



SHORTS

Dulwich Runners AC

Weekly Newsletter

July 18th 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 18 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

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

Dulwich College track, College Rd.

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

Tue 24 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 !
- 6 Fixture list, 2018 Club Champs and all other races
- 7 Race report and times -
- 9 Parkrun times
- 10 Wednesday map + Strava links

And much more !

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

our website: www.dulwichrunners.org.uk

Connect with us:



Like us on Facebook @dulwichrunners

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

A brief look ahead

July 27 SOAR mile - club champs race - Stratford

Aug 02 Assembly League - Victoria Park, Hackney

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.

Several people did not sign the register or pay for their run/ shower last week !!!

Ros

Thank you everyone who donated to the collection at the Mark Hayes Mile race.

We raised £170 for Mark's family - Karine, Josephine, Fleur and Celeste.

Ros

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

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 Ange Norris and Dylan Wymer 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

Joseph Brady

James Burrows

Lindsay Annable

18/7

25/7

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

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
Bufs/snoods	£6 each

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



SHORTS!

DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or slightly longer- Both styles are a bargain £15.



Socks only £5



Bufs/snoods - only £6

HOODIES...

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros



Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

Club Championship 2018

The club championship in 2018 consists of 9 races at various distances during the year at which members are encouraged to take part, to maximise competition and team spirit amongst all abilities. The full rules for 2018 will be on the club website shortly.

A series of club medals is awarded for each event:

Overall age-graded, 1-3m, 1-3w, 1m&w40, 1m&w50, 1m&w60, next best m&w age graded, captains' award

Also there are age group points competitions for the year – medals for top 3 in each category

- **5 events must be completed** including at least one long and one short, best 5 scores for the year to count;
- **Age groups** -senior men, women plus 40's, 50's, 60+'s age groups for each
- 50 points for 1st in age group in each race, 49 for 2nd etc. Plus one point per event completed.

Plus an overall age graded competition for the year -medals for top 3, plus for 5 events completed

- uses World Masters Athletics tables for men and women at each age – score is basically world best time for sex/age as a percentage of runner's time; then this %age x 1000.
- **5 events must be completed** including at least one long and one short, best 5 scores for the year to count;

Fixtures (make sure you enter in good time - see event websites for 1 mile and long events)

Short

3 Feb Dulwich Parkrun 5k (71 DR's ran)
7 Jun Battersea Park Assembly League 5k
27 Jul SOAR 1 Mile London Stadium, Stratford
15 Sep tbc Beckenham Place Parkrun 5k
24 Nov Beckenham Place S of Thames XC 5m

Long

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



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	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	South of Thames 5 mile XC (S) (inc. club champs 5M)	(tbc)
Dec	15	South of Thames 7 mile XC	Beckenham Place Park
Jan	12	Surrey League Xc Men	Mitcham Common
Feb	9	Surrey League Xc Men	Lloyd Park
2019			
Mar	10	Vitality Big Half (L)	London

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 Schuller, 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

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

Sri Chimnoy - Mon. 30th July 3 x 1 mile relays

start at 7pm

<https://uk.srichinmoyraces.org/races/london>

London Sri Chinmoy Races - Sri Chinmoy Marathon Team
uk.srichinmoyraces.org

At the moment, we have three teams lined up for this event, (team one - Lewis Laylee, Wayne Lashley and Tim Bowen, Team 2, Tom South, Des Crinion and Steve Rolfe, team 3 Christina Dimontrov, Roz Johnson and Lucy Clapp). It works out at £4 per person to enter, if you would like to run, please contact Tom South, who is organising teams.
thomas_south@hotmail.com

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.

Wasdale Horseshoe Fell Race 21.7 miles 8540ft ascent

Saturday 14 July

"You can't call yourself a real fell runner until you have done Wasdale."

That was the challenge thrown out to me 10 years ago by my friend Rick from Tring AC. So now I was standing in a field with 140 others facing the moment of truth that is the Wasdale Horseshoe Fell Race. Many regard it as the toughest race in



Descending from the summit of Scafell Pike. Great Gable is the mountain on the left.

the calendar. Not only is it long, but it also has a prodigious amount of ascent, much of it very steep and rocky. It also has some very tough cut-off times, particularly CP4 on Great Gable. In 2017 nearly 20% of the field were dnf, mainly through missing the cut-offs.

So it was with some trepidation that I lined up at the start, and listened to the race organiser's encouraging words about heat stroke, exhaustion and lack of water on the fell: "Stop before you collapse. The Mountain Rescue have already carried two people off the fells with heat stroke this summer". In the event, the first half was cloudy and there was a cool breeze when the sun came out. I even managed to refill my water bottle four times.

Wasdale lets you in gently. The first climb up Illgill Head and along to CP1 at Whin Rigg is easy running on grass. I started slowly, conscious there was a long way to go, and arrived at CP1 bang on my target time of 50 minutes. From Whin Rigg there is a very steep descent back down to the valley at the west end of Wastwater. My lack of practice in descending meant I found this hard and several runners came past me.

Once back in the dale, there was a pleasant mile and a half on flagged paths through the fields to Greendale, home of the great Joss Naylor, who was there to cheer us on. The lad I was running with commented that it wasn't everyday that you get cheered by a fell-running legend!

Our next objective was a 2000 ft climb up Seatallan: a large grassy whaleback of a mountain, covered in cloud which made it pleasantly cool for us but freezing for the marshals. Descending off Seatallan we came to the Pots of Ashness, a notorious bog, but this year mercifully unboggy. From here the course began to bear its teeth. A log traverse on a narrow

trod led to a steep climb up to the col between Red Pike and Scoat Fell. From there it was rocks all the way over Black Crag to CP3 on the summit of Pillar. So far so good. I was well ahead of the cut-off times and the legs were holding up ok. The descent off Pillar was probably the trickiest of the day and I found a pretty poor line, finishing up on a rocky section of the main path. But once down to the Black Sail Pass we had to traverse round the north side of Kirk Fell on a narrow indistinct path, which led us to Great Gable.

For many lovers of the Lake District Gable is a great favourite, but if you are trying to race up it, it is absolute murder: an unremitting 1400 ft, starting on grass

but soon graduating to scree, boulders and crags, all of it ridiculously steep. This was undoubtedly the hardest part of the race, and it was with huge relief when the summit came into view. Having got there in 4.13, I was well within the dreaded 4.30 cut-off.

I had not been looking forward to the steep descent off Gable to Sty Head, but in the event, much of it was runnable scree, so I made good time to the bottom, where I could savour some news, both good and bad. The good news was that there was only one mountain left to climb. The bad news was that it was Scafell Pike, the highest and rockiest mountain in England!

After a fairly easy climb up to CP5 at Esk Hause, we faced the final push to the summit. Astonishingly, I seemed to be getting stronger as the race went on and managed to run on two or three of the more gentle grassy parts. I was also starting to overtake other runners, gaining 7 or 8 places during the last third of the race, and being free from cramp which has been a big problem in the past. But the last half mile to the highest point in England is a continuous sea of jumbled boulders, which doesn't make for easy running! I finally got there in 5.36, and realised my vague hopes of a sub-6 hour time were gone, but at least it was downhill from now on – for 3000ft!

The first part of the descent was on the stony tourist path, where among other hazards there were tourists to avoid. Once off that there was a glorious mile of gently descending grass trod round Lingmell. It was amazing that after nearly 6 hours I still had the legs to speed up and run at a decent pace rather than a pathetic hobble. However pride comes before a fall, and just when I thought all was going well I tripped on a small rock and crashed to the ground. It wouldn't have mattered except my left foot hit my right calf which promptly cramped up. However, a quick stretch and some iBuleve gel and I was able to run it off.

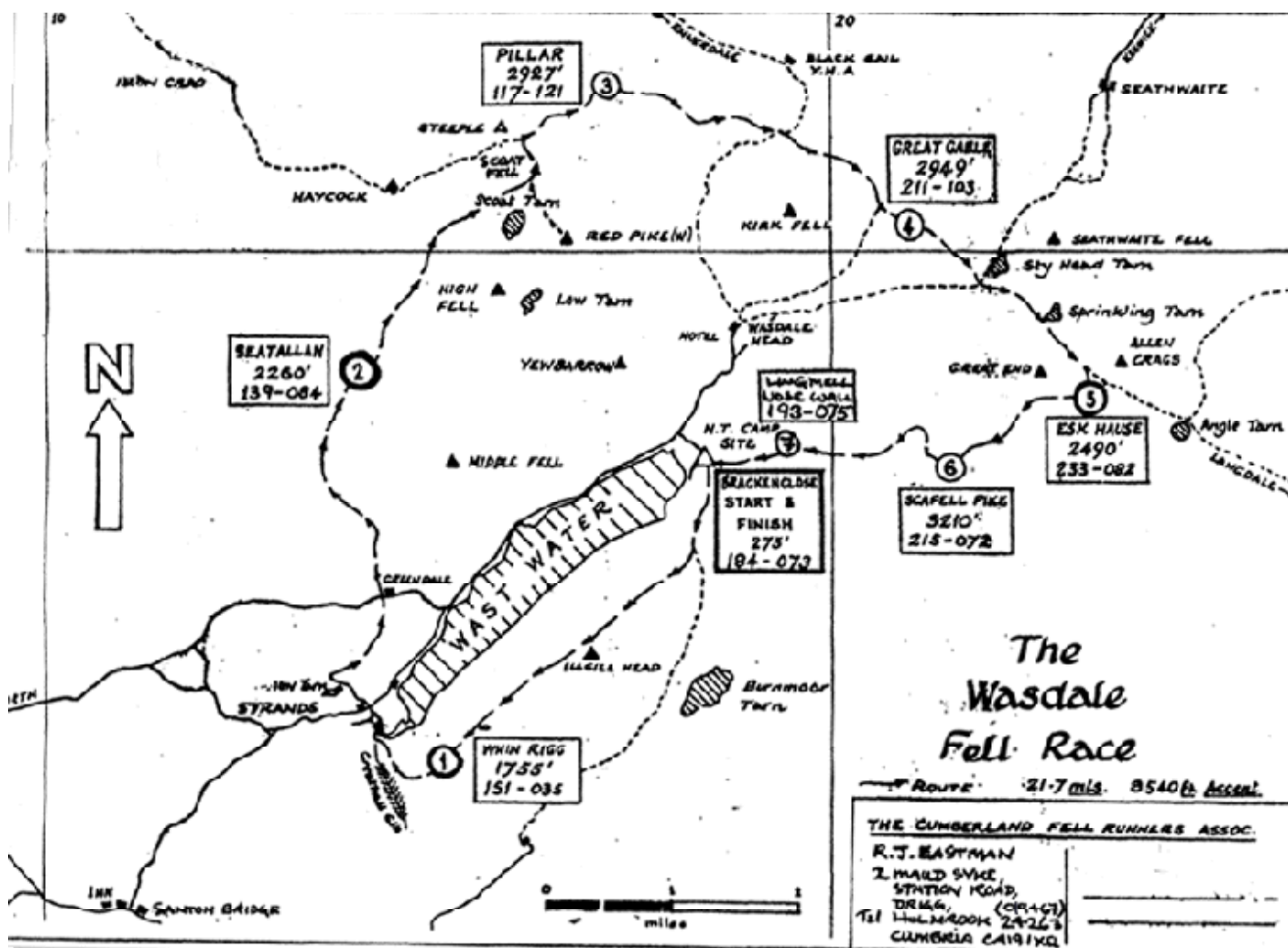
The final challenge came immediately after that in the form of a brutal 1000 ft descent down the "nose" of Lingmell. At

the bottom a lad from Barlic AC whom I had run with for most of the race caught me up, but by then I hadn't the legs for a sprint finish.

All in all an amazing race. I may have been 53 minutes behind the winning M60, but I am now a real fell runner!!

Winning time 3.59.55 (record time 3.25.51)

Hugh Balfour 6.09.35 (3M60)



Sri Chimnoy 5K

16 July

With this series of races in Battersea Park restarting after a short break, I decided to give this a go on the date of reaching a new age category. The weather was very similar to my previous race there, around 28 degrees and on the humid side. But maybe I'm getting more used to the heat now as I nibbled a couple of seconds off my season's best and set a new M70 course record by just over a minute. It's possible the heat was a factor as both Lloyd Collier and myself slowed in the final 2k, with Lloyd down on his excellent time of 17:11 achieved a month earlier. After injuries earlier in the year, Ola is returning to form in training and on the track, but this was her first road race for some months, and she felt she was a little rusty. Nevertheless she finished first W50. - *Mike Mann*

Lloyd Collier	17:38
Mike Mann	21:16 (1st M70)
Ola Balme	22:30 (1st W50)

Seven Oaks 7 mile

15/07/18

This is always a very challenging course and this year it was even hotter than normal. It was good to see fellow Dulwich Runner there Toby De Belder supported by his family. I was pleased, especially in the heat, to come in 6 minutes quicker than last year.

Winner	41.44
First Female	50.31
39 Toby De Belder	52.44
60 Colin Frith	57.29 (2nd Mv60)
Finishers	241

Mark Hayes Mile

A very special thank you to all those that helped to organise and marshal a very well organised and enjoyable event - including the beers afterwards! - *Colin Frith*

Mark Hayes Memorial Mile Dulwich College

Friday 13th July

No Friday the 13th heebie jeebies for us; just a hot summer night and forty-odd Dulwich Runners gathered for our annual celebratory mile races in memory of erstwhile club mile champion Mark Hayes, and as always his family were in attendance to take part too. The old 300m college track is a bit worse for wear these days but despite this some excellent PB-level runs were had, and those runners should expect good improvements if they run the club championship Soar Mile in a couple of weeks.

Race 1

The first race saw Alex and Colin locked together until the last lap when Colin couldn't hold on any longer as Alex pulled away to win. Barrie didn't run to last year's form but Andy, Jo and Lindsey were near enough.

1 Alex Bazin	6:26.2
2 Colin Frith	6:31.3
3 Jules Anderson (gst)	6:44.3
4 Andy Murray	6:53.9
5 Jo Shelton Pereda	7:01.4
6 Barrie John Nicholls	7:16.4
7 Lindsey Annable	7:18.9
8 Fleur Brissy-Hayes	7:35.5
9 Karine Brissy-Hayes	7:36.3
10 Celeste Brissy-Hayes	7:58.0
11 Karine Burrowes	8:00.0
12 Florence Vernon	8:33.6
2 laps	
Lucy Wilson	3:45
Hattie Hollands	4:54

Race 2

In true Diamond League fashion the second race had its very own pacemaker as Ebe set sail on schedule for a six minute mile. Mike Fullilove followed this easily enough and came through strongly for a better than expected time. Perhaps the pick of the race was Eleanor, sticking to Ebe like glue for her best run on the slow college track, but just a few tenths short

of last year's late season PB. Michelle also made good use of the pace to record yet another PB-level run. Mike Mann and Lucy Clapp matched their recent 1500m form, either side of an excellent run from Belinda at the unfamiliar distance (with Dad Bob showing good form too), while Anna and Yvette notably posted best-ever times, hopefully to be repeated at the club championship Soar Mile for official PBs.

1 Mike Fullilove	5:53.9
2 Ebe Prill	6:01.2
3 Eleanor Simmons	6:01.5
4 Michelle Lennon	6:05.0
5 Mike Mann	6:09.9
6 Belinda Cottrill	6:10.8
7 Lucy Clapp	6:11.0
8 Anna Thomas	6:13.2
9 Yvette Dore	6:16.8
10 Matt Ladds	6:20.0
11 Bob Bell	6:25.5
12 Ros Tabor	6:35.0
13 Graham Laylee	6:55.8

Race 3

After a slow first half (for her) Lucy took the lead and turned the screw, building a sizeable lead and appeared to be heading for an easy win. Justin can't have trusted his fitness early on because once he stirred himself for a last lap effort he ended up catching Lucy and the onlookers enjoyed an elbow-to-elbow battle up the finishing straight, just edged by Justin while Lucy was easily overall fastest woman of the day. Christina was another excellent improver and should look forward to even better on a standard track while Kim did really well to break six on her current fitness. Coach Steve lamented that his time was slower than the average pace for his best marathons - apparently the speed shown at the 1972 Lewisham Schools 800m Championship was not in evidence.

1 Justin Siderfin	5:27.1 (2:49, 2:38)
2 Lucy Elms	5:27.3 (2:48, 2:39) FASTEST WOMAN
3 Matt Cooke	5:36.4 (2:47, 2:49)
4 Grzegorz Galezia	5:41.0 (3:00, 2:41)
5 Christina Dimitrov	5:45.8 (2:54, 2:52)
6 Steve Smythe	5:53.8 (3:02, 2:52)
7 Austin Laylee	5:55.2 (3:02, 2:53)
8 Kim Hainsworth	5:56.9 (3:02, 2:55)
9 Austin Vernon	6:19.3 (3:13, 3:06)

Race 4

The fastest race effectively became two races with the leading four detaching themselves from us mortals by the time the first straight was run. Lewis front-ran to a straightforward win but Wayne was up for the challenge and was the only one to accompany Lewis through halfway. Unfortunately for Wayne though, the wheels came off heading into the finale and the more conservative-starting Tim and Andy both caught him with negative splitting runs, Tim's second half notably equal to short-distance specialist Lewis.

Meanwhile division 2 were sorting themselves out a bit further back with a bit of jostling for a lap or two before Ian led through halfway closely tracked by Jack and yours truly. Just for once I was enjoying the race and not hanging on for dear life (my recent default setting) and actually plotting where to put in my devastating finish (I know, poetic licence, whatever). Up the finish straight towards the bell the screaming hordes of adoring fans (!) got the better of me and I belted past Ian with Jack in close company. We couldn't be separated right until the finishing straight when my legs threw in the towel and completely shut down, conceding three seconds in just 75 metres. Final thought to self? 'Stupid bugger, went too early again'. Following on, Rob, Joe and Tom all put in good quality well-paced runs at an unfamiliar distance, while Jo Brady was too late for an earlier race but just about made the startline for this one and still put in plenty of effort.

Tiny Tuohy

1 Lewis Laylee	4:37.7 (2:21/2:17)
FASTEST MAN	
2 Tim Bowen	4:41.7 (2:25/2:17)
3 Andy Bond	4:43.9 (2:25/2:19)
4 Wayne Lashley	4:48.7 (2:21/2:28)
5 Jack Ramm	5:06.0 (2:35, 2:31)
6 Tony Tuohy	5:09.0 (2:35, 2:34)
7 Ian Lilley	5:12.9 (2:35, 2:38)
8 Rob Hollands	5:16.9 (2:40, 2:37)
9 Joe Farrington Douglas	5:23.2 (2:40, 2:43)
10 Tom Wilson	5:29.8 (2:45, 2:45)
11 Joseph Brady	6:50.0 (3:21, 3:29)

Asics British 10k

Sunday 15th July

Two Dulwich Runners lined up for this 10km race, Andy Bond and Tom South. The course would start by Wellington Arch and take in Piccadilly Circus, Regent Street, Leicester Square, out towards Temple, along the Embankment, crossing over Westminster Bridge twice, going past the House of Parliament before finishing on Whitehall. A tough little undulating course, was made tougher by 7 hairpin turns and extremely warm weather.

Andy, who ran this race this race last year, was aiming to run it faster, while I was targeting a sub 36 minute run. Thankfully

we were both near the front and managed to get across the start line within two seconds of the gun going, so were both able to get into our running quickly, with a field of 10,000 entrants.

Andy ran a brilliant, well paced run, to smash his pb by 30 seconds to finish in a time of 33.45, which was a minute faster than his time here from last year. Since he has upped his training, his times have dropped to show how much of a talented runner he is.

For myself, I struggled with the heat in the last 2km, but was well chuffed with my time of 35:50, knocking 23 seconds from my previous 'new' pb, set back in May this year.

Tom South

26 Andy Bond	33:45 PB 1stV40
52 Tom South	35:50 PB 4thV40



Ally Pally

237 Ran			
Pos	Gen		
7	7	Paul Collyer	19:48

Banstead Woods

204 Ran			
Pos	Gen		
2	2	Tony Tuohy	18:50

Brockwell

326 Ran			
Pos	Gen		
29	29	Edward Simmons	20:09
34	33	Mark Foster	20:46
58	3	Lucy Clapp	22:14
80	73	Graham Laylee	22:58
94	9	Teresa Northey	23:42
102	91	Michael Dodds	23:55
118	17	Clare Wyngard	24:38
213	60	Sharon Erdman	28:13
241	165	Desmond Edwards	29:23

Bromley

631 Ran			
Pos	Gen		
48	4	Kim Hainsworth	20:49
304	234	Chris Goodman	27:41

Burgess

349 Ran			
Pos	Gen		
5	5	Rob Hollands	18:13
348	118	Susan Vernon	51:48

Bury St Edmunds

243 Ran			
Pos	Gen		
5	5	Justin Siderfin	19:16

Catford

150 Ran			
Pos	Gen		
33	31	Andy Murray	24:17

Clapham Common

375 Ran			
Pos	Gen		
1	1	Joe Toomey	17:30
152	132	Ian Sesnan	24:48

Crystal Palace

337 Ran			
Pos	Gen		
3	3	Alastair Locke	19:10
9	9	Tom Wilson	19:46
21	2	Helen Lister	21:15
39	5	Belinda Cottrill	22:09
52	47	Bob Bell	22:53
70	7	Yvette Dore	23:20
95	10	Eleanor Simmons	24:11
243	171	Paul Hilton	30:30

Dulwich

298 Ran			
Pos	Gen		
1	1	Edward Chuck	16:08
6	6	Edward Harper	18:14
9	9	Michael Williams	18:27
19	19	Grzegorz Galezia	19:19
21	21	Oliver Bottle	19:21
55	1	Michelle Lennon	20:59
70	4	Emma Ibell	21:34
182	34	Claire Steward	26:18
199	40	Colleen Williams	26:52

Dartford Heath

162 Ran			
Pos	Gen		
4	4	Michael Fullilove	20:28

Lanhydrock

188 Ran			
Pos	Gen		
29	2	Laura Vincent	24:40

Peckham Rye

233 Ran			
Pos	Gen		
3	3	Charles Lound	17:56
5	5	Joe Twomey	18:23
10	10	Andy Bond	19:25
18	1	Hayley Seddon	20:18
20	19	Ebe Prill	20:42
39	37	Alex Bazin	22:06
142	33	Karina Burrowes	28:53
144	110	Matthew Ladds	28:55
159	42	Caroline Maynes	30:13

Leicester Victoria

303 Ran			
Pos	Gen		
221	77	Marjorie Epon	31:25

Riddlesdown

Just so I don't get any more people contacting me in total disbelief that I could possibly do a 5k PB, I'll explain my 'slightly faster than normal' parkrun result.

It was Riddlesdown's 7th anniversary and tradition has it that some people run in an alternative way - we've had 3 legged (it would have been quite quick if the tie had stayed done up), piggy back (far too much effort, don't try it), guiding a blindfolded runner (Dylan has incredible trust!), so this year we had to think of something else.

Have you ever wondered how much difference caniX makes? I have and I still don't know, but we did DylanX which was a minute and a half quicker than my best this year.

parkrun tables are inconsistent as some show it as an assisted run and others don't. I shouldn't have got first woman place, although with the second woman being 3 minutes behind I would've beaten her anyway. I didn't have much chance of getting a PB but now have a PB that I really never will beat.

219 Ran			
Pos	Gen		
13	1	Ange Norris	19:26

Royal Tunbridge Wells

264 Ran			
Pos	Gen		
185	138	Rafe Collier	31:34
187	49	Rhoda Collier	31:38
189	139	Lloyd Collier	31:39

St Albans

391 Ran			
Pos	Gen		
124	103	Mike Crilly	24:19

New members especially, and others....

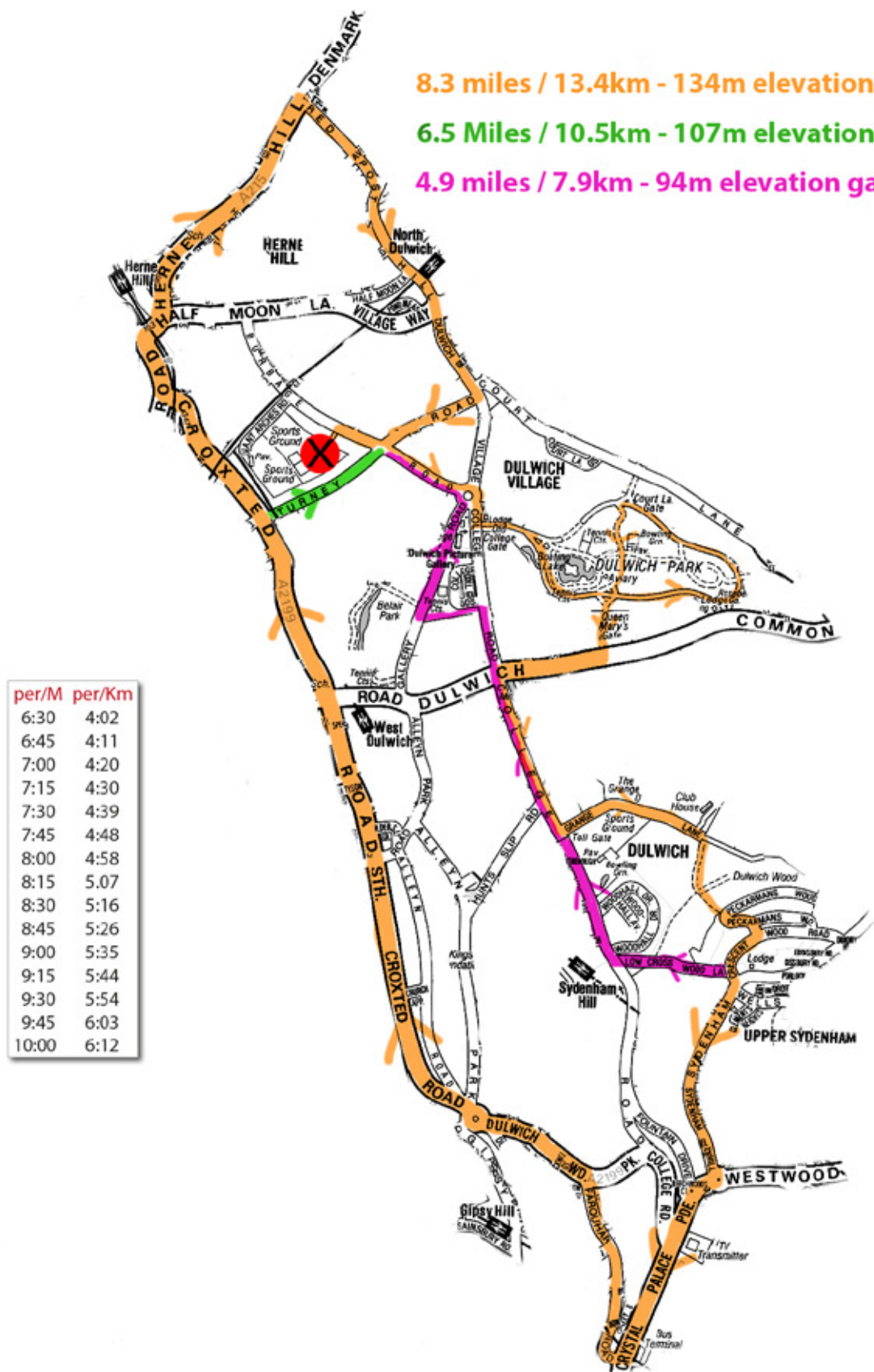
For your results to appear here you need to update your parkrun profile to show you are a current member of Dulwich Runners AC. or send them in.

Dulwich Runners Summer Map 16

8.3 miles / 13.4km - 134m elevation gain

6.5 Miles / 10.5km - 107m elevation gain

4.9 miles / 7.9km - 94m elevation gain



We are in the process of revising, updating and putting the maps onto Strava. There are some new routes. You dont need an account to view them and links can be found here:

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