



SHORTS

Dulwich Runners AC

Weekly Newsletter

November 28th 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 28 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

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

Wed 28 Quiz night- after your run in the clubhouse 9pm

Tue 4 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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And much more !

Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)
our website: www.dulwichrunners.org.uk

Connect with us:



Like us on Facebook @dulwichrunners

TRACK SESSIONS

Tuesday training returns to Crystal Palace track.

£2.50 per session - Suitable for all abilities.

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

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

Thursdays morning sessions

speed/hill work mostly on grass taken by **Steve Smythe**.

Start 11:15 - 11:30 in various local parks.

There is no fee. Suitable for all standards.

steve.smythe@athleticsweekley.com to go on the mailing list

Rehydration !

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

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

A brief look ahead

Dec 1 Kent Masters XC - Dartford

Dec 8 SEAA Masters - Horspath, Oxford

Dec 15 Sth of Thames 7M Xc - Beckenham



Thankyou to Joseph Brady, Hugh Balfour and Midge Cameron 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

Ros Tabor

Cameron Timmis

Mick Ward

28/11

5/12

12/12

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
Dec	1	Kent Masters Cross Country Champs	Dartford
	8	SEAA Masters Champs	Horspath, Oxford
	15	South of Thames 7 mile XC	Beckenham Place Park
	16	Dulwich Runners Annual Turkey Trot Handicap 5k	Dulwich Park
2019			
Jan	5	Surrey County Champs	Lloyd Park
	5	Kent County Champs	Brands Hatch
	12	Surrey League Xc Men	Mitcham Common
	19	Vets AC Champs	Wimbledon Common
	26	South of England Champs	Parliament Hill Fields
Feb	2	Catford parkrun short	Catford
	9	Surrey League Xc Men	Lloyd Park
	9	Surrey League Xc 11am Women	Richmond Pk
	23	England National Cross Country Champs	Harewood House, Leeds
Mar	2	Surrey League Xc 1pm Women	Lloyd Park
	10	Victory Big Half long	London
	24	SEAA 12/6 Stage Relays	Milton Keynes t.b.c
Apr	14	Thames Towpath 10 long	
	28	London Marathon (or alt.) long	
Jun	3/10	date tbc Sri Chinmoy 5k short	Battersea Park
	16	date tbc Eltham Park 5 short	Eltham
Jul	14	date tbc Sevenoaks Seven long	Sevenoaks, Kent
	26	date tbc SOAR Mile short	
Oct	6	Regents Park 10k short	Regents Park, London

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

2019 Club Championships

The nine club championship races for 2019 have now been agreed (four long, five short) with four dates to be confirmed. To complete and qualify for the champs you must run at least 5 events, including at least one from each distance category.

2 Feb	Catford parkrun	short
10 March	Big Half	long
14 April	Thames Towpath 10	long
28 April	London Marathon (or alt.)	long
3 or 10 June tbc	Sri Chinmoy 5k	short
16 June tbc	Eltham Park 5	short
14 July tbc	Sevenoaks Seven	long
26 July tbc	SOAR Mile	short
6 Oct	Regent's Park 10k	short

Ladies' Surrey League Xc

Note changes

The third race at Farthing Downs has been cancelled.
 The last 2 fixtures of the season are now as follows:-

Sat 9 Feb - Richmond Park 11am start
 Sat 2 March - Lloyd Park 1pm start

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

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

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

2018 CLUB TURKEY TROT HANDICAP

10.00 SUNDAY 16 DECEMBER

The club traditionally holds an annual Christmas handicap race the day after the Christmas party. Again it will be the day after the long South of Thames 7.5M, so after a long race and long party on Saturday jump up bright and early on Sunday and run off your hangover or post race stiffness.

The course is the same as Dulwich parkrun (3 laps of the park road) approximately 5k. You need to predict



your finish time and run without your watch. The handicappers will use recent parkrun times. Runners set off with the slowest going first. The first across the finish line after 3 laps wins a prize and the prestigious Turkey Trot trophy.

There is also a prize for the runner closest to their predicted time, and also for best fancy dress. The theme this year is CHRISTMAS CRACKERS.

After the race we usually have the presentation and coffee in the park café.

PUT THE TURKEY TROT IN YOUR DIARY NOW!

Ros Tabor ros.tabor49@gmail.com

Entry form at the back of Shorts

Masters Events major events coming up

March 9 British Masters Open Cross Country Championships, Stormont, Belfast
 March 24-30 European Masters Indoors, Torun, Poland April 7, British Masters 10k Road Championships, Port of Blyth
 May 18 (tbc) British Open Masters Road Relays, Sutton Coldfield
 May 25 British Masters 1-Mile Road Championships, Westminster
 June 2 British Masters 10-Mile Road Championships, Dorking
 June 16 British Masters 5km Road Championships, Horwich
 June 30 British Masters 30km Multi-Terrain Championships, Gravesend
 July 7 British Masters Half Marathon Championships, Ashbourne, Derbyshire
 August 10-11 British Masters Outdoor track Championships, Birmingham
 Sept 5-15 European Masters Track & Field Championships - Jessolo, Italy
 September 21 British Masters 10000m Track, Jarrow
 September 28 England Masters Inter Area XC, venue tbc
 October 20 British Masters Marathon Championships, York
 October 26 British Masters Open Cross Country Relay Championships, Long Eaton
 November 16 (tbc) British Masters International cross-country, Southport
 BMAF Relays, May 2019

If we were to focus on one Masters event, most would probably choose the relays at Sutton Park, which is provisionally May 18,

with such a large percentage of good vets, we could do very well. The club pays the fee and travel. We have previously medalled in the W35s, W45s, W55s and the M55s and should also have our best ever teams (on paper) in the M35, M45 and M65 but we need a far better show and turn out than we get in most events. Please put the date in your diary.

I have gone through quickly the latest membership list which may not be totally up to date and apologises if I have missed anyone of those competing but we look like we could field more than one team in most age groups

M35: Tim Bowen, James Burrows, Paul Devine, Rob Hollands, Jonny Hough, Wayne Lashley, Alastair Locke, Daniel Mann, Russ Rook, Buzz Shepherd, Tom South, Jonathan Whittaker, Tom Wilson

M45: Andy Bond, Joseph Brady, Andrea Ceccolini, Lloyd Collier, Rob Cope, Will Cotter, Steve Davies, Mark Foster, Grzegorz Galezia, Duncan Hussey, Michael Hutchinson, Ian Lilley, Charlie Lound, Olivier Montfont, Justin Siderfin, Gower Tan, Cameron Timmis, Mike Williams, Nick Wood

M55: Colin Bailey Wood. Hugh Balfour, Nick Brown, Gideon Franklin, Colin Frith, Mike Fullilove, Graham Laylee, Barrie John Nicholls, Ebe Prill, Ian Sesnan, Steve Smythe, Tony Tuohy, Neville Webb, Steve Williams, Duncan Wilson

M65: Bob Bell, Mike Mann, Andy Murray

W35: Selma Benattia, Belinda Cottrill, Sue Cooper, Tereza Francova, Emily Gelder, Kim Hainsworth, Roz Johnson, Elkie Mace, Alexie Shaw, Jo Shelton, Eleanor Simmons, Katie Styles, Anna Thomas, Laura Vincent

W45: Lindsey Annable, Ola Balme, Midge Cameron, Lucy Clapp, Yvette Dore, Emma Ibell, Michelle Lennon, Lucy Pickering, Andrea Pickup, Victoria Read, Nicola Richmond

W55: Clare Elms, Ange Norris, Clare Wyngard

W65: Ros Tabor, Claire Steward



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 ebepriill@yahoo.co.uk or in person **by 31 January 2019**.

Upcoming Cross Country Races

Cross country entries update

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 Crooke 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**

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

Cross Country County Champs

5 January

The cross country county champs take place on Saturday 5 January, with the Surrey champs at Lloyd Park and the Kent champs at Brands Hatch Race Circuit. Distances are 8km for the women and 12km for the men.

Those eligible for the **Kent champs should contact your captains before 6 December** and for the **Surrey champs by 20 December**. Eligibility is by residence or birth. Please contact your captain if you are unsure which county you can compete for.

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

Men Xc: mcmann90@yahoo.co.uk

Men road: ebepriill@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

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 the Thames 5M XC Club Champs Morden Park

Saturday 24th November

Tony Tuohy writes: This famous old cross country race drew the curtain on the 2018 club championship as the ninth and last counting event. Most categories were already decided but the overall championship table changed as Clare and Ros swooped in to complete their counting events and grab the top two spots. With some absences the M50 and M60 tables may change too; final tables are being compiled...

Morden Park has been dormant as a XC venue for some years but was revived here to popular effect, the three lap course suitably undulating/hilly and conditions underfoot good on the soft and forgiving grass. The distance was about 5.1 miles (8.2km if you're modern) and men and women ran together, a novelty in cross country. Apart from our club championship interest, this is still regarded as a fairly prestigious race and 8th place for our men's A team against this company is a good result; but it was our women who excelled, beating Kent AC and only losing the overall win by four points to the mighty Belgrave Harriers. This was in no small measure due to an inspired run from Elkie Mace, taking second place to the same Belgrave Harrier who won last month's Surrey League XC fixture nearly two and a half minutes ahead of her - here the deficit was a mere 41 seconds, a really cracking run.

Over 40 Dulwich Runners turned out and were led in by a very quick run from Lewis, though being a mere second-claimer now he's ineligible for the club champs, so first Dulwich man this time goes to the Dublin Dynamo with a typically strong showing. Things got interesting then just over a minute back with little more than twenty seconds covering the next four; Steve D repelled all boarders and was joined in the A team scorers by another improved run from Jack, getting faster all the time.

TEAM (4 to score): 1 G&G 33; 2 Kent 50; 3 Belgrave 54; 4 Herne H 61; 5 Hercules W 87; 6 AFD 101; 7 Portsmouth 103; **8 Dulw R 128**; 9 Kent B 138; 10 S London 199; 11 Striders 206; 12 Wimb W 208; 13 Epsom & E 230; **14 Dulw R B 263**; 15 Dorking MV 265; 16 Belgrave B 267; 17 Herne H B 273; 18 Stragglers 274; 19 Kent C 313; 20 Wimb B 358; 21 HW B 359; 22 G&G B 361; 23 E&E B 364; 24 S London B 381; 25 SoC 398
40 teams finished

BRENT SHIELD (8 to score): 1 Kent 188; 2 Belgrave 321; 3 Herne H 334; **4 Dulw R 389**; 5 G&G 394; 6 HW 446

Women TEAM (4 to score): 1 Belgrave 35; **2 Dulw R 39**; 3 Kent 63; 4 S London 64; 5 HW 84; **6 Dulw R B 93**; 7 Wimb W 148; 8 Kent B 169; 9 Herne H 179; 10 Dulw R C 197; 11 Stragglers 206; 12 S London B 232

Steve S adds - a very good turn out in theory but 12 people who were entered did not turn up and there were loads more who should have been entered who didn't. For a local championship race close to base, it should have been better.

The women did well to come second though could have won with everyone there but the men's eighth does not really reflect our current strength with four of our top five from the first Surrey League absent though everyone who ran, did really well. Led by Tim and Steve, the next three - Jack, Jonathan and Ed probably had their best ever cross-

Jonathan and Ed were also impressive just behind before another strong run from Tom (despite the remnants of a cold) held off a typically strong effort on the country from Paul, who in turn had too much for me in the last half-lap after a good ebbing and flowing battle.

Triathlete strong man Des was just too good for Ian, running strongly but perhaps just a tad below par and having to dig in not to succumb to the aforementioned belter of a run from Elkie. Elkie's recent results at the London XC Champs and now here are a huge leap forward after her long time out; virtually six minute miling here on the country, much faster than she ran at the fast course Middlesex 10k eight weeks ago. Just behind, Matt Cooke also impressed and his excellent improvement earned the Captains' Award. Clare Elms is just a month short of the W55 age group and her obviously impressive time, easily the best age grading of 93% (securing the overall Club Championship), belies the fact that she was not at her best, suffering some breathing bother in the latter part of the race after contesting 2nd/3rd with Elkie that forced her to slow, losing half a minute and two places on the last lap.

A bit further back Lloyd's decent effort just about held off recent new member Andrea Ceccolini, already improving well and now a very useful addition to the club's M50 ranks. Solid runs followed from Joe and Grant while Coach Steve led in useful runs from Jonny and Eugene and demonstrated a return to some form that augurs well for the M60 race at the the Kent Masters XC Champs this coming weekend. Mark's run was solid a little further back, as were Hugh and Gower, splitting our two remaining scorers in the second-placed women's team, another good quality run from Marta and a well-deserved first medal for Dulwich grabbed by Belinda, just ahead of a sterling effort from Tess. Andrea has been trying to fend off a persistent injury lately, so did well to finish a decent distance ahead of fellow club stalwarts Michelle and Ola.

Already with two Surrey Leagues and the London Champs under her belt, Lucy appeared stronger here, well ahead of solid runs from Cameron, Katie and Graham. Joe Brady and second-claimer Jo Quantrill

country run.

Showing our good depth, we did better in the men's eight to score and we were the second best B and C team.

The results produced weren't perfect and Tim was down twice but the second one was Matt Cooke, who was so good, it was not initially clear it was him as his run was so much better than any of his previous runs and he rightly won the Captain's award. For the women, Elkie had her best run to date not far ahead of a virus-affected Clare who was not only first W50 but also first W40. Marta probably started too quickly to be third scorer while Belinda had her best ever cross-country run to complete the scoring just ahead of Tess.

This event had an element of nostalgia for me. I ran the London Schools in the park in 1972 - came eighth in the junior boys race and the 1977 South of Thames race was my first ever senior cross-country race though I was technically a junior (under-20) Back then it was called the South of Thames Junior race but it was junior by standard rather than age and barred past winners and winning teams and high placers in National etc.

That year I finished 124th - slightly down on what I did this year in terms of position but four minutes quicker suggesting the standard of depth was rather higher back then as the distance looks about the same and the race was won by multi National champion to be Dave Clarke, who was watching this year's race and also ran back

were close together while Gary ran well a little ahead of Mike. The customary high age-grading from Ros fell short of Clare on this occasion but will be enough to confirm second place in the overall club championship. Bob's comeback year continued well and Jo certainly seems pretty fit too. Midge Cameron showed good stamina in just her second race with the club and serial club champs stalwart Barrie John Nicholls completed the Dulwich showing.

17	Lewis Laylee 2nd cl	(27:39)
22	Tim Bowen	28:24
32	Steve Davies M45	29:30
34	Jack Ramm	29:37
38	Jonathan Whitaker	29:47
42	Ed Harper	29:53
54	Thomas South M40	30:30
58	Paul Devine M40	30:40
60	Tony Tuohy M55	30:47
66	Des Crinion	31:01
67	Ian Lilley M45	31:03
2W	Elkie Mace W35	31:10
72	Matt Cooke	31:13
5W	Clare Elms W50	31:45
88	Lloyd Collier M45	32:26
89	Andrea Ceccolini	32:32
101	Joe Farrington-Douglas	33:06
107	Grant Kennedy	33:31
110	Steve Smythe M60	33:38
111	Jonny Hough M40	33:40
112	Eugene Cross	33:42
115	Mark Foster M50	33:56
13W	Marta Miaskiewicz	34:50
126	Hugh Balfour M60	35:00
131	Gower Tan M45	35:12
19W	Belinda Cottrill	35:22
20W	Tess Bright	35:23
22W	Andrea Pickup W45	35:34
24W	Michelle Lennon W50	36:06
27W	Ola Balme W50	36:19
35W	Lucy Clapp W50	37:43
157	Cameron Timmis M45	38:23
41W	Katie Styles W35	38:34
160	Graham Laylee M60	38:56
162	Joseph Brady M50	39:16
50W	Jo Quantrill W60 2nd cl	(39:23)
164	Gary Budinger M55	39:43
166	Michael Mann M70	40:00
58W	Ros Tabor W65	40:55
170	Bob Bell M65	41:05
63W	Jo Shelton-Pereda W40	42:13
65W	Midge Cameron W50	42:32
176	Barrie John Nichols M60	44:46

in the park against me in 1972 but also can't remember much about it!

The race concluded the club championships for 2018 though some did not make the most of their last chance.

None of the original first three senior women ran so it seems Rebecca wins as she did more events than Helen though they got the same score. Katie's Morden run moves her to third ahead of the absent Christina. Only one of the top 4 Over 40 women ran too so Yvette wins that from Jo and those are the only two to complete the championships. The W50 was slightly more competitive. Though Clare won the overall championships in all age groups with ease because of her vastly superior age-grading, Michelle won this section because she did more events and won three events that Clare missed. Lucy C was third.

Ros won the W60 unchallenged.

Tim already had the senior men's title won and his win here increased his lead over Ed with the ever improving Jonathan ensuring he took third.

Charlie just needed to show to win the M50s but did not run but looks like Tony equalled Charlie's score but Charlie wins on doing the more events. Mark Foster was a clear third. Colin F had led the 60s throughout but injury meant he could not run the final race which enabled me to win - and become the first man to win the senior, M40, M50 and M60 club titles. Hugh's second place on Saturday moved him level with Colin on points but Colin holds on to second with the greater number of events

Dulwich Runners' times - South of Thames 5M Morden Park, 24 Nov 2018

	time	points in age category m/f									age grade points	club champs awards
		ms	m40	m50	m60	f s	f40	f50	f60+			
Lewis Laylee	[27.39]										2 nd cl.	
Tim Bowen	28.24	50									786	1st man
Steve Davies	29.30		50								840	2nd man
Jack Ramm	29.37	49									748	3rd man
Jonathan Whittaker	29.47	48									770	
Ed Harper	29.53	47									741	
Thomas South	30.30		49								775	1st m40
Paul Devine	30.40		48								753	
Tony Tuohy	30.47			50							854	1st m50
Des Crinion	31.01	46									720	
Ian Lilley	31.03		47								779	
Elkie Mace	31.10					50					815	1st woman
Matt Cooke	31.13	45									725	Captains' award
Clare Elms	31.45							50			935	Overall age graded
Lloyd Collier	32.26		46								746	
Andrea Ceccolini	32.32			49							768	
Joe Farrington-Douglas	33.06	44									693	
Grant Kennedy	33.31	43									672	
Steve Smythe	33.38				50						809	1st m60
Jonny Hough	33.40		45								692	
Eugene Cross	33.42	42									676	
Mark Foster	33.56			48							749	
Marta Miasiewicz	34.50				49						725	2nd woman
Hugh Balfour	35.00				49						806	Man age graded
Gower Tan	35.12		44								704	
Belinda Cottrill	35.22					48					724	3rd woman
Tess Bright	35.23					47					711	
Andrea Pickup	35.34							50			787	1st w40
Michelle Lennon	36.06								49		793	1st w50
Ola Balme	36.19								48		789	woman age graded
Lucy Clapp	37.43								47		787	
Cameron Timmis	38.23		43								641	
Katie Styles	38.34					46					661	
Graham Laylee	38.56				48						705	
Joseph Brady	39.16			47							647	
Jo Quantrill	[39.23]										2 nd cl	
Gary Budinger	39.43			46							673	
Michael Mann	40.00				47						748	
Ros Tabor	40.55								50		887	1st w60
Bob Bell	41.05				46						693	
Jo Shelton Pereda	42.13							49			630	
Midge Cameron	42.32							46			698	
Barrie John Nicholls	44.46				45						630	
		43	9	8	5	6	5	2	5	1		

CROSS COUNTRY CHAMPIONSHIP MEN 2018 - 2019				
After 3 events - Best 5 events inc. 3 Surrey Leagues				
	Surrey League 1	Surrey League 2	London Champs	Running Total
	Richmond	Banstead	Parl. Hill	
	13/10/2018	10/11/2018	17/11/2018	
Jonathan Whittaker	44	46	48	138
Alastair Locke	37	44	49	130
Des Crinion	40	41	46	127
Ebe Prill	32	32	44	108
Andrea Ceccolini	30	31	45	106
Ed Chuck	50	50		100
Shane O'Neill	49	49		98
Tim Bowen	48	48		96
Andy Bond	47	47		94
Tom South	45		47	92
Wayne Lashley	46	45		91
Ed Harper	43	43		86
Paul Devine	41	42		83
Rob Hollands	38	39		77
Charlie Lound	39	35		74
Nick Wood	36	36		72
Matt Cooke	35	37		72
Justin Siderfin	33	34		67
Grzegorz Galezia	24		43	67
Gower Tan	22		40	62
Jonny Hough	29	33		62
Hugh Balfour	27	30		57
Martin Double	23	29		52
Jack Ramm			50	50
Danny Mann	42			42
Mark Foster			42	42
Ross Rook			41	41
Mike Williams		40		40
Joseph Brady			39	39
Mike Mann			38	38
Ian Lilley		38		38
James Burrows	34			34
Eugene Cross	31			31
Olivier Montfort	28			28
Graham Laylee		28		28
Colin Frith		27		27
Graham Little	26			26
Ed Simmons	25			25
Ed Smyth	21			21

CROSS COUNTRY CHAMPIONSHIP WOMEN 2018 - 2019				
After 3 events - Best 5 events inc. 3 Surrey Leagues				
	Surrey League 1	Surrey League 2	London Champs	Running Total
	Wimbledon	Nonsuch	Parl. Hill	
	13/10/2018	10/11/2018	17/11/2018	
Ola Balme	45	49	46	140
Anna Thomas	40	46	49	135
Katie Styles	39	39	45	123
Eleanor Simmons	37	42	44	123
Lucy Clapp	38	41	43	122
Elkie Mace	49		50	99
Christina Dimitrov		48	48	96
Emma Ibell	43	50		93
Michelle Lennon	44	47		91
Rebecca Schulleri		44	47	91
Yvette Dore		40	42	82
Joann Selton Pereda	34	38		72
Sharon Erdman	33	37		70
Clare Elms	50			50
Marta Miaskiewicz	48			48
Hayley Seddon	47			47
Ange Norris	46			46
Lucy Pickering		45		45
Belinda Cottrill		43		43
Helen Lister	42			42
Victoria Read	41			41
Anna Ward			41	41
Midge Cameron			40	40
Ros Tabor	36			36
Hannah Harvest	35			35

Women - events still to come				
Surrey League 3	Surrey League 4	South of Thames	Southern Champs	Riddles down
Richmond	Lloyd Park	Beckenham	Parl. Hill	parkrun
9/02/2019	02/03/19	15/12/2018	26/02/2019	

Men - events still to come				
Surrey League 3	Surrey League 4	South of Thames	Southern Champs	Riddles down
Mitcham	Lloyd Park	Beckenham	Parl. Hill	parkrun
12/01/2019	9/02/2019	15/12/2018	26/02/2019	

Emer Casey 10k

Sunday 18 November

Paul Keating writes: A lovely sunny, but cold, autumn Sunday morning at Brockwell Park for the tenth running of the Emer Casey 10k. A new course this year of one short lap and three longer laps of the park with a steep climb at the start just to make you work even harder. Dulwich Runners represented by a small group including Graham Laylee, Lucy Clapp, Mike Dodds and Claire Steward.

This was my second 10k race over consecutive weekends (Beckenham 10k Trail Run the week before), combined with my fastest parkruns since the start of the year, and my fastest 10k for a number of years. Hopefully there is more to follow.

Must say thank you to Clare Wyngard, Lucy Pickering, Ola Balme and Andy Murray for their support on the day.

Winner 34:20
25 Jonny Hough 42:47
45 Graham Laylee 46:29

48 Lucy Clapp 47:01
64 Mike Dodds 50:24
74 Paul Keating 51:46
96 Claire Steward 57:11
125 finishers

Claire Steward adds: This was my longest run since my jog/walk around the Midsummer Munro Half Marathon on 1 July. My arthritic knee seems to have a mind of its own, sometimes good(ish), sometimes hopeless, aching when I'm 'running', and sharp stabbing pains waking me up in the middle of the night. However, Sunday was one of the better days and I was delighted to get round with just one momentary stop to grab some water and no long-term effects afterwards (for now!).

Liverpool Cross Challenge U20/U17 4.4km

101 Lucy Elms (58th U20) 17:14

2018 Club Championship

Within age groups after 9 events - [Marathon scoring open until 24 nov]

	Short					Long					Bonus for no. of events	TOTAL 5 events max inc. 1.S,L	POS
	5k Dulwich 3 Feb	5k Battersea 7 Jun	1m Stratford 27 Jul	5k Beck 15 Sep	5M Sth.o.T 24 Nov	10k Hyde Park 24 Mar	1/2M Paddock Wood 8 Apr	Marathon London or other 22 Apr	10k Victoria Park 30 Oct				
WOMEN SENIOR													
Rebecca Schulleri	[45]	48	49	49		49	[46]	[38]	49	8	252	1	
Helen Lister	49	[46]				50	50	49	48	6	252	2	
Katie Styles	[43]	[43]		46	46	48	49		47	7	243	3	
Christina Dimitrov	46	47	50	50				44		5	242	4	
Tess Bright	47		48		47			46		5	240	5	
Laura Vincent	42	45	47	48				40		5	227	6	
Claire Barnard	41	42					45	36		4	168		
Marta Miasiewicz		49			49			50		3	151		
Tereza Francova				47			48	45		3	143		
Anna Thomas	44	44	46							3	137		
Elkie Mace					50				50	2	102		
Chloe Green	50							48		2	100		
Kristen Stephenson	48							47		2	97		
Hannah Harvest	40							39		2	81		
Emily Warburton-Brown	38							35		2	75		
Lucy Elms		50								1	51		
Belinda Cottrill					48					1	49		
Karina Burrowes				45						1	46		
Ellie Balfe								43		1	44		
Caroline Maynes								42		1	43		
Clare Cummings								41		1	42		
Kim Hainsworth	39									1	40		
Annie Hackett								37		1	38		
WOMEN V40													
Yvette Dore	49	[47]	[49]	50		50	50	[48]	50	8	257	1	
Joanne Shelton Pereda	48	[44]	48	[48]	49	48		[44]	49	8	250	2	
Eleanor Simmons		46	50	49				49		4	198		
Emma Ibell	50	48					49			3	150		
Andrea Pickup		50			50					2	102		
Stephanie Williams	47					49				2	98		
Teresa Northey		45						46		2	93		
Emily Gelder								50		1	51		
Victoria Read		49								1	50		
Louisa Pritchard							48			1	49		
Stephanie Lundon								47		1	48		
Sharon Erdman	46									1	47		
Vicky Gashe								45		1	46		
WOMEN V50													
Michelle Lennon	50	49	[49]		[49]	50	50	49	[49]	8	256	1	
Clare Elms		50	50	50	50				50	5	255	2	
Lucy Clapp	49	48	48		[47]		48		48	6	247	3	
Lucy Pickering		47	47				49	50		4	197		
Lindsey Annable	48		46	48		49				4	195		
Ola Balme				49	48					2	99		
Midge Cameron					46					1	47		
Clare Wyngard		46								1	47		
WOMEN V60													
Ros Tabor	50	50			50		50		50	5	255	1	
Claire Steward								50		1	51		
MEN SENIOR													
Timothy Bowen	50	[49]	[48]	50	[50]	50	50	50		8	258	1	
Edward Chuck		50	49				49	49	50	5	252	2	
Jonathan Whittaker		46	46		48	48	[45]	[39]	47	7	242	3	
Edward Harper	45		[42]		47		48	45	46	6	237	4	
Daniel Mann	48		44	49				42	48	5	236	5	
Des Crinion		43	45	48	46			[41]	44	6	232	6	
Joe Farrington-Douglas	42	[39]		45	44	45	46		[41]	7	229	7	
Grant Kennedy	41		[37]	44	43	47	47			6	228	8	
Matt Cooke		40	[40]	43	45	46		[37]	42	7	223	9	
Rob Hollands	44	41	41	47				43		5	221	10	
Matt Ladds	39	35		41		44	44			5	208	11	
Alex Haylett	38	36	36			43			40	5	198	12	
Shane O'Neill	49					49		47	49	4	198		
James Burrows	43		39	46					43	4	175		
Jack Ramm		45	43		49					3	140		
Steve Rolfe	46	42						44		3	135		
Eugene Cross				42	42			40		3	127		

Ross Rook	40	38	38							3	119	
Wayne Lashley		48	47							2	97	
Oliver Cooper	47							46		2	95	
Alastair Locke		47							45	2	94	
Lewis Laylee			50							1	51	
Lee Fedden								48		1	49	
Joe Twomey		44								1	45	
Stephen Pinkster								38		1	39	
Ed Simmons		37								1	38	
Paul Vivash	37									1	38	
Russell Morgan								36		1	37	
MEN V40												
Andy Bond	50	50	50	[50]		50	50		[50]	7	257	1
Stephen Davies	49	49	49		50			50	[49]	6	253	2
Tom South	[47]	48	[46]	49	49		48	49	[48]	8	251	3
Ian Lilley	[46]		47	48	[47]	49	49		47	7	247	4
Paul Devine		46	48	47	48				46	5	240	5
Cameron Timmis	[41]	42		45	43			43	44	6	223	6
Justin Siderfin	44			46		48	45			4	187	
Lloyd Collier	48	47			46					3	144	
Grzegorz Galezia	43						46	48		3	140	
Paul Collyer		45						46	45	3	139	
Martin Double		43	44					44		3	134	
Hugh French	39	41				47				3	130	
Tom Wilson	45	44								2	91	
Gower Tan					44			45		2	91	
Paul Greenhalgh								47		1	48	
Michael Hutchinson								47		1	48	
Jonny Hough					45					1	46	
William Cotter			45							1	46	
Adam Taylor								44		1	45	
Jim Dowsett	42									1	43	
Ajay Khandelwal	40									1	41	
MEN V50												
Charles Lound	49	49		50		50		50	[49]	6	254	1
Tony Tuohy	50	50		49	50				50	5	254	2
Mark Foster	[46]	48			48	49	49		48	6	248	3
Gideon Franklin	[43]	46		46			48	49	47	6	242	4
Joseph Brady	42	45		45	47				45	5	229	5
Gary Sullivan	47	47				48	50			4	196	
Michael Fullilove	45			47			47			3	142	
Michael Dodds	40	44				46				3	133	
Ebe Prill	48			48						2	98	
Paul Keating	38			44						2	84	
Andrea Ceccolini					49					1	50	
Scott Williams						47				1	48	
Steve Brown									46	1	47	
Gary Budinger					46					1	47	
Chris Loizou	44									1	45	
Mark Muffett	41									1	42	
John English	39									1	40	
MEN V60												
Stephen Smythe		50	[46]	[46]	50		50	50	50	7	257	1
Colin Frith	[46]	[46]	50	49		49	49		48	7	252	2
Hugh Balfour	50	49		50	49			49		5	252	3
Graham Laylee	47	[45]	48	[47]	48	50			49	7	249	4
Bob Bell	48	[47]	49	48	[46]		47	48		7	247	5
Barrie John Nicholls	[42]	[43]	47	[45]	[45]	48	46	47	46	9	243	6
Andy Murray	45	44					48		47	4	188	
Michael Mann	49	48			47					3	147	
Peter Jackson	44			44						2	90	
Mick Mead	43									1	44	
122	70	63	40	42	41	28	37	54	39	400		

Best 5 count for year including 1 each short, long. 5 including one short and long needed for completion medal. Marathon points are temporary. Bracketed points [] are discards, outside top 5 scores.

OVERALL CHAMPIONSHIP AFTER 9 EVENTS INCL MARATHONS	Short					Long				Events counting	TOTAL 5 events max inc 1.S.L	Average	pos	Avg of all races
	5k Dulwich 3 Feb	5k Battersea 7 Jun	1m Stratford 27 Jul	5k Beck 15 Sep	5M Sth.o.T 24 Nov	10k Hyde Pk 24 Mar	1/2M Paddock Wood 8 Apr	Marathon London or other 22 Apr	10k Victoria Park 30 Sep					
Clare Elms		966	999	938	935				924	5	4,762	952	1	952
Ros Tabor	918	917			887		913		934	5	4,567	913	2	913
Andy Bond	857	894	857	865		[835]	[830]		864	5	4,337	867	3	858
Tony Tuohy	861	893		857	854				852	5	4,317	863	4	839
Stephen Davies	876	851	873		[840]			849	842	5	4,291	858	5	858
Charles Lound	808	848		827		816		[792]	797	5	4,095	819	6	819
Timothy Bowen	[803]	815	831	815	[786]	[799]	816	806		5	4,082	816	7	816
Ed Chuck		837	823				797	760	838	5	4,056	811	8	811
Michelle Lennon	807	820	822		793	[791]	[777]	[694]	808	5	4,049	810	9	810
Lucy Clapp	778	824	820		787		[775]		796	5	4,005	801	10	779
Ian Lilley	792		815	809	[779]	781	[772]		804	5	4,000	800	11	800
Tom South	783	808	[636]	804	775		[744]	[725]	797	5	3,967	793	12	793
Stephen Smythe		813	[588]	[680]	809		837	764	727	5	3,951	790	13	790
Hugh Balfour	812	813		822	806			658		5	3,911	782	14	782
Paul Devine		760	783	771	753				757	5	3,824	765	15	765
Jonathan Whittaker		781	808		770	696	[619]	[610]	743	5	3,798	760	16	760
Daniel Mann	789		782	777				667	763	5	3,778	756	17	744
Mark Foster	748	764			749	753	[702]		729	5	3,742	748	18	748
Yvette Dore	733	[730]	767	740		746	733	[656]	[727]	5	3,719	744	19	737
Bob Bell	766	762	745	751	693		[688]	[502]		5	3,716	743	20	743
Helen Lister	745	722				757	756	714	[696]	5	3,694	739	21	740
Des Crinion		738	756	744	720			[651]	700	5	3,658	732	22	732
Colin Frith	728	729	728	743		[710]	[699]		720	5	3,647	729	23	729
Graham Laylee	736	727	[681]	715	[705]	720			732	5	3,631	726	24	711
Rebecca Schulleri	715	735	718	706		707	[660]	[514]	[699]	5	3,581	716	25	716
Edward Harper	708		717		741		665	[660]	725	5	3,556	711	26	711
Gideon Franklin	725	723		706			696	[638]	705	5	3,554	711	27	711
Rob Hollands	711	732	712	739				658		5	3,552	710	28	710
Christina Dimitrov	720	730	758	712				623		5	3,543	709	29	709
Matt Cooke		719	700	708	725	[670]		[576]	691	5	3,543	709	30	709
Joe Farrington-Douglas	708	716		728	693	[664]	[659]		696	5	3,541	708	31	708
Katie Styles	683	687		[657]	[661]	692	700		686	5	3,449	690	32	690
Tess Bright	722		695		711		662	656		5	3,444	689	33	689
Grant Kennedy	679		679	705	672	678	[667]			5	3,412	682	34	682
Barrie John Nicholls	[509]	688	672	697	[630]	676	[625]	[464]	663	5	3,396	679	35	679
Laura Vincent	675	717	707	710				584		5	3,393	679	36	679
Cameron Timmis	680	672		659	641		[632]		650	5	3,302	660	37	660
Joseph Brady	686	628		669	647				653	5	3,282	656	38	656
Joanne Shelton Pereda	[629]	655	653	659	630		652	[475]	[608]	5	3,249	650	39	650
Alex Haylett	612	638	650			609			587	5	3,095	619	40	619
Matt Ladds	648	603		600		617	570			5	3,039	608	41	608
Gary Sullivan	818	806				807	767			4	3,198	799		799
Lucy Pickering		807	804				772	730		4	3,112	778		778
Shane O'Neill	784					784		741	784	4	3,093	773		773
Andy Murray	731	725					723		709	4	2,888	722		722
Justin Siderfin	748			738		719	678			4	2,883	721		721
James Burrows	714		704	725					712	4	2,854	714		714
Eleanor Simmons		688	759	668				633		4	2,747	687		687
Lindsey Annable	666		663	670		686				4	2,684	671		671
Lloyd Collier	804	818			746					3	2,368	789		739
Michael Mann	804	812			748					3	2,364	788		788
Claire Barnard	648	615					560	494		4	2,317	579		579
Marta Miaskiewicz		768			725			763		3	2,255	752		752
Paul Collyer		794						705	750	3	2,250	750		750
Grzegorz Galezia	753						730	747		3	2,230	743		743
Jack Ramm		744	733		748					3	2,225	742		742
Emma Ibell	762	730					703			3	2,195	732		732
Steve Rolfe	727	730						658		3	2,115	705		705
Michael Fullilove	771			757			574			3	2,102	701		701
Anna Thomas	693	694	681							3	2,068	689		689
Ross Rook	667	691	693							3	2,052	684		684
Eugene Cross				692	676			640		3	2,007	669		669
Tereza Francova				702			669	636		3	2,007	669		678
Michael Dodds	683	629				681				3	1,992	664		664
Martin Double		697	676				611			3	1,983	661		661
Hugh French	568	603				557				3	1,729	576		576
Wayne Lashley		809	812							2	1,621	811		811
Elkie Mace					815				779	2	1,593	797		797
Andrea Pickup		796			787					2	1,583	791		791
Ebe Prill	796			782						2	1,578	789		789
Ola Balme				781	789					2	1,570	785		785
Alastair Locke		782							724	2	1,505	753		753
Tom Wilson	754	735								2	1,488	744		744
Chloe Green	765							708		2	1,473	737		737

Oliver Cooper	735									712		2	1,447	724		724
Kristen Stephenson	727									681		2	1,409	704		704
Gower Tan					704					622		2	1,326	663		663
Stephanie Williams	627						684					2	1,311	656		656
Teresa Northey		678								597		2	1,274	637		637
Peter Jackson	632				598							2	1,231	615		615
Paul Keating	580				592							2	1,172	586		586
Hannah Harvest	602									532		2	1,134	567		567
Emily Warburton-Brown	530									455		2	985	492		492
Lewis Laylee			854									1	854	854		854
Lucy Elms		783										1	783	783		783
Chris Loizou	781											1	781	781		781
Lee Fedden										768		1	768	768		768
Andrea Ceccolini					768							1	768	768		768
Victoria Read		767										1	767	767		767
William Cotter			757									1	757	757		757
Michael Hutchinson								751				1	751	751		751
Joe Twomey		744										1	744	744		744
Belinda Cottrill					724							1	724	724		724
Clare Wyngard		710										1	710	710		710
Midge Cameron					698							1	698	698		698
Steve Brown									694			1	694	694		694
Jonny Hough					692							1	692	692		692
Mark Muffett	689											1	689	689		689
Paul Greenhalgh										684		1	684	684		684
Ed Simmons		683										1	683	683		683
Jim Dowsett	680											1	680	680		680
Ajay Khandelwal	677											1	677	677		677
Louisa Pritchard								676				1	676	676		676
Gary Budinger					673							1	673	673		673
Emily Gelder										670		1	670	670		670
Stephanie Lundon										664		1	664	664		664
John English	661											1	661	661		661
Claire Steward										660		1	660	660		660
Scott Williams								632				1	632	632		632
Ellie Balfe										621		1	621	621		621
Caroline Maynes										619		1	619	619		619
Kim Hainsworth	604											1	604	604		604
Clare Cummings										587		1	587	587		587
Stephen Pinkster										587		1	587	587		587
Sharon Erdman	585											1	585	585		585
Adam Taylor										584		1	584	584		584
Mick Mead	582											1	582	582		582
Vicky Gashe										573		1	573	573		573
Paul Vivash	556											1	556	556		556
Russell Morgan										545		1	545	545		545
Annie Hackett										509		1	509	509		509
Karina Burrowes				498								1	498	498		498
	122	70	63	40	42	41	28	37	54	39	362					



Nov 24th

Burgess

331 Ran

Pos Gen

325 220 Barry Evans 37:59

Catford

111 Ran

Pos Gen

16 16 Gary Sullivan 22:39

Crystal Palace

231 Ran

Pos Gen

8 8 Tom Wilson 20:26

10 1 Belinda Cottrill 20:33

82 66 Bob Bell 24:26

102 19 Clare Wyngard 25:44

104 84 Michael Dodds 25:46

Dulwich

302 Ran

Pos Gen

16 16 Rob Hollands 18:08

18 18 Tom Shakhli 18:28

32 31 Grzegorz Galezia 19:28

33 32 Ebe Prill 19:36

43 42 Francis Macdonnell 19:51

49 3 Kim Hainsworth 20:24

74 67 Chris Cooper 21:21

76 8 Charlotte Sanderson 21:23

78 70 Paul Vivash 21:24

248 171 Mick Mead 30:29

East Coast Park

90 Ran

Pos Gen

68 25 Elizabeth Begley 29:34

Highbury Fields

303 Ran

Pos Gen

9 9 Paul Collyer 19:08

Newborough Forest

94 Ran

Pos Gen

89 52 Chris Vernon 50:56

Peckham Rye

235 Ran

Pos Gen

2 2 Andy Bond 16:55

58 56 Matthew Ladds 22:26

67 65 Gideon Franklin 22:54

139 29 Claire Steward 27:35

162 39 Emily Warburton-Brown 29:09

Riddlesdown

100 Ran

Pos Gen

12 1 Ange Norris 21:58

South Norwood

95 Ran

Pos Gen

57 42 Peter Jackson 28:10

Southwark

249 Ran

Pos Gen

106 91 Paul Keating 24:49

Tamar Lakes

81 Ran

Pos Gen

1 1 Alastair Locke 18:18

Wakefield Thornes

270 Ran

Pos Gen

83 10 Claire Barnard 24:38

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.

If you require food we will be ordering fish and chips Small Cod or Haddock & Small Chips & Small Mushy Peas £7.50 order by 7.30pm

Saturday 15th December
Christmas Party

The Lordship

211 Lordship Lane, East Dulwich, SE22 8HA

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

Dust off your glad rags and get ready for a 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 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



DULWICH RUNNERS TURKEY TROT HANDICAP RACE



DULWICH PARK
SUNDAY 16 DECEMBER 10.00 2018

5K (approx) HANDICAP RACE (3 laps of Dulwich Park) meet by Queen Mary's Gate

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 CRACKERS**

entry fee £2.50 or £2 if in fancy dress

NAME: _____

most recent 5k or parkrun time _____

predicted time for 5k on 17th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than predicted time.

ros.tabor49@gmail.com