SHORTS

Dulwich Runners AC
Weekly Newsletter
June 11th 2014

These are your SHORTS,
Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk
DEADLINE 17:30 TUESDAY

- THE COMING WEEK –

Wed 11 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Thu 16 **Dulwich Runners 2mile club champs** Battersea

Tue 17 **Track session with Steve Smythe** - £1 fee
Dulwich college Track - 7 for 7:15pm start

In your SHORTS this week !

2 Fixture list, Club champs,XC road, trail etc
4 Race reports and results
6 Beckenham Assembly League report and results
7 World and UK record for Clare
8 Parkrun results
10 Wednesday night running map

And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

TRACK SESSIONS

Now back at Dulwich College

Tuesdays with Steve Smythe
Improve your speed & strength over all distances.
suitable for all standards and abilities.
Dulwich will be just a pound but additional £2 payable next day or following week for those who don't pay on night

Arrive at 7 for warm-up then a prompt 7:15pm start

DUWLCH RUNNERS MIDSUMMER 5K

As you probably know there are going to be big flood protection works in Dulwich Park for the next few months, so we are hoping to hold the Midsummer 5k race in Brockwell Park this year instead.

The date is now Thursday 3 July

If you are interested in helping on the day, or with the organisation pre-race, please can you let me know.
Thanks - Ros - Ros@28kerfield.freeserve.co.uk

Club Members are also welcome to run

.....and
Battersea Park assembly league now 26th June

LUCKY VEST

June winner - James Burrows

Don't forget , wear your Dulwich Runners vest 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 prize on the spot in the clubhouse that evening.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk
for all other club kit please see **page 3**

EVENT HORIZON

A brief look ahead

full fixture list page 2

June 16 Dulwich Club champs 2mile Battersea
JUne 22 Beckenham 10k

NEW RUNNERS ROTA

Many thanks to **Cameron Timmis** for taking out new club runners last week.
If you are on the list, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – **Ros**

Tony Tuohy	**11/06**
Ros Tabor	18/06
Mick Ward	25/06
Steve Werhle	02/04

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to help cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - **Ros**

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page of Shorts.
Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse - Thanks

Dulwich Runners 2014 Fixtures

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesday club night.

Date		Race			Venue
Jun	16	Dulwich Club Champs 2 miles		(short)	Battersea * **note changed venue**
	22	Beckenham 10k		(medium)	Beckenham
	26	Assembly League	5k		Battersea Park - 7:30 start * **note changed date**
July	2	B & BH open meeting 10,000m			Norman Park, Bromley
	3	Dulwich runners Midsummer 5k			Brockwell Park * **note changed date**
	11	Mark Hayes Mile		(short)	Dulwich College Track
	23	B & BH open meeting 5000m			Norman Park, Bromley
Aug	7	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	31	Sevenoaks 7		(medium)	Sevenoaks
Sep	4	Assembly League	3miles		Beckenham - 7:15 start

ASSEMBLY LEAGUE 2014

This year's series of Assembly League races has now been decided.
They will take place on the first Thursday of every summer month, venues will be the same as last year.
This summer evening series of races is popular with club members, and all including newly joined members are warmly welcomed and encouraged to participate.
For those that are new to the club these races are open to all standards and abilities, 5k, and free to enter, all you need to do is have a club vest, turn up and run.
If there is any further information regarding these races it will appear here in Shorts as and when it becomes available. Events still to come:

26 June	Battersea Park	5k	7.30 start	* **note new date**
7 Aug	Victoria Park	3.5 miles	7.30 start	
4 Sept	Beckenham	3 miles	7.15 start	

DULWICH RUNNERS CLUB CHAMPS 2014

9 races in total split into 3 distance categories. To qualify it will be necessary to complete 5 races in total, including at least one from each distance category.

The structure of awards will be unchanged from recent years. Club vests are compulsory for all events other than the mile. You will need current club membership to qualify for points. **For those wishing to know the Clup Champs rules they are on the clubs website**

Remaining events are as follows:

16 June Battersea Park 2 miles (short)
2mile race pre-entry http://run.runandbecome.com/event/london-race-2m-160614/
22 June Beckenham 10k (medium)
11 July (tbc) Mark Hayes Mile (short)
31 August Sevenoaks 7 (medium)

Mike Mann (on belhalf of ADSC)

CLUB CHAMPIONSHIPS important update

Our selected 10 mile Club Championship race is the Rye 10 on 25th May. Since the Club Championship races were set, the Club has been invited by British Athletics to enter men and women teams in to the BUPA London 10K on the same date.

In order to allow our faster runners to represent the club in this prestigious event and not being disadvantaged in the Club Championships, The Committee has decided to add the Cabbage Patch 10 on 19th October as an additional 10 mile race.

Times recorded at the Cabbage Patch will be adjusted to reflect the relative difficulty of the 2 courses and overall 10 mile results produced soon after 19 October. Runners who compete at both races will be credited with their best performance of the 2

CLUB CHAMPS FIXTURES UPDATE

Owing to impending drainage works in Dulwich Park, it has been decided to shift the 2 mile race there scheduled for 11 September, to Monday 16 June in Battersea Park, where we will use the Sri Chimnoy 2 mile race as our club champs. This starts at 7pm just past the entrance to the main car park and you can enter on the evening.

JUNE CLUB CHAMPS RACES

There are 2 club champs races this month, the 2 miles at Battersea Park on Monday 16 June and the Beckenham 10k on Sunday 22 June.
The Sri Chimnoy 2 mile race starts at 7pm on 16 June. Registration is near the start of the large carpark parallel to Prince of Wales Drive just inside the main entrance to the park. There was a high turnout there for previous races and long queues to register so it is suggested that you get there in good time to enter or alternatively enter on line at:
www.runandbecome.com
Note that the finish is close to registration but the start will be some 800m away. There is plenty of free parking available and 2 train stations nearby.
It is also suggested that you enter on line:
www.beckenhamrunning.co.uk for the Beckenham 10k on 22 June to avoid disappointment.

Surrey Road League 2014

As well as the events we choose for our Club Championships, we are also eligible to compete in the Surrey Road League. Individual positions in the league are determined by the best five scores and you also contribute to the club's position.
As soon as the fixtures are confirmed they will be listed here

For more info go here:
http://www.surreyathletics.org.uk/road/league/index.php?Y=2013&O=R&S=2014
Charlie Lound **-** Men's Road Captain

TRACK MEETINGS

UPDATE

For those of you interested in competing on the track, there are several open meetings held at local venues during the spring/summer season.

Open meetings, hosted by HHH are held at Tooting Bec on some Saturday afternoons with the first one scheduled for 12 April.

Other open meetings are at Norman Park, Bromley on Monday evenings, Crystal Palace on Saturday afternoons and at Parliament Hill.

25	June	Cambridge Harriers Open, Eltham
26	June	Tooting track
2	July	Norman Park, 10,000m
19	July	Crystal Palace
21	July	Norman Park
23	July	Norman Park, 5000m
11	Aug	Norman Park
23	Aug	Tooting track
23	Aug	Crystal Palace
27	Aug	Norman Park
10	Sep	Parliament Hill

These meetings, where there are usually 800m, 1500m and 3000m races on offer, are ideal for those looking for improved times, having done some earlier races.
Please contact me for further details.
Mike Mann

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£18 each

Hoodies are now available. There are a few left in each size .
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

Race Reports & Results

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, XC, Tri results etc, are welcome .

Edinburgh Marathon

If you like flat courses (or downhill for that matter), then the Edinburgh marathon is probably a good one for you!

Claiming to be the fastest marathon in the UK, the course begins with a gradual downhill for the first 6 miles as runners head out past Arthur's Seat and to the coast, where it is pretty windy. This was my first marathon, meaning any time was going to be a PB and whilst I was aiming for a sub 3:45, I didn't really know how realistic this would be, as my training had only taken me up to 22 miles, and I had no idea what those last few miles would have in store for me.

The marathon day didn't get off to the best start. It was pouring with rain, so I spent the hour or so before the race sporting the classic pre-marathon binbag-look, with wet feet trying to find a coffee shop to take refuge in and join the loo queue before the race.

During this time I was seriously wondering why of all marathons I had entered Edinburgh and felt sorry my dad, sister and husband who had all come to support. Fortunately the rain eased off as we gathered at the start line and I realised that it was quite a small race (the official number of finishers was 8622 but they hold a series of races over the whole weekend, claiming 30,000 runners in total). By the time I reached the coast at Portobello Promenade the sun was out and it was starting to warm up, and the rain held off the rest of the way until 2 minutes after I passed the finishing line, when it poured down again.

It was beautiful along the coast and there were patches of supporters along the way to keep the spirits up. From mile 9 to the finish, it was an out and back route, which was fascinating to watch the other runners going at a completely different pace (both the leaders and the stragglers).

At mile 18 we went off the country road and into the grounds of Gosford House - a welcomed change of scenery but the ground made it a bit hard on the knees. I felt that I kept a steady pace and was aware that I was going faster than my target time, so I did have to tell myself to take it easy around the middle of the race to avoid doing what I usually do in half marathons - going out too fast then flagging.

This seemed to work, and enabled me to do quite a bit of overtaking in the last 3-4 miles and keep a positive attitude, pushing myself in the final 200m as I realised that I might be able to get 3:30, and I did…well 3:30:16, coming 36th out of 1271 in my age category.

I spotted (and heard) ex-Dulwich runner Shona at around mile 22 cheering everyone on. She came second in the Edinburgh half marathon (1:18:38), just over a minute behind the first woman. In the full marathon, the fastest man was David Toniok (2:15:33), and Ukrainian Kateryna Stetsenko was the first woman at 2:36:07.

From what I've heard the marathon organisers received a bad rap, particularly because they didn't publish everyone's results publicly but sent out individual results. There were definitely a few things that the organisers could have done better. For a start there were no pace makers (although sometimes these can be more of a hindrance that a help), they didn't have energy gels at the stations until quite late on in the race, and the route makes it really difficult for any supporters to get out to the area between miles 16 - 21 if they want to also be at the finish line.

Nonetheless I would still recommend it if you are looking for a fast time and can put up with a bit of rain. - ***Nicola McIvor***

Vets AC 5 miles Championship, Battersea ark - 10/06

After starting with a 'suicidal' first mile of 5.12 in last month's VAC fixture I tried to be a bit more conservative this time so kept the speed down a bit. Checking the splits afterwards I found the first mile this time was 5.19.

Alright, not a lot slower, but it felt a bit easier although I still ended up unable to run the next four miles any better than last time's PB and finished 11 seconds down on that time.

However, it was a fair enough run with a 1500m race only the night before and a stiff breeze to contend with; also managed to win this one by a handful of seconds from last month's winner who put 27 seconds into me that time. Andy Murray was also running but I have no news on his time as yet.

1 Tony Tuohy	27.42

St Albans 1/2M - 8 June

There is a lot to recommend this event, and Green Belt regulars will know the park it starts in as legs finish and start here. It's easily accessible by public transport on a Sunday, well organised and marshalled, with lots of drink stations which turned out to be invaluable on a hot day, and a course that mainly winds through country lanes.

The only downside is that it was a tough run. A succession of hills that are long steady grinds, a mile and a half in one case, with, according to the man in the racing wheelchair, 400m total ascent. There are some nice downhills to compensate, but somehow not enough.

The best bit was that they were handing out ice lollies at the finish. ***- Steve Williams***

Steve Williams	1:31:07	4MV50
Jim Dowsett	1:35:55	
Mathew Ladds	1:51:53	

Les Cimes du Chateau de Valon, Lacroix-Barrex, France, 14.5km

Saturday 7th June

Mel Edwards writes…

Those that ran the Dry Hill 10 last year may remember that I won a trip for two to France to do a local mountain race, offered courtesy of Keith Leatherbarrow (of Eyespy Photos) and his wife Karen, who own a B&B in the village where the race starts.

In my mind, this was going to be like the Dry Hill 10 but in France. In reality, it was hiller (with over 1700ft of ascent/descent), hotter (almost 30 degrees) and at altitude (starting and finishing at around 2500ft). Having roped Joanne into the trip, we travelled out on the day before, neither of us having done any specific training bar one hill session and one hilly run each. We met up en-route with Keith plus two other members of Lingfield running club and two ladies more into horse riding than running.

On the morning of the race, Keith took us out to recce the as much of the course as we could by manage by car, which gave us a useful glimpse into what lay ahead. With the runners not setting off until 4pm, the temperature had reached the high twenties by the time we started. Not only had our hosts made it clear that they expected me to do well in the race, if not win, but they also pointed me out to the race director as being "tres vite" – no pressure then!

Having overtaken the local woman who normally wins the race and holds the course record (of 1:11:16) in the first 50m, I found myself amongst the top ten men as we ran the first km comprising a loop around the village.
We then turned off down a gravel path before descending down a steep gully for approx. 500m where I found myself being over taken by a number of men as I tiptoed down, trying to avoid tripping over the large stones interspersed in the grass.

At the bottom of the gully, we turned onto the road for an undulating mile or so where I managed to start picking off those who had just flown past me. Just as I was starting to make ground on another two guys up ahead, we turned off the road again and started to zig zag our way down to the bottom of the course, descending approx. 1250ft in 3km. This was the real low point of the course for me as my pace dropped right off as I reverted again to tip toeing around the largest stones whilst being overtaken by the same chaps as from the gully.

After what felt like an eternity, the descent ended and the course started to make its way back up the 1250ft to Valon. I soon found myself overtaking the same group of guys again, many of whom were walking up the ascent. As the course went back onto the road and got steeper, I decided that walking for a bit might not be a bad idea but managed to get running again just as the Chateau de Valon came into sight and I spotted Keith – camera in hand – at the bend in the road.

I tried to give the appearance of effortless running but rather ruined it by grunting "I've walked already!"
Ignoring the infamous red wine and wild boar sandwich stop, I turned the corner to find another infamous course landmark – a sign reading "ici commence l'enfer" (hell starts here) – signalling the start of the longest and steepest climb on the course. I spotted two men up ahead on the climb – both walking – and opted to do the same until eventually I started to think I might forget how to run and forced myself to jog any sections where the climb plateaued.

By the time I'd reached the top, I'd caught the two men and was making my way further through the walkers who'd set off earlier on.
The course went back off road but thankfully on sandy grassy trail this time. With 5k to go I took a gel, which in combination with catching up with the walkers from our group and the course finally flattening out, gave me a boost to pick up the pace. After a nasty but thankfully short stretch along stony rocks, we emerged onto the roads. By this point, both mental arithmetic and French comprehension had escaped me and I expected to finish in just outside 1:20 in 14th place overall.

After a km of downhill then flat road, the course then began to climb again before turning off road and back up the steep gully then emerging onto the road. The final km took us tantalisingly close to the finish before sending us away on a loop of a village, and distracted by the sound of the race director's voice blaring out over the megaphone, I would have missed the turning were it not for much shouting and arm waving of a group of spectators.
Turning the final corner and seeing the finish gantry about 200m ahead, I gave my best effort at a sprint finish although was somewhat underwhelmed to realise there were all of six people there to witness it.

The race director made up for it, wildly shouting my name, which he continued to do sporadically for the next ten minutes – as did discovering I was actually 4th overall. Feeling surprisingly fresh, perhaps helped by some refuelling from the local delicacies on offer at the finish, I went for a cool down before coming back to see Joanne finish – looking very happy and finishing a very respectable 8th woman (although initial results listed her as a man!). Unlike me, Joanne had enjoyed the downhill sections - finding herself able to let go – and was smiling in every photo.

Prize giving took place in the village some time later which luckily provided the opportunity to spot and correct the error in Joanne's results. For my efforts, I received a rather gaudy trophy, a beautiful bouquet of flowers and le piece de resistance – a massive cured ham, which I could barely lift. With the second and third women being vets, Joanne scooped the first vet prize – an impressively sized trophy and selection of honey. Post-prize giving, we assembled in the village hall for dinner and some interesting entertainment, which included two accordionists, a random song by one of our fellow diners, and a raffle that seemed to go on forever.

The next day, what we expected to be a little trip out to see a local reservoir (that had been drained to allow work on a dam – unearthing a village that had previously existed on the site) turned into several hours trekking along the reservoir bed and then around a local town. All very pretty but I suspect we were both relieved to return to our village for some sunbathing and a barbeque.

Our hosts were truly wonderful and welcoming and Joanne and I were very thankful for their hospitality. I'm not sure whether they will be offering the same spot prize at this year's Dry Hill 10 (to be held on 7th September) but if anyone is interested in doing the race next year, they would be more than happy to help arrange accommodation for a group from Dulwich. Speak to myself or Joanne for details.

4/1W	Mel Edwards	1:12:23
46/8W	Joanne Shelton	1:40:23

(64 ran)

ASSEMBLY LEAGUE 3M - Beckenham, 5th June

The second of three Assembly League outings to Beckenham this year saw a very large turnout of 37 Dulwich Runners out of a field of over 220.

The men packed well again to finish third and a fairly close second in the B team, while the women, despite strong runs, again had to give best to the very good Kent team, who lead the league.

After two previous poor outings Tony set out hoping to better his best for this course and committed to a very quick first two miles. Ed Hill paced it more sensibly and caught Tony with half a mile to go for a huge course best time while Tony died away and fell five seconds short of his.

Another huge improvement from Edwin saw him just fail to catch Tony while Paul Devine completed the A team just in front of Charlie Lound, both with good runs only a little down on April. Next were good runs from Wayne continuing his return to form and Ian Lilley, whose marathon training is now converting to improved short distance speed. Rob Cope slightly bettered his April time as he completed the B team.

Running well and to form were Lewis Laylee (1st U17), Steve Davies (good debut), Chris Loizou (1st M55), Sam Crump and Oscar Hussey. Neville Webb was much faster than his last run here in September, while Duncan Hussey, though improved on his April run, is now having to get used to his young offspring disappearing up the road (it's the natural order Duncan, live with it).

Of the remaining men, there were solid runs from Kev Chadwick, Ed Smyth, Mike Mann, Martin Double, Andy Murray, High Balfour, Graham Laylee, Barrie-John, Ian Sesnan and Kev Wood. Steve Smythe tested his troublesome calf (after earlier cycling round most of Kent), which just about survived despite loud protests. Notably improved from last year was Paul Hodge and it was good to see a welcome re-appearance from Barry Graham after his long absence – and running better than his recent 'comeback' parkruns!

For the women, Mel was over half a minute faster than September, while Andrea's last three races here show her still-improving form. Ola's run repeated her April form to complete the A team, which lost out to Kent by only 4 points. Sarah Cross made a great debut to lead the B team with a time equivalent to well inside 21 minutes for 5k and therefore superior to all her parkruns.

Ros and Sue both ran well to complete the B team as did Laura Lane in her debut here. Lindsay all but matched her improved run in April and there was another welcome return for Claire Steward, still recovering from a persistent injury.

-Tony Tuohy

10	Ed	Hill	SM	16:05 (16:21 April, 16:50 Apr '13)
12	Tony	Tuohy	M50 - 1	16:17 (16:27 April, 16:33 Sep)
15	Edwin	McCormack	SM	16:20
20	Paul	Devine	SM	16:38 (16:25 April, 17:10 Sep)
21	Charlie	Lound	M45 - 2	16:42 (16:32 April)
23	Wayne	Lashley	SM	16:46 (16:41 April, 17:27 Apr '13)
40/38M	Ian	Lilley	M40 - 5	17:22 (18:10 Sep, 18:43 Apr '13)
41/39M	Rob	Cope	M40 - 6	17:32 (17:33 April, 19:15 Sep)
46/44M	Lewis	Laylee	U17 - 1	17:44 (17:36 Sep)
48/46M	Steve	Davies	M40 - 8	17:46
53/51M	Chris	Loizou	M55 - 1	17:56 (18:12 April, 17:56 Sep)
54/52M	Sam	Crump	SM	18:04 (18:02 Sep)
58/56M	Oscar	Hussey	U17 (U15)	18:12 (17:56 April, 19:36 Sep)
70/67M	Neville	Webb	M55	18:30 (19:10 Sep)
4W/71	Mel	Edwards	SW	18:31 (19:07 Sep)
73/69M	Duncan	Hussey	M45	18:33 (18:48 April, 18:18 Sep)
83/78M	Kevin	Chadwick	SM	18:57 (17:50 Sep)
6W/84	Andrea	Pickup	W40	18:58 (19:03 April, 19:26 Sep)
98/88M	Edward	Smyth	SM	19:20
13W/107	Ola	Balme	W45	19:34 (19:28 April)
113/99M	Paul	Hodge	M45	19:45 (20:46 Apr '13)
121/107M	Mike	Mann	M65	19:57 (19:01 April, 19:20 Sep)
16W/128	Sarah	Cross	SW	20:10
131/113M	Martin	Double	SM	20:14 (20:09 April)
133/115M	Steve	Smythe	M55	20:19 (19:41 Apr '13)
138/118M	Hugh	Balfour	M60	20:28 (19:42 Apr '13)
142/120M	Andy	Murray	M60	20:40 (20:33 April, 20:37 Sep)
28W/154	Ros	Tabor	M60	21:12 (21:04 April, 21:42 Sep)
159/129M	Graham	Laylee	M55	21:24 (22:03 Sep, 21:17 Apr '13)
31W/164	Susan	Cooper	SW	21:36 (21:43 April)
168/136M	Barrie-J	Nicholls	M60	21:50 (21:50 April)
171/139M	Ian	Sesnan	M55	21:56 (21:22 Sep, 20:37 Apr '13)
34W/174	Laura	Lane	W35	22:13
40W/185	Lindsey	Annable	W45	23:10 (23:00 April, 23:23 Apr '13)
48W/198	Claire	Steward	W60	24:42 (22:19 Sep)
209/155M	Kev	Wood	M55	25:39 (24:58 April, 24:55 Apr '13)
213/157M	Barry	Graham	M55	27:48

Approx. 220 ran

Men Team
1 Stock E 2, 5, 6, 7 = 20
2 Kent 3, 8, 11, 26 = 48
3 Dulwich 10, 12, 15, 20 = 57
4 VPH 1, 25, 30, 36 = 92
5 Aquila 4, 31, 50, 66 = 151
6 Ravens 16, 19, 60, 75 = 170
7 Eton M 33, 45, 64, 70 = 212

B Team
1 Stock E 9, 17, 35, 48 = 109
2 Dulwich 21, 23, 38, 39 = 121
3 Kent 27, 28, 34, 37 = 124
4 VPH 42, 43, 53, 54 = 192

Women Team
1 Kent 1, 8, 10 = 19
2 Dulwich 4, 6, 13 = 23
3 VPH 3, 7, 21 = 31
4 Eton M 2, 12, 20 = 34
5 Beck 9, 25, 29 = 63
B Team
1 Kent 11, 15, 17 = 43
2 Dulwich 16, 28, 31 = 75

TWO UK RECORDS FOR CLARE IN ONE AFTERNOON!

UK Women's League Premier Division, Birmingham, 7th June

Tony Tuohy writes

Clare runs for Blackheath and Bromley in these top-class fixtures and was scheduled for the 800m and 1500m – and with no other competing athlete at these distances over the age of 29 she was definitely the oldest there, by just a decade or two.....!

800m

Having missed the UK W50 record the previous week by 0.18 seconds Clare was glad this race was first so she could have another go while still fresh. This time she had a by-no-means perfect but less obstructed run and did well to beat the record by 0.55 seconds.

7 Clare Elms 2:18.95 W50 UK Record

1500m

A couple of hours later was the 1500m and Clare felt good enough to set out for this record too, as it was a slightly softer one than the 800m. Scheduling for around 4:44 to beat the record by two or more seconds, she found she was on target at half-way so pushed on following Sian Edwards over the second half. Edwards is a 15:42 5000m runner and was sixth in the World Junior 5000m in 2006; here she edged Clare by 0.23 of a second but no matter, Clare secured the record by nearly three seconds.

5 Clare Elms 4:43.97 W50 UK Record

The 1500m W50 world record is 4:40.7 and Clare is scheduled to run at Bromley on the 9th June. Watch this space.....

WORLD RECORD FOR CLARE ELMS!

Blackheath and Bromley Open, Bromley, 9th June

1500m r1

Six Dulwich Runners decided on a rehearsal for the club mile championship and lined up in the 'calm after the storm' on Monday night at Norman Park for the first of the 1500m races.

It seems that the only way is up at the moment for the two Eds - Ed Hill ran another well-paced race to lop a huge three seconds from his PB (with a 67 second last lap) while Edwin knocked seven seconds from his first attempt a couple of weeks ago.

There's surely more to come too as he patiently waited behind Tony before going for it just before the bell with a sub-70 last lap. Tony had only managed a season's best of 4:31 during the indoor campaign and hoped for a sub-4:30 here so was well pleased with a time second only to his PB last year and putting him second in the UK M50 rankings. Also using Tony as a handy pacemaker but not quite catching him was Paul Devine who was nevertheless rewarded with another big PB.

This was all impressive enough but the real story was going on behind. the scenes After expressing his intention to try for sub-4:40, Lewis Laylee was immediately recruited by Clare Elms as her unofficial pacemaker for a world record attempt! Despite a slightly too-fast start, Lewis made a good job of it, coming home with a PB for himself while Clare followed trying for her own sub-4:40.

She didn't quite make it but did knock 0.61 seconds off the 5-year-old world record of Gitte Karlshaj from Denmark. Who will bet against Clare lowering her new record still further?

2 Ed Hill	4:20.42 PB
3 Edwin McCormack	4:26.68 PB
6 Tony Tuohy	4:28.14
7 Paul Devine	4:29.01 PB
11 Lewis Laylee	4:39.40 PB
12 Clare Elms	4:40.09 W50 World Record

1500m r2

In the second race Rob did a good job considerably improving his recent debut at the distance, improving to a time more in line with his excellent club championship mile from last year – surely more to come next month. Meanwhile Ian allowed himself to be paced by Rob before letting loose his kick in the home straight and gaining a second for an excellent debut clocking.

4 Ian Lilley	4:51.37 debut
5 Rob Cope	4:52.50 PB

Tony Tuohy

BUPA London 10k 25th May - Update

Firstly, a belated apology to Nicola Richmond who was inadvertently omitted from the original race report. Nicola's 10k PB of 40.22 was set at Brighton back in 2008 and hasn't been troubled since – especially as she now prefers to concentrate on shorter distances on the track.

In fact Nicola is in great form this year and a 3000m PB of 11:21 just a week before showed that well under 41 minutes for 10k was on – and so it proved with a great run that fell an agonizing 3 seconds short of that old PB. However, this was followed three days later with a huge PB at 3000m of 11:04, so that 10k best is now on borrowed time if she fancies another go on a decent course..... ***- Tony Tuohy***

81W/627 Nicola Richmond 40:25 (20:07/20:18)

The race also incorporated the UKA Club Championships; it took well over a week for the team results to appear but, as hoped, the Dulwich women's team of Clare, Mel and Toni made it into the prize list in an excellent 6th place out of 80 teams – and only 8 seconds short of 5th.

6	Dulwich Runners	1:56:07
35	Clare Elms	37:59
43	Melanie Edwards	38:39
53	Toni Holt	39:29

The men couldn't hope to match the ladies but still finished a creditable 27th place out of 108 teams

27	Dulwich Runners	1:45:27
129	Ed Hill	34:31
152	Tony Tuohy	35:01
185	Alastair Locke	35:36

BUPA 10k

Missed from last weeks results.

I strapped up my knee and aimed for a gentle 7.5 minute miling.
Result 1411th out of 19,000 59th in M50 age category (out of 59 probably). Time 45.06(PW)
Duncan Wilson

Tonbridge Open - 3 June

800m Race 8
The biggest number of 800m races ever at this Open event with eleven races of ten taking place. Oscar carried on in sub 2:20 vein and lead most of the last lap but was undone perhaps by a too quicker acceleration after the bell. Duncan was fine up to 500 but then was forced to take a back seat view of the ensuing battle ahead. - ***Duncan Hussey***

4	Oscar Hussey	2:19.75
8	Duncan Hussey	2:24.46

10 ran

I am very please to announce the launch of the Peckham Rye parkrun starting 21st June 2014, All details can be found on the website

http://www.parkrun.org.uk/peckhamrye/

I will be holding a practice event on Thursday 19th June starting around 19:00pm for anyone wishing to try out the course or practice using any of the volunteer equipment.

Please bring your barcode as we will treat this as a real parkrun so will be scanning barcodes etc. I will post the times in shorts of any of the Dulwich runners who attend.

I have plenty of volunteers for the inaugural event on the Saturday but am a little short for the practice run, so if anyone is interested in learning One or more of the different roles please contact me.

Afterwards I suggest we go to the Clock House on Barry road for some refreshment and you can give me any feedback about the course/parkrun.

Any questions you can email me at:
Kevchadwick@googlemail.com or just ask me on Tuesdays at the track.

June 7th

Banstead Woods

176 ran

4	Tony Tuohy	17:55	

Brockwell

216 ran

1	Charles Lound	17:33	
4	Paul Devine	18:06	
6	Ian Lilley	18:18	
10	Stephen Davies	18:30	
19	Sam Crump	19:16	
29	Mark A Foster	20:05	
31	Jim Dowsett	20:19	PB
61	Michael Mann	21:43	
66	Nicola Mcivor	22:03	
72	Graham Laylee	22:21	
77	Cameron Timmis	22:32	
108	Michelle Lennon	23:46	
134	Desmond Edwards	25:14	
184	Sarah Lyness	28:53	

Burgess

104 ran

28	Hugh Balfour	21:25
75	Barry Evans	26:38

Crystal Palace

153 ran

2	Wayne Lashley	17:33
17	Paul Hodge	21:09
116	Barry Graham	29:02

Dulwich

201 ran

2	Edwin Mccormack	17:10	PB
9	Ebe Prill	18:42	
28	Simon Burnett	20:11	
38	Ajay Khandelwal	20:51	
37	Emma Ibell	20:51	PB
40	John Fletcher	21:09	
42	Duncan Wilson	21:14	
67	David Bell	22:23	
77	Mark Muffett	23:03	
88	Michael Dodds	23:49	
101	Claire Steward	24:47	
127	Mick Mead	26:36	

Hilly Fields

121 ran

4	Kevin Chadwick	20:28
11	Gary Sullivan	21:31

Lloyd Park

214 ran

14	Duncan Hussey	20:02
23	Oscar Hussey	20:37

Malahide, Dublin

Weekend away to see the Eagles in concert meant a search to see if there was a parkrun nearby. We found Malahide which is advertised as Dublin but was, in fact, about an hour's journey from our hotel.

Preparation wasn't great as we had been standing most of Friday evening and had finally got to bed about 2.00 (well this was Dublin) and weather forecast wasn't promising. Alarm went off at 7.00 and I must admit I was happy to turn over and stay in bed but Chris was keen and it wasn't raining so off we went.

Pre start we met somebody whose sister in law was a regular at Brockwell Park and whilst chatting suddenly realised that the run had started and I was at the back of the field. Luckily there was plenty of passing room on the grass, which also benefitted the fact that I only had walking shoes which weren't that cushioned. Chris found a corner to stand at but was somewhat surprised when the lead runner asked her which way he had to go as she had no idea.

Given that, at the end, there was only a second between first and second place not sure if it made any difference but Chris did give the organisers some feedback on marshalling. For me not an issue as I was always following the crowd although by the end I had overtaken 300 people to finish first in my age group.

If you are in Dublin then, despite the need to travel, it was easy to get to on the train. The course is very attractive and fast (won in 16.06) and the coffee and cake in the castle café superb

- Bob Bell

414 ran

82	Bob Bell	23:04

Kingston

90 ran

16	Andy Murray	21:27
21	Ros Tabor	22:11

Newark

254 ran

33	Martin Morley	23:07

Orpington 162 ran

83	Steve Wehrle	28:09

Richmond

282 ran

After torrential downpours early in the morning, there was a welcome respite in the rain for the precise duration of the parkrun. It did leave conditions quite humid and warm however which were not the most comfortable to run in.

Richmond was honoured by the presence of parkrun 'royalty'. The country managers had all gathered for a management team away weekend to share best practice. True to the parkrun ethos they chose to kick off their weekend with a parkrun!

I still felt the effects of Thursday's Assembly League. Afterwards we had chance to speak to Paul Sinton-Hewitt, the parkrun founder, who seemed humbled by our praise of the concept.

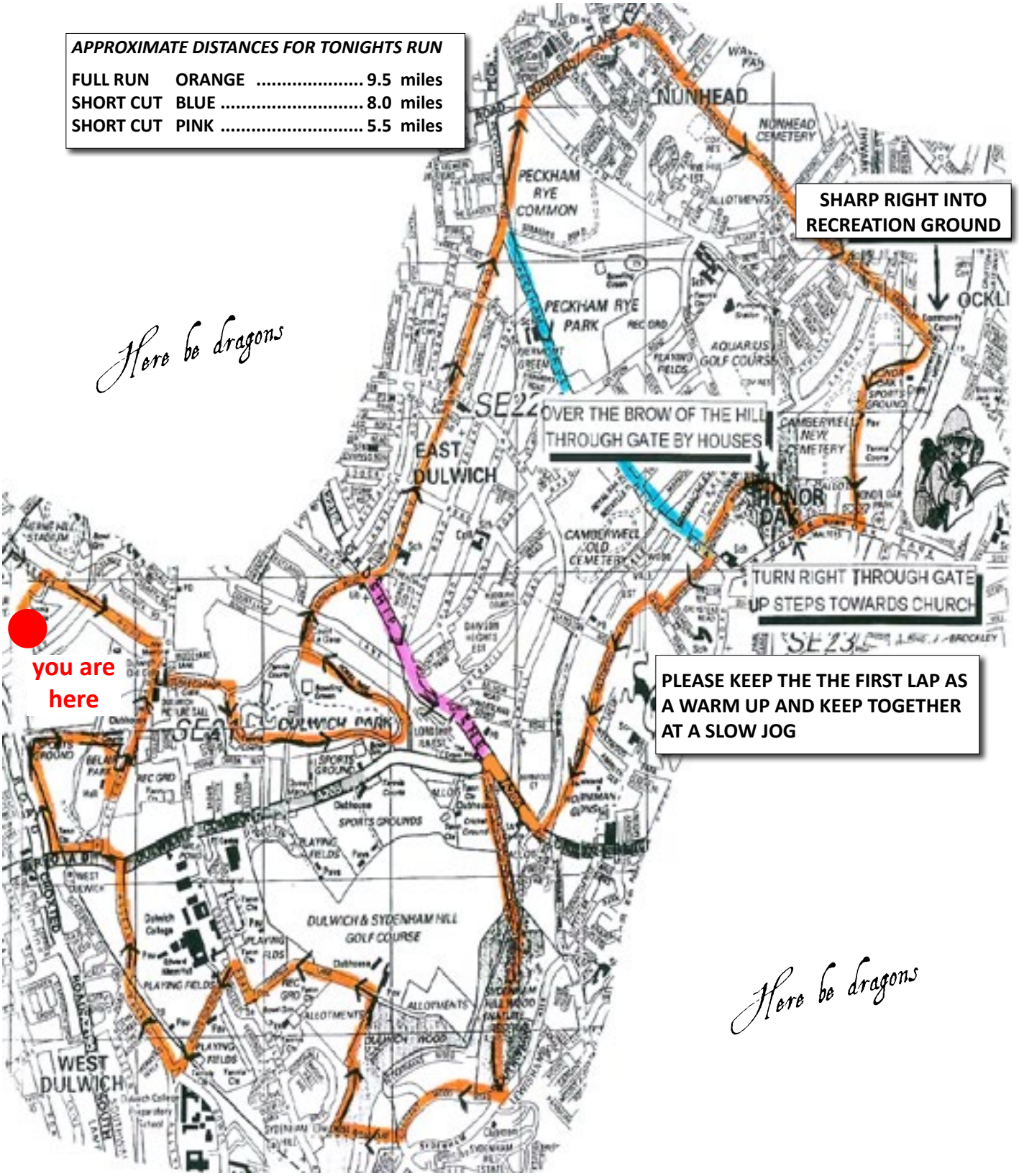
We also chatted to the South African manager who was a frequent ultra runner and celebrating his 60th birthday this year. He told us that the one-millionth barcode had been issued to someone in South Africa. It's amazing how the idea has grown from such small beginnings.

- Lindsey Annable

Barrie had a good run but

85	Barrie John Nicholls	23:40	1M60
104	Lindsey Annable	24:39	

Riddlesdown 107 ran

13	Ange Norris	21:21

DULWICH RUNNERS AC S2