DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
November 23rd 2016

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

Wed 23 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Quiz Night after the run in the clubhouse
page 2 for details

Tue 29 Crystal Palace Arena
See notice below for more details
£2.50 per session - warm up from 7pm - session start 7:20pm

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Cross Country section - all the info you need
4 Fixture list, club champs, road, XC, etc
5 British Masters medals grab
7 Cross country champs points so far
8 Parkrun results
9 Map for the run this Wednesday

And much more !

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

You can follow us on

TRACK SESSIONS

We are back at Crystal Palace.
£2.50 per session - Suitable for all abilities.
Go to reception say you are with Dulwich Runners but do not pay there, pay Ros trackside.
Leave time to get from reception down to track - it can take up to 10 minutes.

Arrive at 7pm if you want a full warm-up taken by Elkie Mace consisting of various drills.
Strides etc will start around 7.20pm, main session taken by Steve Smythe will start shortly after and be in the region of 40-45 minutes

Thurdays 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

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.**
- We need the money to help pay for clubhouse hire, map printing etc.
- We use the register to compile the new runners' rota, so please write legibly.

Thank you. - Ros

FISH AND CHIPS

The price of "SMALL APPETITE FISH AND CHIPS" at Olley's is now £5.50

------- EVENT HORIZON -------
A brief look ahead

Nov 26 South of Thames 5m Xc - Polesdon Lacey

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Thankyou to **Mike Mann , Tony Tuohy and Charlie Lound** for taking out new runners last week
If you're on the list, please try and turn up that night and make sure anybody new has someone to run with.
If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – Ros

Volunteer please	**23/11**
Ebe Prill	30/11
Ian Sesnan	7/12
Claire Steward	14/12

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

SOCIAL SPOT

P O T

Watch this space for upcoming 2016 events !

Dulwich Runners Xmas Party

17th December 7pm onwards

Guys and girls it's the event you've waited the whole year the DR Xmas Extravaganza!!

As in previous years it will be held at **The Plough on Lordship Lane**, with strong negotiation skills I've managed to keep tickets at an inflation busting **£15** (it's not all bad post-Brexit!)

There will be a buffet and then you'll be able to strut your stuff on the dance floor to DRs essential party playlist courtesy of Ian Lilley & Co!

Dress Code: Dress to Impress (Bad Taste Xmas Jumpers Optional)

I'll be down the club on Wednesday tickets will be available from me or Barry. Alternatively you can transfer your ticket money to:
Matthew Ladds

Santander
09-01-27
86032186

Any queries let me know, veggies, vegans or other dietary requirements then give me a shout and I'll try best to ensure there are plenty of food choices.

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 £5.50
Just give me your name and money when you sign in - Ros
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)

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
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club
Contact Ros ros.tabor49@gmail.com
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

SHORTS!

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

HOODIES...

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

Buffs/snoods - only £6

Socks only £5

Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

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

Ken Crooke - (1928-2015)

Many members will remember Ken who ran with us (as a second claim member) when we were based at the Griffin Club. He died in December 2015 and a few Dulwich Runners attended a memorial service organised by his first claim club, Croydon Harriers.

As well as competing into his 80's he was also elected president of the Surrey County Association in 2010 having previously been Treasurer. Ken's passion was Cross-Country and he held senior positions in the English Cross-Country Association, South of Thames Cross-Country Association and the East Surrey League.

We learnt last week that Ken has kindly left a legacy to Dulwich Runners. We don't know how much yet as the will has not been finally executed.

The committee decided that because Ken's main love was cross country, the Dulwich Runners cross country championships will be named after him. There will be 2 perpetual trophies, one for women and one for men. They will be awarded at the end of this cross country season (Spring 2017).
Ros Tabor

In Memory of Jose Barretta

Following his serious accident in 2015, Jose was assisted greatly, as an inpatient and subsequently, by the Royal National Orthopaedic Hospital (RNOH), Stanmore. His unfortunate passing away in April this year left some money raised by the club to aid him in future unused.

A Christmas raffle, guess the egg number competition, quiz and a £1000 top- up donation from club funds had raised a total of £1977. It has been decided to donate this amount to the RNOH charitable funds for their redevelopment appeal, to help fund a six bed extension of the hospital's Spinal Cord Injury Centre, and so that the money can benefit future orthopaedic patients.
http://www.rnohcharity.org/the-appeal/about-the-appeal

The extension will have a donor wall to recognise those who have made a significant contribution to the work. As the money was raised for Jose, his name will feature there. The wall will also show 'Dulwich Runners Athletic Club'. The RNOH charity fundraiser has written back to DR in this regard –'we are incredibly grateful for your support. We would be more than happy to feature you as a thank you to you all, and especially as you have all put such a lot of effort into arising this money in memory of Jose.'

The cross country season started in September with races taking place on most Saturdays until mid February. Here is some key information for the benefit of both newly joined members and regulars.

Surrey League

We compete in the Surrey League and this the club's main priority. Further details on times, location etc will be posted by your captains nearer the time. Details on other Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible.
Our men did exceptionally well to gain promotion to Division 1 last season, but will face a challenge this season in avoiding relegation, competing against some of the strongest clubs in the country.

Distances

The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, from around 8km in the autumn to 12km and over for the men later in the season.

Scoring

In the Surrey League, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. But cross country races are not elite and are suitable for runners of all abilities. They are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races.

Surrey League entry

For the men's Surrey League there is no need to enter in advance or pay; simply turn up on the day in good time to register and warm up (though your captain will find it helpful to know your availability in advance). For the women's Surrey League, the women's captains will request runners to enter in advance. If you have not asked to be on the list but decide later that you want to run, please contact your captains.

Other Races

In addition to the Surrey League there are other cross country races, almost all of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London champs, 2 South of Thames races, South of England and National champs. There are also other races for Masters. See the fixture list in Shorts for details.

Entry for other races

For virtually all races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email for those interested to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first. But don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

You can often get away with road or trail shoes in early season races, but as the ground becomes heavier, cross country spikes or fell shoes become necessary.
Contacts
For further information please contact your captains at:
dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk

Cross Country Champs

Once again we will be holding a cross country champs this season and there will be 2 perpetual trophies in memory of Ken Crooke, one for women and one for men. They will be awarded at the end of this cross country season (Spring 2017).

There will be 4 events to qualify, including a minimum of 3 Surrey League races. The other races are the South of Thames 5 miles at Polesden Lacey on 26 November and a mob match yet to be arranged in February or March, probably using the Beckenham Place Park parkrun course.

Cross Country Entries

There are a number of notices in Shorts and emails about informing your captains whether you would like to enter various cross country events over the autumn months.

A busy cross country calendar means that races are held on most Saturdays through the season, so it might be helpful to know which to prioritize.
As far as the club is concerned the 4 Surrey League matches over the season represent a key target.

We have had the men's and women's league matches on 15 October, a men's match on 12 November, and to come a women's match on 3 December.
Please keep this date free if at all possible.

Another important races this autumn is the SEAA Masters champs at Oxford on 10 December. There are a number of other races including the London Champs, the two South of Thames races and you are encouraged to enter these, but they represent a slightly lower priority.

Advice on which races to target later in the season will follow. For all events, please make sure you read the notices carefully and respond before the deadlines given, in order to ensure that you get a place. ***- Mike Mann***

SEAA Masters Champs

10 December, Oxford

10km for the men's race and 6km for the women's, with 3 to score in M40+, M50+, M60+, W40+, W50+ and W60+age
categories. There's several age categories we have a good chance of winning team medals. Times of the races are as follows:

11.00 M50+, M60+
11.43 All women
14.10 M40+

There has been very little interest from the men to date. Please note that the closing date is later this week, so ***please contact your captains today*** if you would like to be entered.

South Of Thames Cross Country

17 December

The South of Thames 7.5 mile race has now been confirmed for 17 December at Beckenham Place Park and should be a perfect appetizer for the Christmas Party that evening.
Please ***contact your captains no later than 7 December*** if you would like to take part.

South Of England Champs

28 January

These cross country champs take place at the traditional venue of Parliament Hill on 28 January (15km for men, 8km for women). Since the closing date is absurdly early can you ***please inform your captains by 12 December*** if you would like to be entered.

Club places in the Virgin London Marathon 2017

went to Matt Ladds who had represented the club the most, and Shane O'Neill who got the lucky draw place.

	Shane O'Neill	Laura Vincent	Karina Burrowes	Carolina Lilley	Tereza Francova	Matt Ladds	Louisa Pritchard
Chichester 10K 7/2/16						√	
Battersea 5K 2/6/16		√	√			√	√
Dulwich 1 Mile 17/6/16		√	√			√	
Victoria Park 10K 04/09/16		√					
Burgess Parkrun 29/10/16		√				√	
Dartford Half 13/03/16							
Marathon	√						
Titsey 10K 02/10/16							
10 Miles Epsom 13/11/16		√				√	
Xc Surrey L Jan16	√						
Xc Surrey L Feb 16							
Xc Surrey L Oct 16	√	√					
Al1 Beckenham						√	
Al2 Victoria Park			√			√	
Al3 Battersea Club Champs							
Al4 Dome							
Al5 Vic Pk		√	√			√	
Al6	√	√	√				
Green Belt Relay							√
Marshal Midsummer Relays/Run				√			
TOTAL	S O'N 4	LV 8	KB 5	CL 1	TF 0	ML 9	LP 2

Box Hill Entries

Entries for the Box Hill Fell Race on Saturday 21 January filled up very rapidly – it was full by 9.48 am on Tuesday. I know that several people were disappointed. However, don't despair. Fabian4 have said that they expect cancellations and it is quite straightforward to take the place of someone who has pulled out.

Put the date in your diary and log onto www.fabian4.co.uk after Christmas. I will put another note in Shorts if they send any further info. If you would like to find out any more about fell running, feel free to collar me on a Wednesday night or e mail me at : hugh@christchurchpeckham.info

Hugh Balfour

Epsom 10 miles

CAPTAINS'AWARD – Joanne Shelton-Pereda

Dulwich Runners 2016/17 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**

2016		Race		Venue
Nov	26	South of Thames 5m - National Trust Ground		Polesden Lacey
Dec	3	Surrey League	women	Mitcham Common
	3	Kent Masters Champs		Dartford
	10	SEAA Masters champs		Horspath, Oxford
	17	South of Thames 7.5m		Beckenham Place Park
2017				
Jan	7	County Champs		Lloyd Park, Surrey - Kent **tbc**
	14	Surrey League	men	Mitcham Common
	14	Surrey League	women	Lloyd Park
	21	Vets AC Champs		Wimbledon Common
	28	South of England Champs		Parliament Hill
Feb	11	Surrey League	men	Ham Lands, Ham **tbc**
	11	Surrey League	women	Farthing downs, Coulsdon
	26	National Champs		Nottingham

Race Reports & Results

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

British Masters XC Relay Championships Long Eaton

19th November

It's Heavy Metal - Dulwich are weighed down with gold, silver and bronze medals!

There was a merry band of twenty Dulwich Runners making up five teams for the trip to Derbyshire; hopes were high that two of the teams could be in with a shout for national medals. The majority of us gathered at St. Pancras bright and early for a not-too-long train journey and short walk to the venue, which was to be used for the second year. The one-lap course measured about 3.1km (1.93 miles) and is flat and fast, being grass playing fields for the most part with a couple of small diversions up and down bankings and a brief twisty bit through a wooded area. The day was cool and breezy but bright and the whole intrepid bunch were looking forward to having a blast.

First up was the women's race where we once again fielded W35 and W45 teams. Youngster of the W35 team Kim only joined the 'veteran' ranks in the summer and joined in the fun to make up a team despite limited running lately with a foot problem. Nevertheless she was pleased enough with her sub-13 run and was followed by Ros, competing about 30 years out of her age group but also turning in a good run. The trio were completed by Jo playing an absolute blinder, speeding across the grass at close to best road 5k pace.

16th of 18 DR AC W35 41:50

Kim Hainsworth	**(12) 12:56**
Ros Tabor	**(14) 14:06**
J Shelton Pereda	**(16) 14:48**

Meanwhile Clare's recent return of confidence saw her blasting off to an opening kilometre of 3:14 while she tried to stay on terms with the leading W35 and send us to a repeat of last year's win. This was a little too zealous but despite slowing she ran on well to finish five seconds up on last year and take the gold medal for fastest W45 - and 3rd fastest of the lot including the W35s. Apparently she didn't even think of stopping for a walk... Michelle took over with a 34 second lead but was up against it as Bristol & West's second leg runner ran her down while posting the third best time of the day; but Michelle put in yet another reliable relay leg to keep us comfortably in the silver medal position despite being without spikes and running in flat road shoes. Ange could have had a steady run round as emulating last year's gold was out of the question but instead blitzed to the 4th fastest W45 time of the race, moving us 22 seconds closer to the leaders as we took a superb silver half a minute behind and two and a half minutes ahead of third.

2nd of 12 DR AC W45 36:54 Silver

Clare Elms	**(1) 11:09 Fastest W45 Gold**
Michelle Lennon	**(2) 13:23**
Angie Norris	**(2) 12:22**

After watching the ladies receive their medals the men were more than fired up to give it a go. There was plenty of quality on show with the top ten runs of the day all coming in under ten minutes so our M35 boys were on a hiding to nothing. Nevertheless Wayne threw himself into the melee at the start and ran a blistering 10:21 to come in 10th of the 22 teams, a more than respectable opening leg and fastest of the Dulwich men. The team couldn't hold on to that position but all acquitted themselves well with decent runs. James is another of the younger 'veterans' and put in a good run, well up with his best form. That was impressive enough but Tom South's run was nothing short of superb as he matched Clare's time to the second, dashing across the grass at sub-18 5k speed – testament to the consistent hard training he's been putting in for months. Ross has been troubled lately with an injury but rose above it and did well to exceed his recent form. Duncan's the best part of twenty years older than his team mates but willingly completed the team and showed why he's looking leaner and fitter than he has for some time. His Burgess parkrun a couple of weeks ago was easily his best this year but this performance eclipsed that easily; onwards and upwards Duncan.

17th of 22 DR AC M35 56:39

Wayne Lashley	**(10) 10:21**
James Burrows	**(15) 11:21**
Thomas South	**(14) 11:09**
Ross Rook	**(14) 11:24**
Duncan Wilson	**(17) 12:24**

The M45s were our other big hopes and didn't disappoint, coming away with well deserved bronze medals. Charlie is our reliable lead-off man in these situations and duly repeated the task with a run that surely exceeded expectations, given his heavily curtailed training recently as he nurses a persistent achilles injury. Steve Davies is at or near his top form on this showing, blistering round merely one second shy of Wayne's run to record the 5th fastest M45 time and put us in the medals with five seconds in hand. I took over and controlled my start to turn in an uncommonly even-paced effort (fastest of the third leg) that stretched our advantage over 4th place to 25 seconds and put us just five seconds behind silver. Holger was making his British Masters debut and hadn't much race form to show. However, he has shown obvious fitness on Wednesday night clubruns and produced the goods here to hand over to Ebe still in third and with an increased advantage of 40 seconds. So no pressure for Ebe, injured foot or not, as he ran scared knowing a bronze medal was hanging round his neck as long as no mystery speed merchant was hunting him down. In fact the 4th place Peniston runner was pulling back half a minute but it wasn't enough and despite having to dig deep to outsprint an opponent at the finish, just in case (turned out to be an M35), Ebe was safe and the medals were ours. We skipped the medal presentation as we had a train to catch, but that turned out to be a bit premature as coach Steve, laden with medals, caught up with us on the platform at Long Eaton Station where an impromptu presentation took place. Facebook users may well have seen evidence of the rejoicing...

3rd of 15 DR AC M45 55:09 Bronze

Charles Lound	**(7) 11:02**
Stephen Davies	**(3) 10:22**
Tony Tuohy	**(3) 10:36**
Holger Betz	**(3) 11:23**
Ebe Prill	**(3) 11:46**

A Dulwich M55 team won silver medals at this event three years ago but four well-matched over-55s who are fit and available simultaneously is an alignment of the stars that doesn't come along very often. But we got a team out, and there were some good runs too. The only survivor from that heroic squad of 2013 was esteemed coach Steve Smythe (come to think of it, he's the only survivor of a lot things) and he's currently back to a similar quality of performance despite the passing of another three years (hope I'm not overdoing the pathos here). Over 40 seconds quicker than last year, his 11:48 on the opening leg brought us back in a creditable 5th place, just five seconds behind former sub-28 10k man Mark Scrutton (extra trivia: another half minute back was Olympian Les Morton who competed in the 50km walk at Seoul 1988). Mike was running out of age group to make up the team and showed good form, only losing a couple of places with a run that would have made the top ten of the day in the M65 race. Graham nabbed a surprise medal at the Southern Masters Road Relays in September when stepping in as a reserve but no such luck here despite running well to form. Andy closed the team for us and had to give way to one more place but actually ran hard and well, producing one of his best recent runs. ***- Tony Tuohy***

11th of 12 DR AC M55 52:05

Stephen Smythe	**(5) 11:48**
Mike Mann	**(7) 12:59**
Graham Laylee	**(10) 13:48**
Andrew Murray	**(11) 13:30**

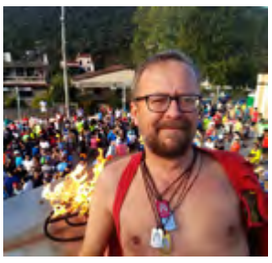
Athens Marathon

13 November 2016

Can you imagine a more special course for a marathon runner than the original route, run two and a half thousand years ago that gave rise to the whole marathon tradition ?

"Athens Marathon. The Authentic" is what the organizers call it. And that's fair enough. The course follows the steps of Pheidippides, who ran all the way from Marathon to Athens, bringing the Athenians the message about the victory over the Persians.

The finish line is at the Panathinaiko stadium, a reconstruction of the antique stadium from the 4th century b.c., where the first modern-age Olympic games were held 120 years ago. That's just the course. But each marathon is as much about the course as much it is about the atmosphere accompanying it. And here again, Athens was hard to beat. We ran the race as Spartans. A squad of 30 runners dressed up in ancient Spartan outfits made a furore amongst the Greek fans. Nowhere were we greeted so emotionally as here. The Greeks welcomed us as their own. After the morning TV report, most fans new that the "Spartiatos" were from Poland and they shouted out whatever they knew in Polish. All along we had very good rapport with the fans and fellow runners.



The atmosphere en route was amazing. Crowds responded like at the Beatles' concerts. The sight of a Spartan squad heated up the emotions to the extent that one of the cheering girls lifted up her T-shirt and, like during Mardi Gras, flashed us with her boobs. Such support only gave us wings and despite the hard, hilly course and scorching sun, we had enough strength to run, efficiently march through the pitstops and keep chanting and singing our traditional Spartan songs and all the music we could think of.

The finish at the sun-lit white marble Panathinaiko stadium could be the only award for the run. It was an unforgettable experience. We did indeed feel like ancient athletes – cheered by saluting crowds that muffled the announcer's voice. At the finish line our Leonidas tried to copy Philipides, but luckily quite ineptly; he only fainted, but after thorough examination, a photoshoot with the enchanted paramedics, and administration of electrolytes, he was again ready to conquer Athens.

After the race we set out for a well-earned feast in a taverna at the foot of Acropolis, where with an abundance of wine, chipuri, Greek specialties and live music we partied till small hours. But apart from the run and fun, we didn't forget about our "statutory" goal – to help disabled children. We paid two visits to a Polish school where we encouraged children to run, told them about Spartans, taught them our adopted warrior dance, the haka and financially helped (and hopefully also spiritually) Kinga, an ill girl living in Athens.

To end the trip we were received by the Polish ambassador to Greece. Summing up, this was one of the best (if not the best) Spartan marathons. Putting aside the beauty and uniqueness of Athens (today often neutralized by the effects of the crisis – dirty streets, deserted buildings and omnipresent graffiti), the feeling of history and the atmosphere during the course made the Authentic Athens Marathon an unforgettable experience.

This was indeed one of the moments when you feel it's worth being a Spartan ! :-) ***- Grzegorz Galezia***

Three Molehills

20 November 2016

Claire Steward writes: Using the Denbies Wine Estate in Dorking as race HQ, this race can be run as a 3 stage relay, with runners taking a different route into the surrounding, hilly countryside, or can be completed in its entirety by individual runners. With a total distance of around 14.5 miles and a chance to revisit Box Hill and the North Downs it's my kind of event but for various reasons I haven't done it for six years. In 2010 I was third woman but sadly no prize was awarded as a couple of giggly girls who were meant to be marshalling sent some of the leading men the wrong way on the second stage thus screwing up the men's results. In the cause of equality all the prize money was donated to charity and you can't argue with that.

Given that it had rained all night and was still decidedly damp at the start, the conditions underfoot were not too treacherous but the stepping stones at the foot of Box Hill on the first stage were completely submerged beneath a torrent of muddy water so we were directed over the nearby bridge instead before ascending the steps (allegedly 270, but I've never managed to count them despite doing them four times every time I've done the Picnic Marathon). The route then passes the visitor centre, takes an out and back to the viewpoint before returning to Denbies via a rocky path, the pig track, and the main road, a total of around 4.5 miles.

The second stage headed out passed Box Hill and West Humble station before turning off the lane and climbing very muddy paths to Norbury Park and looping back for about 6 miles. Stage three heads out and back along the North Downs Way up to Ranmore Common pretty much all uphill for about two miles, but affording splended views every now and then as we emerged from the woodland. Unlike 2010, this section is now tarmac so the final two miles back to Denbies can be covered at speed, fantastic to see the faster runners flying back down, and even I managed 7:07 for mile 14, something I am never likely to achieve in any other race I do! As well as a medal, individual runners get a bottle of beer, teams have to share a bottle of wine.

After the race, there was plenty of time for coffee and cake, and retail therapy in the gift shop.
Winner: 1:29:32 Final finisher: 3:06:07
101 2:09:45 (beating 32 of the relay teams – hurrah!)
171 individuals and 67 teams completed

London Youth Games U17B 4.5k Parliament Hill

Sixth and final London Youth Games. Best position too. Strong first lap, defended on the second and finished between two Southwark runners who in previous years would have been a country mile ahead. Contributed to Bromley boys overall win. ***-Duncan Hussey***
14 Oscar Hussey 16.19

CROSS COUNTRY CHAMPIONSHIPS 2016/17 WOMEN - TOTAL OF 4 BEST RUNS
MUST INCLUDE 3 SURREY LEAGUES

	Surrey Lge 1	Surrey Lge 2	South of Thames	Surrey Lge 3	Surrey Lge 4	Mob Match	Best 4 incl 3 SL	Running total
	15/10/16							
	Nonsuch	Mitcham		Lloyd Pk	Farthing D			
Clare Elms	50							
Roz Johnson	49							
Selma Benattia	48							
Helen Lister	47							
Andrea Pickup	46							
Katie Styles	45							
Emma Ibell	44							
Lucy Elms	43							
Ola Balme	42							
Lucy Clapp	41							
Laura Vincent	40							
Ros Tabor	39							
Clare Cummings	38							
Anna Saunders	37							
Tessa Morrison	36							
Joanne S-Pereda	35							
Hannah Harvest	34							
Sarah Banting	33							

CROSS COUNTRY CHAMPIONSHIPS 2016/17 MEN TOTAL OF 4 BEST RUNS
MUST INCLUDE 3 SURREY LEAGUES

	Surrey Lge 1	Surrey Lge 2	South of Thames	Surrey Lge 3	Surrey Lge 4	Mob Match	Best 4 incl 3 SL	Running total
	15/10/16	12/11/16	26/11/16					
	Richmond	Farthing D	Polesdon L					
Andy Bond	49	50						99
Greg Hills	46	49						95
Lewis Laylee	47	46						93
Wayne Lashley	45	44						89
Mark Lacey	42	45						87
Paul Devine	43	43						86
Nick Wood	40	38						78
Kevin Chadwick	38	37						75
Tom South	37	36						73
Ross Rook	34	35						69
Ebe Prill	33	34						67
Mike Mann	32	32						64
Jim Dowsett	32	30						62
Gary Budinger	31	29						60
Tim Bowen	50							50
Alastair Locke	48							48
Steve Davies		48						48
Tim Taylor		47						47
Tony Tuohy	44							44
Daniel Mann		42						42
Shane O'Neill	41							41
Mark Callaghan		41						41
Ian Lilley		40						40
Ian Lilley	39							39
Charlie Lound		39						39
Lloyd Collier	36							36
David Stone	35							35
Hugh Balfour		33						33
Mark Foster		31						31

parkrun

November 19th

Beckenham Place

193 Ran

Pos	Gen		
1	1	Andy Bond	17:34
3	3	Ian Lilley	18:10
17	1	Selma Benattia	19:51
19	2	Lucy Elms	20:32
24	3	Andrea Pickup	20:52
26	23	Jim Dowsett	20:57
52	5	Tereza Francova	22:14
77	11	Claire Steward	23:47
91	76	Paul Keating	24:36
120	97	Paul Hilton	25:53
125	101	Peter Jackson	26:27
188	135	Chris Vernon	37:33

Bexley

303 Ran

Pos	Gen		
8	7	Michael Fullilove	21:31

Brockwell

232 Ran

Pos	Gen		
2	2	Timothy Bowen	17:39
155	35	Sharon Erdman	27:39
209	139	Paul Devine	31:15

Bromley

559 Ran

Pos	Gen		
99	94	Colin Frith	23:16
126	116	Chris Goodman	24:01

Burgess

225 Ran

Pos	Gen		
30	30	Hugh Balfour	20:47
116	86	Freddie Vernon	25:32
211	135	Barry Evans	33:22

Crystal Palace

213 Ran

Pos	Gen		
20	19	Simon Lang	21:54
29	5	Belinda Cottrill	22:47
85	68	Tom Wilson	25:40
90	73	Andy Cottrill	25:54
92	19	Penny D Graham	25:56

Dulwich

242 Ran

Pos	Gen		
6	6	Andrew Shreeve	17:50
27	26	Francis Macdonnell	20:20
59	4	Sandra Marie	22:03
71	66	Mark Muffett	22:33
148	122	Rafe Collier	26:33
149	123	Lloyd Collier	26:34
177	42	Hilary Woof	29:01
194	53	Rhoda Collier	29:57

Fountains Abbey

271 Ran

Pos	Gen		
66	11	Niamh Falconer	24:02

Greenwich

184 Ran

Pos	Gen		
51	50	Joseph Brady	23:49

Hackney Marshes

154 Ran

Pos	Gen		
6	6	Martin Holt	18:33

Maidstone

300 Ran

Pos	Gen		
14	13	Neville Webb	20:26

Ormeau

444 Ran

Pos	Gen		
56	9	Laura Vincent	23:08

Peckham Rye

151 Ran

Pos	Gen		
9	8	Toby De Belder	19:40
39	35	Matthew Ladds	22:33
61	12	Claire Barnard	24:57
75	17	Karina Burrowes	25:53
90	24	Kaylee Coxall	27:08
144	90	Kevin Chadwick	33:44

Tilgate

488 Ran

Pos	Gen		
82	72	Gary Budinger	24:23

Tooting Common

375 Ran

Pos	Gen		
51	49	Cameron Timmis	21:28

New members especially ! and others....

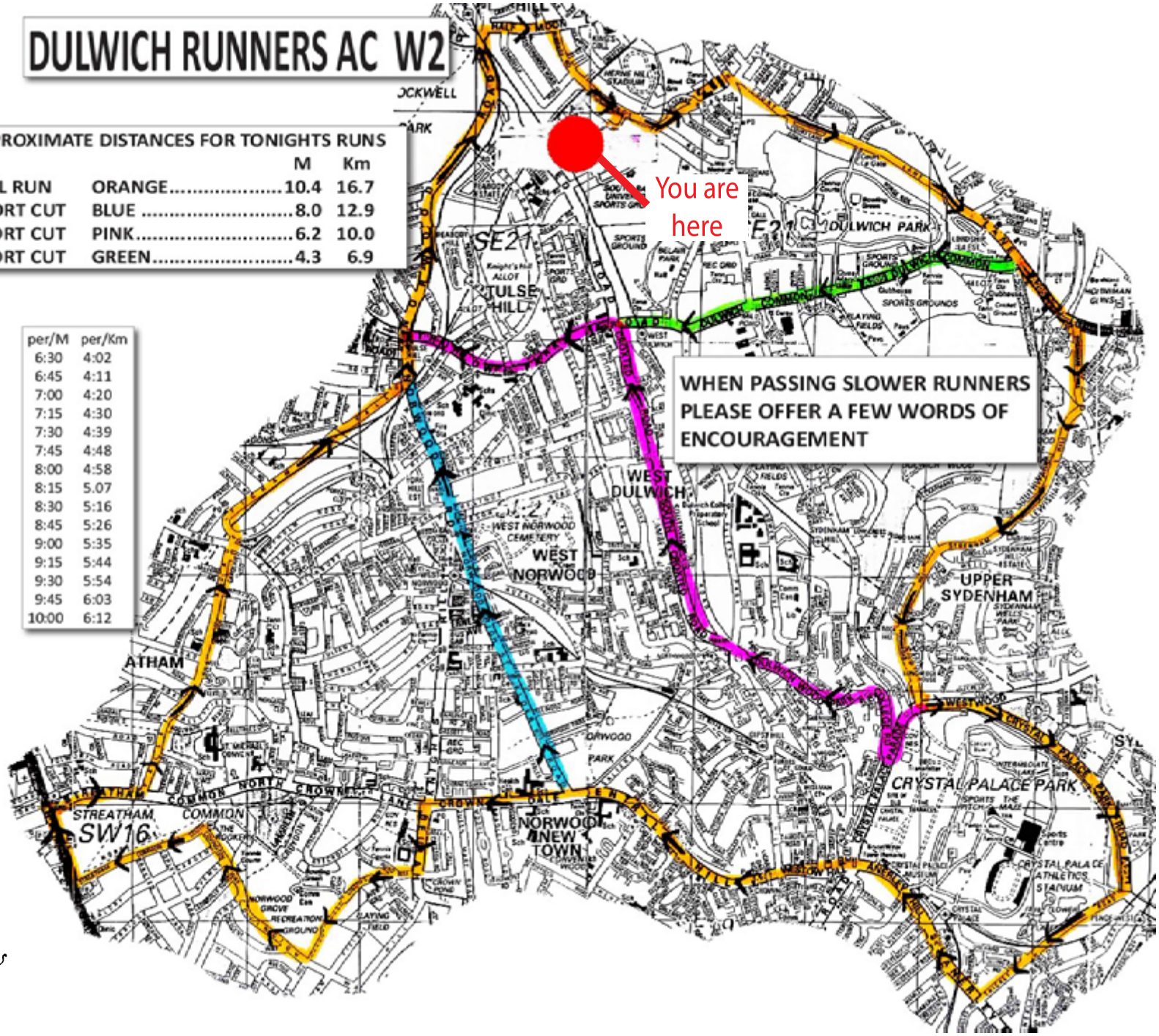
Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

DULWICH RUNNERS AC W2

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.4	16.7
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	6.2	10.0
SHORT CUT	GREEN	4.3	6.9

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



Here be dragons