



SHORTS

Dulwich Runners AC

Weekly Newsletter

November 20th 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 20	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 26	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

Connect with us:



In your SHORTS this week !

- 1 General information
- 3 Fixture list & race details
- 3 Upcoming races etc
- 4 Cross country information
- 5 Reports, results - Aintree Gold !, London XC champs
- 9 parkrun times
- 10 Social events etc...Club kit,
- 13 Wednesday route map

And much more !

[Like us on Facebook @dulwichrunners](#)

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

A brief look ahead

Nov 23	South of Thames 5M Xc - Morden Park
30	Kent Masters Xc champs - Dartford
Dec 7	SEAA Masters XC champs - Horspath, Oxford
21	South of Thames 7.5 miles - Lloyd Park

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)

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.

NEW RUNNERS ROTA

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

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 **Yvette Dore and Clare Norris**.

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

Mike Mann

Andy Murray

20/11

27/11

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	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: ebepriill@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

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.

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

Hogs Back Road Race

Sunday, 8 December 2019

11.4 km Guildford & Godalming Athletics Club road run around the Loseley Estate. Event has been held for 59 years. Race goes out of the estate along quiet roads, up The Mount along a short section of gravel track for you to enjoy the views, back into the Loseley estate. Your run trace makes 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

South Of Thames 7 Miles 21 December

These champs at Lloyd Park are a week later than usual owing to congestion in the calendar. Entries are now open so please contact your captains if you would like to be entered

SEAA Masters XC, 7 December

Horspath near Oxford, 2 races: 6km race for W40, 50 and 60 and a 10km race for the men. 3 to score in each of the 10 year age categories. We could do well both individually and as teams in some of the categories but need more to race than previous years. 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.



It's that time of the year again and we have 2 club places. We allocate one place on the basis of taking part in club events (races,

relays, marshalling) over the year and the other by draw.

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 had a club place the past two years (2018 & 19).

To apply email ebepri11@yahoo.co.uk or comment on my post in our Facebook group or in person **by Tuesday 3 December**



The club has 10 places for the Brighton Marathon. Regular entry is closed, the club places go for the same fee.

Let me know by Monday 24 February latest, ebepri11@yahoo.co.uk or in person.



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 ebepri11@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.

Clare wins at Aintree and Clare, Ros and Andy win team golds

British and Irish Masters International, Aintree

November 16



Steve Smythe writes... Three Dulwich Runners competed in this year's British Masters International which for many is the highlight of the international calendar with selection required to run for England as they take on Scotland, Wales, Ireland and Northern Ireland in a six to run, four to score contest in the three younger male age groups and four to run, three to score in the rest.

Clare and Ros, who are old hands at this event were back in the England team while Andy made his debut and all three ran well and won team golds and were happy with their performances. The race should have been in Southport, where the teams were based and the evening medal and presentations were being held but they could not find a suitable course so the race was switched to Aintree racecourse, The course was flat and quite boring inside the famous race course with a couple of out and backs on each 2km lap. The ground was rough and there was quite a muddy section towards the end of each lap.

Buses were laid on to transport athletes but the England team bus arrived 40 minutes late and only arrived 15 minutes before the first race was due to start and meant the race was delayed by 15 minutes and meant some runners were not fully warmed up.

Race 1 Men and women M65 plus 6km

For the first ever time the M65s and W65s and older age groups had their own race.

Ros had a solid run in her first in the event in the W70 age group but not at her best form in recent months after injury had to settle for fourth as England won easily with Ros third scorer.

W70: 1 A Copson (ENG) 27:24; 2 P Forse (ENG) 27:59; 3 M Glavey (IRL) 28:02; 4 **R Tabor (ENG) 30:20**; 5 A D'Albuquerque (WAL) 31:17; 6 C Birch (WAL) 31:27; 7 R Lynch (IRL) 31:53; 8 J Coyle (IRL) 31:57; 9 L Corbett (SCO) 32:05; 10 A James (WAL) 32:47

TEAM: 1 England 7; 2 Ireland 18; 3 Wales 21; 4 Scotland 34

Ros's record since 2003

2003 Cardiff 6th W50 + team medal (?)
2004 Croydon reserve
2005 Dublin 3rd W55 + team medal (gold)
2006 Falkirk 9th W55 + team medal (gold)
2007 Belfast reserve
2008 Swansea reserve
2009 Birmingham 3rd W60 + team medal (gold)
2010 Dublin 2nd W60 + team medal (gold)
2011 Glasgow 4th W60 + team medal (gold)
2012 Belfast reserve
2013 Cardiff 3rd W60 + team medal (gold)
2014 Nottingham 2nd W65 + team medal (silver)
2015 Dublin 2nd W65 + team medal (silver)
2016 Glasgow 4th W65 + team medal (silver)
2017 Belfast 2nd W65 + team medal (bronze)
2018 Swansea 9th W65+team medal (gold)
2019 Aintree 4th W70+team medal (gold)

Race 2 Women W35-W60 6km

Last year Clare was disappointed with her run as she was sore after the Algarve Challenge fell race but this time she was able to run normally and she won easily for her fourth individual gold in the last six years. Not only did she win the W55 title - with former overall champion and Irish senior international Niamh O'Sullivan third - she also easily beat all the W50s age group and that included world W50 cross-country and European 5000m champion Annette Kealy who won the W50 title. She finished just behind second W45 and 2:31 marathoner Emma Stepto and former W40 champion Louise Rudd.

Clare's win also ensured England won the team event - their 21st win the 22 years this age group has been contested.

It was Clare's 9th individual medal and 11th team gold - giving her 20 medals in total.

She was watched by daughter Lucy and parents (aged 87 and 84) and because of her success this year was chosen to collect the overall women's trophy over the seven age groups for the English team.

Clare - after her wins at Torun and Venice - is uniquely the World, European and British and Ireland International champion in the same year.

PS don't forget to vote for Clare - <https://www.athleticsweekly.com/athletics-news/aw-aoty-2019-1039926252/> in the AW Readers Awards.

if you are not sure you have voted, do it again to be safe as it seems to allow you to vote more than once!

W55: 1 **C Elms (ENG) 22:31**; 2 K Byrne (IRL) 22:53; 3 N O'Sullivan (IRL) 23:21; 4 W Roethenbaugh (ENG) 23:38; 5 M Williamson (ENG) 24:33; 6 A Howie (SCO) 24:39; 7 C Wood (ENG) 24:43; 8 M Western (SCO) 24:55; 9 R Anderson (SCO) 24:59; 10 P McCrossan (SCO, W55) 25:07

TEAM: 1 England 10; 2 Ireland 16; 3 Scotland 23; 4 Wales 43; 5 N Ireland 49

Clare's record

2007 Belfast 4th W40 + team medal (gold)
2008 Swansea 3rd W40 + team medal (gold)
2009 Birmingham 3rd W45 + team medal (gold)
2010 Dublin 2nd W45 + team medal (gold)
2011 Glasgow 4th W45 + team medal (gold)
2012 Belfast injured
2013 Cardiff 2nd W45 + team medal (gold)
2014 Nottingham 1st W50 + team medal (gold)
2015 Dublin 1st W50 + team medal (gold)
2016 Glasgow 1st W50 + team medal (gold)
2017 Belfast Injured
2018 Swansea 3rd W50 +team medal (gold)
2019 Aintree 1st W55 +team medal (gold)

Race 4: M35-M45 8km

Andy was nervous making his England debut and worried as in the older age group, in the youngest men's race he would be nearer the back but he had one of his greatest ever runs. He started well and looked strong on the second lap, even moving past England team-mate Simon Baines, who is the current European 10km champion from a few months ago and who was third last year.

Andy struggled slightly on the third lap as Baines went past him but he ran a typically good last lap and sprint, he caught Baines and an Irish runner at the finish and he was easily in the top half of the overall M35 plus and in his age group he was an excellent seventh (out of 30 runners) and beat all the competitors from Wales and Northern Ireland and apart from four English team-mates, only one Scot and one Irishman beat him. He also beat some English M35s and M40s to more than justify his selection.

M45: 1 T Scott (ENG) 25:37; 2 S Brember (SCO) 25:54; 3 A Grant (ENG) 26:02; 4 A O'Brien (ENG) 26:12; 5 B Geraghty (IRL) 26:14; 6 J Herbert (ENG) 26:52; 7 **A Bond (ENG) 27:00**; 8 S Baines (ENG) 27:06; 9 M Davis (IRL) 27:08; 10 D Leahy (IRL) 27:18;

TEAM: 1 England 14; 2 Ireland 35; 3 Scotland 44; 4 Scotland 44; 5 N Ireland 88

London Champs

16 November

Parlament Hill is never a stroll in the park and this was more of the case than usual with ground conditions more tricky than most could remember for this event.

The men's course consisted of a short lap of around 1.5km followed by three longer laps of 3km. The short lap was pretty brutal with little relief from mud and climbs but the longer lap, particularly later on contained some sections where it was possible to stretch out. The muddy section down the first hill and along the bottom was sloppy rather than sticky, but nevertheless energy sapping particularly on the turns where traction was lost. At least the weather was kind to us, a little cool but dry with little wind.

There was a fair amount of lapping on the second longer lap, at least from where I was in the field, causing problems for lapping and lapped runners alike on the narrow stretches. This could have been avoided by redesigning the course to include one fewer but longer laps, which would have had the added benefit of taking out one lap of the gruelling hill where I for one was beginning to lose the will to live on encountering it for the fourth time.

The course must have been slower than last year when conditions were much firmer but comparisons are difficult as it may well have been marked out differently with the distances not identical. Quite a few of our runners actually achieved faster or only slightly slower times, but this tells us more about the scale of their improvement over the past year.

We had what may well have been a record turnout of 19 starters. Andrea Ceccolini had to pull out with stomach problems, 3 others gave reasons beforehand for not coming and Chris Loizou was a no show without informing anyone before the race.

Arriving only 10 minute before the start with no time to warm up properly other than his dash from the station, Jack Ramm had his best ever cross country performance, finishing in an impressive 12th place, and almost 3 minutes faster

Ola writes...A pleasant autumnal day at Parliament Hill. "It was fun and properly muddy" according to Lucy.

The small contingent of Dulwich women enjoyed the course. Elkie led the Dulwich women's team in a cracking 14th position. Marta had a blustering run.

Anna is going from strength to strength. Followed by Tess, who has just run a marathon pb. Ange, was ahead of an age group rival finished strongly.

Sara is so enthusiastic and enjoying cross country. Ola was happy to make it through. Lucy had good run. Most of the women stayed behind to see the start of the men's race. According to Midge, "as you all saw, I thought it was great fun and would recommend to anyone wanting to have true x country experience (mud n all!)".

Becca couldn't run due to injury but gave us support and took some lovely pictures.

More cheering from the men!



Ed, Nick, Tom, Jack, Gower, Martin, Tom, Matt, Kev, Tom, Grant, Ross, Jonny

than in 2018. He showed great enthusiasm and team spirit after he finished, going back along the finish straight and running the last 200m with several of our runners, all of whom finished more than 4 minutes behind.

Tom South continued his improved form, finishing less than a minute slower than last year's time. In his first season for the club Martin Belzunce has consistently turned out at races this season and had another good run. Another strong performer was Matt Cooke who had a better run than at the Surrey League the previous week. He was followed by Nick Wood, who confirmed his improved cross country form this season with a strong race. Tom Shakli, finishing close behind having another good run. Newcomer Will Lawn had an encouraging debut run while Grant Kennedy was another to run better than at Wimbledon.

Des Crinion who normally has storming performances on this tough course was disappointed with his run, not feeling 100%. "Fresh" from his marathon in Havana the weekend before, Gower Tan continued his improved performance, more than a minute faster than last year in the first of his two races of the weekend. Ross Rook, another

cross country stalwart, had a solid run, and it was good to see Kev Chadwick in his first race for the club before rejoining, following recent injury. Next to finish were Ed Simmons and Jonny Hough. Both Tom Wilson, new to cross country, and Ebe Prill, with injury problems, found the ground conditions difficult. Gideon Franklin, having raced himself back into some form in Portugal had an improved run, picking up the pace in the final lap whereas Mike Mann, having struggled with breathing early on got better in the middle of the race, almost catching Gideon, but faded in the final lap.

Mike Mann

12	Jack Ramm	38:10 (40:58, 2018)
102	Tom South	42:51 (41:58, 2018)
142	Martin Belzunce	44:23
157	Matt Cooke	44:56
181	Nick Wood	45:43
191	Tom Shakli	45:58
204	Will Lawn	46:26
213	Grant Kennedy	46:41
240	Des Crinion	47:21 (42:59, 2018)
254	Gower Tan	47:43 (48:54, 2018)
266	Ross Rook	48:02
271	Kev Chadwick	48:13
288	Ed Simmons	48:50
298	Jonny Hough	49:11
319	Tom Wilson	50:07
386	Ebe Prill	53:19 (47:27, 2018)
425	Gideon Franklin	55:54
437	Mike Mann	56:34 (56:18, 2018)

494 finished, first in 36:10

Dulwich team (first four) came 14th out of 38 teams (2018: 13th/35)

14	Elkie Mace	24.25
43	Marta Miaskiewicz	26.02
74	Anna Thomas	27.25
87	Tess Bright	27.47
91	Ange Norris	27.56
104	Sara Roloff	28.22
138	Ola Balme	29.28
175	Lucy Clapp	30.37
226	Midge Cameron	33.20

8th team out of 31
309 finishers



Ange, Tess, Midge, Lucy, Marta, Elkie
Sara
Ola



Crystal Palace Canter 5K

12th November 2019

Bob Bell writes...Fourteen gathered for this lunch time meet, half of which were Dulwich runners not including Jo who is second claim. Conditions at the start were cold due to a fresh breeze but not too bad. Unfortunately by the end the rain/ sleet had come in making things very unpleasant.

As to the race Neville charged off and was never challenged. Jo ran well to hold off Maggie Statham and take second place. Ian making a rare appearance took fourth. Bob had rare job of taking Milo who quickly found that Bob wasn't going quickly enough so found more interesting things to do, like having a wee, sniffing the plants or chasing squirrels and ultimately finished just ahead of Claire. Clare continued her comeback escorted round by Mike with Peter just behind.

1 Neville Webb	23:02	4th	Age Graded
2 Jo Quantrill 2nd claim	24:35	2nd	"
4 Ian Sesnan	25:30	8th	"
6 Bob Bell	26:24	7th	"
8 Claire Steward	26:38	3rd	"

Team Bella Italian Tour and a legend is born

At a drunken 50th birthday party it seemed like a good idea to go and do a run in Verona (where the birthday girl had connections). There were three distances on offer 10K, Half Marathon and full Marathon. For some unknown reason Bob thought that doing Beachy Head Marathon three weeks before would be a good warm up so he entered the marathon. Other more sensible people in the party entered the half although Belinda, having suffered a calf muscle tear, dropped down to the 10K.

So it was on a Friday that our party of runners assembled at Gatwick and headed off to Verona. Having arrived we went out to a sports stadium in a desolate part of the city to register. Returning to the center and over a pizza we worked out that by taking an early train we could get to Padua (100K away) and join in Farfalle parkrun. So heading off at 7.00 we got to Verona Station to find our train was running late but an express train at 3x the cost was about to depart. At Padua the taxi driver didn't seem to sure about our destination but we got to a park and low and behold the run director had just stuck a parkrun banner in the ground. Bingo! After checking out a pen of very friendly rabbits a few other people had turned up and the run director

had returned to get a chain saw as a tree was blocking the route. 24 of us set off on a windy (as in bendy), very muddy 4 lap course which pleased Mrs Bell as she could photo us and cheer numerous times. Despite being injured B led us all home and was first lady. We then went to a great little café and chatted to our fellow parkrunners before making our way home on the standard cattle train standing all the way which shows what you get when you pay 7 Euros for a 100K trip.

On the trip back the run had already put up photos and a race report which included the words "the legendry Bob Bell who today ran his 393 parkrun"! Fame at last.

That night we headed out to check out the preparations for the following days runs which started and finished by the Arena, Verona's equivalent to the Coliseum. The forecast wasn't good with heavy rain scheduled for that night and all Saturday. Luckily Sunday started with a light drizzle and actually improved. As the baggage area was right outside our hotel we decided to go to the start "run ready" with just a bin liner (classic runner look) to keep us warm

After a joyous rendition of the Italian national anthem we were off. Half Marathon and full started together but it wasn't too congested. After touring rounds bits of Verona we crossed a bridge and headed out of town following the river. Returning to the city those around Bob started to take off as the majority of runners had opted for the sensible choice of doing the half. Whilst those sprinted to their finish a few

11 Clare Wyngard	29:22	10th	"
12 Mike Dodds	29:22	12th	"
13 Peter Jackson	30:57	11th	"
14 ran			

Emer Casey 10K Brockwell Park

17 November

Graham Laylee writes...Seven Dulwich Runners turned out for this low key event organised by Herne Hill Harriers

2 Lewis Laylee (2nd claim)	33:27
18 Gower Tan	41:01
24 Austin Laylee	41:55 (debut)
32/5W Ellie Balfe	42:56
34 Jonny Hough	43:10
57 Graham Laylee	46:41
110 Claire Steward	54:25

of us set off on another 21K, this time on a different route. Water stations that had been a bit sparse on the first half became more frequent, offering water, tea, energy drinks and an array of fruit and cake. Yum. Bobs run was definitely a tale of two halves, just dipping under 2 hours (1:59:43 since you ask) for 21K but ending in 4:36:03. I blame it on all the goodies available second time round, including a drinks station at 39K and another at 41K when I had been planning a sprint but temptation got in the way. (OK I was xxxx)

Bea having run comfortably at parkrun found her calf playing up from the start of the 10K so just took it easy.

So would we recommend Verona Marathon. Verona is a lovely city with lots to do and see. The race starts and finishes in the center and we got a very reasonably priced hotel almost at the start. The course is flat and generally quite scenic. Downside is quite a bit is on cobbles and for the last 5K of the marathon we seemed to be sharing the route with tourists and shoppers but this wasn't an issue. So it gets a thumbs up although whether Bob will run another marathon is debatable. Oh hang on he said never again after Beachy!

Marathon
1568 Bob Bell 4:37:53 (Chip 4:36:03)
1811 Ran

10K
147 Belinda Cottrill 47:30 (chip 47:25)
367 Ran

CROSS COUNTRY CHAMPIONSHIP 2019 - 2020												
After 4 events - Best 5 events including 3 Surrey Leagues												
	Lloyd pkrun	Surrey Lge 1	Surrey Lge 2	London Champs			Lloyd pkrun	Surrey Lge 1	Surrey Lge 2	London Champs		
MEN	Mob match	Effing ham	Wimble Idon	Parl. Hill	total so far		WOMEN	Mob match	Reigate	Mitcham	Parl. Hill	total so far
	28/9/19	12/10/19	09/11/19	16/11/19				28/9/19	12/10/19	9/11/19	16/11/19	
Jack Ramm	49	49	49	50	197		Ange Norris	47	48	47	46	188
Tom South	48	46	45	49	188		Anna Thomas	46	45	46	48	185
Martin Belzunce	47	43	42	48	180		Yvette Dore	48	49	43		140
Ed Chuck	50	50	50		150		Sara Roloff	50		42	45	137
Jonny Hough	42	32	26	37	137		Michelle Lennon	45	43	45		133
Tom Wilson	40	29	28	36	133		Jane Bradshaw	44	41	44		129
Nick Wood		42	37	46	125		Ola Balme		42	41	44	127
Matt Cooke		38	36	47	121		Elkie Mace			50	50	100
Gower Tan	43	36		41	120		Marta Miaskiewicz			49	49	98
Grant Kennedy		37	33	43	113		Emma Ibell		46	48		94
Des Crinon		33	34	42	109		Belinda Cottrill	41	44			85
Andrea Ceccolini	41	34	30		105		Madi Robinson	43	37			80
Mike Mann	37	28		33	98		Midge Cameron			37	42	79
Ebe Prill	39		24	35	98		Lucy Clapp		36		43	79
Andy Bond		48	48		96		Eleanor Simmons		38	40		78
Shane O'Neill		47	46		93		Clare Elms		50			50
Tim Bowen		44	47		91		Roz Johnson	49				49
Danny Mann		45	43		88		Katie Styles		47			47
Tom Shakhli			41	45	86		Tess Bright				47	47
James Burrows		41	38		79		Carys Morgan	42				42
Ross Rook			29	40	69		Alexie Williams	41				41
Justin Siderfin		35	27		62		Laura Vincent		40			40
Gideon Franklin		27		34	61		Helen Lister		39			39
Joe Twomey	46				46		Hannah Little			39		39
Tony Tuohy	45				45		Katie Prior			38		38
Alex Loftus	44				44		Sonja Jutte			36		36
Wayne Lashley			44		44		Naomi Crowther		35			35
Will Lawn				44	44		Sharon Erdman			35		35
Charles Lound		40			40		Ros Tabor		34			34
Mike Williams			40		40		Jenny Shutt			34		34
Paul Devine		39			39							
Rob Hollands			39		39							
Kevin Chadwick				39	39							
Martin Double	38				38							
Ed Simmons				38	38							
Jopseph Brady	36				36							
Ian Lilley			35		35							
Joe Farrington-Douglas			32		32							
Mark Foster		31			31							
Eugene Cross			31		31							
Hugh Balfour		30			30							
Miles Gawthorp			25		25							

Men - events to come		Women - events to come	
Surrey League 3	Surrey League 4	Surrey League 3	Surrey League 4
Beckenham 11/01/20	Lloyd Park 08/02/20	Wimbledon 11/1/20	Richmond 08/2/20
South of Thames	Southern Champs	South of Thames	Southern Champs
Morden 23/11/19	Parlt Hill 25/01/20	Morden 23/11/19	Parlt Hill 25/01/20

provisional, please advise any errors

2019 Club Champs Categories Regents Park 10K	
Overall Winner (Age Grading)	Andy Bond
1st Man (any age category)	Jack Ramm
1st Woman (any age category)	Kim Hainsworth
2nd Man (any age category)	Tom South
2nd Woman (any age category)	Katie Styles
3rd Man (any age category)	Martin Belzunce
3rd Woman (any age category)	Yvette Dore
First M40 (excl. above)	Joe Farrington-Douglas
First W40 (excl. above)	Michelle Lennon
First M50 (excl. above)	Mark Foster
First W50 (excl. above)	Lucy Clapp
First M60 (excl. above)	Mike Mann
First W60 (excl. above)	Claire Steward
Age Graded Man (excl. above)	Gower Tan
Age Graded Woman (excl. above)	Ros Tabor
Captains' award(s)	Eugene Cross & Claire Barnard



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.

Ashton Court

443 Ran
Pos Gen
192 41 Emma Kelly 26:30

Bexley

413 Ran
Pos Gen
18 18 Michael Fullilove 21:28

Brockwell , Herne Hill

360 Ran
Pos Gen
8 8 Shane Donlon 18:12
210 158 Desmond Edwards 27:37

Bromley

593 Ran
Pos Gen
13 1 Kim Hainsworth 18:56

Burgess

563 Ran
Pos Gen
7 7 Tony Tuohy 17:35
80 76 Hugh Balfour 21:00

Crystal Palace

402 Ran
Pos Gen
4 4 Alastair Locke 18:31
31 4 Yvette Dore 21:28
56 6 Helen Lister 22:53
239 56 Claire Steward 28:59
249 61 Clare Wyngard 29:16
250 189 Michael Dodds 29:17

Dulwich

517 Ran
Pos Gen
20 20 Rob Hollands 17:51
48 46 Alex Loftus 19:17
58 55 Matt Wood 19:33
77 7 Kristen Stephenson 20:25
139 129 Cameron Lund 22:21
275 50 Hannah Issett 25:52
342 265 Alex Haylett 27:53
434 304 Mick Mead 32:08

487 173 Susan Vernon 36:44

Eastbourne

316 Ran
Pos Gen
4 4 Ian Lilley 18:28

Exmouth

376 Ran
Pos Gen
92 81 Barrie John Nicholls 24:32
125 20 Lindsey Annable 25:54

Farfalle

24 Ran
Pos Gen
7 1 Belinda Cottrill 22:36
10 8 Bob Bell 25:01

Henstridge Airfield

158 Ran
Pos Gen
17 17 Eugene Cross 22:02

Highbury Fields

343 Ran
Pos Gen
16 15 Paul Collyer 19:45

Hilly Fields

264 Ran
Pos Gen
11 11 Justin Siderfin 20:42

Leicester Victoria

425 Ran
Pos Gen
106 12 Marjorie Epton 24:13

Peckham Rye

288 Ran
Pos Gen
4 4 Charles Lound 19:04
16 15 Alex Bazin 20:12
22 3 Michelle Lennon 20:23
23 4 Emma Ibell 20:24
24 20 Matthew Ladds 20:26
108 17 Caroline Maynes 25:16
173 47 Karina Burrowes 27:52

Portsmouth Lakeside

292 Ran
Pos Gen
67 61 Colin Frith 26:21

Riddlesdown

145 Ran
Pos Gen
144 89 Chris Vernon 57:33

Seaford Beach

207 Ran
Pos Gen
23 22 Nicholas Brown 21:55

South Norwood

132 Ran
Pos Gen
26 1 Laura Vincent 22:52
53 3 Claire Barnard 25:54
80 14 Hannah Harvest 28:01
85 69 Peter Jackson 29:23

Southport

297 Ran
Pos Gen
123 100 Andy Murray 27:16

The Leas , Minster

122 Ran
Pos Gen
42 11 Tereza Francova 27:27

Tilgate

499 Ran
Pos Gen
97 88 Gary Budinger 24:49

Tooting Common

560 Ran
Pos Gen
560 322 Ian Sesnan 53:02

Whitstable

320 Ran
Pos Gen
7 6 Alexander Dodds 20:52

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



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



! Available now !
Women's "Racer Back"
vests - £25



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 10

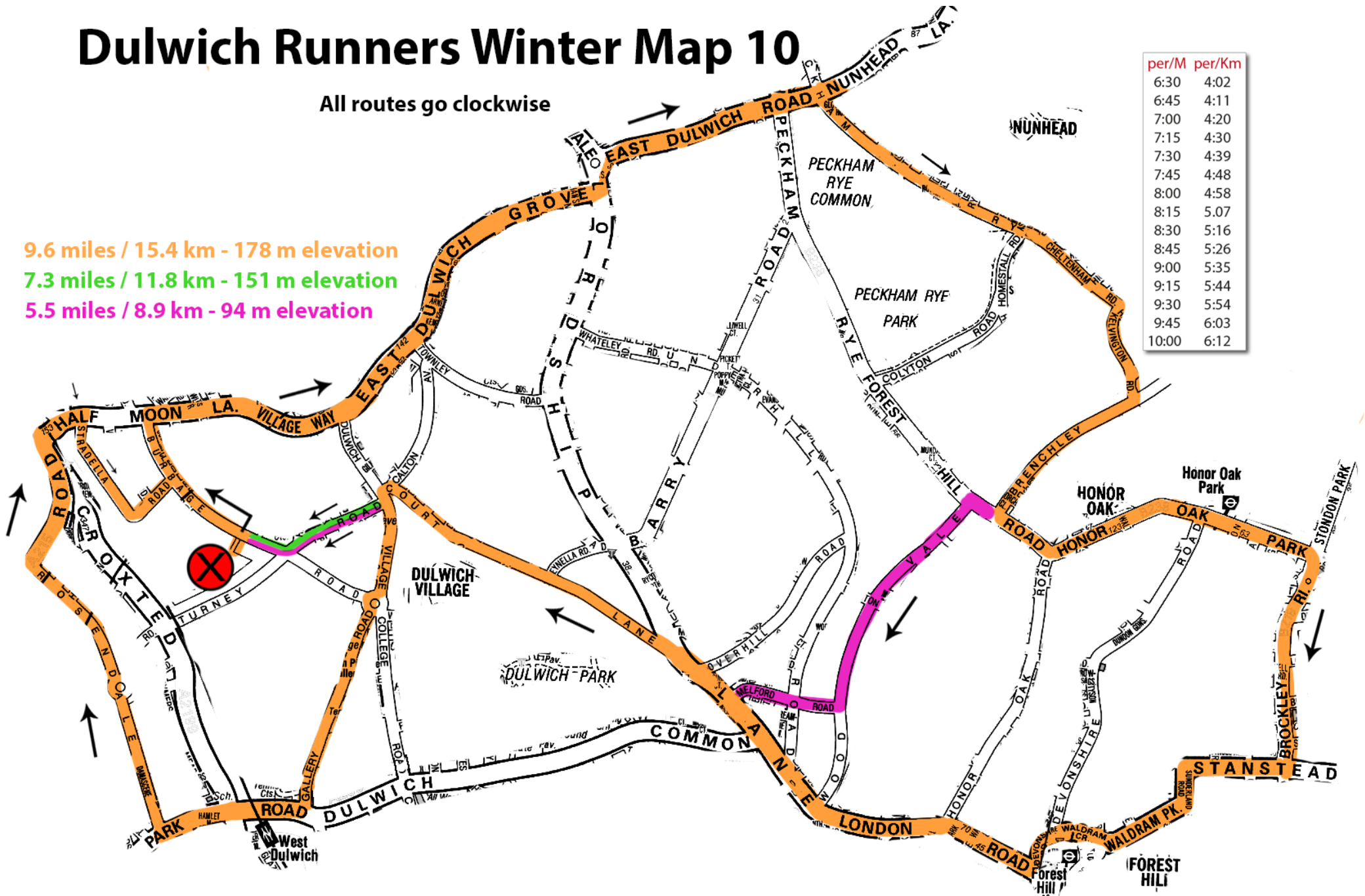
All routes go clockwise

9.6 miles / 15.4 km - 178 m elevation

7.3 miles / 11.8 km - 151 m elevation

5.5 miles / 8.9 km - 94 m 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>