DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
June 25th 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 25 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Thu 26 **Assembly League - Battersea Park** - open to all club members, free to enter , wear a club vest and run !

Tue 24 **Track session with Steve Smythe** - £1 fee
Dulwich college Track - 7 for 7:15pm start

TRACK SESSIONS

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

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered to scoff after the Wednesday run.
Arrives close to 9 and the cost is £5, or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating...join in !

Rehydration !

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)

In your SHORTS this week !

2 Fixture list, Club champs,XC road, trail etc
4 Race reports and results
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13 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

EVENT HORIZON

A brief look ahead

full fixture list **page 3**

June	26	Assembly League -Battersea Park
July	03	Dulwich Runners midsummer 5k
July	11	Mark Hayes Mile - Club champs 1 mile race

NEW RUNNERS ROTA

Many thanks to **Ros Tabor** 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**

Mick Ward	**25/06**
Kevin Wood	02/07
Clare Wyngard	09/07
Steve Werhle	16/07

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

The following information is now on the VirginMoneyLondonMarathon website via the Marathon Centre/Enter The Race tabs

Note that Good for Age covers all ages from 18 and that the closing date to submit results and apply for a form is Friday 4 July at 5pm, then 3 weeks to complete the form and pay for entry.

If you've already run a full marathon in a particularly fast time, you might qualify for an automatic 'good for age' entry into the 2015 Virgin Money London Marathon.

You can apply for a good for age entry if you've run a full marathon in the same time, or faster than, the times listed below, please note the times must have been achieved since the 1st of January 2013:

Men	Time (in hours)	Women	Time (in hours)
Age 18 - 40	sub 3:05	Age 18 - 40	sub 3:45
Age 41 - 49	sub 3:15	Age 41 - 49	sub 3:50
Age 50 -59	sub 3:20	Age 50 -59	sub 4:00
Age 60 - 64	sub 3:45	Age 60 - 64	sub 4:30
Age 65 - 69	sub 4:00	Age 65 - 69	sub 5:00
Age 70 - 75	sub 5:00	Age 70 - 75	sub 6:00
76+	sub 5:30	76+	sub 6.30

Please see the online entry link below to apply for a good for age entry into the 2015 Virgin Money London Marathon.

https://portal.mikatiming.de/event/virginmoneylondonmarathon/2015/goodforage/request/

Applications must be made by 4th July 2014 at 5pm.

Completion of accepted applications and payment will close on the 25th July at 5pm 2014.
Runners will either receive an accepted or unaccepted email (within 15 working days) with a link to complete the registration form and make payment; it is the runner's responsibility to ensure you receive this email and to complete the registration form and make payment by the 25th July at 5pm.

If you're a member of an athletics club associated with UK Athletics UKA and you've achieved a championship qualifying performance for a marathon in 2013 or 2014, you can apply for a championship entry place in the 2015 Virgin Money London Marathon.

You'll need to have completed a marathon or half marathon in the same time, or faster than, the times listed below – these are the official championship qualifying performance times. Your qualifying time must have been achieved after 1st January 2013:

Men	Time (in hours)	Women	Time (in hours)
Full marathon	sub 2.45	**Full marathon**	sub 3.15
Half marathon	sub 1.15	**Half marathon**	sub 1.30

For the 2015 event the entry system for championship entries will again be online, please check back at the end of August for details of how to apply.

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
June	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:

11 July	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

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

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

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 .

Beckenham 10k Club Champs

A dominant showing from Dulwich Runners for this club championship saw the club fill the first six places in the race and sweep most of the prizes. The course was a tough one, basically similar to twice round the Assembly League, but measured short of 10k on most Garmins, certainly by 45 seconds to a minute, so won't register for PBs on Power of 10.

By the time Ed and Tony had left the Beckenham club-house after 300m they already had a gap with nobody else interested in going with them. By half-way round the first lap of two Ed had established a comfortable winning lead while Tony was not enjoying watching a very strong Edwin, then Wayne, then Charlie pass him during the second lap with Paul about to do the same at the top of the last hill.

But the lure of a ten quid share of the team prize with the two Eds led Tony to get his finger out for the last fast downhill and he got past to grab the cash as Charlie also finished strongly to take the M40 prize in front of good runs from Wayne and Paul.

Next up was Ian Lilley running his best 10k on such a hard course (even if the distance is iffy), which earned him the Captains' award. Steve Davies just held off Rob Cope, both of them in excellent form at the moment. Ebe ran well to again hold off ever-consistent first woman in the race Mel Edwards, with their times comparing very favourably with their performances at the flat BUPA 10k.

Ola is running very well at the moment and was second woman to Mel, and her time equates to much quicker than she managed at the flatter Ted Pepper 10k, as does Gary's equally impressive run. Mike Fullilove was next after an absence of some time and his run on the tough course shows he is hopefully on the way to his previous fitness, while Mark showed similar good form to his 2 miles last week.

Jim Dowsett is continuing his steady improvements with yet another good run while Andy Murray, Paul Hodge, Mike Mann and Martin Double all ran well to their current form. Ajay hasn't got any current form but compensated at the finish by doing impressions of dive-bombing planes, or swans, or something..... Just behind was Alex Haylett running a debut club 10k that compares very well with previous parkruns, just ahead of Anna with a good run for the hard course that joined with Mel and Ola to win the women's team prize for Dulwich.

Graham Laylee and Clare Wyngard came in with good times, Clare's winning her the W45 award, particularly good having only just got home after her exertions at the European Triathlon Championship only two days earlier. Next were good runs from Ros, Nicola and Katie with Ros easily taking the overall club championship and winning the race W55 award too. Bob, Barrie-John, Pete and Mike all ran solidly and should be pleased enough with their runs on such a hard course, and Lindsay's run was far superior to her time at the Ted Pepper 10k.

It's good to see Clare Steward at races again as she continues a careful comeback after long-term injury. She finished just in front of stalwart club champs supporter Paul Keating, another who ran much better than in last month's Ted Pepper, while Paul Hilton's solid run completed the Dulwich contingent. ***- Tony Tuohy***

2014 champs categories BECKENHAM 10K

1 Overall winner	ROS TABOR
2 Fastest man (excluding overall winner)	ED HILL
3 Fastest woman excluding overall winner)	MEL EDWARDS
4 First Senior Man (excluding above)	EDWIN MCCORMACK
5 First Senior woman (excluding above)	ANNA THOMAS
6 First M40 (excluding above)	CHARLIE LOUND
7 First W40 (excluding above)	OLA BALME
8 First M50 (excluding above)	TOLY TUOHY
9 First W50 (excluding above)	CLARE WYNGARD
10 First M60 (excluding above)	ANDY MURRAY
11 2nd Age Graded (excluding above)	EBE PRILL
12 3rd Age Graded (excluding above)	MIKE MANN
13 Captains' award	IAN LILLEY

1	Edward Hill	34:50	49	Mike Mann	43:32
2	Edwin Mccormack	35:22	53	Martin Double	43:57
3	Tony Tuohy	35:33	57	Ajay Khamdelwal	44:29
4	Charles Lound	35:38	58	Alex Haylett	44:35
5	Wayne Lashley	35:48	60	Anna Thomas	44:37
6	Paul Devine	36:03	63	Graham Laylee	44:58
13	Ian Lilley	37:17	65	Clare Wyngard	45:01
18	Stephen Davies	37:58	67	Ros Tabor	45:09
19	Rob Cope	38:01	70	Nicola McIvor	45:28
24	Eberhard Prill	38:39	75	Katie Crowe	46:08
25	Melanie Edwards	38:51	83	Bob Bell	47:10
30	Kevin Chadwick	40:03	89	Barrie John Nicholls	47:53
31	Ola Balme	40:20	99	Peter Gibbons	48:39
33	Gary Sullivan	40:53	105	Michael Dodds	49:11
35	Michael Fullilove	41:04	106	Lindsey Annable	49:17
39	Mark Foster	41:57	128	Claire Steward	52:46
41	Jim Dowsett	42:18	129	Paul N Keating	52:49
44	Andrew Murray	42:54	140	Paul Hilton	54:33
45	Paul Hodge	43:05	178 finishers		

First Name	Surname	10k		
			#N/A	#N/A
Melanie	Edwards	38.51	50	775
Anna	Thomas	44.37	49	675
Nicola	McIvor	45.28	48	660
Katie	Crowe	46.08	47	666
			#N/A	#N/A
Ola	Balme	40.20	50	818
Clare	Wyngard (50+)	45.01	49	792
Ros	Tabor (50+)	45.09	48	929
Lindsey	Annable	49.17	47	663
Claire	Steward	52.46	46	770
			#N/A	#N/A
Edward	Hill	34.50	50	777
Edwin	McCormack	35.22	49	745
Wayne	Lashley	35.48	48	744
Paul	Devine	36.03	47	751
Kevin	Chadwick	40.03	46	665
Martin	Double	43.57	45	625
Alex	Haylett	44.35	44	600
Desmond	Edwards	51.10	43	523
			#N/A	#N/A
Charles	Lound	35.38	50	825

Ian	Lilley	37.17	49	759
Stephen	Davies	37.58	48	762
Rob	Cope	38.01	47	739
Mark	Foster	41.57	46	706
Jim	Dowsett	42.18	45	659
Paul	Hodge	43.05	44	688
Ajay	Khandelwal	44.29	43	646
Paul	Keating	52.49	42	557
Paul	Hilton	54.33	41	543
			#N/A	#N/A
Tony	Tuohy	35.33	50	854
Eberhard	Prill	38.39	49	792
Gary	Sullivan	40.53	48	774
Michael	Fullilove	41.04	47	745
Andrew	Murray (60+)	42.54	46	770
Mike	Mann (60+)	43.32	45	787
Graham	Laylee	44.58	44	710
Robert	Bell (60+)	47.10	43	694
Barrie J.	Nicholls	47.53	42	684
Peter	Gibbons	48.39	41	673
Michael	Dodds	49.11	40	638
Ameet	Patel	51.17	39	587

Kent 10000m Championship, Dartford, 18th June

In a virtual replay of last year's race, I tucked in behind a bunch of faster (younger) runners to see how far I fancied going at 33.20 pace. About 3k was the answer, reached in exactly 10 minutes, when two of my pacemakers fell off the leading group of three. I dilly-dallied about for too long behind them (2 laps) before deciding to go round as they slowed considerably, when I found out why.

A stiff headwind every lap on the back straight meant last year's fast time now looked improbable and sure enough running over half the race on my own was a bit of a bind. After passing 5k in 17.05 the lap times in the second half dropped to 84-85s and even a couple of 86s but a good effort at the end made the last two 81 and 74 for very respectable 34:32.6 for third place in the overall race (as one runner dropped out) and first M50 (also tops the UK M50 rankings, but no doubt that's temporary).

- ***Tony Tuohy***

3 Tony Tuohy 34:32.6 1st M50

South Downs 1/2 marathon
Sunday 22

This was my second year of running the South Downs half marathon, but unfortunately they told us at the start line that there had been a problem with the route so the race would diverted.

The diversion meant it was no longer a half marathon distance and we'd have a second run up and down Butser Hill at the end of the race - a 271 metres hill. Not what you want to hear!
I got away well, staying in the top 10 for the run up and down the hill, before heading out into the woods and countryside. The day was baking hot and the field of runners soon spread out so I was running alone for much of the race. The diversion meant the route went along a small road for a few miles with a cycle event also happening, so I had shouts of encouragement from the cyclists.

The last 3 miles running back up and down Butser Hill were some of the most painful running I've ever done.. I'm told even the winner had to walk some of it. The overall distance turned out to be 14.5 miles, which I found one of the toughest races I've done, but pleased with my result.

12 James Burrows 1.53
278 ran

Hitchin "Hard" 1/2 Marathon
22nd June

Having done the St Albans Half two weeks earlier and really struggled in the heat, I was hoping for a little cloud cover on Sunday morning to help my cause.

Unfortunately the sun was gloriously beating down without a cloud in the sky, lovely for spectators or a picnic not for doing the well named "Hard" Half! Anyway with memories of St Albans still fresh in my mind, I reigned in my pre-race aims and decided I would be happy if I could get round in sub 1.50.
Pretty much an out and back course along quiet Hertfordshire country lanes, which starts and finishes in the lovely historic grounds of The Priory.

It was a challenging course (as the name suggests) with a lot of hills, a very brutal one at 3 miles but overall a very nice course. A really well organised & well marshalled local race, run by the local Rotary Club and would definitely recommend it for next year with it only being a short train journey from London.
But I think that I need to pick myself an easier one for my next half though.....

100 Matthew Ladds 1:49:21 PB
315 ran

Round the Island 2014 21st-22nd June 2014, Isle of Wight

70 miles, 2 days

My annual ritual to the Isle of Wight. That small speck off the south coast, renowned for sailing and infamous rock festivals. For the past 5 years, XNRG (sorry a little punt for a race company) has been putting on great multi-day events: North Downs Way (Pilgrims), New Forest (Pony Express), Ridgeway (Druid Challenge) and one around the Isle of Wight, where I grew up and half of my family live.

Good excuse to visit: running a double ultra. A couple of unique aspects to this one: the start begins when the Cowes chain ferry docks (think D-Day landings!), and day 1 is the same day as the Round the Island Yacht Race (1,600 yachts sailing in the opposite direction to us running). Amazing sight as you round a corner to see them all heading in your direction.

This is a tough ultra. If you don't make any wrong turns, and only thanks to growing up on the IOW and running this event three other times I stayed on track, it is 38 miles on day 1 and 32 miles on day 2 along road, trails, beach promenades, fields and beaches. It is also "undulating". 2,035m (6,700 ft) of ascent! So it helps if it's nice and cool.

There were 85 starters, leaving in three waves (walkers, joggers and "elite"). There was one true elite, who broke his brother's course record with a combined time of 9:24. That is 8min miling for over 9 hours!! There were just 63 finishers. I very nearly had my first marathon DNF on day 2, when I was exhausted at CP2: 15.5 miles, not yet halfway through, knowing that I would have considerably more walking than running to endure. But dug in I did. And pleased to have "time on feet" training for Verbier ultra in 3 weeks.

The whole coast is beautiful: white cliffs, sandy beaches, little coves, light houses, the Needles, and 000s of holiday-makers wondering what on earth these idiots were doing in 25C, trundling past with camelbaks on. There's always great camaraderie as you recognise faces from previous years and other ultras. The organiser Neil has also run all the UTMB events and Marathon des Sables, and so can share a few stories of his own and of course empathise with the highs and lows we all went through. I'll be back next year, it is my ritual.

Day 1: 7:11 (2 mins down from PB) – 10th
Day 2: 6:43 (38 mins down from PB) – 14th
Total: 13:54 – 12th/85

Photo from last year:
https://www.flickr.com/photos/xnrg/7616651518/in/set-72157630404996952/

Toby de Belder

European Triathlon Championships Kitzbuhel June 20th

I qualified to represent GBR for my age group (50-54) at the Sprint Triathlon in Kitzbuhel on the strength of my performance at the Newbiggin Triathlon in September last year. Mike accompanied me to Austria as chief bag carrier and supporter and did a marvellous job. On top of this, recognisable from his very fetching Dulwich Runners hoody, he was a magnet for people wanting to know about our more famous, World Champion Triathlete, Clare Elms! (my claim to fame was saying I did attend some of the same training sessions as her and once lent her my wetsuit!)

The weather in Kitzbuhel was warm and sunny – until the morning of my race, that is, when I woke up at 5am to torrential rain. In a moment somewhat reminiscent of Michael Fish, we had been told, in no uncertain terms, at the race briefing that it wasn't going to rain so we didn't need to cover our bikes which we'd left in transition overnight. Terrific, soggy saddles and helmets awaited us. Another discussion had been whether wetsuits would be allowed as the Schwarzsee temperature was hovering tantalisingly close (21.9) to the 22 deg mark where they are not allowed. So at least the rain delivered one blessing, wetsuits were permitted. I went off in a wave of nearly 70 orange swim-hatted women (50-59) at 9am in the rain with the mist hovering over the mountains which we would soon be negotiating on our bikes.

The water felt lovely and I wasn't last out of the lake after the 750m swim. Long transitions and slippery running didn't make for fast transitions, then it was on with the wet bike shoes etc and off on to the 20km very hilly and technical bike course. I took things very steadily on the downhills as they were treacherous, steep and narrow. There were enough accidents for me to appreciate later that I'd made the right decision as I at least managed to stay upright and in one piece.

It was beautiful however – the clouds lifted and the views of the Alps were stunning. The run, just shy of 5km, was partly around the lake and through surrounding woods – I felt strong, managed to pass a few people and was really pleased with my time. I felt so privileged to wear my GBR tri-suit and to be competing in such a fantastic atmosphere. My eventual finishing place was 20th out of 24 in my age group in a time of 1.35.16. (16.39 swim, 49min bike and 22.02 run plus transitions). The winning woman in my age group was Austrian and did 1.19.32. Alistair Brownlee won the elite men's race over the same course – in the sun on the following day.

Clare Wyngard

Self Transcendence 5k Battersea Park, 23rd June

Running a fifth race in eight days was definitely pushing it, especially the day after the Beckenham 10k, and I thought I'd be a bit tired but recovery was good again and my time matched the same race here three weeks ago to the second. No surprises there then, as consistency/boredom continues. I know, shouldn't complain really. But probably will. Time for an easy week. - ***Tony Tuohy***

11 Tony Tuohy 16:42 (1st M50)
136 finishers

Hackney 1/2M - 22 June

879	Gideon	Franklin	1:38:05
1418	Kevin	Murphy	1:42:54
2448	Hugh	French	1:49:34
3128	Yvette	Dore	1:53:31
3789	Phillip	Eastop	1:57:10
4517	Patrick	Mcmorrow	2:00:48
4783	Sara	Harman	2:02:15
5920	Richard	Dyson	2:08:45
7187	Tomas	Quinn	2:17:54

PB WEEK

Wayne Lashley writes...

I must first begin by thanking my unofficial PAs, Paul Devine and Edwin McCormack. Through my own incompetence, these two gentlemen are responsible for my appearances at the last two month's worth of fixtures.

I was not looking forward to the 2 mile race last Monday. I had no idea of my form and the race was going to be quick. But I held it together much longer than I thought I would and was even foolish enough to engage in a sprint finish with Tony (which I got horrendously wrong). To end the race with a PB of 10:28 mins was a real surprise but left me in no doubt I had some form back.

A park run on Saturday would be a great opportunity to finally beat my 5km PB. Enter Edwin and Paul, who having previously notified me of the 2 mile club champs race at Battersea Park, informed me that Sunday was actually Beckenham 10km day. It was at this moment that I decided to embark on a quest, a quest to overcome the proverbial monkey that had been on my back for at least two years. I was going to challenge both my 5km and 10km PBs in one week; 'PB Week' had truly begun.

Dulwich Park Run was the setting for the first stage of my journey. If I needed any extra incentive, my nemesis, Luke Armitage of Kent AC was in attendance and if that wasn't enough he referred to me by name!! I had never previously spoken to this guy beyond a polite 'hello', but now I knew he had marked me as a target too. Rob Cope would be the race director and Edwin, who had dragged his girlfriend and sister along to suffer in his wake, would bear witness to history in the making and the triumph of good over evil (yes I regard Kent AC as the dark side).

Having latched onto me early on, Luke was determined to stay with me and made his own bid for glory with about 800m to go. But I would not be denied. A kick for home was enough to beat Luke (by only 3 seconds! He's a tenacious so and so) and beat my three year old 5km PB by 9 seconds. On the finish line, Rob was grinning like a proud dad. Edwin, also congratulated me on my efforts and then resumed his role as my unofficial PA and informed me there was actually an Assembly League race on Thursday at Battersea Park. Sub 17 mins would have to be the aim. Before that however, there was the small matter of the Beckenham 10km race.

But where the hell is Tony??

I wasn't sure how my body would hold up. I had also forgotten how much |I detested all the Beckenham courses for their ability to consume me and then spit me out at the end. When it became apparent that Dulwich would be deciding the podium positions, (Ed and Tony looking round in disbelief after barely 800m as if to ask, 'where is everybody?') there was suddenly more at stake.

Steve Smythe appeared halfway around the first lap, as if by magic. "Don't let them get away." he uttered to me as he cycled past, referring to Paul and Edwin who were a little further ahead. Then, under the same veil of mystery surrounding his initial appearance, Steve was gone. By the time we got to Beckenham Hill, I had caught Paul and Edwin but this hill was dragging on longer than I wanted. I didn't know it then but the course had already taken its first big bite out of me and would finish me off at the same spot on the final lap. Edwin's tactical kick on the other side of the second hill, was enough for him to get away but in chasing him, I caught Tony. I foolishly overtook him just before a descent only for him to race past me on the descent itself. If I could catch him and get a large enough gap on the flat part of the course and the hill, I might have been able to hold him off.

When I arrived at the 8km point, I realised I was in 3rd place. If it had been flat at this point, I may have been fine. But it was Beckenham Hill time again. Then came that sound, the sound of inevitability in the form of breathing. Tony had come back to reclaim his place. But when I looked over, to my shock, I saw it wasn't Tony at all but the rugged individual that is Charlie Lound. Charlie???

But where the hell is Tony?? Well the answer came on the crest of the hill. Tony had been stalking me and at the first site of the descent unleashed a change of pace that was so severe, he was able to pass me and Charlie by the foot of the hill. I barely had enough energy to reach the finish but a quick look to my watch made me realise I was seconds from my PB.

A last gasp acceleration was not enough and I finished in an unofficial time of 35:48 just 16 seconds shy of my PB. I was actually delighted with my week's work but losing 3rd place was a bit disappointing. The 10km PB will most certainly come but first, there is the small matter of an Assembly League race at Battersea Park.

parkrun **June 21st**

Brockwell, Herne Hill

183 ran

7	Lewis Laylee	19:04
43	Cameron Timmis	21:47
89	Desmond Edwards	24:28
105	Sharon Erdman	25:04
167	Sarah Lyness	31:36

Coventry

505 ran

149	Michelle Allard	24:31

Crystal Palace

148 ran

17	Andy Cottrill	21:24
32	Bob Bell	22:43
46	Yvette Dore	24:00
50	Belinda Bell	24:10
98	Barry Graham	28:14

Dulwich

160 ran

2	Wayne Lashley	17:11
34	Edwin Mccormack	20:50
56	Mark Muffett	22:29
72	John English	23:54
84	Mick Mead	25:13

Newark

152 ran

30	Martin Morley	24:32

Orpington

120 ran

23	Colin Frith	23:24

Peckham Rye - trial run Thur 19th

20 ran

3	EbePrill	18:38
5	Ange Norris	20:32
6	Mike Mann	20:58
8	Andy Murray	21:35
16	Paul Keating	24:57
17	Claire Steward	24:58
19	Barry Graham	27:01

Peckham Rye

200 ran

12	Ian Lilley	18:58
25	Susan Cooper	20:46
34	Robert Tobin	21:46
49	Emma Ibell	22:37
55	Ajay Khandelwal	22:59
70	Ameet Patel	23:56
183	Chris Vernon	34:33

Riddlesdown

116 ran

14	Ange Norris	20:57

New members especially ! and others....

Could you update your profiles to show you are a current member of Dulwich Runners AC.
This help us pick out all our runners for the weekly results.

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

2014 CLUB CHAMPIONSHIP WITHIN AGE GROUPS			Short			Medium			Long				
Name/Category			5k Brockwell 01-Feb	2M Dulwich 11-Jul	1M Dulwich 11-Jul	10K Bromley 05-May	10K Beckenham 22-Jun	7M Sevenoaks 31-Aug	1/2 Mar Tun.wells 02-Mar	Marathon Lon Or Other 13-Apr	10M Rye 25-May	Average	TOTAL 5 events max inc 1.S,M,L
									not inc later mar's - not inc CP 10				
WOMEN SENIOR													
7	Melanie	Edwards	49	50		50	50		50	[47]	-	6	255
27	Katie	Crowe	-	49		48	47		45	-	-	4	193
42	Sarah	Cross	47	-		49	-		48	-	-	3	147
44	Sue	Cooper	48	-		47	-		47	-	-	3	145
47	Anna	Thomas	-	-		-	49		49	44	-	3	145
49	Nicola	McIvor	-	-		-	48		46	45	-	3	142
52	Charlie	Boden	44	48		-	-		-	43	-	3	138
54	Laura	Lane	45	-		46	-		-	43	-	3	137
66	Helen	Lister	46	-		-	-		-	46	-	2	94
72	Belinda	Bell	-	-		45	-		43	-	-	2	90
75	Leann	Peters	42	-		-	-		42	-	-	2	86
86	Charlie	Wood	50	-		-	-		-	-	-	1	51
78	Shona	Mcintosh	-	-		-	-		-	50	-	1	51
85	Toni	Holt	-	-		-	-		-	49	-	1	50
80	Emily	Gelder	-	-		-	-		-	48	-	1	49
96	Laura	Vincent	-	47		-	-		-	-	-	1	48
97	Joanne	Shelton	-	-		-	-		44	-	-	1	45
99	Kim	Hainsworth	43	-		-	-		-	-	-	1	44
104	Penelope	Bell	-	-		-	-		41	-	-	1	42
WOMEN V40													
1	Ros	Tabor (50+)	45	47		[45]	48		48	-	50	6	244
13	Clare	Wyngard (50+)	44	-		47	49		47	-	49	5	241
10	Lindsey	Annable	[43]	45		44	47		44	-	47	6	233
15	Clare	Elms (50+)	50	50		50	-		50	-	-	4	204
21	Ola	Balme	49	48		48	50		-	-	-	4	199
40	Michelle	Lennon	46	46		-	-		-	49	-	3	144
51	Yvette	Dore	-	-		46	-		45	-	48	3	142
58	Nicola	Richmond	48	49		-	-		-	-	-	2	99
64	Emma	Ibell	47	-		-	-		49	-	-	2	98
65	Diana	Morgan (50+)	42	-		-	-		43	-	-	2	87
79	Marjorie	Epson (50+)	-	-		-	-		-	50	-	1	51
83	Andrea	Pickup	-	-		49	-		-	-	-	1	50
93	Louisa	Pritchard	-	-		-	-		46	-	-	1	47
81	Claire	Steward	-	-		-	46		-	-	-	1	47
103	Carolina	Lilley	-	-		-	-		42	-	-	1	43
101	Sarah	Lyness	41	-		-	-		-	-	-	1	42
MEN SENIOR													
12	Edward	Hill	48	50		50	50		48	-	-	5	251
8	Paul	Devine	49	48		48	[47]		49	50	-	6	250
14	Edwin	McCormack	46	49		49	49		-	48	-	5	246
29	Kevin	Chadwick	43	-		-	46		46	43	-	4	182
32	Martin	Double	-	42		45	45		-	41	-	4	177
36	Wayne	Lashley	50	47		-	48		-	-	-	3	148
39	Alastair	Locke	47	-		-	-		50	47	-	3	147
43	Sam	Crump	45	-		-	-		47	44	-	3	139
46	James	Burrows	41	-		-	-		44	-	50	3	138
55	Alex	Haylett	-	43		46	44		-	-	-	3	136
45	Toby	de Belder	42	-		-	-		45	45	-	3	135
53	Andrew	Cottrill	-	-		47	-		43	42	-	3	135
62	Desmond	Edwards	36	-		-	43		-	-	48	3	130
57	Hugh	French	37	-		43	-		40	-	-	3	123
74	Matthew	Ladds	-	-		44	-		-	-	49	2	95
67	Chris	Goodman	44	-		-	-		42	-	-	2	88
63	Oscar	Hussey	39	45		-	-		-	-	-	2	86
71	Dominic	Joiner	40	-		-	-		-	40	-	2	82
88	Oli	Thorogood	-	-		-	-		-	49	-	1	50
90	Tom	Marshall	-	-		-	-		-	46	-	1	47
84	Lewis	Laylee	-	46		-	-		-	-	-	1	47
92	Edward	Smyth	-	44		-	-		-	-	-	1	45
102	Christian	Moody	-	-		-	-		41	-	-	1	42
98	Andrew	Bright	38	-		-	-		-	-	-	1	39
MEN V40													
3	Rob	Cope	[47]	48		50	[47]		50	49	50	7	254
20	Jim	Dowsett	43	-		48	45		48	-	49	5	238
26	Paul	Hilton	-	43		44	41		43	-	46	5	222
19	Charles	Lound	50	50		-	50		-	50	-	4	204
23	Ian	Lilley	48	49		-	49		-	48	-	4	198
24	Stephen	Davies	49	-		-	48		49	47	-	4	197
25	Mark	Foster	45	46		-	46		-	-	48	4	189
30	Joseph	Brady	-	44		45	-		45	-	47	4	185
37	Paul	Keating	41	-		43	42		44	-	-	4	174
41	Paul	Hodge	-	45		47	44		-	-	-	3	139
50	Cameron	Timmis	42	-		46	-		46	-	-	3	137

48	Ajay	Khandelwal	44	-		-	43		47	-	-	3	137
70	Olivier	Montfort	-	-		49	-		-	46	-	2	97
61	Duncan	Hussey	46	47		-	-		-	-	-	2	95
MEN V50													
9	Tony	Tuohy	50	50		50	50		50	-	-	5	255
5	Eberhard	Prill	49	49		49	[49]		49	50	-	6	252
11	Gary	Sullivan	45	48		47	48		45	-	-	5	238
2	Andrew	Murray (60+)	[42]	45		45	46		[43]	47	47	7	237
4	Mike	Mann (60+)	44	47		46	45		[44]	-	48	6	236
18	Gideon	Franklin	43	-		44	-		42	46	49	5	229
6	Barrie J.	Nicholls	[34]	42		40	42		[38]	45	45	7	221
16	Graham	Laylee	39	44		43	44		41	-	-	5	216
17	Robert	Bell (60+)	38	-		39	43		39	-	46	5	210
22	Michael	Dodds	36	-		41	40		34	-	42	5	198
28	Peter	Gibbons	37	-		38	41		-	-	44	4	164
35	Ameet	Patel	-	-		36	39		37	-	43	4	159
31	Patrick	McMorrow	-	-		35	-		33	44	41	4	157
33	Stephen	Wehrle (60+)	-	-		34	-		32	42	40	4	152
34	Neville	Webb	47	-		-	-		47	-	50	3	147
38	Martin	Morley (60+)	41	-		42	-		40	-	-	3	126
56	Per	Hedberg	29	43		-	-		35	-	-	3	110
59	Stephen	Smythe	48	-		-	-		-	49	-	2	99
60	John	English	46	-		-	-		46	-	-	2	94
73	Barry G.	Evans (60+)	28	-		-	-		-	43	-	2	73
68	Michael	Ward	33	-		-	-		36	-	-	2	71
69	Colin	Frith	32	-		37	-		-	-	-	2	71
76	Chris	Loizou	-	-		-	-		48	-	-	1	49
77	Stephen	Williams	-	-		48	-		-	-	-	1	49
89	Paul	Mottram	-	-		-	-		-	48	-	1	49
87	Michael	Fullilove	-	-		-	47		-	-	-	1	48
82	Hugh	Balfour	-	46		-	-		-	-	-	1	47
91	Duncan	Wilson	40	-		-	-		-	-	-	1	41
94	Giles	Gibson	35	-		-	-		-	-	-	1	36
100	Pip	Eastop	31	-		-	-		-	-	-	1	32
106	Stephen	Street	-	-		-	-		31	-	-	1	32
95	Steve	Cook (60+)	30	-		-	-		-	-	-	1	31
105	John	O'Byrne (60+)	27	-		-	-		-	-	-	1	28
										*	*		

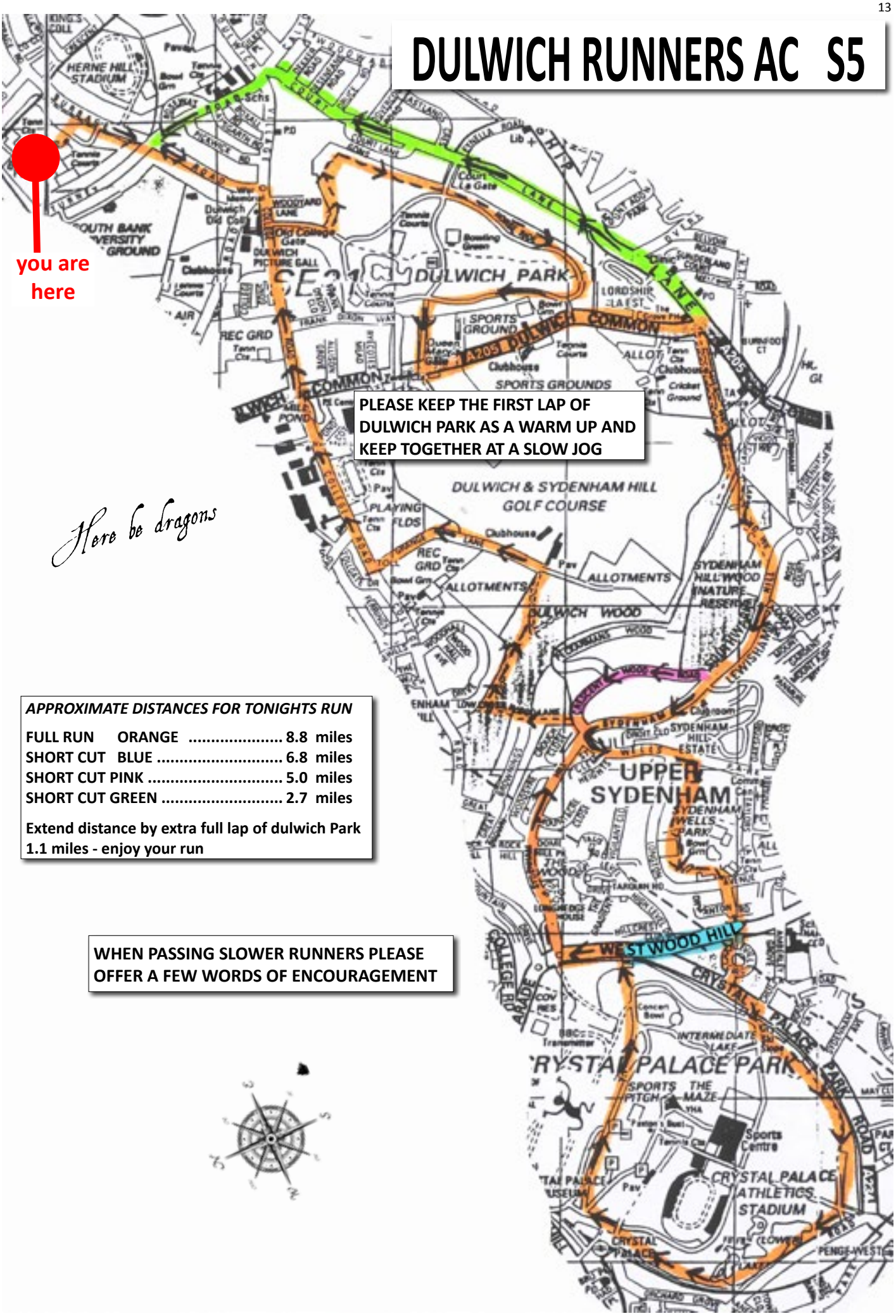
106 Best 5 count for year including 1 each short, medium, long. W50's and M60's have separate contests using the above scores.
*Later marathons and Cabbage Patch 10 still to come

OVERALL AGE GRADED CHAMPS			Short			Medium			Long				
			5k Brockwell 01-Feb	2M Dulwich 11-Jul	1M Dulwich 11-Jul	10K Bromley 05-May	10K Beckenham 22-Jun	7M Sevenoaks 31-Aug	1/2 Mar Tun.wells 02-Mar	Marathon Lon Or Other 13-Apr	10M Rye 25-May	Average	TOTAL 5 events max inc 1.S,M,L
1	Ros	Tabor	910	953		[842]	929		902	[744]	894	918	4,588
2	Tony	Tuohy	831	881		828	854		859	-	-	851	4,253
3	Mike	Mann	819	814		798	[787]		815	-	788	807	4,034
4	Eberhard	Prill	803	815		771	792		795	[617]	-	795	3,975
5	Gary	Sullivan	767	782		738	774		760	-	-	764	3,821
6	Andrew	Murray	761	760		[750]	770		763	[744]	760	763	3,814
7	Edward	Hill	745	802		735	777		749	-	-	762	3,808
8	Clare	Wyngard	762	-		741	792		758	-	754	761	3,807
9	Melanie	Edwards	740	766		[729]	775		778	734	-	758	3,791
10	Paul	Devine	752	788		[694]	751		750	707	-	750	3,748
11	Rob	Cope	720	750		[703]	739		737	[682]	720	733	3,665
12	Edwin	McCormack	705	769		712	745		-	702	-	727	3,633
13	Clare	Elms	914	946		873	-		882	-	-	904	3,616
14	Graham	Laylee	698	715		698	710		696	-	-	703	3,516
15	Robert	Bell	716	-		680	694		698	-	679	693	3,466
16	Gideon	Franklin	707	-		686	-		696	666	696	690	3,452
17	Barrie J	Nicholls	666	688		682	684		673	[617]	[659]	678	3,392
18	Charles	Lound	805	827		-	825		-	845	-	825	3,301
19	Lindsey	Annable	650	679		634	663		635	-	[622]	652	3,261
20	Jim	Dowsett	660	-		639	659		651	-	652	652	3,261
21	Ola	Balme	801	824		780	818		-	-	-	806	3,223
22	Michael	Dodds	651	-		656	638		614	-	621	636	3,180
23	Ian	Lilley	745	775		-	759		-	676	-	738	2,954
24	Stephen	Davies	759	-		-	762		743	687	-	738	2,951
25	Mark	Foster	720	742		-	706		-	-	687	714	2,854
26	Paul	Hilton	-	591		539	543		541	-	599	563	2,813
27	Katie	Crowe	-	708		677	666		652	-	-	676	2,703
28	Peter	Gibbons	679	-		665	673		-	-	652	667	2,668
29	Kevin	Chadwick	667	-		-	665		675	625	-	658	2,632
30	Joseph	Brady	-	673		646	-		653	-	624	649	2,597
31	Patrick	McMorrow	-	-		605	-		620	594	609	607	2,428
32	Martin	Double	-	644		610	625		-	537	-	604	2,415
33	Stephen	Wehrle	-	-		616	-		659	500	630	601	2,406
34	Neville	Webb	792	-		-	-		810	-	803	802	2,406

35	Ameet	Patel	-	-	602	587	610	-	597	599	2,397
36	Wayne	Lashley	741	765	-	744	-	-	-	750	2,249
37	Paul	Keating	584	-	525	557	571	-	-	559	2,237
38	Martin	Morley	746	-	709	-	720	-	-	725	2,174
39	Alastair	Locke	711	-	-	-	744	701	-	719	2,156
40	Michelle	Lennon	729	743	-	-	-	655	-	709	2,126
41	Paul	Hodge	-	706	676	688	-	-	-	690	2,070
42	Sarah	Cross	694	-	673	-	679	-	-	682	2,045
43	Sam	Crump	691	-	-	-	706	638	-	678	2,034
44	Sue	Cooper	703	-	643	-	667	-	-	671	2,013
45	Toby	de Belder	667	-	-	-	673	661	-	667	2,001
46	James	Burrows	660	-	-	-	666	-	664	663	1,990
47	Anna	Thomas	-	-	-	675	682	629	-	662	1,985
48	Ajay	Khandelwal	692	-	-	646	642	-	-	660	1,979
49	Nicola	McIvor	-	-	-	660	660	644	-	655	1,964
50	Cameron	Timmis	654	-	639	-	635	-	-	643	1,928
51	Yvette	Dore	-	-	650	-	641	-	629	640	1,919
52	Charlie	Boden	662	682	-	-	-	567	-	637	1,911
53	Andrew	Cottrill	-	-	623	-	656	607	-	629	1,886
54	Laura	Lane	661	-	621	-	-	560	-	614	1,842
55	Alex	Haylett	-	633	603	600	-	-	-	612	1,836
56	Per	Hedberg	578	645	-	-	611	-	-	611	1,834
57	Hugh	French	575	-	553	-	552	-	-	560	1,680
58	Nicola	Richmond	734	796	-	-	-	-	-	765	1,529
59	Stephen	Smythe	779	-	-	-	-	750	-	764	1,529
60	John	English	746	-	-	-	749	-	-	748	1,495
61	Duncan	Hussey	739	750	-	-	-	-	-	744	1,489
62	Desmond	Edwards	506	-	-	523	-	-	454	494	1,482
63	Oscar	Hussey	700	746	-	-	-	-	-	723	1,446
64	Emma	Ibell	727	-	-	-	706	-	-	717	1,433
65	Diana	Morgan	697	-	-	-	666	-	-	682	1,363
66	Helen	Lister	672	-	-	-	-	684	-	678	1,356
67	Chris	Goodman	668	-	-	-	645	-	-	657	1,313
68	Michael	Ward	642	-	-	-	650	-	-	646	1,291
69	Colin	Frith	630	-	648	-	-	-	-	639	1,278
70	Olivier	Montfort	-	-	658	-	-	619	-	638	1,276
71	Dominic	Joiner	663	-	-	-	-	525	-	594	1,189
72	Belinda	Bell	-	-	586	-	571	-	-	578	1,156
73	Barry G	Evans	584	-	-	-	-	552	-	568	1,136
74	Matthew	Ladds	-	-	556	-	-	-	557	557	1,113
75	Leann	Peters	533	-	-	-	514	-	-	524	1,048
76	Chris	Loizou	-	-	-	-	825	-	-	825	825
77	Stephen	Williams	-	-	804	-	-	-	-	804	804
78	Shona	Mcintosh	-	-	-	-	-	801	-	801	801
79	Marjorie	Epson	-	-	-	-	-	790	-	790	790
80	Emily	Gelder	-	-	-	-	-	781	-	781	781
81	Claire	Steward	-	-	-	770	-	-	-	770	770
82	Hugh	Balfour	-	767	-	-	-	-	-	767	767
83	Andrea	Pickup	-	-	767	-	-	-	-	767	767
84	Lewis	Laylee	-	766	-	-	-	-	-	766	766
85	Toni	Holt	-	-	-	-	-	764	-	764	764
86	Charlie	Wood	754	-	-	-	-	-	-	754	754
87	Michael	Fullilove	-	-	-	745	-	-	-	745	745
88	Oli	Thorogood	-	-	-	-	-	706	-	706	706
89	Paul	Mottram	-	-	-	-	-	704	-	704	704
90	Tom	Marshall	-	-	-	-	-	702	-	702	702
91	Duncan	Wilson	675	-	-	-	-	-	-	675	675
92	Edward	Smyth	-	666	-	-	-	-	-	666	666
93	Louisa	Pritchard	-	-	-	-	649	-	-	649	649
94	Giles	Gibson	638	-	-	-	-	-	-	638	638
95	Steve	Cook	635	-	-	-	-	-	-	635	635
96	Laura	Vincent	-	629	-	-	-	-	-	629	629
97	Joanne	Shelton	-	-	-	-	625	-	-	625	625
98	Andrew	Bright	620	-	-	-	-	-	-	620	620
99	Kim	Hainsworth	619	-	-	-	-	-	-	619	619
100	Pip	Eastop	611	-	-	-	-	-	-	611	611
101	Sarah	Lyness	574	-	-	-	-	-	-	574	574
102	Christian	Moody	-	-	-	-	571	-	-	571	571
103	Carolina	Lilley	-	-	-	-	553	-	-	553	553
104	Penelope	Bell	-	-	-	-	495	-	-	495	495
105	John	O'Byrne	485	-	-	-	-	-	-	485	485
106	Stephen	Street	-	-	-	-	474	-	-	474	474

*Later marathons and Cabbage Patch 10 still to come * *

DULWICH RUNNERS AC S5



PLEASE KEEP THE FIRST LAP OF DULWICH PARK AS A WARM UP AND KEEP TOGETHER AT A SLOW JOG

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE	8.8 miles
SHORT CUT	BLUE	6.8 miles
SHORT CUT PINK		5.0 miles
SHORT CUT GREEN		2.7 miles

Extend distance by extra full lap of dulwich Park 1.1 miles - enjoy your run

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT