SHORTS

Dulwich Runners AC
Weekly Newsletter
November 22nd 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 22 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Wed 22 DR Free Quiz Night - after the run

Tue 28 Track - Crystal Palace Arena -see below

In your SHORTS this week !

1 General information
2 Gill Johnson tribute
3 Club kit etc
4 Fixture list, club champs, road, XC, etc
6 Cross country section - Races & useful info etc
8 Medals in Derry
10 Club champs final standings
15 Parkrun results
16 Map for the routes this Wednesday

And much more !

Click to SUBSCRIBE or UNSUBSCRIBE
www.dulwichrunners.org.uk/index.html

You can follow us on

TRACK SESSIONS

Crystal Palace Track

£2.50 per session - Suitable for all abilities.
At reception say you are with Dulwich Runners but do not pay there, pay Ros trackside. Can take up to 10mins to get from reception down to track.
Arrive at 7pm if you want a full warm-up, 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.
In my view apart from the long Sunday run, if you are preparing for a marathon, this is the key session to improve speed and speed endurance and works best if you do it regularly. ***Steve Smythe***

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

Nov 25 South of Thames XC - Beckenham
Nov 25 England Masters- Bournemouth

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

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.
No 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

Clare Wyngard	22/11
Lindsey Annable	29/11

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like to have more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed. Details are on the website: www.englandathletics.org
Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members.
If you are interested please contact me or another committee member. ros.tabor49@gmail.com
Thanks - Ros

Wednesday Night Map

This map for this Wednesday's runs can be found 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

Gill Johnson

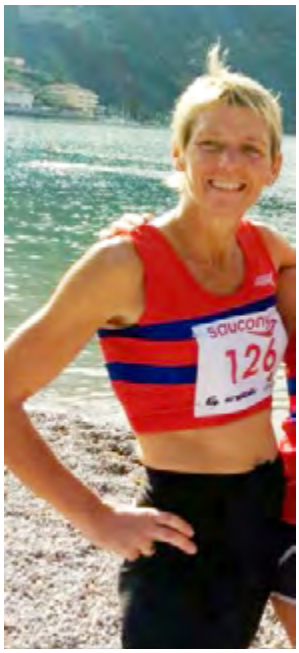
Gill Johnson, born 25th August 1963 died of ovarain cancer on Monday after over 2 years of treatment.

I cannot express in writing what an incredible inspiration she has been to so many people over the years. Not only her running but also how desperately she tried to win against cancer. From being diagnosed Gill knew that the outcome was never going to be great. However she never gave up on enjoying life. Gill was still swimming 80 lengths and cycling almost to the very end. I honestly believe it was her fitness and sheer bloody mindedness that kept her going.

Dulwich Runners meant so much to her, as so many genuine friendships and memories were made at the Club. From our hen weekend to Ireland to the amazing trips organised by Steve Wherle. Her dedication to the Club was reflected that despite being told she had weeks to live she wanted to come down and say goodbye to everyone. . A lifetime friend who would want us to all look back at the great times we had with her, and remember her with a smile and that she never gave up on anything she did .

You will be greatly missed Gill and we are honoured to have had you in our lives.

Andrea Pickup



A running tribute

Steve Smythe writes Gill Johnson was one of the top woman runners in the club in the early 90s (going close to Ange Norris's club marathon record of 3:08) but it was not until 2002 when she had her breakthrough year after reaping the benefits of more focussed track training.

In 2002, she was in Dulwich's winning team - along with Alison Fletcher and Andrea Pickup - in the British Half Marathon Championships in Bath.

That trio also triumphed (with Alison winning the individual title) in the first ever UK Athletics Grand Prix Road Championships held at the Robin Hood Half Marathon. The team had first dominated the Kent Grand Prix before succeeding nationally.

There were also triumphs elsewhere for the trio including the Kent cross-country Championships where Alison won and Gill and Andrea made the top ten.

She was also second in the Cabbage Patch 10 that year, breaking the hour for the first time and had a breakthrough run in the Brighton 10km. Earlier in the year, she broke 38 for the first time at the Ted Pepper 10km and at Brighton, she improved her PB to 35:59 in winning the women's race.

She also set a PB half-marathon in the very low 80s at the Great North Run and won the club's most improved runner that year.

She represented Kent in the Inter Counties cross-country Championships at Nottingham the following year, but had a few injuries and didn't have a great running year in 2003.

In 2004, she returned even fitter, and improved her PB to 35:25 in winning the Deal 10km ahead of Alison. That year she also ran a very fast 15:38 in winning the Beckenham Assembly league.

Though very fit, she wasn't at her healthiest and she struggled in very windy conditions at the British Masters 10km Championships in Portsmouth but took the bronze medal as Alison won gold.

A week later she had a great run in Tallinn in Estonia on the Dulwich trip, winning in 35:38.

She never was able to stay strong and healthy enough after that to stay fully race fit and she raced rarely. Her last result on Power of 10 though was a winning one as she won the Ted Pepper 10km in 2006 in 41:28.

According to info published in Shorts in April 2004, Gill won 5 senior women overall titles and 26 individual club titles.

She carried on running (and cycling). though almost to the end.

Her speed was never her forte and not a great lover of cross-country, but she was a fearless and tenacious road runner and it's a shame that she was never able to fulfil her potential as a marathoner as a sub-3 was well within her capabilities.

A great character who will be greatly missed and certainly regarded as one of the club's greatest ever runners male or female.

Alison Fletcher adds Gill was a great character. When I joined the club I thought she was 'the best', one to try and keep up with, be it on the road or on the dance floor. She would swim a mile first too but I never even dipped my toe in that water. I have so many fantastic memories of Gill ranging from the bars of Dublin to the roads of Deal and Portsmouth. She was always a shining light leading the way.

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 Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings after the Wednesday run.
Arrives close to 9pm 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)

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

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

STOCK CLEARANCE! BARGAIN KIT !

I have a limited number of old stock vests (mostly large sizes) for sale at £1 each

Available at the club on Wednesdays but please email to make sure

Ros Tabor
ros.tabor49@gmail.com

Socks only £5

SHORTS!

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

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

HOODIES...

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

Buffs/snoods - only £6

SOCIAL SPOT

SPOT

Watch this space for future events.

Free Quiz Night - Wed 22nd Nov.

The Social Fund will be laying on some prizes for a fun quiz night post club run.
Teams of 4 and I promise there will be no Harry Potter round this year !
It will begin at 9pm in the club house bar.
Don't worry if you're not sure who'll you'll team up with there'll be plenty to form teams on the night.

Post Cross country - Sat 18th Nov.

Planned social for after the London Cross Country Champs this weekend, at the Pineapple in Kentish town, good beer and good thai food to refuel for the runners and warming for the spectators:-

Pineapple
51 Leverton Street, Kentish Town, London, NW5 2NX
View on Map
https://whatpub.com/pubs/NLD/6101/pineapple-london

Xmas Party - Save the Date - Sat 16th Dec.

7.30pm onwards
@ The Edward Alleyn Club

The highlight of the DR social calendar is upon us!

This year sees a new venue, but tickets remain at a bargain £15. This includes a glass of bubbly on arrival, a finger buffet (plenty of veggie options), disco and with the bar open until 1 am the party is sure to go on late into the night!! There will as always also be the club awards and a 50/50 draw with a cash prize up for grabs.

Dress Code - Dress to impress

You can either purchase your tickets from Matt Ladds or Tom South at one of the club nights or via online transfer to the account details below (please be sure to include your name on the reference). Deadline for purchasing tickets is Sunday 10th December so that we have confirmed numbers.

Sort Code: 09-01-27
Acc No: 86032186

If you have any special dietary requirement please let Matt Ladds know and we will do our best to accommodate.
Matt Ladds - laddsm85@gmail.com

DULWICH RUNNERS 2017/18 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** **Track**

2017		Race		Venue
Nov	25	England Masters Inter-Area		Bournemouth
	25	South of Thames 5	2pm start	Beckenham
Dec	2	Kent Masters		tbc
	9	SEAA Masters XC		Horspath, Oxford
	16	South of Thames 7.5		Aldershot
2018		2018		2018
Jan	6	Surrey Champs		Denbies Vineyard
	6	Kent Champs		Brands Hatch
	13	Surrey League 3	men	Beckenham Place Park
	13	Surrey League 3	women	Wimbledon Common
	20	Vets AC Champs		Wimbledon Common tbc
	27	South of England Champs		Stanmer Park, Brighton
Feb	10	Surrey League 4	men	Lloyd Park
	10	Surrey League 4	women	Richmond Park
	24	National Champs		Parliament Hill
Mar	17	BMAF Champs		Forres, Scotland

Track Training

A reminder that improvement in running is built upon hard work, consistency of training and a mixture of speed, endurance and stamina.
To me the Tuesday track session is the most important session of the week - the Sunday long run may be important in the middle of marathon training - but the most gain in terms of speed and speed endurance (and pace judgement etc) comes from regularly completing track sessions. While numbers are regularly around the 30 mark this winter, very few turn up every week to ensure they build up a consistency and the range of runners of all speeds is disappointing.
Steve Smythe

Marathon Training

A few people have been in touch about marathon training and I am happy to oblige.
I have done all bar one London marathon (the short one in 1983!) and have run at least one marathon every year since 1976 - and have run a sub-3 marathon in 5 different decades (70s (2:54 in debut), 80s (2:29 PB), 90s, 00s (2:43 at 50) and 10s (2:56 in Seville this year for a then world record 40 year-span) so hopefully know a few things about preparation which I haven't totally forgotten yet.
steve.smythe@athleticsweekly.com

London marathon 2018 club places

We have now been allocated two club places for next April's marathon.
There has been strong interest from club members, eleven of you have put themselves forward for consideration.
The one place decided on contributions towards the club over the year goes to Jim Dowsett, who took part in 17 events.
The other place will be decided by draw at the club tonight between the remaining ten applicants.

	CB	LP	HH	JB	PM	AH	CL	JW	JD	ES	TS
SOAR mile	√		√	√		√		√	√	√	√
Battersea 5k	√		√	√		√			√	√	√
5k Southwark parkrun	√		√	√	√	√			√	√	
Regents park 10k				√		√			√		√
5 mile MT Wimbledon			√			√			√	√	√
10 mile Sittingbourne	√			√				√	√		√
marathon					√				√		
Half marathon Paddock Wood	√		√	√	√			√	√		
XC Surrey L Jan17									√		
XC Surrey L Feb 17			√						√		√
XC Surrey L Oct 17			√	√			√			√	
XC Surrey L Nov 17				√				√	√	√	√
AL1 Beckm				√						√	
AL2 Vic Pk				√					√	√	√
(AL3 Battersea CLUB CHAMPS)											
AL4 Dome									√	√	
AL5 Vic Pk				√					√		√
AL6 Beckhm				√				√	√		√
Green Belt Relay		√							√		
Marshal midsummer relays/run			√				√		√	√	√
TOTAL	5	1	8	12	3	5	2	5	17	11	12

Brockwell Parkrun

The anniversary run at Brockwell parkrun takes place on 9 December and we have offered to provide some pacers for the event. If you are able to help please let me know. It does not have to be particularly challenging as you can pace slower than your normal speed and the fastest time required is likely to be 20 minutes, going down to around 28 minutes.

In addition we are intending to take over the organisation of one of the parkruns at Brockwell in the New Year. This is intended to be one element in our efforts to raise the profile of the club locally. Volunteers will be required for the various tasks at the finish and for marshalling on the course. A request for help will be put out once a date has been fixed.

In the meantime pacing volunteers for 9 December should contact me at mcmann90@yahoo.co.uk

The cross country season starterd in October 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 is the club's main priority. There are 4 fixtures during the season that started in 14 October.
Details on Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible. Our men were relegated to Division 2 last season, but will need to maintain their excellent turnouts and performances to be sure of returning to Division1.

Distance
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, ranging from around 8km in the autumn to 12km and over for the men later in the season, but normally not more than 8k for the women.

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. The hill sessions on Tuesday nights in September will help, and there are likely to be other hill sessions during the season.

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 in order to help with the online declarations). For the women's Surrey League, runners have to be entered in advance. The women's captains will contact everyone for availability. It is free for all runners.

Other Races
In addition to the Surrey League there are a number of 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, which take place at Parliament Hill Fields in February. There are also a number of other races for Masters. See the fixture list in Shorts for details.

Cross country champs
Once again, we will be holding a cross country champs.
For details see article below.

Which races to go for
From around mid October until late February, there are cross country races on most Saturdays, so enthusiasts will have plenty to keep them occupied. In practice many of you have family and other commitments, so here is some advice on races to target. Our main priority is the four Surrey League races, but other important events that we target are the BMAF Masters relays and the SEAA Masters champs. In addition to the Surrey League races our cross country champs includes the South of Thames 5 miles and the National Champs, being held next February at Parliament Hill Fields, so these should also be regarded as races to prioritize from an individual point of view.

Other races can be regarded as medium priority but you are encouraged to compete for your eligible county in the Surrey and Kent Masters champs and the county champs in early January. In the Masters champs in particular we have had success in winning team medals in recent years. There are a number of other races, which while not a high priority are nice to do. These include the London champs, Reigate relays, South of Thames 7 miles and the South of England champs, likely to be held in Brighton. Finally VAC members are encouraged to take part in the Vets AC champs in January.

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, requesting those interested in participating 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

Ken Crooke Cross Country Champs

With the National cross country champs being held at Parliament Hill next February, it has been decided to include this event in the races comprising the cross country champs. The championships will consist of the best 4 of the following 6 races; the 4 Surrey League matches, the South of Thames 5 miles and the National Championships.

Men's Surrey League Volunteers Needed

We shall be hosting the third men's Surrey League fixture on 13 January at Beckenham Place Park.
In order to host it we need volunteers to act as marshals and arrange the finish. Hopefully some of the women running earlier in the day at Richmond Park will be able to help, but we also need help from club members not planning to run.

We are also asking for one helper from each of the other Division 2 clubs, so the burden will not fall entirely upon us. Any volunteers please contact ***Mike Mann.***

To enter any of the above races or if you require any further information about them or any other races in Shorts then contact:
Men: mcmann90@yahoo.co.uk
Ladies: dulwichladiescaptain@gmail.com

South of Thames Champs

16 December

These championships take place at Aldershot this year over a 12k course.
Please register interest with your captains by 7 December

START FITNESS AND MORE MILE DISCOUNT CODES

Start Fitness, the online sports retailer is offering discounts on its products as part of its sponsorship of the Men's Surrey League Cross Country.
Discounts are available to all club members, men and women, and not just Surrey League competitors.
Enter code **SurreyXCSF10** for 10% off at startfitness.co.uk
Enter code **SurreyXC** for 30% off at moremile.co.uk

January Cross Country Events

Entries are now open for the following races taking place in January

6 January Kent Champs at Brands Hatch **closing date 8 December**
6 January Surrey Champs at Denbies Vineyard **closing date 20 December**
27 January South of England Champs at Stanmer Park, Brighton **closing date 11 December**

Please check with your captains if you are unsure which county you are eligible to compete for. Qualification is by birth or borough of residence, and ensure that you register interest in advance of these closing dates for entries.

South Of Thames 5, Beckenham

25 November

There are around 40 entered for this race at Beckenham Place Park starting at 2pm close to the White House Mansion. Please collect numbers from your captains and return tokens handed out at the finish to them.

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.

Weekend races

Athletically it was a good weekend for Dulwich - three runners were selected for the Masters international and Ros and Ange ran well though Clare was unable to take up her England team place due to injury.
Buzz broke Chris Loizou's M40 club half-marathon record at Gosport with a 73:01 time - just short of Tim's 2017 Dulwich ranking leader of 72:55 and just 25 seconds short of his 4-year-old PB.
Shane smashed his PB at the Valencia marathon with a well-paced 2:42:19 to better the 2:45 London qualifying mark.
It means - with Buzz's sub-75 half qualifying him for the UK Championships at the London Marathon, we will potentially have 6 on the London Championships men's start.
Tim, Buzz, Charlie, Shane, Alastair (sadly currently injured) and Steve Davies.
There was also success for the women at the Bedgebury Forest Half Marathon with Helen winning and together with top W45 Emma and top W50 Michelle winning the team race.

Steve Smythe

British and Irish International Masters Cross Country Derry/Londonderry

18.11.17

"Silver individual medal and team bronze for Ros, team gold for Ange"

Ange Norris

This event, between selected 5-year age group teams from each of the home nations and Ireland, takes place annually, hosted by each country in turn. Dulwich had 3 women selected for England , Ange Norris (debut) w55 , Ros Tabor w65 and Clare Elms w50, although Clare had to withdraw due to injury.

This year the event was in Derry, Northern Ireland, which was subject to protestant settlement during the 17th century and was at the centre of the troubles of the late 20th. Now it is an interesting and friendly city on the river Doyle and with a spectacular curved 2011 Peace Bridge (used in the Parkrun course) crossing from the walled city area to the Waterside district.

The women's and over 65 men's 6k was first race, 3 laps around a course on short but very wet grass around low buildings and a sports pitch on a community hospital campus. The weather was still and cloudy, relatively mild for November but wet feet soon made the runners cold. Ange, having been slowed by starting too far back on a congested course the previous week, went out fast to start with. She then steadied to a more comfortable pace, losing a couple of places, but this allowed her to come through strongly later as 5th w55 and second home of 4 in her England team, which won gold.

Ros started steadily, with Ann White of Scotland moving well clear ahead, followed by two Irish runners second and third about 100m ahead of Ros. By the second lap Ros was only about 30 metres down on second and third and managed to pass them on the final lap, one coming back but eventually falling behind as Ros closed on W70 winner Angela Copson, finishing just one second behind rather than the usual minute. W65 winner White, whose daughter also won the w35 race, was half a minute ahead of Ros at the finish.

The dinner, awards ceremony and dance was held in the evening at a big hotel a couple of miles from the city centre. There were several speeches thanking

Ros Tabor

officials, runners, each other etc. but eventually Ros got her silver and bronze medals and Ange her gold.

Andy Murray

W55

1 F. Matheson	(Sco)	23:36
2 N O'Sullivan	(Ire)	24:55
3 R Lambe	(Ire)	24:58
4 M Williamson	(Eng	25:25
5 Ange Norris	(Eng)	25:35

Team

1 England	(4,5,7)	16
2 Ireland	(2,3,12)	17
3 Scotland	(1,8,9)	18

W65

1 A White	(Sco)	28:10
2 Ros Tabor	(Eng)	28:42
3 M Glavey	(Ire)	28:51
4 M Lynch	(Ire)	28:55

Team

1 Ireland	(3,4,6)	13
2 Scotland	(1,7,8)	16
3 England	(2,5,9)	16

Valencia Marathon

After what felt like a pretty short build up of about 11 weeks it was finally time to face the marathon distance again, this time in Valencia. The shadow of London still very much on my mind, I was more than a little nervous. This time, unlike London, it was only myself and Joanne from Dulwich - so I was at least going to avoid the parade of red and blue vests cruising by me.

Training had gone well apart from a bit of patella inflammation which started on an ill-advised cycling trip to the alps in the middle of my training block - won't be doing that again.
Conditions in Valencia were absolutely perfect - temperatures were about 11/12degrees at the start at 8:30am and peaked at about 17degrees midday. The course is pancake flat and super well supported throughout. So, basically, no excuses...

I set out with the hope of breaking 2:45 and so getting a championship time - this was a fairly last minute goal as I had been gunning for sub 2:50 until a decent half marathon boosted my confidence about 3 weeks ago. I set out basically bang on 3:50/km and fortunately managed to be pretty consistent throughout the race.
The race went about as well as I could have hoped, managing to basically hold my pace in the last 10k meant passing quite a few people which was a nice mental boost. One runner that did pass me with 2k to go sticks in my mind - it was John Foss (V55 btw) from SLH, always nice to be reminded of home.....

In summary it is definitely an event I would recommend to others, based on course, conditions, support and setting it is fantastic. And, to those that care, there is, I can confirm, an establishment serving alcohol on Sundays till 3am. Only 145 days until I get to do it all again in Boston!
Shane O'Neill

253	Shane O'Neill	2:42:19
9529	Joanne Shelton Pereda	3:53:03

SEAA London XC champs Parliament Hill

18 November

Women

The weather was wet and cold but the ground was mostly pretty firm underfoot, for Parliament Hill.
Five DR women ran and we did alright to come in 17th out of 26 teams considering some of us were vets. Yvette managed to recover from a slide in the mud and was unharmed.
Lucy Clapp

Ola Balme	25:17
Rebecca Schulleri	25:39
Eleanor Simmons	27:08
Lucy Clapp	27:23
Yvette Dore	27:41

Men

These races took place in damp drizzly conditions but ground conditions at Parliament Hill Fields, regarded by many as the national home of cross country racing, were pretty good with a few notable exceptions. The women's race consisted of 2 medium laps with the distance probably a little short of 6k. The men's race started with a short lap, followed by 3 medium laps, taking the distance over the advertised 10k. Although the surface was reasonably firm, albeit uneven with numerous bumps and dips, there was a tricky left turn early in the lap followed by a couple of slippery descents in the usual places and some cambers that were difficult to negotiate. Unlike previous races, notably the road relays at Crystal Palace in September, the organisation was smooth with SEAA producing prompt and accurate results.

In the women's race Ola led our team home, showing an improvement on the previous week's Surrey League, and she was followed by Becca who also had a strong run. Our remaining competitors finished fairly close together, led by Eleanor, followed by Lucy and then Yvette. Times over the slightly shorter but more challenging course were slightly faster than last week's race at Nonsuch Park, with Ola and Becca showing the biggest improvements.

First to finish in the men's race was Tim. He was followed by Tom, who had a fine run that was an improvement on last week's Surrey League, and then Steve Rolfe. Ross continued to demonstrate improved fitness while Mike, who for some reason took a liking to the ground conditions produced a similar performance to last week. Our remaining three runners, Joe, Matt and Chris found the going challenging, particularly Matt who was wearing trail shoes and fell twice. Yvette was also took a tumble in her race, but the absence of witnesses made it difficult to judge who should awarded a 10 from Len.

Thanks to Bernard Imber and Jim Dowsett for their support on the course despite the miserable weather, and to Tom for organising after race drinks at a local watering hole.
Mike Mann

Tim Bowen	39:32
Tom South	41:12
Steve Rolfe	42:21
Ross Rook	45:25
Mike Mann	49:16
Joe Brady	51:23
Matt Ladds	53:39
Chris Loizou	53:57

Orion Harriers v Blackheath and Bromley mob match Epping Forest

November 18

Steve Smythe writes in my 49th cross-country season, I fancied doing a few low key races this year and so went for this mob match which incorporated Blackheath's 7.5 mile champs.

My first mistake was leaving my phone at home which had all the race details and maps and after reaching Chingford, i went to the Royal Forest hotel where I have done my past Epping races. However, there wasn't a runner in sight, so I started heading into the forest thinking I could be doing a lone training run, but then I spotted two runners ahead and luckily they were going to the match. The second mistake was running. The start lulled you into a false sense of security. Slightly downhill on a road-like surface, the first kilometre was well up on my parkrun 5k pace. It then went more into the forest with more ups and mud but I was running ok - up on runners who had been ahead of me in Blackheath's 5 miler last month.

However, then followed a twisty, slidy, muddy downhill forest section around halfway and I slowed as I was slipping a bit and suddenly a runner who I had been following easily went out of sight and the up to then well-marked and marshalled course seemed like a maze and I had no idea where to go. I saw a boggy section ahead and could see no altermative so went forwards but then suddenly it was well above my knees and I fell headfirst and went below the quagmire. I was thinking luckily no one saw me but was worried I was lost and then I looked down at my hand and saw I had a really bad gash and was heavily bleedlng.

I was relieved after about 30 seconds aimlessly walking about I saw lots of runners behind me but they initially had no idea of where to go including the home Orion runners but eventually we found our way back to the road and onto a more clearer course marking. Having lost about 20 places, in pain and holding my hand tightly and still bleeding, and having run over 10 minutes for my last mile, I decided to just follow a home runner at a steady pace to get back safely. With a few miles to go, the pain was easing and I could see lots ahead and decided to start racing again. I was closing on a couple of Blackheath runners in a very muddy section when both suddenly stopped and turned and it was clear their shoes had been sucked clean off and they had gone back to find them!

50 metres later, my shoes also felt the pull and in the next mile, I had to stop quite a few times to pull the heel back on but the shoes (or at least some of them) just about stayed on my feet.
The last mile was firmer going and I passed six athletes up the final very steep hill, and was reasonably pleased at rescuing a poor race with a good finish.
Post race, after a long search for first aid, I got the wound clean and covered and decided to go home but probably should have gone to hospital to get it stitched.
As there were 25 Orion ahead and only 5 Blackheath runners, the match was lost heavily 221 to 832 points.
A few runners went a few minutes off course and worringly one who did was still missing when I left at 5pm when it was pitch black.

32nd Steve Smythe 60:17
(1M55, 6th Blackheath Champs, 4th Handicap)
80 ran.

Dulwich Runners
Club Championships 2017

The eighth and final event of the championship was the Sittingbourne 10 in October but it was still possible to score with a marathon. Greg Hills and Shane O'Neill ran times recently faster than at London but a rule was in place this year requiring nomination of the marathon to score and these later attempts weren't nominated (next year we are back to best marathon with no nomination required).
Daniel Mann sneaked in a sub-3 but didn't complete 5 events, whilst Joanne completed her 5 with a sub-4.

Marathon points and awards are shown on the attached schedule. The captain's award will be decided shortly and all medals will be presented at the Christmas Party with the championship medals (for overall 1-2-3, category 1-2-3 of those completing 5 events and any others who have completed 5).
Andy Murray

Overall championship schedules and category tables are also shown.

The top ten overall and all 29 who completed, by category, were:

Overall position top 10

Ros Tabor	1
Tony Tuohy	2
Stephen Davies	3
Michael Mann	4
Andy Bond	5
Stephen Smythe	6
Gary Sullivan	7
Timothy Bowen	8
Michelle Lennon	9
Ebe Prill	10

All 29 completers in categories

WOMEN SENIOR

Helen Lister	1
Katie Styles	2
Hannah Harvest	3
Claire Barnard	4

WOMEN V40

Yvette Dore	1
Joanne Shelton Pereda	2

WOMEN V50

Michelle Lennon	1
Lucy Clapp	2

WOMEN V60

Ros Tabor	1

MEN SENIOR

Timothy Bowen	1
Alastair Locke	2
Shane O'neill	3
Mark Lacey	4
Alex Haylett	5
Matt Ladds	6

MEN V40

Stephen Davies	1
Andy Bond	2
Tom South	3
Jim Dowsett	4
Rob Cope	5

MEN V50

Tony Tuohy	1
Ebe Prill	2
Gary Sullivan	3
Stephen Smythe	4
Joseph Brady	5
Graham Laylee	6

MEN V60

Michael Mann	1
Andy Murray	2
Barrie John Nicholls	3

within age groups after 8 events	Pos.	Short				Long				Bonus for no. of events	TOTAL 5 events max inc. 1.S,L
		5k Southwark 4-Feb	10k Regents Pk 5-Mar	5k Battersea 1-Jun	1m Batter-sea 21 Jul	1/2M Padd Wood 2-Apr	Marathon London or other 23-Apr	5m MT Wimbledon 10-Sep	10m Sitting bourne 1-Oct		
WOMEN SENIOR											
Helen Lister	1		50	47	[47]	50	49		50	6	252
Katie Styles	2	46	49	41	43			50		5	234
Hannah Harvest	3	42		40	42	44		46		5	219
Claire Barnard	4	44		37	41	43			47	5	217
Selma Benattia		50		46	49	49				4	198
Laura Vincent		48				46	45	48		4	191
Eleanor Simmons		47		42	45			47		4	185
Karina Burrowes		43		38		45	42			4	172
Anna Thomas		49			44			49		3	145
Lucy Elms				50	50					2	102
Clare Cummings							46		48	2	96
Alice Williams				45			47			2	94
Rebecca Schulleri				44		47				2	93
Christina Dimitrov					48		43			2	93
Ellie Balfe				43	46					2	91
Shona Mcintosh							50			1	51
Roz Johnson				49						1	50
Tereza Francova									49	1	50
Melanie Edwards							48			1	49
Fiona Askew						48				1	49
Claire Baglin				48						1	49

Susan Cooper		45								1	46
Laura Lane							44			1	45
Tessa Morrison							41			1	42
Natalie Davys							40			1	41
Sarah Banting				39						1	40
Women V40											
Yvette Dore	1	[48]	[49]	50	50	50	50	50		7	257
Joanne Shelton Pereda	2	47	48			49	49		50	5	248
Lindsey Annable		46				48		48		3	145
Sharon Erdman		45				46		49		3	143
Emma Ibell		49								1	50
Tess Le						47				1	48
Kaylee Coxall		44								1	45
Women V50											
Michelle Lennon	1	[]	[]	50	50	49	49		50	7	255
Lucy Clapp	2	49	49	48	48			48		5	247
Clare Elms		50	50			50		50		4	204
Lucy Pickering			48			48	48		49	4	197
Ola Balme				49	49			49		3	150
Clare Wyngard		48		47					48	3	146
Ange Norris							50			1	51
WOMEN V60											
Ros Tabor	1	50	50	50	50	50		[50]	[50]	6	256
Claire Steward			49							1	50
Susan Vernon		49								1	50
MEN SENIOR											
Timothy Bowen	1	[49]	50	50	50	50	50	[50]		7	257
Alastair Locke	2	50	49	48		49	49			5	250
Shane O'Neill	3	46	47	46	49	45	[42]			6	239
Mark Lacey	4	45	46	44		47	46			5	233
Alex Haylett	5	43	44	41	45			46		5	224
Matt Ladds	6			42	46	40	36	47		5	216
Greg Hills					48	48	48		50	4	198
Daniel Mann		47	48			46	43			4	188
Paul Devine				45		44	47			3	139
Jonathan Whittaker					47	41			48	3	139
Wayne Lashley		48		49						2	99
Lewis Laylee				47				49		2	98
James Burrows		44	45							2	91
Edward Harper							39		49	2	90
Steve Rolfe				43			42			2	87
Paul Vivash						42	40			2	84
Toby De Belder						43	38			2	83
Grant Kennedy								48		1	49
Edward Chuck							45			1	46
Tom Tabori							44			1	45
Freddie Vernon		42								1	43
Stephen Duck							37			1	38
Men V40											
Stephen Davies	1	49	[49]	50	50	50	[49]		50	7	256
Andy Bond	2	50	50			49		50	49	5	253
Tom South	3		47	48	47			49	48	5	244
Jim Dowsett	4	[41]	[43]	45	46	45	[43]	47	47	8	238
Rob Cope	5	40	44	46		47		48		5	230
Grzegorz Galezia		42	40			46	45			4	177
Ajay Khandelwal		43	42	44			42			4	175
Cameron Timmis		39	39	42		42				4	166
Charles Lound		48	48				50			3	149
William Cotter		44			49	43				3	139
Justin Siderfin			41		48	44				3	136
Martin Double				43		41		46		3	133
Lloyd Collier		46		49						2	97
Michael Hutchinson						48	46			2	96
Ian Lilley		47	46							2	95
Mark Callaghan		45					47			2	94
Hugh French		38		41						2	81
Tom Marshall							48			1	49
Padraig Prunty				47						1	48
Holger Betz			45							1	46
Tom Wilson							44			1	45
Men V50											
Tony Tuohy	1	50	50	50	50	50				5	255
Ebe Prill	2	49	49	49	[48]	49	49	[48]	[49]	8	253
Gary Sullivan	3	47	[47]	[47]	49	[47]	48	49	50	8	251
Stephen Smythe	4	48		46		48	50	50		5	247
Joseph Brady	5	46	48	45	47	[44]			47	6	239
Graham Laylee	6	43	45	44				47	48	5	232
Michael Dodds		41	44	43					46	4	178
Ameet Patel		39		40	46					3	128

Paul Keating		40	43	41						3	127
Mark Foster				48		45				2	95
Michael Fullilove		45				46				2	93
Duncan Wilson			46			43				2	91
Colin Frith		42							45	2	89
Gideon Franklin		44								1	45
Gary Budinger				42						1	43
Men V60											
Michael Mann	1	48	50	50	50			50		5	253
Andy Murray	2	[46]	49	48	49			49	50	6	251
Barrie John Nicholls	3	[47]	48	[47]	48	49	48	[48]	49	8	250
Hugh Balfour		50		49			50			3	152
Patrick Mcmorrow		45				48	49			3	145
Bob Bell		44		46	47					3	140
Stephen Williams		49				50				2	101
Peter Jackson		43								1	44
Chris Vernon		42								1	43
110		64	40	56	35	49	46	29	24	342	

Best 5 count for year including 1 each short, long. 5 including one short and long needed for completion medal. Marathon points are temporary
Bracketed points [ ] are discards, outside top 5 scores.

		Short				Long						
	Pos.	5k Southwark 4-Feb	10k Regents Pk 5-Mar	5k Battersea 1-Jun	1m Battersea	1/2M Padd Wood 2-Apr	Marathon London or other 23-Apr	5m Wimbledon Sep	10m Sitting bourne 1-Oct	Events counting	TOTAL 5 events max inc 1.S,L	Average
Ros Tabor	1	[875]	921	[906]	1,002	912		915	933	5	4,682	936
Tony Tuohy	2	881	844	891	860	846				5	4,321	864
Stephen Davies	3	859	[824]	869	858	839	[814]		838	5	4,262	852
Michael Mann	4	826	798	849	852			787		5	4,111	822
Andy Bond	5	845	815			805		788	811	5	4,063	813
Stephen Smythe	6	809		780		802	837	816		5	4,043	809
Gary Sullivan	7	788	[742]	803	819	[768]	[719]	814	804	5	4,027	805
Timothy Bowen	8	787	[781]	819	798	802	806	[781]		5	4,012	802
Michelle Lennon	9	787	[770]	793	799	783	[744]		792	5	3,954	791
Ebe Prill	10	789	779	819	[737]	787	[705]	[737]	756	5	3,930	786
Alastair Locke	11	797	780	775		784	774			5	3,910	782
Lucy Clapp	12	747	768	749	799			774		5	3,837	767
Shane O'Neill	13	764	739	749	753	734	[671]			5	3,739	748
Tom South	14		735	764	737			745	745	5	3,726	745
Mark Lacey	15	750	739	746		749	712			5	3,696	739
Helen Lister	16		730	753	[704]	748	733		718	5	3,682	736
Andy Murray	17	722	[717]	731	734			735	729	5	3,651	730
Graham Laylee	18	717	713	720				710	736	5	3,597	719
Yvette Dore	19	[684]	698	724	735	708	[685]	691		5	3,556	711
Barrie John Nicholls	20	716	697	713	688	697	[588]	[671]	[567]	5	3,512	702
Rob Cope	21	679	698	725		723		673		5	3,498	700
Joseph Brady	22	711	692	712	675	674			[674]	5	3,463	693
Jim Dowsett	23	691	680	685	697	666	[636]	[661]	[652]	5	3,419	684
Katie Styles	24	679	645	677	649			725		5	3,374	675
Joanne Shelton-Pereda	25	629	648			633	612		651	5	3,173	635
Hannah Harvest	26	603		587	591	596		555		5	2,933	587
Alex Haylett	27	558	553	602	632			579		5	2,925	585
Claire Barnard	28	612		545	577	561			580	5	2,874	575
Matt Ladds	29			602	635	574	417	580		5	2,808	562
Clare Elms		947	922			919		874		4	3,663	916
Daniel Mann		797	765			755	700			4	3,016	754
Lucy Pickering			740			766	726		770	4	3,002	751
Selma Benattia		755		746	745	734				4	2,980	745
Greg Hills					737	757	710		766	4	2,971	743
Grzegorz Galezia		723	684			722	707			4	2,836	709
Ajay Khandelwal		725	690	702			635			4	2,753	688
Eleanor Simmons		687		685	713			631		4	2,717	679
Michael Dodds		668	661	677					681	4	2,687	672
Cameron Timmis		670	655	670		630				4	2,624	656
Laura Vincent		689				627	591	635		4	2,542	635
Charles Lound		827	790				836			3	2,452	817
Karina Burrowes		610		564		589	546			4	2,309	577

Ola Balme				775	781			752		3	2,308	769
Clare Wyngard		725		766					800	3	2,291	764
Hugh Balfour		792		790			692			3	2,273	758
Paul Devine				782		738	725			3	2,245	748
William Cotter		729			776	663				3	2,169	723
Justin Siderfin			674		755	671				3	2,101	700
Anna Thomas		699			684			686		3	2,069	690
Jonathan Whittaker					743	634			679	3	2,056	685
Bob Bell		631		684	675					3	1,990	663
Lindsey Annable		664				663		565		3	1,891	630
Martin Double				655		582		617		3	1,855	618
Patrick Mcmorrow		646				618	590			3	1,854	618
Ameet Patel		584		602	620					3	1,805	602
Paul Keating		610	579	601						3	1,789	596
Sharon Erdman		606				557		569		3	1,732	577
Wayne Lashley		785		805						2	1,590	795
Stephen Williams		775				808				2	1,583	792
Lucy Elms				783	779					2	1,562	781
Lloyd Collier		761		788						2	1,549	775
Ian Lilley		795	752							2	1,547	774
Lewis Laylee				757				740		2	1,498	749
Mark Foster				758		711				2	1,469	734
Mark Callaghan		735					730			2	1,465	733
Michael Fullilove		725				729				2	1,454	727
Michael Hutchinson						738	713			2	1,451	725
Ellie Balfe				715	705					2	1,419	710
James Burrows		713	697							2	1,410	705
Steve Rolfe				728			680			2	1,408	704
Alice Williams				726			673			2	1,400	700
Rebecca Schulleri				720		646				2	1,366	683
Colin Frith		691							671	2	1,362	681
Edward Harper							597		710	2	1,308	654
Paul Vivash						666	627			2	1,293	647
Duncan Wilson			688			604				2	1,292	646
Christina Dimitrov					717		567			2	1,284	642
Toby De Belder						680	605			2	1,284	642
Clare Cummings							612		643	2	1,256	628
Hugh French		533		545						2	1,078	539
Ange Norris							871			1	871	871
Claire Steward			850							1	850	850
Shona Mcintosh							809			1	809	809
Roz Johnson				763						1	763	763
Tom Marshall							755			1	755	755
Emma Ibell		753								1	753	753
Padraig Prunty				753						1	753	753
Claire Baglin				753						1	753	753
Holger Betz			743							1	743	743
Melanie Edwards							733			1	733	733
Fiona Askew						719				1	719	719
Gideon Franklin		704								1	704	704
Edward Chuck							695			1	695	695
Tom Tabori							687			1	687	687
Tereza Francova									677	1	677	677
Grant Kennedy								674		1	674	674
Susan Cooper		667								1	667	667
Tom Wilson							645			1	645	645
Gary Budinger				645						1	645	645
Peter Jackson		630								1	630	630
Kaylee Coxall		602								1	602	602
Laura Lane							595			1	595	595
Sarah Banting				586						1	586	586
Stephen Duck							581			1	581	581
Tess Le						539				1	539	539
Tessa Morrison							522			1	522	522
Susan Vernon		509								1	509	509
Natalie Davys							506			1	506	506
Freddie Vernon		498								1	498	498
Chris Vernon		432								1	432	432
110		64	40	56	35	49	46	29	24	317		

2017 Club Championships - Marathon

Notified peformances to 1 May 2017 in time order

	Cat.	Marathon	Time h.m.s	Age graded points/pos.		Age group points								
						ms	m40	m50	m60	fs	f40	f50	f60	Awards
Timothy Bowen	m s	London 23 Apr	2.32.46	806	6	50								1st man
Alastair Locke	m s	London 23 Apr	2.39.15	774	7	49								2nd man
Shane O'neill	m s	Valencia 19 Nov	2.42.19	not nom.										
Charles Lound	m40	London 23 Apr	2.42.48	836	3		50							3rd man
Stephen Davies	m40	London 23 Apr	2.44.17	814	4		49							1st m40
Shona Mcintosh	f s	London 23 Apr	2.47.52	809	5					50				1st woman
Tom Marshall	m40	London 23 Apr	2.48.44	755	8		48							2nd age graded
Gregory Hills		Amsterdam 15 Oct	2.48.47	not nom.										
Gregory Hills	m s	London 23 Apr	2.53.05	710	18	48								1st sen. man
Paul Devine	m s	London 23 Apr	2.53.21	725	14	47								
Mark Lacey	m s	London 23 Apr	2.53.28	712	17	46								
Mark Callaghan	m40	London 23 Apr	2.54.22	730	12		47							
Stephen Smythe	m50	Sev 19 Feb	2.56.16	837	2			50						1st overall
Edward Chuck	m s	Edinb 28 May	2.57.02	695	22	45								
Tom Tabori	m s	Sev 19 Feb	2.59.06	687	24	44								
Daniel Mann	m s	Cannes 5 Nov	2.59.35	700	21	43								
Steve Rolfe	m s	Belfast 1 May	3.0.420	680	26	42								
Michael Hutchinson	m40	London 23 Apr	3.01.22	713	16		46							
Shane O'Neill	m s	London 23 Apr	3.3.080	671	28	41								
Helen Lister	f s	London 23 Apr	3.05.19	733	11					49				2nd woman
Melanie Edwards	f s	London 23 Apr	3.6.020	733	10					48				3rd woman
Ange Norris	f50	London 23 Apr	3.8.290	871	1							50		1st w50
Grzegorz Galezia	m40	London 23 Apr	3.10.39	707	19		45							
Tom Wilson	m40	Gt Manc 2 Apr	3.17.30	645	29		44							
Paul Vivash	m s	Paris 7 Apr	3.18.18	627	32	40								
Alice Williams	fs	Brighton 9 Apr	3.21.24	673	27					47				1st sen. woman
Eberhard Prill	m50	London 23 Apr	3.21.43	705	20			49						1st m50
Jim Dowsett	m40	London 23 Apr	3.23.25	636	30		43							
Edward Harper	m s	Edinb 28 May	3.25.51	597	36	39								
Toby De Belder	m s	Ambleside 21 May	3.26.45	605	35	38								
Michelle Lennon	w40/50	London 23 Apr	3.26.51	744	9							49		3rd age graded
Gary Sullivan	m50	M Keynes 1 May	3.27.00	719	15			48						
Yvette Dore	w40	London 23 Apr	3.30.01	685	25						50			1st w40
Ajay Khandelwal	m40	London 23 Apr	3.30.38	635	31		42							
Stephen Duck	m s	Edinb 28 May	3.31.31	581	41	37								
Lucy Pickering	f50	London 23 Apr	3.34.37	726	13							48		
Clare Cummings	f s	London 23 Apr	3.41.01	612	34					46				
Hugh Balfour	m60	Bost UK 17 Apr	3.41.25	692	23				50					1st m60
Laura Vincent	f s	Hamburg 23 Apr	3.50.21	591	38					45				
Laura Lane	f s	Gt Manc 2 Apr	3.51.54	595	37					44				
Joanne Shelton-Pereda	f40	Valencia 19 Nov	3.53.03	612	33						49			
Christina Dimitrov	f s	Kent Circt 28 May	3.58.41	567	42					43				
Karina Burrowes	f s	London 23 Apr	4.7.570	546	43					42				
Patrick Mcmorrow	m60	London 23 Apr	4.14.05	590	39				49					
Tessa Morrison	f s	Gt Manc 2 Apr	4.19.03	522	44					41				
Barrie John Nicholls	m60	London 23 Apr	4.22.58	588	40				48					
Natalie Davys	fs	Chicago 8 Oct	4.32.49	506	45					40				
Matt Ladds	ms	London 23 Apr	4.05.05	417	46	36								
					46	15	9	3	3	11	2	3	-	

parkrun November 25

Beach Strip

20 Ran

Pos	Gen		
1	1	Mark Callaghan	18:52

Beckenham Place

183 Ran

Pos	Gen		
2	2	Stephen Davies	17:05

Brockwell

291 Ran

Pos	Gen		
13	13	Edward Simmons	19:36
48	2	Michelle Lennon	21:24
72	65	Cameron Timmis	22:14

Bromley

514 Ran

Pos	Gen		
395	244	Chris Goodman	33:17

Burgess

Chris Vernon writes

Thanks to all the DRs and my friend from Watford Joggers who helped me to celebrate my 250th parkrun and my 50th at Burgess on Saturday. For all of these runs I proudly wore the red and two blue hoops so Dulwich Runners is now known far and wide. During this journey, which I started in Crystal Palace 7 years ago, I have visited 64 different venues(including 7 in South Africa) in conditions from 35 degrees to sub zero and beautiful views to cloud and torrential rain.

Appropriately Andy Bond was first runner home and myself,Sue together with grandchildren Freddie aged 12 and Florence aged 5 were near the back showing that DR caters for all ages and standards. A popchoir friend of Sue's produced a beautifully decorated chocolate cake for all to enjoy.

My run was not what I had hoped for but I did break 40mins and was first VM70, not something I was doing before my health problems. Nevertheless the lovely team from Burgess gave me a warm welcome as I crossed the line.

Now I can hang up my trainers and call it a day. But what will I do with those new shoes I bought last week ?

315 Ran

Pos	Gen		
1	1	Andy Bond	17:00
9	9	Justin Siderfin	18:47
59	56	Graham Laylee	21:35
108	92	Barrie John Nicholls	23:32
140	24	Lindsey Annable	25:02
153	30	Kaylee Coxall	25:40
155	125	Paul Keating	25:42
168	35	Claire Steward	26:02
173	137	Peter Jackson	26:12
272	183	Freddie Vernon	31:48
307	199	Chris Vernon	39:30
312	112	Susan Vernon	42:38

Cannock Chase

403 Ran

Pos	Gen		
8	8	Gary Sullivan	19:42

Crystal Palace

278 Ran

Pos	Gen		
51	3	Belinda Cottrill	23:22
80	72	Andy Cottrill	24:44
87	79	Michael Dodds	25:00
98	13	Clare Wyngard	25:44
274	97	Penelope d'Arcy Graham	43:50

Dartford

212 Ran

Pos	Gen		
13	13	Michael Fullilove	20:33

Derry City

138 Ran

Pos	Gen		
33	27	Andy Murray	23:25

Dulwich

324 Ran

Pos	Gen		
12	12	Daniel Mann	17:24
14	14	Tony Tuohy	17:27
22	22	Rob Hollands	18:44
44	44	Grzegorz Galezia	19:37
50	50	Olivier Montfort	20:16
57	57	Simon Burnett	20:34
113	103	Mark Muffett	23:09
210	167	Mick Mead	27:28
240	61	Elizabeth Begley	28:35
243	64	Hannah Harvest	28:39
244	65	Claire Barnard	28:39

Hastings

239 Ran

Pos	Gen		
57	48	Nicholas Brown	24:29

Highbury Fields

256 Ran

Pos	Gen		
6	6	Jonathan Whittaker	18:31

Malling

185 Ran

Pos	Gen		
185	85	Tereza Francova	50:03

Orpington

161 Ran

Pos	Gen		
29	25	Colin Frith	23:39

Peckham Rye

233 Ran

Pos	Gen		
9	9	Rob Cope	18:58
30	27	Alex Bazin	20:58
40	36	Oliver Bottle	21:35
43	39	Gideon Franklin	21:56

Princes , Liverpool

308 Ran

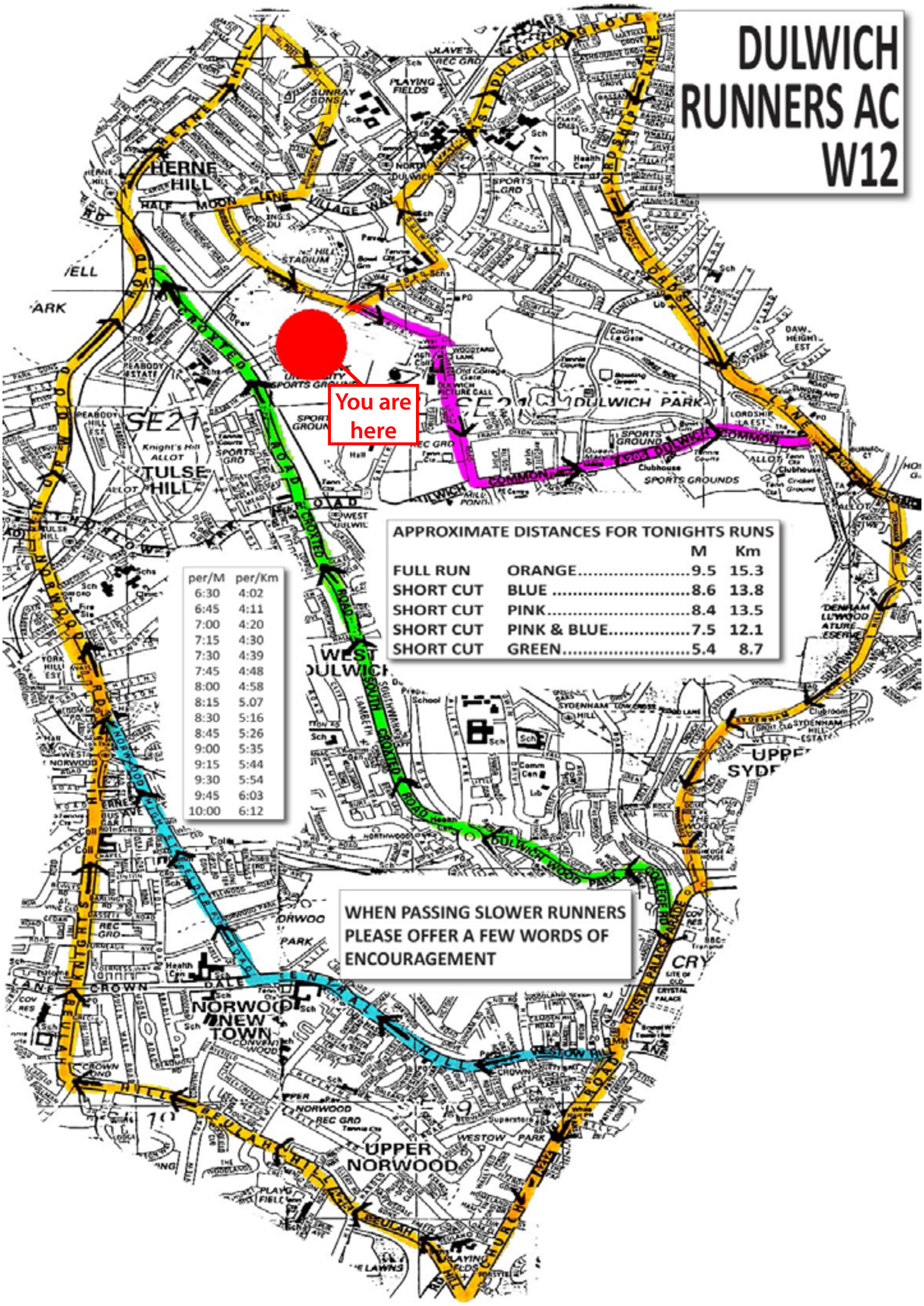
Pos	Gen		
50	4	Mel Edwards	21:52

BROCKWELL PARKRUN

The anniversary run at Brockwell parkrun takes place on 9 December and we have offered to provide some pacers for the event. If you are able to help please let me know. It does not have to be particularly challenging as you can pace slower than your normal speed and the fastest time required is likely to be 20 minutes, going down to around 28 minutes.

In addition we are intending to take over the organisation of one of the parkruns at Brockwell in the New Year. This is intended to be one element in our efforts to raise the profile of the club locally. Volunteers will be required for the various tasks at the finish and for marshalling on the course. A request for help will be put out once a date has been fixed.

In the meantime pacing volunteers for 9 December should contact me at mcmann90@yahoo.co.uk


DULWICH
RUNNERS AC
W12
You are here
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
HERNE HILL
DULWICH PARK
TULSE HILL
WEST DULWICH
NORWOOD NEW TOWN
UPPER NORWOOD
CRYSTAL PALACE