



SHORTS

Dulwich Runners AC

Weekly Newsletter

October 3rd 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 10 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

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

Sat 13 Surrey League Cross Country

Men and women...details page 2

Tue 16 Crystal Palace track - details below

[Like us on Facebook @dulwichrunners](#)

TRACK SESSIONS

Tuesday training returns to Crystal Palace track.

£2.50 per session - Suitable for all abilities.

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

Warm-up, of drills, strides etc will start around 7pm & main session taken by **Steve Smythe** will start shortly after @ 7.25pm and be in the region of 45 mins.

Newcomers should wait in reception area to be escorted to the track

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

LUCKY VEST

October winner - Mike Dodds

Wear your Dulwich Runners vest or t-shirt for the club run on the first Wednesday of any month and you will go into a free draw and could win the £5 cash spot prize!

Vests £18 each from Ros ros.tabor49@gmail.com

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- Sign the attendance register and **pay £1**.
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

In your SHORTS this week !

- 1 General information
- 2 Fixture list, 2018 & race details
- 3 **Cross Country section**- All you need to know & races
- 5 Race reports and times
- 9 Parkrun times
- 10 Club kit - New winter additions!
- 11 Social events etc
- 12 Wednesday map + Strava links

And much more !

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

our website: www.dulwichrunners.org.uk

Connect with us:



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

A brief look ahead

Oct 13 Surrey league Xc - mens and womens races

Oct 20 Surrey Masters & SEAA Xc relays

Oct 27 BMAF Xc relays

NEW RUNNERS ROTA

Thankyou to Ange and Jonathan 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

Charlie Lound

10/10

Andy Murray

17/10

Ebe Prill

24/10

Wednesday Night Map

This map for this Wednesday's runs can be found at the back page of Shorts.

Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.

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 - Thanks

We are in the process of putting the new maps onto Strava (you don't need an account) and links can be found here:

<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
Oct	13	Surrey League Xc Men	Richmond Park
	13	Surrey League Xc 6k -11am Women	Wimbledon Common
	20	Surrey Masters Cross Country Champs	Richmond Park
	20	SEAA Cross Country Relays,	Wormwood Scrubs
	27	BMAF Cross Country Relays	Long Eaton
Nov	3	Priory Relays	Reigate
	10	Surrey League Xc Men	Nork Park, Banstead
	10	Surrey League Xc 6k -1pm Women	Nonsuch Pk, Cheam
	17	London Champs	Parliament Hill Fields
	24	South of Thames 5 mile XC (S) (incorp. club champs 5M)	Morden Park
Dec	1	Kent Masters Cross Country Champs	Dartford
	8	SEAA Masters Champs	Horspath, Oxford
	15	South of Thames 7 mile XC	Beckenham Place Park
2019			
Jan	5	Surrey County Champs	Lloyd Park
	5	Kent County Champs	Brands Hatch
	12	Surrey League Xc Men	Mitcham Common
	12	Surrey League Xc 8k -11am Women	Happy Valley, Coulsdon
	19	Vets AC Champs	Wimbledon Common
	26	South of England Champs	Parliament Hill Fields
Feb	9	Surrey League Xc Men	Lloyd Park
	9	Surrey League Xc 8k -1pm Women	Richmond Pk, Kingston end
	23	England National Cross Country Champs	Harewood House, Leeds
Mar	10	Virginity Big Half (L)	London

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

Men's Surrey League Cross Country, 13 October

Full details of this Saturday's men's Surrey League cross country match on Saturday 13 October have been issued in a Shorts Xtra.

The key points to note are:

- the race starts earlier than usual at 1.30pm. Please make sure you arrive in good time to enable you to collect numbers and warm up.
- if you have not already done so, please let Ebe know of your intention to run so that you can be entered on line in advance (ebepriill@yahoo.co.uk)
- the start and finish are not in the usual place near Pembroke Lodge but near the Sheen Cross roundabout close to Sheen Gate and Roehampton Gate (see map in Shorts Xtra)

- parking is available at Sheen Gate and Roehampton Gate. The closest train stations are Richmond and Mortlake, each about 1.25 miles from the start.
- the course is well drained and is suitable for trail shoes, short spikes or even road shoes. Most of the course consists of grassy paths but there are some stony sections, particularly down to the Pen Ponds
- everyone keeps their race number for the whole season. You have 2 options; either return your number to me after the race (the safest bet) or take it home but don't forget to bring it to the next race (otherwise you'll be in the doghouse!)
- it is most important that we get the season off with a bang, so we are looking for a good turnout from both regulars and newcomers

Ladies' Surrey league - Saturday 13th October Wimbledon Common at 11 a.m.

We run in division 1 at 11 a.m. - 6.9k

Getting there - The race HQ is at Belgrave Hall, on Denmark Road, bus 200 from Wimbledon stops on the Ridgway. The Start/Finish is in front of West Place, Bus 93 from Wimbledon to Putney stops at the war memorial. Free parking is available at the Wimbledon Windmill SW19 5NR, a 5-10 minute jog to the start. Pay and display parking is available on the common south side and surrounding roads.

Course The course is a mixture of stony paths and muddier sections (how muddy depends on the weather prior to the

event). Spike or studs are advised.

See - <https://surreyleague.org/sll/match/91/> for a map and click Map in mapometer for course map

Toilets There are toilets available in Belgrave hall, and additional public facilities at the Windmill on the common.

If any lady wants to run they must have emailed Ange and Clare (dulwichladiescaptain@gmail.com) in advance so they can be allocated a number. We have already heard from many ladies.

Also do email them if you have any questions.



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

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

Bmaf Relays, Long Eaton

27 October

We are still short of a full M35 team for these relays (5 x3km) and are looking for one or two additional men. So please come forward even if you are new to the club. Although we just have enough for a M55 team (4 x3km), we could do with a couple more to cover possible injuries. Entries close at the end of the week, so please respond promptly if you are interested and available. 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

Box Hill Fell Race

Saturday 19th January 2019

This is my annual plug to recruit some more DRs to the unique joys of fell running. If you have never tried it, Box Hill is the ideal place to start. At 7.5 miles and about 1800 ft of ascent, it is classified as a category B race, but being run on paths and grassland, with no becks, boulders or bogs, there is no chance of getting lost, and in the right conditions you can get round with dry feet. But nonetheless it has some short but challenging climbs and three or four exciting descents.

The biggest challenge is getting an entry. The entries are done online at fabian4.co.uk

They open at midnight on 1 November and are usually full by 9am the following morning! I now stay up till midnight to be sure of an entry. If you are keen to enter and would like me to text you a reminder that evening, then let me know your number. Mine is 07930 901 189.

My email is hugh@christchurchpeckham.info

More details can be found if you google Box Hill Fell Race. The main requirement is that spikes are not allowed and fell shoes are pretty essential. Trail shoes will give you a hard time, unless it is exceptionally dry or frozen hard.

I won't be at the club for the next two weeks, but will be there for the last two Wednesdays in October, but feel free to contact me if you have any questions - Hugh Balfour

British & Irish Masters

Cross Country: Selection

Congratulations to Clare Elms, Ange Norris and Ros Tabor on their selection for the W50, W55 and W65 England teams for this important masters cross country event being held in Swansea this year on 17 November. Teams of just 4 are selected for each of these age categories to represent each of the 5 countries competing, so being selected which is based on race performances during the year represents a notable achievement in itself.

Upcoming Masters Event Kent Masters Cross-Country Championships, Dartford

December 1

This event in Dartford is one Dulwich could potentially do well in and we have quite a few eligible runners.

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

Male Athletes who are eligible include

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

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

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

Club Championship 2019 - The Big Half

We have decided that the Big Half in London on Sunday 10 March, will be the club championships 1/2M in 2019.

Some people have already entered. Entries are currently closed, but will open again, probably quite soon. There is likely to be pressure on entries, with some being allocated by ballot. The club has 10 places, at £10 each, as we are a community organisation, based in one of the London marathon boroughs (Southwark).

If you have not yet got a place and are interested in obtaining a club place please let me know by Mon 22 Oct.

The places will be offered to runners who have been members of Dulwich Runners for at least a year. 5 places will be awarded according to the number of appearances in club events (cross country, Assembly league, championship races). The other 5 places will be drawn in a ballot on Wed 24 October. The places will be awarded to members whether or not they qualify as 'good for age'. Good for Age details: <https://www.thebighalf.co.uk/how-enter/good-age-entry/>

Details of the race can be found on www.thebighalf.co.uk
Ros (ros.tabor49@gmail.com)

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

Men Xc: mcmann90@yahoo.co.uk

Men road: ebepri1@yahoo.co.uk

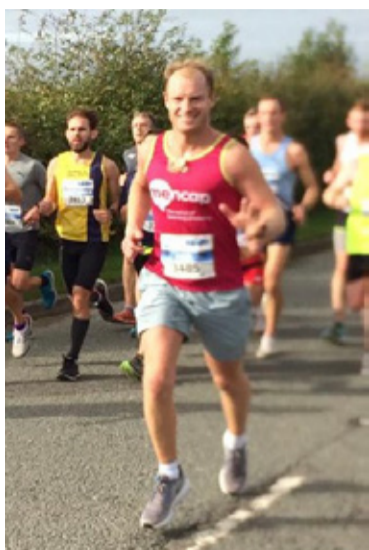
Ladies: dulwichladiescaptain@gmail.com

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.

Chester Marathon



I've been training through the summer for the Chester marathon. This is my second go at 26.2 with the plan being to try and get a M40 Good For Age time for London in 2020. However I was miffed that the GFA time has just been reduced from 3.15 (do-able) to 3.05 (stretching) – with no guarantee of a place if you hit the required time. Training had been OK but not spectacular and I was doubtful that I could hit the minimum target time.

I got some sage advice from Steve on Tuesday night and decided that my race strategy would be to follow the 3 hour pacers until 13.1 miles and then see how I felt. Whether to try and go for 3 hours (highly unlikely), 3.05 (maybe), or PB (under 3.15).

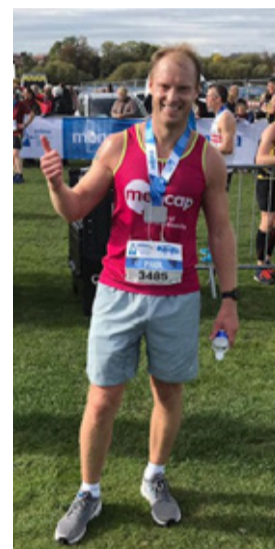
In the event it was a beautiful morning in the North-West of England. Everything was very slick at Chester racecourse and it felt good to be back in the city of my birth! The race starts with a climb away from the racecourse and through the ancient perimeter walls into the old Roman city, through the pleasant city centre and then a long, long flat or descending run out through country lanes into North Wales. This is a rural

marathon with pockets of enthusiastic support at the various villages on route; the course heads out to North Wales and then turns back on itself to take different roads back into the city, never far from the river Dee and crossing it several times.

The race plan went well. I was a short distance in front of the 3 hour pacers until 15 miles, when they gradually went past me, which felt OK. I felt good until about 17 miles when my legs got very heavy; the last 9 miles were going to be a slog. The run back towards Chester has a couple of small climbs and then a 700m hill at mile 24 – overall this is a great route for a quick marathon but the hill at the end is hard work. I was struggling towards the end, but with my fairly quick first half, I knew I could hang on to my target time if I avoided a disastrous finale. I hung on feeling very tired in the final mile or so; the race finishes on Chester race-course and I felt ready for the glue factory as I hobbled along the final furlong – worse still I could see my target time slipping away from me, so, I got the whip out and managed a canter at the end – final chip time: 3.04.56. Time for several beers.

This is a great race in a mainly rural setting. I was lucky with the conditions and I'm enormously pleased that I managed to hit my target time (although it might not be enough for London, but let's see).

Paul Greenhalgh 3.04.56



Ealing Mile (First Friday of the Month)

The Ealing Mile is a bit of a sleeper hit despite nearly clocking up 100 editions. It is organised by the people behind the Ealing Half Marathon as part of the big race's legacy. I only recently found out about it when I was trying to find out where you could do a race mile on the road. So I rode the Piccadilly Line from Hammersmith to sunny Northfields in time for a race preview around Lammas Park, quick run and then back for lunch.

The course was a Figure of 8 with helpful 100m markers to help pacing. A Herne Hill Harrier sped off from the outset and

I put in a fast initial 800m in a vain hope to keep up but with a slight incline in the second half my pace dropped and was very happy to duck under 5 minutes. Overall a nice little race for a lunchtime if you can get a Piccadilly Line or Central Line out to Ealing. All abilities from 4:30 through to 7+ minutes were present. Times count on power of 10 as it is an officially measured course.

But probably not a course for a true PB with a couple of bends and the relative climb. The winner was 8 seconds down from his Soar Mile time. You can enter subsequent races (e.g. 2 Nov) online via the riderhq.com website.

3 Jonathan Whittaker 4:58
21 ran

Cambridge Harriers 5 Mile Cross-Country Championships, Bexley

October 6

Steve S writes I had no plan to run this event put on by my original club (which I joined in 1971) but after a very poor parkrun at Dartford Heath, I was riding past Joydens Wood when I realised a race was taking place there a few hours later. I just about had time to go home, change, shower and then ride straight out again to return for the noon start.

The course is a few miles from the HQ and on the jog there, I thought I had made a mistake as the earlier running and cycling meant I felt really tired and it was raining. However the adrenaline returned once the race started and I focused on a former rival of about 25 years ago and passed him after the first small lap.

The hilly course through the woods (with 400 feet of total climbing) meant I was not running quickly but felt I was moving better than I was in the morning and moving through the field

and enjoying a race for the first time since July.

On the last lap I was chasing the M60 who beat me overall in the Assembly League and I was surprised when I closed on him down the last hill and managed to produce a vague change of pace. I passed him in the finishing straight even though he obviously wasn't at his best as he beat me when I was fit and healthy in the Tottenham Marshes parkrun.

I was still many minutes down on what I would have managed back in the summer and 10 minutes down when I won the race in 1986 and one Cambridge runner, who has never beaten me on the country ever in 30 years of racing was a few minutes ahead. However, it was progress of sorts, albeit temporarily. Post race I suddenly had to move even faster than I did at the finish when I realised the kit I had put in what I thought was the communal club bag had disappeared and I could see in the distance on the back of a runner who was just about to jump on his motor bike and go home. I just about made it to him in time but that 800m sprint finished me off and a new back problem (not the one that stopped me running two months) meant I had to walk slowly back in the rain to the HQ and it was a very cold and painful half hour but at least I had some kit.

36/70 Steve Smythe 39:07 (PB 29:01 in 1986)

Bradenham Bolt 10K Trail Run

7th October 2018

Let's do the Bradenham Bolt said Belinda. Woof said Milo, remembering that this run gave out prizes to the fastest dogs. So Belinda Bob and Milo set off for the Chiltern Country Park with three other CP parkrun friends and two huskies. After the rain of Saturday Bob was pleased to have finally bought some trail shoes for a bit of extra grip on the woodland trail, particularly as, describing the course as undulating would be an understatement. It was going to be a good practice for Beachy Head at the end of the month.

With Milo ready for the off Belinda got out in front, Bob with a tight hamstring and doing a good impression of his old sailing mucker Long John Silver held back and had only just got going up the first steep narrow path when he was tripped from behind. Fortunately it wasn't too muddy so the face plant wasn't quite as messy as it could have been.

After the race the marshals were asking how we enjoyed the view. We're sure it was lovely, being a National Trust property and all that, but it was wasted on us as we were too busy watching our footing or groaning about the steep inclines or descents (one for you Rev Balfour).

Anyway we all made it back despite the obstacles (oh yes they made it harder with hay bales and logs on the course)

As a nice touch we not only got a medal and a large piece of cake (again this is NT organized so I guess cake is a must) but

a running vest, which too us was more useful than a T shirt. Also lucky it was sunny as we had to hang around till the last finisher (2 hours after start) so that Milo could get his prize, which he refused to go up to collect, preferring to sit in the middle of the semi circle of supporters and runners and take a bow from there, much to the amusement of everybody. Woof.

24 Belinda Cottrill 49:16
62 Bob Bell 54:36
Milo (3rd Dog)

Southend 10K Classic

This is a relatively long established race along the seafront of the expensive part of Southend-on-Sea (ie not the arcades!). A 10:30 start and early trains from Fenchurch Street to Southend East made this easy to get to on a Sunday morning. The course was very flat with just two U-turns to break the stride.

I aimed to build on my PB from Victoria Park and run a less 'conservative' race. I went through 5k at 18:04 looking good for a sub 36 minutes but then nearly 2k running westward on my own into a crosswind slowed me down significantly in KMs 7 and 8 and I was pleased to pick up the pace towards the end with a strong last KM and finish with a 21 second PB. Overall much better value for money and easier to get to than crowded 10Ks like Brighton.

26 Jonathan Whittaker 36:27

Windsor Trail 1/2M

7th October 2018

This was billed as the 'new' Windsor Trail Half Marathon which sounded really picturesque as it was described as a river trail run from Windsor. Perfect for a training run as part of Barrie's build-up to the New York Marathon and not too far away either.

The course did indeed prove to be lovely as it ran right along the river up to Bray Lock, going over small bridges and past boats, rowers and swans, before heading inland, passing more picturesque ponds and waterways. The weather played ball too with beautiful bright sunshine although it was a little chilly at the start.

Sadly that was where the race positives ended. We both had never been to such a poorly organised and overpriced event. The final event instructions were sent out with the notification there had been a few 'changes'. One was a £5 baggage fee on top of the heftily priced £32 entry fee, no free parking as advertised and an earlier start of rolling waves at 9a.m. We therefore chose to park in a local long stay car park and jog to the start already changed.

However worse was to come as they started the race even earlier than the newly advertised time. We arrived as the race briefing was taking place at 8.45a.m. and turned away to do a few warm up strides only then to see everyone stream across the start at 8.47a.m. precisely! Not even close to 9a.m and so much for rolling waves! We

didn't know what to do so hurriedly threw off the space blankets we'd donned to keep warm and joined the tail enders.

The race plan was to run around a sub two hour pace as Barrie wanted to add on another four to five miles for his penultimate long run before New York. I offered to be pacer but plans went awry in the first three miles or so as we were stuck behind slower runners on single file pathways. It didn't help there were no mile markers save '7km' scrawled in biro at the first water station and neither of us have garmins. A large amount of guesswork ensued and after about thirty minutes we thought we better pick up the pace where we could. We spent the rest of the race passing other runners!

There were quite a few water stations but they were poorly manned in parts and there were far too few marshals overall. Thankfully the race wasn't busy by any stretch of the imagination otherwise it would have been chaos.

I realised we weren't going to dip under two hours as we approached the river for the final run in across the bridge and to the finish. I mentioned to Barrie that we were going to be just outside two who misunderstood this as there might be an opportunity to still make it. He shot off like a hare leaving his trusty pacer trailing in his wake.

The finish facilities were characteristically poor with just self-serve water and no feed station, with the only saving grace being a nice medal. They were also holding a

marathon as well as a 10km that day and I felt really sorry for the marathoners who would have been desperate to replenish spent energy after their race.

We were disappointed with our times as we felt we'd worked harder than that but the slow first few miles put paid to a quicker time. A peek at the RW forum afterwards suggested the course was also about a third of a mile long. Not to mention the reviews reflected exactly how we felt about the race - great course shocking organisation. Someone even put 'they must be making a mint out of this'.

We jogged back down the course for Barrie's add on mileage and looped back across the river to the car park. As we were on the course, runners still in the race were asking us where the finish was. Once the add-on mileage was done and dusted, we bought lunch from a barbecue the local rugby club were holding near where we had parked. Not the best post-race food but we were ravenous at that point! We also had a stunning view of Windsor castle with an array of autumnal trees framing the rugby field below so it beat any eatery in the town hands down. To round our day off we took a boat trip up the river which was very restful and peaceful and gave us a different perspective of the half marathon course. Needless to say we won't be patronising F3 events again. Such a shame when it is such a lovely run. I think my next venture might be a race events company....

Barrie John Nichols 2:05:04 (1st VM60)
Lindsey Annable 2:05:14

2018 Club Championships

Contenders

In the 8 event table last week there were a few errors in the age graded points for the Beckenham 5k, although not in those shown for the event result in September. The points are shown correctly on the club website <https://www.dulwichrunners.org.uk/club-championships/> (DR homepage then races, club championship)

The following table shows those able to complete 5 events and, if so, would be eligible for a 2018 championship medal – completion or category 1-2-3.

Those shown who have done 3 or 4 events are not there yet and will have to run:
the South of Thames 5 mile XC (Morden Hall Park, 24 November -pre-entry required via captains)

and/or a certified marathon by that date.

Those who have run 5 or more can still improve their scores by running the above events.

Many runners have run up to 3 events but won't be able to complete 5 this year – see full table on the website - all are welcome at this year's final event and hopefully will do a few more in 2019. The Big Half is the only event announced so far.

Currently there are a couple of ties in the age-group contests. The championship rules state that any at year end will be decided by highest discarded score outside the best 5, then by head to head results with a run beating a non-run.

Andy Murray - scorer

Those able to complete 5 events only

Contenders within age groups after 8 events [Marathon scoring open until 24 Nov]	Short					Long					Bonus for no. of events	TOTAL 5 events max inc. 1.S,L
	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												
Helen Lister	49	[46]				50	50	49	48	6	252	
Rebecca Schulleri	[45]	48	49	49		49	[46]	[38]	49	8	252	
Christina Dimitrov	46	47	50	50				44		5	242	
Katie Styles	43	[43]		46		48	49		47	6	239	
Laura Vincent	42	45	47	48				40		5	227	
Tess Bright	47		48					47	46	4	192	
Claire Barnard	41	42						45	36	4	168	
Anna Thomas	44	44	46							3	137	
Women V40												
Yvette Dore	49	[47]	[49]	50		50	50	[48]	50	8	257	
Joanne Shelton Pereda	48	[44]	48	48		48			49	6	247	
Eleanor Simmons		46	50	49				49		4	198	
Emma Ibell	50	48					49			3	150	
Women V50												
Michelle Lennon	50	49	[49]			50	50	49	[49]	7	255	
Lucy Clapp	49	48	48				48		48	5	246	
Clare Elms		50	50	50					50	4	204	
Lucy Pickering		47	47				49	50		4	197	
Lindsey Annable	48		46	48		49				4	195	
Women V60												
Ros Tabor	50	50					50		50	4	204	
Men Senior												
Timothy Bowen	50	[49]	[48]	50		50	50	50		7	257	
Edward Chuck		50	49				49	50	50	5	252	
Jonathan Whittaker		46	46			48	45	[42]	47	6	238	
Daniel Mann	48		44	49				44	48	5	238	
Des Crinion		43	45	48				43	44	5	228	
Joe Farrington-Douglas	42	[39]		45		45	46		41	6	225	
Rob Hollands	44	41	41	47				45		5	223	
Grant Kennedy	41		37	44		47	47			5	221	
Matt Cooke		40	[40]	43		46		40	42	6	217	
Matt Ladds	39	35		41		44	44			5	208	
Shane O'Neill	49					49		48	49	4	199	
Alex Haylett	38	36	36			43			40	5	198	
Edward Harper	45		42				48		46	4	185	
James Burrows	43		39	46					43	4	175	
Ross Rook	40	38	38							3	119	
Men V40												
Andy Bond	50	50	50	[50]		50	50		[50]	7	257	
Stephen Davies	49	49	49					50	49	5	251	
Tom South	[47]	48	[46]	49			48	49	48	7	249	
Ian Lilley	[46]		47	48		49	49		47	6	246	
Cameron Timmis	41	42		45			43		44	5	220	
Paul Devine		46	48	47					46	4	191	
Justin Siderfin	44			46		48	45			4	187	
Martin Double		43	44				44			3	134	
Hugh French	39	41				47				3	130	
Men V50												
Charles Lound	49	49		50		50		50	[49]	6	254	
Mark Foster	46	48				49	49		48	5	245	
Gideon Franklin	[43]	46		46			48	49	47	6	242	
Tony Tuohy	50	50		49					50	4	203	
Gary Sullivan	47	47				48	50			4	196	
Joseph Brady	42	45		45					45	4	181	
Michael Fullilove	45			47			47			3	142	
Michael Dodds	40	44				46				3	133	
Men V60												
Colin Frith	[46]	[46]	50	49		49	49		48	7	252	
Stephen Smythe		50	46	[46]			50	50	50	6	252	
Graham Laylee	47	[45]	48	47		50			49	5	246	
Bob Bell	48	47	49	48			47			5	244	
Barrie John Nicholls	[42]	[43]	47	45		48	46		46	7	239	
Hugh Balfour	50	49		50				49		4	202	
Andy Murray	45	44					48		47	4	188	

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.

THOSE ABLE TO COMPLETE 5 EVENTS ONLY

Overall championship After 8 events incl. marathons	Short					Long				Events counting	TOTAL 5 events max inc 1,S,L	Average
	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			
Andy Bond	857	894	857	865		[835]	[830]		864	5	4,337	867
Stephen Davies	876	851	873					849	842	5	4,291	858
Charles Lound	808	848		827		816		[792]	797	5	4,095	819
Timothy Bowen	[803]	815	831	815		[799]	816	806		5	4,082	816
Ed Chuck		837	823				797	760	838	5	4,056	811
Michelle Lennon	807	820	822			791	[777]	[694]	808	5	4,047	809
Ian Lilley	792		815	809		781	[772]		804	5	4,000	800
Lucy Clapp	778	824	820				775		796	5	3,992	798
Tom South	783	808	[636]	804			744	[725]	797	5	3,935	787
Clare Elms		966	999	938					924	4	3,827	957
Stephen Smythe		813	[588]	680			837	764	727	5	3,822	764
Daniel Mann	789		782	777				667	763	5	3,778	756
Yvette Dore	733	[730]	767	740		746	733	[656]	[727]	5	3,719	744
Bob Bell	766	762	745	751			688			5	3,711	742
Mark Foster	748	764				753	702		729	5	3,696	739
Helen Lister	745	722				757	756	714	[696]	5	3,694	739
Ros Tabor	918	917					913		934	4	3,681	920
Jonathan Whittaker		781	808			696	619	[610]	743	5	3,647	729
Colin Frith	728	729	728	743		[710]	[699]		720	5	3,647	729
Graham Laylee	736	727	[681]	715		720			732	5	3,631	726
Des Crinion		738	756	744				651	700	5	3,589	718
Rebecca Schulleri	715	735	718	706		707	[660]	[514]	[699]	5	3,581	716
Gideon Franklin	725	723		706			696	[638]	705	5	3,554	711
Rob Hollands	711	732	712	739				658		5	3,552	710
Christina Dimitrov	720	730	758	712				623		5	3,543	709
Joe Farrington-Douglas	708	716		728		664	[659]		696	5	3,512	702
Matt Cooke		719	700	708		670		[576]	691	5	3,488	698
Tony Tuohy	861	893		857					852	4	3,464	866
Katie Styles	683	687		[657]		692	700		686	5	3,449	690
Grant Kennedy	679		679	705		678	667			5	3,408	682
Barrie John Nicholls	[509]	688	672	697		676	[625]		663	5	3,396	679
Laura Vincent	675	717	707	710				584		5	3,393	679
Cameron Timmis	680	672		659			632		650	5	3,293	659
Joanne Shelton-Pereda	629	655	653	659		652			[608]	5	3,248	650
Gary Sullivan	818	806				807	767			4	3,198	799
Lucy Pickering		807	804				772	730		4	3,112	778
Hugh Balfour	812	813		822				658		4	3,105	776
Alex Haylett	612	638	650			609			587	5	3,095	619
Shane O'Neill	784					784		741	784	4	3,093	773
Paul Devine		760	783	771					757	4	3,071	768
Matt Ladds	648	603		600		617	570			5	3,039	608
Andy Murray	731	725					723		709	4	2,888	722
Justin Siderfin	748			738		719	678			4	2,883	721
James Burrows	714		704	725					712	4	2,854	714
Edward Harper	708		717				665		725	4	2,815	704
Eleanor Simmons		688	759	668				633		4	2,747	687
Tess Bright	722		695				662	656		4	2,734	683
Lindsey Annable	666		663	670		686				4	2,684	671
Joseph Brady	686	628		669					653	4	2,635	659
Claire Barnard	648	615					560	494		4	2,317	579
Emma Ibell	762	730					703			3	2,195	732
Michael Fullilove	771			757			574			3	2,102	701
Anna Thomas	693	694	681							3	2,068	689
Ross Rook	667	691	693							3	2,052	684
Michael Dodds	683	629				681				3	1,992	664
Martin Double		697	676				611			3	1,983	661
Hugh French	568	603				557				3	1,729	576

Banstead Woods

187 Ran			
Pos	Gen		
7	7	Tony Tuohy	18:15

Beckenham Place

185 Ran			
Pos	Gen		
5	1	Clare Elms	19:11
13	12	Nicholas Brown	20:31
76	12	Claire Barnard	24:50

Bexley

418 Ran			
Pos	Gen		
17	17	Michael Fullilove	21:07

Brockwell , Herne Hill

348 Ran			
Pos	Gen		
44	44	Jamie Nicol	20:43
80	75	Cameron Timmis	22:14
142	119	Andy Murray	24:44

Burgess

465 Ran			
Pos	Gen		
58	57	Hugh Balfour	20:18
138	125	Michael Dodds	23:12
182	25	Clare Wyngard	24:21
247	196	Freddie Vernon	26:18
448	177	Susan Vernon	42:04

Catford

171 Ran			
Pos	Gen		
1	1	Andy Bond	17:48

Crystal Palace

346 Ran			
Pos	Gen		
2	2	Stephen Davies	17:38
9	9	Alastair Locke	18:52
18	18	Tom Wilson	19:36
20	1	Rosalind Johnson	19:41
33	2	Belinda Cottrill	20:52
78	72	Bob Bell	23:10
198	165	Paul Hilton	27:53
333	100	Joanne Shelton Pereda	39:32

Dartford Heath

98 Ran			
Pos	Gen		
11	10	Stephen Smythe	22:41

Dulwich

380 Ran			
Pos	Gen		
1	1	Edward Chuck	15:48
12	12	Thomas South	18:00
13	13	Rob Hollands	18:01
70	68	Olivier Montfort	20:50
79	3	Victoria Read	21:09
100	97	Chris Cooper	21:46
109	105	Graham Laylee	22:04
133	8	Teresa Northey	22:59
195	24	Stephanie Williams	25:01
197	173	Tom Shakhli	25:05
311	241	Mick Mead	29:57

Gladstone

202 Ran			
Pos	Gen		
59	12	Becca Schulleri	24:45

Highbury Fields

353 Ran			
Pos	Gen		
19	18	Paul Collyer	19:57

Hilly Fields

283 Ran			
Pos	Gen		
4	4	Ian Lilley	18:58

Leicester Victoria

306 Ran			
Pos	Gen		
139	27	Marjorie Epson	26:24

Lloyd , Croydon

248 Ran			
Pos	Gen		
49	42	Paul Hodge	24:16

Malling

209 Ran			
Pos	Gen		
209	91	Tereza Francova	50:12

Newbury

444 Ran			
Pos	Gen		
63	56	Matthew Ladds	22:48

Osterley

205 Ran			
Pos	Gen		
42	41	Barrie John Nicholls	24:00
51	3	Lindsey Annable	24:24

Peckham Rye

268 Ran			
Pos	Gen		
12	11	Justin Siderfin	19:29
13	12	Rob Cope	19:42
14	13	Ebe Prill	19:51
23	2	Kim Hainsworth	20:37
30	3	Michelle Lennon	21:10
42	37	Gideon Franklin	21:49

Preston Park , Brighton

442 Ran			
Pos	Gen		
99	15	Eleanor Simmons	23:25

Roundhay

302 Ran			
Pos	Gen		
66	5	Helen Lister	23:02

Rushmoor

443 Ran			
Pos	Gen		
436	258	Chris Vernon	52:22

Sheringham

175 Ran			
Pos	Gen		
15	1	Lucy Pickering	23:36

Tilgate

479 Ran			
Pos	Gen		
102	91	Gary Budinger	24:15

New members especially, and others....

For your results to appear here you need to update your parkrun profile to show you are a current member of Dulwich Runners 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

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



SOCIAL SPOT

P
O
T

Upcoming events.

Watch this space !



Instagram

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!

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

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

Algarve Running Challenge

7-11 NOVEMBER

For those of you interested in some warm weather training and racing this autumn, this year's Algarve Running Challenge takes place between 7-11 November. Accommodation and races are in Monte Gordo at the eastern end of the Algarve in Portugal and it is organized by Track & Field Tours.

Mike Mann

Dulwich Runners Winter Map 3

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

9.9 miles / 15.9 km - 198m elevation
 7.5 miles / 12.1 km - 147 m elevation
 5.5 miles / 8.8 km - 102m elevation

We are in the process of revising, updating and putting the maps onto Strava . There are some new routes. You dont need an account to view them and links can be found here:
<https://www.dulwichrunners.org.uk/wednesday-night-routes>

