SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday29th August 2012

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

- THE COMING WEEK –

Wed 29 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sun 02 **Dry Hill 10m Club champs details**

Tue 04 **No track Session see below**
Back at Ladywell Track 11th Sept
fee £2:45(tbc) pay at reception on entry

Thu 06 **Assembly League, Beckenham 7:15 start 7:15**
http://goo.gl/maps/OKv5y details

Past issues of SHORTS can be found at:
http://www.dulwichrunners.org.uk/newsletter.html

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In your *SHORTS* this week !

2 Fixture List
2 Reigate mob match cancelled
3 Cross Country Fixtures & DR social events
6 Race reports etc
9 Wednesday night running map

And much more !

---------- EVENT HORIZON ---------

A brief look ahead

Aug 29	Brockwell Lido film night details
Sep 02	Dry Hill 10m Club champs
Sep 06	Beckenham Assembly League
Sep 15	Reigate Mob Match **cancelled**
	full fixture list & info page 2

WEDNESDAY NIGHT £1 RUNNING FEE

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

DULWICH TRACK SESSIONS

The session at Dulwich on Tuesday August 28 was the last at Dulwich this summer. There will be no organised track session on Tuesday 4 September and **on Tuesday September 11 we return to Ladywell track starting at 7pm**
http://goo.gl/maps/92zNw

NEW RUNNERS ROTA

If you are listed to take out new runners, 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. Thanks. – **Ros**

Emma Ibell	**29/08**
Chris Loizou	05/09
Graham Laylee	12/09
Charlie Lound	19/09
Mike Mann	26/09

Wednesday Running Maps

On page 9 in SHORTS you will find a copy of the map for this weeks runs.
Although there will still be some available at the clubhouse , it would help if you can print your own copy 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 them in the clubhouse.

LUCKY VEST – 5th September

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 in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

We now have new vests and short sleeved T shirts for men and women. - Vests £18 - T shirts £20
Waterproof Jackets £25
Available most Wednesdays at the club – Ros

CLUB FIXTURES 2012/13

Date			Event			Venue
Sep	Sun	2	Dry Hill 10m http://www.lingfieldrunningclub.co.uk		L	Dry Hill
	Thu	6	Beckenham Assembly League http://goo.gl/maps/OKv5y			Beckenham start 7:15
Oct	Sat	20	Lightwater XC	start 3pm	M	Lightwater
	Sat	20	Roehampton Vale XC	start 12noon	W	Roehampton Vale
Nov	Sat	10	Roundshaw Down XC	start 3pm	M	Croydon
	Sun	18	Epsom 10		L	Epsom
Dec	Sat	1	Nonsuch Park XC	start TBC	W	Sutton
Jan	Sat	12	Cranford XC	start 2:30pm	M	Cranford
	Sat	12	Mitcham Common XC	start 12noon	W	Mitcham Common
Feb	Sat	9	Wimbledon Common XC	start 3pm	M	Wimbledon Common
	Sat	9	Denbies Vineyard XC	start 12noon	W	Dorking

2012 Club Champs races in red S=Short L=Long
2012/13 Surrey League Cross Country M= Men W=Women
The men's Cross Country races start at 3pm, apart from the January race which starts at 2.30pm and the womens fixtures usually start at 12 noon with the exception of the womens Epsom Downs match, (time TBC)
XC Captains: Men - Mike Mann mcmann90@yahoo.co.uk Women: Mel Edwards & Sue Cooper dulwich.womenscaptain@yahoo.co.uk

Further details for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available

DULWICH RUNNERS
2012 CLUB CHAMPS

See fixture list for remaining races and dates etc.
There are 2 events left of 8.
To qualify it will be necessary to have completed a minimum of five events.
Coming up on Sep. 2nd is the Dry Hill 10 - ***Mike Mann***

CLUB CHAMPS

We have already taken a decision to remove the Cabbage Patch 10 from this year's club champs as it clashes with a men's Surrey League match that weekend.

It was provisionally proposed to replace it with the cross country mob match at Reigate, but this was not ideal as the date has yet to be fixed and the distance is only 5 miles. We have investigated various alternative races, but in many cases the dates were unsuitable. By far the best option is the Epsom 10 which takes place on 18 November and was used as a club champs race last year, so we have designated this as the replacement club champs race. As yet the race has not been heavily advertised, but entry forms will be included in Shorts as soon as they are available.

The next club champs race is the Lingfield (Dry Hill) 10 on 2 September (see separate notice, entry forms available at the club). ***Mike Mann on behalf of ADSC***

REIGATE MOB MATCH - cancelled

Unfortunately it has not been possible to schedule our traditional cross country mob match at Reigate Priory this year because of conflicting events in the race calendar. We hope to arrange the fixture next year, but if mid September is busy again, we may need to look at alternative dates such as mid August, or possibly late October. *Mike Mann*

DRY HILL 10 Club championship race. Entry forms now available

http://www.lingfieldrunningclub.co.uk

I have left some at the Club, which are headed Lingfield Running Club. It is on the 2nd September and is a multi terrain event.

Alternatively google Lingfield running club and enter online. It's usually a fairly small field of entrants. There are a couple of wonderful hills and paths across fields etc. whilst it is multi terrain it is nowhere as difficult as the Eridge 10 which many of you have done.

After the race I have booked the OLD CAGE pub in Lingfield for lunch. They do roasts for £7.95,(beef/pork or chicken), or veg roast for £6.95 but **must** know numbers in advance and food choices.
I will therefore compile a list of who wants lunch and will require a £5 deposit in advance. Please therefore let me have names and £ over the next few weeks .
Steve Wehrle: Steve.Wehrle@immediate.co.uk

CROSS COUNTRY FIXTURES 2012/13

Date		Race	Venue
Sep	15	Blackheath & Bromley relays	Sparrow's Den
	23	Striders Croydon Switchback	Lloyd Park
Oct	13	Surrey Masters	Richmond Park
	20	**Surrey League 1**	Lightwater (**m**) - Roehampton Vale (**w**)
Nov	3	Reigate Relays	Reigate Priory
	10	**Surrey League 2 (men)**	Roundshaw Down
	17	London Champs	Parliament Hill
	24	South of Thames 5 mile	Reigate Priory
Dec	1	**Surrey League 2 (women)**	Nonsuch Park, Sutton
	8	Kent Masters	Tunbridge Wells
	8	Dysart/ Ellis Cups	Richmond Park
	8	Masters & Inter County champs	TBC
	15	South of Thames 7.5 miles	Richmond Park
Jan	5	Surrey County Champs	Lloyd Park
	5	Kent County Champs	Dartford
	12	**Surrey League 3**	Cranford (**m**) - Mitcham Common (**w**)
	19	Vets AC Champs	Wimbledon Common
	24	South of England Champs	Parliament Hill
Feb	9	**Surrey League 4**	Wimbledon Common (**m**) - Dorking (**w**)
	23	National Champs	Sunderland

This table includes information currently available on cross country fixtures for the forthcoming season.

Although it includes most races that will be of general interest, it is incomplete with some dates to be decided and some fixtures missing, but will be updated as further details become available.

Separate reminders about individual fixtures, including start times, distances and transport information will be provided in Shorts in advance of each event.

Many of the events listed other than the Surrey League matches require entries in advance and only those pre-entered will be eligible to run.

Please look out for requests for entries from your cross country captains and make sure that you respond in time as the closing dates for some races are well in advance of the event. ***Mike Mann***

Dulwich Runners A.C. - Social Calendar 2012

Event	Date	Details
The Lunar Cinema: Brockwell Lido "The Lost Boys"	Aug 29	Wednesday 29th August 2012 | **The Lost Boys** Doors open 6.30pm | Performance starts 8pm | Tickets: £12.50 http://thelunacinema.seetickets.com/Event/FILM-TO-BE-DECIDED-BY-PUBLIC-VOTE/Brockwell-Lido/637523 contact susan.cooper@hsbc.com
Dry Hill 10: Old Cage Pub Lingfield	Sep 2	Steve Wehrle has booked the Old Cage page in Lingfield for lunch. They do roasts for £7.95,(beef/pork or chicken), or veg roast for £6.95 but must know numbers in advance and food choices - £5 deposit required. Contact Steve on Steve.Wehrle@immediate.co.uk ahead of this date to be included.
Assembly League: Beckenham	Sep 6	Please join us for a few post race beverages at the Beckenham Cricket Club http://www.beckenhamcricketclub.co.uk/find.html
Dulwich 10k	Oct 7	tbc - ideas are welcome - picnic weather permitting?
Curry Night	Nov 14	Details to be confirmed closer to the time.
Dulwich Runners Christmas Party	Dec 15	The Plough, Lordship Lane Please keep this date free! Tickets and further details to follow in September.

And of course not forgetting the now legendary "Dulwich Runners Apres Cross Country Rehydration Sessions" or DRACCRS for short !, on Saturdy evenings after league cross country events (see fixture list for dates) held at local "refreshment spas" locations to be confirmed prior to each event , everybody is welcome running or not.
Questions, suggestions etc to dulwichrunners@gmail.com

ASSEMBLY LEAGUE – only one left this year !

The Assembly League is an informal series of races, open to all club members in which we compete against other local clubs.

Each race is around 5k. You don't need to register or pay to run, just turn up. http://goo.gl/maps/OKv5y

6 Sep Beckenham Sports Club 7:15

Charlie Lound

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.

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 by 7:10

Don't just sit there salivating…join in ! - **Ros**

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked below with *) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

Kent Grand Prix and Championship Races | **Surrey Road League and Championship Races**

2 Sep	Kent Coastal Marathon
14 Oct	Maidstone Half

All events now completed.The Wimbledon 5k which was part of the Surrey League was cancelled due to the Olympics, The League organisers are considering whether to include an alternative race.

RUN1600 RUN1600 RUN1600

prize winners for 1600 run were: Peter Gibbons (membership), Jozef Danko, Xavier, Mike Dodds and Andy Murray

Joydens Wood 10k & 5k - Sep 16th

Some of you have done this race in previous years.

http://www.southernrunningguide.com/race_listings.php/16/09/2012/joydens_woods_10k_and_5k

Switchback 5 Sunday 23 Sep 10.30am

low-key 5 mile, off-road race run by Striders of Croydon around Lloyd Park and Addington Hills on **Sunday 23rd September at 10.30am.** It's a perfect warm up to the cross country season.

It's great value at only £6 (+£2 on the day) if unattached. Finishers receive a free gift and free tea and cake at the Striders' clubhouseentry forms and details

from http://www.stridersofcroydon.co.uk

or you can enter online

via http://www.runnersworld.co.uk/switchback

South of England Relays, Aldershot: Women & Women Vets September 22, Men Sunday September 23

The Club will be making an effort to put out strong teams in the senior women, senior men, veteran women, and M40 and M50 events. The men's race is 6Km and the women's 4km.

There is no limit to numbers and for instance we could put out 3 teams in the M50s at almost the same strength as the team that have been close to medals in the past. We will shortly be in touch with potential scoring runners

ALGARVE RUNNING CHALLENGE, NOVEMBER

For those of you who fancy some warm weather training and racing and escaping the often gloomy weather here, there is an opportunity this autumn. The Algarve Running Challenge takes place from 7 to 11 November and includes a cross country race, a mile on the track, a 10km forest trail race and a 10 mile road race from Spain to Portugal across the Guardiana Bridge.

The hotel is situated on the beach and there are excellent opportunities for training runs through pine woods, cycling and swimming in the sea or pool, or alternatively lounging on the beach for those wishing to chill out. Trips to some picturesque local towns nearby can be made on the local railway. As it off season the cost is very reasonable with the total including flights, bed and breakfast, evening meal and race entries amounting to no more than £550 per head for a 7 day stay, and less for a shorter trip.

The organisation of the races is by our own Steve Smythe, and Ros, Andy and myself are regular participants, so please contact one of us for further details or get a brochure from Track and Field Running Tours (www.trackandfield.co.uk) *Mike Mann*

Kent County Championships U13 Boys Pentathlon Tonbridge 27th August

7 Oscar Hussey 1,112

12 entrants

Much more competitive than last year, particularly with a guest who had flown in from the Isle of Man who at 1,808 points narrowly missed achieving the highest points score in the UK this year. In an event which is more focused on field events, Oscar set a good points score just narrowly missing out of the 1,200 points score needed for the UK ranking lists.

Not having had any specific training for many of events, it was a case of talking to officials and seeing what other competitors did. Funnily enough, if practice attempts had been taken into account, Oscar would have achieved his target and certainly the three hour wait between the end of long jump and the start of the 800m didn't help as his high jump was a little too rushed and he was eliminated quickly. Best events were Hurdles and Long Jump.

75m Hurdles	15.22s	PB
Shot 3.25Kg	5.10m	PB
Long Jump	4.21m	PB
High Jump	1.15m	
800m	2.41.64	

Will Bolton Relays, September 15

The club will field teams at Blackheath Harrier's Will Bolton Relays at Sparrows Den.

The men's and women's races are 4 legs of 4km and it starts at 2.45pm and it's a good fun event that will help to pick teams for the following week's relay. Runners of all abilities and ages can take part.

Contact stevemythe2006@yahoo.com if interested in taking part.

Southern Road Relays, Aldershot M50 team, September 23

We also hope to field a men's team and M40 team. Of the M50s, so far Tony Tuohy, Nick Brown, Colin Bailey Wood, Steve Williams, Mike Mann, Steve Smythe have confirmed they are ok to run and we should have at least two teams. There is no limit on numbers. Ayone interested contact stevesmythe2006@yahoo.com

Women/Vets Team, September 22

So far Clare Elms, Charlie Wood, Kim Hainsworth, Ola Balme, Emily Gelder, Nicola Richmond, Mel Edwards have confirmed they can run. Any other women interested, please contact stevesmythe2006@yahoo.com

Training partner required

I'm training for the Royal Parks Half Marathon at the beginning of October and would like to get in some long runs (10 miles or so) on a Sunday and would love some company if anyone else is interested - ideally a long/gentle Sunday morning run.

Pace would be 8.30 ish min miles... I think

Email me if you are interested in joining me next weekend, or another weekend after that. I live in Peckham but anywhere near Brockwell lido is a good starting point for me too.

Thanks - Nicola - njmcivor@gmail.com

Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major race, of which Steve Smythe kindly collates times for us, then it's highly unlikely that your results will be appear here in SHORTS
So to make sure your race results are mentioned please send them in and if you want to write a report to go with it

parkrun 5km Results for August 25th

Banstead

Jo Quantrill 2nd claim		22.39

Brockwell

38 Graham Laylee		22:44

Bromley

14 Mike Fullilove		19:21
19 Steve Smythe		19:42

Crystal Palace

14 Steve Ackroyd		21:04
25 Jozef Danko		22:52
28 Michael Dodds		23:05
33 Clare Wyngard	4W	23:56
35 Claire Steward	5W	24:10
58 Ameet Patel		25:57

Dulwich

3 Edward Hill		17:29
6 Ebe Prill		19:08
7 Scott Hemmens		19:12
16 Joseph Brady		20:13
18 Nicola Richmond	2W	20:40
20 Mel Edwards	3W	21:15
26 Ian Sesnan		21:51
76 Susan Vernon	23W	32:29
77 Stephanie Burchill	24W	32:29

VETS AC CHAMPS, BATTERSEA, 26 AUG

I was entered for three races, but decided beforehand to skip one. However my choice was not a good one as I would have been better following the 800m with the 5000m 3.5 hours later, rather than the 1500m with only a 80 minute gap. I seem to be stuck in a rut with my 800m times with yet another 2:32 and my 1500m suffered from heavy legs. Mike

800m 2:32.69

BMC Grand Prix Final/Inter Counties Championships, Bedford

As county senior champion Clare was selected to run for Kent in this event and probably wouldn't have run otherwise with a sore foot and strong winds predicted. She had a solid run in difficult conditions and finished strongly for third in her race.

C race

3 Clare Elms 4:37.73

STANDARD CHARTERED GREAT CITY RACE 12TH JULY

Captaining Career Legal, our mixed team won the legal section of this iconic race organised by London Marathon for the 4th time in the past 10 years. 6500 competitors and over 400 companies took part in the 5kms road race, with the city's streets closed, passing such notable landmarks as St. Paul's, the Guildhall and the Bank of England.

Heavy rain made the conditions the worst I've known in 20 years of taking part in this race, but a terrific atmosphere nevertheless.

Nick Brown 18.33 (113th)

LAST FRIDAY OF THE MONTH HANDICAP 24TH AUGUST

*Nick Brown writes….*This is a race that I have been meaning to do literally for years, so was delighted to finally get my act together and take part!

This is a low-budget (£2 entry fee!), no frills 5kms race that has been organised by Serpentine Running Club in Hyde Park, Central London for about 15 years. Except on this occasion the race took part in Kensington Gardens because Hyde Park is still being refurbished following the Olympics. The race normally attracts a high quality field of 150 - 200 runners, with some of the country's leading veterans taking part.

Having run 18.32, 18.38 and 18.33 in 5kms races during the past 3 months, I was hoping to get close to 18.20. However having reached halfway in 9.00, my current lack of endurance told in the second half of the race and I finished disappointingly in 18.40. No excuses, the 2 lap course was set up for a fast time, conditions were perfect and there were plenty of good runners to tow you round ....simply not fit enough at present!

To give you some idea of the standard, nearly a third of the 150 strong field broke 20 minutes. The top age graded performance came from GB international Cecilia Morrison from City of Portsmouth .... aged 72, she ran 23.21 and recorded an awesome age graded score of 98.60%!

30	Nick Brown	18.43	1MV55
40	Steve Williams	19.30	3MV55

POSTCARD FROM TURKEY

Patrick Mcmorrow our man overseas reports……As the date of the Ealing half-marathon draws ever closer, I had this vague idea that I might try to get a couple of runs in while I was in Turkey but I didn't hold out much hope. about 15 minutes I couldn't go on. The blistering heat at the suitcase for the rest of the holiday, and indulging in my usual pastime of lazing around the pool and drinking. However, that evening I saw a blur of red running past the door of my villa.

I could tell from the gaunt appearance and the tortured expression on his face that this was a 'real runner' so I looked out for him the following day. My instincts proved correct and he identified himself as Tom Morris, a member of Hercules Wimbledon AC. He said he was very familiar with Dulwich Runners and knew Andy and Ros (everybody does!).

Tom does a short run every day and we arranged to go running that evening. Apparently the secret is to wait until the sun goes down before venturing out, and it proved to be a slightly more comfortable experience than my morning adventure. Although we only ran for about 25 minutes each evening, I still felt utterly exhausted.

It was at least 35 degrees, even at 7pm and every road in Kalkan is like Central Hill or Kirdale except steeper! I think the only thing that kept me going was the vision of Ros looking at me in disgust if I started walking with a DR vest on, especially in the company of a Wimbledon runner!

Looking forward to club night on 5th September and the cooler climate of South East London

BBC 10k 23rd August 2012

This race has had a Dulwich representation for many years and this year proved no exception. It was great to see a few regulars as well as newcomers to the event. With only 120 entrants it is small and friendly and DRs are always made to feel welcome by the BBC organisers.

Despite the billing as a flat course it feels deceptively harder with a few gradual inclines and tight corners although a few declines do add relief. Claire S led in the Dulwich contingent with an excellent run that earned her 2nd female vet prize. She was closely followed by Graeme in his first 10k with Anna not far behind, up on her Elmbridge time. Barrie was next in after a steady run following a busy week and then Clare Q, who was disappointed with her race, but did well to finish after not feeling 100% all day.

I came in just outside 52 folllowed by Steve, a great supporter and once organiser of the event.

Post race drinks were offered in the BBC club which proved to have a rather lively party atmosphere as the club was holding a number of evenings to celebrate carnival. A good evening overall and no doubt many of us will be back next year.

51	Claire Steward	47.31 (2nd FV)
52	Graeme Campbell	47.41
56	Anna Thomas	48.33
65	Barrie John Nicholls	50.22
69	Clare Quirico	51.20
72	Lindsey Annable	52.15
83	Steve Wehrle	54.44

112 ran

European Veterans Athletics Champs

Aug 16-25 Germany/Poland/Czech Republic

EVACS this year was a tri-nation affair, centred on the track at Zittau, Germany but with distance events at Zgorzelec, Poland and a marathon starting in Hradek, Czech Republic. Zittau is a small town in Saxony, a pretty area of former East Germany with rolling farmland and forested rocky hills to the south (bordering Czech Republic) and the River Neisse forming the border with Poland to the east. Nearly 4000 athletes entered the track, field and road events, probably half of them German but also competing with them was a couple of hundred in team GB.

Sat 18

Andy entered the 10,000 meters, held in Zgorzelec, a Polish town divided after the war from the more elegant German Gorlitz. Race venue was a track in a small football stadium. In 32 degree C heat Andy set off at a normal pace - not very wise - and started to lose energy, giving up at 7.2k with 7 laps to go – not far but it seemed so at the time. Fortunately athletes had access to a nearby pool to cool down in.

Sun 19

Back at Zittau, Ros had a straight final for the 1500m and had her first race against rivals with faster times, Nancy Hitchmough (GB), Villum (Denmark) and Eggar (Italy). Ros stayed in touch behind these 3 for 3 laps but her last lap kick was not enough to close the gap.

W60 1500m 4 Ros Tabor 5:40:14

Mon 20

Ros had a heat to warm up her 400m speed – not her usual distance and having lost two months' training due to injury. She did well to qualify for the final by finishing 3rd with the 5th fastest time of all finalists

W60 400m semi-final 3 Ros Tabor 1:16:25

Tue 21

In the 400m final Ros ran well to improve her time and came home true to form in 5th, with GB's Caroline Marler winning.

W60 400m final 5 Ros Tabor 1:15:36

Thu 23

5000m races in Poland on a warm day. Andy ran steadily but still found the breeze on the back straight a problem and faded a bit near the end.

Ros's race started with Eggar (Italy) and GB's Jane Georghiou contesting the lead. After a couple of laps Eggar pulled away and increased her lead throughout the race. Ros settled down in 3rd place but had dropped to about 5 meters behind Georghiou as the last lap started, with Dutchwoman Van Dijk slightly closing about 8 seconds behind. Ros picked up well to take over 2nd place and silver medal from Georghiou, who with nothing left was also passed by Van Dijk.

M55 5000m

19 Andy Murray 20:51:77

W60 5000m

2 Ros Tabor 21:40:14

Fri 24

After her 5k race the previous evening, Ros ran the 800m a little tired, some way behind GB's Hitchmough and other rivals.

W60 800m

5 Ros Tabor 2:54:48

Sat 25

Andy was in the GB M55 team for the marathon, so needed to finish in a reasonable time. The race started in Hradek, Czech Republic, at 8.30 am and consisted of 4x10k laps and an out and back 1.1k at the end. Runners were warned at the start that championship rules applied, including yellow and red cards for walking. The first 3.5k was flat along an avenue, heading first into Poland, passing petrol stations and a basket shop, and then into Germany, turning away from the edge of Zittau.

The remainder of the lap started into the wind and over blister-inducing cobbles, continuing out into the country over 3 hills back to the start. It warmed up for the last two laps and the card marshals were watching on the hills. Andy ran a steady pace but was not fully marathon trained and the last lap was pretty slow, but good enough for the GB team to get bronze medals for his age group.

Meanwhile Ros watched the closing ceremony and then competed in the 4X400m relay, where w60 team GB won in a European record, within 0.2 seconds of the world record.

Back at the marathon finish a podium was set up in a pleasant beer garden, where the runners waited to collect their medals.

Marathon

14m55 Andy Murray 3:34:47 part of GB 3rd M55 team

W60 4X400m relay

1 GB (Copson, Hitchmough, Tabor, Marler) 4:55:69 European record

DULWICH RUNNERS A.C.

S13