DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
May 10 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 10 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 16 **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
3 Fixture list, club champs, road, XC, etc
5 Race reports & results, Assembly league etc
8 Club Champs standings so far
11 Parkrun results
12 Wednesday map

And much more !

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

You can follow us on

TRACK SESSIONS

At Dulwich College track on College Road.
Warm up taken by **Elkie Mace** 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

May 20 British Masters Relay - Sutton Pk, Midlands

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

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Thanks to Mike Mann and Tony Tuohy for taking out new runners last week.
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

Natalie Davys	**10/5**
Yvette Dore	17/5
Sharon Erdman	24/5

LUCKY VEST

May winner - Hugh Balfour

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 and all kit 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

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

P
O
T

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

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

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

HOODIES...

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

Buffs/snoods - only £6

News from Ola Balme

It's been two years since my husband's (Jon) battle with Glioblastoma Grade 4 brain tumour.

He passed away peacefully in his sleep during the early hours of Sunday 7 May.

Thank you for the support from many of you over the last two years.

- Ola Balme

This year's 3 x 1 mile Summer relay will be on Wednesday 12 July in Dulwich Park.
It's the major fund raiser for club funds and so it's essential that as many members as possible either run or help.
So put the date in your diary now !

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

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

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	
May	20	British Masters Relay	Sutton Pk, Midlands	
	22	Blackheath& Bromley Open Meeting	Norman Park	
	24	BMC/ Cambridge Harriers Open Meeting	Eltham	
Jun	1	Assembly League incorporating Club champs 5k	Battersea Park	
	4	Surrey Masters Track and Field Championships	Ewell	
	12	Blackheath & Bromley Open Meeting,	Norman Park	
	21	BMC/Cambridge Harriers Open Meeting	Eltham	
	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	

2017 CLUB CHAMPIONSHIPS

1	Jun	Assembly League 5k, Battersea Pk	S
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.

Mile Club Champs, SOAR Mile, Battersea Park -21 July

Good news! We have now filled the one outstanding gap in the 2017 club championships programme. We will be using the SOAR Mile taking place on the track at Battersea Park on the evening of 21 July as our mile club champs event.
There will be 10 seeded races with up to 20 in each race. Entries are due to open next week. The Mark Hayes Mile will take place as planned a week earlier 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 will be available soon. 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.

Assembly League Races

These races will 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.
Some venues are yet to be confirmed but most, if not all, are likely to be the same as in 2016. The race at Battersea Park on 1 June will be used as our 5k club champs. The confirmed dates and provisional; venues will be as follows:

June 1	Battersea Park
July 6	O2, North Greenwich
July 27	Victoria Pk, Hackney
Sept 7	Beckenham

Assembly league races are free to enter, just turn up on the day. Open to all members whatever your ability.

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, start near bandstand in centre of park (no HQ)
O2, Start on riverside east of North Greenwich station (no HQ)
Beckenham, race HQ Beckenham Cricket Club, Foxgrove Road, start at SW entrance park at the end of Beckenham Place Park Road

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

Sat 20th & Sun 21st May

Teams of eleven runners who each run a leg on Saturday and a leg on Sunday around the Green Belt of London. Starts at Hampton Court on Saturday morning and ends at Kingston at approx. 6 p.m. on Sunday, roughly following the Green Belt. Although it is a relay, each leg has a specific start time. www.greenbeltrelay.org.uk
We have entered one team so far and.

If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen.
Legs vary in length from 6 miles to 13.5 miles and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.
Note – This is the same weekend as the BMAF relays at Sutton Park, Birmingham.
Ange – dulwichladiescaptain@gmail.com

A few people have asked for a general summer schedule to improve 5km speed

though am happy to provide individual ones to those with more specific targets - optional additional 3M morning run some days if required to increase mileage Wed May 3: easy 4 miles
Thurs: Assembly League Victoria Park or fast 4 Fri rest or easy 3M with strides
Sat: parkrun - if didn't race Thursday - if not 5M steady
Sun: 10M relaxed as feel
Mon: rest or easy 3M
Tues: track/speed
Wed: steady 6M (30 secs per mile slower than 10k pace)
Thurs: 5M alternating approx Marathon and 5k pace each mile
Fri: rest or easy 3M
Sat: 5M inc parkrun
Sun: 10M relaxed as feel
Mon: rest or easy 3M
Tues: track/speed
Wed: steady 5M
Thurs: 4 miles easy with 30 secs at 5k pace every mile
Fri rest or easy 3M
Sat: relays or parkrun

Kent AC is pleased announced the first..

Join the event Facebook group: Ladywell 10000 or send an email to ladywell10000@gmail.com to register your interest and be kept up to date.

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***

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.

Assembly League 3.5m (race 2) Victoria Park

Thursday 4th May

36 intrepid Dulwich Runners trekked over to Hackney for race 2 (of 6) of this year's fixtures; the League is ever-popular and we were a sizeable presence at the most remote fixture in what appears to be a record field of 328 finishers.

The Dulwich men have made a good start and both A and B teams were 4th on the day and are the same overall. The women have been consistently second to Kent AC's much greater depth in the last couple of years and that appears to be continuing; both A and B teams were second on the day and again are the same overall.

The Dulwich presence at the sharp end of such a quality race is now greater than for many years. Last year at this venue the Dublin Dynamo Tim Bowen produced the two best Dulwich times for 20 years. He was absent this time as he prioritised recovery from his marathon but will no doubt be motivated to get back quickly by being usurped here by a superlative run, a minute faster than last year, and squeezing a whole second under Tim's best as he took a stunning 6th place; the name's Bond, Andy Bond. And that wasn't all; only seven seconds back, Dylan Wymer's inexorable rise continued with a superb debut. He may be only second-claim to us but he scores in a Dulwich vest here and his mum is Ange Norris so he's alright by me.

Buzz's 'current' comeback is starting to look sustained with another good run as he got within 15 seconds of his best times here. He had reminded me beforehand that I had got a couple of rare victories over him here; no chance of that today as I dug in to try and chase down Wayne on the run-in. No chance of that either, not even any Wayne's World comedy as he ran well, just 11 seconds short of his best from two years ago to close out our A team. I was 10 seconds back, comfortably better than last year's poor form but a tad disappointed not to be closer to 19 minutes. Steve Davies was taking care of his post-marathon legs and ran steadily for two miles before pushing on from there, getting to within 5 seconds of me and obviously capable of more. Daniel Mann is currently in sub-17 5k shape but misjudged this one with blistering early pace; I literally saw his legs shut down ahead of me with half a mile to go and passed him at the last corner, swiftly followed by Steve. The B team was completed by an excellent debut run from Edward Harper, yet another recent addition to our growing senior strength.

Paul and Mark ran solidly while still recovering from their marathons, split by a good course-best from still-improving Tom South. Clare was wary of her own post-marathon form but also ran solidly with Mark and Ian, and did enough to be first woman overall. Ian is now within a minute of his best here and stayed ahead of a good debut from Tom Wilson. Ebe is also trying to lose the marathon from his legs and ran solidly, but only half a minute back Selma was running a blinder, a minute better than last year's efforts, two minutes up on the year before and comfortably faster than sub-20 pace for 5k; she did well to beat Andrea, who was running pretty well herself.

She was followed by a welcome return from Duncan Hussey and then solid runs in quick succession from Joseph (getting fitter all the time), Mike Mann (1st M65) and a stormer from Anna; she's only bettered her 20:50 5k pace

here once before, and that was in a 5k two years ago, a superb run that completed our A team. Lucy Elms is very lightly trained at the moment after shin problems but achieved her best time here despite starting too far back – she will go faster, and Rebecca on her debut here did very well to be so close.

Michelle was next with yet another course best, followed by a very promising debut from Christina (completing the B team) and solid runs from Ian Sesnan, Lucy Pickering (excellent sub-22 5k pace, close to her best parkruns) and Katie Styles, running well up to recent form. Decent runs from Graham, Ros and Eleanor preceded Andy just managing to hold off the Dodds/Wyngard household; Mike it was who got the nod this time over Clare, fresh (or not so fresh) from her exertions at the age-group Euro Champs Duathlon the previous week. Claire Steward, recently battling with injury/fitness, completed our contingent and won't thank me for mentioning that she has been faster. So I won't.

-Tony Tuohy

6	Andy Bond	M40	18:14	M40/2
11	Dylan Wymer	SM	18:21	
24	Buzz Shephard	M40	18:52	M40/9
32	Wayne Lashley	SM	19:08	
35	Tony Tuohy	M50	19:18	M50/2
39	Steve Davies	M45	19:23	M45/2
41	Daniel Mann	SM	19:26	
58	Edward Harper	SM	19:52	
65	Paul Devine	SM	20:06	
90	Tom South	M40	20:35	
102	Mark Lacey	SM	20:54	
1W/103	Clare Elms	W50	20:56	1W/W50/1
109/108M	Ian Lilley	M45	21:10	
118/116M	Tom Wilson	M40	21:19	
131/127M	Ebe Prill	M50	21:38	M50/5
12W/160	Selma Benattia	W35	22:12	W35/3
15W/167	Andrea Pickup	W45	22:26	W45/1
180/162M	Duncan Hussey	M50	22:52	
190/169M	Joseph Brady	M50	23:14	
194/173M	Mike Mann	M65	23:21	M65/1
23W/198	Anna Thomas	W35	23:27	W35/6
27W/206	Lucy Elms	U20W	23:37	U20W/2
28W/207	Rebecca Schulleri	SW	23:38	
32W/216	Michelle Lennon	W50	23:50	W50/3
36W/227	Christina Dimitrov	SW	24:21	
231/195M	Ian Sesnan	M55	24:34	M55/5
38W/235	Lucy Pickering	W50	24:36	W50/5
41W/243	Katie Styles	W35	24:51	W35/9
250/206M	Graham Laylee	M60	25:08	M60/3
45W/251	Ros Tabor	W65	25:14	W65/1
46W/254	Eleanor Simmons	W35	25:23	W35/10
264/212M	Andy Murray	M60	26:10	M60/4
267/214M	Mike Dodds	M55	26:15	M55/9
55W/271	Clare Wyngard	W55	26:20	W55/1
68W/293	Claire Steward	W65	27:36	W65/2

DNF Jim Dowsett

328 finished

Men A team on day

1 Kent	1, 3, 4, 5	13 pts
2 Stock E	2, 8, 14, 21	45 pts
3 VPHTH	7, 9, 10, 27	53 pts
4 Dulwich	**6, 11, 24, 32**	**73 pts**
5 Lloyds	13, 22, 38, 46	119 pts
6 Petts W	16, 26, 53, 67	162 pts
7 Eton M	33, 59, 64, 73	228 pts
8 Camb H	37, 63, 66, 109	275 pts
9 Serp	52, 81, 82, 85	300 pts
10 Beck	34, 78, 144, 155	411 pts
11 Lon Un	55, 79, 98, 196	518 pts
12 Ravens	12, 161, 215, 216	604 pts
13 Dartf	131, 184, 191, 234	740 pts

Men B Team on day

Kent	15, 17, 18, 19	69 pts
Stock E	23, 25, 36, 40	124 pts
VPHTH	29, 31, 42, 44	146pts
Dulwich	**35, 39, 41, 58**	**173 pts**
Lloyds	51, 56, 87, 89	283 pts
Petts W	69. 80, 91, 93	333 pts
Eton M	86, 88, 106, 118	398 pts
Serp	129, 145, 149, 174	597 pts
Camb H	128, 150, 237, 237	752 pts
Beck	177, 193, 229, 237	836 pts
Lon U	205, 211, 219, 224	859 pts
Ravens	221, 223, 233, 237	914 pts

Women A Team on day

Kent	4, 6, 7, 8	25 pts
Dulwich	**1, 12, 15, 23**	**51 pts**
Vic Pk	7, 10, 10, 27	53 pts
Eton M	2, 14, 18, 24	58 pts
Beck	21, 40, 42, 57	160 pts
Lloyds	26, 44, 63, 70	183 pts
Dartf	37, 61, 64, 80	242 pts
Petts W	43, 48, 93, 93	277 pts
Ravens	11, 93, 93, 93	290 pts
Serp	75, 88, 93, 93	349 pts
Stock E	79, 93, 93, 93	358 pts

Women B Team on day

Kent	16, 17, 19, 20	72 pts
Dulwich	**27, 28, 32, 36**	**123 pts**
Vic Pk	29, 31, 42, 44	146 pts
Eton M	31, 34, 35, 51	151 pts
Beck	58, 93, 93, 93	334 pts

Darent Valley 10k MT

Sun 7th May

This popular multi-terrain event was clocking up its 27th edition with a record 700-plus entries and as I'd done six out of the last seven I was obviously going to do it again; well, it's the law. It's a tough course and always starts at the crack of 8.30am but remains one of my favourites, probably because I'd won the 1st M50 for the previous four years. This was my fourth race of the week including a parkrun and late gig the day before so I was not exactly feeling perky and consequently was slightly perturbed to see fellow M50 and close rival Andy Howey warming up; I'd beaten him twice recently but not by much and knew he'd been off-form.

The first mile felt like break-neck speed and I was even more perturbed when Howey came alongside and started exchanging pleasantries. I say exchange but all he got in return from me was a gasping grunt and I was pleased when he soon dropped off the pace. The first half passed in a swift 17:40 or so but the harder part was still to come. The off-road section just after half-way includes an uphill slog across a grass field and then tracks down and through a farmyard; this was all nice and dry this year, before re-joining tarmac for the 'killer' hill during the fifth mile.

Just for a change, uphills not normally being my strong point, I was still pushing on quite well here and got some decent speed going again on the fast downhill sixth mile to grab back a couple of places and secure the M50 prize (real cash money – paid for my entry fee). My Garmin always records a long 6.36 miles or so, but who cares, the time was 1:23 faster than last year and only 37 seconds short of my best 35:54 from back in 2011 (when the course was slightly shorter) so I was quite pleased with that.

Also running was Tereza; she's been improving a lot lately but even though fresh from recent 5k (19:59) and 10k (41:05) PBs she found this course a different prospect. Nevertheless, bagging 4th woman overall in quite a close race (even the winner was outside 40 minutes) is a great result.

Jim unfortunately recorded his second DNF of the week (after Thursday's Assembly League). His post-marathon hamstring problem appears OK running easily but makes its presence felt in race-mode. He'll need to stop provoking it for a while now so it can mend – I know this, trust me I'm a doctor (as in, 'trust me I'm a marathon runner'). It was nice to bump into Steve Wehrle too before the start, now running with a sizeable lot from Orpington Road Runners.

-Tony Tuohy

8	Tony Tuohy	36:31	1st M50
91	Tereza Francova	42:59	4th SW
495	Steve Wehrle (2nd claim)	60:09	
DNF	Jim Dowsett		

653 finishers

Southern Vets League

8 May

This was the first fixture of the season on a chilly night at the track in Battersea Park. It looks like HHH won both the men's and women's matches but official results are not yet available, so some of the times below are provisional. As is common in these track meetings both we were asked to compete in events slightly outside our comfort zones, with Claire doing the 2km walk and 400m and myself the 400m.

Meanwhile Gary Budinger was competing as a HHH non-scorer in his first track race since his teenage years. Somewhat surprisingly our 400m races were quite good in comparison with our stronger event, the 1500m. Gary slowed in the middle of his 1500m, but the experience will have done him no harm and he is looking to improve on his time as the season progresses. Claire managed to complete the walk without any ill effects. ***Mike Mann***

400m

Claire Steward 1:33 2nd
Mike Mann 77.0 3rd

1500m

Claire Steward 6:41.6 3rd
Mike Mann 5:46 2nd
Gary Budinger 6:20

2000m walk

Claire Steward 14:52.3 4th

Breaking news.. Forget sub 2

Nike announce audacious new moonshot backing Dulwich runner under the radar talent!

You may have noticed the similarities between the track at monza and the smooth tarmac of Dulwich park run. My training partner and protege Eliud Kipchoge popped over for a cup of tea and to commiserate with me. We shared a similar sense of tragedy at our heroic near misses.

Yes, my Marathon attempt fell 39 seconds short and his 26 seconds out. We talked well into the night comparing training logs, bonding over memorable injuries, munching on stewed spinach washed down by mouthfuls of fine nitrate rich beetroot juice. Then Eliud said, "Nike have dropped me. They're looking for a new moon shoot. Something impossible. Really unbelievable. Epoch shattering. Yes my brother Ajay they want to put their global resources into you. Their marketing department loved it. No one could believe you have even 1 percent of what is required to run a sub 19 5km." ... And so Project Ajay19 was born?

Feeing the post marathon blues? then this column will provide the ultimate antidote and will run until sub 19 is achieved, or Nike run out of money !....

Ajay Khandelwal

Vets Ac 5 Miles

9 May

I decided to have a crack at the second of the summer series of Vets AC races around Battersea Park. My pace for the first 3 miles was quite ambitious and very similar to that in my recent 5ks and Assembly League race at Victoria Park, but faded by a few seconds after that, giving me a time 20 secs down on last year's championship race in June, and putting me 6th in this year M65 UK rankings to date. The message I take from this is that I need to step up the pace in forthcoming 5ks. The Vets AC championship race takes place on 13 June.

Mike Mann 33:53 (unofficial)

2017 Club Championships

within age groups after 4 events including marathons to May 1

	Short				Long					
	5k Southwark 4-Feb	10k Regents Pk 5-Mar	5k Battersea 1-Jun	1m Battersea 21 Jul	1/2M Padd Wood 2-Apr	Marathon London or other 23-Apr	5m MT Wimbledon 10-Sep	10m Sitting bourne 1-Oct	Bonus for no. of events	TOTAL 5 events max inc. 1.S,L
Women Senior										
Helen Lister		50			50	49			3	152
Laura Vincent	48				46	45			3	142
Karina Burrowes	43				45	43			3	134
Selma Benattia	50				49				2	101
Katie Styles	46	49							2	97
Claire Barnard	44				43				2	89
Hannah Harvest	42				44				2	88
Shona Mcintosh						50			1	51
Anna Thomas	49								1	50
Melanie Edwards						48			1	49
Fiona Askew					48				1	49
Alice Williams						47			1	48
Rebecca Schulleri					47				1	48
Eleanor Simmons	47								1	48
Clare Cummings						46			1	47
Susan Cooper	45								1	46
Laura Lane						44			1	45
Tessa Morrison						42			1	43
Women V40										
Michelle Lennon	50	50			50	50			4	204
Yvette Dore	48	49			49	49			4	199
Joanne Shelton-Pereda	47	48			48				3	146
Lindsey Annable	46				47				2	95
Sharon Erdman	45				45				2	92
Emma Ibell	49								1	50
Tess Le					46				1	47
Kaylee Coxall	44								1	45
Women V50										
Clare Elms	50	50			50				3	153
Lucy Pickering		48			49	49			3	149
Lucy Clapp	49	49							2	100
Ange Norris						50			1	51
Clare Wyngard	48								1	49
Women V60										
Ros Tabor	50	50			50				3	153
Claire Steward		49							1	50
Susan Vernon	49								1	50
Men Senior										
Timothy Bowen	49	50			50	50			4	203
Alastair Locke	50	49			49	49			4	201
Mark Lacey	45	46			47	46			4	188
Shane O'neill	46	47			45	43			4	185
Daniel Mann	47	48			46				3	144
Greg Hills					48	48			2	98
Paul Devine					44	47			2	93
James Burrows	44	45							2	91
Alex Haylett	43	44							2	89
Paul Vivash					42	42			2	86
Matt Ladds					40	41			2	83
Wayne Lashley	48								1	49
Tom Tabori						45			1	46
Edward Chuck						44			1	45
Toby De Belder					43				1	44
Freddie Vernon	42								1	43
Jonathan Whitaker					41				1	42
Men V40										
Stephen Davies	49	49			50	49			4	201
Grzegorz Galezia	42	40			46	45			4	177
Jim Dowsett	41	43			45	43			4	176
Andy Bond	50	50			49				3	152
Charles Lound	48	48				50			3	149
Rob Cope	40	44			47				3	134
Ajay Khandelwal	43	42				42			3	130
Cameron Timmis	39	39			41				3	122

Michael Hutchinson					48	46			2	96
Ian Lilley	47	46							2	95
Mark Callaghan	45					47			2	94
William Cotter	44				42				2	88
Justin Siderfin		41			44				2	87
Tom Marshall						48			1	49
Tom South		47							1	48
Lloyd Collier	46								1	47
Holger Betz		45							1	46
Tom Wilson						44			1	45
Mark Foster					43				1	44
Martin Double					40				1	41
Hugh French	38								1	39
Men V50										
Ebe Prill	49	49			49	49			4	200
Tony Tuohy	50	50			50				3	153
Stephen Smythe	48				48	50			3	149
Gary Sullivan	47	47			47				3	144
Joseph Brady	46	48			45				3	142
Michael Fullilove	45				46				2	93
Duncan Wilson		46			44				2	92
Graham Laylee	43	45							2	90
Michael Dodds	41	44							2	87
Paul Keating	40	43							2	85
Gideon Franklin	44								1	45
Colin Frith	42								1	43
Ameet Patel	39								1	40
Men V60										
Barrie John Nicholls	47	48			49	48			4	196
Patrick Mcmorrow	45				48	49			3	145
Hugh Balfour	50					50			2	102
Stephen Williams	49				50				2	101
Michael Mann	48	50							2	100
Andy Murray	46	49							2	97
Bob Bell	44								1	45
Peter Jackson	43								1	44
Chris Vernon	42								1	43
0	64	40	-	-	49	37	-	-	190	

Best 5 count for year including 1 each short, long. Marathon points are temporary

	Short				Long						
	5k Southwark 4-Feb	10k Regents Pk 5-Mar	5k Battersea 1-Jun	1m Batter-sea	1/2M Padd Wood 2-Apr	Marathon London or other 23-Apr	5m Wimbledon Sep	10m Sitting bourne 1-Oct	Events counting	TOTAL 5 events max inc 1.S,L	Average
Stephen Davies	859	824			839	814			4	3,335	834
Timothy Bowen	787	781			802	806			4	3,176	794
Alastair Locke	797	780			784	774			4	3,135	784
Michelle Lennon	787	770			783	744			4	3,085	771
Ebe Prill	789	779			787	705			4	3,060	765
Mark Lacey	750	739			749	712			4	2,950	738
Shane O'neill	764	739			734	671			4	2,908	727
Grzegorz Galezia	723	684			722	707			4	2,836	709
Clare Elms	947	922			919				3	2,789	930
Yvette Dore	684	698			708	685			4	2,775	694
Ros Tabor	875	921			912				3	2,707	902
Barrie John Nicholls	716	697			697	588			4	2,698	674
Jim Dowsett	691	680			666	636			4	2,673	668
Tony Tuohy	881	844			846				3	2,571	857
Andy Bond	845	815			805				3	2,464	821
Charles Lound	827	790				836			3	2,452	817
Stephen Smythe	809				802	837			3	2,447	816
Daniel Mann	797	765			755				3	2,317	772
Gary Sullivan	788	742			768				3	2,297	766
Lucy Pickering		740			766	726			3	2,233	744
Helen Lister		730			748	733			3	2,211	737
Rob Cope	679	698			723				3	2,100	700
Joseph Brady	711	692			674				3	2,076	692
Ajay Khandelwal	725	690				635			3	2,050	683
Cameron Timmis	670	655			630				3	1,954	651
Joanne Shelton-pereda	629	648			633				3	1,910	637
Laura Vincent	689				627	591			3	1,907	636
Patrick Mcmorrow	646				618	590			3	1,854	618
Karina Burrowes	610				589	546			3	1,745	582
Michael Mann	826	798							2	1,623	812

Stephen Williams	775				808				2	1,583	792
Ian Lilley	795	752							2	1,547	774
Lucy Clapp	747	768							2	1,515	757
Selma Benattia	755				734				2	1,489	745
Hugh Balfour	792					692			2	1,484	742
Greg Hills					757	710			2	1,467	734
Mark Callaghan	735					730			2	1,465	733
Paul Devine					738	725			2	1,463	731
Michael Fullilove	725				729				2	1,454	727
Michael Hutchinson					738	713			2	1,451	725
Andy Murray	722	717							2	1,439	720
Graham Laylee	717	713							2	1,430	715
James Burrows	713	697							2	1,410	705
William Cotter	729				663				2	1,393	696
Justin Siderfin		674			671				2	1,346	673
Michael Dodds	668	661							2	1,329	665
Lindsey Annable	664				663				2	1,327	663
Katie Styles	679	645							2	1,323	662
Paul Vivash					666	627			2	1,293	647
Duncan Wilson		688			604				2	1,292	646
Hannah Harvest	603				596				2	1,199	600
Paul Keating	610	579							2	1,189	594
Claire Barnard	612				561				2	1,172	586
Sharon Erdman	606				557				2	1,163	582
Alex Haylett	558	553							2	1,111	555
Matt Ladds					574	417			2	991	496
Ange Norris						871			1	871	871
Claire Steward		850							1	850	850
Shona Mcintosh						809			1	809	809
Mark Foster					794				1	794	794
Wayne Lashley	785								1	785	785
Lloyd Collier	761								1	761	761
Tom Marshall						755			1	755	755
Emma Ibell	753								1	753	753
Holger Betz		743							1	743	743
Tom South		735							1	735	735
Melanie Edwards						733			1	733	733
Clare Wyngard	725								1	725	725
Fiona Askew					719				1	719	719
Gideon Franklin	704								1	704	704
Anna Thomas	699								1	699	699
Colin Frith	691								1	691	691
Eleanor Simmons	687								1	687	687
Tom Tabori						687			1	687	687
Edward Chuck						685			1	685	685
Toby de Belder					680				1	680	680
Alice Williams						673			1	673	673
Susan Cooper	667								1	667	667
Rebecca Schulleri					646				1	646	646
Tom Wilson						645			1	645	645
Jonathan Whitaker					634				1	634	634
Bob Bell	631								1	631	631
Peter Jackson	630								1	630	630
Clare Cummings						612			1	612	612
Kaylee Coxall	602								1	602	602
Laura Lane						595			1	595	595
Ameet Patel	584								1	584	584
Martin Double					582				1	582	582
Tess Le					539				1	539	539
Hugh French	533								1	533	533
Tessa Morrison						522			1	522	522
Susan Vernon	509								1	509	509
Freddie Vernon	498								1	498	498
Chris Vernon	432								1	432	432
0	64	40	-	-	49	37	-	-	190		

parkrun May 6th

Banstead Woods

253 ran

Pos	Gen		
2	2	Tony Tuohy	17:48

Brighton & Hove

633 ran

Pos	Gen		
185	161	Gary Budinger	24:05

Brockwell

374 ran

Pos	Gen		
1	1	Edward Chuck	16:37
43	42	Mark Foster	20:15
62	4	Ola Balme	21:07
69	64	Sam Mattu	21:19
70	6	Michelle Lennon	21:31
98	90	Graham Laylee	22:37
116	101	Michael Dodds	23:21
199	44	Clare Wyngard	25:31
202	45	Sarah Banting	25:33
260	69	Sharon Erdman	27:16

Burgess

338 ran

Pos	Gen		
82	9	Ros Tabor	22:31
98	86	Andy Murray	23:16
334	196	Chris Vernon	39:13
338	140	Susan Vernon	40:33

Croxteth Hall

306 ran

Pos	Gen		
13	2	Mel Edwards	20:07

Crystal Palace

308 ran

Pos	Gen		
4	4	Steve Rolfe	19:08
10	10	Tom Wilson	19:42
26	25	Andy Cottrill	21:05
27	2	Belinda Cottrill	21:08
105	91	Bob Bell	24:41
123	19	Penelope D'arcy Graham	25:36
300	116	Joanne Shelton Pereda	38:36

Dulwich

304 ran

Pos	Gen		
4	4	Andy Bond	16:26
14	14	Daniel Mann	18:18
37	37	Stephen Davies	19:48
66	61	Paul Devine	21:33
89	78	Duncan Wilson	22:22
232	173	Mick Mead	28:55

Lloyd

288 ran

Pos	Gen		
43	2	Eleanor Simmons	23:06

Old Deer Park

137 ran

Pos	Gen		
30	28	Barrie John Nicholls	23:13
63	10	Lindsey Annable	26:02

Penallta

226 ran

Pos	Gen		
14	13	Gary Sullivan	20:29

Peckham Rye

230 ran

Pos	Gen		
3	3	Alastair Locke	17:31
7	7	Charles Lound	18:21
13	13	Toby De Belder	19:08
17	1	Helen Lister	19:41
18	17	Ebe Prill	19:42
55	51	Alex Bazin	22:04

Riddlesdown

187 ran

Pos	Gen		
25	3	Ange Norris	21:21

Seaton

133 ran

Pos	Gen		
32	27	Barnes Stringer	24:48

Tooting Common

641 ran

Pos	Gen		
102	96	Cameron Timmis	21:54
126	117	Ian Sesnan	22:37

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 AC - S12

Here be dragons

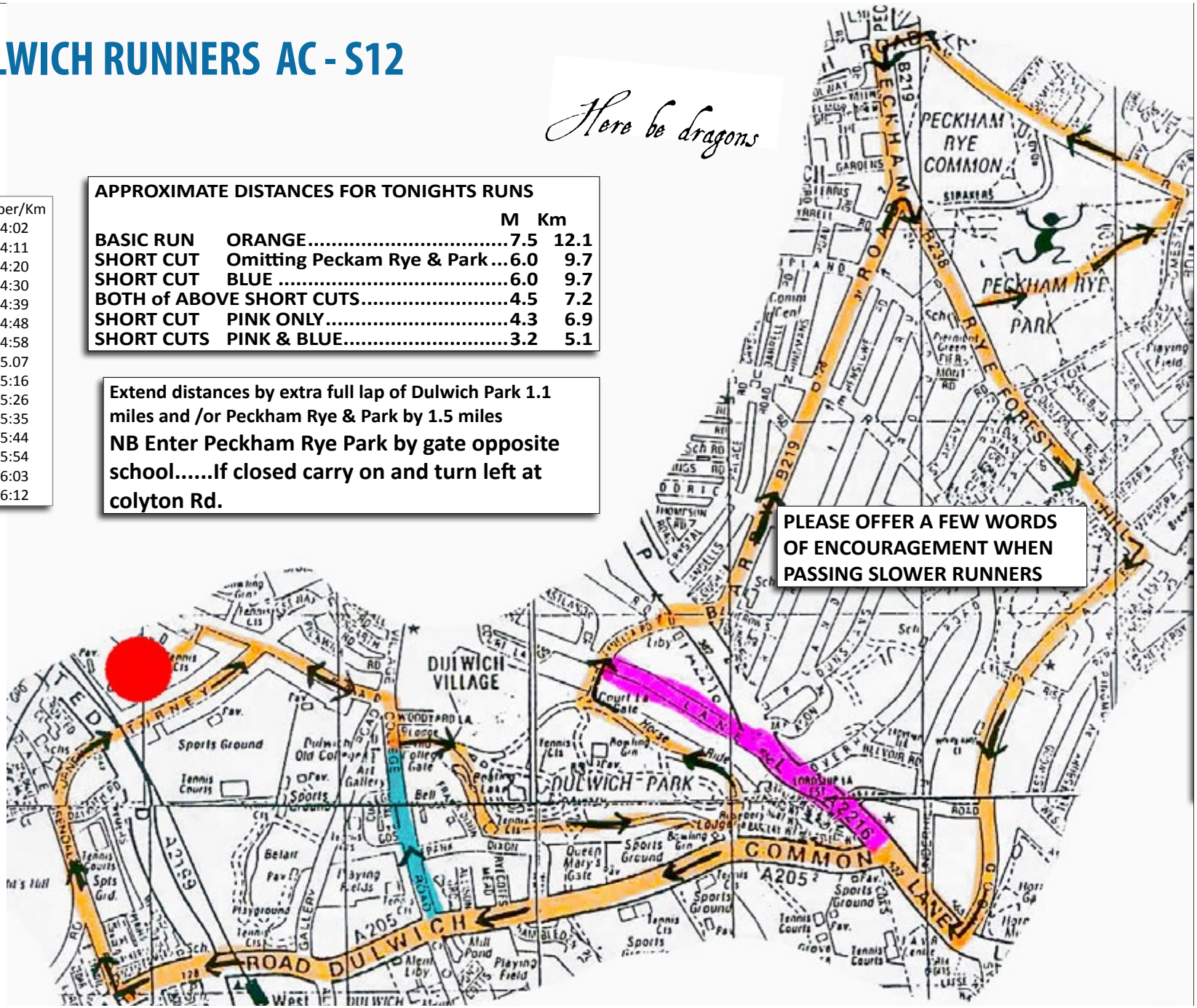
per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
BASIC RUN	ORANGE	7.5	12.1
SHORT CUT	Omitting Peckam Rye & Park	6.0	9.7
SHORT CUT	BLUE	6.0	9.7
BOTH of ABOVE SHORT CUTS		4.5	7.2
SHORT CUT	PINK ONLY	4.3	6.9
SHORT CUTS	PINK & BLUE	3.2	5.1

Extend distances by extra full lap of Dulwich Park 1.1 miles and /or Peckham Rye & Park by 1.5 miles

NB Enter Peckham Rye Park by gate opposite school.....If closed carry on and turn left at colyton Rd.



PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT WHEN PASSING SLOWER RUNNERS

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

Thank you to East Dulwich Picturehouse, Lordship lane
Olley's Fish Experience, Norwood Road.

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