SHORTS

Dulwich Runners AC
Weekly Newsletter
July 1st 2015

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

- THE COMING WEEK –

Wed 01 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 02 Assembly League - The Dome, Nth Greenwich
map etc page 5

Tue 07 Track Session - Dulwich College Track
7 for a 7:10pm start £1 per session...see below

TRACK SESSIONS

at Dulwich College Track

Tuesdays with Steve Smythe & Elkie Mace

Improve your speed & strength over all distances, suitable for all standards and abilities. £1 per session
Be warmed up ready for the session to start at 7.15

TRACK or HILL SESSIONS

Track Session
There will be another speed session this Saturday – more details on the Dulwich facebook page.
Suitable for all speeds, It is recommended that you don't run a parkrun quickly before the session!
Additional details will be on the DR facebook page later in the week. ***- Steve Smythe***

LUCKY VEST

Tonight

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered to scoff after the Wednesday run.
Arrives close to 9 and the cost is £5, or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating...join in !

Rehydration !

After your run come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

In your SHORTS this week !

1... General information
3... 2016 London Marathon Entries
4... 2015 Dulwich Runners Club Champs races diary
6... Fixture list, club champs,XC, road, track
7... Ros beats own world record !
7... Race reports
9... Parkrun results
10... Club Champs after 6 events
14... Wednesday night routes map

And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list page 4

July 2	Assembly League, The Dome, Nth Greenwich
July 10	Mark Hayes 1mile Club Champs, Dulwich Park

NEW RUNNERS ROTA

Many thanks to **Jo Shelton** for taking out new runners last week.
If you are on the list, please can you 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**

Tom South	**01/07**
Katie Styles	08/07
Ros Tabor	15/07
Cameron Timmis	22/07

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to help cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - **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

Dulwich Runners Midsummer 5k

A big thank you to all Dulwich Runners who helped make the Midsummer 5k race go so well. You all coped with everything in your usual cheerful way.

We had good feedback from the Race Adjudicator, who himself participated and so could really appreciate everyone's contribution.

There have also been positive comments on twitter.

The amount raised will be reported in Shorts when we have worked out the final figures - it will make a substantial contribution to club funds.

If you helped you may have a free drink at the club this Wednesday, and your name (see list) will go into a draw to win a voucher from Intersport, Herne Hill.

Ros and Andy

Aileen Cook	Helen Lister	Mick Ward
Alastait Locke	Hugh French	Nicola Richmond
Alex Haylett	Ian Lilley	Patrick McMorrow
Andy Murray	Jim Doswett	Paul Hilton
Ange Norris	John English	Ros Tabor
Barry Graham	John O'Byrne	Ruth Bennett
Caroline Pettigrew	Kevin Chadwick	Sharon Erdman
Clare Wyngard	Laura Vincent	Stephanie Burchill
Dylan Wymer	Lewis Laylee	Steve Cook
Eleanor Allan	Lucy Pickering	Sue Cooper
Gideon Franklin	Matt Ladds	Ros Tabor
Graham Laylee	Michelle Lennon	

SOCIAL SPOT

SPOT

Glad that everyone enjoyed the first social of the year at Surma. Now that we have the lighter evenings and nicer weather watch this space for social updates..... ***Matt Ladds***

July

Mark Hayes Mile Drinks - Friday 10th July

After the club mile, come along for a drink at The Alleyns Head.

Summer Picnic

Sunday 26th July - Dulwich Park

All welcome, meet from noon onwards on the West Lawns opposite the Pavilion Cafe, bring your chairs, tables, blankets, food, drink and settle in for the afternoon. Fingers crossed for some glorious summer weather!

Always open to suggestions/requests so feel free to drop me a line or grab me when I'm down the club matthew.ladds@uk.zurich.com

Thanks - Matt

UPDATE ON JOSE

José is now at at Stanmore RNOH and is able to speak :-) he would welcome visitors.

It's been exactly two months since José's accident; and what incredible progress he has made.

He made it to the Spinal Rehabilitation ward at Stanmore hospital in time for his birthday (10th June). He is now breathing without the aid of the ventilator or additional oxygen all day and on his first night (Tuesday/Wednesday this week) he went 5 hours unsupported. His lung capacity also continues to increase, averaging around 1.5 litres now.

But here's the really good news:

Following a real-time x-ray earlier today it was decided that José is now strong enough to try EATING and DRINKING! The nurses will begin feeding him a small amount of soft/mashed food at lunch and dinner, and he can have single sips of liquid through a straw. He will get the calories he needs from a drip directly into his stomach, but the oral feed will help him strengthen his jaw and swallow.

The speech and language therapists can now start adding some vocal physio to improve his speaking. This accompanies the physio on his arms and shoulders, to keep them supple; and the increasing time in a wheelchair, to get used to being upright and to toughen the skin around his back and "sitting bones". He is also getting electrical stimulation therapy, and time on a tilt table – and he has his trunks ready for whenever hydrotherapy is given the green light.

Visiting hours are from 2pm to 8pm, limited to two at a time

Thank you all for your continued support and encouragement.

Please do contact me if anyone wants an update before visiting. wishes. Katie katherine.barretta@yahoo.com

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each

Limited stock of hoodies, very small sizes only. I can order more if enough people are interested. They will be £20 each.

Most kit is usually available Wednesdays at the club

Contact Ros ros@28kerfield.freeserve.co.uk

With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

London Marathon 2016 guaranteed entries

On the Virgin Money London Marathon website now are details of entries guaranteed by marathon and half marathon times run in 2014 or 2015. There is an early deadline for good for age entries.

Good For Age Entry

If you've already run a full marathon in a particularly fast time, you might qualify for an automatic 'good for age' entry into the 2016 Virgin Money London Marathon.

Do I qualify?

You can apply for a 'good for age' entry if you've run a full marathon in the same time, or faster than, the times listed below, please note the times must have been achieved since the 1st January 2014:

Men	Time (in hours)	Women	Time (in hours)
Age 18-40	sub 3:05	Age 18-40	sub 3:45
Age 41-49	sub 3:15	Age 41-49	sub 3:50
Age 50-59	sub 3:20	Age 50-59	sub 4:00
Age 60-64	sub 3:45	Age 60-64	sub 4:30
Age 65-69	sub 4:00	Age 65-69	sub 5:00
Age 70-75	sub 5:00	Age 70-75	sub 6:00
76+	sub 5:30	76+	sub 6.30

How do I apply?

Applications for 2016 Virgin Money London Marathon 'good for age' entries are now open. Please click on the link below to apply for your entry. **The deadline to apply is 9 July at 17:00**.
Please be aware that once you have applied, we will be checking your application and if accepted we will send you an email confirming your log on details and a link to allow you to complete and pay for your entry.
You will receive this within 15 working days and certainly no later than the 17 July by 17:00. If you have not received either an acceptance or rejection email by that date please call our helpdesk on 020 7902 0200.
The closing date for completing and paying for your entry (if accepted) is 24 July at 17:00.
Please note 'good for age' entries are open to UK residents only.
https://www.virginmoneylondonmarathon.com/en-gb/how-to-enter/good-age-entry/

Championship Entry *[better start and runners count in the UK team competition]*

If you're a member of an athletics club associated with British Athletics and you achieved a championship -qualifying performance for a marathon (or half marathon) in 2014 or 2015, you can apply for a championship entry place in the 2016 Virgin Money London Marathon. The system to apply will open at the start of November 2015 – see below for more details.

Do I qualify?

You needed to have completed a marathon (or half marathon) in the same time as, or faster than, the times listed below – these are the official championship qualifying performance times. Your qualifying time must have been achieved after 1st January 2014:

Men	Time (in hours)	Women	Time (in hours)
Full marathon	sub 2:45	**Full marathon**	sub 3:15
Half marathon	sub 1:15	**Half marathon**	sub 1:30

How do I apply?

The 2016 system to apply for championship entries will open at the start of November 2015. All applications should be completed by early January – we will publish the deadline date here once the entry system opens. All applicants will be informed whether they have been successful or unsuccessful by email within 15 days of making their application.
To apply for championship entry, please check back here at the start of November.
https://www.virginmoneylondonmarathon.com/en-gb/how-to-enter/championship-entry/

Dulwich Runners 2015 Club Championships

Once again the races will be split into 3 distance categories. As the 3 long events fall within a 6 week period, we have added the Cabbage Patch 10 as an additional long race to accommodate those who may be injured during the spring. Details of scoring rules to follow.

Races still to come are :

10 July	Mark Hayes Mile, Dulwich College track (short)
31 Aug	Sevenoaks 7 (medium)
4 Oct	Middlesex 10k, Victoria Park (medium)
1 Nov	**Cabbage Patch 10 (long) RACE CANCELLED**
15 Nov	Epsom 10 (long)

Assembly League Races

These races range from 3 to 3.5 miles in distance, are on road or on paths within parks and are suitable for runners of all abilities, including newly joined members. They take place monthly over the summer months with the April fixture starting at 7.15 and the remainder at 7.30.
They are free to enter
Races still to come:

2 July The Dome (North Greenwich)

30 July Victoria Park, Hackney

3 September Beckenham (Beckenham Running Club HQ)

Another relay!
The Thames River Relay - Sunday September 6th

We are thinking of entering some teams for the Thames River Relay. It is a baton relay mainly run along the Thames towpath from Windsor to Kingston – 5 legs over 26.2 miles. Each leg is manageable by any standard of runner and it is a picturesque route. Like the Green Belt Relay runners run with a map, although there are signs and a few marshals and it is fairly straight forward being largely along the towpath.
We need both men and women runners as a team must have at least one lady plus another lady or a vet male, with no more than 3 senior males in any team.
It's slightly manic travelling from each start to the next but a beautiful run, great for supporting your fellow team members and a really fun day out – especially if finished off with a picnic at the end.
Organised by Stragglers to raise money for charity, it will cost £10 per runner.
If you are interested talk to me Ange Norris on a Wednesday evening or email angenorris@googlemail.com
I will need to finalise numbers by Wednesday 15th July.

Day	Track / Location	Event	Host	Website
July				
Wed 1	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Wed 1	Battersea Pk	Rosenheim		
Sat 4	Tooting	SML	HHH	
Mon 6	Mile End	Open	Just Timing	http://justiming-live.co.uk/mile-end2015.html
Tues 7	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Sun 12	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Mon 13	Perivale	SCVAC		
Mon 20	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Wed 22	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Wed 22	Tooting	Rosenheim	HHH	www.hernehillharriers.org
Sat 25	Tooting	Open	HHH	www.hernehillharriers.org
Sat 25/Sun 26	Birmingham	British Masters		
August				
Sat 1	Eton	SML Final		
Mon 3	Mile End	Open	Just Timing	www.justiming.co.uk
Tues 4	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Mon 10	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Wed 12	Kingsmeadow	Rosenheim Final		
Wed 19	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Wed 26	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Sat 29	Tooting	Open	HHH	www.hernehillharriers.org
September				
Sun 5	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Sun 6	Ashford	SCVAC Final		
Wed 9	Parliament Hill	Open	Highgate Harriers	www.highgateharriers.org.uk
Sat 12/Sun 13	Erith	Kent Masters Champs		http://www.kcaa.org.uk/fixtures.htm
Wed 16	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html

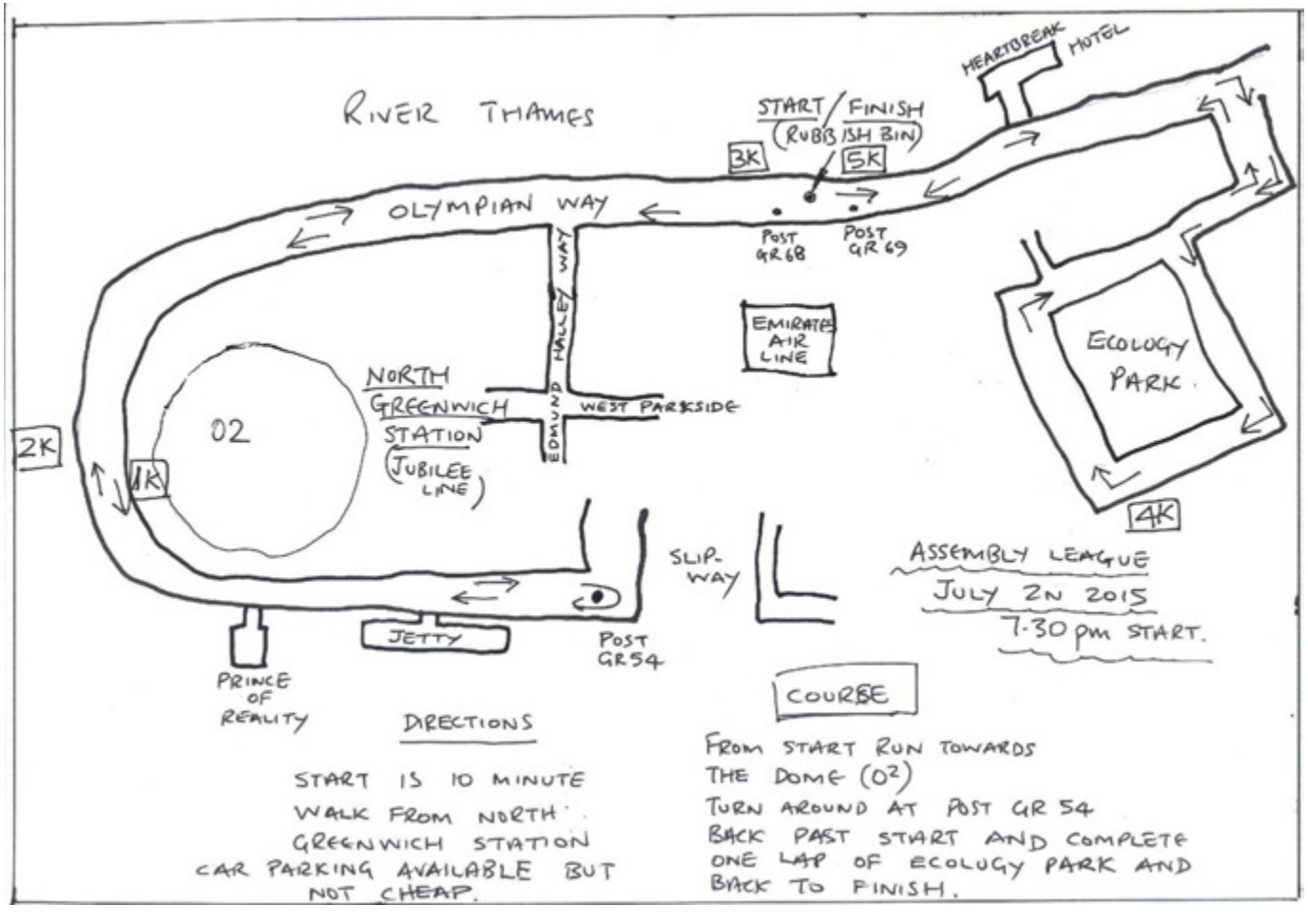
I will be doing this "little" challenge this year on the Isle of Wight. Serpentine usually sweep up all the medals with a big team so I wondered if anyone would like to participate in the 3 race series over 2 days to give this a go.
You will need to arrange accommodation but there are plenty of small hotels with sea views in Ventnor.
http://www.ventnor-iw.co.uk/

Sep 26th	The St. Boniface Fell	(3.8km 235m ascent, FRA class AS)
Sep 26th	The Ventnor Horseshoe	(12km 443m ascent, FRA class BM)
Sep 27th	The Wroxall Round	(21km 487m ascent, FRA class CL)

Please can you email me to confirm you have entered. duncan.j.wilson@hsbcib.com

Assembly League
Thursday 2 July, 7:30pm
O2 Dome, North Greenwich

Free to enter for all club members, all abilities and standards.
Just turn up and run, wear a club vest !



Dulwich Runners 2015/16 Fixtures

Further information regarding races will usually be here in SHORTS and or announced on a Wednesday club night.

Cross country and other races for 2015/16 have been announced.
Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

Date		Race		Venue
Jul	2	Assembly League The Dome North Greenwich 7:30pm		The Dome, Nth Greenwich
Jul	10	Mark Hayes Mile	short	Dulwich College Track
	30	Assembly League Victoria Park 7:30pm		Hackney
Aug	Mon 31	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	3	Assembly League Beckenham Running Club HQ 7:30pm		Beckenham
Sep	19/20	SEAA Road Relays		Aldershot
Oct	4	Middlesex 10k	medium	Victoria Park 10:30
	10	Surrey League match 1	men	Wimbledon Common
	10	Surrey League match 1	women	Nork Park
	17	Surrey Masters (tbc)		Richmond
Nov	1	Cabbage Patch 10	CANCELLED	CANCELLED
	7	Surrey League match 2	men	Walton
	14	London Champs		Parliament Hill Fields
	15	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
	tbc.21	South of Thames 5 mile race, (date and venue tbc)		Denbies Vineyard
Dec	5	Surrey League match 2	women	Lightwater
	12	SEAA Masters Champ		tbc
	19	South of Thames championship		Tonbridge
		2016		2016
Jan	9	County Champs (Surrey & Kent)		
	16	Surrey League match 3	men	Reigate Priory Park
	16	Surrey League match 3	women	Reigate Priory Park
	tbc 30	South of England champs		Parliament Hill Fields
Feb	13	Surrey League match 4	men	Lloyd Park
	13	Surrey League match 4	women	Richmond Park
	27	National Champs		tbc

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

A list of track meetings can be found on page 3

NB while I won't always be in attendance there is likely to be an organised track or hill session at Dulwich every Saturday leading up to the club mile.
It will probably be at 10am though will give confirmation and fuller details later in week.

Mark Hayes Memorial Club Mile - July 10th

Mark Hayes Memorial Club Mile, Friday July 10
Entries are now well over 50.
There will probably be 5 graded mile races (so you run against someone of similar ability) and a couple of children's races.
Please state your intention to run to steve.smythe@athleticsweekly.com if you haven't already.

Date for your diary:
Aldershot Road Relays
19/20 September 2015

The SEAA Road Relay Championships or 'Aldershot Relays' will be on 19th (women) and 20th (men) September 2015. These include separate senior and veterans categories and we usually manage to get a few teams out for what is a great day out. We'll be sorting out the entries later in the summer, but for now mark this in your diaries.

7 Oaks 7 entry now open

This year the 22nd 7Oaks7 run will be held on bank holiday Monday, 31 August 2015

Fee again unchanged: £11 Affiliated / £13 Unaffiliated / £15 On the day (subject to availability)

A course map, race notes, and other entry details can be found at: http://www.7oaks-ac.org.uk/sevenoaks-7

Race Reports & Results

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, xc, tri results etc, are welcome .

Golden Stag Mile, Barnet, June 24

Ros improved her own world W65 record to 6:03.65, three seconds up on her previous record outdoors and two seconds better than her indoor mark.

It gained her a staggering 101.58% on age-grading, her highest ever score at any event.
Her pacemaker took her through to halfway in 2:59 and a possible bid to become the oldest ever woman to better six minutes. But in breezy conditions, the pace slowed slightly on the third lap, and though trying hard, she wasn't quite able to maintain the pace over the final quarter but it was still an excellent run and her fastest mile for 9 years. The organisers provided a photo finish of the race and signed record forms so the mark can be claimed as a new world record.

Clare Elms also went two seconds faster than her world indoor record but in her first major track race of the season following marathon training, her chance of setting an official world W50 outdoor was not as good as Ros's.
Clare has run a 4:58.7 in last year's Dulwich mile Championships though that had insufficient graded officials and timekeepers for it to count as a record and her UK best under record conditions is 5:06.4 while the official world record is 5:00.59 by the Dane, Gitte Karlshoj. At halfway she was bang on target for the record (and to become the oldest woman to break five minutes!) as she passed in 2:29 but unfortunately the pack ahead slowed badly on the third lap and Clare was slightly boxed. She finished well though on the last lap but had to settle for a time of 5:04.93, which can be claimed to be a UK best under record conditions.
NB the second fastest ever W50 in Britain has run just 5:26 and Clare also holds the UK bests as a 40 year-old and a W45.

Her run gained her 99.3% on age-grading (her fourth best at any event) and fitness permitting and with more races, she should go significantly quicker. She was the fastest woman on the day by 20 seconds.

Also in the race were three other Dulwich Runner men. Ian Lilley ignored advice to save his energy for later laps by going into a big lead in the first 200 metres and attacking the wind alone. He eased back a little on the second lap and then was caught on the third lap as he slowed further. Steve Davies, who had listened to advice, finished very strongly and blasted past Ian in the last 200 metres and his kick got him inside five minutes for the first time with 4:59.16. Ian rallied well himself in the last 100 metres but was unlucky to just miss the five-minute barrier by 0.29 of a second. He still set a big PB but will go much quicker with better pacing.
Ebe held on close to Steve and Clare to halfway but wasn't quite able to maintain the pace on the second half but he was at least significantly quicker than his indoor mile and not too far outside his PB.

The race took part on the Barnet Copthall track which now is encompassed within the Saracens Rugby Ground. It's still an excellent track though used less than in the past when there was a monthly open meeting back in the 70s and 80s and one of the club participants set his 5000m PB on the track there 35 years earlier!

- Steve Smythe

Race 7

8 Steve Smythe	5:59.79
9 Ros Tabor	**6:03.65 (World W65 record)**

Race 9

3 Steve Davies	4:59.16 (PB)
4 Ian Lilley	5:00.29 (PB)
1W overall/8 Clare Elms	**5:04.93 (UK W50 best)**
11 Ebe Prill	5:12.54

Self Transcendence Road Mile, Edinburgh, June 17

Shona McIntosh took 8 seconds off her mile PB to win the race in 5:11 ***- Steve Smythe***

SCVAC track and field league, Kent Division Julie Rose Stadium Ashford Monday 29 June

Competing for Cambridge Harriers

400m	V50 Ros Tabor (V65)	2nd 76.3
3000m	V50 Ros Tabor (V65)	1st 12:44
Triple jump	V50 Ros Tabor (V65)	5th 5.37m

also a leg of the 4x400m relay
Ros Tabor

South Downs Half Marathon

Having been inspired by the words of Richard Askwith, I took the plunge and signed up to my first trail race at the South Downs Half Marathon. The route itself would follow one loop around the forests and fields of Queen Elizabeth's National Park with majority of it off road and on trail paths. The winner of the Man v Horse marathon the previous weekend joined another 400 plus runners on the start line in what were quite humid contiditions.

The race itself was broken up with three main climbs, with the last effort on the 12th mile nearly reducing me to a walk. I decided against looking at my watch the whole way around and ended up crossing the finish line in just over 1 hour and 33 minutes to leave me in 6th position. It was a truly excellent event in all and I would thoroughly recommend it to anyone who wants to escape from London for a run in the countryside.

6 Will Haines 1h:33

BMC Meeting, Eltham, 24th June

800m race C
In his fourth 800m of the summer campaign, and looking to chip another bit off his already impressive new PB from a couple of weeks ago, Lewis got himself seeded in a fast race in the hope of getting a good tow. It worked well, with splits of around 60 and 62, resulting in an improvement of another tenth of a second. More to come, methinks.
8 Lewis Laylee 2:02.55 PB

800m race D
Wayne opened his 800m account this year with this race, and somehow contrived to avoid the rampant Lewis in his slightly faster race. He certainly ran a decent enough opener though, splits about 61 and 63, and got a time less than two seconds adrift of last year's PB. More races will surely reduce this further and with Lloyd Collier also on an improvement curve I'd pay good money to see three Dulwich Runners in the same race battling each other towards a sub-2 minute 800m later this summer. Place your bets now.
8 Wayne Lashley 2:04.40

800m race E
And they just keep coming.... with some obvious growth this year, 15-year-old Oscar had already knocked three seconds off last year's PB but no-one saw this coming after a very fast first lap not far outside the minute – the expected lactic implosion didn't happen and he held on brilliantly for a huge five second improvement. I could do with a growth spurt like that.
4 Oscar Hussey 2:09.66 PB

1500m open race
After missing his PB by a mere second at his first attempt at 1500m this year a few weeks ago, Kev was hoping to get close again. After a long wait until well after 9pm he gave it a good go but missed out again despite his trademark fast finish. All good practice for the club mile though; expect something close to five minutes there.
4 Kevin Chadwick 4:47.43

5000m race B
After a good race at the Battersea Assembly League I was hopeful of a decent showing here so, despite a long wait until a 9.30pm start under floodlights, threw any caution to the wind and set out following the leaders at an initial sub-16 pace in order to stay sheltered from the headwind on the home straight.

The pace got even hotter by the third lap so I let them go and still passed the first 1600m in 5:10 but feeling okay. Running on alone I obviously had to slow and by the last mile resurgent M50 Keith Newton had caught me and I was worried. I started a long push for home from 800m out and felt he was getting dropped, which of course gives you confidence to push on more.

Approaching the bell I caught Beckenham's Chris Minns, waited until the back straight and went past for third place as hard as I could, holding him off by a little under two seconds with Keith a further four seconds back. A good last lap and a really good race, which is the best way to a good time, as I recorded my second best 5000m, bettered only by 2012's PB of 16:21. Lovely jubbly.

- Tony Tuohy

3 Tony Tuohy 16:30.80

Round the Island 2015, 27-28th June 2015

Birthday treat weekend: back to back ultras near my family home, the Isle of Wight. The fact that this was my fifth undertaking of this multi-stage (38 miles on Saturday and 32 miles on Sunday) event, doesn't make it any easier. Perhaps even harder by knowing what's still to come.

Saturday coming off the chain ferry ramp from Cowes is the start of the race; we think that this might be a unique start for any race. Although undulating, the majority of the first half is on quiet roads and firm tracks. Runnable even. My brother and I were leading the middle wave group, which I think was appreciated as one can easily go off course (not quite as simple as "keep the water on your left"). Check point at 9.5 miles, then a bit of a slog up Culver Down, where we were greeted to a display of circa 1,800 yachts. This race always coincides with the Round the Island Yacht Race; thankfully they had a decent wind this year. Alas that wind was right in our faces from 25 miles through to the end of the stage. Walk the ups, trot the downs came into play in the final third to finish day 1 just inside my previous best. Amazing day... just have to finish it off tomorrow.

My hopes for no wind, and overcast on Sunday thankfully came to pass. Although I did wonder as the sun crept out on the long – sorry two long climbs up to the Needles. If you weren't suffering after Saturday's endeavours, you would be early on day 2. Great views of the white cliffs, and back to the Needles once you've made another "cheeky" ascent up Heddon Warren. I ran with a fascinating lady (of 55) who's run various ultras and 24hr events, and accumulated 135 marathons and counting. We led the middle group again for the day; though I'm sure I held her up for half of it. A lot more shuffling and walking but kept the miles ticking over despite it being flatter over the fields and boardwalks over the marshes. Yes, a few kicker hills and sand to deal with, following some trails down to the beaches. Again, and almost certainly thanks to Angie, had another IOW PB, breaking 6hrs for the first time. The top 3 elite runners on both days whistled past before reaching the final checkpoint (having started an hour later); different league.

Minor plug: I can thoroughly recommend Neil Thubron's XNRG multi-stage events. Amazing courses/scenery, always very friendly – not nearly as corporate as others – and great nourishment (savoury and sweet snacks on the course and homemade cake at the end). What's not to like? Same again next year; anyone else? -Toby de Belder

Day 1: 38 miles. 7:03:19
Day 2: 32 miles. 5:51:45
13th/110 (81 completed both days).

The Oysterman Sprint Triathlon Whitstable Sunday 28 June 2015

I entered this inaugral Triathlon after Bob and Chris Bell told me about it. It helped being able to stay in their lovely house in Whitstable which was actually nearer to the start than the event carpark. The triathlon started a lot later than I am used to, enabling my partner, Mike, to do a glorious 11km coastal run before I'd even had breakfast. I assume that the start time had been fixed so that the tide was just right for us, at least that's what Bob, with his vast sailing knowledge, reckoned.

The 750m sea swim was a mass start and although wet suits were mandatory, the water was calm and felt quite warm (it was 14 degrees). The 20km one lap bike route was reasonably undulating but unfortunately too busy with Sunday drivers, precisely because of the late start. The 5km run started with a steep tough uphill onto the grassy path overlooking the sea but was then relatively straightforward, and the final 2.5km after the turn around was pleasant along the promenade past the bonny colourful beach huts. Mike and Bob did a great job of supporting but also ended up marshalling ad hoc a tricky part of the run where there seemed to be a lack of (experienced) marshalls.
I was amazed to be told when I finished that I was third woman overall - especially as there were no vets/age prizes, but just the top three men and women. I had passed a few women on the bike and run so was relieved that I managed to hold them off and just secure my place on the podium.

Clare Wyngard 3rd/24 F
44th/97finishers Finish Time: 1.22.14
Swim: 12.40; Cycle: 44.11; Run: 22.58

Dulwich Runners Midsummer 5k 25.06.15

1	Alex Gibbins	16:10	Blackheath & Bromley Ac
11	Lloyd Collier 2M40	17:20	Tun. Wells Harriers/Dulwich
37	Sorrell Walsh 1W	19:07	Run Dem Crew
43	Melanie Edwards 3W	19:26	HHH/Dulwich
55	Olivier Montfort	20:35	Dulwich Runners
74	Adrian Ward	22:08	Dulwich Runners
101	Ameet Patel	23:38	Dulwich Runners

149 finished
Andy Murray

parkrun

June 27th

Ashton Court

302 ran

Pos	Gen		
3	3	Wayne Lashley	18:17

Bexley

289 ran

Pos	Gen		
1	1	Unknown Athlete	18:11
7	7	Michael Fullilove	19:43
17	1	Rose Baker	21:17

Brockwell

274 ran

Pos	Gen		
38	3	Caroline Pettigrew	20:26
65	57	Cameron Timmis	22:23
123	102	Desmond Edwards	25:02
164	38	Sharon Erdman	26:43

Burgess

177 ran

Pos	Gen		
69	57	Paul Keating	24:04
113	84	Barry Evans	26:58

Crystal Palace

178 ran

Pos	Gen		
35	33	Andy Cottrill	22:10
42	40	Paul Hodge	22:34
48	45	Bob Bell	22:45
64	7	Clare Wyngard	23:52
65	58	Michael Dodds	23:53
75	10	Belinda Cottrill	24:14
167	58	Ruth Bennett	34:37

Chelmsford Central

500 ran

Pos	Gen		
27	2	Kim Hainsworth	19:21

Dulwich

201 ran

Pos	Gen		
22	21	Jim Dowsett	20:32
23	2	Tereza Francova	20:33
40	38	Duncan Wilson	21:45
78	8	Claire Steward	23:47
84	76	Mark Muffett	24:03
96	85	Mick Mead	24:42
147	33	Stephanie Burchill	27:47

Fulham Palace

267 ran

Pos	Gen		
47	44	Michael Mann	20:22
89	80	Andy Murray	22:34

Medina I.O.W.

Chris Vernon writes

To conclude our latest 'Last of the Summer Wine' tours- Walking round the Isle of Wight (70+ miles in 7 days) Steve W and I plus a couple of Orpies had to do a parkrun. Medina is the only one on the island but it has been transposed to Ryde promenade while the usual course recovers from the IOW festival. We were all footsore/ hung over and leg weary but we got round like the brave little soldiers we are.

The temporary course is an easy, flat, two lap, out and back course along the prom with stunning views of the Solent. A stiff westerly breeze slowed things down, hence it was won in a leisurely 18.12.

It was well organised with all the parkrun duties properly attended to thanks to the support of the two local clubs IOW Runners and IOW AC.

For a holiday destination there were surprisingly few 'tourists'. We did meet a couple from Petts Wood ,over for a local 10k on Sunday and some 'Rebel Runners- Medway' who were trying to clock up as many different venues in one day.

This was my 160th parkrun at my 45th different venue. Once again I was the sole MV70 so another win in the bag for Dulwich!

I need to find a few more new courses nearer home, any suggestions?

173 ran

Pos	Gen		
80		Chris Thompson (Orpington)	26.09
114	85	Steve Wehrle	29:43
149	95	Chris Vernon	37:15
167		Martyn Longstaff (Orpington)	43.49

Orpington

170 ran

Pos	Gen		
42	40	Colin Frith	24:21

Peckham Rye

101 ran

Pos	Gen		
2	2	Kevin Chadwick	17:44
41	5	Eleanor Allan	24:05
57	11	Claire Barnard	26:04

Riddlesdown

220 ran

Pos	Gen		
18	3	Ange Norris	21:08

St Peters, Sydney, Aus.

313 ran

Pos	Gen		
149	32	Penelope D'arcy Graham	25:52

New members especially ! and others....

Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.

This helps ensure your results get picked up and saves you having to send them in.

Updated club championship table after 6 events.
The age grading factors have been revised to use those recently issued this year, rather than the previous ones issued in 2010. - Andy Murray

		Short			Medium			Long					
2015 Club Champs within age group.		**5k Dulwich 31-Jan**	**2M Battersea 1 - Jun**	**1M Dulwich 10-Jul**	**10K Richmond 21-June**	**7M Sevenoaks 31-Aug**	**10k Vic Pk 4-Oct**	**10M Sidcup 8-Mar**	**1/2M Padd. Wood 29-Mar**	**Marathon London or other 26-Apr**	**10m Epsom 15-Nov**	**Bonus for no. of events**	**TOTAL 5 events max 1.S,M,L**
Name/Category													
WOMEN SENIOR									not inc later mar's				
Laura	Long	47	49		48			46	-	48		5	243
Selma	Benattia	45	46		47			[43]	47	46		6	237
Claire	Baglin	-	50		50			49	50	-		4	203
Helen	Lister	-	47		-			48	48	49		4	196
Katie	Styles	42	44		46			42	-	-		4	178
Karina	Burrowes	-	43		-			40	43	43		4	173
Kim	Hainsworth	50	-		49			47	-	-		3	149
Anna	Thomas	48	48		-			45	-	-		3	144
Laura	Lane	-	-		-			41	46	47		3	137
Ellie	Horrocks	49	-		-			-	49	-		2	100
Laura	Vincent	-	-		-			-	44	45		2	91
Lucy	Cartlidge	-	-		-			-	45	44		2	91
Ruth	Bennett	43	45		-			-	-	-		2	90
Shona	Mcintosh	-	-		-			-	-	50		1	51
Emily	Gelder	-	-		-			50	-	-		1	51
Caroline	Wedmore	46	-		-			-	-	-		1	47
Charlie	Boden	44	-		-			-	-	-		1	45
Sue	Cooper	-	-		-			44	-	-		1	45
Natalie	Davys	-	-		-			-	-	42		1	43
Joanna	Walker	-	-		-			-	-	41		1	42
WOMEN V40													
Michelle	Lennon	43	49		47			43	47	-		5	234
Lindsey	Annable	36	46		43			41	43	-		5	214
Nicola	Richmond	46	-		48			47	49	-		4	194
Yvette	Dore	-	-		-			46	48	48		3	145
Ola	Balme	49	-		-			48	-	-		2	99
Caroline	Pettigrew	47	-		49			-	-	-		2	98
Lucy	Pickering	42	-		-			-	46	-		2	90
Joanne	Shelton	39	-		44			-	-	-		2	85
Sharon	Erdman	37	-		-			-	-	46		2	85
Andrea	Pickup	-	-		-			49	-	-		1	50
Cara	Oliver	48	-		-			-	-	-		1	49
Emma	Ibell	45	-		-			-	-	-		1	46
Carolina	Lilley	34	-		-			-	-	-		1	35
Clare	Osborne	-	-		-			-	42	-		1	43
WOMEN V50													
Clare	Elms	50	[50]		50			50	50	50		6	256
Claire	Steward	[38]	47		-			42	45	47		5	186
Ros	Tabor	44	-		45			45	-	-		3	137
Clare	Wyngard	40	-		46			44	-	-		3	133
Lucy	Clapp	41	48		-			-	44	-		3	136
Angie	Norris	-	-		-			-	-	49		1	50
Stephanie	Burchill	35	-		-			-	-	-		1	36
MEN SENIOR													
Mark	Lacey	49	[49]		47			49	49	50		6	250
Matthew	Ladds	-	41		43			43	44	40		5	216
Wayne	Lashley	49	50		50			48	-	-		4	201
Timothy	Bowen	46	47		-			47	47	-		4	191
James	Burrows	[43]	46		-			44	46	49		5	190
Alastair	Locke	50	44		-			50	-	-		3	147
Kevin	Chadwick	-	-		45			45	-	47		3	140
Ross	Rook	45	45		-			46	-	-		3	139
Toby	de Belder	-	-		44			-	45	45		3	137
Alex	Haylett	-	42		42			-	-	43		3	130
John-Gabriel	Harrison	-	-		49			-	48	-		2	99
Mark	Callaghan	-	-		48			-	-	48		2	98
Paul	Devine	-	48		46			-	-	-		2	96
Desmond	Edwards	-	-		-			-	43	41		2	86
Hugh	French	-	40		41			-	-	-		2	83
Tom	Marshall	-	-		-			-	50	-		1	51
Lewis	Laylee	47	-		-			-	-	-		1	48
Robert	Hollands	-	-		-			-	-	46		1	47
Sam	Crump	44	-		-			-	-	-		1	45
Andrew	Bright	-	-		-			-	-	44		1	45
Thomas	South	-	43		-			-	-	-		1	44
Oscar	Hussey	42	-		-			-	-	-		1	43
Patrick	Beardmore	-	-		-			-	-	42		1	43
William	Haines	41	-		-			-	-	-		1	42
Simon	Burnett	40	-		-			-	-	-		1	41
Chris	Goodman	39	-		-			-	-	-		1	40

MEN V40													
Stephen	Davies	50	50		50			50	49	[49]		6	255
Charles	Lound	49	-		49			49	50	50		5	252
Paul	Keating	43	46		46			45	47	-		5	232
Paul	Hilton	-	45		45			43	46	-		4	183
Rob	Cope	48	47		47			-	-	-		3	145
Jim	Dowsett	46	-		-			-	48	48		3	145
Lloyd	Collier	-	49		-			48	-	-		2	99
Ian	Lilley	-	48		48			-	-	-		2	98
Cameron	Timmis	44	-		-			47	-	-		2	93
Duncan	Hussey	47	-		-			-	-	-		1	48
Jon	Hyde	-	-		-			-	-	47		1	48
Olivier	Montfort	-	-		-			46	-	-		1	47
Ajay	Khandelwal	45	-		-			-	-	-		1	46
Christian	Moody	-	-		-			44	-	-		1	45
MEN V50													
Eberhard	Prill	50	[49]		50			50	49	50		6	255
Stephen	Smythe	49	48		49			49	-	49		5	249
Gideon	Franklin	47	46		48			47	-	48		5	241
Gary	Sullivan	41	-		46			43	47	-		4	181
Graham	Laylee	42	42		-			44	45	-		4	177
Ameet	Patel	38	-		40			38	44	-		4	164
Michael	Dodds	40	-		42			40	-	-		3	125
Tony	Tuohy	-	50		-			-	50	-		2	102
Michael	Fullilove	-	-		-			48	48	-		2	98
Ian	Sesnan	-	44		44			-	-	-		2	90
Patrick	McMorrow	-	-		-			-	42	46		2	90
Colin	Frith	48	-		-			-	-	-		1	49
Graham	Stanton	-	-		-			-	46	-		1	47
Duncan	Wilson	45	-		-			-	-	-		1	46
Per	Hedberg	-	-		-			-	-	43		1	44
Mike	Crilly	-	-		-			41	-	-		1	42
Mick	Mead	37	-		-			-	-	-		1	38
Barry	Graham	36	-		-			-	-	-		1	37
Stephen	Street	35	-		-			-	-	-		1	36
MEN V60													
Barrie John	Nicholls	39	41		41			[39]	43	45		6	215
Andrew	Murray	44	-		45			45	-	47		4	185
Robert	Bell	43	43		43			42	-	-		4	175
Stephen	Wehrle	-	40		-			37	41	44		4	166
Mike	Mann	-	47		47			46	-	-		3	143
Hugh	Balfour	46	45		-			-	-	-		2	93

Best 5 count for year inc. 1 each short, med, long. W50's and M60's have separate contests using scores within 40+, 50+.

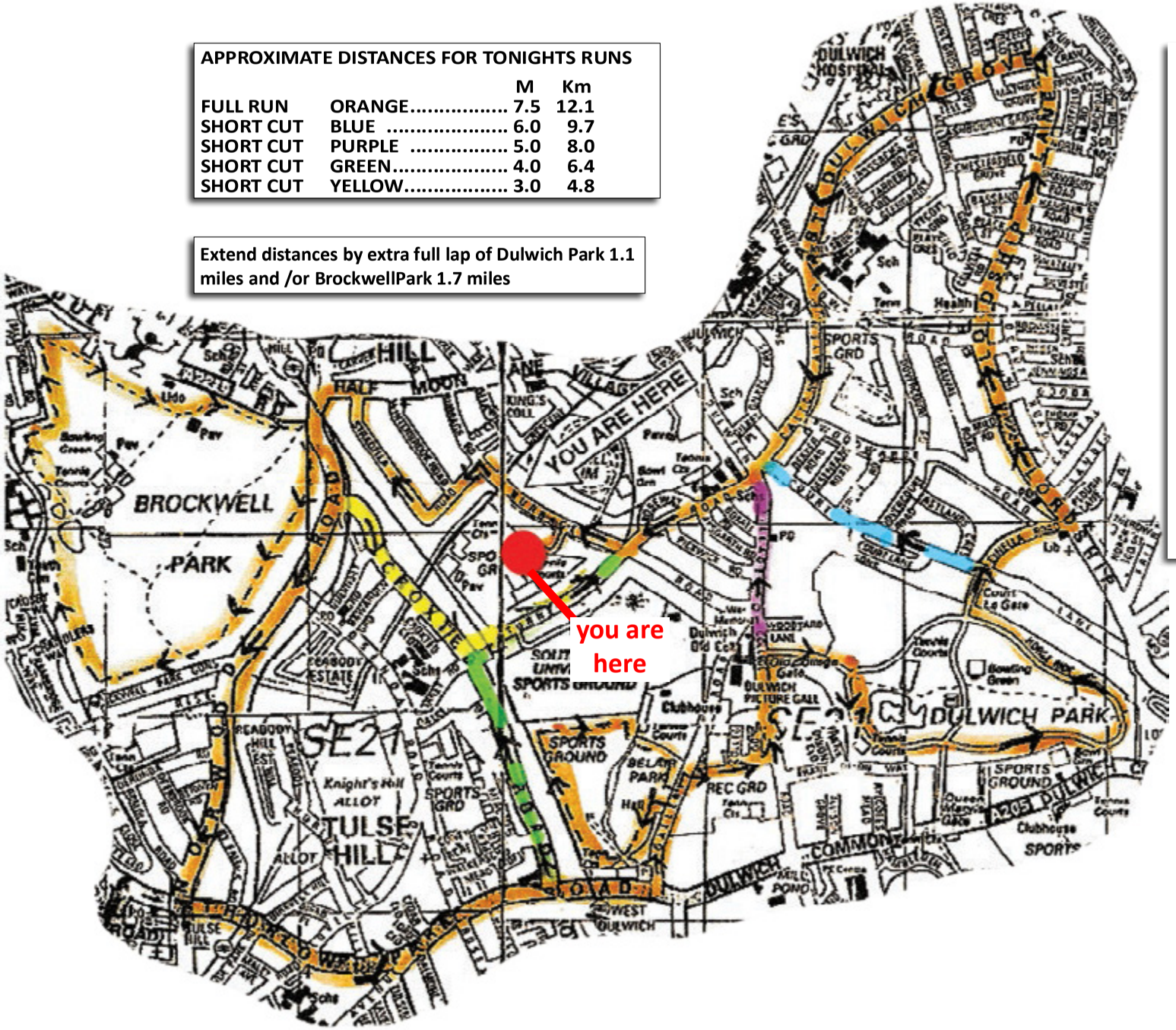
		Short			Medium			Long					
		5k Dulwich 31-Jan	2M Battersea 1 - Jun	1M Dulwich 10-Jul	10K Richmond 21-June	7M Sevenoaks 31-Aug	10k Vic Pk 4-Oct	10M Sidcup 8-Mar	1/2M Padd. Wood 29-Mar	Marathon London or other 26-Apr	10m Epsom 15-Nov	Events counting	TOTAL 5 events max 1.S,M,L
Clare	Elms	926	938		918			915	[910]	889		5	4,585
Charles	Lound	812	-		817			788	820	849		5	4,086
Eberhard	Prill	813	824		803			807	786	[781]		5	4,032
Stephen	Davies	809	820		823			778	787	[765]		5	4,017
Stephen	Smythe	786	777		802			816	-	751		5	3,932
Mark	Lacey	747	746		742			739	737	[707]		5	3,710
Gideon	Franklin	742	733		746			727	-	701		5	3,649
Michelle	Lennon	735	757		734			687	721	-		5	3,634
Laura	Long	707	722		731			710	-	676		5	3,546
Barrie John	Nicholls	665	700		696			673	653	[613]		5	3,388
Selma	Benattia	681	679		685			652	664	[595]		5	3,362
Claire	Steward	[799]	882		-			818	823	809		4	3,332
Lindsey	Annable	607	667		636			620	626	-		5	3,156
Claire	Baglin	-	765		767			757	723	-		4	3,011
Nicola	Richmond	758	-		756			743	751	-		4	3,008
Andrew	Murray	756	-		764			757	-	715		4	2,993
Wayne	Lashley	749	762		763			714	-	-		4	2,988
Paul	Keating	597	608		596			562	568	-		5	2,930
Robert	Bell	741	733		725			712	-	-		4	2,911
Timothy	Bowen	711	730		-			706	704	-		4	2,851
Gary	Sullivan	668	-		752			700	704	-		4	2,824
James	Burrows	703	730		-			693	[678]	695		4	2,822
Helen	Lister	-	687		-			722	704	706		4	2,818
Matthew	Ladds	-	605		594			589	584	444		5	2,816
Graham	Laylee	702	702		-			714	685	-		4	2,802
Ros	Tabor	915	-		905			907	-	-		3	2,727
Katie	Styles	629	633		650			629	-	-		4	2,541
Stephen	Wehrle	-	644		-			655	648	544		4	2,491
Mike	Mann	-	835		832			818	-	-		3	2,485
Ameet	Patel	594	-		625			605	608	-		4	2,431
Clare	Wyngard	754	-		781			775	-	-		3	2,310
Kim	Hainsworth	748	-		764			716	-	-		3	2,228
Paul	Hilton	-	547		567			553	551	-		4	2,218

Lucy	Clapp	728	774		-			-	680	-		3	2,183
Alastair	Locke	752	684		-			742	-	-		3	2,179
Rob	Cope	694	743		734			-	-	-		3	2,172
Karina	Burrowes	-	568		-			560	510	508		4	2,147
Ross	Rook	714	699		-			706	-	-		3	2,119
Anna	Thomas	704	713		-			682	-	-		3	2,100
Kevin	Chadwick	-	-		711			694	-	664		3	2,069
Yvette	Dore	-	-		-			698	691	659		3	2,048
Michael	Dodds	657	-		669			653	-	-		3	1,979
Toby	de Belder	-	-		680			-	648	636		3	1,964
Jim	Dowsett	685	-		-			-	639	605		3	1,928
Laura	Lane	-	-		-			630	645	600		3	1,875
Alex	Haylett	-	623		579			-	-	533		3	1,736
Tony	Tuohy	-	878		-			-	840	-		2	1,718
Ola	Balme	814	-		-			780	-	-		2	1,594
Hugh	Balfour	785	772		-			-	-	-		2	1,558
Lloyd	Collier	-	786		-			751	-	-		2	1,536
Ian	Lilley	-	776		755			-	-	-		2	1,531
Caroline	Pettigrew	748	-		757			-	-	-		2	1,505
John-Gabriel	Harrison	-	-		753			-	732	-		2	1,484
Paul	Devine	-	756		728			-	-	-		2	1,483
Mark	Callaghan	-	-		770			-	-	704		2	1,474
Michael	Fullilove	-	-		-			740	725	-		2	1,465
Lucy	Pickering	723	-		-			-	712	-		2	1,435
Ellie	Horrocks	716	-		-			-	714	-		2	1,430
Ian	Sesnan	-	718		709			-	-	-		2	1,427
Ruth	Bennett	655	669		-			-	-	-		2	1,324
Cameron	Timmis	659	-		-			635	-	-		2	1,294
Joanne	Shelton	642	-		631			-	-	-		2	1,273
Patrick	McMorrow	-	-		-			-	621	638		2	1,259
Hugh	French	-	619		585			-	-	-		2	1,203
Laura	Vincent	-	-		-			-	591	583		2	1,173
Lucy	Cartlidge	-	-		-			-	598	560		2	1,158
Sharon	Erdman	603	-		-			-	-	549		2	1,152
Desmond	Edwards	-	-		-			-	521	515		2	1,036
Shona	Mcintosh	-	-		-			-	-	846		1	846
Angie	Norris	-	-		-			-	-	827		1	827
Emily	Gelder	-	-		-			796	-	-		1	796
Colin	Frith	781	-		-			-	-	-		1	781
Andrea	Pickup	-	-		-			774	-	-		1	774
Tom	Marshall	-	-		-			-	767	-		1	767
Cara	Oliver	754	-		-			-	-	-		1	754
Lewis	Laylee	748	-		-			-	-	-		1	748
Emma	Ibell	728	-		-			-	-	-		1	728
Duncan	Hussey	727	-		-			-	-	-		1	727
Duncan	Wilson	715	-		-			-	-	-		1	715
Oscar	Hussey	710	-		-			-	-	-		1	710
Thomas	South	-	701		-			-	-	-		1	701
Sam	Crump	700	-		-			-	-	-		1	700
Ajay	Khandelwal	685	-		-			-	-	-		1	685
Caroline	Wedmore	683	-		-			-	-	-		1	683
Charlie	Boden	678	-		-			-	-	-		1	678
Simon	Burnett	669	-		-			-	-	-		1	669
Graham	Stanton	-	-		-			-	669	-		1	669
William	Haines	667	-		-			-	-	-		1	667
Sue	Cooper	-	-		-			660	-	-		1	660
Stephanie	Burchill	644	-		-			-	-	-		1	644
Robert	Hollands	-	-		-			-	-	643		1	643
Mike	Crilly	-	-		-			642	-	-		1	642
Mick	Mead	626	-		-			-	-	-		1	626
Andrew	Bright	-	-		-			-	-	621		1	621
Olivier	Montfort	-	-		-			607	-	-		1	607
Chris	Goodman	605	-		-			-	-	-		1	605
Barry	Graham	605	-		-			-	-	-		1	605
Carolina	Lilley	543	-		-			-	-	-		1	543
Patrick	Beardmore	-	-		-			-	-	528		1	528
Clare	Osborne	-	-		-			-	528	-		1	528
Christian	Moody	-	-		-			524	-	-		1	524
Jon	Hyde	-	-		-			-	-	522		1	522
Stephen	Street	501	-		-			-	-	-		1	501
Natalie	Davys	-	-		-			-	-	496		1	496
Joanna	Walker	-	-		-			-	-	468		1	468
Per	Hedberg	-	-		-			-	-	423		1	423

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