SHORTS

Dulwich Runners AC
Weekly Newsletter
June 8th 2016

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

Wed 08 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 14 Dulwich College - £1 per session.
First half of the session will be on grass,second on the track. Meet 7:15 for 7:30 start

TRACK SESSIONS

Tuesday at Dulwich College - meet 19:00 - £1 per session
Elkie Mace will start with a warmup for anyone who is keen to do so, then **Steve Smythe** for the first half of the main session which is on the grass and the second half on the track. - ***Suitable for all standards***

if sufficient demand there will be some Thursday evening track sessions - specifically aimed at 800m and 1500m/Mile speed - most will probably be at Ladywell.
No sessions on Assembly League nights.
If interested, contact steve.smythe@athleticsweekly.com

Additionally there may be some Saturday grass hill sessions at Crystal palace every other week or so - if there is demand - if interested advise steve.smythe@athleticsweekly.com

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

Thurdays track session

This week there will be a specific mile session at Ladywell on Thursday evening - 7.15pm start

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.**
- **We also like to keep an accurate record of weekly attendance.**

Thank you. - Ros

In your SHORTS this week !

1... General information
2... Club kit, social events etc
4... Fixture list, club champs,XC, road, track
6... Race reports and results...Assembly league/Club champs
9... Parkrun results..
10... Map for this Wednesday night routes

And much more !

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

You can follow us on

EVENT HORIZON

A brief look ahead

June 17 Mark Hayes Club Mile

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to: **Desmond Edwards & Mike Mann.**
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 as early in advance as possible.
Thanks. – **Ros**

Charlie Boden	**08/06**
Joseph Brady	15/06
James Burrows	22/06
Lindsey Annable	29/06

Wednesday Night Run - Map

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

DULWICH RUNNERS MIDSUMMER RELAYS

THURSDAY JUNE 30th

Now taking entrys from Dulwich Runners club teams entry details here

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)

LUCKY VEST

June winner - Clare Wyngard

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.
Vests £18 each from Ros and all kit ros.tabor49@gmail.com

DULWICH RUNNERS CLUB KIT

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

Most kit is usually available Wednesdays at the club
Contact Ros ros.tabor49@gmail.com
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

LOST PROPERTY…A black running top, probably a ladies, was left at Dulwich College running track on 10 May, the evening when we adjourned to the Alleyn's Head. Anyone who wishes to claim it, please contact me.
Mike Mann mcmann90@yahoo.co.uk

only £5

SHORTS!

DULWICH RUNNERS' SHORTS
They are traditionally cut either 'racing' style, or slightly longer – size medium.
Both styles are a bargain £15.

SPECIAL HOT WEATHER OFFER
CROP TOPS £1 TO CLEAR
AVAILABLE ON WEDNESDAY

HOODIES…

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

Buffs/snoods - only £6

Dino Dash Relay 2016 Wednesday 22nd June - start 7:30 pm

Format: A relay race for teams of three, open to ALL abilities
Various prizes

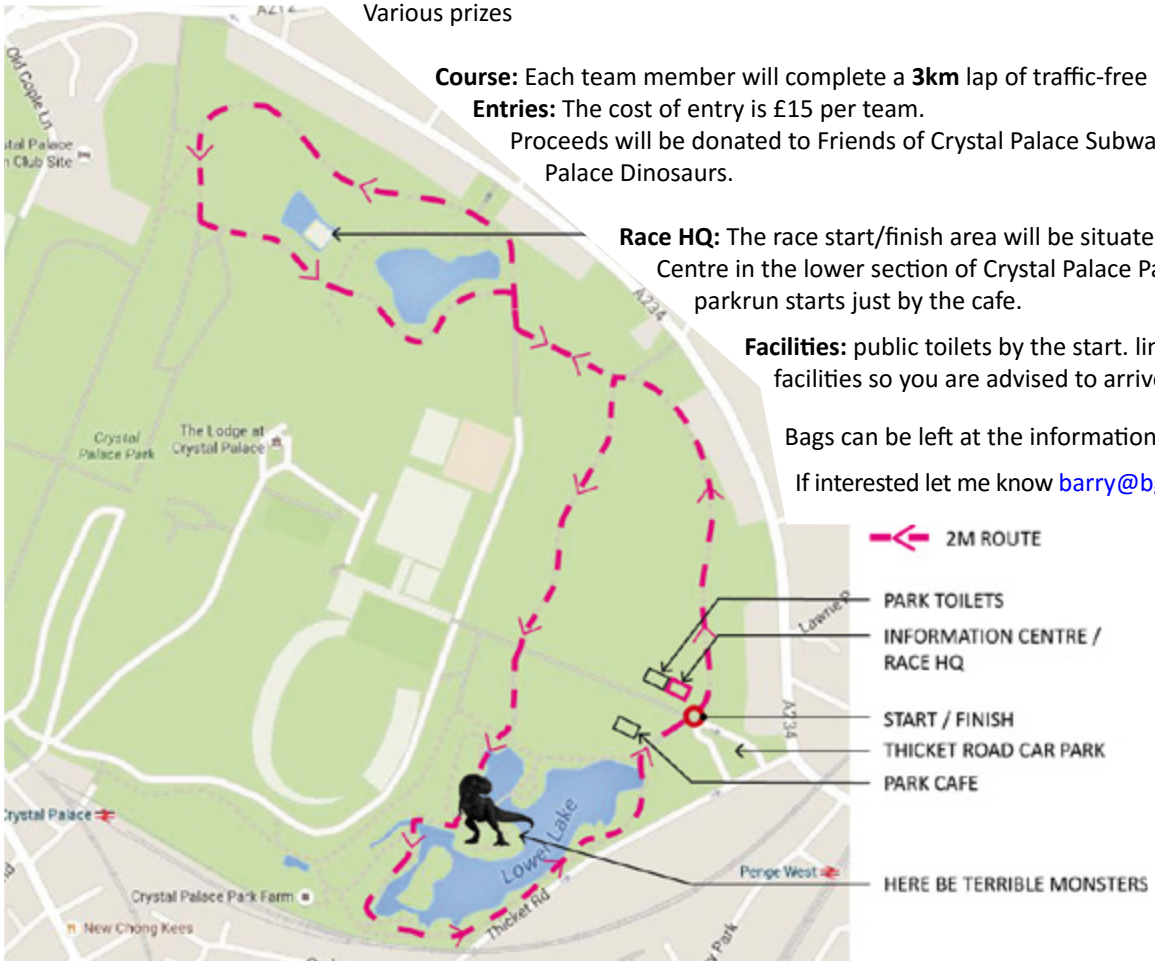
Course: Each team member will complete a **3km** lap of traffic-free park paths.
Entries: The cost of entry is £15 per team.
Proceeds will be donated to Friends of Crystal Palace Subway & Friends of Crystal Palace Dinosaurs.

Race HQ: The race start/finish area will be situated at the Information Centre in the lower section of Crystal Palace Park, where the parkrun starts just by the cafe.

Facilities: public toilets by the start. limited changing facilities so you are advised to arrive ready to race.

Bags can be left at the information centre

If interested let me know barry@bg1.co.uk



ALGARVE RUNNING CHALLENGE 2-6 NOVEMBER

If you want to get away from the cold damp weather of the British autumn, the Algarve Running Challenge presents an excellent opportunity for warm weather racing and training at the eastern end of the Algarve, close to the Spanish border. The races are organized by Steve Smythe and include a 5km cross country, a track mile, a 10km trail race, finishing with the 10 Milhas de Guadiana, actually closer to 11 miles, and takes in the impressive suspension bridge which forms the Spain/ Portugal border. The hotel in Monte Gordo is located just behind the beach and as well as running, there are opportunities for cycling on quiet roads, swimming in the sea which remains warm in November and sightseeing in nearby towns in Portugal and Spain. The trails through the pine woods used for some of the races and the long sandy beach are ideal for an early morning run. The event is organized by Track and Field Tours and should appear on their website shortly. Prices are very reasonable at that time of year. If you want more details, have a word with Steve, Ros, Andy, Jim or myself. - ***Mike Mann***

Deep, 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

Dulwich Runners 2016/17 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 here regularly.

DULWICH RUNNERS 2016 CLUB CHAMPIONSHIPS

A total of 9 races split into 2 categories, short (S) and long (L). To qualify you need to complete 5 in total, including at least one from each of the two categories.

CLUB CHAMPS UPDATE

CLUB CHAMPS 5km (and mile) clarification With the Assembly League race at Battersea Park on 2 June now being used for the 5k club champs, trophies and individual points will be awarded at this race. However in view of the late change, resulting in part from bringing forward the date of the Mark Hayes Mile, it has been decided that times at the Sri Chimnoy race on 13 June will count for overall points and for completing sufficient club champs events.

Thus for overall points (ie age graded scores) the better of the two races will count for those taking part in both. Individual age group points will initially be based though solely on the first race - ie Assembly League (as per club Mile).

However if for example 10 M50 athletes run the club mile or Assembly League then 11th place onwards is possible at the Eltham mile or Sri Chinmoy 5km.
It should be noted though that athletes focusing on the club mile may not wish to run the Sri Chinmoy race a few days earlier.

2016 ASSEMBLY LEAGUE

These races started in April and range from 3 to 3.5 miles on road or on paths within parks and run on the first Thursday of the summer months against 12 other clubs. They are extremely popular and all members are encouraged to participate whatever your standard or ability. They are free to enter, all you need to do is have a club vest, turn up and run.
From this year women's team scores will be based upon 4-to-score, the same as the men

MARATHONS 2016

If you are planning to run a marathon in 2016 please can you tell Shorts so that we can list those with forthcoming races.
After the race make sure you send your time.
We will try to maintain an up to date list so that we can keep a proper record for the club championships.

Club Mile, part 2 Sutcliffe Park

June 22

The second part of the club mile championships will be at Eltham on Wednesday in a fortnight.
It is best to enter in advance, details:
http://www.cambridgeharriers.org.uk/bmc.php
The races start at 8.20pm - even time to run the Dinosaur relay first ! - The track is fast and safe and only 4 laps and it would be good to have a wide range of abilities from the club taking part. Like the Dulwich mile, times will count for the Club Championships but unlike Dulwich will go on Power of Ten and count as a proper PB.
Just to clarify though that age group positions are initially based on the mile at Dulwich ie if six M50s run at Dulwich, then someone who didn't run at Dulwich can come no higher than seventh M50 but the time will count for overall age-graded points as normal. ***- Steve Smythe***

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

Date		Race	Venue
Jun	17	Mark Hayes Mile (S)	Dulwich Track
Jul	7	Assembly League - start 7:30pm (3 miles approx)	o2 Dome, North Greenwich
Aug	4	Assembly League - Victoria Park - 7:30pm start (3.5 miles)	Hackney
Sep	1	Assembly League - Beckenham - 7:15pm start (3 miles)	Beckenham
	4	Middlesex 10k (S)	Victoria Park, Hackney
	4	River Relay	along Thames west of London
	10	Will Bolton Relays	Sparrow's Den
	tbc 24/25	SEAA Road Relays	Aldershot
Oct	1	England Masters Inter Area Challenge	Wimbledon Common
	2	Titsey Multi-Terrain 10k (L)	Oxted
	15	Surrey League	Richmond Park (m) tbc (w)
	22	Surrey Masters Champs	Richmond Park
	29	5k Parkrun (S)	Burgess Park
Nov	12	Surrey League	Farthing Down (m)
	19	BMAF Relay Champs	Long Eaton
	26	South of Thames 5m	Ham Lands
Dec	3	Surrey League	Mitcham Common (w)
	17	South of Thames 7.5m	Venue tbc
Jan	7	County Champs	Lloyd Park (Surrey) tbc (Kent)
	14	Surrey League	Mitcham Common (m&w)
	21	Vets AC Champs	Wimbledon Common
	28	South of England Champs	Parliament Hill
Feb	12	Surrey League	tbc (m) Ham Lands (w)
	26	National Champs	North of England tbc

Track Meetings

The table includes a list of track meetings in the local area over the forthcoming season. You do not have to be a member of a track club to take part in any of the open meetings. Check details of the races on offer at respective club websites. In most cases you can either enter in advance or on the day.
In addition the Watford Open Graded Races take place on alternative Wednesdays until 7 September, with the next meeting on 18 May (see WATFORD ATHLETICS AND WATFORD HARRIERS ATHLETIC CLUB for details.

June	13	Blackheath&Bromley Open	Norman Park
	22	Cambridge Harriers Open	Sutcliffe Park
July	11	Blackheath&Bromley Open	Norman Park
	20	Cambridge Harriers Open	Sutcliffe Park
	23	HHH Open	Tooting
	3	Hercules Wimbledon Open	Wimbledon Park
Aug	15	Blackheath&Bromley Open	Norman Park
	17	Cambridge Harriers Open	Sutcliffe Park
	27	HHH Open	Tooting
	28	Vets AC T&F Champs	Kingsmeadow
Sept	7	Vets AC 10,000m	Battersea Park
	10/11	BMAF T&F Champs	Birmingham

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.

Assembly League 5k, race 3 Club Champs Battersea Park

Thursday 2nd June

This is definitely one of the favourite club races, often giving runners their fastest 5k of the year – 49 Dulwich Runners turned out this time with the added incentive of it being this year's club 5k championship. It brings us to the halfway point in the Assembly League and decent strength in depth brought the men home in 5th place in both A and B competitions, and they lie 5th and 4th overall respectively. Rule changes this year mean the women now require four to count, making things even more difficult against the dominant and numerically superior Kent AC, but as usual our women held their own and were an excellent second in both competitions; they lie second overall in both too. But it's in the individual competitions where we are really impressing at the moment: Clare Elms and Elkie are 1st and 2nd senior women, Steve Davies 1st M45, Tony 2nd M50, Ebe 3rd M50, Steve Smythe 1st M55, Colin 3rd M55, Andy 2nd M60, Lucy Elms 1st under-20W, Michelle 1st W45, Clare Elms 1st W50, Clare Wyngard 1st W55, Claire Steward 1st W60 and Ros 1st W65. Dulwich domination, love it.

Tim Bowen ran a PB of 18:05 here last year; what a difference 12 months make. His stated aim to go for a sub-16 was no idle boast, and his superb 11th place in 15:57 only fell short of the 13-year-old club record by 5 seconds – surely only a matter of time this summer. He is now accustomed to being far ahead of the rest of us but next in was the welcome sight of Buzz Shephard, running dramatically better than his comeback outing last month in Victoria Park. His 16:40 is only half a minute shy of his best 5k (here, of course, three years ago) and he is already looking like he's never been away. Steve Davies came in with a great run almost matching his PB here last year; he was ten seconds clear of a bunch of six Dulwich Runners fighting each other in the space of just 14 seconds. Lloyd and Tom Rann headed the posse with great PB runs, closely followed by Charlie's best 5k for three years, which itself just edged Paul's massive return to form after a few 'ordinary' races. Wayne came down with a lurgy just prior to this race and couldn't give his best but his 17:15 was still enough to complete the B team and be the last of the five who caught and passed me in the last mile as my legs capitulated in their now customary fashion. I was sure if I started as fast as last year I'd be fine…

Mark is still struggling to get his best out, although he could hardly be described as slow. Kev Chadwick's great PB was just a few seconds ahead of Elkie's fine sub-18 (as predicted after her similarly good 10k last week) and David Stone's solid debut for the club. Just outside 18 minutes was Clare Elms, scoring a huge 93.6% age grading and consolidating her position at the top of the UK W50 rankings - all the more remarkable as she had to make an enforced stop in the last km, so frustrating for her when obviously fit enough to be much faster. Ian and Ebe are both a little below par at the moment, struggling with injuries and the quest for 'form', but right behind them Steve Smythe ran a resurgent 19:04, his fastest 5k or parkrun for three years; bike cross training with limited running is continuing to have the desired effect after a similarly decent result at the marathon in April. Claire Baglin has been injured and is not at her fittest but ran well leading in solid runs from Gary and Mark Foster, and her presence was very welcome as the A team's 3rd counter. She was ably backed up by 4th counter Fiona Askew, whose 19:55 was an excellent PB. Solid runs from Mike, Ed, Kamal and Neville were followed by yet another improvement from Matt Ladds as he continues his PB assault on all distances. Jim and Martin are running at close to their best levels while Gideon is just a little short, but Michelle continues to come up with the goods; this was her first sub-21. Cameron is running well too and, having not run many 5ks, assured himself of a PB.

Ola, Anna, Lucy Elms and Katie all had decent solid runs - 15-year-old Lucy leads the under-20 women's competition despite very limited running due to shin problems. Ros's age grading of 92.1% was the only one high enough to challenge Clare and her 21:43 headed solid runs by Eleanor, Graham, Andy, Lucy Clapp and Hugh French. Claire Wyngard took time out from globe-trotting triathlon exploits to see off Barrie John, Mike Dodds and Claire Stewart, while Louisa and Jo finished almost together. Paul and Karina completed the huge Dulwich contingent. ***- Tony Tuohy***

2016 Champs categories Battersea Park 5K

1 **Overall winner**	CLARE ELMS
2 **Fastest man (excl. overall winner)**	TIM BOWEN
3 **Fastest woman excl. overall winner)**	ELKIE MACE
4 **First Senior Man (excl. above)**	BUZZ SHEPHARD
5 **First Senior woman (excl. above)**	CALIRE BAGLIN
6 **First M40 (excl. above)**	STEVE DAVIES
7 **First W40 (excl. above)**	MICHELLE LENNON
8 **First M50 (excl. above)**	TONY TUOHY
9 **First W50 (excl. above)**	ROS TABOR
10 **First M60 (excl. above)**	MIKE MANN
11 **2nd Age Graded (excl. above)**	CHARLIE LOUND
12 **3rd Age Graded (excl. above)**	CLAIRE STEWARD
13 **Captains' award**	LLOYD COLLIER

ASSEMBLY LEAGUE 5km, Battersea Park, June 2

11		Tim	Bowen PB	SM	15:57
33		Buzz	Shephard	SM	16:40
42	41M	Steve	Davies	M45 - 2	16:54
52	51M	Lloyd	Collier PB	M40 - 7	17:04
54	53M	Tom	Rann PB	SM	17:06
55	54M	Charlie	Lound	M45 - 4	17:08
57	56M	Paul	Devine	SM	17:09
61	60M	Wayne	Lashley	SM	17:15
65	64M	Tony	Tuohy	M50 - 2	17:18
73	72M	Mark	Lacey	SM	17:26
82	81M	Kevin	Chadwick PB	SM	17:45
86	2W	Elkie	Mace PB	SW (W2)	17:51
87	85M	David	Stone	SM	17:52
92	3W	Clare	Elms	W50 (W3/W50-1)	18:03
101	98M	Ian	Lilley	M40	18:19
124	116M	Ebe	Prill	M50 - 9	19:03
126	117M	Steve	Smythe	M55 - 2	19:04
142	12W	Claire	Baglin	SW (12W)	19:24
150	137M	Gary	Sullivan	M55 -3	19:31
156	142M	Mark	Foster	M50	19:38
170	18W	Fiona	Askew PB	SW	19:55
185	162M	Mike	Mann	M65 - 1	20:19
187	164M	Ed	Smyth	SM	20:24
189	166M	Kamal	Lewis-Gopie	SM	20:34
190	167M	Neville	Webb	M60 - 2	20:35
197	174M	Matt	Ladds PB	SM	20:41
198	175M	Jim	Dowsett	M40	20:42
199	176M	Martin	Double	SM	20:45
201	177M	Gideon	Franklyn	M50	20:52
207	18W	Michelle	Lennon PB	W45 (W45-1)	20:58
210	182M	Cameron	Timmis PB	M45	21:01
216	31W	Ola	Balme	W45 (W45-2)	21:09
219	33W	Anna	Thomas	SW	21:21
220	34W	Lucy	Elms	U20W	21:26
229	39W	Katie	Styles	W35 (W35-9)	21:37
232	42W	Ros	Tabor	W65 (W65-1)	21:43
242	46W	Eleanor	Simmons	W35	21:56
244	198M	Graham	Laylee	M55	22:00
246	200M	Andy	Murray	M60 - 5	22:04
248	48W	Lucy	Clapp	W50 (W50-4)	22:07
256	205M	Hugh	French	M40	22:25
260	54W	Clare	Wyngard	W55 (W55-1)	22:40
264	210M	Barrie John	Nicholls	M60 - 6	22:48
266	212M	Mike	Dodds	M55	22:55
267	55W	Claire	Steward	W60 (W60-1)	22:57
270	56W	Louisa	Pritchard	W40 (W40-9)	23:14
272	57W	Jo	Shelton Pereda	W40 (W40-10)	23:16
289	218M	Paul	Keating	M45	24:23
296	76W	Karina	Burrowes	SW	25:07
307 finished					

Men A Team	Men B team	Women A Team	Women B Team
1 Serp 14	1 Serp 65	1 Kent 24	1 Kent 73
2 VPHTH 41	2 Kent 116	**2 Dulwich 35**	**2 Dulwich 126**
3 Kent 56	3 VPHTH 124	3 VPHTH 66	3 VPHTH 154
4 Stock E 69	4 Stock E 165	4 Serp 66	4 Serp 190
5 Dulwich 136	**5 Dulwich 193**	5 Eton M 121	5 Eton M 261
6 Lloyds 194	6 Lloyds 319	6 Lloyds 179	
7 Camb H 298	7 Petts Wood 508	7 PettsW 187	
8 Eton Manor 343	8 Eton Manor 658	8 Darf RR 228	
9 Petts Wood 356	9 Camb H 746	9 Beck 271	
10 Beckenham 543	10 Beckenham 798	10 Camb H 277	
11 Ravensbourne 603		11 Stock E 298	
12 Dartf RR 655			
13 Aquila 835			

Teams after 3 events (15 for 1st)	B Team after 2 events	
Men A Team	**Men B team**	
1 VPHTH 41 (143)	1 Serp 65	1 Kent 40 (408)
2 Kent 40 (175)	2 Kent 116;	2 VPH 39 (426)
3 Stock Exchange 39 (152)	3 VPHTH 124	3 Stock E 37 (498)
4 Serpentine 37 (292)	4 Stock E 165	**4 Dulwich 37 (571)**
5 Dulwich 33 (353)	**5 Dulwich 193**	5 Serp 36 (755)
6 Lloyds 30 (530)	6 Lloyds 319	6 Lloyds 31 (903)
7 Eton M 29 (603)	7 Petts Wood 508	7 Eton M 28 (1361)
8 Camb H 25 (783)	8 Eton Manor 658	8 Petts W 23 (1542)
9 Petts W 18 (1067)	9 Camb H 746	9 Beck 22(1884)
10 Beckenham 17 (1170)	10 Beckenham 798	10 Dartf RR 15
11 Ravens 17 (1302)		11 Camb H 14 (2271)
12 Dartf RR 16 (1264)		12 Ravens 7
13 Aquila 9 (2163)		

Individuals after 3 events (10 for 1st to 1 for 10th)

Men: 1 Humphrey 19; 2 Morgan/Barnes 15; 4 Wurr13; 5 Kirk Smith/Proctor/Torry 10, 8 Reynolds/Martelletti 9, 10 Hall/ Gunby 8
Women: **1 Elms 27; 2 Mace 26;** 3 Clements 20; 4 Thomson 18; 5 T Murphy 14; 6 Dohren 12; 7 Gounelas 11; 8 Page 8; 9 Roe 7;
M40: 1 Towers 21; 2 Sanders 20, 3 Hobbs 18; 4 Barrett/Osborne/Gaimster 9; 7 Cordwell/Bond 8; 9 Jones 7
M45: 1 Davies 28; 2 Withstandley 21; 3 Weir 19; 4 Cox 13 ; 5 Ratcliffe 11, 6 Boden 10; 7 Cormack 9; 8 Gould/Green/Fraser 8, **11 Lound 7**
M50: 1 Reynolds 30; **2 Tuohy 18, Prill 18;** 4 Cates 15; 5 S Philips 14; 6 Reilly/Newton 8, 8 Maynard 7/
M55: **1 Smythe 26;** 2 Lambert 20; **3 Bailey-Wood 17; 4 Sullivan 15**, 5 Cross/**7 Hutchinson 13** 7 Cox 12; 8 Bridgeland 10
M60: 1 Barron 28; **2 Murray 21; 3 Stone 13;** 4 Baksh 12;5 Roberts 10; 6 Gardiner/Farrell/Webb 9; 9 Ellsmore 8
M65: 1 Knight/R Green 19; 3 Maggio 17, 4 Mann 10; 5 Wisdom 8
M70: 1 Few 30; 2 Hadlow 18
U20M: 1 Bright 14; 2 Connell-Wilson 12; 3 N Armitage-Hookes/ Laylee/Brennan 10; 6 McKellar/Hill 9; 8 Crawley/Maxwell 8
U20W: **1 L Elms 28;** 2 Leach 20
W35: 1 Gounelas/T Murphy 27; 3 Dohren/Skroce 19; **5 Benattia 10,** 6 Crawford 8; 7 **Simmons 7** Bentley/Roberts 7
W40: 1 Singer 26; 2 Buck 19; 3 Farrall 16; 4 Malcolm/ Cooper 15; 6 Mckenna 13 7 Bint 10; 8 Stibbs 9
W45: **1 Lennon 26;** 2 Berry 17; **3 Balme 16;** 4 Coles 12; **5 Pickup 10;** 6 Lang 7 Atkinson/Howard 8
W50:**1 Elms 30;** Woodward 17; Haydon 14; K Williams/ Baker 9; Wood/Vacher; **8 Clapp 7**
W55: **1 Wyngard 20;** 2 Hadlow 10; 3 Ferreira/Newton/Wisdom 9; 6 Cockman 8
W60: **1 Steward 30;** 2 Gaffen 18; 3 Wells 8
W65: **1 Tabor 30**

Dulwich Runners' times in Battersea Park Assembly Leage 5k 2 June 2016

			Points In Age Category M/F							Age grade pts.	Club Champs Awards
		Time	MS	M40	M50	M60	FS	F40	F50+		
Timothy	Bowen	15.57	50							821	Fastest man
Buzz	Shephard	16.40	49							817	1st senior man
Stephen	Davies	16.54		50						847	1st m40
Lloyd	Collier	17.04		49						821	Captains' award
Tom	Rann	17.06	2nd claim							2nd claim	
Charles	Lound	17.08		48						855	2nd age graded
Paul	Devine	17.09	48							788	
Wayne	Lashley	17.15	47							769	
Tony	Tuohy	17.18			50					873	1st m50
Mark	Lacey	17.26	46							757	
Kevin	Chadwick	17.45	45							747	
Elkie	Mace	17.51					50			831	Fastest woman
David	Stone	17.52	44							742	
Clare	Elms	18.03							50	936	Overall age graded
Ian	Lilley	18.19		47						770	
Eberhard	Prill	19.03			49					799	
Stephen	Smythe	19.04			48					824	
Claire	Baglin	19.24					49			761	1st senior woman
Gary	Sullivan	19.31			47					805	
Mark	Foster	19.38		46						751	
Fiona	Askew	19.55					48			741	
Mike	Mann	20.19				46				834	1st m60
Edward	Smyth	20.24	43							647	
Kamal	Lewis-Gopie	20.34	42							631	
Neville	Webb	20.35				45				776	
Matthew	Ladds	20.41	41							629	
Jim	Dowsett	20.42		45						672	
Martin	Double	20.45	40							656	
Gideon	Franklin	20.52			44					724	
Michelle	Lennon	20.58						49		780	1st w40
Cameron	Timmis	21.01		44						676	
Ola	Balme	21.09						48		773	
Anna	Thomas	21.21					47			695	
Lucy	Elms	21.26					46			724	
Katie	Styles	21.37					45			688	
Ros	Tabor	21.43							47	921	1st w50
Eleanor	Simmons	21.56					44			685	
Graham	Laylee	22.00			43					720	
Andrew	Murray	22.04				42				742	
Lucy	Clapp	22.07							46	755	
Hugh	French	22.25		43						612	
Clare	Wyngard	22.40							45	771	
Barrie John	Nicholls	22.48				41				712	
Michael	Dodds	22.55			40					680	
Claire	Steward	22.57							44	849	3rd age graded
Louisa	Pritchard	23.14						43		671	
Joanne	Shelton-Pereda	23.16						42		656	
Paul	Keating	24.23		42						600	
Karina	Burrowes	25.07					43			588	
			11	9	7	4	8	4	5	48	

Whiteoaks Sprint Triathlon

Sunday 5th June

Clare Wyngard and Sue Cooper both enjoyed this relatively low key sprint triathlon on a warm sunny Sunday. We arrived at the same time as Ruki Sidhwa a former DR, so we all set up alongside each other in transition, and also all set off at a similar time for the 400m pool swim. I exited the pool at the same time as Sue. I think I must normally jog to transition once away from the slippy pool side, but Sue was sprinting like she was doing a 100m final so I thought I'd better run a bit faster too! I managed a slightly quicker T1 than her (only because she tried putting her running shoes on first) but knew she'd soon catch me on the 22km undulating bike course. Which she did. But then I caught her and passed her. Then on any incline she would sail past me...and I would pass her on the next downhill/ flat section. Still, we had the odd little chat/swearing at each other in true triathlon spirit as we did our overtaking.

Did I mention I was on my heavy winter -bike-with-mudguards as my racing bike was being shipped back overland from Lisbon? Anyway, that was my excuse for Sue finally getting ahead of me on the last slightly uphill mile. I think we gave the marshals a laugh anyway - as Sue sped out of transition on the 5.6k twice around Danson Park undulating run, they took great delight in calling out "she's just behind you!". Obviously there was no way I could catch Sue on the run and although we passed lots of other runners out on the course, I watched her disappear into the distance.

Unfortunately the final results had Sue down as a male 19 year old (?) which meant I was awarded the 3rd place overall trophy... I held on to my vets trophy while gallantly presenting the 3rd position one back to her (at the same time cursing myself for suggesting she enter the race!) but unfortunately someone else had gone off with her senior women 1st place trophy (they assured her they'll post a replacement).
- Clare Wyngard

Sue Cooper 3rd W and 1st Sen 1.18.49 (swim 9.12; bike 43.34, run 24.22)
Clare Wyngard 4th W and 1st 55+ 1.21.02 (swim 9.53; bike 44.05, run 25.44)

Concorde 5 miles

5th June 2016

I made a last minute decision to do this race. Whilst counting as one of our regular events, we'd had a busy day on the Saturday including a fine lunch and champagne, which was not the best race preparation!! Barrie was filming on the Sunday too and I was only back from Moscow late Friday night so it looked sensible to miss it this year.
I started to review my decision, though, as I thought I needed to get a run in anyway after very little time to do anything in Moscow. An entry on the day also seemed feasible as the race had a later start and Barrie's filming location was in central London. So after heading into town to drop him off I made a dash out to Cranford park and arrived at the race HQ in plenty of time.

By the start time of 10.30 the temperatures were really starting to climb and it felt far too hot as we stood on the start line. Running was actually cooler although where the race went along a road lined by a high hedge, it felt like being in a greenhouse.
I actually had a reasonable run although didn't feel particularly at my sharpest. I managed to beat someone who has been ahead of me in one or two parkruns and reeled in the daughter of Paula Fudge in the last half-mile. Paula, a former Commonwealth Champion, also runs the race every year although has slowed recently.

I was pleased to finally dip under 40 minutes again since my years of injury and to my great surprise won third Lady vet. Whilst the prize wasn't a trophy – so the need for a trophy cabinet is not even a blip on the horizon - it was a voucher for a local running shop, which was very welcome. Overall a good outing in the end – I enjoyed a roast turkey lunch afterwards at the British Airways Social Club and also managed to catch up with a tennis friend of Barrie's who had been marshalling.
32 Lindsey Annable 39:41 (7W/3rd LV35)
86 ran

Mile End Track Open Meeting

6 June 2016

"You're mad" my wife Lauren declared without a hint of amusement when I said I was spending Monday evening travelling to and from Mile End in order to run in circles for less than 5 minutes (hopefully). There is something bleak about going to a weeknight track event where you don't know anyone; nonetheless I fancied a practice race ahead of Eltham so on I went. It was a fairly low key meet and mostly sprints but a decent line up with 12 starters for the mile at 9pm - the last race of the night.

The day's heat had given way to a bit of a breeze which suited me just fine and suddenly we were off. Despite a quick first lap (overzealously chasing someone who was definitely going Too Fast), I managed an even enough pace thereafter and was pretty happy to finish in a fraction under my 4:40 target having closed the gap to the leader from 10 seconds at halfway to 5 seconds at the end.
2 Tim Bowen 4:39.97 PB
12 ran

UK Women's League Division 1- Bristol

June 5

Clare Elms had her first proper track race of the year and after breathing problems at Thursday's Assembly League, she ran a reserved race and was pleased to feel strong and record a good time running at a much stronger pace than Thursday but felt she could have gone quicker had she not been so isolated.
Clare was also pleased to finish third overall and finish one place up and seven seconds up on Claire Hallissey, who ran for Britain in the London Olympic marathon. ***- Steve Smythe***
3000m:
3 Clare Elms 10:17.23

Tonbridge Open

June 7

Clare Elms decided she needed to do another race rather than the club track session and again it went well.
The race drawn wasn't ideal as it was full of youngsters who got in the way and faded and Clare would have benefitted from being in a faster race but she was strong throughout and looks like she ran her best time since 2014 and it's six seconds quicker than any other British W50 has run so far this year. ***-Steve Smythe***
800m:
2 Clare Elms 2:23.2 (tbc)

Dorking 10 Miles

Sunday 5th June

A very well organised event, the race consists of a small single circuit within a larger outer loop through the Surrey countryside. Now the downside - hot and hilly!! All joking apart this was a really nice to run. I'm feeling quite good with my running right now and started off well, but I think I may have suffered with the sun and slowed up a little in the last 3 miles.

Having said that I've only done a couple of 10 mile races so to be about 2 and half minutes off my fastest which was on a flat course I was very happy with. I had heard good reviews about this race and if you haven't done this race before I would recommend it. On checking the results I wasn't the only Dulwich runner...well done to Sarah.
275 Martin Double 1:20:07
331 Sarah Banting 1:25:06

June 4th

Brockwell
274 ran

Pos	Gen		
47	5	Fiona Askew	20:43
60	54	Robbie Campbell	21:11
62	8	Michelle Lennon	21:37
90	14	Lucy Clapp	22:46
185	141	Desmond Edwards	25:57

Crystal Palace
277 ran

Pos	Gen		
6	6	Steve Rolfe	18:54
10	10	Tom Wilson	19:32
16	16	Simon Lang	20:01
92	9	Claire Steward	25:10
97	11	Belinda Cottrill	25:22
98	87	Andy Cottrill	25:23
117	100	Ameet Patel	25:58
149	120	Bob Bell	27:57

Dulwich
258 ran

Pos	Gen		
5	5	Tim R Taylor	17:28
15	14	Simon Burnett	18:48
57	53	Graham Laylee	21:42
85	79	David Haviland	22:54
98	7	Lucy Cartlidge	23:44
107	98	Chris Goodman	24:06
177	40	Emma Vernon	28:30
207	147	Kevin Smith	30:31

Greenwich
214 ran

Pos	Gen		
3	1	Clare Elms	19:27
5	4	Stephen Smythe	19:44
15	14	Michael Fullilove	21:00
23	22	Joseph Brady	21:46

Hackney Marshes
169 ran

Pos	Gen		
21	21	Gary Sullivan	19:26

Harrogate
376 ran

Pos	Gen		
78	4	Niamh Falconer	22:32

Hilly Fields
214 ran

Pos	Gen		
79	9	Laura Vincent	24:33

Medina I.O.W.
236 ran

Pos	Gen		
33	3	Lucy Pickering	23:07

Mile End
212 ran

Pos	Gen		
11	11	Martin Holt	18:43

Newbury
432 ran

Pos	Gen		
49	43	Matthew Ladds	22:12
133	19	Karina Burrowes	25:40

Peckham Rye
147 ran

Pos	Gen		
2	2	Charles Lound	17:44
9	9	Sam Crump	19:35
43	39	Gideon Franklin	22:46

Pomphrey Hill

We dropped into this parkrun during a weekend visit to Clare's brother and his wife. One slightly frustrating thing is that we could easily have jogged from their home to the start of the Little Stoke parkrun had it been on.

However Little Stoke was the event at the centre of the recent furore with the local council over charging for the park and has just now, sadly, had to be discontinued indefinitely. Instead we chose to go to the nearest alternative a few miles away along the city's ring road and we were glad we did.

Pomphrey Hill is having to cope with the pent up demand from Little Stoke and its numbers swelled from an average in the 130s to over 320 on this particular weekend as another of the city's parkruns, the one at Ashton Court, was also not taking place.

In describing the 3 lap course the MC - who was worth the trip on his own - took us 'round the cricket nets, then past the pond etc.....', pausing for effect before the line 'then we go Up Pomphrey' which had to be repeated with sufficient volume and gusto by the assembled throng until he was satisfied and could proceed to thanking the volunteers, warning about other park users etc..

The course did indeed include 3 ascents of the eponymous hill, so certainly wasn't a quick one, but the views of the rolling countryside on the gentle downhill slopes immediately after each, not so very long, effort just about made up for it. Wonderful bacon butties and flapjacks afterwards too, all making for a very congenial and welcoming atmosphere. - ***Mike Dodds***

328 ran

Pos	Gen		
67	6	Clare Wyngard	23:04
84	77	Michael Dodds	23:50

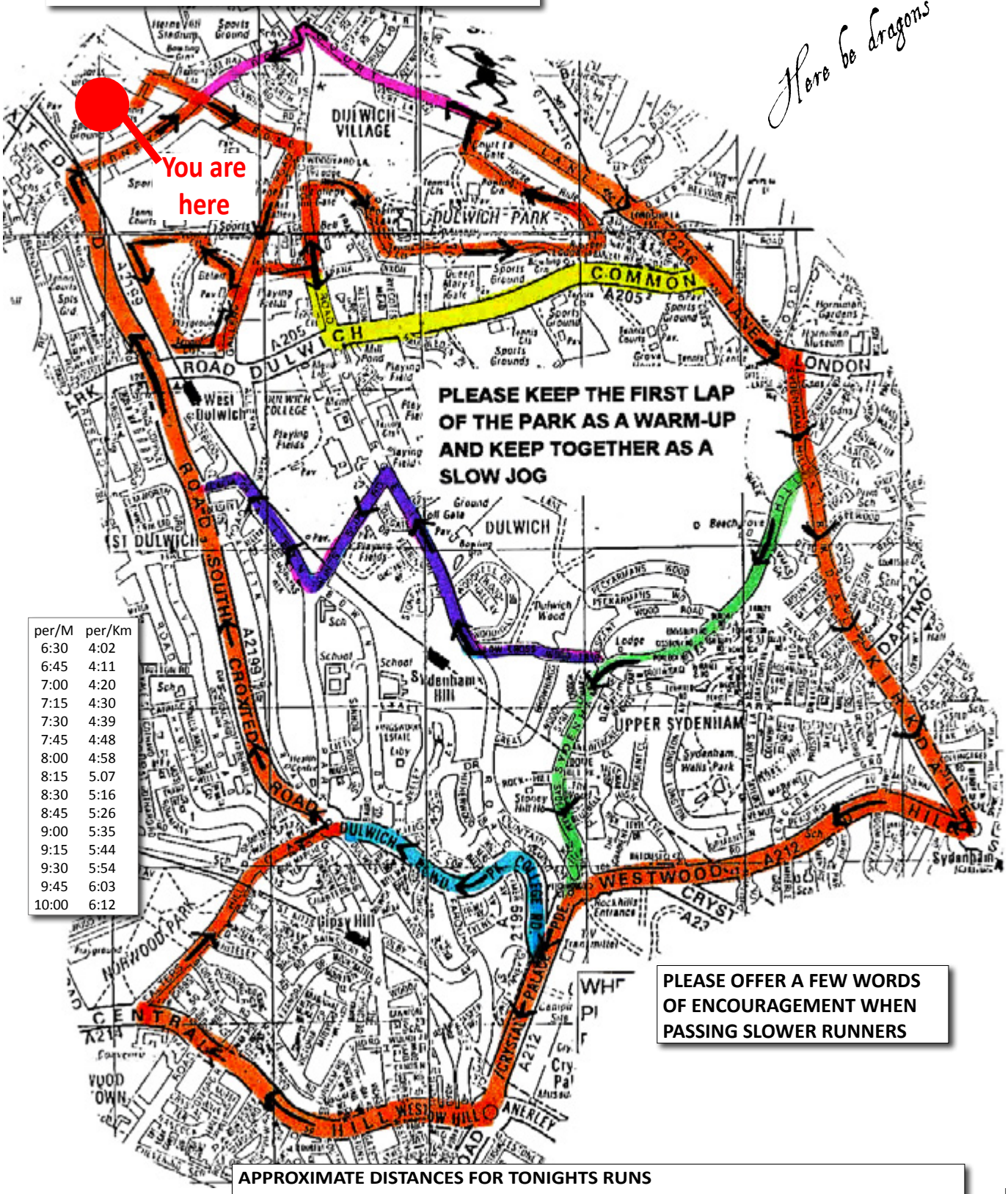
Southwark
178 ran

Pos	Gen		
79	67	Paul Keating	24:09
92	17	Kaylee Coxall	25:24
153	55	Susan Vernon	31:53
159	100	Chris Vernon	33:59

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.

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