SHORTS

Dulwich Runners AC
Weekly Newsletter
December 13th 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 13 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 16 **Dulwich Runners Xmas Party** - page 2 for details

Sun 17 **Turkey Trot - 10am Dulwich Park** - details below

Tue 19 **NO TRACK** - - see below

In your SHORTS this week !

1 General information
2 Club kit etc
3 **2018 Club Champs races**
3 Fixture list, club champs, road, XC, etc
4/5 Cross country section - Races & useful info etc
6 Race report & results
9 Parkrun results
10 Map for the routes this Wednesday
11 Turkey Trot 2017 - Entry form

And much more !

Click to SUBSCRIBE or UNSUBSCRIBE
www.dulwichrunners.org.uk/index.html

You can follow us on

NOTE :There will be no club run Wednesday 27th as the clubhouse will be closed.

There is no track session at Crystal Palace on the 19th and 26th December. Ssessions will resume on January 2.

For those who still want to do a speed session, suggest something like 6 x 4 minutes or 1000s with minute recoveries for the 19th and 10 x 2 minutes or 500s with 1 minute recovery for the 26th

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE
PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

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

Dec16 South of Thames 7.5M - Aldershot
17 Dulwich Runners Turkey Trot 2017

TRACK SESSIONS

Crystal Palace Track

£2.50 per session - Suitable for all abilities.
At reception say you are with Dulwich Runners but do not pay there, pay Ros trackside. Can take up to 10mins to get from reception down to track.
Arrive at 7pm for a full warm-up, 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 45 mins.
In my view apart from the long Sunday run, if you are preparing for a marathon, this is the key session to improve speed and speed endurance and works best if you do it regularly. ***Steve Smythe***

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

Many thanks to everyone who volunteers to take out 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

Joseph Brady	13/12
Lloyd Collier	20/12
Natalie Davys	3/01
Yvette Dore	10/01

TURKEY TROT 2017

Sunday 17 December - 10am

The club annual Christmas handicap race will be held in Dulwich Park the morning after the Christmas party.

Come and run away your hangover!
Prize for the best sparkly outfit!
3 laps of Dulwich Park (approx 5k)
Enjoy post race presentations and coffee in the park café.
Details and entry form at end of Shorts.

Wednesday Night Map

This map for this Wednesday's runs can be found 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

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

LUCKY VEST

December winner - Steve Rolfe

Wear your Dulwich Runners vest or t-shirt 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 ros.tabor49@gmail.com

Wednesday Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings after the Wednesday run.
Arrives close to 9pm 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)

SOCIAL SPOT

SPOT

Watch this space for future events.

Xmas Party - Save the Date - Sat 16th Dec.

7.30pm onwards @ The Edward Alleyn Club

The highlight of the DR social calendar is upon us!

This year sees a new venue, but tickets remain at a bargain £15. This includes a glass of bubbly on arrival, a finger buffet (plenty of veggie options), disco and with the bar open until 1 am the party is sure to go on late into the night!! There will as always also be the club awards and a 50/50 draw with a cash prize up for grabs.
Dress Code - Dress to impress
You can either purchase your tickets from Matt Ladds or Tom South at one of the club nights or via online transfer to the account details below (please be sure to include your name on the reference).

Sort Code: 09-01-27
Acc No: 86032186

Deadline is today so you need to let Matt know ASAP
Matt Ladds - laddsm85@gmail.com

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

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

STOCK CLEARANCE! BARGAIN KIT !

I have a limited number of old stock vests (mostly large sizes) for sale at £1 each

Available at the club on Wednesdays but please email to make sure

Ros Tabor
ros.tabor49@gmail.com

Socks only £5

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

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

2018 Club Championship Programme

We now have the full programme of races for the 2018 club championships in place, subject to a few dates not yet publicised. The races are as follows:

Feb 3	Dulwich parkrun
Mar 24	Run Through 10k, Hyde Park
Apr 8	Paddock Wood 1/2M (or earlier alt. for those entered for Brighton marathon)
Apr 22	Virgin Money London Marathon (or alt. prior to final event)
Jun 7	(date tbc) Assembly League 5k, Battersea Park
Jul 20	(date tbc) SOAR Mile, Battersea Track
Sep 15	(or alternative early autumn date) Beckenham parkrun
Sep 30	Middlesex 10k, Victoria Park, Hackney
Nov 24	(date tbc) South of Thames 5 mile

The marathon, 1/2M and two 10k races are classified as long races, with the remaining 5 short.
The dates of some of the later events have yet to be announced, so likely dates have been inserted and will be confirmed as soon as known.
Please make sure that you enter the Hyde Park 10k and Paddock Wood Half Marathon in good time.

Dulwich Runners 2017/18 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** **Track**

2017		Race		Venue
Dec	16	South of Thames 7.5		Aldershot
	17	Dulwich Runners 2017 Turkey Trot		Dulwich Park
2018		2018		2018
Jan	6	Kent Champs		Brands Hatch
	7	Surrey Champs	*note revised date - see below*	Denbies Vineyard
	13	Surrey League 3	men	Beckenham Place Park
	13	Surrey League 3	women	Wimbledon Common
	20	Vets AC Champs		Wimbledon Common **tbc**
	27	South of England Champs		Stanmer Park, Brighton
Feb	10	Surrey League 4	men	Lloyd Park
	10	Surrey League 4	women	Richmond Park
	24	National Champs		Parliament Hill
Mar	17	BMAF Champs		Forres, Scotland

Correction. It has come to our attention that the Surrey County champs at Denbies Vineyard is scheduled for Sunday 7 January, not 6 January.

Brockwell Parkrun

We are intending to take over the organisation of one of the parkruns at Brockwell in the New Year. This is intended to be one element in our efforts to raise the profile of the club locally.
Volunteers will be required for the various tasks at the finish and for marshalling on the course.
A request for help will be put out once a date has been fixed.

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like to have more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed. Details are on the website: www.englandathletics.org
Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members.
If you are interested please contact me or another committee member. ros.tabor49@gmail.com
Thanks - Ros

Club places

There is now a chance to get a place in the Brighton marathon a week before London (Sunday 15. April 2018).
Regular entry has closed but the organisers give up to 10 places to running clubs like us. The cost is £69.50 per entry
Email me ebeprill@yahoo.co.uk if you are interested and I can apply for these places.
So far three of our members who missed out on our London marathon club places have applied. 7 place are left and will be allocated on first come first serve basis.

In addition our committee has decided to give everyone with a club place for the Brighton marathon the choice to nominate a different Half Marathon to Paddock Wood as her/his club champs race. Paddock Wood Half will be the main club champs Half but it takes place just a week before Brighton.
The alternative Half marathon must take place before Paddock Wood. ***Ebe Prill***

The cross country season starterd in October 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 is the club's main priority. There are 4 fixtures during the season that started in 14 October.
Details on Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible. Our men were relegated to Division 2 last season, but will need to maintain their excellent turnouts and performances to be sure of returning to Division1.

Distance
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, ranging from around 8km in the autumn to 12km and over for the men later in the season, but normally not more than 8k for the women.

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. The hill sessions on Tuesday nights in September will help, and there are likely to be other hill sessions during the season.

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 in order to help with the online declarations). For the women's Surrey League, runners have to be entered in advance. The women's captains will contact everyone for availability. It is free for all runners.

Other Races
In addition to the Surrey League there are a number of 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, which take place at Parliament Hill Fields in February. There are also a number of other races for Masters. See the fixture list in Shorts for details.

Cross country champs
Once again, we will be holding a cross country champs.
For details see article below.

Which races to go for
From around mid October until late February, there are cross country races on most Saturdays, so enthusiasts will have plenty to keep them occupied. In practice many of you have family and other commitments, so here is some advice on races to target. Our main priority is the four Surrey League races, but other important events that we target are the BMAF Masters relays and the SEAA Masters champs. In addition to the Surrey League races our cross country champs includes the South of Thames 5 miles and the National Champs, being held next February at Parliament Hill Fields, so these should also be regarded as races to prioritize from an individual point of view.

Other races can be regarded as medium priority but you are encouraged to compete for your eligible county in the Surrey and Kent Masters champs and the county champs in early January. In the Masters champs in particular we have had success in winning team medals in recent years. There are a number of other races, which while not a high priority are nice to do. These include the London champs, Reigate relays, South of Thames 7 miles and the South of England champs, likely to be held in Brighton. Finally VAC members are encouraged to take part in the Vets AC champs in January.

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, requesting those interested in participating 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

Ken Crooke Cross Country Champs

With the National cross country champs being held at Parliament Hill next February, it has been decided to include this event in the races comprising the cross country champs. The championships will consist of the best 4 of the following 6 races; the 4 Surrey League matches, the South of Thames 5 miles and the National Championships.

Men's Surrey League Volunteers Needed for 13 January

We will be hosting the third men's Surrey League fixture at **Beckenham Place Park on 13 January, starting at 2.30pm**.

We will need volunteers for the finish and to marshal the course (at least 6 marshals, 4 time recorders, 4 number recorders and 2 stewards to help with parking) so at least 16 in total.

We will be asking other Division 2 clubs to provide one volunteer each. We will require help from club members not taking part in the race, including some with experience of working on the finish in races we have hosted in Dulwich Park. Hopefully some of our women competing earlier in the day at Richmond Park will be able to help out, but it will be difficult for them to arrive much before the start, so we do need help from others not planning to run.
Any volunteers please contact ***Mike Mann***
mcmann90@yahoo.co.uk

National Cross Country Champs

24 February
This season the National Cross Country Championships take place at Parliament Hill Fields, the national home of cross country. It is an iconic event as well as being the final race in this season's cross country champs, so we are looking for a large entry. The distances are 12k for men and 8k for women. The closing date for entries is very early so please **contact your captains no later than 10 January**.
The plan afterwards is to adjourn for refreshments at a pub in the Kentish Town area.

Cross Country Entries

So far this season, numbers have been encouraging for the men's and women's Surrey League, and for the South of Thames race on 25 November. However although we had 40 entries in total for Beckenham, we had a disappointingly high drop out rate with only 27 running on the day.

Although some had good excuses such as illness of themselves or partners, it seems unlikely that this was the case for all those not attending. The club pays for cross country races, and for some the cost is quite high, so you are encouraged not to put yourself forward for entry to races on a speculative basis when you have no real intention of running or when another option that appears better crops up on the day.

Surrey County Champs

7 January
We have a rather more relaxed **deadline of 27 December** for these champs taking place at Denbies Vineyard on Sunday 7 January.
Please contact your captains if you would like to be entered.

Please check with your captains if you are unsure which county you are eligible to compete for.
Qualification is by birth or borough of residence, and ensure that you register interest in advance of these closing dates for entries.

To enter any of the above races or if you require any further information about them or any other races in Shorts then contact your respective captains:
Men: mcmann90@yahoo.co.uk
Ladies: dulwichladiescaptain@gmail.com

Marathon Training

For those looking ahead to a marathon or possibly just a half-marathon in the Spring, the onset of December is a good time to start building up the training so you are fit and ready in the New Year.
I am happy to give anyone (of any ability or target) a more detailed schedule but would suggest something along the lines of the following for December.
Monday: rest or easy 45 mins
Tuesday: track or speed work (alternating reps from distances at least over a range of 400m to 1600m
Wednesday: Medium run of at least a hour (up to 75 mins) at a comfortable pace
Thursday: tempo or speed endurance - ie 5 miles picking up pace or a block of 3-4 miles at half-marathon pace between an easy mile before or after
Friday: rest or easy 45 mins
Saturday: XC race, parkrun or hills
Sunday: long relaxed run of 100 mins to 2 hours
steve.smythe@athleticsweekly.com

Track Training

A reminder that improvement in running is built upon hard work, consistency of training and a mixture of speed, endurance and stamina.
To me the Tuesday track session is the most important session of the week - the Sunday long run may be important in the middle of marathon training - but the most gain in terms of speed and speed endurance (and pace judgement etc) comes from regularly completing track sessions. While numbers are regularly around the 30 mark this winter, very few turn up every week to ensure they build up a consistency and the range of runners of all speeds is disappointing.
Steve Smythe

Race Reports & Results

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

SEAA Cross Country Masters Horspath (Oxford)

Saturday 9. December

Ebe Prill writes: It was the second year this event took place on the fields and in the woods around Horspath Athletics track on the outskirts of Oxford. If you ever want to see where the Mini was born, the car factory is next to it and provides ample parking.
The colourful sight of tents and banners on the lawn greeting us on arrival reminded me of a medieval jousting tournament and was mainly due to this being also the Inter County championship for boys, girls and senior women.

Our vets race for M50s and M60s was the first of the day, the course starting and finishing on the flat lawn with two larger laps of fields and woods between. Some hills had to be tackled as well as short muddy sections and small obstacles. Conditions were cold and sunny, the ground still frozen in patches but generally suitable for spikes. The race is billed as 10k in distance (and features as such for this year and last on Power of 10), but in reality is short. Last year most garmins measured it around 9.3k, this year it was even shorter, about 280 meters less (taking an average from available readings), making the course roughly 9k long. The shortcut was on the flat field, the harder hilly parts in the woods and on trails stayed the same.

This year Dulwich had entered four men, all M55s and only three of us made it to the race, Steve Smythe who had an excellent run here last year having to pull out with a heavy cold. That left Tony, Gary and me, just enough for a 'three to score' team. Given the quality of the competition and that the team age group was M50s not M55s our chances of getting in the team medals were pretty much zero but at least Tony had hopes for an individual M55 medal if he could replicate his run from last year. Unfortunately he too had suffered from a cold the whole week and wasn't feeling his best. But try he would and I soon saw him disappearing chasing the front pack of strong M50s. He did the first half of the race in exactly the same time as last year (17:30), though with less to run, but then slowed somewhat and lost 12 seconds on the second half (17:42, compared to 17:29 in 2016), coming home in 35:12 and 26th place overall, 9th M55.
His pace at last year's race would have given him a time on this shorter course of 33:53 (and handed him 3rd M55 indeed, having also in previous races beaten the bronze medallist quite comfortably, twice alone this year), but he payed by a good minute for his recent illness and achilles niggles. He felt disappointed by the outcome but was still by far our fastest team member. And after all, we can only show up on the day with what we got. In my case that was somewhat better than last year, when I was not very fit and came along as a 'spare'. This time I had several high milage weeks of training behind me and started to feel stronger, though by no means back to the old race form previous to my 2016/17 injury woes. I didn't start quite as hard as last year (first k on the flat this time 3:57 compared to 3:40 in 2016) and consequently maintained the pace better. I still lost time on the second lap, but not position and ended up behind exactly the same runner that was just ahead of me after the first kilometre. He had stretched ahead further in between, several others passed me as well, but eventually I got them back, finishing in 37:34, 58th overall and 21st M55 (incidentally exactly the same time Steve ran here on the longer course last year. The same pace would have given him 36:23 this year). For me that was an improvement in pace and by about 38 seconds over the same distance. I happily take that.

Tony Tuohy Gary Sullivan Ebe Prill

Gary completed the team in his first outing on this course, and competing in his last year as M55, and while he started maybe too slow and consequently never caught up with me, he ran strongly - winning several ding dong battles with runners around him - and finished in 38:09 not that far behind as 23rd M55 and 70th overall. His age-grading did beat mine: 85% to 83% according to Po10 (though for a 10k XC there), so not bad at all!
Our three runs were enough on the day to come 11th out of 20 M50-59 teams, Thames Hare & Hounds winning quite comfortably ahead of London Heathside and Southampton.

M50/60 race, ~ 9k:

26 Tony Tuohy (9. M55) 35:12 (2016: 34:59 and 7. overall)
58 Ebe Prill (21. M55) 37:34 (2016: 39:26 and 61. overall)
70 Gary Sullivan (23. M55) 38:09

Dulwich 11/20 M50-59 teams (2016: 5/22)

149 ran:
69 M50s, fastest in 31:37
44 M55s, fastest in 33:23
21 M60s, fastest in 36:57
15 M65s, fastest in 36:16

Hercules Wimbledon Inter-Club 5

9 December

This annual event at Wimbledon Common also incorporated the East Surrey League, in which both Ola and myself competed for Vets AC. The conditions were perfect for cross country, sunny and cold with hardly a breath of wind, with the ground frozen in places and the only muddy stretch the early descent used in the first men's Surrey League match.

Following her excellent run in the Pirie 10 the previous week, Ola continued her good form with a strong run. In my case pacing the Brockwell parkrun earlier at 24 minutes clearly did me no favours as my pace ended up very similar, with no zip left in my legs, so I'll put it down as a good training run.

Mike Mann

Ola Balme 35:31
Mike Mann 39:28

Crystal Palace Canter 5K

5th December 2017

2 Bob Bell 22:55
3 Jo Quantrill 25:17
6 Claire Steward 26:38
10 ran

Mince Pie 10

10th December 2017

I am not sure quite how many times we have returned to Seaford for this race. Barrie must have done it at least 15 times and I have been down there as many times either in a supporting or running capacity. It is a tough hilly course over the South Downs that can be stunning in bright blue skies but even tougher if the weather doesn't play ball.

The day didn't start so well as we left in heavy snow and got wet feet just going to the car. Little did we know that was not a patch on what we were to face in the race.

The snow stopped but as we approached the coast we started to notice the gale force winds that apparently were coming across the Channel. Local media had reported 70 mph winds which had the strength to knock you aside and take you off your feet. We both agreed we had never faced conditions like it not even in this race.

We lined up at the start to the ever-present cheery jingle of Christmas carols blasting out from a sound system outside the sports centre. Runners really had got into the festive spirit with many Santa costumes and a smattering of elves. A bunch of Orpington runners were enthusiastically sporting Santa suits, dresses and festive t-shirts, making this their Christmas race with a lunch afterwards.

There was talk among the 'elite' runners of headwinds for the first five and a half miles and then a tailwind for the remainder but it didn't quite work like that. They were also saying to completely forget split times and any possibility of breaking the course records!

Certainly the headwinds prevailed up the first few hills as promised but so strongly you could hardly make headway. They oscillated between slamming into your face vs. blowing hail and sleet from the side. It made it so tough I felt spent by 3 miles.

As we topped the hills for a mile or so we struggled against a treacherous side wind. Normally the task with this race is to find a route along the path with as little mud as possible. This time we also had to consider where to run so we were not blown into prickly bushes or barbed wire fences. Our path along the top became a comedic zig zag as the wind constantly whipped you to the side and then you'd return to the path only to be thrown off again. It was the first time we had both been blown off our feet in a race.

A normal downhill respite at 4 miles was reduced to a battle into sleet imbued headwinds. At the bottom, we hit flooding and had to wade through a long puddle that totally swamped the road. As I plunged into water up to my knees the marshal helpfully alerted us to the possibility of potholes. I think I had just found one. Tough Mudder eat your heart out. This was becoming an assault course.

I had caught up with Barrie at this point and we both ran with frozen feet and calves as a result of our unexpected cold dip. After the all familiar vertical climb to mile 6 we again had a supposedly easy mile which was largely flat. The wind had other plans although for once it was in our backs. I decided to have a go at riding the wind to get some pace. However, it was actually quite frightening at is blew you at such a speed I nearly fell over. A little resistance leaning back into the wind was definitely required.

There had been many costume issues in the prevailing wind. 'Jesus' had to retrieve his headdress early on in the race as he had another four races at which to make a biblical appearance. Elves were battling with their capes which threatened to lift them from the ground. My Santa hat decided it had had enough as we ran along the top of the ridge at mile 6 and it went dancing off across a ploughed field. I thought it was the last I'd seen of it but then it surprisingly settled in a furrow. With any hope of a decent time out the window I detoured to pick it up and worked hard to catch Barrie again.

Mile 7 onwards is largely downhill but the wind was buffeting us constantly from the side and face on. At times, it felt like you were doing a skydive surrounded by the din of the winds.

The final sting in the tail was running straight into the headwind as we turned into a field for the final mile. I'd been working hard at that point to keep in reasonable distance with Barrie but lost a little ground, thoroughly hacked off by the wind! Why were we doing this?

Both Barrie and I managed a sprint finish and I reckoned I must have been about the same distance behind Barrie as my Santa hat detour! If only I hadn't retrieved that hat! Barrie said he had had a twinging hamstring which bizarrely had gone at the start although he fortunately had been able to run without much pain.

Many people were crossing the line caked with mud and bleeding knees and arms. In fact, I heard that some people had turned back they were so concerned about being blown about and into barbed wire fences.

Credit has to go to the marshals who looked thoroughly frozen in the gales and yet still gave us hearty cheers. After wonderful hot showers, we debunked to a warm and dry local pub for a roast dinner. I doubt it was the best quality roast the Brighton area has to offer but it certainly tasted like the most delicious meal ever!

171 Barrie John Nicholls 1:33:04 (chip 1:33:01)
174 Lindsey Annable 1:33:21 (chip 1:33:17)
382 finished

parkrun December 9

Brockwell

331 Ran

Those of you looking at the Brockwell parkrun results might be forgiven for thinking that many of those participating were suffering from mega hangovers, judging by the slow times. While it's possible that some were, several of us were in fact doing pacing duties as part of the 7th anniversary of this parkrun.

Pos	Gen		
4	4	Timothy Bowen	17:36
52	5	Michelle Lennon	21:23
58	6	Lucy Pickering	21:35
71	65	Jonathan Whittaker	21:58
83	10	Lucy Clapp	22:27
86	76	Grant Kennedy	22:44
137	111	Michael Mann	24:17
158	124	Cameron Timmis	25:05
174	134	Lloyd Collier	25:35
194	148	John Breslin	26:18
204	153	Graham Laylee	26:30
214	56	Claire Steward	27:01
216	159	Hugh French	27:07
225	62	Claire Barnard	27:27
233	169	Rafe Collier	28:03
296	107	Rhoda Collier	31:08
330	193	Chris Vernon	42:04

Bromley

443 Ran

Pos	Gen		
29	27	Nicholas Brown	20:32
78	68	Colin Frith	22:45
102	90	Chris Goodman	23:35

Crystal Palace

221 Ran

Pos	Gen		
2	2	Stephen Davies	18:05
11	11	Tom Wilson	19:55
17	1	Lin Skinner	20:34
49	9	Eleanor Simmons	23:10
51	42	Bob Bell	23:13
72	60	Paul Hodge	24:20
74	62	Michael Dodds	24:27
89	70	Andy Cottrill	24:48
93	21	Clare Wyngard	24:58
125	95	Paul Hilton	26:25
216	86	Penelope d'Arcy Graham	42:42

Dartford

169 Ran

Pos	Gen		
14	13	Michael Fullilove	21:06

Dulwich

295 Ran

Pos	Gen		
4	4	Gregory Hills	16:56
30	1	Chloe Green	19:44
109	96	Mark Muffett	23:28
218	159	Mick Mead	28:15

Hilly Fields

215 Ran

Pos	Gen		
15	15	Ian Lilley	19:53
28	27	Hugh Balfour	21:13
34	33	James Burrows	21:45

Lloyd Park

200 Ran

Pos	Gen		
22	22	Martin Double	21:55
77	8	Carys Morgan	25:47

Malling

115 Ran

Pos	Gen		
6	1	Tereza Francova	20:42

Peckham Rye

157 Ran

Pos	Gen		
1	1	Andy Bond	16:47
7	7	Justin Siderfin	18:58
8	8	Rob Cope	19:03
40	34	Gideon Franklin	23:11
157	69	Emily Warburton-Brown	45:22

Pontypridd

147 Ran

Pos	Gen		
53	3	Ros Tabor	24:07
55	52	Andy Murray	24:14

Riddlesdown

121 Ran

Pos	Gen		
19	3	Ange Norris	22:17

South Norwood

74 Ran

Pos	Gen		
45	38	Peter Jackson	27:20

Southwark

268 Ran

Pos	Gen		
134	28	Kaylee Coxall	24:57

Trelissick

142 Ran

Pos	Gen		
19	4	Laura Vincent	24:15

Western Springs

96 Ran

Pos	Gen		
18	16	Nick Bell	22:56

New members especially, and others....

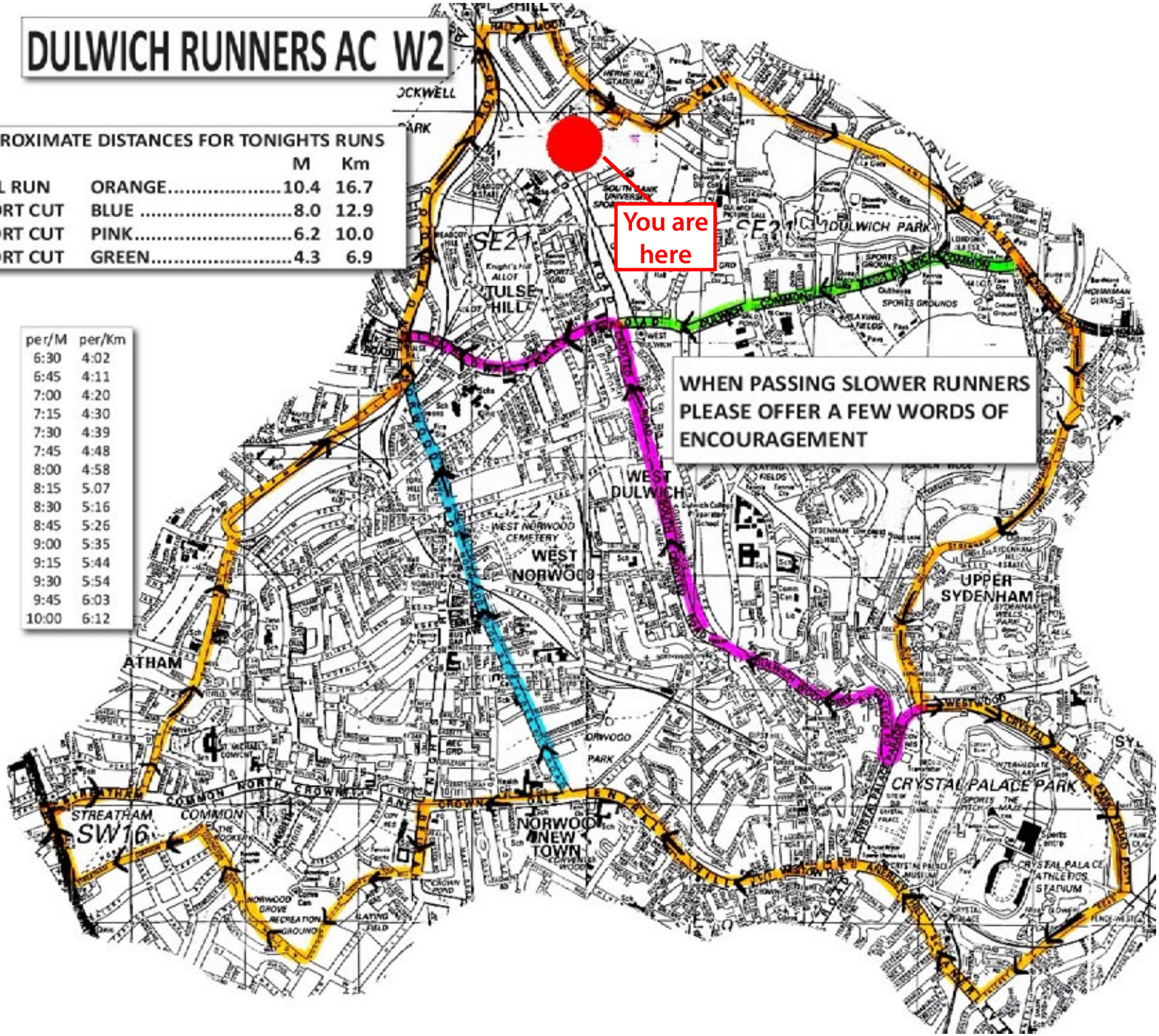
For your results to appear here you need to update your parkrun profiles to show you are a current member of Dulwich Runners AC. or send them in.

DULWICH RUNNERS AC W2

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

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

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12



DULWICH RUNNERS
TURKEY TROT HANDICAP RACE

DULWICH PARK
SUNDAY 17 DECEMBER 10.00

5K (approx) HANDICAP RACE (3 laps of Dulwich Park)
meet by Queen Mary's Gate

prizes for:

1st runner across the finish line

1st walker across the finish line

Runner closest to predicted time

Best fancy dress – wear something sparkly!

entry fee £2.50 or £2 if in fancy dress

NAME: _____

most recent 5k or parkrun time _____

predicted time for 5k on 17th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than predicted time.

ros.tabor49@gmail.com