SHORTS

Dulwich Runners AC
Weekly Newsletter
August 31st 2016

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

Wed 31 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Curry night- after the run, see details page 2

Thu 01 Assembly league - Beckenham start 19:15
Last of the season, so lets have a massive turnout.
Free to enter just turn up and run. Presentations and drinks afterwards

Tue 06 Dulwich track is finished this season
Next session will be on the grass hill at Crystal Palace opposite the station. 7:15 for 7:30 start
see page 3 for map

In your SHORTS this week !

1... General information
2... Club kit, social events etc
4... Fixture list, club champs,XC, road, track
5... Race reports and results...
8... Parkrun
9... Map for this Wednesday night routes

And much more !

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

You can follow us on

TRACK SESSIONS

We have now finished at Dulwich Track for this season

The session on September 6 will be on the grass hill at Crystal Palace opposite the station. page 3 for map

September 13, 20 and 27 sessions will probably be on the hill opposite Sydenham Hill station. see page 3

The track sessions are likely to recommence at **Crystal Palace on October 4** but this will be confirmed in September
All sessions suitable for all standards
Steve Smythe

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- **Sign the attendance register and pay £1.**
- **We need the money to help pay for clubhouse hire, map printing etc.**
- **We use the register to compile the new runners' rota, so please write legibly.**

Thank you. - Ros

Dulwich Runners AC AGM will be held on 19 October and the minutes of last year's AGM can be found on the website

EVENT HORIZON

A brief look ahead

Sep 1 Assembly league - Beckenham start 19:15

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Thanks to **Mike Mann, Lloyd Collier and Sarah Banting** for taking out new runners last week.
If you're on the list, please 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**

Sharon Erdman	**31/08**
Paul Hilton	07/09
Paul Keating	14/09

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

SOCIAL SPOT

Watch this space for upcoming 2016 events !

curry night

The next curry night will be **31 August** after the club run at The Surma www.the-surma.co.uk East Dulwich
The usual curry buffet, all welcome £10 a head (drinks extra).. Drop me a line if you are looking to come so I have an idea of numbers.
matthew.ladds@uk.zurich.com

Beckenham Assembly League Drinks

Thursday 1st September

Stick around to celebrate the end of the summer and the last of the assembly league meets. They have a very nice bar at the club house so enjoy a post run drink!

Dulwich Runners Xmas Party

provisional date 17th December at The Plough on Lordship Lane so put the date in your diary and watch this space for further details.

SHORTS!

DULWICH RUNNERS' SHORTS
They are traditionally cut either 'racing' style, or slightly longer – size medium.
Both styles are a bargain £15.

ALGARVE RUNNING CHALLENGE

2 - 6 NOVEMBER

If you want to get away from the cold damp weather of the British autumn, the Algarve Running Challenge presents an excellent opportunity for warm weather racing and training at the eastern end of the Algarve, close to the Spanish border. The races are organized by Steve Smythe and include a 5km cross country, a track mile, a 10km trail race, finishing with the 10 Milhas de Guadiana, actually closer to 11 miles, and takes in the impressive suspension bridge which forms the Spain/ Portugal border. The hotel in Monte Gordo is located just behind the beach and as well as running, there are opportunities for cycling on quiet roads, swimming in the sea which remains warm in November and sightseeing in nearby towns in Portugal and Spain. The trails through the pine woods used for some of the races and the long sandy beach are ideal for an early morning run. The event is organized by Track and Field Tours and should appear on their website shortly. Prices are very reasonable at that time of year. If you want more details, have a word with Steve, Ros, Andy, Jim or myself. - ***Mike Mann***

SUSAN VERNON WRITES:
have been asked by Link-Age Southwark if there may be a Dulwich Runner or two who may consider taking part in the North London Half-Marathon on Sunday 12th March 2017 and raise some cash for them. The race will start and finish in Wembley Stadium and take in Allianz Park, home to the Saracens rugby club. If anyone is interested, please get in touch with Susan Vernon at vernonrun@aol.com. Thank you

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 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
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club
Contact Ros ros.tabor49@gmail.com
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

socks only £5

HOODIES...

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

Buffs/snoods - only £6

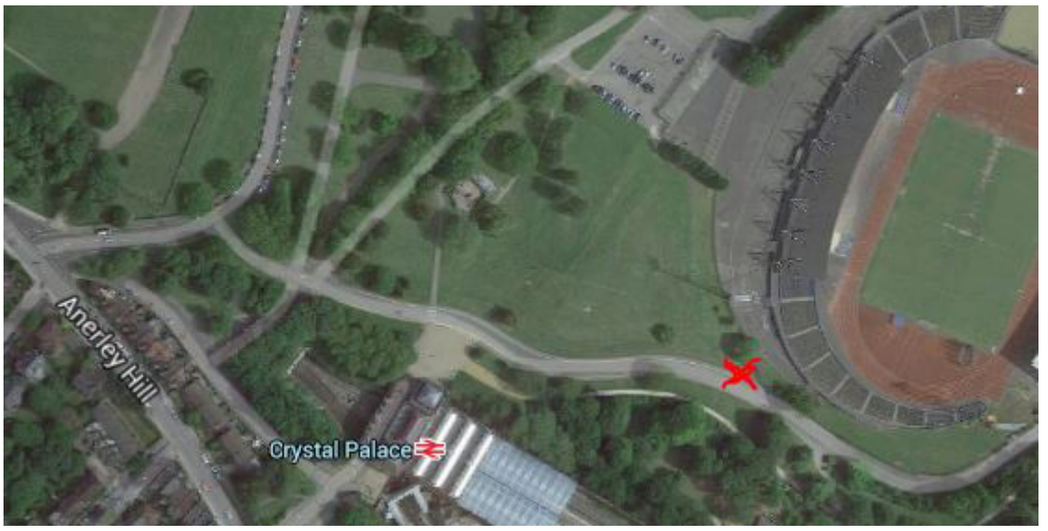
SPECIAL HOT WEATHER OFFER
CROP TOPS £1 TO CLEAR
AVAILABLE ON WEDNESDAY

Rockin' Mayhem with English Rogues has returned..yet again !
Sat 3rd September 9pm - free entry
Rose and Crown, Wallington Corner, London SM6 7HX http://tinyurl.com/goh8skq
(just up the road from Wallington station)

After a highly successful return last Saturday to South London (three encores, but who's counting?) we're not far away again, this time in Wallington.
Fans who've been before know what to expect – if you haven't, it's our own brand of 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.! Blistering guitar solos and over-the-top 'Animal' drum thrashing from yours truly – and there'll be plenty, they don't let me out much you know.... So get on that 'Highway to Hell' and come down and 'Love The One You're With' – yep, same old song title jokes.

Tony 'Thundersticks' Tuohy.

Crystal Palace grass hill session Tuesday 6th Sept.- red X marks meeting place



Opposite Sydenham Hill Station on College Road - 13, 20, & 27th Sept.

doesnt look very hilly !

NOSTALGIA CORNER

With the final Assembly League match of the summer taking place this week, I thought it might be of interest to conduct some research into results of byegone years, with the help of old copies of Shorts, with thanks to Barrie John Nichols.

To get the ball rolling results of the August and September matches of 1996 at Victoria Park and Beckenham have been looked at, only including results for those still at the club. The August fixture was poorly attended so no change there, but the final one in September includes a surprising number of familiar names. Note that the Victoria Park course was the same as used today but the Beckenham course finished in Southend Road and at 2.9 miles was slightly shorter than the current one. In both races the Dulwich team was led home by our esteemed coach who may have been the author of the reports, judging from the commentary that contained some reservations over his performance. Most of the participants have slowed with time over the past 20 years, but there are two notable exceptions who have been remarkable in maintaining their performance and who should not be too difficult to spot.

The plan is to take a look at more recent Assembly League results from 10 and 15 years, hopefully featuring more familiar names, as well as possibly some old Surrey League cross country results, so watch this space.

Mike Mann

Victoria Park, August 1996

Steve Smythe	18:45
Steve Williams	19:17
Martin Morley	19:36
Colin Bailey Wood	20:12
Andy Murray	20:15
Dave West	20:36
Kevin Wood	20:42
Chris Vernon	21:23
Andrea Pickup	22:26

Beckenham, Sept. 1996

Steve Smythe	14:53
Steve Williams	15:28
Martin Morley	15:39
Tom South	15:53
Andy Murray	15:54
Duncan Hussey	15:54
Kevin Wood	16:33
Dave West	16:36
Chris Vernon	17:19
Andrea Pickup	18:19
Barrie John Nichols	18:41
Steve Wehrle	18:51
Peter Gibbons	18:57
Colin Frith	19:03
Ros Tabor	19:22
Stephanie Burchill	20:16
Clare Wyngard	20:42
Ron Searle	24:07

Dulwich Runners 2016/17 Fixtures

Further information regarding races will usually be here in SHORTS and or announced on a Wednesday club night.
Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

Assembly League this Thursday 7.15pm - Beckenham

Hopefully as many club runners will run the final Assembly League on the testing course at Beckenham over three miles.
Nb the presentations will follow the race at Beckenham Club. it would be good if all prizewinners could be there and hopefully some other club people will be there too.

Standings:
Men: eq 8 Tim Bowen 11
M45: 1 Steve Davies 48 (definitely 1st)
M50: 1 Tony Tuohy 38; eq 5 Ebe Prill 18
M55: 1 Steve Smythe 36 (definitely 1st): 3 Gary Sullivan 23; 6 Colin Bailey-Wood 17
M60: 2 Andy Murray 37; 3 Barrie John Nicholls 25
M65: 2 Mike Mann 20
U20: 4 Lewis Laylee 10
Women: 1 Clare Elms 46 (definitely 1st); 6 Elkie Mace 26
W35: 4 Selma Benattia 22; eq8 Kim Hainsworth 8
W45: 1 Michelle Lennon 36 (definitely 1st); 4 Ola Balme 16; 5 Lindsay Annable 15
W50: 1 Clare Elms 50 (definitely 1st)
W55: 1 Clare Wyngard 40 (definitely 1st)
W60: 1 Claire Steward 40
W65: 1 Ros Tabor 50 (definitely 1st)
U20: 1 Lucy Elms (definitely 1st)

Steve Davies, Steve Smythe, Michelle Lennon, Clare Elms (overall woman and W50), Lucy Elms, Clare Wyngard and Ros Tabor have definitely won their sections.
Tony Tuohy and Claire Steward will win if they do the final fixture. ***- Steve Smythe***

Dulwich women will almost certainly finish second in both sections.
The awards traditionally go to those who do the most races.
27 different women have run for the club this summer.
5 Clare Elms, Lucy Elms, Ros Tabor
4: Claire Baglin, Selma Benattia, Katie Styles, Michelle Lennon, Claire Wyngard, Claire Steward
3: Elkie Mace, Eleanor Simmons, Karina Burrowes
2: Kim Hainsworth, Ola Balme, Niamh Falconer Mel Edwards, Lynsey Annable
1: Andrea Pickup, Yvette Dore, Fiona Askew, Anna Thomas, Lucy Clapp, Louisa Pritchard, Jo Shelton Sue Cooper, Rebecca Schulleri, Laura Vincent

Tuesday speed sessions

The session on September 6 will be on the grass hill at Crystal Palace opposite the station.
September 13, 20 and 27 sessions will probably be on the hill opposite Sydenham Hill station.

The track sessions are likely to recommence at **Crystal Palace on October 4** but this will be confirmed in September
Steve Smythe

DULWICH RUNNERS 2016 CLUB CHAMPIONSHIPS

A total of 9 races split into 2 categories, short (S) and long (L). To qualify you need to complete 5 in total, including at least one from each of the two categories. See fixture list for the remaining four events

CLUB CHAMPS UPDATE

CLUB CHAMPS 5km (and mile) clarification With the Assembly League race at Battersea Park on 2 June used for the 5k club champs, trophies and individual points will be awarded at this race. However in view of the late change, resulting in part from bringing forward the date of the Mark Hayes Mile, it has been decided that times at the Sri Chimnoy race on 13 June will count for overall points and for completing sufficient club champs events.
Thus for overall points (ie age graded scores) the better of the two races will count for those taking part in both.
Individual age group points will initially be based though solely on the first race - ie Assembly League (as per club Mile).
However if for example 10 M50 athletes run the club mile or Assembly League then 11th place onwards is possible at the Eltham mile or Sri Chinmoy 5km.

10m race - CLUB CHAMPS UPDATE

With the Cabbage Patch 10 taking place on 16 October falling on the same weekend as the (later than usual) first Surrey League cross country fixture, we have been looking for alternatives. These are limited with one on the same weekend as the SEAA relays on 17/18 September and another involving a long coach trip. We have therefore decided to go for the Epsom 10, organized by Epsom and Ewell Harriers, on 20 November. This is the day after the BMAF cross country relays, but for those selected for this, it should be possible to combine both with the relay stages only 3km. Entry forms are not yet available but hopefully should be soon.

MARATHONS 2016

If you are planning to run a marathon in 2016 please can you tell Shorts so that we can list those with forthcoming races.
After the race make sure you send your time.
We will try to maintain an up to date list so that we can keep a proper record for the club championships.

SEAA Road Relays Bedford Autodrome MK44 2YP

Sunday 25th September at

Senior and vet women	**1:15 p.m. 4 x 3851m**
Senior men	**1:40 p.m. 6 x 6000m**
Vet men	**1:40 p.m. 4 x 6000m**

We want to enter competitive teams for men and women in all age categories. To be eligible to run you need to be a 1st claim member and EA registered.

If you are available to run please let your captain know by 2nd September.

women : Ange and Clare - dulwichladiescaptain@gmail.com
men: Charlie - chas.lound@btinternet.com

Once we have names we will be able to put runners into teams. Those who are selected to run will be representing the club and so will be able to have their travel costs reimbursed.
Thanks.- Ange

Track Meetings

The table includes a list of track meetings over the forthcoming season. You do not have to be a member of a track club to take part in any of the open meetings.
Check details of the races on offer at respective club websites.
In most cases you can either enter in advance or on the day.
In addition the Watford Open Graded Races take place on alternative Wednesdays until 7 September, (see WATFORD ATHLETICS AND WATFORD HARRIERS ATHLETIC CLUB for details.

Sept	7	Vets AC 10,000m	Battersea Pk
	10/11	BMAF T&F Champs	Birmingham

Cross country **Club Champs** **Assembly League** **Relays &Misc.**

Date		Race	Venue
Sep	1	**Assembly League - Beckenham - 7:15pm start (3 miles)**	**Beckenham**
	4	**Middlesex 10k (S)** **Event website:**http://www.middlesexaa.org.uk/ **Event details on Runner's World site:**http://www.runnersworld.co.uk/events/viewEvent.asp?en=100010	**Victoria Park, Hackney**
	10	**Will Bolton Relays**	**Sparrow's Den**
	24	**England Masters Inter Area Challenge Cross Country**	**Wimbledon Common**
	25	**SEAA Road Relays**	**Bedford Autodrome**
Oct	2	**Titsey Multi-Terrain 10k (L)**	**Oxted**
	15	**Surrey League men**	**Richmond Park**
	15	**Surrey League women**	**Nonsuch Pk, Cheam**
	22	**Surrey Masters Champs**	**Richmond Park**
	29	**5k Parkrun (S)**	**Burgess Park**
Nov	12	**Surrey League men & women**	**Farthing Down (m) & (w)**
	19	**BMAF Relay Champs**	**Long Eaton**
	20	**Epsom 10 (L)**	**Epsom**
	26	**South of Thames 5m**	**Ham Lands**
Dec	3	**Surrey League women**	**Mitcham Common**
	17	**South of Thames 7.5m**	**Venue tbc**
Jan	7	**County Champs**	**Lloyd Park (Surrey) tbc (Kent)**
	14	**Surrey League men**	**Mitcham Common**
	14	**Surrey League women**	**Ham fields, Ham**
	21	**Vets AC Champs**	**Wimbledon Common**
	28	**South of England Champs**	**Parliament Hill**
Feb	11	**Surrey League men**	**tbc Ham Lands Ham**
	11	**Surrey League women**	**Farthing downs, Coulsden**
	26	**National Champs**	**North of England tbc**

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.

Hercules Wimbledon 5000m Festival Open Night

Wednesday 17th August

This was meant to appear in last weeks SHORTS but I forgot to write it so apologies to Tim and Al who joined me in Wimbledon Park for a fine nights running.

The event in its second year comes highly recommended. The organisers put on five races ranging from approximately sub 20 pace for the slowest race (even though that isn't slow) down to sub 15 pace for the fastest. It meant for a very high standard, but at the same time a great atmosphere with music played, beer and BBQ being served and lane 4 on the home straight being a 'cheering zone' .

This was all a great help, especially as we had Ebe our very own cheerleader supporting us. Also extremely helpful were the perfect conditions for racing.

RACE 2

Myself and Al found ourselves in the second race of the evening which was advertised for sub 18 minute runners. We were both perhaps a bit surprised by this but soon came to realise that due to the high standard Race 3 was heavily subscribed and there was plenty of sub 17 runners in our race and we also had a pacemaker who informed us he would be running at 16:30 pace which was roughly my target so I stopped fretting and got on with it. I settled in in the front pack and let the pacemaker do the work and he did a great job getting us to 3000 bang on target pace.

Then the pace started to hot up and I began to lose touch with the leaders, and holding target pace as well as the psychological battle of running so many laps became much harder. I however managed to pick a couple of places up in the last 800 metres and narrowly failed to catch the
runner in 3rd place.

Whatever I ran was going to be a PB as I'd never tried this distance on the track before, but I was still delighted to break my target of 16:30. Al also had a great race as his return to his best form is now getting very near, and he posted a great time, 30 seconds faster than his effort for his Civil Service team the previous week and only one second slower than his road PB.

RACE 4

You can tell its a good standard when the Irish machine isn't even in the fastest race. Tim set off in the penultimate race on the hunt for yet another club record which he duly achieved. Sitting nicely in the pack for most of the race he was bang on 15:40 pace, until he dropped off a little three laps out.

However as always he wasn't done and somehow mustered together a 68 second last lap to gain back a couple of places and hit 15:40 on the nose. Again this was a track debut over the distance but it was faster than his road PB and even more importantly the bar still had a couple of beers left so he could toast his success.

- Paul Devine

Race 2
4 Paul Devine 16:28.80 (PB)
7 Alastair Locke 16:46.87 (PB)

Race 4
7 Tim Bowen 15:40.22 (PB and club record)

Golf Ball Fell Race 5.5 miles 950 ft ascent

Wed 17 August 7pm

On holiday in Lancashire, I seized the opportunity to do a local fell race, named after a radio transmitter on the moors south of Burnley. Accompanied by two of my children, Rory and Pippa, (who had come to support not run), we arrived at the start in the village of Loveclough in Rossendale on a beautiful warm evening.

Having found the finish and warmed up, we were off. I started conservatively, which proved to be a mixed blessing – I didn't get into oxygen debt on the first steep climb, but then got stuck behind slower runners on the narrow path on the first bit of moorland. Once the path widened, I started gaining places.

On this first climb up to the summit of Great Hambledon, there was a tricky section, along a rough narrow path running straight into the low sun. Staying upright was the important thing; at least one runner I met afterwards came back with bloody knees from the section.

The other challenge on Great Hambledon was the bogs. Early on I passed a runner fishing his shoe out of a particularly evil-looking (and evil-smelling) morass. Fortunately my shoes managed to stay attached to my feet, but I still went up to my calves in bog several times. Ploughing through dense marsh grass was an energy sapping business. Never again will I complain about Lloyd Park!

Once over Great Hambledon, there was a steep fast descent into an old quarry, during which I lost one place, as my descending was a bit rusty, but on the next climb I overtook him back. In fact I was feeling strong as we climbed away from the quarry up a stony track leading to the second summit, where the route passed the eponymous golf ball. From there it was a fast descent down a track, through some meadows, and a very boggy bit of woodland to the finish.
I was pleased to be able to run this descent flat out (apart from the bog in the wood) and not loose any places.

All in all, given my lack of racing this summer, I was pleased with my race, and thoroughly enjoyed it. Rory and Pippa didn't look that impressed seeing their father covered with sweat, snot and mud – I don't think they will take up fell running any time soon! But the icing on the cake was to win the M60, and take a bottle of wine home to Helen.

Winning time 38.08
62 Hugh Balfour 52.06 1MV60
151 finishers

Lakeland Country Fair Fell Race 6.5 miles 2350 ft ascent

Sunday 21 August

The second race of our holiday took us up to the Lake District to a excellent country fair at Torver on the shores of Coniston Water. All the village fairs and galas up here have a fell race (there were six to choose from this weekend). This one had all the usual attractions: hound and dog shows, Cumberland wrestling, horn blowing (at which I had an abortive attempt) and lots of wonderful food. The main difference was that the fell race was a bit more brutal – straight up and down the Old Man of Coniston. I also started to understand why fell runners like these events: the announcer really bigged us up: "Ladies and gentlemen these runners are men and women of iron..."

After two days of continuous rain, the weather had cleared up, and there was even a bit of warm sunshine. But the summit of the Old Man was still shrouded in mist, of which more later.

The field was much smaller than Wednesday's race, but there were a couple of others who had been there. But I also noticed a lot more young fast looking blokes. Indeed with a rather pathetic blast on an air horn, we were off at a pretty fast lick.

The route which is an out and back, starts along the main road for a couple of hundred yards, before turning onto a narrow wet path which eventually grew up into a respectable farm track as we slowly climbed up towards the Old Man. As we climbed we passed lots of old quarry workings, one which had a huge waterfall pouring into it – an impressive sight.

After about 2.5 miles we crossed the Walna Scar Road: one of Lakeland's ancient drove roads – you would have a tough time getting a car along it! I reached this point in 23 minutes, but now the climbing began – 1650 feet in under a mile – no more running until we reached the summit. There was no path to follow; it was just pick your own route around the low crags. As we got higher the wind got stronger and at about the 2000 ft mark we entered the cloud. I was climbing with quite a good rhythm, and wasn't too far from the top when the lead runners came hurtling past me. But visibility was now down to about 50 yards and I lost contact with the group in front of me. I just hoped for the best as I slogged up through the mist and the wind.

Finally, there was the summit marshal, and I could start back down. However this was harder than it sounds. The terrain was covered with rocks which stuck out of the ground like dinner plates; so you had to watch were you put your feet. But with no path and no runners to follow you also had to keep looking up to keep in the right direction. There are huge old quarries either side of the route, but they were several hundred yards apart, so you were ok even if you went badly wrong. But if you went very badly wrong…

Fortunately, to begin with I had ascending runners to follow, but once I passed the tail runner, navigation was a bit more tricky. As I emerged from the mist, I saw two runners who had stopped. They weren't in the race, but asked if they could follow me and if I knew the way down. "I haven't a clue" I replied. But they still followed, and the last thing I heard was one of them saying, "You've got to respect real fell runners". Shortly after that I was caught up by a Kendal runner whom I had overtaken on the climb. He was descending at an impressive speed, but gave me confidence, so I followed him down to the Walna Scar Road, which we crossed in 61 minutes.

It was now just the long run out to the finish in the showground. I couldn't stay with the Kendal chap, but still managed a reasonable pace, covering the 2.5 miles in 16 minutes. A couple of glances behind had told me there was no one near me, but as I ran down the road with the finish in sight, a young guy overtook me at speed – he should have been in the top three, but had got badly lost in the mist. I did not exactly manage a sprint finish, but it was nice to get a big cheer from my wife in the last few yards.

All in all it was a great race, though definitely a serious challenge in the conditions. I was very chuffed to win the V60 prize – second in a week. Also I met a lady who looked like Ros' twin sister. Actually it was Wendy Dodds from Clayton-le-Moors; a legendary female fell runner, who at 65 was only 4 minutes behind me, having also competed in the English Champs race at Pendle the day before.
Now there is a woman of iron!

Winning time 56.41
32 Hugh Balfour 77.19
54 finishers

Harrock Hill Race 5.2 miles 900 ft ascent

Wednesday 24 August

This was the third race I squeezed in during our holiday in Lancs. Strictly speaking it was more of a trail race than a fell race, but it was in the FRA (Fell Runners Association) fixture list, so off I went.

The race was north of Parbold, just west of Jct 27 of the M6. I had always assumed that all the country to the west of the M6 in Lancashire was flat as a pancake, but in fact there is some beautiful hilly countryside, which is where the race was held.

It was a gorgeous evening as about 200 runners jostled around at the start, which was pretty congested. I had been warned that the track went down to single file after about half a mile, and then there were a lot of stiles on the course (I counted about 15). So I started fairly high up the field, but not high enough, having to slow to a walk on the first hill, and then loosing about 30 seconds at the first stile.

Once over that, there was a good fast descent to the outskirts of Parbold, followed by the second major hill climb – a long steady grind for about a mile. Slightly to my surprise I found myself steadily overtaking other runners, and felt increasingly strong as the race went on. The most frustrating section was a very narrow slippery descent through a wood in the last mile. Approaching the wood I had overtaken a runner from Southport, but as we entered it, he overtook me back, but then descended much more slowly than I would have done, but there was no way to pass him. However, once out of the wood I had a good fast finish. Although I didn't win anything this time, I thoroughly enjoyed the race, even though I missed the views from the top of the hill – apparently Blackpool Tower and the Lake District mountains were clearly in view.

82 Hugh Balfour 45.43 3M60
224 finishers

Surrey 10,000m Championships Herne Hill Harriers Open, Tooting Bec Track

27 August

Midday was not an ideal time to set off on 25 laps of the Tooting track on a hot and humid bank holiday Saturday. Clearly, most of the rest of Surrey-for-athletics-purposes agreed as just 20 men and 1 women (who wasn't herself Surrey eligible) made it to the start line. (A few other lunatics did turn up but were turned away from this popular, elite event for not registering the full hour beforehand.)
The heat got the better of me right from the start as my usual tactics of going out too fast went out the window and I tried to settle into steady 80 second laps. It was a disastrous decision as I soon lost contact with the lead group (who did go out Too Fast) and I was running pretty much on my own after 10 laps. My enthusiasm for solo lap after lap soon sapped in the heat; the surreality of the situation not helped by officials initially changing the lap counter only every 2 or 3 laps and then not always by the right amount.
I managed to keep count but I went off pace in the second half and I couldn't get into the required higher gear after 8k. A decent kick for the last lap got me across the finish line in an almost respectable time – a few seconds short of my road best.
6 Tim Bowen 33:31.12
21 Ran

VETS AC TRACK & FIELD CHAMPS

28 AUGUST

Officiating duties meant that the Dulwich contingent were selective with the range of races they decided to enter at these championships held at Kingsmeadow on a rather breezy day. ***- Mike Mann***

1500m
Andy Murray 6:17.10 (2nd M60)
5000m
Andy Murray 22:38.16 (2nd M60)
Mike Mann 21:10.08 (3rd M65)
Ros Tabor 21:57.33 (1st W65)

CCC Courmayeur Champex Chamonix 101km

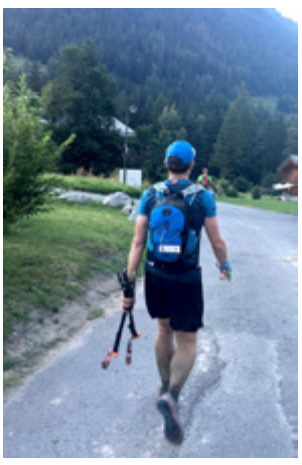
Friday 26th August.

The frisson is palpable at the start of all of the UTMB (Ultra Trail du Mont Blanc) events. This was my second event, having done the TDS in 2012, 2013 and 2015, of the set.

There are so many unique aspects to the race: running from Italy through Switzerland into France, the carnival atmosphere through the mountain villages, the cow bells, the sound of trekking poles, the glow of head-torches up and down the mountains through the night, the snakes of competitors weaving up the mountains, the views of Mont Blanc (especially at sunrise above Chamonix) and the cheers no matter what time of day or night from locals and friends/family alike. It really is a pleasure to be in Chamonix in the last week of August.

And to my efforts, well I was certainly glad that I spent the previous week in Switzerland acclimatising. There is no way I would have survived the ascents and descents from half a dozen North Downs Way runs! Box Hill and Leith Hill are hardly comparable, no matter how many repeats. Early start to get the transfer bus through the Mont Blanc tunnel (another unique aspect!) to Courmayeur, and jostle for positioning in the appropriate waves; there are 3 to give a chance of preventing the inevitable bottleneck on the first climb.

Three national anthems (for the 3 countries along the route) and signature theme of Vangelis Conquest of Paradise to set us all off. I was warned about the bottleneck so hared off – first km in under 5mins! – leaving the town of Courmayeur (1200m) along the road, turning into woodland trail, and eventually the long slog up to Tete de la Tronche (2548m). And it gets steep – a 2km stretch climbed over 500m, over 1:4 or 25% gradient. But I was fresh and despite the trail jam, I could keep moving. The views along the trail are fantastic, down the Aosta Valley and the Mont Blanc massif with its glaciers constantly in view.



The next 15km or so are largely downhill. You get some apparently reckless "traileurs" hurtling down the mountainside, but you also get those early sufferers: "can't keep any food down", "knees are hurting", "je suis fatigue" – I sensed there would be a few drop-outs at the next check point: Arnuva (1771m). The check points allow you to refuel, replenish water bladders, take a deep breath, and ready yourself for next climb. The Grand Col Ferret (border to Switzerland) is a beaut/brute. It is totally exposed, early afternoon, must have been close to 30C and an ascent of 756m to 2527m. This was the section when my pre-race target time went out of the window, and might have been one of the (mentally) low points of the race. I struggled with eating and there's only so much energy/nutrition you can get from gel shots. The long trot down to La Fouly and the first big community since Courmayeur was a really nice distraction.

Big crowds, seeing my wife, Leann, and a few friends to accompany me for part of the next section through woods, and still mainly downhill to one of the lowest places in the valley – Praz de Fort (1151m). There was not much running, or even trotting, at this point, with my first signs of ailments setting in: lower back hurting and ear failing to pop (goes to show the changing altitude). With a cheeky woodland climb into Champex, you get to the first volunteer-assistance point at 55.9km. And my first rest – I took 45mins to refuel (still not eating properly), recover and change into night gear (extra layer and head-torch), as the time neared 9pm. My thoughts were: over half way there, 2 biggest climbs done, just got to get over three more lumps and trot into Chamonix. (Evil laughter from the UTMB organisers ensue).

After a longer than expected drop into yet more woods, the first "lump" climbs to Bovine; another >800m ascent with some obstacles: multiple stream crossings and huge boulders in pitch black. Plenty of stops to slow heart rate and munch on more gels. And I was taking the descents even more cautiously into Trient, and then Vallorcine (after the second lump over Catogne). I do quite enjoy the night-time striding. Again, I had a great pick-me-up at the Trient check point with Leann waiting for me (at 1am!). Having support in these races is so nice. A big thank you to all supporters, even FB messages come through and when you're 20hrs into an event and another 1,000m of climbing still facing, a simple "bravo" or "courage" means a lot.

One of the most gratifying and magical moments of the race is reaching the top of Tetes aux Vents (2116m), the last major climb, with the time being 6am the sun was creeping over the mountainous skyline illuminating Mont Blanc. There are still a couple of smaller rises and tricky boulders to overcome but from the final check point at La Flegere it really is all downhill to the crowds of Chamonix. I think I even managed to run the last 4kms, then again I was a bit delirious; I'm not sure "running" is particularly accurate. Yes painful and yes hard work, but worth it? Unquestionably.

The completion of the full UTMB is still my ultimate trail running aim and my utmost respect for anyone undertaking and completing it (this year 57.5% completed the 171km course). I have enough qualifying points to enter next year (there's still only a 50% chance through the ballot); but if I get in, and complete it, expect a really long race report!! ***- Toby de Belder***

24h:19m:28s
887th out of 2,129 starters (743, 35%, failed to finish)
Winning time: 12:10:04 (freakish!)
1st brit Robbie Britton 11th 13:17:47

Herne Hill Open, Tooting Bec August 27

Tim made a good 10,000m track debut but on his own, was unable to pick up on the second half and challenge the club record.
Steve Davies made good 800m and 1500m debuts with good speed in the 800m and a controlled 1500m.
Clare wasn't at her best but Lucy set a PB and there were good runs from Mark Callaghan and Mike Mann.

- Steve Smythe

10,000m: 6 Tim Bowen 33:31.12
800m: r1: 7 Steve Davies 2:15.00 (PB)
800m: r2: 2 Mark Callaghan 2:22.08
1500m: r1: 4 Steve Davies 4:42.47 (PB); 7 Clare Elms 4:51.42
1500m: r2: 7 Lucy Elms 5:23.12 (PB); 9 Mike Mann 5:33.08; Steve Smythe dnf

Tonbridge Open

August 29

In the 800m, Lucy Elms, started far more strongly than usual and finished second in her heat with a 10 second-PB.
Clare matched the position in the next heat though wasn't helped by being barged sideways after 300 metres but finished strongly.
Rafe Collier made a good debut at 75 metres and 600m while Lloyd confined himself to a sprint double.

- Steve Smythe

800m: r1: 2 Lucy Elms 2:34.49; 3 Steve Smythe 2:37.84
800m: r2: 2 Clare Elms 2:24.36
75m: 6 Rafe Collier 15.20
600m: 11 Rafe Collier 2:36.61
100m (-1.7): 4 Lloyd Collier 13.23
200m (1.0): 5 Lloyd Collier 26.42

Serpentine Last Friday 5km

26 Aug

A hot sunny day in a crowded Hyde Park were not ideal conditions for this 'A' course one lap race. The majority of Dulwich Runners ran slightly outside their best times of the year, while Andy '2 runs a week' Bond bucked the trend, running an official 5km PB and within 6 seconds of his Parkrun best to finish 5th overall. ***- Ian Lilley***

5	Andy Bond	16:57 (1st M40)
13	Alastair Locke	17:42
27	Ian Lilley	18:47
75	Jim Dowsett	21:02
93	Katie Styles	21:48 (W11)
107	Graham Laylee	22:32
115	Mark Muffett	22:50

208 Ran

August 27th

Ashton Court
425 ran

Pos	Gen		
221	182	Barnes Stringer	28:02

Beckton
48 ran

Pos	Gen		
1	1	Andy Bond	18:00

Bexley
293 ran

Pos	Gen		
11	11	Michael Fullilove	20:57

Bromley
520 ran

Pos	Gen		
18	18	Stephen Smythe	19:27
43	5	Selma Benattia	20:35
466	324	Peter Ogden	34:52

Brockwell
166 ran

Pos	Gen		
1	1	Paul Devine	17:22
4	4	Derek Lee	18:39

Burgess
186 ran

Pos	Gen		
22	1	Kim Hainsworth	19:47

Cardiff
635 ran

Pos	Gen		
89	84	Robbie Campbell	21:05

Cleethorpes
200 ran

Pos	Gen		
44	39	Colin Frith	23:46

Crystal Palace
191 ran

Pos	Gen		
12	2	Alexie Shaw	20:44
65	5	Belinda Cottrill	24:41
80	9	Joanne S Pereda	25:38
132	27	Penny D Graham	28:57
151	113	Patrick O'connor	30:37

Dulwich
273 ran

Pos	Gen		
70	6	Michelle Lennon	22:13
118	18	Claire Steward	24:37
161	129	Rafe Collier	27:03
225	75	Rhoda Collier	31:44
226	151	Lloyd Collier	31:44

Gloucester North
91 ran

Pos	Gen		
10	10	Chris Goodman	22:53

Hilly Fields
200 ran

Pos	Gen		
18	18	Gary Sullivan	21:19

Medina I.O.W.
301 ran

Pos	Gen		
22	22	Duncan Wilson	22:04

Mile End
180 ran

Pos	Gen		
9	8	Martin Holt	18:42

Peckham Rye
105 ran

Pos	Gen		
16	14	Gideon Franklin	21:21

Reigate Priory
257 ran

Pos	Gen		
69	62	Peter Gibbons	25:12

Richmond
322 ran

Pos	Gen		
82	66	Barrie J Nicholls	23:29
112	22	Lindsey Annable	24:31

Riddlesdown
164 ran

Pos	Gen		
37	6	Ange Norris	23:08

Southwark
180 ran

Pos	Gen		
94	80	Paul Keating	25:32

Tamar Lakes
160 ran

Pos	Gen		
18	1	Lucy Clapp	22:30

Whitstable
Continuing our whirlwind summer tour of seaside properties owned by various Dulwich Runners next stop was Bob and Chris Bell's charming fisherman's cottage in Whitstable.

The course is two flat laps firstly along a promenade then returning, via a short climb, on a patch of rough ground overlooking it. Fairly fast, therefore, but Clare was holding something back for an assault - successful as it turned out - on the supervets title at the Whitstable sprint triathlon on the following day and the promenade section, of just over a kilometre each time, was straight into a rather stiff easterly

Mike Dodds

259 ran

Pos	Gen		
46	43	Michael Dodds	24:06
49	4	Clare Wyngard	24:13

York
451 ran

Pos	Gen		
146	15	Niamh Falconer	23:17
360	248	Paul Hilton	30:04

BURGESS PARKRUN, 29 OCTOBER, REQUEST FOR VOLUNTEERS

The club champs 5k parkrun will be held on 29 October at Burgess Park. We are looking for as many participants as possible, but in addition with number likely to be swollen by around 50, the organizers have asked for us to provide some volunteers. So could any of you not planning to run for whatever reason but available that morning please contact burgesshelpers@parkrun.com and also let me know as well (mcmann90@yahoo.co.uk) to enable me to monitor numbers.

Mike Mann

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

S4

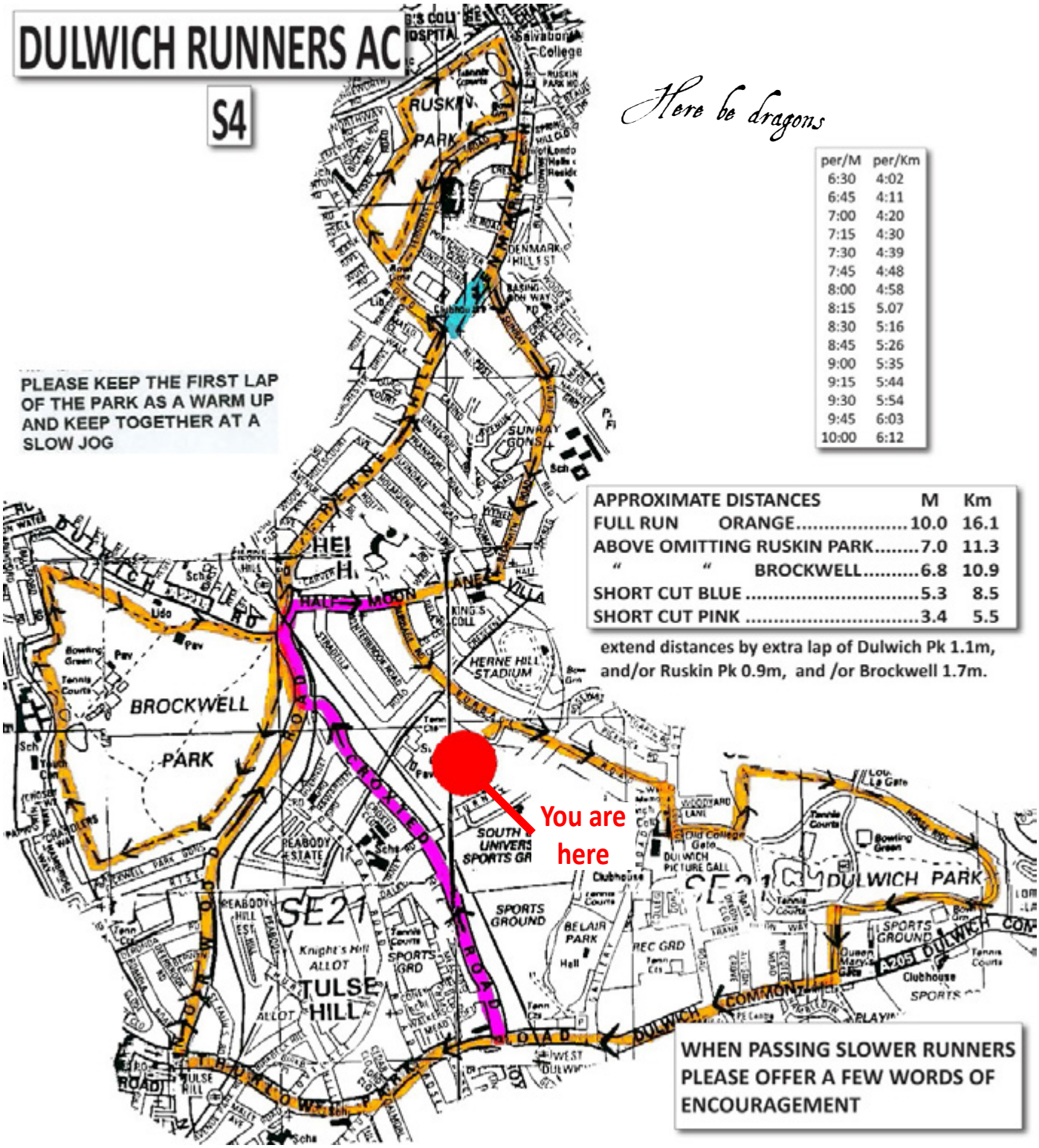
Here be dragons

per/M	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

PLEASE KEEP THE FIRST LAP OF THE PARK AS A WARM UP AND KEEP TOGETHER AT A SLOW JOG

APPROXIMATE DISTANCES	M	Km
FULL RUN ORANGE	10.0	16.1
ABOVE OMITTING RUSKIN PARK	7.0	11.3
" " BROCKWELL	6.8	10.9
SHORT CUT BLUE	5.3	8.5
SHORT CUT PINK	3.4	5.5

extend distances by extra lap of Dulwich Pk 1.1m, and/or Ruskin Pk 0.9m, and /or Brockwell 1.7m.



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT