SHORTS

Dulwich Runners AC
Weekly Newsletter
September 28th 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 28 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 04 Crystal Palace Arena
See notice below for more details
Session fee tbc, but should be around £2.50 ish..

In your SHORTS this week !

1... General information
2... Club kit, social events etc
3... Cross Country section - all the info you need !
4... Fixture list, club champs, road, XC, etc
6... Dulwich Men take silver at SoE relays !
11... Parkrun
12... Map for the run this Wednesday

And much more !

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

You can follow us on

TRACK SESSIONS

Next Tuesday, the track sessions start at **Crystal Palace**.
They should be suitable for all abilities.

Please arrive before 7.15pm - earlier if you want a full warm-up.
Elkie Mace will be taking a warm up consistng of various drills from 19:00.
Leave time to get from the entrance to the track via reception - it can take up to 10 minutes.
Strides etc will happen around 7.20pm and the session will start shortly after and be in the region of 40-45 minutes

EVENT HORIZON

A brief look ahead

Oct 2 Club champs Titsey multi-terrain 10k- Oxted

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

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 **Charlie Lound, Laura Lane and Barry Graham** 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**

Alastair Locke	**05/10**
Charlie Lound	12/10
Chris Loizou	19/10
Patrick Mcmrorrow	26/10

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

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

DULWICH RUNNERS A.C.

ANNUAL GENERAL MEETING:

Wednesday 19th October 2016, 9pm

The AGM will be held in 'The Nursery' downstairs at the Edward Alleyn Club, Burbage Road, London SE24 9HD at 9pm.

Items for the agenda should be sent to the Honorary Secretary Yvette Dore, by Friday 14th October to be sure of inclusion.

Minor items of 'any other business' will be allowed on the day at the discreton of the Chair depending upon the tme available.
Draft minutes of the 2015 AGM are available on the Dulwich Runners website and will be proposed for adopton at this AGM.

All Commitee posts are up for electon with the table below showing whether the present incumbent wishes to stand again.
It may be possible to accommodate someone who wishes to join the Commitee, but who would prefer to take on one of the other roles, through some re-shuffling of the rest of Commitee.

If you are interested in any of the roles, or know of someone who you think would be good at them, please have a word with any commitee member as soon as possible.
Sue is also happy to step aside if someone is interested in taking her role as one of the two general member posts.
Nominatons for any of these posts should be sent to Yvette by Friday 14th October to allow tme to organise an electon if there is more than one candidate, but nominatons will be taken up to and including the day of the AGM.

Yvette can be contacted at **secretary@dulwichrunners.org.uk**

Post	**Present Holder**	**Standing Again?**
President	Ron Searle	N/A
Chair	Ros Tabor	Yes
Hon. Secretary	Yvette Dore	Yes
Hon Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Matt Ladds	Yes
Women's Co-captains	Ange Norris Clare Wyngard	Yes
Men's Captain	Charles Lound	Yes
Women's Off Road Co-captains	Ange Norris Clare Wyngard	Yes
Men's Off Road Captain	Mike Mann	Yes
Shorts Editor	Barry Graham	Yes
Publicity Ofcer	Chris Loizou	Yes
General member	Ebe Prill	Yes
General member	Sue Vernon	Yes

SOCIAL SPOT

Watch this space for upcoming 2016 events !

Quiz Night

Wednesday 9th November

A fun team quiz which will start about 8.45pm.
Fish and chips on offer as normal.
Maximum 4 per team and some great prizes will be up for grabs.

£5 per team member, all funds raised will go into the clubs social fund which will be used in 2017 to lay on more subsidised/funded social events for club members throughout the year.

I look forward to seeing as many of you as possible on the evening to support the event.

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 when you sign in - Ros
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

SHORTS!

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

HOODIES...

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

Buffs/snoods - only £6

socks only £5

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

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***

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Friday 30 September 8-11 am
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Norwood Road, SE24

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist
To find out more contact me on : 0750 655 4004
ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

The cross country season starts in September with races taking place on most Saturdays until mid February. Here is some key information for the benefit of both newly joined members and regulars.

Surrey League
We compete in the Surrey League and this the club's main priority. There are 4 fixtures starting on 15 October with the women at Nonsuch Park and the men at Richmond Park. Further details on times, location etc will be posted by your captains nearer the time. Details on other Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible.
Our men did exceptionally well to gain promotion to Division 1 last season, but will face a challenge this season in avoiding relegation, competing against some of the strongest clubs in the country.

Distances
The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, from around 8km in the autumn to 12km and over for the men later in the season.

Scoring
In the Surrey League, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. But cross country races are not elite and are suitable for runners of all abilities. They are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races.

Surrey League entry
For the men's Surrey League there is no need to enter in advance or pay; simply turn up on the day in good time to register and warm up (though your captain will find it helpful to know your availability in advance). For the women's Surrey League, the women's captains will request runners to enter in advance. If you have not asked to be on the list but decide later that you want to run, please contact your captains.

Other Races
In addition to the Surrey League there are other cross country races, almost all of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London champs, 2 South of Thames races, South of England and National champs. There are also other races for Masters. See the fixture list in Shorts for details.

Entry for other races
For virtually all races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email for those interested to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first. But don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear
You can often get away with road or trail shoes in early season races, but as the ground becomes heavier, cross country spikes or fell shoes become necessary.
Contacts
For further information please contact your captains at:
dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk

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.

Surrey League Cross Country
15 October

Please note that the men's Surrey League cross country match at Richmond Park will start later than usual at 4pm (YAs start at 3.30pm).
This rescheduling is due to a wedding at Pembroke Lodge. Further details will be posted as soon as they are received, but the course is likely to be the usual Ranelagh Harriers one with the start close to Pembroke Lodge and the edge of the enclosure.

Surrey Masters Champs
22 October

One of the earlier fixtures of the season, the Surrey Masters champs will be held at it usual venue of Richmond Park on 22 October. This is likely to be on a similar fast and usually dry course to our first Surrey League match the week before.

These champs (6km for W40+ and M60+and 10km for M40 and M50s) are open to Surrey qualified runners by residence or place of birth. This includes the boroughs of Lambeth, Southwark and Croydon, but not Lewisham, Greenwich and Bromley which are Kent. Unusually it is possible to enter these champs on the day (at your own expense) but to qualify for team awards, it is necessary to enter in advance, so we are encouraging this.

Those wishing to enter should contact your captains by 12 October.
dulwichladiescaptain@gmail.com
or mcmann90@yahoo.co.uk

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 track sessions

Next Tuesday, the track sessions start at **Crystal Palace**.
They should be suitable for all abilities.
Session fee tbc, but should be around £2.50 ish.
Please arrive before 7.15pm - earlier if you want a full warm-up.
Elkie Mace will be taking a warm up consistng of various drills from 19:00.
Leave time to get from the entrance to the track via reception - it can take up to 10 minutes.
Strides etc will happen around 7.20pm and the session will start shortly after and be in the region of 40-45 minutes

Unofficial club Duathlon Championships ?

Fast and Furious Duathlon
Sunday October 9, Eynsford, Kent
This low key event has traditionally seen a number of Dulwich Runners take part.
It is suitable for anyone who can run and has a bike!
It consists of a pleasant 5K run route around Eynsford and Farningham before a 21k bike route and then a return to the 5k. - ***Steve Smythe***
http://www.bridgetriathlon.co.uk/race-calendar/fast-and-the-furious/

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 events

Emer Casey 10K

30 October

This annual event which has been well supported by members in recent years will take place on Sunday 30 October in Brockwell Park. You are encouraged to support it and if you are planning to run, HHH would appreciate assistance with marshaling etc. If you are able to help, please contact me at mcmann90@yahoo.co.uk

UPDATE
HHH have kindly offered three free places to Dulwich Runners members on a first come first served basis. Rather than sign up online people should email emercaseylondon10k@gmail.com providing names, dob and confirmation that they are club members.
Once these places have gone it will be necessary to enter online in the usual way.

Cross country Club Champs Assembly League Road & other

2016		Race		Venue
Oct	2	Titsey Multi-Terrain 10k (L)		Oxted
	8	England Masters Inter Area Challenge Cross Country		Wimbledon Common
	15	Surrey League	men see note on page 3	Richmond Park 4pm start
	15	Surrey League	women	Nonsuch Pk, Cheam
	22	Surrey Masters Champs		Richmond Park
	29	5k Parkrun (S)		Burgess Park
Nov	05	Reigate Priory Relays		Reigate Priory Park
	12	Surrey League	men	Farthing Down
	19	London champs		Parliament Hill fileds
	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
	10	SEAA Masters champs		Horspath, Oxford
	17	South of Thames 7.5m		Venue tbc
2017				
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, Coulsdon
	26	National Champs		Nottingham

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 and track results etc, are welcome.

South of England Relay Championships Bedford Autodrome

Sunday 25th Sept 2016

Dulwich M50s win surprise silver and senior men qualify for National!

Tony Tuohy writes.....
The temporary loss of the traditional Aldershot venue this year, despite the promoting club finding a local alternative venue, meant that the SEAA inexplicably decided to take on the promotion of the Southern relays themselves, with all races on the same day and at a venue so far to the north of the 'South of England' it was almost in the Midlands. With a bleak and flat wind-swept course, poor facilities, late results and a lack of atmosphere it was a poor relation to the Rushmoor Arena.

Opinion appeared to be almost universal that it is hoped this is a one-off just for this year and normal service will be resumed for 2017. Lower entries and a certain reduction in overall quality were almost inevitable but at least enhanced the Dulwich M50 team's chances, resulting in surprise silver medals, only the second time in the club's history any of our men's teams have placed.

This was also a boost to our best senior men's team for years who secured our first ever qualification for the National relays. However, these triumphs were offset by the Dulwich women coming away without any hardware as a direct result of this year's change of organization, as the on-line entry system was geared to accept entries from W50 teams when there was no W50 competition. This meant our W50 team had to run as W40s, with no substitutions of W40s from our senior squad allowed on the day, losing us certain W40 gold medals.

M50 – 4x 3.61 miles (5850m)

With Derek making his first appearance in a club vest and Steve currently running much better than last year hopes were warmish that with a depleted field we could trouble the medals. However, we were dealt a blow when Ebe caught a cold on Friday, hoped for the best, but reluctantly had to pull out on Sunday morning while feeling rougher than a very rough thing. This wasn't dropping us in the proverbial as he knew we could call on travelling reserve Graham, who was of course delighted to be given the closing leg. Steve's opening leg at well under sub-20 5k pace (plus half a mile) was a gutsy run and the best he's managed in this competition for years.

I took over with hares to chase and was soon discovering the first mile was into the teeth of a gale. I pegged a couple back and turned into a long straight second mile with the wind behind that was pure bliss in comparison. I caught another two and relaxed a bit for the windy again last mile and a half, finished hard and handed on to Derek in second. He made a sparkling club debut, running a pace close to his best parkruns despite the extra distance, no mean feat in the conditions, handing a substantial lead to Graham. No pressure then.

Hanging on to gold was always a tall order but we were all hopping up and down with glee as Graham stepped up to the mark to secure our silver medals with a gritty run well in line with his best form this year. Derek's run was also third best of the day in the M50 race but I was a trifle peeved to find I'd missed the fastest leg by one second.
Must work on my dip…

2nd Dulwich Runners M50 1:30:40

6	Steve Smythe	23:00	
2	Tony Tuohy	20:40	2nd

M50

1	Derek Lee	21:14	3rd M50
2	Graham Laylee	25:46	

Top 6 teams

1	1:29:43	Tonbridge
2	1:30:40	Dulwich Runners
3	1:33:24	Nene Valley Harriers
4	1:33:59	Barnet & District
5	1:36:08	Kent AC
6	1:37:03	City of Norwich

Previous M50 overall record (Aldershot, hilly 3.8 miles):
2015: 7th 1:32:15 (Prill 22:48, Tuohy 21:23, Smythe 25:10, Beaver 22:54)
2014: 6th 1:30:17 (Smythe 24:13, Tuohy 21:08, Beaver 22:11, Prill 22:45)
2013: 5th Dulwich A 1:28:22 (Prill 22:41, Beaver 21:27, Loizou 23:15, Tuohy 20:59). 10th Dulwich B 1:35:45 (Greer 23:19, Smythe 24:30, Sullivan 24:10, Webb 23:46)
2012: 2nd 1:29:50 (Tuohy 20:58, Greer 22:51. Brown 23:01, Bailey-Wood 23:00): B 15th 1:39:53 (Smythe 24:02, Webb 24:47, Murray 25:52, Mann 25:12)
2011: 13th 1:37:37 (Williams 22:54, Smythe 23:17, Oclereigh 26:20, Mann 25:06)
2010: 6th 1:31:36 (Smythe 22:04, Loizou 22:00, Mann 23:20, Murray 24:12)
2009: 5th 1:30:19 (Smythe 22:16, Brown 22:11, Williams, 22:41, Mann 23:11)
2008: 5th 1:30:35 (Smythe 21:36, Brown 22:41, Williams, 22:19, Murray 23:59)

Senior men - 6x 3.61 miles (5850m)

To finish in the top half or so of even a depleted field that nevertheless contained some of the finest club teams in the country is usually an impossible task for a club like ours without real strength in depth, but this year the chaps took their chance and secured qualification for the National relays for the first time. We managed to put a team together with five runners on very good recent form, all running times in

a one minute window, plus Tim who's got his own window into another time portal.

Youngster of the team, 18-year-old Lewis gave us a great start, his nippy speed keeping him up with the initial rush and so providing a sheltering wind-break as he tucked in behind the leading bunch while he got the first mile in the headwind out of the way. He had to give way after that but despite slowing in the latter stages it resulted in an excellent run at sub-17min 5k pace. Tim took over and took no notice of the conditions as he scythed through the wind and the field making up 14 places and putting us in touching distance of the national qualification.

Alastair continued his improving form and pulled up another place. If anything, Paul was a tad below his recent PB exploits but I'm calling it 'battled valiantly to hold our position' as he did work his socks off. As the old man of the team (a proper veteran, over-35s don't count) Steve reliably turned in a good one, well up to recent form, and pulled back yet another place. It was down to Wayne on the glory leg (or graveyard shift, if you like) to get us over the line in qualification position, and he didn't disappoint with a terrific run that gained yet another three places for our best ever senior performance in this competition.

31st Dulwich Runners Senior Men 2:00:27

50	Lewis Laylee	19:42
36	Tim Bowen	19:04
35	Alastair Locke	20:21
35	Paul Devine	20:46
34	Steve Davies	20:32
31	Wayne Lashley	20:02

Previous senior overall record (Aldershot, hilly 3.8 miles):
2015: 53rd 2:12:04 (Lashley 20:58, Bowen 20:45, Lacey, 21:35, Rook, 22:51, Burrows 23:18, Hollands 22:37)
2014: 72nd 2:22:28 (Devine 21:23, Locke 21:24, Harrison 21:46, Godber 25:38, De Belder 25:26, Smyth 26:51)
2012: 46th 2:08:53 (Shephard 21:26, Hill 21:30, Locke 22:24, Fairhall 20:13, Lound 21:51, Lashley 21:29)
2009: 61st 2:09:45 (Buzz 20:17, Tom M 21:23, Tony 22:13, Jose 23:47, Rob W 20:57, Ian F 21:08)

W40 – 4x 2.85 miles (4600m)

With five medals in the previous seven years the Dulwich W40 team have been the stars of the show for us and would normally be expected to repeat but the aforementioned misleading entry system meant the W50 team (as entered) would have their work cut out to emulate previous success. Despite starting a little too far back and missing the advantage of the leading seniors' wind-break, Clare put in a strong performance to give us a substantial lead to record the fastest lap by a huge 43 seconds.
Ange is not exactly enthusiastic about racing such a short distance (for her) on flat tarmac; her race of choice is more likely to involve trails, hills and mud for hours on end. All that didn't matter, as she put in an excellent effort, superior to any parkrun she's run this year, to keep us in the lead. Lucy Clapp has been under the weather this week but made it to the race and still managed to get within half a minute or so of her recent parkrun pace, a gritty effort in such tough conditions.

Lucy Pickering was on a hiding to nothing setting out in third with much faster runners chasing her down but in fact put in a blinding run that must rank among her best ever races around the 5k distance, certainly sub 21:50 pace.

5th Dulwich Runners W40 1:16:32

1	Clare Elms	16:45	1st W40
1	Ange Norris	18:38	
3	Lucy Clapp	21:10	
5	Lucy Pickering	19:59	

Top 6

1	1:14:11	Cambridge & Coleridge
2	1:14:19	Barnet & District
3	1:14:28	Bedford Harriers
4	1:15:30	The Stragglers
5	1:16:32	Dulwich Runners
6	1:18:00	Nene Valley

(2015: 2nd 59:03: EG 14:28, AP 14:56, CE 14:30, NR 15:09)
(2014: 4th 61:28: NR 14:55, OB 15:26, RT 16:55, CE 14:15)
(2013: 3rd 60:20: CE 14:03, OB 15:24, NR 15:19, CO 15:34)
(2012: 2nd 59:42: CE 13:21, AP 14:58, OB 15:04, RT 16:19)
(2010: 2nd 59:44: CE 13:14, AP 14:52, RT 16:35, OB 15:03)
(2009: 3rd 61:07: CE 13:22, OB 15:15, AN 16:18, RT 16:12)
(2007: no tm: CE 13:24)

Senior women - 4x 2.85 miles (4600m)

The senior team's 27th was a very solid performance given the company they were in. Kim's opening leg meant mixing it in the melee but she was soon having to battle with the wind and worked hard to post a creditable 19:05. Emily took over and got the chance to chase, making up ten places during her excellent 18:17. The run of the team was surely Helen, whose time equates to 21:15-or-so pace for 5k, far superior to anything she's been running this year. Andrea is nursing a recent achilles injury and hasn't trained much but turned in a good run to get close to Kim and move the team up another five places to complete a good overall performance.

27th Dulwich Runners Senior Women 1:15:27

43	Kim Hainsworth	19:05
33	Emily Gelder	18:17
32	Helen Lister	19:27
27	Andrea Pickup	19:08

(2015: 37th 62:55: ME 14:34, KH 14:53, KC 17:04, SB 16:24)
(2014: 37th 62:38: ME 14:30, KC 16:09, HL 15:51, SC 16:08)
(2013: 40th 62:49: CW 14:25, ML 17:37, KC 16:04, ME 14:43)
(2012: 23rd 59:32: CW 13:57, KH 15:18, ME 15:26, EG 14:51)
(2010: 29th 63:09: CW 14:21, KH 16:03, CT 16:11, SC 16:34)
(2009: 27th 62:45: CL 15:12. LT 15:14, CW 15:41, KB 16:38)
(2007: 24th 62:37: OB 15:02, TGL 15:46, NR 15:31, KB 16:18)
(2005: 43rd 69:41: LP 15:52, KB 16:05, AO 16:34, OB 21:10 (extra loop)
(2002: 8th 57:02: RB 15:22, AF 13:15, MP 12:55, RT 15:30) (1st after 3 legs!)

in the young athletes relays Callum Balme (10:54) ran in Herne Hill's under-13 team that came fourth.
Katie Balme ran 10:05 on her leg and her team also came fourth in the under-17s.
Oscar Hussey ran for Blackheath's team that were 14th and he was their fastest leg with 15:42.

Steve Smythe adds..... while the venue and facility and the organisation was disappointing and the South of England's ineptitude cost us a women's gold, it was still a memorable day for the club.
Despite being unhappy with her run, Clare Elms was the fastest veteran over 40 by a massive 43 seconds.
Had we been able to run a W40 team, we would have easily won gold but we still did splendidly with our team of 50s and were leading clearly after two legs and third after three legs.
Ange Norris ran another great relay leg in front (as she had in the Nationals in May) while Lucy Clapp did well after illness to keep us in a medal position and Lucy Pickering had her greatest ever run in a club vest by a huge margin.
It was also great we had a senior women's team with Kim doing well though off colour, Emily showing a return to form and Helen and Andrea doing well after a shortage of racing.
The M50 medals were a shock and unexpected once Ebe pulled out. It wouldn't have happened at Aldershot as less teams travelled to Bedford, but we clearly could have won had more our faster runners been available. One of whom was actually watching.

I have been doing Southern Championships for over 40 years now and this was my first relay medal. It was my ninth successive attempt at a M50 medal alone. Derek makes his club debut (and first non parkrun race) and gets one straight away he though he actually deserved it with his great time (as did Tony).
I'm not sure Graham looked particularly thrilled when informed a few minutes before his run that we had a good lead. As he set off, i thought we might end up fourth or fifth but halfway around, it was clear we would get second and Graham had what I think was his greatest ever race in ensuring we actually pulled away from some of our persuers and were second by a huge two minutes 40.

Personally I was almost as pleased with our senior men quallifying for the Nationals. While we once qualified for the 12-stage about a decade ago, we haven't been remotely close to making the National six-stage before and it's a club first. Hopefully it won't be our last but make the most of it just in case.
Even though it looks as if we won't have all our best available, I implore that we get the very best team available. Lets have a dozen available and the best six run.
Running in Championships relays to me is the most critical way of putting something back into your club and sharing the experience with fellow club members. The club will cover travel expenses and running the National event at Sutton Coldfield is a experience that no club runner should pass on.

Despite a few illnesses and niggles, I have turned out every year I can remember at the areas and nationals and would happily run at Sutton Coldfield, even though hopefully I will only be 12th reserve at best if enough of the younger faster runners make themselves available as it is 30 plus years too late for me.

Too many runners I feel miss training and races with colds and niggles. While it is important to be sensible and not make yourself worse, sometimes you do have to keep running, even if it means being sensible and slowing down in training or racing. I know I wouldn't have run a marathon every year for the last 41, if I stopped running every time I had a cold or a niggle.

Note a niggle is different to an injury and I have had enough of those the last few years to know the difference!
I know it is difficult also to fit events around family and friends but it is possible. I spoke to one runner who had his family watching the relay but as a compensation to them for enduring his running, each event he goes to involves a trip to the likes of Alton Towers!

NB for those of 35 and over, there are two major Veteran relays coming up where we have traditionally put teams out in. The club will pay travel expenses. There are events from the M35s up to the W65s in 10 year age groups.

Saturday November 19: BMAF Cross-Country Relays, Long Eaton We have previously won medals in W35, W45 and M55 and potentially could also medal in the M45s.
The venue is surprisingly easy to get to from a fast train from St Pancras and the course is fast and flat and suitable for road specialists but also quite interesting.

Saturday May 20 2017: BMAF Road Relay Championships, Sutton Coldfield
This is one of the best events on the calendar at the home of British road relay running and we have done well in M55, W35, W45 and W55 in the past. Please put the date in your diary and it would be good to have multiple teams in as many age groups as possible.

Black Mountains Fell Race 17 miles 5,200 ft ascent

Saturday 24 September

For those who are unfamiliar with the Black Mountains, they form the eastern end of the Brecon Beacons National Park, straddling the English Welsh border. They are made up of long mainly grassy ridges which provide wonderful running, but the ridges are dissected by deep, steep sided valleys, which provide a certain amount of the challenge in this race.

This is the sixth time I have done the race, but on this occasion my expectations were set pretty low. First because my form this summer has not been great, due in part, I discovered this week, to low iron levels. Then secondly I developed a nasty sore throat earlier in the week, but fortunately did not develop into a full blown cold. Therefore although my pb for the course was 3.24, I was reckoning I would do well to be inside 3.45.

The race starts and finishes in the village of Llanbdr, about 5 miles north-east of Abergavenny. It is run in an anti-clockwise direction over six mountains with four big climbs and four descents with varying degrees of excitement.

I took the first 1700ft climb up Pen Cerrig-calch fairly gently and reached CP1 at the summit 3 minutes down on my usual time. From there to the next peak, Pen Allt-mawr, there is a lovely ridge, but as I started along it, I was not feeling good. I developed a stitch, felt exhausted and at one stage thought I was going to be sick: not very encouraging this early on in the race. But as I pressed on I started to feel better and to run a bit more strongly. The very steep, but mercifully short descent off Pen Allt-mawr always catches me out, but at the bottom I caught up another runner and we ran together and chatted for about a mile before the next major challenge.

The descent to the stream below Pen y Gadair Fawr is notorious for those familiar with this race. For those who aren't, it is just a shock. There is no path (except the odd sheep trod). So it is pick your own route down 500 ft of very steep bilberry covered hillside with a few lots of boulders and gullies to make it a bit more exciting. This time I got a pretty good line and by the bottom was running much better, feeling more confident, and ready to tackle the 1300 ft climb up Pen y Gadair Fawr – the highest point of the course.

> "My navigation was not a total success as I wound up following a bog"

This is the toughest climb in the race, and I found it important to maintain a good climbing rhythm, with the arms working nearly as hard as the legs, pushing off the knees. I managed to keep this going and gained a couple of places. I was encouraged when I reached the summit to see I had gained nearly 3 minutes on my time from two years ago. Then from the top there is a long fast descent to the next stream crossing.

Once over the stream the route goes up beside a forest to CP3 at the top of Chwarel y Fan. This would be a fairly straightforward climb were it not for the first 100 ft where the "path" climbs an almost vertical bank beside a sheep fence, (essential to get you up), and which in one spot was almost completely covered by a huge gorse bush.

The thing I haven't mentioned so far was the wind, because up to now it had been helping us on our way. But as we turned for home it was time for it to present its bill, and it wasn't pretty. The mile and a half ridge from CP3 to CP4 at Bal-Mawr is usually one of the best bits – fast easy running gently downhill. But with the wind gusting at 50 or 60 mph, the main challenge was staying upright, let alone trying to run. Fortunately it did ease as we ran along the ridge.

From the top of Bal-Mawr the descent is fairly easy, but the navigation is not. The trick is to find the right sheep track through the bracken to get to the gate into the forest which leads down to the road at CP4A. My navigation was not a total success as I wound up following a bog rather than a path for the last two hundred yards. But at least I was still running well, and not yet feeling any signs of cramp.

The last mountain is Crug Mawr which is approached along a runnable forest track, before a final brutal climb through dense pine trees leading onto the open fell below CP5 on the summit. The final 2 ½ miles to the finish is delightful running on easy paths. At least it would be if your legs weren't screaming in agony. However, I told them to shut up and keep running and managed to run this last section in my best ever time.

Given my trepidation at the start, I was really chuffed to have run so well, and turn in my third fastest time. I even got a prize for second V60. The only sadness is that the great John Darby who has organised the race since 1981 (and whose hand-written race results are legendary) is stepping down. But this crazy race will continue to exert its spell, so doubtless I will be back next year.

Winning time	2.44	
28 Hugh Balfour	3.30.52	2M60
66 finishers		

Ealing 1/2M
25 Sept.

It has been voted the UK's number one half marathon three years in a row and just happened to suit my marathon training plan (big thanks again to Steve!), so I wanted to use this race to see at what level I am, what my marathon pace could be and just to experience a bigger race again with all positive and less positive aspects that come with such a "commercial" race.

I couldn't have asked for any better weather conditions – dry, cloudy and not warm apart from the last sunny mile. I was feeling quite tired having been to a party the night before but my legs felt very good. I started with the 01:45:00 pacers aiming to overtake them at some point. The route was diverse, some hills but nothing shocking and a supportive crowd and marshals along the way.

I felt good after the first half so picked up the pace a bit (from an average 7:49 min/m to 7:25 min/m).
On my last few hundred meters I saw I could get a sub 01:40:00 so started sprinting and managed to get a time of 01:39:52 making me very, very happy!
I felt great afterwards and am surprised not to feel any aches at all, but I did take a long nap in the afternoon…
Unfortunately I have noticed that I must be forgetting to add my running club when signing up for races. This has happened at the Queen Victoria 10k and this race…

I am super happy and impressed that all the running sessions are really showing a big progress:

1st half Marathon in Richmond on 3rd April	01:59:32
2nd Half Marathon near Oxford on 5th June	01:56:13
And now in Ealing skipping the 01:40s to	01:39:52

670 Rebecca Schulleri 1:39:52

Royal borough of Kingston upon Thames 1/2M
25 Sept.

An early start on Sunday for this half(8.30), which I decided I would enter instead of running Ealing half again.
The route was mostly flat, and was mainly run along the river Thames between Kington and Hampton court bridges which was nice and scenic.

But the back end chunk of the route was run on very busy roads between Hampton court down to the scilly isles junction, and then onto the Portsmouth road through Thames ditton back into Kingston, which on a few of the main side roads were left unmanned and an accident waiting to happen in my opinion.

I managed to complete the course unscathed, but thought I should have gone quicker if the starting area was more organised with predicted finish times, and the slowing of runners trying to avoid various bits of street furniture through the main Kingston town centre wasn't an issue!

Never mind, I think Ealing might get my vote for next year!

- Jim Dowsett

Jim Dowsett	1:35:45
Gideon Franklin	1:39:18
Graham Stanton	1:42:24
Michelle Lennon	1:44:02

Bristol Half Marathon 2016
25 Sept.

After a poor spring marathon, I targeted this race to get back to form. With a reputation as a flat fast course the plan was to aim for a 1hr 25min time until a calf injury in the middle of July, missing a month of training, I felt I was capable of a 1hr 28min time, with the benefit of Steve's hill sessions and some miles under the belt.

Race day arrived, with no breeze and passing showers. The course proved to be flat and reasonably fast as promised for the first 8 miles, doing an out and back loop under the Clifton Suspension Bridge. At this stage, I was on course for my target time and felt strong enough to push on. The last four miles, followed a twisty course around the city centre, with a stretch of cobbles chucked in for good measure, making hard to pick up the pace. With two miles to go, there was a 250 metre climb, where the strength from the hill sessions really kicked in.

I would run this course again, as a fast decent time can be achieved here and hopefully can lead to a good cross country season.

195 Thomas South 1:27:01 (chip time) (28th V40)

Robin Hood Marathon
25 Sept.

729 Hannah Harvest 4:23:19

September 24th

Bexley
306 ran

Pos	Gen		
11	10	Michael Fullilove	21:04

Brockwell
253 ran

Pos	Gen		
29	28	Mark A Foster	20:32
31	30	Neville Webb	20:55
86	73	Hugh French	23:37
87	74	Robbie Campbell	23:38
181	47	Sharon Erdman	27:42

Bromley
604 ran

Pos	Gen		
171	25	Claire Steward	24:19

Burgess
241 ran

Pos	Gen		
1	1	Kevin Smith	17:20
115	99	Paul Keating	24:41

Clermont Waterfront
79 ran

Pos	Gen		
12	12	Chris Goodman	22:12

Crystal Palace
270 ran

Pos	Gen		
14	14	Simon Lang	20:19
23	23	Wayne Lashley	20:51
53	49	Martin Double	22:46
65	5	Eleanor Simmons	23:23
77	8	Laura Vincent	23:43
87	12	Belinda Cottrill	24:06
133	25	Penny D Graham	26:29
174	128	Bob Bell	28:51

Dulwich
285 ran

Pos	Gen		
4	4	Gregory Hills	17:37
5	5	Andrew Shreeve	17:47
8	8	Tim R Taylor	18:08
21	20	Ben Smith	19:29
22	21	Rob Hollands	19:30
24	23	Simon Burnett	19:39
28	25	Stephen Davies	19:46
39	34	Sam Crump	20:31
59	54	Graham Laylee	21:43
64	6	Sandra Marie	21:52
90	76	Mark Muffett	22:47
124	104	David Haviland	24:01
211	164	Mick Mead	28:05
218	166	Paul Devine	28:33
238	177	Sam Mattu	30:22

Folkestone
149 ran

Pos	Gen		
9	9	Steve Rolfe	20:54

Harrogate
376 ran

Pos	Gen		
15	1	Alexie Shaw	19:53

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.

Mile End
229 ran

Pos	Gen		
8	8	Martin Holt	18:45

Newcastle
Up in the north east for my mother's 90th birthday celebrations we returned, after a gap of nearly 4 years, to the main parkrun in the region which consistently attracts over 500 participants. This can be a bit of a problem because it has at least one quite frustrating 'pinch point' through a narrow gate not long after 1k but it is pretty flat overall.
In decent enough shape and on a weekend free from any other competitive distractions - for once in Clare's case! - we gave it a proper go and were both rewarded with our fastest times this calendar year. We were also delighted to meet up with Clare's niece who has only recently caught the running bug and who ran her fastest time just outside the half hour in what was her 3rd parkrun.
553 ran

Pos	Gen		
116	14	Clare Wyngard	22:47
125	108	Michael Dodds	23:02

Northala Fields
209 ran

Pos	Gen		
92	79	Nicholas Brown	26:53

Old Deer Park
82 ran

Pos	Gen		
19	18	Barrie John Nicholls	23:23

Peckham Rye
162 ran

Pos	Gen		
1	1	Andy Bond	17:01
3	3	Charles Lound	18:25
85	15	Claire Barnard	26:07

Riddlesdown
148 ran

Pos	Gen		
59	12	Ange Norris	25:39
60	48	Jim Dowsett	25:40
77	59	Peter Jackson	27:13

Roundshaw Downs
113 ran

Pos	Gen		
55	45	Freddie Vernon	28:03
97	63	Chris Vernon	35:56
103	39	Susan Vernon	39:31

Tilgate
552 ran

Pos	Gen		
73	64	Gary Budinger	23:31

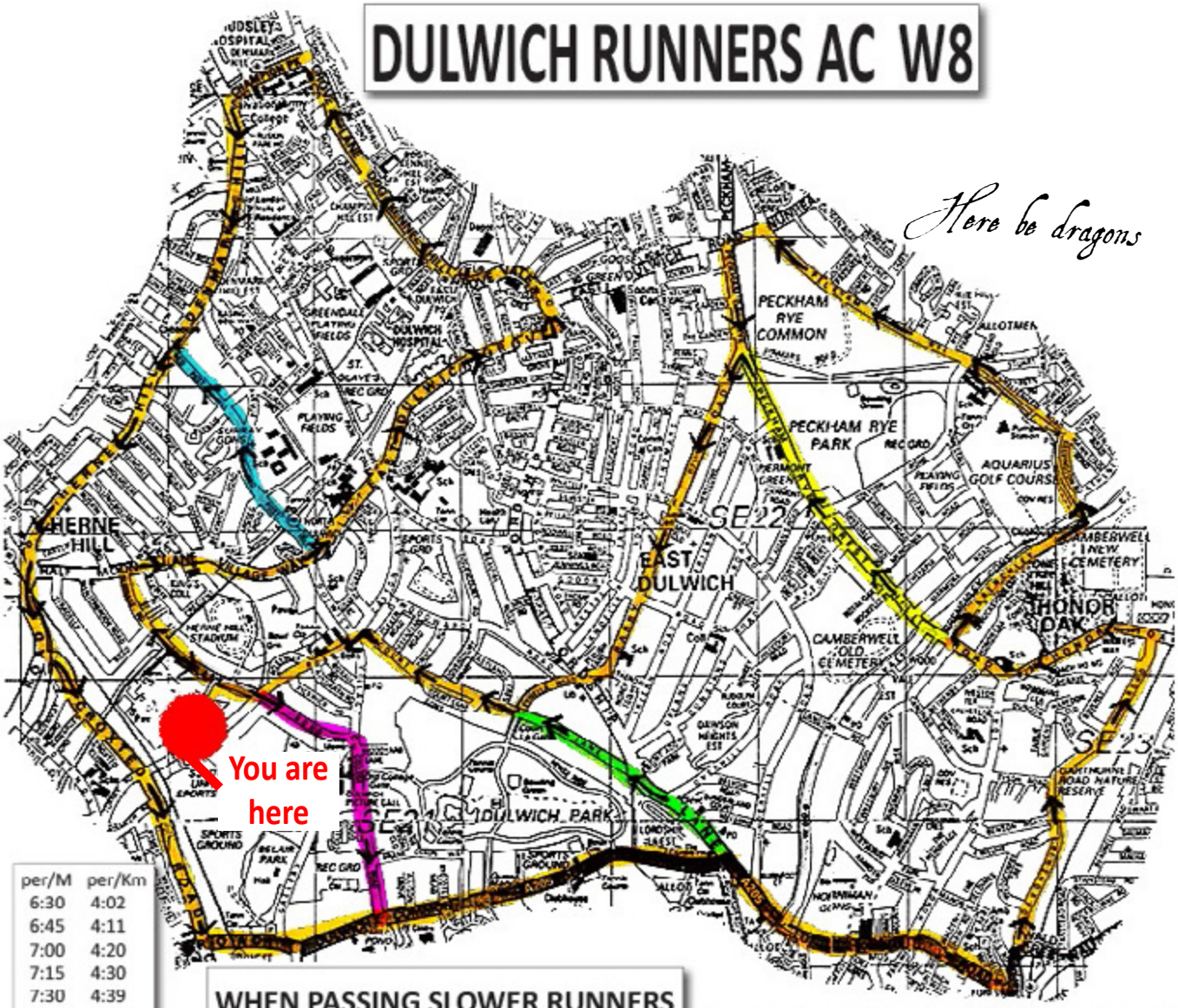
Tooting Common
384 ran

Pos	Gen		
3	3	Thomas Rann	17:50
55	52	Cameron Timmis	21:59
309	107	Rhoda Collier	31:35
310	203	Lloyd Collier	31:35

BURGESS PARKRUN, 29 OCTOBER
REQUEST FOR VOLUNTEERS

The club champs 5k parkrun will be held on 29 October at Burgess Park. With numbers increased by around fifty the organizers have asked us to provide some volunteers. 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 W8



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

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.6	17.1
SHORT CUT	BLUE	8.7	14.0
SHORT CUT	PINK	6.5	10.5
SHORT CUT	GREEN	5.8	9.3
SHORT CUT	BLUE & GREEN	3.8	6.1
SHORT CUT	PINK GREEN	2.8	4.5

yellow cut reduces runs by approx 1mile