SHORTS

Dulwich Runners AC
Weekly Newsletter
May 21st 2014

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

- THE COMING WEEK –

Wed 21 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sun 25 Rye 10 Club Champs race
see page 2 for more info

Tue 27 Track session with Steve Smythe - £1 fee
Dulwich college Track - 7 for 7:15pm start

In your SHORTS this week !

3 Fixture list, Club champs,XC road, trail etc
5 Green Belt Relay reports and results
11 Parkrun results
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And much more !

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

You can follow us on

TRACK SESSIONS

Now back at Dulwich College

Tuesdays with Steve Smythe

Improve your speed & strength over all distances.
suitable for all standards and abilities.
Dulwich will be just a pound but additional £2 payable next day or following week for those who don't pay on night

Arrive at 7 for warm-up then a prompt 7:15pm start

DUWLCH RUNNERS MIDSUMMER 5K

As you probably know there are going to be big flood protection works in Dulwich Park for the next few months, so we are hoping to hold the Midsummer 5k race in Brockwell Park this year instead.

The date is now Thursday 3 July

If you are interested in helping on the day, or with the organisation pre-race, please can you let me know.
Thanks - Ros - Ros@28kerfield.freeserve.co.uk

Club Members are also welcome to run

.....also

Battersea Park assembly league now 26th June

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 !

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)

EVENT HORIZON

A brief look ahead

full fixture list page 3

May	25	Rye 10 - Club Champs
June	5	Beckenham Assembly League
June	16	Dulwich Club champs 2mile Battersea
JUne	22	Beckenham 10k

NEW RUNNERS ROTA

Many thanks to **Jo Shelton,** for taking out new club runners last week.
If you are on the list, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – **Ros**

Ian Sesnan	**21/05**
Ros Tabor	28/05
Cameron Timmis	04/06
Tony Tuohy	11/06

WEDNESDAY NIGHT £1 RUNNING FEE

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

Wednesday 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

curry night

I'm not rogan josh'ing with ya!
It's back!
Curry Night!
When: Wednesday 28th May, 9pm after the club run
Where: Surma, 42 Lordship Lane, East Dulwich, SE22
Buffet Price: £10/person cash on the night please (drinks to be paid separately at the bar).
It'll be the full spread so work up a healthy appetite at the club run and make your way down afterwards for a top meal and a great bit of mid-week carb loading.
A club favoutite.
You'd be vinda-loopy to miss out!

Those going so far:
If you would like to come along please let me know by this Sunday 25th.

Ron Searle	Andy Murray	Belinda C
Claire Osborne	Ros Tabor	Penelope Bell
Sue Cooper	Claire Steward	James Burrows
Aileen Cook	Jo Brady	Paul Devine
Steve Cook	Patrick Mcmorrow	Melanie Edwards
Alastair Locke	Ebe Prill	Cameron Timmis
Harry Handscombe	Mike Mann	John O'Byrne
Steve Street	Andy C	Barry Graham

If you want to book a seat email me at drsocialsec@gmail.com by Friday 23rd May.
Alastair

Rye 10 Menu - Lunch has been reserved

for us at the ROYAL OAK in peasmarsh, just a mile or so from the race HQ, which is also a pub, but one with a not very good reputation for food!

Menu is given below. I need to know by Wednesday 21st May latest what your choices are??

Roast Loin of Pork, apple sauce
Homemade Steak and Mushroom Pudding
Roasted Sweet Potatoes and Leeks in a Stilton cream sauce with a savoury crumble topping all served with a selection of vegetables and roast potatoes(veggie dish)
***
Brioche Bread and Butter Pudding
White and Dark Chocolate Brownie
Lemon and Ginger Cheesecake
all served with cream

£14 per person

40 places have been reseved, first come first served!

Only 14 people so far booked for lunch after the Rye 10 miler.
Please let me have your food choices asap if you want to be included
Steve Wehrle - steve.wehrle@immediate.co.uk

Coach to Rye 10 Club Champs Sunday 25 May

Pick up from the Crown and Greyhound pub in Dulwich Village at 7am; pick up from Orpington train station (car park side) at 7:30am Returning approx 5:30pm after the race and pub lunch.
Cost: £19
Please make a bank transfer to me to confirm your seat:
Alastair Locke
Sort Code: 089300
Account: 23208232
Ref: Coach
People signed up so far are;

Joe Brady	James Burrows	Lindsay Anable
Matthew Ladds	Mike Mann	Sue Cooper
Jim Dowsett	Mark Afos	John O'Byrne
Gideon Franklin	Ros Tabor	Patrick Mcmorrow
Ameet Patel	Andy Murray	Steve Wehrle
Yvette Dore	Barrie John	

(Picking up Steve and John at Orpington station; car park side)
Can people please send payment to me asap.
There are still spaces available but please let me know if you want a seat on the coach as soon as you can.
After pick up from the race HQ the coach will be going onto the pub for the lunch stop before heading back to Dulwich Village, via Orpington station.
If you would like a seat on the coach please send an email to drsocialsec@gmail.com with Coach in the subject line
Payment details will be noted once I'm able to confirm the cost.

Your DR committee met on Thursday 8th May and items were discussed/ agreed as follows:

- there has been a slight shortfall in Wednesday evening attendance and this will be kept under review;
- membership currently stands at 222 with 28 new joiners this year;
- the women's captains', Anna and Mel, attended the Women's Surrey League AGM on 9th May. Divisions 1 and 2 to be split, but likely to have races at the same venue;
- the Cabbage Patch 10 will be in the club champs as an alternative 10 mile race;
- the midsummer 5km race will take place in Brockwell Park on Thursday 3rd July, fewer marshalls needed so club runners encouraged to run;
- the Dulwich charity event was discussed, with Sue to work up a proposal to further consider for 2015.

Next meeting scheduled for Monday 8th September.

Dulwich Runners 2014 Fixtures

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

Date		Race			Venue
May	25	Rye 10 miles		(long)	Rye
Jun	4	B & BH open meeting 3000m			Norman Park, Bromley
	5	Assembly League	5k		Beckenham - 7:30 start * **note changed venue**
	16	Dulwich Club Champs 2 miles		(short)	Battersea * **note changed venue**
	22	Beckenham 10k		(medium)	Beckenham
	26	Assembly League	5k		Battersea Park - 7:30 start * **note changed date**
July	2	B & BH open meeting 10,000m			Norman Park, Bromley
	3	Dulwich runners Midsummer 5k			Brockwell Park * **note changed date**
	11	Mark Hayes Mile		(short)	Dulwich College Track
	23	B & BH open meeting 5000m			Norman Park, Bromley
Aug	7	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	31	Sevenoaks 7		(medium)	Sevenoaks
Sep	4	Assembly League	3miles		Beckenham - 7:15 start

ASSEMBLY LEAGUE 2014

This year's series of Assembly League races has now been decided.
They will take place on the first Thursday of every summer month, venues will be the same as last year.
This summer evening series of races is popular with club members, and all including newly joined members are warmly welcomed and encouraged to participate.
For those that are new to the club these races are open to all standards and abilities, 5k, and free to enter, all you need to do is have a club vest, turn up and run.
If there is any further information regarding these races it will appear here in Shorts as and when it becomes available

5 June	**Beckenham**	5k	7.30 start	* **note changed venue**
26 June	Battersea Park	5k	7.30 start	* **note new date**
7 Aug	Victoria Park	3.5 miles	7.30 start	
4 Sept	Beckenham	3 miles	7.15 start	

DULWICH RUNNERS CLUB CHAMPS 2014

9 races in total split into 3 distance categories. To qualify it will be necessary to complete 5 races in total, including at least one from each distance category.

The structure of awards will be unchanged from recent years. Club vests are compulsory for all events other than the mile. You will need current club membership to qualify for points. **For those wishing to know the Clup Champs rules they are on the clubs website**

Remaining events are as follows:

25 May	Rye 10 miles (long)
16 June	Battersea Park 2 miles (short)

2mile race pre-entry http://run.runandbecome.com/event/london-race-2m-160614/

22 June	Beckenham 10k (medium)
11 July (tbc)	Mark Hayes Mile (short)
31 August	Sevenoaks 7 (medium)

Mike Mann (on belhalf of ADSC)

CLUB CHAMPIONSHIPS important update

Our selected 10 mile Club Championship race is the Rye 10 on 25th May. Since the Club Championship races were set, the Club has been invited by British Athletics to enter men and women teams in to the BUPA London 10K on the same date.

In order to allow our faster runners to represent the club in this prestigious event and not being disadvantaged in the Club Championships, The Committee has decided to add the Cabbage Patch 10 on 19th October as an additional 10 mile race.

Times recorded at the Cabbage Patch will be adjusted to reflect the relative difficulty of the 2 courses and overall 10 mile results produced soon after 19 October. Runners who compete at both races will be credited with their best performance of the 2

CLUB CHAMPS FIXTURES UPDATE

Owing to impending drainage works in Dulwich Park, it has been decided to shift the 2 mile race there scheduled for 11 September, to Monday 16 June in Battersea Park, where we will use the Sri Chimnoy 2 mile race as our club champs. This starts at 7pm just past the entrance to the main car park and you can enter on the evening.

Surrey Road League 2014

As well as the events we choose for our Club Championships, we are also eligible to compete in the Surrey Road League. Individual positions in the league are determined by the best five scores and you also contribute to the club's position.
As soon as the fixtures are confirmed they will be listed here

For more info go here:
http://www.surreyathletics.org.uk/road/league/index.php?Y=2013&O=R&S=2014
Charlie Lound **-** Men's Road Captain

Orpington High Elms 10k

Will take place on Sunday, 15th June 2014 starting @ 09.30 am
It will be a single lap, challenging course incorporating the park's woodland nature trails and will be 99% off road
There will be chip timing, medals, prizes, parking and photos all marshalled by the experienced ORR team.
All profits will be donated to the Alzheimer's Society.
Full details including arrangements on the day at the new venue and how to enter are available now at www.orprunners.com
We look forward to welcoming you and members of your club to what we think will be a great event.
Any questions please contact
racedirector@orpingtonraces.com
Thanks & regards - ORR Race Committee

TRACK MEETINGS

UPDATE

For those of you interested in competing on the track, there are several open meetings held at local venues during the spring/summer season.

Open meetings, hosted by HHH are held at Tooting Bec on some Saturday afternoons with the first one scheduled for 12 April.

Other open meetings are at Norman Park, Bromley on Monday evenings, Crystal Palace on Saturday afternoons and at Parliament Hill.

9	Jun	Norman Park
26	Jun	Tooting track
19	Jul	Crystal Palace
21	Jul	Norman Park
11	Aug	Norman Park
23	Aug	Tooting track
23	Aug	Crystal Palace
27	Aug	Norman Park
10	Sep	Parliament Hill

These meetings, where there are usually 800m, 1500m and 3000m races on offer, are ideal for those looking for improved times, having done some earlier races.
Please contact me for further details.
Mike Mann

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

Race Reports & Results

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

17-18 MAY

Mike Mann reports

We had a few problems along the way but once again this proved to be a great event on which we've had some highly positive feedback from our runners.

Although it does attract some elite runners, and there were some big names producing fast times on some stages, this is an event for everyone, and it was great to have no less than 7 first timers. Our men's team finished in a highly creditable 11th place out of 34 teams, and 4th men's open team. We were the only women's team competing which says a lot about the commitment and enthusiasm of our women's members.

Our 7 newcomers were Ian Lilley, Leann Peters, Kev Chadwick, Tereza Francova, Helen Lister, Rob Tobin and Funmi Chang. Unfortunately Rob collapsed with heat exhaustion and dehydration 400m short of the end of his Saturday stage and was able to take no further part in the event. This, together with a fall by Martin at the end of his Saturday stage resulting in bruised or cracked ribs meant that we were unable to field a complete men's team. I stood in for Rob on Sunday while Alastair had a 3 legged experience by running twice on Sunday. Without these enforced substitutions, we would have finished in 12th place. We wish both Rob and Martin a speedy recovery.

Individual reports will be sent to Shorts separately so only a few highlights are included here. Both Alastair and Anna were allocated 2 very tough level 10 stages, and achieved high placings, with Anna finishing first women on Sunday. Later on Sunday Alastair finished 2nd on his second run of the day. Andrea had very strong runs, particularly on Saturday and had wins on both days. There were also excellent runs by first timers, Ian Lilley and Helen Lister. Despite suffering from a calf problem, Angie Norris produced strong highly determined efforts, notably on the first day, where she almost certainly finished first women's vet.

"a collection of trees somewhere in Surrey"

Quite a few people managed to go off course, including Mark Foster, Ed Smyth and Kev Chadwick and this is reflecting in their times and places. Also a number of runners took tumbles on the rutted ground with cuts and bruises. The stage run by Toby de Belder through Epping Forest and beyond was surprisingly muddy with Toby finishing looking like he had completed a couple of laps of Parliament Hill Fields a few months ago.

Getting runners to their starts in time proved a challenge but we got there, sometimes with small margins to spare. One stage starting at West Hanger proved particularly difficult to find as this proved to be not a town or village, but a collection of trees somewhere in Surrey.

The results including pace per mile should be read with caution as they are not directly comparable between stages, which vary according to degree of difficulty, distance, ground conditions, amount of shade etc. Also clubs tend to put their strongest runners on the difficult level 8 to 10 stages. For example Andrea's pace was identical on both days, but despite her lower placing on Saturday, this was her better run on a very tough stage. Not surprising Alastair and Anna who doubled up on level 10 stages had their better runs on the first day.

We have had very positive feedback from our runners to date, and hope that as many as possible will take part next year. It would also be good to field a Welsh Castles Relay team next year, as we had to withdraw this year as we had an incomplete team.

Finally a big thankyou to our drivers and helpers, Steve Street, Gary Sullivan, Martin Morley, Bernard Imber and Angie's friend, Nicky.

Stage 4

Little Marlow to Great Kingshill
Difficulty level 10 was not wrong! my Garmin had one of the hills as a 205 meter elevation and with lots of mud in the woods this was a very difficult course to run, many runners walked parts of the uphill course. The funniest moment was at the top of one of the hills, there was a church, and a bride & groom were walking out to their wedding music and caught the expression on my face which was obviously full of pain and the looks on theirfaces was quite something! Unfortunately I went wrong on the final bend and 2 runners overtook me and I could not recover so I lost a few positions and a couple of minutes.

Stage 12

Blackmore to Thorndon Park
A much easier course and a very flat/downhill start, for much of this route I was around 6th/7th position but a bad mistake towards the end missing a very sharp right hand turn into a church yard meant myself and about 5 other runners all run an extra half mile, my Garmin actually showed 0.7 longer than Katie Crowes so I would have lost around 5minutes
The majority of this run was open countryside and Thorndon country park towards the finish was beautiful and the scenic views around the finish were stunning.
Kev Chadwick

Surprised to see the times upon power of 10 and run Britain as well. Had I known the times would go up on there I'd have tried harder :)

Stage 5

A good, hard slog of a stage, well deserving of its level 10 ranking; I'm sure there was some nice scenery out there too, I just couldn't see it for all the sun cream that was streaming into my eyes. With no race plan in mind I setoff quick with the lead pack covering the first 4 miles in6min/miles finding myself in 5th place just behind 4th and about 500m behind the fella in3rd.By mile 6 and the first sneaky uphill me and 4th place guy had closed on3rd and we ran as a group before I made a break around mile 8 along a flat road stretch.

The pace and legs started to waver and they started to close back on me until thankfully/brutally the road swerved uphill sharply and I was able to put in a clear break this time. I felt strong and had pace in the legs over an undulating last 3 miles until the final turn of the course in the last 500m when I got distracted by a woodland path and totally failed the map reading test, taking a wide detour to the finish, invading a cricket match in the process and loosing at least 3 mins and3rd place. Still, happy to have taken a comfortable 4th and to have finished strongly.

Stage 16

I was very happy to have reccied this leg on a social run last year as it meant that I could just get my head down and slog it out. With it being hotter and hiller than the Saturday I was apprehensive although the legs and lungs would hold out especially with a face melting climb around mile 7 and the last 3 miles being a steady uphill trudge.

Looking back at the results, had I been a bit quicker over the first few miles I might have been able to take 6th place but I was more than happy with a comfortable 7th especially as there were some quick chaps ahead on fresher legs. A winding first few miles over rolling terrain and foot paths saw me trade places with a few others before settling into 9thand closing the gap on 8th (thanks in part to him taking a few wrong turns).

As we went through mile 6 with the most significant climb of the course just ahead, the legs waivered and the "vertigo zoom" set in; it was definitely a case of, "we're gonna need a bigger boat." Thankfully a few nervous glances over the shoulder confirmed that there was no one behind for along way and I was relieved to see the guys in7th and 8th ahead start to walk up the climb as we were all split by about 100m between us.

At the top of the climb before a long, sharp downhill the 2 guys ahead went off course again and my attempts to call them back were at best, whimpering. They soon burst out of the bushes just along-side of me as the downhill gradient really set in and it was here I applied all I've learnt from Tony's school of downhill running and with legs and arms flailing I put a good gap between me and them, taking7th place. A 2mile, hot and rolling road stretch lay ahead and although one guy came back to me he soon faltered and thankfully I could plod in peace but still with "the fear" to the finish. A beast of a leg that allowed no let up.

Stage 20

Not being able to refuse Martin's generous offer to run his leg I found myself at the start line again only a couple of hours after finishing my previous leg. A new route in 2014 for this 6mile, mostly on a gentle downhill leg meant that after a brief consideration of taking it easy I decided to go allout and see where it got me. With some rousing start line motivation from Gary, I went off like it was a 200m track rep and found myself in 2nd place and there I stayed till the end.

The 1st place man was always 200-400m ahead so no chance of closing him down but with no one in sight behind I just tried to ignore the fact I had no control over my legs anymore and willed the finish to be around the next bend. A nice flat road stretch for the last 2miles saw me close the gap a little on the guy ahead and I was very pleased to come in only 35secs behind him considering that he had a lot fresher legs.

Cheers again guys for all the organisation. Martin; hope you are on the mend. One consideration for next year could be to make sure that the drivers have the "driving instructions" for each leg that they will be going to. The satnav was usually reliable but the need for the driving instructions was apparent for stage 20 where the post code given for the stage meant that the sat nav had people going off down a dirt track. Whilst on the driving instructions for the stage, it explained that the start/finish area was a further200m up the road from where the post code would show up on sat-navs. Only a slight hitch in an otherwise smooth and well driven day.
Alastair Locke

Just a quick summary of my races.
Saturday went without a hitch, took a little bit of a wrong turn just before Latimer and had to wait for next run.
Sunday.
Despite not getting to bed till 2am had a brilliant run. 3 girls ahead of me and so shattered from day before thought I would never catch them, especially when I took a wrong turn and ended running through a Sunday league football match.

Halfway I caught up with them and really got a second wind. I thought the finish was Lullingstone car park, I came off the course ran into the car park and shouted "where is the finish ?" two old ladies looking bemused eating ice creams said "ages yet love its about a mile away"

Needless to say last mile was hard work!!
Thanks for great couple of days running.
Andrea Pickup

Sue Cooper with the "Queens of The Mountains" prizes

Angie Norris, Sue Cooper womens team prize

l to r Mark Foster, Gary Sullivan, Sue Cooper, Louisa Pritchard, Steve Street, Mike Mann, Angie Norris Bernard Imber, Leanne Peters, Toby de Belder

GREEN BELT RELAY 2014 TEAM RESULTS

Stage	Name	Miles	Team	Runner	Time	Pace	Position
1	Hampton Ct	12.7	Ladies	Joanne Shelton	1:51:29	8.45	26
			Men	James Burrows	1:26:01	6.46	6
2	Staines	9.6	Ladies	Leanne Peters	1:43:00	10.48	29
			Men	Ian Lilley	1:05:05	6.49	5
3	Boveney	11	Ladies	Sue Cooper	1:30:50	8.15	21
			Men	Mark Foster	1:30:54	8.15	23
4	Little Marlow	12.2	Ladies	Anna Thomas	1:45:16	8.38	19 (1W)
			Men	Kevin Chadwick	1:39:57	8.11	13
5	Great Kingshill	13.5	Ladies	Andrea Pickup	1:39:23	7.22	12 (1W)
			Men	Alistair Locke	1:29:58	6.40	4
6	Chipperfield	8.4	Ladies	Angie Norris	1:01:40	7.20	8
			Men	Martin Morley	1:22:00	9.46	33
7	St Albans	12	Ladies	Tereza Francova	1:2955	7.29	17
			Men	Joe Brady	1:27:49	7.16	10
8	Letty Green	10.65	Ladies	Helen Lister	1:15:47	7.09	7
			Men	Rob Tobin	1:52:00		dnf
9	Dobbs Weir	10.2	Ladies	Katie Crowe	1:20:56	7.54	16
			Men	Ed Smyth	1:22:38	8.06	18
10	High Beach	9.7	Ladies	Louisa Pritchard	1:29:40	9.14	19
			Men	Toby de Belder	1:17:34	7.59	11
11	Toots Hill	7.5	Ladies	Funmi Chang	1:12:52	9.43	25
			Men	Gary Sullivan	0:57:08	7.37	9
12	Blackmore	10.9	Ladies	Katie Crowe	1:25:38	7.50	22
			Men	Kevin Chadwick	1:25:08	7.49	19
13	Thorndon Park	6.6	Ladies	Helen Lister	0:45:46	6.56	9
			Men	James Burrows	0:44:18	6.43	4
14	Cranham	8.2	Ladies	Joanne Shelton	1:14:29	9.05	21
			Men	Ed Smyth	1:16:09	9.17	22
	Davey Down						
15	QE2 Bridge	9.2	Ladies	Andres Pickup	1:07:44	7.22	5 (1W)
			Men	Joe Brady	1:12:57	7.56	14
16	Lulligstone Pk	13.1	Ladies	Anna Thomas	1:51:21	8.30	15
			Men	Alistair Locke	1:33:26	7.01	7
17	Tatsfield	10.5	Ladies	Tereza Francova	1:24:13	8.01	17
			Men	Mike Mann	1:18:65	7.31	13
18	Mersham	8.7	Ladies	Angie Norris	1:13:55	8.36	10
			Men	Toby de Belder	1:10:59	8.15	7
19	Box Hill	9.8	Ladies	Louisa Pritchard	1:27:50	8.58	23
			Men	Ian Lilley	1:10:21	7.12	6
20	WestHanger	6	Ladies	Leanne Peters	0:51:00	8.30	25
			Men	Alistair Locke	0:35:01	5.50	2
21	Ripley	8.4	Ladies	Funmi Chang	1:22:04	9.46	29
			Men	Mark Foster	1:11:53	8.34	19
22	Walton Bridge	9.15	Ladies	Sue Cooper	1:06:39	7.40	18
			Men	Gary Sullivan	1:06:39	7.17	11
	Hawker Centre						
DR Ladies team			**1:06:15.10**	**18th overall 1st ladies**			
DR Mens Team			**1:04:16.51**	**11th overall - 7th mixed - 4th Mens**			
Winning Team Serpentine1		**0: 23:43:03**					

Scvac League Kent Divisions Canterbury Track Monday 12 May 2014

Competing for Cambridge Harriers

200m W35 (B string)
3 Emily Gelder 30.9
200m W50
1 Clare Elms 30.6
1500m W35 (A string)
1 Clare Elms(W50) 5:202.4
1500m W35 (B string)
1 Emily Gelder 5:23.4
1500m W60
1 Ros Tabor 6:06.3
Shot put W35
3 Emily Gelder 5.10m
Ros Tabor

Bexley AC Myra Garrett MT 10k 18 May

Tony Tuohy writes....

Well, three races already this week, including a long day out at the BMAF Relays the day before, didn't persuade me to go gently training on Sunday instead of this very nice off-road 10k in Danson Park.

It was a gorgeous day, the race was fairly local, and I hoped to be lucky enough to pick up an 'older person's' prize without too much exertion – how wrong can you be.

I was just looking for some shade before the start when who should turn up but Clare Elms who, despite having gone out for a bike ride, changed her mind and direction and signed on after an hour's cycling.

She didn't have much time to warm up but I think she'd already done that on the bike. I settled comfortably into the 2-lap race and found myself still in a leading group of five well into the second lap. I still felt alright and actually allowed the thought of trying to win to enter my head when two of the group were dropped.

Talk about deluded. With about a mile-and-a-half to go the heavy-racing week finally caught up with me and my legs decided enough was enough. I dropped off the pace, a couple of blokes caught me and I just about managed to hold on to fifth. Time for a rest I think. Got the oldie's prize though.

Meanwhile, Clare was 'easily' winning the ladies' race and the enormous trophy that went with it, albeit in a time she'd rather wasn't mentioned.

When I say 'easily', I mean by a long way from the next woman – but she was just as cream-crackered as me. Mind you, she'd run about 38 races in the previous week, or something. Also time for a rest I think.

5 Tony Tuohy 38:05 1st M40/50
11 Clare Elms 41:43 1st Lady
150 finishers

Southern Women's League, Guildford, Saturday 17th May

Nicola and I travelled down to Guildford, both with the intention of running the 3000m. Nicola was quickly roped into running the 800m in the B string, which was due to take place 30 mins before the 3000m. Nicola ran a well paced race, moving through on the second lap to finish fourth in a PB.

The 3000m was delayed and some dodgy information from an official led to Nicola only just making the start and having to run in trainers. After going off too quickly and being passed by three runners in the last km, I managed to scrape a 1 second PB. Nicola ran a better paced race and picked up her second PB of the day

For some reason I decided running in the 1500m 30 mins later would be a good idea although I ended up running as a non-scorer following some confusion over entries. I was surprised to find I enjoyed the 1500m more than the 3000m, overtaking the B string runner from our team on the first lap and then holding onto the A string runner until the final lap.

After getting lost in some nearby woods cooling down, I returned to find Nicola lining up for the 4x400 relay and was told I was needed as well. Although willing to give it a go, I was relieved when the missing runner turned up at the last minute! Nicola ran well to help the team to fourth places.

800m
4 Nicola Richmond 2:33.4 (PB)

3000m
Mel Edwards 11:10.7 (PB) (6 A string)
Nicola Richmond 11:21.4 (PB) (3 B string)

1500m
Mel Edwards 5:24.5 (PB)

National Masters Road Relays, Sutton Coldfield 17th May

Tony Tuohy writes.....

We managed just three teams this year for another day out in the sun at this great event but the women came up with the goods yet again to take a fine set of bronze medals in the over-45s. Ola Balme has run this event on numerous occasions, including as part of the winning Dulwich teams in 2010 and 2012, but she has never run as fast as her superb first leg 19:59 on the very testing 3-mile course. Clare took over in second and, as expected, raced to the front quickly to clock the fastest leg of the race and hand a 1:41 lead to our third and last runner. Michelle Lennon had never run a race at this level before and was now well and truly 'dropped in it' for the last leg. It was too much to hope that she could keep the lead but a medal was possible - Michelle didn't panic and responded superbly. There was nothing she could do about two 19-minute runners catching her but her 22:18 was enough to secure the bronze medals to add to the Dulwich women's remarkable record in this event.

3 Dulwich Runners W45: Ola Balme 19:59, Clare Elms 17:47 (fastest leg), Michelle Lennon 22:18 – 59:04

With the reduction to only four runners for the men's over-45s team we thought ours was a pretty good team; we were in for a rude awakening at this level. To be fair, our team was good and everyone ran well but this is a top-quality race and 11th place out of 44 teams has to be considered creditable, despite being nearly three and a half minutes adrift of the medals. Charlie dived into the melee of elbows of the first leg and although not currently on last year's form emerged with a solid 17:15, which put us in 15th. Tony's 16.20 was his best since his first run in 2010 of 16.16 (convinced the turn cone was placed short!) and moved us up to 7th. Ebe's solid 17:56 matched his time of last year and was a good run in this company, only dropping us to 10th. Taking over for the last leg, a 'just ticking over' Dave Beaver is always worth having in a team and despite not having raced since December the former 14-minute 5000m man (alright, that was in the late '70s, he won't thank me for mentioning) turned in a 17:20 clocking for a final 11th place. Dave turns 55 in August – there may be a fight to keep him for the younger team in next year's event!

11 Dulwich Runners M45: Charlie Lound 17:15, Tony Tuohy 16:20, Ebe Prill 17:56, Dave Beaver 17:20 – 1:08:51

This year the men's over-55 teams only needed three runners and we'd normally be spoilt for choice but with injuries accounting for Steve Smythe and Adrian Greer, and others not available, Nick Brown was the only survivor from last year's bronze-medal winning quartet. Steve Williams stepped up for the first leg and posted a creditable 18:57, followed by Nick who is currently not in last year's form, with 18:50. Neville Webb completed the team with a good 19:11 for a final 11th placing. We were about three minutes adrift of the medals and would have needed to average sub-18 minute runs from all three runners to reach the bronze, such is the quality at national level. We're capable of it, but that's relay running – everything has to align at the right time!

11 Dulwich Runners M55: Steve Williams 18:57, Nick Brown 18:50, Neville Webb 19:11 – 56:58

Beckenham Relays, 14th May

In a much higher quality race than last year, the Dulwich men's team couldn't match last year's win despite their 2013 time to the second.

Tony's best ever time of 14:04 on the first leg was 4th out of over 80 teams but subsequently only 10th fastest of the day, compared to last year's 14:08 being second best, showing the increase in quality this year. In-form Ed Hill held on to 4th on the second leg with another personal course best of 14:06 – should have dipped for the line better to snatch fastest Dulwich man!

Charlie anchored the team well but there was nothing he could do against some very fast last leg runners and we finished a creditable 6th.

The women had an easier day at the office and won with a time over a minute faster than their 2013 victory. Mel's superb 16:09 first leg was nearly half a minute faster than last year and handed Andrea a 16 second lead over a strong South London Harriers squad.

Andrea was 20 seconds faster than last year herself and extended the lead by another half minute, giving Clare a big cushion. She completed the formalities without any pressure but ran a quick 15:16 anyway to take the fastest time of the day and see off the SLH squad by well over a minute.

The Dulwich Vets A-team produced three good runs, the pick being Ian Lilley's excellent 15:01, easily his best short-distance race. They finished second vets to South London Harriers which irked a little bit as the SLH squad included a Striders runner making up a composite team – apparently not against the rules in this low-key event.

Tom and Teresa ran good times too but couldn't complete our mixed team as third leg runner Kev Chadwick unfortunately got held up and didn't make it to the start line. - ***Tony Tuohy***

6 Dulwich Men: Tony Tuohy 14:04, Ed Hill 14:06, Charlie Lound 15:02 – 43:12
12 Dulwich Vets A: Ian Lilley 15:01, Ebe Prill 15:39, Chris Loizou 15:52 – 46:32
16 Dulwich Ladies: Mel Edwards 16:09, Andrea Pickup 16:20, Clare Elms 15:16 (fastest leg) – 47:45
52 Dulwich Vets B: Graham Laylee 18:53, Duncan Wilson 18:17, Gideon Franklin 17:21 – 54:31
Dulwich Mixed (DNF, incomplete team): Tom South 16:04, Teresa Francova 17:11

Riga Half Marathon, Latvia
18th May 2014

Whilst Barrie had his mind on the Cannes film festival, I suggested he make the most of his marathon fitness rather than hobnob with the great and good of the big screen. Riga is the European city of culture this year and it is also a UNESCO world heritage site, both honours being well deserved. A running tour group, 'Running Crazy', take a trip out there. Having travelled a couple of times with them before , their organisation is always excellent and they are great fun.

We flew out there on the Thursday evening and were met by Running Crazy who escorted us to our hotel. Friday we wandered into the town and enjoyed a boat trip around the city canals and onto the city's river the 'Daugava' - literal translation 'a lot of water'. We then went to St Peter's church, which was built in 1209 with a trip up the tower to overlook the old town. It has been occupied over the years by many different nations given the strategic importance of the Daugava river, and has many interesting buildings. We rounded the evening off with a concert in the cathedral played on one of the world's largest organs, the first of many music events to celebrate being the European city of culture.

Saturday was a stunning day and we must have walked half a marathon around the town sightseeing! We started with a guided walking tour which took us to corners of Riga we hadn't seen including part of the old city walls which survive even today as houses were built onto the side of them to save on brickwork. Many of the streets used to be named after trades and farm animals until the city decided that names like 'pig street' weren't the most fetching. With German being the language at the time, they changed that one from Schweinstrasse to Schwimmstrasse (swim street) to save changing too many letters, in a similar vein of frugality, and this is where the Latvian street names derive from today! The guide recommended we should see the market of fresh produce housed in four old Zeppelin hangers and the stalls were a real feast for the eyes. The evening was the first get-together for the group with a pre-race briefing and pasta dinner at a nice Italian restaurant.

Race day finally arrived and we were all glad to see a few clouds in the sky when we got up after the heat of Saturday. Our hotel was just a ten minute walk from the start and the Running Crazy team escorted us over there with one of them taking charge of the bags so we didn't have to negotiate the queues at the baggage tent. We hadn't quite realised the size of the race but around three thousand run the half marathon. Later in the day they hold a 10k and 5k, which are real community events with the whole city seemingly coming out to run.

The course was mainly flat and looped around the old city before crossing the river for a small circuit of an island, returning into the city and then out by the river for the final few km. They had DJs around the course from different EU nations as a nod to being the European city of culture. The highlight of the race, however, was their so-called 'cultural mile', which passed the city's monument to freedom. People in traditional costume lined the streets and greeted us with singing and dancing as well as a few high fives! The atmosphere was fantastic and really gave us all a boost.

The cloud cover we so welcomed earlier cleared for the first half of the race and it became uncomfortably warm, but thankfully it returned for the later stages, although the temperature didn't drop. We both took the race fairly steadily but were pleased with our times after our sightseeing endeavours the day before. We had ordered a race t-shirt which each year is adorned with work from contemporary artists. This year the theme was a rather incongruous snail - the city was littered with huge bright plastic snails installed by artists to criticise the government's lack of progress in establishing a contemporary art museum. So yes we have a lovely technical t-shirt with a snail on it and with a slogan on the back (in Latvian thank goodness) 'why are you crawling like a snail?!!' However the words on the back are aimed at the person you have just run past! The Latvians obviously have a good sense of humour!

After the race we watched a lively concert of Latvian songs and music - the Latvians regard themselves as the singing nation and don't hesitate to give their vocal chords a good work-out (we'd even had a mass sing-song at the start of the race). The evening was another get-together with a group meal, presentation of Running Crazy awards as well as a review of footage and photos the team had taken of us and the race. Then it was onto a rooftop bar at one of the city's top hotels for a bit of dancing, just to loosen the race-weary muscles, as well as admiring the beautiful panorama of the city by night.

We'd highly recommend this trip - the city is absolutely lovely and has so many sights to see. It's a nice race and it's great to have the Running Crazy team to support and provide insider knowledge of the city and the run.

- Lindsey Annable

1004	Barrie John Nicholls	1:51:09 (gun 1:51:44)
1319	Lindsey Annable	1:55:32 (gun 1:56:06)

3715 ran (Male winner: 1:05:56, female winner 1:14:52)

North Downs Way 50 miler

On Saturday 17 May, I embarked on my first ultra race. The race was the North Downs Way 50 miler which started in Farnham and finished at Knockholt Pound, following the National Trail all of the way except for a small diversion at the end to finish at the village hall.

Following on from Brighton Marathon, my training shifted I to running slower and for longer. On my long runs I learnt how to take on solid food, such as Marmite sandwiches and Brazil nuts, instead of the normal gels I use for marathons. So after 5 weeks of fewer but longer runs, I found myself on the start line at 8am for my first ultra on the hottest day of the year.

The start of an ultra is very different to any other race as everyone makes a steady start and the race mantra of it being a marathon and not a sprint really made sense here. At the first short hill everyone around me started to walk up and I had to avoid the urge to burn up the energy early on and followed the more experienced runners lead.

The first 15 miles to Newlands Corner passed by relatively quickly (2.5hrs) and I was really enjoying the atmosphere and the beautiful scenery. After a quick pitstop to tape up my feet as they had started to rub a little, even though I had no hot spots in training, I didn't want to risk pushing on and blisters forming.

Over the next section to Box Hill I found it starting to get really warm and struggled with a stitch as soon as I picked up the pace, but after a long stretch in a wooded section I popped up at Denbies Vineyard and memories of the Surrey XC champs came back, but the course was

a lot more runnable at this time of year! I was soon back into my stride and soon at the famous stepping stones at the bottom of Box Hill and just under halfway (24 miles - 4h39m).

By this point it was early afternoon and the warm weather was starting to take its toll. An ice lolly at the top of Box Hill went down really well and luckily the aid stations were spaced closer together from this point on as I was going through a litre of electrolyte drink between each aid station. I was glad at getting to Reigate Hill check point and realising that I was now officially an ultra runner after breaking through marathon distance. The course became really undulating from this point on with it meandering up and down the north downs.

After climbing up to Caterham and then dropping back down to Oxted, I walked up all of Botley Hill (1km at 15-20%) to get to the final aid station and 7 miles left to go and relatively flat from this point onwards (the course had a total of 5,500ft of elevation gain). After taking a longer stop to ensure I was sufficiently fuelled and watered to the end, I got back into the zone and managed a steady jog most of the way to the finish which is where the knowledge of being able to complete the distance started to become a reality. As it started to get cooler with the setting sun and avoiding the cows which where blocking the shortest route in one field to the gate paths finish line appeared magically across a field.

I finished the race in 11h34min in 129th place out of 172 finishers (195 starters). Despite missing my pre-race target of 10 hours, the whole experience was brilliant and an excellent way of seeing so much of the countryside and getting away from pounding the pavements week in week out. I'm now looking forward to getting back to some shorter faster racing, but will definitely look to do another ultra soon! - ***Chris Goodman***

Brussels 20k 18.05.14

Following last week's Parkrun at a 'Vera' location, Mike continued his crime series runs at his current work location, Brussels, where 'Salamander' was set (recently seen on BBC4).

The Brussels 20k is a very popular race, the biggest in Belgium, and starts in the Cinquentennaire Park, East of the centre and just outside Mike's flat. His running club there is based at the EU offices and we were each given Euro-election promoting vests to run in.

We were fortunate to be in the first non-elite pen but still took over a minute to reach the line and set off towards the haute ville area of palaces and museums. We turned back out of town through three testing underpasses before reaching a parkland driveway with a slight climb. With over 40,000 runners it was quite crowded and runners cutting ahead/ across when they saw a gap were a hazard.

As we neared halfway and a downhill Andy had a slight energy problem due to hay fever and was losing sight of the 1.30 pacers, whilst Ros and Clare were together and Mike further back running steadily despite a heel problem. The second half of the race followed a shady tram route through pleasant suburbs and then turned uphill as we neared the city again.

We all kept going steadily and were glad of the shady parts out of the strong sunshine, with Clare probably having the best second half to pull ahead of Ros. At the top of the hill we were inspired to keep going by the sight of a fountain on a roundabout and the huge triumphal arch at the finish, where we were able to enjoy the sunshine in the park. Following a public appeal for famous Belgians to take part, King Phillipe ran and came in under two hours.

I think I spotted Mike doing a kayak-paddling celebration as he crossed the line, so it could be Hawaii for his next crime -series based run.

- ***Andy Murray***

2464m (963vet m) Andy Murray 1:31:14
155w (54 vet w, 14 wv50) Clare Wyngard 1:33:26
174w (64vw, 2vw60) Ros Tabor 1:34:21
8740m (3500vm) Mike Dodds 1:45:15
40,375 ran

Crystal Palace Triathlon

On Sunday I took part in the Crystal Palace triathlon. A fun and well organised event that left me itching to further pursue my passion for triathlon…or maybe that was just the sunburn.

With a staggered start in the swimming pool I was initially nervous that I had put too modest an estimated swim time, and would therefore spend most of the time stuck behind a queue of snail paced sinking breaststrokers, but these worries proved unfounded. The swim started and I found myself drafting in behind a strong front crawler. I can't help find the swim stressful however.

The whole 750m I was imagining a queue straight out of Thorpe Park forming behind me, and I am half waiting for some impatient Johnny Bravo-esque physique to swim straight over me, leaving me to drink a pint of chlorinated water and cursing my parents for not getting my front crawl stronger from a young age. Before I knew it (actually it felt like forever) I was out the water and into transition. Dulwich vest on backwards, check, loads of sand in shoes, check, and I was off. My first chance to race my beautiful carbon bike since it was recovered from cash convertors after it's theft last year.

The bike course consists of 9 laps of the park which equates to 20km. The problem with putting the modest swim start however meant that the course was congested with the majority of the field already on the road. I did my best to weave in and out and I could really feel the benefit of the training I had done with Dulwich paragon and the chaingang session they have (absolutely brutal, think spinning class for 2.5 hours).

Next up it was the run and I was in familiar territory. I slipped on my running shoes, no socks and elastic laces saved me maybe 30 seconds in transition This was balanced out by not being able to find my transition area for 30 seconds, and then I was off. The run leg was 2 laps of the upper part of the park and then finished on the track. With no Garmin it was hard to know how my run was going.

As I was passing a lot of "fun runners" I wondered if my sense of feeling strong was perhaps a cruel illusion, but I would find out soon enough. Coming on to the track was a bit surreal as I was having flashbacks of 400 meter reps all winter and this certainly helped motivate me as I imagined trying to keep up with Paul and Alastair.

As I finished my run I was awarded a "spot prize" by Cadence. A free fitness test worth £100 so I guess my form must have looked ok. Very shortly after the finish the results are available. I was very happy to have the 2nsd fastest run split of the day of (17.48 on a hilly course) only beaten by 3 seconds by the overall winner. Also my bike was only 3 minutes off the overall winner and faster than others in the top 10 but alas as I always knew my swim would take me from a strong contender to a young pretender.

I think the overall winner was about 6minutes faster than me in the swim and that is damage that is irreparable in triathlon. The question is now; focus everything on swimming to become competitive at triathlon? Or, keep triathlon as a hobby and back to the running? Maybe booking a half ironman would help me decide, hmmm….

Edwin McCormack 90th out of 541
Swim 750 meters ; 17:32
Bike 20Km 40 mins
Run 5km 17.48

Self Transcedence 2M, Edinburgh, May 14

19 Shona McIntosh 1W 11:09

Penicuik 10k, May 10

Another quick race report - no second pb for me this week - it was the hilliest 10k I have ever run! I think there was a total of about 200m ascent and descent, it was a tough but enjoyable course. Well, enjoyable apart from the last kilometre which was very twisty and turny and up a hill.

The weather was pretty dramatic - Penicuik is basically in the Pentland hills and when we started it was bright sunshine but with black clouds against the hills, it was a pleasant distraction. That turned into a bit of a flash flood halfway round, which was a less pleasant distraction!
I was 37.02 for second place, 35 seconds or so behind the winner and I think the hills were worth at least a minute so I think it was a good run.
14 Shona McIntosh 2W 37:02

Self Transcendence 5km Inc Scottish Champs, May 7

Thought I'd let you know I ran a 5k pb! It was the Scottish 5k champs at Silverknowes - very fast but exposed course and the wind was blowing hard, so I was on track for under 17 until we turned round at 3.5k and had to fight back into it.

I lost about 15/20 seconds on the last kilometre, not sure if it was mostly due to the wind or I was just fading but I was very pleased with my run anyway (especially given we've just moved house and so I have spent the last 5 days lifting boxes and bending over flatpack furniture).

Good enough for a bronze in the championships, though I didn't realise I had come third so left pretty much as soon as the race was over (was running home and heavy rain was forecast!) so i haven't got my medal. Am hoping they post it to me.
3 Shona McIntosh 17:16 (PB)

parkrun

May 17 th

Brockwell

11	Lewis Laylee	18:53
36	Alistair Clarke	20:54
43	Cameron Timmis	21:14
45	Caroline Pettigrew	21:18
49	Duncan Wilson	21:28
51	Graham Laylee	21:36
151	Sharon Erdman	25:43
203	Susan Nicolai	29:31
204	Sarah Lyness	29:35
240 Ran		

Burgess

24	Hugh Balfour	21:43
105 Ran		

Crystal Palace

20	Paul Hodge	20:42
74	Paul Hilton	25:58
104	Penelope Bell	28:45
147 Ran		

Dulwich

10	Wayne Lashley	17:32
12	Paul Devine	17:35
14	Rob Cope	18:03 PB
39	John Fletcher	20:43
45	Gideon Franklin	21:02
74	Linda Byrne	22:40
77	Ian Sesnan	22:45
79	Mark Muffett	22:48
101	Mick Mead	24:18
103	Claire Steward	24:30
127	Pip Eastop	25:51
171	Barry Graham	29:53
198	Chris Vernon	36:05
200 Ran		

Nonsuch

168	Carys Morgan	24:51
455 Ran		

Orpington

91	John O'byrne	34:12
113 Ran		

New members especially ! and others....
Could you update your Parkrun profiles to show you are a member of Dulwich Runners AC (if paid up). This help us pick out all our runners for the weekly results.

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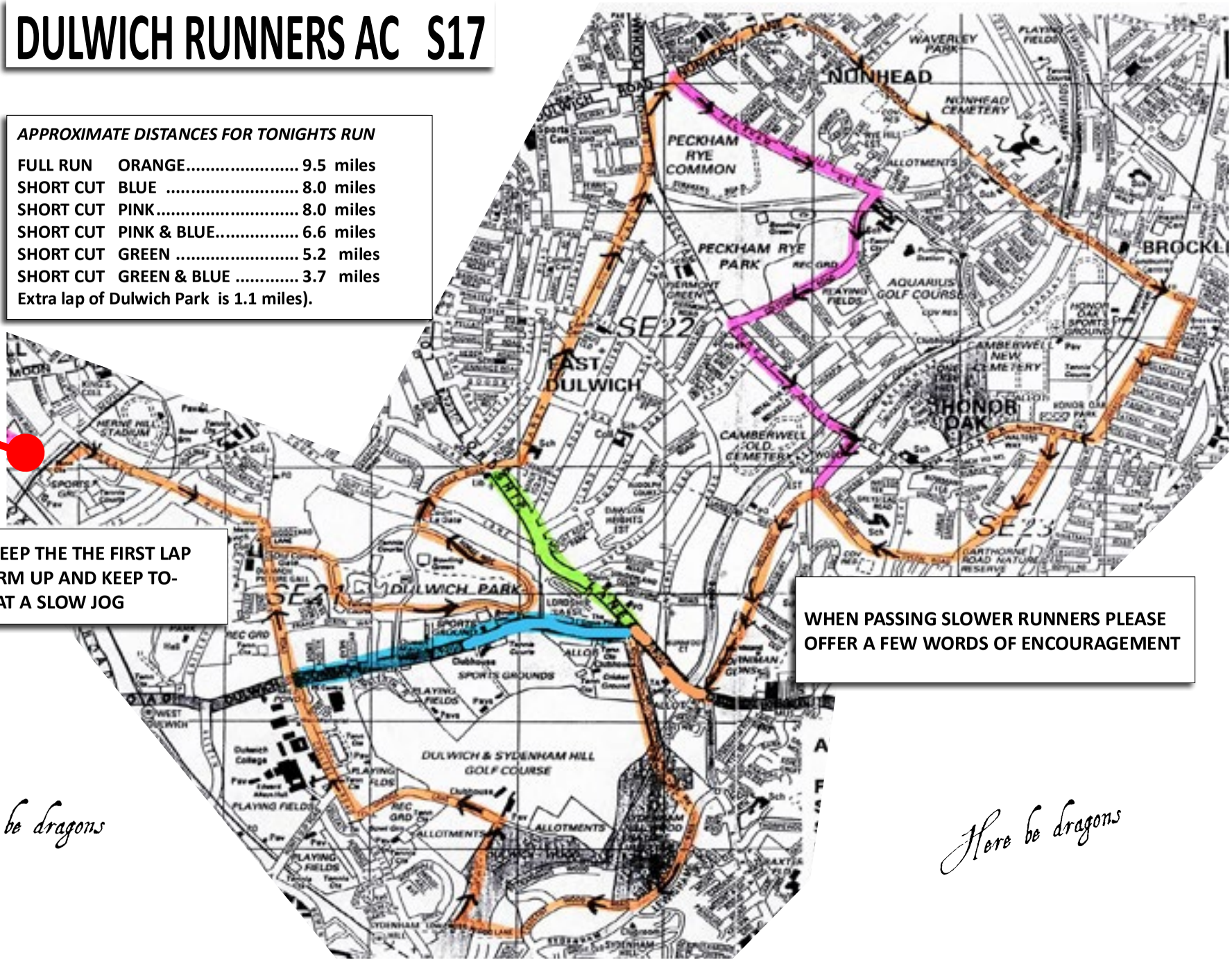
DULWICH RUNNERS AC S17

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE	9.5 miles
SHORT CUT	BLUE	8.0 miles
SHORT CUT	PINK	8.0 miles
SHORT CUT	PINK & BLUE	6.6 miles
SHORT CUT	GREEN	5.2 miles
SHORT CUT	GREEN & BLUE	3.7 miles

Extra lap of Dulwich Park is 1.1 miles).

you are here



PLEASE KEEP THE THE FIRST LAP AS A WARM UP AND KEEP TO-GETHER AT A SLOW JOG

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

Here be dragons

Here be dragons