



SHORTS

Dulwich Runners AC

Weekly Newsletter

May 29th 2019

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

Tue 4 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" article below
Ladywell Track - Meet 7.15pm for a 7.30pm start.
cost t.b.c

In your SHORTS this week !

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And much more !

our website: www.dulwichrunners.org.uk

Connect with us:



Like us on Facebook @dulwichrunners

DULWICH RUNNERS AC 2019/20 MEMBERSHIP RENEWALS OVERDUE

To run in any race at all as a Dulwich Runner or count in the Club championships then you must be a fully paid up member.

If your membership card/ details had expiry March 31 2019 on it then you will have received via email your renewal details for 2019/20.

Please do not post the form back, you can email it back with any changes etc.

Preferred payment method is by Direct Bank Transfer and

the details are in the email.

You can also pay with cash at any club session.

No cheques please.

If your current membership details have 2020 on them then this does not apply to you and you should not have received any renewal request.

If you have any queries about your membership then please contact me ASAP.

Thankyou to those of you that have already renewed
Barry Graham (Membership secretary)

Speed Sessions at Ladywell track

Next Tuesday there will be a choice of speed sessions. There will still be a grass session at Dulwich. I will not be there but will suggest something though those in charge may amend.

There will also be a track session at **Ladywell** focussing primarily on improving speed for upcoming races including the club mile. Meet 7.15pm for a 7.30pm start. 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 steve.smythe@athleticsweekly.com

Speed Sessions on Grass at Dulwich College track

Cost is £2 per session

Warm up taken by Elkie Macer consisting of various drills and stretches etc will start around 7.10pm..

These sessions are more suitable for all levels of ability than the track 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 to go on the mailing list

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

A brief look ahead

| | |
|--------|---|
| Jun 6 | Assembly league - Leyton Jubilee Park |
| Jun 10 | Sri Chinmoy 5k - club champs Battersea Park |
| Jun 12 | DinoDash Relay - Crystal Palace Park |
| Jun 16 | Eltham Park 5 - club champs - Eltham - race full |
| Jun 26 | DR MIDSUMMER RELAY - Dulwich Park |



Thanks go to **Ange Norris** 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

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)

Tom South

29/5

Claire Steward

5/6

Katie Styles

12/6

Ros Tabor

19/6

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.

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>

The third race of the 2019 Assembly League takes place at Leyton Jubilee Park, home of Eton Manor AC.

REGISTRATION, CHANGING AND BAG DROP - from 6.30PM
At The Pavilion (not at the Eton Manor Clubhouse, but nearby). The Pavilion will be open, changing rooms and space to leave belongings.

Runners to collect their numbers from their Club Representatives on the tables outside the Pavilion.

THE RACE - 7.30pm Start

A new 5K course around Jubilee Park consists of a first 500m perimeter of grass sports pitches, followed by waterside and woodland pathways - either tarmac or gravel.

Parts of this route are narrow and one 10 metre section is two-way, requiring runners to fall into single file and keep right.

Please listen to marshals and only overtake when it is safe to

do so. See Route Maps below.

AFTERWARDS

A selection of cakes, crisps and drinks will be available to buy next to the Pavilion. Stay and have a drink in the sun and support your club mates.

The Hare and Hounds pub is a 5 minute walk away on Lea Bridge Road. It serves food until 10pm.

Please clear all belongings of the Pavilion by 9pm.

GETTING TO THE PARK

Please avoid driving wherever possible, and car share if you have to drive. Parking is very limited around the park.

A very small number of spaces may be available in the park's Seymour Road car park, Marsh Lane car park, Marsh Lane itself or on nearby residential streets or Orient Way.

There is plenty of cycle parking.

The closest stations are Leyton, Lea Bridge or Leyton Midland Road. Buses serve the park from Stratford and Walthamstow Central

Directions to the venue are as follows: underground Leyton (15 mins), overground Leyton Midland (15 mins), train Lea Bridge (10 mins), buses (58, 158, 48, 55, 56

Assembly League races are open to all members, no matter what standard or ability. They are free to enter, no registration needed, just turn up on the day put on your club vest and run!



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

Scan with
camera on
phone/device...
visit our site



@dulwichrunners

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 | 6 Assembly League - Leyton Jubilee Park | Leyton |
| | 10 Sri Chinmoy 5k short | Battersea Park |
| | 12 DinoDash Relay | Crystal Palace Park |
| | 16 Eltham Park 5 race now full short | Eltham |
| | 26 Dulwich Runners MIDSUMMER RELAY | Dulwich Park |
| Jul | 4 Assembly League - Crystal Palace Park t.b.c | t.b.c |
| | 14 Sevenoaks Seven long | Sevenoaks, Kent |
| | 19 Mark Hayes mile | Dulwich |
| Aug | 1 Assembly League - Victoria Park | Hackney |
| | 2 SOAR Mile short | Olympic Park, Stratford |
| | 29 Assembly League - Beckenham Place Park | Beckenham |
| Sep | 21 SEAA road relays | t.b.c |
| | 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: All track fixtures on separate fixture 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 | 2 Surrey Masters T&F Champs | Kingsmeadow |
| | 3 Blackheath and Bromley Open meeting | Norman Park, Bromley |
| | 17 Blackheath and Bromley Open meeting | Norman Park, Bromley |
| | 19 BMC meeting | Eltham |
| | 19 Mark Hayes mile | Dulwich |
| | 21 Golden Stag Mile | Finsbury Park |
| | 29 HHH open meeting | Tooting |
| Jul | 14 VAC T&F champs | Kingsmeadow |
| | 17 BMC meeting | Eltham |
| | 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 | - 19 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 |
| 14 July tbc | Sevenoaks Seven Mile | long |
| Jul/Aug tbc | SOAR Mile | short |
| 3 Nov | Regent's Park 10k | short |

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/>

It is certainly not like proper selection that Lucy achieved for running for England under 20s where they fly her out but it is an international opportunity of sorts 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

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.

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

Entries at:

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

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

SOAR Mile

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/>

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

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

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.

Flapjack, Camels and a Prosecco Mirage !

On the 5th of May I ran one of the Regent's Park Summer Series 10km runs. However, the story to this race report goes back a bit further.

The Prelude to the Prelude to this Race

Once upon a time, perhaps in 2002 ish or maybe 2003 I went along to a running club meet. We went for a club run. I can't remember what club this was, where in London or how far we ran – I got round somehow. The chat after was a bit on the serious side. I recall people were discussing optimum nutrition and nutritionists. My idea that one of the benefits of running was guilt free ice cream and/or chocolate didn't really resonate with these folk. Perhaps I was there on the wrong night? Anyhow, this was not my tribe and I didn't rush back. I kept running though, just not with a club.

The Prelude to this Race

As this is a report about running some stats are obligatory. So a few recentish 10k times for me were 54 mins 3 seconds (on 4/11/2018) and 55 mins 07 seconds (5/11/2017) for the Regents Park 10km – identical routes, race conditions. There is a decent baseline to compare against.

The Dawn of a New Era

In January 2019 I went along to a Dulwich club night. I wish I could claim I was a keen bean there in the first week of January. Alas, it took me till mid January to make it. Anyhow – it was a friendly bunch of people to run with. I didn't get left behind in the wilds of SE London. Let's face it, the chances of me going out by myself to run 6 or 8 miles on a Wednesday evening in the dark are rather remote and I do want to get quicker and running with others helps with that. It was a nice crowd and I kept coming and joined. Soon enough, there was cheese and beer social on the horizon, followed closely by a ladies' pizza social. After some club runs it was time for another race. A 10km race in Regent's Park lay ahead....

The actual 10km race report

May 5th was a lovely clear spring day – about 7 degrees in the very early morning, so it was going to be a good running

temperature and it was dry. The Regent Park 10km is a popular choice in my household as it is well organised and there are post-race flapjacks. It is quite a long way to go for a flapjack, but running past bits of London zoo is also quite fun. There is no other race in London where you see a camel on route.

I was trying to run sub 52 minutes. My other half reckoned that if I did he'd buy me brunch. (This was already morphing into prosecco brunch in my head.....)

Several hundred people lined up for the start and soon we were off for our 3 laps. I am experimenting with how I keep track of time and distance so I had my Runtastic app and my watch. My watch doesn't do anything other than minutes and seconds and is really rather basic. I started off too quick (that's normal for me) and got to 1k in 4 mins 35 seconds and was feeling good, but – I am not a 43.5 minute 10k runner so I needed to reel it in and slow down a bit. I did notice that the app and my trusted casio watch were a bit out of sync; it would be interesting to see how out of sync they were by the end of race. I managed to slow down and got to 3km in 15 mins dead. I was nearing the end of lap one – camels on the right! Consistent 5 minute kilometres was probably slightly out of reach, however I was feeling good and carried on. At the 6km marker I was at 31 minutes in according to my watch. (Runtastic app accuracy was hopelessly out by this point). Now all I needed to do was another 4km in 21 mins – the prosecco bunch was in reach. I kept going. Camel on the right – lap 2 nearly done! Ignore being lapped – I bet they aren't even noticing the camels – missing out if you ask me.

The final lap was just about keeping going and not slowing down. I was started to play tag with another runner. He overtook me, I overtook him, he overtook me, I overtook him. This coincided with a prosecco mirage that lasted approximately the last 3 km of the race. I finished in 51 minutes 48 seconds. Very chuffed indeed.

Runtastic app accuracy had left the planet by this point– it was 1 minute 20 seconds out by the end of the race. Absolutely useless - if I hadn't had the 3km and the 6km watch checks, I would not have believed the sub 52 minutes was in reach and would probably not pushed as hard at the end and not quite managed it.

If you like the sound of this 10k with camels and flapjacks – it's one of the club champs runs later this year.

Sonja Jutte 51:48

Beckenham Relays

3 x 2.6 miles

Wednesday 22nd May

Tom South writes..... On a warm late Spring evening 30 runners from Dulwich Runners, forming 10 teams headed to Beckenham in search of fast times and team prizes. This popular team relay attracting 122 teams, over a testing 2.6 mile course, with two tough climbs. Due to works taking place outside the White House, the start/ change/ finish area was moved to the bottom of the traditional starting downhill stretch, depriving runners of a fast start, but meant people could stretch their legs over the last 200 metres. Pacing would still prove vital, for the final hill as people turned back into the park for a 600 metre climb. In the end, the club claimed, three team prizes (a 1st, a 2nd and 3rd), with lots of fine individual performances.

Mens A Team, 2nd Overall and 2 mens team:- 40:38

Tim Bowen led off the A team and spent the first leg chasing Lee, and finished in a cracking time of 13:36, 23 seconds faster than his last appearance here in 2017 (13:59).

Taking over from Tim was Andy Bond who has been in stunning form so far this year and continued this with a fine 13:39, 1 second faster than last year (13:40).

Bringing the team home was team organiser Ed Chuck, who has been flying at all distances this year, in the clubs second fastest time of the evening in 13:23 (13:22 in 2018).

Mens B team 6th Overall:- 43:40

Leading the B team out was Tony Touhy, who was disappointed with his time, as he stated it was his slowest time around the Beckenham course, even with a downhill finish. He still managed to post an impressive 14:36 (14:26 in 2017)

Next up for the B team was Ed Harper, who has been flying over the shorter distances this year, and in confident form since breaking the 3hr barrier for the marathon. He knocked off 23 seconds from his 2018 time here to finish in 14:14 (14:37). Bringing in the B team was Tom South, who was still feeling the effects of doing the Green Belt relay at the weekend to finish in 14:40, equalling his time from 2018 (14:50)

Mixed A 9th Overall, First Mixed Team: 44:10

Lee Fadden led out our winning mixed team, continuing his fantastic form from the weekends Masters relay to post the fastest leg by a Dulwich Runner for the evening in a stunning 13:07, in his debut at the Beckenham relays

Chloe Green took over on the second leg, and yet another runner who's form has gone from strength to strength over the past year. What is even more impressive, is that she ran a half marathon at the weekend and ran 9 seconds faster than she did in 2018 to finish in 16:28. (16:37 in 2018)

Taking over for the glory leg was Wayne Lashley, who is concentrating on being a track tart for the summer, posted a fine 14:35 to beat Tony's time but not quite up to his best over this distance (14:05 in 2018).

Mens C Team 15th Overall:- 45:53

Eugene Cross led off the C team, making his debut in the Beckenham Relays, and posted a fine time of 15:53, with faster times to come.

Taking over on second leg was Steve Rolfe, who sliced almost a minute off the time he posted in his last appearance in these relays from 2017 to come home in 14:36 (15:29 in 2017).

Final leg duties fell to one of the clubs triathletes Des Crinnon, who was making his debut at the Beckenham relays who ran a well paced 15:24 (Destroying other triathlete Lloyd Collier running for Windrush who posted 15:47)

Mixed Team B 18th Overall:- 46:10

Recent new dad Alaistair Locke got the evening off to run the opening leg for the second Dulwich mixed team and ran 7

seconds faster than in 2018, when he was on the comeback trail from injury to post a fine 14:29 (14:36 in 2018)

Second leg was performed by Roz Johnson, another person who was making their debut at the Beckenham relays, in an event which is not quite up to her normal preference for ultra trail races, but posted the 3rd fastest Dulwich womens time of the night in 16:39

Third leg duties fell to the master of marathons, Charlie Lound. He managed to shave 14 seconds from his 2018, to post a time of 15:07 (15:21 in 2018).

Mixed Team C 25th Overall:- 49:01

In one of the best performances of the day Joe Twomey, led our third mix team in fine style, chasing Tony down the final hill and showing the benefits of his more regular training to shave 15 seconds off his 2018 time to post 14:37 (14:51 in 2018). Taking over on second leg, was Emma Ibell, who has had an injury hit winter, but yet again posted another fantastic time, shaving 16 seconds off from her 2018 time to finish in a time of 17:37 (17:53 in 2018)

Completing the team was James Burrows, who with the benefit of marathon training under his belt followed the lead of his team mates by taking off 16 seconds from his 2018 to finish in 15:47 (16:03 in 2018).

Mens Team D 38th Overall: 50:12

Leading off the 4th mens team, was another person making his debut at this event in Tom Wilson. He ran a fine 16:05 which puts his performance here on a par with his recent parkrun performances.

Taking over on second leg was Mark Foster, who though not quite on the form of last year at this event still managed an impressive 17:01 (16:49 2018).

Bringing the home team home was Hugh Balfour, who probably found this course too short and lacking in hills for his liking, but was slightly faster than in 2018 with a 17:08 run (17:10 in 2018).

Dulwich Ladies A – 3rd Ladies Team, 48th Overall:51:36

Leading off our bronze medalists winning ladies team was Andrea Pickup, showing no ill effects from the Green Belt relay at the weekend, to post her fastest time in 5 years over the course in a fantastic 16:38 (17:23 in 2018)

Second leg duties were carried out by Yvette Dore, who continued her amazing recent form to post her fastest time on the course, and almost a minute faster than in 2018 in 17:19 (18:13 in 2018). Since being the former prosecco queen, she has been winning a lot of wine as prizes, you have to love the irony. Bringing the team home was Becca Schulleri. Thought not quite as fast as last year and having completed a triathlon on Saturday still ran impressive 17:19 (17:07 IN 2018).

Dulwich Ladies B – 50th Team Overall:- 51:53

Michelle Lennon led off our second ladies team, 11 days after doing a mixed trail marathon, she ran a well paced 17:56, she is sure to set some fast 5km and 10km this summer (17:30 in 2018). Hayley Seddon made her debut in the Beckenham relays as a last minute replacement for Eleanor, and ran a storming 15:54, which put her as the fastest Dulwich Lady for the evening, and continuing her good form of 2019.

On the final leg was Anna Thomas, who also competed at the Green Belt Relay at the weekend and was feeling heavy legged before the start, but still managed to shave off 10 seconds from her 2018 time to bring the team home in 18:03 (18:13 in 2018).

Dulwich Ladies C – 94th Overall:- 1:00:32

Recent new member Sonja Jutte made her club debut at the relays. With the benefit of speed training from Tuesday nights and club runs on a Wednesday night, Sonja posted a very respectable 21:24 here and will no doubt continue to improve. Second leg duties fell to another new club member and who was also making their club debut Claire Whittaker, who posted a very decent time of 18:03.

On third leg was Midge Cameron, who made her fifth appearance in Dulwich club colours in these relays. In her shortest race yet for the club she posted a very handy 21:05.

Vitality London 10,000

Monday 27th May

This huge event was even bigger this year with the number of finishers now around 20,000.

Even those of us lucky enough to get seeded in the front ranks (just a few rows back from eventual winner Mo Farah himself) found the opening mile or two incredibly congested and some were heard complaining that being held up cost them a better time; personally I relaxed and went with the flow and probably saved myself from old habits, i.e., going too fast too early, resulting in a real rarity for me, perfectly even 5k splits. The course heads off down The Mall and on to the City while gently rising with a corresponding slight drop on the return, if you can notice it, so is negative-split-friendly for those of a disciplined bent; however a bit a headwind for the return made life a bit more difficult...

Ed Chuck went off with intent looking for his PB and was in the ballpark at halfway but slipped away by half a minute for nevertheless another quality run. The Dublin Dynamo similarly fancied his chances at matching his track 10000m time but that would be tough here and he anyway scored a sizeable road PB. Dan Mann is in the form of his life and got this one just right, a superb 20-second negative split knocking a minute from his two-year-old PB. Just as impressive were Ed Harper and Tom South; both on recent form were threatening sub-35s (especially Tom 'cos he said so) and found themselves keeping each other company for the majority of the race. Ed's last mile split raises the suspicion that he was perhaps running for a long time in his comfort zone (so there's more to come) as he pushed on strongly to dip under 35, while Tom had to let him go and missed out by a small margin but still gained a tremendous PB. These two only caught me after 8k; they were moving through while I was on the limit so my attempt to join them lasted all of ten seconds. Having already run the BMAF Mile Champs the previous day I was anyway pleased enough with running a minute and a half faster than last year and within half a minute or so of my best times here from a few years ago.

Steve (not quite on his game today, possibly still getting over marathons) and Wayne (moaning about the initial congestion) finished in close order right behind me but as I had a front pew at the start we wondered how we'd fare once the chip times were in. So when the texts arrived we were amused to find I'd nipped in by a second or three (well alright, I was amused, they weren't). The sub-36 brigade was completed by Alastair who has been very fit until recently but just might have let things slide a little since the onset of parenthood...

Joe Twomey ran a blinder last week at the Beckenham Relays and duly stuffed his PB here to the tune of two minutes, nicely paced too with a 30 second faster second half. Charlie was with him at halfway but wasn't able to speed up; as he ran not much different to his recent marathon pace we can perhaps assume fatigue/birthday celebrations (the day before?). Grant's marathon training paid off and he paced it perfectly for a big PB. Grzegorz's Marathon Odyssey (it's easy if you say it quick), otherwise known as The Quest for Sub-3, was put on hold for five minutes while he put all that volume training to excellent use to nab a 10k PB. Marta and Hayley were the first two Dulwich women, both a little short of their PBs but recording close to their best times as Marta edged it by a mere three seconds.

Mike Fullilove is in consistent form and perfectly paced his effort

to record his second 41:08 for 10k in the space of a week. Yvette has been churning out PBs lately but just missed out this time despite another top quality run, while Belinda made no mistake, hanging on to her pace well to gain a great PB. Alex's PB from a couple of years ago was ripe for a revision so he obliterated it with an expertly paced effort, as was Emma's run, showing her incredible consistency, merely a minute short of her PB from eight years ago. Katie couldn't quite keep up with her halfway split but held on well, just one second ahead of Charlotte's first run in a Dulwich vest (I think?), hanging on valiantly despite slowing later on for a big PB.

Gideon confessed to a lack of training lately but was another who got the pacing just right, while both Bob and Colin may well have found the going a bit tougher as they slowed in the second half. Jenny Ross is still fairly new to all this but expertly paced her effort and came up with a great PB. Barrie John Nicholls is not new to this and produced his predictable nicely judged run, while Claire has also done this event many times but has suffered lately from plenty of niggles and injuries; despite problems causing her to stop once or twice she was still 2nd W65 out of over a hundred in the same time as the winner (don't know how they worked that out). W60 Elizabeth Begley has been improving her time at this event in each of the last five years and remarkably kept up the sequence, improving on last year by nearly a minute; amazing. Unable to run but nevertheless walking strongly Mike, Clare, Sue and Chris got themselves round in good order to complete the Dulwich contingent.

Tony Tuohy

| | | 5km | 10km | |
|-------|----------------------|-------|---------|---------------------|
| 110 | Edward Chuck | 16:01 | 32:33 | |
| 152 | Tim Bowen | 16:35 | 33:10 | PB |
| 251 | Daniel Mann | 17:31 | 34:42 | PB |
| 281 | Edward Harper | 17:41 | 34:57 | PB |
| 305 | Thomas South | 17:44 | 35:08 | PB |
| 330 | Tony Tuohy | 17:42 | 35:24 | 2 nd M55 |
| 333 | Stephen Davies | 17:44 | 35:25 | |
| 336 | Wayne Lashley | 17:56 | 35:27 | |
| 384 | Alastair Locke | 17:53 | 35:53 | |
| 459 | Joe Twomey | 18:32 | 36:33 | PB |
| 551 | Charles Lound | 18:32 | 37:16 | |
| 714 | Grant Kennedy | 19:15 | 38:18 | PB |
| 737 | Grzegorz Galezia | 19:15 | 38:26 | PB |
| 816 | Marta Miaskiewicz | 19:18 | 38:53 | |
| 832 | Hayley Seddon | 19:26 | 38:56 | |
| 1340 | Michael Fullilove | 20:32 | 41:08 | |
| 1545 | Yvette Dore | 20:49 | 41:55 | |
| 1603 | Belinda Cottrill | 20:50 | 42:08 | PB |
| 1799 | Alex Bazin | 21:21 | 42:47 | PB |
| 2040 | Emma Ibell | 21:39 | 43:25 | |
| 2503 | Katie Styles | 22:10 | 44:50 | |
| 2504 | Charlotte Sanderson | 21:59 | 44:51 | PB |
| 2998 | Gideon Franklin | 23:42 | 46:12 | |
| 3986 | Bob Bell | 23:39 | 48:26 | |
| 4451 | Colin Frith | 24:16 | 49:15 | |
| 4593 | Jenny Ross | 24:56 | 49:32 | |
| 5193 | Barrie John Nicholls | 25:12 | 50:36 | |
| 7253 | Claire Steward | 26:49 | 54:05 | 2 nd W65 |
| 11897 | Elizabeth Begley | 30:15 | 61:25 | |
| 16531 | Michael Dodds | 37:11 | 72:06 | |
| 16529 | Clare Wyngard | 37:11 | 72:06 | |
| 18497 | Susan Vernon | 40:26 | 82:22 | |
| 19410 | Christopher Vernon | 52:43 | 1:43:05 | |

Vitality Westminster Mile

May 26

Eight Dulwich Runners took part in the BMAF Championships and it resulted in three gold medals and a bronze in the National championships.

The usual flat route was used starting in the Mall, then down besides St James Park and then along Birdcage Walk with a finish close to Buckingham Palace. It was windy along Birdcage Walk in the second half.

Clare was highly visible on the BBC red button coverage, chasing Olympic marathoner Alyson Dixon initially and then battling with last year's winner Charlene Jacobs-Conradie. Last year there was nothing in it and again the two virtually came across the line together with both given 5:09 chip and 5:10 gun time and Clare felt she could have gone quicker.

That time rather favourably compares with the W55 world track record of 5:17.37 - and the elite were generally 5-10 seconds slower on this road mile than the track, and it was of course a world best and it took almost half a minute off the British road best. It scored 103.3% on age-grading.

Laura Vincent came close to six minutes with one of her best runs and that gave her the W35 bronze.

Lucy ran well but was disappointed with her time but it did get a very high 81.0% age-grading, Ros was not at her very best form but she did just about win the W65 BMAF title and run a time that would be a W70 GB record when she turns 70 in a few months.

However, she was behind the actual W70 winner Angela Copson, who ran 6:27 and got a huge age-grading score and set a W70 record.

Westminster Mile

I was entered in Wave 1 for the Westminster Mile and I thought this might be a good opportunity for a Mile PB against some strong club runners. I tried to get in a good position on the right hand side of the start area for the shortest racing line to the first corner. When the gun went I went out at my target pace (4:55ish) and felt comfortable, however, the start quickly turned to chaos as I was passed by a lot of people who were either sub 4.30 runners or slightly delusional about their finish time! The latter seemed to be the case for most of them as they quickly slowed after 300m. I found myself having to accelerate to hold a decent position but enough had passed me that I had work to do weaving through fading runners.

On the first right hand corner I almost came to a complete

Clare and Ros also won Veterans AC gold medals as VAC held their championships within the event.

The men did not fare quite as well but there was an exceptional run from Tony.

He said he thought his sub-five runs were behind him, and he was not happy that he was not seeded in the front 4 rows while some of his rivals were but he had a very strong run and not only won the M55 title but also got a sub-five chip time.

He also won the VAC title.

Steve S had a poor run and was well down nationally but did run a reasonable last 50 metres going from third to first in the VAC M60 race for a small crumble of comfort.

Gary seemed in a rush to finish so he could carry on talking and started out at 5:40 pace but he held on well enough to go thirty seconds quicker than last year though did slow to a 6:40. Andy has obviously had medical issues since last year and he went in the opposite direction to Gary and was nearly a minute down from 2018, but he did win 65 bronze.

Steve Smythe

BMAF Championships women's race

3 Clare Elms 5:10 (5:09), 1st W55 BMAF, 1st VAC, 103.3% age-graded

18 Laura Vincent 6:04 (6:02), 3rd W35 BMAF, 71.1%

30 Lucy Clapp 6:31 (6:29), 6th W50 BMAF, 81.0%

37 Ros Tabor 6:59 (6:56), 1st W65 BMAF, 1st VAC, 94.8%

BMAF Championships men's race

37 Tony Tuohy 5:00 (4:58 chip) 1st M55 BMAF, 1st VAC, 89.7%

112 Steve Smythe 6:03 (5:59) 10th M60 BMAF, 1st VAC, 77.8%

133 Gary Budinger 6:48 (6:45) 26th M55 BMAF, 5th VAC, 67.2%

144 Andy Murray 7:45 (7:41) 15th M65 BMAF, 3rd VAC, 63.4%

stop and the next few hundred metres were a yo-yo effect of pacing. As a result by 800m I was a couple of seconds off pace and had probably done some lactic acid damage to my legs from the odd pacing. As we cornered onto the back straight to Birdcage Walk, all the pretenders were gone and it was mostly good club runners left so it was a cleaner race from here. The distance markers were a nice touch as I could measure my effort somewhat to the end. However, as I rounded the final corner I realised I was running just outside 5 minute pace. I have a big race coming up so it wasn't the time to bury myself and I ran though for a slightly disappointing 5:01.

Enjoyable race and a big occasion but if I want a Mile PB, I'll do a track race!

Des Crinion 5:01

Vitality London 10000m

27th May 2019

Barrie decided to do the double and run the 10km the day after the mile. So it was a bit like Groundhog Day as he set off for the race HQ in Green Park although it was a lot busier than for the mile.

He was in the second wave of the race although he started right at the back. That meant he took some time to come past where I was spectating with Paul and Kaylee. He found the run a little crowded but thoroughly enjoyed the sights of London in the sunshine and the music en route.

Towards the finish he tried to catch a fellow runner of a similar vintage but uncharacteristically didn't quite manage it. He got chatting to him in the finish funnel and for once found himself on the other side of the camera taking photos for his fellow competitor. It emerged he was the American Bob Anderson who had come all the way from San Francisco to participate in the event. What's more Bob had founded Runners World so hardly a lightweight when it comes to knowledge of running races.

Bob dragged Barrie into the media area to take a few snaps with Mo and Jessica. Oh these media stars! Not one to resist the limelight Barrie also did a stint for Bob to camera about the history of Green Park.

Afterwards we went to watch the film Rocketman at the newly refurbished Odeon Leicester Square. The reclining seats were ideal for race sore legs. After the film we sat in the bar briefly which has a great view of Leicester Square.

I couldn't believe it as I came back after a quick trip to the ladies to see Barrie with a microphone in front of him. He'd only sat next to a radio interviewer from Germany who asked him for comments on the film. There's been a bit of a theme to the whole weekend and I am not just talking about the races. His only complaint is he hasn't been paid for any of it despite his status as a professional actor! His agent wouldn't be happy.

It was great to see so many DRs out on the course. We hope you all had good runs!
Lindsey Annable

Barrie John Nicholls 50:36

Vitality Westminster Mile

26th May 2019

This race is in its 7th edition and whilst it's probably a little premature to claim ever present status Barrie and I had entered again having participated every year.

I'd put in my entry thinking I'd be well on my way to running again by now although I'd quoted a cautious 9:30 predicted time. As it happens I have barely started running with just a handful of runs of 7 minutes or so and a slowly jogged parkrun the other week which clearly illustrated I wasn't ready to run any distance yet. We were therefore placed in different waves with Barrie in the B wave and myself in C.

As the first few waves to depart there's a great sense of anticipation as you line up in the empty mall with the announcer counting down the time. It just makes you realise how lucky we are to have such fine events on our doorsteps.

Over the years the adult waves, as they are called, seem to have become more general ability so both Barrie and I found ourselves having to weave in and out of slower runners. We had also both mistakenly placed ourselves towards the back of our waves. I'd been worried about coming last but as we set off I realised this really was a 'jog' wave and I didn't get a clear line til around 900m.

Barrie was a little disappointed to go over 7 minutes but not surprising given the 'traffic' he had to negotiate. It didn't detract from his enjoyment of the run though and he loved running down Birdcage Walk and the finish in front of Buckingham Palace. By contrast I was thoroughly pleased with my run. I'd been unable to do any CV work over the last 6 months and importantly I had no pain after I'd finished.

After I crossed the line I couldn't find Barrie and wondered where he was. I needn't have worried as I saw a camera crew with yours truly giving a sterling performance. I have had a few reports from fellow DRs who'd spotted him on the red button coverage. The more astute of you may have noted he referred to me as his wife during the interview. I can sadly confirm there has been no covert happy union. I can only assume it was easier to say that. Barrie take note!

As many of you know the event festival has lots of activities to enjoy after the run. We wanted to watch the later waves and take part in a yoga class so we joined a dynamic yoga class which was the only one that suited time-wise. It had to be said it was a little too dynamic and I found myself struggling as did Barrie. As a consequence Barrie decided to freestyle and do his own cool down. Often I looked across at him and he was either pointing in a completely different direction or doing his own stretches. At one point he did a few press ups which was probably a first for the yoga teacher and created much amusement among passers by! To be fair though he did attempt some of the poses which the teacher was very complimentary (relieved) about! We were taken through a lovely relaxation session at the end so we did emerge feeling wonderfully refreshed despite initial qualms.

We watched the later waves including sterling performances by fellow DRs who did the club proud. I am sure they will be reported elsewhere but well done to you all. The Olympians wave comprising former Olympic competitors is always a delight to watch with the oldest competitor a mere 92 years young.

A great event overall and a cert for the calendar next year. After all we've got to keep our ever present status going!
Lindsey Annable

Barrie John Nicholls 7:07
Lindsey Annable 8:35

Cambridge H Open Meet incl. BMC races

May 22

Clare ran in this meeting instead of the relays and was on for a good time up until 1000m but out alone and in a very strong wind along the finishing straight, she slowed and missed her time target.

1500: 7 Clare Elms 4:51.94



May 25th

Bexley

487 Ran
Pos Gen
216 173 Peter Jackson 29:08

Brockwell , Herne Hill

308 Ran
Pos Gen
44 4 Anna Thomas 21:33
50 5 Nicola Richmond 21:40
97 81 Graham Laylee 23:29
160 118 Andy Murray 26:08
179 125 Alex Haylett 26:57
187 60 Sharon Erdman 27:20
297 123 Clare Wyngard 38:23
298 175 Michael Dodds 38:24

Burgess

439 Ran
Pos Gen
433 277 Chris Vernon 51:26
439 158 Susan Vernon 58:23

Clapham Common

721 Ran
Pos Gen
91 3 Yvette Dore 21:03

Crystal Palace

328 Ran
Pos Gen
10 10 Tom Wilson 19:46
19 1 Belinda Cottrill 20:19
20 2 Rosalind Johnson 20:26
23 21 Matthew Cooke 21:11
85 80 Bob Bell 23:42
101 11 Charlotte Sanderson 24:04
136 19 Helen Lister 25:34

Didcot

318 Ran
Pos Gen
16 3 Michelle Lennon 20:37

Dulwich

436 Ran
Pos Gen
27 27 Alex Loftus 19:11
47 44 Gower Tan 19:57
96 89 Matthew Ladds 21:45
133 122 Hugh French 23:03
184 22 Midge Cameron 24:26
194 24 Hannah Harvest 24:48
219 33 Colleen Williams 25:59
300 67 Elizabeth Begley 28:22
304 70 Karina Burrowes 28:29

Hanworth

153 Ran
Pos Gen
1 1 Andy Bond 16:24

Hilly Fields

289 Ran
Pos Gen
24 24 Stephen Smythe 20:57
282 172 Ian Lilley 38:49

Greenwich

317 Ran
Pos Gen
12 12 Michael Fullilove 20:16

Leicester Victoria

561 Ran
Pos Gen
380 116 Marjorie Epton 31:31

Malling

305 Ran
Pos Gen
12 1 Tereza Francova 20:47

Old Deer Park

111 Ran
Pos Gen
96 28 Lindsey Annable 35:26

Orpington

255 Ran
Pos Gen
93 74 Colin Frith 26:04
241 150 John O'Byrne 42:36

Peckham Rye

318 Ran
Pos Gen
32 32 Alex Bazin 20:50
136 15 Caroline Maynes 25:11
140 17 Michelle Key 25:16
184 38 Claire Steward 27:08

Rickmansworth

471 Ran
Pos Gen
38 36 Des Crinion 21:22

Riddlesdown

244 Ran
Pos Gen
1 1 Dylan Wymer 16:29
23 2 Ange Norris 21:00

Sheringham

282 Ran
Pos Gen
24 21 Justin Siderfin 22:14

Southwark

362 Ran
Pos Gen
180 144 Paul Keating 26:13

Tooting Common

632 Ran
Pos Gen
225 187 Ian Sesnan 24:48

Victoria , Glasgow

390 Ran
Pos Gen
7 7 Jonny Hough 19:09

Wakefield Thornes

329 Ran
Pos Gen
94 9 Claire Barnard 25:26

Wetherby

110 Ran
Pos Gen
13 12 Hugh Balfour 21:08

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



Bufs/snoods - only £6

Socks only £5



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

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- Need to rejuvenate after your hard training and recent race

What you could benefit from?

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- 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

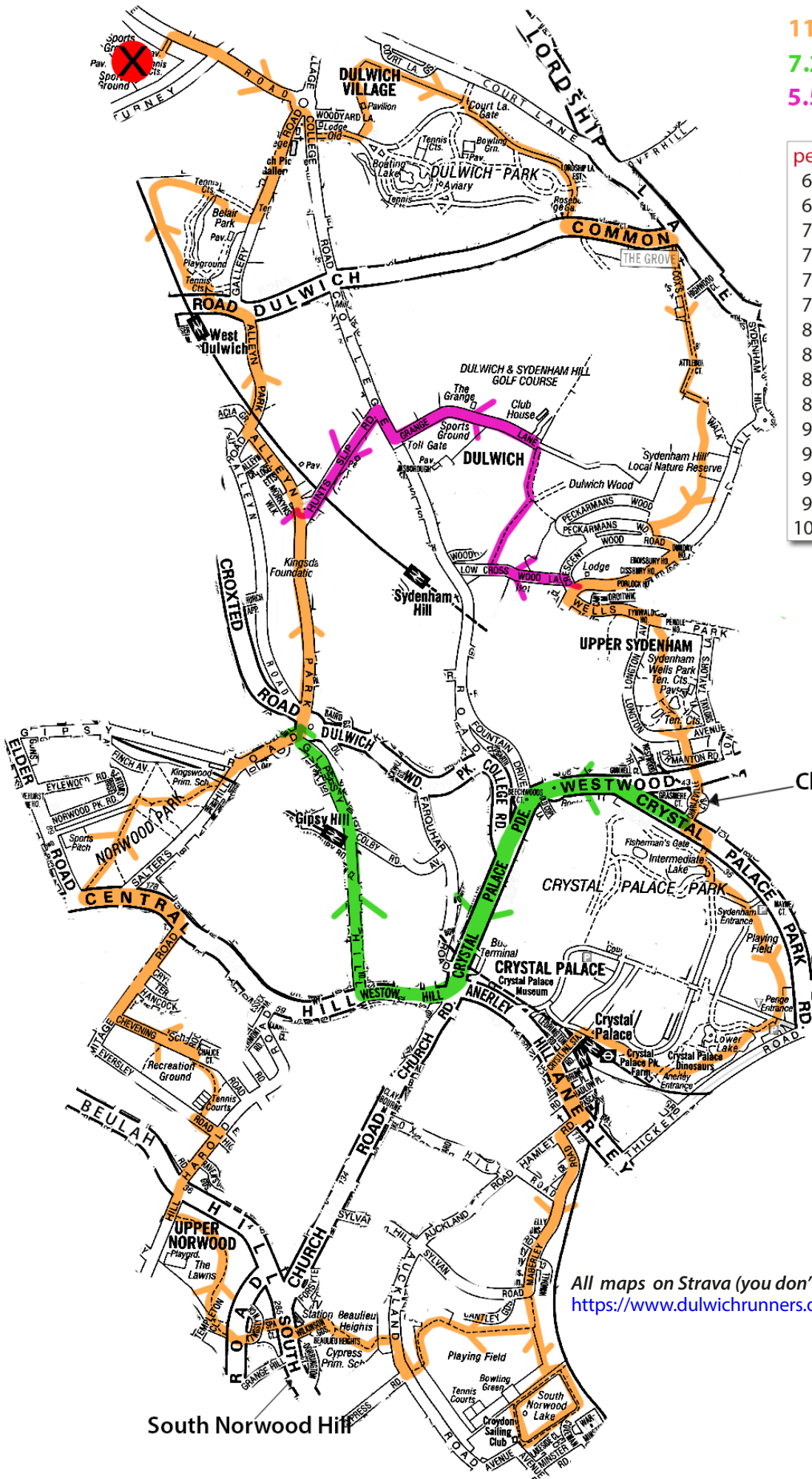
I have a 5 kg weight vest made by "Gold Coast" which I am offering to anyone in Dulwich Runners. If anyone is interested in acquiring it please call me on 07596 524189 or email me on bernard.imber@btinternet.com. I have no idea what it is worth.

Bernard Imber

Dulwich Runners Summer 1

11 M / 17.7km
 7.2 M / 11.6 km
 5.5 M / 9 km

| 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 |



Charville circus

South Norwood Hill

All maps on Strava (you don't need an account)
<https://www.dulwichrunners.org.uk/wednesday-night-routes>