



SHORTS

Dulwich Runners AC

Weekly Newsletter

October 31st 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 31 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 3 Reigate Priory relays

Tue 6 Crystal Palace track - details below

In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
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And much more !

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our website: www.dulwichrunners.org.uk

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TRACK SESSIONS

Tuesday training returns to Crystal Palace track.

£2.50 per session - Suitable for all abilities.

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

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

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

A brief look ahead

Nov 3 Reigate Priory relays

Nov 10 Surrey League Xc

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

NEW RUNNERS ROTA

Thankyou to Ebe Prill 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

Ian Sesnan

Tom South

Katie Styles

Ros Tabor

31/10

7/11

14/11

21/11

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

Map for this Wednesday can be found at the end of Shorts.

Some copies will be at the clubhouse, but feel free to print your own and if your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse.

All maps also on Strava (you don't need an account)

<https://www.dulwichrunners.org.uk/wednesday-night-routes>

DULWICH RUNNERS 2018/19 FIXTURES

Further information about races will usually be here in SHORTS and or announced on a Wednesday club night.
Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

Road & other **Cross country** **Club Champs** **Assembly League** **Track**

2018	Race	Venue
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

2019 Club Championships

Avid readers of Shorts will have spotted that one of the tasks falling to ADSC is to decide on a programme of races for the club champs. We are currently in the process of doing this, with a view to publishing a complete programme early in December.

We already have firm decisions on some events, notably the Big Half in March, London Marathon in April and the SOAR Mile in July, and it is likely that we'll go for a parkrun in February (venue tbc) and one of the Sri Chinmoy Battersea Park 5k races in June. Others we are considering are the Thames Towpath 10 on 14 April, the Sevenoaks 7, a popular offroad race that has been used before, in mid July and the Eltham 5 in June.

This leaves a 10k and one other race to be decided as we would like a total of 9 events. So if any of you have views or suggestions on races to include, in particular 10k, 5 mile or 5k, your thoughts will be appreciated, if possible by 12 November. Mike Mann (on behalf of ADSC mcmann90@yahoo.co.uk)

The following people were lucky in the draw for reduced price places in the Big Half:

Grzegorz Galezia, Bob Bell, Joanne Shelton Pereda, Alex Hayles and Joe Farrington Douglas.

Keep checking the Big Half site to see when entries reopen.

Grass Session, 3 November

Beckenham Place Park at 10am Sat 3 Nov. Meet in the car park outside the mansion. The session will use part of the course the South of Thames 7 mile (that the club is hosting on 15 Dec) uses. Due to work in the park it differs from the Surrey League course in January and can be regarded as a true cross country course.

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

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*



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 ebeprill@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 (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

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

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.

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
17 Nov	London champs	31 Oct
24 Nov	South of Thames 5	14 Nov
1 Dec	Kent Masters champs	16 Nov
15 Dec	South of Thames 7.5	5 Dec

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

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.**

Box Hill Fell Race

Saturday 19th January 2019

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! 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 google Box Hill Fell Race. 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

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.

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**

Kent Masters Cross-Country Champs - 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

Men road: ebepri11@yahoo.co.uk

Ladies: dulwichladiescaptain@gmail.com

Mens Surrey League Cross Country, Nork Park Saturday 10 November - 3pm start

Our second Surrey League fixture. The course is a short lap then two long laps and is parkland and wooded trails. Cross country spikes, fell shoes or off-road shoes are recommended.

Nearest station Banstead, walk/jog to the start. About 30 mins walk (1.5 miles) along Nork Way. There's a shop on that route.

Shortest time route Herne Hill Thameslink Route is change at Sutton and then 5 minute interchange. 50 mins

East Dulwich / North Dulwich route change at Streatham Common. 60mins

Forest Hill / Penge W change at West Croydon. 45-50 mins.

All services every 30 mins. Banstead is Oyster Zone 6.

Cycling is 3.5 miles from Sutton - suggest use quieter B roads via Banstead village rather than the busy A217.

If driving parking is on the roads off Nork Way off the A240 at the northern end of the park, about 5-10 minutes from the start, also at Nork Park at the end of The Drive but this is not accessible when travelling south down the A217.

Those of you who took race numbers home with you after the first match are reminded to bring them with you as under the new system race numbers are retained for the entire season

Anyone not planning to run, organizers Wimbledon Windmilers are looking for volunteers to assist with marshalling. Please let Ebe or myself know if you are available. **Mike Mann**





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.

British Masters XC Relays Long Eaton

October 27

'Gold & course records for Dulwich women and records for Clare'

Dulwich Women's W45 team regained the title they last won in 2015, winning an exciting race against the champions of the last two years, Bristol and West. The race is held on a approximate 2 mile very flat course - mostly fields with one small wooded section. It was drier than previous years but very cold and quite windy (but more favourable wind direction than usual) Clare Elms got us to off to a superb start, giving us a 35 seconds lead in the W45s (and only seconds behind one W35) and as an added bonus, she broke her own W45 course record (In her 10th and final year in this age group) with a 11:06 to confirm her recent up in training was paying off well.

One of the runners she beat was a younger runner who had won the W40 masters international in Clare's age group 11 years ago, and she was a minute behind Clare here to show how well Clare is maintaining her form as she gets older. Her time was also a Dulwich women's club record for the venue of any age group and she won the fastest overall lap medal award by those 35 seconds

Ange Norris set off with a good lead but the flat course and short 3000m route was not the best route to suit Ange's great endurance and also while still not back to her very best form of last year, Bristol and West eased past but Ange held on well and the gap was only 12 seconds at the final changeover.

A check beforehand revealed that Michelle looked the faster runner on paper and she tore off in pursuit of the Bristol runner. By halfway she had edged by and then she powered away. Her time 12:26 was a revelation - a minute up on her run two years ago and confirmation of some excellent training in the last month. In the Surrey league, she had been 75 seconds down on Ange but here she was 14 seconds faster and it was undoubtedly her best run yet in a Dulwich vest and as a yet another added bonus, Dulwich also broke the W45 course record by a few seconds.

The gap at the finish was 16 seconds and a healthy 15 teams finished in the age group. We also had a W35 team but unfortunately Victoria Read had to withdraw due to illness. Laura Vincent had a very good run, moving through strongly to finish in the top 10 with a 12:38 leg. Ros had no W65, W55 or W45 team to run for so dropping down 30 years of age groups, she ran knowing there was no team to finish and below par was a minute down on her 2015 best and half a minute down on her previous slowest of her 4 attempts.



Clare Elms, Ange Norris, Michelle Lennon

W45 (3x3km):

1 Dulwich R	36:12
Clare Elms (1)	11:06
Ange Norris (2)	12:40
Michelle Lennon (1)	12:26

W35 DNF

Dulwich R	
Laura Vincent (10)	12:38
Ros Tabor (19)	14:45

Men

Having previously medalled in the M45s and M55s in recent years, it was hugely disappointing there was insufficient interest from runners to justify a team being entered in those age groups but we pieced together a M35 team, albeit with a M60 and a M65 (brought in when Wayne was ill overnight) Against all the principles of putting faster runners first, M60 Nick Brown insisted on going first and in good form, he ran much better than last year, and moving through well, produced what would have been a great M55 performance (and sixth place in that age group) but did mean in the M35s we were towards the back.

On the plus side, it did mean Jonathan Whittaker was moving through the field like a knife through butter - passing 8 M35s

but also 15 in the M45 and M55 categories. His time was a fine 10:23 and was one of the best ever by a Dulwich Runner in the four years the event has been held here. I think Wayne's 10:21 and Steve Davies 10:22 are the only better ones.

Tom South continued the upward trend and he moved the team up a further six places and put us well into the top half. Confirming his great form, he was over half a minute up on his time of a few years ago. Alastair Locke was making a rare appearance in the Masters ranks, and not at full fitness, he was well below his full potential but he moved us up a further place. Andy came in for Wayne, and he did gain a rare 'win' over Ros and now with the field well spread, only lost three places despite being four minutes down on Jonathan's time.

16 Dulwich R	58:44
Nick Brown (28)	12:21
Jonathan Whittaker (20)	10:23
Tom South (14)	10:35
Alastair Locke (13)	10:53
Andy Murray (16)	14:32

Steve Smythe adds the W45 win was brilliant (and 2 or the 3 can run in the W55s next year) and everyone who ran in the other age groups did their best but for a club of our size, this was really a very poor showing overall when he have 100 plus active vets in the club.

There are masses of races over the year, and not everyone (other than a few) can do everything and in my view it comes down to apart from doing the ones people enjoy but also doing the more important ones where the club can do well. I appreciate some new members or newer vets in the club don't know yet what is really important.

This weekend the National senior cross-country relays are in Mansfield and 100s of clubs compete and we never have which is ridiculous even if we don't have the same relative strength in senior competition as we have potentially in masters races.

In my view, if you are over the age of 35, then a National Masters (or county masters) should be far more important than any Surrey League or club championships. Long Eaton did mean a longer day than a local league but it was barely an hour journey from St Pancras and the club paid the rail fare.

The next major national masters relay event is provisionally Saturday May 18 at Sutton Coldfield (3 mile road legs for everyone) where we could (if everyone turns out and is fit) do very well in the M35s, M45s, M55s, W35, W45 and W55 age groups.

Please, if over 35, put the date in your diary, and if you are over 35 and going to do one event for the club next year, make it this one.

Denbies Halloween Run 10k

As part of my training for the Dark Star Marathon in January I need to get some experience on trails, starting with a 10k event this Halloween weekend. For the second year, 2:09 Events celebrated Halloween with a terrifying 10K hosted by Denbies Vineyard near Dorking in Surrey, the home of the Bacchus Marathon. A dastardly route awaited that undulates over paved tracks and off-road trails and meanders in and out of the vineyards, the haunted woods being a particular treat.



The emphasis here was on having fun with ghosts and ghouls to show you the way and a few zombies and vampires to quicken your pace back to the finish where there'll be lots of Halloween treats waiting. The course had some challenging hills which offered a great introduction to trails. The event was well marshalled and signposted although a few competitors lost their way. I'm keen to go back next year and defend my title, that's right, I won! Miles Gawthorp

Manchester University XC Relays

October 27

While her mum was in one winning relay team, Lucy was in another and in her first competition for Birmingham University after some superb training at the University, she ran 10:46 for the second leg for the officially titled Bud's Babes team who won from around 80 teams.

The course was slightly shorter than Long Eaton and maybe less turns but incredibly her mile pace was exactly the same as her Mum's at Long Eaton - 5:46 miling!

Lewis Laylee was in the Birmingham men's team that came second out of 100 teams and he ran a very good 9:13 for a course just over 3km. - *Steve Smythe*

1st women's team - Lucy Elms 10:46

2nd men's team - Lewis Laylee 9:13

Sri Chinmoy 10k Battersea Park

Saturday 27th October

A breezy/freezy cold morning in Battersea Park didn't stop Shane significantly revising his road PB by half a minute, and more than 20 seconds faster than his track 10000m in September. It was more than a bit parky on the start line but obviously confident (foolhardy?), he set off through the first two miles with the lead runners in a breathtaking 10:20-odd,

Beachy Head Marathon

I did this race last year and enjoyed it so much entered again. What's different is that for most people it's a run/ walk not a race. The difference between this and the other run not race that also starts at 9.00 on a Saturday being that its around 42K rather than 5K. I say around as it isn't accurately measured and doubt you could as the course meanders across the South Downs, some people call it a fell race and certainly large tracts are too steep for mere mortals to run up or down, not to mention the fences and steps to be climbed.

This was not a course for somebody whose hamstrings were so tight they couldn't jog in comfort but as Team Bell and friends had booked a hotel, thereby avoiding an early start from London, it seemed a shame not to do it. As many will have noticed Saturday marked the start of winter but I hadn't taken that into account when lining up in shorts and running vest (DR colours of course). At the start I bumped into Jo (who had come down on CP Fun Runners bus) and was more sensibly attired. We started together although she shot off up the first hill. You don't realise how steep the hill is until you try to come down it to finish, it even has steps cut into it. Try doing that after 26 miles. Some way on I was surprised to hear Jo call out my name from behind. She had just experienced one of many "pit stops". I reckon that by the end she done more than Lewis Hamilton does in a whole F1 season. Shame as in between she was charging on and would have done an even better time than she did.

As for me I just ambled along keeping to short hobble in the hope that my hamstrings would hold out. In between I admired the view and answered a lot of questions as to whether I felt cold (actually not until I finished, when I went into a kind of shakes) Following on from last years experience, when we rushed home, we had decided to stay Saturday night and enjoy the wild nightlife of Eastbourne (great bands, with fantastic trumpet sections, have been known to play on the bandstand). We found a nice pub which became nicer when the landlord saw our medals and knocked 10% of the bar bill. Result! and yes we are already planning next years trip. Oh we do like to be beside the seaside!

919 Bob Bell 5:14:10 (chip 5:13:25)
956 Jo Shelton Pereda 5:15:58 (chip 5:15:14)
2211 ran

Beachy Head 10K

Half an hour after the marathon the 10K started. This is a dog friendly event so Milo and his parkrun husky friends upped their distance from their usual 5K. Using part of the marathon course including the killer Seven Sisters B was very happy with her time. Milo wasn't as there were no prizes for top dogs.

51 Belinda Cottrill 47:25 (chip 46:42)
815 ran

on course for a mid-to-high 32 clocking.

Something had to give and he slowed gradually from there, but only by a marginal amount per mile and although isolated by now was still shifting well enough towards the finish for the initial impetus to really count and score an excellent and sizeable PB. The best part of three minutes behind, my own effort was an improvement of sorts, at least a season's best, but bears no relation to my 5000m form of only last month.

7 Shane O'Neill 33:34 PB
23 Tony Tuohy 36:17 2nd M50
185 ran



Oct 27th

Abingdon

378 Ran
Pos Gen
60 57 Gideon Franklin 22:17

Beckenham Place

200 Ran
Pos Gen
3 3 Stephen Davies 18:15
87 14 Claire Barnard 25:34

Brockwell

301 Ran
Pos Gen
7 7 Jamie Nicol 19:53
10 10 Mark Foster 20:00
53 50 Gower Tan 22:24
70 64 Graham Laylee 22:57
173 42 Sharon Erdman 27:09

Burgess

399 Ran
Pos Gen
47 45 Hugh Balfour 20:30
394 241 Chris Vernon 47:47
399 157 Susan Vernon 52:26

Catford

172 Ran
Pos Gen
29 2 Helen Lister 22:13
34 32 Gary Sullivan 22:26

Colney Lane

126 Ran
Pos Gen
3 3 Andy Bond 17:16

Crystal Palace

310 Ran
Pos Gen
26 26 Tom Wilson 20:30
42 1 Jennie Roberts 22:01
137 18 Clare Wyngard 26:18

Dartford Heath

65 Ran
Pos Gen
8 8 Michael Fullilove 21:34

Dulwich

299 Ran
Pos Gen
15 14 Edward Harper 18:34
24 23 Tom Shakhli 19:17
28 27 Grzegorz Galezia 19:38
58 56 Matthew Ladds 21:16
61 3 Charlotte Sanderson 21:18
108 98 Joseph Brady 23:15
131 117 Michael Dodds 23:54

248 68 Karina Burrowes 29:41

Fulham Palace

438 Ran
Pos Gen
149 25 Lindsey Annable 23:55

Greenwich

216 Ran
Pos Gen
14 2 Kim Hainsworth 21:18

Highbury Fields

312 Ran
22 21 Paul Collyer 19:56

Holkham

175 Ran
Pos Gen
84 66 Peter Jackson 28:02

Horsham

499 Ran
Pos Gen
53 50 Gary Budinger 21:48

Leicester Victoria

313 Ran
Pos Gen
83 10 Marjorie Epton 23:53

Long Eaton

418 Ran
Pos Gen
100 90 Nicholas Brown 24:53

Malling

241 Ran
Pos Gen
12 1 Tereza Francova 21:26

Orpington

174 Ran
Pos Gen
30 28 Colin Frith 24:05

Peckham Rye

254 Ran
Pos Gen
77 9 Teresa Northey 23:12
87 14 Madi Robinson 23:43
137 31 Jenny Ross 26:29
155 40 Stephanie Williams 27:27
156 41 Michelle Key 27:31
176 48 Emily Warburton-Brown 28:56

South Norwood

106 Ran
Pos Gen
6 6 Justin Siderfin 20:00

Southwark

337 Ran
Pos Gen
138 112 Paul Keating 24:46
207 57 Claire Steward 27:32

For your results to appear here ...
you need to update your parkrun profile to show you
are a current member of DR AC. or send them in.

DULWICH RUNNERS CLUB KIT



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces and hoodies. You just click on the link to the Dulwich Runners shop and purchase directly. <https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html> any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1/4 Zip Top

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.

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

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:

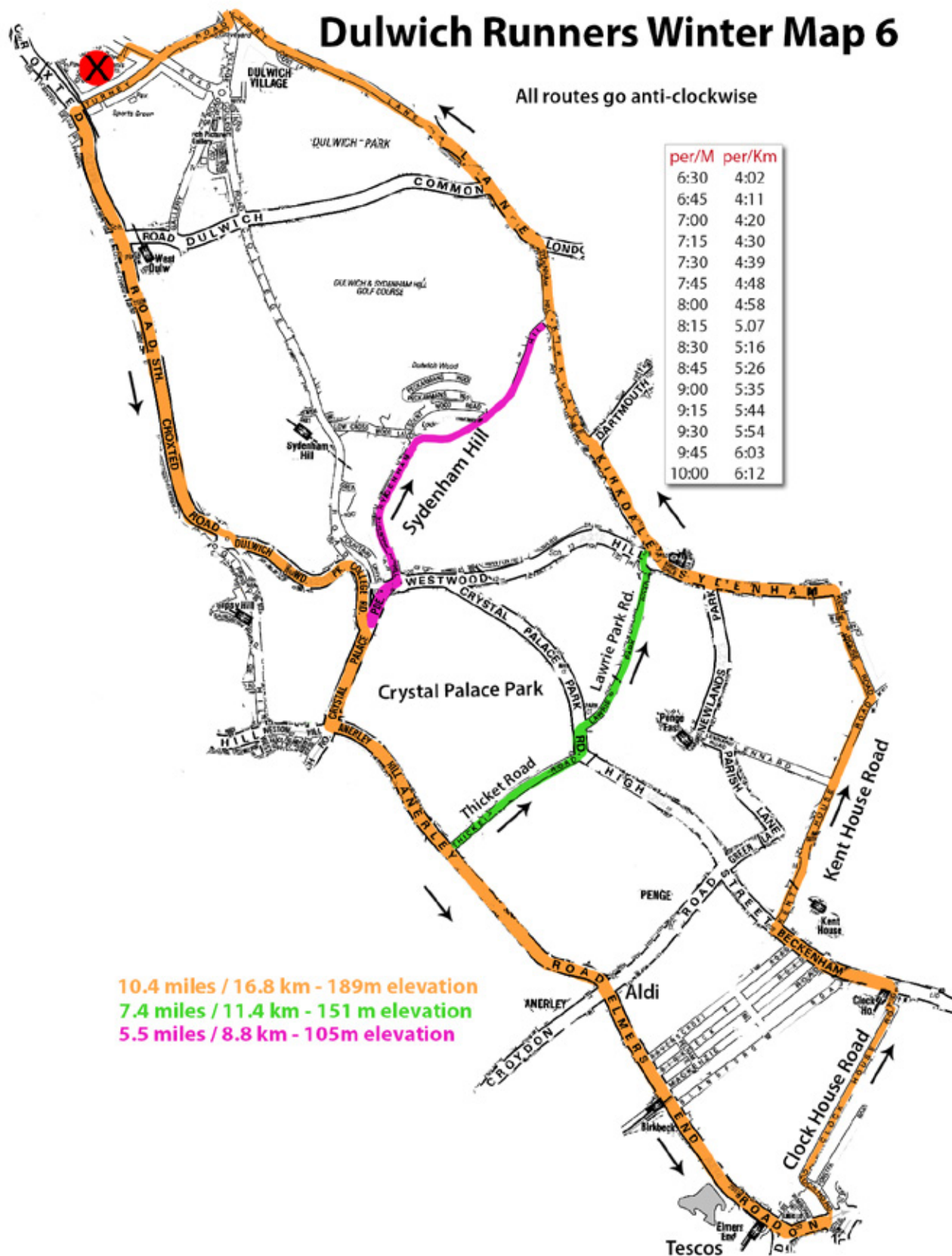
jonathanwhittaker79@yahoo.co.uk



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 6



All maps also on Strava (you don't need an account)

<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.