2	HHH	210
3	H/WH	328
4	C/CC	471
5	BEL	473
6	THH	489
7	G&G	606
8	DUL	717
9	SLH	727

Individual Times

Ed Chuck	28:38
Jack Ramm	28:52
Andy Bond	29:55
Tim Bowen	30:31
Shane O'Neil	30:40
Tom South	31:29
Wayne Lashley	32:44
Daniel Mann	32:56
Martin Belzunce	32:58
Tom Shakli	32:58
Michael Williams	33:08
Rob Hollands	33:32
James Burrows	33:34
Nick Wood	33:37
Matt Cooke	34:04
Charlie Lound	34:09
Ian Lilley	34:13
Des Crinion	34:22
Grant Kennedy	34:33
Joe Farrington-Douglas	34:49
Eugene Cross	34:51
Andrea Ceccolini	35:04
Ross Rook	35:15
Tom Wilson	35:40
Justin Siderfin	35:46
Jonny Hough	35:58
Miles Gawthorp	41:00
Ebe Prill	47:05

The Sodbury Slog

9.5M

A few old friends that I met during my gap year (spent “learning” (in the broadest sense) Italian in Siena) live over in Chipping Sodbury. When visiting them late in November a few years back they told me about the Sodbury Slog – 9.5 miles of running over the waterlogged, muddy, and generally boggy Common. The thought didn’t appeal.

Attitudes change: fast-forward a few years and sometime in early May at around 9am I sat feverishly refreshing the Bitton Road Runners website, waiting for entries to open. This year all 900 odd places sold out within an hour or so – the race is hugely popular. In my planning I had not considered the fact of the Surrey XC race the day before, but given recent marathon prep going into last weekend I wasn’t too bothered at the prospect of doubling up.

After driving down half frozen to Chipping Sodbury post Surrey XC I woke up surprisingly fresh the next morning. The sky was clear (it had rained overnight), and while it was fresh there was no biting wind. After a very well observed two minutes’ silence, all runners went to the start, and I found myself next to last year’s winner, and figured that I would run with him for a while as a gauge. The other chap was close by me through the first mile on the roads heading to the Common, but started to drop back as the first mile of the Common proper went by. While the general terrain is boggy throughout, the race also contains several obstacles. These aren’t quite tough mudder installations, instead involving wading through a few water features of varying depths and lengths. The names of these

obstacles are suitably bucolic – the sheep dip, the pig’s trough, etc. After about 2.5 miles we approached the first of these “the soggy bottom”.

Had I known this was the name of what I was running through before entering it, I might have skirted the side. The length of the obstacle probably required two strides to cross, and the water was maybe mid-shin high. I leapt off my right foot, landed with my left foot and sunk quite a bit further than I had anticipated... as I drew my leg up I felt that unmistakable suction feeling of a vacuum forming, and the mud taking my left shoe.

Panic. The water was cold. My momentum



had taken me a few yards forwards so I turned around. The chap I had been running with leapt past me (with both his shoes on). Two marshals tried to direct me to where they thought I had landed “in line with the two big grassy tufts”. I started swearing. The water was cold. I splashed around in the water searching for the shoe. Tens of seconds went by. The chaps in 3rd and 4th went through – one of them sportingly spent a few moments trying to help me look.

The shoe had disappeared. The thought dawned on me that the masses of the 900 would shortly be upon me and then I really wouldn’t ever find the shoe. The marshals kept directing. In desperation I started to

pick at the mud at the bottom of the puddle. Grass. More grass. More runners went past. Should I leave without the shoe, seven miles on one shoe in the cold would be a long way to go?

Sudden ecstasy – a lace – I had grabbed a lace! The shoe felt like it was buried under a foot of mud. I extracted it and held it skyward like some gory trophy. I exited the soggy bottom, and ran while trying to clear the shoe of mud. I stopped to put in on before the next water jump. Adrenaline had really kicked in now. I tried to estimate how much time had been lost (somewhere around 3 minutes), what I could make up, and whether it was even worth trying.

From thinking that I’d take the race as calmly as possible I was now very riled. Miles of common; various water features and densities of mud; one very large hill up to the “fort”; very good local support. After about 6 miles I had got back up to 2nd place, but I couldn’t see the leader. Another mile later and I caught a glimpse of him exiting one field as I entered, but over the mushy ground it was hard to work out how far away he was.

I pressed on, feeling really pretty good (must try to run angry more often). We left the Common and were back on the roads. If I could just get the leader within sight on the final road section I thought I might be able to find a 5.15 or 5.20 mile and get close. No luck. The course re-entered the high street and I ran past my friends, and half a kilometre later came the end. The leader had finished some 50 seconds before. Cue much head shaking and chuntering.

In summary: The slog is a hugely enjoyable and well-run race that anyone who likes difficult terrain should look into running. Just make sure you do your laces up tightly.

Ed Chuck 1:03:15 (2nd)
Winning time: 1:02:24

Beckenham Charity Trail 10K

Graham Laylee writes...A group of Dulwich Runners took part in this low key race on the trails in Beckenham Place Park

18	Ed Simmons	42:14
40	Michelle Lennon 3W	45:45
55	Eleanor Simmons	47:27
66	Graham Laylee	48:58
70	Jo Quantrill (2nd Claim)	49:29
157	Peter Jackson	61:51

Algarve Challenge 2019

November 6-10

Steve Smythe writes...It was a dry week at Monte Gordo and though mostly sunny (and a lot warmer than back in England), it was slightly cooler than normal and it was windy a few days. The challenge consists of 4 races in five days at a ideal training venue close to the Portugal-Spain border with runners staying at the four star Dunamar apartments looking over a huge beach, beside forest trails.

For the second year running, the usual highlight of the week, the Milhas dos Guadiana race did not take place because of bridgework on the bridge between Portugal and Spain.

The 11 mile race was replaced by the much easier option of a 2.5km trail relay with the option of doing the 10 mile 'fell' race that wrecked runners legs last year being discounted despite Clare being on all the race posters advertising this year's race. Clare retained the overall title with Ros finishing second as eight Dulwich Runners participated in the event which is decided on age-grading.

5km timetrial, November 6

The timetrial saw runners set off cycling-style with 30 second intervals on a toughish out and back 5km.

Clare was second fastest overall and won the overall age-graded award with a solid 18:20.

Mike had a solid run but could not quite catch Gideon, who set off ahead and who showed good form.

Ros was not at her very best with a niggle while Claire S had a good run after her injury problems of recent years.

Joseph struggled as his calf pulled badly and he limped in while Andy did run at his best.

2	Clare Elms	18:20 (953 pts)
6	Mike Mann	23:14 (761)
8	Gideon Franklin	23:29 (664)
10	Ros Tabor	25:05 (842)
11	Claire Steward	26:14 (772)
14	Joseph Brady	26:52 (550)
16	Andy Murray	27:49 (604)

Track mile, November 7

Joseph's calf was too bad to run but the two races did enable race organiser Steve Smythe to test his achilles and he passed Andy and Claire on the last lap with the race times slowed by a very strong wind along the backstraight.

Both Claire and Andy scored higher points than the day before. Clare ran fairly hard in the conditions and her run again easily scored the most points.

Mike had a solid run as did Gideon, who was slightly down on his form on the day before.

Ros scored more points than the day before but was a long way from her Soar mile form.

Race 1

2	Steve Smythe	7:51.5 (592)
3	Claire Steward	7:53.9 (805)
4	Andy Murray	8:00.6 (608)

Race 2

2	Clare Elms	5:22.9 (953)
6	Mike Mann	6:34.8 (780)
8	Gideon Franklin	6:47.5 (662)
10	Ros Tabor	7:15.6 (920)

3x 2.5km Handicap Relay, November 8

Dulwich had two teams while Joseph was a team on his own as he tested his calf out.

Team ARC (Andy, Ros, Clare) just missed out on victory. Andy showed greatly improved form on a fairly flat but twisty circuit through the forest, upping his score by 50 points. Ros had a good run and Clare set off in sixth place slightly closer to the lead than expected and with a run well inside six-minute miling, she fell just four seconds short of winning. For the other Dulwich team (MGS) Mike did not have a good run but Gideon had an excellent run and was a lot quicker than Mike and had easily his best score. Claire had the misfortune of having quite a few faster runners passing her but had a good run.

Fastest legs

2	Clare Elms	8:53	Leg 3 (959)
7	Gideon Franklin	11:11	Leg 2 (680)
8	Mike Mann	11:28	Leg 1 (752)
10	Ros Tabor	12:02	Leg 2 (855)
11	Andy Murray	12:28	Leg 1 (657)
12	Claire Steward	12:43	Leg 3 (776)
15	Joseph Brady	13:11	Leg 1

10km Trail Handicap, November 10

The event sees the faster runners set off later and in theory everyone finish together. It was held over a toughish trail course with the hills in the first and last two first kilometres with a stretch alongside the river overlooking Spain and the bridge. Clare did not want to race flat out and decided to hold back and had such a big lead that a time of around a hour would have won the overall Challenge.

She still found it quite hard in the windy conditions and still easily won on the day and her time was one second inside her predicted time.

Mike had a strong run but again failed to catch Gideon ahead, who had another good run.

Joseph had his best run of the week though his calf went late in the race.

Ros eased around with the more important race coming this week while Andy ran well and was much closer than he had been in the 5km.

Claire S could not quite match her form in the 5km and mile.

Fastest times

3	Clare Elms	39:29 (11th Handicap) (923)
6	Mike Mann	48:04 (12th Handicap) (761)
7	Gideon Franklin	48:47 (9th Handicap) (654)
10	Joseph Brady	53:34 (8th Handicap) (575)
11	Ros Tabor	54:31 (19th Handicap) (824)
12	Andy Murray	55:31 (15th Handicap) (625)
15	Claire Steward	57:02 (22nd Handicap) (753)

Points (age-graded)

Clare won by almost 400 points with Ros an equally dominant second.

Claire S just about held off a few behind to finish a fine fourth only just over 50 points ahead of Mike in seventh.

1	Clare Elms	3823
2	Ros Tabor	3441
4	Claire Steward	3107
7	Mike Mann	3054
16	Gideon Franklin	2660
18	Andy Murray	2493
22	Joseph Brady	1672
23	Steve Smythe	592

Masters International

Clare and Ros run for England at Aintree this coming Saturday in the British and Irish Masters International cross-country and they have done so for most of the last dozen years or so, and they will be joined by debutante Andy Bond.

Algarve Running Challenge

6-10 November 2019

Gideon Franklin writes... On November 4-10 I was in Portugal for the Algarve Running Challenge, the third year in a row in which I have participated. It was nice to be with fellow Dulwich Runners (7 of the 24 participants) and meet other regulars from various different clubs. I come back all the fitter and with improved running ability thanks to the care with which Steve Smythe plans and arranges the events. Each day there is a different form of

run. I enjoy running along the trails in the woods, then when it is over getting into the sea for a swim. The water this year was cold, but calm, added interest provided by the odd large stranded jellyfish.

The sports stadium where we do the mile race has very good facilities with a smart track a Ukrainian athlete was pounding around when we arrived. On this occasion there was an Under-19 women's football tournament taking place. Some of us went back on the Friday evening to watch England versus Norway – unfortunately England went 1-0 down to a goal which was way offside. This even though I had been impressed how the match officials were diligently training on the pitch while we

were running our mile. The traditional highlight of the final day 10 mile race across the bridge between Portugal and Spain was not possible this year because the bridge is still under repair. We did our own 10K race, handicapped so that all the participants could arrive back closely.

Then there was a prize giving ceremony for various individual achievements and a team prize for the relay, in which Dulwich was represented with two teams. I was proud to come back with a cross country medal for the 5K. I would recommend the trip to anyone of any standard who would like to train during November in a nice climate in a structured way with plenty of time for other activities too including a rest day.



Joseph Brady - Gideon Franklin - Claire Steward - Mike Mann



Ros Tabor - Andy Murray - Clare Elms

Claire Steward writes... This was my first time back at the challenge since 2011. That year, after running marathons in September and October, I was feeling fit and acquitted myself well in the four events, including the ~9 mile Milhas do Guadiana road race. This year I wasn't even sure that my dodgy old knees would get me through the lesser challenge (no road race this year due to ongoing bridge repairs) but headed off optimistically for some Portuguese sunshine.

The challenge results are calculated on age gradings and with a range from 34 to 79 years old there was obviously going to be some rather large gaps between first and final finishers in all the races. So, three of the races were organised as handicaps and the one mile track event was divided into faster and 'less

fast' races. I have barely set foot on a track in the past couple of years and I was almost guaranteed to be the slowest in the faster race (depressing) or potentially the quickest in the other (with no idea about pacing it). So, assigned to the slower group, I followed some of the others round for three and half laps, struggling into a strong headwind for half of each lap, then found myself in the lead and then overtaken by a sprint-finisher.

Result, dead slow but pretty good on age grade as apparently not many 'mature' women ever run mile races (the exceptions, like Clare and Ros, are almost off the scale). Joe unfortunately injured his calf in the first race, missed the mile but after, some therapeutic massage, rest, and the loan of a neoprene

calf support, came back to complete the second half of the challenge. We had hired bikes (bargain €14.50 for the week) and Joe took me round the 10k trail course – useful to see the route but having to push a heavy bike with limited gears up a couple of the steeper climbs I knew I would find it a lot tougher than Regents Park a few days earlier.

Accommodation, food, wine, happy-hour cocktails, and musical entertainment were all good. Weather was warm but windy at times, the sea too cold for wimps like me, and the outdoor pool seemed to get more use by the gulls than the residents but overall, it was a lot of fun with enough spare time to visit local towns or chill out walking along the beach.

Čergov range 31k trail race (Beh hrebenom Čergova)

Saturday 26. October

Ebe writes: Five of us Dulwich runners went over to Eastern Slovakia for this mountain run, invited by former club member Jozef Danko who also celebrated his 40. Birthday on the day of the race.

We were joined by two runners from my home town in Germany, Volker and Jasper, who knew Jozef from a previous relay race. All of us stayed at Jozef's new house in his village of Šarišské Bohdanovce (close to the regional capital Kosice) and were



made very welcome by him, his wife Zuzana and their two boys Adam and Alex. A truly great experience and very pleasant time, involving lovely food and company, drinks of various spirit content, loads of running around (partly training but mostly involving playing Dinosaurs or football with the boys), and the bucket of terror (a post run cold bath on the terrace).

The race itself covers the Čergov mountain range to the Northeast of the country, not far from the Polish border. It starts in a village



highest peak of the range at 1150m. Then it follows along the trail dipping and climbing for almost 31k with a gain of about 1400m in total. The finish comes

after a final sharp descent down a ski slope at a small hotel with beautiful views over the hills and mountain ranges from West to East, including the full array of peaks just covered in the run. Eastern Slovakia has a small but dedicated running scene, Jozef knows them all (he provides race timing for many of the races,



including this one) and so could give us useful pointers and tips. By necessity most here are hardy mountain runners, used to the steep terrain and often tricky conditions underfoot.

Serial winner of this event is an international cross country skier and former Olympian for Slovakia, usually winning by a long margin, followed by his brother in second place. This time though he faced competition from Britain and Germany. Jack had set his mind firmly on staying with him while waiting for his chance to pounce. And Jasper was covering Jack, quite literally so for a while with a gopro cam strapped to his head. The Olympian went into the lead straight from the start with Jack and Jasper at his shoulders.

Jack has been coming in great form lately with a 5000m track PB of 15:38 and good hill training for cross country. The relentless up and down over long distance at this race was a different challenge. And while bounding up the ascents proved to be Jack's strong point his competitor had the edge on the descents. And as fell runners say: downhills can be key to this sort of race. Especially since there were long stretches of loose stones hidden under foliage cover to navigate. Both Jack and I had opted for our marathon road shoes given the dry conditions and not trusting trail shoes for that sort of distance. But on those downhills trail shoes would have been better.

Seeing that his competitor was forging ahead on the descents Jack made his move on a long uphill, opening a lead of about 10 seconds in his reckoning. Only to then take a tumble at the very top (no damage luckily) and be overtaken again on the following downhill. From then on the Olympian kept ahead with Jack finishing in a superb second

place in 2:31!

Jasper (of almost the same age as Jack and with a 5000m PB of 15:03 a speedy guy, but not quite in his best shape after an illness) had to let go of the leading duo after a while and stayed in an excellent third place throughout, coming in some minutes after Jack and minutes ahead of fourth. His video footage made great viewing at the party later that night!

Alastair with some experience in long trail runs approached the climbs quite evenly and was no doubt his usual downhill demon, coming a strong 19th in 2:57 (anything under 3 hours here is brilliant). With his main target of sub3 achieved his

summary was: "weather and scenery were incredible. The climbs were a kick in the n***!"



Next of our little bunch finishing was Volker in the M40 age group whom I managed to keep in sight for the first mile or so. Then he just seemed to ease away up the climbs, coming in way ahead of me in a very good 3:27.



I can't say I did train for this properly other than managing a 30k long run on road the Sunday before. This though was a different animal. All of the ascents involved quite some walking. And walking doesn't equalise. Several easily out-walked me up a hill. Up to 21k I had some good downhill battles at least but then my legs were done. The last 10k were a brutal slog, only the beautiful scenery provided

some distraction. I finally stumbled over the finish line after 3 hours 40 minutes, feeling utterly spent and parched. Drink was the only thought and in a haze I went straight to what looked like a row of cans with fizzy drinks. Turned out it was beer with tequila shots. Next was two plates of gulasch and numerous beverages with and without alcohol. Then I lay on the ground



for ten minutes. Meanwhile Jozef finished way inside his target of sub4 in a strong 3:51, having paced his run very sensibly and carrying his new water race pack (our present to him), filling the 1.5l bladder twice and drinking another two litres or so along the way at the four water/feed stations provided. His wife Zuzana who previously had finished ahead of him and is a strong mountain runner took it a bit easier this time, coming back from an ankle

injury, still finishing in a very good 4:02. Both had paced their race well and were looking quite fresh in comparison.

A highlight of the race came with a brave run by Becca and Laura who both had to nurse some injury. Laura had taken an unfortunate tumble the day before on a training run with the group, exploring the lovely countryside around Jozef and Zuzana's place. Together with several bruises and cuts her knee was swollen and painful (the patching up at the village well and the house of Jozef's cousin is another story). Luckily it was a bit better the next morning but then early in the race Becca's knee went and both decided to stay together and finish whatever may come. Can't imagine what it takes to do this run on a bad knee but both managed it finally in 4:46, well under the cut off of five hours, being cheered in by all and everyone.

There were presentations soon after, trophies and prizes for Jack and Jasper (including a keg of beer for Jack). And me surprisingly as third male over 50. Much more free food and drinks later, so many different dishes and birthday cakes! A welcome and thank you speech by the race organiser, an overhead flyby by a pilot who is also a runner (and Jozef got a trip in his light aircraft as one of his many presents). This all merged into the party proper as soon as it got dark after a long lingering sunset over the distant High Tatras. We all stayed at the mountain hotel



overnight and thus came a memorable magic day to its close (there was also a live band playing 90s grunge rock and a midnight walk to gaze at the amazing milky way. We all lay on the ground looking up and yes, there were shooting stars!) An unforgettable experience, very much recommended as a race (if you fancy doing Box Hill thrice over :) and a big big thanks to Jozef and Zuzana for the wonderful time! Hopefully we will repeat this next year and maybe even with a bigger group from our club.

2 Jack Ramm	2:31:25
3 Jasper Cirkel	2:35:03
19 Alastair Locke	2:57:55
49 Volker Hillebrecht	3:27:39
61 Ebe Prill (3. M50+)	3:40:12
76 Jozef Danko	3:51:33
86 Zuzana Dankova	4:02:03
118 Laura Vincent	4:46:30
119. Becca Schulleri	4:46:41
125 finished, first in	2:24:45



November 9

For your results to appear here ...

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

Banstead Woods

188 Ran
Pos Gen
1 1 Tony Tuohy 18:55

Basildon

221 Ran
Pos Gen
10 2 Kim Hainsworth 20:48

Bethlem

90 Ran
Pos Gen
64 17 Clare Osborne 31:30

Brockwell , Herne Hill

350 Ran
Pos Gen
36 36 Jamie Nicol 20:46
37 37 Austin Laylee 20:49
205 150 Desmond Edwards 27:46

Bromley

628 Ran
Pos Gen
344 268 Colin Frith 28:01

Burgess

486 Ran
Pos Gen
96 86 Hugh Balfour 21:45

Clapham Common

677 Ran
Pos Gen
190 172 Cameron Timmis 23:42

Crystal Palace

389 Ran
Pos Gen
3 3 Alastair Locke 18:49

Downsview

48 Ran
Pos Gen
3 3 Cameron Lund 19:36

Dulwich

437 Ran
Pos Gen
24 22 James Brown 19:15
56 53 James Auger 20:36
203 36 Catherine Buglass 25:16
246 54 Colleen Williams 26:31
247 55 Hayley Seddon 26:32
270 67 Clare Wyngard 27:19
271 204 Michael Dodds 27:20
284 74 Elizabeth Begley 27:59
374 245 Mick Mead 32:16

Folkestone

286 Ran
Pos Gen
31 3 Tereza Francova 21:58

Fulham Palace

537 Ran
Pos Gen
241 191 Barrie John Nicholls 25:52

Highbury Fields

471 Ran
Pos Gen
50 48 Paul Collyer 20:59

Hove Promenade

432 Ran
Pos Gen
65 61 Nicholas Brown 21:54

Hull

564 Ran
Pos Gen
83 74 Paul Hodge 22:58

Jersey Farm

178 Ran
Pos Gen
51 6 Teresa Northey 26:49

Northside Beltline

29 Ran
Pos Gen
9 4 Claire Barnard 24:06

Peckham Rye

376 Ran
Pos Gen
64 62 Matthew Ladds 22:46
187 149 Andy Bond 27:09
201 45 Lauren Gill 27:37
222 59 Karina Burrowes 28:31
352 136 Susan Vernon 39:25
373 221 Chris Vernon 50:28

Richmond

484 Ran
Pos Gen
198 38 Lindsey Annable 26:23

South Norwood

122 Ran
Pos Gen
59 17 Hannah Harvest 28:40

Southwark

403 Ran
Pos Gen
78 10 Laura Vincent 22:23

Tooting Common

629 Ran
Pos Gen
177 150 Ian Sesnan 24:50

York

625 Ran
Pos Gen
26 26 Will Lawn 19:11

SOCIAL SPOT

P
O
T

Upcoming events.

Watch this space !....

THE SOCIAL EVENT OF THE YEAR IS COMING.

The Dulwich Runners Christmas party will be held on Saturday 14th December, starting at 7:30pm The venue will be at The Lordship pub in East Dulwich:-



<https://whatpub.com/pubs/SEL/10796/lordship-east-dulwich>

Tickets will be £20, which will include food, dancing and of course the all important prize giving. Details on how to pay and food will follow

November 16th

Post London Cross Champs venue for refreshment for runners and spectators:-

<https://whatpub.com/pubs/NLD/6101/pineapple-london>

We have a space reserved for Dulwich Runners near the fires.

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

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)

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

And If people would mention [@dulwichrunners](https://www.instagram.com/dulwichrunners) on their posts then we can easily repost pictures on the main Dulwich



Instagram

Runners account of key achievements that you want to share, or cover club races .

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



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



Bufs-snoods - only £6

Socks only £5



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 Winter Map 9

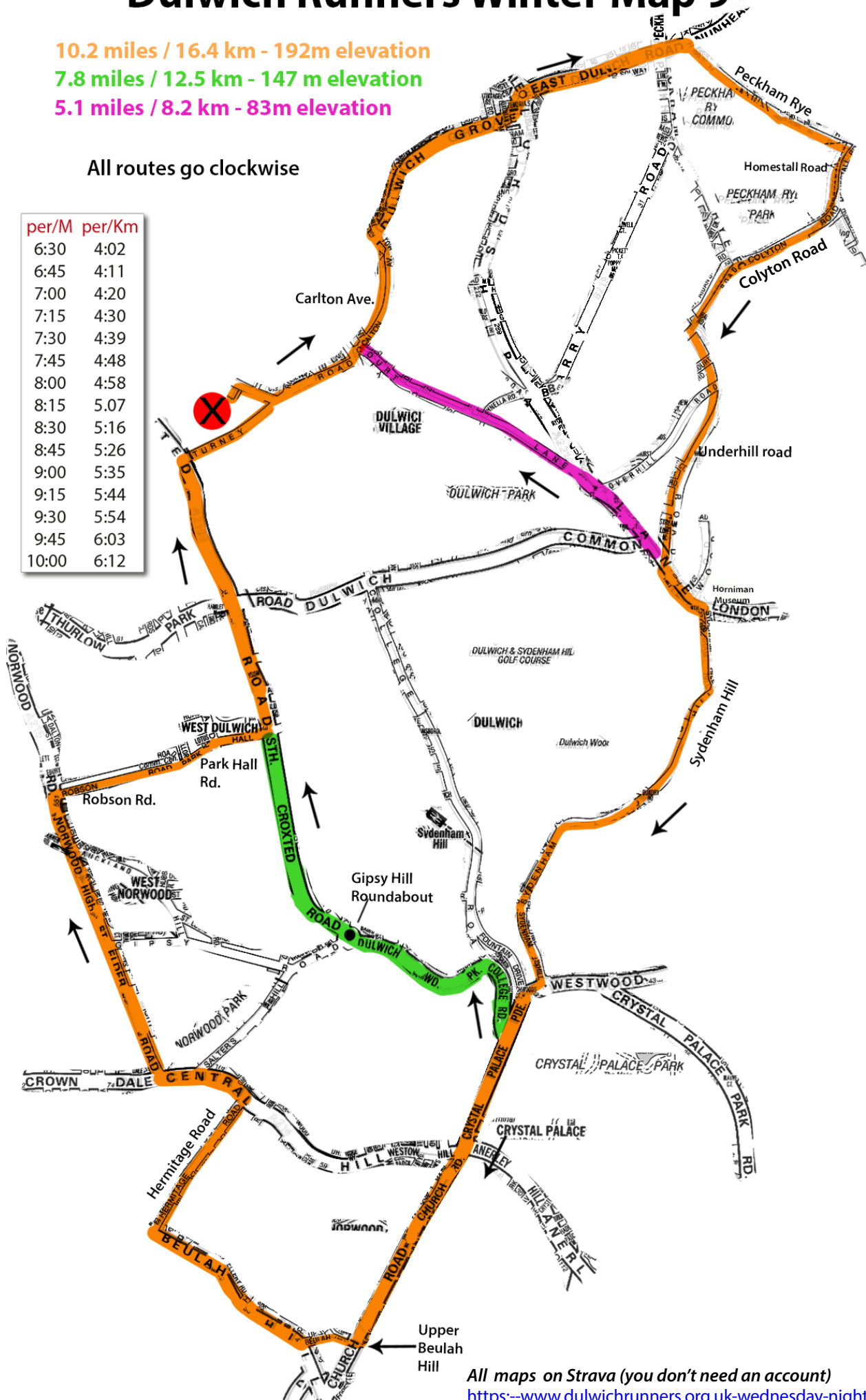
10.2 miles / 16.4 km - 192m elevation

7.8 miles / 12.5 km - 147 m elevation

5.1 miles / 8.2 km - 83m elevation

All routes go clockwise

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



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