



SHORTS

Dulwich Runners AC

Weekly Newsletter

October 17th 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 17 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

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

Sat 20 Surrey Masters & SEAA Xc relays

Tue 23 Crystal Palace track - details below

In your SHORTS this week !

- 1 General information
- 2 DR 2018 AGM Notice and notes etc
- 5 Fixture list, 2018 & race details
- 7 Cross Country section - All you need to know
- 9 Race reports and times - Surrey League in full
- 11 Parkrun times
- 12 Club kit - New winter additions !
- 13 Social events etc
- 14 Wednesday map + Strava links

And much more !

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

our website: www.dulwichrunners.org.uk

Connect with us:



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

----- EVENT HORIZON ----- A brief look ahead

Oct 20 Surrey Masters & SEAA Xc relays

Oct 27 BMAF Xc relays



Thankyou to Clare Wyngard and Andy Murray 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

Andy Murray	17/10
Ebe Prill	24/10
Ian Sesnan	31/10
Tom South	7/11

Thursdays morning sessions

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

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

There is no fee. Suitable for all standards.

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

Rehydration !

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

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

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

Wednesday Night Map

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 A.C.

ANNUAL GENERAL MEETING:

Wednesday 14th November 2018, 9pm

The AGM will be held in 'The Nursery' downstairs at the Edward Alleyn Club, Burbage Road, London SE24 9HD at 9pm on Wednesday 14th November.

Items for the agenda should be sent to the Club Secretary, Yvette Dore, by Friday 9th November to be sure of inclusion.

Minor items of Any Other Business will be allowed on the day at the discretion of the Chair depending upon the time available.

Draft minutes of the 2017 AGM are available on the club Website <https://www.dulwichrunners.org.uk/agm/> and will be proposed for approval at this AGM.

All Committee posts are up for election with the table opposite showing whether the present incumbent is happy to stand again.

For information, please note that the roles of Men's Captain and Men's Cross Country Captain have been reconfigured to create two Joint Men's Captains, with both Captains sharing responsibility across all areas, as is already the case with the Women's Joint Captains.

There are three positions where there are definite vacancies.

These are Women's Joint Captain and two positions as General Members.

Members are encouraged to stand for these and any role they may be interested in.

Anyone wishing to stand for a Committee post should be aware that the tenure of the Committee elected at this year's AGM will be 15 months, rather than the usual 12 months, due to a realignment of the AGM and the Accounting year (see note below on Change of Accounting Reference Date).

For further information on the responsibilities, please see the brief descriptions below, or speak to the person currently in the role.

It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-shuffling of the remaining Committee.

If you are interested in any of the roles, or know of someone who you think would be a good fit, please have a word with any Committee member as soon as possible.

Nominations for any role should be sent to Yvette by Wednesday 7th November to allow time to organise an election if there is more than one candidate, but nominations will be taken up to and including the day of the AGM.

Yvette can be contacted at:

secretary@dulwichrunners.org.uk

Change of Accounting Reference Date and AGM date

Members will recall that last year we changed our membership year from 1 Jan to 1 April to bring it in line with England Athletics. This has resulted in our membership year being 6 months out of sync with the Accounting year. In order to bring matters in to line it is proposed that the accounting year run to 31 December each year with the next accounting period being for 15 months to 31 December 2019. It is further proposed therefore that the next AGM take place in Feb 2020, approx 4/6 weeks after the end of the accounting period. The meeting is asked to endorse these changes to the Club's Constitution.

Post	Present Holder	Standing Again?
President	Ron Searle	Yes
Chair	Ros Tabor	Yes
Secretary	Yvette Dore	Yes
Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Joint Social Secretary	Matt Ladds	Yes
Joint Social Secretary	Tom South	Yes
Joint Women's Captains	Clare Wyngard	No
Joint Women's Captains	Ange Norris	Yes
Joint Men's Captain	Ebe Prill	Yes
Joint Men's Captain	Mike Mann	Yes
Shorts Editor	Barry Graham	Yes
Publicity Officer	Jonathan Whittaker	Yes
General Member	Chris Loizou	No
General Member	Steve Rolfe	No

Dulwich Runners AC - Committee Roles 2018

Generally, the role of all Committee members is to deliver the smooth running of Dulwich Runners AC, ensuring it remains a successful, welcoming and sociable Club where members of mixed abilities can get the most out of their running and have the opportunity to develop and progress.

Club President

The role of Club President is to encourage all members, especially new ones, and to ensure that we remain a friendly Club and that true sportsmanship is important to us.

Club Chair

The Club Chair has overall responsibility for the smooth running of the Club, and Chairs committee meetings and the AGM.

The role administers and attends Tuesday track sessions and Wednesday Club nights, including maps, register and announcements, greeting new runners and finding them a group to run with.

The Chair also oversees Club events including the Club Championships, coordinating results, and organising and presenting medals. The Chair listens to members' views and raises relevant issues at meetings.

Club Treasurer

The Club Treasurer manages the Club's finances and financial records, maintaining cash and income and expenditure records, and making payments and banking income as required.

The Treasurer makes track bookings at Crystal Palace and Dulwich College and negotiates rates as necessary.

The Treasurer produces and presents income and expenditure summaries for each Committee meeting and the AGM.

Club Secretary

The Club Secretary organises and co-ordinates five Committee Meetings per year. This includes compiling and distributing the agenda, and attending and writing meeting minutes. The Secretary also attends and minutes the AGM, and supports the Club

Chair in Committee Meetings and the AGM as required.

Membership Secretary

The Membership Secretary maintains the database holding an up to date record of Club members and issues membership cards. Sends out an annual notice via email of membership renewals, registering members with England Athletics, and liaising with EA throughout the year.

The Membership Secretary attends Wednesday Club runs to welcome new and prospective members, explaining the benefits of joining, the training we offer and about all aspects of Dulwich Runners and answer any questions they may have about running with us.

Joint Social Secretaries

The role of Social Secretary is shared between two Joint Social Secretaries. The Joint Social Secretaries organise regular events to increase club engagement, such as curry nights and quizzes. The main event of the year is the Christmas Party which is the responsibility of the Social Secretaries. The

Social Secretaries are also responsible for arranging coaches to Club Championship Races that are difficult to get to or too far away for public transport.

Club Captains – Joint Men's Captains and Joint Women's Captains

There are four Club Captains, two Joint Men's and two Joint Women's. The Captains share responsibility, to ensure men and women members, new and existing, feel part of a team. The Captains encourage members to participate in events, ensuring they are aware of fixtures, and are responsible for submitting entries for the Club's participation in races, relays and Leagues. Where required, they also select members to represent the Club in certain races and Leagues.

In conjunction with the Athletic Development Sub-Committee (ADSC), the four Captains are responsible for selecting Club Championship races and setting the rules.

The Captains select events for the Ken Croke Cross Country Championships and organise the Club's participation in Surrey League races. The Women's Captains sometimes arrange women-only social evenings.

Shorts Editor

Shorts is the Dulwich Runners AC weekly newsletter. The Shorts Editor compiles and edits where required all stories and articles, ensuring the newsletter goes out every Wednesday containing all relevant information about the Club and upcoming races and events. The Editor distributes Shorts via email to all subscribers and also makes it available on the club Facebook page and via a downloadable online copy.

Publicity Officer

The Publicity Officer is responsible for promoting the Club and its achievements via a number of channels including the Club's website, Facebook, Instagram and local forums, as well as submitting regular reports of races the Club has competed in, including Cross Country and Club Championships, to relevant publications such as the South London Press.

Additionally, the Publicity Officer is responsible for distributing publicity materials at local venues, such as sports shops, supermarket notice boards, pubs and railway stations.

Kit Person

The Kit Person orders and sells Club kit, including Club vests, and maintains a stock list

General Member x 2

There are currently two General Member roles on the Committee. Their remit is to represent club members generally and feedback to the Committee by taking part in most club events (training, road and cross country races, and social activities), and picking up on general matters through input from other members as well as their own experiences.

The Role of the Athletics Development Sub Committee (ADSC)

The Athletics Development Sub Committee (ADSC) was set up in the club constitution . As its name implies it is a sub committee of the main club committee and reports to it. It includes all the club captains and coaches. In practice its main role in recent years has been to select the races for inclusion in the road and cross country championships and to devise rules for these. It also identifies members to receive the captain's award after each club championship event. Since many club members are unfamiliar with what ADSC does, it has been decided to prepare a statement and in doing so extend its role.

It is proposed that the role of ADSC should include:

1. Identify a schedule of key events and races for the season (both road and cross country) that the club intends to focus on. Communicate these details to members to enable them to plan their training schedules and ensure that they are available to participate.
2. Select members to represent the club at targeted key events and races. Agree selection criteria and communicate this to members. The final selection should be a matter for captains, taking advice from coaches.
3. Identify, select and communicate schedule of club champs races, both road and cross country.
4. Support and develop all members to progress and improve their running, and especially those who have the potential to represent their club at races and events.
5. Identify members to receive the captain's award at club championship races.

At the beginning of the cross country season, the captains currently provide information to members identifying high priority races. These include the 4 Surrey League fixtures, the county championships (including masters) and a number of other events that are included in the Ken Crooke cross country championships. These events vary from year to year, depending for example on whether or not the National Championships are held in London.

For road races , those selected for the club championships are high priority for individuals but there are a number of other events that are a club priority. These include the Big Half, Vitality 10k, Westminster Mile and London Marathon.

There are a number of relays where it is necessary to select teams and where captains and coaches are already heavily involved. There have been problems on occasions with runners selected and paid for failing to show up. It is proposed that this process should be formalised with priority races selected and announced in advance and a transparent selection process, based on recent race performances. The events where teams need to be selected are the BMAF road and cross country relays, the SEAA 6/12 stage relays, the SEAA6/4/3 stage relays and the Vitality 10k.

The ADSC already selects road club championship races during late autumn, publishing a final list in early December. A number of factors are taken into account, including avoiding clashes with other races, inclusion of local club organised races with reasonable entry fees, likely popularity and maintaining an even spread of races over the year. The rules are posted on the website, but are subject to some changes, depending for example on the total number of races chosen and their allocation into distance categories. The ADSC performs a similar task for the Ken Crooke cross country championships, announcing the races selected at the start of the season in early October.

Compared with other running clubs, until recently we have been very light on coaches, but steps have been taken to remedy through the funding of coaching courses, in which several members are participating. We need to make efforts to encourage more and discussions on how best to develop coaches, taking into account the priorities and challenges of the club, are proposed. With more coaches with experience, it will be possible to develop the potential of our athletes more effectively. There may be scope for incorporating some coaching into the Wednesday night runs, targeted in particular at those not participating in the Tuesday evening track sessions.

In addition to the Tuesday track sessions, speed sessions on the track have taken place on some Saturday mornings in the summer months. There is a case for reinstating hill sessions during the autumn and winter on those Saturdays free from major cross country events.

The winner of the captain's award is chosen after each road club championship race in consultation with the coaches. For the Ken Crooke cross country championship, an overall winner is selected at the end of the season. In addition ADSC will be responsible for setting the criteria and selecting male and female winners of a new Gill Johnson award to be presented annually.

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	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	Vitality 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

Tuesday speed training

In my view the most important training session of the week - at least until maybe marathoners step up their Sunday runs in the new year are the Tuesday speed sessions to build up speed endurance.

This winter the plan is to reduce recoveries to the minimum which will mean different distances for different speeds.

Last evening's session was 4 x 2km off eight minutes for the fastest runners with others dropping to 1600m or 1200m in the middle reps to get sufficient recovery.

The idea of the sessions is not necessarily to blast out fast times but build up sufficient speed endurance to hold a good

speed in races and simulate the tiredness that builds up when not stopping in races. Pacing is more important with shorter recovery.

If you have to prioritise one session a week (does not necessarily have to be the Dulwich one at Crystal palace), then in my view the main speed session should be the Tuesday one.

When i was running well - Ok it was 30-40 years or so ago - and a lesser extent as a reasonable M40 and M50, 20 and 10 years ago), my priority was to do the Tuesday session as well as I could and for that one evening other priorities - work, friends and family came second even if it did mean getting in early to work on the day and the next day and staying very late to catch up so I could leave on time Tuesday night with a clear conscience. - *Steve Smythe*

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

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

Grass Session, 3 November

A grass session will be held at Beckenham Place Park at 10am Saturday 3 November. Meet at the car park outside the mansion. This session will take in part of the course being used for the South of Thames 7 mile race that the club is hosting on 15 December. Owing to the construction work in the park, it differs from the one used for the Surrey League in January and can be regarded as a true cross country course.

Surrey Masters Xc - 20 October

Those of you entered for these championships on 20 October should note that the races start and finish at the usual venue in Richmond Park, close to Richmond Gate and Pembroke Lodge on the boundary of the plantation. The women and M60+ start at 2.15pm over a course of just under 4 miles. The M40s and M50s run 5.6 miles and start at 3pm. The course is gently undulating and is likely to be a little softer than for our recent Surrey League match. Road shoes, racers or short spikes should be suitable.

Your Club Needs You - 15 Dec

We are hosting the longer South of Thames cross country race, being held at Beckenham Place Park on Saturday 15 December. Because of the extensive construction work in the park, the course is different from that used in recent cross country races in the park, and there are a number of points where marshals are required to direct runners and warn them of hazards.

As this race is one of the events in the Ken Crookes cross country champs, we want to encourage as many as possible to run, but if you no longer race or cannot race because of injury, your help on the day would be greatly appreciated. It is the day of our Christmas party so hopefully there will be quite a few available. Please contact me at mcmann90@yahoo.co.uk

Forthcoming Cross Country Races

Entries have now been submitted for the Surrey Masters champs and the BMAF relays, and it is now time to focus on events later this autumn.

We have entered teams for the Reigate Relays before and this year's event takes place on 3 November starting at 1.30 pm (4 legs for men, 3 legs for women, each 2.5 miles). If you would like to take part please contact your captains. It is possible to enter and pay on the day but it is much easier to do this beforehand.

Following our highly successful performance in the first match of the Surrey League season, our second fixture takes place on 10 November at Nork Park, Banstead.

To maintain our second place position, we need as many as possible who competed at Richmond Park plus the small number of runners unavailable.

The London Champs on 17 November at Parliament Hill Fields forms part of our Ken Crookes cross country champs champs, so you are encouraged to take part. Although this course has something of a reputation, it is usually relatively benign at this time of year. The distance is shorter than the South of England champs (10km for men, 6km for women) and the ground much less muddy. Those wishing to enter should contact their captains by 31 October.

The South of Thames 5 mile race takes place on 24 November at Morden Park, starting at 2pm, and is a combined men's and women's race. This is the final race of our club champs so you are strongly encouraged to take part; indeed some of you may need to in order to complete the required number of races. Please contact your captains by 14 October.

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.

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)

Finally the Kent Masters champs takes place on 1 December at Dartford (see notice below). We have the prospect of entering some strong teams. Those listed are asked to confirm their availability with their captains. Eligibility is by either county of birth or residence. If you are unsure please contact your captains.

Please note that for these last three events, it is essential to be entered in advance in order to compete; you cannot simply turn up on the day except as a spectator.

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

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

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.

Start Fitness Surrey Ladies' League Division 1/2 Wimbledon Common

October 13

It was a very good turn out but could have been even better and we were just a little short of our best possible team on a fast Wimbledon course with one testing climb beside the lake up to the Windmill.

Clare Elms was some way from her best and after working her way through early on the second half, felt under the weather and slowed right down before rallying in the last 400 metres to move up to 15th and easily finish first W50 (and W45) and lead the club home as she has done in the vast majority of leagues in the last 10 years.

Over 20 seconds back, Elkie Mace continued her improvement in fitness, moving through well to 22nd. Also powering through strongly after her recent excellent marathon was Marta Miaskiewicz who advanced to 28th.

Hayley Seddon was making her league debut and ran strongly and finished 45th.

Completing the scorers was captain Ange Norris, who was well down on her best form on a course probably too easy for her natural strength but she was first W55 and she completed the A team in 69th.

Disappointingly that only placed us seventh in a very tight team competition and had Roz Johnson been available, we almost certainly would have finished second.

A minute back it was competitive to lead home the B team and that race was won by an encouraging run from league regular (over 20 years of consistently scoring) Ola Balme, who held on well after a stronger than normal first lap and she just repelled a good run from Michelle Lennon, consistent Emma Ibell and league debutante Victoria Read, who completed the B team with a promising run.

Close behind came a steady run from a not quite at full fitness Anna Thomas and fellow coach Katie Styles who was down on her best form this time.

Lucy Clapp was next in with a steady run followed by Eleanor Simmons, who has still to convert her excellent track form to the country.

Ros, was first W65, but behind the first W70 and admits she did not have the best of runs and was followed by more

encouraging runs from Hannah Harvest, Jo Shelton and Sharon Erdman. Ideally we should have even more turning out.

There was a few who could have run and chose not to but clearly by the way they run the next day they could clearly help the club's cause even if they aren't 100% at their best. - **Steve Smythe**

Women (6.9km)

15	Clare Elms	27:28	V50
22	Elkie Mace	27:50	V35
28	Marta Miaskiewicz	28:09	SEN
45	Hayley Seddon	28:43	SEN
69	Ange Norris	29:48	V55
97	Ola Balme	30:58	V50
99	Michelle Lennon	31:03	V50
101	Emma Ibell	31:08	V45
104	Helen Lister	31:25	V35
106	Victoria Read	31:28	V45
110	Anna Thomas	31:39	V35
123	Katie Styles	32:22	V35
133	Lucy Clapp	32:46	V50
141	Eleanor Simmons	33:09	V40
166	Ros Tabor	34:43	V65
180	Hannah Harvest	35:29	SEN
191	Joanne Shelton	36:19	V40
204	Sharon Erdman	37:48	V45

234 ran and a further 242 ran Division 2 (Katie Balme was 48th for Herne Hill in 28:48)

TEAM Div 1:

1 Thames H&H 48; 2 S London 135;
3 Clapham 140; 4 Belgrave 143; 5 Herne H 159; 6 Ranelagh 173; **7 Dulw R 179**; 8 Hercules 196; 9 Fulham 208;
10 Guildford & G 200; 11 Epsom & E 280; 12 Kent 305; 13 THH B 312; 14 Reigate P 325; 15 Clapham B 353;
21st Dulwich B 507. 30 teams.



L - R: Ola Balme, Helen Lister, Anna Thomas, Eleanor Simmons, Hannah Harvest, Ange Norris, Katie Styles, Emma Ibell, Jo Shelton Perada, Lucy Clapp, Victoria Read, Michelle Lennon, Hayley Seddon, Ros Tabor, Sharon Erdman

Ladies' Surrey League

13th October 2018

A good turnout of 18 ladies gathered on Wimbledon Common for the first Surrey League fixture. Weather-wise it couldn't have been less of a typical xc day but nobody was complaining! The sun was shining, it was 20+ degrees and the ground was firm, not a bit of mud in sight. In fact, with firm ground and much gravel, spikes were probably not the best choice of shoe. We have a core group of xc lovers who are at as many races as they can every year. We also had some newbies – Sharon,

Vic, Hayley and Marta, all keen to learn what the xc hype is all about and Sharon wanting to improve her strength for her London marathon training.

Now Div 1 and 2 run separately there was a field of 234 which was plenty. Where the course narrowed in a couple of places, runners were momentarily brought to a halt. The 6.9k consisted of one small lap (flat) and one long lap (mainly flat with one descent and ascent).

The good turnout resulted in a great finish position with both A and B teams in 7th place. Well done team. Also, thanks to the club members who were there to support, it's much appreciated. - **Ange Norris**

Start Fitness Surrey Men's League Division 2, Richmond Park

In very warm conditions, Dulwich had a great turn out and produced a great result. It will be interesting to see if we can do as well when the courses become more like proper cross-country and we get proper cross-country weather!

This performance was certainly one of the best ever by a men's team. While we have gained a few Division 2 wins in the past, we have never packed so well at the front and we were only narrowly beaten by a very strong Clapham Chasers team. Ed Chuck was making his league debut and running only his second ever cross country race. It was clear based on his recent 5000m and 10,000m form that he would be in the mix for Dulwich's best ever league run but not only did he win but he won by half a minute.

He held back initially but was 15 seconds clear at halfway and doubled it on the second lap and even survived a minor marshalling mishap While the win was fantastic – the best ever men's cross-country performance - , so was the back up in the top 10. We have occasionally had one but never four!

Shane O'Neill held back initially and was around 10th at halfway but he used his marathon strength on the second half and powered his way to a superb fourth – his previous league run in February was 56th

– with a best ever of 17th Tim arguably had his greatest ever cross-country run though still has much more to come judging by his 10,000m form.

He held back initially but looked full of running at the start of the second lap and looked like he could get into the top three before slowing at the three-quarters mark. In the last 800 metres though Tim rallied superbly and with a brilliant kick got up to a fighting fifth – his previous best in the league - was 11th.

Andy Bond's three previous Division 2 runs had been between 36th and 39th but in the form of his life he was hovering in the teens on the first lap before moving into the top 10 on the second lap. A big kick got him up to an excellent seventh and he was easily first Vet.

There was a gap to the next group of scorers and that was led in by a brilliant well-paced run by Wayne Lashley, who showed he is regaining his strength and stamina after a hard summer on the track.

Chasing him hard was Tom South 70th, 65th and 50th in his previous three league races and clearly improving fitness every week, he was a fine 29th and sixth scorer.

Also most definitely on the way up is Jonathan Whittaker, who has usual was conservative on the first half and then ran a blazing second half. – 124th and 69th in his previous leagues - here he was 35th .

Ed Harper also ran a strong second half and was another well above his normal position and also looks like he will improve race by race.

Daniel Mann found the second lap hard after a faster first lap but held on well to be ninth scorer while Paul Devine, improving race by race again had a storming second lap to complete the A team scorers.

Leading the B team home was Des Crinion

with his best cross-country to date and he headed Charlie, who was first M50 despite not being at full fitness yet.

Rob Hollands is another improving again and he was close behind. Then there was a gap to Alastair, who because of his Achilles problems, is well short of his best form which is potentially top 20.

Nick Wood had a steady run to squeeze inside the top 100 and he was followed home by a good run from Matt Cooke who headed James Burrows, who was not at his very best this time but along with good runs from Justin Siderfin, first M55 Ebe Prill and a promising league debut from Eugene Cross completed the B team which saw us a very clear second in that section and showed we have the second best in depth, again to Clapham.

Other promising league newcomers Andrea Ceccolini and Jonny Hough led home the non scorers ahead of a strong finish from Olivier Montfort.

Hugh Balfour had a strong run and was a clear second M60 just ahead of yet another newcomer Graham Little, who meant we had four consecutive runners as we packed well in this section of the field.

Ed Simmons found the second lap hard and he was next in ahead of Grzegorz, who was well below his best form of last year. Completing the team were good runs from Martin Double, Gower Tan and Ed Smyth. Ian Lilley, who has been flying on training and on the roads, sadly had a hip problem and had to drop out.

While we had 30 plus runners, it was notable that many previous league regulars stayed away and it does look this year that the division is more welcoming to those who won't be challenging the scorers.

Steve Smythe

A team			
1	Edward Chuck	27:53	SEN
4	Shane O'Neill	28:46	SEN
5	Tim Bowen	28:50	SEN
7	Andy Bond	28:57	V45
22	Wayne Lashley	30:29	V35
29	Tom South	30:58	V40
35	Jonathan Whittaker	31:09	V35
37	Edward Harper	31:14	SEN
48	Daniel Mann	31:38	V40
54	Paul Devine	31:49	V40

B team			
57	Des Crinion	31:57	SEN
66	Charles Lound	32:21	V50
69	Robert Hollands	32:27	V35
86	Alastair Locke	33:17	V35
97	Nick Wood	33:50	V45
104	Matt Cooke	34:12	V35
113	James Burrows	34:28	V35
115	Justin Siderfin	34:31	V45
136	Eberhard Prill	35:21	V55
137	Eugene Cross	35:22	V35

Non scorers			
148	Andrea Ceccolini	36:18	V50
151	Jonny Hough	36:25	V40
152	Oliver Montfort	36:29	V45
153	Hugh Balfour	36:34	V60
154	Graham Little	36:42	V45
156	Ed Simmons	36:43	V35
165	Grzegorz Galezia	37:31	V45
182	Martin Double	38:25	V40
183	Gower Tan	38:32	V45
193	Ed Smyth	39:29	V35
	Ian Lilley	DNF	

222 finished

Worth noting on a similar distance course with similar terrain in Richmond in Nov 2017 (but a different course), Buzz ran 28:59, Steve D 30:30, Jack R 31:29)

TEAM: 1 Clapham 236; **2 Dulwich R 241**; 3 Fulham 325; 4 Reigate P 353; 5 Stragglers 455; 6 Wimbledon Windmilers 528; 7 Walton 610; 8 Croydon 616; 9 Epsom & E 731

B TEAM: 1 Clapham 148; **2 Dulw R 231**; 3 Reigate 260; 4 Fulham 309; 5 Stragglers 396; 6 Wimb W 603; 7 Croydon 614; 8 E&E 751; 9 Walton 763 Top three

1 C/C 236 – 3, 9, 14, 18, 19, 20, 21, 36, 47, 49

2 DUL 241 – 1, 4, 5, 7, 22, 29, 35, 37, 48, 53

3 FUL 325 – 6, 10, 11, 13, 31, 38, 46, 52, 55, 63 Dulwich had a big lead after 5 runners - 39 to 63 but lost that 24 point lead on the sixth and seventh runner and then it was close on the last 3 runners with Clapham edging it by a few points. We were easily superior to third team Fulham on every scorer.

Those that run all did superbly but we could potentially have a stronger team.

Steve Davies was running a road race the following day and Jack Rann was unavailable and both would have easily scored on their best form. Tony also might have scored but seems to be boycotting league competition in protest at his inconsistent racing form and to also get out of writing the report. Also worth remembering from last year we have lost two of our top runners – Buzz who has been injured and Greg, who has moved and another potential top 10 runner - Lewis has joined Herne Hill first claim.

Luckily it seems we have almost everyone getting fitter race by race and most are completing very good training sessions.

Men's Surrey League Xc Richmond Park

13 October

In hot but blustery conditions on a more challenging course than usual for Richmond Park, containing some long hills, our men got off to a storming start to the season, finishing second, only 5 points behind Clapham Chasers, and a huge 84 points ahead of

third placed Fulham. We had an impressive 4 in the first 7 finishers, with Ed Chuck winning the race in style by a huge margin.

I have been men's captain for a number of years now, probably too long and too long to remember, but this has to go down as one of my proudest moments. We had a massive turnout of 30 runners with a number of strong performances, with some still returning to full fitness likely to improve as the season progresses. We are already being tipped for promotion to Div 1 by competing clubs, but it is early in the season and we need to maintain this performance and turnout. **Mike Mann**

Surrey XC League Division 4 Roundshaw

13.10.18

Andy and Gary were running for their second claim club, Veterans AC, on Saturday. The Roundshaw course is mainly fairly easy, with a slight slope up to the top of the downs and a couple of twisty, bushy sections at the top corners but otherwise flat or downhill. Getting 276 runners in this

combined divisions 3 and 4 race through small gaps in hedges early on caused some delays. Andy took the first lap steadily, with Gary following. On the uphill section of the second lap Andy slowed, not confident in legs and breathing at present, and Gary came past to gradually pull away, whilst Andy picked up a couple of places on the easier sections towards the finish. VAC only finished 8 runners this time and came 10th of 12 teams in division 4. 218 (84th scorer div 4) Gary Budinger 38:08 227 (87th scorer div 4) Andy Murray 38:42 (36:46 on this course in Dec 17)

Cabbage Patch 10 Twickenham

A very brief summary on my efforts in this popular and well organised 10 mile road race in South West London.

Introduction

'Never give up – If you fall at one hurdle then get up and try again.' It is this motto that lead me to apply for this race after missing out on my sub 56 minute and 48 second target during the Maidenhead 10 miler, held on gloomy, misty, rainy Good Friday earlier this year. I managed a PB (57:22) but that was frankly not good enough.

So, within a few hours of arriving home from Maidenhead, I had logged on to Run Britain and booked an entry for the Cabbage Patch run – it normally gets booked up quickly. It was in my diary a few months before the Surrey League Cross Country organisers had placed their race schedules on the 'inter-web'. (I had family commitments by the way on the Saturday before such that I was not going to make the trip down to Richmond for the opening XC encounter – it should be noted that the guys did the club proud with some really excellent results.)

Course Profile:

I know this race has been included as a prior Cub Championships event and will be familiar to many – I was injured and missed out in that year. Therefore, I took the liberty of checking a few prior year results of runners on Strava and in doing so previewed the profile of the course. It was evident that the 2nd half was palpably slower and harder than the first half, due to a couple of inclines, more twists and turns

and also a stretch along the Thames tow path. The first half though is generally flat along straight tarmac.

In fact, one of the inclines at mile 8 involved climbing a ramp and some steps before running over a bridge! Also, a stretch heading west along the tow path had been affected by the previous evening's precipitation and high tide. That was not easy running; and nor was running against a head wind at mile 7.

Race Strategy

With high level due diligence and statistical analysis completed (see above) my race strategy was simple – start off fast and then hang on.

So, what happened?

It took around an hour to drive to the start venue. Windscreens wipers are a great thing when it's pouring down with rain – I was able to see some of where I was heading. To say this did not bode well for the main event is an understatement, but amazingly just before the start the rain had relented and I had a window of 75 minutes to get the race done and jog back to the race HQ (the Cabbage Patch pub) before it started raining heavily again.

As for the race itself, I won't bore you with that – the usual; managed my pace well; ran with a group, slowed down during the second half, as expected, especially at miles 7, 8 and 9 for the reasons outlined above, but was able to resort to my planned race pace of sub 5:40 miling for the final mile. I even managed to overtake a couple of runners within the last 200 m kick to the line.

Goody bag at the finish included medal, long sleeve athletic top, choice of energy

bars (quite fancy ones that you get in Holland & Barrett), fruit, water and Beer. I got back to the race HQ to change and get ready for a warm down run of a few miles, but the heavens opened so, instead, I had a Cappuccino.

I can now turn pro

In my 'running career' to date my cumulative winnings have amounted to 1) a pair of Adidas running shoes (I chose the wrong size and when they arrived they did not fit), and 2) a few vouchers for a local sports shop (I cant remember what I bought). Well, after checking the results I had realised that the fast V45 guys had not turned up (they were most probably running around Richmond Park the previous day) and I had actually won the V45 prize – a nice ensemble comprising the largest Cabbage I have ever seen, 24 cans of London Pride (courtesy of Fullers) and £75 cash (wow, a cash prize!). So, not a bad morning's work.

The only slight fly in my soup though was the fact that I mislaid my Garmin Heart Rate strap, the replacement cost of which is £50 (on e-bay). For those interested the list of prizes are set out on the Internet – Male and Females winners earn £1,000. Get in there next year guys!

Race Summary –

9 Steve Davies 56:27 1st V45
Age Grade: 88.54% Source: <http://www.mastersathletics.net/>
Age Graded time: 50:08
Climate adjusted time: 53:02 (I reckon!)
Earnings: 1 Cabbage, 24 cans of London Pride and some cash
Losses: 1 Garmin heart rate strap and a few calories (well, I'm not sure about the calories as I had two energy bars post race!)

Bevendean Down parkrun

I wouldn't normally report on a parkrun, in fact this was my 345th and not sure I have reported on one before. Also I'm not a fan of parkrun tourism and unless I'm travelling for a specific purpose would choose a local run. However not sure why but Team Bell had agreed to try out a parkrun in Brighton. Now there are three prs in Brighton two of which attract 3/400 runners every week. We opted for one that had 31 runners the week before and didn't even have a postcode to plug into the Satnav. Knackered from an early start and a steep climb up a footpath we burst out onto a field at the top of the South Downs.

Milo greeted his CP parkrun friends who were also on tour and

we disappeared to find a bush, such was the lack of facilities.

This week the field had swollen to 51 runners mainly as people seemed to be testing their off road shoes for Beachy Head. At the start Belinda shot off whereas I stayed at the back as my hamstrings hadn't had time to get a stretch and this was a course where you were never going to get a fast time anyway. After the finish some of us did an extra lap whereby I tried to find out why anybody had thought of starting a parkrun in a field with nothing but a big hill.

Sadly I'm still waiting for the answer. May need to go back just to see if the mystery can be solved

52 Ran
7 Belinda Cottrill 22:16
24 Bob Bell 26:48



Oct 13th

Banstead Woods

159 Ran
Pos Gen
2 2 Tony Tuohy 18:27

Basingstoke

444 Ran
Pos Gen
70 64 Matthew Ladds 23:29

Bevendean Down

52 Ran
Pos Gen
7 2 Belinda Cottrill 22:16
24 20 Bob Bell 26:48

Bexley

415 Ran
Pos Gen
11 11 Michael Fullilove 20:49

Brockwell , Herne Hill

367 Ran
Pos Gen
34 34 Jamie Nicol 20:40
106 6 Teresa Northey 23:36
287 82 Sarah Lyness 30:36

Burgess

432 Ran
Pos Gen
33 2 Kim Hainsworth 20:34

Crystal Palace

320 Ran
Pos Gen
28 27 Tom Wilson 21:25
41 40 Andy Bond 22:03
117 11 Clare Wyngard 25:28
181 148 Paul Hilton 27:44

Catford

175 Ran
Pos Gen
28 24 Tom Shakhli 22:54
38 33 Gary Sullivan 23:35

Crissy Field

123 Ran
Pos Gen
76 19 Jenny Ross 26:45

Dulwich

389 Ran
Pos Gen
13 13 Dominic Wilson 19:19
22 22 Rob Cope 19:41
32 1 Chloe Green 20:18
109 97 Michael Dodds 23:25
157 29 Stephanie Williams 25:32
183 38 Colleen Williams 26:22
231 55 Claire Steward 28:00

Greenwich

253 Ran
Pos Gen
156 125 Peter Jackson 28:17

Gunnersbury

563 Ran
Pos Gen
53 50 Des Crinion 21:43

Harrogate

369 Ran
Pos Gen
113 12 Claire Barnard 25:45

Highbury Fields

340 Ran
Pos Gen
44 43 Paul Collyer 21:12

Richmond

444 Ran
Pos Gen
126 108 Barrie John Nicholls 25:38

South Norwood

117 Ran
Pos Gen
5 1 Tereza Francova 22:01

Southwark

328 Ran
Pos Gen
193 146 Paul Keating 27:21

Street

125 Ran
Pos Gen
15 15 Joe Farrington-Douglas 22:24

Tooting Common

648 Ran
Pos Gen
55 54 Nicholas Brown 20:59

Walsall Arboretum

327 Ran
Pos Gen
6 6 Joe Twomey 18:26

Western Springs

124 Ran
Pos Gen
52 39 Nick Bell 27:12

Wimbledon Common

543 Ran
Pos Gen
48 46 Stephen Smythe 22:05

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!

If people mention [@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.

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

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ola.balme@btinternet.com
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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 4

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

10.2 miles / 16.4 km - 151m elevation

7.2 miles / 11.6 km - 94m elevation

5.5 miles / 8.9 km - 55m elevation

All routes go anti clockwise



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