



SHORTS

Dulwich Runners AC

Weekly Newsletter

June 20th 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 20 Club Night, Edward Alleyn Club

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

Dulwich College track, College Rd.

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

Tue 26 7:10pm then 1st part of session will be on grass,
2nd on the track. - page 2 for more details

Wednesday 27 June... There is no clubrun as we will all be at the Dulwich Midsummer Relays either running, helping or supporting !...but the clubhouse will be open for drinks as usual.

Like us on Facebook @dulwichrunners

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

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

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 Race report and times - Club champs etc
- 13 Parkrun times
- 14 Wednesday map + Strava links

And much more !

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

our website: www.dulwichrunners.org.uk

Connect with us:



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

A brief look ahead

Jun 27 Dulwich Runners Midsummer relays - Dulwich Park.

Jul 05 Assembly League - Tottenham Marshes

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 Cameron Timmis 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

Clare Wyngard

20/6

Lindsey Annable

27/6

Hugh Balfour

4/7

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>

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)

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

I'm very sad to announce that I am leaving the lovely Dulwich Runners.

I've got a PhD place in Manchester so I'm returning to the North soon. I've had a fantastic time running with DR and made wonderful friends. Huge thanks to Steve and Elkie for their coaching and to Ros, Ange, Clare, Barry and everyone else who dedicates so much time to running the club.

My running improved vastly while I've been a member of the club and the club gets nearly all the credit (as well as the iron tablets). I'll really miss everyone and I might even miss running around Crystal Palace track in the dark and rain. Hopefully I'll still be around for an occasional run and if anyone does the Manchester marathon next year, let me know!
- Clare Cummings

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



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
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

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	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

Suggested training in the next

month... will be geared for the mile races in July but should still enable you to run a good 5km. - *Steve Smythe*

Wed June 20 steady 45 mins
 Thurs June 21 8km slow with 1 minute burst at faster than 5km pace every kilo
 Fri June 22 rest or easy 3M with strides
 Sat June 23: parkrun or speed session
 Sun June 24: slow hour
 Mon June 25 rest or easy 3M or 5km Battersea
 Tues June 26 Club speed session
 Wed June 27 Dulwich mile relay or brisk 5
 Thurs June 28 5km steady with strides
 Fri June 29 rest or easy 3M with strides
 Sat June 30: parkrun or speed session
 Sun July 1: slow hour
 Mon July 2: rest or easy 3M
 Tues July 3: club speed session
 Wed July 4: easy 5M
 Thurs Jul 5: Assembly league

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/>

Ladywell 10000

Sunday 2 September

Entries are now on sale. Last year it sold out well in advance. Races are seeded by time with opportunities for anyone who can run under 55 minutes.

<http://www.kentac.org.uk/about-us/ladywell-10000/>

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

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*

SOAR Mile - Friday 27 July

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

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

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

The event is filling up rapidly with 112 entries as of 30 May, so you are advised to enter as soon as possible. There are likely to be 12 races with up to 20 runners in each, so the limit is likely to be around 240

Thames River Relay

Sunday 9th September

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

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

www.stragglers.org/river_relay

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.

Dino Dash Relays 2018

Wed 13 June

6 Dulwich Runners teams were entered into this fun low key event in Crystal Palace Park, for a relay that consisted of 3 x 3 km metres by club captain Ange Norris, over a challenging course. Teams were designed to challenge the top three in the Mens team, Womens team and the mixed team.

On a pleasant warm evening, after a couple of last minutes changes to the teams, due to an injury, we finished with one third places and two second places and some impressive individual times to boot.

Frist team in and 3rd overall and 3rd men's team were Steve, Jonathan and Tom. Steve battled round on the first leg, in a dual with Joe in a time of 10:59, which was slower than last year, but hes returning to form after recent injuries and moving house. Jonathan took over and showed his excellent short distance form as he moved through the field, picking up two places in 10:17, which is an excellent time, especially as re had raced a track 3000 metres the previous night. Tom took over the third leg, and was disappointed with his time, after recent performances, but was feeling the effects of a tough training session the night before. He managed to pick up two places to bring the team in 3rd

in an individual time of 10.34.

Next team in, were our first mixed team, in 7th overall, but more importantly second mixed team. The team was made up of the North London branch of Dulwich runners and Tom Wilson, running on his parkrun home course. Tom led off the team on the first leg in 11;18 minutes, before handing over to Becca. Becca has been in fine form recently and showed this in another good run of 12;12. She handed over to recent new club member and fellow North Londoner Des who had a storming run Of 10.33. Both Becca and Des showing the benefits of combining running with their triathlon training.

The next Dulwich team in was our second mixed team, in 15th place overall and 5th placed mixed team of Joe, Emma And Gary. Joe was a last minute replacement as we had to shuffle the teams around and rana fine leg, where he enjoyed a battle with club member Steve, to finish leg in a fine 10:59. He handed over to Emma, who has recently being enjoying the benefits of Club La Santa in Lanzarote, who ran 12;47 which i believe is her fastest time on this course. Emma handed over to the man who seems to save his best form for relays, Gary, who bought the team home in 12:03.

Not far behind, was our first ladies team who finished 19th overall, but were second ladies in. Leading off the team was Chloe, who prefers longer distances, in a fine team of 11.51. She handed over

to Christona, who has been focusing on improving her speed in training this summer, who ran an impressive 12;04. Taking over on the final leg was Andrea, who just managed to hold off Chloe who has running for her second team, in a time of 12.16 to bring Dulwich in in second place. Chloe's second leg time was 12.17, showing very consistent running over two legs

In 24th place and 4th Ladies team in, were the team of Michelle, Yvette and Laura. Michelle has been in fine form since the London Marathon, as well as having benefitted from a week at club La Santa, led the team off and ran a fine time of 12;08. She handed over to Yvette, who has been struggling with a minor calf injury of late, but ran sensible race in a time of 12.50. Bringing the team in was Laura, who seems to be getting faster all the time, in 12;29.

Our final team home in 39th place overall and 15th mixed team in, was the team of Lucie Clapp, Anna and Mike. Lucie is another runner who has shown consistent form over the summer so far, as well as competing on the track ran a fine leg in 12.:38. She handed over to Anna, who is working towards her coaching badges at moment ran a time of 13;08. Taking over the glory leg, was club captain and a man who enjoys short distances Mike 13:14.

This is a fun event to do for people who want the challenge of doing a 3km measured race, but don't fancy doing a track race
- Tom South

Overall Finish

3
Steve Rolfe 10:59,
7
Tom Wilson 11:18
15
Joe Farrington Douglas
19
Chloe Green 11:51
24
Michelle Lennon 12:08
39
Lucie Clapp 12:38

Catergory Finish

3 Male
Jonathan Whittaker 10:17
2 Mixed
Becca Schulleri 12:12
5 mixed
10:59, Emma Ibell 12:47
2 female
Christina Dimotrov 12:04
4 Ladies
Yvette Dore 12:50
15 mixed
Anna Thomas 13:08

Team Time

31:42
Tom South 10:34
34:03
Des Crinnon 10:33
35:48
Gary Sullivan 12:03
36:11
Andrea Pickup 12:16
37:27
Laura Vincent 12:29
39:00
Mike Mann 13:14

Comrades Marathon

10 June

Having grown up in South Africa watching the 12 hours of coverage on national television every year, the Comrades Marathon has always been something I have wanted to do, so around September last year I finally decided to pull the trigger and sign up. The race alternates direction every year, and this year was the 'down' run from Pietermaritzburg to Durban. Supposedly easier to finish than the 'Up' but tougher on the knees and quads.

My target was to go sub 9 for a Bill Rowan Medal (Bill Rowan was the winner of the first Comrades in 1921 in a time of 8:59). I didn't really have anything to base this target on but thought that breaking the race up into roughly two 4:15 marathons and allowing myself 30 mins for the final 6 kilometres was do-able, particularly as the final third of the down run is mostly downhill. I even thought negative splits may be possible - how wrong I was!

It was an early start on Sunday morning, after very little sleep I woke up at 3am to



try and get a decent breakfast in before the 5:30am start.

Conditions were just about as good as you can get for Comrades. Although it is middle of winter in South Africa temperatures in the days leading up to and after the event were in the high twenties, and Comrades has previously had temperatures in excess of 35 degrees, but luckily on Sunday the max was only 23 degrees and the start in Pietermaritzburg was around 10 degrees - Perfect.

The atmosphere at the start is incredible. Comrades is run on gun time time so the starting pens are full by 4:30am with everyone wanting to get as close as possible to the front of their allocated starting pen, which is based on your marathon qualifying time. I qualified with a 3:29 marathon putting me in Batch C.

About 10 minutes before the start the national anthem is sung, followed by

Shosholozza (South Africa's '2nd Anthem'). After Shosholozza, the Chariots of fire theme plays over the loudspeakers, followed by the famous rooster crow signifying the imminent start of the race. The first hour of the race is run mostly



in complete darkness, once you get out of the lit streets in Pietermaritzburg, but after an hour or so you are treated to an amazing sunrise coming up over the Valley Of a Thousand Hills.

I quickly realised I had underestimated the hills, they are relentless. You are either going up or down, and for a long time. Never Flat. Comrades has 5 'major' climbs on both the up and down run, but we were warned about the unnamed hills which just come one after the other, and are often long and steep.

Anyway the first half of the race went fairly well, going through the marathon in 4:06 and then halfway in about 4:26. On track. Feeling tired but ok. Reminding myself the long downhill starts soon.



40km - 55km is the toughest part of the down run, steep climbs and steep descents. At this point I was just behind the 9 hour bus, so I decided to just stick with them for the next hour or so. One of the highlights of the race for me was just after halfway, running past the Enthembeni School for the physically disabled. Comrades is clearly a highlight for them, and seeing the beaming faces of the children who come out to support the race cheering on able bodied runners gave me a huge lift.

It was around 55kms where I started to feel the dreaded stomach cramps coming along. Legs were still feeling ok but all of a sudden I could not run for more than 2 or

3 minutes before the cramping became too painful and I'd have to walk again. I decided to not drink or eat anything anything for a while which helped, but I obviously couldn't survive another 35kms without eating or drinking, so my only option was to walk for about 5 - 10 minutes after eating or drinking and then try run again which became more and more difficult as the legs started to seize up. Seeing the 9 hour bus disappear into the distance and accepting the fact that the 9 hour Bill Rowan medal was out the window, and knowing my newly adopted run / walk strategy should get me in under 10 hours allowed me to enjoy the rest of the race and soak up the atmosphere, which is unique and unlike any race I have ever done.

Before the race, I had heard a lot about how tough the downhill finish into Durban is. They weren't lying! The last 30 kms is mostly downhill and steep in a lot of sections, and with your quads and knees already thrashed from a lot of up and down already, even walking down the hills was very painful, let alone running!



I finally finished in 9:45 muttering to myself 'never again', but in the days following the race I was reminded that the 'up run' is a totally different race and you have never really done Comrades until you have done both the up and down runs.

I now finally understand South Africa's addiction and obsession with this race. If you only ever do one Ultra, Comrades should be near the top of the list.

Will I be back next year for the 'back to back'? Probably not.

Will I do the 'Up run' at some stage? Most definitely. Perhaps a Dulwich team?

Grant Kennedy



Malmö Ribersborg



Still early days for the Malmö Parkrun with a 100% English introduction to the mix of nationalities present with the race starting at the unusual 09:30 Central European Time. Runners get to run on a nice flat single lap trail course along the strand and then back inland around a baseball pitch and lake. Tantalising views of 'The Bridge' from scandi noir fame and the Twisting Torso building that doesn't spin round!

32 Ran
Pos Gen
1 1 Jonathan Whittaker 18:09

Vets League, Battersea

18 June

Ola and myself competed for HHH in the third of the four qualifying matches. Ola has been handicapped by injury for several months, but as she recovers, she has shown marked improvements in form in recent weeks. Running in place of Lucy Clapp, away on holiday, she ran a strong 1500m, finishing not far behind Lucy's habitual Serpentine rival.

A back problem which I had picked up earlier in the day meant that I could not get into my stride in my 400m until after the first bend, making it difficult to play catch up as my back eased. However this race proved to be a useful warm-up for the 1500m, 20 minutes later, as I posted my fastest time of the outdoor season, around a second faster than at the B&B open meeting a week before. Official times are not yet available and I have no idea of my (slow) 400m time.

Mike Mann

1500m
Ola Balme 6:06
Mike Mann 5:49

Vac 5 Mile Champs Battersea Park

18 June

On a muggy evening Ange had an excellent run to retain her cup as ladies winner, as well as first W55. Andy took part in his first of the monthly summer series of races. My time was improvement on May's race, but slower than in April.

Ange Norris 34:11 (1st lady)
Mike Mann 36:50 (3rd M65)
Andy Murray 38:36

Kent AC 3000m Championships Ladywell

June 14

Steve Smythe writes...After a windy day, the wind dropped and conditions were ok. Tony and Clare were drawn in the same third of 4 heats and both set out at sub-10 pace.

At the back of a big group, the pair went through the first kilometre in 3:19 and 2k in 6:39 with Tony even leading the group at one stage when he felt the pace drop but Clare had moved up close behind.

In the last kilometre, Clare got caught behind the other leading woman (a junior a third of her age!) when the pace picked up and in trying to pass on the inside almost tripped and then had to almost stop and go around the outside and the big group had gone.

Tony was still with the group and did his usual big kick 300 metres out and shot past 5 runners however could not hold

Eltham 5 Miles

17/06/18

I have completed this race a number of times and it is always hot and a bit of a challenge. This year again given the start time of 11 am it was hot but not as hot as in pervious years. Surprisingly, I think I was the only DR in the field, but with my target time of 37.30 so 7.30 mile pace. I set off with over 300 starters.

Like many 5k,10k and 5 mile races since the rise of the Park Runs, this was fully subscribed with no entries on the day. It's a two lap with mixed terrain with grass ,woods and pavements. There are three inclines - which I always struggle on - but nothing too excessive.. I was pleased in the end to achieve my target time and take the medal, t shirt, cakes, bananas, cakes, bottle of water and a free small beer - all good value for the entry fee. I also managed to catch up with the former DR Bryan - the bullet- Mallardet who was marshalling for NEJ

88 Colin Frith 37.23 (3rd MV60 - winning MV60 was 35.55)

1st Male 28.28
1st Female 32.28
330 finishers

Hopefully now if I can keep injury free and continue with to attend Steve Smythe's track sessions to hopefully improve and get into some real form!

CityRun Hour challenge

Paul Collyer 9.2miles, 56th overall 12th in M40

Blackheath & Bromley Open

11 June

confirmed times from last week

800m
Wayne Lashley 2:06.64
1500m
Mike Mann 5:50.07
Ros Tabor 6:16.97

British Masters 5k Championship, Horwich

Sun 17th June

After three previous runs here as an M50, including two bronze medals in sub-17 clockings, I thought I may as well give it another crack as an M55. It's a great event, held here every year as part of the Horwich Festival of Racing at the culmination of a week of various running and cycling events on laps of a tough up-and-down mile-long circuit on closed roads.

After a surprising return of some form at the Battersea Park 5k club championship (17:10) and a decent track 3000m (9:52) I was hopeful of getting in the medals again, but no dice. I may be just about able to nip along okay on a flat course but four times up a tough 600m incline easily exposed my shortcomings strength-wise, and no amount of epic downhill effort could make up for it.

Falling 14 seconds short of the bronze, in a time 55 seconds slower than my best here four years ago, I had to be content with fifth place. Which I wasn't.

BMAF 5k M55
5 Tony Tuohy 17:42

that pace and the five passed him again in the last 150 metres but he was pleased with his fastest time of the year and his time ranks him second M55 in Britain outdoors this summer. Clare followed him at a distance and after a tough penultimate lap, she picked up a little on the last lap to ensure she was the fastest woman on the day.

Her time was 10:05.0, which is inside the British W50 record of 10:07.9 and subject to ratification should be a new UK record time. Clare did run faster at Watford four years ago but the organisers were unable to provide the photo finish proof. The quality of Clare's run - her fastest for four years - is underlined by it being easily her biggest age-graded result at any event ever - an astonishing 102.42%.

9 Tony Tuohy 9:52.6
10 Clare Elms 10:05.0 (UK W50 record)

Stephen Pinkster								41		1	42
Russell Morgan								39		1	40
Ed Simmons		37								1	38
Paul Vivash	37									1	38
MEN V40											
Andy Bond	50	50				50	50			4	204
Tom South	47	48					48	49		4	196
Stephen Davies	49	49						50		3	151
Ian Lilley	46					49	49			3	147
Justin Siderfin	44					48	45			3	140
Grzegorz Galezia	43						46	48		3	140
Hugh French	39	41				47				3	130
Cameron Timmis	41	42					43			3	129
Lloyd Collier	48	47								2	97
Paul Collyer		45						47		2	94
Tom Wilson	45	44								2	91
Martin Double		43					44			2	89
Michael Hutchinson							47			1	48
Paul Devine		46								1	47
Gower Tan								46		1	47
Adam Taylor								45		1	46
Jim Dowsett	42									1	43
Ajay Khandelwal	40									1	41
MEN V50											
Charles Lound	49	49				50		50		4	202
Gary Sullivan	47	47				48	50			4	196
Mark Foster	46	48				49	49			4	196
Gideon Franklin	43	46					48	49		4	190
Michael Dodds	40	44				46				3	133
Tony Tuohy	50	50								2	102
Michael Fullilove	45						47			2	94
Joseph Brady	42	45								2	89
Ebe Prill	48									1	49
Scott Williams						47				1	48
Chris Loizou	44									1	45
Mark Muffett	41									1	42
John English	39									1	40
Paul Keating	38									1	39
MEN V60											
Colin Frith	46	46				49	49			4	194
Barrie John Nicholls	42	43				48	46			4	183
Stephen Smythe		50					50	50		3	153
Hugh Balfour	50	49						49		3	151
Graham Laylee	47	45				50				3	145
Bob Bell	48	47					47			3	145
Andy Murray	45	44					48			3	140
Michael Mann	49	48								2	99
Peter Jackson	44									1	45
Mick Mead	43									1	44
107	70	63	-	-	-	28	37	44	-	232	

Best 5 count for year including 1 each short, long. 5 including one short and long needed for completion medal - Marathon points are temporary - Bracketed points [] are discards, outside top 5 scores.

	Short					Long				Events counting	TOTAL 5 events max inc 1,S,L	Average
	5k Dulwich 3-Feb	5k Battersea 7-Jun	1m Battersea 20-Jul	5k Beck 15-Sep	5M Sth.o.T 24-Nov	10k Hyde Pk 24-Mar	1/2M Paddock Wood 8-Apr	Marathon London or other 22-Apr	10k Victoria Park 1-Oct			
Timothy Bowen	803	815				799	816	806		5	4,038	808
Michelle Lennon	807	820				791	777	694		5	3,888	778
Helen Lister	745	722				757	756	714		5	3,694	739
Yvette Dore	733	730				746	733	656		5	3,598	720
Andy Bond	857	894				835	830			4	3,415	854
Rebecca Schulleri	715	735				707	660	514		5	3,331	666
Charles Lound	808	848				816		792		4	3,263	816
Gary Sullivan	818	806				807	767			4	3,198	799
Tom South	783	808					744	725		4	3,060	765
Mark Foster	748	764				753	702			4	2,967	742
Colin Frith	728	729				710	699			4	2,865	716
Gideon Franklin	725	723					696	638		4	2,781	695
Katie Styles	683	687				692	700			4	2,763	691
Ros Tabor	918	917					913			3	2,747	916
Joe Farrington-Douglas	708	716				664	659			4	2,746	687
Jonathan Whittaker		781				696	619	610		4	2,706	676
Stephen Davies	876	851						831		3	2,558	853
Barrie John Nicholls	509	688				676	625			4	2,497	624
Matt Ladds	648	603				617	570			4	2,439	610
Stephen Smythe		813					837	764		3	2,415	805
Ed Chuck		837					797	760		3	2,394	798

Lucy Clapp	778	824					775			3	2,376	792
Ian Lilley	792					781	772			3	2,344	781
Claire Barnard	648	615					560	494		4	2,317	579
Shane O'Neill	784					784		741		3	2,309	770
Lucy Pickering		807					772	730		3	2,308	769
Hugh Balfour	812	813						658		3	2,284	761
Grzegorz Galezia	753						730	747		3	2,230	743
Bob Bell	766	762					688			3	2,216	739
Emma Ibell	762	730					703			3	2,195	732
Graham Laylee	736	727				720				3	2,183	728
Andy Murray	731	725					723			3	2,179	726
Justin Siderfin	748					719	678			3	2,145	715
Steve Rolfe	727	730						658		3	2,115	705
Rob Hollands	711	732						658		3	2,101	700
Christina Dimitrov	720	730						623		3	2,073	691
Tess Bright	722						662	656		3	2,039	680
Grant Kennedy	679					678	667			3	2,024	675
Michael Dodds	683	629				681				3	1,992	664
Cameron Timmis	680	672					632			3	1,984	661
Laura Vincent	675	717						584		3	1,976	659
Matt Cooke		719				670		576		3	1,965	655
Joanne Shelton-Pereda	629	655				652				3	1,936	645
Alex Haylett	612	638				609				3	1,859	620
Tony Tuohy	861	893								2	1,754	877
Hugh French	568	603				557				3	1,729	576
Lloyd Collier	804	818								2	1,622	811
Michael Mann	804	812								2	1,616	808
Paul Collyer		794						705		2	1,499	750
Tom Wilson	754	735								2	1,488	744
Chloe Green	765							696		2	1,461	730
Daniel Mann	789							667		2	1,456	728
Oliver Cooper	735							712		2	1,447	724
Kristen Stephenson	727							681		2	1,409	704
Des Crinion		738						651		2	1,389	694
Anna Thomas	693	694								2	1,387	694
Edward Harper	708						665			2	1,373	687
Ross Rook	667	691								2	1,359	679
Lindsey Annable	666					686				2	1,352	676
Michael Fullilove	771						574			2	1,345	673
Eleanor Simmons		688						633		2	1,321	661
Joseph Brady	686	628								2	1,314	657
Stephanie Williams	627					684				2	1,311	656
Martin Double		697					611			2	1,307	654
Tereza Francova							669	636		2	1,305	652
Teresa Northey		678						597		2	1,274	637
Hannah Harvest	602							532		2	1,134	567
Clare Elms		966								1	966	966
Wayne Lashley		809								1	809	809
Ebe Prill	796									1	796	796
Andrea Pickup		796								1	796	796
Lucy Elms		783								1	783	783
Alastair Locke		782								1	782	782
Chris Loizou	781									1	781	781
Marta Miaskiewicz		768								1	768	768
Victoria Read		767								1	767	767
Paul Devine		760								1	760	760
Michael Hutchinson							751			1	751	751
Joe Twomey		744								1	744	744
Jack Ramm		744								1	744	744
James Burrows	714									1	714	714
Clare Wyngard		710								1	710	710
Mark Muffett	689									1	689	689
Ed Simmons		683								1	683	683
Jim Dowsett	680									1	680	680
Ajay Khandelwal	677									1	677	677
Louisa Pritchard							676			1	676	676
Emily Gelder								670		1	670	670
John English	661									1	661	661
Claire Steward								660		1	660	660
Peter Jackson	632									1	632	632
Scott Williams						632				1	632	632
Gower Tan								622		1	622	622
Ellie Balfe								621		1	621	621
Caroline Maynes								619		1	619	619
Kim Hainsworth	604									1	604	604
Clare Cummings								587		1	587	587
Stephen Pinkster								587		1	587	587
Sharon Erdman	585									1	585	585
Adam Taylor								584		1	584	584
Mick Mead	582									1	582	582
Paul Keating	580									1	580	580
Vicky Gashe								573		1	573	573
Paul Vivash	556									1	556	556
Russell Morgan								545		1	545	545
Emily Warburton-Brown	530									1	530	530
Annie Hackett								509		1	509	509
107	70	63	-	-	-	28	37	44	-	242		



Banstead Woods

218 Ran			
Pos	Gen		
7	7	Paul Devine	18:54

Beckenham Place

361 Ran			
Pos	Gen		
19	19	Stephen Smythe	19:22
91	78	Andy Murray	23:20
92	14	Ros Tabor	23:21
118	101	Ian Sesnan	24:07
189	33	Claire Steward	27:03

Brockwell

389 Ran			
Pos	Gen		
1	1	Edward Chuck	16:13
26	26	Edward Simmons	19:48
32	32	Mark A Foster	20:10
74	6	Lucy Clapp	21:46
126	15	Lucy Pickering	23:20
216	167	Alex Haylett	26:03
268	191	John Breslin	27:32

Burgess

411 Ran			
Pos	Gen		
161	19	Jenny Ross	24:08
408	140	Susan Vernon	53:55

Clacton Seafront

120 Ran			
Pos	Gen		
2	2	Rob Hollands	18:40

Crystal Palace

305 Ran			
Pos	Gen		
14	14	Michael Williams	19:47
17	17	Tom Wilson	20:09
25	2	Belinda Cottrill	21:11
57	54	Bob Bell	22:48
64	6	Eleanor Simmons	23:07
80	9	Teresa Northey	23:58
95	11	Clare Wyngard	24:22

Cannon Hill , Birmingham

677 Ran			
Pos	Gen		
135	17	Susan Cooper	22:58

Dartford Heath

129 Ran			
Pos	Gen		
8	7	Michael Fullilove	20:31

Dulwich

373 Ran			
Pos	Gen		
1	1	Timothy Bowen	16:39
16	14	Joe Farrington-Douglas	18:37
32	28	Ebe Prill	19:30
65	8	Kim Hainsworth	20:56
72	9	Victoria Read	21:35
78	68	Graham Laylee	21:47
126	104	Joseph Brady	23:31
241	74	Natalie Davys	27:42

Finsbury

417 Ran			
Pos	Gen		
140	118	Mike Crilly	25:29

Gladstone

180 Ran			
Pos	Gen		
13	2	Becca Schulleri	20:41

Highbury Fields

314 Ran			
Pos	Gen		
12	12	Paul Collyer	18:54

Horsham

655 Ran			
Pos	Gen		
2	2	Edward Harper	17:29
569	349	Gary Budinger	35:40

Hull

500 Ran			
Pos	Gen		
144	126	Paul Hodge	25:00

Malmö Ribersborg

32 Ran			
Pos	Gen		
1	1	Jonathan Whittaker	18:09

Peckham Rye

292 Ran			
Pos	Gen		
1	1	Charles Lound	18:02
32	31	Gary Sullivan	20:30
50	46	Gideon Franklin	21:36

Riddlesdown

250 Ran			
Pos	Gen		
1	1	Dylan Wymer 2nd claim	16:04
29	4	Ange Norris	21:05

Seaton

165 Ran			
Pos	Gen		
33	30	Barrie John Nicholls	24:07
44	5	Lindsey Annable	24:32

South Norwood

141 Ran			
Pos	Gen		
10	10	Nicholas Brown	20:59

Tonbridge

619 Ran			
Pos	Gen		
2	2	Andy Bond	16:41

Tooting Common

609 Ran			
Pos	Gen		
185	162	Rafe Collier	24:17
280	55	Rhoda Collier	26:23
281	226	Lloyd Collier	26:24

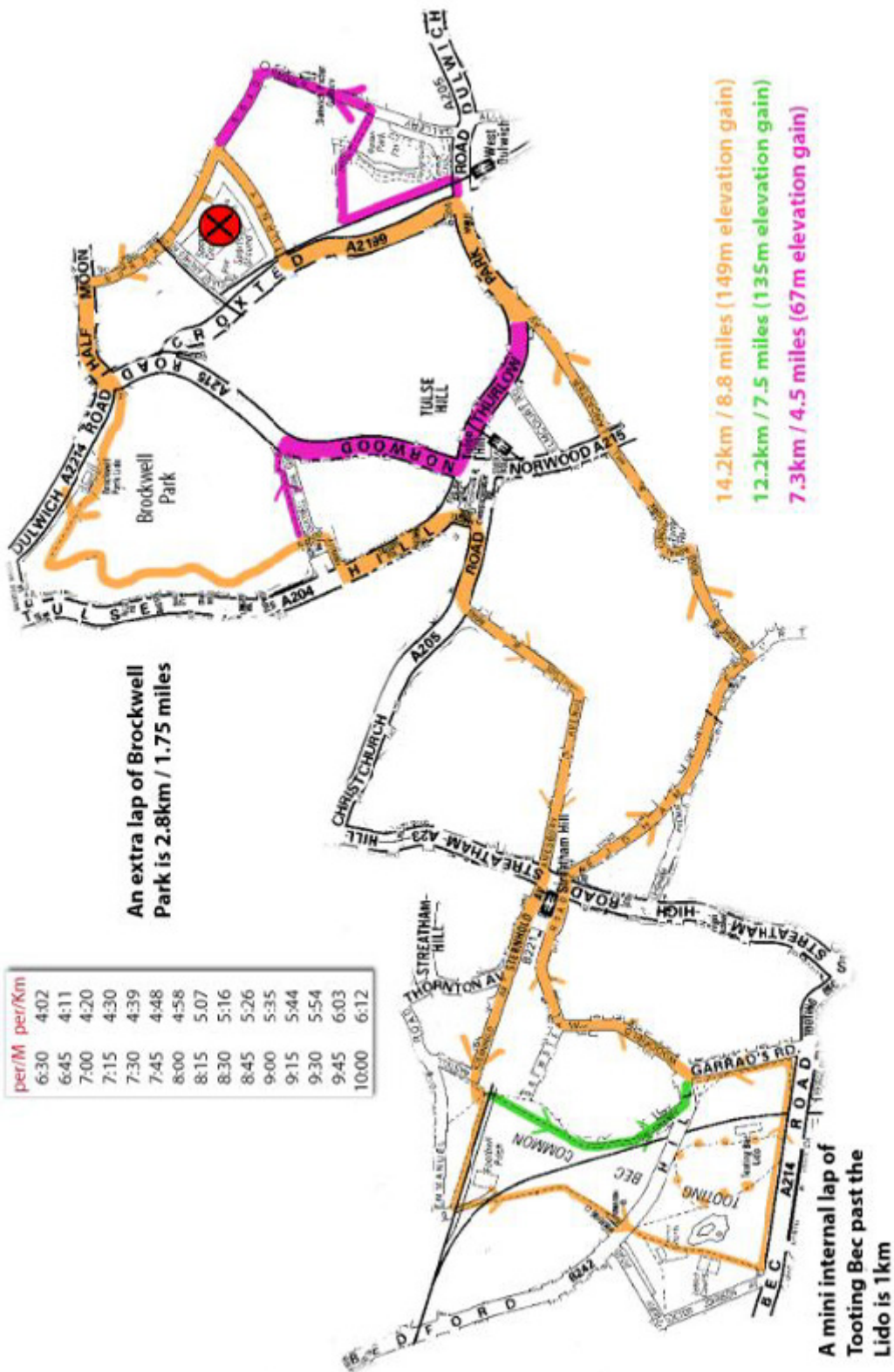
Upton Court

161 Ran			
Pos	Gen		
25	2	Laura Vincent	21:20

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 0



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