DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
September 7th 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 07 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 13 Dulwich track is finished this season
Next session will be on the hill opposite Sydenham Hill station in College Road.
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...
5... Middlesex 10k club champs report, results etc
7... Beckenham Assembly league report and results
10... Parkrun
11... 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

September 13, 20 and 27 sessions will 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

LUCKY VEST

Tonight in the clubhouse

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.
Vests £18 each from Ros and all kit ros.tabor49@gmail.com

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 10 Will Bolton relays

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 **Lucy Clapp, Sharon Erdman, Tom South and Desmond Edwards** 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**

Paul Hilton	**07/09**
Paul Keating	14/09
Matt Ladds	21/09
Laura Lane	28/09

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 !

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.

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)

SHORTS!

DULWICH RUNNERS' SHORTS - **All sizes available**
They are traditionally cut either 'racing' style, or slightly longer–
Both styles are a bargain £15.

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

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

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

doesnt look very hilly !

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***

Saturday 18th September 2016 9pm Rockin' Mayhem with English Rogues yet again!

At The Black Cat, 9 Winslade Way, Catford SE6
https://goo.gl/maps/7FKxJSg8deo

Rock gods English Rogues are just up the road in Catford – what more do you want...?! Featuring blistering guitar solos from the excessively talented Dan Murphy and the distinct possibility of me being forced to do a drum solo – you know, the bit that sounds like I've thrown my kit down the stairs....

Tony 'Thundersticks' Tuohy.

Keep Music Live - it's time to ROCK – come on, you need it and you need it now....

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.

Tuesday speed sessions

September 13, 20 and 27 sessions will 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

10m race - CLUB CHAMPS UPDATE

We have decided to go for the Epsom 10 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.

Masters International – Cardiff 10k 11.09.16

This Sunday, Clare Elms and Ros Tabor have been selected to run in their age group teams for England against Wales in an inaugural masters international road 10k.
They will be with the elite runners at the Cardiff 10k start area.

Sri Chinmoy 10k Race Battersea Park 8am 10th September

In case some of you have never done this before you can run a 10k before your local park run starts !.
Duncan J Wilson

ENGLAND MASTERS INTER AREA XC, 8 OCTOBER

Those of you who are Vets AC members have the opportunity of taking part in this early season cross country race on 8 October. It takes place on Wimbledon Common on the 4.5 mile course used for the VAC cross country champs held every January and starts at midday. Details and entry are through the BMAF Open Track website. The closing date for entries is 6 October.

Cross country Club Champs Assembly League Relays &Misc.

Date		Race		Venue
Sep	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.

Middlesex 10k DR Club Championships

September 4th 2016

The sixth event of this years club championship saw a return to Victoria Park as the club participated in the Middlesex 10k champs for the 2nd consecutive year although the event was approximately a month earlier this time round. There was a decent turnout of 27 from Dulwich in blustery conditions which made fast times a bit tricky, but there were still some excellent performances.

It was no surprise that Tim Bowen was our leading runner with another outstanding run. He finished in 8th place in much esteemed company, and despite the conditions still knocked five seconds off his PB. He now needs to just complete one more event to officially be crowned this years senior men's winner. I came in next, and was pleased to knock 50 seconds off my 3 year old PB with a decent and largely even paced run, which was the icing on the cake of a very good summer of racing. The moment was only slightly ruined, by the sight of Tim already munching a banana and having a relaxed conversation with a fellow runner as I staggered exhausted over the line!

Steve Davies by his own admission is a little off his best form at the moment, but a solid run meant he easily won the V40 prize. Lewis followed next and ran well enough as he builds up his endurance towards cross country season following an excellent summer of pure track racing.

Mark Lacey was our next finisher, and following a recent break from racing and training ran very wel,l and will no doubt now push on to rediscover his best form. Just under a minute behind Shane O'Neill on his club champs debut just pipped Kevin Chadwick with both men showing good form. Ian and Ebe have had no luck with injuries all summer, and neither was 100% fit so both showed excellent resilience to still post competitive times, with Ebe also taking the M50 prize.

Selma has had an excellent year, and another good run not far off her PB meant she took the fastest woman's prize. Not far behind was a decent run from a very consistent Jim, who held off a promising club championships debut from David Havilland.
Rebecca Schulleri was next and had had a fine run as she continues her excellent progress in preparation for her debut marathon in New York and she just edged out a pleasing run from Duncan Wilson. A lightly raced Gideon was next and made a solid comeback, and Katie Styles also ran well and was not too far off her PB form from earlier this year,
It is very rare to see Graham, Ros and Andy too far apart in races, and Graham got the nod this time with a strong run on limited training, Andy just edged out Ros and took the M60 prize, although Ros had the last laugh, winning the overall prize with the best age grading in the race by far- an astonishing 94%

Lucy Clapp took the W50 prize, and ran very well just missing her PB, ahead of a good run by Clare Wyngard who was on par with recent form. Laura Vincent has made marked improvement this year, and another excellent run saw her rewarded with a big PB. Barrie John just edged out Mike, with both men having good runs in line with recent form over shorter distances. Next was Lindsey with a very fine run, which she stated was her best 10k since she had serious injuries back in 2006- hats off there. The Dulwich contingent was completed by good runs from both Hugh and Ameet.

Paul Devine

8	Tim Bowen	33:17
29	Paul Devine	35:24
42	Stephen Davies	36:21
45	Lewis Laylee	36:40
53	Mark Lacey	37:16
69	Shane O'Neill	38:04
71	Kevin Chadwick	38:07
95	Ian Lilley	39:02
139	Eberhard Prill	41:49
147	Selma Benattia	42:27
149	Jim Dowsett	42:42
158	David Havilland	43:12
165	Duncan Wilson	43:46
167	Rebecca Schulleri	43.50
170	Gideon Franklin	44:02
175	Katie Styles	44:16
192	Graham Laylee	45:22
195	Andy Murray	45:32
196	Ros Tabor	45:36
199	Lucy Clapp	45:56
214	Clare Wyngard	47:08
217	Laura Vincent	47:12
220	Barrie Nicholls	47:38
222	Mike Dodds	47:46
231	Lindsey Annable	48:36
238	Hugh French	49:45
241	Ameet Patel	50:02

Dulwich Runners Champs			Time	Age Group Points					Age Grade Points	Champs Medals
Middlesex 10k 04.09.16				ms	m40	m50+	f s	f40+		
Timothy	**Bowen**	ms	33.17	50					804	fastest man
Paul	**Devine**	m s	35.24	49					773	1st sen man
Stephen	**Davies**	m40	36.21		50				806	1st m40
Lewis	**Laylee**	m s	36.40	48					735	3rd age grade
Mark	**Lacey**	m s	37.16	47					721	
Shane	**O'Neill**	m s	38.04	46					702	
Kevin	**Chadwick**	m s	38.07	45					710	
Ian	**Lilley**	m40	39.02		49				733	
Eberhard	**Prill**	m50	41.49			50			743	1st m50
Selma	**Benattia**	f s	42.27				50		722	fastest woman
Jim	**Dowsett**	m40	42.42		48				659	
David	**Haviland**	m s	43.12	44					637	
Duncan	**Wilson**	m50	43.46			49			704	
Rebecca	**Schulleri**	f s	43.50				49		692	1st sen woman
Gideon	**Franklin**	m50	44.02			48			706	
Katie	**Styles**	f s	44.16				48		690	
Graham	**Laylee**	m50	45.22			47			716	
Andrew	**Murray**	m60	45.32			46			741	1st m60
Ros	**Tabor**	f60	45.36					50	942	Overall age grade
Lucy	**Clapp**	f50	45.56					49	764	1st w50
Clare	**Wyngard**	f50	47.08					48	773	2nd age grade
Laura	**Vincent**	f s	47.12				47		646	
Barrie John	**Nicholls**	m60	47.38			45			702	
Michael	**Dodds**	m50	47.46			44			668	captains' award
Lindsey	**Annable**	f40	48.36					47	689	1st w40
Hugh	**French**	m40	49.45		47				557	
Ameet	**Patel**	m50	50.02			43			611	

2016 champs categories 10k Victoria Park

4th September

1 Overall winner	**Ros Tabor**
2 Fastest man (excl. overall winner)	**Tim Bowen**
3 Fastest woman excl. overall winner)	**Selma Benattia**
4 First Senior Man (excl. above)	**Paul Devine**
5 First Senior woman (excl. above)	**Rebecca Schulleri**
6 First M40 (excl. above)	**Steve Davies**
7 First W40 (excl. above)	**Lindsey Annable**
8 First M50 (excl. above)	**Ebe Prill**
9 First W50 (excl. above)	**Lucy Clapp**
10 First M60 (excl. above)	**Andy Murray**
11 2nd Age Graded (excl. above)	**Clare Wyngard**
12 3rd Age Graded (excl. above)	**Lewis Laylee**
13 Captains' award	**Mike Dodds**

ASSEMBLY LEAGUE 3 miles (race 6) Beckenham

1st September 2016

And so the latest (41st year!) series of the Assembly League concluded with the usual packed-with-runners bar drinking the odd sherbet whilst anxiously awaiting the long drawn-out calculations necessary to find out who the medal winners were. With awards for men's and women's A and B teams, plus three medals in each age group, in each gender, it is no small task. No computers involved here, just a pen and dozens of lists on old fashioned paper with the logistic acumen of Steve Smythe to sift through it all; so we owe a lot of thanks for that. Rather him than me.

Not as close as last year, but the Dulwich women once again finished a fine second overall in both A and B competitions to Kent AC whose strength in depth was too much for us to challenge this year. The Dulwich men A team got an excellent 2nd on the day and emulated last year by finishing 5th overall in the series, while the B team were 3rd on the day and overall too, landing bronze medals. We were pretty dominant in the series individual age group tables again, with the tally up to fifteen medals:

1st M45	Steve Davies
1st M50	Tony Tuohy
1st M55	Steve Smythe
2nd M60	Andy Murray
2nd M65	Mike Mann
3rd M60	Barrie John Nicholls

1st SW	Clare Elms
1st U20	Lucy Elms
1st W45	Michelle Lennon
1st W50	Clare Elms
1st W55	Clare Wyngard
1st W60	Claire Steward
1st W65	Ros Tabor
3rd W45	Lindsey Annable

The Flying Irishman hadn't competed here before but Tim made an impressive debut, improving on Lewis's superlative time from April by three seconds. Back in the land of the mortals (over 16 minutes) Andy Bond made a mockery of his debut from April by knocking over half a minute off for a superb 16:10. Wayne was also in mockery mode, of his hilarious predictions regarding his own chances ('I'll be lucky to last 400m'), as he just pipped Lewis and stormed to his best run here. I just can't believe a word he says any more.

Lewis's run may have been half a minute down on April (when he'd just come off plenty of winter endurance training before his summer 800m assaults) but is still very fast and he completed the A team. Alastair's comeback can't be called a comeback anymore as he put in a very solid run not far short of his best, well ahead of me this time unlike our last couple of races. Steve Davies also ran well enough to secure the overall M45 title although short of best form; he made hard of work of getting rid of me despite my now customary quote about my own run coming up: 'worst ever time here, blah blah blah,,,'

Into the 17s, and Lloyd, Mark, Oscar, Kev and Shane all knocked out decent solid runs in line with recent form with the first two completing the B team. Clare Elms found the final hill plenty of bother this time but still had enough to fend off the chasers and win the women's race as well as the overall series; of course the W50 title too – goes without saying. Steve Smythe's running/cycling regime has kept him injury-free for a while (famous last words) and he was rewarded with a considerably improved run over his last two attempts here. In fact with a bit more consistency this summer he's also landed the gong for 1st M55 in the series. He was ahead of solid runs from Sam (debut here), a welcome return from Tom South, and Steve Jones (another debut). Kim was next, and her excellent one minute improvement on April was well on the way towards getting back to her fastest. Last time out Selma knocked 35 seconds from her best time here; this time it was another fifty for a superb 19:30, worth not far outside 20 minutes for 5k. Jim and Duncan Hussey followed, running well to current form. Duncan just held off another improvement from 16-years-old Lucy Elms, completing her first full season of the Assembly League and being rewarded with the overall under-20 title. Chip off the old block…

Mike Mann's form was a bit down but he finished 2nd overall in the M65s, ahead of improving runs from Duncan Wilson and Paul Hodge. Rebecca was another making her debut here and ran very well, especially to hold off close challenges from Helen, Hugh and Martin, all running well themselves. Michelle's consistently good performances were on display again and she's another whose consistent hard work all season reaps rewards – 1st W45 overall. Laura's excellent run on this tough course was equal to her best 5ks while Matt Ladds, for once in his life, was not on PB form this time; likewise Gideon, also short of recent form.

Andy, Ros, Graham and Eleanor all ran consistently, in line with current form with Ros of course securing the W65 title. Andy also deservedly won silver in the M60 competition, a minute ahead today of bronze medallist Barrie John. More consistency from Clare Wyngard (managing to do enough League events around all those triathlons) gained her the overall 1st W55; similar qualities rewarded Lindsey with 3rd W45. Mike Dodds made a sizeable half-minute improvement on his April outing, as did Claire Steward who takes home the W60 gold. Paul Keating and Karina Burrowes ran well to complete the Dulwich contingent of 44 runners, a superb turn-out and a fitting climax to this year's series.

- Tony Tuohy

					April time
14	Tim	Bowen	SM	15:44	
23	Andy	Bond	M40-3	16:10	(16:45)
27	Wayne	Lashley	SM	16:16	
28	Lewis	Laylee	U20-2	16:16	(15:47)
32	Alastair	Locke	SM	16:24	(16:08)
38	Steve	Davies	M45-1	16:40	(16:30)
42	Tony	Tuohy	M50-2	16:49	
52	Lloyd	Collier	M40	17:12	
56	Mark	Lacey	SM	17:17	
59	Oscar	Hussey	U20(U17)	17:24	(17:22)
67	Kevin	Chadwick	SM	17:37	(17:24)
70	Shane	O'Neill	SM	17:47	
1W/73	Clare	Elms	1W(W50-1)	17:54	(17:25)
89	Steve	Smythe	M55-2	18:27	(19:42)
91	Sam	Mattu	SM	18:31	
103	Tom	South	M40	18:45	
108	Steve	Jones	SM	19:01	
9W/109	Kim	Hainsworth	SW(W35July)	19:04	(20:04)
15W/125	Selma	Benattia	W35	19:30	(20:20)
136	Jim	Dowsett	M40	19:45	
143	Duncan	Hussey	M50	20:02	(19:37)
22W/145	Lucy	Elms	U20W-3	20:03	(20:13)
154	Mike	Mann	M65-1	20:18	
158	Duncan	Wilson	M50	20:26	
159	Paul	Hodge	M50	20:27	
23W/170	Rebecca	Schulleri	SW	20:48	
26W/173	Helen	Lister	SW	20:50	
176	Hugh	Balfour	M60	20:52	
179	Martin	Double	SM	20:55	(20:38)
33W/187	Michelle	Lennon	W45-3	21:14	(21:13)
35W/190	Laura	Vincent	SW	21:25	
192	Matt	Ladds	SM	21:27	(20:14)
193	Gideon	Franklyn	M50	21:36	(19:59)
197	Andy	Murray	M60	21:42	(21:45)
39W/200	Ros	Tabor	W65-1	21:49	(21:33)
202	Graham	Laylee	M55	21:58	(21:49)
41W/204	Eleanor	Simmons	W35	22:04	(21:51)
215	BarrieJ	Nicholls	M60	22:33	(22:44)
48W/222	Clare	Wyngard	W55-1	22:50	
49W/223	Lindsey	Annable	W45	22:54	
225	Mike	Dodds	M55	22:59	(23:28)
53W/232	Claire	Steward	W60-1	23:27	(24:00)
237	Paul	Keating	M45	23:57	(24:04)
66W/251	Karina	Burrowes	SW	25:55	
270 finishers					

TEAM MEDALS FOR ASSEMBLY LEAGUE

A team

Clare Elms, Claire Baglin, Kim Hainsworth, Elkie Mace, Lucy Elms, Selma Benattia

B team

Eleanor Simmons, Michelle Lennon, Katie Styles, Clare Wyngard, Ros Tabor, Karina Burrowes

Men TEAM: 1 VPHTH 23; 2 Kent 25; **3 Dulwich 92;** 4 Serp 154; 5 Eton M 156; 6 Lloyds 159; 7 Stock E 174; 8 PettsWood 237; 9 Camb H 248; 10 Ravens 300; 11 Dartford RR 383; 12 Beckenham 482; 13 Aquila 565

B TEAM: 1 Kent 75; 2 VPHTH 81; **3 Dulwich 163;** 4 Lloyds 211; 5 Petts W 355; 6 Eton M 391; 7 Stock E 566; 8 Serp 567; 9 Dartf RR 599; 10 Beck 715; 11Ravens 760

Women TEAM: 1 Kent 33; **2 Dulwich 47**; 3 VPHTH 53; 4 Eton M 100; 5 Lloyds 132; 6 Petts W 141; 7 Beckenham 148; 8 Dartf RR 234; 9 Camb H 241; 10 Ravens 244; 11 Serp 294

B TEAM: 1 Kent 67; **2 Dulwich 113;** 3 VPHTH 145; 4 Eton M 267; 5 Petts W 274; 6 Lloyds 286; 7 Beckenham 292; 8 Dartf RR 307

Teams after 6 events (15 for 1st)

Men A Team

1 Kent 83 (241)
2VPHTH 81 (280)
3 Serpentine 78 (522)
4 Stock Exchange 73 (466); **5 Dulwich 68 (66**0); 6 Lloyds 59(1038); 7 Eton M 56 (1159); 8 Camb H 46 (1686); 9 Ravens 38 (2014); 10 Petts W 36 (1987); 11 Dartf RR 35(1);
12 Beckenham 31 (2291); 13 Aquila 14

B Team standings after 6 events:

1 Kent 85 (645)
2 VPH 81 (766)
3 Dulwich 74 (1220);
4 Stock E 70 (1557); 5 Serp 68 (1710); 6 Lloyds 62 (1819); 7 Eton M 56 (2413); 8 Petts W 51 (2823); 9 Beck 45 (2971); 10 Dartf RR 35; 11 Ravens 23; 12 Camb H 21

Women Team standings after 6 events

1 Kent 90 (145)
2 Dulwich 83 (212)
3 VPHTH 78 (352)
4 Eton M 72 (588); 5 Lloyds 56 (1115); 6 Dartf RR 55 (1040); 7 Serp 54 (1004); 8 Beck 50 (1142); 9 Petts W 47 (1281); 10 Camb H 31; 11 Ravens 26 ; 12 Stock E 17

Women B Team standings after 6 events

1 Kent 90 (420); **2 Dulw 83 (660);** 3 VPHTH 78 (796)
4 Eton M 69 (1309); 5 Serp 43; 6 Dartf RR 41; 7 Beck 30; 8 Petts W 11; 9 Lloyds 10

Eridge 10 trail race

3/09/16

I rather rashly entered this just before going on holiday with the idea it would be a good training run only a couple of days after my return. For those who dont know it this is a10 mile cross country on a private estate on the north downs just south of Tun Wells and regularly features in the Runners World favorite races.
It is described as "tough" with over 1000 ft of climbing, but probablyhow tough is best illustrated by the fact that its been run 18 times and still nobody has got home in under an hour. This years winner was a young local who just turned 17 and finished in 64 mins (so looks to have a good chance of the magic 60 if he continues to race this type of event).

Suffice to say I had not run this for a few years due to injuries so had forgotten what they meant by tough. We ran through several streams, trainer sucking mud, vaulted fallen trees and crossed fields full of ankle turning ruts. If you could spare the time to look up the views over the downs were amazing. I'm writing this on Monday and my quads are screaming every time I try to walk but hopefully I'll be back next year. Because of lack of running and copious amounts of alcohol in the previous 3 weeks I was reasonably pleased with my time and quite surprised to finish ahead of Steve Wehrle who was with a large contingent of the Orpington Runners but did find out he'd fallen over. This is excellently organised and marshalled and you get a free event T shirt , copious free home made cakes and a free pint of local Larkin Ale. Whats not to like!

206	Peter Jackson	1.50.28
255	Steve Wehrle	1.55.13

286 finishers

UK Youth Development League U17/20 National Final Bedford

4th Sep

After four leagues matches, the top eight clubs on the country are invited to the National Final. Competing for B&B, Oscar's team were unlucky to easily win the competition overall but the lads' team finished second and missed out on the opportunity of representing GB in the European Clubs' Final in Spain.

In windy conditions of 4.5m/s, many of the races were very tactical, particularly with the 1500m being two laps steady followed by a frenetic sprint for the last 700m. Oscar stayed at the back of the 16 man pack for the first two laps and made his move in the last 500m passing seven runners in a 64 second last lap to take bronze in the B string in a time just 0.03secs outside his PB. He had the luxury of a five hour wait for his next race, the steeplechase. Becoming more adept at hurdling, he gained another B string bronze with a 10 second PB. ***- Duncan Hussey***

1500m U17
Oscar Hussey4.25.63 3rd B string (of 8) 9th overall (of 16)

1500m Steeplechase U17
Oscar Hussey 4.53.36 3rd B String (of 8) 7th overall (of 16)

The Comeback Trail

Wayne Lashley writes…

So this summer has been productive. Having completed a successful cross-country season on the basis I would be strong for the track season, I ended running one mile race and being injured for pretty much the entire thing. I think Sod has been spending the summer covering any legal loopholes! Some self-diagnosis revealed my Mizuno Hitogami shoes were causing the problem so after what has seemed liked months since I hobbled from a speed session, I have been able to run without pain in my achilles.

Having bumped into Clare and Steve during my first long-ish run in ages, I ended up talking myself into making a comeback at the last Assembly League race in Beckenham. I could then do a park run on the Saturday. The Middlesex 10km was would be on Sunday but I had already decided I would not do a 5km and a 10km race in the same week as that combination had started my problems back in May earlier this year.

Assembly League: Beckenham edition

I was genuinely apprehensive about running at Beckenham. I haven't had to come back from injury too often and didn't know how much fitness I'd lost. I was sensible at the start and was quite restrained on the descent by Ravensbourne station but to my surprise I was moving along at a fair pace. The big difference was rather than just Timmy B moving away in the distance, Andy Bond was making big strides too. The last hill before the finish was as painful as i expected and i lacked the strength at that point to reel people in but i was pleasantly surprised by my time of 16.16 mins.

Crystal Palace Park Run

The next test was the Crystal Palace park run. It isn't a race as i keep getting told but it is a hard 5km and regards of whether you're in form or not, it hurts! It would therefore give me a good inrication of where i was. I had forgotten what a stitch felt like so imagine my horror when just approaching the end of the first lap, I felt a pain in my lower abdomen that had a crippling effect on me. I had to take the pace off but fortunately, it quickly subsided and I was able to run a solid second lap to get 17.48 mins. I felt it justified my decision not to run the Middlesex 10km There is much training to be down.

A quick note on the Middlesex 10km.
Not taking part meant I had the rare pleasure of watching the race from start to finish. The race was very entertaining and I enjoyed myself immensely. The first thing to say is how great every Dulwich Runner looked. Even if it hurt terribly, which it clearly did by the look on some people's faces, all Dulwich participants marshalled their efforts so well in what were not the easiest conditions.

September 3rd

Ashton Court
480 ran

Pos	Gen		
122	113	Barnes Stringer	24:52

Bedgebury Pinetum
95 ran

Pos	Gen		
7	6	Lloyd Collier	19:17

Brockwell
286 ran

Pos	Gen		
8	8	Mark Callaghan	18:17
9	9	Derek Lee	18:21
68	65	Cameron Timmis	22:11
71	68	Edward Lockhart	22:15
99	9	Lucy Pickering	23:16
112	15	Michelle Lennon	23:31
199	143	Alex Haylett	28:01
206	62	Sharon Erdman	28:14
207	63	Laura Vincent	28:15
251	162	Paul Devine	30:55

Bromley
632 ran

Pos	Gen		
261	227	Chris Goodman	25:30
531	362	Peter Ogden	32:38

Burgess
216 ran

Pos	Gen		
18	1	Kim Hainsworth	19:51

Cleethorpes
140 ran

Pos	Gen		
1	1	Paul Whittleton	17:57
4	1	Beverley Wilson	19:38
27	24	Colin Frith	23:13

Crissy Field
55 ran

Pos	Gen		
27	4	Helen Covich	24:22

Crystal Palace
244 ran

Pos	Gen		
1	1	Wayne Lashley	17:48
7	7	Tom Wilson	19:21
68	6	Belinda Cottrill	23:44
113	96	Andy Cottrill	25:21
146	27	Penny D Graham	26:48
147	120	Patrick O'connor	26:50

Dolgellau
Chris Vernon writes

Dolgellau Parkrun

Last Saturday we found ourselves in Dolgellau about 50 mins drive south of the cottage for my 58th different parkrun venue so now well qualified for my mad cow tourists buff, when I can find how to get it!

Dolgellau is a small , very friendly run on familiar territory to DR,s, The Mawddach trail, the scene of Lloyd's famous stage win on the Welsh Castles Relay some years back.

On the dot of 9am,as forecast ,the rain started. Fortunately the two lap, out and back course enabled us to keep in touch with each other in this small field in which we all scored top 50 finishes! I was first MV70, Sue was 2nd FV70 despite having to walk the whole way with a painful glute. Freddie, after a solid run, endeared himself to the team by going back with a brolly to escort the last walker home in true parkrun spirit.

It was tipping it down as we paddled up to the high street of this pretty market town for breakfast with the other runners in a cafe reclaimed from an old ironmongers shop.

48 ran

Pos	Gen		
32	26	Freddie Vernon	28:25
43	32	Chris Vernon	36:01
47	14	Susan Vernon	51:34

Dulwich
257 ran

Pos	Gen		
12	12	Martin Holt	18:20
36	33	Ben Smith	20:22
81	74	Mark Muffett	22:57
83	75	Ajay Khandelwal	23:03
103	89	Michael Dodds	23:51
186	135	Mick Mead	28:41

Hilly Fields
226 ran

Pos	Gen		
15	15	Gary Sullivan	20:43

Horsham
471 ran

Pos	Gen		
56	54	Gary Budinger	22:38

Orpington
172 ran

Pos	Gen		
6	6	Stephen Smythe	19:38
52	5	Claire Steward	25:19
55	7	Joanne S Pereda	25:31

Oxford
271 ran

Pos	Gen		
5	5	Andy Bond	17:20

Peckham Rye
173 ran

Pos	Gen		
46	41	Duncan Wilson	23:41
139	59	Claire Barnard	30:04

Richmond
445 ran

Pos	Gen		
3	3	Thomas Rann	18:01
445	302	Barrie J Nicholls	46:20

Riddlesdown
166 ran

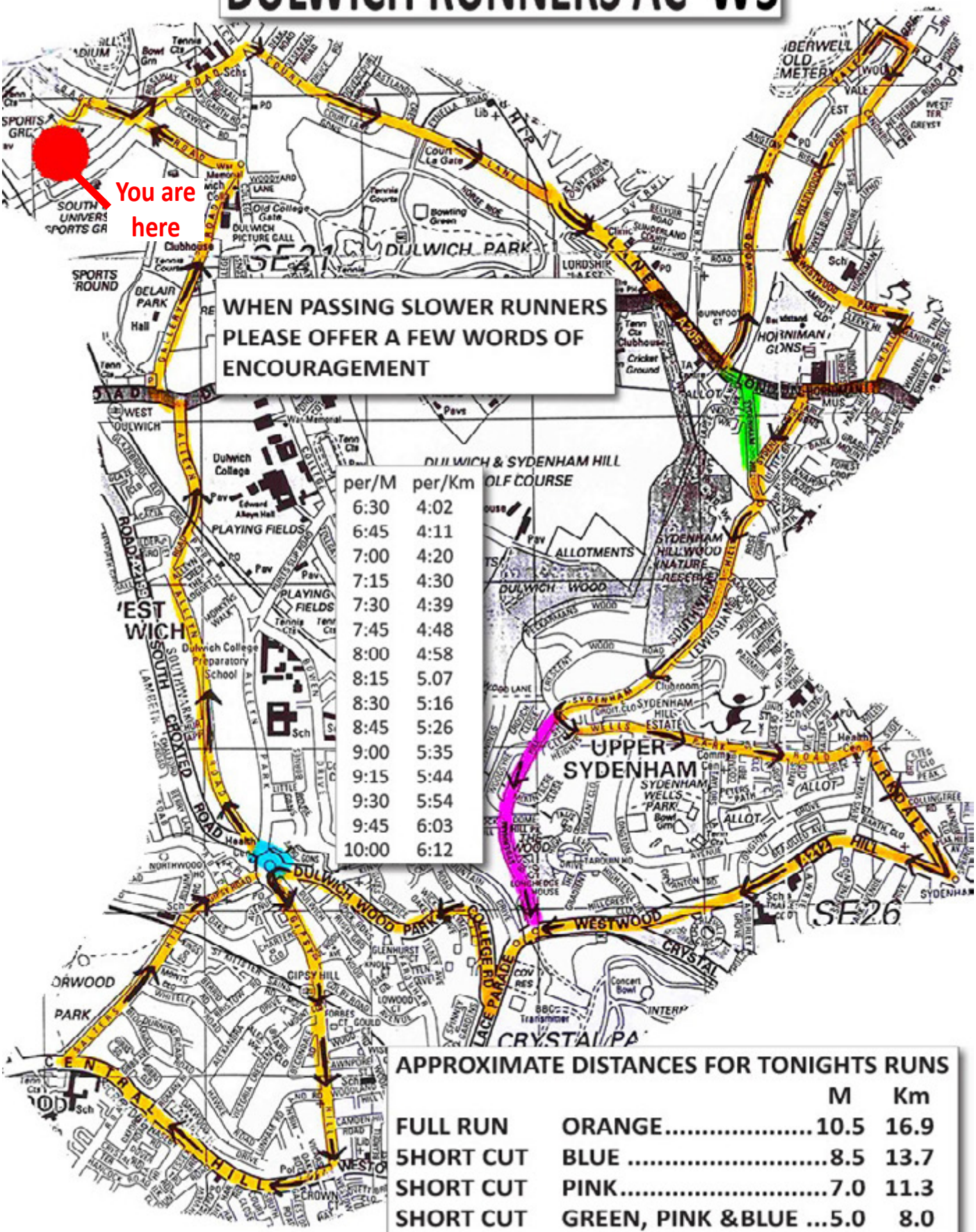
Pos	Gen		
35	6	Ange Norris	22:30

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

DULWICH RUNNERS AC W5



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

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

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.5	16.9
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK	7.0	11.3
SHORT CUT	GREEN, PINK &BLUE	5.0	8.0