# SHORTS

Dulwich Runners AC
Weekly Newsletter
May 28th 2014


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

**- THE COMING WEEK –**

**Wed 28 Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

**Tue 03 Track session with Steve Smythe** - £1 fee
Dulwich college Track - 7 for 7:15pm start

## In your SHORTS this week !


2 Fixture list, Club champs,XC road, trail etc
3 Rye 10 report and results
4 Parkrun results
7 Wednesday night running map


**And much more !**

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

**You can follow us on**

## TRACK SESSIONS

### Now back at Dulwich College

**Tuesdays with Steve Smythe**

Improve your speed & strength over all distances.
suitable for all standards and abilities.
Dulwich will be just a pound but additional £2 payable next day or following week for those who don't pay on night

Arrive at 7 for warm-up then a prompt 7:15pm start

## DUWLCH RUNNERS MIDSUMMER 5K

As you probably know there are going to be big flood protection works in Dulwich Park for the next few months, so we are hoping to hold the Midsummer 5k race in Brockwell Park this year instead.

### The date is now Thursday 3 July

If you are interested in helping on the day, or with the organisation pre-race, please can you let me know.
Thanks - Ros - Ros@28kerfield.freeserve.co.uk

**Club Members are also welcome to run**

**.....also**

**Battersea Park assembly league now 26th June**

## 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 !

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)

## EVENT HORIZON

*A brief look ahead*

**full fixture list page 2**

| | | |
|---|---|---|
| June | 5 | Beckenham Assembly League |
| June | 16 | Dulwich Club champs 2mile Battersea |
| JUne | 22 | Beckenham 10k |

## NEW RUNNERS ROTA

Many thanks to **Ian Sesnan** for taking out new club runners last week.
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**

| | |
|---|---|
| **Andy Murray** | **28/05** |
| Cameron Timmis | 04/06 |
| Tony Tuohy | 11/06 |
| Ros Tabor | 18/06 |

## WEDNESDAY NIGHT £1 RUNNING FEE

**The club needs this money to help cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks.** - **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

# Dulwich Runners 2014 Fixtures

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesday club night.

| Date | | Race | | Venue |
|---|---|---|---|---|
| Jun | 4 | B & BH open meeting 3000m | | Norman Park, Bromley |
| | 5 | Assembly League 5k | | Beckenham - 7:30 start * **note changed venue** |
| | 16 | Dulwich Club Champs 2 miles | (short) | Battersea * **note changed venue** |
| | 22 | Beckenham 10k | (medium) | Beckenham |
| | 26 | Assembly League 5k | | Battersea Park - 7:30 start * **note changed date** |
| July | 2 | B & BH open meeting 10,000m | | Norman Park, Bromley |
| | 3 | Dulwich runners Midsummer 5k | | Brockwell Park * **note changed date** |
| | 11 | Mark Hayes Mile | (short) | Dulwich College Track |
| | 23 | B & BH open meeting 5000m | | Norman Park, Bromley |
| Aug | 7 | Assembly League 3.5miles | | Victoria Park, Mile End - 7:30 start |
| | 31 | Sevenoaks 7 | (medium) | Sevenoaks |
| Sep | 4 | Assembly League 3miles | | Beckenham - 7:15 start |

## ASSEMBLY LEAGUE 2014

This year's series of Assembly League races has now been decided.
They will take place on the first Thursday of every summer month, venues will be the same as last year.
This summer evening series of races is popular with club members, and all including newly joined members are warmly welcomed and encouraged to participate.
For those that are new to the club these races are open to all standards and abilities, 5k, and free to enter, all you need to do is have a club vest, turn up and run.
If there is any further information regarding these races it will appear here in Shorts as and when it becomes available

| | | | | |
|---|---|---|---|---|
| 5 June | **Beckenham** | 5k | 7.30 start | * **note changed venue** |
| **26 June** | Battersea Park | 5k | 7.30 start | * **note new date** |
| 7 Aug | Victoria Park | 3.5 miles | 7.30 start | |
| 4 Sept | Beckenham | 3 miles | 7.15 start | |

## DULWICH RUNNERS CLUB CHAMPS 2014

9 races in total split into 3 distance categories. To qualify it will be necessary to complete 5 races in total, including at least one from each distance category.

The structure of awards will be unchanged from recent years. Club vests are compulsory for all events other than the mile. You will need current club membership to qualify for points. **For those wishing to know the Clup Champs rules they are on the clubs website**

Remaining events are as follows:

16 June Battersea Park 2 miles (short)
***2mile race pre-entry*** http://run.runandbecome.com/event/london-race-2m-160614/
22 June Beckenham 10k (medium)
11 July (tbc) Mark Hayes Mile (short)
31 August Sevenoaks 7 (medium)

**Mike Mann** (on belhalf of ADSC)

## CLUB CHAMPIONSHIPS important update

Our selected 10 mile Club Championship race is the Rye 10 on 25th May. Since the Club Championship races were set, the Club has been invited by British Athletics to enter men and women teams in to the BUPA London 10K on the same date.

In order to allow our faster runners to represent the club in this prestigious event and not being disadvantaged in the Club Championships, The Committee has decided to add the Cabbage Patch 10 on 19th October as an additional 10 mile race.

Times recorded at the Cabbage Patch will be adjusted to reflect the relative difficulty of the 2 courses and overall 10 mile results produced soon after 19 October. Runners who compete at both races will be credited with their best performance of the 2

### CLUB CHAMPS FIXTURES UPDATE

***Owing to impending drainage works in Dulwich Park, it has been decided to shift the 2 mile race there scheduled for 11 September, to Monday 16 June in Battersea Park, where we will use the Sri Chimnoy 2 mile race as our club champs. This starts at 7pm just past the entrance to the main car park and you can enter on the evening.***

## Surrey Road League 2014

As well as the events we choose for our Club Championships, we are also eligible to compete in the Surrey Road League. Individual positions in the league are determined by the best five scores and you also contribute to the club's position.
As soon as the fixtures are confirmed they will be listed here

For more info go here:
http://www.surreyathletics.org.uk/road/league/index.php?Y=2013&O=R&S=2014
***Charlie Lound*** **-** Men's Road Captain

## Orpington High Elms 10k

Will take place on Sunday, 15th June 2014 starting @ 09.30 am
It will be a single lap, challenging course incorporating the park's woodland nature trails and will be 99% off road
There will be chip timing, medals, prizes, parking and photos all marshalled by the experienced ORR team.
All profits will be donated to the Alzheimer's Society.
Full details including arrangements on the day at the new venue and how to enter are available now at www.orprunners.com
We look forward to welcoming you and members of your club to what we think will be a great event.
Any questions please contact
racedirector@orpingtonraces.com
Thanks & regards - ORR Race Committee

## TRACK MEETINGS

### UPDATE

For those of you interested in competing on the track, there are several open meetings held at local venues during the spring/summer season.

Open meetings, hosted by HHH are held at Tooting Bec on some Saturday afternoons with the first one scheduled for 12 April.

Other open meetings are at Norman Park, Bromley on Monday evenings, Crystal Palace on Saturday afternoons and at Parliament Hill.

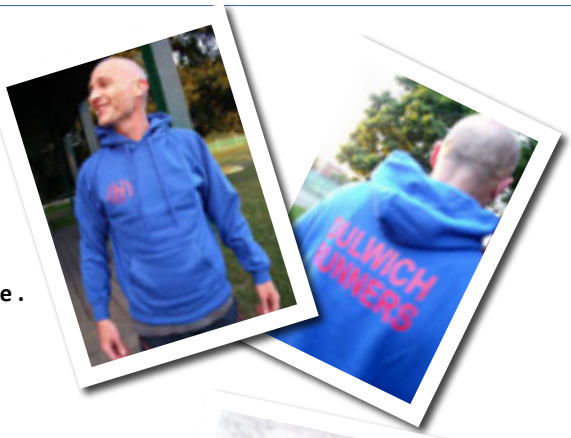
| | | |
|---|---|---|
| 28 | May | Cambridge Harriers Open, Eltham |
| 4 | June | Norman Park 3000m |
| 9 | June | Norman Park |
| 25 | June | Cambridge Harriers Open, Eltham |
| 26 | June | Tooting track |
| 2 | July | Norman Park, 10,000m |
| 19 | July | Crystal Palace |
| 21 | July | Norman Park |
| 23 | July | Norman Park, 5000m |
| 11 | Aug | Norman Park |
| 23 | Aug | Tooting track |
| 23 | Aug | Crystal Palace |
| 27 | Aug | Norman Park |
| 10 | Sep | Parliament Hill |

These meetings, where there are usually 800m, 1500m and 3000m races on offer, are ideal for those looking for improved times, having done some earlier races.
Please contact me for further details.
***Mike Mann***

## DULWICH RUNNERS CLUB KIT

| | |
|---|---|
| Vests | £18 each |
| T- shirts short sleeved | £20 each |
| T- shirts long sleeved | £22 each |
| Waterproof Jackets | £25 each |
| Hoodies | £18 each |

**Hoodies are now available. There are a few left in each size .**
**Most kit is usually available Wednesdays at the club**
**Contact Ros ros@28kerfield.freeserve.co.uk**



# 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 .

## Stage 6 Chipperfield to St Albans

This stage is relatively easy being rated level 3. It is a mix of track and road, with some paths across cropped fields, (another runner told me it was onions) a short stretch along the towpath of the Grand Union Canal and some country lanes.

The roads were all fairly quiet and rural (except when we ran under the M1!) until we reached the outskirts St Albans where we ran through some residential roads. It was there that my navigational skills went slightly wrong but I'm not able to blame anybody but myself as I turned left instead of right at a mini roundabout.

Unfortunately the name of the road was the same each way. I was sure it was wrong very soon as the next instruction didn't make sense but I managed to do a short loop and approached a marshal from the wrong direction.
There were marshals and/or signs in all the important places and a couple of water stations that were very welcome.
A great run. **Angie Norris**

## Stage 17 Tatsfield to Merstham

I ran this as a substitute for Rob Tobin, who unfortunately had to withdraw after suffering from heat exhaustion on his Saturday stage. Fortunately I have done this stage before, so navigation was not a major challenge. The first 4.5m of this 10.5 mile stage is on wooded country lanes and largely downhill.

The start of the mostly offroad section ofsimilar length, mostly along the North Downs Way, proved a shock to the system with some big climbs, including steps in places to reach the top of the North Downs. Thereafter there were some fantastic views.

The end of the offroad section consisted of a diagonal descent across a field on highly rutted ground, where I found the going difficult, losing a place in the process, and with sore ankles, never quite recovered my pace on the final one mile of road. Although running in the middle of a hot day, there was plenty of shade along the route and water early on.
***Mike Mann***

## Stage 18 Merstham to Box Hill

This leg is a truely beautiful route completely along the North Downs Way, which is exactly the type of run I enjoy. It has many opportunities to gaze south across the Surrey countryside. Well, that is if you take a slow stroll but not when the aim is to arrive at Box hill ASAP. Fortunately as it was a warm day, there were also many sections with tree cover where the path twists and turns through woods.
To misquote Hemmingway – 'It is by running that you learn the contours of the countryside the best, since you have to sweat up the hills.' The official rating of level 6 is misleading and belittles the size of the hills. It wasn't just me tired and struggling that thought that as others said it too. The route had been changed from previous years so this may be the reason.
There were also several death-defying descents that, instead of giving tired muscles some relief, jarred every joint from foot to brain. They were steep and rutted with some loose stones and tree roots to ensure maximum concentration was applied. You also had to be ready to brake, take a sharp turn and begin another ascent. To break up the pace there were several gates to negotiate which always seemed far more difficult to open whilst running.
There were marshals at the busy road crossing and water there too. It was signed well, although as it followed the North Downs Way, there were signposts as well. I had cycled the route two weeks ago so was feeling confident and I didn't need to look at my map at all.
This is definitely a leg that I'd happily do again. ***Angie Norris***

## WESTMINSTER MILE SATURDAY 24 MAY

This was the second holding of an Olympic Heritage race, and this year, to commemorate the 60th anniversary of the first men's 4 minute, and women's 5 minute mile, both Roger Bannister and Diane Leather were present. The race is well organised and the course on closed roads round St James' Park, starting in the Mall, and finishing in front of Buckingham Palace is pretty inspiring. There are several races throughout the day, for club runners, elite athletes, families, wheelchairs and younger age groups. Large races are divided into waves, set off several minutes apart, so most people can run freely. The medal depicted Roger Bannister.

There were 6 Dulwich Runners. 5 of us ran in the first race at 9.30, Ed in the first wave, and the other 4 in the 3rd. Lewis ran later in the afternoon in the boys under 15 race.

We wore chips and the results were meant to be given as chip times, but we are not sure of these are gun or chip.

| | | |
|---|---|---|
| Ed Hill 11th in race | 6:58 | 2nd M35 |
| Lewis Laylee | 5:06 | 54th U15 |
| Andy Murray | 6:16 | 6th M60 |
| Ros Tabor | 6:25 | 1st W60 |
| Barrie John Nicholl | 6:49 | 14th M60 |
| Lindsey Annable | 6:58 | 7th W45 |

***Ros Tabor***

## Westminster Mile U15 Boys Champs Race 24/05

23 Lewis Laylee 5:06 PB

## Bupa Westminster Mile 24th May 2014

With the 60th anniversary of Sir Roger Bannister's sub four-minute mile this race had to be a must. We had run it in 2013 in it's inaugural year and enjoyed the course which goes down The Mall, Horseguards Parade and finishes in front of Buckingham Palace.

Our wave went off at 9.30a.m and we saw Ros and Andy at the end who had been in the same race as us. We also saw Ed's name in the results but he must have been in a faster wave with his sub five clocking.

The weather wasn't conducive to a long warm up as it was tipping down with rain prior to the start although it cleared for the race. We were both pleased to be some 8 seconds faster than last year although it took some digging around to find the chip times rather than the published gun times.

After a cool down run and stretch we headed to the Bupa marquee where Roger Bannister was appearing to do a book signing. It was a real honour to meet the great man who took time to chat with everyone.

They were premiering on the big screen a film that has been made about his epic sub-four minute mile. It was truly inspirational to see and appreciate the scale of Sir Roger's achievement, who trained in his lunch hour in between his medical studies and had just come off a diet of post war rations. Maybe that's the trick to faster running!

***Lindsey Annable***

Men (gun/chip time)

| | |
|---|---|
| 11 Ed Hill | 4:46/4:45 |
| 357 Andy Murray | 6:16/6:15 |
| 503 Barrie John Nicholls | 6:49/6:44 |

Women (gun/chip time)

| | |
|---|---|
| 47 Ros Tabor | 6:25/6:24 |
| 105 Lindsey Annable | 6:58/6:53 |

## Kent Athletic Champs

**1500m U15 Boys**

10 Oscar Hussey 4:53.2

12 ran

## Blackheath & Bromley Open Track Meeting, 19 May

***Mike Mann reports***

In the first track meeting of the summer at Norman Park, 8 Dulwich Ran Highlights included a 1500m PB by Ed Hill, and excellent track debuts by Paul Devine, Lewis Laylee and Edwin McCormack. The first 800m started with a brutal first lap but both Paul and Lewis hung on well to achieve impressive times. In his 1500m Ed Hill bided his time until 300m to go when he took and held the lead. There were good runds by Edwin, Paul and Lewis and Ebe was pleased to break the 5 minute barrier. Meanwhile Nicola found her 400m a lung busting experience but hung on well.

| | |
|---|---|
| **400m** | |
| 7 Nicola Richmond | 71:24 |
| **800m race 1** | |
| 2 Paul Devine | 2:13.42(PB) |
| 4 Lewis Laylee | 2:15.83 (PB) |
| **800m race 3** | |
| Ebe Prill | 2:25.97 |
| **800m race 4** | |
| Mike Mann | 2:44.78 |
| Ola Balme | 2:49.07 |
| **1500m race 1** | |
| 1 Ed Hil | 4:23.51 (PB) |
| 6 Edwin McCormack | 4:33.67 (PB) |
| 7 Paul Devine | 4:38.63 (PB) |
| 13 Lewis Laylee | 4:46.79 (PB) |
| **1500m race 2** | |
| 3 Ebe Prill | 4:58.55 PB |
| 9 Mike Mann | 5:30.03 |
| 12 Ola Balme | 5:42.18 |

## Blackheath/Bromley Open Meeting 1500m (19-May)

With a field of mostly teenagers, the race started quickly but the pace inevitably tapered off in laps 2 and 3. I didn't want to take up the duty of pace-making so I was content to sit back and wait to make a move on the last lap.

I moved on to the shoulder of the leader at the bell and made a move with 300m to go. I think I ran the final 300 in roughly 47s, putting 5s between myself and the field and knocking 3s off my PB in the process.

This was an encouraging first outdoor 1500 of the year.

1 Edward Hill 4:23.51

## Rye 10 25.05.14

This was the first of two bites at the ten miles for the club championship (results will be merged with those at the Cabbage Patch 10 in October, adjusted for difficulty, so there is still a chance to run a first ten-miler there or improve on the times here).

The race was held on a very hilly country lane course starting and finishing in Peasmarsh, near Rye, Sussex. Although a small race with only just over 180 finishers, it was well organised by Nice Work, whose office was just by the start line. We went down by coach (thanks to Alastair for organising) and were able to park in the car park of a supermarket that believes in keeping Sundays special and not opening.

We set off straight into a very long hill that lasted with some slight relief until the two mile point. It was then down sharply and up again to 3.5 miles and the start of a 3 mile loop with another hill before we set off down and up back along the first 3.5 to the finish. Rob, Neville and James ran strongly towards the front, with Mike and Andy keeping going steadily despite the difficult hills; however, Jim, Mark and finally Gideon passed these two during the second half. Ros finished a little ahead of Clare this week and the others, including Desmond doing his first race over 5k, did well to conquer the hilly course. Whilst a difficult course, the downs gave some respite from the ups and had to be run fairly briskly.

It certainly felt very satisfying finishing the race. It is a few minutes slower than Cabbage Patch - comparative times and/or run Britain handicaps will be studied before that race to asses an exact factor. Steve W organised an excellent pub lunch at the far end of the village, which we enjoyed before our return.

***Andy Murray***

## Rye 10 results

| Pos | Gun | Chip | Name | | | Cat. | Age grade score | DR age grade rank |
|---|---|---|---|---|---|---|---|---|
| 12 | 1:05:09 | 1:05:05 | Rob | Cope | | MV40 | 720 | 6 |
| 18 | 1:07:18 | 1:07:14 | Neville | Webb | | MV55 | 803 | 2 |
| 19 | 1:07:29 | 1:07:24 | James | Burrows | | MS | 664 | 10 |
| 37 | 1:11:47 | 1:11:21 | Jim | Dowsett | | MV40 | 652 | 12 |
| 44 | 1:12:41 | 1:12:10 | Mark | Foster | | MV45 | 687 | 8 |
| 47 | 1:13:12 | 1:13:00 | Gideon | Franklin | | MV50 | 696 | 7 |
| 48 | 1:13:13 | 1:13:09 | Michael | Mann | | MV65 (1) | 788 | 3 |
| 49 | 1:13:15 | 1:13:04 | Andy | Murray | | MV60 | 760 | 4 |
| 66 | 1:16:11 | 1:16:07 | Ros | Tabor | 8W | FV60 (1) | 894 | 1 |
| 75 | 1:17:39 | 1:17:32 | Clare | Wyngard | 12W | FV50 | 754 | 5 |
| 86 | 1:19:37 | 1:19:26 | Joseph | Brady | | MV45 | 624 | 15 |
| 89 | 1:20:08 | 1:19:39 | Matthew | Ladds | | MS | 557 | 22 |
| 93 | 1:21:28 | 1:21:01 | Bob | Bell | | MV60 | 679 | 9 |
| 102 | 1:23:12 | 1:22:42 | Yvette | Dore | | FV40 | 629 | 16 |
| 104 | 1:23:39 | 1:23:27 | Barrie | Nicholls | | MV60 | 659 | 11 |
| 106 | 1:23:42 | 1:23:34 | Peter | Gibbons | | MV55 | 652 | 12 |
| 111 | 1:24:49 | 1:24:23 | Ameet | Patel | | MV50 | 597 | 21 |
| 112 | 1:25:12 | 1:24:42 | Michael | Dodds | | MV55 | 621 | 18 |
| 123 | 1:26:52 | 1:26:30 | Lindsey | Annable | | FV45 | 622 | 17 |
| 128 | 1:28:17 | 1:27:54 | Patrick | Mcmorrow | | MV55 | 609 | 19 |
| 145 | 1:32:45 | 1:32:20 | Steve | Wehrle | | MV65 | 630 | 14 |
| 147 | 1:33:13 | 1:32:50 | Paul | Hilton | | MV40 | 599 | 20 |
| 161 | 1:39:06 | 1:38:39 | Desmond | Edwards | | MS | 454 | 23 |

parkrun

## May 24 th

## Ashford

99 Ran

**Didn't we have a lovely day the day we went to Ashford?**

Not sure really as it felt like we would need an Ark such were the biblical proportions of rain we encountered as we set off down the M20 at an unreasonably early hour.

And it wasn't a day, more like a morning as we had to back for Oscar's 92 over cricket match which, in true non all weather surface fashion, was cancelled just as we set off on part two of the day.

First part of the morning entailed locating the parkrun course. Delayed by the rain, there's always that mild panic that sets in when you can't quite find the course and it's 8.45. Victoria Park is very pleasant once located but it is tucked away behind a river, a disused Eurostar station and a tight-nit housing estate. The only drawback after the long journey is finding out that the conveniences are only opened by the local council after 9 am which is a bit of a shame as it spoils a good run. It's a two lap course with a bit of an out and back section which I had to take at a leisurely pace given that I had no other.

After circling the distinctive fountain and barely bothering to look at the watch, a quicker turn of speed was jumping in the car to the other side of town where the Kent County Athletics Track Championships were taking place..

Not having enough time, again focuses the mind and after a couple of laps warm up, Oscar was nearly ready to go. Conditions weren't great with a small shower beforehand and I predicted a very closely competitive race which was how it turned out to be. Oscar was not quite at his best having done too much cricket in the past two weeks and having had a sore big toe after mistiming a catch the night before. Despite this, he did well to keep on the tail of the pack which went through the first lap in 70 seconds. With slightly better preparation and a more even pace, he would have been in the middle of pack who only just ahead and would have beaten his PB as he was one second away from it.

A quick rest and then we were off. No time for cider or eels but who would particularly on a Ferris wheel???

| | | |
|---|---|---|
| 5 | Duncan Hussey | 19:43 |

**This week, 31st May 2014, sees Crystal Palace parkrun's 4th Birthday party.**
**Pleased to say that two of our own Dulwich Runners will pick up overall prizes. The newly weds had done sufficient before going on honeymoon to each nail a place on the podium.**
**Belinda Cottrill (nee Bell) took first place in the ladies competition and Andy Cottrill got 2nd place in the mens. Come along see them get awarded their prizes whilst enjoying coffee and cake. - Bob Bell**

## Brockwell , Herne Hill

122 Ran

| | | |
|---|---|---|
| 7 | Ola Balme | 19:50 |
| 32 | Graham Laylee | 22:04 |
| 54 | Michelle Lennon | 23:43 |
| 73 | Desmond Edwards | 25:30 |
| 108 | Sarah Lyness | 30:00 |

## Crystal Palace

89 Ran

| | | |
|---|---|---|
| 10 | Paul Hodge | 21:02 |
| 16 | Gideon Franklin | 21:40 |
| 28 | Bob Bell | 22:50 |
| 61 | Clare Wyngard | 28:00 |
| 62 | Michael Dodds | 28:01 |

## Dulwich

114 Ran

| | | |
|---|---|---|
| 3 | Wayne Lashley | 17:49 |
| 11 | Dominic Joyner | 19:33 |
| 47 | Linda Byrne | 22:27 |
| 49 | Chris Goodman | 22:30 |
| 51 | John Fletcher | 22:39 |
| 71 | Claire Steward | 24:42 |

## Hilly Fields

70 Ran

| | | |
|---|---|---|
| 3 | Kevin Chadwick | 19:32 |
| 47 | Carolina Lilley | 28:17 |

## Kingston

82 Ran

| | | |
|---|---|---|
| 33 | Ian Sesnan | 23:40 |

## Orpington

99 Ran

| | | |
|---|---|---|
| 21 | Colin Frith | 23:22 |

## Riddlesdown

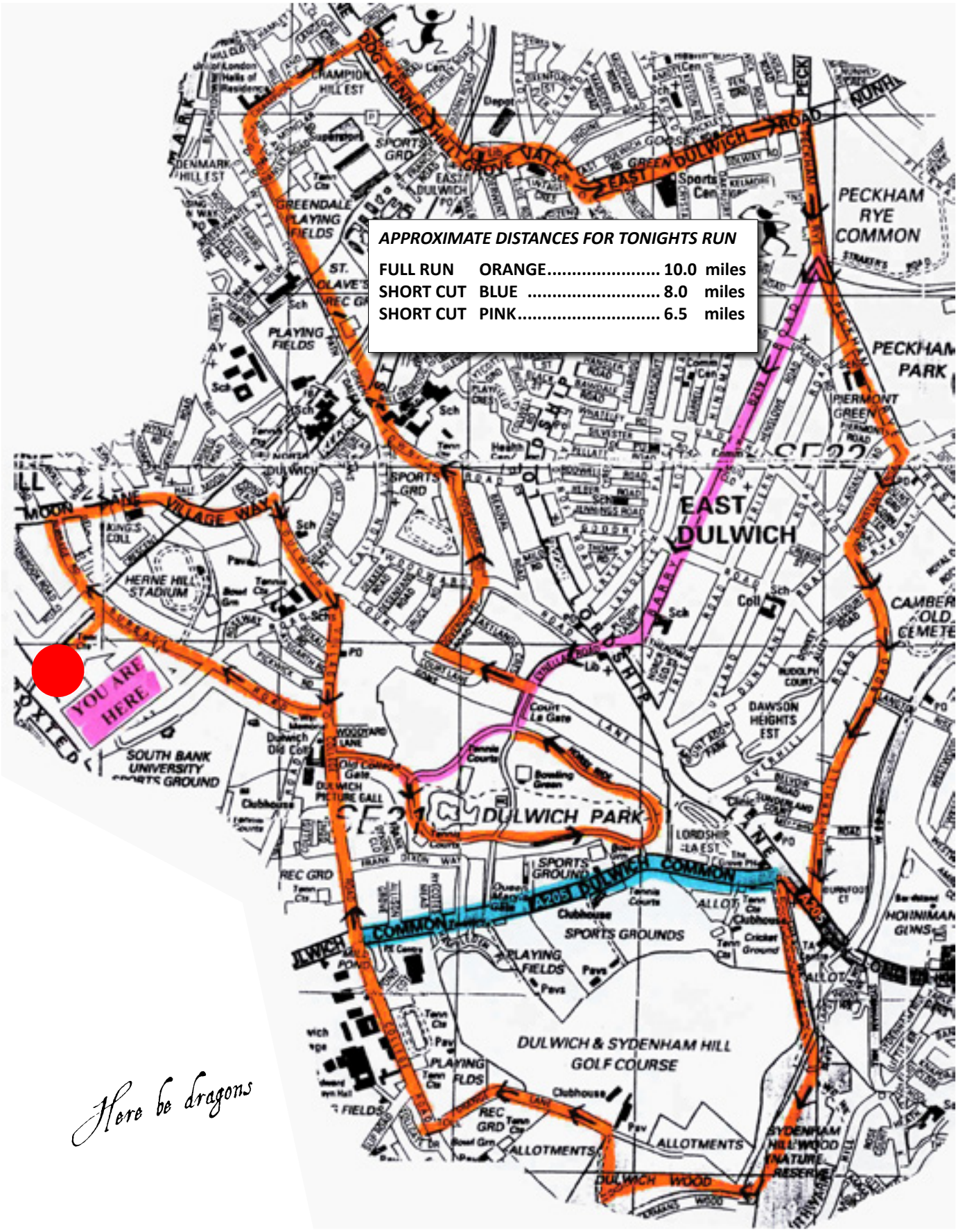
59 Ran

| | | |
|---|---|---|
| 12 | Ange Norris | 22:05 |

**New members especially ! and others....**

Could you update your profiles to show you are a current member of Dulwich Runners AC.
This help us pick out all our runners for the weekly results.

# DULWICH RUNNERS AC S14




*Here be dragons*