SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 28th August 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	**28**	**Club Night, Edward Alleyn Club** 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Sep	**01**	**Lingfield (Dry Hill) 10 -** Club Champs race
Tue	**03**	Track session with Steve Smythe - £1 fee Dulwich College Track - 7 for 7:15pm start **SEE NOTE BELOW**

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 £1 but if you don't have the money on the day, you have to pay £2 next time!

Next week's Tuesday session is the last of the summer at Dulwich.

Normally we then switch to Ladywell but there is a possibility that winter training will be at Crystal Palace as it is nearer to more members and is a far less busy track. This hopefully will be confirmed next week.

LUCKY VEST- next week

August winner - Nicola McIvor

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,

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each

Available Wednesdays at the club – Ros

Wednesday Night Runs Map

Click above for this weeks Wednesday night map.
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

In your SHORTS this week !

3 Fixtures, Club Champs, Assembly League etc.
4 Race reports & results
7 Wednesday night running map

And much more !

Click below to
SUBSCRIBE or UNSUBSCRIBE

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list page 3

Sep	1	Lingfield (Dry Hill) 10 - Club Champs
Sep	5	Beckenham Assembly league
Sep	21/22	Aldershot Relays

NEW RUNNERS ROTA

Thanks to **Clare Quirico, Joseph Brady and Mike Mann** for taking out new runners last week.
If you are on the list, 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

Stephen Street	**28/8**
Cameron Timmiss	04/9
Tony Tuohy	11/9
Mick Ward	18/9
Steve Wehrle	25/9

WEDNESDAY NIGHT £1 RUNNING FEE

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

DULWICH CHARITY 10K - SPONSORS NEEDED

On 6th October we will be organising the 28th running of this race which over the years has raised over £90,000 for local charities. This is the one occasion in the year when the club does its bit for the community and this is supported by the Mayor who will be in attendance to start the races.

There is a high quality 10k race with 500 entries, (course record 29.22), a 2 mile junior race and a very popular 1 mile family fun run. We hope all members will get involved in some way. Please approach your boss and friends with a businesses or shops, for sponsorship which can range from prizes, cups mementoes and even the Portaloos. The more we raise the more goes to the charity of the year, The Hollington Club for Young People in Camberwell.

Chris Vernon (vernonrun@aol.com)

Wednesday Apres-Run Re-hydration !

Come up to the bar and have a drink and a natter with us , it's a great way to get to know fellow runners (hot drinks also available)

Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the Wednesday run.
Arrives close to 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

Dulwich Runners Christmas Party Saturday, 14th Dec 2013 The Cambria,Herne Hill Road

Hi All,

Its never too early to think about Christmas, Santa and his Elves are always watching.....With that in mind please keep free Saturday 14th December free in your diaries.
This year we are holding our Christmas festivities in the upstairs function room of The Cambria on Herne Hill Road.

Please check out (and join if you've not already done so!) the Herne Hill Forum for information on this fab location:

http://www.hernehillforum.org.uk/category/venue/cambria

More details and ticket information will follow when the first autumn leaf falls..... - **Suz**

ASSEMBLY LEAGUE 2013

For those new to the club, this is a series of 6 races (one left)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.
Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.
The remaining fixture this season :
5 September Beckenham - 7:15 start
Further information on venues and times will be provided nearer the time. - ***Mike Mann***

Hi

i still need another 8 marshalls for our 10K on 6th oct
Please e mail me if you can help
Cheers -**Steve Wehrle -** Steve.wehrle@immediate.co.uk

Dulwich Runners Club Champs 2013

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

- 1 Sep 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).

HOODIES

DULWICH RUNNERS HOODIES
I have ordered hoodies from a different supplier - as near the old ones as possible.
Delivery is expected in about 6 weeks.

Ros
Ros@28kerfield.freeserve.co.uk

Striders of Croydon AC Switchback 5 Sunday 29 Sep 10.30am

5 mile, multi-terrain race around Lloyd Park and Addington Hills
It's a perfect warm up to the cross country season.
debra.c.bourne@gmail.com
http://www.stridersofcroydon.org.uk
entry forms available in clubhouse

Dulwich Runners 2013/14 Fixtures

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

Date		Race			Venue
Sep	1	Lingfield (Dry Hill) 10	(club champs)	L	Lingfield (Dry Hill)
	5	Beckenham Assembly League			Beckenham Sports Club, Foxgrove Rd
	14	Will Bolton XC Relays			Sparrow's Den
	21/22	Womens/Mens (including Vets) SEAA Relays			Aldershot
Oct	5	Trail race, Lloyd Park parkrun	(club champs)	S	Lloyd Park
	12	Surrey Vets XC			Petersham, Richmond Park
	19	Surrey League Cross Country		Men	Richmond Park
	19	Surrey League Cross Country		Women	Lightwater
	20	Cabbage Patch 10			Twickenham
Nov	9	Surrey League Cross Country		Men	Wimbledon Common
	16	Dysart/Ellis Cups (XC)			Petersham, Richmond Park
	16	London XC Champs			Parliament Hill Fields
	23	South of Thames 5m XC			Streatham Common
Dec	7	Surrey League Cross Country		Women	Farthing Down
	7	Kent Masters XC Champs			Danson Park, Bexley
	21	South of Thames 7.5m XC			Wimbledon Common
Jan	4	Surrey XC Champs			Denbies Vineyard
	4	Kent XC Champs			Hythe
	11	Surrey League Cross Country		Men	Reigate Priory (DR to co-host)
	11	Surrey League Cross Country		Women	Putney Vale
	25	South of England XC Champs			Parliament Hill Fields
Feb	8	Surrey League Cross Country		Men & Women	Lloyd Park
	22	National XC Champs			Nottingham

WILL BOLTON RELAYS, 14 SEPTEMBER

We did not receive sufficient interest to enter teams for the River Relays on 8 September, so instead are intending to enter teams for these cross country relays at Sparrow's Den,West Wickham. These proved popular last year when we entered several teams. The relays are 4x4k over a mixture of fields and woods, and start at 2.45 on Saturday 14 September. They will be a good warm up for the cross country season as well as the SEAA relays at Aldershot the following weekend. If you are interested in taking part please contact me or the women's captains as appropriate by 11 September. ***Mike Mann*** mcmann90@yahoo.co.uk

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, and you need to run in a club vest - ***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

Charlie Lound

Kent Grand Prix		Surrey Road League
1 Sep	Kent Coastal Marathon	all races now completed
22 Sep	Tonbridge 1/2M	
tbc	Sittingbourne 10m	

Masters Fixtures

These are the main British Masters fixtures.
The main club event will be the BMAF Road Relay Champs, 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

Sep 4/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs. Pt Allegre	Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Cardiff

Race Reports & Results

If it's not a club champs race, local parkrun or other major club race which Steve Smythe kindly finds & collates results for, then it's highly unlikely that your results will be in SHORTS, so to ensure they do, please send them in. And if you can write a report even better. All road, fell, XC, Tri results etc, are welcome

Serpentine 5km, August 23

Clare won the women's race easily and set a UK W45 leading time. Paul set a non Parkrun PB. Alex had to slow due to a knee problem.

13	Clare Elms 1W	17:42
18	Paul Devine	18:02
27	Ebe Prill	18:27
40	Alex Elms	19:20
61	Steve Williams	20:29
82	Andy Murray	21:13
104	Ros Tabor	22:06

205 ran

Mel Batty 10k, Grays, Aug 25

36 Cara Oliver 1W35+ 42:17

HHH Open Meeting, 24 August

All 4 who participated in the final open track meeting of the season at Tooting track were disappointed with their times. Conditions were muggy with light rain early on but got progressively worse later in the afternoon.

The 1500m race took place in heavy rain with the contents of the steeplechase water jump overflowing onto the track.

Mike Mann

10,000m

Buzz Shephard	34:54.77
Ebe Prill	38:53.02

800m

Ed Hill	2:10.75

1500m

Mike Mann	5:22.30

Vets Track And Field Champs, 25 August

After the previous day's partially sub aqua 1500m at Tooting track, there was some welcome sunshine that helped dry out my waterlogged spikes for the 800m at Battersea Track. I went through the bell on target at around 76 seconds, overtaking a runner who I had been tucked behind with 250m to go, and was pleased to achieve a season's best, with a little bit left in the tank.

I was intending to hang up my spikes for the year for this distance, but now with just over a second now behind this year's UK M65 season's best, I'm quite tempted to give it a final shot.
Both Tony Tuohy and I were disappointed with our 5000m times later in the afternoon, but Andy Murray improved on Friday's Serpentine 5k time by around 30 seconds (official times not yet available).

In a rare excursion into racing, Giles Brindley competed as an M85 in the 100m. - ***Mike Mann***

100m

Giles Brindley	27:84

800m

Mike Mann	2:36.81 (SB)

5000m

Tony Tuohy	16:51.78
Mike Mann	19:46.94
Andy Murray	20:42.57

Howtown Fell Race - Saturday 17 August
13 miles - 4,640 feet ascent

Hugh Balfour writes.....

As some of you will know, I have done next to no running this summer due to an annoyingly persisitent groin injury. But after some ministrations from one of the Crystal Palace physios, it had improved enough for me to start a bit of running since the end of July. Having a break in Yorkshire, I had planned to do this race months ago.

Howtown is a hamlet on the eastern shore of Ullswater, and the route is a circular tour round Martinsdale, going over Loadpot Hill, High Raise, Ramsgill Head, Place Fell and Hallin Fell. Given my lack of fitness, I knew this was a rash decision, but it started to look really barmy in the light of the forcast – heavy rain and high wind. It was a lovely morning as I set out, and forecasts have been wrong. Not this time!

The rain rolled up its sleeves and got seriously to work about half and hour before the start, and not wanting to be left out, the wind also joined in. Not many were warming up; everyone stayed huddled in their cars until the last minute. But eventually the elements had to be faced.

The first mile was a sttep climb up Loadpot Hill to CP1. I took it gently staying near the back of the field, and felt ok at the top.The next four miles followed the course of the old Roman Road over High Raise to Ramsgill Head. We were now at over 2000 ft and going straight into the southerly gale – even going downhill was hard work. Running in these conditions was an interesting experience: with the roar of the wind and the rain hammering on the hood of my cag, I wasn't much interested in the scenery or how the Romans coped. It was head down and keep going.

Above 2,400 ft we got into the cloud and navigation bacame a bit more tricky. Two of us had just run passed a summit when we met a runner coming the other way! "We'ver just missed the checkpoint", she shouted. We were on High Raise, so it was back up to the cairn to search for the marshall, whom we eventually found hunkered down in a shelter. This CP proved to be quite a problem. Half a mile further on we met two other runners coming back to find it. In total 17 people never found it, but given the conditions, they weren't disqualified.

The wind on Ramsgill Head was unbelievable, knocking me sideways several times. So I thought it would be wise to keep well away from the steep crags plunging the northern face. But we now started to descend and run north, with the wind behind us it had to be easier. It was, but the race had suddenly become a lot more dangerous. The grassy moorland of the first half now gave way to a steep rocky path, which in many places had turned into a stream, where 60 mph gusts of wind continually threatened to knock me over. The leaders may have run this bit fast; I didn't, but at least there was still some running in my legs.

Passing Rest Dodd and Angle Tarn, I arrived at the foot of the next big climb – 950 ft up Place Fell. I kept going ok on the actual climb, but at the top was done for. The long descent to Martindale was more hobble than run. In fact while descending a steep grass slope, I decided that my bum rather than my legs would get me down quicker. So it proved. I shot down for about 30 yards - the first time that part of my anatomy has been deliberately used in a race!

Once back in the dale, there was the sting in the tail. Wainwright says Hallin Fell is "a motorists' fell, for the sandals and slippers and polished shoes of numerous car-owners ...have smoothed to its summit a wide track... ". Its modest 500 ft may seem a stroll to a motorist on a sunny day, but to me with the storm still raging, it felt more like the north face of Everest. My descent was an even more pathetic sight. But finally I got to the finish and one of the slowest times for years. But I wasn't worried, there was tea, cake and rest.

If I'm honest, this was not one of the most enjoyable experiences of my life, mainly bacause of my lack of fitness; so it was very satisfying to finish. More importantly, I had always wondered how I would cope with really bad conditions. This was about as bad as it gets, and I now know I can do it.

Winning time 2.15.05
39 Hugh Balfour 3.40.10
48 finishers 8 dnf

Watford Open Evening Graded Meeting 1500m - Aug 21

*Duncan Hussey writes...*First visit to what is probably the most popular open graded meeting in the country with athletes coming from far afield as Bournemouth and Suffolk. Overall there were over 250 runners for the 1500m spread over 20 races and it means that each race is very tightly contested which can help produce fast times.

Wasn't expecting to see anyone else from the club so it was a pleasure to see Kim, her sister and her two year old nephew. Kim had last raced at this track 17 years ago and the thrill of seeing his aunt's return race after such a gap wasn't lost on Kim's nephew – he was fast asleep.... and that was even through the frequent firing of the starter's gun! Oh well. What he did miss was an excellent run from Kim as she started at the back of the pack, slightly detached at first but sensibly
worked herself back and powered her way to what was a season's best and at the very least a Power of 10 PB. Well done Kim!

Oscar wasn't at his best and probably expended to much effort chasing the pack after a quicker first lap.
The closeness of predicted times didn't help me as younger, less experienced runners tend to sprint off, then settle back at which point the pace is too slow. Being trapped in the pack meant forcing the pace a little too much
midway and not leaving enough in the last lap.

Race 3	14	Kim Hainsworth	5:13:36 (PB)
Race 3	15	Oscar Hussey	5:10:81
Race 6	8	Duncan Hussey	4:51:25

5k Results, Sat 24th August

Highlights were Clare and Sue's wins and Kim's PB in second place

Basingstoke

Graham Laylee 22:00

Brockwell

CHRIS'S 100TH PARKRUN

Last week I had to make a mad dash across half of Wales to Aberystwth to get in my 99th ready for this week. I had already visited Aberystwth, an unremarkable course, but this visit was special as I bumped into a guy at the race whom I had met once before on top of Madeira's highest mountain! Small world, isn't it?

Saturday saw me at my home run in Brockwell for my 100th. I did not imagine that when I started this Parkrun lark in July 2010 at Crystal Palace, that I would ever do 100 events at 27 different venues (so far) and set a new club record for being the first DR to do 100 parkruns in a club vest!

It had been raining all night but it eased up by 9am into a muggy, airless morning. A good turnout of Dulwich Runners were there to greet me but as usual they all disappeared into the distance at the gun. Neither Sue nor I had good runs but we made it.

Once again we demonstrated that Dulwich Runners are a broad church and not an elite club with athletes throughout the field from Sue Cooper as first woman to Sue and I at the back of the field

Thanks to Bernard, Mike, Ros and Andy for marshalling and 3 of our Grandchildren for their support

19 Duncan Wilson	21:40
23 Susan Cooper 1W	21:53
30 Anna Thomas 4W	22:36
52 Barrie John Nicholls	24:27
59 Lindsey Annable 13W	25:11
81 Barry Walker	29:24
94 Chris Vernon	31:23
95 Susan Vernonn 30W	32:23
96 ran	

Burgess park

34 Barry Evans	24:23
73 ran	

Dulwich

8 Mike Fullilove	18:43
13 Kim Hainsworth 2W	19:20 (PB)
14 Paul Hodge	19:25 (PB)
17 Gary Sullivan	19:40
32 Brendan Greaney	21:59 (PB)
49 Michelle Allard 4W	24:10 (PB)
52 Mick Mead	24:56
66 Toby de Belder	26:00
109 ran an	

Greenwich

Clare's 59th parkrun win

2 Clare Elms 1W	18:24
9 Steve Smythe	20:54 (1M55)
95ran	

Hilly Fields

5 Sam Crump	19:40
7 Kevin Chadwick	20:04
25 Martin Morley	24:37
65 ran	

Riddlesdown

2W Ange Norris	20:28

Tonbridge Club and Open Championships - 21 August

800m

Mainly held as Tonbridge AC's club championships, this is extremely good value with the entry cost at a total cost of £4 and for that you can enter as many of the day's 20+ events.

Conditions were surprisingly hot and windy and there was an end of season feel to times as although I passed several rivals on the second lap it was more down to their poor performances than anything good from me. Oscar moved through the field well on the second lap.

Race 2 3rd	Oscar Hussey	2.31ish (tbc)
Race 3 2nd	Duncan Hussey	2.23.23

Canterbury Half Marathon. Monday 26th August

Question: What don't you do if you haven't run a race greater than 10k all year on a humid, hot August Bank Holiday and have been drinking like a fish and training very little in the South of France?.

Answer: "Run" a half marathon or in my case run for 3 miles then limp then walk then run, stop, stretch (groin strain), times 5.

The best bit of this race is to have forgotten about it (for a long time). Another PW in 1 hr 56 minutes and 10 seconds. 177th out of 460. 6th V50. Beautiful countryside south of Canterbury. Recommended if you are a fell runner or just like ultimate punishment.

Next year, I think I will go to the Notting Hill Carnival instead

Duncan Wilson

Sue Cooper ran (no limping, stopping or stretching) and only walked up the last half of the last hill at 10 miles. Finished 2 Miles in front of Duncan Wilson at the finish 1.44.59. 6th Female (coincidence?). 87th overall.

This route is easily worth 10 minutes so this was good for a 1hr 34 minutes run on the flat.

Watch out Connemara marathon!. PB on the horizon.

Duncan Wilson

The Return of Saucy Jack!
Friday 6th September 2013

I'm back at Elmer's End for another gig with pop-rock four-piece 'Saucy Jack'!!! I've played a few gigs with them now so might even know the songs!
You'll still get great tracks from the likes of The Beatles, Rolling Stones, David Bowie, The Monkees, Van Morrison, Free, Gerry Rafferty, The Eagles, Squeeze, Thin Lizzy, T. Rex, various classic Rock 'n' Roll, etc., etc.

So here we go again, the usual well-rehearsed (!!) live music mayhem – with the crowd at the last few gigs being very helpfully swollen by various Dulwich and Beckenham Runners (some appear to now be die-hard fans!) I'll be hoping to recruit yet more of you. Keep music live!

The gig is once again at the very local-ish William IV 116 Croydon Road, Elmers End, Beckenham BR3 4DF, start about 9pm - and it's totally FREE.

http://www.randompubfinder.com/pubmap.php?Name=William_IV,_116_Croydon_Rd,_Elmers_End,_Beckenham&Pub=725> &Pub=725

Tony 'Thundersticks' Tuohy. - Has-Been rock star (OK, never-was rock star,just don't get me started)

Let those ears bleed once more.....
Tony Tuohy

You can follow us on

Are you a Veteran Athlete?

Older than 40 years of age?
Do you regularly run over 10km per week and have been doing so for more than 10 years?

Would you like to volunteer for tests on your heart?

The Centre for Inherited Cardiovascular Conditions and Sports Cardiology at St George's Hospital, in South London, is currently researching the cardiac effects of long term high endurance exercise in older athletes. We are enrolling healthy male and female volunteers with no history of heart disease, smoking or diabetes. The study involves three hospital visits each lasting 2 hours to St Georges Hospital, Lewisham Hospital (South London) and the Heart Hospital (Central London). Each volunteer will be offered an electrocardiogram, echocardiogram, cardiopulmonary exercise test (VO2 test), cardiac MRI, cardiac CT and a 24 hour heart monitor.
If you are interested and want to obtain a full information leaflet please contact:

Dr Ahmed Merghani amerghan@sgul.ac.uk 02087253951

St George's University of London

Participant Advert/Version 5 (05/07/2013)

Cardiac Risk in the Young

YEAR 20 ! - TOUR TO PORTO

Hi all,

A bit of an update , with 3 weeks to go, until we go to PORTO !

We now have 48 of us going with the addition of El Presidenti – Ron Searle and my sister Pam.
Please see below for information.
As mentioned before some are on the Easyjet flight, some on the Tap flight but if going out on Friday 13th September a coach will pick us all up at Porto airport as the 2 flights land only 10 minutes apart.
If you are travelling before then you will need to sort your own transport to the hotel which is;
The HOTEL IPANEMA PARK, (not the Ipanema),
Rua De Serralves,124,
Porto
Telephone +351225322100

FRIDAY 13TH SEPTEMBER The first time we will all be together is for the Friday night meal at the **HERANCA MAGNA** restaurant. A bus from the restaurant will collect us at 1920, so please be in the reception area by `1915 latest.
The restaurant is a large venue with food/drink/singing/ dancing etc.
Cost is 35 euros each, which you will need to pay when we get there.
The bus will take us back to hotel at the finish, around 2330

SATURDAY 14TH SEPTEMBER
We will need to collect numbers etc for the races. Registration is open from 1000 to 1230 at **'ALFANDEGA DO PORTO'** wherever that is??
Suggest leaving hotel at 1030 to collect items.
After that the rest of the day is free!!!!!!!!!!

SUNDAY 15TH SEPTEMBER
Both the half marathon and the 6km event start at 1020 in the same place, Avenue Paiva Couceiro,(under Freixo Bridge). I believe this is not far from the hotel, but I need to check when at registration.
Not sure who is doing which event, but can make a list on Saturday. With any luck we will all be finished by 1230ish, so time for a Port after, (Alastair and Clare W looked after this the last time we were in Portugal)!
SUNDAY EVENING 2000 I will find a restaurant when we get there for our evening celebrations, (**you will need to pay for this meal).**

MONDAY 16TH SEPTEMBER
Day trip!
0900 leave hotel for bus tour of Porto
1100 visit Sandemans Port / wine cellar
1200 River cruise along the Duoro
1300 Bus trip to the beach for lunch etc
1530 Transfer to hotel by bus
This trip is paid for, but not any extra drinks you have.
Rest of the day free, but sure we can find somewhere to go in the evening!

TUESDAY 17TH SEPTEMBER
1130 Easyjet passengers leave for airport by coach
1630 TAP passengers leave for airport by coach

Those going out before 13th or coming back after 17th need to sort your own transport to airport.

Suggested **ROOM LIST** is as follows;

Doubles
Allan Barrie/Bianca Hollis
Steve Wehrle/Annfaithfull
Barrie John Nicholls/Lindsey Annable
Chris Vernon/Sue Vernon
Bob Bell/Chris Bell
Peter Warren/Chris Warren
Clare Wyngard/Mike Dodds
Peter Jackson/Lynn Jackson
Sue Bastow/Phil Bastow

Twins
Alastair Young/Colin Frith
Claire Steward/Di Morgan
Clare Osborne/Jo Shelton
Andrea Pickup/Gill Johnson
Pat Haslett/Errol Breda
Gary Witsey/Noel Thomson
John O'byrne/Richard Pole
Bob Reid/Roy Gonsalves
Bernard Imber/Steve Street
Roy Hibberd/Harry Handscombe
Paul Keating/Jose Barretta

Triple
Ted King/James Lawne/Mark Collins

Singles
Nusi Pedro
Ruki Sidhwa
Veron Hall
Pam Lelliott
Ron Searle

PLEASE DON'T FORGET TRAVEL INSURANCE/ EU HEALTH CARDS/ MONEY/ RUNNING KIT

Easyjet have reduced the maximum size for hand baggage to 50cm x 40cm x 20cm, this is a bit smaller than it used to be, so be careful!

PLEASE COLLECT TOUR TEE SHIRTS FROM ME OVER THE NEXT COUPLE OF WEEKS,(I don't want to have to take them all to the airport). Bring previous ones with you too!

Think I have covered everything, please come back to me if any questions.

Cheers
STEVE
WEHRLD TOURS

DULWICH RUNNERS A.C.

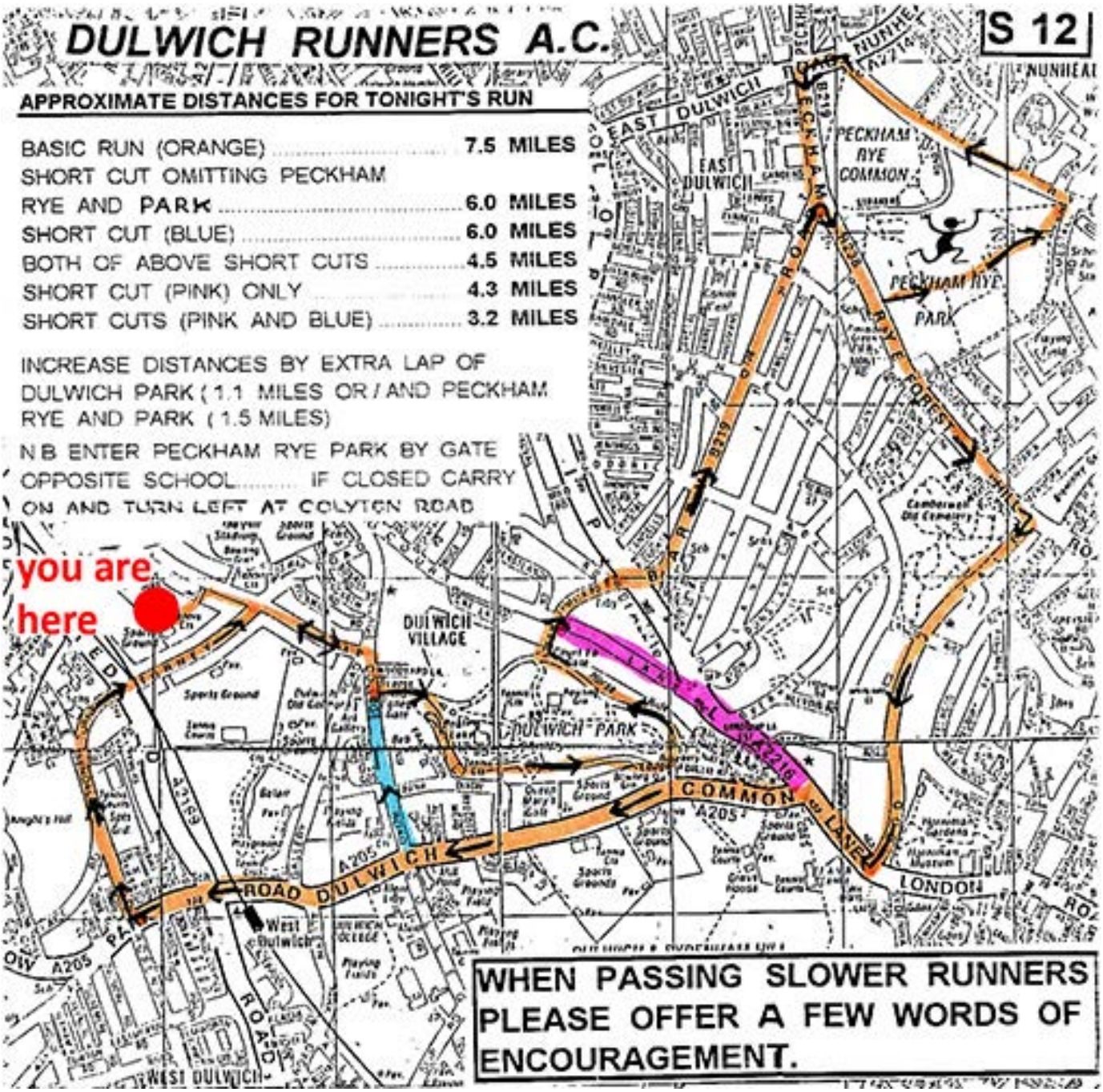
S 12

APPROXIMATE DISTANCES FOR TONIGHT'S RUN

BASIC RUN (ORANGE)	7.5 MILES
SHORT CUT OMITTING PECKHAM RYE AND PARK	6.0 MILES
SHORT CUT (BLUE)	6.0 MILES
BOTH OF ABOVE SHORT CUTS	4.5 MILES
SHORT CUT (PINK) ONLY	4.3 MILES
SHORT CUTS (PINK AND BLUE)	3.2 MILES

INCREASE DISTANCES BY EXTRA LAP OF DULWICH PARK (1.1 MILES OR / AND PECKHAM RYE AND PARK (1.5 MILES)

N B ENTER PECKHAM RYE PARK BY GATE OPPOSITE SCHOOL..... IF CLOSED CARRY ON AND TURN LEFT AT COLYTON ROAD



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.