



# SHORTS

Dulwich Runners AC

Weekly Newsletter

January 16th 2019

## These are your SHORTS,

Please send your reports, running news & anecdotes to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

### Wed 16 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 19 Vets AC Champs - Wimbledon common

Tue 22 Crystal Palace track

[Like us on Facebook @dulwichrunners](#)

Last week we had over 50 people at both club and track nights !

## TRACK SESSIONS

Tuesday training returns to Crystal Palace track.

**£2.50 per session - Suitable for all abilities.**

At reception say you are with Dulwich Runners, do not pay there, pay Ros trackside, allow time to get down to track.

Warm up drills from 7.10pm lead by **Katie Styles** and **Anna Thomas** & main session taken by **Steve Smythe** will start shortly after @ 7.25pm and take circa 45 mins.

### 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](mailto:steve.smythe@athleticsweekly.com) to go on the mailing list

## 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)

## 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**.
- 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.

## In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 3 Marathon schedule and other goodies! etc
- 4 Race reports and times, County Xc results
- 8 Parkrun times
- 10 Club kit - New winter additions !
- 11 Social events etc -
- 12 Wednesday map + Strava links

**And much more !**

Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)

our website: [www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

Connect with us:



### ----- EVENT HORIZON -----

*A brief look ahead*

Jan19 Vets AC Champs - Wimbledon common

Jan 26 Sth of Thames Xc (DR Xc champs) - Parliament Hill

## NEW RUNNERS ROTA

A big thankyou to **Andy Murray, Barry Graham, Tom Wilson, Richard Craig-McFeely, Ange Norris, Sharon Erdman, Yvette Dore and others** for running with new people last night. 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

**Hugh Balfour**

Joseph Brady

James Burrows

**16/01**

23/01

30/01

## 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 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**

2019	Race		Venue
Jan	19	Vets AC Champs	Wimbledon Common
	26	Southern Xc Champs - DR XC champs	Parliament Hill Fields
Feb	2	Catford parkrun short	Catford
	9	Surrey League Xc Men - DR XC champs	Lloyd Park
	9	Surrey League Xc 11am Women - DR XC champs	Richmond Pk
	23	England National Xc Champs	Harewood House, Leeds
Mar	2	Surrey League Xc 1pm Women	Lloyd Park
	10	Validity Big Half long	London
	16	Riddlesdown parkrun - DR XC champs	
	24	SEAA 12/6 Stage Relays	Milton Keynes <b>t.b.c</b>
Apr	14	Thames Towpath 10 long	
	28	London Marathon (or alt.) long	
May	27	BUPA 10k	
Jun	10	Sri Chinmoy 5k short	Battersea Park
	16	<b>date tbc</b> Eltham Park 5 short	Eltham
Jul	14	<b>date tbc</b> Sevenoaks Seven long	Sevenoaks, Kent
	26	<b>date tbc</b> SOAR Mile short	
Oct	6	Regents Park 10k short	Regents Park, London

If you require information about any races in Shorts, how to enter etc then contact your respective captains:  
 Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) Men road: [ebepri1@yahoo.co.uk](mailto:ebepri1@yahoo.co.uk) Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## 2019 Club Championships

The nine club championship races for 2019 have now been agreed (four long, five short) with four dates to be confirmed. To complete and qualify for the champs you must run at least 5 events, including at least one from each distance category.

	2 Feb	Catford parkrun	short
	10 March	Big Half	long
	14 April	Thames Towpath 10	long
	28 April	London Marathon (or alt.)	long
	<b>3 or 10 June tbc</b>	Sri Chinmoy 5k	short
	<b>16 June tbc</b>	Eltham Park 5	short
	<b>14 July tbc</b>	Sevenoaks Seven	long
	<b>26 July tbc</b>	SOAR Mile	short
	6 Oct	Regent's Park 10k	short

## Thames Towpath

10 April 14

This race fills up and sells out quickly each year, with already over 300 entered, of which 18 from Dulwich. If you intend doing this event then sign up ASAP

## Box Hill Fell Race

Saturday 19 January

The following DRs have entered:

**Men:** Hugh Balfour, Des Crinion, Ed Simmons, Joe Farrington-Douglas, Mark Foster, Martin Double

**Woman:** Christina Dimitrov, Marta Miaskiewicz, Lucy Pickering, Katie Styles, Becca Schulleri

If anyone can't do the race, please let me know as I know of 2 or 3 who missed the entry.

Email [hugh@christchurchpeckham.info](mailto:hugh@christchurchpeckham.info)

Hugh Balfour - 07930 901 189

## Surrey League Discount Codes

The following discounts are available as part of the Surrey XC league sponsorship package from Start Fitness (these are available to all club members not just Surrey League runners)

30% off [www.moremile.co.uk](http://www.moremile.co.uk) (you will also accrue 10% of the spend on this code to claim products or More Mile gift vouchers) SurreyXC

10% off [www.startfitness.co.uk](http://www.startfitness.co.uk) SurreyXCSF10

## Ladies' Surrey League Xc

### Note changes

The third race at Farthing Downs has been cancelled.

The last 2 fixtures of the season are now as follows:-

Sat 9 Feb - Richmond Park 11am start

Sat 2 March - Lloyd Park 1pm start

## Masters Events major events coming up

If we were to focus on one Masters event, most would probably choose the relays at Sutton Park, which is provisionally May 18, with such a large percentage of good vets, we could do very well. The club pays the fee and travel. We have previously medalled in the W35s, W45s, W55s and the M55s and should also have our best ever teams (on paper) in the M35, M45 and M65 but we need a far better show and turn out than we get in most events. Please put the date in your diary.

A full list of Masters events and a write up with pics of some DR Masters can be found here:

<https://www.dulwichrunners.org.uk/masters/>




The club has 10 places for the Brighton marathon (Sunday 14 April). Regular entry is now closed, club places go for same fee. If more than 10 apply we will decide same way as with London club places (those who secured a London place will be considered last for this one). Let me know at [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk) or in person **by 31 January 2019**

## CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like 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](http://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](mailto:ros.tabor49@gmail.com)

## GREEN BELT RELAY

### Weekend 18th & 19th May

A relay around London that starts in Hampton Court on Saturday morning and finishes about 6 p.m. at Kingston on Sunday.

The rules are simple -

220 miles - 11 runners to a team

Each runner must run once each day. (Varying distances and degrees of difficulty.)

It takes in some beautiful countryside, as much as possible off road on footpaths and towpaths.

more details - <http://www.greenbeltrelay.org.uk/index.htm>

We have one team entered so are looking for interested runners. If we have too many people we will try and get a second team. Give your name to Ange - on any Wednesday at the club or email [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com) 1<sup>st</sup> come, 1<sup>st</sup> served.

NB. Vets - It clashes with the BMAF relays in Birmingham on the Saturday.

## Marathon Schedule

Here is my suggestion for a marathon schedule though those not targeting a 26-miler can follow a similar schedule but just do a lot less on the Sunday run.

Any one after extra miles can put in extra morning runs or before and after speedwork.

The key to a good marathon is a good long run and consistency but not getting injured.

Everyone is different but to me it means not doing too much on the road or running too fast on training runs on a regular basis and saving the real fast runs for the speedwork.

<b>Wed Jan 16</b>	70 mins easy (a min. a mile slower than goal mar. pace)	<b>Mon Jan 28</b>	40 mins easy or rest
<b>Thu Jan 17</b>	12km of 2km relaxed then 1km at slower than mar. pace, mar. pace, HM pace x3 ie kilos of 4:30, 4:15, 4:00 for sub-3 runner	<b>Tue Jan 29</b>	800m/600m reps
<b>Fri Jan 18</b>	40 mins easy or rest	<b>Wed Jan 30</b>	80 mins steady (30 secs a mile slower than goal mar. pace)
<b>Sat Jan 19</b>	parkrun or hills	<b>Thu Jan 31</b>	12km of 1km relaxed then 5km at mar. pace, 1km relaxed, 5km of mar. pace
<b>Sun Jan 20</b>	approx 2hs 30m steady (approx 30 sec a mile slower than goal mar. pace (20-22M)	<b>Fri Feb 1</b>	40 mins easy or rest
<b>Mon Jan 21</b>	40 min easy or rest	<b>Sat Feb 2</b>	Parkrun club champs Catford
<b>Tue Jan 22</b>	1000/1200m reps	<b>Sun Feb 3</b>	Brisk 2 hour run just short of mar. pace
<b>Wed Jan 23</b>	75 min steady (30 sec a mile slower than goal mar. pace)	<b>Mon Feb 4</b>	40 mins easy or rest
<b>Thu Jan 24</b>	12km of 2km relaxed then 1km at 10km, HM, Mar, slightly slower then easier ie: kms for sub3 runner of 3:45, 4:00, 4:15, 4:30, 4:45 x 2	<b>Tue Feb 5</b>	400m reps
<b>Fri Jan 25</b>	40 mins easy or rest	<b>Wed Feb 6</b>	60 mins steady (min. a mile slower than goal mar. pace)
<b>Sat Jan 26</b>	Area cross-country or brisk hour	<b>Thu Feb 7</b>	12km of 2km easy, 10km at slower than mar. pace with 30 sec bursts every km at 5km pace
<b>Sun Jan 27</b>	approx 2hs 40m slow (approx a min. a mile slower than goal mar. pace (21-23M)	<b>Fri Feb 8</b>	40 mins easy or rest
		<b>Sat Feb 9</b>	Surrey League
		<b>Sun Feb 10</b>	approx 2h 40mins slow (approx a min. a mile slower than goal mar. pace (21-23M)

# Race Reports & Results

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

## Surrey League XC Div.2, Match 3 Mitcham Common

Sat 12th January

**Tony Tuohy writes...**With numerous of our best runners absent, our second position in the table (just the two for promotion) looked a little precarious. So all credit to the team for still securing third on the day (despite a considerably worse score than in the first two matches) and overall hanging on to second spot in the table. We only have a buffer of around 100 points over third-placed Fulham but the return of some of our better runners for the last match would make an immediate return to the top fight a distinct possibility. Personally, I can't wait (currently loving cross-country, me...).

The course at Mitcham was identical to our previous visit two years ago; three laps of mostly flat parkland but with four sharp little climbs each lap, making twelve in total, so a fair bit harder than it first appears. The going was much better than last time though (snow and mud back then) with such little rain recently and some even ran in flats with no bother. We're starting to get complacent now waiting for Ed's result; he turned in another superlative performance to repeat his fourth place from last time following his win at the first fixture, brilliant stuff. Andy

was no slouch either, just a minute behind and 1st M40 now in all three matches. Just as impressive is Jack's meteoric rise as he continues to get better and better.

After those three heroes the Dulwich order got a lot closer; Wayne led the pack with another strong run (and didn't even turn up late) holding just 15 seconds over Dan, who moved through with excellent pacing. Paul is obviously getting fitter and moved up another gear here, gaining over half a minute on Tom who was running well himself. Another man on-the-up is Rob, again pacing it well and holding off strongman Des. James is seeing return for consistent training and should be well pleased with completing our scoring ten, as should debut man Graham with a very promising run. Andrea seemed to enjoy his race and produced a very strong cross-country showing that deservedly posted him well up the M50 standings.

My own legs decided to abandon all hope at the first hill as I inexorably made my move towards the back of the field; a very out-of-sorts day. All that can be said about my run is that at least changing gear for a nippy last 400m (big deal) negated the possibility of Coach Steve catching me. The man himself ran much quicker than he did here two years ago and finishing within a minute of the rather good quality recent M60 who is dominating the Div. 2 matches looks like a good result to me. Steve just about beat Justin's consistently solid run, both not too far ahead of Jonny,

like Justin showing well in all three fixtures. Jonny held off Grzegorz who is running strongly and is hugely faster than he was here two years ago. Gower is running plenty of cross-country events and is a welcome addition to our squad as he continues to improve. Ross is well short of his best level from a few years ago but isn't afraid of throwing himself into any XC that's going and managed to keep himself ahead of Eugene, Martin and second-claimer Tom, all gamely completing the Dulwich turn-out with decent runs.

4	Ed Chuck	28:51
10	Andy Bond	29:50 M40/45
19	Jack Ramm	30:41
34	Wayne Lashley	31:21
39	Daniel Mann	31:36 9M40
44	Paul Devine	31:54
55	Tom South	32:30
70	Rob Hollands	33:02
78	Des Crinion	33:10
98	James Burrows	33:52
102	Graham Little	33:58
108	Andrea Ceccolini	34:10 4M50
129	Tony Tuohy	34:55 1M55
144	Steve Smythe	35:23 2M60
145	Justin Siderfin	35:25
149	Jonny Hough	35:46
151	Grzegorz Galezia	35:50
154	Gower Tan	35:57
162	Ross Rook	36:10
176	Eugene Cross	37:08
179	Martin Double	37:44
180	Tom Poynton (2 <sup>nd</sup> cl.)	37:46
	Ian Lilley dnf	
	227 finished	

**TEAM:** 1 Clapham Chasers 182; 2 Fulham 316; **3 Dulwich R 406**; 4 Stragglers 461; 5 Wimbledon Windmilers 491; 6 Croydon 534; 7 Reigate P 535; 8 Epsom & E 557; 9 Walton 613

**B TEAM:** 1 Clapham 70; 2 Fulham 208; 3 Stragglers 249; **4 Dulw R 401**; 5 E&E 510; 6 Wimb W 521; 7 Croydon 626.5; 8 Reigate 697; 9 Walton 812.5 Standings after 3 matches

**TEAM:** 1 Clapham 586; **2 Dulw R 933**; 3 Fulham 1038; 4 Reigate 1350; 5 Stragglers 1372; 6 Wimb W 1579; 7 Croydon 1668; 8 Walton 1726; 9 E&E 2033

**B TEAM:** 1 Clapham 286; 2 Ful 914; **3 Dulw R 918**; 4 Stragglers 988; 5 Reigate 1328; 6 Wimb W 1621; 7 Croydon 1855.5; 8 E&E 2005; 9 Walton 2371.5

**Steve Smythe adds** 2 years ago the Dulwich scorers were Tim B 31:00, Andy 31:17, Steve D 31:20, Wayne 31:26, Daniel 31:42, Alastair 31:45, Tim Taylor 31:54, Mark Lacey 32:17, Tony T 32:20, Shane 32:33 non scorers included Nick Wood 33:32, Charlie 33:56, Mark Callaghan 33:58, Kevin 34:22, Derek 34:35, Ian L 35:32, David Stone 35:41, Steve 36:54, Jim 37:29, Ebe 37:49, Hugh 37:58, John E 38:42, Mike M 39:18, Grzegorz 39:43, Justin 40:45 (5 mins quicker in 2019!)

We effectively had a whole team based on form earlier in the year or last season who could have fared at least equal to the one we put out this time - quite a few were injured but some should be there next time. ie Tim B, Shane, Buzz, Greg, Steve D, Oscar, Alastair, Ed, Jonathan, Ed H, Olly, Matt, Mike W, Charlie etc.

A comparable team to Mitcham should

be enough as we lost 90 points to Fulham but have 105 points in hand.

It was another great run by Ed but the task in hand next year is illustrated by his fourth in Division 2 would have placed him 41st in Division 1 who ran the same course a hour or so later.

Andy also continues to make progress and will easily win the M40s overall with a solid run in February but he would have been 71st in Division 1 and only 11th vet. Jack Ramm was our biggest improver though making the top 20 with previous league runs of 55th and 47th.

Almost all of the other scorers are improving their form - Wayne, Daniel, Paul, Tom Rob, Des, James etc.

In the B team league we are fractionally behind Fulham but will need a showing from some of those missing at Mitcham

to get back up to second in the B League. One aspect which is disappointing is the complete lack of support from what could be politely termed our probable non scorers - we had hardly any presence amongst the last 50 runners.

In previous years, I agree there was not always a particularly welcoming aspect to anyone likely to be seven-minute-miling or slower in this division with some rightly put off (the Surrey women's League has always had a far wider range of speeds) but this year that is not the case with the men and I don't agree with the policy that some members have of running in lower division races instead.

It would be good if we can promote that not only are we an improving club for faster runners but we welcome athletes of all speeds, so I hope to see even more men of all paces at the last fixture.

## Surrey League Cross Country

12 January

Despite finishing third team on the day, we still have an overall lead over Fulham of 108 points to hold on to 2nd position after 3 matches, so there is all to play for in the final crunch battle for promotion at Lloyd Park on 9 February. There were excellent runs by all our leading runners but with several of our scorers from previous matches missing, notably Tim, Jonathan, Steve Davies, Shane, Alastair and Ed Harper, it was inevitable that we would struggle on the day.

With hopefully at least some of these recovered from injury we can improve at Lloyd Park, where we should aim to demonstrate our team spirit and intimidate the opposition with a huge turnout from likely scorers and non-scorers alike.

Thanks to Jonathan Whittaker, John McGlashan and John O'Byrne for their support

*Mike Mann*

## Surrey County Xc Champs Lloyd Park

5th January 2018

The Surrey cross country championship was held at Lloyd Park this year. It was a mild day and perfect conditions under foot.

We managed to field all eight runners who were entered.

The conditions suited Michelle. she was first Dulwich Woman. We were all closely packed, Ola was not far behind followed by Anna who had a brilliant run, also running well was Katie, Eleanor also had a good run so did Lucy P, Lucy C and Ros.

## Surrey County Championships

### "Musings of a Track Tart: Lash v The Locke"

Wayne Lashley writes This time of year is always a moment of truth for me. It's a time when you find out whether you have done enough endurance and whether you still enjoy running or not! Races are longer on average and the calibre of competition always elevates as 'marathon mugs' increase their mileage. The Surrey County Championships is a race that, bizarrely, I remain quite loyal to and enjoy participating in. Due to injury, I missed last year's race so I would be running at the Lloyd Park again. This park was now my local having moved to the area in December.

Numerous reconnaissance training runs in the week building up to the race had revealed good, relatively firm conditions. It also instilled a misplaced confidence that I finally understood the course. For some reason though, I had this nagging doubt that comedy gold was around the corner. I was convinced that everything in preparation that I could control had gone well so there had to be something wrong with my entry. Until I asked Mike and he gave me my race number, I wouldn't relax. So when I saw Mike after a final walk around the course and there was a slight look of surprise on his face, I knew I was in trouble. I had not been entered. Daniel Mann had been entered for the race. This was particularly odd given it soon emerged Daniel was running the Kent Championships, had always run that particularly championships and therefore wouldn't be

## Surrey Men's XC League Div 4

12.01.19

Andy and Gary have been running for second claim club Veterans AC this winter. The third match of the season was at Oxshott in a compact pine forest close to the Wimbledon-Guildford rail line. The course was 3 laps of narrow, soft trail, firstly flat but then climbing sharply to a ridge, off it slightly then back up and finally down to the start.

The two climbs were as hard as the Reigate second and first hills but the downhill were less sharp. Veterans AC were short of runners (one went to Oxted) but started with 11, one of whom was over 80 and intending to run one or two laps. Two faster VAC runners dropped out but Gary and Andy ran sensibly to ensure they finished – at 4th and 6th of 8 VAC finishers. The team came 11th of 12.

136 div 4/100th scorer of 120 Gary Budinger 44:13

155/107th scorer Andy Murray 47:20

53	Michelle Lennon	35:34
56	Ola Balme	35:53
61	Anna Thomas	36.14
65	Katie Styles	36:29
77	Eleanor Simmons	37:49
88	Lucy Pickering	38:29
98	Lucy Clapp	39:20
111	Ros Tabor	40:55

Thanks to the men and Eleanor's family for cheering us on.

In the U20 men's race Lewis Laylee finished in incredible 5th and Katie Balme was 7th U20 both running for Herne Hill Runners. Katie's team won Silver.

*-Ola Balme*

showing up at Lloyd Park any time soon. It could have been worse as at least it meant there was a spare race number.

It became clear very early on that the calibre of this race had risen significantly as despite what I thought was a solid start, I was effectively running backwards as runners eased past me on the first lap (a very cold Jack Ramm being one of them). It wasn't long before The Locke came sniffing. As usual, he was building his race and half way round lap two, it was clear we'd be scrapping until the end. I've noticed that The Locke talks a fair amount during a race. It normally takes the form of issuing instructions (I refer to the last moments of a particular Sevenoaks 7 race a few years ago as the best example). This time he barked something at me that I couldn't make out but having recently overtaken him, it had the unfortunate effect of letting me know The Locke was still there, engaged and ready to strike back. He overtook me again with around a mile left in the race and the pair of us were also under pressure from a Serpentine runner who as he entered the final phase of the race was told "it's downhill all the way, just your kind of finish." On principle, he now had to be defeated (and was resoundingly).

In accelerating for the finish, I got right onto The Locke's shoulder and thought I had enough speed to overcome but alas spectators have big mouths and having been prompted twice of my encroachment, a cheeky look over his shoulder was followed by The Locke securing his place with a gentle increase of pace that was just too much for me to match.

I came 74th with a time that was some 15 seconds faster than my previous best so I was rather happy...just a shame I will have to check Daniel Mann's Power of 10 to see it!!

*Wayne Lashley*

<b>CROSS COUNTRY CHAMPIONSHIP</b>						
<b>MEN 2018 - 2019</b>						
<b>After 3 events - Best 5 events inc. 3 Surrey Leagues</b>						
	<b>Surrey League 1</b>	<b>Surrey League 2</b>	<b>Surrey League 3</b>	<b>London Champs</b>	<b>South of Thames</b>	<b>Running Total</b>
	Richmond	Banstead	Mitcham	Parl. Hill	Beckenham	
	13/10/2018	10/11/2018	12/01/2019	17/11/2018	15/12/2018	
Des Crinion	40	41	42	46	44	213
Ed Chuck	50	50	50		50	200
Jonathan Whittaker	44	46		48	46	184
Alastair Locke	37	44		49	48	178
Paul Devine	41	42	45		45	173
Ebe Prill	32	32		44	37	145
Andrea Ceccolini	30	31	39	45		145
Andy Bond	47	47	49			143
Wayne Lashley	46	45	47			138
Tom South	45		44	47		136
Danny Mann	42		46		47	135
Gower Tan	22		33	40	36	131
Ed Harper	43	43			42	128
Rob Hollands	38	39	43			120
Martin Double	23	29	30		34	116
Nick Wood	36	36			43	115
Ross Rook			32	41	35	108
Justin Siderfin	33	34	36			103
Grzegorz Galezia	24		34	43		101
Shane O'Neill	49	49				98
Jack Ramm			48	50		98
Jonny Hough	29	33	35			97
Tim Bowen	48	48				96
Ian Lilley		38			41	79
Steve Smythe			37		39	76
James Burrows	34		41			75
Charlie Lound	39	35				74
Matt Cooke	35	37				72
Joseph Brady				39	32	71
Graham Little	26		40			66
Eugene Cross	31		31			62
Graham Laylee		28			33	61
Hugh Balfour	27	30				57
Steve Davies					49	49
Mark Foster				42		42
Mike Williams		40				40
Grant Kennedy					40	40
Mike Mann				38		38
Joe Farrington-Douglas					38	38
Tony Tuohy			38			38
Bob Bell					31	31
Tom Poynton			29			29
Olivier Montfort	28					28
Colin Frith		27				27
Ed Simmons	25					25
Ed Smyth	21					21

**Men - events still to come**

**Surrey Southern Riddles  
League 4 Champs down**

LLoyd Park	Parl. Hill	parkrun
9/02/2019	26/02/2019	16/3/19

## Country to Capital 2019

The cab picked me up at twenty past seven in the morning. As it drove towards the start of the race in Wendover (a village in the Chilterns near Aylesbury) London appeared only as a fiery glow on the horizon. For me and nearly 400 other runners who had gathered in the chill January morning the distant city was our destination, albeit with the small matter of some 43 miles of countryside and canals in between.

The race started with a sprint because the course bottlenecks at a gate some 300m from the start, an odd tradition has developed during the 11 year history of this event that sees each start begin with a no holds barred sprint to see who can be first through the gate. That there remained another 42.9 miles to go it didn't seem to bother anyone.

Following the chaotic start, the race wound itself through the picturesque Chilterns and a seemingly endless series of gates and stiles. It was only during the week before that I had learnt/realised that the course wasn't going to be marked in any way and, while I had recce'd some of the route, I had run along the canal where the navigation options were either a) going the right way or b) swimming. Cue the hurried purchase of the OS map app and a decision to always stay within sight of someone who looked like they knew the way.

The race started at a decent pace and it hardly slowed. I covered the first eight miles to checkpoint 1 in about 70 minutes and, like everyone else I paused only to

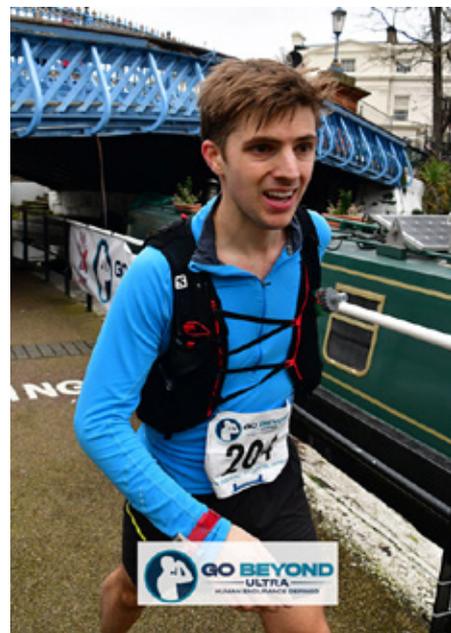
check in and out again. The pace didn't relent during the 11 miles between checkpoint 1 and 2, largely due to the net downhill nature of the course. During this time I found myself running with a small group who were all eyeing up a sub seven-hour finish. This seemed like a reasonably achievable goal that would, based on last year's results, see me finish in the top 50.

We ran on well, staying together and keeping each other's pace in check when it drifted up. Emerging from the Chilterns we joining the Grand Union Canal at Uxbridge we passed the marathon mark at 3 hours and 45 minutes. This gave us all some pause for thought given that there were 17 miles remaining however we decided that the damage had already been done so pushed on along the towpath.

The Grand Union Canal presented a mental as well as a physical challenge with the aches and pains I had been ignoring for the last hour or so making themselves known. Stomach issues, hip pain and a twitching hamstring all combined to make it a fairly grim slog. The repetitive nature of the scenery (narrow boats, empty beer cans and shopping trolleys ad infinitum) didn't help and at times it felt like I was stuck in a never ending loop. Our group broke up with ten miles to go with those able to push on doing so, and the remainder of us shuffling on past bemused walkers and belligerent cyclists who all seemed annoyed that we had the audacity to use 'their' towpath.

When it finally arrived, the finish line was an understated affair by a café in Little Venice. I finished in 6 hours and 35 minutes and, while the finishing photo doesn't show it, I was pleased to have comfortably run under seven hours despite a torturous final six

miles. It was only when pausing to check the live results that I was disappointed to see that my time had only been good enough for 70th place out of starting field of 400. That this time would have got me 26th place the year before is consolation only in so far as it speaks to the quality of the runners that turned up this year. I later learnt that the winner had finished in 4 hours and 56 minutes running an average pace of 4.05/km. This meant that not only did he go through the marathon mark in about 2.52 but he then proceeded to run a sub 1.26 half immediately after.



The day ended as it begun as, not fancying my chances on the Bakerloo line, I collapsed into an Uber. I would like to say the journey home was accompanied with a sense of relief and achievement but I was far too knackered and promptly fell asleep.

*Edward Harper*

## Crystal Palace Canter

8th January 2019

Pushed back from the first to second Tuesday (the first being a bank holiday) 13 stalwarts including 7 DR's did this low key 5K race.

Next run is 5th February at 12.30pm

**Bob Bell**

1 Belinda Cottrill	21:57 (4th Age graded)
2 Bob Bell	23:16 (2nd Age graded)
3 Jo Quantrill	24:25 (1st Age graded)
4 Paul Keating	24:55 (8th Age graded)
6 Clare Wyngard	26:07 (3rd Age graded)
7 Ian Sesnan	26:34 (6th Age graded)
11 Peter Jackson	28:57 (10th Age Graded)
13 ran	

## Crystal Palace Run Through 10K

13th January 2019

Looking to up the distance Belinda, Mel and Bob did this race over the familiar territory of Crystal Palace park. As the course is two laps of nearly the entire park it's hardly the fastest course. Also Belinda was running with Milo and Mel borrowed Luna, a husky, neither dog really liking the extra 5K of their more usual parkrun and insisting on extra "pit stops" and drinks from the few puddles, so fast times weren't on the cards. At least Mel and B had excuses, Bob only had ever tighter hamstrings to moan about.

*-BobBell*

35 Belinda Cottrill	45:52 (2nd Lady)
93 Bob Bell	50:32
189 Mellissa Allwork	56:54
322 ran	

## 2nd Sunday of the Month 5M Wimbledon Common

13.01.19

A dry and mild run for this friendly monthly race.

64 Ros Tabor 42:46 (41:59 Nov 18)

84 Andy Murray 45:10 (44:01 Oct 18)

132 finished.

Jan 12<sup>th</sup>

## Beckenham Place

241 Ran			
Pos	Gen		
3	1	Clare Elms	18:42
141	107	Peter Jackson	27:48

## Brockwell , Herne Hill

554 Ran			
Pos	Gen		
78	5	Lucy Pickering	21:46
81	6	Anna Thomas	21:51
235	47	Claire Barnard	25:47
289	67	Sharon Erdman	26:53
315	82	Hannah Harvest	27:31
319	234	Alex Haylett	27:34
409	142	Karina Burrowes	29:57
411	268	Daniel Mercer	30:05

## Burgess

611 Ran			
Pos	Gen		
160	22	Ros Tabor	23:32
597	241	Susan Vernon	44:21
604	360	Chris Vernon	47:21

## Bushy

1626 Ran			
Pos	Gen		
763	190	Madi Robinson	27:21

## Catford

253 Ran			
Pos	Gen		
26	26	Gary Sullivan	21:57
49	45	Colin Frith	23:12

## Crystal Palace

462 Ran			
Pos	Gen		
14	13	Tom Wilson	20:14
17	2	Belinda Cottrill	20:24
84	75	Bob Bell	23:44
85	10	Eleanor Simmons	23:48
116	103	Graham Laylee	24:35
144	23	Joanne Shelton Pereda	25:25
373	243	Andy Bond	32:48

## Dulwich

511 Ran			
Pos	Gen		
54	6	Kim Hainsworth	20:20
61	55	Tom Shakhli	20:40
65	7	Michelle Lennon	20:50
78	70	Ajay Khandelwal	21:12
82	74	Matthew Ladds	21:19
88	77	John English	21:36
190	36	Hannah Issett	24:14
205	162	Michael Dodds	24:36
248	54	Jenny Ross	25:33
325	89	Michelle Key	27:41
327	90	Susan Cooper	27:43

## Fulham Palace

698 Ran			
Pos	Gen		
254	204	Barrie John Nicholls	24:21

## Gladstone

270 Ran			
Pos	Gen		
27	1	Becca Schulleri	21:41

## Hastings

368 Ran			
Pos	Gen		
8	8	Joe Farrington-Douglas	19:20

## Highbury Fields

508 Ran			
Pos	Gen		
15	15	Paul Collyer	19:19

## Leicester Victoria

419 Ran			
Pos	Gen		
288	90	Marjorie Epton	31:27

## Lullingstone

254 Ran			
Pos	Gen		
42	40	Michael Fullilove	22:47

## Malling

306 Ran			
Pos	Gen		
20	2	Tereza Francova	21:24

## Peckham Rye

475 Ran			
Pos	Gen		
20	1	Hayley Seddon	19:36
27	2	Chloe Green	20:06
47	45	Alex Bazin	21:06
52	50	Rob Cope	21:13
314	98	Claire Steward	29:04

## Shepton Mallet

238 Ran			
Pos	Gen		
1	1	Dylan Wymer	17:06
15	1	Ange Norris	21:47

## South Norwood

155 Ran			
Pos	Gen		
60	13	Carys Morgan	25:47

## Southwark

434 Ran			
Pos	Gen		
144	120	Paul Keating	24:37

## Tooting Common

939 Ran			
Pos	Gen		
306	261	Ian Sesnan	25:20

**For your results to appear here ...**  
 you need to update your parkrun profile to show you  
 are a current member of DR AC. or send them in.



### **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 on 13 Oct 2018. Further details on times, location etc. will be posted by your captains nearer the time. 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 currently compete in Division 2, but with good turnouts and performances from our strongest runners, we have a chance of promotion to Division 1.

### **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. Cross country races are not elite and are suitable for runners of all abilities, and in the men's Surrey League there is now a B team competition where the second 10 runners score. These races 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.

### **Surrey League entry**

For the men's Surrey League, all those intending to take part should inform their captains to enable as many as possible online entries to be made in advance. Men and women have to be entered in advance. The women keep their numbers for the entire season and this system is

being introduced for the men from this season. This means that runners should return their numbers to their captains after the race, or take them home, in which they must remember to take them to the next race. The 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**

In addition to the Surrey League there are other cross country races, most of which take place on Saturdays. 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. There are also a number of other races for Masters. See the fixture list in Shorts and on the website.

### **Which races to go for**

There are cross country races on most Saturdays from early October until late February. Our main priority is the 4 Surrey League races, and the other 4 races that make up the Ken Croke cross country championships (see below for further details). In addition runners are encouraged to compete in the Surrey and Kent county and masters champs.

Other races can be regarded as medium priority, but you are encouraged to compete for your eligible county in the Surrey and Kent county champs and Masters champs. This year we are hosting the South of Thames 7 mile race and the South of England is back at its usual venue at Parliament Hill Fields. We would like a good entry in both these events. There are a number of other races which are not high priority, but are nice to do. These include the SEAA relays and the Reigate Relays.

### **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 from late autumn onwards, cross country spikes or fell shoes become necessary. You will need to make sure that you buy cross country spikes, as opposed to track spikes. Spikes come in different lengths ranging from 6mm to 15mm and can be screwed in. As the ground becomes heavier longer spikes will be needed, particularly on heavy course such as Parliament Hill and Lloyd Park in the winter months. Fell shoes are studded and have more grip than trail shoes. They are suitable for most ground conditions apart from ice. Cross country shoes can be bought at a number of retail outlets including Run & Become (Victoria), Runner's Shop (Beckenham), Intersport (Herne Hill), Runners Need and Sweatshop (various locations) or Wiggle online. Most offer a 10% discount to those with club or EA membership.

### **Ken Croke championships**

2018/19 the Ken Croke cross country championships will include the 4 Surrey League races, London championships, South of Thames long race, South of England championships on 26 January 2019 and the Riddlesdown parkrun in March 2019 (date tbc after the road club championships have been sorted). To qualify you will need to complete 5 events, including 3 Surrey League races.

### **Contacts**

For further information please contact your captains at: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com) or [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) or [ebepri@yaho.co.uk](mailto:ebepri@yaho.co.uk)

# DULWICH RUNNERS CLUB KIT



## 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](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1/4 Zip Top

## 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](mailto:ros.tabor49@gmail.com)



WATERPROOF JACKETS  
LIMITED STOCK - only £10 each  
Sizes: small, large and Xlarge



Bufs/snoods - only £6

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.



The Beast from the East !  
It's on the way ! be prepared...  
get yourself a bobble hat £15  
[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



HOODIES CLEARANCE  
ONLY £10 each

# SOCIAL SPOT

P  
O  
T

*Upcoming events.*

## Beer & Cheese matching

Wednesday 13th February at 9pm at the clubhouse.

This will be subsidised by the clubs social fund, but looking at £5.00 per person.

Price might change depend on numbers.

If interested please send Tom a message on facebook, speak to him at the track or club, or send an email to [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

I will need to have finalised numbers by Sunday 10th February.

## 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)

## 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](mailto:ola.balme@btinternet.com)

[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)



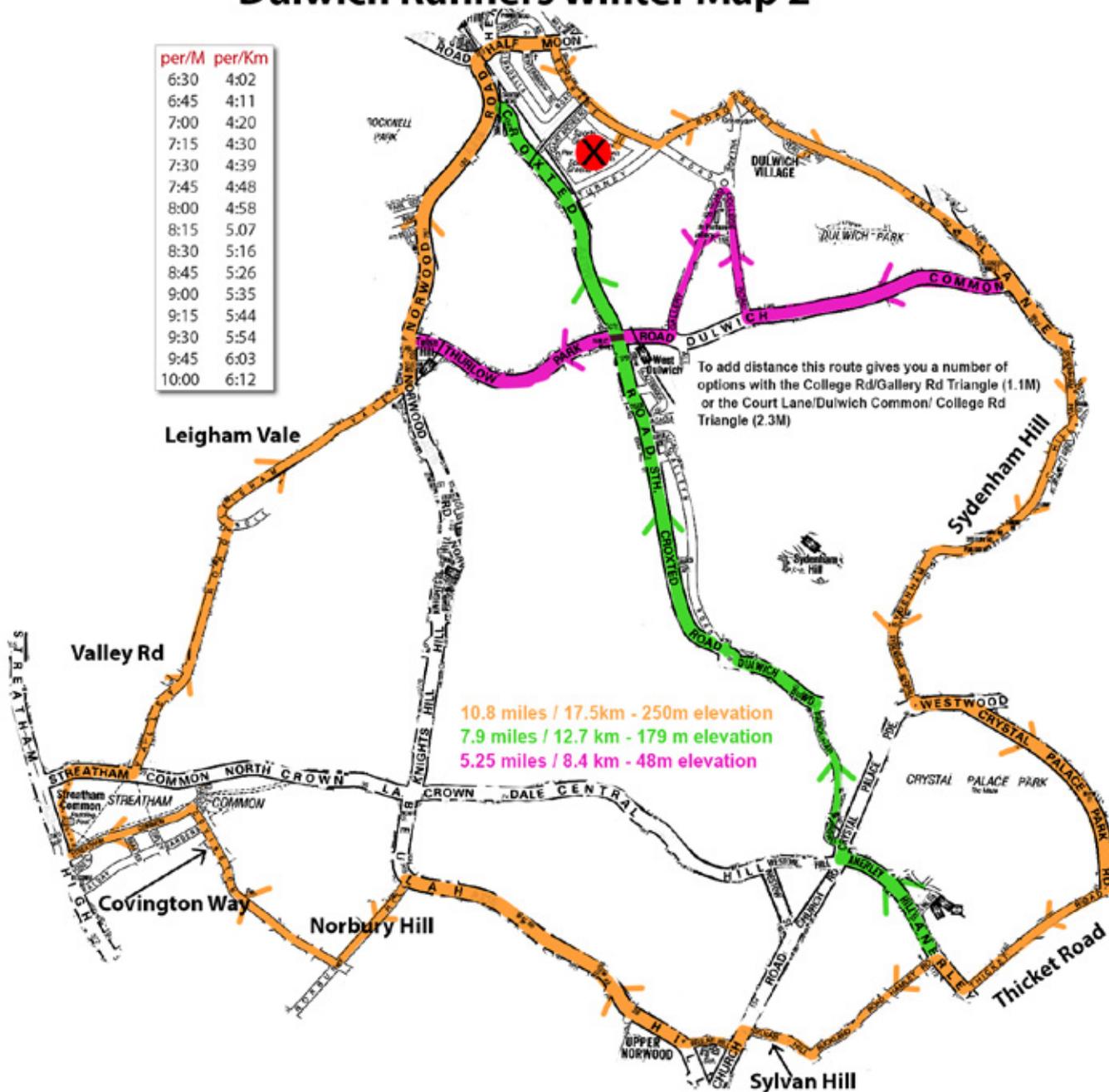
Instagram

Dulwich Runners are on Instagram....So if you would like to photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, or Jonathan Whittaker who will take care of it!

If people mention [@dulwichrunners](https://www.instagram.com/dulwichrunners) on their posts then we can easily repost pictures on the main Dulwich Runners account of key achievements that you want to share, or cover club races that neither Jonathan or Yvette are at.

## Dulwich Runners Winter Map 2

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



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

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