DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
November 30th 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	30	Club Night, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar.
		Quiz Night after the run in the clubhouse page 2 for details
Sat	3	Surrey League - women Mitcham
Tue	6	Crystal Palace Arena See notice below for more details £2.50 per session - Full warm up from 7pm Main session start around 7:20

Christmas opening

The Edward Alleyn Club will be open as usual on Wednesday 28 December, and Wednesday 4 January

TRACK SESSIONS

At **Crystal Palace National Arena**
£2.50 per session - Suitable for all abilities.
At reception say you are with Dulwich Runners but do not pay there, pay Ros trackside.
Leave time to get from there down to track - it can take up to 10 minutes.

Arrive at 7pm if you want a full warm-up of various drills etc, taken by Elkie Mace.
Main session taken by Steve Smythe starts around 7.20pm and will last 40-45 minutes.

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

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Cross Country section - all the info you need
4 Fixture list, club champs, road, XC, etc
5 South of Thames Xc full reports and results
8 Parkrun results
9 Map for the run this Wednesday
10 Turkey Trot entry form

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

Dec	3	Surrey League Xc - women, Mitcham
Dec	3	Kent Masters Xc - Dartford
Dec	10	SEAA Xc - Oxford
Dec	17	South of Thames Xc - Beckenham

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Thankyou to the person that took out the new runner last week
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

Ebe Prill	**30/11**
Ian Sesnan	7/12
Claire Steward	14/12

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

P *Watch this space for upcoming*
O *2016 events !*

T

Dulwich Runners Xmas Party

"Tickets on sale now !"

17th December 7pm onwards

Guys and girls it's the event you've waited the whole year the DR Xmas Extravaganza!!

As in previous years it will be held at **The Plough on Lordship Lane**, with strong negotiation skills I've managed to keep tickets at an inflation busting **£15** (it's not all bad post-Brexit!)

There will be a buffet and then you'll be able to strut your stuff on the dance floor to DRs essential party playlist courtesy of Ian Lilley & Co!

Dress Code: Dress to Impress (Bad Taste Xmas Jumpers Optional)

I'll be down the club on Wednesday tickets will be available from me or Barry. Alternatively you can transfer your ticket money to:
Matthew Ladds

Santander
09-01-27
86032186

Any queries let me know, veggies, vegans or other dietary requirements then give me a shout and I'll try best to ensure there are plenty of food choices.

TURKEY TROT CLUB HANDICAP

18 DECEMBER

The annual club Christmas handicap race will be held in the traditional way, in Dulwich Park, the morning after the Christmas party. Come and run off your hangover!
The race is 3 laps round Dulwich Park, run as a handicap, based on recent parkrun times. It is a light-hearted festive event with several prizes. Runners run without their watches and try and match their predicted times.
Please wear a Christmas hat – prize for the best one!

Entry form at the end of Shorts. Thanks - Ros

SHORTS!

DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or slightly longer– Both styles are a bargain £15.

1 Bedroom Flat with parking in Thicket Rd. SE20 8DR, overlooking the lake at Crystal Palace Park.
Handy for track and the park run!! £800 per month.

If interested please call Clive on 0208 658 8386 or 07881 622575
(Clare Elms)

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 **£5.50**
Just give me your name and money when you sign in - Ros
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 from Ros
ros.tabor49@gmail.com

HOODIES...

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

Buffs/snoods - only £6

Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

Socks only £5

Post Surrey League imbibition: Saturday 3rd December

A few years ago we used to have a drink in a local watering hole after each Surrey League so the men's and women's teams could compare notes or those who are injured or need of the company of fellow runners on a Saturday night could catch up.

Please can you let me know if you'd like to do this again?. I suggest we descend on the following pub: The Lordship http://www.thelordshippub.co.uk from 7.30 pm on Saturday 3rd December. Please email me if you are going.
Duncan Wilson at: runaddict@icloud.com

I realise that only the women are running this weekend on or "in" Mitcham Common depending on the mud so I assume the men will buy all the drinks.

Once we have a few of us I will send a confirmation email out.

The cross country season started in September with races taking place on most Saturdays until mid February. Here is some key information for the benefit of both newly joined members and regulars.

Surrey League

We compete in the Surrey League and this the club's main priority. Further details on times, location etc will be posted by your captains nearer the time. Details on other Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible.
Our men did exceptionally well to gain promotion to Division 1 last season, but will face a challenge this season in avoiding relegation, competing against some of the strongest clubs in the country.

Distances

The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, from around 8km in the autumn to 12km and over for the men later in the season.

Scoring

In the Surrey League, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. But cross country races are not elite and are suitable for runners of all abilities. They are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races.

Surrey League entry

For the men's Surrey League there is no need to enter in advance or pay; simply turn up on the day in good time to register and warm up (though your captain will find it helpful to know your availability in advance). For the women's Surrey League, the women's captains will request runners to enter in advance. If you have not asked to be on the list but decide later that you want to run, please contact your captains.

Other Races

In addition to the Surrey League there are other cross country races, almost all of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London champs, 2 South of Thames races, South of England and National champs. There are also other races for Masters. See the fixture list in Shorts for details.

Entry for other races

For virtually all races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email for those interested to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first. But don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

You can often get away with road or trail shoes in early season races, but as the ground becomes heavier, cross country spikes or fell shoes become necessary.
Contacts
For further information please contact your captains at:
dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk

Cross Country Champs

Once again we will be holding a cross country champs this season and there will be 2 perpetual trophies in memory of Ken Crooke, one for women and one for men. They will be awarded at the end of this cross country season (Spring 2017).

There will be 4 events to qualify, including a minimum of 3 Surrey League races. The other races are the South of Thames 5 miles at Polesden Lacey on 26 November and a mob match yet to be arranged in February or March, probably using the Beckenham Place Park parkrun course.

Cross Country Entries

There are a number of notices in Shorts and emails about informing your captains whether you would like to enter various cross country events over the autumn months.

A busy cross country calendar means that races are held on most Saturdays through the season, so it might be helpful to know which to prioritize.
As far as the club is concerned the 4 Surrey League matches over the season represent a key target.

We have had the men's and women's league matches on 15 October, a men's match on 12 November, and to come a women's match on 3 December.
Please keep this date free if at all possible.

Another important races this autumn is the SEAA Masters champs at Oxford on 10 December. There are a number of other races including the London Champs, the two South of Thames races and you are encouraged to enter these, but they represent a slightly lower priority.

Advice on which races to target later in the season will follow. For all events, please make sure you read the notices carefully and respond before the deadlines given, in order to ensure that you get a place. ***- Mike Mann***

South Of Thames Cross Country

17 December

The South of Thames 7.5 mile race has now been confirmed for 17 December at Beckenham Place Park and should be a perfect appetizer for the Christmas Party that evening.
Please ***contact your captains no later than 7 December*** if you would like to take part.

We already have quite a few who have put their name down for this race at Beckenham Place Park, which is local to most of you. Anyone else wanting to earn their drinks at the Plough that evening should contact their captains

South Of England Champs

28 January

These cross country champs take place at the traditional venue of Parliament Hill on 28 January (15km for men, 8km for women). Since the closing date is absurdly early can you ***please inform your captains by 12 December*** if you would like to be entered.

County Champs

7 January

The cross country county champs take place on 7 January, with the Surrey races at Lloyd Park and the Kent ones at Brands Hatch. ***Please contact your captains by 8 December for the Kent champs and by 22 December for the Surrey champs.*** Your captains can provide advice on which county you are eligible to run for.

Box Hill Entries

Entries for the Box Hill Fell Race on Saturday 21 January filled up very rapidly – it was full by 9.48 am on Tuesday. I know that several people were disappointed. However, don't despair. Fabian4 have said that they expect cancellations and it is quite straightforward to take the place of someone who has pulled out.

Put the date in your diary and log onto www.fabian4.co.uk after Christmas. I will put another note in Shorts if they send any further info. If you would like to find out any more about fell running, feel free to collar me on a Wednesday night or e mail me at : hugh@christchurchpeckham.info

Hugh Balfour

Lost Property

A woollen Dulwich Runners hat and a pair of black gloves with green edges were left in the tent recently either at Long Eaton or possibly Farthing Down the previous Saturday. Please get in touch with Mike Mann mcmann90@yahoo.co.uk if you are missing these items.

Pacing At Brockwell Parkrun

Brockwell parkrun are looking for pacers for their 6th anniversary run on 10 December. Anyone able to help out should turn up at the start near the Lido by 8.45

Dulwich Runners 2016/17 Fixtures

Further information about 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.

Road & other **Cross country** **Club Champs** **Assembly League**

2016		Race		Venue
Nov	26	South of Thames 5m - National Trust Ground		Polesden Lacey
Dec	3	Surrey League	women	Mitcham Common
	3	Kent Masters Champs		Dartford
	10	SEAA Masters champs		Horspath, Oxford
	17	South of Thames 7.5m		Beckenham Place Park
2017				
Jan	7	County Champs		Lloyd Park, Surrey - Kent **tbc**
	14	Surrey League	men	Mitcham Common
	14	Surrey League	women	Lloyd Park
	21	Vets AC Champs		Wimbledon Common
	28	South of England Champs		Parliament Hill
Feb	11	Surrey League	men	Ham Lands, Ham **tbc**
	11	Surrey League	women	Farthing downs, Coulsdon
	26	National Champs		Nottingham

Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, fell, xc, tri and track results etc, are welcome.

South of Thames Cross Country

26 November

Mike Mann writes...
This course in and around the grounds of Polesden Lacey National Trust property is one of the most challenging ones on the circuit and one that needs to be treated with a good deal of respect. It starts off with a long largely stony descent into a deep valley and is followed by a climb of around a mile, probably one of the longest tackled by even our most experienced cross country runners.

The remainder of the course includes a long treacherous descent over loose flints partially covered by fallen leaves, some sharp hills and a short brutal climb over a grassy slope close to the finish. On the plus side, there are some fast stretches over sound surfaces over which it is possible to make up ground and in general the course was less muddy than last year.

The question posed by one of our party beforehand "What was this race for?" seemed rather an apt one to which no one had a convincing response, but despite the brutal terrain most seemed to enjoy the fine scenery and overall experience, if not during the race, at least afterwards. Those who spent too much time admiring the views risked becoming a cropper as a good deal of care was required over some of the surfaces.

Ange Norris had yet another great run to lead the women home and finish as 1st women 55. The performance of the day was from Selma Benattia, over 3 minutes faster than last year, despite wearing spikes that must have been hard on the feet. Ola Balme was despite down on last year but had a good run despite limited training. Andrea Pickup was strong on the climbs as usual, but found the stony surfaces hard underfoot. Ola and Andrea finished 1st and 2nd W45. Katie Styles said she found the race a struggle, though in fact she was only slightly down on last year.

> "What was this race for?"

Another improver was Michelle Lennon, over a minute faster this time. Emma Ibell, short of race fitness persevered well, while Sarah Banting,relatively new to cross country, enjoyed the experience. Amongst the men, Tim Bowen, a few weeks after his excellent New York marathon was first our runner home and over 2 minutes faster than his 2015 time.

Another to improve on last year's time was Alastair Locke who seemed to revel in the tricky conditions underfoot. Lewis Laylee performed well over a course that was worse by several degrees of difficulty over anything he has experienced to date. Tom South continued his recent good cross country form, and Ebe Prill was only slightly down on last year. The new slim line Duncan Wilson had probably his best run this year, despite only just making the start. Close behind Hugh Balfour finished second M60, overtaking runners on the descent covered with loose stones and flint, and probably hoping for a few more scree slopes. Both Jim Dowsett were a touch slower than last year, while Mike Mann, 1st M65, was slightly quicker, having kept a bit in the tank, enabling him to pass a few runners in the final mile.

Women (2015 times in brackets)

13	Ange Norris	35:03	(36:28)
20	Selma Benattia	35:45	(38:47)
29	Ola Balme	36:42	(36:15)
30	Andrea Pickup	36:44	
44	Katie Styles	38:14	(37:52)
49	Michelle Lennon	38:49	(39:56)
58	Emma Ibell	39:48	
90	Sarah Banting	46:05	

4th Team

Men

22	Tim Bowen	28:50	(31.00)
39	Alastair Locke	30:06	(31:17)
52	Lewis Laylee	30:48	
74	Tom South	32:37	
101	Ebe Prill	34:12	(33:58)
126	Duncan Wilson	35:35	
132	Hugh Balfour	36:00	
137	Jim Dowsett	36:24	(35:57)
152	Mike Mann	37:49	(38:01)
173	Graham Laylee	40:53	(40:04)

9th Team

Ange Norris added....
Eight ladies arrived keen to tackle what has been described as 'a proper cross country course'. It has acquired a bit of a reputation from those who ran last year, even extending to a description including boulders!

As a result, much conversation was about the choice of shoes. Selma stole the show here with her generosity in lending her trail shoes to Ange. (She had arrived fully prepared with 3 pairs of shoes.)

Before the start, the quote of the day has to be, 'What is this race for?' Clearly not appreciating what a lovely day out it was going to be!

The start funnelled all the runners onto a fast downhill section into woods - beautiful scenery on a lovely autumnal day, if only you could have enjoyed the view. We had to watch where we put our feet every step of the 5 miles. There were only a few short muddy sections but we had to avoid tree roots, flints and, of course, the boulders.

The hills, we loved them, except possibly the last steep one up to the finish, even though you know it's only one last push by then. The general consensus of opinion at the end was - it was tough, but we all ran hard and showed that training on the hills of South London is worthwhile.
Thanks to Ros and Andy for their support and to Jim for mastering getting the tent to fit back into its bag. Doing it he set a pb of 4:21 which, I believe, only Charlie can better. Now there's a challenge to you all

Serpentine Last Friday Of The Month

25/11/16

Paul Devine writes....
As ever there was a good Dulwich turnout for the last Friday of the Month 5k in Hyde Park. For the second November in a row this has become known as the 'Lilley Race' which mean it has three features: It falls very near to Ian's birthday , he provides cake, and runs a PB. Last year all three were ticked off, sadly he just fell short in one this year- but it was mighty close.

Due to the Winter Wonderland (more on that later) the two lap B course was used. In fine, cool conditions there were some excellent performances. Andy Bond is just getting better and better and another very strong run saw him finish in a fine 4th place, agonisingly just being outkicked for 3rd. After running steadily for 2 miles, he really turned on the afterburners for the last mile running it in a frightening 5:12.. His time although a little down on his Burgess parkrun effort represented an official 5k PB.

There have been no shortage of ding dong battles between myself and Steve D over this distance in 2016, and this was no exception. Steve as ever started fast, and for once I bided my time instead of manically chasing him and trying to go past early. From 1k onwards we were stride for stride, with only a chap with a horrendous breathing pattern for company. Steve opened a slight lead at the 4k mark, but unbeknown to him after several recent heavy defeats- I had a strategy, and after closing the gap with 500m to go, attacked the final hill hard, which I think caught him by surprise. This was enough to open a lead of a couple of seconds, which I maintained to the end with a strong and pleasing finish. Steve stayed on gamely , and if anything closed slightly in the last 100 metres, and we both were pleased to clock under 17 minutes again. I may have won this battle, but the war continues….

Ian made no bones about what his intentions were- to beat his 17:23 PB from this time last year. All looked on course after a very quick first mile of 5:30 and he admitted to feeling strong at that point. However from that point the wheels slowly started to come off and his speed decreased. However he still fought on and ran his second fastest ever 5k race, only missing his PB by a mere 8 seconds. No doubt that milestone will be broken soon.

Clare had the dubious privilege of being 'paced' by Alastair 'Pothunter' Locke who returned to racing after a 2 week sojourn in the States. Clare ran a very solid race, easily finishing first woman, was top age graded, and was well over thirty seconds quicker than her last race on this course last November.

Al also enjoyed his race, perhaps keeping a little in the tank for the South of Thames XC the following day.
Steve Williams who first competed in this race in 1999 had a solid run, on par with his most recent Serpentine outing in May, and was also 1st M60. Andy ran a solid race on par with recent performances and was 2nd M60. Ros also ran solidly, perhaps a little bit down on her best form, but after her recent World Championship exploits I'm sure has bigger fish to fry than this anyway! Serpentine regular Mark completed the Dulwich contingent with a good run which was only just slower than previous months efforts.

Thanks to Ian for providing a massive birthday cake for us all to share, and to Coach Steve and Tim Bowen for on course support .

A few of us then returned to the Winter Wonderland a good few hours later at Ian's birthday request. As well as riding a rollercoaster, there is some further photographic and video evidence on the DR Facebook page- lets just say we may have had a drink by that point…..

4	Andy Bond	16:32 (1st M40 PB)
9	Paul Devine	16:54
13	Steve Davies	16:56 (1st M45)
22	Ian Lilley	17:31
28	Clare Elms	17:51 (1st Lady)
29	Alastair Locke	17:51
90	Steve Williams	20:17 (1st M60)
141	Andy Murray	22:06 (2nd M60)
151	Ros Tabor	22:28 (1st FV65)
167	Mark Muffett	23:11

London Cross Country Championships

19/11/16

4 hardy DR men tackled this tough 4 lap race approximately 10K distance.

Shane led for Dulwich with a fast run closely followed by Alistair. Ian and Barrie had steady runs – everyone enjoyed the good weather and rare good ground conditions. ***- Ian Sesnan***

106 Shane O'Neil	37:22
159 Alistair Locke	38.40
398 Ian Sesnan	51:19
411 Barrie John Nichols	55:36

Ange Norris adds....
The ladies were out in force to tackle what I believe was approx 6k although distance was never actually mentioned in the pre race information.
Claire Baglin (unfortunately as Caroline Wedmore in the official results) led the team home, very closely followed by Fiona. Dulwich ladies were well represented throughout the field, and like the men, all enjoyed the opportunity to run at Parliament Hill in good conditions.
Thanks to Yvette and Ian for doing the captains jobs on the day while we were up in Long Eaton.

66 Claire Baglin	25:54
70 Fiona Askew	25:58
101 Ola Balme	26:59
105 Anna Thomas	27:08
108 Katie Styles	27:22
128 Lucy Clapp	28:03
150 Clare Cummings	28:43
185 Yvette Dore	30:23
193 Lindsey Annable	30:56
202 Sarah Banting	31:46
206 Hannah Harvest	32:06

Inter-Financial Services XC Race

Wednesday 23rd November

Selma Benattia and Duncan Wilson ran in this race with 200 other brave souls. For some reason the women only ran one lap and Selma stormed round the 3 mile race coming third.

Duncan ran the 5.7 miles and came in the top 100 in 40.09 .Results are still not out so will be confirmed. Bob Bell (RBC) was not running but recording the finishing places so why are we waiting Bob?

Kent League XC Bexley 5km

Fourth and final county league race. Across all four races, finished 10th.
14 Oscar Hussey 16.27
42 ran

CROSS COUNTRY CHAMPIONSHIPS 2016/17 MEN
TOTAL OF 4 BEST RUNS - MUST INCLUDE 3 SURREY LEAGUES

	Surrey Lge 1	Surrey Lge 2	South of Thames	Surrey Lge 3	Surrey Lge 4	Mob Match	Best 4 inc. 3 SL	Running total
	15/10/16	12/11/16	26/11/16	14/01/17	11/02/17			
	Richmond	Farthing D	Polesdon L	Mitcham				
Lewis Laylee	47	46	48					141
Tom South	37	36	47					120
Ebe Prill	33	34	46					113
Mike Mann	32	32	42					106
Jim Dowsett	32	30	43					105
Tim Bowen	50		50					100
Andy Bond	49	50						99
Alastair Locke	48		49					97
Greg Hills	46	49						95
Wayne Lashley	45	44						89
Mark Lacey	42	45						87
Paul Devine	43	43						86
Ian Lilley	39	40						79
Nick Wood	40	38						78
Kevin Chadwick	38	37						75
Ross Rook	34	35						69
Gary Budinger	31	29						60
Steve Davies		48						48
Tim Taylor		47						47
Duncan Wilson			45					45
Tony Tuohy	44							44
Hugh Balfour			44					44
Daniel Mann		42						42
Shane O'Neill	41							41
Mark Callaghan		41						41
Graham Laylee			41					41
Charlie Lound		39						39
Lloyd Collier	36							36
David Stone	35							35
Hugh Balfour		33						33
Mark Foster		31						31

CROSS COUNTRY CHAMPIONSHIPS 2016/17 WOMEN
TOTAL OF 4 BEST RUNS MUST INCLUDE 3 SURREY LEAGUES

	Surrey Lge 1	Surrey Lge 2	South of Thames	Surrey Lge 3	Surrey Lge 4	Mob Match	Best 4 inc. 3 SL	Running total
	15/10/16	3/12/16	26/11/16	14/01/17	11/02/17			
	Nonsuch	Mitcham	Polesdon L	Lloyd Pk	Farthing D			
Ange Norris	48		50					98
Selma Benattia	47		49					96
Andrea Pickup	45		47					92
Katie Styles	44		46					90
Ola Balme	41		48					89
Emma Ibell	43		44					87
Sarah Banting	32		43					75
Clare Elms	50							50
Roz Johnson	49							49
Helen Lister	46							46
Michelle Lennon			45					45
Lucy Elms	42							42
Lucy Clapp	40							40
Laura Vincent	39							39
Ros Tabor	38							38
Clare Cummings	37							37
Anna Saunders	36							36
Tessa Morrison	35							35
Joanne S Pereda	34							34
Hannah Harvest	33							33

parkrun

November 26th

Ashton Court
442 ran

Pos	Gen		
206	159	Barnes Stringer	26:13

Bexley
314 ran

Pos	Gen		
15	14	Michael Fullilove	21:02

Hull
392 ran

Pos	Gen		
97	85	Paul Hodge	23:26

Brockwell, Herne Hill
215 ran

Pos	Gen		
1	1	Edward Chuck	17:01
72	66	Andy Murray	23:17
213	135	Chris Vernon	38:33

Beckenham Place
153 ran

Pos	Gen		
3	1	Clare Elms	18:02
23	2	Lucy Elms	20:26
86	75	Joseph Brady	25:15

Crystal Palace
198 ran

Pos	Gen		
1	1	Andy Bond	17:30
9	9	Tom Wilson	19:44
44	4	Belinda Cottrill	22:38
84	72	Andy Cottrill	25:27
85	13	Penny D Graham	25:28
120	92	Bob Bell	27:49

Dulwich
202 ran

Pos	Gen		
2	2	Andrew Shreeve	17:35
20	19	Sam Crump	19:46
32	31	John English	20:56
39	2	Sandra Marie	21:32
44	41	Ajay Khandelwal	21:46
66	58	Mark Muffett	23:11
94	11	Hannah Harvest	24:29
123	23	Di Morgan	26:46

Great Lines, Medway
287 ran

Pos	Gen		
38	35	Colin Frith	22:44

Newbury
345 ran

Pos	Gen		
52	43	Matthew Ladds	22:41

Orpington
127 ran

Pos	Gen		
16	1	Tereza Francova	22:30

Peckham Rye
186 ran

Pos	Gen		
1	1	Gregory Nicholas	17:21
4	4	Kevin Chadwick	18:43
15	13	Toby De Belder	19:49
173	106	Gideon Franklin	35:14

Royal Tunbridge Wells
161 ran

Pos	Gen		
2	2	Lloyd Collier	18:54

Rutland Water
131 ran

Pos	Gen		
3	3	Andrew Sanders	18:59

Stretford
372 ran

Pos	Gen		
76	7	Laura Vincent	22:44

Tilgate
523 ran

Pos	Gen		
70	62	Gary Budinger	23:35

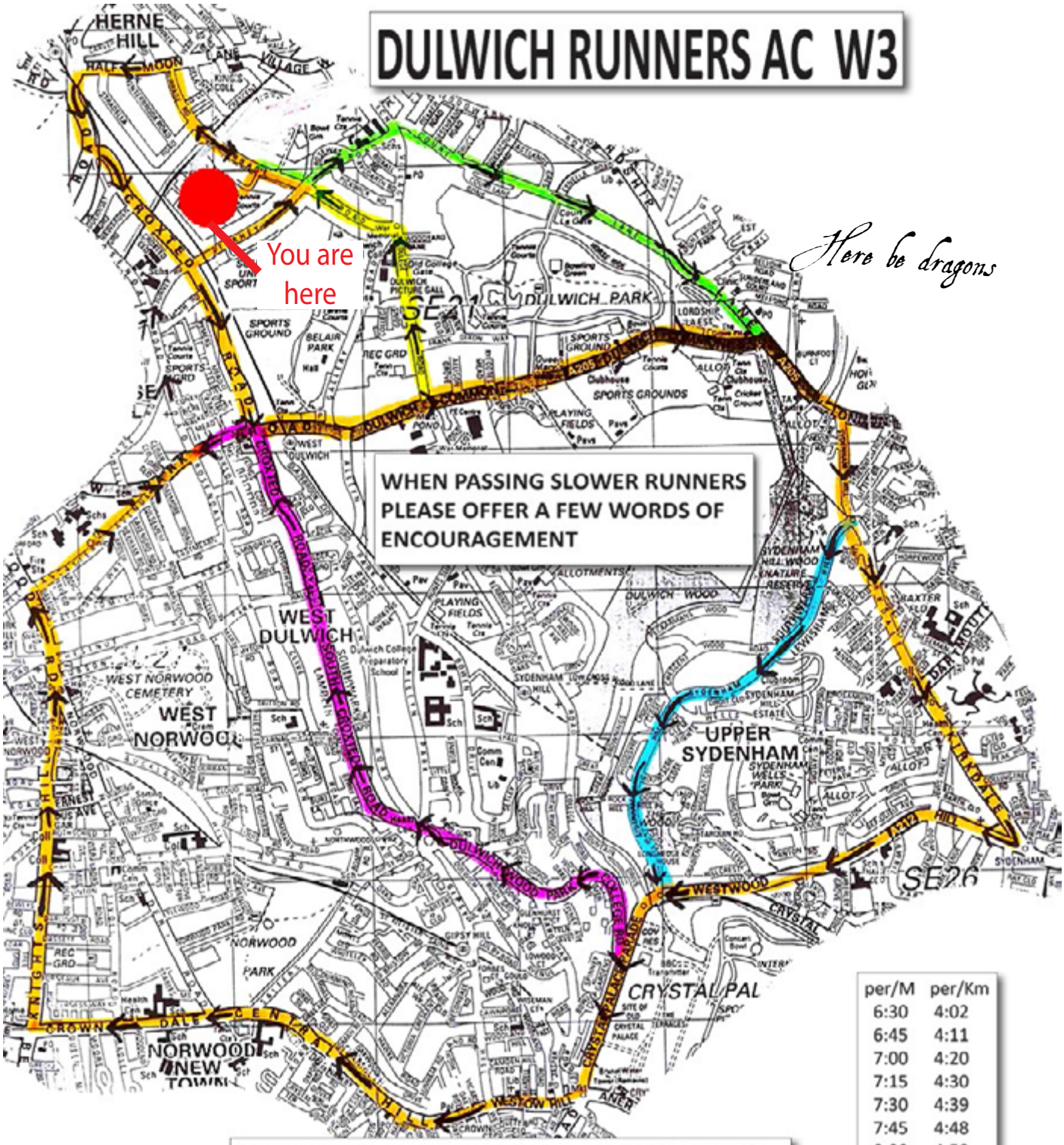
Tooting Common
366 ran

Pos	Gen		
66	61	Cameron Timmis	21:25

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 W3



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	9.5	15.3
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK or GREEN	8.0	12.9
SHORT CUT	GREEN & BLUE	7.0	11.3
SHORT CUT	GREEN & PINK	6.5	10.5
SHORT CUT	GREEN, BLUE & PINK	5.5	8.9
SHORT CUT	YELLOW	3.0	4.8

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

DULWICH RUNNERS
TURKEY TROT HANDICAP RACE

5K (approx) HANDICAP RACE (3 laps of Dulwich Park)

SUNDAY 18th DECEMBER 10.00 (meet by Queen Mary's Gate)

prizes for:
1st runner across the finish line
1st walker across the finish line
Runner closest to predicted time
best fancy dress – please wear a CHRISTMAS HAT

entry fee £2.50 or £2 if in fancy dress

NAME: _____

most recent 5k or parkrun time _____

predicted time for 5k on 18th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than predicted time.

ros.tabor49@gmail.com