SHORTS

Dulwich Runners AC
Weekly Newsletter
July 23rd 2014

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

- THE COMING WEEK –

Wed 23 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 29 Track session with Steve Smythe - £1 fee
Dulwich college Track - 7 for 7:15pm start

In your SHORTS this week !

2 Fixture list, Club champs,XC road, trail etc
3 Race reports & results
7 Parkrun results
8 Wednesday night running map

And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

TRACK SESSIONS

at Dulwich College

Tuesdays with Steve Smythe

Improve your speed & strength over all distances. suitable for all standards and abilities.
Dulwich will be just a pound but additional £2 payable next day or following week for those who don't pay on night

Arrive at 7 for warm-up then a prompt 7:15pm start

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

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered 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 !

Rehydration !

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

EVENT HORIZON

A brief look ahead

full fixture list **page 3**

Aug 07 Assembly League -Victoria Park, Mile End
Aug 31 Seven Oaks 7 - club champs race

NEW RUNNERS ROTA

Thankyou to **Andy Murray, Laura Vincent and Ebe Prill** 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**

Lindsey Annable	**23/07**
Hugh Balfour	30/07
James Burrows	06/08
Joseph Brady	13/08

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page of Shorts.
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

Striders of Croydon's Multi-terrain race

Switchback 5 28th September.

We have kept the entry fee low - £6 for affiliated runners before race day – but still provide a goody bag including free tea and cake.

Details and entry from are here :
http://www.stridersofcroydon.org.uk/?page_id=4005

Online entry forms are here :
http://www.runnersworld.co.uk/events/registrationinfo.asp?sp=&v=2&EN=84639&ms=

DULWICH CHARITY EVENT

Susan Vernon writes:

Last chance for anyone to send me their nominations for a Dulwich Charity of the Year for 2015. I have received 6 so far. vernonrun@aol.com - Many thanks

DULWICH RUNNERS 2014 FIXTURES

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

Date		Race			Venue
Aug	7	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	31	Sevenoaks 7		(medium)	Sevenoaks
Sep	4	Assembly League	3miles		Beckenham - 7:15 start
Oct	11	Surrey League 1	mens		Newlands Corner, nr Guildford
	11	Surrey League 1	womens		Richmond Park
	18	Surrey Masters Champs			Richmond Park
	19	Cabbage Patch 10	(alternative to Rye 10)	(Long)	Twickenham
Nov	8	Surrey League 2	mens		Ham Lands, nr Richmond
tbc	22 or 29	South of Thames 5 miles			tbc
Dec	06	Surrey League 2	womens		Nonsuch Park, Cheam
	20	South of Thames 7.5 miles			Farthing Down, Coulsdon
Jan	3	County Champs			Various venues
	10	Surrey League 3	mens & womens		Wimbledon Common
	24	South of Englands champs			tbc
Feb	7	Surrey League 4	mens		Lloyd Park, Croydon
	8	Surrey League 4	womens		Farthing Downs, Coulsden
	21	National Champs			Parliament Hill Fields

SURREY LEAGUE AND OTHER CROSS COUNTRY FIXTURES

Dates and venues have been agreed for next season's men's Surrey League matches as well as a number of other fixtures.

Please try to keep the Surrey League dates free, particularly if you are likely to be in the scoring (the first 10 runners in each team). We are hosting the Surrey League fixture at Wimbledon Common and will be asking for helpers.

Since the National Champs take place in London this time, it is likely to be included as part of our own cross country champs.

ASSEMBLY LEAGUE 2014

First Thursday of every summer month, venues ame as last year.
For those that are new to the club these races are open to all standards and abilities, 5k, and free to enter, all you need to do is have a club vest, turn up and run. Any further information regarding these races it will appear here in Shorts.
Events still to come:

7 Aug	Victoria Park	3.5 miles	7.30 start
4 Sept	Beckenham	3 miles	7.15 start

DULWICH RUNNERS CLUB CHAMPS 2014

9 races in total split into 3 distance categories. To qualify it will be necessary to complete 5 races in total, including at least one from each distance category.

The structure of awards will be unchanged from recent years. Club vests are compulsory for all events other than the mile. You will need current club membership to qualify for points. **Mike Mann** (on belhalf of ADSC)

For those wishing to know the Clup Champs rules they are on the clubs website

Remaining events are as follows:

31 August Sevenoaks 7 (medium)
19 October Cabbage Patch 10 (Long) (Rye 10 alternative)

CLUB CHAMPIONSHIPS important update

The Committee decided to add the Cabbage Patch 10 on 19th October as an additional 10 mile race to the Rye 10. Times recorded at the Cabbage Patch will be adjusted to reflect the relative difficulty of the 2 courses and overall 10 mile results produced soon after 19 October. Runners who compete at both races will be credited with their best performance of the 2.

to enter:
http://www.sportsystems.co.uk/ss/event/Cabbage-Patch1012

TRACK MEETINGS

UPDATE

For those of you interested in competing on the track, there are several open meetings held at local venues during the spring/summer season.

Open meetings, hosted by HHH are held at Tooting Bec on some Saturday afternoons.

Other open meetings are at Norman Park, Bromley on Monday evenings, Crystal Palace on Saturday afternoons and at Parliament Hill.

23	July	Norman Park, 5000m
23	July	Eltham
26	July	Tooting
11	Aug	Norman Park
20	Aug	Eltham
23	Aug	Tooting track
23	Aug	Crystal Palace
27	Aug	Norman Park
10	Sep	Parliament Hill

These meetings, where there are usually 800m, 1500m and 3000m races on offer, are ideal for those looking for improved times, having done some earlier races. Please contact me for further details.
Mike Mann

GREEN BELT AND WELSH CASTLES RELAYS

It's a long way to go until these relays take place next spring, but we would like to encourage as many club members as possible to take part in 2015. We had very positive feedback from those of you in the 2 teams that completed this year's Green Belt Relay and it was great to see so many newly joined members participating.

A number of you were keen to take part in both events next year. It was disappointing that we were not able to field a team for the Welsh Castles Relay; we were just a few short of a full team of 20. We would particularly like to promote this for 2015 and make every effort possible to field a complete team.

We have just been informed of the date which is 13/14 June, a week later than usual, so please try to keep that weekend clear if you are interested; it is a highly enjoyable running and social weekend. The date for next year's Green Belt Relay has not yet been set but it is likely to be either 16/17 May or 23/24 May. ***Mike Mann***

Race Reports & Results

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, XC, Tri results etc, are welcome .

Self Transcendence 10k, Battersea Park, 12th July

Tony Tuohy wrote....

Thought I'd get up early and run this race 12 hours after the club mile and an unusually bad night's sleep. What a bloody stupid idea. Somebody speak to me in a stern voice.

9	Tony Tuohy	35.31	1st M50
104	Michelle Lennon	46.39 PB	excellent 2-minute improvement.
134	Des Edwards	50.18 PB	– also ran the mile 12 hours previously but superb 4-minute improvement on debut 10k in April.

190 finishers

Vets AC 5K Battersea Park 15 July

12 Graham Laylee 22:01

Vets League, Perivale, 14/07

In this final match of the league, the priority was gaining maximum points in our respective age categories rather than times. For Nicola there was even less incentive to go for a fast time in her 800m as she arrived only minutes before the start. Nicola and Ola ran tactical races in their 3000m, and succeeded in scoring maximum points. In my 3000m I made some effort initially completing the first 3 laps at 90 second pace, but on being overtaken by a Serpentine M60, I sat behind him until the final 300m, which made it a rather relaxing and enjoyable experience.

200m	Nicola Richmond	32.8 secs
800m	Ola Balme	2:44.5
	Nicola Richmond	2:45.1
	Mike Mann	2:42.1
3000m	Ola Balme	11:42.1
	Nicola Richmond	11:47.9
	Mike Mann	11:33.1

Crystal Palace Open Meeting Saturday 19th July

Wayne Lashley writes

The day had finally come. I was going to embark on my first track race for nearly two years. I was in a particularly pessimistic mood. The day had gone far too well. I had earlier looked after my two-year niece who called me 'Uncle Wayne' to my face for the first time, I had arrived early enough to register and have a full hour warm up.

Something had to go wrong. Messrs, Paul Devine and Edwin McCormack had arrived some 30 minutes before the 800m was due to start. They had come with the intention of running both the 800m and the 1500m even though the races were barely an hour apart. They tried to sweet talk me (via the usual abuse), to do a 1500m as well but there was no way I was entertaining such an idea. It was boiling hot, and with the lack of rest in-between, it would have been unnecessary suffering. Both Rob Cope and Ebe Prill were in attendance too. They had accepted the gauntlet they had laid down for themselves, to run a PB in the 1500m

Nothing makes me more nervous than the build up to a track race. The waiting is unbearable. I was in the first 800m race, which I knew was going to be quick, so running my own race was crucial. If I ended up with 2:06 minutes, I would have been happy. I didn't run the first 200m as quickly as I should have and had to slow down so as not to get spiked by a runner breaking in from one of the outside lanes.

The first two runners had gone off like whippets and completed the first lap in 54 seconds. Having overtaken a couple of runners before the end of the first lap, I had actually paced it pretty well in a time of 61 seconds. I had two targets in front of me and felt strong. I just focused on holding my form on the back straight and with 200m to go, I caught one of my targets and was now in 4th place. I gave it everything in the final 200m and came home fairly strongly.

Edwin and Paul were in the second 800m race. The former was running this event for the first time and was aiming for 2:10 mins. Paul was aiming for the same. From the start, it was clear this was a face-off. Fresh from a dramatic sprint finish in the mile club championship, Paul was out for vengeance against his Scottish nemesis. There was actually a commentator on the loudspeaker. Maybe the commentator felt guilty that he had failed to initially register Edwin for the second race. Maybe he knew Paul's mind games from a previous life, who knows?

What was clear was that the commentator recognised what was at stake as the two Dulwich competitors hit the final 200m. It was all set for a sprint finish. Edwin was clearly the commentator's favourite, periodically being referred to by name but Paul was out for glory. They were side by side with 80 metres to go and for a moment, Paul seemed to have the momentum. Then the proverbial carrot that was Edwin found another gear and managed to hold Paul off to the line to win the race with Paul second.

All that we needed were the times. They were not long in coming. I was to get a shock. I had produced a time of 2:03.90 mins, just over a second outside my PB. Edwin, in his first attempt at an 800m, had got his target running 2:10.65 mins. Paul had just missed this target, running 2:11.18 mins but still managed to cream his PB by another 2 seconds!

Just over an hour later, Edwin, Paul, Rob and Ebe, had a 1500m run to contend with. Early on, it was clear there were a range of abilities as the field spread very quickly. The leader was aiming for a sub 4-minute time so was comfortably ahead. Edwin and Paul had resumed their struggle but were pacing themselves sensibly. Rob, aiming for a 4:50 minute race, was looking strong and measured in his efforts, as was Ebe, a short distance behind. I was on the sideline, recording the race with Ebe's camera and shouting regular lap times. The Dulwich contingent was pacing itself well but the heat was turning the race into one of attrition. Edwin was engaging in a personal battle with a U20s runner and timed his burst brilliantly to overtake in the final 200 metres. Paul faded a little, the earlier 800m taking its toll. Rob finished strongly as had Ebe, who kept the gap between himself and Rob fairly similar on each lap. The leader who had harboured ambitions of running a sub 4-minute time, dropped out and vanished into thin air on the last lap, possibly because he realised his thirst for sub-4 minute glory would remain unquenched.

There was controversy on the finish line as Ebe discovered his and everyone else's garmins were showing faster times by some 2/3 seconds. The organisers were fairly staunch in their position, insisting the electronic timing was accurate. It meant PBs were not as big…but they were still PBs! Rob came home in 4:48.25 mins, Ebe having left his fastest lap until the end, beat his PB by three seconds to record 4:55.28 mins.

Edwin and Paul were out there to suffer in the heat and certainly did that. Edwin was satisfied with his day's work, if not the time, recording 4:36.06 mins. Paul has realised that running a 1500m an hour and fifteen minutes after dong an 800m was perhaps not the best idea produced a time of 4:41.28 mins.

It turns out I was right to pessimistic. I was not meant to be running today at all. I was to have played a charity cricket match in Dulwich but got my dates mixed up and as I'd left my phone at home, I was none the wiser when calls and message were frantically dispatched my way. I am also a terrible cameraman (sorry Ebe). Well onwards and upwards. Next track race will be at the BMC open meet at Eltham on Wednesday 22nd July.

INTER-AREA VETS T&F, SOLIHULL, 20 JULY

This annual event is a competition between the various regions of BMAF. Running for Vets AC, I took part in the 3000m as an M60, running an unusually (for me) steady race and gradually overhauling another runner over 100m ahead of me halfway through the race, passing him 50m from the finish. My time was an improvement on recent efforts, though still adrift from my sub 11 min indoor time earlier in the year. Mike Mann

Mike Mann 11:20 (official time tbc)

Self-Transcendence 5km, Battersea Park, 21/07

Wayne Lashley writes
I don't like 5km races, oh no…I hate them! In complete contrast to how well Saturday had gone, my run at Battersea Park was incredibly frustrating and again it was totally my fault.

After my last experience at Battersea Park, I was determined to break 17 mins by being more cautious in the first mile. I wanted to get 5:30 mins and then build from there. I needed to maintain my discipline as there were plenty of speed merchants in the field and I did not want a repeat of last time.

Each time I looked at my Garmin, I was happy with my pace. 5:31/2 mins when I looked at my watch. My second mile was going the same way but I picked up the pace and felt in control of everything I was doing. When the third mile came, I gave it everything yet I noticed something was wrong when I came to the final bend and saw my pace had somehow slipped to 5:49 mins.

I therefore accelerated hard. I passed two people and held off attacks from two more but my face contorted with confusion and fury when I saw I had finished in an unofficial time of 17:25 mins! I could not believe how slow I been especially as I had so much speed at the end (I brought the pace of my third mile down from 5:49 to 5:39 mins in a matter of metres and carried that speed into the final 0.14 miles at 4:38 min/mile pace). I can only imagine the min/mile pace showing on my watch was jumping at the wrong time. I was so confident I was pacing well; I was left on the finish line shaking my head, the time arousing complete apoplexy!

Elmore 7, Chipstead, 19/07

Claire Steward writes:
Last time I did this race was in 2012. I was taking it easy the day before doing Fairlands Valley Challenge Marathon and ran a respectable 52:15.

How times have changed! This year I was just hoping I could finish without stopping, and trying not to aggravate my ongoing (hopefully recovering) tibialis posterior tendonopathy. I missed my target time of one hour by 45 seconds but was so pleased to get round without undue discomfort, apart from finding it jolly hard work.

Joe was also somewhat slower than his previous appearance but nonetheless happy with his run. I'm obviously out of practice with my packing as well as my running; after registering on the day and being allocated number 13, I realised that I had forgotten my socks, Pippa Major came to the rescue, delving into her rucksack and coming up with a spare pair.

The gloomy morning and portent of thunder storms receded and we found ourselves overheating in brilliant sunshine. Once back in the grounds of Elmore House we were able to enjoy the assorted stalls of the Chipstead Flower Show and Village Fair, and partake of a cold drink.

67	Joe Brady	52:49
105	Claire Steward	60:45

(1st man: 38:55, last finisher 1:41:17, 176 finished)

Brooks last friday of the month 5k

Edwin McCormack writes,
This was my first time doing the Brooks last Friday of the month 5k, held on the 2nd from last Friday of this month……obviously. Perhaps it was this anomaly that had confused the super fast, train 3 times a day guys who didn't show up, meaning the race was wide open for mere mortals. 5 DR's showed up for the race.

Me and Paul Devine decided we were going to try and break 17 mins and so set off fast. In the first mile a group including Paul were pulling away and were pushing what felt like a very fast pace, and I was hanging on 20 meters back just enough so Paul couldn't hear me cursing him. After a mile I reeled in his group and when Paul urged me to "go on and win" I realised I was leading the race. Usually this would be considered good news, but as the heat was taking its toll and I was already in lactate city, it was not really the position I wanted to find myself at halfway.

Thankfully the guys behind me seemed to be bonking to an even harder degree, as I could hear breathing from behind that reminded me of my childhood trip on the Jacobite steam train. I was therefore able to hold them off for an enjoyable first place and a nice medal to show the grandkids. Paul decided to ease off after I passed him as the heat made for very hard running. Next in was Rob Cope who was not enjoying the 30 degree heat either, so just treated it as a tempo run, but chose not to go through the finish funnel as heat exhaustion was looming.

It was then great to see Alastair Locke back from injury coming in strong with his famous upright Micahel Johnson-esque sprint finish. This was after jogging the route and enjoying the "scenery". Finally Steve Williams came in 20:03 minutes with a strong run in very uncomfortably hot conditions.

1	Edwin McCormack	16:50
10	Paul Devine	18.01
43	Steve Williams	20:03
98	Alastair Locke	23.04

Blackheath and Bromley Open, Norman Park, 21/07

800m r1
After missing the chance to follow Wayne on Saturday during his damn fine 800m season's opener of 2:03, Ed Hill was somewhat 'up for it' in his attempt to get a PB before upping sticks and leaving us for the USA. He duly delivered with a pretty sensational 2:02.60, almost perfectly evenly paced, to knock two and a half seconds from his PB of almost a year ago. Over to you Wayne……

4 Ed Hill 2:02.60 PB

800m r2
Tony lined up his excuses in advance by announcing he was 'training' (raced Saturday, 13-mile run Sunday, hill session this morning, blah blah) by racing both 800 and 1500m. The double-header started with this 800m where he surprised himself with a season's best by two seconds – not too difficult as all previous attempts had been dire. A first lap in 66.5 was fast, so jelly legs predictably took over with 150 to go but a half-decent time was the reward. Meanwhile, Oscar was chasing mightily in a quest for his own PB – he missed it by less than a second but did record his second best time.

4 Tony Tuohy 2:15.70
5 Oscar Hussey 2:18.42

800m r3
Ebe was in this one and his recent improvements continued with a good nicely paced run knocking nearly five seconds from his best time – missed winning the race on the dip though!

2 Ebe Prill 2:21.12 PB

800m r5
Completing our 800m runners for the night was Tereza making her debut at the distance. She had rather cautiously put herself down for 2:35 and so got herself seeded in the slowest race but this turned out to be way out as she left the field behind with a first lap under 74 seconds. She visibly kicked on at the bell and superbly ran a negative split second lap (that never happens in 800s!) of 73.5. The resulting time of 2:27.47, run as a totally solo effort, is undoubtedly far superior to her Dulwich mile time and it will interesting to see how Tereza develops if she gets a few more track races under her belt this season. No pressure Tereza……..

1 Tereza Francova 2:27.47 debut

400m r1
So…..Clare pops along, says she doesn't really feel like doing the 800 or 1500, and decides she'll run the 400m (for a laugh, you know how it is). 64.4 seconds later she's number one in the UK W50 400m rankings alongside her usual distances. Well it certainly makes me laugh. How about 200m Clare, you're only number 5? Sort it out.

5 Clare Elms 64.40

1500m r1
After dawdling about for an hour after his 800m, Tony was hanging around at the finish line waiting for the 1500m when he realised it didn't actually start there. A quick sprint to the back straight and a hurried chat with Lewis (who was hoping to get into the lower 4:30s) resulted in an optimistic promise to set the right sort of pace to help Lewis, at least for a couple of laps. As it turned out, this worked well and while Tony was well pleased to be able to pull out a 68-second last lap, Lewis kept his pace well to knock four and a half seconds from last month's PB. With a bit more endurance there's surely more to come (if that 2:11 800m speed is anything to go by).

6 Tony Tuohy 4:32.66
9 Lewis Laylee 4:34.97 PB

1500m r2
It wouldn't be fair to say how many years it is since Neville ran a 1500m (it's lots) so fair play to him for showing a good turn of speed and improving on his Dulwich mile equivalent. Let's have some more, Nev.

6 Neville Webb 5:18.43

British Milers Club Grand Prix, Iffley Road Oxford, 19/07

BMC Grand Prix meetings are normally the preserve of the fastest runners in the country as the qualifying times to enter are at the high end. Clare is fast enough and got herself in the Women's A race by right whereas Tony secured himself a run in the 'International Masters Mile', specially put on for veterans on the famous track in the 60th anniversary year of the first sub-4 minute mile.

BMC Mile A (Women)
In a field of thirteen fast runners Clare was hoping to repeat the previous week's sub-5 minute mile and get an officially ratified world record. She'd previously identified Rose Penfold (with just the right sort of times this year) as a good pacemaker and duly tucked in behind her at perfect pacing for the first lap; but unfortunately Penfold was having an off-day and was already fading so Clare had to take it on into the back straight wind and an already considerable gap to the leaders. Too much effort on that second lap and Clare knew it wasn't her day but pressed on anyway to finish a good ninth in this company in 5:05.42. Lewis Laylee (Clare's favourite pacemaker!), where are you when you're needed?

8 Clare Elms 5:05.42

BMC Mile D (Men) 'International Masters Mile'
Billed as a world record attempt for various age-groups, the 12-man field was full of top-class vets; at M50 alone there were Gunnar Duren (800m and 1500m world champion indoors) who made the trip from Sweden for the race, Mike Trees (UK M50 mile record holder at 4:32), Simon Anderson (former world V45 1500m champion) and Rob Andrew (former European V45 800m and 1500m champion). And tagging on behind that lot was me.

M45 David Cowlishaw won the race by a street and achieved the only record (new UK figures of 4:26) while Mike Trees just got the better of Duren and Anderson in a great time of 4:34. Further back I was doing my best not to let Rob Andrew disappear ahead as I passed 809m in a quick 2:23 but started fading on the third lap (as you do). Despite mustering a 70-sec last lap I was still passed by a couple of fast finishers (M35 and M45, younger blokes, you know how it is) but was pleased to land a decent PB that was finally in line with my best 1500s. Outclassed, but good to be involved in an all-vets race of that quality.

9 Tony Tuohy 4:48.33 PB (M50 club record)

July 19th

Burgess

87 ran

37	Ian Sesnan	23:11
55	Barry Evans	24:51

Bushy

786 ran

104	Matthew Ladds	21:36

Crane Park

86 ran

10	Jim Dowsett	20:36

Crystal Palace

110 ran

3	Lewis Laylee	20:21
15	Andy Cottrill	21:44
17	Cameron Timmis	22:07
25	Graham Laylee	23:17
29	Bob Bell	23:31
31	Clare Wyngard	23:42
41	Michael Dodds	24:36
48	Belinda Cottrill	24:59
82	Barry Graham	29:16

Chelmsford Central

281 ran

88	Kim Hainsworth	24:14

Cleethorpes

90 ran

21	Martin Morley	22:31
22	Colin Frith	23:02

Dulwich

160 ran

90	Sharon Erdman	25:00

Greenwich

112 ran

11	Stephen Smythe	20:54

Keswick

74 ran

18	James Wicks	21:24

New members especially ! and others....

Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

Killerton

Lindsey Annable writes: A trip to my parents in Devon gave us the opportunity to try out another parkrun although they are few and far between in the South West so we had a bit of a drive to get there.

This is one of fourteen parkruns held on National Trust property and Killerton was a lovely scenic setting for the run.

Despite an overall drop in the course elevation the pre-race briefing warned how hard it was and so it proved. It followed a couple of fields before going onto stony, muddy paths in woodland and then went onto gravel tracks skirting a couple of fields. There were a couple of uphill sections thrown in to mitigate against complacency during the downhill.

The final section of the course passed the front of the house to end by the stable block. When we finished we had the chance to browse a farmers' market, which was being held at the property.

We had a nice coffee but declined the hot dogs after a few days of being indulged on home cooking. We'll definitely be back to run this one again although it'll probably become even muddier and consequently slower in the winter months.

80	Barrie John Nicholls	24.08
94	Lindsey Annable 11W	25.00

Peckham Rye

54 ran

GRANNY GETS THERE FIRST!

Susam Vernon writes:

Well, who would have thought it? Not having raced since a parkrun in Cape Town in January and no running for 10 days, I ran this new course for me in a pretty good time for a 69 year old!

I loved the course and will be back very soon. I overtook my Grandson, Freddie (8) who was trying to get back his record for the course. Sadly, he suffered with the humidity and no food beforehand!! I beat my husband and Grandson, wow that was some feat!!

My middle son was running with Freddie to try and encourage him. Under normal circumstances, Piers would have beaten me by a long way. Mel Edwards had a storming run as did Gary.

5	Mel Edwards	19:10
7	Kevin Chadwick	19:46
8	Gary Sullivan	20:17
9	Toby De Belder	20:35
12	Emma Ibell	21:12
17	Michelle Lennon	22:34
48	Susan Vernon	32:55
50	Freddie Vernon	33.18
51	Piers Vernon	34.19
52	Chris Vernon	34:48

Riddlesdown

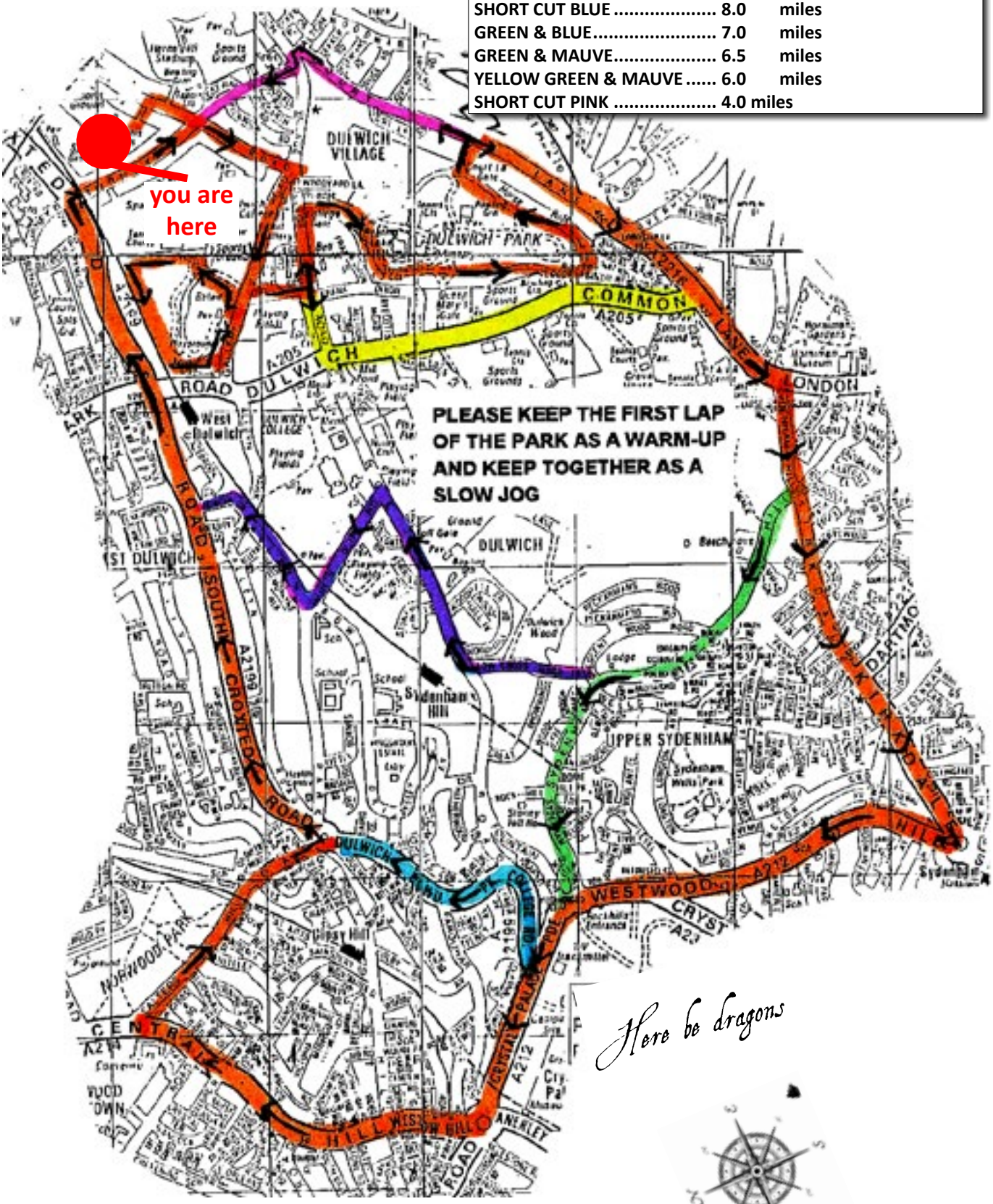
90 ran

19	Ange Norris	21:12

DULWICH RUNNERS AC S9

APROXIMATE DISTANCES FOR TONIGHTS RUNS

FULL RUN ORANGE	10.0	miles
YELLOW or GREEN Cuts	9.0	miles
YELLOW & GREEN Cuts	8.0	miles
SHORT CUT BLUE	8.0	miles
GREEN & BLUE	7.0	miles
GREEN & MAUVE	6.5	miles
YELLOW GREEN & MAUVE	6.0	miles
SHORT CUT PINK	4.0 miles	



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT