



SHORTS

Dulwich Runners AC

Weekly Newsletter

January 23rd 2019

These are your SHORTS,

Please send your reports, running news & anecdotes to:

barry@bg1.co.uk or barry@1bg1.com

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 23 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

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

Tue 29 Crystal Palace track

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, Box Hillreport & results
- 6 Parkrun times
- 8 Club kit - New winter additions !
- 9 Social events etc -
- 10 Wednesday map + Strava links

And much more !

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our website: www.dulwichrunners.org.uk

Connect with us:



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 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)

----- EVENT HORIZON -----

A brief look ahead

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

Feb 2 Catford parkrun - club champs

Feb 9 Surrey League Xc - men Lloyd Pk - women Richmond Pk

Feb 26 England National Cross country Champs - Leeds

NEW RUNNERS ROTA

A big thankyou to Hugh Balfour and Andrea Cecciolini 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

Joseph Brady

James Burrows

Yvette Dore

Sharon Erdman

23/01

30/01

06/02

12/02

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- Sign the attendance register and **pay £1.**
- 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 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 | 26 | Southern Xc Champs - | DR XC champs | Parliament Hill Fields |
| Feb | 2 | Catford parkrun | short | Catford |
| | 9 | Surrey League Xc | Men - | Lloyd Park |
| | 9 | Surrey League Xc 11am | Women - | Richmond Pk |
| | 23 | England National Xc Champs | | Harewood House, Leeds |
| Mar | 2 | Surrey League Xc 1pm | Women | Lloyd Park |
| | 10 | Virginity Big Half | long | London |
| | 16 | Riddlesdown parkrun - | DR XC champs | |
| | 24 | SEAA 12/6 Stage Relays | | Milton Keynes t.b.c |
| 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 | Eltham Park 5 | short | Eltham |
| Jul | 14 | date tbc Sevenoaks Seven | long | Sevenoaks, Kent |
| | 26 | date tbc 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 Men road: ebepriill@yahoo.co.uk Ladies: 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 |
| 10 June | Sri Chinmoy 5k | short |
| 16 June | Eltham Park 5 | short |
| 14 July tbc | Sevenoaks Seven | long |
| 26 July tbc | SOAR Mile | short |
| 6 Oct | Regent's Park 10k | short |

South Of England Champs Parliament Hill - 26 January

Your captains will be there to distribute race numbers and chips. The women's race starts at 2.05 with the men going off at 2.50.

The following men are entered: Steve Davies, Alastair Locke, Matt Cooke, Nick Wood, Mark Foster, Tim Bowen, Ross Rook, Andrea Ceccolini, Des Crinion, Shane O'Neill, Hugh Balfour, Grant Kennedy, Gower Tan, Jonny Hough, Charlie Lound, Ebe Prill, Tom South. **Please note that only those entered will be able to participate.**

Both runners and supporters are invited to post race refreshments at the Pineapple, 51 Leverton Road NW5 2NX

Catford Parkrun - 2 February Volunteers Needed

Our first club championship event of the year is the Catford parkrun on 2 February. Since we will be adding to number of participants there, we have offered to provide some volunteers, so if you are not able to run your assistance and support would be greatly appreciated. If you normally help out at another local parkrun, think about coming to Catford instead that day. If you are able to help out please contact me Mike Mann at mcmann90@yahoo.co.uk

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

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 (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 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 ebepriil@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 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



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 1st come, 1st served.

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

Training

Already quite a few of Dulwich's best are sadly currently injured. You can do lots of miles, run consistent training with great long runs and speed sessions and tempos but you won't get the benefit if you are unfortunate and get injured. It is best to train slightly less and know when to back off than do a little bit too much and pay the price but sometimes injuries are unavoidable. Personally I have found doing a higher proportion of training off-road and not bothering about pace on some of the runs

seems to help. Though I put suggested paces on the training schedules, I think sometimes it is best to not to always strive for it, if you are tired or want to do a session off-road or over hills. ie running say 8:00 mile pace on a tougher more off-road route may be better for your legs and fitness than a 7:30 on flat roads. And while it is great to run with people with similar speeds, I do think sometimes putting competitive people together for runs means the runs can get too fast. Just because you can run fast does not necessarily mean you should be running fast, if you are going to pay for going a bit too fast in the following days and faster speeds in training increases

the chance of injury. Many years ago, many of Britain's running clubs moved away from their more central bases and moved further out to get better training runs. Blackheath moved to Hayes and Cambridge H moved to Bexley. Because I'm old, nearly all my runs tend to move out of London rather than into and I have never seen the attraction of moving towards the centre, which may be flat but tends to contain more roads, traffic, people, tourists and traffic lights even if it does have some nice parks. I am convinced if I had done all my runs into London, I would now not be in my 50th cross-country season and embarking on my 44th year of marathon racing.

Marathon Schedule

Here is my suggestion for a marathon schedule though those not targetting 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.

| | |
|------------|--|
| Wed Jan 23 | 75 min steady (30 sec a mile slower than goal mar. pace) |
| Thu Jan 24 | 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 |
| Fri Jan 25 | 40 mins easy or rest |
| Sat Jan 26 | Area cross-country or brisk hour |
| Sun Jan 27 | approx 2hs 40m slow (approx a min. a mile slower than goal mar. pace (21-23M) |
| Mon Jan 28 | 40 mins easy or rest |
| Tue Jan 29 | 800m/600m reps |
| Wed Jan 30 | 80 mins steady (30 secs a mile slower than goal mar. pace) |
| Thu Jan 31 | 12km of 1km relaxed then 5km at mar. pace, 1km relaxed, 5km of mar. pace |

| | |
|------------|---|
| Fri Feb 1 | 40 mins easy or rest |
| Sat Feb 2 | Parkrun club champs Catford |
| Sun Feb 3 | Brisk 2 hour run just short of mar. pace |
| Mon Feb 4 | 40 mins easy or rest |
| Tue Feb 5 | 400m reps |
| Wed Feb 6 | 60 mins steady (min. a mile slower than goal mar. pace) |
| Thu Feb 7 | 12km of 2km easy, 10km at slower than mar. pace with 30 sec bursts every km at 5km pace |
| Fri Feb 8 | 40 mins easy or rest |
| Sat Feb 9 | Surrey League |
| Sun Feb 10 | 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
All road, fell, xc, tri and track results etc, are welcome.

Box Hill Fell Race 7.5M 12km 2000ft 600m

Saturday 19th January

A good crowd of "Box Hill Lunatics" headed off from south London on a bleak Saturday morning. Seven of us were crammed in to my elderly Alhambra, and others joined at the registration. Sadly a few had to drop out at the last minute due to family and work commitments, but we were joined by the late addition of Jack, of whom more later.

Both Laura Vincent and I were doubtful starters, as we were both nursing injuries, but were going to do a warm up test run and then decide. On arrival Laura, quickly and wisely decided not to run. I did a ten minute warm up, with no noticeable pain from my calf injury, so decided to give it a go.

Jack, wearing a pair of my fell shoes, got off to a flying start, and soon found himself in the lead group of about ten runners well clear of the rest of the field. He managed to run up every hill, was pretty rapid on the descents, and his 7th place was the best finish position by a DR ever, and the first time someone from the club has run under 60 minutes on the new course. Some way behind Jack, **Des** had a good solid run, and was unlucky not to dip under 70 minutes.

I came in next, in what was my slowest time over the new course. The first two climbs and descents went quite well, but

towards the end of a section of road my calf started hurting, and while not bad enough to cause me to stop, definitely slowed me over the second half. It got worse at the top of the second to last climb back up to the top of Box Hill, which I ran, enabling me to get away from Grzegorz and Mark who were catching me. Running through the woods, it felt as though my calf



Hugh, Jack, Des, Grzegorz
Laura, Katie, Lucy, Martin, Marta

cramping up, and a runner whom I think was the eventual M60 winner got away from me. But at that stage in the race, it was a matter of digging in and carrying on. It did mean that getting back to car was a pretty painful hobble!

Just behind me, **Grzegorz** and **Mark** were chasing each other round the course, with Mark taking the lead on the climbs and Grzegorz burning him off on the descents.

In the end honours went to Grzegorz by 7 seconds. Not far behind them **Marta** and **Martin** came in together, the sprint finish being won by Marta, but Martin had an excellent run, taking over two minutes off his time from two years ago. **Katie**, by now a Box Hill veteran, had a good steady run, but not quite equal to her times over the last two years. Our last runner was **Lucy** who had a great first run and sprinted to the finish with the biggest smile I have ever seen on a runner's face! It got bigger when it was announced she had won the FV50 prize, as the first FV50 had won the FV40 prize. Taking home a bottle of wine is not a bad start to racing at Box Hill!

Thanks to everyone for coming, and especially to Laura for her support, photos and film of the first ascent, with Jack showing us how it should be done!

As a footnote, having expected to be pretty crippled on Sunday, I woke up to find my calf almost completely healed. However, I am not about to recommend Box Hill as the cure for running injuries!

Hugh Balfour

| | | |
|-----|--------------------|-------------|
| 7 | Jack Ramm | 58.51 |
| 57 | Des Crinion | 70.56 |
| 113 | Hugh Balfour | 76.12 2MV60 |
| 115 | Grzegorz Galezia | 76.32 |
| 116 | Mark Foster | 76.39 |
| 125 | Marta Miaszkiewicz | 77.52 |
| 126 | Martin Double | 77.53 |
| 140 | Katie Styles | 80.16 |
| 149 | Lucy Pickering | 83.05 2FV50 |
| 252 | finished | |

Veterans AC Champs 4.5M Wimbledon

January 19

A small Dulwich contingent (and Gary!) took part. Conditions were good and dry on a course that was slightly extended to avoid treework by the Brook.

Steve felt he had to run after a disappointing parkrun and was easy winner of a less than competitive M60 category though

struggled on the hills.

Gary continued his recent improvement with a strong run while Andy continues to improve after his heart pacemaker op and took M65 bronze.

Jo Quantrill won W60 silver.

Ros would have run but had to officiate.

Mike M, still injured, also officiated.

| | | |
|--------|-------------------|--------------|
| 14 | Steve Smythe | 30:52 (1M60) |
| 30 | Gary Budinger | 35:06 (6M55) |
| 37/10W | Jo Quantrill (2c) | 35:47 (2W60) |
| 46 | Andy Murray | 38:38 (3M65) |

Apologies to Nick Wood for allocating him the incorrect number at last weeks Surrey League Xc which should have been 270, not 271. This meant he was down as Graham Little in the official results - corrected below

- **Mike Mann**

| events to come | | |
|-----------------|-----------------|--------------|
| Surrey League 4 | Southern Champs | Riddles down |
| Lloyd Park | Parl. Hill | parkrun |
| 9/02/2019 | 26/02/2019 | 16/03/19 |

| CROSS COUNTRY CHAMPIONSHIP MEN 2018 - 2019 After 5 events - Best 5 events inc. 3 Surrey Leagues | | | | | | |
|---|-----------------|-----------------|-----------------|---------------|-----------------|---------------|
| | Surrey League 1 | Surrey League 2 | Surrey League 3 | London Champs | South of Thames | Running Total |
| | 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 |
| Nick Wood | 36 | 36 | 40 | | 43 | 155 |
| 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 |
| 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 |
| 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 |
| Graham Little | 26 | | | | | 26 |
| Ed Simmons | 25 | | | | | 25 |
| Ed Smyth | 21 | | | | | 21 |



Banstead Woods

| | | | |
|---------|-----|------------|-------|
| 261 Ran | | | |
| Pos | Gen | | |
| 2 | 2 | Tony Tuohy | 18:22 |

Beckenham Place

| | | | |
|---------|-----|----------------|-------|
| 228 Ran | | | |
| Pos | Gen | | |
| 2 | 2 | Andy Bond | 16:58 |
| 3 | 3 | Stephen Davies | 17:30 |
| 6 | 1 | Clare Elms | 18:49 |
| 13 | 11 | Stephen Smythe | 19:46 |

Bexley

| | | | |
|---------|-----|-------------------|-------|
| 533 Ran | | | |
| Pos | Gen | | |
| 15 | 14 | Michael Fullilove | 20:48 |
| 18 | 2 | Kim Hainsworth | 21:04 |

Brockwell , Herne Hill

| | | | |
|---------|-----|---------------|-------|
| 551 Ran | | | |
| Pos | Gen | | |
| 35 | 34 | Jonny Hough | 20:09 |
| 60 | 55 | John Dudding | 21:13 |
| 171 | 142 | Graham Laylee | 23:48 |
| 457 | 292 | Daniel Mercer | 30:31 |

Bromley

| | | | |
|---------|-----|----------------|-------|
| 764 Ran | | | |
| Pos | Gen | | |
| 187 | 25 | Claire Barnard | 24:24 |

Burgess

| | | | |
|---------|-----|--------------|-------|
| 544 Ran | | | |
| Pos | Gen | | |
| 9 | 9 | Paul Devine | 17:46 |
| 93 | 90 | Ian Lilley | 21:32 |
| 538 | 333 | Chris Vernon | 46:52 |

Cannon Hill , Birmingham

| | | | |
|---------|-----|--------------|-------|
| 919 Ran | | | |
| Pos | Gen | | |
| 828 | 307 | Susan Cooper | 37:34 |

Clapham Common

| | | | |
|---------|-----|------------|-------|
| 941 Ran | | | |
| Pos | Gen | | |
| 367 | 312 | Ian Sesnan | 25:14 |

Cleethorpes

| | | | |
|---------|-----|-------------|-------|
| 196 Ran | | | |
| Pos | Gen | | |
| 16 | 14 | Colin Frith | 23:06 |

Crane Park

| | | | |
|---------|-----|--------------|-------|
| 272 Ran | | | |
| Pos | Gen | | |
| 3 | 3 | Thomas South | 17:52 |

Crystal Palace

| | | | |
|---------|-----|------------------|-------|
| 412 Ran | | | |
| Pos | Gen | | |
| 50 | 2 | Belinda Cottrill | 21:52 |
| 64 | 5 | Yvette Dore | 22:15 |
| 109 | 100 | Bob Bell | 23:59 |

Dulwich

| | | | |
|---------|-----|------------------|-------|
| 495 Ran | | | |
| Pos | Gen | | |
| 1 | 1 | Edward Chuck | 15:36 |
| 20 | 19 | Dominic Wilson | 18:41 |
| 24 | 23 | Tom Wilson | 18:58 |
| 27 | 2 | Rosalind Johnson | 19:22 |

| | | | |
|-----|-----|------------------|-------|
| 38 | 34 | Ebe Prill | 19:44 |
| 68 | 63 | Rob Cope | 20:27 |
| 89 | 81 | Ajay Khandelwal | 21:19 |
| 96 | 87 | Olivier Montfort | 21:29 |
| 98 | 89 | John English | 21:30 |
| 203 | 173 | Michael Dodds | 24:32 |
| 226 | 40 | Teresa Northey | 25:09 |
| 493 | 196 | Clare Wyngard | 61:17 |

Finsbury

| | | | |
|---------|-----|--------------|-------|
| 657 Ran | | | |
| Pos | Gen | | |
| 23 | 22 | Paul Collyer | 19:01 |

| | | | |
|--------------|-----|---------------|-------|
| Hilly Fields | | | |
| 363 Ran | | | |
| Pos | Gen | | |
| 5 | 5 | James Burrows | 18:50 |

Felixstowe

| | | | |
|---------|-----|---------------|-------|
| 166 Ran | | | |
| Pos | Gen | | |
| 23 | 4 | Hannah Issett | 24:40 |

Leicester Victoria

| | | | |
|---------|-----|----------------|-------|
| 466 Ran | | | |
| Pos | Gen | | |
| 109 | 11 | Marjorie Epton | 23:59 |

Malling

| | | | |
|---------|-----|-----------------|-------|
| 284 Ran | | | |
| Pos | Gen | | |
| 19 | 2 | Tereza Francova | 21:51 |

Mole Valley

| | | | |
|---------|-----|-------------|-------|
| 352 Ran | | | |
| Pos | Gen | | |
| 4 | 4 | Des Crinion | 19:35 |

Newbury

| | | | |
|---------|-----|-----------------|-------|
| 557 Ran | | | |
| Pos | Gen | | |
| 32 | 30 | Matthew Ladds | 21:02 |
| 232 | 38 | Karina Burrowes | 28:05 |

Peckham Rye

| | | | |
|---------|-----|-----------------------|-------|
| 426 Ran | | | |
| Pos | Gen | | |
| 41 | 1 | Michelle Lennon | 21:03 |
| 42 | 41 | Alex Bazin | 21:09 |
| 146 | 19 | Jenny Ross | 25:12 |
| 264 | 81 | Claire Steward | 29:24 |
| 426 | 174 | Emily Warburton-Brown | 56:17 |

Richmond

| | | | |
|---------|-----|----------------------|-------|
| 545 Ran | | | |
| Pos | Gen | | |
| 164 | 145 | Barrie John Nicholls | 25:11 |
| 539 | 205 | Lindsey Annable | 52:12 |

Riddlesdown

| | | | |
|---------|-----|-------------|-------|
| 173 Ran | | | |
| Pos | Gen | | |
| 18 | 2 | Ange Norris | 22:06 |

South Norwood

| | | | |
|---------|-----|----------------|-------|
| 149 Ran | | | |
| Pos | Gen | | |
| 2 | 2 | Alastair Locke | 18:34 |
| 95 | 71 | Peter Jackson | 29:08 |

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 or mcmann90@yahoo.co.uk or ebepri11@yahoo.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



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



Socks only £5



Bufs/snoods - only £6



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

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



HOODIES CLEARANCE
ONLY £10 each

SOCIAL SPOT

P *Upcoming events.*

O Beer & Cheese matching

T 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

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

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 3

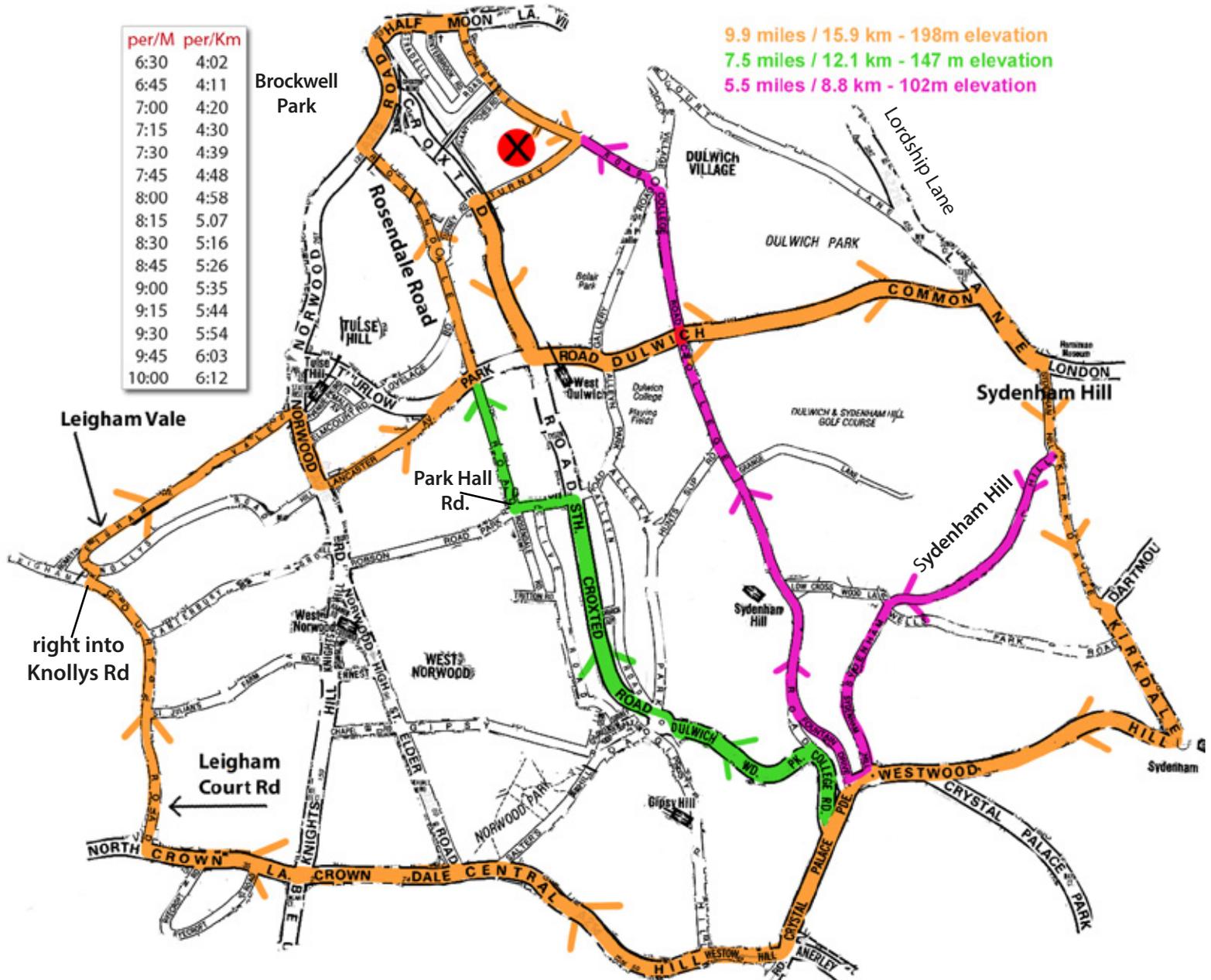
| per/M | per/Km |
|-------|--------|
| 6:30 | 4:02 |
| 6:45 | 4:11 |
| 7:00 | 4:20 |
| 7:15 | 4:30 |
| 7:30 | 4:39 |
| 7:45 | 4:48 |
| 8:00 | 4:58 |
| 8:15 | 5:07 |
| 8:30 | 5:16 |
| 8:45 | 5:26 |
| 9:00 | 5:35 |
| 9:15 | 5:44 |
| 9:30 | 5:54 |
| 9:45 | 6:03 |
| 10:00 | 6:12 |

Brockwell
Park

9.9 miles / 15.9 km - 198m elevation

7.5 miles / 12.1 km - 147 m elevation

5.5 miles / 8.8 km - 102m elevation



right into
Knollys Rd

Leigham
Court Rd

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