SHORTS

Dulwich Runners AC
Weekly Newsletter
July 30th 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 30 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 05 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
4 Race reports & results
8 Parkrun results
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

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

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**

EVENT HORIZON

A brief look ahead

full fixture list page 3

Aug 07 Assembly League -Victoria Park, Mile End
Aug 31 Seven Oaks 7 - club champs race

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)

NEW RUNNERS ROTA

Thankyou to **Lindsay Annable & Toby de Belder** 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**

Hugh Balfour	**30/07**
James Burrows	06/08
Joseph Brady	13/08
Sue Cooper	20/08
Steve Cook	27/08

LUCKY VEST

Next week - August 6

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 7**

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

Crystal Palace Parkrun 200th run !

This Saturday 2nd August
Come along and celebrate the bicentenary run
There will be cedible goodies to re-charge yourself after the run !

MARK HAYES MEMORIAL MILE

Susan Vernon writes
Karine has asked me to say a huge thank you to everyone who supported the Memorial Mile on 11th July and donated so generously. Her computer has broken down and as she is now in France with her family, she has no access to WiFi!! She is so appreciative of the help the Club gives her and the girls. It does make a difference

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
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
Oct	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 to Rye 10)	(Long)	Twickenham
Nov	8	Surrey League 2	mens		Ham Lands, nr Richmond
tbc	22 or 29	South of Thames 5 miles			tbc
Dec	06	Surrey League 2	womens		Nonsuch Park, Cheam
	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			tbc
Feb	7	Surrey League 4	mens		Lloyd Park, Croydon
	8	Surrey League 4	womens		Farthing Downs, Coulsden
	21	National Champs			Parliament Hill Fields

SURREY LEAGUE AND OTHER CROSS COUNTRY FIXTURES

Dates and venues have been agreed for next season's men's Surrey League matches as well as a number of other 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 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. **Mike Mann** (on belhalf of ADSC)

For those wishing to know the Clup Champs rules they are on the clubs website

Remaining events are as follows:

31 August Sevenoaks 7 (medium)
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

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.

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

11	Aug	Norman Park
20	Aug	Eltham
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***

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***

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=

ASSEMBLY LEAGUE 2014

First Thursday of every summer month, venues ame as last year.

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. Any further information regarding these races it will appear here in Shorts.

Events still to come:

7 Aug	Victoria Park	3.5 miles	7.30 start
4 Sept	Beckenham	3 miles	7.15 start

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 .

4 ultras in 4 consecutive days, Thu 17- Sun 20 July, including Race to the Stones

Per Hedberg writes....

After a PB at the Club championships mile race, followed the next morning by an obliteration (everything is relative) of my 5K PB at the Dulwich Park run in 22:18 and 1VM50-54 (researching the internet shows that the only thing that separated me from Clare Elms is that I am thirty years too young !
Had I not been then my time would also pretty much been a world record. So, all I need to do is to keep the speed and wait, and wait.) it was time to get back into the comfort zone of long steady plodding.

As part of my preparations for Marathon des Sables in April 2015 http://www.darbaroud.com/en/ – if you are curious you can watch the Discovery programme about James Cracknell when he aimed at a top 50 finish here http://www.youtube.com/watch?v=z0Qak-8e4vYA – I had entered the Race to the Stones http://www.racetothestones.com/ 100km over two days on Sat 19 – Sun 20 July. It is a well organised race and this year the organisers had learned from the minor mistakes made at last year's inaugural race and improved.

In order to expand the "test" I planned to run an extra 100km on my own during Thu 17 – Fri 18 July. Albeit being optimistic I am fully aware that I am no Scott Jurek (I can of course wait, and wait) so in order to be gentle on the legs I did the Thu and Fri runs on a treadmill at 1% incline without a rucksack. On the Thu I literally ran (!) out of time so only made it to 43.3km (still counts as ultra…!).

Fri morning I woke up to the second flooding at home in one month, got it cleared in a few hours and started the 50km run a bit late, which I finished in the evening. Then back to pack etc and left very late for the hotel near the race start and in the end got only 1 hour sleep after having checked in at 02:15AM.
Not planned but still a good test for MdS I suppose.

Sat 19 July was a 04:00 wake up followed by a drive to, and parking at, the finish line, then 05:00 shuttle to the start. Ran 48km that day, then slept (early) in single people tents at a mid-race camp followed by 52.8km on Sun 20 July. To my delight and slight surprise everything kept together, no problems with tendons, ligaments or muscles.

The one, minor, lesson was that due to slight over hydration for a while during the Sat run – I knew from checking my fingers/hands - and my big toes being tightly taped, they both mini "exploded" under the nails so Sun morning was a bit rough and I doubt these pair of nails will see next Christmas. All fine when I started to run again though. In total 194km over four days and pleased with the test. Now on to the next one.

Per Hedberg, Race to the Stones
100.8km (a/p Garmin) 13hrs 48min
Finished 30th but they still, after a week, have not published the complete results so there is no info regarding the winner and number of participants

HARLOW 10 MILE – 20th JULY 2014

Desmond Edwards writes
After the challenging course of Rye 10, I wanted to try another 10 mile race and realised it is not quite a popular race in London at this time of the year. The nearest one I could find was the Harlow 10 mile in Essex organised by Harlow Running Course.

The course was described as undulating but it was mainly flat and with almost the entire race on the roads and country lanes.I had no expectations and my only worry was to get there on time for the start of the race, so I left home three hours before the start of the race and with the directions from the Race Director, I was able to get there on time.

For me, it was a very good opportunity to do a long run on a Sunday, which I never get to do. The race started on time and it was a fairly hot day. However the water stations were perfectly spread over the course so I was able to cool down after every 3 miles. I started off at a slower pace but picked it up over the course and was able to finish strong. I was pleased that I took thirteen minutes off my time at Rye 10.

At the end, I found out it was the 25th year anniversary of the race and there was a party atmosphere before and after the presentations. There was music, an ice cream van which was very much needed, barbeque and other different food stalls. It was an organised race with all the necessary facilities and I will definitely be doing it next year.
102 Desmond Edwards (1:25:45 chip time/1:25:48 gun time)
199 finishers

Sri Chimnoy 5k Battersea Park - 28th July

Race 14 of the London Self Transcendence 2014 Season was a two lap 5km around the shortened Battersea Park Course. The recent hot and humid spell had relented somewhat and there was a buzz around the race village that conditions were perfect for running. A combination of the lull in the hot weather, the PB renowned course and perhaps a 'Steve Way' effect meant a bumper crop of 210 runners of all ages and abilities.

Seven Dulwich Runners lined up at the start, with Wayne Lashley chasing an elusive first sub 17 and Rob Cope continuing his quest for a sub 18. I was running with Rob to try and help with the pacing, I can't exactly call myself a pace maker, because I have only run sub 18 once myself.

Wayne has been running superbly over shorter track distances recently and he carried his blistering 800M form from the weekend into the 5km. Wayne glided majestically off into the distance at the beginning of the race and held his form and pace for a well earned PB and his first sub 17, finishing in 16:57. Following behind Wayne, Rob and I got to half distance a few seconds inside 18 minute pace and running comfortably, but sadly Rob pulled up very sharply with a nasty looking injury to his calf.

At this point my motivation dwindled and I faded throughout the second lap, coming home in 18:17. Mike Mann won the V60 race comfortably, running a superb seasons best of 19:34 to move up to 5th for his age group over 5km this season. Next home was Matthew Ladds who finished in 21:32 and recorded a PB, followed by Barrie John Nicholls, who ran a great race, breaking 23 minutes for the first time to record a new PB of 22:53, shaving a full 12 seconds off his previous best. Lindsey had a good race, finishing within 6 seconds of her SB for the 5k in 23:52. Get well soon Rob!

Ian Lilley

22	Wayne Lashley	16:57
52	Ian Lilley	18:17
78	Mike Mann 1M60	19:34
115	Matthew Ladds	21:32
141	Barrie John Nicholls	22:53
157	Lindsey Annable	23:52

210 ran

Club la Santa 5k - 26th July

Lewis Laylee writes.... My dad and I ran the club la Santa weekly 5k during our stay at the club. It is an out and back course which is fairly flat with a gradual incline in the last mile. It was arranged for the hottest part of the afternoon but I was still pleased to finish second behind a Woodford Green Club runner considering my legs weren't feeling that fresh. However my dad found it hard going in the heat so wasn't too pleased with his time, not that he was expecting to break any records!

2 Lewis Laylee 18:36 (1st junior)
13 Graham Laylee 23:14 (1st V55)

Sri Chimnoy 5k Battersea Park - 28th July

Lindsey Annable writes: A few DRs gathered for the final 5k of the summer Sri Chimnoy series, which was very well supported on this warm but not too hot evening. There were some very good runs and big congrats to Wayne who broke 17, Mike for being the first over 60 and Matt on a possible PB?. Ian had what looked to be a good run but Rob doesn't seem to appear in the results so hope all's okay there.

Barrie followed his good form of late with a storming run and broke 23 minutes for the first time since 2003! What a run! I'd been on client premises all day and felt a bit tired, so didn't quite have the mental strength to push the pace as I should have.

The prize giving was rounded off with everyone singing Happy Birthday to one of the regular Sri Chimnoy participants who had turned 70 on race day. How privileged he is too, to be able to still run and enjoy this very welcoming event.

Wedding day 7k 24th July

Lindsey Annable writes: We entered this race last minute and chatting to Claire Steward on Wednesday we found that she had also done the same. This race was started to celebrate the wedding of Princess Diana and Charles hence the name. It is held in Bushy Park, following paths and crossing some grassy parts, and is largely flat.

We were set off by 'Father Onn', who sported a vicar's dog collar, not to mention shorts, striped socks and sandals! He bestowed on us his blessing for a good race! Barrie and I both set off way too fast and slowed considerably in the final kilometres, although Barrie's better endurance helped him to a stronger finish than me. It was good to see Claire is improving in fitness who was only a few seconds behind me. As it was a new distance for us all it was PBs all round! There were drinks and a barbecue afterwards and quite a few stayed on to enjoy the warm evening. The presentation was made by Father Onn and first prize went to none other than the British Olympian Scott Overall in a frighteningly fast 21:07.

192	Barrie John Nicholls	33:10 (33:03 chip) (PB)
244	Lindsey Annable	35:11 (35:02 chip) (PB)
251	Claire Steward	35:22 (35:11 chip) (PB)

486 ran

Mike Manns' official time for 3000m at Solihull on 20 July was 11:20.45

Swiss Alpine Events

The main Swiss Alpine Marathon covers 78k on a loop starting and finishing in Davos. Andy and Ros chose shorter options, the 33k and 10k respectively, at the end of a week staying and training at 1500m altitude.

The 33k race started with the 78k at 7am on Saturday, heading around town and then on minor roads and trails down the initially wide Landwasser valley. At 11k the route heads upward towards woods on one side, with the narrowness and gradient requiring some short walking stretches.

A long gradual climb in woods ends at Monstein church, overlooking the start of the narrowest part of the valley. Andy was not feeling strong at this stage but took a gel and picked up on the steep downhill into the rocky gorge section which has a good path.
Early drizzle was becoming steady rain, which made the last part in woods after a viaduct crossing very tricky.

A Unesco-recognised historic curved stone viaduct has been refurbished, so the race route now descends on grass and over tree roots down to river level and underneath it.

Andy was fortunately wearing tester trail shoes with good grip and managed a decent pace through to the finish village, although quads were very sore from the descents.

Ros ran in the afternoon in steady rain but fortunately could arrive at the start by train with ten minutes to go. After passing a farm the run hits a long uphill trail and then descends towards Davos with a few undulations before the finish with the 78k'ers at the track.
Andy Murray

There was a Tuesday evening lake race organised by the local running club.

Davos Lake race 4k 22.07.14

31m/4m60	Andy Murray	18.35
9w/1w60	Ros Tabor	18.49

Swiss Alpine races 26.07.14

K30 33.1k

41/2m60	Andy Murray	3:09.59

K10 9.4k

17fem/7woman	Ros Tabor	56.23

BMC and Open, Eltham, Wed 23rd July

Tony Tuohy reports....

Another night, another track. A few of the usual suspects gathered again - the newer trackies going for PBs, the older hands just hoping. And two Dulwich Runners not realising just how deep they were going to go.....

BMC 800m race F

First up was Lewis who ran his usual sensibly paced race. He picked it up on the second lap but this time fell a second short of PB-heaven. Still his second-best time though.

5	Lewis Laylee	2:12.37

BMC 3000m

Continuing the theme from Monday's races ('I'm just training you know') this turned into a hard, tiring workout as opposed to a good race.

6	Tony Tuohy	9:39.95

Open 800m race 1

Wayne was hoping to match Ed Hill's new mark of 2:02 from last week; he edged a couple of tenths closer after his 2:03 season opener four days earlier to again improve his second best 800m time but the 2:02 will have to wait a little longer.....

Meanwhile Paul Devine has discovered his short-distance speed and was bullishly setting out for 2:06; on target at halfway he faded a couple of seconds but still clocked a superb PB – his three 800s have gone 2:13, 2:11 and 2:08; that's some progression. On the other hand, Clare has run over a dozen 800s this year, and finding another tenth or two when you're already a UK W50 record holder gets more and more difficult. Even so, another well-paced effort finished within 0.8 secs of last month's record time.

1	Wayne Lashley	2:03.71
4	Paul Devine	2:08.39
PB		
10	Clare Elms	2:19.75

Open 800m race 2

Mike's form is back on the up as he ran an oudoor season's best to edge closer to his early season indoor championships form

9	Mike Mann	2:36.68

Open 1500m

As far as the Dulwich contingent was concerned, the best was saved 'til last. What was ostensibly a straightforward attempt for best times by Ebe and Kev turned into an epic battle that brought out the best in both of them.

Ebe's Dulwich mile hinted that a sub-4:50 was possible while Kevin's hinted at nothing of the sort. Ebe duly set out on PB pace and was 15 metres ahead of Kevin by the second lap, as expected. However, Kev was digging in and not letting the gap grow any more and during the third lap the Dulwich onlookers were getting excited – Kev was getting closer.

Down the finishing straight for the penultimate time and we weren't excited any more – we were freaking out. Kev was only 5 metres behind and we were now laying short odds that he was going to produce a kick good enough to take him past Ebe. Hearing that the encouragement for himself at the bell was immediately followed by shouts for Kev right behind, Ebe was well shaken. Down the back straight they were trying to kill each other and we could hardly believe it when Kev made his move on the bend and kicked into the lead on the straight. Ebe was done for, surely.

Well no, somehow he dug into reserves of Teutonic mettle that even he didn't know he had and snatched the verdict at the line. Needless to say, the result was huge PBs for both of them. Thanks chaps, for a memorable contest. And thanks Ebe, for giving me the opportunity to use the phrase 'Teutonic mettle'. Never done that before.

6	Ebe Prill	4:44.01 PB
7	Kevin Chadwick	4:44.17 PB

Herne Hill Harriers Open, Tooting Bec, Sat 26th July

Another cast of Dulwich Runners assembled on Saturday to do battle with PBs under a blazing sun. Scorchio!

5000m

What can I say? It was just too bloody hot. I'm of a Celt persuasion you know.

4 Tony Tuohy 17:25.40 (PW)

1500m race 1

An excellently judged run from Nicola in this all-women race. Running with another couple of runners at just the right pace she finished strongly and squeezed almost a second from her PB set indoors back in March.

6 Nicola Richmond 5:06.62 PB

1500m race 2

Ed Hill's final race on British soil (for the time being anyway) was a triumph as he took another two and a half seconds from his PB with a tremendous 4:17.88, a run superior even to his club mile record of 4:38. There must still be more to come, it's just a shame we won't see it. Keep us informed, Ed!

Meanwhile, this was only 45 minutes after my burn-in-hell experience in the 5000m and I was asked/persuaded by Clare to take on pacemaking duties as she attempted to improve her record-breaking 4:36.7 run three weeks ago.

Promising to at least manage 800m we in fact passed that point in a very handy 2:27 so I pressed on; but perhaps Clare would have been better to take it on here as I slightly slowed the penultimate lap. It was enough to lose the momentum and despite sprinting out the final lap we could only manage 74 seconds and missed the target by 1.6 seconds.

Further down the field Gary was making a more-than-solid debut in an excellent 5:05 – in fact he's gone straight into the M55 UK rankings at number 20. Taking up track, Gary? Mike's run was five seconds short of his outdoor season's best, not bad in the heat.

4 Ed Hill 4:17.88 PB
7 Tony Tuohy 4:38.14
9 Clare Elms 4:38.39
15 Gary Sullivan 5:05.54 debut
18 Mike Mann 5:23.67

800m race 2

Here we go, the Wayne Lashley 800m Masterclass. Running his third 800m in a week, Wayne was determined this time to match Ed Hill's time from last week, and sure enough he nailed it. Passing the bell just outside 60 seconds he held his form well and crossed the line 0.32 seconds inside his 2-year old PB and 0.13 seconds better than Ed's run, to head the Dulwich rankings.

Ed had to leave after his 1500m and missed the action. Sorry Ed (I know you'll be reading this!). There's a month or so of the track season left – can Wayne get closer to 2 minutes? No pressure.

5 Wayne Lashley 2:02.47 PB

800m race 3

Gary and Mike had already raced the 1500, so made a good fist of their second effort of the day – in fact Gary's debut at 800m compared well with his earlier race anyhow. Earlier discussions with Ian Lilley before his debut 800m had warned him of the pitfalls that await too fast a start. Obviously he then proceeded to fall straight into said pit.

A first lap in 66 seconds looked good, while a total loss of form and stride length on the back straight looked bad. He just about battled to the line before complete rigor mortis set in - no doubt lessons have been learnt. Four or five seconds will probably come off when that first lap is run just a second or two slower (I give 800m advice as well as marathon, my favourite events, I'm an expert you know……..).

5 Ian Lilley 2:20.07 debut
9 Gary Sullivan 2:34.87 debut
10 Mike Mann 2:42.55

400m race 2

With the timetable well behind schedule, Wayne waited around for hours (after 6.30pm!) to run a 400m. Multiple false starts because of a dodgy starting gun had played havoc all afternoon and sure enough Wayne's race suffered too.

He was also, in his own words, 'stitched up' with lane eight. Despite all that, and having the earlier 800m in his legs, he ran 55.06 in only his second ever 400m. Apparently, by half past six his heart wasn't really in it. Well next time Wayne, do a 400 while fresh and make sure your heart is in it. I'm looking forward to that…….

6 Wayne Lashley 55.06

July 26th

Ally Pally

93 ran

9	James Wicks	21:47

Ashton Court

235 ran

91	Kim Hainsworth	25:36

Brockenhurst

71 ran

31	Sharon Erdman	25:35

Brockwell

184 ran

23	Mark Foster	20:07
118	Desmond Edwards	24:41
159	Sarah Lyness	28:59

Bromley

391 ran

90	Colin Frith	22:47

Burgess

112 ran

11	James Charles	20:27
66	Barry Evans	25:34

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.

Crystal Palace Parkrun 200th run !

This Saturday 2nd August
Come along and celebrate the bicentenary run
There will be edible goodies to re-charge yourself after the run !

Cannon Hill, Birmingham

373 ran

62	Ange Norris	21:39

Crystal Palace

125 ran

15	Paul Hodge	21:15
34	Bob Bell	23:18
80	Barry Graham	28:02

Dulwich

153 ran

19	Jim Dowsett	20:00
25	Simon Burnett	20:29
29	Ajay Khandelwal	20:56
35	Joseph Brady	21:28
37	David Bell	21:35
54	Mark Muffett	22:56
58	Ian Sesnan	23:21
92	Mick Mead	26:01

Graves

175 ran

8	Rob Cope	20:08

Newark

156 ran

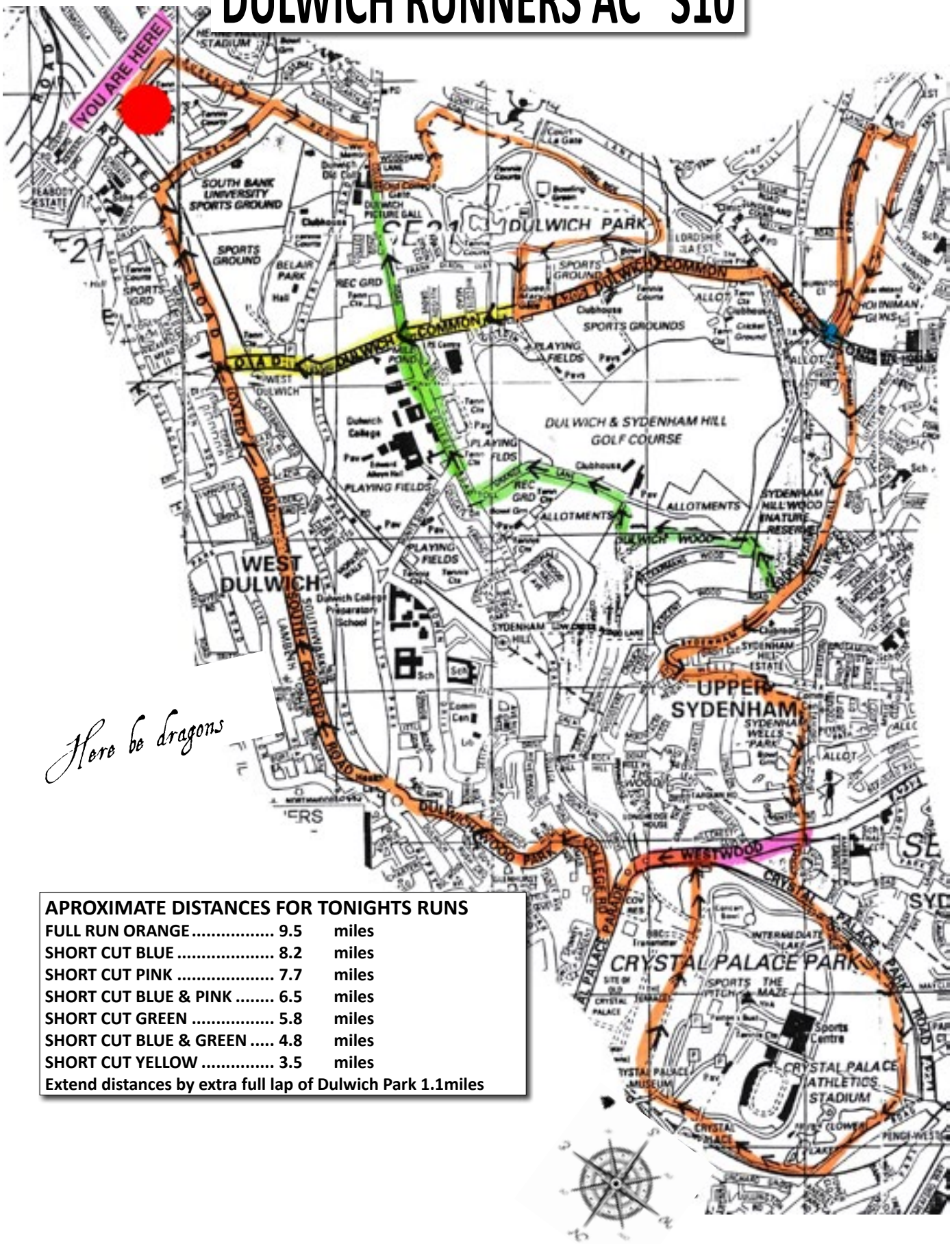
21	Martin Morley	23:44

Peckham Rye

67 ran

3	Piers Vernon	20:07
6	Gideon Franklin	20:42
7	Emma Ibell	20:44
8	Ross Rook	20:47
16	Michelle Lennon	22:45
59	Susan Jane Vernon	31:10
66	Chris Vernon	42:10

DULWICH RUNNERS AC S10



APROXIMATE DISTANCES FOR TONIGHTS RUNS

FULL RUN ORANGE	9.5	miles
SHORT CUT BLUE	8.2	miles
SHORT CUT PINK	7.7	miles
SHORT CUT BLUE & PINK	6.5	miles
SHORT CUT GREEN	5.8	miles
SHORT CUT BLUE & GREEN	4.8	miles
SHORT CUT YELLOW	3.5	miles

Extend distances by extra full lap of Dulwich Park 1.1miles

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT