DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
December 14th 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	14	Club Night, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Sat	17	South of Thames Xc - Beckenham
Sat	17	Dulwich Runners Christmas Party
Tue	20	NO TRACK SESSION See note below

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Cross Country section - all the info you need
4 2017 Club Champs teaser !
5 Fixture list, club champs, road, XC, etc
6 Kent Masters medal haul !
11 Club champs 2016 marathon results
12 Parkrun results
13 Map for the run this Wednesday
14 Turkey Trot entry form

And much more !

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

You can follow us on

Clubhouse Christmas opening

The Edward Alleyn Club will be open as usual on Wednesday 28 December, and Wednesday 4 January

Track Sessions

To confirm there will be no track sessions. the next two Tuesdays (Dec 20 and Dec 27) and they will resume in the New Year at Crystal Palace on January 3.

There is the possibility of there being a speed session (not on the track) during the day on Tuesday Dec 27 if there is sufficient demand. Please let Steve Smythe know if interested, stevesmythe2006@yahoo.com

Note to get the most of the track sessions, it is important to do the sessions regularly and when you do turn up, to do the whole session! ***- Steve Smythe***

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

Dec 17 South of Thames Xc - Beckenham

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

Track Sessions

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

Arrive at 7pm if you want a full warm-up of various drills etc, taken by Elkie Mace.
Main session taken by Steve Smythe starts around 7.20pm and will last 40-45 minutes.

New Runners Rota

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

Claire Steward **14/12**
Volunteers if needed over the holidays

2017 Membership renewals and changes to the club membership year.

You will be receiving via email your membership renewal request form.
It was unanimously agreed upon at the AGM in October just gone, that as of 2017 the club would change its membership year from Jan 1 - Dec 31 to April 1 - March 31.

This means that you will gain an extra three months on your 2017 renewal and it will last from Jan 1 2017 until March 31 2018.

The Dulwich Runners membership fee has remained unchanged at £23 but the UKA/EA fee has risen to £14, meaning full 1st claim membership will be £37.

If you have any queries regarding this or your membership in general you can email me at barry@1bg1.com

Many thanks and I look forward to seeing you all as freshly renewed members in the coming year !

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

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 *Watch this space for upcoming*
O *2016 events !*

T **Dulwich Runners Xmas Party**

17th December 7pm onwards

Limited availability now

you will need to contact me urgently
Matthew Ladds
matthew.ladds@uk.zurich.com

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)

TURKEY TROT CLUB HANDICAP

18 DECEMBER

The annual club Christmas handicap race will be held in the traditional way, in Dulwich Park, the morning after the Christmas party. Come and run off your hangover!
The race is 3 laps round Dulwich Park, run as a handicap, based on recent parkrun times. It is a light-hearted festive event with several prizes. Runners run without their watches and try and match their predicted times.
Please wear a Christmas hat – prize for the best one!

Entry form at the end of Shorts. Thanks - Ros

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 from Ros
ros.tabor49@gmail.com

SHORTS!

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

Socks only £5

HOODIES...

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

Buffs/snoods - only £6

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

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1 Bedroom Flat with parking in Thicket Rd. SE20 8DR, overlooking the lake at Crystal Palace Park.
Handy for track and the park run!! £800 per month.

If interested please call Clive on 0208 658 8386 or 07881 622575
(Clare Elms)

MARATHON PLACE UP FOR GRABS FROM LINK-AGE SOUTHWARK

I have a place for the 2017 London Marathon for any Dulwich Runner who is willing to raise money for this local charity. who provide help and support for the elderly and isolated in Southwark. If you are interested, please email me at vernonrun@aol.com
You will need to raise around £500 plus. Last year our two runners raised over £3000!

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.

To come there are women's and men's matches on 14 Jan, please keep these dates 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***

Surrey League 14 January

Helpers Needed

At our next men's Surrey League cross match at Mitcham Common on 14 January, we have offered to help out HHH with the organization. Assistance is needed in marking out the course beforehand and with marshaling. The main race starts at 2.30 with the youngsters going off 30 minutes earlier, so if some of the men taking part are able to arrive early, by around 12.30, that would be a great help. In addition those not taking part and some of our women who race earlier at Farthing Down may be able to perform marshaling duties. Please let me know if you are able to help out at mcmann90@yahoo.co.uk

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.

The race starts at 2pm near West Gate on the south side of the park. The race HQ is Beckenham Cricket Club, Foxgrove Road BR3 5AS (the same HQ as used for Assembly League races there), 600m from the start. Numbers can be collected from your captains there or later at the start. It is a 3 lap course of around 12k mainly on grass but including some gravel paths, so should be suitable for short spikes. (course map on next page)

I will collect the numbers from the race HQ and then take them to the race start at around 1pm. Note that the race starts at 2pm. Mike Mann

County Champs

7 January

The cross country county champs take place on 7 January, with the Surrey races at Lloyd Park and the Kent ones at Brands Hatch. ***Please contact your captains by 8 December for the Kent champs and by 22 December for the Surrey champs.*** Your captains can provide advice on which county you are eligible to run for.

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.

South Of Thames Cross Country map

2017 CLUB CHAMPIONSHIPS

Once again the 2017 club champs will consist of 8 races in total with 4 races in each of 2 distance categories. The 2016 championship rules which can be found on our website are applicable.

Owing to uncertainties surrounding some of the races later in the year, the list of fixtures is being issued in two tranches, with the first including those races up to and including the London marathon. It is hoped to issue a firm programme for the whole of 2017 early in the New Year.

The early fixtures will be as follows:

4 February	Southwark parkrun 5k
5 March	Regent's Park 10k
2 April	Paddock Wood 1/2M
23 April	London Marathon or alternative (see rules below)

It is possible to give an indication of some of the later events. We are considering a 2 mile race if one of the Battersea Park summer series is scheduled for a suitable date, preferably in June. If not the Battersea Park Assembly League race, likely to be on 6 June will be chosen. The Mark Hayes Mile will take place, probably in the first half of July, but not as a club champs event. Instead we are looking for a suitable track mile race in July. The Sittingbourne 10 on 1 October will be used as the 10 mile event.

Finally we are considering options for a multi-terrain, or possibly a cross country race in the September/October time frame.

We recommend that you enter the 10k and half marathon races early in case they fill up.

Mike Mann

Clarification of marathon nomination for 2017:

The main marathon for the club championship is the London Marathon (LM).
However since it can be difficult to secure a place it is permitted to nominate another marathon instead. To make this as fair and comparable to the other club champs races as possible the following rules apply:

a) it should be a certified marathon accepted by UK Athletics sites http://www.thepowerof10.info/ or http://www.runbritainrankings.com/

b) the nomination should be made ahead of the LM in principle. That means if you are not able to run the LM, or if you do not want your result in the LM to count for the club championship (because for example you are a pace maker or run not fully trained for a charity), you are required to announce this before the LM and declare that you want to nominate one other marathon for the club championship. As soon as you have secured a place in that other marathon, you should nominate the specific marathon.

c) the marathon needs to take place before December 1st

d) otherwise your result in the LM or (if you are not running London) the first marathon of the year you run as a club member will count for the club championship.

e) It is not permitted to have the best time of multiple marathons count in hindsight at the end of the year.

f) the announcement of your intention ahead of the LM (if you do not want it to count) and the nomination of another marathon can be made to the club committee or to the club newsletter SHORTS. It will be made public for your fellow competitors in SHORTS.

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

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
Dec	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	4	Southwark parkrun 5k		Southwark
	11	Surrey League	men	Ham Lands, Ham **tbc**
	11	Surrey League	women	Farthing downs, Coulsdon
	26	National Champs		Nottingham
Mar	5	Regents Park 10k		Regents Pk, london
Apr	2	Paddock wood 1/2M		Paddock Wood
	23	London or alternative marathon		various

Targetting races

Someone recently asked me what are the important events in a calendar year ?

There is no simple answer - it will vary depending on your standard, your age group and how much time you have and whether you are willing to travel.

Some people just want to do parkruns or midweek races that don't impinge on family time and it's difficult to do everything, especially if you do all the Club Championships and things such as the Assembly League which are quite important but hardly essential.

And some people just have favourite races they like doing completely indepentedly of a team.

Traditionally, in cross-country we have targeted the Surrey League which I think is fine when the women are strong and we are vying for a top-3 place which we were for a few seasons. or the men are on for promotion but 4 league races can dominate the winter. Certainly, this year the women aren't as strong. A few have moved away, have injury problems or aren't racing much but we could quite easily do well again - Doing well in team events can often be just ensuring we have one of the team highly placed - luckily we have at least one woman runner who has finished high repeatedly for close on ten years and just need fit runners to back them up to do well.

The men now probably have the best cross-country squad ever - it might be good seeing whether we can place higher than ever before in the Southern or National rather than worrying too much about the final league races.

If we got everyone out we could be quite competitive in a lower key event such as the South of Thames, and the women have done well regularly and if it was local but normally this wouldn't be an event worth making a special effort amongst the men

but we do have some good over 35s in both men and women and have traditionally done well in the National masters road and xc relays - Next May is the BMAF Road relays and it would be good if all eligible can put this date in the diary, and we actually field A and B teams in some age groups such is the demand.

Doing well is good but I would also like to see teams of all abilities compete and us field teams in national road and cross-country (we have never competed in the senior XC relays)

There are also BMAF Championships at cross-country and most road distances but they are probably only worth doing if you are in a position to challenge for an individual medal or you know there is an interested team from the club in your age group.

The club has also regularly done well amongst the women at Kent County senior Championships and Kent masters - less so in Surreys even though technically we are a Surrey-based club and the men have only had a few successes at county level and only in the M50s.

This year we could and should have put a good team out in the M40s and W35s in the Kent Masters but too many were not available. However, we don't need to do these events just when we have a team. ie Neville could have run in the M50s and strengthened our team in that age group but quite rightly ran as an individual in the M60s as he had an individual medal shout.

While it doesn't help that the club is split between two counties, in my view a county championships is in some ways worth doing more than some National events because it is reasonably local and easier to get teams out for and to do well. I personally have been competing in them for 45 years and will continue for hopefully a few more years yet and I will be part of a Dulwich team in them and see others in younger age groups compete too.

Steve Smythe

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.

Telford 10K
Telford Town Park
Telford, Shropshire

Steve Davies writes ……

A few members at the club have achieved excellent PBs at this flat and fast road 10K in previous years. Given that Shropshire is where I spent my childhood I thought that I would have a crack at this event as part of a weekend away visiting relations. My aim was to run a PB and dip under 35 minutes at this distance for the first time.

The event is excellently organised by local running club Telford AC and is held in the local Town Park, which incidentally is some 180 hectares of green space and was voted the UK's best park in the 2015 Fields in Trust Awards (according to the race organisers website).

The park has a range of attractions including children's play areas (water play, various climbing frames etc), recreational activities such as fishing, orienteering, nature trails, adventure golf, cycling and rope climbing. It is a hop, skip and a jump away from the main Town Centre complex which includes hotels, restaurants, shopping centre, cinema, ice rink and the International Convention Centre - the location of the Race HQ and only 200 yards away from the start line. Race facilities were excellent and there was plenty of free parking. (Gosh, things have improved so much since I visited as a kid!).

The course is a fast & flat 2 lap traffic-free route on recently resurfaced tarmac paths. From the start runners initially proceed hell for leather along a downhill path that snakes along for the first 300 metres before the course narrows and effectively joins the two-lap part of the course. The gift is that the runners do not have to return back up the hill! Instead the course follows paths within the park that join an out and back stretch for a couple of miles. With runners in both directions, this part of the course is narrow, making overtaking difficult. Also there is a dead turn at the end of the mile stretch around a traffic cone reminiscent of the BMAF Road Relays at Sutton Park and also the Dome Assembly League. The course is excellently marshalled and clearly signposted. The finish line is in the Town Park Amphitheatre at the end of the second lap. Also good to note is that the course is accurately UKA measured with mile markers and a 5km halfway marker. There is a digital clock at the finish, chip timing and it is listed on Power of Ten.

There are two races – an 'Elite' race for runners aiming below 40 minutes and a race for the 'Masses' which starts some 45 minutes later. Overall the event attracts over 1300 runners from around the country. This was evident from the start of the Elite race of which I clocked runners from all regions. Notable club vests from the South East were Aldershot Farnham & District, Blackheath & Bromley, Clapham Chasers, Kent AC, South London Harriers, and Tonbridge. This time I was the sole participant sporting a Dulwich Runners vest.

The other thing to note is the quality of the field. I have never ran a 10k with a field of such high quality. The course record is under 29 minutes. That was not broken during this year's event – the winning time was 29:21, however, there were some 18 runners under 30 minutes and a further 36 under 31 minutes. The female course record was broken – 32:35. Also there were some 150 runners within 35 minutes, and 290 runners broke 40 minutes.
In terms of my preparation for this race, well, this is the first time that I have specifically targeted, trained and tapered for a 10K. Other 10K attempts have broadly involved sporadic efforts coming after marathon season or soon after a return from holiday when I have a bit of a running lull.

This time, however, I have had some good running form this autumn and have been able to successfully increase training volume with this event in mind. I've also taken on board the wise counsel from others including, Coach Steve and Clare Elms, in relation to a taper for the last 2 weeks (Thank you very much!). Niggle free, rested and ready – I'm at the start, a few rows back from the actual start line taking account of the quality around me. The weather conditions were cool with a bit of a breeze, although I could not use that as an excuse if I did not meet my target. The sound of a horn and we were off…..

As anticipated the start of the race was intense, keeping apace with the group of runners hurtling down that initial hill as though we were on a roller coaster. I was minded to keep out of trouble, not trip up or pull a hamstring. I cleared the 1st mile marker in 5:10, however, I felt controlled and kept with the group I was with, some 100 places behind the leaders. After navigating that dead turn in the first lap, I started to pick off the odd runner and I hit the 2-mile marker in 10:40 (narrowly outside my 2 mile PB). The third mile was along a gradual gradient, but I persevered with the pace and went through the 5K mark at 16:50 (eclipsing my 5K road PB).

Usually, at this point, with having set off too quickly, there is a risk that the wheels completely fall off, and the final 3 miles are a complete struggle. (I have been through that experience many times!). However, although I did slow a little for the 4th and 5th miles (broadly 5:40 minutes miling according to my ever erratic Garmin), I was able to sustain my position within the group. When I passed the 5-mile mark I was now sensing home and was fortunately able to sustain a 5:30 minute mile for the 6th mile and increase my pace for the final 1/3 of a mile (to broadly sub 5 minute miling). I glanced at my watch to see that I was approaching 34 minutes.

A final sprint to the line… not sufficient to dip under 34 minutes but I was delighted with a time of 34:08, taking almost a minute off my PB from the Bupa London 10,000 (as it was called then) in May 2015. So, over the last day I have really enjoyed the warm glow of taking such a chunk off my 10K road PB, and possibly my best race to date. Also, my highest age grading of 87.8%. In terms of placing, I was 130th and 4th in the V45 category – again tantamount to the quality I was running with.

Talking about quality, some further highlights – fastest MV50 31:55 (faster than MV40 and MV45 winning times); Fastest FV40 34:50 (and 7th female overall). After my effort, I spoke with a fellow runner about the race – he was a few seconds quicker (and years younger) than me. He mentioned that he had not achieved a PB this time and that he felt, although Telford was a fast course, the Leeds Abbey Dash 10K is quicker. That's interesting….

Key Results

Age	Cat	Pos	Name	Club	Net Time
1st	MSen	1	Joshua Grace	AFD	29:21
1st	MV45	111	Darren Potter	Midland Masters AC	33:44
1st	MV50	68	Paul Ward	Telford AC	31:55
1st	FSen	87	Elinor Kirk	Swansea	32:35
1st	F40	147	Claire Martin	Telford AC	34:50
4th	**MV45**	**130**	**Stephen Davies**	**Dulwich Runners AC**	**34:08**

HW Interclub/East Surrey League
10 December

This annual fixture was better attended than usual with almost 150 finishers and a number of youngsters competing over a single lap of the course. Consequently it was quite congested early on, particularly on the narrow paths back up the hill after the playing fields during the first lap, though putting a positive spin on things, it was probably helpful in regulating pace.

The distance was very close to 5 miles, slightly longer than Polesden Lacey, but here any similarity ends, as the course was fast despite the congestion and sound underfoot.

Ola Balme got caught up in the congestion early on before coming through the field, as did Graham Laylee who had a steady run. I had one of my better runs of the season to date, feeling strong over the second lap. All three of us were competing for Vets AC in the East Surrey League. Unfortunately Lewis Laylee, running for Herne Hill, was forced to pull out early on with a foot problem. - ***Mike Mann***

Mike Mann	36:26 (2nd M60)
Ola Balme	37:14 (2nd W45)
Graham Laylee	39:10

South of England Masters XC Championship Oxford
10th December

Usually fairly well supported, we were low in numbers at this year's SEAA Masters' Championships, but did get a good quality M50 team out along with a couple of individual runs. Dulwich were M50 silver medallists in 2013 and hopes were reasonable that we could perhaps challenge for medals again; we got fairly close and finished a creditable 5th out of 22 teams in a high quality race. Though now 'looking forward' to the next age group (wish your life away, why don't you?) I was hopeful of a reasonable performance in my last go at this event as an M50, though emulating my 5th place when we won team silver might be pushing it. Settling in to an isolated 7th fairly early I was wary of the mud and hills in the wooded area of each lap (mercifully not too much) and watched the two runners ahead gradually drift away. A big effort for the last mile and a half resulted in a perfectly even run, but I was dismayed to see that I was catching the two in front very quickly but running out of space and finished ten seconds back. It's a rare XC where I wish it was 200m longer but still a pleasing enough run at just over 6-minute miling.

After his debut team medal at the SEAA Relays Derek was asked/persuaded to try to add to it but the race turned into a real war of attrition for him. Having been a bit below par recently he was nevertheless ready to give it a go and set off with intent – but a little too enthusiastically. In his first XC since schooldays he found out how hard it is if you put yourself in the red too early, but pressed on doggedly round the second lap to finish completely spent and with a bloodied foot from the rubbing of a brand new pair of spikes. Steve had asked Ebe to run as he had been a bit fragile in the preceding week and was worried about completing the team, but in the event came good on the day and had an excellent race. Fairly even pacing saw him passing Derek and pushing on strongly to finish 8th M55 while approaching the top of the age group, good going in this company. Kudos is due to Ebe for turning out 'just in case' and he had a tough run, having to slow a fair bit on the second lap. Just ticking over on low mileage training while he continues his slow recovery from injury he finished with sore feet and hamstrings from a hard effort, so thanks to him for being there.

Meanwhile, our two individual entrants were running well and to form, Andy finishing 25th M60 and Ros in the shorter women's race, untroubled among the W65s, winning gold by over five minutes in a time that was good enough to place 5th in the W60s.

A fair bit of the M50 race is here for your visual delectation. I wouldn't watch all of it though; that's 15 minutes of your life you'll never get back... - ***Tony Tuohy***
https://www.youtube.com/watch?v=CaQVQZtw3cY

M50+ 9.3km

7	Tony Tuohy	34:59	7th M50
33	Steve Smythe	37:34	8th M55
46	Derek Lee	38:20	29th M50
61	Eberhard Prill	39:26	38th M50

169 runners
Team: 1 Herne Hill 33, 2 London Heathside 50, 3 Highgate 69, 4 Barnet 75, **5 Dulwich 80**

M60 9.3km

25	Andy Murray	45:30

W65 6km

1	Ros Tabor	28:42

December 3rd

Beckenham Place

168 ran

Pos	Gen		
60	8	Eleanor Simmons	22:15

Brockwell

215 ran

Pos	Gen		
2	2	Timothy Bowen	17:37
20	1	Selma Benattia	20:11
24	23	Jim Dowsett	20:28
27	26	Grzegorz Galezia	20:40
35	4	Helen Lister	21:14
37	5	Becca Schulleri	21:17
42	37	Cameron Timmis	21:27
45	6	Michelle Lennon	21:34
66	11	Lucy Clapp	22:33
68	57	Lloyd Collier	22:49
73	12	Lucy Pickering	23:09
79	13	Clare Cummings	23:24
82	15	Clare Wyngard	23:29
85	69	Michael Dodds	23:35
94	19	Claire Steward	24:16
178	63	Selina Wray	29:54
181	116	Paul Devine	30:11
214	126	Chris Vernon	40:28

Bromley

437 ran

Pos	Gen		
154	139	Barnes Stringer	24:01

Bexley

257 ran

Pos	Gen		
13	13	Michael Fullilove	21:10

Burgess

186 ran

Pos	Gen		
16	1	Lucy Elms	19:55

Cleethorpes

125 ran

Pos	Gen		
31	29	Colin Frith	22:44

Crystal Palace

172 ran

Pos	Gen		
4	4	Tom Wilson	19:50
13	13	Simon Lang	20:52
26	3	Belinda Cottrill	22:37
83	69	Paul Hilton	25:38
119	93	Bob Bell	28:27

Dulwich

170 ran

Pos	Gen		
6	6	Andrew Shreeve	18:09
17	16	Francis Macdonnell	20:05
40	5	Sandra Marie	22:30
63	12	Hannah Harvest	24:07
116	88	Ajay Khandelwal	27:28

Old Deer Park

69 ran

Pos	Gen		
30	4	Lindsey Annable	25:27

Peckham Rye

153 ran

Pos	Gen		
1	1	Andy Bond	16:46
3	3	Gregory Hills	18:28
88	67	Oliver Bottle	27:36
131	51	Abbie Grace Bottle	31:22
132	52	Emma Ibell	31:23

Riddlesdown

115 ran

Pos	Gen		
14	1	Ange Norris	21:02

Southwark

149 ran

Pos	Gen		
70	55	Paul Keating	24:37

Tilgate

413 ran

Pos	Gen		
93	83	Gary Budinger	24:29

Trelissick

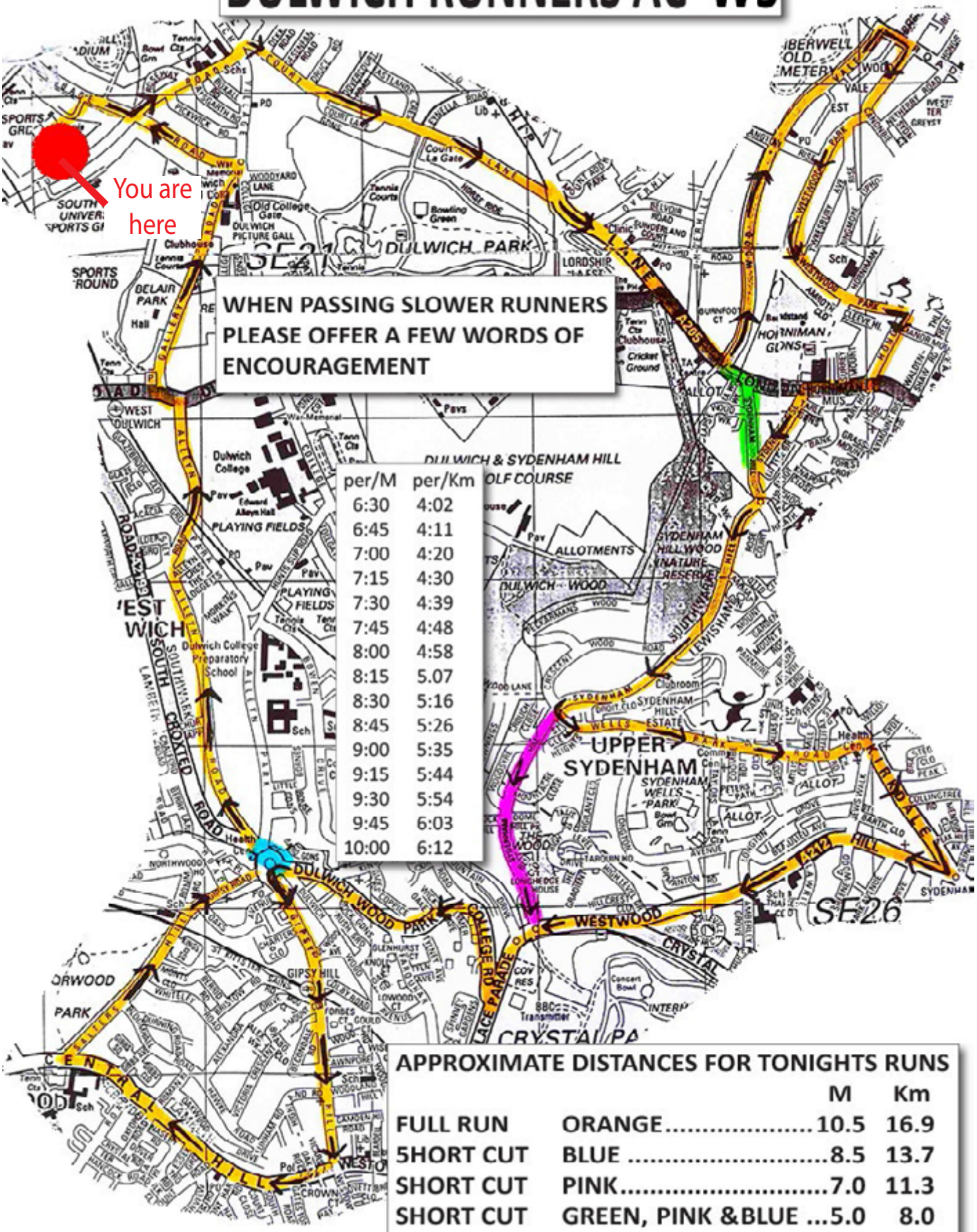
55 ran

Pos	Gen		
14	5	Laura Vincent	24:48

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 W5



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	10.5	16.9
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK	7.0	11.3
SHORT CUT	GREEN, PINK &BLUE	5.0	8.0

Here be dragons

DULWICH RUNNERS
TURKEY TROT HANDICAP RACE

5K (approx) HANDICAP RACE (3 laps of Dulwich Park)

SUNDAY 18th DECEMBER 10.00 (meet by Queen Mary's Gate)

prizes for:
1st runner across the finish line
1st walker across the finish line
Runner closest to predicted time
best fancy dress – please wear a CHRISTMAS HAT

entry fee £2.50 or £2 if in fancy dress

NAME: _____

most recent 5k or parkrun time _____

predicted time for 5k on 18th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than predicted time.

ros.tabor49@gmail.com