SHORTS

Dulwich Runners AC
Weekly Newsletter
February 19th 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 19 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 25 Track session with Steve Smythe - £2.50 fee
Crystal Palace Track - 7 for 7:15pm start

In your SHORTS this week !

4 Fixture list, Club champs,XC road, trail etc
5 Clare wins Gold !
6 Beckenham mob match- win for Dulwich !
9 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

Crystal Palace Track

Tuesdays with Steve Smythe - suitable for all abilities
Improve your speed & strength over all distances.
suitable for all abilities.

We pay a monthly fee so it is important as many people use the track as possible so we don't make a loss.

The entry & payment systemsystem has changed.
£2.50 per session
Ideally aim to arrive at 7pm warm up for 7:15 start.
Please see page 2 for full details on track entry and payment system - Steve Smythe.

EVENT HORIZON

A brief look ahead

full fixture list page 4

Feb 22 National XC Champs - Nottingham
Mar 15 BMAF Cross Country Champs -Glasgow

Dulwich Runners Membership Annual Renewals Due

If you have not yet renewed your 2014 membership then you cannot score as a Dulwich Runner in any club races, XC, club champs and any other events you may enter.
You must RENEW ASAP

You will have received either by email or post your 2014 membership renewal reminder.
If you haven't received your renewal form then contact me asap barry@bg1.co.uk or see me at the club on a Wednesday evening
Thankyou to those of you that have renewed

NEW RUNNERS ROTA

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**

Chris Loizou	**19/02**
Charlie Lound	26/02
Patrick Mcmrorrow	05/03
Mike Mann	12/03

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 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)

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is at 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

SPRING RELAYS

We plan to enter teams from the club for the Green Belt Relay (GBR) on 17/18 May and the Welsh Castles Relay on 8/9 June. Both relays which take place over weekends present scenic and varied running opportunities as well as being excellent social events.

The GBR is a circular route around the edge of the London area. It is largely off road on riverside towpaths and footpaths taking in some highly attractive countryside, particularly across the Chilterns and North Downs. The WCR takes place mainly on smallish roads but includes some trail sections. It starts at Caernarfon Castle in North Wales and finishes the next day at Cardiff Castle.

In the GBR each competitor runs twice on Saturday and Sunday, while in the WCR you only run once during the weekend. With both relays individual stages range mostly from 8 to 13 miles in length, with differing degrees of difficulty. The tough hilly stages will be allocated to our strongest runners. These are not elite events and are open to runners of all abilities, though a certain level of fitness is required, especially for the GBR where you run on 2 consecutive days.Newly joined members of the club are especially welcome; these relays provide excellent opportunities to socialize.

We hope to enter two teams of 11 for the GBR and one team of 20 for the WCR. These relays have proved popular in recent years, so it is in your interest to put your names down early. If you would like to enter or require any further information, please contact me at
mcmann90@yahoo.co.uk
Mike Mann (on behalf of the Relays team)

There has been quite a lot of interest in the Green Belt Relay and if a few more come forward it should be possible to enter 2 teams, including either a vets or women's team, depending on numbers. However we are well short of a full team of 20 for the Welsh Castles Relay and need more to come forward before the entry deadline of early March if we are to enter a team.

Crystal Palace Track

The entry system has changed, a Crystal Palace duty manager or a Dulwich Runner will hand out a wristband at reception so you don't need to pay or queue at reception but you will need to pay £2.50 to whoever is doing the club rota at the track. Ideally aim to arrive at 7pm.
You may need ID eg: DR members card or EA/UKA reg card

It might be easier to pay £5 for a further session. It will be £3 if you can't pay. Some of us travel some way to do this so those who live within a few miles should make a special effort to run on what has traditionally been one of the best tracks and athletic stadiums in the world and every top class athlete of the last 40 years has competed on it at some stage. - ***Steve Smythe***

Film Night

Coming to a pub near my house soon
It's not all about training, training, training (…isn't it?).
Take some time out, put the running socks on for a boil wash and venture out of the house without having to wait on the doorstep to locate that satellite.
Join us for a night of blockbuster cinema action, running themed of course (I promise it won't be that youtube clip of the men's XC at Richmond Park, inspiring though it was).
Details out soon

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

Coach to Tunbridge Wells Half Marathon – Sunday 2nd March

!ONLY 6 PLACES LEFT!

Grab one before they're gone!
Send an email to:
drsocialsec@gmail.com
to book your seat.
Please let me know if you can't make the coach anymore so I can give your seat to someone else.

Schedule for the day:

- *Depart at 6:30am from in front of the Crown & Grey hound public house 73 Dulwich Village, London SE21 7BJ)*
  Wheels will be rolling at 6:30 to ensure we get to the race HQ in plenty of time so please make sure you're on board by then.
- *Arrive at race HQ (approx 8am). Race faces on, PBs all round. Good times.*
- *Pick up from race HQ at 12pm for a short trip to the pub for lunch, tales of glory, the hill, garmin lap times and post-race rehydration.*
- *Leave from pub to be back in Dulwich (Crown & Grey hound) for 5pm at latest.*

Payment

Pay on the day so please bring cash or cheque books.
With a good take up and a good deal on the coach as it stands the cost is £10 each.

People who have signed up are;

Toby De Belder	*Lindsey Annablel*	*Laura Long*
Mel Edwards	*Katie Crowe*	*Rob Cope*
Liann Peters	*BarrieJohn*	*Andrew Bright*
Di Morgan	*Claire Steward*	*Steve Street*
Nicola McIvor	*AnnaThomas*	*Edwin McCormack*
GideonFranklin	*Chris Loizou*	*Michelle Lennon*
John English	*Sue Cooper*	*Michael Mann*
Per Hedberg	*Ed Hill*	*James Burrows*
Jim Dowsett	*Alastair Locke*	*Jo Brady*
Helen Lister	*Cameron Timmis*	*Paul Devine*
Ros Tabor	*LouisaPritchard*	*Yvette Dore*
Ameet Patel	*Ajay Khandelwal 2*	*Ebe Prill*
Andy Murray	*GarySullivan 3*	

Tunbridge Wells 1/2M March 2nd 2014

If you want to take part in the second club champs race of 2014, please make sure you enter soon, and if possible before Christmas.
Last year entries closed very early in January.

DULWICH RUNNERS CLUB CHAMPS 2014

We have now finalized the events and structure of next year's club champs. There will be 9 races in total split into 3 distance categories. In order 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 to ensure that your club membership is up to date in order to qualify for points.

Finally you are advised to enter the Tunbridge Wells Half marathon early as last year entries were closed from very early in January. **http://tinyurl.com/mskwjte**

The events are as follows:

1 February	Brockwell parkrun 5k (short)
2 March	** Tunbridge Wells Half (long)
13 April	London (or other) Marathon (long)
5 May	Ted Pepper 10k (medium)
25 May	Rye 10 miles (long)
22 June	Beckenham 10k (medium)
11 July (tbc)	Mark Hayes Mile (short)
31 August	Sevenoaks 7 (medium)
11 September	Dulwich Park 2 miles (short)

Mike Mann (on belhalf of ADSC)

**** According to the host club , entries were closed this year 2 months in advance of the race, so you are strongly advised to submit your entry by Decembe**r

WINE AND WISDOM QUIZ

St Barnabas Hall, Dulwich
Saturday 8 March

I have reserved a table for a Dulwich team of 8. It is an annual quiz in aid of the Children's Society. I think the entry fee is about £8, and that includes a drink, but you have to provide a little food for the buffet supper.

If you are interested please let me know. - **Ros**

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
Feb	22	National XC Champs			Nottingham
Mar	15	BMAF Cross Country Champs			Tollcross Park, Glasgow
Apr	3	Assembly League	3miles		Beckenham - 7:15 start
	13	London (or other) Marathon		(long)	London / various
May	1	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	5	Ted Pepper 10k		(medium)	Bromley, Norman park
	25	Rye 10 miles		(long)	Rye
Jun	5	Assembly League	5k		Dulwich Park - 7:30 start
	22	Beckenham 10k		(medium)	Beckenham
July	3	Assembly League	5k		Battersea Park - 7:30 start
	tbc 11	Mark Hayes Mile		(short)	Dulwich College Track
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
	11	Dulwich Park 2 miles		(short)	Dulwich Park

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

3 April	Beckenham	3miles	7.15 start
1 May	Victoria Park	3.5 miles	7.30 start
5 June	Dulwich Park	5k	7.30 start
3 July	Battersea Park	5k	7.30 start
7 Aug	Victoria Park	3.5 miles	7.30 start
4 Sept	Beckenham	3 miles	7.15 start

INDOOR TRACK MEETINGS

For those vets interested in taking part in indoor track races, the following meetings are scheduled for early 2014

Date		Race		Venue
Feb	23	EAMA Indoor Inter Area Challenge	(indoor track)	Lee Valley
Mar	8/9	BMAF Indoor Track & Field Champs	(indoor track)	Lee Valley
	25-30	World Masters Indoor Track & Field Champs	(indoor track)	Budapest

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

Dulwich Runners have received an e-mail from the London Marathon re the 10k in London on May 25.
The fastest six male and female runners based on times in 2013 and 2014 up until the first week in May, and subject to fitness, will be entered free of charge by the club. Contact Steve Smythe if you are interested in being part of the team. steve.smythe@athleticsweekly.com

Race Reports & Results

Nb Steve Smythe will now only send in results for races he attends or arranges for someone else to attend, so to be sure your race results appear in SHORTS you must send them in.

If you can write a report even better, all road, fell, XC, Tri results etc, are welcome .

CLARE BREAKS WORLD 800m RECORD

BRITISH MASTERS INDOOR PENTATHLON CHAMPIONSHIPS (Inc SOUTH OF ENGLAND/ EASTERN VETS CHAMPIONSHIPS) Lee Valley, February 16

W35 800m

Clare Elms had her first track race in her new age group and the day after the Mob Match win, she took over three seconds off the world Masters 800m indoor W50 age record.

Luckily instead of being drawn in the older runners race, the W50s were put with the W40s and some good opposition.

The record at this and 1500m had looked achievable this winter but it was thought it might take a few races and better preparation to achieve them. Denise Morley, who won the World Masters W40 800m silver medal a few years ago in America set a fast pace with Bernadette Pritchett, who pushed Clare all the way when she set a British age group record at 1500m a few years ago in second andf Clare tucked in third.

The first 400m was a fast 69 seconds and Clare stayed third until 100m out when she moved past Pritchett and then kicked past Morley 30 metres out to win breaking the 2:24 world record and 2:25 British record with ease.

W35+ 800m

1 Clare Elms (W50)	**2:21.09 (W50 world record)**
2 D Morley (W40)	2:21.40
3 B Pritchett (W45)	2:23.32
4 Cara Oliver (W40)	2:35.71
5 C Feely (W50)	2:45.73
6 D Farmer (W50)	3:13.18

W55+800m

Immediately before Clare's race, there was another club victory. Up against a younger W55, who had beaten her previously on the track, Ros sat in behind and then sprinted clear on the last lap to win in 2:53.29, her fastest time for three years and quicker than she ran in the European Vets and World Vets and a highly encouraging track opener.

1 Ros Tabor (W60)	2:53.29
2 A Sanders-Reece (W55)	2:54.66
3 P Gallagher (W65)	3:16.19
4 A Martin (W75)	4:00.46
5 B Stacey (W70)	4:13.41

M65 800

In the race following Clare's win, Mike made it three wins out of three for Dulwich.

Unfortunately Mike found his M65 age group weren't put with the younger M60s so he had an easy win and without any pressure and he won by 12 seconds and did well to only be a second outside his best for all of 2013.

Unfortunately Mike had a problem with his entry and couldn't run in any other races like he had planned.

1 Mike Mann	2:35.77

M35+ 800:

Tony ran a fast 400m of around 65 and then pushed too hard on the third lap and slowed badly on the last lap.

5 Tony Tuohy (M50)	2:17.41

W35+ 1500

Not feeling great after the 800m, Clare was content to follow BMAF W45 champion Lisa Webb to the last 400 metres and then pull away by 10 seconds over the last lap. Four of the 10 strong field were Dulwich Runners.

Cara started slowly but finished well enough to win W40 gold while Nicola ran well in the middle part of the race but not fully fit yet, couldn't quite maintain over the last 400 metres and Cara passed her on the last lap.

Ros ran another well-paced run, again sprinting past her W55 rival and ran quicker than she has indoors for a few years for one of her best ever doubles on the day.

1 Clare Elms (W50)	4:57.22
2 L Webb (W45)	5:07.29
3 Cara Oliver (W40)	5:20.08
4 M McCarthy (W50)	5:21.92
5 Nicola Richmond (W40)	5:23.65
6 J Batchelor (M70)	5:36.61
7 Ros Tabor (W60)	5:57.81

10 finished

M40+ 1500

After a too fast a start in the 800m, this time Tony let the very fast leader go and the second runner and sat in on the pack.

This time it was far too slow and Tony had to pick it up over the second half but he couldn't quite catch second.

1 S Anderson (M50)	4:23.56
2 P Spowage (M50)	4:41.88
3 Tony Tuohy (M50)	4:42.46
4 G Ironmonger (M50)	4:45.71

8 finished

M35 3000

Tony thought one more race was in order and ran the 3000m and did well to break 10 so soon after the 1500 and finish as first M50

5 Tony Tuohy (M50)	9:53.05

9 finished

Mob Match, Beckenham v Dulwich, Beckenham Place Park February 15

An excellent turn out and some good runs on a muddy course saw us win the match easily and perhaps a shame that Beckenham couldn't muster more runners and they were especially light on women runners
We had 32 to their 19 and the match was 17 to score.
Wayne Lashley was our leading runner for most of the race and was a clear second until feeling weak and coming to a halt a kilometre out and then doing really well to struggle to the finish.
Paul Devine then moved into a clear second himself with no one within a minute of him either way. Alastair Locke just lost out on third but he came fourth just ahead of Wayne with Sam Crump and Edwin McCormack giving us five of the first seven.
Clare Elms was supposed to be easing around with a view of saving herself for the following day's indoors but couldn't resist picking off a few of the men ahead of which included Ebe and Kevin.
Ian Lilley had a steady run while new member Dominic Joyner started quickly but didn't quite maintain the pace.
Ola was second woman behind Clare and had another good run and then there was over a minute gap to Mike Mann, who ran well and Chris Goodman, who had one of his better cross-country races.
Then there was a group with steady runs from Andy Murray, Andy Cottrill, Hugh Balfour and Gary Sullivan. Jim Dowsett maintained his recent improvement ahead of Andrea, who still has a few injury niggles. Close behind came a strong run from Anna followed by another improver Gideon.
Chris eased around, five minutes down on runners hae is ahead of on the track.
Graham Laylee had a solid run and finished with an unwell Lewis.
Louisa and Michelle had good runs while the team were completed by lgood runs from long standing members Bob Bell, Ian Sesnan, Pete Gibbons and Dave West as well as encouraging efforts from new member Poppy and parkrun regular Belinda. **Steve Smythe**

2	Paul	Devine	M	31:23
4	Alastair	Locke	M	32:29
5	Wayne	Lashley	M	32:36
6	Sam	Crump	M	32:45
7	Edwin	McCormack	M	33:13
9	Clare	Elms 1W	W50	33:17
11	Ebe	Prill	M50	33:24
12	Kevin	Chadwick	M	33:31
15	Ian	Lilley	M40	34:31
16	Dominic	Joyner	M	34:33
18	Ola	Balme 2W	W45	34:59
21	Mike	Mann	M65	36:03
22	Chris	Goodman	M	36:27
23	Andy	Murray	M60	36:48
25	Andrew	Cottrill	M	36:54
26	Hugh	Balfour	M55	37:02
27	Gary	Sullivan	M55	37:05
28	Jim	Dowsett	M40	37:19
29	Andrea	Pickup 3W	W40	37:33
30	Anna	Thomas 4W	W	37:40
31	Gideon	Franklin	M50	38:03
32	Chris	Loizou	M55	38:19
35	Graham	Laylee	M55	40:05
36	Lewis	Laylee	M14	40:05
37	Louisa	Pritchard	W40	40:27
38	Michelle	Lennon	W45	40:32
39	Bob	Bell	M60	40:51
40	Ian	Sesnan	M55	41:16
41	Peter	Gibbons	M55	41:24
42	Poppy	Meadows	W	41:33
47	Dave	West	M55	43:34
49	Belinda	Bell	W	45:00

51 finished
1 Dulwich 249
2 Beckenham 422

Valentines 30K, Stamford

Marjorie Epson & Paul Mottram ran this excellently organised race on a fairly tough undulating but pleasant course as a break from marathon training. It was great to be running in the sun again with relatively modest winds. Paul's plan was to run at long run training pace for the first half (1:13) and then try to 'up' it to something a bit more respectable in the 2nd, which is pretty much what happened. Marjorie's plan, well that went completely out of the window almost immediately - so much for using races as training! Having spent most of the first half (1:14), tracking me quietly so I wouldn't spot her and tell her to slow down, she too sped up in the 2nd half and was surprised to learn she'd picked up the 1st FV50 prize.

159	Paul Mottram	2:19:37
197	Marjorie Epson	2:24:09 (1st FV50)

We should also own up to having run the Brass Monkey 10k at Rockingham Speedway, Corby on the 26th Jan in atrocious conditions.

Paul	42:11
Marjorie	46:26 2nd FV50

Bramley 20/10

115	Alastair Locke	2:17:36
138	Toby De Belder	2:19:48

739 ran

10M

504	Leann Peters	1:42:28

604 ran

Toby De Belder

February 15

Brockwell

24 Mark Foster	20:29
43 Sarah Cross 2W	21:39
47 Cameron Timmis	21:57
59 Andy Murray	22:46
117 Desmond Edwards	26:12
144 Sarah Lyness 34W	28:51

168 ran

Crystal Palace

Congratulations to Belinda and Andy who achieved their 50th parkruns

8 Andy Cottrill	20.00
16 Oscar Hussey	20.43
41 Bob Bell	22.49
60 Belinda Bell	24.07

176 ran

Dulwich

8 Ed Hill	17:33
22 Steve Davies	19:07
23 Rob Cope	19:08
28 Mel Edwards 2W	19:39
29 Chris Goodman	19:47
32 Rob Tobin	20:18
34 Cristiano Alberigo	20:20
54 Duncan Wilson	22:22
78 Mark Muffett	23:27
127 Stephanie Burchill 34W	27:59

166 ran

Hilly Fields

8 Alex Elms	22:12s

67 ran

Peckham Rye parkrun coming soon

I am pleased to announce after a recent meeting with parkrun officials' and working with a parkrun ambassador, my plan for a new parkrun at Peckham Rye park has been accepted and all the funding via the Mayor of London fund has been made available to start this project.

The course will be a 3 lap course around the trail walk which goes past the pond and over the 2 bridges via the Japanese gardens and I can show the map to anyone who would like to have a look

HOWEVER.....

As you know parkrun requires volunteers which is why I am placing this notice to ask if anyone at the club would be interested in being part the core volunteer team.
Parkrun have asked me to submit 10 names of people who would be willing to help occasionally on a rota system and we will need 3 people after myself to become run directors again on a shared rota.

Please email me if you would be interested in helping to get this project started, I have been told we could do this in as little as 2 months once I have a team of helpers

Many thanks

Kevin Chadwick - Kevchadwick@googlemail.com

New members especially ! and others....

Could you update your Parkrun profiles to show you are a member of Dulwich Runners AC (if paid up). This help us pick out all our runners for the weekly results.

2014 pre London Marathon schedule for weekend runs going through to 13th April .

For further information contact either STEVE WEHRLE or CLAIRE STEWARD

SUNDAY RUNS, RACES AND REPS
(Provisional – dates and events subject to change)
Includes: middle and long distance multi-terrain / road races
Cross Country (XC) Fixtures on Saturdays
Sunday runs at High Elms, Mile repetitions in Dulwich Park
Preparation for London Marathon 2014

Weeks to go!	Date	Event / Distance	Information
7	23 Feb	Dulwich Park	09:00 17 miles
6	2 Mar	Tunbridge Wells 1/2M	**Club Champs**
5	9 Mar	12 x 1 mile	09:00 Dulwich Park
4	16 Mar	Spitfire 20 / Tempest 10	Dunsfold Aerodrome(20or10mrace) www.eventstolive.co.uk/
3	23 Mar	Richmond Pk / Bushy Pk	09:30, 22 mile off-road run, Roehampton Gate
2	30 Mar	Paddock Wood 1/2M	Paddock Wood, Kent www.paddockwoodac.co.uk/
1	6 Apr	Easy 10 miles	09:00 High Elms
Zero	**13 Apr**	**LONDON MARATHON**	**CLUB CHAMPS**

The Sunday runs from Dulwich Park start at 09:00, (suitable for; 3.15 – 3.50 time long runs with Claire
3.50 – 4.30 long runs with Steve)

Sunday alternative, meet with 'HERoS' (High Elms Runners on Sunday) mostly off-road, starting from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9:00 – usually two pace/distance groups, minimum ~10 miles
For more information contact Steve Wehrle or Claire Steward
For XC events, contact the Cross Country Captains for further details

ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell, Crystal Palace, Burgess, Southwark, Hilly Fields) – check out www.parkrun.org.uk/ for venues and registration

Good session in the sun on Sunday.
10 x 1 mile session where average times were as follows;

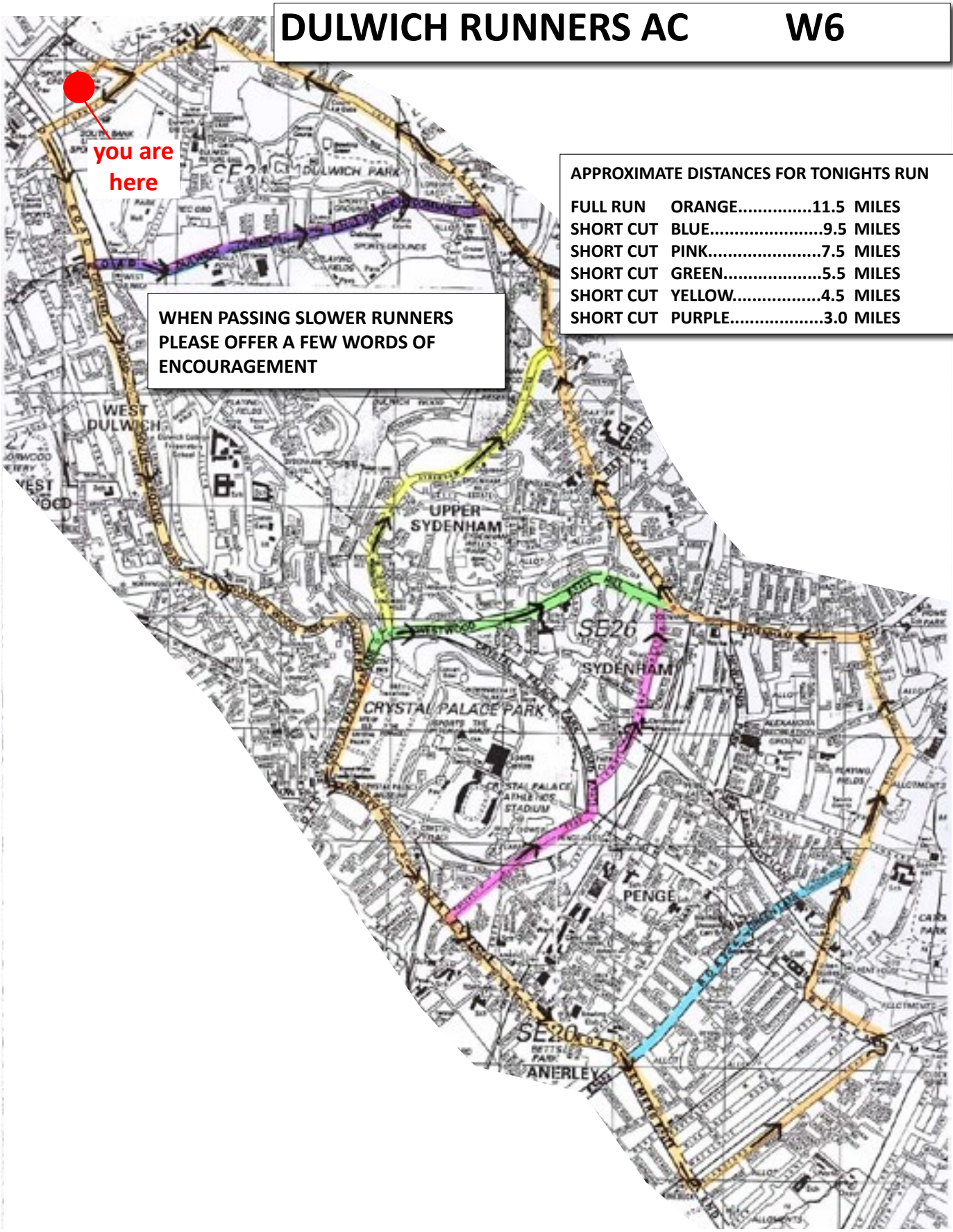
Paul Hilton	8M 09S
Steve Wehrle	8M 03S
Paul Keating	8M 01S
Belinda Bell	7M 47S
Jo Shelton	7M 37S
Christian Moody	7M 32S
Bob Bell	7M 19S
Hugh French	7M 11S
Gideon Franklin	7M 01S
Neville Webb	6M 24S

Sorry Colin Frith picked up a calf strain and had to pull out, hope for a speedy recovery.
Well done to Belinda on her first reps session!

Next Sunday 23rd February run from Dulwich Park at 0900, usual place. Route to Beckenham Place Park then onto Wickham. Easy pace for approx. 17 mile route, good stamina building run to do before Tunbridge Wells half the following week.
Cheers
Steve Wehrle

"Thanks for organising
Legs now hurt like h*ll
Bob"

DULWICH RUNNERS AC W6



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE.....11.5	MILES
SHORT CUT	BLUE.....9.5	MILES
SHORT CUT	PINK.....7.5	MILES
SHORT CUT	GREEN.....5.5	MILES
SHORT CUT	YELLOW.....4.5	MILES
SHORT CUT	PURPLE.....3.0	MILES

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT