



SHORTS

Dulwich Runners AC
Weekly Newsletter
November 27th 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 27	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 3	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:



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

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.

Turkey Trot Handicap Race 10am Sunday 15 December

Make this annual jolly event the perfect end to your Dulwich Runners Christmas weekend.
It's a friendly handicap approx. 5k race (3laps of Dulwich Park). Runners start off according to their speed and we hope there is a great sprint finish, with all runners together!
Runners will be handicapped according to recent parkrun times. The more runners we have, the more exciting is the finish. Runners are encouraged to wear fancy dress, and after the race we usually go to the café in Dulwich Park for the presentation of prizes.
Defending champion – Clare Wyngard.

Entry form at the end of Shorts. - Further details ask me, or any committee member. Ros Tabor ros.tabor49@gmail.com

In your SHORTS this week !

- 1 General information
- 2 Christmans party and 40th anniversary t shirt
- 3 Fixture list & upcoming races etc
- 4 Cross country information
- 5 Reports, results - South of Thames champs
- 9 parkrun times
- 9 Social events etc...Club kit,
- 12 Wednesday route map

And much more !

Like us on Facebook @dulwichrunners

EVENT HORIZON

A brief look ahead

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

See full fixture list for more events and details

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.

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

Andy Murray	27/11
Barrie John Nicholls	4/12
Ange Norriss	11/12
Teresa Northey	18/12

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)

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 Christmas Party

Saturday 14h December 7.30pm



After a popular Christmas party at The Lordship last year we are returning for this years shindig, so dust off your glad rags and get ready for a night of festive fun!!

As always there will be a buffet, music & club awards.

The menu will be shortly posted on Facebook s Shorts.

Tickets are £20 each, please confirm attendance to: dulwichsocialsecs@gmail.com with any dietary requirements.

Dress Code: Dress to impress.

Payment by cash to Tom, Matt or Barry Graham
or via online transfer: M Ladds 09-01-28 34933412

(deadline for tickets is Friday 6th December)



***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	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: ebepill@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

Marathon Training

If anyone needs any help with marathon training for next year with schedules or advice, contact me on steve.smythe@athleticsweekly.com

I have run a marathon every year since 1976 so 2020 will be my 45th consecutive year of doing a marathon (and quite likely last) My PB was long, long ago (2:29) but (for now), I still average well under 2:50 for my 60 plus marathons and have run a sub-3 in five different decades (70s, 80s, 90s, 00s, 10s) - a sixth looking doubtful though judging by my current health and fitness.

Cross Country County Champs

The Kent county championships take place at Brands Hatch on Saturday 4 January, while the Surrey event takes place a day later on Sunday 5 January at Denbies Vineyard, just outside Dorking. I realize that this is early in the New Year and some of you may still be away but you are encouraged to take part in these events.

Please contact your captains if you would like to take part by 7 December for the Kent champs and 21 December for the Surrey champs. Your captains will be able to advise you, if necessary, which county you are eligible to run for. Eligibility is by residence or birth. If you currently live in the boroughs of Lewisham, Greenwich or Bromley you will be Kent qualified and you will be Surrey qualified if you live in the boroughs of Southwark, Lambeth, Croydon or Wandsworth.

Cross Country In December

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.

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

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

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.

South Of Thames 5 mile Championships Morden Park

November 23

Steve Smythe writes... Last year this was a club championships event and we had stronger teams but we still had a good number of competitors at 36 providing more than 10 per-cent of the field.

though perhaps surprisingly, most who ran last year did not do this year and most here had not run last year.

The conditions were muddier than last year but the course was slightly shorter.

Tom has greatly improved since last year but did not run to his very best road form.

Wayne had a solid cross-country run while Matt Cooke had one of his best runs for the club.

Daniel is not fully fit and struggled on the second half while Tom Shakli had a good run.

Elkie was unable to match her medal winning form of 2018 but led the women's team home.

Ben Smith made a promising debut in the event (so new he's not on Power of 10 yet) while Ross Rook continued his recent improvement in form.

Gower was hugely improved from last year while Justin, Tom and Lloyd battled well but should improve later in the season.

Katie won the battle for second woman and showed a huge improvement on 2018 and she finished just ahead of Marta, who is returning to full health race by race.

Emma ran well just ahead of a solid run from Ange and Yvette who are not back to their best winter form yet.

Sara is another recovering from a marathon but will improve over the winter.

Michelle and Anna are others who should improve over the season and were ahead of Ellie, who struggled in the wrong shoes.

Miles, Martin and Mike were next in with steady runs with Mike first M70 and quicker than last year.

Lucy ran steadily though Gary was down on his form last year.

Hannah, Midge, Sonja and Catherine - who are all inexperienced at Cross-country all had very promising runs.

Barrie matched his run of last year while Claire continued her improvement after injury.

Ros eased round with Andy for most of the race with Lynsey finishing strongly as she returns to fitness.

We were fourth in the men's eight to score and fifth in the women's but close to second.

					last year
37		Tom South	M40	29:33	53rd 30:30
51		Wayne South	M35	30:15	
63		Matt South	M35	30:58	74th 31:13
73		Daniel South	M40	31:23	
76		Tom Shakhli	MS	31:29	
94	9W	Elkie Mace	W35	31:59	71st 31:10
99		Ben Smith	MS	32:09	
116		Ross Rook	M35	32:48	
120		Gower Tan	M50	32:55	147th 35:12
139		Justin Siderfin	M45	33:38	
147		Tom Wilson	M40	34:14	
163		Lloyd Collier	M45	34:53	95th 32:26
173	27W	Katie Styles	W35	35:10	197th 38:34
175	29W	Marta Miaskiewicz	W35	35:18	137th 34:50
188	35W	Emma Ibell	W45	35:51	
189	36W	Ange Norris	W55	35:51	
191	37W	Yvette Dore	W45	35:55	
213	45W	Sara Roloff	W35	36:51	
227	49W	Michelle Lennon	W50	37:21	165th 36:06
228	50W	Anna Thomas	W35	37:23	
229	51W	Ellie Balfe	W35	37:25	
235		Miles Gawthorp	M45	37:48	
239		Martin Double	M40	37:53	
243		Mike Mann	M70	38:13	216th 40:00
248	57W	Lucy Clapp	W55	38:35	189th 37:43
255	60W	Jo Quantrill 2ndCl	W60	38:50	
288		Gary Budinger	M55	41:38	214th 39:43
295	83W	Hannah Little	W40	42:41	
301	87W	Midge Cameron	W55	43:17	
303	89W	Sonja Jutte	W40	43:34	
306	92W	Catherine Buglass	W40	43:50	
313		Barrie Nichols	M65	44:33	243rd 44:46
317	99W	Claire Steward	W65	44:51	
322	102W	Ros Tabor	W70	46:03	224th 40:55
323	103W	Lindsay Annable	W50	46:04	
325		Andy Murray	M65	46:18	
347 finishers					

Men TEAM (4-to-score): 1 Kent AC 21; 2 Kent B 49; 3 Herne Hill 58; 4 Kent C 86; 5 Belgrave 117; 6 Medway & Maidstone 128; 7 Kent D 131; 8 Herne H B 161; 9 Epsom & Ewell 164; **10 Dulwich Runners 197**; 11 Walton 208; 12 Cambridge H 217; 13 Guildford & Godalming 238; 14 Tunbridge Wells 246; 15 Wimbledon Windmilers 257; 16 Stragglers 261; 17 Kent E 316; 18 Hercules Wimbledon 348; 19 South London Harriers 351; 20 Tonbridge 360 Brent Shield **(8-to-score):** 1 Kent 70; 2 Kent B 217; 3 Herne H 219; **4 Dulw 610**; 5 G&G 639; 6 Tun W 709; 7 Strag 727; 8 Camb H 789; 9 E&E 891; 10 Kent C 919

Women: TEAM (4-to-score): 1 Kent 56; 2 Belg 74; 3 S Lon 87; 4 Strag 90; **5 Dulw 90**; 6 G&G 95; 7 Herne H 102; 8 Collingwood 155; **9 Dulw B 167**; 10 Wimb W 211

Men

Tom South/Mike Mann write..The junior version of the South Of The Thames Cross Country Champs (the 5 mile version compared to the 7.5 miles senior version, held in December), returned to Morden Park for the second year in a row. Its always nice to run at the same venue as the woman's team, and this is a very rare championship cross country race where the men and the woman run in the same race, over the same distance.

The course was the same as last year with the course comprising of 3 loops, and 3 short climbs in each lap. While last year conditions were firm this time round after the recent rain the course was a lot muddier and waterlogged in places with long tufty grass elsewhere making placement of feet critical.

For the first time in this years cross country season there was a comedy gold moment, but Paul Devine and Tony Tuohy will be disappointed to hear it wasn't provided by Wayne.

We finished 10th team in the 4 to score competition but our strength in depth meant that we finished 4th in the 8 to score.

17 Dulwich men towed the line this year and there was a 100% turnout with all those entered competing on the day. Leading the team home was Tom South who was almost a minute faster than last year.

Making his second appearance over the country this winter and second man in was Wayne Lashley. After concentrating on track over the summer his speed endurance is coming back nicely.

Third in in what is proving probably his best Xc season so far was Matt Cooke, 15

secs faster than last year on stickier ground. His training has increased a notch in the past six months and is really paying off.

Closing in hard was Daniel Mann who completed the A team. Daniel is not as quite as fit as he was this stage last year but will come back strong soon.

Leading in the B Team was Tom Shakli. He has made his debut over the country this season and is getting stronger by the race and will really benefit his as he chases his first sub 3 marathon.

Sixth man in and very recent new member and making his cross country debut for the club was Ben Smith. Ben recently ran the Amsterdam marathon in just over three hours so this was a strong performance so close to that.

Next in was cross country stalwart Ross Rook. Hiss fitness is slowly coming back and this is showing in his performances. Completing the B team, is Gower Tan. Gower put in another strong run here with a lot of his recent races in his legs including a marathon, the London Cross Country champs and a 10km. He was the biggest improver over last year.

Justin Sinderfin was next man. Justin is not quite up to full strength at the moment but he certainly chucks himself into the cross country fixtures for the club.

Another person who hasn't really got into cross country until recently is Tom Wilson, in this his debut season. Tom is using the winter season to build up his strength and fitness as he targets a spring marathon and his form is getting better with each race. Lloyd Collier hasn't been seen in a Dulwich vest for a while, as he has been running in the Surrey league division four for his Tri Club.

Miles Gawthorp was next man in. This was

his second cross fixture since joining the club earlier this year. With regular training his form has improved as well.

Not far behind, was long term club member Martin Double. He hasn't raced as much as he would of liked due to family commitments but put in a typically determined run here.

Cross country captain and former president of the South Of The Thames CCA Mike Mann was next in. Mike seems to have got over his recent injury problems to put in a good run here.

Long term member Gary Budinger was next in. Has raced mainly in Division four this season for Vets AC. Gary provided the comedy gold moment of the day, while managing to stay upright during most of the race other than a fall into some brambles, contrived to fall off the presentation stage into a massive puddle to take his place in the team photo. To make it better it was caught on camera. Gary was followed in by another long term manager Barrie John Nichols. He doesn't run much over the country, but had a good run here.

Final man in was Andy Murray. He has had some recent injury problems, but has managed some consistent training over the past couple of weeks.

For those who also competed last year on the same, but much firmer, course, 2018 times are shown.

Finally a big thank you to Dylan Wymer who collected tokens and compiled results for our men's and ladies teams.

10th team 4 to score
4th team 8 to score

Ladies

Ange Norris writes...Roll back 15 years and us DR ladies would not be so elated, or so muddy! An interesting fact I was told was that it is only 15 years ago that ladies were first allowed to run in sot races. 15 years! That's in my lifetime, even in my memory and in the 21st century! I read the 'Short history of the South ofThames' to learn more and haven't actually been able to confirm this fact but I was told it in good faith.

However, despite being slow to allow ladies to run, they have achieved equality of the sexes. These are rare xc races where men and women run together over the same distance. With a total of 35 Dulwich running it was a great team event. There were 18 ladies including some old timers and some much newer to the delights of xc running.

It was Catherine Buglass' first xc with Dulwich. She christened her new spikes that she bought for the occasion and said she loved it. She had a half marathon the next day – hope you got on well Catherine. That's a full weekend of racing. Ellie Balfe has recently re-joined the club and was keen to run. She too said it was fun to be part of, despite the fact that she ran in road shoes and it was probably her slowest 5 miles ever. She felt she had the fitness to go faster but was trying hard not to fall over and practically walked round some of the slippery corners. Rumour has it that she was last seen going off to buy some spikes!

Hannah returned to the club just before

the Mitcham Common xc and was here for her second race. Already she is showing progress with a great run here. It was also the return of a couple of real old timers. It was fantastic to have Claire and Lindsey back in the team. Both have been out of competitive club running for a while but that made little difference once they'd got their numbers pinned on. Great determined runs. Well done. Everyone was in fine fettle and optimistic for a good run. On the start line there were some swampy areas that were being avoided – fairly pointless as, as soon as we were off, we splashed and sloshed our way down the hill. Many laughed before settling into concentration mode. It set the tone for a true xc race – competitive yet still fun and sparky.

All the ladies had positive things to say about the course – proper xc course with mud, puddles, long grass, hills and zig-zags that enabled you to see what was going on both in front and behind. Elkie had the pressure of having come second here last year. She wasn't able to match that but still had a great run, finishing 8th lady. Katie was delighted with her run and rightly so. She says it's the first time she has been second scorer for the team. I'm sure it won't be the last. Her time was over three minutes quicker than last year, on a course that was muddier and slower. Marta had a strong third lap and was gradually catching but Katie finished strongly too and held her off.

Emma gathered momentum as she went, catching both Yvette and Ange. All three swapped positions a few times but Emma held off their efforts. It's still not long since

Yvette ran her marathon and her legs are gradually getting back into racing the shorter distances. Sara has had flu this week and was still feeling the effects. She is learning the skills of xc racing and enjoyed the team spirit and good atmosphere. Anna has also been ill this week but was helped round by a close race between her, Michelle and Ellie. Another good Dulwich ladies sprint finish.

Lucy was pleased with her run, finding the conditions didn't slow her too much. You wouldn't think that both Midge and Sonja are relatively new to this xc lark, although Midge ran this same race last year. They have totally embraced it with enthusiasm and determined racing. Midge commented last week that she had her first experience of a truly muddy course, well this was her second. Ros raced gently due to limping whilst warming up but managed to complete the course, hopefully without causing damage. Thanks to Dylan who was at the finish, taking on the task of gathering all the finish tokens of ladies and men and submitting the results.

Thanks to Steve who gave support out on the course, several times due to the three laps zig zagging here and there. Thanks to all of the team who were so supportive of each other.

120 ladies ran

- A team – 4th
- B team 9th (1st B team)
- C team – 13th (Only C team)
- D team – 18th
- 21 teams competed

South of Thames – a year on

A year ago I was lying in a hospital bed after surgery on a nil by mouth regime with a horrible tube up my nose and unaware I'd be having another op a few days later due to complications. I'd told Barrie to go and 'enjoy' this cross country race as he had been dutifully visiting me every day in hospital. Ange kindly sent me a photo of him running in the race, obviously taken at a rather flat part of the course. So it was only fitting that a year on that I have a go at the very same race.

Am I recovered? I am still not 100% and have only been able to run anything longer than a parkrun since August. Needless to say I have had to build up gradually and am still limiting my training. Still you don't improve unless you put in hard sessions so

I somewhat foolhardily had decided to do the South of Thames.

On the start line I was reminiscing with Andy and Ros what a difference a year makes. Andy is also progressing along the road to recovery and had only walked one lap of this race last year. I could say it felt joyous just to be back on the start line but perhaps that might be a tad over-enthusiastic given what we were about to experience!

The course profile was a huge shock as I had been lulled into a false sense of security by the said photo. Not to mention copious amounts of mud, some of it stinking, and lots of water making this what several described as a 'real XC run.' Why was I so desperate to get back to this?!

I started rather gingerly at the back and

wondered how on earth I'd get round 3 of the rollercoaster laps. As the race progressed I gradually gained a few places though and picked up the pace. Whilst it was hard work I did thoroughly enjoy the race and am thankful my health allowed me to complete it, even if slowly. Thanks to Coach Steve for his support out on the course.

I'd also like to take this opportunity to all those at DR who have supported me over the last year, from hospital visits, get well cards, chats over coffees, messages and calls and just general words of encouragement, even as I get lapped in a race! It really has meant a lot and helped enormously. Thank you to you all.

Lindsey Annable

Saturday proved the ideal training, except this time rather than mud we were running through water much of the time. There was a mixture of visitors from overseas and locals, many staying for a welcome coffee at the nice Starbucks nearby.

5 Gideon Franklin 23:42 (5)



Tokyo Futakotamagawa Parkrun

Last Saturday I had my best ever Parkrun position, coming 5th. This was at the Tokyo Futakotamagawa Parkrun, celebrating the 30th event since its opening this year as the first Parkrun in Japan. Normally there are now 150 or so runners. On Saturday

there were 23. It was raining hard and the course was very waterlogged. It was a sad scene as I arrived because the river had broken its banks during the big recent typhoon, meaning the park is closed and there are signs of damage such as a metal signpost bent over by the force of water. An alternative three-lap route has been created.

There were 17 valiant volunteers who braved the weather to marshal and encourage. I found that the Parliament Hill London cross country the previous



CROSS COUNTRY CHAMPIONSHIP 2019 - 2020													
After 5 events - Best 5 events including 3 Surrey Leagues													
	Lloyd pkrun	Surrey Lge 1	Surrey Lge 2	London Champs	Sth of Thames		Lloyd pkrun	Surrey Lge 1	Surrey Lge 2	London Champs	Sth of Thames		
MEN	Mob match	Effingham	Wimbledon	Parl. Hill	Morden	total so far	WOMEN	Mob match	Reigate	Mitcham	Parl. Hill	Morden	total so far
	28/9/19	12/10/19	09/11/19	16/11/19	23/11/19			28/9/19	12/10/19	9/11/19	16/11/19	23/11/19	
Tom South	48	46	45	49	50	238	Ange Norris	47	48	47	46	46	234
Jack Ramm	49	49	49	50		197	Anna Thomas	46	45	46	48	42	227
Martin Belzunce	47	43	42	48		180	Yvette Dore	48	49	43		45	185
Tom Wilson	40	29	28	36	41	174	Sara Roloff	50		42	45	44	181
Matt Cooke		38	36	47	48	169	Michelle Lennon	45	43	45		43	176
Gower Tan	43	36		41	43	163	Elkie Mace			50	50	50	150
Ed Chuck	50	50	50			150	Marta Miaskiewicz			49	49	48	146
Jonny Hough	42	32	26	37		137	Emma Ibell		46	48		47	141
Mike Mann	37	28		33	37	135	Jane Bradshaw	44	41	44			129

provisional, please advise any errors

Men / events to come		
Surrey League 3	Surrey League 4	Southern Champs
Beckenham 11/01/20	Lloyd Park 08/02/20	Parl. Hill 25/01/20

Women - events to come		
Surrey League 3	Surrey League 4	Southern Champs
Wimbledon 11/1/20	Richmond 08/2/20	Parl. Hill 25/01/20



November 23

For your results to appear here ...

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

Beckenham Place

172 Ran

Pos Gen

7	1	Clare Elms	19:53
29	27	Stephen Smythe	22:15
56	9	Carys Morgan	24:37

Bexley

380 Ran

Pos Gen

23	23	Michael Fullilove	21:52
----	----	-------------------	-------

Bromley

644 Ran

Pos Gen

21	2	Kim Hainsworth	19:06
394	306	Peter Jackson	28:29

Brockwell , Herne Hill

366 Ran

Pos Gen

19	19	Jonny Hough	20:06
231	163	Desmond Edwards	27:22

Burgess

504 Ran

Pos Gen

1	1	Andy Bond	16:09
9	9	Tony Tuohy	17:43
14	14	Will Lawn	18:25
17	17	Charles Lound	18:38
27	27	James Brown	19:08
74	68	Hugh Balfour	20:48

466	181	Susan Vernon	36:10
501	294	Chris Vernon	48:48

Pos	Gen		
15	14	Paul Collyer	19:16

Crystal Palace

371 Ran

Pos Gen

54	6	Belinda Cottrill	22:06
110	95	Bob Bell	23:55

Dulwich

520 Ran

Pos Gen

24	24	Timothy Bowen	17:34
28	28	Ian Lilley	17:54
36	36	Grant Kennedy	18:21
51	51	Alex Loftus	19:11
59	59	Austin Laylee	19:36
77	76	Greg Falconer	20:05
87	86	Matthew Ladds	20:24
102	101	Ebe Prill	20:49
152	145	Graham Laylee	22:15
335	61	Karina Burrowes	27:15
363	75	Lauren Gill	27:49
369	79	Clare Wyngard	27:57
370	291	Michael Dodds	28:00
400	99	Elizabeth Begley	29:12

Keswick

123 Ran

Pos Gen

13	3	Tess Bright	20:49
----	---	-------------	-------

Old Deer Park

111 Ran

Pos Gen

97	35	Lindsey Annable	34:24
----	----	-----------------	-------

Orpington

173 Ran

Pos Gen

57	49	Colin Frith	27:40
----	----	-------------	-------

Peckham Rye

319 Ran

Pos Gen

16	16	Alex Bazin	20:21
61	5	Madi Robinson	22:31

Tooting Common

530 Ran

Pos Gen

201	169	Ian Sesnan	24:56
-----	-----	------------	-------

Whitley Bay

280 Ran

Pos Gen

13	13	Alexander Dodds	20:42
----	----	-----------------	-------

Futakotamagawa

23 Ran

Pos Gen

5	5	Gideon Franklin	23:42
---	---	-----------------	-------

Highbury Fields

354 Ran

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 11

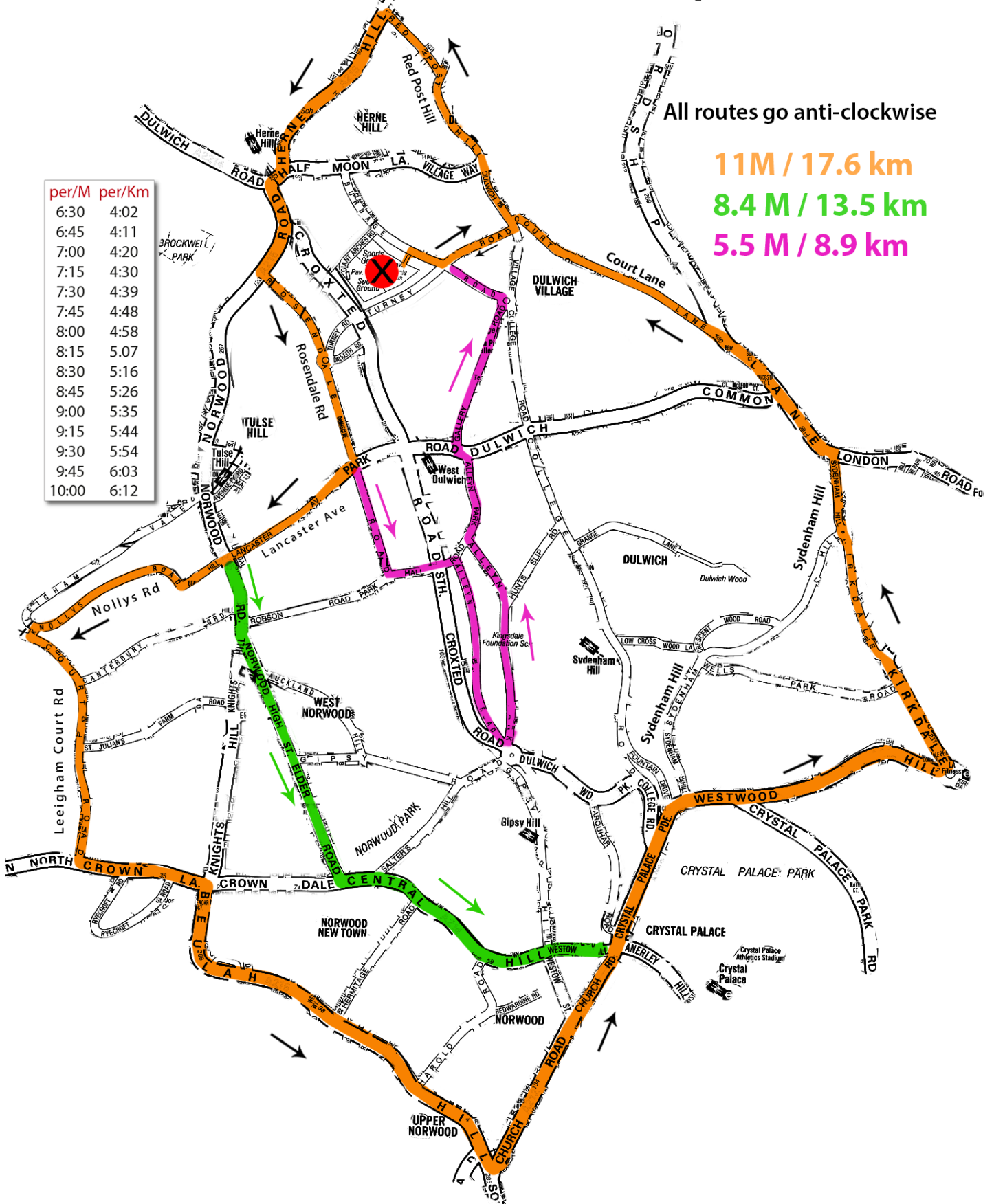
All routes go anti-clockwise

11M / 17.6 km

8.4 M / 13.5 km

5.5 M / 8.9 km

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>



prizes for:

1st runner across the finish line

1st walker across the finish line

Runner closest to predicted time

best fancy dress - **the theme is CHRISTMAS!**

entry fee £2.50 or £2 if in fancy dress

NAME: _____

most recent 5k or parkrun time _____

predicted time for 5k on 15th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than predicted time.

ros.tabor49@gmail.com