SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 17th July2013

These are your SHORTS,
Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk
DEADLINE 17:30 TUESDAY

- THE COMING WEEK –

Wed	**17**	**Club Night**, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Tue	**23**	**Track session with Steve Smythe** - £1 fee **Dulwich College Track** - 7 for 7:15pm start

In your SHORTS this week !

3 Fixtures, Club champs, Assembly League etc
4 Race reports & results
4 Mark Hayes memorial mile results (club champs)
7 Badgered !
9 Wednesday night running map

And much more !

Click below to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

Mark Hayes Track Mile

Thank you everyone who came to the mile track race to run, help with organisation or support. We had a good turnout of runners and some exciting races.

The lovely warm weather made it a pleasant evening and many of us enjoyed a post race drink in the Alleyn's Head. We collected £225 which I have sent to Karine.

Ros

HOODIES

I am very sorry to tell you that the firm who supplied our hoodies has gone bust and can not meet the order.

I am negotiating with Ronhill (who make our vests), and I think will be able to make a similar hoody for a similar price, so those who have ordered will have one before the weather gets cold (again).

I have a list of those of you who have already paid. If you want a refund, let me know and I will pass your name to Graham who can issue a cheque. - Ros

Andy Murray/Ros Tabor
Andrew@28kerfield.freeserve.co.uk
Ros@28kerfield.freeserve.co.uk

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

This year's race will be held on Sunday 6 October, and we are starting to organise it.

If you are interested in being on the committee, or can help in any way please can you contact
Chris or Sue Vernon: vernonrun@aol.com

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

A brief look ahead

full fixture list page 3

Aug	8	Assembly league, Victoria Park
Sep	1	Lingfield (Dry Hill) 10 Club Champs race
Sep	5	Beckenham Assembly league

NEW RUNNERS ROTA

Thanks to **Steve Cook and Andy Murray** 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

Barrie J Nicholls	**17/7**
Ebe Prill	25/7
Clare Quirico	01/8

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!

Wednesday Night Runs Map

Click above for 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

LUCKY VEST - August 7

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- shirts long sleeved	£22 each
Waterproof Jackets	£25 each

Available Wednesdays at the club – Ros

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 and cold drinks 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***

Herne Hill Harriers have invited us to enter a team in their pub quiz, which will take place on Sunday 11th August at 7pm in the Exhibit, Balham. Tickets are £10 each and include food. Teams can be made up of up to 6 people. The contact is Patty - patrizia_gnoato@yahoo.com
Tel:07971 048276

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).

Clare Osborne reports

Your DR Committee met last week and we discussed a number of routine issues such as stock take of the kit; extent of publicity on the club and how the website might be more user-friendly plus upcoming social events.

One topic that was also discussed and at some length was new runners. There has been some informal feedback from a few new runners that they did not feel that welcomed when they first came to the club on a Wednesday night.

The Committee discussed how this might be addressed and a couple of ideas were to offer new members a free drink at the bar if they return the following week and to ensure those on the beginners rota are clear about what the role includes to ensure we give a positive first impression of the club. We will look into both.

Whilst the Committee recognise that it can be difficult when joining a new club when you don't know anyone and can be down to a number of factors to encourage them to return on a regular basis, we thought it was worth sharing this feedback with you with a request that if we can all try do a bit each week or so to make one or two new faces feel more included (a chat about their run should be enough), we may entice more to come back and see us the following week and with luck become an even better and stronger club. :)

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
Jul	27	Open track meeting			Tooting Track
Aug	8	Victoria Park Assembly League			Victoria Park, Hackney
	12	Open track meeting			Norman Park
	17	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

TRACK MEETINGS - Herne Hill Harriers and Blackheath & Bromley Harriers are holding a series of open track meetings this summer. 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

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 :
8 August Victoria park, Hackney
5 September Beckenham - 7:15 start
Further information on venues and times will be provided nearer the time. ***Mike Mann***

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
Surrey Athletics:http://www.surreyathletics.org.uk/road/league
Charlie Lound

Kent Grand Prix		Surrey Road League	
21 Jul	Mount Ephraim 10k	21 Jul	Elmbridge 10km
1 Sep	Kent Coastal Marathon	11 Aug	Wimbledon 5km
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 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

Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 4/15	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

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

Mark Hayes Memorial Mile

In almost perfect conditions, there were some superb races and performances with Buzz and Clare winning the Mark Hayes trophies, though Alex Elms producing an equally brilliant run.

Thanks to those who assisted in sorting out results and times, some of whom should have been running!

Race 1

Jim Dowsett led for most of the race but it was Brendan Greaney who had the strongest finish though both were well inside 6:20 for a race where runners in this race were expected to be outside that time.

Barrie John Nicholls and Lindsey Annable carried on their record of always supporting this race.

Last year's times are in brackets, with 2011 times next where appropriate.

1	Brendan	Greaney	M45	6:11.7
2	Jim	Dowsett	M35	6:13.8
3	Graham	Laylee	M55	6:37.2 (6:39.5)
4	Barrie J.	Nicholls	M55	6:48.0 (6:51.6 in 2012, 6:45.4 in 2011)
5	Steve	Cook	M60	6:50.5
6	Clive	Elms	gst	6:59.5 (6:54.5, 7:12.4)
7	Barry	Evans	M65	7:01.1
8	Lindsey	Annable	W45	7:02.2 (7:11.7, 7:33.5)
9	Kareen	Brissy-Hayes		7:20.9
10	John	O'Byrne	M60	8:18.6
11	Sameer	Bhatia (gst)		8:59.2
12	Chris	Vernon	M65	9:03.9 (8:25.5)
13	Anjali	Bhatia	W50	10:00.1

B

This race was for those potentially close to five minutes. Buzz set a fast pace and built up a good lead while Ed Hill chased at a distance with Alex Elms tucked in behind. Buzz started to tire on last lap and lost ground on those chasing but held on for a fine PB for a race he has dominated in recent years but missed in 2012 as he was in Australia.

Alex kicked away from Ed with 400m to go and finished strongly in easily his best ever race. His time puts him top of the British under-15 rankings on his 13th birthday. Had it been a day earlier, Alex's time would have incredibly been a world age 12 record and it was a 34 second PB!

Tony, was never able to get on terms with the first three, but he set a club M50 record with a PB.

Clare Elms followed Charlie round the early laps though the pace was a little too slow and she picked up over the second half but just failed to break her target of five minutes, and had she done, she would have become the least youngest woman to break that target

Unlike son Alex, she did set a world age best (49) and if she can repeat the time next year it will be a world over 50 record.

Charlie kicked past Duncan on the last straight to be firest over 40 – Duncan was probably the only club runner who got his pace totally wrong and as he has been running track for well over 30 years and is the most experienced track runner who took part!

1	Buzz	Shephard	M35	4:40.1 (PB) (4:42.8)
2	Alex	Elms	U15M	4:42.6 (PB) (5:16.9)
3	Ed	Hill	M35	4:44.1 (PB) (-, 5:21.4)
4	Tony	Tuohy	M50	4:51.8 (PB) (4:55.6) (PB/ club M50 rec.)
5	Clare	Elms	W45	5:00.5 (5:05.2, 5:27.0)
6	Charlie	Lound	M45	5:09.1 (5:16.8, 5:05.8)
7	Duncan	Hussey	M45	5:09.6 (5:13.8, 5:06.5)
8	Frank	Hudson	(gst)	5:17.4

C

Lewis was given the opportunity to compete in the fastest race but chose this race instead. With so many closely matched, no one was willing to set a quick pace and most of the field were still in contention at halfway. Rupert picked up the pace but it was 14 year-old Lewis, who has made great improvement of late, who had the strongest finish. Rupert did well in second and he held off Rob and Ebe, who have made huge improvements themselves.

Rob was 28 seconds faster and Ebe 17. Kevin did well in his first club track race and was close while John English improved 30 seconds on 2012 and there were strong runs from Paul, Neil, Ed, Ian, James and Gary and Oscar and even Cameron at the back did a good PB.

1	Lewis	Laylee	U15M	5:10.9
2	Rupert	Nash	SM	5:12.2 (5:17.6)
3	Rob	Cope	M40	5:13.3 (5:42.0)
4	Ebe	Prill	M50	5:13.7 (5:30.8)
5	Kevin	Chadwick	SM	5:14.2
6	John	English	M50	5:14.8 (5:44.8)
7	Paul	Devine	M35	5:15.6
8	Neil	Moriaty	SM	5:17.1
9	Ed	Smyth	SM	5:22.3 (5:32.1)
10	Ian	Lilley	M40	5:26.2
11	James	Burrows	SM	5:26.7
12	Gary	Sullivan	M55	5:28.9 (-, 5:41.5)
13	Oscar	Hussey	U15M	5:30.3 (5:45.4)
14	Mark	Foster	M45	5:33.1 (5:34.5, 5:40.5)
15	Mike	Mann	M60	5:38.2 (5:29.5, 5:42.6)
16	Paul	Hodge	M45	5:44.8 (-, 5:34.6)
17	Ajay	Khandelwal	M40	6:01.8 (5:57.3)
18	Cameron	Timmis	M40	6:07.8 (6:21.8)

Overall Championships

Andy worked out the points on Tuesday night which seem to be different to what I have seen on the calculators.

Clare was a clear winner and scored the first ever 1000 plus score, which is supposed to be impossible though Ros and Alex also scored some of the highest ever club championship scores and were well over 900 which is deemed world class.

1 Clare Elms 1003
2 Ros Tabor 958
3 Alex Elms 933
4 Tony Tuohy 865
5 Mike Mann 841
6 Buzz Shephard 817
7 Andrea Pickup 814
8 Ebe Prill 810
9 Nicola Richmond 808
10 Lewis Laylee 805
11 John English 801
12 Gary Sullivan 799
13 Ola Balme 799
14 Edward Hill 797
15 Cara Oliver 796
16 Duncan Hussey 795
17 Charlie Lound 792
18 Emily Gelder 784
19 Oscar Hussey 778
20 Andy Murray 756

Club Championship winners

Overall: Clare Elms
Fastest man: Buzz Shephard
Fastest woman: Emily Gelder
Senior man: Alex Elms
Senior woman: Cara Oliver
M50+: Tony Tuohy
M40: Charlie Lound
M60: Mike Mann
Vet woman: Nicola Richmond
W50: Ros Tabor
Age graded 2: Andrea Pickup
Age graded 3: Ebe Prill (award still to be presented)

D

This race was open to all women who could break seven minutes and ten minutes after finishing in the fast race, Clare decided to run again. The early pace wasn't too quick and Andrea took up the pace and picked it up slightly. Clare pulled away for a comfortable win near the finish. Andrea was still second until the last bend but was passed by Emily, Cara and Nicola. Emily showed great speed for an ultra runner and came in second ahead of Cara, who made good club mile debuts. Nicola broke her PB by some distance as Andrea, who had done much of the leading came in fifth.

Close behind, Kim had her best ever run, taking over 15 seconds off her PB.

Mel couldn't get on terms with the top six after a slow start but she did run 35 seconds quicker than last year.

Anna, Michelle and Katie set PBs while Ros was much quicker than last year

1	Clare	Elms	W45	5:28.9
2	Emily	Gelder	W35	5:32.7 (PB)
3	Cara	Oliver	W40	5:33.8
4	Nicola	Richmond	W40	5:36.8 (PB) (5:45.9)
5	Andrea	Pickup	W40	5:38.8 (-, 5:39.6)
6	Kim	Hainsworth	SW	5:40.6 (PB) (5:56.4)
7	Mel	Edwards	SW	5:50.9 (PB) (6:26.3, 6:40.6)
8	Ola	Balme	W45	6:01.1 (5:56.5, 5:55.8)
9	Andy	Murray	M60	6:02.6 (5:58.6)
10	Susan	Cooper	SW	6:10.6 (-, 6:06.7)
11	Ros	Tabor	W60	6:23.4 (6:38.0)
12	Ian	Sesnan	M55	6:24.5
13	Anna	Thomas	SW	6:25.9 (PB)
14	Michelle	Lennon	W45	6:27.8 (PB)
15	Martin	Morley	M60	6:28.8
16	Francesca	Pickup	U15W (gst)	6:29.2
17	Katie	Styles	SW	6:35.2 (PB)

Biggest Improvers

Nineteen of the 26 milers who ran in 2012, made an improvement with Mel, Alex, John, Rob, Ebe and Oscar improving by over 15 seconds while Ed and Kim who didn't run last year, showed great improvement on their 2011 runs.

Mel E +35.4
Alex E +34.2
John E +30.0
Rob C +28.7
Ebe +17.1
Oscar H +15.1
Ros T +14.6
Cameron +14.0
Lindsey A +9.5
Edward +9.8
Nicola R +9.1
Charlie L +7.5
Rupert +5.4
Clare E +4.7
Duncan H +4.2
Tony T +3.8
Barrie J. N +3.6
Graham L +2.3
Mark F +1.3

From 2011
Ed H +36.3
Kim +15.8

Children's 600

Lucy made it a good day for the Elms' with a clear win, starting with a very fast 56 second lap in a keenly contested 600 metre race

1 Lucy Elms 2:01.7
2 Fleur Brissy-Hayes 2:20.7
3 Benjamin Pickup 2:22.7
4 Joe English 2:24.3
5 Celeste Brissy-Hayes 2:41.6
6 Josephine Brissy-Hayes 2:41.8
7 Bjorn Lilley 3:20.2
8 Pooja 3:25.2
9 Lukas Lilley 3:58.6
10 Albert Lilley 4:00.2
11 Priya 4:25.8
12 Anya 4:26.3
13 Sudha 5:09.0
(Emily 1 lap)

Running and other tribulations – June and July 2013

Claire Steward writes.... Sometime after finishing as 'second lady' at Bewl Marathon back at the beginning of May, Alistair Locke mentioned that he had entered Coniston Marathon. His plan to travel up on Saturday, stay overnight in a hostel, race 26 miles over difficult terrain on Sunday and return to London immediately afterwards was not particularly appealing but I was tempted by the prospect of another trail race in a scenic location.

My brother had recently relocated to Chester-le-Street not far from Newcastle (upon Tyne), and frequently drives across to The Lakes. Ascertaining that he would be free that weekend I entered the race, booked my train tickets but failed to find any accommodation for just one night prior to the race. Brother to the rescue; as a committee member of The Climbers' Club, he booked us into one of their huts, Grange Old School in Borrowdale.

"bent back at almost 90° and the front split open"

So I was all set, apart from sorting out some training to ensure that I would be fit enough by 7 July. I did a couple of solo long runs, a 19 miler incorporating Beckenham ParkRun, and a 20 miler which should really have been longer but at 20 miles the sight of a 176 bus which could take me up Kirkdale, and having my emergency (free-of-charge-old-person's) Oyster card was too tempting. Then I needed to sort out some hilly trail races. Two great opportunities presented themselves, unfortunately on consecutive days.

At 4:00 pm on Saturday 22 June, the Midsummer Munro ('the hardest half'), a half marathon with over 3,000 feet of climb and descent, and on Sunday morning the North Downs Run ("The toughest race in the South East'), 30k of beautiful off-road hills, although sadly the poppy field was not in prime condition and neither was I as I approached the finish in a time around 25 minutes outside my average for the previous seven occasions, and an hour behind Alistair Locke. By Monday I could scarcely walk but I hoped that I would be in some sort of shape to tackle Coniston two weeks later. I travelled to Chester-le-Street on Friday, and next day trotted round the local Riverside ParkRun in glorious sunshine to clear away the fog from previous night's beer and wine consumption.

n the afternoon we drove across to the Lakes and strolled up Castle Crag, the smallest hill included in Alfred Wainwright's influential *Pictorial Guide to the Lakeland Fells*. Although it is the only Wainwright below 1,000 ft, it still afforded fabulous views. Sunday was another glorious day and after dropping me off in Coniston, my brother planned to tick off another couple of Wainwrights. —

Alistair did a grand job of describing the race in his report a couple of days ago so I don't need to tell you that it was tougher than expected and the heat was energy sapping. Unusually for me, I was having difficulty concentrating and frequently found myself walking in situations where I would normally muster at least a slow jog. After negotiating all the most testing parts of the course I was enjoying trotting along the edge of Coniston Water, feeling envious of people sitting or splashing around in the sunshine.

Happy to be within the final couple of miles I suddenly found myself sprawling forward and crashed heavily onto the ground with a loud squeal. Sitting upright, I looked at my right-hand ring-finger – the middle joint bent back at almost 90° and the front split open to reveal more gristly bits than I ever want to see again. A couple of women came to my rescue followed by a chap who had emerged from his kayak. He introduced himself and said he was an orthopaedic specialist and offered to put my finger joint back into its correct orientation. He could have been one of those weird people who like to impersonate doctors but his calm 'lakeside' manner and the fact that he could look at my finger without gagging, gave me confidence that maybe he knew what he was talking about.

Holding my hand out of sight behind my back and with my face buried in his back to muffle my screams he did the job and it was instantly considerably less painful. Accompanied by a marshal who had been sent back to look for me I walked towards the finish and even managed a slow trot to cross the line, in a shockingly slow time. We drove back to Chester-le Street, the local hospital has no A&E so I went to King's when I got back on Monday afternoon.

After hours of x-rays, photos, discussions they discharged me, then changed their mind and took me up to one of the wards at midnight where I spent the next 36 hours being pumped with antibiotics and being told there would be an operation on Tuesday, then Wednesday, then not at all, and I was sent home.

I would like my next race to be far less eventful, and take considerably less time!

22 June, Midsummer Munro
123 (7F) 2:38:23 (193 finishers)

23 June, North Downs Run
311 (2FV55) 3:21:40

6 July, Riverside ParkRun
53 (10F) 23:50

7 July, Lakeland Trail, Coniston Marathon
236 5:44:44 (255 finishers)

The Surrey Badger Half Marathon, Sunday 14th July

Ebe Prill writes....Back in the good old days of 2010 when Alastair 'Can't do too many of them tough trail races' Locke was still running at a snail's pace, Paul Devine did win this one half marathon against him (with 4 min to spare), and was on about it ever since.

So they decided on a rematch of the Surrey Badger Half this year. And since there is nothing like a little challenge, Alastair went to race a trail marathon the Sunday before (see SHORTS last week and - hopefully - this week for Claire's report on the matter), which ultimately put both Dulwich participants on antibiotics and out of racing for a little.

Paul Devine Ebe Prill Sam Crumb

That's when I got Alastair's offer to stand in for him, provided I would beat Paul. An offer I obviously couldn't resist, even knowing Paul's strong form on hills from last winter's xc season.

Well, winter it very definitely wasn't anymore and the sun promised a scorcher for the race, starting at Denbies Wine estate near Dorking at 10am. Paul generously collected me and Sam in his car and told us about the course from 2010, with the main hills to be expected in the first half of the race. Unfortunately the organisers had decided to make it bit harder this year, but ignorance is bliss!

The race starts with a loop through the vineyard (not their best vintage we trampled there, I hope), then goes on tarmac along the Mole valley and into the hills, mostly on footpaths and trails. Quite a lot of it is in the shade, even so it was hot! And hilly. And did I mention hot?

But well organised and marshalled, enough water-stations on the way, the later ones with sponges and gels. And jelly baby's. So it was pleasantly enough, up the hills and a little down and more up, and a bit more up and then mile 7 passed and it looked like a nice downhill from here. Merrily downhill I went in my little race with two guys, who went ahead on the up and I caught them on the down, feeling great, way ahead of Paul and Sam. Legs spinning nicely and gravity being a friend for once, whistling a tune in my head.

And then it all came to a shuddering halt when two marshals at a crossing pointed to a sudden turn in the course and a steep path up the hill full of tree-roots loomed ahead. This was an extra loop thrown in for the second half at a most unwelcome moment. The tune was gone, gritting of teeth called for. Any hopes of a sub 90 min finish evaporated. It felt as if we were doing it all over again, the up and levelling and more up and more...

Finally we had reached the point of dropping down back to the Mole valley, I started making good some positions and picked up the pace again. No Paul coming surging past me so far and still reasonably hydrated, I felt actually quite elated again, letting the hills take me down.

The course goes back to Denbies vineyard the same way we headed out, the last 100 yards lead along the driveway to the wine estate. Some younger legs came sprinting past me on the last 50 metres, couldn't be helped and speeded me up a bit for a finish in 95:14 and 13. overall. I also got my first 'prize money' for winning my age group in the form of a £10 voucher.

The real prize though was the finisher T-shirt with 40 badgers on front! (you can see a photo of us three post race on DR facebook page)For that alone I'd recommend this race. And a bottle of Badger ale, lot's of good fruit and a nice massage after the finish.

And Alastair's lost 4 min on Paul from 2010? I think I just about made them good this time.

13. Ebe Prill 1:35:14 (chip), 1st M50
31. Paul Devine 1:39:32 (chip)
43. Sam Crumb 1:41:08 (chip)
475 ran, winner in 1:21:31

Southern Vets League Dartford, July 15

Clare had a relatively hard Vets league 800m but sprinted to victory. Cara won the B string race with her finish.
Ros got good points in the 800, though had to sacrifice what would have been a W60 win to run in the harder W50 race, and long jump. Emily did the long jump and then combined with Cara and Clare in the Medley relay for a three-quarters Dulwich team which would have been a full team had Nicola Richmond ran.
Clare led off with a fast 800m and then Cara ran a 200m and Emily a good 400 to give Cambridge a victory on the day
W35 800: 1 Clare Elms 2:22.0
W35 800: B: 1 Cara Oliver 2:31.7
W50 800: 2 Ros Tabor 2:57.5
W35 LJ: 4 Emily Gelder 3.43
W60 LJ: 4 Ros Tabor 2.08 B

Southern League, Eltham, July 14

After her three races on Friday and Saturday, on a boling afternoon Clare has three more and won very easily with some of her slowest times at 1500 and 3000.
800: 1 Clare Elms 2:29.0 (officially 2:20.9 though)
1500: 1 Clare Elms 5:19.0
3000: 1 Clare Elms 11:57.1

parkrun 5k Results, Sat 13th July

wins for Tony, Alex, Clare, Mel, Emma and Ange

Alice Holt

As Guildford was off I decided to try this one whilst on my way to my parents.

Heavy traffic on the A3 meant I was longer getting down to Farnham than I expected and then took a wrong turn. Result got into the carpark just as the run was setting off.

I chased off after the pack and for once was never overtaken. Route was very pleasant through woods on trail paths. One bit was still "soft" and I was told that in the winter some people wear spikes.

21 Bob Bell	24.11
116 ran	

Brockwell

52 Graham Laylee	22:33
63 Jim Dowsett	23:12
70 Michelle Lennon 5W	23:26
175 ran	

Bromley

207 Clare Osborne 37W	25:48
376 ran	

Banstead

Tony won by 48 seconds.

1 Tony Tuohy	17:45
165 ran	

Crystal Palace

Mel won

9 Mel Edwards 1W	19:58
10 Andy Cottrill	20:22
56 Belinda Bell 6W	26:15
92 ran	

Dulwich

Not having raced much of late, Emma picked up a surprise victory with Anna second in a PB.

5 Ebe Prill	18:24
20 Ajay Khandelwal	20:33 (PB)
27 Duncan Wilson	21:14
28 Emma Ibell 1W	21:15
31 Christian Moody	21:55 (PB)
33 Anna Thomas 2W	22:08
49 Claire Steward 6W	23:30
106 ran	

Hilly Fields

3 James Burrows	19:47
4 Ian Lilley	19:54
5 Kevin Chadwick	20:09
73 ran	

You can follow us on

Lloyd Park

After his fine mile the night before, on this very tough course, Alex smashed his PB and easily beat a runner with a 17:35 PB at Dulwich. Though she was trying to run within herself, Clare had her 58th parkrun win (out of 58) and set a new women's course record and a course PB.

1 Alex Elms	18:11 (PB)
3 Clare Elms 1W	18:54 (PB)
127 ran	

Orpington

16 Martin Morley	22:59 (course PB)
25 Colin Frith	24:10
43 Steve Wehrle	26:59 (PB)
80 ran	

Riddlesdown

Ange Norris gained her 47th win at Riddlesdown.

12 Ange Norris 1W	20:26
102 Chris Vernon	33:51
109 ran	

Vets League, Battersea Park, 15 July

With the temperature nudging 30C, it was a warm evening for a 3000m, and although I started reasonably briskly, I was rather laboured late on, losing around 10 seconds in the second half.

Nevertheless it was a season's best by a few seconds a day before moving up into a new age category. Earlier Duncan Hussey guested in the 800m in an even paced effort.

Mike Mann

and Duncan added... Even for an evening race, weather was incredibly hot with a two lap warm up more than enough. Mike Mann was also there and was due to run the 3k the day before his 65th birthday. Happy Birthday Mike!

800m

Duncan Hussey	2:19.2

3000m

Mike Mann	11:14.5 (tbc) 1st M60

JPMorgan Corporate Challenge

The annual beer and burger with a 3.5 mile run event.

Bob Bell	25.21

British 10k London. Hot Hot Sunday 14th July

This race was disorganised and very annoyingly long by 0.3 of a mile. Must have been a French revenge on Bastille day.

Finished running like a Grandad in 45.03 but 10k was about 43 minutes but I was so angry I refused to accept a medal and stormed home dripping sweat over everyone on the bus as Denmark Hill was closed for engineering works.

Signed Mr. Angry from Camberwell Grove.

aka Duncan Wilson

DULWICH RUNNERS A.C. S16

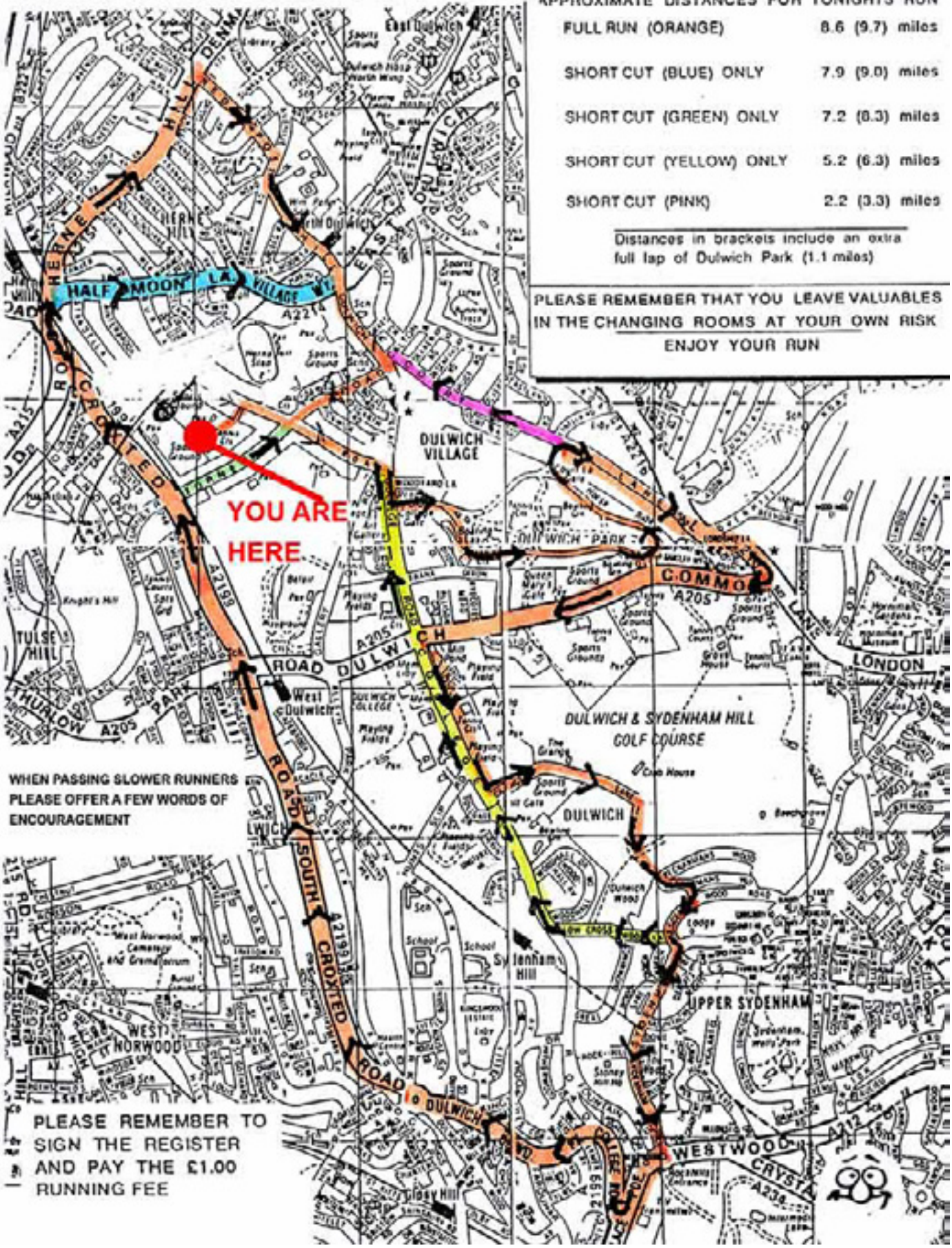
APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	8.6 (9.7) miles
SHORT CUT (BLUE) ONLY	7.9 (9.0) miles
SHORT CUT (GREEN) ONLY	7.2 (8.3) miles
SHORT CUT (YELLOW) ONLY	5.2 (6.3) miles
SHORT CUT (PINK)	2.2 (3.3) miles

Distances in brackets include an extra full lap of Dulwich Park (1.1 miles)

PLEASE REMEMBER THAT YOU LEAVE VALUABLES IN THE CHANGING ROOMS AT YOUR OWN RISK

ENJOY YOUR RUN



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

PLEASE REMEMBER TO SIGN THE REGISTER AND PAY THE £1.00 RUNNING FEE