SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 18th September 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 18 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 24 Track session with Steve Smythe - £2.60 fee
Crystal Palace Track - 7 for 7:15pm start
SEE NOTES BELOW

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

DULWICH TRACK SESSIONS

Crystal Palace Track

Tuesdays with Steve Smythe
Improve your speed & strength over all distances.
suitable for all abilities.
Dulwich Runners will try the Palace track for a month.
Pay at main reception (Pool entrance) at 7pm for 7.15pm start.A Dulwich rate of £2,60 has been agreed so state you are Dulwich. (Track is normally £3.95 peak, £2.75 off peak)
Tuesday sessions will be suitable for all. ie Tuesday, faster runners did 1600m reps and others did 1200m reps.
NB we will persist with Crystal Palace for at least the rest of September.

Track: Crystal Palace
Over 30 ran the second session at the Palace in wet but otherwise good conditions.
A good turnout from the men but poor from the women who must have been watching the Champions League.

Nb the session will start very slightly later than 7.15pm but do allow more time than at Ladywell/Dulwich as it can take 10 minutes plus to get from queuing at reception to track

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

EVENT HORIZON

A brief look ahead

full fixture list **page 3**

Sep	21/22	Aldershot Relays
Oct	5	Lloyd Park run - 5k last 2013 club champs
Oct	19	Surrey League XC Men and womens fixtures

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**

NEW RUNNERS ROTA

Thanks to **Tony Tuohy 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

Mick Ward	**18/09**
Steve Wehrle	25/09
Kevin Wood	02/10
Clare Wyngard	09/10
Hugh Balfour	16/10
Lindsey Annable	23/10

Your DR Committee are next due to meet on Monday 23rd September.
If you have any issues that you would like the Committee to discuss or consider, please speak to me on Wednesday evening at the club, or email me on: secretary@dulwichrunners.org.uk by Wednesday 18th.

As before, following the meeting a short list of points discussed will appear in Shorts.

Many thanks. - Clare Osborne, Club Secretary

LUCKY VEST

September winner was Paul Hilton

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.

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

HOODIES

Hoodies are now available. There are a few in each size which have not been pre-ordered and will be for sale on Wednesday nights. - Available Wednesdays at the club

Price £18

Ros

A complaint has been made to the agency that supplied the model !

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**

VALE PRACTICE - they are major sponsors for the Dulwich 10k this year and are offering the following to our members:

1. We can offer free 15 minute injury consultations and biomechanical assessments bookable at The Vale Practice and subject to availability. This may be some help for those who have a niggling injury and want advice on possible outcomes or someone who may have a few questions about posture and running form from a biomechanical perspective.

2. We will also be at The Dulwich Leisure Centre on September 17th from 19:30 to 21:30 for one of our running gait analysis and sports injury drop in clinics where we will be performing video analysis of running gait/form and consulting on sports and general injuries. This is a free service and does not require an entrance fee to the leisure centre if your members ask for the Running Clinic at reception on the night.

GAZEBO required for the Dulwich Charity 10k race on 6th October. Does anyone have a gazebo they could bring to Dulwich Park and erect so that Chris Vernon remains dry if it rains. He is doing the commentary.

We also need **firstaiders** or someone with medical experience as back-up if St John Ambulance don't turn up on the day. Please would email me your names to vernonrun@aol.com Thank you. Sue Vernon

Dulwich Runners Club Champs 2013

1 Race still to come in this year's club championships.

- 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).

curry night

Hi All,

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

When: Wednesday 30th October, 9pm after club run

Where: Surma, 42 Lordship Lane, East Dulwich, SE22

Buffet Price: £10 per person (TBC) cash on the night please drinks paid for 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 me if you would like to come:

misssuecooper4@aol.com

Dulwich Runners 2013/14 Fixtures

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesday club night.

Date		Race		Venue
Sep	21/22	Womens/Mens (including Vets) SEAA Relays		Aldershot
Oct	5	Trail race, Lloyd Park parkrun	(club champs)	Lloyd Park
	5	Streatham Common 6 Mile XC		Streatham Common
	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	2	Priory Relays XC		Reigate Priory
	9	Surrey League Cross Country	Men	Wimbledon Common
	16	Dysart/Ellis Cups (XC)		Petersham, Richmond Park
	16	London XC Champs		Parliament Hill Fields
	23	BMAF XC Relays		Derby
	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
	14	SEAA Masters XC		Biggleswade
	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

I've had a few enquiries about the forthcoming cross country season, so here is some advance information, particularly for the benefit of newly joined members.

We compete in the Surrey League cross country and the men were promoted to Division 2 last season whilst the women remain in Division 1.
EThere are 4 fixtures during the season, starting on 19 October at Lightwater for the women and Richmond Park for the men (details of other fixtures can be found in Shorts).

With the **Men's Surrey League** there is no need to enter in advance; you simply turn up on the day though your captain will find it helpful if you could let him know in advance.

With the **Women's Surrey League**, we need to enter runners in advance and you should have received an email regarding this.
With the first 5 runners scoring for the women and the first 10 for the men , it is important to field as many as possible of our strongest runners.

But these and other cross country races are not elite and are suitable for all abilities. They also provide excellent strength and endurance training from which you will reap the benefits, particularly in longer road races.

In addition to the Surrey League there are a number of other races during the season, almost all of which take place on Saturdays. These include the London champs in November, two South of Thames races in the autumn, the county champs (Kent and Surrey) in early January, the South of England champs in late January and the National champs in February.

There's also a number of Masters events. For all these races it' necessary to submit entries in advance, in some cases over a month before the events. Your captains will post details in Shorts and contact regular cross country competitors nearer the time, but it is important to read this information carefully and respond before the deadline given if you want to participate.

The club pays for race entries. We cannot cater for runners who simply decide on the day that they fancy a run, but they are of course welcome to support our runners.

Regarding footwear, you can often get away with road shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country shoes, or alternatively fell or trail shoes become essential.

As a warm up for the cross country season, the Will Bolton relays at Sparrow's Den on 14 September (advertised separately in Shorts) are highly recommended. The stages of 4k are shorter than cross country races, most of which range from 3 to 8 miles, but will be able to put your summer track training to good use on what is usually firm ground.
Please contact your captains if you would like to take part and for any other information regarding the forthcoming cross country season. - ***Mike Mann***

Your Cross Country contacts: Men - Mike Mann mcmann90@yahoo.co.uk
Women - Anna Thomas & Mel Edwards dulwich.womenscaptain@yahoo.co.uk

CROSS COUNTRY FIXTURES

In addition to the cross country races mentioned separately in Shorts, there are two higher profile events this autumn for which we would like to enter the strongest teams available.

These are the BMAF Relays in Derby on 23 November and the SEAA Masters in Biggleswade on 14 December. In both these events we have medal winning potential in some of the age categories. Those of you that have been approached for the SEAA road relays at Aldershot later this month, provided you are eligible as these are masters events, will be contacted individually in due course.

For the BMAF relays the age categories are M35/45/55+ and W35/45/55+ and each stage is around 3k in length. Some of us took part last year and it is a well organised event over an excellent course. The age categories for the SEAA Masters XC are M40/50/60+ and W40/50+, and the distances are 6k for the women and 10k for the men with 3 to score

Cambridge Harriers XC Race

If you fancy an early season cross country race, Cambridge Harriers are holding a 5 mile race at Joydens Wood on 28 September starting at 12.00. It is possible to enter on the day (cost £3), by going to their clubhouse at 58a/60 Glenhurst Avenue, Bexley DA5 3QN between 11.00 and 11.30. The start is about a mile from the clubhouse.

Mike Mann

Women's Surrey League -

volunteer required for final fixture

We are required to provide a volunteer to act as place recorder at the final fixture of the women's Surrey League, which will take place at noon on 8th February in Lloyd Park. The men's race will be taking place at the same venue later that day so if any of the men would like to volunteer then you should be finished helping out after an hour or so, so you'll have plenty of time to warm up for your own race. I appreciate that it's a few months away but if anyone knows now that they will be available to help on that date, then please do get in touch:
dulwich.womenscaptain@yahoo.co.uk

South of England Women's relays,

Aldershot, September 21

Vets team: Clare E, Cara, Nicola, Ola
Senior teams (2) from: Shona, Charlie, Mel, Sue C, Katie C, Ros, Louisa, Michelle

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

Streatham Common 6 XC

Oct 5th

As previous entrants to the Streatham Common 6 Mile XC race, you are all invited to take part again this year on 5 October.

Early bird entries are open as normal on Runners World and there will also be on the day entries (subject to maximum numbers). - http://tinyurl.com/ots7bqr

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 . *All Surrey league road races now completed*

Kent Grand Prix	
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

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

Will Bolton Relays Sparrows Den West Wickham – 14th September

Despite the rain in the previous week (and on the day of the relays), the course wasn't as very muddy as anticipated and apart from a few short climbs and a stretch through the woods made tricky by tree roots, this proved to be the perfect race to ease us into the cross country season.

Duncan Hussey got the men's team off to a great start and was just outside the top 50 in terms of individual leg times. Ian had warmed up by easing round Hilly Fields parkrun earlier in the day and enjoyed his first outing at the relays, despite turning his ankle slightly mid-way.

Martin had a solid run on the third leg, and Rupert rounded off the team, pleased with his effort considering he'd been doing more cycling than running in recent weeks.

Dulwich men:

18th men's team

Duncan Hussey	15:54
Ian Lilley	16:29
Martin Morley	19:23
Rupert Nash	16:39

Mel started cautiously, struggling with a calf/back injury, and was happy to be up on last years' time after limping round the second half of the course.

Stephanie had a good run, her last outing at Sparrows Den being ten years ago. Anna and Katie both enjoyed their first outing at the relays and ran well, with Anna not having run all week and Katie having run the very challenging Kent Coastal Marathon just two weeks before.

Dulwich women:

10th women's team

Mel Edwards	17:07
(2012: 17:51)	
Stephanie Burchill	22:56
Anna Thomas	18:25
Katie Crowe	18:19

Duncan Wilson arrived five minutes before the start to find he'd been moved to the first leg of the mixed team (aka 'team Duncan') but nevertheless had a great run, finishing well up on last years' time.

Duncan Wilson
17:09 (2012: 17:54)

Blackheath XC Relays September 14

Duncan Hussey 15:54
Ian Lilley 16:29
Martin Morley 19:23
Rupert Nash 16:39

B team
Duncan Wilson 17:19

Women
Mel Edwards 17:07
Stephanie Burchill 22:56
Anna Thomas 18:25
Katie Crowe 18:19

British Masters Track & Field Champs, Birmingham

14-15 September

Mike Mann reports.

Postponing these champs from their usual July date to mid September was always going to be something of a gamble weather wise and so it proved. In fact Saturday, although cold, was not too bad, but the wind and rain arrived on cue at Sunday lunchtime.

In the 1500m, Nicola had one of her best runs of the season to win bronze in a time only fractionally short of her PB earlier in the season. Ros won gold comfortably in a time just over 3 seconds off her season's best.

In my race which was combined with all the older age categories, I went into the lead after 250m, gradually pulling away from the rest of the field in a fairly relaxed fashion to win the race, in a time around 5 seconds short of my recent season's best. More competition and cutting out a wave to my former M60 rivals as they were escorted to their start would have helped my time.

In her 5000m the next morning, Ros faced some tougher competition from younger W60s, but had a steady race to produce an excellent season's best and bronze medal.

The wind strengthened and rain started just before the start of my 5000m. Unlike the 1500m, I was after a decent time in this race, but despite changing positions with an ex M60 rival until midway through the race, fell short of my target pace early on, not helped by the windy conditions.

So despite winning gold and a season's best, my target was only partially achieved.

1500m

Nicola Richmond	5:16.32	Bronze	W40
Ros Tabor	5:59.84	Gold	W60
Mike Mann	5:19.1	Gold	M65

5000m

Ros Tabor	21:10.64 (SB)	Gold	W60
Mike Mann	19:25.42 (SB)	Gold	M65

World Triathlon Short-course Championships, Hyde Park, September 13

Two days later, Clare E was feeling slightly healthier than she did in the Aquathlon and in an event which suited her slightly better witha shorter swim, a technical bike course, and long running transitions.

With a superb all round performance helped by a strong bike ride, she was in contention all the way in the run and run out an easy winner on the run to win Dulwiuch's first ever Triathlon world title!

Swim 1

Clare left the water in 13th, 97 seconds down on the leader but a minute down on the medal positions.

1 Esahak (US) 11:08
2 Levison (GB) 11:42
3 Reinhart (US) 11:42
4 Hermitage (AUS) 11:55
5 Freeland-Morris (US) 11:58
6 Sakr (US) 12:02
7 Sinclair (NZL) 12:05
8 Jones (NZL) 12:31
9 Tuttle (US) 12:35
10 Gutberlet (GER)12:36
11 Anchor (US) 12:41
12 Berg (SWE) 12:42
13 Elms (GB) 12:45
14 Kumbleben (GB) 12:46
15 Vickery (GB) 12:48
16 Wiley (CAN) 12:55
20 Disabato (AUS)13:10
25 Caldwell (US) 13:25
27 Carleton (CAN) 13:26

Transition 1: top 5:

Kumbleben	3:07
Dick	3:08
Elms	**3:11**
Hermitage	3:21
Vickery	3:23

Clare wasn't superfast getting out of her wetsuit but there was quite a run from the water to the bikes and in those three minutes from leaving the water to beginning cycling, she moved up six places and was now only 30-seconds from the medals.

After First transition

1 Esahak (US) 15:09 (4:01)
2 Hermitage (AUS) 15:16 (3:21)
3 Levison (GB) 15:26 (3:44)
4 Freeland-Morris (US) 15:34 (3:36)
5 Kumbleken (GB) 15:53 (3:07)
6 Sinclair (NZL) 15:55 (3:50)
7 Elms (GB) 15:56 (3:11)
8 Vickery (GB) 16:11 (3:23)
9 Tuttle (US) 16:24 (3:49)
10 Sakr (US) 16:29 (4:27)
14 Disabato (AUS) 16:34 (3:24)
15 Wiley (CAN) 16:37 (3:42)
24 Caldwell (US) 16:58 (3:34)
25 Carleton (CAN) 17:02 (3:36)

Bike: Top 10

Carleton	37:57
Blenkinsop	38:02
Caldwell	38:05
Disabato	38:39
Wiley	38:40
Vickery	38:44
Holm-Nielson	38:50
Tuttle	38:55
Elms	**39:10**
Short	39:14

Because of knee problems, Clare hadn't been able to do that much cycling but her fitness was such that she was able to chase down all those ahead of her.

The Briton Vickery passed her on the first of three laps but didn't go far clear and late on the last one, an American and Canadian passed her but as she jumped off the bike she was just 11 seconds down on the lead and just 30 seconds covered the top eight after nearly a hour of competition.

After Bike

1 Vickery (GB) 54:55 (38:44)
2 Carleton (CAN) 54:59
3 Caldwell (US) 55:03 ((38:05)
4 Elms (GB) 55:06 (39:10)
5 Disabato (AUS) 55:13 (38:39)
6 Wiley (CAN) 55:17 (38:40)
7 Tuttle (US) 55:19 (38:55)
8 Esahak (US) 55:25 (40:16)
9 Blenkinsop 55:57 (38:02)
10 Freeland-Morris 56:00 (40:26)

Transition 2: top 5:

Vickery	3:02
Hermitage	3:06
Disabato	3:07
Dick	3:07
Elms	**3:08**

Clare had a good transition from bike to run and though losing six seconds on Vickery, she passed the American and Canadian and set off on the run in second place.

After Trans 2

1 Vickery (GB) 57:57 (3:02)
2 Elms (GB) 58:14 (3:08)
3 Disabato (US) 58:20 (3:07)
4 Caldwell (US) 58:21 (3:18)
5 Wiley (CAN) 58:35 (3:18)
6 Carleton (CAN) 58:36 (3:37)
7 Tuttle (US) 58:46 (3:27)
8 Esahak (US) 58:46 (3:21)
9 Blenkinsop (GB) 59:21 (3:24)
10 Bloom (GB) 59:34 (3:23)
11 Sinclair (NZL) 59:34 (3:24)
12 Freeland-Morris 59:36

Run times top 10

Elms	**18:03**
Abram (AUS)	18:50
Hermitage	19:29
Vickery	20:01
Tuttle	20:02
Newman	20:28
Eipper	20:32
Howells	20:40
Kobaluk	20:44
O'Neill	20:47

On the two-lap run course, Clare went into the lead on the second half of the first lap and moved away effortlessly for a clear 100 second victory and her 18:03 5km was easily the quickest of the 75 competitors though she eased off a little when she knew that she was comfortably clear.

It's worth noting Clare won a superb medal for her victory but it didn't come cheap. The entry fee was £200 plus and a £300 special wetsuit she had bought a few weeks earlier was suddenly outlawed a few days before and had to be replaced.

On the plus side, though her world title victory has meant she has qualified for free use of Crystal Palace pool, track and gym!

Finish

1 Elms (GB) 76:15 (18:03)
2 Vickery (GB) 77:55 (20:01)
3 Tuttle (US) 78:46 (20:02)
4 Hermitage (AUS) 79:26 (19:29)
5 Carleton (CAN) 79:48 (21:14)
6 Disabato (US) 79:57 (21:40)
7 Esahak (US) 80:12 (21:29)
8 Caldwell (US) 80:31 (22:11)
9 Abram (AUS) 81:03 (18:50)
10 Wiley (CAN) 81:07 (22:25)
75 finished

Steve Smythe

5k Results, Sat 14th September

Banstead Woods

38 Jo Quantrill 2W 2nd claim 23:04 (1st age-graded 80.64%)

Brockwell

Charlie enjoyed a win in her best run for a while.

13 Charlie Wood 1W 19:13
24 Neville Webb 20:18 (1M55)
25 Ola Balme 2W 20:19
45 Cameron Timmis 21:31
112 Steve Cook 26:11
137 Sarah Lyness 37W 27:45
154 Barry Walker 29:03
178 ran

Bromley

79 Martin Morley 22:43
337 ran

Crystal Palace

49 Belinda Bell 25:16
50 Andy Cottrill 25:17
93 ran

Dulwich

Ebe Prill writes...

A memorable one, with several of us DRs in form and pushing for PBs. And an elite wheelchair athlete blasting the course in 14:27!

Not much of a contest anymore between me and Paul 'The Welsh Terminator' Devine. He took off straight away and disappeared into the distance, and kept it going! So the marathon training monster did it in under 17:30 for 4th place. What's next?

Lewis Laylee went for the 18 min barrier and had a very good run, sticking to Ed Hill for two laps, missing the sub18 by just 4 sec.

Next time Lewis!

Ed used the parkrun for a tempo exercise and accelerated through the last lap, doing it 30 sec faster.

I stayed behind Ed and Lewis, running as hard as I could and doing my usual (more or less) calculated breakdown through the laps with a bit of acceleration on the last 400m which worked for a new PB this time.

And a very brave run by Rob Cope with still painful ribs and arm in a cast.....he will be back soon!

4 Paul Devine 17:26 (PB)
5 Edward Hill 17:34
11 Lewis Laylee 18:04 (PB)
12 Ebe Prill 18:09 (PB)
22 Chris Goodman 19:33
26 Rob Cope 19:49
29 Ajay Khandelwal 20:20
43 Graham Laylee 22:09
108 ran

Greenwich

13 Steve Smythe 21:09 (1M55)
109 ran

Hilly Fields

8 Sam Crump 20:11
9 Ian Lilley 20:19
18 Kevin Chadwick 21:40
25 Mark Wallace 22:58 (PB)
108 ra

World Age Group Aquathlon Championships, Hyde Park, Wednesday September 11

Clare E was 12th after the 1000m swim and then 13th after the transition as she struggled to get out of her wetsuit.

She was three and a half minutes down on the eventual winner on the swim, which was her longest ever swim and it didn't help it was a lot longer than the Trial and she felt she was repeatedly hit and swam over in a hectic start.

She couldn't make the gap up on her in the run but closed up well and in the last 400 metres she moved from fourth to second with a strong finish and had easily the fastest run with a 17:51 5km.

Clare W was 36th of 37 from the swim but she was 12th fastest runner and moved up to 26th and was the only competitor who had a faster run than bike leg and it was an excellent performance in her international debut.

1 Annie Wilson 34:28 (13:04 1km swim, 1:10 transition , 20:14 5km run)
2 Clare Elms 35:48 (16:33, 1:25, 17:51)
3 Karlyn Pipes (USA) 35:54 (13:43, 1:24, 20:48)
4 Caroline Whittaker 35:55 (15:19, 1:10, 19:27)
5 Marion Hermitage (AUS) 37:21 (15:52, 1:24, 20:05
26 Clare Wyngard 45:04 (21:52, 1:23, 21:50)
37 finished

Steve Smythe

Victory 5, Portsmouth, September 14

Tony Tuohy wasn't at his best but he won a battle to be first M50 and set a club M50 record.

22 Tony Tuohy 28:16 (Club M50 record)

Highgate Harriers Open 5000M – Wednesday 11. Sept

On a wet and chilly night the 5000m were the last races at Parliament Hill Fields stadium. Scheduled for 8:30pm, but running late, there wasn't much warmup on track possible due to ongoing 400m heats.

Our race was split into two heats, the faster one, (up to 17 min flat) first. Us slow ones huddled together in the rain or hopped around in the changing room.

Finally we got away past 9, just in time for the rain to pick up. In an optimistic mood I thought I'd push on for sub18 with 86 sec lap-times, but soon felt tired... no assembly league high this time.

Brought it home more than 30 sec slower than my first 5000m in August and even 20 sec down on the parkrun the Saturday before.

No running mojo that night, also part of the experience, I guess. But nice support from the spectators that were left, shouting for every runner at every lap!

And three days later I ran a 5k PB in 18:09 at Saturday's Dulwich parkrun, feeling much fresher. Trust the whale! - ***Ebe Prill***

9 Ebe Prill 18:37

Can your Garmin measure a course?

Short answer: no

It is a truth universally acknowledged that a runner in pursuit of a PB and in possession of a Garmin will blame the course he/she is racing if a) the PB is missed and b) the Garmin shows the course as long.

A Garmin is great for lots of reasons, you can log your runs, find your way back in a wilderness or land a helicopter on it (as with the model I have, the old and trusted Forerunner 305).

But the one thing it is not good for (even the newest model) is measuring a course correctly. The GPS available in watches and for civilians just doesn't do this for various reasons you can easily find out about on the Internet. Lots of tests done in the USA and here.

Both my 5000m on track for example showed as 5280m on my Garmin (and I stuck to the inner lane, believe me!).

All my marathons showed as at least 200m too long. And all of them were measured by wheel and for elite standards. So very unlikely my Garmin had it right.

I just mention all of that because last week that topic came up twice and even my beloved whale of a parkrun in Dulwich was publicly accused of being long. Evidence? Garmin of course!

Ebe Prill

Two links about this in more detail:
http://www.thorneyrunningclub.co.uk/news.php?s=how-accurate-is-my-garmin

If you want to know more about how courses are measured and if the race you want to run has a certificate for measurement: http://www.coursemeasurement.org.uk/

Algarve Running Challenge, November 2013

If you fancy a break from the damp, wind and darkness here in early November, there is an opportunity coming up to enjoy some warm weather training in the Algarve.

There are 4 races including a memorable one of just over 10 miles between Spain and Portugal , the other 3 are low key and just for the Algarve challenge group. There is also plenty of time for other activities including cycling, training runs, the beach or visiting nearby towns.

The organisation of races is provided by our own Steve Smythe. The hotel backs onto the beach and has its own pools and gym. The Challenge takes place in the week of 4 November, and different options are available for length of stay.

For a full week the cost including hotel, evening meal, flights and race entry works out at around £600 per head, which is very good value.

Please contact me, Steve, Andy or Ros if you are interested and would like further details. ***Mike Mann***

You can follow us on

Track Cycling at The Herne Hill Velodrome

Steve Cook has booked another Velodrome cycling session for Dulwich Runners at 6:00 to 7:30 Saturday 28 September.
Any of you who have been before or anyone who would like to give track cycling a try please let Steve know by emailing stevecook6@gmail.com
The cost should be between £6 and £10 depending on numbers.
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.
http://www.hernehillvelodrome.com/starting/faqs/ for details.
Also bring some warmer clothes if it's cooler by then.

"Place in the Amsterdam Marathon"

I entered this marathon months ago hoping I could break one lifetime PB (3.58 in London in year 2000) before I die.

My left knee's patella tendinitis thinks otherwise!. So if anyone wants my place I can assign this from 10th October.

This cost me 89 euros (including a T-shirt) but will cost you nothing apart from paying for your own travel and accommodation.
This is a place free of charity funding but you could use it to raise money if you normally do that for your favourite charity.Please check the website out: http://www.tcsamsterdammarathon.nl/en/
If I get more than 1 person interested we will hold a draw at a club night in the next couple of weeks.
Send me an email if you want to be considered for a place: duncan.j.wilson@hsbcib.com

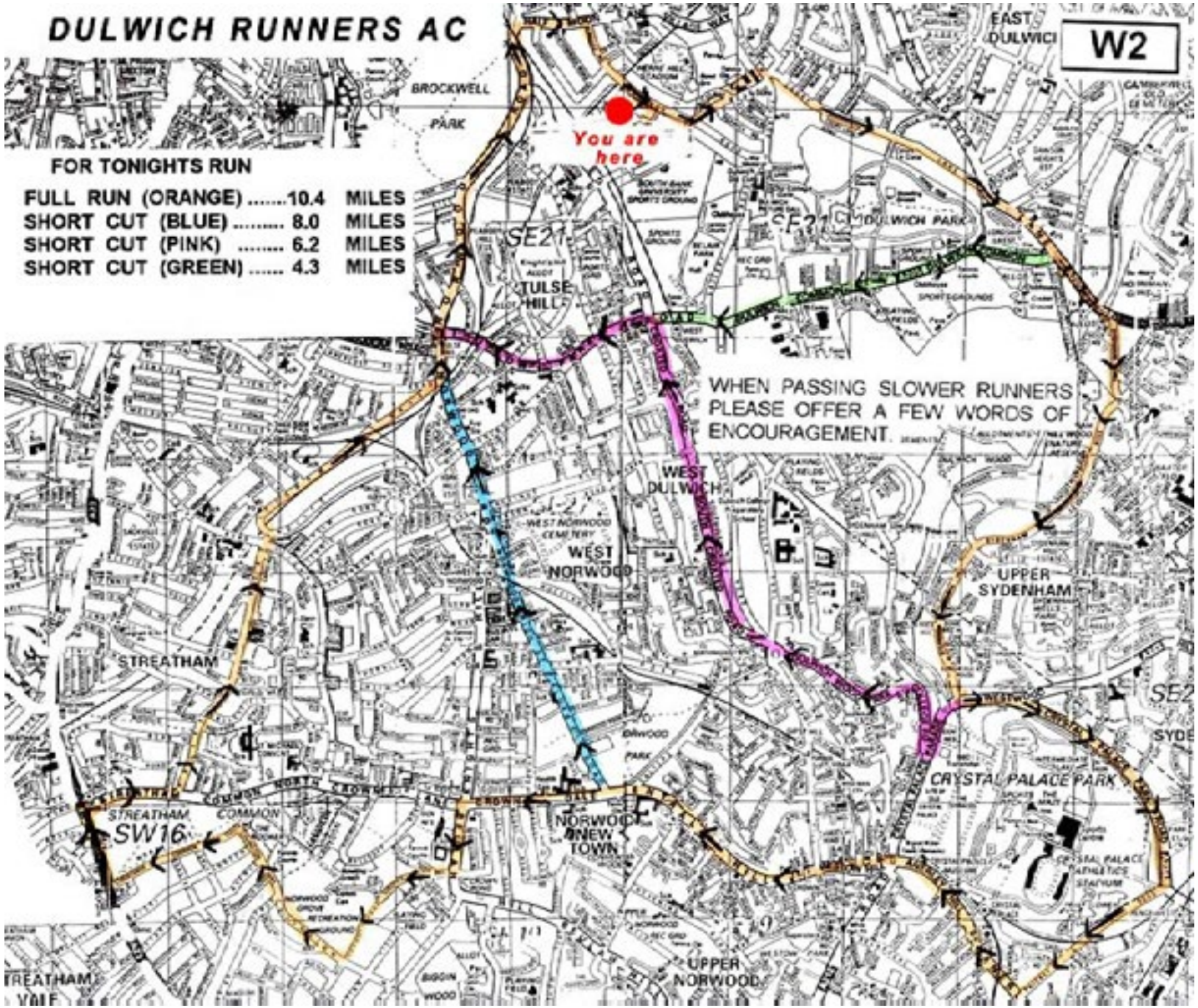
Ola Balme
Sports & Therapeutic Massage

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

- Deep Tissue Massage
- Massage to alleviate muscle fatigue
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- Maintaining your fitness and well-being

Ola is an experienced Sports Massage Therapist and club runner.
If you would like to know more, discuss a course of treatment or make an appointment, please call:
020 8678 7205, 0750 655 4004
ola.balme@btinternet.com


DULWICH RUNNERS AC
W2
FOR TONIGHTS RUN
FULL RUN (ORANGE) .....10.4 MILES
SHORT CUT (BLUE) ..... 8.0 MILES
SHORT CUT (PINK) ..... 6.2 MILES
SHORT CUT (GREEN) ..... 4.3 MILES
You are here
BROCKWELL PARK
EAST DULWICH
DULWICH PARK
SE21
TULSE HILL
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
WEST DULWICH
WEST NORWOOD
UPPER SYDENHAM
STREATHAM
CRYSTAL PALACE PARK
STREATHAM COMMON
SW16
NORWOOD NEW TOWN
UPPER NORWOOD