SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 26th September 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 26 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 0 2 **Track sessions with Steve Smythe**
Ladywell track see below
Start 7:15pm, fee £2:55 pay at reception on Entry. **For Focus Gym members entry is free**

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

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

DULWICH TRACK SESSIONS

Improve your speed & strength over all distances. Tuesdays with Steve Smythe are suitable for all abilities.

Tuesday track sessions are now in full swing at Ladywell. http://goo.gl/maps/92zNw
Around 20-30 club members attend these over a wide range of speeds. The sessions are between 7.15pm and 8pm and members should aim to get there to warm up at around 7pm
If you are a Focus Gym member then entry is free , all others £2.55 pay at reception

LUCKY VEST

September winner was Lloyd clater.
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

In your *SHORTS* this week !

2 **AGM notice**
3/4 Cross Country, Fixtures & DR social events
5 Race reports etc
9 South of England Champs relays - results
12 Wednesday night running map
14 Epsom 10 entry form. Last Club Champs race

And much more !

---------- *EVENT HORIZON* ---------

A brief look ahead

Oct 20	Cross country league starts, details
Nov 3	Reigate Relays
Nov 10	Mens XC,Roundshaw Down, Croydon
Nov 18	Epsom 10 - final club champs event

EPSOM 10 entry fom
full fixture list & info page 3/4

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

NEW RUNNERS ROTA

Many thanks to **Mike Mann, Charlie Lound, Martin Morley and Mike Dodds** for taking out new runners last week.
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**

Olivier Montfort	**19/09**
Andy Murray	26/09
Barrie John Nicholls	03/10
John O'Byrne	10/10
Kim Pullen	17/10

Caroline and Francois are visiting !

They will be here from Fri 5th Oct to Wed 10th.

Caro will be running at the Brockwell Parkrun on the Saturday and her and Francois will be helping out at our 10k on the Sunday !

They cant make it for the Wednesday club night as they are returning to France earlier that day, but she did tell me they are looking forward to seeing you all if you can make it on Saturday and or Sunday.

ANNUAL GENERAL MEETING Wednesday 24th October 2012

The AGM will be held in 'The Nursery' at the Edward Alleyn Club, Burbage Road, London SE24 9HD at 9pm.

Items for the agenda must be sent to the Hon. Secretary, Mike Dodds, by Wednesday 10th 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 2011 AGM were included in 'Shorts' during November and December and will be proposed for adoption at this AGM.

Nominations for club positions should also go to Mike. These should ideally be by October 10th to allow time to organise an election if there is more than one candidate, but will be taken up to and including the day of the AGM in the event of a single nomination.

All posts are up for election, including the President (which has a three year term and was last elected in 2009), with the table below showing whether the present incumbent wishes to stand again. This shows that there is one post, that of Secretary, where there is a definite vacancy. However it may be possible to accommodate someone prepared 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. For example Graham Laylee has indicated that he would be happy to move to Secretary if a successor were to emerge for him as Treasurer.

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.

I can be contacted at secretary@dulwichrunners.org.uk or on 07501 536631

Post	**Present Holder**	**Standing Again?**
President	Ron Searle	Yes
Chair	Ros Tabor	Yes
Hon. Secretary	Mike Dodds	No
Hon Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Sue Cooper	Yes
Women's Captain	Mel Edwards*	Yes
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

Mike Dodds

*Anna has kindly agreed to stand for the role of one of the Women's captains. If they are elected Mel, who has latterly been performing both roles, and Anna would intend to follow the job sharing model for the combined roles that Kim Hainsworth and Charlie Woods successfully pioneered in the recent past

CLUB FIXTURES 2012/13

Date			Event		Venue
Oct	Sat	20	Lightwater XC Men	start 3pm	Lightwater
	Sat	20	Roehampton Vale XC Women	start 12noon	Roehampton Vale
Nov	Sat	10	Roundshaw Down XC Men	start 3pm	Croydon
	Sun	18	Epsom 10 **EPSOM 10 entry fom**		Epsom
Dec	Sat	1	Nonsuch Park XC Women	start 12noon	Sutton
Jan	Sat	12	Cranford XC Men	start 2:30pm	Cranford
	Sat	12	Mitcham Common XC Women	start 12noon	Mitcham Common
Feb	Sat	9	Wimbledon Common XC Men	start 3pm	Wimbledon
	Sat	9	Denbies Vineyard XC Women	start 12noon	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 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 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

The 4th Emer Casey London 10K - Brockwell Park on Sun. 28 October 2012 - 11.00am. Entries are now open at www.runnersworld.co.uk/emercaseylondon10k. For further information about the Emer Casey Foundation, please go to http://www.emercaseyfoundation.com/

DULWICH RUNNERS
2012 CLUB CHAMPS

The next and final club champs race of 2012 is the Epsom 10 on 18th november
.To qualify it will have been necessary to have completed a minimum of five events. - ***Mike Mann***
EPSOM 10 entry fom

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*

SPRING RELAYS

It's early days but you may want to make a note of dates of next year's spring relays. We'll be recruiting participants for these highly popular and enjoyable events early in 2013. Mike Mann

- Green Belt Relay, 18/19 May
- Welsh Castles Relay, 8/9 June
- 1066 Relay, 16 June (note later than usual)

Wednesday Night Map

On page 12 in SHORTS you will find a copy of the map for this weeks Wednesday night 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.

CROSS COUNTRY CHAMPS

We are planning to hold a cross country champs once again for the forthcoming season. To qualify it will be necessary to complete 4 of the following 6 races - The 4 Surrey League matches, the South of Thames 5 miles at Reigate on 24 November and the South of England champs at Parliament Hill on 26 January.

The prize categories will be the same as last season - the 3 leading men and women and first M40, M50, M60, W40 and W50. In addition there will be a captain's award. Our traditional mob match with Reigate will not be taking place this autumn. It may be rescheduled for February/March but this will not be confirmed in time to include this race in the club champs. ***Mike Mann***

Please note that the Kent Masters champs has now been put back a week to Saturday 15 December and that the venue of the Kent County Champs on 5 January has been switched to Detling Showground

CROSS COUNTRY FIXTURES 2012/13

Date		Race	Venue
Sep	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 start 12
	8	Dysart/ Ellis Cups	Richmond Park
	8	Masters & Inter County champs	TBC
	15	Kent Masters	Tunbridge Wells, Rose Hill School
	15	South of Thames 7.5 miles	Richmond Park
Jan	5	Surrey County Champs	Lloyd Park
	5	Kent County Champs	The County Showground at Detling
	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
Dulwich 10k	Oct 7	Post race at The Crown & Greyhound , Dulwich from 12:30 onwards details
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

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**

All events now completed

14 Oct	Maidstone Half

Dulwich Runners Charity 10K Sunday 7th October

Marshals & helpers still needed

….and post race

Hi All,

Please join us following the Dulwich Charity 10k at the Crown & Greyhound for a few drinks and/or a bite to eat from 12:30 onwards:

http://www.thecrownandgreyhound.co.uk/

Unfortunately, like most popular pubs in the area, reservations aren't accepted on Sundays so the earlier you can get there the better.

There is usually a good turnout each year, so we look forward to seeing as many of you who can make it as possible!

Suz

ps - dress code: high viz jackets and sweat pants optional.

pps - enthusiasm: in the face of a down pour - loads.

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**

STREATHAM COMMON 6 XC, 29 SEPTEMBER

With our traditional mob match at Reigate not taking place (though hopefully being re-arranged for the end of the season), and the first Surrey League match not until 20 October, the cross country season gets off to a slow start this year.

However all is not lost for the enthusiasts amongst you with the annual Streatham Common 6 taking place on 29 September. The race starts at 11am on Covington Way and you can either enter in advance by visiting the HHH website or on the day. ***Mike***

Dulwich Runners Race Clock needs a new home.

The Dulwich Runners Race clock raises much needed funds for the club and it needs a new person to take over the management of the rentals as I have limited time to do it anymore.

It doesn't take up too much time, all of the documents are on-line and it is relatively straightforward now. I can show you how it all works, the forms (all electronic) and if need be can fill in occasionally when you are away. Let Ros, Graham or me know if you are interested.

Giles Gibson giles@originaltg.com

HELP NEEDED - Susan Vernon writes:

I have a place in next April's London Marathon and need some help with my long runs. I haven't attempted a marathon since 2007 so feel like a newbie!

I run at around 11 minute miling, which is slow, but with some encouragement I might go quicker! I am 6 weeks into my schedule and have already done 3 long distances, (2hrs)one with Chris and 2 on my own. Is there anyone who would be willing to join me on a Sunday for say 30 - 60mins.

I don't need conversation, just the company and occasional encouragement when the going gets tough. Stephanie has already volunteered so if there is anyone else, please email me at **vernonrun@aol.com**.

I don't want to resort to an ipod! I will be eternally grateful

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

Finland

Our 19th year trip takes place this year to Finland from 12th to 16th October.
Thirty eight of us going this year.
Can everyone going on the trip be sure to attend the Club on Wednesday 3rd October to collect this year's trip memento.
Looking forward to the frozen north.
Cheers - Steve Wehrle

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 results 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 even better.

5km Results, September 22nd

There were course PBs for Mike Fullilove – his first sub-19, Jo Shelton, Jozef Danko, Steve Smythe and Bob Bell.

Brockwell

13 Mark Foster	19:43
30 Graeme Campbell	21:24
141 ran	

Bromley

22 Mike Fullilove	18:59 (PB)
101 Martin Morley	22:06
109 Jo Shelton 12W	22:21 (PB)
148 Claire Steward 22W	23:53
362 ran	

Burgess Park

Chris Vernon writes...Last Saturday saw us in the sunshine at the first Burgess Parkrun. Burgess Park which is only 2.5 miles north of Dulwich has just completed a major refurbishment project and is now resplendent with revived lakes and water jets ,Andy says that he has swum there.

The underpass between the two halves of the Park is brightly lit and so far not a needle or bottle in sight. The course is parkrun's answer to the Monaco Grand Prix with twists,turns and hairpins but very flat and on brand new tarmac.

If you are so minded there is even a scenic shortcut over a bridge.The two laps round the lake in the middle of the run mean that all but the swiftest get lapped and it is tempting to follow the leaders to the finish rather than do the second lap.

Some 'garminators' made the course long and one spot on. Anyway, the organisers adjusted the times down, mine being reduced from that on my watch by a whopping 51 seconds from what had been the same as my last 5 parkruns. Hmmm!

Being the first parkrun we all got pbs and four out of five of us were first in our age groups and consequently the new record holders. Only Paul missed out, perhaps that was because he had forgotten his Dulwich vest, which might have given him the edge!

Many thanks to Andy and Lloyd for marshalling on a tricky course which needs plenty of help.

14 Graham Laylee	21.56	1stVM55
27 Paul Keating	24.08	
40 Stephanie Burchill	27.01	lst FV55
57 Chris Vernon	29.43	1st MV65
64 Sue Vernon	32.01	1st FV 65

Crystal Palace

Excellent running conditions produced a lot of pbs but none more spectacular than Bob Bell's. Bob, who is a regular on this course, had never previously ducked under 22 mins but did so with absolutely loads to spare.

Meanwhile I had my best run here for a long time and also completed my 300th parkrun mile. The mathematicians amongst you will be able to work out that it must have been my 97th and that I am therefore within 10 miles of completing my century. I am actually on course to be the very first Palace centurion and the relatively new, and very efficient, Race Director was kind enough to approach me afterwards and ask when this was likely to happen.

Having looked at my schedule I'll have to miss at least a couple over the next few weeks which all means that, injuries and other mishaps allowing, it should be on the 27th October. Assuming that I get to the Palace start line (just next to the cafeteria) at 9.00 a.m. that morning, still in one piece and on 99 runs, it would be great to have as many Dulwich Runners as possible for company. I might even leave some little incentives for you at the finish to help get you out of bed.

A couple of other things about this date. It doesn't clash with the cross country fixture list and, as luck would have it, it will be the last weekend before I have to start splitting them between London and Brussels. So, should be quite a noteworthy day all round. Finally, remember that parkrun is free to enter but you must complete the very simple registration procedure on the web-site beforehand and bring along a print-out of the resulting barcode to the event.

18 Bob Bell	21:43 (PB)
24 Mike Dodds	22:46
48 Ameet Patel	25:51
90 finishers	

Mike Dodds

Dulwich

11 Joseph Brady	19:12
22 Jozef Danko	20:36 (PB)
27 Cameron Timmis	21:31
28 Ian Sesnan	21:31

86 ran

Highbury Fields

To keep trying new ones, I decided to do the Parkrun this week, easy to get to on Overground but not the most exciting as 5 laps of the small park.

10 Steve Ackroyd	20:23.

Lloydpark

4 Steve Smythe	20:39 (PB)

90 ran

Croydon Switchback 5, Sept. 23

Clare Elms gained an easy win on the tough course.

6 Clare Elms 1W	31:25
14 Joseph Brady	32:46
21 Mark Foster	33:42
36 Jozef Danko	35:23
44 Mick Ward	36:23

109 ran

Kent AC 5000m championships, Ladywell, September 13

In almost perfect conditions, Tony Tuohy smashed his club M50 record by 30 seconds with a PB. His time places him third in the national rankings and is 16 seconds faster than his club M40 record!

8 Tony Tuohy	16:21.1 (PB/Dulwich M50rec.)

Kent Champs Vets/U13 Champs. 15th/16th Sep, Erith

Duncan Hussey writes….

This event is well balanced with county championship events for over 40s and U13 and, for those in between, combined events such as pentathlon and decathlons. It's also particularly helpful having 800s and 1500s so close together making it possible to attend both days without spending the whole weekend there.

Not that the 5k was one event to miss though with Tony taking part in an excellent competition with two rivals which ebbed and flowed over the course of 12.5 laps. Tracking the M40 winner of an earlier 800m, Tony was wary of his finishing speed and took the race up with half the race to go.

All was going to plan with two closest rivals 30m back until the penultimate lap the gap was closed to 10m. With a little subtle encouragement trackside from the Hussey support team, Tony kicked, quickly opened up a gap of 50m and the crowd went wild. Well, Oscar and I did as Tony romped home to take the gold.

Next day, faced with the quicker M40 rival, he narrowly lost out in a Championship Best Performance with a season's best.

Not being in the best form having been injured for the past two months and only having had one track session since then, I was happy just to be able to compete, picking up two silvers with a reasonable 800 and a tired 1500 the following day.

On the Saturday, Alex Elms picked up a bronze in a well judged race jumping from 4th in the last 200m. Oscar was placed in the middle of the race in 5th, in an improved time on his last race.

The U13's is very competitive in Kent. Proof of this was the next day's 1500m with the first three ranked in the top 10 of the country. There was quality all the way down the field and Oscar's 8th was a very good performance.

Good quality also in the U13s Long Jump which is not so easy after being in the 800m half an hour earlier. Whilst not at his best, Oscar did mange to make into the last eight and hence had an extra three jumps.

*And Steve Smythe writes..*Tony won two golds, winning the M50 race outright but finding the 1500 hard after his two hard 5000s and a very fast pace. Duncan won two silvers while Alex Elms gained a bronze in a competitive top class 800m won by the British number one

M50 5000m

1 Tony Tuohy	16:42:33

1500m

1st M50 Tony Tuohy	4:32:19
2nd M40 Duncan Hussey	4:56:53
8th U13 Oscar Hussey	5:16:40

800m

2nd M40 Duncan Hussey	2:21:29
3rd U13 Alex Elms	2:23:20
5th U13 Oscar Hussey	2:37:21

Long Jump

7th U13 Oscar Hussey	4:03m

South of England Relay Championships, Aldershot, September 22/23

Dulwich had their most successful ever South of England relay championships at Aldershot on Saturday and Sunday as they won two team silver medals and took two fastest lap awards in the Vets events and the seniors produced two excellent performances too.

There couldn't have been a greater contrast between the Saturday and Sunday. Saturday was beautifully sunny and quite still and Sunday was horrendously wet and breezy. Traditionally warm and sunny, those on Sunday had probably the worst weather at this event in the 20 plus years it has taken place on the very testing circuit on Rushmoor Arena.

There isn't a Dulwich U13 team so Alex Elms had to compete for Cambridge Harriers and he also won a silver team medal with a 11:08 clocking for the 3km leg, keeping Cambridge in second on the third of four legs for his first area medal.

Women Vets W40 (4x3851m): 1 Arena 80 58:32; **2 Dulwich R 59:42**; 3 Woking 61:12; 4 Reading 63:30; 5 Thames Hare & Hounds 64:41; 6 Dorking & Mole Valley 67:02; 7 Windsor, Slough, Eton & Hounslow 67:07

Dulwich Veteran women's team finished second in the Veteran women's race for runners aged over 40, our third medal in the last four years. Clare Elms got them off to a good start and her 13:21 for the 4km course went close to her lap record, despite having to ease down the hills. That gave Dulwich a 19 second lead.

Andrea Pickup opened up another three seconds with a 14:58 leg for her best run of recent times and Ola Balme another six with a 15:04. Again a very similar time to her recent relay runs here.It would have been closer had Nicola Richmond not been injured, and in her absence, Ros couldn't hold off the Arena 80 team despite running quite a bit quicker than two years ago with her 16:19 when Dulwich were also second.

2nd Dulwich 59:42

1 Clare Elms	13:21
1 Andrea Pickup	14:58
1 Ola Balme	15:04
2 Ros Tabor	16:19

2009: 3rd 61:07 (Clare 13:22, Ola 15:15, Angie N 16:18, Ros 16:12)

2010: 2nd 59:44 (Clare 13:14, Andrea 14:52, Ros 16:35, Ola 15:03)

M50 Race

Tony Tuohy got Dulwich off to a great start as he led the M50s home in first place and his 20:58 run won the fastest lap award.

Lap 1: 1 Dulwich 20:58, 2 Wells 21:04, 3 Kent 21:25, 4 South London 21:31; 5 Oxford 21:32; 12 Harrow 23:37 Adrian Greer, in his debut at this event, ran strongly but dropped to second with his 22:51.

Lap 2: 1 Oxford 43:26; **Dulwich 43:49**; 3 Wells 44:03; 4 South London 44:05; 5 Poole 44:29; 6 Harrow 45:37 Nick Brown (23.01) Kept Dulwich close but we dropped out of a medal position.

Lap 3: 1 South London 65:35; 2 Oxford 66:09; 3 Wells 66:40; **4 Dulwich 66:50**; 5 Harrow 67:35; 6 Hillingdon 69:56

Starting in fourth, we actually dropped to fifth as the Harrow athlete went flying past on his way to victory and with a lap to go, we looked like we were missing a medal yet again but Colin passed Wells with a mile to go, then passed Oxford as he entered the Arena with about 600m to go and then a last sprint saw him past South London to gain silver medals by four seconds with his 23:00 timing as the top five were separated by just 49 seconds.

M50 (4x5994m): 1 Harrow 89:27; 2 **Dulwich R** 89:50; 3 **S London** 89:54; 4 Oxford C 90:01; 5 Wells 1:30:16; 6 Barnet 93:00; 7 AFD 93:54; 8 Ealing, Southall & Middlesex 95:20; 9 Poole R 96:18; 10 Hillingdon 97:03 Dulwich M50 team pulled off their first ever medals in the event in an exciting race.

Dulwich M50 A Team: 2nd: 89:50

1 Tony Tuohy	20:58
2 Adrian Greer	22:51
4 Nick Brown	23:01
3 Colin Bailey-Wood	23:00

Dulwich M50 B Team: 15th: 1:39:53

The B team held their position though the three who had run this course regularly all set PWs, which only partly can be blamed on the very wet conditions! Neville Webb continued his good form to run a very strong second lap and we were the first B team to finish, showing the club's depth in this event, when we also missing the likes of Dave Beaver, Steve Williams, Steve Smythe (elder), James Godkin etc.

13 Steve Smythe	24:02
14 Neville Webb	24:47
15 Andy Murray	25:52
15 Mike Mann	25:12

2008: 5th 90:35 (Steve S 21:36, Nick B 22:41, Steve Williams 22:19, Andy M 23:59)

2009: 5th 90:19 (Steve S 22:16, Nick B 22:11, Steve W 22:41, Mike M 23:11)

2010: 6th 91:36 (Steve S 22:04, Chris L 22:00, Mike M 23:20, Andy M 24:12

2011: 13th 97:37 (Steve W 22:54, Steve S 23:17, Tiernan O 25:20, Mike M 25:20)

Tony in M40s: 2009: 21:13, 2010: 21:20, 2011: 20:53 Colin 22:27 in M40 2009

Senior Women

Dulwich's senior women were a fine 23rd.

Charlie Wood,continued her improvement with her fastest of 13:57, having run 15:41 and 14:21 in her two previous attempts. Kim Hainsworth also beat her previous best of 16:03 with a 15:18 and another probably having their best ever relay run for the club,

Mel Edwards ran 15:28. On the final leg, Emily Gelder was running just two weeks afdter winning a medal in the world 24 hour championships and she attacked the early hill with tremendous gusto. She couldn't quite keep the speed going on her tired legs on the downhill sections but she still ran a fine 14:51 tomove us backin the top 30.

23 Dulwich R 59:32

22 Charlie Wood	13:57
32 Kim Hainsworth	15:18
31 Mel Edwards	15:28
25 Emily Gelder	14:51

Senior men

46 Dulwich R 2:08:53

Dulwich's senior men team achieved their best ever result of 46th.

With a team that would win the vast majority of road races in the UK, the standard of this event is quite remarkable. Buzz felt he started a bit too quick and was struggling on the second half and Edward Hill then had his best ever run for the club by moving up a few places with a fine 21:30. Recent recruit Alistair Locke made a fine debut and moved us up another place with his 22:24.

On the fourth leg, though wary of his injury and holding back a bit, Ben Fairhall set a senior club record for the 6km lap with 20:13 which moved Dulwich up 14 places. Charlie was also worried about his injury, but ran strongly and his 21:51 moved us up two places. Wayne Lashley had a mostly solo run and showed his improved endurance and run an almost identical time to Buzz and Ed with 21:28 in moving us up well into the top 50.

Former members Rob Watts ran 21:27 (a fraction behind Buzz on leg one) and Simon Loach ran 21:48

69 Buzz Shephard	21:26
66 Edward Hill	21:30
65 Alistair Locke	22:24
51 Ben Fairhall	20:13
49 Charles Lound	21:51
47 Wayne Lashley	21:29

(2009: 61st 2:09:45 Buzz 20:17, Tom M 21:23, Tony 22:13, Jose 23:47, Rob W 20:57, Ian F 21:08)

(2006 Vets 10th 86:20: Kofi 20:04, Chris L 21:17, Colin BW 23:36, Nick B 21:23

(2007 Vets: 11th 86:58: Steve S 21:47, Kofi 20:19, Chris L 22:15, Steve W 22:37

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, G1, 50, 109, 118, 250 & 255. Limited car parking facilities at the common.

Sponsored by anthony gold SOLICITORS

11:00am, Saturday 29 September 2012

Streatham Common, Covington Way, Streatham SW16

Entries in advance
£8.00 affiliated £10.00 unaffiliated

Entries on the day
£13.00 for all runners (Subject to availability)

300 places

1 mile fun run
£2.50 per entry
Starts 10:30am

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

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	10.5	MILES
SHORT CUT (BLUE)	8.5	MILES
SHORT CUT (PINK)	7.0	MILES
SHORT CUT (GREEN)	5.5	MILES

Keep yourself dry on those wet winter runs

New – Dulwich Runners waterproof jackets now in stock Only £25 – See Ros to buy one of these and other club kit

Ola Balme
Sports & Therapeutic Massage

September Special Offer £10 off

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

- Deep Tissue Massage
- **Massage to alleviate muscle fatigue**
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- ***Maintaining your fitness and well-being***

Ola is an experienced Sports Massage Therapist and club runner.
If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

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*

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FINANCIAL PLANNING
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The 49th Annual EPSOM 10

Sunday 18 November 2012 9.30am

One lap scenic 10 mile course on country roads around Epsom & Walton Downs. Start & Finish close to the Grandstand on Epsom Racecourse.

BECAUSE OF THE NATURE OF THE COURSE AND POTENTIAL WEATHER CONDITIONS IN LATE NOVEMBER A TIME LIMIT OF 2 HOURS WILL APPLY.

Race HQ in the Queen's Stand

Under UKA rules – permit applied for.

Plenty of parking ~ Memento to every finisher

Prizes: First 3 Men/Women

1x M40, 1xM50, 1xM60

1xF35, 1xF45, 1xF55

1st Club Teams: Male & Female 3 to score

The race includes the 10 mile championship for both Vets AC and SCVAC but is NOT a vets only race.

Cert No 12/322

Entry fee: £12 [£14 unattached]

All entries on the day £15

Add £2 if entering Vets AC champs / £1 SCVAC champs

Enter online: http://www.runnersworld.co.uk/events

Cheques payable to Epsom & Ewell Harriers

Name		Male/ Female?	
Address			
Club		Age on race day? *You must be at least 17 years old on race day*	
Your phone no.			
If Vets AC give member number		If SCVAC give member number	
Signed: *Entries for 17 year olds must be signed by parent / guardian*			

Participating in endurance events is physically stressful and you should ensure that you are properly prepared, trained and fit to compete. By entering the race you agree that personal and medical details can be released by the medical team to the race organiser in the event of a medical emergency.

Send entry & 9x6 SAE to Don Turner,
40 Rosedale Rd, Stoneleigh, Epsom, KT17 2JH
Tel: 0208 393 8950
Enquiries? davidaclarke@blueyonder.co.uk