SHORTS

Dulwich Runners AC
Weekly Newsletter
June 3rd 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 03 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 04 Assembly League - Battersea Park
Tue 09 Track Session - Dulwich College Track
7 for a 7:10pm start £1 per session...see below

In your SHORTS this week !

1... General information
2... Social Spot - upcoming social events
4... 2015 Dulwich Runners Club Champs races diary
5... Fixture list, club champs,XC, road, track
6... Race reports and results
7... 2 mile Club Champs
10... Parkrun results
12... 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

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 7.15

HILL SESSIONS

while I won't always be in attendance there is likely to be an organised track or hill session at Dulwich every Saturday leading up to the club mile.
It will probably be at 10am though will give confirmation and fuller details later in week. ***- Steve Smythe***

EVENT HORIZON

A brief look ahead

full fixture list **page 4**

June 4 Assembly League Battersea park

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

Many thanks to **Hugh French, Barrie John Nicholls and Gareth Bellamy** 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**

Mike Mann	**03/06**
Ebe Prill	10/06
Ian Sesnan	17/06

LUCKY VEST

Tonight

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)

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

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

UPDATE ON JOSE

Hello

José is now at the intensive care unit at Stanmore RNOH and is able to speak :-) he would welcome visitors. Visitors are limited to two at a time, with priority to family. Visiting hours are 09:00 to 21:00 (except 19:30-20:00).

I can't manage an effective booking service so if visitors get there and someone else is already visiting then the best coffee is available up at the swimming pool.

Please do contact me if anyone wants an update before visiting.

Thank you for all your best wishes,

Katie katherine.barretta@yahoo.com

70th parkrun, day after my 70th birthday

- Susan Vernon writes:
Thank you to all the Dulwich Runners who turned up at Burgess Park last Saturday to support me on my 70th parkrun. It was fantastic to see so many red and blue hooped t-shirts and vests! I really did appreciate your company and hope you enjoyed the cake etc after your run.

I enjoyed every moment of the run and huge thanks to Stephanie Burchill for her company and quiet encouragement along the route. Of course I am now in a new age group so a pb today. Woohoo

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 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

There is still time to enter so please let me know if you would like to run
So far we have runners for three teams,

Andrea Pickup
Helen Lister
Laura Long
Elkie Mace
Ebe Prill
Tom South
Kevin Chadwick
James Burrows
Ian Lilley

If you would like to run please contact Barry Graham - barry@bg1.co.uk

When? Wednesday 17th June, 19:30 **Where?** Crystal Palace Park

What? Teams of three , each person will run 5k on a traffic-free route within the park.
Further details? Can be found on our website: http://crystalpalacefunrunners.co.uk/dino-dash-relay/
Entries? Tickets are £15 per team

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	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 11**

June 21: Club 10km champs: Richmond

Note entries could soon be closed
Details: http://www.sportsystems.co.uk/ss/event/RanelaghHarriersRichmond10K1234
According to the website the following Dulwich Runners have been entered - and at 40 it's slightly lower than recent club champs entries.
SM: T Bowen, J Burrows, K Chadwick, T De Belder, P Devine, H French, A Haylett, JG Harrison, M Ladds
M40: M Callaghan, R Cope, S Davies, J Dowsett, P Keating, I Lilley, C Lound, C Timmis
M50: C Bailey-Wood, M Dodds, G Franklin, A Patel, E Prill, S Smythe,G Sullivan
M60: B Bell, M Mann, A Murray, B Nicholls
SW: C Baglin, S Benattia, K Hainsworth, L Long, K Styles
W40: L Annable, N Richmond, J Shelton
W50+: C Elms, R Tabor, C Wyngard

Steve Smythe says many thanks to all those who generously contributed to my coaching card and gift.

NB while I won't always be in attendance there is likely to be an organised track or hill session at Dulwich every Saturday leading up to the club mile.
It will probably be at 10am though will give confirmation and fuller details later in week.

Date for your diary:
Aldershot Road Relays 19/20 September 2015

The SEAA Road Relay Championships or 'Aldershot Relays' will be on 19th (women) and 20th (men) September 2015. These include separate senior and veterans categories and we usually manage to get a few teams out for what is a great day out. We'll be sorting out the entries later in the summer, but for now mark this in your diaries.

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

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 :

21 Jun	Ranelagh Richmond 10k (medium)
10 July	Mark Hayes Mile, Dulwich College track (short)
31 Aug	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
Races still to come:
2 July The Dome (North Greenwich)
30 July Victoria Park, Hackney
3 September Beckenham (Beckenham Running Club HQ)

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 .

Edinburgh marathon.

I fancied running a spring marathon this year, so I signed up to run the Edinburgh marathon. Not then expecting to gain a London marathon place from the club(thank you),to which I was then left in a bit of a dilemma as to run both(I mean we are not all Kevin chadwicks you know).

I thought that it would defiantly be doable, and could carry the fitness gained from the London marathon training through to Edinburgh (easier said then done). Not only was it an injury interrupted London build up, but I found it very difficult to keep motivated after London, with only a 12 mile effort to show as my longest run between the two races, but with flights and hotel booked, I couldn't back out now.

One of the reasons I was attracted to enter Edinburgh, was their claim that it's the fastest marathon in the UK, plus the fact that hopefully being in Scotland, the weather shouldn't be that warm, which is just the way race day turned out. The forecast was for persistent rain all morning throughout the race, but the marathon gods must of been looking down on us, as the rain seemed to clear just as we where putting are belongings onto the baggage trucks.

I was in the White starting pen, and there was the normal anticipation before we were set off by the starter with a small time gap between each of the starting pens to avoid congestion in a narrow area, about a mile after the start. The temptation was so hard not to go out to quickly from the start, with a mix of both a down hill start which seems to carry on for the first few miles, and a strong breeze from the sea at around the 5 mile mark when we came to portobello promanard, which seamed to push us along for most of the way.

I went through half way in 1:43:43 feeling ok, and then pushed on to the 18 mile mark when the course turns back on its self and you run through the grounds of gosford house, before joining the road which runs back along the sea, and in full view of the many runners coming the other way. This was when you realise how strong the wind was, and it really was hard on the body with the added resistance.

At the 20 mile point, this was where I really started to struggle at London, but here I felt really quite strong and seemed to pass quite a few runners in the last few miles until probley miles 24 and 25 where I recorded my slowest two miles of the race at 8.20 minute miles, before getting a second wind for the last mile when I thought there was a chance of a sub 3:30, but it wasn't to be, finishing just outside with 3:30:33 and a new P.b by just over a minute which I cannot grumble about. I think the strong winds in the last few miles, probley cost me 2 or 3 minutes, but hey, I was just pleased to get the race finished and now can look forward on concentrating on a bit of shorter distance stuff for the summer.
Winner 02:19:36
Jim Dowsett 3:30:33

Brussels 20k, 31st May

Ros and Andy joined Clare and me for this race for the third year in a row. The weather in Brussels generally gets a bad press but this isn't entirely fair. I particularly enjoy the place around this time of year but I wasn't disappointed when race day delivered temperatures belonging more to late March. Last year's event, despite being a whole fortnight earlier in the year, was simply too hot for my liking, not helped by the sheer numbers competing (well over 30,000). In the words of the local paper the emergency services had their quietest year ever this time on account of 'une meteo pluvieuse et fraiche'. Couldn't have put it better myself.

It's the fourth time Clare and I have participated, the one previous to this latest set was as long ago as the mid-90s, and my psyche tends to divides it into three broad sections. The first is pretty manic heading directly west from the European quarter into the fringes of the city centre, with a fair few cobbles, and then off the inner ring road due south towards the Bois de la Cambre under a succession of tunnels. It's mentally taxing too with runners darting here, there, and everywhere and you can easily find yourself, as I did at one stage, running behind roadside spectators in an attempt to avoid obstacles such as feed stations (unnecessarily premature ones if you ask me).

The second section is much more pleasant as it goes on a broad, bucolic sweep first through parkland and then through the well-heeled south eastern suburbs of the city. It's undulating here with a good surface, plenty of space and enthusiastic crowds, but much more down than up, all of which sets the scene, inevitably, for the third bit. This is a rather testing slog - as the crowds continue but the course becomes narrower and just a bit claustrophobic - up the hill to finish directly under the 'Brandenburg Gate style' national monument and thus almost, but not quite, back at the starting line.

It was three minutes faster and a much more comfortable experience all round for me this year, not only due to 'la meteo' but also because I had peroneal tendon issues this time last year. Andy and Ros ran it together 'doucement', only passing Clare at around 15k who, herself, was slightly outside her time from last year having, for one reason or another, not managed to do so much long distance training in 2015.

4269: Ros Tabor 1-34-04 (62 FV)
4534: Andy Murray 1-34-34 (1666 MV)
5077: Clare Wyngard 1-35-41 (91FV)
8892: Mike Dodds 1-41-57 (3245 MV)

Self Transcendence 2 miles (Club Championship)

Battersea Park, Mon 1st June

A very blustery evening greeted a superb turnout of 42 Dulwich Runners making up over a quarter of the field for the fifth race in this year's club championship series.

The tough conditions meant PBs were scarce but there was some great racing and plenty of impressive debut performances at the rarely raced distance. Rare enough that Clare E, Claire S, Steve D, Mike and myself have all gone top of the 2015 UK rankings for W50, W60, M45, M60 and M50, but Lloyd was so busy dipping for the line to edge club rivals he neglected to beat a runner from Fulham RC who now heads him at the top of the M40 rankings. By one second.

Straight from the sound of the starter's horn, Wayne was off on a mission. I watched him pull well away in only the first quarter-mile and thought it was all over already. His plan was to build up enough of a lead that he couldn't be caught in the final dash, and it nearly worked. A 5:03 first mile was as ambitious as it gets (to put it mildly) but by now I was digging in and holding him, but a good nine seconds down.

The wind was tougher after that first mile and round the last corner (650m to go) I could see Wayne was coming back; as I started my sprint with 400m to go it was obvious the poor sod was dying on his feet. Which was quite encouraging. Obviously I took no pleasure in passing a man so deep in the throes of lactic doom. Not much anyway..... Meanwhile, Steve Davies was having a skilfully-paced debut run at the distance, wisely laying off the pace early on, about five or six seconds behind me at halfway, but rewarded with a great time after coming through with another strong finish that Wayne just managed to repel, giving him his first victory over Steve this year. So Wayne can stay off the valium for a bit longer. Mind you, they both still moaned about their performances; what can you do?

That wasn't all, there was plenty going on not far behind. Mark Lacey turned in a good debut run at the distance and distanced himself a few seconds ahead of a Dulwich trio separated by next to nothing. Lloyd got the nod over new member Tom Rann, both with excellent debut 2-milers, just pipping Paul Devine with another strong run, though half a minute short of his superb 10:19 from last year, two seconds ahead of me – which he continues to remind me of ad nauseam. It's indelibly printed on my memory Paul, really it is.

Tim Bowen chased these three in just three seconds down with what is probably his best race to date. Ian Lilley's fitness return continues nicely as he managed to run within a few seconds of his time last year and his ever-present sprint was enough to get past James, whose debut run was nevertheless his finest short distance race thus far. The first of just three Dulwich PBs on this tough night was achieved by Ebe, who sneaked a couple of seconds off last year's time to emulate his 10k PB from last week, and was rewarded with the 3rd M50 medal. Clare started quickly and was forced to slow at the end but even below par was easily second woman in the race and 1st W50, coming in just ahead of solid runs from Rob and Ross, with Rob closing in now on last year's form. There was a welcome return to racing for Alastair, whose three month hiatus because of a stress fracture was hopefully ended with this solid test; no problems apparently, so should be more to come this summer.

Claire Baglin should be pleased with her debut run at such a short distance, which gained her 3rd place in the women's race, just ahead of Tom South, starting to race more again and acquitting himself well with sub-6 minute miling. Coach Steve would be the first to point out he is a little short of his rather good 9:56 PB (it was a little while ago...) and is probably fitter for longer races at the moment. Mike's winning M60 run compared favourably in the windy conditions with last year, while Gideon's very good debut was in line with his Westminster Mile only the week before. Laura Long's training is paying off; her debut 12:40 is excellent for her shortest race yet and secured her the medal for 5th place just ahead of Anna, whose well-deserved 6th in the race was similarly commendable. Hugh Balfour ran well in the conditions to be only two seconds short of his best from last year, a few seconds ahead of Alex Haylett who wasn't far short of last year either. Matt, Helen, Selma and Ruth all made very solid debuts at the short distance, while Hugh French, Ian and Bob were all quite close to their previous times on a tough night – and Ian and Bob's best times date from three years ago.

Next in was Michelle; having got a half marathon PB already this year she came to the shorter end of the running spectrum and ran well to nab only the second Dulwich PB of the night, five seconds better than last year. Lucy's debut was very good and picked up the medal for 2nd W50, while Graham was a little short of the form he showed in his 21:25 5k last week. The third and last of tonight's rare PBs was achieved by Barrie John, who seems to be on a bit of a roll at the moment; the Westminster Mile, parkrun and now 2 miles, all PBs and all in the last week! Claire Steward ran well to secure 1st W60 in the race, while Katie and Paul made good debuts. The Dulwich presence was completed by good runs in the wind too from Lindsey and Karina, while Steve Wehrle's time compares very favourably with his best recent parkruns; but Paul is a little short of his form in this race last year. - ***Tony Tuohy***

143 finished

Club Championship awards

Overall winner:	Clare Elms
2nd age grading:	Claire Steward
3rd age grading:	Lloyd Collier
Fastest Man:	Tony Tuohy
Fastest Woman:	Claire Baglin
1st SM:	Wayne Lashley
1st SW:	Laura Long
1st M40:	Steve Davies
1st W40:	Michelle Lennon
1st M50:	Ebe Prill
1st W50:	Lucy Clapp
1st M60:	Mike Mann
Captains' Award:	to follow

Name		Time	Points in age category		Age graded points	awards
Tony	Tuohy	10.28	m50	50	878	fastest M
Wayne	Lashley	10.33	m s	50	762	1st SM
Stephen	Davies	10.36	m40	49	820	1st M40
Mark	Lacey	10.44	m s	49	749	
Lloyd	Collier	10.49	m40	48	786	3rd age g
Tom	Rann	10.50	m s	48	730	
Paul	Devine	10.50	m s	47	756	
Timothy	Bowen	10.53	m s	46	730	
Ian	Lilley	11.02	m40	47	776	
James	Burrows	11.04	m s	45	730	
Eberhard	Prill	11.15	m50	49	824	1st M50
Clare	Elms	11.25	f50	50	938	overall win
Rob	Cope	11.26	m40	45	743	
Ross	Rook	11.30	m s	44	699	
Alastair	Locke	11.39	m s	43	684	
Claire	Baglin	11.48	f s	50	765	fastest W
Thomas	South	11.51	m s	42	701	
Stephen	Smythe	12.20	m50	48	777	
Mike	Mann	12.26	m60	47	835	1st M60
Gideon	Franklin	12.32	m50	46	733	
Laura	Long	12.40	f s	49	722	1st SW
Anna	Thomas	12.44	f s	48	713	
Hugh	Balfour	12.51	m60	45	772	
Alex	Haylett	12.58	m s	41	623	
Matthew	Ladds	13.04	m s	40	605	
Helen	Lister	13.10	f s	47	687	
Hugh	French	13.26	m s	39	619	
Selma	Benattia	13.28	f s	46	679	
Ian	Sesnan	13.28	m50	44	718	
Ruth	Bennett	13.31	f s	45	669	
Robert	Bell	13.32	m60	43	733	
Michelle	Lennon	13.37	f40	49	757	1st W40
Lucy	Clapp	13.39	f50	48	774	1st W50
Graham	Laylee	13.46	m50	42	702	
Barrie John	Nicholls	14.10	m60	41	700	
Claire	Steward	14.22	f60	47	882	2nd age g
Katie	Styles	14.24	f s	44	633	
Paul	Keating	14.38	m40	40	608	
Lindsey	Annable	15.16	f40	46	667	
Karina	Burrowes	15.53	f s	43	568	
Stephen	Wehrle	16.16	m60	40	644	
Paul	Hilton	16.24	m40	39	547	

Running in South Korea

Lindsey Annable writes: And so to our second in the series on running in Asia! Having just been in Seoul last week I couldn't fail to write a piece about the country and its running heritage after Gideon's excellent report!
In contrast to Japan running doesn't count as one of the popular sports in South Korea.

The Koreans are big fans of baseball, football and also golf – in fact there are at least three TV channels dedicated to baseball and two to golf, which of course carries much prestige in the business world. The hotel I was staying in even had a driving range on site.
Running on the other hand appears to be the poor cousin. As you can see from the jogging route proudly displayed at the hotel I stayed in, if you are running you aren't running far. The more eagle-eyed of you may spot that one route was measured at 0.24 km and the other at 0.43 km!

In fact there is an all together more gentle approach to exercise in general with many people taking walks in the morning in parks or on exercise treadmills. The hotel also had a so-called 'pathway 'of precisely 130m (!) that circumnavigated a square patio outside the gym. You could see people walking around it at various points in the day.

That said there is a well-known area in Seoul for running called Mount Namsan; the site also of a major tourist attraction the Seoul Tower. Mount Namsan is described as being at the centre of Seoul and historically was one of the city's fortifications. No prizes for guessing that it's a lung-busting hill or series of steep steps to reach any area vaguely runnable in the heat and humidity.

Once you are up there there's a running lane with marked distances (there's a bit of a theme going on here) and it appears to be made from the material of a running track. I only managed one very short run whilst I was out there at 5a.m. on Sunday after waking up some three hours earlier through jetlag! Thankfully at that time in the morning I avoided the stifling heat of later in the day. Needless to say there were plenty of walkers out in the park but no runners. It was then off to the airport for the twelve and a half hour flight back to London.

BBC Regent's Park 10k

28/5/15
A nice evening on a tight boring 3 lap course, for an event that has had considerable DR support in the past, but not this time. All I can say is it ticked a box in the comeback, and, without too much historical research, I'm pretty sure it was a PW.

25 Steve Williams 42:01 (8MV)

800m BMC meeting Eltham 27 May

Lloyd Collier 2:04.94
Lewis Laylee 2:05.87
Graham Laylee

parkrun

May 30th

Banstead Woods

213 ran

Pos	Gen		
4	4	Tony Tuohy	17:58

Bexley

315 ran

Pos	Gen		
16	2	Cara Oliver	21:11

Brockwell

275 ran

Pos	Gen		
23	22	Edward Lockhart	20:01
28	2	Caroline Pettigrew	20:17
54	8	Lucy Pickering	21:51
65	12	Nicola Richmond	22:27
66	13	Lucy Clapp	22:28
100	79	Desmond Edwards	23:50
216	137	Mark Callaghan	29:19

Bromley

534 ran

Pos	Gen		
310	234	Peter Jackson	27:44

Burgess

183 ran

Pos	Gen		
30	30	Hugh Balfour	20:54
38	38	Graham Laylee	21:12
39	39	Ian Sesnan	21:18
40	1	Selma Benattia	21:27
46	2	Michelle Lennon	21:56
51	48	Barrie John Nicholls	22:17
60	55	Paul Keating	22:46
62	7	Claire Steward	22:58
103	83	Steve Wehrle	26:12
145	42	Susan Vernon	30:12
146	43	Stephanie Burchill	30:12
171	114	Chris Vernon	33:54

Crystal Palace

228 ran

Pos	Gen		
2	2	Stephen Davies	17:36
3	3	Wayne Lashley	17:47
19	1	Kim Hainsworth	20:07
54	47	Bob Bell	22:38
77	13	Belinda Cottrill	23:47

Riddlesdown

183 ran

Pos	Gen		
58	9	Ange Norris	23:20

Hilly Fields

164 ran

Pos	Gen		
6	5	James Burrows	18:52
11	10	Stephen Smythe	20:25
15	14	Gary Sullivan	21:07

Fell Foot , Newby Bridge

140 ran

Pos	Gen		
5	4	Sam Crump	20:23

Lloyd , Croydon

196 ran

Pos	Gen		
3	1	Clare Elms	19:13

Maidstone

383 ran

Pos	Gen		
12	11	Michael Fullilove	19:25

Peckham Rye

Pacers Wanted

June 20th will see Peckham Rye parkrun become 1 year old, this will be a great chance to promote club membership while getting all the regulars to a Personal Best.
The Peckham Peculiar newspaper which goes to around 4000 readers around Peckham/Nunhead & East Dulwich area will be in attendance taking photos and interviewing runners.
I am aware its the day before club champs so please offer to pace a time a few minutes slower than your normal pace. I would like to fill all times from sub 20 to sub 35. Dulwich vests are a must however Charlie Lound has kindly offered to bring printed numbers for everyone

Email me at Kevchadwick@googlemail.com if interested or see the Facebook post

110 ran

Pos	Gen		
4	4	Kevin Chadwick	19:09
11	11	Gideon Franklin	20:25
20	1	Helen Lister	21:20

St Peters , Sydney, Aus.

298 ran

Pos	Gen		
140	23	Penelope D'arcy Graham	26:16

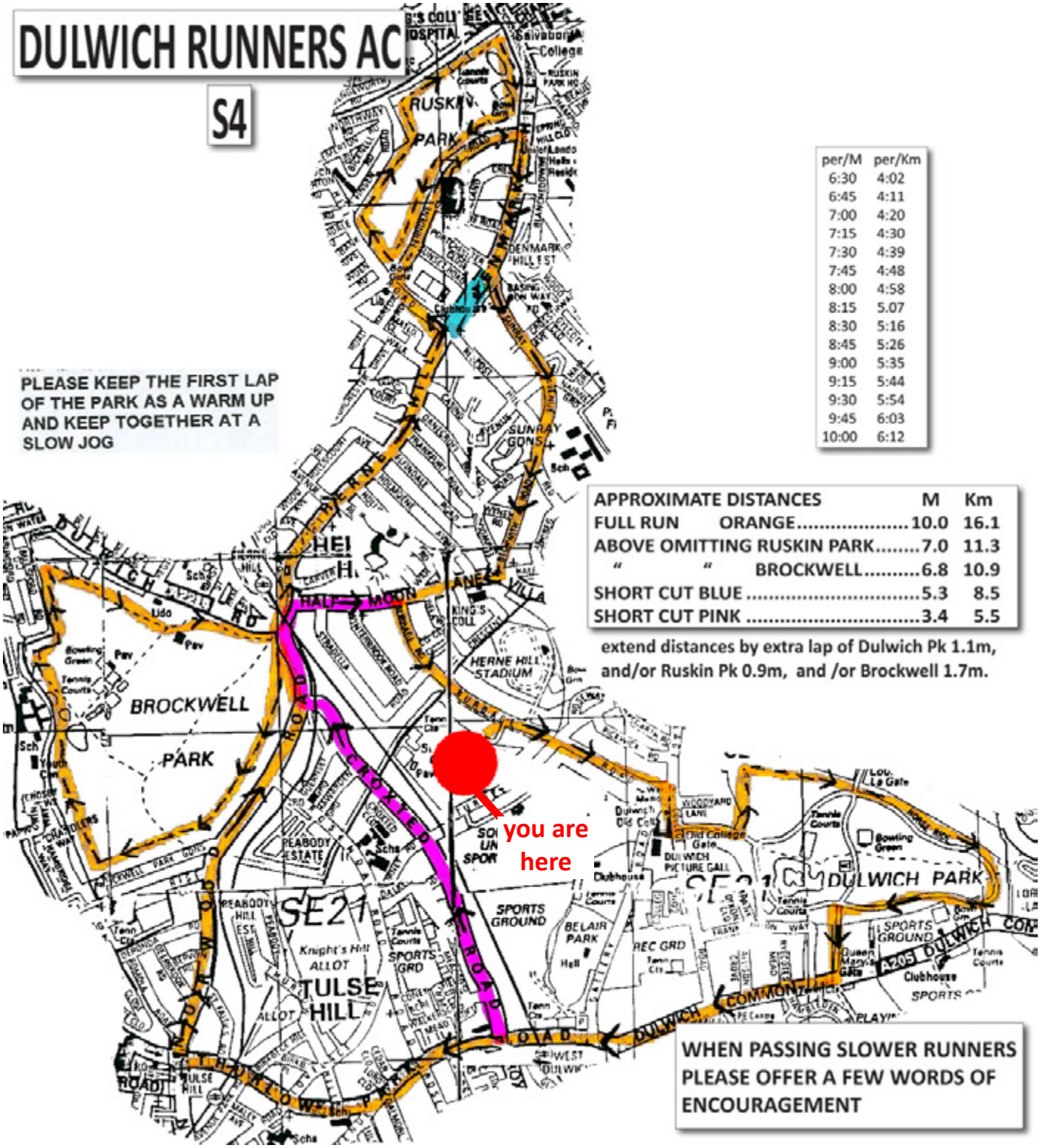
New members especially ! and others....

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.

Day	Track / Location	Event	Host	Website
June				
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 AC

S4



PLEASE KEEP THE FIRST LAP OF THE PARK AS A WARM UP AND KEEP TOGETHER AT A SLOW JOG

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

APPROXIMATE DISTANCES	M	Km
FULL RUN ORANGE	10.0	16.1
ABOVE OMITTING RUSKIN PARK	7.0	11.3
" " BROCKWELL	6.8	10.9
SHORT CUT BLUE	5.3	8.5
SHORT CUT PINK	3.4	5.5

extend distances by extra lap of Dulwich Pk 1.1m, and/or Ruskin Pk 0.9m, and /or Brockwell 1.7m.

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

Here be dragons