DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
June 7th 2017

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

- THE COMING WEEK –

Wed 7 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 13 **Dulwich College Track** - cost £1 per session
Start with a warm up at 7:10pm then first part of session will be on grass,second on the track.

TRACK SESSIONS

Tuesdays At Dulwich College track on College Road.
Warm up taken by **Elkie Mace** consisting of various drills and stretches etc will start around 7.10pm..
The main session taken by **Steve Smythe** will be part grass and part track and more suitable for all levels of ability than the Crystal Palace sessions.

Saturday Track Session

Last week a record 25 attended the Saturday session and there are plans for another probably at Ladywell - to be confirmed by Dulwich facebook and email
Steve steve.smythe@athleticsweekly.com

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

LUCKY VEST

Tonight in the clubhouse

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 spot prize !
Vests £18 each from Ros ros.tabor49@gmail.com

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- Sign the attendance register and **pay £1.**
- We need the money to help pay for clubhouse hire, map printing etc.
- We use the register to compile the new runners' rota, so please write legibly.

Thank you. - Ros

In your SHORTS this week !

1 General information
2 Club kit, social events etc
4 Fixture list, club champs, road, XC, etc
6 Race reports & results, Club champs 5k
10 Club champs tables so far..
13 Parkrun results
14 Dulwich Runners relays entry form and info
16 Wednesday map

And much more !

Click to SUBSCRIBE or UNSUBSCRIBE
www.dulwichrunners.org.uk/index.html

You can follow us on

------- EVENT HORIZON -------
A brief look ahead

Jun 21 Dino Dash Relays, Crystal Palace Park
Jun 24/25 British Masters Champs - Birmingham

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.

If you're on the list, please try and turn up that night and make sure anybody new has someone to run with.
Thanks to **Sharon Erdman, Natalie Davys ,Laura Vincent and Jim Dowsett** for taking out new runners last week
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

Emma Ibell	**7/6**
Paul Keating	13/6

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is at the back 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

P
O
T

Watch this space for future events.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings after the Wednesday run. Arrives close to 9pm and the cost is **£6.00**
Just give me your name and money when you sign in - Ros
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)

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
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club from Ros
ros.tabor49@gmail.com

Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

SHORTS!

DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or slightly longer– Both styles are a bargain £15.

Socks only £5

HOODIES...

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

Buffs/snoods - only £6

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004
ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

I have not had many entries, or offers of help so far ! .....

So why not try and put a team together, friends , family colleagues, anybody that would like to take part is welcome or just enter yourself and you will be assigned to a team for that evening.

We will also need volunteers to help put the realys on so if you are unable to run for any reason maybe think about helping out instead. Entry form and full details can be found near the back of Shorts

Thank you - ros.tabor49@gmail.com

12.JULY.2017

3 x approx. 1mile lap

Entry: **Race starts at 7.45pm**
£12 per team
(Limited entries on the day)

Entry forms and race details from
www.dulwichrunners.org.uk
or **ros.tabor@gmail.com**

www.dulwichrunners.org.uk

This is the major fund raiser for club funds, it's essential that as many members as possible either run or help.

So put the date in your diary now !

Entry form and more info can be found at the end of Shorts

Dulwich Runners 2017 Fixtures

Further information about races will usually be here in SHORTS and or announced on a Wednesday club night.
Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

Road & other **Cross country** **Club Champs** **Assembly League** **Track**

		Race	Venue	
Jun	12	Blackheath & Bromley Open Meeting,	Norman Park	
	21	BMC/Cambridge Harriers Open Meeting	Eltham	
	21	Dino Dash Relays Crystal Palace Park 3x 3k laps	Crystal Palace Park	
	24/25	British Masters Champs	Birmingham	
Jul	6	Assembly League	O2, Nth Greenwich	tbc
	10	Blackheath & Bromley Open	Norman Park	
	12	Dulwich Runners Summer relays 3 x (approx) 1m laps	Dulwich Park	
	14	Mark Hayes Mile	Dulwich Track	
	19	Cambridge Harriers Open/BMC	Eltham	
	21	Mile club champs - SOAR Mile	Battersea Park	
	22	HHH Open	Tooting Bec	
	27	Assembly League	Victoria Pk, Hackney	tbc
Aug	16	Cambridge Harriers Open/BMC	Eltham	
	21	Blackheath & Bromley Open	Norman Park	
	26	HHH Open	Tooting Bec	
Sep	7	Assembly League	Beckenham	tbc
	10	MT 5 mile race, organised by TH&H	Wimbledon Common	
	10	Kent Masters Champs	Bromley	
Oct	1	Sittingbourne 10	Sittingbourne	

Mile Club Champs SOAR Mile Battersea Pk -21 July

We will be using the SOAR Mile at Battersea Park track on the evening of 21 July as our mile club champs event.
There will be 10 seeded races with up to 20 in each race.
The Mark Hayes Mile will take place as planned a week earlier on 14 July on Dulwich College Track. It will be in your own interest as well as the family of Mark Hayes to support this event.

There will be a social event to follow after the race.
Details will be available soon. If you want to achieve a good time in the SOAR Mile, the Mark Hayes Mile will provide ideal practice, as it is difficult to get the pace exactly right in your first attempt.

SOAR mile is filling up rapidly, over 100 entries already for the 10 races scheduled.
Entries are supposed to be open until 16 July, but it's possible they will close well in advance of this so you need to enter ASAP:
https://entries.opentrack.run/2017/thesoarmile/

so far 36 have entered.

M60 (4): Mike Mann, Bob Bell, Barrie John Nicholls, Ian Sesnan
M50 (5): Ebe Prill, Steve Smythe, Gary Sullivan, Tony Tuohy, Ameet Patel
M40 (7): Lloyd Collier, Rob Cope, Martin Double, Jim Dowsett, Steve Davies, Ian Lilley, Justin Siderfin SM (7): Tim Bowen, Paul Devine, Alex Haylett, Matt Ladds, Wayne Lashley, Alsatair Locke, Shane O'Neill
W60: (1): Ros Tabor
W50: (2): Lucy Clapp, Clare Elms,
W40 (3): Lindsey Annable, Sharon Erdman, Andrea Pickup SW (7): Claire Barnard, Selma Benattia, Lucy Elms, Hannah Harvest, Helen Lister, Rebecca Schulleri, Laura Vicent

2017 CLUB CHAMPIONSHIPS

21	Jul	SOAR Mile - Battersea Park	S
10	Sep	Thames Hare & Hounds MT 5m, Wimbledon Common	L
1	Oct	Sittingbourne 10	L

Note that the 5 mile MT race will be classified as a long race (L)

Suggested Summer Schedule

Wed 7/6	60 mins relaxed with faster second 10 mins Thurs 8/6
Fri 9/6	rest or easy 4M
Sat 10/6	Track or hills
Sun 11/6	steady 11M
Mon 12/6	rest or easy 3M
Tue 13/6	Speed session
Wed 14/6	6 miles relaxed
Thur 15/6	alternating slow and fast (5k pace) for 5M or 7M (90 secs differential) ie 7:30, 6:00, 7:30, 6:00. 7:30
Fri 16/6	rest or easy 4M
Sat 17/6	track
Sun 18/6	60 mins brisk
Mon 19/6	rest or easy 3M
Tue 20/6	speed session
Wed 21/6	7 miles relaxed or relay
Thu 22/6	6 miles picking up pace 20 secs a mile ie 8:00, 7:40, 7:20, 7:00, 6:40, 6:20 - last ,mile quicker than 5K pace
Fri 23/6	rest or easy 4M
Sat 24/6	track
Sun 25/6	slow 75 mins relaxed

ALGARVE RUNNING CHALLENGE

This year's Algarve Running Challenge takes place between 1 and 5 November in Monte Gordo, Portugal. As usual there will be 4 races spread over 5 days, finishing with the traditional Spain to Portugal race of around 11 miles. There's also plenty of opportunities for local sightseeing, running on local woodland trails, cycling and swimming in warm autumn weather. For further details please contact me. - ***Mike Mann***

For further information about any races in Shorts please contact your captains: Men: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

Dino Dash Relay

Crystal Palace Park

Wed. June 21 @ 7.30pm

This is another race that since its inception three years ago has filled up and reached its capacity of 300 runners very quickly and DR teams have previously done extremely well in the prizes.

Each team member will complete a 3km lap of traffic-free park paths within Crystal Palace Park, taking in views of the famous Dinosaurs !
Teams of 3, entry @ £5 per person

Contact by Sunday 18th June:
Men: chas.lound@btinternet.com
Women: dulwichladiescaptain@gmail.com

Kent AC is today delighted to open entries for the inaugural Ladywell 10000m.
An opportunity to run 25 glorious laps and set a new 10000m PB in Ladywell Arena in late summer.

online entry here: https://www.entrycentral.com/ladywell10000

All entries will initially be applications which then get approved once entry performances have been verified.
Open to everyone who can run under 55mins for 10km. Races will be seeded to ensure athletes run in races suited to their ability.

Assembly League Races

These races take place on the first Thursday of each summer month starting from April, with the exception of the August race which has been brought forward to the final Thursday in July.
Venues are provisional as follows:

July	6	O2, North Greenwich	7.30
July	27	Victoria Pk, Hackney	7.30
Sep	7	Beckenham	7.15

open to all members and all abilities

Details of Assembly league race HQs and starts are as follows:
Victoria Park, Victoria Park Harriers clubhouse located at NE corner of the park, with start inside the park nearby, closest station Hackney Wick
Battersea Park, near bandstand in centre of park (no HQ)
O2, on riverside east of North Greenwich station (no HQ)
Beckenham, HQ Beckenham Cricket Club, Foxgrove Road, start at SW entrance park at the end of Beckenham Place Pk Road

Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, fell, xc, tri and track results etc, are welcome.

Assembly League 5k (race 3), Battersea Park Club Championship

Thursday 1st June

Consistently one of the best attended of the Assembly League races, not least because it affords the opportunity of posting an official 5k time, the number of runners reached new heights this time.

There were no fewer than 363 finishers, another record, 58 of which were Dulwich Runners contesting our 5k club championship. At the halfway point in the year's fixtures, despite our stronger men's team keeping up well in the increased depth of League quality, our overall team positions hardly vary from this time last year. With thirteen clubs involved our men were 5th on the day in both A and B team standings, lying 5th overall in the A, but an excellent 3rd in the B.

Since last year it's been four to count in the women's league too but Dulwich are still holding their own against the in-depth superiority of Kent AC, coming 2nd in both competitions on the day and lying 2nd overall as well. The individual scorings have an impressive Dulwich presence across the age groups so far, top threes are: Andy Bond 3rd SM, Steve Davies 1st M45, Tony 2nd M50, Steve Smythe 2nd M55, Graham Laylee 2nd M60, Andy Murray 3rd M60, Mike Mann 1st M65, Clare Elms 3rd SW, Selma 1st W35, Andrea 2nd W45, Michelle 2nd W50, Clare Wyngard 1st W55, Ros 1st W65, Lucy Elms 1st U20W.

Last week at the Beckenham Relays Tim only had to put in an 'average' run to gain our second place but here the Dublin Dynamo was anything but average, back in top-flight form and close to sub-16 again. Second claimer Dylan made a great 5k debut (he's used to speedy parkruns though) after a very lightly trained month due to a niggling injury, which didn't stop him holding off excellent runs from Wayne, now very close to his PB again, and Steve D, comfortably improving his PB to 16:36. These four in the A team were half a minute ahead of Alastair, obviously not in full fettle, not least because I haven't got this close to him in some time. My decent run was also good enough, unusually, to get past Lewis in the closing stages, who ran well considering his recent careful injury-ravaged training. Shane ran a good PB to close the B team and did well to hold off a resurgent Paul Devine, some 20 seconds clear of Mark Lacey, still seeking some elusive form. Lloyd's sub-18 on more biking than running wasn't bad, just ahead of a good debut from Steve Rolfe and then Tom.

Another half minute then elapsed before an excellent showing from lightly-raced Padraig, doing well to outdo Ebe's best run at the distance for a year. Rob was next, just in front of a heated contest among the Dulwich women. Long distance specialist Roz Johnson was running her debut 5k after a few impressive cross country outings in the winter and set a tough pace from the start. 16-year-old Lucy Elms, with mobile support from mum Clare on her bike, held her nerve and reeled Roz in whereupon a ding-dong battle ensued.

While this was going on Claire Baglin was hunting them down and Helen was going after all of them with a late rush following a steady start. Roz's final effort took her past Lucy with 300m to go but Lucy isn't called Elms for nothing and kicked past to the tune of seven seconds for a superb 5k PB. Roz will no doubt go faster if she gets used to shorter races and did really well to dig deep and hold off fast-finishing Claire and Helen, all three covered by just four seconds. Mark Foster in the middle of all this must have wondered what he'd got himself into. Gary Sullivan gained the Captains' Award for yet another consistently good quality run, followed in by Selma's official 5k PB, much faster than last year and just missing out on a sub-20 as she headed the women's B team. Mike's form is coming along nicely as the main veterans championships approach and he ran his best road race for a couple of years. Coach Steve eased himself round ahead of a good debut from Alice, then Jim easing back from injury, another fine debut from Rebecca, then decent runs by Ajay and Hugh B. Ellie's official 5k debut just beat her best parkrun (but set her up to smash that by half a minute two days later at Dulwich!) and she completed the B team with Selma, Alice and Becca.

Michelle is still regularly knocking a few seconds from her best times and her PB here was seven seconds up on last year. Joseph led Martin in, as Ola did with Cameron, who was only 20 seconds short of his PB. Matt and Katie are inching forward again, but in between them Yvette ran a huge PB by over a minute while Eleanor only missed hers by five seconds. Good, solid runs followed from Graham, Alex, Ros, Lucy C and Andy, with a 90%-plus age grading from Ros highest of the day. Club champs ever-present Barrie John was as consistent as always and Clare got the nod from Mike in the Wyngard/Dodds household battle.

A very welcome sight was Bob Bell running considerably better than any of his parkruns this year, just getting the better of comeback man Gary Budinger. A welcome Dulwich debut then to second claimer Suzannah with a good run ahead of Paul K and then Ameet, just in front of a strong run from Hannah and an excellent official 5k debut from Sarah, up on all her parkruns. Hugh F, Karina and Claire Barnard all got round to complete the huge Dulwich contingent.

- Tony Tuohy

17		Tim Bowen	SM	16:02	
32		Dylan Wymer	SM	16:30	
37		Wayne Lashley	SM	16:34	
41		Steve Davies	M45	16:36	M45/2 PB
55		Alastair Locke	SM	17:02	
57		Tony Tuohy	M50	17:05	M50/2
60		Lewis Laylee	U20	17:09	U20/1
63		Shane O'Neill	SM	17:20	PB
71		Paul Devine	SM	17:24	
88	87M	Mark Lacey	SM	17:47	
98	97M	Lloyd Collier	M40	17:54	
100	99M	Steve Rolfe	SM	17:56	
107	106M	Tom South	M40	18:04	
131	129M	Padraig Prunty	M40	18:36	
138	133M	Ebe Prill (now M55)	M50	18:44	M50/7
165	156M	Rob Cope	M40	19:27	
167	11W	Lucy Elms	U20	19:29	PB
172	12W	Roz Johnson	W35	19:36	
173	13W	Claire Baglin	SW	19:37	
174	161M	Mark Foster	M50	19:37	
175	14W	Helen Lister	SW	19:40	
179	164M	Gary Sullivan	M55	19:44	M55/4
195	18W	Selma Benattia	W35	20:03	PB
199	181M	Mike Mann	M65	20:09	M65/1
204	185M	Steve Smythe	M55	20:18	M55/6
206	20W	Alice Williams	SW	20:21	
209	188M	Jim Dowsett	M40	20:27	
211	22W	Rebecca Schulleri	SW	20:30	
212	190M	Ajay Khandelwal	M45	20:32	
219	196M	Hugh Balfour	M60	20:44	M60/3
220	24W	Ellie Balfe	SW	20:45	
224	25W	Michelle Lennon	W50	20:51	PB
227	201M	Joseph Brady	M50	20:53	
229	202M	Martin Double	M40	20:55	
240	31W	Ola Balme	W50	21:20	
243	212	Cameron Timmis	M50	21:22	
255	219	Matt Ladds	SM	21:38	
257	37W	Yvette Dore	W45	21:43	PB
268	44W	Eleanor Simmons	W35	22:01	
269	45W	Katie Styles	W35	22:02	
272	225	Graham Laylee	M60	22:10	
277	229	Alex Haylett	SM	22:17	
280	49W	Ros Tabor	W65	22:23	W65/1
282	50W	Lucy Clapp	W50	22:33	
283	233	Andy Murray	M60	22:36	
289	235	Barrie John Nicholls	M60	22:57	
293	57W	Clare Wyngard	W55	23:05	
297	237	Mike Dodds	M55	23:12	
308	243	Bob Bell	M60	23:56	
309	244	Gary Budinger	M55	23:59	
313	67W	Suzannah Kinsella	W45	24:17	
316	247	Paul Keating	M50	24:34	
326	251	Ameet Patel	M50	25:06	
329	78W	Hannah Harvest	SW	25:09	
330	79W	Sarah Banting	SW	25:13	
333	252	Hugh French	M40	25:20	
343	86W	Karina Burrowes	SW	26:12	
349	91W	Claire Barnard	SW	27:05	

363 finishers

2017 champs categories BATTERSEA PARK 5k

Overall winner (AGE GRADING)	ROS TABOR
1st Man (any age category)	TIM BOWEN
1st Woman (any age category)	LUCY ELMS
2nd Man (any age category)	WAYNE LASHLEY
2nd Woman (any age category)	ROZ JOHNSON
3rd Man (any age category)	STEVE DAVIES
3rd Woman (any age category)	CLAIRE BAGLIN
First Senior Man (excl. above)	ALASTAIR LOCKE
First Senior woman (excl. above)	HELEN LISTER
First M40 (excl. above)	LLOYD COLLIER
First W40 (excl. above)	YVETTE DORE
First M50 (excl. above)	TONY TUOHY
First W50 (excl. above)	MICHELLE LENNON
First M60 (excl. above)	MIKE MANN
First W60 (excl. above)	
Age Graded MAN (excl. above)	EBE PRILL
Age Graded WOMAN (excl. above)	CLARE WYNGARD
Captains' award	GARY SULLIVAN

Dulwich Runners' times in Battersea Park Assembly League 1 June 2017

	Time	Points In Age Category M/F								Age Grade Points	Club Champs Awards
		ms	m40	m50	m60	fs	f40	f50	f60+		
Timothy Bowen	16.02	50								819	1st man
Dylan Wymer	[16.30]									#N/A	[2nd claim DR]
Wayne Lashley	16.34	49								805	2nd man
Stephen Davies	16.36		50							869	3rd man
Alastair Locke	17.02	48								775	1st senior man
Tony Tuohy	17.05			50						891	1st m50
Lewis Laylee	17.09	47								757	
Shane O'neill	17.20	46								749	
Paul Devine	17.24	45								782	
Mark Lacey	17.47	44								746	
Lloyd Collier	17.54		49							788	1st m40
Steve Rolfe	17.56	43								728	
Tom South	18.04		48							764	
Padraig Prunty	18.36		47							753	
Ebe Prill	18.44			49						819	Man age graded
Rob Cope	19.27		46							725	
Lucy Elms	19.29					50				783	1st woman
Roz Johnson	19.36					49				763	2nd woman
Claire Baglin	19.37					48				753	3rd woman
Mark Foster	19.37			48						758	
Helen Lister	19.40					47				753	1st senior woman
Gary Sullivan	19.44			47						803	captains' award
Selma Benattia	20.03					46				746	
Michael Mann	20.09				50					849	1st m60
Stephen Smythe	20.18			46						780	
Alice Williams	20.21					45				726	
Jim Dowsett	20.27		45							685	
Rebecca Schulleri	20.30					44				720	
Ajay Khandelwal	20.32		44							702	
Hugh Balfour	20.44				49					790	
Ellie Balfe	20.45					43				712	
Michelle Lennon	20.51						50			793	1st w50
Joseph Brady	20.53			45						712	
Martin Double	20.55		43							655	
Ola Balme	21.20							50		775	
Cameron Timmis	21.22		42							670	
Matt Ladds	21.38	42								602	
Yvette Dore	21.43						49			724	1st w40
Eleanor Simmons	22.01					42				685	
Katie Styles	22.02					41				677	
Graham Laylee	22.10			44						720	
Alex Haylett	22.17	41								602	
Ros Tabor	22.23								50	906	Overall age graded
Lucy Clapp	22.33							49		749	
Andy Murray	22.36				48					731	
Barrie John Nicholls	22.57				47					713	
Clare Wyngard	23.05							48		766	Woman age graded
Michael Dodds	23.12			43						677	
Bob Bell	23.56				46					684	
Gary Budinger	23.59			42						645	
Suzannah Kinsella	[24.17]									#N/A	[2nd claim DR]
Paul Keating	24.34			41						601	
Ameet Patel	25.06			40						602	
Hannah Harvest	25.09					40				587	
Sarah Banting	25.13					39				586	
Hugh French	25.20		41							545	
Karina Burrowes	26.12					38				564	
Claire Barnard	27.05					37				545	
	58	10	10	11	5	14	2	3	1		

Surrey Masters Track & Field Champs

4 June

We had to put with breezy conditions at this track meeting at Ewell, particularly noticeable during the 5000m in the afternoon. Earlier in the 1500m I had a reasonable run, 12 secs faster than my previous race in early May, finishing strongly after a characteristic dip in the third lap, but still short of my indoor season performances earlier in the season by around 6 secs, so I'll be looking for improvements as the season progresses. Andy was down on his normal expected time, hampered by a lack of training resulting from injury.

The 5000m was slightly spoilt by having to run into a strong headwind on the home straight 13 times, which began to wear a bit thin after a while and it took the edge out of the enjoyment. Nevertheless Tony put in a strong performance in what was effectively a time trial for him after 6 laps, opening up at the end with an impressive 75 sec final lap. There were only 3 in my race which it would have made more sense to combine with the previous one and might well have led to a faster time on my part.

I shared the lead with a M70 rival, finally pulling ahead with 2 laps to go as he tired and finishing 4 secs short of my Assembly League time. In that race a few days earlier my ambition had been to see how close to 20 mins I could get. The answer was 9 secs short, despite something close to 100% effort. I may have a crack at a sub 20 this summer, perhaps at one of the Monday evening Battersea Park races, as I seem to perform quite well at that venue, but the lack of competition from club members is likely to make that target something of a challenge.

As for parkruns many of the courses are not conducive to fast times and not accurate, and more importantly my metabolism is not sufficiently cranked up at that time of the morning. However on the track I am fairly confident that a sub 20 target is realistic with better weather conditions and competition, and I have further opportunities at the British Masters in Birmingham later this month and the European Masters in Denmark in early August. In the past my track performances have been some 20 secs faster than on the road. So why not a more challenging Ajay style Project 19 target, you may well ask? The answer is probably caution, though I'll see how it goes before possibly revising it. But I won't be revising it to 19!

For the record my times at this meeting last year were 5:31.21 in 1500m, so 3 secs slower this time, and a much slower 20:48.93 in the 5000m on a hot day. Meanwhile Andy ran a faster 1500m of 5:58.95 last time round.
Tony's performances are up on this time last year, illustrated by his slower 5000m time of 17:34.24 in 2016.

-Mike Mann

1500m

Mike Mann	5:34.15	1st M65
Andy Murray	6:07.03	4th M60

5000m

Tony Tuohy	17:22.67	1st M50
Mike Mann	20:13.12	1st M65

Blenheim Palace Triathlon Weekend Warrior

I first became aware of the weekend warriors last year while supporting Suzannah at Blenheim and was instantly hooked – I desperately wanted to be one of those people telling the finish line announcer how many triathlons I'd completed! This year they really ramped up the WW so we had our own transition area and were really treated like VIPs.

For those who don't know, the challenge is simple: how many Sprints [750m lake swim / 20K cycle / 5.5K run] can you complete over the weekend.

Having since signed up for an Ironman in August this year it seemed like the perfect way to practice race pace. In the event I managed 6: 4 Saturday and 2 Sunday.
My wetsuit zip finally gave out after swim 6 – which I had breast/backstroked as I couldn't roll my right arm above the shoulder forwards so 6 was it for me.

There was a fantastic and supportive atmosphere among the fellow warriors and other competitors. I can't recommend it enough!
Results not yet available but my Garmin shows all 6 were around 1.30-1:35

Thanks to Suzannah for her support (on her birthday!) and roll on next year! *- Lloyd Collier*

BMC Eltham

24 May

800m

Although this meeting was in Oscar's diary some time ago, a call up to the school cricket first XI for the very same afternoon the day before wasn't. Not a chance to pass up on, twenty overs of wicketkeeping three hours before a race isn't ideal. The keeping went well with five dismissals, the race less so with heavy legs at 350m. Still, it was a season's best.

8 Oscar Hussey 2.05.84

UKYDL Bromley

28 May

800m U20 B string

Similar scenario but the wicket keeping was the day before but this time it was 40 overs of squatting. Again, the cricket went well with four dismissals.

The track meet was running 15 minutes late and with no notice, i.e. when they were lining up, the match officials decided to group A and B strings in the same race. In the end, this proved beneficial as the A string runners led by 1.52 runner Ricky Lutakome dragged round the B string runners with Oscar tantalisingly hanging on the shoulder of the lead B string down the final straight. Amazingly, he had one final surge in the last 15m to win the B string and claim a one second PB. *- Duncan Hussey*

1 Oscar Hussey 2.03.73

Project 19 , Week 5

Ajay Khandelwal writes...

"Humiliated at my first ever assembly league in Battersea."

Gary Sullivan was a new man and I couldn't stay with him, even Becca put the boot in and Mike The Man, I'm sure he glanced over his shoulder to let me know who was the boss..he was, I was his underling. The final insult was when Jim "the fridge" Dowsett quick stepped past me on the final sprint.
My lungs were full of dust and pollen and my time was 90 seconds off my sub 19 target, which is looking more impossibly by the day.
As Ian Lilley recently said in encouragement, "you're old and slow and your never ever going to do it." Even so, a club member has given me a secret training plan which I've been told I can only reveal if I'm successful. So the mid week wine glasses have finally been put away sacrifices have been offered to the running gods and the adrenaline is pumping. The sponsors at Nike are running out of patience. Give me ten weeks from today to find the guts Tony Tuohy keeps taking about.

2017 Club Championships

within age groups after 5 events including marathons to June 1st

	Short				Long					
	5k Southwark 4-Feb	10k Regents Pk 5-Mar	5k Battersea 1-Jun	1m Batter-sea 21 Jul	1/2M Padd Wood 2-Apr	Marathon London or other 23-Apr	5m MT Wimbledon 10-Sep	10m Sitting bourne 1-Oct	Bonus for no. of events	TOTAL 5 events max inc. 1.S,L
WOMEN SENIOR										
Helen Lister		50	47		50	49			4	200
Karina Burrowes	43		38		45	42			4	172
Selma Benattia	50		46		49				3	148
Laura Vincent	48				46	45			3	142
Katie Styles	46	49	41						3	139
Hannah Harvest	42		40		44				3	129
Claire Barnard	44		37		43				3	127
Alice Williams			45			47			2	94
Rebecca Schulleri			44		47				2	93
Eleanor Simmons	47		42						2	91
Shona Mcintosh						50			1	51
Lucy Elms			50						1	51
Anna Thomas	49								1	50
Roz Johnson			49						1	50
Melanie Edwards						48			1	49
Fiona Askew					48				1	49
Claire Baglin			48						1	49
Clare Cummings						46			1	47
Susan Cooper	45								1	46
Laura Lane						44			1	45
Ellie Balfe			43						1	44
Christina Dimitrov						43			1	44
Tessa Morrison						41			1	42
Sarah Banting			39						1	40
WOMEN V40										
Michelle Lennon	50	50	50		50	50			5	255
Yvette Dore	48	49	49		49	49			5	249
Joanne Shelton-Pereda	47	48			48				3	146
Lindsey Annable	46				47				2	95
Sharon Erdman	45				45				2	92
Emma Ibell	49								1	50
Tess Le					46				1	47
Kaylee Coxall	44								1	45
WOMEN V50										
Clare Elms	50	50			50				3	153
Lucy Clapp	49	49	49						3	150
Lucy Pickering		48			49	49			3	149
Clare Wyngard	48		48						2	98
Ola Balme			50						1	51
Ange Norris						50			1	51
WOMEN V60										
Ros Tabor	50	50	50		50				4	204
Claire Steward		49							1	50
Susan Vernon	49								1	50
MEN SENIOR										
Timothy Bowen	49	50	50		50	50			5	254
Alastair Locke	50	49	48		49	49			5	250
Mark Lacey	45	46	44		47	46			5	233
Shane O'neill	46	47	46		45	42			5	231
Daniel Mann	47	48			46				3	144
Paul Devine			45		44	47			3	139
Alex Haylett	43	44	41						3	131
Matt Ladds			42		40	38			3	123
Wayne Lashley	48		49						2	99
Greg Hills					48	48			2	98
James Burrows	44	45							2	91
Steve Rolfe			43			43			2	88
Paul Vivash					42	41			2	85
Lewis Laylee			47						1	48
Edward Chuck						45			1	46
Tom Tabori						44			1	45
Toby De Belder					43				1	44
Freddie Vernon	42								1	43
Jonathan Whitaker					41				1	42
Edward Harper						40			1	41
Stephen Duck			-			39			1	40

MEN V40										
Stephen Davies	49	49	50		50	49			5	252
Jim Dowsett	41	43	45		45	43			5	222
Rob Cope	40	44	46		47				4	181
Grzegorz Galezia	42	40			46	45			4	177
Ajay Khandelwal	43	42	44			42			4	175
Cameron Timmis	39	39	42		42				4	166
Andy Bond	50	50			49				3	152
Charles Lound	48	48				50			3	149
Tom South		47	48						2	97
Lloyd Collier	46		49						2	97
Michael Hutchinson					48	46			2	96
Ian Lilley	47	46							2	95
Mark Callaghan	45					47			2	94
William Cotter	44				43				2	89
Justin Siderfin		41			44				2	87
Martin Double			43		41				2	86
Hugh French	38		41						2	81
Tom Marshall						48			1	49
Padraig Prunty			47						1	48
Holger Betz		45							1	46
Tom Wilson						44			1	45
MEN V50										
Ebe Prill	49	49	49		49	49			5	250
Gary Sullivan	47	47	47		47	48			5	241
Tony Tuohy	50	50	50		50				4	204
Stephen Smythe	48		46		48	50			4	196
Joseph Brady	46	48	45		44				4	187
Graham Laylee	43	45	44						3	135
Michael Dodds	41	44	43						3	131
Paul Keating	40	43	41						3	127
Mark Foster			48		45				2	95
Michael Fullilove	45				46				2	93
Duncan Wilson		46			43				2	91
Ameet Patel	39		40						2	81
Gideon Franklin	44								1	45
Gary Budinger			42						1	43
Colin Frith	42								1	43
MEN V60										
Barrie John Nicholls	47	48	47		49	48			5	244
Hugh Balfour	50		49			50			3	152
Michael Mann	48	50	50						3	151
Andy Murray	46	49	48						3	146
Patrick Mcmorrow	45				48	49			3	145
Stephen Williams	49				50				2	101
Bob Bell	44		46						2	92
Peter Jackson	43								1	44
Chris Vernon	42								1	43
0	64	40	56	-	49	42	-	-	251	

Best 5 count for year including 1 each short, long. Marathon points are temporary

	Short				Long						
	5k Southwark 4-Feb	10k Regents Pk 5-Mar	5k Battersea 1-Jun	1m Battersea	1/2M Padd Wood 2-Apr	Marathon London or other 23-Apr	5m Wimbledon Sep	10m Sitting bourne 1-Oct	Events counting	TOTAL 5 events max inc 1.S,L	Average
Stephen Davies	859	824	869		839	814			5	4,204	841
Timothy Bowen	787	781	819		802	806			5	3,995	799
Alastair Locke	797	780	775		784	774			5	3,910	782
Ebe Prill	789	779	819		787	705			5	3,878	776
Michelle Lennon	787	770	793		783	744			5	3,877	775
Gary Sullivan	788	742	803		768	719			5	3,819	764
Mark Lacey	750	739	746		749	712			5	3,696	739
Shane O'neill	764	739	749		734	671			5	3,658	732
Ros Tabor	875	921	906		912				4	3,613	903
Yvette Dore	684	698	724		708	685			5	3,498	700
Tony Tuohy	881	844	891		846				4	3,462	865
Barrie John Nicholls	716	697	713		697	588			5	3,411	682
Jim Dowsett	691	680	685		666	636			5	3,358	672
Stephen Smythe	809		780		802	837			4	3,227	807
Helen Lister		730	753		748	733			4	2,964	741
Grzegorz Galezia	723	684			722	707			4	2,836	709
Rob Cope	679	698	725		723				4	2,825	706
Clare Elms	947	922			919				3	2,789	930
Joseph Brady	711	692	712		674				4	2,788	697
Ajay Khandelwal	725	690	702			635			4	2,753	688

Cameron Timmis	670	655	670		630				4	2,624	656
Michael Mann	826	798	849						3	2,472	824
Andy Bond	845	815			805				3	2,464	821
Charles Lound	827	790				836			3	2,452	817
Daniel Mann	797	765			755				3	2,317	772
Karina Burrowes	610		564		589	546			4	2,309	577
Hugh Balfour	792		790			692			3	2,273	758
Lucy Clapp	747	768	749						3	2,264	755
Paul Devine			782		738	725			3	2,245	748
Selma Benattia	755		746		734				3	2,235	745
Lucy Pickering		740			766	726			3	2,233	744
Andy Murray	722	717	731						3	2,170	723
Graham Laylee	717	713	720						3	2,150	717
Michael Dodds	668	661	677						3	2,006	669
Katie Styles	679	645	677						3	2,000	667
Joanne Shelton-Pereda	629	648			633				3	1,910	637
Laura Vincent	689				627	591			3	1,907	636
Patrick Mcmorrow	646				618	590			3	1,854	618
Paul Keating	610	579	601						3	1,789	596
Hannah Harvest	603		587		596				3	1,786	595
Claire Barnard	612		545		561				3	1,718	573
Alex Haylett	558	553	602						3	1,713	571
Matt Ladds			602		574	417			3	1,593	531
Wayne Lashley	785		805						2	1,590	795
Stephen Williams	775				808				2	1,583	792
Lloyd Collier	761		788						2	1,549	775
Ian Lilley	795	752							2	1,547	774
Tom South		735	764						2	1,499	750
Clare Wyngard	725		766						2	1,491	745
Mark Foster			758		711				2	1,469	734
Greg Hills					757	710			2	1,467	734
Mark Callaghan	735					730			2	1,465	733
Michael Fullilove	725				729				2	1,454	727
Michael Hutchinson					738	713			2	1,451	725
James Burrows	713	697							2	1,410	705
Steve Rolfe			728			680			2	1,408	704
Alice Williams			726			673			2	1,400	700
William Cotter	729				663				2	1,393	696
Eleanor Simmons	687		685						2	1,372	686
Rebecca Schulleri			720		646				2	1,366	683
Justin Siderfin		674			671				2	1,346	673
Lindsey Annable	664				663				2	1,327	663
Bob Bell	631		684						2	1,315	657
Paul Vivash					666	627			2	1,293	647
Duncan Wilson		688			604				2	1,292	646
Martin Double			655		582				2	1,238	619
Ameet Patel	584		602						2	1,186	593
Sharon Erdman	606				557				2	1,163	582
Hugh French	533		545						2	1,078	539
Ange Norris						871			1	871	871
Claire Steward		850							1	850	850
Shona Mcintosh						809			1	809	809
Lucy Elms			783						1	783	783
Ola Balme			775						1	775	775
Roz Johnson			763						1	763	763
Lewis Laylee			757						1	757	757
Tom Marshall						755			1	755	755
Emma Ibell	753								1	753	753
Padraig Prunty			753						1	753	753
Claire Baglin			753						1	753	753
Holger Betz		743							1	743	743
Melanie Edwards						733			1	733	733
Fiona Askew					719				1	719	719
Ellie Balfe			712						1	712	712
Gideon Franklin	704								1	704	704
Anna Thomas	699								1	699	699
Edward Chuck						695			1	695	695
Colin Frith	691								1	691	691
Tom Tabori						687			1	687	687
Toby De Belder					680				1	680	680
Susan Cooper	667								1	667	667
Tom Wilson						645			1	645	645
Gary Budinger			645						1	645	645
Jonathan Whitaker					634				1	634	634
Peter Jackson	630								1	630	630
Clare Cummings						612			1	612	612
Kaylee Coxall	602								1	602	602
Edward Harper						597			1	597	597
Laura Lane						595			1	595	595
Sarah Banting			586						1	586	586
Stephen Duck						581			1	581	581
Christina Dimitrov						567			1	567	567
Tess Le					539				1	539	539
Tessa Morrison						522			1	522	522
Susan Vernon	509								1	509	509
Freddie Vernon	498								1	498	498
Chris Vernon	432								1	432	432
0	64	40	56	-	49	42	-	-	251		

June 3rd

Beckenham
158 Ran

Pos	Gen		
93	74	Matthew Ladds	28:03

Brockwell
327 Ran

Pos	Gen		
4	4	Lewis Laylee	17:34
61	56	Cameron Timmis	21:39
69	63	Graham Laylee	22:10
198	45	Claire Barnard	27:17

Bromley
622 Ran

Pos	Gen		
469	321	Chris Goodman	32:02
550	350	Peter Ogden	36:10

Burgess
286 Ran

Pos	Gen		
37	36	Hugh Balfour	21:10
134	100	Paul Keating	25:16
283	150	Chris Vernon	39:39
286	136	Susan Vernon	40:23

Cleethorpes
169 Ran

Pos	Gen		
33	31	Colin Frith	22:51

Crystal Palace
287 Ran

Pos	Gen		
7	7	Steve Rolfe	18:40
16	16	Tom Wilson	19:33
29	28	Andy Cottrill	20:40
31	2	Belinda Cottrill	20:50
68	6	Clare Wyngard	23:21
70	64	Michael Dodds	23:23
114	101	Bob Bell	25:05
120	107	Ameet Patel	25:19
242	74	Penelope d'Aarcy Graham	31:57

Dulwich
270 Ran

Pos	Gen		
2	2	Daniel Mann	17:23
3	3	Gregory Hills	17:29
23	3	Ellie Balfe	20:19
69	59	Mark Muffett	22:28
74	63	Ajay Khandelwal	22:34
101	80	Andrew Hollister	24:21
119	26	Hannah Harvest	25:10

Fulham Palace
351 Ran

Pos	Gen		
102	90	Barrie John Nicholls	23:16

Hastings
278 Ran

Pos	Gen		
4	4	Stephen Davies	17:21

Holkham
190 Ran

Pos	Gen		
6	6	Justin Siderfin	19:33

Peckham Rye
185 Ran

Pos	Gen		
31	2	Emma Ibell	20:45
48	45	Ian Sesnan	22:28

Shorne Woods
209 Ran

Pos	Gen		
2	2	Oscar Hussey	18:19
5	5	Duncan Hussey	20:28

Southwark
292 Ran

Pos	Gen		
37	35	Joseph Brady	21:05

Swansea Bay
312 Ran

Pos	Gen		
1	1	Andy Bond	16:22

Tilgate
553 Ran

Pos	Gen		
117	104	Gary Budinger	25:29

Torbay Velopark
244 Ran

Pos	Gen		
19	1	Ange Norris	20:36

New members especially, and others....

For your results to appear here you need to update your parkrun profiles to show you are a current member of Dulwich Runners AC. or send them in.

DULWICH RUNNERS MIDSUMMER RELAY
WEDNESDAY 12 JULY 7.30 DULWICH PARK
3 x 1 LAP (APPROX 1 MILE) **£12 PER TEAM**

ENTRY FORM

TEAM NAME:
TEAM CATEGORY: PLEASE CIRCLE ONE

MEN

WOMEN

MIXED

LEG 1 name:

LEG 2 name:

LEG 3 name:
(individual names can be entered later)

Please complete, scan and email to ros.tabor49@gmail.com

Pay on day, or by bank transfer:

Sort code: 40 52 40

Account: Dulwich Runners AC: 00090986

Reference: RELAY plus TEAM NAME

DULWICH RUNNERS SUMMER RELAY
ORGANISED BY DULWICH RUNNERS AC

WEDNESDAY 12 JULY 2017 AT 7:30 PM

RACE INFORMATION

Contact: 020 7701 2546
ros.tabor49@gmail.com

THE START: **7:30pm** in Dulwich Park, near Queen Mary's Gate, London SE21
see enclosed map or www.streetmap.co.uk (enter SE21 7BQ)

Public transport: For transport details to the park https://tfl.gov.uk/plan-a-journey/?to=se21+7bq

Trains - closest stations are N and W Dulwich
from London Victoria to Herne Hill and West Dulwich
from Orpington via Bromley South & Beckenham to West Dulwich and Herne Hill
from London Bridge to North Dulwich (or from East/West Croydon)
from Kings Cross, Farringdon and Blackfriars to Herne Hill (and northwards from Sutton and Wimbledon)
Tube - Victoria line to Brixton and bus
Buses - P4 (Brixton-Lewisham), P13 (Streatham-New X) to Dulwich Park (Queen Mary's Gate)
12, 40, 176, 185, 312 from central London to Dulwich Library/Plough, walk via Eynella Road
68, 468, 196 to Herne Hill station – walk via Half Moon lane, Burbage Road
37 to Half Moon Lane walk via Burbage Rd
3 to Croxted Road/Thurlow Park Road (nr. West Dulwich station) walk via Dulwich Common

Parking: Car park in Dulwich Park (in College Road gate, turn left at barrier), or Bel Air Park (Gallery Road).

ENTRIES: **£12 PER TEAM – ENTRY FORM ON WEBSITE.** You can enter your team, and fill in the individual names later.

RACE NUMBERS: Will be available at the start

CHANGING: Tent available, also for left baggage.
Attach the race number to the front of your vest / T-shirt.
Please do not run wearing headphones.

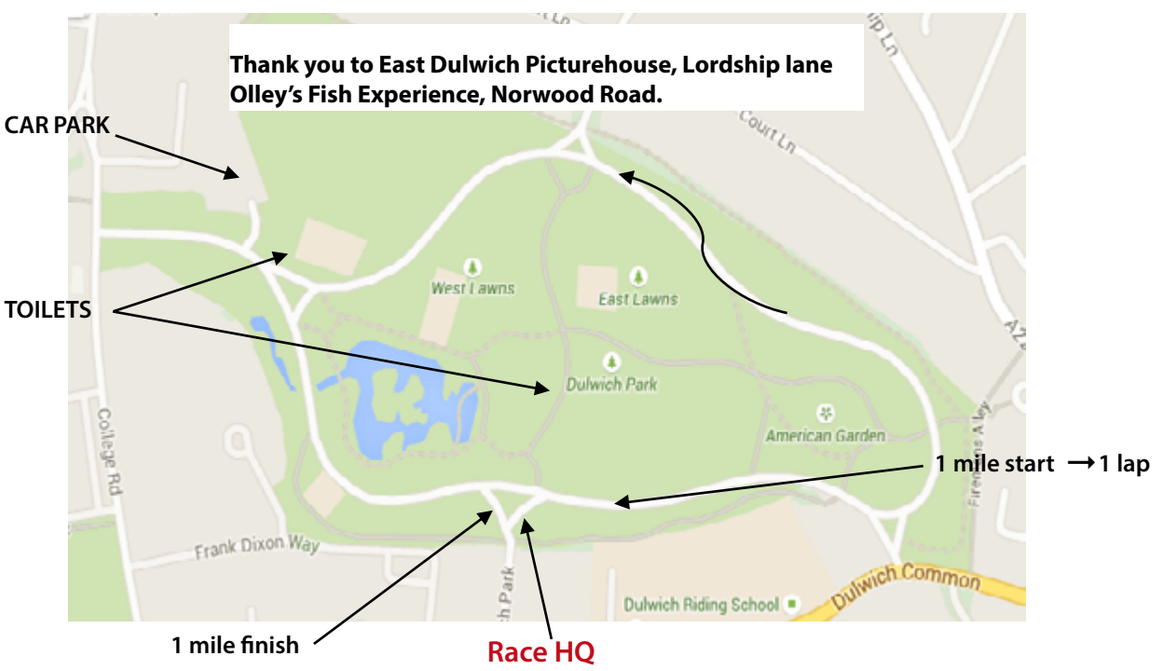
TOILETS: Near the car park exit and near the café (to right of lake from start/finish).

REFRESHMENTS: Water station at start/finish area.

COURSE: The relay (tarmac path) follows the main driveway, keeping the sand track to the left. 3 laps per team, each lap is just over 1 mile. Start , change over and finish at NE end of Queen Mary's gate.

PRIZES: **prizes for 1st 3 teams in each category – men, women, mixed**

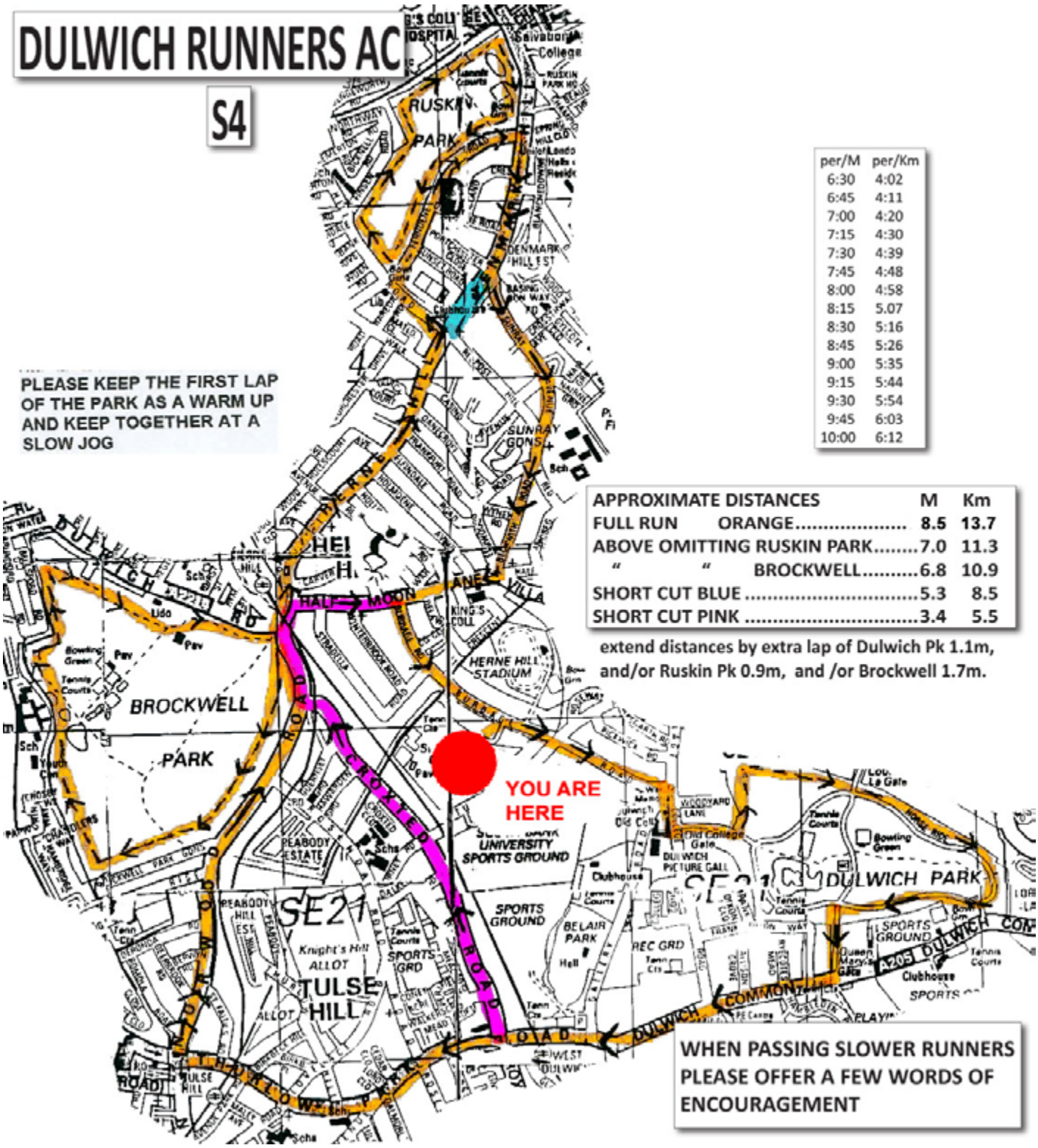
RESULTS: (and info on Dulwich Runners) www.dulwichrunners.org.uk



The course is almost 3 laps of the main carriageway within Dulwich Park.
Start and finish at North end of Queen Mary's gate driveway

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.....	8.5	13.7
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