SHORTS

Dulwich Runners AC
Weekly Newsletter
November 9th 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 9 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 15 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
6... More medals for Ros in Oz !...
7 Dulwich Runners bite The Big Apple
10 Parkrun results
11 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

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

Nov	12	Surrey League - men
Nov	13	Epsom 10 - last of the 2016 club champs races
Nov	19	London Champs - Parliament Hill
Nov	19	BMAF relay champss - Long Eaton
Nov	26	SoT - 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.

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

Olivier Montfort	9/11
Mike Mann	16/11
Andy Murray	23/11
Barrie John Nicholls	30/11

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

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

Watch this space for upcoming 2016 events !

Quiz Night

Wednesday 9th November

A fun team quiz which will start about 8.45pm.
Fish and chips on offer as normal.
Maximum 4 per team and some great prizes will be up for grabs.

£5 per team member, all funds raised will go into the clubs social fund which will be used in 2017 to lay on more subsidised/funded social events for club members throughout the year.

I look forward to seeing as many of you as possible to support the event.

Dulwich Runners Xmas Party

17th December
at The Plough on Lordship Lane
so put the date in your diary and watch this space for further details.

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 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

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

socks only £5

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

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. There are 3 fixtures left. 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 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.

This autumn we have the men's and women's league matches on 15 October, a men's match on 12 November, and a women's match on 3 December. Please keep these dates free if at all possible.

Other important races this autumn are the BMAF relays at Long Eaton on 19 November and 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***

Cross Country Champs

Once again we will be holding a cross country champs this season. 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.

Kent Masters Cross Country Champs

3 December

If you would like to be entered for these masters champs taking place at Dartford, please ***contact your captains by 14 November.*** If you have any questions regarding eligibility your captains will be happy to advise.

You need to have been born in Kent or live in the boroughs of Lewisham, Greenwich or Bromley.

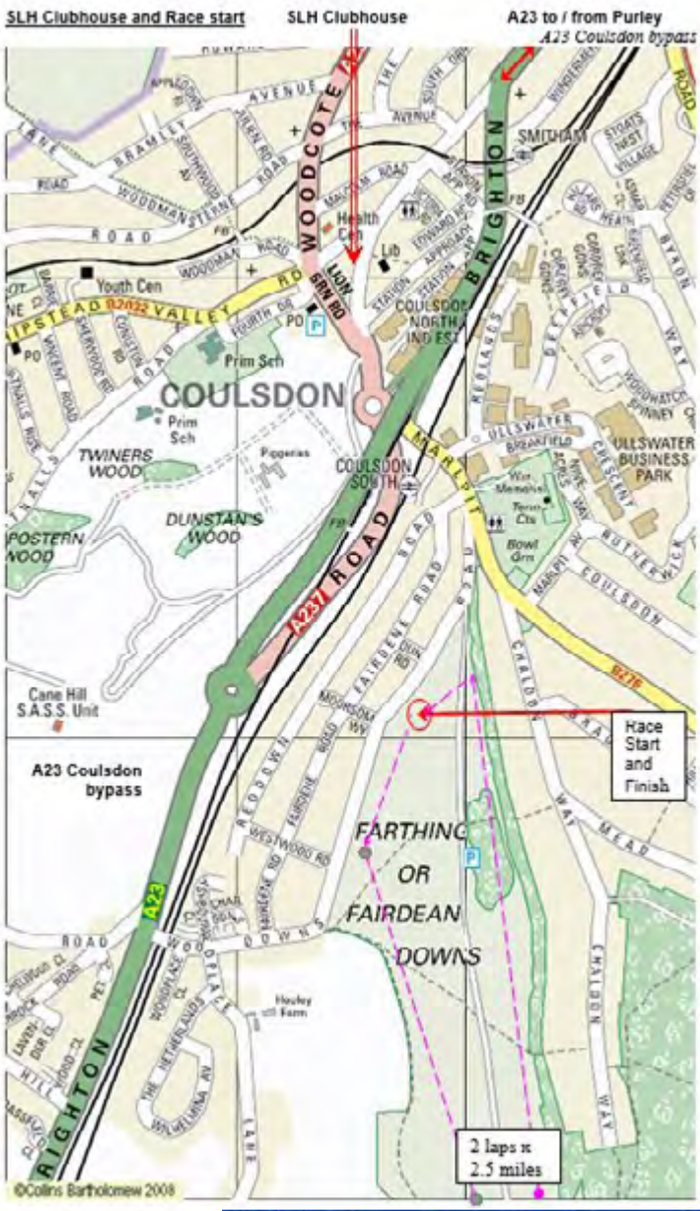
South Of Thames Cross Country

Those wishing to take part in the South of Thames 5 mile race at Polesdon Lacey on 26 November should ***contact your captains by 16 November.***

Interest to date has been surprisingly low given that this race forms part of our cross country championships

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.



Surrey League Cross Country

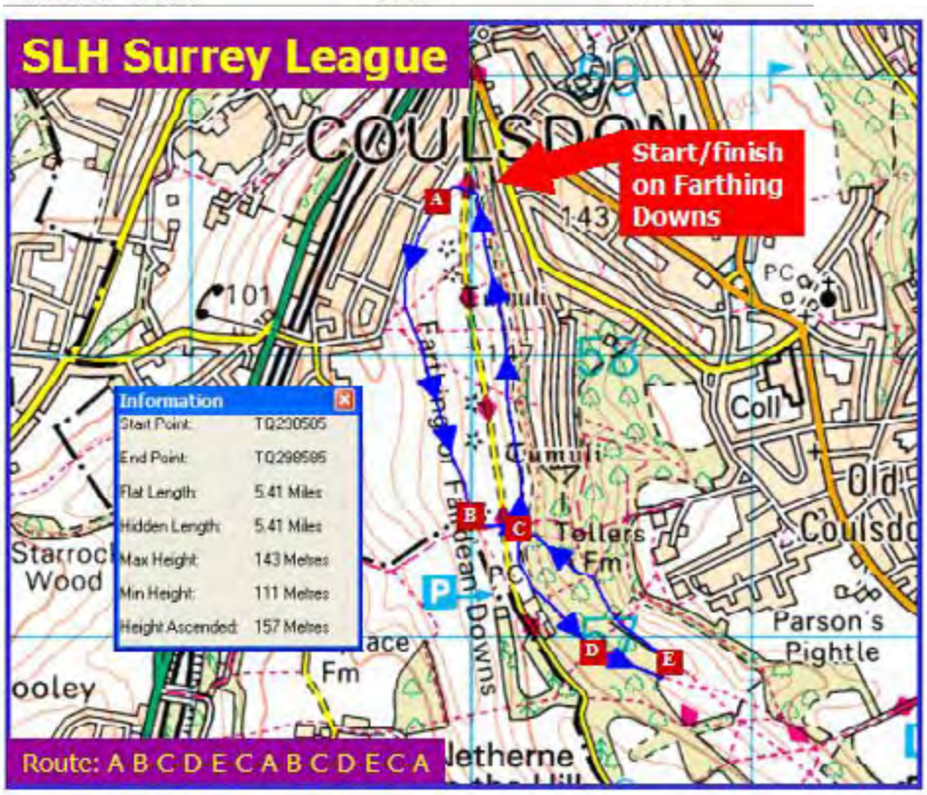
12 November

Our next Surrey League cross country match takes place at Farthing Down, Coulsdon on 12 November, starting at 3pm. After our excellent start at the first fixture on Richmond Park, albeit finishing in 8th position, we are missing a few key scorers this time, so it is important that as many scorers as possible take part and in addition those just outside the scoring team in October and those unable to take part last time.

The race HQ is the SLH clubhouse which will be open from 1.30pm, 194a Brighton Road, Coulsdon CR5 2NF, where there are toilets and changing facilities. The race start/finish is on Farthing Down, just off Downs Road, about 1km from the race HQ (see maps showing directions and the course). Both Coulsdon South and Coulsdon Town stations are close to the clubhouse, with the former station closer for those going straight to the start. There is a car park at Lions Green Road near the clubhouse and parking is available on side streets off the southern end of Woodcote Road. There is no parking on the downs close to the race start/finish

Please make sure that you are at the start no later than 2.30pm and bring your race numbers if you kept them last time.

The course consists of chalky grassland and paths. There is a descent through woods on a stony path and path at the bottom of Happy Valley can get muddy. Short spikes, studded shoes or trail shoes are suitable.
Mike Mann



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.

DULWICH RUNNERS 2016 CLUB CHAMPIONSHIPS

A total of 9 races split into 2 categories, short (S) and long (L). To qualify you need to complete 5 in total, including at least one from each of the two categories. See fixture list for the remaining events

2017 Club Places

The club has two London Marathon places for club members. To qualify for consideration you must have:

- been a member for at least 12 months,
- applied to the ballot and been rejected; and
- not been awarded a club place for either of the last two years.

We allocate one place on the basis of contribution towards the club over the year and the other at random.

To be considered, contact chas.lound@btinternet.com or in person, on Facebook etc., ***by 11 November.***

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 - New Date 13 November

As many of you will be aware the date of the Epsom 10, the final race of this year's club champs has been brought forward by one week to 13 November.
This is the same weekend as the second Surrey League cross country match, which you are asked to treat as your priority race for the weekend.
Some of you may need to take part in this race to complete the club champs, but there will only be a few cases where a fast time is required.

Road & other **Cross country** **Club Champs** **Assembly League**

2016		Race		Venue
Nov	12	Surrey League	men	Farthing Down
	13	Epsom 10 (L)		Epsom
	19	London champs		Parliament Hill fields
	19	BMAF Relay Champs		Long Eaton
	26	South of Thames 5m - National Trust Grounds		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	Ham Lands, Ham
	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.

World Masters Athletics Championships Perth, Australia

Week 2
W65 1500m Sat 5 Nov noon
Ros was up against the two US world record holders again but this time they set of steadily at 5.50 plus pace up to the bell. Ros, Stevenson and Ingerlise were able to stay quite close until then, when the leading two accelerated and Ros chased, leaving behind her rivals for bronze and recording a season's best.

WMA: R 5:29.85
1 Harvey, Sabra W67 US 5:39.71
2 Martin, Kathryn W65 US 5:40.15
3 Tabor, Rosalind W67 Great Britai 5:45.77
4 Stevenson, Janette W67 Great Britai 5:50.62
5 Ingerlise, Villum Jensen W67 Denmark 5:59.50

W65 400m Sat 5 Nov 3pm
This was held later the same (over 35 degree) day as the 1500m.
Ros had previously run hard to finish second in her semi and 5th fastest qualifier.
The final featured four Australian 400m specialists and a fast, but not world record fast, American. Two of the Aussies and GB's Marler pulled clear of Ros and Steinbach (US) chasing. There was a dramatic last 100 amongst the leading 3, with Marler and Davis each taking the lead but both fading 5 meters out to allow Peake to sweep past. Ros posted a season's best and held on well in fourth.

[1st Semi Wed 2 Nov 2 Ros Tabor 1:15.45]
WMA: R 1:08.21
1 Peake, Lyn W66 Australia 1:10.99
2 Davis, Carol W65 Australia 1:11.27
3 Marler, Caroline W65 Great Britai 1:11.34
4 Tabor, Rosalind W67 Great Britai 1:14.52
5 Steinbach, Coreen W65 United State 1:14.64

Half Marathon Sun 6 Nov
The half and full marathon were held on a beautiful Swan River waterfront course on a flat cycle route, with views across to the business district offices, Kings Park on its hill and the WACA cricket ground (Aus v SA test in play). Shuttles were laid on to the 6 and 6.30 am starts and free gels, power bars, bananas and water were provided there. The only downside was a slow chip-checking process for the marathon runners, which delayed their start and reduced warm up opportunities.

The hot day previously meant it was already 20 degrees at the start and pretty warm where the slight breeze was behind after half way. Andy was one of seven m60 Brits in the half and set out attempting to run around 1.40 pace. However, niggles in a knee, heel and hamstrings made that a bit ambitious and breakfast not fully digested by the early start led to increasing breathlessness around 8k, requiring a minute's walk then to recover and a slow jog from then on. Andy finished 14th m60, 4th Brit but well short of the three Brit scorers in 1st/4th/6th who won a gold team medal. A consolation was that all half and marathon finishers got a commemorative medal. Kenya sent a small but strong team, with three of their M40's coming home 1/2/3 in the race, close together at just over 1 hour 11.
14m60 Andy Murray 1.48.55

W65 4x 400m Relays Sun 6 Nov
GB had one specialist 400m runner, a sprinter and two middle distance runners , Australia 4 finalists at 400m and the US their two world record holders at longer events, another fast runner and a walker.
Ros put GB in the lead after leg 1 and they broke the old world record with 5.12.77 but lost out to Australia, who set the new record of 5.06.10. A silver to Ros to add to her previous 3 bronzes and a team gold.
1 Australia 5.06.10 world record
2 GB 5.12.77 (Ros Tabor, Janette Stevenson, Hendricka White, Caroline Marler) inside old WR
3 US 6:01.47

It was a great event overall, with travel passes and shuttle buses laid on to get to race venues. We had exciting options each day, competing spectating or sightseeing in Perth and the surrounding coast and countryside.
Next events (open to any 35+yo) :
World Masters indoors Daegu, S Korea (March 2017), Euro masters outdoors Aarhuis, Denmark (summer 2017).
Andy Murray

New York City Marathon

6 November 2016

It's no mean feat getting 50,000+ people from Staten Island to Central Park: even if they've to make their own way there, you still need to get them to Staten Island in the first place (and their stuff to Central Park). But really, as far as we four could see the supposedly largest marathon ever held was superbly organised. Efficiently getting so many people to the start line in time means that inevitably, most get there very early. Both Sam and I got the bus not long after 5:30am - arriving at the start area three and a half hours before the starting howitzer. Helen wasn't much later arriving by boat and only Becca had a bit of trouble but got there ok in the end. Cue a lot of sitting around sipping Dunkin Donuts coffee (no actual donuts, sadly).

After what seemed like an unending list of thank yous and introductions, someone or other finally let off that cannon. We plebs were held back to give the pro men a decent headstart (lest we catch them?) and also a bunch of a few hundred VIP runners who were shepherded in behind them. Although distracting from the superb view towards Manhattan, dodging through that last contingent was at least a helpful shield against starting much too quick up the first 'hill' (read: bridge). After one mile, it was a steady downhill into Brooklyn and the slog north to Queen's and eventually Manhattan and the Bronx. As advertised, the crowds were out in force providing encouragement and some original signage ("if Trump can run, so can you" etc); around mile 8, Katie and Bounty Hunter Al - Dulwich's own mobile support - were offering vociferous cheers of their own and it was impossible not to give in to the impulse to respond with an energy sapping uncoordinated frenzy of limbs in the air. They were met with only grimaces at mile 24.

The sunny but cool day made for great running conditions tempered only by a steady breeze coming from the north – from which the first three boroughs at least offered some shelter. The Queensboro Bridge crossing around mile 16 turned out not to provide a hoped for skyline view of Manhattan as the race went along the underside level - providing instead an eerily quiet slog uphill and down between the crowds on either side. Into Manhattan then and a seemingly neverending straight line up first avenue into the now more noticeable wind. At this point the distance started to wear and I managed to pick off a few over ambitious starters.

Having stayed reasonably steady for 21 miles, I began to slow on the stretch back down 5th Avenue and its long climb before the turn into the rolling hills of Central Park. At that point my brain had shut down and a fast finish was not forthcoming from my cramping limbs but there was nothing disastrous - I slowed just enough to to push me over the target 6min miling average - still a PB by two minutes.

Having battled injury earlier in the year, but fresh from a parkrun PB the week before, Helen was feeling fit and went for it from the start - managing a steady pace for a 3:15 target until about halfway. She slowed from there but kept it in check and found some pace from somewhere for the finish - coming in on 3:24. A storming result on a tough course - especially given less than ideal training.

Hot on Helen's heels were marathon freshers Becca and Sam. They had trained well and it showed both in the lead up to New York and on the day itself. Neither let the excitement of the event get to them and they managed fairly even paces throughout with a bit of juice left for fast finishes. Certainly more measured and mature debuts than I could manage.

-Tim Bowen

Chip times:

91	Tim Bowen	2:38:38	PB
3410	Helen Lister 454W	3:24:36	SB
3890	Sumrit Mattu	3:27:16	SB
6839	Rebecca Schulleri 1280W	3:41:01	PB

51,388 finished - with top class support from Katie Styles and Al Locke

Algarve Running Challenge

November 2-6

With Ros and Andy in Australia, the Dulwich contingent were two down on normal. Those that came to this part of Portugal with forest trails, long beaches and cheap and plentiful food and drink enjoyed mostly sunny warm weather and four races in five days with three lower key events leading up to the classic X Milhas do Guardiana.
Clare Elms won the challenge again using these races as preparation for the Masters International this week at Glasgow, where along with Ros, she will be running for England

5km Cross-country, November 2
The event starts with a 5km cross-country trail race. It is out and back and with quite a few short hills.
Clare, Steve, Mike and Jim started with the fast group and Clare ran down all in the middle group and slower groups to win outright without going flat out, having slightly sore foot from a hard long run Sunday and a track session the night before.

Steve paid for going with Clare for the opening kilometre and slowed badly but was quicker than the previous year. Jim had a steady run but down on the year before but Mike. who had been unwell last year had a much better run. On age-grading, Clare went into a big lead. It was close for third to sixth with the equivalent of two seconds between them with Steve fourth and Mike fifth.
1 Clare Elms 18:28 929 pts
4 Steve Smythe 19:55 774 pts
5 Mike Mann 21:50 773 pts
13 Jim Dowsett 21:30 630 pts

Track Mile, November 3
All four Dulwich Runners were drawn in the fastest race. Clare started off 20 seconds behind the pack but she still caught everyone and held off three

runners at the finish.
While not quite her fastest of the year, her 5:11.8 was quicker than she ran in the Golden Stag Mile in the middle of summer and increased her lead further. Steve was fourth across the line and his 5:35.8 was his fastest for five years. Jim and Mike had a good battle with Jim just winning out but just outside six minutes.
Clare scored a huge 984 points and Steve again just edged Mike by a few points.

1 Clare Elms 5:11.8 984 pts
3 Steve Smythe 5:35.8 818 pts
4 Mike Mann 6:05.9 813 pts
14 Jim Dowsett 6:05.4 654 pts
scores after 2 races: 1 Elms 1913; 3 Smythe 1592; 4 Mann 1586; 14 Dowsett 1284

10km Handicap trail race, November 4
On the tough, scenic course which goes mostly through the forest but also goes along beside the river, Steve had to ease back in the last few metres otherwise he would have embarrassingly won the handicap he set as he ran relatively better than he had in the 5km and he overtook 12 runners in the final mile. It was close with the other three in the handicap with Jim and Mike see-sawing through the race and Clare just failing to catch them as they all finished within 12 seconds.

Clare didn't set off last as a new runner had joined the Challenge who had beaten her by a minute in the Cardiff 10km but despite a lonely race, with hardly anyone within range until the last kilometre, she ran the fastest time again.
Clare scored 910 points to go well clear while Steve again prised a few more points (5) off of Mike.
Jim had a good score and that moved him up four places.

Handicap
2 Steve Smythe 40:54 - 4th quickest 802 pts 4th score
4 Jim Dowsett 44:30 - 7th quickest - 648 pts - 14th score
5 Mike Mann 45:03 - 8th quickest - 797 pts - 5th score
6 Clare Elms 38:42 - 1st quickest - 910 pts - 1st score scores after 3 races: 1 Elms 2823; 3 Smythe 2394; 4 Mike 2383; 10 Jim 1952

X Milhas do Guadiana, November 6
This year's race was run from Spain to Portugal across the giant Guadiana bridge that separates the two countries.

When club members first started doing this race 11 years ago, it was an exact 10 miles but gradually it has increased its distance and this year was the longest yet of 18.3km, though the course did have less hills but had a lot more cobbles in it. Clare has won this race before but this year, a well known Portuguese runner Ana Dias, who ran in three Olympics and has a 31 minute 10k and 2:28 marathon PB meant she was effectively running for second. She was still second at 5km but dropped a place by 10km as she tried to ease through the middle of the race and stay at around 39:00 10k pace. alongside fellow Brit and 2:22 marathoner Dave Mansbridge. She felt strong until slowing over the cobbles around 16km to 17km and then blasted the last kilometre.
Apart from finishing third, she was also obviously the first W50.
Steve stayed with Dave and Clare for the first 5km though dropped off on any inclines. He was still there at 11k but dropped off at 12k when Clare picked the pace up. He gained his best age group race at the 10th attempt as he won a prize for third M55 and his best points score of the week ensured he finished third overall and first man in the Challenge.
After some close battles with Mike during the week, this time Jim was easily the better and ensured he finished 10th overall and Mike held fourth and second best man.

3W Clare Elms 72:43 - 907 pts - 1st score
62 Steve Smythe 73:14 - 843 pts - 3rd score
201 Jim Dowsett 82:53 - 651 pts - 12th score
263 Mike Mann 86:05 - 788 pts - 7th score
- Steve Smythe

scores after 4 races
Overall (age graded scores):
1 CLARE ELMS (1W/W50) 3730
3 STEVE SMYTHE (1 M55) 3237
4 MIKE MANN (1 M65) 3171
10 JIM DOWSETT (1 M35-45) 2603

Priory Relays Reigate
5th November

The ever-popular Priory Relays (been going since the '70s I think) were just as popular this year with enough Dulwich women signing up to make three teams (with Ange running twice). However, plans for even one men's team went pear-shaped at the last minute when one alleged participant was discovered to be abroad, and so was never available in the first place, and another (who shall be known as 'Wayne') came down with a severe lurgy after trying to kill me in an hour-long burn-up at the club on Wednesday. Serves him right.

So the four-man team became the Double Trouble Brothers as both Gary and me stepped up to run two legs each – and two legs weren't enough for Gary anyway as he could have done with three to keep his balance on his first run when he came a cropper on the precipitous descent with half a mile to go. Managing not to impede any of the competitors who were both ignoring and hurdling him, he was soon up and going again and posted a great sub-18, followed by a second go that was only 21 seconds slower, and still faster than he ran here last year. His second run was probably so quick because of an adrenaline kick he got when belatedly spotting me finishing the second leg and having to outsprint me to the start/finish line just to take over. Easily done when you're deep in conversation with all the ladies.

I was pleased enough with my own runs, which compare favourably with my best here two years ago (just 10 seconds slower for the first, 2 seconds for the other). This course is about as technical a cross country as we are likely to face (adverse cambers, slippy bits, hard bits, steep climbs, steep descents, sharp corners) and as I flew down the big hill with blurred vision and whirring legs on the brink of disaster (as Gary had discovered) I

felt like The Road Runner from those old cartoons (yes, I'm 'of a certain age'). After all that I thought we did pretty well to finish 14th out of 40 teams.

Meanwhile Ange was trumping both of us by running the best part of a minute faster than she did last year, then only slowing by 19 seconds for her second go; not bad just a week after her 1:29 half marathon in Lausanne. Andrea had no idea what time she'd run but felt it was good – she was right as she bettered her only previous run here three years ago with an excellent effort. Closing the A team was Alice, who was running her first cross country though you'd never have known. She threw herself into the fray and came out with a blinding time to back up Ange and Andrea, so the A team finished a more than respectable 9th out of 42 teams.

Michelle led off the B team with another of her very strong and reliable runs, matched to the second by Anna, running strongly though comparatively unraced this year. Lucy brought the team home in an excellent 16th place and showed off her continuing improvement by knocking half a minute off her time of last year. Jo is a frequent entry at this event and despite also having raced less this year turned in a time not far adrift of her better runs to start the C team. Eleanor was having her first stab here and ran impressively to virtually match Lucy before the team were rounded off by Ange's second bout of heroics. With the C team finishing 19th, only three places behind the B ladies, everyone could pat themselves on the back after a great afternoon; so we celebrated at the Reigate Priory clubhouse with lashings of tea, coffee and cake. Traditional club athletics, you've gotta love it.

- Tony Tuohy

Men (4x 2.6 miles) – 14th

Gary Sullivan	17:51
Tony Tuohy	15:23
Gary Sullivan	18:12
Tony Tuohy	15:49
40 teams	

Women (3x 2.6 miles)

A – 9th

Ange Norris	17:28
Andrea Pickup	18:03
Alice McDonald	18:38

B – 16th

Michelle Lennon	18:52
Anna Thomas	18:52
Lucy Clapp	19:37

C – 19th

Jo Shelton Pereda	21:28
Eleanor Simmons	19:38
Ange Norris	17:47
42 teams	

National XC Relays Mansfield

Sat 5 November

Duncan Hussey writes...

Not sure why I nor the club has never competed in this event before. Yes, it is a little way from home but it certainly doesn't lack in quantity nor quality.

Over 1,000 teams entered from across the country and there were at least four Olympians competing and at least one spectating, none other than former world record holder, Steve Cram.

Fantastic course, well designed with a mixture of grass and wooded tracks with a few slight undulations and lots of gentle twists and turns. Brilliant for spectators too as the races on offer were compelling and spectators could easily view the races on at least three vantage points each lap.

Overall, there were ten different races across the different ages with the senior men in teams of four doing 5k each round a 2.5k course whereas the women were in teams of three doing 3k each. It was absolutely fantastic seeing Andy Vernon just rip the men's race apart on leg 3.

Each club could enter more than one team to extent that Norwich fielded an A and a B team in the U15 girls and they had a ding dong battle eventually finishing 4th and 5th in exactly the same time. The B&B B team in the same race went one better by coming from 7th on the last leg to take gold from their A team in the last few hundred metres!

Oscar said it was his most enjoyable race of the year and said he loved the course which was a complete contrast to the soulless Southern road relays in Bedford six weeks ago.

On leg 2, he moved his B&B team up 21 places from 64th to 43rd.

U17B

Leg 2 3k

Oscar Hussey 10.02

Burgess Parkrun Club Champs Medals

Winner	Clare Elms
Fastest Man	Tim Bowen
Fastest Woman	Selma Benattia
1St Sen Man	Alastair Locke
1St Sen Woman	Helen Lister
M40	Steve Davies
F40	Michelle Lennon
M50	Tony Tuohy
F50	Lucy Clapp
M60	Mike Mann
2nd Age Grading	Andybond
3rd Age Grading	Steve Smythe
Captains' Award	Peter Jackson

Deal Castle 5 Mile

Sunday 6th

98 Colin Frith	39.21
234 ran	

parkrun

November 5th

Ashton Court
492 ran

Pos	Gen		
184	147	Barnes Stringer	26:02

Brockwell
251 ran

Pos	Gen		
1	1	Stephen Davies	17:27
6	6	Derek Lee	18:42
38	36	Duncan Wilson	20:59
52	3	Ola Balme	21:36

Burgess
287 ran

Pos	Gen		
38	34	Hugh Balfour	20:40
131	107	Paul Keating	24:38
155	33	Claire Steward	25:38

Cottesloe , Australia
81 ran

Pos	Gen		
17	16	Andy Murray	25:07

Crystal Palace
259 ran

Pos	Gen		
15	15	Tom Wilson	19:56
39	3	Lucy Elms	21:27
85	10	Belinda Cottrill	23:31
95	14	Lucy Cartlidge	23:45
172	132	Bob Bell	28:22

Dulwich
286 ran

Pos	Gen		
17	16	Andrew Shreeve	18:39
21	20	Andrew Bright	19:07
23	22	Rob Hollands	19:09
24	23	Matt Hartin	19:13
33	32	Sam Crump	19:52
46	44	Francis Macdonnell	20:21
74	70	John English	21:27
99	92	Mark Muffett	22:36
170	29	Hannah Harvest	25:52
174	30	Sandra Marie	25:57

Gloucester North
114 ran

Pos	Gen		
31	28	Chris Goodman	25:06

Greenwich
331 ran

Pos	Gen		
34	34	Michael Fullilove	21:38

Hackney Marshes
202 ran

Pos	Gen		
12	11	Martin Holt	18:39

Hilly Fields
253 ran

Pos	Gen		
147	120	Peter Jackson	26:44

Lloyd , Croydon
250 ran

Pos	Gen		
2	2	Lewis Laylee	17:53
52	48	Graham Laylee	23:49

Mile End
239 ran

Pos	Gen		
66	8	Laura Vincent	22:20

Orpington
320 ran

Pos	Gen		
71	7	Tereza Francova	23:55
110	99	Colin Frith	25:10

Peckham Rye
(positions ok, but times lost in the wash !)
167 ran

Pos	Gen		
1	1	Andy Bond	59:59
6	6	Ian Lilley	59:59
59	6	Clare Cummings	59:59
108	24	Helen Covich	59:59
115	87	Matthew Ladds	59:59
118	30	Claire Barnard	59:59
119	31	Karina Burrowes	59:59

Shorne Woods
326 ran

Pos	Gen		
317	161	Chris Vernon	40:47

Tilgate
550 ran

Pos	Gen		
85	77	Gary Budinger	23:59

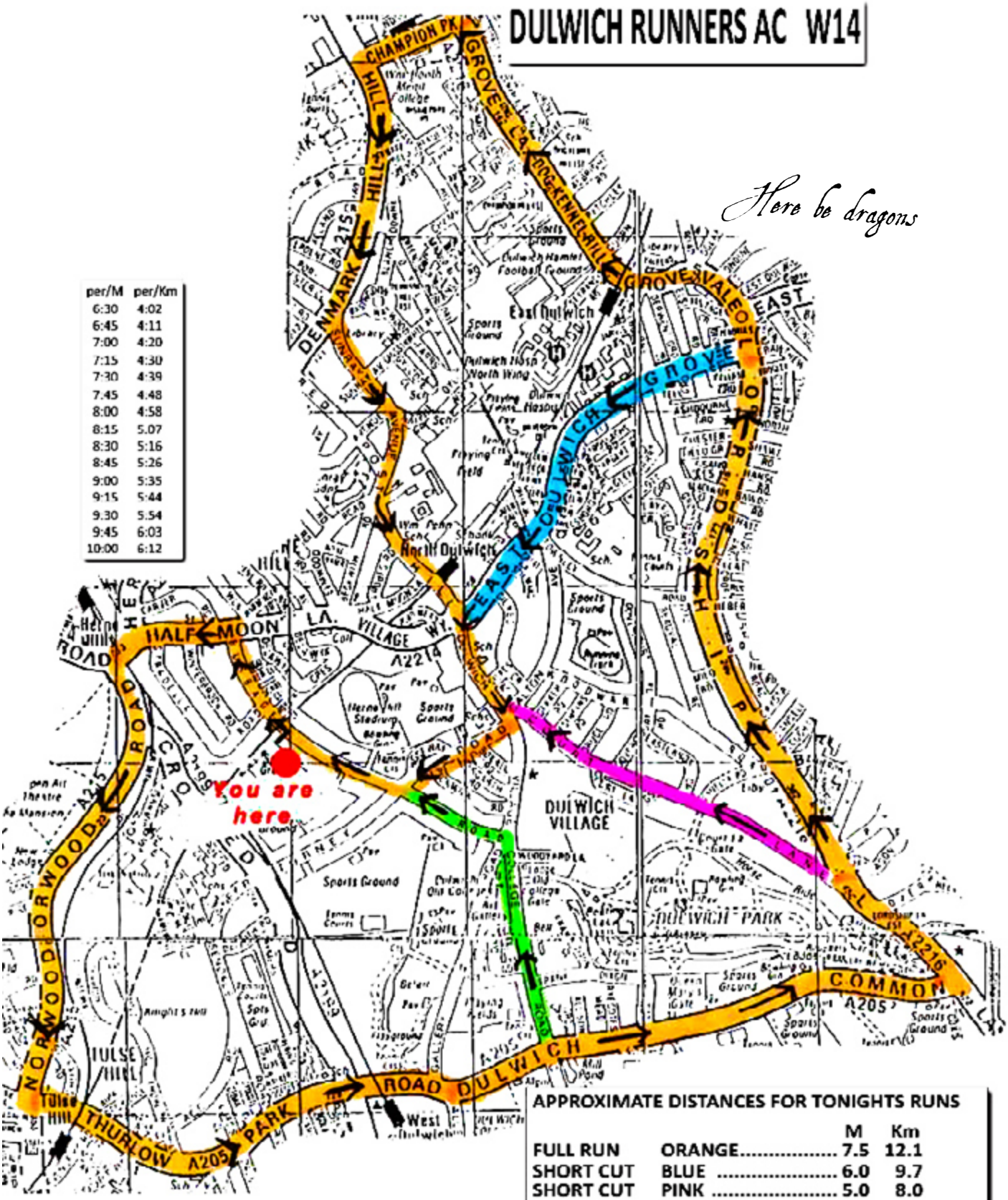
Tooting Common
471 ran

Pos	Gen		
148	130	Ian Sesnan	23:56
322	226	Rafe Collier	28:40
331	103	Rhoda Collier	28:53
332	229	Lloyd Collier	28:54

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 W14



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	7.5	12.1
SHORT CUT	BLUE	6.0	9.7
SHORT CUT	PINK	5.0	8.0
SHORT CUT	GREEN	3.5	5.6