



SHORTS

Dulwich Runners AC

Weekly Newsletter

July 11th 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 11 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

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

Fri 13 Mark Hayes Memorial Mile - Dulwich Track

Everybody is encouraged to run and friends family & guests are also welcome

Dulwich College track, College Rd.

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

Tue 18 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 !
- 4 Assembly League - full details for tomorrow
- 6 Fixture list, 2018 Club Champs and all other races
- 7 Race report and times -
- 9 Parkrun times
- 10 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:



Bernie is opening the club house tonight

at 5.45pm for people who want to go for a run before the football starts.

Tom South will be leading an 8 mile run, if you plan to join please confirm on facebook, looking to get out at about 5.55pm

[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

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

A brief look ahead

July 13 Mark Hayes Memorial Mile - Dulwich College track

27 SOAR mile - club champs race - Stratford



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

volunteers may be needed 11/7

Joseph Brady 18/7

James Burrows 25/7

Lindsay annable 1/8

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>

SOCIAL SPOT

P
O
T

Upcoming events.

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 Alley's Head.

Look forward to seeing as many there as possible.
Thanks - **Matt Ladds**



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

LUCKY VEST

July winner - Ed Harper

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

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)

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

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



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

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	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 Beckenham parkrun (S)	Beckenham Place Park
	23 Southern 6/4/3 stage road relays	Crystal Palace Park
	30 Middlesex 10k (L)	Victoria Park, Hackney
Oct	13 Surrey League Xc Men	Richmond Park
Nov	10 Surrey League Xc Men	(tbc)
	24 (date tbc) South of Thames 5 mile (S)	(tbc)
Jan	12 Surrey League Xc Men	Mitcham Common
Feb	9 Surrey League Xc Men	Lloyd Park
2019		
Mar	10 Vitality Big Half (L)	London

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

Wed Jul 11 steady 50 mins
 Thur 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
 Tue Jul 17 Club speed session
 - Steve Smythe

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 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

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like 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

MARK HAYES MILE UPDATE

Today is your final chance to register for the Mark Hayes as we need to complete the seeding of races in advance. Can you please NOT wear your club vests as that will make life easier for those sorting out the finish.

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

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 - 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/>

Big Half - Club Champs 2019, 10 March

We don't normally select the programme of club champs races for the next year until late autumn, but this time it is necessary to make an exception. A number of members took part in this year's Big Half and it proved a popular race with good feedback. In view of this and because the Paddock Wood is often close to the London Marathon and is difficult to get to by train, we have chosen the Big Half on 10 March 2019 as our club champs half marathon. This is likely to fill up fast so it's best to enter as soon as possible. - *Mike Mann*
<https://www.thebighalf.co.uk/how-enter/>



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://willesdentriathlon.co.uk/events/>

Thanks - Des Crinion & Becca Schulleri

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 .Teams have to be mixed with at least one vet.
Ange Norris

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

Men Xc: mcmann90@yahoo.co.uk

Men road: ebepri11@yahoo.co.uk

Ladies: dulwichladiescaptain@gmail.com

Race Reports & Results

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

Reigate Priory Summer Evening 10k

Wednesday 4th July

Following my move out to Surrey earlier this year I haven't been able to run for the club as much, but I identified this local event a couple of months back and somehow persuaded Tim Bowen and Ian Lilley to venture outside the M25 on a Wednesday evening and suggested if we were

lucky we might win the team prize.



The race starts and finishes in Priory Park which many of you will know from both Surrey League and the Reigate Relay events. I was a bit late after a slightly fraught day, but still managed to make it with enough time for a leg stretcher warm up and a quick chit chat

with my 'teammates' in warm conditions. We did a quick analysis of the opposition and worked out quite quickly we were up against it, as Reigate Priory had five fast looking runners positioned at the front- and sure enough they took the team prize with us second. However individual glory was still possible for one of us.

The Dublin Dynamo went haring off with the lead group whilst Ian and I unconsciously ran together some way back. The course was pretty challenging, starting with about 200 metres inside the park, followed by a fast and

broadly downhill first mile. The course then became very undulating across scenic country lanes until the 7k mark where you are greeted with a very steep climb and decent taking you past 8k before reentering the park and finishing off road through the woods.

Definitely not a course for pbs.

Tim is not one for moaning about conditions though and by 2k he took the lead, and never looked like relinquishing it taking an impressive win in under 35 minutes, probably upsetting the locals. Myself and Ian remained together past the halfway mark and

I had visions of an eyeballs out epic sprint finish, but just passed 6k the rat eased into a decent lead, and maintained it well. I slowly closed the gap just before 9k, but he had another gear I didn't and he held me off with some ease in the end. We both finished just outside the top 10, and Ian was 1st V45 (no prize for it but he wanted me to mention it anyway)



We were told the victory presentation 'would be some time' so we had an impromptu beer in the park, before I had to depart and missed Tim's glorious prize giving. Just a trophy to take home apparently with no swag on offer, and he had to buy his own beer for the long return journey back.

Paul Devine

1	Tim Bowen	34:52
12	Ian Lilley	39:14
13	Paul Devine	39:27

South Of England Masters T&F Champs

24 June

Following a delay due to technical problems, full results are now available.

800m

Mike Mann 2:53.5 (2nd M65)

1500m

Ros Tabor 6:07.24 (1st W65)

Mike Mann 5:45.4 (3rd M65)

Vets Ac 5K Champs Battersea Park

10 July

This was my final road race in my current age category, under comfortable temperatures for once. I had a better race than in the 5 mile champs in June, finishing 5 secs down on my time achieved in last month's Assembly League.

Mike Mann 21:23

ASSEMBLY LEAGUE 5.8km, Tottenham Marshes

July 5

Steve Smythe reports I have been doing Assembly Leagues since the very first year they happened in 1976. My first one in my last year at school was close to home in Blackheath but this year saw a new one much further afield at Tottenham marshes. Though rather out of the way, potentially there is a good course being flat and traffic-free there but plans for a two-lap course were shelved and the course was seemingly an unnecessary four laps and a bit.

Luckily less than half of those who ran at Battersea turned up – a mixture of its position and other events happening (and it was a very hot and humid night) as there was quite a bit of lapping on some very narrow sections and the start was far too narrow with bottlenecks and not well thought out but would have been much worse with more than 200 runners. A few runners went off course and the so called advertised 5k was nearer 5.8km and unsure whether this course will be repeated though I think most enjoyed the new surroundings.

Dulwich were missing a lot of our regular league runners but so was everyone else and we did slightly better than normal.

Ed Chuck had his highest ever league position of fourth but admitted he went too fast and he was closed down at the end by another great run by Andy Bond, who was the first vet and fifth overall.

Steve Davies is still not back at his pre Marathon best but had a solid run and he was pushed by Tom having probably his best league run yet to ensure we finished a fine third on the night.

Jonathan Whittaker continued his good form to lead home the B team while Des Crinion again went well and was not too far back.

Clare Elms was in theory trying to save herself for the weekend but started too fast and suffered in the heat but was still a clear third (second in the league as a guest was ahead) and goes ahead in the overall league if she can run the remaining two fixtures.

James Burrows was another who found the second half tough and he was closed down by a strong run from Marta Niaskiewicz who powered her way through to fifth woman. The lack of quality male runners was well illustrated by Steve Smythe scoring for the first time in a very long time – completing the B team with a poor run, not using his 42 years of league experience by starting

too fast in the conditions and losing out on first M60 in the last mile.

The B team could only finish fourth.

Tom Wilson, Grant Kennedy and Ross Rook also struggled in the heat and humidity and were followed in by Helen Lister who did well to make the top 10 as she is another not yet back in her winter form.

Completing the A team with an excellent run – her best yet? – was Lucy Pickering in 14th and that put her second W50 on the night to Clare and saw us finish a fine second to Kent. Close behind was the third W50 overall Michelle Lennon, who did not quite match her recent best form.

Anna Thomas and Lucy Clapp both had good runs and then there was a gap to a strong finish from an improving Eleanor Simmons and meant we had 8 of the first 21 women and this strong packing meant we won the women's B team on the night.

Mike Mann was close behind Eleanor and was second M65 in one of his last races in the age group, before moving to M70 this week.

Alex Bazin, in a rare league appearance, had a steady run and was followed in by Joseph Brady.

Then there was a gap to a solid run from Ros, who was obviously first W65 but also ahead of the W55s and W60s.

Andy followed and then a good run from Jo Shelton-Pereda. Barry pulled out before the finish.

4 Ed Chuck SM 18:48 M/4
5 Andy Bond M40 18:50 M/5, M40/1
22 Steve Davies M45 20:09 M45/3
24 Tom South M40 20:18 M40/3
32/31M Jonathan Whittaker SM 20:54
39/37M Des Crinion SM 21:08
2W/46 Clare Elms W50 21:51 W/2, W50/1
59/54M James Burrows SM 22:44
5W/60 Marta Niaskiewicz SW 22:45 W/5
69/62M Steve Smythe M60 23:05 M60/2
74/66M Tom Wilson M40 23:14
76/68M Grant Kennedy SM 23:19
81/73M Ross Rook SM 23:25
86/78M Ebe Prill M55 23:35 M55/1
10W/93 Helen Lister SW 24:32 W/10
14W/109 Lucy Pickering W50 25:17 W/14, W50/2
15W/111 Michelle Lennon W50 25:24 W/15, W50/3
17W/115 Anna Thomas W35 25:33 W35/4
20W/119 Lucy Clapp W50 25:51 W50/4
22W/122 Eleanor Simmons W40 26:27 W40/5
124/100M Mike Mann M65 26:29 M65/2
133/105M Alex Bazin SM 27:00
137/107M Joseph Brady M50 27:19
32W/144 Ros Tabor W65 28:00 W65/1

154/116M Andy Murray M65 29:06 M65/3
39W/158 Jo Shelton-Pereda W40 30:33 W40/8
184 finished

Men TEAM: 1 Kent 28; 2 VPHTH 39; **3 Dulw 55**; 4 Eton M 73; 5 Serp 87; 6 Stock E 138; 7 Lond U 181; 8 Ravens 186; 9 Beck 305; 10 Lloyds 310; 11 Camb H 362; 12 Petts W 365; 13 Dartf 392

B TEAM: 1 VPHTH 95; 2 Kent 131; 3 Eton M 169; **4 Dulw 184**; 5 Serp 380; 6 Lon U 461; 7 Stock E 462; 8 Ravens 477

Women TEAM: 1 Kent 14; **2 Dulw 31**; 3 VPHTH 45; 4 Eton M 86; 5 Serp 144; 6 Lloyds 161; 7 Beck 181

B TEAM: **1 Dulw 74**; 2 VPHTH 102; 3 Kent 115; 4 Eton M 146

All-time league winners

No Dulwich man has ever won a league race but 4 Dulwich Runner women feature in the all-time top 6 for league victories.

1 Clare Elms (Dulw) 26
2 Amy Clement (Kent) 19
3 Meredith Pannett (Dulw) 18
4 Mary Loftus (Dulw) 12
Eq 5 Andrea Pickup (Dulw) 6
Eq 5 Laura Bromilow (VPHTH) 6

Current standings – team and individual next week

“Finsbury Park 5000s” Finsbury Park Athletics Track

5th July 2018

15 Paul Collyer 18:25:29

Crystal Palace Canter

3rd July 2018

This ever popular (more welcome) lunch time run only had one DR in the field this month although Claire Steward, suffering a bad knee, came along to support. There will be no run in August and Septembers race will be on the 11th. After that it will be back to the first Tuesday in the month.

1 Bob Bell 22:36 (2nd age graded)
9 ran

Chase the Sun 10k Clapham Common

4th July

Belinda went even a bit quicker than her run at Herne Bay four days before. The announcer had her as 3rd female although on the official results she was fourth. Maybe somebody ran with another's number? Didn't matter as there wasn't a prize for 3rd. Also had her as a V75 which would have been a bit of a record! - **Bob Bell**

25 Belinda Cottrill 43:04 (chip) 43:14 (gun)
348 ran

UK Women's League Premiership Grangemouth, Scotland

July 7

For the first time Clare and Lucy were selected together for Britain's premier league division for Britain's top eight clubs and probably not too often the mother and daughter are the A and B team in the same event. Lucy was first in action and with a good bit of pacing set a PB 800m of 2:25.63 in finishing fifth.

Shortly after Lucy was back in action in the 3000m to assist Blackheath in the points along with Mum who was the A string. In very hot conditions, Clare ran well after her Thursday race but was unlucky with the high standard and finished sixth despite a fast 10:20 time. Further back, Lucy was averaging six minute miling despite her previous race and she set her second PB.

Clare had a short recovery before her second race and was not looking forward to it in the heat and after two previous races in past 48 hours but it went very well and she was only a second down on her best this year and got good points as the B runner. Blackheath, who paid for Clare and Lucy to go to Scotland and stay for 2 nights, finished fourth on the day and lie third of the eight teams after two league fixtures.

Steve Smythe

800 B: 5th Lucy Elms 2:25.63 (PB)
3000 A: 6th Clare Elms 10:20.61
3000 B: 6th Lucy Elms 11:15.31 (PB)
1500 B: 4th Clare Elms 4:54.07



Beckenham Place

167 Ran

Pos	Gen		
5	5	Alastair Locke	19:08
21	2	Helen Lister	21:02
107	26	Claire Barnard	27:50

Bexley

438 Ran

Pos	Gen		
4	4	Michael Fullilove	20:24

Brockwell

303 Ran

Pos	Gen		
29	27	Mark Foster	20:30
42	3	Lucy Pickering	21:26
50	6	Laura Vincent	21:53
56	50	Cameron Timmis	22:12
69	9	Lucy Clapp	22:42
79	12	Katie Styles	23:11
125	102	Alex Haylett	25:27
183	136	Rafe Collier	27:35
212	150	Lloyd Collier	29:09
213	63	Rhoda Collier	29:10
237	162	Desmond Edwards	29:59

Bromley

668 Ran

Pos	Gen		
75	71	Colin Frith	21:47

Burgess

340 Ran

Pos	Gen		
340	122	Susan Vernon	52:51

Cannon Hill , Birmingham

626 Ran

Pos	Gen		
101	6	Susan Cooper	23:01

Clacton Seafront

152 Ran

Pos	Gen		
2	2	Rob Hollands	18:43

Clapham Common

440 Ran

Pos	Gen		
24	23	Tom Wilson	19:45

Crystal Palace

259 Ran

Pos	Gen		
10	10	Michael Williams	19:55
46	43	Bob Bell	22:45
72	6	Eleanor Simmons	24:00
120	105	Ameet Patel	26:41
130	20	Belinda Cottrill	27:03

Dulwich

300 Ran

Pos	Gen		
7	7	Daniel Mann	17:02
66	60	Olivier Montfort	22:00
84	76	Graham Laylee	22:39
185	36	Colleen Williams	27:19
300	101	Claire Steward	52:18

Fælledparken

78 Ran

Pos	Gen		
34	30	Michael Dodds	23:56

Highbury Fields

319 Ran

Pos	Gen		
10	10	Paul Collyer	19:14

Hilly Fields

282 Ran

Pos	Gen		
1	1	Andy Bond	17:13
2	2	Stephen Davies	18:36

Lullingstone

60 Ran

Pos	Gen		
60	26	Tereza Francova	43:12

Peckham Rye

234 Ran

Pos	Gen		
2	2	Charles Lound	18:05
13	13	Edward Simmons	19:39
26	26	Ebe Prill	20:23
32	32	Dan Hill	20:57
46	45	Grant Kennedy	22:15
49	2	Michelle Lennon	22:20
56	52	Alex Bazin	23:06
148	44	Karina Burrowes	28:40

Riddlesdown

210 Ran

Pos	Gen		
1	1	Dylan Wymer 2nd claim	16:28
22	2	Ange Norris	22:05

South Norwood

126 Ran

Pos	Gen		
4	4	Jonathan Whittaker	18:57

Sewerby

214 Ran

Pos	Gen		
94	70	Paul Hilton	29:13

Southwark

318 Ran

Pos	Gen		
197	147	Paul Keating	27:37

Tooting Common

450 Ran

Pos	Gen		
152	137	Ian Sesnan	24:47

Warszawa-Praga

87 Ran

Pos	Gen		
32	3	Jenny Ross	23:52

Wimbledon Common

434 Ran

Pos	Gen		
119	104	Barrie John Nicholls	24:10
130	19	Lindsey Annable	24:33

New members especially, and others....

For your results to appear here you need to update your parkrun profile to show you are a current member of Dulwich Runners AC. or send them in.

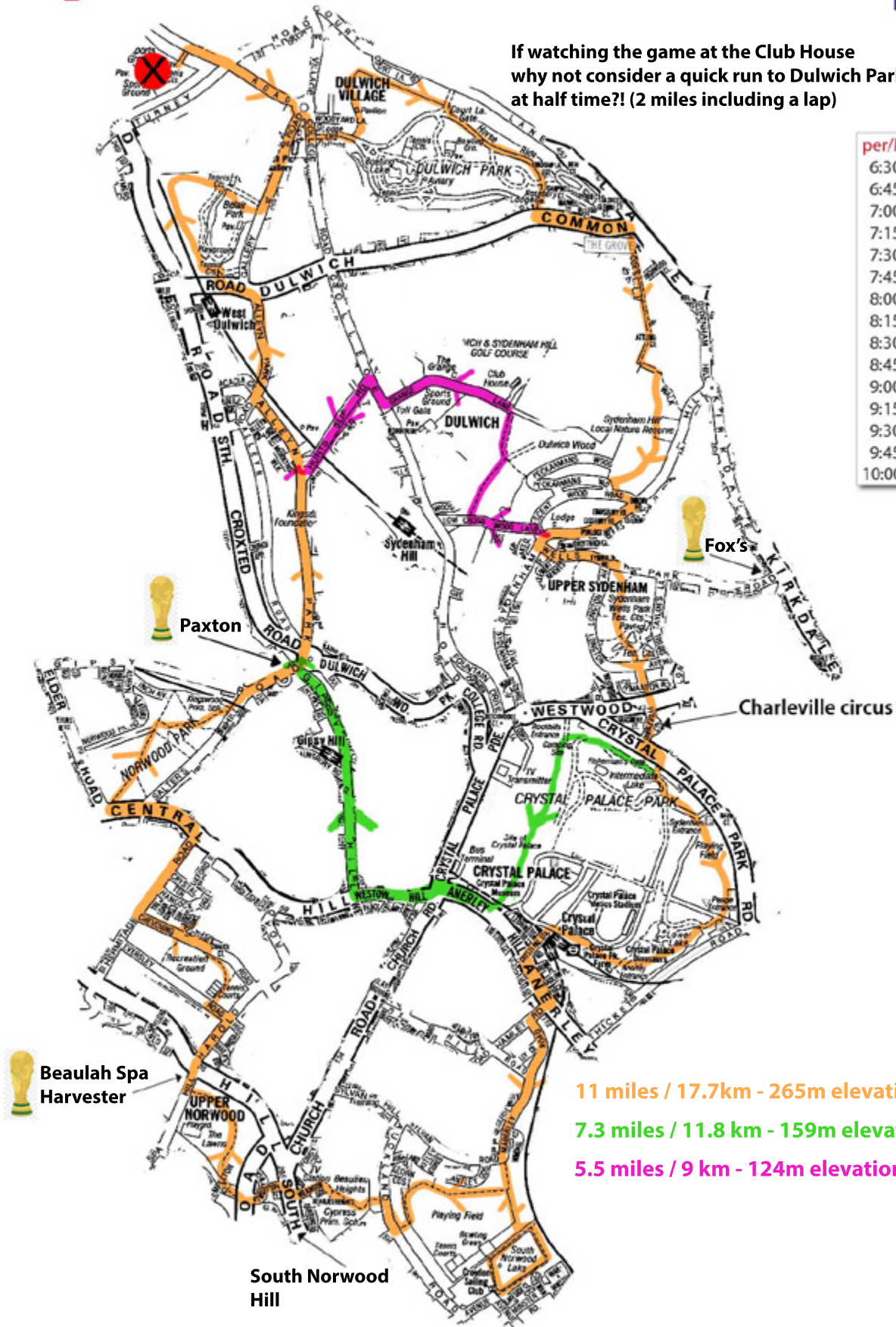


Dulwich Runners Summer Map 1



If watching the game at the Club House why not consider a quick run to Dulwich Park at half time?! (2 miles including a lap)

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12



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>