



SHORTS

Dulwich Runners AC

Weekly Newsletter

May 9th 2018

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 9 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

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

Tue 15 Back at Dulwich College track on College Rd.

cost £2 per session - Start with a warm up at 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
- 6 Summer tips and training schedule
- 8
- 9
- 10 Parkrun times
- 11 Wednesday map + Strava links

And much more !

Like us on Facebook @dulwichrunners

Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)

our website: www.dulwichrunners.org.uk

Connect with us:



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

A brief look ahead

May 23 Beckenham Team Relays

jun 7 Assembly League - Battersea Park

TRACK SESSIONS

Tuesdays At Dulwich College track on College Road.

Cost is £2 per session

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

The main session taken by Steve Smythe will start on grass and then on to track and 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 to go on the mailing list

LAPSED MEMBERSHIP

2017/18 memberships expired on March 31

If you have not renewed you will not be able to take part in the Club championships or run in any races as a Dulwich Runner, that includes Assembly league, Surrey League Xc, parkrun etc

please email me **ASAP**: barry@bg1.co.uk

Many thanks to those of you that have already renewed

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

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

Thank you. - Ros

LUCKY VEST

May winner - Gzregorz 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

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota. **Thankyou to Ebe, Ange, Clare Cummings, Andy, and Annie for running with new people last 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

Tom South	9/5
Katie Styles	16/5
Ros Tabor	23/5
Cameron Timmis	30/5

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/summer-route-4/>

Wednesday Night Map

This map for this Wednesday's runs can be found on the last page of Shorts.

Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.

If your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse - Thanks

SOCIAL SPOT

P
O
T

Upcoming events.

Dulwich Runners Women's Evening Out

Friday May 11th 7.30pm

All women runners (sorry lads) are welcome to join us for an evening of eating, drinking and catching up.

Please let the women's captains Clare Wyngard and Ange Norris know ASAP at: dulwichladiescaptain@gmail.com if you would like to come. Already there are over 20 of us so it should be a fun Friday night! The venue is Lorenzo's Italian restaurant at Crystal Palace. We have reserved the upstairs room.

The Night Of The 10,000 Metres PBs Saturday 19th May

Highgate Track, Free entry, and chance to watch some top quality athletics, including the qualifiers for the European Championships.

Details to follow, but will include a visit to the beer tent. Likely meeting time 5pm

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 !

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
www.hernehillsportsmassage.co.uk

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



Instagram

Dulwich Runners are on Instagram.

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.



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



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



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 1st in age group in each race, 49 for 2nd 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
20 Jul tbc SOAR Battersea Park 1 Mile
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. 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

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/
or at the back of Shorts

Thanks - Ros Tabor 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 - 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
May	21	Blackheath & Bromley Open Meeting	Norman Park
	23	BMC Meeting	Eltham
	23	Beckenham team relays	Beckenham Place Park
Jun	3	Surrey Masters Champs	Ewell Court
	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
Jul	30	HHH Open Meeting	Tooting
	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**

2018 Club Championship

2018 club championships races (subject to a few dates and venues tbc) are now in the fixture list above.

The marathon, 1/2M and two 10k races are classified as long races, with the remaining 5 short.

You must have renewed for 2018/19 in order to run and compete as a Dulwich Runner in the club champs

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

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

Thanks - Ros

SOAR Mile

a week later than expected on Friday 27 July (not ideal but we'll have to go with that) and at the London Community Track next to the Olympic (and West Ham) Stadium. Entries will be open in the next week or so.

Summer Training

While some people seem keen on doing events that while may be fun and rewarding and having good scenery, will remove any possibility of them ever fulfilling their potential or utilising their speed.

In my view the summer should be used to recover from the winter endurance races (if done) and making the most of the warm weather to improve speed and speed endurance.

This should mean you will run faster at the mile and 5km, which ultimately will make you a better runner at all distances at the end of the summer.

This is my suggestion for the next few

weeks. It doesn't have to be full of miles at this stage of year.

Note Bruce Tulloh ran a sub-14 minute 5km off 30 miles a week, 60 years ago. The key is to do enough to hold the endurance built up over the winter but staying fresh and improving the speed and keeping sharp.

Wednesday May 9 45 minutes relaxed
Thursday May 10 either tempo (focusing on picking up pace each km for 30 mins) or short rep speed (focusing on mile speed in 1 minute reps)
Friday May 11 4M easy with 6 x strides over 120m increasing pace on each Saturday
May 12 Parkrun (ideally off-road) or hills

Sunday May 13 Slow 65 mins

Tuesday May 15 - speedwork - focussing on 800m length reps at 5km pace

Wednesday May 16 50 minutes relaxed
Thursday May 17 either tempo (alternating 30 minutes at HM, 10k and 5k pace) or short rep speed (focusing on mile speed in 75 second reps)
Friday May 18 4M easy with 6 x strides over 150m increasing pace on each Saturday
May 19 Parkrun (ideally off-road) or hills
Sunday May 20 Slow 70 mins

Tuesday May 21 - speedwork - focussing on 400m length reps at mile pace
Wednesday May 22 Beckenham relays

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 the number of places available, then the qualifying time will be reduced evenly across the 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 Taber*



Saturday and Sunday 19th & 20th May 2018

See the website - www.greenbeltrelay.org.uk for full details

We have one team for 2018, so we won't be able to get any more. If you're keen let me know by email or on a Wednesday evening. I'll put people into the team on a first-come-first-served basis then have a list of reserves.

NB Reserves needed. We now have a complete team and the event is now full with 50 teams entered

But - injuries, work, family commitments and stuff just happens and every year we call on reserves. So that's what we need now, a few people who could put their name down just in case, so I don't have a to panic

Ange - dulwichladiescaptain@gmail.com

Beckenham team relays

Wednesday 23rd May @ 7:30pm.

These ever popular and fun relays are nearly upon us again! They can fill up quite quickly with a record number of 122 teams competing last year. DRs alone fielded 11 teams, so let me know via ebepri11@yahoo.co.uk or FB comment if you'd like to take part.

We can put teams together and I can enter all teams together online.

Payment is on the day in cash, £5 per person.

Men's, women's and mixed teams of three compete for prizes.

Each leg is an undulating 2.6 mile lap on roads and paths, starting and finishing by Beckenham Place Mansion (same as Assembly league finish, so another chance to enjoy that final hill :)

Mark Hayes Mile

13 July

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*

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

Men Xc: mcmann90@yahoo.co.uk

Men road: ebepri11@yahoo.co.uk

Ladies: dulwichladiescaptain@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.

Assembly League 3.5M Victoria Park

May 3

The second league saw a reasonable turn out (35 which is well above average) but too many potential scorers were missing though no doubt many more will run in the club champs 5km at the Battersea league next month.

In this fixture last year, Andy Bond finished sixth in 18:14. He was 20 seconds quicker but finished six places further back in a high quality race but he was first vet in one of his best runs ever. Very few Dulwich Runners have broken 18 and fairly sure this is the best ever by a Dulwich vet..

Steve Davies who has had some good races with Andy in the past year, was still in marathon recovery mode and did not help his cause by starting far too fast but he was quicker than last year.

Daniel Mann was right behind and 18 seconds quicker than last year.

Ed Harper was the final A team scorer and he kept his gentle improvement going from his two runs last year and Dulwich finished a respectable fourth team Alastair Locke was right behind as he continues his return from Achilles injury and so was Jonathan Whittaker, who had one of his best ever runs – his first sub 18 5k performance contained within.

Tom South also had an exceptional run – 48 seconds better than the best of his two runs last year.

Newcomers Alex Green and Des Crinion made good club debuts.

Clare Elms almost did not run as a hip/groin injury from Tuesday session meant she was barely able to jog in her warm up and at one stage could not get off the ground.

She started at the back of the field jogging but gradually picked up and past the mile in 6:20. Gradually her injury eased and she picked up and rocketed

through the field, covering the second mile in a brisk 5:40 and she held that form to the end, moving all the way up to third woman and running quicker than she had in 2017, despite giving away 40 seconds in the first mile.

Joe Farrington, Rob Hollands, Matt Cooke and Grant Kennedy all had strong steady runs within 22 minutes.

Steve Smythe slowed badly in the second half though was four minutes quicker than his injured run last year, albeit well over four minutes down on his sub-18 form in his pre Dulwich days in the 70s and 80s.

Ebe, ran steadily as he nursed his injury a reasonable distance up on Helen Lister, who made the top 20 women was way down on her pre London marathon form in the first league race at Beckenham.

Christina and Michelle both had good runs to complete the A team scoring which saw us finish third.

Mike Mann was down on his 2017 form but Lucy Pickering showed excellent improvement, 45 seconds up on last year.

Lucy Clapp had one of her best ever league runs ahead of Rebecca, who is still recovering from her marathon effort. After his Marathon collapse and hospital stay, Gary was content to ease around. Katie was not at her very best but had another solid run.

Gideon had a strong run while Graham was up on his 2017 form.

Joseph Brady was a long way down on his best though Eleanor was closer.

Ros was first W65 as usual but not at her best but Andy was quicker than last year. Barrie had a strong run just ahead of Ian who struggled and Claire S, who was up on her 2017 time.

11M/12 Andrew Bond M40 17:55

M40/1, M/11 (18:14 May 17, 18:32 Jul 17)

44M/46 Steve Davies M45 19:05 M45/4 (19:23 May 17)

45M/47 Daniel Mann SM 19:07 (19:26 May 17)

58M/60 Ed Harper SM 19:40 (19:52 May 17, 19:48 Jul 17)

59M/61 Alastair Locke SM 19:41

60M/62 Jonathan Whittaker SM 19:43

66M/68 Tom South SM 19:47 (20:35 May 17, 20:40 Jul 17)

89M/92 Alex Green SM 20:27

91M/95 Des Crinion SM 20:31

3W/104 Clare Elms W50 20:41 W/3, W50/1 (20:56 May 17)

129M/141 Joe Farrington-Douglas SM 21:29

135M/147 Rob Hollands SM 21:36

142M/156 Matt Cooke SM 21:47

144M/159 Grant Kennedy SM 21:52

159M/177 Steve Smythe M60 22:15

M60/3 (26:02 Jul 17)

168M/189 Ebe Prill M55 22:33 M55/5 (21:38 May 17)

18W/201 Helen Lister SW 22:53

23W/214 Christina Dimitov SW 23:20

24W/215 Michelle Lennon W50 23:21

W50/2 (23:50 May 17, 23:36 Jul 17)

195M/228 Mike Mann M65 23:50 M65/3 (23:21 May 17)

29W/229 Lucy Pickering W50 23:51 W50/3 (24:36 May 17)

30W/231 Lucy Clapp W50 23:53 W50/4

31W/232 Rebecca Schulleri SW 23:53

(23:38 May 17, 24:01 Jul 17))

198M//235 Gary Sullivan M60 24:10

M60/9

37W/249 Katie Styles W35 24:33 (24:51 May 17, 24:19 Jul 17))

210M/255 Gideon Franklin M50 24:41

212M/258 Graham Laylee M60 24:50

(25:08 May 17)

218M/272 Joseph Brady M50 25:33

(23:14 May 17, 23:51 Jul 17))

49W/273 Eleanor Simmons W40 25:36

(25:23 May 17, 24:34 Jul 17)

54W/281 Ros Tabor W65 25:45 W65/1 (25:14 May 17)

224M/287 Andy Murray M65 25:57 (26:10 May 17)

233M/307 Barrie John Nicholls M60 27:03

235M/314 Ian Sesnan M60 27:23 (24:34 May 17)

77W/318 Claire Steward W65 27:27

(27:36 May 17) Stephanie Williams dnf 352 finished

Men TEAM: 1 Kent 22; 2 VPHTH 38; 3

Serp 68; 4 Dulwich 155; 5 Stock E 168; 6

Lloyd 169 Women TEAM: 1 VPHTH 21; 2

Kent 21; 3 Dulw 63; 4 Eton M 196; 5 Serp

184; 6 Camb H 205

Steve Smythe

Herne Hill Open

at a very sunny Tooting Bec.

I competed in my first 3000m race since School Sports Day in Chelmsford in 1998 and this time came first rather than second! It was the B race though and I probably should have been in the A race on reflection. I managed a pretty even pace from the outset although got caught out by Garmin inaccuracies on the track and didn't quite manage my 10:00 target with a time of 10:07:24. Mike Mann got 12:27:65.



Ros and Gary Budinger competed in the Mile (see photo of them on the first lap) - not sure what time and Lucy Elms was in the 800m which was after I left.

Jonathan Whittaker

Whitstable 10K

7th May 2018

This is a favourite race of mine as its held in my home town. Also provided the conditions are right it's a fast, traffic free, course. Testament to its popularity is that the 750 limit was reached within 5 days of going on sale on 1st January. Slight problem is that it is held on the same day as Whitstable's Mayday celebrations. The celebrations had been shut down in the late 1800's due to the rowdy behavior of attendees and yours truly was one of those who helped restart them in the 1970's when folk music was on the resurgence. So the downside is that the town and car parks were already full by 9.00 even though the 10K start wasn't until a civilised 11.00.

Although sunny there was a gentle cooling cross wind making running conditions pretty ideal. The first 2K is also downhill with the rest pretty flat apart from one small hill and I set off comfortably but quicker than planned. At 5K the route turns onto the promenade so its just head down and aim for the finish. With a few hundred yards to go I was losing the will to live even though I knew the finish

Ted Pepper 10km Norman Park

May 7

Clare Elms, who won this bank holiday race in 2013, 2014 and 2015 and was second in 2016 won the women's race by well over two minutes though found the bumpy rutted course tough in the second half in record bank holiday temperatures.

Good back up from Lucy Clapp, who was near to her best and Ola, who struggled, gave us a team prize. Claire Steward also ran well.

A still struggling Steve Smythe was first over 60 though the organisers only gave awards in the M40 category.

Mike F had a good run though Mark F, Graham and Joseph found it hard in the heat.

All nine Dulwich Runners were in the first half of the field.

Steve Smythe

1W/15 Clare Elms 40:09
 31 Steve Smythe 42:37 (42:35)
 37 Mike Fullilove 43:18 (43:15)
 63 Mike Foster 45:54 (45:51)
 8W/74 Lucy Clapp 46:59 (46:53)
 100 Graham Laylee 48:52 (48:45)
 115 Joseph Brady 50:17 (50:11)
 26W/146 Ola Balme 52:35 (52:28)
 31W/178 Claire Steward 55:32 (55:21)
 407 finished

line was just round the corner. A guy from Bexley noticed I was slowing and cajoled me into keeping the pace, he stayed with me to the end. When I looked at my watch I realized why I was feeling it so much. My best 10K time in a long while and third over 60. A result which could only be celebrated with a pint (or two) of the sponsors (Shepherd Neame) Whitstable Bay. Perfick, as they say down in Kent

73 Bob Bell 45.41 (chip 45.36)

Crystal Palace Canter 5K

1st May 2018

1 Bob Bell 22:49
 3 Jo Quantrill 25:29
 12 ran
Bob Bell

Running away from the finish line – Wings for Life

6 May 2018

One of the special races that end up on many people's bucket list is the Wings for Life World Run.

It's a charity run organized to raise money for spinal cord injury research. It starts exactly at the same time in several hundred locations around the globe. It's a race where the finish line chases the runners and your aim is to run as far as you can before the catcher car catches up with you. The killer vehicle gives everyone a 30-minute handicap and then starts the chase, driving first at 15 km/hr, gradually speeding up to 35 km/hr. If you are slow you get caught before 10 km. If you are fast enough you might end up running an ultramarathon.

And that's the beauty of the race. You can't really know how long you will have to run and the point is to try to find the perfect balance between endurance and speed.

This year in the UK there were 3 WfL races but each of them was an "app race", meaning that there was no actual catcher car, only a virtual one. You had an app on your phone which told you the distance you have covered and announced you when the catcher car was approaching and finally when it caught you.

As I didn't have anything lined up for last Sunday, I decided to sign up for the race held in Richmond Park. Having run a fast 10k in Peckham the day before (improving my PB by 1.5 minutes), then attending Christina's lovely housewarming party

and having lost track of the number of beers consumed, I didn't expect much from my performance.

The Richmond Park race started at high noon, in scorching sun (28 degrees in shade). The course was predominantly open, on a combination of beaten track, tarmac and long grass which did not make running any easier.

After the crowded start, the approx. 100-strong mob soon thinned out. After the first lap you were running basically



on your own. The conditions forced the weaker runners to throw in the towel after the first 5-8 km or so. Having been caught they just shuffled their feet back to the start line/water station to replenish their liquids with the free Red Bull and pick up their stuff.

After 4 laps there were only a few guys left in sight. Including one pro with a bike pacer and a Rocky Balboa type of coach, running along and administering fuels and giving him quick rubs on the go.

After every lap I took a drinking break at the pit-stop I drank nearly one bottle of water and emptied another one on my head. It helped for a bit and was enough to survive through the next lap. Soon

even the DR vest seemed too hot to wear so I took it off ran just in my shorts.

To pass away the time the Rocky coach, waiting for his protégée to come in sight, accompanied me for half a mile – he offered me a wonderful invention – apparently used by professionals – a shawl filled with ice cubes to throw on your shoulders. I got to run in it for a few hundred meters and it was bliss!

Finally, the heat became so unbearable that I wished the catcher car was there.

Just after I passed the 30 km mark, the announcer in my phone let me know that the catcher car was approaching. I tried to speed up, but I didn't know if the car was 50 meters or a mile behind. I got to run for another kilometre before salvation came.

I ended up running 31.35 km. It gave me 1637th position globally (out of around 120 thousand runners) and the fifth position in the United Kingdom! Objectively my result wasn't great but since I came fifth among male runners

in the UK (there was one faster lady in Cambridge), either this kind of running is not big in the UK, or everybody else also had great parties the night before or couldn't be bothered to make a serious effort in the blazing sun.

Wings for Life is a great event – but definitely it's worth taking part in a REAL race. I did run one 4 years ago in Poznan, Poland. It was much more enjoyable, although I was running in Spartan armour in a closed formation with my friends, and was caught before 20 km, which was also quite an achievement.

I hope next year there will be a real WfL race in the UK and I will be able to enter it like a pro, with no hangover and with an ice-cube shawl around my shoulders.

Grzegorz Galezia



Banstead Woods

270 Ran			
Pos	Gen		
3	3	Tony Tuohy	18:39

Beckenham Place

179 Ran			
Pos	Gen		
1	1	Stephen Davies	17:14
28	27	Stephen Smythe	20:40

Bexley

525 Ran			
Pos	Gen		
10	10	Michael Fullilove	20:31

Brockwell

377 Ran			
Pos	Gen		
37	37	Mark A Foster	20:08
64	3	Tess Bright	21:21
110	99	Graham Laylee	23:08
293	205	Lloyd Collier	29:03
328	113	Rhoda Collier	30:36
329	216	Rafe Collier	30:36
335	118	Sharon Erdman	30:51

Burgess

367 Ran			
Pos	Gen		
366	116	Susan Vernon	56:22

Cannon Hill

901 Ran			
Pos	Gen		
152	18	Susan Cooper	22:31

Catford

164 Ran			
Pos	Gen		
3	3	Ian Lilley	19:11

Clapham Common

454 Ran			
Pos	Gen		
75	71	Cameron Timmis	21:41
111	98	Michael Mann	22:54
151	129	Barrie John Nicholls	24:13
158	133	Ian Sesnan	24:22
180	33	Lindsey Annable	24:58

Clumber Park

402 Ran			
Pos	Gen		
50	44	Michael Dodds	23:39

Crystal Palace

355 Ran			
Pos	Gen		
2	2	Wayne Lashley	17:51
41	2	Belinda Cottrill	21:52
66	62	Bob Bell	22:57
118	15	Joanne Shelton Pereda	24:52
129	114	Joseph Brady	25:27
153	130	Ameet Patel	26:22
234	171	Paul Hilton	29:31
341	208	Tom Wilson	39:05

Lapsed members: If you are not a current member of the club you cannot run or compete in any events as a Dulwich Runner, and your results will not appear here, it would therefore be appreciated if you could remove the club from your parkrun profile.

Dulwich

303 Ran			
Pos	Gen		
14	14	Joe Twomey	17:56
15	15	Edward Harper	17:57
55	3	Michelle Lennon	20:42
60	4	Laura Vincent	21:02
98	89	Matthew Ladds	22:48
138	21	Claire Steward	24:41

Highbury Fields

Pos	Gen		
11	11	Paul Collyer	19:17

Hilly Fields

279 Ran			
Pos	Gen		
53	49	Edward Smyth	23:07

Leicester Victoria

338 Ran			
Pos	Gen		
67	9	Marjorie Epton	23:21

Lloyd , Croydon

226 Ran			
Pos	Gen		
5	5	Alastair Locke	19:38

Malling

216 Ran			
Pos	Gen		
15	15	Nicholas Brown	20:54

Newark

222 Ran			
Pos	Gen		
27	25	Colin Frith	22:50

Peckham Rye

243 Ran			
Pos	Gen		
37	35	Gideon Franklin	22:02
84	13	Tess Le	24:50
155	48	Emily Warburton-Brown	29:04
243	146	Andy Bond	50:26

Riddlesdown

181 Ran			
Pos	Gen		
62	6	Ange Norris	25:06

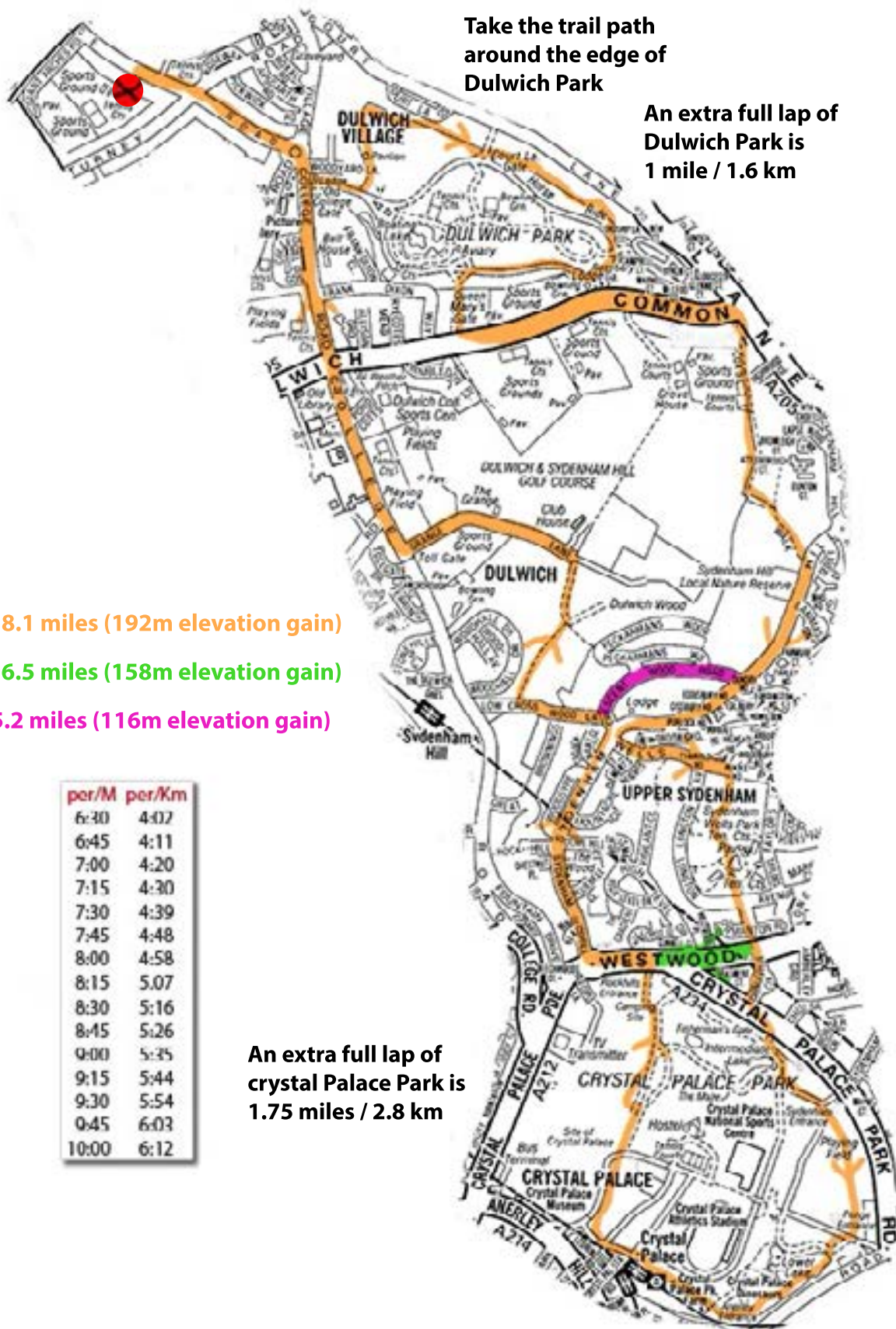
Victoria Dock

120 Ran			
Pos	Gen		
40	7	Ros Tabor	22:27
42	35	Andy Murray	22:33

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 5



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

<http://www.strava.com/routes/12105220>

<http://www.strava.com/routes/12105204>

<http://www.strava.com/routes/12105191>

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

Pay on day, or by bank transfer:

Sort code: 40 52 40

Account: Dulwich Runners AC 00090986

Reference: RELAY plus TEAM NAME