DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
May 13th 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 13 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Wed 13 Beckenham Relays see page 5 for details on how to enter etc

Tue 19 **Track Session** - Dulwich College Track
7 for a 7:10pm start £1 per session...see below

TRACK SESSIONS

at Dulwich College Track

Tuesdays with Steve Smythe & Elkie Mace

Improve your speed & strength over all distances, suitable for all standards and abilities.
Be warmed up ready for the session to start at 7.10

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**

Jose Barretta -update

Jose's sister Georgina visited the club last Wednesday.
She and wife Katie are visiting Jose daily at Royal London Hospital, where he is being treated after his bike accident and head/ back injury in Oxleas Wood.

His condition is hopefully improving but as of last Wednesday was still not able to move or speak. He was conscious and able to communicate slowly only via a spelling board, but with a voice box and speech therapy starting.
There was some hint of feeling coming back to his hands. His main problem has been swelling around his spinal cord, impacting on the nerves. Once stronger, he will need to transfer to Stanmore orthopaedic hospital to continue his recovery.
Messages from friends can be read out to him.
Please continue to send these via 127, Crookston Road, London SE9 1YF katherine.barretta@yahoo.com or
07843 844 876 but emails/texts can't be accessed from the ward.

Sue Cooper and I thought we would start a letters to Jose that people could add to then we give his wife a completed letter with all the contributions.
Email me back and I will combine all the responses into one document. **duncan.j.wilson@hsbcib.com.**
Letter attached with SHORTS email

In your SHORTS this week !

1... General information
2... ***New*** - Social Spot - coming social events
4... 2015 Dulwich Runners Club Champs races diary
4... Fixture list, club champs,XC, road, track
6... Race reports and results
6... Victoria Park Assembly League report and results
8... Parkrun results
11... 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**

June 7 Battersea Park 2miles Club Champs race
June 4 Assembly League Battersea park

NEW RUNNERS ROTA

Many thanks to **Cameron Timmis & Charlie Lound** 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**

Patrick Mcmrorrow	**13/05**
Andy Murray	20/05
Barrie John Nicholls	27/05
Mike Mann	03/06

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

Glad that everyone enjoyed the first social of the year at Surma. Now that we have the lighter evenings and nicer weather watch this space for social updates..... ***Matt Ladds***

May

Pizza/Pasta Night - Date TBC - Rocco, Dulwich Village
More details to follow shortly on this....

June/July

Summer Picnic - Date/Venue TBC

Mark Hayes Mile Drinks - Friday 10th July
After the club mile, come along for a drink at The Alleyns Head.

Always open to suggestions/requests so feel free to drop me a line or grab me when I'm down the club matthew.ladds@uk.zurich.com
Thanks - Matt

Thanks to Matt for organising a very successful evening on Friday.
Everybody seemed to be enjoying themselves ..Hic !

LUCKY VEST

May winner - Laura Lane

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.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk

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)

MARBELLA TRIP – 25/9/15 to 29/9/15

I am currently organising a trip to Spain to run the Marbella half marathon on 27th September.
So far I have many from previous years trips coming , but there are 6 spare places available.
If you would like to come along, please let me know by the weekend.
Cost will be approx. £220 PLUS flights, which you will need to book yourself.
The cost above includes hotel accommodation/coach transfers/ Monday adventure day. It does not include meals or as above flights.
Cheers - Steve Wehrle

70/70 - Susan Vernon Writes:

Please join me at the Burgess parkrun on Saturday 30th May, the day after my three score years and ten celebration and also my 70th parkrun! I will have completed my charity abseil on 24th May to mark this milestone in my life, at the Orbit in the Olympic Park so now for a pb with the help of my fellow club mates. Please do wear your Dulwich Runners kit so we can make a real show and promote the club. I am looking forward to seeing as many of you as possible on 30th May

It's time for Post-Marathon Rockin' Mayhem with English Rogues! Friday 22nd May 2015, 9pm –

At The Nightingale, 53 Carshalton Rd, Sutton SM1 4LG http://tinyurl.com/kdx58xx
Here we go live music fans, it's what you've been waiting for! Have you got post-marathon blues? Of course you have, or you're not normal! You definitely need some post-marathon ROCK!
Anyway, you've guessed it, English Rogues are short of a drummer again so I'll be dusting down the old thundersticks and giving the kit a sound thrashing. pub-rock mayhem; classic rock/blues tracks by the likes of Eric Clapton, ZZ Top, Rolling Stones, Jimi Hendrix, Bryan Adams, The Kinks, Crosby Stills & Nash, Small Faces, AC/DC, Free, Bad Company, Bob Dylan, Guns 'n Roses, etc., etc.!
We're also playing the next day (sat 23rd May) at The Iron Horse, 122 Station Road, Sidcup DA15 7AB
http://tinyurl.com/o5mnsnh
It's time to ROCK – come on, you need it and you need it now....***Tony 'Thundersticks' Tuohy.***

Ever wondered what those extra holes were for ?
ttp://www.sunnyskyz.com/inspirational-videos.php?vidid=2365/THIS-Is-What-That-Extra-Shoelace-Hole-Is-For-
-***Patrick O'connor***

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

There is limited stock of hoodies, very small sizes only.
I can order more if enough people are interested. They will be £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

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

Dulwich Runners 2015 Club Championships

Some of the earlier races have already been advertised, with the remaining ones held back as dates have yet to be confirmed. Although this still remains the case, we have decided to issue the complete list which will be updated with confirmed dates once these are known.

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.

31 Jan	Dulwich parkrun (short) (completed)
8 March	Sidcup 10 (long) (completed)
29 March	Paddock Wood half marathon (long)
26 April	London Marathon (or alt. marathon) (long)
1 June	Battersea Park 2 miles (short)
21 June	Ranelagh Richmond 10k (medium)
10 July	Mark Hayes Mile, Dulwich College track (short)
31 August	Sevenoaks 7 (medium)
4 Oct	Middlesex 10k, Victoria Park (medium)
1 Nov	**Cabbage Patch 10 (long) RACE CANCELLED**
22 Nov	Epsom 10 (long) replacement for CP10 (tbc)

ASSEMBLY LEAGUE RACES

These races range from 3 to 3.5 miles in distance, are on road or on paths within parks and are suitable for runners of all abilities, including newly joined members. They take place monthly over the summer months with the April fixture starting at 7.15 and the remainder at 7.30.
They are free to enter

9 April Beckenham (Beckenham Running Club HQ)
7 May Victoria Park, Hackney
4 June Battersea Park
2 July The Dome (North Greenwich)
30 July Victoria Park, Hackney
3 September Beckenham (Beckenham Running Club HQ)

.....Races to look to in May

Saturday May 16
British Masters Road Relay Championships
Sutton Park, Birmingham
Traditionally we put teams in for this and the captains will be asking around so we can get strong teams out. We have won golds in W35, W45 and W55, medals in M55 and placed highly in M35 and M45.
The women's race (separate medals for W35 (4 legs), W45, W55, W65 (each 3 legs) starts at 10.30am, the M55 (3 legs) and M65 race (3 legs) is at 12.15pm and the M35 (6 legs) and M45 (4 legs).

Why Not Run

Sunday, 17th May 2015.
This year's event will be raising funds for two local young people's charities: The Ben Daniels Memorial Fund (in association with Cardiac Risk in the Young) and Bromley Y. Funds raised for the Ben Daniels Memorial Fund will go towards holding a series of screening events in the local area to test young people (ages 14 to 35 years) for their cardiac health. All participants in Why Not Run 2015, who are aged betw
for further information – www.whynotrun.co.uk
http://www.whynotrun.co.uk

Blackheath & Bromley Harriers Open meeting, Norman Park, May 18

These open meetings have proved very popular in recent years. The first one of the summer is on Monday May 18. The 1500m is at 9pm and there is a 800m at 7.55.
Entry on the night is £6 (£4 if you enter by Friday)
details on http://www.bandbhac.org.uk

7Oaks7 race entry now open

This year the 22nd 7Oaks7 run will be held on bank holiday Monday, 31 August 2015

Fee again unchanged: £11 Affiliated / £13 Unaffiliated / £15 On the day (subject to availability)

A course map, race notes, and other entry details can be found at: http://www.7oaks-ac.org.uk/sevenoaks-7

Monday May 25 Bupa London 10,000

This race includes the UK road race championships and the club gets 6 free men's and 6 free women's places.
The race is run over a fast traffic-free course through Trafalgar Square and along the river and places go to the six fastet men and six fastest women available.
If you are interested in competing and haven't been in touch yet, then you need to let Steve Smythe know if you want to have a free entry in one of Britain's fastest and top 10k races and be one of the club's six runners.
steve.smythe@athleticsweekly.com

Dulwich Runners 2015/16 Fixtures

Further information regarding races will usually be here in SHORTS and or announced on a Wednesday club night.

Cross country and other races for 2015/16 have been announced.
Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

Date		Race		Venue
Jun	1	Battersea Park 2 miles	short	Battersea
	4	Assembly League Battersea Park 7:30pm		Battersea
	21	Ranelagh Richmond 10k	medium	Richmond
Jul	2	Assembly League The Dome North Greenwich 7:30pm		The Dome, Nth Greenwich
Jul	10	Mark Hayes Mile	short	Dulwich College Track
	30	Assembly League Victoria Park 7:30pm		Hackney
Aug	Mon 31	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	3	Assembly League Beckenham Running Club HQ 7:30pm		Beckenham
Sep	19/20	SEAA Road Relays		Aldershot
Oct	4	Middlesex 10k	medium	Victoria Park 10:30
	10	**Surrey League match 1**	**men**	**Wimbledon Common**
	10	**Surrey League match 1**	**women**	**Nork Park**
	17	**Surrey Masters (tbc)**		**Richmond**
Nov	1	**Cabbage Patch 10**	**CANCELLED**	**CANCELLED**
	7	**Surrey League match 2**	**men**	**Walton**
	14	**London Champs**		**Parliament Hill Fields**
	tbc.21	**South of Thames 5 mile race, (date and venue tbc)**		**Denbies Vineyard**
	tbc 22	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
Dec	5	**Surrey League match 2**	**women**	**Lightwater**
	19	**South of Thames championship**		**Tonbridge**
		2016		**2016**
Jan	9	**County Champs (Surrey & Kent)**		
	16	**Surrey League match 3**	**men**	**Reigate Priory Park**
	16	**Surrey League match 3**	**women**	**Reigate Priory Park**
	tbc 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**		**tbc**

Cross country **Club Champs** **Assembly League** **Misc.**

A list of track meetings can be found on page 8

Race Reports & Results

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

Tonight Wednesday: Beckenham Relays

Based on those who have already expressed an interest, it looks like (tonight) we will have at least 5 men's teams and 3 women's team but there is a good chance we could have more and we might also field some mixed (2 men, 1 women) teams.
Anyone interested in running (any one any speed welcome) for Dulwich must be at the Beckenham Cricket Club in Foxgrove Road before 7pm (ideally 6.45pm) so all the team line ups and order can be sorted out well before the 7.30pm start in the Park.
If you want to do or now can't do contact:
steve.smythe@athleticsweekly.com

Whitstable 10K 4th May 2015

Bank holiday weekend saw the extended Bell family descend on Whitstable and after a meal on Sunday night, to celebrate Andy's birthday, it was a nice to have a leisurely 11.00 start on Monday.
This should be quick course with a fast first mile, all downhill, and then pretty much on the flat, with only one small incline. However the organisers hadn't counted on somebody parking illegally and causing a chicane just after the start line but we were soon away. The only other problem you can face is a headwind for the second half. The wind was light at the start but building (sailing term for getting stronger). Never a gale but clearly had some effect as organisers commented on leading times being slower than previous years. Andy unfortunately had to pull out, whilst on course for a sub 40, with a hamstring strain.
Belinda chased her Dad hoping to emulate her win over him at parkrun two days prior, but just failed. Penelope finished solidly in the middle of the field in what will be almost her last run before going to Australia
This is a great day out, with well marshalled event but limited to 700 runners so you need to enter early
Day was finished on the beach watching Morris Dancers and drinking beer. Perfect ! ***- Bob Bell***

110	Bob Bell	47:54 (chip 47:31)
140	Belinda Cottrill	48:56 (chip 48:41)
317	Penny D'Arcy Graham	56:49 (chip 56:28)

654 Finished

Milton Keynes Marathon, May 4

Mark Lacey ran a good marathon debut and became another Dulwich Runner to break three hours for the first time.
Steve Smythe
16 Mark Lacey 2:54:08 (2:54:04 chip)

Sutton Runners 10k 10.05.15

This race is held in scenic Nonsuch and Cheam Parks to the southwest of London, venue for a women's cross country earlier this year. The course was a 1k loop past the café and two 4.5k larger loops mainly in the parks but on pavement for a brief period. There were a couple of gentle hills each lap, one coming out of the dip after running past the xc/Parkrun finishes and another on grass coming into the park after a road section.

Andy had entered for 10k practice before the June Ranelagh race but hadn't really thought through racing this distance two weeks after London. However, he managed to make his modest target on the day of sub-45 despite having no power up the hills. Martin was watched by wife Carys and their happy baby, running steadily at just over 46. Lucy had only run hilly 10k's at Brockwell Park previously and beat last year's best there but not quite this year's.

The race was very well organised and offered chip timing, bag store, portaloos and goody bag for a reasonable £14. It was not mega-competitive in the middle of the field and provided a great route for a Sunday run, on park path, pavement and grass. ***- Ros Tabor***

163 Andy Murray	44:33
198 Martin Double	46:08
247 Lucy Clapp	48:35

472 finished

Southern Vets League Sutcliffe Park, May 11

Despite having been in Britain's 24 hour race team, Emily Gelder (running for Cambridge) showed good speed with a second in the 200m and then sprinting past long time leader Andrea Pickup (running for Blackheath) in the last 100 metres to win the 1500m easily. Andrea finished third with a good season opener.
Emily also got points in the throws and ran in the relay along with Cara, who easily won the B 1500 and also ran the 200m. Ros ran just the 1500m and easily won the combined W50/W60 race and helped Cambridge to second just ahead of Blackheath in third. ***- Steve Smythe***

W35: 200A: 2 Emily Gelder	31.2
W35: 200B: 4 Cara Oliver	34.0
W35: 1500A: 1 Emily Gelder	5:16.3
W35: 1500A: 3 Andrea Pickup	5:21.8
W35: 1500B: 1 Cara Oliver	5:35.1
W35 4x100 4 (Camb H): with Emily, Cara	63.1
W35: SP: 5 Emily Gelder	5.05
W35 JT: 4 Emily Gelder	13.92
W60: 1500: 1 Ros Tabor	5:59.9

Assembly League 3.5m race 2 Victoria Park Thur. 7 May

No less than 30 Dulwich Runners made the trek to Hackney and comprised nearly 10% of the big field of 314, reputedly an Assembly League record turn-out , all the more impressive considering the quick Viccy Park course of three and a half miles is the most remote of the fixtures.

The men performed well enough and were mid-table in the team race among a very high quality field, but the women really stole the show, reversing their loss to Kent AC in the Beckenham fixture and winning on count-back. So it's all square after two races and the Dulwich ladies have really thrown the gauntlet down by showing that last year's all-conquering Kent squad are beatable if we can get our best team on the start line - which we will have to repeat at the other four races throughout the summer to stand a chance of snatching the title back after last year's disappointing 4th place.

And it's not all about the A teams – the B teams are holding their own and lie second in both men and women categories. After some indifferent recent races, and the last three outings here outside 19 minutes, I was well pleased to record a time only one second short of my best here from 2011. Hardly a breakthrough (5th time in the 18:50s) but at least nice to be matching form from a few years back. Next was Wayne, and considering he's only currently running a couple of times a week while nursing a dodgy Achilles he managed to be just 8 seconds shy of his best time here from last year; why bother training at all Wayne?

A half-minute window then saw the next four Dulwich heroes come in, led by Kev Chadwick storming home with a 24 second course best; all that winter training wasn't just for the marathon. Kev just got the nod over good runs from Lloyd, whose comeback appears to be coming along nicely and who closed the men's A team, and Clare Elms, who had to test herself to catch and pass two women in the latter stages and gain a valuable second overall towards the team standings.

She was followed by James Burrows reaping an even more impressive improvement from a consistent winters training, knocking nearly a minute from his best time here only last August. Closing our sub-21 clockings was Ian Lilley, also coming back from injury and getting closer to his best form.
Yet another comeback man, Rob is still improving slowly but surely, and he did well to hold off the very welcome return in a Dulwich vest by Mel, pushed to a 2 second improvement of her best time by a very good debut run from Claire Baglin; these two beat another couple of women by just a handful of seconds which of course secured our A team win. Andrea was less than half a minute down and is running well on limited racing so far this year; she did well to hold off recently injured Tom South and Nicola, close to her best time.

Next was Steve, easing round after his marathon tribulations, and a great debut from Gideon in a time for the 3.5 miles on a par only with his best 5k parkruns. Welcome visits from Mike and Ola saw them secure 1st M60 and 2nd W45, just in front of solid runs from Andy Murray and Jo Brady. Another tight grouping of similarly dependable runs followed from Ian, Ros (1st W65), Graham and Matt.

Behind these Katie Styles had a blinder, running a time far superior to her recent 5k PB, coming in just behind Katie Crowe; these two were half a minute ahead of Barrie-John, much faster than his last run here. Dave, Lindsey, Karina and the ever-present Kev Woods completed a great showing for the club.

23	Tony Tuohy	M50-2	18:52
39/38M	Wayne Lashley	SM	19:27
61/60M	Kevin Chadwick	SM	20:12
62/61M	Lloyd Collier	SM	20:13
2W/65	Clare Elms	W50-1(2W)	20:21
71/69M	James Burrows	SM	20:34
80/76M	Ian Lilley	M40	20:58
89/85M	Rob Cope	M40	21:17
5W/96	Mel Edwards 2nd claim	SW(5W)	21:27
6W/97	Claire Baglin	SW(6W)	21:29
12W/115	Andrea Pickup	W45-1(12W)	22:01
124/112M	Tom South	SM	22:07
15W/131	Nicola Richmond	W40-2(15W)	22:15
133/117M	Steve Smythe	M55-5	22:22
137/121M	Gideon Franklin	M50	22:28
140/124M	Mike Mann	M65-1	22:31
17W/144	Ola Balme	W45-2(17W)	22:39
181/151M	Andy Murray	M60-5	23:40
182/152M	Joseph Brady	M45	23:44
203/166M	Ian Sesnan	M55-7	24:21
38W/205	Ros Tabor	W65-1(38W)	24:23
212/172M	Graham Laylee	M55-8	24:30
221/177M	Matt Ladds	SM	24:39
54W/242	Katie Crowe	W35(54W)	25:26
55W/243	Katie Styles	SW(55W)	25:28
255/193M	Barrie-J Nicholls	M60-7	26:01
273/201M	Dave West	M55	27:05
74W/276	Lindsey Annable	W45-8(74W)	27:27
87W/302	KarinaBurrowes	SW(87W)	29:37
313/218M	KevinWood	M55	32:22

314 finishers

Men team on day: 1 Kent 18; 2 Stock Exchange 53; 3 VPHTH 59; 4 Ravensbourne 117; 5 Serpentine 121; 6 Lloyds 126; 7 Eton Manor 166; 8 Dartford RR 172; **9 Dulwich 182**; 10 Cambridge 293; 11 Beckenham 374; 12 Petts Wood 437; 13 Aquila 484

Men Overall after 2 events (15 for 1st etc)
1 Kent 30 (62); 2 VPHTH 25 (129); 3 Stock Exchange 25 (158); 4 Lloyds 24 (184); 5 Ravensbourne 23 (204); 6 Serpentine 20 (233); **7 Dulwich 20 (248);** 8 Eton M 16 (355); 9 Dartford RR 14 (380); 10 Beckenham 13 (536); 11 Camb H 10 (636); 12 Petts W 9 (717); 13 Aquila 6 (1048)

B team on day: 1 Kent 74; 2 VPHTH 132; 3 Serpentine 219; 4 Stock Exchange 222; 5 Lloyds 298; 6 Eton Manor 324; **7 Dulwich 342**; 8 Ravensbourne 534; 9 Dartford RR 608; 10 Petts Wood 816; 11 Cambridge 844; 12 Aquila 856

Men B Team after 2 events: 1 Kent 30 (184); **2 Dulwich 24 (480)**; 3 Serp 24 (481); 4 Lloyds 24 (515); 5 VPHTH 22 (454); 6 Stock E 20 (554); 7 Eton M 20 (631); 8 Ravens 20 (780); 9 Dartf RR 12 (1153); 10 Petts W 12 (1300); 11 Camb H 9 (1488); 12 Beckenham 6; 13 Aquila 4

Women team: 1 Dulwich 13; 2 Kent 13; 3 VPHTH 42; 4 Beckenham 100; 5 Eton M 104; 6 Serpentine 110; 7 Dartford 163; 8 Ravensbourne 207; 9 Petts Wood 220; 10 Lloyds 223; 11 Camb H 247

Women Team after 2 events: 1 Kent 29 (23); **2 Dulw 29 (29);** 3 VPHTH 26 (95); 4 Eton M 23 (161); 5 Beck 23 (176); 6 Serp 20 (240); 7 Dartford 18 (266); 8 Ravensbourne 16 (345); 9 Lloyds 13 (369); 10 Camb H 11 (412) 11 Petts W 7; 12 Stock E 5

Women B team on night: 1 Kent 37; **2 Dulwich 44**; 3 VPHTH 71; 4 Eton M 153; 5 Beckenham 184; 6 Dartford RR 200; 7 Serpentine 231

Overall: 1

Women B Team after 2 events: 1 Kent 29 (75); **2 Dulw 29 (79)**; 3 VPHTH 26 (147); 4 Eton M 23 (282); 5 Beck 23 (290); 6 Dartf RR 20 (360); 7 Serp 9

Steve Smythe adds....

Assembly League, Victoria Park, May 7

It was the biggest Assembly League in history with a record 314 finishers in its 40th year and we had excellent turn outs ourself with a good range of abilities though we did miss a few quicker men that run in Beckenham due to marathon fatigue.

The women's performance was excellent and saw us beat Kent Champions Kent AC, who fielded their strongest ever team but lost out to us on countback.

Clare Elms had been having breathing tests at hospital all afternoon and only made a late decision to run and still was a comfortable second to 2:43 marathoner Amy Clements though did have breathing problems and had to stop at one stage near the finish.

It was good to see Mel back in Dulwich colours and she ran her usual well paced run and was followed all race by Claire Baglin. Crucially Mel and Claire passed Kent's third scorer Chester marathon winner Cath Stibbs mid race and when the points were added up, both Kent and Dulwich scored 13 but it goes to the position of the third scorer and Claire's 6th bettered Stibbs' 8th.

Overall though, Kent have the smallest lead after 2 races. Despite a very strong B team (Andrea, Nicola, Ola) we lost out on the night to Kent and again there is nothing in it after 2 races.

The men's team wasn't the strongest but I can't recall us ever finishing as low as 9th before in the 22 years we have been in the league but it was one of the best quality depths ever – Tony his fastest time for the full course and led us in in just 23rd. Other A team scorers were Wayne, Kevin and Lloyd who all ran well-paced runs.

We drop to 7th overall.

The men's B team were seventh with James, Ian, Rob and Tom scoring but a better first league in April see us surprisingly holding on to second place overall in the B section.

Crystal Palace Canter 5K

7th May

On a very windy day Ros and Ian ran this race, Ros was taking it easy due to track that evening. **- Ian Sesnan**

I2	Ian Sesnan	22.49
6	Ros Tabor	24.11

Vets AC 5 mile

Tuesday 12 May

A rather low key affair with a small field of runners and a few more race walkers over almost three laps around Battersea Park. Was curious how 5 miles on flat road would feel, having raced the distance only at cross country before. Should in theory be faster than 10k pace and definitely faster than my 10 mile pace. But wasn't somehow. Legs not up to anything faster yet maybe. And headwinds. And being slothful on my own. Which I was for most of the race.

We started quite optimistically in a bunch of four, all secretly thinking, hm, maybe I can win that. But it soon became apparent that the pace set by the leader was too fast for me and I eased back to about 6 min/mile. Soon all four of us were strung out at more or less equal distance, me in third place. And there I remained to the finish, which I overshot, not being sure where it would be exactly. A voice finally called out: "You've finished, come back, come back!"

My time was a few seconds slower in the end than at halfway point of my Sidcup 10 mile race earlier this year and my pace had dropped each mile except the last. But at least we overtook anybody else in the park on two feet, and there was a lot of running going on at this lovely evening in Battersea Park. Have to give it another go in the future!

3	Ebe Prill	31:10

London Marathon Last 7.2km Who overtook the most?

London Marathon logged the last 7.2km and compared positions. Obviously in comparing who overtook the most, this is unfair on Charlie and Shona who didn't have that many ahead of them but were easily the fastest over that section and both passed over 40 runners.

Karina came out best as she finished very strongly in a very congested part of the field. ***- Steve Smythe***

Karina Burrows	+1435 – 44	= net 1391 overtaken
Laura Lane	+ 766 – 113	= 653
Lucy Cartlidge	+782 – 191	= +591
Pat McMorrow	+646 – 156	= 490
Angela Norris	+519 – 5	= 514
Helen Lister	+423 – 15	= 408
Gideon Franklyn	+304 – 67	= 237
Patrick Beardmore	+504 – 274	= 230
Steve Davies	+147 – 5	= 142
Ebe Prill	+192 – 53	= 139
Kevin Chadwick	+204 – 162	= 42
Shona McIntosh	+46 – 7	= 39
Charles Lound	+43 – 5	= 38
Andrew Bright	+ 187 – 176	= 11
Jim Dowsett	+291 – 302	= -11
Laura Long	+151 – 258	= -107
Steve Smythe	+91 – 374	= -283
Clare Elms	+20 -319	= - 299
Claire Steward	+233 – 693	= -460
Barry John Nicholls	+296 – 849	= -553
Andy Murray	+78 – 953	= -875
Jon Hyde	+213 – 1122	= -909
Selma Benattia	+98 – 1338	= -1240
Steve Wehrle	+98 – 1453	= -1355
Jo Walker	+92 – 1858	= - 1766

parkrun **May 9th**

Banstead Woods

191 ran

Pos	Gen		
2	2	Tony Tuohy	17:37

Bexley

284 ran

Pos	Gen		
7	7	Michael Fullilove	20:30

Brentwood

112 ran

Pos	Gen		
9	1	Kim Hainsworth	21:13

Brockwell

256 ran

Pos	Gen		
22	1	Ola Balme	20:19
48	5	Michelle Lennon	21:56
53	46	Graham Laylee	22:08
62	8	Ruth Bennett	22:32
66	58	Cameron Timmis	22:38
122	97	Alex Haylett	25:51
157	45	Sharon Erdman	27:31
229	93	Susan Vernon	31:51
251	141	Chris Vernon	36:01

Bromley

548 ran

Pos	Gen		
132	120	Colin Frith	23:20
316	255	Peter Jackson	27:49

Crystal Palace

228 ran

Pos	Gen		
43	41	Bob Bell	22:38
57	5	Yvette Dore	23:36
60	6	Belinda Cottrill	23:41
69	8	Clare Wyngard	24:05
77	67	Michael Dodds	24:18
121	97	Paul Hilton	26:29
129	27	Penny D'arcy Graham	26:52

Dulwich

177 ran

Pos	Gen		
14	14	Simon Burnett	19:27
27	25	Graham Stanton	20:53
28	26	John Fletcher	21:02
51	48	Duncan Wilson	22:03
104	82	Mick Mead	26:12

Fulham Palace

268 ran

Pos	Gen		
112	20	Lindsey Annable	24:19

Hilly Fields

150 ran

Pos	Gen		
13	13	Gary Sullivan	20:45

Mile End

This was Ros's 100th Parkrun and , as is quite common, she took the w65 and age grade records for the course plus best age grade of the day nationally (94.2%). The 100 have been run over the last 8 years at 37 different venues and Ros currently holds the age graded record at 15 of them and has been first woman at 10 of them. In addition to the 100 runs she has also volunteered 45 times.

Mile End was a friendly Parkrun, held over a two lap course in a linear park created by the Grand Union canal. the start/ finish area is reachable from Limehouse DLR or Mile End underground. Pluses were changing rooms, lockers and a coffee van, slight downers were the two hills to get over in each direction each lap. ***Andy Murray***

162 ran

Pos	Gen		
39	38	Andy Murray	21:22
43	42	Ian Sesnan	21:48
44	2	Ros Tabor	21:51

Newark

199 ran

Pos	Gen		
16	15	Martin Morley	22:17

Orpington

152 ran

Pos	Gen		
80	68	Steve Wehrle	27:44

Peckham Rye

95 ran

Pos	Gen		
1	1	Stephen Davies	17:32
3	3	Rob Cope	19:26
7	7	Gideon Franklin	20:08
37	10	Claire Barnard	25:35

Riddlesdown

Ange Norris ran her 200th parkrun at Riddlesdown and was celebrating with a pint at 10am.
Alex Elms won despite going off course with a sub-18 while Clare Elms had to work quite hard to gain her 91st parkrun win after another woman started very quickly. ***Steve Smythe***

136 ran

Pos	Gen		
1	1	Alex Elms	17:57
3	1	Clare Elms	18:49
11	9	Stephen Smythe	20:33
15	3	Ange Norris	21:11

Victoria , Glasgow

271 ran

Pos	Gen		
106	17	Eleanor Allan	23:24

Day	Track / Location	Event	Host	Website
May				
Wed 13	Battersea Pk	Rosenheim	Belgrave	
Wed 13	Brighton	Open BMC	Brighton Phoenix	www.brightonphoenix.org.uk
Sat 16	Parliament Hill 10,000	Open Night of the PBs	Highgate Harriers	www.highgateharriers.org.uk
Mon 18	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Sat 23/Sun 24	Kent County Champs	Open	Ashford	http://www.kcaa.org.uk/fixtures.htm
Wed 27	Croydon	Rosenheim	Croydon Harriers	www.croydonharriers.co.uk
Wed 27	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Sat 30	Mile End	SML	VP & TV	
June				
Mon 1	Mile End	Open	Just Timing	http://justiming-live.co.uk/mile-end2015.html
Tues 2	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Wed 3	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Sun 7	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Mon 8	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Mon 8	Hillingdon	SCVAC		
Wed 10	Wimbledon	Rosenheim	Hercules Wimbledon	www.herculeswimbledonac.org.uk
Sat 20	Tooting	SML	HHH	
Mon 22	Battersea Park	SCVAC		
Wed 24	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
July				
Wed 1	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Wed 1	Battersea Pk	Rosenheim		
Sat 4	Tooting	SML	HHH	
Mon 6	Mile End	Open	Just Timing	http://justiming-live.co.uk/mile-end2015.html
Tues 7	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Sun 12	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Mon 13	Perivale	SCVAC		
Mon 20	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Wed 22	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Wed 22	Tooting	Rosenheim	HHH	www.hernehillharriers.org
Sat 25	Tooting	Open	HHH	www.hernehillharriers.org
Sat 25/Sun 26	Birmingham	British Masters		
August				
Sat 1	Eton	SML Final		
Mon 3	Mile End	Open	Just Timing	www.justiming.co.uk
Tues 4	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Mon 10	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Wed 12	Kingsmeadow	Rosenheim Final		
Wed 19	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Wed 26	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Sat 29	Tooting	Open	HHH	www.hernehillharriers.org
September				
Sun 5	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Sun 6	Ashford	SCVAC Final		
Wed 9	Parliament Hill	Open	Highgate Harriers	www.highgateharriers.org.uk
Sat 12/Sun 13	Erith	Kent Masters Champs		http://www.kcaa.org.uk/fixtures.htm
Wed 16	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html

DULWICH RUNNERS MIDSUMMER 5K

THURSDAY 25 JUNE -5k at 7.45pm, 1 mile junior run at 7.15pm

Please make a note of this date in your diary

Our annual 5k fundraising run is back in Dulwich Park this year.

We will need around 30 marshals to help:

- Set out the start and finish area
- Control traffic to the car park
- Direct runners on the course
- Record finishers' numbers and times
- Give out medals and water at the finish

Please contact Andy or Ros if able to help.

d10k@28kerfield.freeserve.co.uk

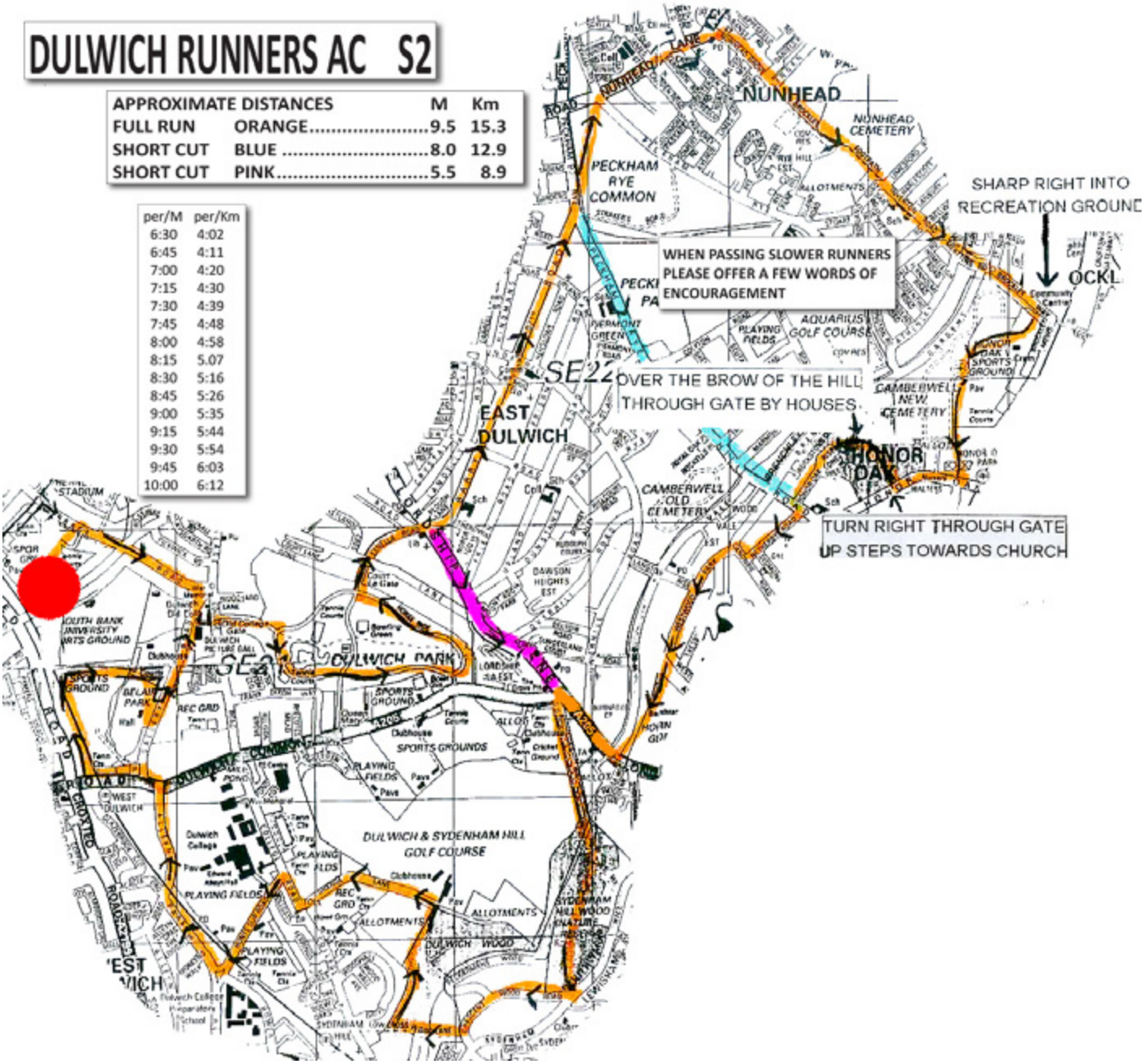
If you wish to run please let us know but offer to marshal first.

Once we have enough marshals we can advise DR volunteers who wish to run.

We also need publicity – putting posters up at leisure centres etc, social media messages.

Race website http://www.dulwichrunners.org.uk

DULWICH RUNNERS AC S2

APPROXIMATE DISTANCES		M	Km
FULL RUN	ORANGE	9.5	15.3
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	5.5	8.9

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