SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 25th September 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 25 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 02 Track session with Steve Smythe - £2.60 fee
Crystal Palace Track - 7 for 7:15pm start
SEE NOTES BELOW

In your SHORTS this week !

4 Fixtures, Club Champs, Assembly League etc.
5 Race reports & results
12 Wednesday night running map

And much more !

Click below to
SUBSCRIBE or UNSUBSCRIBE

You can follow us on

DULWICH TRACK SESSIONS

Crystal Palace Track

Tuesdays with Steve Smythe
Improve your speed & strength over all distances.
suitable for all abilities.
Dulwich Runners will try the Palace track for a month.
Pay at main reception (Pool entrance) at 7pm for 7.15pm start, ***but do allow more time than at Ladywell/Dulwich as it can take 10 minutes plus to get from queuing at reception to track because of this the session will start very slightly later than 7.15pm***
A Dulwich rate of £2,60 has been agreed so state you are Dulwich. (Track is normally £3.95 peak, £2.75 off peak)

Tuesday sessions will be suitable for all. ie faster runners did 1600m reps and others did 1200m reps.
NB we will persist with Crystal Palace for at least the rest of September.

DULWICH RUNNERS CLUB CHAMPS 2013

******* Final Club Championships Race, Saturday 5th October, Lloyd Park *******

Our final club championships race is the Lloyd Park parkrun on Saturday 5th October at 9am.
For details: **http://www.parkrun.org.uk/lloyd/**
Note that you will need a parkrun barcode to be given a result, so if this is your first parkrun, register through the link.
Since we are likely to substantially increase the numbers on the day, we have been asked to provide volunteer marshalls. If you are unable to run one the day or would prefer to marshall, please register through the link and could you also let me know.
We will be meeting up at the cafe in the park after the race.
Charlie Lound - **chas.lound@btinternet.com**

EVENT HORIZON

A brief look ahead

full fixture list page 3

Oct	5	Lloyd Park run - 5k last 2013 club champs
Oct	12	Surrey Vets XC, Petersham
Oct	19	Surrey League XC Men and womens fixtures

NEW RUNNERS ROTA

Thanks to **Tony Tuohy and Andy Murray** 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.
Important guidance notes for people on the New Runners Rota are on page 3 please read them.
if it's your turn you will recieve a couple of reminders by emai
Thanks. – Ros

Steve Wehrle	**25/09**
Kevin Wood	02/10
Clare Wyngard	09/10
Hugh Balfour	16/10
Lindsey Annable	23/10

WEDNESDAY NIGHT £1 RUNNING FEE

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

DULWICH CHARITY 10K RACES 6TH OCTOBER RUNNERS NEEDED

Please do enter the 10k race via our website and encourage your family and friends to enter either the 10k or Junior races and/or the family fun run.
All those Dulwich Runners who enter the 10k race, please would you stay behind afterwards and help clear up. This is very important as it is always the same people who do this and a few extra hands would really help speed up the process. We can then get to the pub along with everyone else for a few beers

ANNUAL GENERAL MEETING

Wednesday 23rd October 2013

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

Items for the agenda should be sent to the Hon. Secretary, Clare Osborne, by Wednesday 9th 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 2012 AGM are available on the Dulwich Runners website and will be proposed for adoption at this AGM.

Nominations for club positions should also please go to Clare. These should ideally be by Wednesday 9th October 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 Committee posts are up for election with the table below showing whether the present incumbent wishes to stand again. This shows that there is one post, that of Social 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. In addition, if anyone is interested in sitting on the committee in a more general/non specific capacity, Clare would be interested to hear from you.

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 07917 210436

Post	Present Holder	Standing Again?
President	Ron Searle	N/A
Chair	Ros Tabor	Yes
Hon. Secretary	Clare Osborne	Yes
Hon Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Sue Cooper	No
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

Wednesday Night Runs Map

Click above for this weeks Wednesday night map.
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

Wednesday Apres-Run Re-hydration !

Come up to the bar and have a drink and a natter with us , it's a great way to get to know fellow runners (hot drinks also available)

Carbo Loading !

For all you hungry runners we will be ordering fish and chips 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 ! - Ros

I am looking for accommodation

for four days a month, ideally in Herne Hill.
I am moving to South Wales shortly, but need a place to stay in London.
I will of course pay for accommodation.
Can anyone help?
Please contact Austen Pinkerton
020 8299 8228 or 07967760953
Thank you

LUCKY VEST

September winner was Paul Hilton

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

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each

HOODIES
Hoodies are now available. There are a few in each size which have not been pre-ordered and will be for sale on Wednesday nights. - Available Wednesdays at the club
Price £18
Ros

A complaint has been made to the agency that supplied the model !

NEW RUNNERS

As you are a regular runner on Wednesday nights you have been included on the new runners' rota.
Your name will probably only appear about once a year.

Here are some guidelines:

- read Shorts and make a note in your diary of when your turn is (the list is largely alphabetical)
- if you can't make that date try and swap with someone else on the list and let Barry/Ros know
- if swapping dates is impossible let Barry know as soon as possible, so he can amend Shorts
- arrive in good time so you can meet any new people and discuss their needs
- agree the distance and pace that the group will be running. If the new runners are much faster (or slower) than you, you will have to ask around and find someone else to go with them, consulting Ros as necessary
- make sure the group stays together and no-one is left behind
- slower runners may need time to stop and rest, or short periods of walking
- tell people about how the club works – championships, cross country, track nights, relays etc
- emphasize the social side of the club
- encourage people to come to the bar after the run and try to introduce them to others of similar age and/or ability
- if you are not confident taking a group out by yourself ask for someone to go with you
- encourage people to sign up for Shorts and read it
- encourage people to join (through Barry)
- if you see people you ran with in later weeks, ask how they are getting on

curry night

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

When: Wednesday 30th October, 9pm after club run
Where: Surma, 42 Lordship Lane, East Dulwich, SE22
Buffet Price: £10 per person (TBC) cash on the night please drinks paid for 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 me if you would like to come:
misssuecooper4@aol.com

HI
Could do with another 4 marshalls please for 6th October.
Please let me have your names tonight if you can help.

Cheers STEVE WEHRLE

Dulwich Runners 2013/14 Fixtures

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

Date		Race		Venue
Oct	5	Trail race, Lloyd Park parkrun	(club champs)	Lloyd Park
	5	Streatham Common 6 Mile XC		Streatham Common
	12	Surrey Vets XC		Petersham, Richmond Park
	19	Surrey League Cross Country	Men	Richmond Park
	19	Surrey League Cross Country	Women	Lightwater
	20	Cabbage Patch 10		Twickenham
Nov	2	Priory Relays XC		Reigate Priory
	9	Surrey League Cross Country	Men	Wimbledon Common
	16	Dysart/Ellis Cups (XC)		Petersham, Richmond Park
	16	London XC Champs		Parliament Hill Fields
	23	BMAF XC Relays		Derby
	23	South of Thames 5m XC		Streatham Common
Dec	7	Surrey League Cross Country	Women	Farthing Down
	7	Kent Masters XC Champs		Danson Park, Bexley
	14	SEAA Masters XC		Biggleswade
	21	South of Thames 7.5m XC		Wimbledon Common
Jan	4	Surrey XC Champs		Denbies Vineyard
	4	Kent XC Champs		Hythe
	11	Surrey League Cross Country	Men	Reigate Priory (DR to co-host)
	11	Surrey League Cross Country	Women	Putney Vale
	25	South of England XC Champs		Parliament Hill Fields
Feb	8	Surrey League Cross Country	Men & Women	Lloyd Park
	22	National XC Champs		Nottingham

I've had a few enquiries about the forthcoming cross country season, so here is some advance information, particularly for the benefit of newly joined members.

We compete in the Surrey League cross country and the men were promoted to Division 2 last season whilst the women remain in Division 1.
EThere are 4 fixtures during the season, starting on 19 October at Lightwater for the women and Richmond Park for the men (details of other fixtures can be found in Shorts).

With the **Men's Surrey League** there is no need to enter in advance; you simply turn up on the day though your captain will find it helpful if you could let him know in advance.

With the **Women's Surrey League**, we need to enter runners in advance and you should have received an email regarding this.
With the first 5 runners scoring for the women and the first 10 for the men , it is important to field as many as possible of our strongest runners.

But these and other cross country races are not elite and are suitable for all abilities. They also provide excellent strength and endurance training from which you will reap the benefits, particularly in longer road races.

In addition to the Surrey League there are a number of other races during the season, almost all of which take place on Saturdays. These include the London champs in November, two South of Thames races in the autumn, the county champs (Kent and Surrey) in early January, the South of England champs in late January and the National champs in February.

There's also a number of Masters events. For all these races it' necessary to submit entries in advance, in some cases over a month before the events. Your captains will post details in Shorts and contact regular cross country competitors nearer the time, but it is important to read this information carefully and respond before the deadline given if you want to participate.

The club pays for race entries. We cannot cater for runners who simply decide on the day that they fancy a run, but they are of course welcome to support our runners.

Regarding footwear, you can often get away with road shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country shoes, or alternatively fell or trail shoes become essential.

As a warm up for the cross country season, the Will Bolton relays at Sparrow's Den on 14 September (advertised separately in Shorts) are highly recommended. The stages of 4k are shorter than cross country races, most of which range from 3 to 8 miles, but will be able to put your summer track training to good use on what is usually firm ground.
Please contact your captains if you would like to take part and for any other information regarding the forthcoming cross country season. - ***Mike Mann***

Your Cross Country contacts: Men - Mike Mann mcmann90@yahoo.co.uk
Women - Anna Thomas & Mel Edwards dulwich.womenscaptain@yahoo.co.uk

CROSS COUNTRY FIXTURES

In addition to the cross country races mentioned separately in Shorts, there are two higher profile events this autumn for which we would like to enter the strongest teams available.

These are the BMAF Relays in Derby on 23 November and the SEAA Masters in Biggleswade on 14 December. In both these events we have medal winning potential in some of the age categories. Those of you that have been approached for the SEAA road relays at Aldershot later this month, provided you are eligible as these are masters events, will be contacted individually in due course.

For the BMAF relays the age categories are M35/45/55+ and W35/45/55+ and each stage is around 3k in length. Some of us took part last year and it is a well organised event over an excellent course. The age categories for the SEAA Masters XC are M40/50/60+ and W40/50+, and the distances are 6k for the women and 10k for the men with 3 to score

Women's Surrey League -

volunteer required for final fixture

We are required to provide a volunteer to act as place recorder at the final fixture of the women's Surrey League, which will take place at noon on 8th February in Lloyd Park. The men's race will be taking place at the same venue later that day so if any of the men would like to volunteer then you should be finished helping out after an hour or so, so you'll have plenty of time to warm up for your own race. I appreciate that it's a few months away but if anyone knows now that they will be available to help on that date, then please do get in touch:
dulwich.womenscaptain@yahoo.co.uk

Cambridge Harriers XC Race

If you fancy an early season cross country race, Cambridge Harriers are holding a 5 mile race at Joydens Wood on 28 September starting at 12.00. It is possible to enter on the day (cost £3), by going to their clubhouse at 58a/60 Glenhurst Avenue, Bexley DA5 3QN between 11.00 and 11.30. The start is about a mile from the clubhouse.
Mike Mann

Striders of Croydon AC Switchback 5

Sunday 29 Sep 10.30am

5 mile, multi-terrain race around Lloyd Park and Addington Hills
It's a perfect warm up to the cross country season.
debra.c.bourne@gmail.com
http://www.stridersofcroydon.org.uk
entry forms available in clubhouse

Streatham Common 6 XC

Oct 5th

As previous entrants to the Streatham Common 6 Mile XC race, you are all invited to take part again this year on 5 October.

Early bird entries are open as normal on Runners World and there will also be on the day entries (subject to maximum numbers). - http://tinyurl.com/ots7bqr

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
Charlie Lound . *All Surrey league road races now completed*

Kent Grand Prix	
tbc	Sittingbourne 10m

Masters Fixtures

These are the main British Masters fixtures.
The main club event will be the BMAF Road Relay Champs, 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

Oct 15-27	World Masters Champs. Pt Allegre	Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Cardiff

Race Reports & Results

If it's not a club champs race, local parkrun or other major club race which Steve Smythe kindly finds & collates results for, then it's highly unlikely that your results will be in SHORTS, so to ensure they do, please send them in.If you can write a report even better, all road, fell, XC, Tri results etc, are welcome

Nb Steve Smythe can no longer compile results for Shorts for races he's not at and will only send results for races he will attend (or arrange for someone else to send), so please send all your results to Shorts if you want them to be recorded

Tonbridge Half Marathon - 22 September

Paul writes:...

With the Amsterdam Marathon very much on the horizon Sam and I travelled down to Tonbridge on Sunday morning to try and get a quick half marathon under our belts.

The course was undulating, and at times even hilly, but a still and cool morning meant conditions were good for running. It is an out and back course through lovely countryside but all on road. The organisation was excellent, and I would highly recommend the race.

After a flat start of a mile or so where I perhaps went off a bit quick, there followed several short sharp hills and then also a lengthy downhill, which I could see was going to be a significant uphill at miles 10 and 11 on the route back- more on this later.

I settled into a good rhythm and still felt pretty strong at halfway which I passed through on course for my target time. However I knew the tougher hills were ahead.

There were some fantastic on course support from marshals and local residents throughout, and as I passed through the village of Leigh at mile 9 I still felt strong, despite knowing the toughest part of the race was still too come. And them came the hills, and grit the teeth time.

There were four hills in quite short succession which caught some runners ahead out who were reduced to walking pace. Although I lost about 20 seconds a mile at 10 and 11 I managed to pick up a few places. By the last mile with all the significant hills negotiated, I was pretty much spent and despite a downhill section as the race approached the last mile, I couldn't quite get my early race pace back.

The last 800 metres felt longer due to an uphill drag and despite being overtaken by two fast finishing runners, I was pleased to hang on for a good finish and a near two minute pb.

I was a few seconds outside my target time, but given the challenging nature of the latter stages of the course I can't complain

Sam also had an excellent race, finishing just inside the top 30 and knocking nearly eight minutes off his PB from earlier this year, which is a deserved reward for a hard summer of training. We both move towards Amsterdam in good form, and just praying that the injury gods are kind to us for the next three weeks!

Sam writes: My race day organisation was (not for the first time) somewhat poor on this occasion forgetting to take my Garmin to my girlfriends parents on Saturday and then making Paul wait outside their house for a quarter of an hour first thing on race day morning whilst I searched for my elusive phone.

I was impressed with Paul's (almost total) lack of anger when I eventually emerged from the house and even more impressed when I discovered he'd borrowed a friends garmin on my behalf. The race itself was extremely enjoyable with fine views, well organised marshals and friendly crowds and I was especially pleased with my time given the strap on the borrowed garmin broke half way through mile 2 meaning I had to run semi blind for most of the race.

Onwards to Amsterdam where Paul has already vowed to have nothing to do with me on race day morning.

13 Paul Devine	83:06
30 Sam Crump	86:58

Watford Open Graded Meeting

18 September

Mike Mann reports

Having vowed only recently not to make the long trip to Watford for the final open graded meeting of the summer, I had a late change of mind and both Nicola and myself travelled there in search of improved 1500m times.

We both declared times of 5:12, faster than our season's bests, to ensure getting into a fast race. My objective was to get a close as possible to 5:10 and Nicola decided to stick right behind me.

Our first lap went off at a furious 78/79 seconds as we decided we didn't want to get stranded well behind the back of field. The pace slowed down after that, but picked up in the third lap as we picked off a number of youngsters, and again in the final 300m as Nicola came past me for a short while.

With legs turning to jelly over the final 100m we managed to maintain our pace and our finishing times exceeded our wildest expectations with Nicola improving her PB by 8 seconds and my own recent season's best bettered by a further 7 seconds.

After a successful end of the track season, we can now hang up our spikes for a while, and I'll will be transmogrifying into a cross country runner.

1500m

Mike Mann	5:07.52 (SB)
Nicola Richmond	5:08.70 (PB)

South of England Relay Championships, Veteran Women, September 21

Dulwich veteran women were again in the medals with another excellent team performance.

Clare Elms was leading clearly at halfway on leg one and on for the fastest leg but suffering severe breathing difficulties due to a virus, in the last kilometre, she slowed and did well to keep going.

Though she lost well over half a minute, she was still Dulwich's fastest by well over a minute and the time lost didn't affect ouyr overall position.

Ola Balme, taking over equal second had probably her best race of the summer and after dropping to third on the first half, she stormed back on the second half to go into a clear second as she again. Nicola Richmond, buoyed by a huge 1500m PB at Watford a few days earlier, ran a well judged effort for probably her best relay run.

Cara Oliver, in her first major road relay, set off in second with a 20 second lead but was quickly run down by former international Lucy Elliott of Winchester.

Briefly Reading and Woking closed up but a strong second half took Cara away and we had 42 seconds in hand at the finish though were almost two minutes back on the first two.

- Steve Smythe

Dulwich W40 60:20: 3rd

Clare Elms	14:03 (3)
Ola Balme	15:24 (2)
Nicola Richmond	15:19 (2)
Cara Oliver	15:34 (3)

This was the fourth time in the last 5 years that Dulwich Vets have won medals with Clare and Ola being ever presents.

2012: 2nd 59:42
2010: 2nd 59:44
2009: 3rd 61:07

Senior Women's Relay

The senior team were affected by two very late withdrawals due to injury and illness and were already missing a few due to people being away.

Charlie Wood ran cautiously for the first half but came through strongly with a well-paced effort. Michelle Lennon and Katie Crowe ran well after being moved late into the A team while Mel Edwards showed good improvement again and moved up four places. For the B team, both Ros and Louisa had strong runs,

Charlie Wood	14:25 (22)
Michelle Lennon	17:37 (46)
Katie Crowe	16:04 (44)
Mel Edwards	14:43 (40)

62:49: 40th
(2012: 22nd 59:32)

Dulwich B

Ros Tabor	16:41
Louisa Pritchard	17:34

South of England Relay Championships, Aldershot, September 22

The M50s set a club record for the course but it wasn't enough. In probably his most important club race to date, Ebe had a great run and then Dave Beaver moved us up to the edge of the medals with a typical strong run.

Chris L didn't run to his training form and felt heavy legged and we dropped to sixth.

Last year, Tony was fastest leg and though only a second slower, he was only able to move up a place as two faster runners ahead moved further away. Tony started probably a little too fast and possibly also paid slightly for his Kent Vets 5000m win of the day before. .

However, though being significantly faster than our silver medal time of last year, and indeed the winning time, the standard was much higher. ***- Steve Smythe***

5th Dulwich A 1:28:22

Ebe Prill	22:41 (7)
Dave Beaver	21:27 (4)
Chris Loizou	23:15 (6)
Tony Tuohy	20:59 (5)

10th Dulwich B 1:35:45

Adrian held on to Ebe for a lap but lacking fitness lost ground on the second lap.

A very unfit Steve Smythe, well over four minutes down on his best, lost a few places though Gary ran well and moved us back up while Neville moved us into the top 10 with a much faster time than 2012 and we showed our depth by being the first B team.

Adrian Greer	23:19 (12)
Steve Smythe	24:30 (14)
Gary Sullivan	24:10 (11)
Neville Webb	23:46 (10)

It was the fifth time in the last six years The M50s have been top 6

2012: 2nd 1:29:50 (Tuohy 20:58, Greer 22:51. Brown 23:01, Bailey-Wood 23:00): B 15th 1:39:53 (Smythe 24:02, Webb 24:47, Murray 25:52, Mann 25:12):

2011: 13th 1:37:37 (Williams 22:54, Smythe 23:17, Oclereigh 26:20, Mann 25:06)

2010: 6th 1:31:36 (Smythe 22:04, Loizou 22:00, Mann 23:20, Murray 24:12)

2009: 5th 1:30:19 (Smythe 22:16, Brown 22:11, Williams 22:41, Mann 23:11)

2008: 5th 1:30:35 (Smythe 21:36, Brown 22:41, Williams 22:19, Murray 23:59

Kent Vets Champs, Erith

21/22 September

A successful championships with one gold and two silvers.

Tony ran a highly efficient 5k winning overall by over 200m and lapping all but one of the field. In what was effectively a time trail, he was pleased with his time which was not that different to the highly competitive Kent AC 5k he ran the previous week.

In the 800, the pack including two v35s, went through the first 200 in a very keen 32 and even keeping off this pace, I went through in fastest first lap of the season.

Whilst the pack did come back towards me down the back straight, I just lacked the extra sharpness of a few weeks ago and couldn't quite back at them in last 200m. In the 1500, again a frenetic pace was set and I was pleased to pass the runner-up to Tony in the 5k with 300m to go.

5000m

1 Tony Tuohy 16:44:60

800m

2 Duncan Hussey 2:20:65
(4th in the combined race)

1500m

2 Duncan Hussey 4:52:78

Kent County U15 Pentathlon

With no training, the idea was just to have a bit of fun and to see if Oscar could beat his previous best set last year.

Having said that, there were some highly talented athletes who respectively were ranked in the top 10 nationally for High Jump, Discus and 80m Hurdles. All bar the last event, the 800m are technical field events which require practice, competition and a very good level of talent! Oscar stuck to the task well setting PBs in the 80m hurdles, Shot Put & Long Jump.

After surviving a meltdown ithe High Jump, he took retribution in the 800m (some 7 hours later after the first event) and went through the first 200m in 32… although this perhaps a little bit ambitious, it did show the field his strongest event! Looking at the final points tally, two competitors set Pentathlon scores which now rank in the top 10 nationally.

Oscar Hussey

80m Hurdles	16.28	PB
Shot Put 4kg	6.20	PB
Long jump	4.27	PB
High Jump	1.13	
800m	2:33:69	
7th Pentathlon	1251	PB

Richmond Running Festival Half Marathon

Half Marathon setting off from the Idyllic Kew Gardens with a route along the Thames Tow path (somewhat uneven and muddy) to Teddington Lock and back, finishing in The Old Deer Park Richmond.

47 Steve Davies 1h:28:55
1090 ran

World Triathlon And Aquathlon Age Group Championships

CLARE WINS GOLD AND SILVER

Clare Elms has already made her mark on the track and road but she is now a World age-group Champion at Triathlon and also a silver medallist at Aquathlon having been preparing specifically for the events over most of the last year.

Both events in Hyde Park were well supported and had great atmosphere and Clare had family, friends and clubmates cheering her on to medals. Clare had the added support of Clare Wyngard competing in the first event.

Not only was Clare competitive at swimming and cycling and was the fastest runner of any vet age group in aquathlon and triathlon, only two of the youngest age groups (which covered under 18s, under 25s etc) were quicker on the run.

Clare, who was very pleased with both her performances, especially the aquathlon run, where she must have passed 100 runners in various events and broke 18 minutes.

She says a huge thank you to everyone who came to a very wet Hyde Park to give her such good support and made her day even more special.

An excellent video of the event can be seen here of her finishing her gold medal run.
http://www.marathon-photos.com/scripts/event.py?event=Sports/CPUK/2013/ITU%20Grand%20Final%20Sprint%20-%20London&match=21548&name=Clare

5kYourWay Hackney Marshes - 18.09

This is an annual evening race for London Boroughs' staff, now split in two, this one for boroughs from Lambeth and Camden eastward.

The course is a flat 5k on footpaths and across playing fields. With 814 runners/walkers, the first half on narrow footpaths was congested. Overtaking was limited early on but I got going from 2-4k, finishing a bit restricted by sore hips/back.

There was a good atmosphere with team photos and warm-up beforehand and use of the GLL changing room bar/roof area afterwards. ***Andy Murray***

1 David White (LB Southwark/Croydon Harriers)16.05
63 Andy Murray (LB Southwark/DR) 21.25 2m60

parkrun 5k Results, Sat 21st September

Brockwell

20 Neville Webb		19:37 (1M55)
67 Graham Laylee		22:10
125 Stephanie Robinson	27W	25:51
147 Sarah Lyness	39W	27:21 (PB)
166 Barry Walker		28:35

192 ran Cn

Bromley

101 Martin Morley		22:27
182 Claire Steward	29W	24:49
194 Joanne Shelton	34W	25:19

388 ran

Burgess Park

BP's first birthday and they had cakes out, to be repeated next week. Injuries easing a bit, perfect conditions and the new shorter course meant a better run here than the previous Wednesday.

14 Andy Murray 20.36

Crystal Palace

Bob Bell writes..Seems the timing gremlins got in the works. Initial results have now been tidied up but Bob and Belinda got about 10secs added to their times and Clare about 3. Not sure about Jane and Chris didn't have a watch.

17 Andy Cottrill		21:09	
34 Bob Bell		23:02	watch 23:52
53 Clare Wyngard	8W	24:32	" 24:29
57 Belinda Bell	9W	25:51	" 24:42
83 Jane Harbage	20W	27:48	
100 Chris Bell	30W	31:14	

107 ran 4n

Dulwich

Paul Hodge and Ajay set notable PBs. Ajay with a little pacing help, broke 20 for the first time.

22 Paul Hodge	19:12 (PB)
23 Alastair Locke	19:13
24 Ebe Prill	19:17
25 Chris Goodman	19:19
27 Rob Cope	19:25
30 Ajay Khandelwal	19:39 (PB)
31 Paul Devine	19:40
43 Duncan Wilson	20:43
52 Cameron Timmis	21:26
70 Michelle Lennon 5W	23:15
93 Mick Mead	25:36

133 ran

Lloyd Park

I tried this course for the first time. It's entirely off road and more akin to a cross country course than other London parkruns, with a short sharp hill on each lap (familiar to those of you who have competed in cross country there) and a mixture of paths, short grass and rather longer grass.

I ran it in road shoes in the knowledge that many taking part in the club champs race on 5 October will be using those.

These were fine in soft but dry conditions underfoot, though trail shoes would have provided slightly better traction and could be useful if wet, particularly on a downhill stretch which can be quite slippery.

A few hints for those running in 2 weeks time. Don't expect a fast time as it's essentially a cross country course, so much slower than Dulwich and probably at least a minute slower than Brockwell Park.

Some of you are likely to be at the front of the field (I was 5th finisher) so check out the course in your warm-up. It's well signed but with lots of twists and turns and few marshals.

The start is close to the Lloyd Park tram stop, where there is a car park and parking on streets nearby, as well as a cafe which should be open in time for the finish. ***Mike Mann***

5 Mike Mann 21:28

Princes Park Liverpool 18th Sept

They initially didn't have my time for a number of reasons so they tried to guess my time and came up with 17:14 mins which would have been a PB.

However, I had my Garmin and it was saying 17:59 mins. So I was actually disappointed

2 Wayne Lashley 17:59

Orpington

35 Colin Frith	25:22
61 Steve Wehrle	28:59

131 ran

Roundshaw Downs

Chris Vernon writes

With Grandparent duties to perform in Croydon I could not 'tour' so a return visit to Roundshaw was in order.

For those who have not visited the home of Chilton Church Runners and a few Collingwood Runners this is an all off road course with only a gentle hill on both laps. It was a warm overcast morning and I was not sure if Porto was out of my legs so I set off gently but was soon overtaking some people which was a good sign. On the second lap, the long down hill to the finish enabled me to pick up some speed and beat a little girl to the line to record a course PB.

64 Chris Vernon 32.31 (PB) 1MV65

89 ran

Porto 1/2M -15/09

September 2013, forty seven of us went,
Off to Porto, a good time to spend,
On the Sunday the half marathon race,
Where Jose Barretta set the pace,
Andrea next with her head set,
But what indeed did she forget,
Clare W and Gill were close at the start,
And at the finish only 6 seconds apart,
Claire S eleventh in her class,
Many runners did she pass,
Bob,Barrie,Mike and Paul all under 120 minutes,
Pretty good that ,in the heat, innit !,
Ruki two hours did she achieve,
With Jo just behind as the course she weaved,
Steve W next then Lindsey,
Close together as often seen,
Peter Warren on pace for Norwich,
Would have been faster if he ate his porridge,
Steve S smiling all the time,
Finishing in two thirty nine,
Chris V looking very focused,
Putting to shame many youngsters,
Finally Richard near the back,
Stamina he did not lack,
DULWICH RUNNERS proud to run,
Club colours on show in the sun.

Nice reasonably flat course along the river for much of it, through the old town, over a bridge and through a tunnel.Many more on the trip did the 6km walk/ jog which started behind the half marathon and was actually over 7km distance.

Hotel was brilliant with a rooftop pool and bar, which at night became a Club.Monday was a special day with a sightseeing trip by coach, followed by a riverboat trip on the Douro.

The boat's captain shut the engine down mid river and we respectfully all held a minutes silence in memory of our dear friend Keith Everitt, a former club member, who's funeral many of us would have otherwise been at. After the boat trip we went to a port house for a tour and tasting! Then it was off to the beach for lunch in a magnificent restaurant where most stayed for the afternoon.

The Anchor tee shirt was awarded on this trip to El Presidente, taxi driver Ron and also to Andrea who had an expensive flight home!

Thanks everyone for a great trip. I will start investigating what to do for our 21st in 2014
Steve
WEHRLD TOURS

Results for Porto half marathon last Sunday;

As far as i can tell these are times including the time spent getting over the start line;

Jose Barretta	1:35:42	Paul Keating	1:55:44
Andrea Pickup	1:38:12	Mike Dodds	1:58:32
	6th in age	Ruki Sidhwa	2:00:25
Clare Wyngarde	1:45:02	Jo Shelton	2:03:09
	6th in age	Steve Wehrle	2:09:28
Gill Johnson	1:45:08	Lindsey Annable	2:09:58
	7th in age	Peter Warren	2:18:09
Claire Steward	1: 50:36	Steve Street	2:39:39
	11th in age	Chris Vernon	2:45:22
Bob Bell	1:52:52	Richard Pole	3:06:15
Barry John	1:55:30		

New Pastures for the Morley's.

Yes the rumours have found to be true and Marion and Martin are moving to a village near Lincoln. We will be moving on Friday the 4th October and therefore would love to have a farewell drink with you all.

To this end we will be down at the club on Wednesday the 2nd October and it would be nice if you could also make it for a final run and farewell.

DR has played a big part in my life and feel we have made so many new friends that are now old friends. If you are passing by our way we would love to see you, we are at Witham St Hughs, 8miles from the A1 Newark turnoff, just send us an e-mail or give us a call.
Hope to see as many as possible on the 2nd and thanks to Dulwich Runners for being such a great club.

Martin and Marion Morley

Algarve Running Challenge, November 2013

If you fancy a break from the damp, wind and darkness here in early November, there is an opportunity coming up to enjoy some warm weather training in the Algarve.

There are 4 races including a memorable one of just over 10 miles between Spain and Portugal , the other 3 are low key and just for the Algarve challenge group. There is also plenty of time for other activities including cycling, training runs, the beach or visiting nearby towns.

The organisation of races is provided by our own Steve Smythe. The hotel backs onto the beach and has its own pools and gym. The Challenge takes place in the week of 4 November, and different options are available for length of stay.

For a full week the cost including hotel, evening meal, flights and race entry works out at around £600 per head, which is very good value.

Please contact me, Steve, Andy or Ros if you are interested and would like further details. ***Mike Mann***

Track Cycling at The Herne Hill Velodrome

Steve Cook has booked another Velodrome cycling session for Dulwich Runners at 6:00 to 7:30 Saturday 28 September.
Any of you who have been before or anyone who would like to give track cycling a try please let Steve know by emailing stevecook6@gmail.com
The cost should be between £6 and £10 depending on numbers.
The Velodrome will provide the bikes. You do not need any special gear just shorts, Tshirt and trainers are fine if you don't have the Lycra.
http://www.hernehillvelodrome.com/starting/faqs/ for details.
Also bring some warmer clothes if it's cooler by then.

Ola Balme
Sports & Therapeutic Massage

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

Dulwich Runners Christmas Party
Saturday, 14th Dec 2013
The Cambria,Herne Hill Road

Hi All,

Its never too early to think about Christmas, Santa and his Elves are always watching.....With that in mind please keep free Saturday 14th December free in your diaries.
This year we are holding our Christmas festivities in the upstairs function room of The Cambria on Herne Hill Road.

Please check out (and join if you've not already done so!) the Herne Hill Forum for information on this fab location:

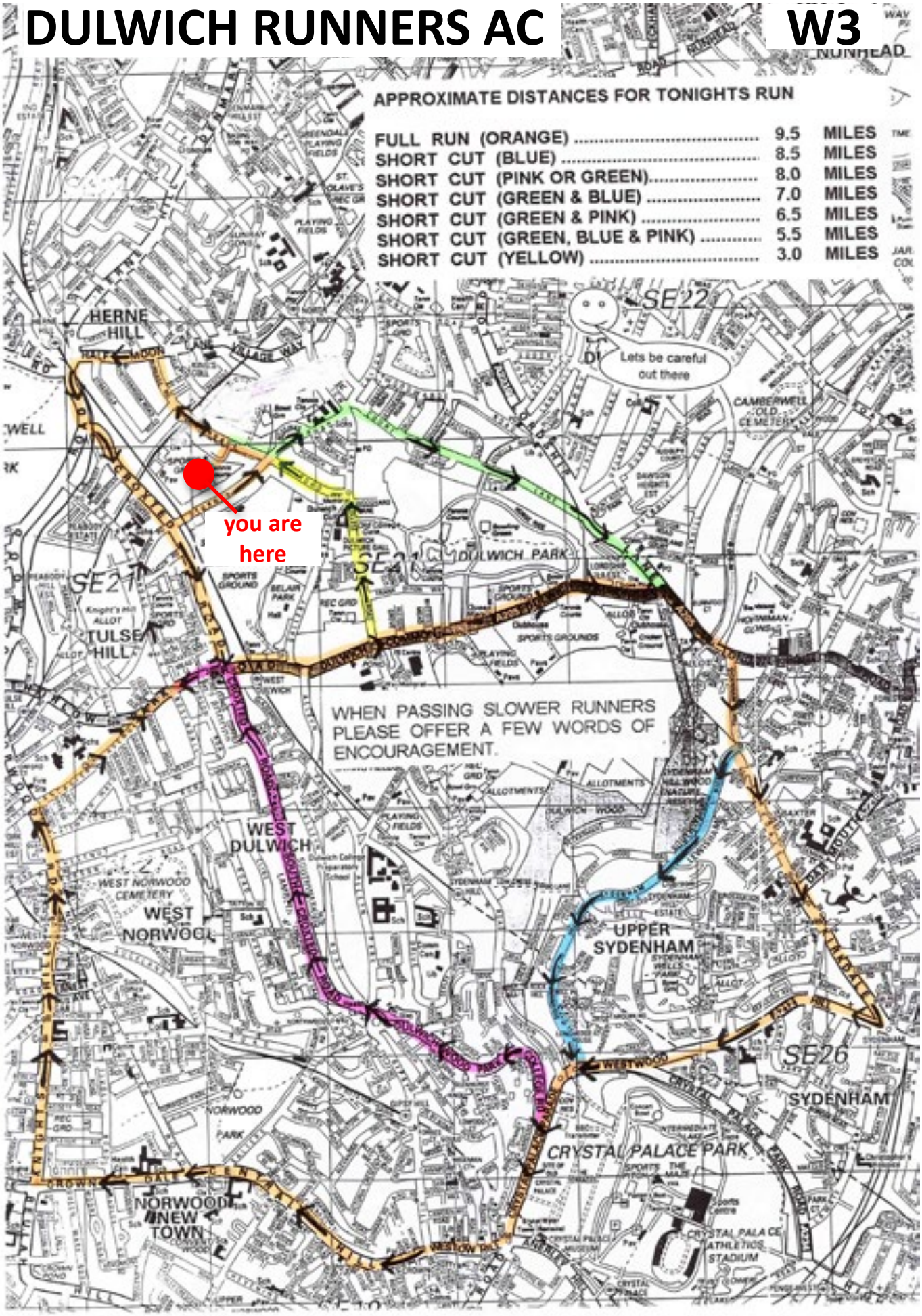
http://www.hernehillforum.org.uk/category/venue/cambria

More details and ticket information will follow when the first autumn leaf falls..... - **Suz**

"Place in the Amsterdam Marathon"

I entered this marathon months ago hoping I could break one lifetime PB (3.58 in London in year 2000) before I die.

My left knee's patella tendinitis thinks otherwise!. So if anyone wants my place I can assign this from 10th October.

This cost me 89 euros (including a T-shirt) but will cost you nothing apart from paying for your own travel and accommodation.
This is a place free of charity funding but you could use it to raise money if you normally do that for your favourite charity.Please check the website out:
http://www.tcsamsterdammarathon.nl/en/
If I get more than 1 person interested we will hold a draw at a club night in the next couple of weeks.
Send me an email if you want to be considered for a place:
duncan.j.wilson@hsbcib.com

DULWICH RUNNERS AC W3