SHORTS

Dulwich Runners AC
Weekly Newsletter
July 27th 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 27 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 2 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
3... Fixture list, club champs,XC, road, track
4... Race reports and results...
5... Parkrun results..
6... 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

EVENT HORIZON

A brief look ahead

Aug 4 Assembly league - Victoria Pk, Mile End start 19:30

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: **Jim Dowsett and Andy Murray**
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**

Lloyd collier	**27/07**
Sue Cooper	3/08
Steve Cook	10/08
Natalie Davys	17/08

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

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

SOCIAL SPOT

Watch this space for upcoming 2016 events !

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

only £5

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

Saturday 30th July 2016, 9pm – Rockin' Mayhem with English Rogues has returned!
At The Black Cat, 9 Winslade Way, Catford, London SE6 4JU
https://www.facebook.com/theblackcat.se6/

http://streetmap.co.uk/map.srf?X=537639&Y=173733&A=Y&Z=110
(in the pedestrianised area behind the theatre)

After a successful debut at this fine venue recently, English Rogues are back with their own brand of eardrum-bashing classic rock, including me flailing about with a large pair of drumsticks (means I can't miss).
So... Keep Music Live - it's time to ROCK – come on, you need it and you need it now.... Tony 'Thundersticks' Tuohy.

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

Every 4th Sunday of the month until September
Runs 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.

There's a short and fun Sri Chinmoy race coming up next Monday.
1st August is the 2m road race.

Course is measured and certified so will give you a Po10 road mile / 2m time.

http://uk.srichinmoyraces.org/races/london

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.

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

Cross country Club Champs Assembly League Relays &Misc.

NOTE: There have been some changes/additions to the womens Surrey League XC

Date		Race		Venue
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) Event website:http://www.middlesexaa.org.uk/ Event details on Runner's World site:http://www.runnersworld.co.uk/events/viewEvent.asp?en=100010		Victoria Park, Hackney
	10	Will Bolton Relays		Sparrow's Den
	17/18	SEAA Road Relays		Aldershot
	24	England Masters Inter Area Challenge Cross Country		Wimbledon Common
Oct	2	Titsey Multi-Terrain 10k (L)		Oxted
	15	Surrey League	men	Richmond Park
	15	Surrey League	women	Nonsuch Pk, Cheam
	22	Surrey Masters Champs		Richmond Park
	29	5k Parkrun (S)		Burgess Park
Nov	12	Surrey League	men & women	Farthing Down (m) & (w)
	19	BMAF Relay Champs		Long Eaton
	20	Epsom 10 (L)		Epsom
	26	South of Thames 5m		Ham Lands
Dec	3	Surrey League	women	Mitcham Common
	17	South of Thames 7.5m		Venue tbc
Jan	7	County Champs		Lloyd Park (Surrey) tbc (Kent)
	14	Surrey League	men	Mitcham Common
	14	Surrey League	women	Ham fields, Ham
	21	Vets AC Champs		Wimbledon Common
	28	South of England Champs		Parliament Hill
Feb	12	Surrey League	men & women	tbc (m) Ham Lands (w)
	26	National Champs		North of England tbc

Track Meetings

The table includes a list of track meetings 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, (see WATFORD ATHLETICS AND WATFORD HARRIERS ATHLETIC CLUB for details.

Aug	3	Hercules Wimbledon Open	Wimbledon Pk
Aug	7	London Athletics	Mile End
	15	Blackheath&Bromley Open	Norman Pk
	17	Cambridge Harriers Open	Sutcliffe Pk
	22	GLL	Mile End
	27	HHH Open	Tooting
	28	Vets AC T&F Champs	Kingsmeadow
Sept	7	Vets AC 10,000m	Battersea Pk
	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.

The SOAR Mile Battersea Park
Wednesday 20 July

Battersea Park track was host to the inaugural SOAR mile race last Wednesday night. While thousands gathered for the JP Morgan 5k race just over the fence inside the arena about 80 runners took to the track for a mile, spread over 8 races.

Rebecca Shulleri was first up for the Dulwich Runners contingent in race 1 crossing the line in 6:18.20 and 6th place after a fine surge down the home straight to set a PB in her second attempt at the mile after the club champs race.

Next up in race 4 was yours truly, lining up for his first mile race ever and not having hobbled round more than a parkrun for a month thanks to claves like granite. Aiming for anything under 5 minutes I tucked in behind the lead runner for 2 laps before deciding to push on and see how long I could keep it going for. I was alas just short of the 5 minute target but did win the race and took home a nice voucher for my efforts.

Wayne and Tim took to the start line in race 7 and the target times were now really starting to sharpen up. In what was clearly a strong field Tim formed part of the lead group of 4 or 5 runners from the off with Wayne running most of his race isolated about ten metres behind. Tim looked in good form but clearly frustrated by running with a group that was pacing just off his target time.

Crossing the line to start the final lap Tim surged ahead and was a clear five metres ahead going down the back straight. A monumental effort! The chasing pack were close behind coming into the home straight, but where they close enough?? Yes, too close in fact. In a colossal battle over the last 50 metres Tim sadly slipped from 1st to 4th by the finish line, left to rue a kick that may have been 100m too soon and a frustrating race that saw the other runners sandbagging for the home straight – and holding back like that certainly isn't Mr Bowen's style.

To add insult to injury the free beer had even run out by the time he finished and Tim was left to peer into the dark icy depths of the beer cooler pondering a race that was agonisingly close to the club mile record. And what of Wayne? A tough race for him as well, running solo but still putting in a sterling effort to come in 6th.

There was more excitement to come in race 8 that perhaps saw the battle of the night between Katie Snowden of HHH and Rosie Clarke of Epsom and Ewell Harriers. What can only have been a blistering last lap from both of them saw them close the gap on the lead runner from about 100m to a single second by the finish line and another finish straight tussle that saw Katie come from behind to take the win…and a £500 cash prize. The final race of the night was no less impressive with a 4 minute mile attempt and a battle for 2nd place split by less than half a second. And all this was commentated on by a peculiar man in a flared mauve suit! What more could you want for a Wednesday evening?! Despite some of us coming away feeling a little sore, I think we all agreed that the SOAR mile was a great event.

- Alastair Locke

Rebecca Schulleri	6:18.60 (PB)
Alastair Locke	5:05.71
Wayne Lashley	4:47.34
Tim Bowen	4:33.94

Eltham BMC
20 July

800m
I hoped this race would be a big improvement from my 800 the week before in Watford, as I felt my fitness has been good this season but I haven't raced well enough to run a time to prove it. The race went off really quick first 200 and despite running 27 seconds I was in about 5th or 6th. It slowed considerably to 400, going through in 59 with the pacemaker dropping out. I got a bit blocked and had to chop my stride probably costing me a PB. In the last 200m I overtook a couple of people but my poor middle 400m gave me too much work to do to win or run a PB.
Oscar went in the next race, and also didn't run a PB but it was still by far his second quickest 800 in what was quite a congested race. ***- Lewis Laylee***

Race C
Lewis Laylee 1:59.42
Race D
Oscar Hussey 2:05.52

JP Morgan Chase Corporate Challenge
Wed/Thurs 20/21 July

A few Dulwich runners ran in these two "races" in Battersea Park last week in sweltering heat of 30C.

Kim Hainsworth (BNY Mellon) was fast at 22.15 coming 7th overall woman. Sue Cooper 24.19 was a bit down on last year but injuries and heat slowed her down. As in the Standard Chartered 5k race the week before Sue was part of the winning team of HSBC women lead by 2nd overall Lara Bromilow in 20.43.. Duncan Wilson brought up the rear in 25.36.

30,000 people ran in the race over the two nights. A great post race atmosphere was enjoyed.

I am sure other Dulwich Runners ran but these are the ones we know about ***- Duncan Wilson***

Golden Stag Mile Barnet

July 20

Steve Smythe reports....

Race 5

Lindsey was in Race 5 and looked on for a sub-7 for most of the race but couldn't quite maintain the pace on the last lap and just missed her Dulwich time.

10 Lindsey Annable 7:05.26

Race 6

Lucy looked on for a sub-6:20 but struggled slightly at the start of the last lap but came back again in the straight to set a PB and go five seconds quicker than the club mile.

Laura, who missed the club mile, ran a more steady race but finished strongly to finish just a few seconds back.

8 Lucy Clapp 6:23.53

10 Laura Vincent 6:27.27

Race 7

Selma didn't get near her club mile time but did go much quicker than Eltham and after slowing on he third lap, kicked well in the straight but had to hold off Lucy Elms, who saved her energy for the last lap and kicked past Eleanor, who wasn't at her best after a long bike ride at the weekend as three seconds covered the trio.

9 Selma Benattia 6:07.29

10 Lucy Elms 6:08.65

11 Eleanor Simmons 6:10.44

Race 8

Jim, who missed the club mile went 13 seconds quicker than he did at Eltham a few weeks earlier and finished very strongly.

5 Jim Dowsett 5:50.87

Race 9

After a slow start, Gary Sullivan, who had to drop out of the club mile with an injury, moved strongly in the middle and moved up well and just lost out on third place in the race.

Steve Smythe ran slower than his marathon PB pace and was a lot slower than the club mile but did at least warm up for his fastest parkrun for four years a few days later.

4 Gary Sullivan 5:35.92

8 Steve Smythe 5:45.93

Race 11

Clare's race started with a slow tactical first two laps but Clare didn't feel comfortable but struggled when the race began on the third lap and ran oone of her more slower miles. However, she was the fastest woman on the night over alll 12 miles.

11 Clare Elms 5:13.08

Race 12

It wasn't perfect weather being quite windy and like the race before, it started slowly and Lloyd felt he had to lead to keep the pace respectable. he was still second well into the last lap but got overtaken in the closing stage and finished fifth but did at least get a Power of 10 PB.

5 Lloyd Collier 4:45.96

HHH Open

23 JULY

The novel event at this open meeting at Tooting track was the 4x 800m, in which few British records have been established to date. The main challenge for such an event is to find a injury free team, particularly among the older age categories and there was some doubt as to whether it would be possible to field a HHH M60 team until a few hours before.

The team, of which I was a part, duly established a record, not a particularly impressive one, partly because it was missing some runners and was effectively a time trial, but a mark which is there to be challenged in the future. Meanwhile Lewis Laylee was part of a HHH senior team which narrowly beat London Heathside. There are a number of other 4x800m records yet to be established, including all the women's vet categories, so next year's summer open meeting would be a good opportunity to field some Dulwich teams to have a crack at these.

Earlier Tim Bowen had another battle with Kent AC rival, John Gilbert in the 3000m, finishing second to him , as he had done earlier in the month at the Assembly League. He may have set a new senior record in the process (the website is currently down so this cannot be checked). Mel Edwards had a solid even-paced race and Selma Benattia performed well in her first 3000m, despite starting off a little too fast in attempting to keep pace with Mel.

Both Lewis Laylee and Lloyd Collier performed impressively in the 1500m A race, setting PBs, while Clare Elms ran her fastest 1500m in two years in the same heat. Ebe Prill, recovering from a foot niggle, was short of his best in the B race and Lucy Elms had a good debut over this distance in the C race, bettering her performance at the Golden Stag mile in comparison.

- Mike Mann

4x800m relay

HHH seniors 8:11.51

HHH M60s 12:59.08

3000m

Tim Bowen 9:11.1

Mel Edwards 11:20.3

Selma Benattia 11:55.5

1500m

Lewis Laylee 4:10.92

Lloyd Collier 4:22.91

Clare Elms 4:44.90

Ebe Prill 5:05.51

Lucy Elms 5:35:55

Herne Hill Open Tooting Bec

July 23

1500m: A

Both Lewis and Lloyd set PBs with controlled races and strong finishes. Clare ran much better than she had in the mile and went 10 seconds quicker than her season's best and UK W50 outdoor lead.

Lewis later ran in the 4x800m relay where Mike Mann ran a leg in a record M60 team.

3 Lewis Laylee 4:11.43 (PB)

8 Lloyd Collier 4:22.91 (PB)

14 Clare Elms 4:44.90

1500m B

Ebe showed similar form to the club mile but was some way outside his all time best.

7 Ebe Prill 5:05.51

1500m C

Lucy Elms paced herself well at a slightly faster pace than in the mile and ran sub-6 pace.

5 Lucy Elms 5:35.55 (PB)

3000m

Tim ran strongly chasing John Gilbert who finished ahead of him in the Assembly League.

Mel had a steady race around six minute-miling. Selma followed over the first few laps and slowed on the second half but did well to break 12 in her debut. ***- Steve Smythe***

2 Tim Bowen 9:11.1 (PB)

13 Mel Edwards 11:20.3

15 Selma Benattia 11:55.5 (PB)

BMC Meeting
Sutcliffe Park, Eltham
20 July

800m Race D
As I said on the way there, just because the weather's good, you're on form, it's a fast track and there's plenty of competition, doesn't mean that you'll have the perfect race. And so it seemed for all the younger lads chasing PBs, as all were slightly off their target. All good races, and as I say, it means that you're one race nearer your next PB. Just behind Oscar, was Jessica Judd, a recent World Champs GB international, which was good to see as she looks to return to form. ***- Duncan Hussey***

5 Oscar Hussey 2.05.52
9 ran

Herne Hill Harriers Open

4x800 relay
I followed my 1500 race with an 800m leg an hour and a half later in a HHH senior team with some guys I train with. We beat a strong team from London Heathside with a time of 8:11.51 and I was on second leg with a time of 2:01 which I was pleased with as I was pretty tired.
-Lewis Laylee

MABAC Surrey Slog (Holmbury Hill 1/2M)
24 July 2016

Claire Steward writes: I first did this race back in 2002 but for various reasons missed it between 2010 and 2015 when I recorded a personal worst which I put down to lack of training and getting old(er). Despite the dire warnings about it 'not being for the faint hearted' I entered it for the nineth time joining my running buddy Amanda and her husband in his usual role of official photographer. The race HQ is the Duke of Kent School (think Hogwarts), near Peaslake in the depths of Surrey and it provides ample parking and post-race showers, which unlike last year were pleasantly warm.

Apart from an initial loop around the school and a lap of a field (necessary to spread everyone out before we crossed the road onto a narrow footpath), the race is entirely off-road, mostly along sandy trails which criss-cross through Hurt Wood, and the trig-point at the top of Holmbury Hill affords a splendid view. It is fairly strenuous with lots of ups and downs, including a tricky descent down a narrow gulley and a long climb for the 12th mile.

I recorded an even slower time than last year (I blame the weather this time) but it was great to be running an off-road race in the sunshine. After a quick shower we drove off to find a pleasant village green where we shared a picnic lunch.

	Winner:	1:27:44
87	Claire	2:12:47
153	2:55:15 (Final finisher)	

UK YDL
Thames Valley Centre
Eton
24 July

Lovely location set in the grounds of Eton College and surrounded by the Thames, Windsor Slough & Eton hosted the last league match of the season. With the holiday season in full swing, it meant a busy day for Oscar Hussey.

First up, a tactical 1500m comprising both A and B strings, was essentially two laps of relatively steady 70 second laps followed by a 700m burn up. Quite amazing how a packed bunch can spread so quickly apart. Even so, a third place in the B string and a PB of more than two seconds achieved which is no mean feat given the tactical nature of the race (particularly if you don't realise it's a PB until eight hours after the race!)

3/6 B string 4.27.94
Second race, a U20 B string, three hours later. The right sort of resting is key in these situations and rather than sitting in the cramped stands, we found some comfy chairs overlooking the track in the executive lounge just the right tonic. As was watching a local nearby cricket match, where Eton (or the opposition) were serving up a hilarious number of full tosses which, quite rightly, were being despatched for a series of fours and sixes. Back to the track and a tricky race trying to keep up with the U20s with slightly tired legs. A steady 61 first lap opened up in the last 200 and Oscar did well to just about follow them in with a time which would have been a decent PB last year.

4/6 B string 2.07.92
Last race, an hour later, the buzz of a 4 by 4 where the andrelain kicks in and you forget for the moment how tired your legs are. Second leg, good tactics by tucking in before opening up and passing a competitor before the bend. I clocked Oscar split at 55 which would be a 2 second PB on his flat time.

In winning their league fixture, Oscar's Blackheath track team will now be at the National Final in September which comprise of the best eight teams in the country with the winning team representing GB in Europe!
-Duncan Hussey

DULWICH RUNNERS MILE CLUB CHAMPIONSHIP 2016

		Dulwich 17 Jun	Sutcliffe 22 Jun	Barnet 20 Jul	Points in age category m/f							Age grade points	Club champs awards
					MS	M40	M50	M60	FS	F40	F50+		
Tim	Bowen		4:34.92		44							816	
Paul	Devine		4:48.36		43							805	
Lewis	Laylee	4:51.8			50							799	Fastest man
Stephen	Davies	4:58.4	4:52.74			49						849	3rd Age grade
Lloyd	Collier	4:56.3				50						813	1st m40
Paul	Devine	4:57.6			49							780	1st Senior man
James	Burrows	5:12.9	5:01.78		48							758	
Tony	Tuohy	5:04.0					50					858	1st M50
Clare	Elms		5:08.37	5:13.08							42	995	
Charles	Lound	5:11.3				48						811	
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	
Gary	Sullivan			5:35.92			38					810	
Kim	Hainsworth	5:36.8							49			757	1st Senior woman
Stephen	Smythe	5:37.2		5:45.93			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	5:49.98					46				849	1st M60
Michael	Fullilove	5:48.6					45					754	
Jim	Dowsett		6:04.16	5:50.87		43						681	
Matthew	Ladds	5:52.1			45							633	Captains' award
Ian	Lilley	5:52.1				46						690	
Selma	Benattia	5:57.9	6:21.01	6:07.29					48			720	
Hugh	French	6:00.2				45						654	
Mel	Edwards		6:00.33						43			707	
Eleanor	Simmons	6:05.3		6:10.44					47			715	
Lucy	Elms			6:08.65					41			706	
Ros	Tabor	6:10.9	6:13.58								49	1,012	Overall age graded
Cameron	Timmis	6:12.3				44						657	
Joseph	Brady		6:12.73				39					683	
Yvette	Dore	6:22.2								48		727	
Andrew	Murray	6:22.5						44				743	
Lucy	Clapp	6:29.2		6:23.53							47	790	1st W50
Niamh	Falconer	6:23.7							46			656	
Laura	Vincent			6:27.27					42			655	
Rebecca	Schulleri	6:32.5							45			641	
Graham	Laylee	6:37.0					43					691	
Michael	Dodds	6:44.7					42					666	
Ameet	Patel	6:47.1	6:44.96				41					639	
Clare	Wyngard	6:45.1									46	788	
Barrie J	Nicholls	6:47.5						40				691	
Lucy	Pickering	6:48.2									45	732	
Lindsey	Annable	7:03.5		7:05.26						44		688	
Karina	Burrowes	7:06.0							44			591	
Claire	Steward	7:07.3									43	851	2nd Age grade
48		39	12	10	8	8	10	3	10	3	6	48	

parkrun

July 23rd

Brockwell
195 ran.

Pos	Gen		
5	5	Derek Lee	18:19
47	6	Becca Schulleri	22:19
54	7	Lucy Pickering	22:45
60	8	Laura Vincent	23:01
133	31	Sharon Erdman	27:28
150	38	Natalie Davys	28:20
179	57	Selina Wray	31:18

Bromley
512 ran.

Pos	Gen		
6	5	Stephen Smythe	18:45
483	298	Peter Ogden	39:11

Crystal Palace
196 ran.

Pos	Gen		
27	2	Fiona Askew	22:17
63	9	Niamh Falconer	24:35
68	11	Belinda Cottrill	24:40
93	76	Ameet Patel	26:23
121	97	Bob Bell	28:29
148	38	Penny D Graham	30:24

Dulwich
188 ran.

Pos	Gen		
5	5	Alastair Locke	17:35
11	11	Ian Lilley	18:36
41	41	Duncan Wilson	22:06
57	56	Mark Muffett	23:02
106	14	Joanne S Pereda	26:11

Hastings
170 ran.

Pos	Gen		
10	9	Nicholas Brown	19:57

Hilly Fields
207 ran.

Pos	Gen		
11	11	Gary Sullivan	20:06
12	1	Kim Hainsworth	20:15

Moors Valley
244 ran.

Pos	Gen		
36	33	Hugh Balfour	22:48

Old Deer Park
73 ran.

Pos	Gen		
14	13	Barrie John Nicholls	23:08
20	3	Lindsey Annable	23:50

Orpington
158 ran.

Pos	Gen		
54	49	Colin Frith	26:06

Peckham Rye
143 ran.

Pos	Gen		
1	1	Gregory Nicholas	17:21
2	2	Mark Callaghan	18:02
3	3	Kevin Chadwick	18:52
13	12	Sam Crump	20:39
26	2	Helen Lister	22:11
27	25	Graham Laylee	22:17
28	3	Michelle Lennon	22:24
31	28	Lloyd Collier	22:33
40	36	Andy Bond	23:40
51	6	Helen Covich	24:28
76	14	Karina Burrowes	26:33
77	63	Matthew Ladds	26:34

Riddlesdown
163 ran.

Pos	Gen		
17	3	Ange Norris	21:26

Southwark
237 ran.

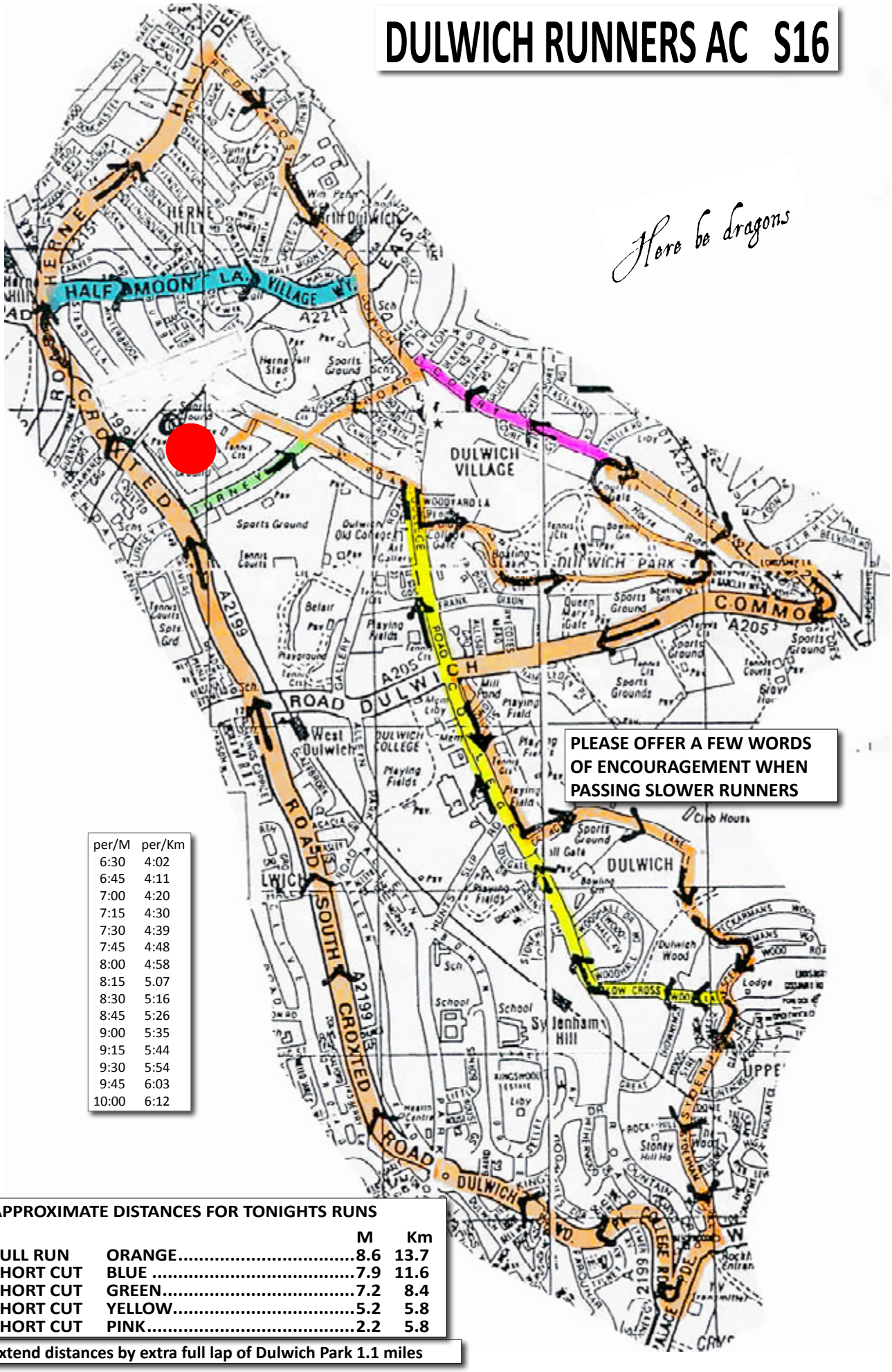
Pos	Gen		
104	83	Paul Keating	25:21
136	36	Kaylee Coxall	26:59

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.

Chris and Sue Vernon write:
Chris will be running his 200th parkrun on Sat 30th July and Sue will be running her 100th!! We would like lots of our friends to join us on that morning in Burgess Park to mark the occasion. There will be cake!!!! Do come along and support an old married couple who are still running in their seventies!!

DULWICH RUNNERS AC S16



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

		M	Km
FULL RUN	ORANGE	8.6	13.7
SHORT CUT	BLUE	7.9	11.6
SHORT CUT	GREEN	7.2	8.4
SHORT CUT	YELLOW	5.2	5.8
SHORT CUT	PINK	2.2	5.8

Extend distances by extra full lap of Dulwich Park 1.1 miles