



SHORTS

Dulwich Runners AC
Weekly Newsletter
October 16th 2019
www.dulwichrunners.org.uk

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 16	Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 22	Crystal Palace Track - starts @ 7.10 with warm up taken by Elkie Mace, Anna Thomas & Katie Styles, main session with Steve Smythe @ 7.25 see below for important details about the new payment system

Connect with us:



Crystal Palace Track New Payment Arrangements

We are back at Crystal Palace until next spring

The fee stays at £2.50 for members (non members pay the standard rate of £4.45)

There will be no trackside payment

Either pay cash at reception...

(YOU MAY BE ASKED AT RECEPTION TO SHOW YOUR DR or EA DETAILS AS PROOF OF MEMBERSHIP)

If you are unable to find your Dulwich Runners membership details, contact me and i will email you a replacement.

or Online at:

<https://www.better.org.uk-leisure-centre-london-crystal-palace-crystal-palace-national-sports-centre>

Click Book Activity > Click Book Tickets > Click Athletics, Crystal Palace and follow the instructions.

Regular attendees at track sessions can obtain a GLL-Crystal Palace Activity Membership Card where you can book with a PIN number and use the card to gain entry through the barriers without having to wait at reception.

To get this card email Ras Kaur

crystalpalaceevents@GLL.ORG with your Name, Contact No and Dulwich Runners Membership No.

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

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

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

In your SHORTS this week !

- 1 General information
- 2 Fixture list & race details
- 3 Upcoming races etc
- 4 Cross country information
- 5 Race reports, results - Surrey league XC reports
- 9 parkrun times
- 10 Club kit, Social events etc
- 12 Wednesday route map

And much more !

[Like us on Facebook @dulwichrunners](#)

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

A brief look ahead

Oct 19	Surrey Masters XC champs - Mordon
Oct 26	BMAF XC relays - Long Eaton
Nov 2	Reigate Relays - Reigate Priory
Nov 3	Regents Pk 10k - club champs
Nov 9	Surrey League XC - men & women

See full fixture list for more events and details



NEW RUNNERS ROTA

I am very pleased that we have been attracting a large number of new runners every week (often too many for the person on the rota).

Thank you very much to members who regularly volunteer to run with new people on a Wednesday. Last week special thanks to **Mike Mann, Gower Tann, Yvette Dore, and Clare Norris** If you're on the list please try and turn up that night and make sure anybody new has someone to run with.

If you can't make it, please try and either swap with someone or let us know asap. - Thanks. - Ros

volunteers may be needed

Grant Kennedy

Matt Ladds

16-10

23-10

30-10

Left at track last night - a ladies decathlon long sleeve top - is it yours ?

Rehydration !

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

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>

“Doha which was effectively a building site in a sauna”

Steve Smythe writes... Last night, a record number of members did a track session (8 x 1000 or 800). I made it 65 even though quite a few regulars were missing.

It's getting close to being too many and may we have to split the groups.

I'm not sure why there was almost double the numbers of a few weeks ago. It was good conditions - no rain - and came after running was more in the spotlight than normal at the weekend thanks to Kipchoge's sub-2 and a world record marathon by a woman (2:14:06).

I recently 'celebrated' the 50th anniversary of my first ever race back in September 1969 at the South road relays. It also dawned me how long I had been running when as

I pondered that my PB is no longer in the same half hour as the fastest ever marathon that when I set my PB in 1981, the world record was a mere 2:08:33 (set in 1969) so I was only 21 minutes slower back then.

I recently returned from Doha which was effectively a building site in a sauna - as they prepared for the World Cup, by hosting a world athletics championships which the local population was not particularly bothered about.

I was lucky enough to be attending my 12th successive World Championships (following Athens 1997, Seville 1999, Edmonton 2001, Paris 2003, Helsinki 2005, Osaka 2007, Berlin 2009, Daegu 2011, Moscow 2013, Beijing 2015, London 2017) and in most of them I

have taken part in the media 800m race - every time there has been one in fact which first started in the European Champs in Budapest in 1998 and has enabled me to race in new countries such as Korea, Canada, Russia, China etc.

However, embarrassingly on the day of the media race as I saw previous rivals arrive, I was going the opposite direction in a wheelchair and deposited in an ambulance (protocol rather than necessary) as the medical centre were concerned that my blood pressure was too high due to a mixture of pain from leg infection, circulatory problems and the heat. I therefore spent the day in hospital rather than at the track and so missed my opportunity to race in a new country.

DULWICH RUNNERS 2019-20 FIXTURES

Further information about races will usually be here in SHORTS and or announced on a Wednesday club night.
Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

Road & other Cross country Club Champs Assembly League

2019	Race	Venue
Oct	19 Surrey Masters cross country champs	Morden Park
	26 BMAF XC Relays	Long Eaton
Nov	2 Reigat Relays - men and women 1:30pm	Reigate Priory
	3 Regents Park 10k (short) entry details below	Regents Park, London
	9 Surrey League cross country (men)	Wimbledon
	9 Surrey League cross country - 6k 1pm (women)	Mitcham Common
	16 London Xc Champs	Parliament Hill
	16 British & Irish Masters cross country,	Southport
	23 South of Thames 5 miles	Morden Park
	30 Kent Masters cross country champs	Dartford
Dec	21 South of Thames 7.5 miles 2pm	Lloyd Park
2020		
Jan	4 County cross country champs	Denbies Vineyard, Kent
	11 Surrey League cross country (men)	Beckenham
	11 Surrey League cross country - 8k 11am (women)	Wimbledon Common
	25 South of England cross country champs	Parliament Hill
Feb	8 Surrey League cross country (men)	Lloyd Park
	8 Surrey League cross country - 8k 1pm (women)	Richmond Park
	22 England cross country champs,	Nottingham
Mar	21 England area 12 and 6 stage relays	t.b.c
Apr	4 National 12 and 6 stage relays	Sutton Park

Masters Events

To aid your race planning please visit the masters page on the club website at: <https://www.dulwichrunners.org.uk-masters> to find details of events and dates up to summer 2020

Entries for this years last club champs race now open:
https://www.theraceorganiser.com-listed-races-the-mornington-chasers-regent-s-park-10k-series?utm_source=facebook&utm_medium=event-page&utm_campaign=regents-park

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

Ken Crooke Cross Country Champs

In 2019-20 will include the following events.

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

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

Reigate Relays - Sat 2nd Nov

1.30 p.m Reigate Priory

ladies 3 x 2.5m - men 4 x 2.5m

Ladies and men run together but in separate teams. We are collecting names of any interested so we can put some teams together.

Note - it is the day before the last club champs race, Regents Park 10k.

Let Ange know - dulwichladiescaptain@gmail.com or on a Wednesday evening. **Closing date is Friday 25th Oct latest.**

London Champs 16 November

These champs take place at the iconic venue of Parliament Hill Fields, are easy to get to and we convene for drinks afterwards at a local pub, so what more can you ask for?

This is one of the Ken Crooke cross country champs.

To enter contact your captains by 30 October

South of Thames 5 miles 23 November

Taking place at Morden Park with a 2pm start, the course is over undulating grassland but this year it is over 3 shorter laps. As with the London Champs, it is one of the Ken Crooke cross country champs races.

To enter contact your captains by 13 November

Big Half Sun 1st March 2020

The community places for our club have now been filled.

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

There might be more regular entries later on as happened last year, but no guarantee unfortunately.

Cross Country Entries:UPDATE

There have been a number of events up to late November for which entries have been invited. The position to date is mixed. There has been an excellent response for the Surrey Masters on 19 October, for which entries are now closed.

However there has been very little interest in the BMAF relays the following weekend, possibly because it coincides with half term, and with entries closing today we will not be entering any men's or women's teams. Both the London Champs and the South of Thames 5 miles in November are cross country club champs events.

We have a few names on the list for both but you are reminded that entries for the London champs need to be submitted to your captains by 30 October. To date I have Des Crinion, Matt Cooke, Gower Tan, Will Lawn and Tom South amongst the men for the London champs, but am expecting more to come forward.

You have more time for the South of Thames race with entries closing on 14 November.

Box Hill Fell Race - 2020

Saturday 18th January 2020

This is my annual plug to recruit some more DRs to the unique joys of fell running. If you have never tried it, Box Hill is the ideal place to start. 7.5 miles and about 1800 ft of ascent, classified as a category B race, but being on paths and grassland, with no becks, boulders or bogs, there is no chance of getting lost, and in the right conditions you can get round with dry feet. But nonetheless it has some short but challenging climbs and three or four exciting descents.

The biggest challenge is getting an entry. The entries are done online at fabian4.co.uk. They open at midnight on 1 November and are usually full by 9am the following morning! I now stay up till midnight to be sure of an entry. If you are keen to enter and would like me to text you a reminder that evening, then let me know your number. Mine is 07930 901 189.

My email is hugh@christchurchpeckham.info

More details can be found if you google Box Hill Fell Race. The main requirement is that spikes are not allowed and fell shoes are pretty essential. Trail shoes will give you a hard time, unless it is exceptionally dry or frozen hard.

I will be around for the next few Wednesdays if you have any questions, or feel free to contact me if you want to know any more.

Hugh Balfour



Surrey League

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

Distance

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

Scoring

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

Surrey League entry

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

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

Other Races

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

Which races to go for

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

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

Entry for other races

Apart from Surrey League for nearly all other races captains have to submit entries in advance of a deadline, details of which will be put in Shorts, by email and Facebook, requesting those interested to put their names forward, so please read these carefully. It is not possible to cater

for runners who decide at the last minute that they fancy a race and substitutions are not permitted.

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

Footwear

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

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

Ken Crooke championships

2019-20 will include the following:

4 Surrey League races

Lloyd parkrun, 28 Sep.

London Champs, Parliament Hill, 16 Nov.

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

South of England champs, 25 Jan.

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

For further information please contact your captains at:

dulwichladiescaptain@gmail.com

or mcmann90@yahoo.co.uk

or ebepriill@yahoo.co.uk

Race Reports & Results

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

Surrey Ladies League, Reigate

October 12

*Steve Smythe writes...*An excellent turn out and most of the regulars of recent years were there though we need all our available runners - ie those that do marathons or longer events - if we are going to do well. We did have 10 runners all within two minutes of each other but unfortunately they were three minutes behind our first runner.

This did allow our B team to finish fourth but the A team were 11th but did at least beat local rivals Herne Hill, who were well below full strength.

Clare Elms made a late decision to race and took it easy initially and then came through strongly and in outsprinting Clare Grima - the first vet in 2:40 in the London Marathon, she was the first vet despite being 20 years into the vets category.

Seventh was her highest position for four years and easily the highest a W55 has ever finished in the league.

Yvette is in the best form of her life and sharpening up for her marathon this

coming weekend, she had her best ever cross-country run to be second scorer.

Ange also came through the field well as usual and there was one of the best ever league runs from Katie while Emma completed the scorers with another strong run.

The B team was led by a solid run from Anna just ahead of Belinda (who had run the Reigate parkrun earlier) Michelle, not at her best, but warming up for the Cabbage Patch the following day was followed in by Ola, who is still short of full fitness while the B team was completed by Jane Bradshaw, who made a good club debut.

Close behind was Laura and not too far back was Helen who had her best run since the birth and is gradually improving her fitness. Eleanor ran well not too far ahead of Madi, who made a good club debut and Lucy, who is another not quite at full fitness. And a strong debut from another newcomer Naomi Crowther.

Ros is also not at her best and carrying an injury and she completed the team.

A team

7 Clare Elms	25:09 (1 st W35+)
62 Yvette Dore	28:01
66 Ange Norris	28:09
68 Katie Styles	28:17

78 Emma Ibell 28:38

B team

80 Anna Thomas	28:44
82 Belinda Cottrill	28:46
92 Michelle Lennon	29:06
104 Ola Balme	29:53
107 Jane Bradshaw	29:58
108 Laura Vincent	29:58
115 Helen Lister	30:08
128 Eleanor Simmons	30:47
139 Madi Robinson	31:13
140 Lucy Clapp	31:17
153 Naomi Crowther	32:01
195 Ros Tabor	35:45

232 finishers

TEAM: 1 Clapham Chasers 79; 2 Kent AC 92; 3 Thames Hare & Hounds 122; 4 South London Harriers 137; 5 Belgrave 149; 6 Hercules Wimbledon 150; 7 Ranelagh 173; 8 Stragglers 12; 9 Woking 262; 10 Epsom & Ewell 277; **11 Dulwich Runners** 281; 12 Herne Hill 293; 13 Reigate Priory 305; 14 Fulham RC 369; 15 Ful-on-Tri 447
B TEAM: 1 Clap C 279; 2 S Lon 334; 3 Kent 421; **4 Dulw 465**; 5 THH 517; 6 Belg 529; 7 Strag 558; 8 E&E 572; 9 Rane 615; 10 Fulham 652

Women's Surrey League Cross Country Reigate

12th October 2019

*Ange Norris writes...*The course at the Reigate yesterday was a proper cross country course comprised of mixed terrain of short grass and wooded trails. Conditions were perfect with some mud, firm underfoot.

We had a good turnout with three new runners who enjoyed the course.

Clare Elms was our first runner in an incredible 7th place. We then had the rest of the team finishing together. Yvette Dore is running well and in good form for Amsterdam marathon. Ange Norris also had a good run, Katie Styles one of our coaches, who is running very well had the same time as Ange. Emma Ibell completed the scoring A team.

The B team was led home by Anna Thomas, one of our coaches who took the warm up session before the race who also had a good run. Belinda also looked good. Michelle Lennon was the next runner, then a gap before Ola, who is a regular at cross



country races. Laura Vincent also in good form. Jane Bradshaw has recently joined the club and is very keen and enthusiastic about taking part, she enjoyed the course and was the final B team scorer.

Helen is in good form, so is Eleanor. It was Madi's first race with the club, she was pleased with her run. Lucy really liked the course. Another new member, Naomi also liked the course. Lovely to see Ros looking relaxed and finishing as first V70.

Surrey League Division One Effingham Common

Having been promoted from division 2 last season, it was going to be an interesting first fixture for this cross-country season, testing ourselves against some of the best cross-country clubs and runners in the country. For the new season, we headed to a new course on Effingham Common. Unlike last season, when conditions were warm and with firm ground, we were welcomed with damp conditions, and soft underfoot conditions. The course started with a loop of the common along narrow paths, unless you were brave enough to run wide, with rutted, uneven ground.

After the initial loop, a narrow bridge, which did cause a bit of a jam for people in the middle of the pack causing some people to walk for a few seconds. Once over the bridge, there was steady climb (think Court Lane), into a wooded section, which was undulating and narrow. You had to choose carefully where you overtook other runners where the path widened and to avoid roots.

After a nice decent run back to the bridge, we were sent back up the hill for approx. 400m, before a hairpin bend for a decent run back to the bridge, before heading back to the first field for a 800 metre charge to the finish.

Leading the team home was non other than Ed Chuck. His marathon training is really paying off and finished in an excellent 27th place. Not far behind, was Jack Ramm, who has been in stunning form all year, and this was probably his best performance over cross country in 47th place. It should be said that Jack is challenging Wayne Lashley for some comedy gold moments, like leaving his spikes at Lloyd Park and club vest in Scotland on the morning of the race.

Third scorer was Andy Bond, who recently got called up for the England Masters team. He finished twenty second behind Jack in a fine 58th place. Fourth scorer was Shane

O'Neil, who wasn't quite at his best as he is in heavy marathon training at the moment and finished 92nd overall.

Fifth scorer was Tom South in 98th place, who worked his way through the field nicely once over the bridge. Not far behind was Daniel Mann, who ran a well paced run, after having a heavy work load of late to finish in 105th place.

Sixth scorer was Tim Bowen, who has recently become a father for the second time, and like Daniel, hasn't had the chance to train as much he would of liked. Seventh scorer and making his debut for the club was Martin Belzunce. Eighth scorer was

he has joined the club and Justin Siderfin. Justin could of run in division four for his tri club, but wanted to test himself, as he is a runner foremost. Following in Justin, was another runner coming back to fitness after an injury hit start to the year, Andrea Ceccolini, who will continue to get stronner as the season continues.

The next two in were separated by a mere three seconds. First there was Des Crinnion, who is not at full fitness at the moment and Jonny Hough. This is their second season of doing cross country for the club and both welcomed proper conditions compared to last year. Next in was Mark Foster who



Nick Wood, who is a regular team member at cross country, and this was his best performances for the club to finish 152nd. Not far behind was James Burrows, who has backed himself in the Surrey Cross country fantasy league, to motivate himself to complete in all four fixtures. He finished 164th overall. Completing the scoring ten was marathon maestro Charlie Lound, who is bound to get stronger over the course of the season, as he ramps up his training. Next in for the club was Paul Devine, who like Tim has recently become a father for the second time, and has not done as much training as lately. But he had no excuses, for not running here, as its on his doorstep. Following in closer order, was another two stalwarts of the cross country team Matt Cooke and Grant Kennedy. Both will get stronger over the season. The next two runners in, again in close order were Gower Tann, who has continued to improve since

often thrives at cross the country and put in another fine performance. Mark was followed in by Hugh Balfor, who would of probably preferred a few more hills.

Popping his cross country cherry (his words not mine), was Tom Wilson. Again he is another runner coming back to fitness and using the winter to build up his strength to get a sub 3 marathon in the spring.

Next in was captain Mike Mann, who could of taken the easy option and run for VAC in Division 4 but put in a good run, as well as organising the numbers. The final man in was Gideon Franklin, with a strong finish. Overall we finished 8th out of 9 teams. It will be a tough ask for us to stay up, but with some of our stronger runners not available (Buzz, Wayne, Alistair, Steve) for various reasons we will be giving it our best shot.

Tom South

Surrey Men's League Division 1 Effingham

October 12

Steve Smythe writes... A good new venue, not a perfect course as there was a bridge which needed to be crossed one at a time and too many of our runners started too slowly and were forced to queue.

As expected, while we can dominate division 2, we are not strong enough to do well enough in division one but we did at least beat a very below par Clapham Chasers for the first time.

Ed had a steady run and just missed Tim's best ever Division one position of 26th a few years ago and picked up some good scalps including Paskar Owor.

Jack started slowly and was flying through the field on the second half in probably his best ever cross-country run.

Andy could not quite go with Jack after a far too slow start but he also had a strong second half.

Shane had a good run but is not quite back to his best form yet and he was chased hard

by Tom - hugely improved from last year, who came through well.

Daniel ran well again and he finished ahead of Tim, who is far from full health but will at least get better as the season goes on. Martin, who won a silver medal at 1500m and a bronze at 800m in the World Transplant Games a few months ago, made a good league debut while the scoring was completed by a steady run from Nick Wood and James Burrows, who had one of his best ever cross-country's.

The B team was led in by a less than fully fit Charlie and Paul followed by good runs from Matt, Grant and Gower.

Justin was not quite at his best while Andrea is not fully fit and Des is somewhat below his winter form of last year.

Jonny and Mark completed the B team. Hugh was the first M65 and Mike the first M70 while an unfit Tom and a strong run from Gideon completed the team.

Next time, we need a few who ran to be slightly better but also need the likes of Buzz, Alastair, Wayne, Lee, Ed H, Steve D, Tony etc

27 Ed Chuck	26:46
47 Jack Ramm	27:34
58 (scoring 53) Andy Bond	27:53 (3rd M45)
92 (71) Shane O'Neill	28:53
98 (75) Tom South	29:03
105 (77) Daniel Mann	29:34
112 (78) Tim Bowen	29:49

Belgrave team, so we have it all to do in the forthcoming matches.

Surprisingly, this was the first time Effingham Common has been used for a cross country race but it was an excellent venue with a mixture of grassy paths and woodland trails, in which many of us became quite disorientated, though one section of the common early on which thankfully we only ran on once was very uneven and potentially ankle turning. It was also easy to access by train. The host club, Guildford and Godalming did an excellent job in ensuring that it was well signed with marshals at all the critical points.

Unlike last season's initial match at Richmond Park that took place in summer-

139 (85) Martin Belzunze	30:44
152 (88) Nick Wood	31:11
164 (89) James Burrows	31:39

B team

167 (59B) Charles Lound	31:53 (6th M50)
169 (61B) Paul Devine	32:01
176 (65B) Matt Cooke	32:20
178 (66B) Grant Kennedy	32:24
186 (72B) Gower Tan	33:03
187 (73B) Justin Siderfin	33:11
189 (74B) Andrea Ceccolini	33:19 (8th M50)
192 (75B) Des Crinion	33:32
193 (76B) Jonny Hough	33:35
202 (79B) Mark Foster	34:32

204 Hugh Balfour	34:46 (1M65)
211 Tom Wilson	35:41
225 Mike Mann	38:43 (1M70)
227 Gideon Franklin	40:46
(39) Lewis Laylee	27:13 2nd cl)
228 finishers	

TEAM: 1 Kent AC 204; 2 Hercules Wimbledon 297; 3 South London Harriers 326; 4 Thames Hare & Hounds 335; 5 Herne Hill 4512; 6 Guildford & Godalming 473; 7 Belgrave 576; **8 Dulwich Runners** 690; 9 Clapham Chasers 743

B TEAM: 1 Kent 55; 2 Herne H 230; 3 THH 365.5; 4 HW 416; 5 Clap C 486; 6 G&G 491; 7 S Lon 530; **8 Dulw 691**; 9 Belg 830.5

like conditions, we had more normal autumn weather with initial light rain which became steadier as the race progressed. Refreshments provided at the rather quaint cricket pavilion across the common were a big bonus though the organisers clearly under-estimated runners' appetite for beer as we drunk the place dry.

Having raced on Wimbledon Common the following day, the signs are that parts of the course to be used for the November fixture could be quite muddy, so be prepared. You will need fell shoes or spikes.

Kent AC 204, HW 297, SLH 326, THH 335, HHH 451, G&G 473, Belgrave 576, Dul 690, Clapham Chasers 743

Surrey League Division 4 men

Richmond Park 12.10.19

Three DR's were in action at a drizzly Richmond Park, helping out their second claim clubs. The course was two laps of a loop between the Isabella plantation boundary fence and Kingston Gate, featuring grassy paths, a fast bumpy downhill, a steady up and a difficult moss-covered tree-root section.

Lloyd was first of our runners home, 40th in the division, 2nd of only a 5-strong Windrush team. Further back, Gary and Andy

were 9th and 10th home for Veterans AC. There was a fair amount of position-swapping amongst the 130 strong 4th division field according to how well runners coped with the differing sections. VAC fortunately had 15 runners there, although two arrived late, one too late to run, one dropped out and one injured a shoulder in a fall, needing help to reach the finish.

Andy Murray

40 Lloyd Collier (Windrush)	37.05
107 Gary Budinger (Veterans AC)	43.23
118 Andy Murray (Veterans AC)	47.14
Teams 5 VAC 558 points, 11 Windrush 864.5	

CROSS COUNTRY CHAMPIONSHIP 2019 - 2020								
After 2 events - Best 5 events including 3 Surrey Leagues								
	Lloyd Surrey				Lloyd Surrey			
	pkrun	Surrey Lge 1			pkrun	Surrey Lge 1		
	Mob match	Effingham	total so far		Mob match	Reigate	total so far	
	28-9-19	12-10-19			28-9-19	12-10-19		
Ed Chuck	50	50	100	Yvette Dore	48	49	97	
Jack Ramm	49	49	98	Ange Norris	47	48	95	
Tom South	48	46	94	Anna Thomas	46	45	91	
Martin Belzunce	47	43	90	Michelle Lennon	45	43	88	
Gower Tan	43	36	79	Belinda Cottrill	41	44	85	
Andrea Ceccolini	41	34	75	Jane Bradshaw	44	41	85	
Jonny Hough	42	32	74	Madi Robinson	43	37	80	
Tom Wilson	40	29	69	Sara Roloff	50		50	
Mike Mann	37	28	65	Clare Elms		50	50	
Andy Bond		48	48	Roz Johnson	49		49	
Shane O'Neill		47	47	Katie Styles		47	47	
Joe Twomey	46		46	Emma Ibell		46	46	
Tony Tuohy	45		45	Carys Morgan	42		42	
Danny Mann		45	45	Ola Balme		42	42	
Alex Loftus	44		44	Alexie Williams	41		41	
Tim Bowen		44	44	Laura Vincent		40	40	
Nick Wood		42	42	Helen Lister		39	39	
James Burrows		41	41	Eleanor Simmons		38	38	
Charles Lound		40	40	Lucy Clapp		36	36	
Ebe Prill	39		39	Naomi Crowther		35	35	
Paul Devine		39	39	Ros Tabor		34	34	
Martin Double	38		38					
Matt Cooke		38	38					
Grant Kennedy		37	37					
Jopseph Brady	36		36					
Justin Siderfin		35	35					
Des Crinion		33	33					
Mark Foster		31	31					
Hugh Balfour		30	30					
Gideon Franklin		27	27					

Men - events to come			
Surrey League 2	Surrey League 3	Surrey League 4	
Wimbledon 09-11-19	Beckenham 11-01-20	Lloyd Park 08-02-20	
London Champs	South of Thames	Southern Champs	
Parlt Hill 16-11-20	Morden 23-11-19	Parlt Hill 25-01-20	

Women - events to come			
Surrey League 2	Surrey League 3	Surrey League 4	
Mitcham 9-11-19	Wimbledon 11-1-20	Richmond 08-2-20	
London Champs	South of Thames	Southern Champs	
Parlt Hill 16-11-20	Morden 23-11-19	Parlt Hill 25-01-20	

Oxford 1-2M

Sunday 13 October

After dropping the distance through the summer and focusing on 5k and below, this was back to my normal territory. The last 2 Half Marathons I did in the spring, Big Half and Hackney, had each seen PB's after good winter and spring training but this one really only had the benefit of a few last minute longer post summer runs. As such I knew I wouldn't PB and instead hoped for a decent showing in V50, this being the first HM since I turned 50.

The overriding factor for the day was the rain. It was a horrible morning, with constant drizzle, and a bit windy and puddles everywhere. This was my first longer race with my new Stryd pod which measures wind resistance and adjusts power output accordingly. As I usually race to a power target I was curious as to

how this extra metric would work in poor weather. I settled on a power target that would get me in comfortably sub 90 and with warnings on my Garmin if I deviated too far from it and set off. Initially it was tough to avoid puddles and after about 3-4km I got boxed in behind the 90' pacer and following group who were actually running around 86' pace.

Slightly annoying but once I got past them it was a fairly clear run. The first 10k were comfortable and I was on target and very consistent with my pacing. I started to wonder if I could hit sub 85' with a strong push over the last 5km....

But then the heavens opened. It was a 10 minute deluge that felt like it soaked me to the bone, and flooded the roads. It felt like I lost some momentum for a while although the splits were ok. Looking back at the numbers post race it was just a bit more effort (power) running into wind and rain to achieve that pace. I think that's why at 18km, as we entered the university

parks and went onto semi flooded gravel paths, my legs started to go. Suddenly I was 10s-km slower and counting down the metres to the finish.

As we turned through Radcliffe Square approaching 21km I still thought I was going to be close to 85 minutes but then on the final turn I realised there were about 400m left. I guess you always have to allow 1% extra distance for these races, and with no km markers I hadn't been that meticulous about checking watch distance vs race distance. Oh well. I managed a reasonable acceleration to the line and came in at 87' exactly. In fairness that is probably what I would have expected pre-race. And nice to get 6th place in the V50 category and around mid-150's overall on chip time. At that point the decision to stay in a pokey but very central hotel paid off and the short walk-hobble back for a hot shower avoiding the race village was welcome!

Paul Collyer 1:27:00

Cabbage Patch 10

13 October 2019

Claire Steward writes: The Cabbage Patch 10 was founded in 1982 and has taken place every year apart from 2015 when the Rugby World Cup Finals were taking place at Twickenham. I first ran it in 2002, then 2004, and in 2005 when a certain Mo Farrah won in 48:59 with Mara Yamauchi first woman in 55:49 (after a 10 mile marathon training warm-up). A few years later in 2008, a record fifty eight Dulwich Runners took part and Scott Overall won in 48:28. Other notable female winners have included Paula Fudge, Emily Pidgeon and Steph Twell, the course record is held by Richard Nerurkah who ran 48:18 in 1999, although the course has changed slightly over the years.

I last took part in 2012, still managing to run under 75 minutes then for various reasons it didn't feature on my race agenda. Fast forward seven years, and on Thursday last week I was able to get an entry courtesy of a number transfer. My sights are now set somewhat lower and my aim was to finish within 90 minutes which I duly managed to do although 15 minutes slower than my 2009 PB!

Winner 50:18		
127	Alex Bazin	1:07:24
260	Michelle Lenon	1:12:32
337	Neville Webb	1:17:11
429	Lucy Pickering	1:18:29
697	Claire Steward	1:27:32
1567	Final finisher	2:38:07

distance close to 5 miles.

The course particularly alongside the brook was muddy in places with some large puddles, possibly a foretaste of the conditions we are likely to experience on Wimbledon Common at our next men's Surrey League in November. Despite the heavier ground conditions and legs compared with last month, my time of 41:22 was a small improvement on my 41:54 in September. Most of those who also ran last month posted slower times.

Mike Mann

2nd Sunday 5 Mile

13 October

Possibly not the wisest decision to take part in cross country races on two consecutive days, but hey what the hell! A half marathon starting nearby resulted in a change to the usual start and finish stretches but the 2 loops containing a long gradual climb and a sharper descent were unchanged and the overall



October 12

Ashford

211 Ran			
Pos	Gen		
13	1	Tereza Francova	21:14

Banstead Woods

179 Ran			
Pos	Gen		
2	2	Tony Tuohy	18:43

Bethlem Royal Hospital

80 Ran			
Pos	Gen		
53	18	Clare Osborne	31:15

Bexley

327 Ran			
Pos	Gen		
19	19	Michael Fullilove	21:22

Brockwell , Herne Hill

324 Ran			
Pos	Gen		
18	2	Kim Hainsworth	19:58
84	72	Graham Laylee	23:06
100	21	Susan Cooper	23:42
104	22	Catherine Buglass	23:55
165	33	Claire Barnard	26:03
182	37	Laura Lane	26:40
214	51	Hannah Harvest	28:02
222	165	Desmond Edwards	28:11
294	87	Sharon Erdman	32:19

Bromley

477 Ran			
Pos	Gen		
228	190	Colin Frith	27:10

Burgess

572 Ran			
Pos	Gen		
17	15	Will Lawn	18:50
251	210	Matthew Ladds	25:55
519	180	Susan Vernon	39:47
521	340	Patrick Mcmorrow	39:48
522	182	Stephanie Burchill	39:48
554	361	Chris Vernon	49:39

Crystal Palace

342 Ran			
Pos	Gen		
48	46	David Benyon	22:02
111	103	Bob Bell	24:23
116	9	Charlotte Sanderson	24:39
194	36	Jenny Bomers	27:50

Dulwich

337 Ran			
Pos	Gen		
28	3	Hayley Seddon	19:41
44	5	Ellie Balfe	20:24
165	38	Claire Steward	25:36
311	203	Mick Mead	34:19

Fulham Palace

391 Ran			
Pos	Gen		
169	151	Barrie John Nicholls	25:43

Greenwich

295 Ran			
Pos	Gen		
24	23	Tom Wilson	21:29

Highbury Fields

315 Ran			
Pos	Gen		
215	161	Paul Collyer	27:55

Ipswich

279 Ran			
Pos	Gen		
83	4	Teresa Northey	25:41

Mile End

291 Ran			
Pos	Gen		
4	4	Joe Twomey	18:40

Northwich

264 Ran			
Pos	Gen		
135	29	Clare Wyngard	29:29
238	146	Michael Dodds	42:23

Peckham Rye

272 Ran			
Pos	Gen		
158	121	Andy Bond	27:28

Princes , Liverpool

461 Ran			
Pos	Gen		
16	14	Alex Loftus	19:22

Reigate Priory

293 Ran			
Pos	Gen		
21	1	Belinda Cottrill	22:19

Tooting Common

507 Ran			
Pos	Gen		
163	145	Ian Sesnan	24:58

Worcester

505 Ran			
Pos	Gen		
116	15	Emma Kelly	25:17

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

DULWICH RUNNERS CLUB KIT

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

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



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



Bufs-snoods - only £6

Socks only £5



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



The Beast from the East !

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

ros.tabor49@gmail.com



! Available now !
Women's "Racer Back"
vests - £25



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

SOCIAL SPOT

P
O
T

Upcoming events.

Watch this space !.....

THE SOCIAL EVENT OF THE YEAR IS COMING.

The Dulwich Runners Christmas Party is taking place on Saturday 14th December, so keep your diaries free.

Further details to come, but there will be dancing, food, and the all important club awards.

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

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)

Cox's Walk Oak Trees

We often run through Sydenham woods. There are plans to cut down two 200 year old oak trees in Cox's walk. If you would like to find out more, and sign a petition to try and prevent the felling, click on the link below. - Ros

<https://you.38degrees.org.uk-petitions-save-the-cox-s-walk-footbridge-oak-trees>

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

And If people would mention [@dulwichrunners](https://www.instagram.com/dulwichrunners) on their posts then we can easily repost pictures on the main Dulwich

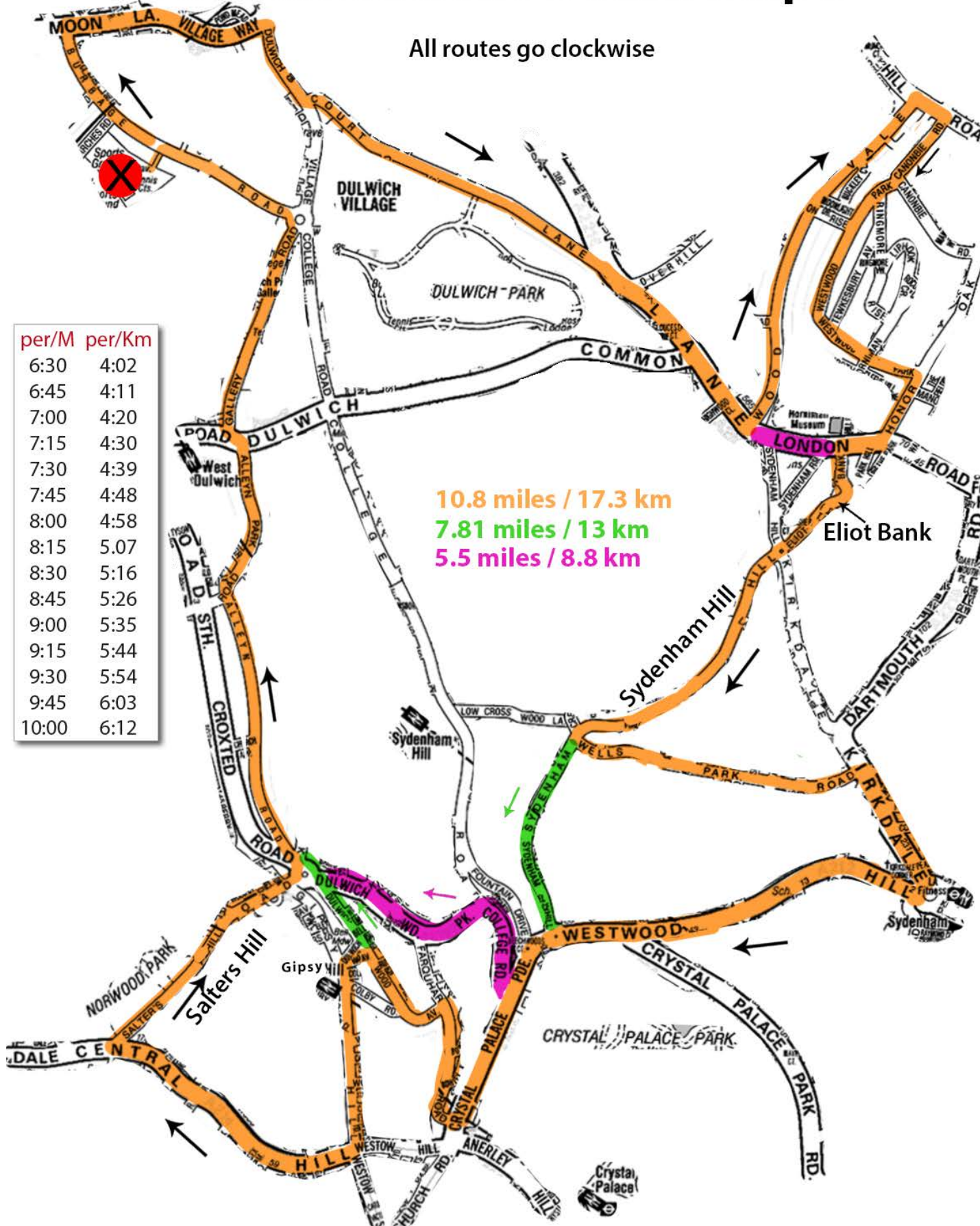


Instagram

Runners account of key achievements that you want to share, or cover club races .

Dulwich Runners Winter Map 5

All routes go clockwise



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

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