DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
July 12th 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 12 **No Club Run - Dulwich Runners relays**
Dulwich Park - page 3 for details

Fri 14 **Mark Hayes Memorial Mile - Dulwich Track**
details page 5

Tue 18 **Dulwich College Track** - cost £1 per session
Start with a warm up at 7:10pm then first part of session will be on grass,second on the track.

In your SHORTS this week !

1 General information
2 Club kit, social events etc
4 Fixture list, club champs, road, XC, etc
7.. Race reports & results, Assembly League , The Dome
10 Parkrun results
11 Dulwich Runners relays entry form and info

And much more !

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

You can follow us on

TRACK SESSIONS

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

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

Jul 12 Dulwich Runners Relays - Dulwich Park
Jul 14 Mark Hayes Memorial Mile - Dulwich Track
Jul 21 SOAR Mile (club champs) - (**entry closed**) Battersea Pk

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.
Thanks t Paul Keating 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.
No new runners last week
If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – Ros

Alastair Locke	**12/7**
Charlie Lound	19/7
Chris Loizou	26/7

LUCKY VEST

July winner -

Wear your Dulwich Runners vest for the club run on the first Wednesday of any month and you will go into a free draw and could win the £5 cash spot prize !
Vests £18 each from Ros ros.tabor49@gmail.com

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- Sign the attendance register and **pay £1.**
- We need the money to help pay for clubhouse hire, map printing etc.
- We use the register to compile the new runners' rota, so please write legibly.

Thank you. - Ros

Wednesday Night Map

This weeks map for Wednesday night, can be found on the last page of Shorts.
Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse - Thanks

SOCIAL SPOT

Watch this space for future events.

Friday 14th July

Post Mark Hayes Mile drinks in The Alleyn's Head.

Saturday 22nd July
Brewery Hash Run

Thomas South has very kindly plotted a brewery hash run starting at 2pm at Gipsy Hill brewery, then London beer factory (both Gipsy Hill).

Then onto Bullfinch brewery at the bottom of Rosendale Road (Herne Hill), then onto Canopy (also Herne Hill).

Next stop Brixton Brewery on Station approach, then onto Clarkshaws and then onto Brick brewery in Peckham (if people are still going by this point!).

All welcome and it is likely that it will be walking/public transport from Bullfinch onwards. We'll give rough timings for each brewery nearer the time if anyone wants to meet us mid route.

Thanks - Matt

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)

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

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club from Ros
ros.tabor49@gmail.com

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

HOODIES...

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

Buffs/snoods - only £6

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004
ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

Left at track last night.

I'll bring to relays this evening. if you're not there to track on Friday....
you can contact me at barry@bg1.co.uk

Theres still time to enter or at the park this evening

12.JULY.2017

3 x approx. 1mile lap

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

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

www.dulwichrunners.org.uk

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

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

DULWICH RUNNERS 2017/18 FIXTURES

Further information about races will usually be here in SHORTS and or announced on a Wednesday club night.
Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

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

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

2017 CLUB CHAMPIONSHIPS

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

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

ALGARVE RUNNING CHALLENGE

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

Suggested Summer Schedule

Wed 12/7	6 miles steady
Thurs 13/7	3 miles with strides
Fri 14/7	Mark Hayes Mile
Sat 15/7	parkrun - not flat out
Sun 16/7	slow hour
Mon 17/7	3 miles or rest
Tues 18/7	Track or grass
Wed 19/7	steady 30 mins
Thurs 20/7	3 miles with strides
Fri 21/7	Soar Mile Battersea

Mile Club Champs - SOAR Mile - 21 July

Race Entries Closed

54 club members have entered out of 234 overall.

M60 (5): Bob Bell, Mike Mann, Andy Murray, Barrie John Nicholls, Ian Sesnan
M50 (6): Joseph Brady, Ameet Patel, Ebe Prill, Steve Smythe, Gary Sullivan, Tony Tuohy
M40 (11): Lloyd Collier, Rob Cope,Will Cotter, Steve Davies, Martin Double, Jim Dowsett, Hugh French, Ajay Khandelwal, Ian Lilley, Justin Siderfin, Tom South SM (11): Tim Bowen, James Burrows, Paul Devine, Alex Haylett, Greg Hills, Mark Lacey, Matt Ladds, Wayne Lashley, Alastair Locke, Shane O'Neill, Jonathan Whittaker
W60: (1): Ros Tabor
W50: (3): Ola Balme, Lucy Clapp, Clare Elms,
W40 (4): Lindsey Annable, Yvette Dore, Sharon Erdman, Andrea Pickup SW (13): Ellie Balfe, Claire Barnard, Selma Benattia, Christina Dimitrov, Lucy Elms, Hannah Harvest, Roz Johnson, Helen Lister, Rebecca Schulleri, Eleanor Simmons, Katie Styles, Anna Thomas, Laura Vincent

Mark Hayes Memorial Mile

Dulwich College Track

Friday 14 July

We hold this series of races in memory of Mark Hayes who was club mile champion back in the 90s and it should also provide excellent preparation for those planning to run the clubs champs SOAR Mile on 21 July.

Could those of you intending to take part at Dulwich College Track on the evening of 14 July please contact Mike Mann before 12 July at: mcmann90@yahoo.co.uk with your predicted mile time. If you aren't sure of your time, speak to Steve Smythe at this or next week's Tuesday's grass/track session or provide details of any recent 5k or parkrun times. We are not looking for accurate predictions as this is simply to allocate runners to a series of around 5 races on the night. The first race will start around 7.30.

Club vest optional and you will be allocated to races and provided with numbers on arrival. There will be a presentation following the final race of the evening at around 8.30. Afterwards we will be adjourning to the Alleyns Head for food and drinks.

For youngsters theres a 600m race, so please let us know if you plan to bring children along and don't worry about their predicted times. There is no entry fee but as usual donations are invited which will go to Karine and her family.

UPDATE

So far we have just over 30 who have said that they plan to take part. I'm sure there are more, so if you are intending to run, please let me have your predicted time as soon as possible. The plan is for 5 races starting at 7.30 at 10 minute intervals, including fast men, fast women, vets men, a mixed race and a 600m children's race. ***Mike Mann***

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

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

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

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

Assembly League Races

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

July	27	Victoria Pk, Hackney	7.30	**open to all members of all abilities**
Sep	7	Beckenham	7.15	

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

The Harry Hawkes 10m

9.30 am Sunday July 16th

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

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

Race details at : www.harryhawkes10.com

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

Race Reports & Results

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

Fake result

Some of you may have noticed an error in my estimated time of 10:33 for my 3000m at the Inter-Area Vets at Solihull. I wish! Although few of you may have spotted this, I thought it was time to fess up.

At one time I got used to putting a 10 in front of my 3000m times, but that was a good 10 years ago, so I must have had a brain fade. My actual time was 11:32.1, a second faster than my own estimate after the race, but 59 secs slower than my time reported last week. ***-Mike Mann***

Vets Ac 5K Champs

11 July

These championships were held on a wet night at Battersea Park, with Ange Norris and myself taking part. Ange started more strongly than in the 5 mile VAC champs in June, holding on well for most of the race but she struggled to maintain her pace in the closing stages.

My own performance was rather lacklustre, on a par with my O2 Assembly League race and down on recent road and track races. ***- Mike Mann***

Ange Norris 20:06 1st W55
Mike Mann 20:37 1st M65

British 10k

9th July

20 Andy Bond 34:45
c10,000 ran

Blackheath & Bromley Open Meeting

10 July

With a heavy schedule of races this week and not targetting the 800m this year I decided to use this as a fast training opportunity. I was drawn in the 6th and final race of the evening. With the youngsters blasting away as usual, I started towards the back of the field, but steadily came through, moving into 2nd place with just over 200m to go and holding onto it easily.

This was my fastest outdoor time of the season, but apart from a vets league match this Wednesday, I'm planning to forget about this distance for the remainder of the season.

800m Mike Mann 2:47.45

Assembly League appx. 4.9k (race 4) The Dome

Thursday 6th July

Race 4 (two to go) saw us back on the fast riverside paths of the Greenwich peninsula for a slightly under distance 5k; add 15-20 seconds if you're sub-20, a bit more if you're not for a rough 5k time. We had a much depleted turnout for this one with 22 making the trek and this was good enough for the men to gain excellent 4th places in both A and B competitions. However, absences were felt more by the Dulwich women who fell back to unaccustomed 4th places themselves, so will probably have dropped a place or two when the overall tables are available.

Young Dylan Wymer is taking the Mick now as his running takes yet another leap. His 15:47 for a fine 11th place is worth very close to sub-16 for 5k and he paced it perfectly, catching and passing an equally fine run from Andy Bond, not exactly known for starting too fast himself, although he was held up briefly by a head-on collision with Mike Mann when they were taking a corner in opposite directions. Dylan and Andy ensured our team score wasn't too shabby, joined by a decent run from Steve Davies, currently running at PB-level and virtually matching his run here last year. My run wasn't too bad either and I unaccountably made the scoring A team again - only just though as Ed Harper was having his finest run since donning the Dulwich vest; a sub-17 5k is surely only a matter of time.

Next man home Lloyd had a good blast, showing his triathlon-friendly cross training isn't doing much harm but there was then a sizeable gap to the rest of our contingent. Tom Wilson was close to his best parkrun form and Gary virtually matched his run here last year to complete our B team. Coach Steve ran much better than Battersea last month and held off Selma's very good 19:22, better than last month despite taking some care with a dodgy knee. Hugh's 19:29 not only made him 1st M60 but is surely his best short distance run for a very long time, possibly years.

A decent run from Lucy didn't match her epic last month at Battersea but she was another who nearly came to grief at Collision Corner; it upset her rhythm and slowed her a bit but she still held off Mike Fullilove making a welcome appearance here and giving me a big shout as we passed. Jim ran well, up on last year, and was followed by Mike Mann after his close encounter, running a little short of recent form. Michelle was just a tad short of her previous here but Rebecca ran superbly just 23 seconds behind her.

Another welcome appearance from Martin was next, a little short of his Battersea form, while Laura did well to hold off an improving Katie running possibly her best race this year. Ros and Andy ran in together to round off the Dulwich proceedings, both with decent times if a little down on last year.

- Tony Tuohy

11	Dylan	Wymer	SM	15:47		121/13W	Lucy	Elms	U20W	19:41	U20W/2
14	Andy	Bond	M40	15:57	M40/3	124/110M	Mike	Fullilove	M50	19:45	M50/8
28	Steve	Davies	M45	16:21	M45/1	131/115M	Jim	Dowsett	M40	19:54	
39/38M	Tony	Tuohy	M50	16:44	M50/2	147/129M	Mike	Mann	M65	20:16	
40/39M	Ed	Harper	SM	16:51		155/21W	Michelle	Lennon	W50	20:33	
44/43M	Lloyd	Collier	M40	17:08		168/28W	Rebecca	Schulleri	SW	20:56	
77/73M	Tom	Wilson	SM	18:26		170/141M	Martin	Double	M40	21:00	
98/91M	Gary	Sullivan	M55	18:58	M55/2	177/32W	Laura	Vincent	SW	21:15	
109/101M	Steve	Smythe	M55	19:17	M55/3	178/33W	Katie	Styles	W35	21:20	
111/10W	Selma	Benattia	W35	19:22	W/10,W35/3	190/38W	Ros	Tabor	W65	21:54	
115/104M	Hugh	Balfour	M60	19:29	M60/1	191/153M	Andy	Murray	M60	21:54	

Men TEAM: 1 Kent 12; 2 Stock E 50; 3 VPHTH 58; **4 Dulw 81**; 5 Camb H 154; 6 Eton M 165; 7 Lloyds 193; 8 Serp 241; 9 Petts W 270; 10 Beck 338; 11 Ravens 346; 13 Dartf 444; 14 Lond U 536
B TEAM: 1 Kent 45; 2 VPHTH 149; 3 Stock E 232; **4 Dulw 246;** 5 Eton M 308; 6 Lloyds 331; 7 Petts W 459; 8 Serp 464; 9 Camb H 483; 10 Ravens 643; 11 Beck 700; 12 Dartf 721

Women TEAM: 1 VPHTH 27; 2 Kent 32; 3 Eton M 56; **4 Dulw 72**; 5 Lloyds 103; 6 Beck 122; 7 Stock E 239; 8 Camb H 244; 9 Serp 246; 10 Petts W 256; 11 Ravens 263; 12 Dartford 280
B TEAM: 1 VPHTH 87; 2 Kent 123; 3 Eton M 153; **4 Dulw 188**; 5 Beck 222; 6 Lloyds 281; 7 Petts W 336

Men Overall after 4 races

Kent 12, 15, 14, 15	56 pts (128)
VPH 15, 13, 13, 13	54 pts (205)
Stock E 13, 14, 12, 14	53 pts (252)
Dulw 14, 12, 11, 12	**49 pts (325)**
Serp 11, 7, 15, 8	41 pts (675)
Lloyds 10, 11, 10, 9	40 pts (664)
Petts W 9, 10, 8, 7	34 pts (886)
Camb H 6, 8, 9, 11	34 pts (905)
Eton M 4, 9, 7, 10	30 pts (1109)
Beckenham 7, 6, 6, 6	25 pts (1799)
Raven 8, 4, 4, 5	21 pts (1529)
Lon U 3, 5, 5, 3	16 pts (2024)
Dartf 5, 3, 3, 4	15 pts (2457)

Men B team after 4 matches

Kent 14, 15, 14, 15	58 pts (319)
VPHTH 15, 13, 13, 14	55 pts (592)
Dulw 13, 12, 11, 12	**48 pts (782)**
Stock 8, 14, 12, 13	47 pts (1092)
Lloyds 12, 11, 10, 10	43 pts (1160)
Serp 9, 8, 15, 8	40 pts (1493)
Petts W 11, 10, 9, 9	39pts (1645)
Eton M 6, 9, 8, 11	34 pts (1855)
Camb H 7, 7, 7, 7	28 pts (2148)
Beck 10, 6, 6, 5	27pts (2781)
Rav 4, 4, 4, 6	18 pts (3300)
Lon Un 3, 5, 5, -	13 pts
Dartf 5, -, -, 4	9 pts

Women A team after 4 leagues

Kent 15, 15, 15, 14	59 pts (92)
Dulw 14, 14, 14, 12	**54pts (195)**
VPHTH 13, 13, 13, 15	54 pts (213)
Eton M 12, 12, 11, 13	48 pts (287)
Beck 9, 11, 10, 10	40 pts (565)
Lloyds 11, 10, 8, 11	40 pts (651)
PettsW 10, 8, 9, 6	33 pts (876)
Serp 7, 6, 12, 7	32 pts (856)
Dartf 8, 9, 6, 4 (1046)	27 pts
Ravens 5, 7, 5	17 pts
Stock E 7, 9	16pts
Camb H 6, 8	14pts

Women B team after 4 events

Kent 14, 15, 15, 14	58 pts (371)
Dulw 15, 14, 14, 12	**55 pts (476)**
Vic Pk 12, 13, 13, 15	53 pts (483)
Eton M 12, 12, 12, 13	49pts (747)
Beck 13, 11, 10, 11	45 pts (1107)
Petts W 9, 9	18 pts
Lloyds 8, 10	18 pts
Serp 11	11pts
Dartf 10	10 pts

La Traversee, Trail Verbier St Bernard, 63.3km ultra, 4,120m ascent

8th July 2017

Another beautiful day in the Swiss Alps for a walk, or a chilled beer overlooking the mountains. A touch on the hot side, though, for a full day mountain running. 3 years ago, we had storms, this year 30C and unrelenting sunshine. There are no comfortable conditions, or so it seems.

Sounds like I'm complaining. I shouldn't. What a race and event weekend. It's not quite as big as the UTMB in August but still pulls in some elite trail runners: Francois Dhaene won La Traversee this year, Denise Zimmerman second in the x-Alpine.

I ran the medium distanced, la Traversee, 63km to maintain my qualifying points for the UTMB, which starts at La Fouly at 10am. The next 11:30hrs was a calf and quad busting of seemingly endless ups and downs, over cols and into valleys. After 3-4km of "runnable" uphill road (nb altitude at La Fouly is c1600m) where people either hare off too fast (usually me) or at least find their position, the trail takes over and passing becomes a bit more of a challenge. A great climb up to Grand col St Bernard with a couple of, albeit small, snow crossings, and the first check point (2469m). I didn't hang around. Further climbing up to the high point of the race at 2714m. Some rocky sections at this high point, being mindful of feet placement.

And then the big descent down to Bourg St Pierre. A decent rest - 10mins - here, taking on plenty of fruit and liquids, and refilling my water bladder. And then another monster climb; not extremely steep but extremely long. Some great views back into the valley made more dramatic with an incoming storm. Thankfully I just caught the edge and had a pleasant cooling shower.

From Cabane Mille (a ski hut at 2480m) another steep descent to Lourtier. I knew what was coming. By far the hardest climb in any trail I've had the pleasure of doing. I kept on tag-teaming 2 others, climb for 30mins, rest for 3, repeat. Back in 2014, I did this climb in darkness. I think I prefer that; no temptation to look up. Massive amounts of digging in required. And there were a lot of sufferers out there. Poles essential!

At the final check point, there were a lot of weary souls. I didn't want to hang around too long as darkness wasn't too far away and I had 2hrs to descend to Verbier to beat my target (12hrs) and keep my head torch in my rucksack. I'm usually bullish at the start of these races but for once made my target. Just.

Beautiful race, great vibe, average swag bag (visor and compression finisher socks) but that's not what I come out here for (unless a UTMB gilet on the offing). Week off before Quebec marathon training resumes.

124 Toby de Belder 11:32:24
570 finishers (180 DNFs)

Hever Festival of Endurance

s an annual event run by the Castle Triathlon series – running "high quality events in beautiful locations".

Hever Castle was of course Anne Boleyn's home and is indeed a stunning location. It was then bought and renovated by the Waldorf Astors early last century and the walled garden and lake were installed.

The Castle series Iron distance tri [The Bastion] is only run at their flagship venue in Hever although they offer a middle distance event [Gauntlet] at all their different locations.

This was the fourth year of the festival and they'd added various options for swim, run, aquathlon and aquabike as well as tri.
Sue and I opted for the Aquabike, both wanting to test ourselves vs upcoming races and to use as a good training and fuelling/ race pace effort.

For those who haven't swum in Hever lake before, it looks stunning, sat in a beautiful bowl surrounded by the Kentish weald and farm land. Unfortunately the bowl naturally attracts runoff from the fields and there isn't enough flow through the tributary to keep the lake clear.

Delightfully, a couple of years ago, hundreds of competitors took ill from the amount of slurry in the water given recent heavy rainfall. It is also so murky you can't see your hands and so shallow in places that it's impossible not to hit the bottom. I've never concentrated so hard on keeping my mouth shut – it was absolutely vile in there!

My swim was two 1,900m laps, Sue's one. As I started the second lap a canoeist was nearby so I took the opportunity to look up, demist my googles and check where the other 2nd lappers were. The canoeist assured me that I wasn't coming last but I think they were just being kind..

Given a recent experience of dehydration and exhaustion on a long ride, I went super conservative, eating porridge at home, a bacon bap before the start, and then a bowl of granola and Greek yoghurt in T1, to make me the last one from my race/wave out onto the bike course and with a stunning T1 time of almost 10 minutes!

So, onto the bike with a 60k loop with

1000m of climb per lap. 2 laps for me, 1 for Sue. I tried to keep the pace realistic, coasted down all the hills (my new aero bike cuts the air so well that I don't lose any time this way), and kept guzzling drinks and eating my bars.

Off the bike for the end of the official timing result for the Aquabike. However, there was an optional run, just to feel like one had completed a triathlon and to go through the finishing lane and arch so I ran one lap of the hilly 10.5k trail course.

Good news, total time out on the course was almost 7:00 and I felt fine afterwards.
Bad news, the Ironman is another 90k longer than this event and is only 5 weeks away!

- Lloyd Collier

Results
L/D Aquabike
Lloyd Collier 6th. 1st in Age Category.
6:00:05
Swim 1.28.05
T1 9.44
Bike 4.22.17

M/D Aquabike
Sue Cooper 19th. 3rd Female. 3:03:39
Swim 40.39
T1 3.36
Bike 2.19.24

Blackheath & Bromley Open Meeting, Norman Park Track

10 July

On a warm, but breezy evening, a group of 6 Dulwich Runners attended this popular track meeting, with the schedule populated by the usual array of track and field events.

For the Dulwich contingent, Mike Mann opted for the 800m, whereas Lucy Elms, Selma Bennatia, William Cotter, Tony T and myself had put our names down for the later 1,500m races.

800M – 6th Race

With a heavy schedule of races this week and not targeting the 800m this year Mike decided to use this as a fast training opportunity. He was drawn in the 6th and final race of the evening. With the youngsters blasting away as usual, Mike started towards the back of the field, but steadily came through, moving into 2nd place with just over 200m to go and holding onto it easily. So, Mike's fastest outdoor time of the season, but apart from a vets league match this Wednesday, he mentioned to me that he's planning to forget about this distance for the remainder of the season.

1,500M (2 Races)

The final event of the evening was 2 separate 1,500m heats - with broadly 15 or so runners in each race.

In terms of race expectations, Lucy and myself were seeking an opportunity to earn PBs. Selma and William were going to achieve PBs anyway as this was their first 1,500. Tony, despite nursing an injury over the last few weeks, was seeking to achieve an outdoor season's best of sub 4:40 (especially after last Thursday's excellent Assembly League effort – equivalent to a season's best 5k of 17 bang on minutes). Selma, also nursing an injury, was going to use the race as a training opportunity, bringing together some of the decent track training she has being doing recently in Coach Steve's Saturday sessions at Ladywell; in fact, William, Lucy and I also wanted to do that.

Tony and I were drawn in Heat 1, the others in Heat 2.

Heat 1 -

The first race panned out as two separate races within a race, with 3 superfast young things (all u20) way out in front from the start; the overall race winner finishing just outside sub 4 minutes.

I was some 20 seconds behind the third placed finisher, starting off too fast as usual (52 secs for the 1st 300M), running 2 slower laps (75, 75 seconds) placed behind others within the main group, but able to pick up the pace in the final lap. Mainly running alone and against the clock for the last 350m, I narrowly missed my target of sub 4:30. However, a 70 second final lap had been a significant improvement on my 2 recent mile races and I had managed to lop off over 10 seconds from my previous PB.

Tony, however, was a little disappointed with his run, although he need not have been. Okay, he started off quickly with a 54 second first 300M, slowed slightly thereafter and, on this occasion, was not able to hold pace to achieve his target. He mentioned during our customary debrief that he did not have the endurance in his legs – but given that he's coming back from injury, I think he's likely being a little self critical and the experience, in any event, will prove useful for the forthcoming mile races over the next couple of weeks and the European's in Denmark, in August.

Heat 2 -

Lucy, Selma and William all ran well in the second race. William executed a very controlled two and three-quarter laps and a zippy final lap to finish just outside the 5 minute barrier. No doubt much more to come.

And in talking of more to come – Lucy's excellently executed PB of 5:08.85 was not really a surprise given that her running has been coming on really well recently. Excellently paced through out and a blisteringly strong finish with a sub 80 final lap (splits per Strava of 61 (300M), 85, 84 and 78). And some 15 seconds knocked off her PB. Performance of the night?

Given Selma's injury concerns, she sensibly took her run cautiously, and ran a very steady (and also evenly paced effort) finishing just outside 5:30, much faster than her mile PB time of last year such has been her exponential rate of improvement over the last few months.

So overall, a good night's racing, in what was a very well attended event by both runners and spectators. Great atmosphere and facilities including full-on electronic timing. Also many thanks for the support/encouragement at trackside by Clare and Coach Steve – calling lap times/progress at the 200m mark was very helpful.

- Steve Davies

800m (Heat 6)

Mike Mann	2:47.45

1500m (Heat 1)

Steve Davies	4:31.64
Tony Tuohy	4:43.44

(Heat 2)

William Cotter	5:04.33
Lucy Elms	5.08.85
Selma Benattia	5:32.26

parkrun July 8th

Bexley
337 Ran

Pos	Gen		
14	14	Michael Fullilove	20:58

Brockwell
246 Ran

Pos	Gen		
22	22	Mark A Foster	20:18
68	60	Michael Dodds	22:57
86	16	Clare Wyngard	24:11
114	90	Simon Harding	25:19

Croxteth Hall
296 Ran

Pos	Gen		
19	2	Mel Edwards	20:15

Crystal Palace
196 Ran

Pos	Gen		
6	6	Tom Wilson	19:52
11	11	Andy Cottrill	20:25
13	1	Lin Skinner	20:40
19	2	Belinda Cottrill	21:18
57	51	Bob Bell	24:17
87	71	Ameet Patel	26:03

Dulwich
231 Ran

Pos	Gen		
27	27	Chris Loizou	20:34
76	65	Mark Muffett	23:28
132	28	Hannah Harvest	26:33

Fulham Palace
340 Ran

Pos	Gen		
106	19	Susan Cooper	24:02

Llanelli Coast
108 Ran

Pos	Gen		
5	5	Paul Devine	18:57

Long Eaton
354 Ran

Pos	Gen		
25	25	Jim Dowsett	20:09

Oldham
197 Ran

Pos	Gen		
17	1	Michelle Lennon	21:02

Orpington
162 Ran

Pos	Gen		
37	33	Colin Frith	24:45

Peckham Rye
158 Ran

Pos	Gen		
4	4	Andy Bond	18:52
32	30	Alex Bazin	22:14
74	15	Claire Barnard	25:54

Riddlesdown
212 Ran

Pos	Gen		
1	1	Dylan Wymer	16:18
18	2	Ange Norris	20:13

Royal Tunbridge Wells
218 Ran

Pos	Gen		
100	18	Rhoda Collier	28:50
102	83	Lloyd Collier	28:51

South Norwood

Chris Vernon writes. It is some time since I have been touring so last saturday I went to the new run just down the road in South Norwood Country Park. In all my years of running round south London I have never found this park, a real wild oasis just by Elmers End. As expected there were plenty of club runners eager to bag a first run despite a lack of publicity but only Peter Jackson and I came from Dulwich. The course is a mainly flat 2 and a bit laps with one small hill up to the tram tracks.

It was a warm and humid day so I struggled near the back but had a few walks and chats to encourage others but still made 2nd V70 .

The organisation was good for a first time with a few minor blips. The course was long apparently, the open toilets were miles away and there was nowhere to leave bags as the start and finish were some way apart.On the plus side there is a defibrillator in the kit (important to me anyway) and there were plenty of marshals.

Next week I am off to another local first parkrun so watch this space for a report on my 63rd venue

180 Ran

Pos	Gen		
125	102	Peter Jackson	29:40
171	118	Chris Vernon	41:45

Western Springs
59 Ran

Pos	Gen		
19	17	Nick Bell	23:27

Wimbledon Common
383 Ran

Pos	Gen		
117	100	Barrie John Nicholls	23:37
168	29	Lindsey Annable	25:26

New members especially, and others....

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

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

ENTRY FORM

TEAM NAME:
TEAM CATEGORY: PLEASE CIRCLE ONE

MEN

WOMEN

MIXED

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

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

Pay on day, or by bank transfer:

Sort code: 40 52 40

Account: Dulwich Runners AC: 00090986

Reference: RELAY plus TEAM NAME

DULWICH RUNNERS SUMMER RELAY
ORGANISED BY DULWICH RUNNERS AC

WEDNESDAY 12 JULY 2017 AT 7:30 PM

RACE INFORMATION Contact: 020 7701 2546

ros.tabor49@gmail.com

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

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

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

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

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

RACE NUMBERS: Will be available at the start

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

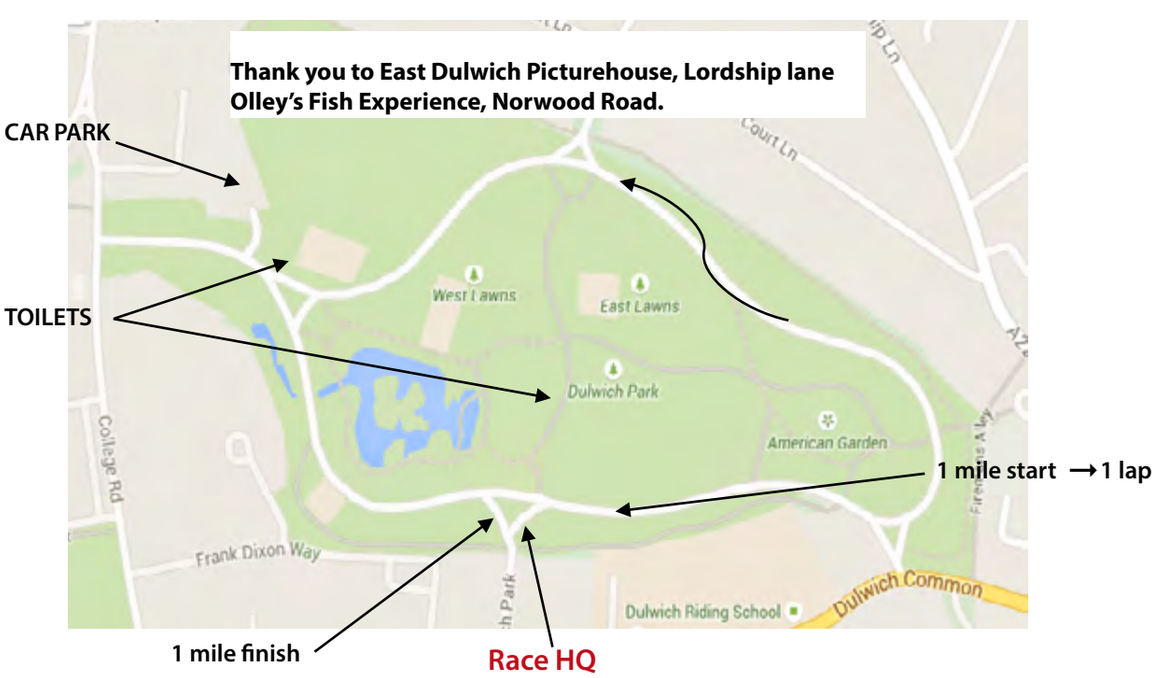
TOILETS: Near the car park exit and near the café (to right of lake from start/finish).

REFRESHMENTS: Water station at start/finish area.

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

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

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



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