DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
September 27th 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 27 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sun 1 Sittingbourne 10 - last 2017 club champs event

Tue 3 Track - back at Crystal Palace Arena -see below

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Fixture list, club champs, road, XC, etc
4 Cross country information - ***Important make sure to read***
5 Race reports & results etc... SEAA relays MV60 medals
10 Parkrun results
11 This Wednesday run map

And much more !

TRACK SESSIONS

As of next Tuesday 3rd we are back at Crystal Palace Track.

£2.50 per session - Suitable for all abilities.
Go to reception say you are with Dulwich Runners but do not pay there, pay Ros trackside.
Leave time to get from reception down to track - it can take up to 10 minutes.
Arrive at 7pm if you want a full warm-up consisting of various drills.
Strides etc will start around 7.20pm, main session taken by Steve Smythe will start shortly after and be in the region of 40-45 minutes

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

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

Thank you. - Ros

Wednesday 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)

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

You can follow us on

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

Oct 1 Sittingbourne 10 - last 2017 Club Champs event
14 Surrey League - men and women - see fixture list
21 SEAA relays - Wormwood Scrubbs

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.
Thanks go to Andy Murray for taking out new runners last week.
If you're on the list, please try and turn up that night and make sure anybody new has someone to run with.
If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – Ros

Tom South	**27/9**
Ian Sesnan	4/10
Jo Shelton Perada	11/10
Katie Styles	18/10

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

Dear all who know Gill Johnson.

She would love as many of you as possible to come to a Celebration of her Life. Her daughter Ashleigh has asked for any photos, hopefully some of running or maybe write their favourite/funny memory they have, or even just a message they would like her to read and it will be added in to a book that she is making for her on the day. Either send to me or Ashleigh. Please spread the word re the 13th October.
email photos etc to me Andrea Pickup at andrea.pickup@gmail.com
or to Ashleigh at Ashleigh_Johnson@cotyinc.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

Algarve Running Challenge

This year's Algarve Running Challenge takes place between 1 and 5 November in Monte Gordo, Portugal. As usual there will be 4 races spread over 5 days, finishing with the traditional Spain to Portugal race of around 11 miles. There's also plenty of opportunities for local sightseeing, running on local woodland trails, cycling and swimming in warm autumn weather. For further details please contact me.
Mike Mann

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	
Oct	1	Sittingbourne 10		Sittingbourne	
	14	Surrey League 1	men	Wimbledon Common	
	14	Surrey League 1	women	Priory Park Reigate	
	21	SEAA Relays		Wormwood Scrubs	
	21	Surrey Masters,		Richmond Park	**tbc**
	28	BMAF XC Relays		Long Eaton	
Nov	4	Reigate Priory relays men & women		Reigate	
	11	Surrey League 2	men	Richmond Park	
	11	Surrey League 2	women	Nonsuch Park	
	17	November British and Irish Masters		Derry, Northern Ireland	
	18	London champs		Parliament Hil	
	25	England Masters Inter-Area		Bournemouth	**tbc**
	25	South of Thames 5		Beckenham	**tbc**
Dec	2	Kent Masters			**tbc**
	9	SEAA Masters XC		Horspath, Oxford	
	16	South of Thames 7.5		Aldershot	
2018		2018		2018	
Jan	6	Surrey and Kent Champs			**tbc**
	13	Surrey League 3	men		**tbc**
	13	Surrey League 3	women	Wimbledon Common	
	20	Vets AC Champs		Wimbledon Common	**tbc**
	27	South of England Champs			**tbc**
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	

2017 CLUB CHAMPIONSHIPS

1	Oct	Sittingbourne 10	**L**

You are advised to enter this event as early as possible as the Sittingbourne 10 is likely to be popular as it is a Kent Grand Prix race.

For further information about any races in Shorts please contact your captains: Men: mcmann90@yahoo.co.uk
Ladies: dulwichladiescaptain@gmail.com

The cross country season starts 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 starting on 14 October with the women at Reigate Priory Park and the men at Wimbledon Common. Further details on times, location etc. will be posted by your captains nearer the time.
Details on other Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible. Our men 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. Details are yet to be finalized but are likely to include the 4 Surrey League events, the South of Thames 5 miles and the National champs, with 4 events to qualify including 3 Surrey League races.

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

Cross Country Entries

The cross country season proper begins with the Surrey League fixtures on 14 October, with the men at Wimbledon Common and the women at Reigate Priory. We are looking for good turnouts and performances to kick off the season, so please keep that date free.
There are two early season events, both taking place on 21 October. All those over 40 and eligible to compete for Surrey by birth or residence can compete in the Surrey Masters champs in Richmond Park on a fast, scenic, gently undulating course (6km for all women and M60+, 10km for M40s and M50s). If you would like to take part or have any queries about your eligibility, **please inform your captains by 11 October**. For those not eligible to compete in these champs, the SEAA relays at Wormwood Scrubs provides an alternative (3x3k for senior women, 4x5k for senior men). **Please register interest with your captains by 3 October.** If you are able to agree teams of 3 or 4 beforehand that would make your captains' work easier.

BMAF Cross Country Relays

28 October

These cross country relays take place in Long Eaton, Derbyshire on Saturday 28 October. We have had success with some of our teams in recent years and are treating this as a high priority event. Cross country regulars, including those who have competed in these relays before will be contacted individually but anyone else interested is free to contact their captains.

We hope to be able to field strong A teams but may also be able to include B teams in some of the age categories. There are teams of 3 for W35s,W45s and W 55s, teams of 5 for M35s and M45s, and teams of 4 for M55s. Each stage is 3km in length, mostly over firm fast grass. Long Eaton is an easy day trip from London and the club will fund travel expenses.
Mike Mann mcmann90@yahoo.co.uk

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.

Barns Green Half Marathon

24th September

This was the 35th running of this well organised race which has been quite popular with DRs over the years. For those who haven't run it, Barns Green is a small village about 10 minutes south of Horsham in the Sussex countryside. The course is roughly a figure of eight, all on closed country roads with the first lap taking in the beautiful grounds of Christ Church School. There is usually more than a 1000 runners with most from the various clubs in the Sussex area and it usually features quite high up in the favourite races list in Runners World. It starts and finishes from the village green where there is a massive food court, fun fair and stage which has different bands throughout the day, so there is plenty for the supporters to do while the race is on-going. Also there is the added bonus that the runners pass back through the green just before the half way marker. This year the added bonus was the warm sunny day.

I decided a while ago that I needed to enter an autumn half to have something to aim for as my training had got stuck in a rut of just doing 6-8 mile "long" runs, but it didnt really work as I had still only done a longest run of about 8 miles up to the race. This prompted a chorus of "Your doing what?" from my peers when I announced I was doing the race last Weds night at the club.
I set off with the idea of running 10 min miles with the hope that this would allow me to keep running the full distance. The course is undulating with no excessively steep bits. Things went to plan for the first loop with me having to reign in the pace a bit as I kept moving up to the 2 hour pacer. It was a bit warm but there were regular drinks stations and several bands playing along the way to take your mind off the run. The only struggle for me was just as I passed the 9 mile marker and my legs were beginning to tighten we had a long incline all the way to mile 10, most of which was a straight road so you could see what was coming, then it went to a lesser increase for another 1/2 mile.

Despite this I was under 2 hours at 12 miles and could here a band ahead start playing the Kinks Sunny Afternoon which got me back into a steady running rythum to take me back through to the green for a finish comfortably inside my target time and much better than I expected. 5 mins after the race my knees reminded me what a foolish decision this was as I couldn't bend them to even sit on the grass and had to stagger to a nearby bench, while my other half went to get me a hot drink.

I was the only DR this year but thoroughly recommend this as a good day out. Next year its on 30th Sept. There is also now a 10K which starts 20 mins after the half and is the same course for about 7k but finishes well before those doing the full run.

1st man 1. 10.15 - 1st lady 1.27.41
741 Peter Jackson 2.07.50 (Chip time 2.06.25)
1133 finishers

Windsor Half Marathon

24th September

Another Sunday morning, another early alarm and another non-combatant role for me.

This time it's to go to Windsor Great Park for the half marathon to support Alexander's debut at that distance. Clare actually won the entry as a spot prize when standing in the finishing funnel at the Crystal Palace triathlon last May, selected, less than randomly I suspect, by Ron Yee, father of the teenage tri phenomenon, Alex Yee. Anyway, it would take more than a questionable spot prize, even with a face value of £50 (apparently!), to entice either Clare or myself into doing a half marathon these days but Alex had expressed an interest in tackling that distance.

The entry was transferable and once this was done Alex did do a respectable amount of training although it's certainly not his main sport. Come the day it was a case of gauging expectation in the face of what we already knew was a pretty demanding course, more than a mile up the Long Walk from the castle for starters then around two distinctly undulating laps before the final descent. Clare, myself and girlfriend Katie positioned ourselves on the lap course and awaited the outcome. Time seemed to go fairly quickly with the beautiful views, including the occasional herd of deer much to Katie's delight as you don't get them in NSW, and fabulous weather (a bit too hot to be honest). Also the structure of the course and sheer size of the entry meant there was always something to see, including faster runners lapping the mass field. This was more or less OK but with so many headphones about and a very low percentage of experienced club runners (see level of entry fee above!) there was plenty of potential for severe frustration or worse. Not for the first time at a running race or triathlon I became a self-appointed marshal.

Alex laid down a very good benchmark for future assaults on the distance, just getting inside one landmark time and with a couple of other ones – his mother's PB and then 1-30 in that order - very much in reach with more experience and in faster conditions. Even so, not far outside the top 100 in a cast of very nearly 4,000! It was tough at the end but his splits told the story of someone in control throughout. He also seemed familiar with some of the watering holes back in the town so finding a nice riverside spot for lunch and a few celebratory beers – though not for yours truly as designated driver, of course - was straightforward.

Maybe some coming Sunday I could get up early for a race I actually intended to compete in? Oh yeah, Sittingbourne.

Mike Dodds

117 Alexander Dodds 1:34.13 (chip) 3927 finishers

Ragnar White Cliffs

23-24 September 2017

Having run the 180-mile Ragnar Cape Cod Relay in 2013, I was determined to enter a team into the inaugural UK Ragnar Relay. The premise is simple, start in Maidstone and over 30 legs, ten runners would complete the 177.4 miles around the coast to Brighton. Finding nine other people silly enough to join me proved less simple! Eventually Emily Warbuton-Brown from Dulwich Runners joined my team alongside various friends, colleagues and total strangers!

Ragnar Relays certainly are an event with a difference, combining trail and road running both during the day and overnight. Despite Emily falling over a pothole at 2:30am, various van troubles and wrong turns everyone had a great time. My highlight was running 9-miles from Beachy Head over Seven Sisters as my final leg of the relay. Emily brought the team home with a finish on Brighton Seafront.

Hopefully next year we can enter a Dulwich Runners team.

Alex Bazin

Team Iron Maidstone: 117.4 miles in 28hrs 46mins Emily: 19.9 miles in 3:11:39 Alex: 20.3 miles 2:55:56

Ealing 1/2M - Running for Two !

Originally, I planned in the Ealing Half Marathon as a 'check-point' before the Dublin Marathon and to try to upgrade my London 'Good for age' place to a championship place. After finding out I was unexpectedly pregnant during my Marathon training, I realised I would be in my Second Trimester when I ran Ealing and that I needed to adjust my time accordingly!

First of all, running in pregnancy isn't easy - you feel very fatigued, your cardiac capacity is shot and paces that used to be easy feel challenging. I've still been able to run six days a week (for now) with long runs on Sunday so I felt comfortable running a half, and didn't want to miss Ealing.

I've never run Ealing before, but as it's rated 'The UK's best half marathon' I

thought it was worth checking out. The race itself is very well organised with a great HQ and very friendly marshals to give you guidance before the race, and to tell me what miles to expect the hills (I thought Ealing was flat ?!?). I lined myself up next to the 'Ealing Eagles' 1.35 pacers, as I thought this was a time I could realistically do in my current state.

During the first mile I felt like the pace was maybe a bit ambitious so I held back a bit and mentally thought I would aim for 1.38. The first half covers quite a bit of hills so I was conservative with the pacing and tried to enjoy the atmosphere (the Ealing supporters were great!), during the second half I was able to pick up the pace a bit and then ramped it up in the last three miles to come in just within the 1.35 bracket. I'm usually a terrible pacer, so I think pregnancy running has definitely taught me the power in running conservatively and negative splits!

Afterwards, I ran into fellow Dulwich Runner Steve Rolfe who ran an impressive 1.26! The Ealing Half is a great event and I would highly recommend it – the course isn't flat, but the roads are closed and the crowd support is infectious! I'm definitely going to sign up to next year's event, next time I'll be running solo ! :-)

Alice Williams 1hr 35min 53s

South of England Road Relays Crystal Palace

September24

Steve Smythe writes.....
Dulwich had their overall best ever performances in the Veterans Championships within this event as we placed teams in the top seven in all four of the vets Championships.
While we have a high proportion of vets, the senior turn out was disappointing for such a local event and both senior teams only finished because they fielded over-50 competitors.
The venue was an improvement but the on line entry system, the course (a farcical 800m double loop for the women, which should lead to quite a few dqs as some teams only went around once), certain parts of the organisation, the lack of marshalling and results were poor considering the South of England raked in around £30,000 of entry fees.

Tony Tuohy adds Last year's so-called 'temporary' loss of the classic and long-established course at Aldershot appears to be looking more permanent, much to the chagrin of athletics stalwarts. The SEAA have once again taken on the organization themselves as a single day event but this time used Crystal Palace Park, a huge improvement on Bedford Autodrome for location, the course and general atmosphere. A nice sunny day certainly helped although organizational failings were still present; the online entry system was found wanting again with muddled or missing names and the hired-in chip-timing system produced numerous problems, all a far cry from the virtually flawless and speedy results system employed for years at Aldershot. The courses were excellently tough (two 500m hills for both men and women) although considerably under-distance and mashalling left something to be desired too. The decent location meant a restoration to a more normal number of teams, with Dulwich fielding a superb eight across the age groups. With a lot of our quality runners missing we didn't appear to have enough depth to really trouble the medals this year but in fact the M60s pulled off a superb bronze, just the third medal ever for the men after two M50 silvers. Our M40s have been as high as 8th in the past but surpassed expectations with a tremendous 5th place here; and the W40 team, unable this year to call upon an injured Clare Elms, came close anyway with a really spirited 4th.
M60 – 4x 3.13 miles (5050m)

Men V60 take over podium

Tony adds (with info supplied by Mike M) With Hugh Balfour unavailable, it was necessary to draft in Graham Laylee who acquitted himself well in a strong run. Nick Brown on the first stage ran the fastest leg despite ongoing hamstring problems, with Steve Williams performing well and Mike Mann continuing to suffer from a dip in form. This was anyway enough for the team to pick up team bronzes though some way behind leaders SLH and second placed Oxford City. Next year with some of our runners turning 60, we could even field a stronger squad, subject to fitness and form.

Steve adds Nick Brown has been in many of our best vets relay team efforts of recent years and he again delivered with a solid 20:50 and Steve Williams ran a similar pace to move us up a place to third.
Last year, Graham Laylee was in the medal winning M50 team and now in the M60s, he was again in the medals and he had one of his best ever club runs.Mike Mann wasn't at his very best but ran a steady leg – we were a long way behind the top two teams but plenty in had to take third.

3rd Dulwich Runners M60 1:26:00

Nick Brown	20:50
Steve Williams	21:03
Graham Laylee	22:17
Mike Mann	21:50

M50 – 4x 3.13 miles (5050m)
Tony writes Coach Steve and myself were the only survivors from last year's silver-winning squad and could be described as having 'okay' runs. Charlie was a minute down on me and obviously not fit with on-going injury issues but got round safely while relay-loving Gary upped his game again and pulled off what might just be his best ever run, a superb 19:15 for a very tough 5k. Steve and Gary are getting on you know, new age group approaching; next year's M60s could be dangerous. We turned out a B team too; it was good to see Colin and Chris racing again and Gary produced one of his best runs since his 'comeback', with Duncan almost matching Colin.

Steve adds We have twice medalled in this age group (2012 and 2016) and it was hoped we could do well but the standard was much higher than last year and three of the team weren't at their best.
Tony struggled on the second lap and Charlie in his M50 debut is nursing an Achilles problem and capable of a good minute faster when healthy. Gary ran another superb relay leg. Steve Smythe wasn't at his best but felt he could have gone quicker had any M50 teams been in his vicinity but he held a disappointing seventh all round. It was his 10th and hopefully last run in the M50 South relays, having run each once since 2008.
For the B team, it was good to see one of the club's all-time best runners Colin Bailey-Wood fit and back in action and he had a solid return. Gary Budinger ran up close to his parkrun form (23:14) and BMAF relays (23:31) shape with a 23:37. Chris Loizou grimaced his way around

with a promising 21:14 and Duncan ran a 20:47 despite a lengthy stop to be sick on the hill on the second lap.

7th Dulwich Runners M50 A 1:16:08

Tony Tuohy	17:44
Charlie Lound	18:41
Gary Sullivan	19:15
Steve Smythe	20:28

14th Dulwich Runners M50 B 1:26:16

Colin Bailey-Wood	20:38
Gary Budinger	23:37
Chris Loizou	21:14
Duncan Hussey	20:47

Previous M50 overall record
2016 (Bedford, flat 3.61 miles): 2nd 1:30:40 (Smythe 23:00, Tuohy 20:40, Lee 21:14, Laylee 25:46) (Aldershot, hilly 3.8 miles):
2015: 7th 1:32:15 (Prill 22:48, Tuohy 21:23, Smythe 25:10, Beaver 22:54)
2014: 6th 1:30:17 (Smythe 24:13, Tuohy 21:08, Beaver 22:11, Prill 22:45)
2013: 5th Dulwich A 1:28:22 (Prill 22:41, Beaver 21:27, Loizou 23:15, Tuohy 20:59). 10th Dulwich B 1:35:45 (Greer 23:19, Smythe 24:30, Sullivan 24:10, Webb 23:46)
2012: 2nd 1:29:50 (Tuohy 20:58, Greer 22:51. Brown 23:01, Bailey-Wood 23:00): B 15th 1:39:53 (Smythe 24:02, Webb 24:47, Murray 25:52, Mann 25:12)
2011: 13th 1:37:37 (Williams 22:54, Smythe 23:17, Oclereigh 26:20, Mann 25:06)
2010: 6th 1:31:36 (Smythe 22:04, Loizou 22:00, Mann 23:20, Murray 24:12)
2009: 5th 1:30:19 (Smythe 22:16, Brown 22:11, Williams, 22:41, Mann 23:11)
2008: 5th 1:30:35 (Smythe 21:36, Brown 22:41, Williams, 22:19, Murray 23:59)

M40 – 4x 3.13 miles (5050m)

Tony writes Just Steve Davies was here from the 2015 squad that finished in our previous best position of 8th but he joined a high quality group this time to improve to an excellent 5th (and only one second short of 4th). Andy and Steve produced typical quality runs with times worthy of a much easier course and Buzz is once again regaining fitness after the extended recovery needed for his shattered collar bone (bike accident – what next? Come on Buzz, I can't keep reporting 'comebacks'). Tom brought the team home with probably his best run since really getting fit this year and just missed nicking 4th place.

Steve adds Andy Bond ran well – probably starting too fast as his second lap wasn't as quick. Steve Davies had a superb well-paced run. Buzz is lacking sharpness but progressing and kept us in the top five. Tom did get us to fourth at one stage but just lost out in a sprint finish but fifth is still a great result and our best ever in the event.

5th Dulwich Runners M40 1:09:07

Andy Bond	16:44
Steve Davies	16:46
Buzz Shephard	17:30
Tom South	18:07

Past record
2015: 8th 85:52 (Davies 21:23, Lilley 21:48, Collier 21:26, Lound 21:15)
2014: 15th 90:33 (Lound 21:43, Davies 22:27, Lilley 22:08, Hodge 24:15)
2011: 11th 90:24 (Lound 21:41, Hussey 22:30, Tuohy 20:53, Hodge 25:20)
2010: 14th 89:55: (Tuohy 21:20, Lound 21:34, Butler 24:25, Hussey 22:36)
2009: 15th 89:12: (Lound 21:25, Tuohy 21:13, Bailey-Wood 22:27, Murray 24:07)
2007: 11th 86:58: (Smythe 21:47, Agyei 20:19, Loizou 22:15, Williams 22:37)
2006: 10th 86:20: (Agyei 20:04, Loizou 21:17, Bailey-Wood 23:36, Brown 21:23, B: Mann 22:42, Ocleirigh 23:56, Brady 24:05)

Senior men - 6x 3.13 miles (5050m)

Tony writes Our seniors didn't have the depth that qualified them for the National last year but Dan Mann started them off well by running away from me up the hill on the first leg and showing the sub-17 parkrun form he's been in lately. He was followed by the top quality Dulwich run of the day; Shane has been getting the miles in ahead of the Valencia marathon in November and it shows through a huge improvement for his best run yet. Jonathan's also showing continued improvements lately and should be well-pleased with a sub-18 on this course while Will, Ebe and Joseph completed the team with good, solid runs.

Steve adds with so many inured or unavailable plus a higher standard, we were well down on last year's effort where we qualified for the Nationals. Daniel Mann ran a strong first leg but even better was Shane O'Neill's 16:33, whih may well have been his best ever run for Dulwich.
Jonathan Whittaker also ran very well, getting inside 18 minutes though Will Cotter was not at his best.
Ebe Prill, nursing an injury, showed he could have still run for the M50 A team after all while Jo Brady completed the sextet, not at his best.

76th Dul. Runners Senior Men 1:53:28

Daniel Mann	17:00
Shane O'Neill	16:33
Jonathan Whittaker	17:59
Will Cotter	19:23
Ebe Prill	20:15
Joseph Brady	22:19

Previous senior overall record
2016 (Bedford, flat 3.61 miles): 31st 2:00:27 (L Laylee 19:42, Bowen 19:04, Locke 20:21, Devine 20:46, Davies 20:32, Lashley 20:02) (Aldershot, hilly 3.8 miles):
2015: 53rd 2:12:04 (Lashley 20:58, Bowen 20:45, Lacey, 21:35, Rook, 22:51, Burrows 23:18, Hollands 22:37)
2014: 72nd 2:22:28 (Devine 21:23, Locke 21:24, Harrison 21:46, Godber 25:38, De Belder 25:26, Smyth 26:51)
2012: 46th 2:08:53 (Shephard 21:26, Hill 21:30, Locke 22:24, Fairhall 20:13, Lound 21:51, Lashley 21:29)
2009: 61st 2:09:45 (Buzz 20:17, Tom M 21:23, Tony 22:13, Jose 23:47, Rob W 20:57, Ian F 21:08)

W40 – 4x 2.33 miles (3750m)

Tony writes With plenty of medal-winning performances in the last few years our W40s can invariably be relied on to deliver or at least get close. Their task was much harder this year with the absence of Clare Elms but a great performance meant they did indeed get close. Emily put us right in the mix followed by strong runs from Andrea (her best for some time) and Ange bringing us through, both second fastest on their legs. Michelle produced another of her reliable efforts but had too much to do to trouble the medals, falling short by half a minute but in fact just getting 4th from a fast-finishing South London Harrier. We had a B team here too, with Lucys P and C, and Jo, all running at or near their best form and Emma even better, with a good argument for A team call-up.

Steve S adds we were close to a medal and would have won comfortably had Clare Elms (fastest vet last year)sadly been too injured to run.
Emily Gelder not at her fittest after starting a new job, ran steadily but probably coud have gone faster but was

surprised how short the lap was. Andrea Pickup was slightly quicker with a 14:45 and Ange Norris went quicker still with a good 14:31.
Michelle Lennon briefly took us into third as she passed Tonbridge but she was ten passed by Thames Hare and Hounds. A sprint finish saw Michelle just held off South London for us to finish fourth.
The whole B team ran to form with a strong performance that saw us make the top 10. Worth noting that had there been a W50 race, Dulwich would have won.
This was our seventh top five place in the last 8 years.

4th Dulwich Runners W40 A 59:48

Emily Gelder	14:51
Andrea Pickup	14:45
Ange Norris	14:31
Michelle Lennon	15:40

10th Dulwich Runners W40 B 1:04:26

Emma Ibell	15:33
Lucy Pickering	15:53
Lucy Clapp	16:10
Jo Shelton-Pereda	16:50

Past record
2016 Bedford, flat 2.85 miles: 5th 1:16:32 (Elms 16:45, Norris 18:38, Clapp 21:10, Pickering 19:59)
Aldershot:
(2015: 2nd 59:03: EG 14:28, AP 14:56, CE 14:30, NR 15:09)
(2014: 4th 61:28: NR 14:55, OB 15:26, RT 16:55, CE 14:15)
(2013: 3rd 60:20: CE 14:03, OB 15:24, NR 15:19, CO 15:34)
(2012: 2nd 59:42: CE 13:21, AP 14:58, OB 15:04, RT 16:19)
(2010: 2nd 59:44: CE 13:14, AP 14:52, RT 16:35, OB 15:03)
(2009: 3rd 61:07: CE 13:22, OB 15:15, AN 16:18, RT 16:12)
(2007: no tm: CE 13:24)

Senior women - 4x 2.33 miles (3750m)

Tony Tuohy writes the Elms name wasn't entirely missing on the day and 17 year-old Lucy opened the team's account with our fastest run of the day and her best run yet, well inside the top half of a very high quality field. Ellie was a very welcome addition to the team and combined with solid runs from Laura and Ola to bring the team home in 44th, a very creditable performance in this company.

Steve adds Lucy has not been able to train much lately but she still had an excellent run and was easily our quickest woman on the day.
Ellie Balfe ran well but probably started too fast – Laura had a steady well-paced run and Ola – one of our all time best relay competitors - had her finest run for a while.

44th Dul. R Senior Women 61:05

Lucy Elms	14:07
Ellie Balfe	15:01
Laura Vincent	16:18
Ola Balme	15:39

Past record
2016 Bedford, flat 2.85 miles: 27th 1:15:27 (Hainsworth 19:05, Gelder 18:17, Lister 19:27, Pickup 19:08)
Aldershot:
(2015: 37th 62:55: ME 14:34, KH 14:53, KC 17:04, SB 16:24)
(2014: 37th 62:38: ME 14:30, KC 16:09, HL 15:51, SC 16:08)
(2013: 40th 62:49: ChW 14:25, ML 17:37, KC 16:04, ME 14:43)
(2012: 23rd 59:32: ChW 13:57, KH 15:18, ME 15:26, EG 14:51)
(2010: 29th 63:09: ChW 14:21, KH 16:03, CT 16:11, SC 16:34)
(2009: 27th 62:45: CL 15:12. LT 15:14, ChW 15:41, KB 16:38)
(2007: 24th 62:37: OB 15:02, TGL 15:46, NR 15:31, KB 16:18)
(2005: 43rd 69:41: LP 15:52, KB 16:05, AO 16:34, OB 21:10 (extra loop)
(2002: 8th 57:02: RB 15:22, AF 13:15, MP 12:55, RT 15:30)

Mike Mann adds The event was a big improvement on last year, which was held in a windswept airfield near Bedford miles away from the nearest public transport. Attendance was good [needs checking] and it seems likely that Crystal Palace will be the chosen venue in years to come. However there were some organizational problems. The course, both men's and women's, was considerably shorter than advertised and the women's course with one short lap followed by a long one was inadequately marshalled, resulting in some going off course. A further problem was the cramming of the men's and women's races into a single afternoon, whereas in the past at Aldershot both days of the weekend had been used. This was presumably due to cost but it should have been possible to extend it until later in the afternoon, with a longer gap between men's and women's races and separate races for seniors and M40s and for M50s and M60s+. The use of the grass inside the track was fine on a warm sunny day but a future event in the rain would have teams scrambling for shelter in the stands. The lack of age numbers on backs also presented a problem, particularly in combined age group races. On the positive side the route chosen resulted in few conflicts with other park users, despite the warm autumn weather.

Charlie Lound adds I came away with a generally positive impression, although a nice sunny day helps. I suppose they did well to get it all done in one day, and it was great to be able to support the women. That did create some problems, especially at the men's start with a few of the women runners trying to come into the stadium at the same time. I thought the marshals weren't sufficiently visible and in particular it was irritating when some of the supporters from the leading clubs were blocking the route for those doing their second lap. I'm aware that some of those from e.g the west country found the journey much longer than getting to Aldershot, so they wouldn't have been happy going on later.

Oscar ran in the senior race for B&B though a chip failure looks to have denied him atime while Katie Balme ran for Herne Hill's U17 team that finished sixth (9:59). Callum ran 10:20 for the HHH under-15 team.

parkrun

September 23rd

Bromley
529 ran

Pos	Gen		
136	121	Chris Goodman	23:54

Bexley
376 ran

Pos	Gen		
6	6	Michael Fullilove	20:16

Brockwell
271 ran

Pos	Gen		
173	37	Natalie Davys	26:51
187	43	Sharon Erdman	27:32

Beckenham Place
147 ran

Pos	Gen		
38	5	Eleanor Simmons	23:15
51	45	Nicholas Brown	24:09

Burgess
400 ran

Pos	Gen		
170	141	Freddie Vernon	24:52
195	39	Claire Steward	25:35
219	53	Kaylee Coxall	26:36
224	168	Paul Keating	26:50
377	236	Chris Vernon	38:05

Crystal Palace
294 ran

Pos	Gen		
3	3	Tom Wilson	19:05
6	1	Alexie Shaw	19:41
17	15	Stephen Smythe	21:10
32	4	Belinda Cottrill	22:23
60	51	Michael Dodds	23:27
68	12	Clare Wyngard	23:46
71	14	Joanne Shelton Pereda	23:51
83	66	Bob Bell	24:10
164	130	Patrick O'Connor	27:21
222	155	Paul Hilton	31:42
224	68	Penelope d'Arcy Graham	31:50

Dulwich
276 ran

Pos	Gen		
15	15	Rob Hollands	19:22
29	29	Rob Cope	20:12
84	80	Mark Muffett	22:46
85	81	Ajay Khandelwal	22:47
161	131	Mick Mead	26:54

Fulham Palace
463 ran

Pos	Gen		
81	8	Susan Cooper	21:24

Hilly Fields
217 ran

Pos	Gen		
6	6	Andy Bond	18:54

Nostell
184 ran

Pos	Gen		
35	4	Claire Barnard	25:17

Peckham Rye
255 ran

Pos	Gen		
43	38	Oliver Bottle	21:27
44	39	Gideon Franklin	21:34
52	9	Michelle Lennon	22:18

Western Springs
93 ran

Pos	Gen		
24	22	Nick Bell	24:21

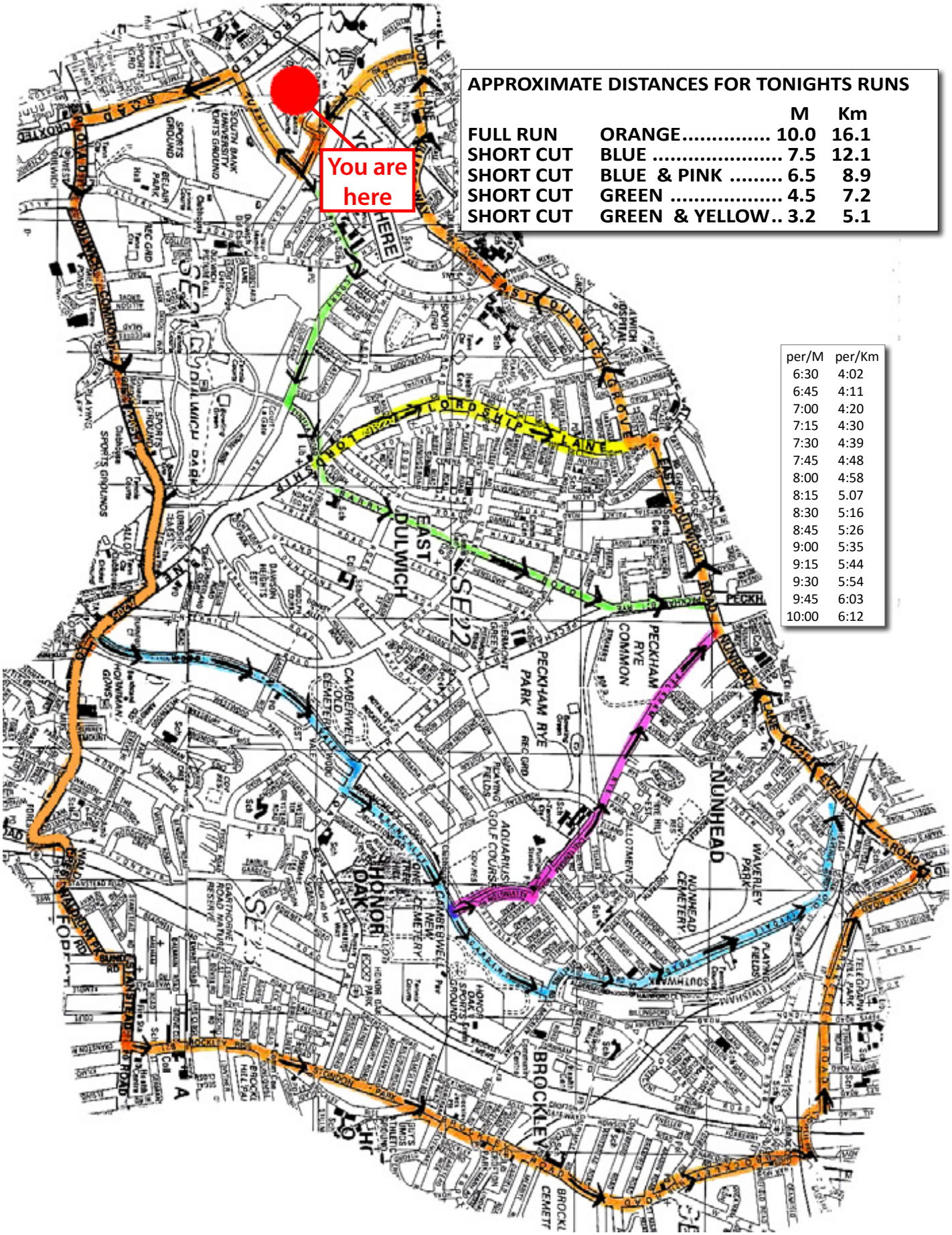
Worsley Woods
318 ran

Pos	Gen		
62	10	Laura Vincent	23:02

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 W4



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE.....	10.0	16.1
SHORT CUT	BLUE	7.5	12.1
SHORT CUT	BLUE & PINK	6.5	8.9
SHORT CUT	GREEN	4.5	7.2
SHORT CUT	GREEN & YELLOW..	3.2	5.1

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