SHORTS

Dulwich Runners AC
Weekly Newsletter
June 17th 2015

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

- THE COMING WEEK –

Wed 17 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 20 Track or Hill Session - see article below
Sun 21 Ranelagh Richmond 10k Club Champs race
Tue 16 Track Session - Dulwich College Track
7 for a 7:10pm start £1 per session...see below

TRACK SESSIONS

at Dulwich College Track

Tuesdays with Steve Smythe & Elkie Mace

Improve your speed & strength over all distances, suitable for all standards and abilities.
Be warmed up ready for the session to start at 7.15

TRACK or HILL SESSIONS

while I won't always be in attendance there is likely to be an organised track or hill session at Dulwich every Saturday leading up to the club mile.
It will probably be at 10am though will give confirmation and fuller details later in week.....

Suitable for all speeds, It is recommended that you don't run a parkrun quickly before the session!
Additional details will be on the DR facebook page later in the week. ***- Steve Smythe***

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 !

After your run 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)

In your SHORTS this week !

1... General information
4... 2015 Dulwich Runners Club Champs races diary
4... Fixture list, club champs,XC, road, track
5... Race reports and results
8... Parkrun results
9... Track Open Meetings
10... Wednesday night routes map

And much more !

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

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list **page 4**

June 21 Ranelagh Richmond 10k
June 24 Dulwich Runners Midsummer 5k

NEW RUNNERS ROTA

Many thanks to **Mike Mann and Ebe Prill** 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**

Ian Sesnan	**17/06**
Jo Shelton	24/06
Tom South	01/07
Katie Styles	07/07

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

SOCIAL SPOT

SPOT

Glad that everyone enjoyed the first social of the year at Surma. Now that we have the lighter evenings and nicer weather watch this space for social updates..... ***Matt Ladds***

June/July

Summer Picnic - Date/Venue TBC

Mark Hayes Mile Drinks - Friday 10th July
After the club mile, come along for a drink at The Alleyns Head.

Always open to suggestions/requests so feel free to drop me a line or grab me when I'm down the club matthew.ladds@uk.zurich.com
Thanks - Matt

UPDATE ON JOSE

José is now at at Stanmore RNOH and is able to speak :-) he would welcome visitors.
Visitors are limited to two at a time, with priority to family.
Visiting hours are 09:00 to 21:00 (except 12 - 2 pm and 19:30-20:00).

I can't manage an effective booking service so if visitors get there and someone else is already visiting then the best coffee is available up at the swimming pool.

Please do contact me if anyone wants an update before visiting.

Thank you for all your best wishes,

Katie katherine.barretta@yahoo.com

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

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

Hello

I am writing to let you know about a research opportunity that may be of interest to you or your members. I am a PhD Student working as part of a research team at the London Sport Institute within Middlesex University. We are currently recruiting recreationally active males (18-50 year old) with an expected marathon completion time of 4 and a half hours or less to investigate the effects of cryotherapy and/or cherry juice supplementation on markers of muscle damage, pulmonary inflammation, respiratory symptoms and recovery following a 26.2 mile running race.

Participants will be asked to attend our labs at Allianz Park on 3-5 separate occasions in order to complete the testing between June and August 2015. In lieu of payment for participation, we are offering free physiological testing (determination of running economy, lactate threshold, VO2 max, total body composition (via DEXA), and lung function) to all participants who complete the study.
These tests usually cost over £500, are routinely utilised by Olympic athletes If you or any of your member might b.e interested please contact: mdxmarathon@gmail.com

Thank you very much.

Kind regards - Laura Wilson

DULWICH RUNNERS MIDSUMMER 5K

THURSDAY 25 JUNE -5k at 7.45pm, 1 mile junior run at 7.15pm

Thank you everyone who has offered to help at the 5k .
I think we now have enough for marshalling etc., so if there is anyone who would like to run we would welcome DR entries.

Also encourage children under 13 to enter the mile fun run

Thanks - Ros

Ola Balme - Deep Tissue, Sports & Therapeutic Massage

Just to let you know that I offer .....

Pre event massage - help to help ward off injury

Post event massage - to soothe and ease fatigued and tired tissues
Maintenance massage - to loosen tightness within soft tissues so as to improve performance and prevent injury
You can also benefit from learning appropriate stretches

Ola is an experienced Sports Massage Therapist.
To find out more: ola.balme@btinternet.com
07506 554004

http://www.hernehillsportsmassage.co.uk

LUCKY VEST

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

Dulwich Runners 2015/16 Fixtures

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

Cross country and other races for 2015/16 have been announced.
Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

Date		Race		Venue
Jun	21	Ranelagh Richmond 10k	medium	Richmond
Jul	2	Assembly League The Dome North Greenwich 7:30pm		The Dome, Nth Greenwich
Jul	10	Mark Hayes Mile	short	Dulwich College Track
	30	Assembly League Victoria Park 7:30pm		Hackney
Aug	Mon 31	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	3	Assembly League Beckenham Running Club HQ 7:30pm		Beckenham
Sep	19/20	SEAA Road Relays		Aldershot
Oct	4	Middlesex 10k	medium	Victoria Park 10:30
	10	Surrey League match 1	men	Wimbledon Common
	10	Surrey League match 1	women	Nork Park
	17	Surrey Masters (tbc)		Richmond
Nov	1	Cabbage Patch 10	CANCELLED	CANCELLED
	7	Surrey League match 2	men	Walton
	14	London Champs		Parliament Hill Fields
	15	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
	tbc.21	South of Thames 5 mile race, (date and venue tbc)		Denbies Vineyard
Dec	5	Surrey League match 2	women	Lightwater
	19	South of Thames championship		Tonbridge
		2016		2016
Jan	9	County Champs (Surrey & Kent)		
	16	Surrey League match 3	men	Reigate Priory Park
	16	Surrey League match 3	women	Reigate Priory Park
	tbc 30	South of England champs		Parliament Hill Fields
Feb	13	Surrey League match 4	men	Lloyd Park
	13	Surrey League match 4	women	Richmond Park
	27	National Champs		tbc

Cross country Club Champs Assembly League Misc. **A list of track meetings can be found on page 14**

June 21: Club 10km champs: Richmond

Note entries could soon be closed
Details: http://www.sportsystems.co.uk/ss/event/RanelaghHarriersRichmond10K1234
According to the website the following Dulwich Runners have been entered and entry is now 42.

SM (10): T Bowen, J Burrows, K Chadwick, T De Belder, P Devine, H French, A Haylett, JG Harrison, M Ladds, W Lashley
M40 (8): M Callaghan, R Cope, S Davies, J Dowsett, P Keating, I Lilley, C Lound, C Timmis
M50 (8): C Bailey-Wood, M Dodds, G Franklin, A Patel, E Prill, I Sesnan, S Smythe,G Sullivan
M60 (4): B Bell, M Mann, A Murray, B Nicholls
SW (5): C Baglin, S Benattia, K Hainsworth, L Long, K Styles
W40 (4): L Annable, C Pettigrew, N Richmond, J Shelton
W50+ (3): C Elms, R Tabor, C Wyngard

NB while I won't always be in attendance there is likely to be an organised track or hill session at Dulwich every Saturday leading up to the club mile.
It will probably be at 10am though will give confirmation and fuller details later in week.

Date for your diary:
Aldershot Road Relays 19/20 September 2015

The SEAA Road Relay Championships or 'Aldershot Relays' will be on 19th (women) and 20th (men) September 2015. These include separate senior and veterans categories and we usually manage to get a few teams out for what is a great day out. We'll be sorting out the entries later in the summer, but for now mark this in your diaries.

7Oaks7 race entry now open

This year the 22nd 7Oaks7 run will be held on bank holiday Monday, 31 August 2015

Fee again unchanged: £11 Affiliated / £13 Unaffiliated / £15 On the day (subject to availability)

A course map, race notes, and other entry details can be found at: http://www.7oaks-ac.org.uk/sevenoaks-7

Dulwich Runners 2015 Club Championships

Once again the races will be split into 3 distance categories. As the 3 long events fall within a 6 week period, we have added the Cabbage Patch 10 as an additional long race to accommodate those who may be injured during the spring. Details of scoring rules to follow.
Races still to come are :

21 Jun	Ranelagh Richmond 10k (medium)
10 July	Mark Hayes Mile, Dulwich College track (short)
31 Aug	Sevenoaks 7 (medium)
4 Oct	Middlesex 10k, Victoria Park (medium)
1 Nov	**Cabbage Patch 10 (long) RACE CANCELLED**
22 Nov	Epsom 10 (long) replacement for CP10 (tbc)

Assembly League Races

These races range from 3 to 3.5 miles in distance, are on road or on paths within parks and are suitable for runners of all abilities, including newly joined members. They take place monthly over the summer months with the April fixture starting at 7.15 and the remainder at 7.30.
They are free to enter
Races still to come:

2 July The Dome (North Greenwich)
30 July Victoria Park, Hackney
3 September Beckenham (Beckenham Running Club HQ)

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 .

ESAA Track & Field Cup Regional Round

Ashford, Kent 10 June

6 800m Oscar Hussey 2.13.1 PB
12 Triple Jump Oscar Hussey 10.72 PB
26 in two 800m races made it an interesting start which accounted for the 63 second first lap! Impressive results service as the full results for the track meet between 13 schools were up online one hour after last event.
Duncan Hussey

Amba Hotels City of London Mile 14.06.15

This was the second running of this free event put on by the City and people associated with Run Fast and the Running Works shop.
There were many race waves at around 10 minute intervals, for women, juniors, elite and mixed general runners. The course has a great start and finish, by St Paul's with its bells ringing, and heads east to the Bank of England and back after several turns in the second half of the course. At the start runners have half the road and an early bend created a pinch point, with some later crowded points near the turns.
Although the weather was drizzly there was pre/post race shelter (and toilets) in the shopping mall we ran past. The baggage marquee was too small, leading to delays in retrieving but overall it was a great event to take part in for free. Thanks to Steve S and Clare E for supporting.
Andy Murray

Wave 2 (188 ran)
24 James Burrows 5:21
122 Mel Edwards (2nd claim) HHH 5.53

Wave 3 (187 ran)
117 Andy Murray 6:21
125 Ian Sesnan 6:27
155 Graham Laylee 6:36
Andy slow at start, overtook steadier Ian and Graham in second half.

Women's mile (187 ran)
12 Ros Tabor 6:26
Fast start, fading a bit later. Nell McAndrew came 2nd.
[Mel Edwards also ran this, perhaps under 5:50, but only her first run is in the results]

SOUTHERN VETS LEAGUE, HILLINGDON, 7 JUNE

At the far end of the Metropolitan Line, this was the furthest flung away match of the season and HHH did well to achieve overall wins for both men and women. The women's win was a first and assisted in no small measure by the presence of Claire Steward as a W60 competing in three events.

Nicola was able to win her W35 B stream 800m and W35A stream 3000m races without extending herself too much. Claire's most notable and surprising effort was her 200m where she displayed her sprinting credentials to good effect to narrowly miss a 2nd place as she ran out of track in a fast finish.Earlier she finished 2nd in the 800m and was rather more in her element in the 3000m.

Lloyd had a strong run in his 800m to finish 2nd M35 A stream and later made his 3000m debut as a non-scorer, lapping me as he finished in the home straight, though feeling that he had started off in far too leisurely a fashion.

My own races were a bit of a struggle as I was not fully recovered from my two efforts the previous day. My 800m was only fractionally faster than my training rep at Crystal Palace on Saturday and my finishing time in the 3000m was some 15 seconds slower than my 3km split in my 5000m the day before at the Surrey Masters champs. I can console myself that I was only running for points. And what do points mean? If we win our division, which we have managed in recent years, that means a place in the final at Ashford in September. ***Mike Mann***

Women's Events
200m
Claire Steward 37.1 3rd W60
800m
Nicola Richmond 2:49.6 1st W35B
Claire Steward 3:05.6 2nd W60
3000m
Nicola Richmond 11:55.1 1st W35A
Claire Steward 13:10.9 3rd W60
Men's Events
800m
Lloyd Collier 2:05.9 2nd M35A
Mike Mann 2:44.5 2nd M60
3000m
Lloyd Collier 10:06.4 non scorer
Mike Mann 11:44.1 2nd M60

AXA Estivales, Watermael-Boisfort, Brussels, 14 June, 13.8km

While Clare went off to Wales for a velothon I stayed in Belgium over the weekend for this trail race.

Close students of 'Shorts' - that's all of you, right? - may recall the two of us doing the 'AXA Hivernales' at the opposite end of the year. Well, this is the summer equivalent but using a slightly longer course - not sure why - of 13.8 km as opposed to 12.8. It's the same story, though, of undulating woodland, exhausting at times but exhilarating too, with the tree cover of this season offering some welcome protection from, if not quite a hot morning, a pleasantly warm one, nonetheless.

It's certainly an interesting concept to stage more or less the same race in completely different weather conditions. Thus far Clare and I have done two 'Hivernales' each but neither of us had managed an 'Estivales' until now.

I was pleased to scrape not only under 70 minutes but also into the top 200 finishers. As such I was getting on for 6 minutes outside my last 'Hivernales' so was proportionately a little slower. I could have sworn I ran better this time too. However there was a bit of queuing where I was, about a third of the way down the field, to get through a couple of barriers stopping bikes from speeding which I don't recall from the winter so that might explain it.

They're obviously positioned, too, just where, not only bikes, but runners as well would be picking up speed, which was frustrating, but this is a minor gripe. The overall experience was very good and all for 7 euros, which must be under a fiver at present rates, and with superb facilities at the AXA HQ and a small 'cadeau' thrown in too. ***Mike Dodds***

193/642 Mike Dodds 1-09-58 (30/102 MV50

A busy week !

Which started with Vets AC in Uxbridge Monday night. Having mid-judged just how slow the Metropolitan line is, my 800m warm-up was a trot to the track from the station in Jeans!
An hour later, to avoid getting cold while waiting for my lift (almost) home I did something I swore never to do (run more than 4 laps of the track in one go).

800m 2nd	2:05.9
3,000m N/S	10:06

Weds it was a gentle cycle to Wimbledon for Rosenheim where the state of the facilities hasn't improved at all... Only to find I was the 400m scorer as no one else had turned up. Abs delighted with a massive 1% improvement. Followed by another 3,000 - just to check I had actually enjoyed the last one.

400m 4th	55.5
3,000m N/S	9:48.0

Friday I cycled to the 35m to Tunbridge Wells ready for the weekend.

Saturday was my first ParkRun win in TW (No one else showed up!)

And Sunday was the Blenheim Palace Sprint Tri where I came a reasonable 126th (4,100 finishers) including 50th in the run. 1:21:19 all in.

phew!
Lloyd Collier

Concorde 5 miles 14th June 2015

We have supported this race since about 2004 now and it is only just off Junction 3 of the M4 so relatively easy to get to. It still takes the award for the best showers and changing facilities of any race we've been to, with the bonus of a Sunday roast to refuel afterwards! All finishers receive a medal which takes the form of a horse brass featuring the stylish but sadly defunct Concorde. It's not every race you are given a memento like that!

A couple of years ago it changed from its original 10km route to a 5 miler but much of the original course remains intact. Whilst there are a fair few twists and turns, it's relatively flat and on a mix of suburban and country roads.
In contrast to Barrie who has been setting PBs of late – either outright bests or certainly his fastest time in a few years, I have had a disappointing year so far.

The club champs have all been affected by something or other – illness at Sidcup, sprained ankle at Paddock Wood and arriving back from S. Korea the day before the club 2 miles! I was hoping for a good race at the Concorde 5m after a consistent block of training but that was before I fell playing tennis and broke my wrist! The Assembly League report last week omitted to mention that I had done that run with a broken wrist and indeed incurred just 2 days before!
The only way I can run relatively pain-free is to tuck the arm close to me so I am running in a strange one-armed fashion feeling somewhat unbalanced and with a subsequent loss of power. I've decided as a consequence to keep up the running but forget the times.

The race on Sunday was a good workout and I pushed as hard as I dared whilst Barrie recorded a great time, not too far off times he set several years ago. Another bonus to the venue is a large sports field to do a cool down on. Several of the faster guys looked like they were doing a number of laps to up their mileage, as it must be about a mile in circumference.
After our cool down and a lovely hot shower we tucked into a Sunday roast and rounded off our day watching a cricket match for a while.
We hope to be back next year and it'd be nice to see more DRs support the race.
38 Barrie John Nicholls
38:18
56 Lindsey Annable
41:18
90 ran
Lindsey Annable

Blackheath & Bromley Open 8 June

1500m

Having earlier seen Lewis Laylee set a fine PB in the 800m, it always seems a bit of an anti-climax to wait until 9pm on a slightly chilly evening for the last races of the day. However, although they seem low key, many times set were leading marks for age categories in the country.

So it was a fascinating spectacle seeing the U15&17s set off at a high pace whilst the sinewy MV50s behind did battle with the two leading U13 girls in the country. Such was the head to head nature of the battle that in beating her close rival, Ellie Dolby regained the leading time of the year by a mere 0:15 seconds. Pulling her round was Ebe who sensibly didn't go with the leading pack and, in so doing, set a seasons best on his way back from his spring marathon.

Oscar's aim meanwhile was to set a new PB and to take the first lap in 75. Even though holding back from one of his colleagues, he still went through in 70 whilst at the same time trying to slow down. The early pace caught up with him slightly in the last lap but he still gained a 6 second PB, with hopefully more to come later in the season.

Duncan Hussey

6	Oscar Hussey	4:43:12 PB
8	Ebe Prill	4:52:33 SB

13 ran

In race two, Andrea continued her good recent form picking up a number of her younger rivals on the last lap.

10	Andrea Pickup	5:24:39

14 ran

Southern Counties Veterans AC Track & Field League Kent Division Norman Park 12 June

Competing for Cambridge Harriers:

200m

W35A	Emily Gelder (W40)	3rd	30.5
W35B	Cara Oliver (W40)	3rd	33.4
W60	Ros Tabor (W65)	2nd	35.2

1500m

W35A	Emily Gelder (W40)	3rd	5:08.5
W50	Ros Tabor (W65)	1st	5:58.3

shot putt

W35	Emily Gelder (W40)	6th	3.48

javelin

W35	Emily Gelder (W40)	2nd	17.89

and competing for Blackheath and Bromley Harriers

1500m W35B	Andrea Pickup (W45)	1st	5:11.3

Ros Tabor

June 13th

Amager Faelled

62 ran

Pos	Gen		
5	5	Sam Crump	20:14

Barking

67 ran

Pos	Gen		
1	1	Kim Hainsworth	19:36

Bexley

248 ran

Pos	Gen		
5	5	Michael Fullilove	20:14

Bromley

483 ran

Pos	Gen		
49	47	Andy Murray	21:12
85	81	Chris Goodman	22:31
272	225	Peter Jackson	27:04

Burgess

143 ran

Pos	Gen		
26	25	Matthew Ladds	22:00
45	39	Paul Keating	23:14
92	59	Barry Evans	27:16

Crystal Palace

178 ran

Pos	Gen		
11	10	Andy Cottrill	20:12
52	47	Paul Hodge	23:16
63	8	Belinda Cottrill	23:49
66	58	Bob Bell	24:06

Dulwich

248 ran

Pos	Gen		
15	15	Simon Burnett	19:13
33	32	John Fletcher	20:40
55	50	Ian Sesnan	21:33
59	54	Graham Laylee	21:40
66	6	Lucy Clapp	21:52
73	8	Michelle Lennon	22:28
94	16	Laura Vincent	23:11
117	94	Mark Muffett	24:19
126	101	Mick Mead	24:53
140	30	Sharon Erdman	25:15
178	52	Stephanie Burchill	27:05

Fulham Palace

246 ran

Pos	Gen		
26	25	Robert Campbell	19:37

Gunnersbury

This was the largest parkrun I had been to with 328 people gathered in a field at the start addressed by a lady with a megaphone who asked if there were any tourists and where they have come from. I said Peckham Rye and someone else Huddersfield. Many of the runners were from Ealing Eagles and West 4 Harriers. It is a figure of 8 course starting and ending on the side of a hill. It was interesting to have sight of the front runner and lead bicycle for some time. It is well marked with signs every kilometer

328 ran

Pos	Gen		
21	18	Gideon Franklin	20:43

Peckham Rye

Pacers Wanted

June 20th will see Peckham Rye parkrun become 1 year old, this will be a great chance to promote club membership while getting all the regulars to a Personal Best.
The Peckham Peculiar newspaper which goes to around 4000 readers around Peckham/Nunhead & East Dulwich area will be in attendance taking photos and interviewing runners.
I am aware its the day before club champs so please offer to pace a time a few minutes slower than your normal pace. I would like to fill all times from sub 20 to sub 35. Dulwich vests are a must however Charlie Lound has kindly offered to bring printed numbers for everyone

Email me at Kevchadwick@googlemail.com if interested or see the Facebook post

102 ran

Pos	Gen		
66	17	Claire Barnard	27:00

Richmond

316 ran

Pos	Gen		
75	65	Barrie John Nicholls	23:43
143	30	Lindsey Annable	26:10

Riddlesdown

164 ran

Pos	Gen		
15	1	Ange Norris	21:21

Royal Tunbridge Wells

134 ran

Pos	Gen		
1	1	Lloyd Collier	19:06

St Peters, Sydney, Aust.

329 ran

Pos	Gen		
148	29	Penelope D'arcy Graham	25:52

Wimbledon Common

371 ran

Pos	Gen		
4	4	Mark Callaghan	17:38

Woking

208 ran

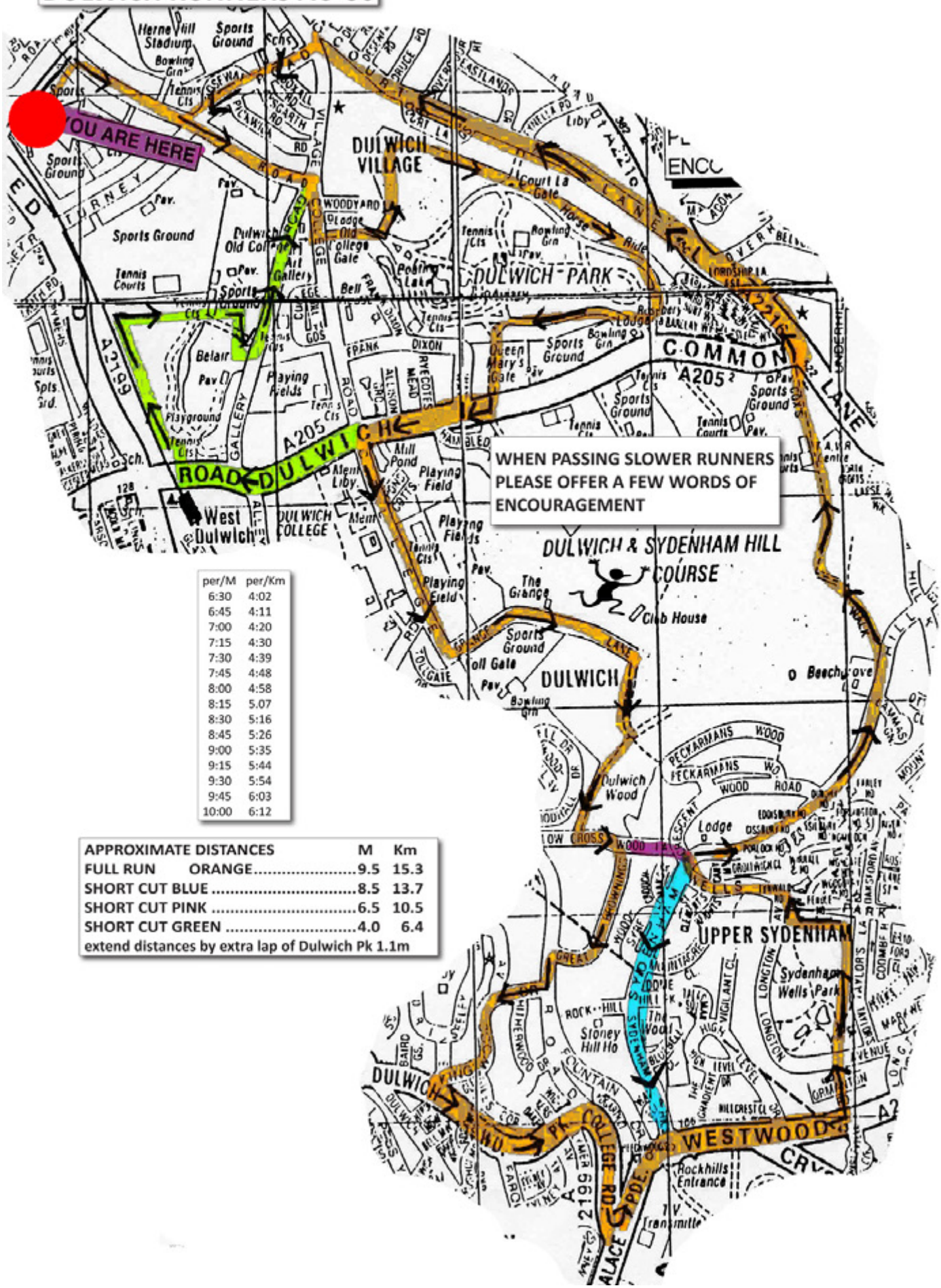
Pos	Gen		
24	21	Nicholas Brown	20:58

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.

Day	Track / Location	Event	Host	Website
June				
Sat 20	Tooting	SML	HHH	
Mon 22	Battersea Park	SCVAC		
Wed 24	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
July				
Wed 1	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Wed 1	Battersea Pk	Rosenheim		
Sat 4	Tooting	SML	HHH	
Mon 6	Mile End	Open	Just Timing	http://justiming-live.co.uk/mile-end2015.html
Tues 7	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Sun 12	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Mon 13	Perivale	SCVAC		
Mon 20	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Wed 22	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Wed 22	Tooting	Rosenheim	HHH	www.hernehillharriers.org
Sat 25	Tooting	Open	HHH	www.hernehillharriers.org
Sat 25/Sun 26	Birmingham	British Masters		
August				
Sat 1	Eton	SML Final		
Mon 3	Mile End	Open	Just Timing	www.justiming.co.uk
Tues 4	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Mon 10	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Wed 12	Kingsmeadow	Rosenheim Final		
Wed 19	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Wed 26	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Sat 29	Tooting	Open	HHH	www.hernehillharriers.org
September				
Sun 5	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Sun 6	Ashford	SCVAC Final		
Wed 9	Parliament Hill	Open	Highgate Harriers	www.highgateharriers.org.uk
Sat 12/Sun 13	Erith	Kent Masters Champs		http://www.kcaa.org.uk/fixtures.htm
Wed 16	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html

DULWICH RUNNERS AC S6



per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

APPROXIMATE DISTANCES	M	Km
FULL RUN ORANGE	9.5	15.3
SHORT CUT BLUE	8.5	13.7
SHORT CUT PINK	6.5	10.5
SHORT CUT GREEN	4.0	6.4

extend distances by extra lap of Dulwich Pk 1.1m