SHORTS

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

Tue 13 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 Reports and results, Ted Pepper 10k, Assembly League
10 Parkrun results
14 Wednesday night running map

And much more !

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

You can follow us on

TRACK SESSIONS

Sessions back at Dulwich College from next week May 6th.

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

.....also

Battersea Park assembly league now 26th June

LUCKY VEST
tonight Wednesday May 7th

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk
for all other club kit please see **page 7**

EVENT HORIZON

A brief look ahead

full fixture list page 3

May 14 Beckenham Relays
May 25 Rye 10 - Club Champs

NEW RUNNERS ROTA

Many thanks to **Gideon Franklin, Patrick Mcmorrow 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**

Gideon Franklin	**07/05**
Jo Shelton	14/05
Stephen Street	21/05
Ros Tabor	28/05

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

Your DR Committee are next due to meet on Thursday 8th May.

If you have any matters which you would would like the Committee to discuss or consider, please email me on secretary@dulwichrunners.org.uk by Sunday 4th May.

Clare - DR Secretary

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

DULWICH RUNNERS CLUB CHAMPS 2014

We have now finalized the events and structure of next year's club champs. There will be 9 races in total split into 3 distance categories. In order 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 to ensure that your club membership is up to date in order to qualify for points.

For those wishing to know the Clup Champs rules they are on the clubs website

The events are as follows:

1 February	Brockwell parkrun 5k (short)
2 March	Tunbridge Wells Half (long)
13 April	London (or other) Marathon (long)
5 May	Ted Pepper 10k (medium)
25 May	Rye 10 miles (long)
16 June	Battersea Park 2 miles (short)
22 June	Beckenham 10k (medium)
11 July (tbc)	Mark Hayes Mile (short)
31 August	Sevenoaks 7 (medium)

Mike Mann (on belhalf of ADSC)

CLUB CHAMPS 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.

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)

Coach to Rye 10 Club Champs Sunday 25 May

Further details to be announced but there will be a coach to the Rye club champs on Sunday 25 May.
Leaving approx 7am from Crown and Greyhound pub in Dulwich Village
Returning approx 5:30pm after the race and pub lunch.
Cost ?'15 (TBC)
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.

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!

Cheers - Steve Wehrle

DULWICH CHARITY EVENT

Sue Vernon writes

I have received a few more offers of help to organise a Dulwich charity event some time this year. I also have had two suggestions of a venue and an alternative event.

The next Dulwich Runners main committee meets on Monday 8th May so I would like to hear from anyone else who may have ideas of what we can do to raise money for a local charity and indeed more volunteers to help organise such an event. I can then report back to the Committee and a decision can be made. Thank you.

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	14	Beckenham relays			Beckenham
	25	Rye 10 miles		(long)	Rye
Jun	5	Assembly League	5k		Beckenham - 7:30 start * **note changed venue**
	11	Dulwich Club Champs 2 miles		(short)	Beckenham * **note changed venue**
	22	Beckenham 10k		(medium)	Beckenham
	26	Assembly League	5k		Battersea Park - 7:30 start * **note changed date**
July	3	Dulwich runners Midsummer 5k			Brockwell Park * **note changed date**
	11	Mark Hayes Mile		(short)	Dulwich College Track
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	

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	Apr	Parliament Hill
12	Apr	Tooting track
5	May	Tooting track (same day as Ted Pepper 10k club champs)
10	May	Crystal Palace
10	May	Parliament Hill (10,000m)
19	May	Norman Park
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

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

Commonwealth Games Tickets for Sale

I have 4 x£30 tickets which I now cannot use for the penultimate day of the athletics (track and field) at Hampden Park, Glasgow on Friday 1st August,1900-2230hrs. The session comprises:

Preliminary: Men's 1500 Round 1; Triple Jump; Javelin; 4 x 100m Relay Round 1; 4x400m Relay Round 1

Finals and medal ceremonies - Men: 3,000m steeplechase, 10,000m, pole vault

Prelim- Women: 4 x 100m relay round 1; 4 x 400m relay round 1

Finals and medal ceremonies Women - 800m, 100m hurdles, high jump, discus.

If you are interested please contact Clare Wyngard on clarewyngard@btinternet.com or catch me at a Tues/Weds DR session.

Sunday 11th May 2014, 4-7pm – it's time for Post-Marathon Rockin' Mayhem with English Rogues!

At **The Nightingale,** 53 Carshalton Rd, Sutton SM1 4LG
http://streetmap.co.uk/map.srf?X=526436&Y=164198&A=Y&Z=110

After a storming debut gig at the Nightingale back in January the Rogues are back for more. Fans who've been before know what to expect – if you haven't, it's best described as pub-rock mayhem; classic rock/blues tracks by the likes of Eric Clapton, ZZ Top, Rolling Stones, Jimi Hendrix, Bryan Adams, The Kinks, Crosby Stills & Nash, Small Faces, AC/DC, Free, Bad Company, Bob Dylan, Guns 'n Roses, etc., etc.! All with blistering guitar solos from young guitar-god Dan Murphy and over-the-top drum thrashing from yours truly – well, I haven't been out much lately……..

And just to be different, it's an afternoon gig! Do your morning run or race, scoff a leisurely Sunday lunch, then get to Sutton for a 4pm start – and it's totally FREE. You can get all rocked out and still be home in time for the evening telly! What's not to like?

Tony 'Thundersticks' Tuohy.

Come on, let your ears bleed (well, it's Sunday afternoon, can't be that loud…….)

Rathbone's 3 rd Annual fancy Dress Fun Run

around Brockwell Park takes place at 11am on Saturday May 31 st
Please call the Rathbone office as soon as possible on 020 8670 4039 if you wish to take part.

It is a very short fun run (1.5 miles), which most people don't run, but it is an enjoyable day out for those involved and helps the charity raise money to help run our various groups in the area.

Kindest regards,

Shaun Jones - deputy Director
Lambeth Elfrida Rathbone Society
http://www.rathbonesociety.org.uk/

Race Reports & Results

To be sure your race results appear in SHORTS you must send them in.
If you can write a report even better, all road, fell, XC, Tri results etc, are welcome .

Assembly League results Victoria Park, May 1

Pos.	Gen. Pos	Name	Cat.	Time
8		Ed Hill	SM	18:49
11		Tony Tuohy	M50-1	19:00
16		Alastair Locke	SM	19:08
20		Edwin McCormack	SM	19:22
43	3W	Clare Elms	W50-1	20:08
46	42M	Paul Devine	SM	20:18
51	47M	Steve Davies	M40-9	20:28
58	54M	Rob Cope	M40	20:37
63	59M	Ebe Prill	M50-4	20:43
65	61M	Kevin Chadwick	SM	20:45
85	81M	Tom South	SM	21:30
91	86M	Dom Joyner	SM	21:43
9W	9W	Nicola Richmond	W40-2	22:08
111	101M	James Burrows	SM	22:12
11	11W	Mel Edwards	SW	22:15
142	122M	Joseph Brady	M45	23:25
150	22W	Sarah Cross	SW	23:40
154	131M	Andy Murray	M60-2	23:49
159	24W	Anna Thomas	SW	23:55
170	140M	Graham Laylee	M55	24:44
176	35W	Ros Tabor	W60 -1	24:52
188	150M	Barrie J.Nicholls	M60	25:54
189	39W	Linda Byrne	W35	24:52
191	151M	Colin Frith	M55	26:06
209	159M	Kevin Wood	M55	28:06
229 ran (163M and 66W finished)				

Men A Team
1 Stock E 2, 3, 4, 24 = 33
2 VPH 1, 9, 15, 18 = 43
3 Dulwich 8, 11, 16, 20 = 55
4 Kent 5, 13, 33, 34 = 85
5 Camb H 6, 14, 17, 79 = 116
6 Aquila 7, 36, 66, 84 = 193
7 Eton M 28, 52, 55, 63 = 198
8 Lloyds 10, 67, 68, 71 = 216
9Beckenham 12, 32, 121, 164 = 329
10 Serpentine 77, 105, 109, 118 = 409

B Team
1 VPH 21, 22, 23, 26 = 92
Stock E 25, 30, 35, 44 = 134
2 Kent 37, 40, 41, 46 = 164
3 Dulwich 42, 47, 54, 59 = 212
4 Eton M 73, 75, 90, 95 = 333
5 Camb H 83, 96, 164, 164 – 507
6 Lloyds 92, 111, 164, 164 = 531
7 Aquila 115, 117, 148, 153 = 533
8 Serpentine 127, 133, 147, 155 = 562

Women (A and B)
Kent 1, 2, 8 = 11
VPH 5, 6, 10 = 21
Dulwich 3 3, 9, 11 = 23
Eton M 4, 14, 15 = 33
VPH B 13, 16, 20 = 49
Kent B 12, 25, 26 = 63
Dulwich 7 B 22, 24, 35 = 81
Serp 18, 43, 44 = 105
Eton M B 31, 32, 45 = 108
Beckenham 28, 37, 67 = 132

Thames Path 100miles non-stop, Sat 3 – Sun 4 May

Per Hedberg writes.....

This is a point to point non-stop race, starting in Richmond, following the Thames Path and finishing in Oxford. Last Saturday was a beautiful and sunny day so all fine when approx. 220 runners set off from Richmond at 10:00 in the morning.

I kept to my race plan (keep pulse down) and started off towards to the end of the pack figuring that a lot of runners would have started too fast, which turned out to be the case.

For 15hrs 30min everything went well (by my modest standards), arrived at 51miles after 11:22, and 60miles after 14:45. Then it got tougher and the last 40miles took me just over 13hrs (argh, room for improvement). My race plan was for a 24hr finish which was almost a relief having to abandon during the night stage. I then gradually realised that there were final cut offs for each aid station and also at the finish. These I had not even looked at before, perhaps overconfidence or – more likely – blissful ignorance. The final cut off at the finish was 28hrs so I felt pretty comfortable during the early morning hours regarding that but then it started to dawn on me that this too may prove difficult.

Speed at this stage was a bit of an issue…. Between miles 89-91 I had my lowest point and a stunning lack of speed and for once doubted if I were able to finish it. I arrived at the penultimate aid station 10mins before their cut off and left the station for the final 5 miles with 3mins to spare and 90mins to the final cut off. That was a huge feeling, as my thought then was that I would at least finish, even if it were as a "tourist" outside the cut off. I had run recced the latter part of the race in advance but regarding the finish I had only seen it from the main road, not via the actual Thames Path, so coming into Oxford I was not sure exactly how far it was to go, only that the time was closer to being under the cut off than I had anticipated.

Suddenly a chap from the organisers was beside me on the Path telling me that IF I could run I could just possibly make the cut off. Asking him how far he reckoned it was I checked the watch. He said approx. 500m and I had about 4mins left on the watch so from then on it was a final full blast with people shouting and clapping as if I were going to win the race. Finished with a 500m sprint (thanks Steve for the track sessions) and made the cut off with 1min 32sec to spare. A comfortable margin, heh.
Shattered, emotional, happy and "job done". Well….

Per Hedberg 27:58:28
147th out of approx. 220 starting and out of 147 finishing under the cut off. PB… (!!)
Winner = Edward Catmur in 16:38

Grand East Anglia Run 10k Kings Lynn 04.05.14

This popular, well-organised run included the British Masters 10k championship this year. Nearly 2,000 runners gathered at the Belgian-style market square for the start. Many of the top veteran runners attended, including Dave Butler (Billericay m60) who ran under 35 minutes.

The first and last 3k were up and down three parallel streets through the town centre, one passing the historic quayside and merchants' houses but the other two less attractive with crash barriers constricting the route's width.

For 4-7k we ran along the Great Ouse riverbank into the wind and then back along a main road to enter the central park, following 'the walks' past a historic tower and gateway.

Ros had been struggling to get under 22 minutes in recent park runs, so was pleased at coming in just over 44. She was within just over a minute of the first two W60's, comfortably getting BMAF bronze, but 2 minutes slower than the w65 winner Angela Copson.

Andy was pleased to be running close to his 3.5 mile pace from the previous Thursday.
Kings Lynn is a sleepy town in the fenland western part of Norfolk, with many interesting red brick buildings dating from its past as an important trading port, great for a weekend break .

260 Andy Murray 42:24 chip 16thM60-64
337 Ros Tabor 43W 44:02 chip 3rd W60-64
Andy Murray

Herne Hill Open Meeting 5 May

At the second open meeting of the season, Nicola Richmond took part in the inaugural Stan Allen mile, in honour of the Herne Hill coach who sadly died earlier this year. Most of us who competed indoors earlier in the season are struggling to match those times, but Nicola had a good race and is clearly improving. Later Katie Balme ran her first track race, an 800m. In common with most of these races, the first lap was run at frenetic speed, but she little option but to stick with the pace, passing the bell at around 75 secs, and although slowing at the end, finished strongly in a highly encouraging debut. **Mike Mann**

Stan Allen Mile
Nicola Richmond 5:35.98
800m
Katie Balme 2:37.59

EnduranceLife – Coastal Trail Series
Pembrokeshire Coastal Trail – Start/Finish: Little Haven
Saturday 3rd May 2014; Start 8:30am - 34.8 miles

A tale of the unexpected Before I set off for the rugged Pembrokeshire coast, our club's most valued Welshman gave me a quick lesson in the native dialect and assured me that "moron" in his mother tongue, meant "carrot".

And so as I stood shivering on Little Haven beach at 8:00 on Saturday morning listening to the runners' briefing ahead of 35 miles of coastal trail, wearing my bright orange running jacket I was feeling a bit of both a Welsh moron and an English one.

This would be my first ultra (but most certainly not my last) and the idea to run it came about around this time last year as I sat at work looking for something that might help the clock tick on towards 5pm a little bit faster. A few good reviews on Runners World, some nice pics of sunny beaches on the event website and low and behold I'd signed myself up.

"Ultra-day" came round quick but I was feeling calm, confident of a solid if not show stopping performance and excited by the prospect of something new. I knew I had some good training under my belt with all the miles put in for the Brighton marathon at the start of April and then a couple of near marathon distance runs along the North Downs.

There also wouldn't be any pressure to run to mile split times so the event was more a case of get out there and see what I could do. Originally billed as 33miles I received an email in the week leading up to the run explaining that they'd had to change the route and so the course would now be 34.8miles; I wasn't sure whether to just shrug my shoulders or be terrified by the extra couple of miles – just think of it as a rep at track I said to myself.

The course itself was ranked as "moderate" by the organisers and that seemed a fair assessment. Most of it was on dry, solid trail with a couple of miles on road with some mud and rocks to navigate in a few places and only a couple of sharp drops and climbs. The biggest hazard was probably going face first into the group as you tripped over while looking at the stunning scenery; thankfully I came through the run (at least physically) unscathed although there were a notable number of bloodied knees at the finish and I did have a big fella hit the ground hard ahead of me at one point.

There were a series of Check Points that all the runners had to go through over the course which in the end provided good mental targets to break the run down into as they were roughly evenly spread over the course distance.

Start to CP1 at 5.4miles; 11th place, 44:55

We followed a steep uphill start for about 600m before turning off onto the coastal trail which was very narrow and tricky to get a good footing on. I found myself having to tightrope walk it with one foot in front of the other. Thankfully this only lasted a few miles and the trail levelled out allowing me to get into a solid stride. With no real race strategy other than wanting to get to the finish I set off at a more than comfortable pace and let a couple of other runners go by. For a while the lead pack was in view but as the trail straightened out they went out of view and I relaxed into enjoying the experience.

CP1 to CP2 at 9.3m; 9th place, 32:59

This section drew us inland across a couple of fields and then over an old airfield where the solid ground made for a few miles respite from the uneven terrain elsewhere. By this stage I'd caught up with the couple of runners who had passed me at the start and we ran together keeping a steady pace briefly brining in the lead pack into view.

CP2 to CP3 at 16.3m; 6th place, 01:03:13

From Check Point 2 the race route took a welcome speedy downhill for around a mile into the little village of Dale before following the winding coastal trail around the peninsula back to the same check point where the ultra runners would do a second loop and leave the marathon runners to head for the finish. For the first half of the initial loop I was running with the guys I'd caught up with earlier and we made solid if not speedy progress ticking the miles off.

There were a couple of parts where the trail was rocky and uneven underfoot but again for the most part it was quite wide and even meaning you could get into a steady rhythm. By this point I'd gone through a gel and a couple of electrolyte tablets in an effort to keep any cramps at bay but still felt as though there was plenty of juice left in the tank (but also with the ever present fear of hitting the wall without warning).

Towards the end of the loop we passed a couple of the lead pack who were flagging and this was a nice little boost ahead of the second loop.

CP3 to CP4 at 23.3m; 4th place, 01:00:47

Check Point 2, 3 and 4 were essentially the same spot at the top of the peninsula and while initially the prospect of repeating the same 7 mile loop was a bit bleak it turned out to be a blessing in disguise knowing full well what was ahead and still at this stage being confident that I could maintain if not up my pace.

The route was a lot more crowded this time round as I caught up with the marathon mid-fielders but it really helped with keeping focus having the other runners as targets to run to. At the start of this second loop I also tucked into my "solid" food which comprised of some flapjacks that I'd made especially for the run, with a bit of extra added oomph (all ingredients approved by WADA).

This solid food really helped and I definitely felt a good surge of energy; enough to carry me round to the end of the loop at least.

CP4 to CP5 at 29.4m; 3rd place, 49:17 (went through marathon distance in 3hrs 41min)

It was a relief to leave the peninsula and start on the path to the finish, which was albeit still over 10 miles away from CP4. Somehow I was still feeling full of energy and just telling myself to push while the going was good. I knew that I had passed a few runners who had made up part of the lead pack at the start and was thinking that I might even be near the top 10.

That was until I came up behind

another runner with “ULTRA” on his running number. He looked over his shoulder at me and I caught a look of shock in his eyes before he upped the pace. Understandable I thought as I can’t have been a pretty sight at the time but not thinking I was anywhere near the front I carried on at the same pace. It wasn’t long though before I was up alongside him and as I edged past he said that he was none too happy to see me as I’d just taken 3rd place from him!

After a moment of initial disbelief this then became a serious game changer and with about 9 miles left to go I decided to go all out. Thankfully the spot where I passed this guy for 3rd was at a point where the course nicely levelled out and led onto a brief road section and from somewhere I mustered a bit of 7:30min/mile pace which at that stage in the race and with all the gels in me felt like I was flying.

CP5 to Finish at 34.8 miles; 2nd, 43:59

To be honest I don’t remember much about this part aside from being absolutely wired and just telling myself to “bring it home”. With a few miles to go I had the first tell-tale twinges that my calves were soon going to turn to stone with cramps but I told myself I was going to make it to the finish before that happened.

The course was now following the same part of trail that we had started out on and there were a couple of unwelcome sharp climbs to deal with but it was here that I spotted a guy from the lead pack and he looked like he was in a world of hurt. Still not really believing that I was in 3rd place I suddenly thought I could take 2nd and I was soon right up behind him.

As he stepped out of the way to let me pass I wanted to mutter something supportive but not too vacuous but this only resulted in me squeaking, “thank you” as I went by. Half expecting him to turn up the pace and come back at me I didn’t look back and dug as deep as I could to clear off the last couple of miles. The last mile, as always, seemed to go on for ever but finally, at the bottom of a steep downhill there it was, the finish line. A very welcome sight.

On reflection a nd some Power of 10 competitor research I’m still in a bit of shock at how it went. It wasn’t a super competitive field, save for the ultra winner who I’m told is the #4 marathon runner in New Zealand with a 2:23 time and 7th (non-elite) place at this year’s London Marathon, but that aside it was a run where everything came together and I felt strong (if a little wild) all the way through, my splits between the last two check points being the quickest of all.

A well organised and well marshalled event throughout there was some good camaraderie between runners and some spectacular views. Had I hit the wall I’m sure it would have been a horrible day in the office. As it was I’ll be telling the tale of my Welsh ultra over a post-club run pint for many years to come…even when everyone else has gone home.

2 Alastair Locke 4:55:1

39 ran

Ted Pepper 10k as a mob-match

Instead of doing a sudoku puzzle last night I thought I'd add some numbers in praise of Dulwich Runners turnout at this 10k race. Three clubs including ourselves were represented in sufficient numbers to stage an *a posteriori* mob-match (from behind seems the best way of looking at a mob. Sorry, couldn't resist) between Dulwich, Blackheath and Beckenham.

According to the rules I found quoted in the race report on our last mob-match in February, the number of 'scorers' is determined by the club with the fewest participants minus the last two finishers. We had 46 finishers, Beckenham had 37 and Blackheath & Bromley had 30.

So the first 28 finishers of each club would score with their positions in the race and the club with the lowest score wins.

Who won, you may ask?

We did of course, by quite some margin. So a big well done everybody!

And we want some of these trophy bottles at the curry night!

1. Dulwich Runners (first 28 out of 46): 1433 pts
2. Blackheath & Bromley Harriers (first 28 out of 30): 2405 pts
3. Beckenham Running Club (first 28 out of 37): 2692 pts

Disclaimer: this wasn't a real mob-match. But could be next time maybe? ***- Ebe Prill***

Ted Pepper 10k

Postion	Time	Chip	Name	Gen.	Cat.
3	36:41	36:40	Tony Tuohy	M	M50
6	36:50	36:49	Edward Hill	M	M35
8	36:59	36:58	Edwin Mccormack	M	SM
17	39:00	38:59	Paul Devine	M	M35
20	39:14	39:12	Clare Elms	F	W50
24	39:42	39:41	Eberhard Prill	M	M50
26	39:57	39:55	Rob Cope	M	M40
27	40:05	40:01	Steve Williams	M	M55
35	41:20	41:17	Melanie Edwards	F	SW
38	41:49	41:46	Andrea Pickup	F	W40
42	42:22	42:19	Ola Balme	F	W45
44	42:46	42:41	Olivier Montfort	M	M40
47	42:55	42:52	Gary Sullivan	M	M55
49	42:57	42:54	Michael Mann	M	M65
50	43:02	42:58	Andrew Cottrill	M	SM
60	43:42	43:36	Jim Dowsett	M	M40
61	43:56	43:51	Paul Hodge	M	M45
63	44:06	44:02	Andrew Murray	M	M60
65	44:23	44:16	Gideon Franklin	M	M50
69	44:32	44:23	Alex Haylett	M	SM
74	44:43	44:38	Cameron Timmis	M	M40
75	44:45	44:40	Sarah Cross	F	SW
76	44:47	44:43	Martin Double	M	M35
82	45:16	45:11	Katie Crowe	F	W35
84	45:33	45:30	Joseph Brady	M	M45
88	45:46	45:44	Graham Laylee	M	M55
98	46:54	46:47	Susan Cooper	F	SW
102	47:05	47:00	Martin Morley	M	M60
111	47:30	47:23	Matthew Ladds	M	SM
117	47:54	47:50	Michael Dodds	M	M55
120	48:06	47:59	Barrie J. Nicholls	M	M60
121	48:07	48:04	Clare Wyngard	F	W50
122	48:16	48:10	Bob Bell	M	M60
123	48:18	48:08	Yvette Dore	F	W40
131	48:53	48:48	Laura Lane	F	W35
132	48:56	48:50	Peter Gibbons	M	M55
135	49:24	49:16	Colin Frith	M	M55
144	49:51	49:47	Ros Tabor	F	W60
145	49:53	49:39	Hugh French	M	M35
150	50:03	49:59	Ameet Patel	M	M50
166	51:21	51:16	Belinda Bell	F	SW
170	51:37	51:32	Lindsey Annable	F	W45
179	52:46	52:39	Patrick Mcmorrow	M	M55
201	55:10	54:58	Paul Hilton	M	M45
213	56:10	56:02	Paul Keating	M	M45
214	56:16	56:04	Steve Wehrle	M	M65

2014 champs categories Ted Pepper 10K

1 Overall winner Clare Elms

2 Fastest man (excluding overall winner) Tony Tuohy

3 Fastest woman (excl. overall winner) Mel Edwards

4 First Senior Man (excluding above) Ed Hill

5 First Senior woman (excluding above) Sarah Cross

6 First M40 (excluding above) Rob Cope

7 First W40 (excluding above) Andrea Pickup

8 First M50 (excluding above) Ebe Prill

9 First W50 (excluding above) Clare Wyngard

10 First M60 (excluding above) Mike Mann

11 2nd Age Graded (excluding above) Steve Williams

12 3rd Age Graded (excluding above) Ola Balme

13 Captains' award Martin Morley

Clare Elms, Tony Tuohy, Mel Edwards, Ed Hill

parkrun

May 3rd

Brockwell

25	Mark A Foster	20:02
37	Michael Mann	20:52
69	Charlotte Boden	22:09
72	Sarah Cross	22:12
122	Desmond Edwards	24:20 PB
126	Michelle Lennon	24:23
183	Sarah Lyness	28:11

218 Ran

Braunstone

51	Marjorie Epson	21:33 PB
254	Paul Mottram	30:13

309 Ran

Bromley

13	Duncan Hussey	19:16
18	Oscar Hussey	19:41
124	Stephen Smythe	22:36

475 Ran

Burgess

22	Alistair Clarke	20:24 PB
79	Sarah Hind	25:51

137 Ran

Crystal Palace

4	Andy Cottrill	19:43
11	Alexander Dodds	20:51
18	Paul Hodge	21:11
37	Belinda Bell	22:33
40	Bob Bell	22:40
43	Yvette Dore	22:53 PB
52	Clare Wyngard	23:49
54	Michael Dodds	23:54
118	Barry Graham	29:49

154 Ran

Dulwich

4	Wayne Lashley	17:52
42	David Bell	21:28
70	Mark Muffett	23:17
88	Mick Mead	24:27
89	Joanne Shelton	24:32
92	Di Morgan	24:41
96	Claire Steward	24:53
127	Stephanie Burchill	27:14

182 Ran

Hilly Fields

6	Kevin Chadwick	19:40
8	Andrew Bright	19:44
11	Gary Sullivan	20:56

123 Ran

Kings Lynn

4	Nicholas Brown	19:22 1stM55

119 Ran

Newark

10	Martin Morley	22:20

175 Ran

Orpington

31	Colin Frith	23:40

119 Ran

Riddlesdown

11	Ange Norris	20:40

141 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.

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

2014 Club Champs within age group		Short			Medium			Long				
Name/Category		5k Brockwell 01-Feb	2M DULWICH 11-Jul	1M DULWICH 11-Jul	10K BROMLEY 05-May	10K BECKENHAM 22-Jun	7M SEVENOAKS 31-Aug	1/2 MAR TUN.WELLS 02-Mar	MARATHON LON or other 13-Apr	10M RYE 25-May	Bonus for no. of events	TOTAL 5 events max 1.S,M,L
WOMEN SENIOR												
Melanie	Edwards	49			50			50	47		4	200
Sarah	Cross	47			49			48	-		3	147
Sue	Cooper	48			47			47	-		3	145
Laura	Lane	45			46			-	44		3	138
Anna	Thomas	-			-			49	45		2	96
Katie	Crowe	-			48			46	-		2	96
Helen	Lister	46			-			-	46		2	94
Charlie	Boden	44			-			-	44		2	90
Belinda	Bell	-			45			44	-		2	91
Leann	Peters	42			-			43	-		2	87
Charlie	Wood	50			-			-	-		1	51
Shona	Mcintosh	-			-			-	50		1	51
Toni	Holt	-			-			-	49		1	50
Emily	Gelder	-			-			-	48		1	49
Joanne	Shelton	-			-			45	-		1	46
Kim	Hainsworth	43			-			-	-		1	44
Penelope	Bell	-			-			42	-		1	43
WOMEN V40												
Clare	Elms (50+)	50			50			50	-		3	153
Ros	Tabor (50+)	45			45			48	-		3	141
Clare	Wyngard (50+)	44			47			47	-		3	141
Lindsey	Annable	43			44			44	-		3	134
Emma	Ibell	47			-			49	-		2	98
Ola	Balme	49			48			-	-		2	99
Michelle	Lennon	46			-			-	49		2	97
Yvette	Dore	-			46			45	-		2	93
Diana	Morgan (50+)	42			-			43	-		2	87
Marjorie	Epson (50+)	-			-			-	50		1	51
Nicola	Richmond	48			-			-	-		1	49
Andrea	Pickup	-			49			-	-		1	50
Louisa	Pritchard	-			-			46	-		1	47
Carolina	Lilley	-			-			42	-		1	43
Sarah	Lyness	41			-			-	-		1	42
MEN SENIOR												
Paul	Devine	49			48			49	50		4	200
Edward	Hill	48			50			48	-		3	149
Alastair	Locke	47			-			50	47		3	147
Edwin	McCormack	46			49			-	48		3	146
Sam	Crump	45			-			47	44		3	139
Toby	de Belder	42			-			45	45		3	135
Andrew	Cottrill	-			47			43	43		3	136
Kevin	Chadwick	43			-			46	42		3	134
Hugh	French	37			43			40	-		3	123
Chris	Goodman	44			-			42	-		2	88
James	Burrows	41			-			44	-		2	87
Martin	Double	-			45			-	41		2	88
Dominic	Joiner	40			-			-	40		2	82
Wayne	Lashley	50			-			-	-		1	51
Oli	Thorogood	-			-			-	49		1	50
Tom	Marshall	-			-			-	46		1	47
Alex	Haylett	-			46			-	-		1	47
Matthew	Ladds	-			44			-	-		1	45
Christian	Moody	-			-			41	-		1	42
Oscar	Hussey	39			-			-	-		1	40
Andrew	Bright	38			-			-	-		1	39
Desmond	Edwards	36			-			-	-		1	37
MEN V40												
Rob	Cope	47			50			50	49		4	200
Stephen	Davies	49			-			49	48		3	149
Jim	Dowsett	43			48			48	-		3	142
Cameron	Timmis	42			46			46	-		3	137
Paul	Keating	41			43			44	-		3	131
Charles	Lound	50			-			-	50		2	102
Olivier	Montfort	-			49			-	47		2	98
Ajay	Khandelwal	44			-			47	-		2	93
Joseph	Brady	-			45			45	-		2	92
Paul	Hilton	-			44			43	-		2	89
Ian	Lilley	48			-			-	-		1	49
Duncan	Hussey	46			-			-	-		1	47
Paul	Hodge	-			47			-	-		1	48
Mark	Foster	45			-			-	-		1	46
MEN V50												
Eberhard	Prill	49			49			49	50		4	201
Andrew	Murray (60+)	42			45			43	47		4	181
Gideon	Franklin	43			44			42	46		4	179
Barrie John	Nicholls	34			40			38	45		4	161
Tony	Tuohy	50			50			50	-		3	153
Gary	Sullivan	45			47			45	-		3	140

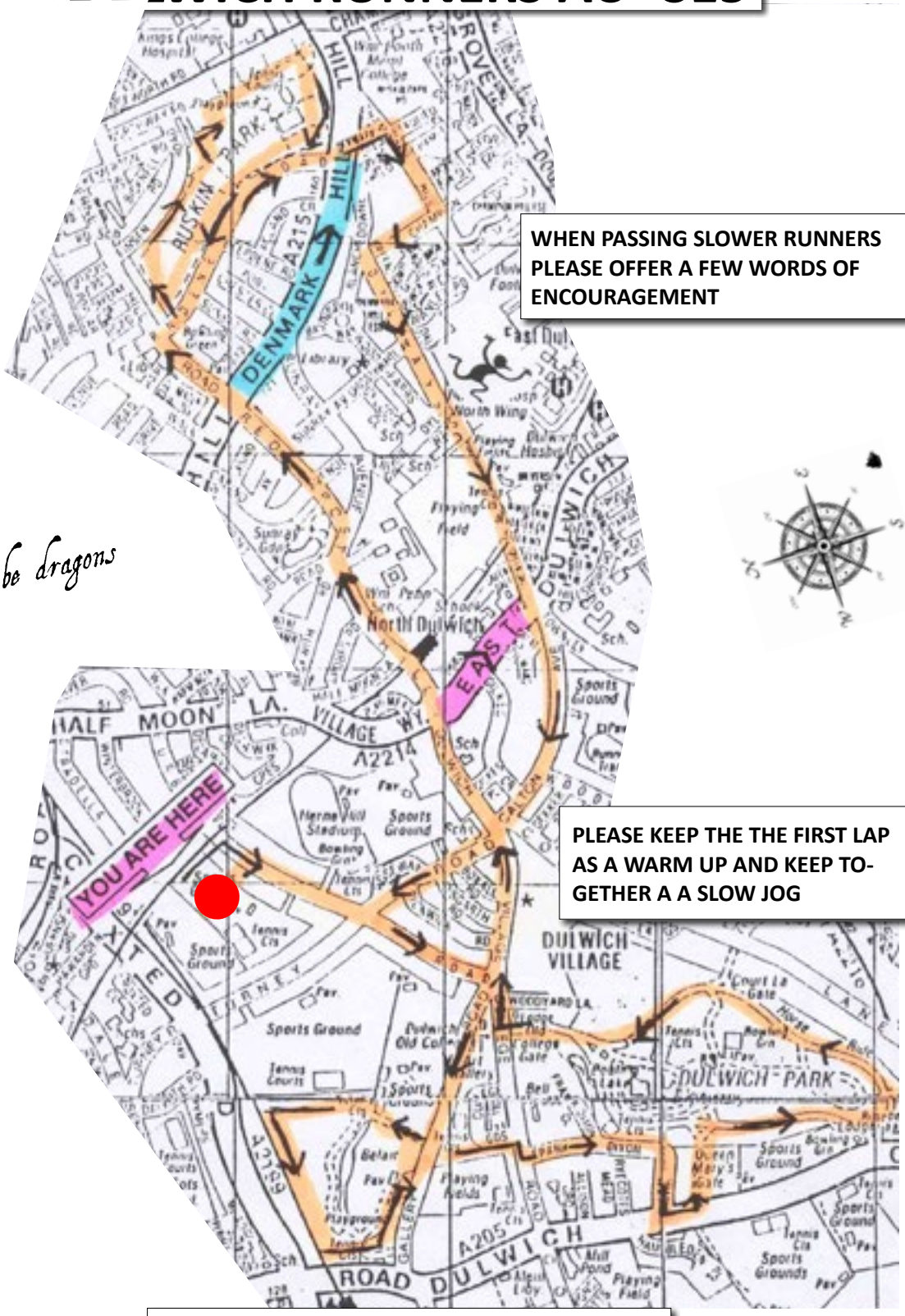
Mike	Mann (60+)	44			46			44	-		3	137
Graham	Laylee	39			43			41	-		3	126
Martin	Morley (60+)	41			42			40	-		3	126
Patrick	McMorrow	-			36			33	44		3	116
Michael	Dodds	36			41			34	-		3	114
Stephen	Wehrle (60+)	-			35			32	42		3	112
Stephen	Smythe	48			-			-	49		2	99
Neville	Webb	47			-			47	-		2	96
John	English	46			-			46	-		2	94
Robert	Bell (60+)	38			-			39	-		2	79
Peter	Gibbons	37			39			-	-		2	78
Ameet	Patel	-			37			37	-		2	76
Michael	Ward	33			-			36	-		2	71
Colin	Frith	32			38			-	-		2	72
Per	Hedberg	29			-			35	-		2	66
Paul	Mottram	-			-			-	48		1	49
Chris	Loizou	-			-			48	-		1	49
Stephen	Williams	-			48			-	-		1	49
Feasey	Dave	-			-			-	43		1	44
Duncan	Wilson	40			-			-	-		1	41
Giles	Gibson	35			-			-	-		1	36
Pip	Eastop	31			-			-	-		1	32
Stephen	Street	-			-			31	-		1	32
Steve	Cook (60+)	30			-			-	-		1	31
Barry G	Evans (60+)	28			-			-	-		1	29
John	O'Byrne (60+)	27			-			-	-		1	28

Best 5 count for year including 1 each short, medium, long. W50's and M60's have separate contests using the above scores.

			Short			Medium			Long				
Overall Age Graded Champs			**5k Brockwell 01-Feb**	**2M DULWICH 11-Jul**	**1M DULWICH 11-Jul**	**10K BROMLEY 05-May**	**10K BECKENHAM 22-Jun**	**7M SEVENOAKS 31-Aug**	**1/2 MAR TUN.WELLS 02-Mar**	**MARATHON LON or other 13-Apr**	**10M RYE 25-May**	**Average**	**TOTAL 5 events max 1.S,M,L**
Name/Category													
1	Eberhard	Prill	803			771			795	764		783	3,133
2	Andrew	Murray	761			750			763	744		755	3,018
3	Melanie	Edwards	740			729			778	734		745	2,980
4	Paul	Devine	752			694			750	707		726	2,903
5	Rob	Cope	720			703			737	682		711	2,842
6	Gideon	Franklin	707			686			696	666		689	2,756
7	Clare	Elms	914			873			882	-		890	2,670
8	Ros	Tabor	910			842			902	-		885	2,654
9	Barrie J	Nicholls	666			682			673	617		659	2,638
10	Tony	Tuohy	831			828			859	-		839	2,518
11	Mike	Mann	819			798			815	-		811	2,432
12	Gary	Sullivan	767			738			760	-		755	2,265
13	Clare	Wyngard	762			741			758	-		754	2,262
14	Edward	Hill	745			735			749	-		743	2,229
15	Stephen	Davies	759			-			743	687		729	2,188
16	Martin	Morley	746			709			720	-		725	2,174
17	Alastair	Locke	711			-			744	701		719	2,156
18	Edwin	McCormack	705			712			-	702		707	2,120
19	Graham	Laylee	698			698			696	-		697	2,092
20	Sarah	Cross	694			673			679	-		682	2,045
21	Sam	Crump	691			-			706	638		678	2,034
22	Sue	Cooper	703			643			667	-		671	2,013
23	Toby	de Belder	667			-			673	661		667	2,001
24	Jim	Dowsett	660			639			651	-		650	1,951
25	Kevin	Chadwick	667			-			675	589		644	1,931
26	Cameron	Timmis	654			639			635	-		643	1,928
27	Michael	Dodds	651			656			614	-		640	1,921
28	Lindsey	Annable	650			634			635	-		640	1,919
29	Andrew	Cottrill	-			623			656	607		629	1,886
30	Laura	Lane	661			621			-	560		614	1,842
31	Patrick	McMorrow	-			605			620	594		606	1,819
32	Stephen	Wehrle	-			616			659	500		592	1,775
33	Paul	Keating	584			525			571	-		560	1,680
34	Hugh	French	575			553			552	-		560	1,680
35	Charles	Lound	805			-			-	845		825	1,650
36	Neville	Webb	792			-			810	-		801	1,602
37	Ola	Balme	801			780			-	-		790	1,581
38	Stephen	Smythe	779			-			-	750		764	1,529
39	John	English	746			-			749	-		748	1,495
40	Emma	Ibell	727			-			706	-		717	1,433
41	Robert	Bell	716			-			698	-		707	1,413
42	Michelle	Lennon	729			-			-	655		692	1,383
43	Diana	Morgan	697			-			666	-		682	1,363
44	Helen	Lister	672			-			-	684		678	1,356
45	Peter	Gibbons	679			665			-	-		672	1,343
46	Ajay	Khandelwal	692			-			642	-		667	1,334

47	Katie	Crowe	-			677			652	-		664	1,329
48	James	Burrows	660			-			666	-		663	1,326
49	Chris	Goodman	668			-			645	-		657	1,313
50	Anna	Thomas	-			-			682	629		655	1,311
51	Joseph	Brady	-			646			653	-		650	1,299
52	Michael	Ward	642			-			650	-		646	1,291
53	Yvette	Dore	-			650			641	-		645	1,290
54	Colin	Frith	630			648			-	-		639	1,278
55	Olivier	Montfort	-			658			-	619		638	1,276
56	Charlie	Boden	662			-			-	567		614	1,229
57	Ameet	Patel	-			602			610	-		606	1,212
58	Per	Hedberg	578			-			611	-		594	1,189
59	Dominic	Joiner	663			-			-	525		594	1,189
60	Belinda	Bell	-			586			571	-		578	1,156
61	Martin	Double	-			610			-	537		573	1,146
62	Paul	Hilton	-			539			541	-		540	1,080
63	Leann	Peters	533			-			514	-		524	1,048
64	Chris	Loizou	-			-			825	-		825	825
65	Stephen	Williams	-			804			-	-		804	804
66	Shona	Mcintosh	-			-			-	801		801	801
67	Marjorie	Epson	-			-			-	790		790	790
68	Emily	Gelder	-			-			-	781		781	781
69	Andrea	Pickup	-			767			-	-		767	767
70	Toni	Holt	-			-			-	764		764	764
71	Charlie	Wood	754			-			-	-		754	754
72	Ian	Lilley	745			-			-	-		745	745
73	Wayne	Lashley	741			-			-	-		741	741
74	Duncan	Hussey	739			-			-	-		739	739
75	Nicola	Richmond	734			-			-	-		734	734
76	Mark	Foster	720			-			-	-		720	720
77	Oli	Thorogood	-			-			-	706		706	706
78	Paul	Mottram	-			-			-	704		704	704
79	Tom	Marshall	-			-			-	702		702	702
80	Oscar	Hussey	700			-			-	-		700	700
81	Paul	Hodge	-			676			-	-		676	676
82	Duncan	Wilson	675			-			-	-		675	675
83	Louisa	Pritchard	-			-			649	-		649	649
84	Giles	Gibson	638			-			-	-		638	638
85	Steve	Cook	635			-			-	-		635	635
86	Joanne	Shelton	-			-			625	-		625	625
87	Andrew	Bright	620			-			-	-		620	620
88	Kim	Hainsworth	619			-			-	-		619	619
89	Pip	Eastop	611			-			-	-		611	611
90	Alex	Haylett	-			603			-	-		603	603
91	Barry G	Evans	584			-			-	-		584	584
92	Sarah	Lyness	574			-			-	-		574	574
93	Christian	Moody	-			-			571	-		571	571
94	Matthew	Ladds	-			556			-	-		556	556
95	Carolina	Lilley	-			-			553	-		553	553
96	Desmond	Edwards	506			-			-	-		506	506
97	Penelope	Bell	-			-			495	-		495	495
98	John	O'Byrne	485			-			-	-		485	485
99	Feasey	Dave	-			-			-	475		475	475
100	Stephen	Street	-			-			474	-		474	474

DULWICH RUNNERS AC S15



Here be dragons

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

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

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	**ORANGE.....**	**8.5**	**MILES**
SHORT CUT	**BLUE .....**	**7.2**	**MILES**
SHORT CUT	**PINK.....**	**5.2**	**MILES**
Short run (Belair & Dulwich Park.....		**3.6**	**MILES**

Extend distances by extra full lap of Dulwich park 1.1 miles or/Ruskin Park 0.9 miles