



# SHORTS

Dulwich Runners AC

Weekly Newsletter

October 24th 2018

## These are your SHORTS,

Please send your reports, running news & anecdotes to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

### Wed 24 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

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

Sat 27 BMAF Xc relays

Tue 30 Crystal Palace track - details below

## In your SHORTS this week !

- 1 General information
- 2 Fixture list, 2018 & race details
- 3 Cross Country section - Information, races etc
- 6 Race reports and times - Surrey League in full
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- 11 DR 2018 AGM Notice and notes etc

**And much more !**

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our website: [www.dulwichrunners.org.uk](http://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 27 BMAF Xc relays

Nov 3 Reigate Priory relays



## Thankyou to Andy Murray and Lindsey Annable 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

**Ebe Prill**

Ian Sesnan

Tom South

**24/10**

31/10

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](mailto: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 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
<b>2019</b>			
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](mailto:mcmann90@yahoo.co.uk)   Men road: [ebprill@yahoo.co.uk](mailto:ebprill@yahoo.co.uk)   Ladies: [dulwichladiescaptain@gmail.com](mailto: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*

## 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.

## SOAR RUNNING

### Discount codes

In recognition of Dulwich Runners support of the SOAR mile in the summer, SOAR Running are offering a 25% discount on their products for a 6 month period up to 18 April 2018. When ordering use the following discount code:

**SOARXDULWICH25**

## 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](http://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](mailto:ros.tabor49@gmail.com)



The club will hopefully have two London Marathon places for club members .

**To qualify you must have:**

- Been a member for at least 12 months
- Applied to the ballot and been rejected and not been eligible for a good for age or championship place
- Not awarded a club place for the past two years (2017 & 18)

We allocate one place on the basis of contribution towards the club over the year and the other by draw.

To be considered contact [ebprill@yahoo.co.uk](mailto:ebprill@yahoo.co.uk) or in person, or via our FB group **by Wednesday 28 November**  
*Ebe Prill*

## 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](http://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](http://www.startfitness.co.uk) SurreyXCSF10

# Forthcoming Cross Country Races

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, 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.

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.

## 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](mailto:mcmann90@yahoo.co.uk)

## Reigate Relays

3 November

We have fielded teams for these relays at Reigate Priory (3x 2.5miles for women, 4 x2.5miles for men) in recent years, so if you would like to be part of a team **contact your captains by Friday 26 October**

It is possible to enter teams on the day, but if you do this, someone will have to pay the organizers and claim the money back from the club.

## London Champs

17 November

So far we have few names for these champs which form part of the Ken Crooke championships. It is a good opportunity to experience Parliament Hill without the mud, and will provide a taster for the South of England champs taking place over longer course at the end of January.

The women start at 1.15 and run a 6km course, while the men start at 2pm over a 10km course. If you want to take part **contact your captains by Wednesday 31 October.**

## CROSS COUNTRY ENTRIES

There has been confusion about whether you need to enter in advance for cross country races.

**For Surrey League races** the system for men and women has now been aligned. Most regular participants are included on the online database but your captains need to know in advance whether you intend to take part in individual races.

Any enquiries about attendance at Surrey League races should be directed to Ebe and queries about other cross country races to me or Ange

**For all other races** you need to let your captains know by the deadlines posted, this includes the South of Thames 5 on 24 November, which is the final club champs race.

**Please note** if you have not been entered in advance, you will not be able to take part in the following races.

For races this autumn to mid December		
Date	Race	Deadline
27 Oct	BMAF relays	<b>entries closed</b>
17 Nov	London champs	31 October
24 Nov	South of Thames 5	14 November
1 Dec	Kent Masters champs	16 November
15 Dec	South of Thames 7.5	5 December

## South Of Thames 5 Miles

24 November

Our final club champs event takes place at **Morden Park on 24 November, starting at 2pm.** Some of you will need to take part in order to complete the required number of qualifying events, while others may be able to improve their overall scores. Age graded scores will be adjusted to reflect the fact that this is a cross country event.

The race takes place over a 3 lap course of gently undulating grassland.

To take part **contact your captains by Wednesday 14 November**

# 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

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

**Men Xc:** [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

**Men road:** [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk)

**Ladies:** [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

# The Big Half Club Championship 2019

## CLUB PLACES

The following 5 people gained club places in the Big half marathon based on the number of performances in club events:

Rebecca Schulleri, Lucy Clapp, Clare Elms, Barrie John Nicholls and Michelle Lennon.

# 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](http://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](mailto: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

There will be a draw at the club this Wednesday for the remaining 5 places.

Those entered: Sharon Erdman, Hannah Harvest, Laura Vincent, Eleanor Simmons, Joe Farrington-Douglas, Katie Styles, Ebe Prill, Rob Cope, Emma Ibell, Grzegorz Galezia, Charlie Lound, Alex Haylett, Hugh French, Olly Cooper, Gideon Franklin, Ian Lilley, Ed Chuck, Karina Burrowes, Matt Ladds, Tess Bright, Bob Bell and Joanne Shelton Pereda.

Details of the race can be found on [www.thebighalf.co.uk](http://www.thebighalf.co.uk)  
Ros ([ros.tabor49@gmail.com](mailto:ros.tabor49@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](mailto:dulwichladiescaptain@gmail.com) or [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) or [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)

# Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to [barry@1bg1.com](mailto:barry@1bg1.com)  
All road, fell, xc, tri and track results etc, are welcome.

## Amsterdam Marathon

21 October

After a few years away from road marathons on the trails, I decided that I should try and better my PB (3:30:21) of 5 odd years, mainly as my best time at the distance still stood from my first attempt. Amsterdam had been mentioned as a good fast course and I thought coupled with joining a running club, it would be a good opportunity especially as it was a simple "sign up on the website and you're in" type affair, so is good for people like me who don't tend to plan too far ahead.

Since joining the club I'd found the improvements had come quickly, my half marathon and 5K PBs were bettered in September. As much as I would have liked to have done more longer training runs, I figured had enough miles in the legs this year and went in feeling confident.

This was my 4th road marathon and first since 2015, the course starts and finishes at the Olympic stadium (another bonus) and loops out through Vondelpark and underneath the Rijksmuseum with a few small out and backs before the main mid section with a large loop out of the city and back in along the banks of the Amstel river.



There were groups of loud support in places but also many areas of quiet in the middle of the race where it really didn't feel like a big city marathon at all. The Dutch do a fine line in quirky mobile DJs though, mainly out of modified VM Campers or disco ball encrusted Fiat 500s! The course is almost completely flat with a few small rises over and under bridges but nothing in the realm of a hill by South London standards.

The plan was to go out between 7:15-7:20 / mile knowing that in previous attempts I'd gone at 7:30-7:45 / mile and then promptly completely collapse in the final 10K. I stuck to pace well for the first half and was feeling really good well into the second half too. This excitement of it clearly got to me at the 21 mile marker where I went about 20s faster than I had before and this proved to be a small mishap, as immediately after I started to fade, luckily it wasn't terminal as had been previously. By this time I was assured my PB was gone barring total disaster and the stadium was soon in sight which gave me a boost for a sort of hobble sprint and a finish with a chip time of 3:13:11. Over the moon!

I really enjoyed this race, organisation was good and I had great conditions on the day, would recommend it for anyone looking for an autumn race with a PB course

Eugene Cross 3:13:11

## Surrey Masters Xc Champs

20 October

We picked up a decent number of medals under sunny skies and firm ground conditions at Richmond Park.

The first race of around 6km saw men over 60 and all the women running together. First home was Michelle Lennon, continuing her current strong run of form. Anna Thomas started conservatively but managed to pull away from Eleanor Simmons. Ros Tabor had a strong run to finish first W65. Another in-form runner was Graham Laylee who had a good race, while Mike Mann in his first race off the track for the 3 months suffered from under-training with his time well over a minute down on 2017, but managed to finish first M70. Andy Murray finished not far behind.

The M40s and M50s ran slightly over 9km, but the course was markedly shorter than last year, so times are not comparable. Charlie Lound had a strong run against tough M50 opposition. We achieved success in the M45s with Michael Williams and Nick Woods picking up silver and bronze medals. Next to finish was Ebe Prill who had a better run than his Surrey League the race the week before, followed by Mark Foster, having cycled back from the march in central London. Gary Budinger finished slightly ahead of Joe Brady. We fielded a complete M50 team which finished in 6th place out of 17

**Mike Mann**

**Women and M60+ (2017 times in brackets)**

Michelle Lennon	26:37
Anna Thomas	27:15
Eleanor Simmons	28:27
Graham Laylee	29:08 (28:56)
Mike Mann	29:17 (27:45) 1st M70
Ros Tabor	29:43 (29:26) 1st W65
Andy Murray	30:08 (29:37)

**M40s and M50s**

Charlie Lound	34:53
Michael Williams	35:15 2nd M45
Nick Woods	35:38 3rd M45
Ebe Prill	38:01
Mark Foster	39:54
Gary Budinger	44:46
Joseph Brady	44:53

CROSS COUNTRY CHAMPIONSHIP 2018 - 2019						
After 1 event - Best 5 events including 3 Surrey Leagues						
	Surrey League 1			Surrey League 1		
	Richmond			Wimbledon		
	13/10/2018			13/10/2018		
Ed Chuck	50			Clare Elms	50	
Shane O'Neill	49			Elkie Mace	49	
Tim Bowen	48			Marta Miaskiewicz	48	
Andy Bond	47			Hayley Seddon	47	
Wayne Lashley	46			Ange Norris	46	
Tom South	45			Ola Balme	45	
Jonathan Whittaker	44			Michelle Lennon	44	
Ed Harper	43			Emma Ibell	43	
Danny Mann	42			Helen Lister	42	
Paul Devine	41			Victoria Read	41	
Des Crinion	40			Anna Thomas	40	
Charlie Lound	39			Katie Styles	39	
Rob Hollands	38			Lucy Clapp	38	
Alastair Locke	37			Eleanor Simmons	37	
Nick Wood	36			Ros Tabor	36	
Matt Cooke	35			Hannah Harvest	35	
Jonathan Whittaker	34			Joann Selton Pereda	34	
Jonathan Whittaker	33			Sharon Erdman	33	
Ebe Prill	32					
Eugene Cross	31					
Andrea Ceccolini	30					
Jonny Hough	29					
Olivier Montfort	28					
Hugh Balfour	27					
Graham Little	26					
Ed Simmons	25					
Grzegorz Galezia	24					
Martin Double	23					
Gower Tan	22					
Ed Smyth	21					

**Women - events still to come**

Surrey League 2	Surrey League 3	Surrey League 4	London Champs	South of Thames	Southern Riddles Champs	Riddles down
Nonsuch	Coulsdon	Richmond	Parl. Hill	Beckenham	Parl. Hill	parkrun
10/11/2018	12/01/2019	9/02/2019	17/11/2018	15/12/2018	26/02/2019	

**Men - events still to come**

Surrey League 2	Surrey League 1	Surrey League 4	London Champs	South of Thames	Southern Riddles Champs	Riddles down
Banstead	Mitcham	Lloyd Park	Parl. Hill	Beckenham	Parl. Hill	parkrun
10/11/2018	12/01/2019	9/02/2019	17/11/2018	15/12/2018	26/02/2019	

## Banstead Woods

185 Ran

Pos	Gen		
1	1	Tony Tuohy	17:58
2	2	Paul Devine	18:01
24	3	Laura Vincent	21:56

## Brockwell , Herne Hill

354 Ran

Pos	Gen		
7	7	Tom Shakhli	19:12
32	31	Jamie Nicol	20:42
64	7	Lucy Pickering	22:09
69	61	Gower Tan	22:24
71	9	Lucy Clapp	22:31
226	160	John Breslin	28:06
241	72	Susan Cooper	28:23

## Beckenham Place

217 Ran

Pos	Gen		
6	1	Clare Elms	18:27
14	13	Nicholas Brown	20:06
16	15	Stephen Smythe	20:26
17	16	Ian Lilley	20:28

## Burgess

411 Ran

Pos	Gen		
36	36	Hugh Balfour	20:54
408	251	Chris Vernon	50:27
410	159	Susan Vernon	55:00

## Clair

136 Ran

Pos	Gen		
3	3	Edward Simmons	20:07

## Crystal Palace

315 Ran

Pos	Gen		
17	1	Belinda Cottrill	20:04
52	4	Helen Lister	22:22
72	9	Teresa Northey	23:23
105	16	Joanne Shelton Pereda	24:54

## Dulwich

388 Ran

Pos	Gen		
2	2	Stephen Davies	16:39
6	6	Daniel Mann	16:59
36	36	Edward Harper	19:44
49	49	Olivier Montfort	20:16
52	52	Grzegorz Galezia	20:22
53	1	Kim Hainsworth	20:22
72	70	Chris Cooper	21:01
94	90	John English	21:47
182	28	Hannah Harvest	24:32
207	35	Stephanie Williams	25:12
315	221	Mick Mead	30:08

## Fulham Palace

484 Ran

Pos	Gen		
168	138	Barrie John Nicholls	23:27
187	35	Lindsey Annable	23:49

## Highbury Fields

310 Ran

Pos	Gen		
13	13	Paul Collyer	18:57

## Hyde

90 Ran

Pos	Gen		
18	3	Katie Styles	22:51

## Leicester Victoria

340 Ran

Pos	Gen		
106	16	Marjorie Epton	24:32

## Lullingstone

52 Ran

Pos	Gen		
29	8	Tereza Francova	29:56

## Orpington

221 Ran

Pos	Gen		
21	20	Colin Frith	23:14

## Peckham Rye

253 Ran

Pos	Gen		
1	1	Andy Bond	16:41
13	13	Joe Farrington-Douglas	19:00
14	14	Kieran New	19:07
30	1	Chloe Green	20:58
54	50	Gideon Franklin	22:13
160	42	Michelle Key	27:32
201	67	Emily Warburton-Brown	30:29

## Princes , Liverpool

396 Ran

Pos	Gen		
1	1	Thomas South	17:49
43	2	Mel Edwards	21:18

## Riddlesdown

166 Ran

Pos	Gen		
1	1	Dylan Wymer	16:35
12	3	Ange Norris	20:46

## Sizewell

115 Ran

Pos	Gen		
5	5	Rob Cope	20:26

## South Norwood

110 Ran

Pos	Gen		
2	2	Alastair Locke	19:01
9	1	Christina Dimitrov	21:27

## Southwark

325 Ran

Pos	Gen		
172	135	Paul Keating	26:10

## Stevenage

329 Ran

Pos	Gen		
35	33	Matthew Ladds	21:36
170	32	Karina Burrowes	28:06

**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](mailto: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](mailto:ros.tabor49@gmail.com)



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



Bufs/snoods - only £6



Socks only £5

## SHORTS!

DULWICH RUNNERS' SHORTS - All sizes available They are traditionally cut either 'racing' style, or slightly longer- Both styles are a bargain £15.





# SOCIAL SPOT

P  
O  
T

*Upcoming events.*

**Wednesday 28th November  
Quiz Night**

This years annual quiz! Teams of 4, don't worry if you don't have a team as there is always enough people to make some on the night. The quiz will start at 9pm after the club run, it will be £5pp and there will be prizes up for grabs and any funds raised will go into the social fund to help fund future social events.

The social fund in 2018 has helped to fund & subsidise things like the pizza nights, beer & cheese night and drinks at the Mark Hayes Mile.

**Saturday 15th December - TBC**

Christmas Party The date in the social calendar you've all been waiting for! We are just in the process of finalising a venue and once we have more details we'll update everyone.

*Thanks Matt*

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.

## 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](mailto:ola.balme@btinternet.com)

[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

## Photographs needed !...

If anyone has any good recent photos of Dulwich Runners in action either on the race course or at the pub (or dance floor for Ajay) for inclusion in the brand new website, please could you send them to:  
[jonathanwhittaker79@yahoo.co.uk](mailto:jonathanwhittaker79@yahoo.co.uk)

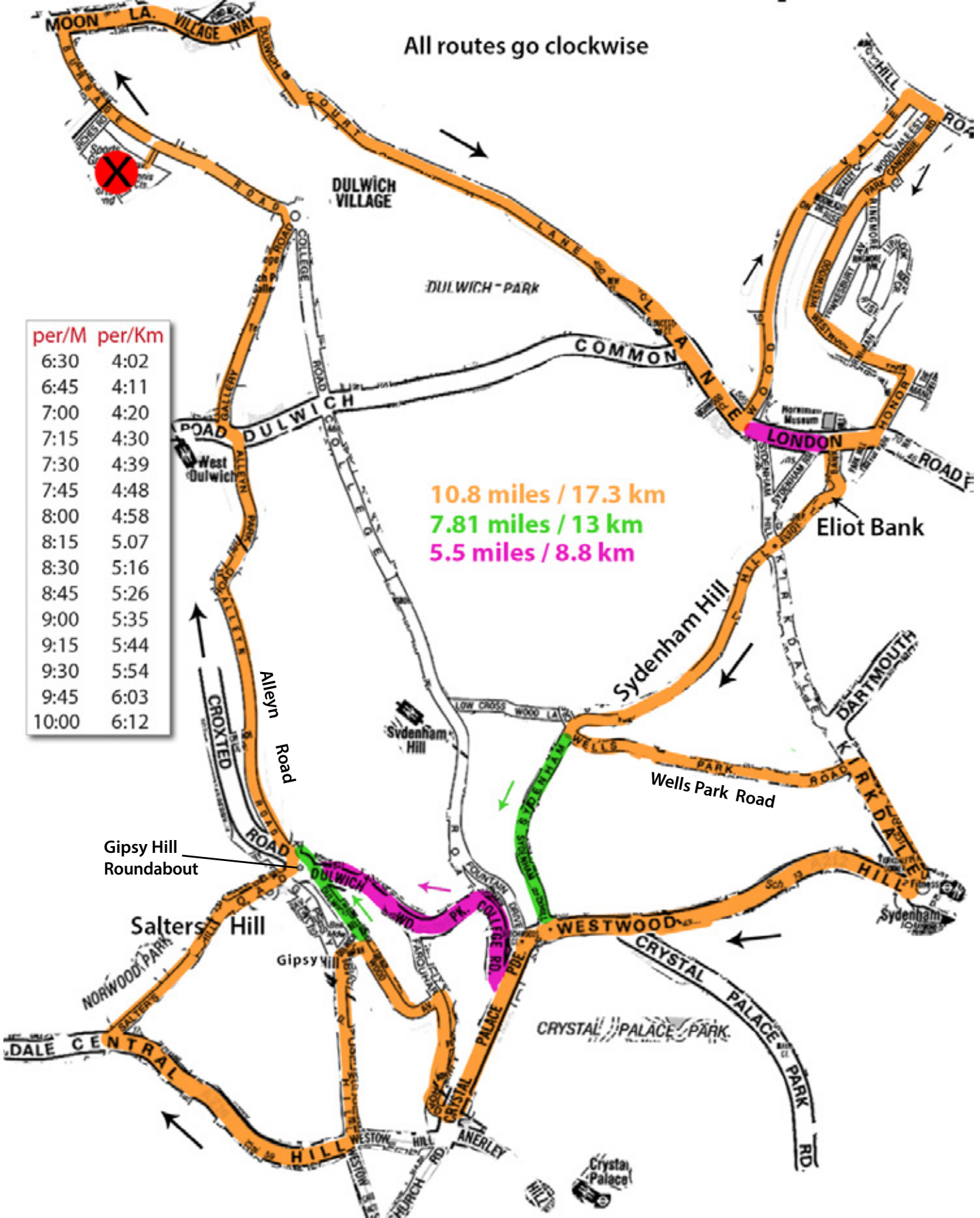


Instagram

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!

# Dulwich Runners Winter Map 5

All routes go 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>



# 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 9<sup>th</sup> 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 2017AGM 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 7<sup>th</sup> 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](mailto: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.