DULWICH RUNNERS

# SHORTS

Dulwich Runners AC
Weekly Newsletter
October 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 - 7:15 for 7:30 start. Showers, Bar.

**Tue 27 Track at Crystal Palace Arena** 7 for a 7:20pm start
£2.50 per session.

## DULWICH RUNNERS A.C. AGM tonight @ 9pm

If possible please keep your run a bit shorter than usual so you are all back in time and are ready for the AGM which is downstairs in the club house at 9pm.
See next page for details.
It's your club so its important that you go if you want to know how it's run or have a say in the running with your ideas observations etc.
Sandwiches will be provided !

## 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**

## In your SHORTS this week !

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

**And much more !**

**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 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:
**Joe Brady, Natalie Davey and Dave West**
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**

| | |
|---|---|
| **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' downstairs at the Edward Alleyn Club, Burbage Road, London SE24 9HD at 9pm tonight Wednesday 21st October**.

## Dulwich Runners Athletic Club
## Annual General Meeting

Wednesday 21st October 2015

Edward Alleyn Club
Rear of 83-85 Burbage Road
London, SE24 9HD

## AGENDA

1. Chair's Opening Remarks
2. Apologies
3. Approval of Minutes of Last AGM
4. Treasurer's Report
5. Jose Barretta
6. Dulwich Charity of the Year
7. Vote of Thanks and adoption of new General Committee
8. New Club Life Member
9. Any Other Business

**Copies of the Agenda, the financial statement and last years minutes are attached to your covering email**
**If you would like hard copies to refer to during the meeting please could you print them out and bring them with you on Wednesday night.**
**This will allow us to save on wastage by printing out unnecessary copies.**

# 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 matthew.ladds@uk.zurich.com

## '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 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.tabor49@gmail.com**
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

**Special offer - final reduction in old style vests - £5 - what a bargain!!!**
**Will be available at the AGM**

A running group, through Dulwich Sports club that I will be leading.
Non- Competative aimed mainly at beginners and leisure runs.
On Tuesday at 10.15 Trevor Bailey center South Circular
Thursday 19.00. Pond Cottages Dulwich sports club

People can contact me at andrea.pickup@gmail.com

## 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)

## OlaBalme
## DeepTissue, Sports &TherapeuticMassage

- Just to let you know that I offer :
- Pre event massage - help to help ward off injury
- Post event massage - to soothe and ease fatigued and tired tissues
- Maintenance massage - to loosen tightness within soft tissues so as to improve performance and prevent injury
- You can also benefit from learning appropriate stretches

Ola is an experienced Sports Massage Therapist.
To find out more ola.balme@btinternet.com
07506 554004
http://www.hernehillsportsmassage.co.uk

**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 holding a cross country champs once again this season. There are 4 events to qualify including a minimum of 3 Surrey League races. The other races are the South of Thames 5 miles at Polesdon Lacey on 21 November and a mob match yet to be arranged but likely to be in March, probably using the Lloyd parkrun. ***Mike Mann***

## 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**

### UPDATE

7 men have already expressed interest but if anyone else would like to take part, please contact me or the women's captains to enable teams to be put together in advance, rather than cobbled together hastily on the day. We will ensure that everyone gets a run by using some arm twisting if necessary to persuade some to run twice in different teams

## LONDON XC CHAMPS 14 NOVEMBER

These champs at Parliament Hill Fields have proved popular in recent years, and are open to all those resident in Greater London. Both the men's and women's races are over shorter distances (10k and 6k respectively) than the South of England and National Champs and the ground conditions are usually much better at this time of year.
A number of men have already asked to be entered but anyone else interested should contact me or the women's captains by 27 October at the latest. ***Mike Mann***

## SOUTH OF THAMES 5 MILES, 21 NOVEMBER

This 5 mile race will be held in the grounds of Polesdon Lacey, a National Trust property, a few miles west of Leatherhead on 21 November, starting at 2pm for both men and women. As it forms one of the cross country champs races, you are encouraged to take part.

As far as I am aware, the course has not been used before, but we are told that it consists mostly of woodland paths and tracks, with some stony sections. As with most non Surrey League races, you need to be entered in advance, so those interested should contact their club captains no later than 9 November

# 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 | 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

## Dulwich Runners 2015 Club Championships

Once again the races will be split into 3 distance categories.
Races still to come are :
15 Nov Epsom 10 (long) replaces Cabbage Patch

**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

## SURREY MASTERS CROSS COUNTRY RICHMOND PARK

### 17 OCTOBER

There were some good individual results in these championships where the standard was high and competitive in a number of the age categories. The course was bone hard with a number of sections that were stony and dusty. The rutting stags were in full voice with some close to the course and largely unfazed by the distraction of runners. The women and M60s + ran a 6km course, while for M40s and M50s the distance was around 10km.

Unfortunately an elementary marshalling error in the first race on a critical part of the course where a path turns off through the bracken beyond the Pen Ponds affected some of the results up front. It was a pity that our women were poorly represented partly due to a competing relay across the river as there were individual medals to be had here.

Nicola Richmond, despite feeling unwell, continued her recent rich vein of form to win W45 gold in a convincing fashion by around a minute. Although some of the runners in front of her had been sent off course, this did not affect her result. Meanwhile Ros Tabor, although not quite at her best, easily won the W65.

We thought we had a good chance of winning a M60 team medal, but in the event faced strong competition from other clubs. There was a large and high quality entry in the M60 category. It appeared that we were out of the medals at the presentation, but at the time of writing it appears that we sneaked into bronze position, with the same number of points as Ranelagh. Hugh Balfour had an excellent run, much better than at the Surrey League a week ago, but both Mike Mann and Andy Murray were hampered by injuries.

In the 10km race later, Charlie Lound had a storming run, coming through the first lap in a strong position and picking up places in the second lap in a highly competitive M45 race, won by Stuart Major, the overall winner. Ebe Prill faced strong competition in the M50 race, but was not quite at his best. John English had an encouraging run in his first cross country race for 2 years, while Ian Sesnan was a little below his Surrey League form last week. ***Mike Mann***

**Race 1, 6k**

| | | |
|---|---|---|
| Nicola Richmond | 24:57 | 1st W45 |
| Hugh Balfour | 26:09 | 9th M60 |
| Mike Mann | 26:54 | 2nd M65 |
| Andy Murray | 28:02 | 13th M60 |
| Ros Tabor | 28:58 | 1st W65 |

**M60 team 3rd**

Race 2, 10k

| | | |
|---|---|---|
| Charlie Lound | 36:45 | 3rd M45 |
| Ebe Prill | 39:48 | 6th M50 |
| John English | 43:18 | 16th M50 |
| Ian Sesnan | 49:20 | 19th M55 |

## LADIES SURREY LEAGUE RESULTS UPDATE

The organisers have had some beginning of season teething problems to sort out this year. The results are still up as provisional with the get out clause of 'Take anything here with a pinch of salt!'
There has been another change to the team results due to a couple of teams being recorded in the wrong divisions.
It leaves Dulwich Ladies still in 4th position but with more points to make up to reach third.
We are undaunted! ***Ange Norris***

1st Clapham Chasers 91 points
2nd Thames Hare & Hounds 99 points
3rd South London Harriers 108 points
4th Dulwich 123 points
5th Ranlelagh Harriers 134 points
19th Dulwich B 446 points (5th B team)

## CROYDON 10K

### 18/OCT

Only found out about this race when doing the Roundshaw Downs park run on Saturday and managed to get entry on the day. First time I have run on consecutive days since returning from long injury lay off so wasn't too sure how it would go.

Weather was ideal for run, so set out to run a pace that would get me in around the hour mark. Its a fairly low key event starting and finishing at Lloyds Park and run on pavements. I was pleased at the end to see I ran well inside my target at 56.17 and this was corrected to a chip time of 55.54 (an MV60 pb)

252 chip time 55.54 PeterJackson
385 finishers

# AMSTERDAM

***Dulwich Runners combined forces with Crystal Palace parkrunners to head over to Amsterdam for their running fest.***

After the scrum of registration we were joined by Mike, Clare and Alexander who had arrived from Brussels (Alexander having come in from Australia en route home) for an early meal at Wagamamas. Race day started quite warm with a bit of drizzle, so almost perfect running conditions. Tom cycled over to his sisters, who had just moved to near the start at the Olympic Stadium whereas Bob, having planned to walk through the park, scrounged a lift in a taxi with two Norwegians that he had met in the lift. Clare and Mike have reported separately on their 8K race which started 40 minutes later.

Having dropped our bags we were directed to holding pens on the inside of the running track from where we were released in order of expected finishing times onto the start line. Notwithstanding the staggered start once on our way we were almost immediately stopped by a bottleneck. In fact all the way round, for such a major event, the course was quite narrow. Chris had moved Chris's corner from Crystal Palace park to a corner in Vondel park. (at around 4K) and was joined by Belinda and Andy to cheer us on.

The first 6 miles of the course was round town and then turned South for a 6 mile trip down a canal then over a bridge and back the other side. Distressingly by the time that Bob got to the canal the leaders were off the canal path so 12 miles ahead. After the canal it was back into the sub-urbs of Amsterdam and still crowded so concentrating more on other runners than anything else.

Chris had moved to just outside the park at about 39K and her orange (very appropriate) clapper hand and cheering was being very appreciated by the runners. Bob underestimated the time to the finish and tried to push on to beat 4 hours but weight of runners and heavy legs meant he finished just outside this meaning that his record of always being under 4 hours had gone. However given that his last mara-thon had been 16 years ago he was still pleased. Also the consensus was that our garmins all showed 26.6miles so maybe the marathon distance was achieved in less.

After the finish Chris and Bob met up and had lunch in a café on the course planning to be outside when Belinda and Andy went passed by. They unfortunately caught sight of them whilst paying the bill as, thanks to Andy's pace making Belinda achieved a PB.
Needless to say when all the runners were back the celebratory drinks started

***Bob Bell***

Results

**Marathon**

| | |
|---|---|
| Tom Wilson | 3:02:16 (chip 3:01:35) |
| Bob Bell | 4:13:39 (chip 4:00:45) |
| Matthew Ladds | 4:29:12 (chip 4:18:14) |

**Half Marathon**

| | |
|---|---|
| Belinda and Andy Cottrill | 1:49:28 |

**8K**

| | |
|---|---|
| Clare Wyngard | 36:59 |
| Mike Dodds | 38:52 |

# SOUTH OF ENGLAND CROSS-COUNTRY RELAY CHAMPIONSHIPS

West London, October 17

***Steve Smythe writes...***
***Dulwich women just missed out on the medals.***

While there seems to be a never ending number of events, Dulwich has a very poor record of entering major team senior relays compared to other clubs. We cover all the Vets relays well and are regulars at the South of England senior and vets relays, but we have never competed in the National cross-country relays and have only once competed in the National road relays events - we entered it earlier in the month but not enough women entered were available and we wasted the entry fee.

We did though make our debuts in the South of England cross-country relays and put out three women's teams and perhaps a pity that none of the leading men wanted to compete.
The event is held on a fast, flat course on Wormwood Scrubs, the men run over 3 miles and the women's is just over 2 miles. This year the ground was firm and the conditions were mild and just a little windy. Team selection might have been difficult had everyone been fit and available and Elkie Mace got a bad dose of flu and had to pull out on the day.

Emily Gelder, probably wasn't at her sharpest less than two weeks after her sub-3 marathon and wanted to go first so she could watch Wales in the rugby. She worked really hard on the first leg and just a little ground on the second half. She came in seventh place with a time of 12:48. For the B team Ola Balme ran strongly throughout for a 13:29 leg which put her15th while Michelle Lennon ran well with a 14:52, which put her 21st of 25 teams.
On the second leg, Clare Elms, who resisted the temptation to do her 100th parkrun in the morning, moved through the field and ran the leg's fastest time and fifth best on the day.

Though not finishing as strongly as at her best because of the missed training, her 12:26 meant Dulwich were up to fourth though effectively third as the leaders didn't have a final runner.

1 Bracknell 24:25 (no third runner) - 2 Belgrave 25:07; 3 Barnet 25:07; **4 Dulwich 25:14**; 5 Herne Hill 25:21; 6 London Heathside 25:41; 7 Ranelagh 26:00; 8 Winchester 26:07; 9 South London 26:12.

Dulwich B through Laura Long's 14:02 were up to 14th and Dulwich C through Eleanor Simmons' 14:29 were up to 18th - Both amongst their best ever cross-country runs for the club.
On the final leg, Belgrave went ahead but not by far and after a mile, Kim Hainsworth was not losing much ground and up to second. However that became third as South London's Surrey league winner Steph McCall shot through from ninth with the day's fastest leg to first. Kim held third until around 800 metres to go but was passed by London Heathside.

In the finishing straight, Kim couldn't quite get back to third place but did well to hold off Herne Hill as the three teams finished within a few seconds.

South London 37:34; 2 Belgrave 37:51; 3 London Heathside 38:14; **4 Dulwich 38:17;** 5 Herne Hill 38:18; 6 Barnet 38:42 Kim took 13:03 for her leg.

Selma Benattia ran 14:24 to move the B team up to 12th while Ola, who had agreed to run another leg to finish a team, enjoyed her second run and her 13:53 moved her up to 15th and the leading C team.

4 Dulw R 38:17 (E Gelder 12:48, C Elms 12:26, K Hainsworth 13:03);
12 Dulw R B 41:55 (O Balme 13:29, L Long 14:02, S Benattia 14:24);
15 Dulw R C 43:14 (M Lennon 14:52, E Simmons 14:29, O Balme 13:53)

# BRIGHTON 10

***Jim Dowsett***

It was an early start on Sunday morning for the inaugural Brighton ten mile road race between Hove and Brighton.
I was meeting fellow Dulwich runner Tereza Francova, after she successfully managed to talk me into taking part in this event a few weeks earlier. The thought of an early start, and a longish drive nearly made me not want to do this event , but those thoughts were soon at the back of my mind as I arrived in Brighton in perfect running conditions. Cool, still, and a drop of sunshine after the sea mist had been burned away.

I meet up with Tereza on the way to the race village, and we were soon on the start line, joining the other 1700 runners, after a trouble free bag deposit. At the head of the field, were 3 or 4 athletes from Kenya, running for team run fast, as well as a few very fast looking athletes from various south coast clubs. We managed to get good starting positions nearish to the front in the starting pens, and it wasn't long before we wear let loose to the sound of a local brass band playing some sort of uplifting music.
The route, was an out and back course, run all along the sea front past Brighton pier, before being turned around at mile 6 near Brighton marina. Apart from a sharp incline of about half a mile before mile 6, the rest of the course was flat, making it a possibility for a P.b.

As Tereza had never run a ten mile race before(she has run half marathon distance),she was guaranteed a P.b no matter what lied ahead, although she did say before hand that she would be happy with 1h15 because of her lack of training. I soon settled into a steady pace of around 7, 7-15 mm, and slotted in with a group of around 6 runners. 3 of theses were from vegan running club, and looked like they were pacing each other around, so I slotted in with these. Every now and then, I could feel myself losing contact with this group, before giving myself a telling off, and putting a serge on to close the gap.

At mile 5, I saw a few of the quicker runners on their way back to the finish line, and it wasn't long before the sharp incline had been negotiated, and we had turned for home. At this point, all you see is the constant stream of slower runners, which always gives me a lift, and I kept my eye out for Tereza, but couldn't see her. The last few miles were run along the promenade, and I had managed to get clear of the pack of runners I was with, and started to focus on a guy in a Belgrave harriers vest. It's funny how the mind operates during a race. I kept pace with this grey haired guy until around half a mile to go, when he seemed to slow a bit, leavening me to cross the finish line with a new P.b by nearly a minute.

Well pleased, and as for Tereza, she was pleased as well, for getting well inside her predicted 1h15 time. So a very nice mornings work indeed.

Winner 0:47:04

| | |
|---|---|
| Jim Dowsett | 1:09:36 |
| Tereza Francova | 1:13:23 |

1737 ran

# CIVIL SERVICE CROSS COUNTRY CHAMPIONSHIPS PARLIAMENT HILL

14 OCTOBER 2015

Following on from our close finish at the Surrey League, Alistair and I ran the Civil Service Cross Country Championships last Wednesday, with Alastair finishing tenth and me next, nine seconds back. Putting this in the middle of the day in the middle of the working week is a bit awkward, but the double draw of an early look at Parliament Hill and my own department, ONS, managing to get a team out was enough for me to finally get round to it. It was unusual to not be running in the trusty Dulwich vest: we had chosen a (cheap but distinctive) turquoise and Alastair's department, Defra, have a white vest with a garish bright green band.

This was not the usual Parliament Hill, it was dry and hard on a cool but mostly sunny day and the trees had not yet lost their leaves. Also, the three-lap course misses out some of the hardest climbs. The fairly small field (88 men, 29 women) included some notably strong runners, some familiar from other local races, with the fastest getting round the 10k course in under 35 minutes.
I went off quite quickly trying to guess the age groups of the front few, but settled back into about 15th place. Al came flying past on the descent at the end of the first lap. After that we picked up three or four places and, apart from a minor detour near the end the rest was challenging but uneventful. We missed out on the medals with Al's team comfortably in the middle and mine not last! ***Charlie Lound***

| | |
|---|---|
| 10 Alastair Locke (Defra) | 38:19 |
| 11 Charles Lound (ONS) | 38:28 |

# AMSTERDAM 8K

18 OCTOBER

Clare and I picked up our son up in Brussels on Friday after his flight from down under and headed for Amsterdam on the following day. This was largely to support Bob Bell and Tom Wilson in the marathon, and Andy and Belinda Cottrill in the half, but there was also an 8k race on offer, starting a half hour or so after the marathon. Clare had every chance to switch to the half but sensibly opted not to race 3 half marathons in three different countries over the space of 4 weekends and to stick with the short one.

This was a decent enough call. I thought I might be bumped out of my race by Alexander but he was still recovering from the travelling and was happy to cheer us on in Vondel park. The 8k basically took in the beginning and the end of the marathon route, but in the opposite directions, starting in the vicinity of the 1928 Olympic stadium and finishing, in great style, on the track there. It was flat, unsurprisingly, and the weather was very, well 'low countries in autumn', if you know what I mean, but that doesn't entail it was bad for running.

Our dinky little route meant that we could cover practically all of the interesting bits of the marathon and miss the long drag out to, around, and back from some humdrum industrial estate so quite happy with that. A real highlight at halfway was passing directly through the grounds of the Rijksmuseum. I'd been inside on several previous visits for Rembrandt's 'Night Watch', and assorted Vermeers etc., but had never experienced it quite like that before.

We met up with the others in the afternoon in a raucous bar as Scotland could have/should have beaten the Wallabies. Even more unlikely than that, Newcastle won.

| | |
|---|---|
| 266 Clare Wyngard | 36:59 (36 female) |
| 403 Mike Dodds | 38-52 (335 male) |

4,242 finishers

## CROSS COUNTRY CHAMPIONSHIPS 2015/16 MEN

**TOTAL OF 4 BEST RUNS - MUST INCLUDE 3 SURREY LEAGUES**

| NAME | Surrey Lge Wimbledon 10/10/15 | Surrey Lge 2 Walton 07/11/15 | S of Thames Polesdon Lacey 21/11/15 | Surrey Lge 3 Reigate 16/01/2016 | Surrey Lge 4 Lloyd Park 13/02/2016 | Mob Match ?/?/16 | TOTAL | No. of events |
|---|---|---|---|---|---|---|---|---|
| Wayne Lashley | 50 | | | | | | | |
| Tim Taylor | 49 | | | | | | | |
| Charlie Lound | 48 | | | | | | | |
| Alastair Locke | 47 | | | | | | | |
| Tony Tuohy | 46 | | | | | | | |
| Steve Davies | 45 | | | | | | | |
| Tom Rann | 44 | | | | | | | |
| Mark Lacey | 43 | | | | | | | |
| Ian Lilley | 42 | | | | | | | |
| Ebe Prill | 41 | | | | | | | |
| Jim Dowsett | 40 | | | | | | | |
| Duncan Wilson | 39 | | | | | | | |
| Mike Mann | 38 | | | | | | | |
| Hugh Balfour | 37 | | | | | | | |
| Graham Laylee | 36 | | | | | | | |
| Andy Murray | 35 | | | | | | | |
| Ian Sesnan | 34 | | | | | | | |
| Barrie J. Nicholl | 33 | | | | | | | |

## CROSS COUNTRY CHAMPIONSHIPS 2015/16 WOMEN

**TOTAL OF 4 BEST RUNS - MUST INCLUDE 3 SURREY LEAGUES**

| NAME | Surrey Lge 1 Roundshaw 10/10/15 | Surrey Lge 2 West End 7/11/15 | S of Thames Polesdon Lacey 06/12/15 | Surrey Lge 3 Reigate 16/01/16 | Surrey Lge 4 Richmond 13/02/16 | Mob Match ?/?/16 | TOTAL | No. of events |
|---|---|---|---|---|---|---|---|---|
| Clare Elms | 50 | | | | | | | |
| Claire Baglin | 49 | | | | | | | |
| Elkie Mace | 48 | | | | | | | |
| Nicola Richmod | 47 | | | | | | | |
| Ola Balme | 46 | | | | | | | |
| Ange Norris | 45 | | | | | | | |
| Helen Lister | 44 | | | | | | | |
| Michelle Lennon | 43 | | | | | | | |
| Sue Cooper | 42 | | | | | | | |
| Eleanor Simmons | 41 | | | | | | | |
| Katie Styles | 40 | | | | | | | |
| Lucy Pickering | 39 | | | | | | | |
| Lucy Clapp | 38 | | | | | | | |
| Ros Tabor | 37 | | | | | | | |
| Katie Crowe | 36 | | | | | | | |
| Joanne Shelton | 35 | | | | | | | |
| Clare Wyngard | 34 | | | | | | | |
| Lindsey Annable | 33 | | | | | | | |
| Claire Steward | 32 | | | | | | | |
| Stephanie Burchill | 31 | | | | | | | |

# October 17th

## Banstead Woods

188 ran.

| Pos | Gen | | |
|---|---|---|---|
| 2 | 2 | Tony Tuohy | 18:10 |

## Blickling

116 ran.

| Pos | Gen | | |
|---|---|---|---|
| 14 | 12 | Gary Sullivan | 20:39 |

## Brockwell

264 ran.

| Pos | Gen | | |
|---|---|---|---|
| 9 | 9 | Lewis Laylee | 18:32 |
| 31 | 30 | Robbie Campbell | 20:31 |
| 41 | 40 | Mark A Foster | 20:48 |
| 58 | 55 | Graham Laylee | 21:40 |
| 59 | 4 | Ruth Bennett | 21:41 |
| 85 | 11 | Lucy Clapp | 22:41 |
| 239 | 87 | Selina Wray | 30:22 |
| 260 | 158 | Chris Vernon | 34:33 |

## Bromley

481 ran.

| Pos | Gen | | |
|---|---|---|---|
| 7 | 7 | Oscar Hussey | 17:53 |

## Burgess

168 ran.

| Pos | Gen | | |
|---|---|---|---|
| 83 | 63 | Paul Keating | 25:12 |

## Crystal Palace

After her international cheerleading in Amsterdam last week the infamous Chris's Corner, at Crystal Palace, is 100 parkruns old this weekend. It's coincidentally the day the after she gets an award for donating 100 pints of blood (is there much difference). ***Bob Bell***

141 ran.

| Pos | Gen | | |
|---|---|---|---|
| 1 | 1 | Wayne Lashley | 17:38 |
| 85 | 71 | Paul Hodge | 26:34 |

## Dulwich

193 ran.

| Pos | Gen | | |
|---|---|---|---|
| 5 | 5 | Alastair Locke | 17:26 |
| 6 | 6 | Paul Devine | 17:33 |
| 7 | 7 | Tim Taylor | 17:43 |
| 8 | 8 | Ian Lilley | 17:47 |
| 11 | 11 | Rob Cope | 18:07 |
| 22 | 21 | Sam Crump | 19:31 |
| 40 | 38 | Lloyd Collier | 20:58 |
| 68 | 61 | Mark Muffett | 22:21 |
| 74 | 10 | Michelle Lennon | 22:37 |
| 92 | 16 | Claire Steward | 23:50 |
| 93 | 17 | Lucy Cartlidge | 24:03 |
| 112 | 26 | Claire Barnard | 24:57 |
| 152 | 39 | Stephanie Burchill | 28:06 |

## Greenwich

175 ran.

| Pos | Gen | | |
|---|---|---|---|
| 11 | 11 | Stephen Smythe | 20:42 |
| 30 | 29 | Joseph Brady | 22:44 |

## Hilly Fields

183 ran.

| Pos | Gen | | |
|---|---|---|---|
| 9 | 9 | James Burrows | 19:14 |

## Ipswich

276 ran.

| Pos | Gen | | |
|---|---|---|---|
| 46 | 2 | Sarah Cross | 23:25 |

## Medina I.O.W.

254 ran.

| Pos | Gen | | |
|---|---|---|---|
| 20 | 19 | Duncan Wilson | 21:37 |

## Osterley

101 ran.

| Pos | Gen | | |
|---|---|---|---|
| 31 | 27 | Barrie John Nicholls | 24:06 |
| 34 | 6 | Lindsey Annable | 24:22 |

## Riddlesdown

140 ran.

| Pos | Gen | | |
|---|---|---|---|
| 17 | 3 | Ange Norris | 21:59 |

## Roundshaw Downs

99 ran.

| Pos | Gen | | |
|---|---|---|---|
| 59 | 55 | Peter Jackson | 26:58 |

## Swindon

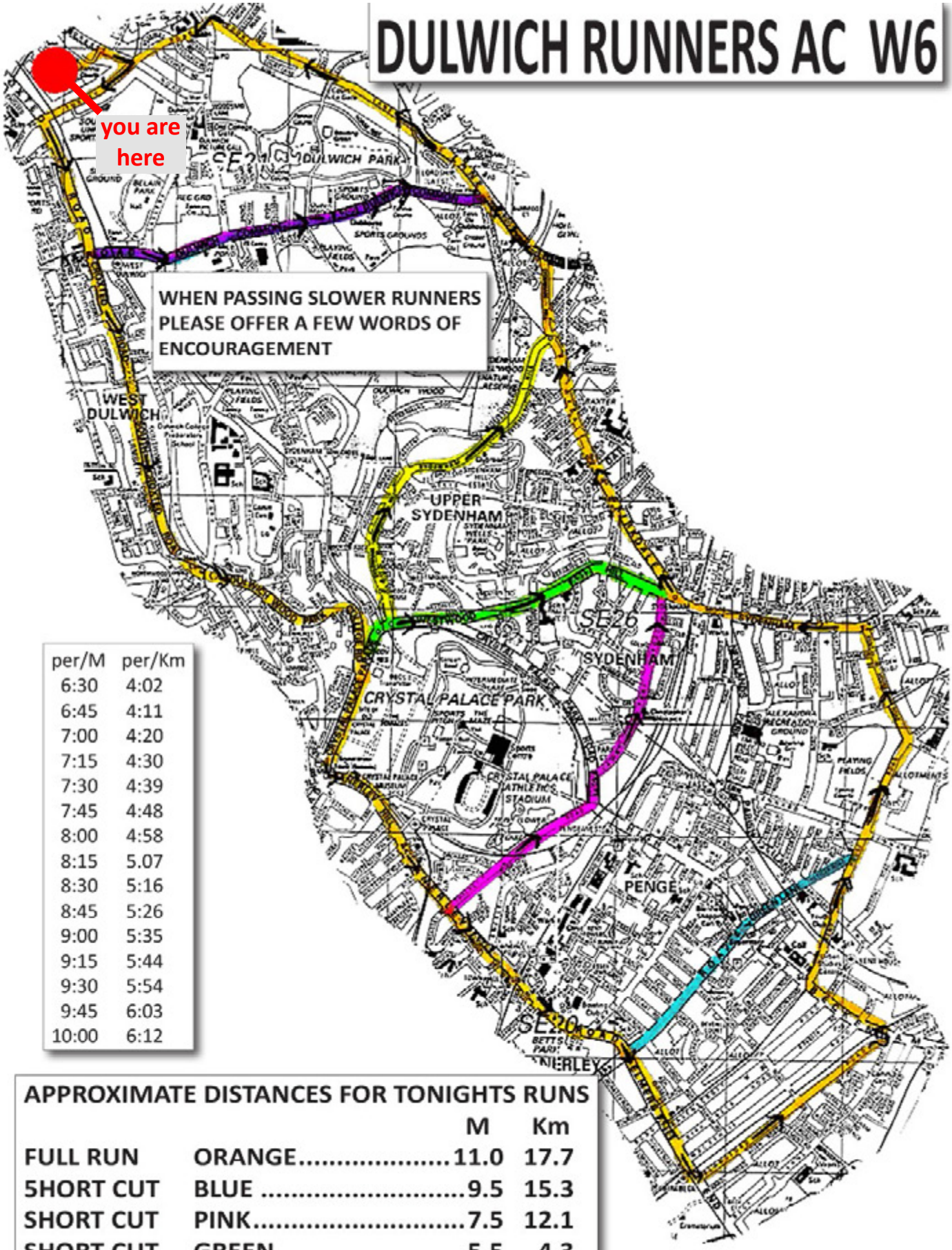
459 ran.

| Pos | Gen | | |
|---|---|---|---|
| 60 | 56 | Martin Morley | 22:22 |

**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 W6




| 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 | 11.0 | 17.7 |
| SHORT CUT | BLUE | 9.5 | 15.3 |
| SHORT CUT | PINK | 7.5 | 12.1 |
| SHORT CUT | GREEN | 5.5 | 4.3 |
| SHORT CUT | YELLOW | 4.5 | 7.2 |
| SHORT CUT | PURPLE | 3.0 | 4.8 |