SHORTS

Dulwich Runners AC
Weekly Newsletter
October 14th 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 14 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 20 **Track at Crystal Palace Arena** 7 for a 7:20pm start
£2.50 per session.

In your SHORTS this week !

1... General information
2... AGM notice
4... All thing Cross Country ! info, races etc.
6... Fixture list, club champs,XC, road, track
7/8... Race reports, Southern league Cross country
9... Parkrun results
10... Wednesday night run map

And much more !

TRACK SESSIONS

Back at Crystal Palace Track

- Excellent for building speed,stamina and endurance
- Go to reception, tell them you are with Dulwich Runners Allow 10 mins to get from there down to the track
- Pay Ros £2.50 on the track, do not pay at reception
- Elkie will commence a warm-up around 7pm and the main session will start approximately at 7.20pm.

Suitable for all standards

Thurdays morning sessions

And there's also speed sessions taken by Steve Smythe.
Usually starting between 11:15 - 30 in various local parks.
There is no fee. Suitable for all standards.
Interested ? then email steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

- **Sign the attendance register and pay £1.**
- **We need the money to help pay for clubhouse hire, map printing etc.**
- **We use the register to compile the new runners' rota, so please write legibly.**
- **We also like to keep an accurate record of weekly attendance.**

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE
Thank you. - Ros

LUCKY VEST

November winner -

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

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 4**

Oct 17 Surrey Masters
Oct 31 Reigate Priory Relays

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to:
Patrick McMorrow, Clare Wyngar, Sue Cooper and John O'Byrne
It shows new people what a friendly club we are.
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**

Joseph Brady	**14/10**
James Burrows	21/10
Karina Burrowes	28/10
Lucy Cartlidge	04/11

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

Dulwich Runners AC A.G.M

Will be held in **'The Nursery' at the Edward Alleyn Club, Burbage Road, London SE24 9HD at 9pm on Wednesday 21st October**.

Items for the agenda should be sent to the **Honorary Secretary, Yvette Dore, by Friday 16th October** 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 2014 AGM are available on the Dulwich Runners website and will be proposed for adoption at this AGM.

All Committee posts are up for election with the table below showing whether the present incumbent wishes to stand again. This shows that there is one post, Women's captain, where there is a definite vacancy.

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 rest of Committee.

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

Sue is also happy to step aside if someone is interested in taking her role as one of the two general member posts.

Nominations for any of these posts should be sent to Yvette by Wednesday 14th October 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

Post	Present Holder	Standing
President	Ron Searle	N/A
Chair	Ros Tabor	Yes
Hon. Secretary	Yvette Dore	Yes
Hon Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Matt Ladds	Yes
Joint Women's Captains	Anna Thomas	No
	Ange Norris	Yes
Men's Captain	Charles Lound	Yes
Men's Off Road Captain	Mike Mann	Yes
Shorts Editor	Barry Graham	Yes
Publicity Officer	Chris Loizou	Yes
General Member	Ebe Prill	Yes
General Member	Sue Vernon	Yes

SOCIAL SPOT

SPOT

A few dates for the diary!

Curry Night
Surma - Wednesday 28th October (new date)
You all know the score as much curry as you can fill your bellies with for a tenner at DRs favourite Indian establishment!

Charity Quiz Night - November - Date TBC
More details to follow, watch this space.

Dulwich Runners Christmas Party
The Plough - Saturday 12th December
Save the date, finalising details as you read this.

Thanks - Matt

'New Ladies captain'

Anna has been a fantastic ladies captain motivating and encouraging us, but has decided that she now wants time to put her efforts into other things. So I'm looking for anybody who would like to join me as joint ladies captain. It is a great way to get to know more people and be a part of what is happening.
The next captain will be appointed at the AGM in October so there's time to have a think about it. Do come and have a chat with me to find out what's involved.
I'm normally at the club on a Wednesday or email me:
Ange Norris dulwichladiescaptain@gmail.com

New !!! Dulwich Runners SOCKS

only £5
They will be at the club on Wednesdays,thanks - Ros

DULWICH RUNNERS 2015 CLUB CHAMPIONSHIPS

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.
Races still to come are :
15 Nov Epsom 10 (long) replaces Cabbage Patch

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

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

Limited stock of hoodies, very small sizes only. I can order more if enough people are interested. They will be £20 each.

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

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)

Copy of a letter which I have sent to the South London Press:
I am writing to thank the gentleman who along with his daughter offered to drive me back to the Edward Alleyn Old Boys Club after I suffered a nasty tumble while out running with my running club, Dulwich Runners.
As the incident occurred about half a mile from the Club I gratefully accepted his offer.
Fortunately I only suffered from shock which wore off after about an hour.
Please could you pass my thanks onto him and I hope that you print my letter.
John O'Byrne

The cross country season is almost upon us with the main fixtures starting in early October and continuing into late February. Here is some advance information for the benefit of both newly joined members and regulars.

We compete in the Surrey League with the men in Division 2 and the women in Division 1. There are 4 fixtures during the season starting on 10 October with the women at Roundshaw Down and the men at Wimbledon Common. Further details regarding individual fixtures will be posted nearer the time. Details of other Surrey League fixtures can be found elsewhere in Shorts.

Event distances in the men's Surrey League races are approximately 8k, while the women's races start at 6k, increasing to 8k later in the season. Distances in other races vary, increasing in the New Year to 12k or over for the men and usually around 8k for the women.

For the men's Surrey League, theres no need to enter in advance or pay; simply turn up on the day in good time to register and warm up.Please don't turn up at the last minute as it will stress out your captain and yourself. **With the women's Surrey League**, Ange has sent an email to all ladies to enter runners in advance. If any lady still wants to run but has not replied it is not too late as there are some places on the day but do get in contact to let Ange know - don't just turn up.

With the first 5 runners scoring for the women and the first 10 for the men, it is important that we field as many as possible of our strongest runners. But these and other cross country races are not elite and are suitable for runners of all abilities. They are also an excellent way of improving your overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits across races of all distances and surfaces.

In addition to the Surrey League, there are a number of other races, almost all of which take place on Saturdays. Indeed if you are a cross country fanatic, it is possible to race most weekends through the season. These races include the Kent and Surrey Masters, the London champs, 2 South of Thames races, the county champs, the South of England and National champs. See the fixture list in Shorts for details.

For virtually all these races other than the Surrey League, entries have to be submitted in advance, in some cases over a month before the events. Your captains will post details in Shorts or by email, requesting those interested in participating to contact them before the deadline given. It is not possible to cater for runners who decide after the deadline or even on the day that they would like a run. Note that the club pays for entries. You are asked not to put yourself forward on a speculative basis, but don't worry if you have to withdraw because of injury or illness.

Regarding footwear, you can often get away with road or trail shoes early in the season, but as the ground becomes muddier, cross country spikes or fell shoes will be necessary.

Please contact your captains for further information and make sure you respond in good time if you like to take part in races.

Cross country captains
Mike Mann
mcmann90@yahoo.co.uk
Ange Norris
dulwichladiescaptain@gmail.com

CROSS COUNTRY CHAMPS

We are planning to hold a cross country championships again this season. There are a few issues yet to be resolved, but once again, there will be 4 races to qualify, including a minimum of 3 Surrey League races.
The other races are likely to be South of Thames 5 at Polesdon Lacey on 21 November plus a mob match yet to be arranged but likely to be in March, possibly using the Lloyd parkrun.
Mike Mann

South of England Cross-country Relays: Wormwood Scrubs:

Saturday October 17. 2pm
Dulwich will have a women's team in this event - 3 x 3km.
if interested Contact steve smythe:
steve.smythe@athleticsweekly.com

SURREY MASTERS CROSS COUNTRY CHAMPS, 17 OCT.

A number of you have already been entered for these champs taking place at Richmond Park on 17 October, but for those who have not done so and are eligible, it is possible to enter on the day (cost £8) by going to the Ranelagh clubhouse behind the Dysart Arms at the bottom of Star and Garter Hill, Petersham by 1.45 if possible. Women and Men 60+ start at 2.15 (6k) while M40s and M50s start at 3pm (10k). Ground conditions are usually pretty firm at this time of year, and the course is often suitable for trail, or even road shoes, but check the weather over the next few days. ***Mike Mann***

BMAF CROSS COUNTRY RELAYS, NOTTINGHAM, 24 OCTOBER

A number of men have already been contacted about these relays which are in Nottingham this year. There are W35+, W45+ and W55+ teams (each 3 stages), M35+ and M45+ teams (5 stages) and M55 teams (4 stages). Each stage is around 3k. If you would like to be considered for the men's event but have not been contacted, please let me know by 2 October. Women should contact ***Ange Norris.***

REIGATE PRIORY RELAYS 31 OCTOBER

This has been a popular event in recent years and it would be good to enter both men's and women's team (men 4 stages, women 3 stages). Each stage is around 2.5 miles over one lap of the usual cross country course. If you wish to take part, please contact your captains by 27 October, if you can. Its usually possible to enter teams of the day but it would be helpful to your captains to have advance warning.

Mike Mann

Dulwich Runners 2015/16 Fixtures

Further information regarding 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 this list regularly .

Cross country Club Champs **Misc.**

***** Please note changes to womens XC dates and venues

Date		Race		Venue
Oct	17	Surrey Masters (tbc)		Richmond
	24	BMAF XC Masters Relays		Derby
	31	Reigate Priory Relays		Reigate Priory
Nov	7	Surrey League match 2	men	Walton
	7	Surrey League match 2	women	West End common, Esher
	14	London Champs		Parliament Hill Fields
	14	British and Ireland Internationa		Dublin
	15	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
	21	South of Thames 5 mile race,		Polesdon Lacey
Dec	5	Kent Masters		Sparrows Den
	6	Pirie 10 cross country		Farthing Down, Coulsdon
	12	SEAA Masters Champ		tbc
		2016		2016
Jan	9	KCAA Cross Country Championships		Redlibbets Golf Club, Kent
	16	Surrey League match 3	men & women	Reigate Priory Park
	tbc 23	Vets AC Champs		Wimbledon Common
	30	South of England champs		Parliament Hill Fields
Feb	13	Surrey League match 4	men	Lloyd Park
	13	Surrey League match 4	women	Richmond Park
	27	National Champs		Donnington

Box Hill Fell Race

Saturday 23 January 2016

Over the past few years a good number of intrepid DRs have braved the thrills and spills of the Box Hill Fell Race near Dorking in Surrey. If you are interested in doing it in January the entries open on Sunday 1st November. It is an online entry system at www.fabian4.com.
The cost is £5.00 (unless they put it up this year). The race is organised by South London Orienteers, details are on their website www.slow.org.uk. There is a limit of 250 and last year it filled up in 48 hours. If you want to do it, get your entry in on that Sunday morning.
If you have never tried the joys of fell running, this is a perfect introduction. There are no navigation problems. The hills are all quite short, but some are steep enough to stop you running, or when descending, to get the adrenalin going. But you need to be aware that you need proper fell shoes (spikes are not allowed).
Trail shoes are pretty useless, unless you want to spend a lot of time on your backside! Look for brands like Walsh, or Inov8, which are also excellent for many cross-country races. It is a very friendly, well organised race, and there are decent showers and a bar afterwards. If you want to know more I will be at the club on the next few Wednesdays or you can email me:
Hugh Balfour hugh@christchurchpeckham.info

Battersea Park 10k 24th October

As I had a stinking cold for the Middlesex 10k and was a DNR (did not run) I have entered this race in case anyone else is interested. **Duncan Wilson**

Hall of fame this year: 02/05/15 Tony Tuohy 35.26

http://www.runandbecome.com/london-races

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

Race Reports & Results

A RUN IN THE PARKS

A Sunday in London, early start 6.50 a.m. train, 2 stops and then no seats, tube from London Bridge to Knightsbridge, stand crushed all the way , what is going on in London at 7 o'clock on a Sunday morning.

Some kind of run in the park. Entry field 17,000. Not quite the largest run in London and only half the distance, but still a great event. Start took place on time at 0900 and the field were sent off in 2 minute waves with me in the second one. No hills and cooler than Marbella so hopefully will do a bit better. Nice to run through Hyde Park and the Corner with no traffic , all the way up the Strand round Bush House and back down again , a lap round Trafalgar Square, Admiralty Arch, Buck House , all the London land marks.

When back at Hyde Park we had only done about half the distance but it felt like the end of the race with all of the screaming crowds. Lots of zig zagging around the park. Support along the way from Peter Gibbons and Matt Ladds. (The second time I saw Matt he warned me Karina was gaining on me and yes she caught me at about 11 miles)! With 800 metres to go the clock was ticking ever faster, put in a bit more effort and just got under the 2 hour barrier.

A great morning out. ***Steve Wehrle***

Official time 1h 59m 31s

(PS saw Michelle Lennon also)

Royal Parks 1/2M

PB of over 4mins, but to be honest, disappointing, was hoping for better, but mentally bottled it in the mid section!

Hilary Woof 2.07.02

Petts Wood 10km

11th Oct

I have been meaning to do this race for a while, it is raved about on Runners World but always fills up before I get around to entering. Organised by Petts Wood Runners, the Race Director Stephen Robson will be familiar to Hilly Fields Parkrunners. It's quite unusual as 10km races go, starting on roads, then crossing a not insubstantial railway footbridge before entering National Trust Parkland and running circa 6 km of hilly woodland trails before another short sharp road section to the finish.

Definitely not a PB course by any means, certainly for me with the previous day's Surrey League race weighing heavy in my legs. Excellent event village and meticulously organised, will definitely be doing this again. Decent prize money up for grabs too and the winning mens / womens / vets times are well within reach of a number of you speedy Dulwich Runners.

13 Ian Lilley 39:05
756 ran

Kent League, Stanhill Farm, Wilmington, U17 5.6k

New venue round a farm with a series of fields that were either ploughed or filled with pumpkins. Course was flat and was great for spectators. Last week having run a sub 18 parkrun for the first time, he was not unduly hindered playing a men's hockey match two hours later but this week with the match first, he did not feel at his best.

26 Oscar Hussey 19.40
47 ran

Oxford 1/2M

The Oxford half marathon takes in some beautiful parts of the city centre with roads closed off specially. The course starts outside Balliol and St John's colleges in Saint Giles and goes around the Sheldonian theatre near the end. The sloping cobbled surface there was kindly covered for us (Paul Radliffe did her record time when the London marathon route was over cobbles by the Tower of London). Inbetween there was a pretty stretch through the Oxford University Parks, venue for the race village, as well as some long straight sections as you go up the Banbury Road to Sommertown, then out to the village of Marston.

Park and Ride allowed an easy exit. At the Maidenhead half marathon last month we parked in the city centre and were penned in for ages due to closed streets. Surprisingly, though, the organizers decided to keep the 6,000 runners waiting for 15 minutes at the start to allow people to arrive from a late train. Drinks stations every few miles were with nice bottles, unlike the squashy things which did not work last year at the hot June Hackney half marathon, which had led to me to avoiding other Vitality races until now.

I would happily recommend this one to anybody planning an autumn half marathon. There are some gentle hills, a few tight turns and an underpass, but generally the route can take the volume of runners well. I was with the 1:30 pace makers until the half way point, but then slowed down. The photos that came soon after by email show me nice and upright for the early part, then leaning as my right ankle was giving me some trouble. The crowd were great in shouting encouragement. I hear that there is a local lobby to stop this event, but early registrations are already being offered for 2016

455 Gideon Franklin 1:33:07
6,216 ran

Surrey League – 10th October

Ladies first race at Roundshaw Downs

It was a great turn out by the ladies with 20 tackling the first race of the season. The conditions were kind as it was mild and the ground had virtually dried from the rain earlier in the week. The course was 2 laps with a gentle incline in the first half of each lap, mainly on grass and some dirt paths. The paths were narrow at times making it difficult to pass. It gave you a welcome breather but called for some forward planning and positioning on lap 2.

We were not the only club with a good turnout as there were 423 runners in total, including both division A and B. Fortunately the start was in an open field but there was a narrow gap in a hedge fairly soon causing some congestion and jostling for position. At that point a bramble momentarily attached itself to my forehead which looked worse at the finish than it felt. I couldn't honestly say it added extra minutes to my time!

The course was well marked and marshalled but the crew on the finish line struggled to cope with the number of runners. Tom McPhearson, who very kindly offered to help (thank you Tom), barely had time to take a breath as he was put onto the task of calling out the numbers of the runners in the finish funnel . Despite the funnel being lengthened mid-race there was still nowhere for the runners to go once they had crossed the line.

Inevitably the ladies' results were not online until Monday, with 3 omissions from our club and many question marks. How Lindsey can remember the several runners who were between her and Claire I don't know (my brain's a blur at the end of a race) but it definitely helped. After several emails and updates the results are now complete. Well done to everyone who ran – it was a great team and lovely to see so many there. Let's do it again next time

Ange Norris

Surrey Ladies League, Roundshaw

October 10

We had an excellent turn ***out from the club women who produced a very good performance to finish fourth despite few at optimum fitness and a few potential scorers unavailable.***

The course was generally fast grassland and no real hills or mud and used some of the Roundshaw parkrun course. Clare Elms has averaged well under 10 miles a week over the summer and set off with the intention of a top 30 placing but feeling good, and getting none of the usual foot pains, eased her way through the field to a excellent controlled top ten placing, which would have come even easier if not for an earlier parkrun victory a few hours earlier!

Though never close to her namesake over the second half, Claire Baglin followed her through the field at a distance and achieved her highest league position to date.
Elkie Mace isn't at the same fitness as she was midsummer and she started boldly but couldn't quite maintain her position but hung on for her best league race for a few years.

Nicola Richmond ran strongly and consistently for her highest ever league position while the A team was completed by league regular Ola Balme. She isn't at full fitness as she has more important other concerns at the moment but kept her consistent scoring record up.

The team finished fourth without Mel, who has a marathon in two weeks and couldn't risk an injury and Emily Gelder and Andrea Pickup who were at the Kent league - the latter did at least try and get to Roundshaw but couldn't find it.
Other teams were missing runners too but based on Roundshaw, we potentially could win the league if everyone was at full fitness and available.

The B team were led in by captain Angie Norris, who wasn't at full fitness after injury but would have fared better on a tougher course. Helen Lister followed up her excellent 10km with another strong run whiel Michelle Lennon had one of her best ever cross-country races.
Sue Cooper ran solidly and finished strongly while fast-finishing Eleanor Simmons just bettered in-form Katie Styles to be the final scorer.
Not far back, Lucy Pickering and Lucy Clapp both ran strongly to beat a not at her best Ros Tabor, who was still first in her age group.

Katie Crowe, Jo Shelton and Clare Wyngard all paced themselves well but should come higher later in the season when they return to better fitness. Claire Steward is another not back at her best yet and she finished just ahead of a good run from dependable Lindsey Annable. Stephanie Burchill was another not at her very best but she persevered and easily made the top 400 in the superb large field.

The field is probably too big now though and needs to be split into two races with separate divisions as the organisers struggled to cope with the size of the field - 3 Dulwich Runners were missed off the original results and still many other clubs have runners missing even four days after the race.

Steve Smythe

10 Clare Elms 24:03
11 Claire Baglin 24:15
25 (22 D1) Elkie Mace 24:45
42 (33 D1) Nicola Richmond 25:19
53 (40 D1) Ola Balme 25:51
85 (66 D1) Ange Norris 26:42
98 (&4 D1) Helen Lister 27:07
117 (89 D1) Michelle Lennon 27:48
132 (98 D1) Sue Cooper 28:09
143 (106 D1) Eleanor Simmons 28:22
144 Katie Styles 28:22
154 Lucy Pickering 28:43
159 Lucy Clapp 28:48
166 Ros Tabor 29:04
180 Katie Crowe 29:30
197 Jo Shelton 30:08
224 Clare Wyngard 30:44
266 Claire Steward 31:54
271 Lindsey Annable 32:00
387 Stephanie Burchill 37:36
423 finished
TEAM Div 1: 1 Clapham 87; 2 THH 95; 3 S London 104; 4 Dulw R 116; 5 Ranelagh H 126; 6 FoT 172; 7 Belgrave 187; 8 Herne H 208; 9 Rei P 237; 10 Wimb W 275; 11 Woking 308; 12 Clapham B 311; 13 Stragglers 320; 14 HW 339; 15 THH B 342; 19 Dulw B 433

Surrey League XC (Men) Wimbledon Common

Sat 10th October

Now there's a funny thing. Back in February the Dulwich chaps narrowly avoided relegation to the Surrey League's Division 3; now here we were in the first of this season's fixtures coming a strong second, our best showing for a very long time. Granted, a lot of our improved individual positions can be attributed to the welcome absence of newly-promoted Clapham Chasers who crowded the top of each field last season, but nevertheless there were a few inspired runs from some, showing off their continuing improvement. And before we get too excited and start dreaming of promotion – Ebe (who obviously needs to get out more) calculated where our 10 scorers would have got us in Division 1 (as they ran the same course as us); apparently joint last. Careful what you wish for – but then strong competition breeds success, so why not....?

Leading us home in easily his best league position (a fantastic 8th) Wayne followed up last week's 10k PB with another blistering run. The ground may have been firm and fast but this Wimbledon course is no race-track, with tricky descents and a long dragging climb to end each of the two laps, so an average of 5:47 per mile for the 4.8 miles is no mean feat – and he was well over two minutes faster than when this course was last used two years ago. Only 20 seconds down was a very welcome and superb debut from new member Tim Taylor, a real asset to the team. He made a fast start that paid off as it got him a decent position before the field funnelled into a narrow path very early on and managed to hold on to an excellent placing. This year Charlie is showing very strong form heading into the winter - and he hasn't even started marathon training yet. He ran exceptionally well to reverse last week's defeat to Alastair who was running pretty well himself, and both were also considerably faster, two minutes and more, than that last showing here two years ago. I could do nothing to prevent that little lot running away from me before halfway but I'll count six minute miling on this course as an improvement in my quest to inch back to some good form.

Steve Davies would describe his own form as being in a slight rut at the moment but at least it's consistently good and he should be pleased enough with his run. He headed another very good debut from Tom Rann, who just got the better of another decent run from Mark Lacey, finishing just ahead of a great performance from in-form Ian Lilley, another survivor from that last go on this course and also over two minutes faster. That meant we had nine home in the first forty, all in the space of two minutes - excellent packing. Ebe completed our ten in 74th place despite also being considerably quicker than his previous effort here. And it's just as well he did as there was a two minute gap to our next man, showing where we start to lack a bit of depth. Nevertheless, one of our best team scores.

And that next man was Jim Dowsett, putting in a fine run – yet another who ran here two years ago and the biggest improvement of the lot, nearly two and a half minutes. He was pushed by a good effort from Duncan Wilson, not far ahead of Mike and Hugh's latest contest for 1st M60, Mike taking the honours for this one. Long-time club stalwarts Graham, Andy, Ian and Barrie all had good runs to complete our turn-out, especially Ian Sesnan, another running much faster than he did here two years ago. And by the way, a glance down the Division 1 results shows that esteemed coach Steve Smythe blagged himself a guest run with the Kent AC chaps after missing the Division 2 start by about a minute, as result of biking about all morning via Greenwich parkrun and supporting the women's team at Roundshaw. After all that he managed to match Jim's run. I wouldn't have had the energy. All in all, we'll have to go some to match all this next time. ***Tony Tuohy***

Surrey League X Country

10 October

Our second place finish at the first fixture on Wimbledon Common was our best start to the season for many years and something to be proud of. In addition to strong performances from a number of our regular scorers, there were impressive debuts from Tim Taylor and Tom Rann.

The promotion of Clapham Chasers, who regularly had most of their scorers among the top 20 finishers last season, meant that the places of many of our regular scorers were higher than last year, despite a few absences. But the turnout achieved by some of the competing teams seemed a little on the low side, so we should not be complacent, and hopefully we can get more of our runners out this time.

With Ebe our final scorer and a big gap behind him, we only just scraped through, and we could do with more potential lower scorers next time in addition to our missing faster runners. The Division 1 match held on the same course later in the afternoon illustrated the large gap in standard between the 2 divisions; even with all our fastest scorers available, we would have finished towards the bottom of the field

Mike Mann

1st, Croydon 254, **2nd Dulwich 299**, 3rd Ful-on-Tri 351, 4th DMV 364, 5th Walton 452, 6th Reigate 546, 7th Wimbledon Windmilers 560, 8th W4 634

8	Wayne Lashley	27:46
13	Tim Taylor	28:05
17	Charles Lound	28:24
20	Alastair Locke	28:28
25	Tony Tuohy	28:53
32	Steve Davies	29:18
35	Tom Rann	29:35
37	Mark Lacey	29:46
39	Ian Lilley	29:49
74	Eberhard Prill	31:46
113	Jim Dowsett	34:01
115	Duncan Wilson	34:30
121	Mike Mann	34:48
126	Hugh Balfour	35:13
137	Graham Laylee	36:43
141	Andy Murray	37:31
145	Ian Sesnan	37:58
157	Barrie John Nichols	40:29

165 finished

Kent League, Wilmington

October 10

Emily Gelder made a rare cross-country appearance - but for her track and second-claim club and made the top 10 which probably equates to a top 25 place in the Surrey League.

Andrea Pickup hurt her hamstring and dropped out.

8 Emily Gelder (Camb H) 21:18

Andrea Pickup (B&B) dnf

Steve Smythe

Surrey Div 1 YA race, Wimbledon

October 10

Though not at full fitness with a cold, Lewis Laylee produced probably the best ever club young athlete performance in the full combined divisions finishing 15th in 12:17 in a field of over 100 runners.

Steve Smythe

October 10th

Barnsley

148 ran

Pos	Gen		
111	30	Selina Wray	30:56

Brockwell

250 ran

Pos	Gen		
51	3	Ruth Bennett	21:31
60	57	Cameron Timmis	21:54
145	106	Desmond Edwards	26:04
164	46	Sharon Erdman	27:07

Burgess

173 ran

Pos	Gen		
82	68	Paul Keating	r25:00

Crystal Palace

189 ran

Pos	Gen		
3	3	Tom Calvert	19:08
4	4	Tom Wilson	19:30
16	16	Simon Lang	20:41
33	32	Paul Hodge	22:06
37	35	Andy Cottrill	22:44
50	4	Belinda Cottrill	23:30
55	51	Bob Bell	23:41
64	6	Niamh Falconer	24:04
91	77	Tony Macpherson	25:33

Evesham

109 ran

Pos	Gen		
2	2	Sam Crump	19:52

Dulwich

220 ran

Pos	Gen		
77	72	Mark Muffett	23:01
97	84	Michael Dodds	23:57

Greenwich

193 ran

Pos	Gen		
14	14	Stephen Smythe	21:25

Hilly Fields

196 ran

Pos	Gen		
5	5	Rob Cope	19:45
9	9	James Burrows	20:44
8	8	Gary Sullivan	20:44

Lincoln

291 ran

Pos	Gen		
146	117	Martin Morley	26:50

Lloyd Park

Clare made a late decision to run this to get to win number 99 but left it so late, she didn't have time to change into running kit. She also had to work harder than planned as a young Herne Hill runner pursued her determinedly throughout though it did warm her up for the Surrey league.

Clare now has 99 'first finishes' from 99 parkruns and while 10 others have 'won' 100 plus - they have each suffered a number of losses.
Richard Ward 230 from 255
Hannah Oldroyd 143 from 188
Sally Wilder 124 from 238
Caroline Wood 120 from 222
Rob Downs 112 from 178
Mark Symes 110 from 232
Neill Reissland 105 from 182
Ryan Brookling 105 from 147
Maree Jesson 102 from 146
Simon Newton 100 from 194

Ange Norris is 14th in the first finishes list with 89 victories from 220 parkruns.

205 ran

Pos	Gen		
11	1	Clare Elms	20:40

Princes , Liverpool

218 ran

Pos	Gen		
1	1	Johnathon Brown	17:45
15	1	Mel Edwards	19:22

Raphael

90 ran

Pos	Gen		
4	1	Kim Hainsworth	19:32

Orpington

146 ran

Pos	Gen		
61	52	Peter Jackson	27:12

Peckham Rye

102 ran

Pos	Gen		
3	3	Kevin Chadwick	18:26
6	6	Andrew Bright	19:12

Penrhyn

150 ran

Pos	Gen		
110	60	Chris Vernon	37:15

Shanganagh

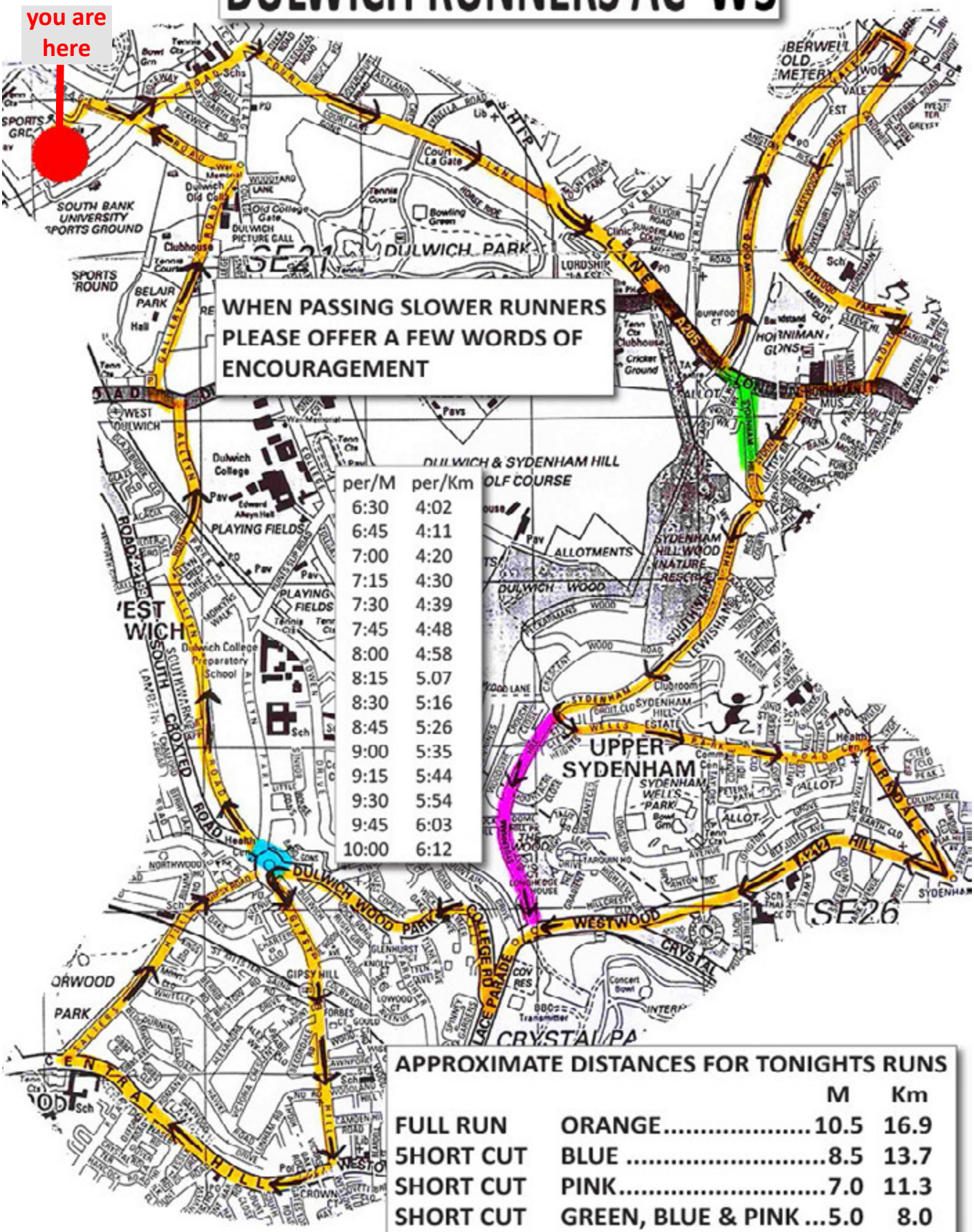
74 ran

Pos	Gen		
1	1	Timothy Bowen	17:18

What a pity so many of our runners chose to do a parkrun instead of the Surrey league!
Ros

New members especially ! and others....
Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

DULWICH RUNNERS AC W5



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

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

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.5	16.9
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK	7.0	11.3
SHORT CUT	GREEN, BLUE & PINK	5.0	8.0