SHORTS

Dulwich Runners AC
Weekly Newsletter
October 8th 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 08 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 11 Surrey League Cross Country - mens & womens
For all club members, all standards and abilities
Free to enter, you can turn up on the day, club vest needed. **See details on pages 5,6 & 7**

Tue 14 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

TRACK SESSIONS

back at Crystal Palace Arena

Tuesdays with Steve Smythe

Improve your speed & strength over all distances, suitable for all standards and abilities.
Please be warmed up and ready for the session to start at 7.15.

You need to go through the Crystal Palace reception check in where you say you are with Dulwich Runners and you will be given a wristband.

When you get to the track itself, Ros will be there to collect your track fee (£2.50 per week) and mark the track register. If you want to pay in advance for future sessions that is fine.

LUCKY VEST

October winner Cameron Timmiss

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 6**

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 !

After your run 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)

In your SHORTS this week !

2... AGM notice
5... All things Cross Country
7... Fixture list, club champs,XC, road, track etc
8... Race reports & results
10... Parkrun results
11... 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

EVENT HORIZON

A brief look ahead

full fixture list page 3

Oct	11	Surrey League Cross Country - mens & womens
Oct	19	Cabbage Patch 10
Nov	1	Reigate Priory Relays

NEW RUNNERS ROTA

Thanks to **Cameron Timmiss and Tom South** 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**

Ebe Prill	**08/10**
Ian Sesnan	15/10
Stephen Street	22/10
Ros Tabor	29/10

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to help cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - **Ros**

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

ANNUAL GENERAL MEETING:

Wednesday 29th October 2014, 9pm

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 Honorary Secretary, Clare Osborne, by Wednesday 8th 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 2013 AGM are available on the Dulwich Runners website and will be proposed for adoption at this AGM.

All Committee posts are up for election with the table below showing whether the present incumbent wishes to stand again. This shows that there are four posts, that of Honorary Secretary, Social Secretary, Women's captain and one of the general member posts, where there are definite vacancies.
It may be possible to accommodate someone who wishes 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.

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.

Sue is also happy to step aside if someone is interested in taking her role as one of the two general member posts.

Nominations for any of these posts should be sent to Clare by Wednesday 8th October to allow time to organise an election if there is more than one candidate, but nominations will be taken up to and including the day of the AGM.
Clare can be contacted at **secretary@dulwichrunners.org.uk**

Post	Present Holder	Standing Again?
President	Ron Searle	N/A
Chair	Ros Tabor	Yes
Hon. Secretary	Clare Osborne	**No**
Hon Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Alastair Locke	**No**
Women's Captain	Mel Edwards	**No**
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
General member	Paul Devine	**No**
General member	Sue Vernon	Yes

TFT RUNNING TOURS
ALGARVE
Running Challenge

Algarve Challenge, November 5-9

The Algarve running challenge is a warm weather training holiday, taking place between Wed 5 and Sunday 9 of November, based in Monte Gordo on the South coast of Portugal.

The running challenge is organised by Steve Smythe and comprises:
5 Nov undulating 5k trail race
6 Nov 1 mile track races
7 Nov mainly flat 10k trail handicap
The above 3 are time trials amongst the group of runners present.
9 Nov X Milhas Do Guadiana 17k open road race Spain to Portugal.
Awards are made on an age graded basis to participants (plus the opportunity to win hotel stay and other prizes in the road race)

Participants mainly stay at the Dunamar Hotel, which has indoor and outdoor pools, large modern rooms and is situated on a long sandy beach, also adjacent to a pine forest with many trails .
The half board option is reasonable and includes breakfast and buffet supper with vegetarian options.
There is plenty of free time to explore the area by bike or local trains and buses.

Ros in full flight

Mike Mann, Andy Murray and Ros Tabor have already booked for this year. If you fancy joining us have a word, or click this link:

http://www.trackandfield.co.uk/default.asp?UniqueID=190

Andy Murray/Ros Tabor
Andrew@28kerfield.freeserve.co.uk
Ros@28kerfield.freeserve.co.uk

Dulwich Runners' AC

Christmas Party 2014

Saturday 13th December
The Plough (Lordship Lane)

HO HO HO it's that time of year again!
The Dulwich Runners' Christmas party will be at the Plough pub on Saturday 13th December.
Dancing, drinks, buffet, club awards, festive one-zies (?) and maybe even an appearance from the big man himself.
Tickets: £15
Email: drsocialsec@gmail.com
Please transfer your festive pounds for your ticket to:
Alastair Locke
Account: 23208232
Sort code: 08-93-00
Alastair Locke

Crystal Palace National Sports Centre

The Mayor has recently launched a consultation for the redevelopment of the National Sports Centre at Crystal Palace https://www.london.gov.uk/media/mayor-press-releases/2014/10/mayor-launches-public-consultation-on-plans-to-transform-crystal
The proposals include the demolition of the existing athletics stadium and states that the provision of a community athletics facility to replace it is under review!!

I would urge members to respond on the consultation (the survey only takes 5 mins to complete) by 31st October closing date
Graham Laylee

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.
Club vests are compulsory for all eventsand you will need current club membership to qualify for points.
Mike Mann (on belhalf of ADSC)
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

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***

Box Hill Fell Race

Saturday 17 January 2015

For anyone who wants to enter the Box Hill Fell Race, I have been informed by the organiser that the entries open on 1st November. Last year it filled up in 9 days, and several people missed out. You can enter on line at Fabian 4. Cost £5.

If you have never done a fell race before and would like to try it, Box Hill is an ideal one to start with – not too demanding and no chance of getting lost. But nonetheless fell running is not for the faint-hearted as the photo of Paul Jeggo (Springfield Striders) at the end of this year's Black Mountains race testifies. Paul is a regular at Box Hill and won the V50 last year. You can see the photo and some others of that race at www.wfra.me.uk

If you want to ask me anything about Box Hill or fell races in general, I will next be down on a Wednesday on 22 Oct and hopefully at the AGM on 29th. - ***Hugh Balfour***

Emer Casey Foundation 10K

Sunday 26th October 9:30am Brockwell Park
Charity race being organised Herne Hill Harriers
As an extra incentive to local clubs, we are offering a deal of 6 entries for £60. This offer is available until the 12th October, and needs to be done directly through the club via the email emercaseylondon10k@gmail.com
(i.e. don't enter online!).
Alternatively runners can enter individually online, or just turn up on the day!
Location - Brockwell Park (start near the lido), 3.5 laps on paved paths
Entry fee - From £12 (no further fundraising required) advanced entry, or enter on the day
Facilities - Changing and baggage storage
Prizes - First 3 men, first 3 women, first 40+ man, first 35+ woman, spot prizes, medal for all finishers
Contact - emercaseylondon10k@gmail.com
Race entry and details
www.runnersworld.co.uk/emercasey10k2014

DULWICH RUNNERS CLUB KIT

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

There is limited stock of hoodies, very small sizes only.
I can order more if enough people are interested.
They will be £20 each.
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

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

CROSS COUNTRY ENTRIES

Our Surrey League cross country races, the first ones of which take place this Saturday 11 October (see eleswhere in Shorts for further details) do not require advance entry - you can simply turn up on the day - but most other races in the calendar do.

Two such fixtures this autumn are the London Champs at Parliament Hill on 15 November and the South of Thames 5 miles at Wimbledon Common a week later on 22 November. In order to take part, it is essential that you notify your respective women's and men's captains in advance.

If you would like to take part please contact your captains no later than 29 October for the London Champs and by 12 November for the South of Thames race. ***- Mike Mann***

SURREY LEAGUE & OTHER CROSS COUNTRY 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.

SURREY LEAGUE CROSS COUNTRY 11 OCTOBER, NEWLANDS CORNER

The first mens Surrey League match of the season takes place at Newlands Corner, near Guildford, starting at 3pm on Saturday 11 October.

It is important that we have a good turnout, particularly from our regular scorers. The venue is 3 miles east of Guildford on the A25 (GU4 8SE)and not easy to access by train, so we will have to rely on people providing lifts.
There is parking at the National Trust car park. Both Barry Graham and myself will be taking cars so please get in touch with me by email or in person if you would like lifts. We will also need other drivers.

Please make sure you arrive no later than 2.30pm so that numbers can be handed out and the registration form completed. It should be possible to get away with road shoes, though with rain expected this week, it would be advisable to bring trail or fell shoes or cross country spikes.

For the benefit of recently joined members entry is free, it is not necessary to enter these Surrey League races in advance, but it would be advisable to contact me if you plan to take part if you require transport.

Mike Mann mcmann90@yahoo.co.uk
more details and maps below

Surrey Men's Cross Country Race. 11th October 2014

First race of the 2014/15 Season for Division 2!
Start time : Men: 15:00
Venue : Newlands Corner, Guildford, GU4 8SE

Getting there:
Newlands Corner is on the A25 3 miles South East of Guildford. It can be accessed via A25 from Dorking Direction or From the A3 Via Ripley exit heading through ripley towards the A247 heading South.
Parking is limited at Newlands Corner, so please car share wherever possible. As part of our agreement with Surrey Wildlife

Trust we are asking for a donation of £1 per car (25p each if you car share!) to go directly to Surrey Wildlife Trust to contribute to the upkeep of the car park. There is alternative parking at the Merrow Park and Ride site at the bottom of the hill although

this is quite a walk!

The start of the race is located approximately 400m for the Newlands Corner Car Park. Please see the map below :
The course is undulating and roughly 3.9 km per lap. The senior race two laps anti-clockwise. The map below is a gps track of the course. The start, section A followed by a sharp Right turn up. With 2 laps of Section B, left at C on lap 2, before returning to the finish along A. Fell/cross shoes or Spikes ok.

Ladies Surrey League Cross Country Richmond Park 11 October

you will have been contacted by your captains - if for any reason you havent and want to run then contact them.

Anna Thomas & Mel Edwards dulwich.womenscaptain@yahoo.co.uk

Dulwich Runners 2014/15 Fixtures

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

Date		Race		Venue
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 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
	30	Pirie 10		Farthing Down, Coulsdon
Dec	6	Surrey League 2	womens	Nonsuch Park, Cheam
	6	Kent Masters		Sparrows Den
	13	South of England Masters		Horspath, Oxford
	13	HW Interclub Cross Country		Wimbledon Common
	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 Down, Coulsden
	21	National Champs		Parliament Hill Fields

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, Sat 4th October

The usual early start for these races saw a handful of Dulwich Runners hoping for good times on a nice morning. I hoped for a sub-35 and felt fine but could only produce a similarly average run to my Serpentine 5k the previous week.

Alastair's Serpentine 5k PB was not average at all but he found himself wanting here and couldn't match that performance. Also a little disappointed was Ian – his late summer 5ks show he can go faster but he nevertheless did score a decent PB, so not bad at all and the best performance of the Dulwich men.

Paul was suffering from the start and after dropping off Alastair's pace thought he would at least try to help Ian – but that was too much too so he called it a day. He did admit later to being annoyed with himself for not seeing it through but having been on the receiving end this summer of Paul's grit at the end of races a couple of times I think we can be sure this is just a temporary blip. As Alastair commented later, let's hope we're all closer to personal targets at the Cabbage Patch 10 or there will be grumpy faces after that as well.

But an antidote to all that mere adequacy was Michelle Lennon. After three half-marathons in the past month (with parkruns the day before the last two!) she's obviously been getting some hard work done and was rewarded by a great run scoring a 38 second revision of her 10k PB from August, and that's 1:30 better than the previous PB set in July.

- Tony Tuohy

7	*Tony Tuohy*		*35:17*	*1M50*
18	*Alastair Locke*		*36:05*	
22	*Ian Lilley*		*37:23*	*PB*
93	*Michelle Lennon*	*W10*	*45:09*	*PB*
DNF	*Paul Devine*			

229 finishers

Jersey Marathon - Sunday 5th October

First realisation that this was very much a local race was going to the registration on Saturday.

About a dozen European tour runners having a briefing and 2 people manning the registration. No-one else present. Certainly no expo.

As for the day, fantastic day for it. Cool morning with blue skies and no wind. Perfect...only wish that I was injury free; calf injury from the Aldershot relays has meant one light 5km run in the past fortnight. Felt the least prepared I ever have for a marathon.

At least a few more people at the start; apparently close to 1,500 including the relay. The marathon certainly didn't feel like that: 4 corals of elite (about 12), fast (sub 3:30..I said local), medium (sub 4:30) and slow.

The start was near the harbour of St Helier. After a mile loop of the town, we climbed over 350ft alongside some waterworks. I guess nice to get the climb in early...but it did drag on. From mile 2-7. This took us up towards the north of the island (Jersey is not the biggest). Pleasant country lanes, which although not closed to traffic, could well have been. First sight of my support crew of Leann (thanks for the Haribo) and our island resident host for the weekend, Tricky.

Lovely views over the north west coast before turning south again as the sun heated up (c20C). Underfoot moved from tarmac to cinder tracks as we passed the airport. Shortly thereafter, around the playing fields and good sized support; second sight of Leann and much needed handing over of a Lucozade.

The race had water and Powerade every 2 miles but nothing else; no chip split times (just start and finish). If only I was fit/healthy; the stretch from about 21 to 23 was great: downhill trail. A real gimme in a marathon. The final 3 miles was back along the south coast promenade back into St Helier. Great for a 5k morning run, I'm sure, a massive drag after 23 miles.

My sensible race plan to go off at easy pace (8mins/mile) just not my style. Sure slower than when I'm race fit but still far too fast at 7:30s. I recognised just after half way that my calf was tightening (but thankfully not popping/snapping). But I reined it in a lot; initially shuffling and then even the odd walking light relief. I'm really not fussed about the time and conscious of not doing any longer term injury.

If you want a small, scenic, parish supported, island marathon, it gets the thumbs up. Not one for the big city, crowds and swag collection though. Another different marathon, another gong for the collection and another letter on my alphabet marathon list. ***- Toby de Belder***

95 Toby de Belder 3:41
363 ran

Loch Ness Marathon - 28 Oct

I completed the Loch Ness marathon in 3:55:20, which given my limited training I was very pleased with.
780 Greg Staw 3:55:20
2472 ran

Bournemouth Marathon Festival - 4/5 Oct.

I attended the Bournemouth marathon festival over the weekend,which on Saturday has the 5k and 10k races, and then the half and full marathons on the Sunday.(I think a couple of nutters ran all of them).
I had entered the marathon,-so it was down to kings reach park,next to A F C Bournemouth football ground for a 10am start.

The course was relatively flat considering it's a costal resort, with only two hills at 12 and 18 miles, and with the weather set fair on a cooler morning than late, it looked like it was going to be a nice morning for a run. Steve Wey, did the honours at the start, and around 2000 runners made their way around the streets of Bournemouth.

I had my eye on a sub 4hour time, so in my head I didn't know if to play it safe and go with an 8.30 pace, or go for a bit quicker and try to stick with 8.00pace.(only my second marathon after the first one went so wrong).
I settled for the 8.00pace,and in truth I was glad I did as I felt comfortable throughout, going through the halfway point in 01:45:27, and it was only in the last few miles that I felt my legs feel a bit heavy.

The course doubles back on itself in quite a few places, so you are able to cheer on the leaders of the race, and also give the slower runners at the rear a few shouts of encouragement to. Along the sea front near Bournemouth pier, was probably the busiest place with spectators, and it was nice to be cheered on by fellow Dulwich runner, Natalie Davys.

I eventually went over the finnish line in 3:31:37 , a new p.b for me and knocking over 5 mins off my previous marathon time.

253 Jim Dowsett 3:31:37
Winner 2:21:44
1968 ran

DULWICH RUNNERS KIT
STOCK CLEARANCE SALE

There will be a sale of old style kit - vests, short and long sleeved shirts.

Now is your chance to buy an extra vest or long sleeved training top.

Limited sizes - all items £10.

Available on Wednesday nights,
or email Ros ros@28kerfield.freeserve.co.uk

Mablethorpe Marathon

Sun 5 Oct

This was my third time at this marathon, also called The Friendly One, which it really is. Well organised and extremely nice and friendly people involved.
My main aim was to finally tick the sub-4 hour box. I was "cruising" at a 3:50 finishing time (8.47/mile) until 18 miles but had to ease of a touch in order to make absolutely sure it would hold together all the way. Well chuffed with the time, whilst pondering about the future training in order to sustain the same (or perhaps a touch faster) speed all the way to the end. Next time, another box.....

94 Per Hedberg 3:56.13 (PB!)
199 finishing (approx. 250 starting),
Cat V50 16th of 30. Age grading 60.1%.
Winner 2:43.20

BMAF Mile Championships

Cardiff 04.10.14

This was a new initiative, perhaps inspired by the 60th anniversary of the 4 minute mile, to combine the BMAF championship with that of Welsh Athletics.

The venue was by Cardiff City Hall, near the castle, and we were able to use the PA system, finish gantry and other facilities installed for the half marathon the next day and which will host the World Championships in 2016.

In contrast with the 20,000+ single field for the half marathon, the mile races comprised only a dozen runners at most, even combining some age groups. The course was a quarter mile lap around the closest building followed by a longer lap with a long outward leg but several turns coming back. This was on flat, traffic-free roads and some cycle paths in bright sunshine.

Andy had a field of 9 M55's and M60's and set off at the back with another m60 just in front. Passing halfway in 3.06, he slightly lost touch in the final quarter mile but finished strongly in a time slower than the track club mile but better than in the Westminster mile in May.

Ros's race was W50's upward and she was soon 3rd to a fast w50 but close to a w60. After halfway the second runner stopped for a few moments and Ros took over, running strongly to the finish to win her age group. -
- ***Andy Murray***.

M55-64
9(5m60) Andy Murray 6.10
W50+
2(1w65) Ros Tabor 6.28

October 4th

Brockwell

224 ran

Pos	Gen		
11	11	Lewis Laylee	18:33
26	1	Ola Balme	20:06
30	29	Mark A Foster	20:18
64	58	Graham Laylee	22:04
193	61	Sarah Lyness	28:56

Burgess

Chris Vernon writes:
I could not let my Grandson's 10th parkrun, his 9th birthday and the 10th anniversary of parkrun pass without being part of it, another good day for 'Team Vernon' and the red and two blue hoops.
The Run Director at Burgess Park made a real fuss of Freddie with a card, sweets and cakes and he rewarded us with a PB.
On a lovely morning before the rains came Michelle had another good run but Sue missed out on breaking 30 mins by getting carried away at the start, when will she learn! I puffed round at the back to cheers of 'come on Freddie;s Grandad' and just managed to avoid the last place slot.

130 ran

Pos	Gen		
74	58	Barry Evans 1st MV 65	25.55
76	18	Michelle Vernon 1t WV40 (PB)	26.01
107	70	Freddie Vernonst 1JM10 (PB)	29.34
108	71	Piers Vernon	29.38
111	39	Susan Vernon 1st FV65	30.19
128	76	Chris Vernon 1st MV70 (PW	37.45

Bushy

1705 ran

Pos	Gen		
195	186	James Wicks	21:03

Cheltenham

290 ran

Pos	Gen		
71	10	Lucy Clapp	22:51

Crystal Palace

142 ran

Pos	Gen		
30	30	Bob Bell	23:11
73	65	Andy Cottrill	26:37
93	17	Penelope Bell	28:39

Dulwich

170 ran

Pos	Gen		
19	18	Dominic Joyner	20:12
27	3	Elkie Thorndyke	20:58
37	34	Chris Goodman	21:25
67	10	Linda Byrne	23:15
69	59	Ian Sesnan	23:21
79	15	Claire Steward	24:14
112	87	Mick Mead	27:03
113	26	Stephanie Burchill	27:04

Lloyd Park

176 ran

Pos	Gen		
9	9	Stephen Smythe	20:38
10	1	Clare Elms	20:40
27	26	Martin Double	22:33

Peckham Rye

Thank you to everyone who acted as pacers at Peckham Parkrun on Saturday. We had a great response with ten pacers on the day. The event was a great success (with Ajay and Sue adding some glamour- please see Peckham Rye Facebook page if you want further detail) and we had very positive feedback from the parkrunners and our pacers alike.

Thanks also to Event Director Kevin Chadwick for agreeing to host as we had to switch from Dulwich at the last minute.

We will be holding pacing and other similar promotional events at local parkruns on a more regular basis. Please keep an eye on SHORTS and the DR Facebook page in the near future. ***- Paul Devine***

131 ran

Pos	Gen		
11	11	Charles Lound	19:57 pacer
13	13	Stephen Davies	20:23 pacer
19	19	Duncan Wilson	20:55
20	1	Emma Ibell	21:05
33	32	Robert Tobin	21:56
36	35	Simon Burnett	22:04 pacer
47	46	Rob Cope	23:15 pacer
55	53	Ajay Khandelwal	23:47 pacer
59	4	Susan Cooper	24:28 pacer
65	8	Sara Harman	25:13
74	62	Ebe Prill	25:58 pacer
79	16	Karina Burrowes	26:37
83	65	Mark Muffett	27:14 pacer
86	67	Matthew Ladds	27:28 pacer
97	28	Sharon Erdman	29:05 pacer

Peterborough

343 ran

Pos	Gen		
22	20	Paul Mottram	20:07

Riddlesdown

133 ran

Pos	Gen		
24	2	Ange Norris	21:31

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 W3

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUN IN MILES

FULL RUN	ORANGE	9.5
SHORT CUT	BLUE	8.5
SHORT CUT	PINK or GREEN.....	8.0
SHORT CUT	GREEN & BLUE	7.0
SHORT CUT	GREEN & PINK	6.5
SHORT CUT	GREEN BLUE & PINK..	5.5
SHORT CUT	YELLOW	3.0

Here be dragons

LAKE GARDA TRIP FINAL DETAILS

HI ALL,

Last count 55 of us going to Lake Garda for year 21 of these trips.

Started all those years ago with a day trip to Le Touquet 10km, where some of us were treated to some unexpected sites, ask those who were there what was on offer !

Below is itinerary for this trip

FRIDAY 10TH OCTOBER

0540 Arrive at Gatwick airport North terminal
0750 BA 2596 flight to Verona Villa franca
1050 Arrive Verona
1130 Board coach for journey to Eurocamp, Pescheira accommodation
1245 Arrive Eurocamp (37019 Peschiera del Garda)
1430 Discovery run for those interested in exploring local facilities
1600 FREE TIME
1930 Meet for dinner in the site restaurant (16 Euros each)

SATURDAY 11TH OCTOBER

Free day – suggest for those interested taking the train for the day to Verona (just under 20 miles).
Journey time is only appx 20 minutes and costs 10 euros

Alternative would be to go to Malcasine and collect race numbers on the Saturday?

SUNDAY 12TH OCTOBER

RACE DAY

0630 We need to be at Malcasine the start area by 0730 which will mean leaving by 0630 as it it an hours drive away!
0730 collect race numbers ,(note you will of have to have pre entered)
0820 Be at race start
0930 15km race, which most who are 'active' are doing
0940 30km and marathon , (PLEASE NOTE IF YOU HAVE ENTERED EITHER OF THESE REFER TO RACE WEBSITE RE. MEDICAL INFORMATION REQUIRED)
1015 to 1115 Finish of 15km
1120 to 1250 finish of 30km
1200 to 1400 finish of marathon
1415 Lunch in local café??!!
1600 return to Eurocamp
1930 Awards Dinner in Pescheira restaurant (venue to be confirmed)

MONDAY 13TH OCTOBER

0900 Leave site for boat trip from Pescheira
1000 to 1700 Boat trip –lunch on board has NOT been paid for (boat trip has)
1930 Eat locally – FORTE DEI CAPPUCINNI ,Pescheira

TUESDAY 14TH OCTOBER

FREE DAY !
1100 Morning run optional
1900 Leave site for return trip to airport
2000 arrive airport
2220 BA flight BA 2599 to Gatwick North
2310 Arrive Gatwick
Goodbyes!!!

I WILL NOT BE AT THE CLUB THIS WEDNESDAY. YOU CAN COLLECT A SOUVENIR BAG FROM ME AT THE AIRPORT IF NOT ALREADY COLLECTED

You should have your e tickets to exchange for your boarding passes, don't forget them!

Also print out & bring the race confirmation letter with you

DON'T FORGET PASSPORTS, (valid/ in date/correct name)!
MONEY
TRAVEL INSURANCE
EUROHEALTH CARD
RUNNING SHOES

Any questions please get back to me

This is our 21ST ANNIVERSARY let's hope it's a good one!!

Cheers
STEVE
WEHRLD TOURS