



# SHORTS

Dulwich Runners AC

Weekly Newsletter

August 21st 2019

[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

These are your SHORTS,  
Please send your reports, running news & anecdotes to:

[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 21	<b>Club Night</b> , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
Tue 27	<b>Dulwich College</b> £2 per session Start with warm up drills at 7:10pm then 7.25 main session on grass.

*Tuesday night sessions at Ladywell have now ended and full group training resumes on grass at Dulwich for the month of August.*

Connect with us:



## Thursdays 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](mailto:steve.smythe@athleticsweekly.com) to go on the mailing list



## LUCKY VEST

August winner -

**Sonja Jutte**



Wear your Dulwich Runners vest or t-shirt 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](mailto:ros.tabor49@gmail.com)

## PHYSIO TALK

Physiotherapists from a local practice (GP physios on Lordship Lane) will be visiting the club and giving a short talk starting at 9pm after the run on 21 August.

It will be useful for injury prevention / treatment, so try and arrange to stay behind that day.

## 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**.
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

## In your SHORTS this week!

- 1 General information
- 2 Fixture list & race details
- 3 Upcoming races etc
- 4 Race reports & results
- 5 Club champs after 8 events
- 9 parkrun times
- 10 Club kit, Social events etc
- 12 Wednesday route map

*And much more!*

Like us on Facebook @dulwichrunners

----- EVENT HORIZON -----

*A brief look ahead*

Aug 29 Assembly League - Beckenham

## NEW RUNNERS ROTA

Many thanks to **Joanne Shelton Pereda** and **Barry Graham** for taking out new runners last week and everyone who volunteers to take out new runners even when it's not their turn on the rota. If you're on the list please try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know asap. - Thanks. - Ros

**Hugh Balfour**  
Joseph Brady

**21/8**  
28/8

## Rehydration!

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

## Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Copies will be at the clubhouse, but feel free to print your own and 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.

**All maps also on Strava (you don't need an account)**

<https://www.dulwichrunners.org.uk/wednesday-night-routes>

# DULWICH RUNNERS 2019/20 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

2019	Race	Venue
Aug 29	Assembly League - Beckenham Place Park	Beckenham
Sep 22	SEAA road relays	Crystal Palace Park
	28 England Masters Inter-Area Xc Challenge	Bury St Edmunds
Oct 6	National 6/4 stage road relays	Sutton Park
	12 Surrey League cross country (men)	Guildford
	12 Surrey League cross country - 6k 11am (women)	Reigate Priory Park
	26 BMAF XC Relays	Long Eaton
Nov 3	Regents Park 10k (short) entry details below	Regents Park, London
	9 Surrey League cross country (men)	Wimbledon
	9 Surrey League cross country - 6k 1pm (women)	t.b.c
	16 London Xc Champs	Parliament Hill
	16 British & Irish Masters cross country,	Southport
	23 South of Thames 5 miles	Morden Park
Dec 14	or 21 tbc South of Thames 7.5 miles	Lloyd Park
2020		
Jan 4	County cross country champs	t.b.c
	11 Surrey League cross country (men)	Beckenham
	11 Surrey League cross country - 8k 11am (women)	t.b.c
	25 South of England cross country champs	t.b.c
Feb 8	Surrey League cross country (men)	Lloyd Park
	8 Surrey League cross country - 8k 1pm (women)	Richmond Park
	22 England cross country champs,	Nottingham
Mar 21	England area 12 and 6 stage relays	t.b.c
Apr 4	National 12 and 6 stage relays	Sutton Park

Mornington Chasers - Regent's park 10k  
 (not open yet): <https://www.chaser.me.uk/tenk/tenk.php>

2019	Track races and meetings	Venue
Aug 24	HHH open meeting	Tooting
Sep 1	Ladywell 10000	Catford
	1 St Marys Richmond AC Open	Twickenham
	4 Sth London Harriers 1500m & 5k Festival	Purley
	11 Highgate end of season open meeting	Parliament Hill
	18 VAC 10,000m champs	Battersea

If you require information about any races in Shorts, how to enter etc then contact your respective captains:  
 Men road: [ebepriill@yahoo.co.uk](mailto:ebepriill@yahoo.co.uk) - Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk) - Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## 2019 Club Championships

Here are the club championship races for 2019

Four long and five short with two dates to be confirmed.

To complete and qualify for the champs you must run at least 5 events, including at least one from each distance category.

16 Feb	Dulwich parkrun	short
10 March	Big Half	long
14 April	Thames Towpath 10M	long
28 April	London Marathon (or alt.)	long
10 June	Sri Chinmoy 5k	short
16 June	Eltham Park 5M	short
July 14	Sevenoaks Seven Mile	long
Aug 2	SOAR Mile	short
3 Nov	Regent's Park 10k	short

## Ladywell 10000

1 Sept

Kent AC's annual festival of 10000m running back for its third year on Sunday 1 September. Seven seeded races open to anyone faster than 55 minutes for 10000m. Food and drink available for spectators and runners to buy. This event sells out quickly so enter at: <https://www.entrycentral.com/event/110805>

## St Mary's Richmond AC Open

Sunday 1 September

Open track meet including the lesser spotted 3000m event at the Sir Mo Farah Track near Strawberry Hill. Tony has already got his name down...

[https://entries.opentrack.run/2019/SMRAC\\_open\\_meeting/](https://entries.opentrack.run/2019/SMRAC_open_meeting/)

## Ken Crooke Cross Country champs

In 2019/20 will include the following events.

- 4 Surrey League races
- Lloyd parkrun, 28 Sep.
- London Champs, Parliament Hill, 16 Nov.
- South of Thames 5 miles, Morden Park, 23 Nov.
- South of England champs, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

## Assembly League

A series of races from 3 to 3.5 miles on road or paths within parks and take place on or close to the first Thursday evening of the summer months against 12 other clubs.

These are extremely popular and all members are welcome and encouraged to participate whatever your standard or ability. They are free to enter, no pre-entry or registration needed, all you need to do is have a club vest, turn up and run.

All details in main fixture list and any further information will be here in Shorts as and when it becomes available.

## Thames River Relay

Sunday 8th Sept.

Starts 9 a.m. Dorney Lake, finish at Kingston, teams of 5 run a marathon distance between them, stages from 4.4m - 6.5m.

A baton relay alongside the Thames, mainly off road, for runners of all abilities. [http://www.stragglers.org/river\\_relay](http://www.stragglers.org/river_relay)

It seems a long way off but it is popular so we have to enter early. To take part let Ange know on Wednesday evening or reply to [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## Algarve Running Challenge

6-10 November

This annual series of races takes place at Monte Gordo in Portugal close to the Spanish border over the period 6-10 November. There are 4 races including a 5km cross country, a track mile, 3km beach race and 10km trail race. In addition to the running events there is plenty of time and opportunities for sightseeing, cycling and swimming in this attractive part of the Algarve. We stay at a 4 star hotel on the beach where half board is available. For further details have a chat to Ros, Andy, Steve Smythe or myself.

**Mike Mann**



# Race Reports & Results

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

## Fell Racing in Yorkshire

*Staying for a fortnight near Tadcaster not only means beer (three large breweries means more beer is brewed here per head of population than anywhere else in the world), but also hills, which for me means fell running. So I have had the joy of three races in five days.*

### Ravenscar Rumble 4.6 miles (7.5Km)

787 ft (240m)

Tuesday 6 August

Ravenscar is a beauty spot on the North York Moors coast half-way between Scarborough and Whitby, with magnificent views across Robin Hood's Bay. We eventually saw the view when the rainstorm which greeted our arrival had cleared and the sunny evening promised by the Met Office duly appeared.

The course started with a fast descent from the National Trust Visitors' Centre, then followed the coastal paths along the top of the cliffs before turning inland and climbing steeply up onto the moor. We followed a good track along the moor for a mile before a zig zag descent back to the finish.

At the start I spotted a runner from Whitby and Loftus AC who looked like competition for the M60 prize, and he shot off on the descent, soon getting 200 yards ahead of me. I thought that was it, until half-way along the coast path I caught him up. Morale was raised. As we came to the climb I felt in good shape and overtook three of or four others on the road section. Above the road was a very narrow path through the bracken and heather which was real hands on knees stuff. But once on the track I picked up the pace, and although two runners passed me, I kept up a good pace to the finish.

It was a brilliant little race, a beautiful course, lots of prizes (I was chuffed to win a bottle of wine) and homemade cake.

Winner 33.21  
21 Hugh Balfour 41.25 (1st M65)  
81 ran

### Kings Challenge

6.1 miles (9.7Km)

1175ft (360m)

Thursday 8 August

Having driven 50 miles east on Tuesday, we now headed west to Silsden, a village a few miles south-west of Ilkley for a rather different race. This was a straight forward out and back with no sea view or cake but one very respectable bog!

The race started at the Kings Arms pub, hence the name, by going straight up the main road, having stopped the traffic with the pedestrian lights, for 50 yards before turning into a park, then up a couple of short streets and out onto the fields. We climbed steadily through the fields, encountering the aforementioned



bog en route, until we emerged onto a short stretch of lane and then up on the west end of Ilkley Moor. Up to now it had all been runnable, but as we climbed from the lane there was a short steep rocky section that slowed everyone up. Then it was a mile along the top of the moor to the trig point. Here I tried to pick up the pace and catch a small group who had got away from me on the steep bank. To no avail, but I was still going well as the lead runners raced back past me.

The run back was fast and furious, and I was in good shape until the rocky technical descent. Here my lack of practice in descending became evident, and a runner sped past me, who turned out to be the winning M60. I kept him in sight most of the way back but was never going to catch him and was told afterwards that he has a reputation as a rapid descender. However, I was pleased with my performance, and looking back at past results I would have won every year, and my time would have comfortably broken the M60 record. It all depends on who turns up on the night.

Winning time 41.45  
29 Hugh Balfour 53.58 (2M60)  
77 ran

### Arncliffe Gala

1.6 miles

(2.6km) 460ft

(140m)

Saturday 10 August

This was a completely different kettle of fish to the two previous races. Arncliffe is a picture postcard village in

Littondale in the heart of the Yorkshire Dales National Park. Like many northern villages it has a fell race as part of the attraction at its village gala. In fact at Arncliffe there were no fewer than six races: a four mile road race, then four children's fell races for different age categories, followed by the senior fell race. It was quite a sight to see the under 9s streaming down the fell and charging through the mud; future champions in the making!

A second big difference was the weather. The sun was shining on Tuesday and Thursday. Today the heavens opened and we experienced proper Yorkshire weather, which meant a course replete with mud, streams and slippery rocks and grass.

Thirdly this race was basically a sprint. Four hundred yards of muddy track full of puddles and streams, followed by a brutal 400 ft hands on knees climb. Then fast along the top, over some rough rocky moor to the turnaround flag.

The descent was challenging. We had turned in the gale force wind, and the rain was lashing down. The course traversed the fellside along a slippery narrow trod, then turned down the steep climb we had come up. It was all a bit of a blur. I think I lost a couple of places, but had a good fast finish. When the results were finally published I found I was only 2 seconds behind the winning M60. If only one had known who's who!

Winning time 11.19  
38 Hugh Balfour 15.23 (2M60)  
139 ran



# 2019 Club Championships

Within age groups after 8 events [Marathon scoring open until 24 nov]

	Short					Long					Bonus for no. of events	TOTAL 5 events max inc. 1.S,L	5+ events comp. ?
	5k Dulwich 16 Feb	5k Battersea 10 Jun	5M Eltham Pk 16 Nov	1M Stratford 2 Aug	10k Regents Pk 3 Nov	1/2M Big Half 10 Mar	10M Towpath 10 14 Apr	Marathon London or other 28 Apr	7M Sevenoaks 14 Jul				
<b>WOMEN SENIOR</b>													
Marta Miaskiewicz	50	[48]	50	[50]		[48]	50	50	50		8	258	C
Kim Hainsworth	49	46	49			[45]	48		48		6	246	C
Tess Bright				48		44	47	45	47		5	236	C
Laura Vincent	46	43		49		[40]	46		45		6	235	C
Belinda Cottrill	37	45		47			49		49		5	232	C
Claire Barnard				45		36	45		43		4	173	
Hannah Harvest	39	41		46		38					4	168	
Ali Campbell		49				50		49			3	151	
Elkie Mace		50				49		47			3	149	
Rebecca Schulleri	48	47				42					3	140	
Anna Thomas	47					43			46		3	139	
Sonja Jutte	41	39							44		3	127	
Karina Burrowes	40	40				37					3	120	
Hayley Seddon						47		48			2	97	
Alice Williams						46		46			2	94	
Katie Styles		42				41					2	85	
Jenny Ross	43					39					2	84	
Chloe Green						30		36			2	68	
Cherry Newsam	45										1	46	
Sara Roloff		44									1	45	
Roz Johnson								44			1	45	
Charlotte Sanderson	44										1	45	
Jenny Shutt							44				1	45	
Michelle Key								43			1	44	
Helen Lister	42										1	43	
Natalie Davys	38										1	39	
<b>WOMEN V40</b>													
Yvette Dore	50	50	[50]	[50]		50	50	50	[50]		8	258	C
Joanne Shelton Pereda	48		[47]	48		46	48	[47]	48		7	245	C
Teresa Northey	49		48			47	47	48			5	244	C
Sharon Erdman	47	49				44			47		4	191	
Emma Ibell			49				49		49		3	150	
Clare Osborne	45						46		46		3	140	
Eleanor Simmons						49		49			2	100	
Colleen Williams	46					45					2	93	
Clare Norris				49							1	50	
Stephanie Lundon						48					1	49	
Vicky Gashe								46			1	47	
<b>WOMEN V50</b>													
Michelle Lennon	50	[49]	50	[49]		50	50	[49]	50		8	258	C
Lucy Clapp	48			48		48	48		49		5	246	C
Lucy Pickering	49	50				49		48			4	200	
Midge Cameron	47		49			47					3	146	
Ange Norris								50			1	51	
Clare Elms				50							1	51	
Ola Balme							49				1	50	
Lindsey Annable	46										1	47	
Clare Wyngard	45										1	46	
<b>WOMEN V60</b>													
Ros Tabor	50	50	50	50			50				5	255	C
Claire Steward		49	49			50	49				4	201	
Susan Vernon	49										1	50	
Elizabeth Begley						49					1	50	
<b>MEN SENIOR</b>													
Edward Chuck	50	50		50		50		[48]	50		6	256	C
Alastair Locke	49		49			48		47	48		5	246	C
Jack Ramm	47	47					50	44	49		5	242	C
James Burrows	46			[44]		46	49	46	46		6	239	C
Joe Twomey	44	45	48			43	48				5	233	C
Joe Farrington-Douglas	42	43	47			38	44				5	219	C
Eugene Cross	40	42	46			40	45				5	218	C
Timothy Bowen	41	49		49				50			4	193	
Des Crinion	45	44				44	46				4	183	
Grant Kennedy	43					42		38	45		4	172	
Tom Shakhli	34			47		41		40			4	166	
Ross Rook		40		43		34	42				4	163	
Matt Ladds	39					33	43		41		4	160	
Alex Haylett	36		44			31	38				4	153	

Wayne Lashley	48			48				47	3	146	
Edward Harper		46				47		43	3	139	
Matt Cooke		39		45				43	3	130	
Jonathan Whittaker	35	41						44	3	123	
Alex Bazin			45		32	40			3	120	
Greg Falconer	37				35	41			3	116	
Shane O'Neill		48	50						2	100	
Lee Fedden					49			49	2	100	
Rob Hollands					45			45	2	92	
Steve Rolfe						47		42	2	91	
Jamie Nicol	38					39			2	79	
Kevin Chadwick				46					1	47	
Cameron Lund								42	1	43	
Oliver Cooper								41	1	42	
William Bancroft								39	1	40	
Ed Simmons					39				1	40	
Richard Barclay								37	1	38	
Robert Yates					37				1	38	
Stephen Pinkster					36				1	37	
<b>MEN V40</b>											
Andy Bond	50	50				50	50	50	5	255	C
Tom South	[47]	[48]	49			48	49	49	7	251	C
Daniel Mann	49	49	50	50		49		[48]	6	253	C
Hugh French	37	41				37	45		5	210	C
Grzegorz Galezia		44				45		47	4	187	
Cameron Timmis	39	42					46	46	4	177	
Gower Tan	44						48	44	3	139	
Justin Siderfin	46			48		42		48	4	188	
Martin Double		43				38	47		3	131	
Stephen Davies	48			42				50	3	143	
Paul Devine				49		47		45	3	144	
Tom Wilson		46						46	2	94	
Paul Collyer		45				46			2	93	
Rob Cope	45					44			2	91	
Olivier Montfort	43					43			2	88	
Miles Gawthorp	41							43	2	86	
Jonny Hough	42					41			2	85	
Christopher Cooper	40					39			2	81	
Ian Lilley		47		47					2	96	
Gary Clarke						40			1	41	
Peter Jenkins		38							1	39	
Ajay Khandelwal	38								1	39	
Spencer Sutcliff							37		1	38	
Alex Loftus								36	1	37	
<b>MEN V50</b>											
Tony Tuohy	50	50	50	50				50	5	255	C
Ebe Prill	49		[47]	[48]		49	49	49	7	252	C
Gideon Franklin	45	48	46			47		47	5	238	C
Charles Lound		49				50	50	50	4	203	
Michael Fullilove	48		49	49				48	4	198	
Ameet Patel	43		44	47				48	4	186	
Paul Keating	44		43			46	48		4	185	
Mark Foster	47		48			48			3	146	
John English	46								1	47	
Joseph Brady			45						1	46	
Paul Hodge							37		1	38	
Mike Crilly							37		1	38	
<b>MEN V60</b>											
Stephen Smythe	50	50		47		50		50	6	303	C
Graham Laylee	48	[48]	50			49	50	49	6	252	C
Bob Bell	47	49		50		48	47	48	6	295	C
Barrie John Nicholls	[46]	47	49	48		[46]	48	47	7	246	C
Andy Murray	44	46	48			47	49		5	239	C
Hugh Balfour	49								1	50	
Colin Frith				49					1	50	
Michael Dodds	45								1	46	
Chris Vernon	43								1	44	
128	75	49	30	34	-	73	46	45	38	390	30

Best 5 count for year inc. 1 each short, long. 5 inc. one short and long needed for completion medal.  
Marathon points are temporary

2019 Club championship Overall championship After 8 events including marathons	Short					Long				Events count.	TOTAL 5 events max inc 1,S,L	Avg.		Avg. of all races
	5k Dulwich 16 Feb	5k Battersea 10 Jun	5M Eltham Pk 16 Nov	1M Stratford 2 Aug	10k Regents Pk 3 Nov	1/2M Big Half 10 Mar	10M Towpath 10 14 Apr	Marathon London or other 28 Apr	7M Sevenoaks 14 Jul					
Ros Tabor	891	899	913	992			895			5	4,590	918	C	918
Tony Tuohy	895	911	887	902					857	5	4,452	890	C	899
Andy Bond	870	890				848	852		865	5	4,325	865	C	865
Edward Chuck	835	827		838		827		[769]	832	5	4,158	832	C	832
Michelle Lennon	[816]	831	844	826		[812]	823	[785]	823	5	4,146	829	C	831
Daniel Mann	810	828	812	832		778		[705]		5	4,060	812	C	812
Stephen Smythe	821	804		[609]		829		801	796	5	4,052	810	C	814
Tom South	805	836	813			787	[785]	[769]	796	5	4,037	807	C	810
Yvette Dore	[759]	789	815	812		[766]	787	[753]	786	5	3,989	798	C	801
Marta Miaskiewicz	[769]	792	811	[752]		785	793	784	[771]	5	3,966	793	C	793
Lucy Clapp	779			823		772	789		766	5	3,928	786	C	791
Ebe Prill	804		727	[711]		759	776	766	[726]	5	3,831	766	C	766
Jack Ramm	734	803					775	707	810	5	3,829	766	C	755
Alastair Locke	778		745			779		755	763	5	3,819	764	C	764
James Burrows	754			724		747	740	730	[712]	5	3,696	739	C	739
Kim Hainsworth	749	740	754			[709]	715		723	5	3,681	736	C	740
Joe Twomey	727	755	729			707	710			5	3,627	725	C	725
Bob Bell	741	732		733		679	[634]		717	5	3,602	720	C	721
Joe Farrington-douglas	729	742	733			685	711			5	3,599	720	C	720
Graham Laylee	720	705	722			[690]	712		712	5	3,571	714	C	715
Eugene Cross	716	723	717			693	705			5	3,553	711	C	711
Tess Bright				682		698	683	680	709	5	3,451	690	C	686
Laura Vincent	700	704		718		649	[634]		668	5	3,439	688	C	693
Barrie John Nicholls	697	683	707	669		[628]	675		[667]	5	3,431	686	C	686
Andy Murray	687	681	682			674	686			5	3,410	682	C	682
Gideon Franklin	708	703	681			667		639		5	3,397	679	C	679
Charles Lound		814				816	855	850		4	3,335	834		834
Teresa Northey	664		679			624	639	629		5	3,234	647	C	647
Lucy Pickering	829	849				790		762		4	3,230	808		808
Joanne Shelton Pereda	647		652	665		[618]	643	[573]	619	5	3,224	645	C	648
Belinda Cottrill	365	724		679			722		715	5	3,206	641	C	623
Timothy Bowen	705	836		808				830		4	3,179	795		795
Claire Steward		808	797			773	785			4	3,163	791		791
Michael Fullilove	798		790	760				745		4	3,092	773		773
Grzegorz Galezia		787				770		754	736	4	3,047	762		770
Justin Siderfin	748			781		712			727	4	2,967	742		747
Des Crinion	735	749				712	707			4	2,902	726		726
Hugh French	574	608				539	564		565	5	2,849	570	C	571
Grant Kennedy	720					708		631	687	4	2,745	686		686
Ross Rook		708		708		634	657			4	2,708	677		677
Cameron Timmis	673	674					666		664	4	2,678	669		671
Tom Shakhli	483			767		695		654		4	2,599	650		650
Matt Ladds	674					610	649		624	4	2,557	639		630
Sharon Erdman	627	639				567			617	4	2,449	612		611
Ameet Patel	595		611	635					608	4	2,449	612		614
Alex Haylett	619		619			584	591			4	2,412	603		603
Hannah Harvest	550	655		588		593				4	2,386	597		597
Ali Campbell		814				800		772		3	2,386	795		795
Elkie Mace		825				793		764		3	2,382	794		763
Wayne Lashley	777			800					750	3	2,327	776		788
Paul Keating	611		564			550	594			4	2,319	580		580
Emma Ibell			797				744		769	3	2,310	770		762
Paul Devine				814		765		690		3	2,270	757		757
Claire Barnard				571		546	584		560	4	2,262	565		611
Stephen Davies	864			571				811		3	2,246	749		749
Edward Harper		792				751		697		3	2,239	746		746
Mark Foster	753		746			692				3	2,191	730		730
Gower Tan	753						715	698		3	2,167	722		722
Rebecca Schulleri	719	737				680				3	2,135	712		737
Matt Cooke		696		728					679	3	2,103	701		712
Anna Thomas	713					692			695	3	2,100	700		708
Midge Cameron	698		714			652				3	2,064	688		688
Jonathan Whittaker	597	723							694	3	2,014	671		675
Greg Falconer	719					641	643			3	2,003	668		668
Martin Double		688				614	655			3	1,958	653		653
Alex Bazin			672			616	642			3	1,929	643		643
Sonja Jutte	595	605							592	3	1,792	597		600
Karina Burrowes	582	597				578				3	1,758	586		586
Clare Osborne	596						573		569	3	1,738	579		584
Lee Fedden						809		801		2	1,610	805		805
Shane O'neill		804	789							2	1,593	797		797
Paul Collyer		810			-	778				2	1,588	794		529
Ian Lilley		802		782						2	1,584	792		792

Hayley Seddon						775		756		2	1,531	765		765
Tom Wilson		779						722		2	1,501	750		750
Rob Hollands						730		719		2	1,450	725		725
Rob Cope	735					712				2	1,447	724		724
Olivier Montfort	723					710				2	1,433	717		717
Alice Williams						708		691		2	1,400	700		727
Steve Rolfe							707	691		2	1,398	699		714
Katie Styles		700				692				2	1,391	696		699
Jonny Hough	689					671				2	1,360	680		680
Eleanor Simmons						682		648		2	1,330	665		665
Jamie Nicol	666						624			2	1,290	645		645
Christopher Cooper	664					621				2	1,286	643		643
Miles Gawthorp	679							557		2	1,237	618		618
Jenny Ross	612					600				2	1,212	606		606
Colleen Williams	605					512				2	1,117	559		559
Clare Elms				1,029						1	1,029	1,029		1,029
Chloe Green						512		482		2	994	497		497
Ange Norris								874		1	874	874		874
Hugh Balfour	821									1	821	821		821
Ola Balme							795			1	795	795		770
Kevin Chadwick				766						1	766	766		766
Clare Norris				738						1	738	738		738
John English	715									1	715	715		715
Sara Roloff		711								1	711	711		711
Colin Frith				699						1	699	699		699
Ed Simmons						690				1	690	690		690
Stephanie Lundon						689				1	689	689		689
Roz Johnson								685		1	685	685		685
Oliver Cooper								677		1	677	677		677
Stephen Pinkster						671				1	671	671		671
Ajay Khandelwal	670									1	670	670		670
Cherry Newsam	664									1	664	664		664
Robert Yates						660				1	660	660		660
Michael Dodds	659									1	659	659		659
Gary Clarke						658				1	658	658		658
Charlotte Sanderson	653									1	653	653		653
Cameron Lund								635		1	635	635		635
William Bancroft								633		1	633	633		633
Richard Barclay								623		1	623	623		623
Joseph Brady				620						1	620	620		620
Susan Vernon	606									1	606	606		606
Peter Jenkins		597								1	597	597		597
Helen Lister	596									1	596	596		640
Elizabeth Begley						582				1	582	582		582
Natalie Davys	555									1	555	555		555
Spencer Sutcliff								509		1	509	509		627
Paul Hodge								509		1	509	509		627
Mike Crilly								509		1	509	509		627
Jenny Shutt								509		1	509	509		626
Michelle Key									486	1	486	486		486
Alex Loftus									482	1	482	482		482
Vicky Gashe									482	1	482	482		482
Clare Wyngard	431									1	431	431		431
Lindsey Annable	399									1	399	399		399
Chris Vernon	365									1	365	365		365
128	75	49	30	34	-	73	46	45	38	365			30	





August 17

## Aberdeen

324 Ran

Pos	Gen		
20	19	Alex Loftus	20:11

## Banstead Woods

209 Ran

Pos	Gen		
1	1	Tony Tuohy	18:38

## Brockwell , Herne Hill

363 Ran

Pos	Gen		
1	1	Lewis Laylee	16:31
7	7	Michael Williams	18:52
13	1	Alexie Shaw	19:23
16	15	Justin Siderfin	19:43
41	5	Lucy Pickering	21:24
79	14	Lucy Clapp	22:35
91	73	Graham Laylee	23:04
165	38	Sonja Jutte	25:49
221	69	Sharon Erdman	27:48
222	70	Laura Vincent	27:49

## Bromley

605 Ran

Pos	Gen		
106	93	Colin Frith	23:05
192	25	Claire Barnard	25:16

## Burgess

501 Ran

Pos	Gen		
3	3	Tom Shakhli	17:32
501	193	Susan Vernon	56:01

## Catford

209 Ran

Pos	Gen		
1	1	Andy Bond	17:30

## Crane Park

145 Ran

Pos	Gen		
1	1	Thomas South	17:07

## Crystal Palace

432 Ran

Pos	Gen		
7	1	Ali Campbell	19:19
24	23	Tom Wilson	20:35
39	3	Belinda Cottrill	21:16
88	7	Helen Lister	22:57
104	94	Bob Bell	23:29
117	106	Paul Hodge	23:58
164	23	Emma Kelly	25:20
312	83	Jenny Bomers	30:32
432	165	Clare Wyngard	51:09

## Cyclopark

188 Ran

Pos	Gen		
1	1	John Whittaker	18:22
22	4	Tereza Francova	22:22

## Dulwich

414 Ran

Pos	Gen		
3	3	Edward Chuck	15:51
11	11	Stephen Davies	17:19
42	3	Kim Hainsworth	19:46
49	4	Sara Roloff	19:58
136	16	Eleanor Simmons	23:08
166	145	Miles Gawthorp	24:00
235	44	Colleen Williams	26:29
239	47	Claire Steward	26:47
308	74	Elizabeth Begley	29:19

## Felixstowe

342 Ran

Pos	Gen		
103	12	Hannah Issett	25:38

## Greenwich

360 Ran

Pos	Gen		
27	27	Michael Fullilove	21:05
98	14	Ros Tabor	25:01
156	126	Andy Murray	27:02

## Hazelwood

Off to another relatively new ParkRun, venue number 77 for me and the first ever visit by a DR. Not the most interesting course - two and a half laps of the London Irish rugby pitches but pancake flat and mainly on grass. An enthusiastic organising team with cheery marshals and timed to the second! Plenty of parking and good bacon rolls afterwards in the club bar.

A date for your diary: 7th September at Burgess parkrun for a triple celebration. My 300th parkrunun, Freddie (youngest Grandson) 50th and our Golden wedding. We look forward to seeing you.

108 Ran

Pos	Gen		
105	67	Chris Vernon	48:55

## Hilly Fields

243 Ran

Pos	Gen		
30	2	Emma Ibell	22:03

## Leicester Victoria

410 Ran

Pos	Gen		
130	11	Marjorie Epton	26:18

## Marlay

471 Ran

Pos	Gen		
1	1	Timothy Bowen	16:47

## Marlborough Common

106 Ran

Pos	Gen		
5	5	Grant Kennedy	20:31

## Osterley

266 Ran

Pos	Gen		
60	53	Barrie John Nicholls	25:31
77	11	Lindsey Annable	26:29

## Peckham Rye

285 Ran

Pos	Gen		
25	3	Michelle Lennon	21:13
33	30	Cameron Lund	21:40
149	29	Lauren Gill	27:00

## Pymmes

126 Ran

Pos	Gen		
2	2	Joe Twomey	18:13

Riddlesdown

186 Ran

Pos	Gen		
1	1	Dylan Wymer	17:08
23	4	Ange Norris	21:50

## Southwark

427 Ran

Pos	Gen		
92	89	Matthew Ladds	22:35
258	54	Karina Burrowes	28:01

## Tilgate

565 Ran

Pos	Gen		
78	68	Gary Budinger	23:52

## Tooting Common

642 Ran

Pos	Gen		
219	189	Ian Sesnan	24:53

For your results to appear here ...  
you need to update your parkrun profile to show you  
are a current member of DR AC.

# DULWICH RUNNERS CLUB KIT

Vests	£18 each
T-shirts short sleeved	£20 each
T-shirts long sleeved	£22 each
Socks	£5 pair
Bufs/snoods	£6 each

Most kit is usually available  
Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



DULWICH RUNNERS' SHORTS - All sizes available  
They are traditionally cut either 'racing' style, or  
slightly longer- Both styles are a bargain £15.



Bufs/snoods - only £6

Socks only £5



WATERPROOF JACKETS  
LIMITED STOCK - only £10 each  
Only 2 Xlarge left



The Beast from the East !

It's on the way!.. be prepared...  
get yourself a bobble hat £15

[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)





## NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces and hoodies.

You just click on the link to the Dulwich Runners shop and purchase directly.

<https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html>

any questions contact Ros at: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1/4 Zip Top

## SOCIAL SPOT

P  
O  
T

*Upcoming events.*

Watch this space !.....

Dulwich Runners are on Instagram....So if you would like to photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, or Jonathan Whittaker who will take care of it! If people mention [@dulwichrunners](https://www.instagram.com/dulwichrunners) on their posts then we can easily repost pictures on the main Dulwich Runners account of



Instagram

key achievements that you want to share, or cover club races that neither Jonathan or Yvette are at.

## 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](mailto:ola.balme@btinternet.com)

[www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)

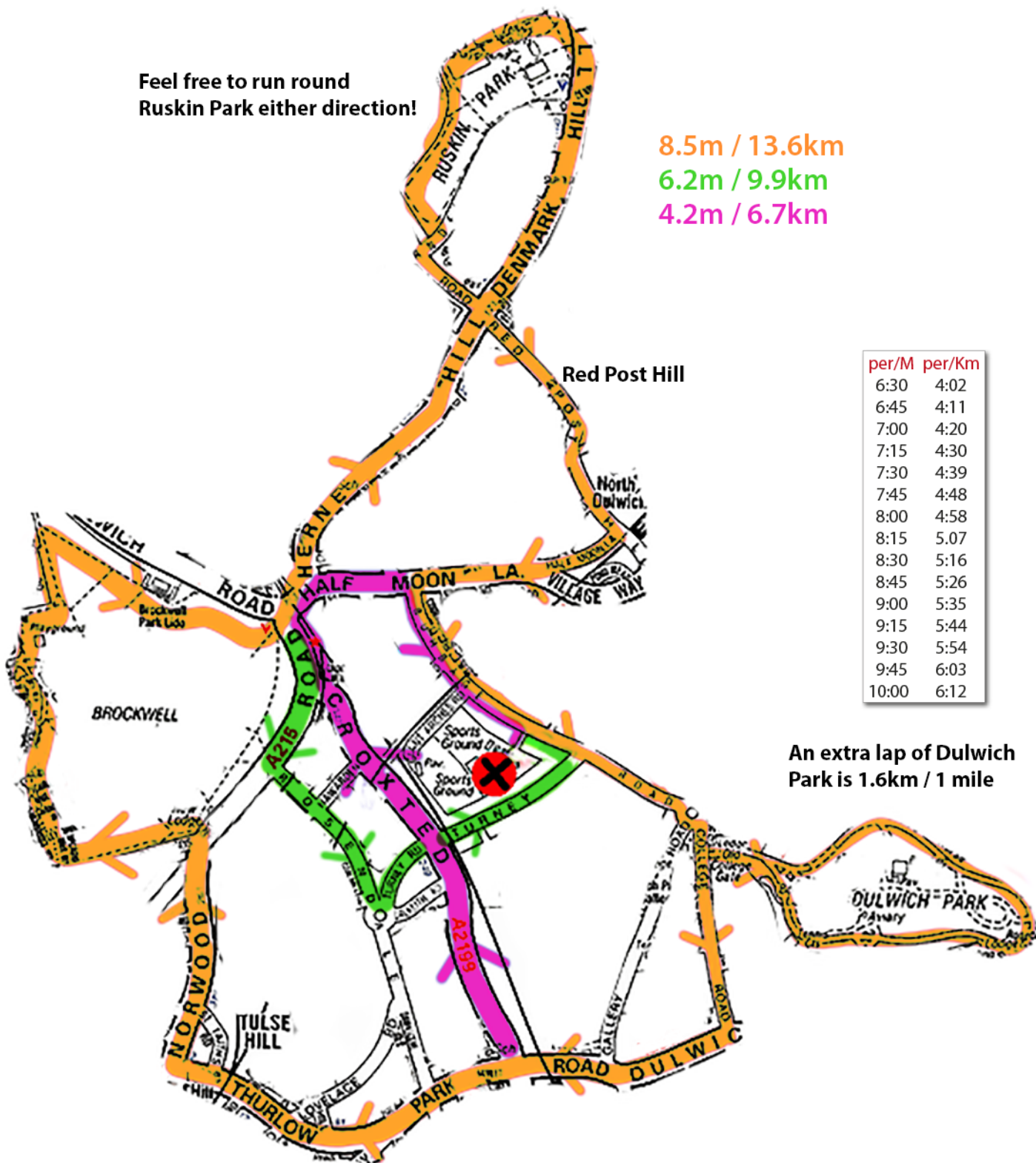
## Rehydration !

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

# Dulwich Runners Summer Map A

Feel free to run round  
Ruskin Park either direction!

8.5m / 13.6km  
6.2m / 9.9km  
4.2m / 6.7km



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

An extra lap of Dulwich  
Park is 1.6km / 1 mile