SHORTS

Dulwich Runners AC
Weekly Newsletter
July 8th 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 08 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Fri 10 Mark Hayes 1mile Club Champs, Dulwich Track
see below for more details

Tue 14 **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

This Friday: Mark Hayes Memorial Club mile

Looks like there will be around 60 competitors including guests - the first race will be at 7.10pm - the schedule isn't finalised but there will probably be 5 races and the fastest runners are likely to be at end.
Please do not wear club vests - runners who are likely to be slower than 6 minutes should aim to arrive to warm up and pick up numbers by 6.45
If you can't run it would be of assistance if you can help out
Timings should get confirmed on Facebook later in week.

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

Winner of the Midsummer 5k lucky marshal voucher was Matt Ladds

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... Race reports
7... Assembly League results and report
9... Parkrun results
11... 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 10	Mark Hayes 1mile Club Champs, Dulwich Track
July 30	Assembly League, Victoria Pk, Hackney

NEW RUNNERS ROTA

Many thanks to **Claire Barnard** 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**

Katie Styles	**08/07**
Ros Tabor	15/07
Cameron Timmis	22/07
Tom South	29/07

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

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

LUCKY VEST

July winner Kevin Wood

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**

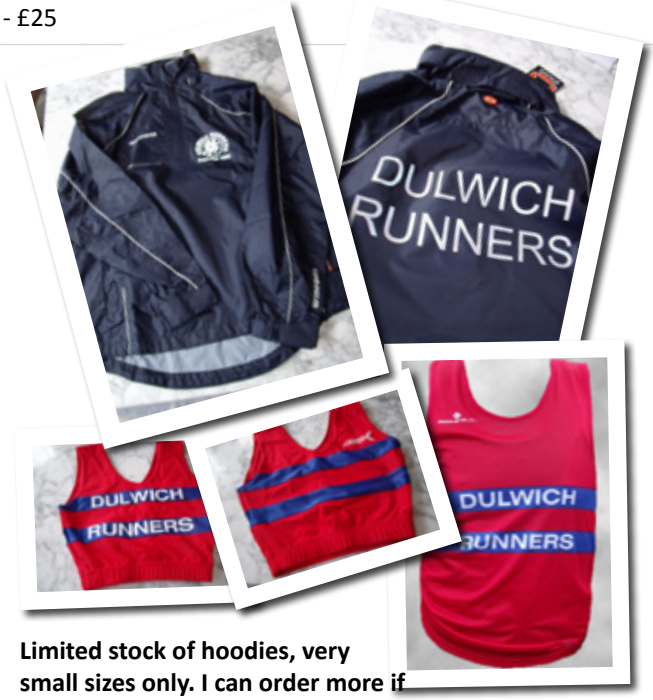
DULWICH RUNNERS CLUB KIT

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

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



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

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:

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.

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

Day	Track / Location	Event	Host	Website
July				
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

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 .

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

Date		Race		Venue
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

A list of track meetings can be found on previous page

Mark Hayes Memorial Club Mile - July 10th

Looks like there will be around 60 competitors including guests - the first race will be at 7.10pm - the schedule isn't finalised but there will probably be 5 races and the fastest runners are likely to be at end.
Please do not wear club vests - runners who are likely to be slower than 6 minutes should aim to arrive to warm up and pick up numbers by 6.45
If you can't run it would be of assistance if you can help out
Timings should get confirmed on Facebook later in week
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 .

Tonbridge Athletics open track meeting

4 Dr's made the trip South with 3 of us hoping to gain a sub 5 minute mile for the First time. For Lloyd Collier it was easy, however the other 3 of us struggled and couldn't achieve our target and Once again were cursing a slow First lap. Still plenty of more chances to achieve it though.

All 4 of us were drawn in the faster of race of the 5 Mile races they had and the track was probably the best we have run on in terms of quality. ***- Kevin Chadwick***

1: Lloyd Collier	4:49.77
5: Ian Lilley	5:03.96
6: Kevin Chadwick	5:06.65
8: Rob Cope	5:07.52
10 Ran	

Bewl 15 miles (inc. British Masters Multi-Terrain Championship), Sunday 5th July

Direct quote from my report of last year's event: 'I won't be back though'.

That was after extolling the virtues of such a nice run in the country, even if it was so far out of my comfort zone. So why was I back? Same reason why I ran last year in the first place, I needed a long run anyway and I might land a British Masters medal (got the bronze last year).

Any thoughts of an equally pleasant run were dashed during the first mile as I watched two runners fall over in front of me while I skated all over the place in my nice flat shoes on hard ground that had developed a slimy clay coating as slippery as Teflon since the rain started bucketing down earlier that morning.

Anyway, to cut a long story short, after twice turning my weak right ankle and getting away with it, my luck ran out. After nine miles I turned it over for the third time and this time running on was not possible. I limped/walked to the next marshall, found out there was no short cut (we were encircling a lake after all) and started gingerly jogging, cursing myself for risking this race at all. I got out of the way of a couple of groups that passed me but then latched on to one that included a runner with an M50 identifier on his back.

As often happens with these things the ankle pain had subsided and I started running a bit faster again – the alternative was walking in the pouring rain for an hour or more. The last few miles contained some big hills, but on tarmac – and as my shoes were now gripping properly I've never been more delighted to see hills in front of me and I found I was steadily passing people without going mad. I got to the finish only about five minutes slower than last year, had a cup of tea and walked back to the race HQ with a pronounced limp. Not happy, the ankle remains decidedly dodgy.

I won't be back. I mean it……
26 Tony Tuohy 1:43:22 5th M50
684 runners

Rosenheim League Wed 1 July

I was Herne Hill's scoring runner in this league race at Battersea Park. Even in the evening it was still hot but at least it wasn't too windy so I was hopeful of running a fast time.

On the first lap I tucked in behind someone from Wimbledon, and made a failed attempt to go round him with about 300 to go. I think this effort along the back straight probably meant I didn't have much of a kick left in the last 200.

I was still pleased to get a PB by over a second, and hopefully with more training I can go sub 2 later on this summer. It was good to see so many other Dulwich Runners racing as well.

800
Lewis Laylee 2:01.21

Southern Mens League Tooting - 4th July

I was told that I was needed to be a scoring runner in this, however once I arrived an U23 runner turned up who is faster than me, so I ran in the non-scoring race. I was told not to lead the race and use up energy on the first lap, so I went through 400 in 3rd place in 61/2, and from then I knew a PB wasn't on.

However this slower pace meant I wasn't dead with 200 to go, and I managed to kick and win, even if it wasn't that fast. Lloyd was also in the same race, and like myself, he wasn't at his fastest. I didn't get his time.

800
Lewis Laylee 2:03.93

Assembly League 4.9k (race 4), The Dome
Thursday 2nd July

After being absent for three summers the Assembly League returned to the flat riverside paths of the Greenwich peninsula and with the fast and furious racing it was as if we'd never been away.

A new variation on the rapid 5k wasn't certified of course and common Garmin measurements showed it was 70 to 100m short (mine showed 90m) so, roughly speaking, a sub-17 minute runner will need to add 20 seconds for an equivalent 5k, and 20:00 will need more like 24 seconds.

There was another big turnout from Dulwich, with numerous PB-level performances, and the men did well to score three in the first 30 this time and again secure 5th team on the night and stay 6th in the overall standings, with the B team jumping up to second on the night. But the real story was the women's A team whose pressure on the hitherto dominant Kent AC paid off handsomely with a great win that also leapfrogs Dulwich over Kent into the overall lead due to a strong Victoria Park team pushing Kent down to third this time.

With just two fixtures to go the Kent women will certainly be looking to bounce back and we will still need our strongest squad in both races to stay in the driving seat. Our strength in depth continued with the women's B team finishing a close second.

It was déjà vu for the leading Dulwich men with the first three the same as last month at Battersea. I set off slightly less frantically for a change and had probably my most even-paced road 5k; I was surprised to note at the dead turn after the first mile that I'd distanced Steve and Wayne a bit so just pushed on from there to complete a decent run. Only ten seconds back Wayne ran Steve closer this time but had to give way at the end - the 800m he had run the night before is not allowed as an excuse. Charlie and Mark had good runs with Charlie getting the nod to complete the A team.

Paul's been stringing some training together and is having a bit of a resurgence; this was his best '5k' this year, just pipping Tim Bowen, who is not so much resurging as just surging with his best run yet, equivalent to a huge PB. A gang of three Dulwich were next, led in by a great PB-level run from Kev Chadwick just in front of an improving-since-injury Alastair helping to urge 2nd woman Clare Elms on to her best run at this distance so far this year. The two amigos Ebe and Rob were next with Ebe's solid run leading in a great improvement from Rob showing he's close to that coveted sub-18 on an accurate course. Oscar had another good run as he continues his improvements this year.

Claire Baglin matched her first sub-19 at Battersea with an excellent run, but more importantly grabbed an extra place towards the team win by holding off a Victoria Park runner by just 2 seconds. Not far behind, Andrea, having her best road run for a long time, was doing equally sterling work beating another Vicky Park runner by a handful of seconds and the team win was secure. It's good to have Mel back in a permanent Dulwich vest and she led the B team home while struggling at the moment with a leg injury, just ahead of Mike Mann's best road run this year, and followed by one of Nicola's best ever runs at this distance.

Ed Smyth ran a lot faster than his recent Battersea 5ks while consistent Ola closed the scoring for the women's B team while just a little short of last month's form, just in front of Gary who was virtually spot-on with his current form. Next in was Jim, back on 5k form after his marathon, followed by coach Steve who unfortunately had to jog in after popping a calf muscle that will need nursing for a while. A bunch just outside 21 minutes of Andy, Ian and Ros were then led in by another improvement from Selma with probably her best race to date.

Just behind a good solid run by Graham, Katie Styles also came up trumps with easily her best race circa 5k, equal to well under 22 minutes for the full distance. Claire Steward, Dave West and Laura Vincent all had solid runs close together, as did Lindsey who completed another great turnout for the club. ***- Tony Tuohy***

18	Tony Tuohy	M50 1	16:28
23	Steve Davies	M45 1	16:37
24	Wayne Lashley	SM	16:39
32	Charlie Lound	M45 3	16:50
36/35M	Mark Lacey	SM	16:53
47/46M	Paul Devine	SM	17:09
48/47M	Tim Bowen	SM	17:10
55/54M	Kevin Chadwick	SM	17:23
56/55M	Alastair Locke	SM	17:25
2W/57	Clare Elms	W50 1	17:25
62/59M	Ebe Prill	M50 2	17:43
63/60M	Rob Cope	M40 9	17:46
76/72M	Oscar Hussey	U20 6 (U15)	18:24
5W/85	Claire Baglin	SW	18:38
8W/94	Andrea Pickup	W45 1	18:54
13W/105	Mel Edwards	SW	19:13
109/94M	Mike Mann	M65 1	19:19
19W121	Nicola Richmond	W40 3	19:33
127/108M	Edward Smyth	SM	19:40
22W/135	Ola Balme	W45 3	19:54
142/119M	Gary Sullivan	M55 5	19:57
143/120M	Jim Dowsett	M40	20:06
170/138M	Steve Smythe	M55 7	20:56
33W/173	Selma Benattia	W35 5	21:03
174/141M	Andy Murray	M60 5	21:04
175/142M	Ian Sesnan	M55 8	21:07
35W/177	Ros Tabor	W65 1	21:10
181/146M	Graham Laylee	M55 9	21:21
36W/185	Katie Styles	SW	21:27
50W/212	Claire Steward	W60 1	23:05
213/163M	David West	M55	23:08
52W/215	Laura Vincent	SW	23:13
61W/234	Lindsey Annable	W45 8	24:52

253 finished

Men Team	Men B Team	Women Team	Women B team
1 Kent 19	1 Kent 97	**1 Dulwich 15**	1 VPHTH 53
2 Stock E 44	**2 Dulwich 182**	2 VPHTH 19	**2 Dulwich 54**
3 VPHTH 62	3 VPH 191	3 Kent 22	3 Kent 69
4 Serp 76	4 Lloyds 252	4 Eton M 41	4 Eton M 104
5 Dulwich 97	5 Stock Ex 263	5 Beck 85	5 Serp 183
6 Lloyds 102	6 Serp 287	6 Camb H 99	6 Dartf 195
7 Camb H 160	7 Eton M 387	7 Serp 124	7 Camb H 196
8 Ravens 203	8 Ravens 517	8 Dartf 125	8 Beck 212
9 Eton M 240	9 Camb H 554	9 Stock E 150	
10 Aquila 356	10 Petts W 650	10 Ravens 166	
11 Petts W 377	11 Dartf RR 683	11 Petts W 172	
12 Dartf RR 423	12 Beck 709	12 Lloyds 174	
13 Beck 429	13 Aquila 711		

Men Overall after 4 events (15 for 1 st etc)
1 Kent 58 (135); 2 3 Stock Exchange 53 (243); 3 VPHTH 50 (303); 4 Serpentine 47 (351); 5 Lloyds 43 (476); 6 Dulwich 421 (513); 7 Ravensbourne 39 (639); 8 Dartford RR 30 (1791); 9 Camb
H 29 (977); 10 Eton M 28 (940); 11 Petts W 20 (1434); 12 Beckenham 19 (1452); 13 Aquila 16 (1941)
Men B Team after 4 events: 1 Kent 59 (386); 2 Serp 49 (854); 3 Dulwich 50 (914); 4 Lloyds 46 (1018); 5 Stock E 44 (992); 6 VPHTH 46 (921); 7 Eton M 38 (1562); 8 Ravens 35 (1902); 9
Dartf RR 17 (1836); 10 Petts W 22 (2780); 11 Camb H 22 (2649); 12 Beckenham 18; 13 Aquila 10
Women Team after 4 events: 1 Dulw 58 (65); 2 Kent 57 (63); 3 VPHTH 53 (139); 4 Beck 45 (261); 5 Eton M 45 (301); 6 Serp 41 (393); 7 Dartford 33 (585); 8 Ravensbourne 27 (723); 9 Camb
H 27 (703); 10 Lloyds 21 (759); 11 Petts W 20; 12 Stock E 21
Women B Team after 4 events: 1 Kent 57 (209); 2 Dulw 55 (207); 3 VPHTH 55 (265); 4 Eton M 45 (560); 5 Beck 42 (660); 6 Serp 33; 7 Dartf RR 30 (555); 8 Camb H 9
Individual standings after 3 events (best 5 of 6 races to count):
Men (20 for 1 st): 1 Barnes 69; 2 Tucker 49; 3 Greenwood 39
Women: 1 Clements 80; 2 Elms 74; 3 Baglin 59; 4 Watson 51; 5 Gounelas 48; 6 Stibbs 43; 7 Edwards 37
M40 (10 for 1 st): 1 Griffiths 28; 2 Beaney 23; 3 Greenwood 20; 4 Martin 20; 5 Hobbs 19
M45: 1 Cox 35; 2 Davies 29; 3 Green 29; 4 Elwes 18
M50: 1 Tuohy 38; 2 5 Prill 24; 3 Maynard 22; 4 Reynolds 20
M55: 1 Bridgeland 40; 2 Lambert 26; 3 Hutchinson 24; 4 Gurney 22; 5 Smythe 17
M60: 1 SpencerWood
38; 2 Roberts 28; 3 Murray 26; 4 Ellsmore 25
M65: 1 Mann 40; 2 Maggio 29; 3 Green 27 4 Kemp 25
M70: 1 Few 40; 2 Hadlow 26; 3 Marcadent 9
U20M: 1 Ho 40; 2 Brennan 26; 3 5 Crawley 21; 4 Laylee 18; 4 Strover 17
W35: 1 Dohren 30; 2 Buck 27; 3 Murphy 25; 4 Jeacocke 23; 5 McPherson 20
W40: 1 Richmond 33; 2 Farrell 32; 3 5 Stibbs 29; 4 Cooper 28; 5 McKenna (now W45) 20
W45: 1 Balme 35; 2 Pickup 30; 3 Marchant 27; 4 Annable 18
W50: 1 Elms 40; 2 Haydon 31; 3 Vacher 21; 4 Selway 17
W55: 1 EvanJones
40; 2 Gaffen 31; 3 Watson25; 4 Greig 17; 5 Hadlow 16
W60: 1 Steward 10
W65: 1 Tabor 40
U20W: 1 Leach 40

July 4th

Brockwell

252 ran

Pos	Gen		
27	2	Caroline Pettigrew	20:33
67	58	Cameron Timmis	22:34
83	14	Lucy Clapp	23:22
111	89	Desmond Edwards	24:12

Bromley

513 ran

Pos	Gen		
267	223	Peter Jackson	27:01

Burgess

135 ran

Pos	Gen		
22	22	Andy Murray	21:46
23	23	Graham Laylee	21:50
29	1	Ros Tabor	22:14
107	28	Stephanie Burchill	28:07
111	80	Barry Evans	29:02

Dulwich

203 ran

Pos	Gen		
2	2	Stephen Davies	16:52
11	10	Kevin Chadwick	18:12
18	17	Michael Fullilove	19:06
27	25	Andy Cottrill	19:52
58	48	Paul Hodge	22:15
94	77	Mark Muffett	23:53
99	20	Belinda Cottrill	24:23
127	96	Mick Mead	26:20

Hilly Fields

184 ran

Pos	Gen		
14	14	James Burrows	21:23
16	16	Gary Sullivan	21:31

Lee-On-The-Solent

It was only because Guildford was off that, at the last moment, I decided to take part in the inaugural Lee on Solent parkrun as I was going to Lee on Solent anyway. Smart runners, with parents who live round the corner from the start, would have travelled down the night before but I set off at 6.30am and parked up as people were already walking down my parents road to the start. Not sure what the organisers expected, and maybe that 93 people had registered that week, was a clue, but 430 people turned up.

There were speeches that, due to a stiff breeze and large crowd, mainly went unheard and then we were off. Course was an out and back all on a quite narrow promenade which could have caused a problem when we turned but, even with a large crowd, seemed to work. I was trying to hang onto to somebody who looked my age group but ultimately they dropped me. I congratulated him at the end to find out he was 67 ! I actually won my age group and as a consequence, probably for one week only, hold the 60-64 record! However any bragging rights are diminished as not only did my 67 year old beat me but he wasn't even first in his category! The course is flat but we seemed to be constantly running into the and a small bit is actually on the beach (yes seaside shells and pebbles).

430 ran

Pos	Gen		
83	77	Bob Bell	22:24

Newark

177 ran

Pos	Gen		
24	23	Martin Morley	23:43

Orpington

149 ran

Pos	Gen		
36	34	Colin Frith	24:37

Peckham Rye

101 ran

Pos	Gen		
3	3	Mark Callaghan	18:51
42	7	Eleanor Allan	24:39
51	13	Claire Barnard	25:48

Riddlesdown

209 ran

Pos	Gen		
101	20	Ange Norris	27:10
170	111	Chris Vernon	35:30

Southwark

113 ran

Pos	Gen		
19	18	Jim Dowsett	21:08

St Peters , Sydney, Aust. 266 ran

Pos	Gen		
109	22	Penelope D'arcy Graham	25:22

Wimbledon Common

After many years of playing in the Wimbledon vets tennis tournament, Barrie can finally say he has 'won Wimbledon' – well he was first in his age category at the parkrun! The world's focus on SW19 had probably lead to a record attendance of 492 the week before. This week it was a slightly more manageable 353 but the narrow course meant we still virtually slowed to a walk at the first corner. Despite the recent excesses of Glastonbury, Barrie was just a couple of seconds outside his course best. I eased around tentatively over the very uneven ground anxious not to trip up and incur further injury. We had a chat to former DR member John Voos at the end who is trying to get back to running after work commitments had prevented him from attending on a Wednesday and doing much training.

353 ran

Pos	Gen		
125	112	Barrie John Nicholls	23:46
176	31	Lindsey Annable	25:29
269	198	John Voos	29:11

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.

HERNE HILL HARRIERS

A Community Amateur Sports Club founded in 1889 and based at Tooting Bec Athletics Track.

OPEN TRACK & FIELD MEETING

(Under UK ATHLETICS Rules)

SATURDAY 25TH JULY 2015

NO TRACK EVENT ENTRIES WILL BE ACCEPTED LATER THAN 60 MINUTES
PRIOR TO THE SCHEDULED START TIME

ONLINE ENTRIES AVAILABLE UNTIL 23 JULY: CLICK HERE

TOOTING BEC ATHLETICS TRACK, Tooting Bec Road, London SW17 3NP
ONLINE PER EVENT: £3.50 U/20 and below **£4.50** Senior and Masters
ON THE DAY/EVENT: £4.00 U/20 and below **£5.00** Senior and Masters **£6.00** per Relay Team

TIMETABLE

TIME	EVENT (CLUB CHAMPS IN BOLD)	AGE CATEGORY (Please ensure junior athletes are eligible to compete in some events, as per UKA rules)
12.00	POLE VAULT	MALE & FEMALE: ALL AGES (EXCEPT U13)
12.00	HIGH JUMP	FEMALE: ALL
12.00	SHOT PUT	MALE: ALL
12.00	3000M	MALE & FEMALE: U20, SENIOR AND MASTERS
12.20	**400M HURDLES**	**MALE. U17, U20, SENIOR, MASTERS / FEMALE. U20, SENIOR, MASTERS**
12.40	**300M HURDLES**	**FEMALE: U17**
13.00	**1500M**	**MALE & FEMALE: ALL AGES (U13/U15 CAN ONLY ENTER 800M OR 1500M, NOT BOTH)**
13.20	100M	MALE & FEMALE: ALL AGES (INCL SENIOR WOMEN ONLY RACE)
13.30	**JAVELIN**	**MALE: ALL**
14.00	**LONG JUMP**	**FEMALE: ALL**
14.35	800M	MALE & FEMALE: ALL AGES (U13/U15 CAN ONLY ENTER 800M OR 1500M, NOT BOTH)
15.00	**200M**	**MALE & FEMALE: ALL AGES (INCL SENIOR WOMEN ONLY RACE)**
15.00	HIGH JUMP	MALE: ALL
15.00	SHOT PUT	FEMALE: ALL
16.00	**LONG JUMP**	**MALE: ALL**
16.00	4 X 800M RELAY	MALE: ALL (NB: UKA RESTRICTIONS FOR U13/U15)
16.15	4 X 800M RELAY	FEMALE: ALL (NB: UKA RESTRICITONS FOR U13/U15)
16.30	**JAVELIN**	**FEMALE: ALL**
16.30	**1500M STEEPLECHASE**	**MALE: U17**
16.40	**2000M STEEPLECHASE**	**MALE: U20**
16.55	**2000M STEEPLECHASE**	**FEMALE. SENIOR WOMEN**
17.10	300M	MALE & FEMALE: ALL AGES (EXCEPT U13)
17.20	400M	MALE & FEMALE: ALL AGES (EXCEPT U13)
-- ELECTRONIC TIMING --		

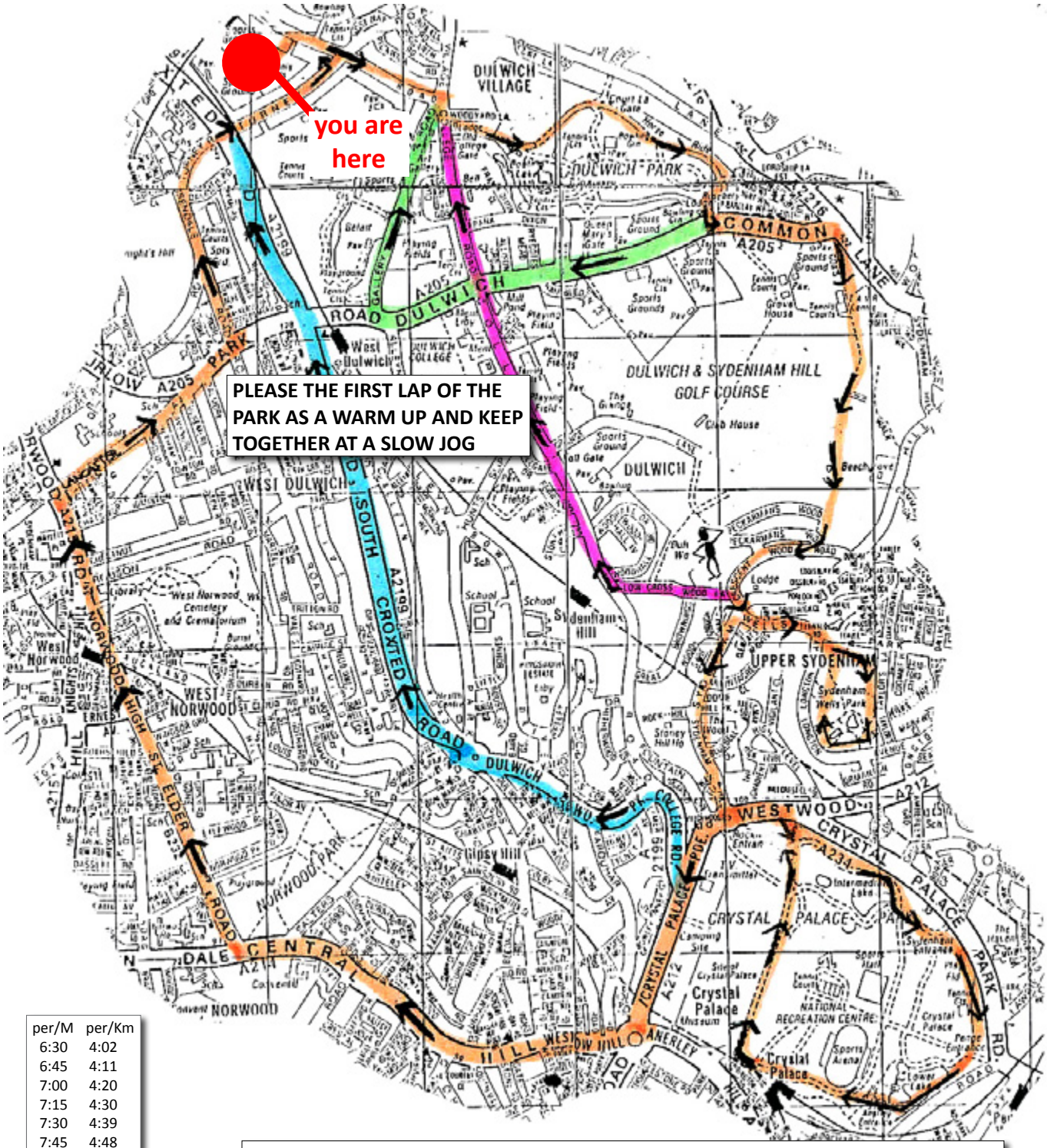
Download Timetable

Final HHH 2015 Open Meeting: **Saturday 29 August 2015**

For any further information contact: **Steve Bosley** on **0208 687 0386 / 07721 555 688**

or by email: stevebosley1@aol.com www.hernehillharriers.org

DULWICH RUNNERS AC S8



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

Distances in 2nd column include a lap of Sydenham Wells Park & 3rd column a lap of Crystal Palace park also

				Syd. Wells Park		Crystal Palace Pk	
		M	Km	M	Km	M	Km
FULL RUN	ORANGE.....	6.3	10.1	7.3	11.7	9.2	14.8
SHORT CUT	BLUE	5.2	8.4	6.2	10.0	8.1	13.0
SHORT CUT	PURPLE	3.7	6.0	-	-	-	-
SHORT CUT	GREEN.....	1.9	3.1	-	-	-	-

an extra lap of Dulwich Park adds 1.1miles to all runs