SHORTS

Dulwich Runners AC
Weekly Newsletter
October 7th 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 07 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 13 **Track at Crystal Palace Arena** 7 for a 7:20pm start
£2.50 per session.

TRACK SESSIONS

Back at Crystal Palace Track

- Excellent for building speed,stamina and endurance
- Go to reception, tell them you are with Dulwich Runners Allow 10 mins to get from there down to the track
- Pay Ros £2.50 on the track.
- Elkie will commence a warm-up around 7pm and the main session will start approximately at 7.20pm.

Suitable for all standards

Thurdays morning sessions

And there's also speed sessions taken by Steve Smythe.
Usually starting between 11:15 - 30 in various local parks.
There is no fee. Suitable for all standards.
Interested ? then email steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

- **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

LUCKY VEST

Tonight Wednesday 7th

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

In your SHORTS this week !

1... General information
2... AGM notice
4... All thing Cross Country ! info, races etc.
6... Fixture list, club champs,XC, road, track
7... Race reports
10... Middlesex 10k full report and results
13... Parkrun results
14... Wednesday night run 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**

Oct 10 Mens & womens Surrey league Cross country
Oct 17 Surrey Masters
Oct 31 Reigate Priory Relays

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to:
Hugh Balfour, Steve Cook, Chris Loizou, Patrick Mcmorrow and others
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**

Charlie Boden	**07/10**
Joseph Brady	14/10
James Burrows	21/10
Karina Burrowes	28/10
Lucy Cartlidge	04/11

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 AC A.G.M

Will be held in **'The Nursery' at the Edward Alleyn Club, Burbage Road, London SE24 9HD at 9pm on Wednesday 21st October**.

Items for the agenda should be sent to the **Honorary Secretary, Yvette Dore, by Friday 16th October** to be sure of inclusion.

Minor items of 'any other business' will be allowed on the day at the discretion of the Chair depending upon the time available.

Draft minutes of the 2014 AGM are available on the Dulwich Runners website and will be proposed for adoption at this AGM.

All Committee posts are up for election with the table below showing whether the present incumbent wishes to stand again. This shows that there is one post, Women's captain, where there is a definite vacancy.

It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-shuffling of the rest of Committee.

If you are interested in any of the roles, or know of someone who you think would be good at them, please have a word with any committee member as soon as possible.

Sue is also happy to step aside if someone is interested in taking her role as one of the two general member posts.

Nominations for any of these posts should be sent to Yvette by Wednesday 14th October to allow time to organise an election if there is more than one candidate, but nominations will be taken up to and including the day of the AGM.
Yvette can be contacted at secretary@dulwichrunners.org.uk

Post	Present Holder	Standing
President	Ron Searle	N/A
Chair	Ros Tabor	Yes
Hon. Secretary	Yvette Dore	Yes
Hon Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Matt Ladds	Yes
Women's Captain	Anna Thomas	No
Men's Captain	Charles Lound	Yes
Women's Off Road Captain	Anna Thomas	Yes
Men's Off Road Captain	Mike Mann	Yes
Shorts Editor	Barry Graham	Yes
Publicity Officer	Chris Loizou	Yes
General Member	Ebe Prill	Yes
General Member	Sue Vernon	Yes

SOCIAL SPOT

A few dates for the diary!

Curry Night
Surma - Wednesday 28th October (new date)
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

'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

New !!! Dulwich Runners SOCKS

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

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 :
15 Nov Epsom 10 (long) replaces Cabbage Patch

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

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)

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.

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

CROSS COUNTRY CHAMPS

We are planning to hold a cross country championships again this season. There are a few issues yet to be resolved, but once again, there will be 4 races to qualify, including a minimum of 3 Surrey League races.
The other races are likely to be South of Thames 5 at Polesdon Lacey on 21 November plus a mob match yet to be arranged but likely to be in March, possibly using the Lloyd parkrun.
Mike Mann

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.

South of England Cross-country Relays: Wormwood Scrubs:

Saturday October 17. 2pm
Dulwich will have a women's team in this event - 3 x 3km.
if interested Contact steve smythe:
steve.smythe@athleticsweekly.com

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.

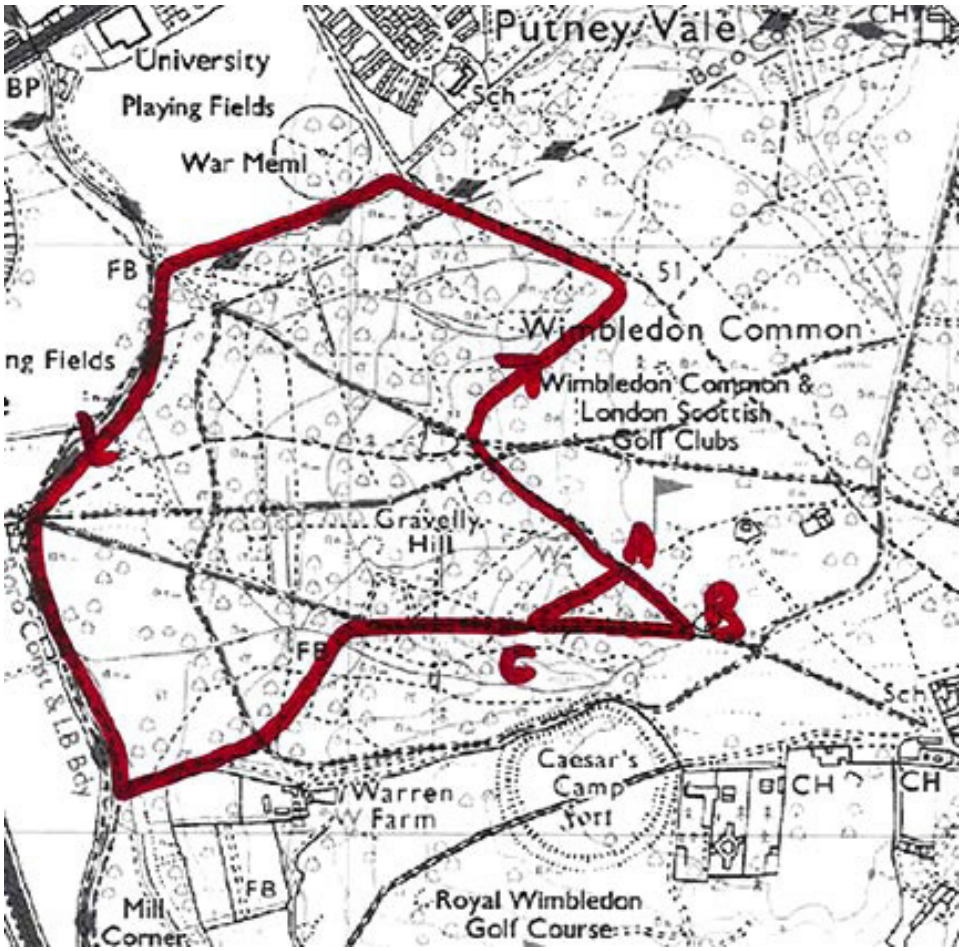
- Mike Mann

SURREY LEAGUE CROSS COUNTRY, 10 OCTOBER, WIMBLEDON COMMON

The first Surrey League match of the season takes place at Wimbledon Common on Saturday 10 October. This race is open to all and no pre-entry is required; you can simply turn up on the day. Both our regular scorers and newly joined club members are strongly encouraged to take part. It is important to achieve a good start to the season in a division where we face strong competition.

PLEASE NOTE THE EARLIER STARTING TIME THAN USUAL OF 1.30PM.
This is because other fixtures will be taking place there on the same day, with the Young Athletes starting at 2.30pm and Division 1 at 3pm.

The race start and finish area is at Caeser's Well on Wimbledon Common, close to the end of Sunset Road (SW19 4UL). See map below. This is the same venue as used for the November 2013 Div 2 fixture. The distance is around 7.5k. Those travelling by car are encouraged to use the free car park at the Windmill (SW19 5NR). Limited metered parking is available on the streets on the Wimbledon Village side of the common. Bus 93 runs between Wimbledon and Putney. The closest start is Wimbledon Village War Memorial, 10-15 minutes from the start.



The top half of the course should be reasonably firm, but there are likely to be muddy areas and puddles in the lower parts. Spikes or fell shoes should be suitable, but note that there are some stony paths. ***Mike Mann***

ATHLETICS WEEKLY

Last week's Athletics Weekly contained an article on Dulwich Runners - a club focus - and featured a group photo (from a Reigate mob match of long ago) and a photo of Clare Elms.
For those who have previously seen the magazine, it's worth noting it was recently bought up by Nova - the company who organise Great North Run etc and tv coverage of Diamond league on Eurosport.
The magazine has been revamped and greatly improved and is now 100 pages every week and should appeal to anyone interested in running and athletics.

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
Oct	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
	21	South of Thames 5 mile race,		Polesdon Lacey
Dec	5	Kent Masters		Sparrows Den
	6	Pirie 10 cross country		Farthing Down, Coulsdon
	12	SEAA Masters Champ		tbc
		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

Box Hill Fell Race

Saturday 23 January 2016

Over the past few years a good number of intrepid DRs have braved the thrills and spills of the Box Hill Fell Race near Dorking in Surrey. If you are interested in doing it in January the **entries open on Sunday 1st November.**

It is an online entry system at www.fabian4.com. The cost is £5.00 (unless they put it up this year). The race is organised by South London Orienteers, details are on their website www.slow.org.uk. There is a limit of 250 and last year it filled up in 48 hours. If you want to do it, get your entry in on that Sunday morning.

If you have never tried the joys of fell running, this is a perfect introduction. There are no navigation problems. The hills are all quite short, but some are steep enough to stop you running, or when descending to get the adrenalin going. It is very friendly and well organised, and there are decent showers and a bar afterwards. If you want to know more I will be at the club on the next few Wednesdays or you can email me:

Hugh Balfour hugh@christchurchpeckham.info

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

Race Reports & Results

Chester Marathon
Saturday 4 October

Let's start with the positives. Chester is a very beautiful city. Air BnB is much to be recommended: I had a very comfortable bed in the centre of the city for £22. The weather was fantastic: bright sunshine, but not too hot, no wind and the Cheshire countryside resplendent in autumn colours.

The race itself which was very well organised, started and finished at the race course, just outside the city walls. The course takes in a lap of the city before heading south into the countryside, running along country lanes, through pretty villages and over a Roman bridge at Farndon. There was lots of support along the route, including a drumming band at halfway.

As this was my first road marathon, and the main aim was to get a good-for-age time (3.45), my plan was to go with the 3.30 pacers. I set of just in front of them to avoid the scrum, but quite quickly started going a little faster (the first mile in 7.50). Once out in the countryside, I fell in with a Hull City runner called Gareth, and we chatted for the first 13 miles, which definitely helped the miles to tick away quite easily. But we were going at a 7.35 pace for the first 10k and just under 8 for the second 10k. In fact we reached half way in 1.42.12.

I can hear all you experienced marathon runners saying "Oh, too fast". Ok, you're right. It was. At about mile 18 the 3.30 pacers caught up and Gareth went on with them. I started to drop back as we approached the 19 mile mark. The last six miles were pretty painful, and my pace had dropped to about 9.30 min/mile. I was discovering that road running is very different to fell running, as you are using the same muscles without respite, and my quods were killing me. But as we came back into Chester, there was a hill at mile 24, which caused a lot of complaints afterwards, but which, for me at least, provided some respite.

In the last mile, I tried to increase the pace, but as soon as I accelerated, both calves cramped up, and I was forced to resume my rather pathetic hobble. But I knew that as long as I kept breathing and stayed upright sub 3.45 was in the bag.

Meanwhile, several miles ahead of me, Emily was running brilliantly, gaining 53 places over the last 12k, and finishing second lady.

	Gun	Chip	
65 Emily Gelder	2.58.15	2.58.13	2 W
617 Hugh Balfour	3.39.46	3.39.17	4 MV60
2282 finishers			

Steve Smythe added...Emily Gelder ran a perfect paced race to break three hours.
42:31 for the first 10km, 42:32 for the second 10km and 42:21 for the third 10km as she began to gradually pick up. Her first half-marathon was 89:50 and her second 88:23 for a 2:58:15 (2:58:13 chip) and sixth position.

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		

Media Maratón Ciudad de Marbella
Marbella City 1/2M

27 September

Claire Steward writes:

The Wehrled Tours trip to Marbella followed the usual pattern, with most of us meeting up at Gatwick on Friday for the EasyJet flight to Malaga.

Upon arrival at our hotel, a few of us remembered that this was meant to be a running holiday so within 30 minutes we were running through the paved park opposite the hotel, past the statues and fountains to the seafront in the early evening sunshine. After a quick shower we were off to Bruno's for our evening meal which included a very generous quantity of wine.

On Saturday, Ron appeared at breakfast with a prize-winning black eye and bruised knee sustained when he tripped up the marble steps in the aforementioned park after dinner. He blamed his sandals (did he have a post-prandial brandy the night before?). Anne provided Ibuprofen and Arnica and he went off to find a pharmacy to get checked out. We explored the delightful old town, conveniently just behind the hotel, a maze of narrow streets and colourful squares with alfresco dining and interesting shops. After a short walk along the seafront Chris, Ron and I found ourselved enjoying fishy lunch and dry white wine. In the evening, those of us who were running had to collect our numbers, tee-shirts and 'pantalons' from race HQ, a 15-minute walk away.

This was efficiently organised; collect number and move to table where they were handing out the goodies. The men's kit consisted of a nice blue technical tee-shirt and shorts; the women's was pink and doll-sized! I don't consider myself to be particularly obese but my small tee-shirt fits rather too snugly (in UK an XS is usually too big), but I managed to get a pair of size medium shorts which are wearable. Emma, Yvette, and particularly Ruki were not amused as they struggled to try the kit on but the organisers refused to change the tops as we had pre-ordered them when we entered without realising that female Spanish runners must be no larger than size 6 8, maybe that's why there were so few women entrants.

Sunday morning dawned bright and sunny and turned out to be the hottest day of our stay, not ideal for running 13 miles. We walked to the start, there had been no indication of a bag drop, and the finish was along the coast close to our hotel so we just took what we needed or could be abandoned. With men outnumbering women by more then six to one, it was a luxury to see the men queueing to use the toilets while we could walk straight in. At 10:00 we were off, with the course winding its way to the old town, then to a long out-and-back stretch along the Puerto Banús harbour wall to a lighthouse (this section was used for the time trial opening stage of La Vuelta a few weeks earlier).

This seemed interminable, with no shelter from the sun, but provided an opportunity to see runners ahead and behind. I maintained my hoped-for race pace for a mere 5k before giving in to a more realistic aim of just finishing without too much discomfort in the heat. After the final miles along the seafront it was a relief to see the finish and hear the cheers from our support group. There was water and fresh fruit, and a massive ornamental pond; we followed the local example, taking off our shoes and paddling. The presentations took forever, and were unfortunately interrupted when a finisher keeled over and was stretchered off by the attendant paramedics.

Cheques were awarded to the first man and woman and trophies to the first three in each 5 year age category. First on the rostrum was Emma, third FV40 (and eighth woman overall), and then it was my turn as first FV60 (there were only three of us in the race!). Sue, who looked extremely ropey at the start after an overindulgent afternoon/evening still managed a respectble time, Paul K had a suspected cracked rib after slipping in the shower (no alcohol involved) and was dosed with anti-inflammatories and painkillers, Yvette appeared to smile the whole way round, Bob is benefitting from his marathon training, Peter J was doing his longest distance for several years, and everyone suffered in the heat. Richard Pole deserves a special mention, having been on all 22 tours. The race had a cut-off time of two and half hours and knowing that he would not manage that he set off to walk it slightly ahead of the official start time. He completed the whole course (and a bit extra when inadvertently mis-directed by Ron and Harry who had themselves been misinformed of the route) and at the finish he spoke to one of the organisers who gave him a finisher's medal, so that he has the full set.

Sunday night was the celebratory dinner, and for Monday Steve had arranged a catamaran trip to and a treasure hunt. Chris and I had planned an alternative visit to El Caminito del Rey (Google it) but had not realised that it has to be arranged in advance, is booked until December, and is not open on Mondays (bit of an oversight on our part!). Instead we had visited the Tourist Information Office and obtained details of trails in the foothills behind Marbella and set off for a 5½ hr walk/scramble in glorious countryside with splendid views to the coast.

Back at the hotel we had to ascertain the name of the restaurant where the others would finish their treasure hunt, with promises that we would not pass this information to any of the participants. At the restaurant we met up with four others who had also not taken part, and we waited, and waited. The organiser arrived, then eventually the first team turned up, and the second, then other teams started to phone the organiser. They were not happy! It transpired that important information to help locate the restaurant had been omitted, and the final clue was very tricky. Also the search for some of the answers had involved a lot of walking which some of the non-runners found very tough. Once

everyone had arrived and wine and dinner was served, most were placated to some extent. It shows how difficult it can be to arrange group activities in advance in a foreign country.

Monday 4:00am found a select few of us heading to the beach to check out the lunar eclipse and red moon. Unfortunately it was rather cloudy, so after convincing ourselves that we could see a shadow on the moon's surface and a pinkish tinge, we returned to our beds (my mother later told me she had a perfect view from her living room window in Twickenham). It was the final opportunity for a swim so after breakfast Paul H and I walked along to one of the sheltered beaches and enjoyed a bracing dip, swimming out to a mooring bouy. Peter and Harry appeared on the shoreline to check that we really had got into the water and afterwards we went for a hot drink to warm up. The rest of the day was spent mooching around until it was time for the coach back to the airport; the final tour successfully completed.

Mike Mann adds: I quite enjoyed the race despite a lack of any decent distance training. I started off quite conservatively on the twisty and at times hilly stretch around the old town, but failed to speed up by very much after reaching the easier flatter stretch along the seafront. The only stretch I found rather tedious was along the 2-3 km of road/motorway, but after that the tour round the harbour wall of Puerto Banus provided a good opportunity to give encouragement to fellow runners. As it became hotter towards the end I found myself gradually running out of steam, though a fast finishing Spanish runner who had overtaken both Emma Ibell, whose praises he was singing (she had an excellent run winning 3rd place in her age category) and myself in quick succession gave me a spur. My finishing time of just under 96 mins was my slowest for many years. Afterwards we enjoyed the fruit on offer and a chance to cool our legs in the fountain which became increasingly disgusting as the sweat, vaseline and sun lotion was added to the water. We might have done better joining the jellyfish in the sea.

Bob Bell adds: Great time but I found the marble hard to run on but probably not as hard as our President found it when he planted his face on the steps

Steve Wehrle adds: Stand out moments for me were; Fridays meal, dinner in the church square Saturday, pole dancing on the catamaran Monday. Hearing about Pam's quiz team with Ron and Richard asking the police about a clue, with Ron sporting his phantom of the opera look and Richard wearing flashing pink bunny ears. Race was toooo hot and a PW by about 10 minutes I think. Lunar eclipse a bit disappointing after getting up at 4am.

….and final words from Peter Jackson: Great way for Steve to bow out of organising our autumn trips – Great weather, good central hotel (complete with rooms with a balcony for the elite runners)*, excellent restaurants, good race course and as usual great camaraderie amongst runners and spectators alike. I thought the boat trip to Puerto Banus on the Monday was nice and relaxing – began to wonder why I bothered running there the day before.
(*What he means to say is, no balcony for Claire!!)

Winner 1:10:50

399	Mike Mann		1:35:59
464	Emma Ibell	8F	1:37:32
794	Sue Cooper	27F	1:43:49
995	Yvette Dore	45F	1:47:49
1055	Bob Bell		1:48:51
1226	Claire Steward	1FV60	1:52:14
1569	Ruki Sidwa**	118F	1:58:50
1697	Paul Keating		2:02:00
2008	Paul Hilton		2:12:40
2062	Tony Macpherson		2:15:45
2102	Steve Wehrle		2:18:53
2150	Peter Warren**		2:26:21
2154	Peter Jackson		2:27:30

2191 Finishers (1894 Men, 297 Women)

Wehrld Tours – The End of an Era

Claire Steward writes:
Starting in 1994 (well before I joined Dulwich Runners) Steve Wehrle organised a group to race a quarter marathon in Boscome, and subsequently has done an amazing job organising a further 21 'Wehrld Tours'. Over the years, the weekends became longer, travelling out on Friday and returning on Tuesday to allow extra time for eating, drinking, and generally being very merry.

The numbers increased with diehards from BBC club and Dulwich, and the destinations became more exotic, including Estonia, Slovenia and Finland. In the latter years, there have been fewer people actually participating in the races, and we have been joined by family members just along for the craic. Understandably, Steve now feels that it's time to retire. It's no easy feat finding a suitable event, organising accommodation, flights, trains, coach transfers, and searching out activities which have included boat trips on rivers, lakes, and the Med, visits to breweries, wine producers, tours of caves, celebratory meals in exotic locations, and this year's troublesome treasure hunt.

He has had to contend with people who don't know their own date of birth, have turned up at the airport with the wrong passport or missed the flight altogether, find difficulty being on time to get on a coach or a boat, or cannot travel on a coach without a toilet. There have been complaints about noisy discos, lack of vegetarian options in countries which have no idea that one can live without eating susages twice a day, and my own pet hate, his penchant for playing his CDs on the coach! At times it would have been easier herding cats.
I have been on 14 of these trips, adding three exotic marathons to my list (Ljubljana, La Palma, Vantaa). I've stayed in luxury in Budapest in a room large enough to host a party, in a bunkhouse in Vantaa, a caravan by Lake Garda, and refused to sleep three to a room with barely six inches around the beds in La Palma (No, this is not a triple room, it's a twin room with an extra bed shoved inbetween).

The prize goes to the hotel in Porto with a rooftop swimming pool and a bar, a dangerously alluring combination of water, sun-loungers and alcohol. It's been great to be part of this era and to see so many places that I would not otherwise have visited.
Thank you Steve!

Bank of Scotland Great Scottish 1/2M

Glasgow, October 4

Shona McIntosh finished 10th in her longest race since her 2:40:06 club record in the London Marathon.
A few days earlier she decided she wasn't fit enough to take up a possible place in Britain's team for the World 50km championships in Qatar in December. ***Steve Smythe***

10 Shona McIntosh 78:11

Brussels 1/2M and 5k

4th October

After the exertions of Northern Ireland on the previous weekend Clare and I had planned for the following one back in Brussels to be a bit quieter punctuated only by the 5k race that is held in conjunction with the city's annual full and half marathons. Of course, Clare being Clare, by the time she got to the Expo to register she could not resist switching to the half marathon (which she had done and enjoyed in 2014) for an additional 15 euros. Strangely enough I managed to resist that temptation!

The 5k was great fun and the biggest contrast imaginable with last week. Even at my pace I was well up in the field and we had the early morning roads of the Belgian capital to ourselves from the European quarter down - yes down, predominantly - into the old town to finish. I'll particularly remember the glorious peals of Sunday morning bells as we sped through the historical Sablon and onto the, even more historical, Grand Place. The times were very flattering indeed, not only because of the helpful profile but because it was just under 500m. short! They don't seem to mind lopping off the odd half kilometre here and there in Belgium, exactly the same distance went missing at the Brussels 10k we did around Christmas.

Clare started an hour later so I even had time to dive into 'de Brouckere' metro station - Brussels' 'Oxford Circus' equivalent but take that comparison with a pinch of salt - and easily get back to greet her as she was entering her pen for the off. The route is based very closely on the one for the much bigger 20k race they hold in May, starting in the same place but truncated it so that by the time you reach the finish of the May event there are still another 4ks to cover, 3 of them being beyond the start and more directly into the city centre than the route masquerading as a 5k that I had just run.

Overall it's quite a demanding course although weather conditions on the day were near perfect and, despite switching races on the day before, the organisers kindly gave her a place in the first starting pen, presumably on the basis of her previous record.

Clare had a really solid run dipping just under her target of 1-45 and feeling strong and in control throughout. This was a few minutes outside her 2014 time but she had targeted that race and prepared for it accordingly, not entered it less than 24 hours beforehand! We both received attractive medals, specific to the races we had done. The half marathoners, and one would hope the 2000 or so marathoners too, also received an 18cl bottle of Duvel which was being used to plug the 'Great breweries marathon'. That's happening in rural Belgium next June if any DRs are up for it (a long shot, I know, but thought I'd ask just in case!).

- ***Mike Dodds***

21k

1734th/7787 Clare Wyngard 1-44-41, (5th VW50 out of 162, 108th overall)

5k (actually 4.5)

189th/2,352 Mike Dodds 20-36 (4th MV55 out of 55)

Middlesex 10k Club Championship Victoria Park

Sun 4th October

The penultimate chance to grab those points in this year's club championships saw 35 intrepid Dulwich heroes traipse off to east London on a sunny Sunday morning, but cool enough to count as perfect running conditions. After the dust settled the overall age-graded championship appears to be safe for Clare Elms this year – but Ros could theoretically still catch her with an exceptional performance at the Epsom 10m.

Those two are well clear and yours truly may well be able to snatch third place from Claire Steward if I can manage something half-decent at Epsom (hardly a cast iron certainty). But then some of the age group categories are still hotly contested. Kim Hainsworth got her first 50-pointer here in the senior women's contest since the opening event way back in January, and if she can do the same at Epsom she will draw equal with long-time leader Claire Baglin – although Claire should still take the title 'on countback'. In the M40s, Charlie Lound and Steve Davies have been having a ding-dong all season and Charlie gained a vital 50 points here making it three each in head-to-heads and it's now all-square heading into the decider next month.

In the senior men it's even harder to call, as the vagaries of the scoring system mean either Wayne Lashley, Mark Lacey or Alastair Locke could land the championship depending on how the others run. You need a computer program to work it out, it's doing my head in.

Anyway, back to the race. Taking it 'steady' at the start I still obviously managed to go too fast for my current form ('lack of' that is) as I didn't see Alastair and Wayne for the first mile. They soon came past in quick succession though, both running perfectly judged races to smash their PBs, Alastair obviously suffering no ill effects from winning a marathon only the previous week! Wayne got the edge in the end by six seconds and goes top of this year's Dulwich rankings – by just four seconds..... Meanwhile Charlie, Steve and Mark were all leaving me at halfway as I continued my move backwards, Charlie especially having a good run, leaving the other two and gaining those vital points.

Steve and Mark still had very good solid runs; I pressed closer to them over the last mile but couldn't make it back. After that came some really notable runs; a superb PB from Ian Lilley earned him the Captains' Award (thought he was catching me at one point), and there were also well-deserved PBs for Kevin Chadwick and Rob Cope, these two sprinting it out with Kev getting the nod. Between Ian and the two sprinters 17 year old short distance man Lewis Laylee made a great debut at 10k running 37:00. These four were followed by strong runs in the 38s from

James, Ebe and Ross.

The Dulwich women were led in on this occasion by a superb run from Nicola who, for the second time in two years, contrived to miss her PB by only three

seconds – that's her seven-year-old PB by the way (I know Nic, I've been there). Half a minute behind, Kim was slower than her Richmond 10k in June but still running a strong time, as was Helen, just forty-odd seconds back with another superb PB. Mike and Gary put in their usual consistent runs, not too far ahead of another improvement from Jim Dowsett, landing himself a great PB. Laura ran strongly, though a little adrift of her Richmond effort, followed by solid runs from Graham, and Ruth in her debut at the distance.

Ros, Hugh, Michelle and Andy all had strong runs ahead of another excellent performance from Barrie who's been running well all year. Another good showing from Claire Steward, just missing her best this year, was followed by Ameet just ahead of a superb run from Lindsey, just seconds outside her PB. Paul Keating ran in just ahead of Steve Wehrle, running to complete his fifth counting event for this year and who should be really chuffed with his best run at 10k for five years.

The Dulwich mob were completed by Paul Hilton and Carolina Lilley, 'Hilts' a bit short of his Richmond run and Carolina doing well despite managing to run hardly any events this year. But a bit up the road from them the final mention goes to a gutsy effort from Sue Rowlands, working hard and rewarded by shaving a whole four seconds from her three-year-old PB **- *Tony Tuohy***

20	Wayne	Lashley	34:49	SM	PB
24	Alastair	Locke	34:55	SM	PB
34	Charles	Lound	35:47	MV45	
40	Stephen	Davies	36:04	MV45	
43	Mark	Lacey	36:12	SM	
45	Tony	Tuohy	36:15	MV50	
48	Ian	Lilley	36:42	MV40	PB
55	Lewis	Laylee	37:00	U18	
69	Kevin	Chadwick	37:44	SM	PB
70	Rob	Cope	37:45	MV40	PB
78	James	Burrows	38:02	SM	
91	Eberhard	Prill	38:24	MV50	
95	Ross	Rook	38:32	SM	
129	Nicola	Richmond	40:25	FV45	
135	Kim	Hainsworth	40:53	SL	
146	Helen	Lister	41:37	SL	PB
148	Michael	Mann	41:42	MV65	
154	Gary	Sullivan	41:52	MV55	
160	Jim	Dowsett	42:07	MV40	PB
171	Laura	Long	43:16	FV35	
186	Graham	Laylee	44:23	V55	
197	Ruth	Bennett	44:58	SL	
204	Ros	Tabor	45:24	FV65	
205	Hugh	French	45:26	SM	
210	Michelle	Lennon	45:47	FV45	
213	Andy	Murray	46:03	MV60	
230	Barrie	Nicholls	47:54	MV60	
234	Claire	Steward	48:15	FV60	
251	Ameet	Patel	49:51	MV50	
256	Lindsey	Annable	51:07	FV45	
263	Paul	Keating	52:17	MV45	
264	Steve	Wehrle	52:23	MV65	
268	Sue	Rowlands	53:47	FV45	PB
272	Paul	Hilton	54:43	MV45	
285	Carolina	Lilley	59:18	FV40	
292 finishers					

2015 Club Champs categories Middlesex 10k

1	Overall winner	Ros Tabor
2	Fastest man (excl.overall winner)	Wayne Lashley
3	Fastest woman (excl.overall winner)	Nicola Richmond
4	First Senior Man (excl.above)	Alastair Locke
5	First Senior woman (excl.above)	Kim Hainsworth
6	First M40 (excl.above)	Charlie Lound
7	First W40 (excl.above)	Michelle Lennon
8	First M50 (excl.above)	Tony Tuohy
9	First W50 (excl.above)	Claire Steward
10	First M60 (excl.above)	Neville Webb
11	2nd Age Graded (excl.above)	Mike Mann
12	3rd Age Graded (excl.above)	Steve Davies
13	Captains' award	Ian Lilley

Dulwich Runners Champs Middlesex 10k 4.10.15			Time	Age group points					Age grade	Champs
				ms	m40	m50+	fs	f40+	points	medals
Wayne	Lashley	ms	34.49	50					772	fastest man
Alastair	Locke	ms	34.55	49					768	1st sen man
Charles	Lound	m40	35.47		50				826	1st m40
Stephen	Davies	m40	36.04		49				806	3rd age grade
Mark	Lacey	ms	36.12	48					741	
Tony	Tuohy	m50	36.15			50			850	1st m50
Ian	Lilley	m40	36.42		48				773	captains'award
Lewis	Laylee	ms	37.00	47					728	
Kevin	Chadwick	ms	37.44	46					715	
Rob	Cope	m40	37.45		47				746	
James	Burrows	ms	38.02	45					709	
Eberhard	Prill	m50	38.24			49			803	
Ross	Rook	ms	38.32	44					698	
Nicola	Richmond	f40	40.25					50	803	fastest woman
Kim	Hainsworth	fs	40.53				50		745	1st sen woman
Neville	Webb	m60	41.20			48			794	1st m60
Helen	Lister	fs	41.37				49		730	
Mike	Mann	m60	41.42			47			841	2nd age grade
Gary	Sullivan	m50	41.52			46			763	
Jim	Dowsett	m40	42.07		46				663	
Laura	Long	fs	43.16				48		708	
Graham	Laylee	m50	44.23			45			726	
Ruth	Bennett	fs	44.58				47		675	
Ros	Tabor	f60	45.24					49	932	Overall age grade
Hugh	French	ms/m40	45.26	43					610	
Michelle	Lennon	f40	45.47					48	731	1st w40
Andrew	Murray	m60	46.03			44			726	
Barrie John	Nicholls	m60	47.54			43			691	
Claire	Steward	f60	48.15					47	840	1st w50
Ameet	Patel	m50	49.51			42			608	
Clare	Nicholson	fs	50.54				46		596	
Lindsey	Annable	f40	51.07					46	648	
Paul	Keating	m40	52.17		45				565	
Stephen	Wehrle	m60	52.23			41			669	
Sue	Rowlands	f40	53.47					45	623	
Paul	Hilton	m40	54.43		44				545	
Carolina	Lilley	f40	59.18					44	534	

October 4th

Bexley
264 ran

Pos	Gen		
6	6	Michael Fullilove	00:19:45

Brockwell
255 ran

Pos	Gen		
35	2	Caroline Pettigrew	00:20:37
41	39	Lloyd Collier	00:21:01
73	5	Katie Styles	00:22:37
136	35	Lucy Pickering	00:25:38
150	109	Desmond Edwards	00:26:22

Bromley
554 ran

Pos	Gen		
2	2	Oscar Hussey	00:17:43
67	4	Selma Benattia	00:20:52

Burgess
154 ran

Pos	Gen		
110	36	Stephanie Burchill	00:27:46

Crystal Palace
215 ran

Pos	Gen		
13	13	Simon Lang	00:20:11
46	4	Susan Cooper	00:22:48
51	46	Bob Bell	00:23:10
62	9	Belinda Cottrill	00:23:33
63	54	Andy Cottrill	00:23:35
96	83	Tony Macpherson	00:25:20
117	19	Claire Steward	00:26:01

Hilly Fields
179 ran

Pos	Gen		
19	18	Gary Sullivan	00:20:52

Llyn Llech Owain
118 ran

Pos	Gen		
2	2	Paul Devine	00:18:16

Orpington
155 ran

Clare Elms decided to risk a faster pakrun as her foot felt slightly better and go for parkrun win number 98.

She got a slight worry when she spotted English Schools 3000m champion Jessica Keene just before the start, who has beaten her on the track in recent years. Clare had beaten her in 13 previous parkruns but aged 16 Keene is improving fast and she hadn't raced her in a parkrun for 18 months and not while Clare was injured.

However, after winning the European Junior Clubs championship in Turkey the week before, and in a rest period, Keene was content to run steadily and Clare didn't need to race flat out to win by 2 minutes. Two more to go!

Steve Smythe

Pos	Gen		
3	1	Clare Elms	00:19:34
8	7	Steve Smythe	00:20:59
37	35	Colin Frith	00:23:52
71	59	Peter Jackson	00:27:56
154	99	Steve Wehrle	00:41:22

Peckham Rye
138 ran

Pos	Gen		
3	3	Kevin Chadwick	00:18:26
6	6	Gideon Franklin	00:19:59
26	3	Sarah Cross	00:21:26
57	10	Eleanor Allan	00:23:41
66	14	Claire Barnard	00:25:04

Richmond
369 ran

Pos	Gen		
113	100	Barrie John Nicholls	00:24:01

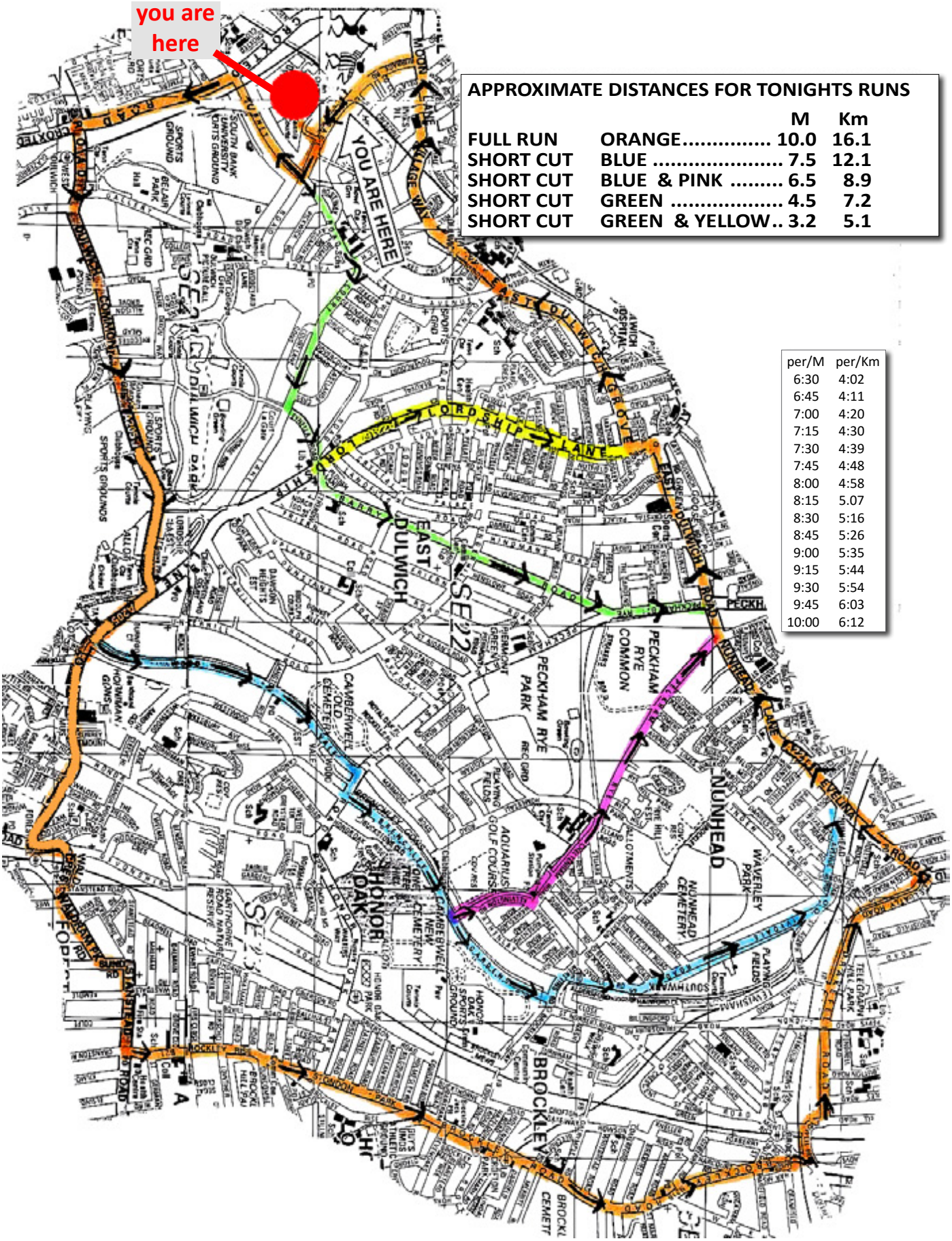
Riddlesdown
125 ran

Pos	Gen		
13	1	Ange Norris	00:21:27

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 W4



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE.....	10.0	16.1
SHORT CUT	BLUE	7.5	12.1
SHORT CUT	BLUE & PINK	6.5	8.9
SHORT CUT	GREEN	4.5	7.2
SHORT CUT	GREEN & YELLOW..	3.2	5.1

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