SHORTS

Dulwich Runners AC
Weekly Newsletter
October 5th 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 5 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 11 **Crystal Palace Arena**
See notice below for more details
£2.50 per session - warm up from 7 - session start 7:20

In your SHORTS this week !

1 General information
3 Club kit, social events etc
4 Cross Country section - all the info you need
5 Fixture list, club champs, road, XC, etc
6 Titsey 10k full report and results
8 Parkrun
9 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 o

TRACK SESSIONS

We are back at Crystal Palace.
£2.50 per session - Suitable for all abilities.
Go to reception say you are with Dulwich Runners but do not pay there, pay Ros trackside.
Leave time to get from reception down to track - it can take up to 10 minutes.

Arrive at 7pm if you want a full warm-up taken by Elkie Mace consisting of various drills.
Strides etc will start around 7.20pm, main session taken by Steve Smythe will start shortly after and be in the region of 40-45 minutes

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

------- EVENT HORIZON -------
A brief look ahead

Oct	**8**	England Masters Inter Area Challenge XC
Oct	**15**	Surrey League XC men and women
Oct	**22**	Surrey Masters XC
Oct	**29**	Burgess Pk parkrun - Club Champs 5k

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 **Rebecca Schulleri and Andy Murray** 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**

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

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

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

Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

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***

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.

To enter contact your captains by 12 October.
dulwichladiescaptain@gmail.com
or mcmann90@yahoo.co.uk

South Of Thames 5 Miles

26 November

We have just been informed that the venue for the South of Thames 5 mile race on 26 November has been moved from Ham Lands and will now be in the grounds surrounding the National Trust property, Polesdon Lacey, the course that was used last year.
To enter contact your captains by 15 November at the very latest.

Help needed at ladies cross country on Saturday 15th October

Epsom and Ewell are hosting but more help is needed.
Are there any men who may be coming to support of any women who would be able to help?
They need more officials on the finish line to cover such jobs as time keeping, place recording and funnel controllers, plus first aiders.
If you can help you will be needed from 11.30 a.m. to 1.30 p.m. to cover 3 races.

If you can help please let Ange know ASAP - dulwichladiescaptain@gmail.com

SEAA Cross Country Relays

22 OCTOBER

We are currently one short of a full men's team for these cross country relays (4 x 5km) taking place at Wormwood Scrubs on 22 October, so the net is being cast a little wider. If anyone, particularly Tuesday night regulars, is prepared to run so that we can enter a complete team of 4, ***please contact me urgently in the course of today, 5 October.***
Mike Mann mcmann90@yahoo.co.uk

London Cross Country Champs

19 November

These champs will be held at the usual venue of Parliament Hill Fields on 19 November with the women starting at 1.15pm and the men at 2pm.
To enter contact your captains by the 29 October.
Note that the BMAF relays will take place on the same day at Long Eaton, and that we will be contacting people shortly with a view to entering several vets teams. The venue for these relays is easy to get to and the event is a priority for the club.

BMAF Cross Country Relays

19 November

These cross country relays will be held at Long Eaton once again on 19 November. A number of men have already been contacted for M35+, M45+ and M55+ teams, so please make sure you respond in good time.
This is a high profile event for the club and one that we have been successful with in recent years, picking up medals. It is a fast flat course and with each stage only 3km is a fair bit faster than most cross country races. Once responses have come in, teams will be selected. Travel expenses will be reimbursed.
Ladies will be emailed for their availability very soon so if you are 35+ please have a look in your diaries.
To enter contact your captains by 26 October at the very latest.

Dulwich Runners 2016/17 Fixtures

Further information about 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

back at **Crystal Palace**

£2.50 per session - Suitable for all abilities.
Go to reception say you are with Dulwich Runners but do not pay there, pay Ros trackside.
Leave time to get from reception down to track - it can take up to 10 minutes.

Arrive at 7pm if you want a full warm-up taken by Elkie Mace consisting of various drills.
Strides etc will start around 7.20pm, main session taken by Steve Smythe 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	8	England Masters Inter Area Challenge Cross Country		Wimbledon Common
	15	Surrey League	men see note 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 fields
	19	BMAF Relay Champs		Long Eaton
	20	Epsom 10 (L)		Epsom
	26	South of Thames 5m - National Trust Grounds		Polesdon Lacey
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 - Kent tbc
	14	Surrey League	men	Mitcham Common
	14	Surrey League	women	Ham Lands, 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

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, fell, xc, tri and track results etc, are welcome.

Titsey Trail 10k Club Champs Limpsfield

2nd October

Tony Tuohy writes....
After a little summer hiatus in the club championships series, battle recommenced with the seventh event (just two to go, see Shorts), the Titsey Trail 10k, which due to being a tough and hilly off-roader is designated in the 'long' category. Just as well for me, as it's the only long counting event I've managed this year, and took a degree of begging alongside a few others in order to obtain a late entry. It's a well established event, excellently organised by Oxted Runners, and with 24 of 321 finishers Dulwich were well represented in the entries – and also, it turned out, in the prize-winning.

It was soon obvious after the start that a few of us could well be contesting the front of the race and so it proved, with four out of the first five to finish being Dulwich Runners – but unfortunately not the winner. Strong runs from Paul and Steve D saw them mixing it with the leaders all the way and when Paul just faded slightly late on it was left to Steve to go for the win alongside Steve Bishop from Holland Sports. He had to give way to Bishop in the final stages and lost out by eight seconds but both Steve and Paul were rewarded with top three prizes for excellent runs on the tough course (Steve was also first M40 but had to forgo that prize as he already had one for being in the top three). As usual, I had to slide back every time the course turned uphill, which was often, but not before a plummet down a hill in the first mile to join the early leader. I don't think Steve and Paul worried for long though as they were soon past again, as was Mark Lacey by about halfway. I entertained plenty of hope of catching Mark as I was getting back to him every time we went downhill but he's been back on consistent training lately and is recovering some of his form nicely and had a handy 12 seconds over me at the line. In fact with only about 40 seconds covering all four of us it was a pretty good showing all-round to fill those places, as we saw off another five runners finishing in the next half minute after me.

Speaking of good showings, Ian's quest for a return to form is also coming along nicely as he managed the same speed he ran only four weeks ago in the Middlesex 10k (fast road course), a considerable improvement. Clare Elms's aim was to take the course record and was well ahead of that when, as she put it, 'the wheels started to fall off' in the latter stages. Charlie, running more conservatively while nursing a niggle or three, caught her up, wouldn't listen when she told him to go on, and 'made her get on with it' (direct quote from Clare). Even legends suffer you know. Anyway, it's amazing what a bit of incentive can do, as when they sighted the finish clock and could see they might break 40 minutes they both pulled out flat-out sprints to do just that. 1st woman prize for Clare of course, so she also had to forgo the 1st W45.

Steve Smythe (3rd M50) put in a good solid run, well in line with current form, as did Gary and Mark, perhaps just a little short of summer form, but not far behind Ebe who ran pretty well considering where he's trying to climb back from after his foot injury, which is by no means fully mended yet. Katie's run was excellent and was well worth the 1st W35 prize (and I didn't leave her out of the report this time..). Jim and Gideon have been very closely matched this year and continued in that vein with Jim getting the nod by just a handful of seconds.

Mike Mann raced well, in line with his form, and was rewarded with the prize for 1st M60, while Eleanor has been impressively improved this year at short distances but matched that form with a strong run here. Clare Wyngard ran a typically gutsy race to show how strong she is at the moment, clocking a time that compares more than favourably with her road 10ks. She was a well-deserved 1st W55 in the race and finished half a minute ahead of another decent run from Lucy, these two split by Andy, whose albeit solid run was unspectacular compared to his storming 10k in Cardiff a few weeks ago. Ever-present club stalwart Barrie John ran to form as reliably as usual, while

Ros was another perhaps a little slower than expected but seems to have had useful company from Mike Dodds' solid effort as she nevertheless was 1st W60. I didn't get a post-race interview with Lindsey but assume that after her blinding 48:36 10k PB only a few weeks ago she was taking things more steadily as she accompanied Pete on his solid run as they finished off the scoring for the Dulwich contingent.

For club championship scoring and overall standings, see separate tables.

Peter Jackson adds...
4 years after turning 60,(thanks to prolonged injury), I have managed to complete a club run! Another landmark on the road to recovery. Thanks to Lindsey's pacing, I achieved my aimed for time of sub 60 mins. Good, well mars halled event which I would be happy to do again.

Thank to John O'Byrne for his support.
And I have a few Titsey 10k medals if anyone didn't get one at the finish.
Ros Tabor

		Gun time	Chip time	
2	Stephen Davies	37:45	37:44	2nd M40
3	Paul Devine	37:58	37:58	
4	Mark Lacey	38:14	38:13	
5	Tony Tuohy	38:26	38:25	1st M50
11	Ian Lilley	39:13	39:12	
12	Clare Elms	39:59	39:58	1st W, 1st W45 course record
13	Charles Lound	40:00	39:57	
22	Stephen Smythe	42:41	42:39	3rd M50
26	Eberhard Prill	44:12	44:06	
28	Gary Sullivan	44:37	44:29	
30	Mark Foster	45:14	45:07	
35	Katie Styles	45:32	45:29	1st W35
39	Jim Dowsett	46:13	46:05	
42	Gideon Franklin	46:19	46:15	
55	Michael Mann	47:25	47:20	1st M60
62	Eleanor Simmons	48:01	47:54	
72	Clare Wyngard	48:58	48:51	1st W55
77	Andy Murray	49:11	49:03	2nd M60
81	Lucy Clapp	49:25	49:21	
106	Barrie Nicholls	51:16	51:07	
110	Ros Tabor	51:31	51:25	1st W60
111	Michael Dodds	51:34	51:24	
218	Lindsey Annable	59:32	58:45	
219	Peter Jackson	59:39	58:52	
321 finishers				

2016 champs categories TITSEY 10K

1	**Overall winner**	Clare Elms
2	**Fastest man (excl. overall winner)**	Steve Davies
3	**Fastest woman excl. overall winner)**	Katie Styles
4	**First Senior Man (excl. above)**	Paul Devine
5	**First Senior woman (excl. above)**	Eleanor Simmons
6	**First M40 (excl. above)**	Ian Lilley
7	**First W40 (excl. above)**	Clare Wyngard
8	**First M50 (excl. above)**	Tony Tuohy
9	**First W50 (excl. above)**	Lucy Clapp
10	**First M60 (excl. above)**	Mike Mann
11	**2nd Age Graded (excl. above)**	Ros Tabor
12	**3rd Age Graded (excl. above)**	Steve Smythe
13	**Captains' award**	Mark Lacey

Bournemouth 1/2M

Starting at Bournemouth football stadium and heading through Christchurch the course runs mainly on the sea front taking in both Boscombe and Bournemouth bay.
You run out and back over both piers with One steep hill climb at Boscombe (lots of runners were walking up it!) before looping back around to the coast and finishing in Bournemouth center.

Perfect weather conditions despite an early 8am start! I was given the White zone for sub 1:30 runners and had no congestion problems. A lack of long distance training after the track season meant i was never going to realisitcally challenge my Paddock Wood PB however i am reasonably pleased with my time.
Especially after a rain soaked hilly parkrun the day before!
I finished in 51st from 3331 finishers in 01:25:29

My entrance fee of £28 earned me a T-Shirt/ Medal and decent goodybag
Very well organised event i would definatley recommend!

51 Kevin Chadwick 1:25:29

Brooks Serpentine Last Friday 5km

30 Sep 16

Falling 2 days before the Titsey 10k club champs race, the DR September entry was a little down on previous months. There was a huge downpour around 20 minutes before the start of the race, but then the sun came out, the wind dropped and conditions were more or less perfect.

At the front, Andy and Al both had a clear run at the race, as they weren't racing on Sunday. Both duly delivered, with the fast starting Andy recording a PB and the fast finishing Al setting an SB. Charlie and I both set out with an easyish run in mind to keep our legs fresh for Sunday. We made the half way turn feeling unusually fresh and pushed on over the second half to record pretty decent times. Ross is coming back from injury and this was his return race, he was pleased to come in under 20 minutes and is targeting getting fit for the cross country season. Katie had another excellent run and if she was saving her legs for Sunday you wouldn't guess from her finishing time which was on par with some of her fastest runs. Mark had a good run, recording an SB for the official 5km distance, a time he has only bettered this year on the slightly faster Dulwich parkrun course.

Ex-Dulwich runner Ben Fairhall won the race in 16:17. Have I ever told you the story about when I overtook him approaching the finish line of the London Marathon…

- Ian Lilley

7	Andy Bond	16:45 PB	2nd MV40
11	Alastair Locke	17:08 SB	
19	Charlie Lound	18:02	2nd MV45
22	Ian Lilley	18:08	
72	Ross Rook	19:41	
125	Katie Styles	21:28	6W / 2nd FV35
173	Mark Muffett	22:42 SB	

East Surrey Leage Xc Lloyd Park 5 miles approx

1st October

Lewis and I ran this as a low key season opener for our 2nd claim clubs, Herne Hill Harriers and VAC respectively on the usual 2 lap course. Lewis ran a strong first lap but was isolated on the second and flt he could have run quicker. He was nevertheless reasonably happy with his run and is looking forward to the sterner tasks ahead.
I was quite pleased with my run and managed to pick up a few places on the second lap. How different Lloyd Park is in dry conditions! ***- Graham Laylee***

6	Lewis Laylee	29:42
67	Graham Laylee	38:30

Surrey Hills 60k

25th Sept 2016

Some of the lunchtime running group were rather amused to be running with a sexagenarian, and thought that we should mark the event. I turned down a marathon on the basis it is a long boring run, so they distorted the maxim that to run further your run slower into "Steve, you run slower, so now run further" and the idea of 60 @ 60 came to fruition, albeit 6 months after my birthday, and with a slightly worrying title featuring the word "hills".

It goes from Haslemere to Dorking, mainly along a footpath, the Greensand Way, but with a few extra bits to make up the distance. Our party of 4 had 3 experienced ultra men and me, as they were keen to make sure I did the whole thing. It started at 6am, and I can't say much about the first hour, apart from that it was a steep climb up to The Devil's Punchbowl, as it was done in pitch darkness, not even moonlight, as the field broke up into little groups keeping close to the seasoned few who had brought a headtorch with them.

After torrential thunderstorms during the night there were some huge puddles but generally it was still dry and dawn came as a grey mist, sadly with no spectacular views. Fortunately it warmed up and stayed dry as we weaved our way over hill and dale along paths, grass and, yes, sand but not very green. A few minor hills, and some rather scary steep descents on the way through everything from dark woodlands to bright sunshine at the hill tops. Then the 3 big hills all come at the last 20k, with Leith Hill, the biggest, being the last, and that was it, done.

Steve Williams 7hrs 35 min

October 1st

Banstead Woods
175 ran

Pos	Gen		
2	2	Tony Tuohy	18:05

Bexley
285 ran

Pos	Gen		
14	13	Michael Fullilove	20:58

Bournemouth
217 ran

Pos	Gen		
8	8	Kevin Chadwick	19:04

Bromley
574 ran

Pos	Gen		
138	128	Colin Frith	22:53
174	17	Claire Steward	23:34
310	248	Peter Jackson	26:27
465	318	Stephen Street	30:38

Burgess
203 ran

Pos	Gen		
18	18	Sam Crump	19:55
27	26	Hugh Balfour	20:48

Crystal Palace
232 ran

Pos	Gen		
14	14	Simon Lang	20:13
26	25	Paul Hodge	21:35
54	5	Eleanor Simmons	23:16
55	6	Belinda Cottrill	23:31
115	96	Michael Dodds	26:33
133	26	Penny D Graham	27:35
137	108	Bob Bell	27:48

Dulwich
322 ran

Pos	Gen		
20	20	Michael Williams	18:50
31	2	Alexie Shaw	19:26
34	32	Simon Burnett	19:43
48	46	Sam Mattu	20:21
244	191	Mick Mead	28:06

Greenwich
221 ran

Pos	Gen		
2	2	Gregory Hills	17:40
15	15	Stephen Smythe	19:41
16	1	Clare Elms	19:47
44	38	Joseph Brady	23:08

Lloyd Park
197 ran

Pos	Gen		
2	2	Andy Bond	18:03
30	28	Martin Double	22:56

Orpington
150 ran

Pos	Gen		
1	1	Oscar Hussey	18:33
9	9	Duncan Hussey	20:51

Peckham Rye
158 ran

Pos	Gen		
17	16	Gideon Franklin	21:06
24	22	Matthew Ladds	21:36
56	10	Clare Cummings	24:51

Raphael
179 ran

Pos	Gen		
9	1	Kim Hainsworth	20:50

Richmond
372 ran

Pos	Gen		
104	90	Barrie John Nicholls	23:43

Riddlesdown
144 ran

Pos	Gen		
14	3	Ange Norris	20:32
40	34	Peter Gibbons	23:42

Southwark
193 ran

Pos	Gen		
89	76	Paul Keating	24:51
109	23	Kaylee Coxall	26:19

Stretford
413 ran

Pos	Gen		
89	12	Laura Vincent	22:27

Tilgate
486 ran

Pos	Gen		
80	71	Gary Budinger	24:01

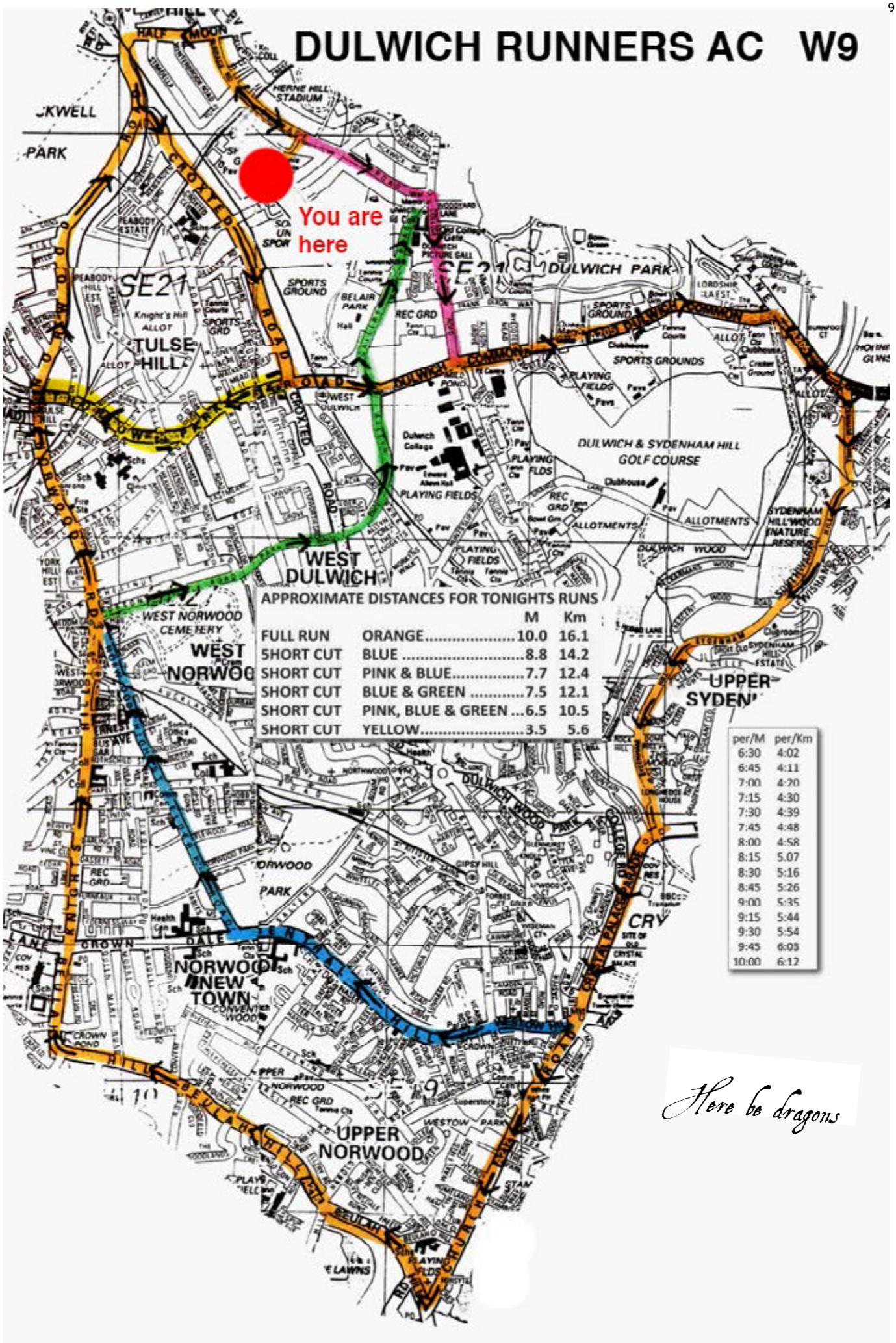
New members especially ! and others....

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.

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 W9



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.8	14.2
SHORT CUT	PINK & BLUE	7.7	12.4
SHORT CUT	BLUE & GREEN	7.5	12.1
SHORT CUT	PINK, BLUE & GREEN	6.5	10.5
SHORT CUT	YELLOW	3.5	5.6

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