DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
July 6th 2016

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

Wed 6 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 7 **Assembly league - o2, North Greenwich**
Tue 12 **Dulwich College - £1 per session.**
First half of the session will be on grass,second on the track. Meet 7:15 for 7:30 start

TRACK SESSIONS

Tuesday at Dulwich College - meet 19:00 - £1 per session **Elkie Mace** will start with a warmup for anyone who is keen to do so, then **Steve Smythe** for the first half of the main session which is on the grass and the second half on the track. - ***Suitable for all standards***

If sufficient demand there will be some Thursday evening track sessions - specifically aimed at 800m and 1500m/Mile speed - most will probably be at Ladywell.
No sessions on Assembly League nights.
If interested, contact steve.smythe@athleticsweekly.com

Additionally there may be some Saturday grass hill sessions at Crystal palace every other week or so - if there is demand - if interested advise steve.smythe@athleticsweekly.com

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- **Sign the attendance register and pay £1.**
- **We need the money to help pay for clubhouse hire, map printing etc.**
- **We use the register to compile the new runners' rota, so please write legibly.**

Thank you. - Ros

LUCKY VEST

Tonight in the clubhouse

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.
Vests £18 each from Ros and all kit ros.tabor49@gmail.com

In your SHORTS this week !

1... General information
2... Club kit, social events etc
3... Fixture list, club champs,XC, road, track
4... Race reports and results...Dulwich Relays full results
6... Parkrun results..
7... Map for this Wednesday night routes

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

July 7 Assembly league - o2 North Greenwich

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to: **no new runners :(**
If you're on the list, please 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**

Karina Burrowes	**06/07**
Lloyd Collier	13/07
Lucy Cartlidge	20/07
Sue Cooper	27/07

RELAY 30 JUNE

Thanks to everyone from Dulwich Runners who supported our first Midsummer Relay event, either by running or helping. It was a successful evening.

Volunteers who helped on the night can have a free drink in the bar, and there will be a lucky marshal draw for a voucher for INTERSPORT Herne Hill. ***-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

SPOT

Watch this space for upcoming 2016 events !

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 CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club
Contact Ros ros.tabor49@gmail.com
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

only £5

SHORTS!

DULWICH RUNNERS' SHORTS
They are traditionally cut either 'racing' style, or slightly longer – size medium.
Both styles are a bargain £15.

SPECIAL HOT WEATHER OFFER
CROP TOPS £1 TO CLEAR
AVAILABLE ON WEDNESDAY

HOODIES…

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

Buffs/snoods - only £6

ALGARVE RUNNING CHALLENGE

2 - 6 NOVEMBER

If you want to get away from the cold damp weather of the British autumn, the Algarve Running Challenge presents an excellent opportunity for warm weather racing and training at the eastern end of the Algarve, close to the Spanish border. The races are organized by Steve Smythe and include a 5km cross country, a track mile, a 10km trail race, finishing with the 10 Milhas de Guadiana, actually closer to 11 miles, and takes in the impressive suspension bridge which forms the Spain/ Portugal border. The hotel in Monte Gordo is located just behind the beach and as well as running, there are opportunities for cycling on quiet roads, swimming in the sea which remains warm in November and sightseeing in nearby towns in Portugal and Spain. The trails through the pine woods used for some of the races and the long sandy beach are ideal for an early morning run. The event is organized by Track and Field Tours and should appear on their website shortly. Prices are very reasonable at that time of year. If you want more details, have a word with Steve, Ros, Andy, Jim or myself. - ***Mike Mann***

Thames River Relay

Sunday 4th September

We entered a team for this last year and it was enjoyed by all.
It is a 5 stage baton relay from Boveney, near Windsor, to Kingston along the Thames towpath, the stages ranging from 4.4 miles to 6.5 miles. Teams of 5 must consist of at east one female, one vet and no more than 3 senior males.

Have a look at:- http://www.stragglers.org/index.php/races/club-races/river-relay

If you are interested let Ange know on a Wednesday evening or my email to - dulwichladiescaptain@gmail.com

I need to have names by Friday 15th July.

NOTE - THIS CLASHES WITH THE MIDDLESEX 10K CLUB CHAMPIONSHIP RACE
Thanks. - Ange

Trust10 Runs Polesden Lacey

Sun 26 June & every 4th Sunday of the month until September
Run starts at 9am
Explore beautiful
Polesden Lacey
Trust10 is a free, monthly, 10k trail running event held across selected National Trust sites, open to both members and non members.
Register on the day and if timing is important to you bring your own device.
trust10@nationaltrust.org.uk | nationaltrust.org.uk/sport

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004
ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

Dulwich Runners 2016/17 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 here regularly.

DULWICH RUNNERS 2016 CLUB CHAMPIONSHIPS

A total of 9 races split into 2 categories, short (S) and long (L). To qualify you need to complete 5 in total, including at least one from each of the two categories. See fixture list for the remaining four events

CLUB CHAMPS UPDATE

CLUB CHAMPS 5km (and mile) clarification With the Assembly League race at Battersea Park on 2 June used for the 5k club champs, trophies and individual points will be awarded at this race. However in view of the late change, resulting in part from bringing forward the date of the Mark Hayes Mile, it has been decided that times at the Sri Chimnoy race on 13 June will count for overall points and for completing sufficient club champs events.

Thus for overall points (ie age graded scores) the better of the two races will count for those taking part in both.
Individual age group points will initially be based though solely on the first race - ie Assembly League (as per club Mile).

However if for example 10 M50 athletes run the club mile or Assembly League then 11th place onwards is possible at the Eltham mile or Sri Chinmoy 5km.

2016 ASSEMBLY LEAGUE

These races started in April and range from 3 to 3.5 miles on road or on paths within parks and run on the first Thursday of the summer months against 12 other clubs. They are extremely popular and all members are encouraged to participate whatever your standard or ability. They are free to enter, all you need to do is have a club vest, turn up and run.
From this year women's team scores will be based upon 4-to-score, the same as the men

MARATHONS 2016

If you are planning to run a marathon in 2016 please can you tell Shorts so that we can list those with forthcoming races.
After the race make sure you send your time.
We will try to maintain an up to date list so that we can keep a proper record for the club championships.

10m race - CLUB CHAMPS UPDATE

With the Cabbage Patch 10 taking place on 16 October falling on the same weekend as the (later than usual) first Surrey League cross country fixture, we have been looking for alternatives. These are limited with one on the same weekend as the SEAA relays on 17/18 September and another involving a long coach trip. We have therefore decided to go for the Epsom 10, organized by Epsom and Ewell Harriers, on 20 November. This is the day after the BMAF cross country relays, but for those selected for this, it should be possible to combine both with the relay stages only 3km. Entry forms are not yet available but hopefully should be soon.

Golden Stag Mile, Barnet

Wednesday July 20

it's worth making a note of this event where quite a few Dulwich Runners ran as guests last year - Ros even set a short-lived world mile age group record.
While a trek across London, it is an event suitable for absolutely everyone and well worth competing in.
The races are graded so that everyone gets to race people of a similar ability as we love a close finish! This year we are opening up the event to athletes from other clubs and we hope to see some of our friends and rivals on the start line. As with the City Mile at Sutcliffe Park on 22 June, times achieved at this event will count towards overall age graded points for the club championships.
http://www.barnetadac.com/racing/club-races/the-golden-stag-mile/
http://www.entrycentral.com/goldenstagmile

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

Date		Race	Venue
Jul	7	Assembly League - start 7:30pm (3 miles approx)	o2 Dome, North Greenwich
Aug	4	Assembly League - Victoria Park - 7:30pm start (3.5 miles)	Hackney
Sep	1	Assembly League - Beckenham - 7:15pm start (3 miles)	Beckenham
	4	Middlesex 10k (S)	Victoria Park, Hackney
	4	River Relay	along Thames west of London
	10	Will Bolton Relays	Sparrow's Den
	17/18	SEAA Road Relays	Aldershot
	24	England Masters Inter Area Challenge Cross Country	Wimbledon Common
Oct	2	Titsey Multi-Terrain 10k (L)	Oxted
	15	Surrey League	Richmond Park (m) tbc (w)
	22	Surrey Masters Champs	Richmond Park
	29	5k Parkrun (S)	Burgess Park
Nov	12	Surrey League	Farthing Down (m)
	19	BMAF Relay Champs	Long Eaton
	26	South of Thames 5m	Ham Lands
Dec	3	Surrey League	Mitcham Common (w)
	17	South of Thames 7.5m	Venue tbc
Jan	7	County Champs	Lloyd Park (Surrey) tbc (Kent)
	14	Surrey League	Mitcham Common (m&w)
	21	Vets AC Champs	Wimbledon Common
	28	South of England Champs	Parliament Hill
Feb	12	Surrey League	tbc (m) Ham Lands (w)
	26	National Champs	North of England tbc

Track Meetings

The table includes a list of track meetings over the forthcoming season. You do not have to be a member of a track club to take part in any of the open meetings.
Check details of the races on offer at respective club websites.
In most cases you can either enter in advance or on the day.
In addition the Watford Open Graded Races take place on alternative Wednesdays until 7 September, (see WATFORD ATHLETICS AND WATFORD HARRIERS ATHLETIC CLUB for details.

July	11	Blackheath&Bromley Open	Norman Pk
	20	Cambridge Harriers Open	Sutcliffe Pk
	20	Golden Stag Mile, Allianz Stadium	Hendon
	23	HHH Open	Tooting
	3	Hercules Wimbledon Open	Wimbledon Pk
Aug	7	London Athletics	Mile End
	15	Blackheath&Bromley Open	Norman Pk
	17	Cambridge Harriers Open	Sutcliffe Pk
	22	GLL	Mile End
	27	HHH Open	Tooting
	28	Vets AC T&F Champs	Kingsmeadow
Sept	7	Vets AC 10,000m	Battersea Pk
	10/11	BMAF T&F Champs	Birmingham

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.

Bromley Midsummer Eve 10K

29/06/16

This was the first time this midweek event was held. It starts and finishes in Norman Park and is the same course as the Ted Pepper 10K with the central loop run in the opposite direction. It was run on a typical summer evening - drizzly, windy and very muddy in the wooded parts. Despite wearing road shoes I still managed to knock 2.5 mins off my Ted Pepper time of a couple of months ago.so well pleased with my post injury progress.Surprisigly only 6 runners got under 40 mins.

117 Peter Jackson 55.51 mins (259 finishers)

Kent AC 800m Championships

Ladywell, June 30

Despite breezy conditions and a slightly too fast first lap, Clare improved her position at the top of the British over-50 rankings 800m with a 2:22.5 time. Five minutes later she ran in the all women's race and made the pace for the first 700 metres.

Open B: 3rd Clare Elms 2:22.5
Women: 2nd Clare Elms 2:28.3
-Steve Smythe

Rosenheim League Tooting Track

29 June 2016

A damp and windy evening in Tooting greeted myself and Paul as we turned up to run as guests in the inter club Rosenheim League. We were early enough to watch Lloyd run a decent 1500m in one of his 'other' vests; a strong finish earned him a deserved sub-4:30 though he was disappointed not to go quicker still.

My careful planning for the 3000 went out the window even before the gun as I was at the back of the crowd on the start line. That left me boxed in for the first 200m and I ran the next 200m in lane 3 trying to make up for lost time. In a brief moment of clarity at 1600m I realised I was a few seconds off target for an even 9:15; I upped the effort but couldn't claw anything back until the last lap: a reasonable kick bringing me in a shade under target in the end.

No sooner had I stopped my watch when Paul 'you can call me Gareth' Devine stormed across the line. He took a huge 30second chunk out of his PB – hardly surprising given his current form momentum. ***- Tim Bowen***

1500m (NS)
2 Lloyd Collier 4:29.21
15 ran

3000m
4 Tim Bowen 9:14.42 PB
13 Paul Devine 9:38.12 PB
26 ran

Caterham Rotary 1/2M

Competed in this race on Sunday. Warm and undulating but good fun

		time	Chip
5	Steven Rolfe	1:25:22	1:25:20

Mile End Open Meeting

4 July

In breezy conditions, my 1500m was around 5 secs slower than recent efforts in a largely solo race. The 800m, barely 10 minutes later was bound to be a struggle, so I decided to use it as a training effort. After a reasonable 80 sec first lap I ran out of steam, though I actually clawed back some of the gap on the large group of youngsters ahead of me as the winner came through in 2:36, having gone through the bell at 66 secs. That's what I call poor pace judgement! **-Mike Mann**

1500m 5:36.83
800m 2:47.64

UK Women's National League Division 1, Lee Valley

July 3

While unable to go with the Bristol pairing which included 2008 Olympian and 31:30 10,000m runner Kate Reed, Clare led the second group all the way and breaking her final rival on the penultimate lap, she achieved her best ever national league result of second in the A string 3000m. It was her best time for two years of 10.10.77 which would have been quicker had she received more assistance in the 7.5 laps.

It was competitive on the last lap though and four runners finished within 10 seconds of her.

The age-grading looks a bit off as this achieved a very high 98.79% (her best ever 3000m) but her above 2:22 800m which you could argue is comparable only got 91.45%

3000: A: 2nd Clare Elms 10:10.77
-Steve Smythe

Brooks Serpentine Last Friday 5k

24.06.16

15 Alastair Locke 17:50
17 Kevin Chadwick 17:59
99 Mike Mann 21:22
121 Ros Tabor 22:01
124 Katie Styles 22:06
125 Andy Murray 22:07
148 Mark Muffett 22:54
-Andy Murray

Dulwich Runners Midsummer Relay 3 x 1676 m
30.06.16

Following dwindling numbers for our 5k race, the club committee decided this year to hold a 3 stage relay in Dulwich Park. The numbers were still low at 30 teams but those who took part seemed to enjoy it and will spread the word, so it should be able to grow each year. The BARR race scrutineer was complimentary, although we need to tighten up on tracking runners, particularly children, around the course so that they arrive at the finish safely. Thanks to all who marshalled and ran.
Results below- Andy Bond was 3rd fastest on stage 1, Lloyd Collier 2nd fastest on stage 2 and Tim Bowen 2nd fastest on stage 3. Victoria Read was provisionally 3rd woman on stage 2. - ***Andy Murray***

Position	Team no	Name		Time	Stage1				Stage2					Stage3				Time
1	9	HHH Senior Men A	sm	15.20	Alex Marks	sm	HHH	5.10	Simon Messenger	sm	HHH	5.19	10.29	John Tayleur	mu23	HHH	4.51	15.20
2	25	Team Inglis	sm	15.29	James Macdonald	m35	Camb H	5.12	Sandy Cowan	sm	City of York	5.04	10.16	Andrew Inglis	sm	Camb H	5.13	15.29
3	14	HHH Masters men	m35	16.10	Robin Jones	m40	HHH	5.17	Lloyd Collier	m40	Dulw R	5.26	10.43	Robin Sanderson	m35	HHH	5.27	16.10
4	1	London City Runners (1)	sm	16.27	William Bradley	sm	Lon City Runnners	5.29	Adam Millbery	sm	Lon City Runnners	5.37	11.06	Chris Ward	sm	Lon City Runnners	5.21	16.27
5	5	Team Eirtalia	sm	17.00	Francesco Cecchin	sm		5.41	Philip Jones	sm		6.16	11.57	Tim Bowen	sm	Dulw R	5.03	17.00
6	10	HHH Senior Men B	sm	17.38	Peter Snowdon	sm	HHH	5.08	Trevor Chilton	m45	HHH	6.01	11.09	Richard Tricker	sm	HHH	6.29	17.38
7	3	London City Runners Mixed (1)	mixed	18.27	Andy Melrose	sm	Lon City Runnners	6.14	Alan Venning	sm	Lon City Runnners	5.56	12.10	Helena Hayes	sw	Lon City Runnners	6.17	18.27
8	11	HHH Senior Women	sw	18.41	Sara Roberts	sw	HHH	6.21	Ruth Chalmers	sw	HHH	6.16	12.37	Natasha Lodge	sw	HHH	6.04	18.41
9	4	London City Runners Mixed (2)	mixed	19.15	Megan Amy	sw	Lon City Runnners	5.40	Nick Sutcliffe	sm	Lon City Runnners	7.03	12.43	n/k		Lon City Runnners	6.32	19.15
10	28	All Saints Runners	mixed	19.15	Tim Armstrong	sm		6.10	Claire Steward	w60	Dulw R	7.31	13.41	Andy Bond	m40	Dulw R	5.34	19.15
11	15	HHH Masters Women A	w35	19.30	Natalie Zara	w35	HHH	6.38	Rebecca Barrow	w40	HHH	6.30	13.08	Nikki Sturzaker	w40	HHH	6.22	19.30
12	7	Sumners Sprinters	mixed	19.30	n/k			5.47	n/k			6.45	12.32	n/k			6.58	19.30
13	27	007	family	19.30	Andy Bond	m40	Dulw R	5.15	Toby Bond	mu13		7.14	12.29	Alex Bond	mu13		7.01	19.30
14	21	Two Black Dogs	mixed	19.33	Lucy Clapp	w50	Dulw R	6.49	Sonny Pickering	mu15	HHH	6.36	13.25	Adam Scorer	m50		6.08	19.33
15	20	Pacemakers	family	19.34	Victoria Read	w40	Dulw R	6.12	Max Read	mu13		6.34	12.46	Jethro O'Connor	mu13		6.48	19.34
16	2	London City RunnersWomen	ws	19.36	Amy White	sw	Lon City Runnners	6.04	Karen Tostee	sw	Lon City Runnners	7.09	13.13	Jo Tillman	sw	Lon City Runnners	6.23	19.36
17	6	Family Osmonds	family	19.47	n/k			6.16	n/k			7.03	13.19	n/k			6.28	19.47
18	18	Dulwich Runners Sen.Women	ws	20.04	Michelle Lennon	w45	Dulw R	6.46	Niamh Falconer	sw	Dulw R	6.36	13.22	Eleanor Simmons	w35	Dulw R	6.42	20.04
19	32	Team 32	mixed	20.15	Vita Love	fu15		7.03	Harry Bassey	mu15		6.56	13.59	Sam Pritchard	mu15		6.16	20.15
20	13	HHH Senior Mixed	mixed	20.21	Craig Barney	sm	HHH	6.31	Helen Couchman	sw	HHH	7.53	14.24	Alex Hobley	sm	HHH	5.57	20.21
21	24	Team 24	mixed	21.17	Tamara Lopez	sw	Serp	7.27	Sarah Maysey	w35		7.37	15.04	Damien Helleboid	sm	Dulw R	6.13	21.17
22	26	Gemcasuze	ws	21.49	Suzannah Kinsella	w45	Tun Wells H	6.56	Gemma Richardson	sw	Tun Wells H	7.38	14.34	Carol Tsang	w40	Tun Wells H	7.15	21.49
23	30	Team Clare	family	22.40	Anna Forster	fu13		7.43	Alison Clare	w45		7.37	15.20	Iris Forster	fu13		7.20	22.40
24	22	Firebolts	family	22.58	Sadie Winbourne	fu13		7.45	Emma Haye	w45		8.07	15.52	Isobella Haye	fu13		7.06	22.58
25	29	Melts Melts	sm	23.02	Alex Beeson	sm		7.16	Tom Wallace	ms		8.20	15.36	David Fitzpatrick	sm		7.26	23.02
26	8	Old Dynamo Dulwich	m35	23.19	n/k			9.18	n/k			7.09	16.27	n/k			6.52	23.19
27	31	Forster Sahai	family	24.32	Maggie Forster	fu13		10.00	Sophia Sahai	fu13		7.47	17.47	Tom Forster	m45		6.45	24.32
28	19	The Fats and Furious	family	29.44	Mark Read	m40	Dulw R	6.16	Tristan Read	mu13		15.27	21.43	Bradley Read	mu13		8.01	29.44
29	23	Chicos Malos	jm	30.20	Lukas Lilley	mu13		11.17	Albert Lilley	mu13		10.02	21.19	Bjorn Lilley	mu13		9.01	30.20
Incomp	16	HHH Masters Women B	w45		Gillian Wheeldon	w45	HHH	7.28	Sarah Allen	w50	HHH	8.19	15.47					

July 2nd

Brockwell
239 ran

Pos	Gen		
43	40	Cameron Timmis	21:37
65	8	Lucy Clapp	22:41
140	115	Kees Kuijlaars	25:48
165	37	Sharon Erdman	27:05
173	132	Alex Haylett	27:33

Bromley
564 ran

Pos	Gen		
44	4	Selma Benattia	20:42

Burgess
165 ran

Pos	Gen		
40	3	Lucy Elms	21:54

Crystal Palace
283 ran

Pos	Gen		
10	10	Tom Wilson	19:55
94	84	Ameet Patel	24:32
103	13	Claire Steward	24:58
132	106	Andy Cottrill	26:12
135	28	Belinda Cottrill	26:14
150	116	Bob Bell	26:43
259	96	Susan Vernon	35:37

Dulwich
240 ran

Pos	Gen		
8	7	Stephen Davies	17:07
59	53	David Haviland	22:00
64	58	Duncan Wilson	22:08
82	74	Mark Muffett	22:52
207	147	Rafe Collier	31:26
211	64	Rhoda Collier	31:45
212	148	Lloyd Collier	31:46

Frimley Lodge
447 ran

Pos	Gen		
280	70	Elizabeth Begley	29:55

Horsham
348 ran

Pos	Gen		
66	58	Gary Budinger	22:53

Hull
431 ran

Pos	Gen		
34	33	Paul Hodge	20:42

Kingsway , Gloucester
232 ran

Pos	Gen		
1	1	Gregory Nicholas	16:47
55	6	Helen Covich	24:09

Lullingstone
43 ran

Pos	Gen		
19	16	Peter Jackson	29:15

Malling
135 ran

Pos	Gen		
6	6	Nicholas Brown	20:32

Mile End
208 ran

Pos	Gen		
10	10	Martin Holt	18:24

Orpington
158 ran

Pos	Gen		
3	3	Stephen Smythe	19:41

Peckham Rye
146 ran

Pos	Gen		
1	1	Andy Bond	16:56
4	4	Charles Lound	17:54
20	1	Michelle Lennon	21:09

Poolsbrook
125 ran

Clare and I sniffed out this parkrun between Chesterfield and the M1 motorway when we were up in the Peak District for Clare to compete in the Chatsworth triathlon on the Sunday. The setting was a familiar scenario to those of us who were brought up in former mining areas - basically the site of an old colliery which had been landscaped to become a country park set around an artificial lake. One circuit of the lake was almost a mile so the course comprised three and a bit laps.

Clare and I ran together the whole way, resulting in a useful workout ahead of her tri endeavours, and we both won our age categories. More impressively, Clare set a new record for Poolsbrook in the VW55 category, in the 14th running of this young, and still relatively small, event and was 3rd woman overall.

Pos	Gen		
27	3	Clare Wyngard	23:33
28	25	Michael Dodds	23:34

Princes , Liverpool
192 ran

Pos	Gen		
9	1	Mel Edwards	19:34

Richmond
360 ran

Pos	Gen		
118	101	Barrie John Nicholls	23:41
128	19	Lindsey Annable	24:18

Riddlesdown
157 ran

Pos	Gen		
45	6	Ange Norris	23:56

York
492 ran

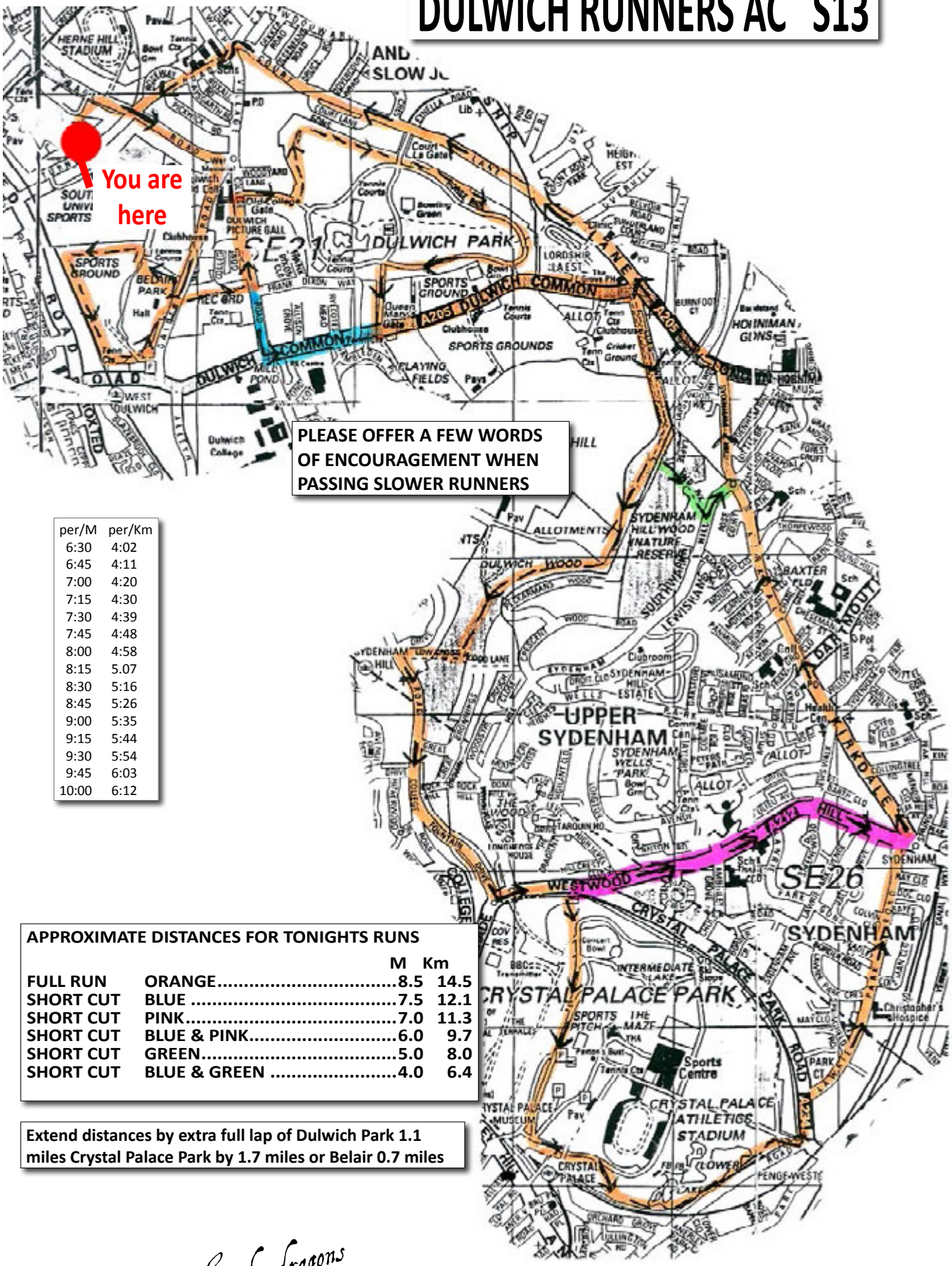
Pos	Gen		
107	11	Ros Tabor	22:32
122	107	Andy Murray	22:52

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 S13



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	8.5	14.5
SHORT CUT	BLUE	7.5	12.1
SHORT CUT	PINK	7.0	11.3
SHORT CUT	BLUE & PINK	6.0	9.7
SHORT CUT	GREEN	5.0	8.0
SHORT CUT	BLUE & GREEN	4.0	6.4

Extend distances by extra full lap of Dulwich Park 1.1 miles Crystal Palace Park by 1.7 miles or Belair 0.7 miles

Here be dragons