SHORTS

Dulwich Runners AC
Weekly Newsletter
September 3rd 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 03 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Thu 04 Beckenham Assembly League - 7:15 start
http://goo.gl/maps/NkmjA
Free to enter and for all club members of all standards, all you need is a club vest.
This is the last assembly league race for this year so lets have a good turnout.

Tue 10 SEE NOTE BELOW - 7 for 7:15pm start

In your SHORTS this week !

2 Fixture list, club champs,XC, road, track etc
4 Race reports & results
4/5 Hugh goes mad in the mountains !
6 Sevenoaks 7 full report and results
8 Ros runs off with silver and gold in turkey !
10 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

Tuesdays with Steve Smythe

The summer sessions at Dulwich track have now come to an end, but for the next few weeks we will be convening at the usual place near the track before jogging up the road for some hill reps on the path close to Sydenham Hill station. We will be moving back to Crystal Palace track late September/early October.
Watch this space for further details

LUCKY VEST
tonight Wednesday 3rd

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 3**

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 2

Sep	4	Assembly League - Beckenham
Oct	11	Surrey League Cross Country - mens & womens

NEW RUNNERS ROTA

Thanks to **Joseph Brady and Natalie Davys** 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**

Paul Devine	**03/09**
Mel Edwards	10/09
Giles Gibson	17/09
Paul Hilton	24/09

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 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

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
Sep	4	Assembly League	3miles		Beckenham - 7:15 start
	13	Will Bolton Relays			Sparrows Den
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	1	Reigate Priory Relays			Reigate Priory Park
	8	Surrey League 2	mens		Ham Lands, nr Richmond
	15	London Champs			Parliament Hill Fields
	22	South of Thames 5 miles			Wimbledon Common
Dec	6	Surrey League 2	womens		Nonsuch Park, Cheam
	6	Kent Masters			Sparrows Den
	13	South of England Masters			Horspath, Oxford
	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			Stanmer Park, Brighton
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 & 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

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.

Last one this year:

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 event:

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

SEAA Road Relays Aldershot, 20/21 September

We intend to enter senior and vets teams for these relays in Aldershot. For the women, both seniors and vets (40+) this is a 4 stage relay of just under 3.9km per leg taking place on Saturday 20 September. The men's relays take place on Sunday 21 September (6x6km for seniors and 4x6km for 40s, 50s and 60s). Teams will be selected shortly and we will be in touch soon. ***Mike Mann***

TRACK MEETINGS

For those of you interested in competing on the track, there are three open meetings still left, held at local venues during this season.

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

7 Sep St Mary's University, Strawberry Hill
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***

WILL BOLTON CROSS COUNTRY RELAYS, SPARROWS DEN, 13 SEPT.

Could all those interested in taking part in these cross country relays at Sparrows Den please contact your captains, Mike Mann and Mel Edwards/ Anna Thomas to enable teams to be organised and entered in advance. ***Mike Mann***

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=

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***

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

The cross country season will be starting shortly, so here is some advance information, particularly for the benefit of newly joined members.

We compete in the Surrey League cross country with the men in Division 2 whilst the women compete in Division 1.

There are 4 fixtures during the season, starting on 11 October at Richmond Park for the women and Newlands Corner near Guildford for the men (details of other fixtures can be found in Shorts).

With the Men's Surrey League there's 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 will receive 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, being held at Parliament Hill Fields this season.

There are also a number of Masters events. For all these races, other than the Surrey League it's 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 or trail shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country spikes, or alternatively fell shoes become essential.

As a warm up for the cross country season, the Will Bolton relays at Sparrow's Den on 13 September (advertised separately in Shorts) are highly recommended. The stages of 4k are shorter than other cross country races, most of which range from 3 to 8 miles, but will be able to put your summer 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

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 .

Inclined to Madness Fell Race Wednesday 27 August 7.15 pm

6.8 miles 1230 ft ascent
Fell races this summer have been a bit like buses. I wait ages for one, then do two in a week! After the Brecon Beacons the previous Saturday, last week we headed north to Yorkshire, so I grabbed the opportunity for another race on the North York Moors.

This race has the unique distinction of combining fell running and industrial archaeology. The main climb is along an amazing piece of Victorian engineering – the Ingelby Incline – a disused railway, built over the highest point of the moors to bring down iron ore. It is obviously what inspired the name.

The race fell into three parts: first, about two and a half miles along an undulating forestry track round the head of the Ingleby valley. Mindful of having done a long hard race four days before, I set off gently, not knowing how my legs would respond. After half a mile I felt fine, so speeded up, and started overtaking steadily.

The second part was the Incline, which looks pretty fierce as you can see it all from the bottom – a bit steeper than Canonbie Road for nearly a mile. I thought I would keep running for as long as possible, and found that I was in a good steady rythme, and gaining places, so kept going to the top, overtaking eight other runners in the process.

So far so good, but would I pay for it and when? The final section was over the moors, covered with beautiful purple heather. Amazingly I was able to keep up a good pace, helped by a strong following wind, and a good running surface once we hit the Cleveland Way.

Having touched the trig point on Round Hill, the highest point on the Moors, it was a downhill dash to the finish on the road above Clay Bank. Two runners who had been on my tail since the top of the Incline overtook my, but I held off everyone else, to finish in fading light – the tail-enders finished in the dark!

This was one of the best runs I have done, and to top it all I won another bottle of wine.

Winning time	45.55
24 Hugh Balfour	57.46 (1st M60)
71 finishers	

Brecon Beacons Fell Race Sat 23 August

19.5 miles 4,500 ft ascent

It was with considerable trepidation that I headed off to south Wales at crack of dawn on Saturday. I hadn't done a long race for over a year, and there had been a serious lack of distance training this summer, but when did that ever stop a Dulwich Runner from doing something stupid?

I had three aims: first to finish, secondly to finish under 4 hours, and third to be the first V60. The first seemed doable, the second was ambitious and the third might be possible. I knew the other two V60s – John Darby and Garry Gunner, and had beaten them before, but I wasn't as fit now, and they were both experienced, tough and knew these hills like the back of their hands.

It was a small field – 35 of us gathered on the Taybont Resevoir dam for the start. Unusually, the winner was pointed out before we started – no one was going to get near Hugh Aggleton – he was about three minutes clear by the first CP, and won by nearly 20 minutes.

The course follows a clockwise direction, going over the hills to the south of the Taybont Resevoir, before heading north to the main Brecons peaks. The first climb started at the end of the dam, and was a brutal 1200 feet of hands on knees slog to CP1 on the summit of Tor y Foel. But then it got easier with about 6 miles of gently undulating moorland with easy running on tracks and paths.

The field quickly spread out and I started running with a woman called Fi, who is a serious endurance athlete, but having had a baby 10 months ago, was taking it gently. It was good to have company on such a long run, and her knowledge of the Brecons saved a lot of time in navigation.

After about an hour and a half, we started to climb the main Beacons range. At the foot of the climb we crossed a stream. Fi asked if I wanted to top my water. We both thought we were ok. Big mistake! But for now all was well. In fact I was going much better than I had dared hope, and we were making good time. Apart from a stiff westerly wind and an occasional shower, the weather was good with wonderful views. The running along the ridge to Corn Du and Pen y Fan was delightful, and no sign of the competition. What could go wrong?

So far nothing. We reached the summit of Pen y Fan, the highest point in the Brecons in 2.28, better than I had dared to hope. Then there was a final climb up Cribyn, after which we skirted Fan y Big, and started on the long flat plateau to the final CP on Carn Pica. Sub 4 was looking possible, but the moorland went on forever, and we were running out of water fast. Fi assured me that the CP was at a huge cairn. Finally I saw one, I willed it to be big, but it was never going to be more than 18 inches high. On we went, then there it was – a ten foot high beehive of cut stone. But now the clock stood at 3.35, with 2 ½ miles and a 2000 foot descent to go. The wheels hadn't come off yet, but could I speed up?

I went for it, and soon left Fi behind. There was still some semblance of speed left, until my legs rebelled with cramp. A pause to apply Ibuleve, then on down. At 3.50 I hit a path down through the woods – studmarks in the mud – it was the right route – only a mile to go. More path, more gates to open and close, then I was on a metalled lane leading to the lane near the finish. 3.56 – going faster, I reached the lane along the valley at 3.59.05. 150 yard sprint to the finish. Made it with 15 seconds to spare. John and Garry were well behind me. So all three goals achieved, and a nice bottle of wine to take home to Helen.

Winning time 2.48
15 Hugh Balfour 3.59.45 (1M60)
33 finishers

Blackheath and Bromley Open Mile races, Norman Park, Wed 27th August

Tony Tuohy

Race 1

I was leading this race from soon after the start until the bell when Wayne decided to put a couple of seconds into me by the finish, when I was also pipped by a Blackheath youngster. It was a bit breezy but nothing serious; curiously virtually everyone in the race had below par runs with disappointing times – except Ian that is, much improved on his 1500m debut in June, but still feeling his way with this track business.

1	Wayne Lashley	4:54.4
3	Tony Tuohy	4:56.4
4	Ian Lilley	5:05.1 debut
7	Clare Elms	5:06.4

Race 2

Mike also had an ordinary run while Steve…..had a run. In fact his first track race for a very long time since injuries. (Steve did of course get to have a run-out at both Glasgow and Zurich against all the other media-types, but this was his first open race for ages.)

5	Mike Mann	5:44.1
9	Steve Smythe	5:57.5

Sevenoaks 7 miles Multi-terrain (Club Championship), Knole Park, Sun 31st August

A former regular as a club championship race (in fact club records are listed on the Dulwich website), last used in 2009, there were a handful of Dulwich survivors from those days running this excellent event again on a largely unchanged course in its 21st edition.

A good turnout of 36 club members would probably all agree with the term 'challenging' as the course has plenty of ups and downs and certainly provides a stiff test while still having mostly firm conditions underfoot. There were plenty of Dulwich vests at the sharp end with 7 in the top 11, and 24 Dulwich in the first 100! We won both the men's and women's team awards.

A very restrained start in the warm conditions saw everyone being relatively steady in the first mostly uphill mile to the twice-round 2½ mile loop before retracing the first mile (this time downhill) to the finish. Once the race spread out I once again had the pleasure of watching Edwin's back pull away, despite his recent lack of training to allow a calf injury to improve. Could have fooled me. Meanwhile Wayne kept easing past on the uphills while I kept easing back to him on the downs. Eventually I got my finger out and pushed the long downhill on the second lap hard trying to get a good enough gap on Wayne before the stiff climb to finish the 2½ mile loop. With Edwin still holding a good lead I let my legs go for the last mostly downhill mile (5:10 the Garmin reckons) and was flat-out to catch him with just 300m to go as his lack of fitness may have caught up with him. Wish I could run uphill like that. Anyway, a pleasing run for me, 1:46 better than my best previous attempt five years ago, with all three of us posting good times towards winning the team prize.

Behind that little battle Alastair was showing that his return from injury was coming on apace as he completed our winning team, just getting the better of a great debut in a Dulwich vest from John-Gabriel Harrison. Paul and Charlie ran well although both are currently below their best (in fact Charlie ran sub-42 here a few years back when the race was held in May – he's always fitter early season from marathon training!).

Only half a minute behind was Mel who had a storming run to take the second ladies prize half a minute ahead of a very out-of-sorts Clare who suffered today while still posting a highly respectable time running in with Ian Lilley who ran well. Steve Davies and Toby de Belder came in with solid runs ahead of an equally solid Steve Smythe making a welcome return to distance racing, hopefully with no ill-effects to long-standing injuries.

There was an excellent run from an improving Gideon not far behind that gained him the Captain's Award, and another good one from Jim while Rob Cope was forced to ease his injury round looking for club championship points rather than a good time. Sam is currently short of his normal race fitness while Mike, Alex, Joe and James all had solid enough runs.

Duncan Wilson apparently feels more fat than fit at the moment but got himself round well enough as did Matthew Ladds and Chris Goodman. Katie completed our winning ladies team with Mel and Clare, followed in by Barrie, Lindsay, a welcome debut from Charlotte and a first race this summer (the odd parkrun aside) for Pete.

Laura Lane has only been racing with the club this year but has tried out anything from a mile to a marathon and had a good run here, followed by Jo, Ameet and Des. Claire Steward has been round here a lot faster in the past but her comeback trail after her long injury absence is still coming on nicely as she finished in front of a good run from Karina and another very welcome debut from Natalie.

Photographer Jeremy Hemmings was in attendance and you can see his pictures here: http://imagetogo.net/go/?27617

2014 champs categories SEVENOAKS 7

1 Overall winner	Clare Elms
2 Fastest man (excluding overall winner)	Tony Tuohy
3 Fastest woman excluding overall winner)	Mel Edwards
4 First Senior Man (excluding above)	Edwin McCormack
5 First Senior woman (excluding above)	Katie Crowe
6 First M40 (excluding above)	Charlie Lound
7 First W40 (excluding above)	Lindsey Annable
8 First M50 (excluding above)	Steve Smythe
9 First W50 (excluding above)	Claire Steward
10 First M60 (excluding above)	Mike Mann
11 2nd Age Graded (excluding above)	Steve Davies
12 3rd Age Graded (excluding above)	Ian Lilley
13 Captains' award	Gideon Franklin

Pos	Time	Chip	Name	Cat.
3	42:48	42:44	Tony Tuohy	M50
4	42:53	42:50	Edwin Mccormack	SM
5	43:04	42:59	Wayne Lashley	SM
7	43:47	43:42	Alastair Locke	SM
8	43:54	43:50	John-Gabriel Harrison	SM
10	44:18	44:15	Paul Devine	SM
11	44:36	44:33	Charles Lound	M40
14	45:07	45:01	Melanie Edwards	SW
15	45:36	45:32	Clare Elms	W45
16	45:37	45:31	Ian Lilley	M40
19	46:15	46:10	Stephen Davies	M40
25	47:29	47:25	Toby De Belder	SM
28	48:01	47:56	Steve Smythe	M50
35	49:14	49:07	Jim Dowsett	M40
40	49:27	49:19	Gideon Franklin	M50
45	49:55	49:42	Rob Cope	M40
47	50:20	50:13	Sam Crump	SM
56	50:59	50:53	Michael Mann	M60
63	51:19	51:10	Alex Haylett	SM
69	52:11	52:04	Joseph Brady	M40
71	52:31	52:25	James Wicks	SM
84	53:55	53:44	Duncan Wilson	M50
96	55:05	54:56	Matthew Ladds	SM
100	56:10	56:04	Chris Goodman	SM
118	57:49	57:37	Katie Crowe	W35
121	58:02	57:52	Barrie Nicholls	M60
128	58:50	58:41	Lindsey Annable	W45
129	58:55	58:44	Charlotte Easton	SW
132	59:19	59:07	Peter Gibbons	M60
139	59:53	59:43	Laura Lane	W35
148	60:35	60:24	Joanne Shelton	W35
149	61:38	61:25	Ameet Patel	M50
152	62:03	61:55	Desmond Edwards	SM
160	63:08	62:53	Claire Steward	W55
181	65:46	65:34	Karina Burrowes	SW
192	67:17	67:05	Natalie Davys	W35

241 finishers

European Veterans Athletic Championships, Izmir Turkey, 22-31 August

This outdoor championship is generally held in alternate years with the Worlds. There are track races at all distances in 5 year age groups plus a road marathon and race walk.

Ros and Andy travelled to Izmir, on the Aegean (western) coast of Turkey, to take part at the end of August. Ros recently entered the w65 age group, so was up against multi-record holder Angela Copson, who had won their recent 1500m race at the GB championships. Ros had again entered 400, 800 and 1500, with Copson bravely entering these plus 5000 and 10000

M60 10,000m 24.08.14

Running on a hot Sunday evening Andy had not properly acclimatised and trying for around 45 minute pace in the first half meant he ran out of racing energy and slowed to a jog by the end.

15 Andy Murray 47:14.54

21 started ,18 finished

W65 1500m 25.08.14

Another hot evening race, this time for Ros. Copson having run 10,000 in heat the previous day meant Ros taking the lead in a decent 5.50ish pace. The leading group of five had reduced to two by the bell with Ros just in the lead inside Copson, who took the lead at 150 to go and opened a decisive gap.

2 Ros Tabor 5:46.96

W65 400m 27.08.14

Sprint gold medallist GB's Moira West made a good start 2 lanes inside Ros, who gave chase but Copson, in between, only got going slowly and trailed third. It stayed this way to the line although Copson was closing on Ros at the end.

2 Ros Tabor 1:14.87 PB

M60 5,000m 29.08.14

Another hot evening race for Andy at about 33 degrees. This time there was a fellow Brit, Archie Jenkins, to run with and he led Andy at a steady pace well off the front but overtaking a few. After passing halfway in 10.57 they closed on two more runners and this time Andy overtook with Archie following. Andy ran the second half in a steady 11.04, this time not too affected by the heat.

12 Andy Murray 22:01.59

18 ran, 15 finished.

W65 800m 30.08.14

Another warm and sunny early morning race for Ros. Starting in lane 2 she was able to take the lead at the break on the back straight and Copson came alongside. With Ros not pushing the pace on the first lap a Finn with a slower time was able to stay with them and barged through into the lead for a while, only to be overtaken towards the end of lap 1, reached in a steady 87 seconds. Ros at this stage was leading in lane 1 with Copson outside, she moving ahead with Ros close behind. Ros overtook with 200 to go and got a 10m lead, with Copson reducing this but unable to catch up, giving Ros the gold.

1 Ros Tabor 2:49.54

W65 4x400m relay 31.08.14

The teams entered for this age group were GB and Russia, put in a race with teams from other age groups. Ros ran leg 4 , taking over after a large GB lead from legs 1&2 had been reduced on leg3. This gave Ros the incentive to run hard and whilst never threatened ensured the GB record was broken and another gold won.

1 GBR 5:52.74, British record

The championships were held in an almost roofless football stadium plus adjacent extra track and throws area. There were only limited refreshment areas and spectating, let alone running, was not ideal in the hot climate (at least mid 30's every day), which had affected numbers entering races. It was generally well organised, with enthusiastic officials and young volunteers. Izmir, Turkey's 3rd largest city, was a great place to stay. It has a lengthy waterfront, huge bazaar/ market area, rich modern and poor hillside neighbourhoods plus Roman and earlier ruins. There are hundreds of outdoor eating options, from French-style seafront fish restaurants to street meze or kebab cafes plus a few international menu places.

- Andy Murray and Ros Tabor

Future international Masters events. see BMAF website
March 2015 European Indoors Turin, Poland
May 2015 European non-stadia 10k and half marathon Grosetto, Italy
August 2015 World outdoor track and field Lyon, France

Vets AC 5 miles, Battersea Park, 13th May

13th May? Bit out of date, I hear you say? Well, back then my time was disallowed as a club record as the race didn't have an official permit – but I've just noticed it has now miraculously appeared in Power of 10 as Vets AC have finally sorted it out. So club record please. Just thought I'd mention it.

2 Tony Tuohy 27:31 PB (club M50 record)

August 30th

Banstead Woods

186 ran

2	Tony Tuohy	17:42

Bexley

200 ran

5	Michael Fullilove	20:23

Bognor Regis

127 ran

9	Nicholas Brown	20:06

Brockwell

198 ran

11	Piers Vernon	19:20
20	Jim Dowsett	20:09
77	Charlotte Boden	23:56
79	Desmond Edwards	24:01
112	Sharon Erdman	25:56
131	Natalie Davys	27:05
167	Sarah Lyness	29:26
182	Susan Jane Vernon	31:29
194	Chris Vernon	34:55

Bromley

515 ran

121	Kim Hainsworth	23:07

Crystal Palace

134 ran

50	Andy Cottrill	24:17
60	Belinda Cottrill	24:39
88	Barry Graham	27:44
101	Penelope Bell	29:18

Dulwich

166 ran

8	Wayne Lashley	17:31
54	Hugh Mcqueen	22:02
60	Duncan Wilson	22:46
67	Mark Muffett	23:03
70	Ian Sesnan	23:09
83	Chris Goodman	24:15
105	Mick Mead	25:45
123	Stephanie Burchill	27:16

Greenwich

139 ran

13	James Wicks	20:44

Hilly Fields

139 ran

5	Ian Lilley	19:30

Orpington

147 ran

8	Clare Elms	20:18
26	Colin Frith	22:46

Peckham Rye

74 ran

6	Kevin Chadwick	19:55

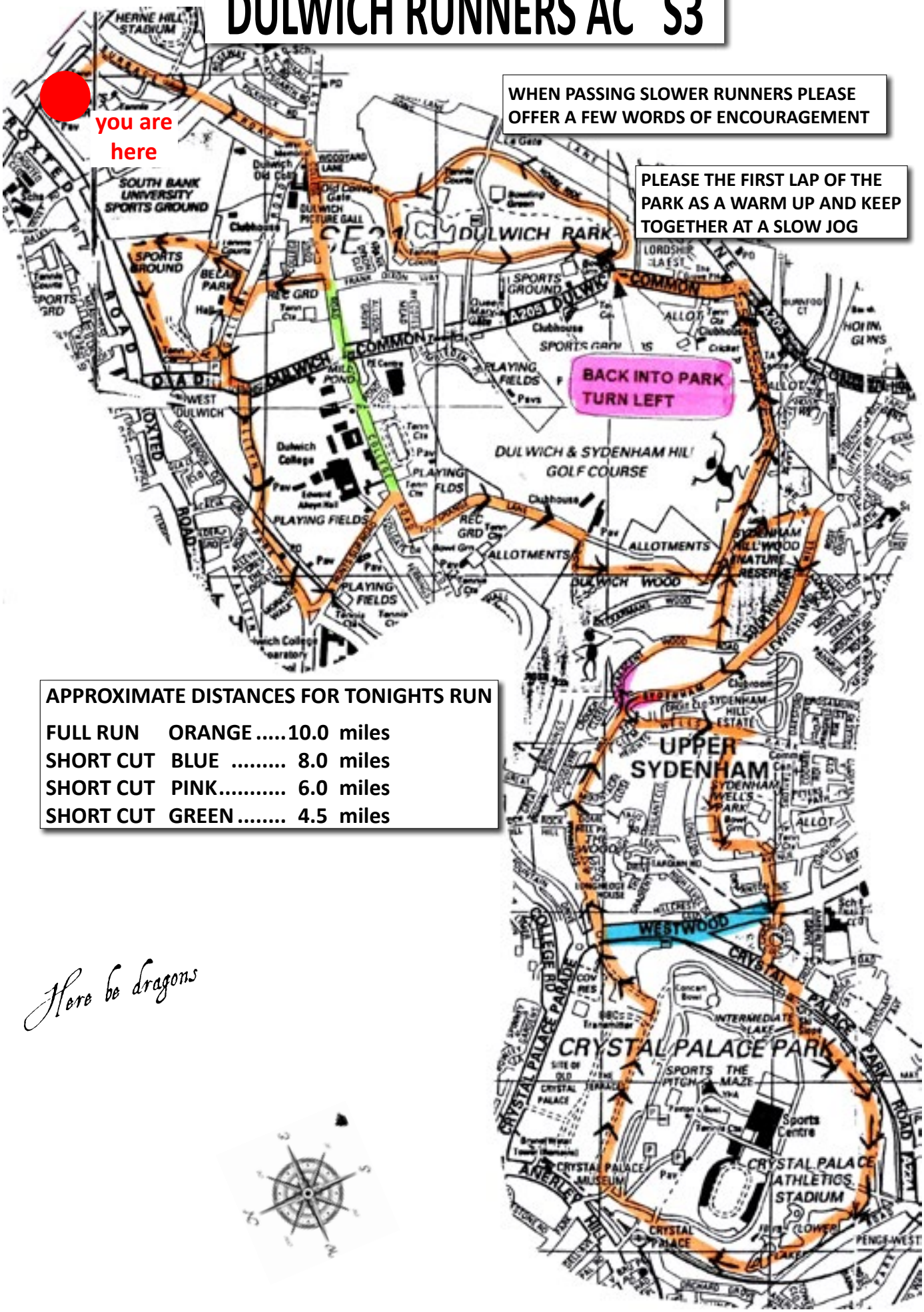
Riddlesdown

24	Ange Norris	21:29

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.

DULWICH RUNNERS AC S3



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE	10.0	miles
SHORT CUT	BLUE	8.0	miles
SHORT CUT	PINK.....	6.0	miles
SHORT CUT	GREEN	4.5	miles