SHORTS

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

Fri 17 Mark Hayes Club Mile...see below
Tue 21 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

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

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

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

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

Thank you. - Ros

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: **Lucy Clapp.**
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**

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

MARK HAYES MILE 17 JUNE

This year's Mark Hayes mile takes place on Friday 17 June at Dulwich College track. The timetable of races is as follows:

- 7.30 Race 1. Mixed Race 1
- 7.40 Race 2. Fast women
- 7.50 Race 3. Juniors (600m)
- 7.55 Race 4 Second Fastest Men(mostly Vets)
- 8.05 Race 5. Mixed Race 2
- 8.15 Race 6. Fast Men

Start lists will be available on the night. If you have not yet informed me that you will be taking part, please do so by midday 16 June, mcmann90@yahoo.co.uk as if you just turn up on the night you may end up in a race not entirely suited to your ability and form. The presentation of awards will take place at around 8.30pm. After that we will be adjourning to the Alleyn's Head nearby.

For this club championship race, please do not wear club vests. Race numbers will be available and the race clock will be situated at the finish line. Please make sure that you arrive by 7pm to collect your race number, warm up and enable us to finalize start lists.

And finally a reminder that this race is in memory of Mark Hayes. There will be a collection for Karine and her family. Please give generously. ***Mike Mann***

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)

SOCIAL SPOT

Watch this space for upcoming 2016 events !

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

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

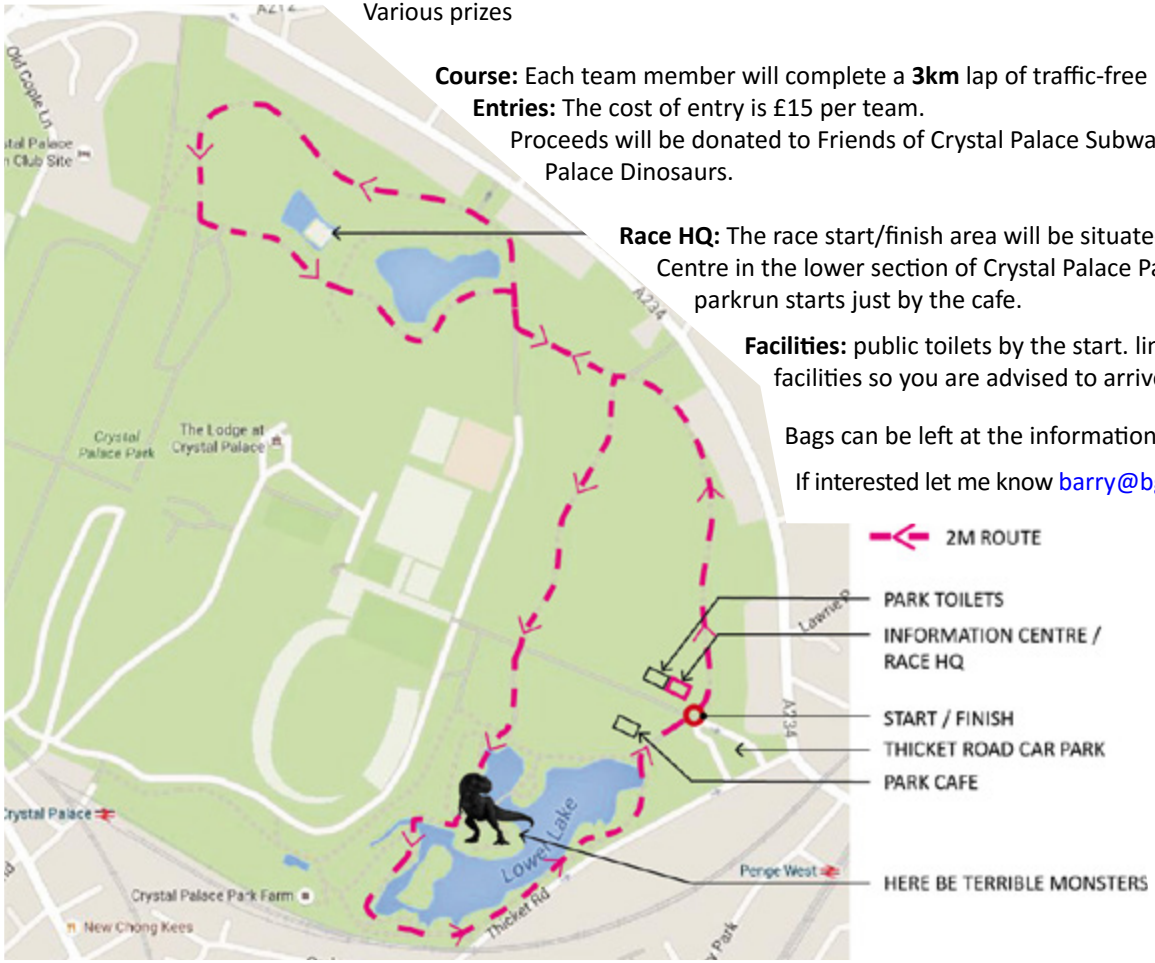
Course: Each team member will complete a **3km** lap of traffic-free park paths.
Entries: The cost of entry is £15 per team.
Proceeds will be donated to Friends of Crystal Palace Subway & Friends of Crystal Palace Dinosaurs.

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***

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. See fixture list for the remaining four events

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***

Golden Stag Mile, Barnet

Wednesday July 20

With the club mile coming far too early in the season and being held on what many consider a dangerous and unsuitable track and the other club mile alternative at Eltham probably not suitable for all abilities, it's worth making a note of this event where quite a few Dulwich Runners ran as guests last year - Ros even set a short-lived world mile age group record.
While a trek across London, it is an event suitable for absolutely everyone and well worth competing in.
they say"Our event will always be for athletes of all abilities, from ten minutes or more to four minutes or less. The races are graded so that everyone gets to race people of a similar ability as we love a close finish! This year we are opening up the event to athletes from other clubs and we hope to see some of our friends and rivals on the start line. "
I am hoping that the club will consider including this as a further chance to score club mile points.
http://www.barnetadac.com/racing/club-races/the-golden-stag-mile/
http://www.entrycentral.com/goldenstagmile

Deadline for entering the 2017 London Marathon in the Good for Age category is Monday 20 June.

If you have achieved a Good for Age time as listed in the table, you should not enter the 2017 Virgin Money London Marathon via the public ballot entry system.
Full details and further information here:
https://www.virginmoneylondonmarathon.com/en-gb/how-to-enter/good-age-entry/

Men	Time (in hours)	Women	Time (in hours)
Age 18-40	sub 3:05	Age 18-40	sub 3:45
Age 41-49	sub 3:15	Age 41-49	sub 3:50
Age 50-59	sub 3:20	Age 50-59	sub 4:00
Age 60-64	sub 3:45	Age 60-64	sub 4:30
Age 65-69	sub 4:00	Age 65-69	sub 5:00

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	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.

Surrey And Sussex Masters T&F Champs

5 June

Three of us competed for Surrey in these champs at Ewell, with Tony Tuohy guesting in the 5000m. In a combined M60-70 1500m race, Andy Murray finished first M60 and I was leading M65. Although not quite matching my earlier indoor form, I seem to be going in the right direction with my time 7 secs faster than my earlier effort a few weeks ago. All the women ran together with Ros picking up a place in a strong finish.

The less said about the 5000m later in the day the better with all three of us disappointed with our performances. Andy and myself were both 30 secs down on our Assembly League times, which we put down to the earlier 1500m rather than the sudden appearance of summer. I never got going from the start with my first 1k outside 4 mins which suggests that the warm and humid conditions had little to do with it. Tony's habitual fast finish is still not firing properly as he found it difficult to maintain any change of pace in the final lap as he was passed by a couple of competitors.

Ros was drawn in one of the outside lanes for her 400m but this did not seem to affect her performance, which compared well with her earlier indoor times. ***Mike Mann***

400m
Ros Tabor 77.19 (1st W65)
1500m
Ros Tabor 5:50.59 (1st W65)
Mike Mann 5:31.21 (1st M65)
Andy Murray 5:58.95 (1st M60)
5000m
Tony Tuohy 17:34.24 (3rd M50)
Mike Mann 20:48.93 (1st M60)
Andy Murray 22:30.31 (1st M65)

Crystal Palace Canter

Fastest ever canter for second claimer, Jo. For the rest of us a reasonably intense Tuesday lunchtime effort over 5k, either to complement the club track session in the evening or as an alternative to it. ***Mike Dodds***

3 Jo Quantrill 23.27
4 Ros Tabor 25.00
5 Mike Dodds 25.23
9 Claire Steward 27.09
15 ran

Southern Vets League

6 June

This fixture at Hillingdon was our furthest flung venue of the season, and Herne Hill Harriers did well to achieve a narrow win in the ladies match and a more comfortable win in the men's on a pleasantly warm evening. With both teams winning their first two matches out of 4, things are looking hopeful for making the final at Ashford in early September.

Claire Steward had solid runs in her 800m and 3000m, finishing second in both. In her 200m she was bearing down on her second place competitor but ran out of track.

Lloyd Collier did enough to win his M35 A stream 800m race without unduly stretching himself, and then had a good blast in his 800m to finish second.

In my 800m I was some way behind my earlier indoor times, finishing second M60. ***Mike Mann***

200m
Lloyd Collier 26.9 (2nd M35A)
Claire Steward 41.1 (3rd W60)
800m
Lloyd Collier 2:14.3 (1st M35A)
Mike Mann 2:47.3 (2nd M60)
Claire Steward 3:18.4 (2nd W60)
3000m
Claire Steward 13:36.8 (2nd W60)

Self Transcendence 10k

Saturday 11 June

8am is a very early time to be attempting to run fast, but I found myself stood on the start line at this ungodly hour with 100 other equally bleary eyed runners in Battersea Park for this long standing series of races organised by the Sri Chimonoy team on Saturday. This represented my latest (some would say obsessive) effort at breaking my long standing 10k pb while also attempting to dip under 36 minutes. Omens were good; I'd run my best 5k for 2 years the week before and conditions although a bit muggy were calm and not too hot. All I had to do was execute.

And therein ends the good news. I never really got going, and after being on target after the first mile it was a constant battle. I past through halfway in a shade over 18 minutes, but wasn't comfortable and slowly lost more time from there. In the end I missed my pb by 12 seconds, although to keep positive it was still my 2nd best time over the distance.

Will have another go at the club champs in September where the advertised 10:30 start time has already cheered me up.

12 Paul Devine 36:26
101 ran

Staffordshire ironman 70.3

Having entered this in a frenzy of triathlon-induced bonhomie last year I'd been dreading it all the way through the winter, wondering why I'd wasted £300 (X), ruined my track season (X) to do an endurance (X) event where I'm at best an average cyclist (X) and a very poor swimmer (X) – see those black marks lining up..

Having also entered Sevenoaks Sprint as my TW Tri Club Champs in the spring I figured I'd best book some others and get some swim coaching. The underwater video swim session was most revealing – the poor lady simply didn't know where to start with my stroke!

Anyway, roll forward 4 months, 4 triathlons, lots of swimming, £700 carbon aero wheels and a reasonable amount of decent (short) running and racing I was ready.

The objective of the swim was to get round comfortably, aiming for my usual 2:00 / 100m pace and then blast out of transition on the bike, then run approx 1;00 / mile slower than my Paddock Wood pace. If I hit my 38:00 swim target, got round the cycle in about 2:40 [21mph] I figured 8 mins in transition leaving about 1:34 for the half to get under 5 hours.

Unfortunately having blasted the bike my legs were absolute jelly on the run. Now I'd expected 2-3 miles of jelly and then kicking on (I couldn't feel my feet for the 2 first miles) but the combination of the soggy course – more like a trail race for 1.5m of each 4m lap – and the horrible hill for the other half meant that I started slow and then got progressively worse. I've always laughingly said that Triathletes are very poor runners. I must now be a proper Triathlete given my shuffling stride and total absence of leg drive for a massive PW over the distance.

I did cheer up at the end when chatting to the race director who pointed out that my time equated to a sub-5 almost anywhere else with a flat bike, a 'normal length' swim (ie not accurately measured) and without the p'ssing rain and mud and switchbacks on the run.

195 Lloyd Collier 39th V40

Swim 39.35
Bike 2.44.34
Run 1.39.49
Total 5.11.17

Although I immediately said never again the lure of <5 and a "Proper" IronMan are already tempting me for next spring!

ps I discovered it is possible to pee and cycle at the same time. I double-checked a couple of hours later to keep the equilibrium and be absolutely sure…

Sri Chimnoy 5K Battersea 13th June

There were 9 Dulwich Runners competing, 5 of whom had missed the Assembly League race and were looking to score Club Championship points. Of the 4 returnees only Martin Double improved his time recording a PB by 8 secs. Tim Bowen took fourth place but was disappointed with his time some 9 secs slower than at Assembly League. Selma returning after holiday was more than a minute faster than last year but down on recent parkrun times. She was closely followed by Martin Double who bettered his Assembly League time and achieved an 8 sec PB. Joseph Brady had a steady run in line with recent parkrun times while both Ros and Graham were disappointingly well down on their Assembly League efforts. Laura Vincent had probably the run of the day from the Dulwich contingent taking more than 30secs off her PB. Lindsey ran her fastest non parkrun 5K since 2005 and Sharon had a strong run up on recent parkrun times. ***Graham Laylee***

Tim Bowen	16:06 (Assembly Lge 15:57)
Selma Benattia	20:27 (-)
Martin Double	20:29 (20:45) PB
Joseph Brady	21:49 (-)
Ros Tabor	22:02 (21:45) 1st FV60
Laura Vincent	22:02) (-) PB
Graham Laylee	22:12 (22:00)
Lindsey Annable	23:35 (-)
Sharon Erdman	25:30 (-)

5k - Club Champs points 13th June

In the second 5k race, on Monday 13 June, DR's who missed the 2 June race could score position points within age group (although those in the first race were counted as first past the post) plus the extra point for competing an event and also an age grade score. Those running both races could improve their age grade score. ***Andy Murray***

The following points were scored

Selma Benattia 42+1 in senior women, 729 age grade points
Joseph Brady 39+1 in m50, 676 age grade
Laura Vincent 41+1 in senior women, 672 age grade
Lindsey Annable 41+1 in w40, 686
Sharon Erdman 40+1 in w40, 616

Martin Double was faster than 2 June and improved his age grade score to 665
Tim Bowen, Ros Tabor and Graham Laylee were slightly slower than 2 June.

Blackheath & Bromley Open Meeting

13 June

After the rain earlier in the day, this was a perfect evening for track races with pleasant temperatures and virtually no wind. No official results are available yet (see next week's Shorts) so the 1500m times below are approximate. Running in race 1 alone for the most of the time, Oscar Hussey achieved a huge pb, finishing just inside 4:30. Kevin Chadwick also had a good pb of just inside 4:40 in race 2. Meanwhile in the last heat Steve Smythe and Mike Mann broadly matched their times in recent 1500m races of 5:24 and 5:31 respectively. ***Mike Mann***

1500m

R1: 8th Oscar Hussey	4:29.78
R2: 2nd Kevin Chadwick	4:39.65
R3: 5th Steve Smythe	5:24.62
R3: 6th Mike Mann	5:31.77

Orpington High Elms 10k

12 June 2016

Claire Steward writes: I last did the Orpington 10k back in 2008; the race HQ was at Darrick Wood School providing changing and shower facilities, twelve Dulwich Runners took part, we had first woman, first women's team, first FV55, first junior male, and sunshine. Fast-forward eight years and the race has relocated to the High Elms Country Park, the Dulwich contingent was reduced to three, the weather was decidedly inclement for a June morning, and was pouring with rain by the time we finished, but most surprisingly I did retain my FV55 crown.
Once we were dried and dressed afterwards, sheltering under a handily placed tree, we agreed that it is tough for just 10k, but the off-road course with its woodland paths, fields, climbs, and enthusiastic marshals made for an enjoyable race. On Wednesday night Peter was not sure he would even be able to run, after experiencing cramping or a pulled muscle, Paul took the precaution of avoiding ParkRun on Saturday, ran away from me from about 3k and had one of his best races for a very long time. I had a steady run and was pleased to get under the hour. Sadly, the rain did not encourage us to stay to sample the cake stall.

118 Paul Keating	55:58
166 Claire Steward	59:19
218 Peter Jackson	63:10

Winner 36:20
344 finishers (out of 400 entrants)

Southern Vets League Kent Division, Bromley

June 10

Emily isn't at her fittest but did even better in the 200m than she did in the 1500m.
Ros won the W60 200m in a fast 35.7 but then came up against Clare for the first time since Clare swiched allegiance to Blackheath in the W50 1500m.
Clare ran a fine 4:55.0 totally solo to win the math by over a minute from Ros.
Steve Smythe ran a disappointing 1500m at not muh quicker than walk pace and then warmed down with a walk race where he was a guest but did beat the two selected for his club and he would have finished third M50 had he scored. ***Steve Smythe***

W35 200m:	2nd Emily Gelder	31.2
W60: 200m:	1st Ros Tabor	35.7
W35 1500:	3 Emily Gelder	5:26.7
W35: SP:	4 Emily Gelder	5.09
W50 1500m:	1 Clare Elms	4:55.0
W50 1500m:	2 Ros Tabor	5:55.2
M1500: gst:	2 Steve Smythe	5:24.5
2000W: gst:	Steve Smythe	13:05.8

VETS AC 5 Mile Champs

14 June

Fortunately the weather had dried out by the evening following constant showers during the day, so conditions were good for these 5 mile champs in Battersea Park. I managed to maintain a steady pace though I had been hoping to get a bit closer to 6.5 minute mile pace. Andy Murray was handicapped by ongoing knee problems. ***Mike Mann***

Mike Mann	33:31 (1st M65)
Andy Murray	37:40 (1st M60)

June 11th

Bexley
353 ran

Pos	Gen		
51	47	Matthew Ladds	23:30

Bromley
603 ran

Pos	Gen		
184	163	Chris Goodman	24:06

Burgess
After a few good track runs, Clare Elms returned to her best road form as she went close to her fastest ever parkrun with a 17:44 in victory number 109 on a course that is very fast but was slightly overdistance.
She scored a huge 96.90% on age-grading - easily the best of all the day's 100s of parkruns - and her best ever and the highest anyone has ever achieved at the race.
NB Ros was the third best overall on the day from her run at Southwark.
Steve S scored a course minute-PB of 19:03 that would have been quicker had he not stopped too early while Kim had her fastest parkrun of the year with 19:34.
Hugh wasn't at his best. ***Steve Smythe***

173 ran

Pos	Gen		
4	1	Clare Elms	17:44
8	7	Stephen Smythe	19:03
14	4	Kim Hainsworth	19:34
42	37	Hugh Balfour	22:25

Crystal Palace
216 ran

Pos	Gen		
8	8	Tom Wilson	19:48
13	13	Simon Lang	20:21
102	87	Ameet Patel	26:22

Dulwich
267 ran

Pos	Gen		
29	28	Mark A Foster	19:59
55	52	Sam Mattu	21:40
71	66	David Haviland	22:16
81	76	Mark Muffett	22:45
120	14	Claire Steward	24:05

Edinburgh
521 ran

Pos	Gen		
145	126	Andy Cottrill	23:04
150	20	Belinda Cottrill	23:11
258	202	Bob Bell	25:51
269	60	Penelope D Graham	26:08
444	166	Chris Bell	32:22

Enniskillen
77 ran

Pos	Gen		
1	1	Padraig Prunty	18:08

Folkestone
139 ran

Pos	Gen		
3	3	Steve Rolfe	18:18

Fulham Palace
323 ran

Pos	Gen		
105	95	Barrie John Nicholls	22:53
116	16	Lindsey Annable	23:43

Greenwich
219 ran

Pos	Gen		
8	7	Michael Fullilove	20:45

Mile End
249 ran

Pos	Gen		
11	11	Martin Holt	18:25

Nonsuch
543 ran

Pos	Gen		
226	43	Carys Morgan	25:58

Peckham Rye

Pos	Gen		
1	1	Andy Bond	17:37
2	2	Kevin Chadwick	18:15
12	11	Ebe Prill	20:04
21	19	Gideon Franklin	20:36

Poole
Chris Vernon writes:
Harry delays comeback: Our Last of the Summer Wine walk ended with the parkrun at Poole which was my 57th different venue. This is a fast, flat, 2 lap course round a lake, with finishers frequently numbering in the 700s due to its reputation for pbs. The Dulwich vest attracted a friend of Martin Morley to make himself known, as we gathered for the briefing. The weather was ideal, being cool and overcast, with the rain holding off and no wind. Despite the crowd, dogs, pushchairs etc. we were soon into our stride, or shuffle in my case!

Our group all got round, as we should with over 500 parkruns between us. Chris Thomson, being first in 27 minutes after a sneaky early night, Paul Hilton was first DR, Steve W (suffering from a cold) and Martyn Longstaff, (awaiting a pacemaker) finished together in 31 minutes, with me bringing up the rear. I had a good battle with an old guy who was on his last legs, whom I managed to pip to 7th in the over 70s, as it turned out.

Unfortunately, founder member Harry Handscombe's long awaited return to competition after knee surgery had to be delayed, having walked 90 miles in a week he thought another 3 would be too much! Come on H, if Ron can do it, so can you!

The marshals coped very well with the large numbers, with little queuing at the end and always a smile on their faces. A parkrun to recommend.
My parkruns are slowly creeping towards 200 which I want to coincide with Sue's 100th when I hope others will join us. Watch this space for an announcement
712 ran

Pos	Gen		
407	314	Paul Hilton	28:15
686	425	Chris Vernon	37:43

Southwark
203 ran

Pos	Gen		
31	29	Michael Mann	20:50
48	44	Andy Murray	21:54
49	45	Graham Laylee	21:58
52	5	Ros Tabor	22:05
76	67	Michael Dodds	23:10
78	10	Clare Wyngard	23:14
122	27	Kaylee Coxall	25:53
188	68	Susan Vernon	32:20

Tonbridge

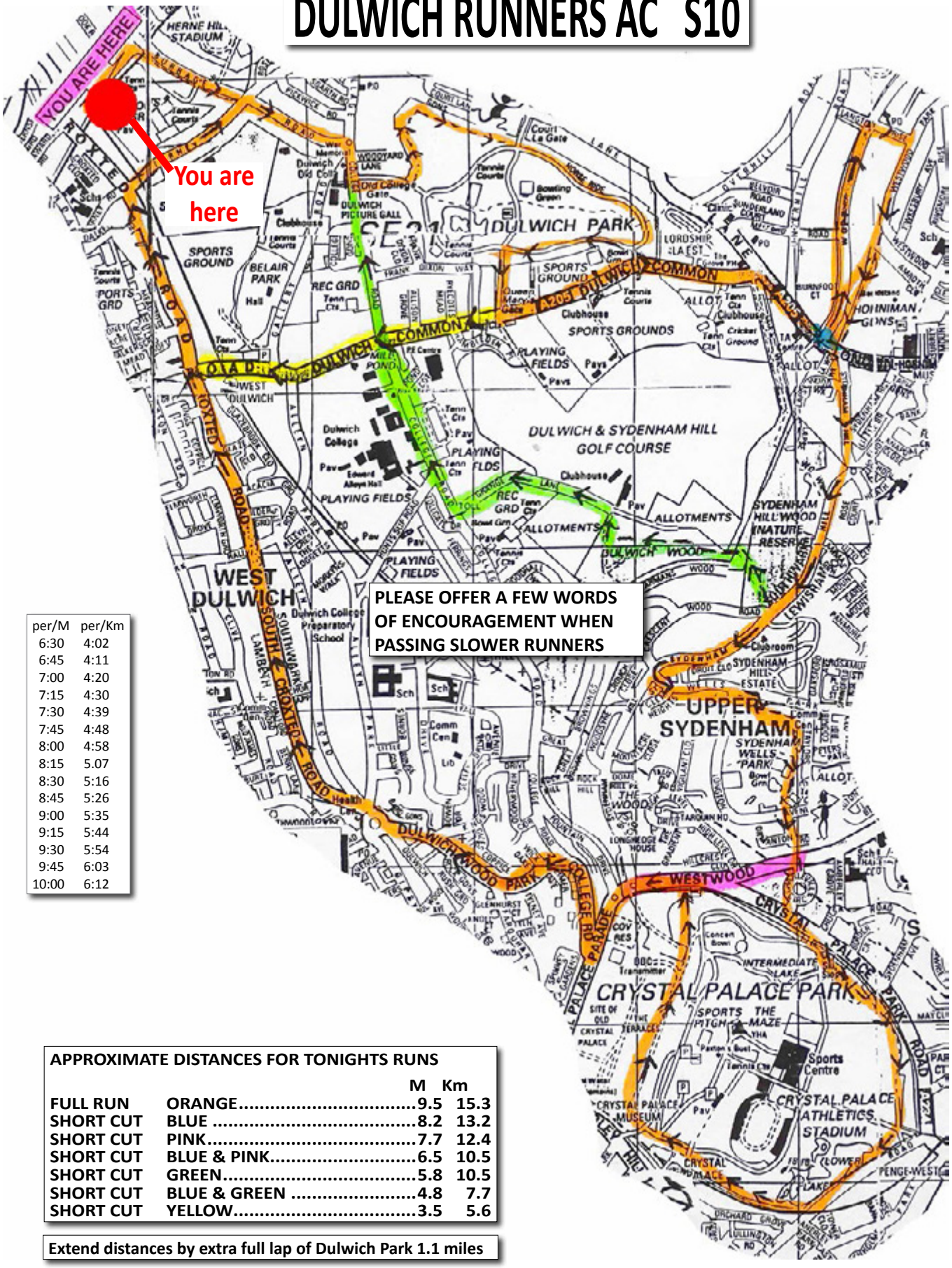
Pos	Gen		
78	8	Laura Vincent	23:46

Tooting Common
374 ran

Pos	Gen		
55	51	Cameron Timmis	21:26

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 S10



PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT WHEN PASSING SLOWER RUNNERS

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

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	9.5	15.3
SHORT CUT	BLUE	8.2	13.2
SHORT CUT	PINK	7.7	12.4
SHORT CUT	BLUE & PINK	6.5	10.5
SHORT CUT	GREEN	5.8	10.5
SHORT CUT	BLUE & GREEN	4.8	7.7
SHORT CUT	YELLOW	3.5	5.6

Extend distances by extra full lap of Dulwich Park 1.1 miles