SHORTS

Dulwich Runners AC
Weekly Newsletter
January 21st 2015

These are your SHORTS,
Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk
DEADLINE 17:30 TUESDAY

- THE COMING WEEK –

Wed 21 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 27 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

In your SHORTS this week !

1... General information
3... All things Cross Country - races, advice etc
5... 2015 Dulwich Runners Club Champs races diary
5... Fixture list, club champs,XC, road, track
6... Race reports & results, Southern League XC reports
9... Cross country Champs tables so far
11... Parkrun results
12... Wednesday run map

And much more !

TRACK SESSIONS

at Crystal Palace Arena
Tuesdays with Steve Smythe

Improve your speed & strength over all distances, suitable for all standards and abilities.
Please be warmed up and ready for the session to start at 7.15.
You need to go through the Crystal Palace reception check in where you say you are with Dulwich Runners and you will be given a wristband.
When you get to the track itself, Ros will be there to collect your track fee (£2.50 per week) and mark the track register. If you want to pay in advance for future sessions that is fine.

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list **page 7**

Jan 24 South of England Champs - Brighton
Jan 31 Club Champs 5k Dulwich Parkrun
Feb 07 Surrey League XC - Men and women

Dulwich Runners Annual Membership Due

If you do not renew your 2015 membership then you cannot compete as a Dulwich Runner in any races, XC, club champs and any other events
You must RENEW ASAP
You will have received by email or post your membership renewal reminder for 2015.
If not then contact me asap **barry@bg1.co.uk** or see me at the club on a Wednesday evening
You can now pay direct online

NEW RUNNERS ROTA

Many thanks to **Joseph Brady** for taking out new runners last week.
If you are on the list, please can you 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**

James Burrows	**21/01**
Sue Cooper	28/01
Steve Cook	04/02

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to help cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - **Ros**

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered to scoff after the Wednesday run.
Arrives close to 9 and the cost is £5, or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating...join in !

Rehydration !

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

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page of Shorts.
Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse - Thanks

LUCKY VEST

January winner

Patrick Mcmorrow

Don't forget , wear your Dulwich Runners vest 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 prize on the spot in the clubhouse that evening.

Vests £18 each and can be puchased from Ros as can all kit

ros@28kerfield.freeserve.co.uk

for all other club kit please see **page 2**

The Outward Bound Trust an educational charity have a few final places left for The Virgin London Marathon.
Rachael Crowther - Events Coordinator
The Outward Bound Trust
T 020 3301 6478

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each

There is limited stock of hoodies, very small sizes only.
I can order more if enough people are interested.
They will be £20 each.
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

Lewisham are up to their tricks again.

"Lewisham Council will be closing the golf course at Beckenham Place Park to turn it into an outdoor concert/event venue, and additionally altering the meadows into a bmx park. i hope you believe like us that it would be best kept as originally intended - an open natural wildlife habitat to be enjoyed unspoilt by all. Otherwise the same argument could be used to change any existing park or public access space into more commercial ventures."

Beckenham Place Park Golf Course is a public course within a public park in SE London. Once the most-played public course in Europe, Beckenham Place Park is the only 18 hole public course in the 'Inner Boroughs' of South London. It has in recent years assumed a major role in bringing the game to the youth of the district with a thriving junior academy introducing the game to players as young as 6 years. It is ironic that the Council, following the success of the Olympic Games in London 2012 (and the inclusion of Golf as an Olympic sport for 2016), should now seek its closure. We the undersigned wish to register our objection to the attempt by Lewisham Council to close this public golf course and call upon the Secretary of State for Communities and Local Government to appoint an Inspector to Guarantee that Lewisham Borough hold consultations with all Park and Course users and also all Local Residents as the said park is predominately bounded by residents of the Borough of Bromley ***Andrea Pickup***

http://epetitions.direct.gov.uk/petitions/70912

The cross country season has started, so here is some information, particularly for the benefit of newly joined members.

We compete in the Surrey League cross country with the men in Division 2 whilst the women compete in Division 1.

There are 4 fixtures during the season that started on 11 October at Richmond Park for the women and Newlands Corner near Guildford for the men (details of other fixtures can be found in Shorts).

With the Men's Surrey League there's no need to enter in advance; you simply turn up on the day though your captain will find it helpful if you could let him know in advance.

With the Women's Surrey League, we need to enter runners in advance and you will receive an email regarding this. With the first 5 runners scoring for the women and the first 10 for the men , it is important to field as many as possible of our strongest runners.

But these and other cross country races are not elite and are suitable for all abilities.
They also provide excellent strength and endurance training from which you will reap the benefits, particularly in longer road races.

In addition to the Surrey League there are a number of other races during the season, almost all of which take place on Saturdays. These include the London champs in November, two South of Thames races in the autumn, the county champs (Kent and Surrey) in early January, the South of England champs in late January and the National champs in February, being held at Parliament Hill Fields this season.

There are also a number of Masters events. For all these races, other than the Surrey League it's necessary to submit entries in advance, in some cases over a month before the events. Your captains will post details in Shorts and contact regular cross country competitors nearer the time, but it is important to read this information carefully and respond before the deadline given if you want to participate.

The club pays for race entries. We cannot cater for runners who simply decide on the day that they fancy a run, but they are of course welcome to support our runners.

Regarding footwear, you can often get away with road or trail shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country spikes, or alternatively fell shoes become essential.

Please contact your captains if you would like to take part and for any other information regarding the forthcoming cross country season. **Mike Mann**

Your Cross Country contacts: Men - Mike Mann mcmann90@yahoo.co.uk
Women - Anna Thomas & Mel Edwards dulwich.womenscaptain@yahoo.co.uk

SOUTH OF ENGLAND XC CHAMPS 24 JAN

Those entered for these champs at Stanmer Park near Brighton should have received details from their captains. The women's race (8k) starts at 2.05pm and the men's (15k) at 2.50pm. Please collect race numbers from captains at least 30 minutes before the starts. ***Mike Mann***

CROSS COUNTRY MOB MATCH WITH BECKENHAM RUNNING CLUB

Beckenham Running Club have kindly agreed to host a further cross country mob match at Beckenham Place Park on 14 February. The course is likely to be similar to the one used last winter. There is a clue in the name and we need to field a large "mob" to do well. This is an event for everyone, not just our faster runners, as virtually all runners score. So please note the date in your calendars.

Surrey League & Other Cross Country Fixtures

Please try to keep the Surrey League dates free, particularly if you are likely to be in the scoring (the first 10 runners in each team). Since the National Champs take place in London this time, it is likely to be included as part of our own cross country champs.

CROSS COUNTRY ENTRIES

Entries for most forthcoming races are now closed, with the exception of the Surrey champs at Lloyd Park on 3 January and the National champs at Parliament Hill on 21 February.

Both these events are local and the National is one of the cross country champs races and will be a memorable occasion. If you have not yet informed your captains, please do so as soon as possible if you would like to be entered.

VETERAN races will be held at the IAAF World Championships in Beijing for the first time next summer, World Masters Athletics has announced.
The women's over-50 400m and men's over-50 800m will take place before the main evening programme on Saturday August 29, the penultimate day of action in the Bird's Nest Stadium.

Both races will be straight finals with eight athletes in the 400m and ten competitors in the 800m.

Applications are being invited from female athletes who ran 65.00 or quicker in 2014 and who will be 50 or over on the day and male 800m runners who clocked 2:06.00 or better last year and who will be old enough.
The deadline is March 30 and soon after this World Masters will invite the quickest athletes.

Though it's not her favourite event, Clare Elms ran 64.40 for 400m last summer and topped the W50-54 rankings in Britain last year (and has a best of 62.9) and she is one of six British women eligible. She may apply to run in China though she is currently training for the London Marathon!

'MARATHON TRAINING SUNDAY SESSIONS'

SUNDAY RUNS, RACES AND REPS

(Provisional – dates and events subject to change)
Includes: middle and long distance multi-terrain / road races
Sunday runs at High Elms & Dulwich Park
Track sessions at Norman Park track, Bromley
Preparation for London Marathon 2015

Weeks to go!	Date	Event / Distance	Information
13	25 Jan	High Elms	09:00 Off-road 2 hours
12	1 Feb	High Elms	09:00 Off-road 2 hours+
	Sat 7	Surrey League XC	Men at Lloyd Park / Women at Farthing Down
11	8 Feb	Norman Park track	09:30 Track session
10	15 Feb	Dulwich Park	09:00 18 miles
9	22 Feb	**Tunbridge Wells Half Marathon**	Tunbridge Wells 13.1 miles Race
8	1 Mar	Norman Park	09:00 Road route to Tatsfield and return – 18m
7	8 Mar	Sidcup 10 (DR club champs race)	10 mile race –Sidcup 10.00
6	15 Mar	Dulwich Park	09:00 Road run to Town/City – 20m
5	22 Mar	High Elms	09:00 Off-road 2 hours +
4	29 Mar	**Paddock Wood Half Marathon**	Paddock Wood, Kent- 13.1 mile race
3	5 Apr	Westerham run	09:00 Grasshopper pub, Westerham – off road 3 hrs +
2	12 Apr	High Elms	09:00 Off road 2 hours +
1	19 Apr	High Elms	09:00 Easy 10m off road
GO!	26 Apr	LONDON MARATHON!	09:00
Zero	**13 Apr**	**LONDON MARATHON**	**CLUB CHAMPS**

for more information contact Steve Wehrle, Claire Steward, Paul Hilton
ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell Park, Crystal Palace, Peckham Rye, Burgess Park, Southwark, Hilly Fields) – check out http://www.parkrun.org.uk/ for venues and registration
Alternative / additional race options:

15 Feb	Bramley 10 / 20 miles, Basingstoke	http://Readingroadrunners.org
8 March	Finchley 20 miles (Ruislip)	http://www.hillingdonac.co.uk/f20/
15 March	Meon Valley Plod (multi-terrain 21 miles)	http://www.pjc.org.uk/
22 March	Hastings Half Marathon	http://www.hastings-half.co.uk/
28March (Sat)	Date tbc – Orion 15, Epping Forest	http://orionharriers.weebly.com/
29 March	Cranleigh 15/21 (15 or 21 miles)	http://www.mabac.org.uk/
29 March	Tempest 10 / Spitfire 20 (10 or 20 miles)	http://www.eventstolive.co.uk/
29 March	Croydon Half Marathon	http://www.croydonhalf.co.uk
19 April	Thames Towpath 10 (10 miles, Chiwswick)	http://www.west4harriers.com/

Sunday Long Run Group / Spring 2015 Marathon Training

There will be an informal Sunday long run group meeting around 9am in Dulwich Park from the beginning of January onwards. The runs will typically be 15-20 miles and at a range of paces in accordance with training schedules, aiming at runners targeting 8 min down to sub 7 min miling in a spring marathon. Non marathon runners looking to improve their stamina equally welcome.
Contact ian.lilley@gmail.com or ebeprill@yahoo.co.uk to be added to the email distribution list, we will also try to get something up on Facebook each week. ***Ian Lilley***

Another Sunday running group meets each week at 8am prompt at Brockwell Park main gates. Runs are from one hour, with marathon runners extending this towards two hours. We try to visit local points of interest (windmills, cemeteries, riverside etc). Pace is around 8 minute miling.
Andy andrew@28kerfield.freeserve.co.uk
Ros ros@28kerfield.freeserve.co.uk

UPDATE

We have now entered one team for the Green Belt Relay, and subject to further interest, may enter another. However at present we are well short of sufficient numbers to enter a team for the Welsh Castles Relay

Dulwich Runners 2015 Club Championships

Some of the earlier races have already been advertised, with the remaining ones held back as dates have yet to be confirmed. Although this still remains the case, we have decided to issue the complete list which will be updated with confirmed dates once these are known.

Once again the races will be split into 3 distance categories. As the 3 long events fall within a 6 week period, we have added the Cabbage Patch 10 as an additional long race to accommodate those who may be injured during the spring. Details of scoring rules to follow.

31 Jan	Dulwich parkrun (short)
8 March	Sidcup 10 (long)
29 March	Paddock Wood half marathon (long)
26 April	London Marathon (or alt. marathon) (long)
15 June tbc	Battersea Park 2 miles (short)
21 June tbc	Ranelagh Richmond 10k (medium)
3 or 10 July	Mark Hayes Mile, Dulwich College track (short)
30 August tbc	Sevenoaks 7 (medium)
27 Sept tbc	Middlesex 10k, Victoria Park (medium)
1 Nov	Cabbage Patch 10 (long)

CLUB CHAMPS 2015

Our club champs kicks off shortly with the Dulwich 5k parkrun on 31 January starting at 9pm. Make sure that you bring your barcodes, and if you don't have one, please go onto the parkrun website. Medals will be presented shortly after the finish. With 60 or more additional runners, Dulwich parkrun will be busier than usual and the organizers would appreciate some additional helpers. If you are not planning to run and available to volunteer,
please contact dulwichhelpers@parkrun.com
To qualify for the club champs, club vests should be worn. If you don't have one, they are on sale at the club on Wednesday nights

Dulwich Runners 2015 Fixtures

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesday club night.

Date		Race		Venue
Jan	24	South of Englands Champs		Stanmer Park, Brighton
	31	Dulwich Parkrun	short	Dulwich Park
Feb	7	Surrey League 4	mens	Lloyd Park, Croydon
	7	Surrey League 4	womens	Farthing Downs, Coulsden
	14	Beckenham Mob Match	mens & women	Beckenham
	21	National Champs		Parliament Hill Fields
Mar	8	Sidcup 10	long	Sidcup
	29	Paddock Wood half marathon	long	Paddock wood
Apr	26	London Marathon (or alt. marathon)	long	London
Jun	tbc 15	Battersea Park 2 miles	short	Battersea
Jun	tbc 21	Ranelagh Richmond 10k	medium	Richmond
Jul	3 or 10	Mark Hayes Mile	short	Dulwich College Track
Aug	tbc 30	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	26	Middlesex 10k	medium	Victoria Park
Nov	1	Cabbage Patch 10	long	Twickenham

Green = Cross country Blue = Club Champs

Race Reports & Results

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, xc, tri results etc, are welcome .

Box Hill Fell Race 7.5 miles 1950ft

Saturday 17 January

Hugh Balfour writes....

This race is becoming established in the DR calendar, and this year seven of us together with a friend of mine from Cambridge made the trip to the thrills and spills of Box Hill. These were even greater than usual as the course had been changed. The start and finish had been moved to the bog next to the Stepping Stones, and now involved a brutal ascent at the start and a rather more exciting descent than you would want at the finish. This added about 400 yards to the course and an extra 200 feet of ascent.

The start was very congested, but the field was soon sorted out as we slogged up the steps to the viewpoint. Al got off to a flying start, which he continued over the course, finishing well clear of Ebe, me and Ed. What was remarkable was that he was probably the only runner wearing "Five Fingers" rather than fell or trail shoes. He therefore must have been using his toes to grip on the muddy, slippery descents. Clearly they have uniquely adhesive properties!

Ebe had borrowed John English's fell shoes, and their adhesive properties certainly deserted him on the third descent on Headley Common where the ground was still frozen apart from a thin layer on the surface. Here he fell, sliding 5 or 6 yards, and gaining impressive grazes on his knee, elbow and back. I saw a runner from Cambridge Harriers come a similar cropper on the same descent.

Meanwhile Edwin and I were busy swopping places during the first half of the race. I had just overtaken him and was half way down the second (and most lethal) descent when I heard a Scottish voice scream, "Sorry Hugh!", felt a hand grab my vest, and Ed hurtled past. He then proceeded to invent a new sport – mud skiing, in which he became an instant expert by staying on his feet the whole way down.

Over the second half, he opened up a bit of a lead, though I kept him in sight. I was able to run all of the long climb back up to the top of Box Hill, and it was encouraging to be able to overtake 6 or 7 other runners, and see that Ed was not getting away from me. As we approached the final descent down the steps, three guys were in my sights, including Ed and my mate Tim from Cambridge. At the bottom of the steps in a final sprint through the mud I caught two of them; Tim being the one that got away.

Further back the girls were putting in a great effort. Helen, a newcomer to fell running had a brilliant run, coming in 11th lady. Katie and Jo, both veterans of Box Hill, ran good steady races on what was a much more demanding course.

At the end of the day, the real hero was Al for producing delicious home-made chocolate cake at the finish. The team event was domiated by Serpentine (38 runners) and Tring (28 runners); so I think we did really well to be 7th team having fielded 7 runners.

This is quite a tough race if you are not used to hills, but it is very well organised, with a great sense of camerarderie. I was chuffed finally to win a prize here – which my kids have largely eaten, and I hope that more will come to share in its delights next year.

1	Andy Greenleaf (Serpentine)	54.08
22	Alastair Locke	65.29
55	Ebe Prill	70.14
61	Hugh Balfour (1MV60)	71.31
63	Edwin McCormack	71.33
126	Helen Lister	78.50
148	Katie Crowe	83.04
199	Jo Shelton	93.34

258 finishers

Benfleet 15

This was the 25th anniversary of the Benfleet 15 and my fourth time of trekking to the depths of Essex on a cold January morning. My previous experiences have included rain and storms, snow, mud and this year it was mud again.

It was hills, knee deep mud and wind for most of the 15 miles across the Hadleigh Downs but the scenery was breathtaking and the organisation pristine.
A few Dulwich Runners have done this in previous years but I think I was the only one this year. It really is great preparation for a spring marathon and a lovely, friendly run.

The Tadworth 10...

earlier in the month had prepared me well for the inclines and I started strong and on target to beat my PB of 1:55 from 2013. I ran mainly even 7 minute miles for the first 13 and slower across the last 2 due to the terrain - a string of marshals had to pull runners up the last 800m due to the mud. More cross-country experience would have better prepared me but I was pleased to beat my previous time.

I'd certainly recommend this event and I'll be back next year if anyone needs a lift!

27 Rob Hollands (1:49:34)
579 ran

Relais Givres, Neder-over-Heembeek nr Brussels - 17 Jan.

You would think that as my 34th calendar year of continuous, more or less competitive running gets underway, I would have learned by now how to negotiate a finishing funnel successfully but apparently not. Two races down this year and it's two cock-ups already and counting. It started with the Crystal Palace parkrun on the 10th, which the records tell me I had managed without mishap on 82 previous occasions – more, in fact, than any other event I've ever done – but this didn't stop me missing the volunteer with the finishing tokens on the 83rd. It then continued with this relay in Belgium……

The Relais Givres, through trails and woodland not far from Brussel's main airport, is an interesting concept. Teams of 5, including at least one female and one veteran – who have to be different people, I think - each run two 4k laps of testing mixed terrain. So far so normal but the twist is that when the 5th runner comes in the whole team then sets off for a final lap, to make a total of 44k, or just over the marathon distance.

The office based club I belong to over there called CACE (Cercle Athletique des Communautes Europeennes) had managed to put together 7 teams. I was on the 6th team whilst Clare, in a guesting capacity, had been placed in the 4th team on the strength of her impressive performance in the Brussels 10k just before Christmas.

The typical format is for the female member to run first so that they get the most recovery before the final communal lap and this strategy was followed by Team Clare (Each CACE team was named after its female runner). So it was, then, that, by Saturday lunchtime and as the mercury hovered just above freezing, Clare lined up with around 300 other first leg runners, predominantly women and of mixed standards, but pretty high overall as this is not really an event to be taken lightly. She ran very well indeed, working her way through the field into c. 45th position.

Apparently she was even more impressive in the final leg. It's customary then for the stronger runners to help the weakest, which is usually the female member, often by literally pushing them up the hills. In team Clare's case she was one of the more likely members to do any pushing that was necessary and this certainly left a lasting impression on her teammates as they overtook at least 5 other teams in the process and went faster than Clare had done, albeit over half the distance, for her individual run.

Indeed the whole format is very conducive to team spirit and camaraderie and once the final lap is over every team gathers together for an official photo in front of the race banner. In the case of the CACE teams the mission then was to head for the long table we had requisitioned in the event marquee and crack open the copious bottles of prosecco accompanied by panettone that had been provided for out of club funds.

As for me, I did the 3rd leg for 'Team Dominique' but got all confused at the close of the first lap, ending up in the changeover pens which were arranged in a sort of U-bend. This resulted in my running about 8.35 km eventually, instead of 8 km, including a totally unnecessary about turn. It also led to a comical episode of my 4th leg runner trying to take the baton – yes, we carried around real batons with integral chips – and me telling him to back off (it was my fault, basically, but he should have known not to expect me quite that early).

I blame the bright low winter sun, blah, blah, ambiguous signage – does 'Deuxieme Tour' with an arrow pointing mean go this way to start your 2nd lap or finish it? - blah, blah, runners being on different legs by that time blah, blah. My team did just beat the 4 hour mark eventually, not to mention the sunset as it was almost 5.00 p.m., local time, by then. There were plenty of teams behind us, though, some of them sensibly equipped with head torches.

And yes, I am overdue an eye test.
Mike Dodds

Clare Wyngard	41.28	Final lap 19.25	Team 3hrs 45mins 20 secs	89th/270 finishing teams
Mike Dodds	43.55	Final lap 22.04	Team 3hrs 59mins 15 secs	131st/270

DULWICH RUNNERS KIT STOCK CLEARANCE SALE

There will be a sale of old style kit - vests, short and long sleeved shirts.

Now is your chance to buy an extra vest or long sleeved training top.

Limited sizes - all items £10.

Available on Wednesday nights,
or email Ros ros@28kerfield.freeserve.co.uk

When you get old you stop playing…….

No - you get old when you stop playing. The same could be said of running. I hit my big 60 in 2014 and got my freedom pass through the post! So Boris maybe thinks that when you hit 60 you aren't capable of walking very far but a fair few Dulwich Runners would prove him wrong!

I set myself the goal of completing the now famous 'Grand Slam' (participating in all the Club Championships of 2014 including the London Marathon), finishing 50 parkruns and running all the Assembly Leagues. Mission accomplished! It takes a big commitment and a lot of good fortune to keep injury- and illness- free for all ten Club Championship events and the Assembly Leagues, not to mention the time involved.

The Club Championships are always great to participate in over different distances with excellent camaraderie and competition with fellow club members. One week you can be running in the country lanes of Kent and the next month you'll be on the streets of London with throngs of loud supporters and racing with the best in the world.

I reached the 50 parkrun milestone too which gives me a good excuse to celebrate my '50 at 60'. Lindsey also achieved the 50 but can't claim the 60 (and ladies never mention their age). So please join us for a drink at the clubhouse after the Wednesday run, on 4th February 2015.
Barrie John Nicholls

Kent Schools XC Championships Inter Boys 5.6k Wilmington School

Whatever the race, Oscar seems to be perfecting the art of finishing in about the same position. In the recent Kent Champs, last year as a lower age group in the U15, he finished 25th, this year as upper age group he finished 25th with the exact same boy behind and in front of him. London Youth Games, with different competitors 25th, the first Kent League 25th and in the Regional Schools Cup 24th, so it was no surprise that in this race he came 25th.

This particular race he ran as a lower age group in the Inter Boys who ran 5.6k which is Oscar's longest race to date. In perfect conditions, sunny and a much better course than the recent county club champs, he paced the race nicely and contributed to his district's team silver.

It was the start of a frenetic two hours as fifteen minutes later he was on as a sub midway through a league hockey match taking a nasty bump to the head in the last minute of the match and one hour later he'd made it to indoor cricket nets!

25 Oscar Hussey 23:27
68 ran

VETS AC CROSS COUNTRY CHAMPS

Some of this course of around 4.7 miles overlapped with the one used the previous Saturday for the Surrey League, but some of the other stretches near the golf course were firmer and partially frozen. The muddy areas around the playing fields and along the stream were in similar condition to last Saturday. There was an excellent turnout of 49, around 3 times the size of the 2014 field, as a result of good publicity by Vets AC. This made this year's race more enjoyable with fewer runners isolated, and a much higher quality field. Most thought that ground conditions were slightly worse compared with last year.

Tony Tuohy, now fully recovered from recent ailments had a good run, 18 secs faster than last year, but, having one the race outright last year, finished 20 seconds behind HHH rival, Vic Maughn in the M50 category. Star performer was Ola Balme, who had a much stronger run than a week before, and was comfortably 1st W45. Andy Murray had a solid run, while Ros Tabor,1st W65 was another who improved on last week's run, and comfortably beat rival W60s and W65s. Ian Sesnan and Graham Laylee ran together for much of the race but Ian eased ahead close to the finish. I had a foot/shoe issue so was forced to wear road shoes, which were actually not too bad for 95% of the race.

The remaining 5% approaching and leaving the playing field was simply dreadful as I slipped around in all directions, probably providing some entertainment for those behind but not for one runner I nearly took out in the first lap with arms flying around in an attempt to stay upright. I was trying to keep up with Ola who had just passed me but taking the muddy stretch at full speed in the wrong shoes didn't quite work, though taking at a slower pace second time round wasn't much better.
Mike Mann

Tony Tuohy	26:34 2nd M50	
(26:52 in 2014)		
Ola Balme	30:43 1st W45	
Mike Mann	31:35 1st M65	(30:58
in 2014)		
Andy Murray	32:25 2nd M60	
(31:23 in 2014)		
Ros Tabor	33:11 1st W65	(33:27
in 2014)		
Ian Sesnan	33:54 2nd M55	
Graham Laylee	34:00 3rd M55	(34:21
in 2014)		

CROSS COUNTRY CHAMPIONSHIPS 2014/15 MEN

Total of 4 best runs

MUST INCLUDE 3 SURREY LEAGUES

NAME	Surrey Lge 1 Newlands 11/10/14	Surrey Lge 2 Ham Lands 08/11/14	S of Thames Wimbledon 22/11/15	Surrey Lge 3 Wimbledon 10/01/2014	Surrey Lge 4 Lloyd Park 08/02/2014	National Champs Parl Hill 21/01/15	Beckenham mob match 14/02/15	TOTAL	No. of events
Charlie Lound	46	47	50	46				189	
Ian Lilley	45	44	49	44				182	
Ebe Prill	43	40	47	42				172	
Wayne Lashley	48	49		48				145	
Alastair Locke	49	46		49				144	
Paul Devine	44	48		47				139	
Steve Davies		45	48	45				138	
Ross Rook		41	46	39				126	
Jim Dowsett	38	36	45					119	
Martin Double	37	33	44					114	
Hugh Balfour	39	35		36				110	
Tony Tuohy	50			50				100	
Edwin McCormack	47			41				88	
Tom South		43		43				86	
Desmond Edwards	36			33				69	
John Gabriel Harrison		50						50	
Graham Laylee			43					43	
Rob Cope	42							42	
Sam Crump		42						42	
Bob Bell			42					42	
Mike Mann	41							41	
Mark Foster	40							40	
Tim Bowen				40				40	
Kevin Chadwick		39						39	
Chris Loizou		38						38	
Steve Smythe				38				38	
James Charles		37						37	
James Godber				37				37	
Duncan Wilson				35				35	
Joe Brady		34						34	
Ed Smyth				34				34	
Ameet Patel		32						32	
Barry Graham		31						31	

CROSS COUNTRY CHAMPIONSHIPS 2014/15 WOMEN

Total of 4 best runs

MUST INCLUDE 3 SURREY LEAGUES

NAME	Surrey Lge 1 Richmond 11/10/14	S of Thames Wimbledon 22/11/14	Surrey Lge 2 Nonsuch 06/12/14	Surrey Lge 3 Wimbledon 10/01/14	Surrey Lge 4 Farthing Down 07/02/15	National Parl Hill 21/02/15	Beckenham mob match 14/02/15	TOTAL	No. of events
Ola Balme	47	50	48	48				193	
Anna Thomas	43	48	46	46				183	
Helen Lister	42	46	44	44				176	
Michelle Lennon	40	42	42	42				166	
Claire Balgin	49		50	49				148	
Ange Norris	45	49		47				141	
Elkie Mace	44	47	49					140	
Nicola Richmond	46		47	45				138	
Lucy Clapp		44	40	41				125	
Claire Sinka	37		41	39				117	
Katie Styles		40	39	36				115	
Eleanor Simmons	35		38	35				108	
Sue Rowlands	32		37	33				102	
Clare Elms	48			50				98	
Ros Tabor			43	43				86	
Tereza Francova	41			38				79	
Joanne Shelton		41		37				78	
Mel Edwards	50							50	
Selma Benattia		45						45	
Kim Hainsworth			45					45	
Clare Wyngard		43						43	
Katie Crowe				40				40	
Nicola McIvor	39							39	
Lindsey Annable		39						39	
Lucy Pickering	38							38	
Charlie Boden	36							36	
Linda Byrne	34							34	
Claire Steward				34				34	
Charlotte Easton	33							33	
Stephanie Burchill	31							31	

parkrun

January 17th

Barking

80 ran

Pos	Gen		
4	1	Kim Hainsworth	20:06

Big Bay

Chris Vernon writes:

It seems weird to be writing this in tropical sunshine under clear blue skies with local parkrun news reporting a delayed start upcountry by a pride of lions! Whilst at the same time seeing pictures of Wimbledon Common in mid-winter mud! Sadly, Ron Searle was unable to join us having been hospitalised and cancelling at the last minute.

The parkrun scene in SA has exploded in Cape Town from a start less than two years ago with new runs springing up regularly. Unfortunately, British Airways lateness and an ANC rally conspired to prevent us running Green Point last week but we have done this one before.

Big Bay lies at a beach resort on the west coast a few minutes drive out of the city. It is the place where the iconic photo of Table Mountain and the bay are taken. The course is out and.back along a path beside the beach with the waves crashing in a few yards beside you.

As usual, the Dulwich vests attracted attention. A guy called David had cycled the Dulwich Paragon 25 at the Velodrome in 1955 and was pleased to hear of current developments.

Even at the 08.00hrs start, it is hot with 27deg predicted later. From a wide grassy start, the course reduces to a 4ft wide path within 400yds and the field ground to a halt for a bit. No wonder those with local knowledge took to the beach where fortunately the tide was out! Later a stretch of soft sand necessitated pushchairs to be carried but no one complained.

A short bit of beach followed, there is a high tide variation on the road apparently. Soon the leaders met us on the return leg and were happy to weave in and out of the dogs and the pushchairs. At the turn, round a single orange cone, Sue was 100yds behind me having got caught up in the bottleneck and still suffering with her cough. She soon overtook me however and normal service was resumed!

With such a huge field, the finish queue backed up but the timing point was moved back to suit. We queued in the sun to be scanned by a small very game band of volunteers.

A fine breakfast at a beach-side cafe followed while other park runners rushed off to the beach with their surfboards.

Results; both times and distance are approximate but who cares when the sun is shining and the surf is up!

712 ran

Pos	Gen			
333	131	Susan Jane Vernon	35:43	1st FV65
338	205	Chris Vernon	35:48	3rd MV70

Brockwell

338 ran

Pos	Gen		
6	6	Lewis Laylee	18:27
54	49	James Wicks	21:39
59	54	Cameron Timmis	21:42
86	11	Michelle Lennon	22:39
95	13	Lucy Clapp	22:50
203	158	Desmond Edwards	26:18

Cambridge

345 ran

Pos	Gen		
162	134	Alastair Young	26:04

Crystal Palace

239 ran

Pos	Gen		
2	2	Charles Lound	18:34
62	58	Bob Bell	22:44
114	19	Belinda Cottrill	25:08

Dulwich

247 ran

Pos	Gen		
9	9	Stephen Davies	18:01
14	14	Timothy Bowen	18:23
39	37	Duncan Wilson	20:31
107	13	Claire Steward	23:53
129	110	Mick Mead	24:44

Greenwich

181 ran

Pos	Gen		
2	1	Clare Elms	18:56

Hull

454 ran

Pos	Gen		
53	52	Paul Hodge	21:57

Newark

182 ran

Pos	Gen		
34	31	Martin Morley	23:39

Orpington

153 ran

Pos	Gen		
33	30	Colin Frith	23:51
96	78	Peter Jackson	29:24

Peckham Rye 123 ran

Pos	Gen		
5	5	Sam Crump	19:17
10	1	Ellie Horrocks	20:14
15	14	Michael Fullilove	20:46
20	2	Emma Ibell	21:22
24	4	Nicola Mcivor	22:20

Preston Park

388 ran

Pos	Gen		
37	2	Laura Long	21:11

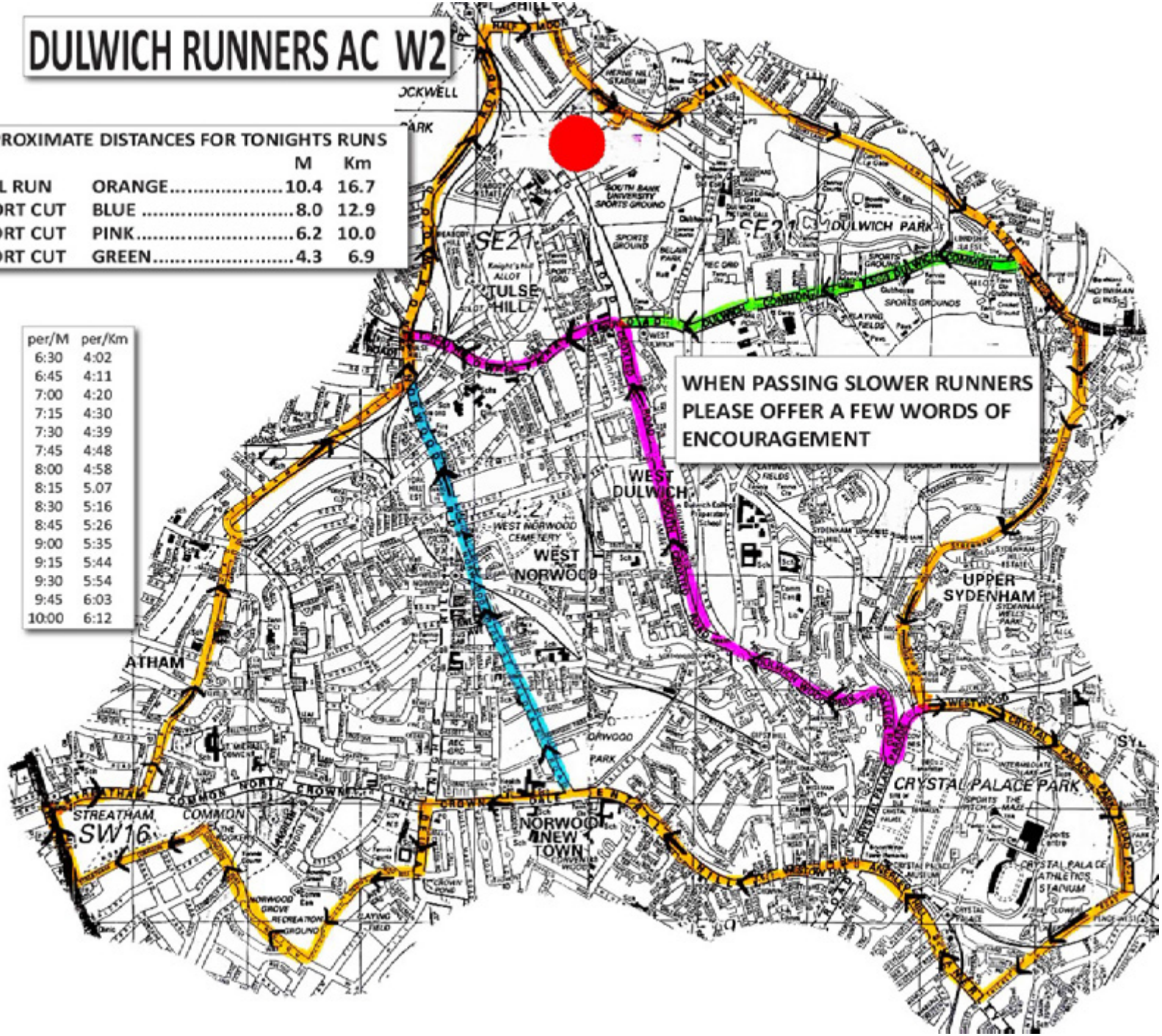
Riddlesdown

110

Pos	Gen		
25	3	Ange Norris	22:52

DULWICH RUNNERS AC W2

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.4	16.7
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	6.2	10.0
SHORT CUT	GREEN	4.3	6.9

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12