DULWICH RUNNERS

SHORTS

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

Sat 18 London Xc champs - Parliament Hill

Tue 21 Track - Crystal Palace Arena -see below

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Fixture list, club champs, road, XC, etc
5 Cross country section - Races & useful info etc
6 Surrey League Xc Race reports , results etc
9 Parkrun results
10 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***

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

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

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

Nov 18 London Xc champs - Parliament Hill
25 South of Thames XC - Beckenham

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

Mick Ward	15/11
Clare Wyngard	22/11
Lindsey Annable	29/11

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

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	17	November British and Irish Masters		Derry, Northern Ireland
	18	London champs		Parliament Hil
	25	England Masters Inter-Area		Bournemouth
	25	South of Thames 5		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

Men's Surrey League cross country at Richmond Park Nov 11starts earlier than usual at 2.30pm. (Further details of the venue to follow).

Track Training

Numbers have been ok overall since our return to Crystal Palace but I have been disappointed by the lack of support from our faster runners and the consistency of attendance. I appreciate some have had injuries or other targets but a well balanced training programme requires a focus on speed endurance and it is in runners interest and the club to get a good group of similar paced runners working together.
And it is better that the best runners train together on the Tuesday rather than go too fast together on the Wednesday run on the roads.
To get the benefit of the sessions,though it is necessary to do it regularly.
From experience I can say all my best marathons and 10k and half-marathon and cross-country races in the past have come after consistent speed sessions which I attended every week even if it meant working very early or very late on other days.
Now I have to come further than most to get there and back and it would be easier for me to train more locally and just advise a session for someone else to administer or take over.
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

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.

South of Thames 5 miles

25 November

This race will be held at nearby Beckenham Place Park on 25 November, starting at 2pm.
You are strongly encouraged to take part in this mixed race, which forms part of this year's cross country champs.
But Vets AC members should note that the Masters Inter-Area cross country challenge takes place on the same day in Bournemouth.

To enter please contact your captains by 15 November

NOTE ENTRIES CLOSE TODAY

Kent Vets Champs, Dartford

2 December

These champs take place at Central Park, Dartford once again this year. In additional to individual awards, team prizes are available (M40s 4 to score, M50s, M60s 3 to score).
Those who have taken part in recent years are invited to enter plus anyone else eligible, including new members.
Please contact your captains if you are unsure about your eligibilty 15 November.
To enter please contact your captains by 15 November

NOTE ENTRIES CLOSE TODAY

SEAA Masters, Oxford

9 December

We have done well in these champs, taking place this year at Horspath, Oxford on 10 December, so it would be good to enter some strong teams.
The distance is 10km for men, including M60s and 6km for the women, with 3 to score in all age categories.

There has been very little interest in the event to date from the men. We have had some good performances in recent years and it would be good to enter some complete teams.
Please register your interest with your captains by 20 November

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

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

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.

"Congratulations to Ange Norris and Ros Tabor on their selection for the England W55 and W65 teams for the British and Irish Masters Cross Country. The championship takes place on Saturday 18 November in Londonderry."

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 Mens League Richmond

November 11

Mike Mann writes the course was similar to the one used in 2015 with a few muddy stretches, but the main difference was the path on the incline towards the end of the lap which had been relaid, and the protruding stones made it uncomfortable for those running in spikes. Our team was of similar strength to the one fielded in October's match and there were some good individual performances, but somehow we managed to finish 7th. However once again the race was very tight and we were only 80 points behind the 3rd placed team, and we remain in 5th position after two matches. A good turnout and performance at the next match in January could lift us to 3rd place, but equally a poor performance could leave us in 7th place, so there is all to play for.

Steve Smythe adds on paper it was a slightly stromger team with Buzz, Jack, Steve and Tom replacing Shane, Tony and Lloyd though the standard was higher and we did niot do as well.
Buzz was running his first cross-country since February 2013, the month he ran his 32:34 10km PB at Chichester and this exceeded all expectations as he finished a fine 14th. Buzz runs at Gosport this weeken where he seeks a Lonodn marathon championships qualifier of 75:00 and Chris Loizou's 73:43 M40 club record from 2002.
He finished 14th, 52 seconds up on Tim, who felt he had a better run than the opening fixture, but not yet in last year's pre-fatherhood fitness, he was just outside the top 20.
The well matched Steve Davies (first M45) and Andy Bond followed and were in the top 40 with strong runs.
Then followed a minute gap which saw Jack Ramm and Daniel Mann finish equally close.
Curiously this was Jack's first ever race on Power of Ten and he looks a good prospect while Daniel Mann underlined his consistency as a high scorer for us.
A further half minute back, Steve Rolfe was another new scorer for us and ran well and was not far ahead pf Tom, who had been away for the last league race.
Charlie Lound, still struggling with his achilles problem, again scored and just got the better of out final scorer Ed Harper as both ran better than the first fixture.
After the scorers, there was a big 90-second gap.
Holger was the first non-scorer ahead of Justin, who came through well after a steady start and overtook Jonathan, who was struggling with grip on the second lap, and Steve.
Ebe continues to improve fitness and he finished just ahead of Grant, who showed far better form than in the first league.
Ross Rook is another getting fitter and he finished just ahead of Gary in a rare league appearance.
Mark Foster also ran better than last month though Hugh wasn't at his best but was still second M60.
Jim Dowsett made a welcome reappearance to the cross country with a solid run.
Mike was first M65 and ran better than at Wimbledon and he finished just ahead of Martin.
Joseph, not able to replicaate his Portuguese form , and the ever consistent Graham completed our 25 runners.
I can't ever recall such a strong team on paper finishing as low but we could field a stronger team in later races and certainly challenge for third. We lie fifth after 2 races.
Shane, our top scorer at Wimbledon, was focussing on his upcoming marathon, Wayne and Alastair are injured, Lewis is at University, Greg and Oscar were at the Kent League and Tony was on holiday.
We lie a clear fourth in the B team and were fourth on day but our B team were some way short of the top two B teams - Guildford and Fulham who had finished all 10 B runners before we had finished a single B runner.

14 Buzz Shepherd	28:59 2nd M40
21 Tim Bowen	29:51
38 (scoring 37) Steve Davies	30:30 1st M45
39 (38) Andy Bond	30:30
54 (52) Jack Ramm	31:29
55 (53) Daniel Mann	31:30
68 (65) Steve Rolfe	32:08
70 (67) Tom South	32:17
80 (73) Charlie Lound	32:39 4th M50
81 (74) Edward Harper	32:39
non scorers	
117 Holger Betz	34:08
121 Justin Siderfin	34:22
124 Jonathan Whittaker	34:29
125 Steve Smythe	34:30 3rd M55
145 Ebe Prill	35:16
147 Grant Kennedy	35:25
152 Ross Rook	35:37
153 Gary Sullivan	35:41
167 Mark Foster	36:35
175 Hugh Balfour	37:27 2 M60
180 Jim Dowsett	38:11
185 Mike Mann	38:36 (1 M65)
186 Martin Double	38:37
195 Joseph Brady	39:30
201 Graham Laylee	40:41
217 finished	

TEAM: 1 Guildford 136; 2 SoC 395; 3 Fulham 414; 4 K&P 430; 5 Croydon 480; 6 Epsom & E 488; **7 Dulw R 494;** 8 Wimb W 623; 9 Dorking MV 635 - we were 5th 479 pts in first fixture B TEAM: 1 Fulham 113; 2 G&G 128; 3 SoC 339; **4 Dulw 445;** 5 E&E 485; 6 Wimb W 556; 7 Croydon 569; 8 K&P 680.5; 9 DMV 779.5

Standings after 2 matches
TEAM: 1 G&G 234; 2 SoC 782; 3 Fulham 852; 4 Croydon 939; **5 Dulw R 973;** 6 K&P 975; 7 E&E 1046; 8 Wimb W 1188; 9 DMV 1202
B TEAM: 1 G&G 221; 2 Fulham 291; 3 SoC 667; **4 Dulw 839;** 5 E&E 1049.....

comparison of first 2 leagues
The first 2 leagues, based on all results, it looks as if this was approx 2:30 longer - more for runners towards the back.
Grant and Mark showed the most improvement.

Grant K	34:11/35:25	-	01:14
Mark F	35:14/36:35	-	01:21
Charles L	30:52/32:39	-	01:47
Ed H	30:46/32:39	-	01:53
Ebe P	33:16/35:16	-	02:00

Mike M	36:34/38:36	- 02:02
Ross R	33:35/35:37	- 02:02
Steve S	32:27/34:30	- 02:03
Tim B	27:39/29:51	- 02:12
Andy B	28:17/30:30	- 02:13
Holger B	31:53/34:08	- 02:15
Steve D	27:59/30:30	- 02:31
Daniel M	28:48/31:30	- 02:42
Justin S	31:38/34:22	- 02:44
Graham L	37:24/40:41	- 03:17
Joseph B	36:09/39:30	- 03:21
Hugh B	33:54/37:27	- 03:33

Surrey League, November 17 2001

In the corresponding Div 2 fixture on the same course, 16 years ago there were some similarities.

Guildford won as they did on Saturday and our team was led in by a M40 just outside the top 10 in a very similar time.

The start and finish were in a different place though the lap was the same though the course was slightly longer last week as there was a short loop at the start.

16 years ago we did better though as we finished a close second to Guildford with a score of 280 points and we went on to make Division 1 for the first ever time at the end of the season.

We were the last team to get a runner in but our top five finished within 30 seconds and we had 15 runners in before almost every other team had 10.

scorers

13 Steve Smythe	28:50
17 Simon Loach	28:57
19 Rob Spedding	29:03
20 Chris Loizou	29:13
22 Sean Fishpool	29:20
35 John Neighbour	30:01
36 Clive Sentence	30:04
37 Steve Williams	30:09
38 Mike Mann	30:12
43 Amites Sarkar	30:35

non scorers (29 ran altogether) included

65 Andy Murray	31:49
115 Ian Sesnan	35:15
125 Colin Frith	36:14
127 John O'Byrne	36:23
133 Pete Gibbons	36:44
136 Graham Laylee	37:22

October 2011: 5th 541 pts

In 2011 we led in by Charlie but scored a lot more points.

12 Charlie Lound	29:32
17 Tony Tuohy	29:42
23 Mike Williams	29:55
31 Wayne Lashley	30:28
34 James Godber	30:38
70 Steve Smythe	32:29
80 Chris Loizou	33:22
85 Neil Daniels	33:32
93 Jose Barretta	34:22
96 Mike Mann	34:35

non scorers

99 Andy Murray	34:55
100 Mark Foster	34:59
115 Duncan Wilson	36:37
116 Tiernan Oclerigh	36:42
124 Martin Morley	38:06
127 Graham Laylee	38:38
137 John O'Byrne	50:46

October 2013: 7th 509 pts

Wayne led us with a strong run.

15 Wayne Lashley	29:46
20 Tony Tuohy	30:04
36 Alistair Locke	30:44
46 Charlie Lound	31:28
57 Oli Thorogood	32:15
60 Ian Lilley	32:33
69 Ebe Prill	32:47
72 Rupert Nash	32:53
77 Duncan Hussey	33:02
78 Steve Smythe	33:08

non scorers

83 Kevin Chadwick	33:18
91 Neville Webb	33:37
99 Chris Goodman	34:17
107 John English	34:55
114 Mark Foster	35:31
116 Mike Mann	35:42
118 Andy Murray	35:53
128 Jim Dowsett	36:38
142 Graham Laylee	38:44

Surrey Ladies League Nonsuch Park

November 11

Steve Smythe writes... We had an excellent turn out of 20 which contributed to a record field of 570 runners and everyone did their best but 16th is one of our worst positions and we need improvement to avoid relegation.

I thought in the huge numbers of runners, too many started slowly and many of the team spent the rest of the race moving through from a false position and didn't get back to where they should have been.

Claire Baglin, short of the fitness which saw her 11th two years ago, was outside the first 100 for much of the first lap and came through well to finish 56th and 45th in Division one.

Ange Norris always starts slowly but this time did not come through as well as in her best races but moved into the top 100 late on. Next week along with Ros, she runs for England in the Masters International.

Helen Lister had a steady run trying to hang on to Ange and also came through.

Andrea had her best cross-country of the winter so far and chased helen in.

The final scorer was Emma, who looks to be improving her form all the time.

It was close to be leading non-scorer with Ola also gaining fitness coming in just ahead of fast-finishing Rebecca with Michelle running well to finish just ahead of Christina, who ran better than the first fixture, and Anna, who was the one club runner, who may have gone off too quickly.

Lucy P ran well as did Eleanor, who is clearly gaining fitness and she finished just ahead of Laura.

Yvette, Lucy C, Amanda (in her first league race for us), Ros, Jo, Clare W and Lindsey completed the excellent numbers.

Unfortunately to do well we need some high placings and too many of our top runners are injured, absent or have left.

Our top scorer of all-time Clare E, who was also selected for Derry for England but had to withdraw because of injury, had 10 years of top 10 placings in the League.

Additionally, the likes of Elkie and Kim are on maternity leave and others who have placed higher have moved away such as Shona, Catherine and Mel and a few others who have had the occasional high placing such as Alexie and Charlie will hopefully return in the future.

56 (45 D1) Claire Baglin	24:32
87 (70 D1) Ange Norris (1W55)	25:07
104 (83 D1) Helen Lister	25:23
120 (95 D1) Andrea Pickup	25:48
136 (107 D1) Emma Ibell	26:04
151 Ola Balme	26:26
155 Rebecca Schulleri	26:33
165 Michelle Lennon	26:40
168 Christina Dimitrov	26:43
171 Anna Thomas	26:47
198 Lucy Pickering	27:09
217 Eleanor Simmons	27:34
219 Laura Vincent	27:34
227 Yvette Dore	27:49
238 Lucy Clapp	28:03
241 Amanda King	28:04
264 Ros Tabor (1W65)	28:43
303 Jo Shelton	29:29
360 Clare Wyngard	30:44
416 Lindsey Annable	32:06

570 finished

TEAM Div 1: 1 Clapham 67; 2 THH 110; 3 Hercules W 114; 4 Herne H 140; 5 Ranelagh 172; 6 Kent 173; 7 S London 179; 8 Belgrave 181; 9 Epsom & E 213; 10 Reigate P 225; 11 Herne H B 266; 12 FoT 275; 13 Stragglers 299; 14 Clapham B 314; 15 Fulham 333; **16 Dulwich 400**; **24 Dulwich B 642**

Standings after 2 matches:

1eq Clapham/THH 185; 3 HW 249; 4 S London 272; 5 Ranelagh 307; 6 Kent 323; 7 Herne H 341; 8 Belgrave 348; 9 Reigate P 393; 10 E&E 553; 11 FoT 555; 12 Fulham 651; 13 Stragglers 684; **14 Dulw R 720;** 15 Clapham B 753

CROSS COUNTRY CHAMPS 2017/18
Men & women after 2 events

MEN AFTER 2 EVENTS BEST 4 EVENTS TO COUNT			
	Surrey League 1	Surrey League 2	Running Total
	Wimbledon	Richmond	
	14/10/2017	11/11/2017	
Tim Bowen	49	49	**98**
Steve Davies	48	48	**96**
Andy Bond	47	47	**94**
Daniel Mann	46	45	**91**
Ed Harper	44	41	**85**
Charlie Lound	43	42	**85**
Justin Siderfin	41	39	**80**
Steve Smythe	37	37	**74**
Ebe Prill	36	36	**72**
Ross Rook	35	33	**68**
Grant Kennedy	33	35	**68**
Hugh Balfour	34	30	**64**
Mark Foster	31	31	**62**
Mike Mann	29	28	**57**
Joseph Brady	30	26	**56**
Graham Laylee	28	25	**53**
Shane O'Neill	50		**50**
Buzz Shepherd		50	**50**
Jack Ramm		46	**46**
Tony Tuohy	45		**45**
Steve Rolfe		44	**44**
Tom South		43	**43**
Lloyd Collier	42		**42**
Olly Cooper	40		**40**
Holger Betz		40	**40**
Holger Betz	39		**39**
Matt Cooke	38		**38**
Jonathan Whittaker		38	**38**
Ed Simmons		34	**34**
Chris Loizou	32		**32**
Gary Sullivan		32	**32**
Jim Dowsett		29	**29**
Martin Double		27	**27**

MEN - Events still to come			
South of Thames	Surrey League 3	Surrey League 4	Nationals
Beckenham	Beckenham	Wimbledon	Parl Hill
25/11/2017	13/01/2018	10/02/2018	24/02/2018

WOMEN AFTER 2 EVENTS BEST 4 EVENTS TO COUNT			
	Surrey League 1	Surrey League 2	Running Total
	Reigate	Nonsuch	
	14/10/2017	11/11/2017	
Helen Lister	50	48	**98**
Andrea Pickup	48	47	**95**
Ola Balme	49	45	**94**
Emma Ibell	42	46	**88**
Michelle Lennon	44	43	**87**
Anna Thomas	45	41	**86**
Christina Dimitrov	43	42	**85**
Laura Vincent	41	38	**79**
Eleanor Simmons	40	39	**79**
Lucy Clapp	39	36	**75**
Joanne Shelton-Pereda	38	34	**72**
Ros Tabor	37	35	**72**
Claire Baglin		50	**50**
Ange Norris		49	**49**
Ellie Balfe	47		**47**
Katie Styles	46		**46**
Rebecca Schuleri		44	**44**
Lucy Pickering		40	**40**
Yvette Dore		37	**37**
Hannah Harvest	36		**36**
Clare Wyngard		33	**33**
Lindsey Annable		32	

WOMEN - Events still to come			
South of Thames	Surrey League 3	Surrey League 4	Nationals
Beckenham	Wimbledon	Richmond	Parl Hill
25/11/2017	13/01/2018	10/02/2018	24/02/2018

Surrey League Division 4 Epsom Downs

11.11.17

Andy and Gary again ran for their second claim Veterans AC team. The start, near Tattenham Corner, was up near to the low cloud but the day's drizzle had stopped and bright weather was seen coming from the west.
Each lap featured a mile cruise downhill and then steady slog uphill. With divisions 3 and 4 running together, 355 runners on the narrower section around the lower part of the course led to a bit of a procession in lap one but no walking this time. At halfway through lap one the course commenced a grassy section inside the racecourse rails and gave much more room to run from then on.
Andy Murray

294 Andy Murray 39.35 -5th VAC scorer at 103 in div 4
313 Gary Budinger 41.12 -7th VAC scorer a1 108 in div 4
VAC 11th of 12 teams on the day

2nd Sunday 5 Mile Wimbledon Common

12.11.17

The 3rd visit in a row for Andy and Ros, seeking a Sunday trail run. This time there were large puddles to avoid in the section by the brook but the rest of the course was less splashy. A big crowd from the 26.2 club meant a record field of 151 and a slow file up the narrow bit through the golf course, giving us a bit more energy for the following downhill cruise.
Andy Murray

75 Andy Murray	43.12
76 Ros Tabor	43.12

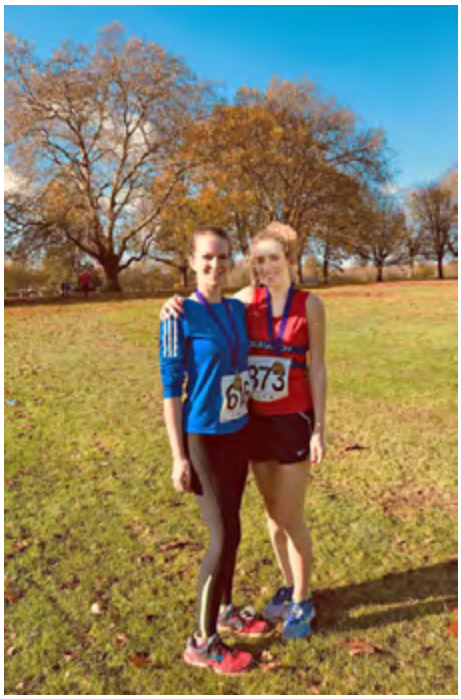
Kent Cross Country League Footscray

November 11

Greg Hills was 33rd in the men's race in 36:01, a performance which would probably have translated to a similar position or higher in the Surrey League. He finished fifth the next day in the Kent Fitness league at Swanley. Oscar Hussey was second in the under-20 race in 14:54. Lucy Elms was fourth in the under-20 race in 14:10.
Steve Smythe

Richmond 1/2

'PB, Pregnancy and Port-a-Loos'



Michelle and I decided to run a cheeky last minute half last weekend for two very important reasons 1) Michelle wanted a PB by the end of 2017 and 2) I wanted to run one more half until I was too pregnant to run that distance.

We entered the Richmond Half organised by Run UK, it was a tiny race with only 250 participants. When we got there, they were still blowing up the starting line and the Port-a-Loos had not arrived, which didn't fill us with confidence! We found a local gym to change and take that very important pre-race bathroom break, as had a lot of the other runners much to the gym's annoyance.

We arrived back at 'HQ' to see a massive queue for the now arrived Port-a-Loos and did a few quick strides followed by the enthusiastic group warm up. We were hastily called to the start line and surprisingly set off on time at 9am!
Due to a small flooding issue they had a last minute route change, and the first mile was winding around Old Deer Park before crossing a small bridge to the towpath. From here, the terrain proved tricky – the trails were very muddy from the rain the night before, and super rocky in some places (trail shoes would have been a better option!). The route was two loops around Ham followed by the last mile or so back up the towpath. We were pleased to finally see some cement, but our shoes were so caked in mud that we were slipping all over the place and it was hard to pick up the pace for the last mile.

Whilst it wasn't the most organised half marathon we've done, it was a beautiful day and we had some lovely views of the river. I finished in 1 hour 42 mins, which I was happy enough with at over 5 months pregnant, but it was a struggle – I think this will be my last half with a baby on board! Michelle managed to get her PB with 1:50:40, shaving off 3.5 minutes from her previous one in March. We had definitely earnt our brunch on the river afterwards, although I sadly couldn't join Michelle with a breakfast Mimosa!
Alice Williams

parkrun November 11

Brockwell , Herne Hill
267 Ran

Pos	Gen		
78	72	Lloyd Collier	23:24
104	14	Clare Cummings	24:09
177	128	John Breslin	27:20
196	62	Natalie Davys	27:57

Beckenham Place
90 Ran

Pos	Gen		
8	8	Nicholas Brown	20:53

Burgess
235 Ran

Pos	Gen		
6	6	Matt Hartin	19:06

Crystal Palace
195 Ran

Pos	Gen		
7	7	Tom Wilson	19:47
29	29	Andy Bond	22:05
54	53	Bob Bell	23:36

Dartford
209 Ran

Pos	Gen		
7	7	Michael Fullilove	20:56

Dulwich
215 Ran

Pos	Gen		
14	14	Rob Cope	19:25
38	38	Paul Vivash	20:53
49	1	Heather Wilson	21:56
150	113	Mick Mead	28:26

Chipping Sodbury
336 Ran

Pos	Gen		
14	13	Joe Farrington-Douglas	20:07

Leicester Victoria
268 Ran

Pos	Gen		
78	12	Marjorie Epson	24:06

Malling
160 Ran

Pos	Gen		
13	2	Tereza Francova	21:56

Nonsuch
477 Ran

Pos	Gen		
126	112	Michael Dodds	25:19

Peckham Rye
188 Ran

Pos	Gen		
2	2	Mark Callaghan	18:37
24	22	Oliver Bottle	20:53
44	40	Matthew Ladds	22:11

South Norwood
67 Ran

Pos	Gen		
31	3	Carys Morgan	26:07
63	48	Chris Vernon	40:32

Southwark
256 Ran

Pos	Gen		
143	37	Kaylee Coxall	26:03

Tooting Common
448 Ran

Pos	Gen		
180	150	Cameron Timmis	25:14

Western Springs
90 Ran

Pos	Gen		
29	25	Nick Bell	23:39

York
650 Ran

Pos	Gen		
459	339	Paul Hilton	30:16

250 Coming Up

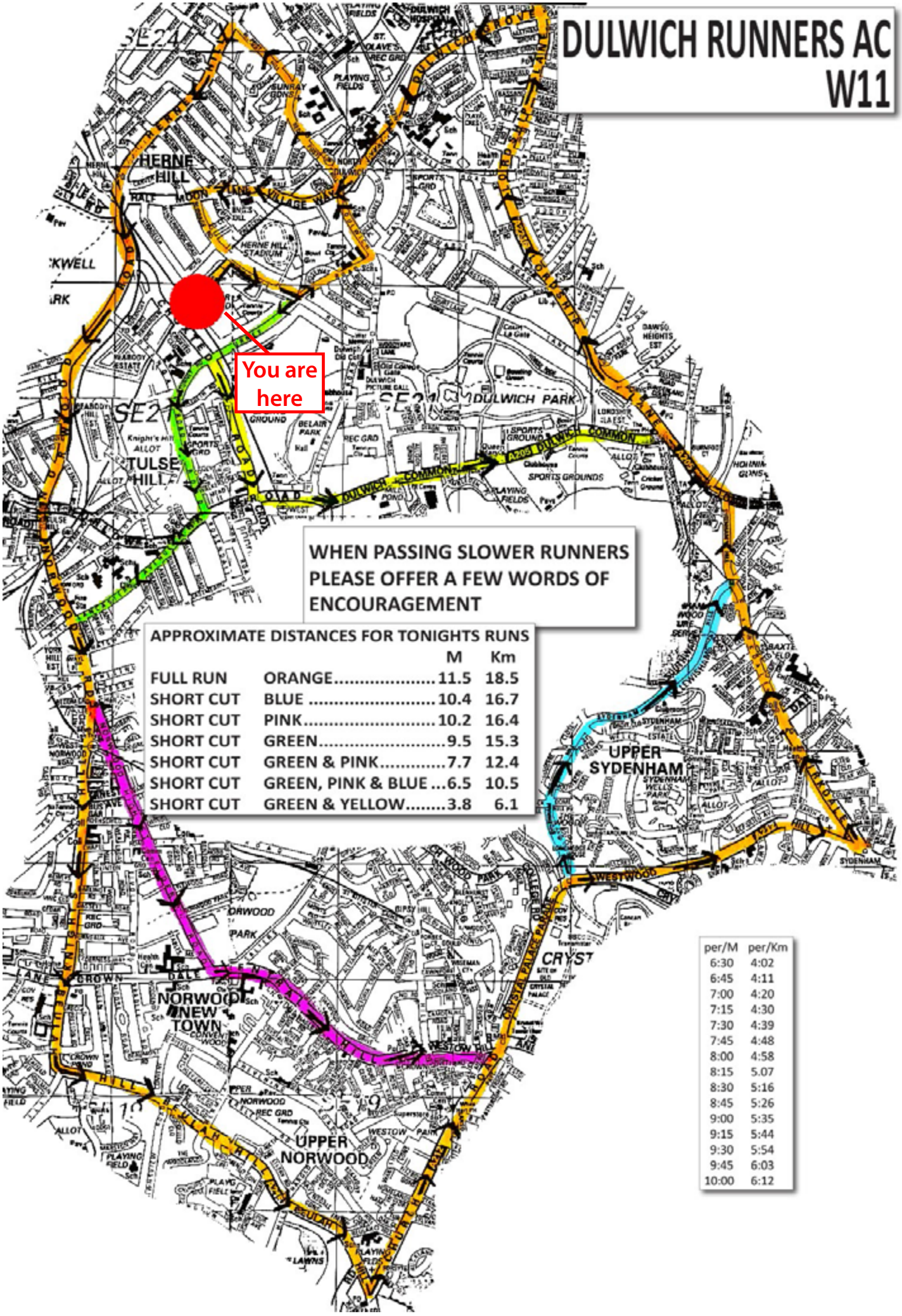
Chris Vernon writes..... My last ten runs have been extremely challenging. I have travelled to Wales twice and run in the tail end of two hurricanes. A tour to Derby to meet Martyn, Southwark for the start of the slam and Burgess for the fifth birthday. Oh yes and had a heart pacemaker fitted in the meantime!

Do come and join me at Burgess park on 18th November to help me celebrate my 250th run and my 50th at Burgess. Yes, there will be cake.

New members especially, and others....

For your results to appear here you need to update your parkrun profiles to show you are a current member of Dulwich Runners AC. or send them in.

DULWICH RUNNERS AC W11



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	11.5	18.5
SHORT CUT	BLUE	10.4	16.7
SHORT CUT	PINK	10.2	16.4
SHORT CUT	GREEN	9.5	15.3
SHORT CUT	GREEN & PINK	7.7	12.4
SHORT CUT	GREEN, PINK & BLUE	6.5	10.5
SHORT CUT	GREEN & YELLOW	3.8	6.1

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