



SHORTS

Dulwich Runners AC

Weekly Newsletter

June 27th 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 27 **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.**

Dulwich College track, College Rd.

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

Tue 3 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 Race report and times -
- 10 Parkrun times
- 11 Wednesday map + Strava links (no run this week)

And much more !

Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)
our website: www.dulwichrunners.org.uk

Connect with us:



Like us on Facebook @dulwichrunners

Thanks to the many members

who have entered the Midsummer Relay.

We have many more entries than last year, but if you still want to run you can enter tonight!

If not running or helping then please come and support this club event. - Ros Tabor ros.tabor49@gmail.com

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

A brief look ahead

Jun 27 Dulwich Runners Midsummer relays - Dulwich Park.

Jul 05 Assembly League - Tottenham Marshes

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

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 Andy Murray, Clare Wyngard and Mike Dodds 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

Lindsey Annable
Hugh Balfour

4/7
11/7

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 Runners Hash House Run Saturday 7th July.

The second annual Dulwich Hash house run around local breweries takes place on Saturday 7th July. Starting at 2pm at the Gipsy Hill Brewery, we will also visit Bullfinch brewery, Canopy brewery, Brixton brewery, Clarkshaws and Brick.

Full timetable to follow, all welcome. Soft drinks, wine and spirits will also be available. The idea is to run between the breweries, though people can walk or get public transport.

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



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.

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



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

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	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 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 - 20 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 20 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

Mark Hayes Mile - 13 July

We would like to encourage a large entry to this annual event at Dulwich College track taking place on Friday 13 July, with the first race starting at 7.30pm.

There will be drinks trackside, SOAR Mile style, and we will be adjourning to our regular haunt, the Alleen's Head afterwards. Those planning to race should contact me at mcmann90@yahoo.co.uk before 11 July with your estimated mile time. This will enable us to seed the races. *Mike Mann*

Soar Mile - 27 July Olympic warm-up track

The club championships mile now numbers 43 Dulwich out of 205 overall.

The Dulwich senior men, M40 and M60 numbers are very good but women's numbers are poor as are M50.

If you want to run you need to enter asap.

<https://entries.opentrack.run/2018/thesoarmile/>

SM (14): Tim Bowen, James Burrows, Ed Chuck, Matthew Cooke, Des Crinion, Edward Harper, Alex Haylett, Rob Hollands, Grant Kennedy, Wayne Lashley, Alastair Locke, Jack Ramm, Ross Rook, Jonathan Whittaker

M40 (7): Andy Bond, Will Cotter, Steve Davies, Paul Devine, Ian Lilley, Daniel Mann, Tom South

M50 (2): Gideon Franklin, Ameet Patel,

M60 (7): Bob Bell, Colin Frith, Graham Laylee, Mike Mann (M70), Barrie John Nicholls, Steve Smythe, Gary Sullivan

SW (4): Christina Dimitrov, Rebecca Schulleri, Anna Thomas, Laura Vincent

W40 (4): Yvette Dore, Emma Ibell, Jo Shelton-Pereda, Eleanor Simmons

W50 (5): Lindsey Annable, Lucy Clapp, Clare Elms, Michelle Lennon, Lucy Pickering

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.

Henley 24hr Race – pushing the limits (a little further)

After the interrupted Butcher Race earlier this month I had a feeling of unfulfillment as I was unable to improve my distance PB (110 km). So I decided to run the Henley 24hr Race. I have taken part in a few 12/24 hour races but each of them had a little twist – it either involved climbing the stairs in a skyscraper, or took place in extreme winter conditions in the mountains, or was held in an underground salt mine.

This was my first 24hr race on a relatively flat course (40m ascent per lap), with no fringe benefits, like hail, storm, bears etc. so I had a good chance to run a reasonable distance.

I managed to lure in some of my fellow PL/UK ultra runners: Beata – with whom I've done a couple of running trips to the Peak District, Seba – an ice-cream loving slow-jogger aficionado, and Tadek – who has run, among others, the ultimate-lunacy 24hr race on a 400m track in Tooting (where he came 6th having run 213 km!).

Tadek came with a pro support team – his wife and his running partner, who brought a truckload of equipment and food and took care of all of us.

After pitching the tent and having drunk a good-luck beer, we picked up our chips and numbers, changed into running gear and got in the mood for the challenge.



The start was at noon, on an 8km

undulating course starting in the picturesque Temple Island Meadows. The route was very diverse. It first ran along the Thames, then through lovely fields of wheat and barley, Hambleden Lock, freshly cut meadows and back to the base camp on the Thames. The first laps were quite fast – under 42 minutes – in retrospect maybe too fast. But running slowly just felt more tiring.



At the early stages I took a short stop after each lap to have a drink and some fruit or chocolate. It was too early to tick off any milestone yet. Making a mental note that I had run only a twentieth of the race was not very uplifting. After 3 hours I managed to cover 30 km – not bad. So in a perfect world, if there was no wear-and-tear of the body, I should cover 200 km and be able to have 4 hours of sleep. But Tadek quickly brought me back to earth – he said that in each 24 hour race only 3 or 4 guys manage to hit the 200km mark. And he was right. Although after 6 hours I had 56 km on my tab, my body was starting to show the first signs of tiredness. I took a longer break, had my first invigorating ice bath and ate a soothing hot chicken soup. This restored my powers and kept me going for the next few hours. After every lap I took a short fuelling break.

The support team was amazing, making sure we had whatever we were craving. And we did eat a lot. If you burn 12-15 thousand calories, eating and drinking is a matter of survival. So on top of the usual stuff, like fruit, chocolate, pretzels, we had roast chicken, broth, tomato juice, sandwiches, pancakes, potassium, magnesium and sodium tablets, raspberry tea with honey and lots more.

It was a big gluttonous feast where everything goes – it felt completely natural to hold a snickers bar in one hand and a chicken drumstick in the other, and wash them down with a fruit infusion with honey. You just provided your body with whatever it desired. And your body obviously knows best.



Late afternoon we were joined by some of our friends from the Above 2000 endurance sports group who came all the way to cheer for us. Tadek and Gosia even ran a couple laps with me – chatting and having a good laugh helped to cover the laps with relatively little effort. Being ultra runners themselves they knew what I needed. They even were running in front of me to cover me from the head wind - I felt like Kipchoge in his breaking 2 attempt! Nonetheless, when they left and I had to go back on the course by myself, I started to get really weary. I still felt the recent Butcher Race in my legs and started to struggle to keep going. In long race like this one your mind wages a mental struggle with your body. Your body pulls all kinds of tricks to try to convince you that you shouldn't run. First it reminded me of a hernia operation scar from two years ago. When I ignored this warning, it tried reminding me of my lower back problem. Then it moved to my Box Hill hip injury, then moving on

to my knee. Finally it gave up and just distributed the pain evenly across the whole body. I waited as long as possible to take painkillers but eventually couldn't resist 2 paracetamols.



In return, I applied all kinds of tricks to convince my body to keep going. I forced myself to run to the next km mark to get the reward of walking for a couple hundred meters. Or if the body really wanted to stop, I counted to 20 to pass through the weakness. After 80 km, when the tiredness became unbearable, I decided to give my body a reward – a beer, a hamburger and a 1 hour nap. But only after 2 more laps. The beer and burger were the best in the world! I soaked my sore feet in the ice bath and retired to my tent to have the well-earned nap. The danger was that I might not wake up, or wake up and not be able to run any more. But somehow the slumber worked perfectly for me. I

got up a reborn man, able to keep going through the small hours, which was mentally the most difficult bit.

Tiredness, darkness, shivering cold. Runners would cling to each other, craving company. And it was then, when everybody was struggling, that you could feel the camaraderie of ultra runners – you didn't pass a fellow runner without exchanging at least a couple of encouraging words. Or you joined them (or they joined you) and kept going together for a lap or so, sharing the night, chatting and exchanging life stories. So I ran one lap with Kamil – a Czech guy who trains at night because he works day shifts, or Anna, working in a garden centre, who was determined to win the ladies' race to dedicate the trophy as a Father's Day present to her dad who used to be a marathon runner before suffering a stroke.

These were the solo runners – taking on the 24 hr challenge by themselves. Apart from them, there were the relay-runners who were a different kettle of fish. They ran in teams of 3-8 people so had plenty of time to rest – they just zoomed by, at a 5 or 10 km pace, without acknowledging your presence.

After 120 km or so my feet got too big for my Hoka shoes and I got nice bloody blisters on my little toes. I was somehow not convinced by Tadek's blister management method – popping

the blisters and putting superglue on. So I just pierced them and changed my shoes for a bigger size, that were now just right.



At this stage the laps involved more walking or trotting than running. Anyway, there was no point in rushing because I knew that, unless something unexpected happened, I should be able to hit my 100 mile target. But nonetheless I saw that 2 guys had the same number of laps as me so at the last loop I made a conscious attempt to improve my position with relatively little effort. I managed to overtake them finishing 7th. I still had time to do another lap but I couldn't be bothered. What difference would it make if I was 7th or 6th? And besides what kind of result would that be: 168 km (or 104,5 miles)! 100 miles sounds much better. :-)

Grzegorz Galezia

Sri Chimnoy 5K Battersea Park

18 And 25 June

On a hot summer's evening, with the temperature still around 28 degrees at the start of the race, all those participating registered slower times than at the recent Assembly League, by an average of around 30 secs (it is unfair to include Clare in this comparison as she was pacing daughter, Lucy). It is possible that the fact that it was not a club champs race contributed to slower times, though the experience of the race the previous Monday in cooler temperatures suggests that the heat was a factor as a week earlier the time differences were tiny by comparison, and Lloyd actually faster.

The course is similar to the one used in the recent Assembly League, though better as it starts and finishes on the wider main carriageway, and as usual the organization of the race was excellent. There is short break in these 5k races until 16

July, after which they continue until 13 August.

In the 25 June race Tony finished 2nd M50, Clare 1st W50 despite her pacing duties, Lucy Clapp 2nd W50 and Ros 1st W60.

Mike Mann

18 June race (Assembly League times shown for comparison)

Lloyd Collier	17:11 (17:22)
Tom South	17:15 (17:12)
Christine Dmitrov	20:28 (20:16)

25 June race

Tony Tuohy	17:50 (17:10)
Lucy Elms	19:37 (19:10)
Clare Elms	19:39 (17:53)
Lucy Clapp	21:18 (20:44)
Mike Mann	21:30 (21:17)
Ros Tabor	22:45 (22:24)
Andy Murray	23:40 (22:58)

South Of England Masters/ Vac Champs

24 June

In the 1500m, Ros registered an improvement on her recent time at Norman Park, but was a little short of her Surrey Masters performance at the beginning of June. I knocked around 3 secs off my Norman Park time, and (subject to confirmation) achieved a season's best, fractionally faster than my best indoor time. Later in the 800m, I was faster than my recent poor run in a Vets League match, but still some 5 secs down on my best 2018 time achieved indoors. This may be due in part to inadequate warming up, which is particularly important for this distance, with a couple of efforts of around 200m at race pace useful preparation.

Mike Mann

1500m

Ros Tabor	6:07
Mike Mann	5:45

800m

Mike Mann	2:53
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Birmingham University Relays Meet

23 June

This meeting was held on the new University track and comprised a match between Birmingham, Limerick, Penn and Cornell Universities from the US. Lewis ran in the 3000m, his first ever track race longer than a mile and acquitted himself well to finish in 8:58.44 a new Club Senior Men Record and only 4 seconds off Kofi Agyei's overall record

Graham Laylee

Lewis Laylee	8:58.44 (Club SM record)
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Inter Counties Match Chelmsford

June 24

Clare Elms was selected for Kent and ran the 3000m. In very hot conditions, she did not feel as good as her previous 3000m and ran a steady race finishing second in 10.26.10.

Steve Smythe

2nd Clare Elms 10:26.10



Brockwell

312 Ran

Pos	Gen		
22	22	Mark A Foster	20:12
69	6	Nicola Richmond	22:45
75	67	Edward Simmons	22:54
209	148	John Breslin	27:54
232	161	Alex Haylett	29:00
235	163	Desmond Edwards	29:05

Beckenham Place

205 Ran

Pos	Gen		
1	1	Stephen Davies	17:06
73	13	Claire Barnard	24:17
105	81	Paul Keating	26:38
106	25	Claire Steward	26:39

Bicester

213 Ran

Pos	Gen		
32	31	Graham Laylee	22:40

Bromley

705 Ran

Pos	Gen		
95	88	Colin Frith	22:05

Catford

192 Ran

Pos	Gen		
23	1	Helen Lister	20:50

Clair

159 Ran

Pos	Gen		
14	14	Rob Cope	21:53

Crystal Palace

285 Ran

Pos	Gen		
16	16	Tom Wilson	20:06
27	1	Belinda Cottrill	21:11
48	45	Hugh Balfour	22:15
65	60	Bob Bell	22:53
96	10	Joanne Shelton Pereda	24:24

Dartford Heath

144 Ran

Pos	Gen		
3	3	Michael Fullilove	20:18
8	8	Nicholas Brown	21:09

Dulwich

343 Ran

Pos	Gen		
6	6	Daniel Mann	17:18
9	9	Thomas South	17:24
16	16	Rob Hollands	18:09
29	29	Grant Kennedy	19:18
71	4	Victoria Read	21:30
78	73	Paul Vivash	21:56

101	95	Lloyd Collier	22:53
125	114	Michael Dodds	23:50
128	13	Clare Wyngard	23:59
183	30	Stephanie Williams	25:33
190	32	Colleen Williams	26:04

Fulham Palace

495 Ran

Pos	Gen		
119	12	Susan Cooper	21:56

Huddinge, Sweden

13 Ran

Pos	Gen		
1	1	Paul Collyer	20:26

Lloyd , Croydon

319 Ran

Pos	Gen		
1	1	Andy Bond	17:12

Mile End

302 Ran

Pos	Gen		
119	14	Jenny Ross	24:29

Mole Valley

307 Ran

Pos	Gen		
1	1	Dylan Wymer 2nd claim	17:50
23	4	Ange Norris	21:54

Peckham Rye

300 Ran

Pos	Gen		
2	2	Charles Lound	17:53
29	1	Michelle Lennon	20:18
30	29	Ebe Prill	20:19

Stevenage

279 Ran

Pos	Gen		
39	38	Matthew Ladds	23:08

Southwark

356 Ran

Pos	Gen		
13	13	Justin Siderfin	19:33

Tooting Common

619 Ran

Pos	Gen		
93	87	Cameron Timmis	21:56
175	157	Ian Sesnan	24:23

Upton Court

265 Ran

Pos	Gen		
79	64	Barrie John Nicholls	23:46
88	21	Lindsey Annable	24:21

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.

no club run.....no map !
tonight is our relays in
Dulwich Park, you can
still enter if you want
to run, or come and
support if not helping
out.

(entries on the night also accepted)

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