SHORTS

Dulwich Runners AC
Weekly Newsletter
April 22nd 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 22 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:10 start. Showers, Bar.

Sun 26 London Marathon

Tue 28 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

Improve your speed & strength over all distances, suitable for all standards and abilities.
Be warmed up ready for the session to start at 7.10.
Make your way to the track and pay Steve Smythe your track fee £1 week.
Post London Marathon, the summer sessions will start at **Dulwich College track on Tuesday 28th April. Start warm-up at 7pm and ready for session to commence at 7.10pm.**

Next meeting of the DR Committee
The next meeting of the Dulwich Runners' Committee will take place on Thursday 30th April.
If you have any matters which you would like the Committee to discuss or consider, please email me on secretary@dulwichrunners.org.uk by Monday 27th April.
Many thanks.
Yvette Dore
DR Secretary

In conclusion to our members survey the committee has decided to:

a) introduce a more formal way for participants on Wednesday night to run together at a set pace. We have started this already, as those who were at the club will have noticed.
In the introduction to the clubrun the different pace groups will be pointed out.

b) from Wednesday the 29. April on we will start the clubrun at a later time of 7:30 pm. We will test this for three months and decide then if we continue with the later start time.

In your SHORTS this week !

1... General information
3... Pre London Marathon round-up
4... ***New*** - Social Spot - coming social events
4... 2015 Dulwich Runners Club Champs races diary
5... Fixture list, club champs,XC, road, track
6... Race reports and results
9... Parkrun results
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**

26 April London Marathon

NEW RUNNERS ROTA

Many thanks to **Laura Lane** 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**

Graham Laylee	**22/04**
Alastair Locke	29/04
Charlie Lound	06/05

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**

Click above for this weeks Wednesday night map, which is on the last page of Shorts.
Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse - Thanks

DULWICH RUNNERS MIDSUMMER 5K

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

Please make a note of this date in your diary

Our annual 5k fundraising run is back in Dulwich Park this year.

We will need around 30 marshals to help:

- Set out the start and finish area
- Control traffic to the car park
- Direct runners on the course
- Record finishers' numbers and times
- Give out medals and water at the finish

Please contact Andy or Ros if able to help.

d10k@28kerfield.freeserve.co.uk

If you wish to run please let us know but offer to marshal first.

Once we have enough marshals we can advise DR volunteers who wish to run.

We also need publicity – putting posters up at leisure centres etc, social media messages.

Race website http://www.dulwichrunners.org.uk

2015

NB for this sunday's marathon, start times are
9.00 wheelchair race
9.05 paralympic ambulant race
9.20 elite women
10.10 elite men, UK champs m/w, mass start

We usually meet after the race in the Marquis Chandos Place, WC2N 4HS.
As the main race doesn't start until 10.10 the earliest we can expect our runners is 13.00????

We do encourage everyone who isn't running to come and support club members - it does make a difference, and it's a good day out too.

Some of our runners and their plans !

in the order the information was recieved

Andy Murray club vest. A bit injured so about 3.40

Selma Benattia I'll be doing the marathon wearing a UK Cancer Research Vest with my name on it. To be honest since its my first marathon I'll be happy to finish back in one piece:) I' d go with 3:45 but could be 60 hours who knows :)

Eberhard Prill Ha, whoever is at the pub at 13.00 should get a free pint! I'm not planning to be there much before 2 pm even if I manage my first sub3. Maybe a massage first?

Lucy Cartlidge This is the charity vest I'm going to be running in. Time - very similar to Selma re 60 hours !

Shona McIntosh Dulwich vest, hopefully in around 2.40

Laura Long I'll be running and will be wearing the club vest.

Charlie Lound Running in club vest #1139. Time 2:45.. or 60 hours or bust !

Steve Wehrle 5 hours for me this year!

Patrick Mcmorrow Club vest - round about the 4 hour mark.....or Monday morning or 60 hours !

Gideon Franklin Dulwich Runners vest. I hope to finish in under 3:30. Patrick and I are both running the for the Dulwich Runners charity of the year, Dulwich Helpline, which currently features us with photos of us in our Dulwich Runners shirts. http://www.dhscc.org/events.htm

Jim Dowsett Club vest- who knows what time, just get myself around.

Kev Chadwick Heres my outfit.....

Stephen Davies Running in club vest. Setting off for 2.50 but would be happy to hang on for sub 3 if I have a challenging second half...or 60 hours...

Steve Smythe plan had been to go to third on this list and run sub-3 http://www.arrs.net/TR_SSpan.htm and until a month ago, it was looking highly likely after four months of good training but a back problem followed by calf issues in both legs and this week a heavy cold and bronchial infection means even sub-4 or finishing might be a challenge.

GOOD LUCK TO ALL OUR RUNNERS !

SOCIAL SPOT

POT

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***

May

Post Marathon Season Social - Friday May 8th - 7pm
Unfortunately I have had to cancel the "Boozy Brunch" I had planned as I've had something come up that weekend, however never fear I have arranged some drinks on the Friday night instead. The plan is to start in The Plough (by Dulwich Library) and finish up in The Bishop (further down Lordship Lane) as it's open late! I will get an area booked, no need to RSVP as very casual but let me know if you see me if you plan on popping down so I can get an idea of numbers so we have a big enough area reserved at The Plough.

Pizza/Pasta Night - Date TBC - Rocco, Dulwich Village
More details to follow shortly on this....

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

CRAGHOPPERS BLUE GILET - Chris Vernon writes:
Did anyone go off with my Craghoppers gilet last Wednesday? I left it at the club and can only assume that someone took it by mistake. Please email me at vernonrun@aol.com if you have it. Thanks.

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

Dulwich Runners 2015 Club Championships

Some of the earlier races have already been advertised, with the remaining ones held back as dates have yet to be confirmed. Although this still remains the case, we have decided to issue the complete list which will be updated with confirmed dates once these are known.

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.

31 Jan	Dulwich parkrun (short) (completed)
8 March	Sidcup 10 (long) (completed)
29 March	Paddock Wood half marathon (long)
26 April	London Marathon (or alt. marathon) (long)
1 June	Battersea Park 2 miles (short)
21 June	Ranelagh Richmond 10k (medium)
10 July	Mark Hayes Mile, Dulwich College track (short)
31 August	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

This year's series of Assembly League races starts shortly - see the fixture list below.
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.

9 April Beckenham (Beckenham Running Club HQ)
7 May Victoria Park, Hackney
4 June Battersea Park
2 July The Dome (North Greenwich)
30 July Victoria Park, Hackney
3 September Beckenham (Beckenham Running Club HQ)

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 .

Club champs update:

Note the confirmed details of the 2 miles race is June 1st at Battersea Park.
Proposed as an alternative to the cancelled Cabbage Patch will be The Epsom 10 all details to be confirmed.

Date		Race		Venue
Apr	26	London Marathon (or alt. marathon)	long	London
May	7	Assembly League Victoria Park 7:30pm		Hackney
Jun	1	Battersea Park 2 miles	short	Battersea
	4	Assembly League Battersea Park 7:30pm		Battersea
	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**
	tbc 22	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
Dec	5	**Surrey League match 2**	**women**	**Lightwater**
		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.**

.....Races to look to in May

Sunday 10th May
Sutton Runners 10k
Nonsuch Park and will be the second race of the 2015 Surrey Road
League.
enter quickly to avoid disappointment,
the link to our on-line entry is:
http://www.suttonrunners.org/sutton_10km/

Saturday May 16
British Masters Road Relay Championships
Sutton Park, Birmingham
Traditionally we put teams in for this and the captains will be asking around so we can get strong teams out. We have won golds in W35, W45 and W55, medals in M55 and placed highly in M35 and M45.
The women's race (separate medals for W35 (4 legs), W45, W55, W65 (each 3 legs) starts at 10.30am, the M55 (3 legs) and M65 race (3 legs) is at 12.15pm and the M35 (6 legs) and M45 (4 legs).

GREEN BELT RELAY 16/17 MAY: URGENT APPEAL FOR RUNNERS

Thanks to those of you who came forward in response to the recent appeal for runners. Following some further withdrawals, we are short once gain, so if you are free that weekend, please get in touch (note that you will have to run on both Saturday and Sunday). mcmann90@yahoo.co.uk

Monday May 25
Bupa London 10,000
This race includes the UK road race championships and the club gets 6 free men's and 6 free women's places.
The race is run over a fast traffic-free course through Trafalgar Square and along the river and places go to the six fastet men and six fastest women available. If you can do, let Steve Smythe know on steve.smythe@athleticsweekly.com who will advise the captains who will select the team.

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 .

Manchester Marathon

Sunday 19th April

Sharon, Natalie, Des and I joined Dulwich runners at virtually the same time just over a year ago, and it was with some trepidation that we found ourselves celebrating our Dulwich Runners Anniversary on various Virgin trains bound for Manchester.

I had run two previous marathons joining just after Brighton 2014, but the other three were approaching Manchester as first timers and were the expected bundle of nerves and excitement.

Things didn't go entirely smoothly on arrival thanks to an overhead emergency on the Altrincham tram line into Old Trafford and race village. Having smugly got a 50 pounds for two nights deal at the Altrincham Travelodge, the greatest laid plans came grossly unstuck and I made up the difference in hotel cost over a variety of taxi journeys.

Thankfully they finally managed to fix it around midnight and it all worked smoothly the following morning. Sharon had a slightly more problematic journey to the start as the thirty people queuing in her hotel lobby discovered the promised hotel shuttle to the start only had eight seats.... So she walked!
Once we were underway we all had a fantastic race. Conditions were perfect being slightly cooler than earlier in the week, with the sun making a welcome appearance for the last hour. I was unsure exactly what pace to start on but going on comfort settled into about a 8:45 average, making the decision to drop to closer to 9 after the halfway point and another ten seconds or so slower for the last couple of miles. Needless to say I was delighted to cross the line in relative comfort at a chip time of 3:52:41 having only run the second half three minutes slower than the first.

The race felt almost equally hard work all the way through, rather than my past experiences of falling apart around the 18 mile point and was a huge PB shaving 28 minutes off what I ran in Brighton last year. I generally struggle with endurance so felt that this was about as good as I could have managed this year, yet bodes well for an attempt at a sub 3:45 good for age time next year.

Des had a great first marathon coming in at a chip time of 3:59:23 for a sub 4 finish. He was fairly astonished by the oddities that surrounded him in the race including someone who was stopping to do press ups from time to time. If you can do press ups mid marathon, I think it's generally a pretty fair indication that you're not trying hard enough at the running part. Sharon and Natalie ran the first 16 miles together which proved to be a good strategy for both of them, each of them ensuring the other didn't get too carried away pacing the first part of the race.

At the 16 mile point Sharon went on ahead and finished strongly in 4:22:26 having not stopped once, and Natalie was not far behind with 4:34:51 although with some knee discomfort in the latter stages. Both finished with huge smiles on their faces and some tentative promises have been made for marathons next year! ***- Laura Vincent***

(position and chip time)

3757	Laura Vincent	3:52:41
4429	Des Edwards	3:59:23
5656	Sharon Erdman	4:22;26
6304	Natalie Davys	4:34:51

7843 ran

The Ashford & District Marathon, Sun 19th April

Following a last minute decision to enter, mainly as long run motivation, I headed down to Kent and signed up on the Sunday morning.

This was the first running of this rural marathon and we set off along quiet lanes surrounding Ashford, Westwell and Charing with a section along the Pilgrims Way.

It was perfect weather (I hope it will be the same for everyone running London this weekend) and the scenery was beautiful, we had to divert around a flock of sheep at one point (this definitely won't be a feature in London)!

The course was two laps, with an extra little loop that meant we faced the biggest of the hills on this undulating route three times. It did bring back memories of the Tadworth 10 from earlier in the year!

This was a training run - my goal was to keep as close to 8 minute miles as possible and to speed up at the end if I had the energy. All went according to plan and I finished up with an average pace of 7.50, completing the first half in 1.44 and the second (with extra loop) in 1.41.

It was a small field, with just 85 runners in the full marathon but very well organised and with great marshalling from Ashford & District RRC. Having such a small number of runners meant that most of the run was alone, which allowed time to take in the scenery and relax.
I'm sure the event will grow next year and whilst this isn't a PB course, it is a nice, local alternative to a city marathon.

A few more long runs (I'm half tempted by an invite to run the London Marathon route backwards at 4am the night before), supporting all the runners at the VLM, a hilly half marathon in Devon and then to my target of the North Downs Way 50 on May 16th.

8 Rob Hollands 3:25:07
85 ran the marathon, 135 ran the half.

Vets AC 5 miles Battersea Park Tues 14th April

My early season so-so form continued here with a disappointing run in one of my favourite fixtures. I watched super-vet Ben Reynolds disappear up the road straight from the start and knew I'd just be slogging away for the next half-hour. So it proved, with Reynolds drawing away to a 44 second advantage, his 27:30 being one second faster than my PB here last year. Now if I can just regain that form.....

2	Tony Tuohy	28:14

Fuller's Thames Towpath 10

19th April 2015

It is a very scenic ten mile multi-terrain race along the Thames Towpath, incorporating the towpath between Chiswick, Richmond and Kew.
I enjoyed the race and was very pleased to have finished 1st woman, generous cash prize including a one night stay for two at any Fuller's Hotel or Inn.
I didn't spot other Dulwich Runners at today's Towpath 10.

39 Ola Balme 1W 67.51
Jill Easty had a good run.
525 finishers

Darent Valley 10k MT, Sun 19th April

This popular event has been running for over 20 years and the latest edition was bigger than ever with well over 600 runners taking part, including two Dulwich regulars back again despite the tough course and 8.30am start. The off-road section starts just after halfway and lasts only for about a mile but includes an uphill slog across a grass field and tracks down and through a farmyard, all mercifully dry and mud-free this year, before re-joining tarmac for the 'killer' hill during the fifth mile. Typically, at this point I slipped to 10th place doing my uphill pigeon-steps but got going again on the fast downhill sixth mile to move through to 7th for my best time here for four years – much better over this hilly 6.34 miles (according to Garmin) than earlier in the week at the flat and fast Battersea Park Vets AC 5 miles where I could only run a marginally faster pace. Mike had a good run too, a very similar time to last year, but missed out on the M60 first prize to a sprightly 61-year-old, five years younger than him.

- Tony Tuohy

7	Tony Tuohy	36:19	1st M50
95	Mike Mann	43:28	2nd M60

623 finishers

Sevenoaks Triathlon
19th April

Having signed up for a couple of Tris late last year in a flush of enthusiasm I hadn't fully thought through the training, cost of equipment (indeed the cost of the races themselves) or indeed just how poor I am at swimming.

So, Sunday was my first and was a combination of strange distances around hilly Sevenoaks and beautiful Knole park with a mercifully short pool swim [400m, 25k, 8.5k].

My transitions were glacially slow, swimming appalling, bike barely okay and run just about forgivable.

Loving the Orange Tri-suit however.. a new look for you all for the Club Mile maybe!
Lloyd Collier

Swim	8.22
T1	3.00
Bike	50.11
T2	1.38
Run	34.29
Total	1.37.42

14th V40 and 42nd overall

North Head Triathlon (Warringah tri club) Sydney 19 April

Only 50 locals did this low key but competitive and high quality race. My excuses are that I had borrowed kit (including a not very lightweight bike and bike shoes 2 sizes too big) and that this was the first triathlon of my season whereas it was the Aussies' last - but nothing could've propelled me into their league, admittedly!

The 750m swim was in the ocean off Collins Beach - a sheltered bay only accessible by one narrow road called "The Snake" which was 1km down to the beach (then a rocky track). The water was warm and clear but half the field still wore wetsuits. The Race Director had a gun which he didn't use to start the race – instead he told us it was to get us out of the water in case of shark sightings, reassuring eh?!

No surprise in Australia to find myself towards the back of the swim field - and that was more or less the position I maintained. After the steep 1km run uphill there was another undulating 2km run to transition. Definitely the longest transition ever. And sand in my shoes for the rest of the race, yuck!

The 20km bike leg was 6 laps of a reasonably flat road but with incredibly tight hairpin turns around cones so we were forever slowing down, or so it seemed. Then there was a 5km run along all of the bike course with an extra loop on a beautiful path with fantastic views which certainly helped to ease the fatigue I was now feeling. Even allowing for that fatigue, though, the times suggested it was perhaps a bit longer than 5k.

Overall a very enjoyable experience and probably the most scenic triathlon I have ever done, even including the European Champs in Kitzbuehl last year

9th/12 Clare Wyngard, 1-46-55 (swim 14-40 11/12, bike 1-05-50 9/12, run 26-24 7/12)

Hercules Wimbledon Young Athletes Open
Sunday 12th April

U17M 1500m
This was my first track race of the season and even though I was pipped on the line, I managed to come away with a 9 second PB.
2 Lewis Laylee 4:25.11 (PB)

Parkrun

According to the parkrun website, 148 different Dulwich Runner have run a parkrun at Dulwich
Mick Mead has done the most with 88 (no parkruns on any other course!) followed by Clare Steward on 66 and Chris Goodman on 60.
Of those who have run Dulwich, the most parkruns (all venues) are:
Bob Bell 192
Graham Laylee 172
Mike Dodds 165
Chris Vernon 153
Jim Dowsett 148
Claire Steward 135
Clare Wyngard 134
Martin Morlrey 132
Andy Murray 128
Colin Frith 121
Steve Smythe 120
Sarah Lyness 118
Ian Sesnan 116
Ameet Patel 113
Michelle Lennon 106
Kevin Chadwick 105
Sharon Erdman 105
Mike Fullilove 104
Lucy Clapp 102
Jozef Danko 101
Tony Tuohy 100

Next on the 100 list should be Ros Tabor (98) and James Wicks (96)
Clare Elms on 89 has won all her races.

(139 Dulwich Runners have done Brockwell)

Desmond Edmonds on 135 has never done Dulwich - 133 Brockwell and 2 others)

Think the other club runner who has never done Dulwich or Brockwell with major parkrun numbers is
Angie Norris who has done 198 - 153 at Riddlesdown and 35 at Banstead and a further 9 parkruns with 1 or 2 appearances. She has had 80 parkrun wins. ***- Steve Smythe***

April 18th

Banstead Woods

185 ran

Pos	Gen		
2	2	Tony Tuohy	17:30

Brockwell

294 ran

Pos	Gen		
37	37	Robert Campbell	20:35
44	44	Michael Mann	20:59
89	6	Lucy Clapp	23:18
115	104	Hugh French	24:22
145	123	Alex Haylett	25:06

Burgess

158 ran

Pos	Gen		
16	1	Kim Hainsworth	19:38
37	35	Hugh Balfour	21:50
133	40	Susan Vernon	30:12
144	99	Chris Vernon	35:10

Crystal Palace

163 ran

Pos	Gen		
6	6	Andy Cottrill	19:47
28	26	Bob Bell	22:50
41	3	Belinda Cottrill	25:52
78	16	Penelope D'arcy Graham	26:06

Curl Curl

I returned to this parkrun for the second weekend in a row during my extended stay in Australia and received a very friendly welcome back. I was about half a minute down on my first effort here but may have been holding something in reserve for a hastily arranged local triathlon on the following morning (see elsewhere in 'Shorts').

192 ran

Pos	Gen		
48	7	Clare Wyngard	24:04

Dulwich

228 ran

Pos	Gen		
8	8	Stephen Davies	17:03
15	14	Lewis Laylee	17:29
17	16	Mark Callaghan	17:54
28	26	Simon Burnett	18:51
50	43	Gary Sullivan	20:01
90	78	Graham Laylee	21:50
131	28	Claire Steward	24:03
153	118	Mick Mead	25:31

Finsbury

243 ran

Pos	Gen		
60	58	Andy Murray	22:10
71	6	Ros Tabor	22:28
78	72	Ian Sesnan	22:44

Fulham Palace

299 ran

Pos	Gen		
110	94	Barrie John Nicholls	22:57
130	24	Lindsey Annable	23:53

Orpington

132 ran

Pos	Gen		
10	1	Tereza Francova	21:14
51	43	Steve Wehrle	26:12

Peckham Rye

109 ran

Pos	Gen		
16	16	Rob Cope	20:34
15	15	Ebe Prill	20:34
22	2	Selma Benattia	22:20

Riddlesdown

167 ran

Pos	Gen		
19	4	Ange Norris	20:55

Roundshaw Downs

127 ran

Pos	Gen		
1	1	Alex Elms	18:23
2	1	Clare Elms	18:28
9	8	Stephen Smythe	20:10

Southwark

145 ran

Pos	Gen		
59	48	Paul Keating	23:24

York

458 ran

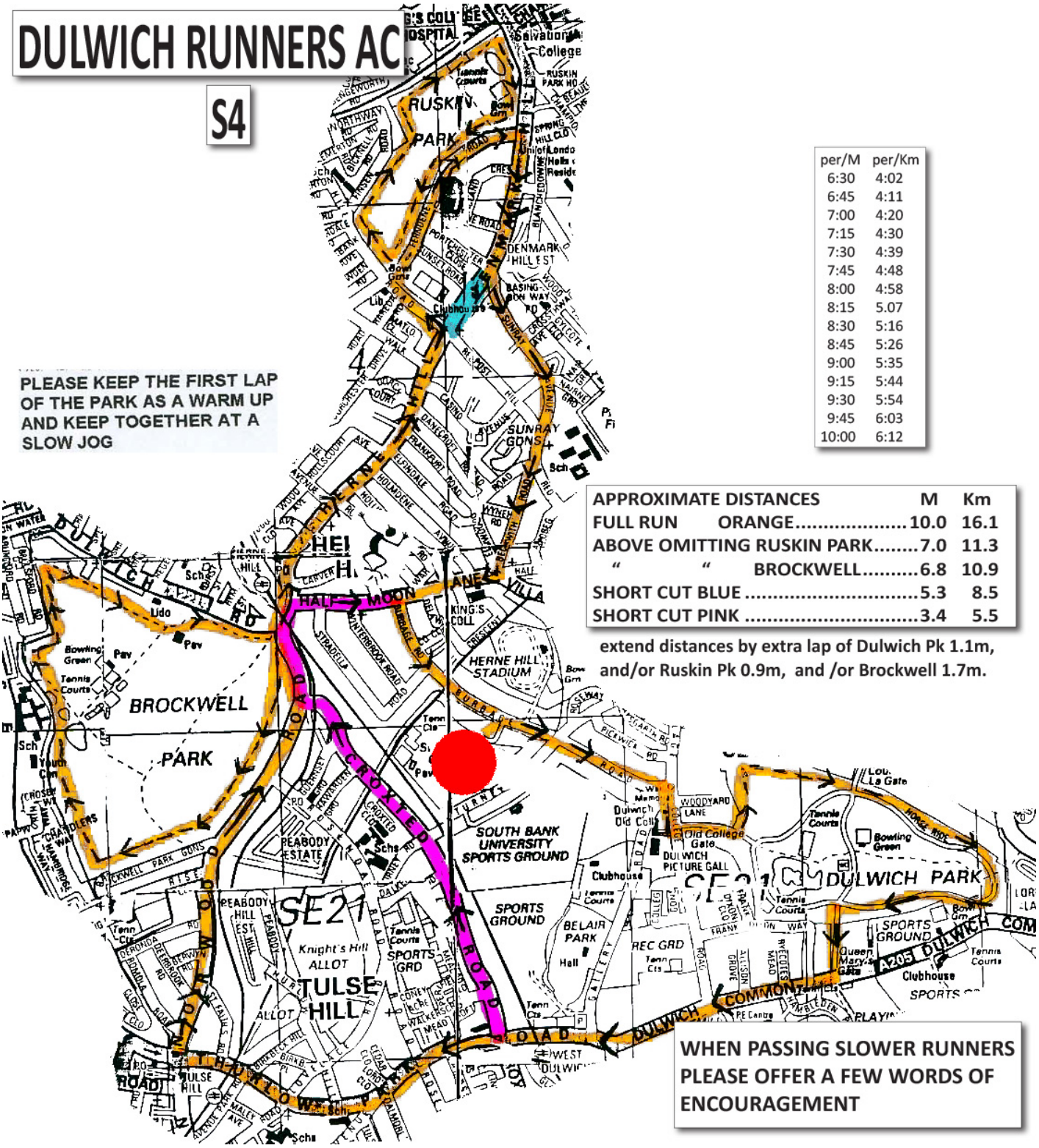
Pos	Gen		
163	145	Alastair Young	24:04

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

S4



PLEASE KEEP THE FIRST LAP OF THE PARK AS A WARM UP AND KEEP TOGETHER AT A SLOW JOG

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	10.0	16.1
ABOVE OMITTING RUSKIN PARK	7.0	11.3
" " BROCKWELL	6.8	10.9
SHORT CUT BLUE	5.3	8.5
SHORT CUT PINK	3.4	5.5

extend distances by extra lap of Dulwich Pk 1.1m, and/or Ruskin Pk 0.9m, and /or Brockwell 1.7m.

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

Here be dragons