DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
June 1st 2016

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

Wed 01 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 02 Assembly league/Club Champs 5k, Battersea Pk
Full details, maps etc page 3

Tue 07 **Track back at Dulwich College - £1 per session.**
First half of the session will be on grass,second on the track. Meet 7:15 for 7:30 start

TRACK SESSIONS

Tuesday sessions back at Dulwich College - meet 7.15am.
Fee is £1 per session - the first half of the session will be on the grass and the second half on the track.
Suitable for all standards

if sufficient demand there will be some Thursday evening track sessions - specifically aimed at 800m and 1500m/Mile speed - most will probably be at Ladywell.
No sessions on Assembly League nights.
If interested, contact steve.smythe@athleticsweekly.com

Additionally there may be some Saturday grass hill sessions at Crystal palace every other week or so - if there is demand - if interested advise steve.smythe@athleticsweekly.com

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

CLUB CHAMPS 5km (and mile) clarification

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It should be noted though that athletes focusing on the club mile may not wish to run the Sri Chinmoy race a few days earlier.

LUCKY VEST

Tonight in the clubhouse

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.
Vests £18 each from Ros and all kit ros.tabor49@gmail.com

In your SHORTS this week !

1... General information
2... Club kit, social events etc
4... Fixture list, club champs,XC, road, track
5... Race reports and results...
10... Parkrun results..
11... Map for this Wednesday night routes

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 4
June 2 Assembly league/Club Champs 5k, Battersea Pk
June 17 Mark Hayes Club Mile

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to:**Andy Murray and Laura Lane**
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 as early in advance as possible.
Thanks. – **Ros**

Hugh Balfour	**01/06**
Charlie Boden	08/06
Joseph Brady	15/06
James Burrows	22/06
Lindsey Annable	29/06

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

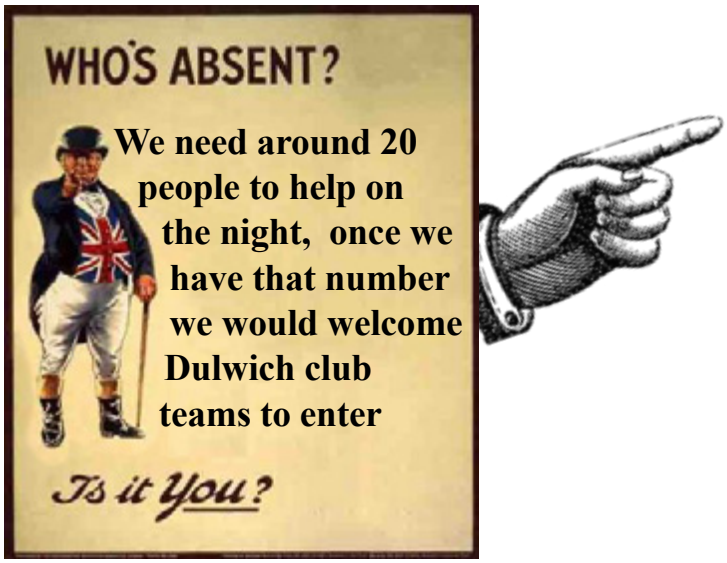
PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- **Sign the attendance register and pay £1.**
- **We need the money to help pay for clubhouse hire, map printing etc.**
- **We use the register to compile the new runners' rota, so please write legibly.**
- **We also like to keep an accurate record of weekly attendance.**

Thank you. - 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 MIDSUMMER RELAYS

THURSDAY JUNE 30th

If you are able to help, plan and organise the race, or have any ideas, please can you contact ros.tabor49@gmail.com

LOST PROPERTY...A black running top, probably a ladies, was left at Dulwich College running track on 10 May, the evening when we adjourned to the Alleyn's Head. Anyone who wishes to claim it, please contact me. Mike Mann mcmann90@yahoo.co.uk

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 !

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 CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club
Contact Ros ros.tabor49@gmail.com
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

Buffs/snoods - only £6

SHORTS!

DULWICH RUNNERS' SHORTS
They are traditionally cut either 'racing' style, or slightly longer – size medium.
Both styles are a bargain £15.

HOODIES...

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

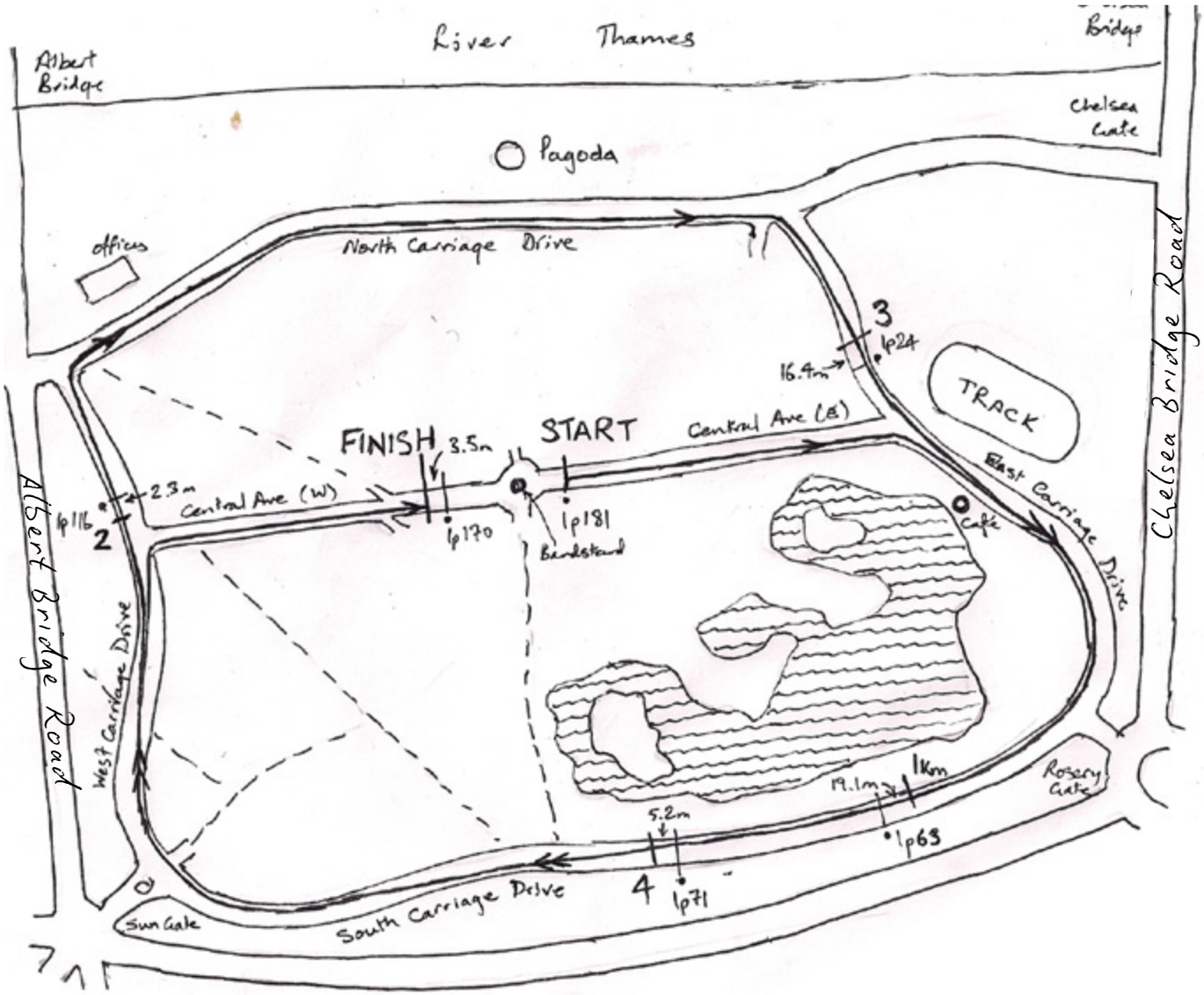
SPECIAL HOT WEATHER OFFER
CROP TOPS £1 TO CLEAR
AVAILABLE ON WEDNESDAY

Assembly League/Club Champs

Battersea Park - Thur 2nd June - start @ 19:30

- Free to enter for all club members of all standards and abilities, no need to pre register, just turn up and run wearing your club vest.
- If you need club kit then email ros.tabor49@gmail.com
- Meeting point is the Battersea Park Bandstand which is in the middle of the park (not the Millennium Arena).
- Start and finish will also be in this area.
- The course is flat, fast and traffic free, has a full UKA Licence and performances will count for Power of 10 ranking purposes.
- **NB:** To use the changing rooms or toilets at the Millennium Arena you must pay their standard "non-track" charge of £2.90.
- There are public toilets close to the Bandstand and these are free to use.

Following the race beers at the www.magicgardenpub.com
Everyone is invited.



ALGARVE RUNNING CHALLENGE 2-6 NOVEMBER

If you want to get away from the cold damp weather of the British autumn, the Algarve Running Challenge presents an excellent opportunity for warm weather racing and training at the eastern end of the Algarve, close to the Spanish border. The races are organized by Steve Smythe and include a 5km cross country, a track mile, a 10km trail race, finishing with the 10 Milhas de Guadiana, actually closer to 11 miles, and takes in the impressive suspension bridge which forms the Spain/ Portugal border. The hotel in Monte Gordo is located just behind the beach and as well as running, there are opportunities for cycling on quiet roads, swimming in the sea which remains warm in November and sightseeing in nearby towns in Portugal and Spain. The trails through the pine woods used for some of the races and the long sandy beach are ideal for an early morning run. The event is organized by Track and Field Tours and should appear on their website shortly. Prices are very reasonable at that time of year. If you want more details, have a word with Steve, Ros, Andy, Jim or myself. - ***Mike Mann***

MARATHONS 2016

If you are planning to run a marathon in 2016 please can you tell Shorts so that we can list those with forthcoming races.
After the race make sure you send your time.
We will try to maintain an up to date list so that we can keep a proper record for the club championships.

Dino Dash Relay 2016 Wednesday 22nd June - start 7:30 pm

Format: A relay race for teams of three, open to ALL abilities
Various prizes

Course: Each team member will complete a **3km** lap of traffic-free park paths.
Entries: The cost of entry is £15 per team.
Proceeds will be donated to Friends of Crystal Palace Subway & Friends of Crystal Palace Dinosaurs.

Race HQ: The race start/finish area will be situated at the Information Centre in the lower section of Crystal Palace Park, where the parkrun starts just by the cafe.

Facilities: public toilets by the start. limited changing facilities so you are advised to arrive ready to race.

Bags can be left at the information centre

If interested let me know barry@bg1.co.uk

2M ROUTE
PARK TOILETS
INFORMATION CENTRE / RACE HQ
START / FINISH
THICKET ROAD CAR PARK
PARK CAFE
HERE BE TERRIBLE MONSTERS

DULWICH RUNNERS 2016/17 FIXTURES

Further information regarding 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.

DULWICH RUNNERS 2016 CLUB CHAMPIONSHIPS

A total of 9 races split into 2 categories, short (S) and long (L). To qualify you need to complete 5 in total, including at least one from each of the two categories.

NB some dates and locations are still tbc, but updates will be issued as soon as known.

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2016 ASSEMBLY LEAGUE

These races started in April and range from 3 to 3.5 miles on road or on paths within parks and run on the first Thursday of the summer months against 12 other clubs. This series of races is extremely popular and all members are encouraged to participate whatever your standard or ability.
They are free to enter, all you need to do is have a club vest, turn up and run.
Any further information regarding these races will appear here in Shorts as and when it becomes available.
From this year women's team scores will be based upon 4-to-score, the same as the men

Cross country Club Champs Assembly League **Relays &Misc.**

Date		Race	Venue
Jun	2	Assembly League - 5k Battersea Park (S)	Battersea Park
	17	Mark Hayes Mile (S)	Dulwich Track
Jul	7	Assembly League - start 7:30pm (3 miles approx)	o2 Dome, North Greenwich
Aug	4	Assembly League - Victoria Park - 7:30pm start (3.5 miles)	Hackney
Sep	1	Assembly League - Beckenham - 7:15pm start (3 miles)	Beckenham
	4	Middlesex 10k (S)	Victoria Park, Hackney
	4	**River Relay**	**along Thames west of London**
	10	Will Bolton Relays	Sparrow's Den
	tbc 24/25	**SEAA Road Relays**	**Aldershot**
Oct	1	England Masters Inter Area Challenge	Wimbledon Common
	2	Titsey Multi-Terrain 10k (L)	Oxted
	15	Surrey League	Richmond Park (m) tbc (w)
	22	Surrey Masters Champs	Richmond Park
	29	5k Parkrun (S)	Burgess Park
Nov	12	Surrey League	Farthing Down (m)
	19	BMAF Relay Champs	Long Eaton
	26	South of Thames 5m	Ham Lands
Dec	3	Surrey League	Mitcham Common (w)
	17	South of Thames 7.5m	Venue tbc
Jan	7	County Champs	Lloyd Park (Surrey) tbc (Kent)
	14	Surrey League	Mitcham Common (m&w)
	21	Vets AC Champs	Wimbledon Common
	28	South of England Champs	Parliament Hill
Feb	12	Surrey League	tbc (m) Ham Lands (w)
	26	National Champs	North of England tbc

Track Meetings

The table includes a list of track meetings in the local area over the forthcoming season. You do not have to be a member of a track club to take part in any of the open meetings. Check details of the races on offer at respective club websites. In most cases you can either enter in advance or on the day.

In addition the Watford Open Graded Races take place on alternative Wednesdays until 7 September, with the next meeting on 18 May (see WATFORD ATHLETICS AND WATFORD HARRIERS ATHLETIC CLUB for details.

June	5	Surrey Masters Champs	Kingsmeadow
	13	Blackheath&Bromley Open	Norman Park
	22	Cambridge Harriers Open	Sutcliffe Park
July	11	Blackheath&Bromley Open	Norman Park
	20	Cambridge Harriers Open	Sutcliffe Park
	23	HHH Open	Tooting
	3	Hercules Wimbledon Open	Wimbledon Park
Aug	15	Blackheath&Bromley Open	Norman Park
	17	Cambridge Harriers Open	Sutcliffe Park
	27	HHH Open	Tooting
	28	Vets AC T&F Champs	Kingsmeadow
Sept	7	Vets AC 10,000m	Battersea Park
	10/11	BMAF T&F Champs	Birmingham

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.

Green Belt Relays

Any report about this has to start with a tribute to the awesome contribution by Ange in making this happen. all we had to do was follow the instructions and run and enjoy the event.

Leg 11

The rain and dark sky cleared as we lined up, and as we set off downhill Greg disappeared, only to be seen again about a mile later as we went up a small hill and he was way ahead on the leader's shoulder as they opened up a big gap. I eased to the front of the little group I was with, and then realised they weren't behind me any more, I had missed the first turn off the road into the fields. Catching them up again took a few miles, and a few comments, as we enjoyed the delights of agricultural Essex including, rather strangely, one perfectly straight flat path cut through a huge field of green vegetables. One further slight navigational error, and stopping 20m short of the finish, until Ange started shouting, summed it up for me.

Leg 19

Another downhill start, followed by some steep, but, fortunately short, climbs and it was on to the North Downs Way. A long drag up past Denbies vineyard, with glorious views on a sunny day and nice people walking along who willingly made space for you. Then into woodland with lots of tree roots to avoid, and desperately scanning the ground ahead for the patches of sawdust that mark the route. Never quite knowing what is ahead is part of the fun of these runs and a long gentle downhill on soft earth in glorious silence was a classic GBR episode. Then at the finish, once again, there was Ange.

I still can't quite sum up what makes this such a good event, but I would recommend it to anyone who hasn't tried it.
Steve Williams

Eltham BMC

25 May

800m B Race
Three Dulwich Runners went to the first Eltham track meet of the season. Conditions were pretty good - not much wind but it was quite chilly. I was hoping for a decent time in my first 800 of the season, and despite my training times suggesting a 1.57 was possible, I ran this race (particularly the first 5/600m) controlled as I haven't run an outdoor 800 for such a long time. I went through 400 in 59 which was too slow because I didn't want to attack the first 400 and blow up. I picked it up in the last 200 and felt the easiest I ever have at this stage. I was pleased to break 2 for the first time, and although I feel I could have gone a couple of seconds faster if I wasn't so apprehensive, it was probably best to play it safe for the first one and then go for it in later races. Thanks to Steve and Clare for their support.

Lewis Laylee 1:59.37 PB

{if they haven't put in a report of their own race} 5000m Lloyd and Kevin went in the 5000 later on. We had left by then, but Lloyd got a new PB despite being in the middle of ironman training, and Kevin also achieved a PB.

Lloyd Collier	17:01.61
Kevin Chadwick	17:29.00

Butcher Ultramarathon 82 km 10,000ft ascent

Last weekend I ran the legendary Butcher Run (Bieg Rzeznika) in the Bieszczady Mountains on the Polish-Ukrainian-Slovak border. An amazing ultramarathon that follows its own rules. For the sake of safety you are required to run in couples – in these wild mountains the sight of a brown bear, wild boar, lynx or wolf is not uncommon. Besides, if you happen to collapse or get an injury, the nearest house might be 20 km away. The start is just before dawn and you have to finish the run by dusk.

The race started with a bet – a couple of runners accepted a challenge (for

a crate of beer) to run a 3-day, 80 km hiking course in the Bieszczady mountains in one day.
That was 14 years ago. Since then the race has become one of the most sought after ultra events in Poland and you have to be really lucky to get in.

This year our ambition was to do the Hardcore version of the Butcher. If you finish the standard race in less than 12 hours, you get an extra bonus of being able to run an extra 20 km. Unfortunately, due a last minute change of the course, extended to around 85 km and made much more difficult, it was close to impossible to do it – out of 400 couples that signed up for the Hardcore only 35 made it within the cut-off time.

Apart from the main race, the next day, the runners from my Spartans for Kids charity ran the Junior Butcher race – only 28 km, but we ran it the way we run "standard" marathons ¬– in close formation and in full Spartan gear, which was a bit of a challenge on the hilly and woody course, but it paid off – runners and spectators donated generously into our collection boxes.

All in all, the race was an unforgettable experience. Great atmosphere among fellow fell runners, breath-taking scenery and loads of finger-licking food and delicious thirst-quenching craft beer from the local brewery.
- ***Grzegorz Gałęzia***

'Sporting Lisbon' European sprint triathlon champs (age groups)

Fri. 27 May

Clare Wyngard had won a place in the GB team, 55-59 age group, for this event in a UK qualifying race over a year ago. This was her second triathlon in a GBR vest having competed in the 50-54 category in Kitzbuehl, Austria just short of 2 years ago.

The championships were held at the Parque da Nacoes, a site about 5k further up the Tagus estuary from the city centre, that was used for the Lisbon World Fair of 1998. This was a similar sort of urban regeneration exercise to the Olympic Park in London and one that seems to have succeeded with the various buildings and surrounding businesses still pretty vibrant even after Portugal's difficult economic times lately.

Staging these events is a massive logistical task for the hosts and the Portuguese were pretty good overall save for one or two creaks. It's not just a question of the actual races as the competitors expect reconnaissance trips, perfectly reasonably, for at least the bike and swim elements.
Clare took part in both of these on the eve of the race (the two of us did our own private reccie for the run course). The one for the cycling was particularly spectacular with the roads being closed for the first of several occasions over the next few days as the sprints were followed by standard distance, elite, junior and para events deep into the weekend.

Most of the GBR team in Clare's category had managed to identify each other beforehand and were therefore able to form their own little group in the midst of a giant multi-national peloton, all following a police escort. This enabled them to exchange observations about the course and generally discuss strategies, past experiences from Euro or World champs and so on. Maybe they digressed onto other things, you never know! One notable feature they passed under was the vast Vasco da Gama bridge over the estuary, the starting point for the Lisbon half marathon visited by Steve Wehrle's 2003 tour.

When they got down to the racing itself there were 15 competitors in Clare's category. She was pleased not just to complete the course without any mishaps - always a concern in triathlons especially in the bike phase - but to finish exactly halfway down the field in a time that may well be her pb for the distance. She was certainly a lot quicker and higher up than in Kitzbuehl although neither the courses nor the weather conditions - wet, miserable and more than a little treacherous in Kitzbuehl, no hotter than the UK but dry in Lisbon - were remotely comparable.

The course involved a 750m open water swim in a gentrified old dock (quite warm, about 19 degrees, but wet suit clad); a 21km out and back bike course on closed roads but back into a severe head wind; and some twisting and turning, and a lot of cobbles, in the two lap 5k run, including a number of entries into/exits out of the local equivalent of the O2 arena, eventually finishing there in front of a sizeable and appreciative attendance of WAGs, HABs (husbands and boyfriends) and so on.

The key stats were:

Overall time 83.48 (swim 15.54: bike 43.39: run 22.31)

163rd/224 female, 8/15 W55-59
Mike Dodds

LAST FRIDAY OF THE MONTH

May 27

Ten Dulwich Runners turned out for this months edition of the Serpentine 5k in Hyde Park. Conditions were warm and a little blustery, but on the whole not a bad day for racing.

Captain Charlie led the way with a solid run which was all the more impressive given he'd be celebrating his birthday in a Chinese restaurant the night before (Silk Road in Camberwell which he highly recommends if anyone cares) He ran a pretty even race and looked pretty unflustered at the end, so no doubt faster runs to come, and he was also comfortably the first MV45. I followed next, testing the waters following a weeks missed training with a heavy cold. All was well for 3km as I tracked Charlie, but I think the tail end of the lurgy caught up with me, as energy levels dipped from there on in and I was just pleased to hold on for a respectable time in the circumstances.

Kevin raced following an excellent track 5k pb on Wednesday, and although he couldn't match that performance, he still ran a quick time not too far off last months road 5k pb at the same race. Ebe has had his challenges with injury and illness since the Marathon, and also put his body on the line at last weekends Green Belt Relay, so perhaps not a great surprise he was a fair bit down on this best- but better times will follow shortly I'm sure.

Ian has been nurturing injuries like the six million dollar man for most of the year, so after a near two week break treated this as a tentative tempo session and came through well. Steve Williams was another who has had his fair share of injuries, but has been making a good comeback in recent months. He also participated in the Green Belt Relay, and admitted he was still feeling the after effects, but ran a steady time none the less. There was also a welcome return to the Serpentine race for Nick Brown, who has been steadily improving in recent months following injury, and his time was on a par with recent parkrun efforts.

Serpentine regular Katie Styles was our sole female representative this month, and ran well recording a time a little up on her April effort. Finally fellow regulars Andy and Graham were in very close order, with Andy just coming out on top this time with a good run. Graham close behind, felt his run was a fair reflection of where he is form wise , but then ripped up the formbook less than 24 hours later by going nearly 45 seconds faster at Burgess parkrun. Funny old game isn't it Graham!
Incidentally the race was won by ex Dulwich runner Ben Fairhall who bounced back well from a disappointing marathon. **- Paul Devine**

8	Charles Lound	17:29 (1MV45)
13	Paul Devine	17:45
19	Kevin Chadwick	18:01
50	Ebe Prill	19:16
70	Ian Lilley	19:57
84	Steve Williams	20:22
98	Nick Brown	20:49
132	Katie Styles	21:44
142	Andy Murray	22:02
146	Graham Laylee	22:04

UKYDL Southern Premier 1 Bromley

29 May

Midway through the exam season, expectations were not too high. Running as a B string in the 800m, the hope is to have a steady race to see what form you're in and once back in training, what is possible once the exam season is over. Doesn't help when even in the B string, you're firstly up against last year's National Cross Country champion and then also a previous winner of the London mini marathon! The first lap was inevitably too fast and the second a little bit lonely into a strong headwind although a third place in the circumstances was quite welcome. An hour later, Oscar had his debut steeplechase having only practiced for the first time the day before. Although his legs were far from fresh, he managed the hurdles well and even enjoyed the water jump. It will be interesting to see how he does when fresh and having learnt how to hurdle.
-Duncan Hussey

800m U17 B string
3 Oscar Hussey 2.10.86
6 ran

1500m Steeplechase U17 B string
2 Oscar Hussey 5.09.14
6 ran

BBC Spring 10km Regent's Park

Thursday 26 May 2016

Claire Steward writes: Taking part for the tenth time in nine consecutive years (twice in 2011) I recorded my second slowest ever time, with only one other Dulwich Runner making an appearance this time. The race consists of three laps within the park with several tight turns and slight inclines which feel harder each time. On antibiotics for an ongoing sinus/ chest infection (which has lasted four weeks so far), with no chance of a competitive race, I was happy just to be running around the park on a slightly chilly Spring evening.

My time was around one minute slower than August last year, and Mark's was around 40 secs quicker. I had arranged to meet Paul K for a traditional post-race drink with some of the BBC club members at the Wetherspoons Metropolitan Bar, but as I walked passed Baker Street tube station, saw that it was closed, apparently due to 'fire safety' reasons, and Paul ended up jogging from Bond Street to earn his beer.

45	Mark Muffett	48:33
62 (F8)	Claire Steward	51:20

Vitality London 10,000

30th May

It's the end of May Bank Holiday again so time for the club's twelve allocated runners, six men and six women, to get free slots to compete at the official British 10k Championships, plus a few others who entered themselves. However, our ladies team was unfortunately depleted by assorted calamities, injuries and other commitments with only Elkie and Selma able to line up beside the six men. But, bolstered by private entrants, Dulwich still had a total of twelve runners among the 12,234 finishers of this huge 10k that starts and finishes in front of Buckingham Palace with the route taking in Trafalgar Square, Whitehall and the Bank of England amongst other sights. The course can be described as more-or-less flat, but in fact rises slightly to halfway and encourages negative splits with a more pronounced, though still slight, fall towards the finish in the last couple of miles. Most of us managed to take advantage of this, some with significant differentials, as seen in the results below.

Leading the way this year with a huge, though not exactly unexpected PB, was Tim Bowen's 33:22, over a minute faster than his time at Chichester while training for the marathon. Tim's confidence is as high as his fitness at the moment and in the short term he'll be looking to knock a lump off his 5k PB of 16:16 with even Kofi Agyei's long-standing club record of 15:52 possibly within range; and with Tim looking to make debuts at the distance events on the track, other even older club records are up for long-overdue revision. No foregone conclusions though; even Buzz Sheppard fell short of these records after his breakthrough 10k a whole minute quicker than Tim, before succumbing to long-term injury. I won't be betting against him though.

Tim was out on his own but the rest of the men's team generally acquitted themselves well, all five finishing in a period of seventy seconds or so. Wayne started very steadily but got a lot faster; not quite fast enough though as he missed his PB by an agonising three seconds. A good run though, showing he's in excellent shape to turn to his speed and attack his shorter track times, if he so desires. Let's face it, he's the best club rival to Lewis Laylee, who has already lowered his own club mile record and come within a second of yet another of Kofi's records, the 800m, with a 1:59.

Wayne's capable of challenging these, competition breeds improvement and a lot of senior club records are getting on a bit; no pressure of course. Next in was Alastair and his negative split was just as big as Wayne's but got a similar result, a shortfall of just six seconds on his PB - a great run though, and some missed training lately through minor niggles was perhaps the deciding factor. The comprehensive race stats service also highlighted that neither Wayne nor Alastair were passed by any runner in the second half (that's what's called 'moving through').

Steve Davies was thirty seconds back, running strongly for his second best 10k; he's currently on an upward curve and there'll be more to come this summer. I couldn't hold Steve after halfway but a 1:47 improvement on my Portuguese nightmare only a week earlier, due to far more amenable conditions, was at least a relief. Mark was a little disappointed despite being within twelve seconds of his PB. He still feels a bit sluggish as he tries to transition from the training that landed a 2:50 marathon; he's fit and is bound to get sharper with the summer work.

Our depleted women's team excelled themselves. Elkie's PB was as predictable as Tim's after her recent form, but the margin of two minutes, even if a year since the previous event, was very impressive and if she has a good day at Thursday's Assembly League 5k she could get very close to 18:00. Selma's own two minute PB was at Chichester in February so had a harder task to trim it again but despite losing ground in the second half she hung on tenaciously to slice just eight seconds off and complete the trio of Dulwich PBs. Some very good recent 5k parkruns hopefully indicate that she too could post an excellent official 5k time soon.

Laura Vincent has no previous 10k recorded but ran an excellently paced debut with a hefty negative split. Duncan Wilson eased round evenly too, but is currently short of previous form at 10k. In what appears to be another debut, Hannah Harvest hopefully enjoyed a very easy time for the first 5k before going over four minutes quicker for the second! Her parkruns indicate much more to come. And finally, a definite non-debut; Elizabeth Begley was making at least her seventh appearance here and continuing a remarkable sequence of achieving almost exactly the same times for the last few years. ***- Tony Tuohy***

(approx. 5k splits)

74	Tim Bowen	PB	33:22	16:50	16:32
146	Wayne Lashley		34:52	17:40	17:12
158	Alastair Locke		35:01	17:45	17:16
194	Steve Davies		35:31	17:55	17:36
221	Tony Tuohy		35:50	17:57	17:53
234	Mark Lacey		36:03	18:00	18:03
326	Elkie Mace	PB	37:10	18:40	18:30
975	Selma Benattia	PB	42:14	21:00	21:14
2379	Laura Vincent		48:03	24:20	23:43
2759	Duncan Wilson		49:14	24:50	24:24
5800	Hannah Harvest		56:40	30:30	26:10
8606	Elizabeth Begley		63:40	31:50	31:50

12,234 finishers

Vitality Westminster Mile Races

29.05.16

This was a series of races – adult waves, sweatshop runners, parkrunners, families etc - followed by a sub-3 world best in the wheelchair race by David Weir. For about £8 runners were able to use the start and finish of the 10k the next day and the fast course from the Mall along the roads around St James Park to Buckingham Palace. On top of that the goody bag was worth the entry fee on its own. It was a bit hard getting going on a cool morning after being held in pens for some minutes but there were time clocks every 400m to keep us on pace around the course.

Andy Murray

Adult B race

88	Ros Tabor 1w65	6:28
102	Andy Murray	6:33
129	Barrie John Nicholls	6:49
140	Lindsey Annable	6:58

Sweatshop Running Club race

52	Gideon Franklin	6:03

and Lindsey Annable writes...

This race is now in its fourth year and we have signed up to the event every year since its inception. It's a real opportunity to run down the Mall without having to run the additional 25 miles of the London marathon. The race organization on the day is also excellent. Barrie's participation however was thrown into question late last week as he received a call to film on the Sunday and Monday. As luck would have it his call time was 12 noon and even luckier the base was in Southwark Street so a short hop on the tube from Green Park. We bumped into Andy and Ros in Green Park who are also event regulars and were running in the same wave as us.

After a brief warm up we assembled in the Mall and we were off. As last year the event announcer classed our wave as sub 6 minutes, which was rather worrying. I reassured myself I had definitely put sub 7 on the form!
It is very easy to go off too fast in this race as the first few hundred metres go straight down the Mall. This year I aimed to be more disciplined and it worked although I was 'helped' by being badly boxed in around the first corner and past the top of Horseguards' parade. Barrie was more expert at dodging the slower runners and started to draw ahead.

After the long slog of the Green Belt this seemed a brutal turn of pace and I didn't quite get into my running until the second half. It was all over as soon as it had started and I thought perhaps I could have run a bit harder. We both wondered if we might still be feeling the Green Belt. Ros said she was not that happy with her run although she placed an excellent first in her age category.

Perhaps those medaling exploits in Portugal had also taken their toll. Barrie had about an hour before he had to go to work so we made most of the fitness festival that accompanied the mile event and did a free pilates session.

After he had left I went to the finish area to watch some of the remaining races. The Olympians race was the highlight with former athletes of all disciplines taking part. Many took the race at a gentle pace particularly those who were carrying their event equipment such as a bobsleigh! All the participants formed a guard of honour to welcome the final finisher across the line – a gentleman using a walking frame at 82 years old. Next year is already on the cards diary permitting – it's such a good event!

and Gideon Franklin writes...

The Westminster Mile starts roughly where the London Marathon finishes on The Mall. You run down towards Admiralty Arch, turn right on Horse Guard's Road, then right again up Birdcage Walk before doing a final turn at the end to the finishing line just in front of Buckingham Palace. There are big electronic signs after 400 meters, 800 meters, then ones counting you in with 400, 200 and 100 meters to go. It is all impeccably organized with toilets with no queues, free bottles of water, changing areas, luggage areas and a nice medal showing this route around Saint James's Park.

I was part of the Sweatshop Running Community wave, which was started efficiently in different pens. Sweatshop generous sponsorship once more included a tent to meet and a choice of sandwiches afterwards. For anybody contemplating going, it is fun for all the family with kids events, a DJ and various fitness sessions near Green Park station. As to the race itself, I was glad just to be participating, having been hobbling with a sore foot, but seemed to be able to run evenly and at the end could put on a spurt courtesy of encouraging shouts from Ros and Andy, crossing the chip timer line 9 seconds down on last year.

Meanwhile, David Weir, who did a nice interview with the DJ, became the first person to break the three-minute mile wheelchair time (02:57) and was duly congratulated by Sir Roger Bannister.

May 28

Brockwell
227 ran

Pos	Gen		
32	4	Michelle Lennon	21:05
54	8	Lucy Pickering	22:06
65	9	Lucy Clapp	22:46
70	61	Edward Lockhart	23:02
173	121	Alex Haylett	28:28
187	61	Selina Wray	29:44

Burgess
199 ran

Pos	Gen		
13	1	Kim Hainsworth	19:48
37	33	Graham Laylee	21:21
79	67	Paul Keating	24:16
179	115	Freddie Vernon	30:29
183	66	Susan Vernon	31:30
188	120	Barry Evans	32:55

Dulwich
251 ran

Pos	Gen		
5	5	Gregory Hills	17:40
15	15	Martin Holt	18:53
25	24	Simon Lang	19:42
60	53	Ajay Khandelwal	21:22
97	11	Belinda Cottrill	23:10
101	89	Mark Muffett	23:21
121	17	Claire Steward	24:10
127	108	Ameet Patel	24:39
137	24	Anna Saunders	24:56
149	120	Bob Bell	25:40
170	41	Penelope D Graham	26:46

Folkestone
144 ran

Pos	Gen		
2	2	Steve Rolfe	18:48

Fulham Palace
272 ran

Pos	Gen		
106	91	Barrie J Nicholls	23:13

Hastings
198 ran

Pos	Gen		
10	9	Nicholas Brown	20:25

Horsham
356 ran

Pos	Gen		
71	65	Gary Budinger	23:13

Lloyd Pk
204 ran

Pos	Gen		
33	31	Martin Double	21:42

Maidstone
377 ran

Pos	Gen		
31	28	Michael Fullilove	20:25

Nonsuch
566 ran

Pos	Gen		
304	238	Peter Jackson	27:17

Orpington
173 ran

Pos	Gen		
5	1	Clare Elms	19:16
12	11	Stephen Smythe	20:27
27	5	Lucy Elms	22:37

Peckham Rye
110 ran

Pos	Gen		
3	3	Andrew Bright	19:45

Plymvalley
252 ran

Pos	Gen		
44	41	Matthew Ladds	22:19

Porthcawl
230 ran

Pos	Gen		
1	1	Andy Bond	17:15

Preston Park , Brighton
400 ran

Pos	Gen		
65	58	David Haviland	21:54

Riddlesdown
189 ran

Pos	Gen		
49	7	Ange Norris	22:54

Southwark
195 ran

Pos	Gen		
135	21	Kaylee Coxall	25:50

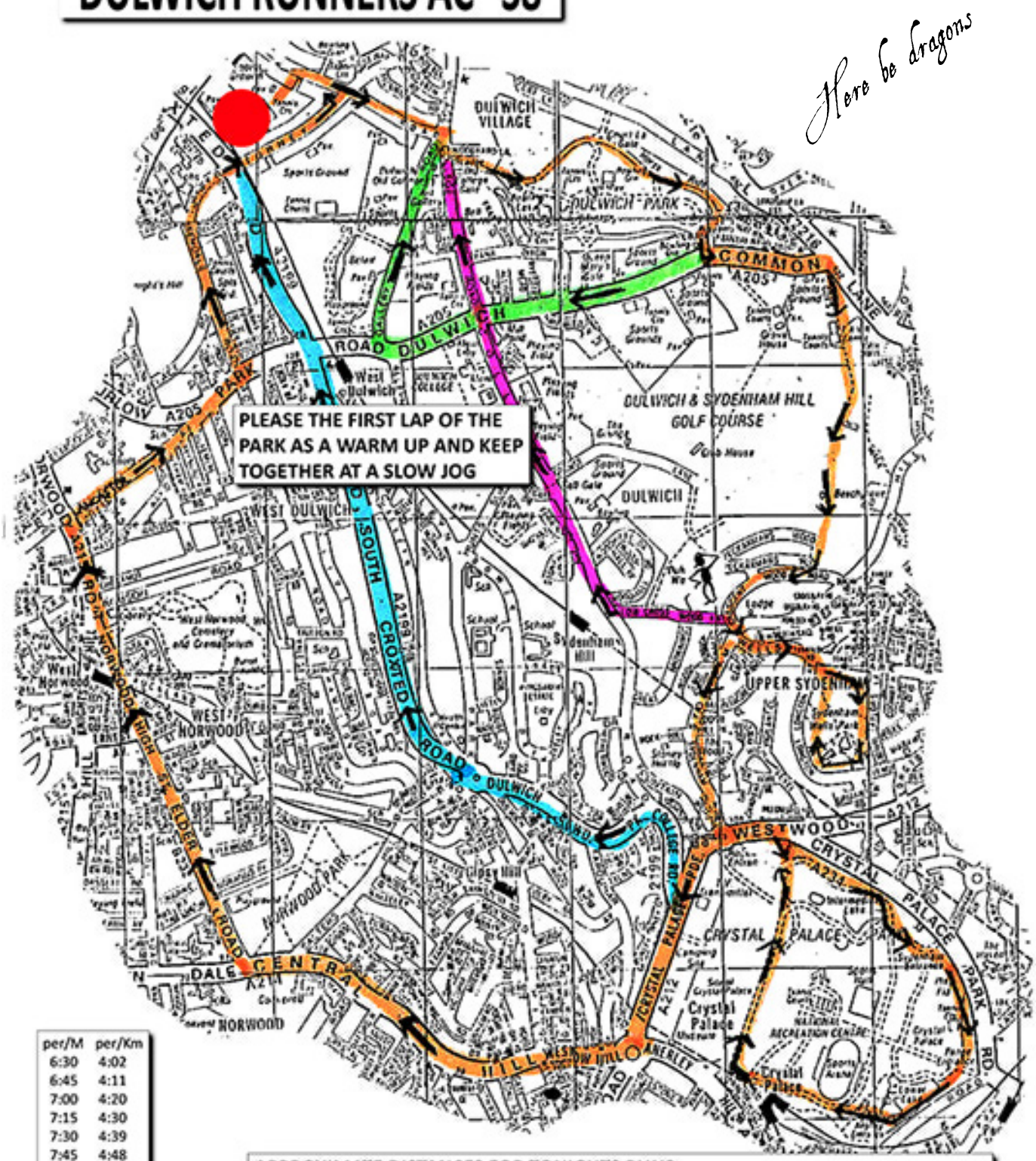
Tooting Common
345 ran

Pos	Gen		
171	36	Laura Vincent	25:54
178	39	Natalie Davys	26:13
204	50	Sharon Erdman	27:06

New members especially ! and others....

Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

DULWICH RUNNERS AC S8



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

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

Distances in 2nd column include a lap of Sydenham Wells Park & 3rd column a lap of Crystal Palace park also

				Syd. Wells Park		Crystal Palace Pk	
		M	Km	M	Km	M	Km
FULL RUN	ORANGE.....	6.3	10.1	7.3	11.7	9.2	14.8
SHORT CUT	BLUE	5.2	8.4	6.2	10.0	8.1	13.0
SHORT CUT	PURPLE	3.7	6.0	-	-	-	-
SHORT CUT	GREEN.....	1.9	3.1	-	-	-	-

an extra lap of Dulwich Park adds 1.1miles to all runs