SHORTS

Dulwich Runners AC
Weekly Newsletter
September 2nd 2015

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

- THE COMING WEEK –

Wed 02 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 03 Beckenham Assembly League - Start 7:15
Free to enter, all members welcome , all standards. Foxgrove Rd

Tue 08 Hill Session- Opposite Sydenham Hill Station
7 for a 7:15pm start £1 per session.

In your SHORTS this week !

1... General information
2... Club kit, social events etc
2... 2015 Dulwich Runners Club Champs races diary
3... Fixture list, club champs,XC, road, track
5... Race reports
6... 7oaks 7 report & results
11... Parkrun results
12... Wednesday night routes 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

IMPORTANT TRACK NOTICE

Hill sessions for about 3 weeks, at the usual place (opposite Sydenham Hill Station) followed by a probable return to Crystal Palace at the end of September.
Suitable for all standards

LUCKY VEST

tonight - September 2nd

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

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)

EVENT HORIZON

A brief look ahead

full fixture list **page 4**

Sep 3 Assembly League Beckenham

NEW RUNNERS ROTA

Thanks to **Steve Wehrle** 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**

Clare Wyngard	**02/09**
Kevin Wood	09/09
Ros Tabor	16/09

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

SOCIAL SPOT

Glad that everyone enjoyed the first social of the year at Surma. Now that we have the lighter evenings and nicer weather watch this space for social updates..... ***Matt Ladds***

Always open to suggestions/requests so feel free to drop me a line or grab me when I'm down the club
matthew.ladds@uk.zurich.com
Thanks - Matt

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

New !!! Dulwich Runners SOCKS

only £5
They will be at the club on Wednesdays,thanks - Ros

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

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

Limited stock of hoodies, very small sizes only. I can order more if enough people are interested. They will be £20 each.

DULWICH RUNNERS 2015 CLUB CHAMPIONSHIPS

Once again the races will be split into 3 distance categories. As the 3 long events fall within a 6 week period, we have added the Cabbage Patch 10 as an additional long race to accommodate those who may be injured during the spring. Details of scoring rules to follow.

Races still to come are :

31 Aug	Sevenoaks 7 (medium)
4 Oct	Middlesex 10k, Victoria Park (medium)
1 Nov	**Cabbage Patch 10 (long) RACE CANCELLED**
15 Nov	Epsom 10 (long)

Date for your diary:

Aldershot Road Relays 19/20 September 2015

The SEAA Road Relay Championships or 'Aldershot Relays' will be on 19th (women) and 20th (men) September 2015. These include separate senior and veterans categories and we usually manage to get a few teams out for what is a great day out. We'll be sorting out the entries later in the summer, but for now mark this in your diaries.

Dulwich Runners 2015/16 Fixtures

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

Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

Cross country Club Champs Assembly League **Misc.**

Date		Race		Venue
Sep	3	Assembly League Beckenham Running Club HQ 7:15pm		Beckenham
	19/20	**SEAA Road Relays**		**Aldershot**
Oct	4	Middlesex 10k	medium	Victoria Park 10:30
	10	Surrey League match 1	men	Wimbledon Common
	10	Surrey League match 1	women	Nork Park
	17	Surrey Masters (tbc)		Richmond
	24	BMAF XC Masters Relays		Derby
Nov	7	Surrey League match 2	men	Walton
	14	London Champs		Parliament Hill Fields
	14	British and Ireland Internationa		Dublin
	15	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
	tbc.21/28	South of Thames 5 mile race, (date and venue tbc)		
Dec	5	Surrey League match 2	women	Lightwater
	5	Kent Masters		Sparrows Den
	12	SEAA Masters Champ		tbc
	19	South of Thames championship		Tonbridge
		2016		2016
Jan	9	County Champs (Surrey & Kent)		Various
	16	Surrey League match 3	men & women	Reigate Priory Park
	tbc 23	Vets AC Champs		Wimbledon Common
	30	South of England champs		Parliament Hill Fields
Feb	13	Surrey League match 4	men	Lloyd Park
	13	Surrey League match 4	women	Richmond Park
	27	National Champs		Donnington

REMINDER !.... upcoming Club Champs races

Middlesex 10k on 4 Oct

NOTE: the closing date for on line entries is 26 September.
Fills up fast so be quick !

Track meetings

Day	Track / Location	Event	Host	Website
September				
Sun 5	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Sun 6	Ashford	SCVAC Final		
Wed 9	Parliament Hill	Open	Highgate Harriers	www.highgateharriers.org.uk
Sat 12/Sun 13	Erith	Kent Masters Champs		http://www.kcaa.org.uk/fixtures.htm
Wed 16	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html

WILL BOLTON RELAYS

12 September

I'll be away for these but these relays have popular as an intro to the cross country season. If anyone is willing to take on the (fairly minimal) admin that would be helpful. Teams can be entered and paid for on the day. The only other task is to put together teams. If there are uneven numbers, it's possible to run twice in separate teams. **Mike Mann**

Traditionally the 1st race of the cross country season on Saturday 12th September 2015 (incorporating Junior Races over 1 and 3km). The format is a 4x4km for seniors (3x3km for juniors) marshalled course across playing fields and undulating woodland trails at Sparrows Den in West Wickham. (Postcode BR4 9BB).

Years 5 and 6 Approx 1km Start: 1.00 pm.
Under 13 Boys and Girls Team of 3x3km Start: 1.45 pm
Under 15 Boys and Girls Team of 3x3km Start: 1.45 pm
Senior Men's Race Team of 4x4km Start: 2.45 pm
Senior Women's Race Team of 4x4km Start: 2.45 pm
Prizes for winning teams and full split times and results will be published on the B&B website. Registration and number collection will be at the B&B tent at Sparrows Den at the start line rather than at the clubhouse. We are encouraging entry in advance to minimise the administration and delays to the starts on the day although entries on the day are welcomed. Team Entries submitted by email with payment on the day will also be gratefully accepted at the advanced entry discounted rate.

The Blackheath and Bromley clubhouse facilities and changing rooms will be open for use in Hayes, these are a 10 minute jog from the start and teas and cakes will be served afterwards and team and individual prizes awarded courtesy of our race sponsors, So Clean.

Striders of Croydon multi-terrain Switchback 5

race takes place on 27th September:

As usual we have kept the entry fee low - £6 postal / £7 online 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.stridersofcroydon.org.uk/?page_id=6477

Preparing for an Autumn Marathon with International Marathon Athlete Mara Yamauchi

Wednesday 30th September 2015 – 6:30pm-8:30pm
At: Southwark Council Offices, 160 Tooley Street, SE1 2TZ
(Nearest Station: London Bridge)

Costs £10 to attend

As part of England Athletics programme we would like to invite coaches and athletes to a marathon workshop, with Mara Yamauchi, the UK's second fastest woman ever behind world record-holder Paula Radcliffe.

If you are a runner or coach preparing for an Autumn marathon in 2015 this workshop is for
you! Mara will take you through the essential steps of marathon training covering nutrition,
hydration, recovery, and race preparation as an athlete and coach to ensure that you are fully prepared. There will also be an opportunity for Q&A at the end of the workshop.

Places are limited this will be done on a first-come basis, book now to avoid disappointment.

For registration and payment please contact your London CCSO:
Julia Bailey jbailey@englandathletics.org call 07718526355
Guy Spencer gspencer@englandathletics.org 07702849277

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.

Race Reports & Results

BMC Eltham
Wednesday 19 August

Six DRs made the trip to this high quality meet hoping to better mile times set at the club mile.

Race 1
Wayne and I were put in the faster of the two races and we both knew we would be near the back considering a few sub 4 1500m runners were in our race. Wayne had a good block of training and ran at a steady speed of 68/69 sec laps. I tucked behind Wayne, trying to keep hold of him but conserve energy for the finish.
With 200m to go, I kicked past Wayne and another runner to come through 3 seconds faster than in July and get the club record, and Wayne managed to hold on to get a big 5 second PB.

10 Lewis Laylee	4:36.43 (club record)
12 Wayne Lashley	4:38.68 (PB)
12 ran	

Race 2
Tim led the Dulwich contingent home in a 4 second PB. He paced it very well and looked comfortable throughout. Next was Paul, who was a couple of seconds down on his club mile time, but still had a good run. He seemed to be pacing Ian, who achieved his first sub 5 mile after coming close twice this year. After a 5:02 in July, Rob might have hoped to dip under 5 minutes for the first time too, however he was unfortunately left quite isolated which is always hard in a track race. I'm sure Rob will go sub 5 next season.

3 Tim Bowen	4:52.73 (PB)
5 Paul Devine	4:57.70
6 Ian Lilley	4:58.59 (PB)
9 Rob Cope	5:06.70
13 ran	

Lewis Laylee

VAC TRACK AND FIELD CHAMPS, Ewell
Saturday 29 August

The 3 Dulwich Runners at these championships all ran the 5000m, but because of their different ages they were in 2 different races. Andy and Ros ran in the 1st race for all women and men over 60, while Ian ran in the 2nd race for men aged 35-55. ***- Ros Tabor***

Ros Tabor	21:39.31	1st W65 and CBP
Ian Sesnan	21:48.10	2nd M55
Andy Murray	21:54.73	1st M60

Serpentine Last Friday 5km Hyde Park
28th August 2015

Conditions were fine, bright and breezy for the August Serpentine Last Friday 5km, with a strong contingent of 9 Dulwich Runners lining up on the start line of the one lap 'A' course.

The race started at a blistering pace with Tim Bowen and Steve Davies leading the way, gradually disappearing off into the distance. Tim has been improving in leaps and bounds over recent weeks and ran evenly over the second half of the race, crossing the line in 17:03 for another big PB, no doubt a sub 17 run will follow soon. Like the rest of us mere mortals, Steve paid for the frantic first mile in the later stages of the race, but held on to record another excellent time, especially given his recent injuries and limited training.

Following on from last week's heriocs, dragging me around Eltham on a tow rope for my first sub 5 mile, Paul Devine challenged me to shadow him on a 17:30 PB attempt. We charged through the first mile in 5:30, but around the half way point I realised that I wasn't going to make the finish line at this pace and slowed as Paul, slowing himself but at a gentler rate, pulled well clear of me, finishing only 5 seconds outside his season's best. Charlie Lound and Rob Cope followed closely behind, with Charlie using this race as a benchmark for fitness and form and Rob happy to record another low 18min effort on his return from summer holidays.

Katie Styles had another excellent run, finishing below 23 minutes for the third race in a row and narrowly missing out on a PB, with Mark Muffet also finishing below 23 minutes, improving on his July result. Ian Sesnan is missing from the official results, but he was most definitely there, missing his usual running companions, Graham and Andy, finishing about half a minute down on his recent performances.

A special mention for former DR Ben Fairhall, who ran a superb 16:07, only narrowly beaten into 2nd place.
Ian Lilley

10	Tim Bowen	17:03 pb
12	Steve Davies	17:16
20	Paul Devine	17:39
22	Ian Lilley	17:55
24	Charlie Lound	18:12
25	Rob Cope.	18:17
128	Katie Styles.	22:32
135	Mark Muffett	22:53
	Ian Sesnan.	22:30 est.

Sevenoaks 7 miles Multi-Terrain Club Championship Knole Park

Mon 31st August

The 22nd edition of the Sevenoaks 7 did not for once feature the usual sunshine and dry ground, but despite very wet conditions the event attracted its biggest field for years (273 finishers) and included no less than 44 Dulwich Runners. Although missing out on any of the first three men's and women's prizes this year we filled lots of the high places with 4 in the top 10 and 11 in the top 20, and even managed to top last year's 24 in the first 100 by one more! Once again we won both the men's and women's team trophies and mopped up many of the awards in the age-group categories.

The start was pretty brisk but J-G soon appeared near the front followed a little more gently by Wayne and Alastair, all three showing vastly improved fitness compared to this race last year. This trio jostled throughout to lead the Dulwich contingent with J-G always appearing the most likely to prevail; that is until Wayne put in a final big downhill effort in the last mile to distance Alastair and close rapidly on the decent lead that J-G had. Too late though – J-G hung on by just 4 seconds and the last year of consistent training has knocked over a minute and a half from his previous time, in far worse conditions.

Wayne was no slouch either, a 45 second course best, and Alastair's current marathon training propelled him to a massive 1:20 improvement, finishing just seven seconds behind Wayne to complete a great scrap for the first three Dulwich places. As if all this wasn't impressive enough, Tim Bowen had one of his best runs to come in only half a minute or so later, narrowly staving off an equally good run from Mark Lacey. These guys are still getting faster and future races could see any one of half a dozen or more of the current crop of Dulwich chaps vying for the front.

2015 champs categories SEVENOAKS 7 31 AUGUST

1	Overall winner	Tony Tuohy
2	Fastest man (exc. overall winner)	John Gabriel Harrison
3	Fastest woman exc. overall winner)	Nicola Richmond
4	First Senior Man (exc. above)	Wayne Lashley
5	First Senior woman (exc. above)	Laura Long
6	First M40 (exc. above)	Charlie Lound
7	First W40 (exc. above)	Ola Balme
8	First M50 (exc. above)	Duncan Wilson
9	First W50 (exc. above)	Clare Wyngard
10	First M60 (exc. above)	Mike Mann
11	2nd Age Graded (exc. above)	Claire Steward
12	3rd Age Graded (exc. above)	Steve Davies
13	Captains' award	Katie Styles

Next in were yours truly, Charlie and Steve Davies, all unable on this occasion to mix it at the front. I was the best part of a minute down on last year, which I'm counting as not too bad after recent fitness problems (if I haven't bored you already, just ask, I'm not shy) while Charlie had a much faster run than last year and came through well to pass a slightly out-of-sorts Steve late in the race. Steve's time was actually a huge two minutes faster than last year but he's been so improved this year that he was a tad disappointed with his run – such are the vagaries of form and I'm sure he'll be storming again soon.

Only just behind him was yet another great run, Ian Lilley improving by nearly one and a half minutes, followed by very strong runs in the 44s from middle distance specialists Lewis and Lloyd who have spent the summer more used to racing 800m than 7 miles. Paul is still 'just ticking over' but nevertheless ran strongly 45 seconds or so ahead of a similarly gutsy effort from Kev who just about held off Rob Cope, hugely improved to the tune of three minutes over his run coming out of an injury last year.

Nicola had a particularly strong run despite recent concentration on track (must be all that steeple-chasing) and led good runs from Ola and Laura Long to the women's team prize. Nicola also took the W45 prize and was 4th overall although she came very close to the 2nd and 3rd women and perhaps regretted hanging back too much at the crowded start as her chip time was almost on top of them. Jim ran a good solid race as usual while behind him Mike Mann and Hugh were having an M60 ding-dong battle throughout, Mike finally getting some distance in the last mile only to be deprived of the race M60 award by a Tunbridge Wells runner only 15 seconds ahead. Selma as usual battled round and ran strongly, as did Duncan, Alex and Cameron, while Katie continues to come on in leaps and bounds, duly recognised by gaining the Captains' Award.

There were excellent solid runs in the 54s from Ruth, Helen, Graham, Michelle and Clare Wyngard ahead of Andy Murray and Matt Ladds, not too far down on last year's run in far worse conditions. Lucy and Yvette got round well, finishing virtually together just ahead of Ian, who in turn was followed by excellent improvements from Jo Shelton and Claire Steward, and also Ameet, who completed the times inside an hour. Claire Barnard and Laura Vincent coped well in the conditions and had good runs but Barrie and Lindsey took things steady and were a bit slower than last year. The Dulwich army was completed by a tremendous three minute improvement from Karina, a few minutes ahead of Mike Dodds slogging through the rain to complete his long run for the week.... - ***Tony Tuohy***

Place	Time	Chip		
6	42:13	42:13	John-Gabriel Harrison	SM
7	42:17	42:16	Wayne Lashley	SM
9	42:24	42:23	Alastair Locke	SM
10	42:52	42:51	Timothy Bowen	SM
11	43:07	43:05	Mark Lacey	SM
12	43:38	43:37	Tony Tuohy	1st M50
13	43:46	43:45	Charles Lound	1st M40
16	44:07	44:06	Stephen Davies	M40
17	44:09	44:07	Ian Lilley	M40
18	44:18	44:16	Lewis Laylee	JM
20	44:28	44:27	Lloyd Collier	M40
25	45:36	45:35	Paul Devine	SM
29	46:16	46:13	Kevin Chadwick	SM
30	46:19	46:16	Rob Cope	M40
48	48:35	48:24	Nicola Richmond	1st W45
58	50:08	49:53	Ola Balme	W45
59	50:11	49:56	Jim Dowsett	M40
64	50:54	50:48	Michael Mann	M60
68	51:06	50:59	Hugh Balfour	M60
69	51:15	51:04	Laura Long	1st W35
86	53:03	52:54	Selma Benattia	W35
91	53:36	53:30	Duncan Wilson	M50
92	53:38	53:30	Katie Styles	SW
93	53:46	53:28	Alex Haylett	SM
95	53:51	53:35	Cameron Timmis	M40
101	54:17	54:02	Ruth Bennett	SW
102	54:19	54:06	Helen Lister	SW
108	54:35	54:18	Graham Laylee	M50
113	54:59	54:47	Michelle Lennon	W45
117	55:11	54:55	Clare Wyngard	W45
120	55:15	55:05	Andrew Murray	M60
123	55:44	55:44	Matthew Ladds	SM
127	56:03	55:50	Lucy Clapp	W45
129	56:08	55:56	Yvette Dore	W35
131	56:14	55:58	Ian Sesnan	M50
146	58:31	58:16	Joanne Shelton	W35
151	59:30	59:13	Claire Steward	W55
152	59:33	59:20	Ameet Patel	M50
162	1:01:04	1:00:47	Claire Barnard	SW
171	1:01:36	1:01:19	Laura Vincent	SW
180	1:02:26	1:02:07	Barrie Nicholls	M60
185	1:03:06	1:02:48	Lindsey Annable	W45
187	1:03:13	1:02:55	Karina Burrowes	SW
236	1:10:48	1:10:25	Michael Dodds	M50
273 finished				

STREATHAM COMMON 6 MILE XC RACE

HERNE HILL HARRIERS
www.hernehillharriers.org

Course:
Multiple undulating off road laps of Streatham Common.

Awards:
T-shirt, spot prizes, winners prizes, goody bag.

Venue facilities:
Toilets, Supervised bag storage.

Transport:
Rail: Streatham and Streatham Common stations. Buses: 249, 118, 50, 109, 250 & 255. Limited car parking facilities at the common.

Sponsored by AnthonyGold

11:15am, Saturday 26th September 2015
Streatham Common, Covington Way, Streatham SW16

Entries in advance
£13.00 affiliated £15.00 unaffiliated

Entries on the day
£15.00 for all runners (Subject to availability)

300 places

Including:
Anthony Gold Fun Mile
£1 per entry Starts 10:30am

Entries via Runners World: www.runnersworld.co.uk/events and type Streatham

			Time	Age group points					Age grade pts based on 12k	Champs medals
				ms	m40	m50+	f s	f40+		
John-Gabriel	Harrison	m s	42.13	50					767	fastest man
Wayne	Lashley	m s	42.16	49					770	1st sen man
Alastair	Locke	m s	42.23	48					766	
Timothy	Bowen	m s	42.51	47					756	
Mark	Lacey	m s	43.05	46					753	
Tony	Tuohy	m50	43.37			50			855	overall
Charles	Lound	m40	43.45		50				817	1st m40
Stephen	Davies	m40	44.06		49				797	3rd age grade
Ian	Lilley	m40	44.07		48				777	
Lewis	Laylee	m s	44.16	45					746	
Lloyd	Collier	m40	44.27		47				765	
Paul	Devine	m s	45.35	44					722	
Kevin	Chadwick	m s	46.13	43					706	
Rob	Cope	m40	46.16		46				735	
Nicola	Richmond	f40	48.24					50	808	fastest woman
Ola	Balme	f40	49.53					49	809	1st w40
Jim	Dowsett	m40	49.56		45				676	
Mike	Mann	m60	50.48			49			836	1st m60
Hugh	Balfour	m60	50.59			48			786	
Laura	Long	f s	51.15				50		721	1st sen woman
Selma	Benattia	f s	52.54				49		696	
Alex	Haylett	m s	53.28	42					613	
Katie	Styles	f s	53.30				48		687	captains' award
Duncan	Wilson	m50	53.30			47			691	1st m50
Cameron	Timmis	m40	53.35		44				645	
Ruth	Bennett	f s	54.02				47		677	
Helen	Lister	f s	54.06				46		677	
Graham	Laylee	m50	54.18			46			718	
Michelle	Lennon	f40	54.47					48	737	
Clare	Wyngard	f50	54.55					47	790	1st w50
Andrew	Murray	m60	55.05			45			734	
Matthew	Ladds	m s	55.44	41					581	
Lucy	Clapp	f50	55.50					46	749	
Yvette	Dore	f40	55.56					45	687	
Ian	Sesnan	m50	55.58			44			696	
Joanne	Shelton	f40	58.16					44	646	
Claire	Steward	f60	59.13					43	825	2nd age grade
Ameet	Patel	m50	59.20			43			618	
Claire	Barnard	f s	60.47				45		602	
Laura	Vincent	f s	61.19				44		598	
Barrie John	Nicholls	m60	62.07			42			645	
Lindsey	Annable	f40	62.48					42	636	
Karina	Burrowes	f s	62.55				43		581	
Michael	Dodds	m50	70.25			41			544	

Brecon Beacons Fell Race 19 miles 4000 ft ascent

Saturday 15 August

This was my second go at this race, with some hopes of bettering last year's time, and perhaps winning the M60 prize again. The race is run in alternate directions each year, so this year was anti-clockwise, which meant tackling the main Brecons peaks in the first half, then a long drag over undulating moorland in the second half. However there were a number of surprises in store. First on arriving, I discovered it was a Welsh Champs race, which meant the fast guys had turned up in force, and the field was three times as big as last year's: not much chance of a prize.

The second surprise was the weather, which could not make up its mind whether it was summer or winter. It was glorious summer at the start, blazing sunshine, which meant we just needed club vests, and sun cream. But by the time we got to the summits of Pen y Fan and Corn Du, the cloud had come down, it was trying to rain (fortunately without much success), and there was a biting north wind. I started to feel thoroughly under-dressed compared with all the walkers wrapped up in their cagoules.

The third surprise was not really a surprise at all, namely that I went off far too fast. When you are me, and you find yourself running next to a women's British champion, you are definitely heading for trouble. Needless to say the fast guys and girls soon left me behind on the first climb up Carn Pica. But from there on I managed to more or less hold my own and was running well over the main Beacons peaks. After Corn Du the route headed south along a gently descending ridge for about 3 miles to the fifth checkpoint.

Having been running on my own for most of the course so far, it was nice to run with three others who had slowly caught me up. But after two miles with them, the wheels started to come off on the climb to CP6: the first twinges of cramp, and a general inability to sustain the (modest) pace. My companions pulled away and I was faced with a long, lonely slog over the gently undulating moorland to the south of Glyn Collwn and the Talybont Reservoir. Increasingly it became apparent that beating last year's time (3.59.43) was not going to happen, and the final climb up Tor y Fan was a slow painful affair. I was certainly paying for my early optimism. But at least no one else overtook me over the last five miles, and I actually gained one place just before the finish, which was on top of the reservoir dam.

The fourth surprise was the most extraordinary. Just after I had finished and was still gasping and moaning in my usual fashion, a car pulled up next to me, the window wound down, and there was one of my oldest and closest friends and his wife. He is a vicar in Tunbridge Wells and on their way to Pembrokeshire, had planned to stop for a quiet picnic by the reservoir. Instead they found eighty sweaty filthy fell runners, including yours truly. How weird was that?

The final surprise was to discover that the M60 prize in Welsh races is now permanently out of reach. I have got to know John Aggleton quite well over the last year or so, and looking at him and his times (3.32 this year), assumed he was in his early 50s. But he informed me at the end of the race that he had just turned 60, (apparently we were contemporaries at Cambridge). Ah well no more wine, but the races in south Wales are still wonderful, with the added bonus of a very friendly bunch of people taking part.

Wining time	2.47.40
46 Hugh Balfour	4.05.03
80 finishers	

Sevenoaks 7 - a different perspective

When I crocked myself on 1st July this event still seemed a long way away. But as the weeks went by and the injury just wouldn't shift I was beginning to dread it, frankly. I had to do it, of course. Not only was it to register the 5 events, I'd had to take a 'proper' day off and arrange travel around it – this wasn't a public holiday in Belgium – just as I had had to take an afternoon off to get to the club mile earlier in the month (and then stutter around it at an even more sedate pace than usual).

The tactics here weren't exactly complicated. They were just to run very, very gently for as long as possible and, if that wasn't far enough, to start walking the remainder while I still could and hopefully have enough in hand over the furthest backmarkers not to test the patience of the organisers overmuch. The furthest I'd managed since 1st July, however, was just over 30 minutes and often a lot less than that. I was reasonably confident on the starting line that it was healing quickly enough to stretch that barrier, maybe to 5 miles. In the event though I ran all the way and was in my own little zone of euphoria by the finish, indeed some way before the finish.

It did give a different perspective on things - like never getting out of breath so that I could chat away happily to army guys with 30lb packs on their backs or greet the marshals properly as opposed to merely grunting at them (if they were lucky).
Thanks to everyone who hung around as the weather deteriorated to cheer me home, including the wife, of course, and also 'Mr Club Champs' himself, Barry John. I mean, I only had a stubborn calf strain to put up with, not a broken b***dy foot!
I'm finishing in Brussels at the end of January, by the way, so, body parts permitting, should start getting down on Wednesdays again. Tuesdays, though, will have to wait, I fear.

Mike Dodds

TDS 119km ultra Italy/France 26-27 August

TDS: Sur les Traces des Ducs de Savoie.

This is an ultra I completed two years ago that takes a wild and high route from Courmayeur in Italy (on the south side of Mont Blanc) to Chamonix in France (on the north side).

The TDS is part of the UTMB series of races, which are hugely popular and attracts the who's who of ultra runners; previous winners include Marco Olmo, Dawa Sherpa, Kilian Jornet and current top trail runner and winner again Xavier Thevenard.

In 2013 it was temperate. This year it was hot. There was no need to pull out of my mandatory kit rucksack my waterproof trousers, running tights, goretex jacket, hat, gloves during the race. But the organisers remain strict to cover all eventualities.

I love the start to these races. 5:55am in Courmayeur town centre, spine tingling music from Vangelis and 1,800 eager trail runners. Quick loop of the town (fastest part of the race!) and then straight up the ski slopes. 2 big passes of 2,500m in the morning and a comedy one through heather, and long descent to Bourg St Maurice, the lowest point of the course at 816m. I was wilting and barely a third of the way through. I must have drank a gallon of water, litre of coke (never tasted so good), refilled my rucksack bladder, ate a bunch of oranges and bananas and set off on what I knew was the hardest climb of the race.

1,770m climb in the heat of the afternoon with no aid stations. It was like Platoon out there. Racers peeling off the trail some being sick, others just looking for 5min leg and lung recoveries. This is definitely where I lost any chance of breaking 24hours. This climb took 4 hours alone! Once you finally do reach the summit, all jelly legged, the descent is ridiculously technical. Ropes connected to the rock face to support you down. Almost as slow to go down as it was to climb. At least no tumbles and eventually down to "trottable" terrain to the half way point, where I could pick up my drop bag (change of socks, shoes and shirt) and refuel.

It was great to see Leann, who had made the 2.5hr bus journey from Chamonix to see me for 10mins! Lovely evening - it was finally cooling down - up a more gentle col, no obvious suffering or mouth-foaming as per previous climb. And then a great downhill trail alongside a powerful river/waterfall. I just made it to the next check point when head torch had to be donned at 9pm.

Another slow, quiet climb into the night. Bizarrely one of my preferred sections, when you can zone out. Not for too long though, as the booming music at Col du Joly (part of the skiing area of Les Contamines) fills the night. 10mins rest to take on more soup, coffee, oranges and dark chocolate to fuel the next stage, as I was seeing more people resting or abandoning, in the first aid tent. Two more cols, one of which was not amusing: Col de Tricot, a 620m climb (to 2,120m) in under 2km, at 4am, with 100km and 22hrs under your belt. Good to see some medical assistance at the top. This climb was definitely my low. Would I make it? I can't abandon now! Conversation going on in my head.

Hope you'll be pleased to read, I didn't quit. Even managed a few more trots down to Les Houches and along the valley to Chamonix just over 26hours after leaving Courmayeur.

It really was tough. So too the other races: I had friends doing the 101km CCC and my brother 170km UTMB. Utmost respect for any finisher. I'd do it again in a heartbeat. One cannot beat the scenery, the camaraderie, the pushing oneself, and the relief when it's over.

Official: 119.1km, 7,523m ascent, 2 countries, 10 cols. (my Garmin went a bit enthusiastic on the distance but under egged the ascent).

413 Toby de Belder
1,808 starters
1,214 finishers

Beijing World Championships Media 800m August 27

Every two years in the last 18, I have attended a World Athletics Championships in a journalistic capacity (beginning in Athens 1997 and Seville in 1999)and for the last 14 years (Edmonton 2001, Paris 2003, Helsinki 2005, Osaka 2007, Berlin 2009, Daegu 2011, Moscow 2013), there has been a media 800m race.

The first one in Canada was a vaguely respectable 2:15.11 for me and they have got slower, much slower since but It's nice to run on the same track as Bolt etc and not having been to China before, it was a new country to race in A knee/calf problem has plagued me in the last few months and I hadn't been able to do much faster running of late. I hadn't run for well over a week before the race but when I jogged over to the Bird's Nest stadium my knee didn't hurt for the first time in months and I thought I may be able to run normally for a change.

There were 15 races, and I was drawn in race 12. Strangely, despite all those races, I was drawn in the same race as I have been in most of these races with Mark Butler, the BBC statistician. Coincidentally Mark was also in my PB 800m race in the Kent Championships heats at Bromley in 1983 when he was 7 seconds ahead of me at halfway and I caught him on the line and also concidentally my race number for Beijing was my PB.
When I lined up my knee still felt good but unfortunately the organisers had chosen to play a trick on Mark and when the gun went, there was a recall and he was shown a red card. That sudden acceleration and quick stop though meant my knee went completely and after they admtted it was a joke and the gun went again, my knee was as bad as it's been and I was limping badly.

Despite the limp, in the race I just about managed to hold Mark off, who was even less fitter than I was and I came third to Mark's fourth and was only a few seconds down on Moscow but the pace was still slower than my half-marathon PB pace and about 15 seconds down on I would have run pre-injury.
I bumped into Life member Paul Mottram while in Beijing and James Godber spotted me with his binoculars but I never saw him.
Race 12: 3rd Steve Smythe 2:44.0

parkrun

August 29th

Barking

95 ran

Pos	Gen		
3	1	Kim Hainsworth	19:35

Bexley

247 ran

Pos	Gen		
5	5	Michael Fullilove	19:31

Brockwell

210 ran

Pos	Gen		
86	12	Lucy Pickering	23:46
101	83	Alex Haylett	24:29
120	94	Desmond Edwards	25:52
148	40	Sharon Erdman	27:29

Burgess

126 ran

Pos	Gen		
43	40	Paul Keating	24:14
98	71	Freddie Vernon	30:05
102	30	Susan Vernon	30:38
109	77	Chris Vernon	32:24

Crystal Palace

168 ran

Pos	Gen		
2	2	Tom Calvert	19:03
17	17	Andy Cottrill	20:22
24	24	Simon Lang	20:40
56	5	Niamh Falconer	23:39
61	7	Clare Wyngard	24:06
66	9	Belinda Cottrill	24:17

Dulwich

155 ran

Pos	Gen		
1	1	James Bennett	16:06
39	36	Duncan Wilson	21:23
69	9	Eleanor Simmons	23:24
105	84	Mick Mead	26:15

Fulham Palace

251 ran

Pos	Gen		
141	31	Lindsey Annable	25:51

Newark

159 ran

Pos	Gen		
15	14	Martin Morley	23:39

Orpington

167 ran

Pos	Gen		
65	55	Steve Wehrle	27:39

Peckham Rye

105 ran

Pos	Gen		
2	2	Kevin Chadwick	18:01
5	1	Mel Edwards	18:55
10	9	Gideon Franklin	20:16
18	3	Emma Ibell	20:44
25	21	Graham Laylee	21:50
33	28	Adrian Ward	22:27
43	7	Michelle Lennon	23:17
56	11	Claire Barnard	25:19

Portobello , Edinburgh

184 ran

Pos	Gen		
76	14	Claire Steward	24:33

Riddlesdown

179 ran

Pos	Gen		
17	1	Ange Norris	20:31

Rushcliffe

267 ran

Pos	Gen		
5	5	Rob Cope	19:10

Southwark

106 ran

Pos	Gen		
5	5	Ross Rook	19:00

Sunderland

182 ran

Pos	Gen		
3	3	Alastair Locke	17:55
24	2	Helen Lister	21:50

St Peters, Sydney, Aust.

338 ran

Pos	Gen		
138	31	Penelope D'arcy Graham	25:32

York

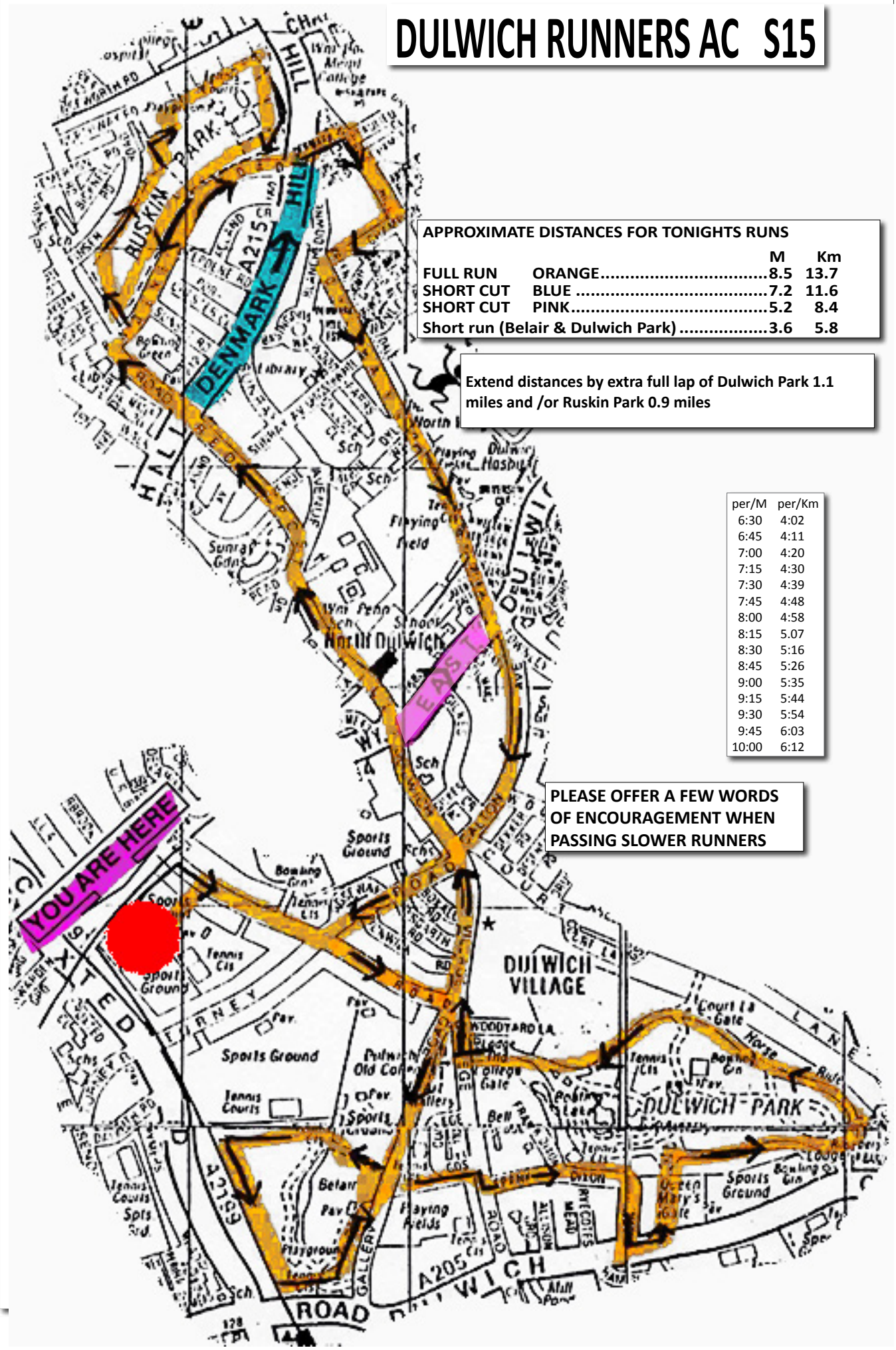
409 ran

Pos	Gen		
328	223	Paul Hilton	31:53

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 S15



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	8.5	13.7
SHORT CUT	BLUE	7.2	11.6
SHORT CUT	PINK	5.2	8.4
Short run (Belair & Dulwich Park)		3.6	5.8

Extend distances by extra full lap of Dulwich Park 1.1 miles and /or Ruskin Park 0.9 miles

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT WHEN PASSING SLOWER RUNNERS