SHORTS

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

Tue 21 Track Session - Dulwich College Track
7 for a 7:15pm start £1 per session.

In your SHORTS this week !

1... General information
2... Club kit, social events etc
2... 2015 Dulwich Runners Club Champs races diary
3... Fixture list, club champs,XC, road, track
4... Race reports
5... Mark Hayes mile full report, times etc
11... Parkrun results
13... 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

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

Thank you everyone who supported the Mark Hayes Memorial Mile on Friday.

We collected £300 for Mark's family, Karine, Josephine, Fleur and Celeste.

I have a blue and white T shirt which was left at the track. I will bring it to the track and club next week.

Ros

EVENT HORIZON

A brief look ahead

full fixture list **page 4**

July 30 Assembly League, Victoria Pk, Hackney

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**

NEW RUNNERS ROTA

Many thanks to **Mike Mann, Lloyd Collier and the women's group** 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**

Ros Tabor	**15/07**
Cameron Timmis	22/07
Tom South	29/07
Katie Styles	05/08

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)

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

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

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

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

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 :

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)

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.

Elmore 7, Saturday 18th July 2pm.

Some people from my work are doing this race and wondered if Dulwich Runners could muster together enough people to enter a decent team.

If you are lucky enough to live in Forest Hill you can get to Chipstead leaving Forest Hill at 12.50pm arriving at 1.30pm. Can you let me know if you are doing it?.
duncan.j.wilson@hsbcib.com

http://www.southlondonharriers.org/images/pdf/Elmore_7_2015.pdf

The 7 mile road race starts and finishes in the grounds of "Elmore", a country house and the home of the Chipstead Flower Show. The accurately measured course passes through scenic and undulating country lanes and is suitable for all levels of runners. The village Fair and Flower Show opens at 12.30pm and the race starts at 2pm. Enough time to buy some autumn bulbs (?).

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.

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)

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

Ola Balme
Deep Tissue, Sports & Therapeutic Massage

Just to let you know that I offer .....
Pre event massage - help to help ward off injury

Post event massage - to soothe and ease fatigued and tired tissues
Maintenance massage - to loosen tightness within soft tissues so as to improve performance and prevent injury
You can also benefit from learning appropriate stretches

Ola is an experienced Sports Massage Therapist. To find out more
ola.balme@btinternet.com
07506 554004

http://www.hernehillsportsmassage.co.uk

Dulwich Runners 2015/16 Fixtures

Further information regarding 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 this list regularly .

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

Date		Race		Venue
Jul	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
	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
	24	BMAF XC Masters Relays		Derby
Nov	7	Surrey League match 2	men	Walton
	14	London Champs		Parliament Hill Fields
	14	British and Ireland Internationa		Dublin
	15	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
	tbc.21/28	South of Thames 5 mile race, (date and venue tbc)		
Dec	5	Surrey League match 2	women	Lightwater
	5	Kent Masters		Sparrows Den
	12	SEAA Masters Champ		tbc
	19	South of Thames championship		Tonbridge
		2016		**2016**
Jan	9	County Champs (Surrey & Kent)		Various
	16	Surrey League match 3	men & women	Reigate Priory Park
	tbc 23	Vets AC Champs		Wimbledon Common
	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

Track meetings

Day	Track / Location	Event	Host	Website
July				
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

The Thames River Relay - Sunday September 6th

A baton relay mainly run along the Thames towpath from Windsor to Kingston – 5 legs over 26.2 miles.
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. Organised by Stragglers, it will cost £10 per runner.

You need to commit this week if you want to run , talk to me Ange Norris on Wednesday evening or email angenorris@googlemail.com

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 .

Zermatt Ultra, Saturday 4th July

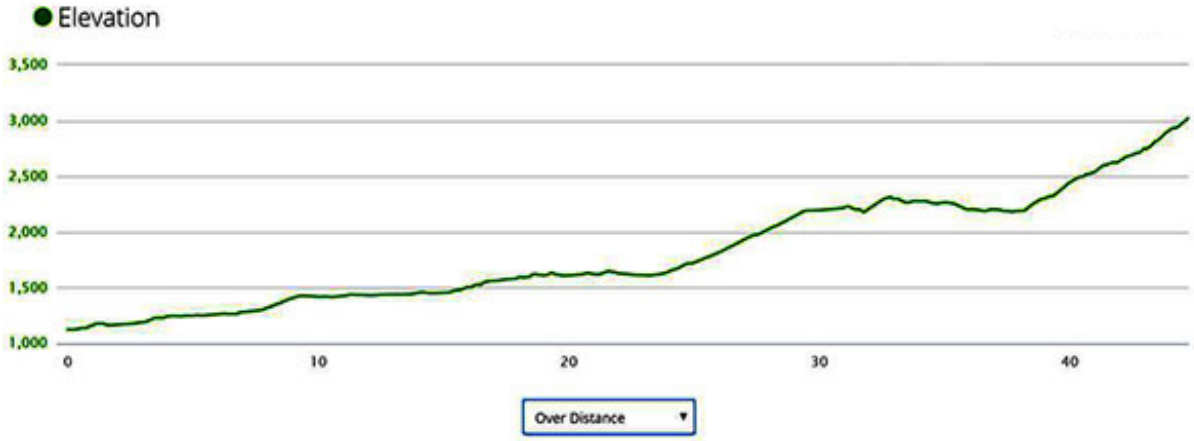
I'm starting to get used to the alpine ultras. Not many "fun" runners and a lot of lycra. Well, this was even more extreme with the race doubling up as part of the World Mountain Running Championship, International team kits aplenty.

I set off with my brother and friend at a gentle pace. Within 3km I felt my left calf tighten (old injury flaring and probably not recovered from previous weekend's efforts) and really didn't think I'd get much beyond the first check point (at circa 14km), maybe to halfway at Zermatt. But as the road made way to trail and gradient increased, striding was much more comfortable than running. Yes, it hurt but I've become quite stubborn at these events.

Great course markings (no chance of any navigation issues), regular water/isotonic/sugar stops, support (those showering us with their hoses were most appreciated) and a looming Matterhorn throughout.

It was a brutal day. Below is a screen grab from my Garmin Connect giving some indication: an exponential profile (meters not feet!!), added to the fact the temperature barely dropped below 30C, despite the altitude.
Time for some physio and rehab, and then build-up to end of August ultra: 119km TDS from Courmayeur to Chamonix. - ***Toby de Belder***

306 Toby de Belder 6:48:07
460 ran



Standard Chartered City Race The City of London Thursday 9th July,

Two Dulwich Runners represented HSBC and one Davis Polk and Wardwell.

There may have been others.....

HSBC had first lady Lara Bromilow 17.38 (PB) and Sue Cooper (21.00) was a member of the HSBC team coming first for another week each in Club La Santa with partner place (speak to Sue for your free place at the tour party on 25th July). Emily Gelder came 5th lady in 18.38.

Bringing up the rear was Duncan Wilson in 21.52 due to completing La Marmotte and not getting an elite number and getting held up by lots of slower runners....yeah right.
Duncan Wilson

La Marmotte 176k cycle with 5000m climbing, Alpe-Huez, France 4th July

Last year Duncan Wilson did La Marmotte in 10 hrs 55 minutes and came 5200th out of 7000 finishers. This year 11 hrs.52 minutes....4170th out of 4600 ! 2,400 dropped out.....due to the 38 degrees in the shade 44 degrees in sun. Emergency services were overwhelmed with heat exhaustion victims. He drank 31 litres of water and went to loo twice. some pics here: http://tinyurl.com/pfx8foa

JPM Corporate Challenge 5.6k - 8 July

5th Lady Sue Cooper 23:38

Mark Hayes Memorial Mile Dulwich College July 10

This was easily the best ever turn-out in a club mile despite quite a few being on holiday and a few entrants not turning up and 28 of last year's entrants not participating in the mile.

The weather and atmosphere was good and there was a high number of our faster runners though perhaps it was slightly disappointing that there weren't more slower runners in the races!
Clare Elms won the overall title and was the only person to run in two races.
Thanks to Ros, Andy, Mel, Chris, Barry and Tom for assisting and for Kareen for help handing out the medals in a race dedicated to her husband Mark, who had previously won the club road mile title over 20 years ago, but is sadly no longer with us.

Race 1

Ian Sesnan ran his fastest for a few years with a strong finish to win the first race.
Duncan Wilson, who was supposed to run in a different race, started and finished strongly.
Ruth Bennett would have been even higher but made her spurt a lap too earlier.
Yvette Dore started quickly and would have run quicker had she not stayed in lap two for much of the race and run extra distance.
With a steady run, Graham Laylee equalled his time of last year to the tenth of a second and was quicker than he was in 2012 and 2013.
Lucy Clapp ran a strong first club mile and pipped early leader Bob Bell, who was just under a second up on his 2014 time.
Katie Styles, in her first club mile, showed good speed.
One of the fastest finishers was Ameet Patel, who was up on his last club mile and he pipped the steady Claire Steward, who was doing her first club mile since 2012.
Barrie John Nicholls was again around his usual level and while Clare Wyngard wasn't at her very best, she just about matched her 2012 time and beat husband Mike who just finished ahead of Jo Shelton, who did well to break seven.
Lindsey Annable wasn't at her best after her broken arm and she headed guest Kareen, who was there to present the prizes and is a mile champs regular.
Sharon Erdman did a strong first mile.

1 (8 M50) Ian Sesnan 6:16.1 (723 pts)
2 (9 M50) Steve Smythe 6:17.6 (714)
3 (10 M40) Duncan Wilson 6:18.2 (684)
4 (8 SW) Ruth Bennett 6:19.4 (665)
5 (8VW) Yvette Dore 6:24.7 (714)
6 (12 M50) Graham Laylee 6:25.9 (705)
7 (10 VW/2W50) Lucy Clapp 6:26.8 (773)
8 (13 M50/4 M60) Bob Bell 6:28.0 (720)
9 (10 SW) Katie Styles 6:35.7 (644)
10 (14 M50) Ameet Patel 6:45.9 (632)
11 (11 VW/3 W50) Claire Steward 6:46.3 (882)
12 (15 M50/5 M60) Barrie John Nicholls 6:50.7 (680)
13 (12 VW/4 W50) Clare Wyngard 6:53.8 (761)
14 (16 M50) Mike Dodds 6:54.7 (645)
15 (13 VW) Jo Shelton 6:55.3 (640)
16 (14 VW) Lindsey Annable 7:19.0 (656)
17 Kareen Brissy-Hayes (gst) 7:28.6
18 (15 VW) Sharon Erdman 7:35.4 (610)

Race 2

John English was a clear winner, and though not in his 2013 form, it was a good return after his health problems.
Mike Fullilove did well in his first club mile ahead of M60 champion Mike Mann, who was up on his time of last year.
Mike just edged Gary Sullivan who was down on his 2014 form.
Mark Judge made a good club mile debut while 2nd M60 couldn't hold Mike Mann on the later laps but was up on 2014.
After two marathons in the last few months, Jim Dowsett was unable to replicate his best time.
Alex Haylett did well to squeeze inside six minutes, and while Hugh French didn't quite break the barrier, he did run 18 seconds faster than in 2014.
Cameron Timmis didn't run as well as last year but was closer to his best than a less than fully fit Andy Murray, who had broken six last year.

1 (2 M50) John English 5:29.9 (784)
2 (3 M50) Mike Fullilove 5:37.3 (773)
3 (4 M50/1M60) Mike Mann 5:40.4 (858)
4 (5 M50) Gary Sullivan 5:40.7 (792)
5 (6 M50) Mark Judge 5:44.8 (763)
6 (7 M50/2M60) Hugh Balfour 5:49.1 (800)
7 (4 M40) Jim Dowsett 5:52.8 (673)
8 (14 SM) Alex Haylett 5:59.5 (633)
9 (15 SM) Hugh French 6:01.4 (647)
10 (5 M40) Cameron Timmis 6:12.9 (651)
11 (11 M50/3 M60) Andy Murray 6:20.4 (741)

Race 3

Because of the numbers, this race was mostly for guests but also for the Dulwich men around 5:30.
Gary Ironmonger, who ran last year outsprinted his Herne Hill team-mate Tom Conlon, who was the London Schools under-12 cross-country champion 40 years ago and went on to be British junior steeplechase champion and run for Ireland in the World Cross-country championships.
James Burrows, wasn't at his fittest after injury but led home the club runners ahead of former member Mark White.
Ross Rook did well in his first club mile but can go quicker as can an unfit debuting Sam Crump and club champs regular Ed Smyth.
Guest Mark Breslin broke six with a strong finish though Justin Pickup had a lonelier run but can blame the wife for being put in a faster race as she had indicated he was in better shape than her!

1 Gary Ironmonger (HHH/M50) 4:53.9
2 Tom Conlon (HHH/M50) 4:55.0
3 (10 SM) James Burrows 5:22.2 (706)
4 Mark White (HHH) 5:24.6
5 (11 SM) Ross Rook 5:26.5 (693)
6 (12 SM) Ed Smyth 5:38.0 (669)
7 (13 SM) Sam Crump 5:39.4 (661)
8 Mark Breslin (gst) 5:55.0
9 Justin Pickup (gst) 6:18.8

Race 4

Lewis Laylee is only 16 but ran a very mature race, building up the pace each lap and front-running to a near club senior record of 4:39.4 which he will surely break soon.
In second was fast-finishing Elliott Nicholson, who had been a good junior himself and was making a comeback as a senior and joined the club minutes before the race and is clearly a great talent himself. Wayne Lashley finished third, probably not helped by running a hard 5km in a PB of 16:47 the day before, but he also ran a mile PB as did

the club Vets champion Lloyd Collier, who continued his good summer form. Quite a way back there was a big battle for fifth won by Paul Devine, who is gradually returning to his best form. Close behind, Mark Lacey finished fast to break his five minute target in his first club mile and another debutante and recent improver Tim Bowen showed surprising speed. Kevin Chadwick was another to go inside the barrier for the first time and go over 20 seconds faster than in 2014.
Fifteen year-old Oscar Hussey went almost 30 seconds faster than he had in his last club mile in 2013, with a well paced race but just missed five minutes. Rob Cope also set a PB but was also just outside five while Mark Callaghan made a good club debut.
Last year, Clare Elms set an unofficial world record and short of racing and carrying a niggle, she was pleased with her time, which would have been faster but she got boxed in during the middle laps.
Charlie Lound, has been smashing his marathon PBs in recent years but finds the mile harder these days and slowed on the closing laps but was still close to his times of 2012 and 2013.
Ebe Prill went half a second quicker than his 2013 time but down on last year but still enough to easily win the club M50 title.

1 (1 SM/1JM) Lewis Laylee 4:39.4 (846) (PB)
2 (2 SM) Elliott Nicholson 4:41.4 (793) (PB)
3 (3 SM) Wayne Lashley 4:43.7 (797) (PB)
4 (1 MV) Lloyd Collier 4:45.2 (838) (PB)
5 (4 SM) Paul Devine 4:55.3 (780)
6 (5 SM) Mark Lacey 4:56.0 (761) (PB)
7 (6 SM) Tim Bowen 4:56.4 (755) (PB)
8 (7 SM) Kevin Chadwick 4:57.7 (764) (PB)
9 (8 SM/2 JM) Oscar Hussey 5:01.4 (797) (PB)
10 (2 MV) Rob Cope 5:02.2 (791) (PB)
11 (9 SM) Mark Callaghan 5:03.6 (776)
12 (1 VF) Clare Elms 5:05.2 (992)
13 (3 MV) Charlie Lound 5:10.9 (806)
14 (1 M50) Ebe Prill 5:13.2 (833)

Women's A race

Clare Elms felt she should run with the other women to retain the women's trophy and though running her second race in 10 minutes, she controlled the race and was a clear winner. Almost everyone in the race started far too slowly but Elkie Mace finished strongly to win the fastest women's award (Clare winning the overall trophy. Claire Baglin ran a good first club mile to win the senior women's award.
Andrea Pickup, who has often front-ran this before and has been doing club miles for most of the last 15 years, got boxed in and didn't use her strength but won the Vets award and easily finished strongly as did Kim Hainsworth, who wasn't too far short of her pre-pregnancy PB from two years ago.
Nicola Richmond wasn't in her form of last year but also had a better second half.
Caroline Pettigrew kicked well on the last lap to get well inside six on her club mile debut.
Ola Balme, hasn't been in her best form of late but was pleased to break six again and she was closely followed in by Laura Long and Anna Thomas, who have improved greatly this summer and had their first ever sub-6. Anna was over 30 seconds quicker than last year and won the Captain's award.
Eleanor Simmons was the first woman over six and came close to her target.
A lightly raced Emma Ibell was next in ahead of Helen Lister, who wasn't able to match her excellent marathon form.
Ros Tabor started quickly but didn't match her recent record breaking form.
Selma Benattia was just a bit below her best training form but it was still a good club mile debut.
Michelle Lennon completed the race and was inside her previous club mile of 2013.

1 Clare Elms 5:27.6
2 (1 SW) Elkie Mace 5:31.8 (765)
3 (2 SW) Claire Baglin 5:35.4 (750)
4 (2 VW) Andrea Pickup 5:39.1 (829)
5 (3 SW) Kim Hainsworth 5:40.5 (748)
6 (3 VW) Nicola Richmond 5:47.8 (799)
7 (4 VW) Caroline Pettigrew 5:55.9 (771)
8 (5 VW) Ola Balme 5:57.9 (815)
9 (4 SW) Laura Long 5:58.6 (714)
10 (5 SW) Anna Thomas 5:58.9 (707)
11 (6 SW) Eleanor Simmons 6:07.9 (705)
12 (6 VW) Emma Ibell 6:12.1 (738)
13 (7 SW) Helen Lister 6:14.2 (674)
14 (7 VW/1 W50) Ros Tabor 6:14.6 (986)
15 (8 SW) Selma Benattia 6:22.2 (670)
16 (9 VW) Michelle Lennon 6:26.0 (755)

Biggest improvers from 2014

Anna 6:30.4 to 5:58.9
Kevin 5:18.1 to 4:57.7
Hugh F 6:19.2 to 6:01.4
Lewis 4:54.5 to 4:39.4

Children 600m: Race 1

A close race with Amelia just beating Fleur and Claudia with many of the younger runners wanting to run two laps rather than one.
1 Amelia English 2:08.6
2 Fleur Brissy-Hayes 2:08.9
3 Claudia Pickup 2:09.2
4 Joe English 2:13.9
5 Francesca Pickup 2:19.7
6 Keaton 2:25.9
7 Benjamin Pickup 2:26.2
8 Celeste Brissy-Hayes 2:30.3
9 Tess Lincoln 2:50.4
10 Raffi French 3:01.4
11 Gabriel Lincoln 3:03.3
12 Max French 4:02.9

300m

Four year-old Emilie Cheron, showed her mum Nicola how it should have been done with a decisive victory!
1 Emilie Cheron - approx 75 secs
2 Tom Breslin
3 Sarah Sinclair

Club Championship awards

Clare Elms: Overall winner/Women's Trophy winner)
Lewis Laylee: Fastest man's award – men's trophy winner
Elkie Mace: Fastest women's award
Elliott Nicholson: Senior men's award
Claire Baglin: senior women's award
Lloyd Collier: Vet men's award
Andrea Pickup: Vet women's award
Ebe Prill: M50 award
Ros Tabor: W50 award
Mike Mann: M60 award
Claire Steward: 2nd age-graded
Ola Balme: 3rd age-graded
Anna Thomas: Captain's award

Highest points

1 Clare Elms	992
2 Ros Tabor	986
3 Claire Steward	882
4 Mike Mann	858
5 Lewis Laylee	846
6 Ebe Prill	833
7 Andrea Pickup	829
8 Ola Balme	815
9 Charles Lound	806
10 Hugh Balfour	800

Steve Smythe

Dulwich Runners' times in Mark Hayes memorial mile races 10.07.2015

				points in age category m/f						age	
		time	ms	m40	m50	m60	f s	f40	f50+	grade points	club champs awards
Lewis	Laylee	4:39.4	50							846	Fastest man
Elliott	Nicholson	4:41.4	49							793	1st senior man
Wayne	Lashley	4:43.7	48							797	
Lloyd	Collier	4:45.2		50						838	1st m40
Paul	Devine	4:55.3	47							780	
Mark	Lacey	4:56.0	46							761	
Timothy	Bowen	4:56.4	45							755	
Kevin	Chadwick	4:57.7	44							764	
Oscar	Hussey	5:01.4	43							797	
Rob	Cope	5:02.2		49						791	
Mark	Callaghan	5:03.6	42							776	
Clare	Elms	5:05.2							50	992	Overall age graded
Charles	Lound	5:10.9		48						806	
Eberhard	Prill	5:13.2			50					833	1st m50
James	Burrows	5:22.2	41							706	
Ross	Rook	5:26.5	40							693	
John	English	5:29.9			49					784	
Elkie	Mace	5:31.8					50			765	Fastest woman
Claire	Baglin	5:35.4					49			750	1st senior woman
Michael	Fullilove	5:37.3			48					773	
Edward	Smyth	5:38.0	39							669	
Andrea	Pickup	5:39.1						49		829	1st w40
Sam	Crump	5:39.4	38							661	
Mike	Mann	5:40.4				47				858	1st m60
Kim	Hainsworth	5:40.5					48			748	
Gary	Sullivan	5:40.7			46					792	
Mark	Judge	5:44.8			45					763	
Nicola	Richmond	5:47.8						48		799	
Hugh	Balfour	5:49.1				44				800	
Jim	Dowsett	5:52.8		47						673	
Caroline	Pettigrew	5:55.9						47		771	
Ola	Balme	5:57.9						46		815	3rd age grade
Laura	Long	5:58.6					47			714	
Anna	Thomas	5:58.9					46			707	captains' award
Alex	Haylett	5:59.5	37							633	
Hugh	French	6:01.4	36							647	
Eleanor	Simmons	6:07.9					45			705	
Emma	Ibell	6:12.1						45		738	
Cameron	Timmis	6:12.9		46						651	
Helen	Lister	6:14.2					44			674	
Ros	Tabor	6:14.6							44	986	1st w50
Ian	Sesnan	6:16.1			43					723	
Stephen	Smythe	6:17.6			42					714	
Duncan	Wilson	6:18.2			41					684	
Ruth	Bennett	6:19.4					43			665	
Andrew	Murray	6:20.4				40				741	
Selma	Benattia	6:22.2					42			670	
Yvette	Dore	6:24.7						43		714	
Graham	Laylee	6:25.9			39					705	
Michelle	Lennon	6:26.0						42		755	
Lucy	Clapp	6:26.8							41	773	
Robert	Bell	6:28.0				38				720	
Katie	Styles	6:35.7					41			644	
Ameet	Patel	6:45.9			37					632	
Claire	Steward	6:46.3							40	882	2nd age grade
Barrie John	Nicholls	6:50.7				36				680	
Michael	Dodds	6:54.7			35					645	
Clare	Wyngard	6:53.8							39	761	
Joanne	Shelton	6:55.3						38		640	
Lindsey	Annable	7:19.0						37		656	
Sharon	Erdman	7:35.4						36		610	
			15	5	11	5	10	10	5	61	

PB or not PB, that is the question?

Last week was a busy week. Days of Mike Mann asking if I was going to run an 800m at Mile End had eventually worn me down.

"Why not?" I thought. It was only two stops from work so it was easy to get to in the evening. I had trained fairly well and genuinely thought I might make some inroads towards my PB. I had been tempted to do a 400m and with hindsight, I should have done that instead. I'm always impressed when an open meeting is able to give wind readings. I'm not so impressed when that reading is a 2.9m/s headwind in the home straight!! This was going to be hard work.

I could have at least done another event to make this a real training session but I was mindful of a 5km race and a mile race later in the week. The winner of the 800m race went off like a train and did the first lap in 54 seconds and despite the headwind, put another 5 seconds on me in the second lap, finishing on something like 1.55 minutes. I could only manage a 61 second first lap and had to fight hard to keep second place but I was frustrated to run another 2.05 minute 800m.

I came out of Mile End feeling I needed to do harder 200m and particularly 400m reps. Before all that however, there was the small matter of a 5km race. My workplace had entered a team for the Standard Chartered 5km City Race. Truth be told, if I had checked my dates properly, I wouldn't have run it, as it was the day before the club mile. I had been told it was a bendy course and not one that offered PBs lightly but I did feel in good form and thought I would attack. I got to the start near the front so had a clear run. That was the first battle won. I knew I would see Tom Wilson at the start but I was blessed to see a seriously strong looking Tom Marshall. The last time I saw Tom M was the last time I ran the London Marathon, which didn't go as planned for either of us (though my episode was slightly more grim. For full details consult Mel E and Clare Steward who will be only too happy to divulge).

The pace at the start of the race was insane. For the first 100m or so it was 5.06 min/mile pace and Tom M was clearly keen to stick at the pace. If I had gone with him, I'd have been in trouble. My last trip to Lactic City courtesy of the 2-mile race at Battersea Park was a tail of self-destruction and foolishness. I did not plan to do the same this time. So Tom M became a distant figure as he moved off effortlessly. The first mile ended up being 5.20 minutes; still a bit faster than I would have liked. The second mile was full of sharp bends, pubs, potholes and famous buildings.

I was happy with a 5.27 minute mile but I was slowing, though mainly because I doubted where the finish was precisely. I didn't trust that I had actually got the pacing spot on. So my third mile wasn't so much slower out of tiredness rather than hesitancy (5.35 minutes) Once I realised I had actually got things right, I kicked hard for the line and produced the type of finish I hadn't done for a while (and would miss just a day later sadly) to get the kind of PB I was not expecting; 16.47 minutes.

Tom Marshall had come through 7 seconds earlier and Tom Wilson had produced 17.45 minutes. Brilliant runs from all concerned. Incidentally, Emily Gelder also ran the race coming in 5th woman in a time of 18.38 minutes but I never seem to see this enigma. There are only whisperings of the legend that is but just like Steve Smythe, Emily moves with stealth and just when I think I may have been graced with her presence, she is gone without a trace! Was she ever really there? Who knows?

The week ended with what should really have been the main event, the club mile. With hindsight, I think I actually held on pretty well considering my legs were giving way with two laps to go. Lewis was in fine form and paced the race brilliantly. To go through the gears to produce some sub 70 second 400m laps was excellent. I was happy with my time in the end and I will definitely have to run another mile race to see if I can produce something a bit quicker but it still represents a 9 second PB of 4.43.7 minutes.

I thought that time would be good enough for second but alas it was not. I would liken Elliot's passing of me like a peleton consuming a breakaway in the Tour de France. It was so complete and final, there was no answer and I was dropped as quickly as I was caught up and had to be content with third. That is certainly a battle to be continued (though obviously my battle with Ron Taylor takes precedence. Noticed you weren't at The Dome the other week Mr Taylor, pity).

And finally… big well done to Rob Cope for finally getting that sub 18 minute monkey off his back, (Ebe for performing domestique duties in getting Rob to his target) and Tim Bowen for a ridiculous PB at the Self-Transcendence 5km race at Battersea Park. Obviously not wanting to jinx things, but significant improvements in 5km times from Dulwich team members this season have made potential Aldershot Relay teams in September look rather tasty indeed! ***- Wayne Lashley***

Myra Garrett 10k

I decided to round off a weekend of running and runners following Friday's DR Mile race and drinks with Saturday's HHH reunion drinks.
Where lots of great old pics were circulating (see fb for more details!).

Not wanting to leave my other club out on Sunday I headed down to Danson Park to run the Myra Garrett 10k trail race for TW Harriers as part of the Kent GP this year. It's been a while since I've run on a lumpy surface and had to look where I put my feet, it was on the hilly side of undulating, it was really hot and sticky and I was hungover.

TWH lost out the team prize to Orpington by 1 point meaning I missed 2 bottles of wine by a sprint finish that I couldn't quite gee myself up for to take the Orpington guy in front of me that last K…
Trying to get the result on RunBritain so I can keep chipping away at that handicap! ***- Lloyd Collier***

11 Lloyd Collier 38:35 Reasonably satisfied.

ROSENHEIM LEAGUE, BATTERSEA, 1 JULY

Despite being the hottest day of the year, with temperatures nudging 35 degrees during the meeting, the warm conditions with little or no wind proved conducive to middle distance running and there were some good performances by the 6 club members present.

Lewis Laylee had a strong and disciplined 800m, achieving yet another PB and doing well to hang on to the leading group, which helped to pull him around. Wayne Lashley suffered from being drawn in the wrong race which kept him away from the other fast runners, and meant that he had to take out the pace from the start. Meanwhile further back in the field Ebe Prill achieved a SB while Mike Mann finished a second short of his.

Despite injury niggles Clare Elms did well to end up with a SB in her 1500m and was satisfied with her performance. Later Ebe, having missed his planned 1500m, braved the heat in his 3000m but achieved a well-earned PB in the process. ***-Mike Mann***

800m

Lewis Laylee	2:01.21 (PB)
Wayne Lashley	2:05.39
Ebe Prill	2:24.18 (SB)
Mike Mann	2:37.68

1500m

Clare Elms	4:47.79 (SB)

3000m

Ebe Prill	10:39.17 (PB)

BETTER MILE END OPEN 6 JULY

All 3 of those who attended this open meeting were rather disappointed with their performances in breezy conditions on a track with little shelter from the elements. In the 100m just before the 800m races, there was a headwind of 2.9m per second, making the home straight something of a battle. ***- Mike Mann***

800m

Wayne Lashley	2:05.74
Ebe Prill	2:26.52
Mike Mann	2:41.69

1500m

Ebe Prill	4:59.44

Glastonbury to Street' town to town 5 km local event.

Barrie and I managed to get a lift to the ancient town of Glastonbury early Saturday morning, to take part in the two town event, Glastonbury town to the town of Street. The event, the 5km race was run by mostly local people young and old. We had time off between the start of the Race at 11am and the Worthy Farm line-up for the festival, and besides we wanted to meet the locals and take part in a running event. The race was part of a mid-summer fete and local fundraising.

We had good weather, too hot really! ,but we managed to finish in good time to enjoy tea and cakes at the Women's Institute, WI, tent in the town of Street at the finish. We had luck finding a festival goer and got a lift to the Blue entrance on the Worthy estate before the afternoon music and entertainment got underway.

A Worthy adventure, well worth the effort!' ***- Stephen Street***

NSPCC Milton Keynes 1/2M, Sunday 12th July

I didn't have the best build up to the race having picked up a foot niggle the previous weekend and then my stepdad suffering a serious leg injury on Saturday evening.

A poor night's sleep followed, which coupled with a very early start left me feeling less than enthusiastic.

The course followed the redways and footpaths, making it both twisty and undulating due to the numerous underpasses and footbridges – and pretty dull.

Huge respect to Anna who tackled the full marathon a few years ago! I found it difficult to get into a steady pace and the twists and turns also played havoc with my Garmin, which had an additional 0.1M by 4 miles, and scuppered my plan to use the lap pace as a guide. I'd hoped to find a group to run with but the field was stretched out early on, offering no shelter from the wind on the more exposed parts of the course.

By mile 8 it was getting rather grim; I'd run out of ways to distract myself from the monotony and having given up on pace or a time, I focused on picking off runners ahead. When the 3rd woman came into view around 9 miles it gave me the boost needed to push on. The next couple of miles were hard going though with no one else in sight and a steep bridge and several long inclines to deal with. I briefly thought I was getting back to a decent pace at 12 miles before realising my Garmin now had an additional 0.2M on the course markers. The last mile was a rather painful crawl but I managed to pick up the pace enough in the last 200 metres to just dip under 85mins.

Whilst I wouldn't do this race again, the organisation was faultless. The race director was clearly delighted to have two male elites in the field – Olympian Lee Merrien and his training partner John Beattie – who having crossed the line together were asked to toss a coin to decide who got first prize! It was nice to see former Dulwich Runner, Ben Fairhall, who was 3rd overall.

632 ran

24 Mel Edwards 3W 84:58 (chip)

1st man 68:10, 1st woman 80:31,

British 10k London Run 12th July 2015

Barrie entered this some time ago and whilst he always runs it at a fairly leisurely pace as he takes in the architecture and London sights, this year was going to be even more leisurely.

In the interim we found out we had Centre court tickets for the Ladies final at Wimbledon the day before, so that definitely relegated the race to a training run. The day at Wimbledon was highly enjoyable but tiring after the Ladies Doubles match went to a third and thrilling decider set and a late 9.15pm finish.

Race founder Mike O'Reilly started this race 15 years ago to give non-marathon runners a chance to enjoy the sights and sounds of a central London race. After initial teething problems with the organization it seems to have improved and attracts a large field of UK and international runners. What is particularly pleasing is the fact that many beginner runners seem to take part and it's probably benefitted from the parkrun boom too. The only downside is a rather high price tag and it's hard to judge if this is strictly warranted when the London marathon still comes in at just over half the price. Nonetheless it's become a great fundraising event for charities very much like the marathon and seems to share in a similar party spirit among fundraisers.

This year the course had changed to accommodate some road closures along the Embankment so it involved a few loops up and down main London streets. One bonus, however, was that runners were able to run up to the top of Regent Street and back for the first time in its history as it was closed to traffic for the Regent Street Summer festival.

The race is set off in waves every two minutes so there is the bonus of passing slower runners at points but there were still some crowded and slow sections. Barrie was pleased to come in just outside 53 minutes all things considered but there had been initial but dubious elation when the post race text declared a chip time of 40.30! Closer inspection of the results online revealed the more realistic and accurate time. No other DRs were spotted apart from Russell Daker on his police horse – I hasten to add on duty rather than participating in the race. However he almost did take part as he and three colleagues on horseback took the rather interesting decision to cross the race route whilst it was still in progress! Barrie did also see Pat Haslett from the BBC en route who is a regular on the international trips and they stopped to have a quick chat.

Afterwards we took a stroll up Regent Street, which was dedicated to Health and well being in honour of the race. A number of sporting activities were on offer including rugby competitions organized by Harlequins and the all-together more sedate crazy golf, which Barrie tried his hand at. (A bit of a no no with a broken wrist for me though). So not only has Barrie run in a race up Regent Street but he has also played crazy golf. Barrie has pledged to do the race next year, as it will be the tenth time he has run in it – after all you can't stop at nine! ***- Lindsey Annable***

21746 Barrie John Nicholls
53:04 (chip time)
13597 finishers

Self-Transcendence 5k, Battersea Park
Monday 13 July 2015

This is the SHORTS report that I've been waiting two years to write…

It all started in 2013 when I narrowly missed out on breaking 18 minutes for the 5k at Dulwich Assembly League. Perfect conditions. Massive PB. 18:04. Oh, so close…
One year later, it was attempt number two at Dulwich parkrun, May 2014. 18:03. Argh.
June 2014. Two further attempts. Battersea 5k, 18:01. And then Battersea Assembly League, 18:02. This was getting ridiculous.
Attempt number five… July 2014. On pace at halfway and feeling confident, beautifully paced by Ian Lilley, and then… Pop! A nasty calf tear and that was that.

And so, fast forward another year to attempt number six. This had to be it… The last of this year's Battersea 5k races. No pressure… Ebe had kindly offered to pace me. Tim Bowen was also up for the sub-18 challenge, after his own narrow misses earlier this year with 18:00 and 18:05. While Graham Laylee, completing the Dulwich quartet, was seeking to continue his summer form with another sub-22 5k.

Tim Bowen shot off from the start and it was clear he was a man on a mission. Tim superbly took on sub-18 with relative ease to bag a big PB, improving even further on his Greenwich Assembly race. Sub-17 beckons soon, at this rate.Ebe and I meanwhile stuck to our plan. 5:40 first mile. Perfect pacing by Ebe. Second mile 5:47. Bang on plan and I was beginning to feel confident. But the third mile was a slog, running into the cross-wind.

Ebe and I were joined by a third runner, hip-to-hip, who pushed us all along. The last 1k was a bit of a blur, but the looming clock swiftly sharpened the mind again. Ebe crossed the line in 17:57. Two agonising seconds later I crossed the line. 17:59. Really? Have I done it? I double and triple checked the time before celebrating. Graham Laylee completed a very successful evening for Dulwich with another fine run in 21:55. ***- Rob Cope***

21	Tim Bowen	17:18 (PB)
43	Ebe Prill	17:57
44	Rob Cope	17:59 (PB)
102	Graham Laylee	21:55

Southern Vets League, Kent Division, Gillingham, July 10

Emily Gelder has previously run the club mile but was instead committed to running in this league match and she showed her versatility by winning the 800m and the discus and finished second in the 100m and also competed in the long jump and relay. ***- Steve Smythe***

W35: 100: 2nd Emily Gelder 14.5
W35: 800: 1st Emily Gelder 2:27.5 (PB)
W35: LJ: 5th Emily Gelder 3.09
W35: Discus: 1st Emily Gelder 19.41

parkrun

July 11th

Bexley

264 Ran

Pos	Gen		
4	4	Michael Fullilove	19:34

Brockwell

242 Ran

Pos	Gen		
17	1	Ola Balme	20:12
23	2	Caroline Pettigrew	20:34
60	51	Mark A Foster	23:08
130	102	Alex Haylett	26:10

Burgess

122 Ran

Pos	Gen		
1	1	Nick Sedgwick	17:18
15	1	Kim Hainsworth	19:23

Crystal Palace

190 Ran

Pos	Gen		
44	42	Bob Bell	22:43
58	4	Clare Wyngard	23:56
76	12	Claire Steward	24:58
83	15	Belinda Cottrill	25:20
111	88	Andy Cottrill	27:17

Dulwich

166 Ran

Pos	Gen		
32	28	Ian Sesnan	21:41
33	29	Graham Laylee	21:43
42	5	Michelle Lennon	22:04
77	67	Mick Mead	24:57

Hilly Fields

164 Ran

Pos	Gen		
28	27	Gary Sullivan	21:56

Lullingstone

34 Ran

Pos	Gen		
33	24	John O'byrne	36:22

Peckham Rye

116 Ran

Pos	Gen		
3	3	Ebe Prill	18:41
17	1	Emma Ibell	21:24
114	55	Chris Vernon	36:29

Riddlesdown

172 Ran

Pos	Gen		
25	3	Ange Norris	21:33

Roundshaw Downs

90 Ran

Pos	Gen		
8	1	Clare Elms	20:01
51	43	Peter Jackson	27:49

Southwark

112 Ran

Pos	Gen		
10	10	Sam Crump	19:40

St Peters, Sydeny, Aust.

234 Ran

Pos	Gen		
103	16	Penelope D'arcy Graham	25:20

Wimbledon Common

414 Ran

Pos	Gen		
120	14	Ros Tabor	23:02
121	107	Andy Murray	23:03

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 --		

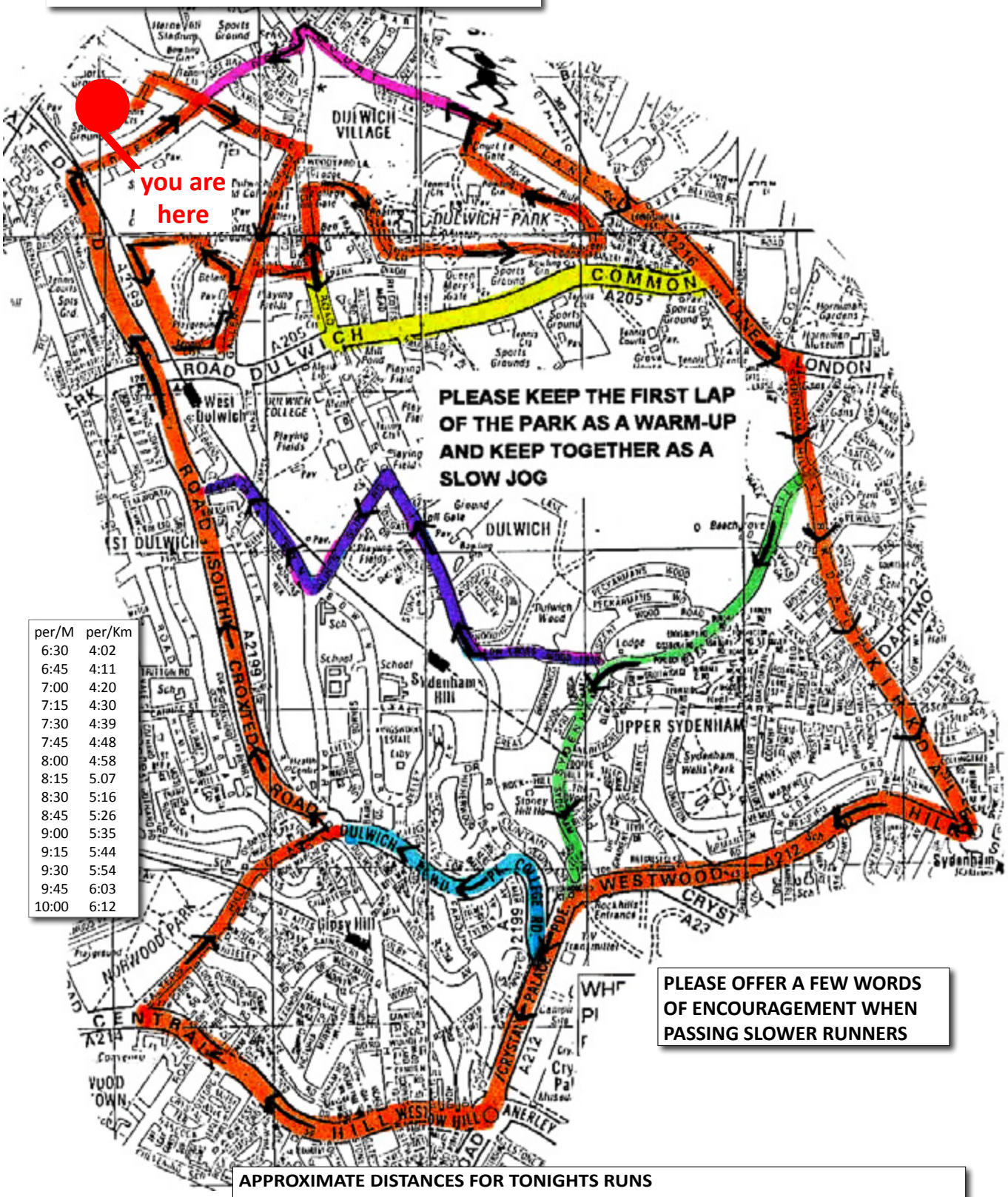
Download Timetable

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 S9



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

PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT WHEN PASSING SLOWER RUNNERS

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	YELLOW OR GREEN CUTS	9.0	9.7
SHORT CUT	YELLOW & GREEN CUTS	8.0	14.5
SHORT CUT	BLUE	8.0	14.5
SHORT CUT	GREEN & BLUE	7.0	11.3
SHORT CUT	GREEN & MAUVE	6.5	10.5
SHORT CUT	YELLOW, GREEN & MAUVE	6.0	9.7
SHORT CUT	PINK	4.0	6.4