SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 2nd October 2013

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

- THE COMING WEEK –

Wed	**02**	**Club Night, Edward Alleyn Club** 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar **Lucky Vest night** Win £5 !- see bottom of page **Say goodbye to Martin** - page 3
Sat	**05**	**Lloyd Parkrun** last DR club champs- see below
Tue	**10**	Track session with Steve Smythe - £2.60 fee Crystal Palace Track - 7 for 7:15pm start **IMPORTANT SEE BELOW**

In your SHORTS this week !

4 Fixtures, Club Champs, Assembly League etc.
5 Race reports & results
12 Wednesday night running map

And much more !

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DULWICH TRACK SESSIONS

Crystal Palace Track

Tuesdays with Steve Smythe - suitable for all abilities
Improve your speed & strength over all distances.
suitable for all abilities.
Dulwich Runners will try the Palace track for a month. Pay at main reception (Pool entrance) at 7pm for 7.15pm start, ***allow more time than at Ladywell/Dulwich as it can take 10 minutes plus to get from queuing at reception to track, because of this the session will start very slightly later than 7.15pm***
A Dulwich rate of £2,60 has been agreed so state you are Dulwich. (Track is normally £3.95 peak, £2.75 off peak)

NB **Definitely Crystal Palace next week but would be interested to know preferences between the Palace (where there are issues with queueing at reception) and Ladywell. Please e-mail **steve.smythe@athleticsweekly.com** with your preference

DULWICH RUNNERS CLUB CHAMPS 2013

******* Final Club Championships Race, Saturday 5th October, Lloyd Park *******

Our final club championships race is the Lloyd Park parkrun on Saturday 5th October at 9am.
For details: **http://www.parkrun.org.uk/lloyd/**
Note that you will need a parkrun barcode to be given a result, so if this is your first parkrun, register through the link.
Since we are likely to substantially increase the numbers on the day, we have been asked to provide volunteer marshalls. If you are unable to run one the day or would prefer to marshall, please register through the link and could you also let me know.
We will be meeting up at the cafe in the park after the race.
Charlie Lound - **chas.lound@btinternet.com**

EVENT HORIZON

A brief look ahead

full fixture list page 3

Oct	5	Lloyd Park run - 5k last 2013 club champs
Oct	12	Surrey Vets XC, Petersham
Oct	19	Surrey League XC Men and womens fixtures

NEW RUNNERS ROTA

Thanks to **Tony Tuohy and Andy Murray** for taking out new runners last week.
If you are on the list, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Important guidance notes for people on the New Runners Rota are on page 3 please read them. When it's your turn you will recieve a couple of reminders by email
Thanks. – Ros

Kevin Wood	**02/10**
Clare Wyngard	09/10
Hugh Balfour	16/10
Lindsey Annable	23/10

WEDNESDAY NIGHT £1 RUNNING FEE

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

LUCKY VEST tonight

win £5 !

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.
Vests £18 each and can be puchased from Ros
ros@28kerfield.freeserve.co.uk

ANNUAL GENERAL MEETING
Wednesday 23rd October 2013

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

Items for the agenda should be sent to the Hon. Secretary, Clare Osborne, by Wednesday 9th 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 2012 AGM are available on the Dulwich Runners website and will be proposed for adoption at this AGM.

Nominations for club positions should also please go to Clare. These should ideally be by Wednesday 9th October 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 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, that of Social 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. In addition, if anyone is interested in sitting on the committee in a more general/non specific capacity, Clare would be interested to hear from you.

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 07917 210436

Post	Present Holder	Standing Again?
President	Ron Searle	N/A
Chair	Ros Tabor	Yes
Hon. Secretary	Clare Osborne	Yes
Hon Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Sue Cooper	No
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

Wednesday Night Runs Map

Click above for this weeks Wednesday night map.
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

Track

Definitely Crystal Palace next week but would be interested to know preferences between the Palace (where there are issues with queueing at Reception) and Ladywell.
Please e-mail **steve.smythe@athleticsweekly.com** with your preference

New Pastures for the Morley's.

Yes the rumours have found to be true and Marion and Martin are moving to a village near Lincoln. We will be moving on Friday the 4th October and therefore would love to have a farewell drink with you all.

To this end we will be down at the club on Wednesday the 2nd October and it would be nice if you could also make it for a final run and farewell.

DR has played a big part in my life and feel we have made so many new friends that are now old friends. If you are passing by our way we would love to see you, we are at Witham St Hughs, 8miles from the A1 Newark turnoff, just send us an e-mail or give us a call.
Hope to see as many as possible on the 2nd and thanks to Dulwich Runners for being such a great club.

Martin and Marion Morley

Clare Osborne, Dulwich Runners Secretary, comments:

Your DR Committee met last week, discussing a number of things, including the upcoming AGM. For info, some of the main decisions/outcomes were as follows:

- new runners: guidance for those on the beginners rota was agreed and will be published shortly;
- AGM: logistics were agreed and topics for discussion were considered;
- club championships: matters submitted from club members were discussed and actioned;
- social events - Christmas party planning continued

DULWICH 10KM MARSHALLS

All marshalls to be available at the park for 08:30 on the Sunday morning. - recce run cancelled

Anna Thomas	James Burrows	Paul Keating
Barry Evans	Jim Dowsett	Peter Jackson
Bernard Imber	John O'byrne	Richard Pole
Brendan Pelican	Katie Styles	Ron Searle
Clare Quirico	Nicola Mcivor	Roy Hibberd
Colin Frith	Oliver Montfort	Simon Winstanley
Dave Feasey	Pat O'connor	Stephanie Robinson
Graham Laylee	Paul Devine	Steve Street
Geoff Leberl	Paul Hilton	

Wednesday Apres-Run Re-hydration !

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

Carbo Loading !

For all you hungry runners we will be ordering fish and chips 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 ! - Ros

NEW RUNNERS

As you are a regular runner on Wednesday nights you have been included on the new runners' rota.
Your name will probably only appear about once a year.

Here are some guidelines:

- read Shorts and make a note in your diary of when your turn is (the list is largely alphabetical)
- if you can't make that date try and swap with someone else on the list and let Barry/Ros know
- if swapping dates is impossible let Barry know as soon as possible, so he can amend Shorts
- arrive in good time so you can meet any new people and discuss their needs
- agree the distance and pace that the group will be running. If the new runners are much faster (or slower) than you, you will have to ask around and find someone else to go with them, consulting Ros as necessary
- make sure the group stays together and no-one is left behind
- slower runners may need time to stop and rest, or short periods of walking
- tell people about how the club works – championships, cross country, track nights, relays etc
- emphasize the social side of the club
- encourage people to come to the bar after the run and try to introduce them to others of similar age and/or ability
- if you are not confident taking a group out by yourself ask for someone to go with you
- encourage people to sign up for Shorts and read it
- encourage people to join (through Barry)
- if you see people you ran with in later weeks, ask how they are getting on

Dulwich Runners Christmas Party Saturday, 14th Dec 2013 The Cambria,Herne Hill Road

Its never too early to think about Christmas, Santa and his Elves are always watching.....With that in mind please keep free Saturday 14th December free in your diaries.
This year we are holding our Christmas festivities in the upstairs function room of The Cambria on Herne Hill Road.

More details and ticket information will follow when the first autumn leaf falls..... - **Suz**

Dulwich Runners Club Kit

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

Hoodies are now available. There are a few left in each size .
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

The Emer Casey London 10K will take place in Brockwell Park on Sunday 27 October 2013 at 11.00am. The race is organised by the Emer Casey Foundation in conjunction with Herne Hill Harriers. Entry is online at www.runnersworld.co.uk/emercasey10k2013. The entry fee is £10 for club runners and £12 for runners without a UKA competition licence. Entries will be accepted on the day provided that the entry limit of 300 has not been reached.

curry night

Hi All,
Please build up an appetite during your usual Wednesday night Club runs and join us at Surma, for a mouth watering Indian Cuisine

When: Wednesday 30th October, 9pm after club run
Where: Surma, 42 Lordship Lane, East Dulwich, SE22
Buffet Price: £10 per person (TBC) cash on the night please drinks paid for separately at the bar).
Itinerary: Club run, shower, travel to East Dulwich (car, walk, bus or otherwise), eat-drink-eat, feel all warm- fuzzy and glad you came.
Email me if you would like to come:
misssuecooper4@aol.com

Dulwich Runners 2013/14 Fixtures

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

Date		Race		Venue
Oct	5	Trail race, Lloyd Park parkrun	(club champs)	Lloyd Park
	5	Streatham Common 6 Mile XC		Streatham Common
	12	Surrey Vets XC		Petersham, Richmond Park
	19	Surrey League Cross Country	Men	Richmond Park
	19	Surrey League Cross Country	Women	Lightwater
	20	Cabbage Patch 10		Twickenham
Nov	2	Priory Relays XC		Reigate Priory
	9	Surrey League Cross Country	Men	Wimbledon Common
	16	Dysart/Ellis Cups (XC)		Petersham, Richmond Park
	16	London XC Champs		Parliament Hill Fields
	23	BMAF XC Relays		Derby
	23	South of Thames 5m XC		Streatham Common
Dec	7	Surrey League Cross Country	Women	Farthing Down
	7	Kent Masters XC Champs		Danson Park, Bexley
	14	SEAA Masters XC		Biggleswade
	21	South of Thames 7.5m XC		Wimbledon Common
Jan	4	Surrey XC Champs		Denbies Vineyard
	4	Kent XC Champs		Hythe
	11	Surrey League Cross Country	Men	Reigate Priory (DR to co-host)
	11	Surrey League Cross Country	Women	Putney Vale
	25	South of England XC Champs		Parliament Hill Fields
Feb	8	Surrey League Cross Country	Men & Women	Lloyd Park
	15	Beckenham/Dulwich Mob Match		Beckenham Place Park
	22	National XC Champs		Nottingham

I've had a few enquiries about the forthcoming cross country season, so here is some advance information, particularly for the benefit of newly joined members.

We compete in the Surrey League cross country and the men were promoted to Division 2 last season whilst the women remain in Division 1.
There are 4 fixtures during the season, starting on 19 October at Lightwater for the women and Richmond Park for the men (details of other fixtures can be found in Shorts).

With the **Men's Surrey League** there is no need to enter in advance; you simply turn up on the day though your captain will find it helpful if you could let him know in advance.

With the **Women's Surrey League**, we need to enter runners in advance and you should have received an email regarding this.
With the first 5 runners scoring for the women and the first 10 for the men , it is important to field as many as possible of our strongest runners.

But these and other cross country races are not elite and are suitable for all abilities. They also provide excellent strength and endurance training from which you will reap the benefits, particularly in longer road races.

In addition to the Surrey League there are a number of other races during the season, almost all of which take place on Saturdays. These include the London champs in November, two South of Thames races in the autumn, the county champs (Kent and Surrey) in early January, the South of England champs in late January and the National champs in February.

There's also a number of Masters events. For all these races it' necessary to submit entries in advance, in some cases over a month before the events. Your captains will post details in Shorts and contact regular cross country competitors nearer the time, but it is important to read this information carefully and respond before the deadline given if you want to participate.

The club pays for race entries. We cannot cater for runners who simply decide on the day that they fancy a run, but they are of course welcome to support our runners.

Regarding footwear, you can often get away with road shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country shoes, or alternatively fell or trail shoes become essential.

Please contact your captains if you would like to take part and for any other information regarding the forthcoming cross country season. - ***Mike Mann***

Your Cross Country contacts: Men - Mike Mann mcmann90@yahoo.co.uk
Women - Anna Thomas & Mel Edwards dulwich.womenscaptain@yahoo.co.uk

Cross Country Fixtures

In addition to the cross country races mentioned separately in Shorts, there are two higher profile events this autumn for which we would like to enter the strongest teams available.

These are the BMAF Relays in Derby on 23 November and the SEAA Masters in Biggleswade on 14 December. In both these events we have medal winning potential in some of the age categories. Those of you that have been approached for the SEAA road relays at Aldershot later this month, provided you are eligible as these are masters events, will be contacted individually in due course.

For the BMAF relays the age categories are M35/45/55+ and W35/45/55+ and each stage is around 3k in length. Some of us took part last year and it is a well organised event over an excellent course. The age categories for the SEAA Masters XC are M40/50/60+ and W40/50+, and the distances are 6k for the women and 10k for the men with 3 to score

CROSS COUNTRY CHAMPS

We will be holding a cross country champs once again this season. To qualify it will be necessary to complete 4 out of 6 following races: 3 out of the 4 Surrey League matches plus either the South of Thames 5 miles at Streatham Common on 23 November or the mob match on 15 February.

The prize categories will be the three leading men and women, the first M40, M50, M60, W40 and W50, plus a captain's award.

Mike Mann

Women's Surrey League -

volunteer required for final fixture

We are required to provide a volunteer to act as place recorder at the final fixture of the women's Surrey League, which will take place at noon on 8th February in Lloyd Park. The men's race will be taking place at the same venue later that day so if any of the men would like to volunteer then you should be finished helping out after an hour or so, so you'll have plenty of time to warm up for your own race. I appreciate that it's a few months away but if anyone knows now that they will be available to help on that date, then please do get in touch:
dulwich.womenscaptain@yahoo.co.uk

Men's Surrey League, Richmond Park, 19 October

The first men's Surrey League match of the season will be held in Richmond Park on Saturday 19 October, starting at 3pm.

We have not received details yet but it is likely to be held at the far south end of the park, starting and finishing close to Kingston Gate.

Those of you who took part in the December South of Thames race will remember the course. The race is around 5 miles over 2 laps. The ground is pretty well drained and, subject to weather, road shoes may work but trail or studded shoes or spikes will provide better traction.

There is a small car park at Kingston Gate and parking is available in the residential streets outside. The nearest train stations are Norbiton and Kinsgston. Please allow plenty of time to get there and make sure you arrive by 2.30 (for a 3pm start) to collect numbers and warm up.

It is important that we achieve a good turn-out for this race, particularly amongst our faster runners, and we will need to maintain this throughout the season (of 4 fixtures) to stand a decent chance of avoiding relegation.

In particular we have some newly joined members who are strongly encouraged to take part (make sure you buy a Dulwich vest beforehand).

Mike Mann
mcmann90@yahoo.co.uk

Beckenham/Dulwich Mob Match, 15 February

A cross country mob match against Beckenham Running Club, and possibly Striders of Croydon as well has been arranged for Saturday 15 February, starting at 2.30. It will take place in Beckenham Place Park on a course similar to that used for the 10k trail race there.

It is suitable for runners of all standards; the idea is to field as many competitors as possible. Further details will be provided nearer the time.

Note that this race will form of a cross country champs competition (see separate notice in Shorts). - ***Mike Mann***

Masters Fixtures

These are the main British Masters fixtures.
The main club event will be the BMAF Road Relay Champs, where we have done well in recent years.

There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too

Oct 15-27	World Masters Champs. Pt Allegre	Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Cardiff

Race Reports & Results

Nb Steve Smythe can no longer compile results for Shorts for races he's not at and will only send results for races he will attend (or arrange for someone else to send), so if you want them to be recorded here in SHORTS you must send them in.
If you can write a report even better, all road, fell, XC, Tri results etc, are welcome

Ealing 1/2M Sunday 29th Sept

I again ran the Ealing Half, and last year my time was 1:44:06 so after 1 year of doing track sessions with Dulwich and lots of other events in between I was confident I could beat this time.

I made my way through the crowds at Lammas park till I found the official 1:30 pacer with my aim being to beat him.

I started fairly quick and I never saw that pacer again, however at around the 11k mark a guy with balloons saying 1:30 pacer did pass me, looking at my Garmin and doing some rough calculations I figured I was still ok for the sub 1:30 so just continued at my current pace. which was probably a mistake!!

Last year I did not have a Garmin or any running device and and I just ran while listening to music!! Stupid I know.
The finish line had a giant clock which read around 1:30:57 as I passed the electronic markers on the floor, however I definitely beat the official sub 1:30 pacers.

I feel a little annoyed that I beat the official pacer and still missed my target by only 37 seconds, I have asked them on twitter as to what happened and was told they suffered Garmin failure and they actually finished around nearly 2 hours!!

Well next Sunday (6th October) I will run my 4th half marathon at the royal parks and I will again try for a sub 90 and hopefully it will be 4th time lucky

The event itself is well organised with water stations and clear markers, the roads around Ealing are closed to traffic and this is an enjoyable half, there are some hills but nothing to difficult.

The race entry was £32 for affiliated club members with a nice medal and a free massage afterwards if you do not mind the queues

Kevin Chadwick Official finishing time: 1:30:37

Serpentine Last Friday 5k
Hyde Park 27 September

Paul Devine	17.44
Charlie Lound	17.58
Ebe Prill	18.19
Ian Lilley	18.21
Alastair Locke	18.57
Steve Williams	20.35
Andy Murray	20.57
Ros Tabor	21.42

World Triathlon Age Group Championships

The video link was wrong last week. The good video, with excellent commentary by tv commentators, is
http://www.triathlon.org/agegroup/finishers/16034
Clare gets a mention re her 17:51 5km at the Aquathlon at around 247.00 as she passes on her first lap and her finish is around 255:00

Ealing 1/2M Sunday 29th Sept

Claire Steward writes: Last year nine DRs took part in the inaugural race. This year we were down to only four (with two DNSs) which is a pity because this is a great event.

It is easy to reach on the Piccadilly Line to South Ealing or Northfields for a 9:15 start, although Paul encountered problems on the Jubilee line and arrived just in the nick of time.

Lammas Park makes an excellent race HQ, with covered changing areas, baggage store and Portaloos and the vast majority of runners positioned themselves in orderly fashion so there was no mad jostling for position for the early miles.

Once again, the weather was near perfect; the route is a bit convoluted but the roads are closed to traffic and there are several places where you can see the faster and slower runners heading in the opposite direction.
The eventual winner was far ahead of the rest of the field accompanied only by a couple of motor cycles as he flew past. There were plenty of marshals, good support along most of the route and plentiful bottled water.

There are a couple of longish 'undulations' but the final 1½ miles around Walpole Park and Lammas Park are pancake flat and make for a fast finish. I was 3 mins slower that last year but not displeased with my performance (around 5 mins faster than Porto two weeks ago).

Paul had an excellent race taking more than 3 mins off last year's time and Clare ran an almost identical time to 2012.

It has fast potential with the winner finishing in 1:04:33 but also attracted many first-timers at the distance, and the vast majority of entrants were not club runners.

228	Kevin Chadwick	1:30:37
831	Claire Steward	1:40:09 (2FV55)
1365	Clare Quirico	1:49:22
1455	Paul Keating	1:50:10

3,983 finishers are listed in the results with final finisher at 4:10:09. There were over 5,500 entrants listed prior to the race so there were over 1,500 entrants who either did not start or finish, or didn't get a result recorded.

Cambridge Harriers Club 5 And Open, 28 September

I decided to try this race out as a warm-up for the cross country season. It's a pleasant course in Joyden's Wood over quite stony ground in places with a few hills thrown in, including a sharp one on the short first lap.

20	Mike Mann	37:01

Croydon Switchback 5

Alastair Locke

There are some places in sporting history that are known for their glitz and glamour, for attracting the rich and famous and for being the jewel in the crown that all sporting greats want to win; spraying the champagne at the Monaco GP, that final sprint of the Tour de France down the Champs Elysee, past Parliament and Buckingham Palace in the London Marathon or an overcast, muggy Sunday morning in Croydon.

And so it was the cross country season continued its build up with a 5 mile loop through over the roughest terrain this side of Croxted Road around Lloyd Park and the Addington Hills.

A strong club turn out saw Dulwich claim the women's team prize (Claire Elms, Mel and Ola), while Edwin McCormack (new to the club) took an impressive 3rd place and will surely be a contender come the Surrey League races; as I watched him disappear off into the distance with mixed emotions.

Claire Elms was 1st woman, Mel Edwards had a cracking run to come in 3rd woman and Mike Mann took a strong M60 win.

This was a very welcome gentle warm up to the cross country season, especially with the offering of tea and cake back at the club house.

The course set itself out as a good contender amongst its cross country companions with a good mix of undulating ups and downs, a few short sharp climbs and descents and the obligatory slog across the endless field.

There were a few occasions when I was hit with 'nam like flash backs to the run around an altogether more Somme like Lloyd Park at the beginning of the year but thankfully on Sunday it was surprisingly dry underfoot given the rain the night before and my trail shoes were almost disappointingly clean come the finish.

After some recent mixed form and some shocking park run times it was reassuring to have a strong run here and after taking it steady for the first mile I was able to push on and held 7th place before closing in and passing the man in front across the afore mentioned endless field. Here's hoping that this form holds for the rest of the XC season although I doubt the shoes will stay as clean.

After the prizes and champagne (they had to substitute this with PG Tips and Vimto) had been handed out and autographs signed the other Dulwich Runners made their way home back to reality while I took a tour of the sights on the number 2 tram to West Croydon.

3	Edwin McCormack	30:49	
6	Alastair Locke	31:25	
8	Clare Elms 1W	31:36	
21	Melanie Edwards 3W	33:42	
23	Ola Balme 4W	33:48	
30	Stephen Smythe	34:41	1M55
33	Michael Mann	35:01	1M60+
37	Duncan Wilson	36:13	
43	Katie Crowe 6W	37:18	
50	Anna Thomas 11W	38:02	

124 ran

Womens Team 1st: Dulwich

and Steve Smythe wrote

Clare retained her title while running within herself. Over two minutes back Mel came through well to take third ahead narrowly ahead of Ola who had a very strong run and much faster start than normal

With three in the first four, Dulwich were easy team winners. Katie Crowe also ran well and won the over 35 prize with Anna Thomas just outside the top 10.

New member Ed McCormick led the men in in third but admitted he had started too quickly. Alastair had another quality off-road run in sixth. Mike Mann won the M60 plus award which with Katie, Ola (1st W45), Clare first and Mel third and winning team meant we did well at prizegiving.

NB it appears this was Clare's 300th win in the last seven years.

Jolly Jaguars 10 K

Our Far East Reporter writes.....

Yes we do have Jaguars in Norfolk they run in bright orange and black and are based in Coltishall, they arrange two 10k races a year over the same route this one and the Mad March Hare which this year had to be held in late August due to the bad weather.

The two lap course with two hills to climb on each lap makes this race quite testing and along with another sunny Sunday morning a hot one.

As there are only two weeks left before the Peterborough Half I needed the distance to add to my Saturday morning Parkrun in Norwich the day before. Having run the Mad March Hare I knew the route and only having to do distance and not worry about the time I decided to take it easy and leave my watch at home.

The race started in Frettenham (Fretnum if you are local) at the village hall and followed a very quiet country road route where the only building of note on the route was strangely called "The Rose and Crown" (ideal for Le Poll Beer Club for those of you who remember), and it was at the finish (shame I had to pass it after the first lap)!

The second lap seemed to pass quicker than the first and I was enjoying topping up my tan, I soon found myself climbing the last hill at 9k and could see the finish line (just after the PUB).

I am sorry but I won't be able to make the Dulwich 10K next week as I need to be in Norwich on Sunday morning, so I have entered the Chase The Train race (a local 8.9 mile off road charity event) on Sunday afternoon.

Peter Warren 56:17

Barns Green 1/2 - Sept 29

A nice warm sunny Sunday - for running around roads in the Sussex countryside.

The race is difficult to reach via public transport – ended up hitching a lift off some kindly runners. Just managed to get to the start, with enough time.

Lots of smallish hills, rolling ups and downs, throughout the whole of the course.

At the 3 mile point, the Christ's Hospital band/ students sang and played tunes , as we ran through the school grounds. I was doing well up to the race half way point but slowed down a lot in the last few miles – which did feel hilly.

Stalls & snacks on the green afterward and bumped into ex DR runner Rob Watts who finished very well in 1 hr 19 mins.

In short, well marshalled, friendly, scenic & undulating race.Local roads closed on the course i.e almost completely traffic free roads.

I had done it before when it was a Dulwich club champs course , some years ago. Highly recommended.

Joseph Brady Chip Time: 1: 37: 45

5k Results, Sat 28th September

Crystal Palace

27 Bob Bell	22.45
49 Belinda Bell	25.11
94 ran	

Dulwich

Ros Tabor writes...21 Dulwich Runners turned up on Saturday to meander with Martin at his last London parkrun before moving to Lincolnshire.
We were well supported by Duncan and Sue.
Thank you Di for organising us.

Sam Crump	18:24
Mel Edwards 1W	18:50
Ebe Prill	18:50
Ian Lilley	18:52
Paul Hodge	19:17
Alastair Locke	19:21
Paul Devine	19:63
Ajay Khandelwal	20:00
Laura Long	21:19
Jim Dowsett	21:36
Emma Ibell	21:53
Ros Tabor	22:07
Andy Murray	22:08
Anna Thomas	22:10
Martin Morley	22:28
Joanne Shelton	22:56
Claire Steward	22:57
Barrie J Nicholls	23:32
Claire Sinka	24:02
Di Morgan	24:21
Lindsey Annable	24:49
Mick Mead	25:49
Stephanie Burchill	27:19

Finsbury Park

Kevin Chadwick writes..
Saturday 28th September
I leave work at 08:15am as usual after a long night shift and make my way to charing cross to get the train for hilly fields and disaster strikes as engineering works meant I could not go.

I should check the TFL site before I set off in future!! So I made a dash for the tube still not knowing were to go, After scanning the Tube map I choose Finsbury parkrun which would be my 1st visit there, arriving at the station at about 08:50am and having no idea where the start was I warmed up with a sprint around the park asking random people were the parkrun was until finally I spotted a volunteer jacket and just got to the start at 9am having missed the pre run brief.

Having no idea about the course I soon realised it was all concrete which did not suit my trail trainers, however it was a nice 2 lap course which was easy to follow with One fairly tough hill. I went off fast at the start completing the first kilometre in 03:36 and suffered later on but as I started slightly late I felt I needed to go quicker than normal at the start to make up for the lost time.

Reasonably happy with my time of 19:29 finishing in 12th place, will I regret this on Sunday when I run Ealing Half Marathon, I hope not.

12 Kevin Chadwick	19:29

Orpington

Clare had her 61st parkrun win as she maintained her unbeaten record but expecting an easy race in a traditionally low key women's race here, she was given one of her harder parkrun races as there was a surprise appearance by Jessica Keene, 35 years her junior! Keene had beaten her over 1500 metres this summer and set off fast and built a lead. Clare ran her down comfortably by halfway and ultimately won by 36 seconds and in a time that no other woman has bettered at Orpington.
Won in 18:16 with 26 pb's

4 Clare Elms 1W	18:40
12 Steve Smythe	20 07 1M55
75 Xavier Pujol	29:15
107 ran	

Whitley Bay

Clare and I returned to this course during another visit to family in the area and even managed to get our son to turn out too (as he'd had a quieter than usual Friday evening).

It's fairly flat, but twisty in places, and also a bit congested at the start, mainly because it now seems to be attracting over 200 runners regularly.

There was a decent battle between the two of us with Alexander comfortably ahead I was the only one in our party not to come first in my age category, and this on my debut as a VM 55-59.

The weather was almost perfect and, for the second race in a row, i.e. Porto and now this, I managed a dip in the sea within a few minutes of finishing.

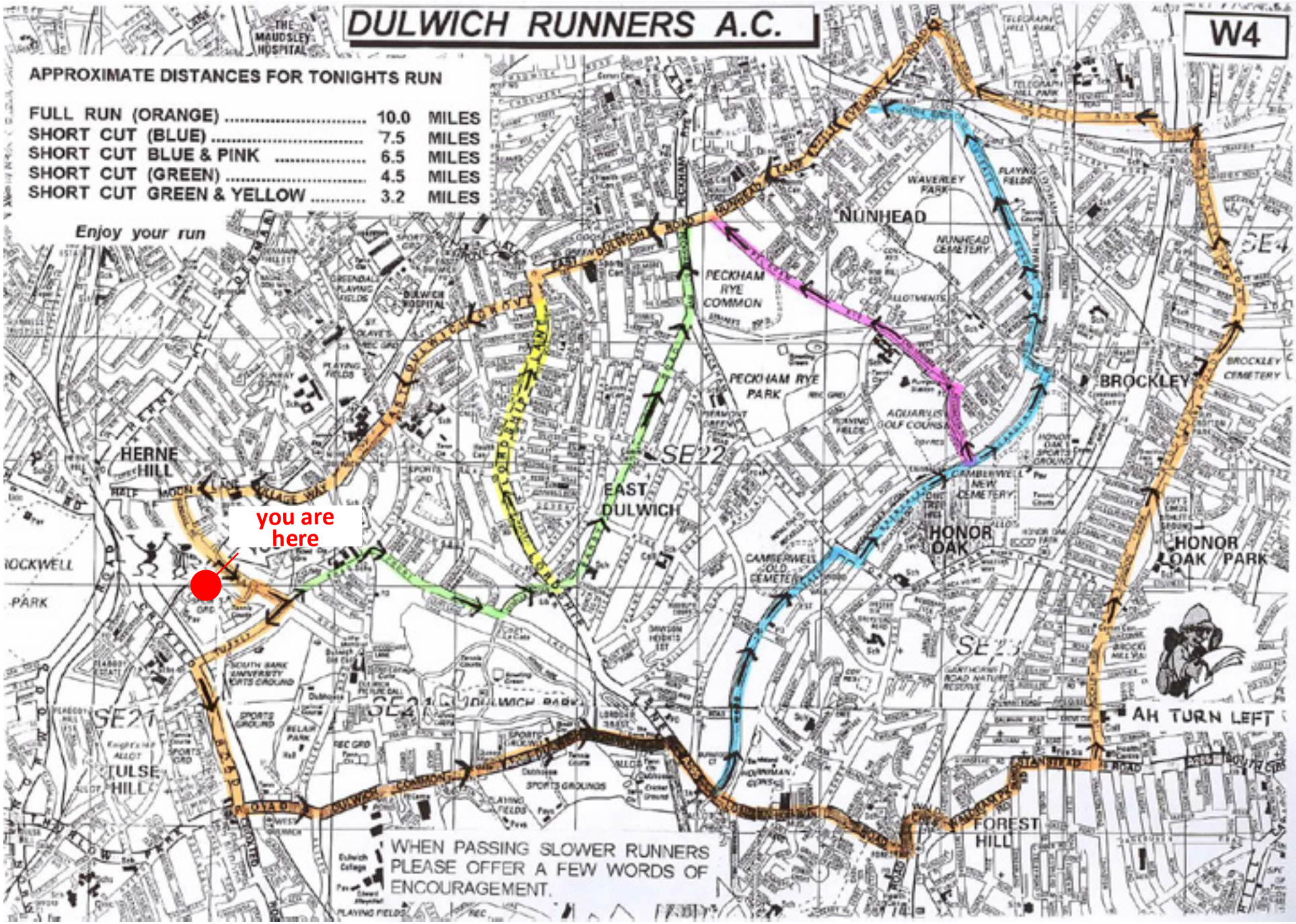
That sequence must surely end at Lloyd Park this coming Saturday, though!

17 Alexander Dodds	20:41 (1SM20-24)
32 Clare Wyngard	22:33 (1VW50-54 3rd overall)
36 Mike Dodds	22:45 (2VM55-59)

214 finishers, winner did 17:57, while the first woman, a VW35-39 from North Shields Poly, was second overall in an impressive 18:11
Mike Dodds

NB other parkrun results not in this week's Shorts will go in the following week's Shorts but Steve Smythe will no longer compile newer results from the weekend unless he attends event

You can follow us on


DULWICH RUNNERS A.C.
W4
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 10.0 MILES
SHORT CUT (BLUE) ..... 7.5 MILES
SHORT CUT BLUE & PINK ..... 6.5 MILES
SHORT CUT (GREEN) ..... 4.5 MILES
SHORT CUT GREEN & YELLOW ..... 3.2 MILES
Enjoy your run
you are here
HERNE HILL
EAST DULWICH
SE22
NUNHEAD
PECKHAM RYE COMMON
PECKHAM RYE PARK
BROCKLEY
HONOR OAK
HONOR OAK PARK
TULSE HILL
FOREST HILL
AH TURN LEFT
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.