DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
June 15th 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 22 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 28 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

In your SHORTS this week !

1... General information
2... Club kit, social events etc
4... Fixture list, club champs,XC, road, track
6... Race reports and results...Assembly league/Club champs
9... Parkrun results..
10... 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

TRACK SESSIONS

Tuesday at Dulwich College - meet 19:00 - £1 per session
Elkie Mace will start with a warmup for anyone who is keen to do so, then **Steve Smythe** for the first half of the main session which is 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

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.**

Thank you. - Ros

EVENT HORIZON

A brief look ahead

July 7 Assembly league - o2 North Greenwich

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: **Lucy Clapp.**
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**

James Burrows	**22/06**
Lindsey Annable	29/06
Karina Burrowes	06/07
Lloyd Collier	13/07

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

MILE RACES

Although awards for the mile club champs were presented at the Mark Hayes Mile, times achieved at both the City Mile at Sutcliffe Park on 22 June and the Golden Stag Mile at the Allianz Stadium, Hendon on 20 July will count towards the overall club champs (see page 4 for further details).

Mark Hayes Mile

Thanks to all the people who contributed to the collection for Karine Brissy-Hayes and her children at the Mark Hayes mile on Friday. We raised £150 which I have sent to Karine.
Ros Tabor ros.tabor49@gmail.com

DULWICH RUNNERS MIDSUMMER RELAYS

THURSDAY JUNE 30th

Now taking entrys from Dulwich Runners club teams entry details here

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)

SOCIAL SPOT

SPOT

Watch this space for upcoming 2016 events !

LUCKY VEST

June winner - Clare Wyngard

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

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

SHORTS!

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

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

HOODIES...

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

Buffs/snoods - only £6

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

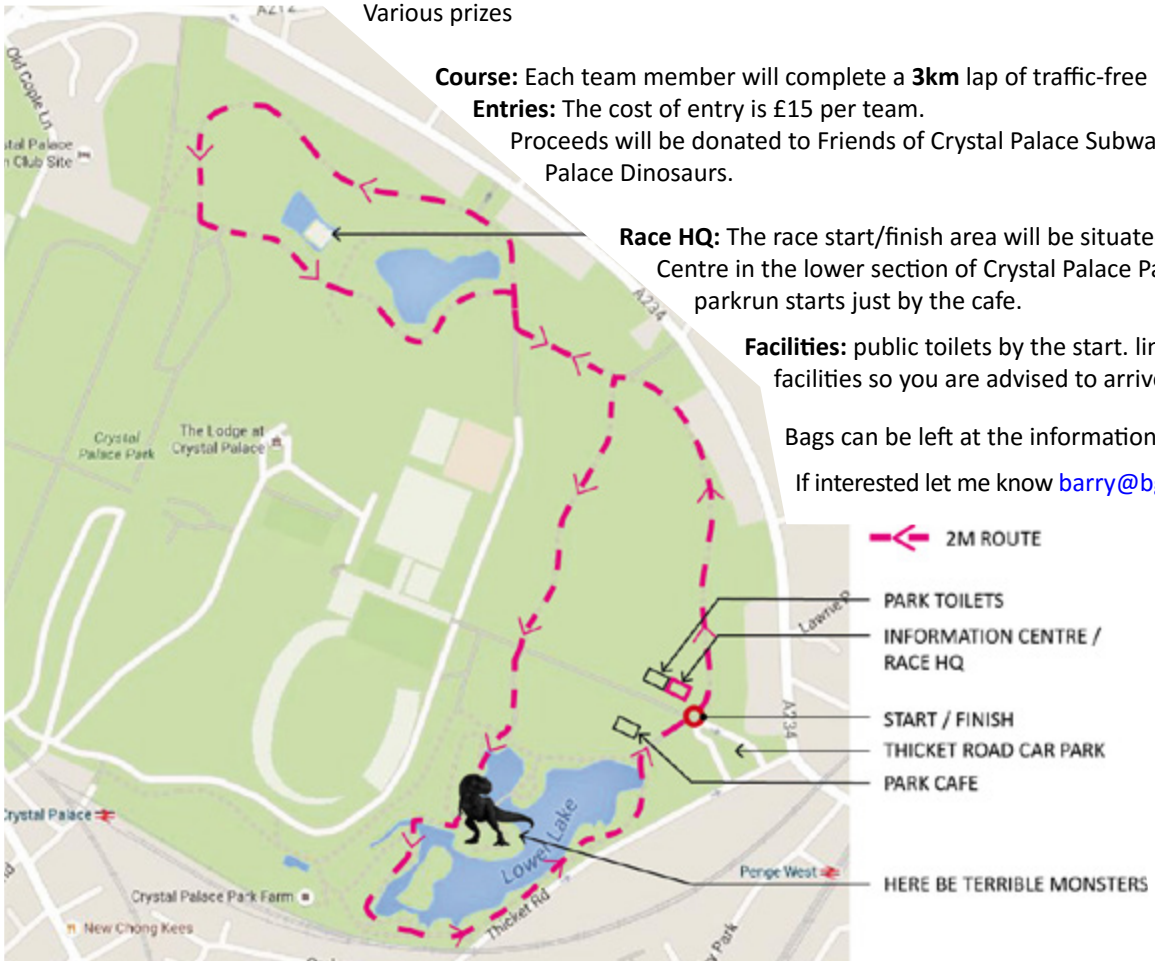
Course: Each team member will complete a **3km** lap of traffic-free park paths.
Entries: The cost of entry is £15 per team.
Proceeds will be donated to Friends of Crystal Palace Subway & Friends of Crystal Palace Dinosaurs.

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



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***

Trust10 Runs Polesden Lacey

Sun 26 June & every 4th Sunday of the month until September
Run starts at 9am
Explore beautiful
Polesden Lacey
Trust10 is a free, monthly, 10k trail running event held across selected National Trust sites, open to both members and non members.
Register on the day and if timing is important to you bring your own device.
trust10@nationaltrust.org.uk | nationaltrust.org.uk/sport

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. See fixture list for the remaining four events

CLUB CHAMPS UPDATE

CLUB CHAMPS 5km (and mile) clarification With the Assembly League race at Battersea Park on 2 June used for the 5k club champs, trophies and individual points will be awarded at this race. However in view of the late change, resulting in part from bringing forward the date of the Mark Hayes Mile, it has been decided that times at the Sri Chimnoy race on 13 June will count for overall points and for completing sufficient club champs events.

Thus for overall points (ie age graded scores) the better of the two races will count for those taking part in both.
Individual age group points will initially be based though solely on the first race - ie Assembly League (as per club Mile).

However if for example 10 M50 athletes run the club mile or Assembly League then 11th place onwards is possible at the Eltham mile or Sri Chinmoy 5km.
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.

10m race - CLUB CHAMPS UPDATE

With the Cabbage Patch 10 taking place on 16 October falling on the same weekend as the (later than usual) first Surrey League cross country fixture, we have been looking for alternatives. These are limited with one on the same weekend as the SEAA relays on 17/18 September and another involving a long coach trip. We have therefore decided to go for the Epsom 10, organized by Epsom and Ewell Harriers, on 20 November. This is the day after the BMAF cross country relays, but for those selected for this, it should be possible to combine both with the relay stages only 3km. Entry forms are not yet available but hopefully should be soon.

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. They are 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.
From this year women's team scores will be based upon 4-to-score, the same as the men

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.

Club Mile, part 2 Sutcliffe Park

June 22

The second part of the club mile championships will be at Eltham tonight.
http://www.cambridgeharriers.org.uk/bmc.php
The races start at 8.20pm - even time to run the Dinosaur relay first ! - it would be good to have a wide range of abilities from the club taking part. Like the Dulwich mile, times will count for the Club Championships but unlike Dulwich will go on Power of Ten and count as a proper PB. Just to clarify though that age group positions are initially based on the mile at Dulwich ie if six M50s run at Dulwich, then someone who didn't run at Dulwich can come no higher than seventh M50 but the time will count for overall age-graded points as normal. ***- Steve Smythe***

Golden Stag Mile, Barnet

Wednesday July 20

it's worth making a note of this event where quite a few Dulwich Runners ran as guests last year - Ros even set a short-lived world mile age group record.
While a trek across London, it is an event suitable for absolutely everyone and well worth competing in.
The races are graded so that everyone gets to race people of a similar ability as we love a close finish! This year we are opening up the event to athletes from other clubs and we hope to see some of our friends and rivals on the start line. As with the City Mile at Sutcliffe Park on 22 June (see immediately above), times achieved at this event will count towards overall age graded points for the club championships.
http://www.barnetadac.com/racing/club-races/the-golden-stag-mile/
http://www.entrycentral.com/goldenstagmile

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

Date		Race	Venue
Jun	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	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.

Otmoor Challenge 2016
4 June

Being one of the last half-marathons "close" by and really wanting to run another half-marathon to prove to myself I could do better than on my first (Richmond) Half Marathon (better=run at steady pace rather than rushing of and half walking/half running the past few km), I decided to travel to Oxford and take part with three hundred and nine runners at the Otmoor Challenge.

Starting at 2pm this gave me some time to take the bus out to Oxford, hire a car and drive to the venue 11 miles east of Oxford. It was well organised, had a very friendly and familiar atmosphere and the weather was cloudy/warm making it a great run. The course was ½ through fields and field paths and ½ on tarmac. We ran through small villages and passed beautiful cottages and even climbed over some kettle fences.

I enjoyed this race very much and was happy to finish with a time of 01:55:13 hrs and am planning to return next year maybe with fellow Dulwich Runners?

- Rebecca Schulleri

Watford Open Graded
15 June

800m
I had never raced at Watford before, but had been told/ seen from results that it was one of the highest attended track meets in the country and good for running quick times. I went with the aim of going faster than my opener at Eltham 3 weeks earlier and felt confident I could do that due to some decent sessions recently and it usually takes a couple of 800s to get used to racing. I was race 21 of 25 with slowest first so I was waiting around for a while for my race.
I thought the quicker races would have pace makers and we would run in lanes for the first 100, however we didn't and the first lap was really physical and slow because of this. I went through the bell between 59 and 60 which was annoying but managed to pick up in the last 300m and finish strongly. If it was a quicker race I probably have run a better time but can't complain too much with another PB.

Lewis Laylee 1:58.78 PB

Amba City Mile
19.06.16

This was the third running of this free series of mile races on a fastish loop from St Paul's, around the Bank of England and back along Cheapside. The weather this year was still and mild, much better than last year's cold, windy drizzle. We dropped off our bags just outside St Paul's and were led in waves to the start line every few minutes, Andy and Graham for a 10.30 mixed start, Ros for a women's race at 11.20. Tactics were informed by last year's races (quite crowded and not favouring a slow start) and our club mile performances a couple of days earlier.

Andy and Graham lined up towards the front to avoid congestion and the former took advantage of the slight downhill towards the Bank to reach the halfway point in 3.10, 5 seconds faster than the previous Friday. There were two more turns before the final 600m straight, initially uphill, so it was a struggle to keep up the pace but Andy just managed a negative split and 7 seconds improvement on Friday, with Graham sixteen seconds back but also improving his Friday time by 6 seconds.

Ros enjoyed her run and came home strongly in 6.22, 11 seconds down on her excellent Friday performance. The women's wave was competitive but with plenty of room to run.The organisers had sorted out the bag storage problems of last year, so we were able to watch all the other races, including elite and wheelchairs.
A great event in the City for free. ***- Andy Murray***

Wave 4 (mixed)
574 overall Andy Murray 6:15
665 Graham Laylee 6:31

Wave 7 (women)
610 71w 10th in wave Ros Tabor 6:22

Mark Hayes Memorial Mile Club Champs Dulwich College

17th June

Various enforced changes to the event date may have contributed to fewer participants this year but over 40 Dulwich members still put themselves on the start line for this classic distance – for most, the shortest event they'll run. With a couple of exceptions, startling performances were rare but there were still plenty of decent runs. Guest of honour was of course Karine Brissy-Hayes whose husband Mark was club mile champion back in the '90s, and in whose memory we hold these races.

Race 1 (Mixed 1)
Hugh French improved dramatically last year to miss breaking six minutes by a second and came even closer here, but it's still a PB. Guest Justin pipped an improving Yvette, who held off Andy and Niamh. Lucy had a good run, well ahead this year of Graham (other way round last year). Mike and Clare were much faster than last year but in different order, Mike earning a rare reversal over Clare this time.

1 Hugh French M40	6:00.2
2 Justin Pickup (guest)	6:21.9
3 Yvette Dore W40	6:22.2
4 Andy Murray M60	6:22.5
5 Niamh Falconer SW	6:23.7
6 Lucy Clapp W50	6:29.2
7 Graham Laylee M55	6:37.0
8 Mike Dodds M55	6:44.7
9 Clare Wyngard W55	6:45.1
Lucy Pickering dnf	

Race 2 (Fast women)
Just half a dozen in this one, and in Clare Elms' absence the way was open for Elkie to time-trial her way to another PB. She started a bit too quickly and had to slow and miss her own target, but it was a good run and a new name will adorn the ladies championship shield this year. Kim and multiple former winner Andrea raced closely, but Kim's excellent last lap brought her within two seconds of her pre-baby PB and was too much for a slightly out of sorts Andrea. Selma pushed herself while mostly alone to another big PB, and Eleanor was up on last year too. Ros's run was exceptional, and so was her age grading, breaking the 100% barrier again.

1 Elkie Mace SW	5:24.1
2 Kim Hainsworth SW	5:36.8
3 Andrea Pickup W45	5:46.7
4 Selma Benattia W35	5:57.9
5 Eleanor Simmons SW	6:05.3
6 Ros Tabor W65	6:10.9

Race 3 (children's 600)
As always, some flat-out racing from our guest youngsters, with annual regulars Amelia, Joe and Ben boasting considerable improvements on last time. Well they are growing I suppose...

1 Amelia English	1:56.1
2 Joe English	1:59.9
3 Ben Pickup	2:01.4
4 Frank Foxwall	2:04.5
5 Rafe Collier	2:54.1
6 Rhoda Collier	3:03.5
7 Tom Breslin	3:33.7

Race 4 Men B
Jonathan saw off Ebe in a good race, with John managing the same with Steve and Sam; Steve still posted his best 1500m/mile time in some years though. Mark Foster ran well to hold off the two Mikes; not far behind was Matt Ladds continuing his never-ending PB-fest, which earned him the Captains' Award. Cameron has supported this race for some years and had a lonely run here, but still managed the same time as last year.

1 Jonathan Whittaker SM	5:25.1
2 Ebe Prill M50	5:27.7
3 John English M50	5:34.6
4 Steve Smythe M55	5:37.2
5 Sam Mattu SM	5:39.4
6 Mark Foster M50	5:44.2
7 Mike Mann M65	5:47.1
8 Mike Fullilove M50	5:48.6
9 Matt Ladds SM	5:52.1
10 Cameron Timmis M45	6:12.3
Gary Sullivan dnf	

Race 5 (Mixed 2)
Ajay turned up on his bike to spectate but couldn't resist it and wangled himself into this race, which he proceeded to win running in his suit trousers, shirt and bare feet. He's got no shame of course, but made a good show of just outsprinting a great debut run by Rebecca. Ameet showed off his own sprint, taking Barrie John and Lucy right at the end. Lindsey produced one of her best miles to see off a similarly good Karina and Claire. Guest of honour Karine somehow manages to turn out almost the same time every year and duly obliged again to lead in our younger guests.

1 Ajay Khanderwal M40	6:32.2
2 Rebecca Schulleri SW	6:32.5
3 Ameet Patel M50	6:47.1
4 Barry John Nicholls M60	6:47.5
5 Lucy Pickering W50	6:48.2
6 Lindsey Annable W45	7:03.5
7 Karina Burrowes SW	7:06.0
8 Claire Steward W60	7:07.3
9 Karine Brissy-Hayes (guest)	7:25.6
10 Francesca Pickup (guest)	7:34.6
11 Fleur Brissy-Hayes (guest)	7:58.3
12 Steve Smythe (2nd run)	7:58.7
Claudia Pickup dnf	

Race 6 (Fast men)
In the absence of a bit of opposition from Tim Bowen, Lewis was odds-on to storm off to the club title again; so it proved but perhaps not in the manner expected. At the gun Steve jumped into the lead with me following and led us through the first couple of laps at a dawdle. Charlie took over for a bit and we passed halfway in a pedestrian 2:36 with a mass burn-up in prospect if it stayed like this. I knew I had no chance in that situation (or any other, come to think of it) so took it on with 600m to go and sped things up.

By the time we got to the bell at 300m to go Lewis had stirred himself and cleared out and I was hanging on to Paul, Lloyd and Steve for another few seconds before capitulating. Charlie and James (getting a decent PB) were also still plugging away behind me while Ian's suspect calf pulled again and he had to jog in. An interesting tactical race, even Lewis's second half in 2:16 was only moderately nippy but then he didn't start sprinting until inside the last 600m and was far from stretched anyway.

- Tony Tuohy

1 Lewis Laylee (U20)	4:51.8
2 Lloyd Collier (M40)	4:56.3
3 Paul Devine (SM)	4:57.6
4 Steve Davies (M45)	4:58.4
5 Tony Tuohy (M50)	5:04.0
6 Charlie Lound (M45)	5:11.3
7 James Burrows (SM)	5:12.9
8 Ian Lilley (M40)	5:52.1

and Steve smythe adds...
For most runners, the mile isn't a natural event for them and requires special training to prepare for. Holding it a month earlier than normal (and I am embarrassed to say I was one of those who was partially to blame for the date) was always going to mean runners weren't going to be fully prepared. Consequently the times were up not to their usual levels and the late change of date also meant quite a few annoyed quality runners were unavailable. Ie Clare who has dominated this event over the last nine years, was on family business in Kenya.

Numbers were also well down on normal and it was disappointing that the final number of club runners was lower than we have had for most Tuesday track sessions. The number of women was especially disappointing and all speeds.
While times up front were not that quick - a tactical men's A race was a factor - there were very few runners at the other end of the field too. Claire Steward's 7:07 was a record of sorts and that was the fastest ever slowest time!

Race 1 saw Hugh French out on his own and he was unlucky not to break six minutes.
Yvette, Andy and Niamh had a good battle to finish second.
Race 2 saw Elkie start far too quickly at five-minute-mile pace and she slowed significantly but did hold on for her fastest time.
Kim ran a very controlled race, kicking away from Andrea over the last 400 while the others all started a little too quickly.
Race 3 saw Amelia English ran a well judged race after a fast start from Benjamin Pickup.
Race 4 had Ebe leading most of the way to be picked off by fast finishing new member Jonathan Whittaker.
Race 5 involved Late entrant and barefoot Ajay barely winning a sprint finish with Rebecca.

The final race started very slowly with Steve D in control and there were brief stinnts ahead by Tony, Charlie and Paul but the race only came alive in last 400m with Lewis's sub-60 final quarter as he defended his title with ease. Benefitting from the slow start, Lloyd found he still had his 800m speed despite his recent Half ironman to take second.

Club runners have the opportunity to improve their times and club points and get official Pbs at Eltham though an even better event with plenty of runners of all abilities is the Golden Stag Mile at Copthall on a very good 400m track in a great stadium next month where runners should be better prepared to run faster.

Dulwich Runners' times in Mark Hayes memorial mile races

17.06.2016

		time	points in age category m/f							age grade points	club champs awards
			ms	m40	m50	m60	f s	f40	f50+		
Lewis	Laylee	4:51.8	50							799	Fastest man
Lloyd	Collier	4:56.3		50						813	1st m40
Paul	Devine	4:57.6	49							780	1st senior man
Stephen	Davies	4:58.4		49						833	3rd age grade
Tony	Tuohy	5:04.0			50					858	1st m50
Charles	Lound	5:11.3		48						811	
James	Burrows	5:12.9	48							731	
Elkie	Mace	5:24.1					50			786	Fastest woman
Jonathan	Whitaker	5:25.1	47							685	
Eberhard	Prill	5:27.7			49					803	
John	English	5:34.6			48					779	
Kim	Hainsworth	5:36.8					49			757	1st senior woman
Stephen	Smythe	5:37.2			47					807	
Sam	Mattu	5:39.4	46							656	
Mark	Foster	5:44.2		47						739	
Andrea	Pickup	5:46.7						50		821	1st w40
Mike	Mann	5:47.1				46				849	1st m60
Michael	Fullilove	5:48.6			45					754	
Matthew	Ladds	5:52.1	45							633	captains' award
Ian	Lilley	5:52.1		46						690	
Selma	Benattia	5:57.9					48			720	
Hugh	French	6:00.2		45						654	
Eleanor	Simmons	6:05.3					47			715	
Ros	Tabor	6:10.9							49	1,012	Overall age graded
Cameron	Timmis	6:12.3		44						657	
Yvette	Dore	6:22.2						48		727	
Andrew	Murray	6:22.5				44				743	
Niamh	Falconer	6:23.7					46			656	
Lucy	Clapp	6:29.2							47	778	1st w50
Ajay	Khandelwal	6:32.2		43						629	
Rebecca	Schulleri	6:32.5					45			641	
Graham	Laylee	6:37.0			43					691	
Michael	Dodds	6:44.7			42					666	
Clare	Wyngard	6:45.1							46	788	
Ameet	Patel	6:47.1			41					635	
Barrie John	Nicholls	6:47.5				40				691	
Lucy	Pickering	6:48.2							45	732	
Lindsey	Annable	7:03.5						44		688	
Karina	Burrowes	7:06.0					44			591	
Claire	Steward	7:07.3							43	851	2nd age grade

DULWICH TRACK MILE

2016 champs categories

1 Overall winner	**Ros Tabor**
2 Fastest man (exc. overall winner)	**Lewis Laylee**
3 Fastest woman exc. overall winner)	**Elkie Mace**
4 First Senior Man (exc. above)	**Paul Devine**
5 First Senior woman (exc. above)	**Kim Hainsworth**
6 First M40 (exc. above)	**Lloyd Collier**
7 First W40 (exc. above)	**Andrea Pickup**
8 First M50 (exc. above)	**Tony Tuohy**
9 First W50 (exc. above)	**Lucy Clapp**
10 First M60 (exc. above)	**Mike Mann**
11 2nd Age Graded (exc. above)	**Claire Steward**
12 3rd Age Graded (exc. above)	**Steve Davies**
13 Captains' award	**Matt Ladds**

age graded medals were wrongly awarded.
Correct version:
2nd age grading – Claire Steward
3rd age grading – Steve Davies

June 18th

Amager Strandpark, Copenhagen

86 ran

Pos	Gen		
5	5	Nicholas Brown	20:13

Banstead Woods

175 ran

Pos	Gen		
5	5	Tony Tuohy	18:31

Brockwell

216 ran

Pos	Gen		
6	6	Derek Lee	18:25
13	13	Jonathan Whittaker	19:03
57	8	Lucy Clapp	22:35
129	98	Desmond Edwards	26:23
150	110	Alex Haylett	27:33
181	61	Selina Wray	29:24

Bromley

599 ran

Pos	Gen		
49	4	Selma Benattia	20:25

Burgess

163 ran

Pos	Gen		
6	2	Kim Hainsworth	19:18
13	11	Matthew Ladds	20:20

Cambridge

424 ran

Pos	Gen		
2	2	Buzz Shephard	17:16

Crystal Palace

263 ran

Some round numbers at the Palace this week. Bob completed his 200th run over that course and is now just a couple of runs away from his next official milestone of 250 overall. Meanwhile Mike reached a total of 200 parkruns overall, exactly 100 of which have been at CP, a conjunction of outcomes that was only the tiniest bit contrived, honest!

Pos	Gen		
6	6	Tom Wilson	19:28
8	1	Mel Edwards	19:56
53	49	Paul Hodge	22:56
63	8	Clare Wyngard	23:21
67	9	Niamh Falconer	23:27
70	11	Belinda Cottrill	23:31
89	73	Michael Dodds	24:12
113	91	Ameet Patel	25:35
118	24	Claire Steward	25:47
132	104	Andy Cottrill	26:32
142	110	Bob Bell	27:19

Dulwich

240 ran

Pos	Gen		
16	15	Simon Burnett	19:44
25	2	Fiona Askew	20:34
38	36	Ajay Khandelwal	21:43
72	62	Mark Muffett	22:44

Greenwich

213 ran

Pos	Gen		
4	4	Stephen Smythe	19:45
14	13	Michael Fullilove	20:57

Orpington

135 ran

Pos	Gen		
57	48	Peter Jackson	27:18

Osterley

108 ran

Pos	Gen		
38	6	Laura Vincent	25:10

Peckham Rye

208 ran

Pos	Gen		
6	6	Charles Lound	18:33
9	9	Kevin Chadwick	18:47
24	24	Gideon Franklin	20:37
69	7	Helen Covich	24:07

Riddlesdown

133 ran

Pos	Gen		
17	4	Ange Norris	22:47

Southwark

167 ran

Pos	Gen		
79	68	Paul Keating	24:17
103	25	Kaylee Coxall	25:58

Tilgate

513 ran

Pos	Gen		
91	81	Gary Budinger	24:55

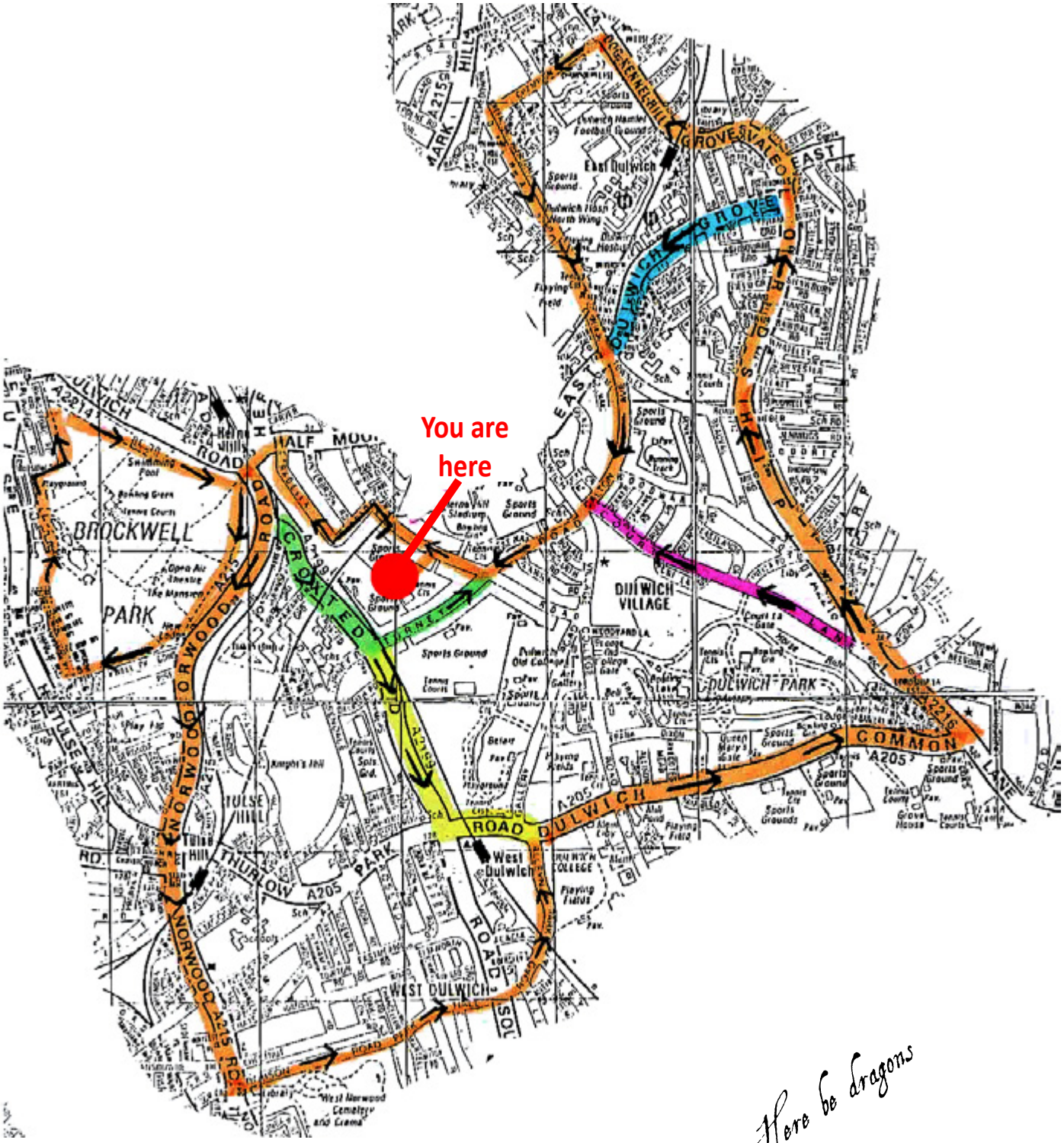
Tonbridge

395 ran

Pos	Gen		
3	3	Andy Bond	17:37

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.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West Dulwich
WEST DULWICH
TULSE HILL
THURLOW
PARK
NORWOOD
ROAD
GROVE VALE
EAST
East Dulwich
Sports Ground
Playing Fields
Tennis Courts
Swimming Pool
Bowling Green
Playground
Cemetery
Here be dragons