DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
September 30th 2015

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

- THE COMING WEEK –

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

Tue 06 **Track at Crystal Palace Arena** 7 for a 7:20pm start
£2.50 per session.

TRACK SESSIONS

back to Crystal Palace Track

The hill sessions have attracted around 40 runners each week (despite a few regulars with moderate hill-climbing ability going awol!).
Next week sessions return to Crystal Palace.

- Pay Ros £2.50 on the track.
- Allow 10 minutes to get from reception where you need to state you are Dulwich Runners. to get to the track
- Elkie will commence a warm-up around 7pm and the main session will start approximately at 7.20pm.

Suitable for all standards

Remember to SIGN IN!

- **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.**
- **We also like to keep an accurate record of weekly attendance.**

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE
Thank you. - Ros

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to help cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - **Ros**

'New Ladies captain'

Anna has been a fantastic ladies captain motivating and encouraging us, but has decided that she now wants time to put her efforts into other things. So I'm looking for anybody who would like to join me as joint ladies captain. It is a great way to get to know more people and be a part of what is happening.
The next captain will be appointed at the AGM in October so there's time to have a think about it. Do come and have a chat with me to find out what's involved.
I'm normally at the club on a Wednesday or email me:
Ange Norris dulwichladiescaptain@gmail.com

In your SHORTS this week !

1... General information
2... Club kit, social events etc
2... 2015 Dulwich Runners Club Champs races diary
3... All thing Cross Country ! info, races etc.
5... Fixture list, club champs,XC, road, track
6... Race reports
9... Parkrun results
10... Wednesday night routes map

And much more !

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

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list **page 4**

Oct 4 Middlesex 10k Club champs race - Victoria Park

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to:
Ros Tabor and Lindsey Annable
It shows new people what a friendly club we are.
If you are on the list, please can you try and turn up that night and make sure anybody new has someone to run with.
If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – **Ros**

Hugh Balfour	**30/09**
Charlie Boden	07/10
Joseph Brady	14/10

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

SPOT

A few dates for the diary!

Curry Night
Surma - Wednesday 28th October (new date)
You all know the score as much curry as you can fill your bellies with for a tenner at DRs favourite Indian establishment!

Charity Quiz Night - November - Date TBC
More details to follow, watch this space.

Dulwich Runners Christmas Party
The Plough - Saturday 12th December
Save the date, finalising details as you read this.

Thanks - Matt

LUCKY VEST

September winner - John Fletcher

Wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk

New !!! Dulwich Runners SOCKS

only £5
They will be at the club on Wednesdays,thanks - Ros

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

Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk
With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

Limited stock of hoodies, very small sizes only. I can order more if enough people are interested. They will be £20 each.

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

DULWICH RUNNERS 2015 CLUB CHAMPIONSHIPS

Once again the races will be split into 3 distance categories. As the 3 long events fall within a 6 week period, we have added the Cabbage Patch 10 as an additional long race to accommodate those who may be injured during the spring. Details of scoring rules to follow.
Races still to come are :

4 Oct	Middlesex 10k, Victoria Park (medium)
15 Nov	Epsom 10 (long) replaces Cabbage Patch

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)

The cross country season is almost upon us with the main fixtures starting in early October and continuing into late February. Here is some advance information for the benefit of both newly joined members and regulars.

We compete in the Surrey League with the men in Division 2 and the women in Division 1. There are 4 fixtures during the season starting on 10 October with the women at Roundshaw Down and the men at Wimbledon Common. Further details regarding individual fixtures will be posted nearer the time. Details of other Surrey League fixtures can be found elsewhere in Shorts.

Event distances in the men's Surrey League races are approximately 8k, while the women's races start at 6k, increasing to 8k later in the season. Distances in other races vary, increasing in the New Year to 12k or over for the men and usually around 8k for the women.

For the men's Surrey League, theres no need to enter in advance or pay; simply turn up on the day in good time to register and warm up.Please don't turn up at the last minute as it will stress out your captain and yourself.

With the women's Surrey League, Ange has sent an email to all ladies to enter runners in advance. If any lady still wants to run but has not replied it is not too late as there are some places on the day but do get in contact to let Ange know - don't just turn up.

With the first 5 runners scoring for the women and the first 10 for the men, it is important that we field as many as possible of our strongest runners. But these and other cross country races are not elite and are suitable for runners of all abilities. They are also an excellent way of improving your overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits across races of all distances and surfaces.

In addition to the Surrey League, there are a number of other races, almost all of which take place on Saturdays. Indeed if you are a cross country fanatic, it is possible to race most weekends through the season. These races include the Kent and Surrey Masters, the London champs, 2 South of Thames races, the county champs, the South of England and National champs. See the fixture list in Shorts for details.

For virtually all these races other than the Surrey League, entries have to be submitted in advance, in some cases over a month before the events. Your captains will post details in Shorts or by email, requesting those interested in participating to contact them before the deadline given. It is not possible to cater for runners who decide after the deadline or even on the day that they would like a run. Note that the club pays for entries. You are asked not to put yourself forward on a speculative basis, but don't worry if you have to withdraw because of injury or illness.

Regarding footwear, you can often get away with road or trail shoes early in the season, but as the ground becomes muddier, cross country spikes or fell shoes will be necessary.

As a warm-up to the season,the Gibb 5 on 26th Sept at Farthing Down, Coulsdon and the Switchback 5 on 27 Sept, at Lloyd Park are recommended. Also there is 1 remaining Tuesday evening hill session which have been well attended and provide good preparation.

Please contact your captains for further information and make sure you respond in good time if you like to take part in races.

Cross country captains
Mike Mann
mcmann90@yahoo.co.uk
Ange Norris
dulwichladiescaptain@gmail.com

SURREY MASTERS CROSS COUNTRY CHAMPS, 17 OCTOBER

These champs will be held at the usual venue of Richmond Park, and unlike previous years, it will not be possible to enter on the day. Teams are W35, W45, M40, M50 and M60 with 3 to score. Women and M60+ (6k) start at 2.15 and M40+ and M50+ (10k) at 3.00. Those eligible to compete for Surrey and wishing to take part should contact their captains by 2 October.

BMAF CROSS COUNTRY RELAYS, NOTTINGHAM, 24 OCTOBER

A number of men have already been contacted about these relays which are in Nottingham this year. There are W35+, W45+ and W55+ teams (each 3 stages), M35+ and M45+ teams (5 stages) and M55 teams (4 stages). Each stage is around 3k. If you would like to be considered for the men's event but have not been contacted, please let me know by 2 October. Women should contact Ange Norris.

REIGATE PRIORY RELAYS 31 OCTOBER

This has been a popular event in recent years and it would be good to enter both men's and women's team (men 4 stages, women 3 stages). Each stage is around 2.5 miles over one lap of the usual cross country course. If you wish to take part, please contact your captains by 27 October, if you can. Its usually possible to enter teams of the day but it would be helpful to your captains to have advance warning.

- **Mike Mann**

South of England Cross-country Relays: Wormwood Scrubs:

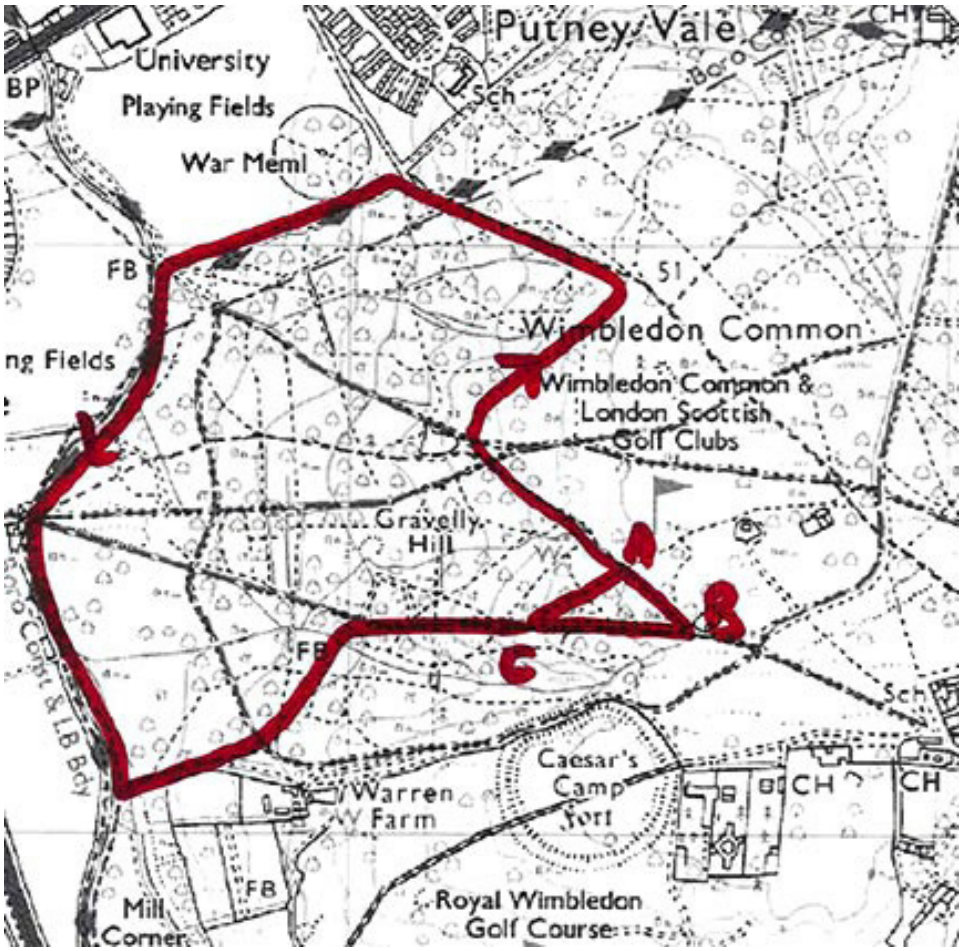
Saturday October 17. 2pm Dulwich will have a women's team in this event - 3 x 3km.
Contact steve smythe - steve.smythe@athleticsweekly.com if interested

SURREY LEAGUE CROSS COUNTRY, 10 OCTOBER, WIMBLEDON COMMON

The first Surrey League match of the season takes place at Wimbledon Common on Saturday 10 October. This race is open to all and no pre-entry is required; you can simply turn up on the day. Both our regular scorers and newly joined club members are strongly encouraged to take part. It is important to achieve a good start to the season in a division where we face strong competition.

PLEASE NOTE THE EARLIER STARTING TIME THAN USUAL OF 1.30PM.
This is because other fixtures will be taking place there on the same day, with the Young Athletes starting at 2.30pm and Division 1 at 3pm.

The race start and finish area is at Caeser's Well on Wimbledon Common, close to the end of Sunset Road (SW19 4UL). See map below. This is the same venue as used for the November 2013 Div 2 fixture. The distance is around 7.5k. Those travelling by car are encouraged to use the free car park at the Windmill (SW19 5NR). Limited metered parking is available on the streets on the Wimbledon Village side of the common. Bus 93 runs between Wimbledon and Putney. The closest start is Wimbledon Village War Memorial, 10-15 minutes from the start.



The top half of the course should be reasonably firm, but there are likely to be muddy areas and puddles in the lower parts. Spikes or fell shoes should be suitable, but note that there are some stony paths. ***Mike Mann***

ATHLETICS WEEKLY

Last week's Athletics Weekly contained an article on Dulwich Runners - a club focus - and featured a group photo (from a Reigate mob match of long ago) and a photo of Clare Elms.
For those who have previously seen the magazine, it's worth noting it was recently bought up by Nova - the company who organise Great North Run etc and tv coverage of Diamond league on Eurosport.
The magazine has been revamped and greatly improved and is now 100 pages every week and should appeal to anyone interested in running and athletics.

Dulwich Runners 2015/16 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 this list regularly .

Cross country Club Champs Misc.

***** Please note changes to womens XC dates and venues

Date		Race		Venue
Oct	4	Middlesex 10k	medium	Victoria Park 10:30
	10	Surrey League match 1	men	Wimbledon Common
	10	Surrey League match 1	women	Roundshaw
	17	Surrey Masters (tbc)		Richmond
	24	BMAF XC Masters Relays		Derby
	31	Reigate Priory Relays		Reigate Priory
Nov	7	Surrey League match 2	men	Walton
	7	Surrey League match 2	women	West End common, Esher
	14	London Champs		Parliament Hill Fields
	14	British and Ireland Internationa		Dublin
	15	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
	tbc.21/28	South of Thames 5 mile race, (date and venue tbc)		
Dec	5	Kent Masters		Sparrows Den
	6	Pirie 10 cross country		Farthing Down, Coulsdon
	12	SEAA Masters Champ		tbc
	19	South of Thames championship		Tonbridge
		2016		2016
Jan	9	KCAA Cross Country Championships		Redlibbets Golf Club, Kent
	16	Surrey League match 3	men & women	Reigate Priory Park
	tbc 23	Vets AC Champs		Wimbledon Common
	30	South of England champs		Parliament Hill Fields
Feb	13	Surrey League match 4	men	Lloyd Park
	13	Surrey League match 4	women	Richmond Park
	27	National Champs		Donnington

Ola Balme

Deep Tissue, Sports & Therapeutic Massage

Just to let you know that I offer .....

Pre event massage - help to help ward off injury

Post event massage - to soothe and ease fatigued and tired tissues
Maintenance massage - to loosen tightness within soft tissues so as to improve performance and prevent injury
You can also benefit from learning appropriate stretches

Ola is an experienced Sports Massage Therapist. To find out more
ola.balme@btinternet.com
07506 554004

http://www.hernehillsportsmassage.co.uk

Striders of Croydon multi-terrain Switchback 5

race takes place on 27th September:

As usual we have kept the entry fee low - £6 postal / £7 online for affiliated runners before race day – but still provide a goody bag including free tea and cake.
Details and entry from are here : http://www.stridersofcroydon.org.uk/?page_id=4005
Online entry forms are here :
http://www.stridersofcroydon.org.uk/?page_id=6477

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, track, xc, tri results etc, are welcome.

Race Reports & Results

Cheltenham 1/2

Sunday 27 Sept.

49 Tom Wilson 83:32
1500 ran

Ealing 1/2M

27 September

After what seemed like a long build-up and plenty of pre-race jitters, I managed to complete my first half marathon! Thanks to everyone at Dulwich Runners for their tips and support as it was a first for me.
Now on to the next one! ***-Ruth Bennett***

		Chip	Finish
24	Tim Bowen	1:17:16	1:17:18
437	Jim Dowsett	1:33:27	1:34:17
471	Gary Sullivan	1:33:47	1:34:52
924	Ruth Bennett	1:41:31	1:42:54
1651	Lucy Cartlidge	1:48:32	1:52:58

Switchback 5

Sunday 27th September

If Streatham Common 6 had gone ahead I wouldn't have entered this race, but it turned out well. There were four other DRs present: Ola, Duncan, Michelle and Eleanor. The sun shine and the course was varied. Ola was 1st woman, 1st V45 and in the winning women's team with Michelle and me. Eleanor was suffering from a cold. Duncan was 19 seconds faster than last year , and Ola was 8 seconds faster. There were tea and cakes afterwards. ***-Lucy Clapp***

Ola Balme.	34:08
Duncan Wilson	35:08
Michelle Lennon	38:12
Lucy Clapp.	40:15
Eleanor Simmons	41:24
Jo Quantrill	41:37

Ola adds...This is one of my favourites runs a very friendly, well marshalled race. A great early cross country race through Lloyds Park and we won the women's team prize.Jo Quantrill 2nd claim was first W45

Causeway Half marathon, Portballintrae, N. Ireland

Saturday, 26th September

The Causeway in question is, of course, the Giant´s one and the event was chosen by the EU staff club (CACE) for its autumn trip this year. As soon as Clare and I committed to it – we´re 2nd claim members of CACE - our immediate thoughts were on the likely weather there in late September, especially compared with other options available to us on the same weekend! It turned out to be glorious throughout, though, revealing the north Antrim coast at its most spectacular, appreciated all the more as we knew just how lucky we had been.

The race itself took place against this backdrop but anyone who spent too much time admiring it was unlikely to remain upright for very long. Clare and I are at opposite ends of the spectrum on these sorts of ´´races´´. I hate all the scrambling over rocks, the queueing to get over what must have been about 30 stiles, the ludicrous climbs and descents, often by means of steps, the risk of hurting yourself badly, the lack of opportunities to get any proper running momentum. On the other hand it was fine, but not too warm, and the left calf even held up, amazingly.

Not my cup of tea, at all, then and, as I say, the stunning views were largely irrelevant on the day itself (fortunately they were still around for all of us on the following days). On the other hand Clare loved it, no idea why but at least she is around to ask if you´re interested.

The weekend as a whole was terrific. We don´t normally travel to races singing Flemish marching songs, for example. It culminated with a day in Belfast visiting the Titanic Museum - opened in 2012 for the anniversary – and very much ´´state of the art´´ for this sort of attraction. We also had an excellent local guide who showed us around places – the Shankill and Falls Roads, for example – whose names are so chillingly familiar to those of us from the rest of the UK who grew up during the height of the troubles even though we had never been there. ***- Mike Dodds***

The times for what they´re worth (answer, not much) are

73 Clare Wyngard W11 2:05:24
301 Mike Dodds 2:43:51
420 finishers

Serpentine Last Friday 5km

25th September 2015

This had the feel of a club championship race, with no fewer than 12 Dulwich Runners lining up for the start of this popular monthly race series. The weather was bright and mild, perfect conditions for the 'A' course, a single anti-clockwise lap of the Serpentine in Hyde Park.

After a blistering start, Alastair Locke and Tim Bowen set the early pace, going through the 1km marker in 2nd and 3rd places overall and completing the first mile in 5:20. This had the makings of an epic battle, with Al and Tim in fine form and both running significantly sub-PB pace into unchartered territory. The race took a bizarre and unfortunate twist around the half way point, with Tim inhaling a bee and being stung in the throat.

Having stopped to spit out the bee and poison sac, Tim managed to get going again but at a slower pace as his throat swelled and he struggled for breath. This left Al in the clear and fighting the onset of oxygen starvation, he romped home in 16:45, a massive PB and first ever sub-17 5km run. Only 2 Dulwich Runners have bettered this time at this race over the past 20 years, James Godber in 2005 (16:18) and Steve Smythe on a couple of occasions, notably a winner in October 1995 (16:12). Tim managed to recover sufficiently to finish next in 17:09, remarkable in the circumstances, looking at his data he lost a good 20-30secs and a sub-17 should be a formality in the coming weeks.

Just behind the leading pair, Steve Davies ignored the animal spirits of our front two and was running a sensible race and preserving his energy. Tony's advice to Steve in races is 'never look over your shoulder', which he chose to completely ignore, first noticing Lewis Laylee breathing down his neck at the

l-r Ian Lilley, Rob Cope, Alastair Locke, Tim Bowen, Steve Davies, Ebe Prill, Graham Laylee, Lewis Laylee, Nicola Richmon, LLoyd Collier

2km point and later at the 3km point glancing over his shoulder and seeing the trio of Lewis, Lloyd Collier and Ian Lilley in a tight bunch behind him.

This little battle was decided over the last couple of corners and the home straight, with Lewis, who looked like he was jogging for the first 4.5km, showing a blistering turn of pace to lead the group home, Steve had enough to hold off a fast finishing Lloyd, who similarly held off a strong finish from Ian. Pity the poor Thurrock Harrier who got caught up in this battle, he had a look of sheer terror on his face as I became the fourth Dulwich Runner to thunder past him in the finishing straight.

For Lewis this was a course best and 2nd fastest ever 5km, while for Steve this was remarkably his 18th sub-18 5km of the year, with the majority of these runs half a minute or more inside this mark. For race debutant Lloyd, this was his 3rd fastest recorded 5km effort, while Ian was delighted to achieve a new PB. Next home was Rob Cope, improving all the time and back to near his best, he finished in 18:08, a course PB and strong performance, having been ill earlier in the week. Coincidentally, Rob was also stung by a bee recently at the Sheringham Parkrun (19:49 for the newly created 'bee stung 5km' tables!).

Ebe ran the first km with Rob, dropped off a little midway, but mustered a strong final km to record a time on par with last year's end of season effort. Nicola Richmond, another race debutant, came out on top in a battle for 3rd female and scooped a PB and nice 3rd place medal for her collection in a rare 5km appearance. Nicola found the race quite tough, describing it as 'deceptively undulating, very windy and very twisty' and was also not alone in suffering from Tuesday's brutal hills session.

Graham Laylee followed Nicola home and was delighted to run a course record for both the 'A' and 'B' courses. Ros Tabor had a solid run by her own high standards, again winning the overall age graded prize, while Mark Muffet had another strong run, running a season's best and finishing within 8 seconds of his official 5km PB.

- Ian Lilley

4 Alastair Locke	16:45 PB
5 Tim Bowen	17:09
8 Lewis Laylee	17:27 course best 1 U17
9 Steve Davies	17:28 1M45
10 Lloyd Collier	17:30 2 M40
11 Ian Lilley	17:32 PB, 3M40
17 Rob Cope	18:08 course best
21 Ebe Prill	18:36 3rd V50
48 Nicola Richmond	19:43 PB, 3rd Overall
103 Graham Laylee	21:47 course best
126 Ros Tabor	22:34 1st Age Graded 886%, 1FV65
129 Mark Muffett	22:40 SB
216 ran	

Self Transcendence 2M, Edinburgh

September 16

Shona McIntosh won in a time of 10:52.

City of Sterling 10km

September 13

Shona finished second but won the Scottish title.

2 Shona McIntosh 35:19 (35:15 chip)

Baxters Loch Ness 10km

September 27

Shona gained a narrow win matching her second fastest ever chip time of 35:15.

1 Shona McIntosh 35:17 (35:15 chip)

- Steve Smythe

Monster Racing Ely marathon

27 September 2015

For those of you who haven't visited Ely Cathedral, its unusual central Octagonal tower is a mastery of internal architecture and a distinctive exterior landmark.

The tower is also ingrained in my memory, as for the last 6 miles of the Monster Racing Ely marathon it loomed (slowly) ever larger on the horizon like something out of Lord of the Rings, until the finish line right in-front of the cathedral.

This was an unusual marathon in many ways with a low key but friendly set up, some unusual course marking (following cycle route 11 - a quite lovely and mostly flat route) and also as I won. Initially I signed up to support a friend running his first marathon but a quick look at last year's results had me thinking that a strong finish could be on the cards. With training going well I was confident that a good result could be on the cards so long as I ran a sensible pace (not one of my strong points). Still, it was an odd sensation finding myself at the front and in the lead as soon as the starting klaxon went! I had a time in mind and a pace to run so I told myself to stick to that and see how the race played out. After a few near wrong turns in the first couple of miles I was still a good 400m ahead of the guy in 2nd place, who seemed well clear of the rest of the field himself (I say "field" but with only about 60 starters we weren't exactly ploughing our way through the countryside).

Settling into a steady, rhythm, attempting to stay relaxed on what was a nicely flat, if a bit rough and uneven in places, course I tried to enjoy the countryside and sunshine. A couple of footbridges, plenty of cattle-grids, and 13 miles later I reached the turn-around point still feeling…ok. Passing the other runners on the way back was again an unusual experience but with about 5 minutes between me and 2nd place I began to seriously think a win might be on the cards though do remember telling myself that "here's where it really starts".
I kept my pace steady until mile 18 when taking advantage of some smooth tarmac I picked it up ever so slightly, with that distinctive Octagonal tower now clearly in sight. By mile 22 I was definitely suffering (as you may be too now if you've read this far) and the finish line couldn't come soon enough as the pace dropped off on mile 24/25, especially as I had to take evasive action, yelping like a jessie as a weasel ran across the path in front of me, fangs out!

Finishing in-front of the cathedral really was quite spectacular and made for a nice backdrop the podium photos…did I mention that I was on the top step!?!
It may not have been London or NY but "…when I won a marathon" may be my favourite phrase for some time to come.

1 Alastair Locke 2:53:23 (Garmin time)
Official time 2hrs 53mins
59 finishers

Three Shires Fell Race 14 miles 5000 ft ascent

Saturday 19 September

After my exertions in the Peak District, I headed to the Lake District for a week camping in the wilds north of Skiddaw, bagging Wainwrights – two days walking, two days running and a day sunbathing. Then on Saturday I headed to Little Langdale for the Three Shires race.

It was a glorious autumn day when I arrived, and it was quickly apparent that this was a very well organised race with a big turn-out. There were car park marshals, a full kit check (first time ever for me) and a PA system. As I wandered around before the start, I met a couple of other vet 60 men – Jackie Winn and Keith Holmes. They are both very fast – Jackie lived up to his name, and Keith had been runner-up in last year's British Championship. I did not expect to see either of them again.

The race route starts at the Three Shires Inn in Little Langdale, and heads up the dale, before a steep climb to the top of Wetherlam (2502 ft), then a rocky descent and climb to the top of Swirl How (2630ft). After that we had a fast mainly grassy descent to the Three Shire Stone at the top of the Wrynnose Pass. (The Stone marks the boundary of the three old counties of Cumberland, Westmorland and Lancashire). From the Thee Shire Stone, there was a relatively gentle climb to the summit of Pike O'Blisco (2304 ft), followed by a break-neck descent to Blea Tarn, then a brutal climb to the final summit of Lingmoor Fell (1530 ft).

I started in the back half of the field and took the first climb up Wetherlam fairly gently, but near the top I started to overtake a few of the people I had been following up the fell. At the summit I got a big cheer from the marshal whom I had met that morning at the campsite, which was nice given that I was the only runner from a club south of the Peak District.

Between Weatherlam and Swirl How I was going well and somewhat to my surprise continuing to move up the field. The summit came sooner that I expected. Once past it, there was fast easy running, and I followed a Keswick girl round Great Carrs and down Wet Side Edge. As the slope steepened I recognised a grey haired runner in Dark Peak colours and suddenly realised that I had caught up Keith Holmes! Morale soared! Maybe I could stick with him, and as I did so we must have gained a dozen places in a crazy descent to the Three Shire Stone.

I continued to stick with Keith on the climb up Pike O'Blisco and we were still gaining places, including Helene Whittaker – former women's champion, and overall winner of the first Dragon's Back race. Coming off Blisco was possibly the best bit of the race – running at full tilt down the rough rocky fellside. It required total concentration, with each step needing a split second decision. It may seem crazy, but it was fantastically exhilarating.

Ligmoor was the smallest fell on the course, but brutally steep. Even there I managed to gain four or five places, but near the top Keith got away from me, and was about a minute ahead at the summit. However I was able to pick up the pace on the final descent, the only problem being that I was not totally sure of the route. Never mind there was a lad from Borrowdale in front of me – he's local, he'll know the way. But at a small rocky step, I took a better line and got away from him, and from there to the finish was on my own, except for overtaking two other runners who had stopped with cramp, which I was blissfully free from this time. In the end the route was easy – plenty of stud marks and a easy clear path.

This was by far the best race I have ever run. In the end I was exactly a minute behind Keith Holmes, and 8 minutes behind Jackie Winn. To come in the top third of a Lakes fell race was beyond my wildest dreams – it shows what a week of fell walking and running can do. Afterwards I was so pumped that even having driven 6 hours back to London, I still had difficulty getting to sleep.

- Hugh Balfour

1	Ricky Lightfoot		1.56.44
90	Hugh Balfour	4M60	2.42.25

270 finishers

September 26th

Banstead Woods

168 ran

Pos	Gen		
2	2	Tony Tuohy	18:02
5	5	Paul Devine	18:31
16	16	Sam Crump	19:56

Bromley

530 ran

Pos	Gen		
3	3	Stephen Davies	17:31

Brockwell

245 ran

Pos	Gen		
21	21	Robert Campbell	19:43
34	2	Caroline Pettigrew	20:31
52	48	Cameron Timmis	21:30
61	56	Graham Laylee	22:08
62	6	Michelle Lennon	22:11
72	65	Ian Sesnan	22:36
75	67	Andy Murray	22:41
87	10	Ros Tabor	23:04
151	117	Desmond Edwards	25:52

Burgess

149 ran

Pos	Gen		
3	3	Mark Callaghan	17:48
10	1	Kim Hainsworth	19:23

Crystal Palace

174 ran

Pos	Gen		
3	3	Tom Calvert	18:51
17	17	Simon Lang	20:51
20	20	Jim Dowsett	21:06
55	5	Belinda Cottrill	24:06
61	6	Joanne Shelton	24:51

Dulwich

156 ran

Pos	Gen		
9	9	Rob Hollands	18:27
19	19	Olivier Montfort	19:43
29	29	John Fletcher	20:29
48	48	Duncan Wilson	22:43
96	82	Mick Mead	26:08

Hilly Fields

181 ran

Pos	Gen		
7	7	James Burrows	19:17
13	13	Rob Cope	19:45
14	14	Ian Lilley	19:47
22	20	Gary Sullivan	21:08

Lullingstone

Clare Elms made it 97 parkrun victories out of 97 parkruns though it was her slowest ever parkrun time on what is possibly the toughest parkrun course but probably the most attractive.
Despite running slowly to protect her injury, she till won by nearly six minutes.

27 ran

Pos	Gen		
6	1	Clare Elms	22:47
9	8	Stephen Smythe	23:42

Newark

166 ran

Pos	Gen		
17	17	Martin Morley	22:56

Orpington

149 ran

Pos	Gen		
2	2	Oscar Hussey	18:51
7	7	Duncan Hussey	20:14
41	39	Colin Frith	24:31

Peckham Rye

87 ran

Pos	Gen		
4	4	Gideon Franklin	20:00
22	20	Alistair Clarke	21:37
27	24	Matthew Ladds	22:24

Richmond

353 ran

Pos	Gen		
186	39	Lindsey Annable	26:49

Riddlesdown

150 ran

Pos	Gen		
23	2	Ange Norris	22:45

St Peters, Sydney, Aust.

299 ran

Pos	Gen		
135	28	Penelope D'arcy Graham	26:16

Tewkesbury

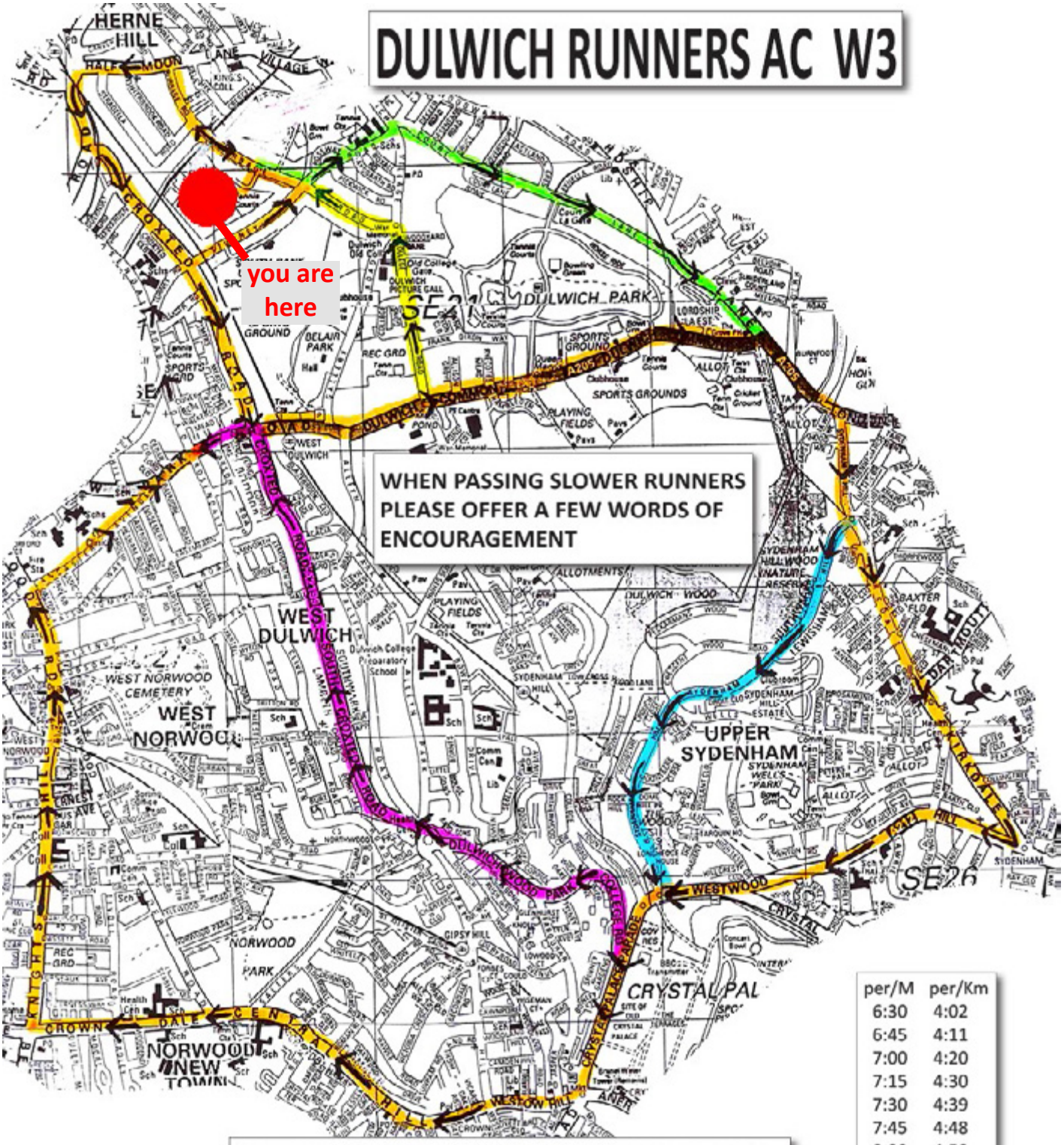
68 ran

Pos	Gen		
1	1	Tom Wilson	18:27

New members especially ! and others....

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

DULWICH RUNNERS AC W3



APPROXIMATE DISTANCES FOR TONIGHTS RUNS		M	Km
FULL RUN	ORANGE	9.5	15.3
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK or GREEN	8.0	12.9
SHORT CUT	GREEN & BLUE	7.0	11.3
SHORT CUT	GREEN & PINK	6.5	10.5
SHORT CUT	GREEN, BLUE & PINK	5.5	8.9
SHORT CUT	YELLOW	3.0	4.8

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