

DULWICH RUNNERS KEN CROOKE CROSS COUNTRY CHAMPIONSHIPS 2019-2020

COMPLETED:

Jane Bradshaw
Lucy Clapp
Ola Balme
Sonja Jutte
Anna Thomas

Nick Wood
Matt Cooke
James Burrows
Des Crinion
Ross Rook
Tom Wilson
Martin Belzunce

1 st Woman	Katie Styles
2 nd Woman	Sara Roloff
3 rd Woman	Ange Norris
1 st Fv40	Emma Ibell
1 st Fv50	Michelle Lennon
1 st Man	Jack Ramm
2 nd Man	Tom South
3 rd Man	Tim Bowen
1 st Mv40	Danny Mann
1 st Mv50	Andrea Ceccolini
1 st Mv60	Mike Mann
Captains' Award (S)	Midge Cameron Jonny Hough



Serpentine Last Friday 5k - Hyde Park

31st January

*Tony Tuohy writes...*a nice group of nine Dulwich Runners showed up for the first of the 2020 series in the long-running competition organised by Serpentine RC. One of them (your truly) was there for one reason only, to pick up the trophy for winning the 2019 series, decided on age grading, see pic attached (sod it, got to blow your own trumpet sometimes).

After that little distraction there was a race to run. In very blustery conditions Andy was a little disappointed in his

actually quite impressive run. Ian has worked to get back to decent form and showed it here, leaving me early on. As my lack of fitness shoved me towards my slowest ever road 5k Paul C and Des both cruised past but had the audacity to slow themselves in the last half mile and leave me with the unwelcome obligation to stir my backside into having a go at catching them.

It was eyes tight shut to keep the eyeballs in as I just about pipped Paul in the last yards in an effort I could quite frankly have done without - it took me the weekend to recover.

A bit further back Paul D was checking out where he is at the moment; like me, nowhere near as good as last year just yet. Ross though did run as well as last year while Rebecca and Graham will be looking for more fitness in the coming months.

