# SHORTS

Dulwich Runners AC
Weekly Newsletter
September 17th 2014


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

**- THE COMING WEEK –**

**Wed 17 Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

**Tue 23 Hill Session** - 7:15pm start...last hill session before heading back to Crystal Palace Arena for track sessions..... see below

## In your SHORTS this week !


2 Fixture list, club champs,XC, road, track etc
4 Cross country information
4 Race reports & results
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**And much more !**

**Visit us at:**
www.dulwichrunners.org.uk/index.html
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**You can follow us on**

## TRACK SESSIONS

### Tuesdays with Steve Smythe

**The summer sessions at Dulwich track have now come to an end,**

**Return to Crystal Palace track on Sept 30**

**until then.....**

**Hill Session on Tues Sept 23...last one**

Now meet on hill opposite Sydenham Hill station at 7.15pm

## Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered 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 !

## Rehydration !

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

## LAKE GARDA October trip

One person has just dropped out as he has to have a knee operation
If anyone wants to come then cost is £280 which includes 4 nights accommodation at eurocamp site/flights return from Gatwick to Verona/coach transfers/ coach transport on race day/ boat trip on the Monday
Cost does not include any meals or race entry.
Flights 10th October BA 2596 at 0750 from Gatwick
14TH October BA 2599 at 2220 from Verona

PLEASE CONTACT steve.wehrle@immediate.co.uk asap if interested

## EVENT HORIZON

*A brief look ahead*

**full fixture list page 2**

| | | |
|---|---|---|
| Oct | 11 | Surrey League Cross Country - mens & womens |
| Oct | 19 | Cabbage Patch 10 |
| Nov | 1 | Reigate Priory Relays |

## NEW RUNNERS ROTA

Thanks to **Mel Edwards, Charlie Boden and Hugh Balfour** 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**

| | |
|---|---|
| **Volunteers may be needed** | **17/09** |
| Paul Hilton | 24/09 |
| Emma Ibell | 01/10 |
| Ian Sesnan | 08/10 |

## 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**

## Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page of Shorts.
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

# Dulwich Runners 2014 Fixtures

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

| Date | | Race | | | Venue |
|---|---|---|---|---|---|
| Oct | 11 | Surrey League 1 | mens | | Newlands Corner, nr Guildford |
| | 11 | Surrey League 1 | womens | | Richmond Park |
| | 18 | Surrey Masters Champs | | | Richmond Park |
| | 19 | Cabbage Patch 10 | (alternative to Rye 10) | (Long) | Twickenham |
| Nov | 1 | Reigate Priory Relays | | | Reigate Priory Park |
| | 8 | Surrey League 2 | mens | | Ham Lands, nr Richmond |
| | 15 | London Champs | | | Parliament Hill Fields |
| | 22 | South of Thames 5 miles | | | Wimbledon Common |
| Dec | 6 | Surrey League 2 | womens | | Nonsuch Park, Cheam |
| | 6 | Kent Masters | | | Sparrows Den |
| | 13 | South of England Masters | | | Horspath, Oxford |
| | 20 | South of Thames 7.5 miles | | | Farthing Down, Coulsdon |
| Jan | 3 | County Champs | | | Various venues |
| | 10 | Surrey League 3 | mens & womens | | Wimbledon Common |
| | 24 | South of Englands Champs | | | Stanmer Park, Brighton |
| Feb | 7 | Surrey League 4 | mens | | Lloyd Park, Croydon |
| | 8 | Surrey League 4 | womens | | Farthing Downs, Coulsden |
| | 21 | National Champs | | | Parliament Hill Fields |

## DULWICH RUNNERS CLUB CHAMPS 2014

9 races in total split into 3 distance categories. To qualify it will be necessary to complete 5 races in total, including at least one from each distance category.

The structure of awards will be unchanged from recent years. Club vests are compulsory for all events other than the mile. You will need current club membership to qualify for points. **Mike Mann** (on belhalf of ADSC)

**For those wishing to know the Clup Champs rules they are on the clubs website**

Remaining event:

19 October Cabbage Patch 10 (Long) (Rye 10 alternative)

## CLUB CHAMPIONSHIPS important update

The Committee decided to add the Cabbage Patch 10 on 19th October as an additional 10 mile race to the Rye 10. Times recorded at the Cabbage Patch will be adjusted to reflect the relative difficulty of the 2 courses and overall 10 mile results produced soon after 19 October. Runners who compete at both races will be credited with their best performance of the 2.

to enter:
http://www.sportsystems.co.uk/ss/event/Cabbage-Patch1012

## SURREY LEAGUE & OTHER CROSS COUNTRY FIXTURES

Dates and venues have been agreed for next season's men's Surrey League matches as well as a number of other fixtures.

Please try to keep the Surrey League dates free, particularly if you are likely to be in the scoring (the first 10 runners in each team).

We are hosting the Surrey League fixture at Wimbledon Common and will be asking for helpers.

Since the National Champs take place in London this time, it is likely to be included as part of our own cross country champs.

## SEAA Road Relays Aldershot, 20/21 September

We intend to enter senior and vets teams for these relays in Aldershot. For the women, both seniors and vets (40+) this is a 4 stage relay of just under 3.9km per leg taking place on Saturday 20 September. The men's relays take place on Sunday 21 September (6x6km for seniors and 4x6km for 40s, 50s and 60s). Teams will be selected shortly and we will be in touch soon. ***Mike Mann***

## Striders of Croydon's Multi-terrain race

**Switchback 5 28th September.**

*We have kept the entry fee low - £6 for affiliated runners before race day – but still provide a goody bag including free tea and cake.*

*Details and entry from are here :*
*http://www.stridersofcroydon.org.uk/?page_id=4005*

*Online entry forms are here :*
*http://www.runnersworld.co.uk/events/registrationinfo.asp?sp=&v=2&EN=84639&ms=*

## GREEN BELT AND WELSH CASTLES RELAYS

It's a long way to go until these relays take place next spring, but we would like to encourage as many club members as possible to take part in 2015. We had very positive feedback from those of you in the 2 teams that completed this year's Green Belt Relay and it was great to see so many newly joined members participating.

A number of you were keen to take part in both events next year. It was disappointing that we were not able to field a team for the Welsh Castles Relay; we were just a few short of a full team of 20. We would particularly like to promote this for 2015 and make every effort possible to field a complete team.

We have just been informed of the date which is 13/14 June, a week later than usual, so please try to keep that weekend clear if you are interested; it is a highly enjoyable running and social weekend. The date for next year's Green Belt Relay has not yet been set but it is likely to be either 16/17 May or 23/24 May. ***Mike Mann***

## Dulwich Runners Club Kit

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

**There is limited stock of hoodies, very small sizes only.**
**I can order more if enough people are interested.**
**They will be £20 each.**
**Most kit is usually available Wednesdays at the club**
**Contact Ros ros@28kerfield.freeserve.co.uk**

With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

***The cross country season will be starting shortly, so here is some advance information, particularly for the benefit of newly joined members.***

We compete in the Surrey League cross country with the men in Division 2 whilst the women compete in Division 1.

There are 4 fixtures during the season, starting on 11 October at Richmond Park for the women and Newlands Corner near Guildford for the men (details of other fixtures can be found in Shorts).

With the Men's Surrey League there's 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 will receive 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, being held at Parliament Hill Fields this season.

There are also a number of Masters events. For all these races, other than the Surrey League it's 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 or trail shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country spikes, or alternatively fell shoes become essential.

As a warm up for the cross country season, the Will Bolton relays at Sparrow's Den on 13 September (advertised separately in Shorts) are highly recommended. The stages of 4k are shorter than other cross country races, most of which range from 3 to 8 miles, but will be able to put your summer 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

## Race Reports & Results

**To be sure your race results/reports appear in SHORTS you must send them in.** barry@1bg1.com
All road, fell, xc, tri results etc, are welcome .

## Bourn to Run 10k

***" Return of the Far East Reporter"***
With the annual trip in mind I thought I'd better attempt some form of running/training for Lake Garda. The lack of events in Norfolk this month (mainly due to the Round Norfolk Relay this coming weekend) meant Chrissie and I had to travel west through bandit country (Suffolk) to the lovely village of Bourn in Cambs.

This charity 10K (all proceeds to local charities and schools) was advertised as part road and tracks, whilst waiting to start I overheard comments like " should be good this year as it hasn't rained !!" The air horn sounded at 10.30 to start the race which surprisingly went off at a rather sedate pace up a wide footpath (?) I began passing several runners (for once), only to suddenly find out why, after 500 yards the nice uphill grass path turned into a runners nightmare. We entered a field, I say field as it might as well have been Brighton beach.

Whatever had been growing there had been recently harvested and the soil had dried into large hard pebble shaped clods with the occasional piece of flint for good measure. Payback time for those runners I passed as they overtook me, my old knee injury taking a pounding.

At 2 miles we exited the field where I quickly enquired how much off road there was, "ah – about 90% of the race." The race continued along paths until we reached Bourn Airfield, at last a hard "potholed" surface, with planes landing and taking off as we ran across the ends of the runways, out of the airfield across a road and back across the fields and paths at 6K, at least we were now going downhill.

The final 3/4 kilometre was on a narrow road and through a ford, dry, thank god it hadn't rained. The last 100yards to the finish was a narrow footpath leading onto the village green. I hate cross country ! But I might return next year better prepared (entries open already for Sept 2015).

169 Peter Warren 57.04 (56.45 chip)
303 finishers

# Club Championships correction

Last week's version did not have all the events above the 5 best discarded for the top 3 M40's, now corrected below.

| | | Short | | | Medium | | | Long | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Name/Category | | 5k Brockwell 01-Feb | 2M Battersea 16 - Jun | 1M Dulwich 11-Jul | 10K Bromley 05-May | 10K Beckenham 22-Jun | 7M Sevenoaks 31-Aug | 1/2 Mar Tun.wells 02-Mar | Marathon Lon Or Other 13-Apr | 10M Rye 25-May | Bonus for no. of events | TOTAL 5 events max 1.S,M,L |
| MEN V40 | | | | | | | | | | | | |
| Rob | Cope | [47] | [48] | 50 | 50 | [47] | 46 | 50 | [49] | 50 | 9 | 255 |
| Stephen | Davies | 49 | - | 49 | - | 48 | 48 | 49 | [47] | - | 6 | 249 |
| Jim | Dowsett | [43] | - | 46 | 48 | [45] | 47 | 48 | - | 49 | 7 | 245 |
| Mark | Foster | 45 | 46 | 48 | - | 46 | - | - | - | 48 | 5 | 238 |
| Paul | Hilton | - | 43 | - | 44 | 41 | - | 43 | - | 46 | 5 | 222 |
| Charles | Lound | 50 | 50 | - | - | 50 | 50 | - | 50 | - | 5 | 255 |
| Ian | Lilley | 48 | 49 | - | - | 49 | 49 | - | 48 | - | 5 | 248 |
| Paul | Hodge | - | 45 | 47 | 47 | 44 | - | - | - | - | 4 | 187 |
| Joseph | Brady | - | 44 | - | 45 | - | 45 | 45 | - | 47 | 5 | 231 |
| Cameron | Timmis | 42 | - | 45 | 46 | - | - | 46 | - | - | 4 | 183 |
| Ajay | Khandelwal | 44 | - | 44 | - | 43 | - | 47 | - | - | 4 | 182 |
| Paul | Keating | 41 | - | - | 43 | 42 | - | 44 | - | - | 4 | 174 |
| Olivier | Montfort | - | - | - | 49 | - | - | - | 46 | - | 2 | 97 |
| Duncan | Hussey | 46 | 47 | - | - | - | - | - | - | - | 2 | 95 |

## Kent AC 5000m, Ladywell, Thursday 11th September

Kent AC's annual club championship 5000m races are always good hunting grounds for fast times. With guest runners welcome, I was making my third appearance and with my PB still standing at 16:21 from this event two years ago I turned up without much hope of bothering it but still looking for a decent season's best. Once again the club had managed to book a perfect evening for distance running (how do they do that?), pleasantly cool and still, and warming up I felt far better than before my paltry efforts of the previous weekend and resolved to have a go at getting as close to that PB as possible.

After the large field settled down I found myself on the tail end of a group of nine or ten runners running quite fast and so facing the standard dilemma – do I stick with this or run on my own at a more sensible pace? Obviously as usual I threw caution out and chose the former and was somewhat perturbed to hear the time for the first 1600 was 5:10. I was actually going well but of course this couldn't last as I drifted off the back to run alone through my fastest 3k split of 9:50 but with the second 1600 slowing to 5:20.

By now I was suffering to keep up a decent pace and when Beckenham's Jim Addison caught and passed me with three or four laps to go it was all I could do to jump in his slipstream and hang on. Jim was pushing it on the straights and the extra impetus had speeded me up again but I was clinging on for dear life and was in a daze as we approached the bell. I couldn't hold on any longer without changing gear and starting a flat-out sprint, which carried me past not only Jim but three others by the time I reached 200 to go, at which point a bear jumped on my back – well, that's what it felt like as I completely ran out of gas. That 200m had taken about 33 seconds while the last was over 40 as the same three runners came past again watching me pigeon-step down towards the line, just holding off Jim by two seconds.

I reflected later that the last lap in under 74 seconds was pretty good – I just got the splits the wrong way round. A good season's best, and my second best ever, but could have been so much better.

14 Tony Tuohy 16:31.9 (1st M50)

***Tony Tuohy***

## Kent County Masters Championships, Bromley Sat 13th & Sun 14th September

**5000m (Saturday)**

I knew this would probably be a solitary time-trial but thought after the good form of two days ago I could at least try to run a reasonable time at a sensible level pace. But after a conservative first 1600m in 5:18 I found it was too windy and I was too tired to keep that pace up and just plodded slower and slower. A Kent gold medal though.

2 Tony Tuohy 16:54.76 1st M50

**1500m (Sunday)**

I didn't feel like turning up for this one considering how tired I felt but was pleasantly surprised to run at least a half-decent time in windy conditions again, although having to watch M50 Andy Howey beat me easily with a championship best performance of 4:25, following his similarly impressive CBP in the 800m of 2:09. ***Tony Tuohy***

3 Tony Tuohy 4:33.66 2nd M50

## Run to the Beat - 14 September

Last year I had wanted to enter this race, but it was full. This year I signed up early and only later noticed that it had morphed into a different beast – 10K not a half marathon, Wembley not Greenwich and with a new sponsor…instead of Nike it is now the deodorant company Sure, the common denominator being a tick symbol for the logo.

I was conscious that the event has had a chequered history, but the organization this time to my mind was very good – bag drop efficient; start divided up into four pens according to your estimated time; water dispensed well in two locations in bottles – with neatly arranged bins in which to chuck them when you were done.

Then there is the music at several places along the route with dancing volunteers to cheer you along. The mayor of Brent was blissfully brief in his speech, the DJ adding a few bon mots of his own before we were off.

The run begins just by Wembley Stadium, with the car park the so-called Festival Village. In retrospect I should have got into the starting pen earlier than I did to be nearer the front, as it was only after the first 2 somewhat winding kilometers that I felt I could really hit my stride after wending my way past other runners.

The race is entirely along roads which had been closed to traffic for the morning. You can run either side, although oddly enough people tended to keep to the left. The best parts of the course are when you go through Fryent Country Park on the sixth kilometer and then as you run towards the stadium on the eighth km along the road from Wembley Park station.

Artistically this felt as though it should have been the end, but there were another two kilometers to go around some uninteresting back roads before coming returning to the Festival Village. The course has some undulations, 30 meters up and down, adding a challenge. Most of the runners wore the shirt sent out in advance, which makes you feel a bit like you are a supporter in a football match. Some wore charity shirts, the main one being Leukaemia & Lymphoma Research. At the end you get a medal, sports drink and whey ice cream. I appreciated an area with mats and foam rollers where you can stretch under the guidance if you want of a fitness instructor.

I came in 175 out of 7,485 runners with a chip time of 43:16. The slow start and downhill bit in the second half contributed to a negative split. The program notes welcomed 12,500 runners, so one wonders what happened to the 5,000 who did not start. Maybe some gave up as I almost did on the morning of the race on discovering that trains to London Bridge were once again not running. ***- Gideon Franklin***

## Disappointment at Watford

For the last two weeks, I had been training more or less everyday. I'd had two rest days and suffered on the other days. The trek to Watford was long but I was prepared. The ipod was loaded with inspirational music such as Samson's 'Samurai Sunset'. But sadly not even the power drumming of Triple T could help produce a run that would once and for all, get me a time below the magic 2 minute mark.

The race didn't start in lanes so was a free for all into the first bend. I had to check my stride three times in the first 50 metres and this translated into a 62 second first lap which ended any ambitions of a PB. Ended up running my slowest time of the summer. Gutted about my performance but thoroughly enjoyed the evening.....

## City of Sterling 10k (Inc Scottish Champs), September 14

Shona McIntosh hadn't broke 36 for 10k before but in good conditions and a fast course that saw masses of PBs, Shona not only broke 36 but 35 too and won the Scottish bronze.
***-Steve Smythe***
3W Shona McIntosh 34:48 (34:45 chip

## but Surprise at Brockwell Park

I had one simple aim when I woke up in preparation for the morning's park run at Brockwell Park, eat something before the race. I'd failed to do this simple task the previous week and suffered accordingly When the run started, I felt sluggish at the back of a group of six runners. I considered overtaking them.

A quick glance at my garmin revealed a current pace of 5:17 min/mile pace..."Stay exactly where you are and don't do anything stupid!" I thought. Eventually there were five of us including Stephen 'Gone With the Wind' Thackeray and Gary 'Rabid Alsatian' Ironmonger (Paul Devine takes credit for the last one). First mile of 5:28 minutes and a second done in 5:27 minutes meant a PB was on but that last hill, oh that last hill! The group finally stretched and I was holding on. Mr Ironmonger was no longer breathing down my neck which was a relief.

I challenge Mo Farah to keep it together with that relentless human breathing behind him! A truly unnerving experience. A glance at my watch on the final descent revealed I was doing well and a final desperate kick couldn't quite keep me under 17 minutes but I was so chuffed with 17:06 minutes. How quickly things can change in three days. ***Wayne Lashley***

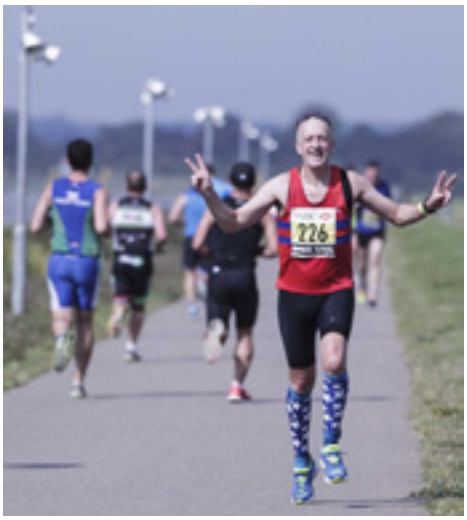
## HSBC Duathlon 14th September

I entered this a few weeks ago and decided as I can't swim front crawl would be a landlubber and do the duathlon.

The course was at Dorney Lakes: a fantastic venue. The 5k run was out and back along the lake twice. Then jump on the bike for 4 laps of the 5k lakeside tarmac road, followed by 2.5k out and back once. Having never jumped off the bike and attempted to run fast I now realise what I had been missing: weird wobbly legs!.

Managed to get to the finish in one piece. Time was 1 hr 13 min.19sec. 5k run 20.52 (fastest this year), T1 1.16, B20k bike 38.43, T2 1.11, 2.5k run 11.17

16th out of 175. 1st M50
***Duncan Wilson***




## Will Bolton Relays, 13 September

We fielded 3 teams on the day and this proved a good workout and practice for the forthcoming cross country season. The four stages of around 4k are a mixture of playing fields and woodland trails.

The fastest stage was completed by Edwin McCormack and there were strong runs by Ebe and Mel . The mixed team was a last minute cobbled together effort with Joe Brady offering to run twice. It was also good to have Laura Vincent making her cross country debut for the club. ***- Mike Mann***

| **Men 18th** | | **Women 6th** | | **Mixed 5th** | |
|---|---|---|---|---|---|
| Hugh Balfour | 17:08 | Mel Edwards | 16:14 | Joe Brady | 17:39 |
| Gary Sullivan | 18:01 | Andrea Pickup | 17:03 | Laura Vincent | 20:05 |
| Ebe Prill | 16:04 | Joanne Shelton | 19:49 | Mike Mann | 18:09 |
| Edwin McCormack | 14:58 | Nicola Richmond | 17:05 | Joe Brady | 18:18 |

## Charity race being organised Herne Hill Harriers

## Emer Casey Foundation - 10K Brockwell Park Sunday 26th October 9:30am

As an extra incentive to local clubs, we are offering a deal of 6 entries for £60. This offer is available until the 12th October, and needs to be done directly through the club via the email emercaseylondon10k@gmail.com (i.e. don't enter online!). Alternatively runners can enter individually online, or just turn up on the day!
**Location** - Brockwell Park (start near the lido), 3.5 laps on paved paths
**Entry fee** - From £12 (no further fundraising required) advanced entry, or enter on the day
**Facilities** - Changing and baggage storage
**Prizes** - First 3 men, first 3 women, first 40+ man, first 35+ woman, spot prizes, medal for all finishers
**Contact** - emercaseylondon10k@gmail.com
**Race entry and details** – www.runnersworld.co.uk/emercasey10k2014

## September 13th

### Bexley

198 Ran.

| Pos. | M/F | | |
|---|---|---|---|
| 9 | 9 | Michael Fullilove | 20:48 |

### Brockwell

220 Ran.

| Pos. | M/F | | |
|---|---|---|---|
| 5 | 5 | Wayne Lashley | 17:06 |
| 47 | 4 | Anna Thomas | 21:30 |
| 75 | 64 | Cameron Timmis | 22:51 |
| 109 | 90 | Desmond Edwards | 24:01 |
| 175 | 57 | Sarah Lyness | 28:44 |

### Burgess

114 Ran.

| Pos. | M/F | | |
|---|---|---|---|
| 15 | 15 | James Charles | 20:36 |
| 24 | 23 | Alistair Clarke | 21:50 |
| 74 | 58 | Barry Evans | 25:22 |

### Chelmsford Central

372 Ran.

| Pos. | M/F | | |
|---|---|---|---|
| 67 | 3 | Kim Hainsworth | 22:13 |

### Crystal Palace

122 Ran.

| Pos. | M/F | | |
|---|---|---|---|
| 11 | 11 | Jim Dowsett | 20:43 |
| 21 | 1 | Rachel Bentley | 22:32 |
| 43 | 36 | Andy Cottrill | 24:39 |
| 44 | 8 | Belinda Cottrill | 24:41 |
| 82 | 61 | Barry Graham | 27:35 |

### Dulwich

191 Ran.

| Pos. | M/F | | |
|---|---|---|---|
| 7 | 7 | Lewis Laylee | 18:21 |
| 9 | 9 | Stephen Davies | 18:39 |
| 15 | 1 | Ola Balme | 20:09 |
| 18 | 17 | James Wicks | 20:25 |
| 27 | 26 | Andy Murray | 20:56 |
| 37 | 36 | Graham Laylee | 21:26 |
| 42 | 41 | Rob Cope | 21:39 |
| 51 | 3 | Ros Tabor | 21:54 |
| 59 | 54 | Mark Muffett | 22:34 |
| 78 | 8 | Lindsay West | 23:25 |
| 95 | 16 | Claire Steward | 24:32 |
| 119 | 98 | Mick Mead | 25:57 |
| 142 | 35 | Stephanie Burchill | 27:37 |
| 157 | 112 | Duncan Wilson | 28:33 |

### Fulham Palace

Barrie is setting parkrun bests like a London bus at the moment - you wait forever then two come at once. After his parkrun best at Brockwell the previous week, he set another on Saturday at Fulham Palace. I was not too far off my course best which was a surprise after yet another hectic working week. The park was very busy as it was the HQ for the Thames Path 100km walk and ultra run to Henley, with waves of participants departing via a route which crossed the parkrun course. We'd almost expected the parkrun to be cancelled but fortunately the excellent volunteers managed to marshal the extra crowds and our run was thankfully not obstructed or rerouted.

202 Ran.

| Pos. | M/F | | |
|---|---|---|---|
| 72 | 63 | Barrie J Nicholls | 22:42 |
| 85 | 15 | Lindsey Annable | 23:41 |

### Hilly Fields

166 Ran.

| Pos. | M/F | | |
|---|---|---|---|
| 5 | 5 | Ian Lilley | 18:41 |
| 21 | 19 | Stephen Smythe | 21:00 |
| 164 | 67 | Carolina Lilley | 47:47 |

### Peckham Rye

This parkrun has the quickest out-of-bed-to-startline time for me. I can make it in under ten minutes. Not wise but possible.

Another big plus is that from time to time even a runner of my ability can challenge for the lead here. Hence it makes for exciting racing. The last time I ran, I overdid it on the first lap and was subsequently overtaken on the second and beaten by more than a minute into second place.

This time I was more cautious and stayed behind the early leader (Guy Reder, I think). He was pushing on nicely, accelerating on the slight downhills and easing up on the inclines. As soon as the moderate but noticeable 'uphills' of the course made their presence felt, the third runner in our tactical battle, Jack Alexander took over the lead. I knew I had to keep up here to have a chance of winning.

Once the course flattened out again, Guy and I went to the front, exchanging positions several times. That game went on for two laps, then Guy Reder tired somewhat and fell back, leaving it to Jack and me to push on. Once he opened a small lead, which I could claw back and finally it came down to a sprint finish on the last straight.

Luckily I had enough left and won by a second. Not in a fast time (the slowest winning time so far, in fact), but in an exciting tactical race to the line. And I was happy to still have some energy left for the Will Bolton Relays later that day. ***Ebe Prill***

83 Ran.

| Pos. | M/F | | |
|---|---|---|---|
| 1 | 1 | Ebe Prill | 18:53 |
| 8 | 8 | Gideon Franklin | 20:17 |
| 13 | 1 | Helen Lister | 21:19 |
| 20 | 3 | Michelle Lennon | 22:22 |

### Milton Keynes

After dropping Clare off at her triathlon I headed to the other side of MK for my second appearance at the local parkrun around Willen Lake (and my 150th parkrun in all). It's quite a twisty, narrow course at the beginning, with the twistiest bit also being on a sharp little hill up to the 'Peace Pagoda'. Possibly because I didn't have Clare to chase this time I was just over 10 seconds outside my debut time here from early last April. ***Mike Dodds***

405 Ran.

| Pos. | M/F | | |
|---|---|---|---|
| 82 | 77 | Michael Dodds | 23:34 |

### Riddlesdown

136 Ran.

| Pos. | M/F | | |
|---|---|---|---|
| 12 | 1 | Ange Norris | 20:55 |

### Southwark

99 Ran.

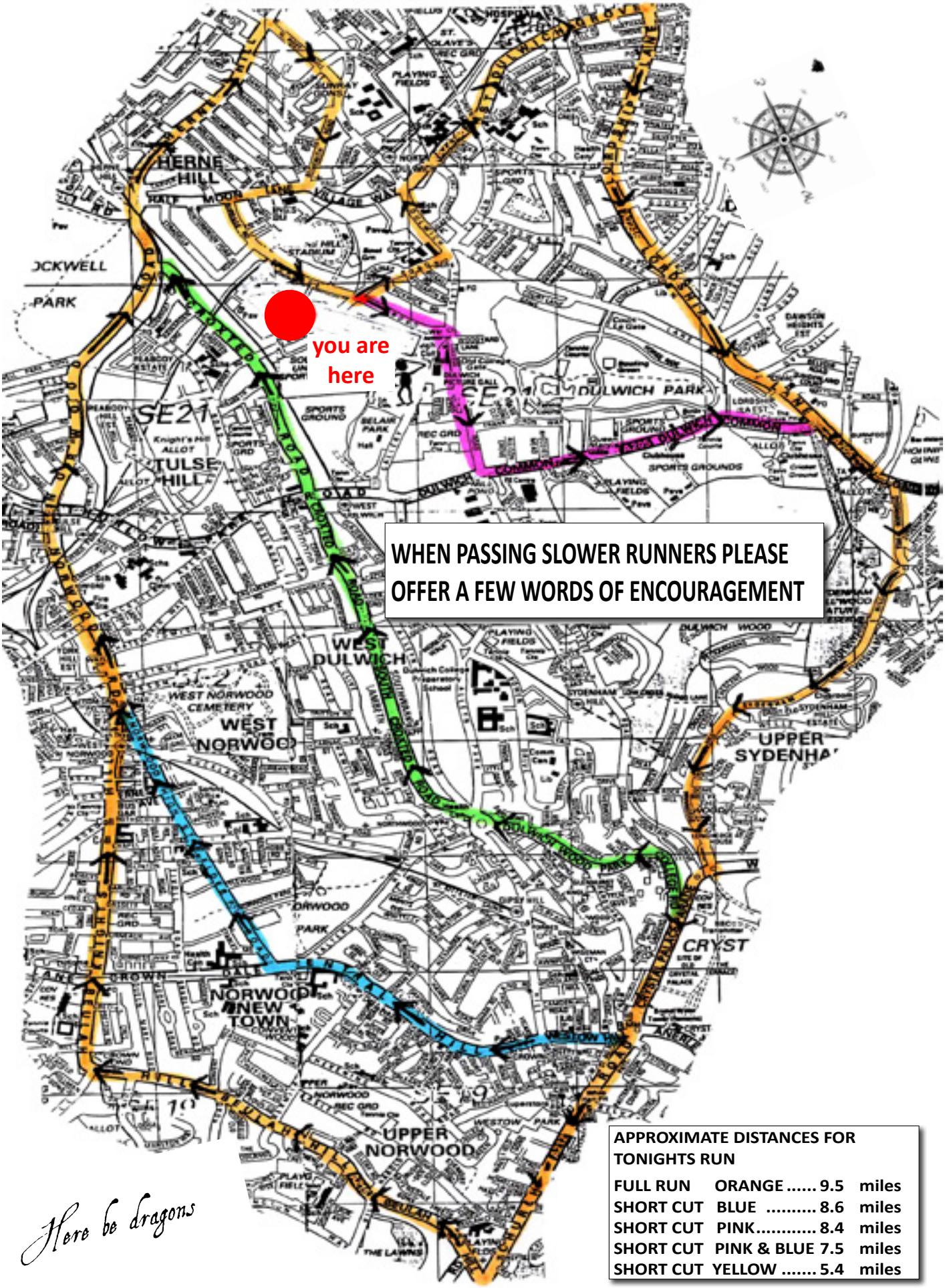
| Pos. | M/F | | |
|---|---|---|---|
| 39 | 34 | Paul Keating | 23:30 |

### Woking

151 Ran.

| Pos. | M/F | | |
|---|---|---|---|
| 12 | 12 | Nicholas Brown | 20:15 |

# DULWICH RUNNERS AC W12




WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

**APPROXIMATE DISTANCES FOR TONIGHTS RUN**

| | | | |
|---|---|---|---|
| FULL RUN | ORANGE ..... | 9.5 | miles |
| SHORT CUT | BLUE ..... | 8.6 | miles |
| SHORT CUT | PINK..... | 8.4 | miles |
| SHORT CUT | PINK & BLUE | 7.5 | miles |
| SHORT CUT | YELLOW ..... | 5.4 | miles |