



# SHORTS

Dulwich Runners AC

Weekly Newsletter

November 7th 2018

## 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 7 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD  
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 10 Surrey League Xc - see pages 4/5 for full details

Tue 13 Crystal Palace track - details below

## In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 3 Upcoming races, information etc
- 7 Race reports and times
- 11 Parkrun times
- 12 Club kit - New winter additions !
- 13 Social events etc
- 14 Wednesday map + Strava links
- 15 DR 2018 AGM Notice and notes etc

**And much more !**

Like us on Facebook @dulwichrunners

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

our website: [www.dulwichrunners.org.uk](http://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](mailto:steve.smythe@athleticsweekly.com) to go on the mailing list

## LUCKY VEST

### Tonight in the clubhouse

Wear your Dulwich Runners vest or t-shirt for the club run on the first Wednesday of any month and you will go into a free draw and could win the £5 cash spot prize !

Vests £18 each from Ros [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

## 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.

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

*A brief look ahead*

Nov 10 Surrey League Xc

Nov 17 London Champs - Parliament Hill Fields

## NEW RUNNERS ROTA

Thankyou to **Ange Norris** and **Ian Sesnan** for taking out new people last week. 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

<b>Tom South</b>	<b>7/11</b>
volunteers may be needed	14/11
Katie Styles	21/11
Ros Tabor	28/11

## Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Some 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 2018/19 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**

2018		Race	Venue
Nov	10	Surrey League Xc                      Men	Nork Park, Banstead
	10	Surrey League Xc 6k -1pm        Women	Nonsuch Pk, Cheam
	17	London Champs	Parliament Hill Fields
	24	South of Thames 5 mile XC (S) (incorp. club champs 5M)	Morden Park
Dec	1	Kent Masters Cross Country Champs	Dartford
	8	SEAA Masters Champs	Horspath, Oxford
	15	South of Thames 7 mile XC	Beckenham Place Park
2019			
Jan	5	Surrey County Champs	Lloyd Park
	5	Kent County Champs	Brands Hatch
	12	Surrey League Xc                      Men	Mitcham Common
	12	Surrey League Xc 8k -11am        Women	Happy Valley, Coulsdon
	19	Vets AC Champs	Wimbledon Common
	26	South of England Champs	Parliament Hill Fields
Feb	9	Surrey League Xc                      Men	Lloyd Park
	9	Surrey League Xc 8k -1pm        Women	Richmond Pk, Kingston end
	23	England National Cross Country Champs	Harewood House, Leeds
Mar	10	Virginity Big Half                      (L)	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: [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)   Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## 2019 Club Championships

Avid readers of Shorts will have spotted that one of the tasks falling to ADSC is to decide on a programme of races for the club champs. We are currently in the process of doing this, with a view to publishing a complete programme early in December.

We already have firm decisions on some events, notably the Big Half in March, London Marathon in April and the SOAR Mile in July, and it is likely that we'll go for a parkrun in February (venue tbc) and one of the Sri Chinmoy Battersea Park 5k races in June. Others we are considering are the Thames Towpath 10 on 14 April, the Sevenoaks 7, a popular offroad race that has been used before, in mid July and the Eltham 5 in June.

This leaves a 10k and one other race to be decided as we would like a total of 9 events. So if any of you have views or suggestions on races to include, in particular 10k, 5 mile or 5k, your thoughts will be appreciated, if possible by 12 November. Mike Mann (on behalf of ADSC [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk))

## 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)

## Men's Surrey League, 10 November: Urgent Request For Volunteers

The race organizers are looking for volunteers to help out with this race at Nork Park on Saturday 10 November, starting at 3pm. If anyone is able to help out on the day please contact Ebe Prill or Tom South.



The club will hopefully have two London Marathon places for club members .

To qualify you must have:

- Been a member for at least 12 months
- Applied to the ballot and been rejected and not been eligible for a good for age or championship place
- Not awarded a club place for the past two years (2017 & 18)

We allocate one place on the basis of contribution towards the club over the year and the other by draw.

To be considered contact [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk) or in person, or via our FB group **by Wednesday 28 November Ebe Prill**

## 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

## SOAR RUNNING

### Discount codes

In recognition of Dulwich Runners support of the SOAR mile in the summer, SOAR Running are offering a 25% discount on their products for a 6 month period up to 18 April 2018. When ordering use the following discount code: **SOARXDULWICH25**

## Forthcoming Cross Country Races

Following our highly successful performance in the first match of the Surrey League season, our second fixture takes place on 10 November at Nork Park, Banstead.

To maintain our second place position, we need as many as possible who competed at Richmond Park plus the small number of runners unavailable.

The London Champs on 17 November at Parliament Hill Fields forms part of our Ken Crookes cross country champs, so you are encouraged to take part. Although this course has something of a reputation, it is usually relatively benign at this time of year. The distance is shorter than the South of England champs (10km for men, 6km for women) and the ground much less muddy. Those wishing to enter should contact their captains by 31 October.

The South of Thames 5 mile race takes place on 24 November at Morden Park, starting at 2pm, and is a combined men's and women's race. This is the final race of our club champs so you are strongly encouraged to take part; indeed some of you may need to in order to complete the required number of races. Please contact your captains by 14 October.

Finally the Kent Masters champs takes place on 1 December at Dartford (see notice below). We have the prospect of entering some strong teams. Those listed are asked to confirm their availability with their captains. Eligibility is by either county of birth or residence. If you are unsure please contact your captains.

Please note that for these last three events, it is essential to be entered in advance in order to compete; you cannot simply turn up on the day except as a spectator.

## CROSS COUNTRY ENTRIES

There has been confusion about whether you need to enter in advance for cross country races.

**For Surrey League races** the system for men and women has now been aligned. Most regular participants are included on the online database but your captains need to know in advance whether you intend to take part in individual races.

Any enquiries about attendance at Surrey League races should be directed to Ebe and queries about other cross country races to me or Ange

**For all other races** you need to let your captains know by the deadlines posted, this includes the South of Thames 5 on 24 November, which is the final club champs race.

**Please note** if you have not been entered in advance, you will not be able to take part in the following races.

### For races this autumn to mid December

Date	Race	Deadline
17 Nov	London champs	31 Oct
24 Nov	South of Thames 5	14 Nov
1 Dec	Kent Masters champs	16 Nov
15 Dec	South of Thames 7.5	5 Dec

## South Of Thames 5 Miles

24 November

Our final club champs event takes place at **Morden Park on 24 November, starting at 2pm**. Some of you will need to take part in order to complete the required number of qualifying events, while others may be able to improve their overall scores. Age graded scores will be adjusted to reflect the fact that this is a cross country event.

The race takes place over a 3 lap course of gently undulating grassland.

To take part **contact your captains by Wednesday 14 November**

## Your Club Needs You - 15 Dec

We are hosting the longer South of Thames cross country race, being held at Beckenham Place Park on Saturday 15 December. Because of the extensive construction work in the park, the course is different from that used in recent cross country races in the park, and there are a number of points where marshals are required to direct runners and warn them of hazards.

As this race is one of the events in the Ken Crookes cross country champs, we want to encourage as many as possible to run, but if you no longer race or cannot race because of injury, your help on the day would be greatly appreciated. It is the day of our Christmas party so hopefully there will be quite a few available. Please contact me at [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Kent Masters Cross-Country Champs - Dartford

December 1

This event in Dartford is one Dulwich could potentially do well in and we have quite a few eligible runners.

if you are a Kent qualified athlete over 40 (by birth or residence) then this could be one of the most important events of the winter.

**Male Athletes who are eligible include**

**M40:** Andy Bond, Rob Cope, Will Cotter, Steve Davies, Lloyd Collier, Joshua Groenendijk, Ian Lilley, Daniel Mann, Buzz Shephard, Mike Williams

**M50:** Joseph Brady, Gideon Franklyn, Mike Fullilove, Duncan Hussey, Tony Tuohy

**M60:** Bob Bell, Colin Frith, Steve Smythe, Gary Sullivan, Neville Webb

**If you require any further information about any races in Shorts then contact your respective captains:**

**Men Xc:** [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

**Men road:** [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk)

**Ladies:** [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

# Mens Surrey League Cross Country, Nork Park

## Saturday 10 November - 3pm start

Our second Surrey League fixture. The course is a short lap then two long laps and is parkland and wooded trails. Cross country spikes, fell shoes or off-road shoes are recommended.

Nearest station Banstead, walk/jog to the start. About 30 mins walk (1.5 miles) along Nork Way. There's a shop on that route.

Shortest time route Herne Hill Thameslink Route is change at Sutton and then 5 minute interchange. 50 mins

East Dulwich / North Dulwich route change at Streatham Common. 60mins

Forest Hill / Penge W change at West Croydon. 45-50 mins.

All services every 30 mins. Banstead is Oyster Zone 6.

Cycling is 3.5 miles from Sutton - suggest use quieter B roads via Banstead village rather than the busy A217.

If driving parking is on the roads off Nork Way off the A240 at the northern end of the park, about 5-10 minutes from the start, also at Nork Park at the end of The Drive but this is not accessible when travelling south down the A217.

Those of you who took race numbers home with you after the first match are reminded to bring them with you as under the new system race numbers are retained for the entire season

Anyone not planning to run, organizers Wimbledon Windmilers are looking for volunteers to assist with marshalling. Please let Ebe or myself know if you are available. **Mike Mann**

## Urgent Request For Volunteers

The race organizers are looking for volunteers to help out with this race.

If anyone is able to help out on the day please contact Ebe Prill or Tom South.



# Surrey League Saturday 10th November 1 p.m

## Ladies division 1 at Nonsuch Park

### Transport/Parking

Nonsuch Park is in between Cheam and Ewell Village. Two entrances in London Road to car parks, Ewell Road. Cheam, also leads to car park. Cheam park Café, car park & access through Tudor Drive (SM4) off B279

### **No parking at all in the Mansion House car park.**

Nonsuch Park is circa 10min minute walk from Cheam station. The park is accessible to pedestrians from main entrances off London Rd , Ewell Rd, Blue Gates, Beaufort Way, the footpath off Holmwood Road leads across Warren Farm to Nonesuch Park. There is other street parking available in these areas.

## Nonsuch Park Womens Surrey League

10th November

**Senior Veterans and U20's - Div2: 11am - Div1: 1pm**

2 large laps:

Start A-B-C-D-E-F-G-H-I-J-K-G-L-M finish 6.2k approx.

**Girls U15 & U17 - 12noon**

1 large lap & 1 med lap:

Start A-B-C-D-E-F-G-H-I-J-K-G-L-M-

A-B-C-D-E-F-G-L-M finish 4.3k approx.

**Girls U13 - 12:30**

1 large lap:

Start A-B-C-D-E-F-G-H-I-J-K-G-L-M finish 3.1k approx

**Note: point G is on a bridge**

### Course

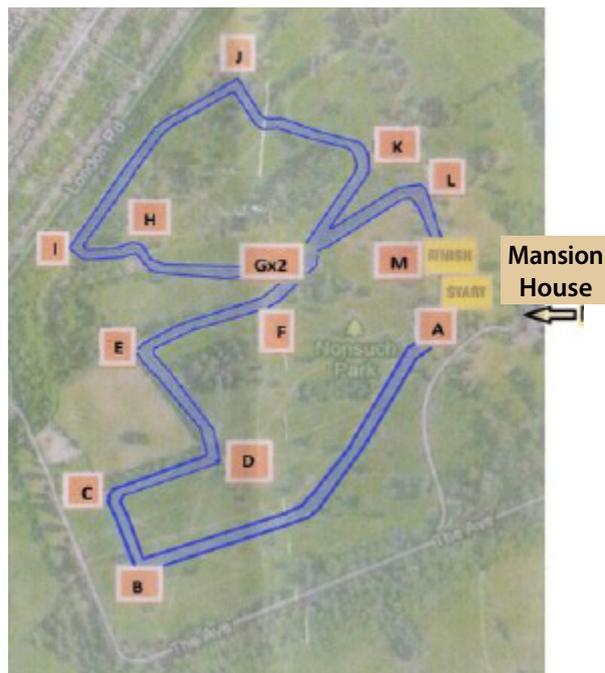
Start/finish is about 150m from Mansion House Café. Footwear will be off road shoes/spikes. The route is mixed terrain, short grass, park/wooded trails, marked with red flags, and marshals.

### Changing/toilets

No changing facilities in the park. Toilets in the park café (150m from start) and Cheam park Café, Car parking & access through Tudor Drive (SM4) off B279.

Any questions - contact Ange and Clare

[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)





### **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 13 October. 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. For the women's Surrey League, and now the men's runners 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 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. 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**

This year the Ken Croke cross country championships will include the 4 Surrey League races, the London championships on 17 November, the South of Thames long race on 15 December, the South of England championships on 26 January and the Riddlesdown parkrun in March (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 [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)

# 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.

## Reigate priory Relays

Saturday 3rd November

A small group of women ran in the Reigate Priory relays on Saturday. The warm up started early when some of us had to sprint across Victoria station dodging other travellers to catch our train! It was perfect running conditions with Priory Park looking lovely in the autumn sun. It's a proper cross-country race with a steep ascent and descent and at 2.5 miles, short and sweet. We entered two teams and due to a last-minute drop out, Katie ran 2 legs



Katie Styles

Katie and Alice set us off on leg 1. Alice came in first and was only 20 seconds behind her time from a previous event. Very respectable seeing as she is coming back to fitness after the birth of her son. Katie felt strong on the uphill and finished a short distance behind.

Jo set off first for leg 2 followed by Anna. Despite having run a very hilly marathon the weekend before, it did not

seem to slow Jo down and she powered up the hill overtaking quite a few other runners. Anna eventually overtook her and moved through the field feeling strong.

Anna handed over to Lucy who ran well, coming in at a similar time to two years ago, and crossed the finish line beaming having really enjoying the course. Katie brought our second team home, this time finding the hills a lot tougher!

The race was enjoyed by us all. It's a fun team event to take part in, a good intro to cross country and took just 1 hour to get there from Herne Hill. When the email comes around about it next year, sign up!

**Anna Thomas**

132 women ran. We came 17th and 19th out of 42 teams

Anna Thomas	18.48 (18.52 - 2016)
Alice Williams	19.00 (18.37 - 2016)
Lucy Clapp	19.44 (19.37 - 2016)
Katie Styles	19.48/ 20.19 leg 2 (21.16 - 2014)
Jo Shelton Pereda	21.09 (21.28 - 2016)



Lucy Clapp

## Red Bull Time Laps

27th & 28th October

Red Bull are renowned for always putting on good quality events so when I saw the coverage for last year's Time Laps event I decided I would give this year's event a go. It wasn't as hard as I thought to find 3 friends crazy enough to join my team for a 25 hour cycling race. It was an hour longer as this was the night the clocks went back. A significant turn in the weather the week before informed us this was going to have a major impact on everyone's race and the main issue aside from pacing a 25 hour race would be staying warm and dry when not on course.



The race started at 12pm on Saturday and we took turns doing 1 hour shifts on the 6.5km course. The course was undulating with a couple of technical sections. And with so many riders on track (200 teams of 4) it meant that you could not afford to switch off at all over the 25 hours. At

2am when the clocks went back there was also a Power Hour where laps counted double so we needed to be on form for that. In the middle of the night the temperature dropped closing to freezing so it was a struggle to stay warm and the first laps back out were difficult. We attempted to stay warm and get some sleep beside heaters in the central main tent on our off hours.

We were a really balanced and consistent team despite the fact that only one of us had done any long distance specific training for an Ironman this year. We started conservatively, mid pack but as the night went on and morning broke again we noticed other teams were literally falling apart and losing pace and riders were dropping out everywhere! We continuously crept up the leader board and all put in hard last hours to finish at 12pm on Sunday 53rd overall out of 200 teams. Several professional riders (including Alex Dowsett), sponsored teams and top cycling clubs were at the event so we were really pleased with our result as 4 "impostors" in the form of triathletes!

**Des Crinion**

# New York City Marathon Reflections

4th November 2018

## Preamble

This has been my third marathon within a period of 7 months, having run London in April (chip time 2:42:13) and Berlin 7 weeks ago (chip time and PB of 2:38:48).

I recognise that running 3 marathons (and especially marathons in a few weeks of each other) is not optimal and not to be recommended. There is also the thing about what you do in terms of recovery and preparation between marathons a few weeks apart. Not easy.

Many will be aware that I reached my target for the year in Berlin with my first sub 2:40. My expectations for New York were different in that I had accepted not to shoot for a PB; just enjoy the experience of the largest city marathon in the world (there were over 52,000 finishers this year). Also, the following reasons are not conducive for racing a hard marathon: -

- Another hard marathon effort will likely take its toll on the body, increasing the risk of injury;
- The New York course is certainly regarded as more challenging than Berlin, London (and also Chicago and Tokyo and possibly Boston), with its undulations, bridge crossings and tight turns. The second half is regarded harder than the first half;
- The early wake up call (at 4am) albeit the clocks went back an hour on the Sunday morning, to get to the start village and wait around for a few hours
- I was going to be in New York for a week with the family as a tourist seeing some of the sites (after all it was a holiday) and of course there was the odd distraction with the odd work email etc.

I had mentioned to club-mates previously that a sub 3 would be nice on this occasion.

Of course, in the end I ran the race at a harder effort than sub 3 pace and ended up coming in sub 2:45 (with another satisfactory performance in my opinion).

## The Course

### *My take on the course: -*

Overview: The course route, which has been followed since 1976, covers all 5 boroughs of New York City. It starts at Staten Island. Runners cross the vast Verrazano-Narrows Bridge (the highest elevation on the course) in to Brooklyn and head their way through various neighbourhoods, reflecting the city's diverse cultures and communities through to Queens at half way (by crossing another bridge with a stunning view of the Manhattan Skyline to the left). Runners then cross the mile long Queensboro Bridge into Manhattan. The route then head's northwards along 1st Avenue through to the Bronx (via another bridge crossing). The route zigzags for a mile or so before returning back into Manhattan with runners crossing the Madison Bridge on to 5th Avenue through gentrified Harlem and then a climb at mile 23 through to Central Park. A couple of miles of undulations through Central Park and Central Park South on to the final 400m stretch up a hill to the finish back in Central Park near the Tavern on the Green restaurant.

Course profile: With crossing 5 Bridges, a number of hills and a number of twists and turns I would regard this as a challenging marathon. Leave the PBs for more benign courses such as Berlin, Chicago and London.

Water stations: There are stations every mile (after mile 3) providing Gatorade and water in paper cups. Some practice and technique is required to pick up a paper cup and drink from it without spilling it. Also, the division between Gatorade and water on some stations was not obvious – on a couple of occasions I picked up Gatorade by accident.

Support/crowds: The largest marathon in the most 'brash' city on the planet - you can expect lively, fist-pumping cheering at most places on the course. Weather conditions were perfect for spectating (and running) – a clear day, bright sunshine, minimal breeze and mild temperature for the time of year. I found some of the localities in Brooklyn, Queens and Harlem to be especially lively with many bands pumping out music. Contrast this with the spectator free zone along the Queensboro Bridge and also, interestingly, the Hasidic Jewish community (at mile 10) where support along the route is minimal; the local residents go about their normal day, some looking up wondering what is happening in their community. My expectations had been built up to

expect something phenomenal along 1st Avenue in Manhattan after crossing the Queensboro Bridge, like a 'Cutty' or 'Tower Bridge' sensation on steroids, but alas, although there were many spectators there I found it as though someone had turned on the mute button. That said, the support is excellent and a memorable experience – the quiet parts provide respite for the more lively elements.

Logistics: With the start at Fort Wadsworth on Staten Island, several miles away from the finish in Central Park, the logistics of transporting 50,000 participants across the city is a huge effort. It requires runners broadly choosing either the option of catching the Staten Island ferry from lower Manhattan or a bus in Midtown at a very early hour, with a wait of a few hours in the start village before the cannon (not gun) goes off. I elected for the Midtown bus which I caught at 5:30am. All very smooth – I arrived at the start village within 40 minutes. I was fortunate; for later buses, it can take from one to two hours once traffic gets clogged up. For an event of this profile and stature it was not surprising that security was tight. There were numerous checkpoints – before boarding the bus, entering the village and also the start Corral. These were efficient and it all went smoothly. I also noticed that police presence along the route was incredible, it seemed as though there were police officials along every block along the course – someone mentioned to me that New York City has the largest police presence of any city in the world – I can now believe it!

Having arrived at the Start village at around 6am I had a few hours before the start at 9:50am. I was able to find a tent and just chill out; wrapped up in my layers and blankets and let time pass by. I had brought food with me to snack on before the start – Also the organisers offer coffee, water, protein bars (?), and bagels – all provided courtesy of various sponsors.

Overall, I do not consider New York to be a PB course. The challenging course profile and early wake up call are not conducive for super fast times. For me, having run 3 of the 6 majors so far, Berlin is the PB course with its pancake flat profile and super efficient organisation.

### *How did it go?*

Although I felt I recovered from Berlin quicker than expected, given the reasons laid out above, I had set out not to run a PB. My strategy was to focus on effort (i.e.

managing heart rate) rather than pace. I wanted to run a strong race and not suffer during the more hilly second half with the bridge ascents and 5th Avenue climb. I also wanted to look strong at the points where I would see my supporting 'entourage' – my family and two close friends from Canada (visiting for the weekend). (Also, we had spent a week in the city beforehand; plenty of time to acclimatise but plenty of opportunity to see the many sites and take in the food scene (portions in the US are plentiful!). I was not sure how this would impact my performance).

In terms of the day itself, all the logistics in getting to the start and getting ready to run went smoothly. There was an element of waiting in the Corral before being lead out to the start on the top section of the Verrazano Bridge. Then there were the various announcements, an emotional rendition of the US National Anthem, introductions to the male elite runners (30 or so metres ahead), but drowned out by the sound of an apache of helicopters flying over. Then there was the Race Director's address about the New York City Marathon being the 'largest' and 'best' marathon on the planet. (Don't the London Marathon organisers say the same?). The Race Director then announces 'Lead Vehicles Roll; On your Mark' and the cannon blasts to start the race and then runners are serenaded with Frank Sinatra's 'New York, New York,' as they head towards the bridge. (It was crowded over the bridge with quite a few slower runners ahead to meander – observation: New York allocates runners into Start Zones (Corrals) by expected time put on the runner's application. Some marathons want proof of times in terms of allocating people into Zones.)

For the early miles I managed heart rate well within the low 150s and, in spite of the initial ascent, a few decelerations at water stations, I was able to get into a routine of 6:10 minute miling (broadly in keeping with the flow of traffic). I reached half way at 1:20:45 and felt comfortable. Aware that the more challenging aspects of the race were ahead I was thinking that I could still achieve a sub 2:45.

A lot of the race was a bit of a blur – I recall the contrasts of moving from one locality to another (e.g. the bustling Hispanic section of Brooklyn and then into the orthodox Jewish community); of climbing the bridges, the eerily quietness

and seclusion of passing through the Queensboro bridge; the underwhelming feel of trudging up 1st Avenue at miles 16-18 until being given a mental boost by seeing my friends and family at 106th and 1st and again at 106th and 5th; meandering through the lively Bronx and Harlem localities (incidentally close by to where we were staying at 119th).

I do remember the climb up 5th Avenue at mile 23 feeling strong, passing a number of fellow runners who had 'overcooked' it. However, there is always someone who is stronger and I vividly remember Lee F passing by, fresh as a daisy as though he had just started the event, arms waving with encouragement before galloping up to Central Park and out of sight. (Ian had a great run!)

I also remember reaching Central Park thinking it's all 'downhill from here', which it literally was, but by then my left hip was aching and quads were screaming such that the hope of free-wheeling to the finish was more of a challenge and took longer than I expected. On to Central Park South and then the '800m to go' sign looms in sight, with another corner into the park. Only 400m to go up a cruel incline to the finish (but muscle memory is there as I negotiated 4 x 400M strides along this stretch earlier in the week). I manage to lunge past a couple of tiring runners to the line. (In Berlin I managed a sprint; at New York it was definitely a hobble).

Relief - all done in 2:43:59

Placing 266th of 52,697 (2 places better than Berlin; 70 places down than London); 15th in age category of 4,701 (and 1st Brit in age category – I'll take whatever plaudits that I can.) (Berlin 23rd/London 15th) Age grading 82.95% (Age graded place 77th of 30,585 male runners)

1st Half – 1:20:45; Second half - Who cares (okay, it was a positive split).

## Reflections

### *My reflections of the race were: -*

1) I was happy with how I monitored heart rate which was broadly consistent through out save for the final mile;

2) My hip was hurting from mile 15 onwards and it got progressively worse as the race progressed. At the finish I could barely walk and it took ages to collect my post race poncho and head out of the park to the exit;

3) I had no intention of running a negative split given the profile of the course. However, the elites did and so did Lee F – have I missed a trick here? Was my race strategy flawed?

4) I was pleased I did not rely on Garmin GPS pace which went haywire throughout the course. I was not put off by this at all as I focused on heart rate and feel;

5) It was pleasing that Lee had a very strong run, finishing Sub 2:42, only a few weeks after Chicago. It was also pleasing to read that Barrie John Nicholls completed the event, too. Such is the way the wave starts operate at New York, apparently, I had passed half way before Barrie had started. Barrie, you must have had a long day! Mark Callaghan also had a strong run – completing in 3 hours 8 minutes.

6) I was pleased to have spotted and waved at my 'entourage', who were ideally placed.

7) I very much enjoyed reaching the bar/restaurant on 76th and Amsterdam after the finish where a beer was waiting for me and I managed to demolish one of the largest Burgers I have even seen.

8) There is more to life than just running. I was able to spend a wonderful week in one of the most vibrant cities on the planet. That involved spending time with the family and friends, being a tourist – including 'Top of the Rock'; the High line; a Broadway show; NHL Ice hockey at Madison Square Gardens; witnessing Halloween New York style and also visiting some of the many restaurants available.

9) I have to thank this club; its colleagues and its coaches for the guidance and encouragement that has afforded me to embark on this journey. I am very grateful.

### *What's next?*

For the immediate future, rest. My legs are in such a state that it may be a few days before I go for a run.

I have a bucket list objective of completing all the Majors. So far I am half way there (London, Berlin and New York completed). To go are: Tokyo (March 3rd 2019); Chicago (October 2019) – places confirmed for both – and Boston (April 2020, qualifying time of 3:25 met). The question I am pondering is at what goal pace should I aim to run these races (assuming I remain fit and healthy)?

**Steve Davies**

266 2:43:59  
52,697 finishers

## Deal Castle 5 Mile

A pan flat race along the promenade from Deal to Kingsdown and back again. The first 2 miles were into 15mph wind, and a good bunch of us from 2nd to 10th worked well together. On the return 3 runners broke away and my change of pace with the wind behind didn't really materialise and when I pushed

on no-one followed. With a u turn at the Pier the last 800m was back into the wind and I just about managed to hold off a spirited run from an Ashford runner to finish 5th knocking 2 minutes 36 seconds off my only other official race time at this distance.

Cool down was spent wandering around the Henry VIII castle!

5 Jonathan Whittaker 28:36

## Dubai Trifest 2018

I planned a trip to see a friend in Dubai. Over recent years he has got into Triathlon, 70.3's and Full IronMan. He suggested for a change we do a triathlon while I'm visiting. Sounded like a good idea as long as it was a sprint distance, young humans in my life make it hard to find the time at the moment for anything longer.

I've done a few Sprint distances over the summer this year to remind myself what triathlons are like and have enjoyed the change in training this year with the swimming and some dedicated commuting to work by bike. My running has been stronger this year than at any other stage so felt prepared for my last tri of the year.

I was concerned the heat might get to me a bit. But the start time was at 06:50am, the sea was warmer than the air temp which was lovely but it was quite windy and the swim route was changed so we didn't veer of track. A mass running start down the beach and into the water wasn't to my liking with everyone jostling for the same space it felt like, but got through it and onto the bike. I'd hired a bike and went out for the 20k ride. It was a out and back route and like the swim coming back was a bit slower because of the wind. Through transistion again and out for the 5k run. It was getting on for about 8am now and the temp (for me) was warming up quite quickly. I went out quite hard for me and picked off quite a few people, like the ride it was a out and back route which had a head wind coming back. I did start to slow up in the remaining mile. I've run better 5k's this year but wind and the horrible feeling of not being able to get the taste of salt water out my mouth made me feel constantly dehydrated. Pretty pleased with my finish time in the end.

Martin Double 29th from 134

Swim	00:21:02.672
T1	00:01:53.117
Bike	00:33:17.564
T2	00:01:46.420
Run	00:22:20.171
Finish	01:20:19.944

## Mornington Chaser's Regent's Park winter series

Two Dulwich Runners made the schlep up north to run one of the Mornington Chaser's Regent's Park winter series this last Sunday, I can only assume that both Ed and myself had forgotten about the twisty, crowded and sneaky undulating course. Ah well, the weather was lovely and the vibe was nice, as it always is, so with selective amnesia fully engaged we both seemed happy to be on the start line.

My own upbeat mood didn't last long at all as I saw Chris Greenwood of Kent AC warm up. You see, my main aim here, after a PB last weekend, was to massage my delicate ego with a win (trying to replicate Al's south London 10k onslaught of winter 2016). I don't get to win many races, none in fact. I'd even take finishing a final Tuesday rep first but Tim in full Gandalf mode will never let me pass... So this was my chance and Chris Greenwood snatched it away. That left me running an isolated, bumpy, twisty tempo session for second place/first loser. Still, I got a pair of socks for the pleasure...

Ed's enthusiasm for the race lasted longer. After the first lap he was en route to 36:45 and bettering his time from Victoria Park on a tougher course. He was feeling good for most of lap 2 as well (3 lap course) but then at 6km, in his own words, "it felt like someone handed me a piano." This probably isn't conducive to fast running and he slowed a little in the closing 4km to finish just outside of his best time on this course. But with a marathon PB still a very recent memory and a frankly ridiculous week, inc. another one of those track sessions, a 20mi run and, a park run followed by a hill session (even with instructions to skip the park run) I'd say this was a super strong run and indicative of things to come.

2 Shane O'Neill	34:03
6 Edward Harper	37:11
335 ran	



Nov 3rd

## Banstead Woods

209 Ran

Pos	Gen		
3	3	Tony Tuohy	18:08
38	36	Paul Devine	22:12

## Beckenham Place

336 Ran

Pos	Gen		
2	2	Edward Harper	18:05
8	1	Clare Elms	18:16
12	11	Ian Lilley	19:31
20	19	Stephen Smythe	19:58

## Burgess

489 Ran

Pos	Gen		
56	53	Hugh Balfour	20:19
471	163	Susan Vernon	38:36

## Catford

179 Ran

Pos	Gen		
27	27	Gary Sullivan	22:04

## Clapham Common

640 Ran

Pos	Gen		
163	156	Rob Cope	22:29

## Crystal Palace

351 Ran

Pos	Gen		
7	7	Alastair Locke	18:35
13	1	Rosalind Johnson	19:24
15	14	Tom Wilson	19:32
23	2	Belinda Cottrill	19:48
69	8	Helen Lister	22:33

## Dulwich

449 Ran

Pos	Gen		
37	36	Justin Siderfin	19:30
40	39	Mark Foster	19:39
79	6	Lucy Pickering	21:17
87	8	Yvette Dore	21:32
92	83	John English	21:36
104	92	Graham Laylee	21:55
105	93	Cameron Timmis	21:56
110	98	Matthew Ladds	22:03
170	139	Michael Dodds	23:47
181	36	Clare Wyngard	24:13
210	47	Claire Barnard	24:47
216	50	Sharon Erdman	24:54
274	72	Karina Burrowes	26:53
300	216	Hugh French	27:41
361	237	Mick Mead	30:03

## Eden Project

181 Ran

Pos	Gen		
62	20	Jenny Ross	26:07

## Gladstone

227 Ran

Pos	Gen		
55	12	Becca Schulleri	23:50

## Greenwich

396 Ran

Pos	Gen		
15	14	Nicholas Brown	20:45

## Hampstead Heath

487 Ran

Pos	Gen		
7	7	Jonathan Whittaker	19:03

## Highbury Fields

366 Ran

Pos	Gen		
11	11	Paul Collyer	18:50

## Hilly Fields

316 Ran

Pos	Gen		
34	3	Kim Hainsworth	20:58

## Lullingstone

72 Ran

Pos	Gen		
15	2	Tereza Francova	23:52

## Peckham Rye

307 Ran

Pos	Gen		
1	1	Andy Bond	16:44
11	11	Kieran New	19:07
15	15	Joe Farrington-Douglas	19:21
61	55	Gideon Franklin	22:12
75	11	Teresa Northey	22:46
144	121	Paul Keating	25:56
168	134	Scott Williams	26:36
173	37	Emily Warburton-Brown	26:46
179	41	Stephanie Williams	26:59
186	46	Claire Steward	27:20

## Riddlesdown

179 Ran

Pos	Gen		
1	1	Dylan Wymer	17:22
127	39	Ange Norris	29:44

## South Norwood

133 Ran

Pos	Gen		
84	66	Peter Jackson	27:44

## Wanstead Flats

261 Ran

Pos	Gen		
77	6	Marjorie Epon	24:43

## Western Springs

136 Ran

Pos	Gen		
53	41	Nick Bell	26:34

## Wormwood Scrubs

131 Ran

Pos	Gen		
3	3	Des Crinion	18:48

**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.

# 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

**CLEARANCE OF HOODIES £10**  
all kit will be available at the  
**AGM – bargains to be had!**

## 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

## SHORTS!

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



Bufs/snoods - only £6

Socks only £5



# SOCIAL SPOT

P  
O  
T

*Upcoming events.*

**Wednesday 28th November**  
**Quiz Night**

This years annual quiz! Teams of 4, don't worry if you don't have a team as there is always enough people to make some on the night. The quiz will start at 9pm after the club run, it will be £5pp and there will be prizes up for grabs and any funds raised will go into the social fund to help fund future social events.

The social fund in 2018 has helped to fund & subsidise things like the pizza nights, beer & cheese night and drinks at the Mark Hayes Mile.

**Saturday 15th December - TBC**  
**Christmas Party**

The date in the social calendar you've all been waiting for!

We are just in the process of finalising a venue and once we have more details we'll update everyone.

*Thanks Matt*

If people mention [@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.

## 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)

## Photographs needed !...

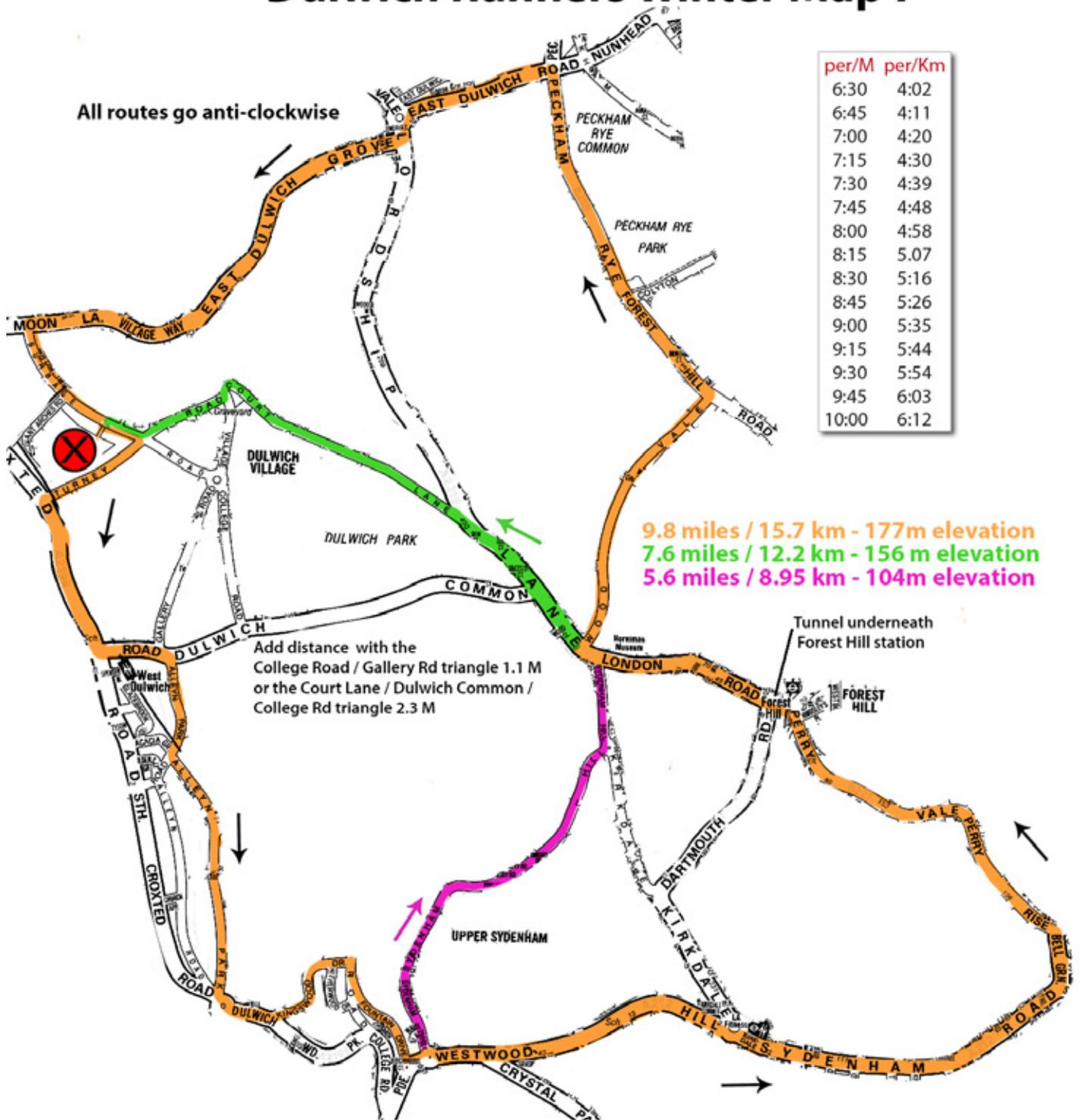
If anyone has any good recent photos of Dulwich Runners in action either on the race course or at the pub (or dance floor for Ajay) for inclusion in the brand new website, please could you send them to:

[jonathanwhittaker79@yahoo.co.uk](mailto:jonathanwhittaker79@yahoo.co.uk)



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!

# Dulwich Runners Winter Map 7



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

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



# DULWICH RUNNERS A.C.

## ANNUAL GENERAL MEETING:

Wednesday 14th November 2018, 9pm

The AGM will be held in 'The Nursery' downstairs at the Edward Alleyn Club, Burbage Road, London SE24 9HD at 9pm on Wednesday 14th November.

Items for the agenda should be sent to the Club Secretary, Yvette Dore, by Friday 9<sup>th</sup> November to be sure of inclusion.

Minor items of Any Other Business will be allowed on the day at the discretion of the Chair depending upon the time available.

Draft minutes of the 2017AGM are available on the club Website <https://www.dulwichrunners.org.uk/agm/> and will be proposed for approval at this AGM.

All Committee posts are up for election with the table opposite showing whether the present incumbent is happy to stand again.

For information, please note that the roles of Men's Captain and Men's Cross Country Captain have been reconfigured to create two Joint Men's Captains, with both Captains sharing responsibility across all areas, as is already the case with the Women's Joint Captains.

There are three positions where there are definite vacancies.

These are Women's Joint Captain and two positions as General Members.

Members are encouraged to stand for these and any role they may be interested in.

Anyone wishing to stand for a Committee post should be aware that the tenure of the Committee elected at this year's AGM will be 15 months, rather than the usual 12 months, due to a realignment of the AGM and the Accounting year (see note below on Change of Accounting Reference Date).

For further information on the responsibilities, please see the brief descriptions below, or speak to the person currently in the role.

It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-shuffling of the remaining Committee.

If you are interested in any of the roles, or know of someone who you think would be a good fit, please have a word with any Committee member as soon as possible.

Nominations for any role should be sent to Yvette by Wednesday 7<sup>th</sup> November to allow time to organise an election if there is more than one candidate, but nominations will be taken up to and including the day of the AGM.

Yvette can be contacted at:

[secretary@dulwichrunners.org.uk](mailto:secretary@dulwichrunners.org.uk)

### Change of Accounting Reference Date and AGM date

Members will recall that last year we changed our membership year from 1 Jan to 1 April to bring it in line with England Athletics. This has resulted in our membership year being 6 months out of sync with the Accounting year. In order to bring matters in to line it is proposed that the accounting year run to 31 December each year with the next accounting period being for 15 months to 31 December 2019. It is further proposed therefore that the next AGM take place in Feb 2020, approx 4/6 weeks after the end of the accounting period. The meeting is asked to endorse these changes to the Club's Constitution.

Post	Present Holder	Standing Again?
President	Ron Searle	Yes
Chair	Ros Tabor	Yes
Secretary	Yvette Dore	Yes
Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Joint Social Secretary	Matt Ladds	Yes
Joint Social Secretary	Tom South	Yes
Joint Women's Captains	Clare Wyngard	No
Joint Women's Captains	Ange Norris	Yes
Joint Men's Captain	Ebe Prill	Yes
Joint Men's Captain	Mike Mann	Yes
Shorts Editor	Barry Graham	Yes
Publicity Officer	Jonathan Whittaker	Yes
General Member	Chris Loizou	No
General Member	Steve Rolfe	No

# Dulwich Runners AC - Committee Roles 2018

Generally, the role of all Committee members is to deliver the smooth running of Dulwich Runners AC, ensuring it remains a successful, welcoming and sociable Club where members of mixed abilities can get the most out of their running and have the opportunity to develop and progress.

## Club President

The role of Club President is to encourage all members, especially new ones, and to ensure that we remain a friendly Club and that true sportsmanship is important to us.

## Club Chair

The Club Chair has overall responsibility for the smooth running of the Club, and Chairs committee meetings and the AGM.

The role administers and attends Tuesday track sessions and Wednesday Club nights, including maps, register and announcements, greeting new runners and finding them a group to run with.

The Chair also oversees Club events including the Club Championships, coordinating results, and organising and presenting medals. The Chair listens to members' views and raises relevant issues at meetings.

## Club Treasurer

The Club Treasurer manages the Club's finances and financial records, maintaining cash and income and expenditure records, and making payments and banking income as required.

The Treasurer makes track bookings at Crystal Palace and Dulwich College and negotiates rates as necessary.

The Treasurer produces and presents income and expenditure summaries for each Committee meeting and the AGM.

## Club Secretary

The Club Secretary organises and co-ordinates five Committee Meetings per year. This includes compiling and distributing the agenda, and attending and writing meeting minutes. The Secretary also attends and minutes the AGM, and supports the Club

Chair in Committee Meetings and the AGM as required.

## Membership Secretary

The Membership Secretary maintains the database holding an up to date record of Club members and issues membership cards. Sends out an annual notice via email of membership renewals, registering members with England Athletics, and liaising with EA throughout the year.

The Membership Secretary attends Wednesday Club runs to welcome new and prospective members, explaining the benefits of joining, the training we offer and about all aspects of Dulwich Runners and answer any questions they may have about running with us.

## Joint Social Secretaries

The role of Social Secretary is shared between two Joint Social Secretaries. The Joint Social Secretaries organise regular events to increase club engagement, such as curry nights and quizzes. The main event of the year is the Christmas Party which is the responsibility of the Social Secretaries. The

Social Secretaries are also responsible for arranging coaches to Club Championship Races that are difficult to get to or too far away for public transport.

## Club Captains – Joint Men's Captains and Joint Women's Captains

There are four Club Captains, two Joint Men's and two Joint Women's. The Captains share responsibility, to ensure men and women members, new and existing, feel part of a team. The Captains encourage members to participate in events, ensuring they are aware of fixtures, and are responsible for submitting entries for the Club's participation in races, relays and Leagues. Where required, they also select members to represent the Club in certain races and Leagues.

In conjunction with the Athletic Development Sub-Committee (ADSC), the four Captains are responsible for selecting Club Championship races and setting the rules.

The Captains select events for the Ken Croke Cross Country Championships and organise the Club's participation in Surrey League races. The Women's Captains sometimes arrange women-only social evenings.

## Shorts Editor

Shorts is the Dulwich Runners AC weekly newsletter. The Shorts Editor compiles and edits where required all stories and articles, ensuring the newsletter goes out every Wednesday containing all relevant information about the Club and upcoming races and events. The Editor distributes Shorts via email to all subscribers and also makes it available on the club Facebook page and via a downloadable online copy.

## Publicity Officer

The Publicity Officer is responsible for promoting the Club and its achievements via a number of channels including the Club's website, Facebook, Instagram and local forums, as well as submitting regular reports of races the Club has competed in, including Cross Country and Club Championships, to relevant publications such as the South London Press.

Additionally, the Publicity Officer is responsible for distributing publicity materials at local venues, such as sports shops, supermarket notice boards, pubs and railway stations.

## Kit Person

The Kit Person orders and sells Club kit, including Club vests, and maintains a stock list

## General Member x 2

There are currently two General Member roles on the Committee. Their remit is to represent club members generally and feedback to the Committee by taking part in most club events (training, road and cross country races, and social activities), and picking up on general matters through input from other members as well as their own experiences.

## The Role of the Athletics Development Sub Committee (ADSC)

The Athletics Development Sub Committee (ADSC) was set up in the club constitution . As its name implies it is a sub committee of the main club committee and reports to it. It includes all the club captains and coaches. In practice its main role in recent years has been to select the races for inclusion in the road and cross country championships and to devise rules for these. It also identifies members to receive the captain's award after each club championship event. Since many club members are unfamiliar with what ADSC does, it has been decided to prepare a statement and in doing so extend its role.

It is proposed that the role of ADSC should include:

1. Identify a schedule of key events and races for the season (both road and cross country) that the club intends to focus on. Communicate these details to members to enable them to plan their training schedules and ensure that they are available to participate.
2. Select members to represent the club at targeted key events and races. Agree selection criteria and communicate this to members. The final selection should be a matter for captains, taking advice from coaches.
3. Identify, select and communicate schedule of club champs races, both road and cross country.
4. Support and develop all members to progress and improve their running, and especially those who have the potential to represent their club at races and events.
5. Identify members to receive the captain's award at club championship races.

At the beginning of the cross country season, the captains currently provide information to members identifying high priority races. These include the 4 Surrey League fixtures, the county championships (including masters) and a number of other events that are included in the Ken Crooke cross country championships. These events vary from year to year, depending for example on whether or not the National Championships are held in London.

For road races , those selected for the club championships are high priority for individuals but there are a number of other events that are a club priority. These include the Big Half, Vitality 10k, Westminster Mile and London Marathon.

There are a number of relays where it is necessary to select teams and where captains and coaches are already heavily involved. There have been problems on occasions with runners selected and paid for failing to show up. It is proposed that this process should be formalised with priority races selected and announced in advance and a transparent selection process, based on recent race performances. The events where teams need to be selected are the BMAF road and cross country relays, the SEAA 6/12 stage relays, the SEAA6/4/3 stage relays and the Vitality 10k.

The ADSC already selects road club championship races during late autumn, publishing a final list in early December. A number of factors are taken into account, including avoiding clashes with other races, inclusion of local club organised races with reasonable entry fees, likely popularity and maintaining an even spread of races over the year. The rules are posted on the website, but are subject to some changes, depending for example on the total number of races chosen and their allocation into distance categories. The ADSC performs a similar task for the Ken Crooke cross country championships, announcing the races selected at the start of the season in early October.

Compared with other running clubs, until recently we have been very light on coaches, but steps have been taken to remedy through the funding of coaching courses, in which several members are participating. We need to make efforts to encourage more and discussions on how best to develop coaches, taking into account the priorities and challenges of the club, are proposed. With more coaches with experience, it will be possible to develop the potential of our athletes more effectively. There may be scope for incorporating some coaching into the Wednesday night runs, targeted in particular at those not participating in the Tuesday evening track sessions.

In addition to the Tuesday track sessions, speed sessions on the track have taken place on some Saturday mornings in the summer months. There is a case for reinstating hill sessions during the autumn and winter on those Saturdays free from major cross country events.

The winner of the captain's award is chosen after each road club championship race in consultation with the coaches. For the Ken Crooke cross country championship, an overall winner is selected at the end of the season. In addition ADSC will be responsible for setting the criteria and selecting male and female winners of a new Gill Johnson award to be presented annually.