SHORTS

Dulwich Runners AC
Weekly Newsletter
June 24th 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 24 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 25 Dulwich Runners Midsummer 5k

Tue 30 **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. £1 per session
Be warmed up ready for the session to start at 7.15

TRACK or HILL SESSIONS

Track Session
The Track session on Tuesday had a record 50 attendees even though quite a few regulars, who ran the 10k, weren't there.
There will be another speed session this Saturday – more details on the Dulwich facebook page.

Suitable for all speeds, It is recommended that you don't run a parkrun quickly before the session!
Additional details will be on the DR facebook page later in the week. ***- Steve Smythe***

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**

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)

In your SHORTS this week !

1... General information
3... 2016 London Marathon Entries
4... 2015 Dulwich Runners Club Champs races diary
5... Fixture list, club champs,XC, road, track
6... Race reports and results
7... Richmond 10k Club Champs report
10... 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 25 Dulwich Runners Midsummer 5k

NEW RUNNERS ROTA

Many thanks to **Ian Sesnan** 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**

Jo Shelton	**24/06**
Tom South	01/07
Katie Styles	07/07

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***

July

Mark Hayes Mile Drinks - Friday 10th July

After the club mile, come along for a drink at The Alleyns Head.

Summer Picnic

Sunday 26th July - Dulwich Park

All welcome, meet from noon onwards on the West Lawns opposite the Pavilion Cafe, bring your chairs, tables, blankets, food, drink and settle in for the afternoon. Fingers crossed for some glorious summer weather!

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

José is now at 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 12 - 2 pm and 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

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

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

London Marathon 2016 guaranteed entries

On the Virgin Money London Marathon website now are details of entries guaranteed by marathon and half marathon times run in 2014 or 2015. There is an early deadline for good for age entries.

Good For Age Entry

If you've already run a full marathon in a particularly fast time, you might qualify for an automatic 'good for age' entry into the 2016 Virgin Money London Marathon.

Do I qualify?

You can apply for a 'good for age' entry if you've run a full marathon in the same time, or faster than, the times listed below, please note the times must have been achieved since the 1st January 2014:

Men	Time (in hours)	Women	Time (in hours)
Age 18-40	sub 3:05	Age 18-40	sub 3:45
Age 41-49	sub 3:15	Age 41-49	sub 3:50
Age 50-59	sub 3:20	Age 50-59	sub 4:00
Age 60-64	sub 3:45	Age 60-64	sub 4:30
Age 65-69	sub 4:00	Age 65-69	sub 5:00
Age 70-75	sub 5:00	Age 70-75	sub 6:00
76+	sub 5:30	76+	sub 6.30

How do I apply?

Applications for 2016 Virgin Money London Marathon 'good for age' entries are now open. Please click on the link below to apply for your entry. **The deadline to apply is 9 July at 17:00**.
Please be aware that once you have applied, we will be checking your application and if accepted we will send you an email confirming your log on details and a link to allow you to complete and pay for your entry.
You will receive this within 15 working days and certainly no later than the 17 July by 17:00. If you have not received either an acceptance or rejection email by that date please call our helpdesk on 020 7902 0200.
The closing date for completing and paying for your entry (if accepted) is 24 July at 17:00.
Please note 'good for age' entries are open to UK residents only.
https://www.virginmoneylondonmarathon.com/en-gb/how-to-enter/good-age-entry/

Championship Entry *[better start and runners count in the UK team competition]*

If you're a member of an athletics club associated with British Athletics and you achieved a championship -qualifying performance for a marathon (or half marathon) in 2014 or 2015, you can apply for a championship entry place in the 2016 Virgin Money London Marathon. The system to apply will open at the start of November 2015 – see below for more details.

Do I qualify?

You needed to have completed a marathon (or half marathon) in the same time as, or faster than, the times listed below – these are the official championship qualifying performance times. Your qualifying time must have been achieved after 1st January 2014:

Men	Time (in hours)	Women	Time (in hours)
Full marathon	sub 2:45	**Full marathon**	sub 3:15
Half marathon	sub 1:15	**Half marathon**	sub 1:30

How do I apply?

The 2016 system to apply for championship entries will open at the start of November 2015. All applications should be completed by early January – we will publish the deadline date here once the entry system opens. All applicants will be informed whether they have been successful or unsuccessful by email within 15 days of making their application.
To apply for championship entry, please check back here at the start of November.
https://www.virginmoneylondonmarathon.com/en-gb/how-to-enter/championship-entry/

THURSDAY 25 JUNE -5k at 7.45pm

1 mile junior run at 7.15pm

Thank you everyone who has offered to help at the 5k .
We now have enough marshallis etc., so if there if you who would ike to run we would welcome DR entries.

Also encourage children under 13 to enter the mile fun run

Thanks - Ros

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 :

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
15 Nov Epsom 10 (long)

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)

Day	Track / Location	Event	Host	Website
June				
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 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
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
	15	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
	tbc.21	South of Thames 5 mile race, (date and venue tbc)		Denbies Vineyard
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 3

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.

7 Oaks 7 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

Mark Hayes Memorial Club Mile

We have over 40 entries already – thanks to those who have taken the trouble to inform of your likely participation.
All speeds welcome.
If you intend to run, please let Steve Smythe know with an estimated time so we can seed the races.
steve.smythe@athleticsweekly.com
There will be some children's races – 600m for older children and a 300m for the youngest

I will be doing this "little" challenge this year on the Isle of Wight. Serpentine usually sweep up all the medals with a big team so I wondered if anyone would like to participate in the 3 race series over 2 days to give this a go.
You will need to arrange accommodation but there are plenty of small hotels with sea views in Ventnor.
http://www.ventnor-iw.co.uk/

Sep 26th	The St. Boniface Fell	(3.8km 235m ascent, FRA class AS)
Sep 26th	The Ventnor Horseshoe	(12km 443m ascent, FRA class BM)
Sep 27th	The Wroxall Round	(21km 487m ascent, FRA class CL)

Please can you email me to confirm you have entered. duncan.j.wilson@hsbcib.com

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 .

Self Transcendence 10k Battersea Park

Sat 13th June

Coming at the end of two weeks of heavy training I shouldn't have bothered. Just awful, worst 10k for 2 years, more or less gave up for second half. Really wanted to drop out. Less said the better.

17 Tony Tuohy 36:18 (1st M50)
152 finishers

British Masters Championship 5k, Horwich,

Sun 21st June

After winning BMAF M50 bronze medals in the last two editions of this event I made the trip again in preference to the Richmond 10k, although the chance of emulating a podium placing was much slimmer this year due to the addition of a number of quality runners who disappointed me enormously by having 50th birthdays in the last year.

Reigning champion Guy Bracken is even older than me but was going for his 4th title in a row, which he duly achieved, albeit in one of his slowest winning times due to very windy conditions (a trifling 16:11, 24 seconds slower than last year) and prevailing by only three seconds over one of the afore-mentioned brand new M50s. Fair play to him, he also ran the current world-leading M50 5000m time just a few weeks ago of 15:26. I'm not jealous much.

With the first two medals secured by those two the fight was on with about half a dozen of us going after the bronze. At least it seemed that way for a while until Paul Butcher pulled away to easily get the medal in 16:38. I fell away from the chasers on the second of three laps, gained on them again in the last mile but ultimately fell short finishing 6th in 17:05, 18 seconds down on my time last year.

I was initially very disappointed with this but have since noted that most runners who returned this year were 20-30 seconds down on previous times due to the strong wind and I finished just seven seconds behind 4th placed Simon Wright, another new M50 who recently won the BMAF 10 miles at Sidcup in 55:58. So not too bad – but not sure I'll make the trip again next year. Unless I'm running half a minute quicker of course. You never know, glass half-full and all that....

24 Tony Tuohy 17:05 6th M50

Southend Half Marathon, June 14

Emily Gelder had an excellent women's win in 84:50, which placed her 35th overall. ***- Steve Smythe***

Kent 10000m Championship, Dartford

Wed 17th June

A few days after Saturdays debacle, I hoped for a hefty improvement over the same distance, this time on the track.

With a very strong headwind up the home straight for 25 laps confidence was low and the initial pace felt hard despite not being that quick. Halfway came in 17:30 but despite by now having no runners to shelter behind my concentration was better and I ended up surprised to keep up the same pace for the second 5k with almost a negative split.

This was good considering it wasn't helped by starting my finishing effort a lap early due to a cock-up with the lap counter and there being no clock. After winding up my last reserves from 600m to go I was flat-out for the last 100m when I thought something was a bit fishy as I noticed some others weren't sprinting.

A quick glance at my watch and I knew I had another lap to run, which proved a tad difficult at that point – not the easiest way to finish a race. Half a minute slower than last year but it goes second in this year's M50 national rankings and not bad in the conditions - a big improvement on a few days earlier.

9 Tony Tuohy 35:03.6 1st M50

Southern Men's League Tooting Bec Track

Saturday 20th June

I was running for Herne Hill Harriers in this track and field meet, and I hoped to go faster than my PB set in April after a few weeks of solid track training.
The first 2 laps felt steady, going through 800 in 2.18 after two 69 second laps. The pace then picked up with 600 to go, and I was pleased that I could stay with the increased pace, and end up with an 8 second PB.
1500m
Lewis Laylee 4:17.4

Sweatshop Southern Athletics League Division 2E, Eltham, June 20

Emily set a 200m PB and came close to her 400m PB when she won the B string and then won the B string in her first ever steeplechase which involved quite a bit of clambering rather than hurdling. She was overtaken oer the closing laps by a guesting Nicola Richmond who was second overall a few hours after a track session. - ***- Steve Smythe***

200m: 4B Emily Gelder	30.59
400m: 1B Emily Gelder	67.63
2000msc: 1B Emily Gelder	8:46.04
2000msc: 2 (ns) Nicola Richmond	8:34.97

Ranelagh Richmond 10km

Including Club Champs and Surrey Champs, June 21

A good turn out from the men though the women's was slightly disappointing in numbers but in performance the women were clear team winners thanks to Clare, Claire and Kim.
The course is flat, but quite twisty and because runners don't run the shortest route that has been measured, then most runners will go quite a bit over distance (some got 120 metres over)
Wayne Lashley ran a fine tactical race with excellent pacing and did a PB.
Steve Davies was close behind with yet another strong run but didn't quite match his BUPA 10k time.
John-Gabriel Harrison was only about 60 metres down on Wayne and set a PB according to Power of Ten.
Mark Callaghan, who ran a sub-3 marathon at Brighton, made a fine Club championships debut and got a sub-36 clocking on chip timing.
Mark Lacey had a strong run, but also couldn't quite match his London time.
Charlie Lound had his best run since his brilliant 2:37 London marathon though isn't quite back in racing form.
Second claimer Tom Rann, wasn't at his best after food poisoining but was pleased with his run.
Paul Devine showed he is easing back to fitness and Ian Lilley did well to be close to his best after his winter injury problems.
Clare Elms had a slow start and thereafter a controlled steady run to finish as second woman and win the overall club champs.
Kevin Chadwick has done around 150 races according to Power of Ten but this was his first certified 10km and sneaked inside 37 minutes.
Rob Cope had a solid run, and a PB according to POT and though Ebe did well and easily won the M50 award, he didn't match his London time.
Second claimer Mel Edwards wasn't far from her best but just lost out on third place but did win the Surrey bronze.
Claire Baglin ran a controlled race after going too fast at London and broke 40 for the first time as did Kim Hainsworth, who found the last kilometre hard and with three in the top 13, we were clear women's team winners.
Toby de Belder also got his first sub-40 but only by a second on the line!
Gideon Franklin had one of his best runs over any distance and set a PB but is another who had barely raced the distance.
Mike Mann had his best 10k for three years and won a Surrey medal as well as the club championship.
Laura Long did a big PB as did Caroline Pettigrew who won the W40 award in her first club championships.
Gary Sullivan had a steady run and finished just ahead of Nicola Richmond who wasn't quite at her best either nor was Andy Murray with injury niggles.
Selma Benattia continued her improvement with a PB and did enough to win the Captain's award while Matt Ladds also had one of his best runs to date.
Ian Sesnan ran his fastest 10k for some time while Michelle Lennon wasn't far from her best.
Bob Bell had a run on par with his best recent parkruns.
Clare Wyngard hasn't run as fast on a certified 10k course since this race four years ago and won the W50 club award (Clare E winning the overall award).
She was followed in by Ros Tabor, who was taking it easy to save herself for her mile attempt today (Wednesday) but still scored enough points to finish clear second overall.
Alex Haylett hasn't got back to his form of last year but finished just ahead of Katie Styles, who ran her best 10km to date while Hugh French was another not in his form of 2014.
Both Mike Dodds and Ameet Patel had their best 10k for three years and they finished either side of Barrie John Nicholls had an excellent run, which according to Power of Ten is his fastest.
Jo Shelton did well in her first race for three months.
Paul Keating is a club champs regular and this (again according to POT, which isn't accurate on all times older than 5-10 years) was seemingly his quickest time.
Lindsey Annable has run a lot faster in the past but this was her best time in the POT era, despite her broken arm.
Likewise Paul Hilton is a POT PB, and his run was far better than his recent parkrun performances.
Note there has been a very recent amendment to age-grading this year, to adjust for what was clearly a fault in recent tables which meant women over 60 had it relatively easy and the old tables were used to give the original club champs awards out but these were contradicted by the official race age-grading and what Power of Ten suggested as the age grading scores. The new tables were thus used to rescore which meant a few awards will need to be adjusted and while no awards already presented will change from earlier races this year, the 2015 tables will mean a rescoring of races. ***- Steve Smythe***

26 Wayne Lashley 35:18 (35:14 chip) (PB) (763 pts): Fastest man
31 Steve Davies (M45) 35:22 (35:18) (823 pts): Fastest M40
33 John Gabriel-Harrison 35:31 (35:29) (PB?) (753 pts): Fastest senior
47 Mark Callaghan (M40) 36:09 (35:59) (PB) (770 pts)
48 Mark Lacey 36:12 (36:07) (742 pts)
51 Charlie Lound (M45) 36:16 (36:11) (817 pts): 3rd age-graded
68 Tom Rann 37:00 (36:54) (2nd claim)
75 Paul Devine 37:27 (37:23) (728 pts)
82 Ian Lilley (M40) 37:40 (37:34) (755 pts)
85 Clare Elms (W50) 37:53 (37:48) (918 pts): Overall club winner
86 Kevin Chadwick 37:58 (37:48) (PB) (711 pts)
97 Rob Cope (M40) 38:26 (38:20) (PB) (734 pts)
98 Ebe Prill (M50) 38:28 (38:22) (803 pts): 1 M50
4W/101 Mel Edwards 38:35 (38:29) (2nd claim) (Surrey SW bronze)
9W/129 Claire Baglin 39:41 (39:34) (PB) (767 pts) (Fastest woman)
140 Steve Smythe (M55) 39:53 (39:47) (802 pts)
13W/141 Kim Hainsworth 39:54 (PB) (39:47) (764 pts) (fastest senior woman)
144 Toby de Belder 39:59 (39:49) (PB?) (680 pts)
178 Gideon Franklin (M50) 41:06 (40:58) (PB) (746 pts)
204 Mike Mann (M65) 41:51 (41:44) (832 pts) (First M60)
28W/207 Laura Long 41:57 (41:49) (731 pts) (PB)
34W/222 Caroline Pettigrew (W40) 42:22 (42:09) (PB) (757 pts) (1st W40)
232 Gary Sullivan (M55) 42:36 (42:26) (752 pts)
37W/234 Nicola Richmond (W40) 42:39 (42:31) (756 pts)
267 Andy Murray (M60) 43:55 (43:44) (764 pts)
54W/295 Selma Benattia 44:48 (44:34) (PB) (685 pts (Captain's award)
306 Matt Ladds 45:12 (44:59) (PB?) (594 pts)
318 Ian Sesnan (M55) 45:40 (45:26) (709 pts)
325 Michelle Lennon (W45) 45:50 (45:37) (734 pts)
327 Bob Bell (M60) 45:55 (45:41) (725 pts)
340 Clare Wyngard (W50) 46:19 (46:04) (781 pts) (1st W50)
341 Ros Tabor (W65) 46:20 (46:06) (905 pts) (2nd age-graded/Surrey W55 silver)
361 Alex Haylett 47:01 (46:33) (579 pts)
363 Katie Styles 47:05 (46:51) (PB?) (650 pts)
375 Hugh French 47:31 (47:03) (585 pts)
376 Mike Dodds (M55) 47:32 (47:16) (669 pts)
380 Barrie John Nicholls (M60) 47:45 (47:34) (696 pts)
404 Ameet Patel (M50) 48:44 (48:30) (625 pts)
436 Joanne Shelton (W40) 49:54 (49:31) (631 pts)
437 Paul Keating (M40) 49:55 (49:33) (596 pts)
475 Lindsey Annable (W40) 52:15 (52:04) (636 pts)
493 Paul Hilton (M40) 53:06 (52:32) (PB?) (567 pts)

2015 champs categories 10K RICHMOND 21/06/2015

1 Overall winner	CLARE ELMS
2 Fastest man (excluding overall winner)	WAYNE LASHLEY
3 Fastest woman excluding overall winner)	CLAIRE BAGLIN
4 First Senior Man (excluding above)	JOHN GABRIEL HARRISON
5 First Senior woman (excluding above)	KIM HAINSWORTH
6 First M40 (excluding above)	STEVE DAVIES
7 First W40 (excluding above)	CAROLINE PETTIGREW
8 First M50 (excluding above)	EBE PRILL
9 First W50 (excluding above)	CLARE WYNGARD
10 First M60 (excluding above)	MIKE MANN
11 2nd Age Graded (excluding above)	ROS TABOR
12 3rd Age Graded (excluding above)	CHARLIE LOUND
13 Captains' award	SELMA BENATTIA

Dinosaur Dash Relays - Crystal Palace Park

Wednesday 17th June

In the inaugural relay race held by Crystal Palace Fun Runners passing by the famous dinosaur models in the park, Dulwich Runners competed with five teams and had a fabulous Triassic period: three saurus-teams came up trumps and made it to the Jurassic, only two headed for the tar pits of extinction.

Over 80 teams took part, each of three teammates racing one leg of 5k on all the park could throw at them - steep downhills, numbing uphills and sharp bends on gravel, grass and tarmac. The demanding course started and finished on the upper field near the site of the former Crystal Palace. Quite different from the parkrun route it was of at least equal difficulty.

Our team manager Barry Graham, who was also on marshalling duty, had come up with our five terrific teams and named them accordingly. A last minute change due to an unfortunate injury by James Burrows meant that my team 'The Malosaurs' became an official male vets team (the combined age of all three dinosaurs had to be over 120. Or was that 120 million?) with the addition of big bad beast Steve Davies.

I started us off on first leg in pursuit of Kev Chadwick, who ran first for the mixed team 'The Mixosaurs'. My flying Pterodactyl on the downhills turned into a browsing Brontosaurus on the later uphills whereas Kev went the other way and flew the second half in a strong race, finishing fourth overall in our leg. I came in three positions and forty seconds behind, handing over to a charging Ian Lilley. In a roaring run he moved us up four positions, overtaking the Mixosaurs' Tom South in the process and sprinting to equal third with another runner. And it got better from here. Steve Davies ripped through the field like a Tyrannosaurus through a Spielberg script. He soon left the equal third placed runner from Beckenham behind and went after second and first placed Striders. He could only hunt by smell since the second place was more than a minute ahead. But the smell of fear is strong as they say and in another excellent run he not only managed to secure second place for the Malosaurs but also held off a dangerous challenge on the last 400 metres from the fastest runner overall coming up from behind.

The winning senior male team from Striders, aptly named 'The Velociraptors' were unassailable on the day, finishing more than three minutes ahead of us. But Dulwich secured first men's vets team, first mixed team and first women's team. Individually Steve Davies won first M40 and a bottle of Red. Hugh Balfour came 2. M60, just ahead of Mike Mann 3. M60. Elkie Mace 3. Woman, Ebe Prill 3. M50.
Overall a well organised, enjoyable and successful event, highly recommended for next year.
The proceeds by the way went into helping to restore the historic Dinosaur models in the park. ***- Ebe Prill***

"The Femosuars"

After being greeted by Ian's motorbike riding companion and team mascot the 'something-a-sarus' it was soon time to set off into the concrete jungle that is Crystal Palace Park. Laura certainly didn't take 'Long' to complete her lap, swooping into the finishing straight with ease, looking comfortable as she handed over the baton. I was up next and quickly forgot my disappointment at not being able to do a team 'tag' to mark our handover as a casually dressed, baseball cap wearing man wearing earphones (I mean really who wears earphones during a race?!) strode past me as I set off.

That was it, I had my 'prey' firmly in sight. I swarmed and circled for 4k before going in for the kill as he finally weakened climbing the long hill back to the finishing straight. I'm sure I wasn't the only one who was 'pleased-he-saw-us' as I ran past Barry, who did a great job marshaling and supporting his Dulwich Dino's dashing by.

Annoyingly my prey came back to life just as we neared the finish and pipped me over the line. However, all was not lost as Elkie Mace flew around the course; I'm sure her feet didn't touch the ground. Her lightening effort certainly created the rainbow that spectacularly appeared in the sky as she crossed the line to bring the femasaurs home in first place. ***- Helen Lister***

"The Mixosuars"

When I saw I had been teamed up with Tom South and Claire Baglin, I was very pleased and felt we would have a chance at a team prize in the mixed category. Tom and Claire tend to me more of a Wednesday night runner but I had ran with them a few times in the past and know they are both capable of very good 5K times.

I ran the First leg and despite the hilly course I was delighted with my time as it was only 28 Seconds short of my best 5K. Tom seems to be very unlucky with injuries and is probably not at his best yet so a Sub20 minute 5K on a tough course is a very good performance and I am sure their is more to come.

Its pretty clear that Claire Baglin will be One of the top Senior Females at the club and if anyone is ever likely to give Claire Elms a worry then my money would be on Claire (no pressure) But a sub 19 Assembly league and a Sub 40 10K strengthen my argument and her time here of just outside the sub 20 was very good. Did I mention the hills!!.

- Kevin Chadwick

18:33 - Kevin Chadwick
19:51 - Tom South
20:08 - Claire Baglin

Our combined team time of 58:32 was 4 minutes and 18 Seconds ahead of the 2nd placed mixed team so we had a comfortable win in what was a very well organised and enjoyable event.

2. The Malosaurs (1. MVets) 55:25 (Ebe Prill 19:11, Ian Lilley 18:35, Steve Davies 17:39)
10. The Mixosaurs (1. Mixed) 58:32 (Kev Chadwick 18:33, Tom South 19:51, Claire Baglin 20:08)
12. The Femosaurs (1. Women) 62:04 (Laura Long 20:56, Helen Lister 21:36, Elkie Mace 19:32)
18. The Vetosaurs 1 (5. MVets) 64:03 (Hugh Balfour 21:26, Mike Mann 21:27, Gary Sullivan 21:10)
57. The Vetosaurs 2 (15. MVets) 78:44 (Paul Hilton 26:54, Peter Jackson 27:01, Paul Keating 24:49)
82 teams ran

photo on next page....

Some not so extinct Dino Dash relayers !
L-r Claire Baglin, Thomas South, Ian Lilley, Laura Long, Hugh Balfour, Helen Lister, Kevin Chadwick, Mike Mann,Eberhard Prill, Elkie Mace, Stephen Davies, Gary Sullivan.

10km Part 2: The Quest for a PB

My Sunday morning was looking like this: Clean the cat litter tray belonging to your flatmate's two cats, a 10km race at 9am and before that, a lift from Paul Devine to the race itself.

A ominous itinerary for any day of the week, let alone a grey-looking Sunday morning. Such a morning would need an arsenal that would strike fear into any mortal. My weapons of choice: The Very Best of Curiosity Killed the Cat with Michael McDonald's Greatest Hits as back up. With Paul Devine's CD player primed, I was ready to face the day! Mel Edwards, trapped in the back seat, could only question what she had possibly done to deserve such rotten luck!

I had never run the Richmond 10km race and I'm reliably informed the course has changed considerably as the 2-lap format has only come in recently. The result was a very twisty course with narrow paths, sharp turns varying surfaces and speed bumps. In short, it was challenging. I was harbouring ambitions of a PB after managing to get in some good speed work over the last few weeks and of course, after the Bupa 10km race back in May, I had unfinished business. That said, I was very tempted to send another cheeky message asking what was going on with race numbers before the event!

I was aiming for 5.40 min/mile pace. If I stuck to that, I would get a PB. Simple. The hardest thing was not getting sucked into small battles going on around me. So when John-Gabriel Harrison and Stephen Davies went off like men possessed and Charlie Lound on seeing JG, issued the command, "Go after him then!" I had to be sensible and admit I couldn't achieve everything today and I had to concentrate on my own personal battle... Well that was until the end of mile three.

Having fallen off my desired pace by a few seconds at the halfway point, I had reacted and picked it up a little and much to my surprise, both JG and Stephen, who had overtaken the former a little bit earlier, were both coming back to me. I suddenly had a decision to make. I was going to catch them so did I continue on or did I sit in behind and wait until later in the race? I knew I had good pace and I felt good(ish) so I stuck to my plan; I went past JG and then Stephen who was a second further up the road and continued at my own pace which, slowly but surely, was bringing me back to that glorious path that leads to PB City.

The mental side of running is a strange thing. At the start of the day, there was only the desire of getting a PB. Now, barely 2 miles from the end of the race, I was acutely aware that in electing to run at my desired pace, I now faced the possibility of beating JG for the fist time since Sevenoaks 7 last year and I don't even know when the last time I came ahead of Stephen in a medium or long run was. Just like that, I started to feel laboured. I was suddenly a target to be chased down. Perhaps I had gone too quickly for the second club championship race in a row. True, there was no Tony 'The Bloodhound' Tuohy hunting me down this time, but both Stephen and JG had chased me down successfully in races before and both were used to much longer, tougher slug fests than this.

So at the sight of 9km sign, and thinking the finish line felt too near to be only a 1000m away, the last thing I needed to hear was 'You doing great guys, just one lap of the field to go." That road, with its extra large speed bumps that took us past the finish line, was agonising but I just managed to hold on to the finish . Given most runners had the course measured a few metres too long, it would have been a little gutting to have lost out to Stephen and JG in that final stretch. A negative split had seen me home and much to my delight, my initial aim had been achieved. A new PB of 35.14 minutes.

….Meanwhile somewhere not too far away, Ron Taylor of Kent Athletic Club wakes up suddenly in a cold sweat. He feels nervous, afraid even but he is not really sure why. Little does he know, the one who has marked him as his nemesis has taken one giant stride to avenging that rotten defeat at Battersea Park..to be continued .... ***- Wayne Lashley***

June 20th

Bexley

271 Ran

Pos	Gen		
6	6	Michael Fullilove	19:52

Brockwell

226 Ran

Pos	Gen		
121	103	Desmond Edwards	24:54

Burgess

171 Ran

Pos	Gen		
113	80	Barry Evans	27:18

Crystal Palace

188 Ran

Pos	Gen		
12	12	Andy Cottrill	20:37
39	37	Bob Bell 22:26	
48	46	Paul Hodge	22:50
113	96	Michael Dodds	26:21

Dulwich

219 Ran

Pos	Gen		
9	9	Simon Burnett	18:52
34	29	John Fletcher	20:46
87	73	Mark Muffett	24:04
127	99	Mick Mead	25:37
148	112	Mark Callaghan	26:49
166	51	Stephanie Burchill	28:07

Lloyd Park

230 Ran

Pos	Gen		
61	56	Dave West	24:40

Newark

199 Ran

Pos	Gen		
25	23	Martin Morley	23:38

Orpington

256 Ran

Pos	Gen		
115	100	Colin Frith	26:04

Peckham Rye

163 Ran

Pos	Gen		
3	3	Alastair Locke	18:50
6	6	Ross Rook	19:44
20	2	Helen Lister	21:01
27	25	Duncan Wilson	21:35
31	29	Stephen Davies	21:54
38	4	Michelle Lennon	22:30
43	36	Ian Lilley	22:43
79	58	Gideon Franklin	25:08
101	68	Ebe Prill	26:41
108	72	Andy Murray	27:11
128	50	Laura Vincent	28:42

Riddlesdown

173 Ran

Pos	Gen		
30	3	Ange Norris	21:22

Weymouth

227 Ran

Pos	Gen		
32	29	Graham Laylee	21:37

Winchester

266 Ran

Pos	Gen		
2	2	Lloyd Collier	17:42

New members especially ! and others....

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

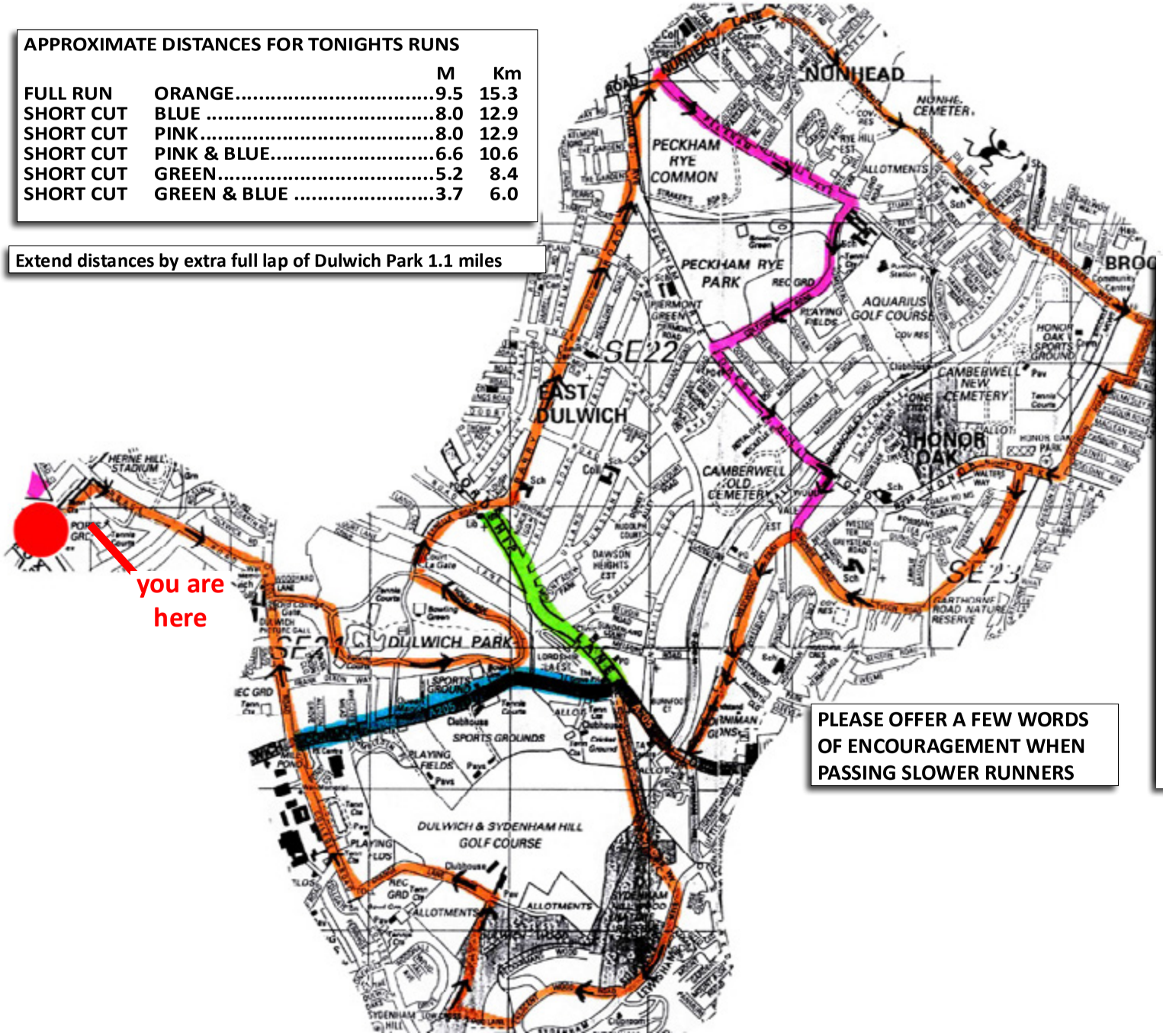
DULWICH RUNNERS AC S17

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 FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	9.5	15.3
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	8.0	12.9
SHORT CUT	PINK & BLUE	6.6	10.6
SHORT CUT	GREEN	5.2	8.4
SHORT CUT	GREEN & BLUE	3.7	6.0

Extend distances by extra full lap of Dulwich Park 1.1 miles



PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT WHEN PASSING SLOWER RUNNERS