DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
May 4th 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 04 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 05 Assembly league, Victoria Park
Tue 10 Track back at Dulwich College
£1 per session. first half of the session will be on grass and the second half on the track.
Meet 7:15

TRACK SESSIONS

Tuesday sessions back at Dulwich College - meet 7.15am.
Fee is £1 per session - the first half of the session will be on the grass and the second half on the track.
Suitable for all standards

From May onwards, 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

LUCKY VEST
tonight

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

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
5... Race reports and results...London Marathon
8... Parkrun results..
9... 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

full fixture list page 4
May 05 Assembly league, Victoria Park

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: **Tony Tuohy, Charlie Boden and Laura Lane**
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	**04/05**
Tony Tuohy	11/05
Mick Ward	18/05

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

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)

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@28kerfield.freeserve.co.uk
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

SOCIAL SPOT

Watch this space for upcoming 2016 events !

SHORTS!

DULWICH RUNNERS' SHORTS

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

Buffs/snoods - only £6

HOODIES…

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

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***

DULWICH RUNNERS MIDSUMMER RACE

Changed to 30th June (due to referendum 23rd)

The Midsummer 5k is going to change into a RELAY this year. There will be teams of 3, each runner doing one lap of Dulwich park.

The proposed date is **Thursday 30 JUNE**.

If you would like to help, plan and organise the race, or have any ideas, please can you contact Ros.
ros.tabor49@gmail.com

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.

to come....

Kevin Chadwick	Geneva	May	
Lucy Pickering	Milton Keynes	"	4:00:29
Joanne Shelton Pereda	"	"	

Beckenham Relays

19:30, Wednesday 18th May

We are looking to enter a number of teams in the women, men and mixed categories for these friendly local relays. Teams of three each complete a 2.6 mile course with the start/finish in Beckenham Place Park. The race HQ is at the Beckenham Cricket Club, so a great opportunity for an after-race drink on a spring evening.
Let us know if you are interested. This year we have to put in the entries in advance, so can you get in touch by end Friday 13th May.
Contact: Charlie **chas.lound@btinternet.com**
or Ange **dulwichladiescaptain@gmail.com**

20TH GREEN BELT RELAY

Sat 21 & Sun 22 May 2016

http://www.greenbeltrelay.org.uk/

A relay of 11 runners per team who run 220 miles around London over a weekend. 22 stages, each runner runs once on Saturday and once on Sunday. Course is rural and mostly off road with the stages varying in length from 7 - 13 miles and graded in difficulty from 1 - 10 depending on distance and terrain.
A unique event consisting of running some beautiful green routes just on the outskirts of London.

A team event with great camaraderie within our team and between clubs.
11 in a team but due to injuries etc which cause drop outs, we need about 16 names to start with.

We now have 27 names, two teams plus reserves. If anyone is still keen I'll add them to the reserve list.

Help needed - drivers

Making sure all runners arrive at their start on time, don't get their kit left in a field somewhere or are abandoned at the end of their run is a logistical challenge.
If you could help by driving at any time over the weekend I would be extremely happy to hear from you.
Email Ange Norris:
dulwichladiescaptain@gmail.com

The Vitality London 10,000

in the centre of London is on Monday May 30

- the course takes in Nelson's Column, St Paul's Cathedral, The Monument, Millennium Bridge, London Eye, Big Ben, Houses of Parliament and Westminster Abbey.
The club has been given six free men and six free women's places as the event incorporates the British 10km championships. the places traditionally goes to the fastest six men and women but will take into account loyalty in other major events.
Charlie Lound will sort the emtries out and be in touch with the faster runners.

- Steve Smythe

Marathon recovery varies from each runner....

and can depend on volume of training prior to the marathon, how the race went - ie a bad last 10km takes a lot longer to recover from than a strong last 10km, and other factors like nutrition and style and age also come into it.

The usual law is it takes one day to fully recover for each mile raced. So a 26 mile race should take almost a month before you are fully ready to race again at or near the same level.
Some recover quicker but it is worth being cautious on your return - more runners get injured the month after the marathon than the month before when they are training harder.

It is wise to avoid road running after a marathon for at least 10 days - bit late this for some but you shouldn't run fast in a 5k road race 5 days after the marathon, however good you feel!
Running on grass is far wiser for the days immediately after a marathon or long race.
Sometimes you feel you are recovered but the marathon takes its toll and it's only in your next hard effort, you find you haven't recovered and can eaily get injured. If you do race, don't start fast and build the pace during the race.

- Steve Smythe

Assembly League

Marathoners should hold back a little if they are doing this but for others this is the last chance to impress before the team for the London Vitality 10k at the end of the month.
This league is suitable for runners of all paces. It's a flat 3.5 miles around Victoria Park.

DRINKS !

After next weeks track session we shall be going for drinks in The Alleyns Head to say a massive thankyou to Steve Smythe for all the hard work, effort, time and input that he puts into the clubs training, whether it be track, marathons or general running.
So if you're one of the many members that benefit from this and would like to show your appreciation and thanks then please come along and join us.

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.
NB some dates and locations are still tbc, but updates will be issued as soon as known.

CLUB CHAMPS UPDATE

It's been necessary to change some of the forthcoming club champs events. It's intended to hold the Mark Hayes mile late morning Saturday 9 July (or possibly Sunday 10 July) at Ladywell Track. Date of the 5k parkrun has been shifted to 29 Oct. at Burgess Park as the previous date in Sep. was too soon after the Middlesex 10k. The Cabbage Patch 10 wont be a club champs event as it's the day after the first Surrey League cross country match. We are looking for a suitable alternative race.

2016 ASSEMBLY LEAGUE

These 6 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. This series of races is 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.
Any further information regarding these races will appear here in Shorts as and when it becomes available.
From this year women's team scores will be based upon 4-to-score, the same as the men

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

Date		Race	Venue
May	5	Assembly League - Victoria Park - 7:30pm (3.5 miles)	Hackney
	14	**BMAF Road Relays**	**Sutton Park, Birmingham**
	21	**Green Belt Relay**	**Various around London area**
Jun	2	Assembly League - start 7:30pm (5km measured)	Battersea Park
	13	5k Battersea Park (S)	Battersea Park
Jul			
	7	Assembly League - start 7:30pm (3 miles approx)	o2 Dome, North Greenwich
	tbc 9 or 10	Mark Hayes Mile (S)	Ladywell Track, Catford
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.

May	2	HHH Open	Tooting
	21	Night of 10,000m	Parliament Hill
	23	Blackheath&Bromley Open	Norman Park
	25	Cambridge Harriers Open	Sutcliffe Park
June	5	Surrey Masters Champs	Kingsmeadow
	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.

Brooks Last Friday of the Month Serpentine 5K Race Hyde Park

Friday 29th April

Post Marathon madness and Kevin Chadwick earns a 5K sub 18 minute PB

Steve Davies writes…. with a number of customary attendees to this popular monthly lunchtime race either away for the Bank Holiday weekend or sensibly resting and recovering from recent marathons, there were only eight Dulwich Runners on the starting line for April's event. Despite running in the London Marathon last Sunday Ian Lilley, Paul Devine and Steve Davies fancied this event as a gentle return to recovery running - all three mutually agreeing before the start not to race but aim for a time in the region of 20 minutes.

Kevin Chadwick was making his first appearance of the year with a view to smashing his official 5K PB and record a finish in under 18 minutes. Also joining the party were Serpentine 5K regulars Katie Styles, Graham Laylee, Ross Rook and Steve Williams. So, we are at the start; the group of us standing a few rows back (with the Marathon guys wanting to temper their exuberance and keep to the plan). On this cool spring day, the cloud cover clears, the suns rays warm our foreheads and the strong westerly wind that inhibited my warm up lap of the Serpentine calms.

From the start I could see Ross and Kev surge ahead on a mission. Paul and Ian were keeping to the script and running steadily as we made the first left-hand turn up the incline.Paul, now in space on the right, darted ahead by overtaking a few runners and that motivated me to work my way through the field, moving on to the manicured grass verge to find room in order to keep up. Ian was also following suit.

Paul went further ahead, overtaking both Ross and Kev, and as we approached the Bandstand that script of a lunchtime's easy running in Hyde Park on a fine spring day was by now torn into shreds and finding its way to one of those dark green Royal Parks' Bins.I took up the pace past Ross, Kev and Ian with a view to catching Paul, which I managed to do as we passed the Bandstand (and there we were….. recovery run out of the window, back into race mode!)

From then on I felt fresh enough to gradually pick up my pace, overtaking half a dozen runners ahead. At the lake turn I could now see that I had a slight lead over Paul, Kev and Ian. With less than a mile to go, the spring-like sunshine had disappeared behind a blanket of grey cloud and then, capriciously, the heavens opened with a short, sharp hailstorm to freshen us up. My legs were still feeling fresh enough however for me pick up a couple of other runners on the downhill stretch to the finish line.

I completed the course, 9th overall, in a time slightly quicker than the intended 20 minutes. My legs felt surprisingly fresh and a subsequent recovery run over the weekend has not identified any major problems impacting my recovery post marathon. (That said, running a 5K race at 5:36 min/mile pace within a few days of a marathon…enough said!).

Slightly further back, Paul and Ian were no longer racing but instead pacing Kev to sub 18 minute glory. All three of them came home comfortably under 18 minutes, with Paul and Kev both finishing in the same time (but Paul a whisker ahead), and Ian a couple of places back.

Kev had smashed his previous official 5K PB of 18:05 (at Battersea Assembly League, last year) by almost 30 seconds and was only 2 seconds off his home Parkrun best at Peckham Rye. In summary, an excellent effort and hopefully a good omen for Kev's forthcoming marathon.

Paul and Ian's strong runs were narrowly seconds off their seasonal bests on this course. Afterwards Kev mentioned that he had raised an eyebrow on how Paul could sustain that pace whilst speaking to Kev along the way and only a few days after the marathon! Reflecting on his race, Ian mentioned that the pace felt easy and he could have gone quicker if it weren't for ailments and tight legs from the Marathon. So, as we move into 5K training and racing season more to come there for sure.

Some 25 seconds behind Ian, Ross, with a strong well paced run, narrowly missed out on eclipsing his 5K PB of 18:15 ran on this course in January. In form Steve Williams earned himself a season's best time with his fastest official 5K for almost two years. Steve has now broken 19 minutes for two consecutive Serpentine races.

Completing the Dulwich contingent were Katie and Graham, both with steady runs slightly shy of personal bests recorded in previous months. Katie, recently focusing on her cycling, improved on her March performance by 20 seconds but was approximately a minute outside her 5K PB in February. Graham, not in top form, ran steadily but was unable to match his course best of 21:33 also ran in February this year.

9	Steve Davies	17:24 (1st V45) (82.6% Age Grade)
17	Paul Devine	17:47
18	Kevin Chadwick (PB)	17:47
21	Ian Lilley	17:53
32	Ross Rook	18:18
72	Steve Williams	19:48 (SB) (80.6% Age Grade)
133	Katie Styles (11W)	21:51
151	Graham Laylee	22:22

Milton Keynes Marathon

2nd May 2016

Joanne Shelton Pereda writes.....
I was expecting lots of roundabouts but not as many undulations!!!
The race started from just outside the MK Dons football stadiumoff with the sun trying to shine out from behind the clouds. We headed off up along a dual carriageway and around the first of many and I mean many roundabouts. It was quietly undulating and I found it difficult to settle into my target pace. The miles seemed to tick away quite quickly and by mile 7 we were off the road and running on a cycle path through some woods. There were various signs along the way saying "look left" or "look right" so once I'd worked out which way was which I saw the stone circle, the peace pagoda and a windmill !!!!

All this went someway towards distracting me from the tiredness I was feeling. I hadn't even run halfway and by body was beginning to feel as though I'd already run 20 miles. Out of the window went the 20 mile training run with 10k race and in came thoughts around how I could get out of this race and get home. I eventually realised the easiest way would be to keep going (this is a thought I have during most races). Lucy Pickering came past me around two thirds of the way through and looked very strong and comfortable. I somehow managed to keep going although the slight downhills were now hurting more than the ups!!

Many more cycle paths, underpasses and dual carriageways later (all the roundabouts were early on) and we could see the stadium where the race would finish. We ran through the car park and down another slope (ouch) and into the stadium where we completed three quarters of a lap around the football pitch to finish. Although there was lots of support I don't think I saw a single runner at the finish with a smile on there face!!!
I was aiming for 3:50 but how I hung on and finished on 4hrs I've no idea!!!

Lucy Pickering	3:56:42 (gun time?)
Joanne Shelton Pereda	4:0:29 (chip time)

Ted Pepper 10k MT Bromley

Mon 2nd May

Two years ago this was one of our club champs events but even without that attraction it never fails to tempt plenty of Dulwich Runners to partake of its delights; a really popular local race starting and finishing on the track at Norman Park but run mostly off-road on grass and trails. And as usual the weather had improved in time for a very pleasant outing on mostly dry paths with what little mud there was proving easy enough to skip around.

All seemed happy enough with their times, with some returning runners achieving marked improvements over past efforts, notably Michelle Lennon and particularly Clare Elms, who made light work of her own course record, taking 25 seconds from it having missed it by 10 seconds last year. That was also only a week after the London Marathon and other runners giving their legs a shake out after the big effort included Claire Steward and Steve Wehrle.

My own good record here (4th, 3rd and 4th last three years) was not unexpectedly looking iffy as I was lying 6th or 7th at about halfway. However, things looked up as I moved through during the second half, catching the 3rd chap with a mile to go (who'd hammered me by a minute two weeks earlier at the Darent Valley 10k) and dropping him as soon as we left the rough stuff for the last 800m or so, my best run for a good while. It's my slowest time here but only 15 seconds short of last year and winning that battle got me the 3rd overall prize; with Clare taking the ladies' win and Andrea therefore grabbing 1st W40, Dulwich mopped up a fair proportion of the goodies on offer, including a bottle of plonk each for Andrea and me and yer actual champers for Clare. Well she is a local legend after all....

3	Tony Tuohy	37:13 1st M40/50
13	Clare Elms	38:47 1st SW, course record
46	Andrea Pickup	43:16 1st W40
61	Martin Double	44:56
67	Michelle Lennon	45:15
77	Graham Laylee	46:15
96	Chris Goodman	47:55
98	Lucy Clapp	48:04
120	Mike Dodds	49:31
143	Paul Keating	51:07
160	Claire Steward	52:19
219	Steve Wehrle 2nd cl	56:41
230	Paul Hilton	57:43
237	Peter Jackson	58:07

308 finishers

Velo Park, Olympic Park 10M

30th April

With an eye on the Green Belt, I decided to run this 10-mile race having not run the distance since Sidcup last year.
A different course to the usual – 1 mile laps of the outdoor cycle track, so at least I couldn't get lost. Initially, I wasn't too keen on multiple laps, but once I got into into it I found it to be OK and rather liked it.

Sunny and mild and running on even tarmac, so good conditions; however, it wasn't flat. It was very up and down and felt like a roller coaster. At the start of each lap, there was a very short, but steepish climb that started to bite after about the fifth time. I decided to set myself a target of 67 minutes, which I thought was realistic on a flat course, but this had the cheeky climbs.

The downside to this race was being more than one on the same course: 5K, 10K, 10M and Half with staggered starting times.
The half started first with my race 15 minutes later and so on. It meant I didn't know who I was running against, so it was a case of 'The Loneliness of The Long Distance Runner', so went for a first half of 34 minutes (did it) and then to hope for the best in the second half.

The old Garmin gave me a time of 1:07:36, so I am happy as hit my target. A slight problem: the published results have me down for the 10K, which I apparently ran in 9 minutes and 40 seconds – I reckon Tony would be chuffed with that time. The listed winner of the 10 mile race is nearly three minutes slower than my time, making me the winner – woo, hoo! I wrote to the organiser requesting a steward's inquiry to which they replied admitting the mistake and will look into it.

- Gary Sullivan

London Mini Marathon
Sunday 24 April

3 miles
After a string of indifferent outings here, Oscar decided to start at the back. This enabled him to have a much longer warm up after being cooped up in Old Billingsgate. It also prevented him from being swept along too fast in the first mile. This decision paid off as he moved along nicely down the Embankment catching a team mate at Big Ben.

The two then swapped places five times in the last mile as they tried to outsprint each other. Unsurprisingly, they finished with exactly the same time and, in so doing, helped Bromley take the team prize in the U17 Boys category of the London Borough Challenge. Gone are the days when I used to be able to keep up with Oscar on the other side of the barriers for part of the run but this time I was able to keep with him from Blackfriars to Big Ben, albeit on a Boris bike on the new cycle super highway! ***-Duncan Hussey***

Oscar Hussey 16.49
36th out of 165 in the Inter London Borough Competition (1st team out of 33)
96th out of 227 in the National Competition

Regent's Park 10k
1st May 2016

Having marginally improved on my 5k time on Friday at the Serpentine, I was slightly apprehensive about lining up for this on the Sunday. However, it's convenient, it was a nice morning, so why not. Joined the happy throng much nearer the front this time, but still a slow start. Things improved and bettering last month's time made the free banana at the finish taste so good.

34 Steve Williams 40:55

Crystal Palace Canter
3rd May

CP park, lunchtime, i.e. 12.30, of first Tuesday of the month (usually, so check website) accurate but hilly 5k, just turn up at main car park) ***- Mike Dodds***

3 Jo Quantrill (2nd claim)	23.49
4 Mike Dodds.	24.29
6 Claire Steward	24.40

c. 14 finishers

HHH Open Meet
2nd May

Stan Allen Mile
Race 1
Originally, I had planned that I would do an 800 instead of the mile today just to try and get some speed training in. However the weather was forecasted to turn wet by the 800s, so I decided to run the mile instead. Whilst it was dry and warm for these mile races, there was a considerable headwind along the back straight - so not ideal for running quickly in.
I went into this without a specific target as I haven't do any track work yet, but the first lap of 64 didn't feel too bad and I tucked in behind the leader (who had slowed after the first lap) for the next lap or so to shelter from the wind. A runner from Blackheath took the lead with just over a lap to go, and I kept fairly close to him but didn't want to go into the red too early. He got a bit of a lead and I would hope that with more races I will be quicker in the last 400. Overall I was pleased with the time considering it is still early in the season and there was wind, so it gives me confidence for going around 4.25 for the mile and low 4 minutes for 1500.

2 Lewis Laylee 4:32.83 (club track record)

Tonbridge Open
3rd May

Mile
"Another year older but no wiser"? Or, "like a fine wine, getting better with age", or maybe "again, didn't read the script. In any case as I lined up against an all-TAC field of determined-looking teenagers in their white and black hoops strip I did rather stand out.

Given that I've been focussing on my strange multi-discipline hobby and have done no speedwork I was relaxed about my likely time or performance although looking at my fellow entrants I did think "I can win this" - at least until I overheard one of them saying he was aiming for 4:45.

Long story short and to my absolute surprise and delight another year older another TAC open another mile win in a perfectly judged effort and quicker than last year.

Lloyd Collier 4:48.13

parkrun

April 30th

Banstead Woods
230 ran

Pos	Gen		
3	3	Tony Tuohy	18:18

Bromley
651 ran

Pos	Gen		
35	3	Selma Benattia	20:04
40	4	Kim Hainsworth	20:09
148	16	Carys Morgan	23:07

Brockwell
259 ran

Pos	Gen		
41	39	Cameron Timmis	21:22
66	5	Lucy Clapp	22:21
94	9	Ruth Bennett	23:14
118	104	Michael Dodds	24:26
133	21	Clare Wyngard	25:10
185	47	Natalie Davys	27:39
188	140	Desmond Edwards	27:41
220	71	Selina Wray	29:59

Burgess
219 ran

Pos	Gen		
35	32	Hugh Balfour	21:10
174	107	Freddie Vernon	29:54
203	123	Chris Vernon	33:44

Cambridge
532 ran

Pos	Gen		
4	2	Buzz Shephard	17:54

Cornwall
218 ran

Pos	Gen		
3	3	Timothy Bowen	17:38

Crystal Palace
231 ran

Pos	Gen		
9	9	Mark Callaghan	19:37
15	15	Tom Wilson	20:21
23	23	Simon Lang	20:53
41	3	Belinda Cottrill	22:40
59	4	Niamh Falconer	23:15
72	67	Bob Bell	23:39
105	95	Ameet Patel	25:05
163	130	Peter Jackson	28:07

Dulwich
257 ran

Pos	Gen		
1	1	Alastair Locke	17:07
37	3	Victoria Read	21:15
41	4	Michelle Lennon	21:32
72	66	Mark Muffett	22:56
93	13	Claire Steward	24:32

Gladstone
163 ran

Pos	Gen		
46	3	Ros Tabor	22:58
51	48	Andy Murray	23:13

Greenwich
215 ran

Pos	Gen		
19	18	Michael Fullilove	21:08

Horsham
301 ran

Pos	Gen		
53	51	Gary Budinger	23:02

Little Stoke
271 ran

Pos	Gen		
102	88	Barnes Stringer	24:01

Mile End
200 ran

Pos	Gen		
8	8	Martin Holt	18:32

Orpington
154 ran

Pos	Gen		
3	1	Clare Elms	19:08
7	6	Stephen Smythe	20:22
21	4	Lucy Elms	22:20
37	32	Colin Frith	24:34

Peckham Rye
156 ran

Pos	Gen		
1	1	Andy Bond	17:28
19	18	Gideon F ranklin	21:23

Riddlesdown
163 ran

Pos	Gen		
64	7	Ange Norris	23:50

Royal Tunbridge Wells
174 ran

Pos	Gen		
1	1	Lloyd Collier	18:17

Rushmere
132 ran

Pos	Gen		
49	46	Chris Goodman	27:16

Shorne Woods
197 ran

Pos	Gen		
11	10	Nicholas Brown	21:09

Southwark
145 ran

Pos	Gen		
56	6	Laura Vincent	22:57
75	66	Paul Keating	24:10
96	17	Kaylee Coxall	25:28

Tooting Common
364 ran

Pos	Gen		
54	51	Robbie Campbell	21:25

Wakefield Thornes
215 ran

Pos	Gen		
66	16	Claire Barnard	24:47

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

S4

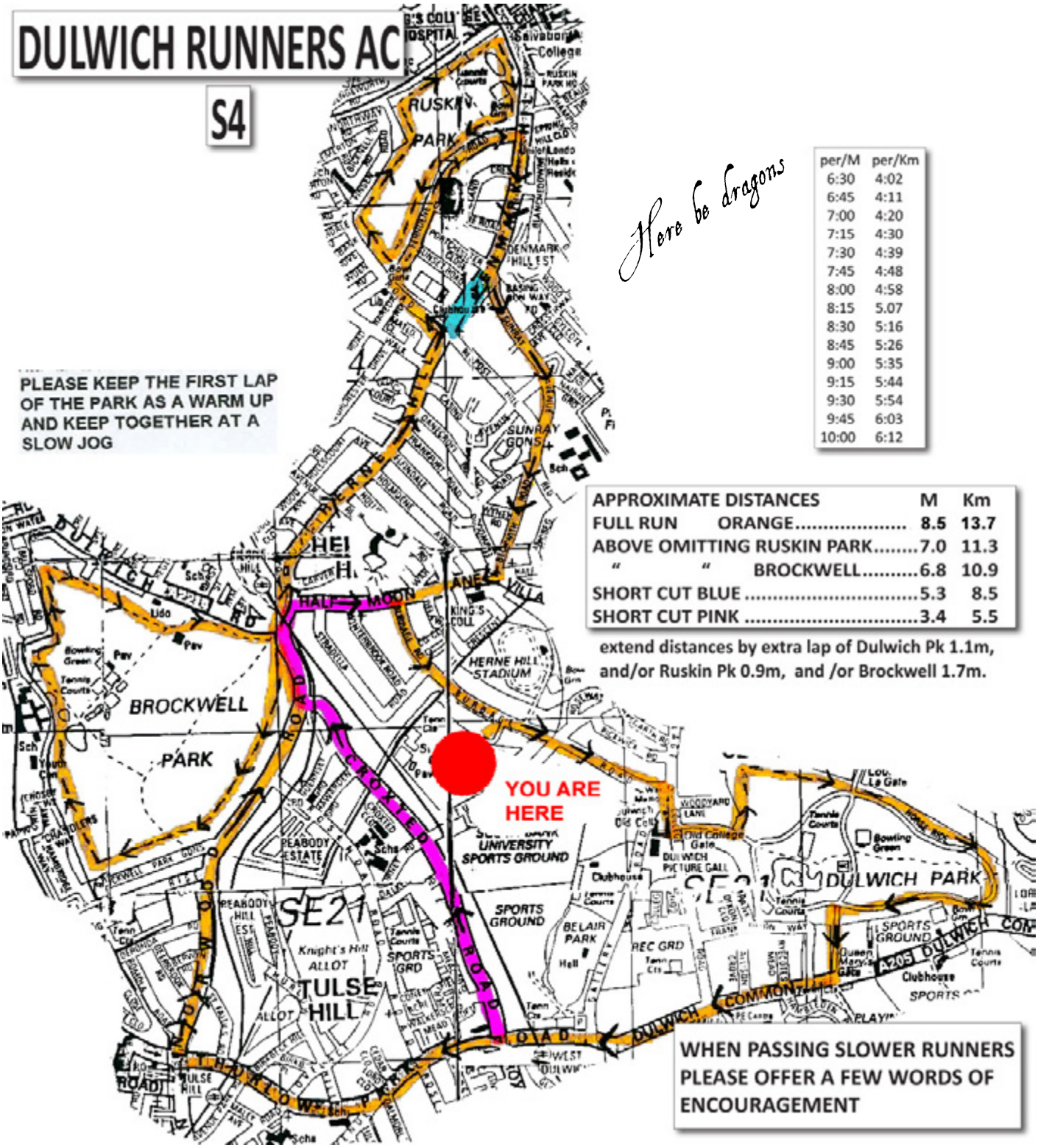
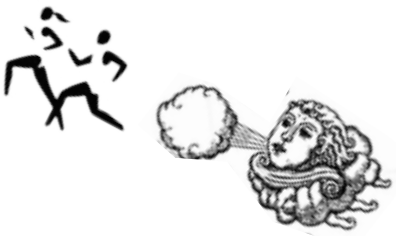
Here be dragons

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 KEEP THE FIRST LAP OF THE PARK AS A WARM UP AND KEEP TOGETHER AT A SLOW JOG

APPROXIMATE DISTANCES	M	Km
FULL RUN ORANGE.....	8.5	13.7
ABOVE OMITTING RUSKIN PARK.....	7.0	11.3
" " BROCKWELL.....	6.8	10.9
SHORT CUT BLUE	5.3	8.5
SHORT CUT PINK	3.4	5.5

extend distances by extra lap of Dulwich Pk 1.1m, and/or Ruskin Pk 0.9m, and /or Brockwell 1.7m.



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT