SHORTS

Dulwich Runners AC
Weekly Newsletter
February 15th 2017

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

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

Tue 21 **Crystal Palace Arena Track**
See notice below for more details
£2.50 per session - Full warm up from 7pm
Main session starts around 7:20

In your SHORTS this week !

1 General information
2 Club kit, social events etc
4 Fixture list, club champs, road, XC, etc
4 Marathon Training Schedule
5 Surrey League reports and results
8 Parkrun results
9 Wednesday map

And much more !

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

You can follow us on

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 7.20 - 7.25pm and will last 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

2017 Membership renewals.

You will have recieved via email your second membership renewal reminder.

This year you will gain an extra three months on your 2017 renewal and it will not expire until March 31 2018.

DONT FORGET !!!!!!

If you have renewed your membership you cannot run as a Dulwich Runner in any races.

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

LUCKY VEST

February winner - Sharon Erdman

Wear your Dulwich Runners vest for the club run on the first Wednesday of any month and you will go into a free draw and could win the £5 cash spot prize.
Vests £18 each from Ros and all kit ros.tabor49@gmail.com

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

Feb 26 National Champs Nottingham

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Thanks to ***Tom South and Joanne Shelton Pereda'and her group*** 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

Katie Styles	**15/02**
Ros Tabor	22/02
Cameron Timmis	01/03
Tony Tuohy	08/03

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 O T

Watch this space for upcoming 2017 events !

Wednesday 15th February
Pizza Night

To help you refuel after those long Wednesday night training runs we will be having a Pizza Night courtesy of the Social Kitty!!

Pizza's will be ordered to arrive just after 9pm, all welcome.

If you could let me know if you are planning to stay behind for pizza so I can get an idea of numbers also if anyone would like to help by bring a salad along to go on the side please let me know.

Wednesday 22nd March
Curry Night - Surma

Pop it in your diaries, as always £10 buffet at Surma on Lordship Lane post club run. I'll get an idea of numbers nearer the time.

Thanks - Matt 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 **£6.00**
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)

I won't be able to bring the kit boxes to the club for the next 3 weeks, but can bring individual items as required, so please email me with your requests. ros.tabor49@gmail.com
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

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

HOODIES...

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

Buffs/snoods - only £6

Cross Country Champs

We will be holding a cross country champs this season and there will be men's and women's perpetual trophies awarded at the end of this Xc season (Spring 2017) in memory of Ken Crooke, .
4 events to qualify, including a minimum of 3 Surrey League races. Other races are the South of Thames 5 miles at Polesden Lacey on 26 Nov and a mob match March 25th using the Beckenham parkrun.

For further information please contact your captains:
Ladies: dulwichladiescaptain@gmail.com
Men: mcmann90@yahoo.co.uk

Cross Country Mob Match

25 March

A cross country mob match with Beckenham Running Club has been arranged for 9am Saturday 25 March, using the Beckenham Place parkrun. This will be the final fixture of our cross country champs.
The scoring rules mean that it will be to our advantage to field as many runners as possible regardless of ability, so it is very much an event open to all.

UPDATE

This will now include 4 clubs and up to 120 additional runners. To cope with the larger numbers, we need volunteers from those not taking part to help with marshalling and the finish. If you are available to help, please contact me at mcmann90@yahoo.co.uk

National Xc Champs

25 February

This season's National cross country champs will be held at Woolaton Park, Nottingham on 25 February. Although the field will include some elite athletes, it is an open event suitable for all and can easily be done as a day trip. Those interested should have already contacted their captains by 11 January, as entries close many weeks before the event. ***-Mike Mann***

Croydon Xc Champs

4 March

For anyone fancying a late fling at cross country, we have been invited to take part in the Croydon cross country champs at Lloyd Park over a 3 lap course of 6 miles.
Note that the Regents Park 10k takes place on the following day.

Sat 20th & Sun 21st May

This is a great weekend of running around the green belt of London.
Teams of eleven runners who each run a leg on Saturday and a leg on Sunday.
Starts at Hampton Court on Saturday morning and ends at Kingston at approx. 6 p.m. on Sunday, roughly following the Green Belt, taking in river and canal tow paths, old disused railway tracks, foot paths, woods, fields and quiet roads.
Although it is a relay, each leg has a specific start time.
Have a look at the website – www.greenbeltrelay.org.uk

We have entered teams for this for many years and there are lots of you who regularly sign up for it. We have entered one team and will potentially enter another if there is the demand.

If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen.
Legs vary in length from 6 miles to 13.5 miles and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.
Note – This is the same weekend as the BMAF relays at Sutton Park, Birmingham.
Ange – dulwichladiescaptain@gmail.com

Assembly League Races

These races will take place on the first Thursday of each summer month starting from April, with the exception of the August race which has been brought forward to the final Thursday in July.
Some venues are yet to be confirmed but most, if not all, are likely to be the same as in 2016. The race at Battersea Park on 1 June will be used as our 5k club champs. The confirmed dates and provisional; venues will be as follows:

6 April	Beckenham
4 May	Victoria Park, Hackney
1 June	Battersea Park
6 July	O2, North Greenwich
27 July	Victoria Park, Hackney
7 Sept	Beckenham

Assembly league races are free to enter, just turn up on the day.
Open to all members whatever your ability.

Marathon Schedule

This is my rough guideline for those doing London Marathon in detail for next month and a few key sessions and races after that month. ***Steve Smythe***

Februrary		
Wed	15	10M at relaxed pace
Thu	16	6M pick up pace each mile
Fri	17	4M easy
Sat	18	6M steady or parkrun
Sun	19	20M slow, a few faster miles towards end
Mon	20	5M easy
Tue	21	1600m reps about 10k pace
Wed	22	11M relaxed
Thu	23	6M with first and last 2M at slightly slower than goal marathon pace but middle 2M slightly faster than 1/2M pace
Fri	24	4M easy
Sat	25	National XC Champs or 5M steady
Sun	26	18-21M slow if not doing National
Mon	27	5M easy
Tue	28	400m reps
March		
Wed	1	12M relaxed
Thu	2	5M with approx 10 min steady, 6 min at marathon pace, 1 min at 10k pace, 30 secs at 5K pace and repeat
Fri	3	4M easy with strides
Sat	4	5M easy with strides
Sun	5	Regents Pk 10k or brisk 10M
Tue	7	800m reps
Sun	12	20M slow
Tue	14	1000m reps
Sun	19	18-20M fast
Tue	21	1600m reps
Sat	25	Parkrun match v Beckenham
Sun	26	22M slow
Tue	28	400m reps
April		
Sun	2	Paddock Wood 1/2M
Tue	4	1000 reps
Sun	9	18-20M
Tue	11	800m reps
Sun	16	10-12M
Tue	18	200/400m reps
Sun	***23***	***London Marathon***

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.

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

The early fixtures will be as follows:

4 Feb	Southwark parkrun 5k
5 Mar	Regent's Park 10k
2 Apr	Paddock Wood 1/2M
23 Apr	London Marathon or alternative (see link)

It is possible to give an indication of some of the later events. 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.

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

The updated 2017 club championship rules can be found at the end of Shorts

UPDATE

As no 2 mile race is scheduled in this year's Monday evening series of Battersea Park races, the Asssembly League race at Battersea Park on 1 June will be used as our 5k champs. We are still considering options for the mile and multi-terrain race.

The second Sunday of the month 5 mile race, organised by TH&H on Wimbledon Common taking place on 11 September has been chosen as our club champs Mult Terrain race. This will be classified as a category A (long) event.
Details of mile track race in the summer to follow.

DULWICH RUNNERS 2017 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**

		Race	Venue	
Feb	26	National Champs	Nottingham	
Mar	5	Regents Park 10k	Regents Pk, london	
	18	BMAF XC Champs	Wavertree, Liverpool	
	25	Mob Match with Beckenham	Beckenham Place Park	
Apr	2	Paddock wood 1/2M	Paddock Wood	
	6	Assembly League	Beckenham	tbc
	9	BMAF 10km road champs	Gravesend Cyclopark	
	23	London or alternative marathon	various	
May	4	Assembly League	Victoria Pk, Hackney	tbc
Jun	1	Assembly League incorporating Club champs 5k	Battersea Park	
Jul	6	Assembly League	O2, Nth Greenwich	tbc
	27	Assembly League	Victoria Pk, Hackney	tbc
Sep	7	Assembly League	Beckenham	tbc
	11	MT 5 mile race, organised by TH&H	Wimbledon Common	

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.

Surrey League XC Div. 1 Men Match 4 Wimbledon Common

Sat 11th February

A depleted team of just 12 men turned out for the last fixture this season as we said goodbye to Division 1. With relegation already assured it was perhaps predictable that numbers would be down as there was no urgency to our situation. Despite this we still managed to beat Dorking for what had become our customary 8th place in the match and the same in the overall table.

The Wimbledon 2-lap course of five miles was wet and boggy in all the usual places on its lower half, particularly on the fast descent, but well runnable for the most part. With a lot of this winter's fire-power missing we certainly weren't going to match last month's result, where the ten Dulwich scorers were all through the finish funnel in the space of just a minute and a half.

Top man was Tim Bowen again with a typically strong run that saw him putting right the reversal he suffered last week at Southwark parkrun to Alastair. Not that Alastair ran badly, just half a minute down on Tim here counts as onwards and upwards in his continued improvement. These two were on their own this time, putting well over a minute into another well-judged run from Daniel Mann, who caught and passed me in the final mile after I ran out of steam. If the race had been 4.5 miles I'd have had him, honest guv...

Next in was Mark Callaghan with a good run, much improved on last month, getting the better of Tom South's strong effort after his enforced DNF last time. Nick Wood completed the full complement of fixtures with another excellent showing to easily make the scoring ten but Mark Lacey was obviously a way down on his expected performance as he again had to ease up in deference to a suspect hamstring. Decent runs from Ebe and Jim saw them completing the team, which was ably supported just a little further back by Mike and Duncan. So, we hardly left Division 1 with a bang, but if the strength shown in the previous races is present for the Division 2 fixtures when next winter comes around we could well bounce straight back up. *- Tony Tuohy*

46	Tim Bowen	28:31
55	Alastair Locke	28:58
85	Daniel Mann	30.09
89	Tony Tuohy	30.13
105	Mark Callaghan	30:54
111	Tom South	31:10
114	Nick Wood	31:26
127	Mark Lacey	32:08
148	Ebe Prill	34:12
163	Jim Dowsett	35:52
170	Mike Mann	36:53
17?	Duncan Wilson	36:5?

185 finished

TEAM: 1 Hercules 215; 2 THH 245; 3 Ranelagh 300; 4 Herne H 351; 5 Kent 359; 6 S London 499; 7 Clapham 588; **8 Dulw R 723;** 9 DMV 815

Final standings

TEAM: 1 Kent 1037; 2 HW 1204; 3 Ranelagh 1260; 4 S London 1457; 5 THH 1581; 6 Herne H 1635; 7 Clapham 2297; **8 Dulw R 2780;** 9 DMV 3129

Surrey League Ladies' Race 4 Happy Valley

Ange Norris writes...

This race did cause some confusion to both runners and supporters. Many DRs have been running races hosted by South London Harriers for years and could arrive at the start with their eyes shut. But .... this time the start was down in the valley rather than up on the Downs. This was due to permission from land owners - the Downs are governed by the Corporation of London who impose a limit on numbers at 250, whereas the valley is governed by Croydon council. There had been talk of splitting the divisions into 2 races but with the change of start and course, SLH were able to host the whole event and make sure there were races for both divisions.

The start in the valley was less accessible and approaching form Chaldon Way it was quite a walk before I saw anybody at all. If I hadn't known the area I might have wondered if I was in the right place or not. Jim arrived to cheer us on but unfortunately found some empty grassland on the Downs without a runner in sight. Thanks for trying Jim. Also thanks to Tony, John and Steve for their support.

After relatively good conditions at Parliament Hill, Becca was left feeling she hadn't experienced a 'proper xc'. Today she was treated to the Real McCoy. Happy Valley always has hills and mud but we also had snow falling for the whole time - before, during and after. It was very beautiful. The course was 2 laps including the grassy valley, a fairly tough grassy/muddy hill, a made up track, the ploughed field, (energy sapping clay, flints and feet numbing puddles), a steep descent and 90 degree turn onto a cambered field, another descent then round again to do it all for a second time, but this time with tired legs. The course had a thumbs up from many of the ladies.

Blood was shed in the pursuit of excellence. Laura fell but, despite a sore and swollen arm, still finished in a very respectable time. Well done Laura. There were runners form other clubs who fell and I also heard of 2 runners who got lost! I'm not sure how as the course was well marshalled and the snow not that thick.

Mel was visiting from Manchester and re-joined second claim so she could run for us. She hasn't raced since last October so was a bit down on her normal finishing position but still ran well and led us home. Ange and Selma were very close for the next spot, although Elkie and Ola (both coming back to fitness) were even closer together, to complete the A team.

Becca was next in, closely followed by Michelle (they always seem to battle it out together) and Anna who is also getting back to fitness. Laura lost a couple of place when she fell but this, along with her recent club champs parkrun, just shows how well she is running. Katie brought home a well packed B team that finished in first place.
There was a 180 degree turn just before the end which meant we could easily cheer in the next runners as they began their finishing sprint. The two Lucys both looked strong as they approached the last 300m, as did Yvette in her first league race this year. Regulars Jo and Claire both had strong runs as did Hannah, who enjoyed the 'real xc'. The current results show a Dulwich Runner in 280th position who is an unknown athlete. With everybody wrapped up in coats and hats until they were barely recognisable I may be excused for not knowing who it was, or it could be that the cold numbed my memory, or maybe it was an organiser's typo. Let me know if you can solve the mystery.

Well done to all Dulwich ladies who ran today, or at any of the Surrey League races - it's been a great team event that has been fun to be part of.
Roll on next season!

340 ran
Team A 11th
Team B 1st

Steve Smythe writes....
February 11 In cold, snowy conditions, there was a superb women's turn out (shaming the men!) despite the race starting close on three miles from the race HQ as Farthing Down was unavailable as they decided 400 runners going down the ski slope hill was not good for the ground and so the whole race took part on Happy Valley. Though with the snow, cold, mud, hills, ploughed fields etc, it wasn't that happy for everyone.
Despite the good turn out we didn't have all our faster runners (Clare had a few niggles while Roz and Claire B and Helen were unavailable). Thus despite great packing, we were only 11th on the day. Clare alone (who would have probably been top 5) would have moved us to sixth but we were safe before the race from relegation and had little chance of going much higher and we finished tenth overall for the season.

The great packing though did see our B team finish 14th and first B team on the day by a massive 93 points. The far-flung venue did seem to affect the depth of the event and numbers were down on usual and opportunities were there to finish higher than normal but some of our runners did have their best runs.
With some of our usual scorers missing, we were lucky Mel had travelled down South from Liverpool. Lacking race sharpness, she was some way from her very best form but she came through well for a top 40 place to show her marathon strength is good.
Ange Norris also moved through after the usual very steady start but left her charge quite late. It appears to be her highest ever position so far and she was not only the first W55 but also first W50 and finished second in the W50 section for the season.
Selma also got her highest ever position but it was far from her best run because of a stitch and she couldn't hold Ange on the second lap.
This time last year, Elkie would have been capable of a top ten place but has good reason for not being at her fittest as she is pregnant! but she had a good steady run to be fourth scorer just ahead of Ola, who isn't at her best for various reasons at the moment, but like Elkie she had a very strong run with a good finish. It was her first big race in her new age category.
Rebecca Schulleri was another coming through strongly, for her best cross-country race to date and this time she got the better of Michelle to reverse Parliament Hill form but it was still Michelle's highest league position to confirm her improved form too.
Anna also showed better form that at Parliament Hill.
Laura was particularly unlucky. Despite nursing a calf problem, she was having her best ever race and was ahead of Rebecca and Michelle when she had a heavy fall and she did well to carry on with her cuts and bruises.
Katie, despite focusing more on cycling than running at the moment, had another good run.
The two Lucy's were again reasonably close and had very good runs as did Yvette, Jo, Claire S and Hannah. 16 women was an excellent turn out and it has been a good season for the women but it would be good to get a higher position next year.

36 (31D1)	Mel Edwards	33:26	
44 (34)	Ange Norris	33:47	1W55
52 (40)	Selma Benattia	34:10	
70 (56)	Elkie Mace	34:54	
71 (57)	Ola Balme	34:56	2W50
76 (62)	Rebecca Schulleri	35:17	
81 (65)	Michelle Lennon	35:39	
83 (66)	Anna Thomas	35:45	
98 (77)	Laura Vincent	36:10	
107 (83)	Katie Styles	36:30	
148	Lucy Pickering	38:04	
166	Lucy Clapp	38:39	
181	Yvette Dore	39:33	
204	Jo S- Pereda	40:49	
234	Claire Steward	42:39	1W60
280	Hannah Harvest	46:30	

340 finished

TEAM Div 1: 1 THH 103; 2 E&E 122; 3 Belgrave 128; 4 S London 138; 5 Kent 147; 6 FoT 154; 7 Rei P 175; 8 Ranelagh 183; 9 Clapham 197; 10 Hercules 215; **11 Dulw R 218;** 12 W4H 282; 13 Herne H 295; **14 Dulw R B 353**; 15 FoT B 434

Final standings

W50: 1 A Hegvold (HW) 5; **2 A Norris (Dulw R) 6**
TEAM: 1 S London 372; 2 Belgrave 550; 3 THH 629; 4 Clapham 659; 5 FoT 693; 6 Herne H 708; 7 Ranelagh 732; 8 E&E 798; 9 Hercules 818; **10 Dulw R 987;** 11 Kent 1065; 12 Reigate 1068; 13 W4H 1070; 14 S London B 1630; 15 Clapham B 1799

Pilgrim Challenge Sealskinz Ultra Trail Series

4th-5th February, 2017

Toby de Belder writes.....
This was meant to be my brother's 100th marathon, and so entered to celebrate with him. When his 99th was cancelled a few weeks earlier, I was committed; though probably not trained for an off-road ultra (>50km). This was my first winter trail race but I knew the route – the North Downs Way - very well from summer training.

We were threatened all week that Storm Doris was going to wreak havoc on Saturday; with the south west getting a pounding earlier in the week. In fact the person I was running with, Toby Melville, is a photographer for Reuters and took this shot in Dawlish (see photo)

Well thankfully it all petered out and we had a chilly even (albeit briefly) sunny day. Underfoot was not so forgiving.

This is an XNRG event, who specialise in multi-stages; a regular preparation for those attempting the Marathon des Sables. (Not on my "to do" list). But we did see dozens of yellow MDS rucksacks along the route who were doing just that. There are 3 starts: 8am, 9am and 10am from Farnham. The race is what they call semi-autonomous, in that you need to carry water, extra clothes, first aid and map (though difficult to get lost following the acorn signs of the NDW) but there are checkpoints every 8 or 9 miles to fuel up.
The first section to Guildford is not the most scenic but introduced my inov8s to some pretty decent mud sections. I'm not sure why I was put in the fast 10am group, especially as the bulk of them hared off. I thought I was going at a more than respectable 8:30mins/mile pace. Surely they'll slow down… well maybe they did, but so too did I. The trail then takes the reverse direction of a couple of the Green Belt relay stages, going up and down St Martha's Hill and then climbing up to Newlands Corner. From this point, I was starting to reel in some of the 9am starters, as you can get into a steady rhythm through the woods.

The 2nd checkpoint (just over half way) is at Ranmore near Denbies winery. And you can enjoy the trot down to Mole Valley. I let my running partner surge ahead once by the duel-carriageway; I was far less skippy. Even less so after the slippery climb of Box Hill steps. They're tough enough in the summer or with fresh legs, after 30 odd kilometres they're lung-busting. It is a rewarding climb as those that run Box Hill/picnic marathon know fondly.

More woods, more mud and one last major climb up Reigate Hill. Just grin and bear it. Once at the top, it's a pleasant final 5km – I was thinking of everyone doing the club champs at the time – through Gratton Park, the golf course, cricket club and into Merstham village. In the final 500m, I noticed and caught up with my brother, his wife and friend. Good timing to run in together.
And a fond farewell to my inov8s – they've taken me over 1200km of trails, a good innings.

I've reported (favourably) about the Round the Island (Isle of Wight) multi-stage in the summer; if you want an equally challenging event, I'd recommend this. Perhaps not the ideal race as part of your spring marathon schedule but after a few days recovery, I'm still on track for Barcelona next month.

5:57:32 (53.21km, 1,052m elevation gain)
46th / 221 (day 1 runners)
18 DNF

Surrey League Men Div. 4 Lloyd Park

11.02.17

I have opted to run for my 2nd claim club, Veteran's AC, this winter, given little chance of scoring for Dulwich in division 1. We had an easy course at Cranford in January but this was offset by having to run at Lloyd Park in late winter, when the wet has accumulated. A combination of low cloud and surrounding hills meant it was relatively sheltered there on Saturday, with none of the snow flurries settling, so the main problem was the wet surface.

The mud was slippery but not deep, so foot traction rather than extraction needed to be concentrated on. I stayed in the café perhaps a little too long before the race and a 15 minute jog warm-up was not enough to avoid even a steady start leaving me very breathless on the first big hill. Several runners came past as I plodded along recovering but I was gradually able to put in a bit of effort later on to overtake a couple. The plantar/foot injury that had restricted my training left me short on push but not in pain on the soft surface. I was the only DR there but 5 from SLH were also running for Vets plus two others and we came 7th of 12 on the day.

Division 1 preliminary results initially showed only 9 DR finishers, so I thought I should have been there but eventually 12 were shown. I just saw in my division that I was overall 2nd M60 for the season, so worth turning up for my 3 runs, despite injury problems.

79th scorer Andy Murray 40:53

Vets Ac Indoor Champs

This was the first of a series of Masters indoor meets at Lee Valley over what is a highly compressed season. Cross country racing and training provides the necessary endurance but with the 3 of us only injecting some speed work into our schedules at the beginning of this month, we were all a little rusty.

This was well illustrated in the first race of the day, the 800m, where a combination of first race of the season syndrome and a hard cross country from the day before in our legs in the case of Tony and myself didn't do wonders for our performances. Ros at least maintained her pace despite finishing outside 3 minutes, but Tony and myself died horribly in the second half as the lactic kicked in after initial 400m splits of 68 and 80 secs respectively. Despite this my time was only slightly down on early indoor season efforts last year.

Both Tony and myself had much better experiences in the 1500m. Having let the leaders go early on, Tony drifted forward to join the leading 4 for the middle two laps until sprinting past everyone with 300m to go, with a sub 69 final lap. I managed to use one of the M60s ahead to regulate my pace and finished the race strongly and comfortably. Ros ran steadil;y but her time was down on last season's efforts.

Tony saved his best until the 3000m despite a very short breathing space after his 1500m. He decided to start at 10 min pace and see whether he could hold on, but did much better than that in his fastest 3km for 2 years, with second and third kms of 3:18 and 3:11. -
Mike Mann

800m

Ros Tabor	3:01.09	1st W65
Tony Tuohy	2:20.19	3rd M50
Mike Mann	2:46.33	3rd M65

1500m

Ros Tabor	6:11.87	1st W65
Tony Tuohy	4:41.38	1st M50
Mike Mann	5:31.98	2nd M65

3000m

Tony Tuohy	9:45.42	1st M50

Kent League West Wickham

February 11

Both Kent-based Emily Gelder and Cara Oliver ran in the weaker Kent League for their second-claim club and would have been around the scorers had they done the Surrey League, though they have yet to run it for us.

16 Emily Gelder (Camb H)	19:23
20 Cara Oliver (Camb H)	19:48

Steve Smythe

parkrun

February 11th

Ashton Court
470 Ran

Pos	Gen		
159	132	Barnes Stringer	25:38

Beckenham Place
93 Ran

Pos	Gen		
5	1	Clare Elms	19:00
7	6	William Cotter	19:28

Bexley
272 Ran

Pos	Gen		
11	11	Michael Fullilove	21:41

Brockwell
238 Ran

Pos	Gen		
196	56	Selina Wray	29:26
207	65	Sharon Erdman	30:52

Crystal Palace
242 Ran

Pos	Gen		
2	2	Oscar Hussey	17:13
24	22	Mark Mccolgan	19:38
75	19	Belinda Cottrill	22:13
144	109	Michael Dodds	25:22
153	115	Tom Wilson	25:48
180	131	Bob Bell	28:04

Dulwich
215 Ran

Pos	Gen		
21	21	Sam Mattu	19:54
26	26	Chris Loizou	20:22
55	54	Ian Sesnan	21:54
60	59	Graham Laylee	22:01
74	69	Mark Muffett	22:50
80	8	Cathy Simpson	22:58
97	85	Kees Kuijlaars	23:51
140	113	Mick Mead	27:03

Greenwich
173 Ran

Pos	Gen		
8	7	Stephen Smythe	19:56
9	8	Kevin Chadwick	20:00

Hilly Fields
166 Ran

Pos	Gen		
37	35	Gregory Hills	23:55
104	91	Peter Jackson	27:32

Norwich
495 Ran

Pos	Gen		
4	4	Andrew Shreeve	17:43

Old Deer Park
73 Ran

Pos	Gen		
22	21	Barrie John Nicholls	24:44
28	3	Lindsey Annable	25:15

Orpington
100 Ran

Pos	Gen		
20	20	Colin Frith	24:26

Peckham Rye
132 Ran

Pos	Gen		
1	1	Andy Bond	16:52
38	35	Gideon Franklin	22:38
40	4	Susan Cooper	22:57
83	69	Mark Callaghan	26:33

Raphael
164 Ran

Pos	Gen		
15	2	Kim Hainsworth	21:11

Southwark
224 Ran

Pos	Gen		
114	103	Paul Keating	24:36

South Manchester
333 Ran

Pos	Gen		
31	3	Fiona Askew	20:19

Tooting Common
374 Ran

Pos	Gen		
10	10	Paul Devine	19:19

Western Springs, NZ
82 Ran

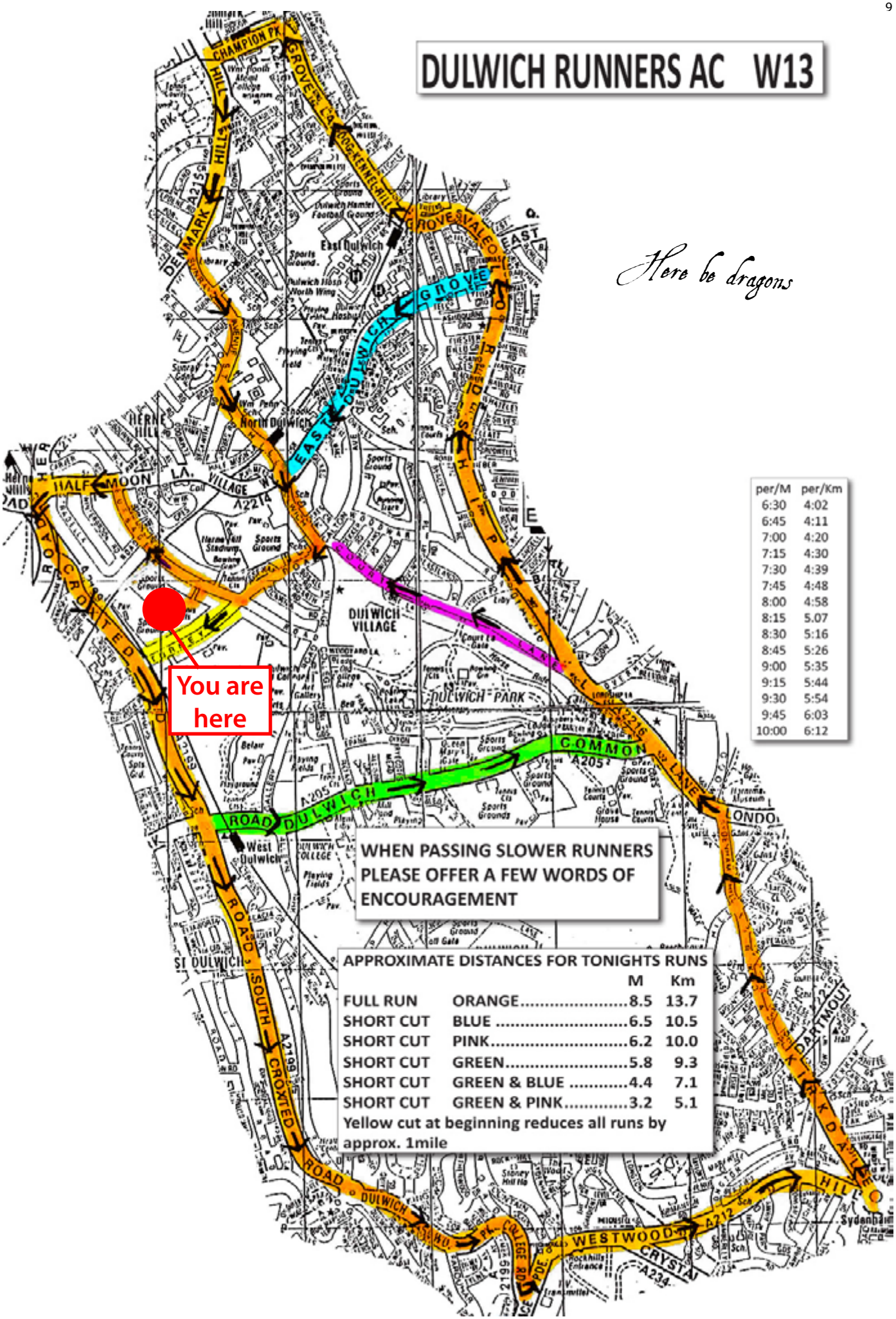
Pos	Gen		
11	9	Nick Bell	22:16

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 W13

Here be dragons



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

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	8.5	13.7
SHORT CUT	BLUE	6.5	10.5
SHORT CUT	PINK	6.2	10.0
SHORT CUT	GREEN	5.8	9.3
SHORT CUT	GREEN & BLUE	4.4	7.1
SHORT CUT	GREEN & PINK	3.2	5.1

Yellow cut at beginning reduces all runs by approx. 1mile

DULWICH RUNNERS A.C.
CLUB CHAMPIONSHIP RULES 2017

This document sets out the rules for the main club championships and the cross country championships.

Main Club Championships
This consists of a number of races of varying distances throughout the year split into 2 categories. In 2017 there are 8 events split into the following categories: A – marathon, half marathon, 10 miles and MULTI-TERRAIN, and B -10km, 5km, 5km (parkrun) and 1 mile. To complete and qualify for the championships you must run at least 5 events including at least one race from each category. The selected club championship races for the next year will be published in Shorts from December on.

Awards categories
Men and women will be treated the same in the club championships, so there will now be separate categories for Men and Women 40, Men and Women 50, and Men and Women 60 in the overall championships.
There are awards after each individual race of the club championship and annual overall awards in December at our Christmas Party.

1.) The award categories for each individual race are as follows:

1ST OVERALL (AGE GRADING)	
1st MAN (any age category)	1st WOMAN (any age category)
2nd MAN (any age category)	2nd WOMAN (any age category)
3rd MAN (any age category)	3rd WOMAN (any age category)
1st SENIOR MAN	1ST SENIOR WOMAN
1ST MV40	1ST FV40
1ST MV50	1ST FV50
1ST MV60	1ST FV60
AGE GRADING MEN	
AGE GRADING WOMEN	
CAPTAINS'AWARD	

For each event there is a captains' award given in recognition of improved performance to a runner chosen by the men's and women's captains in consultation with the coaches as necessary. There is no annual award for this category.

2.) There are 2 annual club championship sections:

2.1.) Age-group category champions
Points are given within each category (50 for 1st, 49 for 2ndetc.) plus a bonus point for each event completed. At the end of the year the 5 best position point scores (subject to them covering both categories) are added together plus the extra bonus points for races completed. The first 3 runners in each category win trophies. Your age category is taken as that at the time of each event, and if you move up into a higher age category during the year you will be eligible for medals in individual events in that higher age category from that date. You will however remain in the lower age category for the purposes of the annual championships until you have completed enough events in the older age category to qualify.

2.2) Overall club championship
Trophies are awarded at the end of the season for 1st, 2nd and 3rd places. In order to be as fair as possible and enable runners of different ages and sexes to compete, this is worked out using age grading tables which award points according to how well you have run against the world best for your age and sex. Again it is the best 5 events which count (subject to them covering both categories).

Both annual categories are NOT mutually exclusive (you can win an overall award together with an award in your age group).

In the event of 2 or more runners tying on points in any of the above sections at the end of the year, the winner will be determined on the basis of points earned in each of the runner's next best event outside their respective best qualifying 5. If this is still inconclusive, the winner will be determined by the "head to head" results over all events. A finisher with a result beats a non runner. If after this it remains inconclusive, a tie will be declared.
Throughout the year the results of each race, together with current standings are published in Shorts and on the club website. The prizes are awarded at the Christmas party.

In order to score points in the club championships you must: BE A PAID UP MEMBER & WEAR A CLUB VEST
Note that you may wear a charity vest in the marathon, whether in London or elsewhere, and you need not wear a club vest for the 1 mile race.

2017 Clarification and changes to marathon nomination

The main marathon for the club championship is the London marathon. 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 London marathon in principle. That means if you are not able to run the London marathon, or if you do not want your result in the London marathon 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 London marathon 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.
The marathon needs to take place before December 1st.

c) otherwise your result in the London marathon 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.

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

e) the announcement of your intention ahead of the London marathon (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 where all such intentions will be printed.

Cross Country Championships – Ken Crooke trophies
This consists of several races held throughout the winter cross country season, usually consisting of the 4 Surrey League races (men's and women's) plus 2 or 3 other races. *Note that for most races other than the Surrey League cross country, it is necessary to be entered in advance by contacting your respective captains.*

In order to qualify you must run at least 4 events including 3 Surrey League races. The qualifying races are published in Shorts before the start of the cross country season in early October. In 2016/17 the additional events are the South of Thames 5 miles at Polesdon Lacey, and the Dulwich Runners/Beckenham Runners mob match. At the end of the season, in February or March, medals are awarded to the first 3 men and women and to the winners of the following age categories: veteran men and women 40-49, veteran men and women 50-59, veteran men and women 60+.

There are no overall age category awards based on age grading, but a captains' award is made at the end of the season. Points are given as per the main club championships, except that there is no extra point awarded for finishing a race.
In event of a tie, points earned in the runners' next best event in the cross country championships outside the qualifying 4 will be used to determine the winner, followed by a "head to head" if this is inconclusive.

Medals are awarded at the end of the cross country season as follows:

- Fastest man
- 2nd fastest man
- 3rd fastest man
- Fastest woman
- 2nd fastest woman
- 3rd fastest woman
- 1st MV40
- 1st FV40
- 1st MV50
- 1st FV50
- 1st MV60
- 1st FV60
- Captains' award

Medals are not awarded after individual cross country events.