DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
September 23th 2015

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

- THE COMING WEEK –

Wed 23 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 29 Last Hill Session- Opposite Sydenham Hill Station
7 for a 7:15pm start £1 per session.

In your SHORTS this week !

1... General information
2... Club kit, social events etc
2... 2015 Dulwich Runners Club Champs races diary
3... All thing Cross Country ! info, races etc.
4... Fixture list, club champs,XC, road, track
5... SEAA relays reports
7... Race reports
9... Parkrun results
10... Wednesday night routes map

And much more !

TRACK SESSIONS

IMPORTANT TRACK NOTICE

Hill session for 1 more week 29th Sept., at the usual place (opposite Sydenham Hill Station) followed by a return to Crystal Palace on the 6th of October .
Suitable for all standards

Don't forget to SIGN IN!

- **Last Wednesday about 8 people needed reminding to sign the attendance register and pay £1.**
- **We need the money to help pay for clubhouse hire, map printing etc.**
- **We use the register to compile the new runners' rota, so please write legibly.**
- **We also like to keep an accurate record of weekly attendance.**

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE
Thank you. - Ros

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

'New Ladies captain'

Anna has been a fantastic ladies captain motivating and encouraging us, but has decided that she now wants time to put her efforts into other things. So I'm looking for anybody who would like to join me as joint ladies captain. It is a great way to get to know more people and be a part of what is happening.
The next captain will be appointed at the AGM in October so there's time to have a think about it. Do come and have a chat with me to find out what's involved.
I'm normally at the club on a Wednesday or email me:
Ange Norris dulwichladiescaptain@gmail.com

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list **page 4**

Oct 4 Middlesex 10k Club champs race - Victoria Park

NEW RUNNERS ROTA

Thanks very much for everyone who volunteers to take new runners even when it's not their turn on the rota. Especially last week:
Steve Wehrle, Ange Norris, Jim Dowsett, Doug Keighley , Kayllee Coxall and Barry Graham.
It shows new people what a friendly club we are.
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**

Lindsey Annable	**23/09**
Hugh Balfour	30/09
Charlie Boden	07/10
Joseph Brady	14/10

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

SOCIAL SPOT

SPOT

A few dates for the diary!

Curry Night
Surma - Wednesday 21st October
You all know the score as much curry as you can fill your bellies with for a tenner at DRs favourite Indian establishment!

Charity Quiz Night - November - Date TBC
More details to follow, watch this space.

Dulwich Runners Christmas Party
The Plough - Saturday 12th December
Save the date, finalising details as you read this.

Thanks - Matt

LUCKY VEST

September winner - John Fletcher

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 and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk

New !!! Dulwich Runners SOCKS

only £5
They will be at the club on Wednesdays,thanks - Ros

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

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

Limited stock of hoodies, very small sizes only. I can order more if enough people are interested. They will be £20 each.

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

DULWICH RUNNERS 2015 CLUB CHAMPIONSHIPS

Once again the races will be split into 3 distance categories. As the 3 long events fall within a 6 week period, we have added the Cabbage Patch 10 as an additional long race to accommodate those who may be injured during the spring. Details of scoring rules to follow.
Races still to come are :

4 Oct	Middlesex 10k, Victoria Park (medium)
15 Nov	Epsom 10 (long) replaces Cabbage Patch

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 !

After your run 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)

My name is Gale and I am a postgraduate doctoral student in the School of Sport, Exercise, and Rehabilitation Sciences at the University of Birmingham in the UK. My PhD focuses on imagery use in physiotherapy. I am currently running a study examining how often people use imagery during their rehabilitation from injury or impairment by asking them to complete a short online questionnaire.

To participate in the study, participants need to be 18 years of age or older, and have had at least one physiotherapy session in the last 3 years to help with either an injury or impairment. Injuries and impairments can range in severity and include but are not limited to things such as ligament damage to the knee, a broken hand, or stroke. Therefore, I am very keen to collect data from of a wide range of individuals and recruit people from a variety of places such as sport and fitness clubs and other organisations around the UK.

Therefore, I was hoping you would be willing to forward this questionnaire link to members in your club. If they are willing to complete the questionnaire it should take no more than 30 minutes of their time. The questionnaire and more details about the study can be found at the following link:
https://www.surveymonkey.com/r/M7K8CLW
If your club members were willing to participate, they would be contributing to advances in physiotherapy research. For further information about the study or questionnaire, please do not hesitate to contact me at NXA318@bham.ac.uk
I was also hoping you would be able to forward the link on to any friends or colleagues who may be willing to complete the survey.
Many thanks - Gale

The cross country season is almost upon us with the main fixtures starting in early October and continuing into late February. Here is some advance information for the benefit of both newly joined members and regulars.

We compete in the Surrey League with the men in Division 2 and the women in Division 1. There are 4 fixtures during the season starting on 10 October with the women at Roundshaw Down and the men at Wimbledon Common. Further details regarding individual fixtures will be posted nearer the time. Details of other Surrey League fixtures can be found elsewhere in Shorts.

Event distances in the men's Surrey League races are approximately 8k, while the women's races start at 6k, increasing to 8k later in the season. Distances in other races vary, increasing in the New Year to 12k or over for the men and usually around 8k for the women.

For the men's Surrey League, theres no need to enter in advance or pay; simply turn up on the day in good time to register and warm up.Please don't turn up at the last minute as it will stress out your captain and yourself.

With the women's Surrey League, Ange has sent an email to all ladies to enter runners in advance. If any lady still wants to run but has not replied it is not too late as there are some places on the day but do get in contact to let Ange know - don't just turn up.

With the first 5 runners scoring for the women and the first 10 for the men, it is important that we field as many as possible of our strongest runners. But these and other cross country races are not elite and are suitable for runners of all abilities. They are also an excellent way of improving your overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits across races of all distances and surfaces.

In addition to the Surrey League, there are a number of other races, almost all of which take place on Saturdays. Indeed if you are a cross country fanatic, it is possible to race most weekends through the season. These races include the Kent and Surrey Masters, the London champs, 2 South of Thames races, the county champs, the South of England and National champs. See the fixture list in Shorts for details.

For virtually all these races other than the Surrey League, entries have to be submitted in advance, in some cases over a month before the events. Your captains will post details in Shorts or by email, requesting those interested in participating to contact them before the deadline given. It is not possible to cater for runners who decide after the deadline or even on the day that they would like a run. Note that the club pays for entries. You are asked not to put yourself forward on a speculative basis, but don't worry if you have to withdraw because of injury or illness.

Regarding footwear, you can often get away with road or trail shoes early in the season, but as the ground becomes muddier, cross country spikes or fell shoes will be necessary.

As a warm-up to the season,the Gibb 5 on 26th Sept at Farthing Down, Coulsdon and the Switchback 5 on 27 Sept, at Lloyd Park are recommended. Also there is 1 remaining Tuesday evening hill session which have been well attended and provide good preparation.

Please contact your captains for further information and make sure you respond in good time if you like to take part in races.

Cross country captains
Mike Mann
mcmann90@yahoo.co.uk
Ange Norris
dulwichladiescaptain@gmail.com

SURREY MASTERS CROSS COUNTRY CHAMPS, 17 OCTOBER

These champs will be held at the usual venue of Richmond Park, and unlike previous years, it will not be possible to enter on the day. Teams are W35, W45, M40, M50 and M60 with 3 to score. Women and M60+ (6k) start at 2.15 and M40+ and M50+ (10k) at 3.00. Those eligible to compete for Surrey and wishing to take part should contact their captains by 2 October.

BMAF CROSS COUNTRY RELAYS, NOTTINGHAM, 24 OCTOBER

A number of men have already been contacted about these relays which are in Nottingham this year. There are W35+, W45+ and W55+ teams (each 3 stages), M35+ and M45+ teams (5 stages) and M55 teams (4 stages). Each stage is around 3k. If you would like to be considered for the men's event but have not been contacted, please let me know by 2 October. Women should contact Ange Norris.

REIGATE PRIORY RELAYS 31 OCTOBER

This has been a popular event in recent years and it would be good to enter both men's and women's team (men 4 stages, women 3 stages). Each stage is around 2.5 miles over one lap of the usual cross country course. If you wish to take part, please contact your captains by 27 October, if you can. Its usually possible to enter teams of the day but it would be helpful to your captains to have advance warning.

Mike Mann

Dulwich Runners 2015/16 Fixtures

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

Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

Cross country Club Champs **Misc.**

***** Please note changes to womens XC dates and venues

Date		Race		Venue
Sep	26	Gibb 5 cross country		Farthing Down, Coulsdon
Oct	4	Middlesex 10k	medium	Victoria Park 10:30
	10	Surrey League match 1	men	Wimbledon Common
	10	Surrey League match 1	women	Roundshaw
	17	Surrey Masters (tbc)		Richmond
	24	BMAF XC Masters Relays		Derby
	31	Reigate Priory Relays		Reigate Priory
Nov	7	Surrey League match 2	men	Walton
	7	Surrey League match 2	women	West End common, Esher
	14	London Champs		Parliament Hill Fields
	14	British and Ireland Internationa		Dublin
	15	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
	tbc.21/28	South of Thames 5 mile race, (date and venue tbc)		
Dec	5	Kent Masters		Sparrows Den
	6	Pirie 10 cross country		Farthing Down, Coulsdon
	12	SEAA Masters Champ		tbc
	19	South of Thames championship		Tonbridge
		2016		2016
Jan	9	KCAA Cross Country Championships		Redlibbets Golf Club, Kent
	16	Surrey League match 3	men & women	Reigate Priory Park
	tbc 23	Vets AC Champs		Wimbledon Common
	30	South of England champs		Parliament Hill Fields
Feb	13	Surrey League match 4	men	Lloyd Park
	13	Surrey League match 4	women	Richmond Park
	27	National Champs		Donnington

REMINDER !.... upcoming club champs race

Middlesex 10k on 4 Oct

NOTE: the closing date for on line entries is 26 September.
Fills up fast so be quick !

Ola Balme
Deep Tissue, Sports & Therapeutic Massage

Just to let you know that I offer .....

Pre event massage - help to help ward off injury

Post event massage - to soothe and ease fatigued and tired tissues
Maintenance massage - to loosen tightness within soft tissues so as to improve performance and prevent injury
You can also benefit from learning appropriate stretches

Ola is an experienced Sports Massage Therapist. To find out more
ola.balme@btinternet.com
07506 554004

http://www.hernehillsportsmassage.co.uk

Striders of Croydon multi-terrain Switchback 5

race takes place on 27th September:

As usual we have kept the entry fee low - £6 postal / £7 online 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.stridersofcroydon.org.uk/?page_id=6477

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.

Race Reports & Results

South of England Relays, Aldershot

September 19

Dulwich vets won their fifth medal in the last 7 years and their third silver and set their fastest ever time.

Emily Gelder put the team into second position with a strong run just ahead of Mel. Andrea Pickup had her best run for some time to maintain second place and close right up on the leader and she was only four seconds off her course PB.

Clare Elms wasn't sure about running after all her injury problems but was told it might be the difference between us medalling or not. Unfortunately her ankle/ tendon pulled as she went up the first hill after she brought us into the lead and she had to ease back as she couldn't run properly. However, she still kept ahead and ran one of the top five Vet times of the day though probably will be at least a few weeks before she can run again as she caused some damage.

Nicola Richmond set off ahead but not feeling at her very best,couldn't hold off Winchester's strong final runner Kath Bailey, who ran the day's second best time.

2nd	Dulwich Runners	59:03	
	Emily Gelder	14:28	2
	Andrea Pickup	14:56	2
	Clare Elms	14:30	1
	Nicola Richmond	15:09	2

(2014: 4th 61:28: NR 14:55, OB 15:26, RT 16:55, CE 14:15)
(2013: 3rd 60:20: CE 14:03, OB 15:24, NR 15:19, CO 15:34)
(2012: 2nd 59:42: CE 13:21, AP 14:58, OB 15:04, RT 16:19)
(2010: 2nd 59:44: CE 13:14, AP 14:52, RT 16:35, OB 15:03)
(2009: 3rd 61:07: CE 13:22, OB 15:15, AN 16:18, RT 16:12)
(2007: no tm: CE 13:24)

Senior women

In the last seven years, the team have consistently been around the 62 minute mark (other than 2012) and they managed another strong effort despite missing some of the fastest current seniors. Mel showed her marathon training is going really well as she was very close to her best ever time after a steady start while Kim wasn't at her very best summer form but it was comfortably a course PB as she chased Andrea but couldn't quite get past. Katie Crowe has focused more on cycling this summer but she made a welcome reappearance for the club while Selma Benattia had one of her best ever runs.
NB the seniors women's best time came in 2002 when we led after 3 legs.

- Steve Smythe

37th	Dulwich Runners	62:55	
	Melanie Edwards	14:34	24
	Kim Hainsworth	14:53	24
	Katie Crowe	17:04	33
	Selma Benattia	16:24	37

(2014: 37th 62:38: ME 14:30, KC 16:09, HL 15:51, SC 16:08)
(2013: 40th 62:49: CW 14:25, ML 17:37, KC 16:04, ME 14:43)
(2012: 23rd 59:32: CW 13:57, KH 15:18, ME 15:26, EG 14:51)
(2010: 29th 63:09: CW 14:21, KH 16:03, CT 16:11, SC 16:34)
(2009: 27th 62:45: CL 15:12. LT 15:14, CW 15:41, KB 16:38)
(2007: 24th 62:37: OB 15:02, TGL 15:46, NR 15:31, KB 16:18)
(2005: 43rd 69:41: LP 15:52, KB 16:05, AO 16:34, OB 21:10 (extra loop)
(2002: 8th 57:02: RB 15:22, AF 13:15, MP 12:55, RT 15:30)

Nb the National Road Relays for women are on Saturday October 3 at Sutton Park. Four stages of 4.4km Entries close on Thursday. If we do have a team, the club will pay for the travel and we can obviously combine our best seniors and Vets for this one.

SEAA ladies report

Saturday 19th September

We entered one senior team and one vets 40+ team. It was a great team effort from them all and the vets successfully won silver medals.
Selma says - For me being last leg, the wait and pressure of trying to do well and losing off the team total score was just beyond nerve wrecking.. the course itself wasn't too bad but I could feel my hamstrings and achy legs especially after doing a " so not easy hill session" let's call it brutal, on Tuesday evening :) The experience was great and I truly enjoyed working together as a team to try and beat our rivals :)

Emily says - Enjoyed running the first leg and trying (and failing!) to match the speedier youngsters.
Hills not as bad as remembered from previous outing on same course.

Results Seniors

37th Dulwich Runners 1:02:55

Melanie Edwards	14:34	30	24
Kim Hainsworth	14:53	27	24
Katie Crowe	17:04	37	33
Selma Benattia	16:24	42	38

64 teams ran

There is a discrepancy between 37th and 38th place as the 35th team is a non scorer. ***- Ange Norris***

Vets

2nd Dulwich Runners 59:03

Emily Gelder	14:28	27	2
Andrea Pickup	14:56	25	2
Clare Elms	14:30	19	1
Nicola Richmond	15:09	19	2

9 teams ran

South of England Relay Championships Men

Aldershot, Sunday 20th September 2015

As usual on the day after the women's and younger age group races, including the Dulwich veteran women's excellent silver medal, the Dulwich men took to the road and emulated last year in managing to field teams in the senior, M40 and M50 categories. And a special mention here for Tom South who came along as a reserve, didn't get a run, but did sterling service all day as team manager/number collector/split time taker – thanks Tom.

M50

We fielded the same foursome as last year but below par runs from three left us two minutes short of last year's time and one place back in 7th. Only Ebe ran to form, leading off for us and running solidly within a few seconds of his previous times here and bringing us back in a creditable 10th place. I took over and was running strongly for the first 3k lap gaining three places but lost all impetus in the second half, fading badly to my worst time here in seven attempts. Steve had to be careful of a slight injury and got round okay with no places lost, albeit a minute slower than last year's effort, while Dave has been struggling in training too, not able to run more than 5 miles, and he was also well down on his capabilities. So not our best day; but the standard is now so good that even with all of us on best form we'd struggle to match our silver-winning exploits of three years ago.

7th Dulwich Runners M50 1:32:15

10	Eberhard Prill	22:48
7	Tony Tuohy	21:23
7	Steve Smythe	25:10
7	David Beaver	22:54

Even so, our M50 overall record is still pretty good:
2014: 6th 1:30:17 (Smythe 24:13, Tuohy 21:08, Beaver 22:11, Prill 22:45)
2013: 5th Dulwich A 1:28:22 (Prill 22:41, Beaver 21:27, Loizou 23:15, Tuohy 20:59). 10th Dulwich B 1:35:45 (Greer 23:19, Smythe 24:30, Sullivan 24:10, Webb 23:46)
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)

M40

In contrast the M40s, including three out of four of last year's team, put in a superb performance; 8th place out of over 30 teams in this company is not to be sneezed at, and their time of 1:25:52 beats any previous Dulwich effort at least since 2006 – showing that it's strength in depth that counts. Steve Davies was thrown into the mass start and as expected produced a big improvement of more than a minute on his first go here last year. Ian also had a great run, less than half a minute shy of Steve with a 20-second course best, and brought the team through to 9th. Lloyd was just as good, virtually matching Steve and holding position but the best was saved for last with Charlie gaining another place and running an excellent 21.15, ten seconds better than his previous best dating back to 2009. Four great runs and an excellent result.

8th Dulwich Runners M40 1:25:52

12	Steve Davies	21:23
9	Ian Lilley	21:48
9	Lloyd Collier	21:26
8	Charles Lound	21:15

2014: 15th 90:33 (Lound 21:43, Davies 22:27, Lilley 22:08, Hodge 24:15)
2011: 11th 90:24 (Lound 21:41, Hussey 22:30, Tuohy 20:53, Hodge 25:20)
2010: 14th 89:55: (Tuohy 21:20, Lound 21:34, Butler 24:25, Hussey 22:36)
2009: 15th 89:12: (Lound 21:25, Tuohy 21:13, Bailey-Wood 22:27, Murray 24:07)
2007: 11th 86:58: (Smythe 21:47, Agyei 20:19, Loizou 22:15, Williams 22:37)
2006: 10th 86:20: (Agyei 20:04, Loizou 21:17, Bailey-Wood 23:36, Brown 21:23, B: Mann 22:42, Ocleirigh 23:56, Brady 24:05)

Senior men

In this company the senior men are really up against it mixing with a selection of the fastest athletes in the country, but a completely different Dulwich six to last year turned out and made an excellent job of it with all running well. It was Wayne's hard luck to get the first leg and try not to be dragged along too fast too early; in fact he paced it well and was rewarded with an excellent course best, dipping inside 21 minutes. He handed on to Tim Bowen who seems to be getting faster by the minute – his 20:45 was hugely impressive and is the best Dulwich time here for some years. Mark Lacey gave another really good solid performance, just behind those of Steve D, Lloyd and myself. He handed on to James Burrows whose debut here was easily in line with his best form, while Rob Hollands' 22:37 was arguably his best short distance run, certainly better than could have been expected on this tough course.

53rd Dulwich Runners Senior 2:12:04

48	Wayne Lashley	20:58
47	Tim Bowen	20:45
50	Mark Lacey	21:35
51	Ross Rook	22:51
53	James Burrows	23:18
53	Rob Hollands	22:37

2014: 72nd 2:22:28 (Devine 21:23, Locke 21:24, Harrison 21:46, Godber 25:38, De Belder 25:26, Smyth 26:51)
2012: 46th 2:08:53 (Shephard 21:26, Hill 21:30, Locke 22:24, Fairhall 20:13, Lound 21:51, Lashley 21:29)
2009: 61st 2:09:45 (Buzz 20:17, Tom M 21:23, Tony 22:13, Jose 23:47, Rob W 20:57, Ian F 21:08)

Nine Edges Endurance Race 20 miles 2500 ft ascent

Saturday 12 September

This is a Peak District race, which as the name suggests, involves running along the nine gritstone edges which run from Derwent in the north to Birchin in the south. A pal of mine who lives in Sheffield said he was doing it, and I thought it would be good preparation for the marathon I am attempting at Chester on 4 October.

The start was at the foot of the Derwent Reservoir dam, after a night of heavy rain, and the cloud still covering Derwent Edge, 1300 feet above us. But I assured my friend Johnny and his mate Dave that the cloud was lifting and all would be well.

I started high up the field because of a bottle-neck after 200 yards going up beside the dam, but soon settled into an easy pace, running with a local woman, who had done it three times before. This was a good thing, because my weather forecast turned out to be not quite accurate. Before we reached Derwent Edge the cloud had come right down and it was raining hard. Running with someone who knew the way helped!

We got through the cloud and rain and had a glorious fast descent to the A57. Just before we reached the road, however we had to negotiate a notorious bog. The locals got through it all right, but, for a moment, I thought my end had come, as I sank up to my thighs in mud! But having struggled out, we faced the major challenge of the race – Stannage Edge.

The climb from the road was easily runnable, and so was the path along the top, except for 50 yard visibility. The problem was that the path became increasingly rocky, so that for more than two miles it was continuous boulder hoping. By the time I got to the half way point at Burbage Bridge I was ready for something easier. Fortunately the rest of the race was largely on easy trails, where I could maintain a steady pace, and was making good time – 1.50 at the half way point. Also the weather improved. The sun started to shine, and the easy running gave opportunities to enjoy stunning views from the top of Froggatt and Curbar Edges. But most encouraging of all was that I was maintaining the steady pace and by the 18 mile mark, a goodish time was in sight.

The final mile and a half was rougher running between Birchin and Gardom Edges. A steady climb led to a fast rocky descent, and a final sprint finish to the Robin Hood pub. All in all it was a great race, and I was really chuffed with my run, bogs and boulders notwithstanding.

Wining time 2.32.24
45 Hugh Balfour 3.22.10 1st M60
151 finishers

Copenhagen half marathon

13th September 2015

This year Copenhagen was holding a half marathon for the first time after their successful staging of the World Championships last year over the same distance. They had invited an elite field of some class with a billed attempt at the world record by Bedan Karoki who had a world lead last year for the half marathon.
Our Friday arrival in Copenhagen offered us a rare chance to complete an international parkrun on the Saturday even though it wasn't ideal the day before the half. We weren't staying far from the first Danish parkrun, which is held on Amager Island where many Copenhagers go to the beach in the summer. The true international nature of the parkrun movement was evident as we looked for the start and were approached by a group of Polish runners as well as Australians doing the same. Finally a few locals appeared, as well as a group of Hayes and Harlington runners, and the normal parkrun routine resumed albeit with a bilingual briefing!

The course was on gravel paths for just over two laps and was windswept but eerily beautiful with high grasses rustling in the wind and striking modern buildings dotted on the skyline. Barrie shot off like a greyhound out of the traps and stormed to an international victory in his age group. I followed at a far easier pace, but still managed to come second in mine. True to form Barrie had a burn up with a fellow parkrunner at the end who happened to be the elite athlete coordinator for the half marathon, most of whom were staying in our hotel. They got chatting and he told her we were running in the half upon which she offered us a ride on the elite transport to the start the next day.

Race day was rather damp and windy so the transport to the start was very welcome. It was very interesting to listen to the all the different languages and the conversations as athletes compared anticipated times and previous performances. The weather briefly deteriorated with a heavy downpour just before the start although luckily it cleared again for most of the race.
We had both been pretty anxious about the race and delivered a master class in how not to train for a half marathon. I'd lost virtually five weeks training due to illness followed by a holiday straight afterwards. Barrie had taken the slightly more radical approach of breaking his toe just before our holiday although found he could train as the toe went totally numb during running. Both of us had only managed one long run the week before the race – more to prove to ourselves we could still get round the distance rather than have any impact on our fitness!

Thankfully the course was very flat, well supported, and littered with loud sound systems and bands, which helped keep our spirits up as we counted down the kilometres (literally!). We passed many historical sights of Copenhagen as the route snaked from the north to the south of the city and back again. Barrie and I started out together but I soon dropped back as I felt the pace was a little fast. I checked my watch for the first two km then decided to leave the pace to chance and how I felt. For the rest of the race we played cat and mouse as Barrie suddenly reappeared into view about 8km. I caught him a couple of times around the 13km mark and gave him some encouragement only for him to surge ahead again!

The second half felt harder as we hit a

strong head wind at several points and this probably was the reason behind the world record being missed by Karoki, although he registered a world lead. We both managed to run consistently with all our published 5km splits being remarkably even despite our lack of distance work. It was only Barrie's infamous sprint in the final stages that more than doubled the distance between us.

During the rest of stay we packed in a whirlwind tour of Copenhagen seeing the world famous Little Mermaid, the Changing of the Guard at the Royal Palace and touring the grandiose gilded rooms of the Royal Palace itself. The weather seemed to improve each day so we took a boat tour through the canals of Copenhagen and around the port area, which boasts a stunning new opera house on its banks.
We also spent a few hours in the renowned Tivoli Gardens, which were built to amuse inhabitants of the city so that they did not think of politics! We tried out Europe's oldest roller coaster, which was built in 1914 and is made of wood. Despite its age it still managed to include a few hair-raising dips and turns. There was also live music to listen to over a glass of Denmark's most famous brew (Carlsberg) although our legs were a little tired for dancing too energetically.

Our journey home proved somewhat eventful as the flight was struck by lightening and damaged as it came into Copenhagen. They tried to repair it for our departure but finally gave up at about 11.30p.m. and put us up overnight in an airport hotel. In the end we didn't take off til after lunch the following day so we were happy to finally land safe and sound in the repaired plane!

Denmark is a lovely compact city with plenty to see in walking distance and the half marathon is well organised and would be a very fast course if the wind behaves! ***Lindsey Annable***
Barrie John Nicholls 1:55:07 (27:02, 27:12, 27:34, 27:34, 5:47)
Lindsey Annable 1:55:27 (27:20, 27:10, 27:28, 27:32, 6:00)

Barrie adds:
Wonderful wonderful Copenhagen
Lots of fun had in Europe's übercool city
Victory in my first international parkrun (I don't get that many)
Riding on Europe's oldest rollercoaster at Tivoli Gardens
Sharing the coach with the world's finest athletes
Discussing times with the elite - I said 1:55 they said 59 - and that's for the same distance
What's not to like - 16 internationals and counting

Sydney Marathon

20th September 2015

Extending out from her usual parkrun Penelope did her second Marathon of the year (the first having been Malta)
Not much information available but officially.... **Bob Bell**

2786 Penelope D'Arcy Graham 5:03:54 (chip 5:00:53)

September 19th

Bexley

262 ran

Pos	Gen		
8	8	Michael Fullilove	19:53

Brockwell

232 ran

Pos	Gen		
29	1	Caroline Pettigrew	20:28
33	32	Michael Mann	20:46
43	40	Mark A Foster	21:17
51	46	Cameron Timmis	21:38
69	7	Michelle Lennon	22:38
77	9	Lucy Clapp	22:52
80	71	Ian Sesnan	22:58
129	96	Desmond Edwards	25:47

Burgess

166 ran

Pos	Gen		
59	50	Paul Keating	23:33
114	84	Barry Evans	27:45

Crystal Palace

183 ran

Pos	Gen		
1	1	Tom Wilson	18:15
53	48	Bob Bell	23:07
73	61	Andy Cottrill	24:11
74	13	Belinda Cottrill	24:12
106	84	Tony Macpherson	25:59

Dulwich

214 ran

Pos	Gen		
48	42	Ajay Khandelwal	21:52
58	52	Mark Muffett	22:18
77	15	Clare Wyngard	23:10
85	17	Claire Steward	23:46
120	88	Michael Dodds	25:21
145	105	Mick Mead	26:28
160	45	Stephanie Burchill	27:26
192	62	Susan Vernon	31:30

Harrogate

377 ran

Pos	Gen		
7	7	Tom Calvert	18:49
57	4	Niamh Falconer	22:00

Hilly Fields

Pos	Gen		
12	12	James Burrows	19:52
17	17	Ian Lilley	20:36

Lloyd Park

169 ran

Pos	Gen		
1	1	Lewis Laylee	18:13
35	33	Graham Laylee	23:24

Medina I.O.W.

213 ran

Pos	Gen		
41	6	Lucy Pickering	23:30

Newark

149 ran

Pos	Gen		
15	13	Martin Morley	23:02

Orpington

156 ran

Pos	Gen		
51	46	Colin Frith	25:02
93	67	Peter Jackson	29:08
156	92	Steve Wehrle	54:22

Richmond

298 ran

Pos	Gen		
7	7	Mark Callaghan	18:42

Riddlesdown

125 ran

Pos	Gen		
12	2	Ange Norris	21:26

Royal Tunbridge Wells

92 ran

Pos	Gen		
9	9	Lloyd Collier	21:27

Southwark

141 ran

Pos	Gen		
15	15	Robert Campbell	19:37

Weymouth

257 ran

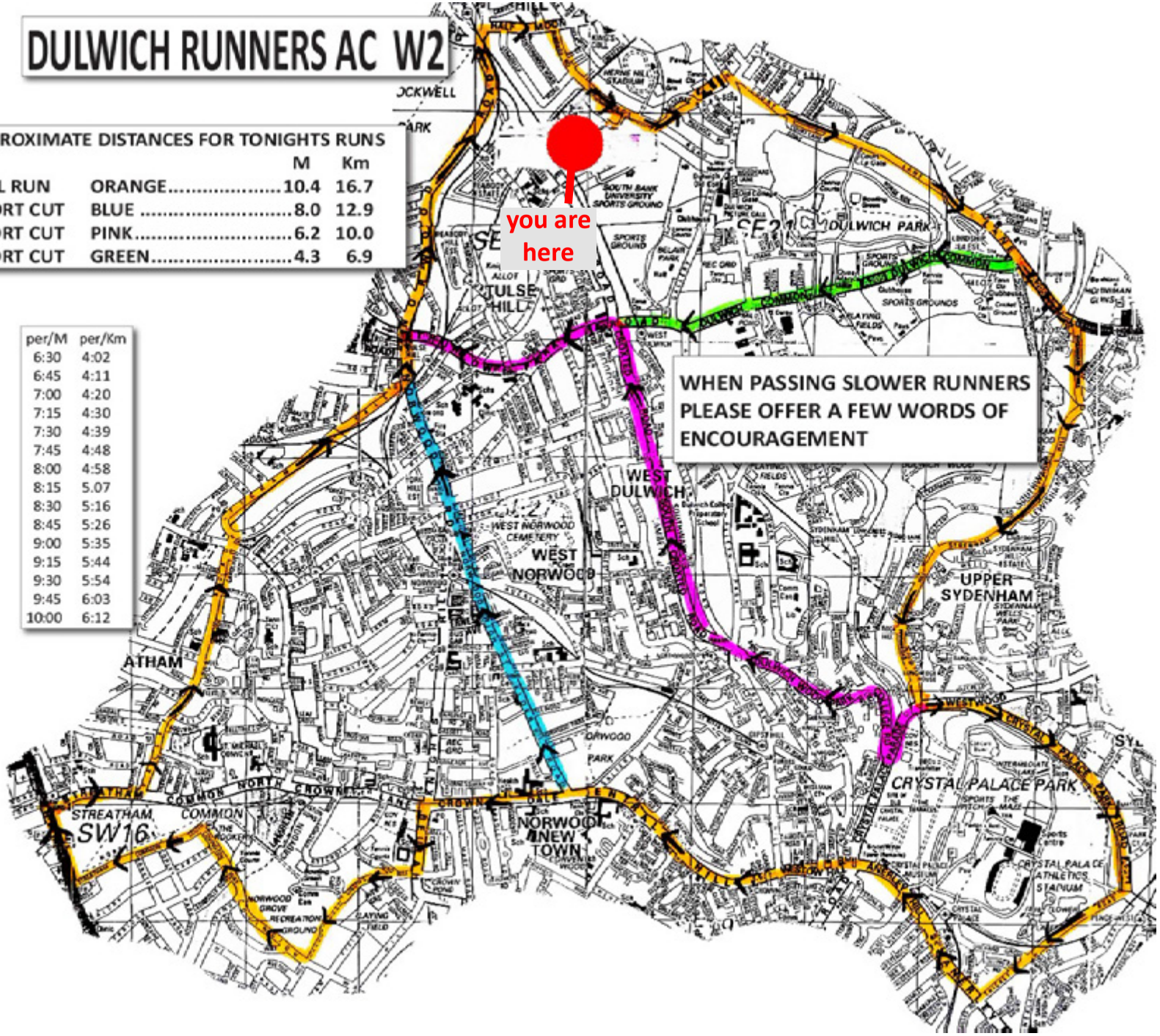
Pos	Gen		
1	1	Unknown Athlete	15:56
225	127	Chris Vernon	35:26

New members especially ! and others....

Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

DULWICH RUNNERS AC W2

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.4	16.7
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	6.2	10.0
SHORT CUT	GREEN	4.3	6.9

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12