# SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 29th 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 29** **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar
**Curry night -** here for details

**Fri 31** **Track session – with Martin Morley**
**Dulwich College Track**
**7 for 7:15 start** £2 for Adults £1 for Children

**Tue 04** **Track session with Steve Smythe - £1 fee**
**Dulwich College Track -** 7 for 7:15pm start,.

## DULWICH TRACK SESSIONS

### 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
Remember it's only a £1 but if you don't have the money on the day, you have to pay £2 next time!

**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.

Congratulations to **Shona and Rupert** on their recent marriage.
Honeymoon race report

## 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
9 Wednesday night running map


And much more !

*You can follow us on*

***TO SUBSCRIBE*** to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
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

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**

| | |
|---|---|
| **Mike Mann** | **29/05** |
| Di Morgan | 05/06 |
| Martin Morley | 12/06 |
| Olivier Montfort | 19/06 |
| Barrie J Nicholls | 26/06 |

## 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.

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).*

## LAST GBR REPLACEMENT RUN THIS SUNDAY.

Where **MERSTHAM** (STATION) To **MERSTHAM**

Time **9:30 APPROX**.

I understand most are coming by train to this last run and weather looks good so why not come and join in. We will be running the stunning GBR route towards Box Hill but turning back when the route goes on the road which is not nice.

This is approx 5.6miles into the leg so total distance should be 11 miles. Anna Thomas, Alistair Locke, James Burrows and Mike Mann I'm sure will try to include an extra hill and miles into the run but the Soggy will as usual just do the correct route!!! All abilities welcome to join us for a great run and probably drinks and eats in local pub afterwards.

Please just let Mike Mann or Martin know you are joining us and we will have a car at the start to use as storage for clothes etc. Cheers

## 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. Port 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**

## 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 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***

## 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 |

# curry night

## TONIGHT !

Hi All,
Thank you for your replies.
Please see below for those that will be going on the curry night.
If I have missed anyone out, apologies, and yell quickly!

Sue : susan.cooper@hsbc.com or 07967953628

**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).

| | |
|---|---|
| Ameet Patel | Jo Shelton |
| Joseph Brady | Claire Steward |
| Mel Edwards | James Burrows |
| Ron Searle | Paul Keating |
| Sue Cooper | Patrick McMorrow |
| Clare Quirico | Kevin Wood |
| Barry Graham | Charlie lound |
| Tony Touhy | John Tymukas |
| Mel Edwards | Barry Evans |
| Ron Searle | Gary O'Sullivan |
| Joseph Brady | Anna Thomas |
| Chris Loizou | John O'Byrne |
| Harry Handscombe | Kaylee Coxall |
| Alastair Locke | Lawrence Avery |
| Steve Wehrle | Susanna Pina |
| Ebe Prill | John Cooper |
| Mike Mann | Xavier Pujol |
| Ros Tabor | Di Morgan |
| Andy Murray | Kim Hainsworth |
| Roy Hibberd | Andrew Crawshaw |
| David Beaver | |

# "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***

# Race Reports & Results

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.

## Flete Estate Coastal Trail Series 26/05

Myself and Laura White competed in the Flete Estate Coastal Trail Series on Sunday 26th.
We both completed the half marathon (which is actually 14.9 miles).
Here's the link to the full results.
http://www.endurancelife.com/results.asp?title=CTS%20Flete%202013,%2026.05.13&results=2013_cts13_flete.htm

| | |
|---|---|
| 28 Rob Balazanella | 1:30:47 |
| 78 Laura White | 1:40:05 |

## Bupa Westminster Mile 26th May

It was in at the deep end with this mile race, having done no speedwork bar one track session on the Friday for me. Still this was a newly resurrected event and held in such a great location so was definitely worth doing. It had been the first race that Barrie ever ran in 1989 when it was sponsored by Peugeot. Back then Barrie had run 6.44 getting his time down to 6.15 three years later.

For the new race, the course started in the Mall , passing Horseguards Parade, along Birdcage Walk to finish just by Buckingham Palace. Bizarrely the last time Barrie had run on the Mall was for the 26.2 distance.

We arrived quite early for our 10a.m. start to find the assembly area completely deserted apart from a few runners and Bayern Munich fans sleeping in the park! It did gradually get busier although was still relatively empty compared to other large events and encouragingly none of the races were overcrowded. Races were seeded by time and we saw Clare and Tony who went off in the first wave.

Our race felt like it was over no sooner had it started but it was fun to run along the famous streets. The results posted on the website have yet to be ratified but suspiciously both our watches had somewhat faster times than published, even taking into account our position on the start line.

Afterwards we had a leisurely stroll in St. James' park before retiring to a deckchair in the glorious sunshine. The races were still being run so it was good to be able to keep tabs on some of the elite runners and enjoy the music blasted from the start gantry.

Lindsey Annable

Official times

| | |
|---|---|
| Barrie John Nicholls | 6.57 |
| Lindsey Annable | 7.06 |

## BUPA Westminster Mile, May 25

**Men**

Buzz and Tony had good runs though would hope to go faster in the club champs. Edward Smyth and Steve Ackroyd had good runs. Steve Smythe didn't and was a lot slower than his marathon pb pace but did pick up first M55 overtaking a rival in last few metres.

| | |
|---|---|
| 21 Buzz Shephard | 4:47 |
| 25 Tony Tuohy | 4:54 (2M50) |
| 91 Edward Smyth | 5:29 |
| 102 Steve Ackroyd | 5:33 |
| 154 Steve Smythe | 5:51 (1M55) |

**Women**

Though she thought there was a woman in front of her, Clare Elms was officially placed as fastest woman in the open races and was pleased with her time after having hardly run in last few weeks.

| | |
|---|---|
| 1 Clare Elms | 5:14 |
| 73 Lindsey Annable | 7:06 |

**U13 race inc London Inter Boroughs**

Alex won a nice trophy and set a PB mile but couldn't quite match his rival over the last 400 metres

| | |
|---|---|
| 2 Alex Elms | 5:09 |

## Hillcrest 10km Warlingham

Or better still the Hillcrest 10.75 km as the organisers decided to add on an extra lap and a half of the playing fields at the Warlingham Rugby Club. The Rugby club who call themselves the "Mighty Warl" provided the venue and the facilities and the hosts were the Hillcrest Netball Club along with Collingwood AC.

There was nothing mighty about the field, it only numbered about 130 starters. The course which was run on Riddlesdown was undulating with one steep climb. It was well marshalled but sadly no distance markers a fact which was pointed out to the organisers by more then one participant.

To their credit they appeared to take this on board so here's hoping that this will be rectified next year along with the correct distance.

Unfortunately I took a heavy tumble at 4.5 km (I think) and never recovered afterwards. It was the proverbial tree root while running through a wood (not walking through the wood ..rugby club providing the venue!). Despite all this the race was fairly pleasant and (surprise surprise) I would do it again. One tree root look out!

John O'Byrne 100th 71:59 (pretty naff)

Finally Angie Norris was taking the race entries and Jo Quantrill was one of the spectators at the finish

## BUPA London 10km, May 26

We had 11 runners take part in a top class 10km over a lap of the Olympic Marathon course – Charlie Wood was injured.

The event incorporated the British Championships but team results weren't available but we may have squeezed into the prizes in the women with three inside 40.

Catherine Lee wasn't quite in her Chichester form but had her second best ever 10km after a very fast 5km. Clare Elms made a late decision to run to help the team but had further foot problems. Mel Edwards ran a very similar time to Clare, though started two minutes later as she broke 40 for the first time with a very strong second half And her last 5km of 19:34 was quicker than her 5km best.

Elkie Mace had her best ever road run for the club but couldn't quite follow Mel over the last few miles.

Kim Hainsworth wasn't at her best but had a nothersolid run.

## BMC Meeting, Eltham, May 22

**800m**

Alex Elms was up against the Armitage Hookes twins. He had beaten Noah three times the previous week at 1500m. He got boxed in the first 200m but was in a good position as they hit the straight but wasn't able to get past the twins but he did take three seconds off his PB.

3 Alex Elms 2:14.71 (PB)

**3000m**

Tony Tuohy had a solid run but found it hard in the windy conditions.

5 Tony Tuohy 9:35.09

For the men, still not at his best after the marathon,Buzz Shephard tried to run a controlled race while Tony had another solid sub-35, much better than his run last year and he was the first M50. Charlie Lound had a good steady run and finished not far ahead of Dave Beaver, who was very close to his best as a Dulwich Runner.

Because of injury, Wayne Lashley wasn't able to match his strong run last year but had a well paced run.

Alastair Locke had a controlled run and set a PB with a faster second half.

140 Buzz Shephard 34:28 (34:28) (16:58/17:30)
154 Tony Tuohy 34:53 (34:47) (no split)
201 Charlie Lound 35:38 (35:35) (17:42/17:53)
214 Dave Beaver 35:49 (35:43) (17:41/18:02)
281 Alastair Locke 37:19 (36:45) (PB) (18:26/18:19)
285 Wayne Lashley 37:08 (36:47) (18:22/18:25)
33W/340 Catherine Lee 37:47 (37:47) (18:26/19:21)
71W/521 Clare Elms 39:48 (39:48) (no split)
73W/528 Mel Edwards 39:54 (39:51) (PB) (20:17/19:34)
82W/569 Elkie Mace 40:21 (40:18) (no split)
143W/834 Kim Hainsworth 42:42 (42:38) (21:09/21:29)

## Orgiva – Lanjaron- Orgiva, España

*Shona Mcintosh writes….*

While recovering from our wedding with a honeymoon in Andalucia, Rupe and I discovered that the town we were staying in, Orgiva, was hosting a race on the last day of our stay. Hurrah, we thought! What better way to begin our marriage than by over exerting ourselves in the Spanish sun?

Unfortunately we had only heard of the race two days in advance, which was one day too late for the registration deadline. Our Spanish being limited to 'dos cervezas por favor', we failed to convince the town hall officials to give us a proper entry.

So we ran illegally, minus numbers, chips and even in Rupe's case a functioning watch. An expat runner we met at the start explained that the rules explicitly allowed runners to take part without numbers, 'as long as you don't win anything.'

"No problem , said Rupe. I'm not planning on winning anything…"

The race was 18.5km out and back between two Alpujarran towns, with about 300m of climbing and slightly more of descending, according to my Garmin. It was hot work, especially on the outward (mostly uphill) leg, but my competitive nature soon overpowered my moral qualms about winning a race I wasn't properly entered for (this is the nation that gave us Fuentes, I thought to myself. If the most of my indiscretions is lack of a number then I think that's setting a pretty good example!) and I took the lead from about 5k.

From here to the end I was greeted by spectators, lycra-clad club cyclists, and indeed other runners, all shouting 'la primera' or 'la primera donna' as I passed (I hope the latter was a reference to my position and not a comment on my sunglasses or similar…)

It was a really lovely atmosphere, particularly once I'd turned the halfway point and all the women in the field appeared to be delighted to see me coming down the hill towards them. After we finished, walking back home along the course, I was getting continual high-fives from other female runners. They really like to see women beating lots of men, evidently!

Sadly the race officials were less enthusiastic and ordered me out of the finish funnel, shouting at me in Spanish when I tried to take a water. Some kindly other runners who had paid their entry fees, smuggled me some orange juice as I waited for Rupe.

Obviously we do not feature in the results but I finished in a Garmin-verified time of 1.16.07 and Rupe was not far behind in around 1.18. As I was a bit inside my half-marathon best, I am trying to convince Rupe that this equates to a sub-80 half for him, but my logic there may not stand up to much scrutiny, I freely admit…

But it was certainly a fun way to finish up our honeymoon and ensure that our glutes and quads retain some lasting memory of the Sierra Nevada!

*You can follow us on*

**LADIES NOW SUMMER IS HERE YOU NEED A DULWICH RUNNERS CROP TOP!**

**LIMITED SIZES - £5 TO CLEAR…….contact Ros**

# 5km Results, Sat 25th May

## Brockwell

29 Lewis Laylee 20:13
31 Andy Cottrill 20:17
62 Barry Mcleod 21:33
64 Bob Bell 21:34 (course PB)
74 Graham Laylee 21:57
101 Claire Steward 13W 23:21
107 Michelle Lennon 15W 23:32
138 Ameet Patel 24:42
141 Belinda Bell 27W 25:00
155 Penelope Bell 35W 25:44
158 Ruki Sidhwa 26:01
212 ran

## Bromley

11 Duncan Hussey 18:47
23 Oscar Hussey 19:33 (2 U15)
326 ran

## Burgess

4 Rob Cope 18:42 (debut)
6 Paul Devine (debut) 19:06
35 Barry Evans 24:35
66 ran

## Copenhagen

I've not been very adventurous for some time, rarely straying beyond the bounds of Brockwell Park so a trip to Copenhagen provided an opportunity to be a bit more ambitious.

The Amager Strandpark parkrun is one of two events in Copenhagen and 6 in Denmark. It consists of two laps round a lake, quite twisty in places, with a view of the Oresund Bridge linking Denmark and Sweden in the distance. In common with much of Denmark the course is flat but a stiff breeze made it hardgoing in one direction , particularly a dog leg going up the arm of a quay.

There were around 40 participants and I was made to feel very welcome before the start as the only overseas competitor (as well as probably the oldest).

9 Mike Mann 20:48

## Hackney Marshes

Chris Vernon writes: Yes, it is me again, back from my 25th different parkrun venue. This one being only 13 miles and a half hour drive from Dulwich in the shadow of the Olympic Park. How Hackney Marshes have changed from a collection of muddy football pitches with broken goalposts, glimpsed as you drove up the A12. Now there is extensive free parking next to a new rusty building called The Hackney Marshes Centre and a well manicured park, a great Olympic legacy.

Arriving with plenty of time to spare, I had a quick look round at the tranquil river next to the Park and over to the East Marsh which is still under refurbishment after the Olympics. This is another small parkrun, presumably as there is little housing nearby. Several clubs were present, I met friends of Kev Wood from Orion, some Eton Manor, East London Runners and Vicky Park Harriers but I was the only missionary from South of the river.

The course is a straight "out and back" around the dead flat tarmac perimeter path, so no lappery but you do get to see the leaders.

It was the 3rd anniversary of the run so announcements took longer than usual with winners being congratulated for the various categories. Although it was sunny there was a chill wind so we were glad to get going, alongside the river, past the now pristine sports pitches and sweeping round to the left until we met the Lea Navigation canal with its barges. The turnaround point was far from clear, I thought he was a spectator taking photos but as I ran past he told me to about turn and back I went. The Olympic Park was mainly obscured by trees but I glimpsed the tower and the stadium, once again a construction site. The rusty building was soon in sight and the finish appeared not 20 yards from the car. I had a good run with a negative split by 30 seconds so this is definitely one to be repeated for a pb now I know where to turn!. Afterwards we gathered in the upstairs cafe in the Centre for coffee and croissants where I chatted with a family of 4 who clearly enjoyed parkrunning together.

55 Chris Vernon 30.05 (2V65)
60ran

## Hilly Fields

2 Alastair Locke 19:05 (debut)
4 Steve Smythe 19:40 (course PB) (1M55)
5 Ian Lilley 19:44 (course PB)
8 Mel Edwards 1W 20:21 (course PB)
12 Mike Fullilove 21:11 (debut)
66 ran

## Orpington

55 John O'Byrne 29:11 (course PB)
81 ran

## Riddlesdown

2W/21 Ange Norris 21:45
78 ran

## Nonsuch

40 Ian Sesnan 21:49 (debut) (1M55)
276 ran

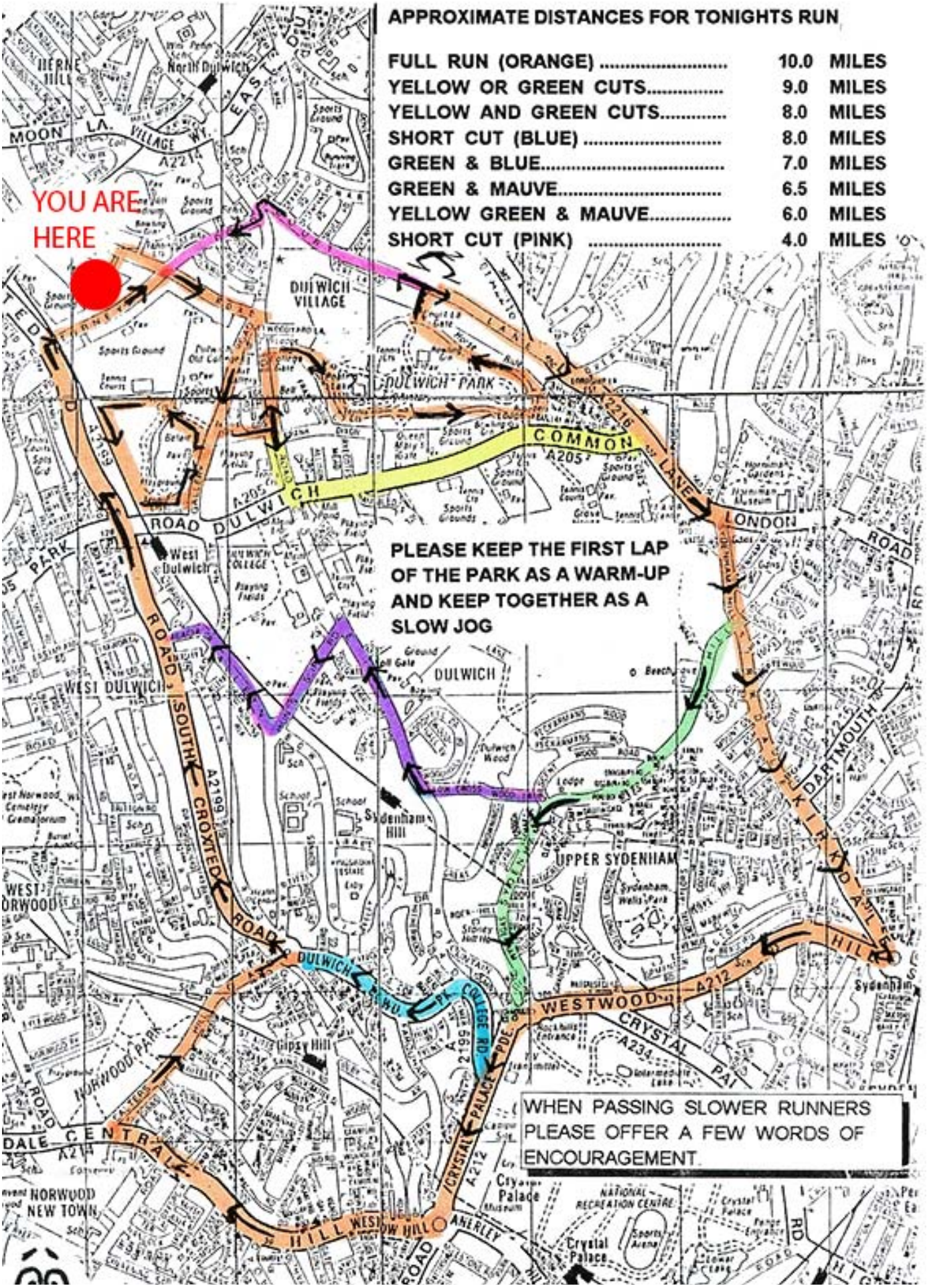
## Thetford

Spent three glorious sunny days walking and sightseeing in East Anglia.

Sneaked out from our hotel in Bury St Edmunds for the Thetford parkrun just across the county border in Norfolk.

Scenic but complicated course of three different loops which have to be done twice each. Got off to a good start with the leading bunch of two other runners, did a fast first mile in 5.34, then I tired on the uphill and finally got confused at a crossroad where slower runners came from three different directions. Went wrong and had to turn back. Lost about 20 seconds I guess. But was so far ahead of the fourth runner, that I still finished third.

And some impressive ruins of an abbey next to the parkrun to look at after (tempus fugit, hey).

3 Ebe Prill 19:02 (1V50)

# DULWICH RUNNERS A.C S9