SHORTS

Dulwich Runners AC
Weekly Newsletter
October 26th 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 26 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 29 Burgess Parkrun - Club champs 5k
Please can you make sure youwear a club vest

Tue 1 Crystal Palace Arena
See notice below for more details
£2.50 per session - warm up from 7pm - session start 7:20pm

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3/4 Cross Country section - all the info you need
5 Fixture list, club champs, road, XC, etc
6... Race reports and results
10 Parkrun results
11 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

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

------- EVENT HORIZON -------
A brief look ahead

Oct 29 Burgess Pk parkrun - Club Champs 5k
Nov 5 Reigate Relays

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

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 ***Mike Mann*** 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

Patrick Mcmrorrow	**26/10**
Charlie Lound	2/11
Olivier Montfort	9/11
Mike Mann	16/11

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

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

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

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

socks only £5

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

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.

Track numbers and championship races

Last week, the track numbers were over 50 at Crystal Palace for the first time and I anticipate even more might run in this week's parkrun club championships at Burgess Park.

That is excellent but it is disappointing that while numbers are good, we aren't getting more club runners available for the major championships races (National, Area and county races)

For Veterans (over-35 for men and women) the two big events of the winter and spring are the National masters Cross Country relays at Long Eaton on November 19 and the BMAF Road Relays at Sutton Park on May 19. For both events the club will contribute to your travel costs and pay the entry. ***- Steve Smythe***

BMAF Cross Country Relays

19 November

These cross country relays will be held at Long Eaton once again on 19 November. A number of men have already been contacted for M35+, M45+ and M55+ teams, so please make sure you respond in good time.

This is a high profile event for the club and one that we have been successful with in recent years, picking up medals. It is a fast flat course and with each stage only 3km is a fair bit faster than most cross country races. Once responses have come in, teams will be selected. Travel expenses will be reimbursed.

Ladies will be emailed for their availability very soon so if you are 35+ please have a look in your diaries.
To enter contact your captains by 26 October latest.

UPDATE We now have sufficient runners to enter men's teams in all age categories up to M55, but are short of reserves for M35 and M45 teams.

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.

Priory Relays, Reigate

5 November

If you would like part in these cross country relays (4 x 2.5m for men, 3 x 2.5m for women), ***please contact your captains by October 27.***
We have entered several teams in recent years and if numbers are short, it is possible for individuals to compete in more than one team.

UPDATE There has been a very limited response from the men to date, so unless sufficient people come forward ***before 27 October***, it is not proposed to enter a team in advance this year. It is possible to enter on the day if there is last minute interest, in which case payment would need to be made to RPAC and reclaimed from the club afterwards.

London Cross Country Champs

19 November

These champs will be held at the usual venue of Parliament Hill Fields on 19 November with the women starting at 1.15pm and the men at 2pm.
To enter contact your captains by the 28 October latest.
Note: the BMAF relays will take place on the same day at Long Eaton, and we will be contacting people shortly with a view to entering several vets teams. The venue is easy to get to and the event is a priority for the club.

UPDATE This is your last chance to enter these champs at Parliament Hill. Numbers are well down on normal, largely due to the clash with the BMAF relays in Long Eaton, but if you are not taking part in these and are available, please ***contact your captains by this Friday 28 October.***
Note that the course for both men and women is shorter than the one used for the South of England champs in January and usually a lot less muddy.

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.

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

Club Champs: Urgent Request For Marshals For Burgess Parkrun

Our next club champs race is the Burgess Parkrun on 29 October. Since we will be adding to the usual numbers there, we have been asked to provide assistance with marshalling etc, so could anyone available but not planning to run for any reason please get in touch with me if you are prepared to help out. Apart from helping the organizers, I am sure our runners will appreciate your support. mcmann90@yahoo.co.uk

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 me on:
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

Emer Casey 10K

30 October

This annual event which has been well supported by members in recent years will take place on Sunday 30 October in Brockwell Park. You are encouraged to support it and if you are planning to run, HHH would appreciate assistance with marshaling etc. If you are able to help, please contact me at mcmann90@yahoo.co.uk

UPDATE

HHH have kindly offered three free places to Dulwich Runners members on a first come first served basis. Rather than sign up online people should email emercaseylondon10k@gmail.com providing names, dob and confirmation that they are club members.
Once these places have gone it will be necessary to enter online in the usual way.

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.

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

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.

Surrey Masters Cross Country Champs

22 OCTOBER

These champs took place in the usual venue of Richmond Park under perfect ground and weather conditions. There were 2 stags on the early part of the course but they were totally unfazed by the runners, more interested in eating chestnuts than attending to their hareems. The club was well represented with 8 men and 6 women competing, but we were spread across the age categories with only 2 complete teams.

The women and M60+ took part in the first race of around 6km while the remaining men used a similar course to the previous week's Surrey League, but extended to go round the dancing school, making it 10km. Highlight of the afternoon was our W45 team's second place finish.

In the first race, Katie Styles led the women home, continuing her current strong run of form. Michele Lennon had a good race tackling the hill on the first lap well, but slightly ran out of steam on the second lap. Not far behind was Lucy Pickering who had a great run to finish 3rd W50. Anna Thomas is not fully race fit but persevered well, finishing slightly ahead of Lucy Clapp who also had a good run. Lindsey Annable who has shown great support of club events over many years had a solid run.

Amongst the men, Mike Mann showed some improvement over cross country races earlier in the month and enjoying the shorter distance, finishing second M65. Barrie John Nichols, another great supporter of the club, ran to current form, finishing just over 30 secs ahead of Lindsey. Congratulations to our W45 team of Michele Lennon, Lucy Pickering and Lucy Clapp for their silver medal. The three of them packed well with only 50 secs between them at the finish.

In race 2, first club member to finish was Mark Callaghan by a big margin. Ebe Prill was slowed down by foot problems over the uneven ground. Mark Foster had a good run in similar vein to his recent Titsey performance, while Jim Dowsett maintained his recent improvement in form. It was good to see Gary Budinger competing for the club for a second Saturday in a row, and finishing about half a minute behind Ian Sesnan. ***- Mike Mann***

Race 1

Katie Styles W35	26:26
Mike Mann 2nd M65	26:48
Michele Lennon W45	27:18
Lucy Pickering 3rd W50	27:31
Anna Thomas W35	28:00
Lucy Clapp W50	28:08
Barrie John Nichols M60	30:12
Lindsey Annable W45	30:46

Race 2

Mark Callaghan M40	36:52
Ebe Prill M50	42:23
Mark Foster M50	43:12
Jim Dowsett M40	44:59
Ian Sesnan M55	50:05
Gary Budinger M55	50:38

Abingdon 1/2M

October 23

Having failed so far to complete a marathon without blowing up I was apprehensive going into this one. I knew my training had been better this time with more long runs in there, I still wondered what was going to happen to me this time at 18/19 miles.

I was going into it in good shape, having run Royal Parks (after getting a call two days before asking if I wanted a place!) in 1.39 a couple weeks beforehand. I'd picked out Abingdon as it was a low key affair with entry limit of around 1,000 and as it was pretty much pan flat, as well as being voted on of the best races in the country by Runners World a few years ago. I couldn't have asked for better conditions sunny, a few clouds and about 12/13 degrees.

I had set out to run sub 4 and wanted to make it all the way round in a even pace to build some confidence. My previous best was at Amsterdam last year where I slowed painfully from 20 miles onwards to finish in 4.18.

In terms of the race itself I set out at on 9 min mile pace and stuck to it. The course goes out for 5 miles before you start the first of two 9 mile laps, I went through halfway in 1.58.53 but mentally I was still worrying about what was to come in the second half. I stayed bang on pace though and as I continued to tick off the miles I knew that I had it. I was lucky to have my Dad popping up regularly from miles with words of encouragement, fist pumping and thumbs-up, 15-21 especially as I went through the lonely industrial estate section of the course for the second time.

I had some problems with cramp in my hamstrings as I tried to pick it up at 25 miles so had to adjust my stride. I almost thought I was going to blow it as well when my right hamstring fully cramped up coming down the back straight on the lap of the track as you finish in Tilsley Park Stadium but managed to push through and finish in 3.58.47.

I was really chuffed with my run, I'd learnt some tough lessons in marathon running in my first couple of outings. This has definitely given me a big confidence boost and will probably spur me on to push myself a bit harder for a spring marathon!

522 Matt Ladds 3.58.47
694 ran

The Nice Work Richmond Park 10k Series Race 6

Sunday 23rd October 2016

For no particular reason I decided that October would be a month for 10k races. There were a couple of local races (Petts Wood 10k and the Emer Casey 10k) that I'd wanted to run but never quite gotten round to it and then I thought I should have a go at a 10k PB somewhere.

With Petts Wood ticked off the list with a 1st place (after a great race with the 2015 race winner and Peckham Rye parkrun demon Greg Nicholas and Chris Biddle of Dartford Harriers which saw us swapping the lead up until the last mile when I employed Tony's trademark close your eyes and don't look back technique and made a dash for the finish) it was onto 10k No.2 and chasing that PB. Well that was the plan until I saw that the Fleet 10k was sold out (too far to go anyway on a Sunday morning!) so Richmond Park and the race 6 of the Nice Work Richmond 10k series it was.

Starting near the Sheen Gate the course was a 2x 5k loop following what is best described as an undulating route out for a couple of kms before turning to take the path back alongside Sawyer's Hill. I remember doing the same course back in 2010 as one of my first ever 10k races (I've looked but can't for the life of me find the results from that race!) and remembered that the back straight if you can call it that was hell if the weather was against you.

Thankfully we were met with a perfect autumn morning as we lined up at the start. With a less than flat course I thought a PB was unlikely but decided to have a go and see what I could do. The start marshal announced that he'd be setting us off in waves of about 50 (pretty much everyone in one wave then by my reckoning) and having cautiously sized up some of my fellow runners I nudged my way near to the front. I set off at a solid pace but kept in mind that the first kilometre was gently uphill and that there'd be 9 more k's to come after that. Even so I found myself leading the race but with plenty of shadows chasing my heels and more heaving breathing hounding me down than a night out in Paul's home town.

Thankfully the pack dropped away at the first proper uphill about kilometre 2 and from then on it was just me and the fear/voices for company. I went through 5k in 17:31 but knew I'd be unlikely to keep that up for the 2nd lap. At some point the antelope effect hit and I kept on running, the cheetah of all those school sports' day wooden spoons hunting me down. What seemed like a never ending back straight, a few frantic looks over the shoulder, someone shouting "winner, winner, chicken dinner" and I was over the line in a not too shabby 35:20. Not the most hotly contested of 10k races but a well organised race and enjoyable course none the less.

1 Alastair Locke 35:20

Great South Run

October 23

Clare Elms got a place in the elite women's race and despite reservations because of anticipated 20mph coastal winds decided to join the other 35 runners on the separate women's start. Her Dulwich vest was clearly visibly at the start line on the Channel 5 tv coverage as she lined up behind a quality field and the race was won arguably by the world's greatest ever women's runner Tirunesh Dibaba in near record time.

Clare started quickly with assistance from the breezes and covered the early miles inside six minute miling. After a few miles though she got isolated but still passed 10k in 37:36, almost identical to her recent Cardiff finish time in much better conditions. With no one else near her she slowed into a very strong headwind between six and eight miles. But feeling stronger and feeling she is getting over her breathinng problems, she picked up back to six-minute miling for her last two to run 61:24.
Though she got it well over distance, that was a minute up on her Maidenhead time from April and it puts her top of the British W50 rankings and gained her 93.64% on age-grading - her best ever score for a distance race and she was pleased to beat runners who had been ahead of her in the Chichester 10km and Wokingham Half Marathon. ***- Steve Smythe***

Elite Women's Race
26 Clare Elms 61:24
(5K: 18:32, 10K: 37:36, 15K: 57:20)

Mass race

Steve Smythe made a very late decision to enter the race and was fortunate that the race is organised by Great Run company, who are now his employers at Athletics Weekly. Exactly 40 years after his first full 10-mile road race he was not at his best, but after a quickish start, ran at a steady 20 minute 5k pace and was reasonably satisfied though it was easily the slowest of his 71 10-mile races and over 13 minutes down on his PB.
NB He ran 56:58 in his one previous appearance here as a vet in 2002, a race in which Alison Fletcher set her overall women's club record of 56:44.
240 Steve Smythe 64:25 4th M55
(5k: 19:40, 10k: 40:00, 15K: 60:08)

SEAA XC Relays Wormwood Scrubs

22 October 2016

Wormwood Scrubs lacks that key cross country feature – hills – so holding a cross country event there at the start of the season seems a little odd as it hadn't yet provided the most vital cross country ingredient of all: sticky mud. Anyone who opted for road shoes certainly got away with it but thankfully there were no stony paths to negotiate for those who failed to learn their Richmond Park lesson and stuck with their spikes – nor for that matter were there any rutting deer to avoid. To top it all off, we had a bright, not too windy day; it might as well have been a summer's race in Battersea Park.

The men's team drifted in just in time to catch the starting gun of the women's 3km relay – and a storming performance from Selma, Eleanor and Becca. Selma set a blistering pace as always – a minute quicker than last year so a tough act to follow but Eleanor was able for it – running in line with her recent parkruns and again beating her time from last year. Last up, Becca showed great form on the back of her marathon training – picking up three places to bring the team home in 16th. It was clear from that race that despite the low turnout and low key ambience, there was a very high standard amongst those few who had come to race.

And so it was with the senior men's event: former Surrey League Division 1 stalwart, Paskar Owar led from the bang of the first leg with the rest of the field just behind – clinging on at a crazy speed. Once things settled down, I found it hard to keep the pace on some tired legs and a tight, twisty turny course. But there's nothing like a relay to make you keep trying and a decent kick for the last km meant I wasn't far short of 5k PB pace overall – the time would have been a very handy PB itself but despite the SEAA insisting that it really, really was a 5k course, most runners had it 400-500m short.

Shane took over for the second leg and like me went off far too fast but clung on for a time of 16:02 – that should see him to a good 5k time on the road. Kev up next and the sparse turnout meant that despite being only Leg 3 he was already quite isolated but ran a strong, steady race – again just off 5k PB pace – before handing over to anchorman Simon.

Simon really gave it his all and he must have fancied a chat with the boss as I'm pretty sure he left this world for a minute or two after crossing the finish line. Good effort.

The team's position of 21st out of 33 shows the strength of the field: even Belgrave only managed 3rd place despite the lead established by Paskar in Leg 1.

-Tim Bowen

Women's 3 x 3,000m

16 Dulwich Runners	**41:14**
Leg 1: 17 Selma Benattia	13:23
Leg 2: 19 Eleanor Simmons	14:23
Leg 3: 16 Rebecca Schulleri	13:28

30 complete teams and 95 runners competed

Men's 4 x 5,000m

21 Dulwich Runners	**64:47**
Leg 1: 12 Tim Bowen	14:29
Leg 2: 16 Shane O'Neill	16:02
Leg 3: 18 Kevin Chadwick	16:20
Leg 4: 21 Simon Lang	17:56

33 complete teams and 145 runners competed

Tonbridge 10k

3/10/16

.... and a few other recent 10ks

Having been, unusually for me, in between injuries for a couple of months I decided to try a few challenging 10ks as well as the usual Park Runs. This included the Tonbridge 10k one with former club member Martin Morley.

Winner 36.41, 157 finished in good conditions for running on a course with a couple of challenging climbs.

Martin Morley (now with Lincoln Wellington A C) 56th ((3rd MV60) 48.22

Colin Frith 64th 50.19 Getting there having completed a number of 10ks recently which included:

18th September Chislehurst Chase 10k 54.06
25th September Orpington Highway (Coolings 10k) 52.07
9th October Petts Wood 10k 51.32

Now to get under 50 mins again!
Colin Frith

Blackheath & Bromley Opening 5 mile XC Hayes

An out and back course where out definitely meant up and back down. Tough all the way up and blistering pace all the way down. Oscar had a strong race and was up with the leaders with two miles to go and finished just a few seconds behind 2.23 marathoner Pete Tucker. I entered as a guest, initially struggled but made up eight places on the fast descent. - ***Duncan Hussey***

4 Oscar Hussey	29.15
19 Duncan Hussey	34.11

51 ran

Run Britain rankings and Handicap

Steve Smythe writes.....
Run Britain ranks every runner nationally based on their performances.
Largely due to his 800m performances, Lewis Laylee ranks top man ahead of Tim Bowen, who is improving his ranking every month as is Andy Bond. Clare Elms clearly ranks top women as Shona's handicap has dropped because of her maternity leave while a few of our leading women are ranked lower than they should be due to lack of races over the last year.

Men

1057 Lewis Laylee	-2.0
1347 Tim Bowen	-1.6
2431 Andy Bond	-0.3
2733 Paul Devine	0.0
2826 Lloyd Collier	0.1
3292 Wayne Lashley	0.4
3493 Alastair Locke	0.8
4221 Greg Hills	1.0
4491 Steve Davies	1.2
4994 Charles Lound	1.5
5152 Tony Tuohy	1.5
5980 Kevin Chadwick	1.9
6011 Buzz Shephard	2.0
6392 Mark Callaghan	2.1
6830 Tim Taylor	2.4
7403 James Burrows	2.6
8830 Ian Lilley	3.1
9504 Tom Wilson	3.4
12073 Steve Smythe	4.2
12526 Tom Marshall	4.4
12796 Shane O'Neill	4.4
15144 Simon Burnett	5.1
15762 Ross Rook	5.2
17611 Sam Crump	5.7
18480 Robert Hollands	5.9
18734 Daniel Walsh	5.9
19346 Gary Sullivan	6.1
20060 Mike Fullilove	6.2
21027 Nick Brown	6.5

other V55 and over

25490 Steve Williams	7.4
29112 Mike Mann	8.1
29442 Neville Webb	8.2
36444 Hugh Balfour	9.4
40962 Graham Laylee	0.2
44160 Andy Murray	10.7
46255 Dave Beaver	11.0
52688 Mark Muffett	12.0
56067 Barrie J Nicholls	12.5
56229 Chris Loizou	12.5
57829 Mike Dodds	12.8
59002 Bob Bell	12.9
61515 Colin Frith	13.3
72838 Ian Sesnan	14.9

Women

429 Clare Elms 1W50	2.8
1110 Shona McIntosh	4.7
1366 Elkie Mace	5.2
1799 Kim Hainsworth	5.8
2399 Emily Gelder	6.5
3317 Ange Norris 15 W55	7.6
3357 Selma Benattia	7.6
3807 Fiona Askew	8.0
4295 Lucy Elms	8.4
4472 Andrea Pickup	8.6
4557 Caroline Pettigrew	8.6
4645 Helen Lister	8.7
8959 Ola Balme	9.0
9195 Claire Baglin	9.2
9587 Michelle Lennon	9.6
9675 Cara Oliver	9.7
9827 Katie Styles	9.8
10278 Ros Tabor 7W 65	10.3
10304 Emma Ibell	10.3
10579 Nicola Richmond	10.6
11041 Sue Cooper	11.0
11059 Eleanor Simmons	11.1
11172 Belinda Bell	11.2
11217 Lucy Clapp	11.2
11231 Anna Thomas	11.2
11355 Clare Wyngard	11.4
11391 Niamh Falconer	11.4
11448 Jo Quantrill	11.4
11835 Sarah Cross	11.8
11908 Laura Vincent	11.9
12286 Laura Long	12.3
12899 Roz Johnson	12.9
12872 Lindsey Annable	13.5
13766 Alexie Shaw	13.8
14040 Claire Steward	14.0

October 22nd

Bexley
335 ran

Pos	Gen		
16	14	Michael Fullilove	21:17

Bramhall
451 ran

Pos	Gen		
354	106	Sarah Hind	31:48

Brentwood
171 ran

Pos	Gen		
15	1	Victoria Read	22:26

Brighton & Hove
365 ran

Pos	Gen		
87	6	Charlotte Boden	22:54

Brockwell
250 ran

Pos	Gen		
4	4	Derek Lee	18:28
34	33	Neville Webb	20:55
40	2	Ola Balme	21:16
129	106	Hugh French	25:20
157	35	Sharon Erdman	26:17

Bromley
601 ran

Pos	Gen		
106	95	Chris Goodman	21:46

Burgess
220 ran

Pos	Gen		
5	5	Tony Tuohy	17:30
39	37	Hugh Balfour	20:41

Bury St Edmunds
275 ran

Pos	Gen		
1	1	Andy Bond	17:26

Chadderton Hall
44 ran

Pos	Gen		
8	1	Fiona Askew	24:02

Claisebrook Cove, Perth, Aus.
244 ran

Pos	Gen		
62	8	Ros Tabor	23:09
63	55	Andy Murray	23:12

Crystal Palace
234 ran

Pos	Gen		
2	2	Alastair Locke	17:55
31	27	Paul Hodge	21:16
34	5	Lucy Elms	21:40
38	6	Belinda Cottrill	22:05
66	10	Claire Steward	23:44
79	16	Clare Wyngard	24:06
111	29	Joanne S Pereda	25:31
129	89	Peter Jackson	26:56
132	92	Andy Cottrill	27:06
133	93	Michael Dodds	27:07
139	41	Penny D Graham	27:28
146	104	Bob Bell	28:24

Dulwich
245 ran

Pos	Gen		
7	7	Stephen Davies	17:01
9	9	Paul Devine	17:20
40	37	Sam Crump	20:16
51	4	Alexie Shaw	20:44
77	71	Mark Muffett	22:17
113	100	Sam Mattu	24:13
128	114	Andrew Hollister	25:12
129	15	Hannah Harvest	25:12
168	131	Mick Mead	27:08
177	41	Hilary Woof	27:59
192	143	Andrew Shreeve	29:15

Hilly Fields
233 ran

Pos	Gen		
6	6	Ian Lilley	18:35
17	17	Stephen Smythe	20:10

Orpington
144 ran

Pos	Gen		
1	1	Oscar Hussey	18:06

Peckham Rye
154 ran

Pos	Gen		
60	53	Colin Frith	24:00
150	54	Susan Vernon	36:12
152	97	Chris Vernon	37:39

Riddlesdown
181 ran

Pos	Gen		
22	4	Ange Norris	21:11

Southwark
216 ran

Pos	Gen		
97	80	Paul Keating	25:03

Rushmoor
235 ran

Pos	Gen		
1	1	Lewis Laylee	17:07
37	37	Graham Laylee	22:03

Tooting Common
441 ran

Pos	Gen		
1	1	John Franklin	16:10
59	54	Cameron Timmis	21:21

CLUB CHAMPS:REQUEST FOR MARSHALS FOR BURGESS PARKRUN

Next club champs race is the Burgess Parkrun on 29 October. We have been asked to provide assistance with marshalling etc, so could anyone not running please get in touch with me if you are prepared to help out.
Apart from helping the organizers, I am sure our runners will appreciate your support. mcmann90@yahoo.co.uk

100 parkruns and counting

If there is one race I can finally beat Barrie at its the race to reach the 100 parkrun milestone which coincides with the club champs at Burgess park this Saturday.

Whilst many of you may already be well on your way to 200 parkruns or even 300, my journey to the century mark has been a long one. My first run was in 2007 and it took me two years to do a second one during an injury-ravaged four years of very little running and much race supporting!

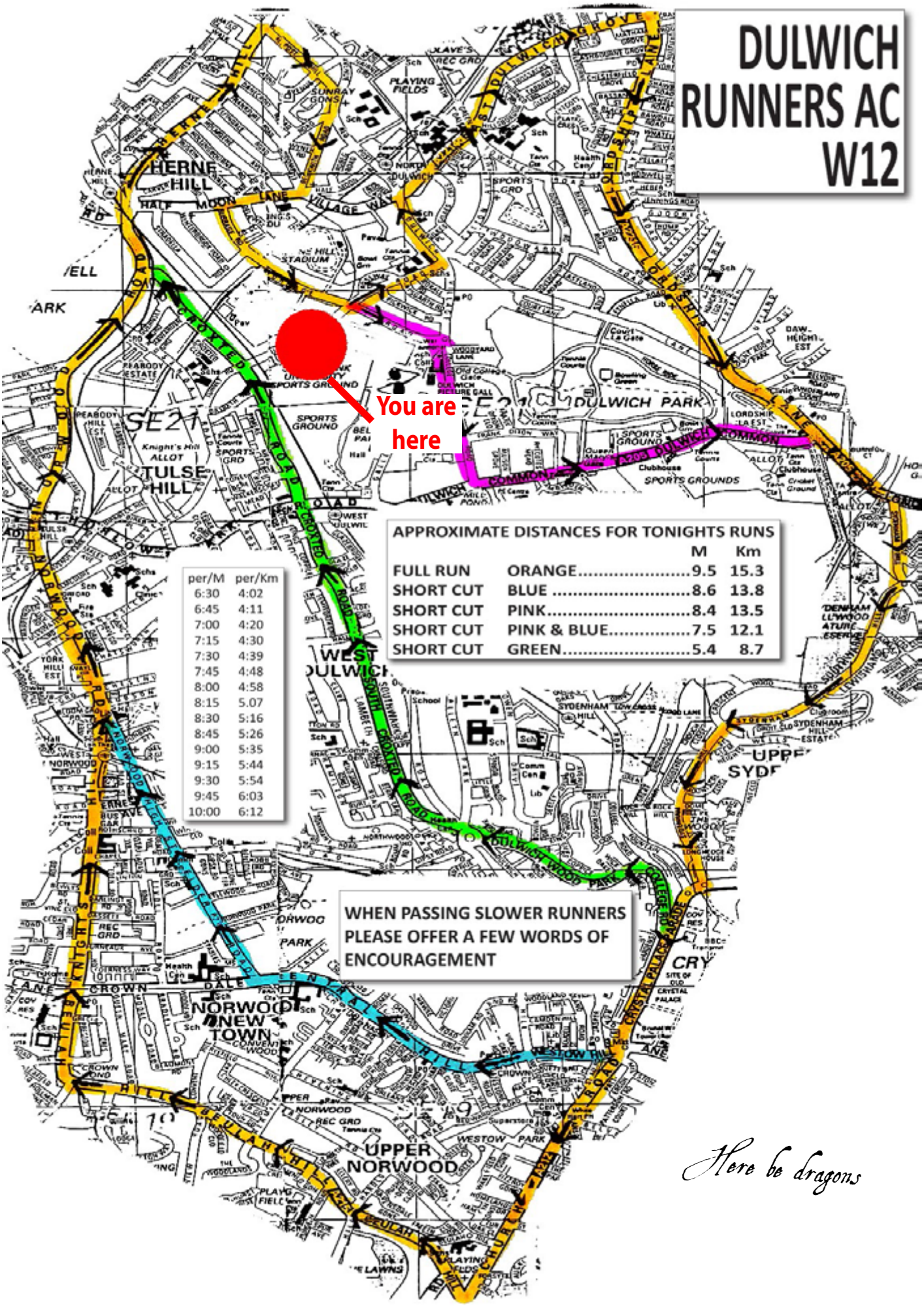
Just as I was thinking it was all behind me I tore a ligament in my foot in quite an unrelated accident so 2010 saw only one parkrun with the heady heights of five being completed in 2011. Since then I have managed to increase the frequency slowly but surely.

There are many great aspects about parkrun and one of them is that they are a tangible record over one distance of how your running is going. At one point doing a parkrun two days after an Assembly League was unthinkable but not now.

Whilst I may often be disappointed I can't get anywhere near the 21 mins for 5k or 44 for 10k of my pre-injury years, my parkrun record is a constant reminder I can now at the very least run regularly. Please join me in my century celebration with a few cakes on Saturday.

Lindsey Annable

DULWICH RUNNERS AC W12



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	9.5	15.3
SHORT CUT	BLUE	8.6	13.8
SHORT CUT	PINK	8.4	13.5
SHORT CUT	PINK & BLUE	7.5	12.1
SHORT CUT	GREEN	5.4	8.7

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT