DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
June 28th 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 28 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 4 **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.

------- EVENT HORIZON -------
A brief look ahead

Jul 6 Assembly league - o2 Dome, Nth Grreenwich tbc
Jul 12 Dulwich Runners Relays - dulwich Park

Track Session Saturday

This Saturday there is likely to be another track session at Ladywell at 10am. see facebook or e-mail for confirmation.
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

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.
No 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

Paul Keating	**28/6**
Laura Lane	5/7

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 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.

DULWiCH RUNNERS HASH HOUSE run/ walk..... will take place on Saturday 22nd July. Start time to be decided but will take in the following breweries in the area, Gipsy Hill, London Beer Factory, Bullfinch, Canopy, Brixton and Brick Brewery.
Start time to be confirmed, but you will be able to do you normal park run/ training in the morning. - ***Tom South***

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

We now have enough people to help at the relay
THANKS VERY MUCH
so everyone else can run!

12.JULY.2017

3 x approx. 1mile lap

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

Entry forms and race details from
www.dulwichrunners.org.uk
or **ros.tabor@gmail.com**

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 2017/18 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**

2017		Race		Venue	
Jul	6	Assembly League		O2, North 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	
	14	Surrey League 1	men	Wimbledon Common	
	14	Surrey League 1	women	Priory Park Reigate	
	21	SEAA Relays		Wormwood Scrubs	
	21	Surrey Masters,		Richmond Park	**tbc**
	28	BMAF Relays		Long Eaton	
Nov	11	Surrey League 2	men	Priory Park, Reigate	
	17	November British and Irish Masters		Derry, Northern Ireland	
	18	London champs		Parliament Hil	
	25	England Masters Inter-Area		Bournemouth	**tbc**
	26	South of Thames 5		Beckenham	
Dec	2	Surrey League 2	women		**tbc**
	2	Kent Masters			**tbc**
	9	SEAA Relays		Long Eaton	
	16	South of Thames 7.5		Aldershot	
2018					
Jan	6	Surrey and Kent Champs			**tbc**
	13	Surrey League 3	men		**tbc**
	20	Vets AC Champs		Wimbledon Common	**tbc**
	27	South of England Champs			**tbc**
Feb	10	Surrey League 4	men	Lloyd Park	
	24	National Champs		Parliament Hill	
Mar	17	BMAF Champs		Forres, Scotland	

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 28/6	6 miles steady
Thurs 29/6	40 mins of 5 mins blocks of jog, marathon, HM, 10k, 5K, pace each minute x 8
Fri 30/6	rest or easy 4M
Sat 1/7	Track
Sun 2/7	slow 80 mins relaxed
Mon 3/7	easy 4M or rest
Tues 4/7	Grass session
Wed 5/7	4 miles slow with strides
Thurs 6/7	Assembly League
Fri 9/7	rest or easy 4M
Sat 10/7	Track
Sun 11/7	slow 45mins

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, with a social event afterwards. To achieve a good time in the SOAR Mile, the Mark Hayes Mile will provide ideal practice.

SOAR mile is filling up rapidly, 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 50 club members have entered out of 225 overall.
M60 (5): Bob Bell, Mike Mann, Andy Murray, Barrie John Nicholls, Ian Sesnan
M50 (6): Joseph Brady, Ameet Patel, Ebe Prill, Steve Smythe, Gary Sullivan, Tony Tuohy
M40 (11): Lloyd Collier, Rob Cope,Will Cotter, Steve Davies, Martin Double, Jim Dowsett, Hugh French, Ajay Khandelwal, Ian Lilley, Justin Siderfin, Tom South SM (11): Tim Bowen, James Burrows, Paul Devine, Alex Haylett, Greg Hills, Mark Lacey, Matt Ladds, Wayne Lashley, Alastair Locke, Shane O'Neill, Jonathan Whittaker
W60: (1): Ros Tabor
W50: (3) Ola Balme, Lucy Clapp, Clare Elms,
W40 (4): Lindsey Annable, Yvette Dore, Sharon Erdman, Andrea Pickup SW (11): Claire Barnard, Selma Benattia, Christina Dimitrov, Lucy Elms, Hannah Harvest, Roz Johnson, Helen Lister, Rebecca Schulleri, Katie Styles, Anna Thomas, Laura Vincent

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.

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

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.

BMAF Track & Field Champs Birmingham

24-25 June

With the European Masters champs taking place in Denmark in late July, these champs at the Alexander Stadium took place earlier than usual. Conditions were reasonably good but a troublesome breeze that picked up in the afternoon affected some of our races. Ros Tabor achieved another impressive medal haul of one gold and two silvers, while I managed bronze in the 5000m but finished 4th in the 1500m.

The W65/70 1500m was one of the most exciting in the meeting and one which I would have willingly paid money to watch, with Nancy Hitchmough (W65) and Angela Copson (W70) competing along with Ros. The first 3 laps were tactical with Ros closely following Nancy, but it all exploded into action the final 200m in one of the closest battles I've seen in a middle distance race with the 3 of them separated by under half a second. Ros finished second W65 and two hundreths of a second ahead of Copson, who the following day smashed the W70 5000m record by a cool 40 secs. In her 400m Ros effectively ran a trial but in an impressive SB of sub 78 in windy conditions. In her 800m Ros had another battle with Hitchmough, narrowly losing out in an exciting final 100m after leading for much of the race.

My 1500m was my fast outdoor performance of the season, but still some 5 secs below my indoor best in the winter, so there remains some work to do before Denmark, with our a couple of mile races in July providing good training opportunities. I have been targeting sub 20 in the 5000m, but it was not to be on the day. I was in a group of 4 runners in my M65+ race and although just about on target at 1km, gradually drifted off by around 12 secs at the 4km point. I was in a bit of a quandary during the race, having realized I was slightly off target, but with a gap in front felt that I would left to hang out to dry if I went ahead midway in the middle of the race so stayed with the pack, feeling frustrated when I was overtaken and the pace slowed. I was pleased to claw back some time in the final 1km with a strong final lap when I managed to get ahead of a M65 rival with whom I had been exchanging places.
My last opportunity this season for a sub 20 5000m lies with the European champs in Aarhus in a month's time as there are unlikely to other high profile competitive races that I can make. - ***Mike Mann***

400m
Ros Tabor 77.84 1st W65
800m
Ros Tabor 2.57.43 2nd W65
1500m
Mike Mann 5:32.72 4th M65
Ros Tabor 6:01.49 2nd W65
5000m
Mike Mann 20:08.05 3rd M65

The Dino Dash

21 June

A record 84 teams in total took part; 37 mixed, 26 male and 21 female.

The 'Dash' involved a relay of 3 legs, each being 3k. The course started at the southern end of the park, which is also the lowest end, so each leg was an uphill start. The route followed the outside of the park then circled the lake at the top. What goes up must come down; runners then started the descent, passed others on their way up, a quick loop around the lake to see the dinosaurs (Victorian rather than Mesozoic) and a downhill finish. It wasn't a course for fast times but was varied and all away from traffic. It was the hottest June day for 40 years so despite starting at 7.30 p.m. temperatures were still in the high twenties. To add to that the course was on dry, dusty, gravelly paths that, with the slight breeze, caught in your throat and caused much post run coughing. It was a good Dulwich turn out – we had 10 teams entered plus some members were part of other teams.

We had to make some last-minute changes to who ran which leg because of late drop outs, so the official results up on the webpage do not reflect this. Ebe volunteered to run for two teams to make up the numbers and had to change from B to A leg in his first team to run C leg in his second.

Our fastest overall team 'Grigorasaurus' was started off well by Steve Rolfe, who used his improving curve here (CP parkrun PBs in two consecutive weeks) to good effect. He told me that he looks forward to haunting a few track races this summer and it will be interesting to see what he can do. He handed over to James Burrows, who might be a bit down on his best from last year, but still ran a better time than he initially had feared and is back on improving form. Andy Bond, our fastest man entered on paper, also proved so on the night and ran just over 10 minutes, close to his run here last year. He said he lacked a bit of the incentive to push for a faster time (which in a straight race he no doubt is capable of) because he ran isolated in third place, no one in sight to chase and no one behind chasing him. These time trials can be trying in relays. Nevertheless, a third place overall and in the male team competition, is a good result. The two teams ahead would not have been caught even by combining our quickest three male times of the night. To have a realistic shot at winning in the men's here we would need our three fastest club runners in peak shape.

So on to the next team, in the mixed category, Remainosaurus. We certainly remained, that is in contention, until the last leg. Ebe ran the A leg solidly, according to his current form. Never one to cherish the uphills, he was pushed hard on the long initial ascent by Gary, who stayed close behind until Ebe could use the downhill to good effect and move away. Helen was next and put in a strong effort with the second fastest time of our DR women. She carries her marathon form well into the shorter distances. When she handed over to Alastair we were a good ten seconds ahead of the next mixed team (without knowing it though) and now our fastest man, the Locke Star was bringing it home. So, what could go wrong? Unfortunately, the London City Raptors had also kept their star act for last and his blistering sub10 run proved too much on the night and beat the Remainosaurus into a close second place. Alastair had a good run well under 10:30 (the second fastest DR man here), but is struggling at the moment with an achilles injury and not in his peak form. Well, next time!

The mixed category is definitely one where we stand a good chance in the future.
As is the female team, which also only narrowly missed first place. Andrea was on leg 1 for Dino – Sore legs tomorrow. She had some stiff opposition as despite running our fastest female leg, she finished in second position, just 17 seconds down. Second up was Ellie who also ran a good leg, but again was up against a much faster lady. They were still safely in second position which is where they finished. Becca on last leg made up some time with a third good run for the team.

Since the official results were ordered by team-number and no other breakdown provided I only went through the tedium of checking the finishing position for our fastest team in each category, apologies to the others. Also, the individual times in a fun relay like this may be taken with a pinch of salt because of possible mixups in the funnel for three legs. They can be out by more than 5 seconds compared to the time a runner stopped her/himself and were so in several cases I could check on garmin or strava. The team times should be correct though.
- Ange Norris & Ebe Prill

the 10 DR teams' results in order of finishing time:

Grigorasaurus (male) 31:44; 3rd men's team out of 26 and 3rd overall
A) Steve Rolfe 10:30
B) James Burrows 11:13
C) Andy Bond 10:01

Remainosaurus (mixed) 33:49; 2nd mixed team out of 37 and 8th overall
A) Ebe Prill 11:20
B) Helen Lister 12:03
C) Alastair Locke 10:26

Miktosaurus (mixed 35:17
A) Michelle Lennon 12:25
B) Joshua Groenendijk 11:35
C) Justin Siderfin 11:17

Jurassic Joggers (male) 36:28
A) Gary Sullivan 11:46
B) Mark Foster 11:44
C) Mike Mann 12:58

Dino-Sore legs tomorrow (female) 36:53; 2nd women's team out of 21 and 20th overall
A) Andrea Pickup 11:57
B) Ellie Balfe 12:32
C) Rebecca Schulleri 12:24

Paleosaurus (male) 37:07
A) Jim Dowsett 12:19
B) Hugh Balfour 12:10
C) Joe Brady 12:38

Toysraurus (female) 38:36
A) Lucy Clapp 13:12
B) Christina Dimitrov 12:31
C) Emma Ibell 12:53

Dromeasaurus (mixed) 39:39
A) Claire Barnard 15:03
B) Ange Norris 12:21
C) Ebe Prill 12:15

Diplodocus Dawdlers (female) 40:40
A) Eleanor Simmons 13:09
B) Laura Vincent 13:00
C) Jo Shelton-Pereda 14:31

Palaeocene Plodders (female) 44:08
A) Sharon Erdman 16:35
B) Hannah Harvest 14:41
C) Clare Cummings 12:52

European age group sprint triathlon Championships Dusseldorf

25th June

Clare Wyngard and I have just got back from Dusseldorf where she competed for GB in the European age group – in her case 55-59 – sprint triathlon championships. I've made many visits over the course of more years than I care to remember to both the Ruhrgebiet to the north and Cologne to the south but never to Dusseldorf in between. What I do remember, though, from one of those Cologne visits, actually the one with the club for the 2009 half marathon, was how our splendid guide to the Kolsch hostelries there never missed an opportunity to slag Dusseldorf off as the snooty, oh so superior, neighbour to down at heel but defiant, battling Koln.

Suffice to say we didn't share that impression. This was obviously helped by the weather but also, in my view, anyway, because I managed to steer Clare away from the higher end shopping opportunities – 'you're here to focus on the race, remember!'.

What about that race then? Well, the swim is always the most worrying element, especially as it's Clare's weakest, and the pre-race talk majored on whether the water temperature – of the Rhine we're talking here – would be officially declared low enough at 22 degrees to allow wetsuits. The option to wear one generally helps the relatively weaker swimmers on account of the greater buoyancy afforded although it's not an entirely one way street as they take longer to deal with when transitioning to the bike phase.

Ultimately it was declared low enough which may have been a bit of fudge because even I had entered the Rhine during the official familiarisation session on the Saturday afternoon – impressing all the proper athletes (I think) with my furious doggy paddle – and it was almost like a bath then. A spot of rain overnight cooled it down but even so. Anyway, Clare got her wish with the result that she enjoyed this 750m. swim more than any other she could recall from a triathlon and emerged from the water in 27th place out of the 31 in her age group and by the time she had completed the relatively long run in a wetsuit to the bike transition area she had probably gained a further 4 or 5 places.

The overnight rain had made the 21k bike course a bit treacherous in parts - and there were some crashes – as it criss-crossed the succession of impressive bridges across the Rhine but Clare rode sensibly where she had to and continued to enjoy the overall experience to record the 21st fastest bike time.

The 5k run phase always comes as a relief as it's where least can go wrong. Here it was a flat two lap course centred around the landmark Rheinturm.
The rather overpowering heat of the middle part of the week was a receding memory now, so that helped, but the weather was very changeable with strong winds (which had also been encountered on the bridges, especially, during the bike phase). Nevertheless Clare posted the 6th fastest run time in the category, a mere 4 seconds faster and it would have been the 2nd, and inevitably passed many of her rivals in the group, and in younger female groups too, plus the occasional male competitor. Her 23-49 would have been a perfectly satisfactory parkrun time, say, off scratch.

This all resulted in 18th place in 1hr-33mins-11secs which, we agreed, represented very much the top end of expectations and climaxed a thoroughly enjoyable few days on the banks of the Rhine. ***- Mike Dodds***

18/31FW55-59, Clare Wyngard 1-33-11 (swim18-55, 1st transition 4-31, bike 43-32, 2nd T 2-26, run 23-49)

Dusseldorf 'park run'

24th June

Look at the map of Europe on the general parkrun site and between a sprinkling of events in France and an already impressive collection in Poland you'll see a great gaping hole where Germany is. Things may be changing though…… but only gradually.

Welcome, then, to Dusseldorf 'park run' – note the gap between the two words – a weekly 5k at 10.00 each Saturday morning, so exactly the same as the UK in real time. It's free with a basic registration, no age details, for example, resulting in a bar code unique to that event but all very low key - can't stress that enough – and, crucially, no sponsors (yet).

Clare Wyngard and I were in Dusseldorf so that she could compete for GB in the European age group sprint triathlon championships last Sunday (see separate report). She and her team mates were tied up with the pre-race briefing mid Saturday morning but there had been a lively thread on the dedicated Facebook group, surrounded by all the usual neuroses of serious triathletes, along the lines of 'my partner, children, parents, grandparents etc. are accompanying me and don't want to miss their weekly parkrun fix, please, if at all possible'.

So it was that about a dozen Brits had shown up at the appointed spot in the city's Hofgarten by 9.50 a.m. looking around for clues and basically ready to write it all off with a 'Shame but this just ain't going to happen, is it?'. Then a few locals appeared with a race clock and a laptop. Eventually locals may have outnumbered the Brits but it was a close run thing.

It was obvious to the race director that he would have to do his briefing in English this week which he accomplished most impressively. It was also obvious that the various pacing groups were going to need a guide each as the 2 lap route was far from straightforward and there were no marshals. No one confessed to being faster than 23 min pace so a young lad, along with myself and two other middle aged Brits, set off as the 'lead pack'(!). We delivered on the time despite nearly being wiped out by a bunch of mountain bikers coming around a blind corner – 'Entschuldigungs' all round! - me in 24-14 and 3rd position on what turned out to be a 5.2k course. No finishing tokens so the single volunteer manning the clock had to scan the bar code and separately note my time. I haven't got a text or email yet but I think I know that I've now done 243 parkruns in the UK and Australia combined and, errr…, one run that's sort of similar somewhere else. ***-Mike Dodds***

A Dogs Life At The Dino Dash

Not only did a dinosaur turn up at the Dino Dash but several well known (at least at Crystal Palace parkrun) four legged runners also attended as team captains
Originally it was going to be Team Bell and another team formed of our Sunday dog run compatriots. It then turned into boys v girls hence the names Lunasaurus (after Luna the lady Husky) against Milo the male Labrador's teams Milosaurus
Holding back two huskies and one Labrador at the start was hard work but the talking point was how fast could Belinda go without Milo. Answers are as follows: ***- Bob Bell***

65	Andy Cottrill	12:01
123	Belinda Cottrill	13:15
169	Bob Bell	14:38

Southern Vets League

19 March

This meeting took place in sweltering conditions on Battersea track, but fortunately the 1500m was the longest race, so the heat was not too much of an issue. With Claire Steward injured, Lucy Clapp was our only women's representative. She had an excellent run and a sub 6 minute time this season is well within her capability.

My 400m was below par and similar to the time I achieved in a 400m rep at the end of a speed session 2 days earlier. Although my 1500m time was nothing to write home about, I was able to switch off halfway through the race having gone into a clear lead midway through the race in the M60 competition. ***- Mike Mann***

400m

Mike Mann 78.2

1500m

Lucy Clapp 6:04.01
Mike Mann 5:43.2

SCVAC League Kent Division Dartford

19/06/2017

Competing for Cambridge Harriers

200m

W35 (A)	Emily Gelder (W40)	3rd 31.6
W35 (B)	Cara Oliver (W40)	4th 34.7
W60	Ros Tabor (W65)	2nd 36.0

1500m

W35 (A)	Cara Oliver (W40)	2nd 5:27.7
W35 (B)	Emily Gelder (W40)	1st 5:29.2
W50	Ros Tabor (W65)	2nd 6:01.2

Shot putt

W35	Cara Oliver (W40)	5th 5.50

Javelin

W35	Emily Gelder (W40)	2nd 19.88

- Ros Tabor

parkrun June 24th

Beckenham
198 Ran

Pos	Gen		
143	107	Peter Jackson	28:39

Brockwell
242 Ran

Pos	Gen		
43	42	Cameron Timmis	21:41
72	68	Graham Laylee	23:01
163	41	Sharon Erdman	27:41

Burgess
262 Ran

Pos	Gen		
26	24	Hugh Balfour	20:05
240	146	Barry Evans	35:18
245	97	Susan Vernon	35:54
258	154	Chris Vernon	41:40

Crystal Palace
208 Ran

Pos	Gen		
2	2	Steve Rolfe	18:05
8	8	Tom Wilson	19:47
177	57	Penelope d'Arcy Graham	32:29

Dulwich
218 Ran

Pos	Gen		
5	5	Edward Harper	18:01
7	7	Paul Devine	18:20
21	19	Paul Vivash	20:20
25	23	Ajay Khandelwal	20:34
26	24	Michael Fullilove	20:38
45	7	Lucy Clapp	22:44
60	49	Mark Muffett	23:20

Malling
201 Ran

Pos	Gen		
9	1	Tereza Francova	20:46

Orpington
160 Ran

Pos	Gen		
41	38	Colin Frith	24:15

Osterley
177 Ran

Pos	Gen		
25	23	Barrie John Nicholls	23:47
52	8	Lindsey Annable	25:52

Peckham Rye
222 Ran

Pos	Gen		
1	1	Andy Bond	16:26
36	4	Michelle Lennon	20:54
51	42	Gideon Franklin	21:50
59	12	Clare Cummings	22:21
161	64	Emily Warburton-Brown	28:47
171	103	Mick Mead	29:18

Poole
559 Ran

Pos	Gen		
24	24	Andy Cottrill	19:47
63	4	Belinda Cottrill	21:20

Riddlesdown
194 Ran

Pos	Gen		
26	2	Ange Norris	21:47

Shepton Mallet

Chris won tickets to Glasto so armed with wellies off we set. A long day/ night on your feet is not good preparation for running but Saturday decided to venture out to Shepton Mallet and take part in their eighth parkrun.

One other festival goer turned up, he being from the infamous now defunct Little Stoke parkrun. Local runners dressed up in Glasto gear, mainly looking like being out of the 60's, which if I'd known meant I needn't have changed to running gear.

Anyway despite some good intentions at 2.00 am (yes of course I'm running) on the day Mrs Bell decided to lay in leaving Bob as the only one representing Sarf London. Check us out Staying Alive to Barry Gibb, we are at the front next to a CND flag and a very bright multicoloured shirt.

Peace and love to all and roll on 2019

151 Ran

Pos	Gen		
37	31	Bob Bell	24:53

Southwark
273 Ran

Pos	Gen		
123	106	Paul Keating	25:34
144	28	Kaylee Coxall	26:48

Whitstable
286 Ran

Pos	Gen		
1	1	Gregory Hills	18:13

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.

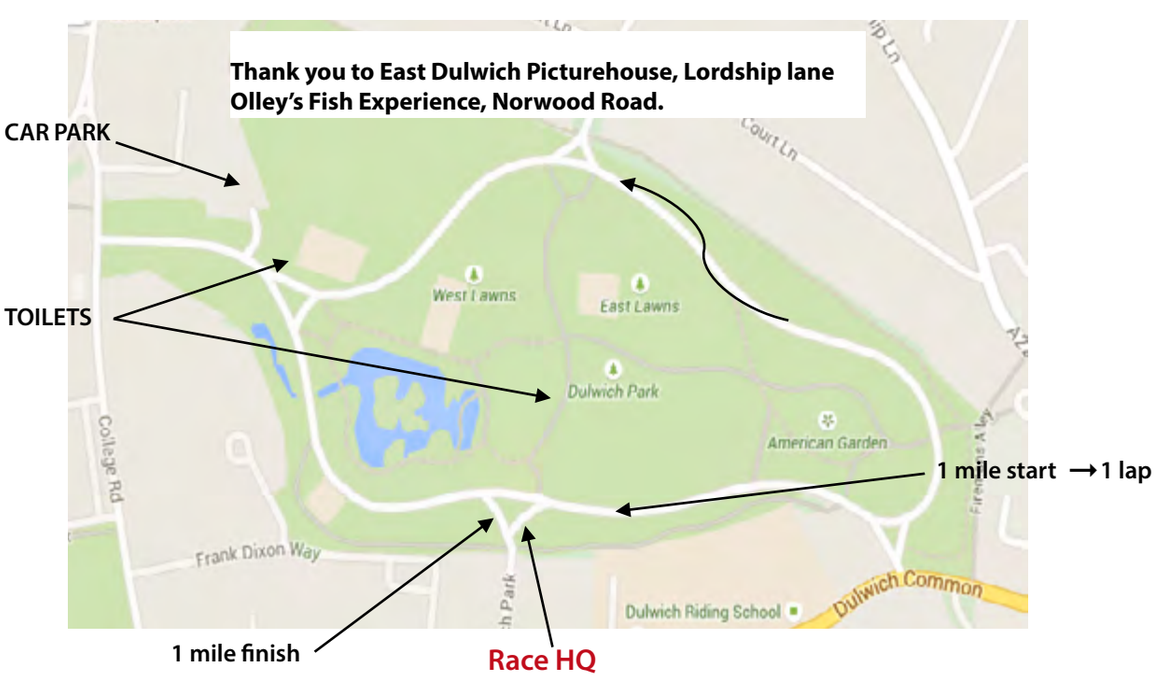
TOILETS: Near the car park exit and near the café (to right of lake from start/finish).

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

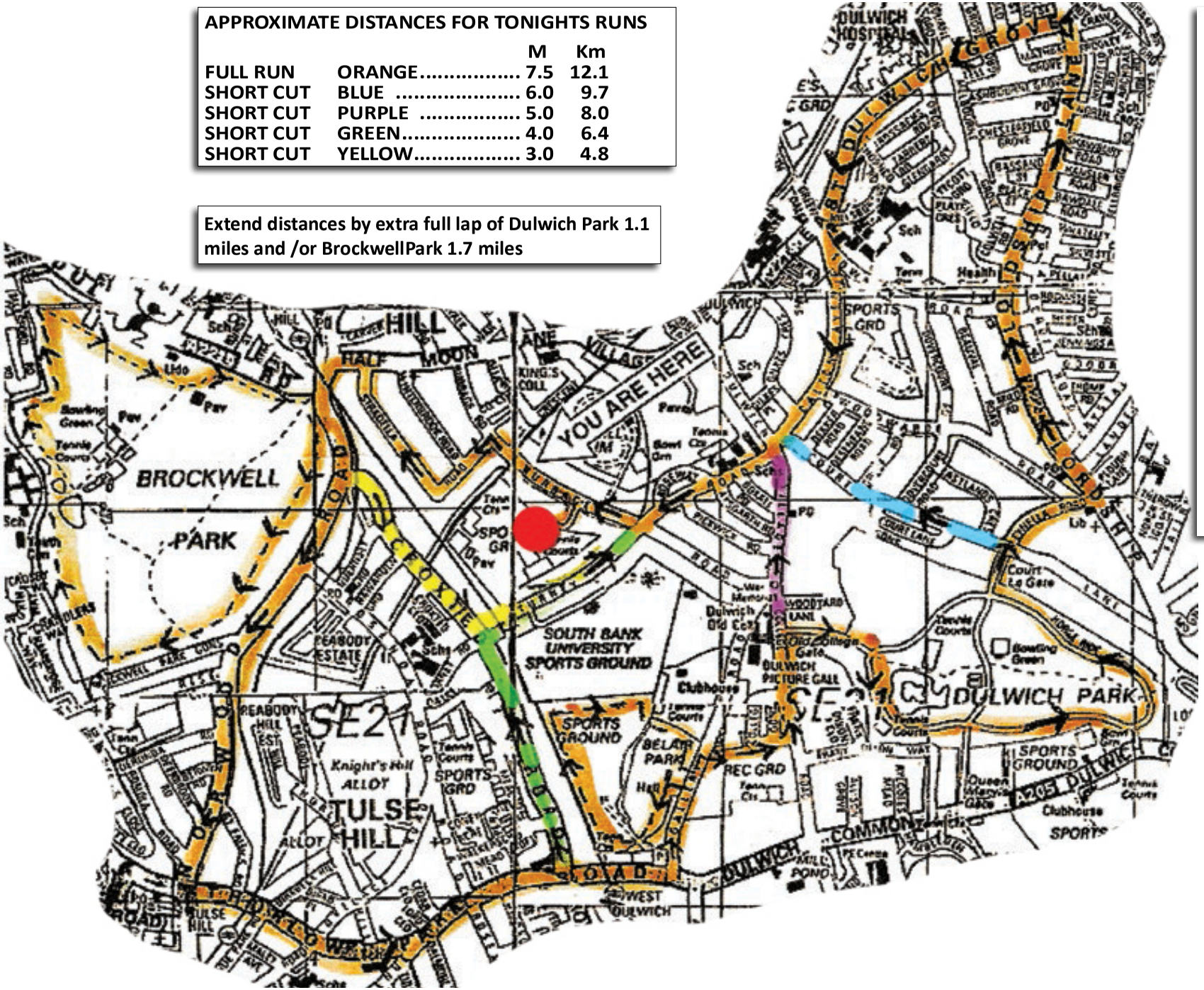


The course is almost 3 laps of the main carriageway within Dulwich Park.
Start and finish at North end of Queen Mary's gate driveway

DULWICH RUNNERS AC S7

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE.....	7.5	12.1
SHORT CUT	BLUE	6.0	9.7
SHORT CUT	PURPLE	5.0	8.0
SHORT CUT	GREEN.....	4.0	6.4
SHORT CUT	YELLOW.....	3.0	4.8

Extend distances by extra full lap of Dulwich Park 1.1 miles and /or BrockwellPark 1.7 miles

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