SHORTS

Dulwich Runners AC
Weekly Newsletter
January 18th 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	18	**Club Night, Edward Alleyn Club** 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Sat	21	**Vets AC Champs** - Wimbledon Common
Tue	24	**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
3 Cross Country section
4 2017 Club Champs teaser !
4 Fixture list, club champs, road, XC, etc
5 Marathon Training Schedule
6 Surrey League XC report and results
9 Parkrun results
10 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.

Track

Track numbers on January 10 were a CP record of 49. Numbers were slightly down on a very cold January 17 where because of a slippery icy bend, the session was carried out on the grass.

DONT FORGET !!!!!!

Unless you have renewed your membership you cannot run as a Dulwich Runner in any races at all !

2017 Membership renewals & changes to the membership year.

You will have recieved via email your membership renewal form.
It was agreed at the AGM in October 2016 that as of 2017 the club would change its membership year from Jan 1 - Dec 31 to March 31 - April 1.

This means that you will gain an extra three months on your 2017 renewal and it will not expire 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 !

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

Jan	21	Vets AC Champs - wimbledon Common
Jan	28	Sth of England Champs - Parliament Hill

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

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Thank to **Cameron Timmis, Tom South and Lauras Lane and Vincent for volunteering to run with new people last week even thought it wasn't any of their turns.**
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

Ebe Prill	18/01
Ian Sesnan	**25/01**
Jo Shelton	01/02
Tom South	08/02

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 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)

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.

HOODIES...

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

Buffs/snoods - only £6

Socks only £5

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

Participants Needed

I am a master's student at the University of Roehampton studying the psychology of sport and exercise.
We are looking for participants to assist in this study entitled Sport career termination. This will investigate the psychological impact that injuries have on amateur athletes.
We are looking for individuals who have suffered an injury ideally within the past 2-3 years.that has caused them to retire from their chosen sport.
It is hoped that the results of the research will prove to be beneficial to how GP's and sport practitioners help amateur athletes who are affected by injury.

If interested then contact: Roger Gibbens, Researcher
gibbensr@roehampton.ac.uk

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

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.

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).

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.

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***

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

Box Hill Update

Transfers to another runner for whatever reason are encouraged; No running under somebody elses name. Changes can be made until Thursday. Transfers on the day are allowed – turn up in good time to complete the paperwork.
If you've replaced the original entrant allow time to sign the disclaimer & check we have the correct emergency contact details.

We are at a new base this year – Ashcombe School – post code RH4 1LY. Drivers should follow signs to the main entrance.
For those on the train it's just down the road opposite Dorking station.
No bar or showers but please stay for the prize-giving.
First aider will be ready and waiting at the bottom of that final descent if needed.

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)

The 2017 championship rules can be found on our website http://tinyurl.com/jer92qm

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

CHANGES TO CHAMPIONSHIP CATEGORIES 2017

At the AGM it was agreed that from 2017 onwards men and women would 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 also changes in the individual race categories. The new ones 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	

I hope all that makes sense – come to the first championship event of 2017 on February 4th at Southwark parkrun and see how it works!

Thanks -Ros

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
Jan	21	Vets AC Champs		Wimbledon Common
	28	South of England Champs		Parliament Hill
Feb	4	Southwark parkrun 5k		Southwark
	11	Surrey League	men	Wimbledon Common
	11	Surrey League	women	Farthing downs, Coulsdon
	26	National Champs		Nottingham
Mar	5	Regents Park 10k		Regents Pk, london
	25	Mob Match with Beckenham		Beckenham Place Park
Apr	2	Paddock wood 1/2M		Paddock Wood
	23	London or alternative marathon		various

Frank Harmer Memorial 10k Road Race Sun 5 March 2017 - 10am

Entries are now open for the Frank Harmer Memorial 10km in Brockwell Park, London SE24
Please go to the online entry link
Enter online at: www.runnersworld.co.uk/events
and type Frank Harmer
Enquiries: frankharmer10k@hernehillharriers.org

Marathon Schedule

Steve Smythe adds a few further marathon tips.
Despite 40 plus years of marathon running, I've not had too many injuries. Part of the reason is given the choice, I always run off-road which is why I have been lucky with knees though when it is wet and muddy, obviously some off-road routes are not ideal.

When you run off-road (especially with some hills), the paces will be slower than you might run on the road but it doesn't always matter unless you are doing the occasional scheduled faster run. ie an off-road hilly 8-minute mile run might be of even more benefit than a 7-minute run on flat roads.
The more running you do, the liklihood is your speed might suffer ie someone doing normally doing 40 miles may initially not find it easy to run 50 miles at the same speed.
It varies runner by runner but If you are permanently tired (or getting ill and picking up niggles regularly), then some might be better doing less miles at a faster pace.

Re getting illnesses. I do think it is possible to continue training with caution if you have a minor cold or sore throat.If you do do a race or speed session, I suggest doing it with far less effort, and certainly not if feverish.

One area where some runners have noticed a difference of late is if they didn't realise their blood ferritin levels were low after suffering with disappointing race results and being over tired.
Many doctors don't even realise the importance but a blood test with ferritin requested can reveal whether the levels need topping up and could explain disappointing performances and be improved by iron supplements.

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.
This is just my initial thought and could be subject to change or amendment depending on fitness and am happy to give amendments and suggestions to those who need a more personalised schedule.

January		
Wed	18	9-12M slow
Thu	19	5 x 1M continuous acceleration (picking up pace 15 secs each mile)- then 2M at marathon pace
Fri	20	5M easy or rest
Sat	21	parkrun
Sun	22	Canterbury 10 or 15M brisk
Mon	23	5M easy or rest
Tue	24	400m reps
Wed	25	10-13M slow
Thu	26	alternate 800m at 10k and marathon pace for 7M
Fri	27	5M easy or rest
Sat	28	S of E XC Champs (or parkrun if not entered)
Sun	29	18M slow
Mon	30	5M easy or rest
Tue	31	800m reps

Februrary		
Wed	1	6-8M slow
Thu	2	3M at marathon pace, 2M nearer 10k pace, 2M at marathon pace
Fri	3	5M easy or rest
Sat	4	parkrun
Sun	5	20 miles slow
Tue	7	1000m reps
Sat	11	Surrey leagues - men Ham?, women, Farthing Downs
Sun	12	18M steady
Tue	14	2000m/200m reps
Sun	19	20M slow
Tue	21	1600m reps
Sat	25	National XC Champs
Sun	26	18M slow
Tue	28	400m reps

March		
Sun	5	Regents Park 10k
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***

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 3 Mitcham Common

Sat 14th January

Tony Tuohy writes....with just one fixture left, Dulwich Runners' brief sojourn in Division 1 appears to be coming to a close as we seem certain to finish 8th of the nine teams and so are heading for the drop. Clapham Chasers consolidated 6th place (helped in no small way by their second claimer Andy Maud, who won the race) but Dulwich are certainly making a fist of it and we can be justly satisfied with our performances so far.

Showing our much-improved strength in depth, this fixture counts as one of the best, as a superb turnout of 27 men included the ten scorers all coming home in the unprecedented space of only a minute and a half. Tim Bowen led the team and, even if not at his absolute best, had a handy 17 second cushion on Andy that meant the nine behind Tim were contained in an even more impressive window of only 1:16.

The 5.3 miles course at first glance looked quite fast but was certainly slippery enough after Thursday's snow had melted and each lap had four short but steep hills and corresponding descents to provoke a hefty production of lactate – and as three laps meant twelve steep efforts ranging from about 20 seconds to a minute each, it was much harder than it looked.

Andy did well to produce a finish good enough to defy another strong run from Steve Davies, and they were only a few seconds ahead of Wayne, who had arrived for the start on time. (I mention this in passing only for those familiar with Wayne's tardiness in all things. In fact Wayne had totally uncharacteristically arrived at the venue round about breakfast time. Surely some mistake.) Daniel Mann made his debut for us in November at Farthing Downs and made the scoring team, but here ran a blinder as 5th scorer, improving 20 places. He was followed closely by a typically strong Alastair and in-good-form Tim Taylor. These first seven were packed most impressively as there was now a gap of over 20 seconds before the first of the three final counters brought the team home in a 16-second window.

Mark Lacey added to his good runs of late while final counter Shane has got faster; I only shook off his challenge in the last quarter mile, mainly thanks to a desperate sprint finish to just edge young Dylan Wymer (South London Harriers), who is definitely a chip off the old block, though I don't ever remember his mum (Ange Norris) bringing me that close to fainting before...

A minute back from the scoring ten the rest of the squad started finishing at the rate of about three per minute. Nick Wood's third appearance this season shows him worthy of being a scorer soon, finishing ahead of steady-running Charlie, still being careful with slowly mending injuries, and a little below par Mark Callaghan, who described his run as a 'jelly-legged mess' – so normal cross country then. Kev and Derek ran strongly and solidly and were followed by Ian, still inching towards better form after injury struggles, and David Stone, pleased with a better run after wisely resisting too fast a start.

Steve Smythe dipped a little below recent form, while Jim delivered his usual reliable run, this time ahead of Ebe, who is still easing his way back into training while trying to take care of his heel problem. Hugh managed to create a decent gap this time in his regular duel with Mike and these two were split by the welcome return of a strong run from John English. Dulwich's excellent turnout was completed by equally welcome debuts from Grzegorz and Justin, and we hope they are tempted by more cross country with the club. It would have been a splendid 27 Dulwich finishers but Duncan and Tom were unfortunately forced to drop out.

A special mention for Tom – on checking his Strava I note he dropped out when feeling unwell with just a lap to go, having completed 3.5 miles. More interesting to me was his average pace to that point, about 6:11/mile, which seemed to put him only about 10 seconds adrift of Shane and myself. My run was hardly one of my best, but I think it looks like Tom's training is coming on a bundle...

55	Tim Bowen	31:00
66	Andy Bond	31:17
69	Steve Davies	31:20 2nd M45
72	Wayne Lashley	31:26
80	Daniel Mann	31:42
83	Alastair Locke	31:45
85	Tim Taylor	31:54
97	Mark Lacey	32:17
105	Tony Tuohy	32:29 2nd M50
107	Shane O'Neill	32:33
130	Nick Wood	33:32
141	Charlie Lound	33:56
142	Mark Callaghan	33:58
150	Kevin Chadwick	34:22
155	Derek Lee	34:35
162	Ian Lilley	35:32
162	David Stone	35:41
176	Steve Smythe	36:54
184	Jim Dowsett	37:29
189	Ebe Prill	37:49
190	Hugh Balfour	37:58
193	John English	38:42
199	Mike Mann	39:18
203	Grzegorz Galezia	39:43
206	Justin Siderfin	40:45
DNF	Tom South	
DNF	Duncan Wilson	

218 finished

TEAM: 1 Kent 186; 2 Ranelagh 313; 3 THH 348; 4 Herne H 389; 5 S London 391; 6 Hercules 443; 7 Clapham 480; **8 Dulw R 701**; 9 DMV 844

Surrey League XC Men's Division 1 Mitcham Common

14 January

Once again we finished in 8th position and now appear to be cemented there, pulling further away from Dorking & Mole Valley in 9th place, and with Clapham Chasers in 7th place extending their lead over us, helped by being able to draw on a second claimer who won the race. CC's age profile is very different from ours, with 8 of their 10 scorers seniors (with the other 2 M35s) compared with 4 for us Despite achieving an excellent turnout with 25 finishers (in addition to two DNFs), we were unable to improve our position; such is the strength of the opposition in the strongest cross country league in the country. Nevertheless our scorers packed very effectively.

Although the course on Mitcham Common has been used before in Div 1, it was a new one to us. Large parts of the 3 lap course, which most measured out at over 8.5km, was fast and flat and although slippery in places, more so as the race progressed, ground conditions were pretty good. The course was made more interesting, not to say challenging, by some short sharp climbs and descents. Mitcham Common is not the most salubrious of venues in south London and I was half expected to be running past burnt out cars and fly tipping, but I was reliably informed that the sharp mounds that we encountered are part of an old landfill site, so maybe we were climbing over the disused cars.

The final fixture of the season takes place on Wimbledon Common on 11 February and it is almost certain we will be competing in Div 2 next season. Despite this we have achieved our best performances in the history of the club, so lets go out with a bang next month. To celebrate the end of our season in Div 1, we will find a venue in the Herne Hill/East Dulwich area to meet for drinks that evening, so watch this space, all will be welcome.

Finally thanks to our volunteers who took on the important task of marshalling the course and those who provided support around the course, which was a good one for spectators. ***-Mike Mann***

Brass Monkey 1/2M, York

January 15

Shona McIntosh, who though now based back in Scotland, is going to remain a Dulwich Runner this year so she can run at London. She holds the club women's marathon record of 2:40:06, She won this race two years ago in a PB and senior club record of 76:13 (though down on the vets mark).
This time she finished second in 79:13, excellent running just four months after giving birth to her (and Rupert's) first child Rory! ***- Steve Smythe***
2 Shona McIntosh 79:14

Surrey League XC Men's Division 3/4 Cranford

14.01.17

Andy, Ian and Graham have opted to run for their 2nd claim club, Veterans AC, this winter, hoping to make more difference than they would if finishing well down the field for Dulwich in division 1.

The VAC 4th division fixture was at Cranford, close to Heathrow Airport, on Saturday afternoon. There were sunny intervals but earlier rain had left puddles and a slippery surface. The course was just over 3 times round the edge of a flat park, partly by the River Crane. Andy and Ian kept a steady effort going, despite some injury problems, and came in 7th and 9th scorers of the 10 running for VAC, so helped a little and ensured a full scoring team.

The team finished a creditable 6th on the day, a place higher than in the previous match. The team performance helped VAC to jump to 7th overall after the three fixtures.
- Andy Murray

Division 4 scores
74 Andy Murray 37:04
87 Ian Sesnan 38:49

Senior Knole Run Sevenoaks

9.5km

Duncan Hussey writes...
Always a gruelling race at the best of times but even more so this year with most of the tracks covered in snow. Very scenic for the spectators less so for the competitors but after earlier rain, perfect conditions by the time of the race start. Schools came from as far away as Manchester and Shrewsbury.

With one year to go, aim was to finish a team of six in the top three but unfortunately two of the team were unable to run. Oscar's previous best position last year was 59th and, despite the worse conditions, half a minute quicker. Great teas afterwards at Sevenoaks School with lots of cake in a very expensive sports hall!

27 Oscar Hussey 36.03
261 ran

Ladies' Surrey League Lloyd Park, Croydon

14 January

Ange Norris writes...
It was another great turnout out for the ladies for the third Surrey League race. Some had tried out the course the week before at the Surrey County Champs and had obviously liked it and come back for more. The week's weather had ensured a muddy course with some frozen snow and icy puddles. However, the forecast for the day was cold and bright, which it was while we warmed up, but during the run we were treated to some cooling rain.

I'm always impressed by how hard some people persevere just to arrive at the start on time. I haven't heard Lindsey's full story yet but she was let down by public transport. Her warm up was sprinting between various stations! Claire Steward also had unforeseen travel problems, and Eleanor brought her children along so she didn't have to miss the run. Not straightforward or ideal but with everybody's efforts we had 19 ladies on the start line.

Sunday was spent optimistically refreshing the results page and Monday evening I studied them only to realise they were fairly creatively compiled as several people who beat me had slower times! I think the organisers have had a tough job, probably helped by the fact that the lady writing down numbers at the finish line had a very soggy and smudged piece of paper. The results now look ok but are incomplete as both Helen Lister and Emma Ibell are not there. However, from as they stand at the moment, team Dulwich came 7th which puts us 10th out of 15 teams so far in the season, with our B team 8th B team. Another good turnout at the last race on 11th Feb will keep us in the top half of the league.

The team consisted of the 'Old and ever-present' and some 'New and enthusiastic' runners. Roz Johnson did some cross country last season and has come back for more. She is running extremely well and came in as our second scorer. Rebecca Schulleri has now run a few races this year but this was her first 'proper' (with mud) cross country. Cathy Bennett was not put off by Lloyd Park last week and returned with a great run.

Selma had her best Surrey League finish position. She finished strongly, overtaking several ladies in the last 400m. Ola Balme is rapidly coming back to fitness; she finished 62 places higher than at event 1 this year. Laura Vincent also had a great run, finishing 56 places higher.

It was good to have Elkie Mace back running at cross country. She guided us through our warm up, which almost turned into a wear out, when we had extra time due to the race start being delayed 15 minutes. At least it gave Lindsey time to arrive!
Well done to everyone who ran.

11	Clare Elms	31:31 (1 40+)
20	Roz Johnson	32:37
55	Selma Benattia	34:34
61	Ange Norris	34:40
69	Ola Balme	35:11
79	Elkie Mace	35:42
85	Rebecca Schulleri	35:57
89	Michelle Lennon	36:07
125	Katie Styles	37:19
131	Laura Vincent	37:40
136	Eleanor Simmons	37:48
166	Lucy Clapp	38:54
199	Clare Wyngard	40:48
234	Cathy Bennett	42:01
245	Claire Steward	42:25
253	Lindsey Annable	42:48
255	Joanne Shelton	43:01

Helen Lister approx 35:30
Emma Ibell approx 36:00

409 ran

PS: The Southerns Post Race Refueling Venue - The Southampton Arms 139 Highgate Road, London NW5 1LE

We will probably need plenty of refueling and refreshing after the Southerns next Saturday 28th Jan. The pub is very near the southern edge of Parliament Hill and has good reviews. Everyone welcome - runners and supporters.
Note - the pub is cash only.

Steve Smythe Writes....the women had another excellent turn out at a tough two-lap course as the league continues to grow with again well over 400 runners.
Bad weather and the large numbers meant again organisers had trouble with the results and two of our runners are missing so our B team did better than originally listed.
The standard was high with a number of second claimers competing and even South of Thames champion and Kent runner-up Amy Clements could only finish ninth.

Clare Elms had a good run and felt strong but for once just missed the top 10. Over a minute back, Roz Johnson survived a fast start where she briefly headed Clare but recovered to just make the top 20 with another encouraging run.
Two minutes back, Selma had her best league to date, following Ange until late and then finishing strongly - apart from the last few metres!
Ange matched her position exactly to October though probably wasn't at her very best. Ola is some way from her form of a few years ago, but looks to be gradually getting back to form and she finished strongly to complete the A team.

Helen Lister had one of her strongst cross-country races but was missed from the initial results.
It was good to see Elkie Mace back competing again after a long break though a few minutes down on her form of last year.
Rebecca also had her best cross-country race to date to be just behind Elkie and Michelle Lennon and a missing Emma Ibell (again not in results though she says she has sore legs and photos to prove she did) weren't far back and ran well.

Katie Styles isn't doing as much running as last year and not in the same form though Laura Vincent continues to improve.
Clare Wyngard had a very strong run ahead of league debutante Cathy Bennett who was followed in by consistent regulars Claire Steward, Lindsey Annable and Jo Shelton-Pereda.
The team finished seventh on the day and probably only needed one more runner around where the likes of Claire Baglin usually finish to actually finish third on the day.
The seventh moves the women up overall after their blip in the last league where the Kent Vets clash cost but only to tenth.

For the first time I can ever recall there is a real chance that the women will end the winter in a lower position than the men as the men are almost certain to finish eighth in Div 1.
It probably for once is deserved as a larger proportion of the club's best men have run the leagues this year though the women's numbers have been relatively better.
Div 1 TEAM: 1 S Lon 60; 2 Rane 111; 3 Thames HH 142; 4 Ful on Tri 153; 5 Herne Hill 159; 6 Belgrave 160; **7 Dulw 178**; 8 E&E 182; 9 Clapham 225; 10 Reigate 237; 11 Kent 240; 12 Herc W 252; 13 West 4 288; 14 SLH B 309; 15 Rane B 387; **16 Dulw B 414**

STANDINGS: 1 S Lon 234; 2 Herne H 411; 3 Belg 422; 4 Clap C 461; 5 THH 526; 6 FOT 538; 7 Rane 549; 8 Herc W 601; 9 E&E 675; **10 Dulw 769;** 11 W4 786; 12 Rei P 892; **23rd Dul B 1613**

January 14th

Ashton Court

548 ran

Pos	Gen		
146	122	Barnes Stringer	24:51

Brockwell

407 ran

Pos	Gen		
23	22	Alexander Dodds	19:46
99	92	Graham Laylee	22:40
156	138	Michael Dodds	24:20
159	21	Clare Cummings	24:29
168	146	Kees Kuijlaars	24:44
305	86	Selina Wray	28:57
375	131	Sharon Erdman	32:17

Crystal Palace

262 ran

Pos	Gen		
8	8	Simon Lang	20:13
37	4	Belinda Cottrill	22:35
113	97	Andy Cottrill	26:25
114	17	Penny D Graham	26:26
118	100	Ameet Patel	26:37
190	138	Bob Bell	30:19
198	140	Tom Wilson	30:57

Camperdown , Dundee

149 ran

Pos	Gen		
1	1	Tim Esler	19:31
31	1	Fiona Askew	24:23

Dulwich

315 ran

Pos	Gen		
18	18	Andrew Bright	19:15
28	26	Ajay Khandelwal	19:53
47	43	Chris Loizou	20:46
57	53	Sam Crump	21:25
101	89	Mark Muffett	23:09
226	162	Mick Mead	28:08
244	169	Paul Devine	29:12

Southwark

314 ran

Pos	Gen		
134	113	Paul Keating	24:24
196	47	Kaylee Coxall	26:36

Shrewsbury

456 ran

Pos	Gen		
234	52	Karina Burrowes	27:38

Fulham Palace

430 ran

Pos	Gen		
133	116	Barrie John Nicholls	23:41

Cleethorpes

162 ran

Pos	Gen		
24	23	Colin Frith	23:02

Peckham Rye

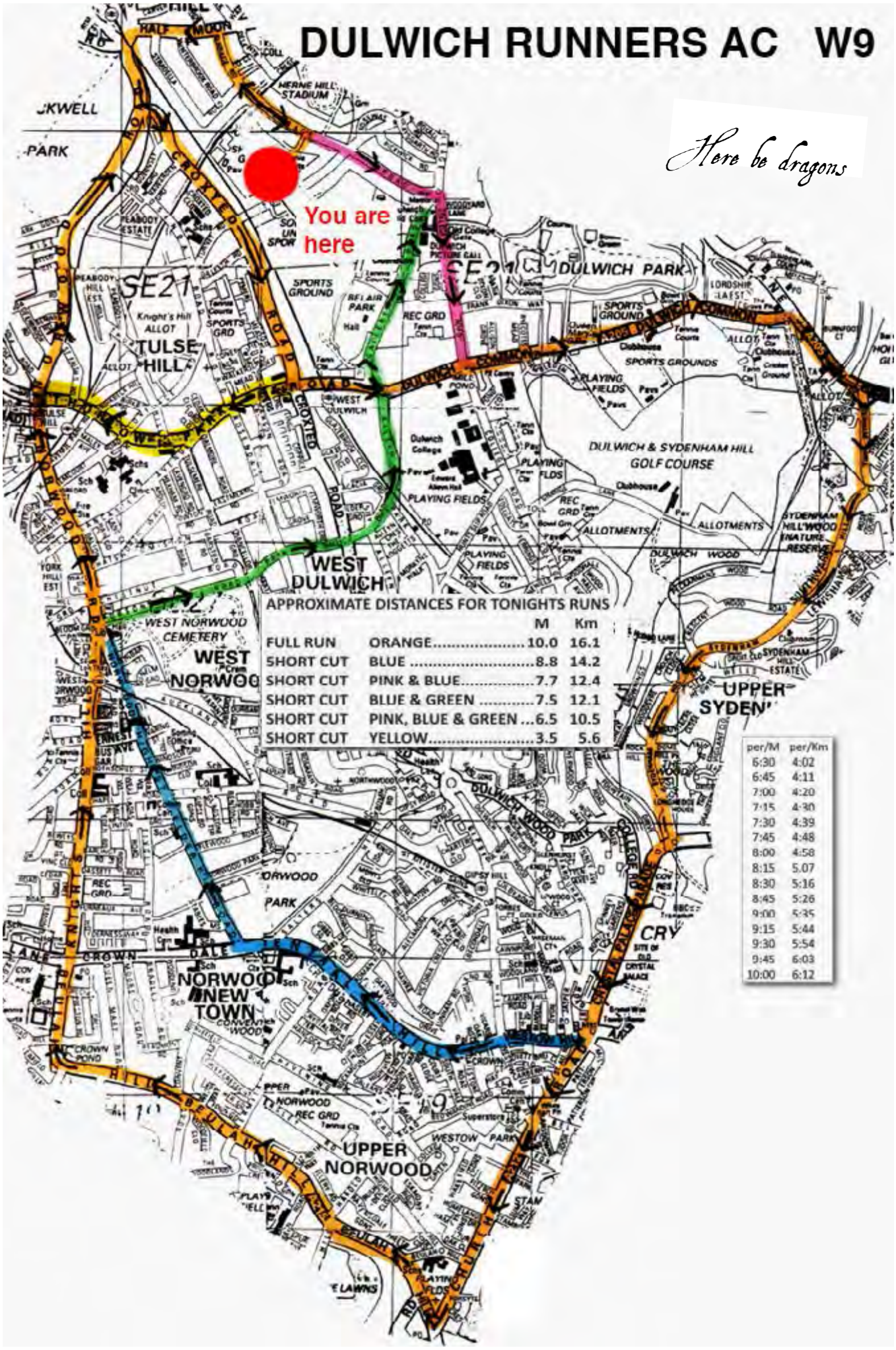
193 ran

Pos	Gen		
26	2	Kim Hainsworth	21:20
33	31	Matthew Ladds	21:56
82	16	Claire Barnard	25:00
139	93	Hugh Balfour	29:07
191	107	Andy Bond	39:35

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 W9



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.8	14.2
SHORT CUT	PINK & BLUE	7.7	12.4
SHORT CUT	BLUE & GREEN	7.5	12.1
SHORT CUT	PINK, BLUE & GREEN	6.5	10.5
SHORT CUT	YELLOW	3.5	5.6

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