



SHORTS

Dulwich Runners AC

Weekly Newsletter

October 9th 2019

www.dulwichrunners.org.uk

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 9	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 15	Crystal Palace Track - starts @ 7.10 with warm up taken by Elkie Mace, Anna Thomas & Katie Styles, main session with Steve Smythe @ 7.25 see below for important details about the new payment system

Connect with us:



Crystal Palace Track New Payment Arrangements

We are back at Crystal Palace until next spring

The fee stays at £2.50 for members (non members pay the standard rate of £4.45)

There will be no trackside payment

Either pay cash at reception...

(YOU MAY BE ASKED AT RECEPTION TO SHOW YOUR DR or EA DETAILS AS PROOF OF MEMBERSHIP)

If you are unable to find your Dulwich Runners membership details, contact me and i will email you a replacement.

or Online at:

<https://www.better.org.uk/leisure-centre/london/crystal-palace/crystal-palace-national-sports-centre>

Click Book Activity > Click Book Tickets > Click Athletics, Crystal Palace and follow the instructions.

Regular attendees at track sessions can obtain a GLL/ Crystal Palace Activity Membership Card where you can book with a PIN number and use the card to gain entry through the barriers without having to wait at reception.

To get this card email Ras Kaur

crystalpalaceevents@GLL.ORG with your Name, Contact No and Dulwich Runners Membership No.



LUCKY VEST

October winner -
Ebe Prill



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

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

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

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

In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 5 Upcoming races etc
- 6 Cross country information
- 7 Race reports, results
- 10 parkrun times
- 11 Club kit, Social events etc
- 14 Wednesday route map

And much more !

[Like us on Facebook @dulwichrunners](#)

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

A brief look ahead

Oct 12	Surrey League XC - men & women
Oct 19	Surrey Masters XC champs - Mordon
Oct 26	BMAF XC relays - Long Eaton

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



Many thanks to **Jonny Hough, Mike Mann, Joanne Shelton Pereda and Clare Norris** for taking out new runners last week and 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 asap. - Thanks. - Ros

Emma Ibell	9/10
Paul Keating	16/10
Grant Kennedy	23/10
Matt Ladds	30/10

Rehydration !

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

Wednesday Night Map

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

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

DULWICH RUNNERS 2019/20 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**

2019	Race	Venue
Oct	12 Surrey League cross country (men)	Effingham Common, Guildford
	12 Surrey League cross country - 6k 11am (women)	Reigate Priory Park
	19 Surrey Masters cross country champs	Morden Park
	26 BMAF XC Relays	Long Eaton
Nov	3 Regents Park 10k (short) entry details below	Regents Park, London
	9 Surrey League cross country (men)	Wimbledon
	9 Surrey League cross country - 6k 1pm (women)	Mitcham Common
	16 London Xc Champs	Parliament Hill
	16 British & Irish Masters cross country,	Southport
	23 South of Thames 5 miles	Morden Park
	30 Kent Masters cross country champs	Dartford
Dec	21 South of Thames 7.5 miles 2pm	Lloyd Park
2020		
Jan	4 County cross country champs	Denbies Vineyard, Kent
	11 Surrey League cross country (men)	Beckenham
	11 Surrey League cross country - 8k 11am (women)	Wimbledon Common
	25 South of England cross country champs	Parliament Hill
Feb	8 Surrey League cross country (men)	Lloyd Park
	8 Surrey League cross country - 8k 1pm (women)	Richmond Park
	22 England cross country champs,	Nottingham
Mar	21 England area 12 and 6 stage relays	t.b.c
Apr	4 National 12 and 6 stage relays	Sutton Park

Entries for this years last club champs race now open:

https://www.theraceorganiser.com/listed-races/the-mornington-chasers-regent-s-park-10k-series?utm_source=facebook&utm_medium=event-page&utm_campaign=regents-park

Masters Events

To aid your race planning please visit the masters page on the club website at: <https://www.dulwichrunners.org.uk/masters> to find details of events and dates up to summer 2020

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

Ladies Surrey League

Fixture 1 – Priory Park, Reigate,

Saturday, 12th October 2019

ladies run 6k at 11 a.m.

The race start/finish is adjacent to the tennis courts and approximately 200m from the park café.

The courses will be the usual routes used for previous Surrey League and is comprised of mixed terrain of short grass and park/wooded trails. The route will be marked with flags/signs/

tape and there will be marshals at key junctions. Recommended footwear will be fell shoes/spikes (or shoes with very good off-road grip).

Please note there are no changing facilities within the park. There are toilets within the park café (200m from the start) and at the far end of the Morrison's supermarket car park (at the Bell Street junction).

Priory Park is within a ten minute walk of Reigate train station. Local car parks (all pay and display) within a ten minute walk of Priory Park are located at Bell Street, Bancroft Road (multi-story), Upper West Street and at the Town Hall at Castlefield Road.



Men's Surrey League

12 October - start 3pm

Our first match of the season will be held at the new venue of Effingham Common, near Guildford KT24 5HX.

Effingham Junction train station is 2 minute walk from the start with plenty of paid parking spaces nearby.

The race starts with a small lap around the flat lower part of Effingham Common before heading into Great Ridings Woods over narrow dirt tracks including some tree roots. On the way back from the wood, runners will head to the bottom of the

Latest Update

The course is now slippery in places from heavy rain, but no deep mud.

Toilet, refreshments, post race drinks are available at Effingham Cricket Club, 5 minutes from the start.

Most of those expected to take part will have been pre-registered with race numbers allocated.

upper common before turning right and back up the hill. It is then downhill and flat back to the start..

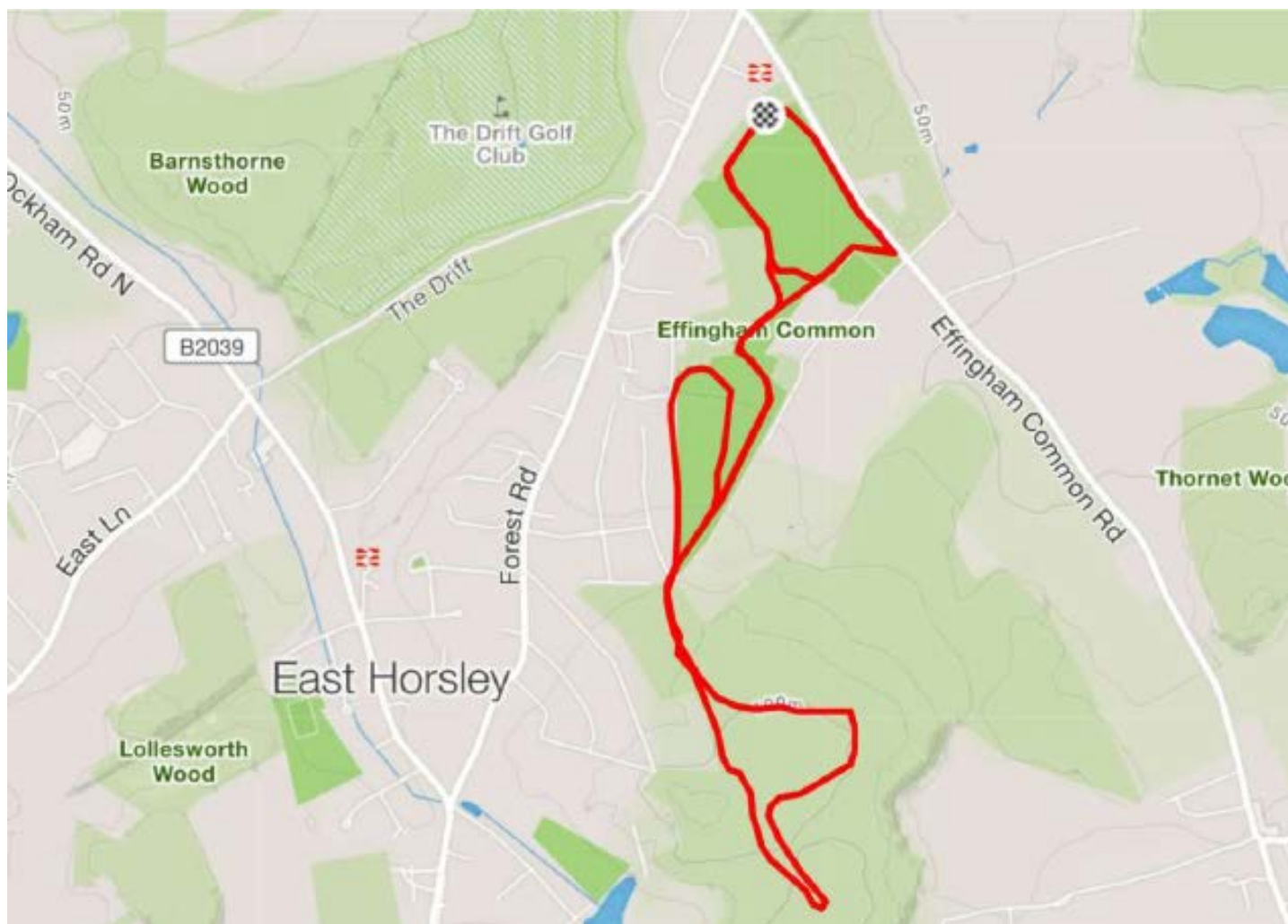
Mostly dirt track and grass and a 10 ft section of tarmac and a few wooden bridges.

Ticks are prevalent on the common from the local deer so you should check yourselves closely post race, also oak processionary moths, the caterpillars of which can cause severe allergic reactions.

It goes without saying that we face strong competition in the light of our promotion to Division 1, so we will need to field our strongest possible team. Finally any supporters who are available to marshal from 1pm (the junior races start earlier) are invited to contact me. **Mike Mann**

Anyone new to the club intending to run but has not made their intentions known should contact Ebe Prill or myself beforehand. You will retain your race numbers for all 4 matches, so please hand them back to me after the race, but if you do take them home, don't forget to bring them next time.

Any supporters prepared to marshal on the day, please contact me. Mike Mann mcmann90@yahoo.co.uk



Ken Crooke Cross Country Champs

In 2019/20 will include the following events.

- 4 Surrey League races
- Lloyd parkrun, 28 Sep.
- London Champs, Parliament Hill, 16 Nov.
- South of Thames 5 miles, Morden Park, 23 Nov.
- South of England champs, Parliament Hill, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

Surrey Masters Cross Country Champs, 19 October

Masters champs have been switched from Richmond Park to Morden Park,.

Age categories are W35, W45, M40, M50 and M60 with 3 to score for team medals. It would be good to have some complete teams.

Its 6.3km for the women and M60s and 9.3km for M40s and M50s.

Women and M60+ start at 2pm, and M40s and M50s at 2.45 Eligibility is by residence or birth. Please contact your captains if you are not sure.

Those resident in Southwark, Lambeth, Croydon and boroughs further west are eligible to run for Surrey.

To enter contact your captains by 10 October.

dulwichladiescaptain@gmail.com

mcmann90@yahoo.co.uk

South of Thames 5 miles, 23 November

Taking place at Morden Park with a 2pm start, the course is over undulating grassland but this year it is over 3 shorter laps. As with the London Champs, it is one of the Ken Crooke cross country champs races.

To enter contact your captains by 13 November

The Big Half Sun1 March 2020

The community places for our club have now been filled.

Good for Age entry is open at : <https://www.thebighalf.co.uk/events/vitality-big-half/good-age-entry/>

There might be more regular entries later on as happened last year, but no guarantee unfortunately.

BMAF Relays, Long Eaton 26 October

Entries are invited to these relays at Long Eaton.

Each stage is around 3km with teams as follows: M35 and M45 (each 5 stages), M55 (4 stages), M65 (3 stages), W35, W45, W55 and W65 (each 3 stages).

To enter we need complete teams plus reserves to cover injuries, **to enter contact your captains by 14 October.**

You may wish to contact colleagues in your respective age categories to encourage them to take part and form a complete team. Following recent changes to the club's expenses policy, we will now reimburse train fares up to a limit of £25.

London Champs 16 November

These champs take place at the iconic venue of Parliament Hill Fields, are easy to get to and we convene for drinks afterwards at a local pub, so what more can you ask for?

This is one of the Ken Crooke cross country champs.

To enter contact your captains by 30 October

Box Hill Fell Race

Saturday 18th January 2020

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

The biggest challenge is getting an entry. The entries are done online at fabian4.co.uk. They open at midnight on 1 November and are usually full by 9am the following morning! I now stay up till midnight to be sure of an entry. If you are keen to enter and would like me to text you a reminder that evening, then let me know your number. Mine is 07930 901 189.

My email is hugh@christchurchpeckham.info

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

I will be around for the next few Wednesdays if you have any questions, or feel free to contact me if you want to know any more.

Hugh Balfour



Surrey League

Is the main priority, 4 races this season, start on 12 Oct, further details posted nearer the time in Shorts or: <http://surreyleague.org>

Keep these dates free if possible. Our men were promoted to Div 1 last season and we will need to perform well again to avoid the drop. Ladies compete in Div 1.

Distance

Men's Surrey League around 8km, women's races start at 6km in autumn, up to 8km in the new year. Other races from around 8km autumn to 12km plus for men later in the season, normally not more than 8km for women.

Scoring

Surrey League, first 5 women for the club and the first 10 men qualify for the scoring team, so it is important we field as many of our strongest runners as possible. Cross country races are not elite, are suitable for runners of all abilities, and in both the men's and women's Surrey League there is now a B team competition where the second 5 or 10 runners score.

Surrey League entry

To take part please inform your captains so as many as possible entries for men & women can be made in advance. Men and women use the same numbers for the entire season, so either give them to your captains after the race, or take them home, in which

case you must bring them to the next race. 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

There are cross country race most Saturdays during the season eg: county champs (incl. Masters), London Champs, 2 Sth. of Thames races, Sth. of England and National champs, and other races for Masters. See fixture list in Shorts and on the website.

Which races to go for

Main priority is the 4 Surrey League races, and races in the Ken Crooke champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

Other races are medium priority, but you are encouraged to compete for your eligible county in the Surrey and Kent county champs and Masters champs. We would also like a good entry in the two South of Thames races and the South of England champs. Other non high priority high races eg: SEAA relays and Reigate Relays. Note that Lloyd parkrun, 28 Sep is the first race in the Ken Crooke cross country champs (see below for further details).

Entry for other races

Apart from Surrey League for nearly all other races captains have to submit entries in advance of a deadline, details of which will be put in Shorts, by email and Facebook, requesting those interested to put their names forward, so please read these carefully. It is not possible to cater

for runners who decide at the last minute that they fancy a race and substitutions are not permitted.

The club pays for entries, so do not put yourself forward on a speculative basis but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

Road or trail shoes early season, late autumn onwards spikes or fell shoes are best. Get cross country spikes, not track spikes. Screw in spikes are from 6mm to 15mm. As it gets muddier change to longer spikes, eg: Parliament Hill and Lloyd Park.

Fell shoes are studded with more grip than trail shoes and are suitable for most conditions except ice. Cross country shoes can be bought at a number of places eg: Run & Become (Victoria), Intersport (Herne Hill), Runners Need and Sweatshop or Wiggle online. Most offer a 10% discount to those with club or EA membership.

Ken Crooke championships

2019/20 will include the following:

4 Surrey League races

Lloyd parkrun, 28 Sep.

London Champs, Parliament Hill, 16 Nov.

South of Thames 5M, Morden Pk, 23 Nov.

South of England champs, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

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.

Berlin Marathon

"From Couch to Marathon"

joined the club in October 18 as I wanted to start running and didn't fancy the streets of South East London alone.

I was a little apprehensive, however everyone was very welcoming and friendly and I was able to run with the beginners most weeks. From January, I started to get inspired by the determination of those entered to run London who had never done anything like that before. I watched closely with admiration at the progress they were making week on week.

In April, sat in a hotel in Cambodia tracking friends round the London route, a fellow traveller who had run over 40 marathons turned to me and said 'Why don't you give it a go?'. With a glass of wine in hand I decided that would be a great idea... And so I trawled websites to find locations and stumbled across Berlin, a record-breaker it said, flat it said...

I had no idea what it would take to prepare for the race and read a variety of training plans which suggested you could build up from beginner to marathon runner in 20 weeks. I was sceptical to say the least however henceforth I went. The plan was really straight-forward and gradual so easy to stick to at first with only a couple of runs missed. I was able to build the training into my daily routine and run home from work. The plan suggests 4 runs per week. I used to look forward to the Sunday morning long runs until I got to week 15 at which point I was thoroughly fed up;



Saturday nights gone, evenings gone, running alone. I started to get a cold as the weather was changing and felt pretty disheartened by it all. I reached the 20 mile

point and was nervous about tapering however in the back of my mind I was saying 'stick to plan!' and so I did. It was summer throughout my training, the days had been warm and long and there had been no rain. 10 days before the event, I checked the weather forecast and it was due to be heavy RAIN. I started to panic slightly as I had never run in the rain so did a couple of short practice sessions but in the back of my mind Google weather was always wrong and it would be fine.



I flew out to Berlin on the Saturday via Schiphol and the airport I was due to land in, Tegel, was closed due to the rain so we were diverted to Schoenefeld... I have never known an airport to stop letting planes land... Once landed safely I went to pick up race pack and it all started to become real. 63,000 registered for the event and the city was full of both runners and supports. Even the hotel (Radisson Blu) had a 'runners buffet' the evening before which was packed. I finally got to sleep and it was still pouring. My starting block time was 09:50 so I got up, met some friends and started to walk towards the Siegessaule (Victory Column?) in the sun.

120 nationalities were signed up to run and boy was there a buzz. The atmosphere at the start was incredible (although for those who do run, don't stop at the first set of Portaloos) and the route is Amazing! It's in the shape of a heart and the first half runs through former Eastern Germany with all its concrete and graffiti. The 2nd half runs through the former Western Germany with its wide tree-lined avenues and huge houses. Plenty of sights to keep



you interested. From km 19 it started to pour and continued to do so for 2 hours but it didn't matter – the atmosphere was electric. I'd never run so far before, however I didn't really notice that and didn't consider stopping once. My hips and legs were a bit tight for the last 10k, other than that, I loved every minute of it. It was such a feeling of satisfaction - running through the Brandenburger Tor was incredible (however if you ever decide to do Berlin, it's not quite the end!) The race is one of the majors (Abbott World Marathon Majors) so there were lots from Chicago, NY and Boston. Got chatting to people from all over the world throughout the day and evening. Everyone was buzzing with their medals and ponchos and people were super friendly.

So, for those club members who are new and less experienced and are considering running a marathon... the plan works!



Completed the 42km without injury in 04:30:39. I'm never going to be the quickest however I enjoyed it so much I have signed up for Stockholm at the end of May. If you ever get the opportunity, I would definitely recommend running Berlin [#BerlinLegend](#)
Jenny Shutt 4h 39m

Druridge Bay parkrun

There seems to be an unwritten rule that every milestone parkrun – whether an ‘official’ one or not – needs to be done at your home venue. Well, the way it panned out for my 350th it wasn’t quite like that but it was at least back in my home county of Northumberland.

Some would say that Druridge Bay figures amongst the very best along the Northumberland coast. However it isn’t

quite so high profile in the guide books probably because it wasn’t far sighted enough in the Middle Ages to get its own castle. Instead it ended up in 1974 with the large aluminium smelting plant of Lynemouth at its southern end although this was mothballed in 2012 due to carbon emissions regulations. Looking north though it remains a magnificent sweep of sandy beach accessing an, ahem, rather cold sea and is now, together with the immediate hinterland, protected as a country park.

The parkrun takes in two laps of a path around a lake within the country park that

lies just next to the beach. It sounded flat but wasn’t entirely as indicated perhaps by local lass Laura Weightman being the female record holder but in a rather modest 17.15. You never know, she might get the hang of this 5km running lark some day

I hobbled around rather, protecting a sore achilles from last week’s parkrun that I really didn’t want to aggravate ahead of a serious week of walking up here. As usual, though, the real star was Clare posting another fastest parkrun since her operation that should have seen her credited with sub 28

Hafan Pwllheli parkrun

Chris Vernon writes: It was a misty morning with rain in the air when we arrived at a builders merchant on an industrial estate on the outskirts of Pwllheli in North Wales, obviously a generic postcode. Not a good start for my 78th venue but eventually we found the team and a small gathering of

runners. This is an out and back course along the beach, tricky in places, with soft sand and shale, which we both found challenging but on my watch measured only 2.89miles! The tiny field of 25 sped off into the distance and we were joined for part of the way by a horse thundering alongside, just like the Lloyds Bank advert. By the time the tailwalker and I finished everyone but the Run Director and a couple of others, had gone, which is probably why Sue and I were credited with incorrect times, some

14 minutes quicker than on my watch. Whether this gets corrected by the time you read this, who knows, as the original result took over 12 hours to arrive.

Whilst we retired to the community centre for an excellent cup of coffee. one of the participants stripped off and went for a swim, which she reported was pleasantly warm, rather her than me.

An altogether unique parkrun, whether I will ever get another top 25 placing is doubtful but you have to be in it to win it.

Bradenham Bolt 10K Trail Run

6th October 2019

This is the second year I’ve done this race and Belinda’s third. Other than the course being on beautiful National Trust property in the Chilterns the attraction is that this is part canicross with the effect that Milo can run. After a night of heavy rain there was some doubt as to whether setting off to the countryside, no matter how attractive, was a great idea. However despite the forecast the day looked promising so we headed west.

The entire route is on trails to which the organisers add some logs, tyres and hay bales to add to the fun. It is also mainly steep up or steep down so good training for Beachy Head in three weeks time. Belinda set off on a mission of first canine whereas I settled into a not too punishing regime of just trying to stay on my feet in the slippy conditions.

Never going to a great performance time wise Belinda took 2nd Female and with Milo second canicross so took home a prize, I was just happy to get round. Morning was made perfect by big pub lunch with friends whilst looking out at the countryside

23 Belinda Cottrill 49:18 (2nd Female/ 2nd Canicross)
88 Bob Bell 59:41
186 Ran

BMW Berlin Marathon

29th September 2019

The big race day was here – we had reached the end of the road to Berlin. And what a race it proved to be on many counts! Barrie got a place through a running tour company whom we have travelled with before ‘Running Crazy’. They claim ‘Run away with us’ and so we did when they came up with the place for Barrie!

We had planned to arrive on the Friday afternoon to make sure Barrie had time to pick up his number and relax before the big day. That was the plan

until BA decided to go on strike so we shifted our flights to the day before (only for the strike to be cancelled!). In the event this proved fortuitous as the marathon exhibition was vast and we had time for a more leisurely stroll around it. It seemed the thing to do to stop for a glass of Erdinger beer so we joined in the crowds around the beer stand although it was the non-alcoholic variety of course.

On the Saturday they held a 6k breakfast run which started at the stunning Charlottenburg Palace and ended in the impressive Olympic Stadium. The atmosphere at the breakfast run was fun-filled with many runners turning up in their national costume or fancy

dress. Best and most topical of all was a couple of Germans who dressed up as Thomas Cook crew. The lady even ran along with a drinks tray for the authentic air stewardess look!

The brief for the run was a steady jog which we duly stuck to and paused for photos en route with a group of Kenyan runners – probably about the only chance you’d have of catching them! The real highlight was the Olympic stadium and we lingered until it was virtually empty to do a few strides down the haloed bright blue track. True to its billing the race served breakfast at the stadium accompanied with loud dance music to add to the great atmosphere. The

afternoon called for a leisurely activity so we took a boat trip down the River Spree before joining the running tour group for an excellent pasta meal.

Tradition has it on race day with Running Crazy that all runners congregate in the reception for a group photo and this year it even included a photo call for supporters. Runners were then escorted to the start by one of the group leaders. Our hotel was excellently placed only ten minutes from the start area so Barrie had an easy stroll over at 9.15a.m. in time for his 10.10a.m. start. Barrie’s plan was to stick with the five hour pacer after coming down with a throat infection in the week that had just about cleared for race day. He wanted

to be faster than New York and coach Lindsey had given him strict instructions not to go over five hours and indulge in this high-fiving malarkey on the course!

Conditions were dry at the beginning and looked benign if you had watched the elite race on TV. That was the case for the later starts for the first few kilometres but as with any marathon you never know how the marathon journey is going to end. The weather started to worsen until it was absolutely bucketing it down by about 20km. The roads were like rivers it was so torrential and the runners were soaked. It continued like that for most of the race with only brief respites.

They say third time lucky and after two marathons where the pacers had dropped out Barrie struck gold with two excellent pacers. There was also a second five hour pacing group slightly further back which included Matt in the pacing team, formerly of Dulwich Runners, who often paces for the London marathon too. Barrie dropped back to have a chat with him for

some of the race – it was nice to see a friendly face in such the atrocious weather.

The course was largely flat and the race well organised with typical German precision. The water stations had not only water, but sports drink, fruit and hot tea. That said Barrie did take a hot tea by mistake at one point although it could have been a bonus in the dire weather. There was very little congestion on the whole of the course and Barrie found there was plenty



of room to run. Despite the weather spectators braved the conditions ringing cow bells in support. Barrie saw some of the same banners he had seen in New York. There must be a website to inspire supporters'

banners although this year 'Farewell Britain from the EU' put in an appearance.

The course came past the bottom of the road by the hotel at 6km so it was easy for me to catch my first glimpse of Barrie and the pattern continued. He was pretty easy to spot with the pacers so I managed to see him a total of five times. He looked strong throughout and after the 40km mark pushed on ahead of the pacers as he felt he had plenty left. Ever the gentleman he waited til the pacers had finished to thank them and also have a chat with Matt.

We had planned to meet back at the hotel and it was a very bedraggled figure in the marathon poncho that limped slowly into the foyer. He must have looked so bad that one person had in fact stopped his car and offered Barrie a lift to anywhere he wanted! Fortunately he wasn't too far from the hotel so he turned down the kind offer.

We celebrated Barrie's run at the official after race party where there were plenty of medals being worn and lively

dancing among runners despite the 42km behind them. They presented all of the winners too on stage as well as some runners who had completed the big six majors, with Berlin being one of them. It was a shame the world record hadn't been broken – but maybe Bekele had lost time looking at his watch!



We visited many of Berlin's sights in our remaining days in the city. One highlight was a meal in Berlin's TV Tower. It was like stepping back into the 60s with their revolving restaurant like the BT Tower. Berlin marathon – job done – and Barrie's 10th marathon overall.

Barrie John Nicholls 4:55: 45 (HM Splits 2:27:27/2:28:19)

Kingston Half

Sunday morning was raining, really heavily, as Peter (Dulwich Runner in training) and I drove west toward Kingston.

We were both nervous – I was nervous that I might finish one second slower than Gandalf's 2019 best and Peter was nervous about not breaking his PB, which was probably set in the second half of some silly Ironman marathon or something equally ridiculous – and the rain wasn't helping. Fortunately by the time we reached lovely Kingston the rain had gone away and conditions looked pretty good.

The race started fast, natch, but soon enough I found myself in a good rhythm and at the front of a small group of 4, politely breaking the wind for all. A lead group of three went out at "Ed pace" so it looked like we were racing for minor places. As we ran out it was evident that we were running into a stiff breeze so I tried to relax into it and have faith that it'll

help on the way back... Right? Another fact revealed itself at this time, I was in a race (again) with a public schoolboy many years my junior. As Paul likes to remind me, I have had a number of tussles with the Hugos of Fulham and Clapham and generally I come out second best – no Hugo today but an Eliot instead. Eliot was getting a lot of support on the course: "looking great, Eliot", "looking smooth, Eliot", Eliot! You've got him" – none of these comments were surprising given that muggins here was sheltering Eliot for the first 15km of the race.

As we crossed a bridge and headed back for home two things happened – Eliot made a move (was just us two at this point) and a meteorological phenomenon well known to runners occurred. The wind switched almost immediately and I was (at least as far as I could tell) running into the wind despite going the exact opposite direction. I managed to cover Eliot's move for about 3km but with 5km to go he started to slowly move away. Those last 5km were pretty

brutal but I managed to prevent too much of a gap growing and even started to close it a bit (maybe) and was delighted to finish in 1:12:53, a 59 second PB and, sigh, 1 second slower than Gandalf's effort in Paddock Wood earlier this year. Eliot finished 4 seconds ahead of me and at the finish he was a lovely and very frank young man. "I thought, why bother running in front of you when I could just run behind you," at which point he, his parents and I all started laughing at... Well... Laughing at me I suppose...

Peter, a little further back, was having his own personal battle – the more familiar rivalry of Dulwich vs. Kent. After a bit of Power of Ten stalking last week (he's pretty into it) Peter had earmarked a Kent runner to follow, and follow he did. Using Eliot-esque tactics, Peter sat on his shoulder for the first 10km before making his move. At some point the Kent runner was so sick of the "go on, Dulwich!" shouts that he asked Peter why no one was cheering for Kent (silly question). Peter told him that everyone loves an underdog before upping

the pace, throwing down the gauntlet and leaving him in the dust. But it wasn't all witty retorts and power moves for Peter – in the last 200m of the race, the finish line right there, the lead woman crept onto his shoulder. Being the battler he is, he started a frantic sprint, which saw a huge increase in the speed of his arm swing but had literally no effect on leg speed and she waltzed by.

Clearly someone hasn't raced enough final reps at Palace in the cold, dark winter... To his credit, Peter came away with a big PB and a very good marker ahead of Valencia marathon. Kingston half is a great event, well organised with awesome marshalling. The course is flat but with quite a few tight corners and, when wet, a few slippery areas. One we would happily do again and would recommend for anyone searching for a PB.

5. Shane O'Neill – 1:12:53 (SVA* Time 1:12:51)
15. Peter Jenkins – 1:17:09 (SVA Time 1:17:07)
1486 Ran
*SVA = Soar Vest Adjusted

Congratulations to Andy Bond, Clare Elms and Ros Tabor who all gained selection for England in the Masters International at Southport next month..

Both Ros and Clare's appearances in this event are now in double numbers but for Andy it was his first time.

Inter Area Cross Country match Bury St Edmunds

September 28

This race was designated an England trial and the performances of the three Dulwich Runners aided their selection.

Running within herself Clare won her age group by two minutes and was second woman to a W40 while Andy and Ros were third. Andy had a very good run but Ros's performances was disappointing as she finished quite a way down on fellow Euro Masters champions Angela Copson and Penny Forse. In the age-grading, Clare finished second woman with 89.3% while Ros was 14th woman with 80.1% while Andy was 13th man in 80.7%.

Steve Smythe

5.7km Women's race
2 Clare Elms 22:33 (1 W55)
23 Ros Tabor 30:33 (3 W70)
8km Men's race
7 Andy Bond 28:43 (3 W45)



October 5

Beckenham Place

235 Ran

Pos	Gen		
125	31	Claire Steward	26:46

Bethlem Royal Hospital

102 Ran

Pos	Gen		
5	5	Tom Wilson	20:15
49	12	Joanne Shelton Pereda	26:52

Bexley

431 Ran

Pos	Gen		
16	15	Michael Fullilove	20:58

Brockwell , Herne Hill

358 Ran

Pos	Gen		
28	27	Jonny Hough	20:03
30	29	Mark Foster	20:18
55	6	Anna Thomas	21:10
58	7	Katie Styles	21:20
85	14	Ola Balme	22:19
102	84	Graham Laylee	22:58
103	19	Lucy Pickering	23:01
118	24	Lucy Clapp	23:27
135	28	Catherine Buglass	24:11
222	63	Sharon Erdman	27:18
241	169	Desmond Edwards	28:02

Bromley

647 Ran

Pos	Gen		
232	191	Colin Frith	25:10

Burgess

501 Ran

Pos	Gen		
22	21	Will Lawn	18:50
56	50	Hugh Balfour	20:33
166	139	Joseph Brady	23:34
258	195	Andy Murray	26:22
259	64	Ros Tabor	26:22

Cannon Hill , Birmingham

770 Ran

Pos	Gen		
183	16	Susan Cooper	23:47

Clare Castle

128 Ran

Pos	Gen		
51	12	Natasha Chivers	28:28

Crane Park

179 Ran

Pos	Gen		
1	1	Thomas South	17:04

Crystal Palace

370 Ran

Pos	Gen		
11	11	Tom Shakhli	19:39
28	2	Yvette Dore	20:33
46	6	Belinda Cottrill	21:23
70	8	Helen Lister	22:31
97	79	Bob Bell	23:33
107	21	Emma Kelly	23:55
236	74	Jenny Bomers	28:13

Druridge Bay

150 Ran

Pos	Gen		
56	46	Michael Dodds	26:38
71	18	Clare Wyngard	28:06

Dulwich

449 Ran

Pos	Gen		
8	8	Edward Chuck	17:27
32	30	Alex Loftus	19:06
33	31	Edward Simmons	19:11
36	33	Gower Tan	19:17
50	47	Edward Harper	19:51
63	58	Ebe Prill	20:40
64	6	Michelle Lennon	20:47
160	22	Teresa Northey	24:01
163	140	Camilo Martin Vargas	24:06
194	36	Sara Roloff	25:30
196	159	Joe Wood	25:31
213	41	Colleen Williams	26:15

Fulham Palace

479 Ran

Pos	Gen		
234	177	Barrie John Nicholls	26:45

Hafan Pwllheli

25 Ran

Pos	Gen		
24	8	Susan Vernon	42:43
25	17	Chris Vernon	42:43

Highbury Fields

365 Ran

Pos	Gen		
10	10	Paul Collyer	18:59

Hilly Fields

334 Ran

Pos	Gen		
9	9	Ian Lilley	19:21
20	20	Justin Siderfin	20:30
23	1	Kim Hainsworth	20:46

Horsham

464 Ran

Pos	Gen		
72	67	Gary Budinger	23:46

Old Deer Park

145 Ran

Pos	Gen		
3	3	Joe Twomey	18:59
61	16	Lindsey Annable	25:54

Peckham Rye

274 Ran

Pos	Gen		
1	1	Andy Bond	16:29
15	15	Alex Bazin	20:11
21	21	Cameron Lund	20:49
71	65	Gideon Franklin	23:05
97	84	Kieran New	24:32
154	36	Lauren Gill	26:52
221	76	Caroline Maynes	31:56

Riddlesdown

174 Ran

Pos	Gen		
10	2	Ange Norris	21:23

South Norwood

155 Ran

Pos	Gen		
83	16	Hannah Harvest	28:42
93	75	Peter Jackson	29:22

Sunny Hill

67 Ran

Pos	Gen		
9	8	Des Crinion	21:44

Tooting Common

677 Ran

Pos	Gen		
229	188	Ian Sesnan	24:59

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

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



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



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



The Beast from the East !

It's on the way!.. be prepared...
get yourself a bobble hat £15

ros.tabor49@gmail.com

! Available now !
Women's "Racer Back"
vests - £25



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

SOCIAL SPOT

P
O
T

Upcoming events.

Watch this space !.....

Algarve Running Challenge

6-10 November

This annual series of races takes place at Monte Gordo in Portugal close to the Spanish border over the period 6-10 November. There are 4 races including a 5km cross country, a track mile, 3km beach race and 10km trail race. In addition to the running events there is plenty of time and opportunities for sightseeing, cycling and swimming in this attractive part of the Algarve. We stay at a 4 star hotel on the beach where half board is available. For further details have a chat to Ros, Andy, Steve Smythe or myself.

Mike Mann



Cox's Walk Oak Trees

We often run through Sydenham woods. There are plans to cut down two 200 year old oak trees in Cox's walk. If you would like to find out more, and sign a petition to try and prevent the felling, click on the link below. - Ros

<https://you.38degrees.org.uk/petitions/save-the-cox-s-walk-footbridge-oak-trees>.

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

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)

Dulwich Runners are on Instagram....So if you would like to photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, or Jonathan Whittaker who will take care of it! If people mention [@dulwichrunners](https://www.instagram.com/dulwichrunners) on their posts then we can easily repost pictures on the main Dulwich Runners account of



Instagram

key achievements that you want to share, or cover club races that neither Jonathan or Yvette are at.

CONNECTING SCIENCE AND PERFORMANCE: FUELLING FOR ATHLETES

KING'S
College
LONDON

An evening of lectures and Q&A session addressing the importance of nutrition within sport, followed by a reception.

Guest speakers:

Dr Oliver Witard

Senior Lecturer Exercise Metabolism & Nutrition
King's College London

Dr Jessica Piasecki

International Athlete and Lecturer in
Exercise Physiology
Nottingham Trent University

Register now:

<https://fuellingforathletes.eventbrite.co.uk>

17:30-20:30, November 13, 2019

Lecture Theatre 2, New Hunt's House, Guy's Campus
King's College London SE11UL



HERNE HILL HARRIERS

Dulwich Runners Winter Map 4

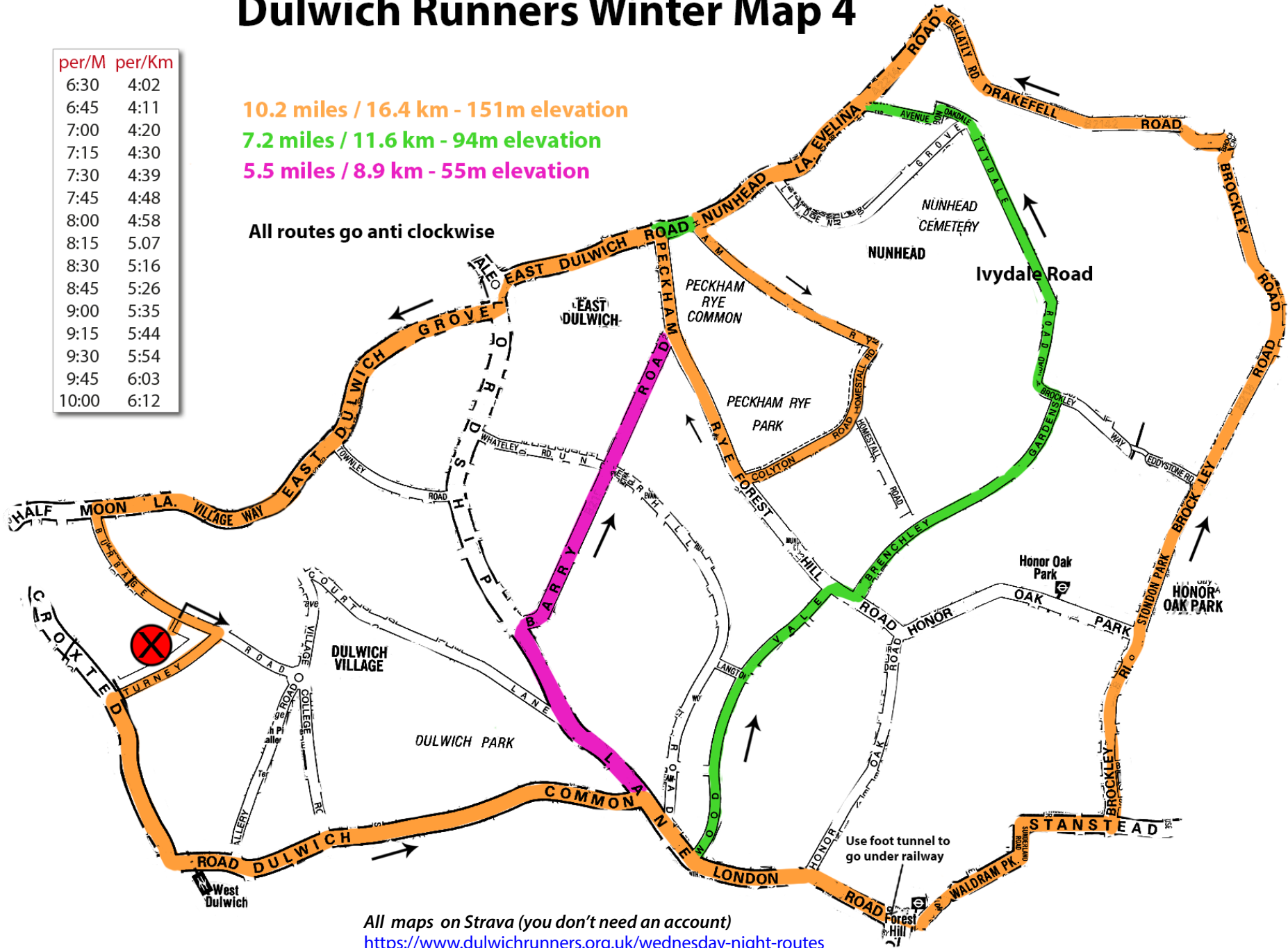
per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

10.2 miles / 16.4 km - 151m elevation

7.2 miles / 11.6 km - 94m elevation

5.5 miles / 8.9 km - 55m elevation

All routes go anti clockwise



All maps on Strava (you don't need an account)
<https://www.dulwichrunners.org.uk/wednesday-night-routes>