



SHORTS

Dulwich Runners AC

Weekly Newsletter

June 19th 2019

www.dulwichrunners.org.uk

These are your SHORTS,

Please send your reports, running news & anecdotes to:

barry@bg1.co.uk or barry@1bg1.com

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

| | |
|--------|---|
| Wed 19 | Club Night, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar. |
| Tue 25 | Dulwich College £2 per session Start with a warm up taken by Elkie Mace at 7:10pm then 7.25 main session on grass. See "Speed Sessions" following page Ladywell Track session - - meet 7.30 for warm up contact steve.smythe@athleticsweekly.com |
| Wed 26 | NO OFFICIAL CLUB RUNS Dulwich Runners Midsummer Relays |

In your SHORTS this week !

- 1 General information
- 3 Fixture list & race details
- 4 Upcoming races etc
- 6 Race reports & results - club champs standings so far
- 14 parkrun times
- 15 Club kit
- 17 Social events etc
- 18 Wednesday map + Strava links

And much more !

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

A brief look ahead

| | |
|--------|---------------------------------------|
| Jun 26 | DR MIDSUMMER RELAY - Dulwich Park |
| Jul 4 | Assembly League - Crystal Palace Park |
| Jul 14 | SevenOaks Seven - Club champs - Kent |

Like us on Facebook @dulwichrunners

Connect with us:



Thursdays morning sessions

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

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

There is no fee. Suitable for all standards.

steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- Sign the attendance register and **pay £1**.
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

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 **Ange Norris, Dylan Wymer, Mike Mann and Andy Murray** 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

| | |
|---------------------|-------------|
| Katie Styles | 19/6 |
| Gower Tan | 26/6 |
| Cameron Timmis | 3/7 |
| Tony Tuohy | 10/7 |

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>

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

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 |
|--|----|--|-------------------------|
| Jun | 26 | Dulwich Runners MIDSUMMER RELAY | Dulwich Park |
| 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 - FULL, there is a waiting list | 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 |
| 2020 | | | |
| 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 |
| Surrey League Xc dates and venues to be confirmed | | | |

Note: Track fixtures on separate list below

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

| 2019 | | Track races and meetings | Venue |
|------|----|---|----------------------|
| Jun | 19 | BMC meeting | Eltham |
| | 21 | Golden Stag Mile | Finsbury Park |
| | 29 | HHH open meeting | Tooting |
| 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 and
Jonathan Whittaker 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.

Afterwards we plan to go to the Alleyns Head for food and drinks, there may be drinks trackside (details to follow) 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.

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

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

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed. Details are on the website:

www.englandathletics.org

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

If you are interested please contact me or another committee member.

ros.tabor49@gmail.com

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>

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.

MIDSUMMER RELAY 26 JUNE

Put the date in you diary now. - This event is the major fundraiser for the club so you all need to support it by either running or helping on the day. Please promote it and encourage entries from your friends, family and work colleagues. There is also a 1 mile fun run for children. Details and entry form are on the website. - Ros



We have a number of the entries for this important fundraising event in the club calendar, but very few so far from our own club, so please come forward if you are able to take part.

This is not an event targeted at elite runners but is open to runners of all abilities and recently joined members

are encouraged to enter.

Don't worry if you are unable to put together teams of 3 as we can do that for you if necessary. The mile distance will provide good preparation for the Mark Hayes Mile in July (date tbc), the SOAR Mile on 2 August and other track meetings during the summer.

Children's Fun Run

Before the Midsummer Relay Race takes place, there is a Children's Fun Run (for children aged 4-14). It is a one mile lap of the park and is a great opportunity for the club to attract new runners and their families. The success of the Children's Fun Run depends on each of

us promoting the event and encouraging people to take part.

If you have children or grandchildren - bring them along. If you have a connection to a local school or club - ask them to promote the event. If you are on social media - publicise the event so people get to hear about it. Hopefully, with everyone's help, we can beat last year's figure of 60 children running

DULWICH RUNNERS A.C. SUMMER RELAYS AT DULWICH PARK



26.JUNE.2019

3 x approx. 1 mile lap

Entry: Race starts at 7.30pm
£15 per team
(Limited entries on the day)

Entry forms and race details from
www.dulwichrunners.org.uk
or ros.tabor49@gmail.com

7.00pm children's 1 mile fun run
£2 per child

www.dulwichrunners.org.uk

Scan with
camera on
phone/device...
visit our site



[@dulwichrunners](https://twitter.com/dulwichrunners)



Race Reports & Results

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

Club Championship Eltham 5 Mixed Trail Race

The Sixth instalment of this year's club championship, took place in Eltham for a 5-mile race over mixed trail event. The club also came away with various individual and team prizes as well

Despite the recent rainfall, the weather was warm, and the course was made up of grassland, trails and some tarmac, underfoot conditions were remarkably firm, with the grass being slightly greasy. The conditions were so firm, everyone except Shane who went with trail shoes, were happy to go with road shoes.

With a very pleasant start time of 11am, following a children's mile race, 27 Dulwich Runners toed the line, for a well-marked and well marshalled course. The course took in grass and woodland, with some sharp little descents and climbs, with a few tight turns, there was plenty for the runners to think about in this two-lap course.

Leading the club in a cracking first place was **Shane O'Neil** (plus the only person to take a fall during the run, despite having trail shoes, in a time of 28:36, pipping the second-place finisher by 3 seconds in a sprint finish. (1st Man in Club Champs)

Next person in for the club in 4th place over and winning the individual M40 prize was **Daniel Mann**, who continued his recent fine form to produce a time of 29:17. He was a braver man than Shane in his shoe choice going for the Nike Vaporflys. (2nd man in club champs). Not far behind, and completing the Men's winning team and 5th overall and 2nd MV40 was **Tom South** in a time of 29:38 (3rd man in club champs). Fourth Dulwich runner in was **Tony Touhy**, who was running instead of Charlie, due to Charlie being injured unfortunately. As Tony said himself, it was a good opportunity for him to go pot hunting, but was beaten to the race prize for the first MV50, but will have to settle for the club M50 award instead. Tony ran a 30:12,, on a course that was far too much to like cross country for him.

Lightly trained and raced of late, the next runner in was **Alistair Locke**, in a very relaxed time for him of 30:50. Closing

down Alistair fast, was **Joe Twomey** who continued his recent improvement of all distances of late, to come in here at 31:03. Joe deservedly won the captains award for his performance today.

The eighth person in for the club, first lady in the race and first lady in our club champs, was **Marta Miaskiewicz**. This run was probably more to her liking compared to the 5km at Battersea Park on Monday, she posted a fine time of 31:48 (1st woman in club champs)

Not far behind was **Joe Farrington Douglas**, who's warm up for this race included doing the mile race beforehand with his daughter. Another runner who has shown a steady improvement over the past year and finish in 32:08. (first M40 award in club champs). He was chased down by **Eugene Cross**, who followed up his fine run from Monday night to finish in 32:23.

Next in was **Michael Fulilove** in 34:12, which puts this run on par with his recent 10km efforts (wins club age graded award). A few seconds down, was the second lady in the race and the club champs, it was **Yvette Dore**, who has continued her stunning year to finish in 34:13. (wins 2nd woman in club champs)

Completing the women's scoring team, which one first prize, and claiming the first FV35 award for the race prize was **Kim Hainsworth**, coming in 34:26, who liked Joe, warmed up in the mile race beforehand with her daughter. (wins 3rd woman award in club champs).

Next in, is another runner who has steadily improved since putting in some regular training at the club, is **Alex Bazin** in 34:34 and is up there with what he has performed over park runs and 10km this year.

Next in, winner of the first FV45 category was **Michelle Lennon**, who finished in 35:00, just pipping **Emma Ibell** to the line, in 35:01. Both have been in good form of late, Michelle carrying her marathon fitness over into the shorter distances and Emma from being able to attend some regular Tuesday speed sessions. (Michelle wins the F50 award and Emma wins the F40 award in club champs)

Mark Foster came in next club in 35:01, slightly down on his best, but is on course for completing the club championships for another year. He was followed in by a surprised entrant in **Ebe Prill**, who has recently had surgery on his hand and jaw, after an unfortunate accident on his bike, who was happy to get around to get his

championship points, in a time of 37:10. Next in was in **Alex Haylett** in 37:47. This is on par with his latest 10km run from 2018.

Following in, was club stalwart, **Graham Laylee** in a time of 39:07, which puts him slightly ahead of his recent 10km form (wins M60 award in club champs). Graham was closely followed in by **Gideon Franklin**, who post a time of 39:19.

Next in was **Teresa Northey**, who has been steadily improving this year, and put in another good run here to finish in 40:18. Not far behind, was **Ros Tabor**, who claimed the Fv65 award from the race, in 40:30. (Wins the Overall winner in club champs awards). Following Ros in, was long term club member, a serial collector of all club championship races was **Barrie John Nichols**, who had to get a Uber to make the start in time, to finish in 41:04. Not far behind, was **Joanne Shelton**, who ran an impressive 41:37, considering in was only a couple of weeks since she ran a marathon. Next in, was another long term club member **Joe Brady**, in a time of 42:06. Joe was closely followed in by recent new club member, who has certainly thrown herself into doing club races this year, **Midge Cameron**. She completed the course in 42:24. (wins female age graded award in club champs)

Not far behind, is the man who works out all the age gradings and handicaps for the club, **Andy Murray**, who is steadily getting back towards his best and finishing here in 42:57. Andy was being closed down at the end by **Ameet Patel**, who ran a controlled race to finish in 43:28.

Following in, was another long term club member, who continues to still post some good times, when ever she race despite having a sore knee, was **Claire Steward**. She finished here in a time of 45:02. (wins f60 award in club champs). Not far behind, was yet another long term club member and regular partaker in club championships, **Paul Keating**, who finished in 45:55

Prizes From The Race

1st Male – **Shane O'Neil**

1st Female- **Marta Miaskiewicz**

1st M40 – **Daniel Mann**

2nd Female – **Yvette Dore**

1st F35 – **Kim Hainsworth**

1st F45 – **Michelle Lennon**

1st F65 – **Ros Tabor**

1st Male Team – **Shane O'Neil, Daniel Mann, Tom South**

1st Female Team – **Marta Miaskiewicz, Yvette Dore, Kim Hainsworth**

Dulwich Runners' times in Eltham Park 5m 16 Jun 19

| | Time | Points In Age Category M/F | | | | | | | | Age Grade Points | Club Champs Awards |
|------------------------|-------|----------------------------|-----|-----|-----|-----|-----|-----|------|------------------|--------------------|
| | | ms | m40 | m50 | m60 | f s | f40 | f50 | f60+ | | |
| Shane O'Neill | 28.36 | 50 | | | | | | | | 789 | 1st man |
| Danny Mann_ | 29.13 | | 50 | | | | | | | 812 | 2nd man |
| Thomas South | 29.38 | | 49 | | | | | | | 813 | 3rd man |
| Tony Tuohy | 30.12 | | | 50 | | | | | | 887 | 1st m50 |
| Alastair Locke | 30.50 | 49 | | | | | | | | 745 | |
| Joe Twomey | 31.03 | 48 | | | | | | | | 729 | Captains' award |
| Marta Miaskiewicz | 31.48 | | | | | 50 | | | | 811 | 1st woman |
| Joe Farrington-Douglas | 32.08 | 47 | | | | | | | | 733 | 1st m40 |
| Eugene Cross | 32.23 | 46 | | | | | | | | 717 | |
| Mike Fullilove | 34.12 | | | 49 | | | | | | 790 | Age grade man |
| Yvette Dore | 34.13 | | | | | | 50 | | | 815 | 2nd woman |
| Kim Hainsworth | 34.26 | | | | | 49 | | | | 754 | 3rd woman |
| Alex Bazin | 34.34 | 45 | | | | | | | | 672 | |
| Michelle Lennon | 35.00 | | | | | | | 50 | | 844 | 1st w50 |
| Emma Ibell | 35.01 | | | | | | 49 | | | 797 | 1st w40 |
| Mark Foster | 35.01 | | | 48 | | | | | | 746 | |
| Ebe Prill | 37.10 | | | 47 | | | | | | 727 | |
| Alex Haylett | 37.47 | 44 | | | | | | | | 619 | |
| Graham Laylee | 39.07 | | | | 50 | | | | | 722 | 1st m60 |
| Gideon Franklin | 39.19 | | | 46 | | | | | | 681 | |
| Teresa Northey | 40.18 | | | | | | 48 | | | 679 | |
| Ros Tabor | 40.30 | | | | | | | | 50 | 913 | Overall winner |
| Barrie John Nicholls | 41.04 | | | | 49 | | | | | 707 | |
| Joanne Shelton Pereda | 41.37 | | | | | | 47 | | | 652 | |
| Joseph Brady | 42.06 | | | 45 | | | | | | 620 | |
| Midge Cameron | 42.24 | | | | | | | 49 | | 714 | Age grade woman |
| Andy Murray | 42.57 | | | | 48 | | | | | 682 | |
| Ameet Patel | 43.28 | | | 44 | | | | | | 611 | |
| Claire Steward | 45.02 | | | | | | | | 49 | 797 | 1st w60 |
| Paul Keating | 45.55 | | | 43 | | | | | | 564 | |
| | | 30 | 7 | 2 | 8 | 3 | 2 | 4 | 2 | 2 | |

now using chip times and incorporating a 5.86% enhancement for course difficulty.

2019 champs categories Eltham Park 5 miles

| | |
|-------------------------------|------------------------|
| Overall winner (AGE GRADING) | Ros Tabor |
| 1st Man (any age category) | Shane O'Neill |
| 1st Woman (any age category) | Marta Miaskiewicz |
| 2nd Man (any age category) | Danny Mann |
| 2nd Woman (any age category) | Yvette Dore |
| 3rd Man (any age category) | Tom South |
| 3rd Woman (any age category) | Kim Hainsworth |
| First M40 (exc. above) | Joe Farrington-Douglas |
| First W40 (exc. above) | Emma Ibell |
| First M50 (exc. above) | Tony Tuohy |
| First W50 (exc. above) | Michelle Lennon |
| First M60 (exc. above) | Graham Laylee |
| First W60 (exc. above) | Claire Steward |
| Age Graded MAN (exc. above) | Mike Fullilove |
| Age Graded WOMAN (exc. above) | Midge Cameron |
| 13 Captains' award | Joe Twomey |

Medals table for the 5k championship race at Battersea last Monday

2019 champs categories 5k Battersea Park

| | |
|-------------------------------|-------------------|
| Overall winner (AGE GRADING) | Tony Tuohy |
| 1st Man (any age category) | Ed Chuck |
| 1st Woman (any age category) | Elkie Mace |
| 2nd Man (any age category) | Tim Bowen |
| 2nd Woman (any age category) | Ali Campbell |
| 3rd Man (any age category) | Andy Bond |
| 3rd Woman (any age category) | Marta Miaskiewicz |
| First M40 (exc. above) | Danny Mann |
| First W40 (exc. above) | Yvette Dore |
| First M50 (exc. above) | Charlie Lound |
| First W50 (exc. above) | Lucy Pickering |
| First M60 (exc. above) | Steve Smythe |
| First W60 (exc. above) | Ros Tabor |
| Age Graded MAN (exc. above) | Tom South |
| Age Graded WOMAN (exc. above) | Michelle Lennon |
| 13 Captains' award | Jack Ramm |

England Athletics Marathon Championships

Congratulations to our top three women finishers (all sub -3 !) at the London Marathon, this year.

They came third in the EA team championship and the confirmation and medals have arrived.

Hopefully they will also be 3rd in the British champs, confirmation awaited, which has medals and money prizes.



| | |
|--------------------------|----------------|
| 1 Clapham Chasers | 8:20:55 |
| 560 Stephanie Davis | 2:32:38 |
| 720 Eve Bugler | 2:51:53 |
| 891 Alice McGushin | 2:56:24 |

| | |
|---------------------------|----------------|
| 2 London Heathside | 8:36:43 |
| 844 Rebecca Bunting | 2:46:34 |
| 652 Josie Hinton | 2:53:50 |
| 669 Julia Bijl | 2:56:19 |

| | |
|-----------------------|----------------|
| 3 Dulwich | 8:48:08 |
| 590 Marta Miaskiewicz | 2:53:33 |
| 956 Ali Campbell | 2:55:22 |
| 834 Hayley Seddon | 2:59:13 |

Herne Hill Velofete Duathlon

The Friends of Herne Hill Velodrome organised a series of events over the weekend as part of the Big Velofete to help raise funding for this popular venue.

First up on Sunday morning was a relatively informal Duathlon without the initial run that typifies bonafide events! Despite having had numerous track induction and intermediate training sessions at Herne Hill when I lived in Wandsworth Common, embarrassingly I haven't rode at the Velodrome since moving to SE24 in 2015.

However there was no need for track bikes this time and I took my trusty Cube Peloton for 20 laps of the track. Unlike most of the other riders I opted to ride in trail shoes on flat pedals and whilst I was quickly at the back I was able to make my way into 5th with a mainly solo time trial effort but crucially in touching distance with most of the riders at the transition.

I found the ride hard work with a headwind on the back straight

Katie Styles adds.... After racing in the women's league the night before, multiple beers and a very early start I had no idea what to expect from my first "duathlon". There were 9 women signed up for my race, only one had a trisuit on but most of the others were in cycling gear so looked like they knew what they were doing. When the whistle blew one of the women sprinted away from the fence, I tried to get on her wheel but she was too quick, half a lap later someone else came up behind me and suggested we work together.

This was one in the trisuit who was on a proper tri bike with aero bars. We settled into half lap changes and you could tell she was a triathlete not used to drafting as she was about a bike length behind me but I was about an inch from her wheel! 20 laps in a track race flies but when doing half laps changes at a decent pace the lap counter seemed to be counting down so slowly. I was pushing myself to keep on the wheel and was so glad when we'd done our 20 laps (9km).

Dino Dash Relay

12 - June

It was a shame that, as far as I was aware, there was only one team of Dulwich Runners in this event, hosted by Crystal Palace Fun Runners in Crystal Palace Park, whereas we have had quite a few in previous years. Maybe the low turnout was because it was sandwiched between the club 5K and 5 mile championships, all within seven days. The weather didn't help either as it was pouring most of the day but luckily stopped just before the start to give near perfect running conditions.

Each leg was 3K starting by the café and going up round the fishing lake before going down to the Dino and Boating Lakes

and no ability to hear the comedic wisdom from the long serving Herne Hill commentator in the straw hat.

Whilst the other competitors were busy wasting over a minute changing shoes I was able to quickly dump my bike and seamlessly ease into the c. 3km run moving into 4th. The running course ended up being my worst nightmare with very technical descents that I wouldn't even dare

take a mountain bike down and a surfeit of tree roots and old bricks from the railway viaduct to dodge.

Still I was able to take 3rd place on a flat section on the first lap and then on every lap I caught up with the second place runner only to lose him on the technical sections over the next 3 laps. The cycle ended up being a very good cardio workout and I had no energy left for a sprint and had to settle for 3rd in 28:05 but it did mean a podium place at the Velodrome and some freebies!

Whilst I was running Katie Styles who is more of a veteran of the track, started her ride and also made it on the podium!

Thanks to Clare Wyngard for handing

out the prizes and Mike Dodds recording the finishers

Jonathan Whittaker

We tell the track still in 2nd/3rd place. Unsurprisingly the triathlete flew through transition but I wasn't too far behind considering it was my first time at this. We settled into the first lap of the run and she wasn't too far ahead, I thought I would comfortably close the gap but I underestimated how hard it is to run at a decent pace after pushing it on the bike. While this was going on the woman in first who had a good lead had missed the turning into the woods meaning she had gone way out of her way and allowed me and the triathlete to overtake.

The run was my kind of course, twisty, mostly off road, and with lots of short hills but however much I tried the gap gradually widened and it was only a matter of time before I got caught by the woman who went off course. I managed to hold her off until over halfway through the 4th and final lap. As she passed I encouraged her and told her she deserved it, then it was just a matter of holding on for third. I couldn't be happier to see the finish line and was very chuffed to get on the podium.

(hence the Dino Dash geddit) and back to the start/ finish.

Yvette, Eleanor and Michelle running as Dulwich Dino-Mos came in a very good third womens team in a combined time of 38:16 2:45 behind two teams both from London City AC

Yvette then ran again stepping in as a Mel in a CP parkrun team and actually ran faster than her first leg with Dulwich (obviously CPp paid more)

Bob Bell also ran as part of a CP parkrun team

| | |
|------------------|-------|
| Times for 3K | |
| Dulwich Dino-Mos | |
| Yvette Dore | 12:24 |
| Eleanor Simmons | 12:31 |
| Michelle Lennon | 13:21 |

Eltham Park 5

...no walk in the park

We were onto event 6 of the 9 club championships and Barrie had entered with his eye on completing his annual 'Grand Slam' as per usual. For the uninitiated, this is the goal he has set himself of completing all 9 events of the club champs in the year. An achievement which is sadly not officially recognised but seems to have gained traction with some of our other club runners.

With a leisurely 11 a.m. race start we were confident of an easy drive to Eltham with no early alarm and a relaxed breakfast. That was the case until the clutch in my car decided to give up the ghost and refuse to allow me to put it into gear. (Alfa Romeo – buy with the heart and not with the head I know!).

A frantic search on the Uber app revealed a car nearby and we were whisked away efficiently by a very nice driver. He didn't even balk at Barrie stood there in his shorts and DR vest and some slippers to keep his feet relaxed before the run. Not quite the average Sunday morning punter. Being £50 lighter in the pocket when we arrived got Barrie

thinking about the immense effort it takes to complete the Grand Slam. Earlier in the week fellow DRs had missed the club champs' 5km due to work commitments or being stuck in traffic en route. Injury or accidents can blight good training streaks at any time as well as family commitments can intrude on running plans. Nowadays races even fill up so quickly you have to be quite organised to get in the race in the first place. There can be so many reasons not to run.

The Eltham race saw a few other Grand Slam chasers turn up through injury. Ebe turned in an amazing performance to run after his bike accident and Paul K battled niggles to turn up although had had to miss the 5km through injury.

It was a credit to see other DRs out on the course with many amazing performances which will surely be acknowledged elsewhere. But Barrie's mission remained intact to complete the so called Grand Slam and he even had a good race despite the travel hiccups. So Barrie's quest is to get more fellow DRs to join him in taking part in all the club champs across the year. The club champs are open to all runners no matter how fast or slow you are. Go on give it a go! Support the club championships and rise to the challenge of completing the Grand Slam!

Blackheath & Bromley Open Meeting

17 June

The weather was kind for the second open meeting this month at Norman Park, staying dry and reasonably warm, with the earlier wind easing. Kevin and Tony Tuohy ran in separate heats in the 800m, but both finishing with similar times. Tony registered his best time for two years in an even paced run despite no specific 800m training and Kevin had an encouraging run. With both running in the same heat in the 1500m, Tony was only slightly slower than 2 weeks previously, finishing with a 73 sec final lap, despite the earlier race in his legs, and Kevin

continued his improvement knocking 3 secs off his earlier time. I had a decent race continuing my recovery from injury, 5 secs faster than 2 weeks ago, largely due to a faster final lap, but still some 20 secs of my best performance last year. Note that the 12 August open meeting at Norman Park has been cancelled owing to track resurfacing.

Mike Mann

800m

| | |
|----------------|---------|
| Kevin Chadwick | 2:20.34 |
| Tony Tuohy | 2:20.86 |

1500m

| | |
|----------------|---------|
| Tony Tuohy | 4:43.65 |
| Kevin Chadwick | 4:52.53 |
| Mike Mann | 6:04.95 |

2019 Club Championships

Within age groups after 6 events [Marathon scoring open until 24 Nov]

| | Short | | | | | Long | | | | | Bonus for no. of events | TOTAL 5 events max inc. 1.S.L | 5+ events completed ? |
|------------------------|-------------------|---------------------|------------------------|--------------------|----------------------|----------------------|-----------------------|---------------------------------|---------------------|--|-------------------------|-------------------------------|-----------------------|
| | 5k Dulwich 16 Feb | 5k Battersea 10 Jun | 5M MT 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 | | | | |
| Women Senior | | | | | | | | | | | | | |
| Marta Miaskiewicz | 50 | [48] | 50 | | | 48 | 50 | 50 | | | 6 | 254 | C |
| Kim Hainsworth | 49 | 46 | 49 | | | 45 | 48 | | | | 5 | 242 | C |
| Laura Vincent | 46 | 43 | | | | 40 | 46 | | | | 4 | 179 | |
| Ali Campbell | | 49 | | | | 50 | | 49 | | | 3 | 151 | |
| Elkie Mace | | 50 | | | | 49 | | 47 | | | 3 | 149 | |
| Rebecca Schulleri | 48 | 47 | | | | 42 | | | | | 3 | 140 | |
| Tess Bright | | | | | | 44 | 47 | 45 | | | 3 | 139 | |
| Belinda Cottrill | 37 | 45 | | | | | 49 | | | | 3 | 134 | |
| 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 | |
| Anna Thomas | 47 | | | | | 43 | | | | | 2 | 92 | |
| Katie Styles | | 42 | | | | 41 | | | | | 2 | 85 | |
| Jenny Ross | 43 | | | | | 39 | | | | | 2 | 84 | |
| Claire Barnard | | | | | | 36 | 45 | | | | 2 | 83 | |
| Sonja Jutte | 41 | 39 | | | | | | | | | 2 | 82 | |
| 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 | |
| Women V40 | | | | | | | | | | | | | |
| Yvette Dore | 50 | 50 | [50] | | | 50 | 50 | 50 | | | 6 | 256 | C |
| Teresa Northey | 49 | | 48 | | | 47 | 47 | 48 | | | 5 | 244 | C |
| Joanne Shelton Pereda | 48 | | 47 | | | 46 | 48 | 47 | | | 5 | 241 | C |
| Sharon Erdman | 47 | 49 | | | | 44 | | | | | 3 | 143 | |
| Eleanor Simmons | | | | | | 49 | | 49 | | | 2 | 100 | |
| Emma Ibell | | | 49 | | | | 49 | | | | 2 | 100 | |
| Clare Osborne | 45 | | | | | | 46 | | | | 2 | 93 | |
| Colleen Williams | 46 | | | | | 45 | | | | | 2 | 93 | |
| Stephanie Lundon | | | | | | 48 | | | | | 1 | 49 | |
| Vicky Gashe | | | | | | | | 46 | | | 1 | 47 | |
| Women V50 | | | | | | | | | | | | | |
| Michelle Lennon | 50 | [49] | 50 | | | 50 | 50 | 49 | | | 6 | 255 | C |
| Lucy Pickering | 49 | 50 | | | | 49 | | 48 | | | 4 | 200 | |
| Lucy Clapp | 48 | | | | | 48 | 48 | | | | 3 | 147 | |
| 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 | |
| Women V60 | | | | | | | | | | | | | |
| 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 | |
| Men Senior | | | | | | | | | | | | | |
| 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 |
| Edward Chuck | 50 | 50 | | | | 50 | | 48 | | | 4 | 202 | |
| Alastair Locke | 49 | | 49 | | | 48 | | 47 | | | 4 | 197 | |
| Jack Ramm | 47 | 47 | | | | | 50 | 44 | | | 4 | 192 | |
| James Burrows | 46 | | | | | 46 | 49 | 46 | | | 4 | 191 | |
| Des Crinion | 45 | 44 | | | | 44 | 46 | | | | 4 | 183 | |
| Alex Haylett | 36 | | 44 | | | 31 | 38 | | | | 4 | 153 | |
| Timothy Bowen | 41 | 49 | | | | | | 50 | | | 3 | 143 | |
| Edward Harper | | 46 | | | | 47 | | 43 | | | 3 | 139 | |
| Grant Kennedy | 43 | | | | | 42 | | 38 | | | 3 | 126 | |
| Ross Rook | | 40 | | | | 34 | 42 | | | | 3 | 119 | |
| Alex Bazin | | | 45 | | | 32 | 40 | | | | 3 | 120 | |
| Tom Shakhli | 34 | | | | | 41 | | 40 | | | 3 | 118 | |

| | | | | | | | | | | | | |
|----------------------|------|----|----|---|---|----|----|----|---|-----|-----|----|
| Matt Ladds | 39 | | | | | 33 | 43 | | | 3 | 118 | |
| Greg Falconer | 37 | | | | | 35 | 41 | | | 3 | 116 | |
| Shane O'Neill | | 48 | 50 | | | | | | | 2 | 100 | |
| Lee Fedden | | | | | | 49 | | 49 | | 2 | 100 | |
| Rob Hollands | | | | | | 45 | | 45 | | 2 | 92 | |
| Steve Rolfe | | | | | | | 47 | 42 | | 2 | 91 | |
| Jamie Nicol | 38 | | | | | | 39 | | | 2 | 79 | |
| Jonathan Whittaker | 35 | 41 | | | | | | | | 2 | 78 | |
| Wayne Lashley | 48 | | | | | | | | | 1 | 49 | |
| Oliver Cooper | | | | | | | | 41 | | 1 | 42 | |
| Matt Cooke | | 39 | | | | | | | | 1 | 40 | |
| 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 | |
| Men V40 | | | | | | | | | | | | |
| Daniel Mann | 49 | 49 | 50 | | | 49 | | 48 | | 5 | 250 | C |
| Tom South | [47] | 48 | 49 | | | 48 | 49 | 49 | | 6 | 249 | C |
| Andy Bond | 50 | 50 | | | | 50 | 50 | | | 4 | 204 | |
| Hugh French | 37 | 41 | | | | 37 | 45 | | | 4 | 164 | |
| Gower Tan | 44 | | | | | | 48 | 44 | | 3 | 139 | |
| Grzegorz Galezia | | 44 | | | | 45 | | 47 | | 3 | 139 | |
| Martin Double | | 43 | | | | 38 | 47 | | | 3 | 131 | |
| Cameron Timmis | 39 | 42 | | | | | 46 | | | 3 | 130 | |
| 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 | |
| Justin Siderfin | 46 | | | | | 42 | | | | 2 | 90 | |
| 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 | |
| Men V50 | | | | | | | | | | | | |
| Ebe Prill | 49 | | 47 | | | 49 | 49 | 49 | | 5 | 248 | C |
| Gideon Franklin | 45 | 48 | 46 | | | 47 | | 47 | | 5 | 238 | C |
| Charles Lound | | 49 | | | | 50 | 50 | 50 | | 4 | 203 | |
| Paul Keating | 44 | | 43 | | | 46 | 48 | | | 4 | 185 | |
| Tony Tuohy | 50 | 50 | 50 | | | | | | | 3 | 153 | |
| Michael Fullilove | 48 | | 49 | | | | | 48 | | 3 | 148 | |
| Mark Foster | 47 | | 48 | | | 48 | | | | 3 | 146 | |
| Ameet Patel | 43 | | 44 | | | | | | | 2 | 89 | |
| John English | 46 | | | | | | | | | 1 | 47 | |
| Joseph Brady | | | 45 | | | | | | | 1 | 46 | |
| Paul Hodge | | | | | | | 37 | | | 1 | 38 | |
| Mike Crilly | | | | | | | 37 | | | 1 | 38 | |
| Men V60 | | | | | | | | | | | | |
| Graham Laylee | 48 | 48 | 50 | | | 49 | 50 | | | 5 | 250 | C |
| Barrie John Nicholls | 46 | 47 | 49 | | | 46 | 48 | | | 5 | 241 | C |
| Andy Murray | 44 | 46 | 48 | | | 47 | 49 | | | 5 | 239 | C |
| Stephen Smythe | 50 | 50 | | | | 50 | | 50 | | 4 | 204 | |
| Bob Bell | 47 | 49 | | | | 48 | 47 | | | 4 | 195 | |
| Hugh Balfour | 49 | | | | | | | | | 1 | 50 | |
| Michael Dodds | 45 | | | | | | | | | 1 | 46 | |
| Chris Vernon | 43 | | | | | | | | | 1 | 44 | |
| 123 | 75 | 49 | 30 | - | - | 73 | 46 | 45 | - | 318 | | 16 |

Best 5 count for year inc. 1 each short, long. 5 inc. one short and long needed for completion medal.
Marathon points are temporary

| 2019 Club champs Overall championship After 6 events inc. marathons | Short | | | | | Long | | | | Events counting | TOTAL 5 events max inc 1.S.L | Average | | Average of all races |
|--|-------------------------|---------------------------|------------------------------|--------------------------|-------------------------------|----------------------------|--------------------------------|--|---------------------------|--------------------|---------------------------------------|---------|---|----------------------------|
| | 5k Dulwich 16 Feb | 5k Battersea 10 Jun | 5M Eitham 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 | | | | | |
| Michelle Lennon | 816 | 831 | 844 | | | 812 | 823 | [785] | | 5 | 4,124 | 825 | C | 825 |
| Tom South | 805 | 836 | 813 | | | 787 | 785 | [769] | | 5 | 4,025 | 805 | C | 805 |
| Marta Miaskiewicz | [769] | 792 | 811 | | | 785 | 793 | 784 | | 5 | 3,966 | 793 | C | 793 |
| Daniel Mann | 810 | 828 | 812 | | | 778 | 705 | | | 5 | 3,933 | 787 | C | 787 |
| Yvette Dore | 759 | 789 | 815 | | | 766 | 787 | [753] | | 5 | 3,917 | 783 | C | 783 |
| Ebe Prill | 804 | | 727 | | | 759 | 776 | 766 | | 5 | 3,831 | 766 | C | 766 |
| Kim Hainsworth | 749 | 740 | 754 | | | 709 | 715 | | | 5 | 3,667 | 733 | C | 733 |
| 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 |
| Eugene Cross | 716 | 723 | 717 | | | 693 | 705 | | | 5 | 3,553 | 711 | C | 711 |
| Graham Laylee | 720 | 705 | 722 | | | 690 | 712 | | | 5 | 3,549 | 710 | C | 710 |
| Andy Bond | 870 | 890 | | | | 848 | 852 | | | 4 | 3,460 | 865 | | 865 |
| 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 |
| Barrie John Nicholls | 697 | 683 | 707 | | | 628 | 675 | | | 5 | 3,389 | 678 | C | 678 |
| Charles Lound | | 814 | | | | 816 | 855 | 850 | | 4 | 3,335 | 834 | | 834 |
| Edward Chuck | 835 | 827 | | | | 827 | | 769 | | 4 | 3,258 | 814 | | 814 |
| Stephen Smythe | 821 | 804 | | | | 829 | | 801 | | 4 | 3,255 | 814 | | 814 |
| Teresa Northey | 664 | | 679 | | | 624 | 639 | 629 | | 5 | 3,234 | 647 | C | 647 |
| Lucy Pickering | 829 | 849 | | | | 790 | | 762 | | 4 | 3,230 | 808 | | 808 |
| Claire Steward | | 808 | 797 | | | 773 | 785 | | | 4 | 3,163 | 791 | | 791 |
| Joanne Shelton Pereda | 647 | | 652 | | | 618 | 643 | 573 | | 5 | 3,132 | 626 | C | 628 |
| Alastair Locke | 778 | | 745 | | | 779 | | 755 | | 4 | 3,056 | 764 | | 764 |
| Jack Ramm | 734 | 803 | | | | | 775 | 707 | | 4 | 3,019 | 755 | | 755 |
| James Burrows | 754 | | | | | 747 | 740 | 730 | | 4 | 2,971 | 743 | | 743 |
| Des Crinion | 735 | 749 | | | | 712 | 707 | | | 4 | 2,902 | 726 | | 726 |
| Bob Bell | 741 | 732 | | | | 679 | 634 | | | 4 | 2,786 | 696 | | 696 |
| Tony Tuohy | 895 | 911 | 887 | | | | | | | 3 | 2,693 | 898 | | 898 |
| Laura Vincent | 700 | 704 | | | | 649 | 634 | | | 4 | 2,687 | 672 | | 672 |
| 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 |
| Lucy Clapp | 779 | | | | | 772 | 789 | | | 3 | 2,340 | 780 | | 780 |
| Michael Fullilove | 798 | | 790 | | | | | 745 | | 3 | 2,332 | 777 | | 777 |
| Paul Keating | 611 | | 564 | | | 550 | 594 | | | 4 | 2,319 | 580 | | 580 |
| Grzegorz Galezia | | 787 | | | | 770 | | 754 | | 3 | 2,311 | 770 | | 770 |
| Hugh French | 574 | 608 | | | | 539 | 564 | | | 4 | 2,284 | 571 | | 571 |
| Edward Harper | | 792 | | | | 751 | | 697 | | 3 | 2,239 | 746 | | 746 |
| Mark Foster | 753 | | 746 | | | 692 | | | | 3 | 2,191 | 730 | | 730 |
| Gower Tan | 753 | | | | | | 715 | 698 | | 3 | 2,167 | 722 | | 722 |
| Rebecca Schulleri | 719 | 737 | | | | 680 | | | | 3 | 2,135 | 712 | | 737 |
| Midge Cameron | 698 | | 714 | | | 652 | | | | 3 | 2,064 | 688 | | 688 |
| Tess Bright | | | | | | 698 | 683 | 680 | | 3 | 2,060 | 687 | | 687 |
| Grant Kennedy | 720 | | | | | 708 | | 631 | | 3 | 2,059 | 686 | | 686 |
| Cameron Timmis | 673 | 674 | | | | | 666 | | | 3 | 2,014 | 671 | | 671 |
| 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 |
| Matt Ladds | 674 | | | | | 610 | 649 | | | 3 | 1,933 | 644 | | 630 |
| Alex Bazin | | | 672 | | | 616 | 642 | | | 3 | 1,929 | 643 | | 643 |
| Sharon Erdman | 627 | 639 | | | | 567 | | | | 3 | 1,832 | 611 | | 611 |
| Tom Shakhli | 483 | | | | | 695 | | 654 | | 3 | 1,832 | 611 | | 611 |
| Belinda Cottrill | 365 | 724 | | | | | 722 | | | 3 | 1,812 | 604 | | 604 |
| Hannah Harvest | 550 | 655 | | | | 593 | | | | 3 | 1,798 | 599 | | 599 |
| Karina Burrowes | 582 | 597 | | | | 578 | | | | 3 | 1,758 | 586 | | 586 |
| 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 |
| Emma Ibell | | | 797 | | | | 744 | | | 2 | 1,541 | 771 | | 762 |
| Hayley Seddon | | | | | | 775 | | 756 | | 2 | 1,531 | 765 | | 765 |
| Tom Wilson | | 779 | | | | | | 722 | | 2 | 1,501 | 750 | | 750 |
| Justin Siderfin | 748 | | | | | 712 | | | | 2 | 1,460 | 730 | | 730 |
| 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 |
| Anna Thomas | 713 | | | | | 692 | | | | 2 | 1,405 | 703 | | 708 |
| 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 |

| | | | | | | | | | | | | | | |
|---------------------|-----|-----|-----|---|---|-----|-----|-----|---|-----|-------|-----|----|-----|
| Jonny Hough | 689 | | | | | 671 | | | | 2 | 1,360 | 680 | | 680 |
| Eleanor Simmons | | | | | | 682 | | 648 | | 2 | 1,330 | 665 | | 665 |
| Jonathan Whittaker | 597 | 723 | | | | | | | | 2 | 1,320 | 660 | | 675 |
| 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 |
| Ameet Patel | 595 | | 611 | | | | | | | 2 | 1,206 | 603 | | 603 |
| Sonja Jutte | 595 | 605 | | | | | | | | 2 | 1,200 | 600 | | 600 |
| Clare Osborne | 596 | | | | | | 573 | | | 2 | 1,169 | 584 | | 584 |
| Claire Barnard | | | | | | 546 | 584 | | | 2 | 1,130 | 565 | | 625 |
| 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 |
| Wayne Lashley | 777 | | | | | | | | | 1 | 777 | 777 | | 777 |
| John English | 715 | | | | | | | | | 1 | 715 | 715 | | 715 |
| Sara Roloff | | 711 | | | | | | | | 1 | 711 | 711 | | 711 |
| Matt Cooke | | 696 | | | | | | | | 1 | 696 | 696 | | 696 |
| Ed Simmons | | | | | | 690 | | | | 1 | 690 | 690 | | 690 |
| Stephanie Lundon | | | | | | 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 |
| 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 Sutcliffe | | | | | | | 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 |
| 123 | 75 | 49 | 30 | - | - | 73 | 46 | 45 | - | 314 | | | 16 | |

Banstead Woods

243 Ran
Pos Gen
2 2 Tony Tuohy 18:35

Beckenham Place

187 Ran
Pos Gen
89 75 Eugene Cross 26:21

Bethlem Royal Hospital

185 Ran
Pos Gen
169 106 John O'Byrne 40:40

Bexley

501 Ran
Pos Gen
21 21 Michael Fullilove 20:48

Brockwell , Herne Hill

415 Ran
Pos Gen
40 2 Lucy Pickering 21:02
55 53 Mark Foster 21:35
64 62 Cameron Timmis 21:51
179 145 Michael Dodds 25:13
220 50 Susan Cooper 26:30
223 173 Andy Murray 26:37
408 151 Clare Wyngard 40:57

Bromley

735 Ran
Pos Gen
293 53 Claire Steward 26:20
403 295 Peter Jackson 28:18

Cleethorpes

265 Ran
Pos Gen
52 50 Colin Frith 23:23

Crosby

187 Ran
Pos Gen
1 1 Edward Chuck 17:53

Crystal Palace

415 Ran
Pos Gen
6 6 Alastair Locke 19:16
17 1 Alexie Shaw 19:58
18 17 Michael Williams 20:00
29 2 Belinda Cottrill 20:57
37 3 Yvette Dore 21:34
76 9 Eleanor Simmons 23:23
79 10 Helen Lister 23:34
104 92 Bob Bell 24:13
377 244 Tom Wilson 36:24

Dulwich

421 Ran
Pos Gen
33 32 Alex Loftus 19:15
102 97 James Auger 21:49
167 15 Sara Roloff 23:34
264 52 Natasha Chivers 27:09

East Grinstead

101 Ran
Pos Gen
33 6 Teresa Northey 25:08

Hampstead Heath

464 Ran
Pos Gen
131 13 Tess Bright 25:00

Highbury Fields

355 Ran
Pos Gen
6 6 Paul Collyer 18:56

Jersey

373 Ran
Pos Gen
344 145 Susan Vernon 38:23

Kew Woods

75 Ran
Pos Gen
11 2 Charlotte Sanderson 22:37

Leicester Victoria

410 Ran
Pos Gen
94 10 Marjorie Epson 24:24

Medina I.O.W.

234 Ran
Pos Gen
2 2 Paul Devine 18:44

Newbury

667 Ran
Pos Gen
39 37 Matthew Ladds 21:14

Osterley

368 Ran
Pos Gen
135 117 Barrie John Nicholls 27:28
187 37 Lindsey Annable 29:33

Peckham Rye

420 Ran
Pos Gen
4 4 Joe Twomey 18:08
42 2 Michelle Lennon 21:04
76 7 Emma Ibell 22:34
80 9 Helena Flippance 22:44
184 47 Caroline Maynes 26:12

Royal Tunbridge Wells

301 Ran
Pos Gen
2 2 Andy Bond 17:01

Southwark

376 Ran
Pos Gen
34 31 Justin Siderfin 20:49

Tooting Common

613 Ran
Pos Gen
35 34 Jamie Nicol 20:09
197 179 Ian Sesnan 24:20

Walmer And Deal Seafront

213 Ran
Pos Gen
12 1 Tereza Francova 21:01

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

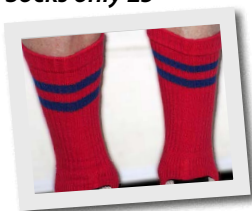


DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or
slightly longer- Both styles are a bargain £15.



Bufs/snoods - only £6

Socks only £5



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Sizes: small, large and Xlarge



The Beast from the East !

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

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



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.

Anniversary Games Tickets Saturday 20th July

I have 2 spare tickets for the Anniversary Games at the Olympic Stadium. 1 adult and 1 senior priced at £30 and £20 respectively. They are level 1 block 18 which is past the finish line/near the high jump area. The block gives you a good view of the finish of races. If interested please contact Lindsey on lindsey.annable@gmail.com

Sports & Therapeutic Massage

Do you:

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

What you could benefit from?

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

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004

ola.balme@btinternet.com

www.hernehillsportsmassage.co.uk

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)

5 kg weight vest

I have a 5 kg weight vest made by "Gold Coast" which I am offering to anyone in Dulwich Runners. If anyone is interested in acquiring it please call me on 07596 524189 or email me on bernard.imber@btinternet.com. I have no idea what it is worth.

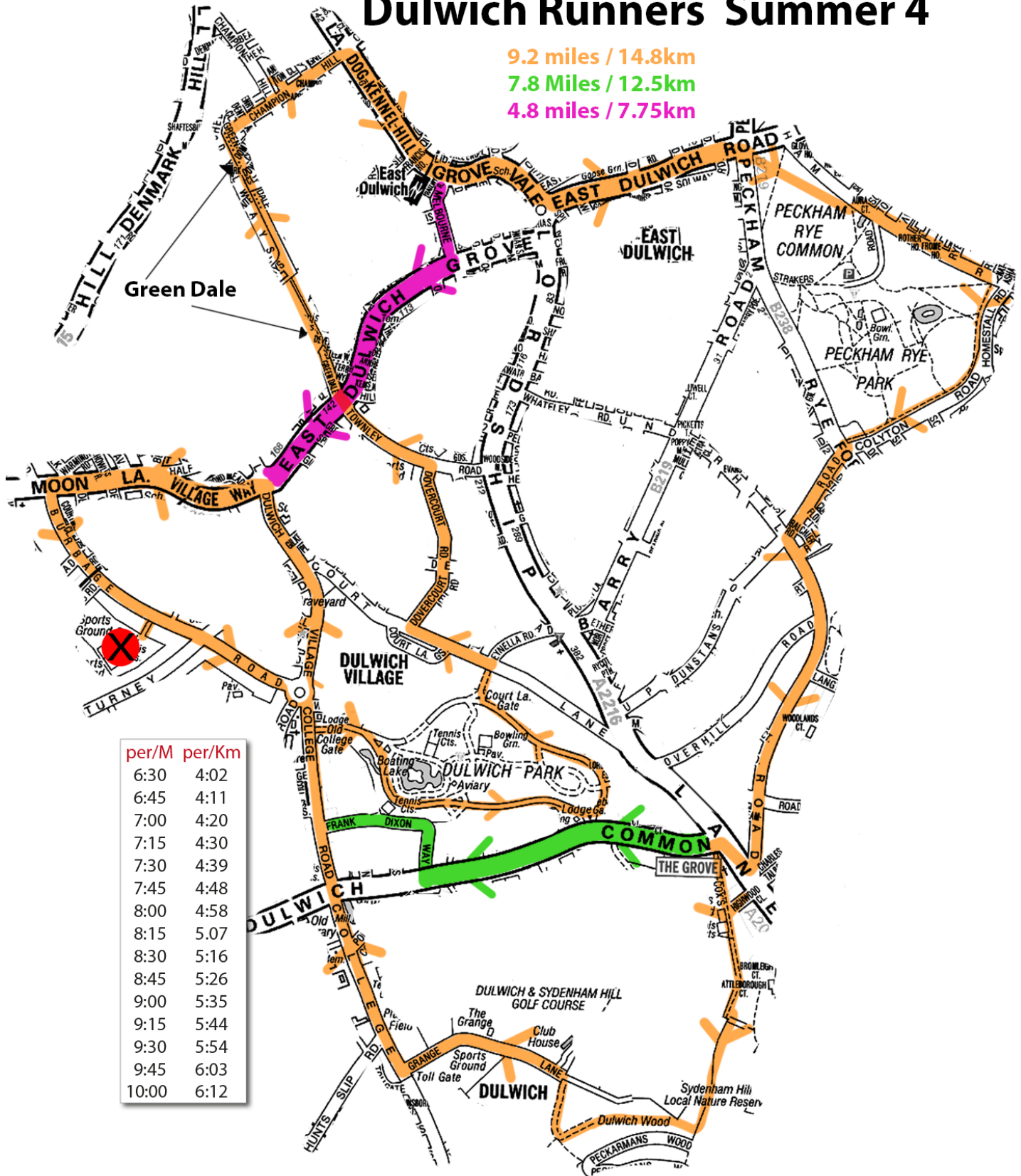
Bernard Imber

Dulwich Runners Summer 4

9.2 miles / 14.8km

7.8 Miles / 12.5km

4.8 miles / 7.75km



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

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