



# SHORTS

Dulwich Runners AC

Weekly Newsletter

November 14th 2018

## These are your SHORTS,

Please send your reports, running news & anecdotes to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

### Wed 14 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

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

Wed 14 AGM 9pm after your run, downstairs in the clubhouse so please cut short your run if necessary so you can make the AGM at 9.00

Tue 13 Crystal Palace track - details below

Like us on Facebook @dulwichrunners

## TRACK SESSIONS

Tuesday training returns to Crystal Palace track.

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

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

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

### 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@athleticsweekley.com](mailto:steve.smythe@athleticsweekley.com) to go on the mailing list

## 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.

## In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 3 Upcoming races, information etc
- 6 Race reports and times - Surrey League results etc
- 15 Parkrun times
- 12 Club kit - New winter additions !
- 16 Social events etc - **Xmas Party**, tickets now available
- 18 Wednesday map + Strava links
- 19 AGM details. agenda etc

**And much more !**

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

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

Connect with us:



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

*A brief look ahead*

Nov 17 London Champs - Parliament Hill Fields

Nov 24 5<sup>th</sup> of Thames 5M XC (club champs 5M) Morden

## NEW RUNNERS ROTA

Thankyou to **Clare Wyngard, Mike Dodds** for taking out new people last week. 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

<b>volunteers may be needed</b>	<b>14/11</b>
Katie Styles	21/11
Ros Tabor	28/11

## Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Some copies will be at the clubhouse, but feel free to print your own and if your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse.

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

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

# DULWICH RUNNERS 2018/19 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**

2018		Race	Venue
Nov	17	London Champs	Parliament Hill Fields
	24	South of Thames 5 mile XC (S) (incorp. club champs 5M)	Morden Park
Dec	1	Kent Masters Cross Country Champs	Dartford
	8	SEAA Masters Champs	Horspath, Oxford
	15	South of Thames 7 mile XC	Beckenham Place Park
2019			
Jan	5	Surrey County Champs	Lloyd Park
	5	Kent County Champs	Brands Hatch
	12	Surrey League Xc Men	Mitcham Common
	12	Surrey League Xc 8k -11am Women	Happy Valley, Coulsdon
	19	Vets AC Champs	Wimbledon Common
	26	South of England Champs	Parliament Hill Fields
Feb	9	Surrey League Xc Men	Lloyd Park
	9	Surrey League Xc 8k -1pm Women	Richmond Pk, Kingston end
	23	England National Cross Country Champs	Harewood House, Leeds
Mar	10	Vitality Big Half (L)	London

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

## 2019 Club Championships

Avid readers of Shorts will have spotted that one of the tasks falling to ADSC is to decide on a programme of races for the club champs. We are currently in the process of doing this, with a view to publishing a complete programme early in December.

We already have firm decisions on some events, notably the Big Half in March, London Marathon in April and the SOAR Mile in July, and it is likely that we'll go for a parkrun in February (venue tbc) and one of the Sri Chinmoy Battersea Park 5k races in June. Others we are considering are the Thames Towpath 10 on 14 April, the Sevenoaks 7, a popular offroad race that has been used before, in mid July and the Eltham 5 in June.

## CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed. Details are on the website: [www.englandathletics.org](http://www.englandathletics.org)  
 Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members.  
 If you are interested please contact me or another committee member. [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

This leaves a 10k and one other race to be decided as we would like a total of 9 events. So if any of you have views or suggestions on races to include, in particular 10k, 5 mile or 5k, your thoughts will be appreciated, if possible by 12 November. Mike Mann (on behalf of ADSC [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk))

## Surrey League Discount Codes

The following discounts are available as part of the Surrey XC league sponsorship package from Start Fitness (these are available to all club members not just Surrey League runners)

30% off [www.moremile.co.uk](http://www.moremile.co.uk) (you will also accrue 10% of the spend on this code to claim products or More Mile gift vouchers) SurreyXC

10% off [www.startfitness.co.uk](http://www.startfitness.co.uk) SurreyXCSF10

## SOAR RUNNING Discount codes

In recognition of Dulwich Runners support of the SOAR mile in the summer, SOAR Running are offering a 25% discount on their products for a 6 month period up to 18 April 2018. When ordering use the following discount code:  
**SOARXDULWICH25**



The club will have two places for club members .

To qualify you must have:

- Been a member for at least 12 months
- Applied to the ballot and been rejected and not been eligible for a good for age or championship place
- Not awarded a club place for the past two years (2017 & 18)

We allocate one place on the basis of contribution towards the club over the year and the other by draw.

To be considered contact [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk) or in person, or via our FB group **by Wednesday 28 November Ebe Prill**

## Forthcoming Cross Country Races

The London Champs on 17 November at Parliament Hill Fields forms part of our Ken Crookes cross country champs, so you are encouraged to take part. Although this course has something of a reputation, it is usually relatively benign at this time of year. The distance is shorter than the South of England champs (10km for men, 6km for women) and the ground much less muddy. Those wishing to enter should contact their captains by 31 October.

The South of Thames 5 mile race takes place on 24 November at Morden Park, starting at 2pm, and is a combined men's and women's race. This is the final race of our club champs so you

are strongly encouraged to take part; indeed some of you may need to in order to complete the required number of races. Please contact your captains by 14 October.

Finally the Kent Masters champs takes place on 1 December at Dartford (see notice below). We have the prospect of entering some strong teams. Those listed are asked to confirm their availability with their captains. Eligibility is by either county of birth or residence. If you are unsure please contact your captains.

Please note that for these last three events, it is essential to be entered in advance in order to compete; you cannot simply turn up on the day except as a spectator.

## Cross Country Entries

There has been confusion about whether you need to enter in advance for cross country races.

**For Surrey League races** the system for men and women has now been aligned. Most regular participants are included on the online database but your captains need to know in advance whether you intend to take part in individual races.

Any enquiries about attendance at Surrey League races should be directed to Ebe and queries about other cross country races to me or Ange

**For all other races** you need to let your captains know by the deadlines posted, this includes the South of Thames 5 on 24 November, which is the final club champs race.

**Please note** if you have not been entered in advance, you will not be able to take part in the following races.

### For races this autumn to mid December

Date	Race	Deadline
17 Nov	London champs	31 Oct
24 Nov	South of Thames 5	14 Nov
1 Dec	Kent Masters champs	16 Nov
15 Dec	South of Thames 7.5	5 Dec

## Cross country entries update

Entries for both men and women have now been submitted for the Kent Masters cross country on 1 December as all those eligible have been contacted and have responded.

**Today is your final chance to enter the South of Thames 5 mile race at Morden Park.** It is the final club champs race and it's looking like we'll have a huge entry.

There has been very little response to date for the **SEAA Masters cross country near Oxford taking place on 8**

**December. Please contact your captains by 27 November if you would like to take part.**

Finally we are hosting the **South of Thames 7.5 mile race at Beckenham Place Park on 15 December** and it is one of our Ken Croke cross country club champs races. It is the day of the Christmas party so many of you should be around. **Please contact your captains by 5 December**, and if you do not plan to run your assistance in marshalling the course would be greatly appreciated. Thanks to the volunteers who have already come forward. Much of the course is on open grassland, and not on clearly defined trails so we need a few more to come forward.

## London Champs - Sat 17 Nov

The following men have been entered : Jonathan Whittaker, Alastair Locke, Lloyd Collier, Grzegorz Galezia, Jack Ramm, Ross Rook, Tom South, Charlie Lound, Roib Hollands, Des Crinion, Ebe Prill, Andrea Ceccolini, Joe Brady, Mark Foster, Gower Tan and Mike Mann.

The men's match (10k) starts at 2pm and the women (6k) at 1.15pm

Look out for the club banner and tent (if wet) in the area around the bandstand.

And afterwards we shall be going to the Pineapple pub for drinks <https://www.thepineapplepubnw5.com/> location <https://goo.gl/maps/pNPN5DrvcBK2>

Tables have been reserved from 3:15pm. Everybody welcome, runners and supporters, approx a 15 min walk near Kentish Town Underground.

## South Of Thames 5 Miles

24 November

Our final club champs event takes place at **Morden Park on 24 November, starting at 2pm**. Some of you will need to take part in order to complete the required number of qualifying events, while others may be able to improve their overall scores. Age graded scores will be adjusted to reflect the fact that this is a cross country event.

The race takes place over a 3 lap course of gently undulating grassland.

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

## Your Club Needs You - 15 Dec

We are hosting the South of Thames cross country race, at Beckenham Place Park on Saturday 15 December. Due to construction work in the park we will need marshals to direct runners and warn them of hazards.

This race is one of the events in the Ken Crookes cross country champs, we want to encourage as many as possible to run, but if you no longer race or cannot race because of injury, your help would be greatly appreciated. It is the day of our Christmas party so hopefully there will be quite a few available.

Please contact me at [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Kent Masters Cross-Country Champs - Dartford

December 1

Dulwich could potentially do well in this race and we have quite a few eligible runners.

if you are a Kent qualified athlete over 40 (by birth or residence) then this could be one of the most important events of the winter.

**Male Athletes who are eligible include**

**M40:** Andy Bond, Rob Cope, Will Cotter, Steve Davies, Lloyd Collier, Joshua Groenendijk, Ian Lilley, Daniel Mann, Buzz Shephard, Mike Williams

**M50;** Joseph Brady, Gideon Franklyn, Mike Fullilove, Duncan Hussey, Tony Tuohy

**M60:** Bob Bell, Colin Frith, Steve Smythe, Gary Sullivan, Neville Webb

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

**Men Xc:** [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

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

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



### **Surrey League**

We compete in the Surrey League and this is the club's main priority. There are 4 fixtures during the season starting on 13 October. Further details on times, location etc. will be posted by your captains nearer the time. Details on Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible. Our men currently compete in Division 2, but with good turnouts and performances from our strongest runners, we have a chance of promotion to Division 1.

### **Distance**

The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, ranging from around 8km in the autumn to 12km and over for the men later in the season, but normally not more than 8k for the women.

### **Scoring**

In the Surrey League, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. Cross country races are not elite and are suitable for runners of all abilities, and in the men's Surrey League there is now a B team competition where the second 10 runners score. These races are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races.

### **Surrey League entry**

For the men's Surrey League, all those intending to take part should inform their captains to enable as many as possible online entries to be made in advance. For the women's Surrey League, and now the men's runners have to be entered in advance. The women keep their numbers for the entire season and this system is

being introduced for the men from this season. This means that runners should return their numbers to their captains after the race, or take them home, in which they must remember to take them to the next race. The Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

### **Other Races**

In addition to the Surrey League there are a number of other cross country races, almost all of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London Champs, 2 South of Thames races, South of England and National champs. There are also a number of other races for Masters. See the fixture list in Shorts and on the website.

### **Which races to go for**

There are cross country races on most Saturdays from early October until late February. Our main priority is the 4 Surrey League races, and the other 4 races that make up the Ken Croke cross country championships (see below for further details). In addition runners are encouraged to compete in the Surrey and Kent county and masters champs.

Other races can be regarded as medium priority, but you are encouraged to compete for your eligible county in the Surrey and Kent county champs and Masters champs. This year we are hosting the South of Thames 7 mile race and the South of England is back at its usual venue at Parliament Hill Fields. We would like a good entry in both these events. There are a number of other races which are not high priority, but are nice to do. These include the SEAA relays and the Reigate Relays.

### **Entry for other races**

For virtually all races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email, requesting

those interested in participating to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

### **Footwear**

You can often get away with road or trail shoes in early season races, but as the ground becomes heavier from late autumn onwards, cross country spikes or fell shoes become necessary. You will need to make sure that you buy cross country spikes, as opposed to track spikes. Spikes come in different lengths ranging from 6mm to 15mm and can be screwed in. As the ground becomes heavier longer spikes will be needed, particularly on heavy course such as Parliament Hill and Lloyd Park in the winter months. Fell shoes are studded and have more grip than trail shoes. They are suitable for most ground conditions apart from ice. Cross country shoes can be bought at a number of retail outlets including Run & Become (Victoria), Runner's Shop (Beckenham), Intersport (Herne Hill), Runners Need and Sweatshop (various locations) or Wiggle online. Most offer a 10% discount to those with club or EA membership.

### **Ken Croke championships**

This year the Ken Croke cross country championships will include the 4 Surrey League races, the London championships on 17 November, the South of Thames long race on 15 December, the South of England championships on 26 January and the Riddlesdown parkrun in March (date tbc after the road club championships have been sorted). To qualify you will need to complete 5 events, including 3 Surrey League races.

### **Contacts**

For further information please contact your captains at: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com) or [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) or [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)

# Race Reports & Results

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

## Ladies Surrey League, race 2 Nonsuch Park

10/11/18

It's definitely been a slightly odd year so far for xc as today was the second Surrey League event in sunshine – not quite the 20+ degrees of the last one but still a fine autumnal day – bright sunshine and somewhere in the mid-teens. A perfect day for a race round Henry VIII's old hunting ground amid red and golden leaves and a fair amount of claggy mud due to the overnight deluge.

It was a later start as div 1 and 2 alternate between an 11 a.m. start and a 1 p.m. start, both at the same venue.

Dulwich ladies were as keen as ever with 9 ever presents (so far this year – 2 out of 2) and 14 in total. Sharon was back for more after her rookie run at Wimbledon and Belinda was there for her first Surrey League for a few years. Belinda runs parkrun regularly with her dog Milo, a very enthusiastic black Labrador who was there as support today with Bob. However, he is very reluctant in the passive role of supporter and Bob needed all his strength to hang on to him each time Belinda ran past. I don't think Dulwich ladies have heard the advice – 'Don't race in new shoes' as 4 ran in spanking new ones. I think it's the first time I've heard of somebody buying their shoes on the way to a race! Who do these legs belong to?



Claggy mud and a few undulations made this a harder course than the first one at Wimbledon, but this one was shorter so times were consequently all a few minutes quicker today. But time is irrelevant at xc, as it's all about placings and the gold



medal for consistency here goes to Michelle with her finish position of 99 for the second time! Gracefully running round in her skort, Emma had an excellent run to finish first Dulwich lady home. Not far behind her there were battles for places, with only 41 seconds dividing Ola and Belinda with 5 other Dulwich ladies in between. Eleanor and Lucy C also had a close race, and just behind them Yvette and Katie were only separated by 5 seconds. Great packing!

The course was 2 laps in a sort of number 8 shape, so supporting needed minimal effort to see everybody a few times. At this middle point there is what seems a fairly unnecessary, almost 180 degree turn where many slipped and a few almost sat down. A point that was far more entertaining to spectators than runners!

*- Ange Norris*

84 Emma Ibell	27:39
92 Ola Balme	27:50
95 Christina Dimitrov	27:58
99 Michelle Lennon	28:09
103 Anna Thomas	28:17
105 Lucy Pickering	28:20
108 Becca Schulleri	28:23
113 Belinda Cottrill	28:31
132 Eleanor Simmons	29:14
134 Lucy Clapp	29:22
140 Yvette Dore	29:40
142 Katie Styles	29:45
183 Jo Shelton-Pereda	31:30
224 Sharon Erdman	34:47
245 ran	

# Surrey League XC match 2 Nork Park

Saturday 10 November

## *Paul Devine writes:*

Dulwich's men continued their excellent start to the Surrey league season with another great turn out and a fine 2nd placed finish. Although not pushing winners Clapham Chasers quite as close as we did in the first fixture, we were still a clear second to keep our charge for promotion very much on track.

The course was not for the faint hearted. The course was unfamiliar to most, and it was a leg sapper, with lots of twisty turns. The profile was one easier small lap, followed by 2 larger laps which after some steep downhill finished with two punishing hills and even the last couple of hundred metres were uphill, so sprint finishes were in short supply. The only good news was that despite some heavy rain, the ground remained in good condition. After brilliantly placing four in the first ten at Richmond park including Ed Chuck's win, it was a big ask to repeat such a feat, but we gave it a good go, and results were very nearly as impressive.

Ed led our charge again, but didn't have it all his own way this time especially with GB international Andy Coley Maud representing Clapham and winning by some way. Ed however still had an excellent run and a fourth placed finish was well deserved. Tim Bowen was next, and despite moaning about a sniffle was even more consistent- replicating his fighting fifth placed finish at Richmond Park as he continues to improve now he has very serious club opposition around him. In his 'Gandalf' style demonstrated at track he just about kept Andy Bond at bay, who went one better than Richmond finishing 6th with another outstanding run which once again made him first V40. Shane O'Neill couldn't quite match his brilliant and super strong 4th place finish from Richmond, but still ran well, and only was only just pipped to 10th place. I am reliably informed he was beaten to said top 10 by a very posh child called Hugo who had vociferous on course support that was very distracting to our trendiest and most tattooed runner - better luck next time Shane.

We also crucially packed very well in our middle scoring positions. Wayne Lashley and Tom South set off together at a fast pace, but an under par Tom suffered from a stomach bug and dropped out around halfway. Wayne ran really well considering he hasn't been focussed on endurance, but he was aware the pack of wolves were chasing him and that spurred him on. He nearly managed to hold them all off, but Jonathan Whittaker who clearly benefitted from an extensive recce of the course in advance, finished superbly to pass the Lash on the last hill.

Close behind was the return to form of the Locke, who must have been licking his lips when he saw the course profile, and sure enough after his textbook steady start, he scythed first past myself and then Ed Harper on steep downhill on the final lap- (he looked completely out of control to me, and I was convinced he'd end up on the A217 but I guess he knows what he's doing). He then powered up the final hill and was gaining fast on Wayne at the finish. Ed meanwhile ran another excellent race and looks very much at home on a Cross Country course of any profile. I came home next, and was pleased with a solid outing, perhaps also benefitting from my own short recce in advance given I now live just two miles from the course.

A bit further back the battle for final scorer was fierce, and Des Crinion just nicked it, with another excellent run. He just pipped a very welcome return to Surrey league from Mike Williams who after a fast start, faded a little but will be much better for this race, and will get stronger as season goes on. Rob Hollands continues to get better and better, and after his early kick for glory over Des and Mike just came up a little short, he still ran superbly. There was then a fair gap to Ian Lilley - who will readily admit he's not the biggest fan of Cross Country, but he battled along just about smiling in his shiny new orange shoes.

## *Ebe Prill picks up:*

Next were Matt Cooke and Nick Wood in fairly quick succession, reversing positions compared to the first match (Matt probably more favoured on a hilly course) but both improving. Charlie Lound on the other hand had a rare off day and didn't like his race one bit. Well, his marathon training hasn't kicked in yet and he has his first grandchild to distract him (not making any grandpa running jokes quite yet plus he's still minutes ahead of me even on a bad day). Justin Siderfin was in next, moving through the field in his usual fashion



Ian Lilley, Tim Bowen, Paul Devine

with a solid run roughly on par with his performance at Richmond.

About a minute later came the three final scorers for the B team: first in a fine run Jonny Hough who switched positions with me in a good old ding dong battle, getting past me up the long ascent on each lap whereas I made use of my stride length on the downhills. I wish the finish would have been in the opposite corner of the course (as did a few of us I bet!). Not far behind me came Andrea Ceccolini in his best race yet, completing the B-score.

Another ten seconds later finished Hugh Balfour in a good performance, battling his close M60 rival Andy Fay and just very narrowly losing out. His strong hill form showed also in being ahead of Martin Double this time, who nevertheless enjoys his improving form. A bit further down was Graham Laylee in another solid run and Colin Frith, who is currently not at full race fitness, completed the Dulwich contingent. All were in before the threatening dark clouds opened and I'm happy to report that quite a few of us enjoyed food and drinks afterwards at the increasingly rare variety (so I was told) of a Beefeater pub at Tattenham Corner.

In summary Dulwich consolidated its second position in division 2 after two matches and showed good strength in depth with A and B team scores. The course by the way was with 5.4 miles (8.6k) not only tougher but also longer than at Richmond park last time, which goes some way to explain the generally slower times.

Last but not least a big thank you to our two volunteers Bernard Imber and Barry Graham who helped with the marshalling on course and provided excellent support

**Dulwich A score: 286**  
(4,5,6,11,36,37,41,42,44,60)  
2nd place behind Clapham  
Chasers (168), ahead of  
Fulham (397).

**Dulwich B score: 225**  
(8,9,11,15,17,19,24,39,40,43)  
2nd place behind Clapham  
Chasers (68), ahead of  
Striders (343).



**Back I-r** Andrea Ceccolini, Martin Double, Jonny Hough, Andy Bond, Jonathan Whittaker, Graham Laylee, Ian Lilley, Tim Bowen, Paul Devine, Alastair Locke, Matt Cooke, Rob Hollands, Ebe Prill, Nick Wood, Hugh Balfour, Charlie Lound, Des Crinion  
**Front I-r** Edward Chuck, Michael Williams, Tom South, Justin Siderfin, Wayne Lashley, Shane O'Neill, Edward Harper

#### A-team scorers:

4 Edward Chuck 30:38  
5 Tim Bowen 31:08  
6 Andy Bond (1 M40+) 31:14  
11 Shane O'Neill 31:43  
37 Jonathan Whittaker 33:25  
38 Wayne Lashley 33:31  
42 Alastair Locke 33:37  
45 Edward Harper 33:54  
48 Paul Devine 34:07  
67 Des Crinion 34:56

#### B-team scorers:

69 Michael Williams 34:58  
71 Rob Hollands 35:01  
82 Ian Lilley 35:29  
88 Matt Cooke 35:46  
91 Nick Wood 35:52  
96 Charlie Lound 36:18  
109 Justin Siderfin 37:11  
133 Jonny Hough 38:38  
135 Ebe Prill (3 M55) 38:44  
138 Andrea Ceccolini 38:55

142 Hugh Balfour (3M60) 39:04  
156 Martin Double 40:25  
186 Graham Laylee 44:54  
192 Colin Frith 46:12

202 finished  
Tom South DNF

#### Scores after two matches:

1. C/C 404, **2. Dulw 527**, 3. Ful  
722, 4. Rei 815, 5. Stra 911, 6.  
W/W 1088, 7. Wal 1113, 8. Croy  
1134, 9. E&E 1476

I'm sorry I was not available last Saturday to provide support but congratulations to our men's team for their excellent second place once again. In addition some good packing further down the field meant that our B team finished second. We were missing a few of our leading scorers so hopefully we will be able to consolidate this performance in the two remaining matches in the two remaining matches in the New Year. **Mike Mann**

## Surrey Leagues

**Steve Smythe adds** well done for the men for getting most of the best runners out for the league and a repeat of the same quality and numbers will see us back in Division 1 though it was disappointing that though those women who ran did excellently, too many of our potential scorers (ie all 5 who scored for the A team last time and a number of other leading runners who also missed the first league were absent) and finishing in 19th position does not really reflect our current strength where if we got everyone out we would be no worse than second. Great packing by the women though and I am fairly sure we have never had our best eight runners so closely packed. It is important to remember in team competition that just because you are not 100pc, that you will still likely to improve

the team's chances by turning up and doing your best whatever. And even if you have a run that is not up to your full potential and behind someone you might normally beat, it is improving your fitness and enabling you to have a better race next time. Luckily the club has a lot of runners who turn out whether they are at their best or not and see the wider picture.

**Men's TEAM:** 1 Clapham 168; **2 Dulw R 286**; 3 Fulham 397; 4 Stragglers 456; 5 Reigate P462; 6 Walton 503; 7 Croydon 518; 8 Wimb W 560; 9 Epsom & E 745

**B TEAM:** 1 Clapham 68; **2 Dulw R 225**; 3 Stragglers 343; 4 Fulham 396; 5 Reigate P 431; 6 Wimb W 497; 7 Croydon 615; 8 E&E 744; 9 Walton 776

Standings after 2 matches  
**TEAM:** 1 Clapham 404; **2 Dulw R 552**; 3 Fulham 722; 4 Reigate P 815; 5 Stragglers 911; 6 Wimb W 1088; 7 Walton 1113; 8 Croydon 1134; 9 E&E

1476

**B TEAM:** 1 Clapham 216; **2 Dulw R 517**; 3 Fulham 706; 4 Reigate P 631; 5 Stragglers 739; 6 Wimb W 1100; 7 Croydon 1229; 8 E&E 1495; 9 Walton 1559

**Women TEAM Div 1:** 1 Herne H 83; 2 Thames H&H 111; 3 Ranelagh 139; 4 Hercules W 142; 5 Clapham 142; 6 Fulham 149; 7 Epsom & E 208; 8 Belgrave 209; 9 Guildford & G 217; 10 S London 224; 11 Kent 224; 12 Herne B 252; 13 Reigate 254; 14 Clapham B 348; 15 THH B 397...**19 Dulwich 473**

#### Standings after 2 races

**TEAM:** 1 THH 159; 2 Herne H 242; 3 Clapham 282; 4 Ranelagh 312; 5 HW 338; 6 Belgrave 353; 7 Fulham 357; 8 S London 359; 9 G&G 417; 10 E&E 488; 11 Kent 529; 12 Reigate P 579; **13 Dulw R 652**; 14 Clapham B 701; 15 THH B 709



<b>CROSS COUNTRY CHAMPIONSHIP 2018 - 2019</b>							
<b>Best 5 events including 3 Surrey Leagues</b>							
	<b>Surrey League 1</b>		<b>Surrey League 2</b>		<b>Surrey League 1</b>		<b>Surrey League 2</b>
	Richmond	Banstead			Wimbledon	Nonsuch	
	13/10/2018	10/11/2018			13/10/2018	10/11/2018	
Ed Chuck	50	50			Clare Elms	50	
Shane O'Neill	49				Elkie Mace	49	
Tim Bowen	48	49			Marta Miaskiewicz	48	
Andy Bond	47	48			Hayley Seddon	47	
Wayne Lashley	46	46			Ange Norris	46	
Tom South	45				Ola Balme	45	49
Jonathan Whittaker	44	47			Michelle Lennon	44	47
Ed Harper	43	44			Emma Ibell	43	50
Danny Mann	42				Helen Lister	42	
Paul Devine	41	43			Victoria Read	41	
Des Crinion	40	42			Anna Thomas	40	46
Charlie Lound	39	37			Katie Styles	39	39
Rob Hollands	38	40			Lucy Clapp	38	41
Alastair Locke	37	45			Eleanor Simmons	37	42
Nick Wood	36	38			Ros Tabor	36	
Matt Cooke	35				Hannah Harvest	35	
James Burrows	34				Joann Selton Pereda	34	38
Justin Siderfin	33	36			Sharon Erdman	33	37
Ebe Prill	32	34			Christina Dimitrov		48
Eugene Cross	31				Lucy Pickering		45
Andrea Ceccolini	30	33			Rebecca Schulleri		44
Jonny Hough	29	35			Belinda Cottrill		43
Olivier Montfort	28				Yvette Dore		40
Hugh Balfour	27	32					
Graham Little	26						
Ed Simmons	25						
Grzegorz Galezia	24						
Martin Double	23	31					
Gower Tan	22						
Ed Smyth	21						
Mike Williams		41					
Ian Lilley		39					
Graham Laylee		30					
Colin Frith		29					

#### Men - events still to come

Surrey League 3	Surrey League 4	London Champs	South of Thames	Southern Champs	Riddles down
Mitcham	LLoyd Park	Parl. Hill	Beckenham	Parl. Hill	parkrun
12/01/2019	9/02/2019	17/11/2018	15/12/2018	26/02/2019	

#### Women - events still to come

Surrey League 3	Surrey League 4	London Champs	South of Thames	Southern Champs	Riddles down
Coulsdon	Richmond	Parl. Hill	Beckenham	Parl. Hill	parkrun
12/01/2019	9/02/2019	17/11/2018	15/12/2018	26/02/2019	

## “Trail” Running In The Algarve

**T**his year we had several members competing in the Algarve Running Challenge, Clare Elms, Gideon Franklin, Joe Brady, myself and coach Steve who was organising the races. The Challenge includes 3 low key regular events, a 5km cross country, a 10km trail race and a track mile. The cross country course was mostly over stony paths with several short sharp hills after an initial 200m of rough ground more akin to cross country.

The trail race included around 6km of similar paths, but also some rather smoother trails and about 1.5km of road. Both courses were slightly damp after overnight rain which was helpful in reducing the amount of dust. The other permanent feature of the challenge is a 1 mile race on the track which had been newly relaid. In addition to the 20 miles of racing, I managed an additional 20 miles of training runs and warm ups, making it my biggest block of training since last winter.

The major event of the week is usually the X Milhas da Guadiana race, in fact just over 11 miles across the spectacular road bridge linking Portugal with Spain. However this year the event was cancelled at short notice owing to repairs on the bridge that had overrun (familiar story here). This resulted in efforts to find a substitute race, but there was not much scheduled for the weekend and Steve began thinking of arranging our own race taking in sections of the sandy beach. However it turned that an annual partridge festival in a remote area in the north of the Algarve was including for the first time what was billed as a 15km trail race. Contact was made with the organisers and most of our group was duly entered. Information on the course was sparse but some selective photos provided by the organisers gave the impression that it consisted of trails similar to those used in our earlier races over undulating ground.

We assembled in the hotel lobby early in the morning but owing to a booking mix-up our coach failed to turn up. It eventually arrived after a lot of chasing and we made it to the race venue with 3 minutes to spare, though fortunately the start was delayed by 10 minutes, so just about time to pin race numbers and some cursory warming up. There were around 100 competitors, mostly in the 20-40 age range, with our group making up almost all the over 50s. The first 5km or so of the race was not unduly challenging in terms of climbs but the loose stones covering most of the trails made it hard work and meant that extreme care was needed. However it was possible to keep running throughout this initial section. We were hoping that the ground conditions would improve as the race went on, but at the point where we didn't think it could get any worse and were beginning to regret the achievement of the coach driver of getting us to the start on time, it did.

We started off having to negotiate a



gully full of large loose stones and then the trails disappeared altogether as we found ourselves running in open ground in between small bushes, heavily cambered in places as we ran along the side of hills. Then the hills began with a vengeance, fairly short around 300m each but with gradients of at least 20%. I lost count of the number of these (as well as the will to live) but there must have been 8-10 in total, each followed by treacherous descents over loose stones and gullies. The total amount of climbing over the course came out at just over 1,400 feet, probably modest by fell running standards, but the main challenge was the ground rather than the hills.

My experience of fell running is limited to Box Hill and the Isle of Wight some years ago when I was rather more agile, and although both these events contain challenging sections underfoot, they are compensated for by plenty of download grass, albeit steep. This difficult section covered at least half the course (which came out at 16km and longer for those going off course). One saving grace was that the course was well marked with tape at regular intervals, but with having to concentrate hard and look closely at the ground pretty well throughout, some of our group ended up deviating from the route. At one point Steve found himself running in the opposite direction to the course.

Not surprisingly most of the competitors, including the race leaders, were reduced to walking the climbs and most of us had to do the same over the descents in order to stay upright. Somehow I managed to gain some places over this tricky section as I attempted to run at least the lower portion of the steep inclines. A few of our group had falls and most cuts and scratches from the thorns strategically placed over the non-existent paths. I had a losing battle with a particularly evil thorn bush ending up with a bloodied arm. How anyone avoided more serious injuries remains one of life's unsolved mysteries, and it was on this section on hilly terrain far from any roads where there was no support from the organisers over some 8km.

For my own part advice from my physio

some weeks ago was to build up the distances of my longer runs gradually by around 5 minutes a week from a starting point of around 35 minutes and avoid hills. I am still trying to work out how to explain away this minor deviation from my recovery regime at my appointment later today, but somehow or other I managed to avoid re-injury. Another positive is that I had been debating whether my build-up of mileage was sufficient to make the start line in this week's London Champs, but what was effectively a fell run lasting over 1 hour 45 minutes should with luck be just about sufficient.

With all the walking my energy levels remained quite high, but even on the more level ground, running at a decent pace proved difficult. The conditions underfoot improved over the final 2-3 km but I with sore feet (not helped by running in my road racing shoes) and gas in the tank dropping off I was unable to take full advantage of this, added to which until very late on I had no idea how far away the finish was. Just before we reached this easier stretch we encountered the most memorable moment of the race which was a drop down a deep ditch followed by an ascent of a wall. After all that had gone before, I found this something of a comedy moment, but couldn't help thinking that it was just as well as some of the older runners in our group, some over 75, had decided to opt out of the race. The final part of the race was a 400m climb over a thankfully smooth trail. After the race my feet felt bruised and blistered and my quads somewhat bashed about, but by the next day my legs felt better than they normally do after the Spain-Portugal race, probably due in large part to my funeral pace.



Gideon had an excellent run finishing only slightly behind Steve and even gave the impression of having enjoyed it. Meanwhile Joe Brady had wisely decided to leave a few days earlier to make Gary Sullivan's wedding. Having rather lost my mojo in the 10km trail race, I managed to at least partially rediscover it. The results process was something of a farce, making some recent Assembly League races seem like a model of efficiency. Although Clare was first women, the organisers just wanted to present her with the first W50 prize and one of the women in our group was wrongly classified as a man. In a further comedy of errors the gantry collapsed as Steve finished and he was not awarded a time. Members of our group picked up virtually all the 50 and 55+ age group awards. When we arrived back at the hotel standing in the swimming pool to ease tired muscles was the order of the day as the sun shone all too briefly. **Mike Mann**

# Algarve Challenge (5km XC, 1M track, 10km Trail, 15km Fell)

November 7-11

As ever, Dulwich had a large presence at this event though sadly Andy's heart problem which was only discovered a few days before the event, meant for once Ros and Andy could not attend.

This event has been going for a dozen years or so and this year the X Milhas de Guadiana, the now 11 mile road race that alternates between Spain and Portugal each year and is the centrepiece and conclusion of the challenge, was cancelled because of work on the bridge between the two countries.

The original plan had been to bring back the beach race which featured in the earlier challenges and looked feasible as the beach was in very good running condition. However one of the runners noticed there was a 9km event about 40 miles away on the Sunday but further investigation revealed it was a 9km walk but the event - the Na Rota De Perdiz in Martim Longo (a Partridge festival) - did have a 15km 'trail' race.

After small investigation - and looking at photos which suggested it would be similar trail to the events already in the challenge a coach was hired and entries were made.

The first race off was the out and back undulating 5km on the Wednesday. It was officially titled as cross-country but is really more trail though a new section was inserted at the start that was rougher and more closer to cross-country to make it up to 5km, but though only about 250m,



it was not a popular choice and a few complained about the surface. The race, though not a handicap saw runners go off in five different groups.

Mike, Joseph and Gideon set off a few minutes before the group containing Clare and Steve but Clare, after a slow start, powered through to win in 19:14. Steve after a promising start on the 250m section, faded badly and had a poor run.

Gideon, who had only arrived that day had a strong run while Joe ran well to beat Mike.

Clare's time gave her a 60 point lead on age grading after the first event with Steve fifth, Mike 7th, Gideon 12th and Joseph 13th.

In the mile, Clare was content to follow the other faster woman for most of the first lap before pushing on and winning by over 100 metres in 5:24.1 - not fast by Clare's standards but it would be a 16 second British W55 record next month.

Steve followed another runner for three laps and then pushed on and only just scraped under the six minute barrier. Gideon and Mike had a good battle which Gideon won though Joseph had a disappointing run.

Clare's lead extended by a further 108



points. Steve moved into third with Mike up to fourth - on age-grading there was only 0.6 of a second between Steve and Mike. Gideon moved up a place overall.

The 10km is ran as a handicap - over a different part of the Algarve forest trail to the 5km - it is a much tougher first and last kilometre than the 5km but flatter thereafter and contains a section alongside the river between Portugal and Spain.

Because of his dire 5km (and being handicapper), Steve caught Gideon then Mike then Joseph reasonably early and worked his way up to third.

To make it more interesting, Steve did it tempo style - alternating kilometres slower (approx. 4:30) and faster (4:00-4:15). Clare who did not see another runner because of her tough handicap until late in the race, powered through the field in the last mile and ran an impressive 39:31 considering, she was far from flat out, the hills, the solo run, being slightly over distance and it being the hottest of the whole week.

Joseph had a good run and was only



slightly slower than Gideon, who was many minutes up on his run of the year before.

Mike had a terrible run though as he paid for a lack of endurance.

Clare extended her lead by a further 35 points (over Dutch W70 Els Raap) with Steve a clearer third but Mike dropped back significantly with Gideon and Joseph consolidating their mid pack positions outside the top 10.

After 3 races in 3 days, there was a rest day - Joseph went home to go a Gary wedding and missed the final day's race.

Things started badly when it emerged the coach company had cancelled the coach. Eventually a replacement came but well over a hour late and only 55 minutes before the start which was thought be a hour away.

Luckily it took 50 minutes and the race had been slightly delayed.

The race looked like it might be a reasonable trail race in the opening kilometres though gradually become apparent that the photographer who produced the course shots had probably not been able to get to the tougher parts of the course in the middle as it became more of a fell race with ascents you could only walk up and steep rocky descents where a few of us went even slower than the ups.

My miles show how it got tougher and tougher - 7:14, 7:46, 8:17, 9:24, 13:10!

the last five were not much quicker - 10:05, 12:21, 9:49, 10:45, 10:10.

An average pace minutes down on even the worst of my 70 marathons and this was only supposed to be 15km.

The route, which had some nice views, was well marked with tape but at one stage on a rare runnable trail, I lost concentration and missed a tape but thought I was ok because a Portuguese runner was following me but 400m later the trail ended and we had to retrace our steps and lost well over a kilometre.

Eventually I reached the finish - though that did not go perfectly as the finish gantry blew down just before I got there which apparently distracted the result recorder who missed me so I won't be in

any official results

I had rather unwisely wore a pair of cross-country spikes (minus the spikes) and would not have done had I known the terrain and the shoes were torn to shreds (along with my thighs and hips) and I had to throw away with most of the uppers separated from the sole.

Well ahead, Clare took it as easy as she could but on some of the more trickier descents was overtaken by a German female runner but once it became more runnable, she repassed and won easily and was 11th overall and actually beat all the M50 men.

Gideon had an excellent run - and was clearly happier with the terrain than Clare and Steve and was only half a minute down on Steve and easily got his best score of the 4 races and moved up to ninth overall. Mike, an excellent descender, also had a very good run and that was sufficient to move him up to fourth overall (and take the third place overall as Steve was not eligible as one of the organisers) Clare not only won on the day of course - thought that

took many hours to sort out even though there were less than 100 runners - but also took the overall title for the Challenge. However with a big race this upcoming weekend, a 10 mile odd fell race with d1400 feet of climbing and tricky descents was not probably what she envisaged as perfect preparation.

It's safe to say with the most competitive age group in Portugal the M70s that the Partridge race won't be in the challenge again (even though Mike and Gideon enjoyed) and next year the Bridge will be open and we can return to what I believe the Guadiana event to be one of the best races I have ever done. If not it will be a beach race!

The weather for the week was slightly disappointing - warmer than the UK but not the usual sunny 20 degrees though mostly dry - but the event - held in the area and track where the British Olympic team prepared in 2012 - is great for a week's break and running with a good beach and plenty of trails.

The food in the hotel is very good and

plentiful and many of the group head off for various other towns post race or on rest day to get trains or ferries rather than just stay in Monte Gordo.

### **Steve Smythe**

1 Clare Elms (W50) 3761 (19:14, (947)  
5:24.1 (972) 39:31 (929), 89:06 (913))  
3 Steve Smythe (M60) 3050 (21:52 (765)  
5:59.8 (769), 43:26 (771), 1:40:08 (745))  
4 Mike Mann (M70) 2976 (24:10 (754),  
6:36.2 (767), 53:05 (695), 1:48:28 (760))  
9 Gideon Franklin 2752 (22:55 (705),  
6:32.9 (680), 49:29 (653), 1:40:47 (714))  
13 Joseph Brady 1894 (24:05 (649),  
7:02.5 (612), 49:58 (633))

Na Rota De Perdiz 15km Trail/Fell  
(1400 feet of climbing), Martim Longo,  
Portugal

1W/11 Clare Elms 1:29:06  
19 Steve Smythe 1:40:08 (2M55+  
(actually 1M60)  
22 Gideon Franklyn 1:40:42 (3M55+  
30 Mike Mann 1:48:28 (4M55 - actually  
first M65/M70)

### **Gideon Franklin added**

For the second time I participated in the Algarve running holiday which Steve Smythe leads under the auspices of the tour company Track & Field Tours. We are were a group of about 20 from around England, plus a couple from the Netherlands, many of whom come year in year out, which is a testimony to how well it is all arranged.

Arriving at Faro airport our hotel is about an hour away, the drive taking you through orange groves. I enjoyed runs along forest trails, the beach and this year up in the hills too. It was refreshing to inhale the scented pine and sea air.

Each day has a different theme. There was a 5K and 10K, meticulously marked out with tape and flour by Steve and Dave, who runs the tour company. We had a 1 mile time trial in the well equipped sports stadium which is close to the hotel.

A highlight of the trip has been the 10 mile race on the Sunday taking in Spain and Portugal, but this year this was cancelled due to construction work on the bridge. Instead we did a 15K trail race which formed part of a partridge-branded country festival. It turned out to be very challenging with several steep ascents, ploughed fields, a brook and wall to cross. Perhaps helped

by some of my hill running in the Dulwich area and Japan I found myself overtaking people and was surprised to win a medal for coming third in my age category. After the finish we caught some of the festival greyhound racing.

This year we were sorry to miss Andy and Ros. Mike, Joseph, Clare Elms and I made up the Dulwich Runners contingent in addition to Steve. Between runs there was the chance to swim in the hotel pool and the sea, albeit that the weather was not so hot as last year. I came away feeling feeling all the fitter and having had an enjoyable holiday, which I would recommend to anyone from our club.

# New York Marathon 4th November 2018 and Abbott Dash to the Finish 3rd November 2018

Barrie had long held an ambition to run the New York marathon but with Father Time looming ever large he did ponder whether the NYC Half might be more suitable. Had it not been for a fellow thespian and marathon runner on set – half his age I might add – saying he had to do the full distance, we would never have found ourselves in the Big Apple this November. We flew over on the Wednesday to maximise Barrie's recovery from jetlag although the in-flight champagne wasn't the best hydration strategy to do so. Our hotel was the famous Warwick, frequented by many famous thespians (very apt) such as Cary Grant and Audrey Hepburn as well as Elvis and the Beatles. It was not far from Central Park and relatively easy to get to the marathon exhibition

Our first peek of the course was on Friday morning when 209 events, headed by once London marathon winner Mike Gratton and accompanied by Steve Seaton, a former runner for DR, laid on a morning recce of the course. It hadn't been in our plans to do but it was about the only organised activity put on by 209 so we took a very steady jog up to the park to



be briefed by Mike. We then went to the exhibition to pick Barrie's number up and the numbers for the Abbott Dash to the Finish on the Saturday. We combined this with meeting a friend from university for lunch, who resides in New York and looks after the professional tennis players on the circuit for the Women's Tennis Association.

He was running his 4th NYC marathon. The exhibition was a frenzy of activity with runners buying branded marathon gear like it was going out of fashion. They had also laid on the usual themed photo opportunities for the runners so it was hard not to oblige.

## Abbott Dash to the Finish 5km

We both had entered this on the Saturday but Barrie's plan was to jog gently for ten minutes and walk the rest. I had put in a more realistic time on the entry and was seeded in an earlier wave although as it transpired runners seemed to stand in any part of the start funnel. It started by the impressive United Nations building by the Hudson river although the weather was quite drizzly and cold. The course went past the grandiose Grand Central station and followed 6th Avenue past our hotel to Central park. It then took in a rather steep hill into Central Park (the other side of which the marathoners would climb) before routing up to the finish past the many flags lining the course.

The seeding seemed to be rather random as my race was more a dodge than a dash to the finish. I was nearly taken out by a fellow runner avoiding a spectator then ground to a halt temporarily at the entrance to Central Park as they had placed a water station at the narrowest part of the course. Not great planning!

It was amazing to run up to the finish straight past the flags of numerous participant nations although the incline of the course was very evident and reminded of the toughness of the marathon itself. I had wanted to run a faster race but then I did have the satisfaction of beating not only Barrie but also Paula Radcliffe who was guesting in the elite wave. Okay Barrie was running the marathon the next day but Paula? No excuse.

I waited for Barrie at the end and snapped a quick photo with the finish line in the background – hoping this shot would become a reality the following day! We spent the rest of the day window shopping in Tiffany's and Saks and probably walked much further than we should have done! Sadly breakfast at Tiffany's wasn't going to be an option during our stay as there was a 30 day wait to get a reservation on a table.

Lindsey Annable	26:09
Paula Radcliffe	27:37
Barrie Nicholls	slow (well he had a marathon the next day)

## The marathon

In contrast to the previous day the weather app was showing bright sunshine all day and an average temperature of around 13 degrees. Our tour operator was providing coached transport to the start at 6.30a.m. but had somehow managed to leave very unclear instructions regarding breakfast. Barrie got up at 5 expecting it to be open only to be told it wasn't on til 6. Not ideal for a marathon build up. I legged it down to Starbucks to get some coffees and the streets were already buzzing with runners and officials as the elites were staying opposite our hotel. Finally armed with breakfast and a coffee Barrie boarded the bus and I waved him off. Of all the marathons he has done this has to be the one we were most nervous about. He had missed four weeks training through illness and ridiculous filming hours and suffered throughout with a sore achilles. Father Time had indeed been catching up with him.



The coach sailed through Manhattan just as the sun was rising over the borough. Barrie wasn't starting til 11 so just relaxed and munched on his breakfast bagels. After tight security to get on the island he managed to find an 'airline seat' to sit on provided by American Airlines who were key sponsors of the event .

He had been placed in the 5 hour pace wave but decided to go back a couple of pace groups after a rather disastrous last run in training. He was advised to join the 5 hr 30 group paced by a lady called Beth of New York Road Runners.

The start was truly inspiring with Frank Sinatra's New York New York blasting out and fantastic views from the bridge. The race director was officiating at the event for the last time and he was quite emotional himself as he asked 'Do we have clearance on the roads?' at 11 o'clock before sending the runners on their way for the very last time.

Barrie was awestruck by the fabulous atmosphere provided by the New Yorkers. Each borough had a different vibe to it and he managed to have a little boogie in the Bronx to the pounding rap music. He like many others were in tears at points as the atmosphere was so fantastic. There were American style banners throughout including the inevitable topical political one - a big balloon of Donald Trump saying 'Thump Trump for power'. Others were all together a little more personal than the London marathon banners such as one saying 'Follow that cool looking guy in front of you as the creepy guy behind is catching you' and 'Keep up with that cute looking butt in front of you.'

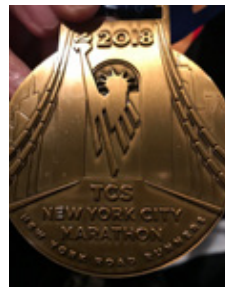
Atmosphere aside the race was quite eventful. The pace group was perfect for Barrie as it went a gentle tempo allowing him to enjoy the crowds. They walked at every other water station and he felt very comfortable. All was going well until for the second marathon running his pacer ran into trouble and dropped out. She claimed she hadn't got her eating strategy right and was suffering with stomach cramps. At one point she was crouched by the pavement in pain so Barrie went back to help her. She even gave him her pacing stick a couple of times as he was looking by far the strongest of the group. At mile 21 she laid her pacing stick on the ground and sought medical help. Barrie had about 7 of the remaining group asking him what to do. So they were left to their own devices with no option but to carry on alone.

I managed to see Barrie at about 16.5 miles and he was looking easy. We had been walked to this point by Mike Gratton and I narrowly missed seeing Steve who I was also tracking but he was obviously going far too fast! I even managed to miss my friend so my spectating at that point was not too successful. I then went into Central Park after a quick coffee in the exquisite Plaza hotel but lost all connection with the internet and the tracking app. Still I was reassured I could easily see the pacing sticks as the race was starting to thin out. It was a real worry when the pacer he was with failed to come through and I had no idea where he was. All sorts of thoughts went through my head - had he dropped out, had his achilles gone? Thank goodness a fellow spectator picked him up on the app right near us and I turned round to see him coming down the hill. He'd slowed a fraction but had also stopped to help a guy who was having breathing difficulties by the side of the course. What a relief.

We were reunited down the 'walkway of champions', in other words the American term for the family reunion area. Don't you just love the all-out positive brashness of the Americans? We had a slow hobble back to the hotel and meal (with medal on of course) in the famous Randolph bar at the hotel. Mike Gratton was in residence so it was time for a debrief on the race - not every day you get a race analysis with a former marathon champion. Job done and importantly Barrie was in one piece if not with a very sore achilles (but not as sore as the £400 price tag

on the race). Not to mention he needed this race to complete the Club Championship 'Grand Slam' and add to his previous eight consecutive marathons.

New York on the Monday and Tuesday was like a parade of marathon medals and jackets with everyone quite rightly showing off their achievement. We took a couple of bus tours to rest those marathon legs and had a fascinating tour of the Met museum. On the final night we treated ourselves to the Cher show on Broadway and rounded it off with champagne at the Rockefeller bar on the dizzy heights of floor 65. The Rockefeller centre was a hive of activity as NBC were broadcasting live updates from the elections just by it. The centre was illuminated in red, white and blue and the ice rink surrounded by numerous American flags.



We were flying back with American Airlines and once they heard of Barrie's run we had non-stop champagne all flight. I think they were just a little impressed by his achievement! Well done to Steve on yet another fantastic run and also to Mark.

**Lindsey Annable**

Barrie John Nicholls      5:36:42

## Run Through Crystal Palace 10K

11th October 2018

As if running Clapham Common parkrun, followed by the Surrey League Cross Country in the afternoon, wasn't enough Belinda decided to run 10K on Sunday. Given the start was at 10.00 and would therefore being still going at 11.00 a minutes silence was observed at 9.55

Having disgruntledly missed out on Saturday afternoons run (after all he is not only a dog but also male) Milo was back on the start line and raring to go. However after a brisk start the exertions of the previous day took a toll over the Crystal Palace hills causing Milo and B to fade over the second lap.

Still a well organised, if expensive (GBP25.00 on the day) event and the rain held of till we were all in the café.

**Bob Bell**

3 Belinda Cottrill      46:40 (chip 46:33)  
235 ran



## Barking

113 Ran

Pos Gen

1	1	Nigel Swinburne	18:30
4	1	Kim Hainsworth	21:12

## Bicester

230 Ran

Pos Gen

1	1	Carl Aldridge	17:46
12	1	Karen Rushton	20:24
17	16	Eugene Cross	20:53

## Brockwell , Herne Hill

370 Ran

Pos Gen

1	1	Stephen Thackeray	17:31
34	1	Julia Noble	20:27
264	76	Sarah Lyness	29:58

## Bromley

570 Ran

Pos Gen

1	1	Christian Thomas	18:03
4	1	Morgan Squibb	18:26
173	23	Claire Barnard	24:44

## Burgess

464 Ran

Pos Gen

1	1	Nick Bester	16:59
16	1	Jenna Mullett	18:53
139	19	Ros Tabor	23:10
425	268	Barry Evans	33:17
451	174	Susan Vernon	37:44
463	284	Chris Vernon	51:35

## Cannon Hill , Birmingham

697 Ran

Pos Gen

1	1	Daniel Robinson	16:38
40	1	Hannah Howard	20:15
220	22	Susan Cooper	24:55

## Catford

187 Ran

Pos Gen

1	1	Matthew Pollard	19:26
8	1	Judith Schmid	20:45
22	21	Gary Sullivan	22:22

## Clapham Common

522 Ran

Pos Gen

1	1	David Taylor	16:55
34	1	Lucy Wertheim	20:16
47	3	Belinda Cottrill	20:42
163	135	Bob Bell	24:12

## Dulwich

638 Ran

Pos Gen

1	1	Edward Olsen	16:28
34	1	Hayley Seddon	19:57
38	37	Olivier Montfort	20:05
39	2	Chloe Green	20:07
63	60	Simon Burnett	20:55
103	98	Segun Osuntokun	22:24
135	10	Charlotte Sanderson	23:00
252	216	Simon Lang	25:39
254	38	Colleen Williams	25:42
385	306	Stephen Davies	27:56
409	88	Elizabeth Begley	28:44

450 344 Mick Mead 30:37

## Eastville

426 Ran

Pos Gen

1	1	Barry Bryant	18:09
23	23	Joe Farrington-Douglas	19:43
31	1	Jessica Bruce	20:22

## Highbury Fields

354 Ran

Pos Gen

1	1	Alistair Rutherford	16:28
11	11	Paul Collyer	18:58
52	1	Jen Milsom	22:24

## Lancing Beach Green

72 Ran

Pos Gen

1	1	Christopher Mellish	19:13
3	3	Nicholas Brown	21:11
4	1	Josie Lloyd	22:35

## Leicester Victoria

374 Ran

Pos Gen

1	1	Matthew Johnson	17:56
49	1	Bonita Robinson	22:10
96	11	Marjorie Epton	23:45

## Malling

238 Ran

Pos Gen

1	1	Stephen Poole	19:10
14	1	Tereza Francova	20:59

## Peckham Rye

300 Ran

Pos Gen

1	1	Josh Snowden	17:21
26	1	Vicky Boyle	21:19
122	27	Michelle Key	26:19
129	30	Stephanie Williams	26:37
158	49	Emily Warburton-Brown	27:54
209	80	Claire Steward	31:18
211	131	Andy Bond	31:28
300	167	Ian Lilley	51:11

## Riddlesdown

173 Ran

Pos Gen

1	1	Dylan Wymer	17:40
22	1	Amelia Thomson	22:10
125	37	Ange Norris	31:37

## Seaton

160 Ran

Pos Gen

1	1	Wayne Loveridge	18:00
13	1	Rachael Moss	23:13
71	14	Jenny Ross	27:57

## South Norwood

169 Ran

Pos Gen

1	1	Richard Chapman-Brown	19:24
39	1	Helen Lister	23:31
56	51	Michael Dodds	24:36
78	13	Clare Elizabeth Wyngard	26:08

## Southwark

341 Ran

Pos Gen

1	1	Unknown Athlete	17:13
11	1	Harriet Freeman	18:55
155	135	Paul Keating	25:23

**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.

# DULWICH RUNNERS CLUB KIT



## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1/4 Zip Top

**CLEARANCE OF HOODIES £10**  
all kit will be available at the  
**AGM – bargains to be had!**

## DULWICH RUNNERS CLUB KIT

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

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



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

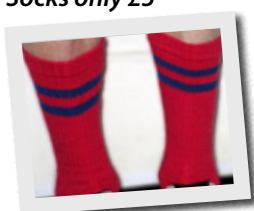
## SHORTS!

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



Bufs/snoods - only £6

Socks only £5





# SOCIAL SPOT

P  
O  
T

*Upcoming events.*

**Wednesday 28th November**  
**Quiz Night**

This years annual quiz! Teams of 4, don't worry if you don't have a team as there is always enough people to make some on the night. The quiz will start at 9pm after the club run, it will be £5pp and there will be prizes up for grabs and any funds raised will go into the social fund to help fund future social events.

The social fund in 2018 has helped to fund & subsidise things like the pizza nights, beer & cheese night and drinks at the Mark Hayes Mile.

**Saturday 15th December**  
**Christmas Party**

## The Lordship

211 Lordship Lane, East Dulwich, SE22 8HA

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

Following our recent Facebook poll the overwhelming choice for the Christmas party was The Lordship.

Dust off your glad rags and get ready for night of festive fun!!

As always there will be a buffet, music & club awards and we will be doing a 50/50 draw again this year. The menu will be posted on Facebook shortly and in next week's Shorts.

Tickets are £20, please confirm attendance to [dulwicksocialsecs@gmail.com](mailto:dulwicksocialsecs@gmail.com) with any dietary requirements.

Dress Code: Dress to impress

Payment by cash to Tom, Matt or Barry Graham or via online transfer (**deadline for tickets is Friday 7th December**):

M Ladds  
09-01-28  
34933412

## Rehydration !

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

## Sports & Therapeutic Massage

Do you:

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

What you could benefit from?

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

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004

[ola.balme@btinternet.com](mailto:ola.balme@btinternet.com)

[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

## Photographs needed !...

If anyone has any good recent photos of Dulwich Runners in action either on the race course or at the pub (or dance floor for Ajay) for inclusion in the brand new website, please could you send them to:  
[jonathanwhittaker79@yahoo.co.uk](mailto:jonathanwhittaker79@yahoo.co.uk)



Dulwich Runners 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 8

All routes go anti-clockwise

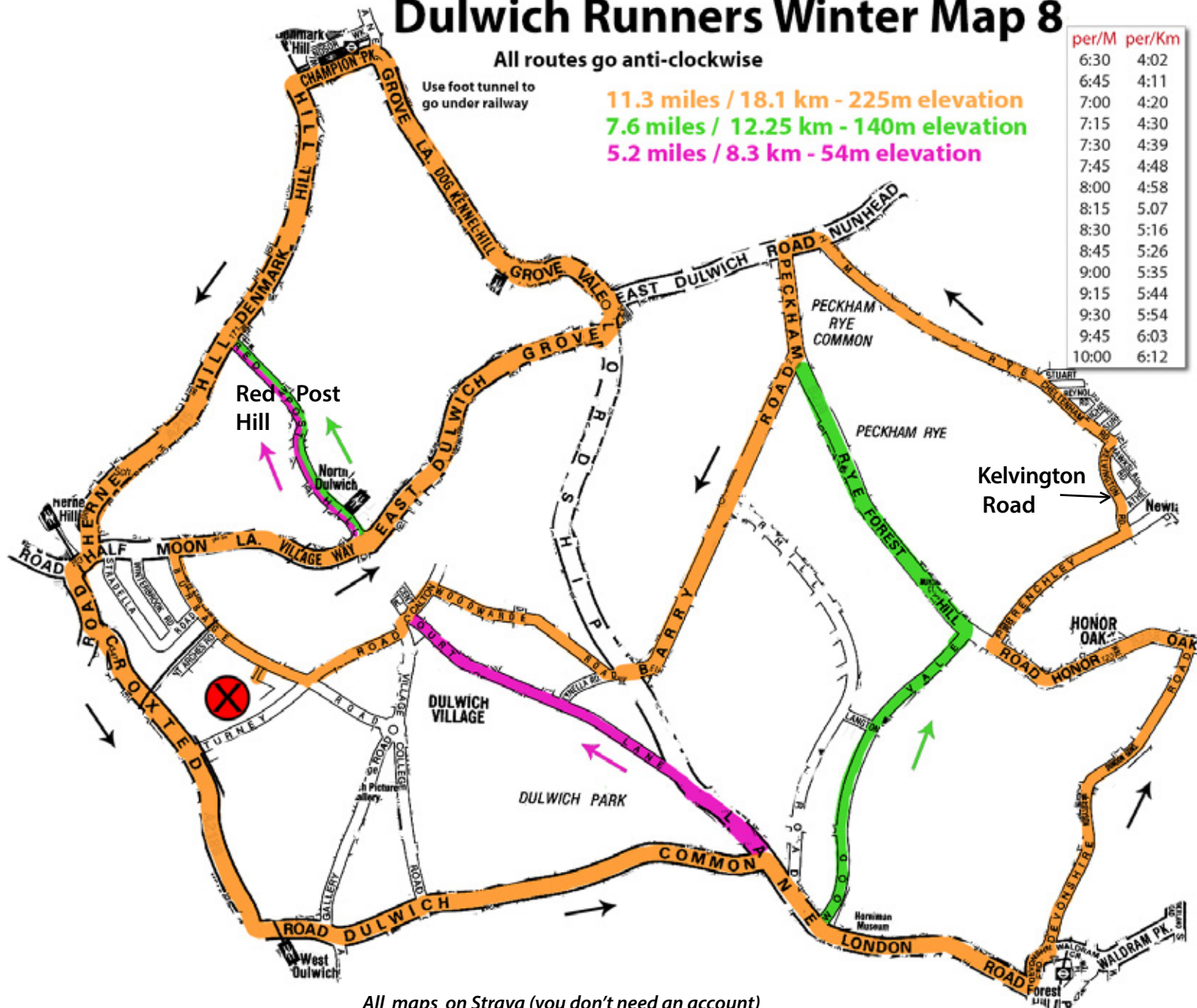
Use foot tunnel to go under railway

11.3 miles / 18.1 km - 225m elevation

7.6 miles / 12.25 km - 140m elevation

5.2 miles / 8.3 km - 54m elevation

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>



# DULWICH RUNNERS A.C.

## ANNUAL GENERAL MEETING:

Wednesday 14th November 2018, 9pm

The AGM will be held in 'The Nursery' downstairs at the Edward Alleyn Club, Burbage Road, London SE24 9HD at 9pm on Wednesday 14th November.

Items for the agenda should be sent to the Club Secretary, Yvette Dore, by Friday 9<sup>th</sup> November to be sure of inclusion.

Minor items of Any Other Business will be allowed on the day at the discretion of the Chair depending upon the time available.

Draft minutes of the 2017AGM are available on the club Website <https://www.dulwichrunners.org.uk/agm/> and will be proposed for approval at this AGM.

All Committee posts are up for election with the table opposite showing whether the present incumbent is happy to stand again.

For information, please note that the roles of Men's Captain and Men's Cross Country Captain have been reconfigured to create two Joint Men's Captains, with both Captains sharing responsibility across all areas, as is already the case with the Women's Joint Captains.

There are three positions where there are definite vacancies.

These are Women's Joint Captain and two positions as General Members.

Members are encouraged to stand for these and any role they may be interested in.

Anyone wishing to stand for a Committee post should be aware that the tenure of the Committee elected at this year's AGM will be 15 months, rather than the usual 12 months, due to a realignment of the AGM and the Accounting year (see note below on Change of Accounting Reference Date).

For further information on the responsibilities, please see the brief descriptions below, or speak to the person currently in the role.

It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-shuffling of the remaining Committee.

If you are interested in any of the roles, or know of someone who you think would be a good fit, please have a word with any Committee member as soon as possible.

Nominations for any role should be sent to Yvette by Wednesday 7<sup>th</sup> November to allow time to organise an election if there is more than one candidate, but nominations will be taken up to and including the day of the AGM.

Yvette can be contacted at:

[secretary@dulwichrunners.org.uk](mailto:secretary@dulwichrunners.org.uk)

### Change of Accounting Reference Date and AGM date

Members will recall that last year we changed our membership year from 1 Jan to 1 April to bring it in line with England Athletics. This has resulted in our membership year being 6 months out of sync with the Accounting year. In order to bring matters in to line it is proposed that the accounting year run to 31 December each year with the next accounting period being for 15 months to 31 December 2019. It is further proposed therefore that the next AGM take place in Feb 2020, approx 4/6 weeks after the end of the accounting period. The meeting is asked to endorse these changes to the Club's Constitution.

Post	Present Holder	Standing Again?
President	Ron Searle	Yes
Chair	Ros Tabor	Yes
Secretary	Yvette Dore	Yes
Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Joint Social Secretary	Matt Ladds	Yes
Joint Social Secretary	Tom South	Yes
Joint Women's Captains	Clare Wyngard	No
Joint Women's Captains	Ange Norris	Yes
Joint Men's Captain	Ebe Prill	Yes
Joint Men's Captain	Mike Mann	Yes
Shorts Editor	Barry Graham	Yes
Publicity Officer	Jonathan Whittaker	Yes
General Member	Chris Loizou	No
General Member	Steve Rolfe	No



## Dulwich Runners Athletic Club Annual General Meeting

Wednesday 14<sup>th</sup> November 2018

Edward Alleyn Club  
Rear of 83-85 Burbage Road  
London, SE24 9HD

### AGENDA

1. Chair's Opening Remarks
2. Apologies – Katie Styles, Anna Thomas
3. Approval of Minutes of last AGM
4. Treasurer's Report
5. Update on Club Coaches (submitted by Anna Thomas and Katie Styles)
6. Vote of thanks and adoption of new General Committee
7. Any Other Business

# Dulwich Runners AC

## ANNUAL ACCOUNTS 2017/18

INCOME AND EXPENDITURE		2015/16	2016/17	2017/18
		Total	Total	
Income	Subscription fees	7485	7322	8150
	Wednesday night runs	2011	1709	1373
	Track sessions	3210	2885	3596
	Kit sales	1743	793	839
	Donations			2500
	Interest received	24	5	3
	Race clock	440	330	220
	Net income from Midsummer race	-63	348	751
	Other income	210	110	110
		<b>15060</b>	<b>13502</b>	<b>17542</b>
General Expenditure	Club hire	-3970	-4080	-4080
	Track hire	-2528	-2609	-2349
	Shorts			0
	Kit purchases	-2235	-741	-946
	Social activities	136	237	0
	Bank charges		-55	-64
	Website and stationery	-213	-73	-286
	Other general expenses	0	-168	-219
			<b>-8809</b>	<b>-7489</b>
Athletics Development	Affiliations	-2823	-2818	-2815
	Race fees	-1949	-2474	-2145
	Equipment costs	-96		-96
	Coaching			-460
	Transport	-1134	-1387	-1295
	Prizes and medals	-632	-500	-907
		<b>-6634</b>	<b>-7179</b>	<b>-7717</b>
<b>Surplus for the year</b>		<b>-383</b>	<b>-1166</b>	<b>1882</b>

NOTES	2016/17	2017/18
<b>Other income</b>		
Relay contribution	110	110
Other		
	<b>110</b>	<b>110</b>
<b>Race Fees</b>		
Cross country	1164	968
Greenbelt relay	297	275
Assembly League	58	
SEAA/BMAF/ERRA relays	955	751
Other relays		150
	<b>2474</b>	<b>2144</b>
<b>Transport</b>		
WCR/GBR/1066	57	42
International duty	300	300
Sundry		
National/regional relays	1030	952
	<b>1387</b>	<b>1294</b>
<b>BALANCE SHEET</b>		2018
Bank and Cash		12897
Affiliation fees paid in advance		1385
Debtors & Prepayments		330
Stocks of Kit		3792
Membership fees collected in advance		-4353
Creditors & Accruals		-2605
Total Reserves		11446

**SUMMARY:** The club's accounts show a surplus for the year of £1882 and Reserves of £11,446

The key factors are:

- Whilst Wednesday night attendance has been disappointing there has been a significant increase in attendance at Tuesday track both in the summer and winter
- During the year the Club received a total of £2500 as legacies from 2 former club members, Ken Crooke and John Fraser. The Committee felt these funds should be spent on things which would have lasting benefit for the Club. This year we have used the monies to send 3 members on Coaching courses (£460) and on the Ken Crooke XC trophy (£96) and renewed the club website.
- A very successful Midsummer Relays where profits doubled over last year

**Membership fees** are currently £45 including the £15 England Athletics affiliation. EA have announced that it is not their intention to increase the member affiliation fee in 2019/20 although the club fee will increase from £100 to £150

# Dulwich Runners AC - Committee Roles 2018

Generally, the role of all Committee members is to deliver the smooth running of Dulwich Runners AC, ensuring it remains a successful, welcoming and sociable Club where members of mixed abilities can get the most out of their running and have the opportunity to develop and progress.

## Club President

The role of Club President is to encourage all members, especially new ones, and to ensure that we remain a friendly Club and that true sportsmanship is important to us.

## Club Chair

The Club Chair has overall responsibility for the smooth running of the Club, and Chairs committee meetings and the AGM.

The role administers and attends Tuesday track sessions and Wednesday Club nights, including maps, register and announcements, greeting new runners and finding them a group to run with.

The Chair also oversees Club events including the Club Championships, coordinating results, and organising and presenting medals. The Chair listens to members' views and raises relevant issues at meetings.

## Club Treasurer

The Club Treasurer manages the Club's finances and financial records, maintaining cash and income and expenditure records, and making payments and banking income as required.

The Treasurer makes track bookings at Crystal Palace and Dulwich College and negotiates rates as necessary.

The Treasurer produces and presents income and expenditure summaries for each Committee meeting and the AGM.

## Club Secretary

The Club Secretary organises and co-ordinates five Committee Meetings per year. This includes compiling and distributing the agenda, and attending and writing meeting minutes. The Secretary also attends and minutes the AGM, and supports the Club

Chair in Committee Meetings and the AGM as required.

## Membership Secretary

The Membership Secretary maintains the database holding an up to date record of Club members and issues membership cards. Sends out an annual notice via email of membership renewals, registering members with England Athletics, and liaising with EA throughout the year.

The Membership Secretary attends Wednesday Club runs to welcome new and prospective members, explaining the benefits of joining, the training we offer and about all aspects of Dulwich Runners and answer any questions they may have about running with us.

## Joint Social Secretaries

The role of Social Secretary is shared between two Joint Social Secretaries. The Joint Social Secretaries organise regular events to increase club engagement, such as curry nights and quizzes. The main event of the year is the Christmas Party which is the responsibility of the Social Secretaries. The

Social Secretaries are also responsible for arranging coaches to Club Championship Races that are difficult to get to or too far away for public transport.

## Club Captains – Joint Men's Captains and Joint Women's Captains

There are four Club Captains, two Joint Men's and two Joint Women's. The Captains share responsibility, to ensure men and women members, new and existing, feel part of a team. The Captains encourage members to participate in events, ensuring they are aware of fixtures, and are responsible for submitting entries for the Club's participation in races, relays and Leagues. Where required, they also select members to represent the Club in certain races and Leagues.

In conjunction with the Athletic Development Sub-Committee (ADSC), the four Captains are responsible for selecting Club Championship races and setting the rules.

The Captains select events for the Ken Croke Cross Country Championships and organise the Club's participation in Surrey League races. The Women's Captains sometimes arrange women-only social evenings.

## Shorts Editor

Shorts is the Dulwich Runners AC weekly newsletter. The Shorts Editor compiles and edits where required all stories and articles, ensuring the newsletter goes out every Wednesday containing all relevant information about the Club and upcoming races and events. The Editor distributes Shorts via email to all subscribers and also makes it available on the club Facebook page and via a downloadable online copy.

## Publicity Officer

The Publicity Officer is responsible for promoting the Club and its achievements via a number of channels including the Club's website, Facebook, Instagram and local forums, as well as submitting regular reports of races the Club has competed in, including Cross Country and Club Championships, to relevant publications such as the South London Press.

Additionally, the Publicity Officer is responsible for distributing publicity materials at local venues, such as sports shops, supermarket notice boards, pubs and railway stations.

## Kit Person

The Kit Person orders and sells Club kit, including Club vests, and maintains a stock list

## General Member x 2

There are currently two General Member roles on the Committee. Their remit is to represent club members generally and feedback to the Committee by taking part in most club events (training, road and cross country races, and social activities), and picking up on general matters through input from other members as well as their own experiences.

## The Role of the Athletics Development Sub Committee (ADSC)

The Athletics Development Sub Committee (ADSC) was set up in the club constitution . As its name implies it is a sub committee of the main club committee and reports to it. It includes all the club captains and coaches. In practice its main role in recent years has been to select the races for inclusion in the road and cross country championships and to devise rules for these. It also identifies members to receive the captain's award after each club championship event. Since many club members are unfamiliar with what ADSC does, it has been decided to prepare a statement and in doing so extend its role.

It is proposed that the role of ADSC should include:

1. Identify a schedule of key events and races for the season (both road and cross country) that the club intends to focus on. Communicate these details to members to enable them to plan their training schedules and ensure that they are available to participate.
2. Select members to represent the club at targeted key events and races. Agree selection criteria and communicate this to members. The final selection should be a matter for captains, taking advice from coaches.
3. Identify, select and communicate schedule of club champs races, both road and cross country.
4. Support and develop all members to progress and improve their running, and especially those who have the potential to represent their club at races and events.
5. Identify members to receive the captain's award at club championship races.

At the beginning of the cross country season, the captains currently provide information to members identifying high priority races. These include the 4 Surrey League fixtures, the county championships (including masters) and a number of other events that are included in the Ken Crooke cross country championships. These events vary from year to year, depending for example on whether or not the National Championships are held in London.

For road races , those selected for the club championships are high priority for individuals but there are a number of other events that are a club priority. These include the Big Half, Vitality 10k, Westminster Mile and London Marathon.

There are a number of relays where it is necessary to select teams and where captains and coaches are already heavily involved. There have been problems on occasions with runners selected and paid for failing to show up. It is proposed that this process should be formalised with priority races selected and announced in advance and a transparent selection process, based on recent race performances. The events where teams need to be selected are the BMAF road and cross country relays, the SEAA 6/12 stage relays, the SEAA6/4/3 stage relays and the Vitality 10k.

The ADSC already selects road club championship races during late autumn, publishing a final list in early December. A number of factors are taken into account, including avoiding clashes with other races, inclusion of local club organised races with reasonable entry fees, likely popularity and maintaining an even spread of races over the year. The rules are posted on the website, but are subject to some changes, depending for example on the total number of races chosen and their allocation into distance categories. The ADSC performs a similar task for the Ken Crooke cross country championships, announcing the races selected at the start of the season in early October.

Compared with other running clubs, until recently we have been very light on coaches, but steps have been taken to remedy through the funding of coaching courses, in which several members are participating. We need to make efforts to encourage more and discussions on how best to develop coaches, taking into account the priorities and challenges of the club, are proposed. With more coaches with experience, it will be possible to develop the potential of our athletes more effectively. There may be scope for incorporating some coaching into the Wednesday night runs, targeted in particular at those not participating in the Tuesday evening track sessions.

In addition to the Tuesday track sessions, speed sessions on the track have taken place on some Saturday mornings in the summer months. There is a case for reinstating hill sessions during the autumn and winter on those Saturdays free from major cross country events.

The winner of the captain's award is chosen after each road club championship race in consultation with the coaches. For the Ken Crooke cross country championship, an overall winner is selected at the end of the season. In addition ADSC will be responsible for setting the criteria and selecting male and female winners of a new Gill Johnson award to be presented annually.