DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
May 24 2017

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

- THE COMING WEEK –

Wed 24 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Wed 24 **Beckenham Relays**

Tue 30 **Dulwich College Track** - cost £1 per session
Start with a warm up at 7:10pm then first part of session will be on grass,second on the track.

In your SHORTS this week !

1 General information
2 Club kit, social events etc
4 Fixture list, club champs, road, XC, etc
6 Race reports & results, National Masters Relays
8 Green Belt Relay
10 Parkrun results
11 Wednesday map
12 Dulwich Runners Relays entry form and details

And much more !

Click to SUBSCRIBE or UNSUBSCRIBE
www.dulwichrunners.org.uk/index.html

You can follow us on

TRACK SESSIONS

At Dulwich College track on College Road.
Warm up taken by **Elkie Mace** consisting of various drills and stretches etc will start around 7.10pm..
The main session taken by **Steve Smythe** will be part grass and part track and more suitable for all levels of ability than the Crystal Palace sessions.

Track training

With a view to getting people sharp for the club mile and the track season, is there any interest in doing some track sessions on days other than Tuesday. It will have to be a good track so am thinking Ladywell on Thursday evenings or on Saturdays mornings there or Crystal Palace when the race situation fits. - Let me know if interested.
Steve 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

------- EVENT HORIZON -------
A brief look ahead

May 24 Beckenham Relays -Beckenham
Jun 1 Assembly Lgue inc. Club champs 5k, Battersea Pk

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Thanks to Ian Sesnan, Cameron Timmis and Andy Murray for taking out new runners last week.
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

Sharon Erdman	**24/5**
Paul Hilton	31/5
Emma Ibell	7/6

Steve S says Thanks to those who signed the card and gift for the training sessions etc for Elkie and me, it was much appreciated.

Thank you to everyone who wrote messages of thanks and contributed to my lovely gift at last night's drinks. I was really touched by the words and the baby clothes will be much appreciated come September. **Elkie Mace**

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

Wednesday Night Run - Map

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

SOCIAL SPOT

P
O
T

Watch this space for future events.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings after the Wednesday run. Arrives close to 9pm and the cost is **£6.00**
Just give me your name and money when you sign in - Ros
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 from Ros
ros.tabor49@gmail.com

SHORTS!

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

Socks only £5

Keep dry in a Dulwich Runners waterproof jacket. Incorporated hood. - all sizes available - £25

HOODIES...

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

Buffs/snoods - only £6

12.JULY.2017

3 x approx. 1mile lap

Entry: **Race starts at 7.45pm**
£12 per team
(Limited entries on the day)

Entry forms and race details from
www.dulwichrunners.org.uk
or **ros.tabor@gmail.com**

www.dulwichrunners.org.uk

This is the major fund raiser for club funds, it's essential that as many members as possible either run or help.

So put the date in your diary now !

Entry form and more info can be found at the end of Shorts

Dulwich Runners 2017 Fixtures

Further information about races will usually be here in SHORTS and or announced on a Wednesday club night.
Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

Road & other **Cross country** **Club Champs** **Assembly League** **Track**

		Race	Venue
May	24	Beckenham Relays 3 x 2.6m laps	Beckenham Place Park
Jun	1	Assembly League incorporating Club champs 5k	Battersea Park
	4	Surrey Masters Track and Field Championships	Ewell
	12	Blackheath & Bromley Open Meeting,	Norman Park
	21	BMC/Cambridge Harriers Open Meeting	Eltham
	21	Dino Dash Relays Crystal Palace Park 3x 3k laps	Crystal Palace Park
	24/25	British Masters Champs	Birmingham
Jul	6	Assembly League	O2, Nth Greenwich tbc
	10	Blackheath & Bromley Open	Norman Park
	12	Dulwich Runners Summer relays 3 x (approx) 1m laps	Dulwich Park
	14	Mark Hayes Mile	Dulwich Track
	19	Cambridge Harriers Open/BMC	Eltham
	21	Mile club champs - SOAR Mile	Battersea Park
	22	HHH Open	Tooting Bec
	27	Assembly League	Victoria Pk, Hackney tbc
Aug	16	Cambridge Harriers Open/BMC	Eltham
	21	Blackheath & Bromley Open	Norman Park
	26	HHH Open	Tooting Bec
Sep	7	Assembly League	Beckenham tbc
	10	MT 5 mile race, organised by TH&H	Wimbledon Common
	10	Kent Masters Champs	Bromley
Oct	1	Sittingbourne 10	Sittingbourne

2017 CLUB CHAMPIONSHIPS

1	Jun	Assembly League 5k, Battersea Pk	S
21	Jul	SOAR Mile - Battersea Park	S
10	Sep	Thames Hare & Hounds MT 5m, Wimbledon Common	L
1	Oct	Sittingbourne 10	L

Note that the 5 mile MT race will be classified as a long race.

Mile Club Champs, SOAR Mile, Battersea Park -21 July

Good news! We have now filled the one outstanding gap in the 2017 club championships programme. We will be using the SOAR Mile taking place on the track at Battersea Park on the evening of 21 July as our mile club champs event.
There will be 10 seeded races with up to 20 in each race. Entries are due to open next week. The Mark Hayes Mile will take place as planned a week earlier on 14 July on Dulwich College Track. It will be in your own interest as well as the family of Mark Hayes to support this event. There will be a social event to follow after the race.
Details will be available soon. If you want to achieve a good time in the SOAR Mile, the Mark Hayes Mile will provide ideal practice, as it is difficult to get the pace exactly right in your first attempt.

Assembly League Races

These races will take place on the first Thursday of each summer month starting from April, with the exception of the August race which has been brought forward to the final Thursday in July.
Some venues are yet to be confirmed but most, if not all, are likely to be the same as in 2016. The race at Battersea Park on 1 June will be used as our 5k club champs. The confirmed dates and provisional; venues will be as follows:

June 1	Battersea Park
July 6	O2, North Greenwich
July 27	Victoria Pk, Hackney
Sept 7	Beckenham

Assembly league races are free to enter, just turn up on the day. Open to all members whatever your ability.

Details of Assembly league race HQs and starts are as follows:
Victoria Park, Victoria Park Harriers clubhouse located at NE corner of the park, with start inside the park nearby, closest station Hackney Wick
Battersea Park, start near bandstand in centre of park (no HQ)
O2, Start on riverside east of North Greenwich station (no HQ)
Beckenham, race HQ Beckenham Cricket Club, Foxgrove Road, start at SW entrance park at the end of Beckenham Place Park Road

For further information about any races please contact your captains: Ladies: dulwichladiescaptain@gmail.com
Men: mcmann90@yahoo.co.uk

Suggeseted summer schedule

Wed 24/5	60 mins relaxed with faster last 10 mins
Thurs 25/5	2 x 3M acceleration 1st and 4th mile slow, 2nd and 5th mile a min faster, third and 6th mile min faster (ie, 9. 8, 7 or 8, 7, 6 etc)
Fri 26/5	rest or easy 4M
Sat 27/5	parkrun or steady 4M
Sun 28/5	steady 10M or rest if 10k next day
Mon 29/5	rest or easy 4M (or 10k) Tues 30/5 speed session
Wed 31/5	5M very easy
Thurs 1/6	Assembly league, Hyde Park
Fri 2/6	rest or easy3M
Sat 3/6	hills
Sun 4/6	steady 10M
Mon 5/6	rest or easy 4M
Tues 6/6	speed session
Wed 7/6	60 mins relaxed with faster second 10 mins Thurs 8/6
Fri 9/6	rest or easy 4M
Sat 10/6	hills
Sun 11/6	steady 11M

Dino Dash Relay

Crystal Palace Park

Wed. June 21 @ 7.30pm

This is another race that since its inception three years ago has filled up and reached its capacity of 300 runners very quickly and DR teams have previously done extremely well in the prizes.

Each team member will complete a 3km lap of traffic-free park paths within Crystal Palace Park, taking in views of the famous Dinosaurs !
Teams of 3, entry @ £5 per person

Contact by Sunday 18th June:
Men: Charlie Lound: chas.lound@btinternet.com
Women: Ange Norris: dulwichladiescaptain@gmail.com

ALGARVE RUNNING CHALLENGE

This year's Algarve Running Challenge takes place between 1 and 5 November in Monte Gordo, Portugal. As usual there will be 4 races spread over 5 days, finishing with the traditional Spain to Portugal race of around 11 miles. There's also plenty of opportunities for local sightseeing, running on local woodland trails, cycling and swimming in warm autumn weather. For further details please contact me. ***Mike Mann***

Kent AC is pleased announced the first..

Join the event Facebook group: Ladywell 10000 or send an email to ladywell10000@gmail.com to register your interest and be kept up to date.

Race Reports & Results

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

National Masters Road Relays Sutton Park

May 20

Women's report by Steve Smythe

DULWICH had one of the best days in the National vets relays as the women won one title plus took one silver medal and gained a top ten place while the men had three top 20 placings. Obviously we could get sufficiently stronger teams in some age groups and it was a shame that some people pulled out. If carrying an injury or some vital family or friend occasion fine but there were some who could have made the effort but didn't which meant some who shouldn't have been running had to, even with recovery from ops and injuries.

The race was run over the usual testing course with a tough 800m hill to start with and the three mile leg roughly equates to a 5km time because of the hills. While it rained occasionally in the women's race they avoided the downpour that some of the men had to endure.
The W55 took the major honours and though we won easily, things didn't go exactly as planned when the organisers decided to run the W55s alone instead of with the W45s as advertised in the programme.
So instead of Ange Norris having some good W45s to run with, she was out all on her own and in a solo run, she produced a fine 19:37 – her best ever on the course – as she won the first leg by exactly a minute and it would stand up as the fastest W55 overall by the same margin.

At least Ros, obviously eligible for the W65s if we had a full team, had some slower W35s/W45s to run with who had been caught after setting off five minutes ahead and she ran a solid 21:58 which opened the lead to exactly three minutes. Clare Wyngard couldn't retain the whole advantage but with a 22:22 – just one second slower than last year, we came home clear winners. As Ange won W45 gold last year, she won two years in a row (making her the Kante of Dulwich) in different age groups and she had another race to do later in the day at the Green belt!

W55 (3x3M):

1 Dulwich R 63:57 (A Norris (1) 19:37, R Tabor (1) 21:58, C Wyngard (1) 22:22); 2 Burnden 65:37; 3 Cannock & Staffs 68:00; 4 Datchet 70:03; 5 Barnsley 72:34; 6 Rotherham 73:15; 7 Mansfield 75:21; 8 Holmfirth 76:16; 9 Aldridge 82:25; 10 Bournville 84:52
Fastest: A Norris (Dulw R) 19:37
The W55s were 2nd in 2007 in 62:28 (Lis P 20:26, Claire S 21:33, Ros 20:29), 1st in 2008 (Lis Pritchard 19:49, Claire S 20:50, Ros 20:35) in a still-standing course record 61:14, 3rd in 2012 in 68:06 (Ros 21:06, Steph 25;44, Claire S 21:16), third in 2013 in 67:48 (Claire S 21:30, Stephanie 25:29, Ros 20:49) and third in 2016 in 66:47 (Ros 21:25, Claire S 23:01 and Clare W 22:21)#

W45s

The W45s were first in 2012 (Clare 17:28, Ola 20:01, Ange Oritsejafor 21:01) in 58:30, third in 59:04 in 2014 (Ola 18:59, Clare 17:47, Michelle 22:18), second in 56:32 in 2015 (Ola 19:13, Andrea 19:10, Clare 18:00), 1st in 58:26 in 2016 (Clare 17:56, Ange 19:50, Michelle 20:40) The changing to what was in the programme affected us as instead of Clare going off first and potentially having no one to push her if the W45s had run separately as advertied, we wrongly moved her to third leg when the first leg would have unknowingly suited her much better.

Andrea who was in the winning W35 team in 2010, had a good run, tracking W35 Selma for much of the race though may have been capable of even more but she came in contact in fourth. Michelle Lennon had an excellent run compared to her previous efforts of 22:18 and 20:40 with a surprisingly good 19:58 to move us up to third and within contact of second but 50 seconds down on the leaders Bristol and West, who beat us in the W45 British Masters cross-country relays last November.

Clare Elms, had first run for the club in this race ten years ago and in that period has won signicantly more team medals and prizes than any other club member and she gradually closed on the Bristol runner.
However, still not 100 per-cent, and not feeling right, she fell around 100 metres short with a still very good 18:16 which frustratingly missed the fastest lap award by five seconds, and had she done the first leg, she would have almost certainly been quickest. Even so, it's worth noting we were faster this year than we won last year and when we won in 2012, which both were held in better conditions.

W45 (3x3M):

1 Bristol&West 57:25;
2 Dulwich R 57:48 (Andrea Pickup (4) 19:34, Michelle Lennon (3) 19:58, Clare Elms (2) 18:16);
3 Telford 59:54; 4 Reading 60:13; 5 Trentham 60:30; 6 Stockport 60:38; 7 Tonbridge 60:47; 8 Trafford 62:25; 9 Barnsley 62:31; 10 Burnden 62:57

W35s

The W35s won in 2010 (Clare 17:06, Ola 19:22, Andrea 18:06, Teresa 17:56) and were second in 2008 (Clare 16:32, Andrea 18:16, Teresa 18:57, Ola 18:47) and 4th in 2009 in 74:46 (Ola 18:31, Terssa 18:38, Andrea 17:58, Nicola 19:39) 4th in 2011 in 76:58 (Andrea 18:46, Emily 18:33, Nicola 20:27, Ola 19:12) but those successful then have moved up age groups.

We do now have some younger athletes though few were available – hopefully next year we could have a squad of those who ran this time (some in better fitness) plus the likes of Elkie, Alexie, Kim, Emily, Charlie and Roz Johnson etc. In the circumstances,

seventh place out of 25 finishing teams was a surprisingly good result but note Dulwich won in 72:30 and were second in 72:32 and this year the winners ran almost three minutes slower than we managed back then.
Selma Benattia ran 22:26 in 2015 and 20:18 in 2016 and here on the first leg, she went significantly quicker with 19:27 to see Dulwich home eighth though she was probably capable of quicker.
Cara Oliver had one of her worst track runs earlier in the week and was lacking confidence, but here she ran her best time in three attempts here with a 20:01 benefitting from a good tussle with W45 Michelle who caught her but Cara came past up the final hill and moved us up to sixth W35 team.
Sue Cooper was able to run as she was moving to Birmingham that weekend and not at full fitness, she had a solid run matching expectations with a 21:33 and Dulwich were eighth at the last changeover.
Mel Edwards was making her vet team debut and with an injury was ignoring the physio's instruction to have a rest. Capable of much more when fit, she ran 20:45 which despite being up to two minutes down on her capabilities, moved us back up to seventh.

W35 (4x3M):

1 S London 75:25; 2 Salford 75:50; 3 Telford 78:21; 4 Barnsley 79:01; 5 Sunderland 79:03; 6 Wolverhampton 81:14;
7 Dulwich R 81:46 (Selma Benattia (8) 19:27, Cara Olivier (6) 20:01, Sue Cooper (8) 21:33, Mel Edwards (7) 20:45);
8 Tonbridge 81:55; 9 Bournville 82:49
10 Vale R 83:14 This year we had 30 team members there (20 men, 10 women) but it could still be more next year.
Please put the date in your diary for next year if you are over 35. It should be this event any club over-35s should be focusing on and not the Green Belt which should be for the youngsters!

Tony Tuohy adds...

Dulwich Runners always show in fair numbers at the top team road running event of the year for veterans but this year we excelled ourselves. Special efforts were made and we managed to put together an unprecedented eight teams (three of women, five of men) totalling thirty Dulwich veterans. The women of course trumped the men easily, keeping up a stupendous record in this event with the W55s winning the National title and last year's W45 winners grabbing silver this time. Their races are reported separately so we'll concentrate here on the five men's teams.

As usual, all competitors ran the traditional Sutton Park 3-mile circuit, complete with its technicalities involving hills, descents and a dead turn. The weather this year was not as benign as we're used to, with strong winds and intermittent rain, which turned torrential for the later runners. Anybody posting a time matching anywhere near their 5k form would be doing well on a day like this.

We've only had a few M35s running as incomplete teams here in the past but this time put out a full 6-man team. Wayne was the lead-off man and continued recent good form by blasting round for one of his best runs. For the only Lashley Comedy Gold available on this occasion I refer you to the picture on Facebook of Wayne in the finishing funnel (copyright E. Prill) where he appears to be sobbing like a baby. At least it shows the extent of his effort. Wayne's time surely looked odds-on for best Dulwich man of the day but only lasted until the next man home.

Buzz ran 16:08 here in 2013 when in his pomp, just prior to the start of his injury problems, but his recent comeback continues apace and getting within 10 seconds of that time in dicey conditions was superb. Jonathan's first team appearance for us was a good one, and he matched his best parkrun form. Mark's run was a solid one in line with recent form but he will go faster once the marathon is completely out of his legs, while Tom impressed and continues to improve. Last man was Steve Davies, drafted in from the M45s, perhaps disappointed to be just five seconds short of his best here from last year but very good on the day and making up five places. The team's 12th place from 33 complete teams in the youngest age group, requiring six runners, is surely an excellent result for us against clubs that can call on much more membership depth.

12th Dulwich Runners M35: Wayne Lashley 16:21, Buzz Shephard 16:18, Jonathan Whittaker 18:30, Mark Lacey 17:42, Tom South 17:49, Steve Davies 16:33 – 1:43:13

I ran the first leg for the first of our two M45 teams and returned only three seconds faster than my time last year when I was running poorly, but was cheered a little at the thought of being second fastest M55 of the day – if I'd been two months older that is. But perhaps the time wasn't so bad in the tough wind as Charlie was running well with a very good 17:11 yet also a little down on last year.

Debut man Will ran excellently in worsening conditions to more than match his best parkrun form. Final man Ajay had promised Coach Steve and all and sundry that he wouldn't let the team down and in the worst conditions of the day, with torrents of water running down the hills, he dug deep for his guts, found them, and delivered a superbly adequate run... just kidding, Ajay actually ran to his top form in the deluge, even after Charlie relieved him of his glasses as he couldn't see anything through them anyway. Mind you, I assume he was practically blind without them too.

20th Dulwich Runners M45 'A':
Tony Tuohy 16:45, Charlie Lound 17:11, Will Cotter 18:44, Ajay Khandelwal 19:59 – 1:12:39

Spoilt for choice this year, we even had four long-serving club stalwarts making up a M45 'B' team. Lightly raced Duncan was much faster than recent (sporadic) form suggested while Mike's terse reply to my post-race interview opening enquiry was, 'rubbish', complaining that he ran at a faster pace in the recent Vets AC 5 miles. Ian managed well to approach his parkrun form in the worsening conditions while Andy somehow contrived to up his game for possibly his best race this year.

41st Dulwich Runners M45 'B';

Duncan Hussey 19:22, Mike Mann 21:07, Ian Sesnan 22:45, Andy Murray 21:37 – 1:24:51
Our M55 team of 2013 remain our sole male medal-winning team at national level and as such are of course club legends. Two of that renowned squad returned joined by newly-55 Ebe but honours would be hard to come by this year. Ebe has been sub-18 here before but even so, his lead-off leg was an excellent run, better than anything in his recent form. As for Gary Sullivan, the man is an enigma; he saves his best for these events, virtually matching his time from the bronze-winning run of four years ago, just like last year, and considerably better than his recent form. How do you do it, Gaz? Coach Steve has been injured lately and making it to the start line intact was a close run thing; but make it he did, and he was even intact at the finish.

13th Dulwich Runners M55 'A':
Ebe Prill 18:35, Gary Sullivan 19:08, Steve Smythe 20:27 – 58:10

Yet another trio of long-standing club servants made the trip to make up the M55 'B' team, all running well and to form to complete the impressive Dulwich turnout.

26th Dulwich Runners M55 'B':
Graham Laylee 21:31, Mike Fullilove 22:19, Gary Budinger 23:31 – 1:07:21

Green Belt Relay

20-21 May

Every year a group of Dulwich die-hards run this event. This year, as well as some regulars and repeat offenders, we had newbie Grzegorz in the team.

Unfortunately, we were down to one team due to it clashing with the BMAF relays, so several GBR enthusiasts had to miss out – I've flagged this up with the organisers and hope they can keep it as a consideration when setting the date next year.

The concept of organising a relay race around London was first dreamt of after some members of Stragglers ran the Welsh Castle relays. It sounded like an improbable and over ambitious idea but due to an enormous amount of hard work and persistence on their part, it has now been running for 21 years and grown in popularity. There was a record 46 teams this year.
It encompasses everything about running that I love – miles of tracks through fields and woods, country lanes and towpaths, all made more exciting due to running carrying a map. There are marshals at busy road crossings and some signs/sawdust, but there is often a slight uncertainty. Has a sign been moved/smudged from the rain/or was it never there at all? It's competitive or not, however each runner wants it as each stage is run as a separate race with a start time.

Two quotes that sum up how much we enjoyed the event is –
Sarah – 'The memory of running through fields with the golden sunset will stay with me for a long time.'
Michael – 'I'm not sure I could run it all again next weekend but I'm already looking forward to next year.'
I also love the manicness (is that a word?) of the event – navigating unknown areas around London to find out of the way, never heard of before locations which, for about an hour on one day in a weekend per year, become a centre for runners either eager to start their run or others filled with the exertions and satisfaction of a run completed which they enthusiastically recount to the many supporters. One runner is sent off, one runner cheered in and teams are rushing off to do it all again at the next stage.

Our team was – Martin Morley, Jo Shelton-Pereda, Louisa Pritchard, Michael Hutchinson, Steve Williams, Mark Foster, Alexi Shaw, Anna Thomas, Ange Norris, Grzegorz Galezia and Sarah Banting. Each runner has to run a stage on both Saturday and Sunday. We finished 16th overall out of 46 teams and 8th mixed team out of 29. The rules state that a mixed team has to have at least 2 ladies and we had 6, so a good result. Alexi won both her stages and broke the stage record on stage 20. Anna and Ange won their stages on Saturday and Ange broke the 45+ age category records on both days. We couldn't have done it without our drivers. A special thank you to the two who were non- running drivers – Jim Dowsett and Michael Williams.

My stages –

Saturday – Stage 9
Dobbs Weir to High Beech

This was a run of 2 extremes; 7 miles of flat along the towpath of the River Lea plus a short middle section of meadows, followed by over 2 miles of hill which became increasingly steeper. Imagine a Sydenham Hill that continues for at least 10 times as far, with a few brief respites to fool you that you may have reached the top. It was a challenge but I had been with a man since about mile 2 and there was no way he was going to leave me behind on the hill. He obviously thought the same so we kept each other going. He did beat me by one second; I need to work on my finishing sprint.
The towpath was largely gravelly paths with puddle filled potholes. It is a corridor of wilderness passing near but totally untouched by Tottenham and other urban areas. We passed lakes and marshes, spotted the odd heron and several boats chugging along at 3mph.

Sunday - Stage 18
Merstham to Box Hill

I did this stage 3 years ago. My memories of it were tough with a mixture of woods and great views which proved accurate. It follows the North Downs Way with rarely a flat stretch. There were some kami-kazi downhills followed by steep uphills. The going was much tougher than Saturday with slippery chalk, mud, flints, gullies and tree roots. With legs that were tired at the beginning I started off steadily but soon found other runners to pick off and my plans of 'take it easy and enjoy the scenery' disappeared.
There were many places where the gradient had runners reduced to being walkers and I did wonder if I was gaining anything by determinedly keeping to a run as it was so slow. I was overtaking them but worried that they were conserving energy and would come bounding past me at the top. Luckily that didn't happen so my efforts were rewarded. Despite, or maybe because of, its toughness I loved this stage and would happily do it again.

- Ange Norris

Steve Williams added....

21 yrs ago we first entered this event, and with the Welsh Castles a few weeks later it was the focal point of the summers racing for many of the competitive members of the club. Fortunately from the massive efforts of Kev Woods, Martin Morley and now Ange, with apolgies to others who also got involved, it is embedded in the DNA of the club. So there was a sense of deja vu for me this year, because all that time ago I ran stage 5 and the final leg, and this year it was the same again.
Well, not quite, and this is how it went:

Stage 5

Still the longest leg of the weekend, but the start has moved, and it's marginally shorter. The weather forecast was absolutely spot on, start time, the heavens open for a torrential downpour. Not that it mattered to me, we were still in the car 4 minutes away. By this time I am stripped off and ready to go, why I'm not sure as everyone else has dissappeared, but away I go, and I didn't realise at that point I was waving goodbye to my kit. Some great stretches of footpaths across wide open ridges, and then into Amersham which was 1996 revisited. Hard left at the church, dodge the big hats of the society wedding, past the graveyard and across the ploughed field up the hill when your calves are screaming. then a succession of steep ups and downs, woodland paths and fields to the finish which is always just that bit futher along the flat run in to the village green than you think. To be met by your smiling team-mates who remembered to collect Mike H and his kit but left yours behind. A classic GBR moment. Fortunately Martin "top man" Morley offered lend me some dry kit and we set off to find the timekeeper who had rescued the bag.

Stage 22

This was only stage 20 in '96, but I have done it subsequently and although it's dead flat along the river with no navigation problems, it's still a lovely run. The rain had dampened down the dust of the footpath and it was a glorious sunny afternoon, and who can't enjoy the cheering from all the other clubs as you drag yourself to the finish, before going to get the beers in.
Reading this, if you haven't done it, you may struggle to understand why it is such a good event to get involved in, but it is, and I urge you to try it, it is for everyone, which is , I think, what we are about.
Finally, a massive thank you for Ange and Jo for the organisation, Martin for the dry clothes, all the driving he did, and similarly Jim.

Eton Dorney Sprint Triathlon

Sunday May 21st

Ange Norris probably won the prize for busiest DR weekend (of the year?, of the century so far?) what with her relay leg in Sutton Coldfield then one at the Green Belt – and that was just the Saturday – but another member of the winning over 55s Dulwich team wasn't exactly idle either.

Clare Wyngard followed up her Saturday exploits by trying to qualify at Eton Dorney for this year's world age group sprint triathlon in Rotterdam this coming September:

Although I feel I am getting much more competitive on the bike and did the 4th fastest 5k run in my age group I finished 13th overall so will have to wait to hear if I have qualified. The women over 50's is getting to be an extremely competitive category, which makes for more excitement I suppose!

Eton Dorney (near Windsor) is a great setting for a triathlon. The Olympic rowing lake is relatively calm and clear (and was about 14 degrees). The smooth roads and paths around the lake make for fast cycling (4 laps) and running - and of course being traffic free and flat helps. The age group waves were set off at sensible intervals so (unlike at Crystal Palace Triathlon last weekend) there was plenty of space out on the course to be able to race properly. This was a "draft legal" race - a first for me, meaning we could race in a peloton and draft off each other - but this only works if you get out of the water in a group and set off on the bike together! As I am a relatively slow swimmer, I was pretty much alone on the bike so had no one to work with. I passed a few fellow cyclists and one lad beckoned for me to get on his wheel - but after about 400 metres on his wheel I thought I was going to expire ! It also meant no tri bars or disc wheels or disc brakes were allowed.

Mike meanwhile after chatting to a triathlete he met at the Age Group champs in Lisbon last year, had a pleasant long Sunday morning run along the path besides the River Thames, and just made it to the finish line to cheer me in (and drink my complimentary pint of Erdinger Alcoholfre i!).

Clare Wyngard: 750m swim 17.23; 21.2k bike 40.17; 5k run 23.41. Total time: 1.24.28

Overall: 593/710; Female: 180/241; Women 55-59: 13/21

SCVAC Track & Field League Kent Division Ashford Track

Monday 15 May

Ros Tabor Competing for Cambridge Harriers

200m

W35 Cara Oliver (W40)	5th	35.00

1500m

W35 (A) Emily Gelder (W40)	2nd	5:24.4
W35 (B) Cara Oliver (W40)	2nd	5:40.0
W60 Ros Tabor (W65)	1st	6:11.2

Long jump

W35 Emily Gelder (W40)	4th	3.54

Discus

W35 Cara Oliver (W40)	1st	15.66

Project 19 !

Week 3. After spending several evening locked in an erotic embrace with my roller I was falling in love all over again. Curvaceous yet stern this £10 piece of foam was giving me untold pleasure. And the great thing was my wife even allowed me to have a roller session while she idly watched tv. Bliss.

With interest rates at 2.7% I knew I could stay in for the next five years and entertain myself. I was rudely jolted from this love in as coach Steve summoned me for the road relays. It started as a joke. But Steve told me I'd done a good rep in early 2017 and therefore I'd been selected for the A team.

Sick with nerves the joke was wearing thin. Even lovely Tony Tuohy let his guard drop and revealed a face of thunder when he realised I was in his team! I cheered on valiant runs from Tony, Charlie and Will...then had to sprint to the start as I'd totally misjudged it. That was a true warm up! The heavens opened, the cows stirred, and Charlie came to collect my glasses off me half way through ! Initiation ! I was feeling the pressure as this was the A team and I was the weakest link. 3 donuts I'd eaten didn't really help either. I tried hard to sprint the last 200 metres gradient. In my head I was flying. In reality I pathetically pulled up flailing like a stabbed octopus gasping for air as I shuffled across the line. Thank you Dulwich runners for introducing me to life beyond the foam roller.

- Ajay Khandelwal

parkrun May 20th

Ashton Court

573 ran.

Pos	Gen		
204	165	Barnes Stringer	25:31

Beckenham Place

207 ran.

Pos	Gen		
33	33	Martin Double	21:01

Brockwell

351 ran.

Pos	Gen		
4	4	Paul Devine	18:07
22	21	Justin Siderfin	19:53
48	3	Becca Schulleri	21:14
50	47	Sam Crump	21:18
51	4	Ola Balme	21:20
106	91	Alex Haylett	23:50
194	152	Rafe Collier	26:43
224	54	Sharon Erdman	27:38
256	71	Selina Wray	28:41
260	187	Lloyd Collier	28:54
261	74	Rhoda Collier	28:54

Burgess

328 ran.

Pos	Gen		
325	199	Chris Vernon	44:31

Canterbury

157 ran.

Pos	Gen		
1	1	Edward Chuck	17:48

Cleethorpes

209 ran.

Pos	Gen		
40	37	Colin Frith	23:14

Crystal Palace

255 ran.

Pos	Gen		
8	8	Tom Wilson	19:57
47	3	Belinda Cottrill	22:59
78	68	Bob Bell	24:32
101	17	Claire Barnard	26:01
106	88	Ameet Patel	26:10

Dulwich

322 ran.

Pos	Gen		
6	6	Daniel Mann	17:10
7	7	Lewis Laylee	17:37
110	100	Mark Muffett	22:52
160	30	Claire Steward	24:50

Malling

217 ran.

Pos	Gen		
11	1	Tereza Francova	20:26

Richmond

527 ran.

Pos	Gen		
33	3	Claire Baglin	20:11

Southwark

311 ran.

Pos	Gen		
126	103	Paul Keating	25:09

Tooting Common

569 ran.

Pos	Gen		
72	70	Cameron Timmis	21:48

Western Springs

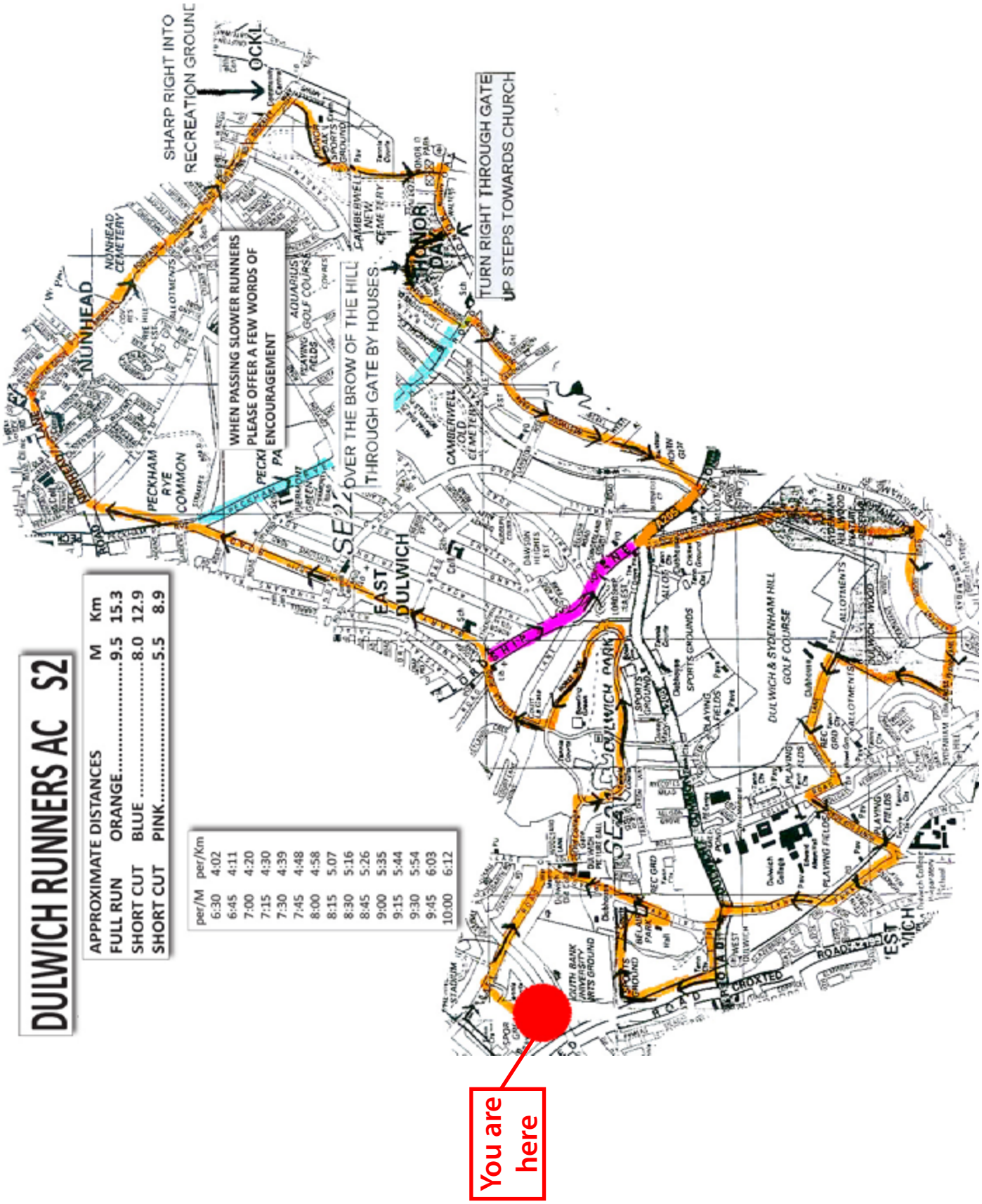
78 ran.

Pos	Gen		
20	18	Nick Bell	23:59

New members especially, and others....

For your results to appear here you need to update your parkrun profiles to show you are a current member of Dulwich Runners AC. or send them in.

DULWICH RUNNERS AC - S2



DULWICH RUNNERS MIDSUMMER RELAY
WEDNESDAY 12 JULY 7.30 DULWICH PARK
3 x 1 LAP (APPROX 1 MILE) **£12 PER TEAM**

ENTRY FORM

TEAM NAME:
TEAM CATEGORY: PLEASE CIRCLE ONE

MEN

WOMEN

MIXED

LEG 1 name:

LEG 2 name:

LEG 3 name:
(individual names can be entered later)

Please complete, scan and email to ros.tabor49@gmail.com

Pay on day, or by bank transfer:

Sort code: 40 52 40

Account: Dulwich Runners AC: 00090986

Reference: RELAY plus TEAM NAME

DULWICH RUNNERS SUMMER RELAY
ORGANISED BY DULWICH RUNNERS AC

WEDNESDAY 12 JULY 2017 AT 7:30 PM

RACE INFORMATION

Contact: 020 7701 2546
ros.tabor49@gmail.com

THE START: **7:30pm** in Dulwich Park, near Queen Mary's Gate, London SE21
see enclosed map or www.streetmap.co.uk (enter SE21 7BQ)

Public transport: For transport details to the park https://tfl.gov.uk/plan-a-journey/?to=se21+7bq

Trains - closest stations are N and W Dulwich
from London Victoria to Herne Hill and West Dulwich
from Orpington via Bromley South & Beckenham to West Dulwich and Herne Hill
from London Bridge to North Dulwich (or from East/West Croydon)
from Kings Cross, Farringdon and Blackfriars to Herne Hill (and northwards from Sutton and Wimbledon)
Tube - Victoria line to Brixton and bus
Buses - P4 (Brixton-Lewisham), P13 (Streatham-New X) to Dulwich Park (Queen Mary's Gate)
12, 40, 176, 185, 312 from central London to Dulwich Library/Plough, walk via Eynella Road
68, 468, 196 to Herne Hill station – walk via Half Moon lane, Burbage Road
37 to Half Moon Lane walk via Burbage Rd
3 to Croxted Road/Thurlow Park Road (nr. West Dulwich station) walk via Dulwich Common

Parking: Car park in Dulwich Park (in College Road gate, turn left at barrier), or Bel Air Park (Gallery Road).

ENTRIES: **£12 PER TEAM – ENTRY FORM ON WEBSITE.** You can enter your team, and fill in the individual names later.

RACE NUMBERS: Will be available at the start

CHANGING: Tent available, also for left baggage.
Attach the race number to the front of your vest / T-shirt.
Please do not run wearing headphones.

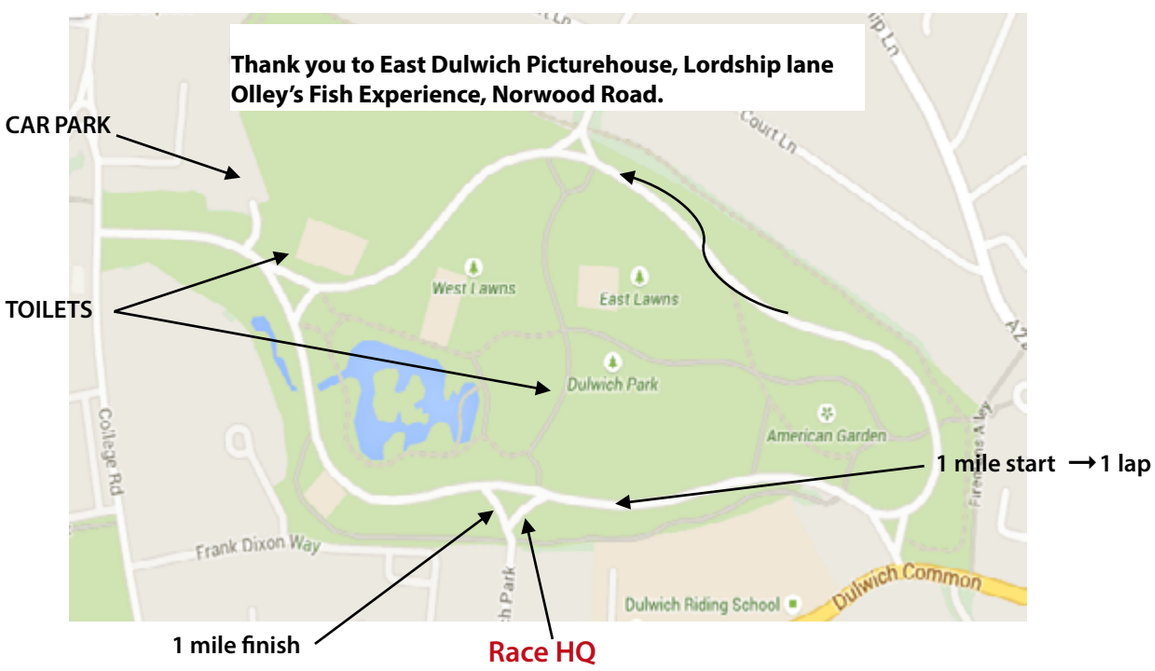
TOILETS: Near the car park exit and near the café (to right of lake from start/finish).

REFRESHMENTS: Water station at start/finish area.

COURSE: The relay (tarmac path) follows the main driveway, keeping the sand track to the left. 3 laps per team, each lap is just over 1 mile. Start , change over and finish at NE end of Queen Mary's gate.

PRIZES: **prizes for 1st 3 teams in each category – men, women, mixed**

RESULTS: (and info on Dulwich Runners) www.dulwichrunners.org.uk



The course is almost 3 laps of the main carriageway within Dulwich Park.
Start and finish at North end of Queen Mary's gate driveway