DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
June 14th 2017

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

- THE COMING WEEK –

Wed 14 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 20 **Dulwich College Track** - cost £1 per session
Start with a warm up at 7:10pm then first part of session will be on grass,second on the track.

In your SHORTS this week !

1 General information
2 Club kit, social events etc
4 Fixture list, club champs, road, XC, etc
6 Race reports & results
9 Parkrun results
10 Dulwich Runners relays entry form and info
12 Wednesday map

And much more !

Click to SUBSCRIBE or UNSUBSCRIBE
www.dulwichrunners.org.uk/index.html

You can follow us on

TRACK SESSIONS

Tuesdays At Dulwich College track on College Road.
Warm up taken by **Andrea Pickup** consisting of various drills and stretches etc will start around 7.10pm..
The main session taken by **Steve Smythe** will be part grass and part track and more suitable for all levels of ability than the Crystal Palace sessions.

Saturday Track Session

There is likely to be another short, sharp track session this Saturday at Ladywell at 10am.
I will confirm on Facebook later in week depending on track availability etc
Steve 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

LUCKY VEST

June winner - Laura Vincent

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 spot prize !
Vests £18 each from Ros ros.tabor49@gmail.com

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

Jun 21 Dino Dash Relays, Crystal Palace Park
Jun 24/25 British Masters Champs - Birmingham

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.

If you're on the list, please try and turn up that night and make sure anybody new has someone to run with.
Thanks to **Lucy Clapp** for taking out new runners last week
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

Volunteers needed	**14/6**
Matt Ladds	21/6
Paul Keating	28/6
Laura Lane	5/7

Wednesday Night Map

This weeks map for Wednesday night, can be found 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

SPOT

Watch this space for future events.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings after the Wednesday run.
Arrives close to 9pm and the cost is **£6.00**
Just give me your name and money when you sign in - Ros
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 from Ros
ros.tabor49@gmail.com

Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

SHORTS!

DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or slightly longer– Both styles are a bargain £15.

Socks only £5

HOODIES...

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

Buffs/snoods - only £6

I have not had many entries, or offers of help so far ! .....

So put a team together, friends , family colleagues, anybody that would like to take part is welcome or just enter yourself and you will be assigned to a team for that evening.

We will also need volunteers to help put the realys on so if you are unable to run for any reason maybe think about helping out instead. Entry form and full details can be found near the back of Shorts

Thank you - ros.tabor49@gmail.com

12.JULY.2017

3 x approx. 1mile lap

Entry: **Race starts at 7.45pm**
£12 per team
(Limited entries on the day)

www.dulwichrunners.org.uk

This is the major fund raiser for club funds, it's essential that as many members as possible either run or help.

So put the date in your diary now !

Entry form and more info can be found at the end of Shorts

Dulwich Runners 2017 Fixtures

Further information about 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.

Road & other **Cross country** **Club Champs** **Assembly League** **Track**

		Race	Venue	
Jun	21	BMC/Cambridge Harriers Open Meeting	Eltham	
	21	Dino Dash Relays Crystal Palace Park 3x 3k laps	Crystal Palace Park	
	24/25	British Masters Champs	Birmingham	
Jul	6	Assembly League	O2, Nth Greenwich	tbc
	10	Blackheath & Bromley Open	Norman Park	
	12	Dulwich Runners Summer relays 3 x (approx) 1m laps	Dulwich Park	
	14	Mark Hayes Mile	Dulwich Track	
	19	Cambridge Harriers Open/BMC	Eltham	
	21	Mile club champs - SOAR Mile	Battersea Park	
	22	HHH Open	Tooting Bec	
	27	Assembly League	Victoria Pk, Hackney	tbc
Aug	16	Cambridge Harriers Open/BMC	Eltham	
	21	Blackheath & Bromley Open	Norman Park	
	26	HHH Open	Tooting Bec	
Sep	7	Assembly League	Beckenham	tbc
	10	MT 5 mile race, organised by TH&H	Wimbledon Common	
	10	Kent Masters Champs	Bromley	
Oct	1	Sittingbourne 10	Sittingbourne	

Mile Club Champs SOAR Mile Battersea Pk -21 July

The SOAR Mile at Battersea Park track on the evening of 21 July is our mile club champs event.
There will be 10 seeded races with up to 20 in each race.

The Mark Hayes Mile will take place on 14 July on Dulwich College Track. It will be in your own interest as well as the family of Mark Hayes to support this event. There will be a social event to follow after the race. Details to follow when known.

If you want to achieve a good time in the SOAR Mile, the Mark Hayes Mile will provide ideal practice, as it is difficult to get the pace exactly right in your first attempt.

SOAR mile is filling up rapidly, over 100 entries already for the 10 races scheduled.
Entries are supposed to be open until 16 July, but it's possible they will close well in advance of this so you need to enter ASAP: https://entries.opentrack.run/2017/thesoarmile/

So far 36 have entered.
M60 (4): Mike Mann, Bob Bell, Barrie John Nicholls, Ian Sesnan
M50 (5): Ebe Prill, Steve Smythe, Gary Sullivan, Tony Tuohy, Ameet Patel
M40 (7): Lloyd Collier, Rob Cope, Martin Double, Jim Dowsett, Steve Davies, Ian Lilley, Justin Siderfin
SM (7): Tim Bowen, Paul Devine, Alex Haylett, Matt Ladds, Wayne Lashley, Alsatair Locke, Shane O'Neill
W60: (1): Ros Tabor
W50: (2): Lucy Clapp, Clare Elms,
W40 (3): Lindsey Annable, Sharon Erdman, Andrea Pickup
SW (7): Claire Barnard, Selma Benattia, Lucy Elms, Hannah Harvest, Helen Lister, Rebecca Schulleri, Laura Vicent

2017 CLUB CHAMPIONSHIPS

21	Jul	SOAR Mile - Battersea Park	S
10	Sep	Thames Hare & Hounds MT 5m, Wimbledon Common	L
1	Oct	Sittingbourne 10	L

Note that the 5 mile MT race will be classified as a long race (L)

ALGARVE RUNNING CHALLENGE

This year's Algarve Running Challenge takes place between 1 and 5 November in Monte Gordo, Portugal. As usual there will be 4 races spread over 5 days, finishing with the traditional Spain to Portugal race of around 11 miles. There's also plenty of opportunities for local sightseeing, running on local woodland trails, cycling and swimming in warm autumn weather. For further details please contact me.
Mike Mann

Suggested Summer Schedule

Wed 14/6	6 miles relaxed
Thur 15/6	alternating slow and fast (5k pace) for 5M or 7M (90 secs differential) ie 7:30, 6:00, 7:30, 6:00. 7:30
Fri 16/6	rest or easy 4M
Sat 17/6	track
Sun 18/6	60 mins brisk
Mon 19/6	rest or easy 3M
Tue 20/6	speed session
Wed 21/6	7 miles relaxed or relay
Thu 22/6	6 miles picking up pace 20 secs a mile ie 8:00, 7:40, 7:20, 7:00, 6:40, 6:20 - last ,mile quicker than 5K pace
Fri 23/6	rest or easy 4M
Sat 24/6	track
Sun 25/6	slow 75 mins relaxed

For further information about any races in Shorts please contact your captains: Men: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

Dino Dash Relay

Crystal Palace Park

Wed. June 21 @ 7.30pm

This is another race that since its inception three years ago has filled up and reached its capacity of 300 runners and DR have previously done extremely well in the prizes.

Each team member will complete a 3km lap of traffic-free park paths within Crystal Palace Park, taking in views of the famous Dinosaurs !
Teams of 3, entry @ £5 per person

Closing date Wednesday 2pm 21st June:
Men: chas.lound@btinternet.com
Women: dulwichladiescaptain@gmail.com

Still time to enter
Those that have entered so far...

Men	Women
Steve Rolfe	Helen Lister
Andy Bond	Ellie Balfe
Alastair Locke	Emma Ibell
Padraig	Christina Dimitrov
Prunty	Laura Vincent
Gary Sullivan	Eleanor Simmons
Hugh Balfour	Andrea Pickup
Justin Siderfin	Hannah Harvest
Ian Sesnan	Clare Cummings
Joseph Brady	Sharon Erdman
Jim Dowsett	

Kent AC is today delighted to open entries for the inaugural Ladywell 10000m.
An opportunity to run 25 glorious laps and set a new 10000m PB in Ladywell Arena in late summer.

online entry here: https://www.entrycentral.com/ladywell10000

All entries will initially be applications which then get approved once entry performances have been verified.
Open to everyone who can run under 55mins for 10km. Races will be seeded to ensure athletes run in races suited to their ability.

Assembly League Races

These races take place on the first Thursday of each summer month starting from April, with the exception of the August race which has been brought forward to the final Thursday in July.
Venues are provisional as follows:

July	6	O2, North Greenwich	7.30
July	27	Victoria Pk, Hackney	7.30
Sep	7	Beckenham	7.15

open to all members and all abilities

Details of Assembly league race HQs and starts are as follows:
Victoria Park, Victoria Park Harriers clubhouse located at NE corner of the park, with start inside the park nearby, closest station Hackney Wick
Battersea Park, near bandstand in centre of park (no HQ)
O2, on riverside east of North Greenwich station (no HQ)
Beckenham, HQ Beckenham Cricket Club, Foxgrove Road, start at SW entrance, park at the end of Beckenham Place Pk Road

The Harry Hawkes 10m

9.30 am Sunday July 16th

Start - Giggs Hill Green in Thames Ditton.
It's a fast, flat course on a very scenic route with sections along the river and through woodland, although most of the course is on surfaced road.
Trophies for both men and women's teams.

Stragglers are offering a £3 discount to any Dulwich member entering the race.
The affiliated runner entry fee is £23 (plus £2 online booking fee). With the discount this drops to £20.

Race details at : www.harryhawkes10.com

To enter click the entry button on the site When prompted for a voucher code at the bottom of the form, enter the following discount code: CLUB£3

Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, fell, xc, tri and track results etc, are welcome.

Birkebeinerlopet 21k Lillehammer Norway

10.06.17

We heard of this race whilst cross-country skiing in the area in the winter and thought it might be interesting to run on the trails we normally ski. In the thirteenth century (bear with me) 'Birkebeiners' (skiers using birch barks) managed to smuggle baby Prince Haakon to safety away from enemies who would have killed him. This act is commemorated in the annual Birkebeine 55k ski race between Reina and Lillehammer each March, one of 20 Worldloppet major races and held since 1932. Since then they have added a cycle ultra and 20 years ago the Birken 21k run, now alongside several runs the same day, including the Ultrabirken 60k.

Andy and Ros managed to get in the first wave of the 21k, mainly for over 60's, at 10am on a drizzly morning from the Olympic ski and biathlon arena above Lillehammer. The first 7k was on muddy and stony trails cut for skiing through pine forests and climbing in several short sharp sections. The aim was to run steadily together, which was achieved more or less, Ros sometimes dropping back due to being tentative on stony sections. The footing was quite difficult, like a fell race, and the scenery generally forested, very much like Man v Horse, which coincidentally was being run at exactly the same time back in mid-Wales.

After 7k the course turned back, heading below the first section on a mixture of very slippery stony sections, puddly flat bits and some good gravel trails where we hit the Birkebeiner ski route. Generally we fell slightly behind other runners on the slippery bits but were a lot faster and fresher where the footing was good. We crossed the Mensa River on a wooden bridge after around 11k and hit some more difficult sections, sometimes with stepping stones and wood to get through puddles. The rain was quite steady in this section but eventually stopped. Around 18k we reached tarmac cycle paths through the edge of Lillehammer and followed these, including a wooden bridge by a cascade, to the finish by the ice-hockey stadium a couple of ski-jumps down from where we started. Ros had overtaken a couple of women in the last k and we finished in just over 2 hours not too stiff or exhausted.

At the finish a small crowd braved the damp weather and we were offered drinks, hot dogs and soup. Other waves and races were starting but we needed to get dry and went inside the busy stadium, which made quite a contrast to the quiet run we had just completed. Ros was eventually called to the podium as 2nd w65 and awarded a souvenir glass plate. Andy got a shot glass for finishing within 125% of the 3rd time in his age group. Overall it was an expensive but very well-organised, challenging event with a bit more atmosphere after than during-partly due to the wet weather.

-Andy Murray

2403/67 m60 Andy Murray 2.00.35
2436/2 w65 Ros Tabor 2.01.03
4718 entered

Southern Vets League, Hillingdon

5 June

Making her track debut for HHH, and competing in 3 events, Lucy Clapp registered some encouraging performances on a wet and windy evening at Hillingdon. All 3 of us struggled in our 800m races for slightly differing reasons - Claire Steward was having knee problems following a walking holiday in Glencoe the previous week, it was Lucy's debut in a particularly challenging event for a track novice, and I had 2 track races in my legs from the previous day at the Surrey Masters champs.

Claire had a much better run in her 200m shortly afterwards, finishing in second place and we all acquitted ourselves reasonably well in the 3000m. Although my time was slow, I was able to close down from halfway into the race having taken a convincing lead in my age category. Lucy bravely took part on the 4x100m relay at the end of the meeting, enjoying the experience and keeping the baton off the floor, with her team finishing third in a time of 69.5 secs.
HHH men finished first team for the second time, while the women finished a close second to Serpentine.

- Mike Mann

200m
Claire Steward 42.9 2nd W60
800m
Lucy Clapp 3:10.0 3rd W50
Claire Steward 3:40.7 3rd W60
Mike Mann 2:51.6 4th M60
3000m
Lucy Clapp 13:26.9 3rd W50
Claire Steward 14:32.4 3rd W60
Mike Mann 12:07.2 1st M60

Vets Ac 5 Mile Champs

13 June

The June fixture at Battersea Park is by tradition the championship race of this Vets AC summer series of road races, and took place in warm and humid conditions. Steve Davies, making his debut in this event, had another strong run to finish 2nd M45. Tony Tuohy finished 2nd M50 but was disappointed with his run which was down by just under a minute on his April performance at the same venue. Ange Norris started steadily as usual and continued in the same vein (again as usual), passing me in the final mile to finish 1st woman in a new W55 course record. In an echo of my run in the May race, I started strongly at close to my recent 5k pace, but struggled in the final mile. I was 4 secs down on my 2016 time, but 16 secs faster than last month.

-Mike Mann

Steve Davies 28:07 2nd M45
Tony Tuohy 29:15 2nd M50
Ange Norris 33:20 1st Woman, 1st W55, new W55 course record
Mike Mann 33:36 1st M65

South of England AA T&F Championships Crystal Palace

10 June 2017

A definite bad day at the office this one – despite knowing the course so well. The plan to go out at 5min miling and try and hold on at the end lasted all of 4laps / 1mile and the rest of the race was a bit of a slog. It was a good, competitive experience though and the support from Coach Steve, Clare and Wayne was much appreciated (more than making up for the missing positive reinforcement of Paul Devine - stuck in traffic, apparently).

5000m SM

17 Tim Bowen 16:21.46
25 started

Tour of Epsom

Ange Norris

Find a distance you don't like doing and do it 5 days in a row! Sometimes things aren't logical as this is exactly what I did.

The Tour of Epsom is a bit off the Dulwich radar but it's a multi-day challenge which is what attracted me to it. Dylan did it about 5 years ago and was keen for another try, so I was gearing up for a week of cheering with no thought of entering myself. However, something must have inspired me on the day before, as I signed up for all 5 days.

Monday, we were in some playing fields in Epsom with 3.8 miles to run. The distances were all fairly arbitrary; it seemed to depend on exactly where the marshals put the signs on the day, but it wasn't important as it was the same for everyone. I don't even run 5 days in a row, so the effects on my legs racing each day was unknown. With this in mind I set off fairly conservatively, unlike many others. This resulted in me catching up and overtaking several and consequently putting in more effort than I'd intended. It also resulted in my being in first place in the women's race. Scary, with 4 more days to go. Dylan was also in first place for the men, although he'd had far more of a race with just him and one other runner out front neck and neck for the whole race.

Tuesday, we were in Nonsuch Park with 3.7 miles to run. The lady in second place had arrived with determination to stick with me and she was there breathing down my neck for about 3 miles. Luckily, I had a bit more left than her and managed to extend my lead. My legs were tired but I had to hope hers were more tired. Dylan had a repeat of day 1 – almost running a 3-legged race with the same man, but he was out kicked at the end so it was 1:1 for the men with Dylan in second on time.

Wednesday, we were along the Hogsmill River in Ewell with 4.1 miles to run. This one favoured me being slightly longer. I knew I had to set off and run at my own pace without worrying about the second lady. Some of the run was on quiet roads but mostly it was on trails near the river. This was my favourite day: it was scenic, my legs were holding up so I was able to pass several runners in the last mile and I managed to extend my lead over the second lady. I was also having a race each day with a man who was now just 7 seconds in front of me. Dylan was getting to know his rival very well with another race spent virtually side by side. Unfortunately, his lack of training lately was showing as he didn't have the kick at the end again, leaving him 17 seconds down overall. Still all to run for.

Thursday, we were back in Nonsuch Park with a 2.6 mile time trial to run. Here runners are set off at 10 second intervals in groups of 5 according to their race number. I had the second lady starting behind me but also my main male rival starting just 10 seconds behind me and I knew he was quicker over the shorter distance. I was proved right as he soon caught up with me and overtook so I knew he'd extended his lead but had to wait to find out about the lady. I was ok, her legs were tiring quicker than mine. Dylan started with me, 2 minutes after his rival, so had to run as hard as he could. The plan paid off as he made up time. He was now 10 seconds behind going into the last race. I had over 2 minutes but nothing is ever guaranteed.

Friday, we were back in the playing fields in Epsom with a 3.7 mile handicap to run. It was 2 laps and some had completed a whole lap before others had started. Once again, I had my male rival starting 10 seconds behind me and once again he caught up. We both caught up and overtook my female rival so unless I fell over I was safe there but then I started to drop my male rival. Could I leave him far enough behind to overtake him in the overall standings? The answer to that was no, but I made up some time. Dylan had his rival starting 10 seconds behind him so set off as fast as he could. It was another good race between them but 5 days of racing took their toll more on Dylan's legs and he finished second overall.

This was a week of great fun. It was friendly between all the runners as you got to know them so much more than in a single race. Despite the short distance of each race I may even do it again.

Blackheath and Bromley Open Norman Park

12. June

Tim Bowen writes...
Good conditions at Norman Park on Monday – cool enough with the track sheltered from the wind. Shane O'Neill turned up for his track debut and some of the semi-pro who sold him his shiny new spikes must have rubbed off as he ran two sensible, but fast races. Ebe was on form coming through on the home straight to clinch the win vs someone half his height in the 1500m B while Mike was going steady a little further back.

Tony the legend Tuohy was bang on predicted time of 4:40 in the 1500 – slightly faster than his last effort here - but perhaps not quite as fast as he might have hoped for in the 800; it was much the same for me with a reasonable time for a (soft) PB in the 1500 followed by a slow 800, as my legs had had enough. Selma and Will provided some much appreciated support.

Results not yet posted, but from memory:

1500m A
4 Tim Bowen 4:19
? Shane O'Neill 4:35
? Tony Tuohy 4:40

800m A
? Tim Bowen 2:10

800m B
Shane O'Neill 2:18
Tony Tuohy ??

Blackheath and Bromley Open Norman Park

12. June

1500m B race
Being German I was briefly tempted at this open meeting to have a go at throwing stuff. The hammer was on offer and here Ajay's quest for sub-19 looked instantly achievable (albeit in meters not minutes). Watching a sturdy teenager expertly wielding the instrument made me come to my senses though: this seemed to involve more than just coming from a country where they are good at chucking things across the lawn.

The 1500m it was then, and since I put in a predicted time of over 5 minutes for my first effort of the season I ended up together with Mike in the B-heat (cut off at 4:58). This was predominantly a kids race as is often the case here. Apart from Mike and me there was only one other entrant over 5 ft. tall, a young women who started off not quite as madly as most of the kids. So I decided to try and stay with her for the first lap and then see. We cleared 300m in 57 sec (still a few seconds too fast but survivable) and then settled into the race. The pace dropped somewhat and I began to move through the field behind a small boy, hunting down the lead group of kids ahead. Selma, who was cheering us on together with Will from the sidelines had a good giggle at the spectacle of Gulliver bearing down on the land of Lilliput.

Comical value aside it turned into a good race, the boy running my pace and matching every acceleration I could throw at him. The bell found us two in the lead, I still had enough left and we were speeding up, side to side into the home straight. There my longer strides won out in the final sprint to the line, but I think it was an enjoyable race for both of us in a better time than I had hoped for at this point. Not under 5 minutes yet but it was a good tester and with more track training and an improvement of various niggles it looks like getting back to reasonable form.
Mike was also happy with his race, I haven't seen official results yet and he might report on it independently, so here only the time I stopped on my watch:

Mike Mann added...
Mike was reasonably happy with his race, finishing in around 5:35, fractionally down on his previous 1500m at the Surrey Masters champs earlier in June, but still short of his indoor track times. As is usual in these open races, the rest of the field, with the exception of Ebe, consisted of youngsters. I stayed at the back of the field as most of the kids started off past, but tracked a few of them for the remainder of the race. Selma's photo of me with 100m to go has me towering over three youngsters, looking like I was about to pick them up and hurl them across the grass.

Ebe Prill	5:02.5
Mike Mann	5.35.0

Concorde 5 miles

11th June 2017

This has been a firm favourite in our running schedule as it is a local race with the bonus of great facilities. Sadly this year there had been a change in arrangements and the British Airways social club, who normally host the race, was no longer available for showers or a Sunday roast. Instead the race HQ was at a nearby local college. We decided to go along anyway as one of organisers is a friend of Barrie's and we felt a certain loyalty to the event.

We left our entry to the day itself as I wasn't sure if my calf sprain would stand a race environment. I had tested it the day before in a slow parkrun to no ill effects but found myself going faster than intended even though it was still pedestrian. I therefore decided to sit this one out but just do a training run around Cranford Park.

The race is very low key but had a higher than normal entry this year. After seeing the runners off I did a very pleasant circuit of part of Cranford Park. Despite being so close to Heathrow it felt like being in the middle of the countryside. As I reached the furthest point on my second loop I heard a marshal encouraging runners and realised I was adjacent to the 3.5 mile point.

A quick calculation suggested Barrie wouldn't be far off reaching that point so I jogged up the road and managed to see him. He said I was the only supporter in the whole race which was in stark contrast to the London Marathon!

Barrie was a little slower than 2015 when he last ran but that said it was very hot. Personally I think he takes his foot off the gas when I am not part of the race…..! He received the traditional lovely Concorde medal and managed to achieve third in his age category.

We did have a shower afterwards and then watched a football tournament taking place in the college grounds over a barbecue lunch you could buy. Not quite the Sunday roast but a nice alternative in the sunshine! So all in all a good day out and definitely one for the diary next year. Rumours are that it may revert to the BA social club so normal order will be resumed!

-Lindsey Annable

60 Barrie John Nicholls (3rd MV60)
40:41.9
111 ran

parkrun June 10th

Banstead Woods
190 Ran

Pos	Gen		
1	1	Tony Tuohy	18:15

Beckenham Place
177 Ran

Pos	Gen		
45	41	Ian Sesnan	22:52

Brockwell
304 Ran

Pos	Gen		
14	14	Justin Siderfin	19:23
49	5	Ola Balme	21:36
51	6	Becca Schulleri	21:53
81	12	Clare Wyngard	23:30
97	82	Michael Dodds	23:49
194	54	Natalie Davys	27:31
235	74	Sharon Erdman	29:03
261	90	Claire Barnard	31:07

Burgess
245 Ran

Pos	Gen		
101	79	Paul Keating	25:19
232	106	Susan Vernon	36:05

Cleethorpes
197 Ran

Pos	Gen		
35	33	Colin Frith	22:51

Croxteth Hall
203 Ran

Pos	Gen		
12	1	Mel Edwards	21:17

Crystal Palace
270 Ran

Pos	Gen		
4	4	Steve Rolfe	18:15
17	17	Andy Cottrill	20:23
19	1	Belinda Cottrill	20:37
80	74	Bob Bell	24:25
111	99	Ameet Patel	25:33

Dulwich
257 Ran

Pos	Gen		
4	4	Lewis Laylee	16:54
55	53	Graham Laylee	22:03
56	54	Olivier Montfort	22:04
128	17	Hannah Harvest	25:30
173	137	Mick Mead	28:16

Fulham Palace
446 Ran

Pos	Gen		
70	6	Susan Cooper	21:43
111	96	Barrie John Nicholls	23:17
240	58	Lindsey Annable	27:04

Highbury Fields
278 Ran

Pos	Gen		
1	1	Andy Bond	16:44

Hilly Fields
244 Ran

Pos	Gen		
4	4	Alastair Locke	18:41
22	22	Gary Sullivan	20:42
24	24	Tom Wilson	20:55

Malling
204 Ran

Pos	Gen		
5	1	Tereza Francova	20:51

Newcastle
420 Ran

Pos	Gen		
125	113	Sam Mattu	23:59

Osterley
230 Ran

Pos	Gen		
19	16	Michael Mann	22:25

Peckham Rye
183 Ran

Pos	Gen		
55	52	Alex Bazin	23:40

Riddlesdown
169 Ran

Pos	Gen		
23	3	Ange Norris	21:44

Rickmansworth
280 Ran

Pos	Gen		
1	1	Gregory Hills	17:55

Royal Tunbridge Wells
246 Ran

Pos	Gen		
69	61	Rafe Collier	25:50
151	46	Rhoda Collier	30:50
152	106	Lloyd Collier	30:51

Southwark
248 Ran

Pos	Gen		
128	26	Kaylee Coxall	26:23

Tooting Common
538 Ran

Pos	Gen		
90	85	Cameron Timmis	22:07

Western Springs
80 Ran

Pos	Gen		
13	12	Nick Bell	22:29

Woking
310 Ran

Pos	Gen		
10	10	Toby De Belder	19:17

New members especially, and others....
For your results to appear here you need to update your parkrun profiles to show you are a current member of Dulwich Runners AC. or send them in.

DULWICH RUNNERS MIDSUMMER RELAY
WEDNESDAY 12 JULY 7.30 DULWICH PARK
3 x 1 LAP (APPROX 1 MILE) **£12 PER TEAM**

ENTRY FORM

TEAM NAME:
TEAM CATEGORY: PLEASE CIRCLE ONE

MEN

WOMEN

MIXED

LEG 1 name:
LEG 2 name:
LEG 3 name:
(individual names can be entered later)

Please complete, scan and email to ros.tabor49@gmail.com

Pay on day, or by bank transfer:

Sort code: 40 52 40

Account: Dulwich Runners AC: 00090986

Reference: RELAY plus TEAM NAME

DULWICH RUNNERS SUMMER RELAY
ORGANISED BY DULWICH RUNNERS AC

WEDNESDAY 12 JULY 2017 AT 7:30 PM

RACE INFORMATION Contact: 020 7701 2546

ros.tabor49@gmail.com

THE START: **7:30pm** in Dulwich Park, near Queen Mary's Gate, London SE21
see enclosed map or www.streetmap.co.uk (enter SE21 7BQ)

Public transport: For transport details to the park https://tfl.gov.uk/plan-a-journey/?to=se21+7bq

Trains - closest stations are N and W Dulwich
from London Victoria to Herne Hill and West Dulwich
from Orpington via Bromley South & Beckenham to West Dulwich and Herne Hill
from London Bridge to North Dulwich (or from East/West Croydon)
from Kings Cross, Farringdon and Blackfriars to Herne Hill (and northwards from Sutton and Wimbledon)
Tube - Victoria line to Brixton and bus
Buses - P4 (Brixton-Lewisham), P13 (Streatham-New X) to Dulwich Park (Queen Mary's Gate)
12, 40, 176, 185, 312 from central London to Dulwich Library/Plough, walk via Eynella Road
68, 468, 196 to Herne Hill station – walk via Half Moon lane, Burbage Road
37 to Half Moon Lane walk via Burbage Rd
3 to Croxted Road/Thurlow Park Road (nr. West Dulwich station) walk via Dulwich Common

Parking: Car park in Dulwich Park (in College Road gate, turn left at barrier), or Bel Air Park (Gallery Road).

ENTRIES: **£12 PER TEAM – ENTRY FORM ON WEBSITE.** You can enter your team, and fill in the individual names later.

RACE NUMBERS: Will be available at the start

CHANGING: Tent available, also for left baggage.
Attach the race number to the front of your vest / T-shirt.
Please do not run wearing headphones.

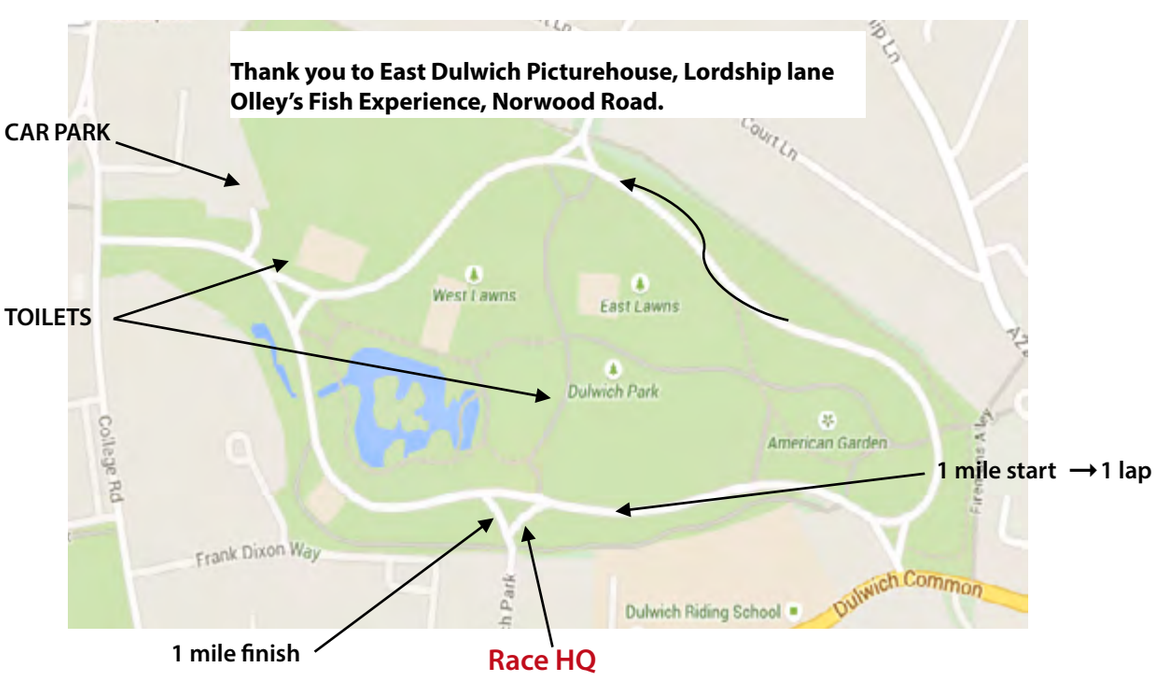
TOILETS: Near the car park exit and near the café (to right of lake from start/finish).

REFRESHMENTS: Water station at start/finish area.

COURSE: The relay (tarmac path) follows the main driveway, keeping the sand track to the left. 3 laps per team, each lap is just over 1 mile. Start , change over and finish at NE end of Queen Mary's gate.

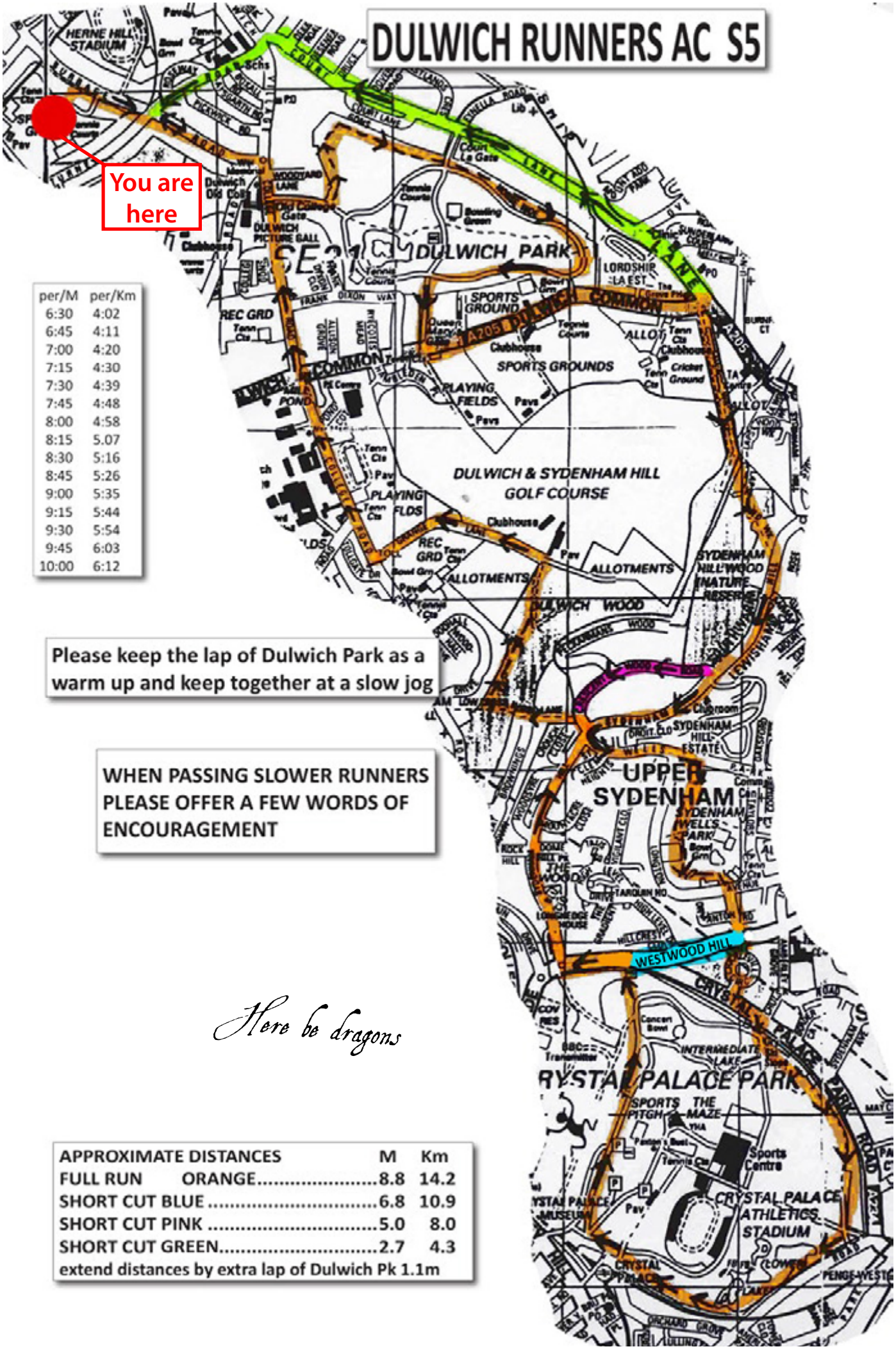
PRIZES: **prizes for 1st 3 teams in each category – men, women, mixed**

RESULTS: (and info on Dulwich Runners) www.dulwichrunners.org.uk



The course is almost 3 laps of the main carriageway within Dulwich Park.
Start and finish at North end of Queen Mary's gate driveway

DULWICH RUNNERS AC S5



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

Please keep the lap of Dulwich Park as a warm up and keep together at a slow jog

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

Here be dragons

APPROXIMATE DISTANCES	M	Km
FULL RUN ORANGE	8.8	14.2
SHORT CUT BLUE	6.8	10.9
SHORT CUT PINK	5.0	8.0
SHORT CUT GREEN	2.7	4.3

extend distances by extra lap of Dulwich Pk 1.1m