



# SHORTS

Dulwich Runners AC  
Weekly Newsletter  
May 8th 2019

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

Tue 14 **Back at Dulwich College Track £2 per session**  
Start with a warm up taken by Elkie Mace at 7:10pm then at around 7.25 main session taken by Steve Smythe, 1st part of session will be on grass, 2nd part track. - page 2 for more details

## In your SHORTS this week !

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*And much more !*

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

## DULWICH RUNNERS AC 2019/20 MEMBERSHIP RENEWALS OVERDUE

*To run in any race at all as a Dulwich Runner or count in the Club championships then you must be a fully paid up member.*

If your membership card/ details had expiry March 31 2019 on it then you will have received via email your renewal details for 2019/20.

Please do not post the form back, you can email it back with any changes etc, this will save on postage costs, paper etc

Preferred payment method is by Direct Bank Transfer and

the details are in the email.

You can also pay with cash at the club any Wednesday evening or any training session.

*Please do not pay by cheque if at all possible.*

If your current membership details have 2020 on them then this does not apply to you and you should not have received any renewal request.

If you have any queries about your membership then please contact me ASAP.

Thankyou to those of you that have already renewed  
*Barry Graham (Membership secretary)*

## TRACK SESSIONS

### NOTE: Now Back at Dulwich Track

Cost is £2 per session

Warm up taken by Elkie Macer consisting of various drills and stretches etc will start around 7.10pm..

The main session taken by Steve Smythe will start on grass and then on to track .

These sessions more suitable for all levels of ability than the Crystal Palace sessions. - page 2 for more details

### 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

May winner - Sue Vernon

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)

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

*A brief look ahead*

May 18 BMAF road relay s- Sutton Park, Birmingham

May 27 BUPA 10k - The Mall, london

## NEW RUNNERS ROTA

Thanks go to **Hugh Balfour** 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

**Volunteers may be needed 8/5**

Ebe Prill 15/5

Ange Norris 22/5

Jo Shelton Perada 29/5

## 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>

## Back at Dulwich College track on College Road for Tuesday summer training.

Cost is £2 per session and we meet at the pavillion by the tennis courts which is where you pay  
 Warm up taken by Elkie Macer consisting of various drills and stretches etc will start around 7.10pm..  
 The main session taken by Steve Smythe will start on grass and then on to track .  
 These sessions are more suitable for all levels of ability than the Crystal Palace sessions.





## 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.

# DULWICH RUNNERS A.C. SUMMER RELAYS AT DULWICH PARK



# 26.JUNE.2019

3 x approx. 1 mile lap

Entry forms and race details from  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)  
or [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

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

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

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

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



 @dulwichrunners



# 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                |
|------|----|--|----------------------|
| May  | 18 | BMAF road relays- Sutton Park                      | Birmingham           |
|      | 27 | BUPA 10k   | The Mall, London     |
| Jun  | 6  | Assembly League - Leyton Jubilee Park              | Leyton               |
|      | 10 | Sri Chinmoy 5k short                               | Battersea Park       |
|      | 12 | DinoDash Relay                                     | Crystal Palace Park  |
|      | 16 | Eltham Park 5 short                                | Eltham               |
|      | 26 | Dulwich Runners MIDSUMMER RELAY                    | Dulwich Park         |
| Jul  | 4  | Assembly League - Crystal Palace Park t.b.c        | t.b.c                |
|      | 14 | Sevenoaks Seven long                               | Sevenoaks, Kent      |
| Aug  | 1  | Assembly League - Victoria Park                    | Hackney              |
|      | 2  | SOAR Mile short                                    | Olympic Park t.b.c   |
|      | 29 | Assembly League - Beckenham Place Park             | Beckenham            |
| Sep  | 21 | SEAA road relays                                   | t.b.c                |
|      | 28 | England Masters cross country Inter-Area Challenge | t.b.c                |
| Oct  | 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: All track fixtures on separate fixture list below*

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

| 2019 |    | Track races and meetings            | Venue                |
|------|----|-------------------------------------|----------------------|
| May  | 22 | BMC meeting                         | Eltham               |
| Jun  | 2  | Surrey Masters T&F Champs           | Kingsmeadow          |
|      | 3  | Blackheath and Bromley Open meeting | Norman Park, Bromley |
|      | 17 | Blackheath and Bromley Open meeting | Norman Park, Bromley |
|      | 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               |
|      | 22 | Blackheath and Bromley Open meeting | Norman Park, Bromley |
|      | 24 | VAC 5000m champs                    | Battersea            |
| Aug  | 2  | SOAR Mile club champs (short)       | Olympic Park t.b.c   |
|      | 12 | Blackheath and Bromley Open meeting | Norman Park, Bromley |
|      | 14 | BMC meeting                         | Eltham               |
|      | 24 | HHH open meeting                    | Tooting              |
| Sep  | 11 | Highgate end of season open meeting | Parliament Hill      |
|      | 18 | VAC 10,000m champs                  | Battersea            |



## 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 10         | long  |
| 28 April    | London Marathon (or alt.) | long  |
| 10 June     | Sri Chinmoy 5k            | short |
| 16 June     | Eltham Park 5             | short |
| 14 July tbc | Sevenoaks Seven           | long  |
| Jul/Aug tbc | SOAR Mile                 | short |
| 3 Nov       | Regent's Park 10k         | short |

## 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.

### ASSEMBLY LEAGUE UPDATE:

The next *Assembly League fixture on 6 June will be held at Leyton Jubilee Park*, about 10 minutes walk from Leyton tube station (further details to follow).

Congratulations to our men for finishing first team once again at Victoria Park led home by Lewis Laylee, the overall race winner.



### Weekend 18th & 19th May

A relay around London that starts in Hampton Court on Saturday morning and finishes about 6 p.m. at Kingston on Sunday.

220 miles - 11 runners to a team and each runner must run once each day. (Varying distances and degrees of difficulty.) Takes in some beautiful countryside, mainly off road, footpaths and towpaths. <http://www.greenbeltrelay.org.uk/index.htm>

We have one team entered and looking for more runners. If we have too many people we will try and get a second team. Contact Ange - any Wednesday at the club or email [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com) 1<sup>st</sup> come, 1<sup>st</sup> served.

NB. Vets - It clashes with the BMAF relays in Birmingham on the Saturday.

## CLUB COACHES

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

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

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

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

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

## Vitality 10k - Mon. 27th May

The club has 6 places for both men and women. If you would like to be considered for one of them, let your captains know asap. Entries are now open so we want to allocate the club places, leaving time for others to enter before the race fills up. See Ange, Ola, Ebe or Mike at the track on Tuesday or at the club on Wednesday, or email.

## England honours

Those of a certain age (35 plus to 70) might be interested there is an opportunity to run for England on the road.

<https://www.englandathletics.org/athletics-and-running/england-competitions/england-teams-and-selection/england-age-group-masters/>

It is certainly not like proper selection that Lucy achieved for running for England under 20s where they fly her out but it is an international opportunity of sorts This winter and spring the fastest five English runners in each age group across the Chester, Bournemouth, Manchester and Brighton Marathons were eligible and my Brighton M60 win means I have been selected to run for England I the Yorkshire Marathon in October.

Having done two not very good painful marathons in last two weeks, I'm not sure I want to do another this year as one a year is usually enough and there are quite a lot of costs involved but I will probably do it.

While the marathon teams are closed this year, there will be further opportunities later in the year to qualify for 2020 and there will be 10km and half-marathon teams to go for and I suspect we potentially could have quite a few who might make selection.

*Steve Smythe*

## British Masters Relays, Sutton Park, May 18

Over the last few years, Dulwich's women have probably been one of the most successful clubs in the country in this event with a range of medals in the various age groups.

The men did pick up medals in the M55 once but generally the men have been well down on the women's levels but we regularly get good teams out but always seem to be missing a few potential members.

This year, there was plenty of notice in Shorts of what the date was and then Captain Ebe has done an excellent job of reminding runners and e-mailing all potential runners.

Despite this, many have not bothered replying to Ebe and additionally far too many of our best Vets are not available.

In my view for anyone over 35, this is the most important club event of the year - a national race that we can do really well in and if everyone supported it we would do very well instead of just quite well.

There are lots of races in the year but most people do the majority of the races for themselves. This is one where I think it is good if people acknowledge being a club member is of some assistance and turn out and help the club achieve it's potential. The club pays for the travel. If you can run for the club here, please do so.

A full list of Masters events and a write up with pics of some DR Masters can be found here:

<https://www.dulwichrunners.org.uk/masters/>

## Leadership in Running Fitness

On the 12th May Clapham Chasers are hosting a private Leadership in Running Fitness course, running from 8am to 5pm at the Ernest Bevin School in Tooting. We have 5 spare places if anyone would like to take them?

They are £132 per person which is the standard England Athletics course fee plus £15 for the hire of the classroom and sport hall. Dulwich Runners pays for England Athletics training courses. If you are interested can you let me know as soon as possible.

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

## Eltham 5 - club champs

Race is filling up fast:

[https://www.eventbrite.co.uk/e/eltham-park-5-2019-registration-56553257315?fbclid=IwAR07ZzaqIQ\\_7Z9aZi5zL6wpjd2aFk\\_97tjl-Q4kDEZyvGI2kk9NQCKG8ss](https://www.eventbrite.co.uk/e/eltham-park-5-2019-registration-56553257315?fbclid=IwAR07ZzaqIQ_7Z9aZi5zL6wpjd2aFk_97tjl-Q4kDEZyvGI2kk9NQCKG8ss)

## 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)

# 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.

## RunThrough 10k Victoria Park

Weds 1 May

After we had our third child in November expectations weren't super high for this year, and I had decided to skip the life consuming marathon preparation and focus on the distances below it. But unexpectedly I have had a great spring of running ( earlier nights, less alcohol? ) and already set two 5k PB's including my first sub 18' and also a PB at The Big Half. So with more than two weeks to go before my second Half Marathon of the season I thought it was worth a long overdue crack at a 10k PB, a distance I don't feel I have raced enough over.

I chose an evening race that is fairly local to me, at Victoria Park. I do a lot of training runs there and have also raced before. Its familiar terrain and mostly flat.

I run using a Stryd Run Power meter connected to my Garmin, as apart from my stats geek side loving the extra metrics I find that pacing to power rather than pace is more reliable in terms of effort and

results, especially when there is elevation involved. So based on the Power averages for my recent PB's I settled on a target of 360W which is just over 4.5W/kg and on a flat course around 3'40/km or 5'54/ml. My previous PB was 38'08 last year on a suspiciously short course in the Olympic Park, so I felt a lot of room for improvement based on my Big Half time of 83'00. I am also running quite fresh this spring due to a year out from marathons ( new baby in Nov 18 ) and this has helped me improve my shorter distances.

The conditions were quite nice, just a bit of a rain shower before the start but 17C and not much wind. So I went out and stuck to the plan. I felt mentally strong and still a little inspired by watching the marathon from the sidelines last weekend. The flat course meant I was fairly close to 3'40 splits and I managed to maintain almost equal power output on the mild uphill and downhill of the 3 lap course. For the first 7km or so I ran my own race at the target power being content to let people pass me on the uphill section on the North West section of the park, knowing I'd be passing them back soon afterwards on the flat and downhill.

It was super hard going in the second half

but I was determined to keep the effort steady. I pushed my power target on the watch up to 370W just to make sure I didn't slack off ( it buzzes if you deviate too far from target ) and managed to see it through with a reasonably fast finish to boot. I came in 9th with an official time of 37'20 which obviously annihilates my previous PB by over 45 seconds! Delighted! Also, no question of a short course this time as the watch showed 10.1km. It was only afterwards when someone who saw the run on Strava texted me to ask how I managed to run a 10km at >180bpm average Heart Rate that I realized what an effort I had put in. I tend not to look at Heart Rate during races below an hour or so, and on this occasion that was just as well as I may have bottled it! I think that is my highest race average ever, or at least since my earliest 5k races a few years ago.

And it was also nice to have a chat with Dulwich's own Wayne Lashley who superbly won the race at the end as well.

Now I have two weeks to tune up for the Hackney Half, before winding down for my 50th "Age Grade day" in May :-)

9 Paul Collyer 37:20 PB

## Whitstable 10K Monday

6th May 2019

The first challenge with this race is getting in. Entries went "on sale" on 1st January and Belinda applied on the 2nd only to find all 750 places had already gone. The weekend was billed as the coldest on record and Monday started fresh and bright, albeit with some threatening clouds. I met up with Jo at the start and we ran together for the first half going through 5K in 23.37.

The wind then hit although not always as hindering as I had expected it to. Jo pulled away and had a great race to be first VW 55. Too much travel and lack of running paid a toll on me but was pleased to get round reasonably comfortably.

It's a shame that entry is so difficult and annoying that 101 (15%) of those who did enter didn't make it to the start as this is a great race, with a good well marshalled course. I was disappointed that Whitstable Bay's promotional hut was only serving water and not the real stuff but I made up for it as we toured the town watching the May Day celebrations and thinking the wind wasn't as bad as I thought and I should have gone sailing in the afternoon as originally planned.

Oh well get it all together next year. (Note to self, as soon as the NYE champagne corks pop, get online and enter)

649 ran

122nd Jo Quantrill (2nd Claim) 47:42 (1st VW 55)

155th Bob Bell 49:16

## Ted Pepper 10K

6 May

Usual May Bank Holiday mostly off-road 10K organised by Blackheath and Bromley.

Win for Andy Bond while Yvette was 2nd Woman and 1st FV45

**Graham Laylee**

|                |                         |
|----------------|-------------------------|
| Andy Bond      | 34:09 1st               |
| Yvette Dore    | 42:03 2 <sup>nd</sup> W |
| Mark Foster    | 42:06                   |
| Ola Balme      | 44:41                   |
| Graham Laylee  | 47:35                   |
| Colin Frith    | 49:05                   |
| Claire Steward | 53:49                   |
| Paul Keating   | 54:22                   |

# Assembly league race 2 Victoria Park

Thursday 2 May

Ebe Prill writes...A pretty good turnout considering it was only days after the London marathon, with twenty men and five women making it to the startline for Dulwich. So far only Preliminary available. None of our runners show by name, but positions, bib numbers and times are given.

For proper entry we need someone with an Android smartphone who has time and patience to get to grips with a special app that seems to be required now for each club. I couldn't be of much help there, but made the best of the draft and my race pics to come up with the results.

Curiously race bib no 106 was worn twice by us in the race (Shane and Rob Hollands), no idea where duplicate came from. As numbers were picked up from stacks on the table by each runner when they showed up, next to sign in sheets for each club, this was hard to check against. Many bibs in the draft assigned to us, but were clearly used by another club or clubs. I make that bib 110 and all bibs higher than 113.

Will only mention here that our men's A team achieved the excellent positions 1, 2, 4 and 9, with a superb overall win by Lewis Laylee of seven seconds, who now trains and runs for Birmingham Uni and ran second claim for us. That secured another fine first team place in the second race. With positions 11, 23, 24, and 27 our B-team will be first most likely too.

I cannot say anything currently about women's A team placing from the draft results, as too many women from

|         |     |   |     |       |
|---------|-----|---|-----|-------|
| 1       | 86  | Lewis Laylee                                      | MS  | 17:51 |
| 2       | 94  | Andy Bond (17:49 Aug 18; 17:55 May 18)            | M45 | 17:57 |
| 4       | 108 | Ed Chuck  | MS  | 18:12 |
| 9       | 113 | Jack Ramm (19:28 Aug 18)                          | MS  | 18:25 |
| 11      | 106 | Shane O'Neill (18:52 Aug 18)                      | MS  | 18:29 |
| 23      | 100 | Steve Davies (18:49 Aug 18; 19:05 May 18)         | M45 | 19:00 |
| 24      | 102 | Daniel Mann (19:07 May 18)                        | M40 | 19:02 |
| 27      | 96  | Ed Harper (19:23 Aug 18; 19:40 May 18)            | MS  | 19:06 |
| 36      | 106 | Rob Hollands (21:36 May 18)                       | MS  | 19:37 |
| 43      | 99  | Des Crinion (20:19 Aug 18; 20:31 May 18)          | MS  | 20:19 |
| 51      | 107 | Joe Farrington-Douglas (21:29 May 18)             | M40 | 20:35 |
| 77      | 104 | Ed Simmons  | MS  | 21:24 |
| 78      | 103 | Ross Rook   | MS  | 21:27 |
| 108     | 87  | Mike Fullilove                                    | M55 | 22:30 |
| 119     | 98  | Lucy Pickering (23:51 May 18)                     | F50 | 22:48 |
| 122     | 105 | Rob Cope  | M45 | 22:51 |
| 129     | 91  | Hugh Balfour                                      | M65 | 23:11 |
| 138     | 89  | Laura Vincent                                     | F35 | 23:29 |
| 160     | 101 | Katie Styles (24:33 May 18)                       | F35 | 24:29 |
| 162     | 97  | Lucy Clapp (25:04 Aug 18; 23:53 May 18)           | F50 | 24:31 |
| 167     | 112 | Gideon Franklin (24:41 May 18)                    | M55 | 24:45 |
| 183     | 93  | Graham Laylee (25:27 Aug 18; 24:50 May 18)        | M60 | 25:40 |
| 214     | 92  | Barrie John Nicholls (27:37 Aug 18; 27:03 May 18) | M65 | 27:33 |
| 224     | 95  | Claire Steward (27:27 May 18)                     | F65 | 28:30 |
| DNF     | 88  | Mike Mann (23:50 May 18)                          | M70 |       |
| 247 ran |     |   |     |       |

other clubs are not identifiable.

There were many excellent performances on the night, as can be seen from the table (I gave the previous times achieved here last year for comparison as this is a 3.5 mile course that stays the same). Well run all.

Many mentioned that this is a consistently good event to take part in, and the after race chill-down with drinks and sandwiches at the VPH and THAC clubhouse is a treat!

but the half-marathon had around 4000 and the 5km had around 8000 with a lot of beginners as even though I ran terribly I still made the top one-per cent.

I was asked if I wanted to run the marathon or half-marathon but I was unable to even jog all week after London and even Saturday of the race I was stiff and even doing the 5km was hard work.

Athletics and running is not hugely popular in this small former part of Yugoslavia - their best in any World Championships event is a 21st in the Heptathlon and apparently I would have been a multi Macedonian champion and record-holder had I managed to get Macedonian citizenship in my peak. This year the national titles went in this race in 2:38 and 2:52 and the women's record was 3:09 until last year.

36 Steve Smythe 23:18

## Skopje 5.3km - Macedonia

May 4

I've been lucky enough over the years to race/spectate in the likes of USA, Canada, Japan, Australia, New Zealand, Russia, China, Finland and Korea etc and I recently received an invitation to go to a country I'd not been to before and indeed barely knew where it was (close to Greece, Serbia and Croatia) and agreed to go.

They were though making a big effort to promote the race and last year Paula Radcliffe was their guest.

The area I was at looked good for running and the hotel I stayed at was one of the best I've been to for a running event.

The race itself I thought was excellent though the marathon (their London equivalent) was rather smaller scale with just 300 runners

## Lakeland Trails Staveley 18k

It's always a good start to a race weekend when the race in front of yours is delayed as someone from an earlier race is airlifted off the trail after falling and injuring themselves. "He's on the way to hospital and he is responsive, so that's great," they announced in the race village - doesn't sound great, doesn't sound great in any way...

I was in the Lakes for my once per year jaunt around the trails - when I arrive in the Lakes I always wonder why I only do it once a year, it's so beautiful up there. Then somewhere around 8k into the race I remember, in a lung burning, air gasping kind of way. The race around Kentmere Trail starting in Staveley is one of the Lakeland Trails series and I definitely recommend them for anyone interested in dipping a toe into fell running, the organisation is excellent and all standards are welcomed. I came 8th last year and there are prizes for the top-5, dare I dream...?

The race started well, it is uphill for the first 4km and starting conservatively I was in 12th at this point. Then comes the first and only really "technical" descent - I proceeded to descend like Bambi on ice, it was pathetic, even by southern standards, I was embarrassed. Three separate people asked if I was okay, imagine that - I wasn't on the floor or anything, yet they still felt the urge to enquire. Anyway, ten people went by and that dream for 5th was drifting.

At the end of that rocky nightmare the trail becomes a lot more runnable and buoyed by the fact I wasn't in a chopper on the way to hospital I managed to pick up the pace and slowly work back through the field. From 10k-15k the trail is undulating but fun before the final hill which they appropriately call the "Sting in the Tail". I managed to trudge to the top of that and descend without being overtaken before making it back to tarmac (thank God) and the final 1km to the finish.

All finished I was happy with my performance, outside the top 5 but 5 minutes faster than last year. Added bonus with this race, it finishes next to Hawkshead Brewery.

9 Shane O'Neill 1:15:39  
72 ran

## Herne Hill Harriers Open

Monday May 6

On a cool but not too windy day, in the mile Gary was 14 seconds up on his time from this meeting last year while a very unfit Mike had his first race for a while.

Clare had hoped to go faster in the 800m but was constantly thwarted by a young runner who kept running wide and getting in her way and then pipped her by a hundredth of a second at the finish!

Behind Lucy ran well but also found the last 100m hard but did set a PB, but will go much faster later in the season.

**Steve Smythe**

**Mile**

**Race 3**

9 Gary Budinger 6:44.66  
10 Mike Mann 7:09.13

**800m**

**Race 3**

5 Clare Elms 2:23.84  
6 Lucy Elms 2:25.05 (PB)

## European Under-20 5km Road Championships Oderzo, Italy

May 1

Lucy was not able to replicate her PB form from earlier in the year as it was very hot but though slowing she did easily run her second fastest ever 5km and gained a medal as England's brone medal winning team.

**Steve Smythe**

28 Lucy Elms 19:03



## Banstead Woods

282 Ran  
Pos Gen  
4 4 Tony Tuohy 18:36

## Bexley

517 Ran  
Pos Gen  
18 18 Michael Fullilove 20:50

## Brockwell , Herne Hill

397 Ran  
Pos Gen  
14 14 Jamie Nicol 19:51  
38 1 Lucy Pickering 20:58  
56 5 Anna Thomas 21:36  
60 6 Nicola Richmond 21:39  
194 61 Sharon Erdman 26:00  
214 145 Alex Haylett 26:35  
334 144 Hannah Harvest 31:11

## Bromley

921 Ran  
Pos Gen  
205 28 Claire Barnard 23:45  
415 312 Peter Jackson 27:47

## Burgess

523 Ran  
Pos Gen  
68 66 Hugh Balfour 20:50  
520 325 Chris Vernon 50:38  
523 196 Susan Vernon 53:01

## Canterbury

166 Ran  
Pos Gen  
11 1 Tereza Francova 21:14

## Catford

207 Ran  
Pos Gen  
1 1 Andy Bond 16:34

## Chelmsford Central

850 Ran  
Pos Gen  
34 3 Kim Hainsworth 20:10

## Crystal Palace

374 Ran  
Pos Gen  
10 10 Alastair Locke 19:15  
21 21 Tom Wilson 20:03  
36 2 Belinda Cottrill 20:52  
38 3 Yvette Dore 21:10  
184 28 Joanne Shelton Pereda 26:29  
192 32 Helen Lister 26:44  
359 129 Clare Wyngard 37:40  
360 231 Michael Dodds 37:49

## Dulwich

416 Ran  
Pos Gen  
4 4 Daniel Mann 16:55  
17 17 Greg Falconer 18:34  
59 2 Kristen Stephenson 20:24  
118 112 Chris Cooper 22:02  
134 11 Charlotte Sanderson 22:34  
162 147 Graham Laylee 23:20  
168 153 Ajay Khandelwal 23:31  
251 47 Natasha Chivers 26:36  
328 246 Mick Mead 29:36

## Forest Of Dean

181 Ran  
Pos Gen  
28 6 Laura Vincent 22:33

## Franschhoek

86 Ran  
Pos Gen  
8 8 Matthew Ladds 23:49  
12 1 Karina Burrowes 25:36

## Great Lines , Medway

504 Ran  
Pos Gen  
11 11 Alex Loftus 19:42

## Hazlehead , Aberdeen

203 Ran  
Pos Gen  
5 1 Ali Campbell 19:22

## Highbury Fields

363 Ran  
Pos Gen  
17 17 Paul Collyer 19:48

## Hilly Fields

345 Ran  
Pos Gen  
337 218 Ian Lilley 38:23

## Leicester Victoria

494 Ran  
Pos Gen  
116 12 Marjorie Epton 24:25

## Nonsuch

949 Ran  
Pos Gen  
304 49 Carys Morgan 25:37

## Orpington

184 Ran  
Pos Gen  
33 31 Colin Frith 24:44

## Peckham Rye

339 Ran  
Pos Gen  
33 3 Michelle Lennon 20:59  
46 42 Gideon Franklin 21:43

## Riddlesdown

247 Ran  
Pos Gen  
1 1 Dylan Wymer 2nd claim 16:28  
234 103 Ange Norris 46:08

## Southwark

382 Ran  
Pos Gen  
207 48 Claire Steward 27:04  
209 160 Paul Keating 27:04

## Tooting Common

737 Ran  
Pos Gen  
227 190 Ian Sesnan 24:42

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



## 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

## 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)



Socks only £5



Bufs/snoods - only £6



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)

HOODIES CLEARANCE  
ONLY £10 each



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

## SHORTS!

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



## Surrey League Discount Codes

The following discounts are available as part of the Surrey XC league sponsorship package from Start Fitness (these are available to all club members not just Surrey League runners)

30% off [www.moremile.co.uk](http://www.moremile.co.uk) (you will also accrue 10% of the spend on this code to claim products or More Mile gift vouchers) SurreyXC  
10% off [www.startfitness.co.uk](http://www.startfitness.co.uk) SurreyXCSF10

# SOCIAL SPOT

P  
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T

*Upcoming events.*

## Post Marathon Season Pizza Night Wednesday 15<sup>th</sup> May

To celebrate the end of a busy spring marathon season and share tales of PBs & chafing we will be hosting a pizza night after the club run on 15<sup>th</sup> May.

All welcome (even if like myself you didn't run a marathon this spring!).  
It will be £7pp payable on the night with the remainder subsidised by the Social Fund.

As previously we will be ordering from Rocca in Dulwich Village. See the menu below, please let us know your pizza choice if attending via email [dulwicksocialsecs@gmail.com](mailto:dulwicksocialsecs@gmail.com) or comment on the FB post.

Thanks - Matt

## pizza

**margherita** mozzarella, tomato, basil 6.35

**provenzale** onion, anchovies, olives, mozzarella 7.15

**funghi** field & wild mushrooms, garlic, mozzarella 7.95

**calabrese** (n) aubergine & courgette,  
mozzarella, olives, capers & pinekernels 8.95

**americana** pepperoni, tomato, mozzarella 8.75

**regina** gloucester old spot ham, mushrooms, mozzarella,  
olives 8.75

**prosciutto** dry cured ham, mozzarella, rocket, parmesan 9.15

**sarda** sardines, baby pinach, piquillo, peppers, olives, garlic,  
chillies, tomato, parmesan, (no mozzarella) 8.25

**piccante** piquillo peppers, hot "nduja",  
jalapenos 9.05

we make our pizza dough with organic stone-milled  
wheat from dorset

## 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)

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.

## 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 C

| 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   |

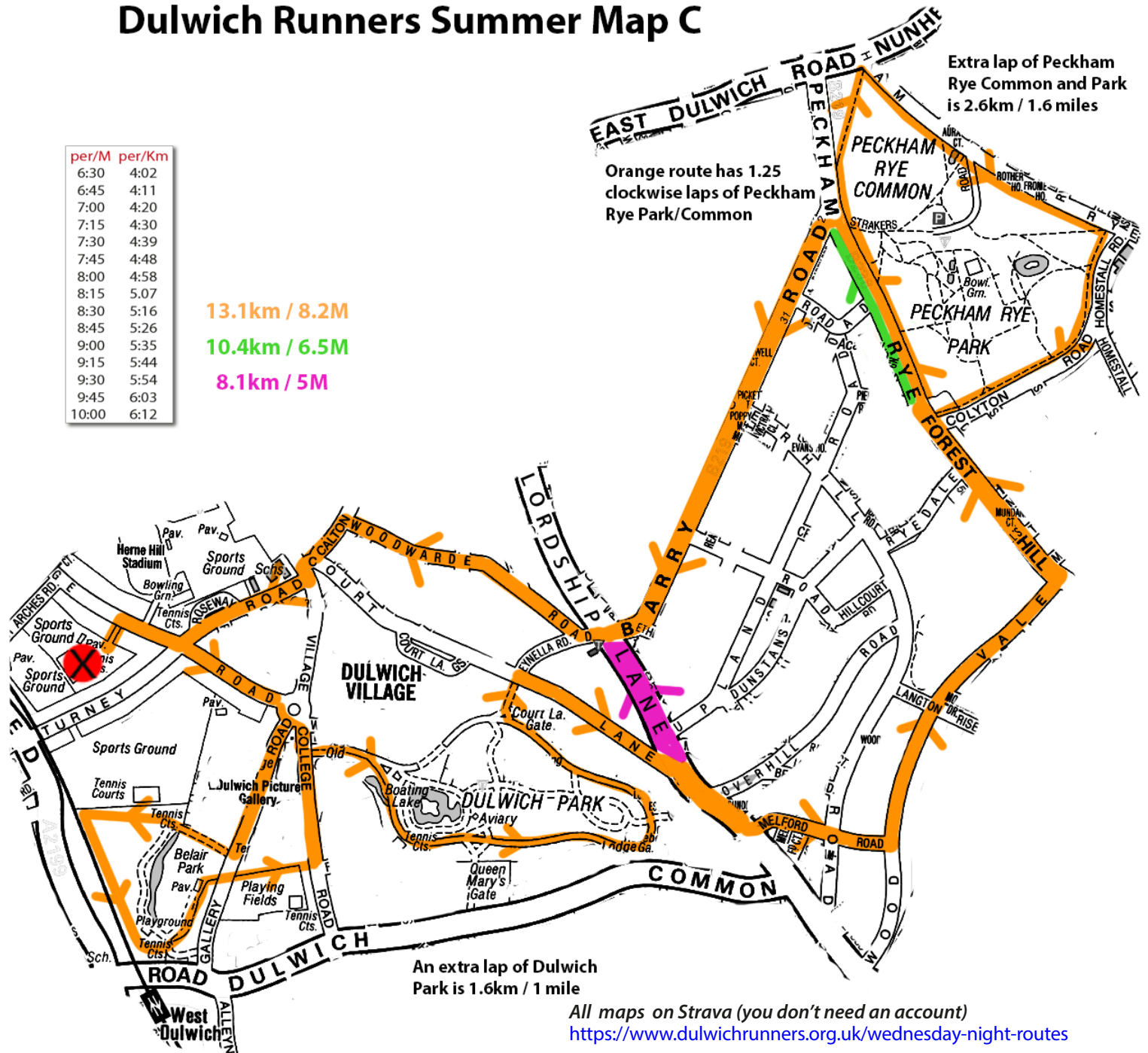
13.1km / 8.2M

10.4km / 6.5M

8.1km / 5M

Extra lap of Peckham Rye Common and Park is 2.6km / 1.6 miles

Orange route has 1.25 clockwise laps of Peckham Rye Park/Common



An extra lap of Dulwich Park is 1.6km / 1 mile

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