SHORTS

Dulwich Runners AC
Weekly Newsletter
March 18th 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 18 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar.

Tue 24 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

TRACK SESSIONS

at Crystal Palace Arena

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 7.15.
Go to Crystal Palace reception, say you're with Dulwich Runners and you will be given a wristband.
Make your way to the track and pay Ros your track fee (£2.50 per week) Ros will mark the track register. If you want to pay in advance for future sessions.
The sessions have been averaging around 40 people each week this year which is good but it is notable that there are only around 20 regulars and too many are only doing sessions every other or every 3 or 4 weeks.
To get the full benefit of the sessions and get a range of distances and get the body accustomed to speedwork it is important that you attend on a regular basis

LUCKY VEST

March winner - Kevin Smith

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 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
2... ***New*** - Social Spot - coming social events
4... 2015 Dulwich Runners Club Champs races diary
4... Fixture list, club champs,XC, road, track
4... Assembly League race diary announced
5... Race reports and results
7... Parkrun results
8... 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**

Mar 29 Paddock Wood 1/2M club champs

NEW RUNNERS ROTA

Many thanks to **Barry Graham and Mike Mann** 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**

Emma Ibell	**18/03**
Sharon Erdman	25/03
Paul Keating	01/04
Doug Keighley	08/04

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

SOCIAL SPOT

Apologies for the radio silence it's been a busy start to this year with work, travels and this marathon training malarkey.
Anyway I thought I should give you all an update on what I had planned over the next couple of months to get some dates in your diary..... ***Matt Ladds***

March

Curry Night - Wednesday 25th March 9pm - at The Surma - East Dulwich
Back by popular demand, **please RSVP to me if you wish to attend by Wednesday 18th March** so that I can confirm numbers to them a week before hand

May

Boozy Brunch - Sat 9th 11am
The Great Exhibition, Crystal Palace Rd
Please RSVP to me if you wish to attend by 25th April so I can confirm our booking.
Once we have our marathons out of the way it's time to kick back and relax (well maybe for some of us!) so what better way than a post Parkrun booze up at one of Dulwich's premier pubs featured in Londons Best Bottomless Brunches http://www.buzzfeed.com/ailbhemalone/bottomless-boozy-lunches-in-london#.vqo9aLMaz
Pizza/Pasta Night - Date TBC - Rocco, Dulwich Village

June/July

Summer Picnic - Date/Venue TBC
Always open to suggestions/request so feel free to drop me a line or grab me when I'm down the club
matthew.ladds@uk.zurich.com

Ola Balme
Sports & Therapeutic Massage

Marathon Special Offer - March 10% Off

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

- Deep Tissue Massage
- Massage to ease muscle fatigue & aid in recovery
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- Maintaining your fitness and well-being

Ola is an experienced Sports Massage Therapist.

If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

THREE SCORE YEARS AND TEN!

- Susan Vernon writes;

At the end of May I reach my three score years and ten! To mark the occasion, I will be running my 70th parkrun on 30th May, the day after my big day. This will take place at Burgess Park and I do hope that as many of you as possible will join me.

Please do wear your Dulwich Runners kit as they know me well at Burgess and it will raise the profile of the club tremendously. My family are also joining me so a good turnout from Dulwich would be the icing on the cake. Do email me at vernonrun@aol.com if you will be joining me or just turn up. You can surprise me!

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

- £2015
- £2000
- £1500
- £1000
- £500
- £379

Charity corner: £2015 in 2015?

Dulwich Runners has made a pledge to raise £2015 in 2015 for Dulwich Helpline. Welcome to your monthly update on this initiative.

Where are we on fundraising? The Crystal Palace tower-ometer is not looking too favourable at £379. After a promising start we've lost some momentum.

What we need? Ideas for fundraising and volunteers for a committee to take the ideas forward. The more volunteers we have the more the workload can be shared. It should take no more than a few meetings after the Wednesday run and some organization in between. Or you can help remotely.

Next steps: Please email Sue Vernon on vernonrun@aol.com with your ideas or to pledge your support by **end of March please**

We need ideas and volunteers NOW!

Paddock Wood 1/2M

Again injury keeps me out of Paddock Wood. If someone is prepared to pay the £5 transfer fee then they can have my place for free.
Hugh French hughfrench@hotmail.com

'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
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:

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) (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 with 2 venues tbc.
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 and September fixtures 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 venue tbc
2 July venue tbc
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
Mar	29	Paddock Wood 1/2M	long	Paddock Wood
Apr	9	Assembly League Beckenham (Beckenham running club HQ)		Beckenham
	26	London Marathon (or alt. marathon)	long	London
May	7	Assembly League Victoria Park		Hackney
Jun	1	Battersea Park 2 miles	short	Battersea
	4	Assembly League venue tbc		tbc
	21	Ranelagh Richmond 10k	medium	Richmond
Jul	2	Assembly League venue tbc		tbc
Jul	10	Mark Hayes Mile	short	Dulwich College Track
	30	Assembly League Victoria Park		Hackney
Aug	Mon 31	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	3	Assembly League Beckenham (Beckenham running club HQ)		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 to 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

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).

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 .

Thames Meander Marathon, Sat 14th Mar

As a part of my training efforts for the NDW 50 in May, I decided to venture to the start line of this off-road marathon in Kingston.

It's a lovely route along the Thames Path on the riverside trail starting and finishing at the YMCA Hawker Centre in Kingston. After a two-mile loop back to the start, it's an out and back course, heading to the near side of Putney Bridge which is the turnaround point, then back along the Thames Path to the finish.

The start was well-organised and felt very relaxed. We set off in perfect running weather to sound of Chariots of Fire from the 'resident' Scottish Piper! Fired up from the music, with wind behind me and solid ground for those first few miles, I worked hard to keep my pace in check as stick to my target of between 7:03 -7:26 minute miles (3:05-3:15).

The moment we turned I realised it was going to be a bit of a slog, albeit a beautiful one. It was hard work with the head wind and the small trail pathways did cause a few issues, mainly zigzagging around the very determined groups of hikers – whom I now realise change course for no man!

I managed my pacing reasonably well and reached the halfway point in 1:33. I don't think anyone was prepared for the turn around point at the pier in Putney. With the boat clubs in full swing and the retuning runners colliding with the oncoming runners - it was total chaos (I'm sure they'll change this in the future).

I was pleased to return to the quiet of the Thames Path and focus on the last half and try to take in some of the scenery. I dropped the pace a bit in the last few miles but was very happy to finish up in 3:11 and a new PB.

12	Rob Hollands	3:11:08
297 ran		

Thames Meander Half – Saturday 14th March

Another week, another run along the Thames towpath. This one starts at the Hawker Centre in Kingston and goes eastwards to just after Kew Bridge and back.

There were 292 runners including 2 Dulwich ladies – Ange and Michelle. With a field of this size I did worry that it would be congested along the narrow paths, especially as there was also a marathon at the same time. The first mile or so was fairly busy but then it became spread out. Problems came more from walkers who always like to walk several abreast seemingly oblivious to a race happening; young children on bikes and canoes being carried into boatsheds. Meander was definitely an apt name for it!

The weather was mild and I set off to enjoy the race, not too sure how my legs were going to be. Marathon training has been taking its toll on my energy levels. However, a scenic course always helps and with some other runners to have a chat with, the first half passed quickly.

The turnaround point was slightly vague with a drinks station there too to add confusion. If I have one gripe about the race it is the drinks stations – the first one had drinks laid out in cups with a group of runners (presumably the back end of the marathon) standing around sipping and nobody holding them out to runners going past. At the turn it was too congested so I missed a drink and after, that at the last drinks station, I was given a bottle without the cap loosened.

The field was far more spread out on the return and I ran the second half alone but with one runner in sight. I never did catch him but nor did anyone catch me. We all crossed the finish line to the cheery sound of bagpipes and were greeted by much cake. I managed to finish third lady with my friend and training partner in second and a former world champion duathlete in first.

Michelle crossed the line smiling but was quickly whisked off to the first aid tent. Whilst eating a jelly baby she missed her footing and fell. The ground was rough for most of the way except some short tarmac sections and also some cobbles around Richmond. She cut her knee and shoulder but was soon bandaged up and it hasn't put her off. She reported that it was a great flat course and very friendly atmosphere – more DRs should consider running there.

- Ange Norris

19	Ange Norris	1:31:07
78	Michelle Lennon	1:44:30

British Masters Athletic Federation Cross Country Championship, Ruthin 14.03.15

Andy Murray writes...
This championship moves around the regions each year- last year it was in Glasgow and this year was in Ruthin, a quiet historic market town in North Wales. The race is one of those used for selection of the masters home countries international XC teams for the November event against Ireland, so top four in age group in country is a big boost for selection.

The races were held on school playing fields and farmland on the edge of town, overlooked by a long green ridge which is followed by the Offa's Dike trail. Between the flat pitches and part-sloping farmland was a farmyard containing turns, deep puddles, over-hard and squelchy sections and a vehicle nearly blocking the course at one point of the second race. The grassy field sections were slightly soft and a bit wet at the bottom of the laps, so a bit draining.

The first race was for women and M65's+, consisting of small laps round the school field and one long, one shorter lap out amongst the farm fields, totalling just over 6k. Following indoor track races recently, Ros was again up against Angela Copson, the w65 XC champion last year. At over 5 times the distance Ros had won at the previous week, the positions were reversed this time, with Angela establishing a lead steadily and Ros trailing her but keeping the gap down to 43 seconds and clear in silver, 86 seconds ahead of third in her age group.

Andy was in the second race, for men 35-64, which had an added shorter lap and measured around 9k. Slight digestion problems caused him to tire towards the end, although holding position and it was a less positive run than at Glasgow the year before.

The event was a chance to catch up with both fellow VAC members and other runners from around the country. The organisation was excellent and standard was high, although numbers were low from some areas, e.g. (surprisingly) south Wales. Next year the race is at Bath.

W35+, M65+ 6k+
47w (2w65) Ros Tabor 28.19

Men 35-64 c.9k
120 (24 M60) Andy Murray 40.25

Silverstone Half Marathon 15th March 2015

This was my 400th competitive race and 5th consecutive Silverstone Half Marathon. Over 6700 runners participated in this popular pre-London event as a warm-up for what the announcers on the day deemed the 'Big One', otherwise known as the London Marathon.

Running 13.1 miles around the Silverstone circuit attracts runners from all over the UK as well as other countries. The entrants comprise club runners, first timers as well as a smattering of elite runners at the head of the field. This year David Weir was in the race and took the men's wheelchair victory.

No other running race must have its changing area in pit straights or a finish line decorated with the checkered flag. When you cross the start line you feel like you become part of the race circuit's iconic history with the theme tune to F1 blasting out over the load speakers, although Lewis Hamilton was nowhere to be seen.

The conditions were far from ideal with a strong and cold headwind which made the three lap circuit challenging. However there were lots of bands playing to entertain the runners and the support along the course was excellent. I had a steady run, using it more as a training run rather than a race and just soaked up the unique atmosphere.

3185 Barrie John Nicholls 1:58:42 (17th VM60-64)

parkrun

March 14th

Brockwell

276 ran

Pos	Gen		
10	10	Lewis Laylee	18:40
31	31	Michael Mann	20:31
36	1	Laura Long	20:56
39	2	Nicola Richmond	21:00
56	54	Cameron Timmis	21:23
67	64	Graham Laylee	21:59
86	7	Lucy Clapp	22:55
121	103	Desmond Edwards	24:22
132	21	Katie Styles	24:50
148	125	Alex Haylett	25:22
153	27	Bell	25:37
271	168	Chris Vernon	35:30

Bromley

366 ran

Pos	Gen		
4	4	Oscar Hussey	18:22
12	12	Duncan Hussey	19:23
31	29	Chris Goodman	20:28

Burgess

142 ran

Pos	Gen		
17	1	Kim Hainsworth	19:40

Dulwich

191 ran

Pos	Gen		
3	3	Tony Tuohy	16:57
18	16	Simon Burnett	18:57
42	37	John Fletcher	21:06
45	39	Duncan Wilson	21:17
70	62	Joseph Brady	22:38
91	15	Claire Steward	24:03
118	91	Mick Mead	25:35

Folkestone

99 ran

Pos	Gen		
20	17	Nicholas Brown	21:26

Greenwich

186 ran

Pos	Gen		
8	1	Clare Elms	19:13
10	9	Stephen Smythe	19:40
12	11	Alex Elms	19:43

Hampstead Heath

220 ran

Pos	Gen		
50	3	Laura Vincent	23:36

Poole

539 ran

Pos	Gen		
49	46	Robert Campbell	20:26

Peckham Rye

109 ran

Pos	Gen		
1	1	Jake English	17:17
3	3	Ebe Prill	18:33
4	4	Kevin Chadwick	18:39
13	13	Michael Fullilove	20:14
28	28	Gideon Franklin	22:19
29	29	Matthew Ladds	22:25
39	1	Eleanor Allan	24:08

Richmond

302 ran

Pos	Gen		
75	66	Barrie John Nicholls	24:00
113	24	Lindsey Annable	25:05

Riddlesdown

135 ran

Pos	Gen		
13	13	Andy Cottrill	20:16
47	41	Peter Gibbons	23:48

St Peters

298 ran

Even if Emirates was going to deliver us bang on schedule into Sydney it was still a crazy plan..... surely? Well, Emirates kept its side of the bargain and at 10.33 p.m. precisely, local time, on Friday the 13th we touched down, a mere 24 hours after taking off from Brussels. It all meant that the most central parkrun in Sydney was on!

Parkruns down under tend to start, with good reason, at 8.00 a.m. making things that bit tighter. So, not much sleep later, we were on the start line having just been re-united, after a gap of 6 months, with one of DR's more distant members, our son, Alexander.

St Peter's is a busy event and quite narrow to begin with so it takes a while to get into 5k mode, which was probably a good thing under the circumstances. It also includes a testing hill just before halfway - good views of Sydney's CBD at the top if you're able to appreciate them (unlikely).

Alexander trains a bit around this park so local knowledge, not to mention zero jet lag and the rapidly accelerating temperature, yes, even that early, meant he was even further ahead of his parents than normal. We were just amazed we did it. ***- Mike Dodds***

Pos	Gen		
18	18	Alexander Dodds	20:20
119	14	Clare Wyngard	24:35
120	106	Michael Dodds	24:40

Telford

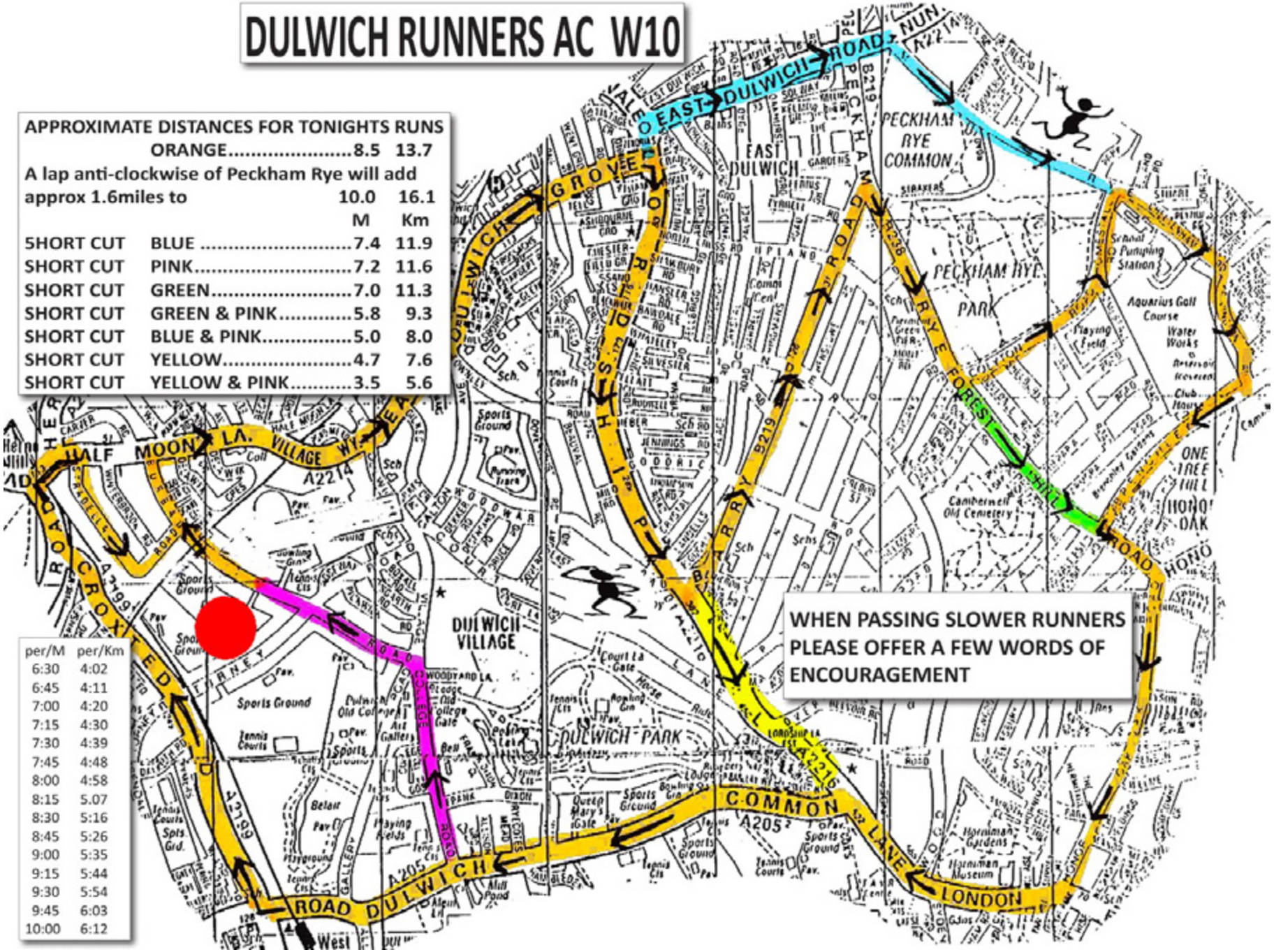
299 ran

Pos	Gen		
3	3	Stephen Davies	17:12

DULWICH RUNNERS AC W10

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

	ORANGE	8.5	13.7
A lap anti-clockwise of Peckham Rye will add approx 1.6miles to		10.0	16.1
		M	Km
SHORT CUT	BLUE	7.4	11.9
SHORT CUT	PINK	7.2	11.6
SHORT CUT	GREEN	7.0	11.3
SHORT CUT	GREEN & PINK	5.8	9.3
SHORT CUT	BLUE & PINK	5.0	8.0
SHORT CUT	YELLOW	4.7	7.6
SHORT CUT	YELLOW & PINK	3.5	5.6



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

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT