SHORTS

Dulwich Runners AC
Weekly Newsletter
October 1st 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 01 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 07 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

tonight October 1st

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
3... Fixture list, club champs,XC, road, track etc
5... All things Cross Country
7... Race reports & results
9... Parkrun results
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

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 **Paul Hilton, Jim Dowsett and Ange Norris** 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**

Claire Steward	**01/10**
Jo Shelton	08/10
Ian Sesnan	15/10
Stephen Street	22/10

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

Clare Osborne, Secretary, Dulwich Runners AC, writes:

Your Dulwich Runners committee met on Monday 8th September to discuss a number of issues. Key actions/decisions taken were as follows:

- how the club might make financial savings - and looking to review the costs involved for entering teams for the Green Belt and Welsh Castles before making any decisions;
- short-listing charities for the Dulwich Runners AC charity event - these charities to be put to a vote shortly by members - keep an eye on Shorts for details;
- the concern about the consistent number of 'no-shows' for those on the weekly beginners' rota on a Wednesday night and how this might be improved and/or members encouraged to contact Barry in advance to re-schedule if they are unable to make;
- venue for the club's Christmas party to be selected shortly;
- planning for the AGM, which will take place on Wednesday 29th October. Please note there will be a few vacancies on the committee for election. Keep an eye on Shorts for further details in the next week or two.

The Committee agreed to meet again on Monday 24th November

DULWICH CHARITY OF THE YEAR 2015

Susan Vernon writes:

The DR committee shortlisted to 3 the nominations for Charity of the Year 2015. These are: Brixton and Norwood Foodbank, Dulwich Helpline and Homestart Southwark. You can find out about these charities on their websites. There will be an opportunity for all members to vote for their favoured charity very soon.

The closing date for voting will be 22nd October and the winning charity will be announced at the AGM on 29th October, together with a chance for you to suggest what we could do to raise as much money as we can for the chosen charity.

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
Oct	4	Gibb Cup (5 miles)		Farthing Down, Coulsdon
	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

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.

More details and ticket prices etc to follow soon.

Mince Pie Race

IT WILL SOON BE CHRISTMAS!

Come all ye faithful,
Joyful and triumphant,
Oh come ye, Oh come ye to Peacehaven

Sunday the seventh of December,
And have ye, oh have ye,
A special day to remember

Mince Pie ten mile race,
Oh yes thee, oh yes thee,
In a beautiful place

And with a Christmas lunch,
Oh cheer thee, oh cheer thee,
With wine and some punch

Travel down on a bus,
Oh journey thee, oh journey thee,
Come on all and join us !

If interested please speak, e mail or Facebook

Cheers Steve Wehrle steve.wehrle@immediate.co.uk

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

Dulwich Runners Parkrun Pacing

As a method of promoting club membership we are trying to engage more with the local parkrun community. A vehicle for doing this is to offer ourselves as pacers at landmark parkrun's preferably whilst wearing club kit. We have done this before sporadically but are now going to do it more regularly with the support of parkrun.

By doing this we can promote the club visibly as well as engaging with local runners with the hope they might be inspired to join the club. It is Parkrun UK's 10th birthday on Saturday October 4th and it would be great if we could have some volunteers to act as pacers on the day at Dulwich parkrun who are celebrating the landmark (There will be free cake post run!).

We are looking for pacers from anything from 18 minutes to 30 minutes and over. You should run at a pace you feel comfortable at, so for one Saturday only, give the PB's a break and try and lead others to PB's of their own!
We have already had a good response via our Facebook page but still need more!

Please respond to me at: pddevine2000@yahoo.co.uk if you would like to volunteer and a time you would like to pace at. If that time has already been taken, I will allocate you as close to the time you'd like to pace at as possible.

We aim to make pacing a more regular activity and will also be offering this service at Brockwell's 4 year anniversary parkrun in early December.
Details will follow closer to the time.
Thanks very much
Paul Devine

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***

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

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 MASTERS CROSS COUNTRY, 18 OCTOBER

Although it is possible to enter on the day for these champs at Richmond Park, it is necessary to enter in advance to qualify for team prizes.

The age categories are W35, W45, M40, M50 and M60 (3 to score in each).
Could all those who would like to take part and are Surrey qualified by residence or place of birth **please contact your captains by 8 October at the latest**. -***Mike Mann***

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

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

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 .

The Highclere 10k - Newbury

Being home for the weekend in Newbury, gave me the opportunity to take part in the Highclere 10k, it felt a bit strange as the last time I'd been at a Newbury AC event I'd have had a shot put!

Anyway it was a very nice surprisingly warm sunny September Sunday morning and I headed off to Downtown Abbey aka Highclere Castle. Lord Carnarvon very kindly allows the grounds of the estate to be used for the race each year and was there to start the race.

A multi-terrain course, with a couple of hills to make you work, we took in the castle twice en-route. A wasps' nest at about 5k kept me and the other runs on our toes after the whippets ahead of us had stirred up, I took a sting to the forehead and I think I faired fairly well compared to the others around me who kopped a few more!

I manned up and ploughed on, making it round in almost dead on 50 mins, it was good to blow the cobwebs away following my holiday ahead of the Royal Parks Half in two weeks time.

At the finish Mrs Patmore and Daisy had been busy making up some goodies which still seemed to be at 1920s prices!!

70	Matthew Ladds	50.02

263 ran

Serpentine last Friday 5k - September 26th.

There was a good turnout and some excellent performances in this long standing monthly 5k race held in Hyde Park.

The leading four DR's ended up finishing within 20 seconds of each other as Tony, Paul, Alastair and Charlie were in close order from the beginning. Tony led the initial charge sitting well inside the top 10, with Paul quietly tracking him a couple of metres back. It looked like it might be a two horse race for glory until at the 3.5k mark Paul heard the terrifying but familiar sound of Alastair's shallow breathing who sailed past him and then Tony in quick succession.

Despite a fleeting hope that this was a misguided surge of adrenalin,Al just proceeded to get stronger and powered to a 6th place finish and a huge 36 second pb, which was all the more impressive given the course is not especially fast. Knew I shouldn't have told him he leans too far back when he runs....

Tony battled on well in the last kilometre and although not his fastest recent time still ran a very solid race and was easily first M50. His face at the post race chat also suggested he is looking forward to the upcoming club battles in October with some relish! Paul couldn't find the big finish required to reel Tony in but was still pleased with his run which was his fastest on the course by some distance. Charlie ran his best race for a while,and took asimilar chunk off his best course time finishing very strongly in close order to Paul.

Ian Lilley continued his extended period

of fine form with a superbly judged even paced run as he dipped under 18 for the first time on this course. Ebe is impressively returning to fitness after his summer break, and had a strong run within 10 seconds of his course best and was second M50.

It was good to see Matt Galvin back racing following an extended break, partly due to two dodgy calves but also as time does not allow since he became a father of two. However he had a tremendous run well exceeding his own expectations, and also seemingly overtaking about 100 people in the home straight with a massive sprint finish!

Andy Murray ran a very solid race recording a course season's best and finishing 2nd M60 whilst Ros followed in a time that was good enough to see her score the highest overall age grade at an enviable 93.7%. Carolina Lilley initially lost her bearings looking for the race HQ (or was she trying to escape) but ran very well to complete the contingent.

Thanks also to James Godber for being the unofficial photographer and I will try and get the photos uploaded on to the website.

I have inserted my personal favourite as a taster- How does this man run so fast when he can't see where he's going !

- Paul Devine

6	Alastair Locke	17:01 (PB)
9	Tony Tuohy	17:09 1st M50
11	Paul Devine	17:15
14	Charles Lound	17:20
20	Ian Lilley	17:56
24	Ebe Prill	18:28 2nd M50
38	Matt Galvin	19:16
82	Andy Murray	21:04 2nd M60
105	Ros Tabor	22:06 1st FV65
190	Carolina Lilley	27:50

Black Mountains Fell Race - 17 miles, 5200ft ascent

Saturday 27 September

This was my fifth visit to this race, and it was nice to arrive and see lots of familiar faces (including the nutcase from Chorley who did 135 fell races last year). There was also a bigger field (just under 100) as this was a Welsh Championship race.

I had decides to go after another PB (trying to break 3.24.03), so went off fairly hard on the first 1700ft climb up Pen Carrig Calch. The warm humid conditions meant lots of sweat, but all went well for the first hour: I was running well and descending well. But the second big climb up Pen y Gadair Fawr started to take its toll. The start of this climb was not helped by a much denser growth of bracken over my usual line, and a live electric fence to jump. (This wasn't Tough Mudder, the entry fee was only £6!).

Running off Pen y Gadair, I knew I was running slower, and by CP 3 at the next summit I was 3 or 4 minutes down and a PB was out of the window. Worse was to come, as I got hit by cramp in my quads on the next descent. Ibuleve sorted it, but it came back with a vengeance near the top of the fourth and final ascent. I had to stop for a couple of minutes and elicited considerable concern from another passing runner.

However, once over the summit I got going and was able to keep running for the last three miles to the finish, despite twinges of cramp during the last half mile.

In the end I was 12 minutes down on my PB, but as 2nd M60 I got a prize of £6! So it wasn't all bad. But if you aren't really fit, the length of the course and the steepness of the climbs will find you out. They did me this time.

So the question is why go all the way to Wales to endure so much pain? The answer is the freedom and joy of running in tough mountain country. The fact that it didn't go well over the second half of the race doesn't negate the joy of the first half. And there is always another year.

Winning time 2.29

Hugh Balfour 3.36 (2nd M60)

Loch Ness Marathon, inc Scottish Championships,

September 27

Supported by injured husband Rupert, on a tough, albeit overall downhill point to point course,Shona gained another Scottish Championships medal. in finishing third but found the second half hard after a sub-81 first half. ***- Steve Smythe***

3W Shona McIntosh 2:53:15

River Ness 10km, Inverness,

September 27

A fast course couldn't prevent Steve Smythe running, according to Power of Ten, his 146th fastest road or track 10k (out of 146) but at least it was faster than recent parkruns.

-Steve Smythe

72 Steve Smythe 39:33 (39:29 chip)

Streatham Common 6 XC,

Saturday 27th September

Four Dulwich Runners turned out for this local race hosted by Herne Hill Harriers in support of Macmillan. Conditions were dry and muggy with no mud to be found, much to the disappointment of Mel and Katie who were hoping to tone down their new fluorescent fell shoes. The course had been shortened from previous years but still clocked in at over 6.3 miles, taking in 3 ¾ laps of the common, including the woods at the top of the common.

Having overtaken the second woman on the first lap, Mel focused on picking off male runners with no chance of catching the first woman who finished over 3 minutes ahead. In contrast to most runners, Charlie found the first two laps hard going but enjoyed the last two laps more – surely a good sign for the longer XC races coming up this season. Laura and Katie finished just a few seconds apart.

- Melanie Edwards

12/2W	Mel Edwards	44:05
39/10W	Charlie Boden	53:43
45/11W	Laura Lane	55:03
46/12W	Katie Crowe	55:08

Winner – 36:38 (1st lady – 40:41), 84 ran

Dartford 10

Sunday 21st September

A bit late in writing up on this. This was a race rescheduled from January this year because of serious flooding in the local area. Sadly, because of the amount of effort it has taken to get the Les Witton Dartford 10 race organised, this was to be the last time this race was taking place in this format.

They had also resorted to the old course and moved the start time to 8.30am (which I did not appreciate) In the end, I ran pretty well, with an average of 6:02 min/mile pace. I was too conservative in miles three and four but picked up the pace to overtake 3 people in the last two and a half miles. The last mile was an absolute struggle but I managed to secure 9th place. A good morning's work in end and good preparation for Cabbage Patch.

9 Wayne Lashley 60:36

Ealing 1/2M - Sun 28 Sep.

Place	Time		Chip
150	1:28:35	Kevin Chadwick	1:28:35
1534	1:53:57	Charlotte Easton	1:52:04
1783	1:57:16	Paul Keating	1:56:12
1866	1:58:21	Sara Harman	1:56:12

Switchback 5 - 28th Sept.

Striders of Croydon

On a glorious beautiful morning two Dulwich Runners turned out for the Switchback 5. The race was mostly off road around Lloyd Park, an ideal preparation for the cross country season.

The weather was very warm for a 10.30am start.
I enjoyed some part of the race before exhaustion set in at about 800m towards the end. - ***Ola Balme***

18 Ola Balme	1W	34.16
24 Duncan Wilson		35.27

Switchback 5 Lloyd Park

Sunday 28th September

Lloyd Park without mud I hear you say?. 20 degrees? dry ground. nah sir I won't have it.
Ola and I had it.

18 Ola Balme	1W	34.16(33.48 23rd). Well done!!.
24 Duncan Wilson		35.27 (36.13)

(Only) 101 ran. Roll on a few months for the mud.....(see picture on website of my muddy face after last Surrey League XC) ***- Duncan Wilson***

parkrun September 27th

Bexley

212 ran

Pos	Gen		
10	10	Michael Fullilove	20:06

Brockwell

211 ran

Pos	Gen		
1	1	Wayne Lashley	17:37
60	55	Robert Tobin	22:03
63	6	Michelle Lennon	22:18
80	71	Peter Gibbons	23:06
87	76	Ian Sesnan	23:17
97	81	Desmond Edwards	23:46
112	22	Charlotte Easton	24:29
186	59	Sarah Lyness	29:58

Burgess

125 ran

Pos	Gen		
24	21	Alistair Clarke	21:45
104	42	Susan Vernon	30:01
123	69	Piers Vernon	34:35

Chelmsford Central

370 ran

Pos	Gen		
47	5	Kim Hainsworth	21:21

Crystal Palace

139 ran

Pos	Gen		
27	3	Clare Wyngard	22:56
33	29	Bob Bell	23:25
42	35	Michael Dodds	24:12
87	67	Barry Graham	27:36

Dulwich

154 ran

Pos	Gen		
9	9	Simon Burnett	19:12
14	13	Jim Dowsett	19:58
26	3	Elkie Thorndyke	20:59
31	28	Chris Goodman	21:12
54	49	Duncan Wilson	22:47
58	7	Laura Vincent	23:16
64	55	James Wicks	23:59
71	13	Claire Steward	24:41
114	32	Stephanie Burchill	27:46

Hilly Fields

131 ran

Pos	Gen		
2	2	Lewis Laylee	19:12
5	1	Dee O'brien	20:03
7	2	Nicola Richmond	20:27
21	16	Graham Laylee	22:02
24	19	Andy Murray	22:17
39	8	Ros Tabor	23:39

Harrow Lodge , Hornchurch

99 ran

Pos	Gen		
6	6	Nicholas Brown	20:32

Peckham Rye

76 ran

Pos	Gen		
3	3	Stephen Davies	18:08
6	6	Kevin Chadwick	18:49
9	9	Sam Crump	19:40
25	1	Nicola Mcivor	21:49

Riddlesdown

128 ran

Pos	Gen		
14	2	Ange Norris	20:41

Roundshaw Downs

104 ran

Pos	Gen		
77	17	Emma Ibell	33:46

DULWICH RUNNERS AC W2

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE.. 10.4	miles
SHORT CUT	BLUE 8.0	miles
SHORT CUT	PINK..... 6.2	miles
SHORT CUT	GREEN 4.3	miles