SHORTS

Dulwich Runners AC
Weekly Newsletter
January 28th 2015

These are your SHORTS,
Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk
DEADLINE 17:30 TUESDAY

- THE COMING WEEK –

Wed 28 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 03 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

In your SHORTS this week !

1... General information
3... All things Cross Country - races, advice etc
5... 2015 Dulwich Runners Club Champs races diary
6... Fixture list, club champs,XC, road, track
6... Race reports & results, Southern League XC reports
8... South East XC report and results
9... Parkrun results
10... Wednesday night route map

And much more !

TRACK SESSIONS

at Crystal Palace Arena
Tuesdays with Steve Smythe

Improve your speed & strength over all distances, suitable for all standards and abilities.
Please be warmed up and ready for the session to start at 7.15.
You need to go through the Crystal Palace reception check in where you say you are with Dulwich Runners and you will be given a wristband.
When you get to the track itself, Ros will be there to collect your track fee (£2.50 per week) and mark the track register. If you want to pay in advance for future sessions that is fine.

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list **page 7**

Jan 31 Club Champs 5k Dulwich Parkrun
Feb 07 Surrey League XC - Men and women

Dulwich Runners Annual Membership Due

If you do not renew your 2015 membership then you cannot compete as a Dulwich Runner in any races, XC, club champs and any other events
You must RENEW ASAP
You will have received by email or post your membership renewal reminder for 2015.
If not then contact me asap **barry@bg1.co.uk** or see me at the club on a Wednesday evening
You can now pay direct online

NEW RUNNERS ROTA

Many thanks to **James Burrows and Hugh Balfour** for taking out new runners last week.
If you are on the list, please can you 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**

Sue Cooper	**28/01**
Steve Cook	04/02
Natalie Davys	11/02
Paul Devine	18/02

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to help cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - **Ros**

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered to scoff after the Wednesday run.
Arrives close to 9 and the cost is £5, or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating...join in !

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)

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page of Shorts.
Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse - Thanks

LUCKY VEST

January winner
Patrick Mcmorrow

Don't forget , wear your Dulwich Runners vest 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 prize on the spot in the clubhouse that evening.

Vests £18 each and can be puchased from Ros as can all kit **ros@28kerfield.freeserve.co.uk**

for all other club kit please see **page 2**

DULWICH RUNNERS KIT STOCK CLEARANCE SALE

There will be a sale of old style kit - vests, short and long sleeved shirts.

Now is your chance to buy an extra vest or long sleeved training top.

Limited sizes - all items £10.

Available on Wednesday nights,
or email Ros **ros@28kerfield.freeserve.co.uk**

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each

There is limited stock of hoodies, very small sizes only.
I can order more if enough people are interested. They will be £20 each.

Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk
With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

When you get old you stop playing…….

No - you get old when you stop playing. The same could be said of running. I hit my big 60 in 2014 and got my freedom pass through the post! So Boris maybe thinks that when you hit 60 you aren't capable of walking very far but a fair few Dulwich Runners would prove him wrong!

I set myself the goal of completing the now famous 'Grand Slam' (participating in all the Club Championships of 2014 including the London Marathon), finishing 50 parkruns and running all the Assembly Leagues. Mission accomplished!

It takes a big commitment and a lot of good fortune to keep injury- and illness-free for all ten Club Championship events and the Assembly Leagues, not to mention the time involved.

The Club Championships are always great to participate in over different distances with excellent camaraderie and competition with fellow club members. One week you can be running in the country lanes of Kent and the next month you'll be on the streets of London with throngs of loud supporters and racing with the best in the world.

I reached the 50 parkrun milestone too which gives me a good excuse to celebrate my '50 at 60'. Lindsey also achieved the 50 but can't claim the 60 (and ladies never mention their age). So please join us for a drink at the clubhouse after the Wednesday run, on 4th February 2015.

Barrie John Nicholls

Back in the day !.....

DULWICH RUNNERS A.C.

Registered Colours: Red Vests, two Royal Blue Hoops, Royal Blue Shorts.

(Founded 1980)

Affiliated to S.C.A.A.A. & S.C.W.A.A.A. Associate Members of L.R.R.C.

WEDNESDAY MARCH 22ND.1989 — SHORTS. — WEDNESDAY MARCH 22ND.1989.

FLEET HALF-MARATHON

There was an excellent turn out on Sunday and special thanks are due to those that came along and supported. Congratulations to the numerous "Dulwich Runners" recording 'Personal Bests', particularly, John O'Grady for being the first D.R. to complete a half marathon in under 70 minutes, Sue Vernon for getting inside 90 minutes for the first time and Colin Doran for reducing his best time by a full 7 minutes. These performances auger very well for their respective London Marathon times.

THE EASTER HOLIDAY TRIP

Easter is with us once again and a goodly number of us are off to The New Forest for a long weekend of Boozing, Eating, Fornicating and.... oh yes, perhaps even a little running ! If you are on the trip and have NOT yet handed back to Steve or Ann your order slip for the Saturday evening meal, would you please do so TONIGHT. A VERY HAPPY EASTER TO ALL.

LONDON MARATHON ARRANGEMENTS

Just about everyone must know by now that the LONDON MARATHON takes place on SUNDAY APRIL 23RD (9.30 a.m.). Last year, we had two Club Supporters Points at 13½ miles and 21 miles. Since the points are only 100 metres away from each other, they proved very popular - especially as far as our runners were concerned because they were distances at which verbal support was extra welcome. The advantage to the supporters was that there is a pub at each point! It, therefore seems sensible to retain the same two points unless anyone comes up with a better idea.

Since the lead runners will be passing the 13½ mile point shortly after 10.30 a.m. any tables for vaseline, first aid etc., Club banners and umbrellas etc. etc., will need to be in position well before then. Last year we were able to park in the road between the two points but, again, it is necessary to be there early.

There will be more information later but if you are not running, please come along and support and enjoy the spectacle live !

THE DULWICH CHARITY 10 K.

There will be a Meeting of The Organising Committee on Thursday week (March 30th.) at Steve and Ann's abode, 14, Milestone Road, S.E.19 and all those who have already agreed to be involved AND any others who would like to be, are asked to attend. It kicks off at 8 p.m.

THE LONDON LEAGUE 1989 SEASON

Would you please make note that the first fixture of the new season takes place on Sunday May 7th. at Kingston Vale, Surrey. This has always been a very well attended and enjoyed fixture and I trust that we will have an equally fine turn-out this year. More infomation will be to hand soon.

(SUCH - OUT OF SPACE — ENJOY YOUR RUNNING - RON SEARLE

The cross country season has started, so here is some information, particularly for the benefit of newly joined members.

We compete in the Surrey League cross country with the men in Division 2 whilst the women compete in Division 1.

There are 4 fixtures during the season that started on 11 October at Richmond Park for the women and Newlands Corner near Guildford for the men (details of other fixtures can be found in Shorts).

With the Men's Surrey League there's no need to enter in advance; you simply turn up on the day though your captain will find it helpful if you could let him know in advance.

With the Women's Surrey League, we need to enter runners in advance and you will receive an email regarding this. With the first 5 runners scoring for the women and the first 10 for the men , it is important to field as many as possible of our strongest runners.

But these and other cross country races are not elite and are suitable for all abilities.
They also provide excellent strength and endurance training from which you will reap the benefits, particularly in longer road races.

In addition to the Surrey League there are a number of other races during the season, almost all of which take place on Saturdays. These include the London champs in November, two South of Thames races in the autumn, the county champs (Kent and Surrey) in early January, the South of England champs in late January and the National champs in February, being held at Parliament Hill Fields this season.

There are also a number of Masters events. For all these races, other than the Surrey League it's necessary to submit entries in advance, in some cases over a month before the events. Your captains will post details in Shorts and contact regular cross country competitors nearer the time, but it is important to read this information carefully and respond before the deadline given if you want to participate.

The club pays for race entries. We cannot cater for runners who simply decide on the day that they fancy a run, but they are of course welcome to support our runners.

Regarding footwear, you can often get away with road or trail shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country spikes, or alternatively fell shoes become essential.

Please contact your captains if you would like to take part and for any other information regarding the forthcoming cross country season. **Mike Mann**

Your Cross Country contacts: Men - Mike Mann mcmann90@yahoo.co.uk
Women - Anna Thomas & Mel Edwards dulwich.womenscaptain@yahoo.co.uk

MEN'S SURREY LEAGUE CROSS COUNTRY 7 FEBRUARY

Our final Surrey League fixture this season takes place at Lloyd Park on 7 February, starting at 3pm. The full address is Lloyd Park, Coombe Road, Croydon,CR0 5RA.

Although after 3 matches we have some headroom over the 2 relegation places, past experience indicates that this can be deceptive, with some clubs capable of finding hidden strengths in the form of additional fast runners for this final fixture. It is therefore important that we have a good turnout, particularly from all our regular scorers.

If you are using public transport, the park is served by Lloyd Park tram stop, only a few minutes from the start. From East Croydon, take the tram going to New Addington. If you are driving, there is a very small pay and display car park at the venue, but additional parking is available in adjacent streets. The course is expected to be in its usual muddy state and cut up in places with Divisions 3/4 racing there at 2pm, so long spikes or fell shoes are advised. ***Mike Mann***

CROSS COUNTRY MOB MATCH WITH BECKENHAM RUNNING CLUB

Beckenham Running Club have kindly agreed to host a further cross country mob match at Beckenham Place Park on 14 February. The course is likely to be similar to the one used last winter. There is a clue in the name and we need to field a large "mob" to do well. This is an event for everyone, not just our faster runners, as virtually all runners score. So please note the date in your calendars.

CROSS COUNTRY ENTRIES

Entries for most forthcoming races are now closed, with the exception of the Surrey champs at Lloyd Park on 3 January and the National champs at Parliament Hill on 21 February.

Both these events are local and the National is one of the cross country champs races and will be a memorable occasion. If you have not yet informed your captains, please do so as soon as possible if you would like to be entered.

Surrey League & Other Cross Country Fixtures

Please try to keep the Surrey League dates free, particularly if you are likely to be in the scoring (the first 10 runners in each team). Since the National Champs take place in London this time, it is likely to be included as part of our own cross country champs.

VETERAN races will be held at the IAAF World Championships in Beijing for the first time next summer, World Masters Athletics has announced.
The women's over-50 400m and men's over-50 800m will take place before the main evening programme on Saturday August 29, the penultimate day of action in the Bird's Nest Stadium.

Both races will be straight finals with eight athletes in the 400m and ten competitors in the 800m.

Applications are being invited from female athletes who ran 65.00 or quicker in 2014 and who will be 50 or over on the day and male 800m runners who clocked 2:06.00 or better last year and who will be old enough.
The deadline is March 30 and soon after this World Masters will invite the quickest athletes.

Though it's not her favourite event, Clare Elms ran 64.40 for 400m last summer and topped the W50-54 rankings in Britain last year (and has a best of 62.9) and she is one of six British women eligible. She may apply to run in China though she is currently training for the London Marathon!

'MARATHON TRAINING SUNDAY SESSIONS'

SUNDAY RUNS, RACES AND REPS

(Provisional – dates and events subject to change)
Includes: middle and long distance multi-terrain / road races
Sunday runs at High Elms & Dulwich Park
Track sessions at Norman Park track, Bromley
Preparation for London Marathon 2015

Weeks to go!	Date	Event / Distance	Information
12	1 Feb	High Elms	09:00 Off-road 2 hours+
	Sat 7	Surrey League XC	Men at Lloyd Park / Women at Farthing Down
11	8 Feb	Norman Park track	09:30 Track session
10	15 Feb	Dulwich Park	09:00 18 miles
9	22 Feb	**Tunbridge Wells Half Marathon**	Tunbridge Wells 13.1 miles Race
8	1 Mar	Norman Park	09:00 Road route to Tatsfield and return – 18m
7	8 Mar	Sidcup 10 (DR club champs race)	10 mile race –Sidcup 10.00
6	15 Mar	Dulwich Park	09:00 Road run to Town/City – 20m
5	22 Mar	High Elms	09:00 Off-road 2 hours +
4	29 Mar	**Paddock Wood Half Marathon**	Paddock Wood, Kent- 13.1 mile race
3	5 Apr	Westerham run	09:00 Grasshopper pub, Westerham – off road 3 hrs +
2	12 Apr	High Elms	09:00 Off road 2 hours +
1	19 Apr	High Elms	09:00 Easy 10m off road
GO!	**26 Apr**	**LONDON MARATHON!**	**CLUB CHAMPS**

for more information contact Steve Wehrle, Claire Steward, Paul Hilton
ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell Park, Crystal Palace, Peckham Rye, Burgess Park, Southwark, Hilly Fields) – check out http://www.parkrun.org.uk/ for venues and registration
Alternative / additional race options:

15 Feb	Bramley 10 / 20 miles, Basingstoke	http://Readingroadrunners.org
8 March	Finchley 20 miles (Ruislip)	http://www.hillingdonac.co.uk/f20/
15 March	Meon Valley Plod (multi-terrain 21 miles)	http://www.pjc.org.uk/
22 March	Hastings Half Marathon	http://www.hastings-half.co.uk/
28March (Sat)	Date tbc – Orion 15, Epping Forest	http://orionharriers.weebly.com/
29 March	Cranleigh 15/21 (15 or 21 miles)	http://www.mabac.org.uk/
29 March	Tempest 10 / Spitfire 20 (10 or 20 miles)	http://www.eventstolive.co.uk/
29 March	Croydon Half Marathon	http://www.croydonhalf.co.uk
19 April	Thames Towpath 10 (10 miles, Chiwswick)	http://www.west4harriers.com/

Sunday Long Run Group / Spring 2015 Marathon Training

There will be an informal Sunday long run group meeting around 9am in Dulwich Park from the beginning of January onwards. The runs will typically be 15-20 miles and at a range of paces in accordance with training schedules, aiming at runners targeting 8 min down to sub 7 min miling in a spring marathon. Non marathon runners looking to improve their stamina equally welcome.
Contact ian.lilley@gmail.com or ebeprill@yahoo.co.uk to be added to the email distribution list, we will also try to get something up on Facebook each week. ***Ian Lilley***

Another Sunday running group meets each week at 8am prompt at Brockwell Park main gates. Runs are from one hour, with marathon runners extending this towards two hours. We try to visit local points of interest (windmills, cemeteries, riverside etc). Pace is around 8 minute miling.
Andy andrew@28kerfield.freeserve.co.uk
Ros ros@28kerfield.freeserve.co.uk

UPDATE

We have now entered one team for the Green Belt Relay, and subject to further interest, may enter another. However at present we are well short of sufficient numbers to enter a team for the Welsh Castles Relay

Dulwich Runners 2015 Club Championships

Some of the earlier races have already been advertised, with the remaining ones held back as dates have yet to be confirmed. Although this still remains the case, we have decided to issue the complete list which will be updated with confirmed dates once these are known.

Once again the races will be split into 3 distance categories. As the 3 long events fall within a 6 week period, we have added the Cabbage Patch 10 as an additional long race to accommodate those who may be injured during the spring. Details of scoring rules to follow.

31 Jan	Dulwich parkrun (short)
8 March	Sidcup 10 (long)
29 March	Paddock Wood half marathon (long)
26 April	London Marathon (or alt. marathon) (long)
15 June tbc	Battersea Park 2 miles (short)
21 June tbc	Ranelagh Richmond 10k (medium)
3 or 10 July	Mark Hayes Mile, Dulwich College track (short)
30 August tbc	Sevenoaks 7 (medium)
26 Sept	Middlesex 10k, Victoria Park (medium)
1 Nov	Cabbage Patch 10 (long)

CLUB CHAMPS 2015

Our club champs kicks off shortly with the Dulwich 5k parkrun on 31 January starting at 9pm. Make sure that you bring your barcodes, and if you don't have one, please go onto the parkrun website. Medals will be presented shortly after the finish. With 60 or more additional runners, Dulwich parkrun will be busier than usual and the organizers would appreciate some additional helpers. If you are not planning to run and available to volunteer,
please contact dulwichhelpers@parkrun.com
To qualify for the club champs, club vests should be worn. If you don't have one, they are on sale at the club on Wednesday nights

Dulwich Runners 2015 Fixtures

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesday club night.

Date		Race		Venue
Jan	31	Dulwich Parkrun	short	Dulwich Park
Feb	7	Surrey League 4	mens	Lloyd Park, Croydon
	7	Surrey League 4	womens	Farthing Downs, Coulsden
	14	Beckenham Mob Match	mens & women	Beckenham
	21	National Champs		Parliament Hill Fields
Mar	8	Sidcup 10	long	Sidcup
	29	Paddock Wood half marathon	long	Paddock wood
Apr	26	London Marathon (or alt. marathon)	long	London
Jun	tbc 15	Battersea Park 2 miles	short	Battersea
Jun	tbc 21	Ranelagh Richmond 10k	medium	Richmond
Jul	3 or 10	Mark Hayes Mile	short	Dulwich College Track
Aug	tbc 30	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	26	Middlesex 10k	medium	Victoria Park
Nov	1	Cabbage Patch 10	long	Twickenham

Green = Cross country Blue = Club Champs

Race Reports & Results

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, xc, tri results etc, are welcome .

Barretts Canterbury 10
Sunday 25 Jan 2015

Place	Time	Name	Number	Chip
137	1:10:41	Cara Oliver	715	1:10:31
291	1:17:51	Bob Bell	281	1:17:31
320	1:18:53	Colin Frith	690	1:18:42
493	1:27:04	Penelope Bell	679	1:26:26

Ian Frith

Great Edinburgh Cross-Country Inter-District, January 10

Shona represented the Scottish East District and finished 11th for the 6km race in 24:51.
Steve Smythe

South of England XC Champs 4.5Km U15 Boys Stanmer Park, Brighton

Nestled in the South Downs just below Ditchling Beacon, this venue made a fresh change from the usual mud fest that is Parliament Hill. Set in a country park close to Brighton's Amex football stadium, access was good from the A23 and arriving early as we did for the first race of the day, car parking proved very convenient.

The course for the U15 Boys consisted of two laps on grassy parkland & woodland tracks. Thankfully, the boys did not do the short lap which had an absolutely killer hill in it. It was bad enough running up and down spectating, let alone racing as the senior women did. The outward section of the course was into a stiff, cool headwind gently rising from the outset. The finish was very similar to Parliament Hill, with a steep downhill and long finishing straight. This downhill section was used to great effect by Oscar's schoolmate, James Puxty, who put in a scintillating burst down the last hill to open up an assailable 40m lead to win the Southern title for the second time.

Oscar had a good first lap but found the outward section of the second lap a little tougher. Overall, a decent race for him and a vast improvement on last year when he suffered a debilitating stitch finishing 219th. - ***Duncan Hussey***

101 Oscar Hussey 17.06
232 ran

Brass Monkey Half Marathon York, January 18

Shona McIntosh won the race by three minutes and took a minute off her PB and senior women's club record. Shona ran 76:13 which tops the British rankings so far this year. The previous Dulwich record was her 77:20 at Paris. The fastest Dulwich man last year ran 77:14!
The overall club record remains Alison Fletcher's 75:22 as a Vet in 2002.
Shona thought she would have gone even quicker but for some black ice on the course. - ***Steve Smythe***
1st woman Shona McIntosh 76:13

Canterbury 10 Miles
January 25th 2015

Owing to reasonably local connections this is a race one or more of the extended Bell clan have appeared at over the years. Owing to Andy suffering from bug caught on a business trip to Mexico and Belinda having had a wisdom tooth out two days before, this year the Bell contingent was Penelope and Bob

After years of freezing wet conditions we could hardly believe (and nor could the organisers) that the forecast, which was giving a moderately warm (for January) dry day was actually right.

This is a well run race but, even though the weather elements actually cooperated for once, the toilet gods didn't as the portaloos didn't arrive. 800 plus runners and some school loos wasn't a great start and there may now be some dead plant life, but the race got underway on time
Cara Oliver, who was competing in the Kent Championships took a place towards the front whilst we lesser mortals started a bit back. Actually getting over the start line pretty quickly but a narrow path meant restricted speed, which in my case was no bad thing.

Almost immediately out into the country and with a bit of sun things almost seemed enjoyable. Unlike some years nobody tried jumping the ford, which was a torrent, but the bridge wasn't too congested and then it was up a long climb at 4 miles. After more uphill work we turned at 6 and started what was mainly a descent although I had forgotten there was another short climb just after 7 miles
I spent most of the race swapping places with somebody with a Kent M60, just managing to get the better of them on the sprint in
Cara, Colin, Penelope and I all seemed pretty pleased with our runs - Bob Bell

136 Cara Oliver	1:10:41 (chip 1:10:31)
290 Bob Bell	1:17:51 (chip 1:17:31)
319 Colin Frith	1:18:53 (chip 1:18:42)
493 Penelope D'Arcy Graham	1:27:04 (chip 1:26:26)

817 ran

South East Cross Country Champs at Stanmer Park Brighton – ladies results

After a cold week the weather changed and Saturday was unseasonably warm and definitely not true cross country conditions. No rain, no cold wind but nobody complained though! The course made up for any kindness in the weather. Stanmer Park is on the edge of the South Downs and the course made full use of the hills. The ladies' 8k race consisted of one small lap plus two large laps which took the runners from the start/finish field up into the woods. Underfoot conditions varied from grass, to mud and some tree roots as runners took on the challenge of some steep ascents and descents.

Dulwich ladies had a great team out. It's fantastic that 9 ladies made the journey to Brighton to represent the club. The team was led home by Clare Elms who runs more races than nearly everyone else put together and always seems to have a great run. Ange had a better run here than at Wimbledon and was closely followed again by Anna. The final scorer for the team was Helen Lister who must have found the hills mere mole hills after the Box Hill fell race and ran much faster than at Wimbledon.

Next was Nicola Richmond who is getting back to fitness after injury and also ran faster than at Wimbledon. Laura Long had a good run, as did Michelle Lennon. Selma has recently been troubled by a niggling injury but ran well and survived the race. Katie too ran well and was strong all the way round.

34	Clare Elms	1W50	32:52
95	Ange Norris	3W50	36:10
101	Anna Thomas		36:37
112	Helen Lister		37:03
114	Nicola Richmond		37:12
167	Laura Long		39:25
190	Michelle Lennon		40:26
218	Selma Benattia		41:44
242	Katie Styles		42:57

352 finishers

TEAM: 1 Winchester & District 102; 2 Belgrave 116; 3 TVH 133; 4 Herne H 133; 5 Serpentine 191; 6 WSEGH 202; 7 Lon H 224; 8 C&C 306; 9 Ranelagh H 308; 10 Headington RR 340; **11 Dulw R 342**; 12 Reading 365

Surrey Ladies League Wimbledon, January 10

The turn out was even better than indicated last time as unfortunately missed off the results in Shorts was Claire Steward who was 254th in 45:06 as she continues her return from injury - ***Steve Smythe***

London Indoor Games

Lea Valley - 24 Jan

This was my second indoor track race after doing the 800 two weeks earlier. The race seeding was based on PBs, so I was put in race 3. Unfortunately it worked out that I was about 8 seconds faster than anyone else in my race, and would have won the second race and come 5th in the first race.

So my race was just a time trial, so even though I went off fast, it was hard to keep the pace up in the second half without anyone to chase. It was still a PB by just 0.03 seconds, but if I was in the first race I probably could have been a second or two faster.

Lewis Laylee 2:09.19

Steve Smythe adds...

Though quite a few potential scorers were again missing, and many of those that run weren't quite at their very best, Dulwich still had one of the better team results in the event finishing in the top dozen of the 115 entered clubs.
They were only 2 points from a top 10 place.
Clare Elms didn't feel at her best and lost a few places on the second half but kept going well enough to easily make the top 40.

Just over three minutes back, Angie Norris had her usual steady run and worked her way into the top 100 and was again closely followed by the other joint captain Anna Thomas, who was well up on her 182nd last year.
Helen Lister had probably her best run for the club yet and came through well on the second half to be final scorer.
Nicola Richmond showed her fitness is improving by being closely behind.

Laura Long showed improved form from her Surrey Championships run but is still capable of more on her training form. Michelle Lennon raced well and was ahead of Selmia Benattia, who hasn't been able to train much recently due to injury.

Katie Styles also showed greatly improved form and had her best run of the season.

Overall, a good performance from the women who had over double the numbers of a rather pathetic showing from the men.
The course was extremely tough with lots of hills but not much mud - the men had a much longer hill to negociate with the women turning off just before it reached its steepest point.

Men

279 Alastair Locke	61:54
514 Steve Smythe	69:13 (3 M55)
543 Gideon Franklyn	70:04
663 Mike Mann	74:41 (3 M65)

855 finished

Ola Balme
Sports & Therapeutic Massage

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

- Deep Tissue Massage
- Massage to alleviate muscle fatigue
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- Maintaining your fitness and well-being

Ola is an experienced Sports Massage Therapist and club runner.
If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

parkrun

January 24th

Banstead Woods

195 ran

Pos	Gen		
1	1	Tony Tuohy	17:47

Bellville

Chris Vernon writes:
Belleville lies in an Afrikaans speaking suburb half an hour out of Cape Town.
Unfortunately, we missed out on the first run which was last week and did not get to meet South Africa's marathon hero Bruce Fordyce, who attends all inaugural runs in the country. For that event they were not short of runners as they clocked 506 finishers.
The Run Director gave the usual announcements and welcomed the overseas runners (us) and the 50 and 100 runners (us again)
The course sits in a well maintained city park with undulating paths around the perimeter.
I had injured my back earlier in the week so was ordered by my Chiropractor to only walk.
Sue shot off into the distance determined to crack the age group record which stood at a meagre 48minutes. We both got round in one piece despite the temperature hitting 27deg, with Sue taking the record by 12 minutes.
Times and places were very approximate again but with a field bigger than last week, the small team coped well.
Afterwards we went to breakfast at a local golf club with two first-timers and one lady with 10 Comrades to her name, who accompanied her friend so the spirit of parkrun is still alive and well in South Africa

546 ran

Pos	Gen		
201	72	Susan Vernon	36:21
437	217	Chris Vernon	51:47

Brockwell

327 ran

Pos	Gen		
35	2	Ola Balme	20:33
48	44	Duncan Wilson	21:01
66	61	Cameron Timmis	21:38
91	80	Graham Laylee	22:38
104	16	Lucy Clapp	23:04
108	17	Ruth Bennett	23:09
114	20	Clare Wyngard	23:21
133	111	Michael Dodds	24:00
200	159	Desmond Edwards	26:14
215	49	Sarah Lyness	26:47
224	170	Alex Haylett	27:06

Burgess

156 ran

Pos	Gen		
3	3	Stephen Davies	17:38
4	4	Ian Lilley	18:27
7	7	Ebe Prill	18:39
8	8	Sam Crump	18:48
14	1	Tory Hislop	19:19
21	2	Kim Hainsworth	20:01
119	85	Barry Evans	28:34

Crystal Palace

214 ran

Pos	Gen		
39	36	Martin Double	22:06
44	41	Bob Bell	22:38
46	43	Matthew Ladds	22:54
48	4	Yvette Dore	22:58
80	71	Chris Goodman	24:37
90	75	Andy Cottrill	25:17
94	17	Penelope Bell	25:23
114	92	Ameet Patel	26:19

Dulwich

236 ran

Pos	Gen		
28	27	Simon Burnett	20:08
32	30	Rob Cope	20:14
36	34	Ajay Khandelwal	20:28
91	10	Claire Steward	23:34
118	103	Mick Mead	24:42

Hilly Fields

168 ran

Pos	Gen		
6	6	Kevin Chadwick	20:03
28	27	Gary Sullivan	22:10

Hull

418 ran

Pos	Gen		
45	45	Paul Hodge	22:35

Mile End

190 ran

Pos	Gen		
36	34	James Wicks	21:08

Newark

134 ran

Pos	Gen		
27	25	Martin Morley	24:07

Orpington

187 ran

Pos	Gen		
43	4	Tereza Francova	23:48

Osterley

106 ran

PosGen			
17	2	Ros Tabor	23:19
18	16	Andy Murray	23:21

Peckham Rye

117 ran

Pos	Gen		
1	1	Tom Marshall	17:17
8	8	Michael Fullilove	20:17
14	1	Ellie Horrocks	21:05
24	2	Nicola Mcivor	22:21

Royal Tunbridge Wells

88 ran

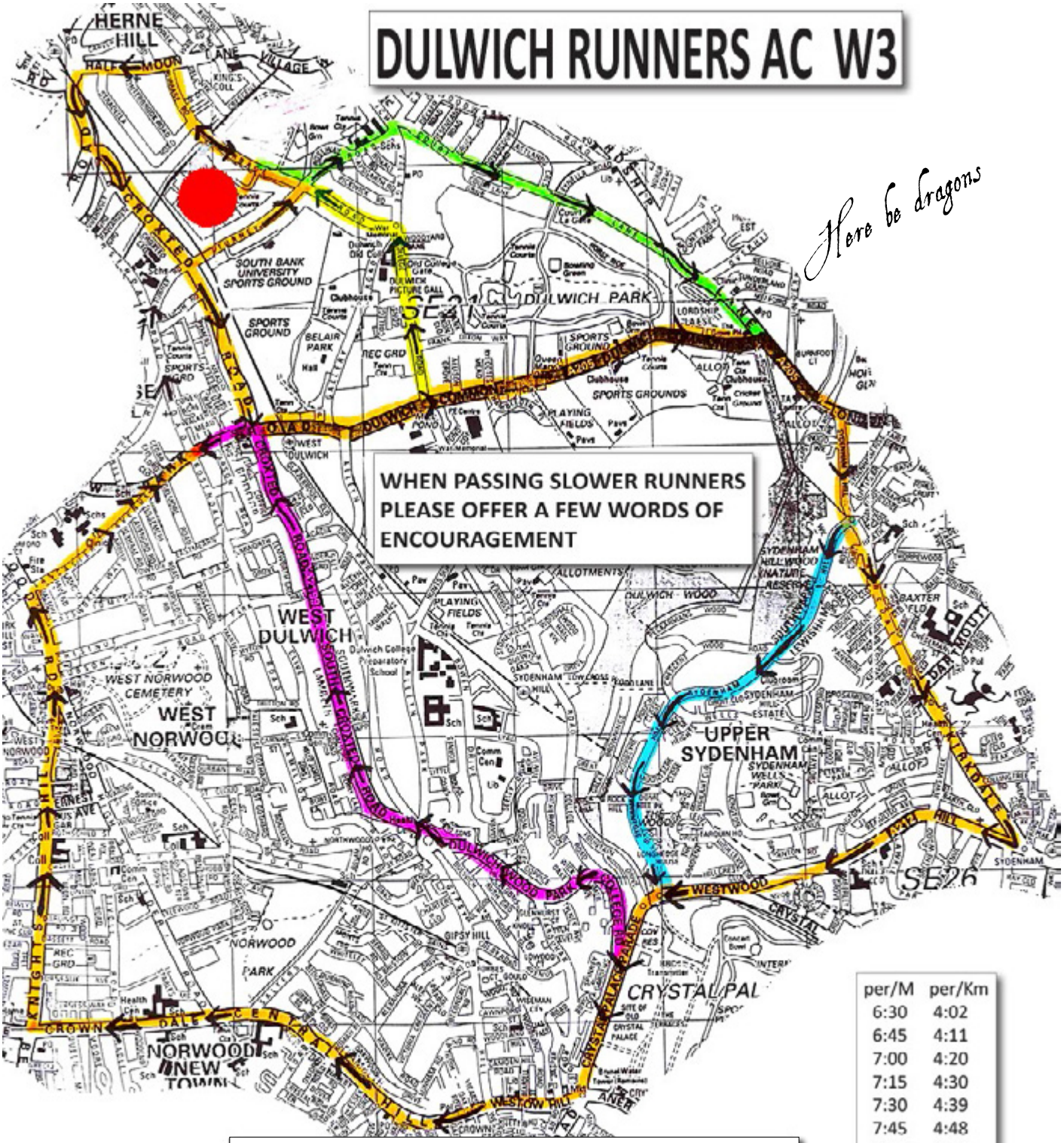
Pos	Gen		
28	26	Lloyd Collier	27:54

York

412 ran

Pos	Gen		
127	109	Ian Sesnan	23:42

DULWICH RUNNERS AC W3



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

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

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE.....	9.5	15.3
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PURPLE or GREEN	8.0	12.9
SHORT CUT	GREEN & BLUE	7.0	11.3
SHORT CUT	GREEN & PINK	6.5	10.5
SHORT CUT	GREEN BLUE & PURPLE..	5.5	8.9
SHORT CUT	YELLOW	3.0	4.8