SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 12th June 2013

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

- THE COMING WEEK –

Wed	**12**	**Club Night**, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Fri	**14**	**Track session with Martin Morley** **Dulwich College Track -** 7 for 7:15 start £2 for Adults £1 for Children
Tue	**18**	**Track session with Steve Smythe** - £1 fee **Dulwich College Track** - 7 for 7:15pm start

DULWICH TRACK SESSIONS

Dulwich College Track

Tuesdays with Steve Smythe
Improve your speed & strength over all distances. suitable for all abilities.
Arrive at 7 for warm-up then a prompt 7:15pm start
Remember it's only a £1 but if you don't have the money on the day, you have to pay £2 next time!

Fridays with Martin Morley
Arrive at 7pm to warm up for 7:15 start. Duration approx 1 hour. - £2 for Adults £1 for Children.
All abilities are welcome, if you have never run on a track before this is your opportunity to come and see what it is like. Any questions then please come and speak to me.

LUCKY VEST

The June winner was Kevin wood
Don't forget , 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.

NEW KIT NEW KIT NEW KIT

new mens and womens vests and T- shirts,

Hoodies	£15 each
Vests	£18 each
T- shirts short sleeved	£20 each
T- " long sleeved T's	£22 each
Waterproof Jackets	£25 each

Available Wednesdays at the club – Ros

In your SHORTS this week !

3 Fixtures, Club champs, Assembly League etc
5 Race reports, results etc
6 Dulwich Assembly League - full results
7 Welsh Castles Relays
10 Club Champs - the story so far
12 Wednesday night running map

And much more !

You can follow us on

Click below to SUBSCRIBE or UNSUBSCRIBE

------- EVENT HORIZON -------

A brief look ahead

full fixture list page 3

Jun	20	2 miles Club Champs, Dulwich Park
Jul	4	Battersea Pk Assembly League
Jul	12	1 mile Club Champs, Dulwich Track

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 RUNNERS ROTA

Thanks to **Di Morgan** for taking out new runners last week.
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

Martin Morley	**12/06**
Olivier Montfort	19/06
Barrie J Nicholls	26/06
John O'Byrne	03/07
Clare Osborne	10/07

Wednesday Night Map

Click above to go to the map for this weeks Wednesday night runs.
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 them in the clubhouse

Midsummer 5k club entries

Our club members do an essential job organising and marshalling at our midsummer 5k race. We also feel that having some club runners in the race would help to promote the club, but need to make sure we have enough marshalls.

If you would like to take part in the 5k can you let Ros know by Wednesday 12th June.

If there are too many entrants from the club, we will make a random selection. (You would still need to pay for the entry - but it's very good value!)
Charlie Lound

ASSEMBLY LEAGUE 2013

For those new to the club, this is a series of 6 races roughly 5k in distance open to all members free of charge.

The races are normally held on the first Thursday of the month from April to September, starting at 7.15pm.

Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.

The remaining fixtures this season are as follows:

4 July	Battersea Park
8 August	Victoria Park, Hackney
5 September	Beckenham

Further information on venues and times will be provided nearer the time. ***Mike Mann***

DULWICH RUNNERS CLUB CHAMPS 2013

Races still to come in this year's club championships.

- 20 Jun 2 Miles, Dulwich Park
- 12 July 1 Mile, Dulwich College Track
- 1 Sep Lingfield (Dry Hill) 10
- 5 Oct Trail race, Lloyd Park parkrun

The usual rules apply with the 8 races split into long and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.

4 races to qualify, including at least one from each of the 2 distance categories.

Mike Mann (on behalf of ADSC).

Steve Cook has booked another session at the Herne Hill Velodrome for Dulwich Runners on Saturday 13 July at 7:30 p.m. Any of you who have been before or anyone who would like to give track cycling a try please let Steve know by emailing him at stevecook6@gmail.com

The Velodrome will provide the bikes. You do not need any special gear just shorts, Tshirt and trainers are fine if you don't have the Lycra.

For more details::
http://www.hernehillvelodrome.com/starting/faqs/

Masters Fixtures

These are the main British Masters fixtures.

The main club event will be the BMAF Road Relay Championships, where we have done well in recent years.

There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too

Jun 16	BMAF 5km road Champs.	Horwich
Jun 23	BMAF 10k track women's Champs.	Oxford
Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 4/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs. Port Allegre	Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

DULWICH RUNNERS 2013/14 FIXTURES

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesdayclub night. Assembly league & Southern League XC races are free and open to all club members and no advance entry is needed,

Date		Race			Venue
Jun	10	Open track meeting			Norman Park
	19	Open track meeting			Tooting Track
	20	2 Miles	(club champs)	S	Dulwich Park
Jul	4	Battersea Park Assembly League			Battersea Park
	8	Open track meeting			Norman Park
	12	1 Mile	(club champs)	S	Dulwich College Track
	27	Open track meeting			Tooting Track
Aug	8	Victoria Park Assembly League			Victoria Park, Hackney
	12	Open track meeting			Norman Park
	24	Open track meeting			Tooting Track
Sep	1	Lingfield (Dry Hill) 10	(club champs)	L	Lingfield (Dry Hill)
	5	Beckenham Assembly League			Beckenham Sports Club, Foxgrove Rd
Oct	5	Trail race, Lloyd Park parkrun	(club champs)	S	Lloyd Park
	19	Surrey League Cross Country		Men	Richmond Park
	19	Surrey League Cross Country		Women	Lightwater
Nov	9	Surrey League Cross Country		Men	Wimbledon Common
Dec	7	Surrey League Cross Country		Women	Farthing Down
Jan	11	Surrey League Cross Country		Men	Reigate Priory (DR to co-host)
	11	Surrey League Cross Country		Women	Putney Vale
Feb	8	Surrey League Cross Country		Men & Women	Lloyd Park

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the Wednesday run.

Arrives around 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 ! - ***Ros***

TRACK MEETINGS

Blackheath & Bromley Open, Norman Park, June 10th

The first open graded track meeting has a 800m, 400m, 1500m and 3000m and quite a few club runners took part last year.

The races are graded by time. Nb it is best to enter in advance as it's £6 on the day and £4 in advance bbhopen@gmail.com

http://www.bandbhac.org.uk/other%20t&f%202013.html

Both Herne Hill Harriers and Blackheath & Bromley Harriers are holding a series of open track meetings this summer on the following dates.

10 June	Norman Park
19 June	Tooting Track
8 July	Norman Park
27 July	Tooting Track
12 Aug	Norman Park
24 Aug	Tooting Track

Surrey League XC

Men's and women's fixtures are now included in the fixture list. Further details, times maps etc will be posted nearer the race dates

These league races are open to all club members of all abilities and are free to run, and you need to run in a club vest

Mike Mann

Kent Grand Prix and Surrey Road Leagues

As well as the races we select for the Club Championships and the Assembly League races, listed elsewhere in Shorts, we also take part in the Kent Grand Prix and Surrey Road Leagues.

Some of these are designated County Championship races for the given distance, for runners that are suitably qualified. In addition, all runners can accumulate points over the season to compete in the league by age category.

For more details see the following links:

Kent Athletics: http://www.kcaa.org.uk/road%20races.htm

Surrey Athletics:http://www.surreyathletics.org.uk/road/league

Charlie Lound

Kent Grand Prix		Surrey Road League	
23 Jun	Beckenham 10k	23 Jun	Richmond 10km
21 Jul	Mount Ephraim 10k	13 Jul	Elmore 7 miles
1 Sep	Kent Coastal Marathon	21 Jul	Elmbridge 10km
22 Sep	Tonbridge 1/2M	11 Aug	Wimbledon 5km
tbc	Sittingbourne 10m		

A big thank you to Sue Cooper for organising the Surma curry night the other week (record turnout possibly ?), and the post Dulwich Assembly league drinks at the Crown and Greyhound

Spoilt for choice – two gigs to choose from!

A heavy gig schedule for me this month – two gigs! First I'm playing with **English Rogues** (blues/rock from Clapton, Hendrix, Stones, ZZ Top, etc.) at the Anchor and Hope, 2 Riverside Walk, Charlton SE7 7SS. A bit short notice, this one is Thursday 13th June, start 9pm. http://www.fancyapint.com/Pub/london/anchor-and-hope/1953

But there's more! On Saturday 22nd June I'll be back with **Saucy Jack** (slightly lighter but still raucous enough – rock/pop/soul from The Eagles, Beatles, Stones, Monkees, Thin Lizzy, Steve Harley, Van Morrison, Free, Gerry Rafferty, as well as various rock 'n' roll and soul classics), this time at the Chatterton Arms, 41 Chatterton Road, Bromley BR2 9QW, start 9pm. http://tinyurl.com/o3ap4ka

So as usual if anyone fancies a bit of proper live music with big guitar solos and the odd bit of heavy-handed drumming – you know where to go!

Tony 'Thundersticks' Tuohy – Has-Been rock star *(OK, never-was rock star, just don't get me started)*

"The Goonies"
Lunar Cinema Battersea Park, Saturday17th August

Dear All,
With the sun finally coming out to play it's time to plan some outdoor activities which include sitting around and munching on pop-corn to refuel and give some balance to our hectic running schedules

The Goonies
(12, 1985, 114mins)
Doors open 7pm
Performance starts 8:15pm
Tickets: £12.50
http://tinyurl.com/busnfz2

I can increase on this number, but need a show of hands for those that would like to come and can commit to a ticket. email me at **susan.cooper@hsbc.com**

or send me a text inluding your name, on ***07967 953628*** asap so I can secure the booking. - ***Sue Cooper***

Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major club race which Steve Smythe kindly finds & collates results for, then it's highly unlikely that your results will be appear here in SHORTS.
So to make sure your race results, road, fell, XC, Tri etc, are mentioned please send them in, and if you can write a report to go with it even better.

South Downs half marathon

This was my first trail half marathon and it seemed a great day for it – sunny but with a good breeze. The race kicked off with a very long steep ascent up Butser Hill which had people walking straight from the start, but I pushed on up the hill. Spectacular views and a strong wind greeted us at the top, but there was no time to take it easy. We had a lap around the top of the hill then went straight back down, into a wooded valley.

The rest of the course was hilly but a nice mix of tracks, fields, roads and woods, with the occasional stile or gate to break the rhythm. Not knowing what to expect I took it easy around most of the course, but I pushed-on from mile 11 and overtook quite a few people in the last few miles, finishing 11th overall.
The race was well organised in spectacular countryside, I'd certainly recommend it.

11 James Burrows	1:38.51	(Chiptime)
446 ran		

Sri Chinmoy 5k, Battersea Park, Mon 10 June

*Duncan Hussey writes....*Fashions change and at the moment, it seems difficult to move for the number of 5k races available. Not that I'm complaining as I think it's a great distance to do. Whilst in midst of revisiting GCSE statistics, I noted that my recent performances are such that my mode is also the same as my median and mean. With a range of zero, not a very exciting exam question.

This performance at least slightly broke the mould. A good race for all and very competitive with five finishing sub 16.

30	Duncan Hussey	18.32
135	Barry Walker	28.23
165 ran		

RBC Race for the Kids 9th June 13 Battersea Park

This event, held for Great Ormond Street, is sponsored by my employer so I have to turn up.

This year, with 4,000 runners, it sold out. To say runners is a bit of a misnomer. I lined up, near the front, to find myself surrounded by buggies and small children on scooters. Whilst the pushchairs fell rapidly behind (these weren't the racing types) the scooters kept up, although annoyingly often swerved , stopped or sped up when you weren't expecting it.

Well it was never advertised as anything other than a fund raiser so can't complain. Also the course was a long 5K with most garmins giving the distance as 5.4K so, although flat, I was round in about my usual more hilly parkrun type time.
No positions, just bragging rights over colleagues who finished behind you, and the burgers afterwards were excellent.

Bob Bell	22.41

Southern Vets League Hillingdon, 10 June

Following my Welsh Castles leg the previous afternoon, my legs felt rather hammered the next morning, but fortunately this eased off somewhat during the day. After various recent injuries, I attempted my first 800m for several months, followed by a 3000m an hour later. All went reasonably according to plan as I won my age category in both races (not a major achievement), scoring maximum points for my track club, Herne Hill Harriers.

I started the 800m with a 78 second lap and then slowed but the differential was not too bad. In the 3000m I managed to maintain a pace of just outside 90 seconds per lap throughout, spurred on by chasing down 2 runners for much of the race, and felt quite comfortable. When I eventually caught up with them with just over 100m to go, a sprint finish between the two of them ensued, but it helped me achieve my fastest time of the year. - ***Mike Mann***

800m	2:39.7 (1st M60)
3000m	11:20 (1st M60) time tbc

ASSEMBLY LEAGUE 5km, Dulwich, June 6

A record 64 Dulwich Runners participated and we dominated the women's event and just lost out in the men's to the Stock Exchange. Apart from a great turn out, some excellent performances from our faster runners, there were also lots of PBs throughout the field.

Unfortunately while we had lots of runners, very few came to support or assist and the lack of officials meant that there are clearly errors in the results and some runners around 19 and 20 minutes may have run around 10 seconds faster than the time sthat have been officially recorded.

For the men, Buzz led the team home with his best run since his Chichester 10k pb in February and a 10km PB. Tony Tuohy also ran a PB as he continued his good form and he was first M50 by a whole minute.

Ed Hill continues to make good progress and he ran his first sub-17. The A team was completed by Charles Lound, who was very close to his PB.

The B team, who were second were led in by a less than fully fit Wayne Lashley and there was good support from Alastair Locke, who was another who ran his best time. Rob Cope is one of the most improved runners in the club and he easily had his best ever race and just missed out on breaking 18.

Ebe Prill continued his good run of form but starting a little too fast, just missed out on his best parkrun time on the course. Those four put us second in the B team.Of the rest, there were sub-20 PBs for Kevin Chadwick, who made a huge improvement and Ian Lilley – both, who used to start too fast, ran excellent tactical races, holding back and moving through and Chris Treble and Lewis Laylee who is another making good progress.

The women dominated the opposition with an excellent turn-out. The A team won easily and Shona McIntosh was an easy women's winner with her fastest ever 5k.

Catherine Lee didn't quite match her very best 10k form but she did set a PB and was a clear third while Elkie Mace also ran her fastest 5km. Completing the A team was Andrea Pickup had her best road run for a while just ahead of a PBing Mel Edwards, who led home the B team, though both were quicker than their official time.

Cara Oliver was also probably faster and she gave us five of the top ten women and we had ten in the top 20 and four of the first six teams. Around the 20 minute mark was Nicola Richmond, who used her track speed to finish ahead of marathoners Toni Holt and Emily Gelder.

Both Toni and Emily were there along with Shona to pick up their England Championships Marathon silver medals won at London which were handed out at club championship presentation.

Mike Mann was first M60 in the race, Ola Balme first W45, Clare Wyngard first W50 and Claire Steward first W60.

6	Buzz	Shephard	2 M35	16:10 (PB) (821 pts)
9	Tony	Tuohy	1 M50	16:35 (PB) (889 pts)
11	Edward	Hill	M35	16:45 (PB) (787 pts)
13	Charles	Lound	1 M45	16:50 (849 pts)
26	Wayne	Lashley	SM	17:31 (742 pts)
1W/27	Shona	McIntosh	SW	17:33 (843 pts)
34	Alastair	Locke	SM	17:45 (PB) (729 pts)
47	Rob	Cope	M40	18:04 (PB) (756 pts)
51	Ebe	Prill	M50	18:13 (816 pts)
3W/55	Catherine	Lee	SW	18:26 (PB) (805 pts)
57	Kevin	Chadwick	SM	18:32 (PB) (701 pts)
59	Chris	Loizou	2 M55	18:34 (828 pts)
61	Ian	Lilley	M40	18:36 (PB) (739 pts)
62	Duncan	Hussey	M45	18:38 (773 pts)
67	Chris	Treble	SM	18:46 (PB) (691 pts)
68	Steve	Smythe	3 M55	18:47 (818 pts)
69	Paul	Devine	M35	18:47 (702 pts)
70	Joseph	Brady	M45	18:48 (766 pts)
72	Edward	Smyth	SM	18:50 (688 pts)
79	Adam	Vaughan	SM	19:02 (PB) (689 pts)
80	Lewis	Laylee	U15M	19:02(PB) (745 pts)
81	James	Burrows	SM	19:03 (685 pts)
88	Mike	Mann	1 M60	19:15 (863 pts)
6W/89	Elkie	Mace	SW	19:16 (PB) (769 pts)
8W/95	Andrea	Pickup	W40	19:27 (803 pts)
9W/96	Mel	Edwards	SW	19:28 (PB) (761 pts)
97	Steve	Williams	M55	19:29 (802 pts)
98	Oscar	Hussey	U13	19:30 (744 pts)
100	John	English	M50	19:33 (754 pts)
10W/103	Cara	Oliver	W40	19:37 (780 pts)
107	Steve	Ackroyd	M35	19:46 (667 pts)
109	Gary	Sullivan	M55	19:48 (776 pts)
117	Olivier	Montfort	M40	20:03 (681 pts)
13W/119	Nicola	Richmond	W40	20:06 (771 pts)
15W/123	Toni	Holt	SW	20:14 (733 pts)
16W/124	Emily	Gelder	W35	20:15 (747 pts)
17W/125	Kim	Hainsworth	SW	20:18 (730 pts)
132	Paul	Hodge	M45	20:26 (705 pts)
20W/134	Ola	Balme	1W45	20:28 (783 pts)
145	Andy	Murray	M60	20:58 (765 pts)
25W/147	Susan	Cooper	SW	21:03 (704 pts)
151	Ajay	Khandelwal	M40	21:12 (659 pts)
157	Duncan	Wilson	M50	21:30 (686 pts)
29W/158	Nicola	McIvor	SW	21:32 (687 pts)
159	Ian	Sesnan	M55	21:33 (719 pts)
163	Graham	Laylee	M55	21:55 (707 pts)
30W/165	Katie	Styles	SW	22:14 (667 pts)
31W/166	Clare	Wyngard	W50	22:16 (772 pts)
32W/167	Claire	Steward	1 W60	22:18 (870 pts)
35W/172	Michelle	Lennon	W45	22:33 (711 pts)
176	Cameron	Timmis	M40	22:49 (607 pts)
37W/177	Susan	Labinjoh	W45	22:59 (698 pts)
178	Mark	Foster	M45	23:07 (623 pts)
179	Martin	Morley	M60	23:13 (697 pts)
182	Barrie J	Nicholls	M55	23:17 (683 pts)
190	Mick	Ward	M55	24:05(644 pts)
192	Ameet	Patel	M45	24:14 (604 pts)
193	Paul	Keating	M40	24:17 (588 pts)
197	Kev	Wood	M55	24:53 (618 pts)
51W/204	Lindsey	Annable	W45	25:39 (619 pts)
56W/212	Rachel	Warriner	SW	26:42 (569 pts)
215	Steve	Street	M50	27:26 (546 pts)
Louisa Pritchard (Dulw), Carolina Lilley (Dulw) dnf				

A team

1 Stock E 2, 4, 12, 18 = 36

2 Dulw 6, 9, 11, 13 = 39

3 Kent 7, 8, 14. 15 = 44

Serp 5, 22, 25, 28: 80; Lloyds 10, 20, 21, 31: 82; VPHTH 1, 32, 39, 60: 132; Petts 19, 36, 37, 82: 174; Ravens 3, 53, 79, 108: 243; Eton M 16, 62, 74, 93: 245; Camb H 24, 55, 85, 95: 259

B team

Kent 17, 23, 29, 30 = 99

Dulw 26, 33, 45, 49 = 153

Serp 38, 42, 48, 50 = 178; Lloyds 40, 43, 46, 81 = 210; Stock E 34, 51, 57, 78 = 220; VPHTH 70, 72, 73, 107 = 322

Women

Dulwich 1, 3, 6 = 10

Dulw B 8, 9, 10 = 27

Eton M 5, 7, 21 = 33

Kent 2, 14, 24: 40; Dulw C 13, 15, 16: 42; Dulw D 17, 20, 25: 62; VPHTH 12, 27, 28: 67; Serp 11, 38, 42: 91

Dulw E 29, 31, 32 = 92; Eton M B 22, 34, 41 = 97; Beck 23, 33, 43 = 99; Lloyds 18, 19, 64 = 101; Kent B 26, 45, 52 = 123

Club Championship awards

Overall Champion: Tony Tuohy
Fastest man: Buzz Shephard
Fastest woman: Shona McIntosh
Senior Man: Ed Hill
Senior woman: Catherine Lee
Male Vet: Charles Lound
Female vet: Andrea Pickup
M50: Ebe Prill
M60: Mike Mann
W50: Clare Wyngard
2nd age-graded: Claire Steward
3rd Age-graded: Chris Loizou
Captain's: Lewis Laylee

Welsh Castles Relay, 8-9 June

Our entry this year was in doubt until very close to the deadline, but we managed to recruit some additional runners at the last minute (and thanks to them). Consequently we ended up with more of a scratch team than usual, so we ended up around two thirds the way down of teams rather than our customary midfield position. But it was good to have a number of newcomers to both the club and the event, which is highly enjoyable social occasion as well.

Unlike the previous two years, we had fantastic weather throughout, though it made running conditions challenging from mid morning to late afternoon on both days, particularly on the stages exposed to the sun.

We had excellent hospitality at the Vernon's cottages near Snowdon where most of us stayed on the first night. The warm weather resulted in a huge swarm of midges both inside and outside the pub. With extensive roadworks, particularly in North Wales we faced some difficult logistical challenges, which resulted in close shaves in getting some runners to their starts on time.

The results table included average pace per mile for each runner. These are not directly comparable because each stage is different. The relay includes 6 mountain stages, including three particularly tough ones, 7, 10 and 14, making times slower. Also the overall placings are not comparable as clubs tend to put their strongest runners on the tough mountain stages.

Stage 1
Adrian Greer was allocated this stage as there was an award for the first V50 in memory of a runner who died during the relay some years ago. Clubs tend to put their strongest M50 on this stage. Adrian had an excellent run, passing a number of runners in the final few miles but faced stiff competition from other leading M50s nationally. Both the time and pace are misleading because there is an initial circuit of Carnaerfon Castle at jogging pace before the race proper begins.

Stage 2
Lindsey was tired and jetlagged following a recent business trip to Thailand, but nevertheless produced a commendable gutsy performance, showing her usual commitment to the club.

Stage 3
This stage, run by Chris Loizou, is largely flat for the first 9 miles, but has a nasty sting in the tail, with a long sharp climb followed by an even sharper descent to finish. Chris had a strong run with his usual determined effort, but transport problems made it difficult to support this leg and get a good view of his grimace.

Stage 4
This stage to Harlech Castle ran by Anna contains some undulations early on before levelling out. Anna had a good run in uncomfortably warm conditions but slowed a little in the final few miles as her calf injury started playing up.

Stage 5
Roadworks meant that Barrie-John just missed his start, but we managed to register him successfully. This meant that he had to play catch-up in the initial miles, which includes a sharp climb out of Harlech. He managed to pick up some places over the rest of the stage which follows the coast and is undulating in places.

Stage 6
This is one of the most scenic stages with much of run following gravel paths alongside a river. The downside is that there is very little support (or water) but this did not seem to bother Nicola too much as she had an excellent at her first appearance at the relay.

Stage 7
This a brutal stage exposed to the sun with a long uphill which gets progressively steeper until it reaches what is referred to some as the Pass of Doom. It is then followed by a long quad bashing descent, which starts off steep before levelling off somewhat. The scenery is spectacular in places but Paul Devine did not get much of a chance to take it in as he found the climb hardgoing. A wheelchair might have come in handy afterwards.

Stage 8
This is a long quite undulating stage and difficult to support other than shouting through minibus windows, but Joanne handled it in her usual competent fashion. The sharp hill at the finish comes as a rather nasty shock.

Stage 9
Martin took a break from logistical duties to run the penultimate stage of the day. Despite some ongoing injury problems he came through his stage well.

Stage 10
One of the tough ones with a formidable climb at the start of well over a mile, followed by something of a roller coaster ride, and then a killer hill at around 11 miles. This seemed the ideal stage for Alastair to take on and his time of under 84 minutes over a tough course just short of half marathon distance was impressive. It also ensured that we made the restaurant in Newtown on time.

Stage 11
Another long mountain stage with the first half mostly up followed by a long gradual descent. The early start of 7am makes this particularly tough and there is very little support, but at that time of day conditions were cool and ideal for running. Ebe put in a strong performance, finished slightly ahead of Ros's brother, Mick.

Stage 12
On a flatter but similarly long stage again with little support, Ed Smyth had probably his best long distance run since joining the club.

Stage 13
The sun broke through for this stage, ran by Chris Treble, and this was much better supported, passing the hotel where we were staying. Chris maintained his improved form of recent months with a strong run.

Stage 14
Unfortunately (or possibly not as far as Catherine was concerned) this stage was cut short by around 2 miles at the last minute owing to an illegal rave at the usual finish at the Drovers Arms (disappointingly not a pub but an MOD establishment). The early finish meant there was no relief from a downhill following the long gruelling climb. Catherine, in common with most who have attempted this stage, found it hard going, but had an impressive run. Hopefully the stage will be back to normal next year so Catherine may like another crack at it.

Stage 15
This long mostly downhill stage into Brecon was run by Jim Dowcett in a time that exceeded the expectations of the rest of the team, and probably himself.

Stage 16
After leaving Brecon this stage is a long steady uphill through a gap in the Brecon Beacons. We thought that this would be the ideal stage for Mel, and so it proved as she had a great run finishing second woman (to an elite runner), settling nicely into a rhythm which she maintained throughout. The stage was won outright and comfortably by M60 Martin Rees who has recently achieved UK records over a range of distances.

Stage 17
Following a recent injury, Mark Foster was apprehensive about his run, but these fears proved unfounded as he had an excellent run in hot conditions.

Stage 18
Another warm stage through the Welsh Valleys with a fair amount of downhill was run by Gary, who also had a strong run.

Stage 19
Brought in late and helping to ensure that we had sufficient numbers to enter a team, John O'Byrne ran this stage, mostly along the Taff Trail which normally ends in Caerphilly but which was shortened on traffic safety grounds. Despite recent injury niggles, John kept going well until the end.

Stage 20
The glory leg into Cardiff, again mostly a very gradual descent following the Taff Trail, but which allegedly contained a few hills early on, (though few other members of the team believed him), was ran by Mike Mann. Although the hottest time of the day, the route was mostly pleasantly shady, with the main challenges weaving around bollards at various points and a short section of cobbles approaching the finish at Cardiff Castle.

Mike Mann

Welsh Castles Relay Provisional Results 2013	Distance	Name	Time	Pace per mile
Stage 1: Caernarfon Castle to Penygroes	9.1	13 Adrian Greer (V)	01:04:01	7.05
Stage 2: Penygroes to Criccieth Castle:	10.7	56 Lindsey Annable (FV)	01:38:43	9.22
Stage 3: Criccieth Castle to Maentwrog	12.1	20 Chris Loizou (V)	01:22:12	6.79
Stage 4: Maentwrog to Harlech Castle	9.5	35 Anna Thomas (F)	01:14:44	7.87
Stage 5: Harlech Castle to Barmouth	9.6	56 Barrie John Nicholls (V)	01:30:40	9.44
Stage 6: Barmouth to Dolgellau	10.7	34 Nicola McIvor (F)	01:22:01	7.68
Stage 7: Dolgellau to Dinas Mawddwy	9.15	38 Paul Devine (V)	01:10:23	7.69
Stage 8: Dinas Mawddwy to Foel	10.8	48 Joanne Shelton (FV)	01:25:40	7.93
Stage 9: Foel to Llanfair Caereinion	8.6	36 Martin Morley (V)	01:06:13	7.7
Stage 10: Llanfair Caereinion to Newtown	13.1	15 Alastair Locke	01:23:51	6.4
Stage 11: Newtown to Llanbadarn Fynydd	12.3	27 Eberhard Prill (V)	01:23:40	6.8
Stage 12: Llanbadarn Fynydd to Crossgates	11.2	19 Edward Smyth	01:10:41	6.31
Stage 13: Crossgates to Builth Wells	10.6	17 Chris Treble	01.08.55	6.5
Stage 14: Builth Wells to Drovers Arms	8.6	42 Catherine Lee (F)	01:03:54	7.43
Stage 15: Drovers Arms - Red Kite Centre to Brecon	12.8	41 Jim Dowcett (V)	01:33:49	7.33
Stage 16: Brecon to Beacons Reservoir	8.8	23 Melanie Edwards (F)	01:00:06	6.82
Stage 17: Beacons Reservoir to Cyfarthfa Castle	9.2	19 Mark Foster (V)	01:02:01	6.75
Stage 18: Rhyd-y-Car Centre to Abercynon (Navigation Park)	9.1	22 Gary Sullivan (V)	01:02:18	6.85
Stage 19: Navigation Park to Nantgarw	7.7	59 John O'Byrne (V)	01:17:00	10
Stage 20: Caerphilly Castle to Cardiff Castle	10.7	36 Michael Mann (V)	01:14:48	6.99
All 20 Stages 41st of all team and 28th of all open teams.		**Total time**	**26:39:13**	

White Oaks Triathlon, Swanley, June 9

This event wasn't as well organised as some recent triathlons competed in – the prizes hadn't arrived and the bike course had a number of traffic lights and roadworks to negotiate – both Clare E and Steve had to stop three times. The run course wasn't as clear as it could have been around three laps of Swanley Park and a few runners strayed off course.

Clare Elms was a little tired after her three races in Scotland the previous afternoon but still had a good swim and felt strong on her bike and run and easily won her age group.

Her swim saw a higher position than in her run!

Steve Smythe had a poor swim and first transition but a much better bike, despite the stops, and second transition, and his run provided a much lower position than his bike.

Clare W was consistent in all three sections with her very good run giving her the higher position.

Clare Elms

400m Swim: 7:29.7 (12); transition 55.85 (47); 49:27.85 27km bike (45); 67.80 transition (159) 32:56.10 8km run (22); 91:57.30 overall (27 (1W50, 5 woman)

Steve Smythe

400m swim 13:06.1 (210); transition 88.85 (106); :46:13.45 bike (19); 27.60 transition (12); 33:35.60 8km run (30); 94:51.65 overall (40, 3M50, 33rd man)

Clare Wyngard

400m swim 10:05.2 (129), transition 54.40 (44); 55:19.70 bike (129); 56.50 transition (115); 36:23.50 8km run (77); 1:43:39.30 overall (103, 5 W50, 19th woman)

LADIES NOW SUMMER IS HERE YOU NEED A DULWICH RUNNERS CROP TOP!
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parkrun 5km Results, Sat 8th May

Banstead

2 Tony Tuohy	17:23 (1M50)
53 Jo Quantrill 3W	23:10
168 ran	

Brockwell

46 Duncan Wilson	21:24

Burgess

30 Barry Evans	24:39

Crystal Palace

Boosted by waifs and strays from Bromley (bet they enjoyed having a hill to run up) a record turn out of 131 runners

11 Lewis Laylee	19:58 (PB)
12 Andy Cottrill	20:00 (PB)
14 Steve Ackroyd	20:33
32 Bob Bell	22:29
37 Jozef Danko	22:49
39 Graham Laylee	22:53
40 Mike Dodds	23:10
41 Clare Wyngard 4W	23:14
66 Jane Harbage 9W	25:02
70 Belinda Bell 11W	25:19
72 Claire Steward 12W	25:23
83 Ameet Patel	26:11
131 ran	

Bob Bell

Dulwich

14 Paul Hodge	19:46 (PB)
33 Ajay Khandelwal	21:03
84 Grant Barnes	24:32
106 Stephanie Burchill 21W	25:42
182 ran	

Hilly Fields

5 Keith Chadwick	19:37 (PB)
71 ran	

Riddlesdown

16 Angie Norris 1W	21:12
98ran	

Southern Vets League, Kent Division, Bromley, June 7

With no Clare,Ros or Cara, Nicola did some good work for her club Cambridge, competing in four events and outsprinting Andrea Pickup, who was competing for Blackheath.

Ultra runner Emily made her track debut and despite having run a 24 hour race last month, she had sufficient speed to win the B 800m.

100mB: 4	Nicola Richmond	16.1
W35 800mA: 3	Nicola Richmond	2:38.2
W35 800mA: 4	Andrea Pickup	2:41.9
W35 800mB: 1	Emily Gelder	2:43.2
4x200: 2nd Camb H (Nicola)		2:19.7
W35 LJ:5	Nicola Richmond	2.66

London Schools Championships Battersea, June 8

Alex Elms had run a 4:32 1500m in which hadn't counted due to lack of officials but here up against older runners, he smashed his PB and broke the 4:30 barrier as he finished a close third.

This easily makes him currently the fastest 12 year-old in Britain! - http://tinyurl.com/o2s7jyf

Blackheath & BromleyOpen Norman Park, June 10

1500r1

Tony made the most of the good conditions and opposition and ran a near perfect race and took a few seconds off his PB and run a time which places him third in the National M50 rankings.

Clare Elms wasn't at her sharpest after her busy weekend of track races and triathlon and started fast, but she held on sufficiently well to improve her fastest time by a British W45 this year by a second.

5 Tony Tuohy	4:26.88
10 Clare Elms	4:52.65

1500r2

Andrea benefited from a well paced run to run her fastest 1500m for a few years

5 Andrea Pickup	5:16.15

800 r1

Edward Hill ran his first serious 800m and he looked comfortable as he passed 400m inside 63 seconds but found the last 200m hard.

8 Edward Hill	2:10.44

UK Women's League Premiership Edinburgh, June 8

Gaving struggled to get good league races in the Southern League and Vets League, Clare joined Blackheath and Bromley for higher competition on the track and Blackheath arranged for her to go to Edinburgh to compete at the top National league in Britain in which Britain's top eight clubs compete in. Until a few days before the event, Jess Ennis was supposed to be competing and because of that many tickets were sold and there was a much bigger crowd than usual watched the League, even though Ennis pulled out.

Clare wasn't sure about making her debut at this level with the average age of participant in their early 20s and not at her fittest after injury and had to miss the Assembly League to ensure she could run. She started with a solid 800m, where she was fifth which puts her top of the British W45 rankings.

In the 3000m, she was on target to top of those rankings but found the last few laps hard and just missed the time but she did get good points in fourth.

In the 1500m, she wasn't sure she would be able to run fast after two races in her current fitness, but she ran well enough to go top of the national W45 rankings in that event too and she contributed a total of 14 points.

800: B:	5 Clare Elms	2:22.98
3000: A:	4 Clare Elms	10:27.34
1500:B:	4 Clare Elms	4:53.70

DULWICH RUNNERS CLUB CHAMPIONSHIPS 2013 - POSITION AFTER 3 EVENTS OF 8

BEST 4 EVENTS TO COUNT - 50 for first in category 49 for 2nd etc

AGE CATEGORY CHAMPIONSHIPS - EVENTS COMPLETED

	Short				Long					
Name/Champs cat.	Assy League 5k Dulwich Pk 6 Jun	Dulwich Park 2 miles 20 Jun	Dulwich Track 1 mile 12 Jul	Lloyd Pk 5k 5 Oct	Chichester 10k 3 Feb	Lydd 1/2M 10 Mar	London (or any cert. M'thon 21 Apr	Dry Hill 10 mile 1 Sep	Events completed	TOTAL POINTS inc 1 bonus for each event
WOMEN SENIOR										
Shona McIntosh	50				50	50	50		4	204
Melanie Edwards	47				47	49	47		4	194
Anna Thomas					45	47	44		3	139
Kim Hainsworth	43				46		45		3	137
Sue Cooper	42				43	46			3	134
Catherine Lee	49				49				2	100
Charlie Wood					48		46		2	96
Cara Oliver	46					48			2	96
Emily Gelder	44						49		2	95
Toni Holt	45						48		2	95
Joanne Shelton					44	45			2	91
Elkie Mace	48								1	49
Susanna Wilkey						44			1	45
Clare Quirico							43		1	44
Nicola McIvor	41								1	42
Katie Styles	40								1	41
Rachel Warriner	39								1	40
WOMEN V40										
Ola Balme	48				49	49	50		4	200
Claire Steward (50+)	49				46	47	49		4	195
Lindsey Annable	45				45	46			3	139
Clare Elms					50	50			2	102
Clare Wyngard (50+)	50					48			2	100
Nicola Richmond	49				48				2	99
Andrea Pickup	50								1	51
Susan Vernon (50+)							48		1	49
Louisa Pritchard					47				1	48
Michelle Lennon	47								1	48
Susie Labinjoe	46								1	47
MEN SENIOR										
Buzz Shephard	50				50	50	50		4	204
Alastair Locke	47					49	49		3	148
Rob Cope	46				47	47			3	143
Chris Treble	44				48		47		3	142
James Burrows	39				46		43		3	131
Paul Devine	43					48			2	93
Adam Vaughan	41						46		2	89
Andrew Bright						43	42		2	87
Robert Balzanella						44	41		2	87
Steve Ackroyd	37				45				2	84
Ed Smyth	42						39		2	83
Olivier Montfort	36					45			2	83
Jim Dowsett						42	38		2	82
Rupert Nash					49				1	50
Edward Hill	49								1	50
Tom Marshall							48		1	49
Wayne Lashley	48								1	49
Jozef Danko						46			1	47
Kevin Chadwick	45								1	46
Scott Hemmens							45		1	46
John Fletcher							44		1	45
Lewis Laylee	40								1	41
Simon Winstanley							40		1	41
Oscar Hussey	38								1	39
Cory W Malcolm							37		1	38
MEN V40										
Joseph Brady	47				50	50			3	150
Ajay Khandelwal	45					48	48		3	144
Ameet Patel	42				48	47			3	140
Charles Lound	50						50		2	102
Cameron Timmis	44					49			2	95
Mark Foster	43				49				2	94
Ian Lilley	49								1	50
Duncan Hussey	48								1	49
Brendan Greaney						46			1	47
Paul Hodge	46								1	47
Paul Keating	41								1	42

continued on next page

continued

Name/Champs cat.	Short: Assy League 5k Dulwich Pk 6 Jun	Short: Dulwich Park 2 miles 20 Jun	Short: Dulwich Track 1 mile 12 Jul	Short: Lloyd Pk 5k 5Oct	Long: Chichster 10k 03 Feb	Long: Lydd 1/2M 10 Mar	Long: London (or any cert. M'thon 21 April	Long: Dry Hill 10 mile 1 Sep	Events completed	TOTAL POINTS inc 1 bonus for each event
MEN V50										
Steve Smythe	47				48	50	49		4	198
Ebe Prill	49				47	48	50		4	198
Barrie J Nicholls	37				41	44	46		4	172
Steve Street	34				40	40	43		4	161
Andy Murray	42				44	47			3	136
Tony Tuohy	50				50				2	102
Neville Webb					49	49			2	100
John English	44						48		2	94
Mike Mann (60+)	46				45				2	93
Gary Sullivan	43				46				2	91
Bob Bell					42	46			2	90
Steve Wehrle (60+)						42	45		2	89
Graham Laylee	39				43				2	84
Martin Morley	38					43			2	83
Chris Loizou	48								1	49
Per Hedberg							47		1	48
Mike Dodds						45			1	46
Steve Williams	45								1	46
Barry Evans (60+)							44		1	45
Roy Hibberd							42		1	43
Duncan Wilson	41								1	42
Patrick McMorrow						41			1	42
Ian Sesnan	40								1	41
Chris Vernon (60+)						39			1	40
Mick Ward	36								1	37
Kev Wood	35								1	36

OVERALL CHAMPIONSHIP - AGE GRADED

Name	Short: Assembly League 5k Dulwich Pk 6 Jun	Short: Dulwich Park 2M 20 Jun	Short: Dulwich Track 1M 12 Jul	Short: Lloyd Pk 5k 5Oct	Long: Chichester 10k 03 Feb	Long: Lydd 1/2M 10 Mar	Long: London (or any cert. M'thon 21 April	Long: Dry Hill 10 mile 1 Sep	TOTAL POINTS	Average	Best	Position
Claire Steward	870				849	862	869		3,450	863	870	1
Shona McIntosh	843				839	849	834		3,365	841	849	2
Buzz Shephard	821				848	826	793		3,288	822	848	3
Steve Smythe	818				835	825	759		3,237	809	835	4
Ebe Prill	816				804	792	754		3,166	792	816	5
Ola Balme	783				807	784	723		3,097	774	807	6
Melanie Edwards	761				751	762	703		2,977	744	762	7
Barrie J Nicholls	683				671	681	594		2,629	657	683	8
Andy Murray	765				754	747			2,266	755	765	9
Joseph Brady	766				720	738			2,223	741	766	10
Alastair Locke	729					743	738		2,210	737	743	11
Rob Cope	756				717	716			2,189	730	756	12
Kim Hainsworth	730				749		652		2,130	710	749	13
Steve Street	546				560	518	441		2,064	516	560	14
Chris Treble	691				686		659		2,036	679	691	15
Sue Cooper	704				659	669			2,031	677	704	16
James Burrows	685				685		626		1,996	665	685	17
Anna Thomas					686	675	611		1,971	657	686	18
Ameet Patel	604				607	625			1,836	612	625	19
Clare Elms					937	899			1,836	918	937	20
Lindsey Annable	619				564	614			1,797	599	619	21
Tony Tuohy	889				889				1,779	889	889	22
Ajay Khandelwal	659					613	507		1,779	593	659	23
Neville Webb					863	846			1,709	854	863	24
Charles Lound	849						838		1,686	843	849	25
Mike Mann	863				804				1,668	834	863	26
Catherine Lee	805				814				1,619	810	814	27
Gary Sullivan	776				779				1,555	778	779	28
Clare Wyngard	772					770			1,541	771	772	29
Cara Oliver	780					753			1,533	766	780	30
Emily Gelder	747						774		1,521	761	774	31
Charlie Wood					806		703		1,509	754	806	32
Nicola Richmond	771				735				1,506	753	771	33
Bob Bell					748	734			1,481	741	748	34
Toni Holt	733						746		1,479	739	746	35
John English	754						722		1,476	738	754	36
Graham Laylee	707				724				1,432	716	724	37
Paul Devine	702					703			1,405	702	703	38

	Short				Long							
Name	Assembly League 5k Dulwich Pk 6 Jun	Dulwich Park 2M 20 Jun	Dulwich Track 1M 12 Jul	Lloyd Pk 5k 5Oct	Chichester 10k 03 Feb	Lydd 1/2M 10 Mar	London (or any cert. M'thon 21 April	Dry Hill 10 mile 1 Sep	TOTAL POINTS	Average	Best	Position
Martin Morley	697					683			1,381	690	697	39
Joanne Shelton					685	663			1,348	674	685	40
Olivier Montfort	681					663			1,344	672	681	41
Mark Foster	623				716				1,339	670	716	42
Adam Vaughan	689						650		1,339	669	689	43
Steve Ackroyd	667				669				1,336	668	669	44
Steve Wehrle						673	572		1,245	623	673	45
Cameron Timmis	607					624			1,231	615	624	46
Andrew Bright						632	590		1,222	611	632	47
Ed Smyth	688						508		1,197	598	688	48
Robert Balzanella						632	558		1,190	595	632	49
Jim Dowsett						622	476		1,098	549	622	50
Chris Loizou	828								828	828	828	51
Andrea Pickup	803								803	803	803	52
Steve Williams	802								802	802	802	53
Edward Hill	787								787	787	787	54
Duncan Hussey	773								773	773	773	55
Elkie Mace	769								769	769	769	56
Lewis Laylee	745								745	745	745	57
Oscar Hussey	744								744	744	744	58
Wayne Lashley	742								742	742	742	59
Ian Lilley	739								739	739	739	60
Ian Sesnan	719								719	719	719	61
Rupert Nash					711				711	711	711	62
Michelle Lennon	711								711	711	711	63
Tom Marshall							709		709	709	709	64
Paul Hodge	705								705	705	705	65
Kevin Chadwick	701								701	701	701	66
Louisa Pritchard					700				700	700	700	67
Susie Labinjoe	698								698	698	698	68
Nicola McIvor	687								687	687	687	69
Duncan Wilson	686								686	686	686	70
Katie Styles	667								667	667	667	71
Mike Dodds						659			659	659	659	72
Jozef Danko						646			646	646	646	73
Scott Hemmens							644		644	644	644	74
Mick Ward	644								644	644	644	75
John Fletcher							642		642	642	642	76
Kev Wood	618								618	618	618	77
Susanna Wilkey						597			597	597	597	78
Brendan Greaney						595			595	595	595	79
Paul Keating	588								588	588	588	80
Per Hedberg							576		576	576	576	81
Patrick McMorrow						575			575	575	575	82
Susan Vernon							574		574	574	574	83
Barry Evans							570		570	570	570	84
Rachel Warriner	569								569	569	569	85
Chris Vernon						556			556	556	556	86
Clare Quirico							543		543	543	543	87
Simon Winstanley							516		516	516	516	88
Cory W Malcolm							437		437	437	437	89
Roy Hibberd							383		383	383	383	90

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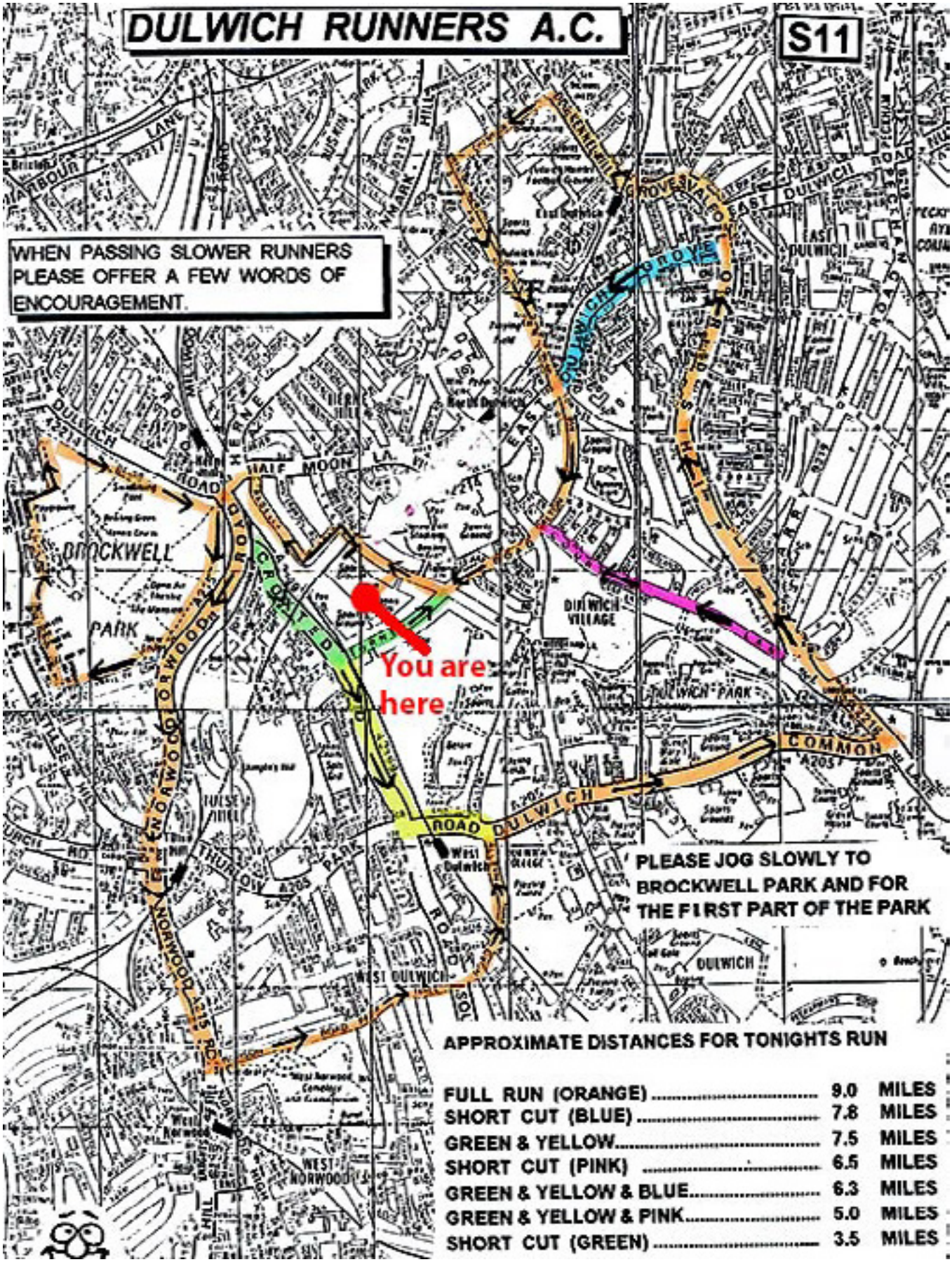
DULWICH RUNNERS A.C.
S11
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
You are here
PLEASE JOG SLOWLY TO BROCKWELL PARK AND FOR THE FIRST PART OF THE PARK
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 9.0 MILES
SHORT CUT (BLUE) ..... 7.8 MILES
GREEN & YELLOW ..... 7.5 MILES
SHORT CUT (PINK) ..... 6.5 MILES
GREEN & YELLOW & BLUE ..... 6.3 MILES
GREEN & YELLOW & PINK ..... 5.0 MILES
SHORT CUT (GREEN) ..... 3.5 MILES