SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 15th May 2013

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

- THE COMING WEEK –

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

Fri 17 **Track session – with Martin Morley**
Dulwich College Track
7 for 7:15 start £2 for Adults £1 for Children

Tue 21 **Track session with Steve Smythe - £1 fee**
Dulwich College Track - 7 for 7:15pm start,.

DULWICH TRACK SESSIONS

NOTE back at Dulwich College Track

Tuesdays with Steve Smythe
Improve your speed & strength over all distances. suitable for all abilities.
Arrive at 7 for warm-up then a prompt 7.15pm start
A record 45 ran the Tuesday session at Dulwich track on May 7 in good conditions.
Showing that some members are fair-weather runners only, less than 20 attended a slightly wet session on May 14 though heavy rain only happened after session end

Fridays with Martin Morley
Arrive at 7pm to warm up for 7:15 start. Duration approx 1 hour. - £2 for Adults £1 for Children.
All abilities are welcome, if you have never run on a track before this is your opportunity to come and see what it is like. Any questions then please come and speak to me.

LUCKY VEST

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

new mens and womens vests and T- shirts,

Hoodies	**£15 each**
Vests	**£18 each**
T- shirts short sleeved	**£20 each**
T- " long sleeved T's	**£22 each**
Waterproof Jackets	**£25 each**

Available Wednesdays at the club – Ros

In your *SHORTS* this week !

3 Fixtures, Club champs, Assembly League etc
5 Race reports etc
6 Victoria Park assembly league results
7 Over the hils and fairly far away !
7 Emily Gelder picks up European medal
9 Wednesday night running map

And much more !

You can follow us on

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

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

A brief look ahead

full fixture list page 3

Jun	**6**	Dulwich Park Assembly league **(note revised date)**
Jun	8/9	Welsh Castles Relays
Jun	20	2 miles Club Champs

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 **Clare Wyngard and Sue Cooper** 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 as early in advance as possible . Thanks. – **Ros**

Chris Loizou	**15/05**
Patrick Mcmrorrow	22/05
Mike Mann	29/05
Patrick Mcmrorrow	05/06
Mike Mann	12/06

Wednesday Night Map

On page 9 in SHORTS is the map for this weeks Wednesday night runs. 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 them in the clubhouse.

DULWICH RUNNERS

MIDSUMMER 5K
THURSDAY 27 JUNE

The Midsummer 5k race which we organise each summer is a major source of income for the club. This year's race is on THURSDAY 27th June, so it does not clash with our regular Wednesday night run.

I hope that you will all be able to come and help on the night.

Ros

Beckenham Relays: Wednesday May 15

There are still vacancies in the team for this relay at 7.30pm tonight over an interesting course of less than three miles mostly through Beckenham Place Park.
Please contact stevesmythe2006@yahoo.com if you want a run

ASSEMBLY LEAGUE 2013

For those new to the club, this is a series of 6 races roughly 5k in distance open to all members **free of charge.**

The races are normally held on the first Thursday of the month from April to September, starting at 7.15pm.
Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.

NOTE Date changes

Due to circumstances beyond our control several of the dates have had to be changed.
Of particular note, the June fixture has now reverted to 6 June.
This race which is in Dulwich Park is also our next club champs event.
The remaining fixtures this season are as follows:

6 June	**Dulwich Park (5k club champs)**
4 July	Battersea Park
8 August	Victoria Park, Hackney
5 September	Beckenham

Further information on venues and times will be provided nearer the time. ***Mike Mann***

WELSH CASTLES RELAY 8-9 JUNE

All those who have put their names down for this year's Welsh Castles Relay should now have been contacted with requests for confirmation, travel arrangements, stage preferences etc. Please respond in good time to enable us to proceed with the arrangements. ***Mike Mann***

DULWICH RUNNERS CLUB CHAMPS 2013

Races still to come in this year's club championships.

- 6 June — Assembly League 5k, Dulwich Park
- 20 June — 2 Miles, Dulwich Park
- 12 July — 1 Mile, Dulwich College Track
- 1 Sept. — Lingfield (Dry Hill) 10
- 5 Oct. — Trail race, Lloyd Park parkrun

The usual rules apply with the 8 races split into long and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.

4 races to qualify, including at least one from each of the 2 distance categories.
Mike Mann *(on behalf of ADSC).*

GREEN BELT RELAY REPLACEMENT RUNS

With the cancellation of this year's Green Belt Relay, we are organising some Sunday runs over 3 consecutive stages across the North Downs. These will take place on 12 and 19 May and 2 June, the first from Lullingstone to Tatsfield, the second from Tatsfield to Merstham and the final one a there and back from Merstham. All will be around 12 miles.

Please let Martin and myself know if you would like to join us, even if you have informed us already. Also we need to know whether you need a lift or intend to drive, particularly for the first 2 runs where access by train is difficult.
We intend to finish up at a local pubp for food and drink afterwards, all welcomed just advise if you will be joining us
Mike Mann

Masters Fixtures

These are the main British Masters fixtures. The main club event will be the BMAF Road Relay Championships, where we have done well in recent years.

There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too.

May 18	BMAF Road Relay Champs.	Sutton Park
Jun 16	BMAF 5km road Champs.	Horwich
Jun 23	BMAF 10k track women's Champs.	Oxford
Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 14/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs.	Porte Allegre, Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

DULWICH RUNNERS 2013/14 FIXTURES

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesdayclub night. Assembly league & Southern League XC races are free and open to all club members and no advance entry is needed,

Date		Race			Venue
Jun	6	Dulwich Assembly League 5k	(club champs)	S	Dulwich Park
	8/9	Welsh Castles Relays			Wales
	10	Open track meeting			Norman Park
	19	Open track meeting			Tooting Track
	20	2 Miles	(club champs)	S	Dulwich Park
Jul	4	Battersea Park Assembly League			Battersea Park
	8	Open track meeting			Norman Park
	12	1 Mile	(club champs)	S	Dulwich College Track
	27	Open track meeting			Tooting Track
Aug	8	Victoria Park Assembly League			Victoria Park, Hackney
	12	Open track meeting			Norman Park
	24	Open track meeting			Tooting Track
Sep	1	Lingfield (Dry Hill) 10	(club champs)	L	Lingfield (Dry Hill)
	5	Beckenham Assembly League			Beckenham Sports Club, Foxgrove Rd
Oct	5	Trail race, Lloyd Park parkrun	(club champs)	S	Lloyd Park
	19	Surrey League Cross Country		Men	Richmond Park
	19	Surrey League Cross Country		Women	Lightwater
Nov	9	Surrey League Cross Country		Men	Wimbledon Common
Dec	7	Surrey League Cross Country		Women	Farthing Down
Jan	11	Surrey League Cross Country		Men	Reigate Priory (DR to co-host)
	11	Surrey League Cross Country		Women	Putney Vale
Feb	8	Surrey League Cross Country		Men & Women	Lloyd Park

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the Wednesday run.
Arrives around 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 ! - **Ros**

Surrey League XC

Men's and women's fixtures are now included in the fixture list .Further details, times maps etc will be posted nearer the race dates
These league races are open to all club members of all abilities and are free to run
Mike Mann

BUPA Westminster Mile

The organisers of the 10km above have asked the club to publicise details of the BUPA Westminster Mile which will be held the day before on Sunday May 26.

They are planning 50 different races on a road course from the Mall to Buckingham Palace, and the event will contain the first ever British age group Mile Championships and should be a fun event, and possibly even a good warm up for the 10km.http://www.bupawestminstermile.co.uk/

The teams entered for the BUPA London 10km on May 29 are:
Men: Dave Beaver, Wayne Lashley, Alistair Locke, Charles Lound, Buzz Shephard, Tony Tuohy
Women: Mel Edwards, Clare Elms, Kim Hainsworth, Catherine Lee, Elkie Thorndyke, Charlie Wood

TRACK MEETINGS

Blackheath & Bromley Open, Norman Park, June 10th

The first open graded track meeting has a 800m, 400m, 1500m and 3000m and quite a few club runners took part last year. The races are graded by time. Nb it is best to enter in advance as it's £6 on the day and £4 in advance bbhopen@gmail.com
http://www.bandbhac.org.uk/other%20t&f%202013.html

Both Herne Hill Harriers and Blackheath & Bromley Harriers are holding a series of open track meetings this summer on the following dates.

10 June	Norman Park
19 June	Tooting Track
8 July	Norman Park
27 July	Tooting Track
12 Aug	Norman Park
24 Aug	Tooting Track

British Masters Relays, Sutton Park, May 18

With the Green Belt and Hastings Relays cancelled, all those over 35 can focus on these relays where we have traditionally done well at – a few are away on holidays but most of our top runners are available and we hope to field teams in the W35, W45, W55, M35 and M45 and M55 events. Contact Steve Smythe for details. stevesmythe2006@yahoo.com or steve.smythe@athleticsweekly.com

Surrey and Sussex Track & Field Masters Championships 2013 Held under UKA & WMA Rules for competition 1st June 2013 Ewell Court (King George's Recreation Ground), Poole Road, Epsom KT19 9RY
The entry for the Surrey, Sussex and Open Masters Championships is now open. Entry via online only at: https://www.jctsportssolutions.com/event-booking/event.php?id=14
Awards:
Surrey County Medals for 1st, 2nd and 3rd (5 year age groups).
Sussex County Medals for 1st, 2nd and 3rd (5 year age groups) subject to achieving the standard, details available on the Sussex Athletics Association website.
Entry: To enter a Surrey County Championship you must possess a current Surrey qualification.
Details of the UKA rules regarding County qualification can be found at www.surreyathletics.org.uk/qualification where there is also a definition of what constitutes the county of Surrey for this purpose.
To enter a County Championship you must not have competed in another county's championship nor have represented another county in inter-county competition during the current competition year which commenced on 1st October 2012.
Athletes from other Counties can enter as guests.
Events: 100m, 200m, 400, 800m, 1500m, 3K walk, 5k, 300mH, 400mH, HJ, LJ, PV, HT, DT, JT, SP, and H/Hammer.
Booking closes midnight 10th May 2013 - no late entries.
The timetable will be sent to all entrants after the closing date and will be posted on the Surrey CAA website.
£5 per event plus 5.4% Paypal booking fee (regardless of number of events entered).
Helpline number: 07968 131 577 up to 9pm

curry night

Hi All,
Please build up an appetite during your usual Wednesday night Club run and join us at Surma, for a mouth watering Indian Cuisine.

When: Wednesday 29th May, 9pm after club run
Where: Surma, 42 Lordship Lane, East Dulwich, SE22
Buffet Price: £10/person cash on the night please (drinks to be paid separately at the bar).
Itinerary: Club run, shower, travel to East Dulwich (car, walk, bus or otherwise), eat-drink-eat, feel all warm- fuzzy and glad you came.

Email or text me by Friday 24th May if you would like to come: susan.cooper@hsbc.com or 07967953628.

Kent Grand Prix and Surrey Road Leagues

As well as the races we select for the Club Championships and the Assembly League races, listed elsewhere in Shorts, we also take part in the Kent Grand Prix and Surrey Road Leagues.
Some of these are designated County Championship races for the given distance, for runners that are suitably qualified. In addition, all runners can accumulate points over the season to compete in the league by age category.
For more details see the following links:
Kent Athletics:http://www.kcaa.org.uk/road%20races.htm
Surrey Athletics:http://www.surreyathletics.org.uk/road/league
Charlie Lound

Kent Grand Prix		Surrey Road League	
tbc	Beckenham 10k	2 Jun	Dorking 10 miles
tbc	Mount Ephraim 10k	23 Jun	Richmond 10km
tbc	Kent Coastal Marathon	13 Jul	Elmore 7 miles
tbc	Tonbridge 1/2M	21 Jul	Elmbridge 10km
tbc	Sittingbourne 10m	11 Aug	Wimbledon 5km

"The Goonies"
Lunar Cinema Battersea Park, Saturday17th August

Dear All,
With the sun finally coming out to play it's time to plan some outdoor activities which include sitting around and munching on pop-corn to refuel and give some balance to our hectic running schedules

The Goonies
(12, 1985, 114mins)
Doors open 7pm
Performance starts 8:15pm
Tickets: £12.50
http://tinyurl.com/busnfz2

I can easily increase on this number, but need a show of hands for those that would like to come and can commit to a ticket**. email me at** susan.cooper@hsbc.com or alternatively send me a text, including your name, on 07967 953628 by Friday 10th May so I can secure the booking. - ***Sue Cooper***

Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major club race which **Steve Smythe** kindly finds & 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, road, fell, XC, Tri etc, are mentioned please send them in, and if you can write a report to go with it even better.

parkrun 5km Results, Sat 11th May

Banstead Woods
1W Jo Quantrill 22:58
174 ran

Bexley
A win for Cara.
1W/5 Cara Oliver 20:31
137 ran

Bryn Bach (Tredegar)
7 Andy Murray 21.55
11 Ros Tabor 1W 22.48
137 ran

Brockwell
Another win for Ola.
16 Mark Foster 19:45
1W/21 Ola Balme 20:16
44Barry Mcleod 21:46
9W/57 Nicola McIvor 22:15
155 Barry Walker 29:03
171 Chris Vernon 31:58
187 ran

Crystal Palace
Due to the motor racing there is no run on 25th May 2013
Pbs for Jozef and Andy.
10 Jozef Danko 20:26 (PB)
12 Edward Smyth 20:37
13 Andy Cottrill 20:46 (PB)
21 Bob Bell 22:07
4W/39 Belinda Bell 24:45
59 Ameet Patel 26:11
94 ran

Dulwich
Neil Moriarty was a minute faster than the week before. Mel came through well for second woman, again narrowly up on Kim, who did a course PB. Ajay set a PB also, despite too fast a start, not helped by a sub-20 pacer who was running 18 minute pace on l;ap one
7 Neil Moriarty 18:37 (PB)
17 Steve Smythe 19:43 (1M55)
(19 Lewis Laylee19:46)
22 Mike Fullilove 20:01 (1M50)
2W/24 Mel Edwards 20:04
4W/29 Kim Hainsworth 20:17 (course PB)
32 Ajay Khandelwal 20:39 (PB) (2M40)
45 Graham Laylee 21:47 (2M55)
8W/65 Michelle Lennon 22:56 (PB) (1W45)
13W/82 Susanna Wilkey 24:21
14W/83 Vicki Fong 24:33
33W/119 Stephanie Burchill 26:53 (2W55)

Greenwich
18 Ian Sesnan 22:23 (debut)
131 ran

Gunnersbury
10 Nick Brown18.37 (1M55). M55 brokecourse record, and was parkrun pb.

Hilly Fields
Track regular Kevin Chadwick gained a good PB.
6 Kevin Chadwick 19:39 (PB)
96 ran

Orpington
45 John O'Byrne 29:33 (debut)
70 ran

Riddlesdown
Win 42 for Ange at Riddlesdown.
1W/16 Ange Norris 20:50
122 ran

Blackheath & Bromley Open, Bromley, May 13
1500
Ed Hill set a PB though started far too fast. Nicola got seeded wrongly in the very fastest of four 800m races and had a lonely run.

4 Ed Hill	4:32.32 (PB)
11 Andrea Pickup	5:20.73

800m

8 Nicola Richmond	2:41.19 (PB)

Sutton 10k – 12th May
Nice new 2 lap course , inside and around permiter of Nonsuch park. flat , downhill , few hilly bits but generally attractive fast course to run. Will do it again. Happy with my run and Tony seemed to have a good one too.
J Brady

10 Tony Tuohy chip time	35:33	MV50	1
72 Joseph Brady chip time	40:36	MV40	16

missing result from Ted Pepper 10k.
51 Mike Mann 43:20

Assembly League, Victoria Park, May 9

The course was slightly longer than usual as the wrong starting point was used and it was very windy, but good times were run by Buzz had his first race since the Marathon and obviously wasn't at his very best and was closed down at the end by Tony Tuohy, who ran a strong race. Edward Hill ran well while Charles Lound completed the A team scorers which saw Dulwich finish a fine secxond.

Alastair Locke led home the B team with one of his best league runs while Ian Lilley had his best club run yet outsprinting Rob Cope, who also continues to improve.

James Burrows just outfinished Duncan Hussey and Rupert Nash to be the final B team scorer and the B team matched the A team's second position.

For once the women didn't do quite as well as the men, with many regulars missing, and finished third, and only just got third on countback. All our three scorers had also done the marathon. Shona McIntosh ran well after her great marathon and was half a minute up on her time last year and finished second behind an Ethiopian making a league debut, who ran a 32 10km recently.

Mel and Kim had solid runs and though Mel wasn't at her best 5k form, it was still over five minutes quicker than she ran in 2010 and over two minutes faster than last year and Kim was close behind.

Ros led home the B team and was a lot quicker than in 2012 and she just finished up on Anna Thomas and league debutante Nichola McIvor. Susan Cooper made a rare race appearance and was close behind.

It was notable yet again that only our faster runners are running the leagues and we had no women in the second half of the field which attracted women runners of all speeds.

8 Buzz Shephard M35 18:49
(18:37 in 2010)
9 Tony Tuohy M50 18:52 (1M50)
(18:59/18:55 in 2010, 19:34 in 2012)
19 Edward Hill M35 19:21
25 Charles Lound M45 19:39
29 Alastair Locke SM 19:49
2W/36 Shona McIntosh SW 20:12
(20:51 in 2011)
51 Ian Lilley M40 20:53
52 Rob Cope M40 20:55
61 James Burrows SM 21:10
62 Duncan Hussey M45 21:11
(20:26 in 2010, 21:36 in 2012)
63 Rupert Nash SM 21:15
(21:51 in 2012)
67 Joseph Brady M45 21:22
(23:29 in 2012)
75 Mark Foster M45 21:43
78 Steve Smythe M55 21:49
(17:52 in 1982, 20:39 in 2010, 21:28 in 2012)
98 Gary Sullivan M55 22:28
11W/110 Mel Edwards SW 22:48
(28:25 in 2010, 25:06 in 2012)
13W/114 Kim Hainsworth SW 22:57
19W/139 Ros Tabor W60 24:08
(23:39 in 2010, 26:44 in 2012)
142 Andy Murray M60 24:14
(23:03 in 2010, 23:37 in 2012)
20W/145 Anna Thomas SW 24:18
150 Ian Sesnan M55 24:32
23W/151 Helen Garrett (Beckenham) W45 24:34
24W/152 Nicola McIvor SW 24:35
153 Graham Laylee M55 24:38
25W/157 Susan Cooper SW 24:46
160 Martin Morley M60 24:50
(24:07 in 2010, 25:45 in 2012)
199 Kev Wood M55 27:41
(34:58 in 2010, 29:00 in 2012)
227 ran (68 women)

A team
1st Stock Ex 4, 5, 12, 21 = 42
2nd Dulw 8, 9, 19, 24 = 60
3rd Kent 10, 11, 15, 30 = 66
4th Lloyds 1, 13, 20, 41 = 7

B team
VPH B 29, 33, 45, 46 = 153
Dulw B 28, 48, 49, 58 = 183
Stock B 22, 56, 63, 72= 213

Women
Lloyds: 1, 3, 16 = 20
VPH 7, 8, 9 = 24
Dulw 2, 11, 13 = 26
Eton M 5, 6, 15 = 26
VPH B 17, 18, 22 = 57
Dulw B 19, 20, 24 = 63
Eton M B 28, 36, 37 = 101

Southwark Schools Championships, Croydon, May 13

Alex Elms was up against Noah again and it was the same result with Noah running a slow third lap and saving it for the kick but Alex again sprinting away to an easy victory.

1 Alex Elms 4:48.0

Thorpe Sprint Triathlon, May 12

After a disappointing first lake swim in the Aquathlon last week, Clare was far happier and came out a close fifth, and after a very slow transition, she moved up to third on the bike.

Had she ran, Clare would have almost certainly come through to be first as she was well over a minute quicker than the winner on the bike and did the fastest bike of the 40 women competitors and would have only needed a sub-20 5km run to win.

But with a sore foot, she decided to rest it so it might be ok for the relays this weekend, though it probably helped her running shoes had been hidden at the end of her bike ride!

Clare Elms 13:30 swim, 38:28 bike

Sutton 10K, Nonsuch Park, May 12

Tony was first M50 but initially disappointed with the time though it seems the course used was longer than the one the course measurer intended.

Tony Tuohy 35:33 (1M50

World and European 24 hour Championships, Steenbergen, Netherlands, May 11

Emily Gelder was part of a five strong British team that won European team medals. She wasn't at her very best, suffering from nausea and sciatica, but though 26km down on her best, she still achieved over 212km in the day, probably more than the average Dulwich Runner runs in a month!

While quite a few Dulwich Runners members have come out with a variety of reasons why they can't run the British Masters Relays this weekend, Emily has made herself available despite being obviously going to be very tired and not at her sharpest!

25 Emily Gelder 212.213 km

GBR replacement training run.

The Tatsfield Terror.

Leg 16 of the Green Belt Relay.

Martin Morley writes: Five hardy souls and 1 SOGGY turned up on a bright sunny, but fairly cool morning at Lullingstone Park Visitor Centre, and so Claire Steward, Anna Thomas, Angie Norris, Alistair Locke, James Burrows and Martin Morley started their preparations to run what GBR organisers consider to be the toughest leg of the GBR.

First Claire and Martin shot off to take Claire's car to Tatsfield and satnav said take the most direct route, down narrow country lanes filled with cyclists, horses and some cars so not the quickest route. On way back Martin puts a cunning plan into action and selects main roads only to find one of them closed to road works, and a massive tailback on another with an ambulance making its way through the traffic, hey ho. Finally back with the other 4 crew members so off we go and it is all very sociable and we are running on footpaths across fields to Shoreham.

We past through Shoreham along the river and then next footpath through golf course and then on through Otford. We take a left and then onto a track to get a little taster of a hill and then on to Dunton Green and over the M25. This is where our four pathfinders who have slowly pulled ahead, find the wrong path and decide to put in an extra hill which allows (unknowingly) Claire and Martin to take the lead.

We are soon running past Chevening (Chancellor of the Exchequer's country home) which looks like a picture postcard.

No time to dwell as the steepest hill is round the corner and although very hard work C & M are soon up the top going through woodlands carpeted in bluebells, lovely. Then a steep downhill to the Pilgrims' Way which is undulating, long and in one part very smelly, pig farm on right??.

We then get to the last 3+ miles which is a long drag up hill passing some lovely secluded houses (all £2M+) and Claire keeps coming back to encourage a badly flagging Martin but hey we now only have 1 mile to go but it is 5 steep uphills with 4 far too short steep downhills. Claire had found her marathon pace and style some 5 miles back so just waltzed the last few miles and so we had completed the run, fortunately right outside a pub!

No one else in sight so the tortoises had triumphed over the hares again. Five minutes later Anna, Angie and James arrive to let us know that Alistair has knee problem and insisted they go on and he would walk/run the last few miles and so arrived about 10 mins later. We all thought it was a great route to run and would be "happy" to do it again some time (that makes 5 runners who can do that leg in next years GBR!).

Into the pub and James who felt he could eat a horse soon has a full roast in front of himself with Anna, Claire and Alistair waiting for their food to arrive. A great run with stunning countryside and great company, what a good way to spend a long Sunday morning. Next week Tatsfield to Merstham so if you fancy joining in then let Mike Mann or Martin know so we can make the arrangements.

Kent Young Athletes League, Canterbury, May 12

Though still 12 for a few months, Alex now has to compete in the under-15s for the next few years and he was up against Kent champion and South of England cross-country runner-up Noah Armitage-Hookes and a few of the top class Tonbridge runners.

The Tonbridge runners started fast as Alex ran at the back and the as the pace slowed to halfway he moved up. Noah accelerated on the third lap but Alex covered and then did a big sprint 200m out to take six seconds out of Noah and gain his best win of the year thus far.

He also ran the 300m and a leg in the winning 4 x 300m relay team.

1A 1500m: Alex Elms 4:43.3

2B 300m: Alex Elms 50.6

You can follow us on

Same Venue, Same Drummer, Different Band!

Saturday 18th May 2013

After the great success of the English Rogues gig last month, with the attendance well swollen by a large number of Dulwich Runners, I've had a call to play another gig on the 18th May – with a completely different band! Well I suppose it keeps you on your toes.

This time it's pop-rock four-piece **'Saucy Jack'**!!! I suppose you could call the repertoire slightly lighter fare than the Rogues, but you'll still get great tracks from the likes of The Beatles, Rolling Stones, The Monkees, Van Morrison, Free, Gerry Rafferty, The Eagles, Squeeze, Thin Lizzy, T. Rex, various classic Rock 'n' Roll, etc., etc.

So here we go again, totally unrehearsed live music mayhem – you could come along just for the fun of spotting my cock-ups! How was that ending supposed to go again?

And as I said, the gig is once again at the very local-ish William IV, 116 Croydon Road, Elmers End, Beckenham BR3 4DF, start about 9pm – and it's totally FREE.

http://www.randompubfinder.com/pubmap.php?Name=William_IV,_116_Croydon_Rd,_Elmers_End,_Beckenham&Pub=725

Tony 'Thundersticks' Tuohy.

Come on, let your ears bleed. Well no, can't see that happening. But you might have to dance……

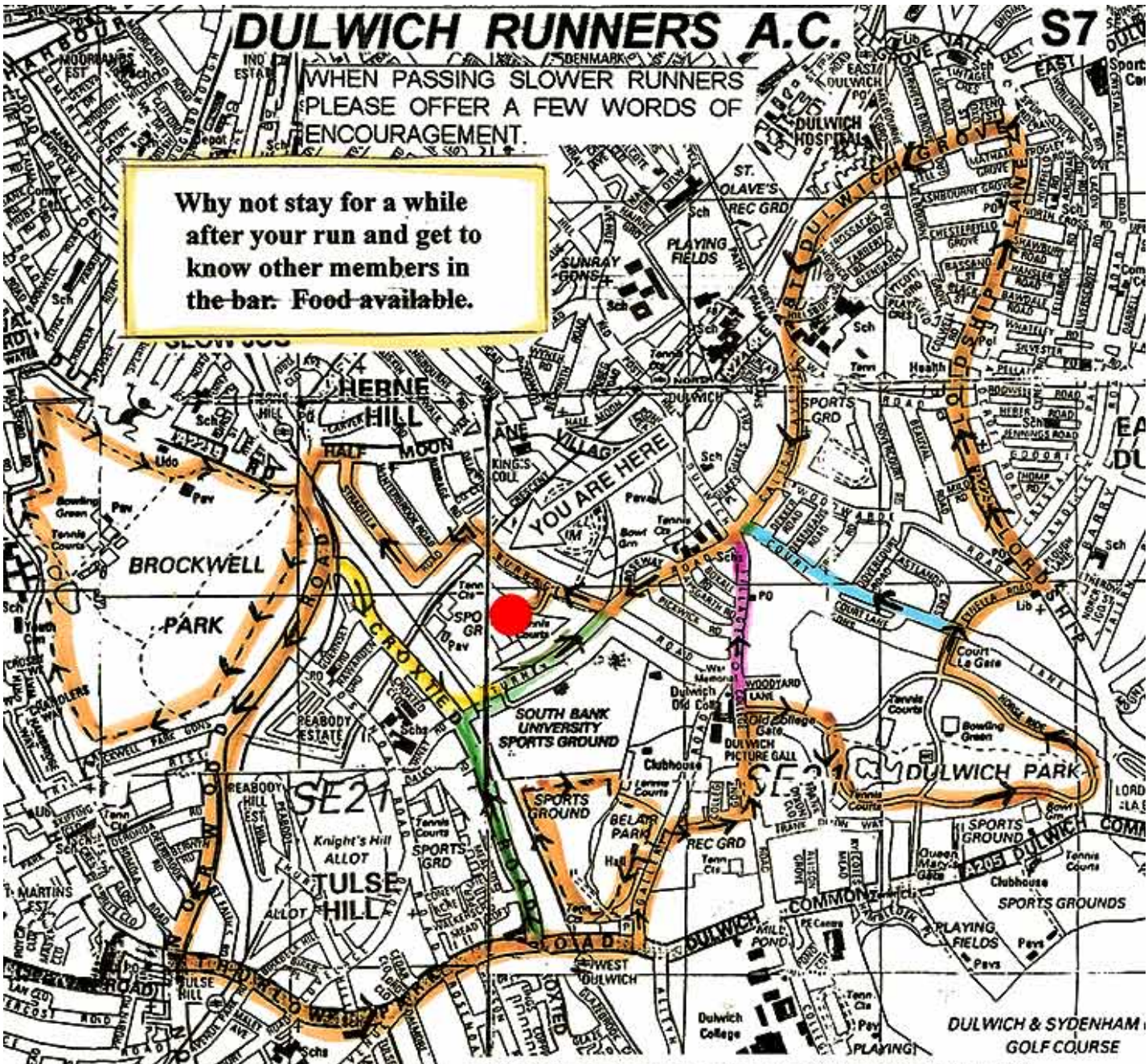
LADIES NOW SUMMER IS HERE YOU NEED A DULWICH RUNNERS CROP TOP!

LIMITED SIZES - £5 TO CLEAR…….contact Ros

DULWICH RUNNERS A.C. S7

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.

Why not stay for a while after your run and get to know other members in the bar. Food available.



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	7.5	MILES
SHORT CUT (BLUE)	6.0	MILES
SHORT CUT (PINK)	5.0	MILES
SHORT CUT (GREEN)	4.0	MILES
SHORT CUT (YELLOW)	3.0	MILES

Extend distance by extra full lap of Dulwich Park 1.1 miles or / and Brockwell Park 1.7 miles

Enjoy your run