SHORTS

Dulwich Runners AC
Weekly Newsletter
July 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 - 7:15 for 7:30 start. Showers, Bar.

Sun 26 Summer Picnic in The Park - see page 2
Tue 28 Track Session - Dulwich College Track
7 for a 7:15pm start £1 per session.

In your SHORTS this week !

1... General information
2... Club kit, social events etc
2... 2015 Dulwich Runners Club Champs races diary
3... Fixture list, club champs,XC, road, track
4... Race reports
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

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. £1 per session
Be warmed up ready for the session to start at 7.15

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to help cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - **Ros**

EVENT HORIZON

A brief look ahead

full fixture list page 4

July 30 Assembly League, Victoria Pk, Hackney

LUCKY VEST

July winner Kevin Wood

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

NEW RUNNERS ROTA

Many thanks to **Mike Mann, Lloyd Collier and the women's group** 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**

Cameron Timmis	**22/07**
Tom South	29/07
Katie Styles	05/08

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)

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

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***

July

Summer Picnic

Sunday 26th July - Dulwich Park

All welcome, meet from noon onwards on the West Lawns opposite the Pavilion Cafe, bring your chairs, tables, blankets, food, drink and settle in for the afternoon. Fingers crossed for some glorious summer weather!

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

DULWICH HELPLINE, our Charity of the Year, is in urgent need of more volunteers to help older people in the community. Befriending, telephone building, helping at groups, light gardening and odd jobs, driving, office support, are just a few of the ways volunteers can help. I have been a befriender with Dulwich Helpline for many years now and love it. Find out more at www.dhscc.org.

If you are interested, do get in touch with me at vernonrun@aol.com or telephone the Helpline direct on 020 8299 2623. Many thanks. Sue Vernon

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

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 :

31 Aug	Sevenoaks 7 (medium)
4 Oct	Middlesex 10k, Victoria Park (medium)
1 Nov	**Cabbage Patch 10 (long) RACE CANCELLED**
15 Nov	Epsom 10 (long)

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.

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

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

Limited stock of hoodies, very small sizes only. I can order more if enough people are interested. They will be £20 each.

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:
30 July Victoria Park, Hackney
3 September Beckenham (Beckenham Running Club HQ)

7 Oaks 7 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 2015/16 Fixtures

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

Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

Cross country Club Champs Assembly League **Misc.**

Date		Race		Venue
Jul	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
	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
	24	BMAF XC Masters Relays		Derby
Nov	7	Surrey League match 2	men	Walton
	14	London Champs		Parliament Hill Fields
	14	British and Ireland Internationa		Dublin
	15	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
	tbc.21/28	South of Thames 5 mile race, (date and venue tbc)		
Dec	5	Surrey League match 2	women	Lightwater
	5	Kent Masters		Sparrows Den
	12	SEAA Masters Champ		tbc
	19	South of Thames championship		Tonbridge
		2016		2016
Jan	9	County Champs (Surrey & Kent)		Various
	16	Surrey League match 3	men & women	Reigate Priory Park
	tbc 23	Vets AC Champs		Wimbledon Common
	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

Track meetings

Day	Track / Location	Event	Host	Website
July				
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

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 .

Southern Vets League, Perivale, 13 July 2015

This was a successful night for Herne Hill Harriers with the women qualifying for the final in Ashford for the first time and the men easing through comfortably having won all 4 matches. The women's team were helped in no small measure by Claire Steward in her reinvention from marathoner to track runner, while Nicola Richmond demonstrated encouraging improvements on recent performances. In a busy month these were my 4th and 5th track races out of 10, with the higher profile ones to come.

In the 800m Lloyd Collier won the M35B without overstretching himself while I had a first win of the season over my M60 Serpentine rival, overtaking him in the final straight. Drawn in lane 8, I seemed to undercook it early on, though ended up with a more even paced effort than usual and felt strong at the finish. Lloyd had a better run in his 200m with another win. Later in the 3000m I finished second behind my Serpentine competitor, fading a bit in the last few laps. It would be nice to run this distance outdoors with fresh legs, but alas there are few opportunities. ***Mike Mann***

200m
Lloyd Collier 26.1 1st M35B
800m
Lloyd Collier 2:14.9 1st M35B
Mike Mann 2:40.2 1st M60
3000m
Mike Mann 11:30.2 2nd M60

Claire Steward adds: I have spent many years studiously avoiding running round a track; I like pavements, paths, countryside, mud, scenery, and preferably nothing less than 5k. However, I finally gave in to pleading from Nicola; the Herne Hill women's team desperately needed a V60 to gain a few extra points here and there. I managed to avoid the first meeting by spending a wet weekend in the Lake District but come 6 June, there was no hiding. For someone who who had only run on a 400 metre track a few times, it was a real shock to the system and my debut at 800m was a killer.

With no idea how to pace it, I found myself seriously wondering if I would make it to the finish without passing out. I focussed on the back of the leading F60 and held on for second. Next up the 200m – easy, just run as fast as you can; I was third. Lastly something slightly more to my liking, 3000m. There was something satisfying about ticking off the laps and the clanging of the bell with one to go. Another third place but the points I scored for my efforts were enough gave Herne Hill the overall win. I missed meeting number three while I was in the Pyrenees but was back for the 13 July and had the same three events to test me. This time I ran a more sensible 800m, and knew that I could hold on for second without stressing myself. Next up 200m, a fraction slower than my previous effort but gained another second place. In the 3000m I stuck just behind the woman who had beaten me in the 200 and 800 (and pushed me into third place in the 3000 last time), and exacted my revenge as I went passed her with a lap to go, gaining another second place. Amazingly my pace was exactly equal to my club champs mile the previous week, so I obviously should have been trying harder.

Despite a raging headache, Nicola took first place in both her W35B races, both in quicker times than the meeting in June. Herne Hill won the meeting and now go through to the final in September so I will be back on track for that.

Women's Events
200m
Claire Steward 37.9 2nd W60
800m
Nicola Richmond 2:41.6 1st W35B
Claire Steward 3:11.2 2nd W60
3000m
Nicola Richmond 11:37.8 1st W35B
Claire Steward 13:06.7 2nd W60

VETS INTER-AREA CHAMPS, SOLIHULL, 19 JULY

I am usually chosen to run the 3000m for Vets AC in this competition between the masters clubs nationally, but this year I was also down for the mile, so I decided to focus on this as it is run rarely and was my first race. However it did not go to plan and my performance can best be described as rubbish. I started too slow and continued in the same vein throughout the race, ending up some 9 seconds slower than my recent effort on the Dulwich track. Apart from the fact that it was rather breezy in the home straight, I am at a loss to provide any plausible excuse.

Later in the 3000m my fortunes turned round as I managed to stick with a bunch of younger M60s and maintain a pretty constant 89 second lap pace throughout. I finished with a season's best in one of my best track races of the year, with my pace not that much slower than my earlier pathetic mile effort. Once again I can provide no explanation for this, apart from the fact that the wind had died and I had expended precious little effort in my earlier race. So I ended up with one successful race, but not the one I had planned on. **Mike Mann**

Mile 5:49.27
3000m 11:07.25 (official time tbc)

Great Newham London 10k 19th July 2015

Having received an email earlier in the year about this race and its promised finish in the Olympic stadium, it was an immediate must to enter. What an opportunity to run on the hallowed track of London 2012.

We'd decided to approach the race as a training run particularly as it was a mass event and likely to be busy. We therefore doubled up on our weekend running, with the Peckham Rye parkrun on Saturday (thank you to Kevin and team for a slickly organized and friendly parkrun) and then spent the afternoon wandering around the Lambeth Country Show.

It was an early start on Sunday and after having lingered a little too long on the sights at the country show – where else can you see a parsnip fashioned as Wallace's dog Gromit or ponder the merits of one gooseberry variety over another – we both felt pretty tired. The day didn't start too well either as we arrived at the train station only to find the first train of the day cancelled due to overrunning engineering works. A quick calculation suggested other transport routes were going to be no faster so we waited some 40 minutes until the next train, resigning ourselves to starting in a later wave of the race.

As it happened the journey was quite swift and after hurrying to deposit our bags we found ourselves in time for our wave of the race, which was the first to start. There was a warm up lead by Roy Gayle of aerobics fame who had also suffered the same train stress as us, travelling from Richmond. With lovely sunny skies after a rainy start, the warm up was billed as mobilization session as temperatures were already rising.
Our expectations had been for a crowded and flat course, but both proved incorrect. Despite starting at the back of our wave there were no bottlenecks and we were able to run quite freely, passing other runners the entire race. However the course did meander up and down a fair few times as it joined different roads around the park, went over bridges and up to the Velodrome, so all in all it felt quite tough in the heat.
The scenery was second to none though as we passed the Orbit, the Copper box, the Velodrome and of course entered the stadium as the grand finale. Prior to entering onto the track itself, we ran for a few hundred metres along the inner road in the stadium underneath the seating. What could have been potentially quite dull, had been transformed by inspirational music, spectator cheers and commentary (albeit pre-recorded!) as you approached the track entrance.

This heightened the sense of anticipation and really proved quite emotional. Emerging into the bright sunlight of the track was truly awe-inspiring. There was a real temptation to jog the final 300m we were on the track, just to soak up the ambience and delay our exit!
We were both pleased with our runs not going flat out but not feeling much like we could do either. I'd finally been allowed to run without the strapping on my arm, which was tiring after six weeks of muscle wastage on that side but quite a bit faster. What a difference an arm makes! We saw John-Gabriel in the results only – he was flying far too fast at the front to see otherwise, with a highly creditable 32nd place - but we hope he was pleased with his run.

Afterwards we wandered around the newly set-up summer beach at the Queen Elizabeth Park, with two beaches of pristine white sand, fair ground rides, games and snack bars. We marveled at people who were just dangling mid-air as they abseiled from the Orbit – rather you Sue than me! The afternoon also featured a team relay event of four legs over the marathon distance with each leg starting and finishing in the stadium. A Kenyan team was attempting to break the two-hour barrier but could only manage a one second improvement on the world record. There were also prizes for the first three club teams (in fact a £2000 first prize) – any takers for next year?

Entries are already open for 2016 and we will definitely be signing up for the 10km again. A very well organized race by the 'great run series' team and an experience not to be missed.

Lindsey Annable

32	John-Gabriel Harrison	36:18
1966	Barrie John Nicholls	50:34
2116	Lindsey Annable	51:03

MABAC Surrey Slog Holmbury Hill 1/2M– 19 July

Claire Steward writes: I first did this race back in 2002 but for various reasons have not done it since 2010. Despite the dire warnings about it 'not being for the faint hearted' it has become a firm favourite and the offer a free place, courtesy of my friend Amanda's husband who was there as official photographer, was an opportunity not to be missed.

The race HQ is the Duke of Kent School (think Hogwarts), near Peaslake in the depths of Surrey and it provides ample parking and post-race showers (cold!). Apart from an initial loop around the school and a lap of a field (necessary to spread everyone out before we crossed the road onto a narrow footpath), the race is entirely off-road, mostly along sandy trails which criss-cross through Hurt Wood, and the trig-point at the top of Holmbury Hill affords a splendid view. It is fairly strenuous with lots of ups and downs, including a tricky descent down a narrow gulley and a long climb for the 12th mile.

I recorded a PW (out of eight results) but it was great to be back running an off-road race in the sunshine. After a quick shower while Steve photographed the later finishers we drove a short distance to visit the Hannah Peschar Sculpture Garden for a picnic followed by an exploratory walk around the garden with its quirky planting, ponds and sculptures. These range from the beautiful to the bizarre and although they are for sale we didn't bother with a price list; I'm sure they would all be way beyond my budget.

Winner: 1:23:19
70 Claire 2:05:73
123 3:11:04 (Final finisher)

Blackheath and Bromley Open Norman Park, Mon 20th July

800m r1
Lloyd improved his season's best with an excellent well-judged run that will nudge his confidence forward nicely heading into the British Masters Championships this weekend where a medal-winning performance in the competitive M40 age-group is on the cards.

5 Lloyd Collier 2:04.01

800m r2
As last year, I lined up my excuses in advance calling this a 'training' session (appalling race on Saturday, 13-mile run Sunday, hardly call it easing down, I could go on, blah blah) as I was racing both 800 and 1500m. So, out of the comfort zone and into the 800m where I was happy enough with a good improvement on my indoor season's two dire attempts.

The first lap was close to sub-66, which I was well impressed with; however, my legs disagreed and predictably turned jelly-like with 150 to go, but overall not too bad. Clare had run no competitive 800s yet this year and with the World Masters Championships in Lyon fast approaching was desperate to find out how well-off for speed she was. The only problem was a recently acquired achilles strain but with few chances for a try-out remaining she took the risk, survived, and ran well enough to easily go top of the UK W50 rankings.

6 Tony Tuohy 2:16.61
10 Clare Elms 2:23.48

800m r3
Mike's quite consistent with his 800s at the moment – his default time is currently around 2:40 and he duly obliged again (I haven't got the exact time).

6? Mike Mann 2:40.00

400m r1
It's not often we see a Dulwich Runner running a 400m (most of us are sensible....) but Wayne gave it a shot for only the third time in three years as part of the quest to improve his 800m. His incredible first go 53.89 from three years ago remains his PB but 55.28 this time is hardly hanging about, despite not being helped by drawing the outside lane and watching a bunch of younger whipper-snappers go past before 200m. His leisurely rise out of the unfamiliar starting blocks wasn't exactly text-book either – not quite going on the 'B of the Bang', as Linford used to say - but he's quick and one or two more of these will surely help bring that elusive sub-2 minute 800m into reach. See, 400m or marathons, I don't discriminate, I give advice on anything.....

6 Wayne Lashley 55.28

1500m r1
Dawdling about for an hour after the 800m, I was nicely seizing up while sitting at the finish line chatting with Wayne waiting for the 1500m when I realised it didn't actually start there. I did know this of course but was determined that Wayne would somehow be involved, even peripherally, with this week's comedy gold. We looked up and saw the race lined up on the start-line, ready to go (on the back straight – I knew that), including the other four Dulwich Runners, none of whom saw fit to give me a shout. Obviously a quite deliberate attempt at sabotage.

I sprinted my fastest 100m of the night to foil that little plan and collect a few well deserved derisory comments from the officials. Well deserved by Wayne that is, as I of course blamed him. Anyway, no sooner had I surreptitiously nabbed the inside draw of the line-up than we were away. Within seconds I had to lightly fend off an over-enthusiastic Rob in the melee and he was still there after a 70 second first lap. This was a bit quick with an 800m already in the legs and I settled down to watch Paul and Oscar pull away in the middle laps only to rally a bit for the last and pass Oscar with 200m to go and set off after Paul. But he's not daft you know; a crafty look to check on me and he put his head down to maintain a decent two second cushion and clock a time and pace superior to his club mile.

Oscar meanwhile knocked a hefty 5 seconds from his PB set last month and there's more to come judging from his recent 800m PB of 2:09.66. Rob was paying for his early exuberance but still wasn't too far short of his club mile pace as he was pipped on the line by Alastair running an unfamiliar distance, but both were rewarded with PBs. ***Tony Tuohy***

5 Paul Devine 4:34.16
6 Tony Tuohy 4:36.29
7 Oscar Hussey 4:38.09 PB
8 Alastair Locke 4:44.74 PB
9 Rob Cope 4:44.77 PB

British Milers Club Grand Prix, Iffley Road Oxford, Sat 18th July

BMC 'International Masters Mile'
I made the long round trip for the second running of this special veterans event put on as part of the BMC Grand Prix at the famous track in the hope of emulating my 4:48 PB in the same race last year. Not a chance, as it turned out; a 72 second first lap was fine but it was all backwards from there with a total lack of pick-up for the last lap resulting in my worst ever mile race. Why? No idea, and it was a bloody long way to go to find out.....

7 Tony Tuohy 4:58.94

parkrun July 18th

Bexley

300 ran

Pos	Gen		
9	9	Michael Fullilove	19:37

Burgess

155 ran

Pos	Gen		
68	59	Paul Keating	24:03

Chelmsford Central

396 ran

Pos	Gen		
17	3	Kim Hainsworth	19:30

Crystal Palace
175 ran

Pos	Gen		
20	19	Andy Cottrill	20:25
45	41	Bob Bell	22:41
62	6	Clare Elizabeth Wyngard	24:05
70	8	Belinda Cottrill	24:41
73	9	Claire Steward	24:54

Dulwich

208 ran

Pos	Gen		
14	1	Mel Edwards	19:20
48	44	Mark A Foster	21:32
66	59	Joseph Brady	22:09
68	8	Lucy Clapp	22:15
111	87	Mick Mead	24:42
135	32	Sharon Erdman	26:00

Hilly Fields

152 ran

Pos	Gen		
5	5	James Burrows	19:39
16	16	Gary Sullivan	21:09

Hull

379 ran

Pos	Gen		
21	20	Paul Hodge	21:14

Lullingstone

Chris Vernon writes

Time for another parkrun tour. This time to the relatively new and very small Lullingstone in Kent but less than 20 miles from Dulwich. The course comes with a scary reputation, all uphill, off road etc but turned out to be fairly benign.

The small field gathered on a lovely sunny morning and after the usual pleasantries we were soon into the first long hill. Half way up I overtook my wife but she was having none of it and took off like a scalded cat not to be seen again! I managed to get into the second lap without being lapped, always a bonus, and was able to greet the other DRs as they came in the opposite direction.

Good results were achieved by all. Peter (I don't run these days) Jackson broke 30 mins! Steve W was first MV65, John O'B (returning from illness) was 1m 23s faster than last week, Sue was first FV70 and I was first MV70 and not last!

Lovely coffee and cake followed in the café before returning home. So what is not to like about Lullingstone to attract so few? Not a PB course although short cuts are available a la Bromley and the cruncher, you have to pay £2.50 for the car park.

63 ran

Pos	Gen		
33	30	Peter Jackson	29:42
38	33	Steve Wehrle	30:18
49	42	John O'byrne	35:01
53	10	Susan Vernon	36:46
59	45	Chris Vernon	38:12

Medina I.O.W.

152 ran

Pos	Gen		
14	13	Robert Campbell	20:58

Orpington

160 ran

Pos	Gen		
9	1	Clare Elms	19:15
38	36	Stephen Smythe	22:25
62	59	Colin Frith	24:11

Peckham Rye

107 ran

Pos	Gen		
4	4	Sam Crump	19:38
32	29	Barrie John Nicholls	23:05
43	5	Lindsey Annable	24:05

Riddlesdown

164 ran

Pos	Gen		
14	1	Ange Norris	20:57

St Peters, Sydney, Aust.

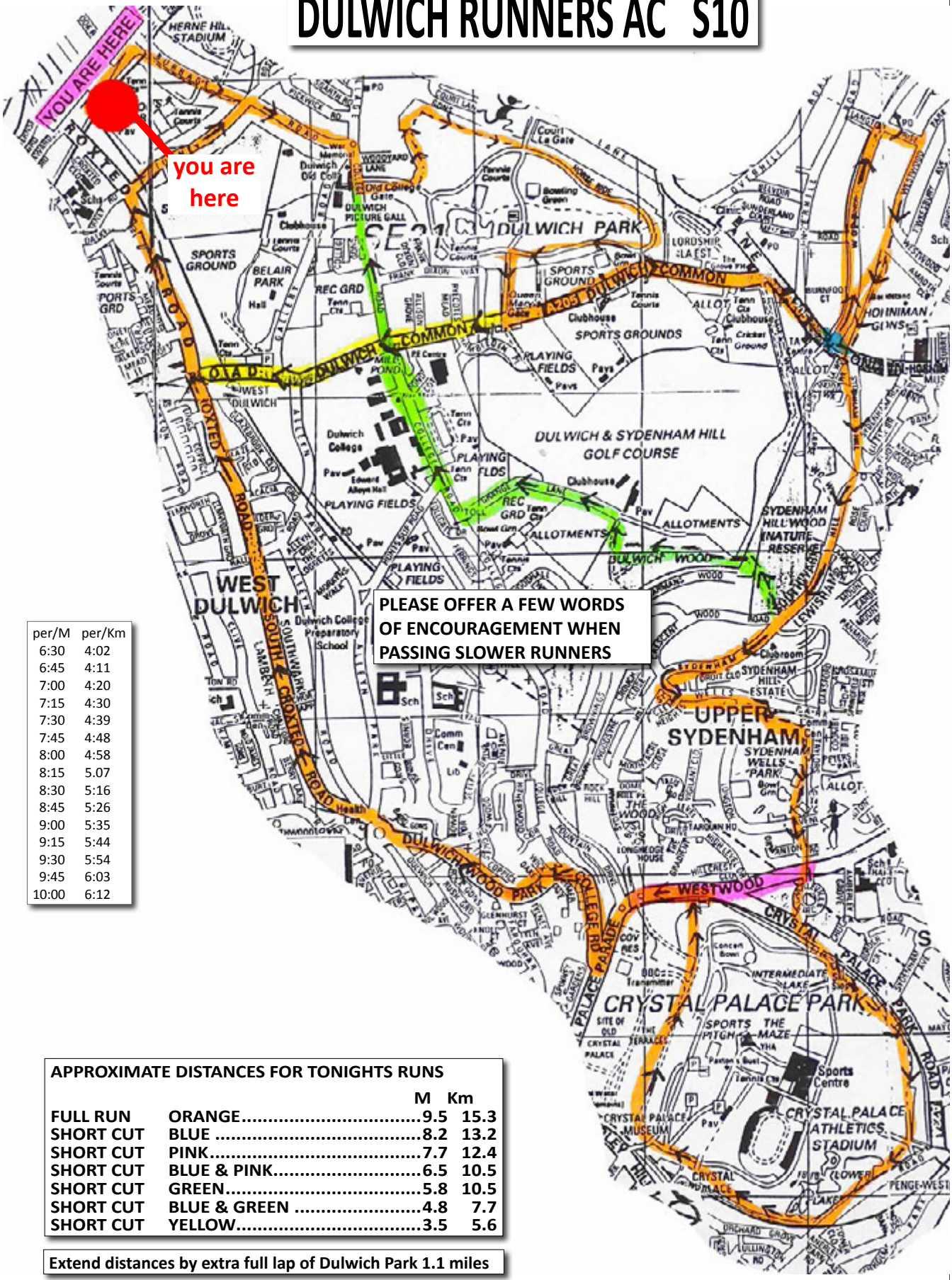
229 ran

Pos	Gen		
121	25	Penelope D'arcy Graham	26:00

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 S10



PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT WHEN PASSING SLOWER RUNNERS

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 FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	9.5	15.3
SHORT CUT	BLUE	8.2	13.2
SHORT CUT	PINK	7.7	12.4
SHORT CUT	BLUE & PINK	6.5	10.5
SHORT CUT	GREEN	5.8	10.5
SHORT CUT	BLUE & GREEN	4.8	7.7
SHORT CUT	YELLOW	3.5	5.6

Extend distances by extra full lap of Dulwich Park 1.1 miles