



SHORTS

Dulwich Runners AC

Weekly Newsletter

August 1st 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 1 Club Night, Edward Alleyn Club

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

Thu 2 Assembly League - Victoria Park, Hackney
open to all club members - free to enter

Dulwich College track, College Rd.

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

Tue 7 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 Victoria Park Assembly league map & info
- 3 Fixture list, 2018 Club Champs and all other races
- 5 Race report and times
- 10 Parkrun times
- 11 Club kit - new kit additions !
- 12 Social events etc
- 13 Wednesday map + Strava links

And much more !

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

our website: www.dulwichrunners.org.uk

Connect with us:



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

A brief look ahead

Aug 2 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.

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

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

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



Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota. **Thanks to Joseph Brady and Claire Barnard 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

Lindsay Annable

1/8

Lloyd Collier

8/8

Natalie Davys

15/8

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

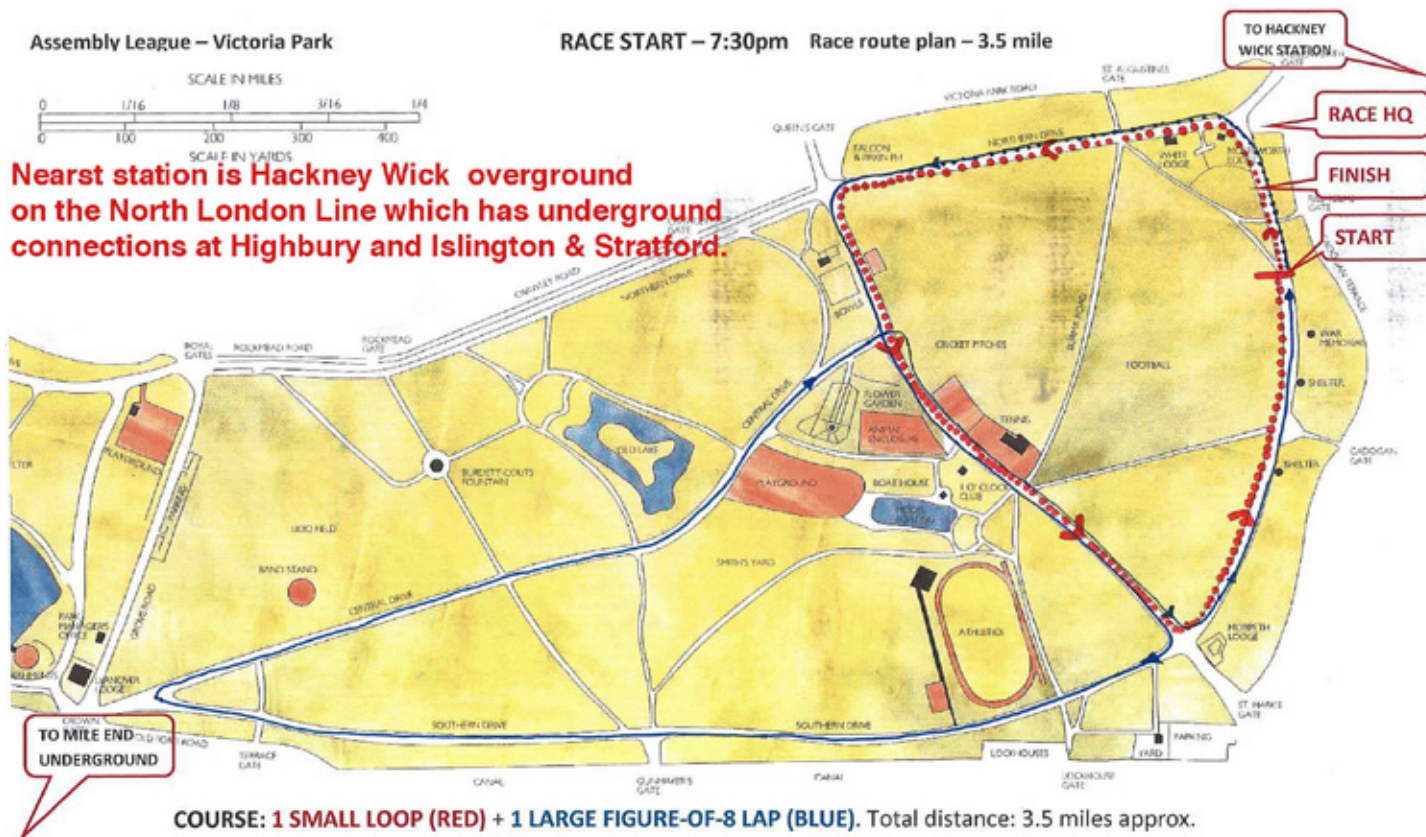
We are in the process of putting the new maps onto Strava (you don't need an account) and links can be found here:

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

Assembly League - Victoria Park, Hackney

Thursday 2 August - 7.30 start

Open to all club members of all standards and abilities - no pre entry, just turn up on the night and run.
Hackney Wick is nearest station approx 400m from start.



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
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

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

Blackheath & Bromley "So Clean" Mile, Norman Park

Monday 13th August, 9.05pm

Enter online at www.entry4sports.co.uk

Entries cost £6 if you book online prior to Friday 10th August. After which it becomes pretty expensive! Open to all ages and abilities.

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/>

SEAA Road Relays - 23 SEPT

The SEAA 6/4/3 stage relays take place at Crystal Palace on 23 September. We will be looking to enter strong men's and women's senior and vets teams, so we will be approaching those of you who competed last year plus other in-form runners based on recent race performances. In the meantime please keep that date free and if you are able to contact your captains about your availability that would be helpful, and please reply promptly to emails and other communications from your captains.

Big Half - Club Champs 10 March 2019

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

Herne Hill Harriers Open - 10000m - Tooting Bec Track

Saturday 25th August, 12 noon

This includes the usual selection of races up to 1500m but also the 10000m incorporating Surrey Champs starting at 12 noon. If you don't get a place at Ladywell this would be one to consider. Enter online at hernehillharriers.org for £4.50 prior to the night before. Otherwise £5.50 on the day - get there an hour before

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: ebepriill@yahoo.co.uk

Ladies: dulwichladiescaptain@gmail.com

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



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*

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**

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.

Soar Mile London Stadium Stratford

July 27

There was a good club turn out – but should have been more and it was a pity that there was not a better range of club speeds in evidence – good support from the very fastest but not enough of our 6:30 plus runners - but we did have at least one runner in all of the 12 races.

Last year the event was held in Battersea but this year moved to beside the London stadium at Stratford. It was the London Marathon Community track – effectively the Olympic warm-up track) and I thought the track and venue were excellent. There was a good atmosphere with spectators and fellow runners lining lane three. The organisers provided free beer and drinks and snacks which added to the atmosphere and everyone who came seemed to enjoy.

There were three club records set (Ed, Andy and Lewis), lots of PBs and Clare was easily the overall age-graded winner. I do question whether this should be the club championships though. It was a pity that our sixfastest men were spread over 5 different races and our fastest 3 women were all in different races. Club championships should be determined by head to head competition not by time.

In my view this should be an important build up race for the Club Champs and not THE club champs which should be held on a fast local and safe track. Ie under no circumstances Dulwich which is a health hazard but ideally Ladywell or Crystal Palace or Tooting and we could perhaps hold it with another club but get a proper permit and timekeepers.

Any run at Dulwich will never count for a proper PB as the track has no certificate and too many runners have got injured on the tight, hard, uneven and poorly surfaced track. It's worth noting over the weekend the English Championships and Inter Counties Championships had a mile race – the famous Emsley Carr Mile – and our three fastest all ran quicker than the winner of the national title managed. The mile in Manchester was held in far windier conditions and was effectively a 400m race and admittedly not typical– it was the slowest national championships since 1884 but our three fastest would have been able to stay close to the leaders for much of the race and showed the improving standards of our milers.

Race 1

Lucy ignored the pacemaker and shot past him and went out fast – probably too quick.

She was caught in the closing stages and it was Colin, a close second in his Mark Hayes Mile race, who unleashed his famous kick (last seen in 2002) to win just ahead of Bob. In the strange absence of a single M50, Colin won that title rather than his actual M60 which went to Bob.

Bob admitted he made his move too early and he was a fraction quicker than the MH mile Lucy could have run much quicker with a steadier start Graham was slightly up on his Mark Hayes form as was Jo who just missed breaking seven minutes again.

Barry showed 10 seconds improvement though Lindsey was down but nowhere near as much as Steve who had a leg and back problem which meant his leg kept giving away and he was two minutes down on the Dulwich race and close on three minutes 30 down on his PB.

		MH =Mark Hayes Mile
1 Colin Frith	6:23.80	728 1st M50 (6:31.3 MH)
2 Bob Bell	6:25.09	745 1st M60 (6:25.5 MH)
4 Lucy Pickering	6:26.60	804
9 Graham Laylee	6:50.08	681 (6:55.8 MH)
10 Jo Shelton - Pereda	7:00.42	653 (7:01.4 MH)
12 Barrie John Nicholls	7:06.91	672 (7:16.4 MH)
14 Lindsey Annable	7:31.24	663 (7:18.9)
16 Stephen Smythe	7:50.79	588 (5:53.8)

Race 2

Eleanor just missed six minutes at Dulwich but then 5:53 in the Stag mile. The early pace by the pacemaker seemed too slow but Eleanor finished full of running and smashed her PB again. Tess Bright ran a steady race and just missed breaking six minutes. Close behind her was Laura who really excelled to smash her previous official PB of 6:27 set in the 2016 Stag Mile. Michelle, much faster than last year, was close to her Dulwich run time and has the capacity to break six.

Yvette showed significant improvement though Anna and Lucy couldn't quite match their Dulwich runs.

Lucy did win the women's age-graded award.

2 Eleanor Simmons	5:50.30	7592nd W(6:01.5 MH, 6:09.31 2017)
6 Tess Bright	6:03.30	695
8 Laura Vincent	6:04.20	707
11 Michelle Lennon	6:08.40	8221st W50 (6:05.0 MH) (6:14.14 2017)
13 Yvette Dore	6:10.90	7671st W40(6:16.8 MH, 6:22.17 2017)
16 Anna Thomas	6:18.30	681(6:13.2 MH, 6:14.27 2017)
17 Lucy Clapp	6:18.90	820Woman age graded (6:11.0 MH, 6:23.89 2017)

Race 3

Grant showed exceptional speed for someone who ran the 90km Comrades Marathon last month and finished a fine second. Also finishing very strongly was Rebecca and she set an excellent PB. Like Rebecca, Martin is in the form of his

life and he was also way inside six minutes. Alex Haylett was seven seconds up on last year and won the Captain's award.

2 Grant Kennedy	5:37.00	679
5 Rebecca Schulleri	5:50.50	7183rd woman
8 Martin Double	5:53.80	676
10 Alex Haylett	5:57.20	650 (6:04.3 2017)

Captain's award

Race 4

Christina carried on her relentless improvement – 5:52 last year, 5:45 Dulwich, 5:39 Stag- and briefly it looked she might break 5:30.

7 Christina Dimitrov	5:34.60	7581st woman (5:45.8 MH, 5:52.67 2017)
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Race 5

Ed looked very strong with his finish and looked capable of going in a faster race.

William has not been able (or allowed!) to train at full capacity and did well to break 5:30 and just about get the better of Matt, who was pleased to break 5:30.

Ross Rook looks like he is gradually returning to form after losing fitness over the winter and he was close behind the other two.

3 Edward Harper	5:10.43	717
10 William Cotter	5:28.33	757(5:17.7 2017)
12 Matthew Cooke	5:29.02	700(5:36.4 MH)
15 Ross Rook	5:32.29	693

Race 6

This was one of the most competitive Dulwich races and it was a pity that the wind was gusting at its strongest for this race.

Jack went out fast – far too fast and then on the last lap Daniel initially looked like he would win the club race but it was relatively new member Des, who held back off the fast early pace but ran a very fast 200m and broke five for the first time.

Daniel and Jack, could probably also break five with steadier first laps while Tom was almost 20 seconds up on his 2017 time. Clare, who holds the British W40, W45 and W50 British records, tried to hang on to the back of the group ahead and at halfway in 2:30 was way inside her W50 British record pace. However, she lost contact on the third lap and tired from her start and alone in the strong winds, she slowed significantly. Even though she was far from satisfied with her time which is way below her training form, Clare's 5:15.40 scored a huge 99.9% on age-grading and won her the overall £150 age-graded prize voucher on the day and of course the overall Dulwich Championships. The W55 UK mile record is 5:40 so Clare has a comfortable target for next year and an unique stranglehold on all the Vets records.

Rob was some way off Clare at halfway but still went too fast and was unable to match his better paced Dulwich run.

James would have probably had a more comfortable race in race 5 and had an isolated race but just about broke 5:30.

2 Des Crinion	4:59.14	756
4 Daniel Mann	5:01.33	782
6 Jack Ramm	5:03.80	733(5:06.0 MH)
8 Tom South	5:05.60	788(5:24.5 2017)
9 Clare Elms	5:15.40	999 Overall age graded
11 Robert Hollands	5:19.23	712(5:16.9 MH)
15 James Burrows	5:29.64	704

Race 7

Ian started strongly and looked likely to break five at halfway but on the second half arch-rival Paul proved slightly stronger and a good last lap just failed to see him break five with Ian close behind and he was 10 seconds up on his Dulwich run.

4 Paul Devine	5:00.69	783
5 Ian Lilley	5:02.43	815(5:12.9 MH)

Race 8

Last year Jonathan ran 5:10, 5:10 and 5:06 but this year with greatly improved speed he ran 4:51 at the Golden Stag and went four seconds faster here and only just missed out on winning the race.

Steve Davies ran an unusually passive race but finished very strongly and set an official mile PB.

2 Jonathan Whittaker	4:47.12	808(5:10.3 2017)
3 Steve Davies	4:49.12	873 Man age graded (4:51.88 2017)

Race 9

Edward could have made his life easier by following the pacemaker but shot ahead from the start, leaving the pacemaker well behind.

After a fast last lap, he pretty much kept the pace going very well checking his watch continually. There were worries that he might have gone too fast and would pay for it but he still sprinted the last lap.

His reward for a superb run in first track races for many years was a senior club record.

Andy went too fast on the opening lap chasing Edward but settled mid race and then found his usual big kick on the last lap to set a club record – the M40 – of his own.

1 Edward Chuck	4:31.69	823 2nd man (CLUB RECORD)
3 Andy Bond	4:43.23	857 1st M40 (CLUB M40 RECORD) (4:43.9 MH)

Race 10

Wayne looked good for halfway (and is caught in an exceptional photo on the Soar website proving this).

He was not quite able to match his 1500m form from last month and slowed a little but did at least improve his Dulwich time by five seconds.

5 Wayne Lashley	4:43.61	812(4:48.7 MH)
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Race 11

Tim followed his Dulwich tactics of holding back early on but keeping a steady pace and then trying to blast a fast last lap. He probably kicked too hard too early down the backstraight and but for slowing very slightly in the last 100, he would have matched Ed's still new club record time.

5 Timothy Bowen	4:32.27	831 3rd man (4:41.7 MH, 4:42.22 2017)
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Race 12

Having lost his club mile record earlier in the evening, it did not take Lewis long to regain it.

He ran a strong pace – though not quite matching his May 1500m 4:02 form, though having trained much stronger. He held the 66 second per lap pace well and this took six seconds off Ed's still warm club record.

13 Lewis Laylee	4:26.40	854 1st man (4:37.7 MH)
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Age graded overall

1st Clare Elms	99.86%
13th Steve Davies	87.32%
19th Andy Bond	85.72%
24th Lewis Laylee	85.35%
31st Tim Bowen	83.09%
35th Ed Chuck	82.33%
36th Michelle Lennon	82.19%
37th Lucy Clapp	82.03%
42nd Ian Lilley	81.53%
46th Wayne Lashley	81.23%
48th Jonathan Whittaker	80.83%

- Steve Smythe

2018 champs categories SOAR MILE

Overall winner (AGE GRADING)	Clare Elms
1st Man (any age category)	Lewis Laylee
1st Woman (any age category)	Christina Dimitrov
2nd Man (any age category)	Ed Chuck
2nd Woman (any age category)	Eleanor Simmons
3rd Man (any age category)	Tim Bowen
3rd Woman (any age category)	Rebecca Schulleri
First M40 (excl. above)	Andy Bond
First W40 (excl. above)	Yvette Dore
First M50 (excl. above)	Colin Frith
First W50 (excl. above)	Michelle Lennon
First M60 (excl. above)	Bob Bell
Age Graded MAN (excl. above)	Steve Davies
Age Graded WOMAN (excl. above)	Lucy Clapp
Captains' award	Alex Haylett

Dulwich Runners' times in Stratford SOAR Mile 27 July 2018

	Time	Points in age category m/f								Age grade points	Club champs awards
		m s	m40	m50	m60	f s	f40	f50	f60+		
Lewis Laylee	4.26.40	50								854	1st man
Edward Chuck	4.31.69	49								823	2nd man
Timothy Bowen	4.32.27	48								831	3rd man
Andy Bond	4.43.23		50							857	1st m40
Wayne Lashley	4.43.61	47								812	
Jonathan Whittaker	4.47.12	46								808	
Steve Davies	4.49.12		49							873	Man age graded
Des Crinion	4.59.14	45								756	
Paul Devine	5.00.69		48							783	
Daniel Mann	5.01.33	44								782	
Ian Lilley	5.02.43		47							815	
Jack Ramm	5.03.80	43								733	
Tom South	5.05.60		46							636	
Edward Harper	5.10.43	42								717	
Clare Elms	5.15.40							50		999	Overall age graded
Robert Hollands	5.19.23	41								712	
William Cotter	5.28.33		45							757	
Matthew Cooke	5.29.02	40								700	
James Burrows	5.29.64	39								704	
Ross Rook	5.32.29	38								693	
Christina Dimitrov	5.34.60					50				758	1st woman
Grant Kennedy	5.37.00	37								679	
Eleanor Simmons	5.50.30						50			759	2nd woman
Rebecca Schulleri	5.50.50					49				718	3rd woman
Martin Double	5.53.80		44							676	
Alex Haylett	5.57.20	36								650	
Tess Bright	6.03.30					48				695	
Laura Vincent	6.04.20					47				707	
Michelle Lennon	6.08.40							49		822	1st w50
Yvette Dore	6.10.90						49			767	1st w40
Anna Thomas	6.18.30					46				681	
Lucy Clapp	6.18.90							48		820	Woman age graded
Colin Frith	6.23.80				50					728	1st m50
Bob Bell	6.25.09				49					745	1st m60
Lucy Pickering	6.26.60							47		804	
Graham Laylee	6.50.08				48					681	
Joanne Shelton Pereda	7.00.42						48			653	
Barrie John Nicholls	7.06.91				47					672	
Lindsey Annable	7.31.24							46		663	
Stephen Smythe	7.50.79				46					588	
	40	15	7	0	5	5	3	5	0		Captains' award

Allianz Olympics

Every four years, Allianz invites employees from its businesses around the world to compete in sports, from badminton to baseball and swimming to track & field.

This time round it was being held at the Munich Olympic Stadium, and there was a 5000m and a half marathon. Team GB consisted of 81 athletes, the majority of who congregated at Heathrow on Thursday decked out in branded team GB kit, with matching kit bags. There were only a few stares from tube passengers on the way to airport.

Arriving in Munich on Thursday, first order of business was the opening ceremony, which was held in the Olympic stadium, where all 960 odd athletes from 43 countries got together, to watch a performance from philharmonic orchestra of Prague and some drummers who were individually hoisted by fly wire up and down from the stadium roof whilst strumming 'run boy run' by Woodkid. The rest of the evening involved dinner at the stadium.

Friday, day 1 of competition, the M35 5000m race was being held in the afternoon, at three o'clock. Strangely the track in the main stadium was a tarmac track, so the athletics was being held in the warm up track behind the stadium. There were 17 runners in my race.



From the off, the pace was fast. I attempted to find my rhythm and instantly slotted in behind the main pack. I felt comfortable for the first lap, which



was somewhere around 85 seconds, and just held position for the next couple of laps. 1st mile registered at 5:36 and I was still relatively close to the front of the race, but the gap then started to grow and I tried to hang on for the next mile. In the last mile some of the runners ahead of me started to slow down, and sensing a couple of positions to fight for I pushed forward getting three of those positions including over taking the other GB runner in the race. The race was won in 16 minutes odd and my 5k PB (a 17:37 in a mo-running event in Battersea Park) would only have given me 7th place...



Oh yes, it was hot, 29 degrees, and not a cloud in the sky..... hot!

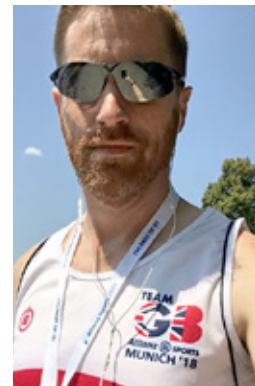
That night we were all taken to the Hofbrauhaus in Munich for a few steins and pretzels... some of the other athletes

in the team had either completed their events or had already been knocked out, knowing that I had a race in the morning, I only stayed for a few beers...

The two days could not have been more different, Saturday saw rain, lots of it and the temperature had reduced by 10 degrees. There were a few things going through my head before the half marathon. First, should I have tried to hold something back on the 5000m race; second, how many beers did I have last night and third, more importantly how was I going to do this. My last half marathon was the Big Half in March and

I simply had not done the miles ahead of this race due to injury.

My strategy was to take it steady, resist all urges to speed up and take each mile at a time. It was a four lap course, starting outside the stadium, and was mainly flat. In fact apart from the three slight inclines, it felt like it was mainly downhill. I felt comfortable at 1 mile, completed in 7:06 and ticked off the next two in 6:58 and 7:03 respectively. As the second lap started I was running alongside an American and an Irish runner and although the pace hadn't changed, other runners further up the path were coming



back into range, and we were catching them up and overtaking. The paths themselves were in good condition apart from the rings (presumably Olympic Rings) of cobbles littered all over the park. The rain had turned into light drizzle and I was getting slightly distracted making sure I didn't slip or trip on them. The third lap was more of the same steady 7 minute average miles, but as I started the fourth lap my right calf started to complain, but not enough to slow me down. I was still catching runners right until the end of the race and got over the line in 1:32:44. Alas no medals for me, but Team GB placed fourth in the medal table with 8 golds, 10 silvers and 10 bronzes. I guess Olympians and future Olympians need to work, and some of them appear to work at my company.

The rest of the day involved watching my fellow team mates finish their competitions before a closing ceremony and a party which went on till 4:00 in the morning. Nursing a delicate head, it was back to Heathrow on Sunday. Roll on the next four years, where if I am still at this company I will be off to Barcelona in a different age category.

-Tom Wilson

M35 5000m - 18:54 (13th of 20)
M35 Half Marathon - 1:32:44 (19th of 36)

Swiss Alpine events Davos, Switzerland

The Swiss Alpine Marathon, a 78k ultra, has been held for more than 30 years, with only minor variations in its triangular course. From early days there has been a separate race along the first 30k and a marathon along the last 42k. A couple more races were added over the years but all were runnable for most of their routes, despite going over 2600m mountain passes.

This year huge changes were made, including dropping the 30k, adding another 10k of steep climb to the 78k, and introducing an overnight 127k, seemingly to gain extra UTMB qualifying points and to require more specialist footwear (to boost the sponsor's sales). This baffled British runners, who in past years have gone out for a week of altitude trail running and been able to run most of at least one of the options on offer. The usual 209 Events group holiday was undersubscribed and cancelled, leaving Andy and Ros and a few other diehards making their own way there.

Davoser Seelauf 4k 24.07.18

On the Tuesday before the long races the local track club holds one of their fortnightly summer races on an undulating trail round the lake above town. Andy and Ros were very stiff from doing a recce walk the previous day over the steepest part of one of the new courses. Ros was contacted by a Swiss w65 who had also competed at European Masters road in Alicante two months ago and this gave her the motivation to stay

ahead. Andy was only able to jog.
Ros Tabor 19.48 20w/1w65
Andy Murray 21.19 36m/2 m65
[photo of Ros ahead of Swiss woman]



Swiss Alpine H20 20.3k 28.07.18

In the absence of the 30k option for the Saturday race, Andy decided to go for an interesting challenge, a 20k route from Arosa, in the next valley, to Davos via 1100m of climb over a mountain pass. Ros gamely swapped her usual 10k option for this one and they ran together.

A long but scenic train journey was needed to get via Chur up to the low-key start in Arosa at 1750m altitude. 150 runners and walkers set off at 10.30, first down through town but soon heading gradually upward through trees along the right of Arosa's high side-valley. The trail was bumpy with a changing gradient and (also with the prospect of a big climb to come) only able to be part run, part walked. After about 5k the route joined the main ravine up from Chur, which had wide alpine pastures at this point. Some flat running followed until the picturesque Medergen settlement, a few cabins and a café either side of the path, and where there was a 7.5k refreshment point. Our two were able to overtake on

flat sections but a bit tentative on bumpy downhill, where runners/walkers with poles were faster.

A short climb followed Medergen and then the route dropped to a farm below the start of the main climb of the route up to Strela Pass. This section started at 1750m high and zigzagged its way up stony paths for 3.5k to the pass at 2350m. Ros and Andy walked most of this but quite fast, gaining on others, and without breathing too hard, indicating that some aerobic fitness had been gained over the week. The cloudy weather here turned drizzly but was helpfully cooler than previous warm days.

Strela Pass at 14k had the final refreshment tent and from then on it was fast downhill to Davos at 1550m altitude. Difficult gravelly zigzags eventually gave way to more gentle wider tracks nearer town, followed by a tarmac road into the track finish, finally with a bit of crowd support and a welcome (alcohol-free) beer.

Andy Murray



Andy Murray 4m60 3.23.52
Ros Tabor 1w60 3.23.52
[photo of finish on track]

Sri Chimnoy mile relays

July 30

A record 175 teams entered this annual event and because of the numbers, the organisers held 2 races. All 3 Dulwich teams were in the A race.

Splits for each runner are not yet available but the Men's A team of Lewis Laylee, Wayne Lashley and Tim Bowen placed 3rd in the A race in 13:59 behind strong trios from Highgate Harriers and Herne Hill. The Men's B team of Des Crinnion, Steve Rolfe and Jack Ramm ran strongly in a time of 15:30 and our Womens team of Christina Dimitrov, Tess Bright and Lucy Clapp finished in 18:00 to be 7th Womens team. Lloyd Collier ran a strong leg for Windrush Tri and Gary Budinger was part of a Vets AC trio.

Graham Laylee

Serpentine 5k

27 July

It was hot, and as a variation the course was two laps anticlockwise but neither gives me a good excuse for a poor run.

83 Steve Williams

22:03

Dartford Harriers Open

25th July

I finally joined the sub 60 second club (aka the track tarts) with a run from Lane 1. Some new shoes bought on the day courtesy of a running shop in Chelmsford cancelled out an awful start and I was spent in the final strides. With no watch I relied on Tony's confidence that it was a 58 second run and it was!

Oscar, Tony and Matt also took part in 800m and Mile races respectively.

Jonathan Whitaker

400m

Jonathan Whitaker 58.88 (4th)

800m

Oscar Hussey 2:05.10 (3rd)

Mile

Tony Tuohy 5:11.41 (5th)

Matt Ladds 6:08.38 (8th)



Banstead Woods

206 Ran			
Pos	Gen		
6	6	Tony Tuohy	18:28

Beckenham

178 Ran			
Pos	Gen		
2	2	Stephen Davies	17:26
5	1	Clare Elms	18:28
59	7	Claire Barnard	23:53

Brockwell

268 Ran			
Pos	Gen		
6	6	Jonathan Whittaker	18:42

Cannon Hill

470 Ran			
Pos	Gen		
96	3	Susan Cooper	24:25

Catford

123 Ran			
Pos	Gen		
14	1	Helen Lister	20:36

Crystal Palace

269 Ran			
Pos	Gen		
5	5	Alastair Locke	19:19
25	25	Joe Twomey	21:18 ? got lost !
30	1	Belinda Cottrill	21:39
35	3	Yvette Dore	21:56
55	50	Bob Bell	23:19
100	16	Joanne Shelton Pereda	24:59
112	22	Jenny Ross	25:42
123	27	Eleanor Simmons	26:13
143	111	Ameet Patel	27:14
262	165	Tom Wilson	38:50

Dartford Heath

60 Ran			
Pos	Gen		
3	3	Michael Fullilove	20:48

Daventry

244 Ran			
Pos	Gen		
62	56	Michael Dodds	24:22
81	10	Clare Wyngard	25:37

De Montsouris

36 Ran			
Pos	Gen		
1	1	Dylan Wymer	16:25
11	1	Ange Norris	20:39

Dulwich

256 Ran			
Pos	Gen		
5	5	Daniel Mann	17:18
16	16	Michael Williams	18:35
41	4	Kim Hainsworth	20:27
44	39	Chris Cooper	20:39
46	41	Tom Shakhli	20:41
51	7	Michelle Lennon	20:57
64	55	Paul Vivash	21:59
71	11	Ola Balme	22:12
76	65	Graham Laylee	22:39
170	39	Hannah Harvest	27:05

Haga

66 Ran			
Pos	Gen		
11	11	Paul Collyer	20:44

Hasenheide

93 Ran			
Pos	Gen		
10	9	Ebe Prill	20:34

Horsham

479 Ran			
Pos	Gen		
187	161	Gary Budinger	27:04

Eastleigh

320 Ran			
Pos	Gen		
1	1	Lloyd Collier	17:56

Gladstone

131 Ran			
Pos	Gen		
2	2	Des Crinion	18:44

Moors Valley

391 Ran			
Pos	Gen		
18	18	Hugh Balfour	20:42

Peckham Rye

204 Ran			
Pos	Gen		
1	1	Andy Bond	16:44
34	34	Gideon Franklin	22:14
118	31	Annie Hackett	28:17
152	56	Caroline Maynes	30:54

South Norwood

117 Ran			
Pos	Gen		
77	60	Peter Jackson	28:42

Tonbridge

377 Ran			
Pos	Gen		
25	23	Nicholas Brown	21:20

New members especially, and others....

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



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

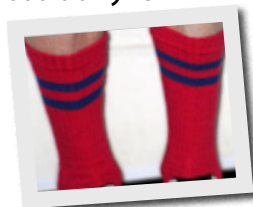


SHORTS!

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

SOCIAL SPOT

P
O
T

Upcoming events.

watch this space!



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.

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

I will be leaving London for sunnier climes soon....so just wanted to let you all know.

I will leave for 7 months sabbatical from work after 10 years service to HSBC and will be doing a few personal projects and I fair bit of travelling worldwide.

I will be based in one of Isle of Wight, Sydney Australia, Bordeaux or Buenos Aires, Los Angeles. Take your pick and see you there.

I have entered the Big Half on 10th March 2019. See y'all in Spring 2019.

Regards - Duncan Wilson (aged 55 and three quarters).
Runaddict1@icloud.com

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

Gill's 55th Birthday Celebration!



After raising an amazing £1600 at the wake of My Mums Funeral, I would like to join you all back in celebration of her birthday.

Saturday 25th August 2018

From 4pm ~~Til~~ Late.

At:

241 Stanstead Road

Forest Hill

SE23 1HU

All Donations and money raised will be going to Cancer Research.

We will have music, Karaoke (for when the drunk singers in you want to pay for a singalong!), a Raffle with some great prizes, and lots of food.

This will be free admission but donations more than welcome at the Door.

Any other fundraising ideas welcome, and I look forward to seeing you all there!

Ashleigh x



Hello

You can help me raise money for this great cause by donating directly to my fundraising page - <https://www.justgiving.com/Gill-Johnson63>

JustGiving sends your donation straight to Cancer Research UK and automatically reclaims Gift Aid if you are a UK taxpayer, so your donation is worth even more.

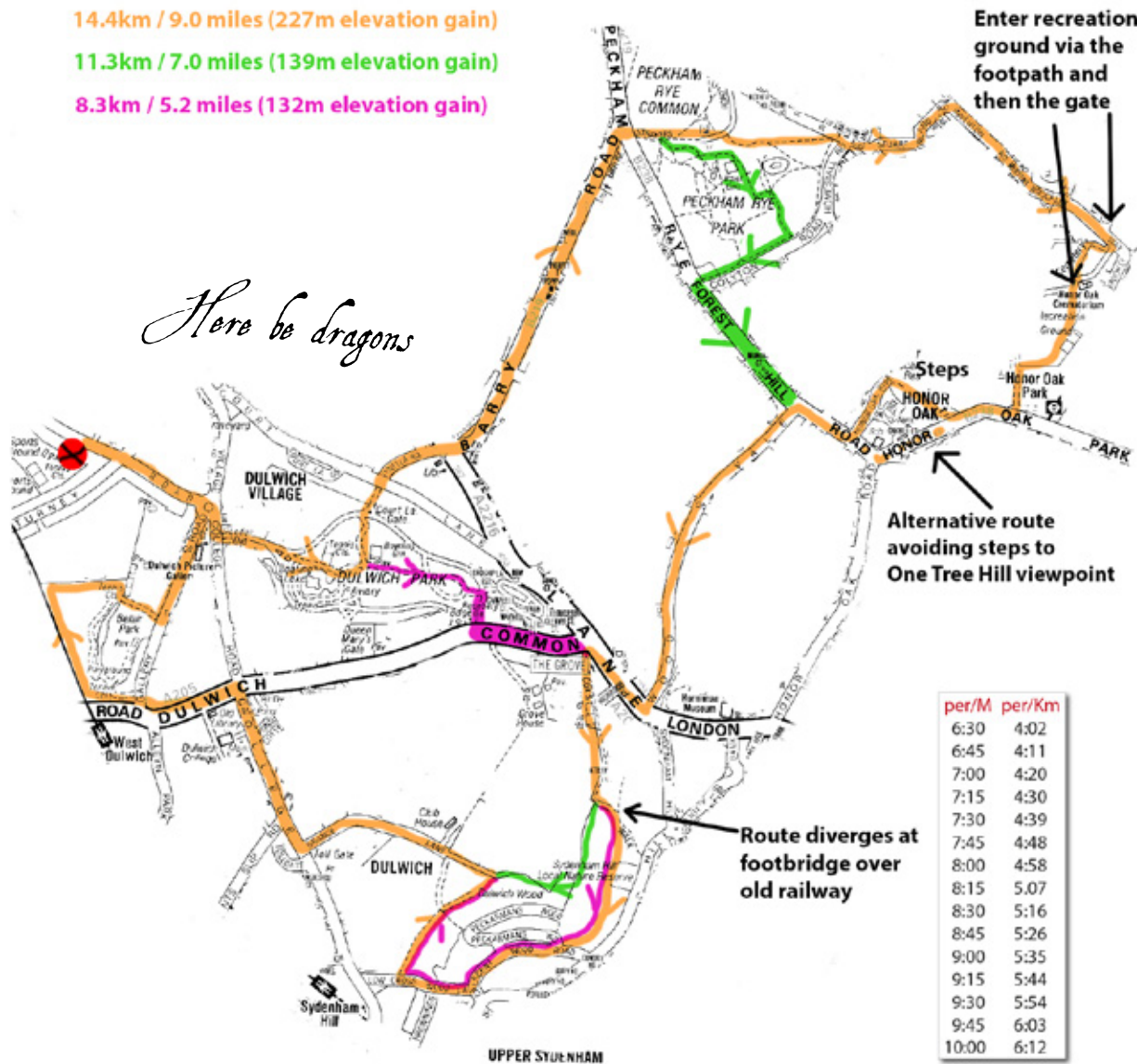
Thank you for your support! - Ashleigh Johnson

Dulwich Runners Summer Map 2

14.4km / 9.0 miles (227m elevation gain)

11.3km / 7.0 miles (139m elevation gain)

8.3km / 5.2 miles (132m 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>