SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 11th 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 11 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 17 Track session with Steve Smythe - £2.60 fee
Crystal Palace Track - 7 for 7:15pm start
SEE NOTE 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 !

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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)
The first 'winter' session attracted 30 to Crystal Palace. There were issues with parking (no problems with bikes) and queueing at reception and getting from reception to the track but the track was quiet and we had it mostly to our self and many enjoyed training on one of Britain's greatest track where world records have been set. Tuesday sessions will be suitable for all. ie Tuesday, faster runners did 1600m reps and some others did 1200m reps. NB we will persist with Crystal Palace for at least the rest of September.

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

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	14	Will Bolton XC Relays (details page 3)
Sep	21/22	Aldershot Relays

NEW RUNNERS ROTA

Thanks to **Cameron Timmis and Clare Osborne** 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

Tony Tuohy	**11/9**
Mick Ward	18/9
Steve Wehrle	25/9
Kevin Wood	2/10

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

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.

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**

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 or text me if you would like to come: susan.cooper@hsbc.com or 07967953628.

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***

All looking forward to the Porto trip this Friday, 48 of us, don't forget;

Passports - Eu health cards - Travel insurance

Money - Running shoes

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	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
	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

2013 London Triathlon World Championships Grand Final

Clare Wyngard and Clare Elms have qualified for the ITU Aquathlon World Championships to be held in Hyde Park on Wednesday 11th September. They are representing GB in their Age Group 50 - 54. They will be swimming 1km in the Serpentine before a 5km run around the Lake/park.

If any of you are free or work nearby please do come and support us - our start time is 1050 and we will be sporting our new GBR trisuits! Clare Elms is also in the Triathlon Sprint World Chanmpionships on Friday 13th September and again her start time is 1050. The courses follow the Olympic Triathlon course

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 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

Will Bolton Relays

14 September

Several of you have notified your captains that you would like to take part in these relays. Anyone else who fancies a short cross country run can turn up at the venue, Sparrow's Den, Corkscrew Hill, West Wickham and report to Mel Edwards. The relays start at 2.45 but please ensure you are there by 2pm in order for entries to be submitted on time.
Mike Mann

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://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=78426&ms

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

"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

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

Unity Fitness & Dance Hackney Half Marathon
Sunday 8th September

UFD organize this half marathon twice per year.
Each lap of the course is just over 2 miles long and comprises grass fields, pathways and pebble track. The full course is 6 laps of a park, playing field, and along a canal -an off the road course.
Negatives: There is no chip time, just a race clock . No mile markers and it's easy to lose count/lose your concentration, when you run 6 x laps of a field. Course is a bit twisty, with lots of variations underfoot, with rickety paths or lumpy grass.
The multiple laps can mean you either end up running alone or else clustered.
At one pinch point, I was lapping one group, while being lapped myself – three people abreast on a narrow path – not great.
Positives: Lots of friendly marshals, some dancing on the spot to music , cheering or shouting out your name as you go past - many of them were matching their lists of names to our race no's.
Only about 500 runners in total, so overall not many bottlenecks. Water stations every mile. Variety of terrain and turns so you don't get too bored on the laps.
Totally flat course – could be fast if you're up for it, and if not, its a very nice scenic Sunday training run.
Goodie bag at the end with a bagel and jam, jelly beans , sports drinks, fruit and a race finisher cert (hey ho)
I was happy enough to get around at a fairly even / slowish pace. Weather was warm and sunny.
Joseph Brady
1h:38:02 (unofficial)

St Mary's University Open Meeting, 8 September

I decided to use this late season meeting to improve my 800m time, which was not far off the top of this year's UK M65 rankings.
A heavy shower shortly before the race rather curtailed my warm-up preparations. My pace at the bell was near perfect at 75/76 secs, and I maintained it during the final lap rather better than in earlier attempts, though struggled a little in the final 100m.
Although a good season's best, I thought I had missed out on top of the rankings by 0.1 secs, and was not particularly happy with the prospect of travelling to Watford for one final attempt. However on checking later I found I had achieved my target, so 3 are now ticked off over the last 10 days, with a couple to go at the British Masters champs in Birmingham this coming weekend.
Later in the 3000m I had a steady race at around 90 second lap place throughout, changing places every few laps with a Croydon Harriers runner, and stretching out in the final 250m. My time was only fractionally slower than those achieved earlier in the season with fresher legs.
Nicola Richmond took part in the 1500m feeling rather under the weather, and found it difficult to pick up the pace after a slow first lap. **Mike Mann**

800m
Mike Mann 2:34.4 (SB
3000m
Mike Mann 11:15:7

1500m
Nicola Richmond 5:30:9

Crystal Palace Canter 5K
3 September

We all ran at something less than a canter.
Mike Mann

1	Neville Webb	20:54
1	Mike Mann	20:54
12	Ros Tabor	24:05

Crystal Palace Open Track meeting, Sept 5

Kim Just missed her PB.
Mile: 5 Kim Hainsworth 1W 5:36.64

ASSEMBLY LEAGUE 3M,

Beckenham, September 5

Dulwich won the women's race on the day and the league and Clare won the individual women's race.

Clare was using it as her final test before running for Britain in the World Aquathlon Championships this Wednesday at Hyde Park (and the Triathlon Friday)
And after a tight battle throughout she finished strongly up the final hill to run 20 seconds quicker than April.

Mel was over a minute up on her 2012 time and moved through to eighth pulling away from Andrea in the last mile, who completed the winning team in ninth.
Cara led home the B team with Ros and Clare W the other scorers.

Over the season the awards picked up on the day go to the following, who all did at least 3 events:
A Team: Mel, Kim, Catherine, Andrea, Cara
B Team: Lindsey, Katie S, Ros, Clare W, Anna

Tony wasn't at his best form and the men were missing too many of the top runners and we ended up fourth and missed out on the runners-up spot and the team medals. Wayne came through strongly while Paul and Ebe continued their good form to complete the A team.

Lewis led in the B team with Kevin, Chris (29 seconds up on April). and Sam completing the B team.

Tony won the M50 award, Chris L won the M55 award and Martin Morley won the M60 (from Mike and Andy), Clare W won the W50 and Ros won the W60.

19 Tony Tuohy M50 16:33 (April 16:15, Sep: 17:16)
1W/25 Clare Elms W45 16:55 (Apr: 17:15, Sep: 17:33)
28 Wayne Lashley SM 17:06 (Sep: 16:38)
32 Paul Devine SM 17:10
40 Ebe Prill M50 17:32
43 Lewis Laylee U15 17:36
48 Kevin Chadwick SM 17:50
52 Chris Loizou M55 17:56 (Apr: 18:25)
54 Sam Crump SM 18:02
59 Ian Lilley M40 18:10 (18:43)
64 Duncan Hussey M45 18:18 (Apr: 18:17, Sep: 18:45)
67 John English M50 18:26
80 Chris Goodman SM 19:04
8W/83 Mel Edwards SW 19:07 (Sep: 20:12)
84 Neville Webb M55 19:10
86 Rob Cope M40 19:15 (Apr: 18:15)
87 Mike Mann M65 19:20 (Apr: 20:12)
9W/92 Andrea Pickup W40 19:26 (Apr: 19:08, Sep: 19:05)
97 Oscar Hussey U13 19:36 (Apr: 18:52)
100 Joseph Brady M45 19:44 (Apr: 19:07, Sep: 18:42)
12W/102 Cara Oliver W40 19:45 (Apr: 19:13)
127 Duncan Wilson M40 20:35 (Sep: 21:11)
129 Andy Murray M60 20:37 (Sep: 20:53)
139 Ian Sesnan M55 21:22 (Apr: 20:37)
143 Mikos Miralis SM 21:38
25W/146 Ros Tabor W60 21:42 (Apr: 21:03, Sep: 21:02)
154 Graham Laylee M55 22:03 (Apr: 21:17, Sep: 21:49)
30W/155 Clare Wyngard W50 22:05 (Apr: 22:02)
33W/159 Claire Steward W60 22:19 (Sep: 22:34
163 Martin Morley M60 22:35 (Apr: 22:43, Sep: 21:25)
37W/166 Katie Styles SW 22:43 (Apr: 21:14)
47W/182 Ruki Sidhwa W45 24:27
183 Steve Cook M60 24:27 (23:25)
51W/192 Clare Osborne W40 26:09
55W/199 Stephanie Burchill W55 26:47
208 finished
Mark Foster – result not known

Men: A Team
1 Stock Exchange 1, 4, 7, 13 = 25
2 Kent 2, 6, 9, 18 = 35
3 VPHTH 10, 11, 27, 32 = 80
4 Dulwich 19, 26, 30, 36 = 111
5 Lloyds 16, 33, 38, 40 = 127
6 Ravens 3, 8, 50, 72 = 133

B team
1 Kent 21, 23, 25, 55 = 124
2 SE 28, 31, 35, 60 = 154
3 Dulwich 39, 43, 47, 49 = 178
4 VPHTH 34, 37, 46, 66 = 183
5 Eton M 65, 67, 68, 73 = 273
6 Beck 57, 79, 92, 93 = 321

Women
1 Dulwich 1, 8, 9 = 18
2 Kent 3, 6, 11 = 20
3 Eton M 2, 4, 17 = 23
4 VPHTH 10, 13, 15 = 38
5 Dart 5, 24, 27 = 56
6 Beck 32, 34, 40 = 104

Women B team
1 Kent 14, 19, 21 = 54
2 VPHTH 16, 18, 21 = 55
3 Dulwich 12, 25, 30 = 67
4 Eton M 23, 39, 46 = 108

Veterans AC 10,000m champs, Kingsmeadow 04.09.13

Andy Murray writes...
The field of about 20 runners was split into 3 races starting at 6.30 pm (sunny), 7.15 (shaded) and 8.0 (floodlit).

Tony was in the first race, arriving after landing from Malta earlier and ran steadily, dropping off the first two after a few laps.

I ran in the second race, running steadily with a Mornington Chaser woman at about 7 min mile/43.30 10k pace for several laps behind one faster runner and three others who faded later.

The MC woman ran very evenly, moving through to second as she passed the others but

I couldn't keep that pace and stayed behind runner 5 for the middle of the race before overtaking and closing on 3 and 4 too late to catch them.

Race 1
3 Tony Tuohy 35:53.3 1m50

Race 2
5 Andy Murray 44:14.6 2m60

Run to the Beat 1/2M

Greenwich, September 8

Steve Smythe was a whole half hour down on his PB as he set a huge PW, 16 minutes slower than his last half as he struggled with fitness and injuries but still thought it was an event worth trying for experience if not time.

Over 13,000 finished it and the course took in most of the first 10km of the London Marathon but also included a section by the Thames, a loop through the Royal Artillery barracks and a section down to the Dome.

It also took in the big hill in Greenwich Park in the final mile, which with enthusiastic big crowds lining each side was probably as close a runner can get in atmosphere to a mountain-stage finish on the Tour de France.

The worst bit about the course other than a big hill at the end were seemingly endless out and back sections to make up the distance with 180 degree turns. The worst of which was a 100 metre out and back section at the top of the hill immediatelyfollowed by a 400 metre out and back section before the 100 metre finishing straight.

The course was far too narrow in places and apparently there were 5 minute plus queues to get in and out of the gates at the barracks for those further back.

The music around the course wasn't that overwhelming but Jessie J did play a concert at the finish.

Everyone had to wear their good quality Nike t-shirt as it had the number on and it did make the race harder for those used to vests as it was reasonably warm.

811 Steve Smythe 1:40:26

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.

Middlesex 10K, Victoria Park 7th September 2013

Garry Sullivans asks..
Q: When is a 10K not a 10K?
A: When it's in Victoria Park and costs you a PB.

In my relentless quest for a sub-40, Mel (Gawd bless 'er) offered to pace me in this race. On the way there, she mentioned a review about the race that stated the distance wasn't accurate; and so it came to pass.

A glance at the rest of the field and we could tell it was a high calibre bunch of runners, so no illusions about finishing high in the placings. We set-off in perfect running conditions and at 2K, Mel said the distance marker was inaccurate. I checked at 3K and it was over, meaning at this rate the course would be greater than 10K.

Anyway, all you can do is get on with it.I chugged along keeping up with Mel's pitter-pattering feet and at 5K (Garmin distance) we were at 19:50, so looking good. At around 6K, I started to wilt ever so slightly and went off the pace and drifted away from Mel. Like a good mother hen looking out for her chicks, she kept an eye on me and then said: 'YOU NEED TO PICK UP THE PACE!'. With these words of 'encouragement' ringing in my ears, I thought I'd better give it a go, so at about 7.5K I did pick up the pace and somehow maintained it. We galloped along at a fair old rate and when I saw the 9K marker, I checked my Garmin and saw a PB was on, however I'd forgotten about the course inaccuracy.

With Mel's encouragement I pushed harder, but it was too soon so had to ease back, but once I turned the final bend with 250m to go, I kicked-off and did a strong finish, only to find when I crossed the line my time was 40:10.

On closer inspection I saw the distance was 10.17K. Mel (clever girl), stopped her Garmin when it reached 10K, giving her, and therefore me,a time of 39:4 and so I felt cheated. Oh well, a bitter-sweet day. Mel deserved her burger and chips treat afterwards as it was a great help being paced and I salute her!

Official time 40:13
(Garmin 40:10)
Unofficial time – 39:43

parkrun 5k Results, Sat 7th September

Banstead Woods

Tony's 16th win at Banstead.

1 Tony Tuohy 17:38
63 Jo Quantrill 8W 2nd claim22:44
218 ra

Brockwell Park

32 Mark Foster		20:23
36 Ola Balme	3W	20:54
45 Cameron Timmis		21:28
145 Sarah Lyness	42W	29:03

175 ran

Bromley

37 Steve Smythe		20:35
154 Claire Steward	22W	24:27
175 Di Morgan	33W	25:00
198 Clare Osborne	41W	26:09

398 ran

Burgess park

29 Barry Evans 24:11 (1M65)
71 ran

Crystal Palace

9 Andy Cottrill		20.55
22 Bob Bell		22.43
29 Clare Wyngard	3W	23.51
51 Ruki Sidhwa	8W	25.32
53 Belinda Bell	9W	25.37
88 Chris Bell	25W	31.59
95 Chris Vernon		34.31

103 ran

Dulwich

Kim had her best ever run over any distance to break 19 for the first time and win a competitive women's race. Grant and Christian also set PBs

12 Ebe Prill		18:19
21 Kim Hainsworth	1W	18:53 (PB)
31 Chris Goodman		19:18
42 Ajay Khandelwal		20:30
43 Grant Barnes		20:34 (PB)
47 Joseph Brady		20:49
64 Christian Moody		21:49 (PB)
106 Mick Mead		25:05
108 Ameet Patel		25:09

160 ran

(Dulwich August 30)

14 Mike Fullilove		18:49
28 Joseph Brady		20:38
30 Chris Goodman		20:50
31 Rob Cope		20:53
39 Susan Cooper	2W	21:36
40 Paul Devine		21:37
41 Claire Steward	6W	22:41
83 Mick Mead		25:01

117 ran

Hilly Fields

Lewis just beat Kevin on the tough course as both set PBs.

2 Lewis Laylee		19:05 (PB)
3 Kevin Chadwick		19:06 (PB)
20 Graham Laylee		23:52
39 Mark Wallace		26:05
51 Carolina Lilley	8W	28:18

82 ran

Orpington

4 Duncan Hussey 19:40
26 Colin Frith 24:42
84 ran

Southwark

6 DRs helped to launch the new Southwark Park Run which is another one that is really easy for DRs to access being very close to Surrey Quays station.

The course is a pleasant mainly flat three laps of what is now an attractive park involving both a lot of sinuosity around the lake and flower beds as well as longer straighter stretches. Ros was highest age graded overall

Ian Sesnan

Andy Murray	21:07	1M60
Ian Sesnan	21:53	1M55
Ros Tabor	21:54	1W60
Paul Keating	24:19	
Kaylee Coxall	25:49	
Stephanie Burchall	28:08	

150 ran

DRY HILL 10.

The tale from the tail

Chris Vernon writes

It was a beautiful morning for this classic race. At the start I set off gently to protect my bad back.

After a couple of miles I found myself alongside an old boy from Lingfield AC who turned out to be the sweeper! Whoops I cannot have that, so at the top of the hill I started to make my way up through the field. I was a bit surprised how soon the leaders appeared coming the other way, but assumed they were in the 5 mile until I looked at my watch and realised they were heading for the finish.

I pressed on, admiring the scenery, the houses, the animals and even the field where my grandsons cubs camped. I did not remember there being three ploughed fields last year but at each corner there were different views and a cheery marshal to send me on my way chasing after my next target.

I was pleased to see the finish and to be cheered over the line by Steve and BJ but I was sorry to miss the DR prizegiving, the only time I get to put faces to names of our top performers.

What a pity that much of last weeks anonymous race report was devoted to slagging off the race. I know it is disappointing when we do not win the top prizes but it does not make it a rubbish race or too difficult for our champs if the lead woman breaks the hour for 10!

For the record I was 129th out of 136 and 6th V60

Eridge 10

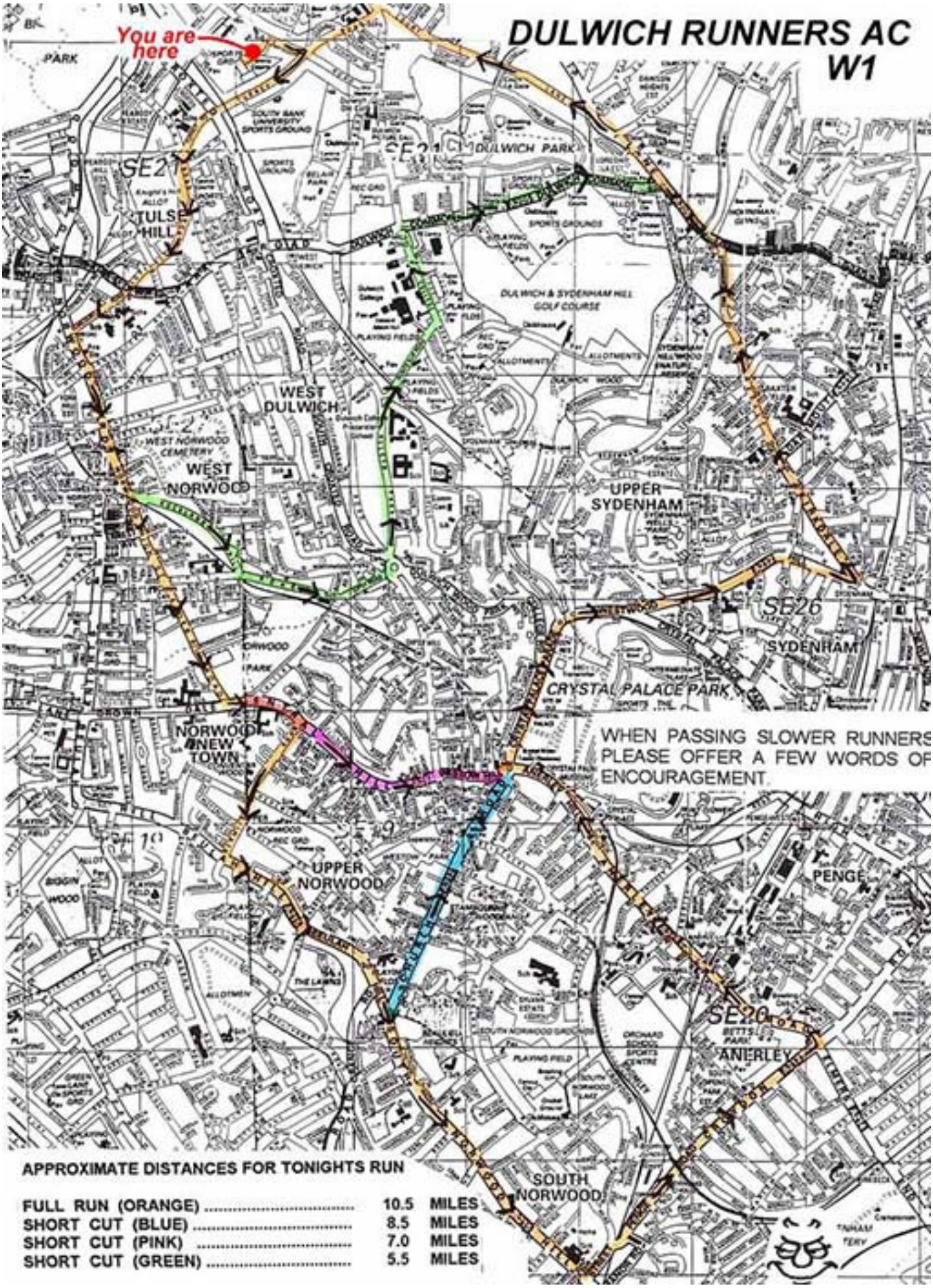
Did the ERIDGE 10 on Sunday, voted as the best race in the country by RUNNERS WORLD a couple of years ago. A lot harder than DRY HILL and 21 minutes slower in 1h 52m, with no other Dulwich Runners in site

For those who haven't done it this is an experience not to be missed plenty of hills and mud! Dry Hill is a doddle compared to it.

There are plenty of boring flat road races all over the south , these are real races for those who feel more adventurous

Steve Wehrle

You can follow us on


DULWICH RUNNERS AC
W1
You are here
PARK
SE21
DULWICH PARK
SE2
TULSE HILL
DULWICH & SYDENHAM HILL GOLF COURSE
WEST DULWICH
WEST NORWOOD CEMETERY
WEST NORWOOD
UPPER SYDENHAM
SE26
SYDENHAM
CRYSTAL PALACE PARK
NORWOOD NEW TOWN
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
UPPER NORWOOD
PENGE
SE20
ANERLEY
SOUTH NORWOOD
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 10.5 MILES
SHORT CUT (BLUE) ..... 8.5 MILES
SHORT CUT (PINK) ..... 7.0 MILES
SHORT CUT (GREEN) ..... 5.5 MILES