

**These are your SHORTS,**

Please send your reports, running news &amp; anecdotes to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

**Wed 6 Club Night, Edward Alleyn Club**

83-85 Burbage Road. London, SE24 9HD

Fee £1 - 7:15 for 7:30 start. Showers, Bar.

**Thu 7 Assembly league - Battersea Park**

Open to all club members

**Dulwich College track, College Rd.**

cost £2 per session - Start with a warm up at

**Tue 13** 7:10pm then 1st part of session will be on grass, 2nd on the track. - page 2 for more details**In your SHORTS this week !**

- 1 General information
- 2 Social events etc
- 3 Club kit - new kit additions !
- 5 Fixture list, 2018 Club Champs and all other races
- 5 Summer running tips and training schedule
- 7 British Masters report and times
- 9 Beckenham relay report
- 12 Parkrun times
- 13 Wednesday map + Strava links

**And much more !****Like us on Facebook @dulwichrunners**Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)our website: [www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

Connect with us:

**The clubhouse will be closed on Wednesday 27 June as we will all be at the Dulwich Midsummer Relays either running, helping or supporting !**

## TRACK SESSIONS

**Tuesdays At Dulwich College track, College Road.**

Cost is £2 per session

Warm up taken by **Elkie Mace**, various drills and stretches etc will start around 7.10pm..The main session taken by **Steve Smythe** will start on grass and move on to track and is more suitable for all levels of ability than the Crystal Palace sessions.**Thursdays 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](mailto:steve.smythe@athleticsweekly.com) to go on the mailing list

## Battersea Park Assembly League - June 7th

The council are now charging the organisers to use the park so there is a £2 per person entry fee to cover this.

Please bring the correct change if possible and put in envelope where you sign in and pick up race numbers on the bandstand.

## LUCKY VEST

**tonight in the clubhouse**

Wear your Dulwich Runners vest or t-shirt 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](mailto:ros.tabor49@gmail.com)We are in the process of putting the maps onto Strava (you dont need an account)and links can be found here:  
<https://www.dulwichrunners.org.uk/wednesday-night-routes>**----- EVENT HORIZON -----****A brief look ahead**

- jun 7 Assembly League - Battersea Park
- Jun 13 Dino Dash relays - Crystal Palace park
- Jun 27 Dulwich Runners Midsummer relays - Dulwich Park.

## NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota. **Thanks to Mike Mann, Natalie Davys and Chloe Green for taking out new guest runners last week**

If you're on the list please 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

**Tony Tuohy**

Mick Ward

Cameron Timmis

**6/6**

13/6

20/6

## 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.**
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

Thank you. - Ros

## Wednesday Night Map

This map for this Wednesday's runs can be found at the back 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

P  
O  
T

*Upcoming events.*

### Dulwich Hash House Brewery Run Saturday 7th July.

Back by popular demand after the success of last year. A social run visiting various local breweries and pubs in South London over approx 6 miles. You can walk/ run/ get the bus between various venues while enjoying a drink or two.

Activities will include the Barry Graham dash !

#### Battersea Assembly League

##### Post race drinks

After this Thursday's assembly league, the popular place for drinks is at the Magic Garden, where quite a few club members were still in attendance at closing time (Midnight) last year.

Details are :- <https://whatpub.com/pubs/SWL/2750/magic-garden-battersea>

## 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 **£6.50**

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)

## 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](mailto:ola.balme@btinternet.com)

[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

## Algarve Running Challenge

7-11 NOVEMBER

For those of you interested in some warm weather training and racing this autumn, this year's Algarve Running Challenge takes place between 7-11 November. Accommodation and races are in Monte Gordo at the eastern end of the Algarve in Portugal and it is organized by Track & Field Tours.

*Mike Mann*

## Photographs needed !...

If anyone has any good recent photos of Dulwich Runners in action either on the race course or at the pub (or dance floor for Ajay) for inclusion in the brand new website, please could you send them to:

[jonathanwhittaker79@yahoo.co.uk](mailto:jonathanwhittaker79@yahoo.co.uk)

## Sue Vernon writes:

I am a long standing member of Dulwich Runners, having joined in 1982 when my youngest child was 8 and he could go to Cubs! My husband, Chris, joined a year before me and between us we have completed 60 marathons. In January 2004, I was diagnosed with AMD, Age-Related Macular Degeneration, loss of central vision. I can no longer run with the club on a Wednesday night due to this, as it is not safe for me to run in the dark. Four years ago I had to give up driving after 52 years. Sadly, there is no cure at present and I have had all the current treatments available. I wanted to

let you all know why I don't run on a Wednesday night and to apologise to anyone I may have ignored, unintentionally, because I didn't recognise them. If you do see me out and about, do please say hello and tell me who you are. I now sing with Popchoir locally on a Wednesday night, as an alternative to running. This, of course, clashes with club night so I rarely get to see anyone, except at running events when I marshal. I still manage the odd parkrun here and there but mostly like to volunteer.

I hope to see many of you at the relays on 27th June when I will be marshalling. Thank you.



So if you would like to see any of our Dulwich Runners photos destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, Yvette Dore or Jonathan Whittaker who will take care of it!

The Instagram feed will be linked to our new and upgraded website - more on that soon.

Dulwich Runners are on Instagram.



## NEW KIT – BUY ONLINE DIRECT FROM THE MANUFACTURER

We have set up an arrangement with pbteamwear to provide showerproof jackets and mid-layer training tops. You just click on the link to the Dulwich Runners shop: <https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html> and purchase directly. any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



### Showerproof Team Jacket

Full Zip Multi Purpose Club Jacket. Unisex Fit, Chin guard, Concealed hood. Drawcord system, Durable water repellent textured fabric, Inside pocket. Mesh lining. Scooped hem, Generously sized



### Pro Mid Layer 1/4 Zip Top

Technical Mid layer Pro 1/4 Zip Training Top, 220gsm 4 Way stretch matt finish / full dull polyester outer Scooped hem dropped back, Soft touch anti - pill fleece reverse

## 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
Bufs/snoods	£6 each

Most kit is usually available  
Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

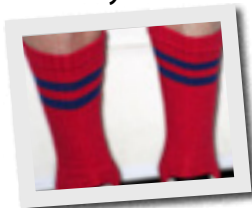


## SHORTS!

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



Bufs/snoods - only £6

## HOODIES...

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



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

## Club Championship 2018

The club championship in 2018 consists of 9 races at various distances during the year at which members are encouraged to take part, to maximise competition and team spirit amongst all abilities. The full rules for 2018 will be on the club website shortly.

**A series of club medals is awarded for each event:**

Overall age-graded, 1-3m, 1-3w, 1m&w40, 1m&w50, 1m&w60, next best m&w age graded, captains' award

**Also there are age group points competitions for the year – medals for top 3 in each category**

- 5 events must be completed including at least one long and one short, best 5 scores for the year to count;
- Age groups -senior men, women plus 40's, 50's, 60+'s age groups for each
- 50 points for 1<sup>st</sup> in age group in each race, 49 for 2<sup>nd</sup> etc. Plus one point per event completed.

**Plus an overall age graded competition for the year -medals for top 3, plus for 5 events completed**

- uses World Masters Athletics tables for men and women at each age – score is basically world best time for sex/age as a percentage of runner's time; then this %age x 1000.
- 5 events must be completed including at least one long and one short, best 5 scores for the year to count;

**Fixtures (make sure you enter in good time - see event websites for 1 mile and long events)**

### Short

3 Feb Dulwich Parkrun 5k (71 DR's ran)  
7 Jun Battersea Park Assembly League 5k  
27 Jul SOAR 1 Mile London Stadium, Stratford  
15 Sep tbc Beckenham Place Parkrun 5k  
24 Nov Beckenham Place S of Thames XC 5m

### Long

24 Mar Run Through Hyde Park 10k (28 DR's ran)  
8 Apr Paddock Wood Half Marathon  
22 Apr London Marathon (or any certified marathon up to 24 Nov)  
30 Sep Middlesex Victoria Park 10k



**DULWICH RUNNERS A.C.  
SUMMER RELAYS AT  
DULWICH PARK**

**27.JUNE.2018**

3 x approx. 1mile lap

Entry forms and race details from  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)  
or [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

Entry: Race starts at 7.30pm  
£15 per team  
(Limited entries on the day)

7.00pm children's 1 mile fun run  
£2 per child

[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

## Dulwich Runners Midsummer Relay 2018

The date for this year's 3 x 1 mile relay in Dulwich Park is Wednesday 27 June.

**This is the major fundraiser for the club** so I hope you will all do what you can to publicise it with your friends, family, work colleagues etc. The more teams we have the better the event will be.

This year the relay is being held in memory of Gill Johnson, a member who sadly died of cancer last Autumn. A portion of the entry fee will be sent to the hospice which cared for her.

If you can't run, then your help will be needed.

Entry form on our facebook page:  
[www.facebook.com/groups/2409157697/](https://www.facebook.com/groups/2409157697/)  
or at the back of Shorts

Thanks - Ros Tabor [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

## Children's Fun Run at the Midsummer Relays 27 June 2018

Perhaps due to the fact that my Personal Bests resemble those of a small child, I have been asked to organise the Children's Fun Run at the Midsummer Relays on 27 June 2018. With this in mind please can anyone with children at a local school please try and drum up some support at the school by e.g. having something put into the school newspaper, putting up a poster on a noticeboard, placing something on a WhatsApp group or social media, speaking to the PE teacher and/or just generally trying to spread the word. Similarly if you have a nephew, niece or a family friend with children aged 4-14 please can you try and encourage them to attend. If you are able to make contact with a school, please can you let me know so I can try and ensure that most of the local schools have been approached in some way or other. My email is [hughfrench@hotmail.com](mailto:hughfrench@hotmail.com) - 07980 114467. Many thanks. Hugh French (28.53.42 5K runner)

# DULWICH RUNNERS 2017/18 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.*

2018		Race	Venue
Jun	7	Assembly League (incorporating 5k club champs)	Battersea Park
	11	B&B Open Meeting	Norman Park
	13	Dino Dash Relays	Crystal Palace Park
	20	BMC Meeting	Eltham
	24	South of England/VAC Champs	Battersea
	27	Dulwich Runners Midsummer relays 3 x 1M	Dulwich Park
	30	HHH Open Meeting	Tooting
Jul	5	Assembly League	Tottenham Marshes
	7	BMC Meeting	Eltham
	13	Mark Hayes Memorial Mile	Dulwich College Track
	16	B&B Open Meeting	Norman Park
	18	BMC Meeting	Eltham
	27	SOAR Mile (track) (S) (Inc. club champs mile)	London Stadium, Stratford
Aug	2	Assembly League	Victoria Park, Hackney
	13	B&B Open Meeting	Norman Park
	15	BMC Meeting	Eltham
	25	HHH Open Meeting	Tooting
	30	Assembly League (note new date)	Beckenham Place Park
Sep	15	(or alt. early autumn date) Beckenham parkrun (S)	Beckenham Place Park
	23	Southern 6/4/3 stage road relays	Crystal Palace Park
	30	Middlesex 10k (L)	Victoria Park, Hackney
Nov	24	(date tbc) South of Thames 5 mile (S)	(tbc)

Road & other Cross country Club Champs Assembly League Track

## Dino Dash Relays Crystal Palace Park

Wednesday 13th June - 7.30pm start, 3 x 3km runs

In past years we have had a good turnout and done very well at these local relays  
 If people would like to take part, can they contact Ange at [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com) or myself Tom South or Ange at the club tonight  
 If enough people are interested, Ange will pay for entries and people would owe Ange £5.

## Mark Hayes Mile - 13 June

This event is in memory of Mark Hayes who was club mile champion back in the 90s and in whose memory we hold a series of races every July at Dulwich College track.  
 It should provide excellent preparation for those planning to run the club champs SOAR Mile, expected to take place at Battersea track on 20 July.  
 Further details about arrangements including a social function afterwards will appear later. *- Mike Mann*

## Bewl 15m

1st July 2018 - 10:30 am

Uplands Community College, Wadhurst, E. Sussex TN5 6AZ

I've done this race a few times and love it. It's 15 miles around Bewl Water, south of Tonbridge. It is mostly off road, except for about 3 miles on quiet roads.  
 As well as the normal t-shirt, medal and goody bag there are also free cakes (including vegan and gluten free), tea, coffee, Harvey's and Ewhurst Ales, a sports massage (on a first come first served basis) pre and post the run, plus the Wadhurst Brass Band!  
 If a few of us enter we could even be a winning team.  
 You can enter online - <https://www.nice-work.org.uk/races/the-bewl-15/2018>  
 Entries are filling up fast so if you're keen get in quick.

## CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like to have more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed.  
 Details are on the website: [www.englandathletics.org](http://www.englandathletics.org)  
 Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members.  
 If you are interested please contact me or another committee member. [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)  
 Thanks - Ros

## Dulwich Midsummer Relays 27 June

**Entries from club members have been disappointing so far.**

To make this event a success, we urgently need your participation. Taking part is also in your own interests as the mile legs will provide excellent practice for the Mark Hayes and SOAR Miles taking place in July. You are invited to enter teams of 3 yourselves, or failing that if you are interested let your captains know and we can put together teams.  
*- Mike Mann*

## SOAR Mile - Friday 27 July

At the London Community Track, next to the Olympic Stadium, will be used as our club champs mile.  
 As last year these will take the form of a series of graded races during the evening.  
 The Mark Hayes Mile two weeks earlier on 13 July at Dulwich College Track will provide good preparation, particularly for those of you not competing regularly on the track.  
**The event is filling up rapidly with 112 entries as of 30 May, so you are advised to enter as soon as possible.**  
**There are likely to be 12 races with up to 20 runners in each, so the limit is likely to be around 240**

# Thames River Relay

Sunday 9th September

This is a 5 stage relay along the Thames from Dorney Lake to Kingston - approx 26 miles. Stages vary from about 4 miles to 6.5 miles.

Have a look at the website - (it still has 2017 dates but will be updated soon)

[www.stragglers.org/river\\_relay](http://www.stragglers.org/river_relay)

It costs £10 per runner.

Let me know on [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com) or on a Wednesday evening at the club, if you want to run.

Teams have to be mixed with at least one vet.

If you require any further information about any races in Shorts then contact your respective captains:

Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

Men road: [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)

Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## 2019 London Marathon Good for Age Places Qualifying

*Extract from the website – nb changes to times, ages and no longer a guarantee, particularly for men just inside their qualifying time.*

You will be eligible to make a Good for Age application for the 2019 Virgin Money London Marathon if you achieve the qualifying time [at a certified marathon] between **1 January 2017** and **10 August 2018**.

The Good for Age qualifying times for the 2019 Virgin Money London Marathon are:

Men	Time (in hours)	Women	Time (in hours)
Age 18-39	sub 3:00	Age 18-39	sub 3:45
Age 40-44	sub 3:05	Age 40-44	sub 3:50
Age 45-49	sub 3:10	Age 45-49	sub 3:53
Age 50-54	sub 3:15	Age 50-54	sub 4:00
Age 55-59	sub 3:20	Age 55-59	sub 4:05
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 70-74	sub 5:00	Age 70-74	sub 6:00
Age 75-79	sub 5:15	Age 75-79	sub 6:20
80+	sub 5:30	80+	sub 6:40

**PLEASE NOTE:** if the number of Good for Age applicants exceeds number of places available, then the qualifying time will be reduced evenly across age group categories listed above until 3,000 runners of that gender are accepted.

### Club Championship Marathons reminder

Please ensure your DR membership is paid up for 2018/19. Arrange for a report or results to be sent to Shorts (London results should be covered but reports welcome) after a few days check with your athlete page on Power of 10 that they have picked up your result; if not, submit it to them, this helps ensure the marathon ranking for the club on Power of 10 is complete. **Andy Murray**

## Assembly League 2018

The assembly league is a series of 6 inter-club races held each month on Thursday evenings from April to September. The dates appear in the fixture list. The races are all about 5k, with the June fixture in Battersea an officially measured 5k distance. The emphasis is on positions in the race rather than times.

Two races (including the first one) are multi-terrain in Beckenham Place Park; two on paths in Victoria Park; one on paths in Battersea Park; and a new venue for this year – Tottenham Marshes. There is an Assembly League facebook group, or you can ask one of the club captains for information.

The races are free to all club members and runners of all abilities are welcome. Men and women run together. There is no need to pre-enter. Just turn up, sign your name and pick up a number to pin to your club vest.

At the end of the season there are men's and women's trophies. At each race the first 4 men and women score for



their club's A teams and the second 4 for the B teams. The teams with the lowest cumulative scores win. There are also individual medals for the 1st 3 runners in each 5 year age group.

The races are very friendly occasions and club members often follow them with a social drink in a nearby bar or pub. I hope Dulwich Runners will have a large presence at each fixture. - *Ros Tabor*

# Race Reports & Results

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

## Surrey & Sussex Masters Ewell Court

Sunday 3 June

A sunny and warm day resulted in fast times. Both Ros and I took part in the 1500m followed by the 800m with a 2 hour rest in between. My races were a mix of age groups and counties and that helped generate a good standard of competition. I generally ran each lap a second or so quicker than I had managed at Bromley a couple of weeks ago to achieve a 4 second PB and a bronze medal in my Surrey age category.

**1500m**

4:31.48 - Surrey M35 Bronze

With the 800m I didn't have high expectations after feeling tired and thinking that I couldn't improve my PB that much



Ros (far left) at the start of her 1500m - a race notable for a dead heat and one of the runners throwing themselves over the line!

as I had never run faster than 67 seconds for 400m. In the end a useful Lane 2 draw and similarly paced runners help me to a 65 second first lap and 68 second final lap and a 7 second PB and another bronze medal.

Both performances are a legacy of my improved fitness (knee injuries aside) this year from training for the Brighton Marathon.

**800m**

2:13.67 - Surrey M35 Bronze



<https://www.thepowerof10.info/results/results.aspx?meetinid=234449&event=800&venue=Ewell&date=3-Jun-18>

<https://www.thepowerof10.info/results/results.aspx?meetinid=234449&event=1500&venue=Ewell&date=3-Jun-18>

Ros' times are within the links

## Last Friday 5k, Hyde Park

Friday 25th May

May's edition of Serpentine Road Club's long-standing monthly fixture drew as usual a small band of Dulwich Runners, keen to try for good times on the fast(ish) course round the lake in Hyde Park. Ian Lilley wisely pulled up not far into the race, fearful of an imminent pull on a rapidly tightening calf, while the rest of us (bar one) turned in fairly solid but hardly startling runs. Apart from the 'bar one' that is.

Andy Bond had his best run yet to land third place but more importantly knocked a huge chunk from his PB and shaved a single second from Dulwich legend Kofi Agyei's M40 club record. Kofi's records date back fifteen or so years but we now appear to have a number of runners in the club

capable of updating a few of his marks. Andy's time here goes alongside Lewis Laylee's equally superb new senior 1500m record, both just in the last couple of weeks, and with maybe three or more Dulwich men now capable of 5k in sub-16 I'm quite looking forward to the Assembly League 5k in Battersea Park on Thursday; that is to say, to finding out the result afterwards obviously - I won't exactly be following developments during the race...

**Tony Tuohy**

3 Andy Bond 15:55 PB, 2nd M40,  
Dulwich M40 club record

23	Alastair Locke	17:16
30	Tony Tuohy	17:36 1st M50/55
75	Rob Cope	19:33
152	Graham Laylee	22:19
175	Andy Murray	23:25
260	finished	

## Dorking 10 miles

3 June 2016

This was a club championship race for my second claim club, Veterans AC, and I had agreed to give out medals there. It was also a Surrey Champs and road league race, so quite popular, attracting over 700 entries. The start was at 9am, over 2 miles from Dorking Station and required a bike ride to Clapham Junction and from Dorking to get there on time.

Race HQ was at a rugby club's playing fields in a beautiful position below the Box Hill part of the North Downs. We walked to Brockham village green for the start and set off along mainly traffic-free country lanes. The route headed south, up a hill after 1 mile, with a loop off to the left at 2 miles returning to the 1 mile point and then a longer loop going further south with left turns bringing us eventually back through Betchworth village (past a sign saying 'W.I. teas 2-5pm') to the finish at the rugby club.

Amongst VAC members there were unfortunately 4 contenders for 3 m65 medals. I started with quads felling heavy but at 1 mile managed to catch and ease ahead of probable 3rd M65 Gerry Smith with his usual running buddy Vanda, thinking that he might come back at me near the finish. I was not too strong on the hills and Gerry in fact came past on his own after 5 miles, gradually getting out of sight. It was a sunny day, with temperatures just about OK at around 20 degrees but 5 hills in the last 3 miles knocked my pace back a bit. It was a lovely Sunday run, well marshalled, with testing hills (overall up and down 110m) that a fit runner could probably manage without too much slowing.

Andy Murray 83:14 19 m60-69 (4 VAC m65)

## Brighton BMC

30th May

Lewis did his first track race since 2016 in the 1500m B race. Despite having his training disrupted with an Achilles injury, he ran a well-paced in a new Club record time of 4:02.53

## UK Women's League Premiership match Windsor

June 2

Clare Elms made a late decision to rejoin Blackheath for the track season and was selected for the top women's British League at Eton and it went well in her first track 3000m for a few years and encouragingly around the same level of all her National leagues in previous years.

Clare sat at the back of a group that passed 1500m a little over five minutes and only lost contact with the group in the last 600 metres and was pleased with her run and time though felt a bit tired on the last lap and was unable to accelerate. Her time was only seven seconds away from the British W50 record and she got fourth place out of 8 teams in the A race.

The time should be achievable before the end of the year, when Clare then moves into a new age group (with in theory, easier records!) . She did once run faster in Watford in 2014 but could not get the appropriate photo finish proof.

- Steve Smythe

4 Clare Elms 10:14.7



## Banstead Woods

188 Ran			
Pos	Gen		
1	1	Tony Tuohy	18:23
5	5	Paul Devine	19:06

## Beckenham Place

160 Ran			
Pos	Gen		
2	2	Alastair Locke	18:12
45	5	Claire Barnard	24:49

## Bexley

478 Ran			
Pos	Gen		
8	7	Michael Fullilove	20:21

## Bromley

676 Ran			
Pos	Gen		
13	13	Stephen Smythe	19:27

## Cannon Hill , Birmingham

747 Ran			
Pos	Gen		
137	10	Susan Cooper	22:37

## Catford

212 Ran			
Pos	Gen		
2	2	Timothy Bowen	17:48
13	13	Ross Rook	20:03

## Clacton Seafront

160 Ran			
Pos	Gen		
2	2	Rob Hollands	19:05

## Clapham Common

489 Ran			
Pos	Gen		
91	83	Cameron Timmis	21:44

## Cleethorpes

191 Ran			
Pos	Gen		
26	22	Colin Frith	21:56

## Crystal Palace

352 Ran			
Pos	Gen		
26	26	Justin Siderfin	20:09
37	1	Helen Lister	21:11
42	2	Laura Vincent	21:36
63	60	Graham Laylee	23:01
163	143	Ameet Patel	26:29
189	33	Sharon Erdman	27:34
200	38	Natalie Davys	27:59

## Dulwich

386 Ran			
Pos	Gen		
1	1	Edward Chuck	16:14
7	6	Stephen Davies	16:56
13	12	Thomas South	17:34
23	22	Steve Rolfe	19:01
32	31	Mark Foster	19:37
62	2	Victoria Read	21:04
64	4	Kim Hainsworth	21:08
81	7	Anna Thomas	21:37
86	79	Matthew Ladds	21:54
99	10	Katie Styles	22:12
148	130	Hugh French	23:35
185	29	Claire Steward	25:02
336	113	Karina Burrowes	31:35

## East Grinstead

98 Ran			
Pos	Gen		
46	37	Peter Jackson	29:16

## Finsbury

306 Ran			
Pos	Gen		
7	7	Paul Collyer	19:21

## Gladstone

187 Ran			
Pos	Gen		
4	4	Des Crinion	19:00

## Hastings

275 Ran			
Pos	Gen		
6	5	Joe Farrington-Douglas	19:09

## Horsham

498 Ran			
Pos	Gen		
467	288	Gary Budinger	40:46

## Lancaster

270 Ran			
Pos	Gen		
1	1	Andy Bond	18:48

## Lloyd , Croydon

244 Ran			
Pos	Gen		
2	2	Lloyd Collier	18:51
72	67	Rafe Collier	25:46
186	55	Rhoda Collier	36:00

## Malling

171 Ran			
Pos	Gen		
168	72	Tereza Francova	52:28

## Peacehaven

166 Ran			
Pos	Gen		
22	20	Nicholas Brown	23:33

## Peckham Rye

283 Ran			
Pos	Gen		
5	5	Charles Lound	18:07
32	31	Dan Hill	20:51
49	45	Gideon Franklin	22:16
94	13	Tess Le	24:19
174	129	Thomas Macey-Dare	28:24
215	67	Emily Warburton-Brown	30:11

## Riddlesdown

201 Ran			
Pos	Gen		
21	2	Ange Norris	21:27
41	4	Teresa Northey	23:18

## Richmond

433 Ran			
Pos	Gen		
105	89	Barrie John Nicholls	24:23
115	19	Lindsey Annable	24:47

## Seaton

189 Ran			
Pos	Gen		
9	9	Rob Cope	20:47

## Southwark

364 Ran			
Pos	Gen		
182	142	Paul Keating	26:18

## Tooting Common

542 Ran			
Pos	Gen		
164	147	Ian Sesnan	24:19

## Victoria Dock

108 Ran			
Pos	Gen		
3	3	Joe Twomey	17:40
38	6	Jenny Ross	22:57

## Western Springs

99 Ran			
Pos	Gen		
46	37	Nick Bell	26:53

**New members especially, and others....**

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



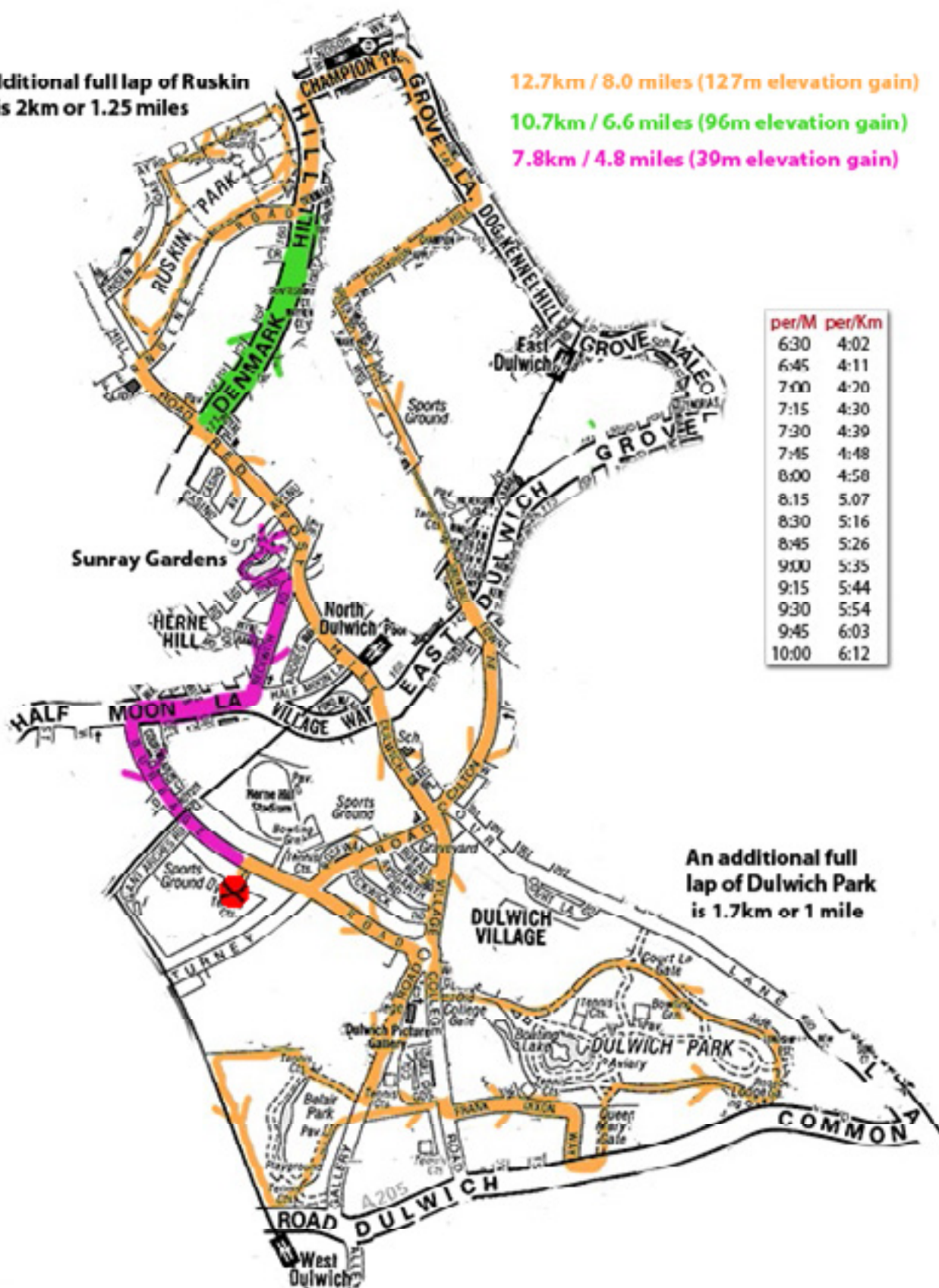
# Dulwich Runners Summer Map 15

An additional full lap of Ruskin Park is 2km or 1.25 miles

12.7km / 8.0 miles (127m elevation gain)

10.7km / 6.6 miles (96m elevation gain)

7.8km / 4.8 miles (39m elevation gain)



An additional full lap of Dulwich Park is 1.7km or 1 mile

We are in the process of redoing and putting the maps onto Strava (you dont need an account to view them)and links can be found here:

<https://www.dulwichrunners.org.uk/wednesday-night-routes>

DULWICH RUNNERS MIDSUMMER RELAY  
WEDNESDAY 27 JUNE 7.30 DULWICH PARK  
3 x 1 LAP (APPROX 1 MILE) **£15 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](mailto: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