SHORTS

Dulwich Runners AC
Weekly Newsletter
March 1st 2017

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

Wed 01 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sun 05 **Regents Pk 10k - club champs race**

Tue 07 **Crystal Palace Arena Track**
See notice below for more details
£2.50 per session - Full warm up from 7pm
Main session starts around 7:20

In your SHORTS this week !

1 General information
2 Club kit, social events etc
4 Fixture list, club champs, road, XC, etc
4 Marathon Training Schedule
5 English National XC champs report & results
8 Parkrun results
9 Wednesday 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 **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 7.20 - 7.25pm and will last 40-45 minutes.

------- EVENT HORIZON -------
A brief look ahead

Mar 05 Regents Pk, 10k - club champs race
Mar 25 Mob match at Beckenham

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

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

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Thanks to ***Tom South, Katie Styles, James Burrows and Sharon Erdman*** for taking out new runners 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

Cameron Timmis	01/3
Tony Tuohy	08/0
Mick Ward	15/3
Clare Wyngard	22/3

2017 Membership renewals.

DONT FORGET !!!!!!
If you have not renewed your membership you cannot run as a Dulwich Runner in races.
If you have any queries regarding this or your membership in general you can email me at barry@bg1.co.uk

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

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 O T

Watch this space for upcoming 2017 events !

Wednesday 22nd March
Curry Night - Surma

Pop it in your diaries, as always £10 buffet at Surma on Lordship Lane post club run. I'll get an idea of numbers nearer the time.

Thanks - Matt Matthew.ladds@uk.zurich.com

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 9pm and the cost is **£6.00**
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

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

SHORTS!

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

Socks only £5

HOODIES...

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

Buffs/snoods - only £6

Dulwich Runners Race Clock Help Required

As many of you know the club is the owner of a large race clock which we use for our own events and hire out to others, typically generating £400-600 of income each year for the club.
I currently look after the clock, storing it, taking bookings and arranging for customers to pick it up and return it (we do not offer a delivery service.

I am likely to be away for the whole of July and am looking for someone to take on this role for that period. You will need to store the clock in a garage/shed/spare room and be available for any bookers to collect the clock from and return to you. Based on previous years I would not expect more than 1 or 2 bookings during this period, although the club may require it for the Mark Hayes Mile. - Please let me know if you are able to help - Graham Laylee: grahamlaylee@btinternet.com

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

Zero to 5km Hero Support Runners needed

if interested:
https://www.facebook.com/events/1769456706715925/

Cross Country Champs

We will be holding a cross country champs this season and there will be men's and women's perpetual trophies awarded at the end of this Xc season (Spring 2017) in memory of Ken Crooke, .
4 events to qualify, including a minimum of 3 Surrey League races. Other races are the South of Thames 5 miles at Polesden Lacey on 26 Nov and a mob match March 25th using the Beckenham parkrun.

For further information please contact your captains:
Ladies: dulwichladiescaptain@gmail.com
Men: mcmann90@yahoo.co.uk

Croydon Xc Champs

4 March

For anyone fancying a late fling at cross country, we have been invited to take part in the Croydon cross country champs at Lloyd Park over a 3 lap course of 6 miles.
Note that the Regents Park 10k takes place on the following day.

Cross Country Mob Match

25 March

A cross country mob match with Beckenham Running Club has been arranged for 9am Saturday 25 March, using the Beckenham Place parkrun. This will be the final fixture of our cross country champs.
The scoring rules mean that it will be to our advantage to field as many runners as possible regardless of ability, so it is very much an event open to all.

UPDATE

This will now include 4 clubs and up to 120 additional runners. To cope with the larger numbers, we need volunteers from those not taking part to help with marshalling and the finish. If you are available to help, please contact me at mcmann90@yahoo.co.uk

Sat 20th & Sun 21st May

This is a great weekend of running around the green belt of London.
Teams of eleven runners who each run a leg on Saturday and a leg on Sunday.
Starts at Hampton Court on Saturday morning and ends at Kingston at approx. 6 p.m. on Sunday, roughly following the Green Belt, taking in river and canal tow paths, old disused railway tracks, foot paths, woods, fields and quiet roads.
Although it is a relay, each leg has a specific start time.

Have a look at the website – www.greenbeltrelay.org.uk
We have entered teams for this for many years and there are lots of you who regularly sign up for it. We have entered one team and will potentially enter another if there is the demand.

If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen.
Legs vary in length from 6 miles to 13.5 miles and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.
Note – This is the same weekend as the BMAF relays at Sutton Park, Birmingham.
Ange – dulwichladiescaptain@gmail.com

Assembly League Races

These races will take place on the first Thursday of each summer month starting from April, with the exception of the August race which has been brought forward to the final Thursday in July.
Some venues are yet to be confirmed but most, if not all, are likely to be the same as in 2016. The race at Battersea Park on 1 June will be used as our 5k club champs. The confirmed dates and provisional; venues will be as follows:

Apr 6	Beckenham
May 4	Victoria Park, Hackney
June 1	Battersea Park
July 6	O2, North Greenwich
July 27	Victoria Park, Hackney
Sept 7	Beckenham

Assembly league races are free to enter, just turn up on the day.
Open to all members whatever your ability.

Marathon Schedule

Note if anyone wants more specific training for marathon on another date or another event, then please let me know ***Steve Smythe***

March

Wed	1	10-12M relaxed
Thu	2	5M with approx 10 min steady, 6 min at mar. pace, 1 min at 10K pace, 30 secs at 5K pace and repeat
Fri	3	4M easy with strides
Sat	4	3M easy with strides
Sun	5	Regents Pk 10k or brisk 10M
Mon	6	Easy 3M or rest
Tue	7	800m reps
Wed	8	8M steady
Thu	9	1M steady, 5M at mar. pace, 1M faster than mar. pace
Fri	10	4M slow or rest
Sat	11	parkrun
Sun	12	20M relaxed
Mon	13	4M easy or rest
Tue	14	1000m reps
Wed	15	10M steady
Thu	16	Tempo - alternate 800m at 10K and mar. pace for 7M
Fri	17	4M easy or rest
Sat	18	5M fartlek or easy hills
Sun	19	18-20M with 10 miles close to mar. pace
Mon	20	4M easy or rest
Tue	21	1600m reps
Wed	22	12M steady
Thu	23	Tempo 7 miles with odd miles slightly slower than mar. pace, evens slightly faster
Fri	24	4M easy or rest
Sat	25	Parkrun match v Beckenham
Sun	26	22-23M slow
Mon	27	4M easy or rest
Tue	28	400m reps
Wed	29	8M steady
Thu	30	5M tempo accelerating after slow start - with 4M at mar. pace, fifth at HM pace
Fri	31	3M easy or rest

April

Sat	1	rest
Sun	2	Paddock Wood 1/2M
Tue	4	1000 reps
Sun	9	18-20M
Tue	11	800m reps
Sun	16	10-12M
Tue	18	200/400m reps
Sun	***23***	***London Marathon***

2017 CLUB CHAMPIONSHIPS

With the exception of the mile race we now have a full programme of events for 2017.

The remaining fixtures are listed together with distance categories.

5	March	Regents Park 10k	S
2	April	Paddock Wood 1/2M	L
23	April	London Marathon (or alternative	L
1	June	Assembly League 5k, Battersea Park	S
(14	July	Mark Hayes Mile, Dulwich track or alternative race **tbc**)	S
10	Sept	Thames Hare & Hounds MT 5m, Wimbledon Common	L
1	Oct	Sittingbourne 10	L

We are still investigating possibilities for a track mile race in the summer.

If this proves unsuccessful, the Mark Hayes Mile will be used for the club champs. Note that the 5 mile MT race will be classified as a long race.

2017 club championship rules can be found on the club website.

DULWICH RUNNERS 2017 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**

		Race	Venue	
Mar	5	Regents Park 10k	Regents Pk, london	
	18	BMAF XC Champs	Wavertree, Liverpool	
	25	Mob Match with Beckenham	Beckenham Place Park	
Apr	2	Paddock wood 1/2M	Paddock Wood	
	6	Assembly League	Beckenham	**tbc**
	9	BMAF 10km road champs	Gravesend Cyclopark	
	23	London or alternative marathon	various	
May	4	Assembly League	Victoria Pk, Hackney	**tbc**
Jun	1	Assembly League incorporating Club champs 5k	Battersea Park	
Jul	6	Assembly League	O2, Nth Greenwich	**tbc**
	27	Assembly League	Victoria Pk, Hackney	**tbc**
Sep	7	Assembly League	Beckenham	**tbc**
	11	MT 5 mile race, organised by TH&H	Wimbledon Common	

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.

The English National Championships...

is the greatest cross-country race in the world in terms of numbers and atmosphere and I first watched it in 1973 (Guesting Kiwi Rod Dixon won from Dave Bedford, who would set a 10,000m world record a few months later) and competed in 1975. In 1977 I remember a fantastic race at Parliament Hill with Brendan Foster beating Bernie Ford and Tony Simmons in a sprint finish with huge crowds. The trio had all finished in the top eight in the Montreal Olympics.

In the last 40 years, I have attended most and competed in a fair number and would have done this year but I was the sole reporter for Athletics Weekly and apart from the reporting and subsequent writing with the volume of tweeting now required, it was a far harder afternoon than the previous week's marathon.
It was disappointing that so few club people run. This should be the highlight of the winter and we should have a big team out to run in both races. Six men and two women is disappointing, Now entry is open to all - I can recall one year when it was limited to nine a team, not being able to make our Cambridge Harrier nine despite being in 32 10k shape, anyone can do it of any ability and 2000 men and 800 women ran the senior races on a tough course with some good running a few hills and a few very muddy sections.

Incredibly the park is so huge, the course didn't cross any of the course used in Inter Counties Championships and British Masters events. The men's race was over four laps, each bigger than the last to reduce lapping but didn't work and poor Andy Lea Gerrard of Herne Hill got lapped on both of his first two laps at the same point by hundreds of runners.

The start of the race is one of the best views in British sport whether as a spectator or competing.
For Dulwich, Alastair Locke had another good run and made the top 500 for his best winter to date.
Kevin Chadwick looked like he had a solid run and there was good mid race packing from a trio of Duncan Hussey, Mark Foster and John English who all did well to support the club and perform to their best ability. Andy Murray, not at full fitness completed the sextet which saw us finish 116th. Only two women ran - Helen Lister found it strange without any club women to judge her run against but did well to finish just outside the top 100. Ros didn't look like she was fully extending herself with some important indoor races ahead and finished just outside the top 500 Men 12km.
Next year is at Parliament Hill so no excuse for us not to have big and strong teams. ***- Steve Smythe***

492	Alastair Locke	48:58
1006	Kevin Chadwick	55:18
1248	Duncan Hussey	58:47
1277	Mark Foster	59:30
1342	John English	60:34
1642	Andy Murray	69:08

1767 finished
116th 7007 points

Women 8km

216	Helen Lister	36:31
535	Ros Tabor	43:46

788 finished

Shona McIntosh continued her comeback and was 25th in 42:52 in the Scottish Championships which was run over 10km, the same distance as the men.

Masters Inter-Area Indoor Track

26 February

Same venue (Lee Valley indoor track) and same threesome competing, but this time it was a higher profile fixture between the different area masters clubs, with some of the best track athletes nationally competing. Added to which the 10 year age categories put those of us approaching the top of our current age bands at a disadvantage. The three of us were selected to run for Vets AC.

Ros had a strong 400m, finishing 3rd behind two younger sprinters and comfortably beating her W65 rival, Nancy Hitchmough. This will have provided good preparation for her forthcoming races in the World Masters Indoor Champs in Daegu later this month. Tony was down on his excellent 4:40.47 3000m the previous week. After leading the race at 2km in 6:31, he fell back in the final third. finding it hard to pick up the pace in the final few laps, getting passed by 2 or 3 M50s.

My 1500m was fairly average and on a par with, though possibly slightly faster than my 5:31.98 in the VAC champs 2 weeks earlier, but I managed to produce easily my best performance of the indoor season to date in the 3000m, taking 12 secs off my time of a week earlier in a finishing time close to 11:30. Most of the M60 field were tightly packed during the first half of the race (you could put a blanket over us), but after going through 1km in 3:45, I was struggling to keep within my comfort zone and fell back slightly after 7 laps, completing the race with remaining 1km splits of around 3:52.

My 3000m form is currently better than over the shorter distances, probably not surprising having completed 12 races during the recent cross country season, so I'm planning to have a crack at a few 5000m races this year once the outdoor season gets away in an attempt to achieve some creditable times this year. At the time of writing official times were not available.
Mike Mann

Dulwich Runner Climbs Mount Everest

Can you imagine a more boring activity than climbing stairs an infinite number of times without a specific purpose? It's hard to imagine. Sisyphus could probably say something interesting about it.

But running (or more like walking) up the stairs, which some refer to as 'tower running', is strangely addictive. Whenever I'm in Warsaw I take part in the trainings organized weekly by a tower-running group "Running up the Stairs" in the tallest buildings in town.

Those who have tried walking up the stairs for fun rather than because the lift was out of order, tend to regularly return to this weird sport. What's strange is that, even if you are not in the best of shapes, despite the litres of sweat you shed, you don't get sore muscles the next day. And besides, it's great training for mountain races. 4 out of 5 people who try this form of activity become regulars.

Warsaw Marriott

Stairs sucked me in to the extent that I signed up for the Marriott Everest Run – a 24-hour tower-running race organized in Warsaw's Marriott Hotel. The number of places was limited and the crowd of stairclimbing aficionados strangely huge, so instead of 9 am I started the race at 12 noon, as a result of which to climb Mount Everest (i.e. climb the building 65 times) I only had 21 hours rather than 24.

The start was quite brisk – there were no drop-outs so the stairs were quite crowded and you had to queue for the lift to go down for more than 10 minutes. Consequently I wanted to make up for the lost time with a fast pace of the ascents – approx. 7 minutes per climb. But this was a risky tactic – you can easily run out of steam and surrender after 20 or so ascents.

Anyway, the beginning was relaxed – chit chats, jokes, a nice lunch washed down with a pint in good company, and only after doing twenty plus laps and a rough calculation of the available time, I started to realize that to do 65 climbs, i.e. reach the elevation of 8848 meters, the equivalent of Mount Everest, I could not afford any longer breaks. But what about rest? The massages, sauna, swimming pool and Jacuzzi generously provided by

the organizers? Not to mention the soothing lie-downs on the mattresses in the recovery zone in the Spartan base camp (apart from me, there was a group of 4 Spartans doing a relay). You had to make up your mind – either pull yourself together or give up Mount Everest and settle for a Kilimanjaro or Mont Blanc. Both options were tempting. Around midnight I faced a crucial decision – should I go for another beer with a fellow Spartan or fight for the summit? Ultimately, reason (?!) prevailed and I returned to the staircase to fight for Mt. Everest. The pace was not very fast but steady – each ascent 9-10 minutes, plus 5 minutes to walk to the lift and descend – 4 laps per hour. And so, hour after hour, the peak was getting closer and closer. I took breaks every 7, 5 then 4 rounds. I managed to save up some time for the swimming pool, Jacuzzi and 2 proper massages. The lost time was rewarded with regained energy.

After 40 ascents, during a moment of rest, when adrenaline dropped, I realized that the insides of my arms had been rubbed raw from walking in a constantly wet T-shirt. Having applied sudocrem, I decided to run topless, although it was against the rules, but even without a T-shirt, rubbing my arms against the corpus caused a horrible burning pain. Also my thighs were grazed but I didn't want to

Quads got a good thrashing so they deserved some stretching

abuse Marriott's hospitality by taking off my shorts. But instead of that, when the summit was within reach, I kicked off my shoes and conquered Chomolungma barefooted. At the end, I had enough energy and time so just in case, I did an extra 66th go
All in all, I ended the race ranking 21st out of 177 contenders – so quite a good result, considering that I started 3 hours later.

Summing up, Marriott Everest Run is a race with incredible atmosphere. The number of participants was small so after a few hours everybody knew each other. In the Holmes Place gym transformed into a recovery zone you really could have a proper rest, chat with fellow runners and exchange experiences. Facilities like the swimming pool, sauna or massages were a really nice touch and helped you recover.
Also the Sherpas – that is the marshals and volunteers helping out with the run – did a great job, being really friendly and efficient.

MER is a really special event – I would recommend it to all who like to seriously knock themselves out and are not excessively inquisitive, asking fundamental questions like "But why?!"

Grzegorz Galezia

Meon Valley Plod

26 February 2017

Claire Steward writes: How does one 'celebrate' reaching the age of 65? When your birthday falls on a Sunday, it's obvious, you do a race – no point in messing about doing a measly 10k or even a half marathon, so I decided to revisit the Meon Valley Plod, 21 miles of mud, hills and more mud. This would be my tenth time although I hadn't done it since 2012. Paul K, Paul H, Joanne, and Peter gamely signed up (Peter for his third time); Steve W disappeared off to Brazil instead. Sadly Paul H had a recurrence of a calf injury and reluctantly had to give it a miss, although he was later told by my fellow Plodders that he had had a lucky escape.

The route has evolved over the years but the overall feel of the event remains the same: mud, hills, stiles, deep ruts and puddles (more like ponds in places). It's called the 'Plod' for a reason; most of us had to walk, skate and skid our way through it, hanging on to fences and vegetation in places, and only picking up the pace along the few sections on country lanes. In the past, I have done it in snow and ice, and in monsoon conditions, so this year was relatively benign, just a drizzle and strong winds on the highest parts of the The North Downs, and even some occasional sunshine. It had never taken me more than four hours in the past but with three miles to go I realised that I would be lucky to make sub 4:20, however I was greeted at the finish by a cheering chorus of 'Happy Birthday' which brought a smile to my face.

Portsmouth Joggers do an amazing job to stage this event; it's a very long day for organisers and marshals; the last finisher came in just outside the cut-off time of 6 hours. The marshals offer good humoured encouragement, and three aid stations had sweets, salty snacks, water and squash. The East Meon Village Hall was a cosy HQ and there was coffee and cake to be had once we had pulled ourselves together and put on warm, dry clothing. The winners had been presented with their awards long before we arrived and someone suddenly remembered that there was a trophy for first WV60 which was presented to yours truly (there were only two of us!). My fellow Joggers are never likely to repeat the experience, and I'm not sure that I will go back again, but it is certainly an unforgettable event!

Peter Jackson adds: This was always going to be a bit of a leap of faith as the distance was twice as far as I've even run in training for the last 5 years. My plan was to run the first half and walk and jog the second. This actually went OK . At the first drink stop (6 miles) I was still just behind the others, having surprised Claire who saw me on a zig zag up the hill. She exclaimed "Oh well done Peter" out loud to which I called back "there's no need to sound quite so surprised" much to the amusement of the runners between us! I reached the second drinks station just before 12 miles in 2:15 despite the hills and the mud but then things fell apart as the downhill sections were so muddy and slippery it was just an achievement to stay upright. At times sliding on one leg I was looking more like someone on ice skates for the first time.

The sticky deep mud just stuck to our shoes and even sucked the shoes off several runners (including Joanne at one point). It was quite a relief to see the finish as my knees and lower back were suffering. Its a very friendly race very well organised and I'd probably do it again if I can get a bit fitter.

When I took my shoes out of the bag to wash them on Monday I had enough clay on them to recreate the BBC's "Potters Wheel" (showing my age)

Winner:		2:33:51
115	Claire Steward	4:19:21
127	Joanne Shelton	4:27:59
140	Paul Keating	4:42:38
155	Peter Jackson	4:52:53
Final finisher:		6:01:50

Serpentine Last Friday of the Month, Hyde Park

24th Feb 2017

Ian Lilley writes...
The precise timing of this race was fortunate, as broadly 24 hours earlier, Hurricane Doris was battering London and had the race gone ahead, runners would have been treated to a 55mph head wind for the first half and a 55mph tail wind for the second half. Has anyone ever raced with a 55mph tail wind, I would be interested in how much quicker it is possible to run? As it happened, the winds dropped, the sun came out and it was a perfect day for running.

At the sharp end, Tim Bowen, still smarting from his recent reversal to Alastair, Andy and a young boy at Southwark Park, looked a good each way bet to win this race, falling the day before the Cross Country Nationals. He ran an evenly paced effort to record his best time over 5km since before the New York Marathon, but on the day competition was stronger than expected and this translated to 9th place. 5km races are tough when you are in the highest mileage weeks of marathon training, with Charlie Lound pulling up with a niggle inside just inside the first kilometre.

Mark Callaghan had an excellent run to record his second best ever time, only 6 seconds outside of his PB. Paul Devine and I were having a head-to-head race of our own, a battle of 'sickness' versus 'injury' underpinned by some lumpy training. Surprisingly, we both ran very evenly with 'injury' the eventual winner, but Paul showed what a good motor he has by breaking 18 minutes off minimal recent mileage. It's great to see Rob Cope back and he had a superb run, recording his best time since 2015 by well over a minute, judging by his recent rate of improvement there is still plenty to come.

Matt Hartin, one of the club's newer members, had a good race followed by one of the older members and Last Friday regular, Steve Williams, who ran one of his better times of recent races. Neville Webb was the next to finish in just under 21 minutes, followed by Graham Laylee and Andy Murray, both running to form and predictably just a few seconds separating them. Mark Muffett had an excellent race, to finish with a 5k official PB, a time he has only bettered marginally on Parkruns. A slightly jaded Katie was a little off her best, but still finished in a decent 22nd place.

9	Tim Bowen	16:30
17	Mark Callaghan	17:27
27	Ian Lilley	17:47
30	Paul Devine	17:58
63	Rob Cope	19:12
77	Matt Hartin	19:41
94	Steve Williams	20:08
107	Neville Webb	20:55
161	Graham Laylee	22:17
166	Andy Murray	22:26
170	Mark Muffett	22:30 PB
186	Katie Styles	23:02 22W

Brighton 1/2M

Sunday 26th Feb

Pos		Gun	Chip
645	Simon Lang	1:35:34	1:34:25
848	Francis MacDonnell	1:38:22	1:36:28

Headcorn 1/2M

Kent on Sunday 26th Feb.

88	Michelle Lennon	1:38:29

parkrun

February 25th

Beckenham Place

126 Ran

Pos	Gen		
1	1	Andy Bond	16:46

Beeston

255 Ran

Pos	Gen		
221	135	Kevin Chadwick	36:47

Bevendean Down

39 Ran

Pos	Gen		
10	1	Susan Cooper	24:12

Bexley

350 Ran

Pos	Gen		
11	11	Michael Fullilove	21:06

Brockwell

334 Ran

Pos	Gen		
57	6	Michelle Lennon	21:41
61	7	Becca Schulleri	21:48
101	14	Lucy Clapp	23:17
148	38	Hannah Harvest	25:38
167	46	Lucy Pickering	26:04
205	67	Natalie Davys	27:09
302	121	Sharon Erdman	31:48

Bromley

566 Ran

Pos	Gen		
437	289	Peter Ogden	32:02

Burgess

212 Ran

Pos	Gen		
82	65	Hugh Balfour	24:33

Crystal Palace

239 Ran

Pos	Gen		
20	1	Fiona Askew	21:40
41	38	Andy Cottrill	22:58
56	50	Tom Wilson	23:47
111	96	Simon Lang	26:41
113	98	Ameet Patel	26:43
122	104	Bob Bell	27:17

Dulwich

238 Ran

Pos	Gen		
3	3	Stephen Davies	16:43
10	10	Alexander Dodds	19:05
31	31	Ajay Khandelwal	20:20
34	34	Duncan Wilson	20:29
36	36	Simon Burnett	20:34
86	80	Derek Lee	23:14
91	8	Clare Wyngard	23:26
92	84	Michael Dodds	23:30
105	15	Anna Saunders	24:03
113	18	Claire Steward	24:26
151	120	Mark Muffett	26:18
174	135	Mick Mead	27:23

Fountains Abbey

319 Ran

Pos	Gen		
42	3	Laura Vincent	22:37
52	6	Niamh Falconer	23:01

Fulham Palace

367 Ran

Pos	Gen		
156	138	Barrie John Nicholls	24:08

Peckham Rye

186 Ran

Pos	Gen		
1	1	Paul Devine	18:11
6	6	Ebe Prill	19:17
10	10	Mark Callaghan	19:39
23	23	Sam Crump	21:21
28	28	Gideon Franklin	22:01
42	39	Graham Laylee	22:51
71	14	Michelle Key	25:20
94	25	Emily Warburton-Brown	26:43

Riddlesdown

155 Ran

Pos	Gen		
12	3	Ange Norris	20:52

Tooting Common

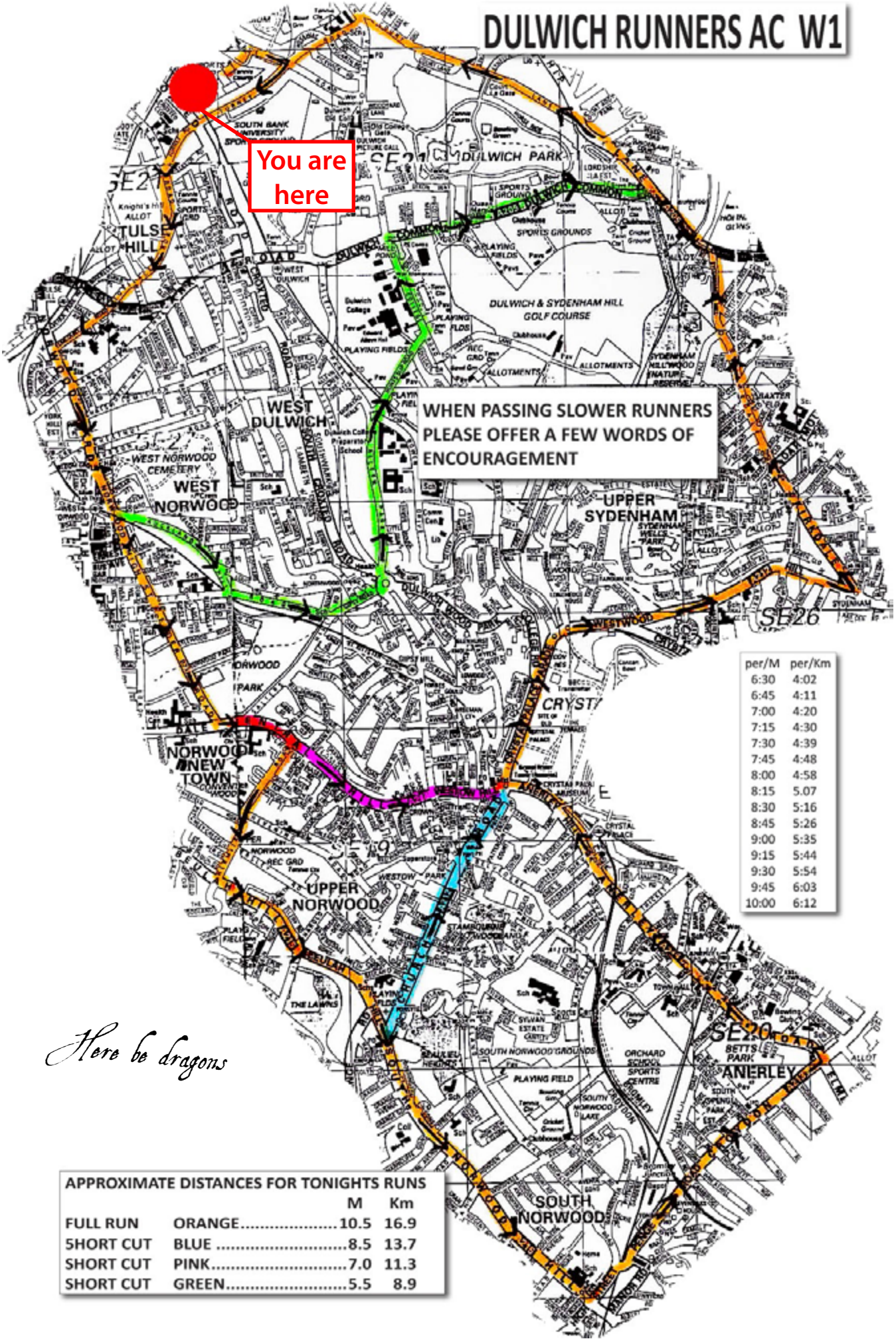
467 Ran

Pos	Gen		
77	70	Ian Sesnan	22:24

New members especially, and others....

For your results to appear here you need to update your parkrun profiles to show you are a current member of Dulwich Runners AC. or send them in.

DULWICH RUNNERS AC W1



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	10.5	16.9
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK	7.0	11.3
SHORT CUT	GREEN	5.5	8.9