SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 4th 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	**04**	**Club Night, Edward Alleyn Club** 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Thu	**05**	**Beckenham Assembly League - start 7:15** **Last in the series. open to all club members, free to enter, just wear a club vest**
Tue	**10**	Track session with Steve Smythe - £2.60 fee Crystal Palace Track - 7 for 7:15pm start **SEE NOTE BELOW**

In your SHORTS this week !

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

And much more !

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DULWICH TRACK SESSIONS

Crystal Palace Track from September 10

Tuesdays with Steve Smythe
Improve your speed & strength over all distances.
suitable for all abilities.
This week's Tuesday session was the last of the summer at Dulwich.
Dulwich Runners will try the Palace track for a month. The track is much quieter than Ladywell and closer for most (but not everyone!)
Exact details have to be confirmed but suggest paying at main reception (Pool entrance) at 7pm for 7.15pm start. Beginning Sept 10.
Track is normally £3.95 peak, £2.75 off peak and I understand a Dulwich rate of £2,60 has been agreed so state you are Dulwich.
The more people who turn up, the better the rate we might be able to negotiate. 42 ran the track on Tuesday at Dulwich and most celebrated the end of summer sessions with a drink at the Alleynes Head
Steve Smythe thanks those who contributed to the card and gift.
For those wanting to try track running or have a look at Crystal Palace Today (sept 4) there is a track meeting at Crystal Palace including a 800m, mile, 400m and 5000m
http://justiming-live.co.uk/crystal-palace2013.html

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

EVENT HORIZON

A brief look ahead

full fixture list page 3

Sep	5	Beckenham Assembly league
Sep	14	Will Bolton XC Relays (details page 3)
Sep	21/22	Aldershot Relays

NEW RUNNERS ROTA

Thanks to **Steve Street & Ange Norris** for taking out new runners last week.
If you are on the list, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know as early in advance as possible . Thanks. – Ros

Cameron Timmiss	**04/9**
Tony Tuohy	11/9
Mick Ward	18/9
Steve Wehrle	25/9

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 - SPONSORS NEEDED

On 6th October we will be organising the 28th running of this race which over the years has raised over £90,000 for local charities. This is the one occasion in the year when the club does its bit for the community and this is supported by the Mayor who will be in attendance to start the races.
There is a high quality 10k race with 500 entries, (course record 29.22), a 2 mile junior race and a very popular 1 mile family fun run. We hope all members will get involved in some way. Please approach your boss and friends with a businesses or shops, for sponsorship which can range from prizes, cups mementoes and even the Portaloos. The more we raise the more goes to the charity of the year, The Hollington Club for Young People in Camberwell.
Chris Vernon (vernonrun@aol.com)

LUCKY VEST- tonight

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

DULWICH RUNNERS CLUB CHAMPS 2013

1 Race still to come in this year's club championships.

- 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).

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

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 or text me if you would like to come: susan.cooper@hsbc.com or 07967953628.

ASSEMBLY LEAGUE 2013

Last event this Thursday 5th

For those new to the club, this is a series of 6 races (one left)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.

Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.

The remaining fixture this season :

5 September Beckenham - 7:15 start

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

Post race drinks in the Beckenham sports club

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**

Dulwich Runners 2013/14 Fixtures

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

Date		Race			Venue
Sep	5	Beckenham Assembly League			Beckenham Sports Club, Foxgrove Rd
	14	Will Bolton XC Relays			Sparrow's Den
	21/22	Womens/Mens (including Vets) SEAA Relays			Aldershot
Oct	5	Trail race, Lloyd Park parkrun	(club champs)	S	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	9	Surrey League Cross Country		Men	Wimbledon Common
	16	Dysart/Ellis Cups (XC)			Petersham, Richmond Park
	16	London XC Champs			Parliament Hill Fields
	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
	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

Will Bolton Relays

14 September

We did not receive sufficient interest to enter teams for the River Relays on 8 September, so instead are intending to enter teams for these cross country relays at Sparrow's Den,West Wickham.

These proved popular last year when we entered several teams. The relays are 4x4k over a mixture of fields and woods, and start at 2.45 on Saturday 14 September. They will be a good warm up for the cross country season as well as the SEAA relays at Aldershot the following weekend.

If you are interested in taking part please contact me or the women's captains as appropriate by 11 September.
Mike Mann mcmann90@yahoo.co.uk

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

2013 London Triathlon World Championships Grand Final

Clare Wyngard and Clare Elms have qualified for the ITU Aquathlon World Championships to be held in Hyde Park on Wednesday 11th September. They are representing GB in their Age Group 50 - 54. They will be swimming 1km in the Serpentine before a 5km run around the Lake/park.

If any of you are free or work nearby please do come and support us - our start time is 1050 and we will be sporting our new GBR trisuits! Clare Elms is also in the Triathlon Sprint World Chanmpionships on Friday 13th September and again her start time is 1050. The courses follow the Olympic Triathlon course

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

Sep 4/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs. Pt Allegre	Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Cardiff

OPEN TRACK MEETING

One of the final opportunities to improve on your track times this summer is an open meeting this Sunday, 8 September at St Mary's University, Twickenham. Races on offer include 800m at 1.30pm, 1500m at 2.30pm and 3000m at 3.30pm. ***Mike Mann***

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://www.runnersworld.co.uk/events/viewevent.asp?sp=&v=2&EN=78426&ms

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	
22 Sep	Tonbridge 1/2M
tbc	Sittingbourne 10m

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. And if you can write a report even better. All road, fell, XC, Tri results etc, are welcome

Dry Hill 10, Lingfield

September 1 (inc club champs)

This race was superbly marshalled and signed over a scenic course and very generous in their prizes and they did excellent cakes. The race contained around 900 feet of climbing and had lots of tough terrain including ploughed fields

The turnout was ok but well down on what we have previously had in the Sevenoaks 7, which is normally in May but was actually on the same day. Ed Hill led the way but took it easy on the rougher bits but was a clear winner of Dulwich's fastest man award and he ran three minutes faster than he did last year.

Paul Devine continued his improvement to make the top 10 and win the senior man's award and he was 10 minutes faster than 2012. He was caught late on by Clare Elms, who was running within herself in her longest run for almost six months and she ran in with Paul and was just outside Shona's course record, which was well beaten by the women's winner who broke the hour and only just missed out on winning overall.

Sam Crump had his best club race to date and won the Captain's award.
Ebe Prill won the M50 award after a quick start but got a shock when he was caught by Mel Edwards, whom he narrowly held off. She was close on seven minutes up on her 2012 run. Mel was lucky enough to win an award that enable her to do a trail race in France next year and won the Dulwich fastest woman award.

James Burrows had one of his better runs to make the top 20 while Duncan Hussey won the club vets award after earlier having a battle with Ian Lilley, who turned his ankle and had to walk the last few miles.

Kevin Chadwick had a good first longer club championships and he was followed in by Gary Sullivan who was three minutes up on his time from last year and won one of the age-graded awards
Anna Thomas won the senior woman's award with one of her best ever runs.
Ros Tabor and Claire Steward won the club W40 and W50 awards while Andy Murray won the M60 award.

Other notable runs were achieved by Ajay, Cameron, Jo (matching her 2012 time to the second), Barry John (half a minute faster), Lindsey, Steve W (a minute up on 2012) and Steve Street and Chris

Other than the delay in doing presentation when all necessary results were on the wall a hour earlier and the fact that even by Tuesday pm the results weren't on the website even though they were computerised there was little else to complain about...but
In my view while this a very enjoyable race, and it is good to have a wide range of club champs events, there is a feeling that it isn't suitable for a main club championship race. The course is a little hazardous in places with steep hills, rough descents and ploughed field and some people decided against racing. This course might be fine for those not able to race at slower than seven minute miling which was about half club members. However, it is debatable whether it is suitable for runners moving faster, especially as many in a club championships environment want to run at their limits, and there were a few injuries and niggles and recurrences of old injuries! Perhaps there should be a separate winter club championships with a few of these popular trail type races added in to cross-country.

6 Ed Hill		62:58	826 points
8 Paul Devine		64:56	754
9 Clare Elms	2W	64:56	932
13 Sam Crump		66:30	727
15 Ebe Prill		66:59	826
16 Mel Edwards	4W	67:03	808
17 James Burrows		67:25	720
20 Duncan Hussey		69:06	781
22 Kevin Chadwick		70:26	689
24 Gary Sullivan		70:41	810
30 Joseph Brady		73:44	726
33 Steve Smythe		74:50	765
38 Ajay Khandelwal		76:15	680
40 Andy Murray		76:20	785
47 Anna Thomas		77:11	703
49 Cameron Timmis		77:40	662
53 Duncan Wilson		79:39	689
64 Ros Tabor	50+	81:29	909
67 Jo Shelton		82:10	673
72 Claire Steward	50+	82:43	857
83 Barrie J Nicholls		86:13	688
98 Ian Lilley		89:15	572
103 Steve Wehrle	60+	91:17	688
106 Lindsey Annable		93:34	621`
120 Steve Street		99:54	559
Chris Vernon	60+	116:22	561
5 mile			
11 Jo Quantrill (2Claim)		39:50	

Club Awards: Dry Hill 10
Overall champion: Clare Elms
Fastest man: Ed Hill
Fastest woman: Mel Edwards
Senior man:
Senior woman: Anna Thomas
M40: Duncan Hussey
W40: Ros Tabor
M50: Ebe Prill
W50: Claire Steward
M60: Andy Murray
Captains: Sam Crump
Age Graded 1: Gary Sullivan
Age Graded 2: Steve Smythe

Kent Coastal Half Marathon
Sunday 1st September

A few club members had warned me that this course, described as 'mildly undulating', was anything but.

This certainly turned out to be the case and the up and down route and stiff coastal breeze made for an interesting run!

On the day, it was a perfect weather (bright and cool) and it is a pretty route along the Kent coastline. I was thrilled to set a PB of 1:26 and come in 6th overall.

6 Rob Hollands 1:26:10 (PB)

Wolverhampton Marathon
1 September

I made a late decision to give this a go as, given that I'd done a few long runs of 20M and over at that speed recently,

I thought it would be pretty easy to run steadily at 8 minute pace and use this as a training exercise more than anything else.

Sounded simple in theory, but in practice it turned out to be a bit of a hard slog. The course is a seriously grim two-lap affair, with a huge amount of it twisting round the culs-de-sac and alleyways of a large housing estate.

After 20M I decided I'd had enough and was happy to walk for large chunks of the remaining distance.

112 Ed Smyth 3:52:55 (3:52:38)

Blackheath & Bromley Mile Champs
Bromeley, 28 august

In almost perfect conditions, Mike took five seconds off the British M65 best with probably his best run of the summer and he overtook Oscar just before the line and Kim continued her recent improvement taking five seconds off her club mile time as she took advantage of a competitive race around the 5:30 mark.

WOnce Clare passed a tiring Duncan before halfway, she had a lonely run and looked like she could have gone quicker had anyone been within 10 seconds of her.

3 Clare Elms 1W 5:05.2
6 Duncan Hussey 5:21.0
10 Mike Mann 5:33.0 (UK M65 record)
11 Oscar Hussey 5:33.6
12 Kim Hainsworth 5:35.0 PB

Southern Vets League Final,
Ashford, 1 September

With Blackheath & Bromley and HHH in the women's and men's finals respectively, Andrea and myself were the only representatives from the club this year.

We had mixed fortunes in the 1500m. Andrea finished strongly in second place in the W35 race, but the slow pace in the first lap put paid to a fast time. She ran the 3000m later in the afternoon, finishing 1st for her club in the W35 B stream.

In taking the lead from the start in my 1500m race, I was expecting to go into a clear lead, but underestimated the opposition, with 3 runners right behind for much of the race.

They must have thought that Christmas had come 4 months early, with a pacemaker provided by the race meeting organisers, who for the first time this season, somehow managed to judge the pace perfectly with lap times of 84 seconds.

Not surprisingly I was overtaken by all 3 in the final 100m, though as a consolation achieved a season's best time and moved to top of the M65 rankings for the distance.

At least having achieved a time, I can approach the BMAF champs with the single objective of a place and forget about times.

Mike Mann

1500m

Andrea Pickup 5:22.09 (2W35)
Mike Mann 5:14.87 (4M60,SB)

3000m

Andrea Pickup 1:27.74(1W35B)

Regents Park Summer 10K Series
Sunday September 1st 2013

38 Scott Hemmens 39:40
104 Paul Hodge 42:02
(58 finishers)

5k Results, Sat 31st August

NB a record 424 did Bromley but rarely no Dulwich Runners

Burgess park

6 Lewis Laylee	18:45 (PB)
23 Graham Laylee	21:45 (PB)
73 ran	

Crystal Palace

20 Andy Cottrill	22:02
60 Ameet Patel	25:55
63 Belinda Bell	26:24
111 ran	

Chelmsford Central

Kim took 12 seconds off her all time 5km PB and was 42 seconds up on her last run here.

9 Kim Hainsworth 2W	19:08 (PB)
213 ran	

Greenwich

Clare's 60th park run win.

9 Clare Elms 1W	20:02
11 Steve Smythe	20:23
120 ran	

Highbury

Ilan Sesnan reports This is a remarkably convenient run for DRs being right beside Highbury and Islington station on the Victoria Line and London Overground. It is 5 laps plus one extra hill so 6 uphills.

Wayne Lashley won overall while Ros and Andy were taking it easy because of the Dry Hill 10 the next day.

Andy was first M60 and Ian Sesnan was 1st M55 and a course PB.

Ros was still by far the highest age related effort and her time was 24:09 and was 1st W60

1 Wayne Lashley	18.10
32 Andy Murray	22.11 first VM60
41 Ian Sesnan	22.54 1VM55 course PB
51 Ros Tabor	24.09 1VW60-65

Riddlesdown

12 Ange Norris 2W	20:17
133 ran	

Rother Valley

Another instalment in my occasional series with the snappy title 'Parkruns that are handy for breaking long journeys up the M1' (Pullitzer Prize nomination awaited).

Last weekend Clare and I dropped into the Rother Valley parkrun which describes itself as being 'on the borders of Rotherham, Sheffield, Worksop and Chesterfield'. If that doesn't quite whet the appetite (dare I say?) it helpfully adds that it's 'in a lovely country park' and it's not wrong on that score.

The route is just a single lap around a large then one much smaller recreational lakes, so is predominantly flat. Clare was between a hard going over at the physio on the previous day and a triathlon on the following one (see elsewhere in 'Shorts') so she sensibly sat it out, or rather she walked around the large lake the opposite way from the runners, offering valuable support.

In very good conditions I got within striking distance of 70% age grading which I only seem to do in the East Midlands these days, for some reason. Still, with the intervening weekends to be spent abroad, I'll have moved to the VM55-59 category before I have another crack at it even further north on the final weekend of the month (at Whitley Bay, most likely).

Meanwhile this event was topped off with a welcome bacon sandwich, more a case of lunch for my body clock than breakfast, a brass band (which you're unlikely to come across in Dulwich, probably) and some convivial fellow athletes. What it's all about, really, and far preferable to 'Tibshelf services', that's for sure.

Rother Valley parkrun is still young, this was only its 16th edition, and there now seem to be a multitude of options in the area we target between Nottingham and Leeds which was 'a parkrun desert' not so long ago. However I get the feeling we'll be back here because access from the M1 could hardly be easier, even though you'd never guess you were so close to the motorway. More significantly, though, Clare wants to beat me and my time.

16 Mike Dodds 22-08

(95 finishers, winner 18:11)

Newbiggin - on - Sea Sprint Triathlon - September 1st

Clare Wyngard combined doing this Triathlon with a visit to family in Northumberland.

It was lovely being able to register on the Saturday afternoon and not leave the house until 8.45 am on Sunday which is relatively late for a Triathlon start. I was a little nervous as it was my first ever sea swim in a triathlon - and the North Sea (apparently 16 degrees but we all agreed it felt a lot colder) at that.

The sheltered bay at Newbiggin has a modern sculpture called "The Couple" erected on a breakwater which shelters the bay we swam in. I was in the all female wave which set off at 11am and by then that incessant North East wind was picking up nicely, but I only got a couple of mouthfuls of seawater on the 750m swim.

The 23km bike was three laps which was good for spectators and went through the closed roads of Newbiggin and surrounding country roads. It seemed to get progressively windy every lap, meaning it was extremely blowy for the out and back (twice) 5.3km run along the promenade - which included some cheeky hills.

I really enjoyed the event as it was friendly, perfectly organised and I was pleased with my time. Triathletes from all over the country were competing - from Poole, Essex, Orkney and, of course, London - because this was a qualifying event for the European Sprint Triathlon championships in Austria next year. Mike Dodds and his mam were enthusiastic if frozen supporters!

Total time: 1.30.33 Swim: 16.49 Cycle: 46.51 Run: 24.13 292th out of 358 competitors 77/104 women 7/9 V50-54 women

BBC 10k Regent's Park London 22nd August 2013

This was the thirtieth anniversary of a race originally started by Dulwich Runners' very own Steve Wehrle. It was fitting therefore that Steve had been given the race number '1' and was introduced to fellow runners during the pre-race announcements

This year the race field had been increased in size and around 170 of us set off cheered by supporters and a nearby group of footballers and friends. The latter had bottles of beer, which they offered as race refreshment as we all ran past. There didn't appear to be any takers at such an early stage of the race.

Five runners including Steve represented Dulwich. Scott lead in the team with a very good run around 40 minutes although speaking to him prior to the race he had hoped for a 39 minute timing. Next in was Anna with a highly creditable 46 minutes, which gave her the third woman trophy. Barrie did well to be up around two minutes on his time last year. I was somewhat disappointed with a similar run to last year but on reflection couldn't complain after being laid low with a virus a few days before. Steve was very pleased with his race, coming in some thirty seconds later.

Afterwards the BBC running club kindly offered drinks to all at the BBC social club. Steve, Barrie and myself were the only DRs to partake but there were several others including the race winner who enjoyed the hospitality.

Steve was presented with an album of photos past and present of the race and BBC running club. Overall an enjoyable end to a good race and evening.

Lindsey Annable

18	Scott Hemmens	40.41
58	Anna Thomas	46.18 (3W)
84	Barrie John Nicholls	48.31
105	Lindsey Annable	52.06 (2VW)
109	Steve Wehrle	52.38

172 ran

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***

The Return of Saucy Jack!

Friday 6th September 2013

I'm back at Elmer's End for another gig with pop-rock four-piece 'Saucy Jack'!!! I've played a few gigs with them now so might even know the songs!
You'll still get great tracks from the likes of The Beatles, Rolling Stones, David Bowie, 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, the usual well-rehearsed (!!) live music mayhem – with the crowd at the last few gigs being very helpfully swollen by various Dulwich and Beckenham Runners (some appear to now be die-hard fans!) I'll be hoping to recruit yet more of you. Keep music live!

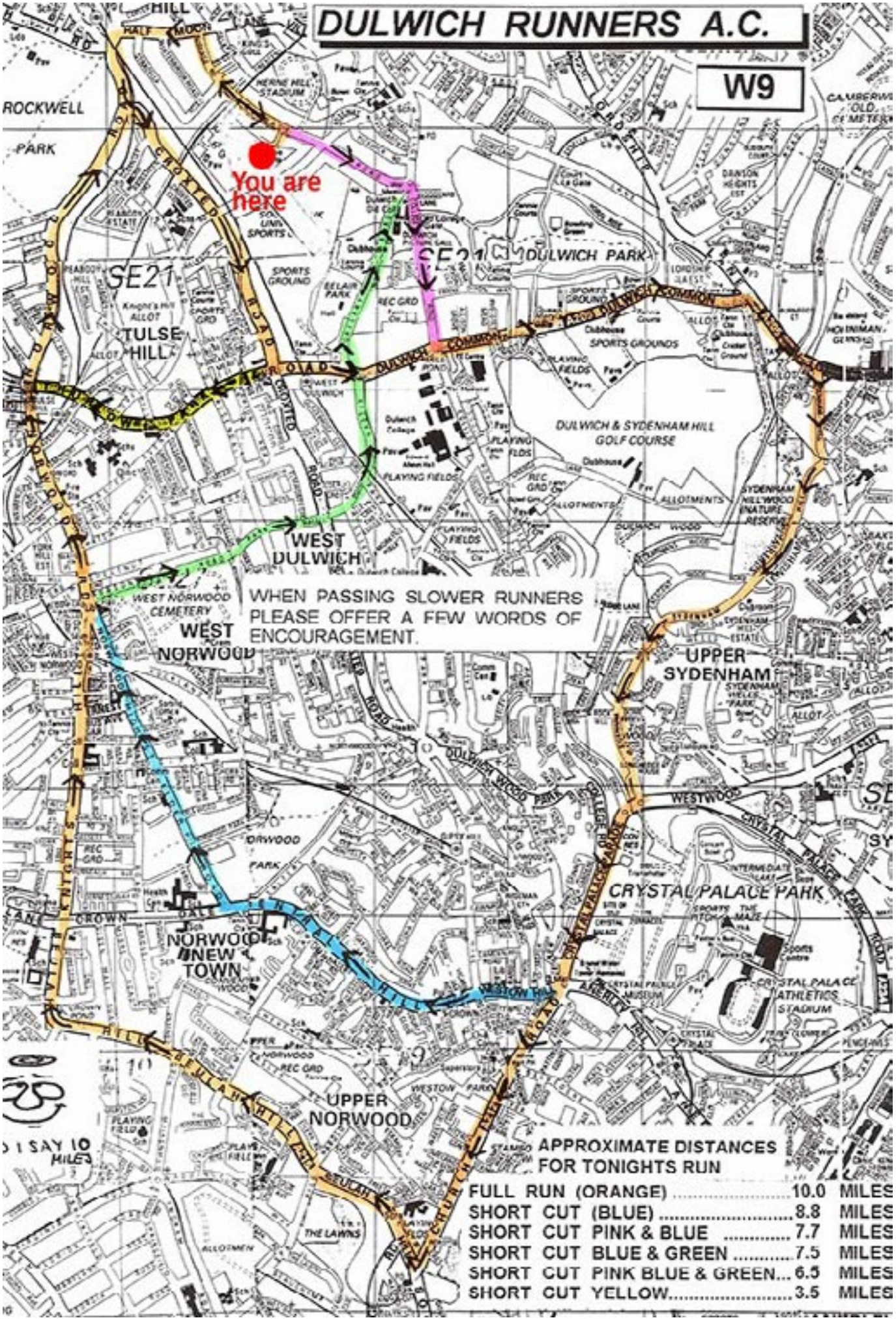
The gig is once again at the very local-ish William IV 116 Croydon Road, Elmers End, Beckenham BR3 4DF, start about 9pm - and it's totally FREE.

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

Tony 'Thundersticks' Tuohy. - Has-Been rock star (OK, never-was rock star,just don't get me started)

Let those ears bleed once more.....

You can follow us on


DULWICH RUNNERS A.C.
W9
You are here
SE21
TULSE HILL
DULWICH PARK
DULWICH & SYDENHAM HILL GOLF COURSE
WEST DULWICH
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
WEST NORWOOD
UPPER SYDENHAM
CRYSTAL PALACE PARK
NORWOOD NEW TOWN
UPPER NORWOOD
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 10.0 MILES
SHORT CUT (BLUE) ..... 8.8 MILES
SHORT CUT PINK & BLUE ..... 7.7 MILES
SHORT CUT BLUE & GREEN ..... 7.5 MILES
SHORT CUT PINK BLUE & GREEN... 6.5 MILES
SHORT CUT YELLOW..... 3.5 MILES