SHORTS

Dulwich Runners AC
Weekly Newsletter
November 2nd 2016

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

Wed 2 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 5 Reigate Relays

Tue 7 Crystal Palace Arena
See notice below for more details
£2.50 per session - warm up from 7pm - session start 7:20pm

TRACK SESSIONS

We are back at Crystal Palace.
£2.50 per session - Suitable for all abilities.
Go to reception say you are with Dulwich Runners but do not pay there, pay Ros trackside.
Leave time to get from reception down to track - it can take up to 10 minutes.

Arrive at 7pm if you want a full warm-up taken by Elkie Mace consisting of various drills.
Strides etc will start around 7.20pm, main session taken by Steve Smythe will start shortly after and be in the region of 40-45 minutes

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- Sign the attendance register and **pay £1.**
- 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.

Thank you. - Ros

LUCKY VEST

tonight in the clubhouse

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.
Vests £18 each from Ros and all kit ros.tabor49@gmail.com

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Cross Country section - all the info you need
4 Fixture list, club champs, road, XC, etc
5... Race reports and results
6 Burgess parkrun club champs report & results
11 Parkrun results
12 Map for the run this Wednesday

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

Nov 5 Reigate 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.
Thanks to ***Patrick McMorrow*** for taking out new runners last week.
If you're on the list, please try and turn up that night and make sure anybody new has someone to run with.
If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – Ros

Charlie Lound	**2/11**
Olivier Montfort	9/11
Mike Mann	16/11

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

SOCIAL SPOT

Watch this space for upcoming 2016 events !

Quiz Night

Wednesday 9th November

A fun team quiz which will start about 8.45pm.
Fish and chips on offer as normal.
Maximum 4 per team and some great prizes will be up for grabs.

£5 per team member, all funds raised will go into the clubs social fund which will be used in 2017 to lay on more subsidised/funded social events for club members throughout the year.

I look forward to seeing as many of you as possible to support the event.

Dulwich Runners Xmas Party

17th December

at The Plough on Lordship Lane
so put the date in your diary and watch this space for further details.

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 when you sign in - Ros
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)

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
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club
Contact Ros ros.tabor49@gmail.com
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

SHORTS!

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

HOODIES...

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

Buffs/snoods - only £6

socks only £5

Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

SPECIAL HOT WEATHER OFFER
CROP TOPS £1 TO CLEAR
AVAILABLE ON WEDNESDAY

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004
ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

" Sunday 6th November bike ride from Cadence Performance.

Anyone who would like to ride with Tony MacPherson and I on Sunday please let me know. Depart at 8am return at 11am for well earned carrot cake and latte. We ride to Toys Hill and back over Star Hill and Downe.
duncan.j.wilson@hsbcib.com or text me on 07827 354517
Not fast 13-15mph average. "

The cross country season started in September with races taking place on most Saturdays until mid February. Here is some key information for the benefit of both newly joined members and regulars.

Surrey League

We compete in the Surrey League and this the club's main priority. There are 3 fixtures left. Further details on times, location etc will be posted by your captains nearer the time. Details on other Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible.

Our men did exceptionally well to gain promotion to Division 1 last season, but will face a challenge this season in avoiding relegation, competing against some of the strongest clubs in the country.

Distances

The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, from around 8km in the autumn to 12km and over for the men later in the season.

Scoring

In the Surrey League, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. But cross country races are not elite and are suitable for runners of all abilities. They are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races.

Surrey League entry

For the men's Surrey League there is no need to enter in advance or pay; simply turn up on the day in good time to register and warm up (though your captain will find it helpful to know your availability in advance). For the women's Surrey League, the women's captains will request runners to enter in advance. If you have not asked to be on the list but decide later that you want to run, please contact your captains.

Other Races

In addition to the Surrey League there are other cross country races, almost all of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London champs, 2 South of Thames races, South of England and National champs. There are also other races for Masters. See the fixture list in Shorts for details.

Entry for other races

For virtually all races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email for those interested to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first. But don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

You can often get away with road or trail shoes in early season races, but as the ground becomes heavier, cross country spikes or fell shoes become necessary.

Contacts

For further information please contact your captains at:
dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk

Cross Country Entries

There are a number of notices in Shorts and emails about informing your captains whether you would like to enter various cross country events over the autumn months.

A busy cross country calendar means that races are held on most Saturdays through the season, so it might be helpful to know which to prioritize. As far as the club is concerned the 4 Surrey League matches over the season represent a key target.

This autumn we have the men's and women's league matches on 15 October, a men's match on 12 November, and a women's match on 3 December. Please keep these dates free if at all possible.

Other important races this autumn are the BMAF relays at Long Eaton on 19 November and the SEAA Masters champs at Oxford on 10 December. There are a number of other races including the London Champs, the two South of Thames races and the Reigate relays are popular with club members and you are encouraged to enter these, but they represent a slightly lower priority.

Advice on which races to target later in the season will follow. For all events, please make sure you read the notices carefully and respond before the deadlines given, in order to ensure that you get a place. ***- Mike Mann***

Cross Country Champs

Once again we will be holding a cross country champs this season. There will be 4 events to qualify, including a minimum of 3 Surrey League races. The other races are the South of Thames 5 miles at Polesden Lacey on 26 November and a mob match yet to be arranged in February or March, probably using the Beckenham Place Park parkrun course.

Reigate Relays

November 5th

One lady cannot do Reigate relays now so we need one more.
I will need to know by Friday 4th

BMAF

November 19

The ladies team for BMAF could do with a boost.....
.....***a last chance to enter by Thursday 3rd***.

Ange Norris dulwichladiescaptain@gmail.com

Kent Masters Cross Country Champs

3 December

If you would like to be entered for these masters champs taking place at Dartford, please ***contact your captains by 14 November.*** If you have any questions regarding eligibility your captains will be happy to advise.
You need to have been born in Kent or live in the boroughs of Lewisham, Greenwich or Bromley.

South Of Thames Races

26 November

The venue for the South of Thames 5 mile race on has now been confirmed as Polesden Lacey, the same course as used last year in the grounds surrounding the National Trust property.

We have now heard that the second South of Thames race is likely to be held at Beckenham Place Park and the date has revereted to Saturday 17 December, a day earlier than originally billed. This is subject to final confirmation.

To enter the South of Thames 5 mile race, ***contact your captains by 15 November.***
Note that this is one of the races that forms part of our cross country champs.

Dulwich Runners 2016/17 Fixtures

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

DULWICH RUNNERS 2016 CLUB CHAMPIONSHIPS

A total of 9 races split into 2 categories, short (S) and long (L). To qualify you need to complete 5 in total, including at least one from each of the two categories. See fixture list for the remaining events

2017 Club Places

The club has two London Marathon places for club members. To qualify for consideration you must have:

- been a member for at least 12 months,
- applied to the ballot and been rejected; and
- not been awarded a club place for either of the last two years.

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

To be considered, contact chas.lound@btinternet.com or in person, on Facebook etc., ***by 11 November.***

Tuesday track sessions

back at **Crystal Palace**
£2.50 per session - Suitable for all abilities.
Go to reception say you are with Dulwich Runners but do not pay there, pay Ros trackside.
Leave time to get from reception down to track - it can take up to 10 minutes.

Arrive at 7pm if you want a full warm-up taken by Elkie Mace consisting of various drills.
Strides etc will start around 7.20pm, main session taken by Steve Smythe will start shortly after and be in the region of 40-45 minutes

Epsom 10 - New Date 13 November

As many of you will be aware the date of the Epsom 10, the final race of this year's club champs has been brought forward by one week to 13 November.
This is the same weekend as the second Surrey League cross country match, which you are asked to treat as your priority race for the weekend.
Some of you may need to take part in this race to complete the club champs, but there will only be a few cases where a fast time is required.

Road & other **Cross country** **Club Champs** **Assembly League**

2016		Race		Venue
Oct	29	5k Parkrun (S)		Burgess Park
Nov	05	Reigate Priory Relays		Reigate Priory Park
	12	Surrey League	men	Farthing Down
	13	Epsom 10 (L)		Epsom
	19	London champs		Parliament Hill fields
	19	BMAF Relay Champs		Long Eaton
	26	South of Thames 5m - National Trust Grounds		Polesden Lacey
Dec	3	Surrey League	women	Mitcham Common
	3	Kent Masters Champs		Dartford
	10	SEAA Masters champs		Horspath, Oxford
	17	South of Thames 7.5m **subject to final confirmation**		Beckenham Place Park **tbc**
2017				
Jan	7	County Champs		Lloyd Park, Surrey - Kent **tbc**
	14	Surrey League	men	Mitcham Common
	14	Surrey League	women	Ham Lands, Ham
	21	Vets AC Champs		Wimbledon Common
	28	South of England Champs		Parliament Hill
Feb	11	Surrey League	men	Ham Lands, Ham **tbc**
	11	Surrey League	women	Farthing downs, Coulsdon
	26	National Champs		Nottingham

Race Reports & Results

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

Frankfurt Marathon

30th October

With a stress fracture side-lining me for the Manchester marathon in the spring all my 2016 marathon hopes rested on the Frankfurt race last weekend. I had managed to avoid the numerous office colds, was running on a famously flat course and weather conditions were unbelievable – excuses were increasingly sparse, only adding to my nerves.

The weekend started with the expo and bumping into double Ironman World Champ, Jan Frodeno – he seemed almost relatable in person and if he could run a 2:45 after c.6hrs of intense swimming/cycling then surely I could plod around 26 miles in under 3 hours!

The start of the race was rather congested and not something I am used to, this is the biggest race I have been in for 18months or more, but that probably helped keep me from bolting in the first 5km or so. My Garmin went a bit wild very early on, registering my first kilometre after no more than 800m of running – this left me running on feel and calculating splits as I went,

"surely I could plod around 26 miles in under 3 hours !"

which was a welcome way of keeping my mind occupied. After about 10k there is a fairly dull 20/25k outside of the city centre along the Main river. Although not thrilling scenery the route is well supported throughout and the roadside antics provided sufficient distraction and made the kilometres click by very nicely. I passed the half way mark in almost exactly 1:27:30 which is the quickest I could have hoped for and I was still feeling pretty strong. From kilometre 25 – 35 there were a few low points where old injuries started playing on my mind but a roadside appearance from my girlfriend and supporter for the weekend lifted my spirits with 7k to go and I managed to push on. The final kilometres weaved through the city centre and I managed to maintain roughly 4:10min/km and finished the second half in about 1:27:45, very close to even splits which pleased me a lot and a 13minute PB of 2:55:14 which pleased me even more! The only downside to the whole event was the news that I wasn't even the top Shane O'Neill in the race – the other one ran a 2:35! Might take a few more years of training before I get to that standard…

I have to say a big thanks to all you guys, this is my first marathon since joining the club and I definitely wouldn't have been able to run it this quickly without chasing you guys around every week! Bring on a spring marathon!

734 Shane O'Neill	2:55:14
Runners: 11,883	

Emer Casey 10k Brockwell Park

30th October

Six of us turned out for this local race organised by Herne Hill Harriers.

Alastair had a good run but the quality at the front of the race meant he could not make it a hat-trick of 10K wins after recent successes at Petts Wood and Richmond. Mike Mann ran steadily and I was pleased with my time which was faster than in the Middlesex 10K in September. Clare and Mike finished close together with the positions being reversed from the previous morning's Club Champs parkrun. Lucy Clapp had easily the best run of the day setting her second PB in consecutive days and picking up the FV45 prize in the process. ***-Graham Laylee***

5th Alastair Locke	35:59
Mike Mann	44:27
Graham Laylee	44:54
Lucy Clapp	45:26 PB 1st FV45
Clare Wyngard	48:35
Mike Dodds	48:48

Kent League Tonbridge

U17M 5k

Delays in Calais meant a frantic start, literally sprinting to the start line with one minute to spare so, far from ideal preparation, but in spite of this, not too bad a race.

15 Oscar Hussey 18.20

Burgess parkrun 5k Club championship

Sat 29th

The choice of the flat and fast Burgess parkrun for a club championship proved both popular and productive for a lot of Dulwich Runners with 14 of the 38 attending running parkrun PBs; a large proportion of those were better than their official 5k bests too, though won't of course count as such on Power of 10. Is it the fastest parkrun course in south London? Personally I prefer Dulwich (no sharp corners, there are a few at Burgess) but the debate was well split – it's horses for courses. In any case the perfectly still and mild morning promised some fast times and duly delivered, with the majority of the PBs coming from the faster runners at the sharp end of the race, where Dulwich participants occupied 13 of the first 16 places. Another bonus: the times by Andy Bond, Steve Davies, Clare Elms and yours truly were all age group course records.

Tim set off steadily without going mad (thoughts of his marathon in New York next week?) and only stirred himself to push on in the last mile and do enough to take first place from the fast finishing Andy Bond's huge PB as he continues to get faster. Similarly fast-finishing was Alastair 'pot hunter' Locke, whose big PB was just enough to pip a tiring Lewis, who started fast but still only just missed his own PB. These four were a decent gap ahead of the next battle, where Steve Davies showed he's back to his top form with a new parkrun PB a few seconds ahead of a very strong run from Paul. Paul will no doubt maintain that Steve's blatant multiple corner cutting in the first mile right in front of himself and me was the reason for his defeat. I, of course, am far too polite and can't possibly comment further and will not be standing up in court. Anyway, Steve was apparently frightened into subservience by Paul yelling at him. This needle match will continue – unless I can shut them both up by starting to beat them again...

I entertained hopes of staying with those two but after the first mile or so had to drift off the pace. Nevertheless I didn't die too much and ran my best 5k for a very long time; hope it's not a one-off. Bearing down on me like a ton of bricks was Mark Lacey, just failing to catch me but being rewarded with his fastest 5k as his comeback after indifferent form in the summer reaches another level. Ian Lilley's own comeback has reached similar quality as he set out with intent and ran a huge season's best very close to his official 5k PB. Clare is starting to race a bit more confidently lately but not quite enough to risk going with Ian from the start. The initial gap between them then remained the same for the rest of the run and she fell only five seconds short of her six-year-old parkrun PB; surely that will go if targeted again. By the way, her age grading was a frankly absurd 97%...

Kev Chadwick's strong run was only ten seconds short of his best and enough to comfortably hold off Charlie, well short of training lately as he carefully nurses an achilles injury back into action. Lloyd is far from his fittest at the moment and suffered at last week's Surrey League XC but put in a decent run here and announced himself happier. Coach Steve has been quietly improving all summer and had good run, one of his best for ages. Ebe did well while continuing to ease back into post-injury training to beat a great run from Gary, who stepped up from his usual consistent level to an excellent PB. And Selma, even so soon post-wedding, continued her inexorable improvements, this time with a sizeable chunk for a great new PB. Grzegorz put in a solid run just short of his best from Dulwich parkrun, just in front of a welcome appearance from Sam Crump, running well but obviously not at his pre-marathon fitness, while Duncan was on great form and ran an excellent full minute faster than his best this year.

Helen and Becca are both off to the New York marathon this weekend and on this evidence we'll be hoping for good reports as the marathon training appears to have done no harm to their 5k times; Helen's PB was also a minute quicker than her 5ks this year and Becca's was a big improvement – good luck to both. Mike Mann's best parkrun this year was right behind them, just holding off Lucy Elms, though more by default as Lucy did well to get 20:49 at all after suffering a nasty fall while being hopefully on course for a PB and missing out, though thankfully none the worse for wear. Cameron's consistent runs continued and his first go at Burgess was very close to his best times, as was Michelle's second shot at this course. Just behind Michelle, Lucy Clapp's run was exceptional; she's been recording 22s all year for parkruns/5k but here turned in 21:27, a massive PB and candidate for run of the day. Graham wasn't far short of his best times and just seconds off his season's best, while Katie, though close to her best parkruns, was a little adrift of her superb 5ks this year at her favoured Hyde Park course; a similar story to Laura, whose excellent parkrun PB here is a little short of her 5ks at Battersea Park. And splitting these two was a welcome appearance from second claimer Jo Quantrill with one of her best runs this year.

The marital 'battle' between Mike and Clare went Mike's way this time with one of his best runs of recent times, though Clare was no slouch either with yet another season's best performance. Barrie wasn't running at his fastest, saving his breath to give me welcome encouragement when I passed him on my second circuit of the lake. Matt was three minutes down on his PB but he did have a good excuse – it was only six days after his cracking 3:58 at the Abingdon Marathon. Give him a chance and no doubt his PB-fest at all distances will resume. Lindsey has set multiple PBs this year and had a typically strong run here, close to her best runs. Pete Jackson must be another candidate for run of the day; he's concentrated on parkruns for the last two years, starting at over 32 minutes and getting down to 26:15 this summer before making a superb jump here to 25:46, a great effort. Barry Evans uses Burgess as his home parkrun but only returned this month after a long absence and is already much improved from three weeks ago. The Dulwich effort was closed by ever-present club stalwart Chris Vernon, no stranger to Burgess Park; the Vernons (Chris and Sue) are very well known here with over 50 runs between them.

PS: Wayne 'you never know if I'll get there' Lashley was conspicuous by his absence at the start; matters were further confused when he then appeared at the finish, obviously having run. I note that he doesn't appear in the results so may be an 'unknown'. The man is an enigma, a ghost runner, if you will. Further enquiries are meaningless; mainly because I value my sanity and also just can't be bothered. ***- Tony Tuohy***

Burgess parkrun results

Pos	Gen					
1	1	Timothy Bowen	SM	16:20	prPB	
2	2	Andy Bond	M40	16:24	prPB	(5k PB)
3	3	Alastair Locke	SM	16:35	prPB	(5k PB)
4	4	Lewis Laylee	SM (U20)	16:36		
6	6	Stephen Davies	M45	16:51	prPB	
7	7	Paul Devine	SM	16:55	prPB	
8	8	Tony Tuohy	M50	17:09		
9	9	Mark Lacey	SM	17:12	prPB	(5k PB)
11	11	Ian Lilley	M40	17:34	prPB	
12	1	Clare Elms	W50	17:42		
13	12	Kevin Chadwick	SM	17:54		
14	13	Charles Lound	M45	18:07		
16	15	Lloyd Collier	M40	18:28		
21	20	Stephen Smythe	M55	18:52		
26	25	Ebe Prill	M50	19:16		
27	26	Gary Sullivan	M55	19:17	prPB	(5k PB)
32	2	Selma Benattia	SW	19:30	prPB	(5k PB)
34	32	Grzegorz Galezia	M45	19:44		
35	33	Sam Crump	SM	19:47		
41	39	Duncan Wilson	M50	20:28		
42	3	Helen Lister	SW	20:31	prPB	(5k PB)
43	4	Becca Schulleri	SW	20:38	prPB	(5k PB)
44	40	Michael Mann	M65	20:42		
47	5	Lucy Elms	SW (U17)	20:49		
55	48	Cameron Timmis	M45	21:10		
57	8	Michelle Lennon	W45	21:19		
60	9	Lucy Clapp	W50	21:27	prPB	(5k PB)
62	53	Graham Laylee	M55	21:29		
74	11	Katie Styles	SW	22:15		
75	12	Jo Quantrill (2nd claim)	W60	22:17		
76	13	Laura Vincent	SW	22:24	prPB	
81	66	Michael Dodds	M55	22:42		
82	16	Clare Wyngard	W55	22:45		
101	83	Barrie J Nicholls	M60	23:27		
103	84	Matthew Ladds	SM	23:35		
110	23	Lindsey Annable	W45	23:46		
146	105	Peter Jackson	M60	25:46	prPB	(5k PB)
215	136	Barry Evans	M65	31:20		
238	145	Chris Vernon	M70	35:54		
249 ran						

Age Grading results

Steve Smythe adds:
Here are the official parkrun summaries - the age-grading may be very slightly different for club championhip purposes but will be close, ie Clare will score around 970. Despite her cold and cautious race, she easily had the top age-graded performance in the country and was close to her lifetime PB in her 113th parkrun victory. It was a new course age-graded record.

Tony was in the top 10 in the country and we had 7 members in Britain's top 100 achieving over 83%. 12 achieved National standard (80%) and a further 4 including race winner Tim just missed out with 79% plus. Apart from dominating the men's race (first 4 and 8 of top 9), and women's (top 5) we were even more dominant in the age-graded (counting 2nd claimer Jo) we had the top 19 performances of the race (up to Selma) 15 set course PBs. 16 were first-timers and 9 have run faster PBs in the past on this course. Amongst these runners Lindsay became the 14th Dulwich Runners to run 100 parkruns.

					no. of parkruns
2 (1W)	Clare Elms	17:42	97.08%	New PB!	113
8	Tony Tuohy	17:09	88.82%	New PB!	129
75(12W)	Jo Quantrill (2C Slh)	22:17	87.06%	PB:21:58	272
6	Stephen Davies	16:51	85.46%	New PB!	63
2	Andy Bond	16:24	85.16%	First Timer!	91
21	Stephen Smythe	18:52	83.57%	New PB!	166
44	Michael Mann	20:42	83.33%	First Timer!	47
27	Gary Sullivan	19:17	81.76%	First Timer!	88
14	Charles Lound	18:07	80.77%	First Timer!	30
4	Lewis Laylee	16:36	80.32%	New PB!	81
60 (9W)	Lucy Clapp	21:27	80.11%	First Timer!	143
11	Ian Lilley	17:34	80.08%	New PB!	77
1	Timothy Bowen	16:20	79.59%	New PB!	29
7	Paul Devine	16:55	79.51%	New PB!	75
3	Alastair Locke	16:35	79.10%	First Timer!	54
26	Ebe Prill	19:16	79.07%	PB 18:31	109
82 (16W)	Clare Wyngard	22:45	78.53%	First Timer!	182
57 (8W)	Michelle Lennon	21:19	77.72%	New PB!	147
32 (2W	Selma Benattia	19:30	77.18%	New PB!	58
9	Mark Lacey	17:12	76.26%	First Timer!	4
16	Lloyd Collier	18:28	76.17%	First Timer!	41
41	Duncan Wilson	20:28	74.43%	New PB!	94
13	Kevin Chadwick	17:54	74.12%	New PB!	147
62	Graham Laylee	21:29	74.01%	PB:21:12	224
47 (5W)	Lucy Elms	20:49	73.50%	PB 20:20	26
34	Grzegorz Galezia	19:44	72.97%	First Timer!	6
42 (3W)	Helen Lister	20:31	72.46%	First Timer!	20
43 (4W)	Becca Schulleri	20:38	71.73%	First Timer!	23
101	Barrie J Nicholls	23:27	69.58%	PB 22:17	91
81	Michael Dodds	22:42	69.46%	First Timer!	215
110 (23W)	Lindsey Annable	23:46	68.86%	New PB!	100
74 (11W)	Katie Styles	22:15	67.19%	First Timer!	22
55	Cameron Timmis	21:10	67.01%	First Timer!	126
76	Laura Vincent	22:24	66.52%	New PB!	44
35	Sam Crump	19:47	65.96%	PB 18:48	73
146	Peter Jackson	25:46	64.49%	New PB!	61
215	Barry Evans	31:20	55.64%	PB:23:55	66
103	Matthew Ladds	23:35	54.77%	PB 20:20	46
238	Chris Vernon	35:54	50.37%	PB 29:01	209

Lausanne 1/2M

Ange Norris writes....
This was my first exotic race - the first time I've raced abroad - very exciting. It was actually my daughter's idea as she works in Geneva. So since it was half term and we could have a few days visiting her, it seemed like a slightly good idea.

The online registration and information were amusing. I had the choice of either doing my best reading french or decyphering the translation. I quote ' Changing at Vevey - not monitored for Fitness of the college of chestnut'?? After some time and a considerable amount of money spent, I was in so there was no changing my mind. For the price they charged, I was a bit disappointed that the t-shirts were exactly the same for both the full and half marathon.

My Emily's flatmate was also running which made it easier on the day. First we had to pick up our numbers at Lausanne from the Expo then travel on to the start which seemed very late at 1.45 p.m. At least it was for the first runners, as each pen started 3 minutes apart. I lined up with about 5000 others, most chatting in french.

The course was one way from Vevey to Lausanne along Lake Geneva and was all I was promised - scenic with mountains on each side of the lake, small villages with plenty of supporters and vineyards reaching down to the road. Vastly preferable to the South Circular. The website had said 'hilly' but I have to say it was only undulating, nothing too challenging. No Sydenham Hill or Kirkdale.

Another first was having a number with my name on it. For a very short moment I felt famous but no, as everybody else did too. It did mean that I got quite a few shouts of 'Allez Ange'. I joined in with several 'Allez, Allez's when I overtook anybody.
I haven't run a half marathon for a year and half, so was unsure of what sort of time to expect to do. With the distance markers in kilometers you reach each one a lot quicker but to avoid 21km of mental arithmetic, I had worked out some planned split times for a 1:34 finish time.

Spot on at 1km - good pacing I thought, but then I must have got a bit excited by the views or the crowds. I was up by over a minute at 10km. Too late to rein in the pace. The last couple of miles were tough but with a few more shouts of 'Allez Ange' I was in view of the finish where I had my family to spur me into a finishing sprint. Not sure quite how it happened but I was very happy with my time of 1:29:02. (Can't help but think I should have run 3 seconds faster!)

World Masters Athletics Championships Perth, Australia

This championship was only a year after the last one in Lyon, although it will revert to every two years (next World champs in Malaga 2018, Euro in Aarhuus 2017). Ros had won the w65 800m in Lyon plus 3 individual silvers. Perth is a pleasant city in Western Australia, with several central districts in rows moving away from the Swan River waterfront- parks, then offices, shops, small cafes, rail tracks and then a cultural and eating/drinking district. A few miles down the Swan River is the fishing port of Fremantle, on the Indian Ocean.

The Masters championships involve 4000 athletes from 92 countries and take place at 4 venues – a track at Mt Claremont, reached by train and shuttle bus, a nearby park for xc and walks, a second track reached by rail the other end of the city and a waterfront half and full marathon course.
Ros and Andy ran the local Parkrun at Claisebrook Cove on the Saturday before the champs started. It was, as ever, a friendly event, out and back on a cycle path beside the river, north east of central Perth.

The first championship event was cross country on 4x2k laps of a barbell-shaped shady course round playing fields, straight link, loop round a lake and back. Ros's w65 race featured tough opposition from US's Kathryn Martin, Scot Janette Stevenson and two other strong GB runners, Penny Forse and Barbara Brown. Martin set off in the lead, chased by Stevenson, with Ros unable to stay with them but running strongly, followed by the other two Brits. It stayed this way to the start of the last lap with Ros 3rd but only 10 seconds ahead of Forse. Ros concentrated her effort well on lap 4 to hold off Forse's strong finish and also ensure a place in the winning GB team of 3.

8k W65 XC Wed 26 Oct 16

1 K Martin US	34:36.30
2 J Stevenson GB	36:06.00
3 Ros Tabor	37:05.64
4 P Forse GB	37:10.43
Team 1 GB	

Andy had a decent run, maintaining a steady pace but coming in two minutes behind the 3rd GB runner, Proffitt, who he had beaten on a hillier course in March.

8k M60 xc Wed 26 Oct 16

21 Andy Murray 36:43.49

The Saturday weather was unusually showery and cool for Andy's 5000m B final, with a strong wind behind in the back straight, against in the home straight at the modest Cannington track used for distance events. Of 16 runners in the B race, 7 were GB's and Andy worked his way up to 3rd of these, by steady lapping. It was by 15 seconds his best 5k of 2016, although still 2 minutes behind the much-improved Proffitt.

5000m M60 Sat 29 Oct 16

23 (6th in B race) Andy Murray 22:15.71

800m

There were 17 W65 runners entered for this event, meaning there had to be heats. In fact only 13 runners confirmed their entries. 12 runners compete in the final, so the heats had to eliminate just one unlucky woman. Qualification was for the first 2 in each heat plus the 8 next fastest. I was drawn in the first heat and was able to lead it round securing qualification while expending as little energy as possible.

When it came to the final it was likely that the gold medal would go to one of 2 very fast US runners so I decided to let them go off and concentrate on trying for bronze. They seemed to go off like rockets recording 77 and 78 seconds for the first lap. I settled in behind the leader of the chasing pack. At the end of the first lap I overtook her and ran hard for home happily winning the bronze medal. I was very pleased to finish with my fastest time for 10 years, and also to have run a negative split, (86 & 81). Both the US runners were inside the old W65 world record time.

800m W65 heat Saturday 29 October

Heat 1

1 Ros Tabor	3:06.21

800m W65 Final Monday 31 October

1 S Harvey US	2:39.61 (WR)
2 K Martin US	2:41.34
3 Ros Tabor	2:47.38

Ros, Andy
..to be continued (Ros still to run 400m and 1500m, Andy half marathon).

Beachy Head Marathon

'Walk This Way'

Don't let anything I write put you off; it had been 8 years since I'd last done this race distance. In my 50th year I had to prove something!
It's a killer, a brute, leg shredder, gruelling than anything I can imagine but all negative superlatives are swallowed up by its magnificence, fellowship, scenery (when not a pea souper) and persistence in making you feel part of something special.

I'd decided to take this on once I knew I wasn't going to be alone and so it was Paul Keating, Claire Steward, Jo Shelton and Steve Wehrle all took up the challenge. Also on a more personal note it was an opportunity to raise some money in memory of a recently lost family member justgiving.com/teams/hiltsbeachyhead which also turned it into a family weekend staying in one of Eastbourne's more traditional hotels – a Shearings one as it turned out with cliental making my mother look like a teenager.

This whole race can be summed up within the first 100 yards as you cross the start arch you're hit with a vertical wall of grass, it sets the tone for the next 26 miles. I got it right I thought from the off heeding the wise words of Peter Jackson, 'go slow for the first half and then do what you can thereafter in terms of running as you won't be by the time you meet the Seven Sisters'. All good and met up with Steve after around 4 miles who was helping a stricken Orpie who'd evidentially broken an arm, concussed and still finished! We traded places here and there with me taking extra advantage of the excellent feeding stations and a chance to text wife and sister of my progress.

Truth is by about 11/12 miles coming up and out of Alfriston the legs were already starting to go but such is the topographical lay out of the course at this point I had an almost exclusive downhill run to 16 miles ahead of me. That stretch probably saved the day keeping something in reserve for the latter leaden footed finale. Down into the beautiful vista of Cuckmere valley and into the village of Litlington where wife and kids made a timely appearance to lift my doubting spirit and another rest bite at the village hall before the real business end of the day. Steve had already at this point had his traditional dance with an unsuspecting runner and a change of socks and off he went only to be a distant and uncatchable luminous yellow spot from then on.

Just getting onto the Seven Sisters is in itself is an ordeal with two long climbs adjacent to Cuckmere Haven but with the hanging carrot of the sea just beyond denoting 'the beginning of the end'.
What follows is a relentless natural roller coaster of pure beauty and wonder and an 'only in this country' moment as the Seven Sisters lay themselves (metaphorically speaking) out in front of you.
It works both ways, "wow!" and "oh sh*t!"
Let me just add that walking at this point was becoming the norm with running strictly reserved for those precious downhill moments but the walking was no more easier in effort, not at those angles!

It brings the worst out of your already begging limbs and the best out of everyone's one liners, that's the Beachy Head Marathon right there in those rolling few miles down to Birling Gap where there's just a hint of feeling demob happy knowing that it's just the last haul up and over Beachy Head. The full family gathering were there to meet me and never underestimate the support of familiar faces en route especially when they're screaming out of a car window on the adjacent road!

I traded encouragement with a runner from Rickmansworth as we shuffled up the slopes to the top and we comically turned it on for the last photographer post breaking into a run lifting those knees and implausible smiles (just like the phoney baloney ones on the front cover of every Runners World).

Some running courses have a canny way of giving you something back just when you're writing the whole thing off as whimsical miscalculation of bravado and this one is no different as you crest the famous cliff top and head for the finish. I'd stopped bothering with the watch a while back but realised I could still make it without having the number '6' included in my time. I must have ran the fastest mile of the year down the sweeping pastures to the final vertical drop to Bedes School below.
Peter Amos and Sheila of Orpington and HEROS greeted me just in front of the finish which was fitting as the sessions I'd had with them at High Elms and Westerham had got me through this.

A welcome dip in the school's swimming pool and more hilarity watching all and sundry negotiating the few steps down to pool side then reunited with club compatriots tucking into baked spuds and sausage with tales to tell and mostly on the positive. Myself? I did it and that should be the end of it but perhaps I walked more than I bargained for? And the bugger beat me again!

3,500ft of climbing, steps, stiles, open fields, horse, leafy woods, chalk, sea views, cake, tea, mars bars, juice, bagpipes, singers, warm company.

- Paul Hilton

	Winner	2:50:37
145	Roz Johnson	3:59:26
327	Tom Wilson	4:23:29
433	Claire Steward	4:37:20
658	Joanne Shelton	5:01:31
827	Paul Keating	5:22:10
1068	Steve Wehrle	5:41:51
1160	Paul Hilton	5:53:36
1711	Final finisher	9:20:20

Beachy Head Marathon

I completed Beachy Head Marathon on Sat - had a bad cold and nearly didn't turn up, but glad I did as I just ran steady and enjoyed it. Snuck in under 4 hours with 3:59:26 I was 16th lady and 143rd or something - over 1600 took part. I can recommend it - really nice route

- Roz Johnson

Beachy Head Marathon

29 October 2016

Claire Steward writes: Last year I revisited Beachy Head for the first time in ten years and was disappointed to miss my five hour target by just a couple of seconds, and somewhat shocked to realise that I was over 30 minutes slower than 2005. This year Steve, Paul Hilton and I managed to convince a couple of 'Beachy Virgins' that they should join us for a day by the seaside.

The event caters for walkers as well as runners, with a generous cut-off time of nine hours so it affords an opportunity to enjoy the spectacular scenery and views along the South Downs Way, the Seven Sisters and Beachy Head itself. Race HQ is the Bede's School on the edge of Eastbourne, and the start goes straight up the first hill so most people are walking within a few minutes. The circular route winds through open countryside and woodland paths with a total ascent of around 3,500 feet.

My longer training runs and the Greensand marathon three weeks ago meant that I was much better prepared this time, and once the initial climb was out of the way I settled into a comfortable jog. It was disappointing to find the Downs shrouded in a chilling mist making it was quite difficult to see the runners up ahead let alone admire the scenery.
Stopping at the checkpoints for blackcurrant squash and chopped up Mars bar, and chatting to my fellow runners, the miles passed pleasantly and the mist cleared before we reached Cuckmere Haven. My Garmin ran out of power before I did but I calculated that I was well on target for sub-5 hours.

Within a few minutes of crossing the finish line I'd had my timing chip removed, received my medal, a bottle of water and my choice of Cliff Bar, obtained a printout of my time, found the warm fleece that I had stashed earlier, and joined the spectators. The final decent is tough enough for those of us negotiating it on two legs, more impressive watching a great Dane (the size of small pony) dragging his owner towards the finish, and then spotting my photographer friend cycling down it, and great to see Joanne on the home straight.

She later told me she had helped to extricate a horse from a fence at one of the narrowest parts of the course. I had seen the crazy animal pushing against a flimsy string barrier determined to eat the grassy path that we were trying to run along (the grass is always greener...) apparently it had eventually tangled its legs in the string and completely blocked the path.

After a quick shower we made our way to the refectory for our 'school dinner' jacket potato, sausage and beans, rice pudding with tinned fruit salad, and coffee, and were reunited with our friends from Dulwich, Orpington, Crystal Palace Fun Runners, and Hundred Marathon Club (one of whom I know has now done 632 marathons!).

Additional comments.....

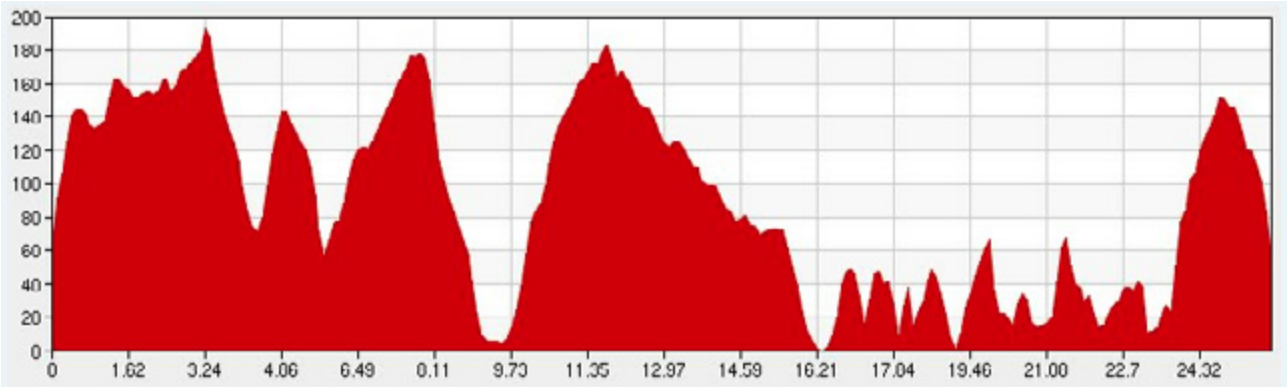
Joanne Shelton (Saturday): Hard but I loved it.

Paul Keating (Monday): Some soreness but a lot better than I expected bearing in mind that's my first marathon in 8 years and longest run leading up to it was only 17.5 at Westerham. Steady first half but really tough second half with numerous sets of steps to climb and then up and down Seven Sisters near the end was hell!! Finished strong – last mile from Beachy Head Pub to finish all down hill – thrilled with my time.

Steve Wehrle (Sunday): fragile today…...The views up high were non-existent with the mist but otherwise pretty perfect weather. Only 3 minutes slower than last year, well pleased.

Paul Hilton (Sunday): Don't think I've ever felt better after a Marathon… which probably says more about my effort on the day! Starting to wonder (as you do) if I could had kept tabs with Steve but the reality is I don't do those kinds of distances anymore and I forget that sometimes. Only the quads feeling a bit tight this morning but down to Allan for a rub down this eve. Painful on the day but still a worthy event and I'm sure it'll be on the agenda again somewhere down the line.

	Winner	2:50:37
145	Roz Johnson	3:59:26
327	Tom Wilson	4:23:29
433	Claire Steward	4:37:20
658	Joanne Shelton	5:01:31
827	Paul Keating	5:22:10
1068	Steve Wehrle	5:41:51
1160	Paul Hilton	5:53:36
1711	Final finisher	9:20:20



parkrun

October 29th

Brockwell

247 Ran

Pos	Gen		
9	9	Derek Lee	18:23
42	39	Neville Webb	20:44

Burgess

see club champs race report for results...

Cleethorpes

176 Ran

Pos	Gen		
29	27	Colin Frith	23:04

Crystal Palace

216 Ran

Pos	Gen		
6	6	Padraig Prunty	18:39
14	14	Mark Mccolgan	19:53
26	26	Simon Lang	21:02

Dulwich

222 Ran

Pos	Gen		
35	2	Victoria Read	20:44
68	63	John English	22:32
80	74	Mark Muffett	23:09

Hilly Fields

192 Ran

Pos	Gen		
146	37	Carolina Lilley	29:40

Horsham

385 Ran

Pos	Gen		
125	105	Gary Budinger	25:35

Lee-On-The-Solent

383 Ran

Pos	Gen		
66	6	Belinda Cottrill	22:52
112	16	Penny D Graham	25:28
152	125	Bob Bell	27:10
326	141	Chris Bell	35:02

Peckham Rye

136 Ran

Pos	Gen		
9	9	Toby de Belder	19:47

South Shields

175 Ran

Pos	Gen		
10	10	Mark A Foster	20:45

Watergrove , Rochdale

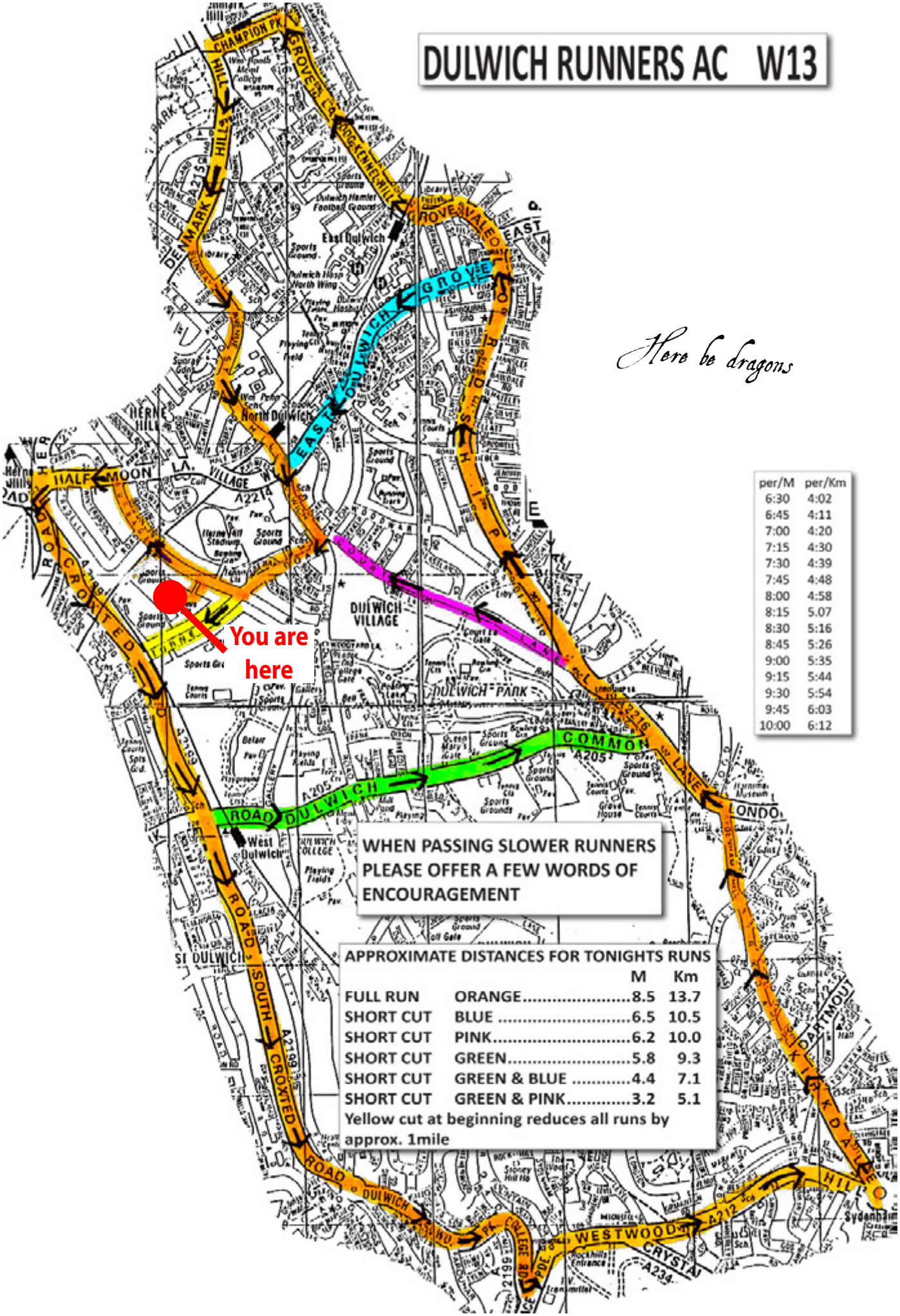
58 Ran

Pos	Gen		
2	2	Martin Holt	20:22

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 W13



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	8.5	13.7
SHORT CUT	BLUE	6.5	10.5
SHORT CUT	PINK	6.2	10.0
SHORT CUT	GREEN	5.8	9.3
SHORT CUT	GREEN & BLUE	4.4	7.1
SHORT CUT	GREEN & PINK	3.2	5.1

Yellow cut at beginning reduces all runs by approx. 1mile