SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 9th October 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 09 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar
Lucky Vest night Win £5 !- see bottom of page

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

In your SHORTS this week !

5 Fixtures, Club Champs, Assembly League etc.
6 Race reports & results
12 Wednesday night running map

And much more !

Click below to
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DULWICH TRACK SESSIONS

Crystal Palace Track

Tuesdays with Steve Smythe - suitable for all abilities
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, ***allow more time than at Ladywell/Dulwich as it can take 10 minutes plus to get from queuing at reception to track, because of this the session will start very slightly later than 7.15pm***
A Dulwich rate of £2,60 has been agreed so state you are Dulwich. (Track is normally £3.95 peak, £2.75 off peak)

EVENT HORIZON

A brief look ahead

full fixture list page 3

Oct	12	Surrey Vets XC, Petersham
Oct	19	Surrey League XC **Men** and womens fixtures
Nov	02	Reigate Priory Relays

Important update about mens XC at Richmond page 6

NEW RUNNERS ROTA

Thanks to **Kevin Wood** 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.
Important guidance notes for people on the New Runners Rota are on page 3 please read them. When it's your turn you will recieve a couple of reminders by email
Thanks. – Ros

Ros Tabor	**09/10**
Hugh Balfour	16/10
Lindsey Annable	23/10
James Burrows	30/10
Joseph Brady	06/05
Lloyd Clater	13/11

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**

LUCKY VEST

October winner - Claire Steward

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 and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk

for all other club kit please see page 4

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

ANNUAL GENERAL MEETING
Wednesday 23rd October 2013

The AGM will be held in 'The Nursery' at the Edward Alleyn Club, Burbage Road, London SE24 9HD at 9pm.

Items for the agenda should be sent to the Hon. Secretary, Clare Osborne, by Wednesday 9th October to be sure of inclusion. Minor items of 'any other business' will be allowed on the day at the discretion of the Chair depending upon the time available.

Draft minutes of the 2012 AGM are available on the Dulwich Runners website and will be proposed for adoption at this AGM.

Nominations for club positions should also please go to Clare. These should ideally be by Wednesday 9th October to allow time to organise an election if there is more than one candidate, but will be taken up to and including the day of the AGM in the event of a single nomination.

All Committee posts are up for election with the table below showing whether the present incumbent wishes to stand again. This shows that there is one post, that of Social Secretary, where there is a definite vacancy. However it may be possible to accommodate someone prepared to join the Committee, but who would prefer to take on one of the other roles, through some re-shuffling of the rest of Committee. In addition, if anyone is interested in sitting on the committee in a more general/non specific capacity, Clare would be interested to hear from you.

If you are interested in any of the roles, or know of someone who you think would be good at them, please have a word with any committee member as soon as possible

I can be contacted at secretary@dulwichrunners.org.uk
or on 07917 210436

Post	Present Holder	Standing Again?
President	Ron Searle	N/A
Chair	Ros Tabor	Yes
Hon. Secretary	Clare Osborne	Yes
Hon Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Sue Cooper	No
Women's Captain	Mel Edwards	Yes
Men's Captain	Charles Lound	Yes
Women's Off Road Captain	Anna Thomas	Yes
Men's Off Road Captain	Mike Mann	Yes
Shorts Editor	Barry Graham	Yes
Publicity Officer	Chris Loizou	Yes

NEW RUNNERS

As you are a regular runner on Wednesday nights you have been included on the new runners' rota.
Your name will probably only appear about once a year.

Here are some guidelines:

- read Shorts and make a note in your diary of when your turn is (the list is largely alphabetical)
- if you can't make that date try and swap with someone else on the list and let Barry/Ros know
- if swapping dates is impossible let Barry know as soon as possible, so he can amend Shorts
- arrive in good time so you can meet any new people and discuss their needs
- agree the distance and pace that the group will be running. If the new runners are much faster (or slower) than you, you will have to ask around and find someone else to go with them, consulting Ros as necessary
- make sure the group stays together and no-one is left behind
- slower runners may need time to stop and rest, or short periods of walking
- tell people about how the club works – championships, cross country, track nights, relays etc
- emphasize the social side of the club
- encourage people to come to the bar after the run and try to introduce them to others of similar age and/or ability
- if you are not confident taking a group out by yourself ask for someone to go with you
- encourage people to sign up for Shorts and read it
- encourage people to join (through Barry)
- if you see people you ran with in later weeks, ask how they are getting on

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 CHARITY 10K RACE 6TH OCT

Susan Vernon writes:

Huge thanks to all those who turned up to marshal or help out at our 10k race on Sunday. The weather was perfect and everyone had a good time. We received lots of positive comments about the race and organisation. If anyone has any feedback, please email me as soon as possible as the 10k committee will be meeting shortly for a de-brief on the race. Thank you all for giving up your time on a Sunday morning to give something back to the community

HELLO ALL,

A big thank you to everyone who helped out on Sunday, another successful well oiled event with lots of good comments from runners.
One guy, down for the weekend from Leeds, said it was one of the most professional run races he had done and that all of the marshals were brilliant.
I would like to get feedback from any of you that have any positive or negative comments to make, in order that they be noted & discussed at our post race meeting in a couple of weeks time.

Thanks all for your time and efforts, what a team!!

cheers - Steve Wehrle

Dear DR's

Marion and I wish to say a very big thank you to all of you for all your good wishes for our re-location to Lincolnshire.

Big thanks to Di Morgan for organising the fun Dulwich parkrun and for everyone who came and wished us goodbye on Wednesday. It was so nice to see so many people and even some that do not normally run from the club on Wednesday's now.
The running book has so many lovely comments and thanks to you all for signing it for me. I will miss you all but look forward to making the journey back south to wobbly around some races with you.

The move went smoothly but now need to try and install the modern gadgets that down south I took as normal, ie TV, Broadband (at a usable working speed) BT landline, but village life will take a bit of getting use to. Should be un-packed by 2014 but there does not seem the need to rush these things, strange but true.....

Cheers and thank you once more.
Marion & Martin Morley.

Dulwich Runners Club Kit

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

Hoodies are now available. There are a few left in each size .
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

On yer Bike !

Just thought you'd like to know that Alexie Shaw has joined a women's semi pro cycling team for next year called Epic-Scott WRT. It's a team of 10 riders hand-picked from all over the country. They will be targeting the national as well as international UCI women's races in Europe and Ireland. - **Michael Williams**

Run the London Marathon in 2014
Dulwich Runners has four club entries for the 2014 London Marathon.

To be eligible to be considered for one of these places you must have applied unsuccessfully for a place and have been a member for at least one year.
We will allocate three places on the basis of number of appearances and volunteering for marshalling during the last year in selected club events. The fourth place we will decide by ballot.
Note, these places still require payment of an entry fee.
If you would like to be considered for a place contact me by 31st October in person or at **chas.lound@btinternet.com**
Charlie Lound

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 (with an optional contribution of £1 as a tip) 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.
There is a limit on numbers, so people need to let me know asap and definitely by 16th October!
Email me if you would like to come:
misssuecooper4@aol.com

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

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.

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

The Emer Casey London 10K will take place in Brockwell Park on Sunday 27 October 2013 at 11.00am. The race is organised by the Emer Casey Foundation in conjunction with Herne Hill Harriers.
Entry is online at www.runnersworld.co.uk/emercasey10k2013. The entry fee is £10 for club runners and £12 for runners without a UKA competition licence. Entries will be accepted on the day provided that the entry limit of 300 has not been reached.

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
Oct	12	Surrey Vets XC		Petersham, Richmond Park
	19	Surrey League Cross Country	Men	Richmond Park **important update page 6**
	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
	15	Beckenham/Dulwich Mob Match		Beckenham Place 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.
There 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.

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

CROSS COUNTRY CHAMPS

We will be holding a cross country champs once again this season. To qualify it will be necessary to complete 4 out of 6 following races: 3 out of the 4 Surrey League matches plus either the South of Thames 5 miles at Streatham Common on 23 November or the mob match on 15 February.

The prize categories will be the three leading men and women, the first M40, M50, M60, W40 and W50, plus a captain's award.

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

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

Men's Surrey League, Richmond Park, 19 October

The first men's Surrey League match of the season will be held in Richmond Park on Saturday 19 October, starting at 3pm.

We have not received details yet but it is likely to be held at the far south end of the park, starting and finishing close to Kingston Gate.

Those of you who took part in the December South of Thames race will remember the course. The race is around 5 miles over 2 laps. The ground is pretty well drained and, subject to weather, road shoes may work but trail or studded shoes or spikes will provide better traction.

There is a small car park at Kingston Gate and parking is available in the residential streets outside. The nearest train stations are Norbiton and Kinsgston. Please allow plenty of time to get there and make sure you arrive by 2.30 (for a 3pm start) to collect numbers and warm up.

It is important that we achieve a good turn-out for this race, particularly amongst our faster runners, and we will need to maintain this throughout the season (of 4 fixtures) to stand a decent chance of avoiding relegation.

In particular we have some newly joined members who are strongly encouraged to take part (make sure you buy a Dulwich vest beforehand).

Mike Mann
mcmann90@yahoo.co.uk

IMPORTANT UPDATE

While the details provided above are largely correct and the course will be the same as that used in the past for races at the Kingston end of Richmond Park, please note that the start and car parking will **NOT** be at Kingston Gate, but near Broomfield Hill car park between Kingston Gate and Robin Hood Gate, about a kilometre from Kingston Gate. The car park is large so there should be plenty of space, but make sure you allow sufficient time as traffic can be heavy in that part of south west London on Saturdays.

Also please note that owing to another road race in the park that day, access through Kingston Gate may be closed, in which case it will be necessary to park on the streets outside, followed by a 15 minute walk to the start. If you are travelling by train to Norbiton or Kingston, you will need to allow for additional walking/jogging time. ***Mike Mann***

Beckenham/Dulwich Mob Match, 15 February

A cross country mob match against Beckenham Running Club, and possibly Striders of Croydon as well has been arranged for Saturday 15 February, starting at 2.30. It will take place in Beckenham Place Park on a course similar to that used for the 10k trail race there.

It is suitable for runners of all standards; the idea is to field as many competitors as possible. Further details will be provided nearer the time.

Note that this race will form of a cross country champs competition (see separate notice in Shorts). - ***Mike Mann***

Race Reports & Results

Nb Steve Smythe can no longer compile results for Shorts for races he's not at and will only send results for races he will attend (or arrange for someone else to send), so if you want them to be recorded here in SHORTS you must send them in.
If you can write a report even better, all road, fell, XC, Tri results etc, are welcome

Chase The Train

Our Far East Reporter writes....

Yet another event held later than usual due to the bad weather in April this year.

This annual charity event involves beating a train to the end of the line in Wroxham and get a free lift back to the start at Aylsham.

The race was planned to start at 12:15 but was delayed by 25 mins due to the lack of police presence at the main coast road half a mile from the start to see the runners across (rumour has it that some posh yobos from East Fulham were in the county keeping the police busy), this meant that half the runners would miss the return train (unlike British Rail these trains have strict time tables to keep the tourists happy).

The 9 mile route was all off road and undulated uphill passing through the various stations on the narrow gauge Burgh Valley Railway (Aylsham, Brampton, Buxton, Coltishall and Wroxham). The first half of the run was raised offering views across the Burgh Valley (but not too much to see) being a hot day AGAIN this offered no shade, at half way we crossed the tracks and the "scenery" disappeared as we were now entered a cutting but still climbing towards our goal at Wroxham.

As I reached the top of the last climb I could see the finish line in the carpark of Wroxham station, but also the departing return train, so close, but luckily Christine was at the finish with the car.

This being my third run of this event was by far my worst, I am still waiting to see how badly I did having not taken a watch, I always enjoyed this low key event and will enter again next year. Next week's instalment is from the Middle East – the Peterborough Half Marathon.
- ***Peter Warren***

Atlantic Coast Challenge (ACC), Fri 4 – Sun 6 Oct

Per Hedberg writes...

As the name lets on, this was indeed a Challenge. Roughly three marathons in three days, Fri 45km, Sat 42km and Sun, 48 very tough km following the Cornish section of the South West Coast Path finishing at Land's End.

The course includes cross country, hills, rocks, steps, sand etc. and the most stunningly beautiful scenery.

Overall pleased with the results and besides a few scratches and a cracked rib on day 3 (taking a tumble on a big rock whilst overtaking downhill) a nice experience.

Fri 4 Oct, Day 1: 49th place of 123 in 5hrs 42min (winner 3hrs 41min)
Sat 5 Oct, Day 2: 48th place of 118 in 5hrs 28min (winner 3hr 43min)
Sun 6 Oct, Day 3: 52th place of 118 in 7hrs 29min (winner 5hrs 02min, yes – very tough course)
http://www.votwo.co.uk/results.htm

Royal Parks Half Marathon

6th October 2013

Last year I reluctantly entered the ballot for the Royal Parks Half with a group of very eager friends; as it happened only I won a space and was press ganged into running my first Half Marathon, which I completed in 1:36:36. I caught the running bug and very shortly afterwards joined Dulwich Runners, so I thought I would revisit this Half one year on.

The event is large, well organised and offers the chance to run on empty roads past London's iconic landmarks and through Hyde Park, Green Park, St James Park and Kensington Gardens. Your £46 entry fee gets you a T-shirt and a wooden medal, sadly it doesn't include measuring the course, so this is not a Power of 10 race which perhaps explains the relative absence of quicker club runners.

The course is wide and flat for the most part, well provided with water, lucozade and toilets and lined with noisy spectators. I met up with Kevin Chadwick and Chris Goodman at the start, who were similarly aiming for sub 1:30 finishes, Carolina was two groups behind, aiming for roughly 2 hours.

Under blue skies and brilliant sunshine, Kevin, Chris and I set off quickly, immediately passing the 1:30 pace makers and running the first 5km in a whisker over 20 minutes. We were passed on Birdcage Walk by Neville Webb, who soon disappeared out of sight.

Between 5km and 10km we split, I decided to chase 1:27, while Chris remained close to the pace maker and Kevin ran his own race half way between. Thanks to the Autumn leaves and glorious sunshine, I have to say Hyde Park has never looked more beautiful and the miles pounded by.

I had to grit my teeth a bit for the last mile or so, but those Wednesday nights spent trying to keep up with Paul, Alastair and Ebe on Sydenham Hill paid off and I finished within two seconds of my target. Kevin was delighted with his first sub 1:30 finish, having narrowly missed his target a week earlier in the Ealing Half, while sadly Chris missed out by an agonising 6 seconds.

Carolina came in just over two hours, having had to overtake slower runners for the duration of the race, queue for water stations and despite being crashed into by a delirious runner near the finish. Apologies to any DRs I have missed, I was not able to search the results by club. - ***Ian Lilley***

149	Neville Webb	1:25:23
204	Ian Lilley	1:27:02 PB
317	Kevin Chadwick	1:28:52 PB
394	Chris Goodman	1:30:06
7,280	Carolina Lilley	2:01:46

14,841 runners finished

Cardiff Half Marathon 6th Oct

459 Scott Hemmens 1:27:37

Dulwich Charity 10k 6th Oct

Jo Quantrill (2nd Claim) 46:32 1VW55

Kosice Peace Marathon and Half Marathon, 6 -10 -13

Alastair Locke, Sue Cooper, Melanie Edwards and Joanne Shelton write.....

Conditions: Cool, sunny; perfect
It didn't look good. 30 minutes in and Josef was already struggling. His breathing laboured, his movements heavy, the look on his face betraying that he was already digging deep to get through his marathon.

Thankfully it was only 6:30 in the morning and Josef was only sweating over his special marathon breakfast bowl of porridge and peanut butter. Despite the struggle his tactics paid off as he smashed a new marathon PB around the streets of Kosice which was only the start of some great performances by the Dulwich Runners.

On a cool and sunny morning in Kosice, a beautiful, historic town in eastern Slovakia Mel, Sue, Ebe and Alastair lined up alongside about 2200 other runners for the half while Joanne and Josef would run a second 21.1km lap of the town amongst 1500 runners to complete the full marathon.

With the visiting Kenyans assured of a clean sweep in the marathon and a Slovak Olympic runner odds on to take the win, at least in the women's race, in the half we were all focussed on our own goals, mostly being PB's after some hard months of training, especially for the two Jo's. On a predominantly flat, smooth course with only a couple of underpasses and the odd stretch of tram lines and cobble stones to keep you on your toes (literally and metaphorically) Dulwich Runners took home 3 great PB's won by Josef, Joanne and Mel, an incredible 3rd place finish by Mel in the women's half (only 90 seconds off 2nd) that saw her take to the podium after some manic lost in translation negotiations and strong outings by Ebe, Sue and Alastair; all not far off their own half marathon PB times.

The course was one lap (two for the marathon) of Kosice city. Starting in the historic and picturesque city centre we then ran through a park and onto some main roads as we looped around and back to the centre a few times. The race was well supported by the public who even stuck around to see those attempting a second lap.

There was also lovely music at a number of places as well as a relay race along the marathon distance.

We had support from Jozefs wife Zusanna and his friend Oliver who had travelled all the way from Berlin. As well as putting up with the strange demands and habits of us runners Oliver also took some amazing photographs throughout the races.

Whilst collecting her winnings which were subsequently blown on McDonald's for everyone, Mel spotted the elite runners hobbling up some hotel stairs post race which made us all feel better!!

We would all like to say a huge thank you to the Danko family for hosting us and keeping us fed and watered during our stay.
We hope to see them again soon.

Marathon

491 Jozef Danko		3:34:08
64W Jo Shelton		3:52:54

Half Marathon:

25 Alastair Locke		1:20:40
54 Melanie Edward	3W	1:24:04
	(no chip time)	
66 Ebe Prill		1:25:17
292/19W Sue Cooper		1:38:18

Clarendon Marathon – Sunday 6 October 2013

Claire Steward writes: *This race has been on my to-do list for a number of years but has previously eluded me*.

The marathon starts from Laverstock, Salisbury and finishes in Winchester, mostly following the Clarendon Way via the villages of Pitton, Winterslow and Broughton, where the half marathon runners start, then to Houghton and across the River Test to King's Somborne, up to Farley Mount, and down through the woods towards the finish.

The route is mostly off-road and described as 'tough and challenging but possibly one of the most scenic races you'll ever enter'. There are also options to start one or two hours earlier for those planning to walk the route or jog very slowly, or to compete as a relay team of four runners. Before the race there were buses from the park-and-ride at J11 on the M3 (Winchester) to the start and transport for bags to the finish, and afterwards from the finish to the car park or back to Salisbury for people who left their cars at the start.

There were eleven drinks stations, numerous cheery marshals along the way, mostly from Rotary Clubs of Winchester and Salisbury, and the course was well marked. Once the morning mist had burned off, it was a beautiful sunny day, perfect for trotting through the countryside, open fields, woodland, bridleways and a few country lanes.

A runner took a tumble right in front of me after about one mile and I just managed to take evasive action to get round him, determined this time to pay attention to conditions underfoot and stay on my feet for the duration. However, it was not to be; a momentary lapse of concentration at 17.5 miles saw me tumble to the ground, execute a 'graceful' roll to sitting position and with a helping hand I was back on my feet and continuing on my way, with a bruised cheek bone which later developed into a nice black eye.

Conditions underfoot were pretty good but there were a few patches of mud, some slippery chalky ground, and fallen autumnal leaves masking rocks and tree roots. I maintained a steady pace and for the last eight miles moved gradually through the field.

130 (F23)	4:16:34
Winner: 3:33:00	

There were 331 finishers (only 64 women), and 121 entrants who either did not start or finish leaving the organisers desperate to get rid of lots of spare bananas.

Lloyd Park Parkrun Club Championships 5km, October 5

11 of the first 16 were Dulwich Runners as we dominated but the numbers could have been higher for such a local race over such an easy distance to compete at and the women's turn out was very poor.

Wayne ran one of his best ever races to win the event and his first club championships. Tony followed closely in second and Paul and Sam also made the top half dozen.

Clare eased around the first lap but picked up the second slightly to gain her 62nd parkrun victory.

Four minutes back, Ros worked her way through to be second woman and with Clare not flat out, Ros won the overall title on the day. Close behind Anna was third to be first senior woman.

Clare Wyngard and Lindsey Annable won the other age group awards and Barrie John Nicholls won the captain's award for his great support at the Championships over the year - initiually it was combined with Lindsey but it was later found that Lindsey was due an age group award.

1	Wayne Lashley	17:58
2	Tony Tuohy	18:04 (1M50)
5	Paul Devine	18:44 (1M35)
6	Sam Crump	18:58
8	Charlie Lound	19:03 (2M45)
9	Clare Elms 1W	19:24
10	Ian Lilley	19:44 (1M40)
12	Kevin Chadwick	19:57
13	Rob Cope	20:01 (2M40)
15	Steve Smythe	20:18 (1M55)
16	Ed Smyth	21:00
21	J oseph Brady	21:36
26	Andy Murray	21:52 (1M60)
35	Cameron Timmis	22:39
41	Robert Balzanella	23:07
43	Ros Tabor 2W	23:11 (1W60)
45	Anna Thomas 3W	23:13
46	Ian Sesnan	23:19
47	Graham Laylee	23:24
48	Bob Bell	23:29
50	Clare Wyngard 4W	23:35 (1W50)
52	Mike Dodds	23:36
60	Barrie John Nicholls	24:25
69	Lindsey Annable 7W	25:13
77	Ameet Patel	26:13
85	Steve Wehrle	27:19 (1M65)
107	Bernard Imber	30:31
121	John O'Byrne	32:16
125	Chris Vernon	32:47

156 ran

Club Awards

Overall:	Ros Tabor
Fastest man:	Wayne Lashley
Fastest woman:	Clare Elms
Senior man:	Paul Devine
Senior woman:	Anna Thomas
M40:	Charlie Lound
W40:	Lindsey Annable
M50:	Tony Tuohy
W50:	Clare Wyngard
M60:	Andy Murray
Captains:	Barrie John Nicholls
Age graded 2:	Steve Smythe
Age graded 3:	Ian Lilley

parkrun Results, Sat 5th October

Bromley

27 Gary Sullivan	20:46
108 Colin Frith	23:38

Burgess

42 Barry G Evans	24:25

Crystal Palace

67 Jane Harbage 12W	27:20

108 ran

Dulwich run no 75 28th Sept

After a devastating London Marathon, where I was beaten by dancing pirate Barrie N, I hadn't left the house for about five months. Shamed and humiliated, I was leading a very quiet life.

I had, however, embarked on a secret fitness regime, which consisted of two soft boiled eggs every morning, and lots of time resting. Incredibly, I went from my normal 72kg, down to just under 67kg. I was at perfect race weight.

So a few Friday nights ago, I went to the pub, drank two pints of Guinness, and told everyone how I was going to run a sub 20 minute 5km. I then got home and was plied with half a bottle of Prosecco. I realised that I was throwing away my five months of secret training.

Suddenly, I heard the voice of Sue Vernon, "Get a grip man!" That scared the life out of me, and I decided to go to sleep at 9pm, in order to regenerate myself.

The next day, I arrived at Dulwich Park run at my normal warm up time of 8.59.59 and got cracking. After a mile, I was feeling quite good. Suddenly out of nowhere, four legends of Dulwich Running came up and surrounded me. Professor Prill, Alistair C, Rob C and Paul D acted as the perfect lead out train for the next two miles.

Paul Devine in particular dropped back and coaxed me to the line. I had no idea what time I was running, but crossed the line in 19.39, taking 39 seconds off my previous PB, and getting and age graded score of above 70% for the first time.

Thanks Dulwich. I was even garlanded with the adjective of "notable" personal best, by a gushing write up by our very own Steve Smythe, although I also lost credit for the pacing help! I have to say since the PB, I have made a couple of trips to the local shops (although I have to admit I did have a barcode pinned to me), and hope to make a full recovery soon. - **Ajay**

Dulwich

12 Chris Loizou	18:44
14 Chris Goodman	19:12
19 John Fletcher	19:43
22 Adam Vaughan	19:53

138 ran

Hilly Fields

36 Mark Wallace	25:10

82 ran

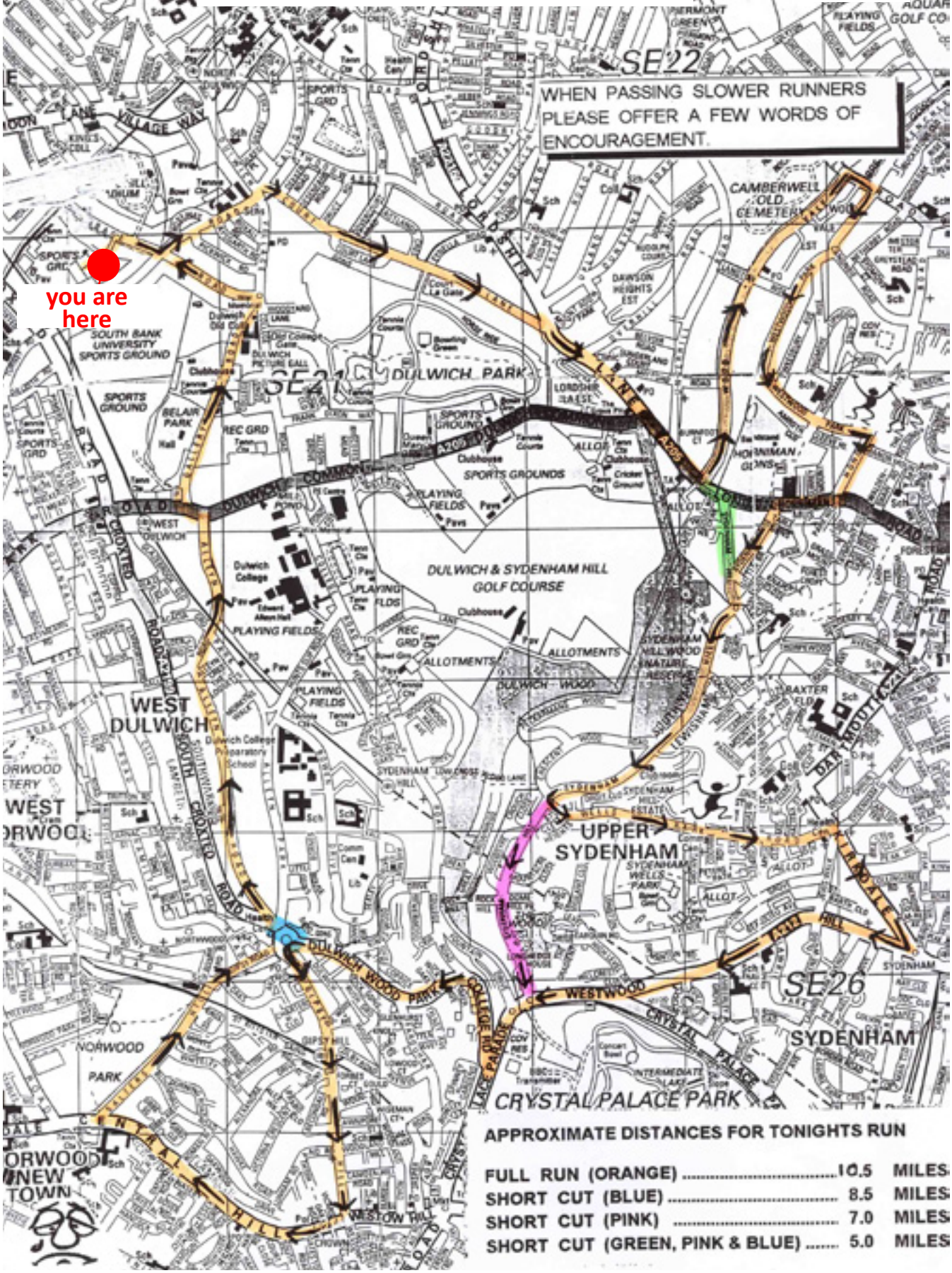
Old Deer Park - 28th September

Wayne Lashley writes…
Another first time run for Ian and myself. This time it was Old Deer Park. The course was fairly harmless with subtle inclines. I can imagine it would be much harder during winter because it is all on grass. Both of us could have done with wearing felt shoes. At least we will know for next time

1 Wayne Lashley	18:17
13 Ian Sesnan	22:52

NB other parkrun results not in this week's Shorts will go in the following week's Shorts but Steve Smythe will no longer compile newer results from the weekend unless he attends events

DULWICH RUNNERS AC W5



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