SHORTS

Dulwich Runners AC
Weekly Newsletter
September 24th 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 24 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 30 Track Session - Crystal Palace Arena
7 for a 7:15pm start...at see below

In your SHORTS this week !

2... AGM notice
3... Fixture list, club champs,XC, road, track etc
5... Cross country information
5... Race reports & results
9... Parkrun results
10... 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

back at Crystal Palace Arena

Tuesdays with Steve Smythe

Improve your speed & strength over all distances.
suitable for all abilities.
Pay at main reception (Pool entrance) at 7pm for 7.15pm start,but do allow more time than at Dulwich as it can take 10 minutes plus to get from queuing at reception to track.

Fee to be confirmed but we anticipate a Dulwich rate of around £2,60 same as before, so state you are a Dulwich member.

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)

LUCKY VEST

September winner Alastair Locke

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk
for all other club kit please see **page 3**

EVENT HORIZON

A brief look ahead

full fixture list page 2

Oct	11	Surrey League Cross Country - mens & womens
Oct	19	Cabbage Patch 10
Nov	1	Reigate Priory Relays

NEW RUNNERS ROTA

Thanks to **Andy Murray, Charlie Boden and Doug Keighley** for taking out new 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**

Paul Hilton	**24/09**
Ian Sesnan	01/10
Jo Shelton	08/10
Claire Steward	15/10

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

ANNUAL GENERAL MEETING:

Wednesday 29th October 2014, 9pm

The AGM will be held in 'The Nursery' at the Edward Alleyn Club, Burbage Road, London SE24 9HD at 9pm.

Items for the agenda should be sent to the Honorary Secretary, Clare Osborne, by Wednesday 8th October to be sure of inclusion.
Minor items of 'any other business' will be allowed on the day at the discretion of the Chair depending upon the time available.

Draft minutes of the 2013 AGM are available on the Dulwich Runners website and will be proposed for adoption at this AGM.

All Committee posts are up for election with the table below showing whether the present incumbent wishes to stand again. This shows that there are four posts, that of Honorary Secretary, Social Secretary, Women's captain and one of the general member posts, where there are definite vacancies.
It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-shuffling of the rest of Committee.

If you are interested in any of the roles, or know of someone who you think would be good at them, please have a word with any committee member as soon as possible.

Sue is also happy to step aside if someone is interested in taking her role as one of the two general member posts.

Nominations for any of these posts should be sent to Clare by Wednesday 8th October to allow time to organise an election if there is more than one candidate, but nominations will be taken up to and including the day of the AGM.
Clare can be contacted at **secretary@dulwichrunners.org.uk**

Post	Present Holder	Standing Again?
President	Ron Searle	N/A
Chair	Ros Tabor	Yes
Hon. Secretary	Clare Osborne	**No**
Hon Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Alastair Locke	**No**
Women's Captain	Mel Edwards	**No**
Men's Captain	Charles Lound	Yes
Women's Off Road Captain	Anna Thomas	Yes
Men's Off Road Captain	Mike Mann	Yes
Shorts Editor	Barry Graham	Yes
Publicity Officer	Chris Loizou	Yes
General member	Paul Devine	**No**
General member	Sue Vernon	Yes

Clare Osborne, Secretary, Dulwich Runners AC, writes:

Your Dulwich Runners committee met on Monday 8th September to discuss a number of issues. Key actions/decisions taken were as follows:

- how the club might make financial savings - and looking to review the costs involved for entering teams for the Green Belt and Welsh Castles before making any decisions;
- short-listing charities for the Dulwich Runners AC charity event - these charities to be put to a vote shortly by members - keep an eye on Shorts for details;
- the concern about the consistent number of 'no-shows' for those on the weekly beginners' rota on a Wednesday night and how this might be improved and/or members encouraged to contact Barry in advance to re-schedule if they are unable to make;
- venue for the club's Christmas party to be selected shortly;
- planning for the AGM, which will take place on Wednesday 29th October. Please note there will be a few vacancies on the committee for election. Keep an eye on Shorts for further details in the next week or two.

The Committee agreed to meet again on Monday 24th November

DULWICH CHARITY OF THE YEAR 2015

Susan Vernon writes:

The DR committee shortlisted to 3 the nominations for Charity of the Year 2015. These are: Brixton and Norwood Foodbank, Dulwich Helpline and Homestart Southwark. You can find out about these charities on their websites. There will be an opportunity for all members to vote for their favoured charity very soon.

The closing date for voting will be 22nd October and the winning charity will be announced at the AGM on 29th October, together with a chance for you to suggest what we could do to raise as much money as we can for the chosen charity.

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
Oct	4	Gibb Cup (5 miles)		Farthing Down, Coulsdon
	11	Surrey League 1	mens	Newlands Corner, nr Guildford
	11	Surrey League 1	womens	Richmond Park
	18	Surrey Masters Champs		Richmond Park
	19	Cabbage Patch 10 alternative alternative to Rye 10) (Long)		Twickenham
Nov	1	Reigate Priory Relays		Reigate Priory Park
	8	Surrey League 2	mens	Ham Lands, nr Richmond
	15	London Champs		Parliament Hill Fields
	22	South of Thames 5 miles		Wimbledon Common
	30	Pirie 10		Farthing Down, Coulsdon
Dec	6	Surrey League 2	womens	Nonsuch Park, Cheam
	6	Kent Masters		Sparrows Den
	13	South of England Masters		Horspath, Oxford
	13	HW Interclub Cross Country		Wimbledon Common
	20	South of Thames 7.5 miles		Farthing Down, Coulsdon
Jan	3	County Champs		Various venues
	10	Surrey League 3	mens & womens	Wimbledon Common
	24	South of Englands Champs		Stanmer Park, Brighton
Feb	7	Surrey League 4	mens	Lloyd Park, Croydon
	8	Surrey League 4	womens	Farthing Down, Coulsden
	21	National Champs		Parliament Hill Fields

Dulwich Runners Parkrun Pacing

As a method of promoting club membership we are trying to engage more with the local parkrun community. A vehicle for doing this is to offer ourselves as pacers at landmark parkrun's preferably whilst wearing club kit. We have done this before sporadically but are now going to do it more regularly with the support of parkrun.

By doing this we can promote the club visibly as well as engaging with local runners with the hope they might be inspired to join the club. It is Parkrun UK's 10th birthday on Saturday October 4th and it would be great if we could have some volunteers to act as pacers on the day at Dulwich parkrun who are celebrating the landmark (There will be free cake post run!).

We are looking for pacers from anything from 18 minutes to 30 minutes and over. You should run at a pace you feel comfortable at, so for one Saturday only, give the PB's a break and try and lead others to PB's of their own!
We have already had a good response via our Facebook page but still need more!

Please respond to me at: pddevine2000@yahoo.co.uk if you would like to volunteer and a time you would like to pace at. If that time has already been taken, I will allocate you as close to the time you'd like to pace at as possible.

We aim to make pacing a more regular activity and will also be offering this service at Brockwell's 4 year anniversary parkrun in early December. Details will follow closer to the time.
Thanks very much
Paul Devine

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.
Club vests are compulsory for all eventsand you will need current club membership to qualify for points.
Mike Mann (on belhalf of ADSC)
Remaining event:
19 October Cabbage Patch 10 (Long) (Rye 10 alternative)

CLUB CHAMPIONSHIPS important update

The Committee decided to add the Cabbage Patch 10 on 19th October as an additional 10 mile race to the Rye 10. 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.
to enter:
http://www.sportsystems.co.uk/ss/event/Cabbage-Patch1012

Striders of Croydon's Multi-terrain race

Switchback 5 28th September.
We have kept the entry fee low - £6 for affiliated runners before race day – but still provide a goody bag including free tea and cake.
Details and entry from are here :
http://www.stridersofcroydon.org.uk/?page_id=4005
Online entry forms are here :
http://www.runnersworld.co.uk/events/registrationinfo.asp?sp=&v=2&EN=84639&ms=

GREEN BELT AND WELSH CASTLES RELAYS

It's a long way to go until these relays take place next spring, but we would like to encourage as many club members as possible to take part in 2015. We had very positive feedback from those of you in the 2 teams that completed this year's Green Belt Relay and it was great to see so many newly joined members participating.

A number of you were keen to take part in both events next year. It was disappointing that we were not able to field a team for the Welsh Castles Relay; we were just a few short of a full team of 20. We would particularly like to promote this for 2015 and make every effort possible to field a complete team.

We have just been informed of the date which is 13/14 June, a week later than usual, so please try to keep that weekend clear if you are interested; it is a highly enjoyable running and social weekend. The date for next year's Green Belt Relay has not yet been set but it is likely to be either 16/17 May or 23/24 May. ***Mike Mann***

Emer Casey Foundation 10K

Sunday 26th October 9:30am Brockwell Park
Charity race being organised Herne Hill Harriers
As an extra incentive to local clubs, we are offering a deal of 6 entries for £60. This offer is available until the 12th October, and needs to be done directly through the club via the email emercaseylondon10k@gmail.com
(i.e. don't enter online!).
Alternatively runners can enter individually online, or just turn up on the day!
Location - Brockwell Park (start near the lido), 3.5 laps on paved paths
Entry fee - From £12 (no further fundraising required) advanced entry, or enter on the day
Facilities - Changing and baggage storage
Prizes - First 3 men, first 3 women, first 40+ man, first 35+ woman, spot prizes, medal for all finishers
Contact - emercaseylondon10k@gmail.com
Race entry and details
www.runnersworld.co.uk/emercasey10k2014

The cross country season will be starting shortly, so here is some advance information, particularly for the benefit of newly joined members.

We compete in the Surrey League cross country with the men in Division 2 whilst the women compete in Division 1.

There are 4 fixtures during the season, starting on 11 October at Richmond Park for the women and Newlands Corner near Guildford for the men (details of other fixtures can be found in Shorts).

With the Men's Surrey League there's no need to enter in advance; you simply turn up on the day though your captain will find it helpful if you could let him know in advance.

With the Women's Surrey League, we need to enter runners in advance and you will receive an email regarding this. With the first 5 runners scoring for the women and the first 10 for the men , it is important to field as many as possible of our strongest runners.

But these and other cross country races are not elite and are suitable for all abilities.
They also provide excellent strength and endurance training from which you will reap the benefits, particularly in longer road races.

In addition to the Surrey League there are a number of other races during the season, almost all of which take place on Saturdays. These include the London champs in November, two South of Thames races in the autumn, the county champs (Kent and Surrey) in early January, the South of England champs in late January and the National champs in February, being held at Parliament Hill Fields this season.

There are also a number of Masters events. For all these races, other than the Surrey League it's necessary to submit entries in advance, in some cases over a month before the events. Your captains will post details in Shorts and contact regular cross country competitors nearer the time, but it is important to read this information carefully and respond before the deadline given if you want to participate.

The club pays for race entries. We cannot cater for runners who simply decide on the day that they fancy a run, but they are of course welcome to support our runners.

Regarding footwear, you can often get away with road or trail shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country spikes, or alternatively fell shoes become essential.

As a warm up for the cross country season, the Will Bolton relays at Sparrow's Den on 13 September (advertised separately in Shorts) are highly recommended. The stages of 4k are shorter than other cross country races, most of which range from 3 to 8 miles, but will be able to put your summer training to good use on what is usually firm ground.

Please contact your captains if you would like to take part and for any other information regarding the forthcoming cross country season.
Mike Mann

Your Cross Country contacts: Men - Mike Mann mcmann90@yahoo.co.uk
Women - Anna Thomas & Mel Edwards dulwich.womenscaptain@yahoo.co.uk

SURREY MASTERS CROSS COUNTRY, 18 OCTOBER

Although it is possible to enter on the day for these champs at Richmond Park, it is necessary to enter in advance to qualify for team prizes.

The age categories are W35, W45, M40, M50 and M60 (3 to score in each).
Could all those who would like to take part and are Surrey qualified by residence or place of birth **please contact your captains by 8 October at the latest**. -***Mike Mann***

SURREY LEAGUE & OTHER CROSS COUNTRY FIXTURES

Please try to keep the Surrey League dates free, particularly if you are likely to be in the scoring (the first 10 runners in each team). We are hosting the Surrey League fixture at Wimbledon Common and will be asking for helpers.

Since the National Champs take place in London this time, it is likely to be included as part of our own cross country champs.

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

There is limited stock of hoodies, very small sizes only.
I can order more if enough people are interested.
They will be £20 each.
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

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 .

Richmond Running Festival

Sunday 21 September

When I entered this half marathon way back when, I wasn't expecting to have a 5-week layoff (due to yet another injury) during the period when I should have been training, leaving me three whole weeks to prepare for it. I considered not bothering, but the ol' Dunkirk spirit picked me up and gave me a good shaking.

Excellent running conditions: bright, dry and cool-ish. Started in Kew Gardens and on leaving it ran along a route that had an all too familiar feel to it – Cabbage Patch sprang to mind – and finished in Deer Park. Very scenic and easy to follow, but a chunk of it was on gravelly paths or lumpy grass, so even without the 'inury excuse', I wouldn't have whizzed round.

At the start I was close to the front, so didn't get caught in congestion. I started slowly, upped it after about a mile and decided to stay in that groove as I didn't want overdo it having not run over 9 miles in a long while. That's as good as it got as I didn't see any point in pushing too hard at any time just to maybe knock a minute or so off a slow time.

I finished not being out of breath (which seemed odd), but my legs felt it. I'm not disappointed with my time, as I prepared for worse. It's not a fast course, but I recommend it if you want a run and day out, because being a festival, there was food, drink and live music for the rest of the day and I managed get home at 7.00pm ever-so-slightly tiddly. ***- Gary Sullivan***

Chip time: 1:38:58
Position: 267
Ran: 2,725
Second in my age group

SEAA relays, Aldershot, Saturday 20th September

Veteran women's relay

Dulwich Runners, 1:01:28, 4th

Nicola took over half a minute off her time from the previous year to take the team into 4th position at the end of the first leg. Ola put in another solid performance to move the team up into third, finishing just a few seconds short of her 2013 time.

Ros also finished close to her 2013 time but with Ealing, Southall and Middlesex putting their fastest runner on the 3rd leg, couldn't maintain position. Clare – running on an injured foot – did well to get the team within half a minute of 3rd position.

Nicola Richmond	14:55	(4)
Ola Balme	15:26	(3)
Ros Tabor	16:52	(4)
Clare Elms	14:15	(4)

Senior women's relay

Mel started off the senior women's team and improved on last year's time although got caught on the line having mistakenly stopped half a metre short of the finish. Katie ran well on the second leg, finishing only a few seconds short of her 2013 time.

Helen made a fantastic debut at the relays and managed to move the team back up three places. Sue, warming up for her half Ironman the following day, ran well to help maintain the team's standing and was almost half a minute quicker than her last outing here in 2010.

Dulwich Runners, 1:02:38, 37th **- Melanie Edwards**

Melanie Edwards	14:30	(23)
Katie Crowe	16:09	(40)
Helen Lister	15:51	(37)
Susan Cooper	16:08	(37)

South of England Relay Championships, Aldershot, Sunday 21st September

Tony Tuohy writes....

The day after the women's efforts it was the men's turn and on another sunny but windy day 14 Dulwich Runners turned out to fill the places in three teams for this very high quality event, a rare occurrence as on previous occasions fielding a 6-man senior team has usually been at the expense of an M40 team.

M50

As in previous years the M50s were our only chance of getting a sniff at the medals in the men's events and after our one and only silver from two years ago we were still living on a bit of hope for this year. However, as last year, the standard has crept even higher and we were never in the hunt despite creditable performances from all.

Steve is still looking for fitness and opted to go first as he knew that would give the others something to chase; characteristically he got the best out of himself, improving significantly on his B-team run from last year – although still bemoaning the fact he's some four minutes down on his best time.

I took over in the mood to improve my own best time but soon found my running had no flow and was dismayed to see Well's City's runner (eventual 3rd team) pull away from me easily. I was only nine seconds down on last year but won't be repeating my usual quote: 'You know me, I always finish with 20:50 something'. Big mouth. Dave Beaver hadn't raced since the BMAF Relays in May and was short of fitness due to injury but put in his usual gritty run and gave us fleeting hope by pulling us through to fifth but some big guns still remained for the other teams and Ebe did really well to virtually match his run from last year and bring us home in sixth.

6th Dulwich Runners M50 1:30:17

15 Steve Smythe	24:13
8 Tony Tuohy	21:08
5 David Beaver	22:11
6 Eberhard Prill	22:45

We have a pretty good record – that's the 6th time in the last seven years the M50s have been top 6.

2013: 5th Dulwich A 1:28:22 (Prill 22:41, Beaver 21:27, Loizou 23:15, Tuohy 20:59). 10th Dulwich B 1:35:45 (Greer 23:19, Smythe 24:30, Sullivan 24:10, Webb 23:46)
2012: 2nd 1:29:50 (Tuohy 20:58, Greer 22:51. Brown 23:01, Bailey-Wood 23:00): B 15th 1:39:53 (Smythe 24:02, Webb 24:47, Murray 25:52, Mann 25:12)
2011: 13th 1:37:37 (Williams 22:54, Smythe 23:17, Oclereigh 26:20, Mann 25:06)
2010: 6th 1:31:36 (Smythe 22:04, Loizou 22:00, Mann 23:20, Murray 24:12)
2009: 5th 1:30:19 (Smythe 22:16, Brown 22:11, Williams, 22:41, Mann 23:11)
2008: 5th 1:30:35 (Smythe 21:36, Brown 22:41, Williams, 22:19, Murray 23:59)

continued below.....

M40

After an absence of two years we again fielded an M40 team, which did itself justice by again finishing around mid-pack. Charlie led off by improving on last year and recording his fifth solid run, all in a 20-odd second window. He was followed by Steve Davies and Ian Lilley, both making debuts here and both running excellent times on the tough course. Paul Hodge completed the team, again with a very good run over a minute faster than his first go last year.

15th Dulwich Runners M40 1:30:33

16 Charles Lound	21:43
14 Stephen Davies	22:27
11 Ian Lilley	22:08
15 Paul Hodge	24:15

2011: 11th 90:24 (Lound 21:41, Hussey 22:30, Tuohy 20:53, Hodge 25:20)
2010: 14th 89:55: (Tuohy 21:20, Lound 21:34, Butler 24:25, Hussey 22:36)
2009: 15th 89:12: (Lound 21:25, Tuohy 21:13, Bailey-Wood 22:27, Murray 24:07)
2007: 11th 86:58: (Smythe 21:47, Agyei 20:19, Loizou 22:15, Williams 22:37)
2006: 10th 86:20: (Agyei 20:04, Loizou 21:17, Bailey-Wood 23:36, Brown 21:23, B: Mann 22:42, Ocleirigh 23:56, Brady 24:05)

Senior men

The senior men of course had the short straw, up against some of the fastest athletes in the country and Paul didn't know what hit him as they set off at barely believable speeds. He was dragged along slightly by the fast pack but didn't get too carried away and only lost a little bit of pace on the second lap to record a fine debut time. Things had spread out for Alastair and he ran more evenly, in fact getting a negative split for the second lap but managing to fall one second short of Paul (forgot to dip). Another debutante was John-Gabriel who recorded another excellent first go here, equalling the promise he showed at the Sevenoaks 7. The team was completed by runs from three chaps who deserve special credit for managing to turn out at all through lack of fitness. As mentioned it's quite rare for us to get a senior team out so well done James - 'as soon as I was out of sight from you I had to jog'. He's very unfit you know. Then Toby, who only got half-way before his dodgy calf popped but manfully limped round to make sure Ed got to test his lack of fitness too.

72nd Dulwich Runners Senior 2:22:28

63 Paul Devine	21:23
60 Alistair Locke	21:24
58 John-Gabriel Harrison	21:46
74 James Godber	25:38
71 Toby De Belder	25:26
72 Edward Smyth	26:51

2012: 46th Dulwich R 2:08:53 (Shephard 21:26, Hill 21:30, Locke 22:24, Fairhall 20:13, Lound 21:51, Lashley 21:29)
2009: 61st 2:09:45 (Buzz 20:17, Tom M 21:23, Tony 22:13, Jose 23:47, Rob W 20:57, Ian F 21:08)

A further update to the club championship for m40's, now with Rob Cope's score corrected.
Andy Murray

		Short			Medium			Long				
Name/Category		5k Brockwell 01-Feb	2M Battersea 16 - Jun	1M Dulwich 11-Jul	10K Bromley 05-May	10K Beckenham 22-Jun	7M Sevenoaks 31-Aug	1/2 Mar Tun.wells 02-Mar	Marathon Lon Or Other 13-Apr	10M Rye 25-May	Bonus for no. of events	TOTAL 5 events max 1.S,M,L
MEN 40												
Rob	Cope	[47]	[48]	50	50	[47]	[46]	50	49	50	9	258
Stephen	Davies	49	49	48	48	49	[47]				6	249
Jim	Dowsett	[43]	46	48	[45]	47	48	49			7	245
Mark	Foster	45	46	48	46		48				5	238
Paul	Hilton	43	44	41	43	46	5				5	222
Charles	Lound	50	50		50	50	50				5	255
Ian	Lilley	48	49		49	49	48				5	248
Paul	Hodge	45	47	47	44						4	187
Joseph	Brady	44	45	45	45	47					5	231
Cameron	Timmis	42	45	46		46					4	183
Ajay	Khandelwal	44	44	43	47	-					4	182
Paul	Keating	41		43	42	44	-				2	174
Olivier	Montfort		49		46						2	97
Duncan	Hussey	46	47		-	-					2	95

September 20th

Bexley

192 ran

Pos	Gen		
9	9	Michael Fullilove	20:39

Brockwell

213 ran

Pos	Gen		
29	28	Mark A Foster	20:35
41	39	Dominic Joyner	21:30
77	12	Linda Byrne	23:27
88	75	Desmond Edwards	23:58
143	34	Sharon Erdman	27:00

Bromley

491 ran

Pos	Gen		
14	13	Stephen Davies	18:12

Burgess

112 ran

Pos	Gen		
5	5	Piers Vernon	18:50
13	11	James Charles	20:17
23	4	Kim Hainsworth	21:35
97	40	Susan Vernon	30:14

Bushy

988 ran

Pos	Gen		
339	297	James Wicks	23:59

Crystal Palace

119 ran

Pos	Gen		
28	27	Bob Bell	21:57

Dulwich

160 ran

Pos	Gen		
2	2	Wayne Lashley	17:14
24	24	Duncan Wilson	20:27
33	33	John Fletcher	21:12
50	46	Hugh French	22:07
70	63	Ian Sesnan	23:28
75	67	Chris Goodman	23:52
80	13	Claire Steward	24:29

Hilly Fields

134 ran

Pos	Gen		
126	54	Carolina Lilley	34:44

Kingston

114 ran

For the second week in a row I'd unwittingly managed to pick a parkrun that was happening alongside another big event. This time it was a cycle race with waves of cyclists coming along the very parkrun route. The organisers seemed quite unperturbed claiming it had happened last year without mishap.

They did alter the course though so that the first part of the run went along the slower and narrow path alongside the Thames itself. Once the general melee of the start had sorted itself out we joined the usual route although it involved dodging a few cyclists if you were unfortunate enough to coincide with a wave a bikes coming past.

So after Barrie set his mission to hit '50 parkruns at 60' and me thinking I should really notch up a few after my first foray into the parkrun world in 2007 we're not far off. 46 down and 4 to go. Just a small matter of a trip to sunny California for a couple of weeks – does anyone know if there is a parkrun in San Francisco? Los Angeles, San Diego or Las Vegas? There's a thought!

Pos	Gen		
29	25	Barrie John Nicholls	23:17
37	7	Lindsey Annable	23:54

Orpington

152 ran

Pos	Gen		
54	45	Steve Wehrle	27:13

Peckham Rye

77 ran

Pos	Gen		
4	4	Kevin Chadwick	18:47
9	9	Sam Crump	19:57
14	14	Gideon Franklin	20:44

Preston Park, Brighton

325 ran

Pos	Gen		
126	22	Belinda Cottrill	24:49

Riddlesdown

97 ran

Pos	Gen		
8	1	Ange Norris	21:13

South Manchester

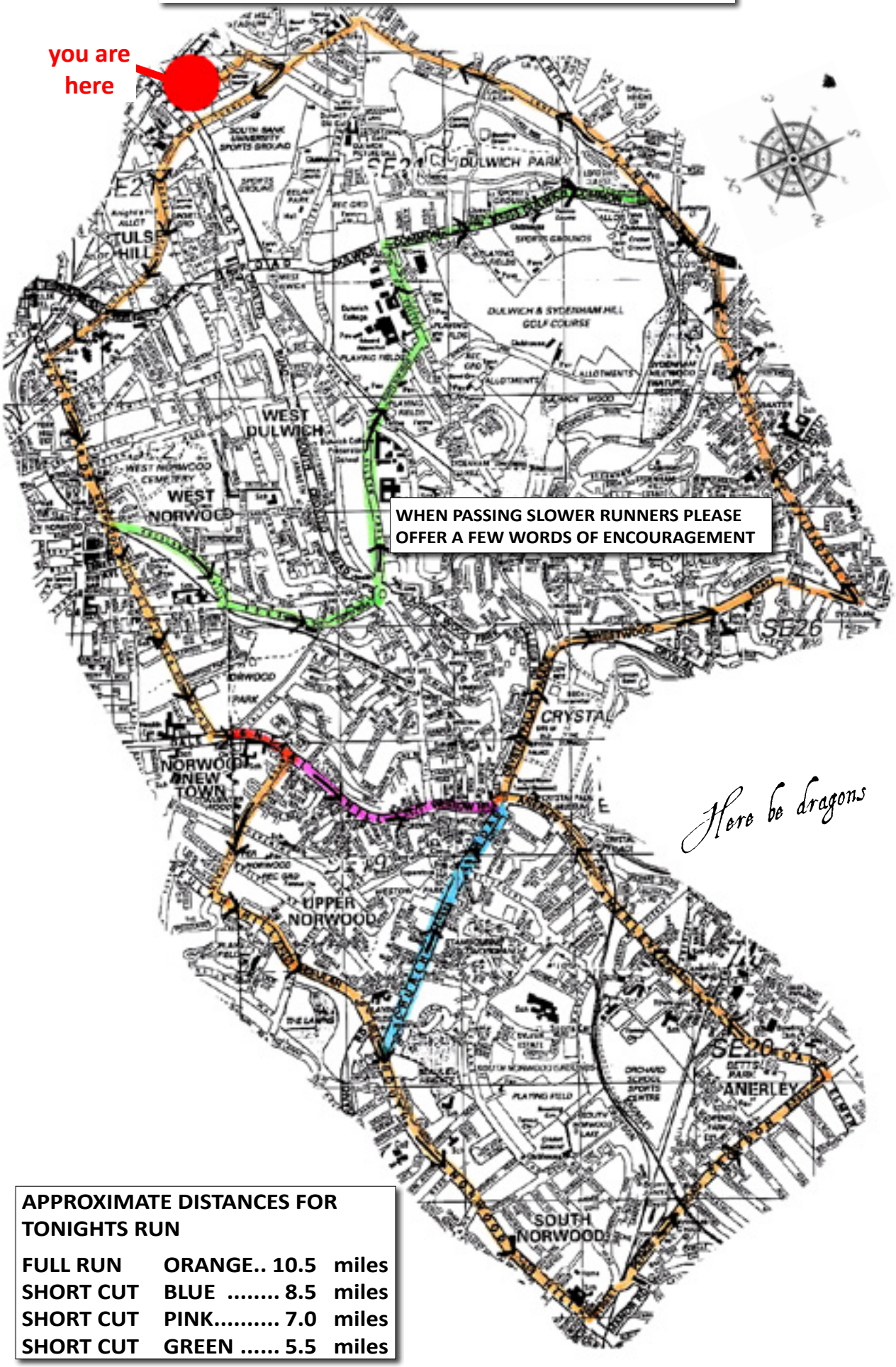
359 ran

Pos	Gen		
125	8	Laura Vincent	23:17

New members especially ! and others....

Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

DULWICH RUNNERS AC W1



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE..	10.5	miles
SHORT CUT	BLUE	8.5	miles
SHORT CUT	PINK.....	7.0	miles
SHORT CUT	GREEN	5.5	miles