

**These are your SHORTS,**

Please send your reports, running news &amp; anecdotes to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

**Wed 4 Club Night, Edward Alleyn Club**

83-85 Burbage Road. London, SE24 9HD

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

**Thu 5 Assembly League - Tottenham Marshes**Free to enter and for all members whatever your standard or ability - *Full details page 4***Dulwich College track, College Rd.**

**Tue 11** 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

**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](mailto:steve.smythe@athleticsweekly.com) to go on the mailing list

## Midsummer Relay 27 June

Thank you to everyone from Dulwich Runners who helped to make the relay on Thursday such a success. There were many more teams than in the previous 2 years. A portion of all their entry fees is going to be sent to the Pilgrim Hospice in Rochester which cared for Gill Johnson in her last days. Ashleigh, Gill's daughter, ran and stayed to present the prizes and was very pleased with the evening.

We had at least 50 members in various teams, and we were well represented in the medallists as well as throughout the field.

Thanks to all the members who volunteered - it was just as hard as running!

Anyone who helped can have a free drink in the club on Wednesday, and there will be a prize draw for the lucky marshal to win a voucher. - **Ros Tabor**

## LUCKY VEST

**tonight in the clubhouse**

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](mailto:ros.tabor49@gmail.com)

## In your SHORTS this week!

- 1 General information
- 2 Social events etc
- 3 Club kit - new kit additions!
- 4 Assembly League - full details for tomorrow
- 6 Fixture list, 2018 Club Champs and all other races
- 7 Race report and times -
- 10 Parkrun times
- 11 Full Midsummer relays results table
- 12 Wednesday map + Strava links (no run this week)

**And much more!**Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)our website: [www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

Connect with us:

**----- EVENT HORIZON -----***A brief look ahead*

- Jul 05 Assembly League - Tottenham Marshes
- 13 Mark Hayes Memorial Mile - Dulwich College track
- 27 SOAR mile - club champs race - Stratford

## 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

<b>Hugh Balfour</b>	<b>4/7</b>
Lindsey Annable	11/7
Joseph Brady	18/7
James Burrows	25/7

## 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

**We are in the process of putting the new maps onto Strava (you don't need an account) and links can be found here:**  
<https://www.dulwichrunners.org.uk/wednesday-night-routes>

## 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

# SOCIAL SPOT

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## 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 approx times:  
2.45pm Bullfinch Brewery  
3.20pm Canopy Brewery  
4.00pm Brixton Brewery  
4.45pm Clarkshaws Brewery  
5.30pm Brick Brewery, Bleinham Grove, Peckham  
Addresses will be posted on FB on Thursday. People can join and leave the run when they want. I will post updates on FB on the day or texting any of us.

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.  
Thanks -Tom South

### Mark Hayes Mile - Beer & Cheer Friday 13th July

At this years Mark Hayes Mile for spectators and competitors alike the Social Fund will be laying on some drinks for those attending. There will be beer & soft drinks so come along and cheer on your fellow club members!!

Afterwards as is traditional we will be heading to The Alleen's Head.

Look forward to seeing as many there as possible.

Thanks - Matt Ladds

## 70th Birthday Celebration(?)

Wednesday 18 July

Those of you around at the clubhouse on Wed 18 July are invited to join me for a drink to celebrate, or commiserate with me, reaching a new age category (possibly the only + for getting older). There will be a free drink at the bar and filled rolls, similar to those we have enjoyed at recent AGMs, and possibly a cake as well.  
-Mike Mann

## 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)



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.

## 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](mailto:jonathanwhittaker79@yahoo.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

## 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](mailto:ola.balme@btinternet.com)  
[www.hernehillsportsmassage.co.uk](http://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](mailto: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](mailto: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

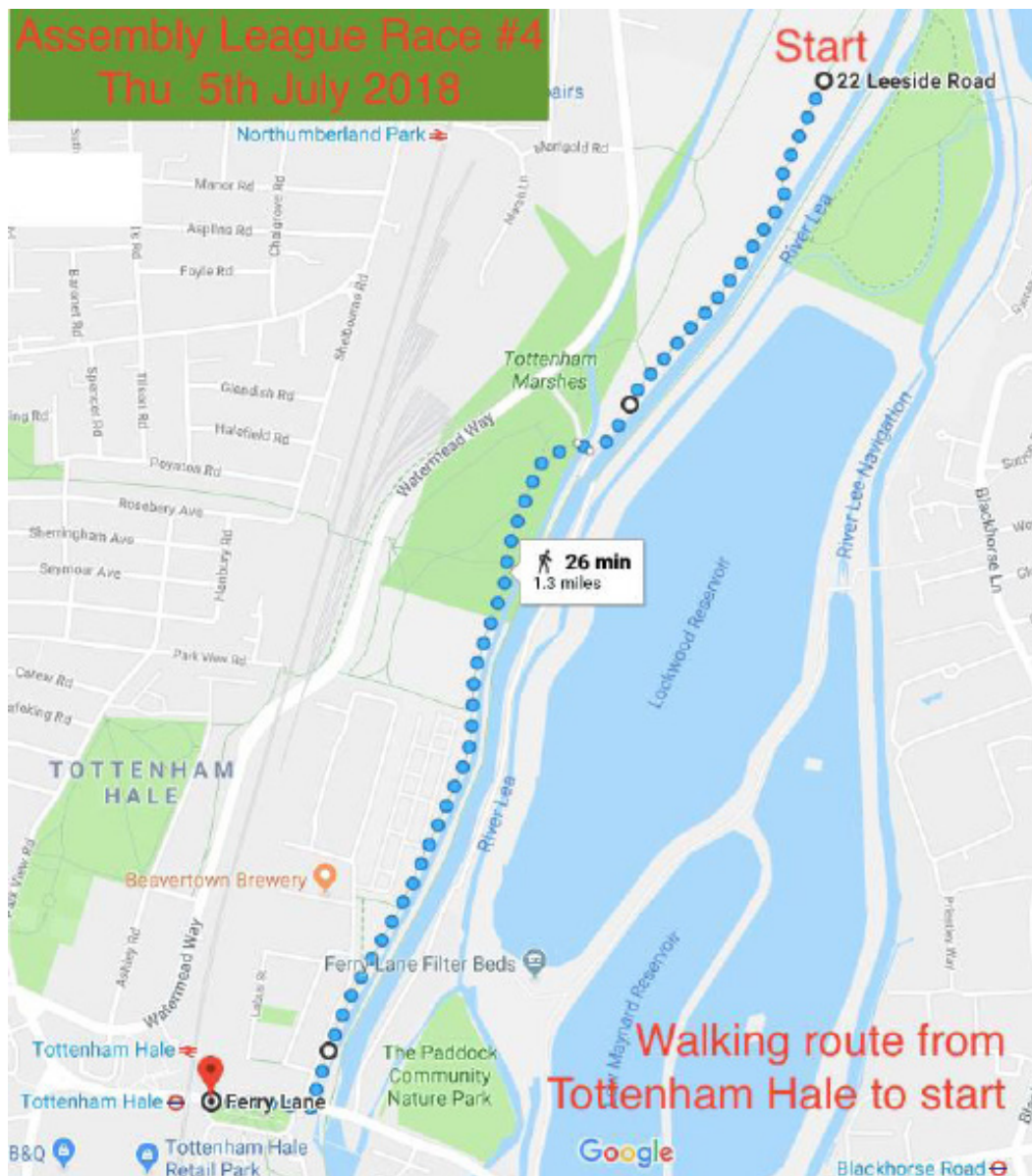


# Assembly League Race - 5 July start 7.30pm

## Tottenham Marshes - new for 2018

Northumberland Park is served by trains from Stratford (14 mins journey time at xx17 and xx47)

Tottenham Hale is served by very frequent trains from Liverpool Street (13 mins journey time every 2-11 minutes), plus the Victoria Line from Brixton in just under 30 minutes every 2 minutes. As a good warm-up, approx 10 mins, it may be preferable to run along the towpath from Tottenham Hale station - head left briefly on the A503 towards Walthamstow and then head down to the River Lee Navigation by the Lee Valley Walk signpost.



Assembly League races are open to all club members of all standards and abilities. There is no entry fee

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 and run!



**Start/Finish**  
Course is 2 laps on tarmac path and grass no facilities on site so come prepared



## 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 1<sup>st</sup> in age group in each race, 49 for 2<sup>nd</sup> 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



## 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**

# 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.*

Road & other **Cross country** **Club Champs** **Assembly League** **Track**

2018		Race	Venue
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)

## This is my suggested schedule for next few weeks.....

Wed July 4 easy 5 miles  
 Thurs Jul 5 Assembly league  
 Fri Jul 6 rest or easy 3 miles with strides  
 Sat Jul 7 track or hills  
 Sun Jul 8 Slow 70 mins  
 Mon Jul 9 rest or easy 3M  
 Tues Jul 10 Club speed session  
 Wed Jul 11 steady 50 mins  
 - Steve Smythe

Thurs Jul 12 4M alternating minutes at mile pace, then at least 90 seconds a minute mile slower pace ie; for aspiring 6:00 miler, 6:00 then 7:30 pace every minute  
 Fri Jul 13 Mark Hayes Mile or easy 3 miles with strides  
 Sat Jul 14 Parkrun  
 Sun Jul 15 slow 65 mins  
 Mon Jul 16 B&B open meet or rest or easy 3M  
 Tues Jul 17 Club speed session

## 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](http://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](mailto:ros.tabor49@gmail.com)  
 Thanks - Ros

## Mark Hayes Mile - 13 July Dulwich College Track

This event is in memory of Mark Hayes who was club mile champion back in the 90s and in whose memory we hold this series of races. It should also provide excellent preparation for those of you planning to run the clubs champs SOAR Mile on 27 July.

Could those of you intending to take part in these races at Dulwich College Track on the evening of 13 July please contact Mike Mann at: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) including your predicted mile time, before 11 July.

For those of you who are unsure about your predicted time, speak to Steve Smythe at this or next week's Tuesday's grass/track session or provide details of any recent 5k or parkrun times. For those who took part in our midsummer relays on 27 June, we can use those times, subject to a small adjustment for the longer distance. We are not looking for accurate predictions as this is simply to allocate runners to a series of races on the night. The first race will start around 7.30.

You are encouraged not to wear club vests. You will be allocated to races and provided with race numbers on arrival. There will be a presentation following the final race of the evening at around 8.30.

There will be drinks trackside and afterwards we will be adjourning to the Alleyns Head for food and drinks.

There will also be a 600m race for youngsters, so please let us know if you plan to bring children along and don't worry about their predicted times.

Family members and guests are welcome.

There is no entry fee but donations are invited which will go to Karine Brissy Hayes and her family.  
 - Mike Mann



Mine and Becca's Triathlon Club are hosting a 5K track event next month

### Thursday evening 16th August.

It will be done in waves of predicted times where people hopefully go for a 5K PB.

You submit your fastest recent 5K with cash prizes for fastest male, fastest female and most improved Male & Female (relative to their PB). Sure to be of interest to some Dulwich Runners looking for a PB or a cash prize. There's also a team event for clubs with a prize for best overall team performance. Obviously then there is a social afterwards!

for further details and to enter :

<https://willesdentrathlon.co.uk/events/>

Thanks - Des Crinion & Becca Schulleri

## 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/>

## 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

## Ladywell 10000 - Sun 2 Sept

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/>

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

Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

Men road: [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk)

Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## 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](http://www.stragglers.org/river_relay) It costs £10 per runner.

Let me know on [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com) or on a Wednesday. Teams have to be mixed with at least one vet.  
 Ange Norris



# Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to [barry@1bg1.com](mailto:barry@1bg1.com)  
All road, fell, xc, tri and track results etc, are welcome.

## Herne Hill Harriers Open

30 June

Five members competed in events from 400m through to 3000m on another el scorchio of a day at Tooting Bec stadium. The organisers had forewarned people that there was no electronic timing available (this meant that results were only to the nearest tenth of a second) which seemed to affect the turnout in the shorter races but the advantage of hand written results appearing on the officials box in no time at all was a godsend for anyone running without a Garmin!

### 3000m

6 Jonathan Whittaker 9:44.7 PB  
13 Mike Mann 12:04.8 SB

Mike was pleased with his run perhaps starting off a little too fast, achieving splits of 3:53, 4:06 and 4:05. Jonathan was pleased with progress up to 3000m but didn't feel that he had the extra acceleration required in the business end of the race. Still a small PB of 0.9 seconds was achieved from his time earlier in the month at Woodford.

### 800m

#### Race 3

7 Clare Elms 2:22.9 SB

#### Race 4

Christina Dimitrov 2:36.8 PB

Clare endured traffic problems on the way but was able to arrive in time for the start and enjoyed a very good run in a competitive race won in 2:19. She took around 2 seconds off her previous season's best. Christina had a slight illness and decided to only do this event with her half marathon to follow on Sunday. She hadn't done a 800m competitively before and ran the first 400m to her pacing strategy with a 75s first lap, but didn't quite hit the accelerator earlier enough in the second lap, but can still be very pleased with her first attempt at this distance.

### 1500m

#### Race 1

2 Wayne Lashley 4:17.1 PB

Wayne had been held up by traffic problems and was only able to compete in the 1500m. He was very pleased with his

**Steve Smythe adds...** Wayne set a 1500m PB, Jonathan ran a 3000m PB. Clare's 800m time increases her lead on the UK W50 rankings (and heads the W45s). Nb Ros tops the W65s too.

Christina showed good speed with her first 800m while Mike Mann set a season's best at 3000m.

performance knocking 6 seconds off his PB. He was rapidly gaining on the leader at the end which bodes well for his mile races.



### 400m

#### Race 2

4 Jonathan Whittaker 62.7

Jonathan decided after the 3000m to have a go at the 400m in a no pressure situation just to see how he could do. He was given a lane 6 draw which was not so good as he didn't know how fast to go at the start and not being a very good starter even at the track training meant that he had been passed by lane 5 after 50m. Jonathan pushed on but never felt like he was going full bore with perhaps the 3000m still in his legs. He also ran the race without a Garmin on for a change so didn't know what time he got until 10 minutes after the race! Still a sub 60 second time is within his grasp.

Overall these track open events are good fun to try and practise speed work and racing technique in a safe environment with well balanced competition. Races are seeded so there is normally always of a similar ability to run against. The Herne Hill events are also quite cheap so well worth considering their next series on Sunday 22 July as a warm up for the SOAR mile.

Current events not known but they normally have all distances from 400m to 3000m. Alternatively the slightly more expensive Bromley and Blackheath series returns on Monday 16 July after work, with events at 800m (7.45pm), 400m (8.45pm) and 1500m (9pm). With B&B best to book online in advance to save money. Go to [bandbhac.org.uk](http://bandbhac.org.uk) for more details. - *Jonathan Whittaker*

## UK Youth Development League Southern Premier, Eton

July 1

With a fine tactical race, in hot and windy conditions, Lucy Elms finished second overall in the premier young athletes league top division.

2nd Lucy Elms 5:01.35

## Bewl 15

July 1st

Ange Norris writes...pick one of the hottest days of the year, and what seems a sensible thing to do? Run a 15 mile race – yep! One with plenty of hills? Of course. At least 3 of us thought it was a great idea before we started. For unknown reasons the Bewl doesn't start until 10.30 a.m. so we knew we'd be battling against the heat of the day and as a bonus, the course had to be altered this year so it became the Bewl 15.29 miles.

It is advertised as the 6th best race but I've no idea what the top five are, or according to who, but it's one of those races that are on my annual list. I recommend it to anybody. Why? It is an off road course around Bewl Water in Kent, is excellently organised with the normal water, Lucozade, jelly babies and shower but also has a wonderfully friendly atmosphere with plenty of post race goodies in a field at the end.

Michelle (always up for a challenge), Dylan and I all met up in the HQ where we rubbed on Jointace gel. (I'd already had a beetroot shot at home.) I was ready

to throw anything at this race that could gain me a few seconds/minutes. We were all keen although slightly apprehensive about the heat. The start is a mile up the hill from the reservoir, and immediately drops down a newly surfaced track. The fast boys, including Dylan, happily sped off down this improved surface but the others of us behind had to hold our breath as the soft sand became a dust cloud. Bring back the uneven stony track I say.

The downhill gives a far-too-fast first mile, as I passed mile marker no 1 at 6:45! I soon settled down into a more sedate pace, enjoyed the views of the reservoir and took full advantage of any shade. There are luckily several stretches under trees but many in full sunshine. The going was tough as for the first 10 miles it is fairly undulating with many twists and turns and you had to watch each step on the parched rutty ground. It was impossible to get into an even pace. At mile 10 the course leaves the reservoir for a few miles and has a couple of steep hills on small country lanes. The legs were knackered by then but I got into a smoother shuffle. The course returns back down to the reservoir but as the saying goes – whatever goes down, has to go up, so the final mile is back up the

hill to where we started

It sounds tough, it is tough, but once I'd wobbled over the finish line there was cake, beer, bananas and a brass band. We made the most of it and probably spent as much time there as we did running! Partly due to cheering some other friends in but largely due to post race rehydration, recovery and analysis and general chat.

Dylan had a fairly lonely first 9 miles in third position but suffered badly with blisters and slowed in the last few miles. After I'd calmed down from my first mile, I paced it fairly well and, although not my best time there, I was pleased with my result with my lack of training this year. Michelle had a heat affected race and was slower than last year but, I quote, 'The beer was great.'

There were medals for each age group and Dulwich ladies didn't disappoint: Michelle was second VW50 and I was first VW55.

Have I tempted you for next year?

We'll be there.

16 Dylan Wymer 2nd claim 1:44:52  
49 Ange Norris 1:56:48 1 VW55, W6  
238 Michelle Lennon 2:21:40 2 VW50  
743 finishers

## Dulwich Midsummer Relays 3 x 1.04 miles - Dulwich Park

Wed 27th June

The club's big event of the summer went off without a hitch with Ros and Andy and their team of helpers promoting the club in exemplary style on a perfect warm, in fact hot, summer's evening. Some of the proceeds were for the hospice that cared for Dulwich Runner Gill Johnson and it was great to remember her and fitting that Gill's daughter Ashleigh was there to present the prizes after running in the event herself (in rather a nippy time I might add). Hugh French organised the children's fun run that attracted over 60 happy competitors and the main event drew a tremendous turnout of 87 teams including a decent number of Dulwich members who'd got themselves exemption from helping.

The slightly-longer-than-a-mile lap meant that anything between 12 and 20 seconds needs subtracting to get a rough mile time, depending on your speed; with this in mind, the two fastest times of the day were quite startling, and both from Dulwich men. Ed Chuck (4:50) and Andy Bond (4:54) led the pack on the first leg, obviously running for different teams, and it didn't take long for some way to note that had they run as a team with our third fastest man Wayne Lashley (5:04) the Dulwich men would have won the event easily from the rather good trio from Kent AC who actually took first. Still, it's all for fun really and Wayne's final leg after excellent runs from Ian Lilley and Charlie Lound secured second place anyway, while another club trio of Fergus Power, Ed Harper and Joe Farrington-Douglas all ran great

times to grab the third spot.

In the women's category, the very appropriately named Evergreen Elms team (like it, like it) comprising Dulwich speedsters Clare (5:33) and Lucy Elms (5:51) plus Chloe Green (6:05) combined to all run very fast times and win the event at a canter. A Dulwich team even took second place too as Michelle Lennon, Eleanor Simmons and Lucy Clapp joined forces to become the Beatles Belles (can you see what they did there?).

But it was the race for the mixed team prizes that provided most drama, and heavily infested with Dulwich interest too. Ed and Andy's super-fast first legs were both for mixed teams and handed over with only six seconds in it. Christina Dimitrov took over from Ed for the Dulwich team with that slim lead but her excellent 6:02 was chased down by speedy new recruit Hayley Seddon running for the Peckham parkrun team; but only just, and her 5:55 meant there were only three seconds in it for the final leg. Hayley handed over to ex-Dulwich man Kev Chadwick who clocked an excellent 5:41 but Tom South wouldn't be denied and his 5:33 overhauled Kev to nab first for the Dulwich team by just five seconds. Third place could have gone to a Dulwich team too but was ruled offside due to me running both first and third legs, with Andrea Pickup on second. I'm still calling for a Stewards Enquiry, we wuz robbed m'lud.

That sums up the prize winners but there were plenty of good individual runs sprinkled across teams too numerous to mention. This is a great event and with such growing popularity will surely be back again next year.

**Tony Tuohy**

**full results can be found after parkrun results**



## Herne Bay 10K

July 1st

It's hot and sunny, so let's go to the seaside said Dad. If we are going to the seaside then let's do the Herne Bay 10K said daughter Belinda. Given the heat Dad wasn't sure but agreed, so off set Dad with Mrs Bell, Mrs Cottrill and Milo the dog. Given the weather parking in Herne Bay was still pretty straightforward and the queues for the loo pleasantly short. The wind however was quite strong and straight in your face for half the race which meant that it was really a race of two halves.

The course was pretty much all along the promenade. After the start we headed east into the wind for 1 1/2K before turning round and heading west, which with the wind, made it boiling so question was was running against the wind but being cool or running with the wind and being hot better? All Dad knew

was that Belinda was disappearing over the horizon and any thoughts of keeping up receding by the mile. At 6K the course turned up a steep hill and back into the wind. Good support from Marshall's, and sunbathers spurred us all home. At the end Mummy Bell failed in her duties of telling B that the third lady was only a few seconds ahead of her and then herself, to the amusement of the officials, got dragged over the finish line by Milo who decided it was run time.

So a good day out at a well run race over what would be a fast course if not for the heat and wind, but Herne Bay offers plenty of places for refreshment, which the Bell family enjoyed before heading back up the M2.

### Cap'n Bob Bell

47	Belinda Cottrill (W4)	3:48 (chip)	43:59 (gun)
84	Bob Bell	47:17 (chip)	47:28 (gun)
428	ran		

## Midsummer Munro – or Half a Picnic

1 July 2018

*Claire Steward writes:* In 2008 I was a spectator at the Midsummer Munro (MM) half marathon on Box Hill – 'The Hardest Half' according to organiser Rob McCaffrey's Trionium website. On alternate years the MM is run concurrently with The Picnic; this is a full marathon distance and consists of running around the MM course, crossing the finish line, then doing it all again. The Picnic has received many accolades from previous participants in the Runners World Hall of Fame: 'Hardest Marathon in Britain' in 2006, 'Britain's best marathon' in 2007 and 2009, and 'Britain's best trail race' in 2011. On the Trionium website it is described as 'truly nuts, bananas, fruitcake and a few sandwiches short of the full picnic'. The course has 6,400' of ascent including (allegedly) 2,840 steps. The steps are, of course, uneven, incredibly steep and falling apart, and there is also the small matter of crossing the stepping stones four times.

In 2009, in a fit of madness I took part in The Picnic; I was 46th overall and 4th woman in 5:22:08 (2½ hours for the first half). Despite promising myself that I would never do it again I was back for next edition in 2011, somewhat slower finishing 94th overall and 10th woman in 5:55:30. As a special treat for Olympic year, race director Rob though he would make it just a bit harder with

the addition of an ascent of The ZigZag Road and extra distance added between Juniper Top and Juniper Bottom, making 30+ miles with over 7,000 feet of ascent/descent, although mercifully we didn't have to do the ZigZag twice. Out of 161 people entered just 98 completed the full course (only 10 women) with yours truly finishing in 6:36:59 (64th overall and 7th woman). In 2013 I did the MM in 2:38:33 and was back again for The Picnic in 2016. With little in the way of training I recorded an unimpressive time of 6:31:41 but only five women had entered and two of them dropped out leaving me as third (and last) female finisher!

This year Dr Rob announced that this would be the final ever Picnic – it is a big organisational undertaking and increasingly difficult to find marshals willing to be on duty for up to seven hours (I should add that I have marshalled it twice, so I have done my share to contribute to it's existence). Not wanting to miss out I tentatively registered my intention but with my ongoing knee problem it soon became obvious that even attempting the MM would be optimistic. Last Wednesday morning on a gentle jog out to Crystal Palace Park something in my knee crunched painfully; I was reduced to a hobble and barely managed to get to Dulwich Park for duties at the Relays in the evening. For a couple of days I rested it, experimented with taping it and managed to make it bearable. I had already booked hotel accommodation for Saturday night due to the crazy early start and was driving there taking Joanne Shelton Pereda who was entered for the Picnic. My theory was that I could set off, see how I felt, drop

out or take as long as I liked because the marshals were going to be out there for hours whilst looking after the Picknickers.

Before the start we met up with Christina Dimitrov who was taking part in the MM and Ed Harper for his first attempt at the Picnic. I set off at the back and was in last place for most of it, stopping to talk to people along the way, taking two hours to half way and 2:07 for the return. I went passed one chap who was limping and making even slower progress than me, and another finished after me having got lost somewhere. As the course has various out-and-back sections and the Picnic consists of two MM circuits I saw Christina, Ed and Joanne a few times; Christina had a great run finishing 11th overall and first woman in 2:26:41. Ed looked strong earlier on but less so when I saw him a few miles into the second half, and must have retired at some stage. Joanne retired after completing the MM in 3:11:49, a sensible decision given the heat and turning her ankle. Joanne and I waited to see the leaders finishing the Picnic, they looked tired and had lost a lot of time on second lap. There were 88 finishers, 31 retired at MM distance, and 26 retired with no recorded times – it was tough out there!

MykneefeltokandIjoggedmorethanIhad anticipated, only using my walking poles for one descent. I got great support from runners, marshals and random members of the public, I was given strawberries, and managed not to fall off two crossings of the stepping stones; the river was very low compared to when I fell in earlier this year after the Box Hill Fell Race

## Last Friday of the Month 5k Hyde Park

29th June

Just half a dozen of us this month for the popular lunch time dash for those able to escape work. On a very hot afternoon pushing 30 degrees times still held up well for most; excellent speed from Andy and Tim with Steve demanding a check with the VAR as he self-recorded a 16:59.

Ian wasn't affected by the heat at all, his 17:48 right where he's been consistently performing, while Paul's casual but

consistent recent training continues to show dividends as he inches back towards former glories. These two just ran away from me from halfway as my well-established intolerance to hot weather plumbed new depths and saw me record outside 18 minutes for the first time, an all-time personal worst by over half a minute. I've definitely got some sort of weird internal thermostat, I kid you not. - **Tony Tuohy**

5	Andy Bond	16:13	1st M40
9	Tim Bowen	16:34	
14	Steve Davies	17:00	1st M45
27	Ian Lilley	17:48	3rd M45
33	Paul Devine	17:58	
37	Tony Tuohy	18:08	1st M50/55
243	finished		



June 30

## Banbury

270 Ran  
Pos Gen  
146 121 John Breslin 28:16

## Banstead Woods

192 Ran  
Pos Gen  
56 53 Michael Dodds 24:09  
Jo Quantrill 2nd claim 24:26  
71 7 Clare Wyngard 25:32

## Beckenham Place

246 Ran  
Pos Gen  
38 36 Nicholas Brown 21:33  
51 46 Joseph Brady 22:20

## Brockwell , Herne Hill

319 Ran  
Pos Gen  
18 18 Edward Simmons 19:29  
29 29 Mark A Foster 20:00  
72 4 Anna Thomas 22:19  
238 172 Desmond Edwards 28:53  
296 106 Sharon Erdman 32:14

## Burgess

372 Ran  
Pos Gen  
1 1 Stephen Davies 16:57  
370 238 Chris Vernon 56:10  
372 133 Susan Vernon 57:10

## Catford

148 Ran  
Pos Gen  
1 1 Andy Bond 16:20  
25 23 Gary Sullivan 22:33

## Clapham Common

490 Ran  
Pos Gen  
99 86 Cameron Timmis 21:41

## Crystal Palace

328 Ran  
Pos Gen  
11 11 Tom Wilson 20:01  
25 2 Belinda Cottrill 21:09  
37 35 Hugh Balfour 21:41  
52 50 Bob Bell 22:37  
54 3 Eleanor Simmons 22:41

## Dartford

191 Ran  
Pos Gen  
1 1 George Seymour 18:05  
2 1 Hazel Behagg 19:02  
7 6 Michael Fullilove 20:32

## Dulwich

354 Ran  
Pos Gen  
2 2 Edward Chuck 15:42  
33 31 Justin Siderfin 19:27  
213 46 Colleen Williams 26:20

## Fulham Palace

397 Ran  
Pos Gen  
73 6 Susan Cooper 21:48

## Gladstone

228 Ran  
Pos Gen  
2 2 Des Crinion 18:50

## Holkham

232 Ran  
Pos Gen  
74 62 Lloyd Collier 26:30

## Malling

271 Ran  
Pos Gen  
9 1 Tereza Francova 21:22

## Old Deer Park

118 Ran  
Pos Gen  
36 34 Barrie John Nicholls 24:21  
39 3 Lindsey Annable 24:35

## Orpington

236 Ran  
Pos Gen  
236 145 John O'byrne 51:32

## Oxford

361 Ran  
Pos Gen  
31 5 Becca Schulleri 20:43

## Peckham Rye

274 Ran  
Pos Gen  
1 1 Charles Lound 17:49  
27 1 Michelle Lennon 20:36  
40 39 Ebe Prill 21:13  
89 6 Jenny Ross 24:29  
141 27 Caroline Maynes 26:36

## Perry Hall

148 Ran  
Pos Gen  
9 9 Stephen Smythe 20:11

## Southwark

311 Ran  
Pos Gen  
153 121 Paul Keating 26:22

## South Norwood

111 Ran  
Pos Gen  
19 4 Teresa Northey 23:32

## Tooting Common

541 Ran  
Pos Gen  
151 138 Ian Sesnan 24:08

**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.

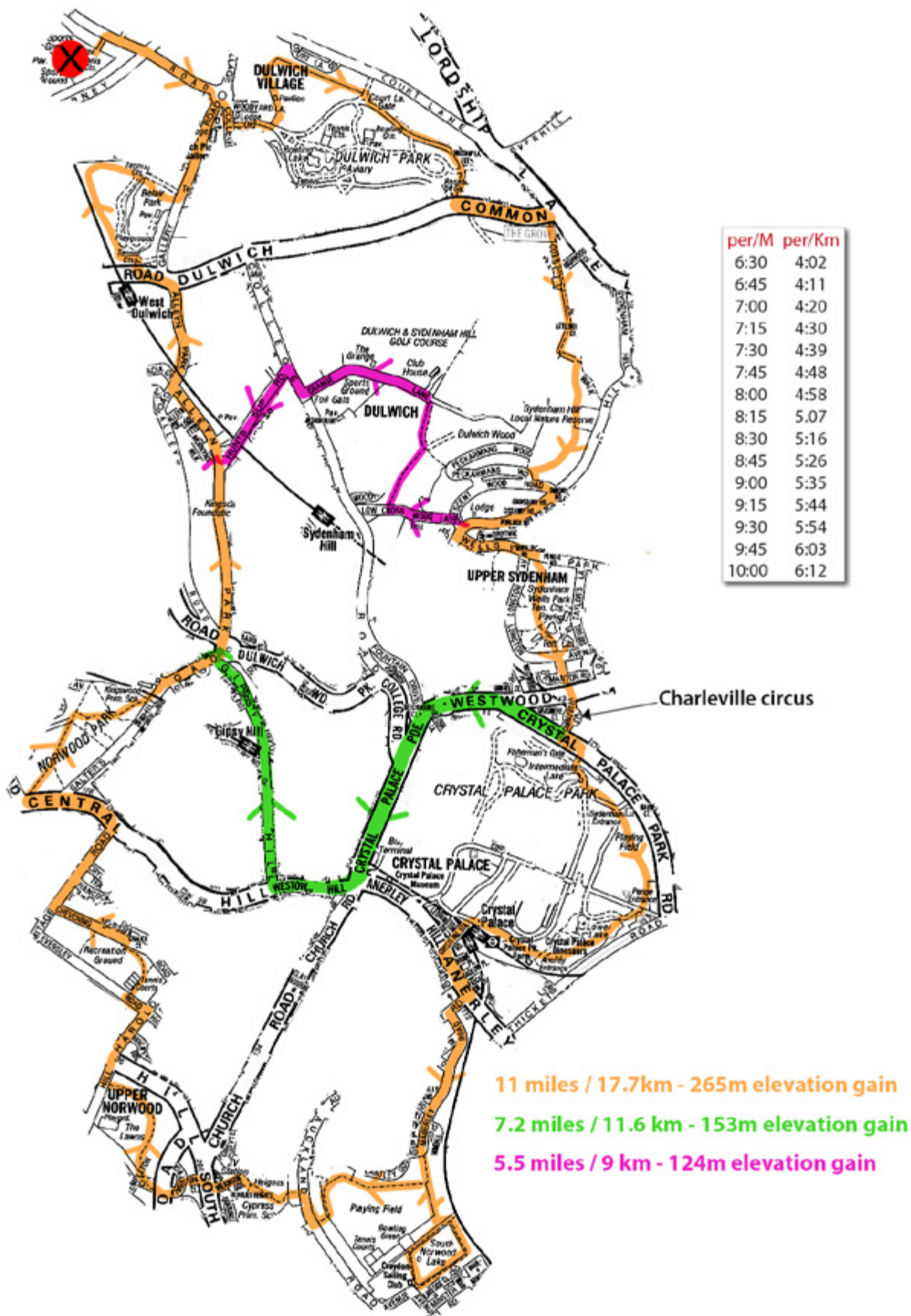


	FINISHERS BY TEAM	DULWICH RUNNERS MIDSUMMER RELAYS			27-Jun-18	1676M 1.04 MILES											CATEGORY
FINAL TEAM ORDER		STAGE 1			STAGE2				STAGE 3	FINAL TEAM ORDER						1,2,3	
TEAM	TEAM NAME	RUNNER	TIME	POSN	RUNNER	TIME CUM	POSN	RUNNER	TIME CUM	POSN	TEAM	TEAM NAME					
63	SE26.2 PROJECT	Peter Lighting	5:01	3	Lawrence Avery	5:03	10:04	Sean Fitzpatrick	5:01	15:05	1	63	SE26.2 PROJECT	1	MALE		
4	WAYNE UNITED	Ian Lilley	5:24	5	Charlie Lound	5:30	10:54	Wayne Lashley	5:03	15:57	2	4	WAYNE UNITED	2	MALE		
33	DULWICH RUNNERS 3	Fergus Power	5:26	7	Ed Harper	5:19	10:45	Joe Farrington-Douglas	5:29	16:14	3	33	DULWICH RUNNERS 3	3	MALE		
32	DULWICH RUNNERS 2	Ed Chuck	4:50	1	Christina Dimitrov	6:02	10:52	Tom South	5:25	16:17	4	32	DULWICH RUNNERS 2	1	MIXED		
74	PECKHAM RYE PARKRUN	Andy Bond	4:54	2	Hayley Seddon	5:55	10:49	Kevin Chadwick	5:36	16:25	5	74	PECKHAM RYE PARKRUN	2	MIXED		
22	LONDON CITY A C 2	Olliver Bellamy	5:16	4	Nick Androulidakis	5:55	11:11	Tommy Rushton	5:19	16:30	6	22	LONDON CITY A C 2				
35	DULWICH RUNNERS 5	Steve Rolfe	5:40	12	Rob Hollands	5:40	11:20	Joe Twomey	5:12	16:32	7	35	DULWICH RUNNERS 5				
68	GRANT KENNEDY	Grant Kennedy	5:49	15	Robbie Puddick	5:25	11:14	Rob Yates	5:31	16:45	8	68	GRANT KENNEDY				
34	DULWICH RUNNERS 4	Tony Tuohy	5:30	9	Andrea Pickup	6:11	11:41	Tony Tuohy	5:42	17:23	9	34	DULWICH RUNNERS 4				
31	EVERGREEN ELMS	Clare Elms	5:33	10	Lucy Elms	5:51	11:24	Chloe Green	6:00	17:24	10	31	EVERGREEN ELMS	1	FEMALE		
28	WINDRUSH MEN	Rhodri Harris	5:36	11	Andrew Bowmer	6:45	12:21	Hugh Stobart	5:08	17:29	11	28	WINDRUSH MEN				
55	RUNNING FAST AND SLOW	Jack Ramm	5:28	8	Tristan Kendrick	6:27	11:55	Jack Ramm	5:38	17:33	12	55	RUNNING FAST AND SLOW				
36	DULWICH RUNNERS 6	Tom Wilson	5:42	13	Ebe Prill	6:08	11:50	Justin Siderfin	5:45	17:35	13	36	DULWICH RUNNERS 6				
16	BRC NEWHUTCH	Tom Moseley	5:55	21	Joseph Newcombe	5:48	11:43	Josh Hutchings	5:54	17:37	14	16	BRC NEWHUTCH				
52	VELOCIMAX	Lin Skinner	6:15	35	Alex Singolden	6:01	12:16	Stewart Dabin	5:40	17:56	15	52	VELOCIMAX	3	MIXED		
10	KENT AC 12	Gary Boodhna	6:00	24	Alan Curtis	6:34	12:34	Matt David	5:26	18:00	16	10	KENT AC 12				
40	KENT AC 11	David Devlin	5:51	17	David Batten	6:47	12:38	Ellis Mizen	5:25	18:03	17	40	KENT AC 11				
77	EU SUPERSTARS	Helen Lister	6:34	47	Rebecca Schulleri	6:18	12:52	Des Crinion	5:14	18:06	18	77	EU SUPERSTARS				
1	BRC WILKLEY WILLIAMSON	Nolan Wilkens	6:19	38	Craig Williamson	5:59	12:18	Steve Daley	5:51	18:09	19	1	BRC WILKLEY WILLIAMSON				
66	MOTHERBOARD	Matthew Cooke	5:54	20	Ben Line	6:18	12:12	James Moss	6:00	18:12	20	66	MOTHERBOARD				
46	THE OSMONDS	Olly Osmond	5:56	22	Sam Osmond	6:48	12:44	Ellie Osmond	5:46	18:30	21	46	THE OSMONDS				
72	NATURAL ATHLETES	Haydn Griffiths	6:04	26	Conan D'Arcy	6:17	12:21	Andrew Bladon	6:12	18:33	22	72	NATURAL ATHLETES				
23	LONDON CITY A C 3	Audinga Andruskeviciute	6:18	37	Juliet Brun	6:25	12:43	Alan Venning	5:53	18:36	23	23	LONDON CITY A C 3				
6	THE RUNOUTS	Tom Shakhli	5:25	6	Jamie Edmondson	7:14	12:39	Sahil Dutta	5:58	18:37	24	6	THE RUNOUTS				
41	KENT AC 10	Paul Crompton	5:52	18	Eric Glover	7:07	12:59	Craig Phillips	5:40	18:39	25	41	KENT AC 10				
44	THE GIPSY HEELS	Adam Taylor	6:17	36	Jean-Philippe Bournas	6:14	12:31	Matt Brown	6:11	18:42	26	44	THE GIPSY HEELS				
25	LONDON CITY A C 5	Christina Pennock	5:53	19	Sandra Marie	6:40	12:33	Caoimhe Nic Fhogartaigh	6:10	18:43	27	25	LONDON CITY A C 5	2	FEMALE		
26	LONDON CITY A C 6	Martin Kelsen	6:23	42	Nick Sutcliffe	7:05	13:28	Nicholas Hinde	5:31	18:59	28	26	LONDON CITY A C 6				
75	TURNEY TERRIERS	Joe English	6:11	31	Amelia English	6:38	12:49	Louise Maignan	6:21	19:10	29	75	TURNEY TERRIERS				
15	BRC REGBORNE	Aurelia Osborne	6:50	54	Ed Osborne	5:58	12:48	Andy Regan	6:26	19:14	30	15	BRC REGBORNE				
5	SCRAMBLED LEGS	Ben Pritchard	6:09	30	Graham Pritchard	6:57	13:06	Mark Read	6:17	19:23	31	5	SCRAMBLED LEGS				
12	BEATLES BELLES	Michelle Lennon	6:33	46	Eleanor Simmons	6:18	12:51	Lucy Clapp	6:34	19:25	32	12	BEATLES BELLES	3	FEMALE		
64	PBwUK	Grzegorz Galezia	5:51	16	Marta Miasiewicz	6:26	12:17	Kamila Kropatwa	7:13	19:30	33	64	PBwUK				
3	TEAM CRC	Oli Perrins	6:07	29	Andrew Firth	6:20	12:27	Fiona Campbell	7:05	19:32	34	3	TEAM CRC				
2	S-FACTOR	Elena Oliphant	6:26	45	Toby Bond	6:28	12:54	Alex Bond	6:39	19:33	35	2	S-FACTOR				
49	NEW CITY CHASERS	Colin Frith	6:57	60	Matthew Hickson	7:22	14:19	Jonathan Whittaker	5:15	19:34	36	49	NEW CITY CHASERS				
17	BRC OLBAUGHMEW	Fay Robertson	6:21	40	Patrick Baughan	7:03	13:24	David Oliver	6:14	19:38	37	17	BRC OLBAUGHMEW				
42	SD2	Chris Moore	6:14	34	Les Cochrane	6:39	12:53	Michael de Guzman	6:47	19:40	38	42	SD2				
54	DWIAR IS SORRY	Alex Dwiar	6:59	62	M J G Jefferson	6:33	13:32	James Grisbrook	6:10	19:42	39	54	DWIAR IS SORRY				
62	JOE'S BOYS	Martin Double	7:11	66	Joe Brady	6:20	13:31	Hugh Balfour	6:11	19:42	40	62	JOE'S BOYS				
21	LONDON CITY A C 1	Anastasia Bligh	6:47	52	Kristina Moeller	6:22	13:09	Tara Gale	6:36	19:45	41	21	LONDON CITY A C 1				

73	FAMILY PICKERING	Adam Scorer	6:03	25		Sonny Pickering	6:12	12:15	15		Pearl Pickering	7:34	19:49	42	73	FAMILY PICKERING	
7	THE MAIGNAN SISTERS	Giles Byford	5:59	23		John English	6:33	12:32	23		John Smart	7:28	20:00	43	7	THE MAIGNAN SISTERS	
38	DULWICH HASBEENS	Mike Mann	6:40	50		Bob Bell	6:46	13:26	44		Steve Williams	6:35	20:01	44	38	DULWICH HASBEENS	
83	NO NO NO	Rory Webster	6:25	44		Richard Hayes	6:56	13:21	41		Holly Jones	6:43	20:04	45	83	NO NO NO	
71	TUC TUCS	Alex Collinson	6:51	55		Kate Bell	7:33	14:24	59		Tim Sharp	5:44	20:08	46	71	TUC TUCS	
86	PENGE CYCLE CLUB	Mark Breslin	6:05	27		Steph Williams	7:24	13:29	46		Scott Williams	6:40	20:09	47	86	PENGE CYCLE CLUB	
27	WINDRUSH WOMEN	Ellie Riley	6:24	43		Sarah Rouding	7:01	13:25	43		David Lee	6:46	20:11	48	27	WINDRUSH WOMEN	
8	THE RABANAL-HUNTS	Zac Rabanal-Hunt	6:06	28		Xavi Rabanal-Hunt	7:10	13:16	40		Matt Hunt	6:58	20:14	49	8	THE RABANAL-HUNTS	
84	SERPENTINE	Tom Panton	6:22	41		Karen Hancock	7:59	14:21	58		Damien Helleboid	6:02	20:23	50	84	SERPENTINE	
24	LONDON CITY A C 4	Kaleigh Jones	6:48	53		Lynda Cameron	6:57	13:45	51		Alice Aniello	6:49	20:34	51	24	LONDON CITY A C 4	
20	THE TROCADERO TRICKSTERS	Jim Phelan	7:14	68		Rosa Lumsden	7:23	14:37	62		Alex Loftus	5:59	20:36	52	20	THE TROCADERO TRICKSTERS	
11	BOBBLE	Emma Ibell	6:43	51		Abbie Bottle	8:12	14:55	66		Oliver Bottle	5:44	20:39	53	11	BOBBLE	
60	EVEN STEVENS	Ann-Marie Stevens	7:41	76		Alex Stevens	6:29	14:10	55		Joseph Oakley	6:42	20:52	54	60	EVEN STEVENS	
76	IGGY POPS	Jack Davidson	6:20	39		Rachel Lynn	7:29	13:49	52		Chris Dyke	7:18	21:07	55	76	IGGY POPS	
78	CAMBS OLD GRAMMARIANS	Pat Huggins	6:53	56		Guy Hallifax	7:51	14:44	64		Ieuan ap Rees	6:31	21:15	56	78	CAMBRIDGE OLD GRAMMARIANS	
43	SD1	Arec Kouridarjian	7:04	65		Nathan westgarth	5:57	13:01	37		Lech Lepkowski	8:21	21:22	57	43	SD1	
14	BRC CHINDS	Katie Calascione	6:58	61		Andy Hinds	7:50	14:48	65		Ben Calascione	6:39	21:27	58	14	BRC CHINDS	
79	MIDSUMMER NIGHT DREAMERS	Monica Fisk	6:54	57		Gaby Drinkwater	7:15	14:09	54		Mark Muffett	7:21	21:30	59	79	MIDSUMMER NIGHT DREAMERS	
45	LITTLE BLUE PILLS	Belinda Cottrill	6:37	49		Melissa Allwork	8:23	15:00	67		Lisa Rabanal	6:36	21:36	60	45	LITTLE BLUE PILLS	
37	DULWICH RUNNERS 7	Alice Williams	6:55	58		Teresa Northey	7:40	14:35	61		Colin Frith	7:03	21:38	61	37	DULWICH RUNNERS 7	
47	GILL JOHNSON	Ashleigh Johnson	6:13	33		Seamus	7:24	13:37	50		Mary Loftus	8:05	21:42	62	47	GILL JOHNSON	
18	BRC SELCOAK	Emma Coakley	7:43	77		Richard Selway	6:28	14:11	56		Georgina Selway	7:34	21:45	63	18	BRC SELCOAK	
69	RUN LIKE THE WINDED	Martin Cordiner	6:12	32		Emma Roberts	9:31	15:43	73		Peter Fisher	6:08	21:51	64	69	RUN LIKE THE WINDED	
9	BONBON YUM YUM	Eliette Daly-Gourdialsing	8:40	83		Adam Daly-Gourdialsing	6:31	15:11	69		Romain Daly-Gourdialsing	6:56	22:07	65	9	BONBON YUM YUM	
88	THE PANTHERS	Hugh French	6:56	59		Zamir Vilah	6:55	13:51	53		Raffi French	8:25	22:16	66	88	THE PANTHERS	
81	PECKHAM DOGS	Tom Ross	6:36	48		Claudia Carrington King	8:27	15:03	68		Jenny Ross	7:15	22:18	67	81	PECKHAM DOGS	
82	PECKHAM STROLLERS	Ross Rook	5:47	14		Alex Beeson	7:47	13:34	49		Tom Wallace	9:03	22:37	68	82	PECKHAM STROLLERS	
61	TUC CCD	Niamh Mhaoleoin	7:36	75		Scott Gilfilian	7:57	15:33	71		Anthony Hayes	7:08	22:41	69	61	TUC CCD	
70	TUC TUCS TOO	Kam Gill	07:00	63		Lianne Warnell	8:39	15:39	72		Kam Gill	7:06	22:45	70	70	TUC TUCS TOO	
67	DELIGHTED OF TUN WELLS	Suzannah Kinsella	7:02	64		Carol Tsang	7:41	14:43	63		Gemma Summer	8:09	22:52	71	67	DELIGHTED OF TUNBRIDGE WELLS	
48	PENGE-U-LEMS	Julie Letts	7:25	72		Chris Balmer	7:57	15:22	70		George Williams	7:32	22:54	72	48	PENGE-U-LEMS	
30	TEAM LA SANTA	Lindsey Annable	7:49	78		Paul Keating	8:07	15:56	75		Barrie John Nicholls	7:20	23:16	73	30	TEAM LA SANTA	
80	THE FAST AND THE SPURIOUS	Mel Taylor	8:27	82		Annalisa Camozzi	7:47	16:14	78		Vicky Gashe	7:07	23:21	74	80	THE FAST AND THE SPURIOUS	
19	THE THREE MUSKETEERS	Bruno Winter-Woodfield	7:32	74		Lucian Lumsden	8:28	16:00	77		Lawrie Greenwood	7:25	23:25	75	19	THE THREE MUSKETEERS	
87	JEAN'S DREAM TEAM	Jean Keen	MM:SS	81		Polly Walker	#VALUE!	MM:SS	74		Sarah Thorniley	#VALUE!	23:42	76	87	JEAN'S DREAM TEAM	
29	DULWICH RUNNERS 9	Sharon Erdman	8:08	80		Karina Burrowes	8:37	16:45	80		Claire Barnard	7:31	24:16	77	29	DULWICH RUNNERS 9	
51	HOT OFF THE INJURY BENCH	Jules Anderson	7:22	70		Lynne Drummond	9:51	17:13	83		Sue Corcoran	7:33	24:46	78	51	HOT OFF THE INJURY BENCH	
59	SATURDAY MORNING FEVER	Jane Boothroyd	7:50	79		Sue Learoyd	8:27	16:17	79		Fiona Judd	8:31	24:48	79	59	SATURDAY MORNING FEVER	
65	DOIN' IT RIGHT	Gayle Burgoyne	7:16	69		Lucy Carter	8:41	15:57	76		Ben Line	9:22	25:19	80	65	DOIN' IT RIGHT	
56	CRYSTAL PALACE TROOPERS	Emma Yee	8:43	85		Audrey Livingstone	8:40	17:23	85		Brigit Brown	7:59	25:22	81	56	CRYSTAL PALACE TROOPERS	
13	SHORT4 2LONG	Christina Marroni	7:12	67		Ollie Longworth	9:46	16:58	81		Lily Share	8:43	25:41	82	13	SHORT4 2LONG	
53	WALKER'S RUNNERS	Ruki Sidhwa	8:42	84		Karen Walker	10:28	19:10	87		Jane Ford	7:15	26:25	83	53	WALKER'S RUNNERS	
57	GOING SWIMMINGLY	Justine Pope	9:29	86		Sally Howard	9:10	18:39	86		Sara Dowling	8:36	27:15	84	57	GOING SWIMMINGLY	
39	WHERE'S THE PUB	Lara Mifsud-Bonici	7:24	71		Carol Hayes	9:36	17:00	82		Maria Heather	15:08	32:08	85	39	WHERE'S THE PUB	
58	NUOVI CORRIDORI	Sally Donaldson	10:26	88		Polly Twisk	11:40	22:06	83		Nicky Philpot	10:04	32:10	86	58	NUOVI CORRIDORI	
85	SCHOOL RUN	Olivia Del Carlo	7:29	73		Marco Del Carlo	7:02	14:31	60		85	No 3rd			85	SCHOOL RUN	



# Dulwich Runners Summer Map 1



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>