SHORTS

Dulwich Runners AC
Weekly Newsletter
February 4th 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 4 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 10 **Track Session** - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

In your SHORTS this week !

1... General information
3... All things Cross Country - races, advice etc
5... 2015 Dulwich Runners Club Champs races diary
5... Fixture list, club champs,XC, road, track
6... Race reports & results, Southern League XC reports
7... Dulwich parkrun & club champs results
9... Parkrun results
10... Wednesday night route map

And much more !

TRACK SESSIONS

at Crystal Palace Arena

Tuesdays with Steve Smythe

Improve your speed & strength over all distances, suitable for all standards and abilities.
Please be warmed up and ready for the session to start at 7.15.
You need to go through the Crystal Palace reception check in where you say you are with Dulwich Runners and you will be given a wristband.
When you get to the track itself, Ros will be there to collect your track fee (£2.50 per week) and mark the track register. If you want to pay in advance for future sessions that is fine.

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 7**

Feb 07 Surrey League XC - Men and women

Dulwich Runners Annual Membership Due

If you do not renew your 2015 membership then you cannot compete as a Dulwich Runner in any races, XC, club champs and any other events
You must RENEW ASAP
You will have received by email or post your membership renewal reminder for 2015.
If not then contact me asap **barry@bg1.co.uk** or see me at the club on a Wednesday evening
You can now pay direct online

NEW RUNNERS ROTA

Many thanks to **Clare Wyngard 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**

Sue Cooper	**04/02**
Claire Sinka	11/02
Natalie Davys	18/02

LUCKY VEST

tonight

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 2**

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

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)

DULWICH RUNNERS KIT STOCK CLEARANCE SALE

There will be a sale of old style kit - vests, short and long sleeved shirts.

Now is your chance to buy an extra vest or long sleeved training top.

Limited sizes - all items £10.

Available on Wednesday nights,
or email Ros ros@28kerfield.freeserve.co.uk

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

When you get old you stop playing…….

No - you get old when you stop playing. The same could be said of running. I hit my big 60 in 2014 and got my freedom pass through the post! So Boris maybe thinks that when you hit 60 you aren't capable of walking very far but a fair few Dulwich Runners would prove him wrong!

I set myself the goal of completing the now famous 'Grand Slam' (participating in all the Club Championships of 2014 including the London Marathon), finishing 50 parkruns and running all the Assembly Leagues. Mission accomplished!
It takes a big commitment and a lot of good fortune to keep injury- and illness-free for all ten Club Championship events and the Assembly Leagues, not to mention the time involved.

The Club Championships are always great to participate in over different distances with excellent camaraderie and competition with fellow club members. One week you can be running in the country lanes of Kent and the next month you'll be on the streets of London with throngs of loud supporters and racing with the best in the world.

I reached the 50 parkrun milestone too which gives me a good excuse to celebrate my '50 at 60'. Lindsey also achieved the 50 but can't claim the 60 (and ladies never mention their age). So please join us for a drink at the clubhouse after the Wednesday run, on 4th February 2015.
Barrie John Nicholls

Sidcup 10 - British Masters Championships

The next club championships is the Sidcup 10 on March 8 and this race includes the British Masters Championships. Potentially Dulwich could do well in this - it is open to all men and women aged over 35 but you need to enter officially through the BMAF.

http://www.xchangecms.co.uk/index.php?option=com_content&view=article&id=12&Itemid=192

it doesn't cost any extra but you may need to enter through the BMAF and get a refund off Kent AC if you wish to challenge for individual British Masters medals and score in Dulwich's team if you have already entered.

So far only a few Dulwich Runners - Duncan Wilson, Steve Smythe, Andy Murray and Ros Tabor have official Championships entries for the event when potentially we could have 40.

For all runners aged over 35, I recommend being a BMAF member - the cost is minimal - joining Veterans AC is the best option of getting into the Masters movement officially.

Ros is the secretary and can give more details.

http://www.vetsac.org.uk/

MEN'S SURREY LEAGUE CROSS COUNTRY 7 FEBRUARY

Our final Surrey League fixture this season takes place at Lloyd Park on 7 February, starting at 3pm. The full address is Lloyd Park, Coombe Road, Croydon,CR0 5RA.

Although after 3 matches we have some headroom over the 2 relegation places, past experience indicates that this can be deceptive, with some clubs capable of finding hidden strengths in the form of additional fast runners for this final fixture. It is therefore important that we have a good turn-out, particularly from all our regular scorers.

If you are using public transport, the park is served by Lloyd Park tram stop, only a few minutes from the start. From East Croydon, take the tram going to New Addington. If you are driving, there is a very small pay and display car park at the venue, but additional parking is available in adjacent streets. The course is expected to be in its usual muddy state and cut up in places with Divisions 3/4 racing there at 2pm, so long spikes or fell shoes are advised. ***Mike Mann***

CROSS COUNTRY ENTRIES

Entries for most forthcoming races are now closed, with the exception of the National champs at Parliament Hill on 21 February.

The National is one of the cross country champs races and will be a memorable occasion. If you have not yet informed your captains, please do so as soon as possible if you would like to be entered.

CROSS COUNTRY MOB MATCH WITH BECKENHAM RUNNING CLUB

Beckenham Running Club have kindly agreed to host a further cross country mob match at Beckenham Place Park on 14 February. The course is likely to be similar to the one used last winter. There is a clue in the name and we need to field a large "mob" to do well. This is an event for everyone, not just our faster runners, as virtually all runners score. So please note the date in your calendars.

'MARATHON TRAINING SUNDAY SESSIONS'

SUNDAY RUNS, RACES AND REPS

(Provisional – dates and events subject to change)
Includes: middle and long distance multi-terrain / road races
Sunday runs at High Elms & Dulwich Park
Track sessions at Norman Park track, Bromley
Preparation for London Marathon 2015

Weeks to go!	Date	Event / Distance	Information
12	Sat 7 Feb	Surrey League XC	Men at Lloyd Park / Women at Farthing Down
11	8 Feb	High Elms	09:00 Off road long run
10	15 Feb	Dulwich Park	09:00 18 miles
9	22 Feb	**Tunbridge Wells Half Marathon**	Tunbridge Wells 13.1 miles Race
8	1 Mar	Norman Park	09:00 Road route to Tatsfield and return – 18m
7	8 Mar	Sidcup 10 (DR club champs race)	10 mile race –Sidcup 10.00
6	15 Mar	Dulwich Park	09:00 Road run to Town/City – 20m
5	22 Mar	High Elms	09:00 Off-road 2 hours +
4	29 Mar	**Paddock Wood Half Marathon**	Paddock Wood, Kent- 13.1 mile race
3	5 Apr	Westerham run	09:00 Grasshopper pub, Westerham – off road 3 hrs +
2	12 Apr	High Elms	09:00 Off road 2 hours +
1	19 Apr	High Elms	09:00 Easy 10m off road
GO!	**26 Apr**	**LONDON MARATHON!**	**CLUB CHAMPS**

for more information contact Steve Wehrle, Claire Steward, Paul Hilton
ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell Park, Crystal Palace, Peckham Rye, Burgess Park, Southwark, Hilly Fields) – check out http://www.parkrun.org.uk/ for venues and registration
Alternative / additional race options:

15 Feb	Bramley 10 / 20 miles, Basingstoke	http://Readingroadrunners.org
8 March	Finchley 20 miles (Ruislip)	http://www.hillingdonac.co.uk/f20/
15 March	Meon Valley Plod (multi-terrain 21 miles)	http://www.pjc.org.uk/
22 March	Hastings Half Marathon	http://www.hastings-half.co.uk/
28March (Sat)	Date tbc – Orion 15, Epping Forest	http://orionharriers.weebly.com/
29 March	Cranleigh 15/21 (15 or 21 miles)	http://www.mabac.org.uk/
29 March	Tempest 10 / Spitfire 20 (10 or 20 miles)	http://www.eventstolive.co.uk/
29 March	Croydon Half Marathon	http://www.croydonhalf.co.uk
19 April	Thames Towpath 10 (10 miles, Chiwswick)	http://www.west4harriers.com/

Sunday Long Run Group / Spring 2015 Marathon Training

There will be an informal Sunday long run group meeting around 9am in Dulwich Park from the beginning of January onwards. The runs will typically be 15-20 miles and at a range of paces in accordance with training schedules, aiming at runners targeting 8 min down to sub 7 min miling in a spring marathon. Non marathon runners looking to improve their stamina equally welcome.
Contact ian.lilley@gmail.com or ebeprill@yahoo.co.uk to be added to the email distribution list, we will also try to get something up on Facebook each week. ***Ian Lilley***

Another Sunday running group meets each week at 8am prompt at Brockwell Park main gates. Runs are from one hour, with marathon runners extending this towards two hours. We try to visit local points of interest (windmills, cemeteries, riverside etc). Pace is around 8 minute miling.
Andy andrew@28kerfield.freeserve.co.uk
Ros ros@28kerfield.freeserve.co.uk

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)
29 March	Paddock Wood half marathon (long)
26 April	London Marathon (or alt. marathon) (long)
15 June tbc	Battersea Park 2 miles (short)
21 June tbc	Ranelagh Richmond 10k (medium)
3 or 10 July	Mark Hayes Mile, Dulwich College track (short)
30 August tbc	Sevenoaks 7 (medium)
26 Sept	Middlesex 10k, Victoria Park (medium)
1 Nov	Cabbage Patch 10 (long)

Dulwich Runners 2015 Fixtures

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

Date		Race		Venue
Feb	7	Surrey League 4	mens	Lloyd Park, Croydon
	7	Surrey League 4	womens	Farthing Downs, Coulsden
	14	Beckenham Mob Match	mens & women	Beckenham
	21	National Champs	mens & womens	Parliament Hill Fields
Mar	8	Sidcup 10	long	Sidcup
	29	Paddock Wood half marathon	long	Paddock wood
Apr	26	London Marathon (or alt. marathon)	long	London
Jun	tbc 15	Battersea Park 2 miles	short	Battersea
Jun	tbc 21	Ranelagh Richmond 10k	medium	Richmond
Jul	3 or 10	Mark Hayes Mile	short	Dulwich College Track
Aug	tbc 30	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	26	Middlesex 10k	medium	Victoria Park
Nov	1	Cabbage Patch 10	long	Twickenham

Green = Cross country Blue = Club Champs

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 .

Far East Reporter returns to the Jungle

Christine and I decided some time ago to make the arduous journey (rail works) from the tranquillity of Norfolk back to the jungle where I grew up.
We entered the Winter 10K in London, billed as a "snow" featured run with Polar Bears (hugs), snow ball warm ups (?), Igloo baggage store (a tent), snow zones and an Alpine/Swiss experience.

The race was organised by Human Race to raise funds and donations for the Cancer Research charity and had a staggered start across an hour starting at 09.30 with the last runners setting off at 10.30, to accommodate the 15,000 that had entered. I knew my "rural stripes" would be insufficient camouflage in the "Jungle" so opted for the "Red and Blue." Chris and I had an official start time of 09.54, we walked from our hotel near Lambeth Bridge across St James' Park but arrived a little early at the "igloo" (tent), walked to the start at the Embankment and found we were just 20 metres from the start gantry, it was too cold to stand around and wait for our official start time.

Starting in the first wave was great for getting back to our hotel for a civilised post-race shower (and post-race warm up)before checking out, but embarrassing when the very large Swiss cow bell was rung for the start, the likes of Jo Pavey and the assembled top club runners passed and disappeared into the distance in the first kilometre. At about 2K we were warned that the "winter wonderland" was 200 metres ahead, not by just a sign but also a dozen or so volunteers disturbing the peace with oversized Swiss style cow bells (wish I had my ear plugs). We ran through the tunnel under Blackfriars Bridge passing a few silhouettes projected onto the walls (I'm sure but one looked like the Starbucks logo) and some red and white uplighters, this was the promised alpine experience!

The "snow zones" were foam machines pumping fake flakes into the air, the first at the Tower and the second not far from the turn at St Pauls (I much preferred the well timed bells of St Pauls to the cow bells). The route enabled me to see Chris several times (going in the opposite direction) and passed all the regular tourist sites near the Thames. Having run the British 10K in a fairly good time (a good few years ago) I found this a bit of a struggle (might have been the cold weather and running in just a vest and shorts) and was glad to see the finish line. Collected my "snow flake" medal and bottle of water, and was then given a carton of coconut water which reminded me of my holiday last year in Jamaica (very wintery I thought, but in Jamaica it was served in its natural container).

Only the Polar Bear "hugs" left, a cordon of volunteers dressed in white bear costumes wanting a cuddle, a bit of a lucky dip who you got before being allowed to pass, mine turned out to be a "man bear" (only found out when he said "well done mate"). The event was chip timed to allow a reshuffle of everyone into one finish list, using the latest disposable registers on the back of each running number, I couldn't help notice that the race winner had no finish time on early results, this also happened when we trialled the same system in Norwich (missed runners).

If you want to enter next years' event the site is open now apparently for a very short period.
Keep your eyes open as my visits to the jungle may be more frequent (March QEOP 10K).

Peter Warren approx.. 56 minutes

Watford Half Marathon 01.02.15

This race starts in Watford's Cassiobury Park and heads west out of town after crossing the Gade Valley and Grand Union canal. The hills started here as the course headed into quiet country lanes. At halfway, runners were on high ground near Chipperfield (visited by stages 4&5 of the Green Belt Relay) heading through an easier section on farm roads. However there were still three uphills in mile 10 and one in the finishing half-mile in the park.

I entered this as a steady marathon training run. Early miles were around 7 minutes 30 but the many hills took their toll on tired quads and there were a couple of 8's in the middle. I was pleased to be under 1.40 by the end. This was a well-organised event, with large changing marquee, chip timing, commemorative t-shirts and medals. Whilst not a p.b. course it had a good surface and was almost traffic free. The country views made up for there being little support along the route.
Andy Murray

495 Andy Murray 1.39.50 (chip)

5K DULWICH PARKRUN 31/01/2015

An excellent club turn out and some competitive battles through the field.
Conditions weren't great, being cold, windy and slippery and there weren't too many PBs.
Ros won the overall club championships from Clare and of the 60,000 odd parkrunners that weekend, they had the best two scores not only in Dulwich but in whole parkrun world.
Dulwich women dominated the race with Clare winning easily from Kim and Ola and the only woman in the top 14 places who isn't a club member was Ola's daughter Katie who was fifth woman.
Dulwich had the eight best age-graded scores of the race by runners - Ros, Clare E, Claire S, Ola, Ebe, Charlie, Steve D and Hugh
Steve Smythe

2015 champs categories

1 Overall winner
ROS TABOR
2 Fastest man (excluding overall winner)
ALASTAIR LOCKE
3 Fastest woman excluding overall winner)
CLARE ELMS
4 First Senior Man (excluding above)
WAYNE LASHLEY
5 First Senior woman (excluding above)
KIM HAINSWORTH
6 First M40 (excluding above)
STEVE DAVIES
7 First W40 (excluding above)
OLA BALME
8 First M50 (excluding above)
EBE PRILL
9 First W50 (excluding above)
LUCY CLAPP
10 First M60 (excluding above)
HUGH BALFOUR
11 2nd Age Graded (excluding above)
CLAIRE STEWARD
12 3rd Age Graded (excluding above)
CHARLIE LOUND
13 Captains' award
LAURA LONG

Sorry, but there has been a delay in delivery of the 2015 championship medals - I hope to be able to present them next week
Ros

Position	Name	Time	Age grade (x1000 for champs points)	5k champs award	club champs points
4	Alastair LOCKE	17:24	74.71%	Fastest man	1 sm 50
(Strong finish to take 20 seconds off his course PB in his 25th parkrun)					
5	Wayne LASHLEY	17:32	74.43%	1 sm	2 sm 49
(Not at best in 34th parkrun - probably went too fast in first mile.)					
6	Stephen DAVIES	17:34	80.74%	1 m40	1 m40 50
(20 secs. off previous course best with best club race to date to win Vets award in 31st parkrun.					
9	Lewis LAYLEE	17:43	77.33%		3 sm 48
(Mature race for first under-17 and took 21 seconds off his previous best in 53rd parkrun.)					
10	Charles LOUND	17:46	81.05%	3rd age gr	2 m40 49
(Not in sharpest form but steady run in 17th parkrun.)					
13/1w	Clare ELMS	18:03	94.00%	Fstest wom	1 w40 50
(Not at very best but 83rd parkrun victory, 1st run at Dulwich and 1st woman by almost 2 mins.)					
17	Timothy BOWEN	18:22	70.60%		4 sm 47
(Course PB by 1 second in first club champs in 15th parkrun.)					
18	Ebe PRILL	18:26	81.28%	1 m50	1 m50 50
(Good run in 84th parkrun and 1st M50 in race (but behind W50) after poss. too quick a start,)					
19	Ross ROOK	18:29	70.96%		5 sm 46
(First Dulwich parkrun - fifth ever and again first club champs and another strong run.)					
20	Sam CRUMP	18:40	69.46%		6 sm 45
(Easing back to racing but not quite back to 2013 form but not too far outside in 37th parkrun.)					

21	James BURROWS	18:46	69.89%		7 sm 44
(Parkrun pb by 11 seconds in probably best ever race as fitness improved in 36th parkrun.)					
24	Oscar HUSSEY	18:55	73.57%		8 sm 43
(Very good run in 72nd parkrun - just 2 seconds off all-course PB but first at Dulwich.)					
30	William Haines	19:28	66.27%		9 sm 42
(First parkrun ever and not down as Dulwich Runner but first club champs.)					
31	Simon BURNETT	19:30	66.50%		10 sm 41
(Not quite reaching his December form in club champs debut but 18th parkrun.)					
33	Stephen SMYTHE	19:40	78.81%		2 m50 49
(116th parkrun but fastest since 2013. First M55 in race.)					
36/2w	Kim HAINSWORTH	19:48	75.08%	1 sw	1 sw 50
(72nd parkrun and fastest for some time (since maternity break) after quick start.					
37/3w	Ola BALME	19:52	82.38%	1 w40	2w40 49
(strong finish in 74th parkrun and fastest since last July.)					
38	Rob COPE	19:53	69.15%		3 m40 48
(50th parkrun and fastest at Dulwich since summer as improves fitness from injuries.)					
41	Mike Fullilove	19:57	78.30%		3 m50 48
(Not in official results as brought wrong barcode and not quite at best.)					
42	Duncan HUSSEY	20:08	72.68%		4 m40 47
(77th parkrun but first at Dulwich and some way short of best fitness.)					
43	Jim DOWSETT	20:10	68.18%		5 m40 46
(147th parkrun and not too far outside best)					
45	Gideon FRANKLIN	20:12	74.17%		4 m50 47
(took over 30 seconds off previous Dulwich PB in 54th parkrun.)					
46/4w	Cara Oliver	20:14	76.03%		3 w40 48
(Debut at Dulwich but 7th parkrun ever and steady run.)					
47	Hugh BALFOUR	20:20	78.85%	1 m60	5 m50/1 m60 46
(Not too far short of best form and was first M60 in race in 27th parkrun.)					
5W	Katie BALME	20:27			
50/6w	Nicola RICHMOND	20:34	76.50%		4 w40 47
(20 seconds down on course PB in 35th parkrun.)					
52/7w	Ellie HORROCKS	20:38	71.73%		2 sw 49
(Club champs debut for improving runner in 11th parkrun but first at Dulwich.)					
54	Ajay KHANDELWAL	20:44	68.41%		6 m40 45
(Not in best form in 47th parkrun.)					
55	Duncan WILSON	20:57	71.52%		6 m50 45
(55th parkrun and another a bit down on form of a few weeks ago.)					
58/8w	Anna THOMAS	21:01	70.74%		3 sw 48
(Over a minute off her course PB and easily overall parkrun PB in 58th parkrun.)					
59/9w	Laura LONG	21:02	71.08%		4 sw 47
(Best club race yet as bettered parkrun PB in 6th parkrun.)					
63/10w	Emma IBELL	21:14	73.55%		5 w40 46
(Just 4 seconds down on 3-year-old PB in 33rd parkrun.)					
64	Andy MURRAY	21:18	75.98%		7 m50/2 m60 44
(Less than 30 seconds outside course PB in 122nd parkrun.)					
66	Cameron TIMMIS	21:25	65.68%		7 m40 44
(83rd parkrun but 14th at Dulwich and all have been within a minute of each other.)					
67	Chris GOODMAN	21:30	60.08%		11 sm 40
(almost 3 minutes outside best in 92nd parkrun as not in best shape.)					
68/11w	Ros TABOR	21:34	95.44%	1 overall	6 w40/1 w50 45
(93rd parkrun but course PB by 20 seconds as broke age-graded course record with 95.44%)					
70/12W	Caroline WEDMORE	21:37	68.47%		5 sw 46
(parkrun and club champs debut)					
71	Bob BELL	21:43	74.52%		8 m50/3 m60 43
(Fastest time on course for almost 2 years in 185th parkrun.)					
73/13w	Michelle LENNON	21:47	74.37%		7 w40 44
(Possibly best ever club run as took a minute off Dulwich course PB in 101st parkrun.)					
75/14w	Selma BENATTIA	21:49	68.53%		6 sw 45
(Easily best time on course in 30th overall parkrun, though struggling with injury.)					
80/16w	Charlotte BODEN	22:10	68.27%		7 sw 44
(Steady run in 30th parkrun but first at Dulwich but quickest overall since May).					
81	Graham LAYLEE	22:12	70.42%		9 m50 42
(166th parkrun and not at sharpest for club champs regular.)					
85/17w	Ruth BENNETT	22:33	65.71%		8 sw 43
(in 41st parkrun, club champs debut and easily course PB.)					
88/19w	Lucy PICKERING	22:37	73.25%		8 w40 43
(Dulwich PB in 66th parkrun but down on Brockwell best.)					

90/20w	Lucy CLAPP	22:41	73.92%	1 w50	9 w40/2 w50 42
(98th parkrun and close to course best.)					
95/22w	Clare WYNGARD	22:55	76.95%		10 w40/3w50 41
(Up on Dulwich average in 128th parkrun.)					
101	Gary SULLIVAN	23:08	67.00%		10 m50 41
(Not at full fitness and 4 minutes down on her PB.)					
107	Michael DODDS	23:31	65.91%		11 m50 40
(165th parkrun as he matched xmas day parkrun to second.)					
108/27w	Katie STYLES	23:32	63.17%		9 sw 42
(Dulwich parkrun debut but 15th overall and fastest for 18 months.)					
110/28w	Joanne SHELTON	23:37	64.78%		11 w40 40
(In 33rd parkrun, quickest for 18 months but not at very best.)					
112/30w	Claire STEWARD	23:47	82.76%	2nd age gr	12 w40/4 w50 39
(126th parkrun and 57th at Dulwich but not quite as quick as week before.)					
115	Barrie J. NICHOLLS	24:00	66.81%		12 m50/4 m60 39
(Club Champs regular below best in 51st parkrun.)					
122	Paul KEATING	24:21	59.62%		8 m40 43
(40th parkrun but new Dulwich course PB.)					
127	Ameet PATEL	24:51	59.36%		13 m50 38
(Fastest Dulwich parkrun for 18 months in 108th parkrun.)					
129	Mick MEAD	25:06	62.82%		14 m50 37
(His 79th parkrun and unusually all have been at Dulwich but not at fastest.)					
140/38w	Sharon ERDMAN	25:39	60.88%		13 w40 38
(103rd parkrun but only third at Dulwich and improved form on recent parkruns.)					
142	Barry GRAHAM	25:59	60.68%		15 m50 36
(29th parkrun but slightly below previous best this year.)					
145/40w	Lindsey ANNABLE	26:23	61.40%		14 w40 37
(Not at best in 53rd parkrun for another club champs regular.)					
170/55w	Stephanie BURCHILL	28:05	66.23%		15 w40/4 w50 36
(57th parkrun and eased back after not feeling 100%/)					
171/56w	Carolina LILLEY	28:05	54.78%		16 w40 35
Fastest parkrun for some time in 33rd parkrun.)					
189	Stephen STREET	30:08	50.17%		16 m50 35
(Dulwich debut in only second parkrun ever and just missed breaking half-hour.)					

January 31st

Brockwell

208 ran

Pos	Gen		Pos
144	32	Sarah Lyness	27:19

Crystal Palace

147 ran

Pos	Gen		
68	58	Paul Hodge	25:15
70	11	Penelope Bell	25:26

Riddlesdown

83 ran

Pos	Gen		
13	1	Ange Norris	23:00

Rondebosch Common

Chris Vernon writes:
This is an open space close to the centre of Cape Town, with a perimeter of just over 2.5k. It is the closest thing to a purpose-built parkrun venue I have come across, as a new 2m wide tarmac path was laid just before the first run a year ago.

We awoke to grey skies and drizzle which stopped just before the start so ideal weather conditions for running. We did shed a tear for all the DRs at Dulwich in the cold!

The Run Director gave a rather under whelming talk and we set off, rather gingerly in my case as my back was still sore. The field soon strung out ahead of us on the flat,open course but overtaking was easy as there was grass at the side of the path. It was not as friendly a bunch of runners as other parkruns but for once I was not lapped, although it was a close run thing, with the winner doing 17.16. When I crossed the line, I realised I had dropped my barcode on the course but luckily someone had picked it up and handed it in, so all was well. Sue finished not far ahead of me, winning her age group of course and beating Chet Sainsbury (Two Oceans Marathon organiser) to the line. He was 2nd MV70 making me 3rd in the smallest field of just over 400 we had come across in this city.

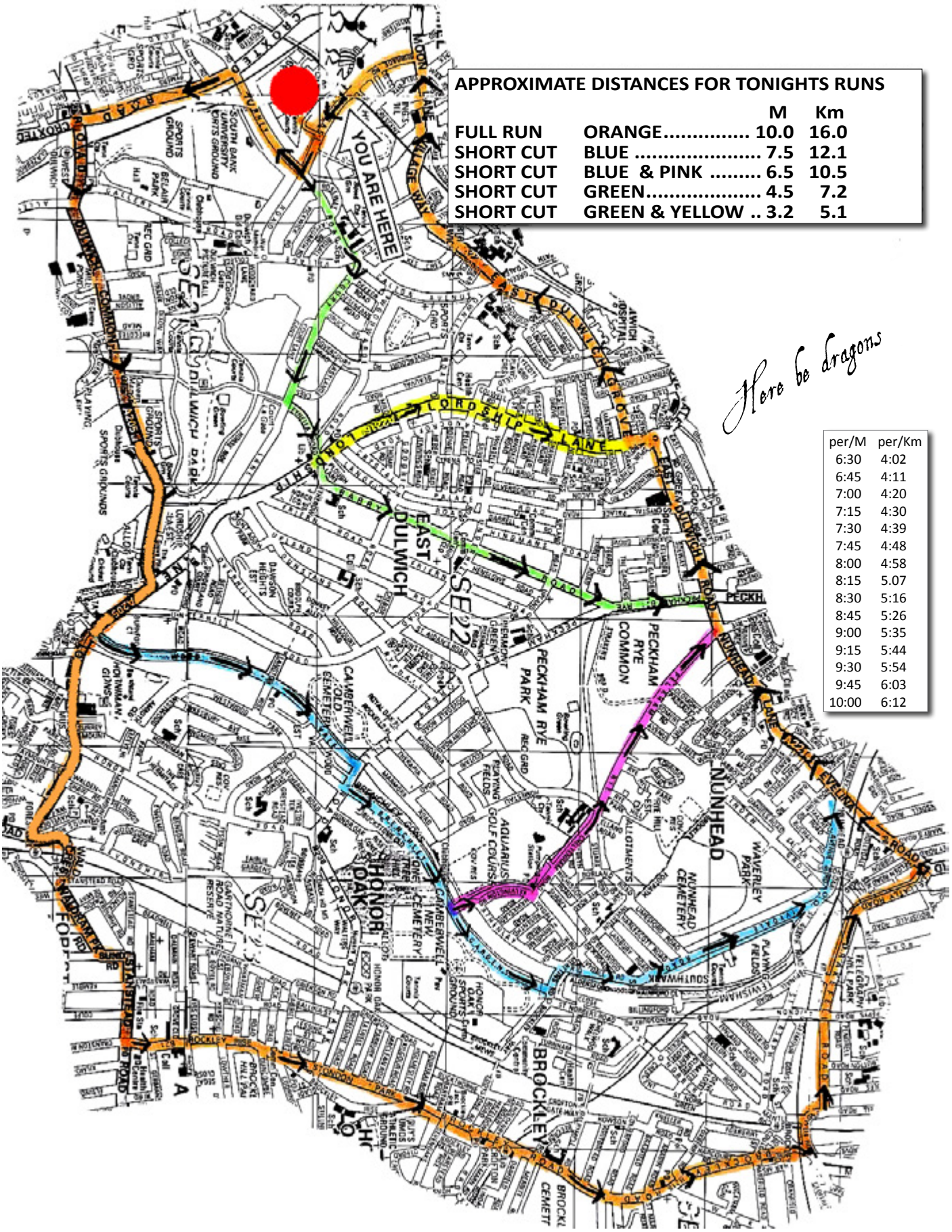
412 ran

Pos	Gen		
201	73	Susan Vernon	33:17
219	137	Chris Vernon	34:33

Breakfast followed in a café with our old friend Cynthia. It had a balcony looking out over the common towards the University of Cape Town and the Rhodes Memorial, with a backdrop of Table Mountain, which was now out of the cloud ,another perfect photo opp.

So we have come to the end of our tour but there is still one more Cape Town parkrun we have not done through a vineyard, I understand, so we will have to come back.

DULWICH RUNNERS AC W4



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE.....	10.0	16.0
SHORT CUT	BLUE	7.5	12.1
SHORT CUT	BLUE & PINK	6.5	10.5
SHORT CUT	GREEN.....	4.5	7.2
SHORT CUT	GREEN & YELLOW ..	3.2	5.1

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