



SHORTS

Dulwich Runners AC
Weekly Newsletter
January 15th 2020
www.dulwichrunners.org.uk

These are your SHORTS,
Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com
DEADLINE 17:30 TUESDAY

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 Track - starts @ 7.10 warm up taken by Elkie Mace, Anna Thomas & Katie Styles, main session Steve Smythe @ 7.25 see below for cost and new payment system

In your SHORTS this week !

- 1 General information
- 2 Fixture list & upcoming races, training etc
- 3 Training & Misc.
- 5 Reports, results, Surrey league full report and pics
- 8 parkrun times
- 9 Club kit
- 12 Map for tonights runs

And much more !

Like us on Facebook @dulwichrunners

Connect with us:



TRACK SESSIONS

Crystal Palace Track

Warm up drills at 7:10pm with Elkie Mace then 7.25 main session with Steve Smythe.
£2.50 for members (non members the standard £4.45)
No trackside payment - Either pay at reception...(You may be asked for proof of membership) or Online at:
<https://www.better.org.uk-leisure-centre-london-crystal-palace-crystal-palace-national-sports-centre>

Thursdays 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



LUCKY VEST

January winner -
Shane Donlon



Wear your Dulwich Runners vest or t-shirt for the club run on the first Wednesday of any month and you'll go into a free draw and could win the £5 cash spot prize !
Vests £18 each from Ros ros.tabor49@gmail.com

When I became Chair of Dulwich Runners,

the club was celebrating its 25th anniversary.
This summer we will be celebrating 40 years!
I have decided that it is time for me to stand down as Chair, so I will not be going for re-election at the AGM in March. I have really enjoyed my time, but it's time for someone else to take over.
I am happy to discuss the role with anyone interested, and thank you all for your support over the years.

Ros Tabor - ros.tabor49@gmail.com

EVENT HORIZON

A brief look ahead

Jan 25 South of England Xc champs - Parliament Hill

See full fixture list for more events and details

NEW RUNNERS ROTA

There were at least 9 completely new people at the club last night, and also several newish people on their 2nd or 3rd visit. **Thank you so much to everyone who included new people on their runs – Sonja Jutte, Clare Norris, Ange Norris, Claire Steward, Charlie Lound and several more.** It really helps when people are willing to volunteer to help. I expect we will have big numbers for at least the next 2 Wednesdays, so I shall probably be asking for your help again.

Thank you very much to members who regularly volunteer to run with new people on a Wednesday even though its not their turn.

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 asap. - Thanks. - Ros

Ebe Prill	15/1
Ian Sesnan	23/1
Jo Shelton	30/1

Rehydration !

After your run come up to the bar, have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also)

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN IN & PAY AS SOON AS YOU ARRIVE

- Sign the attendance register and **pay £1.**
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Copies will be at the clubhouse, but feel free to print your own and 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.

All maps also on Strava (you don't need an account)

<https://www.dulwichrunners.org.uk-wednesday-night-routes>

DULWICH RUNNERS 2019-20 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.

2020				
Jan	25	South of England cross country champs		Parliament Hill
Feb	8	Surrey League cross country	men	Lloyd Park
	8	Surrey League cross country - 8k	1pm women	Richmond Park
	15	Dulwich parkrun	short	Dulwich Park
	22	National Cross Country champs,		Nottingham
Mar	1	Validity Big Half	long	London
	21	England area 12 and 6 stage relays		t.b.c
Apr	4	National 12 and 6 stage relays		Sutton Park
	26	London Marathon or alternative	long	London or alt.
Jun	15	Sri Chinmoy 5km	short	Battersea Park
Jul	18	Richmond Summer Riverside 10km	long	Richmond
tbc		SOAR Mile late July/early August tbc	short	t.b.c
Sep	13	Second Sunday of Month 5M trail	short	Wimbledon Common
Oct	18	Cabbage Patch 10	long	Twickenham

Road & other

Cross country

Club Champs

Assembly League

If you require information about any races in Shorts, how to enter etc, contact your respective captains:
 Men road: ebeprill@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

2020 Club Champs Races

The programme of races for the 2020 club championships has now been selected. The races are as follows:

- 15 Feb Dulwich parkrun short
 - 1 Mar Validity Big Half long
 - 26 Apr London Marathon (or alternative) long
 - 15 Jun Sri Chinmoy 5km, Battersea Park short
 - 18 Jul Richmond Summer Riverside 10km long
 - late July/early August tbc SOAR Mile short
 - 13 Sep Second Sunday of Month 5M trail, Wimbledon Comm. short
 - 18 Oct Cabbage Patch 10 long
- 4 races to qualify from a total of 8 including at least one from each distance category.

Ken Croke Cross Country Champs

Will include the following events in 2019-20

- 4 Surrey League races
- Lloyd parkrun, 28 Sep.
- London Champs, Parliament Hill, 16 Nov.
- South of Thames 5 miles, Morden Park, 23 Nov.
- South of England champs, Parliament Hill, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

National Cross Country Champs

22 February

We currently have 17 men and women signed up for the National Cross Country Champs taking place at Nottingham on 22 February. Entries will close very soon so if you would like to be entered, now is your final opportunity to contact your captains. dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk or ebeprill@yahoo.co.uk

Marathon Training

If anyone needs any help with marathon training 2020, schedules or advice, contact me at:
steve.smythe@athleticsweekly.com

I have run a marathon every year since 1976 so 2020 will be my 45th consecutive year of doing a marathon (and quite likely last) My PB was long, long ago (2:29) but (for now), I still average well under 2:50 for my 60 plus marathons and have run a sub-3 in five different decades (70s, 80s, 90s, 00s, 10s) - a sixth looking doubtful though judging by my current health and fitness.

Indoor Track Races Lee Valley, Edmonton

Lee Valley has a series of open track races on their 200 metre indoor track in January and February.

Wednesday 29 January - 3 km and Dream Mile

Wednesday 19 February - 800 m and 1500 m

Details <https://www.visitleevalley.org.uk/en/content/cms/outdoors/athletics-centre/competition-entry-forms/>

Entry is in advance.

Suggested training in coming weeks.

For those doing London or Brighton Marathons, it is suggested that the marathon build up starts next week, so maybe don't overdo it this weekend - especially if you are doing the league race. - **Steve Smythe**

Wed Jan 15	50-60 min. at one min. a mile slower than marathon pace (or a min. a mile slower than HM pace if not marathoning)
Thur Jan 16	5 miles acceleration run - ie for sub-3, miles of 8:00. 7:40, 7:20, 7:00, 6:40
Fri Jan 17	short run with strides or rest
Sat Jan 18	parkrun or hills Sunday Jan 19 13-15 miles at steady pace
Mon Jan 20	short run or rest
Tue Jan 21	15 x 400m at 5km pace with one min. to 90 seconds recovery or 200m jog

Training paces

Steve Smythe writes...Note that schedules often have a suggested pace but this is only relevant if the conditions are good and the ground is firm and flat.

In my view it is much better regularly to run off-road on hillier courses than trying to run faster on the flat all the time.

While I will give individual schedules to those who ask, some

may be interested in some of my training thoughts on schedules here <https://www.athleticsweekly.com/performance/diy-marathon-training-plan-1039927310/>

No one has yet run a sub three marathon in six different decades but someone will this year and many in line for that achievement were asked for their thoughts on how they have stayed fit for so long.

https://www.podiumrunner.com/how-six-decades-sub-3-marathoners-have-kept-fit-fast-and-injury-free_179413

Track training

Despite storm Brendan, well over 30 did a track session in wet and very, very windy conditions at Crystal Palace on Tuesday night.

As a future pointer, sessions will always tried to be run, whatever the weather as it is possible the race you are aiming for might be held in terrible conditions and you can't stay in and watch EastEnders/Football/Love Island.

If the track is out of use, sessions may be held on the road or in the park.

More Awards

Clare Elms had already won the Athletics Weekly Readers Choice Award for Master athlete of the year and the British Master of the year from the BMAF but she has now also won the European Master distance runner award.

<http://european-masters-athletics.org/about-ema/news-overview/1773-ema-best-masters-awards-2019-category-long-distance.html>

This week Clare will also appear in a big feature in Athletics Weekly magazine.



The club has 10 places for the Brighton Marathon. Regular entry is closed, the club places go for the same fee.

Let me know by Monday 24 February latest, ebepriill@yahoo.co.uk or in person.

Adidas Shoe trial

Welcome to a unique opportunity to try out one of adidas' newest running shoes for free, with zero obligation to buy. On Wednesday 5th February, our local adidas representative Emma will be coming to the club with the new Ultraboost 20 for you to try.

You will be able to use them for the entire run, and simply hand them back afterwards.

The Ultraboost 20 is a high-performance shoe featuring a foot-hugging knit upper. Stitched-in reinforcement is precisely placed to give you support in the places you need it most. The soft elastane heel delivers a more comfortable fit. Responsive cushioning returns energy to your stride with every footstrike for that 'I-could-run-forever' feeling.

Often when trying on new shoes people respond with, 'Well they feel good now, but you only really know if they're right when you take them for a run outside.' Well, now's your chance.

Big Half Sun 1st March 2020

The community places for our club are filled.

Good for Age entry open at : <https://www.thebighalf.co.uk-events-vitality-big-half-good-age-entry->

Possible more regular entries as last year, but no guarantee.

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



Surrey League

Is the main priority, 4 races this season, further details posted nearer the time in Shorts or: <http://surreyleague.org>
Keep these dates free if possible. Our men were promoted to Div 1 last season and we will need to perform well again to avoid the drop. Ladies compete in Div 1.

Distance

Men's Surrey League around 8km, women's races start at 6km in autumn, up to 8km in the new year. Other races from around 8km autumn to 12km plus for men later in the season, normally not more than 8km for women.

Scoring

Surrey League, first 5 women for the club and the first 10 men qualify for the scoring team, so it is important we field as many of our strongest runners as possible. Cross country races are not elite, are suitable for runners of all abilities, and in both the men's and women's Surrey League there is now a B team competition where the second 5 or 10 runners score.

Surrey League entry

To take part inform your captains so we can pre-enter men & women. Men and women use the same numbers for the entire season, so either give them to your captains after the race, or take them home,

in which case you must bring them to the next race. Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

Other Races

There are cross country race most Saturdays during the season eg: county champs (incl. Masters), London Champs, 2 Sth. of Thames races, Sth. of England and National champs, and other races for Masters. See fixture list in Shorts and on the website.

Which races to go for

Main priority is the 4 Surrey League races, and races in the Ken Crooke champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

Other races are medium priority, but you are encouraged to compete for your eligible county in the Surrey and Kent county champs and Masters champs. We would also like a good entry in the two South of Thames races and the South of England champs. Other non high priority high races eg: SEAA relays and Reigate Relays. Note that Lloyd parkrun, 28 Sep is the first race in the Ken Crooke cross country champs (see below for further details).

Entry for other races

Apart from Surrey League for nearly all other races captains have to submit entries in advance of a deadline, details of which will be put in Shorts, by email and Facebook, requesting those interested to

put their names forward, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race and substitutions are not permitted.

The club pays for entries, so do not put yourself forward on a speculative basis but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

Road or trail shoes early season, late autumn onwards spikes or fell shoes are best. Get cross country spikes, not track spikes. Screw in spikes are from 6mm to 15mm. As it gets muddier change to longer spikes, eg: Parliament Hill and Lloyd Park.

Fell shoes are studded with more grip than trail shoes and are suitable for most conditions except ice. Cross country shoes can be bought at a number of places eg: Run & Become (Victoria), Intersport (Herne Hill), Runners Need and Sweatshop or Wiggle online. Most offer a 10% discount to those with club or EA membership.

Ken Crooke championships

2019-20 will include the following:

4 Surrey League races

Lloyd parkrun, 28 Sep.

London Champs, Parliament Hill, 16 Nov.

South of Thames 5M, Morden Pk, 23 Nov.

South of England champs, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

For further information please contact your captains at:

dulwichladiescaptain@gmail.com

or mcmann90@yahoo.co.uk

or ebepriill@yahoo.co.uk

Race Reports & Results

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

SPORT SYSTEMS SURREY LEAGUE Xc, Division 1 Beckenham Place Park

January 11

Steve Smythe writes... A superb turn out of 30 plus the best ever run by a Dulwich Runner in a Division one could not see us out of last place.

While some of our best runners here were not fully fit and we were missing a few such as Buzz and Shane, fundamentally we are not geared for Division 1 at present.

Jack Ramm's previous league races this season were 47th and 37th and his last proper race was in November, but he moved up a gear to finish a superb 17th - our first ever top 20

position.

Jack beat all the Herne Hill Harriers and a team of Jack's would have won the team event.

Ed Chuck is not at the same fitness as when he finished 27th and 32nd in the earlier leagues, but he battled well to finish just outside the top 50.

Andy Bond found the course hard was just down on his previous league best with another strong run.

There was a big gap to the fourth scorer.

Tim, who held the previous league best of 26th in 2016, started quickly and the rallied on the last lap after Tom had passed him. Tom was close behind with another steady run.

Kevin Chadwick had what must have been his best ever cross-country run and he was strong on the last lap to hold off Wayne and Martin who both had steady runs.

James Burrows also had one of his best runs of the country and the A team was completed by Daniel, who is not quite in his best form yet.

The B team, showing our better depth, finished fifth and beat the teams of Belgrave and South London Matt led them in with Shane, Alex, Grant, Mike W, Nick, Sam and Des (who did a superb marshalling job in the junior races), Justin and Joe were the scorers.

Justin and Joe finished strongly and overhauled Charlie on the line, who thought it was his worst ever cross-country race.

Non scorers were led in by the dependable Ross, Eugene, Gower and Andrea.

Newcomers Daniel Blair and James Auger sandwiched Ed Simmons while completing the team were Miles, Mike (1st M70) and Ebe, who was back in action after a long break.



1 Nick Goolab (Belg)	26:09
17 (scoring 17) Jack Ramm	27:41
38 Lewis Laylee (2 nd cl. Herne H)	28:28
57 (54) Ed Chuck (Dulw)	29:07
68 (59) Andy Bond (M45)	29:31
105 (74) Tim Bowen (M35)	31:03
108 (76) Tom South (M40)	31:06
121 (81) Kevin Chadwick (M35)	31:47
129 (83) Wayne Lashley (M35)	32:11
131 (84) Martin Belzunce (M35)	32:15
133 (85) James Burrows (M35)	32:23
135 (87) Daniel Mann (M40)	32:27
143 (39B) Matt Cooke (M35)	32:43
147 (42B) Shane Donlon (M35)	32:58
150 (44B) Alex Loftus (M40)	33:08
163 (53B) Grant Kennedy (M35)	33:56
164 (54B) Mike Williams (M45)	33:58

167 (56B) Nick Wood (M45)	34:06
168 (57B) Sam Mattu (Dulw)	34:10
170 (58B) Des Crinion (M35)	34:12
176 (63B) Justin Siderfin (M45)	34:30
178 (64B) Joe Farrington Douglas (M40)	34:34
179 Charlie Lound (M50)	34:36
185 Ross Rook (M35)	35:01
186 Eugene Cross (M35)	35:02
188 Gower Tan (M50)	35:10
189 Andrea Ceccolini (M50)	35:11
190 Daniel Blair	35:32
195 Ed Simmons (M35)	35:57
217 James Auger (M45)	39:35
219 Miles Gawthorp (M45)	39:38
225 Mike Mann (M70)	41:01
226 Ebe Prill (M55)	42:03
230 finished	

TEAM: 1 Kent AC 176; 2 Hercules Wimbledon 243; 3 Herne Hill 404; 4 Belgrave 430; 5 South London Harriers 472; 6 Thames Hare & Hounds 511; 7 Clapham Chasers 561; 8 Guildford & Godalming 599; **9 Dulwich Runners 699**

B TEAM: 1 Kent 67; 2 HW 213; 3 Herne H234; 4 Clap C 412; **5 Dulw 530**; 6 S Lon 569; 7 Belg 606.5; 8 G&G 710; 9 THH 753.5

A team Standings after 3 matches:
1 Kent 577; 2 HW 821; 3 S Lon 1212;
4 THH 1264; 5 Herne H 1306; 6 Belg 1451; 7 G&G 1619; 8 Clap C 1920; **9 Dulw 2115**

Sport Systems Surrey Ladies' League Div. 1/2 Wimbledon Common

January 11

Steve Smythe writes.... There was a very good turn out but too many potential scorers were missing and we only finished 14th of 15 A teams and could be on for our first ever relegation. which would not necessarily be a bad thing as the opposition might suit most of the team better for one year. Clare Elms was not at her very best but did beat the athlete who had finished sixth ahead of her in the Kent Championships the previous week and on a weekend we gained our first ever men's top 20 in Division one, Clare did it

18 Clare Elms (W55)	34:53
77 Sara Roloff (Dulw)	38:17
89 Katie Styles (W35)	38:46
107 Anna Thomas (W35)	39:31
110 Jane Bradshaw (W45)	39:45
117 Ange Norris (W55)	40:05
131 Ola Balme (W50)	0:41
135 Eleanor Simmons (W40)	40:53
137 Michelle Lennon (W50)	40:55
145 Jo Quantrill (2 nd cl, S Lon, W60)	41:48
149 Lucy Pickering (W50)	42:01
159 Rebecca Schuller	42:38
165 Lucy Clapp (W55)	42:54
176 Naomi Crowther (W35)	43:34
181 Madi Robinson (W40)	43:47
186 Shoka Okamura	44:04
244 Sonya Jutte (W40)	44:55
219 Katie Prior	46:36
224 Midge Cameron (W55)	46:53
268 Elizabeth Begley (W60)	56:42
276 ran and further 245 in Div 2	

Once again, the weather was very kind to us for a cross country event – no rain, not cold, just a bit windy. With very little recent rain, the going was relatively easy too. The top end of the common, for the first and last half of each lap, is flat and gravelly. At the far end of the loop the course dropped down the hill, with some ankle-deep mud, to the lake, then a steepish climb back up.

Amongst the 19 strong Dulwich team it was great to have 2 newbies to cross country – Shoko and Liz. Both were apprehensive before the start but pleased with their runs at the end. Hopefully they'll be back for more.

The course funnelled to a narrow path very soon after the start which, with a field of 276, caused a problem for many, including several

Dulwich ladies. Clare was probably off and away and untroubled by the bottleneck but others not far behind were brought to a halt. Sara, Katie, Anna and Jane managed to weave through the crowds to move up the field but would have placed higher with a better start. However, Ola said that she tried to as well but used up too much energy, so dropped pace in the latter stages. Clare arrived with a sore foot and wasn't confident that she'd complete the 2 laps. She did, easily being the first W55 to finish,

but was hobbling after. I think the course suited Sara as she had her best xc to date. Katie and Anna are both running well, also Jane, despite having tired legs from marathon training.

I, (Ange) managed to move up the field a bit and was not overtaken by anyone but lacked speed in my legs. From the top of the hill on

she found the second lap hard, but still had a good run. This was Naomi's second xc race. She suffered from the congestion at the start by not seeing a hole, falling and being spiked. Undeterred, she continued and was pleased with her run. Madi enjoyed the flatter parts of the course where she was able to up her pace, so finished strongly. Shoko, also in brand new spikes, was chasing hard not far behind, in a great xc debut.

Sonja, completely happy in the mud, had a strong run and an excellent determined sprint finish. Katie followed her in, in her second xc, with Midge not far behind. Liz completed the team in another great xc debut.

Thanks to Wayne and Andy who volunteered to marshal before

their own races. It was good to have their encouragement, along with Ros, Steve and Bernard. Ros was unfortunately injured and unable to run.

Thanks also to Madi and Becca for their baking skills – definitely a highlight of the day.

The last congratulations have to go to the rather large team that managed to pack the tent up into its far too small bag, which proved to be the hardest task of the day!

Ange Norris



the second lap, I was spurred on by a race with a SLH lady which I unfortunately lost. Next time.... Ola ran her usual strong race as she regains her fitness. Not far behind was Eleanor chased to the line by Michelle, both running well. Lucy P, wearing spikes for the first time, completed the B team.

It was great to have Becca back; her knee was strapped up but was ok at the end, so hopefully this race is the beginning of her comeback. Lucy C, who was next in, said

Surrey Cross Country League Div 4 Match 3 Oxshott Woods

11/01/20

Andy and Gary ran for 2nd claim club Veterans AC at Oxshott Woods, a few stops beyond Surbiton, which first had to be reached by bus replacement on Saturday. The woods are mainly a pine forest with a ridge in the centre. The course was three laps, initially on a soft path around the edge but soon climbing a sharp hill for 200m. This bit had many tree roots and was too steep to get heels down. An easier bit followed before a more steady climb to a viewpoint and memorial on the ridge, then a narrow twisty descent to the start.

Gary set off at a steady race pace, finding some difficulty on the hills but keeping going well. Andy was wary of hitting problems at higher heart rates and started near the back, but found no problem in running slowly up all the hills and was able to pass several runners during the second half of the race. Our two runners were 8th and 9th scorers for VAC. 166 ran in division 4 and 187 in division 3 in a combined race.

133 Gary Budinger 45.21 (44.13 here in 2019)

142 Andy Murray 46.15 (47.20 2019)

VAC 10th team of 12 on the day.

herself for the 28th time for the women!

Three minutes back Sara had her best cross-country yet and held on well after a fast start.

Katie moved through well while Anna and Jane had good runs to complete the A team.

Ange is not at her 2018 levels yet and headed the B team from fellow captain Ola who started quicker than normal but found the second lap harder.

Eleanor had a good run again just ahead of Michelle while Lucy P completed the B team scorers with a good effort.

Rebecca made a good comeback after injury ahead of a steady Lucy C effort.

It is good to report that we had a promising number of first timers or inexperienced runners amongst the rest with Naomi, Madi, Shoka, Sonya, Katie, Midge and Elizabeth all doing excellently with fairly limited cross-country experience between them.

Women (8km):

TEAM: 1 Thames Hare & Hounds 50; 2 Belgrave 103; 3 Clapham Chasers 114; 4 Kent AC 130; 5 Fulham RC 134; 6 South London Harriers 137; 7 Herne Hill 190; 8 Woking 237; 9 Hercules Wimbledon 241; 10 Stragglers 249; 11 Ful-on-Tri 330; 12 Ranelagh 346; 13 Reigate Priory 350; **14 Dulwich Runners 401**; 15 Epsom & Ewell 480

Standings after 3 matches: 1 Clap C 272; 2 THH 283; 3 Belg 366; 4 Kent 371; 5 Herne H 560; 6 HW 613; 7 S Lon 631; 8 Strag 639; 9 Fulham 665; 10 Rane 837; 11 Woking 839; 12 Reig 1014; 13 E&E 1025; **14 Dulw 1048**; 15 FoT 1196

Bushy Park 10k

Sunday 13th.

I ran this one with my brother. It was a well organised race, but sparsely attended (thus my good placing!). Course consisted of gravel, grass tracks, and some paved areas. Race consisted of two laps of the park. The ground was quite muddy in places after all the recent rain, but the biggest obstacle was the fierce wind.

Enjoyed the run, came out as a 10.14k according to my GPS, so pretty happy with the time given the wind, mud, and longer course.

5 James Brown 39:21

2nd Sunday 5 Mile

I decided to have a relaxing run free of the organisational challenges of the Surrey League a day earlier. Compared with the last time I ran this course in October, it was true cross country, much more so than at Beckenham, with something of a mudfest along the side of the brook. This may well have contributed towards a time 2 minutes slower than back in October. **Mike Mann**

CROSS COUNTRY CHAMPIONSHIP 2019 - 2020

After 6 events - Best 5 events including 3 Surrey Leagues

	Lloyd pkrun	Surrey Lge 1	Surrey Lge 2	Surrey Lge 3	London Champs	South of Thames			Lloyd pkrun	Surrey Lge 1	Surrey Lge 2	Surrey League 3	London Champs	South of Thames	
MEN	Mob match	Effing ham	Wimble Idon	Beckenham	Parl. Hill	Morden	total so far	WOMEN	Mob match	Reigate	Mitcham	Wimbledon	Parl. Hill	Morden	total so far
	28/9/19	12/10/19	09/11/19	11/01/20	16/11/19	23/11/19			28/9/19	12/10/19	9/11/19	11/1/20	16/11/19	23/11/19	
Tom South	48	46	45	46	49	50	284	Ange Norris	47	48	47	45	46	46	279
Jack Ramm	49	49	49	50	50		247	Anna Thomas	46	45	46	47	48	42	274
Martin Belzunce	47	43	42	43	48		223	Sara Roloff	50		42	49	45	44	230
Matt Cooke		38	36	40	47	48	209	Michelle Lennon	45	43	45	42		43	218
Ed Chuck	50	50	50	49			199	Yvette Dore	48	49	43			45	185
Gower Tan	43	36		27	41	43	190	Jane Bradshaw	44	41	44	46			175
Danny Mann		45	43	41		47	176	Ola Balme		42	41	44	44		171
Tom Wilson	40	29	28		36	41	174	Lucy Clapp		36		39	43	40	158
Nick Wood		42	37	35	46		160	Elkie Mace			50		50	50	150
Mike Mann	37	28		22	33	37	157	Midge Cameron			37	33	42	38	150
Grant Kennedy		37	33	37	43		150	Marta Miasiewicz			49		49	48	146
Andy Bond		48	48	48			144	Katie Styles		47		48		49	144
Ross Rook			29	29	40	44	142	Emma Ibell		46	48			47	141
Des Crinion		33	34	33	42		142	Eleanor Simmons		38	40	43			121
Tim Bowen		44	47	47			138	Madi Robinson	43	37		37			117
Jonny Hough	42	32	26		37		137	Sonja Jutte			36	35		37	108
Wayne Lashley			44	44		49	137	Clare Elms		50		50			100
Justin Siderfin		35	27	32		42	136	Belinda Cottrill	41	44					85
Tom Shakhli			41		45	46	132	Hannah Little			39			39	78
Andrea Ceccolini	41	34	30	26			131	Naomi Crowther		35		38			73
James Burrows		41	38	42			121	Katie Prior			38	34			72
Ebe Prill	39		24	21	35		119	Ros Tabor		34				34	68
Shane O'Neill		47	46				93	Roz Johnson	49						49
Kevin Chadwick				45	39		84	Tess Bright					47		47
Alex Loftus	44			38			82	Carys Morgan	42						42
Martin Double	38					38	76	Alexie Williams	41						41
Mike Williams			40	36			76	Ellie Balfe						41	41
Charles Lound		40		30			70	Lucy Pickering				41			41
Miles Gawthorp			25			39	64	Laura Vincent		40					40
Ed Simmons				25	38		63	Rebecca Schuller				40			40
Joe Farrington-Douglas			32	31			63	Helen Lister		39					39
Gideon Franklin		27			34		61	Catherine Buglass						36	36
Eugene Cross			31	28			59	Shoko Okamura				36			36
Joe Twomey	46						46	Sharon Erdman			35				35
Tony Tuohy	45						45	Claire Steward						35	35
Ben Smith						45	45	Jenny Shutt			34				34
Will Lawn					44		44	Lindsey Annable						33	33
Lloyd Collier						40	40	Elizabeth Begley				32			32
Paul Devine		39					39								
Rob Hollands			39				39								
Shane Donlon				39			39								
Jopseph Brady	36						36								
Gary Budinger						36	36								
Ian Lilley			35				35								
Barrie John Nicholls						35	35								
Andy Murray						34	34								
Sumrit Mattu				34			34								
Mark Foster		31					31								
Hugh Balfour		30					30								
James Auger				24			24								
Miles Gawthorp				23			23								

Men events
to come

Surrey League 4	Southern Champs
Lloyd Park 08/02/20	Parl. Hill 25/01/20

provisional, please Ros Tabor advise any errors

Women - events
to come

Surrey League 4	Southern Champs
Richmond 08/2/20	Parl. Hill 25/01/20

*For your results to appear here ...
you need to update your parkrun profile to show
you are a current member of Dulwich Runners AC.*

Beckenham Place

282 Ran
Pos Gen
102 88 Martin Double 25:24

Beverley Westwood

311 Ran
Pos Gen
21 2 Victoria Read 24:01

Bexley

598 Ran
Pos Gen
28 28 Michael Fullilove 22:06

Brockwell Park

687 Ran
Pos Gen
6 6 Shane Donlon 18:28
24 24 Jonny Hough 19:36
28 28 Austin Laylee 19:49
37 37 Mark Foster 20:17
176 162 Graham Laylee 23:49
363 81 Claire Barnard 27:27
386 297 Desmond Edwards 27:47
453 111 Sharon Erdman 29:14
570 396 Alex Haylett 31:51

Bromley

903 Ran
Pos Gen
183 153 Colin Frith 23:14
467 346 Peter Jackson 28:11

Burgess

820 Ran
Pos Gen
807 494 Chris Vernon 49:13
819 322 Susan Vernon 01:58

Cambridge Nz

75 Ran
Pos Gen
6 1 Ali Campbell 20:45

Canons Park

238 Ran
Pos Gen
6 1 Kim Hainsworth 19:52

Catford

318 Ran
Pos Gen
1 1 Tom Heslop 18:48
21 1 Kersha Dwyer 21:18
38 37 Stephen Smythe 21:59

Crystal Palace

549 Ran
Pos Gen
14 13 Alastair Locke 20:09
28 3 Yvette Dore 21:19
41 6 Helen Lister 21:53
49 43 David Benyon 22:07
51 8 Belinda Cottrill 22:14
136 115 Alexander Dodds 24:49
174 32 Emma Kelly 25:37
210 40 Charlotte Sanderson 26:28
257 203 Paul Hodge 27:32
284 64 Jenny Bomers 28:16
319 81 Clare Wyngard 28:59
320 239 Michael Dodds 29:00
392 277 Paul Hilton 30:42
468 311 Andy Bond 32:52

Dulwich

699 Ran
Pos Gen
32 31 Joe Wood 19:00
61 3 Ellie Balfe 20:00
579 390 Mick Mead 32:19

Fulham Palace

810 Ran
Pos Gen
468 336 Barrie John Nicholls 28:45

Gunnersbury

755 Ran
Pos Gen
42 40 Matthew Ladds 20:53
357 81 Karina Burrowes 27:46

Hampstead Heath

553 Ran
Pos Gen
159 21 Tess Bright 25:49

Highbury Fields

571 Ran
Pos Gen
18 18 Paul Collyer 19:51

Leicester Victoria

551 Ran
Pos Gen
158 28 Marjorie Epton 25:55

Lullingstone

60 Ran
Pos Gen
21 8 Teresa Northey 28:44

Malling

505 Ran
Pos Gen
56 6 Tereza Francova 23:45

Peckham Rye

563 Ran
Pos Gen
22 22 Alex Bazin 20:07
32 2 Emma Ibell 20:40
138 15 Caroline Maynes 24:05
244 196 Dan Hill 26:27
359 100 Lauren Gill 29:26

Southwark

596 Ran
Pos Gen
353 100 Claire Steward 28:23
365 262 Paul Keating 28:36
412 280 Kieran New 29:26

Tooting Common

1092 Ran
Pos Gen
302 270 Ian Sesnan 25:44

Wimbledon Common

717 Ran
Pos Gen
97 6 Michelle Lennon 22:55
300 52 Ros Tabor 27:21

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T-shirts short sleeved	£20 each
T-shirts long sleeved	£22 each
Socks	£5 pair
Bufs-snoods	£6 each

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



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



Bufs-snoods - only £6

Socks only £5



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



The Beast from the East !

It's on the way!.. be prepared...
get yourself a bobble hat £15

ros.tabor49@gmail.com





NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces and hoodies.

You just click on the link to the Dulwich Runners shop and purchase directly.

<https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html>

any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top



***DULWICH RUNNERS
IS 40 NEXT YEAR!
DESIGN A T-SHIRT!***

*We would like to have a t-shirt to commemorate the club's 1st 40 years of running
And are looking for someone who could produce a design suitable for printing
on a t-shirt, (front, back or both)*

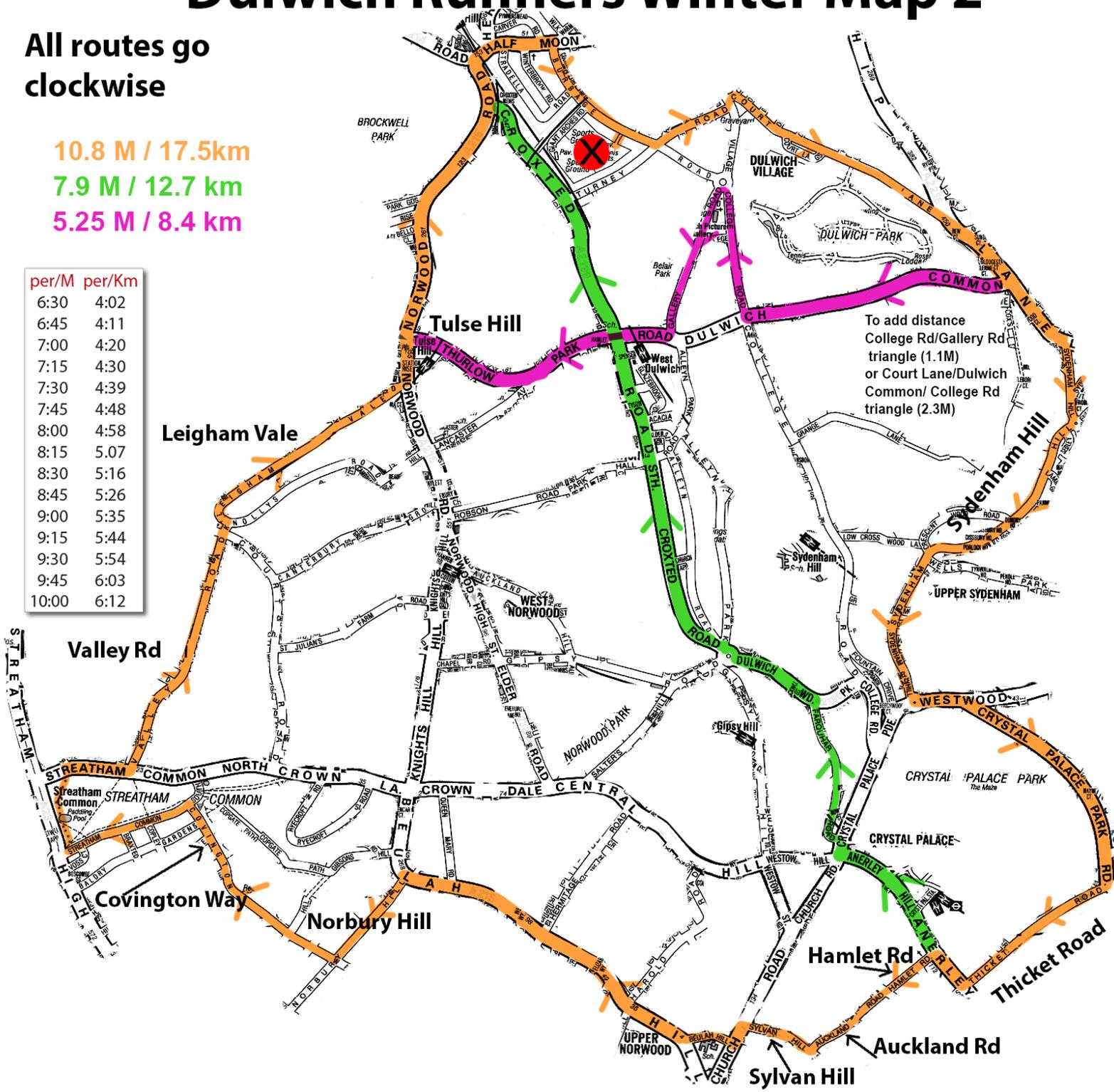
*Use your imagination to create something fantastic!
If you want more details speak to anyone on the committee.*

Dulwich Runners Winter Map 2

All routes go clockwise

10.8 M / 17.5km
7.9 M / 12.7 km
5.25 M / 8.4 km

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



To add distance
College Rd/Gallery Rd
triangle (1.1M)
or Court Lane/Dulwich
Common/ College Rd
triangle (2.3M)

All maps on Strava (you don't need an account)
<https://www.dulwichrunners.org.uk-wednesday-night-routes>