



SHORTS

Dulwich Runners AC

Weekly Newsletter

June 12th 2019

www.dulwichrunners.org.uk

These are your SHORTS,

Please send your reports, running news & anecdotes to:

barry@bg1.co.uk or barry@1bg1.com

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 12	Club Night, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Sun 16	Eltham Park 5 - club champs - Eltham - race full
Tue 18	Dulwich College £2 per session Start with a warm up taken by Elkie Mace at 7:10pm then 7.25 main session on grass. See "Speed Sessions" following page Track session Nb there will be a track session next Tuesday 18 at Ladywell- meet 7.30 for warm up and probably a track session Saturday morning too at 10.30am contact steve.smythe@athleticsweekly.com

In your SHORTS this week !

- 1 General information
- 3 Fixture list & race details
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- 11 Club kit
- 12 Social events etc
- 13 Wednesday map + Strava links

And much more !

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----- EVENT HORIZON -----

A brief look ahead

Jun 12	DinoDash Relay - Crystal Palace Park
Jun 16	Eltham Park 5 - club champs - Eltham - race full
Jun 26	DR MIDSUMMER RELAY - Dulwich Park

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 to go on the mailing list



Thanks go to **Chris Cooper, Chris Nunn, Tom Wilson, Ange Norris, Sharon Erdman and Natalie Davys** for taking out new runners lastweek

Many thanks to everyone who volunteers to take out 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.

If you can't make it, please try and either swap with someone or let us know asap. - Thanks. - Ros

Ros Tabor

Katie Styles

12/6

19/6



LUCKY VEST

June winner -

Gregorz Galezia

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



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.

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)

BRIAN O'SHEA (1943 – 2019)

Sadly we have been informed that Brian O'Shea died last Wednesday (29 May). He was 75 years old. He was a keen runner for Dulwich until his knee injuries prevented him. He was club treasurer for some years and helped organise midsummer races. He also helped with our teams in the Welsh Castles Relay. He was a knowledgeable botanist and enjoyed walking and birdwatching. Our condolences go to his wife, Stephanie Burchill.

Ros Tabor

Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Copies will be at the clubhouse, but feel free to print your own and 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.

All maps also on Strava (you don't need an account)

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

Tuesday Speed Sessions

For the coming weeks, there will be a *choice of two speed sessions on Tuesdays* –

The Dulwich College session on grass as usual – and a track session at Ladywell Arena. Whilst both sessions are open to all members and are suitable for all abilities, they each have their own focus and one will therefore be more suitable depending on your training target. See below for further details

Dulwich College

Cost is £2 per session

Warm up drills and stretches etc start around 7.10pm.

Main session starts around 7.25pm

These sessions are more suitable for all levels of ability than the pure track sessions at Ladywell, and perfect for those preparing for 5 and 10kms over the summer. They will take a similar format to those taken by Steve previously.

A team of Elkie, Anna and Katie will be delivering these grass sessions at Dulwich College for June and July. Anna and Katie are working towards their coaching qualifications and will be leading some of the sessions under Elkie's supervision.

Ladywell Arena Track

Cost is £2.65 per session tbc.

Meet 7.30pm for a 7.45pm start.

Ladywell Arena, Silvermere Road, Catford, London, SE6 4QX

Track sessions with Steve Smythe at Ladywell focusing primarily on improving speed for upcoming races including the club mile.

Dependant on how busy the track is and numbers running from Dulwich, these sessions will continue through June and July though could be switched to Crystal Palace if that is thought to be better.

steve.smythe@athleticsweekly.com

Dulwich Runners track session

The initial Dulwich Runners Tuesday track session at Ladywell attracted a more than expected 25 runners for a session 4 x (500m, 30 secs recovery, 300m) 3-4 mins between sets and then 3x 150m and there was a reasonable range of speeds. The 30 seconds recovery being the key part, the 500m was handicapped so that everyone finished the 500m at a similar time. It was very busy initially and future sessions will be 15 minutes later - ie meet at 7.30 warm up for a 7.45 session

A reminder of some etiquette - don't warm up on the grass immediately in front of the throws and try and not run beside

someone at the same pace during the rep - stay in lane one unless you have to overtake.

When finishing rep, ideally keep to the left and filter onto grass rather than move to the right where you might hamper faster runners coming up on the outside.

If you are being overtaken on the second half of the rep, by runners you started with, you are going too fast on the first half - it is best for you and athletes who have to try and pass you during the rep that you start slower and are less aggressive in the first 100m of any rep and risk affecting others sessions. Be realistic with your pace.

DULWICH RUNNERS 2019/20 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**

2019		Race	Venue
Jun	12	DinoDash Relay	Crystal Palace Park
	16	Eltham Park 5 now FULL short	Eltham
	26	Dulwich Runners MIDSUMMER RELAY	Dulwich Park
Jul	4	Assembly League - Crystal Palace Park	Crystal Palace
	14	Sevenoaks Seven long	Sevenoaks, Kent
	19	Mark Hayes mile	Dulwich
Aug	1	Assembly League - Victoria Park	Hackney
	2	SOAR Mile short - FULL, there is a waiting list	Olympic Park, Stratford
	29	Assembly League - Beckenham Place Park	Beckenham
Sep	22	SEAA road relays	Crystal Palace Park
	28	England Masters cross country Inter-Area Challenge	t.b.c
Oct	12	Surrey League cross country (men)	t.b.c
	26	BMAF XC Relays	Long Eaton
Nov	3	Regents Park 10k short	Regents Park, London
	9	Surrey League cross country (men)	t.b.c
	16	British & Irish Masters cross country,	Southport
	23	South of Thames 5 miles	Morden Park
Dec	14 or 21	tbc South of Thames 7.5 miles	Lloyd Park
2020			
Jan	4	County cross country champs	t.b.c
	11	Surrey League cross country (men)	t.b.c
	25	South of England cross country champs	t.b.c
Feb	8	Surrey League cross country (men)	t.b.c
	22	England cross country champs,	Nottingham
Mar	21	England area 12 and 6 stage relays	t.b.c
Apr	4	National 12 and 6 stage relays	Sutton Park

Surrey League Xc dates and venues to be confirmed

Note: Track fixtures on seperate list below

If you require information about any races in Shorts, how to enter etc then contact your respective captains:
 Men road: ebepill@yahoo.co.uk - Men Xc: mcmann90@yahoo.co.uk - Ladies: dulwichladiescaptain@gmail.com

2019		Track races and meetings	Venue
Jun	17	Blackheath and Bromley Open meeting	Norman Park, Bromley
	19	BMC meeting	Eltham
	21	Golden Stag Mile	Finsbury Park
	29	HHH open meeting	Tooting
Jul	14	VAC T&F champs	Kingsmeadow
	17	BMC meeting	Eltham
	19	Mark Hayes mile	Dulwich
	22	Blackheath and Bromley Open meeting	Norman Park, Bromley
	24	VAC 5000m champs	Battersea
Aug	2	SOAR Mile club champs (short)	Olympic Park
	12	Blackheath and Bromley Open meeting	Norman Park, Bromley
	14	BMC meeting	Eltham
	24	HHH open meeting	Tooting
Sep	4	Sth London Harriers 1500m & 5k Festival	Purley
	11	Highgate end of season open meeting	Parliament Hill
	18	VAC 10,000m champs	Battersea

2019 Club Championships

Here are the club championship races for 2019
Four long and five short with two dates to be confirmed.
To complete and qualify for the champs you must run at least 5 events, including at least one from each distance category.

16 Feb	Dulwich parkrun	short
10 March	Big Half	long
14 April	Thames Towpath 10M	long
28 April	London Marathon (or alt.)	long
10 June	Sri Chinmoy 5k	short
16 June	Eltham Park 5M	short
July 14	Sevenoaks Seven Mile	long
Aug 2	SOAR Mile	short
3 Nov	Regent's Park 10k	short

Club champs

Eltham 5 Race now full:

https://www.eventbrite.co.uk/e/eltham-park-5-2019-registration-56553257315?fbclid=IwAR07ZzaqLZQ_7Z9aZi5zL6wpjd2aFk_97tjl-Q4kDEZyvGl2kk9NQCKG8ss

Sevenoaks 7

filling up very fast so enter ASAP

<https://register.primoevents.com/ps/event/Sevenoaks72019#>

and <https://entries.opentrack.run/>

Thames River Relay Sunday 8th Sept.

Starts 9 a.m. at Dorney Lake, finishes at Kingston
Teams of 5 to run a marathon distance between them
Stages range from 4.4m - 6.5m.

A scenic baton relay alongside the Thames, mainly off road. It is for runners of all abilities.

See the website - http://www.stragglers.org/river_relay

It seems a long way off but it is popular so we have to enter early.

If you would like to take part let Ange know on Wednesday evening or reply to dulwichladiescaptain@gmail.com

Michael Hutchinson will be talking about his book *Faster: The Obsession, Science and Luck Behind the World's Fastest Cyclists* at 4.30 on Sunday 16th June at The Big Velo Fete at Herne Hill Velodrome. There's lots of other stuff going on over the weekend too, including a duathlon and a cross country race: <http://www.hernehillvelodrome.com/velofete/>

England honours

Those of a certain age (35 plus to 70) might be interested there is an opportunity to run for England on the road.

<https://www.englandathletics.org/athletics-and-running/england-competitions/england-teams-and-selection/england-age-group-masters/>

This winter and spring the fastest five English runners in each age group across the Chester, Bournemouth, Manchester and Brighton Marathons were eligible and my Brighton M60 win means I have been selected to run for England in the Yorkshire Marathon in October.

Having done two not very good painful marathons in last two weeks, I'm not sure I want to do another this year as one a year is usually enough and there are quite a lot of costs involved but I will probably do it.

While the marathon teams are closed this year, there will be further opportunities later in the year to qualify for 2020 and there will be 10km and half-marathon teams to go for and I suspect we potentially could have quite a few who might make selection.

Steve Smythe

SOAR Mile Race now full

Our Mile club championships is the Soar Mile. It will take place again at the London Marathon Community Track next to the London Stadium in Stratford's Olympic Park on the evening of Friday 2 August.

A good festival atmosphere can be expected with seeded races to enable people to run with those of similar ability. So far 29 Dulwich members have entered. It will sell out well in advance with 250 spaces only so please enter as soon as you can.

<https://entries.opentrack.run/2019/thesoarmile/>

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like 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

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

Assembly League

A series of races from 3 to 3.5 miles on road or paths within parks and take place on or close to the first Thursday evening of the summer months against 12 other clubs.

These are extremely popular and all members are welcome and encouraged to participate whatever your standard or ability. They are free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.

All details in main fixture list and any further information will be here in Shorts as and when it becomes available.

MIDSUMMER RELAY 26 JUNE

Put the date in you diary now. - This event is the major fundraiser for the club so you all need to support it by either running or helping on the day. Please promote it and encourage entries from your friends, family and work colleagues. There is also a 1 mile fun run for children. Details and entry form are on the website. - Ros



We have a number of the entries for this important fundraising event in the club calendar, but very few so far from our own club, so please come forward if you are able to take part.

This is not an event targeted at elite runners but is open to runners of all abilities and recently joined members

are encouraged to enter.

Don't worry if you are unable to put together teams of 3 as we can do that for you if necessary. The mile distance will provide good preparation for the Mark Hayes Mile in July (date tbc), the SOAR Mile on 2 August and other track meetings during the summer.

Children's Fun Run

Before the Midsummer Relay Race takes place, there is a Children's Fun Run (for children aged 4-14). It is a one mile lap of the park and is a great opportunity for the club to attract new runners and their families. The success of the Children's Fun Run depends on each of

us promoting the event and encouraging people to take part.

If you have children or grandchildren - bring them along. If you have a connection to a local school or club - ask them to promote the event. If you are on social media - publicise the event so people get to hear about it. Hopefully, with everyone's help, we can beat last year's figure of 60 children running

DULWICH RUNNERS A.C. SUMMER RELAYS AT DULWICH PARK



26.JUNE.2019

3 x approx. 1 mile lap

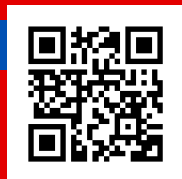
Entry forms and race details from
www.dulwichrunners.org.uk
or ros.tabor49@gmail.com

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

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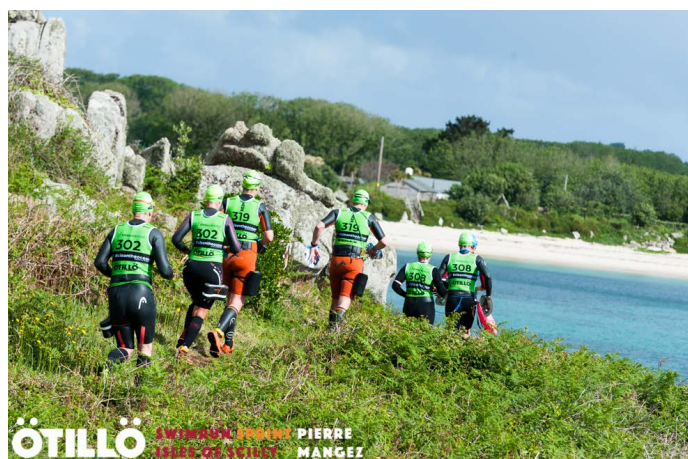
Race Reports & Results

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.

Ötillö Swimrun Sprint Isles of Scilly

Thanks to an excess of strava spam and smug photos, many of you will have already clocked that I was joyously participating in the Sprint distance at the Isles of Scilly Swimrun on Saturday.

For those unfamiliar, swimrun is the result of a drunken bet made in Sweden in 2002 involving swimming between and then traversing on foot, the islands south of Stockholm. A few years later a bonafide sport was born and the idea has since spread worldwide. Rather than swimming one leg and then running, it involves a succession of swims and runs, during which both your wetsuit and your shoes stay on. Fastforward to January 2019 after yet another clumsy fall, I found myself sidelined from Spring marathons and turned to swimming to fill the void and as usual overreached and decided on the most ridiculous adventure I deemed within my capabilities. NB If you haven't been, go to the Isles of Scilly at your earliest convenience. It is as close to heaven on earth as you will find, 30 miles out into the atlantic ocean from the Cornish coast.



The race started at 9am on Saturday. The high winds and lashing rain of Friday's storm had abated, as had a lot of worried faces from registration the previous evening... We set off through the small town and onto the garrison beyond. The first run felt comfortable. The wetsuit was still dry and the terrain was very runnable. I nearly fell at the first hurdle trying to attach my mandatory tow float whilst trail running, but corrected my stumble and waited to a flatter point to try again. The sport is

supposed to be raced in pairs, but you can now do some sprint distance events solo with the disclaimer that your partner is a somewhat quieter safety tow float. Having successfully got myself prepared whilst still running, I launched into the first swim and got into a fairly comfortable rhythm. The following runs and swims were all much in the same vein; still waters, increasingly technical trails and a constant taste of salt water.



As I approached halfway I got a little sloppier and managed to scramble over the rocks and put my face in ready to set off before realizing quite quickly that my goggles were still on top of my head. I hastily pulled them down without emptying, and that made for an uncomfortable 400m swum mostly with closed eyes except when glancing up to check direction! As we turned the top of the island of St Mary's the waters became increasingly choppy and the 6th and 7th swims were not as pleasant and on exiting the legs and head were increasingly unreliable with balance. However the 8th run was a little longer and I felt able to regroup. The last swim was the longest of the day at just over a km, and unfortunately the roughest by some distance. By this point we couldn't see over the waves without stopping swimming and properly sticking your head up. Not to mention you had to be fairly savvy with choosing your moment to turn your head and breathe if you didn't want a mouth full of water. Thankfully a few of us had formed a huddle at this point, and with the help of the safety boat yelling directions, managed to eventually make it back to land. A final 500m run remained and then it was all over and time for a pasty.

I don't think I've ever finished an endurance event and immediately thought, yeah, I'd do that again, but this proved to be the exception. With that in mind, I've got my eye on the Holy Island swimrun in Wales on the 1st of September. I definitely need to speed up my swimming, as lost a lot of places in the longer swim legs. If anyone is also on the criminally insane spectrum and would like to join me or just know more, either grab me at club or shoot me an email at Lauraevincet@aol.com

Sri Chinmoy 5k Club Championship Battersea Park

Monday 10th June

The Sri Chinmoy races in Battersea Park have been going for many years now and the organisers have the logistics off to a fine art so the decision to switch to here from the previous Assembly League on the same fast roads for our 5k championship was a great success. Over 50 Dulwich Runners turned out, a large enough number to more than justify the choice of event.

Monday was a horrendously wet day with a month's worth of rain falling in hours but miraculously it stopped for the race. That still left very wet roads, large puddles and a noticeable breeze at some points but as long as your shoes weren't too slippery fast times could be had - and with the Dulwich men providing ten runners under 17 minutes that's what we got.

First up were the sub-16 brigade, not quite PBs for the first three but near as dammit, with Ed Chuck just managing to hold off a fast-finishing Dublin Dynamo back on top form as they finished 2nd and 3rd in the open race. Andy Bond was only a few seconds back and had to dig deep to outsprint track specialist Lewis, club record holder at 1500m/Mile/3000m and now second-claimer, who took the opportunity to land a sub-16 PB. Not far away Shane and Jack no doubt helped each other to great PBs before a gap to Ed Harper's superbly paced debut open 5k, a minute quicker than his best parkruns and obviously on the cards with recent form. Also on top

form is Dan Mann, a PB even if he's been slightly quicker at Dulwich parkrun. He'd been caught late in the race by Tom South but got away again although that didn't prevent Tom from carrying out his threat to revise his PB to a superb 16:45. I hadn't been able to stay with Tom from early on and just hoped he was on a blinder (he was) as I failed to close the gap in the latter stages while killing myself to land my fantasy-land aim of a first sub-17 for four years (very satisfying and wonders will never cease), also landing a rare club champs overall age-graded win over Ros and 1st M50 in the open race. Cushty.

Breathing down my neck was a very useful 17:02 from Peter, putting some distance into Joe Twomey's very good PB. Des set out for a PB with a bit too much intent and missed his two-year-old mark by a mere four seconds while Ian's continuing comeback yielded a decent sub-18 a few seconds ahead of some very decent form from Tom Wilson. Elkie's sub-3 marathon (2:59:57, that's called cutting it fine) was only two weeks ago but she still had a good go at her 5k PB, just falling off the pace in the third mile but succeeding in holding off an excellent run from Ali in her debut open 5k, considerably faster than her best parkrun; these two secured 4th and 5th in the open race.

Paul Collyer's run shows he's a highly useful addition to our M50 team following his recent birthday but Charlie was unfortunately below par as he is suffering with an achilles problem. Joe Farrington-Douglas ran well to knock a good lump off his PB and equal his best parkrun form. I didn't see Alastair on the night and as his time doesn't suit him I assume he just ghosted round or something. Grzegorz hasn't wasted all that marathon training and gained a good PB ahead of very good debut 5ks from Eugene

and Marta. Jonathan's comeback continues nicely ahead of solid runs from Ross and Matt while Becca's decent run couldn't quite beat Coach Steve, I'm sure less than ecstatic at being outside 20 minutes but still winning the 1st M60 medal.

A smattering of PBs were left, led by a highly impressive improvement from Lucy Pickering with a huge reduction, now suddenly close to sub-20, excellent running. Solid runs from Martin and Kim beat recent serial PB-merchant Yvette, whose great run fell just short this time (for a change) by two seconds. Michelle is well known for continually nibbling away at her best times and incredibly did it again, a PB by three seconds, ahead of useful open 5k debuts from Belinda and Sara, very welcome in her first run for Dulwich. Laura was hoping to bother her recent PB but fell half a minute short - not the disaster she called it as this was only a couple of days after doing a mad swim-run event or something...

Katie, Cameron and Gideon ran to recent form but Hannah ran an absolute blinder, as expected obliterating her two-year-old PB but more to the point clocking a minute better than her recent best form at Dulwich parkrun, a huge improvement. Solid enough runs from Graham and Hugh were followed by Ros winning 1st W60 in the open race and more steady runs from Barrie John and Andy Murray before an impressive 5k PB from Karina, just seconds short of her best Dulwich parkrun. Sonia is new to all this while Claire isn't, but they both ran well and finished in close order with Claire getting the nod, a minute better than any parkrun this year. And an impressive run completed the Dulwich posse - Sharon's 5k PB dated from three years ago but she gave it a hiding with a big effort knocking 12 seconds from it.

Tony Tuohy

Dulwich Runners' times in Sri Chinmoy Battersea Park 5k

10 June 2019

	Time		Points in age category m/f								Age grade points	Club champs awards
			ms	m40	m50	m60	fs	f40	f50	f60+		
Ed Chuck	15.50		50								827	1st Man
Tim Bowen	15.52		49								836	2nd Man
Andy Bond	15.58			50							890	3rd Man
Lewis Laylee	15.59	PB									-	[2nd claim DR]
Shane O'neill	16.12	PB	48								804	
Jack Ramm	16.13	PB	47								803	
Ed Harper	16.25		46								792	
Danny Mann	16.40	PB		49							828	1st M40
Tom South	16.45	PB		48							836	Man Age Graded
Tony Tuohy	16.58	M55 club record		50							911	Overall winner
Peter Jenkins	17.02			47							805	
Joe Twomey	17.21	PB	45								755	
Des Crinion	17.43		44								749	
Ian Lilley	17.59			46							802	
Tom Wilson	18.07			45							779	
Elkie Mace	18.08						50				825	1st Woman
Ali Campbell	18.09						49				814	2nd Woman
Paul Collyer	18.13			44							810	
Charles Lound	18.24				49						814	1st M50
Joe Farrington-Douglas	18.28	PB	43								742	
Alastair Locke	18.34		42								718	
Grzegorz Galezia	18.36	PB		43							787	
Eugene Cross	18.42		41								723	
Marta Miaskiewicz	18.46						48				792	3rd Woman
Jonathan Whittaker	18.50		40								723	
Ross Rook	19.05		39								708	
Matthew Cooke	19.25		38								696	
Steve Smythe	20.01				50						804	1st M60
Rebecca Schulleri	20.02						47				737	
Lucy Pickering	20.07	PB							50		849	1st W50
Martin Double	20.12			42							688	
Kim Hainsworth	20.13						46				740	
Yvette Dore	20.18							50			789	1st W40
Michelle Lennon	20.20	PB							49		831	Woman age-graded
Belinda Cottrill	20.31						45				724	
Sara Roloff	20.46						44				711	
Laura Vincent	21.11						43				704	
Katie Styles	21.28						42				700	
Cameron Timmis	21.33			41							674	
Gideon Franklin	22.00				48						703	
Hannah Harvest	22.35	PB					41				655	
Bob Bell	22.46					49					732	
Graham Laylee	23.02					48					705	
Hugh French	23.03			40							608	
Ros Tabor	23.09									50	899	1st W60
Barry-John Nicholls	24.24					47					683	
Andy Murray	24.40					46					681	
Karina Burrowes	24.43	PB					40				597	
Sonja Jutte	25.04						39				605	
Claire Steward	25.05									49	808	
Sharon Erdman	25.18	PB						49			639	
51			13	11	3	5	12	2	2	2		

Orpington High Elms 10k

9 June 2019..... and other little runs

Claire Steward writes: Not textbook preparation for the club champs 5k the following day but I love this race and it was an opportunity to catch up with friends in my old second claim club, Orpington Road Runners. It's tough for 10k, a proper off-road course with woodland paths, fields, and steep climbs. It is brilliantly organised with chip timing, lots of encouragement from the marshals and a tempting cake stall at the finish. At around half way I realised that my optimistic aim of sub-60 minutes was a forlorn hope but in reality I was pleased with my performance, although not so chuffed when I later discovered that the 1st FV55 prize was won by a 70-year old! Peter was not far behind, enjoyed his run and was a good 36 minutes ahead of the final finisher.

223 Claire Steward 1:03:29 (2nd FV55)
 266 Peter Jackson 1:07:05
 (Winner 38:11, 372 finishers)

In fact, my run at Battersea 5k the following evening was my quickest over the distance since June last year, possibly something to do with the terrifying speed with which nearly everyone else shot off at the start. Following on from Crystal Palace Canter (5k) last Tuesday, Assembly League on Thursday, parkrun on Saturday and the above-mentioned 10k on Sunday, that's the most running that my arthritic old knees have managed in one week for a very long time.

Crystal Palace Canter

4th June 2019

Dulwich Runners again well represented in this low key lunch time event

1 Belinda Cottrill 22:17 (5th Age graded)
 2 Bob Bell 23:55 (3rd Age Graded)
 3 Jo Quantrell 24:00 (1st Age Graded)
 6 Paul Keating 26:08 (9th Age Graded)
 7 Claire Steward 26:18 (2nd Age Grading)
 13 John O'Byrne 45:59 (14th Age Graded)
 14 ran

Veterans AC 5 mile Championships

Battersea, June 11

Clare Elms had wanted to run the 5km on Monday night but felt ill over the weekend and was unable to run on Monday. While still not feeling good on Tuesday, she decided to run the 5 miles at Battersea though conditions were probably worse being windy, and there was no one to run with.

The course was three laps of the 5km course but in the other direction which meant it was more exposed to the wind.

She decided to run steadily as she was a bit wary of racing 5 miles having focussed more on 800m and 1500m training in the last few months.

With no one within a minute ahead or behind her at the end, Clare just ran a solo steady 5:48 per mile pace initially (passing 5km inside 18 minutes) and holding the pace for another two miles and was pleasantly surprised how well she ran with no one around her.

Her time of 29:05 took well over a minute off Fiona Matheson's British W55 record and was also a world best and was also a Veterans AC overall women's record (for 35 years plus) and puts her in the top 20 for all women in Britain this year.

Mike Mann, gradually improving his fitness, after his long injury break, was around 10 minutes back.

1W Clare Elms 29:05 (UK W55 record/world W55 Mike Mann 39 mins

Steve Smythe

B&B Open

3 June

Tony Tuohy 4:42.32
 Kev Chadwick 4:55.22
 Mike Mann 6:09.97

Bakewell

192 Ran
Pos Gen
48 6 Marjorie Epson 24:10

Banstead Woods

198 Ran
Pos Gen
2 2 Tony Tuohy 18:25

Bethlem Royal Hospital

216 Ran
Pos Gen
1 1 Andy Bond 16:50

Beckenham Place

225 Ran
Pos Gen
21 21 Justin Siderfin 20:14
97 16 Claire Barnard 24:57
140 36 Clare Osborne 27:43

Caffarella

35 Ran
Pos Gen
1 1 Stephen Davies 17:42

Cheltenham

376 Ran
Pos Gen
134 110 Oliver Cooper 25:47

Crystal Palace

362 Ran
Pos Gen
17 17 Tom Wilson 19:53
51 2 Belinda Cottrill 21:38
113 16 Helen Lister 24:07
116 100 Bob Bell 24:14
146 23 Eleanor Simmons 25:00
185 33 Sharon Erdman 26:53
230 48 Natalie Davys 28:57

Dulwich

473 Ran
Pos Gen
32 32 Olivier Montfort 19:06
40 1 Marta Miaskiewicz 19:23
46 45 Jonny Hough 19:32
53 52 Mark Foster 19:56
115 106 John English 22:04
141 16 Charlotte Sanderson 22:47
154 133 Alex Haylett 23:05
227 188 Joseph Brady 25:18
415 290 Mick Mead 31:18

Hackney Marshes

302 Ran
Pos Gen
6 6 Joe Twomey 17:54

Highbury Fields

316 Ran
Pos Gen
7 7 Paul Collyer 18:39

Hilly Fields

312 Ran
Pos Gen
20 1 Kim Hainsworth 21:04
296 181 Ian Lilley 35:54

Fountains Abbey

A visit to Scotland enabled us to fit in two new parkruns on the way up and back.

The first was Riverside at Chester Le Street near Durham. A pretty course in a park alongside the River Wear with swans

and ducks and spring flowers on the meadow. Flat ish for me and smooth paths and a toilet for Sue which together with a sunny morning was perfect.

The second was Fountains Abbey near Harrogate, surely the most picturesque parkrun in the world round the world heritage site of the Abbey and Studly Royal water garden all on NT land. We were expecting to be only the second DR visitors (the first being Laura Vincent) but arrived at the start to meet Clare and Mike Dodds and then Lloyd and Suzanne Colyer, what a gathering! As expected there were lots of tourists including one man doing his 500th complete with a large cake. The course is undulating on smooth paths with a hairy crossing over a weir on a narrow bridge, quite a challenge for a field of 400.

It was a miserable morning with constant drizzle and the river below raging, I could just see, through the mist, the field strung out ahead on the other side of the valley as I accompanied the tail walker far behind.

That completed my 75th different parkrun which for aficionados of PR is a three quarter Cowell!

411 Ran
Pos Gen
120 105 Michael Dodds 25:24
367 155 Clare Wyngard 37:14
388 166 Susan Vernon 40:31
409 232 Chris Vernon 47:35

Greenwich

281 Ran
Pos Gen
10 10 Michael Fullilove 20:42

Old Deer Park

128 Ran
Pos Gen
42 36 Michael Mann 25:12
44 7 Ros Tabor 25:21
45 38 Andy Murray 25:24

Orpington

162 Ran
Pos Gen
162 108 John O'Byrne 54:20

Peckham Rye

335 Ran
Pos Gen
6 6 Charles Lound 18:26
25 1 Michelle Lennon 20:43
26 2 Emma Ibell 20:46
42 37 Sean Hammett 22:01
50 45 Gideon Franklin 22:17
131 105 Graham Laylee 25:23
174 42 Claire Steward 26:42
179 44 Michelle Key 26:52
263 96 Karina Burrowes 31:46

Riddlesdown

207 Ran
Pos Gen
1 1 Dylan Wymer 16:49
20 1 Ange Norris 21:28

Tooting Common

631 Ran
Pos Gen
213 189 Ian Sesnan 24:32

Victoria Dock

150 Ran
Pos Gen
17 12 Matthew Ladds 20:31

York

590 Ran
Pos Gen
128 117 Colin Frith 22:47

For your results to appear here ...

you need to update your parkrun profile to show you are a current member of DR AC.

DULWICH RUNNERS CLUB KIT



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1/4 Zip Top

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Socks	£5 pair
Bufs/snoods	£6 each

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



Socks only £5



Bufs/snoods - only £6



The Beast from the East !
It's on the way!.. be prepared...
get yourself a bobble hat £15
ros.tabor49@gmail.com

HOODIES CLEARANCE
ONLY £10 each



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Sizes: small, large and Xlarge

SHORTS!

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



Surrey League Discount Codes

The following discounts are available as part of the Surrey XC league sponsorship package from Start Fitness (these are available to all club members not just Surrey League runners)

30% off www.moremile.co.uk (you will also accrue 10% of the spend on this code to claim products or More Mile gift vouchers) SurreyXC
10% off www.startfitness.co.uk SurreyXCSF10

SOCIAL SPOT

P
O
T

Upcoming events.

Watch this space !.....

Dulwich Runners are on Instagram....So if you would like to photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, or Jonathan Whittaker who will take care of it! If people mention [@dulwichrunners](#) on their posts then we can easily repost pictures on the main Dulwich Runners account of



Instagram

key achievements that you want to share, or cover club races that neither Jonathan or Yvette are at.

Anniversary Games Tickets Saturday 20th July

I have 2 spare tickets for the Anniversary Games at the Olympic Stadium. 1 adult and 1 senior priced at £30 and £20 respectively. They are level 1 block 18 which is past the finish line/near the high jump area. The block gives you a good view of the finish of races. If interested please contact Lindsey on lindsey.annable@gmail.com

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

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)

5 kg weight vest

I have a 5 kg weight vest made by "Gold Coast" which I am offering to anyone in Dulwich Runners. If anyone is interested in acquiring it please call me on 07596 524189 or email me on bernard.imber@btinternet.com. I have no idea what it is worth.

Bernard Imber

Dulwich Runners Summer Map 3

