DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
June 10th 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 10 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 13 Track Session - see article below

Tue 16 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 7.15

TRACK or 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.....

.....And This week its a Track session

There will be a track session Saturday morning, suitable for all speeds, with the emphasis on preparing runners for the club mile.
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
4... 2015 Dulwich Runners Club Champs races diary
5... Fixture list, club champs,XC, road, track
6... Race reports and results
7... Battersea Pk. assembly league report & results
10... Club champs after 5 events
13... Parkrun results
15... 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 21 Ranelagh Richmond 10k
June 24 Dulwich Runners Midsummer 5k

NEW RUNNERS ROTA

Many thanks to **Mike Mann and Jim Dowsett** 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**

Ebe Prill	**10/06**
Ian Sesnan	17/06
Jo Shelton	24/06
Tom South	30/06

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

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***

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

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

Hello

I am writing to let you know about a research opportunity that may be of interest to you or your members. I am a PhD Student working as part of a research team at the London Sport Institute within Middlesex University. We are currently recruiting recreationally active males (18-50 year old) with an expected marathon completion time of 4 and a half hours or less to investigate the effects of cryotherapy and/or cherry juice supplementation on markers of muscle damage, pulmonary inflammation, respiratory symptoms and recovery following a 26.2 mile running race.

Participants will be asked to attend our labs at Allianz Park on 3-5 separate occasions in order to complete the testing between June and August 2015.
In lieu of payment for participation, we are offering free physiological testing (determination of running economy, lactate threshold, VO2 max, total body composition (via DEXA), and lung function) to all participants who complete the study.
These tests usually cost over £500, are routinely utilised by Olympic athletes
If you or any of your member might b.e interested please contact: mdxmarathon@gmail.com

Thank you very much.

Kind regards - Laura Wilson

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 .
I think we now have enough for marshalling etc., so if there is anyone who would like to run we would welcome DR entries.

Also encourage children under 13 to enter the mile fun run

Thanks - Ros

'Rules for Living'
The National Theatre

I have two tickets for a show (linked below) ' Rules for Living' in the National Theatre on Saturday evening, June 13. It's a comedy in the newly refurbished Dorfmann Theatre (the old Cottlesloe) on the Southbank and got good reviews. it stars Stephen Mangan, off the telly. Its already sold out.
I bought two tickets for £45 each. But i'd be happy to sell them off for £20 each.
As I have to go abroad next weekend.

If you're interested, email me Jombrady@hotmail.co.uk and I'll post the tickets to you or else see you this Wed night down club.
http://www.nationaltheatre.org.uk/shows/rules-for-living

Best Joe Brady

Sainsbury's Anniversary Games tickets 24th July

A friend of mine has two tickets for the Friday evening that are no longer required. They are at the start of the 100m and are £45 for the two.
If you are interested please let me know on lindsey.annable@gmail.com and I will pass on details
Thank you!
Lindsey

Mike Mann is also now available and last week some more of you mentioned that you would like to run, so please get in touch with me so we can make up some more teams
So far we have three teams from the following:

Andrea Pickup	**Elkie Mace**	**Kevin Chadwick**
Helen Lister	**Ebe Prill**	**James Burrows**
Laura Long	**Tom South**	**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? £5 per person

CRYSTAL PALACE FUN RUNNERS are proud to present the

DINOSAUR DASH RELAY

WEDNESDAY 19:30
17th June 2015

CRYSTAL PALACE PARK
Crystal Palace, SE19

Be among the first runners to take part in the inaugural Dinosaur Dash relay race in historic Crystal Palace Park. Organised by Crystal Palace Fun Runners with proceeds being donated to the Friends of Crystal Palace Dinosaurs to support conservation of the world famous Dinosaurs of Crystal Palace Park.

Course: A multi-terrain relay that starts and finishes at the top of the scenic park, taking a 5km route on tarmac and gravel following the perimeter path through the lower lake area by the Crystal Palace Dinosaurs (take care not to get eaten – we've heard that one or two are carnivores!).
Format: A relay in teams of three, with each person running a 5km lap.
Prizes: Medal for all finishers and team prizes for the winning teams.
Entries: £15 per team online in advance. Closing date Tuesday 16 June. No entries on the night, but places can be transferred. Runners must be at least 18 years old on the day to compete.

Info: crystalpalacefunrunners.co.uk/dino-dash-relay/

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	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
	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 14**

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 entry is now 42.

SM (10): T Bowen, J Burrows, K Chadwick, T De Belder, P Devine, H French, A Haylett, JG Harrison, M Ladds, W Lashley
M40 (8): M Callaghan, R Cope, S Davies, J Dowsett, P Keating, I Lilley, C Lound, C Timmis
M50 (8): C Bailey-Wood, M Dodds, G Franklin, A Patel, E Prill, I Sesnan, S Smythe,G Sullivan
M60 (4): B Bell, M Mann, A Murray, B Nicholls
SW (5): C Baglin, S Benattia, K Hainsworth, L Long, K Styles
W40 (4): L Annable, C Pettigrew, N Richmond, J Shelton
W50+ (3): C Elms, R Tabor, C Wyngard

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 .

Bedgebury Pinetum Sat 6th June

Having not been able to run for 2 ½ years due to a foot injury and returning to park runs last November, I decided I needed a longer term goal to motivate my training.

I entered this trail run just after Christmas 2014 as I had completed it a few years ago and knew the scenery was good so if I needed to walk some it would at least be in nice surroundings. My park run times have come down from a laboured 32 mins to a slightly more respectable 26-27 mins but I still struggle with stamina after 40 minutes running so I wasn't too sure how this run would go. We started with a warm up and then were escorted to the start about 5 mins away from the arena and then unfortunately had to stand around for 6 mins until our start time.

I'd forgotten the first kilometre was straight up hill (we were warned by the starter). This took me 7 mins so I thought I had no chance of getting inside my target time of an hour and didn't look at my watch again until just near the end. The steep hill also made my left calf go really tight so I was really worried it might pull later. I changed my tactics to run to the second drink station at about 7K and then walk if everything was going pear shaped. Luckily for me the drink station was almost at 8K and from 8-9 was a gentle downward slope, so I kept going to the steep hill just after 9K (which I did remember) and then after walking this I managed to run the last half K back round the field to the arena.

The last bit was helped by the shouts from Paul Hilton, (who had run in the wave before mine) and my wife and by the realisation that I could actually get under 60 mins.
The location of this event (Bedgebury is just past Bewl Water) plus the excellent organisation make it a great day out for all the family. Although it might look expensive to enter it goes up in price as it gets nearer so it was only £23 when I entered in Dec and they let you change the entrants name for free up til the end of May so not a problem if you need to pull out. For the entry money you get a tech type T shirt, Headscarf, free parking and access to the Pinetum and activities for the kids inc a treasure trail.

The Pinetum has a couple of lakes ,walking trails, bike hire and marked bike trails loads of picnic areas and a GoApe climbing trail. I recommend it if you like going off road.
There is also a half marathon so maybe there's my goal for next year.
- Peter Jackson

298	Paul Hilton	56.52
379	Peter Jackson	59.16

766 finishers

SURREY & SUSSEX MASTERS T&F CHAMPS - Sunday June 7th

There was perfect weather for this year's track and field champs at Ewell, though possible a little warm for the 5000m in mid afternoon.
Ros had an excellent sub 2:50 800m, setting a championship record in the process, and then achieved a further record in the 400m later in the day.

Andy and myself had solid 1500m races, winning golds in our respective age categories, with both of us feeling that there was scope for some improvement on these early season efforts. We both had better races in the 5000m later in the afternoon. I managed a 20 sec improvement on my Assembly League which is about par for the course for me, and also a championship record. I usually go faster on track than road, though in not in the last few years when all my 5000m have taken place in windy conditions. I may need to reset my targets for the season having now completed sub 20 minute times on road and track rather earlier than expected. ***Mike Mann***

400m
Ros Tabor 1:18.15 Gold (W65 champs record)
800m
Ros Tabor 2:49.40 Gold (W65 champs record)
1500m
Mike Mann 5:20.01 M65 Gold
Andy Murray 5:47.10 M60 Gold
5000m
Mike Mann 19:29.21 Gold (M65 champs record)
Andy Murray 20:02.42 M60 Gold

Premiership UK women's League, Edinburgh, June 6

50 mph winds spoiled the event and Clare just settled for running for points rather than time. ***- Steve Smythe***
800: B: 6 Clare Elms 2:31.62
3000: A: 6 Clare Elms 11:08.85

Assembly League 5k (race 3) Battersea Park Thursday 4th June

Tony Tuoy writes...

Time for the third race and half-way point in this year's series and a warm sunny evening spent running an official 5k distance enticed a field big enough to mean last month's record attendance figures didn't last long – 318 finishers this time edged the old number up by four. Unfortunately for our men some of the higher attendance is due to even more high-quality runners taking their place at the front of these races; unusually, we couldn't even place a runner in the top thirty but still managed a decent 5th and lie 6th overall.

Our strength in depth is better though with the second string third overall now in the B team table. The ladies' neck-and-neck tussle with Kent continues, this time losing out by only 3 places and now lying 2nd with just one point in it – all to play for. The women's B team slipped to 4th this time but lie 2nd overall also, just behind Kent. A good turnout for the last two fixtures is vital with both women's competitions still winnable.

My own recent improvement in form continued and I was pleased with my best 5k for two years, just 11 seconds short of my road PB. Steve Davies came past me before the first mile was over but I managed to put enough pressure on to distance him for 10 seconds by the finish; he nevertheless made a massive revision to his 5k PB as expected and in line with his other recent heroics. Wayne once again completed a tight leading trio with a great run that was agonizingly only two seconds short of his own PB.

Not too far behind was a nine-second window containing four Dulwich men racing each other senseless with PBs going to the lot. Lewis is training hard and going from strength to strength; he landed a huge PB as 4th counter for the A team, just holding off Mark Lacey, likewise getting faster all the time. Like Lewis, Lloyd is focusing on 800/1500m but showed some longer distance strength here, just edging another PB run from new Dulwich man Mark Callaghan. Ian Lilley was within 20 seconds of last year's PB as he approaches his best again, and he completed the B team.

Clare's even-paced run got her a sub-18 and an important 3rd overall woman placing. She got in a few seconds up on another clutch of Dulwich men led by great PBs from Kev and Tim, just one second in front of Ebe, who started fast on a PB quest but probably just misjudged this one – it will come soon, the form is there. Will Haynes, Rob Cope and Ross Rook all had solid runs in front of a rare outing in a Dulwich running vest for champion cyclist Michael Hutchinson (Cycling Weekly's 'Dr. Hutch') running 6 minute miles, no mean feat with legs that big. Claire Baglin ran a very good sub-19 PB and the A team was completed by Mel's welcome presence in a Dulwich vest, albeit a little short of her best 5k form. Simon Lane and an improving Steve Smythe headed a great PB run from Gideon and the best 5k from Mike Mann in two years.

Ola was her usual consistent self while Anna and Laura, separated by only a second, both produced superb big PBs; hard training paying off, and they joined Ola in making up the B team. After these, new best times were harder to come by, but everybody was turning out sold runs; Ed, Nicola and Hugh led in a bunch of good 21-minute runs from Jim, Ian Sesnan, Matt, Andy, Graham, Selma and Ros, followed by Ruth making another great debut at the official distance, faster than all her parkruns.

There was one more official 5k PB, Katie Styles superbly knocking half a minute off her mark from only a week before. Yvette, Barrie-John and Lindsay ran solidly and completed the 40-strong Dulwich presence – Barrie-John couldn't quite keep up his recent PB-fest and had to content himself with being six seconds short of his official 5k figures. Get your finger out Barrie....

31	Tony	Tuohy	M50 - 2	16:40
39	Steve	Davies	M45 - 1	16:50 PB
45	Wayne	Lashley	SM	16:59
54/53M	Lewis	Laylee	U20 – 2 (U17)	17:12 PB
57/56M	Mark	Lacey	SM	17:14 PB
62/61M	Lloyd	Collier	M40 - 10	17:20 PB
63/62M	Mark	Callaghan	M40	17:21 PB
79/77M	Ian	Lilley	M40	17:57
3W/80	Clare	Elms	W50 - 1 (3W)	17:58
84/81M	Kevin	Chadwick	SM	18:05 PB
85/82M	Tim	Bowen	SM	18:05 PB
86/83M	Ebe	Prill	M50 - 4	18:06
89/86M	Will	Haynes	SM	18:09
94/90M	Rob	Cope	M40	18:24
101/95M	Ross	Rook	SM	18:39
102/96M	Michael	Hutchinson	M40	18:40
8W/119	Claire	Baglin	SW (8W)	18:55 PB
10W/132	Mel	Edwards 2nd Cl	SW (10W)	19:12
143/130M	Simon	Lane	M40	19:30
146/132M	Steve	Smythe	M55 - 4	19:35
149/134M	Gideon	Franklin	M50 - 10	19:40 PB
156/140M	Mike	Mann	M65 - 1	19:47
19W/167	Ola	Balme	W45 - 2 (19W)	19:57

Blackheath and Bromley Open Meet 8th June

I was hoping for a good time here after a slightly disappointing 800 at Eltham a couple of weeks earlier, and the weather wasn't too bad, maybe a little bit windy.
The first lap was a bit fast in 58, but it was quite scrappy with everyone trying to get a good position going into the second lap. Just after the bell someone cut right in front of me, breaking my stride although I managed to hang on with a decent finish.
Overall I was pleased with the PB of nearly 2 seconds, and hopefully it'll lead to a sub 2 later on this summer.

800 metres
Lewis Laylee 2:02.64

27W/185	Anna	Thomas	SW (27W)	20:23 PB
28W/188	Laura	Long	W35 - 7 (28W)	20:24 PB
191/162M	Edward	Smyth	SM	20:26
31W/197	Nicola	Richmond	W40 - 3 (31W)	20:33
212/177M	Hugh	Balfour	M60 - 2	20:57
222/182M	Jim	Dowsett	M40	21:19
225/185M	Ian	Sesnan	M55 - 9	21:26
228/187M	Matt	Ladds	SM	21:35
230/189M	Andy	Murray	M60 - 4	21:39
233/192M	Graham	Laylee	M55 - 10	21:42
42W/234	Selma	Benattia	W35	21:43
44W/239	Ros	Tabor	W65 - 1 (44W)	21:59
48W/244	Ruth	Bennett	W35 (48W)	22:04
54W/257	Katie	Styles	SW (54W)	22:34 PB
59W/267	Yvette	Dore	W40 - 6 (59W)	22:52
269/209M	Barrie-J.	Nicholls	M60 - 6	22:59
73W/298	Lindsey	Annable	W45 - 5 (73W)	25:10

318 finished

TEAM: 1 Serp 21; 2 Stock E 41; 3 Kent 54; 4 VPHTH 112; **5 Dulw 169;** 6 Camb H 181; 7 Lloyds 190; 8 Ravens 232, 9 Dartf RR 292; 10 Petts W 340; 11 Eton M 345; 12 Aquila 437; 13 Beckenham 487
B TEAM: 1 Serp 86; 2 Kent 105; 3 Stock E 175; **4 Dulw 252**; 5 VPHTH 276; 6 Lloyds 351; 7 Eton M 544; 8 Beck 576; 9 Ravens 605; 10 Camb H 607; 11 Dartford 695; 12 Petts W 830; 12 Aquila 849
Men team on day:
Men Overall after 3 events (15 for 1st etc)
1 Kent 43 (116); 2 3 Stock Exchange 39 (199); 3 VPHTH 37 (241); 4 Serpentine 35 (254); 5 Lloyds 33 (374); **6 Dulwich 31 (417)**; 7 Ravensbourne 31 (436); 8 Dartford RR 26 (1367); 9 Eton M 21 (700); 10 Camb H 20 (817); 11 Beckenham 16 (1023); 12 Petts W 15 (1057); 13 Aquila 10 (1585)
Men B Team after 3 events: 1 Kent 44 (289); 2 Serp 39 (567); **3 Dulwich 36 (732);** 4 Lloyds 34 (866); 5 Stock E 33 (729); 6 VPHTH 33 (730); 7 Eton M 29 (1175); 8 Ravens 27 (1385); 9 Dartf RR 12 (1153); 10 Petts W 16 (2130); 11 Camb H 15 (2095); 12 Beckenham 14; 13 Aquila 7
Women TEAM: 1 Kent 18; **2 Dulw 21;** 3 VPHTH 25; 4 Serp 29; 5 Beck 84; 6 Eton M 99; 7 Stock E 128; 8 Petts W 185; 9 Dartf RR 191; 10 Camb H 192; 11 Ravens 212; 12 Lloyds 216
B TEAM: 1 Kent 65; 2 VPHTH 65; 3 Serp 72; **4 Dulw 74**; 5 Beck 158; 6 Eton M 174
Women Team after 3 events: 1 Kent 44 (41); **2 Dulw 43 (50)**; 3 VPHTH 39 (120); 4 Beck 34 (176); 5 Eton M 33 (260); 6 Serp 32 (269); 7 Dartford 25 (460); 8 Ravensbourne 21 (557); 9 Lloyds 17 (585); 10 Camb H 17 (604) 11 Petts W 15; 12 Stock E 14
Women B Team after 3 events: 1 Kent 44 (140); **2 Dulw 41 (153);** 3 VPHTH 40 (212); 4 Beck 34 (448); 5 Eton M 33 (456); 6 Dartf RR 20 (360); 7 Serp 22

Individual standings after 3 events (best 5 of 6 races to count):
Men: 1 Barnes 52; 2 Tucker 49; 3 Greenwood 39; 4 Reynolds 27; 5 Kennedy 26; 16 Avery 25
Women: 1 Clements 60; **2 Elms 55**; 3 Watson 51; **4 Baglin 43**; 5 Pemberton 33; 6 Gounelas 30; 7 Stibbs 29; **8 Edwards 28**
M40: 1 Beaney 23; 2 Greenwood 20; 3 Griffiths 18; 4 Martin 15; 5 Hobbs 11
M45: 1 Cox 26; 2 Green 22; **3 Davies** 19; 4 Elwes 12; 5 Weir 10
M50: **1 Tuohy 28**; 2 Reynolds 20; 3 Cates 16; 4 Maynard 15; **5 Prill 15**
M55: 1 Bridgeland 30; 2 Lambert 26; 3 Hutchinson 15; 4 Gurney 14; **5 Smythe 13**
M60: 1 Spencer-Wood 30; **2 Murray** 20; 3 Roberts 18; 4 Ellsmore 16; 5 Nicholls 15
M65: **1 Mann 30**; 2 Maggio 22; 3 Green 18 4 Kemp 17; 5 Seabrook 8
M70: 1 Few 30; 2 Hadlow 26; 3 Marcadent 9
U20M: 1 Ho 30; **2 Laylee 18**; 3 Brennan 17; 4 Strover 13; 5 Crawley 13
W35: 1 Murphy 25; 2 Dohren 20; 3 Buck 18; 4 Jeacocke 15; 5 eq O'Brien/Long/McPherson 13
W40: 1 Farrell 26; **2 Richmond 25**; 3 Cooper 21; 4 McKenna (now W45) 20; 5 Stibbs 20
W45: **1 Balme 27**; 2 Marchant 21; **3 Pickup 20; 4 Annable 15**; 5 Ward 14
W50: **1 Elms 30**; 2 Haydon 23; 3 Vacher 21; 4 Selway 17; 5 Armytage 12
W55: 1 Evan-Jones 30; 2 Gaffen 22; eq 3 Watson/Greig 17; 5 Hadlow 16
W65: **1 Tabor 30**
U20W: 1 Leach 30

Re-Kent or be punished

I had one simple aim at the start of a week containing a 2 mile club champs race at Battersea Park, a 5km Assembly League race at Battersea Park and a strength building park run at Crystal Palace; do not give Tony Tuohy the satisfaction.

To beat Triple T would have course, have been great, but i am refering more to being the provider of comedy gold these last few weeks. Needless to say with such focus, i failed miserably. There was method behind the 2 mile rmadness at Battersea Park. I did want to run the first mile hard and do something different to see how Tony, Stephen etc would react. I didn't, however, plan to run a 5:03 minute first mile.

Needless to say, i lost massive amounts on the second mile (30 seconds to be exact) running 5:33 mins and eventually succumbing to an invitation to Lactic City and a Tuohy charge with about 600m to go. I managed to hold Stephen off...just. he was hunting me down like a rabid dog but just ran out of metres to catch me.

Thursday 4th June saw us back at Battersea Park for the Assembly League race. A measured 5km race. The competition was vast and fierce. Again, i ran with with a plan. More even (hopefully) but the first mile could not be run faster than 5:25 minutes. I wanted no repeats of my 2 mile suffering and i was after a sub 17 minute time. The pace was ludicrous. I glanced at the watch after 50 or so metres to see 5:18 min/mile pace and immediately slowed down (just as well as otherwise I'd have surely gone straight into the poor Serpentine runner that hit the deck very hard).

I wasn't going to reach Tony or Stephen today but i wasn't expecting Lewis Laylee to go off like a man possessed. Mark Lacey had gone with him. It was really hard resisting the temptation to claw them back early but managed to pass both runners during the second mile. It was getting tough. I could feel myself struggling. In the final mile. To my delight, i saw a Kent runner, Ron Taylor, stop in the final half mile. I confidently strode past him and with the finish line in sight, i knew it close for getting the time i wanted.

To my fury, who should come sprinting past me but Ron Taylor !! On principle, I had to stop injustice but i couldn't. The surge was probably crucial as even though Ron pipped me to the post i had got my target...by one second! 16:59 mins. Meanwhile, i have marked Ron Taylor as my nemesis and he must be defeated. I intend to win!

And so to the Crystal Palace park run. No Jake English this time so i thought i might have an easy time of things. Got to the first hill thinking things were comgortable. Then out of nowhere and on the steepest part of the course, Caballo Blanco flashed past me (ok not actually Caballo Blanco but he had that wild, 'I've been living in the rainforest for years' look about him). I spent the remainder of the run trying in vain to catch him but during the descent bringing the runners back to the start the was faint hope i might catch him...that is until i got taken out by a dog.

A family had decided that rather than throw a ball into the open field surrounding them, it would be a better idea to throw on the path in front of oncoming runners. I couldn't avoid the dog completely and though my trailing leg cleared the ball chasing warrior, my front leg clipped it's back. (No dogs were harmed in the making of this Shorts contribution). I'm amazed i kept my balance but Caballo Blanco was gone. He ran close to 17:00 mins but went down as 'unknown '. I improved on last weeks time by 12 sdconds to clock 17:36 mins. A great way to end a busy week. ***- Wayne Lashley***

Serpentine Last Friday 5k- Friday May 29th

Another good turnout of Dulwich Runners for this monthly 5k in Hyde Park.

For the summer season due to the World Triathlon series, and then summer concerts the 2 lap course is being used as opposed to the classic one lap route round the lake.(Is it faster? Is it slower? the jury is out.) The conditions leading up to the start were frankly dreadful and this is coming from a Welshman. As we all took refuge windswept and soaking under trees in the build up, the general mood was `Lets get this over and done with` However as we made our way to the start the running gods eased the wind and stopped the rain, and in the end conditions weren't too bad.

Our contingent was led home by Lewis Laylee who showed his superb form is not just limited to the track. After a fast start, he was caught by Paul Devine just short of the 3k mark, but as the latter sensed blood, Lewis showed great determination to pull away again and finish very strongly, recording an official 5k PB and has only gone faster at Dulwich parkrun.

Paul followed next, a bit disappointed with his time as he felt recent training had gone quite well. After a steady start and picking up several places mid race, he faded in the last mile and was slower than last months time on the alternative course. Ian Lilley is now getting very close to his best form following injury, and ran an excellent season's best here, only narrowly missing breaking 18.

Ebe was understandably below his best following his excellent PB in the BUPA 10k just four days earlier, and also admitted he started a bit too quickly on the first hill, which cost him in latter stages. However this was still enough for him to be first M50. Once well l rested (I think he sometimes rests, maybe not) he will undoubtedly bounce back quickly . Rob Cope was disappointed with his time, and had a bad day at the office, but following some strong recent training the breakthrough is surely round the corner.

I didn't manage to see Serpentine regular Steve Williams on the day, but his time was on a par with recent performances and he was first M55. Mike Mann ran his first here since February 2004 (Won't mention how fast you were back then Mike!) and ran a very solid race in first open 5k of the year to be first M65. Next was Ian Sesnan with a strong run and finish, and he just edged out another good run from Lewis's Dad Graham who built on good recent form. Completing our contingent and representing the ladies was Katie Styles who ran very well for an official 5k PB to continue her recent excellent comeback after long term injury.
- Paul Devine

14	Lewis Laylee	17:40 PB (1MU17)
20	Paul Devine	17:49
25	Ian Lilley	18:05 (3rd M40)
32	Ebe Prill	18:27 (1st M50)
39	Rob Cope	18:54
68	Steve Williams	20:12 (1st M55)
77	Mike Mann	20:30 (1st M65)
111	Ian Sesnan	21:52
114	Graham Laylee	21:59
143	Katie Styles	23:07

Club Championships

Below are the points tables after 5 events, including marathons to date.
The points can change according to marathons later in the year.

2015 Club Champs within age group.		Short			Medium			Long					
Name/Category		5k Dulwich 31-Jan	2M Battersea 1 - Jun	1M Dulwich 10-Jul	10K Richmond 21-June	7M Sevenoaks 31-Aug	10k Vic Pk 4-Oct	10M Sidcup 8-Mar	1/2M Padd. Wood 29-Mar	Marathon London or other 26-Apr	10m Epsom 15-Nov	Bonus for no. of events	TOTAL 5 events max 1.S,M,L
WOMENS SENIOR									not inc later mar's				
Helen	Lister	-	47					48	48	49		4	196
Laura	Long	47	49					46	-	48		4	194
Selma	Benattia	45	46					[43]	47	46		5	189
Karina	Burrowes	-	43					40	43	43		4	173
Claire	Baglin	-	50					49	50	-		3	152
Anna	Thomas	48	48					45	-	-		3	144
Laura	Lane	-	-					41	46	47		3	137
Katie	Styles	42	44					42	-	-		3	131
Ellie	Horrocks	49	-					-	49	-		2	100
Kim	Hainsworth	50	-					47	-	-		2	99
Laura	Vincent	-	-					-	44	45		2	91
Lucy	Cartlidge	-	-					-	45	44		2	91
Ruth	Bennett	43	45					-	-	-		2	90
Shona	Mcintosh	-	-					-	-	50		1	51
Emily	Gelder	-	-					50	-	-		1	51
Caroline	Wedmore	46	-					-	-	-		1	47
Charlie	Boden	44	-					-	-	-		1	45
Sue	Cooper	-	-					44	-	-		1	45
Natalie	Davys	-	-					-	-	42		1	43
Joanna	Walker	-	-					-	-	41		1	42
WOMEN V40													
Michelle	Lennon	44	49					43	47	-		4	187
Lindsey	Annable	37	46					41	43	-		4	171
Nicola	Richmond	47	-					47	49	-		3	146
Yvette	Dore	-	-					46	48	48		3	145
Ola	Balme	49	-					48	-	-		2	99
Lucy	Pickering	43	-					-	46	-		2	91
Sharon	Erdman	38	-					-	-	46		2	86
Andrea	Pickup	-	-					49	-	-		1	50
Cara	Oliver	48	-					-	-	-		1	49
Emma	Ibell	46	-					-	-	-		1	47
Clare	Osborne	-	-					-	42	-		1	43
Joanne	Shelton	40	-					-	-	-		1	41
Carolina	Lilley	35	-					-	-	-		1	36
WOMEN V50													
Clare	Elms	50	[50]					50	50	50		5	205
Claire	Steward	39	47					[42]	45	47		5	183
Lucy	Clapp	42	48					-	44	-		3	137
Ros	Tabor	45	-					45	-	-		2	92
Clare	Wyngard	41	-					44	-	-		2	87
Angie	Norris	-	-					-	-	49		1	50
Stephanie	Burchill	36	-					-	-	-		1	37
MEN SENIOR													
Mark	Lacey	49	[49]					49	49	50		5	202
Timothy	Bowen	46	46					47	47	-		4	190
James	Burrows	[43]	45					44	46	49		5	189
Matthew	Ladds	-	40					43	44	40		4	171
Wayne	Lashley	49	50					48	-	-		3	150
Alastair	Locke	50	43					50	-	-		3	146
Ross	Rook	45	44					46	-	-		3	138
Kevin	Chadwick	-	-					45	-	47		2	94
Toby	de Belder	-	-					-	45	45		2	92
Alex	Haylett	-	41					-	-	43		2	86
Desmond	Edwards	-	-					-	43	41		2	86
Tom	Marshall	-	-					-	50	-		1	51
John-Gabriel	Harrison	-	-					-	48	-		1	49
Tom	Rann	-	48					-	-	-		1	49
Mark	Callaghan	-	-					-	-	48		1	49
Lewis	Laylee	47	-					-	-	-		1	48
Paul	Devine	-	47					-	-	-		1	48
Robert	Hollands	-	-					-	-	46		1	47
Andrew	Bright	-	-					-	-	44		1	45
Sam	Crump	44	-					-	-	-		1	45
Patrick	Beardmore	-	-					-	-	42		1	43
Oscar	Hussey	42	-					-	-	-		1	43
Thomas	South	-	42					-	-	-		1	43
William	Haines	41	-					-	-	-		1	42
Simon	Burnett	40	-					-	-	-		1	41
Hugh	French	-	39					-	-	-		1	40
Chris	Goodman	39	-					-	-	-		1	40
MEN V40													
Stephen	Davies	50	50					50	49	[49]		5	204
Charles	Lound	49	-					49	50	50		4	202

Paul	Keating	43	46					45	47	-		4	185
Jim	Dowsett	46	-					-	48	48		3	145
Paul	Hilton	-	45					43	46	-		3	137
Lloyd	Collier	-	49					48	-	-		2	99
Rob	Cope	48	47					-	-	-		2	97
Cameron	Timmis	44	-					47	-	-		2	93
Ian	Lilley	-	48					-	-	-		1	49
Duncan	Hussey	47	-					-	-	-		1	48
Jon	Hyde	-	-					-	-	47		1	48
Olivier	Montfort	-	-					46	-	-		1	47
Ajay	Khandelwal	45	-					-	-	-		1	46
Christian	Moody	-	-					44	-	-		1	45
MEN V50													
Eberhard	Prill	50	[49]					50	49	50		5	204
Stephen	Smythe	49	48					49	-	49		4	199
Gideon	Franklin	47	46					47	-	48		4	192
Graham	Laylee	42	42					44	45	-		4	177
Gary	Sullivan	41	-					43	47	-		3	134
Ameet	Patel	38	-					38	44	-		3	123
Tony	Tuohy	-	50					-	50	-		2	102
Michael	Fullilove	-	-					48	48	-		2	98
Patrick	McMorrow	-	-					-	42	46		2	90
Michael	Dodds	40	-					40	-	-		2	82
Colin	Frith	48	-					-	-	-		1	49
Graham	Stanton	-	-					-	46	-		1	47
Duncan	Wilson	45	-					-	-	-		1	46
Ian	Sesnan	-	44					-	-	-		1	45
Per	Hedberg	-	-					-	-	43		1	44
Mike	Crilly	-	-					41	-	-		1	42
Mick	Mead	37	-					-	-	-		1	38
Barry	Graham	36	-					-	-	-		1	37
Stephen	Street	35	-					-	-	-		1	36
MEN V60													
Barrie John	Nicholls	39	41					[39]	43	45		5	173
Stephen	Wehrle	-	40					37	41	44		4	166
Andrew	Murray	44	-					45	-	47		3	139
Robert	Bell	43	43					42	-	-		3	131
Mike	Mann	-	47					46	-	-		2	95
Hugh	Balfour	46	45					-	-	-		2	93

Best 5 count for year including 1 each short, medium, long. W50's and M60's have separate contests using scores within 40+, 50+

		Short			Medium			Long						
Overall Age Graded Champs		5k Dulwich 31-Jan	2M Battersea 1 - Jun	1M Dulwich 10-Jul	10K Richmond 21-June	7M Sevenoaks 31-Aug	10k Vic Pk 4-Oct	10M Sidcup 8-Mar	1/2M Padd. Wood 29-Mar	Marathon London or other 26-Apr	10m Epsom 15-Nov	Events	TOTAL 5 events max inc 1.S,M,L	Average
Name/Category														
Clare	Elms	940	938	-				918	[916]	930		4	3,726	931
Claire	Steward	828	882	-				[826]	833	851		4	3,393	848
Charles	Lound	811	-	-				807	843	862		4	3,323	831
Eberhard	Prill	813	824	-				825	[807]	795		4	3,257	814
Stephen	Davies	807	820	-				797	809	[776]		4	3,234	808
Stephen	Smythe	788	777	-				834	-	765		4	3,163	791
Mark	Lacey	742	746	-				748	748	[718]		4	2,982	746
Gideon	Franklin	742	733	-				744	-	712		4	2,932	733
Michelle	Lennon	744	757	-				689	725	-		4	2,914	729
Timothy	Bowen	706	730	-				713	714	-		4	2,863	716
Graham	Laylee	704	702	-				729	703	-		4	2,838	710
James	Burrows	699	730	-				702	[678]	704		4	2,835	709
Helen	Lister	-	687	-				727	711	707		4	2,831	708
Laura	Long	711	722	-				715	-	681		4	2,829	707
Barrie John	Nicholls	668	700	-				687	670	[625]		4	2,726	681
Selma	Benattia	685	679	-				656	670	[599]		4	2,691	673
Lindsey	Annable	614	667	-				622	630	-		4	2,532	633
Stephen	Wehrle	-	644	-				668	664	555		4	2,531	633
Paul	Keating	596	608	-				575	583	-		4	2,363	591
Nicola	Richmond	765	-	-				746	757	-		3	2,268	756
Andrew	Murray	760	-	-				773	-	730		3	2,263	754
Claire	Baglin	-	765	-				762	730	-		3	2,256	752
Matthew	Ladds	-	605	-				594	593	451		4	2,243	561
Wayne	Lashley	744	762	-				722	-	-		3	2,228	743
Robert	Bell	745	733	-				726	-	-		3	2,205	735
Lucy	Clapp	739	774	-				-	684	-		3	2,197	732
Alastair	Locke	747	684	-				750	-	-		3	2,182	727
Karina	Burrowes	-	568	-				564	515	508		4	2,155	539
Ross	Rook	710	699	-				715	-	-		3	2,124	708
Gary	Sullivan	670	-	-				715	723	-		3	2,108	703
Anna	Thomas	707	713	-				687	-	-		3	2,107	702
Yvette	Dore	-	-	-				701	696	679		3	2,076	692
Jim	Dowsett	682	-	-				-	658	613		3	1,953	651

Katie	Styles	632	633	-				633	-	-		3	1,898	633
Laura	Lane	-	-	-				634	651	606		3	1,891	630
Ros	Tabor	954	-	-				916	-	-		2	1,870	935
Ameet	Patel	594	-	-				619	625	-		3	1,837	612
Tony	Tuohy	-	878	-				-	863	-		2	1,741	871
Paul	Hilton	-	547	-				566	566	-		3	1,680	560
Mike	Mann	-	835	-				834	-	-		2	1,669	834
Ola	Balme	824	-	-				782	-	-		2	1,606	803
Hugh	Balfour	789	772	-				-	-	-		2	1,561	781
Lloyd	Collier	-	786	-				770	-	-		2	1,555	778
Clare	Wyngard	770	-	-				779	-	-		2	1,548	774
Michael	Fullilove	-	-	-				757	745	-		2	1,501	751
Kim	Hainsworth	751	-	-				721	-	-		2	1,472	736
Lucy	Pickering	732	-	-				-	716	-		2	1,448	724
Ellie	Horrocks	717	-	-				-	721	-		2	1,438	719
Rob	Cope	692	743	-				-	-	-		2	1,435	717
Kevin	Chadwick	-	-	-				703	-	672		2	1,376	688
Michael	Dodds	659	-	-				667	-	-		2	1,326	663
Ruth	Bennett	657	669	-				-	-	-		2	1,326	663
Cameron	Timmis	657	-	-				651	-	-		2	1,308	654
Toby	de Belder	-	-	-				-	660	642		2	1,302	651
Patrick	McMorrow	-	-	-				-	637	650		2	1,287	644
Laura	Vincent	-	-	-				-	596	584		2	1,181	590
Sharon	Erdman	609	-	-				-	-	569		2	1,177	589
Lucy	Cartlidge	-	-	-				-	604	561		2	1,165	582
Alex	Haylett	-	623	-				-	-	539		2	1,162	581
Desmond	Edwards	-	-	-				-	529	522		2	1,051	525
Angie	Norris	-	-	-				-	-	866		1	866	866
Shona	Mcintosh	-	-	-				-	-	847		1	847	847
Emily	Gelder	-	-	-				801	-	-		1	801	801
Tom	Marshall	-	-	-				-	787	-		1	787	787
Colin	Frith	783	-	-				-	-	-		1	783	783
Andrea	Pickup	-	-	-				777	-	-		1	777	777
Ian	Lilley	-	776	-				-	-	-		1	776	776
Lewis	Laylee	773	-	-				-	-	-		1	773	773
Cara	Oliver	760	-	-				-	-	-		1	760	760
Paul	Devine	-	756	-				-	-	-		1	756	756
John-Gabriel	Harrison	-	-	-				-	742	-		1	742	742
Oscar	Hussey	736	-	-				-	-	-		1	736	736
Emma	Ibell	735	-	-				-	-	-		1	735	735
Tom	Rann	-	730	-				-	-	-		1	730	730
Duncan	Hussey	727	-	-				-	-	-		1	727	727
Ian	Sesnan	-	718	-				-	-	-		1	718	718
Duncan	Wilson	715	-	-				-	-	-		1	715	715
Mark	Callaghan	-	-	-				-	-	711		1	711	711
Thomas	South	-	701	-				-	-	-		1	701	701
Sam	Crump	695	-	-				-	-	-		1	695	695
Graham	Stanton	-	-	-				-	687	-		1	687	687
Caroline	Wedmore	685	-	-				-	-	-		1	685	685
Ajay	Khandelwal	684	-	-				-	-	-		1	684	684
Charlie	Boden	683	-	-				-	-	-		1	683	683
Simon	Burnett	665	-	-				-	-	-		1	665	665
Sue	Cooper	-	-	-				664	-	-		1	664	664
William	Haines	663	-	-				-	-	-		1	663	663
Stephanie	Burchill	662	-	-				-	-	-		1	662	662
Mike	Crilly	-	-	-				657	-	-		1	657	657
Robert	Hollands	-	-	-				-	-	654		1	654	654
Joanne	Shelton	648	-	-				-	-	-		1	648	648
Andrew	Bright	-	-	-				-	-	631		1	631	631
Mick	Mead	628	-	-				-	-	-		1	628	628
Olivier	Montfort	-	-	-				622	-	-		1	622	622
Hugh	French	-	619	-				-	-	-		1	619	619
Barry	Graham	607	-	-				-	-	-		1	607	607
Chris	Goodman	601	-	-				-	-	-		1	601	601
Carolina	Lilley	548	-	-				-	-	-		1	548	548
Christian	Moody	-	-	-				537	-	-		1	537	537
Patrick	Beardmore	-	-	-				-	-	537		1	537	537
Clare	Osborne	-	-	-				-	532	-		1	532	532
Jon	Hyde	-	-	-				-	-	530		1	530	530
Stephen	Street	502	-	-				-	-	-		1	502	502
Natalie	Davys	-	-	-				-	-	500		1	500	500
Joanna	Walker	-	-	-				-	-	468		1	468	468
Per	Hedberg	-	-	-				-	-	430		1	430	430

June 6th

Banstead Woods

183 ran

Pos	Gen		
3	3	Tony Tuohy	17:49

Bexley

264 ran

Pos	Gen		
7	7	Michael Fullilove	20:10

Brockwelll

318 ran

Pos	Gen			
37	37	Robert Campbell	20:11	
42	2	Caroline Pettigrew		20:23
89	81	Cameron Timmis	22:11	
92	9	Lucy Clapp	22:16	
98	88	Hugh French	22:26	
143	117	Desmond Edwards		24:17
228	70	Sharon Erdman	27:29	

Burgess

185 ran

Pos	Gen		
10	1	Kim Hainsworth	19:13
32	30	Hugh Balfour	21:11
60	55	Paul Keating	23:21

Cleethorpes

133 ran

Pos	Gen		
30	27	Martin Morley	23:22
33	29	Colin Frith	23:59

Crystal Palace

232 ran

Pos	Gen		
2	2	Wayne Lashley	17:36
54	48	Andy Cottrill	22:25
58	50	Bob Bell 22:39	
71	9	Yvette Dore	23:27
75	11	Clare Wyngard	23:33
76	12	Belinda Cottrill	23:34
78	66	Michael Dodds	23:39

Dulwich

236 ran

Pos	Gen			
3	3	Stephen Davies	17:17	
35	4	Laura Long	21:01	
44	38	Mark Callaghan	21:19	
144	122	Mick Mead	25:35	
188	50	Stephanie Burchill		27:42

Forest Of Dean

117 ran

Pos	Gen		
5	5	Sam Crump	20:07

Hilly Fields

197 ran

Pos	Gen		
9	9	Kevin Chadwick	19:10

Hull

483 ran

Pos	Gen		
86	81	Paul Hodge	22:47

Marlay

466 ran

Pos	Gen		
9	8	Timothy Bowen	18:36

Newbury

459 ran

Pos	Gen		
48	45	Matthew Ladds	22:13
179	35	Karina Burrowes	26:26

Orpington

251 ran

Pos	Gen		
21	1	Tereza Francova	21:13

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		
7	7	Gideon Franklin	19:53
20	20	Graham Laylee	21:36

Penrhyn

112 ran

Pos	Gen		
90	33	Susan Vernon	33:26
108	60	Chris Vernon	38:21

Princes Park , Liverpool

Claire Steward writes:

Visiting Liverpool for the first time, a quick internet search found a ParkRun in Princes Park, just under 2.5 miles from our hotel, so armed with a map I set off in the sunshine to find it.

Stopping at the top of a steep(ish) climb to check my map, a passing runner asked if I was heading to ParkRun and then proceeded to take me on a longer route than I had planned, but it was nice to have some company. The run cuts through the centre of the park, followed by two and half laps, and finishes back towards the centre. It's undulating without being too taxing and the park is pretty enough with a small lake, a meadow of buttercups, and tree lined paths.

Water and segments of orange were on offer at the finish, then I jogged back to the hotel, and still managed to get to the breakfast buffet before my rather less energetic friends

211 ran

Pos	Gen		
59	7	Claire Steward	23:33

Riddlesdown

180 ran

Pos	Gen		
29	1	Ange Norris	21:23

St Peters , Sydney, Aust.

290 ran

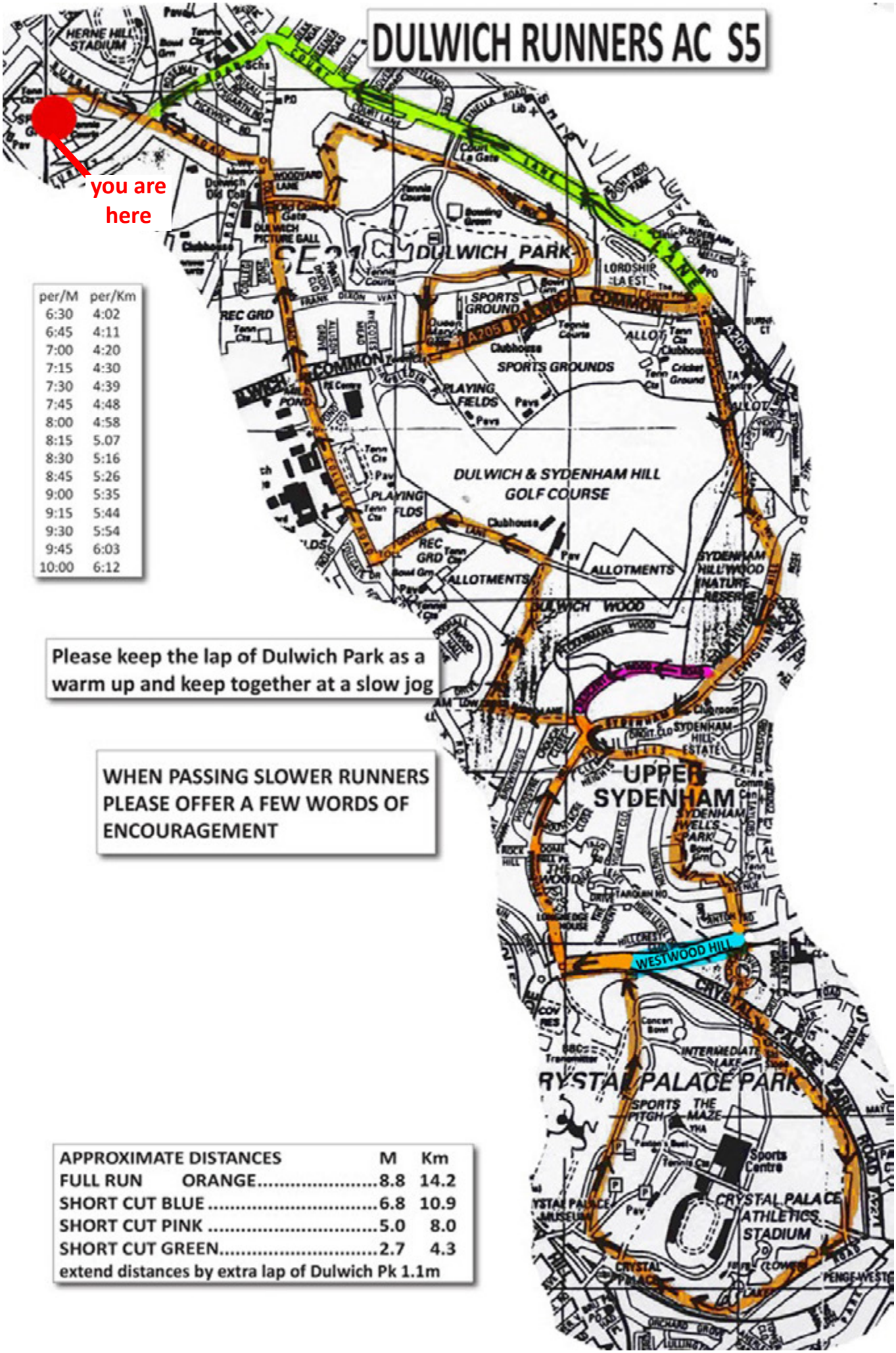
Pos	Gen		
127	22	Penelope D'arcy Graham	25:43

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				
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 S5



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

Please keep the lap of Dulwich Park as a warm up and keep together at a slow jog

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES	M	Km
FULL RUN ORANGE	8.8	14.2
SHORT CUT BLUE	6.8	10.9
SHORT CUT PINK	5.0	8.0
SHORT CUT GREEN	2.7	4.3

extend distances by extra lap of Dulwich Pk 1.1m