SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 22nd May 2013

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 for 7:15 start. Showers, Bar

Fri 24 **Track session – with Martin Morley**
Dulwich College Track
7 for 7:15 start £2 for Adults £1 for Children

Tue 28 **Track session with Steve Smythe - £1 fee**
Dulwich College Track - 7 for 7:15pm start,.

DULWICH TRACK SESSIONS

NOTE back at Dulwich College Track

Tuesdays with Steve Smythe
Improve your speed & strength over all distances. suitable for all abilities.
Arrive at 7 for warm-up then a prompt 7.15pm start
43 attended the session on May 21. Remember it's only a £1 but if you don't have the money on the day, you have to pay £2 next time!
NB generally I have been happy for anyone to attend the Tuesday sessions but numbers are now getting high and if runners give excuses not to run very important races for the club because they don't really feel like it then I don't really feel like I want them to attend future sessions in my remaining days taking sessions!

Fridays with Martin Morley
Arrive at 7pm to warm up for 7:15 start. Duration approx 1 hour. - £2 for Adults £1 for Children.
All abilities are welcome, if you have never run on a track before this is your opportunity to come and see what it is like. Any questions then please come and speak to me.

LUCKY VEST

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

new mens and womens vests and T- shirts,

Hoodies	**£15 each**
Vests	**£18 each**
T- shirts short sleeved	**£20 each**
T- " long sleeved T's	**£22 each**
Waterproof Jackets	**£25 each**

Available Wednesdays at the club – Ros

In your *SHORTS* this week !

3 Fixtures, Club champs, Assembly League etc
5 Race reports, results etc
5 Beckenham relays, full report & results
6 National Masters report and results
7 Per Hedburg orchestrates a 50 miler !
10 Wednesday night running map

And much more !

You can follow us on

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

---------- EVENT HORIZON ---------

A brief look ahead

full fixture list page 3

Jun	**6**	Dulwich Park Assembly league **(note revised date)**
Jun	8/9	Welsh Castles Relays
Jun	20	2 miles Club Champs

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - Ros

NEW RUNNERS ROTA

Many thanks to **Steve Wehrlel, Barry Graham Evans and Andy Murray** for taking out new runners last week.
If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know as early in advance as possible . Thanks. – **Ros**

Patrick Mcmrorrow	**22/05**
Mike Mann	29/05
Di Morgan	05/06
Martin Morley	12/06

Wednesday Night Map

On page 9 in SHORTS is the map for this weeks Wednesday night runs. 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 them in the clubhouse.

ASSEMBLY LEAGUE 2013

For those new to the club, this is a series of 6 races roughly 5k in distance open to all members **free of charge.**

The races are normally held on the first Thursday of the month from April to September, starting at 7.15pm.

Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.

NOTE Date changes

Due to circumstances beyond our control several of the dates have had to be changed.

Of particular note, the June fixture has now reverted to 6 June.

This race which is in Dulwich Park is also our next club champs event.

The remaining fixtures this season are as follows:

6 June	**Dulwich Park (5k club champs)**
4 July	Battersea Park
8 August	Victoria Park, Hackney
5 September	Beckenham

Further information on venues and times will be provided nearer the time. ***Mike Mann***

Steve Cook has booked another session at the Herne Hill Velodrome for Dulwich Runners on Saturday 13 July at 7:30 p.m.

Any of you who have been before or anyone who would like to give track cycling a try please let Steve know by emailing him at stevecook6@gmail.com.

The Velodrome will provide the bikes. You do not need any special gear just shorts, Tshirt and trainers are fine if you don't have the Lycra see for details:

http://www.hernehillvelodrome.com/starting/faqs/.

DULWICH RUNNERS CLUB CHAMPS 2013

Races still to come in this year's club championships.

- 6 June — Assembly League 5k, Dulwich Park
- 20 June — 2 Miles, Dulwich Park
- 12 July — 1 Mile, Dulwich College Track
- 1 Sept. — Lingfield (Dry Hill) 10
- 5 Oct. — Trail race, Lloyd Park parkrun

The usual rules apply with the 8 races split into long and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.

4 races to qualify, including at least one from each of the 2 distance categories.

Mike Mann *(on behalf of ADSC).*

GREEN BELT RELAY REPLACEMENT RUNS

With the cancellation of this year's Green Belt Relay, we organised 3 Sunday runs over 3 consecutive stages across the North Downs, 2 June, the final one is a there and back from Merstham and will be around 12 miles.

Please let Martin and myself know if you would like to join us, even if you have informed us already. Also we need to know whether you need a lift or intend to drive.

We intend to finish up at a local pubp for food and drink afterwards, all welcomed just advise if you will be joining us - ***Mike Mann***

WELSH CASTLES RELAY 8-9 JUNE

All those who have put their names down for this year's Welsh Castles Relay should now have been contacted with requests for confirmation, travel arrangements, stage preferences etc. Please respond in good time to enable us to proceed with the arrangements. ***Mike Mann***

Masters Fixtures

These are the main British Masters fixtures. The main club event will be the BMAF Road Relay Championships, where we have done well in recent years.

There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too.

Jun 16	BMAF 5km road Champs.	Horwich
Jun 23	BMAF 10k track women's Champs.	Oxford
Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 14/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs.	Porte Allegre, Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

DULWICH RUNNERS 2013/14 FIXTURES

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesdayclub night. Assembly league & Southern League XC races are free and open to all club members and no advance entry is needed,

Date		Race			Venue
Jun	6	Dulwich Assembly League 5k	(club champs)	S	Dulwich Park
	8/9	Welsh Castles Relays			Wales
	10	Open track meeting			Norman Park
	19	Open track meeting			Tooting Track
	20	2 Miles	(club champs)	S	Dulwich Park
Jul	4	Battersea Park Assembly League			Battersea Park
	8	Open track meeting			Norman Park
	12	1 Mile	(club champs)	S	Dulwich College Track
	27	Open track meeting			Tooting Track
Aug	8	Victoria Park Assembly League			Victoria Park, Hackney
	12	Open track meeting			Norman Park
	24	Open track meeting			Tooting Track
Sep	1	Lingfield (Dry Hill) 10	(club champs)	L	Lingfield (Dry Hill)
	5	Beckenham Assembly League			Beckenham Sports Club, Foxgrove Rd
Oct	5	Trail race, Lloyd Park parkrun	(club champs)	S	Lloyd Park
	19	Surrey League Cross Country		Men	Richmond Park
	19	Surrey League Cross Country		Women	Lightwater
Nov	9	Surrey League Cross Country		Men	Wimbledon Common
Dec	7	Surrey League Cross Country		Women	Farthing Down
Jan	11	Surrey League Cross Country		Men	Reigate Priory (DR to co-host)
	11	Surrey League Cross Country		Women	Putney Vale
Feb	8	Surrey League Cross Country		Men & Women	Lloyd Park

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the Wednesday run.
Arrives around 9 and the cost is £5, or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating…join in ! - **Ros**

Surrey League XC

Men's and women's fixtures are now included in the fixture list .Further details, times maps etc will be posted nearer the race dates
These league races are open to all club members of all abilities and are free to run
Mike Mann

BUPA Westminster Mile

The organisers of the 10km above have asked the club to publicise details of the BUPA Westminster Mile which will be held the day before on Sunday May 26.

They are planning 50 different races on a road course from the Mall to Buckingham Palace, and the event will contain the first ever British age group Mile Championships and should be a fun event, and possibly even a good warm up for the 10km.http://www.bupawestminstermile.co.uk/

The teams entered for the BUPA London 10km on May 29 are:
Men: Dave Beaver, Wayne Lashley, Alistair Locke, Charles Lound, Buzz Shephard, Tony Tuohy
Women: Mel Edwards, Clare Elms, Kim Hainsworth, Catherine Lee, Elkie Thorndyke, Charlie Wood

TRACK MEETINGS

Blackheath & Bromley Open, Norman Park, June 10th

The first open graded track meeting has a 800m, 400m, 1500m and 3000m and quite a few club runners took part last year. The races are graded by time. Nb it is best to enter in advance as it's £6 on the day and £4 in advance bbhopen@gmail.com
http://www.bandbhac.org.uk/other%20t&f%202013.html

Both Herne Hill Harriers and Blackheath & Bromley Harriers are holding a series of open track meetings this summer on the following dates.

10 June	Norman Park
19 June	Tooting Track
8 July	Norman Park
27 July	Tooting Track
12 Aug	Norman Park
24 Aug	Tooting Track

Surrey and Sussex Track & Field Masters Championships 2013 Held under UKA & WMA Rules for competition
1st June 2013 Ewell Court (King George's Recreation Ground), Poole Road, Epsom KT19 9RY
The entry for the Surrey, Sussex and Open Masters Championships is now open. Entry via online only at: https://www.jctsportssolutions.com/event-booking/event.php?id=14
Awards:
Surrey County Medals for 1st, 2nd and 3rd (5 year age groups).
Sussex County Medals for 1st, 2nd and 3rd (5 year age groups) subject to achieving the standard, details available on the Sussex Athletics Association website.
Entry: To enter a Surrey County Championship you must possess a current Surrey qualification.
Details of the UKA rules regarding County qualification can be found at www.surreyathletics.org.uk/qualification where there is also a definition of what constitutes the county of Surrey for this purpose.
To enter a County Championship you must not have competed in another county's championship nor have represented another county in inter-county competition during the current competition year which commenced on 1st October 2012.
Athletes from other Counties can enter as guests.
Events: 100m, 200m, 400, 800m, 1500m, 3K walk, 5k, 300mH, 400mH, HJ, LJ, PV, HT, DT, JT, SP, and H/Hammer.
Booking closes midnight 10th May 2013 - no late entries.
The timetable will be sent to all entrants after the closing date and will be posted on the Surrey CAA website.
£5 per event plus 5.4% Paypal booking fee (regardless of number of events entered).
Helpline number: 07968 131 577 up to 9pm

curry night

Hi All,
Please build up an appetite during your usual Wednesday night Club run and join us at Surma, for a mouth watering Indian Cuisine.

When: Wednesday 29th May, 9pm after club run
Where: Surma, 42 Lordship Lane, East Dulwich, SE22
Buffet Price: £10/person cash on the night please (drinks to be paid separately at the bar).
Itinerary: Club run, shower, travel to East Dulwich (car, walk, bus or otherwise), eat-drink-eat, feel all warm- fuzzy and glad you came.

Email or text me by Friday 24th May if you would like to come: susan.cooper@hsbc.com or 07967953628.

Kent Grand Prix and Surrey Road Leagues

As well as the races we select for the Club Championships and the Assembly League races, listed elsewhere in Shorts, we also take part in the Kent Grand Prix and Surrey Road Leagues.
Some of these are designated County Championship races for the given distance, for runners that are suitably qualified. In addition, all runners can accumulate points over the season to compete in the league by age category.
For more details see the following links:
Kent Athletics:http://www.kcaa.org.uk/road%20races.htm
Surrey Athletics:http://www.surreyathletics.org.uk/road/league
Charlie Lound

Kent Grand Prix		**Surrey Road League**	
23 Jun	Beckenham 10k	2 Jun	Dorking 10 miles
21 Jul	Mount Ephraim 10k	23 Jun	Richmond 10km
1 Sep	Kent Coastal Marathon	13 Jul	Elmore 7 miles
22 Sep	Tonbridge 1/2M	21 Jul	Elmbridge 10km
tbc	Sittingbourne 10m	11 Aug	Wimbledon 5km

"The Goonies"
Lunar Cinema Battersea Park, Saturday17th August

Dear All,
With the sun finally coming out to play it's time to plan some outdoor activities which include sitting around and munching on pop-corn to refuel and give some balance to our hectic running schedules

The Goonies
(12, 1985, 114mins)
Doors open 7pm
Performance starts 8:15pm
Tickets: £12.50
http://tinyurl.com/busnfz2

I can easily increase on this number, but need a show of hands for those that would like to come and can commit to a ticket**. email me at** susan.cooper@hsbc.com or alternatively send me a text, including your name, on 07967 953628 by Friday 10th May so I can secure the booking. - ***Sue Cooper***

Unless it's a club champs race, one of the more local parkruns or other major club race which **Steve Smythe** kindly finds & collates results for us, then it's highly unlikely that your results will be appear here in SHORTS
So to make sure your race results, road, fell, XC, Tri etc, are mentioned please send them in, and if you can write a report to go with it even better.

Wins at Beckenham Relays and medals at British Masters Championships

Beckenham Relays, May 15

Dulwich had a great evening, winning both the women's and men's relays. The relays have a relaxed feel and attracted a lot of teams but it's quality doesn't quite match the quantity.

The women's was no surprise as we won by close on three minutes with Catherine easily the fastest woman on the day and Mel the third fastest, though it was very disappointing that just three women from the club participated.

The men's team win was a major surprise with Ed Hill leading the 60 plus teams home on leg one. Tony took over in front and extended the lead with the second fastest men's leg.

Alistair Locke had a very good final leg but was closed down by Croydon Striders but a strong finish ensured a narrow victory for us by just nine seconds.

Rob Cope had the fastest time of the Vets team which finished second in his section while Ian Lilley and James Burrows were the quickest in their respective teams.

1 Dulwich Mens Ed Hill (14:26) Tony Tuohy (14:08) Alistair Locke (14:38) 43:12
8 Dulwich Vets Duncan Hussey (15:40) Chris Loizou (15:45) Robin Cope (15:30) 46:55
1W/16 Dulwich Women (Catherine Lee (15:35) Mel Edwards (16:35) Andrea Pickup (16:40) 48:50
24 Dulwich Vets B (Gary Sullivan (16:33) Graham Laylee (18:30) Ian Lilley (15:55) 50:58
25 Dulwich Mens D (James Burrows (16:01) Steve Smythe (16:38) Ian Seshan (18:42) 51:21
63 teams finished

Top 3 summary
Men: 1 Dulwich 43:12; 2 Croydon Striders 43:21; 3 Petts Wood 45:27
Vets: 1 Ravens 46:29; 2 Dulw 46:55; 3 SLH 47:02
Women: 1 Dulw 48:50; 2 S Lon 51:40; 3 Petts Wood 53:15

English Schools Cup Croydon, May 16

Alex Elms was up against Kent cross-country champion Noah Armitage-Hookes for the third time in six days. This time Noah, who was runner-up in the South of England Championshiups, decided to go from the gun and set a fiercesome pace also knowing that points are awarded on times and not positions.

Alex clung on at a pace much faster than he has ever run before and kicked past 200m out. This time Noah didn't give up though and kept the gap to a second. Alex's time was a sensational 4:32.8, a PB by nine seconds, and the fastest time any 12 year old has run in Britain so far this year though unfortunately the lack of qualified officials, means it won't be put on power of ten as an official PB.

Alex's sister Lucy ran 2:43.7, the sixth fastest time in the junior girls 800m.
1500m: 1 Alex Elms 4:32.8

Crystal Palace Triathlon, May 19

Nicola and Clare did similar times, though with very different starting times, with Nicola's advantage coming on the run.

23rd W/ 214th Nicola Richmond 86:05
Swim 00:18:04 | T1 00:02:37 | BL1 00:01:45 | BL2 00:04:30 | BL3 00:04:39 | BL4 00:04:42 | BL5 00:04:41 | BL6 00:04:47 | BL7 00:04:46 | BL8 00:04:47 | BL9 00:04:44 | CYCLE 00:03:29 | T2 00:01:35 | 2.5KM RUN 00:09:45 | RUN 00:11:07

31st W/241st Clare Wyngard 87:08
Swim 00:17:00 | T1 00:02:44 | BL1 00:01:47 | BL2 00:04:47 | BL3 00:04:37 | BL4 00:04:49 | BL5 00:04:44 | BL6 00:04:43 | BL7 00:04:47 | BL8 00:04:47 | BL9 00:04:47 | CYCLE 00:03:29 | T2 00:01:27 | 2.5KM RUN 00:10:30 | RUN 00:12:03
548 competed

Southern Vets League, Canterbury May 20

W50 1500: 1 Ros Tabor 5:56.4
W50 200: 4 Ros Tabor 36.3
W35 1500: 2 Nicola Richmond 5:32.1

National Masters Road Relays, Sutton Coldfield, May 18

The men first participated in this event in 1998 and 15 years after their first appearance the men finally won a medal through the M55s and the W55s, maintained their superb record by also winning a bronze medal.For many this is one of the best events to participate in. All legs are run over a very testing three mile lap in a beautiful park and Dulwich have the potential to be amongst the leading Veteran teams in the country to an event which attracts the best from all over England, Wales, Scotland and Northern Ireland.

The W55s were a close second in 2007 but came back to set a still standing course record in 2008 but Lis Pritchard's injury prevented a renewed assault on the medals until 2012 when Stephanie Burchill entered the age group. Last year, with Claire Steward sprinting to third, we snatched a medal on the line. This time Claire led us off and we were fourth, but virtually level with third. Stephanie kept us in the hunt, with a faster time than last year, despite having had a virus in recent weeks. Ros was fifth when she took off but she came through strongly and was the third fastest overall in the age group and she passed Wolds Veterans and Vale Royal, and at the finish we had 36 seconds in hand and we were 18 seconds faster than in 2012..

W55

1 Bingley 64:35; 2 Cannock & S 65:15; 3 Dulwich 67:48; 4 Wolds Vets 68:24; 5 Vale Royal 68:40; 6 Les Croupiers 70:56

Claire Steward 21:30

Stephanie Burchill 25:29

Ros Tabor 20:49

We won the W45s last year and won the W35s in 2010 but this year away from the W55s was rather disappointing.

We would have certainly been in the medals in the W45s but Clare Elms' injury failed the fitness test the day before and no other W45s were available. It meant we decided to combine the W35s and W45s. We were already without Andrea Pickup from the previous winning team as she was away and Nicola Richmond had had an injury but was willing to run if we had no one else so the team was now two W35s with Cara Oliver and Emily Gelder and two W45s Ola Balme and Angie Norris.

Unfortunately Cara had a minor op the day before and suffred a bad reaction overnight and had to withdraw and it was too late to get a replacement, with Nicola and Clare both saying they could have run in an emergency.

Emily led the depleted team off and it was her first run since her 24 hour race the week before and she found it hard work and was a few minutes down on her previous run here.

Without the usual medal pressure, Ola Balme enjoyed her run and moved up five places and Angie Norris also ran well and moved up a further four places but with Emily rightly deciding it wasn't worth her having a second run, we stopped after three legs in 18th place (15th W35 team). With Ola and Angie's time, Clare would have needed a 18:43 for us to medal in the W45s and her best time is 16:32.

Former member Teresa Gaillard de Laubenque, who was in our winning 2010 W35 team with Ola, Clare and Andrea, was in the winning Serpentine W35 team.

Emily Gelder 20:45

Ola Balme 20:02

Angie Norris 20:38

M55 team

Last year we were a close fourth in the M55s and it looked like a few months before the event we could have a much stronger team on paper and were spoiled for choice. However, the elder Steve Smythe, who was fastest in our M50 team a few years ago withdrew with ill health, Steve Williams pulled out during the week due to work commitments, Neville Webb, who was running so well earlier in the year, had to withdraw the day before with a groin injury. Chris Loizou, who ran well on the Wednesday, refused to run, saying he wanted to enjoy his running.

The younger Steve Smythe and Mike Mann were both carrying injuries and out of form and it was decided Gary Sullivan, who unlike some, was keen to run, who was going to run in the M35s, would come into the team while Mike would run for the M45s.

In the actual race, Nick Brown has been a regular opening leg,and he again ran well, though obviously not quite in his 16:34 form from 2007.

His run led us off into third place as less than half a minute covered the top 5.

Leg 1: Salford 17:37; 2 Les Croupiers 17:52; 3 Dulwich 18:00; 4 Stockport 18:03; 5 Oxford 18:03

Adrian Greer is another regular and he ran 17:20 in that same race 6 years ago and has held his form well and he moved us up to second and closer to the lead with a 18:10, though he felt it was faster but the next four teams were all within 25 seconds.

Leg 2: Salford 35:48; 2 Dulwich 36:10; 3 Blackheath 36:14; 4 Oxford 36:18; 5 Stockport 36:28; 6 Les Croupiers 36:35

On the third leg, Gary Sullivan was under pressure to keep us in the medal hunt and was in his most important run yet in a Dulwich vest. He responded magnificently with arguably our star run and kept us within 30 seconds of the lead handing over level with the third runner.

Leg 3: 1 Blackheath 54:47; 2 Salford 54:52; 3 Les Croupiers 55:16; 4 Dulwich 55:16; 5 Wirral 56:01; 6 Stockport 56:24; 7 Oxford 56:39.

On the final leg, Steve Smythe regretted being close on 2 minutes 30 worse form than in 2008 as he struggled up the first hill. However, both Salford and Blackheath were fielding their slowest runner of the quartet and he closed up on them and even briefly passed the Les Croupiers runner who faded at the top of the hill. The Welsh team's runner, David James who ran 13:33 for 5km and ran 8:20 for two miles in 1980, recovered and flew back into the lead for an eventual clear victory. Dulwich passed Blackheath and Salford but were overtaken by Wirral, though the Salford runner, who was a 2:13 marathoner at his peak and ran for England in the Commonwealth Games, stayed close until the last half mile. At the finish, Dulwich had 18 seconds in hand, though their time was slower than in 2012 and the next four teams finished within 40 seconds.

Finish: 1 Les Croupiers 73:09; 2 Wirral 74:04; 3 Dulwich 74:17; 4 Salford 74:39; 5 Blackheath 74:41; 6 Stockport 74:43; 7 Oxford 74:56. 22 teams started.

M45 race

The M45 team were clearly capable of being near the medals and option B was for us to switch our fourth M55 runner to the M45s if their chances looked better.

Dave Beaver got us off to a good start and was significantly quicker than last year

Leg 1: 1 Leicester 15:03; 2 Redhill 15:40; 3 Wolverhampton 15:52; 9 Dulwich 16:57
On leg two, Tony Tuohy had another strong run but probably not quite as good as in Wednesday's relay, as he moved us from 9th to 5th.
Leg 2: 1 Leicester 31:35; 2 Oxford 32:53; 3 Tynebridge 32:57; 4 Salford 32:59; 5 Dulwich 33:19; 6 Wolverhampton 33:26
Charlie Lound edged us into a medal position at halfway but clearly we didn't quite have the strength to maintain it.
Leg 3: 1 Leicester 48:26; 2 Sunderland 49:47; 3 Dulwich 50:07; 4 Salford 50:08; 5 Oxford 50:37; 6 Tynebridge 50:56
Mike Mann came into the team late and almost 20 years out of age group and carrying an injury, he went for damage control but kept us in the top seven.
Leg 4: 1 Leicester 65:29; 2 Salford 66:51; 3 Sunderland 67:03; 4 Oxford 67:45; 5 Tynebridge 68:15; 6 ; Wolverhampton 68:34; 7 Dulwich 69:59; 8 Derby 70:51
Duncan Hussey isn't in his best form of recent years but he ran solidly to ensure we should still easily make the top 10.
Leg 5: 1 Leicester 82:04; 2 Salford 83:39; 3 Sunderland 84:25; 4 Oxford 84:45; 5 Tynebridge 85:17; 6 W&B 87:15; 7 Redhill 88:21; 8 Dulwich 88:26
Our final leg Ebe Prill was in better form than when he last ran here, despite having run a recent marathon and he kept us in the top 8 with a fiune sub-18 and we had a three minute gap behind us.

Finish: 1 Leicester 98:07; 2 Salford 1:40:00; 3 Tynebridge 1:41:04; 4 Sunderland 1:41:27; 5 Oxford 1:43:36; 6 W&B 1:44:58; 7 Redhill 1:45:19; 8 Dulwich 1:46:22. 26 teams started.
Dave Beaver 16:57
Tony Tuohy 16:22
Charles Lound 16:48
Mike Mann 19:52
Duncan Hussey 18:27
Ebe Prill 17:56

M35 race
Though we had a lot of M35 withdrawals in the weeks leading up to it, we started a M35 team and Buzz Shephard found it high quality and came in at 11th M35, but his 16:08 was one of the fastest ever Dulwich runs over the years. I think it's Kofi Agyei's 15:30 in 2007 which is quickest.
Ian Lilley did well in his big race debut for us but was in the thick of it after Buzz's opener and he dropped back 18 places.
Andy Murray has often run the final leg to cover injuries and absentees in the past but here could relatively enjoy a pressure free run as we stopped after three of the eight legs.
Buzz Shephard 16:08
Ian Lilley 18:22
Andy Murray 20:18

The Cardiff Ultra 50miles / 80km, Sun 19 May,

by Per Hedberg
This is a point to point race, starting at Theatr Brycheiniog in Brecon, LD3 and finishing at Sport Wales, Sophia Gardens, CF11. The route includes the stunning views of the Brecon Beacons National Park.
Having never run further than a regular marathon distance, my aim was 1) to finish the race and 2) hope for sub-12 hour finish.

As the organisers provided a coach transport from Sport Wales (the finish) to the start, I booked accommodation for both the Sat and the Sun night at the Sport Wales many months ago. I also booked a packed breakfast and asked for it to be clearly labelled with my name for the early Sun morning departure. When I got to the reception at 05.20 I was told that there were no more packed breakfasts….. There had only been four and they had all been given out and an unknown fellow runner and I were left without. Nice start to a long day….

Luckily" for me, the concept of visualising a running distance of 80km is a bit like trying to visualise the distance to the moon and after having spent 1 hour on the coach, most of which on the motorway, it was clear that this was very far to then having to run back…… In the pre-race information we were informed that there would be four checkpoints: at 10.1, 20.3, 28.7 and at 40.0miles so, although being from a metric background, I happily converted to miles and started to think 5 x 10miles, with getting through the first 2-3 reps being the main thing. Every single step after the 28.7miles checkpoint would be a distance PB.

We all gathered at Theatre Brycheiniog in Brecon and the first thing I did was to – unsuccessfully - go and look for somewhere to buy a breakfast. A while later the unknown runner from earlier in the morning came looking for me and gave me a spare sandwich from a shop he had managed to find. What a lovely gesture! He even refused accepting any money for it.

At 8.00 there were 140 runners setting off under a clear sky with the sun already out and the day only got warmer after that.

When trying a new distance, like the half and then the full marathon, my tendency is to hit the wall at some point – ie. learning the hard way. So I had taken advice and decided to run for 60min and from then on take a brisk walk for 15mins followed by 45mins running every hour. With my main aim "only" being to actually finish and knowing that I would not be able to run solid for 10-ish hours it turned out to be a wise move.

I had been told that the beginning of the race had an approx. 10km hill and by the time I got to the first water station I felt fine, thinking that the "hill" had not been too bad. Continuing, after the station and up a hill, I checked my watch and saw 90mins. Hmmm, I turned to a fellow runner – let's call him "Günther" for the lack of his real name in combination with his accent (as opposed to my accent) – and said *"surely that cannot have been 10.1miles?". "No, he said, that was 8miles, checkpoint 1 will be in a couple of miles and the one we passed was probably just an extra due to the hot weather"*. We chatted and I asked him if he had run other ultras and he said, yes, he had been doing ultras for about 2 years after having run other races before.

When he asked me if I had done any ultras and I replied no, he laughed and burst out *"Oh my God, then this pace is too fast for you, if you need to slow down just do so"*. Now, I always race against myself but you know the feeling in some races when you spot someone early on who, for whatever reason, is noticeable and seeing them running away you wonder to yourself *"Will I possibly see that runner again later in the race"* and the satisfying feeling when you do…. I admit that thought did enter my head.

I kept running – continuously uphill – took my walking break – uphill – and started to run again – uphill… At 2hrs 30min – still uphill - and still no 10.1miles checkpoint I thought this is looking bad, even if I manage to keep this pace I am looking at a 12.5 hours finish at the best. Then – still uphill! – I gave up on the thought of the missing checkpoint and I later found out that the 8miles station was **instead** of the advertised 10.1 station. I also knew where the 10km hill was!

I got to checkpoint 2 (advertised as 20.3 but in effect after approx. 19miles) at 2hrs 35mins, checkpoint 3 at 28miles after 5.30" knowing that the next stage was going to be approx. 12 miles. At 7.15" my= liquid ran out so when I made it to the last checkpoint bang on 8hrs I needed some time to re-stock, eat and drink. Funnily enough "Günther" was there, less chatty and leaving well before me. I then found out that this checkpoint was at 41miles, rather than the advertised 40miles. Hmmm, 41miles after 8hrs, what does that mean for finishing 50miles? No point thinking too much at this stage, whilst moving on and still needing to get some energy back.

When I got past 9hrs I was overtaking a lot more runners who were now walking due to fatigue than runners passing me. I asked a couple how far left they thought it was and got the reply *"3 or 4"* miles. This is when the thought of a possible "sub-10 hour" finish crept in. 4 miles left and it has just gone 9hrs…. Five minutes later I bumped in to a chap who was out on a short jog, who asked me how far I had gone. Turned out that he had been to the British Masters the day before and knew Ros Tabor and he kept me company for a little while. When we parted the last thing he said was *"shouldn't be more than 5miles left now"* and he was gone. What!? 5 miles! And only 45 mins left for a sub-10. Argh!

I wish there would have been some mile markers but there were none at all in this race. What do I do? Aim for survival only? But what if I get to the finish in – say – 10.02, I'll forever think "what if". So, asking a couple of more people and getting different answers from each but at least lower estimates than the 5 miles I up the tempo, thinking that I will push as hard as I can and if I do not see the finish until 10hrs I will start to walk then (in order to run the last 200yards, heh).

It all turned out well in the end, I finished 79th of 140 starting, in 9hrs 51min (PB!!) and am well chuffed with that. 1st male = 6.44", 1st female = 7.33".

Oh, and "Günther"? I passed him for good at about 45miles…..

Finally, please forgive me for ducking out of this week's track session…….

parkrun 5km Results, Sat 18th May

Aberystwyth

As I was in Wales preparing for the Dulwich Runners WRC visit I took the opportunity to do another tour. Parkruns are few and far between in the Principality the nearest being over 50 miles from my house . It was not an easy road with numerous road works so the journey took over 1.5 hrs and I was very late.

By the time I pulled in to the car park I could see the field leaving the start line 400 yds away so I had a bit of a handicap just to catch up.My lack of pre race preparation resulted in a pit stop and later a shoelace stop all in the course of the first lap.

Aberystwyth takes place in a linear park no more than 50yds wide and about a mile long which results in a 3 lap course with tight turns at either end - very odd, but at least it is flat.

Very soon I was lapped by the leader and most of the small field however I plugged on and eventually caught the tail end runner who was struggling and needed encouragement so we jogged to the finish together.This was the first parkrun I had come across without tokens,they swipe your barcode as you cross the line.

A quick chat with the marshals from Aberystwyth AC who we will meet next on 'castles' and I was back in the car for the glorious 230 mile drive back to Dulwich.

34 Chris Vernon 35.59. 34th out of 34 1st v65 !

Brockwell

58 Barry McLeod		21:57
165 Barry Walker	30:26	

186 ran

Bromley

32 Oscar Hussey 20:09

377 ran

Crystal Palace

Due to the motor racing there is no run on 25th May 2013
On 1st June is Crystal Palaces third birthday.
All invited and if you want to come in fancy dress then the theme is "The Great Gatsby"

3 Alastair Loicke	18:42 (PB)	
8 Edward Smyth	20:22	
10 Steve Ackroyd	20:34	
12 Andy Cottrill		20:45 (PB)
24 Bob Bell		22:35
36 Belinda Bell 6W		24:46
48 Ameet Patel		26:27
51 Penelope Bell 10W		26:50

84 ran

Dulwich

A win for Catheine Lee and another PB for Mel.

9 Catherine Lee 1W	18:32(debut)
13 John Fletcher	19:28
16 Mel Edwards 2W	19:38 (PB)
37 Cameron Timmis	21:27
40 Graham Laylee	21:37
58 Susanna Wilkey 7W	23:26 (PB)

121 ran

Hilly Fields

10 Kevin Chadwick 20:53

108 ran

Highbury

47 Ian Sesnan 23:25 (1M55)

109 ran

Kingston

After a busy couple of days in the Netherlands watching a certain football match, I chose a parkrun I hadn't done before so I had no expectations of finishing time! The Kingston course is very flat and was not plagued by mud that had affected it when Chris and Stephanie had run it earlier in the year. I was really pleased to knock 21 seconds off my parkrun best.

48 Lindsey Annable 8W 24.02

103 ran

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S 8

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

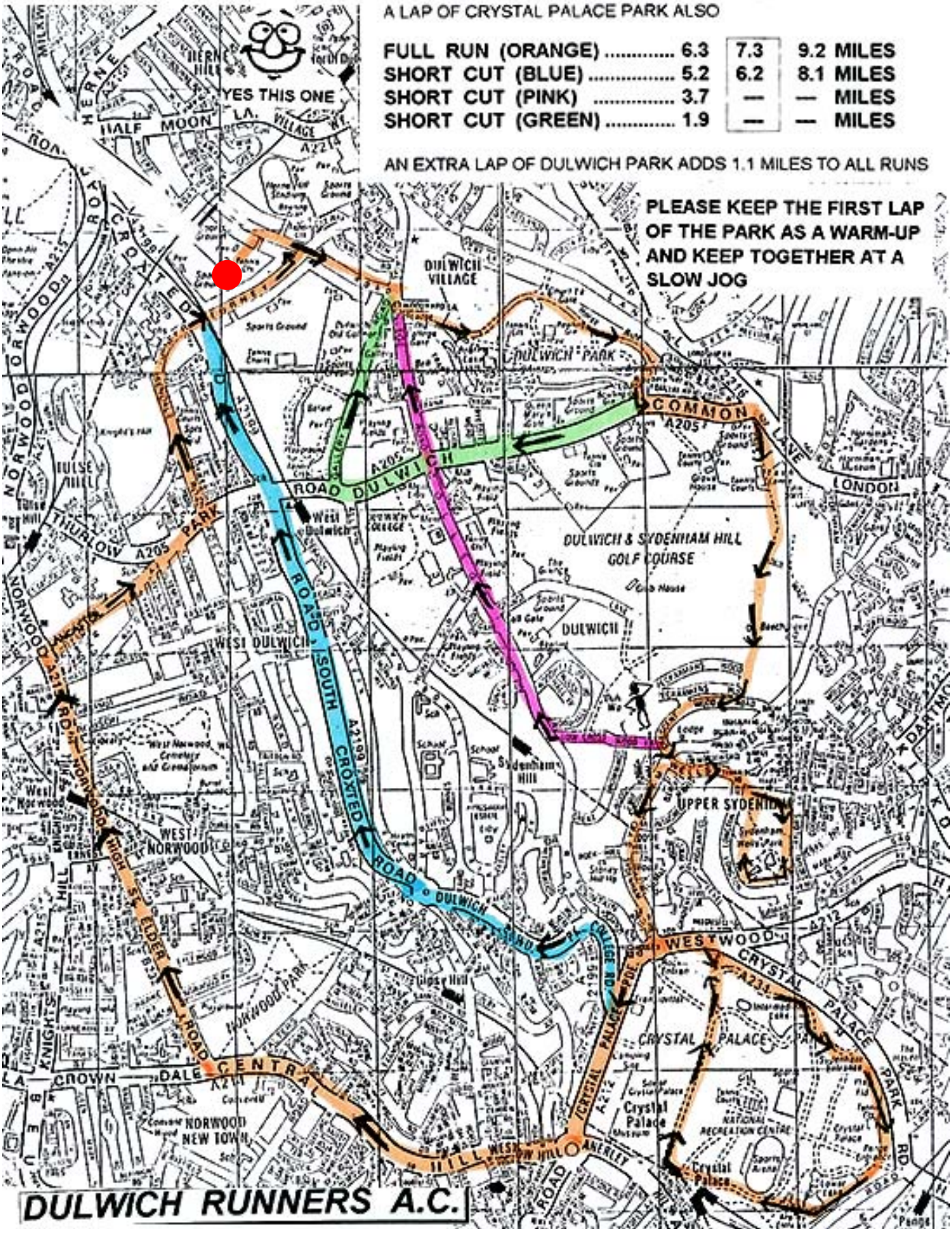
APPROXIMATE DISTANCES FOR TONIGHT'S RUN

DISTANCES IN SECOND COLUMN INCLUDE A LAP OF SYDENHAM WELLS PARK AND THIRD COLUMN A LAP OF CRYSTAL PALACE PARK ALSO

FULL RUN (ORANGE)	6.3	7.3	9.2 MILES
SHORT CUT (BLUE)	5.2	6.2	8.1 MILES
SHORT CUT (PINK)	3.7	—	— MILES
SHORT CUT (GREEN)	1.9	—	— MILES

AN EXTRA LAP OF DULWICH PARK ADDS 1.1 MILES TO ALL RUNS

PLEASE KEEP THE FIRST LAP OF THE PARK AS A WARM-UP AND KEEP TOGETHER AT A SLOW JOG



DULWICH RUNNERS A.C.