



# SHORTS

Dulwich Runners AC

Weekly Newsletter

July 3rd 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 3	<b>Club Night</b> , Edward Alwyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Thu 4	<b>Assembly League</b> - Crystal Palace Park
Tue 9	<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 !

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**And much more !**

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

*A brief look ahead*

Jul 4	Assembly League - Crystal Palace Park
Jul 14	SevenOaks Seven - Club champs - Kent
Jlu 19	Mark Hayes Memorial Mile - Dulwich track

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### Reminder

The best way of improving is to train hard and work on improving your speed.

The Ladywell Tuesday track sessions have seen good showings from the fastest male runners. Around 15 this week but women numbers have been disappointing and it also would be better to have a full range of speeds there.

I note many who said they would do these sessions have not turned up yet.

Remember, the faster you get in these sessions, then the quicker you will race!

### 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)



## 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.

## 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)



Thanks go to **Andy Murray and Tom South** for taking out new runners lastweek

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>Gower Tan</b>	<b>3/7</b>
Cameron Timmis	10/7
Tony Tuohy	17/7

## 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>

### MIDSUMMER RELAY

A big thank you to everyone who helped with the relay this year. We had the largest number of teams so far (over 100) and also 75 children in the fun run which is also a big increase on last year.

We had over 50 members running in club/family/friends/work teams, spread out throughout the field.

At least 30 members gave up their Wednesday run to help with marshalling, timekeeping, water station, changeover etc. This meant the event went smoothly and the race adjudicator from Run Britain was satisfied.

We have had many comments about your friendliness and encouragement to all runners.

There will be a prize draw for the lucky marshal, and a free drink in the club on Wednesday.

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

# 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.

## Assembly League Crystal Palace Park

**Starts at @ 7.30pm**

Course is 2 laps approx 3.25M  
Leave CP station turn left and 30m turn right into Ledrington Rd.  
Walk up to gate and into park. Start & Finish approx. 100m from gate.  
Free parking on Ledrington after 6.30pm



# 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
Jul	4	Assembly League - Crystal Palace Park	Crystal Palace
	14	Sevenoaks Seven long	Sevenoaks, Kent
	19	Mark Hayes mile	Dulwich
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 cross country Inter-Area Challenge	t.b.c
Oct	6	National 6/4 stage road relays	Sutton Park
	12	Surrey League cross country (men)	t.b.c
	26	BMAF XC Relays	Long Eaton
Nov	3	Regents Park 10k short	Regents Park, London
	9	Surrey League cross country (men)	t.b.c
	16	British & Irish Masters cross country,	Southport
	23	South of Thames 5 miles	Morden Park
Dec	14 or 21	tbc South of Thames 7.5 miles	Lloyd Park
<b>2020</b>			
Jan	4	County cross country champs	t.b.c
	11	Surrey League cross country (men)	t.b.c
	25	South of England cross country champs	t.b.c
Feb	8	Surrey League cross country (men)	t.b.c
	22	England cross country champs,	Nottingham
Mar	21	England area 12 and 6 stage relays	t.b.c
Apr	4	National 12 and 6 stage relays	Sutton Park
<b>Surrey League Xc dates and venues to be confirmed</b>			

**Note: Track fixtures on seperate list below**

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		Track races and meetings	Venue
Jul	14	VAC T&F champs	Kingsmeadow
	17	BMC meeting	Eltham
	19	Mark Hayes mile	Dulwich
	22	Blackheath and Bromley Open meeting	Norman Park, Bromley
	24	VAC 5000m champs	Battersea
Aug	2	SOAR Mile club champs (short)	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



## Mark Hayes Memorial Mile Dulwich College Track

Friday 19 July

This event is in memory of Mark Hayes who was club mile champion back in the 90s and in whose memory we hold this series of races. It's also excellent preparation for the clubs champs SOAR Mile on 2 August.

To take part in these races contact Mike Mann at: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) and Jonathan Whittaker [jonathanwhittaker79@yahoo.co.uk](mailto:jonathanwhittaker79@yahoo.co.uk) including your predicted mile time, **before 17 July**.

Those of you unsure about your predicted time, speak to one of

your coaches at Tuesday's grass/track session or provide details of any recent 5k or parkrun times. If doing our midsummer relays on 26 June, we can use those times, subject to a small adjustment for the longer distance. We don't need accurate predictions as it's simply to allocate runners to a series of races on the night. The first race will start around 7.30, with subsequent races at 10 minute intervals.

**Please do not wear club vests.** You will be allocated to races and provided with race numbers on arrival. The presentation will be after the final race at around 8.30.

Drinks will be available trackside before we head off to the Alleyns Head afterwards.

There is also a 600m race for youngsters, so please let us know if you plan to bring them along and don't worry about their predicted times.

**There is no entry fee but donations which will go to Karine Brissy Hayes and her family are encouraged.**

## 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.

## 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. at Dorney Lake, finishes at Kingston  
Teams of 5 to run a marathon distance between them  
Stages range from 4.4m - 6.5m.

A scenic baton relay alongside the Thames, mainly off road. It is for runners of all abilities.

See the website - [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.

If you would like to take part let Ange know on Wednesday evening or reply to [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## The Summer 5ks - July 6

A series of 5,000m track races at the Battersea Millennium Arena hosted by Clapham Chasers - 6th July at Battersea park. <https://www.eventrac.co.uk/race-course-map/summer-5kms-5km-06-07-2019-07-00>

## 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.

## Dulwich Midsummer Relays 3 x 1.04 miles, Dulwich Park

Wed 26th Jun

The club's own summer promotion was even more of a success this year with a full entry of over 100 teams (plus nearly 80 in the children's one-lap run) enjoying another fine summer evening of racing, all smoothly sorted out by Andy, Ros, Ange and a merry band of helpers. An excellent team from Herne Hill Harriers won at a canter from teams from Kent AC and Serpentine, averaging close to 5 minutes per leg and led off by fastest leg of the day Arlo Ludwick in 4:52.

With 12 seconds or so (more if you're slower) needing to be subtracted to give a rough time for an actual mile that's pretty nippy but Dulwich second-claimer Dylan Wymer was just two seconds short (equal 2nd fastest) with a storming run that brought his Dulwich team home in 3rd overall, but in fact winning the 1st mixed team prize.

Actually the mixed team race provided the best drama with last year's winners Peckham Rye Parkrunners (actually all Dulwich - Andy B, Kev and Hayley) improving their time by three seconds but having to settle for 4th in a close race. I led off Dylan's team but we were soon adrift of three other front-loaded teams. Ali

Campbell, unfamiliar with racing such a short distance, took over and ran one of the best women's times to keep us in touch and Dylan scythed through the field like a missile to win from Kent AC Heroes by 9 seconds.

Chloe Green's team (Reggie's Rockets) were just 2 seconds further back with a 9 second advantage over the Peckham team, a close race.

The women's 1st prize was also won by a home team, Dulwich's Lucy C, Anna and Yvette taking the win by 15 seconds. Special mention should go to Elkie who beat plenty of talent on the day to be fastest woman with an excellent 5:36. That's most of the prize winners but there were plenty of other good runs in dozens of teams it would take all day to mention; see the results list. Great fun was had by all in this tremendous club event and hopefully it can be just as successful next year.

**Tony Tuohy**



Out supporting Mam and Dad but still upset we weren't allowed to enter as a family team by virtue of her not being able to walk yet!

Dulwich Runners team results on following page

TEAMS WITH DULWICH RUNNERS			DULWICH RUNNERS MIDSUMMER RELAYS 26-Jun-19					1676m / 1.04 MILES						
NB EACH LINE SHOWS A TEAM IN STAGE 3 FINISH ORDER														
FINAL TEAM ORDER	TEAM NAME	CAT.	1,2,3	STAGE 1 RUNNER	TIME	POSN	STAGE2 RUNNER		TIME CUM	CUM POSN	STAGE 3 RUNNER	FINAL TEAM ORDER	TIME CUM	CUM POSN
34	Dulwich Runners 4	Mixed	1	Tony Tuohy	05:18	10	Ali Campbell	05:50	11:08	10	Dylan Wymer	04:54	16:02	3
54	Peckham Rye Parkrunners	Mixed		Andy Bond	04:58	3	Kevin Chadwick	05:27	10:25	4	Hayley Seddon	05:57	16:22	7
29	Cptri Triceratops	Mixed		Josh Walker	05:20	11	Elkie Mace	05:36	10:56	8	Matt Briddon	05:33	16:29	8
36	Dulwich Runners 6	Mixed		Steve Davies	05:07	6	Alastair Locke	05:34	10:41	5	Roz Johnson	05:49	16:30	9
50	B.a.d.ass	Mixed		Alex Moorhouse	05:32	15	Becca Schulleri	06:09	11:41	16	Des Crinion	05:26	17:07	14
76	Dulwich Runners 3	Men		Gower Tan	05:52	26	Joe Farrington-Douglas	05:30	11:22	11	Kamal Lewis-Gopie	05:46	17:08	15
22	Martin's Marvels	Mixed		Martin Belzunce	05:21	12	Amanda Nio	06:38	11:59	20	Dominic O'Sullivan	05:19	17:18	18
70	The Bonds	Men		Toby Bond	06:38	63	Alex Bond	06:08	12:46	39	Andy Bond	05:24	18:10	22
78	The Ceccos	Men		Andrea Ceccolini	06:08	35	Paolo Ceccolini	06:20	12:28	33	Bruno Ceccolini	05:45	18:13	24
77	Dulwich Runners 7	Men		Eugene Cross	05:45	22	Chris Nunn	06:28	12:13	28	Will Hooper	06:01	18:14	26
7	Cp Track Car Pool	Mixed		Alice Williams	06:23	50	Michelle Lennon	06:36	12:59	43	Grzegorz Galezia	06:03	19:02	37
103	Team D	Men		Vaclav Ceska	06:28	57	James Adult	07:14	13:42	64	Daniel Mann	05:23	19:05	39
68	Tupper's Trotters	Men		Alex Loftus	05:47	23	Jim Phelan	07:13	13:00	44	Nick Kinsey	06:12	19:12	41
37	Dulwich Runners 8	Mixed		Miles Gawthorp	05:49	24	Naomi Crowther	06:58	12:47	40	Olivier Montfort	06:40	19:27	45
18	Eat	Mixed		Tom Poynton	06:18	46	Eda Korkmaz	07:19	13:37	63	Alex Jeffreys	06:11	19:48	49
1	Ac Yers	Women	1	Lucy Clapp	06:44	71	Anna Thomas	06:38	13:22	55	Yvette Dore	06:28	19:50	51
44	Romolans	Mixed		Lucy Pickering	06:37	62	Sonny Pickering	06:38	13:15	47	Lucy Pickering	06:44	19:59	53
8	Not Fast, But Kinda Furious	Women	3	Ellie Balfe	06:14	40	Rachel Kearsy	07:06	13:20	52	Anna Box	06:49	20:09	57
91	Simmons Family	Mixed		Bernard Simmons	07:57	96	Eleanor Simmons	06:47	14:44	85	Ed Simmons	05:44	20:28	64
99	Growing Old Disgracefully	Men		Mike Mann	06:56	78	Bob Bell	07:25	14:21	75	Alex Bazin	06:10	20:31	66
35	Dulwich Runners 5	Mixed		Cameron Timmis	06:38	64	Jo Quantrill	07:56	14:34	75	Justin Siderfin	06:03	20:37	68
53	Bottles	Mixed		Oliver Bottle	06:04	31	Abbie Bottle	08:02	14:06	75	Emma Ibell	06:37	20:43	71
21	Lateasaurus	Mixed		Belinda Cottrill	06:26	54	Lisa Rabnal	06:58	13:24	75	Matt Hunt	07:22	20:46	72
101	Fullilove Family	Mixed		Jack Wheeler	06:42	68	Lucy Fullilove	08:00	14:42	75	Michael Fullilove	06:14	20:56	74
9	Clare Norris	Women		Clare Norris	06:25	53	Jenny Count	07:59	14:24	75	Marie Lhomond	07:17	21:41	80
10	Dulwich Runners 2	Women		Steph Lundon	07:18	87	Vicky Gashe	07:35	14:53	75	Teresa Northey	07:12	22:05	86
4	Helen Lister	Women		Helen Lister	07:07	85	Hannah Harvest	07:20	14:27	75	Laura Long	07:41	22:08	87
11	Dulwich Runners 1	Women		Sonja Jutte	07:22	89	Midge Cameron	08:01	15:23	75	Sharon Erdman	07:55	23:18	96
	Fastest M										Dylan Wymer	04:54		
	Fastest W						Elkie Mace	05:36			Roz Johnson	05:49		



# John Clarke Memorial Fell Race, 3.3 miles 930 ft

Friday 28 June

Twenty-five years ago in a pub in north-east London, a group of Orion Harriers started to wonder if they could organise a category A fell race inside the M25. (Category A means more than 250 ft of ascent per mile). The result was a course round a hilly part of Epping Forest laid out by the late John Clarke.

Having wanted to do this for ages, I seized the chance on Friday. It wasn't going to bankrupt me: the £3 entry fee included a bottle of beer, of which at least 300 were being unloaded from the race organiser's car as I arrived!

The course was a wiggly figure of eight over Pole Hill and Yardley Hill. With some glee, the race organiser announced at the start that he had included an extra climb on Yardley Hill to make it a bit more fun, and about 200 yards longer than last year. For those who like to run on the flat, this may not be ideal. I noted only two flat sections totalling about 400 yards. For the rest of the time we were going up or down, but at least all the climbs were runnable. My aim was to try and do it inside 30 minutes, which from



past results looked like a reasonable time for the M60s. We started at the bottom of Pole Hill, and for once I started steadily, but picked up the pace on the first and steepest descent. I then spent much of the race doing battle with a runner from Barnet who struggled on the climbs where I was going pretty well, but absolutely hammered down the descents. Fortunately, on the long climb back into Hawk Wood, I opened up a big enough gap to stop him catching me.

Then on the final climb, which was back up Pole Hill again, I was well clear of him and even overtook one of his team mates.

For most of the race I felt good and was running strongly, especially going uphill. So I was pleased to be well inside my target of 30 minutes, and to have won the M60. But only just, a Beckenham runner whom I had overtaken in the first mile was 17 seconds behind me.

The only slight sadness was because they took so long to sort out the results, only about 25 people stayed for the prize-giving. But it is a great race, and much to

be recommended for anyone wanting to have a go at fell running. Hugh Balfour

Winning time	21.29
Hugh Balfour	28.42 (1M60)
126 finished	

## Hercules Wimbledon 3000m

June 26

There was a reasonable club turn out for this high quality event on a warm and breezy day though Tim, on paternity duty, had a good excuse for not running.

### Race 1

Clare was far more pleased with this run than her mile record as she held her form well as she reeled off seven plus laps at 81 pace and it gained a huge 102.75% on age-grading. It took a few seconds off the British record and was close enough to the world mark to look in range with better pacing help and better conditions as she ran most of the race on her own.

2nd Clare Elms 10:11.24 (UK W55 record)

### Race 2

Paul Devine has not got back to his best after his marathons

but ran strongly here and was well inside 10.

Ian Lilley should have really been in Clare's race and instead he held on as long as he could in a much faster race but lost time in the last few laps and ended up a few seconds slower than Clare and missed his PB by 0.15 of a second.

### Steve Smythe

9th Paul Devine 9:49.61

13th Ian Lilley 10:15.06

### Race 3

Shane started strogly, faded a little in the middle but finished well to pretty much put sub-5s back to back ad set a PB.  
6th Shane O'Neill 9:22.31

### Race 7

Lewis looked on course for his 8:44.58 PB at halfway which he reached mid pack around 4:20 but not at his best or feeling good he had to ease back and drifted back ad found the last few laps hard.

17th Lewis Laylee 8:58.54

## Missed from last week's Golden Stag mile report was an excellent run from Paul Collyer.

He surprised himself and was well within his target pace and despite a strong powerful finish, he just missed out on first in his race.

Race 11: 2nd Paul Collyer

5:17.5

## Southern Vets League

24 June

Official times for this our 1500m races at Battersea were as follows:

Lucy Clapp	5:58.8
Mike Mann	6:05.3
Gary Budinger	6:08.5

Lucy was also part of a winning 4x400m team, finishing in 4:49.8. Both HHH ,men's and women's team have qualified for the final at Ashford in September. *Mike Mann*

## Herne Hill Open, Tooting Bec

June 29

On the hottest day of the year, there was a problem with results and Wayne's performance over 800m - around 2:04, Gar's 800m around 2:56, the 3000ms of Shane (9:27?), Tom (9:54?) and Mike (12:30?) had not been verified even by Tuesday night. Mike also ran a 1500.

Clare and Tony were drawn in race four of the 800m and a result has emerged from that because a prospective record was set. Tony got a clear run and Clare did not - having her usual getting boxed problem and the runners forcing her wide when she tried to overtake.

She closed up a little down the backstraight but Tony had the better last 100m.

After a very long wait to be confirmed, Clare's time narrowly bettered the British record set almost 20 years ago and was a fraction quicker than the world indoor record she set and thus her fastest time for five years though she feels with a clearer run, she could have gone quicker.

It was her 15th British record of the year and second in three days so far or will be once a problem with the gun test has been resolved. - *Steve Smythe*

Tony Tuohy	2:21.39
Clare Elms	2:22.38 (UK W55 record)

## HHH Open Meeting

29 June

Having entered in advance I was beginning to regret my decision to run the 3000m on the hottest day of the year so far. In addition to my usual preparation I used the steeplechase water jump to cool down beforehand. This kept me reasonably cool for almost half the race but resulted in my race number falling off almost immediately. I was pretty certain that I could comfortably beat

## Serpentine Last Friday 5k Hyde Park

28th June

A bumper crop of ten Dulwich Runners plus Lewis the second-claimer turned up on a warm and sunny but windy day for the latest instalment in Serpentine's long-running series, held this month on the two lap 'B' course - perhaps just a tad slower, depending on your point of view. It was Lewis who got a mere two second advantage over Andy here, reversing a one second defeat at Battersea a couple of weeks ago, both of them though just a handful of seconds short of those fast Battersea times - so seemingly not disadvantaged too much.

The Dublin Dynamo was perhaps a little down on recent form but as he was fresh from supervising the birth of his second progeny allowances could be made. Jack ran well but was similarly short of his recent top times and the theme was continued by yours truly, 20 seconds down on my run at the favoured Battersea course but good enough to just about see off Paul D, fresh from a very useful 3000m in 9:49 a couple of days earlier, after we more-or-less tried to kill each other. I think the lead must have swapped between us about six times with daylight only appearing in the last quarter mile. Ian also slipped from his Battersea time, but not by much, and Paul C was very similar (there's a definite theme here). Laura was little more adrift of her best, as were Steve and Laylee the Elder.

So, could have just said, 'Everybody, without exception, ran well but were a bit short of their recent best times.' That's 15 minutes of my evening I'll never get back. - *Tony Tuohy*

5	Lewis Laylee (2nd claim)	16:07	1st U20
7	Andy Bond	16:09	1st M40/45
8	Tim Bowen	16:21	
9	Jack Ramm	16:39	
20	Tony Tuohy	17:19	1st M55
24	Paul Devine	17:26	
37	Ian Lilley	18:06	
41	Paul Collyer	18:18	3rd M50
142	Laura Vincent	21:39	
148	Steve Williams	21:57	
163	Graham Laylee	22:53	

my previous time in cold windy and wet conditions earlier in June, but on reaching the 2000m mark I realised I was on target for around 12:30. In the end the heat took its toll but I have no complaints in beating my earlier time by almost 40 secs in my best track race of the season so far. I was not far off my pace in recent 1500m races and slightly faster than my performance at our midsummer relays. Later as the temperature notched up several degrees I struggled in the 1500m with heavy legs (time tbc).

3000m Mike Mann	12:38.04
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## Beckenham Place

210 Ran			
Pos	Gen		
1	1	Chris Mullin	16:58
11	1	Kim Hainsworth	19:43
14	13	Stephen Smythe	20:02
22	20	Oliver Bottle	21:15
131	36	Claire Steward	28:28

## Brockwell , Herne Hill

337 Ran			
Pos	Gen		
12	12	Gower Tan	19:43
21	21	Jonny Hough	20:04
60	56	James Auger	22:06
172	41	Sonja Jutte	26:19
213	154	Alex Haylett	28:07

## Burgess

498 Ran			
Pos	Gen		
1	1	Immer Pashhur	16:22
20	20	Charles Lound	19:14
46	1	Claire Oxlade	20:08
493	319	Chris Vernon	48:52
497	177	Susan Vernon	50:59

## Burnage

132 Ran			
Pos	Gen		
53	48	Ian Sesnan	26:31

## Croxteth Hall

415 Ran			
Pos	Gen		
38	4	Mel Edwards	21:57

## Crystal Palace

357 Ran			
Pos	Gen		
1	1	Andy Bond	16:37
11	11	Tom Wilson	19:24
32	1	Yvette Dore	20:50
33	2	Belinda Cottrill	20:59
77	72	Bob Bell	23:18
78	73	Graham Laylee	23:24
137	119	Joseph Brady	25:22
182	153	Ameet Patel	26:52

## Dulwich

512 Ran			
Pos	Gen		
10	9	Timothy Bowen	17:24
56	3	Sara Roloff	20:36
110	10	Charlotte Sanderson	22:24
274	219	Olivier Montfort	26:32
280	59	Colleen Williams	26:44
294	233	Giles Robertson	27:17

## Greenwich

288 Ran			
Pos	Gen		
10	10	Michael Fullilove	20:13

## Highbury Fields

439 Ran			
Pos	Gen		
50	47	Paul Collyer	21:32

## Hoblingwell

85 Ran			
Pos	Gen		
4	4	Ross Rook	20:09

## Letchworth

148 Ran			
Pos	Gen		
12	12	Matthew Ladds	21:46
80	13	Karina Burrowes	29:20

## Lloyd , Croydon

250 Ran			
Pos	Gen		
45	4	Helen Lister	24:45

## Lullingstone

74 Ran			
Pos	Gen		
74	31	Tereza Francova	55:40

## Malling

300 Ran			
Pos	Gen		
154	112	Peter Jackson	30:26

## Old Deer Park

111 Ran			
Pos	Gen		
41	35	Barrie John Nicholls	25:17
68	16	Lindsey Annable	28:41

## Peckham Rye

294 Ran			
Pos	Gen		
14	14	Justin Siderfin	20:22
20	1	Michelle Lennon	20:54
26	24	Alex Bazin	21:33
34	3	Helena Flippance	22:17

## Riddlesdown

208 Ran			
Pos	Gen		
1	1	Dylan Wymer	16:51
19	4	Ange Norris	21:19

## South Norwood

150 Ran			
Pos	Gen		
43	4	Ros Tabor	25:15
54	46	Andy Murray	26:00

## Tooting Common

534 Ran			
Pos	Gen		
48	44	Cameron Timmis	21:52

## Valentines

270 Ran			
Pos	Gen		
2	2	Joe Twomey	18:17

## Wakefield Thornes

317 Ran			
Pos	Gen		
227	72	Claire Barnard	32:17

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)

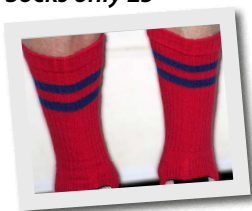


DULWICH RUNNERS' SHORTS - All sizes available  
They are traditionally cut either 'racing' style, or  
slightly longer- Both styles are a bargain £15.



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)

**! Coming Soon !**  
**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](#) 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

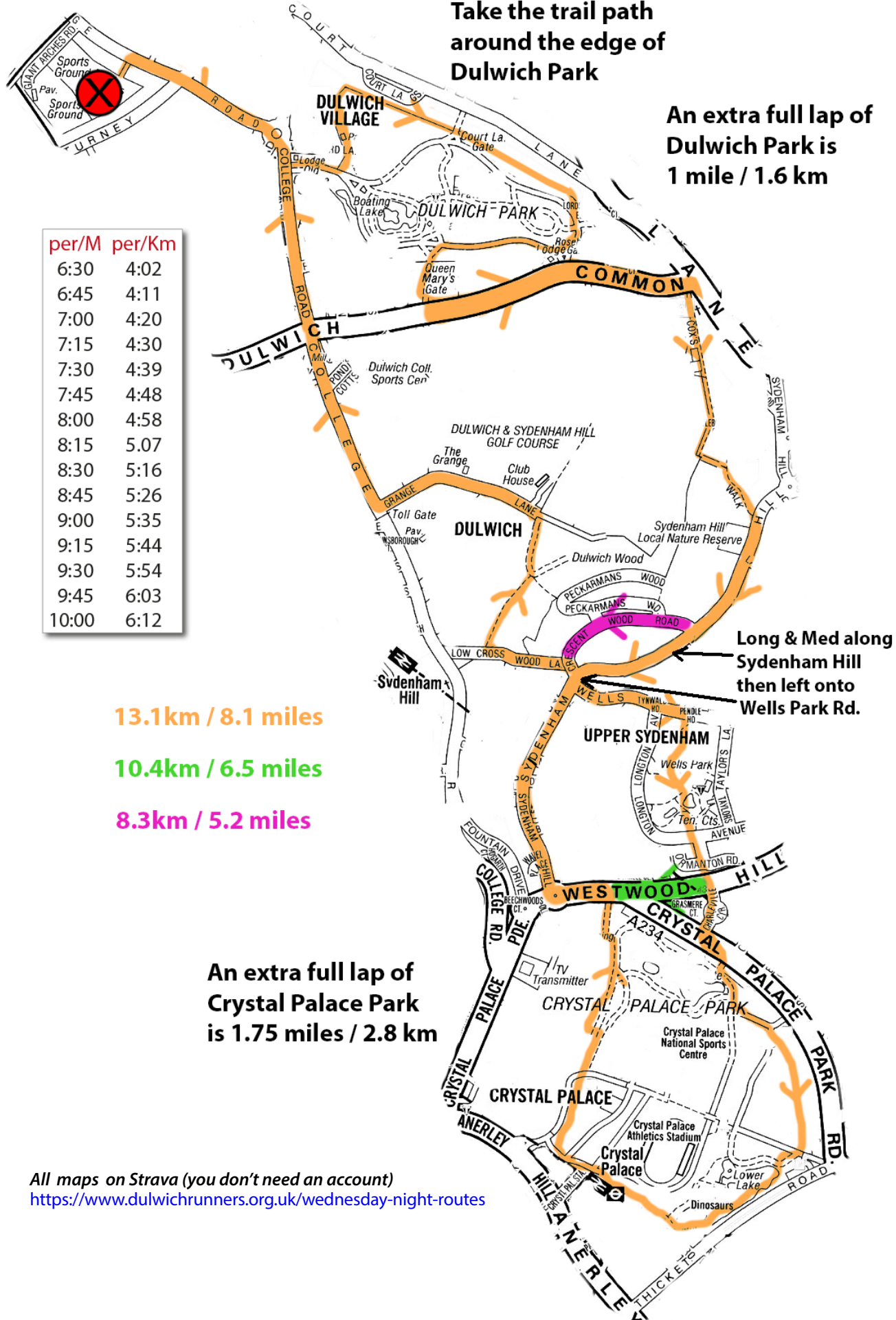
[ola.balme@btinternet.com](mailto:ola.balme@btinternet.com)

[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 Map 5



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