# SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 3rd October 2012


*These are your SHORTS, Please send your reports, running news & anecdotes to:*

shorts@dulwichrunners.org.uk

**DEADLINE 17:30 TUESDAY**

**- THE COMING WEEK –**

**Wed 03** **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

**Sat 06** **Hill session**, with Steve Smythe start 10am for 1hour --All abilities - Click here for details

**Sun 07** **Dulwich Runners Charity 10k**
**Marshals and helpers still need, details here**

**Tue 09** **Track sessions with Steve Smythe**
**Ladywell track** see below
Start 7:15pm, fee £2:55 pay at reception on Entry. **For Fusion Gym members entry is free**

**Past issues of SHORTS can be found at:**
http://www.dulwichrunners.org.uk/newsletter.html

## In your *SHORTS* this week !


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**14** **Epsom 10 entry form.** Last Club Champs race


And much more !

## ---------- *EVENT HORIZON* ---------

*A brief look ahead*

| | |
|---|---|
| Oct 20 | Cross country league starts, details |
| Nov 3 | Reigate Relays |
| Nov 10 | Mens XC,Roundshaw Down, Croydon |
| Nov 18 | Epsom 10 - final club champs event |

EPSOM 10 entry fom

**full fixture list & info** page 5

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

## WEDNESDAY NIGHT £1 RUNNING FEE

**The club needs this money to cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - Ros**

## DULWICH TRACK SESSIONS

**Improve your speed & strength over all distances. Tuesdays with Steve Smythe are suitable for all abilities.**

Tuesday track sessions are now in full swing at Ladywell. http://goo.gl/maps/92zNw
Around 20-30 club members attend these over a wide range of speeds. The sessions are between 7.15pm and 8pm and members should aim to get there to warm up at around 7pm
***If you are a Fusion Gym member then entry is free , all others £2.55 pay at reception***

## NEW RUNNERS ROTA

Many thanks to **Ameet Patel, Olivier Montfort and Peter Gibbons** for taking out new runners last week.
If you are listed to take out new runners, 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. Thanks. – **Ros**

| | |
|---|---|
| **Andy Murray** | **03/10** |
| Barrie John Nicholls | 10/10 |
| Kim Pullen | 17/10 |
| Tiarnan Ocleirigh | 24/10 |

## LUCKY VEST - Tonight

***Don't forget*** , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize in the clubhouse that evening.

***NEW KIT NEW KIT NEW KIT***

**We now have new vests and short sleeved T shirts for men and women. - Vests £18 - T shirts £20**
**Waterproof Jackets £25**
**Available most Wednesdays at the club – Ros**

## Caroline and Francois are visiting !

They will be here from Fri 5th Oct to Wed 10th.

Caro will be running at the Brockwell Parkrun on the Saturday and her and Francois will be helping out at our 10k on the Sunday !

They cant make it for the Wednesday club night as they are returning to France earlier that day, but she did tell me they are looking forward to seeing you all if you can make it on Saturday and or Sunday.

# ANNUAL GENERAL MEETING Wednesday 24th October 2012

The AGM will be held in 'The Nursery' at the Edward Alleyn Club, Burbage Road, London SE24 9HD at 9pm.

Items for the agenda must be sent to the Hon. Secretary, Mike Dodds, by Wednesday 10th 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 2011 AGM were included in 'Shorts' during November and December and will be proposed for adoption at this AGM.

Nominations for club positions should also go to Mike. These should ideally be by October 10th to allow time to organise an election if there is more than one candidate, but will be taken up to and including the day of the AGM in the event of a single nomination.

All posts are up for election, including the President (which has a three year term and was last elected in 2009), with the table below showing whether the present incumbent wishes to stand again. This shows that there is one post, that of Secretary, where there is a definite vacancy. However it may be possible to accommodate someone prepared 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. For example Graham Laylee has indicated that he would be happy to move to Secretary if a successor were to emerge for him as Treasurer.

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.

I can be contacted at secretary@dulwichrunners.org.uk or on 07501 536631

| **Post** | **Present Holder** | **Standing Again?** |
|---|---|---|
| President | Ron Searle | Yes |
| Chair | Ros Tabor | Yes |
| Hon. Secretary | Mike Dodds | No |
| Hon Treasurer | Graham Laylee | Yes |
| Membership Secretary | Barry Graham | Yes |
| Social Secretary | Sue Cooper | Yes |
| Women's Captain | Mel Edwards* | Yes |
| 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 |

**Mike Dodds**

*Anna has kindly agreed to stand for the role of one of the Women's captains. If they are elected Mel, who has latterly been performing both roles, and Anna would intend to follow the job sharing model for the combined roles that Kim Hainsworth and Charlie Woods successfully pioneered in the recent past

PROPOSED AMENDMENT OF DULWICH RUNNERS AC CONSTITUTION

Background

In the course of the past year the club's General Committee has become aware that it is presently in breach of the current provision in the constitution that it meets at least six times per year (for a long time now they have customarily been meeting four times per year). The Committee recommends that, instead of trying to adapt its practice in line with the present constitution, a proposal should be put to the first available AGM for an amendment that would establish its new *de facto* practice on a properly authorised footing. In its view advances since the original rule was drafted, principally in the field of IT, have had a major impact on the need to meet with quite the same frequency as was envisaged when the original constitution was adopted. It still seems reasonable, though, to prescribe, as below, a minimum of four meetings per year.

The Committee also recommends that the opportunity is taken to add some further detail at this point in the constitution about the general management and transparency of its business.

Proposal

The relevant section of rule 4 presently reads as follows

*'Meetings of the General Committee will be held not less than six times per year at the discretion of the Committee'.*

The proposed new wording is

*'The General Committee should meet a minimum of four times per year to discuss club matters such as*

- *the club's financial position*
- *coaching and athletic issues, including liaison with its Sub Committee referred to below*
- *social events*
- *general club policies*

*Such meetings should be notified, in advance, in 'Shorts' in order that members may suggest items for discussion, in writing, to the Club Secretary. Brief details of significant discussions at those meetings should be reported in 'Shorts''*

Process

Rule 6 of the constitution prescribes that any alteration of that constitution may be agreed by (simple majority of) a properly constituted AGM provided 21 days notice is given. This proposal will therefore be placed on the agenda for the 24th October AGM. A separate notice of the AGM in this issue of 'Shorts' invites other agenda items.

I would be pleased to deal with any questions you may have about these proposed changes prior to their discussion at the AGM, as would any other members of the Committee.

**Mike Dodds - Hon Secretary, Dulwich Runners**

## Wednesday Night Map

On page 13 in SHORTS you will find a copy of the map for this weeks Wednesday night runs.
Although there will still be some available at the clubhouse , it would help if you can print your own copy 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 them in the clubhouse.

## Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.
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 by 7:10
Don't just sit there salivating…join in ! - **Ros**

## DULWICH RUNNERS

### 2012 CLUB CHAMPS

**The next and final club champs race of 2012 is the Epsom 10 on 18th november**
.To qualify it will have been necessary to have completed a minimum of five events. - ***Mike Mann***
EPSOM 10 entry fom

## SPRING RELAYS

It's early days but you may want to make a note of dates of next year's spring relays. We'll be recruiting participants for these highly popular and enjoyable events early in 2013. Mike Mann

- Green Belt Relay, 18/19 May
- Welsh Castles Relay, 8/9 June
- 1066 Relay, 16 June (note later than usual)

# Dulwich Runners Charity 10K Sunday 7th October

## Marshals & helpers still needed

**"Thank you to everyone who has volunteered to marshall at the 10K this Sunday. Please try to get to the park by 9.15am - meeting near the children's playground - where you'll been assigned a role. We'll need a few people to arrive earlier - Ros will be contacting these people. If you want to volunteer but haven't already let us know, or feel free to turn up on the day and we'll find something for you to do. Keep your fingers crossed for a dry morning!" - Many thanks.**
**Melanie Edwards - melanie.edwards@rocketmail.com**

### ….and post race

### Hi All,

### Please join us following the Dulwich Charity 10k at the Crown & Greyhound for a few drinks and/or a bite to eat from 12:30 onwards:

http://www.thecrownandgreyhound.co.uk/
Unfortunately, like most popular pubs in the area, reservations aren't accepted on Sundays so the earlier you can get there the better.
There is usually a good turnout each year, so we look forward to seeing as many of you who can make it as possible!
Suz

ps - dress code: high viz jackets and sweat pants optional.
pps - enthusiasm: in the face of a down pour - loads.

## All things CROSS COUNTRY 2012/13

The cross country season proper starts on 20 October with the first men's and women's Surrey League matches (see Shorts for details of this and other fixtures). Please make every effort to attend these races, particular potential scorers even if you are planning to race the following day. These races are free and do not require advance entries. Details about start times, transport, footwear etc will appear in Shorts nearer the times of the races.

There are also a number of other cross country races during the season, most of which require entries in advance which are paid for by the club. These include the London, county, southern and national champs as well as the 2 South of Thames races (see fixture list in Shorts for details).

If you want to take part, it is essential that you let your respective captains know before the deadline given; otherwise it will not be possible to run by simply turning up on the day.

Note that for some of the late season races, entries have to be submitted many weeks in advance. So please look out for notices in Shorts and emails from your captains. The South of Thames 5 miles race on 24 November at Reigate forms part of our cross country champs, so we will be encouraging entries for this in particular, as well as the South of England champs at Parliament Hill on 26 January.

If you are planning to take part in cross country races, you will find some hill training of value, so you are encouraged to attend the Saturday morning sessions organised by Steve Smythe on non-race weekends (see recent Shorts Extra notice, and check forthcoming Shorts as times and venues will change from week to week).

***Mike Mann, Men's Off-road Captain***

## SURREY MASTERS XC, 13 OCTOBER, RICHMOND PARK

These champs take place at Richmond Park on 13 October. Teams can be entered in advance, but unusually it is possible to enter this event on the day. (Almost all other races, apart from the Surrey League matches require advance entries.)

However if there is a chance of fielding complete teams of 3 (M40, M50, W35, W45) they will need to be entered in advance, so if you are eligible (a vet and Surrey qualified by birth or residence) you will need to contact your captain.

Otherwise you can enter on the day (£5) at the Ranelagh clubhouse behind the Dysart Arms and 10 minutes jog from the start. ***Mike Mann***

## CROSS COUNTRY CHAMPS

We are planning to hold a cross country champs once again for the forthcoming season. To qualify it will be necessary to complete 4 of the following 6 races - The 4 Surrey League matches, the South of Thames 5 miles at Reigate on 24 November and the South of England champs at Parliament Hill on 26 January.

The prize categories will be the same as last season - the 3 leading men and women and first M40, M50, M60, W40 and W50. In addition there will be a captain's award. Our traditional mob match with Reigate will not be taking place this autumn. It may be rescheduled for February/March but this will not be confirmed in time to include this race in the club champs. ***Mike Mann***

## *FIXTURES Winter 2012/13*

The following table includes information currently available on cross country fixtures. It includes most races that will be of general interest, with some dates to be decided and some fixtures missing, but will be updated as further details become available.

Details of fixtures, start times, distances and transport information will be provided in Shorts prior to each event. Many of the events other than the Surrey League matches require entries in advance and only those pre-entered will be eligible to run.

Please look out for requests for entries from your cross country captains and make sure that you respond in time as the closing dates for some races are well in advance of the event. ***Mike Mann***

| Date | | Race | Venue |
|---|---|---|---|
| Oct | 13 | Surrey Masters | Richmond Park |
| | 20 | **Surrey League 1** | Lightwater **(M)** - Roehampton Vale **(W)** |
| Nov | 3 | Reigate Relays | Reigate Priory |
| | 10 | **Surrey League 2** | Roundshaw Down **(M)** |
| | 17 | London Champs | Parliament Hill |
| | 18 | Epsom 10 **EPSOM 10 entry fom** | **Last club champs (not cross country)** |
| | 24 | South of Thames 5 mile | Reigate Priory |
| Dec | 1 | **Surrey League 2** | Nonsuch Park, Sutton start 12 **(W)** |
| | 8 | Dysart/ Ellis Cups | Richmond Park |
| | 8 | Masters & Inter County champs | TBC |
| | 15 | Kent Masters | Tunbridge Wells, Rose Hill School |
| | 15 | South of Thames 7.5 miles | Richmond Park |
| Jan | 5 | Surrey County Champs | Lloyd Park |
| | 5 | Kent County Champs | Detling Showground at |
| | 12 | **Surrey League 3** | Cranford **(M)** - Mitcham Common **(W)** |
| | 19 | Vets AC Champs | Wimbledon Common |
| | 24 | South of England Champs | Parliament Hill |
| Feb | 9 | **Surrey League 4** | Wimbledon Common **(M)** - Dorking **(W)** |
| | 23 | National Champs | Sunderland |

2012/13 Surrey League Cross Country M= Men W=Women

The men's Cross Country races start at 3pm, apart from the January race which starts at 2.30pm and the womens fixtures start at 12 noon.

XC Captains: Men - Mike Mann mcmann90@yahoo.co.uk

Women: Mel Edwards dulwich.womenscaptain@yahoo.co.uk

Please note that the Kent Masters champs has now been put back a week to Saturday 15 December and that the venue of the Kent County Champs on 5 January has been switched to Detling Showground

## Hill Session: This week Saturday 10am

A dozen of varying abilities took part in the first Saturday hill session last week. This week it will be at 10am, meeting at the bottom of Cox's Walk, opposite The Harvester, junction of Lordship Lane & Dulwich Common about three minutes jog from Dulwich Park on the South Circular. This does allow time to do a parkrun first but it is recommended you don't run it flat out, but as a warm-up!

**The 4th Emer Casey London 10K** - Brockwell Park on Sun. 28 October 2012 - 11.00am. Entries are now open at www.runnersworld.co.uk/emercaseylondon10k. For further information about the Emer Casey Foundation, please go to http://www.emercaseyfoundation.com/

## Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. For more information on these, including qualification for the championships, see: Kent: http://www.kcaa.org.uk/road%20races.htm

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

**Kent Grand Prix and Championship Races** | **Surrey Road League and Championship Races**

*All Surrey events now completed*

| | |
|---|---|
| 14 Oct | Maidstone Half |

| Dulwich Runners A.C. - Social Calendar 2012 | | |
|---|---|---|
| **Event** | **Date** | **Details** |
| **Dulwich 10k** | Oct 7 | Post race at The Crown & Greyhound , Dulwich from 12:30 onwards details |
| **Curry Night** | Nov 14 | Details to be confirmed closer to the time. |
| **Dulwich Runners Christmas Party** | Dec 15 | The Plough, Lordship Lane<br>Please keep this date free! Tickets and further details to follow in September. |

And of course not forgetting the now legendary "Dulwich Runners Apres Cross Country Rehydration Sessions" or DRACCRS for short !, on Saturdy evenings after league cross country events (see fixture list for dates) held at local "refreshment spas" locations to be confirmed prior to each event , everybody is welcome running or not.
Questions, suggestions etc to dulwichrunners@gmail.com

## XMAS PARTY

***If anyone knows of a good DJ for the XMas Party please let me know***
Sue Cooper susan.cooper@hsbc.com

## Training partner required

I'm training for the Royal Parks Half Marathon at the beginning of October and would like to get in some long runs (10 miles or so) on a Sunday and would love some company if anyone else is interested - ideally a long/gentle Sunday morning run.

Pace would be 8.30 ish min miles... I think
Email me if you are interested in joining me next weekend, or another weekend after that. I live in Peckham but anywhere near Brockwell lido is a good starting point for me too.
Thanks - Nicola - njmcivor@gmail.com

## Dulwich Runners Race Clock needs a new home.

**The Dulwich Runners Race clock raises much needed funds for the club and it needs a new person to take over the management of the rentals as I have limited time to do it anymore.**

**It doesn't take up too much time, all of the documents are on-line and it is relatively straightforward now. I can show you how it all works, the forms (all electronic) and if need be can fill in occasionally when you are away. Let Ros, Graham or me know if you are interested.**

**Giles Gibson** giles@originaltg.com

## Dulwich Runners - Sail/Flag

Its missing !
If you know of its whereabouts then please get in touch and let us know where it is

## HELP NEEDED - Susan Vernon writes:

I have a place in next April's London Marathon and need some help with my long runs. I haven't attempted a marathon since 2007 so feel like a newbie!

I run at around 11 minute miling, which is slow, but with some encouragement I might go quicker! I am 6 weeks into my schedule and have already done 3 long distances, (2hrs)one with Chris and 2 on my own. Is there anyone who would be willing to join me on a Sunday for say 30 - 60mins.

I don't need conversation, just the company and occasional encouragement when the going gets tough. Stephanie has already volunteered so if there is anyone else, please email me at **vernonrun@aol.com**.

I don't want to resort to an ipod! I will be eternally grateful

## BRADLEY WIGGINS

Well nothing to do with him really but now I have your attention!
WANTED a second hand starter bike for my son who following a succession of running injuries wants to give road cycling a go. Road bike required with a 54 / 56 cm frame. If you have one to sell please contact :
Colin Frith at **nilocfrith@aol.com** or 07714844839

## Finland

I will not make the Club this Wednesday , can all those going to Finland collect their mementoes on Sunday at the 10km. - Cheers - Steve Wehrle

# Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major race, of which Steve Smythe kindly collates results for us, then it's highly unlikely that your results will be appear here in SHORTS
So to make sure your race results are mentioned please send them in and if you want to write a report to go with it even better.

## 5km Results, September 29th

### Brockwell

| | |
|---|---|
| 39 Graham Laylee | 22:10 |
| 116 ran | |

### Bromley

| | |
|---|---|
| 75 Martin Morley | 22:28 |
| 89 Colin Frith | 23:03 |
| 292 ran | |

### Crystal Palace

| | |
|---|---|
| 24 Jozef Danko | 22:59 |
| 38 Jane Harbage 9W | 24:40 |
| 76 ran | |

### Dulwich

Colin and Ian warmed up for their one hour hill session with strong runs – Colin running his fastest 5km for a few years and Ian just missing his.

| | |
|---|---|
| 7 Colin Bailey-Wood | 18:28 (debut) |
| 10 Mark Foster | 19:29 |
| 16 Gary Sullivan | 20:27 (PB) |
| 24 Ian Sesnan | 21:29 |
| 7W/45 Claire Steward | 23:16 |
| 58 Mick Mead | 24:46 |
| 105 finished | |

### Orpington

Clare Elms made her course debut and won her 42nd successive parkrun and also beat all the men easily as Dulwich took four of the first five.Oscar had the star men's run.

| | |
|---|---|
| 1 Clare Elms 1W | 18:28 (debut) |
| 3 Duncan Hussey | 19:27 (debut) |
| 4 Steve Smythe | 19:56 (debut) |
| 5 Oscar Hussey | 20:00 (debut) |
| 45 Steve Wehrle | 27:35 (PB) |
| 77 ran | |

### Riddlesdown

12 Ange Norris 2W 20:17

## ASSEMBLY LEAGUE MEDALS

## Medals will be presented this Wednesday night at the club

| Women A team: | Women B team: | Men: A team: | Men B team: |
|---|---|---|---|
| Shona MacIntosh | Nicola Richmond Ros | Tony Tuohy | Mick Ward |
| Clare Elms | Tabor | Wayne Lashley | Kev Wood |
| Catherine Lee | Stephanie Burchill | Ben Fairhall | Martin Morley |
| Ola Balme | Claire Steward | Colin Bailey Wood | Mike Fullilove |
| Andrea Pickup | Mel Edwards | Mike Mann | Joe Brady |

Apart from the team medals Dulwich won – second in the two men's sections and first in the two women's, Dulwich won a lot of individuals awards too. Usually there are single vets medals in 10 year age groupds and this time it was first three in five year age groups.
With Ben having to miss the last fixture because of injury, Tony who did all six, won overall as well as his age group. While the likes of Tony, Clare Elms, Mike Mann and Ros Tabor winning their age group was no surprise, it was great that regulars Stephanie Burchill, Mick Ward and Colin Bailey-Wood also won their age group for the first time. Shona finished second in the senior women's.

Overall men: 1 Tony Tuohy; 2 Ben Fairhall
M45: 1 Tony Tuohy; 2 Mike Fullilove
M50: 1 Colin Bailey-Wood
M55: 1 Mick Ward; 2 Andy Murray
M60: 1 Mike Mann; 2 Martin Morley

Overall Women: 2 Shona McIntosh; 3 Clare Elms
W40: 3 Andrea Pickup
W45: 1 Clare Elms; 2 Ola Balme
W55: 1 Stephanie Burchill
W60: 1 Ros Tabor; 2 Claire Steward

## Challenge Henley Half Sunday 16 September

Back in January, already looking for a distraction to my London Marathon preparations, I decided to set myself an autumn goal with a difference: a middle-distance triathlon (1.9K swim, 52-mile bike, 13.1-mile run). Having been last out of the water in two shorter triathlon attempts a few years ago, I knew I'd have my work cut out for me.

Jumping into the Thames as the sun came up did, quite literally, take my breath away but to my surprise, once I found my rhythm, I actually passed some of my fellow competitors – a massive psychological boost that gave me the confidence to relax for the bike leg.

A one-and-a-half-lap course through nearby villages, I'm sure my post-swim elation carried me up the three testing climbs and kept my legs turning as I entered T2. A two-lap run along lanes and towpaths was then all that stood between me and the finish. I say run, it felt more like an unglamorous shuffle. But I was on the home stretch now, and enjoyed every minute, beaming from ear to ear as I ran up the red carpet to cross the line in an astonishing 5:36:38 (35th out of 119 women and the sixth fastest female run).

Given that I'm already thinking about what I'd do differently next time (top of my hitlist: less faffing in transition) this could be the start of a whole new obsession…

| | |
|---|---|
| Swim | 00:45:35 |
| T1 | 00:08:24 |
| Bike | 03:04:50 |
| T2 | 00:04:43 |
| Run | 01:33:04 |

***Catherine Lee***

## Serpentine Last Friday 5k, Hyde Park 28 September,

*Ros Tabor writes…* Now the Olympics are finished Hyde Park is returning to normal and so these races are now back to the original course.

This is slower than the alternative Kensington Gardens course, as it is slightly hilly and there are more sharp corners.

*and Nick Brown writes….*4 Dulwich Runners were among the 201 strong field that took part in this monthly 5kms run in Hyde Park organised by Serpentine RC.

This was my 6th attempt this year to break the 18.30 barrier, but once again I was destined to fail narrowly!

:

| | | | |
|---|---|---|---|
| 23 | Nick Brown | 18.35 | 1st MV55 |
| 43 | Paul Devine | 19.30 | |
| 48 | Steve Williams | 19.41 | |
| 98 | Ros Tabor | 21.52 | 1st FV60 |

## Self-transcendence 10k, Battersea Park, 29th September

*Mel Edwards wrote…*On a sunny but chilly morning, Joanne and I arrived at the park with plenty of time to pick up our numbers and warm-up before the 8am start. Unfortunately the park warden wasn't so well prepared and didn't arrive to unlock the toilets until 7:45am. This left us with just enough time to jog to the bag drop at HQ and then back again to the start. The course was 4 and a bit laps of the lower half of the park, which was pretty deserted at that time of day.

After the first lap, the field had spread out a fair bit so when I caught up with the guy in front of me I decided to try and stick with him. I went through half way in 21 minutes and had a brief moment of doubt over whether sub 42 was really possible, especially as my knee had started to hurt and my 'pacer' had sped off. I felt good other than my knee so decided to try and up the pace and caught the guy up again as he settled back into a steady pace. It felt quite encouraging to be lapping people and I was relieved to be only lapped by the winner in the last few hundred metres of my third lap.

I had been trying to work out my kilometre splits in my head but gave up by 8k and just tried to pick up the pace. I wasn't surprised when the guy I'd been running with sprinted off with 100m to go but I was surprised to cross the line almost 4 mins quicker than my previous PB!

Joanne had a really good run too and also got a new PB although she felt a bit sluggish in the first half. Tony was a bit disappointed not to have gone under 35 mins but I think finishing 1st M50 (and 5th overall) and breaking the club M50 record must have been some consolation……

And Steve Smythe wrote…..After lots of near misses with the club M45 record, Tony took eight seconds off the club M50 record with a solid run. Mel Edwards, probably the club's most improved runner took four miunutes off her Elmbridge 10km, with a 41:33, almost matching her 5km PB over the second half. Another improving after training well, Jo Shelton followed up her 5km PB of the week before with a big PB of her own over 10km.

| | | | |
|---|---|---|---|
| 5 | Tony Tuohy | 1M50 | 35:04 (Dulwich M50 Record) |
| 46 | Mel Edwards | 9W | 41:33 (pb) |
| 84 | Joanne Shelton | 15W | 46:30 (pb) |

146 ran

## 21. Dabendorfer Herbstlauf and some Marathon

On Saturday the 22. Sept. I took part in the 3.7 k race of the "21. Dabendorfer Herbstlauf" and am thrilled to report an utter and complete triumph for the Dulwich Runners at this prestigious meeting! The hamlet of Dabendorf is nowadays part of the town of Zossen in the Mark Brandenburg to the south of Berlin and the sports club MSV Zossen 07 holds an annual race over 5, 10, and 15 k a week before the marathon in the capital.

I thought it a nice idea to stretch my legs in park run fashion and do the short race. On the day the race organiser (who looked disconcertingly like captain Haddock from Tintin) had shortened the 5k further to a 3.7k lap in the surrounding pine forest. Also he decided to start the 15 and 10 k races about 3 min earlier than announced by the man on the loudspeaker, so a lot of the 10k runners found themselves in the 3.7 k crowd and had to play catch up to their field.

Nevertheless we got off to a good start along the sandy tracks and after a cautious first kilometre I thought I can go a bit faster and found myself suddenly in the lead. This will in all likelyhood remain the only time in my running career, that I experienced the difficulty of the frontrunner to decide which track to follow, since there were few marshalls about, and the ones I encountered had the irritating habit to try and direct me on the 10k course! I heroically overcame all obstacles, even untied shoelaces on my right foot, and held my position to the finish, winning overall in a time of 13 min 52.

Strangely the second place went to a 12 year old, and the third man was 55. But I wasn't bothered by that and proudly assumed my top place on the podium, graciously accepting my certificate and a rose and ignoring the fact that there were suspiciously many bedraggled looking kids in running gearin the crowd.
Compared to that, the minor race, a week later pales into insignificance…..

## ….The "BMW 39. Berlin Marathon" on Sunday the 30. Sept.

Well, no problem of the frontrunner here!
About 37.000 started and 36.000 finished on a perfect day for a marathon. Cool but sunny weather, no wind, lot's of support along the way, bands when you needed them and a nice fast flat course. It was very packed along the first 10 k, but that was good for not starting too fast. Kept a nice flow till about kilometre 35, then the hard bit, but a sub 3:15 was beckoning and I somehow managed to keep it going to the finish. But then, boy o boy, did my legs ache! Had a massage just after, and they handed out alcohol-free german weissbier! That helped somewhat, and it feels much better now!

Am quite pleased about keeping my pace, losing just one minute in the second half and achieving pretty much exactly what I planned to run (96/96 splits was the goal). A big thank you to Steve Smythe, who gave me a challenging but rewarding training schedule for the last 12 weeks! This in combination with some "high altitude training" in the Polish mountains (lot's of yapping dogs to dodge in villages; keeps you nimble on your feet) and lighter racing shoes on the day was key to get it done, I think.

Will I do it again and try for a faster time? Sir Steve Redgrave's comment after his second to last gold medal comes to my mind: "If I ever do this again, you're allowed to shoot me!"

**Berlin Marathon:**
2715 Ebe Prill 3:12:31 (210 MV50)

**Dabendorfer Herbstlauf 3.7k**
1 Ebe Prill 13:52

## Ealing 1/2M 2012 Sunday 30 Sep

**Ealing Half Marathon – 30 September 2012**

*Claire Steward writes:* I entered this race without really knowing anything about it, then did some homework and started to regret it. It is a brand new event – recipe for teething troubles and organisational chaos; over 4,600 entries – sounds like it will be crowded; no designated start pens – potential for joggers in silly costumes to line up at the front; route full of twists and turns – it will be slow…….. On the day it was a pleasure to find that my fears were totally unfounded.

It made a pleasant change to travel by public transport, and taking the Piccadilly Line to Northfields for a 9:15 start was fairly painless. On arrival, Lammas Park had been converted into an excellent race HQ, with covered changing area, baggage store and Portaloos (why are there never enough?), and after negotiating a bit of a bottleneck at the exit of the park I lined up between the 1:30 and 1:40 markers while the group warm-up continued in the park. We were assured that the race would start on time, whereupon someone managed to drive a car into a lamp post somewhere on the route and the start was delayed by 20mins while the police sorted it out.

When we finally set off, there were no hold-ups or manic jockeying for position as we settled into our stride. The weather was near perfect, the route was a bit convoluted but the roads were closed to traffic. There were plenty of marshals, good support along most of the route with four water stations handing our bottles of water, probably rather excessive for 13 miles on a cool day with most bottles being discarded with only a few sips taken.

Having convinced ourselves that Ealing was pretty flat, there were a couple of longish 'undulations' but the final 1½ miles which wove interminably around Walpole Park and Lammas Park was pancake flat and made for a fast finish. As I crossed the line, I was announced as first woman over 55 – hurrah! Better that way than having to wait around on the off-chance, only to find that actually some mega-speedy 55-year old has finished way ahead.

As we regrouped afterwards, it seemed we had all enjoyed it and were pleased with our efforts, and we eventually made our way to a local hostelry for liquid refreshment. I would happily do this one again, it has fast potential with the winner (a Herne Hill Harrier) finishing in 1:09:51 but it had also attracted many first-timers at the distance, and the vast majority of entrants were not club runners.

| | | |
|---|---|---|
| 139 | Matthew Galvin | 1:29:26 |
| 432 | Graeme Campbell | 1:38:05 |
| 520 | Claire Steward | 1:40:09 |
| 752 | Jim Dowsett | 1:42:58 |
| 824 | Olivier Montfort | 1:43:43 |
| 1107 | Clare Quirico | 1:49:36 |
| 1307 | Paul Keating | 1:53:27 |
| 1451 | Patrick McMorrow | 1:54:52 |
| 3165 | Mark Best | 2:32:58 |

3,375 finishers are listed in the results with final finisher at 3:35:26 so there were 1,300 entrants who either did not start or finish, or who missed the cut-off and didn't get a result recorded.

## The Inaugural Ealing Half Marathon

Good atmosphere. Well marshalled etc, Undulating course. I'm originally from Ealing hence felt compelled to race. I'm new to parenthood - so have had limited training and sleep in recent weeks - so I set a target of sub-90 mins.

Family out on course lifted spirits and although I was below my time for Paddock Wood (87 odd mins), I was pleased at completing the first of many Ealing half marathons.

Free massage and Thai curry post race. Great atmosphere in Lammas Park.

139 Matt Galvin 86.26

## Black Mountains Fell Race 17 miles 5,200 ft – Sat. 29 September

For the fourth time I headed down the M4 on Saturday to tackle the Black Mountains. Everything felt very familiar: the sun was shining again, there was a sprinkling of familiar faces and the same relaxed registration. Before the start, there was a minute's silence for Ray Eagle who died in the Katmandu plane crash, and had competed in this race in years gone by. Then we were off.

Having had quite a good year's running, I was hoping for a better time than last year (3.26.55), but at the first two check points I was spot on last year's times, partly due to taking not such a good line on the steep decent after Pen Allt-Mawr. The 1200 foot climb up Pen y Gadair Fawr doesn't get any easier, and wasn't helped by nearly swallowing some plastic while tearing open a home-made gel.

On the descent from Pen y Gadair Fawr, I teamed up with a runner called Andrew whom I had met a couple of years ago. At the bottom of the mountain we had a wide stream to cross. I was ok, he was not so lucky, falling right in, and turning the air blue for the next couple of minutes. With nine miles still to go, and a very stiff wind blowing on the summits, this could have had serious consequences, but he was experienced enough to wear his waterproof for the rest of the race.

At CP 3 on Chwarel y Fan I was a couple of minutes up on my time, and the next few miles were the best bit of the race. Along the 1½ mile ridge to Bal - Mawr (CP 4)I was able to pick up the pace and gain another minute. The descent from Bal-Mawr is the most difficult bit of navigation, even when it is clear, and Andrew and I were well separated from the other runners.

The hillside is covered with a maze of sheep tracks, and the trick is to choose the right ones to get the best line to the forest gate from where the route is flagged. I have never got it right before but this time I did. Very satisfying.

By now morale was high, and I was hoping to get near 3.20, but I had reckoned without the last climb over Crug Mawr. The first part is along a gently climbing forestry road which I ran at reasonable pace. But then there is a steep 300ft climb up a narrow rocky eroded path through the forest, and my legs could not keep up the pace. Andrew got away from me and the girl who came second overtook me. I was still 3 minutes up at the summit and could theoretically make 3.20, but in practice I didn't have anything left to increase the pace over the last 2½ miles.

But in the end I was pretty pleased to be nearly three minutes up on last year, having kept running at several points where I had always walked before, and it had been a glorious day among friendly people in beautiful country. To crown it all, just after the prize giving, we had a fly-past from the only air-worthy Vulcan Bomber. You never know what you will see if you go fell running!

If you want to have your appetite whetted for next year there are some cool photos taken at the last CP. Go to www.fellrunningpictures.co.uk. Click on the Home Sweet Home page to find Black Mountains 2012

Winning time 2.45
19 Hugh Balfour 3.24.02 ( 3rd V50)
58 finished

## Power of Ten

While all events no longer go on it, and many events from earlier years aren't on there - most of the last few years or so are there.
Topping the Power of Ten lists and near the front of the overall Power of Ten most races are a number of Dulwich Runners. Altogether 150 Dulwich Runners feature on the database
http://www.thepowerof10.info/athletes/athleteslookup.aspx

**Fourteen have over a 100 races detailed**:
Steve Smythe 1350
Ros Tabor 481
Mike Mann 409
Clare Elms 402
Tony Tuohy 233
Claire Steward 217
Ola Balme 189
Jo Quantrill 171
Andy Murray 167
Andrea Pickup 166
Jim Dowsett 113
Clare Wyngard 111
Mike Dodds 106
Ameet Patel 103

**in the 90s are**
Graham Laylee 98
Angie Norris 98
Debbie Niccol 97
Duncan Hussey 94
Charlie Lound 92

## Bristol 1/2M Sept. 30th

*Wayne Lashley writes:* When I booked this run it was shortly after the debacle that was the London Marathon. I had marked the Bristol Half Marathon as my first marker ahead of a revised attempt at a marathon in 2013. Due to the track season though, my priorities changed and consequently, I hadn't trained specifically for this race.

I bought new trainers on Friday 28th September, just 2 full days before the half marathon. It was a risk worth taking for three reasons: My suffering at the London Marathon had taught me I needed better cushioning for these types of runs, my current trainers were too bulky and, thanks to being caught in numerous downpours, they also stunk to high heaven! I couldn't subject the other runners to that stench!

The next major change was the gels I used. For the London Marathon, I used Science in Sport and Lucozade gels. Those of you who remember my comments at the time, will know I was less than complimentary about these products due to their lack of sodium and potassium. This time, I used GU gels. They need to be consumed with water but the difference was immediately noticeable as there was no threat of cramp at any stage during the Bristol race. I only ended up using just one gel whereas at the corresponding race last year, I used 3 SiS gels and still felt tightness in my legs in the final stages!! (product endorsement over)

…And to the race itself. The first few miles were a case of being stuck behind slower runners on the narrow part of the course.

The first three miles were run in 6.39mins, 6.10mins and 6.05mins respectively. I was fairly content at this pace until a man dressed in a banana suit was lingering on my tail and another runner ahead of me at this point, thought he'd show how much energy he had at 3 miles by running to the side of the road to parade in front of two girls that had come support him. This last action was thy foulest bravado and I was having none of it!!! Captain Heartless? Absolutely! I finished the first half of the race with two 6.10 minute miles and a 6.17minute mile which I think was me slowing down to take on my gel and water.

With Bananaman and 'university heartthrob wannabe' long since dropped, Mile 7 through to 10 were about maintaining my momentum despite the constant variations in gradient. A 6.15 minute mile was followed by miles run in 6.05, 6.09 and 6.18 minutes respectively. With my legs feeling surprisingly strong after 10 miles, I decided to attack the final part of the race. Despite a few strategically placed short inclines, I held my form and increased my speed to finish the last three full miles with 6.03 minute, 5.57 minute and 5.56 minutes miles respectively. The final sprint saw my pace increase to 5.01 min/mile and brought me home in 1:20:47. A quick post race analysis soon revealed I'd run a negative split for the race!! It was very similar to my time last year and two minutes shy of my PB set at Paddock Wood earlier this year but I was delighted with how I had run and the strength I had at the end.

118 80:47

## Streatham Common XC officially 6M but nearer to 7M ! - 29 Sept.

The organisers charged £13 on the day for this event to run around a common despite free parkruns and normally all cross-country's are free to run. Following her half ironman triathlon, Catherine Lee was close to winning. ***Steve Smythe***.

Having been under-distance in recent years, an extra lap was added , making the course nearer 7 than 6 miles. With two challenging hills on each of the 4 laps, the 4 of us taking part found it a tough introduction to the cross country season. However weather and ground conditions were near perfect. ***Mike Mann***

| | | | |
|---|---|---|---|
| 20 | Catherine Lee | 2W | 47:27 |
| 25 | Mike Mann | 1M60 | 48:52 |
| 30 | Chris Treble | | 49:33 |
| ? | Cameron Timmis | | 52:45 |
| 79 | Susan Nicolai | | 65:09 |

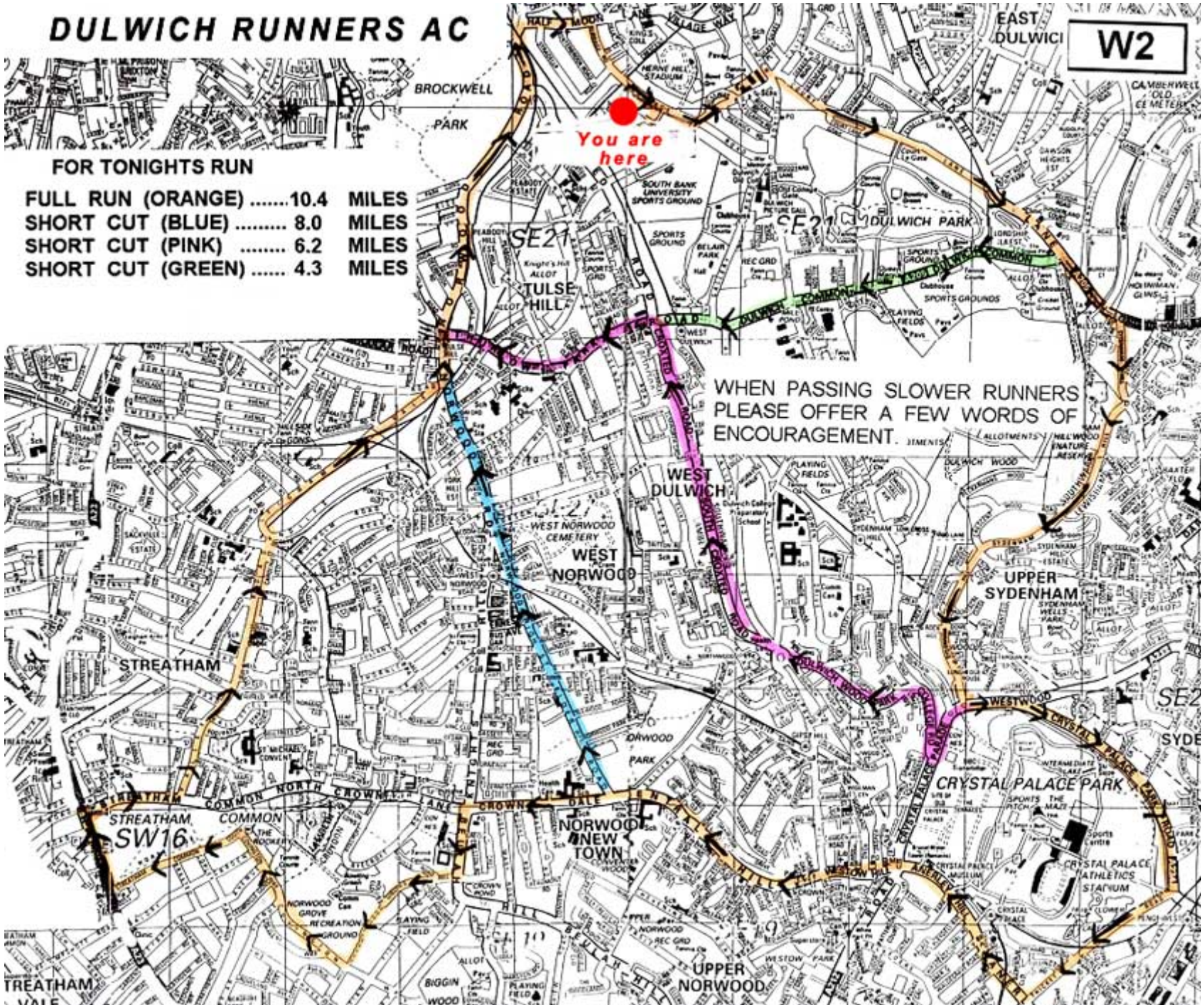
Winning time 37:09

# DULWICH RUNNERS AC

**W2**

**FOR TONIGHTS RUN**

| | | |
|---|---|---|
| FULL RUN (ORANGE) ..... | 10.4 | MILES |
| SHORT CUT (BLUE) ..... | 8.0 | MILES |
| SHORT CUT (PINK) ..... | 6.2 | MILES |
| SHORT CUT (GREEN) ..... | 4.3 | MILES |




WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.

# Keep yourself dry on those wet winter runs

**New – Dulwich Runners waterproof jackets now in stock Only £25 –**
**See Ros to buy one of these and other club kit**

## ALGARVE RUNNING CHALLENGE, NOVEMBER

For those of you who fancy some warm weather training and racing and escaping the often gloomy weather here, there is an opportunity this autumn. The Algarve Running Challenge takes place from 7 to 11 November and includes a cross country race, a mile on the track, a 10km forest trail race and a 10 mile road race from Spain to Portugal across the Guardiana Bridge.

The hotel is situated on the beach and there are excellent opportunities for training runs through pine woods, cycling and swimming in the sea or pool, or alternatively lounging on the beach for those wishing to chill out. Trips to some picturesque local towns nearby can be made on the local railway. As it off season the cost is very reasonable with the total including flights, bed and breakfast, evening meal and race entries amounting to no more than £550 per head for a 7 day stay, and less for a shorter trip.

The organisation of the races is by our own Steve Smythe, and Ros, Andy and myself are regular participants, so please contact one of us for further details or get a brochure from Track and Field Running Tours (www.trackandfield.co.uk ) *Mike Mann*

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# The 49th Annual
# EPSOM 10

## Sunday 18 November 2012 9.30am

One lap scenic 10 mile course on country roads around Epsom & Walton Downs. Start & Finish close to the Grandstand on Epsom Racecourse.

**BECAUSE OF THE NATURE OF THE COURSE AND POTENTIAL WEATHER CONDITIONS IN LATE NOVEMBER A TIME LIMIT OF 2 HOURS WILL APPLY.**

**Race HQ in the Queen's Stand**

Under UKA rules – permit applied for.

Plenty of parking ~ Memento to every finisher

**Prizes:** First 3 Men/Women

1x M40, 1xM50, 1xM60

1xF35, 1xF45, 1xF55

1st Club Teams: Male & Female 3 to score

The race includes the 10 mile championship for both Vets AC and SCVAC but is NOT a vets only race.

Cert No 12/322

Entry fee: £12 [£14 unattached]

All entries on the day £15

Add £2 if entering Vets AC champs / £1 SCVAC champs

**Enter online:** www.runnersworld.co.uk/(events)

Cheques payable to Epsom & Ewell Harriers

| | | | |
|---|---|---|---|
| Name | | Male/ Female? | |
| Address | | | |
| Club | | Age on race day? *You must be at least 17 years old on race day* | |
| Your phone no. | | | |
| If Vets AC give member number | | If SCVAC give member number | |
| Signed: *Entries for 17 year olds must be signed by parent / guardian* | | | |

Participating in endurance events is physically stressful and you should ensure that you are properly prepared, trained and fit to compete. By entering the race you agree that personal and medical details can be released by the medical team to the race organiser in the event of a medical emergency.

Send entry & 9x6 SAE to Don Turner,
40 Rosedale Rd, Stoneleigh, Epsom, KT17 2JH
Tel: 0208 393 8950
Enquiries? davidaclarke@blueyonder.co.uk