



SHORTS

Dulwich Runners AC

Weekly Newsletter

November 21st 2018

These are your SHORTS,

Please send your reports, running news & anecdotes to:

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

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 21 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

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

Nov 24 5th of Thames 5M XC (club champs 5M) Morden

Tue 27 Crystal Palace track - details below

In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 3 Upcoming races, information etc
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- 11 Club kit - New winter additions !
- 12 Social events etc - Xmas Party , tickets now available
- 13 Wednesday map + Strava links

And much more !

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our website: www.dulwichrunners.org.uk

Like us on Facebook @dulwichrunners

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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.

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

A brief look ahead

Nov 24 5th of Thames 5M XC (club champs 5M) Morden

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 to go on the mailing list



NEW RUNNERS ROTA

Thankyou to Hugh Balfour and Hannah Harvest 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

Katie Styles

Ros Tabor

21/11

28/11

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.

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	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	Virginity Big Half (L)	London
	24	SEAA 12/6 Stage Relays	Milton Keynes t.b.c

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

2019 Club Championships

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
 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

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)

Surrey League Discount Codes

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

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

10% off www.startfitness.co.uk SurreyXCSF10

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 ebeprill@yahoo.co.uk or in person, or via our FB group **by Wednesday 28 November Ebe Prill**



The club has 10 places for the Brighton marathon (Sunday 14 April). Regular entry is now closed, club places go for same fee. If more than 10 apply we will decide same way as with London club places (those who secured a London place will be considered last for this one).

Let me know at ebeprill@yahoo.co.uk or in person **by 31 January 2019** .

Forthcoming Cross Country Races

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.

The Kent Masters champs takes place on 1 December at Dartford (see notice below). Eligibility is by either county of birth or residence. If you are unsure please contact your captains. Please note that for these events, it is essential to be entered in advance, you cannot turn up on the day.

Cross country entries update

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.**

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.

South Of Thames, Beckenham

15 December

The following people have kindly offered to volunteer as marshals for this event which the club is hosting at Beckenham Place Park.

Barry Graham, Claire Steward, Ian Sesnan, Bernard Imber, John O'Byrne, Chris Vernon, Andy Murray, Colleen Williams, Mel Edwards, Mike Dodds, Clare Wyngard.

If I missed anyone or others wish to help out, please let me know. With all the construction work going on in the park and a lot of the course on open grassland rather well defined paths, we require quite a few marshals, so if there are others not planning to run prepared to help out, please let me know.

Finally please note that entries are still open, so please contact your captains if you would like to run. **Mike Mann**

South Of Thames 5 Miles

24 November

We have an impressive 53 entries in total for this race which is our final club champs event. Those who notified your captains should be included in the entry. Please contact them if you are in any doubt.

If you are not running but intending to provide support on the day, we could do with a few additional volunteers to marshal. Please contact me if you are available. **Mike Mann**

Kent Masters Cross-Country Champs - Dartford

December 1

The following men are entered for these champs at Dartford on 1 December.

M40s Daniel Mann, Steve Davies, Ian Lilley, Andy Bond, Martin Double

M50s Tony Tuohy, Joe Brady

M60s Steve Smythe, Bob Bell, Colin Frith

The start times are as follows:

11.00 M50-59 9km

12.00 M60+ 5km

12.45 M40-49 9km

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

Men Xc: mcmann90@yahoo.co.uk

Men road: ebeprill@yahoo.co.uk

Ladies: 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 or mcmann90@yahoo.co.uk or ebepriill@yahoo.co.uk

South Of Thames 5 Mile - 24 November - Start 2pm

Details for Saturday's race are as follows.

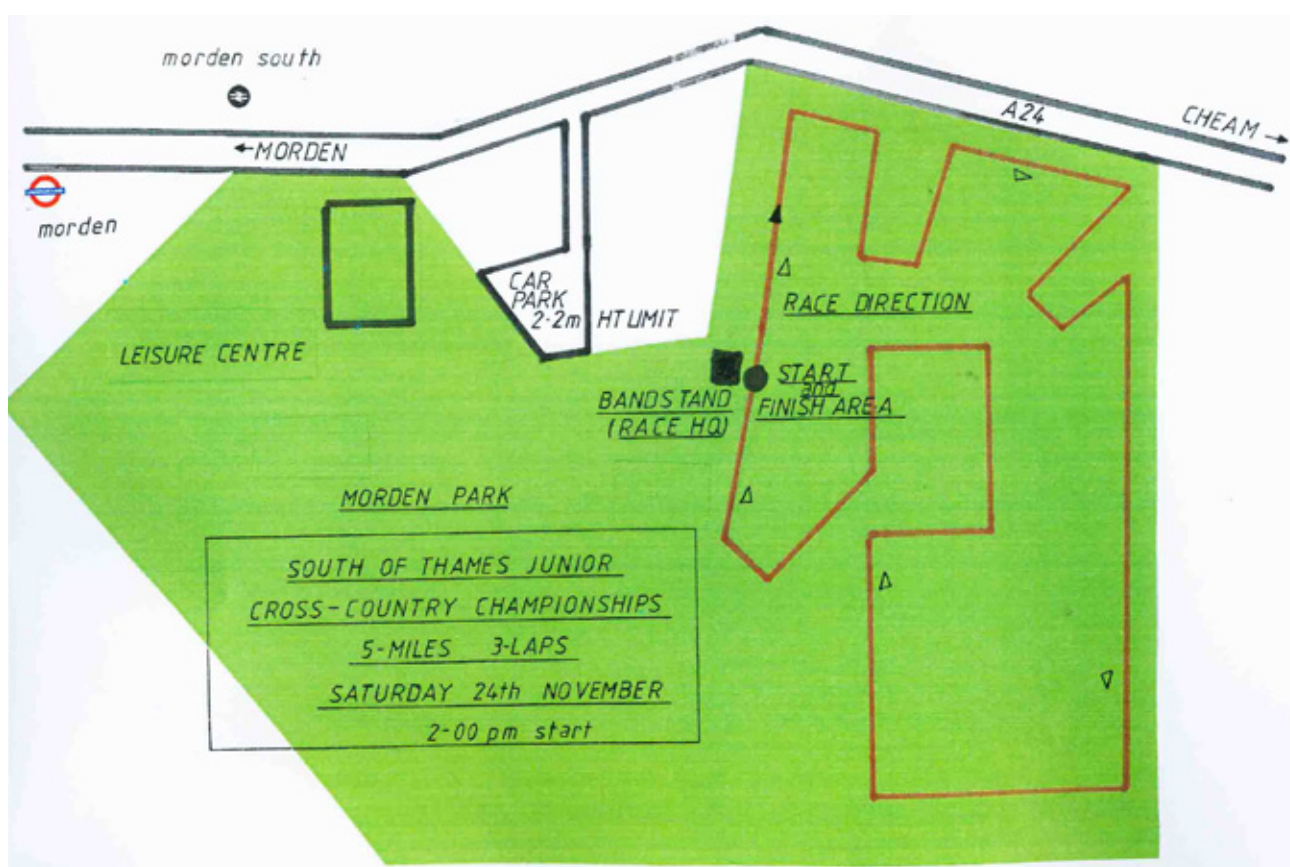
Please note that the venue is Morden Park, not Morden Hall Park.

The park lies south of the A24, south of Morden tube station and Morden South on the Wimbledon to Sutton line. Allow a 20 minute walk from Morden tube station and 10 minutes from Morden South.

Public car park for the park and leisure centre behind Merton College (SM4 5QX).

Toilets and cafe at the Leisure Centre near start. The start at 2pm is near the Bandstand, 400m from the road. I will be at the Bandstand to hand out numbers.

The course is a 3 lapper, mostly on undulating grass. *Mike Mann*



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.

London Cross Country Champs Parliament Hill

17 November

The ground conditions are usually firm for this fixture but those taking part enjoyed the added bonus of perfect weather with bright sunshine and light winds. In fact the ground was quite rutted in places, particularly towards the end of the lap where there has been insufficient autumn rain to fill the large cracks in the clay that appeared as a result of the summer heat. We can be sure that this will change by the time of the South of England champs in late January. The men's course was slightly longer than last year with an initial small lap of around 1.7km followed by 3 bigger 3km laps. This meant climbing the early gruelling hill four times over.

Team-wise we enjoyed a big improvement on our 2017 performance with our scoring team of 4 finishing in 13th place, compared with 20th last year, and with our top 3 in the first 100 places. Only a minute separated our first four scorers, with our 5th not far behind.

Jack Ramm, a couple of weeks after running a trail half marathon in Norway, had a well paced run to lead the team in. He managed to hold off a rapidly improving Alastair Locke in a sprint finish. Not far behind was Jonathan Whittaker, who has improved with each race this season and led the Dulwich charge up the initial hill. Fourth and final scorer was Tom South, who was still not feeling 100% after dropping out of the Surrey League race the previous weekend. Nevertheless he managed to finish 45 places higher than last year in a faster time. Next was Des Crinion in his third cross country race for

the club in his debut season, finishing not far behind the first 4. He is looking forward to muddier conditions and may not have to wait too long.

Andrea Ceccolini started well, passing Ebe on the starting hill and maintaining his pace in a vastly improved run on his Surrey League performances. Ebe felt he ran slightly better than at Nork Park, making up a few positions on the descents. Grzegorz, tackling the descents particularly well, found the course too short and would probably have benefited from an additional 6 laps at least. Mark Foster finished close behind, evidently benefiting from recent track sessions, and Gower Tan had a good run in his debut season for the club. The final finishers were Joe Brady who came past Mike Mann 500m before the finish line. Thanks to Bernard Imber and John O'Byrne for their support on the course

Finally although this is a report of the men's race, it would be remiss of me not to mention the outstanding run by Elkie Mace who finished in 9th place in the women's race. (with thanks for contributions from Tom and Ebe) **Mike Mann**

87 Jack Ramm	40:58
90 Alastair Locke	41:07
95 Jonathan Whittaker	41:18
110 Tom South	41:58
148 Des Crinion	42:59
234 Andrea Ceccolini	45:08
298 Ebe Prill	47:27
314 Grzegorz Galezia	48:15
321 Mark Foster	48:22
329 Gower Tan	48:54
432 Joe Brady	56:03
435 Mike Mann	56:18

London Cross Country Champs Parliament Hill

Saturday 17th November 2018

On yet another glorious sunny day we had eleven women turning out for this iconic race.

Elkie had a brilliant run to finish 9th. Anna Thomas had one of her best runs. Christina and Rebecca finished close together. Lovely to see everyone having a good run. Anna Ward finishing strongly and Midge seemed to have enjoyed her first race with the club. **Ola Balme**

9 Elkie Mace	23:14
82 Anna Thomas	26:36
89 Christina Dimitrov	26:49
90 Rebecca Sculleri	26:50
97 Ola Balme	27:12
118 Katie Styles	27:36
134 Eleanor Simmons	28:22
141 Lucy Clapp	28:41
150 Yvette Dore	28:46
172 Anna Ward	29:38
242 Midge Cameron	32:34

Well done to the team finishing in 10th position out of 27

Fulham 10K/ Bromley Santa Dash

18/11/18

Thanks to rescheduling due to the storm back in February, this was my 3rd race in 8 days something I've not done for at least 6 years. Ironically I was in better form at the time this should have taken place so following another summer of niggling injuries I was just glad to be running. This was a typically well organised London mass participation event on what must be the flattest course I've ever run. The only hills being the occasional road hump. I was pleased to improve on my time in the Croydon 10K (back in Oct) by almost 4 mins but suspect this was mostly due to the course!

Afterwards there was a long cue for baggage and then a rush back to Bromley where I'd promised to accompany my 6 year old grandson in the Bromley Santa dash. The good news this was only 2K long, the bad news it is all up hill from Shortlands into Bromley High St. Also after spending 45 mins chasing him round the park and 10 mins doing warm up exercises he still had lots of energy and as we set off in the middle of the pack he shot off ducking and diving between other santas making it a nightmare to keep him in sight! Luckily I managed to get with him before we crossed the road into Churchill Gardens to climb the steep hill and at the end he was delighted with his father Xmas medal and we all headed to Neros for a well earned coffee.

Peter Jackson

Fulham 10K 56:35
Santa Dash just under 16 mins

more good news my legs had recovered by Monday

Emer Casey 10K Brockwell Park

18 November

Low key local event on a new course starting and finishing near the Lido. - **Graham Laylee**

Jonny Hough 43:14
Graham Laylee 46:29
Lucy Clapp 47:01 (1st F50)
Mike Dodds 50:13
Paul Keating 51:46
Clare Steward 57:11

Cross Country Championships Men 2018 - 2019

UPDATED Correct version

	Surrey Lge 1	Surrey Lge 2
	RICHMOND	BANSTEAD
	13/10/2018	10/11/2018
Ed Chuck	50	50
Shane O'Neill	49	49
Tim Bowen	48	48
Andy Bond	47	47
Wayne Lashley	46	45
Tom South	45	
Jonathan Whittaker	44	46
Ed Harper	43	43
Danny Mann	42	
Paul Devine	41	42
Des Crinion	40	41
Charlie Lound	39	35
Rob Hollands	38	39
Alastair Locke	37	44
Nick Wood	36	36
Matt Cooke	35	37
James Burrows	34	
Justin Siderfin	33	34
Ebe Prill	32	32
Eugene Cross	31	
Andrea Ceccolini	30	31
Jonny Hough	29	33
Olivier Montfort	28	
Hugh Balfour	27	30
Graham Little	26	
Ed Simmons	25	
Grzegorz Galezia	24	
Martin Double	23	29
Gower Tan	22	
Ed Smyth	21	
Mike Williams		40
Ian Lilley		38
Graham Laylee		28
Colin Frith		27

British & Ireland Masters International Cross-Country, Swansea

November 17

Steve Smythe reports Three Dulwich Runners were selected for the England women's team for what is seen by most as the highlight of the Masters calendar. The race was held in Singleton Park, the venue from 10 years ago but what was regarded as a tougher course on a 2km lap which was nearly all up or down and fairly roughish ground.

The women's race was over three laps and also contained the leading M65s, M70s and M75s as well as all the eight women's age groups. Each team - England, Ireland, Wales, Scotland and Northern Ireland has 4 runners of which 3 to score (the younger male age groups have 6 to run and 4 to score).

England dominated the event as usual, winning all 8 women's events and 8 of the 9 men so all three Dulwich Runners won team golds but only Clare scored.

Clare's previous record from 2007 was 4th, 3rd, 3rd, 2nd, 4th, -, 2nd, 1st, 1st, 1st, -, but unfortunately in her last year in the W50s her preparation was ruined by the unplanned fell race of the week before and she was not able to run freely all week and her legs were still painful running downhill on the day of the race. Anywhere near her best, she would have almost certainly won easily but hampered by her legs on the downhill start, she was a long way back on the initial rush.

Gradually though she moved through and was only five seconds back on the leader and looking strong with a lap to go.

However, on the final lap, still not running comfortably and suffering a little from a

possible virus she faded and slowed and dropped to third but held on to win a medal by 14 seconds and be England's second scorer.

Ange Norris has not been as fit this year as last but was fighting for a top six and scoring position until the last lap when she faded badly and she ended up in eighth. Ros, with probably more important things on her mind with Andy's heart pacemaker operation the previous day, meaning for once he could not support, started far too quickly and went from a medal position to a scoring position and then a poor last lap dropped her to ninth though next year she will be in the W70s and even with her well below par run here, would still have come second.

All three received their team golds at the evening presentation, where Clare also got hereighth individual medal and Clare's parents and daughter Lucy attended the event.

NB next year's race is at Southport and quite a few Dulwich men also have the potential to make the English team. Ask Steve or Mike Mann for details on how to apply.

6km		
3 W50/29 Clare Elms	23:23	
8 W55/88 Ange Norris	25:35	
9 W60/144 Ros Tabor	29:06	

Open and reserves race

10 years ago, I was selected as first reserve for the English M50 team but luckily was not required as everyone was fit and I had damaged my Achilles and was unable to even jog and so could not compete in even the open and reserves race.

This time I wouldn't have even justified being selected as 50th reserve after injury during the summer and poor fitness and there to report on the event for the magazine and social media and did not think I would be able to get a run but wanted to as I had missed 10 years ago so entered just in case when I arrived at the course.

Earlier in the morning, I had done the Swansea Bay parkrun - hard but badly - and then spent the next four hours on my feet, tweeting, interviewing and typing on the 3 international races. About 5 minutes before the off, I finished talking to the final international race winner and though feeling awful decided to run to at least get a feel for the course for the magazine report.

My race was 8k - one extra lap compared to the women. I started slowly and noticed the course was much muddier than in the first race, which was the women's but gradually I began to overtake runners on the long hill on the end of each lap and strangely felt I was running much more easier than I had in the morning and considering the hilly course and mud and tired legs was running 6:40 pace, which for me is reasonable for cross-country these days.

Having seen all three Dulwich women fade on the third lap and knowing I had one extra after, I tried to hold something back and on the last lap, I could see an England vest ahead who I took to be an England reserve so I aimed for him and got past and just about held him off and was later pleased to see he was the second English M60 reserve and the current British M60 10 mile champion and a reasonable scalp and I had finished as second M60 (20 seconds behind the first reserve), which I would take after my parkrun and preparation.
2M60/15 Steve Smythe 33:25

Midland Women's League, Northbrook

November 10

Running for Birmingham University, Lucy Elms finished 24th out of over 200 runners.

24 Lucy Elms 23:03

Autumn Classic Windsor and Eton Half Marathon

Saturday 17 November

Back in August a friend from church entered this race and having never done a half marathon, and as it had a Saturday lunchtime start, I rashly entered.

The course was round the Olympic rowing lake at Eton, which I was keen to see as it had been the brainchild of my housemaster, and I had spent a chunk of my youth rowing on the Thames a few yards away. A trip down memory lane, but then there were some drawbacks.

First, I discovered that this wouldn't be a nice run along the towpath, but four and a half laps of the lake. That didn't sound much fun – I find three laps of Dulwich Parkrun dull, but in the event it was a better experience than I had anticipated.

Secondly, there was the email a few weeks ago informing us that the 12.30 start had been cancelled and that everyone had to start at 8.30 am!

Not great as it meant we had to get up at 5.30 to drive from south London to get there in good time to register, queue for the loo, warm up, go to the loo again and get to the start. By this time the sun was coming out, so we would have a beautiful day, but there was a stiff easterly breeze which made the homeward leg of each lap hard work. My plan was to try and run at around a 4.30km pace, aiming for 1.35.

Although there weren't many club vests in evidence, there was a group from Reigate Priory, and I started off with one of them, who had been at Nork Park the previous week. The first half was fairly conservative, averaging about 4.35, and reaching the half way point in 48 minutes. Having left the Reigate lad behind, I had been running with a group of about half a dozen, but as we started the second half, I moved ahead of them with one other younger runner. The next part felt really good, and

we slowly picked up the pace, especially on the outward leg with the wind behind us. Having a pacer made a huge difference. By the halfway through the last lap, I was gearing up for a fast finish when disaster struck. I was suddenly overwhelmed by a violent feeling of nausea and had to stop to try and throw up! Fortunately, after a bit of retching, it passed and I resumed running having lost about 30 seconds. But it now felt much harder, and although my last km was my quickest (4.21), I had lost the rhythm I had enjoyed before the stop.

However, I was delighted with my race, got the pacing just about right, and so managed even splits. Even with the brief nausea stop, my last lap was the fastest. All in all, this was a much more enjoyable race than I had expected. It was fairly well organised, a beautiful location, and I was chuffed to be first M60.

1 Matthew Ryde (Reigate Priory)

1.13.06 (chip)

106 Hugh Balfour 1.35.57 (chip) 1M60
505 finishers

adidas City Run Fulham 10km

18th November 2018

This race had been one of the many events to be cancelled due to the Beast from the East earlier in the year. The revised date gave us more clement conditions and a beautiful sunny morning if not a little on the chilly side. Being relatively local to my house we had the luxury of walking to the start – well we did take a bus part of the way before the roads were closed due to some pesky race or other disrupting all bus routes. The HQ was on a local green not far from Fulham Broadway tube and was well laid out with ample toilets for once, a large bag drop, various sponsor stalls and a lively MC.

There were four waves and as we headed to our wave A, we saw Peter Jackson lined up in the second wave so said a quick hello. Barrie seemed to be reminiscing about New York so much that he pondered whether to go back a wave again. I carried on to wave A and watched race starter Alistair Brownlee who was being interviewed before the off.

The race start was quite chaotic with the seeding somewhat random, so

people were weaving in and out of other runners, some shooting off far too fast, others having started too far back. I had set myself the goal of a sub 50 race and an improvement on earlier 10kms in the year as this would be my last one for a while. There were various pacers around and supposedly one for 50 minutes, but they were nowhere to be seen. The course looped around various residential streets in Fulham before passing the start once again on the other side of the road. Wave 2 were just starting so I slowed to see if I could spot Barrie but without success.

I completely missed the first km marker so decided I wouldn't look at my watch and run to how I felt. The course continued around the area – you can tell there were few notable landmarks – before the key highlight (for Barrie particularly) of a loop around the outside of Stamford Bridge. It was very twisty and full of turns but largely flat apart from a slight rise around the Bridge and had a nasty stretch of cobbles thrown in...somewhere.

Just before the 5km marker I heard a familiar voice as Barrie sailed past looking very easy. I was totally shocked as thought he had started in the second wave. He went ahead a little but then it looked like the marathon fatigue was kicking in so the gap between us remained relatively

constant. Barrie produced an excellent run as ever. During the race he had also been congratulated by Sophie Raworth on his NYC marathon as she ran past – they got chatting years ago on her first ever long run. I was delighted to hit both my goals and despite not having looked at my watch once, my splits were totally even. My legs didn't feel too bad either so was left to rue if I could have gone faster. Peter also had a good run going quicker than his Croydon 10km and running a negative split to boot.

Cooling down afterwards we bumped into Gary Sullivan whose better half had done the run too and enjoyed it. Barrie had a brief hiccup getting his bag as they had put it with the pacers' bags and couldn't find it – obviously his New York reputation precedes him. We queued for photos of our time, a gait analysis, the chance to win a pair of adidas zero – sadly no luck – and printing of our times on our race t-shirts. A little gimmicky, yes, but why not? We went to a local restaurant for brunch and they offered us a free glass of prosecco as participants of the race! A good local race overall, if not overly scenic and a little pricey, but fun to do nonetheless.

Barrie John Nicholls 48:31 (24:05/24:26)

Lindsey Annable 49:32 (24:46/24:46)

Peter Jackson 56:35 (28:20/28:15)



Nov 17th

Abingdon

402 Ran
Pos Gen
225 177 Gideon Franklin 28:17

Banstead Woods

221 Ran
Pos Gen
3 3 Tony Tuohy 18:29

Beckenham Place

219 Ran
Pos Gen
9 9 Ian Lilley 19:04
36 35 Matthew Ladds 21:31
94 15 Claire Barnard 24:44
177 57 Karina Burrowes 30:23

Brockwell , Herne Hill

322 Ran
Pos Gen
22 22 Jonny Hough 20:01
69 67 Cameron Timmis 22:27

Burgess

436 Ran
Pos Gen
211 42 Michelle Key 25:22

Bexley

420 Ran
Pos Gen
12 12 Michael Fullilove 20:48

Catford

153 Ran
Pos Gen
1 1 Edward Harper 18:16
22 21 Gary Sullivan 22:20

Clapham Common

568 Ran
Pos Gen
1 1 Andy Bond 16:39

Crystal Palace

334 Ran
Pos Gen
18 1 Rosalind Johnson 20:04
20 19 Tom Wilson 20:09
22 2 Belinda Cottrill 20:17
45 5 Charlotte Sanderson 22:26
96 87 Bob Bell 24:11
154 24 Joanne Shelton Pereda 26:09
157 25 Clare Elizabeth Wyngard 26:23

Dulwich

416 Ran
Pos Gen
7 7 Stephen Davies 17:01
32 30 Rob Cope 19:18
48 44 Olivier Montfort 19:56
143 129 Michael Dodds 23:40
201 29 Colleen Williams 25:49
219 181 Tom Shakhli 26:07
321 94 Stephanie Williams 30:04
329 231 Mick Mead 30:28

Felixstowe

155 Ran
Pos Gen
2 2 Eugene Cross 19:24

Malling

194 Ran
Pos Gen
194 76 Tereza Francova 48:02

Old Deer Park

127 Ran
Pos Gen
67 12 Lindsey Annable 27:17

Peckham Rye

311 Ran
Pos Gen
1 1 Tom Marshall 17:39
11 11 Joe Farrington-Douglas 19:22
22 22 Justin Siderfin 20:49
25 1 Michelle Lennon 21:02
65 7 Teresa Northey 22:54

Richmond

376 Ran
Pos Gen
71 64 Des Crinion 23:20

Southwark

388 Ran
Pos Gen
155 131 Paul Keating 24:37

Stretford

612 Ran
Pos Gen
243 51 Hannah Harvest 25:24

Swansea Bay

264 Ran
Pos Gen
14 14 Stephen Smythe 20:14

Tilgate

514 Ran
Pos Gen
55 55 Gary Budinger 23:01

Victoria Dock

171 Ran
Pos Gen
159 51 Susan Vernon 38:27
170 112 Chris Vernon 51:15

Worthing

416 Ran
Pos Gen
24 23 Nicholas Brown 20:07

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1/4 Zip Top

PB Teamwear Christmas Delivery & Opening

Please note for members to receive items in time for Christmas the latest date to place an order is Sunday 25th November. Orders placed after that date we will of course try to oblige but may not be able to post in time.

Anything not despatched by the 20th December will follow asap in the New Year.

We will be closed during the interim period as usual, from Thursday 20th December to Thursday 3rd January.

DULWICH RUNNERS CLUB KIT

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

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



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

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



CLEARANCE OF HOODIES £10

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 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

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



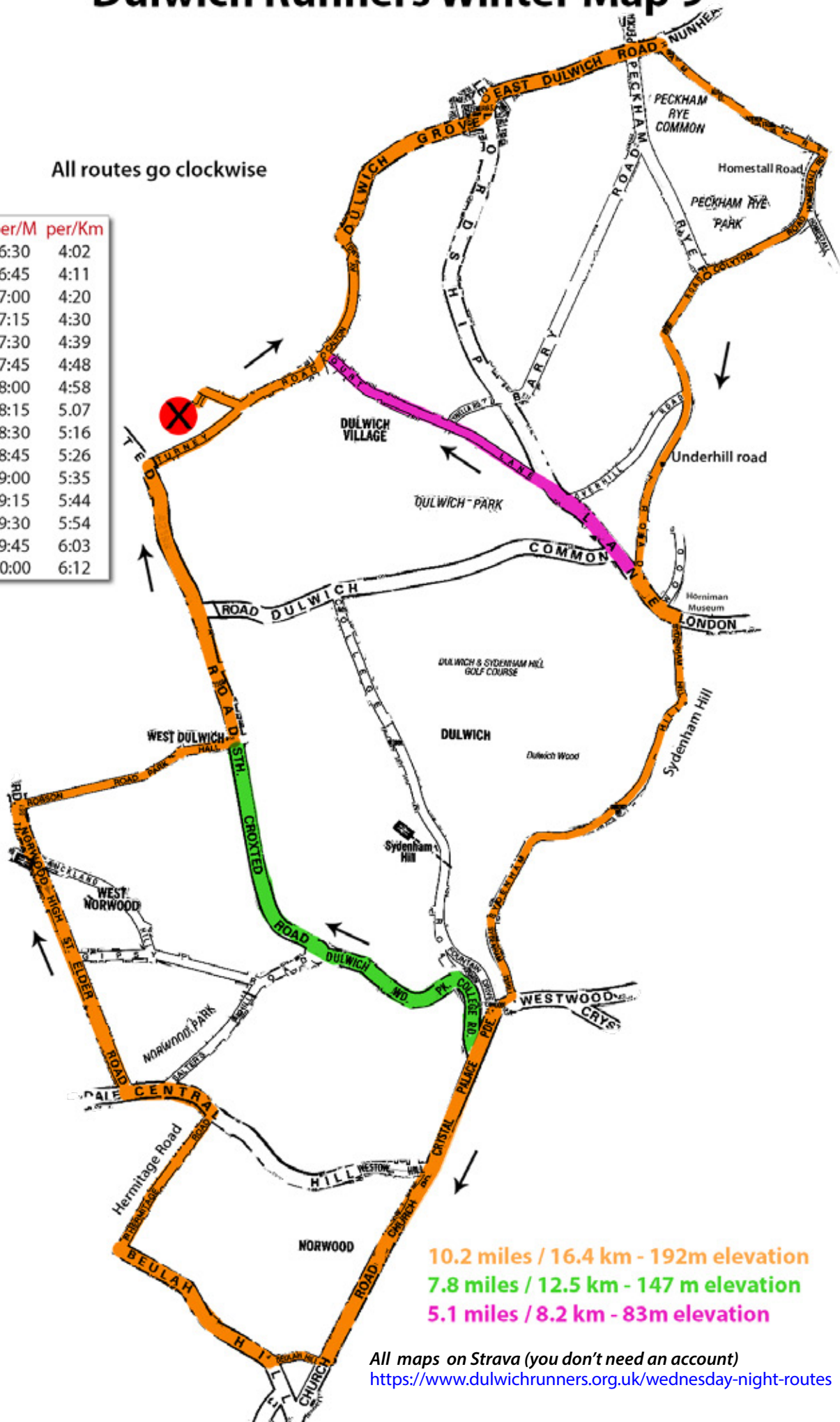
Dulwich Runners are on Instagram....So if you would like to photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, or Jonathan Whittaker who will take care of it!

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 9

All routes go clockwise

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12



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