



# SHORTS

Dulwich Runners AC

Weekly Newsletter

July 24th 2019

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

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 24	<b>Club Night</b> , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 30	<b>Dulwich College</b> £2 per session Start with a warm up taken by Elkie Mace at 7:10pm then 7.25 main session on grass.  <b>See "Speed Sessions" following page</b> <b>Ladywell Track</b> session -- meet 7.30 contact <a href="mailto:steve.smythe@athleticsweekly.com">steve.smythe@athleticsweekly.com</a>

## In your SHORTS this week !

- 1 General information
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*And much more !*

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## 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

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

### A brief look ahead

Aug 1	Assembly League - Victoria Park
Aug 2	SOAR MILE - Stratford
Aug 29	Assembly League - Beckenham

## Rehydration !

After your run come up to the bar, have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also)

## PHYSIO TALK

Physiotherapists from a local practice (GP physios on Lordship Lane) will be visiting the club and giving a short talk after the run on 21 August.

It will be useful for injury prevention / treatment, so try and arrange to stay behind that day.



Thanks go to **Andy Murray and Tom Wilson** for taking out new runners 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 asap. - Thanks. - Ros

<b>Laura Vincent</b>	<b>24/7</b>
Mick Ward	31/7
Colleen Williams	7/8
Tom Wilson	14/8

## 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.

## Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Copies will be at the clubhouse, but feel free to print your own and 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.

**All maps also on Strava (you don't need an account)**

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

# Tuesday Speed Sessions

For the coming weeks, there will be a *choice of two speed sessions on Tuesdays* –

The Dulwich College session on grass as usual – and a track session at Ladywell Arena. Whilst both sessions are open to all members and are suitable for all abilities, they each have their own focus and one will therefore be more suitable depending on your training target. See below for further details

## Dulwich College

Cost is £2 per session

Warm up drills and stretches etc start around 7.10pm.

Main session starts around 7.25pm

These sessions a mix of grass and track are more suitable for all levels of ability than the track sessions at Ladywell, perfect for those preparing for 5 and 10kms over the summer.

They will take a similar format to those taken by Steve previously.

A team of Elkie, Anna and Katie will be delivering these sessions at Dulwich College for June and July.

Anna and Katie are working towards their coaching qualifications and will be leading some of the sessions under Elkie's supervision.

## Ladywell Arena Track

Cost is £2.65 per session tbc.

Meet 7.30pm for a 7.45pm start.

Ladywell Arena, Silvermere Road, Catford, London, SE6 4QX

Track sessions with Steve Smythe at Ladywell focusing primarily on improving speed for upcoming races including the club mile.

Dependant on how busy the track is and numbers running from Dulwich, these sessions will continue through June and July though could be switched to Crystal Palace if that is thought to be better. [steve.smythe@athleticsweekly.com](mailto:steve.smythe@athleticsweekly.com)

**A reminder of some etiquette** - don't warm up on the grass immediately in front of the throws and try and not run beside someone at the same pace during the rep - stay in lane one unless you have to overtake.

When finishing rep, ideally keep to the left and filter onto grass rather than move to the right where you might hamper faster runners coming up on the outside.

If you are being overtaken on the second half of the rep, by runners you started with, you are going too fast on the first half - it is best for you and athletes who have to try and pass you during the rep that you start slower and are less aggressive in the first 100m of any rep and risk affecting others sessions. Be realistic with your pace.

# DULWICH RUNNERS 2019/20 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

2019		Race	Venue
Aug	1	Assembly League - Victoria Park	Hackney
	2	SOAR Mile short - <b>FULL, there is a waiting list</b>	Olympic Park, Stratford
	29	Assembly League - Beckenham Place Park	Beckenham
Sep	22	SEAA road relays	Crystal Palace Park
	28	England Masters Inter-Area Xc Challenge	<b>Bury St Edmunds</b>
Oct	6	National 6/4 stage road relays	Sutton Park
	12	Surrey League cross country (men)	<b>t.b.c</b>
	26	BMAF XC Relays	Long Eaton
Nov	3	Regents Park 10k short	Regents Park, London
	9	Surrey League cross country (men)	<b>t.b.c</b>
	16	British & Irish Masters cross country,	Southport
	23	South of Thames 5 miles	Morden Park
Dec	14	or 21 <b>tbc</b> South of Thames 7.5 miles	Lloyd Park
<b>2020</b>			
Jan	4	County cross country champs	<b>t.b.c</b>
	11	Surrey League cross country (men)	<b>t.b.c</b>
	25	South of England cross country champs	<b>t.b.c</b>
Feb	8	Surrey League cross country (men)	<b>t.b.c</b>
	22	England cross country champs,	Nottingham
Mar	21	England area 12 and 6 stage relays	<b>t.b.c</b>
Apr	4	National 12 and 6 stage relays	Sutton Park

**Surrey League Xc dates and venues to be confirmed**

2019		Track races and meetings	Venue
Jul	24	VAC 5000m champs	Battersea
Aug	2	SOAR Mile club champs (short)	Olympic Park
	11	Newham and Essex Open	Olympic Park
	14	BMC meeting	Eltham
	24	HHH open meeting	Tooting
Sep	4	Sth London Harriers 1500m & 5k Festival	Purley
	11	Highgate end of season open meeting	Parliament Hill
	18	VAC 10,000m champs	Battersea

If you require information about any races in Shorts, how to enter etc then contact your respective captains:  
 Men road: [ebepri11@yahoo.co.uk](mailto:ebepri11@yahoo.co.uk) - Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) - Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## 2019 Club Championships

Here are the club championship races for 2019

Four long and five short with two dates to be confirmed.

To complete and qualify for the champs you must run at least 5 events, including at least one from each distance category.

16 Feb	Dulwich parkrun	short
10 March	Big Half	long
14 April	Thames Towpath 10M	long
28 April	London Marathon (or alt.)	long
10 June	Sri Chinmoy 5k	short
16 June	Eltham Park 5M	short
July 14	Sevenoaks Seven Mile	long
Aug 2	SOAR Mile	short
3 Nov	Regent's Park 10k	short

## Thames River Relay Sunday 8th Sept.

Starts 9 a.m. Dorney Lake, finish at Kingston, teams of 5 run a marathon distance between them, stages from 4.4m - 6.5m.

A baton relay alongside the Thames, mainly off road, for runners of all abilities. [http://www.stragglers.org/river\\_relay](http://www.stragglers.org/river_relay)

It seems a long way off but it is popular so we have to enter early. To take part let Ange know on Wednesday evening or reply to [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## The Vitality Big Half Sunday 1 March 2020 - Club Places

**This is a club championship race.**

We have 10 discounted entries @ £10 each, to be considered for one let me know **by Sunday 4th August** (unless youve already asked on post in DR FB group).

5 places to be awarded on appearances in club events (cross country, club champs, assembly league) and 5 by ballot on club night Wednesday 7th August.

Eligibility for a club place requires you to have been a member for at least a year (up to deadline of 4th August).

If you had a club place this year then you'll only be considered if less than 10 apply.

All members did get a place this year but there is no guarantee for 2020. General entry open now at £46 but possible discounts if you live in Southwark, Greenwich, Lewisham or Tower Hamlets.

Also, generally discounted (early bird) entries might become available again. Good for age entries aren't open yet.

Info: <https://www.thebighalf.co.uk/events/vitality-big-half/>  
Ebe Prill [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk)

## Assembly League

A series of races from 3 to 3.5 miles on road or paths within parks and take place on or close to the first Thursday evening of the summer months against 12 other clubs.

These are extremely popular and all members are welcome and encouraged to participate whatever your standard or ability. They are free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.

All details in main fixture list and any further information will be here in Shorts as and when it becomes available.

## Newham and Essex Open Stratford

August Sunday 11

The same venue as the Soar Mile is hosting an open track meeting on the afternoon of Sunday 11 August. 400, 800 and 1500 metres. Best to enter in advance at <https://drive.google.com/file/d/1d1i1PlyWpbiQrQ8yenpXgjOTJQhIhDdn/preview>

## Ladywell 10000 - 1 Sept

Kent AC's annual festival of 10000m running back for its third year on Sunday 1 September. Seven seeded races open to anyone faster than 55 minutes for 10000m. Food and drink available for spectators and runners to buy. This event sells out quickly so enter at: <https://www.entrycentral.com/event/110805>

## Algarve Running Challenge

6-10 November

This annual series of races takes place at Monte Gordo in Portugal close to the Spanish border over the period 6-10 November. There are 4 races including a 5km cross country, a track mile, 3km beach race and 10km trail race. In addition to the running events there is plenty of time and opportunities for sightseeing, cycling and swimming in this attractive part of the Algarve. We stay at a 4 star hotel on the beach where half board is available. For further details have a chat to Ros, Andy, Steve Smythe or myself.

**Mike Mann**



# 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.

## Castle Howard Mixed Team Relay Triathlon

Last July Des and myself did a Mixed Team Triathlon Relay in Leeds for the first time. We enjoyed this short but sharp format a lot where 2 men and 2 women form a team and each person does a mini triathlon before passing on to the next member (f, m, f, m each 250m swim – 5k bike – 1.5k run).

As we were beaten last year by the 16yr olds from the GB Academy team, we were determined to have another go this year hoping the academy team would not again be entered...



Our trip to York was quickly added to our race calendars already one year in advance.

The location was picturesque; all the hills look very pretty but meant our legs had to work very hard and we were already out of breath from running to the lake. Conditions were fairly good although there were heavy rain showers just before the race. Thankfully the rain mainly held

off during the race.

Our first lady was a last minute substitute due to injury of the originally planned lady, but she proved to be very strong (she runs a 3h marathon) and we were very happy to see her slowly move up the field. Des was next and worked super hard overtaking other teams and managed to get us all the way to first position. Unfortunately I got overtaken by another team's C lady on the swim just to try and be on her for the remaining

race hoping she would slow down which she didn't. Our last man also raced very hard but wasn't quite able to make up the distance between us and the team ahead.

We still landed first place though as the first team got disqualified: The lady I had been racing had aerobars on her bike which was against the race rules. We assume that the otherwise very friendly British Triathlon officials were this strict as this was about the winning team and as they were only a few seconds ahead of us... Not how we wanted to win but oh well.



Once on the podium Des covered us all in Champagne and even did a shoeie!

In total we had four teams from our triathlon club and the weekend was nicely rounded off with a 40k cycle around the castle the next morning before heading back to London. 5hrs of drive each way for 30mins of effort still seems a bit unbalanced but we had an amazing weekend and coming first was definitely a highlight for us.

**Becca Schulleri**

Willesden Weasels 1st out of 16 teams

## BMC Grand Prix Eltham

July 20

Without the original stated qualifying time, Clare was a late addition to the field, and struggled with the fast start with the 5000m in her legs since Wednesday.

She closed up a little in the middle but was unable to accelerate and found it hard work on the last lap.

While disappointed with her time, it's worth noting that this would have been a world record back in April.

Lewis ran in the E race and looked set to achieve his sub-4 target as he ran strongly down the back straight after being on course at the bell.

However, he suddenly weakened 50 metres out and tightened up and struggled across the line and just missed four inutes but he did set PB.

**Steve Smythe**

1500: Women's C: 11 Clare Elms 4:51.36

1500: Men's E: 5 Lewis Laylee 4:00.93 (PB)

# Mark Hayes Memorial Mile

Last Friday we held our annual Mark Hayes Memorial Mile Race series at Dulwich College. Despite the dreary weather forecast and initial rain an excellent turn out contested four races and a children's 600 metre race.

First up new member Kay Sheedy led from the front in an impressive debut. So good was her performance of 6:14 that it was second only to our overall ladies winner - Alexie. Bob Bell also enjoyed an excellent run in a similar solo time trial fashion to Kay. Whilst on photo duties it was great to see lots of smiles from Mark's family and other runners whilst completing the run with Karine finishing ahead of Josephine and Fleur.



In Race 2 Alexie Williams followed Kay's tactics and ran superbly from the front to win the overall ladies shield in 5:40. Hugh Balfour and Richard Craig-McFeely enjoyed a closely fought run with Hugh just beating Richard on the line. Similarly competitive battles were found right through the field

with Michelle leading from Clare Norris and Hugh French and then not far behind Belinda pipped Mike and Lucy Clapp in the finishing straight.

The children's race then provided a brief interlude with all ages completing the 2 laps. Samuel Little and Rafi French ran fast times of a shade over 2 minutes for the 600 metres to suggest there is plenty of promise whenever they graduate to the mile. George Williams made his track debut and following mum's lead and enjoyed himself in his 5 minute run.

Race 4		
1	Ed Chuck	04:37
2	Jack Ramm	04:46
3	Andy Bond	04:48
4	Tim Bowen	04:56
5	Joe Twomey	05:03
6	Tony Tuohy	05:05
7	Dominic O'Sullivan	05:10
8	Michael Williams	05:15
9	Kevin Chadwick	05:16

Race 3		
1	Jonathan Whittaker	05:16
2	Ed Simmons	05:20
3	Eugene Cross	05:21
4	Grant Kennedy	05:24
5	Rob Hollands	05:25
6	Justin Siderfin	05:27
7	Matt Cooke	05:29
8	Ross Rook	05:31
9	Matt Ladds	05:49
10	Sue Cooper	06:28

Race 2		
1	Alexie Williams	05:40
2	Hugh Balfour	06:01
3	Richard Craig-McFeely	06:02
4	Michelle Lennon	06:15
5	Clare Norris	06:17
6	Hugh French	06:18
7	Belinda Cottrill	06:24
8	Mike Mann	06:25
9	Lucy Clapp	06:26
10	Neville Webb	06:49
11	Karina Burrowes	07:13
12	Elton Howard	07:23

Race 1		
1	Kay Sheedy	06:14
2	Bob Bell	06:38
3	Raphael Long	06:53
4	Colin Frith	07:00
5	Barrie John Nicholls	07:29
6	Joseph Brady	07:31
7	Karine Brissey-Hayes	07:50
8	Josephine Brissey-Hayes	07:59
9	Lindsey Annable	08:16
10	Fleur Brissey-Hayes	08:24

600 metres		
1	Samuel Little	02:04
2	Rafi French	02:06
3	Max French	02:17
4	Hattie Hollands	02:47
5	Amelia Hollands	03:44
6	Lila French	04:35
7	George Williams	05:06

Race 3 ended up being the most competitive and exciting race of the night with just 15 seconds separating the first eight places. Jonathan adopted the strategy of the first two race winners to lead from the front. Ed Simmons and Eugene Cross were always in close attendance and started to close on the penultimate lap. With some red blood cells from the Andes still in his bloodstream Jonathan found some pace to win in a pleasing 5:16. Ed deservedly finished second ahead of Eugene and another bunch sprint of Rob, Justin, Matt Cooke and Ross. Special kudos to Sue Cooper who arrived straight from Euston and with just the bike ride as a warm up plunged straight into the race! Also Matt Ladds was well pleased with a personal best to make the journey to the West Country even sweeter that evening.

The final race of the evening involved seeing who would take the shield from Lewis Laylee's mantelpiece. Very quickly Ed Chuck showed that he meant business and built up a strong lead to win in a meeting record equalling time of 4:37 (Lewis has ran this previously). Jack and Andy pushed each other on for second



with Andy straying outside his lane on one occasion much to Tony's subsequent chagrin! Tim then finished ahead of a close race between Joe and Tony with an excellent debut performance from Dominic O'Sullivan prefacing Michael Williams and a hoodie clad Kev Chadwick.

Mike Mann adds... A big thank you to everyone who helped out on Friday in particular Andy for taking on the role of race director, Ange and Laura for organising the finish and lap counter, Jonathan for his input to the race seedings and camera work in the dystopian gloom and Tom for arranging the drinks and not holding a beer race!

*Jonathan Whitaker*

# Elmore 7

20 July 2019

Claire Steward writes: The Chipstead Flower Show, in the grounds of Elmore, has existed in various forms since 1910 and is now held in conjunction with the Chipstead Fair which dates back at least another 100 years. It seems that the fair was once the scene of some notoriety and in 1854 the local gentry banded together to have it suppressed by the Reigate Police. Hard to believe, as nowadays it takes the form of a quintessential English village fete featuring stalls selling everything from pot plants, lavender, honey, to English wine and cheese. There are performances by a choir and band, gymnastics display, Morris dancers, vintage cars, face painting, afternoon tea, and Pimms. A tour of the marquee is recommended to see who has been awarded pride of place for the cakes, jams, fruit and veg, knitting, flower arranging and whatever else it is that bored Surrey residents fill their days with.

The race, organised by South London Harriers, takes place in

the afternoon, starting with a gallop round a field to amuse the spectators and spread everyone out before setting off around the undulating country lanes, finishing back at the fete.

I have taken part intermittently over the past 14 years, often in the company of Joe Brady who was once again my partner in crime for the afternoon. On arrival it was a lovely surprise to see Paul Devine there with his family; he lives in the area and was attending the fair for the first time. Entries were way down on some previous years, partly due Elbridge 10k (Surrey Road League) taking place the following day. It would be sad to see this event fade into history – it's an unusual distance, not a fast course but a great afternoon out with plenty for non-running family and friends to enjoy, and age category awards up for grabs, this year in the form of Decathlon gift cards.

5 Paul Devine	41:45 (1MV40)
113 Joe Brady	61:48
118 Claire Steward	62:36 (1FV65)

(Winner 37:17, 180 finishers)

## Blackheath & Bromley Open Norman Park

Monday 22nd July

*Tony Tuihy writes....* A handful of dedicated Dulwich track hopefuls turned up here on a warm and pleasant night for some short distance leg-shock before the superheat arrives this week.

### 800m (race 2)

Des first tried out his strength at this distance indoors back in February. In his first 800m since then he produced a master class in pacing strategy as he let the rest of the young field do their habitual suicidal first lap while he sauntered through at the back in 67-68 seconds. A second lap in the same time saw him pass the lot and win the race with a half-second PB. Who needs experience?

1 Des Crinion 2:15.23 PB

### 800m (race 3)

Following a 2:19.3 at Ladywell last week, my best for two years, I hoped to go sub-2:20 again and a solid first lap in about 70 was on target as I moved past the fast-starting five-year-olds (OK, they were a bit older than that). However, halfway down the back straight I was still boxed-in by a couple of girls who looked like they should be in primary school so had to restrain myself from a bit of Ovett-style argy-bargy (for fear of arrest) and instead go into reverse before moving out. Unaccustomed as I am to accelerating the last 150m of an 800m it was a half-decent run really.

3 Tony Tuohy 2:20.83

### Mile (race 1)

Jonathan's comeback stepped up with a big improvement on his club mile last Friday. He set out with intent for a sub-5:08 or so and was followed towards the rear of the field by the rest of us. Ian signed up for this with a sub-5 in mind but recent illness left him out-of-sorts and he soon found it tough going. 45 minutes after the 800m I started at the back intending an extra workout of three steady laps and a (hopefully) faster last to

finish. The others gave me good targets though and a steady first 809m in 2:37 saw me past Katie as she then latched on to me. Into the last lap Jonathan was a couple of seconds ahead as I kicked after him and passed a spent Ian. I was pleased with a sub-72 last lap (2:28 last 800m) but got no closer to Jonathan who matched that and clocked an excellent 5:03. My time matched the club mile last week (but with an 800m in the legs) and Katie clung on behind me for a huge PB but also a far superior run to her best 1500m from three years ago. Ian is fitter than this and will go much faster with full recovery.

6 Jonathan Whittaker 5:03.60  
9 Tony Tuohy 5:05.83  
10 Katie Balme (Herne Hill) 5:07.04 PB  
12 Ian Lilley 5:10.26

### Mile (race 2)

Mike's gradual summer improvement continued with another isolated but disciplined run that moved him up to number two in the M70 rankings. If he can replicate this speed in the more often raced 1500m he'd be bothering the top five. Getting classy.

9 6:17.30

## Assembly League Crystal Palace

4/07.2019

Ed Chuck	15:57
Lewis Laylee	16:02
Andy Bond	16:10
Jack Ramm	16:19
Buzz Shephard	16:25
Danny Mann	16:53
Steve Davies	17:11
Tom South	17:15
Ed Harper	17:26
Alastair Locke	17:31
Paul Devine	17:47
Ian Lilley	18:25

Des Crinion	18:40
Grant Kennedy	18:41
Joe Farrington-Douglas	18:43
Tom Wilson	19:07
Paul Collyer	19:18
Marta Miaskiewicz	19:18
Matt Cooke	19:20
Lloyd Collier	19:26
Mike Fullilove	20:16
Anna Thomas	20:53
Rebecca Schulleri	20:58
Alice Williams	21:05

Ebe Prill	21:17
Katie Styles	21:38
Graham Laylee	23:18
Barrie Nicholls	24:24
Ian Sesnan	25:12
Midge Cameron	25:16
Claire Steward	26:08
Ameet Patel	26:24
Andy Murray	28:43
Ros Tabor	28:43

# 2019 Club Championships

Within age groups after 7 events [Marathon scoring open until 24 Nov]

	Short					Long				Bonus for no. of events	TOTAL 5 events max inc. 1.S,L	5+ events Comp.?
	5k Dulwich 16 Feb	5k Battersea 10 Jun	5M Eltham Pk 16 Nov	1M Stratford 2 Aug	10k Regents Pk 3 Nov	1/2M Big Half 10 Mar	10M Towpath 10 Apr	Marathon London or other 28 Apr	7M Sevenoaks 14 Jul			
<b>Women Senior</b>												
Marta Miaskiewicz	50	[48]	50			[48]	50	50	50	7	257	C
Kim Hainsworth	49	46	49			[45]	48		48	6	246	C
Laura Vincent	46	43				40	46		45	5	225	C
Tess Bright						44	47	45	47	4	187	
Belinda Cottrill	37	45					49		49	4	184	
Ali Campbell		49				50		49		3	151	
Elkie Mace		50				49		47		3	149	
Rebecca Schulleri	48	47				42				3	140	
Anna Thomas	47					43			46	3	139	
Claire Barnard						36	45		43	3	127	
Sonja Jutte	41	39							44	3	127	
Hannah Harvest	39	41				38				3	121	
Karina Burrows	40	40				37				3	120	
Hayley Seddon						47		48		2	97	
Alice Williams						46		46		2	94	
Katie Styles		42				41				2	85	
Jenny Ross	43					39				2	84	
Chloe Green						30		36		2	68	
Cherry Newsam	45									1	46	
Sara Roloff		44								1	45	
Roz Johnson								44		1	45	
Charlotte Sanderson	44									1	45	
Jenny Shutt							44			1	45	
Michelle Key								43		1	44	
Helen Lister	42									1	43	
Natalie Davys	38									1	39	
<b>Women V40</b>												
Yvette Dore	50	50	[50]			50	50	50	[50]	7	257	C
Teresa Northey	49		48			47	47	48		5	244	C
Joanne Shelton Pereda	48		47			46	48	[47]	48	6	243	C
Sharon Erdman	47	49				44			47	4	191	
Emma Ibell			49				49		49	3	150	
Clare Osborne	45						46		46	3	140	
Eleanor Simmons						49		49		2	100	
Colleen Williams	46					45				2	93	
Stephanie London						48				1	49	
Vicky Gashe								46		1	47	
<b>Women V50</b>												
Michelle Lennon	50	[49]	50			50	50	[49]	50	7	257	C
Lucy Pickering	49	50				49		48		4	200	
Lucy Clapp	48					48	48		49	4	197	
Midge Cameron	47		49			47				3	146	
Ange Norris								50		1	51	
Ola Balme							49			1	50	
Lindsey Annable	46									1	47	
Clare Wyngard	45									1	46	
<b>Women V60</b>												
Ros Tabor	50	50	50				50			4	204	
Claire Steward		49	49			50	49			4	201	
Susan Vernon	49									1	50	
Elizabeth Begley						49				1	50	
<b>Men Senior</b>												
Edward Chuck	50	50				50		48	50	5	253	C
Alastair Locke	49		49			48		47	48	5	246	C
Jack Ramm	47	47					50	44	49	5	242	C
James Burrows	46					46	49	46	46	5	238	C
Joe Twomey	44	45	48			43	48			5	233	C
Joe Farrington-douglas	42	43	47			38	44			5	219	C
Eugene Cross	40	42	46			40	45			5	218	C
Des Crinion	45	44				44	46			4	183	
Grant Kennedy	43					42		38	45	4	172	
Matt Ladds	39					33	43		41	4	160	
Alex Haylett	36		44			31	38			4	153	
Timothy Bowen	41	49						50		3	143	
Edward Harper		46				47		43		3	139	
Jonathan Whittaker	35	41							44	3	123	



Alex Bazin			45			32	40			3	120	
Ross Rook		40				34	42			3	119	
Tom Shakhli	34					41		40		3	118	
Greg Falconer	37					35	41			3	116	
Shane O'Neill		48	50							2	100	
Lee Fedden						49		49		2	100	
Wayne Lashley	48								47	2	97	
Rob Hollands						45		45		2	92	
Steve Rolfe							47	42		2	91	
Matt Cooke		39							43	2	84	
Jamie Nicol	38						39			2	79	
Cameron Lund									42	1	43	
Oliver Cooper								41		1	42	
William Bancroft								39		1	40	
Ed Simmons						39				1	40	
Richard Barclay								37		1	38	
Robert Yates						37				1	38	
Stephen Pinkster						36				1	37	
<b>Men V40</b>												
Andy Bond	50	50				50	50		50	5	255	C
Tom South	[47]	[48]	49			48	49	49	49	7	251	C
Daniel Mann	49	49	50			49		48		5	250	C
Hugh French	37	41				37	45		45	5	210	C
Grzegorz Galezia		44				45		47	47	4	187	
Cameron Timmis	39	42					46		46	4	177	
Gower Tan	44						48	44		3	139	
Justin Siderfin	46					42			48	3	139	
Martin Double		43				38	47			3	131	
Stephen Davies	48							50		2	100	
Paul Devine						47		45		2	94	
Tom Wilson		46						46		2	94	
Paul Collyer		45				46				2	93	
Rob Cope	45					44				2	91	
Olivier Montfort	43					43				2	88	
Miles Gawthorp	41							43		2	86	
Jonny Hough	42					41				2	85	
Christopher Cooper	40					39				2	81	
Ian Lilley		47								1	48	
Gary Clarke						40				1	41	
Peter Jenkins		38								1	39	
Ajay Khandelwal	38									1	39	
Spencer Sutcliff							37			1	38	
Alex Loftus								36		1	37	
<b>Men V50</b>												
Ebe Prill	49		[47]			49	49	49	49	6	251	C
Gideon Franklin	45	48	46			47		47		5	238	C
Tony Tuohy	50	50	50						50	4	204	
Charles Lound		49				50	50	50		4	203	
Paul Keating	44		43			46	48			4	185	
Michael Fullilove	48		49					48		3	148	
Mark Foster	47		48			48				3	146	
Ameet Patel	43		44						48	3	138	
John English	46									1	47	
Joseph Brady			45							1	46	
Paul Hodge							37			1	38	
Mike Crilly							37			1	38	
<b>Men V60</b>												
Stephen Smythe	50	50				50		50	50	5	255	C
Graham Laylee	48	[48]	50			49	50		49	6	252	C
Bob Bell	47	49				48	47		48	5	244	C
Barrie John Nicholls	46	47	49			[46]	48		47	6	243	C
Andy Murray	44	46	48			47	49			5	239	C
Hugh Balfour	49									1	50	
Michael Dodds	45									1	46	
Chris Vernon	43									1	44	
124	75	49	30	-	-	73	46	45	38	356		25

Best 5 Count For Year Including 1 Each Short, Long. 5 Including One Short And Long Needed For Completion Medal. Marathon Points Are Temporary - Bracketed Points [ ] Are Discards, Outside Top 5 Scores.

2019 Club championship Overall championship After 4 events including marathons	Short					Long					Events count.	TOTAL 5 events max inc 1.5.L	Avg.	C	Avg. of all races
	5k Dulwich 16 Feb	5k Battersea 10 Jun	5M Eltham Pk 16 Nov	1M Stratford 2 Aug	10k Regents Pk 3 Nov	1/2M Big Half 10 Mar	10M Towpath 10 14 Apr	Marathon London or other 28 Apr	7M Sevenoaks 14 Jul						
Andy Bond	870	890				848	852			865	5	4,325	865	C	865
Michelle Lennon	816	831	844			[812]	823	[785]		823	5	4,136	827	C	828
Edward Chuck	835	827				827		769		832	5	4,090	818	C	814
Stephen Smythe	821	804				829		801		796	5	4,052	810	C	814
Tom South	805	836	813			787	[785]	[769]		796	5	4,037	807	C	810
Marta Miaskiewicz	[769]	792	811			785	793	784	[771]		5	3,966	793	C	793
Yvette Dore	[759]	789	815			766	787	[753]		786	5	3,943	789	C	789
Daniel Mann	810	828	812			778		705			5	3,933	787	C	787
Ebe Prill	804		727			759	776	766	[726]		5	3,831	766	C	766
Jack Ramm	734	803					775	707		810	5	3,829	766	C	755
Alastair Locke	778		745			779		755		763	5	3,819	764	C	764
James Burrows	754					747	740	730		712	5	3,684	737	C	743
Kim Hainsworth	749	740	754			[709]	715			723	5	3,681	736	C	740
Joe Twomey	727	755	729			707	710				5	3,627	725	C	725
Joe Farrington-douglas	729	742	733			685	711				5	3,599	720	C	720
Ros Tabor	891	899	913					895			4	3,599	900		900
Graham Laylee	720	705	722			[690]	712			712	5	3,571	714	C	715
Eugene Cross	716	723	717			693	705				5	3,553	711	C	711
Tony Tuohy	895	911	887							857	4	3,550	887		898
Bob Bell	741	732				679	634			717	5	3,503	701	C	696
Barrie John Nicholls	697	683	707			[628]	675			667	5	3,429	686	C	690
Andy Murray	687	681	682			674	686				5	3,410	682	C	682
Gideon Franklin	708	703	681			667		639			5	3,397	679	C	679
Laura Vincent	700	704				649	634			668	5	3,355	671	C	672
Charles Lound		814				816	855	850			4	3,335	834		834
Teresa Northey	664		679			624	639	629			5	3,234	647	C	647
Lucy Pickering	829	849				790		762			4	3,230	808		808
Joanne Shelton Pereda	647		652			618	643	[573]		619	5	3,177	635	C	639
Claire Steward		808	797			773	785				4	3,163	791		791
Lucy Clapp	779					772	789			766	4	3,106	776		780
Grzegorz Galezia		787				770		754		736	4	3,047	762		770
Des Crinion	735	749				712	707				4	2,902	726		726
Hugh French	574	608				539	564			565	5	2,849	570	C	571
Tess Bright						698	683	680		709	4	2,769	692		687
Grant Kennedy	720					708		631		687	4	2,745	686		686
Cameron Timmis	673	674					666			664	4	2,678	669		671
Matt Ladds	674					610	649			624	4	2,557	639		630
Belinda Cottrill	365	724					722			715	4	2,526	632		604
Sharon Erdman	627	639				567				617	4	2,449	612		611
Alex Haylett	619		619			584	591				4	2,412	603		603
Ali Campbell		814				800		772			3	2,386	795		795
Elkie Mace		825				793		764			3	2,382	794		763
Timothy Bowen	705	836						830			3	2,371	790		790
Michael Fullilove	798		790					745			3	2,332	777		777
Paul Keating	611		564			550	594				4	2,319	580		580
Emma Ibell			797				744			769	3	2,310	770		762
Edward Harper		792				751		697			3	2,239	746		746
Mark Foster	753		746			692					3	2,191	730		730
Justin Siderfin	748					712				727	3	2,187	729		730
Gower Tan	753						715	698			3	2,167	722		722
Rebecca Schulleri	719	737				680					3	2,135	712		737
Anna Thomas	713					692				695	3	2,100	700		708
Midge Cameron	698		714			652					3	2,064	688		688
Jonathan Whittaker	597	723								694	3	2,014	671		675
Greg Falconer	719					641	643				3	2,003	668		668
Ross Rook		708				634	657				3	2,000	667		667
Martin Double		688				614	655				3	1,958	653		653
Alex Bazin			672			616	642				3	1,929	643		643
Tom Shakhli	483					695		654			3	1,832	611		611
Ameet Patel	595		611							608	3	1,814	605		603
Hannah Harvest	550	655				593					3	1,798	599		599
Sonja Jutte	595	605								592	3	1,792	597		600
Karina Burrowes	582	597				578					3	1,758	586		586
Clare Osborne	596						573			569	3	1,738	579		584
Claire Barnard						546	584			560	3	1,690	563		625
Stephen Davies	864							811			2	1,675	838		838
Lee Fedden						809		801			2	1,610	805		805
Shane O'neill		804	789								2	1,593	797		797
Paul Collyer		810				-	778				2	1,588	794		529
Hayley Seddon						775		756			2	1,531	765		765
Wayne Lashley	777									750	2	1,527	764		777
Tom Wilson		779								722	2	1,501	750		750
Paul Devine						765		690			2	1,456	728		728

Rob Hollands						730		719		2	1,450	725	725
Rob Cope	735					712				2	1,447	724	724
Olivier Montfort	723					710				2	1,433	717	717
Alice Williams						708		691		2	1,400	700	727
Steve Rolfe							707	691		2	1,398	699	714
Katie Styles		700				692				2	1,391	696	699
Matt Cooke		696							679	2	1,375	687	696
Jonny Hough	689					671				2	1,360	680	680
Eleanor Simmons						682		648		2	1,330	665	665
Jamie Nicol	666						624			2	1,290	645	645
Christopher Cooper	664					621				2	1,286	643	643
Miles Gawthorp	679							557		2	1,237	618	618
Jenny Ross	612					600				2	1,212	606	606
Colleen Williams	605					512				2	1,117	559	559
Chloe Green						512		482		2	994	497	497
Ange Norris								874		1	874	874	874
Hugh Balfour	821									1	821	821	821
Ian Lilley		802								1	802	802	802
Ola Balme							795			1	795	795	770
John English	715									1	715	715	715
Sara Roloff		711								1	711	711	711
Ed Simmons						690				1	690	690	690
Stephanie Lunden						689				1	689	689	689
Roz Johnson								685		1	685	685	685
Oliver Cooper								677		1	677	677	677
Stephen Pinkster						671				1	671	671	671
Ajay Khandelwal	670									1	670	670	670
Cherry Newsam	664									1	664	664	664
Robert Yates						660				1	660	660	660
Michael Dodds	659									1	659	659	659
Gary Clarke						658				1	658	658	658
Charlotte Sanderson	653									1	653	653	653
Cameron Lund									635	1	635	635	635
William Bancroft								633		1	633	633	633
Richard Barclay								623		1	623	623	623
Joseph Brady			620							1	620	620	620
Susan Vernon	606									1	606	606	606
Peter Jenkins		597								1	597	597	597
Helen Lister	596									1	596	596	640
Elizabeth Begley						582				1	582	582	582
Natalie Davys	555									1	555	555	555
Spencer Sutcliff							509			1	509	509	627
Paul Hodge							509			1	509	509	627
Mike Crilly							509			1	509	509	627
Jenny Shutt							509			1	509	509	626
Michelle Key								486		1	486	486	486
Alex Loftus								482		1	482	482	482
Vicky Gashe								482		1	482	482	482
Clare Wyngard	431									1	431	431	431
Lindsey Annable	399									1	399	399	399
Chris Vernon	365									1	365	365	365
124	75	49	30	-	-	73	46	45	38	343		25	



July 20th

## Banstead Woods

168 Ran

Pos	Gen		
3	3	Tony Tuohy	18:36

## Bethlem Royal Hospital

143 Ran

Pos	Gen		
1	1	Andy Bond	17:53
27	5	Laura Vincent	22:47
60	15	Claire Barnard	26:55

## Burgess

449 Ran

Pos	Gen		
19	19	Jonathan Whittaker	19:14
36	3	Kim Hainsworth	20:03
120	11	Susan Cooper	22:44

## Crystal Palace

329 Ran

Pos	Gen		
38	1	Belinda Cottrill	21:53
66	6	Helen Lister	23:14
72	8	Eleanor Simmons	23:24

## Dartford Heath

50 Ran

Pos	Gen		
31	26	Peter Jackson	30:16

## Dulwich

493 Ran

Pos	Gen		
12	12	Timothy Bowen	17:45
28	2	Ali Campbell	19:08
31	29	Justin Siderfin	19:16
45	43	Edward Simmons	19:49
55	4	Kristen Stephenson	20:07
60	56	Grant Kennedy	20:17
63	59	Mark Foster	20:20
74	5	Michelle Lennon	20:42
84	77	James Auger	21:11
89	82	Tom Shakhli	21:16
161	141	Graham Laylee	23:10
428	300	Mick Mead	32:13

## Finsbury

504 Ran

Pos	Gen		
3	3	Joe Twomey	18:32

## Hastings

299 Ran

Pos	Gen		
97	85	Michael Dodds	26:00
217	68	Clare Wyngard	31:36

## Lymington Woodside

175 Ran

Pos	Gen		
24	2	Katie Styles	21:24

## Newbury

501 Ran

Pos	Gen		
21	18	Matthew Ladds	21:05
197	34	Karina Burrowes	27:21

## Peckham Rye

328 Ran

Pos	Gen		
27	26	Kieran New	20:57

## Riddlesdown

112 Ran

Pos	Gen		
11	1	Ange Norris	21:09
28	27	Alex Bazin	21:01

## Shipleigh Country

176 Ran

Pos	Gen		
19	4	Charlotte Sanderson	23:36

## Tooting Common

536 Ran

Pos	Gen		
164	139	Ian Sesnan	24:49

## Uppsala

47 Ran

Pos	Gen		
7	7	Paul Collyer	19:34

**For your results to appear here ...**

you need to update your parkrun profile to show you are a current member of DR AC.

# DULWICH RUNNERS CLUB KIT

- Vests £18 each
- T-shirts short sleeved £20 each
- T-shirts long sleeved £22 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)



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



Bufs/snoods - only £6

Socks only £5



WATERPROOF JACKETS  
LIMITED STOCK - only £10 each  
Only 2 Xlarge left



The Beast from the East !

It's on the way!.. be prepared...  
get yourself a bobble hat £15

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

**! Available now !**  
**Women's "Racer Back"**  
**vests - £25**



## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces and hoodies.

You just click on the link to the Dulwich Runners shop and purchase directly.

<https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html>

any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



### College Hoodie



### Micro Fleece Jacket



### Showerproof Team Jacket



### Pro Mid Layer 1/4 Zip Top

## SOCIAL SPOT

P  
O  
T

*Upcoming events.*

Watch this space !.....

Dulwich Runners are on Instagram....So if you would like to photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, or Jonathan Whittaker who will take care of it! If people mention [@dulwichrunners](https://www.instagram.com/dulwichrunners) on their posts then we can easily repost pictures on the main Dulwich Runners account of



## Instagram

key achievements that you want to share, or cover club races that neither Jonathan or Yvette are at.

## 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)

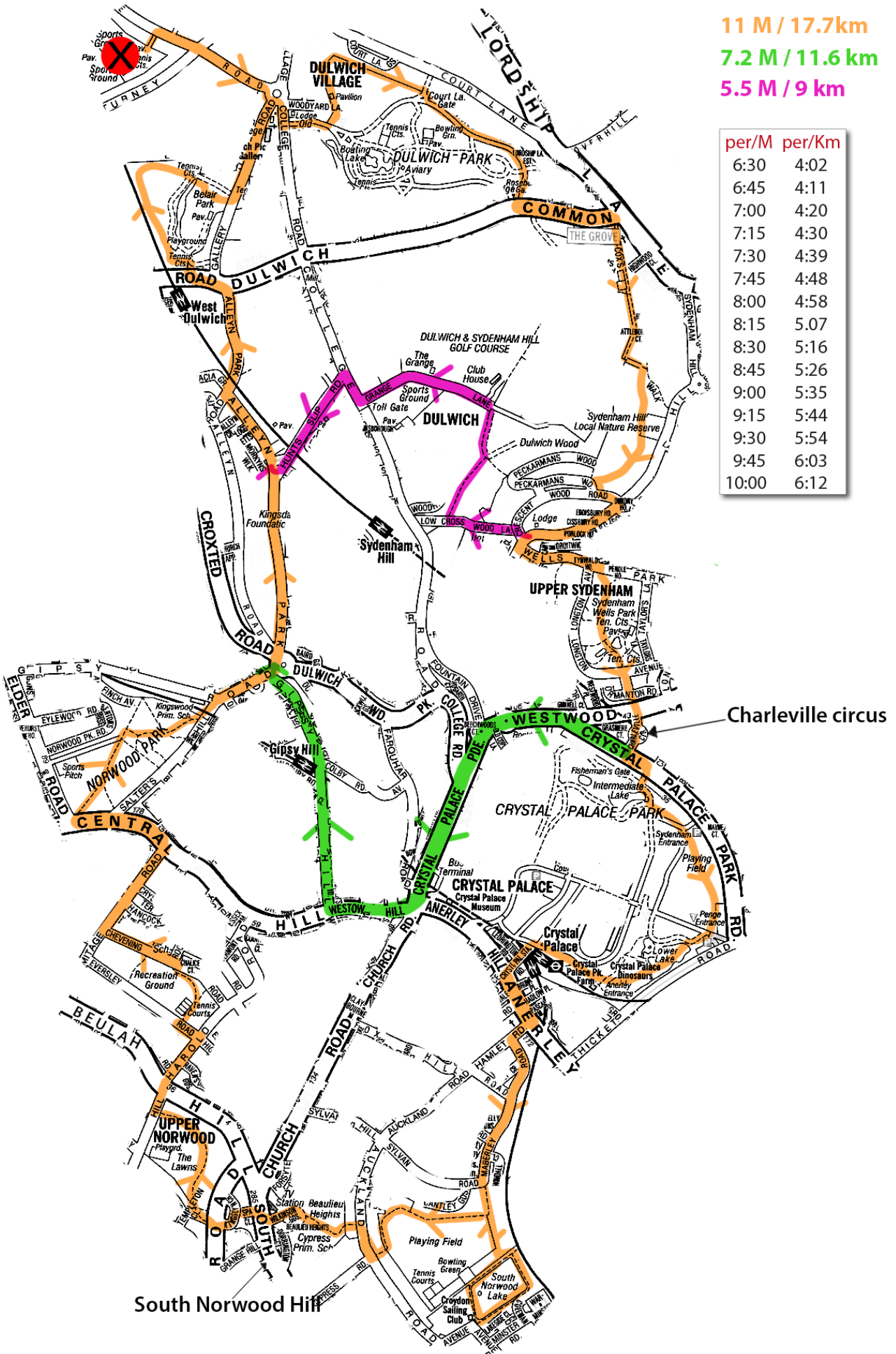
## Rehydration !

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)

# Dulwich Runners Summer 1

11 M / 17.7km  
 7.2 M / 11.6 km  
 5.5 M / 9 km

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



South Norwood Hill

All maps on Strava (you don't need an account)  
<https://www.dulwichrunners.org.uk/wednesday-night-routes>