



SHORTS

Dulwich Runners AC

Weekly Newsletter

September 25th 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 25	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 1	Crystal Palace Track - starts @ 7.10 with warm up taken by Elkie Mace, 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 return to Crystal Palace on Tuesday 1st October.

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

No trackside payment, either pay

By cash at reception 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.

YOU MAY BE ASKED TO SHOW YOUR CLUB MEMBERSHIP details or EA card to show that you are a member

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.

If you have lost your Dulwich Runners Membership details, contact Barry who will email you a replacement.

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
- 3 Upcoming races etc
- 4 Cross country information
- 5 Race reports, results - SEAA relays etc
- 8 parkrun times
- 9 Club kit, Social events etc
- 11 Wednesday route map

And much more !

[Like us on Facebook @dulwichrunners](#)

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

A brief look ahead

- | | |
|--------|---|
| Sep 28 | England Masters Xc challenge - Bury St. Edmunds |
| Sep 28 | Lloyd parkrun (cross country champs race) |

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 **Yvette Dore, Andy Murray and Barry Graham** 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

Sharon Erdman

25/9

Jonny Hough

2/10

Emma Ibell

9/10

Paul Keating

16/10

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)

<https://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
Sep	28 England Masters Inter-Area Xc Challenge	Bury St Edmunds
	28 Lloyd parkrun (cross country champs race)	Lloyd Park
Oct	6 National 6/4 stage road relays	Sutton Park
	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	t.b.c
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

If you require information about any races in Shorts, how to enter etc then contact your respective captains:
 Men road: ebepri11@yahoo.co.uk - Men Xc: mcmann90@yahoo.co.uk - Ladies: dulwichladiescaptain@gmail.com

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, 25 Jan.

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

Men's Surrey League 12 October start 3pm

Our first match of the season will be held at the brand new venue of Effingham Common, near Guildford KT24 5HX. Effingham Junction train station is 2 minute walk from the start and there are plenty of paid parking spaces nearby. The course takes in Effingham Common and Great Ridings Woods. Mostly dirt track and grass and a 10 ft section of tarmac and a few wooden bridges. Up to now the course has been dry and suitable for trainers or trail shoes but this may well have changed by the time of the race with the arrival of wetter weather, so be prepared.

We are advised that ticks are prevalent on the common from the local deer population so you should check yourselves closely post race. Also oak processionary moths have affected the local oak trees this summer. The caterpillars 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**

SEAA Cross Country Relays 19 October

Entries are invited, primarily from seniors, for these relays taking place at Wormwood Scrubs on 19 October.

Men's event is 4x5km and women's 3x3km.

If you are interested It would help the captains if you can get together and **propose complete teams by 2 October** as the closing date is early.

dulwichladiescaptain@gmail.com
mcmann90@yahoo.co.uk

The Big Half Sunday 1 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.

Lloyd Parkrun, 28 September

This is the first event of this season's cross country champs. It is an off-road course and will provide useful early season preparation. It is highly unlikely to be the usual mid-winter mudbath at this time of year, and the course does not extend into the normal swampy areas, but be prepared and consider taking trail shoes if the current wet weather continues.

It will be a 2 way mob match with Croydon Harriers .

Mob match rules, are based on positions, as with other cross country matches, but are also inclusive, making it an advantage to field the maximum number of runners regardless of ability, with 2 runners taken off the team with the smaller numbers. So for example if we field 25 runners and our opponents 23, 21 runners from each side will count. All you need to do is turn up on the day and bring your barcode. Men and women are welcome. For those interested in preparing for the cross country season, the Croydon Switchback 5 takes place at Lloyd Park, but also taking in Addington Hills the next morning 29 September, starting at 10.30.

Surrey Masters Cross Country Champs, 19 October

Masters champs have been switched from their usual venue of 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. 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 be entered contact your captains by 10 October.

dulwichladiescaptain@gmail.com

mcmann90@yahoo.co.uk

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





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 8k 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.

South of England Road Relays Crystal Palace

Sun 22nd September

Men 5.6k (3.48 miles), women
4.6k (2.86 miles)

With the classic course at Aldershot continuing to drift further into history the SEAA in their wisdom (!) used Crystal Palace for the third year on what turned out to be a very wet and stormy day, with the women perhaps getting the worst of it. It's a good tough 2-lap course although the extra 500m loop on each lap for the men (down to, then round, then up from a car park) again seemed completely unnecessary when ample, simpler alternatives to extend the course abound.

The published distances were again hilariously long, even more so this year as the runners re-entered the track earlier to finish, reducing last year's distance by 200m. I've got highly inflated age-grade scores of 90%+ on PowerOf10 from this event for the last two years; if they stick to the 'official' 6.1k for this year I'll be breaking records... Dulwich had teams in seven age groups this year; last year we came away with no bling to show for our efforts but that was rectified this year by a couple of teams with quite a few impressive individual runs involved.

M60 4x 5.6k (3.48 miles)

The M60 team were up to third by the time Steve W handed over to Hugh's last leg but eventually lost out for bronze by only 12 seconds despite Hugh's top effort for 7th fastest leg of the day. Neville's solid start and Coach Steve defying recent form/injury/whatever by running at all (and still managing to go much better than last year) had set us up for an unlikely equalling of our 3rd from two years ago but it was not to be. Coach Steve will now be ruing yet another 4th in his record of racking up the most cruel finishing position in various championships since turning M60.

4th Dulwich Runners M60 1:39:22

Neville Webb 25:21
Steve Smythe 24:58

Steve Williams 25:22
Hugh Balfour 23:39

Previous M60 record

2018 (Crystal Palace, hilly 5.8k): 4th
1:42:04 (Brown 24:11, Bell 26:02, Balfour 24:25, Smythe 27:24)
2017 (Crystal Palace, hilly 5.05k): 3rd
1:26:00 (Brown 20:50, Williams 21:03, Laylee 22:17, Mann 21:50)

M50 4x 5.6k (3.48 miles)

M50 silvers won in 2012 and 2016 are just memories now and we're doing well against the quality opposition to get in the top 10. I ran the first leg as last year and again came in 3rd (just) and 10th fastest of the day after a sprint out with a Brighton runner (the eventual winners). Mike put in his usual sterling effort but had to watch runners pass and handed over in 12th, as Paul's solid debut here for us and Charlie's shock-to-the-system let's-get-training-again run each gained a place for our eventual 10th.

Once again we fielded a B team with solid runs from Ebe and Gideon, plus great efforts from Andrea and Mark, perhaps better than expected with either worthy of an 'A' team place. Mike and Gary even got in on the act, making up half a 'C' team; I definitely saw Gary sprinting hard at the finish to hold off the man behind...

10th Dulwich Runners M50 'A' 1:27:01

Tony Tuohy 20:00
Mike Fullilove 23:30
Paul Collyer 21:45
Charlie Lound 21:45

20th Dulwich Runners M50 'B' 1:36:48

Andrea Ceccolini 22:29
Ebe Prill 24:14
Gideon Franklin 26:58
Mark Foster 23:06

Incomplete Dulwich Runners M50 'C'

Mike Mann 26:18
Gary Budinger 27:24

Previous M50 overall record

2018 (Crystal Palace, hilly 5.8k): 9th
Dulwich A 1:30:18 (Tuohy 20:56, Lound 21:43, Prill 23:43, Foster 23:55). 20th
Dulwich B 1:47:20 (Bailey-Wood 23:27, Murray 27:31, Budinger 27:43, Mann 28:28)
2017 (Crystal Palace, hilly 5.05k): 7th

Dulwich A 1:16:08 (Tuohy 17:44, Lound 18:41, Sullivan 18:15, Smythe 20:28). 14th
Dulwich B 1:26:16 (Bailey-Wood 20:38, Budinger 23:37, Loizou 21:14, Hussey 20:47)

2016 (Bedford, flat 3.61 miles): 2nd
1:30:40 (Smythe 23:00, Tuohy 20:40, Lee 21:14, Laylee 25:46)
(Aldershot, hilly 3.8 miles):
2015: 7th 1:32:15 (Prill 22:48, Tuohy 21:23, Smythe 25:10, Beaver 22:54)
2014: 6th 1:30:17 (Smythe 24:13, Tuohy 21:08, Beaver 22:11, Prill 22:45)
2013: 5th Dulwich A 1:28:22 (Prill 22:41, Beaver 21:27, Loizou 23:15, Tuohy 20:59).
10th Dulwich B 1:35:45 (Greer 23:19, Smythe 24:30, Sullivan 24:10, Webb 23:46)
2012: 2nd 1:29:50 (Tuohy 20:58, Greer 22:51, Brown 23:01, Bailey-Wood 23:00): B
15th 1:39:53 (Smythe 24:02, Webb 24:47, Murray 25:52, Mann 25:12)
2011: 13th 1:37:37 (Williams 22:54, Smythe 23:17, Oclereigh 26:20, Mann 25:06)
2010: 6th 1:31:36 (Smythe 22:04, Loizou 22:00, Mann 23:20, Murray 24:12)
2009: 5th 1:30:19 (Smythe 22:16, Brown 22:11, Williams, 22:41, Mann 23:11)
2008: 5th 1:30:35 (Smythe 21:36, Brown 22:41, Williams, 22:19, Murray 23:59)

M40 4x 5.6k (3.48 miles)

Our M40s hit a high point two years ago with 5th place but blew that out of the water this time with four superb runs only beaten by Kent AC. Buzz backed up his recent 5000m M40 club record by handing over in the lead; Dan only lost one place with a huge improvement on last year while Tom's even bigger improvement showed his holiday did no harm at all as he appears to be getting better and better.

Andy's quality leg to finish all but matched Buzz and secured the silver medals for one of the best Dulwich men's performances at these relays with all four runs equating to low to high 16s for 5k, quality running on such a tough course.

2nd Dulwich Runners M40 1:14:32 Silver medals

Buzz Shephard 18:16
Daniel Mann 18:55
Tom South 18:59
Andy Bond 18:20

Previous M40 overall record

2018 (Crystal Palace, hilly 5.8k): 10th Dulwich Runners M40 1:25:24 (Daniel Mann 20:15, Tom South 20:37, Ian Lilley 21:01, Rob Cope 23:29)
2017 (Crystal Palace, hilly 5.05k): 5th 1:09:07 (Bond 16:44, Davies 16:46, Shephard 17:30, South 18:07) (Aldershot, hilly 3.8 miles):
2015: 8th 85:52 (Davies 21:23, Lilley 21:48, Collier 21:26, Lound 21:15)
2014: 15th 90:33 (Lound 21:43, Davies 22:27, Lilley 22:08, Hodge 24:15)
2011: 11th 90:24 (Lound 21:41, Hussey 22:30, Tuohy 20:53, Hodge 25:20)
2010: 14th 89:55: (Tuohy 21:20, Lound 21:34, Butler 24:25, Hussey 22:36)
2009: 15th 89:12: (Lound 21:25, Tuohy 21:13, Bailey-Wood 22:27, Murray 24:07)
2007: 11th 86:58: (Smythe 21:47, Agyei 20:19, Loizou 22:15, Williams 22:37)
2006: 10th 86:20: (Agyei 20:04, Loizou 21:17, Bailey-Wood 23:36, Brown 21:23, B: Mann 22:42, Ocleirigh 23:56, Brady 24:05)

Senior men 6x 5.6k (3.48 miles)

Emulating three years ago by qualifying for the National Relays was always a big ask and was ultimately beyond us but 38th club in this quality of opposition sits well in our history. This year we fielded a team of bona fide seniors (no poached veterans!) and were set up by top man Ed Chuck running a blinder at 15:42 pace for 5k (plus the extra 600m), really motoring on a course with two 500m hills to climb. Even that was only good enough to bring us in at 29th, but losing only nine places from there was a solid performance. Jack was another hugely improved on last year and he was closely matched by Shane. Alastair showed he's getting fitter all the time, Ian's excellent debut here for us was much faster than his recent 5k at Hyde Park and Tim's solid closer held our position at 38th.

38th Dulwich Runners SM 1:52:43

Ed Chuck	17:36
Jack Ramm	18:36
Shane O'Neill	18:44
Alastair Locke	19:13
Ian Fenn	19:55
Tim Bowen	18:38

Previous senior overall record

2018 (Crystal Palace, hilly 5.8k): Dulwich Runners SM 'A' 1:36:08 (last leg not inc.) Tim Bowen 18:33, Lewis Laylee 18:51, Ed Chuck 18:40, Andy Bond 19:11, Jack Ramm 20:52, Wayne Lashley 22:18
2017 (Crystal Palace, hilly 5.05k): 76th

1:53:28 (Mann 17:00, O'Neill 16:33, Whittaker 17:59, Cotter 19:23, Prill 20:15, Brady 22:19)
2016 (Bedford, flat 3.61 miles): 31st 2:00:27 (L Laylee 19:42, Bowen 19:04, Locke 20:21, Devine 20:46, Davies 20:32, Lashley 20:02) (Aldershot, hilly 3.8 miles):
2015: 53rd 2:12:04 (Lashley 20:58, Bowen 20:45, Lacey, 21:35, Rook, 22:51, Burrows 23:18, Hollands 22:37)
2014: 72nd 2:22:28 (Devine 21:23, Locke 21:24, Harrison 21:46, Godber 25:38, De Belder 25:26, Smyth 26:51)
2012: 46th 2:08:53 (Shephard 21:26, Hill 21:30, Locke 22:24, Fairhall 20:13, Lound 21:51, Lashley 21:29)
2009: 61st 2:09:45 (Buzz 20:17, Tom M 21:23, Tony 22:13, Jose 23:47, Rob W 20:57, Ian F 21:08)

W50 4x 4.6k (2.86 miles)

The Dulwich W40s have always been our reliable attempt at bling, with multiple medal-winning exploits, but the introduction of a W50 category for the first time meant an obvious chance for hopefully predictable gold medals. And so it proved; Clare's opening leg at sub-18 pace for 5k actually came in 11th in the senior opening leg and was only beaten by one W40 all day. With a near two and a half minute lead already it set up the rest of the team for an easy win, but none of them were hanging about and Ange, Michelle and Lucy ran some of the best W50 runs anyway; well deserved gold medals.

1st Dulwich Runners W50 1:14:58 Gold medals

Clare Elms	16:34
Ange Norris	19:07
Michelle Lennon	19:32
Lucy Pickering	19:44

Past W40 record

2018 (Crystal Palace, hilly 4.8k): 6th Dulwich Runners W40 'A' 1:19:20 (Clare Elms 17:48, Andrea Pickup 19:44, Emma Ibell 20:31, Ola Balme 21:16). 10th Dulwich Runners W40 'B' 1:25:37 (Lucy Pickering 20:29, Lucy Clapp 21:40, Yvette Dore 21:11, Ros Tabor 22:15)
2017 (Crystal Palace, hilly 3.75k): 4th Dulwich A 59:48 (Gelder 14:51, Pickup 14:45, Norris 14:31, Lennon 15:40). 10th Dulwich B 1:04:26 (Ibell 15:33, Pickering 15:53, Clapp 16:10, Shelton-Pereda 16:50)
2016 Bedford, flat 2.85 miles: 5th 1:16:32 (Elms 16:45, Norris 18:38, Clapp 21:10, Pickering 19:59) Aldershot:
(2015: 2nd 59:03: EG 14:28, AP 14:56, CE 14:30, NR 15:09)
(2014: 4th 61:28: NR 14:55, OB 15:26, RT

16:55, CE 14:15)
(2013: 3rd 60:20: CE 14:03, OB 15:24, NR 15:19, CO 15:34)
(2012: 2nd 59:42: CE 13:21, AP 14:58, OB 15:04, RT 16:19)
(2010: 2nd 59:44: CE 13:14, AP 14:52, RT 16:35, OB 15:03)
(2009: 3rd 61:07: CE 13:22, OB 15:15, AN 16:18, RT 16:12)
(2007: no tm: CE 13:24)

Senior women 4x 4.6k (2.86 miles)

It was good last year to see our senior ladies team beating our vets as in recent years our fastest women have tended to be 40-plus, and this year a very good senior team repeated that result. Kim has been gradually improving all year and her opener was much faster than last year. Alice's run was startling - just 15 seconds behind Kim and on pace for a 20:17 5k, faster than her PB, amazing on such a tough course. Roz has been improving again too and wasn't far short of her best 5k equivalents, while Elkie was fastest of the team although probably well short of her best time due to badly slipping footwear in the wet conditions.

25th Dulwich Runners SW 1:13:01

Kim Hainsworth	18:25
Alice Williams	18:40
Roz Johnson	18:09
Elkie Mace	17:46

Past SW record

2018 (Crystal Palace, hilly 4.8k): 27th Dulwich Runners SW 1:19:11 (Roz Johnson 18:37, Kim Hainsworth 20:15, Chloe Green 19:34, Laura Vincent 20:43)
2017 (Crystal Palace, hilly 3.75k): 44th 1:01:05 (L Elms 14:07, Balfe 15:01, Vincent 16:18, Balme 15:39)
2016 Bedford, flat 2.85 miles: 27th 1:15:27 (Hainsworth 19:05, Gelder 18:17, Lister 19:27, Pickup 19:08) Aldershot:
(2015: 37th 62:55: ME 14:34, KH 14:53, KC 17:04, SB 16:24)
(2014: 37th 62:38: ME 14:30, KC 16:09, HL 15:51, SC 16:08)
(2013: 40th 62:49: ChW 14:25, ML 17:37, KC 16:04, ME 14:43)
(2012: 23rd 59:32: ChW 13:57, KH 15:18, ME 15:26, EG 14:51)
(2010: 29th 63:09: ChW 14:21, KH 16:03, CT 16:11, SC 16:34)
(2009: 27th 62:45: CL 15:12. LT 15:14, ChW 15:41, KB 16:38)
(2007: 24th 62:37: OB 15:02, TGL 15:46, NR 15:31, KB 16:18)
(2005: 43rd 69:41: LP 15:52, KB 16:05, AO 16:34, OB 21:10 (extra loop)
(2002: 8th 57:02: RB 15:22, AF 13:15, MP 12:55, RT 15:30)

Tony Tuohy/Steve Smythe

SEAA Relays Crystal Palace Park, MV40

Tom South writes... With a strong squad of runners available for this fixture it was felt that this would be our best team for a chance of medalling for the first time in this age group at the SEAA relays.

With some unfortunate drop outs from the senior squad, it was decided to leave the M40 team intact and not drop down any of the runners into the senior team.

Talk on race day was who could be potential rivals for a podium position, with Kent AC having a particularly strong team, alongside Hercules Wimbledon and Herne Hill.

With the course being nearly the same as last year, with a minor change making it about 200 metres shorter, runners still had to negotiate a very tight slippery turn into the car park loop, but all four members of the team were up for it.

Leading off the team was Buzz, who had reorganised his work shift to have a clear afternoon to commit to the race. He continued his excellent recent form, after being injured last year, to bring Dulwich home in first place with Kent in second place, and Herne Hill and North Herts in near contention. Buzz was rewarded with the second fastest MV40 of the day.

Taking over on Second leg duties was Daniel Mann, who continued his good summer form, with Kent Ac breathing

down his neck for the first lap. Even though Daniel ran over a minute faster than last year, when he ran for the senior team, he couldn't quite hold off Kent AC, but still managed second place, while extending our lead over Herne Hill and North Herts.

I took over on third leg duties, and while I tried to hang onto a Kent AC runner, after the first half lap, I knew I had to ease back slightly otherwise I would blow up on the second lap. While watching Kent AC increase their lead, I managed to maintain our lead over Herne Hill and North Herts while knocking off over ninety seconds compared to last year.

Taking over on fourth leg was Andy Bond, tasked to bring the team home, who had recently invested in Nike Vaporflys as well. He had the tough task of trying to chase Chris Greenwood down, but ran an excellent controlled run, to bring us in second place, in the fourth fastest MV40 time of the day.

An excellent all round team performance, and I believe the first time Dulwich has medalled in the MV40 category at the SEAA relays.

1 01:13:30.650 660 Kent AC 00:18:27.25 (2) N Phillips
00:18:41.25 (1) J Beatty 00:18:18.25 (1) R Laing 00:18:03.90 (1)
C Greenwood

2 01:14:32.450 653 Dulwich Runners AC 00:18:16.85 (1) B Shephard 00:18:55.25 (2) D Mann 00:18:59.45 (2) T South
00:18:20.90 (2) A Bond

3 01:16:24.200 658 Herne Hill Harriers 'A' 00:18:47.65 (3) R Paranandi 00:19:29.65 (4) R Peacock 00:19:28.65 (4) J Kettle
00:18:38.25 (3) B Paviour

Richmond Half Marathon

5th September 2019

The road to Berlin continues with just time for a cheeky half before the big day.

I entered this for free courtesy of my age category win at Dorney Lake. It was an opportunity to run round London's largest Royal park with the chance to spot a few deer.

The course started at Sheen gate and went up to Richmond Gate before descending down Sawyer's Hill back to the start. And then it was a case of repeat for a total of four times!

I cycled there which served as a pre race warm up. The race was more about emulating marathon pace so I took it steady. At

times it felt you weren't even in a race as the course was not at all crowded.

I crossed the finish line and collected my medal and tucked into some delicious homemade flapjacks. The medal and T-shirt were of good quality and featured a picture of a deer which looked a bit like Bambi but it must have been called Barney for copyright reasons.

A good low key race to clock up the pre-marathon training miles. Afterwards I went to Hyde Park for the BBC Festival in a Day. It was such beautiful weather it was one not to be missed. In all a successful weekend of running and festival going!



Barrie John Nicholls 2:17:35 (3rd MV65)

EASD diabetes 5k

<https://www.easd5k.com>

Last Wednesday evening I ran the "5k@EASD Run/Walk to change diabetes" at the Montjuïc Olympic stadium in Barcelona. This event was part of the EASD European diabetes conference that I was attending for work and was free to take part in for all conference delegates as well as residents of Barcelona, with the aim of promoting exercise as a way to prevent type 2 diabetes.

It was a brilliant event, with very enthusiastic commentary from the organisers and sponsors (Novo Nordisk) and a lovely sunset before the run started. The course itself started with

a lap and a half of the Olympic stadium, followed by a twisty route around the surrounding area and ending with another lap of the stadium, with lots of music and cheers. It was a great atmosphere, with plenty of support for everyone who wanted to take part regardless of pace.

The run was a tough one, with temperatures in the high 20s and very humid weather, but I tried my best and finished in 25:50.

And here's what else I got up to at the conference if anyone is interested! <https://diabetes.medicinematters.com/easd-2019-conference/17075510>

Claire Barnard

Scottish 10k, Edinburgh

22nd Sept.

When our son declared a few months back that he was going to do 'the Scottish half marathon' near Edinburgh we decided to go to support him as neither of us had been up there for well over a decade. That distance no longer appeals to us to compete over but we noticed there was a 10k as well so we duly signed up for that.

It arrived at an interesting time for Clare as she has just begun to run flat 5ks in under 30 minutes eight months now after her operation and so a 10k, advertised as flat and scenic, offered the chance to see if she could 'go the extra mile', or miles, so to speak, and maybe duck under the hour. The race itself, billed as the 'Scottish 10k', sounded to us like it was going to have a cast of thousands. The reality was that both distances, whilst not being low key exactly, had much smaller fields than that and were all the more enjoyable, frankly, on that score, and very well organised.

The course description more or less lived up to its billing with an out and back route

from Musselburgh racecourse heading away from the city and turning around at Prestonpans, the spot along the East Lothian coast where Bonnie Prince Charlie, 274 years ago almost to the day, won a key battle and a springboard to invade England in the following months (as you will all know, he eventually had to retreat by early December, having reached Derby). The early morning conditions were really good, in fact the preceding days had been ridiculously warm for late September, prompting our favourite homemade placard from Friday's climate change march of 'Make Scotland cold again'.

It was nowhere near pancake flat, however, and Clare did exceptionally well to run consistent kilometre splits, whilst carefully monitoring her heart rate, to hit her target with something to spare. She certainly found it challenging throughout – she just hasn't run any real distance this year for obvious reasons – but the splits showed that her ultimate achievement was never in serious doubt.

As for me, I would ideally have liked to go under 50 minutes but that target was always just out of reach from 3k onwards reflecting the fact that I, too, have missed a lot of training this year with various niggles and the left hamstring on the day was still very dodgy. In fact I was surprised, in a

nice way, to be 4th in my age category and, after a respectably fast last kilometre, counting down the furlong markers along the finishing straight, to achieve a negative 5k split.

The half marathon was still an hour from starting when Clare crossed the finishing line. This didn't sound ideal on paper but the time actually flew by once we had established ourselves in the bar in front of the rugby and in the company of a troupe of Norwegian veteran ladies, all in uniform club kit, a sort of single sex 'Wehrld tour' but with (even) more attitude. We eventually prised ourselves away to the 20k mark to see our son, Alexander, come home. He's more of a footballer than a runner and struggled a bit in the later stages as the unadvertised undulations of the course took their toll. In the event he matched what used to be Clare's default time a couple of decades ago of 1-37, he was quite happy with that on limited training and a bit of walking at 17km.

Mike Dodds

Scottish 10km:
Mike Dodds 51.04 304/1469
Clare Wyngard 58.01 611/1469

Scottish Half:
Alexander Dodds 1.37.47 332/2804



September 21

Banstead Woods

213 Ran

Pos	Gen		
3	3	Tony Tuohy	18:31

Beckenham Place

286 Ran

Pos	Gen		
70	64	Stephen Smythe	23:02
115	18	Claire Barnard	25:47

Bethlem Royal Hospital

105 Ran

Pos	Gen		
1	1	Andy Bond	18:31

Bexley

466 Ran

Pos	Gen		
14	14	Michael Fullilove	20:57

Brockwell , Herne Hill

373 Ran

Pos	Gen		
57	54	Jamie Nicol	21:53
78	6	Ola Balme	22:47
105	90	Cameron Timmis	23:27
253	72	Karina Burrowes	28:29
254	182	Desmond Edwards	28:31

Bromley

581 Ran

Pos	Gen		
265	42	Joanne Shelton Pereda	26:48

Burgess

596 Ran

Pos	Gen		
240	186	Edward Simmons	24:23

Bury St Edmunds

319 Ran

Pos	Gen		
32	32	James Auger	21:41

Cannon Hill , Birmingham

534 Ran

Pos	Gen		
110	9	Susan Cooper	26:01

Catford

257 Ran

Pos	Gen		
9	9	Justin Siderfin	19:55
41	39	Edward Smyth	22:18

Clapham Common

760 Ran

Pos	Gen		
231	207	Michael Mann	23:50
299	42	Ros Tabor	25:05
373	301	Andy Murray	26:39

Crystal Palace

442 Ran

Pos	Gen		
33	3	Yvette Dore	20:44
39	36	Tom Wilson	21:02
41	4	Belinda Cottrill	21:06
53	46	David Benyon	21:39
83	13	Helen Lister	22:40
101	86	Bob Bell	22:57
137	112	Paul Hodge	23:53
178	35	Emma Kelly	25:08
296	85	Jenny Bomers	28:49

Didcot

325 Ran

Pos	Gen		
60	57	Gideon Franklin	23:33

Dulwich

406 Ran

Pos	Gen		
28	28	Alex Loftus	19:27
46	2	Sara Roloff	19:57
167	142	Miles Gawthorp	24:17
254	203	Camilo Martin Vargas	27:07

Eastbourne

348 Ran

Pos	Gen		
33	32	Ian Lilley	21:07

Edinburgh

610 Ran

Pos	Gen		
268	225	Alexander Dodds	25:16
465	137	Clare Wyngard	29:50
466	329	Michael Dodds	29:54

Fulham Palace

542 Ran

Pos	Gen		
193	157	Barrie John Nicholls	24:48
282	71	Lindsey Annable	26:44

Great Lines , Medway

420 Ran

Pos	Gen		
28	3	Tereza Francova	21:23

Hackney Marshes

401 Ran

Pos	Gen		
28	27	Will Lawn	19:13

Highbury Fields

373 Ran

Pos	Gen		
102	92	Paul Collyer	23:15

Hilly Fields

325 Ran

Pos	Gen		
135	15	Teresa Northey	25:23

Peckham Rye

306 Ran

Pos	Gen		
4	4	Michael Williams	19:01
41	2	Michelle Lennon	21:32
56	4	Emma Ibell	22:05
67	61	Ebe Prill	22:43
87	79	Matthew Ladds	23:51
199	50	Lauren Gill	28:29

Riddlesdown

217 Ran

Pos	Gen		
61	13	Ange Norris	24:01

Squerryes Winery

138 Ran

Pos	Gen		
80	59	Peter Jackson	30:00

Tonbridge

587 Ran

Pos	Gen		
104	98	Toby De Belder	23:30

Tooting Common

703 Ran

Pos	Gen		
224	190	Ian Sesnan	24:31

Victoria Dock

240 Ran

Pos	Gen		
115	88	Paul Keating	25:58

Whitstable

325 Ran

Pos	Gen		
1	1	Joe Twomey	18:34
102	16	Claire Steward	26:36

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

SOAR Running Vests

The fine people at Soar Running have recently launched a club edition of their lightweight race vest. Meaning we have an opportunity to avoid their garish tartan designs, benefit from a (small) discount, and pick up the marginal gains associated with a paper weight vest! And all in the red and blue of Dulwich!

Sounds too good to be true... Well... We need a minimum

order of 15 lots and each vest will be £56.

I know some of you have shown interest on Facebook but if you could drop me an email smjoneill89@gmail.com with the number of vests you'd like and your size, then I'll reach out to Soar regarding next steps should we cross the magic 15

More info on the vest: <https://www.soarrunning.com/product/elite-race-vest-30?colour=130>



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 !.....

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.

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)

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>

Dulwich Runners Winter Map 2

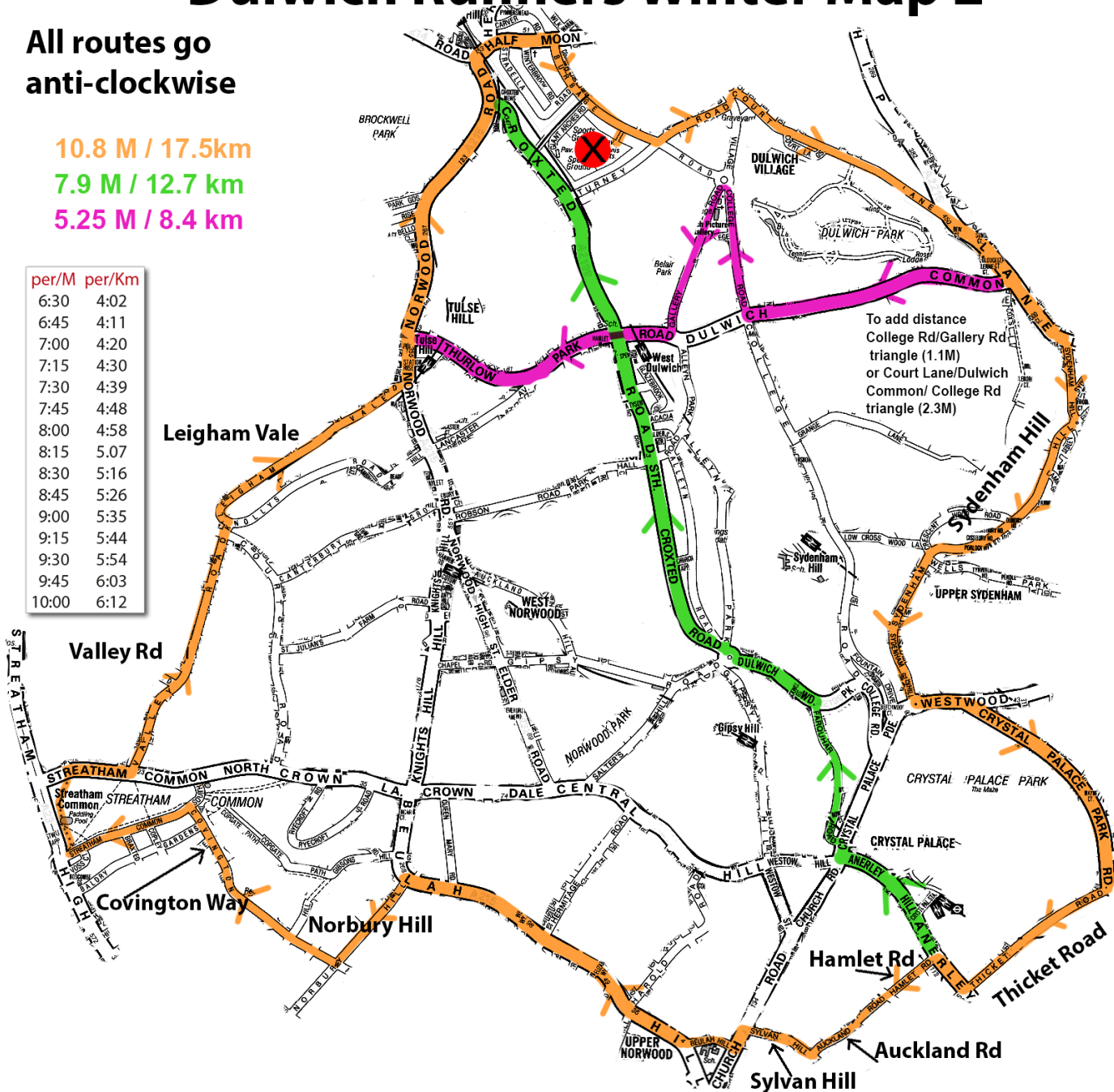
All routes go anti-clockwise

10.8 M / 17.5km

7.9 M / 12.7 km

5.25 M / 8.4 km

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



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