SHORTS

Dulwich Runners AC
Weekly Newsletter
July 29th 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 29 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 30 Assembly League - Victoria Park

Tue 04 Track Session - Dulwich College Track
7 for a 7:15pm start £1 per session.

TRACK SESSIONS

at Dulwich College Track

Tuesdays with Steve Smythe & Elkie Mace

Improve your speed & strength over all distances, suitable for all standards and abilities. £1 per session
Be warmed up ready for the session to start at 7.15

Assembly League on Thursday

The Victoria park clubhouse is St Augustine's Hall in the far north east corner of Victoria Park, E9 5EG. Start 7:30pm
Nearest rail is Hackney Wick station(Jubilee/Central/DLR to Stratford then overground or Victoria Line to Highbury & Islington then overground) and from there walk along Wallis Road to cross a footbridge towards the park, turning right once inside it.
http://www.tfl.gov.uk/plan-a-journey/?&to=E9+5EG
These races are open to club members of all standards and abilities
They are free to enter but you need to wear a club vest

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 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)

In your SHORTS this week !

1... General information
2... Club kit, social events etc
2... 2015 Dulwich Runners Club Champs races diary
3... Fixture list, club champs,XC, road, track
4... Race reports
8... Parkrun results
9... Wednesday night routes map

And much more !

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**

July 30 Assembly League, Victoria Pk, Hackney

NEW RUNNERS ROTA

Many thanks to **Cameron Timmis & Clare Wyngard** 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**

Tom South	**29/07**
Katie Styles	05/08
Ros Tabor	12/08
Tony Tuohy	19/08
Mick Ward	26/08

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

Glad that everyone enjoyed the first social of the year at Surma. Now that we have the lighter evenings and nicer weather watch this space for social updates..... ***Matt Ladds***

Always open to suggestions/requests so feel free to drop me a line or grab me when I'm down the club
matthew.ladds@uk.zurich.com
Thanks - Matt

KARINE BRISSY-HAYES - Sue Vernon writes:
Karine sends a huge thank you to everyone who turned up to run or support the Mark Hayes Memorial Mile. She has just received her cheque and is very grateful to everyone. She has gone to France with the children for the summer so I am writing on her behalf.

LUCKY VEST

July winner Kevin Wood

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

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

New !!! Dulwich Runners SOCKS

only £5
They will be at the club on Wednesday, or if people want I can bring to Assembly league in Victoria Park
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.

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 :

31 Aug	Sevenoaks 7 (medium)
4 Oct	Middlesex 10k, Victoria Park (medium)
1 Nov	**Cabbage Patch 10 (long) RACE CANCELLED**
15 Nov	Epsom 10 (long)

Date for your diary:

Aldershot Road Relays 19/20 September 2015

The SEAA Road Relay Championships or 'Aldershot Relays' will be on 19th (women) and 20th (men) September 2015. These include separate senior and veterans categories and we usually manage to get a few teams out for what is a great day out. We'll be sorting out the entries later in the summer, but for now mark this in your diaries.

ASSEMBLY LEAGUE RACES

These races range from 3 to 3.5 miles in distance, are on road or on paths within parks and are suitable for runners of all abilities, including newly joined members. They take place monthly over the summer months with the April fixture starting at 7.15 and the remainder at 7.30.
They are free to enter
Races still to come:
30 July Victoria Park, Hackney
3 September Beckenham (Beckenham Running Club HQ)

7 Oaks 7 entry now open

This year the 22nd 7Oaks7 run will be held on bank holiday Monday, 31 August 2015

Fee again unchanged: £11 Affiliated / £13 Unaffiliated / £15 On the day (subject to availability)

A course map, race notes, and other entry details can be found at: http://www.7oaks-ac.org.uk/sevenoaks-7

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 Assembly League **Misc.**

Date		Race		Venue
Jul	30	Assembly League Victoria Park 7:30pm		Hackney
Aug	Mon 31	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	3	Assembly League Beckenham Running Club HQ 7:30pm		Beckenham
	19/20	**SEAA Road Relays**		**Aldershot**
Oct	4	Middlesex 10k	medium	Victoria Park 10:30
	10	Surrey League match 1	men	Wimbledon Common
	10	Surrey League match 1	women	Nork Park
	17	Surrey Masters (tbc)		Richmond
	24	BMAF XC Masters Relays		Derby
Nov	7	Surrey League match 2	men	Walton
	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	Surrey League match 2	women	Lightwater
	5	Kent Masters		Sparrows Den
	12	SEAA Masters Champ		tbc
	19	South of Thames championship		Tonbridge
		2016		2016
Jan	9	County Champs (Surrey & Kent)		Various
	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		tbc

Track meetings

Day	Track / Location	Event	Host	Website
August				
Sat 1	Eton	SML Final		
Mon 3	Mile End	Open	Just Timing	www.justiming.co.uk
Tues 4	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Mon 10	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Wed 12	Kingsmeadow	Rosenheim Final		
Wed 19	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Wed 26	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Sat 29	Tooting	Open	HHH	www.hernehillharriers.org
September				
Sun 5	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Sun 6	Ashford	SCVAC Final		
Wed 9	Parliament Hill	Open	Highgate Harriers	www.highgateharriers.org.uk
Sat 12/Sun 13	Erith	Kent Masters Champs		http://www.kcaa.org.uk/fixtures.htm
Wed 16	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html

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.

BMAF TRACK & FIELD CHAMPS, BIRMINGHAM, 25-26 JULY

I had mixed results in this year's masters champs with a silver in the 1500m in a slightly disappointing time and a reasonable run the next day in the 5000m but only achieving 4th place.

The weather was sunny for the 1500m on day 1 but there was a stiff headwind in the back straight which proved tough, particularly with the front of the field spread out. The placings went to current form but I finished in 2nd place some 20 secs behind new entrant to the M65 category, Richard Marks. In the 5000m on day 2 we were greeted by swirling drizzle that managed to get into every crevice and low temperatures. This was the third consecutive year when I have competed in this race in poor conditions. Although faster than last year when I won gold, I ended up in 4th place this time, having faded from 90 second pace after 4 laps, with a time some 12 secs down on my season's best.

These were my 9th and 10th races this month and the final ones before the world masters champs starting in Lyon next week, so what is the verdict? Answer... a mixed bag. My form over the middle distances is not where it should be though I have had a couple of decent perfomances in the 800m and the mile at Dulwich amongst the dross. Surprisingly when I should have a bit of speed in my legs, my performance over the longer track distances has been better with a good 3000m at Solihull last week and a reasonable 5000m at Birmingham this weekend. So where does leave me for Lyon? On the basis of recent performances I'll struggle to get through the 800m qualifying round where it is likely that the 2 winners from each heat +the 2 fastest losers will go through to the final, unless I can improve my time to sub 2:35.

This will mean going out guns blazing. Unfortunately my 5000m is later the same day in mid afternoon at the hottest time of the day, so I'll have to rely on running my normal race while picking up a few places through runners in front of me wilting (this has happened before!). In the 8km cross country (a bit of a misnomer as it's usually run on flat solid parkland, with spikes more a hindrance than a help) the target will be to win a UK team M65 medal. Also competing in Lyon will be multiple world champions Clare Elms and Ros Tabor, as well as Andy Murray, Tony Tuohy and Nicola Richmond. ***Mike Mann***

1500m 5:26.35 M65 Silver
5000m 19:42.93 M65 4th

Elmbridge 10k

I thought I would enter this race as I haven't run a 10k for a while. I have run this race once before, a few years ago now. Mostly along the seanic Thames towpath, with a section also on a main road, and then back on to the Thames tow path once you pass the cricket ground at East molesey.

With about half an hour before the start, the heavens opened with persistent rain, witch looked like it was set for the day. At least there wouldn't be any excuses for being to hot.
We lined up into a very crowded start area, which was far to narrow. This caused the start to be very congested, until about the second kilometre in, where the field thinned out. Once we hit the main road section, the greater space gave you a chance to overtake a few of the slower runners, but not for long as it was back onto the bumpy rain filled pot holes of the Thames tow path at the 5k mark, and then more of the same until just after 9k when you reached Sunbury lock.
With the final 400 meters sign in view, it was the last big effort to over take one or two runners, before crossing the finishing line, and receiving one of their silver finishers medals. The first 100 finishers received gold medals, the second 100 silver, and the remaining runners bronze.
All in all, not a bad mornings run along the Thames.
1st 30.45
171 Jim Dowsett 42.49
501 ran

Herne Hill Harriers Open Saturday July 25

Ian and I both made our debuts over 3000 metres on Saturday. We both had aspirations of breaking 10 minutes despite missing a fair amount of training in the week leading up to the race. However in pleasant if slightly blustery conditions we both fell short. A too fast first lap of 75 seconds was my downfall and I was treading water by the middle laps. I managed to rouse myself for a decent last lap and finish to pinch 3rd after a long battle with Herne Hill's leading lady, but on the whole it was a pretty mediocre run.

Ian had very similar feelings to me. He was closing on me fast on the closing laps, but ran out of gas in the final stages. He also knows he can do much better.

A hard week of training for us both is required!

3 Paul Devine 10:06.02
5 Ian Lilley 10:14.91

Bamburgh Castle Middle Distance Triathlon Sunday 26 July

I really did enter this when I had quaffed rather too much wine one May night in Brussels...the main reason being I wanted to enter a race of some description when visiting family in Northumberland. The weather forecast had been abysmal all week - but Sunday dawned sunny, blue skied, windy and chilly for my first ever Half Ironman.

Transition was on the cricket pitch in the shadow of the imposing Bamburgh Castle. The 1900m swim was in the rather terrifying looking North Sea (temperature 14 degrees). I found the swim somewhat challenging - the orange buoys never seeming to get any nearer, although a lot of the time I couldn't see them because of the waves. Then when I finally made it around the course (not quite last!) I had to body surf the waves to get back on to the beach.

The 90km bike course was two reasonably flat laps following quite country roads along the beautiful Northumberland coast (passing Seahouses and the strong smell of fish and chips, Beadnell, Craster...) but heading south was straight into a tough wind - although pleasant after the turn around.

The 21km run was incredibly cruel - 3 scenic laps which included running up the steep path through the castle itself, around the ramparts, past bemused (and paying!) tourists, then steeply down before an undulating path through Bamburgh golf course which comprised gravel, grass and sand. The fantastic clear views of the sea, wide golden beaches, Holy Island, the Farne Islands and the Cheviots did help to ease the aches and pains somewhat.

The supporters and fellow competitors were all really friendly, encouraging and were mostly Jocks and Geordies - and my husband! I did pass a lot of people on the run, many were walking. The course must have been at least 1km short as there's no way I could've done 21km in 1.41 after what I'd done previously and I wasn't running that fast! I was delighted to finish in just over 6 hours and to win my age category, first woman 50-59. And no, I am not doing an Ironman next!

Clare Wyngard

Total time: 6.07hours; Swim: 45mins; Bike: 3.31; Run: 1.41 and some lengthy transitions!
9th/17 women; 1st/5 VW50-59; 74/106 overall

BMC Meeting, Eltham, Wed 22nd July

800m race F
Lloyd's 800m form has settled a bit at this speed, as he recorded his fourth 2:04 of the summer, just short of Monday's season's best; he's working hard for a further breakthrough but whether it will come in time for Sunday's British Masters Championship remains to be seen.
4 Lloyd Collier 2:04.70

800m race G
Oscar was looking to do damage to his PB of last month (2:09) but this time misjudged it with an exceptionally fast first lap not far outside a minute; with that sort of speed though further inroads will be forthcoming soon.
4 Oscar Hussey 2:11.25

5000m race B
With last month's 16:30 in mind and dismissing my poor mile in Oxford a few days previously as just a blip, I harboured thoughts of going a few seconds quicker and trying for my 16:21 PB of three years ago. No chance. In a race on a perfect night for distance running where most of the field recorded personal or season's bests I went progressively slower from the first lap as I realized just how poorly my form has turned. Ah well, just a nice little journey to Birmingham on Sunday to look forward to for for the British Masters 5000m; better be prepared for a good hiding. ***- Tony Tuohy***
8 Tony Tuohy 16:49.36

British Masters Track Championships, Birmingham, Sunday 26th July

Just the three intrepid Dulwich competitors this year made the trip to compete in the national vets' championships in very wet conditions. Mike has reported elsewhere, so.....

M40 800m
Lloyd gave it a really good go in what were, quite frankly, appalling conditions for 800m running. The times were understandably slightly down but this was racing for medals and Lloyd came close but missed out by a second to finish in the most cruel position.
4 Lloyd Collier 2:06.54

M50 5000m
On paper the bronze was the best I could hope for; at least that was secured in a virtual carbon-copy of last year's race. With confidence at a low ebb after recent results I set off hard in the pouring rain hoping for a miraculous return to form but soon had to let the leaders go and settle into an isolated run in third. With half the race still to run I was passed and had to ask myself to find some guts in order to hang on but luckily he slowed and it became easier and I was able to pull away for the last three laps. Another poor run and a god-awful journey home on a very tedious M1 but at least the medal was in the bag. That's 17 British Masters medals, all silver and bronze. Think I promised not to go on about that again, didn't I.....?
3 Tony Tuohy 16:57.68

UK Youth Development League, Premier Division South 1 Norman Park, Bromley

1500m U17 B race
Rainy and windy conditions, Oscar was just pipped into 3rd place. Very fast start as A race ran with B. Oscar had the full encouragement from the specially invited Mayor of Bromley who was in attendance and who happens to be our long term neighbour!

3 Oscar Hussey 4.41.80
6 ran

Swiss Alpine Races, Davos

Andy and Ros returned for their usual holiday at altitude with a group of British runners (including a fast distance runner from Ros's age group plus Indians, Chinese and Aussies this year).
The week featured training runs, a midweek 4k race and a final Saturday trail race with options from 10k-78k.

Davosser Seelauf 4k 21.07.15. 112 finished.

This is a fortnightly race organised by the local club around the lake above town. Ros and Andy opted for 1 lap, Ros's would -be rival (Jane Davies, Epsom and Ewell) running two laps.
Perfect weather conditions at 7pm, 24 degrees and a cooling breeze. Ros, running the shorter distance, was able to head Jane with Andy a little way back recovering from a 25k training run.
42/7w/1w55+ Ros Tabor 18:28
47/1m60 Andy Murray 19:00

Swiss Alpine K30/K10 25.07.15

Andy was first off from the Davos stadium at 7am on a linear 30k trail race. Only getting up at 5.45 left little time to eat and digest breakfast and Andy was weak on the early hills.
A steady climb in trees to halfway brought some recovery and the second half, mainly in sunshine, was tackled better, although a weak knee hampered speed on the final downhill into the village of Filisur.
K30 31.1k 430m up, 940m down. 441 finished
98/3m60 Andy Murray 2:53.48

Ros set off from the stadium at 10.10am on a 10k out and back course following some of the earlier K31 route. Ros enjoyed the route down the valley and briefly walked on the difficult turn section up to woods to run strongly along the trail descent back to the stadium.
K10 9.4k up/down 210m. 393 finished.
38/10w Ros Tabor 49:29

Having both finished by 11 we caught a bus to watch the 42k and leading 78k runners coming down from a mountain pass into an unspoilt side valley leading to their finish back at the stadium. First 78k woman for the sixth time was local Jasmin Nunige, who gives out monthly training tips on the race website that we will read more closely in future.

-Andy Murray

'Let's get the unpleasant stuff out the way early. There's no easy way to do this so here goes: Tony Tuohy was absolutely right.'

Wayne Lashley writes.....

Many of you will be aware that Tony and I were engrossed in conversation last Monday evening before Mr Tuohy produced a PB in the 100m to make the start of his 1500m race. In a Shorts exclusive, I can reveal the game changing content of my conversation with Tony that greatly impacted my week...for the better.

Rosenheim League Wednesday 22nd July

Before all that and having run at Norman Park at the Blackheath Harriers open meeting, I ran at the Rosenheim League meeting for my second claim team, Herne Hill Harriers. I was going to do a nasty combo of a 400m followed 15 minutes later by a 1500m on the basis that I would be non-scorer in both and could therefore treat the evening as a training session to make up for the Dulwich track session I'd missed the day before.

However, no other HHH runners in the 400m meant I was scorer so had two sets of numbers, which meant wasting time changing them in the 15 minutes between races. My warm up was rushed as I had finished work late but still thought I was due a better time than my Monday effort.

No comedy moments with the start out of the blocks this time and although the first 200m didn't feel as aggressive as it could have been I felt faster and to my surprise was in second bearing down on first place with 100m to go. Sadly, I could not catch the leader but I was adamant I had produced a better time than two days earlier. Before I would find out the time, I had to get over to the 1500m start. I was hoping they would divide the runners into two races, which would extend my recovery time, but general consensus denied me the luxury. From the gun, it was clear I was hurting and this was a race of suffering (as intended). I expected nothing but pain to the very end and that is what I got.

Whilst I was spread-eagled on the floor having run 4.43.8 mins for my 1500m effort, I was told I had run 55.7 seconds for the 400m. I had run slower than Monday. I was not happy. ***cont....***

Herne Hill Open Meeting Saturday 25th July

And so to another day of suffering and at this point I refer to my conversation with Tony Tuohy five days prior. We were talking about the warm up before a middle distance event and in particular, an experiment between two groups.

One group did their usual warm up with a 10 minute jog and strides before their allotted races and the other did this also but added a set of 200m sprints before a short recovery and then the usual strides. They swapped over a week later and repeated the task. In both cases, the group that had added the 200m sprints was on average something like 1.6 seconds faster.

Eager to test these words from Mr Tuohy, I applied a version of this ahead of my two races. I was initially planning to do the 1500m again but missed the cut off so ended up doing an 800m followed three hours later by a 400m. I did an extended jog for a warm up, stretches and sprints drills as usual but then did 4 x 100m sprints. I rested for 10 minutes before doing my sprints drills as usual.

The day was particularly windy so I was just looking for a solid race, What I got was a first 200m of 27 seconds (wind assisted) and a second 200m of 32 seconds (into a strong headwind) resulting in a first lap of 59 seconds, my fastest this season. I then ran the third 200m faster than the previous one (31 secs) and reached 600m in 1.29/1.30 mins.

That massive headwind ruined me and I could only produce a 33 second final 200m but the finishing time of 2.03.44 mins was a season's best by 2 seconds….1-0 to the words of Tuohy. 3 hours later came the 400m. I repeated the same warm up as before the 800m and started in the blocks. A much better start and first 200m put me into the lead before having to deal with that nasty headwind. I managed to hold on for the win but it was all about the time…54.66 secs.

Apparently I had slowed down before the line due to looking for the time so I could have taken off a bit more but it was another SB making the final score 2-0 to the words of Tuohy. In both cases, I had also warmed down as well to avoid any stiffness building up but I will definitely be adapting my warm ups and warm downs going forward.

5km Diamond Relay, Monday 27th July

(the final event on the track at the Olympic Stadium, Stratford)

A fantastic occasion and it was an absolute privilege to be a part of this event. The company I work for ICAEW, had entered a team. I was not meant to be running but a teammate got injured a couple of weeks before so I was drafted in via a group email and a swift analysis of my power of 10 profile!

The route started and ended in the stadium itself and we had the pleasure of being able to warm up on the track beforehand (though as I was last leg for my team, I missed the opportunity to be warmed up via the dance moves of Lynsey Sharp). The track was like a carpet made for kings. How could you not run fast with a surface like that?? Sadly, once my leg had begun, I had to run out of the stadium and the second I did so I entered what can only be describe as a wind tunnel. It had been windy all day and despite being under the stand of the stadium, the wind was even more concentrated.

Queen Elizabeth Park is not flat. I was not aware of this but I certainly am now that I have run there. That Jeremy Hunt of a headwind was present for around 75% of the course and the constant up and down of the terrain made the course incredibly tough. What made it all worthwhile was running into the stadium for the finish.

Ended up with a time of 17.41 mins, which in those conditions, I was happy to take. 26th fastest on the day and managed to bring the ICAEW team home in 10th position out of 229. Not a bad evening at all. Just a shame it was the last ever event to take place on this lovely track. What was that about legacy Mr Coe?

27. Göttinger Altstadtlauf, Long Race (10.5k), Wednesday 22. July

My annual trip to this event in my German home town in Lower Saxony has become a bit of a tradition by now. As has the friendly duel with my main competitor for the age group title Doc Hoffmann, a GP from the Harz mountains close by. So far I had a draw two years ago and a close win last year. This time he brought some help in form of two mates to pace him along the six lap course through the historic town centre of Göttingen.

I on the other hand had my mom and an old friend strategically placed along the route to cheer me on and to remind me on which lap I was in case I forgot in this happy melee.

The evening was hot and muggy, thunderstorms forecast but avoided and ours was the last race of several.

The defending champion went for his seventh win, back from a mountain marathon around the Matterhorn, maybe the same race Toby De Belder took part in recently. Last year he had lapped me just before the finish, this year I wanted to avoid that.

So we set off at the usual frantic scramble for a good position into the first narrow turn and quite soon I found myself ahead of Doc Hoffmann and next to the two leading ladies, accompanied by a lead bike to clear their path later on. One of them, Josephine, I knew from training with my guest club in town, she had a good chance of winning but was strongly challenged on

the first two laps by a lady from another club. The ensuing struggle upped the pace which suited me and we ran together for a while.

Doc Hoffmann suffered from the warm conditions (and a long shift in his GP surgery the day before) and dropped back. So did the ladies after three laps (Josephine though won comfortably in the end), and I lost the lead bike while going ahead and had to thread my way through the throng of slower runners about to be lapped. From time to time I could pick off a faster guy ahead from a bunch of over-optimistic starters, which kept me entertained. A glance back at every lap showed no Doc Hoffmann and I was reasonably sure I had overtaken everyone with even remote traces of grey hair. The defence of the M50s title seemed safe and I slacked off a bit.

There remained only the matter of not being lapped myself and on the last straight of my penultimate lap along the timber-framed merchant houses and the medieval town hall an ominous cheer coming up behind me was ample warning: Florian Reichert coming (he won the 10.5k again in 34 minutes, a bit slower than last year). I hurried up and made it on my last lap unscathed, quite enjoying my run home in a time only two seconds slower than last year. Title defended, duel with Doc Hoffmann won quite decisively by almost two minutes this time and a voucher of € 20. There are new M50s coming up not far behind though I noticed in the results, so can't slack off too much next year.

13. Ebe Prill (1. M50) 40.33 466 ran

Results: http://my1.raceresult.com/38403/RRPublish/pdf.php?name=Ergebnislisten%7CInternet-PDF&contest=5&lang=de

July 25th

Bexley

262 ran

Pos	Gen		
1	1	Gavin Hows	18:14
8	8	Michael Fullilove	19:37
15	1	Rose Baker	21:11

Brockwell

211 ran

Pos	Gen		
17	3	Mel Edwards	19:38
24	20	Robert Campbell	20:12
25	5	Ola Balme	20:18
47	8	Selma Benattia	21:32
48	40	Ian Sesnan	21:36
49	41	Cameron Timmis	21:37
59	11	Lucy Clapp	22:49
155	50	Sarah Lyness	28:11

Burgess

163 ran

Pos	Gen		
11	1	Kim Hainsworth	19:22
28	24	Hugh Balfour	21:04
38	33	Matthew Ladds	21:35
106	87	Barry Evans	27:32

Cleethorpes

109 ran

Pos	Gen		
43	37	Martin Morley	25:20
50	42	Colin Frith	25:52

Crystal Palace

179 ran

Pos	Gen		
12	12	Andy Cottrill	20:52
14	14	Jim Dowsett	20:54
36	35	Bob Bell	22:52
37	36	Martin Double	23:09

Dartford

187 ran

Pos	Gen		
161	98	Chris Vernon	35:07

Dulwich

179 ran

Pos	Gen		
31	29	Ajay Khandelwal	20:53
32	30	Duncan Wilson	20:54
77	67	Mark Muffett	23:38

Eastbourne

176 ran

Pos	Gen		
7	7	Simon Burnett	19:26

Edinburgh

642 ran

Pos	Gen		
186	27	Claire Steward	23:04

Harrogate

378 ran

Pos	Gen		
8	8	Tom Calvert	18:37

Hilly Fields

154 ran

Pos	Gen		
15	15	Stephen Smythe	21:02
17	17	Gary Sullivan	21:11

Orpington

117 ran

Pos	Gen		
49	42	Steve Wehrle	28:08

Parke

136 ran

Pos	Gen		
3	3	Mark Callaghan	19:29

Peckham Rye

87 ran

Pos	Gen		
3	3	Kevin Chadwick	18:11
7	7	Sam Crump	19:26
23	1	Ellie Osmond	23:01
38	6	Claire Barnard	25:17

Richmond

281 ran

Pos	Gen		
79	72	Barrie John Nicholls	23:44
117	15	Lindsey Annable	24:59

Riddlesdown

164 ran

Pos	Gen		
24	1	Ange Norris	22:14

Shrewsbury

284 ran

Pos	Gen		
25	1	Caroline Pettigrew	19:56

St Peters, Sydney, Aust.

285 ran

Pos	Gen		
171	32	Penelope D'arcy Graham	27:11

Whitley Bay

Back to a bright and breezy Whitley Bay parkrun on a weekend when the North East Coast generally had less miserable weather than the rest of the country. This is one parkrun, amongst so many, of course, that seems to be enjoying exponential growth with about twice as many runners as when I last did it just over a year ago. It was a bit congested in parts of the course even then so it may be approaching saturation point now.

This didn't bother Clare who was taking it relatively easy for the minor reason of her debut at the half ironman distance on the following day (see elsewhere in 'Shorts')! She had a good, confidence building, workout, though. As for me it was a frustrating case of another weekend and another parkrun watching on from the sidelines. With my current Achilles problems arriving on 'heatwave Wednesday', the 1st, that's the whole of this month already taken out and counting, apart from a token effort at the club mile.

352 ran

Pos	Gen		
116	12	Clare Wyngard	24:19

New members especially ! and others....

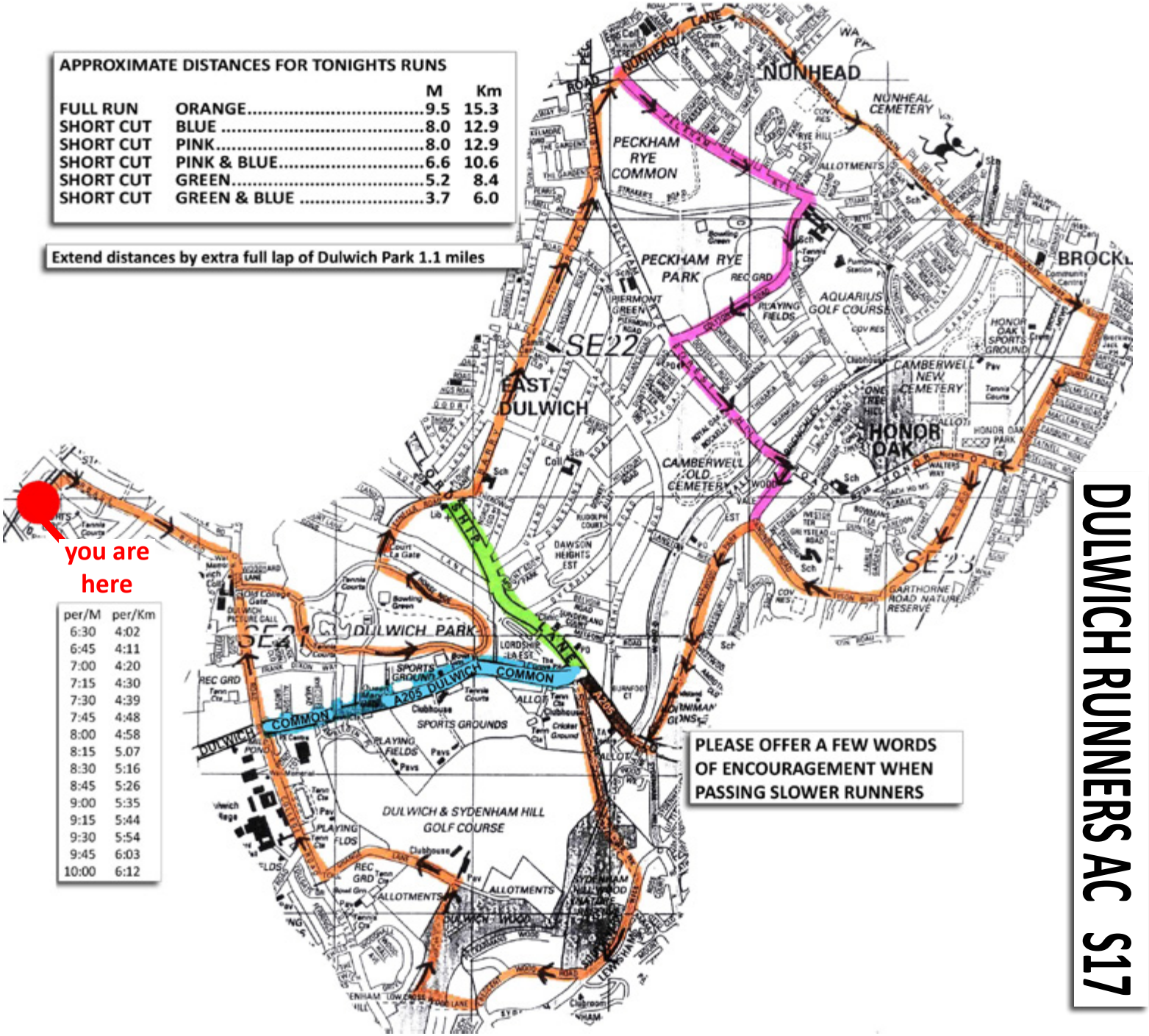
Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

DULWICH RUNNERS AC S17

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	9.5	15.3
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	8.0	12.9
SHORT CUT	PINK & BLUE	6.6	10.6
SHORT CUT	GREEN	5.2	8.4
SHORT CUT	GREEN & BLUE	3.7	6.0

Extend distances by extra full lap of Dulwich Park 1.1 miles



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

PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT WHEN PASSING SLOWER RUNNERS