SHORTS

Dulwich Runners AC
Weekly Newsletter
February 8th 2017

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

Wed 08 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 11 Surrey League XC- mens' & womens'

Tue 14 **Crystal Palace Arena Track**
See notice below for more details
£2.50 per session - Full warm up from 7pm
Main session starts around 7:20

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Cross Country section
5 Fixture list, club champs, road, XC, etc
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And much more !

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

You can follow us on

TRACK SESSIONS

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

Arrive at 7pm if you want a full warm-up of various drills etc, taken by Elkie Mace.
Main session taken by Steve Smythe starts around 7.20 - 7.25pm and will last 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

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

Feb	11	Surrey League XC - mens' and womens'
Feb	26	National Champs nottingham

2017 Membership renewals & changes to the membership year.

You will have recieved via email your second membership renewal reminder.

This year you will gain an extra three months on your 2017 renewal and it will not expire until March 31 2018.

The Dulwich Runners membership fee has remained unchanged at £23 but the UKA/EA fee has risen to £14, meaning full 1st claim membership will be £37.

If you have any queries regarding this or your membership in general you can email me at barry@1bg1.com

Many thanks and I look forward to seeing you all as freshly renewed members in the coming year !

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 ***Ruth Bennett, Patrick McMorrow and Katie Styles*** 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

Tom South	**08/02**
Katie Styles	15/02
Ros Tabor	22/02

DONT FORGET !!!!!!

Unless you have renewed your membership you cannot run as a Dulwich Runner in any races at all.

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

February winner- Sharon Erdman

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

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

P O T

Watch this space for upcoming 2017 events !

Wednesday 15th February
Pizza Night

To help you refuel after those long Wednesday night training runs we will be having a Pizza Night courtesy of the Social Kitty!!

Pizza's will be ordered to arrive just after 9pm, all welcome.

If you could let me know if you are planning to stay behind for pizza so I can get an idea of numbers also if anyone would like to help by bring a salad along to go on the side please let me know.

Wednesday 22nd March
Curry Night - Surma

Pop it in your diaries, as always £10 buffet at Surma on Lordship Lane post club run. I'll get an idea of numbers nearer the time.

Thanks - Matt Matthew.ladds@uk.zurich.com

END OF CROSS COUNTRY SEASON DRINKS

To mark the end of the men's and women's Surrey League cross country series on Feb 11th we will be meeting at the East Dulwich Tavern, Lordship Lane for drinks from 7.30pm. All are welcome

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 **£6.00**
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)

I won't be able to bring the kit boxes to the club for the next 3 weeks, but can bring individual items as required, so please email me with your requests. ros.tabor49@gmail.com
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
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club from Ros
ros.tabor49@gmail.com

SHORTS!

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

Socks only £5

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

HOODIES...

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

Buffs/snoods - only £6

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

Cross Country Champs

We will be holding a cross country champs this season and there will be men's and women's perpetual trophies awarded at the end of this Xc season (Spring 2017) in memory of Ken Crooke, .
4 events to qualify, including a minimum of 3 Surrey League races. Other races are the South of Thames 5 miles at Polesden Lacey on 26 Nov and a mob match March 25th using the Beckenham parkrun.

National Xc Champs

25 February

This season's National cross country champs will be held at Woolaton Park, Nottingham on 25 February. Although the field will include some elite athletes, it is an open event suitable for all and can easily be done as a day trip. Those interested should have already contacted their captains by 11 January, as entries close many weeks before the event. ***-Mike Mann***

Cross Country Mob Match

25 March

A cross country mob match with Beckenham Running Club has been arranged for 9am Saturday 25 March, using the Beckenham Place parkrun. This will be the final fixture of our cross country champs.
The scoring rules mean that it will be to our advantage to field as many runners as possible regardless of ability, so it is very much an event open to all.

UPDATE

This will now include 4 clubs and up to 120 additional runners. To cope with the larger numbers, we need volunteers from those not taking part to help with marshalling and the finish. If you are available to help, please contact me at mcmann90@yahoo.co.uk

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Sat 20th & Sun 21st May

This is a great weekend of running around the green belt of London.
Teams of eleven runners who each run a leg on Saturday and a leg on Sunday.
Starts at Hampton Court on Saturday morning and ends at Kingston at approx. 6 p.m. on Sunday, roughly following the Green Belt, taking in river and canal tow paths, old disused railway tracks, foot paths, woods, fields and quiet roads.
Although it is a relay, each leg has a specific start time.
Have a look at the website – www.greenbeltrelay.org.uk

We have entered teams for this for many years and there are lots of you who regularly sign up for it. We have entered one team and will potentially enter another if there is the demand.

If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen.
Legs vary in length from 6 miles to 13.5 miles and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.
Note – This is the same weekend as the BMAF relays at Sutton Park, Birmingham.
Ange – dulwichladiescaptain@gmail.com

Assembly League Races

These races will take place on the first Thursday of each summer month starting from April, with the exception of the August race which has been brought forward to the final Thursday in July.
Some venues are yet to be confirmed but most, if not all, are likely to be the same as in 2016. The race at Battersea Park on 1 June will be used as our 5k club champs. The confirmed dates and provisional; venues will be as follows:

6 April	Beckenham
4 May	Victoria Park, Hackney
1 June	Battersea Park
6 July	O2, North Greenwich
27 July	Victoria Park, Hackney
7 Sept	Beckenham

Assembly league races are free to enter, just turn up on the day.
Open to all members whatever your ability.

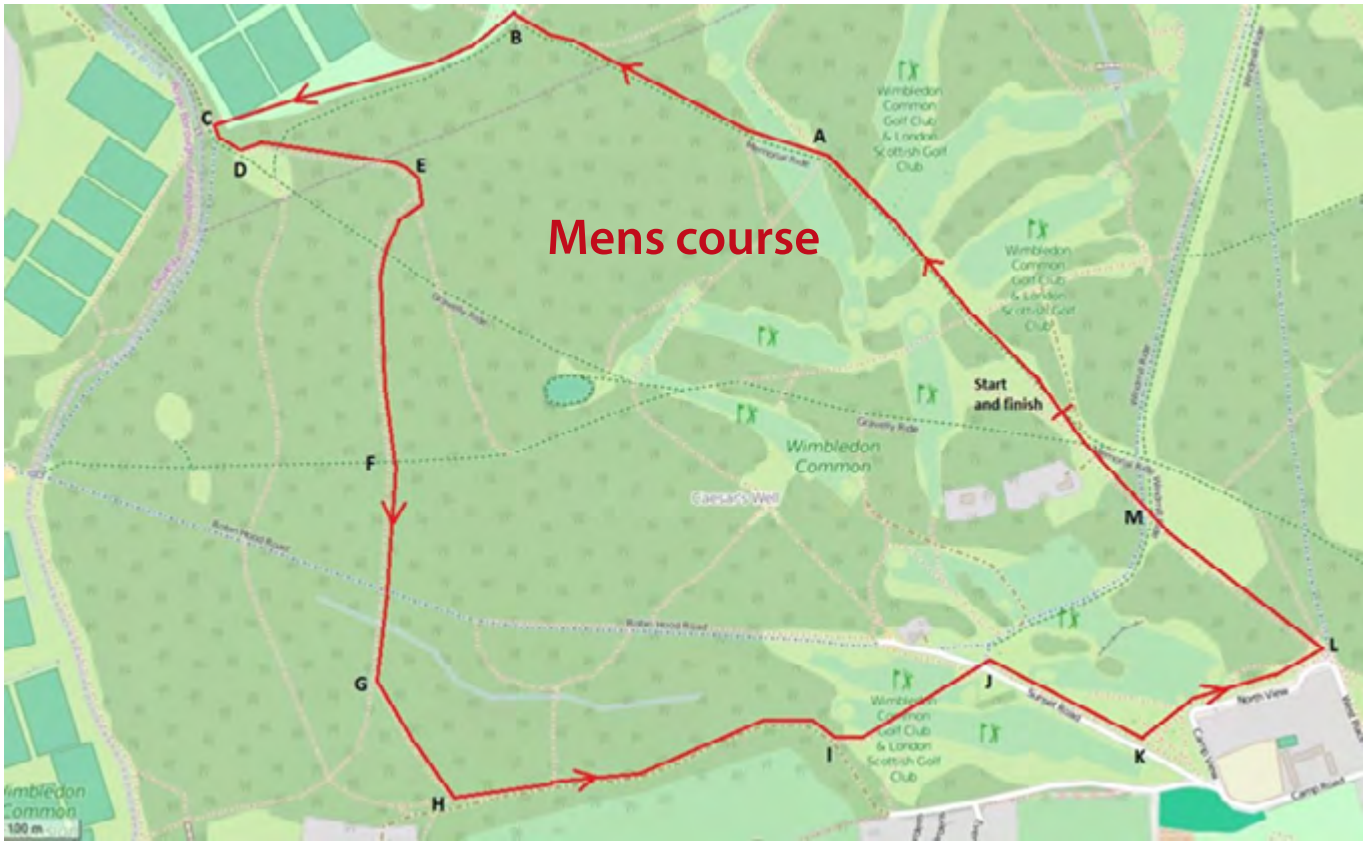
Mens Surrey League Final match

Start 3pm - Saturday11 February

Our final fixture hosted by Hercules Wimbledon takes place on Wimbledon Common on Saturday 11 February.
The start (see map below) is close to the Thatched House. There is limited parking on surrounding roads. Showers, toilet and changing facilities are available at Lauriston Cottage, SW184TG, but note that the clubhouse is small.

Nearest toilets are near the windmill, 500m from the start. The course consists of stony paths and some muddy sections, notably across the playing fields.

We are looking for a big turnout on what is almost certain to be our final encounter in Division 1, at least for the time being. All including our ladies and non -runners are invited to come along to the East Dulwich Tavern, Lordship Lane from 7.30 that evening.



Womens Surrey League Final Match

Start Noon- Saturday 11 February

Let's have a great women's turn out for our last Surrey League of this season this Saturday. The race is at Farthing Down/Happy Valley, Old Couldson which is near Coulsdon South. All details are at :
surreyathletics.org.uk/cross-country 2017/2018

The distance is 4.7miles and will probably be quite muddy so spikes/trail/fell shoes will be essential.
The SLH clubhouse on Brighton Road has showers and is a reasonable warm up jog from the start/finish.

You do not have to tell us if you are running as those of you who have run a previous Surrey League or asked to be entered before the start of the season but haven't yet run one, will have a number allocated to you. We can still allocate you a number if you have not yet been entered.

If you kept your number from a previous Surrey League race please remember to bring it with you. You must wear a club vest.

We hope to see as many of you as possible. We've had a great Cross Country Season thus far. If you run or not...try and come to our post XC drinks at the East Dulwich Tavern on Saturday night.

Any further queries please ask Clare and Ange at:
dulwichladiescaptain@gmail.com

2017 CLUB CHAMPIONSHIPS

Once again the 2017 club champs will consist of 8 races in total with 4 races in each of 2 distance categories.

Owing to uncertainties surrounding some of the races later in the year, the fixtures list is being issued in two tranches, with the first including those races up to and including the London marathon, and the second , a complete list for 2017 early in the New Year.

The early fixtures will be as follows:

4 Feb	Southwark parkrun 5k
5 Mar	Regent's Park 10k
2 Apr	Paddock Wood 1/2M
23 Apr	London Marathon or alternative (see link)

It is possible to give an indication of some of the later events. The Mark Hayes Mile will take place, probably in the first half of July, but not as a club champs event. Instead we are looking for a suitable track mile race in July. The Sittingbourne 10 on 1 October will be used as the 10 mile event.

We recommend that you enter the 10k and half marathon races early in case they fill up. - ***Mike Mann***

The updated 2017 club championship rules can be found at the end of Shorts

UPDATE

As no 2 mile race is scheduled in this year's Monday evening series of Battersea Park races, the Asssembly League race at Battersea Park on 1 June will be used as our 5k champs. We are still considering options for the mile and multi-terrain race.

The second Sunday of the month 5 mile race, organised by TH&H on Wimbledon Common taking place on 11 September has been chosen as our club champs Mult Terrain race. This will be classified as a category A (long) event.
Details of mile track race in the summer to follow.

DULWICH RUNNERS 2017 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.

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

		Race		Venue	
Feb	11	Surrey League	men	Wimbledon Common	
	11	Surrey League	women	Farthing downs, Coulsdon	
	26	National Champs		Nottingham	
Mar	5	Regents Park 10k		Regents Pk, london	
	18	BMAF XC Champs		Wavertree, Liverpool	
	25	Mob Match with Beckenham		Beckenham Place Park	
Apr	2	Paddock wood 1/2M		Paddock Wood	
	6	Assembly League		Beckenham	tbc
	9	BMAF 10km road champs		Gravesend Cyclopark	
	23	London or alternative marathon		various	
May	4	Assembly League		Victoria Pk, Hackney	tbc
Jun	1	Assembly League incorporating Club champs 5k		Battersea Park	
Jul	6	Assembly League		O2, Nth Greenwich	tbc
	27	Assembly League		Victoria Pk, Hackney	tbc
Sep	7	Assembly League		Beckenham	tbc
	11	MT 5 mile race, organised by TH&H		Wimbledon Common	

Marathon Schedule

This is my rough guideline for those doing London Marathon in detail for next month and a few key sessions and races after that month. ***Steve Smythe***

Februrary

Wed	8	9M at relaxed pace
Thu	9	6M with middle 4M at marathon pace with last 30 seconds of each mile slightly quicker
Fri	10	4M easy
Sat	11	Surrey league - or 5M brisk
Sun	12	18M steady (30 secs slower than goal marathon pace)
Tue	14	Mix of 2000m/200m reps
Wed	15	10M at relaxed pace
Thu	16	6M pick up pace each mile
Fri	17	4M easy
Sat	18	6M steady or parkrun
Sun	19	20M slow, a few faster miles towards end
Mon	20	5M easy
Tue	21	1600m reps about 10k pace
Wed	22	11M relaxed
Thu	23	6M with first and last 2M at slightly slower than goal marathon pace but middle 2M slightly faster than 1/2M pace
Fri	24	4M easy
Sat	25	National XC Champs or 5M steady
Sun	26	18-21M slow if not doing National
Mon	27	5M easy
Tue	28	400m reps

March

Wed	1	12M relaxed
Thu	2	5M with approx 10 min steady, 6 min at marathon pace, 1 min at 10k pace, 30 secs at 5K pace and repeat
Fri	3	4M easy with strides
Sat	4	5M easy with strides
Sun	5	Regents Pk 10k or brisk 10M
Tue	7	800m reps
Sun	12	20M slow
Tue	14	1000m reps
Sun	19	18-20M fast
Tue	21	1600m reps
Sat	25	Parkrun match v Beckenham
Sun	26	22M slow
Tue	28	400m reps

April

Sun	2	Paddock Wood 1/2M
Tue	4	1000 reps
Sun	9	18-20M
Tue	11	800m reps
Sun	16	10-12M
Tue	18	200/400m reps
Sun	***23***	***London Marathon***

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.

Southwark parkrun 5k Club Championship

Sat 4th Feb

Tony Tuohy

I thought that 66 Dulwich Runners turning up for a club championship race must be a record, but apparently we had 68 at Brockwell parkrun in 2014. Nevertheless, this was one impressive turnout and the sea of red-with-blue-hoops among the 300 on the start line was a sight to behold. The front line made it look like a Dulwich-only race, as those in with a shout for the fastest times readied themselves for a speedy getaway on the fast and flat course.

Fast and flat it may have been, but some sharp corners multiplied by three laps (so some nifty slalom required around lapped runners) meant those nursing the odd fragile ankle lost a few seconds against more resilient limbs; add to this a typically wet and cold winter morning and PBs were hard to come by.

On current form it might be expected that Tim or Andy would take top honours. Andy ran as well as his excellent recent form allowed, while Tim had a blip as he climbs back post-injury towards the times we got used to last year. Instead we had Alastair trouncing them both with a characteristically well-paced run. The LockeStar moved through while others died to grab first place with a superb parkrun PB. This was also achieved by Steve Davies, who shaved a couple of seconds off his best time with a great run after numerous close misses in the last year and a half or so, also taking the M45 course record.

Strong runs from Wayne and Dan weren't far off their best times but Shane's upward trajectory jumped skywards with a huge half-minute PB. I plugged away behind him for an average time (it's all relative; I'd have been happy with that not so long ago) finishing well ahead of Mark Lacey, who fell away on the third lap after getting nervous of a potential hamstring pull – better safe than sorry. Charlie and Ian were both well satisfied with their improving form and Clare's 118th first woman in as many parkruns was straightforward enough despite wishing she'd sprinted in a bit quicker for a sub-18. Still, the W50 and age graded course records (nearly 95%) are not to be sniffed at...

Kev and Mark C did the parkrun as part of a long run (as they couldn't do Sunday), and as such ran pretty well. Lloyd, James, Ebe and Steve S all had decent enough 'ticking-over' sort of runs, although both Ebe (getting over lots of miles in holiday sunshine) and Steve had hoped to be closer to sub-19. William had a similar solid run 20 seconds ahead of the missus, as Selma ran in her usual gutsy fashion to hold off a three-way shoot-out just seconds behind her.

Gary just got the nod over Grzegorz but Ajay is currently a man on a mission, recently running his best parkruns for over two years. He wasn't to be denied in the sprint, despite Gary asserting that 'I thought I'd just let him have it', obviously provoking loud protests from Ajay. Jim, Hugh B and Steve W (first time at a parkrun) also ran solid races not far off their best 5ks of recent times (seems to be a theme throughout the field); they were just in front of a welcome return from Rob Cope who will hopefully feature at more club races this year after a long absence through injury.

Mike Mann ran one of his better recent parkruns, just getting the better of Joe and Michelle; they were apparently distracted by Mike's gymnastic use of a lamp post to get round the last corner a bit sharpish – a perfect dismount, I heard. A new slim-line Joe actually ran his fastest time for close to four years, while ever-improving Michelle missed her recent PB by mere seconds.

Another spate of solid 'ticking over' sort of runs followed from Emma, Mike F, Anna, Cameron, Gideon, Graham, Sue and Lucy. These were broken up by three more rare PBs; a parkrun best from Katie but outright bests from Laura and Eleanor – superb runs with Laura's earning her the well deserved Captains' Award. Barrie John ran a blinder, closing down Andy Murray at the end to record close to his best time from nearly two years ago, and delighting in beating both Andy and Ros for the first time.

The theme of good runs almost-but-not-quite-their-best continued: Yvette, Colin, Ros, Alex, Claire, Paul, Jo and Hannah all ran really well but Mike D, Clare W and Lindsey were all suffering with colds and did well to run at all. Amongst them though was a stand-out: Karina's 24:12 was well over a minute faster than her recent parkrun best and easily a 5k outright best too, a huge improvement. A lightly raced Pat was another running his first ever parkrun, but was well ahead of solid runs from Ameet, Hugh F, Sharon, Bob, Pete and Kaylee (making a welcome return to the club champs at her local parkrun).

The huge Dulwich contingent was rounded off by a trio of Vernons, with young Freddie leading home ever present club stalwarts Sue and Chris. Special mention: Kim had to drop out after aggravating an injury, let's hope she can return soon.

2017 champs categories - Southwark Parkrun 5K	
Overall winner (AGE GRADING)	Clare Elms
1st Man (any age category)	Alastair Locke
1st Woman (any age category)	Selma Benattia
2nd Man (any age category)	Andy Bond
2nd Woman (any age category)	Michelle Lennon
3rd Man (any age category)	Tim Bowen
3rd Woman (any age category)	Emma Ibell
First Senior Man (excl. above)	Wayne Lashley
First Senior woman (excl. above)	Anna Thomas
First M40 (excluding above)	Steve Davies
First W40 (excluding above)	Yvette Dore
First M50 (excluding above)	Tony Tuohy
First W50 (excluding above)	Lucy Clapp
First M60 (excluding above)	Hugh Balfour
First W60 (excluding above)	Ros Tabor
Age Graded MAN (excl. above)	Charlie Lound
Age Graded WOMAN (excl. above)	Clare Wyngard
13 Captains' award	Laura Vincent

Dulwich Runners Club Champs - Southwark Parkrun 4/Feb/2017

	Pos	Gen	Time	Points In Age Category M/F								Age Grade Points	Club Champs Awards	
				m s	m40	m50	m60	f s	f40	f50	f60+			
Alastair Locke	1	1	16.33	50								797	1st man	prPB 5kPB
Andy Bond	2	2	16.35		50							845	2nd man	
Timothy Bowen	4	4	16.42	49								787	3rd man	
Stephen Davies	5	5	16.48		49							859	1st m40	prPB 5kPB
Wayne Lashley	6	6	16.54	48								785	1st senior man	
Daniel Mann_	8	8	16.58	47								797		
Shane O'neill	9	9	17.00	46								764		prPB 5kPB
Tony Tuohy	10	10	17.16			50						881	1st m50	
Mark Lacey	13	13	17.36	45								750		
Charles Lound	16	16	17.42		48							827	Man age graded	
Ian Lilley_	19	19	17.52		47							795		
Clare Elms_	21	1	18.02							50		947	Overall age graded	
Kevin Chadwick	25	24	18.31	44								720		
Lloyd Collier	26	25	18.32		46							761		
James Burrows	28	27	18.43	43								713		
Mark Callaghan	29	28	18.47		45							735		
Ebe Prill	32	31	19.17			49						789		
Stephen Smythe	33	32	19.25			48						809		
William Cotter	34	33	19.29		44							729		
Selma Benattia	38	2	19.49					50				755	1st woman	
Ajay Khandelwal	40	38	19.53		43							725		
Gary Sullivan	41	39	19.56			47						788		
Grzegorz Galezia	42	40	19.57		42							723		
Jim Dowsett	45	42	20.17		41							691		
Hugh Balfour	49	46	20.30				50					792	1st m60	
Stephen Williams	51	48	20.36				49					775		
Rob Cope	52	49	20.37		40							679		
Michael Mann	56	53	20.43				48					826		
Joseph Brady	57	54	20.45			46						711		
Michelle Lennon	58	4	20.46						50			787	2nd woman	
Emma Ibell	62	6	20.52						49			753	3rd woman	
Michael Fullilove	64	58	20.59			45						725		
Anna Thomas	74	7	21.15					49				699	1st senior woman	
Cameron Timmis	78	70	21.23		39							670		
Laura Vincent	79	9	21.31					48				689	captains' award	prPB 5kPB
Gideon Franklin	81	72	21.37			44						704		
Eleanor Simmons	90	12	21.52					47				687		prPB 5kPB
Katie Styles	91	13	21.54					46				679		prPB
Graham Laylee	98	83	22.05			43						717		
Susan Cooper	103	16	22.17					45				667		
Lucy Clapp	109	19	22.37							49		747	1st w50	
Barrie John Nicholls	111	92	22.40				47					716		
Andy Murray	112	93	22.41				46					722		
Yvette Dore	114	20	22.47						48			684	1st w40	
Colin Frith	115	95	22.55			42						691		
Ros Tabor	125	22	23.10								50	875	1st w60	
Michael Dodds	132	109	23.31			41						668		
Alex Haylett	148	121	24.03	42								558		
Claire Barnard	152	29	24.09					44				612		
Paul Keating	153	124	24.11			40						610		
Karina Burrowes	154	30	24.12					43				610		prPB 5kPB
Clare Wyngard	158	32	24.23							48		725	Woman age graded	
Joanne Shelton-Pereda	159	33	24.24						47			629		
Hannah Harvest	162	35	24.29					42				603		
Lindsey Annable	164	37	24.37						46			664		
Patrick Mcmorrow	171	132	24.44				45					646		
Ameet Patel	186	139	25.39			39						584		
Hugh French	188	141	25.54		38							533		
Sharon Erdman	190	49	25.56						45			606		
Bob Bell	192	143	25.58				44					631		
Peter Jackson	198	147	26.12				43					630		
Kaylee Coxall	212	59	26.51						44			602		
Freddie Vernon	259	175	29.57	41								498		
Susan Vernon	306	121	42.03								49	509		
Chris Vernon	307	186	42.04				42					432		
			65	10	13	12	9	9	7	3	2			

DNF Kim Hainsworth
308 Finished

Southwark Park run

Steve Smythe adds a great turnout from the club and some excellent performances all the way from Alastair and Clare's wins to Chris and Sue at the other end.
The club produced 18 of the top 19 and 30 of the 40 top age-graded performances in the race.
Clare actually easily produced the top age-graded performance of the weekend out of all 100,000 plus parkrunners.
Tony, Ros and Steve D also made the top 20 nationally.
While numbers were great it could have been more - for some reason over a dozen did other local parkruns rather than support the club's chosen event while some others did hard training runs and quite a few Tuesday night regulars didn't run.
Not sure many of the 66 who did do, will go back. While the course is flat, there are far too many sharp turns and it doesn't use as much of the park as it could do.
If it did, the course could easily be two laps and negate the need for so much lapping, which isn't ideal for those having to squeeze between the gaps or those being overtaken.
Hopes are high for a better choice for next year's parkrun.

In order of age-graded points.

Clare Elms	18.02	947
Tony Tuohy	17.16	881
Ros Tabor	23.10	875
Stephen Davies	16.48	859
Andy Bond	16.35	845
Charles Lound	17.42	827
Michael Mann	20.43	826
Stephen Smythe	19.25	809
Alastair Locke	16.33	797
Daniel Mann	16.58	797
Ian Lilley	17.52	795
Hugh Balfour	20.30	792
Ebe Prill	19.17	789
Gary Sullivan	19.56	788
Michelle Lennon	20.46	787
Timothy Bowen	16.42	787
Wayne Lashley	16.54	785
Stephen Williams	20.36	775
Shane O'neill	17.00	764
Lloyd Collier	18.32	761
Selma Benattia	19.49	755
Emma Ibell	20.52	753

Mark Lacey	17.36	750
Lucy Clapp	22.37	747
Mark Callaghan	18.47	735
William Cotter	19.29	729
Ajay Khandelwal	19.53	725
Michael Fullilove	20.59	725
Clare Wyngard	24.23	725
Grzegorz Galezia	19.57	723
Andy Murray	22.41	722
Kevin Chadwick	18.31	720
Graham Laylee	22.05	717
Barrie Nicholls	22.40	716
James Burrows	18.43	713
Joseph Brady	20.45	711
Gideon Franklin	21.37	704
Anna Thomas	21.15	699
Colin Frith	22.55	691
Jim Dowsett	20.17	691
Laura Vincent	21.31	689
Eleanor Simmons	21.52	687
Yvette Dore	22.47	684
Rob Cope	20.37	679

Katie Styles	21.54	679
Cameron Timmis	21.23	670
Michael Dodds	23.31	668
Susan Cooper	22.17	667
Lindsey Annable	24.37	664
Patrick Mcmorrow	24.44	646
Bob Bell	25.58	631
Peter Jackson	26.12	630
Joanne S-Pereda	24.24	629
Claire Barnard	24.09	612
Karina Burrowes	24.12	610
Paul Keating	24.11	610
Sharon Erdman	25.56	606
Hannah Harvest	24.29	603
Kaylee Coxall	26.51	602
Ameet Patel	25.39	584
Alex Haylett	24.03	558
Hugh French	25.54	533
Susan Vernon	42.03	509
Freddie Vernon	29.57	498
Chris Vernon	42.04	432

South Of England Champs

Postscript

Reports of last week's race noted that times were improved on last year, in some cases by almost 4 minutes in the men's race. In fact last year the men's course was shortened to around 14km because of drainage work in the park, and women's course similarly shortened below its normal 8km, so the improvements in times were even more marked with the men's course back to close to its normal 15km this year.

Although the course was challenging this time round with its numerous hills and some sticky and uneven sections with holes and molehills, this illustrates the huge impact of ground conditions on performance, worth up to almost 9 minutes in some cases, though this will be more marked on Parliament Hill Field than most other courses on the cross country circuit. One year when the ground is frozen solid times will be even faster for those who stay on their feet!

Mike Mann

February 4th

Ashton Court

420 ran.

Pos	Gen		
183	151	Barnes Stringer	26:35

Brockwell

307 ran.

Pos	Gen		
74	6	Becca Schulleri	22:03
123	107	Kees Kuijlaars	24:12

Cannock Chase

397 ran.

Pos	Gen		
22	21	Sam Crump	21:30

Crystal Palace

265 ran.

Pos	Gen		
22	20	Simon Lang	20:04
86	70	Andy Cottrill	23:47
262	154	Tom Wilson +5y old !	42:55

Dulwich

259 ran.

Pos	Gen		
9	8	Andrew Shreeve	17:48
20	19	Jonathan Whittaker	19:09
22	21	Simon Burnett	19:19
65	5	Sandra Marie	21:44
92	80	Mark Muffett	23:01
121	100	Kevin Murphy	24:18
144	31	Claire Steward	25:35
184	131	Mick Mead	27:29
214	142	Paul Devine	29:23

Horsham

173 ran.

Pos	Gen		
104	74	Gary Budinger	30:07

Mile End

263 ran.

Pos	Gen		
48	46	Daniel Walsh	21:20

Riddlesdown

137 ran.

Pos	Gen		
17	5	Ange Norris	23:04

(for Southwark see club champs report)

Tooting Common

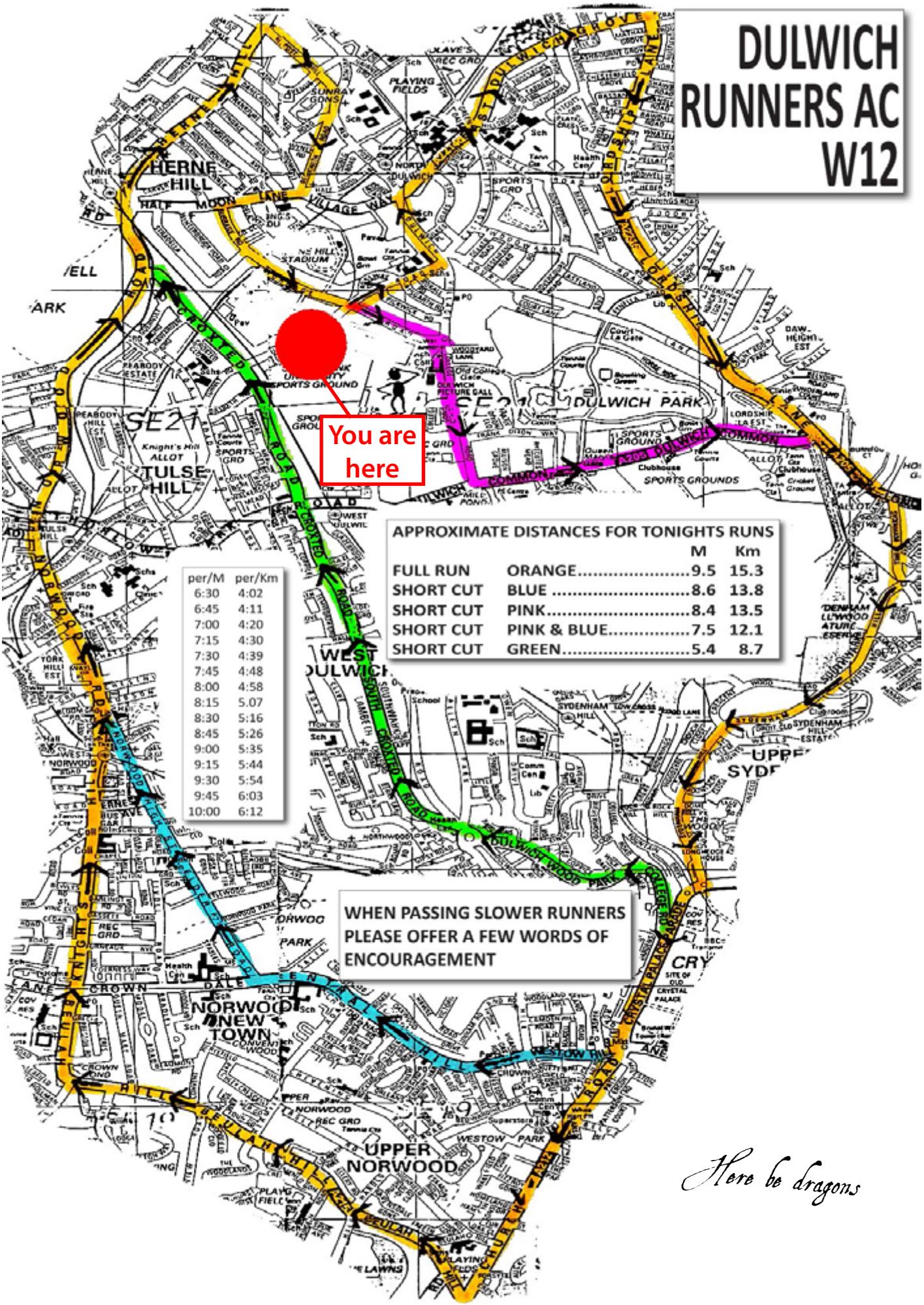
385 ran.

Pos	Gen		
92	77	Ian Sesnan	22:59

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 W12



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

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

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

DULWICH RUNNERS A.C.
CLUB CHAMPIONSHIP RULES 2017

This document sets out the rules for the main club championships and the cross country championships.

Main Club Championships
This consists of a number of races of varying distances throughout the year split into 2 categories. In 2017 there are 8 events split into the following categories: A – marathon, half marathon, 10 miles and MULTI-TERRAIN, and B -10km, 5km, 5km (parkrun) and 1 mile. To complete and qualify for the championships you must run at least 5 events including at least one race from each category. The selected club championship races for the next year will be published in Shorts from December on.

Awards categories
Men and women will be treated the same in the club championships, so there will now be separate categories for Men and Women 40, Men and Women 50, and Men and Women 60 in the overall championships.
There are awards after each individual race of the club championship and annual overall awards in December at our Christmas Party.

1.) The award categories for each individual race are as follows:

1ST OVERALL (AGE GRADING)	
1st MAN (any age category)	1st WOMAN (any age category)
2nd MAN (any age category)	2nd WOMAN (any age category)
3rd MAN (any age category)	3rd WOMAN (any age category)
1st SENIOR MAN	1ST SENIOR WOMAN
1ST MV40	1ST FV40
1ST MV50	1ST FV50
1ST MV60	1ST FV60
AGE GRADING MEN	
AGE GRADING WOMEN	
CAPTAINS'AWARD	

For each event there is a captains' award given in recognition of improved performance to a runner chosen by the men's and women's captains in consultation with the coaches as necessary. There is no annual award for this category.

2.) There are 2 annual club championship sections:

2.1.) Age-group category champions
Points are given within each category (50 for 1st, 49 for 2ndetc.) plus a bonus point for each event completed. At the end of the year the 5 best position point scores (subject to them covering both categories) are added together plus the extra bonus points for races completed. The first 3 runners in each category win trophies. Your age category is taken as that at the time of each event, and if you move up into a higher age category during the year you will be eligible for medals in individual events in that higher age category from that date. You will however remain in the lower age category for the purposes of the annual championships until you have completed enough events in the older age category to qualify.

2.2) Overall club championship
Trophies are awarded at the end of the season for 1st, 2nd and 3rd places. In order to be as fair as possible and enable runners of different ages and sexes to compete, this is worked out using age grading tables which award points according to how well you have run against the world best for your age and sex. Again it is the best 5 events which count (subject to them covering both categories).

Both annual categories are NOT mutually exclusive (you can win an overall award together with an award in your age group).

In the event of 2 or more runners tying on points in any of the above sections at the end of the year, the winner will be determined on the basis of points earned in each of the runner's next best event outside their respective best qualifying 5. If this is still inconclusive, the winner will be determined by the "head to head" results over all events. A finisher with a result beats a non runner. If after this it remains inconclusive, a tie will be declared.
Throughout the year the results of each race, together with current standings are published in Shorts and on the club website. The prizes are awarded at the Christmas party.

In order to score points in the club championships you must: BE A PAID UP MEMBER & WEAR A CLUB VEST
Note that you may wear a charity vest in the marathon, whether in London or elsewhere, and you need not wear a club vest for the 1 mile race.

2017 Clarification and changes to marathon nomination

The main marathon for the club championship is the London marathon. However since it can be difficult to secure a place it is permitted to nominate another marathon instead. To make this as fair and comparable to the other club champs races as possible the following rules apply:

a) it should be a certified marathon accepted by UK Athletics sites 'http://www.thepowerof10.info/' or 'http://www.runbritainrankings.com/'.

b) the nomination should be made ahead of the London marathon in principle. That means if you are not able to run the London marathon, or if you do not want your result in the London marathon to count for the club championship (because for example you are a pace maker or run not fully trained for a charity), you are required to announce this before the London marathon and declare that you want to nominate one other marathon for the club championship. As soon as you have secured a place in that other marathon, you should nominate the specific marathon.
The marathon needs to take place before December 1st.

c) otherwise your result in the London marathon or (if you are not running London) the first marathon of the year you run as a club member will count for the club championship.

d) It is not permitted to have the best time of multiple marathons count in hindsight at the end of the year.

e) the announcement of your intention ahead of the London marathon (if you do not want it to count) and the nomination of another marathon can be made to the club committee or to the club newsletter SHORTS where all such intentions will be printed.

Cross Country Championships – Ken Crooke trophies
This consists of several races held throughout the winter cross country season, usually consisting of the 4 Surrey League races (men's and women's) plus 2 or 3 other races. *Note that for most races other than the Surrey League cross country, it is necessary to be entered in advance by contacting your respective captains.*

In order to qualify you must run at least 4 events including 3 Surrey League races. The qualifying races are published in Shorts before the start of the cross country season in early October. In 2016/17 the additional events are the South of Thames 5 miles at Polesdon Lacey, and the Dulwich Runners/Beckenham Runners mob match. At the end of the season, in February or March, medals are awarded to the first 3 men and women and to the winners of the following age categories: veteran men and women 40-49, veteran men and women 50-59, veteran men and women 60+.

There are no overall age category awards based on age grading, but a captains' award is made at the end of the season. Points are given as per the main club championships, except that there is no extra point awarded for finishing a race.
In event of a tie, points earned in the runners' next best event in the cross country championships outside the qualifying 4 will be used to determine the winner, followed by a "head to head" if this is inconclusive.

Medals are awarded at the end of the cross country season as follows:

- Fastest man
- 2nd fastest man
- 3rd fastest man
- Fastest woman
- 2nd fastest woman
- 3rd fastest woman
- 1st MV40
- 1st FV40
- 1st MV50
- 1st FV50
- 1st MV60
- 1st FV60
- Captains' award

Medals are not awarded after individual cross country events.