SHORTS

Dulwich Runners AC
Weekly Newsletter
February 22nd 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 22 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 26 **National Champs - Nottingham**

Tue 28 **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 4 decades of marathons & a world record !
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

Feb 26 National XC hamps - Nottingham

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

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 and Joanne Shelton Pereda'and her group*** 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

Ros Tabor	**22/02**
Cameron Timmis	01/03
Tony Tuohy	08/03

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 9 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

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

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

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 has been offered 2 free places in a Paris 10k by David White Southwark Council's Community Sports Athletics Activator.

" Would there be any interest from a couple of representatives from Dulwich Runners to attend "Foulées de Clichy" 19th March 2017?
Last year Ville de Clichy (Southwark's partnering borough) gave the council 4 free entries into their 5km/10km race, free accommodation with breakfast and post-race lunch. In addition, we all got a really nice wrist-watch each!

YOU HAVE TO PAY YOUR OWN TRANSPORT COSTS TO PARIS

It was a great event, pancake flat course and a really nice bunch of people. "
Joe Brady from Dulwich Runners represented the club previously.
If any Dulwich Runners are interested please can they let me know by Sunday 26th February.
If more than 2 people are interested we will have a draw.
Thanks - Ros Tabor
ros.tabor49@gmail.com

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/basement/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 to be 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

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

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

Men's Surrey League Cross Country:

POSTSCRIPT

Duncan Wilson, missing from the results on the Surrey League website at the time of writing finished in a time of 37:01.
And in n the individual awards over the whole season Ebe Prill finished 2nd M50 and Mike Mann 1st M60.

National Xc Champs

25 February

This season's National cross country champs will be held at Woolaton Park, Nottingham on 25 February. Although the field will include some elite athletes, it is an open event suitable for all and can easily be done as a day trip. Those interested should have already contacted their captains by 11 January, as entries close many weeks before the event. ***-Mike Mann***

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.

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:

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

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

Marathon Schedule

This is my rough guideline for those doing London Marathon in detail for next month and a few key sessions and races after that month. ***Steve Smythe***

Februrary		
Wed	22	11M relaxed
Thu	23	6M with first and last 2M at slightly slower than goal marathon pace but middle 2M slightly faster than 1/2M pace
Fri	24	4M easy
Sat	25	National XC Champs or 5M steady
Sun	26	18-21M slow if not doing National
Mon	27	5M easy
Tue	28	400m reps

March		
Wed	1	12M relaxed
Thu	2	5M with approx 10 min steady, 6 min at marathon pace, 1 min at 10k pace, 30 secs at 5K pace and repeat
Fri	3	4M easy with strides
Sat	4	5M easy with strides
Sun	5	Regents Pk 10k or brisk 10M
Tue	7	800m reps
Sun	12	20M slow
Tue	14	1000m reps
Sun	19	18-20M fast
Tue	21	1600m reps
Sat	25	Parkrun match v Beckenham
Sun	26	22M slow
Tue	28	400m reps

April		
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

Once again the 2017 club champs will consist of 8 races in total with 4 races in each of 2 distance categories.

Owing to uncertainties surrounding some of the races later in the year, the fixtures list is being issued in two tranches, with the first including those races up to and including the London marathon, and the second , a complete list for 2017 early in the New Year.

The early fixtures will be as follows:

4 Feb	Southwark parkrun 5k
5 Mar	Regent's Park 10k
2 Apr	Paddock Wood 1/2M
23 Apr	London Marathon or alternative (see link)

It is possible to give an indication of some of the later events. The Mark Hayes Mile will take place, probably in the first half of July, but not as a club champs event. Instead we are looking for a suitable track mile race in July. The Sittingbourne 10 on 1 October will be used as the 10 mile event.

We recommend that you enter the 10k and half marathon races early in case they fill up. - ***Mike Mann***

The updated 2017 club championship rules can be found on the club website

UPDATE

As no 2 mile race is scheduled in this year's Monday evening series of Battersea Park races, the Asssembly League race at Battersea Park on 1 June will be used as our 5k champs. We are still considering options for the mile and multi-terrain race.

The second Sunday of the month 5 mile race, organised by TH&H on Wimbledon Common taking place on 11 September has been chosen as our club champs Mult Terrain race. This will be classified as a category A (long) event.
Details of mile track race in the summer to follow.

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	
Feb	26	National Champs	Nottingham	
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.

Seville Marathon

February 19

Steve Smythe reports....

A look at the website http://www.arrs.net/TR_SSpan.htm revealed that the world record for the span of sub-three hours marathon was 39 years and 365 days by Antonio Arreola of America who started his streak in 1976 and ran sub-3 in December.

I had been fifth in that list quite a few years ago but had dropped to 20th after a few injury affected years and had been stuck on 35 years.
My first sub-3 was as a 18-year-old a few months after leaving school in October 1976 in Harlow.
It was then one of the biggest late autumn marathons having been the Commonwealth Games trial in 1973 and I ran it rather optimistically at sub-2:40 pace for 18 miles and then struggled/walked to the finish in 2:54:40. I came 105th out of less than 200 runners.

Every year since I have done at least one marathon - and once twice did 2 sub-3s in a week in 1996.
I knew if I could stay fit I had a chance of one more sub-3 but after hardly ever being injured in my younger days, the injury time seemed to be increasing and in 2016, I did barely any running from January to beginning of April but I managed 3:11 so knew injury-free could go a lot faster.

In the summer, I lost weight (mostly muscle from increased cycling) but still needed, increased mileage and the gym sessions to build up the calf muscle which had been my weakness.
The training went well apart from one medical problem and the only disappointment was while the strength was good, my speed was disappointing and meant I wouldn't have much in hand and there wasn't much difference between my 5km race pace and the pace I was going to have to run in the marathon.
Seville was a fairly late choice to give more than one opportunity to London but did mean there was no opportunity to get in the usual half-marathons etc I normally do in build up.

The course in Seville is flat - mostly a good surface but a few cobbles and lots of long straight stretches.
The weather did look like it might be a minor problem in the build up as temperatures would be rising to what was a lot warmer than Britain by the end of the race but not at the start as the race starts at 8.30am. On the day though the sun didn't arrive and it was cold and wet before the start.
Early on a Dulwich vest was spotted with a debuting Tom Tabori alongside briefly.

Clare's foot and knee problems which would have almost certainly meant not running had she been at home, were ignored as she had already paid for her and daughter Lucy in flights and hotel to come over and it wasn't refundable. Instead of the sub-2:50 she might have targeted, she decided to hold back at least for the first half, but was not confident that the injury would allow the second half anyway.
For me, the early pace went to plan- 41:59 for 10k and 83:40 for 20km and halfway in 88:05.

Having suddenly felt awful when I struggled to eat a sweet and powergel, I suddenly did get a boost and without realising it I ran the 5km to 25km in a too fast 20:05. I slowed and settled but then again picked up too much just before 20 miles and did three kilometres inside four minutes each and now estimated I had a chance of running a time quicker than in 1976.
I couldn't quite keep that tempo up though (30km 2:04:48, 40km: 2:46:57) and while far from hitting the wall, the pace slowed - the last 3 full miles were all 6:50s.

> *"I wouldn't even be the fastest M55 called Stephen James Smythe in Dulwich!"*

When I entered the Olympic stadium (even though Seville has never had an Olympics - but it was built for the bid and used in the 1999 World Championships where I saw Michael Johnson set a world 400m record) I thought it was going to be a high 2:56.
My other pre-race time target apart from the sub-3 was the other Stephen James Smythe of Dulwich Runners' club M55 record. I had lost my M40 and M45 club marathon records to Charlie and I had never even been fit enough to previously try the M55 mark. By the 2018 London, I would be too old.
I was thinking I could break a world record of sorts but I wouldn't even be the fastest M55 called Stephen James Smythe in Dulwich! I couldn't quite remember the seconds as I passed 42km but knew I was close and I sprinted as hard as I could in the last 150 metres on the track.
I checked my phone across the line and saw the record was 2:56:21 and I had run 2:56:21 on the clock!
Technically it was a record as the other Steve's was a chip time and I later found my chip was five seconds faster but I much prefer sharing the record between us and seeing the two same names there.
Anyway apart from the Dulwich mark, I did indeed set the span record and it was quickly verified by the Association of Road Running Statisticians as the first 40 year span mark and while meaning a lot to me, seemed to be of surprising interest to others.
Obviously after close on 50 years of running, it is the most noteworthy thing I have done in running.

The record won't last - Arreola ran 2:53 in December and is 18 months younger and others in the sub-3 in 5 different decades either started earlier than me so if they do, will break the record or some of the younger ones should have no trouble breaking 3 in a few years. However, no one else will get to 40 first!
Any pleasure of doing what I had set out to do though was taken away and any celebration was put on hold as sadly Clare had to drop out, She held a reasonable pace through to 15 miles but with her bad foot wasn't able to pick up mid race, and in pain and with no chance of a PB, she rightly dropped out. She was fortunate that someone was able to give her a lift back to the hotel where Lucy was.

Tom Tabori went through 10km in 42:08, 20k in 83:48, halfway in 88:16 (88:05 for chip) close behind Steve and then lost a little ground at 30k in 2:05:34 and 2:49:29 for 40km. That last 10km of nearly 44 showed he was struggling but he held on well for 2:59:16 (2:59:06 chip) to acheive his first sub-3.
468 (7 M55) Steve Smythe 2:56:21 (2:56:16 - Club M55 rec)
666 Tom Tabori 2:59:16 (2:59:06)

Steve Smythe Marathon five year bests
While it was a club M55 record and 17 minutes quicker than I had previously run as a M55, that age group doesn't compare favourably against my other bests in five year sections.
First marathon: Harlow 1976: 2:54:42
Best as Under-20: Barnsley 1977: 2:41:35
Under-25: London 1981: 2:29:42
Under-30: London 1985: 2:35:02
Under-35: London 1988: 2:38:15
M35+: London 1994: 2:44:21
M40+: Austin 2003: 2:42:10
M45+: London 2006: 2:43:53
M50+: London 2008: 2:43:40
M55+: Seville 2017: 2:56:16

The Original Hampton Court Half Marathon

19/02/2017

by Rebecca Schulleri

Usually only getting an early plane or train to go on holiday or home could get me out of bed at 6am on a Sunday, but turns out so can a half marathon at Hampton Court that starts at 8:30am. Less than 4000 people took part so it didn't feel so busy at the runner's village or at the finish line but there were parts where I couldn't run my pace due to jammed pavements as the roads were not closed. Otherwise the course was flat and scenic along the Thames and with a quick glimpse of Hampton Court looking very majestical.

This half marathon didn't feel as easy as my last in September but I was more than happy with my time (2mins more than my PB in 09/2016) as I haven't felt in good shape since my marathon in November 2016 with my parkrun times being almost a minute off my PB and on the day I was only aiming for sub 1:45.
I didn't see any other Dulwich Runners on the course but quite a few ran. Claire Barnard did it too and she is happy to have gotten a new PB and looks fresh on her post race photo!

Place		Time	Chip	Grading
248	Toby De Belder	1:29:56	1:29:44	67.09
287	Alice Williams	1:30:58	1:30:49	72.33
987	Rebecca Schulleri	1:45:39	1:41:44	62.28
1509	Tessa Morrison	1:53:09	1:48:40	58.15
2353	Claire Barnard	2:06:35	1:56:52	51.98
2588	Anna Saunders	2:10:16	2:02:17	50.51

and from Tessa Morrison

Sunday was my second time running the "Original" Hampton Court Half Marathon (code for "you'll only spot the actual palace if you're really on the ball"), having also done it last year in preparation for London. The route was changed slightly this year, starting from Gigg's Hill Green rather than the usual Esher College but I think this was an improvement. Last year, there were delays at the start, whereas this time, despite it being very busy, we set off relatively promptly and there was just a bit of congestion for the first couple of miles. As was the case last year, the course was well marshalled with plenty of drink stations but I'd most recommend this annual run for its enjoyable stretches along the towpath. It's also nice and flat.

I didn't see any other Dulwich vests but see a few of us took part. I'll be interested to hear how everyone else got on! As for my own performance… well. I naively signed up to run the Manchester marathon this year thinking that having the experience of one marathon under my belt would work in my favour. Unfortunately, it seems the fear of the unknown has been replaced with complacency. I'd set my half PB at Hampton Court last year and coming in over 5 minutes slower this time, was the kick up the backside I needed. With just two weeks to go before the Thames Riverside 20 though, it's going to be tough! Time to dig deep…

Southern Vets Indoor Champs

19 February

Another weekend.... another indoor track meeting, once again at Lee Valley, with Tony, Ros and myself competing in this fairly low key event in which there wasn't a lot of competition in many of the age categories, though the M60s and M65s were an exception with reasonable numbers.

We kicked off just before lunchtime with the 800m. Both Tony and myself had better runs than the previous Sunday when our legs were heavy from the previous day's cross country. Tony ran an even paced race, finishing almost 2 seconds faster, while I managed a small improvement in an erratic performance with 200m splits of 40, 40, 45 and 40 seconds so what happened there? The only conclusion I can reach is that I lost concentration and the plot. Fortunately I picked up the time of my third lap from an official and decided that I need to switch off the cruise control button and respond quickly in the final lap. I reckon that this glitch cost me 2-3 secs. Look out for a new title "101 Ways to Mess Up a 800m". This is one of the distances where improvements can take place through doing a number of races, though it remains to be seen how long it will take me to get it right.

All three of us competed in the 3000m. In race 1 Tony ran with a group of 4 for a large part, but pulled away from the group with a few laps to go, finishing with a blistering final lap. In race 2 I led the race until around 4 laps from the end, This enabled me to pick up the pace slightly in the final lap after dipping slightly in the middle km. Ros competed in the same race but was a little below her best. Both Tony and myself achieved M50 and M65 championship best performances, with Tony improving his time in last week's VAC champs by almost 5 secs, and beating the previous record by an impressive 3 secs. It turns out that I beat my own record set in 2015 by the convincing margin of 0.3 secs!

In the final race Tony completed a successful afternoon with a small improvement in his 1500m time from last week. He ran most of the race relatively conservatively but came through the field strongly late on.
For me it was one race too many and having run a reasonably good 1500m a week before my expectations of improving on this were low... and so it proved. After a few laps at around the right pace, I finished the race rather heavy legged.and over 6 secs down on last week. In future I'll limit the number of occasions when I triple up in one afternoon. ***Mike Mann***

800m

Tony Tuohy	2:18.32
Mike Mann	2:45.95

3000m

Tony Tuohy	9:40.47
Mike Mann	11:42.54
Ros Tabor	12:51.63

1500m

Tony Tuohy	4:40.60
Mike Mann	5:38.41

February 18th

Arrow Valley
394 Ran

Pos	Gen		
27	1	Laura Vincent	21:30

Beckenham Place
161 Ran

Pos	Gen		
11	11	William Cotter	19:16
14	1	Selma Benattia	19:32
78	64	Peter Jackson	26:03

Bexley
365 Ran

Pos	Gen		
20	19	Michael Fullilove	21:24

Brockwell
345 Ran

Pos	Gen		
26	26	Mark A Foster	20:00
144	122	Alex Haylett	24:51
250	73	Selina Wray	29:05
307	117	Sharon Erdman	31:57

Bromley
552 Ran

Pos	Gen		
69	67	Colin Frith	22:14
429	273	Peter Ogden	32:50

Burgess
222 Ran

Pos	Gen		
31	30	Hugh Balfour	20:28
44	5	Kim Hainsworth	21:12

Crystal Palace
283 Ran

Pos	Gen		
10	10	Tom Wilson	19:30
49	41	Andy Cottrill	22:23
52	9	Belinda Cottrill	22:28
63	14	Lucy Cartlidge	23:01
104	24	Clare Wyngard	24:31
105	25	Penelope D'arcy Graham	24:32
108	81	Michael Dodds	24:36
130	31	Claire Steward	25:19
153	119	Ameet Patel	26:31
163	125	Bob Bell	27:11

Dulwich
294 Ran

Pos	Gen		
4	4	Timothy Bowen	16:43
6	6	Alastair Locke	16:52
8	8	Tony Tuohy	17:03
13	13	Paul Devine	18:15
21	21	Ebe Prill	18:54
41	39	Mark Callaghan	19:55
44	42	Jim Dowsett	20:01
46	44	Ajay Khandelwal	20:08
52	49	Sam Crump	20:28
65	61	John English	20:58
66	5	Ellie Balfe	20:59
96	87	Ian Sesnan	22:12
113	14	Cathy Simpson	22:49
115	101	Mark Muffett	22:55
230	168	Mick Mead	28:02
281	186	Hugh French	34:02

Great Cornard
123 Ran

Pos	Gen		
1	1	Andy Bond	16:36

Medina I.O.W.
312 Ran

Pos	Gen		
144	42	Lucy Pickering	27:39

Mile End
256 Ran

Pos	Gen		
59	55	Michael Mann	21:27
81	71	Andy Murray	22:18
85	11	Ros Tabor	22:25

Orpington
160 Ran

Pos	Gen		
1	1	Richard Ward	18:47
7	1	Tereza Francova	21:40

Osterley
169 Ran

Pos	Gen		
43	35	Barrie John Nicholls	24:15
55	10	Lindsey Annable	26:10

Peckham Rye
188 Ran

Pos	Gen		
2	2	Charles Lound	17:53
4	4	Kevin Chadwick	18:51
20	3	Helen Lister	20:23
26	4	Emma Ibell	20:52
63	15	Susan Cooper	23:57
67	17	Joanne Shelton Pereda	24:18

Penrhyn
242 Ran

Pos	Gen		
91	76	Freddie Vernon	26:51
234	134	Chris Vernon	47:24

Riddlesdown
139 Ran

Pos	Gen		
10	2	Ange Norris	21:18

Southwark
267 Ran

Pos	Gen		
42	42	Joseph Brady	20:27
116	102	Paul Keating	24:09

Stevenage
229 Ran

Pos	Gen		
28	27	Matthew Ladds	22:24

Telford
641 Ran

Pos	Gen		
4	4	Stephen Davies	16:51

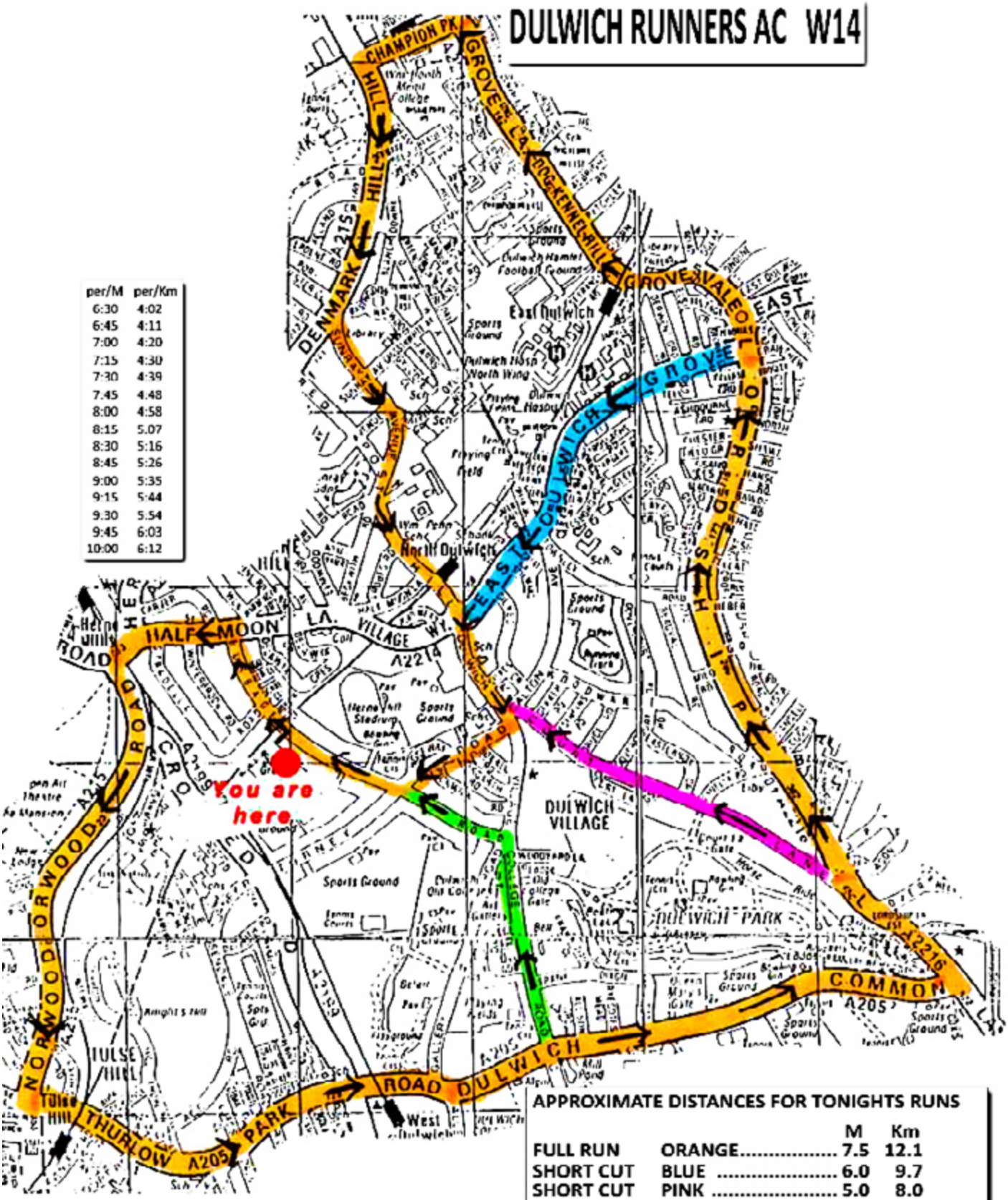
Worcester
609 Ran

Pos	Gen		
27	27	Rob Cope	20:33

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 W14



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	7.5	12.1
SHORT CUT	BLUE	6.0	9.7
SHORT CUT	PINK	5.0	8.0
SHORT CUT	GREEN	3.5	5.6