



### These are your SHORTS,

Please send your reports, running news & anecdotes to:

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

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

#### Wed 5 Club Night, Edward Alleyn Club

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

#### Tue 4 Hill Sessions - See below

**NOTE: Dulwich sessions are finished for this year**

## In your SHORTS this week !

- 1 General information
- 2 Fixture list, 2018 & race details
- 3 Race reports and times - Final 2018 Assembly League
- 6 Parkrun times
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- 9 Social events etc
- 10 Wednesday map + Strava links

**And much more !**

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our website: [www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

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### ----- EVENT HORIZON -----

*A brief look ahead*

Sep 15 Parkrun ( 5k club champs ) Beckenham Place Park

## TRACK SESSIONS

### Dulwich grass sessions have now ended

The next two Tuesdays (September 11, 18) will be hill sessions opposite Sydenham Hill station. There is no fee The session will start at 7.20pm and be around 40 minutes.

The likelihood is track sessions will commence at Crystal Palace on Sept 25 but will confirm at a later date.

*Steve Smythe*

### Thursdays morning sessions

speed/hill work mostly on grass taken by **Steve Smythe**.

Start 11:15 - 11:30 in various local parks.

There is no fee. Suitable for all standards.

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

## LUCKY VEST

### Tonight in the clubhouse

Wear your Dulwich Runners vest or t-shirt for the club run on the first Wednesday of any month and you will go into a free draw and could win the £5 cash spot prize !

Vests £18 each from Ros [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

## 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)

## 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.

## NEW RUNNERS ROTA

**Thankyou to Hugh Balfour, Mike Dodds, Clare Wyngard and Andy Murray for running with new people last week**

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota. 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

**Paul Hilton**

Emma Ibell

**5/9**

12/9

## 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:**  
<http://www.dulwichrunners.org.uk/wednesday-night-routes>

**I've a big birthday coming up** - and much more importantly than that I will be entering the MV60 category - and so I'd be delighted if you'd let me buy you a drink in the bar after the club run on 12th September. I'll also be providing pizza.

Before then I'll be doing my 300th parkrun on the 8th when you would be most welcome to join me at Crystal Palace.

To add to the fun Belinda Bell should be doing her 250th at the same place on the same day.

After then I won't be able to do another parkrun before my actual birthday, on the 17th, as we're going away which means that my first parkrun in my 60s will also see me embarking on my 4th century of them. This has been contrived, I admit, but only slightly!

*Mike Dodds*

# 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                     |
|-------------|----|---|---------------------------|
| Sep         | 12 | Highgate Harriers / City of London Open Meeting     | Parliament Hill           |
| 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             |
|             | 13 | Surrey League Xc 6k -11am Women                     | Wimbledon Common          |
| Nov         | 10 | Surrey League Xc Men                                | (tbc)                     |
|             | 10 | Surrey League Xc 6k -1pm Women                      | Nonsuch Pk, Cheam         |
|             | 24 | South of Thames 5 mile XC (S) (inc. club champs 5M) | (tbc)                     |
| Dec         | 15 | South of Thames 7 mile XC                           | Beckenham Place Park      |
| <b>2019</b> |    |   |                           |
| Jan         | 12 | Surrey League Xc Men                                | Mitcham Common            |
|             | 12 | Surrey League Xc 8k -11am Women                     | Happy Valley, Coulsdon    |
| Feb         | 9  | Surrey League Xc Men                                | Lloyd Park                |
|             | 9  | Surrey League Xc 8k -1pm Women                      | Richmond Pk, Kingston end |
| Mar         | 10 | Vitality Big Half (L)                               | London                    |

## Beckenham Place parkrun Club Champs - Sep 15

For those not familiar with this parkrun here is a link to the course and other details you may find useful.

<http://www.parkrun.org.uk/beckenhamplace/course/>

As we are using this for a Club champs event they have requested that we supply a few volunteers, so if you aren't intending to run or would just like to volunteer and get the parkrun credits contact them here:

[beckenhamplaceoffice@parkrun.com](mailto:beckenhamplaceoffice@parkrun.com) or just turn up on the day and offer to help.

## 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/>

## 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](http://www.englandathletics.org)

Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members.

If you are interested please contact me or another committee member. [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

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

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

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

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

# Race Reports & Results

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

## Beckenham Assembly League, 3.6M

August 30

**A**n excellent finish for Dulwich Runners in the final Assembly League even if the race itself was far from excellent.

**Steve Smythe** writes...Building work in the park meant yet another course change and the organiser refused to look at the logical alternative of the parkrun course as "he did not know the course" and instead he constructed a four lap course consisting of going along the road in the park down to the bottom of the park and then back up the path and then a hilly bumpy loop around the grass. The route would have been ok but there was an event in the park and the car park where the race normally finishes was full and there were parked cars all along the road and cars were coming and going all the time.

Unfortunately as the leaders were on their third lap and lapping those on their second on the narrow road, cars going up and down blocked the road both ways and runners were forced to squeeze between moving cars. As far as aware everyone survived but I saw loads of near misses.

Just to add to the confusion, it became apparent as the leaders were on their third lap, that the lap was a lot longer than advertised – the organiser measured the main lap as 1.1km but it was actually 1.1 miles and the runners on lap 3 were belatedly told they were on their last lap and the race would only be three which threw some who were pacing it for four.

Even so, it was still 3.6 miles – the longest in Assembly league's 42-year history but four laps would have been nearly five miles.

Up front, Ed Chuck – the new Surrey 10,000m champion - was having one of the club's greatest league runs in history mixing it with the likes of record league winner Paul Martelletti and ultimately he finished third just seven seconds behind the winner Martelletti.

Lewis had his best ever league run to make the top ten and he finished just ahead of Tim and Andy (second vet), who also ran superbly as all finished close and ensured we were the first team to finish a quartet but could not quite make up for Victoria Park's one-two but still finished an excellent second ahead of league champions Kent AC.

Shane and Steve, both very strong as they are coming towards the end of their Berlin marathon training, moved through well and got the B team off to a great start Jonathan had his best ever league run and was another scything through the field on the second half and the B team was completed by one of the best league runs of Daniel and that saw us finish a clear second behind Kent but ahead of Victoria Park.

Des Crinion and Ed Harper had good solid runs as did an impressive Paul Devine while a well-paced Alastair Locke, easing back after his injury effectively completed the unofficial C team.

They were followed in by a good run by Clare. Most of the race she ran with the eventual second and actually waited for her at one stage after her rival turned her ankle and Clare thought they were running in together as she thought had been agreed but the other runner surprised her with a late kick but her third place was sufficient for her overall win.

Ian Lilley found the second half of the race hard and was passed by Clare and not sure if triathlete Lloyd had swam and biked first but ran as if he had!

Matt ran well and he was closed down at the end by Lucy, who had one of her best ever runs as she cut through the field on the last lap. One of the many runners she caught was Marta, who had started very fast (ahead of Clare) but paid for not running as smartly as she had in Tottenham, when she herself came through well. Lucy was easily first under-20 on the day in a fine fifth overall.

Dulwich had a good start in the women's event with three in six but there was a 90 second gap to our fourth scorer but we still finished a fine second to Kent.

Tess came through very strongly to finish 18th just ahead of

Kim, who the course did not really suit but is getting fitter every week.

Of the women, Laura was next with one of her best ever league runs. Then there was a gap to Lucy Pickering, who also had an excellent run to finish as second W50 to Clare.

The other club W50s followed with Ola easing back to racing just ahead of Michelle and then there was a gap to consistent Lucy Clapp who was just ahead of a steady run from Anna.

The next woman in was Alice Williams, who is improving well after a very short maternity leave.

Predictably Ros, still not back at her best, was first W65 and she was followed in by very good runs from Jo, Lindsey, Sue K and Clare B.

Of the men from 24 minutes onwards, Grant ran well and he was followed in by a less than fully fit Ebe while Colin continued his good form ahead of Jo and second M65 Andy.

|          |                    |      |       |              |
|----------|--------------------|------|-------|--------------|
| 3        | Ed Chuck           | SM   | 19:46 | 3 SM         |
| 9        | Lewis Laylee       | U20  | 20:13 | 9 SM,1 U20M  |
| 11       | Tim Bowen          | SM   | 20:17 | 11 SM        |
| 12       | Andy Bond          | M40  | 20:18 | 12 SM, 2 M40 |
| 18       | Shane O'Neill      | SM   | 20:34 |              |
| 21       | Steve Davies       | M45  | 20:49 | 2 M45        |
| 28       | Jonathan Whittaker | SM   | 21:36 |              |
| 33       | Daniel Mann        | M40  | 21:57 | 7 M40        |
| 37       | Des Crinion        | SM   | 22:02 |              |
| 42       | Ed Harper          | SM   | 22:09 |              |
| 46/45M   | Paul Devine        | M40  | 22:17 | 8 M40        |
| 52/51M   | Alistair Locke     | SM   | 22:27 |              |
| 3W/57    | Clare Elms         | W50  | 22:52 | 3W/1W50      |
| 59/56M   | Ian Lilley         | M45  | 23:09 | 5 M45        |
| 73/68M   | Lloyd Collier      | M45  | 23:32 | 8 M45        |
| 76/71M   | Matt Cooke         | SM   | 23:36 |              |
| 5W/78    | Lucy Elms          | U20W | 23:38 | 5W, 1U20W    |
| 6W/79    | Marta Miaszkiewicz | SW   | 23:40 | 6W           |
| 91/80M   | Grant Kennedy      | SM   | 24:14 |              |
| 18W/111  | Tess Bright        | SW   | 25:14 |              |
| 19W113   | Kim Hainsworth     | W35  | 25:19 | 5 W35        |
| 116/95M  | Ebe Prill          | M55  | 25:25 | 2 M55        |
| 23W/127  | Laura Vincent      | W35  | 26:04 | 7 W35        |
| 24W/128  | Lucy Pickering     | W50  | 26:06 | 2 W50        |
| 26W/133  | Ola Balme          | W50  | 26:20 | 3 W50        |
| 27W/134  | Michelle Lennon    | W50  | 26:22 | 4 W50        |
| 28W/136  | Lucy Clapp         | W50  | 26:35 | 5 W50        |
| 30W/138  | Anna Thomas        | W35  | 26:39 | 8 W35        |
| 32W/142  | Alice Williams     | SW   | 26:58 |              |
| 162/117M | Colin Frith        | M60  | 28:17 | 4 M60        |
| 167/122M | Joseph Brady       | M50  | 29:02 |              |
| 46W/173  | Ros Tabor          | W65  | 29:17 | 1 W65        |
| 174/126M | Andy Murray        | M65  | 29:17 | 2 M65        |
| 48W/178  | Jo Sheldon-Pereda  | W40  | 29:39 | 6 W40        |
| 50W/183  | Lindsey Annable    | W50  | 30:05 | 8 W50        |
| 52W/188  | Sue Kinsella       | W45  | 30:23 | 8 W45        |
| 58W/194  | Clare Barnard      | SW   | 31:04 |              |

### Results on day

Dulwich finished second in all four sections on the day

**Men: TEAM:** 1 VPHTH 32; **2 Dulw 35**; 3 Kent 43; 4 Serp 96; 5 Stock E 98; 6 Lloyds 162; 7 Beck 189; 8 Petts W 212; 9 Ravens 213; 10 Eton M 250; 11 Lon U 423; 12 Dartford 446; 13 Camb H 460; 14 Aquila 562

**B TEAM:** 1 Kent 84; **2 Dulw 100**; 3 VPHTH 180; 4 Petts W 268; 5 Lloyds 291; 6 Beck 360; 7 Eton M 388; 8 Stock E 422; 9 Ravens 483  
**Women TEAM:** 1 Kent 20; **2 Dulw 32**; 3 VPHTH 35; 4 Eton M 129; 5 Lloyds 140; 6 Camb H 180; 7 Petts W 193; 8 Beck 208; 9 Serp 227; 10 Dart 251

**Women B TEAM:** 1 Kent 74; **2 Dulw 92**; 3 VPHTH 199; 4 Eton M 249; 5 Beck 270; 6 lloyds 271

## Final Team standings

We were a clear third in both men's sections over the season and also in the women's A team but we did finish a reasonably close second in the women's B team.

### Men A

|         |    |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|----|
| Kent    | 15 | 15 | 14 | 15 | 15 | 13 | 87 |
| VPHTH   | 14 | 14 | 13 | 14 | 14 | 15 | 85 |
| Dulw    | 13 | 12 | 12 | 13 | 13 | 14 | 77 |
| Serp    | 7  | 13 | 15 | 11 | 10 | 12 | 68 |
| Stock E | 8  | 11 | 11 | 10 | 12 | 11 | 63 |

### Men B

|       |    |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|----|
| Kent  | 15 | 15 | 14 | 14 | 15 | 15 | 88 |
| VPHTH | 11 | 14 | 13 | 15 | 14 | 13 | 80 |
| Dulw  | 12 | 12 | 11 | 12 | 13 | 14 | 74 |
| Stock | 10 | 9  | 12 | 9  | 12 | 8  | 60 |
| EM    | 8  | 10 | 8  | 13 | 11 | 9  | 59 |

### Women A

|       |    |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|----|
| Kent  | 15 | 14 | 13 | 15 | 15 | 15 | 87 |
| VPHTH | 13 | 15 | 14 | 13 | 14 | 13 | 82 |
| Dulw  | 14 | 13 | 12 | 14 | 13 | 14 | 80 |
| EM    | 12 | 12 | 11 | 12 | 12 | 12 | 71 |
| Serp  | 7  | 11 | 15 | 11 | 11 | 7  | 62 |

### Women B

|      |    |    |    |    |    |    |    |
|------|----|----|----|----|----|----|----|
| Kent | 15 | 15 | 13 | 13 | 14 | 15 | 85 |
| Dulw | 14 | 13 | 14 | 15 | 13 | 14 | 83 |
| VPH  | 11 | 14 | 15 | 14 | 15 | 13 | 82 |
| EM   | 13 | 12 | 11 | 12 | 12 | 12 | 72 |
| Serp | 11 | 12 | -  | -  | -  | -  | 23 |

## Individual standings

The highlight of the individual standings was Clare Elms winning the overall women's title – the first athlete to ever win five individual titles.

She succeeded because she did well in all six races, scoring enough points to defeat defending champion Amy Clements, who won the five races she contested.

Clare also obviously won the W50 title and she was chased home by three fellow Dulwich runners. Only a point covered the three with Lucy Clapp coming out on top and finishing second as she did all six races to Michelle and Lucy P's five.

Ros won the very thin W65 age group (Claire S was her only opposition) and Steve Davies narrowly won a far more competitive M45 section due to doing more races than his nearest rival.

Andy – high overall in the men – would have won the M40 had he done all the races but just lost out in second place.

Andy M was second M65 overall while Lucy was second under-20 and would have won had she done more than half the races.

Unable to run the last fixture, Steve S was second M60, Ebe was third M50 and Anna gained a top five in the W35s.

Overall men: 5 Andy Bond 31; 6 Ed Chuck 31

M40: 2 Andy Bond 48

M45: 1 Steve Davies 39; 9 Lloyd Collier 13

M55: 3 Ebe Prill 25

M60: 2 Steve Smythe 38; 7 Hugh Balfour 12; 8 Graham Laylee 11

M65: 2 Andy Murray 46; 5 Mike Mann 24

Overall women: 1 Clare Elms

W35: 5 Anna Thomas 20; 6 Katie Styles 14

W45: 6 Andrea Pickup 17

W50: 1 Clare Elms 60; 2 Lucy Clapp 42; 3 Michelle Lennon 42; 4 Lucy Pickering 41

W65: 1 Ros Tabor 60; 2 Claire Steward 18

U20W: 2 Lucy Elms 30

**Steve Smythe adds** my Assembly League career started while I was still at school in the very first league of the year in 1976 – I was seventh in the Blackheath June fixture a second behind the league founder Tom, who is now well into his 80s!

I have run the vast majority of leagues in the 42 years since and have actually been in three different winning teams – my original club Cambridge Harriers (9 times from 1976), an one-off team we put in one year of Roan School past and present in 1983 and Dulwich who gained one men's team win in 1995.

We have been far more successful in the women since – we won 18 of the first 19 between 1995 and 2013 – there were no women's team until 1995 and no women runners at all in 1976. Also worth noting only 8 runners were slower than 20 minutes for 5km in that 1976 race.

For many years I have done the league results and they take a long time, especially when runners don't write clearly or take numbers without writing names or the officials can't keep up with the huge number of finishers such as at Battersea.

However, while I would have carried on with the results under different circumstances (and run more if leg allowed), I am disappointed in some of the current course's safety, measurement, organisation and lack of certified courses to go on Power of 10 and at the moment sadly my intention is not to attend future ones as a runner or official.

I had hoped to win the M60 section this year and had a clear lead after 4 races but injured I barely jogged the fifth and as I could barely walk the sixth chose not to contest it so my 32 minute run at

Victoria Park (I have run a sub-18) where I was easily the slowest Dulwich Runners looks like it was my finale to a league that I have previously enjoyed contesting for my entire adult life starting before even some of the top current Vets were born.

PS Congratulations to those who did the Ladywell 10,000 Sunday - Tim, Shane, Jonathan and Daniel.

Worth noting Tim (32:27.11) would have smashed the old club record but for Ed's run at Tooting last week.

With an ambitious 32:30 target, he seemingly started far too fast at 16:07 at halfway and while he slowed while totally on his own, he finished superbly and a 68 last lap was quicker than even winner Paul Martelletti managed (and indeed all bar one of the 140 competitors in the 5 races).

## Ladywell 10000s

2 September 2018

Four DRs made it out to race Kent AC's second annual day of 10000s, and the allure of 7 times 25 laps pulled in more than twice that many club supporters - all hugely appreciated by the runners. I was too late to catch Jonathan and Daniel - both running in the heat of the day. Jonathan paced it nicely to secure a huge PB while Daniel looks like he held a strong PB pace to half way; he faded a bit in the second half but did enough to keep former club member Kev at bay.

Shane was up in the penultimate race and he ran comfortably in a pack to half way in about 16:48, the group soon broke down though and like many of us Shane suffered a bit (but only a bit) in the loneliness of the second half. The shock of being pipped to best dressed man of the day drove him on at the end: his legs hammered out a fast last lap to nail his first sub 34 minute 10k and a handy PB - more to come no doubt.

I noticed as my race was lining up that the pizza van was

packing things away. Not a good sign. There was then an ominous announcement about beer and that was nearly too much. But the gun went and off we were. Having learnt from bitter experience that it's better to go too fast with a group than try to time trial target 10000 pace (I'm no Ed Chuck!) I hung on to the back of the 16min 5k group. I felt ok going through 5k in about 16:05 but it wasn't long before a lapse of concentration meant I was doing lonely 80+ laps - despite the superb support.

I was resigning myself to maybe just creeping in under 33 when somewhere towards the end of my 4th last lap (I think) Coach Steve yelled out "you're still just on for 32:40". "Well b\*\*\*\*x to that," I thought and found some pace again. With 900 to go, the crowd roared: for Paul Martelletti coming in to his last 100. Another step up in pace required to avoid him lapping me for the second time. I held on and managed to kick again ("you lazy b\*\*\*\*\*d") on the last lap to come in just under target. No beer but finally a sub 33 two years after my first attempt.

**Tim Bowen**

Race 3

2 Jonathan Whittaker 37:10.8 PB



Race 6

18 Shane O'Neill 33:53.2 PB



Race 4

14 Daniel Mann 37:43.4



Race 7

14 Tim Bowen 32:27.0 PB



## Ladywell 10000

I entered the event for the second year in a row keen to improve on my 39:15 effort last year.

I was in race 3 and aimed to follow the 18:40 pace maker until half way and then hit 90 second laps for my < 37:30 goal time. With increasingly hot conditions and my struggle in the second half of the race last year I was keen to not push too hard and pay in the second half.

Very quickly it became apparent that the pace maker had been persuaded by the leader to run faster than advertised so I stuck with some other runners at the 18:40 goal time

and made sure I took on water every 6 or so laps.

As the laps went on a few runners left me and then Adrian Lowther upped the tempo as the next Kent pacer so I decided to stick behind him for a couple of laps and a runner from Guernsey. I then made a move at about 8km and gradually picked off tiring runners and had the energy to finish with a 75 second final lap. In hindsight I could have run sub 37 minutes but having so often hit the valley of despair at kms 7 and 8 in a 10km race I was keen to avoid that fate again! 36 something will be a time to aim for at Victoria Park! Thanks to the Dulwich fans who came to support me and the next races!

Jonathan Whittaker 37:10.85 (2nd)

## Last Friday 5k, Hyde Park - 31.08.18

I entered this as Ros's brother was in town and wanted to do it. As it was only 17 hours after a hilly assembly league race I was only trying for a tempo run but ran slightly faster than Thursday, aided by the flattish 2 lap course.

140 Andy Murray 23:38



Sep 1st

## Banstead Woods

208 Ran

Pos Gen

5 5 Tony Tuohy 18:29

## Bath Skyline

389 Ran

Pos Gen

103 16 Teresa Northey 24:54

## Beckenham Place

189 Ran

Pos Gen

2 2 Thomas South 17:18

33 32 Colin Frith 22:18

## Brockwell

331 Ran

Pos Gen

35 34 Mark Foster 20:40

57 4 Lucy Pickering 21:42

200 44 Sharon Erdman 27:11

## Bromley

718 Ran

Pos Gen

207 32 Claire Barnard 24:48

## Cannon Hill , Birmingham

677 Ran

Pos Gen

257 32 Susan Cooper 26:29

## Catford

169 Ran

Pos Gen

35 32 Edward Smyth 23:08

## Chippenham

239 Ran

Pos Gen

1 1 Andy Bond 16:46

## Crystal Palace

347 Ran

Pos Gen

4 4 Alastair Locke 19:05

33 2 Helen Lister 21:41

62 5 Yvette Dore 22:55

111 15 Joanne Shelton Pereda 24:37

133 21 Clare Wyngard 25:19

148 26 Annie Hackett 26:05

153 126 Ameet Patel 26:11

## Dartford Heath

86 Ran

Pos Gen

6 5 Michael Fullilove 21:24

## Dulwich

332 Ran

Pos Gen

1 1 Edward Chuck 15:37

4 4 Stephen Davies 16:36

15 15 Rob Hollands 18:09

69 5 Ola Balme 21:18

75 6 Michelle Lennon 21:27

179 154 Ajay Khandelwal 25:39

## Fleetwood Promenade

153 Ran

Pos Gen

12 2 Ange Norris 21:26

## Leicester Victoria

408 Ran

Pos Gen

126 16 Marjorie Epton 25:33

## Osterley

277 Ran

Pos Gen

82 13 Lindsey Annable 25:32

## Peckham Rye

289 Ran

Pos Gen

5 5 Charles Lound 18:38

16 16 Joe Farrington-Douglas 19:31

53 49 Alex Bazin 22:00

57 53 Gideon Franklin 22:17

67 63 Matthew Ladds 22:56

68 64 Ian Lilley 22:58

226 69 Karina Burrowes 31:06

## South Norwood

137 Ran

Pos Gen

93 65 Peter Jackson 29:05

## Southwark

366 Ran

Pos Gen

11 11 Tom Shakhli 18:53

353 129 Susan Vernon 37:47

362 226 Chris Vernon 50:27

## Wimbledon Common

523 Ran

Pos Gen

150 15 Ros Tabor 24:27

183 164 Andy Murray 25:06

## York

423 Ran

Pos Gen

36 35 Rob Cope 20:43

**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.

# Club Championship 2018

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

## A series of club medals is awarded for each event:

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

## Also there are age group points competitions for the year

### – medals for top 3 in each category

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

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

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

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

### Short

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

### Long

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





## NEW KIT – BUY ONLINE DIRECT FROM THE MANUFACTURER

We have set up an arrangement with pbteamwear to provide showerproof jackets and mid-layer training tops. You just click on the link to the Dulwich Runners shop: <https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html> and purchase directly. any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



### Showerproof Team Jacket

Full Zip Multi Purpose Club Jacket. Unisex Fit, Chin guard, Concealed hood. Drawcord system, Durable water repellent textured fabric, Inside pocket. Mesh lining. Scooped hem, Generously sized



### Pro Mid Layer 1/4 Zip Top

Technical Mid layer Pro 1/4 Zip Training Top, 220gsm 4 Way stretch matt finish / full dull polyester outer Scooped hem dropped back, Soft touch anti - pill fleece reverse

## DULWICH RUNNERS CLUB KIT

|                         |          |
|-------------------------|----------|
| Vests                   | £18 each |
| T- shirts short sleeved | £20 each |
| T- shirts long sleeved  | £22 each |
| Waterproof Jackets      | £25 each |
| Hoodies                 | £20 each |
| Socks                   | £5 pair  |
| Bufs/snoods             | £6 each  |

Most kit is usually available  
Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



## SHORTS!

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



Socks only £5



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

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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.

## Photographs needed !...

If anyone has any good recent photos of Dulwich Runners in action either on the race course or at the pub (or dance floor for Ajay) for inclusion in the brand new website, please could you send them to:

[jonathanwhittaker79@yahoo.co.uk](mailto:jonathanwhittaker79@yahoo.co.uk)

## 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)

## Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004

[ola.balme@btinternet.com](mailto:ola.balme@btinternet.com)

[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

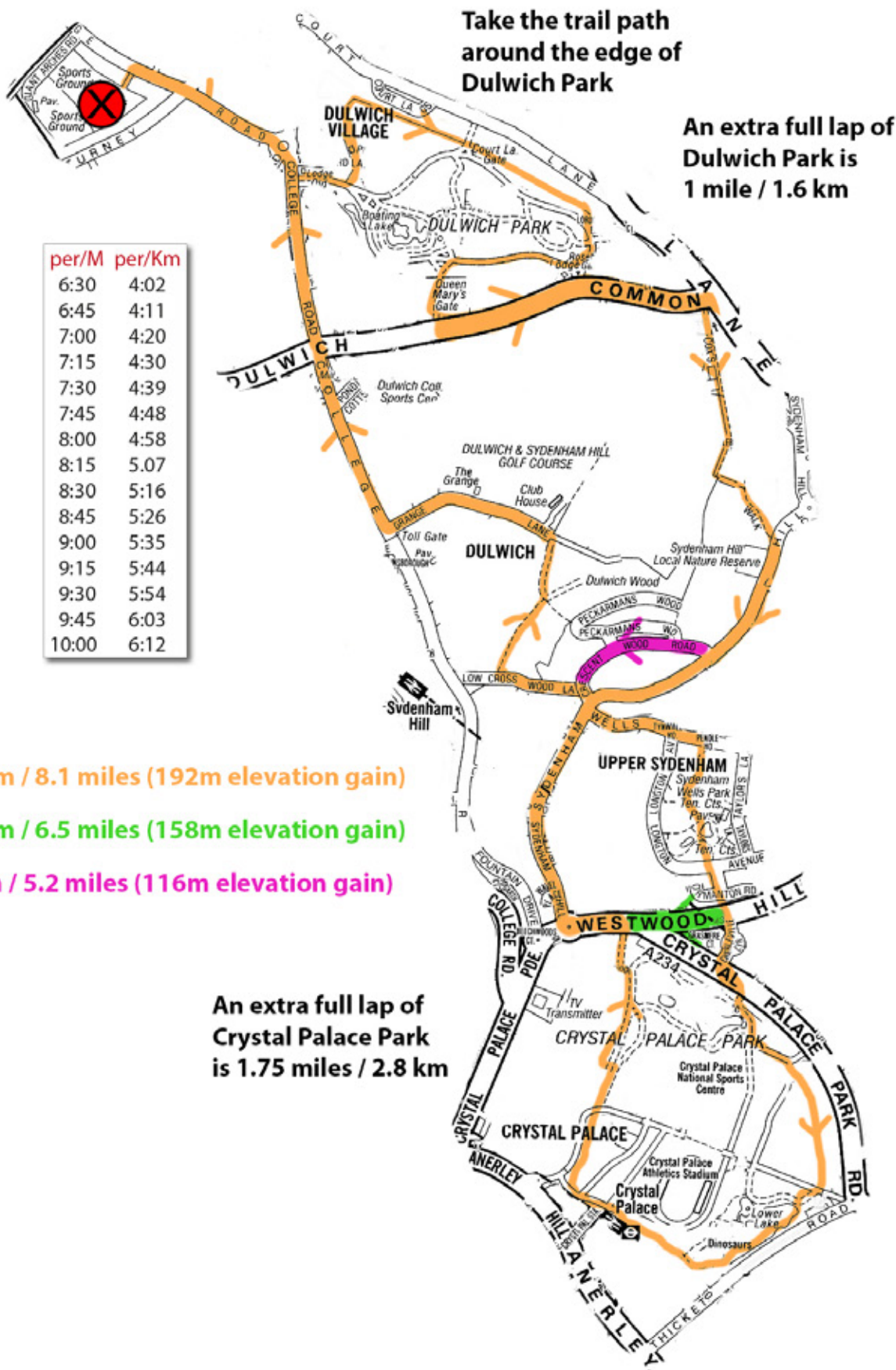
## Algarve Running Challenge

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*

# Dulwich Runners Summer Map 5



We are in the process of revising, updating and putting the maps onto Strava. There are some new routes. You don't need an account to view them and links can be found here:

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