



SHORTS

Dulwich Runners AC

Weekly Newsletter

June 13th 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 13 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Wed 13 Dino Dash relays Crystal Palace Park
entries full

Tue 20 Dulwich College track, 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
- 7 Assembly League/Club champs Race report and times
- 13 Parkrun times
- 14 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:



There is no clubrun and the clubhouse will be closed on Wednesday 27 June as we will all be at the Dulwich Midsummer Relays either running, helping or supporting !

TRACK SESSIONS

Tuesdays At Dulwich College track, College Road.

Cost is £2 per session

Warm up taken by **Elkie Mace**, various drills and stretches etc will start around 7.10pm..

The main session taken by **Steve Smythe** will start on grass and move on to track and is more suitable for all levels of ability than the Crystal Palace sessions.

Thursdays morning sessions

speed/hill work mostly on grass taken by **Steve Smythe**.

Start 11:15 - 11:30 in various local parks.

There is no fee. Suitable for all standards.

steve.smythe@athleticsweekly.com to go on the mailing list

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

A brief look ahead

Jun 13 Dino Dash relays - Crystal Palace park

Jun 27 Dulwich Runners Midsummer relays - Dulwich Park.

LUCKY VEST

June winner - Gemma Sampson

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

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

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

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota. **Thanks to Desmond Edwards for taking out new guest runners last week**

If you're on the list please try and turn up that night and make sure anybody new has someone to run with.

If you can't make it, please try and either swap with someone or let us know as early in advance as possible.

Thanks. - Ros

Mick Ward

Cameron Timmis

13/6

20/6

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

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

Thank you. - Ros

Wednesday Night Map

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

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

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

SOCIAL SPOT

P
O
T

Upcoming events.

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

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

Activities will include the Barry Graham dash !

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

Algarve Running Challenge

7-11 NOVEMBER

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

Mike Mann

Photographs needed !...

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

jonathanwhittaker79@yahoo.co.uk



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
Buffs/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



Buffs/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
27 Jul SOAR 1 Mile London Stadium, Stratford
15 Sep tbc Beckenham Place Parkrun 5k
24 Nov Beckenham Place S of Thames XC 5m

Long

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



DULWICH RUNNERS A.C. SUMMER RELAYS AT DULWICH PARK



27.JUNE.2018

3 x approx. 1mile lap

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

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

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

We need about 8 more people, marshals/helpers for the relay please including someone with a bike who can cycle round behind the fun run at 7.00

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

Road & other Cross country Club Champs Assembly League Track

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

Dulwich Midsummer Relays 27 June

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

- Mike Mann

We need about 8 more people, marshals/helpers for the relay please, including someone with a bike who can cycle round behind the fun run at 7.00

Ros Tabor ros.tabor49@gmail.com

Bewl 15m

1st July 2018 - 10:30 am

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

I've done this race a few times and love it. It's 15 miles around Bewl Water, south of Tonbridge. It is mostly off road, except for about 3 miles on quiet roads.

As well as the normal t-shirt, medal and goody bag there are also free cakes (including vegan and gluten free), tea, coffee, Harvey's and Ewhurst Ales, a sports massage (on a first come first served basis) pre and post the run, plus the Wadhurst Brass Band!

If a few of us enter we could even be a winning team.

You can enter online - <https://www.nice-work.org.uk/races/the-bewl-15/2018>

Entries are filling up fast so if you're keen get in quick.

Golden Stag Mile - 6 July

For those looking for some mile practice before our club champs SOAR Mile on 27 July, The Golden Stag Mile taking place at Finsbury Park Track on 6 July, starting at 6.45pm provides another opportunity. To enter please go to: <https://www.barnetadac.com/racing/club-races/the-golden-stag-mile/>

SOAR Mile - Friday 27 July

At the London Community Track, next to the Olympic Stadium, will be used as our club champs mile.

As last year these will take the form of a series of graded races during the evening.

The Mark Hayes Mile two weeks earlier on 13 July at Dulwich College Track will provide good preparation, particularly for those of you not competing regularly on the track.

The event is filling up rapidly with 112 entries as of 30 May, so you are advised to enter as soon as possible.

There are likely to be 12 races with up to 20 runners in each, so the limit is likely to be around 240

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 27 July.

Further details about arrangements including a social function afterwards will appear later. - Mike Mann

Thames River Relay

Sunday 9th September

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

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

www.stragglers.org/river_relay

It costs £10 per runner.

Let me know on dulwichladiescaptain@gmail.com or on a Wednesday evening at the club, if you want to run.

Teams have to be mixed with at least one vet.

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

Men Xc: mcmann90@yahoo.co.uk

Men road: ebepriill@yahoo.co.uk

Ladies: dulwichladiescaptain@gmail.com

2019 London Marathon Good for Age Places Qualifying

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

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

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

Men	Time (in hours)	Women	Time (in hours)
Age 18-39	sub 3:00	Age 18-39	sub 3:45
Age 40-44	sub 3:05	Age 40-44	sub 3:50
Age 45-49	sub 3:10	Age 45-49	sub 3:53
Age 50-54	sub 3:15	Age 50-54	sub 4:00
Age 55-59	sub 3:20	Age 55-59	sub 4:05
Age 60-64	sub 3:45	Age 60-64	sub 4:30
Age 65-69	sub 4:00	Age 65-69	sub 5:00
Age 70-74	sub 5:00	Age 70-74	sub 6:00
Age 75-79	sub 5:15	Age 75-79	sub 6:20
80+	sub 5:30	80+	sub 6:40

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

Club Championship Marathons reminder

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

Assembly League 2018

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

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

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

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



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

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

Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com

All road, fell, xc, tri and track results etc, are welcome.

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

Thursday 7th June

407 finishers made for a record Assembly League field and all sorts of headaches for the timekeepers and recorders; somehow our own Coach Steve once again made sense of a myriad of declaration, recording and timekeeping sheets to come up with a set of results in his usual double quick time. Does the man ever sleep? Anyway, an amazing 67 of the field were wearing Dulwich vests and plenty of them put in superlative runs on the obviously popular 5k course, which is both flat and certified accurate and therefore very PB-friendly.

Predictions for a number of Dulwich men breaking 16 minutes came true easily but Ed Chuck's 15:36 was even better than hoped, a brilliant run shaving nine seconds from Tim Bowen's 2-year-old club record and taking 11th place in a race full of quality runners. Just as startling, Andy Bond had only acquired the M40 club record a couple of weeks ago but here lowered it another eight seconds and is now bearing down on the senior record. The best things come in threes, and our trio of sub-16s was completed by a great PB from second-claimer Dylan in his first serious race for a year but obviously as fit as he's ever been. Tim Bowen is in decent form to run a time like 16:12 but it's incredible to say that it was only our 4th counter in this company, but a 4th overall place for the Dulwich A team in such a quality field is not to be sniffed at. There was then a twenty-odd second gap back to our B team scorers although their times were A-team-level not long ago.

Next in was Wayne following up his recent 2-second PB at 10k with an excellent run that missed his PB by a handful of seconds. Alastair is similarly back to form

too as he approaches his best times and did enough to pass Steve Davies in the last mile who is still looking for top form since his marathon but whose run can hardly be described as poor. I got close to catching Steve and was pleased with my best run for a year but was glad I didn't glance over my shoulder to see fast-finishing Tom South decimating his PB for a result even better than his recent 10k PB. Jonathan's increased training was bearing similar fruit, and his great PB was good enough to just about see off Lloyd's habitual good run here, excellent debuts from Jack Ramm and Joe Twomey and some fine form from Charlie despite still struggling with injury issues.

were next in, all with very useful times just in front of Tom Wilson. Lucy Elms followed her recent 4:57 1500m with a great PB, now edging closer to sub-19, and 1st under-20 here too. Another new name is Marta, and she's not hanging about either with 19:17, followed by a solid effort from Ross and Mark's habitually good run ahead of Coach Steve's 3rd M60 run, decent enough considering an injury problem, just holding off Ed. Gary and Martin duelled it out to the line with Gary getting the nod over Martin's thoroughly deserved big PB that earns him the Captains' Award.

Following Clare, Lucy and Marta were nine Dulwich women posting 20-minute times battling each other for club medals. Becca was not far off her recent sub-20 PB ahead of a good debut from Christina (and then Hugh, sneaking in a good run amongst the pack of ladies) and decent running from Andrea to hold off yet another good run from serial PB-chaser Michelle. Helen and new name Victoria were running well to hold off a great battle between Laura and Lucy Clapp, both getting the same time and each earning hugely satisfying PBs, only a few seconds ahead of an equally blistering PB run from Lucy Pickering.

Alex is much fitter this year and just held off fast-finishing Gideon and Mike. Cameron, Anna and Matt all ran well, just ahead of Bob, who is running better than for some years. He had a successful battle against Emma, Yvette and Katie, even though Yvette apparently was putting him off by 'talking too much'. Eleanor's best run this year was a tantalising seven seconds short of her PB, just ahead of club stalwart Colin. Ros, Andy and Hugh's runs were pretty good for current form, split by Teresa's good debut. Jo made an excellent step-up from her current parkrun form while Joseph is off his usual pace. Club Champs ever-present Barrie John also upped his recent form to just beat a good PB from Clare Barnard, just a little short of her best parkruns, while Clare and Mike eased themselves round together to complete the Dulwich contingent.

- Tony Tuohy

2018 champs categories 5K Battersea Park Assembly League

Overall winner (AGE GRADING)	Clare Elms
1st Man (any age category)	Ed Chuck
1st Woman (any age category)	Lucy Elms
2nd Man (any age category)	Andy Bond
2nd Woman (any age category)	Marta Miaskiewicz
3rd Man (any age category)	Tim Bowen
3rd Woman (any age category)	Rebecca Schulleri
1st M40 (exc. above)	Steve Davies
1st W40 (exc. above)	Andrea Pickup
1st M50 (exc. above)	Tony Tuohy
1st W50 (exc. above)	Michelle Lennon
1st M60 (exc. above)	Steve Smythe
1st W60 (excluding above)	Ros Tabor
Age Graded MAN (exc. above)	Charlie Lound
Age Graded WOMAN (exc. above)	Lucy Clapp
13 Captains' award	Martin Double

Des Crinion ran well to finish just in front of Clare Elms, overall club champion with a huge 96.6% age grading and 3rd woman in this race as she approaches the W55 age group, but within a few seconds of her own W50 club record and easily topping the UK W50 rankings at 5k as well as at 800/1500/3000m; she's slacking though, only currently number two at 5000m.

Steve Rolfe is overcoming injury and equalled his PB from last year, a little ahead of gradually-getting-fit-again Paul Devine, himself a similar distance ahead of a good run from Rob Hollands. Recent new(ish) names Paul, Matthew and Joe

Assembly League 5k (race 3) Club Championship

Battersea Park - Thur 7th June

11	Ed Chuck		15:36	PB club record
17	Andy Bond	M40	15:47	PB M40 club record M40/2
23	Dylan Wymer		15:59	PB
32	Tim Bowen		16:12	
50	Wayne Lashley		16:36	
62	Alastair Locke		16:58	
67	Steve Davies	M45	17:05	
69	Tony Tuohy	M55	17:10	M55 club record M55/1
73	Tom South	M40	17:12	PB
81	Jonathan Whittaker		17:19	PB
87	Lloyd Collier	M45	17:22	
90	Jack Ramm		17:28	
96	Joe Twomey		17:32	
97	Charles Lound	M50	17:32	M50/1
112	Des Crinion		17:53	
3W/114	Clare Elms	W50	17:53	W/3, W50/1
116	Steve Rolfe		17:56	
118	Paul Devine	M40	18:02	
124	Rob Hollands		18:07	
135	Paul Collyer	M45	18:20	
147	Matthew Cooke		18:41	
171	Joe Farrington-Douglas		19:01	
173	Tom Wilson	M40	19:02	
12W/177	Lucy Elms	U20W	19:10	U20W/1
14W/185	Marta Niasiewicz	SW	19:17	
190	Ross Rook		19:25	
202	Mark Foster	M50	19:37	
207	Steve Smythe	M60	19:38	M60/3
211	Ed Simmons		19:40	
219	Gary Sullivan	M60	19:49	
220	Martin Double	M40	19:49	
27W/233	Rebecca Schulleri	SW	20:05	
30W/244	Christina Dimitrov	SW	20:16	
246	Hugh Balfour	M60	20:18	
31W/247	Andrea Pickup	W45	20:19	W45/3
33W/250	Michelle Lennon	W50	20:23	W50/2
34W/256	Helen Lister	SW	20:32	
36W/259	Victoria Read	W45	20:40	
37W/262	Laura Vincent	W35	20:44	
38W/263	Lucy Clapp	W50	20:44	W50/3
42W/272	Lucy Pickering	W50	20:55	
278	Alex Haylett		21:12	
279	Gideon Franklin	M55	21:13	
282/234M	Mike Mann	M65	21:17	
286/237M	Cameron Timmis	M45	21:27	
44W/287	Anna Thomas	W35	21:29	
291/240M	Matthew Ladds		21:38	
293/241M	Bob Bell	M60	21:41	
47W/295	Emma Ibell	W45	21:43	
48W/296	Yvette Dore	W45	21:44	
50W/301	Katie Styles	W35	21:46	
58W/312	Eleanor Simmons	W40	22:03	
314/249M	Colin Frith	M60	22:05	
317/251M	Graham Laylee	M60	22:08	
64W/326	Ros Tabor	W65	22:24	W65/1
343/264M	Andy Murray	M65	22:58	
75W/345	Teresa Northey	W40	23:00	
347/265M	Hugh French	M40	23:03	
80W/355	Jo Shelton-Pereda	W40	23:36	
359/269M	Joseph Brady	M50	23:51	
363/272M	Barry-John Nicholls	M60	24:01	
85W/364	Claire Barnard	SW	24:02	
97W/381	Clare Wyngard	W55	25:11	W55/3
382/277M	Mike Dodds	M55	25:12	

Men

TEAM:

- 1 Serp 3
- 2 Kent 41
- 3 VPPTH 52
- 4 Dulw 78**
- 5 Stock E 94
- 6 Camb H 222
- 7 Lloyds 246
- 8 Eton M 313
- 9 Petts W 321
- 10 Aquila 441
- 11 London U 484
- 12 Beck 519
- 13 Dartf 656
- 14 Ravens 757

B TEAM:

- 1 Serp 73
- 2 Kent 94
- 3 VPPTH 122
- 4 Stock E 235
- 5 Dulwich 236**
- 6 Lloyds 393
- 7 Petts W 469
- 8 Eton M 662
- 9 Camb H 932
- 10 Beck 956
- 11 Ravens 1114
- 12 Lond U 1150

Women

TEAM:

- 1 Serp 22
- 2 VPPTH 33
- 3 Kent 45
- 4 Dulw 56**
- 5 Eton M 161
- 6 Petts W 222
- 7 Camb H 233
- 8 Lloyds 240
- 9 Stock E 248
- 10 Dartf 346
- 11 Beck 353
- 12 Ravens 353

B TEAM:

- 1 VPPTH 79
- 2 Dulw 126**
- 3 Kent 134
- 4 Serp 196
- 5 Eton M 354
- 6 Stock E 418
- 7 Lloyds 432

DNF:

Ebe Prill, Lewis Laylee and Ian Lilley

Dulwich Runners' times in Battersea Park Assembly League 7 June 2018

	time	points in age category m/f								age grade points	club champs awards
		m s	m40	m50	m60	f s	f40	f50	f60+		
Ed Chuck	15.36	50								837	1 st Man
Andy Bond	15.47		50							894	2 nd Man
Dylan Wymer	15.59									-	[2 nd claim DR]
Tim Bowen	16.12	49								815	3 rd Man
Wayne Lashley	16.36	48								809	
Alastair Locke	16.58	47								782	
Steve Davies	17.05		49							851	1 st M40
Tony Tuohy	17.10			50						893	1 st M50
Tom South	17.12		48							808	
Jonathan Whittaker	17.19	46								781	
Lloyd Collier	17.22		47							818	
Jack Ramm	17.28	45								744	
Joe Twomey	17.32	44								744	
Charles Lound	17.32			49						848	Man Age Graded
Des Crinion	17.53	43								738	
Clare Elms	17.53							50		966	Overall Age Graded
Steve Rolfe	17.56	42								730	
Paul Devine	18.02		46							760	
Rob Hollands	18.07	41								732	
Paul Collyer	18.26		45							794	
Matthew Cooke	18.41	40								719	
Joe Farrington-Douglas	19.01	39								716	
Tom Wilson	19.04		44							735	
Lucy Elms	19.10					50				783	1 st Woman
Marta Miaskiewicz	19.17					49				768	2 nd Woman
Ross Rook	19.25	38								691	
Mark Foster	19.37			48						764	
Steve Smythe	19.38				50					813	1 st M60
Ed Simmons	19.40	37								683	
Gary Sullivan	19.49			47						806	
Martin Double	19.49		43							697	Captains' Award
Rebecca Schulleri	20.05					48				735	3 rd Woman
Christina Dimitrov	20.16					47				730	
Hugh Balfour	20.18				49					813	
Andrea Pickup	20.19							50		796	1 st W40
Michelle Lennon	20.23								49	820	1 st W50
Helen Lister	20.32					46				722	
Victoria Read	20.40							49		767	
Laura Vincent	20.44					45				717	
Lucy Clapp	20.44								48	824	Woman Age Graded
Lucy Pickering	20.56								47	807	
Alex Haylett	21.12	36								638	
Gideon Franklin	21.13			46						723	
Mike Mann	21.17				48					812	
Cameron Timmis	21.27		42							672	
Anna Thomas	21.29					44				694	
Matthew Ladds	21.38	35								603	
Bob Bell	21.41				47					762	
Emma Ibell	21.43							48		730	
Yvette Dore	21.44							47		730	
Katie Styles	21.46					43				687	
Eleanor Simmons	22.03							46		688	
Colin Frith	22.05				46					729	
Graham Laylee	22.08				45					727	
Ros Tabor	22.24								50	917	1 st W60
Andy Murray	22.58				44					725	
Teresa Northey	23.00							45		678	
Hugh French	23.03		41							603	
Jo Shelton-Pereda	23.36							44		655	
Joseph Brady	23.51			45						628	
Barry-John Nicholls	24.01				43					688	
Claire Barnard	24.02					42				615	
Clare Wyngard	25.11								46	710	
Mike Dodds	25.12			44						629	
		16	10	7	8	9	7	5	1		

Butcher Run 140k – pushing the limits

Another year, another Butcher Run – this time the ultimate edition – 140km and 16,500 feet of elevation gain.

On top of this, the organisers decided to move in the direction of extreme survival races, adding attractions such as crawling under fallen trees or negotiating streams.

Just as a reminder, the Butcher is a “fun run” held in the wild Bieszczady Mountains on the Polish/Slovak/Ukrainian border. The area is arguably one of the wildest in Europe, with bears, lynxes and wolves still at large. There are several races with different distances to choose from, ranging from 30 to 140 kilometres. The hills are quite demanding but the hard work is compensated for with breathtaking views of vast expanses of low vegetation or forests with no sign of human activity.

Last year the Ultra Butcher started at 8 a.m., which meant you’d be running the final part of the race in the dark on your last drops of fuel. This time the start, for both the 115k and 140k race, was at 7p.m. This option seemed like a good solution because you’d run through the night at the beginning of the race, on fresh legs and with lots of energy in your engine.



The first obstacle, the steep Lopiennik Mountain, although still steep at 45 degrees, was not as horrific as I remembered it from the memorable stormy night last year. The running/hiking was even pleasurable, but these were just the first kilometres. As the night fell, the difficulty increased. This year there was no bear alert for the runners but when you looked into the forest you could occasionally see gleaming pairs of eyes caught by your head torch,

probably lynxes or foxes.

Running in the dark is much more demanding; you put your feet down more cautiously and you run on slightly bent legs expecting to trip on an invisible hurdle, rock or roots, at any time. As a result your quads get a serious thrashing. And when daylight finally comes and the running should get easier you are already dog-tired. After 30 km or so my lack of hill preparation started to show. This spring I had been working mainly on speed, completely neglecting hill sessions. One trip to the Peak District, one to Box Hill and one tower-running training was not enough. As a result, by the end of the first section, my quads were shattered and my biceps femoris started to cramp. It didn’t look good and this was just the warm-up. I was really looking forward to the first pit-stop in the Polanczyk spa at 34km. The runners were greeted with quite an eclectic menu – cream of potato soup, bread with crackling and ... sushi. For me, the main attraction was a bonfire lit under the big canopy where you could warm up and dry your sweat-soaked clothes. I spent more than half an hour resting but I really needed it, especially because the course was just starting to get difficult.

At this stage, in addition to the darkness and steep slopes, the difficulty was exacerbated by traversing across streams, balancing on unstable rocks, and vaulting over or crawling under fallen trees. Such obstacles are fine in survival races, where you run 10k, but not on a distance of 140 kilometres.

After the water stop at 50km I did a quick reckoning – if I were to fit within the demanding 140k cut-off time I’d have to speed up. The next section ran along gentle downhills and uphill, so you could cover some distance with relatively little effort.



At the checkpoint at 63km runners were received with only cold rice with

jam, gummy bears and pretzel sticks. Where were the times when the Butcher Race tables were laden with dumplings, chicken broth, baked potatoes and even wine?! During the break I did a stock-taking of the losses – both compression socks torn, some deeper scratches from climbing over fallen tree trunks, chafed armpits, three blisters. In general, the damage was not that bad, but the condition of my thighs was appalling. After a short rest and replenishment of liquids I moved on. The weather was getting hotter and hotter – suffocating, pre-storm heavy air.

After 70km I did a quick calculation again – it had taken me 12 hours and 45 mins to cover half of the distance, so I had a deficit of 45 minutes. Theoretically it was possible to make up for it, but that would mean speeding up and pushing right to



the very end, and I felt I wasn’t up to it. My shattered thighs wouldn’t give me a chance to make up for the loss. And the hot weather didn’t help either. I decided to obey common sense and stick to a manageable pace and limit myself to 115 km (you were supposed to make the decision if you want to run 115 or 140k after 104km, provided you fit within the cut-off time). The decision was difficult but when I came to terms with it I was relieved as I could just trot along and try to enjoy the amazing views.

The next point was the Mountain Fuel pit stop at 78km organized by my friends from ‘Above 2000’, a UK ultra runners group. It was a truly relaxing break with Traffic’s music playing from the loudspeakers, coke, whey protein, oranges and uplifting chats and support. It helped me recharge my batteries for the next kilometres. And I needed that as the road was not getting any easier. The heat was unbearable and the humid air was simply suffocating. Soon we had to face two more 45-degree ascents on the Hon and the Hyrlata Mountains. Climbing them was torture. Even walking was hard

– thanks to my trekking poles I could distribute some of the weight to relieve my aching quads. The two steep peaks finally turned into gentler hills. At this stage the weather became the runners' main enemy – scorching sun and stifling air. A storm was hanging in the air and a downpour was just a question of time. Finally, after around 20 hours I managed to descend to the last checkpoint in Roztoki at 104km, just 11 km from the finish line. This was the point at which to decide whether you want to run the 140k or 115k. For me the decision had been made a long time ago. But also at this checkpoint there was hardly anything to graze on – lukewarm potatoes, pretzel sticks and gummy bears once again.

As I was replenishing liquids and filling up my hydration pack, the imminent storm finally broke out. I put on my rain jacket, getting ready for the final push. But soon all hell broke loose, there was a downpour of rain, gale-force wind, thunder, lightning and hail. In no time the roads turned into streams. Soon, around 30 people gathered under the checkpoint marquee and the organisers made the decision to suspend the race and not let anyone go back on the trail as it was too dangerous. The suspension time would be added to our time limits. But the storm was not passing and the situation under the canopy was getting worse and worse – the roof was leaking and a creak soon started to run under our feet. Most people started to tremble exposed to the cold after 20 hours on the road. Some had clear symptoms of hypothermia. The marshals managed



to find some space blankets, which helped control the shivers a bit. There was no hot tea or anything to warm up. I managed to find a folded wet deckchair and I collapsed on it but the price I had to pay for this pleasure was horrific – I started getting cramps that I have never experienced in my life – my calf and thigh muscles turned into stone and legs got twisted in excruciating pain. I used up all my vocabulary of swear words – it was the only cure I could resort to – there wasn't even enough room to try to stretch the burning muscles.

After half an hour the organisers made a decision to cancel the race for those who had got stuck at the checkpoint. Minibuses were soon to come and evacuate us. You could continue the

race at your own risk. From what I know, 2 people went on. Ultimately, from the 48 runners who set out for the 140 km course, 12 people finished. I was classified on the 14th position, for the first time in my history as a DNF! The cut-off times were extremely demanding, just like for the 115k race. The organisers' policy seems to be very clear – just like in the Hardcore version of the race, the percentage of runners who manage to fit within the cut-off times ranges from 10 to 25%, and those who make it on time are often too exhausted to continue.

Summing up, this year's Butcher Run turned out the most difficult. The challenging course on top of steep hills, traversing mountain streams and negotiating fallen trees and thickets were exhausting. Apart from these objective difficulties, I can only blame my own mistakes in preparation or lack thereof – I had done hardly any hill sessions this season. And, unfortunately, this omission could be felt already after the first 30 kilometres. You can run a marathon with your head but you can't run an ultra without steel legs. 16,500 feet of ascent is a hell of a mountain after all. Apart from my compression socks I also destroyed my light and nimble Asics Fujitrainers in which I've run all four of my Butcher runs. Maybe it's a sign that it's the end of a certain stage@? For the time being I nailed the wrecked shoes to a wall in an honourable place. After all, you don't just throw your faithful companions into the bin.

Grzegorz Galezia

Bedgebury 5K/10K Trail Series Race 2

06/06/18

Decided to enter this trail 10k sometime ago as its such a great place to run. An undulating 2 lap course through forest paths with 500 ft of climbing..Was struggling a bit for fitness as I had 5 weeks out in Apr/May but still managed to knock a couple of minutes of the time I ran last years race (which was run in a thunderstorm) This is quite a low key event and probably not easy to get to for the 7pm start if you work in town but a great location - just past Bewl Water- and well organised by the Nice Work team. The final race this year is in the first week of July.

10K 44 ran
25 Peter Jackson 57:50
35 ran 5K

The Yew Tree Staplehurst 10k

10th June 2018

Colin Frith reports..... Having left my entry and volunteering for the Orpington High Elms 10k too late, I decided to enter this event instead.

It is a relatively flat course with just one limb at about 7K. Until this, I was knocking out the kilometres at just below my 4.36 pace which would give me my 46 mins target time. Unfortunately at 7k, I clocked 5.18 pace and the "wheels fell off". I was in the end though, fairly happy with 47.00.

Fellow Dulwich stalwart, Mike Fullilove, was also relatively pleased with his time but also admitted to struggling up the climb. The race, particularly in the senior vet categories was particularly competitive (first v60 M 39.49 and first v70 M 42.25).

38 Mike Fullilove 40.47
96 Colin Frith 47.00
343 ran 1st male 33.43: 1st female 36.31

Gorky Park parkun Moscow

9th June 2018

I had the good fortune to be carrying out some pre-World Cup work in Moscow and not leaving til Saturday 9th. That meant for once, and after many near 'misses', I was finally able to attend a parkrun at one of my work destinations.

I quizzed the hotel on how best to get to the parkrun as a metro journey was required, with a change onto a different line. Needless to say, I was a little nervous about making the journey as my Russian is virtually non-existent, having only had some private tuition for six weeks when I was a student! One bonus was that I do remember the word for park *парк* – back then I couldn't have guessed how useful this would be now!



Fortunately, I had time on the Friday to do a recce of the journey as I had no idea how long it was going to take and if I could navigate the metro system. It was no hardship making the journey twice as the metro has splendid and palatial vestibules and platforms, with marble pillars and sculptures putting our tube to shame. Fortunately, apart from working out which platform to board the train, the tubes did make announcements in Russian and English.

Parkrun day arrived and the journey proved much quicker than on the Friday so I had time to take a few photos and have a good warmup by the river. The start was across the river from the Luzhniki Stadium where

the World Cup opening game will be staged. World Cup fever appeared to be slowly gripping the city with flags on the bridges, murals of key players on the old Communist tower blocks and even (staged?) flag-waving along the motorway from Domodedovo airport to greet the Spanish national team.

It seems to be a global parkrun phenomenon that participants arrive last minute and there was one solitary volunteer at the start at 8.40. People soon arrived, largely locals, but also two ladies from Leeds, a couple from Woking and a London TV producer who was going to be there for 6 weeks covering the footie. The race briefing was made in Russian and then in English although it wasn't complex – run out along the course for 2.5km, turn by the volunteer and run back, but keep out of the cycle lane!

The course looked pancake flat and I was hoping for a reasonable time although it had been a long working week. All of us

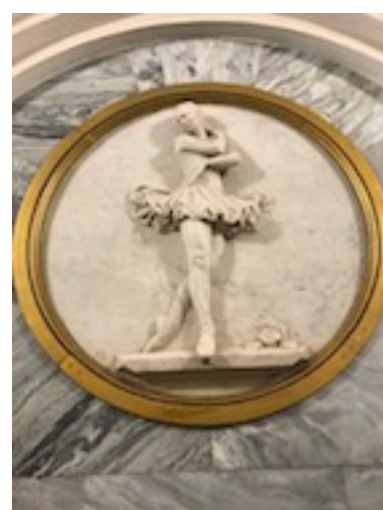


newbies set off a little too fast thinking it was flat and were shocked to hit a longish sharp hill around half a kilometre in. The course then undulated with a gradual decline to the designated human turning point and then of course it was the same in reverse. It was run on a service road through the park shared with a path for cyclists and skaters. In the main it was quiet, but you did suddenly find yourself



stalked by a bin lorry as the park wardens went about their morning work.

Despite this being their 214th run there were only 25 participants, slightly down on their regular 40, although it was a national holiday. It appears running hasn't gone mainstream in Russia particularly among women – one lady turned up in a dressy outfit, plimsols and black hat. I couldn't work out if she was on the way home from a night out or going out later.



There was tea and cake afterwards which we were all invited to join in. Russians take great pride in their tea, so we were offered a choice of black or sweet tea. I tried the sweet tea which was delicious and made with small berries that infused the tea with sweetness.

The results only came through on Tuesday morning, so I had a nervous wait hoping that this one wouldn't be lost for the parkrun record!

16 3rd W Lindsey Annable 24:37
25 ran

Vets League, Perivale

4 June

Lucy Clapp and myself competed in the second Vets League match at Perivale. Ex member Derek Lee also took part as a non-scorer, however as a newcomer to the track he took to it like a duck to water, holding off a strong challenge to win his race in 2:24.

Lucy completed her 800m fractionally down on last year's time, but achieved a fine pb in her 3000m, having ran a 200m in between.

800m

Lucy Clapp 2:55.6
Mike Mann 2:57.4

200m

Lucy Clapp 38.7

3000m

Lucy Clapp 12:15.6
Mike Mann 12:36.6

-Mike Mann

Blackheath & Bromley Open Meeting

11 June

Ros and myself ran the 1500m and Wayne the 800m on a still sunny evening. Ros was down on her recent impressive time at the Surrey Masters earlier in the month, while I registered my first half decent effort of this year's outdoor season, getting close to my winter indoor times.

Starting off fast with a 85 sec lap seemed to do the trick. Although slowing down I managed to stick in the groove and accelerated in the final lap. Wayne was disappointed with his time, although he may have been too hard on himself in his first track race of the season. Official times not yet posted.

-Mike Mann

1500m

Mike Mann 5:50.3
Ros Tabor 6:16

800m

Wayne Lashley 2:06

Woodford Green & Essex Ladies Open

12 June

3000m

3 Jonathan Whittaker 9:45

We need about 8 more people, marshals/helpers for the relay please, including someone with a bike who can cycle round behind the fun run at 7.00

Ros Tabor ros.tabor49@gmail.com



Ally Pally

324 Ran			
Pos	Gen		
6	5	Paul Collyer	19:37

Banstead Woods

192 Ran			
Pos	Gen		
4	4	Tony Tuohy	18:12

Bromley

665 Ran			
Pos	Gen		
140	23	Carys Morgan	23:46
356	92	Claire Barnard	28:27

Bexley

554 Ran			
Pos	Gen		
1	1	Andy Bond	16:57
16	16	Michael Fullilove	20:16

Burgess

397 Ran			
Pos	Gen		
397	137	Susan Vernon	47:59

Brockwell , Herne Hill

384 Ran			
Pos	Gen		
75	6	Lucy Pickering	22:03
85	9	Katie Styles	22:15
93	83	Graham Laylee	22:32

Beckenham Place

182 Ran			
Pos	Gen		
11	11	Justin Siderfin	19:12

Hampstead Heath

443 Ran			
Pos	Gen		
113	101	Michael Mann	23:30
117	13	Ros Tabor	23:33
143	125	Andy Murray	24:10

Crystal Palace

320 Ran			
Pos	Gen		
5	5	Jonathan Whittaker	18:54
15	15	Tom Wilson	20:12
42	2	Yvette Dore	22:03
48	46	Bob Bell	22:35
88	6	Eleanor Simmons	23:51
127	13	Joanne Shelton Pereda	25:03
158	23	Claire Steward	26:35
170	143	Paul Hilton	27:13
173	145	Paul Keating	27:42
183	150	Peter Jackson	28:08
194	39	Belinda Cottrill	28:16

Cannon Hill , Birmingham

763 Ran			
Pos	Gen		
23	21	Lloyd Collier	18:30
135	10	Susan Cooper	22:04

Clapham Common

558 Ran			
Pos	Gen		
42	39	Edward Simmons	19:43
216	174	Ian Sesnan	24:43

Dulwich

388 Ran			
Pos	Gen		
5	5	Stephen Davies	17:06
6	6	Daniel Mann	17:15

59	4	Michelle Lennon	20:53
65	60	Paul Vivash	21:06
74	8	Lucy Clapp	21:15
170	141	Michael Dodds	24:26

East Grinstead

93 Ran			
Pos	Gen		
4	4	Ross Rook	21:17

Fulham Palace

444 Ran			
Pos	Gen		
218	170	Barrie John Nicholls	25:58

Fell Foot , Newby Bridge

Scenic parkrun on National Trust grounds located at the Southern tip of lake Windermere with an undulating course mostly on grass and footpaths. And free of London plane trees which made breathing too difficult for me on Thursday's assembly league race. No dnf then, the third time a Dulwich Runner did this enjoyable parkrun (after Sam Crump in 2015 and Gary Sullivan in 2017) and first DR (just about) under 20 minutes here. Recommended Saturday morning outing when on holidays in the Lakes.

251 Ran			
Pos	Gen		
10	9	Ebe Prill	19:56

Gladstone

170 Ran			
Pos	Gen		
1	1	Des Crinion	18:35

Hilly Fields

331 Ran			
Pos	Gen		
25	25	Gary Sullivan	20:54

Horsham

547 Ran			
Pos	Gen		
511	295	Gary Budinger	39:45

Malling

241 Ran			
Pos	Gen		
18	1	Tereza Francova	21:41

Nonsuch

778 Ran			
Pos	Gen		
86	5	Ange Norris	21:20
236	40	Teresa Northey	24:32

Newbury

563 Ran			
Pos	Gen		
54	50	Matthew Ladds	21:23

Peckham Rye

258 Ran			
Pos	Gen		
2	2	Charles Lound	18:03
20	20	Oliver Bottle	20:27
55	4	Emma Ibell	23:03
176	56	Emily Warburton-Brown	28:52

South Norwood

138 Ran			
Pos	Gen		
1	1	Alastair Locke	18:12

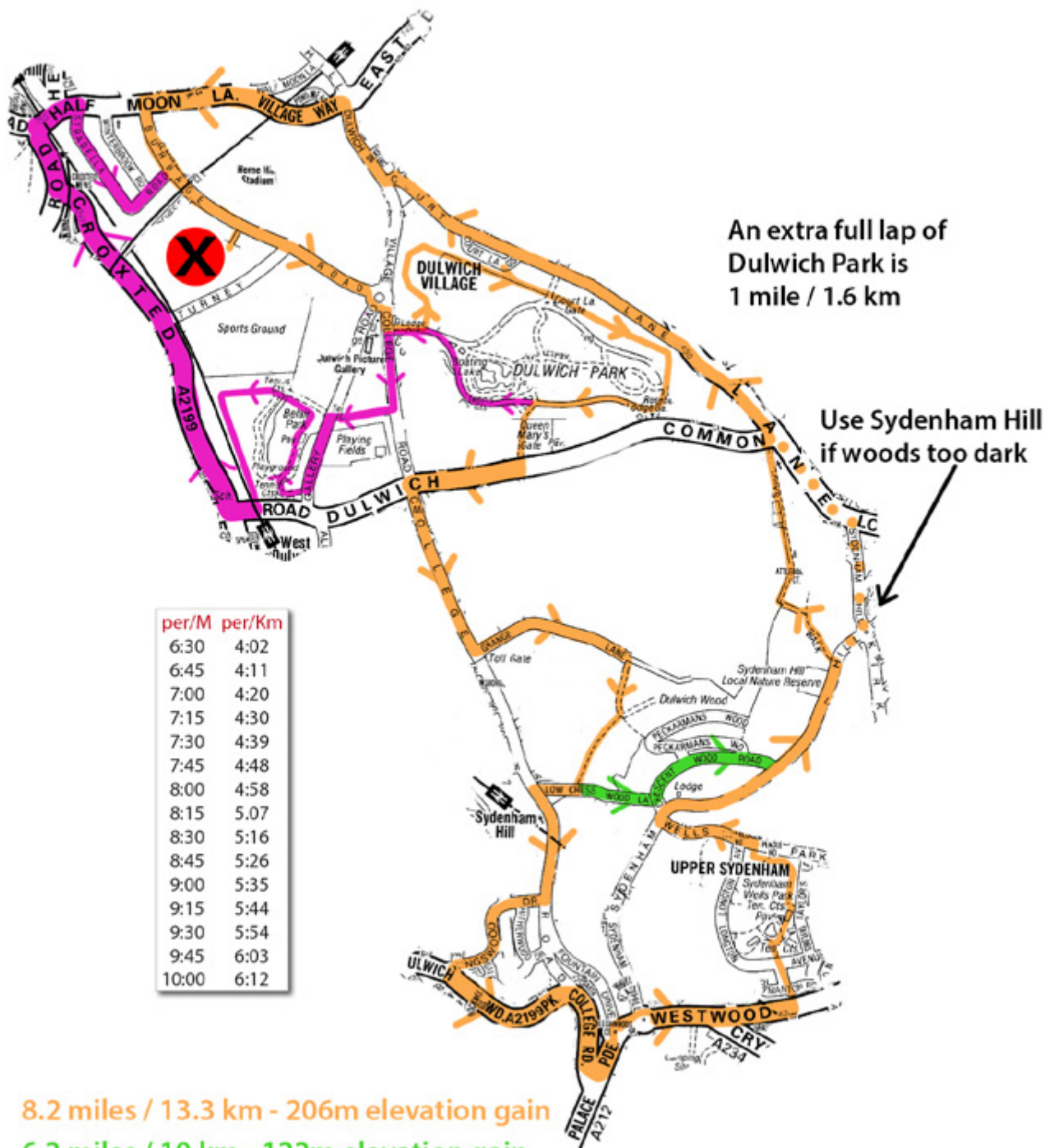
Walsall Arboretum

470 Ran			
Pos	Gen		
91	7	Jenny Ross	24:19

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 6



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

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

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

ENTRY FORM

TEAM NAME:

TEAM CATEGORY: PLEASE CIRCLE ONE

MEN

WOMEN

MIXED

LEG 1 name:

LEG 2 name:

LEG 3 name:

(individual names can be entered later)

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

Pay on day, or by bank transfer:

Sort code: 40 52 40

Account: Dulwich Runners AC 00090986

Reference: RELAY plus TEAM NAME