SHORTS

Dulwich Runners AC
Weekly Newsletter
November 5th 2014

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

- THE COMING WEEK –

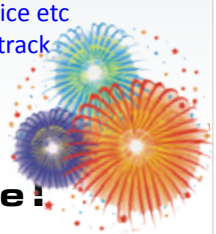
Wed 5 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 8 **Mens Surrey league XC - Kingston, free to enter and for all members of all abilities.**
See note below and page 6 for full details

Tue 04 **Track Session** - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

In your SHORTS this week !

2...
5... All things Cross Country - races, advice etc
7... Fixture list, club champs,XC, road, track
7... Race reports & results
12... Parkrun results
13... Wednesday night routes 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

back at Crystal Palace Arena
Tuesdays with Steve Smythe

Improve your speed & strength over all distances, suitable for all standards and abilities.
Please be warmed up and ready for the session to start at 7.15.

You need to go through the Crystal Palace reception check in where you say you are with Dulwich Runners and you will be given a wristband.

When you get to the track itself, Ros will be there to collect your track fee (£2.50 per week) and mark the track register. If you want to pay in advance for future sessions that is fine.

LUCKY VEST
Tonight 5th November

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 4**

UPDATE - mens XC this Saturday

Having finished in 8th position in the first match, we need to field as strong a team as possible in this week's men's fixture at Ham Lands to push ourselves out of relegation position.

Last time we were lacking firepower up front but also in midfield with a big gap after our 8th scorer. This means that we need as many potential scorers as possible, so please make every effort to be there, ***and don't even contemplate running in road shoes ! Trail shoes may work better if you have nothing else since the terrain is pretty flat but spikes or fell shoes are advised***

EVENT HORIZON
A brief look ahead

full fixture list page 7

Nov 8	Mens Surrey League XC, Hawker Center, Kingston
Nov 15	London XC Champs, Parliament Hill fields
Nov 22	South of Thames 5mile XC, Wimbledon Common
Dec 6	Surey League Womens XC, Nonsuch Park, Cheam

NEW RUNNERS ROTA

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

Cameron Timmis	**05/11**
Tony Tuohy	12/11
Mick Ward	19/11
Kev Wood	26/11

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

TFT RUNNING TOURS
ALGARVE
Running Challenge

Algarve Challenge, November 5-9

The Algarve running challenge is a warm weather training holiday, taking place between Wed 5 and Sunday 9 of November, based in Monte Gordo on the South coast of Portugal.

The running challenge is organised by Steve Smythe and comprises:
5 Nov undulating 5k trail race
6 Nov 1 mile track races
7 Nov mainly flat 10k trail handicap
The above 3 are time trials amongst the group of runners present.
9 Nov X Milhas Do Guadiana 17k open road race Spain to Portugal.
Awards are made on an age graded basis to participants (plus the opportunity to win hotel stay and other prizes in the road race)

Participants mainly stay at the Dunamar Hotel, which has indoor and outdoor pools, large modern rooms and is situated on a long sandy beach, also adjacent to a pine forest with many trails .

The half board option is reasonable and includes breakfast and buffet supper with vegetarian options.
There is plenty of free time to explore the area by bike or local trains and buses.

Ros in full flight

Mike Mann, Andy Murray and Ros Tabor have already booked for this year. If you fancy joining us have a word, or click this link:

http://www.trackandfield.co.uk/default.asp?UniqueID=190

Andy Murray/Ros Tabor
Andrew@28kerfield.freeserve.co.uk
Ros@28kerfield.freeserve.co.uk

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered to scoff after the Wednesday run.
Arrives close to 9 and the cost is £5, or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating…join in !

Rehydration !

After your run come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

DULWICH CHARITY OF THE YEAR

- Susan Vernon reports:

At the Club's AGM last Wednesday, I announced that Dulwich Helpline and Southwark Churches Care are the Dulwich Runners Charity of the Year for 2015. We aim to raise £2,015 from events organised by you, the members! I have already received 5 suggestions and donations totalling £60, to start the ball rolling.
My email address is vernonrun@aol.com if anyone has ideas, wants to volunteer to organise an event or has questions. I look forward to hearing from lots of people.

Friday 28th November 2014 – the return of Saucy Jack!

I'm back at Elmer's End for a gig with pop-rock-soul four-piece 'Saucy Jack'!!! It's been over a year since I last got the call (my Bat-phone's been on the blink) so I'll have forgotten half the set and you can play spot-the-drums-cock-up! You'll still get great tracks from the likes of The Beatles, Rolling Stones, David Bowie, The Monkees, Van Morrison, Free, Gerry Rafferty, The Eagles, Squeeze, Thin Lizzy, T. Rex, various classic Rock 'n' Roll, etc., etc., you know you'll love it!

So here we go again, the usual well-rehearsed (!!) live music mayhem – with the crowd at previous gigs being very helpfully swollen by various Dulwich and Beckenham Runners (some appear to now be die-hard fans!) I'll be hoping to recruit yet more of you. All the blistering guitar solos and mad 'Animal' muppet drumming you could wish for. Keep music live!

The gig is once again at the very local-ish William IV, 116 Croydon Road, Elmers End, Beckenham BR3 4DF, start about 9pm – and it's totally **FREE**.

http://tinyurl.com/pd2x4kq
Tony 'Thundersticks' Tuohy. – Has-Been rock star (OK, never-was rock star, just don't get me started)

Come on, let your ears bleed once more (don't worry, just an expression, it's not that loud. Honest…….)

TICKETS ON SALE NOW

Dulwich Runners' AC

Christmas Party 2014

Saturday 13th December from 7:30
at The Plough, 381 Lordship Lane , London SE22 8JJ
Bar, music, buffet,(veggie option), club awards, raffle.
Let me know if you are veggie or have any other dietary needs.
Tickets: £15
Contact Alastair Locke email: drsocialsec@gmail.com
Pay on a club night or transfer your festive pounds to:
Alastair Locke - CoOp bank ref your name
Account: 23208232 Sort code: 08-93-00
Alastair Locke

Next pacing/promotional event- to be hosted on the day of the Xmas party!

Following the recent success of providing pacers to promote the club at Peckham Rye parkrun- the next parkrun that will play host to us in this capacity is Brockwell on December 13th.

As it also happens to be the day of the Christmas party what better way to start your day! You can get a nice run in and then fill your boots at the buffet in the evening! If we get a high response it would be great to not just have pacers, but also a group of our runners in club colours running as a `mob` preferably towards the back of the field to chat to and encourage slower runners who may have a misconception that running clubs are only for elite runners.

It would also be nice to have a couple of non running volunteeers at the event itself (e.g barcode scanners, marshalls) who could hand out leaflets or just generally chat to the runners as they finish.

Please contact me at pddevine2000@yahoo.co.uk if you're interested in taking part, and inform me what role you would like to undertake. I can then assess how we will structure the event - **Paul Devine**

Dulwich Runners Club Kit

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

There is limited stock of hoodies, very small sizes only.
I can order more if enough people are interested.
They will be £20 each.
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

GREEN BELT AND WELSH CASTLES RELAYS

It's a long way to go until these relays take place next spring, but we would like to encourage as many club members as possible to take part in 2015. We had very positive feedback from those of you in the 2 teams that completed this year's Green Belt Relay and it was great to see so many newly joined members participating.

A number of you were keen to take part in both events next year. It was disappointing that we were not able to field a team for the Welsh Castles Relay; we were just a few short of a full team of 20. We would particularly like to promote this for 2015 and make every effort possible to field a complete team.

We have just been informed of the date which is 13/14 June, a week later than usual, so please try to keep that weekend clear if you are interested; it is a highly enjoyable running and social weekend. The date for next year's Green Belt Relay has not yet been set but it is likely to be either 16/17 May or 23/24 May. ***Mike Mann***

Dulwich Runners AC London Marathon Club Entries 2015

The club gets a number of London Marathon places each year. Because of our membership we normally get four places, but I am waiting for confirmation for this year - I should know by the end of October.

To be considered eligible for one of these places you must have applied unsuccessfully for a place and have been a member for at least one year. In addition, we are excluding those that benefited from a club place last year.
We will allocate three places on the basis of number of appearances and volunteering for marshalling during the last year in selected club events. The fourth place we will decide by ballot.

Note, these places still require payment of an entry fee.
If you would like to be considered for a place contact me by 8th November in person or at chas.lound@btinternet.com
Charlie Lound

Box Hill Fell Race

Saturday 17 January 2015

For anyone who wants to enter the Box Hill Fell Race, I have been informed by the organiser that the entries open on 1st November. Last year it filled up in 9 days, and several people missed out. You can enter on line at Fabian 4. Cost £5.

If you have never done a fell race before and would like to try it, Box Hill is an ideal one to start with – not too demanding and no chance of getting lost. But nonetheless fell running is not for the faint-hearted as the photo of Paul Jeggo (Springfield Striders) at the end of this year's Black Mountains race testifies. Paul is a regular at Box Hill and won the V50 last year. You can see the photo and some others of that race at www.wfra.me.uk

If you want to ask me anything about Box Hill or fell races in general, I will next be down on a Wednesday on 22 Oct and hopefully at the AGM on 29th. - ***Hugh Balfour***

The cross country season has started, so here is some information, particularly for the benefit of newly joined members.

We compete in the Surrey League cross country with the men in Division 2 whilst the women compete in Division 1.

There are 4 fixtures during the season that started on 11 October at Richmond Park for the women and Newlands Corner near Guildford for the men (details of other fixtures can be found in Shorts).

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

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

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

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

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

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

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

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

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

CROSS COUNTRY ENTRIES

Our Surrey League cross country races, (see eleswhere in Shorts for further details) do not require advance entry - you can simply turn up on the day - but most other races in the calendar do.

Two such fixtures this autumn are the London Champs at Parliament Hill on 15 November and the South of Thames 5 miles at Wimbledon Common a week later on 22 November. In order to take part, it is essential that you notify your respective women's and men's captains in advance.

If you would like to take part please contact your captains no later than 29 October for the London Champs and by 12 November for the South of Thames race. ***- Mike Mann***

UPDATE.....

Now is your last chance to enter for the London champs at Parliament Hill on 15 November, as the closing date is fast approaching, so if you have not already contacted your captains please do so today if you want to be entered. Entries are now open for the Kent Masters Champs being held at Sparrow's Den on 6 December. If you are eligible and would like to be entered please contact your captains before 17 November.

Seaa Masters Cross Country,13 December

These champs take place at Horspath near Oxford on 13 December. Last year at Biggleswade our M50s won a highly creditable silver team medal, and we have a chance of doing well again provided that our faster runners turn out. For M40, M50s and M60s the distance is 10k (the women's race is 6k). Please let me know whether you are available by 24 November. The race takes place on the same day as the Dulwich Christmas party, so will give you an opportunity to earn your beer in the evening. - ***Mike Mann***

Surrey League & Other Cross Country Fixtures

Please try to keep the Surrey League dates free, particularly if you are likely to be in the scoring (the first 10 runners in each team). We are hosting the Surrey League fixture at Wimbledon Common and will be asking for helpers.

Since the National Champs take place in London this time, it is likely to be included as part of our own cross country champs.

Surrey League Cross Country, 10 January Volunteers Needed

We are hosting the third men's Surrey League fixture at Wimbledon Common on 10 January, and need up to 25 volunteers to provide marshals at a number of points on the course and manage the finish. Since the women will be running on the same course earlier in the day,it is hoped that as many participants as possible will be prepared to stay on and help with the men's match starting at 2.30pm. In addition we need as many as possible of those not intending to run to help out on the day. Our men intending to run are also encouraged to turn up early to support the women who will be starting at 12.00. Further details of the course and marshalling stations will be provided nearer the time, but in the meantime could all those willing to volunteer please contact me at mcmann90@yahoo.co.uk

KENT MASTERS CROSS COUNTRY, 6 DECEMBER

These cross country champs take place at nearby Sparrow's Den this year. It would be good to repeat our success of last year when our M50 team (Tuohy, Smythe, Webb) won gold. Many of you have already been contacted but these champs are open to all those eligible by age and county. Please contact me by 17 November if you are available to run and if you are unsure whether you are eligible to run for Kent.

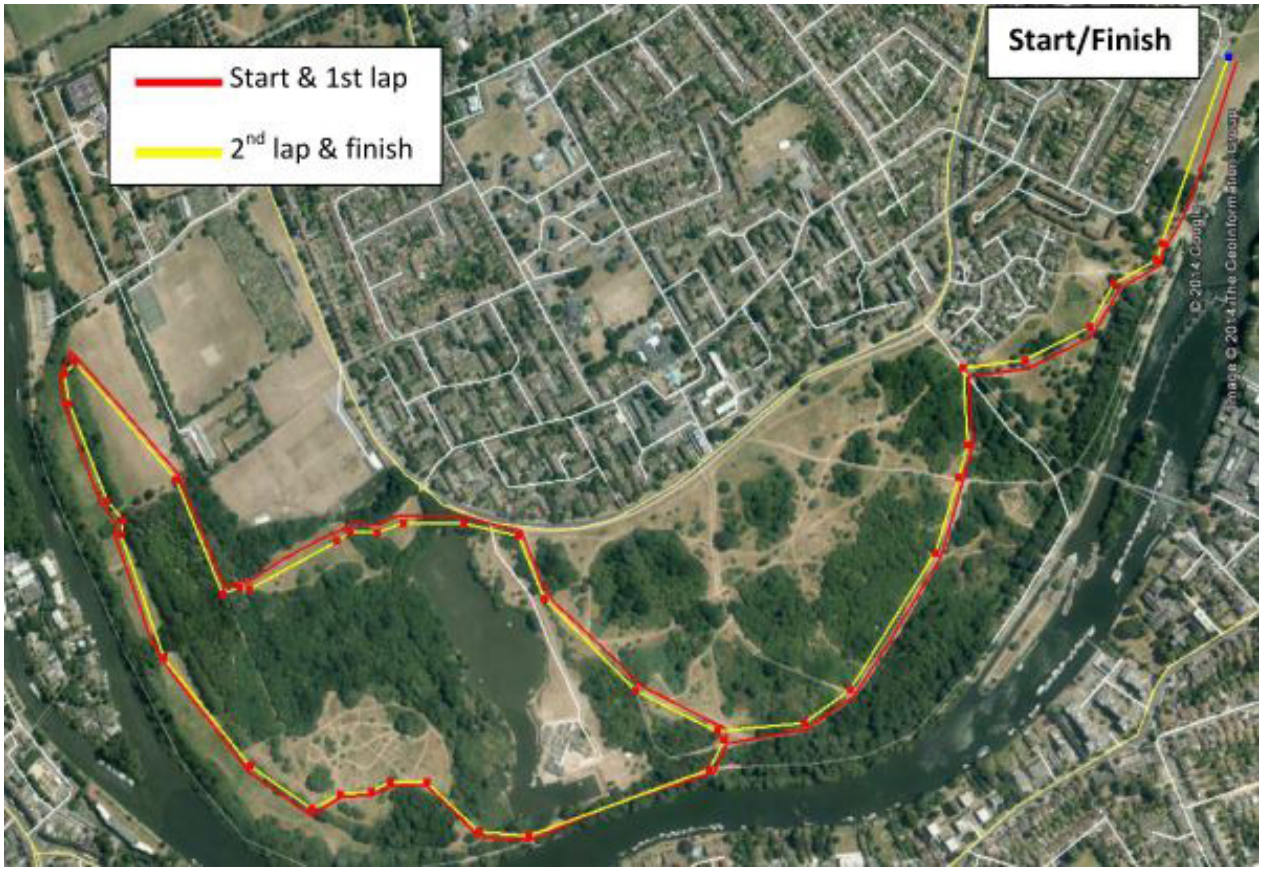
- ***Mike Mann***

Surrey XC Match 2 Div2 8th Nov

Ham Lands Course Map
Surrey XC Div2 – Match 2

UPDATE

Having finished in 8th position in the first match, we need to field as strong a team as possible in this week's men's fixture at Ham Lands to push ourselves out of relegation position. Last time we were lacking firepower up front but also in midfield with a big gap after our 8th scorer. This means that we need as many potential scorers as possible, so please make every effort to be there, and don't even contemplate running in road shoes. Trail shoes may work better if you have nothing else since the terrain is pretty flat but spikes or fell shoes are advised



The Course

A fast & flat 2 lap "lollipop" of 5.4miles. The track down to the river towpath has been known to flood, which makes for an interesting water feature!

The course is suitable for spikes – there's only about 50 metres of unavoidable hard surface.

The course will be marshalled and marked with small white flags and red & white tape.

Race HQ & Start

The race is at the Stragglers' club house:
The Hawker Leisure Centre http://goo.gl/maps/YikKI
Lower Ham Road, Kingston upon Thame Surrey, KT2 5BH, where there are showers,toilets and refreshments available.The start is a 5 minute walk from the Hawker Centre.

Parking

There is parking at the Hawker Centre, but the car park will not accommodate all race vehicles, and is also used by other leisure centre visitors.

So car share where possible. Extra parking can be found in Lower Ham Road in front of the Hawker Centre and also in the business park across the road and to the left (behind the fire station) - about 5 mins walk.

Public transport

Take the 65 bus from Kingston towards Richmond, or vice versa from Richmond.

Dulwich Runners 2014/15 Fixtures

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

Date		Race		Venue
Nov	8	Surrey League 2	mens	Hawker Centre, Kingston
	15	London Champs		Parliament Hill Fields
	22	South of Thames 5 miles		Wimbledon Common
	30	Pirie 10		Farthing Down, Coulsdon
Dec	6	Surrey League 2	womens	Nonsuch Park, Cheam
	6	Kent Masters		Sparrows Den
	13	South of England Masters		Horspath, Oxford
	13	HW Interclub Cross Country		Wimbledon Common
	20	South of Thames 7.5 miles		Farthing Down, Coulsdon
Jan	3	County Champs		Various venues
	10	Surrey League 3	mens & womens	Wimbledon Common
	24	South of Englands Champs		Stanmer Park, Brighton
Feb	7	Surrey League 4	mens	Lloyd Park, Croydon
	7	Surrey League 4	womens	Farthing Downs, Coulsden
	21	National Champs		Parliament Hill Fields

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 .

Beachy Head marathon 25-10-2014

February 2015 will see me take on my first ultra marathon challenge (50 miles) but before then a long winters training is ahead.

Difficult trail marathons are a big part of my training plan and Beachy Head fits into the category "Difficult" very well indeed.

The majority of the course is on grass with the start taking you straight up a very steep incline, the next few miles after this are flat as you enter a wood however this part of the course was very narrow with marshals forcing runners into single file, taking over slower runners at this part was extremely difficult. You also have to climb over several locked gates.

The conditions in the woods were like a cross country race. Despite excellent weather on the day, the week leading up to Beachy saw Eastbourne suffer lots of rain so it was very muddy and slippery. Flat road trainers are a definite no, thankfully I had my trails with me with an extra gel insole for added support.

The hardest part of the marathon was the Seven Sisters, my Garmin recorded a maximum elevation of 196 Meters and an Elevation gain of 984 Meters.

For anyone who is not aware the Seven Sisters cliffs are made of chalk that are formed where the South downs meet the sea. They are extremely hard to run up and uncomfortable on your feet, Running down is also hard and you can easily fall as I found out!

The views of Eastbourne, the surrounding countryside and the White cliffs themselves are fantastic however do not focus to much on them, after 22miles I found myself face down after a nasty trip, Thankfully lots of local residents rushed to help me up but I suffered bad cuts to my knees and elbows. If this had happened earlier I may have struggled to finish the marathon.

The whole event is chip timed and excellently organised with a nice medal/ decent goody bag and plenty of water stations.

Just before the Seven Sisters start you are handed a cup of tea and a scone which went down very well.

As for my ultra training I think I've had a pretty good start

I finished in 261st place with a chip time of 04:14:15

Kevin Chadwick

Dublin Marathon

Pos.		Cat.	Cat Pos.	10km	1st-half	30km	Chip	Finish
7475	Richard Dyson	M35	1509	55:49	2:02:26	3:03:04	4:27:30	4:27:33

29th Venice Marathon, Sunday 26th October 2014

A week delayed in writing this up having actually enjoyed some post marathon holiday.

Yes, having a marathon on the island of Venice sounds ludicrous. Especially one with c5,000 runners.

In fact it's a point to point race starting in the salubrious mainland neighbourhood of Stra, about 25km west of Venice (with only the final 5km in Venice itself). Thus an early rise for all runners to take the river bus/marathon shuttle bus out to the start.

Perfect flat track bully of a course, following a main canal for 20-odd kilometres, a loop around San Giuliano Park, and then the long (4km) bridge over to Venice, where the fun really is

(that is if you were fit, uninjured and chasing a good time; I was neither of these things). 14 bridges to cross, including a purpose built one over the Grand Canal, all with ramps up and down. I guess a predictable mini loop inside St Mark's Square before the finish along the water (thankfully less than a kilometre from our hotel).

Having still not recovered from my calf injury it was only a matter of time for it to tense up again. I tried the same strategy as per Jersey: set off within myself but still decent pace (7:40ish mins/mile, hitting half way in 1:40). One often looks for weather excuses; though perfect blue skies and ideal temperatures weren't helping. Slight headwind. That'll do. Anyway, calf definitely started tightening and fitness levels noticeable shortly after half way when I started the mental arithmetic: if I give myself 300m walking every km here on in, I'll still break 4hrs. That's fine. Enjoy the weather, crowds and horrific renditions of Queen songs from the local street bands.

I'd say a pretty marathon without being spectacular. Good crowds at the 5k drink stations. And a novelty last 10km with the bridge over to Venice and then run alongside the sea, going up and down all the canal bridges. Another fast course if you're in shape but for me it was all about the holiday

(guess I should drop in that I got engaged to fellow Dulwich Runner, Leann Peters, the evening before flying out to Italy) and ticking off the marathon checklist (28th and 16th letter). No more this year; I need to rest, recover and build up properly for the new year.

-Toby de Belder

1501 Toby deBelder 3:45:13
4687 ran

Reigate Priory relays Saturday 1st November

On a gorgeous autumn day, 8 women joined some men from Dulwich Runners to compete in the Reigate Priory cross country relays.

A 2.5mile course with three per team. With Katie Crowe offering to run two legs we managed to field 3 women's teams. With half the female entrants from Dulwich having never run in the relays before, there were a few nerves in the time leading up the relays. I used a mixture of Captain's encouragement and refusal to let anyone drop out…'I am too slow' is not a reason to not run!

The A team was started off well by Emma Ibell who ran strongly. Next up was Anna Thomas who enjoyed the drier underfoot conditions than in past years and passed a few women. Nicola Richmond brought the A-team home, running the fastest leg and putting us in 4th position.

Katie Crowe started off the B team confidently running the fastest leg. Next up was Lucy Clapp who has only joined Dulwich runners in the last few weeks after getting into running through Parkrun. It was her 1st attempt at cross country and she did well and I am sure she will improve with further training. Joanne Shelton brought the team home and passed the line with a huge grin on her face, really enjoying the course.

Katie Styles set off the for the C team. It was her 1st run after many months off due to an injury and she performed well, not just with her running but with the homemade flapjack she produced afterwards. Charlotte Easton came in next. Another new cross country participant this year, she was nervous about the team event but enjoyed the course and was pleased she participated. Katie Crowe brought the C team home in almost the same time as she did in her 1st leg. A good result all round! ***- Anna Thomas***

Dulwich Women A: 4th:	**53:25**
16 Emma Ibell	17:53
22 Anna Thomas	18:07
11 Nicola Richmond	17:25
Dulwich Women B: 18th:	**1:00:59**
42 Katie Crowe	19:24
59 Lucy Clapp	20:37
72 Joanne Shelton	20:58
Dulwich Women C: 23rd:	**1:03:04**
76 Katie Styles	21:16
79 Charlotte Easton	22:00
50 Katie Crowe	19:48

35 women's teams ran with a total of101 runners

Reigate Priory XC Relays, 1st November

Tony Tuohy adds.....

Dulwich had the winning ladies team last year with Clare Elms, Shona McIntosh and Charlie Wood (a team which would have won easily this year too) but with all of these absent Dulwich still turned out three teams for this popular event and finished the A team in an excellent 4th place.

Emma's running this year has been mostly restricted to parkruns but this has obviously kept her in good nick as she ran the first of the tough 2.6 mile legs in an excellent 17:53 (16th individual time). This was followed by a startling run from Anna, a minute and a half better than last year. She must enjoy tough courses or something as this performance nearly made the top 20 individual times out of more than a hundred competitors.

Track specialist Nicola ran a very hard race on the last leg against an evenly-matched runner to just prevent the South London Harriers' very strong B team from snatching 4th behind their third-placed A team, prevailing by four seconds and posting the 11th best time of the day.

Katie Crowe led off the B team, a minute down on last year – still a very fair run but having to run for the C team only 20 minutes later may well have been on her mind? Lucy had a good run for a very welcome debut and Jo ran the third leg going a bit quicker than last year and bringing us home as a highly creditable 4th B team. We got a C team out too – a very welcome return to Katie Styles who has been injured for some time but got herself round here without mishap.

Equally welcome was a debut from Charlotte Easton, obviously putting the effort in as she was reporting 'sore lungs' some time later! The team was completed by Katie C again, who somehow managed to run only 24 seconds slower than her earlier effort (better than I managed....)

The Dulwich men fielded a decent looking team but in this event are always up against really top quality opposition; nevertheless we managed to finish ninth, our highest ever, not bad at all as Dulwich have been competing in this event regularly for many years.

I took the first leg and had a good run, 4 seconds up on my best from two years ago, although I once again had to watch Kent Masters XC champion Graham Saker (Tonbridge AC) run away from me by over 20 seconds, so I wasn't even first M50. Obviously I'm really looking forward to this year's Kent Masters championship next month (he used to be a 4-minute miler you know – that's my excuse).

Alastair shrugged off his Frankfurt marathon from the previous week by superbly beating his best time from last year by over half a minute (mind you, he had lots of rests during the second half of that marathon so obviously couldn't have got very tired – see, I know how marathons work...). Wayne missed his best time by three seconds but was well up to the mark and pipped me by a couple of seconds for our fastest leg. Again. Seem to remember he's done that before..... Charlie then completed the team with another solid run – but unusually had already run for the C team where he tried to ease round on the first leg but must have got caught up in the mass race as his time was hardly what you'd call slow. He still managed to go quicker second time around.

Des is throwing himself into this cross country game with some gusto and enjoyed another solid run in the C team before handing over to me and then Alastair for our second efforts of the afternoon. I started very cautiously up the initial hills but funny enough ran faster for the downhill second half than I had in my earlier leg - probably a lesson there. Alastair was a minute slower this time – didn't have enough rest stops in that marathon.

Solid runs from Mike and Duncan started the B team but Oscar suffered a bad stitch in the second half of his run and had to slow. James is just starting on the road back to the fitness that saw him run 14:56 here three years ago. He was a tad short of that this year (well alright, nearly three minutes) but I'm not betting against his comeback.....

Dulwich men A: 9th:	1:01:54
Tony Tuohy	15:13
Alastair Locke	15:37
Wayne Lashley	15:11
Charlie Lound	15:53
Dulwich men C: 28th:	1:09:21
Charlie Lound	16:01
Des Edwards	20:56
Tony Tuohy	15:47
Alastair Locke	16:37
Dulwich men B: 37th:	1:12:02
Mike Mann	18:31
Duncan Hussey	17:40
Oscar Hussey	18:06
James Godber	17:45

54 men's teams ran

Self Transcendence 10 mile race (Saturday 25th October)

Wayne Lashley writes...

After the debacle that was Cabbage Patch, I talked of needing to redeem myself.

Mr Tuohy had a similar feeling and within minutes of getting home after the race, he sent a strategic email with details of a certain 10 mile race at Battersea Park he was considering. The temptation was too great. There was the small matter of an 8am start time but I had to do it. Mr Tuohy however had doubled booked himself so the race in Derby took priority. I was on my own!

There is something very demoralising about getting up in your own free time and finding it is still pitch black outside. But I would was not going to pull out now. I wanted a sub 60 minute time and I was determined to give it one more effort for the year.

I was very tentative at the start with my first five miles all being over 6 mins/mile pace. But my Garmin seem to be playing up so my pace was not accurate. I picked up the pace at the halfway stage and for the last three miles but with one lap to go, I didn't think I was going to break the 60 minute mark. It wasn't until I had half a lap to go, that I realised it was still on so a desperate surge ensued. According to my watch, the final 0.79 - 1 mile was run in 5.35 min/mile pace and I sneaked a sub 60 minutes time by 17 seconds. Job done!

12 Wayne Lashley 59:43 mins

Thames Meander Marathon

Nov 1 2014

Michelle Lennon writes....

For anyone who likes a flat river run along a towpath close to home, this one is for you. The day started with some drizzle but the forecast was for sunshine and 16oC – in November! Starting at Kingston and heading along the river to Putney Bridge, this is a must.

The organisation of the event was good with everything laid on at a local YMCA. Car parking was limited, but well organised. There were approximately 300+ entrants with a further 400+ running a half-marathon, starting 45 minutes after the full one. The briefing was quick and we were off on a 2 mile loop, back round to the start before setting off on the Thames trail. The route was well signposted, but as this was my first long-run since April, no mile signs took some getting used to.

The first 9 miles were run in perfect conditions – the sun came out as promised, and there was plenty of shade. The trail became busy with dog-walkers, cyclists and other runners, before a boat race started. The runners somehow managed to get mangled up along the towpath as rowers carried their boats across the track which was tricky to navigate. By mile 12 any thoughts of speed were forgotten as the volume of people and traffic (without marshals) certainly slowed the marathon runners, but we were not to be defeated. Mile 14, Putney Bridge, was the turnaround point and we were welcomed with plenty of wonderful snacks. The area was a little chaotic as the runners mingled with other users of the bridge.

On the return journey, while doing some much needed stretching at mile 17, my garmin stopped working. Frustrated by this, combined with no mile markers along the route I continued on towards the next water station at mile 19, hoping by this stage I was at mile 21. Sadly not, but with great encouragement I set out to finally end this monster! By mile 22 I had found a friend with a working garmin who happily told me my time and his personal goal of cracking 3.40.

At that stage I thought perfect I'll just follow him, but sadly by mile 25 he disappeared into the distance as my calf was on fire. Finally the end arrived which was brilliant. Fabulous conditions with welcome treats and a massive medal at the end made it all worthwhile. With a PB to boot, I'd knocked 13 minutes off my Brighton time and finished in 3:43, wondering what I could achieve with some proper structured training…
Overall, it was a good run, with great views and brilliant support the whole way through.

Stevenage Half Marathon

2 Nov 2014

Matthew Ladds writes.....

I thought I'd have some nice weather for this one, but waking up to grey skies I made sure I'd packed my bin liner for the warm-up! My prep hadn't been great but having spoken to a friend who had done it a few years ago and run a PB on the course I was optimistic going into it.

10 minutes before the off the heavens opened and it continued to hammer it down for a good hour into the race, it didn't slow me down though and I set off at a good pace.

The course itself is around the cycle paths in Stevenage, which means a lot of underpasses and with it some ups & downs. A little known fact as well is that Stevenage is built on Six Hills which were Roman barrows and we even went along Six Hills Way on the route. These didn't seem to have too much impact over the first two thirds of the race and I went through the 10 mile mark in under 1.18, however it was downhill from there and I mean my splits rather than the course.

The course was starting to drag as for the second time we took in the Lamex Arena (the home of the mighty Stevenage FC!) and the Wine Society Warehouse (wishing that I was doing the Marathon de Medoc instead!!). The legs were heavy for the last 3 miles, but just about brought me home. I hand the opposite problem to Jim last week and my Polar measured the course a good 0.3 miles long, I would have quite gladly given him some of my distance!

I made it round in 1.47 dead and if I don't see another underpass ever again it will be too soon, I'll have locks to contend with this week on the Grand Union Canal Half....

146 Matthew Ladds 1:47:00
546 ran

Serpentine Last Friday 5k – October 31st.

A popular long standing, excellently organised, monthly 5K race held in Hyde Park. Although a few absentees compared with previous months due to other racing events and injury, a reasonable turn out led to some excellent performances

It may have been the last day of October and Halloween, but the only freaky thing happening at this event was the extremely unseasonal weather; a balmy 24 degrees in the Capital with Hyde Park users swapping skeleton and vampire costumes for T-Shirts, shorts and flip-flops.

Whilst casual park strollers were taking full advantage of the summer-like conditions on the last Friday of the month, the participants were preparing for a 5K race around the paths north of the Serpentine. The race organisers announced earlier in the week that the course would be switched to the alternative 2 lap course starting from the Boathouse on the North side of the Serpentine due to the Winter Wonderland site being set up on the South Eastern corner of the park. Whilst contractors were preparing for Christmas, sunbathers were looking on from their deckchairs.

and they're off… Paul racing ahead is out of the picture, Ian at the front…

The alternative course comprises a start near the Boathouse with the runners heading westwards for 200 metres, then a sharp right hand turn up a gradual 150 metre gradient along a narrow path to the police station, then a 2 lap anti-clockwise loop around the perimeter of the park before returning to the police station and finishing back at the Boathouse.

It's generally flat save for the uphill at the start and returning downhill at the finish. One thing I found was that the paths can be narrow and prone to congestion (in the usual event there are two races – an A and a B race to ease the congestion).

At September's event there were 10 Dulwich Runners taking part. Mainly due to a mixture of injuries and the Reigate Cross Country Relays on the following day there was no Alistair, Tony, Charlie and Ebe this time. However, we had a good turn out with Paul Devine, Matt Galvin, Ian Lilley, Andy Murray, Ros Tabor and also Steve Davies running on his debut. The runners were also encouraged by support from Ebe, Clare Elms and Coach Steve who were not able to run due to various injuries.

A few Dulwich Runners on the start line

So, with no Tony, Alistair and Charlie to race against, Paul's objective was to run a controlled race and hold off Ian to come home as the first Dulwich Runner. Paul set off fast (admitting afterwards that it was probably too fast given the warm weather) but ran a disciplined race to finish within the top 10 (and 2nd V35). Paul recorded an impressive time, although not as quick as last month and not as quick as some of the 5K times that he was achieving earlier in the year when he was in top form after Winter/Spring marathon training.

Ian came in 10 seconds behind Paul with an impressive PB and another 5K comfortably under 18 mins, again continuing his period of fine running form. Like Paul, Ian admitted afterwards that he, too, set off too quickly mainly to avoid being crowded out at the first tight right hand turn up the hill to the police station. Ian had to dig in deep for the last mile to keep up his pace and fend off competition from Dave Cox (V60) of Woodford Green who recently ran an impressive sub 60 minute time at the Cabbage Patch 10.

Closing in on Ian and Dave Cox was Steve Davies, who finished strongly on his debut to record a 5K PB (7 seconds faster than his time at the Battersea Assembly League in June). Steve started off some way back behind Ian and Paul. After being held back with the race congestion after the first turn, Steve worked his way through the field to within striking distance behind Ian, only for Ian to surge ahead in the second mile. However, Steve ran an even paced race to claw back some of the gap to come home 3rd V45 and achieve his first age grade in excess of 80%.

Following his recent return to racing after an extended break, Matt ran an impressively paced raced to record a time some 30 seconds quicker than his September race and achieve an overall seasons best, comfortably sub 19 mins. Continuing with his solid September performance Andy ran a very strong race recording a season's best and finishing 2nd M60.

Likewise, Ros ran very well coming in half a minute faster than her September outing - finishing comfortably 1st V65 and narrowly behind Sally Musson (Tonbridge AC) who was 1st V60. Ros achieved the highest overall age grade at an impressive 94.9%

A special thanks to Clare, Ebe and Steve for their support along the route; always appreciated, especially on such a warm day. Also, thanks to Ebe for being unofficial photographer this time. (I know you would rather have been running with us). I will try and upload them on to the website. I have inserted a couple of pictures at the start. Can you spot the Dulwich Runners? ***- Steve Davies***

8	Paul Devine	17:25 (2nd V35)	
14	Ian Lilley	17:38 (2nd V40)	PB
16	Steve Davies	17:41 (3rd V45)	PB, 80.2% age grade
32	Matt Galvin	18:43 (4th V40)	SB
85	Andy Murray	20:52 (3rd M60)	SB
117	Ros Tabor	21:42 (1st FV65)	

94.9% age grade

Finishers: 248

parkrun

November 1st

Amager Faelled, Copenhagen

60 Ran

Kevin Chadwick writes...

In 2009 parkrun left the UK for the first time, its destination Copenhagen with Amager Faelled its very first pakrun. Denmark now has Seven parkruns with three of them in the capital.Despite being over 5 years old Amager Faelled attracts fairly small attendances averaging just 59.

The course is fast and flat, all on gravel and is 2 X 2.5K loops. The park is very overgrown and was like running around a maze.

Last Wednesdays club run reminded me Beachy Head was still in my legs but since I'm only here Once I wanted to be under 20 minutes

Having enjoyed a rare nights sleep before a parkrun, I arrived early at the park which was a good idea as finding the start proved difficult, I spent 25 minutes running around with an Aussie parkrun tourist trying to find the start eventually spotting the volunteers who were all dressed in Halloween costumes.

The run brief was all in Danish but immediately recognising me as a tourist, they did explain the course in English, asking me lots of questions and inviting me to the café for afterwards to sample some Danish bacon. Very delicious indeed!

Pos	Gen		
7	7	Kevin Chadwick	19:40

Brockwell

229 Ran

Pos	Gen		
11	11	Neville Webb	19:25
16	1	Ola Balme	20:14
31	29	Graham Stanton	21:03
161	42	Sharon Erdman	26:34
214	78	Susan Vernon	31:24

Burgess

117 Ran

Pos	Gen		
7	6	James Charles	18:47
29	3	Kim Hainsworth	21:04

Crystal Palace

234 Ran

Pos	Gen		
3	3	Stephen Davies	18:48
4	4	Ian Lilley	18:57
6	6	Paul Devine	19:02
34	31	Andy Cottrill	21:41
59	55	Bob Bell	23:12
183	129	Paul Hodge	30:05

Dulwich

215 Ran

Pos	Gen		
34	1	Elkie Mace	20:22
91	13	Claire Steward	24:18
126	96	Mick Mead	26:34

Greenwich

287 Ran

Pos	Gen		
16	15	Stephen Smythe	20:28

Hilly Fields

156 Ran

Pos	Gen		
156	62	Carolina Lilley	42:10

Lloyd Park

206 Ran

Pos	Gen		
10	10	Lewis Laylee	19:57
28	28	Martin Double	22:47
31	31	Andy Murray	22:55
41	39	Graham Laylee	23:58
43	3	Ros Tabor	24:05
45	42	Ian Sesnan	24:20
118	30	Stephanie Burchill	29:44

Riddlesdown

121 Ran

Pos	Gen		
16	2	Ange Norris	21:31

Orpington

215 Ran

Pos	Gen		
60	55	Colin Frith	23:53

Osterley

69 Ran

Pos	Gen		
18	16	Barrie J Nicholls	23:42
21	3	Lindsey Annable	24:51

Peckham Rye

79 Ran

Pos	Gen		
6	6	Andrew Bright	19:19
8	8	Michael Fullilove	20:07
9	9	Gideon Franklin	20:18
16	16	Hugh Balfour	20:49
24	1	Nicola Mcivor	22:03

Southwark

102 Ran

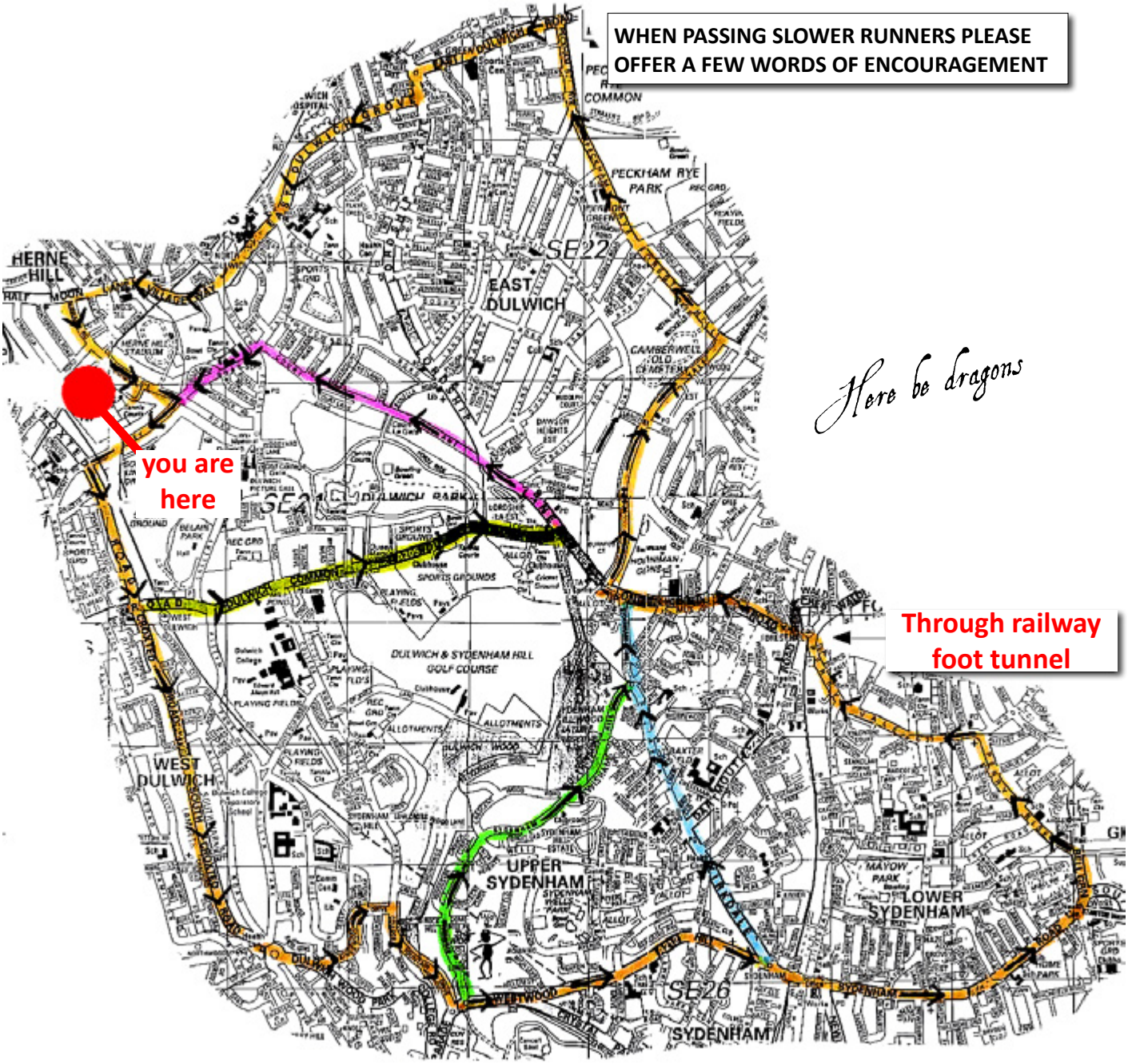
Pos	Gen		
40	35	Paul Keating	23:58

New members especially ! and others....

Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

DULWICH RUNNERS AC W7

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE.....	10.0	16.0
SHORT CUT	BLUE	8.2	13.2
SHORT CUT	PINK	7.5	12.0
SHORT CUT	GREEN.....	7.0	11.3
SHORT CUT	BLUE & PINK	5.5	8.9
SHORT CUT	GREEN & PINK	4.5	7.2
SHORT CUT	YELLOW & PINK	3.5	5.6

min per/M	min per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12