DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
January 4th 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 04 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 10 **Crystal Palace Arena Track**
See notice below for more details
£2.50 per session - Full warm up from 7pm
Main session starts around 7:20t

Clubhouse Christmas opening

The Edward Alleyn Club will be open as usual on tonight 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 7.20 - 7.25pm and will last 40-45 minutes.

Note: to get the most of the track sessions, it is important to do the sessions regularly and when you do turn up, to do the whole session! - Steve Smythe

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

2017 Membership renewals and changes to the club membership year.

You will have recieved via email your membership renewal request form.
It was unanimously agreed upon at the AGM in October just gone, that as of 2017 the club would change its membership year from Jan 1 - Dec 31 to April 1 - March 31.

This means that you will gain an extra three months on your 2017 renewal and it will last from Jan 1 2017 until March 31 2018.

The Dulwich Runners membership fee has remained unchanged at £23 but the UKA/EA fee has risen to £14, meaning full 1st claim membership will be £37.

If you have any queries regarding this or your membership in general you can email me at barry@1bg1.com

Many thanks and I look forward to seeing you all as freshly renewed members in the coming year !

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Cross Country section - all the info you need
4 2017 Club Champs teaser !
4 Fixture list, club champs, road, XC, etc
5 Marathon Training Schedule
6 Report and results
7 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

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

Jan 7 County XC Champs
Jan 14 Surrey League men and women

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.
Thank to ******** for running with new people 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

Volunteers if needed over the holidays

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

Don Adie's 90th birthday celebrations

There will be a small celebration of Don Adie's 90th birthday on Wed 11th January in the clubhouse.
Arranged by one of Don's daughters Vicky, there will be food and drinks.
She knows how much Dulwich Runners means to Don and how it almost certainly helped him through his cancer.
(Don's actual birthday is on the 10th when his family are holding a private family party.)

Don must not know about it in advance !

SOCIAL SPOT

P *Watch this space for upcoming*
O *2017 events !*
T

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

SHORTS!

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

HOODIES...

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

Buffs/snoods - only £6

Socks only £5

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

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.

To come there are women's and men's matches on 14 Jan, please keep these dates 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***

Surrey League 14 January

Helpers Needed

At our next men's Surrey League cross match at Mitcham Common on 14 January, we have offered to help out HHH with the organization. Assistance is needed in marking out the course beforehand and with marshaling. The main race starts at 2.30 with the youngsters going off 30 minutes earlier, so if some of the men taking part are able to arrive early, by around 12.30, that would be a great help. In addition those not taking part and some of our women who race earlier at Farthing Down may be able to perform marshaling duties. Please let me know if you are able to help out at mcmann90@yahoo.co.uk

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).

County Champs

7 January

Both the Surrey and Kent county champs take place this Saturday, 7 January at Lloyd Park and Brands Hatch. Only those entered can take part. Start times are as follows:
Surrey Champs Senior women 11.45, Senior men 13.45
Kent Champs Senior men 12.45, Senior women 14.00

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 ***contact their captains before 11 January,*** as entries close many weeks before the event.

-Mike Mann

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. The 2016 championship rules which can be found on our website are applicable.

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

The early fixtures will be as follows:

4 February	Southwark parkrun 5k
5 March	Regent's Park 10k
2 April	Paddock Wood 1/2M
23 April	London Marathon or alternative (see rules below)

It is possible to give an indication of some of the later events. We are considering a 2 mile race if one of the Battersea Park summer series is scheduled for a suitable date, preferably in June. If not the Battersea Park Assembly League race, likely to be on 6 June will be chosen. 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.

Finally we are considering options for a multi-terrain, or possibly a cross country race in the September/ October time frame.

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

Mike Mann

Clarification of marathon nomination for 2017:

The main marathon for the club championship is the London Marathon (LM).
Its not always possible to get entry so another marathon can be nominated. To make this as fair and comparable as possible to other club champs the following rules apply:

a) it should be a certified marathon accepted by UK Athletics sites http://www.thepowerof10.info/ or http://www.runbritainrankings.com/

b) in principle it should be nominated ahead of the LM. Meaning if you are not able to run the LM, or if you do not want your result in the LM to count for the club championship (eg: you are a pace maker , not fully trained, or for a charity), you are required to announce this before the LM and declare that you want to nominate one other marathon for the club championship. As soon as you have secured a place in that other marathon, you should nominate the specific marathon.

c) needs to take place before December 1st otherwise your result in the LM or (if you are not running London) the first marathon of the year you run as a club member will count for the club championship.

d) It is not permitted to have the best time of multiple marathons count in hindsight at the end of the year.

e Notice of your intention ahead of the LM (if you do not want it to count) and the nomination of another marathon can be made to the club committee or to the club newsletter SHORTS where all such intentions will be printed.

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

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
Jan	7	County Champs Surrey & Kent		Su. Lloyd Pk, - Kt, Brands Hatch
	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	4	Southwark parkrun 5k		Southwark
	11	Surrey League	men	Ham Lands, Ham **tbc**
	11	Surrey League	women	Farthing downs, Coulsdon
	26	National Champs		Nottingham
Mar	5	Regents Park 10k		Regents Pk, london
Apr	2	Paddock wood 1/2M		Paddock Wood
	23	London or alternative marathon		various

Marathon Schedule

Steve Smythe writes this year I am embarking on my 41st year of marathoning. I ran my first sub-3 in 1976, and if healthy and uninjured should do so again this year.

I beleve the key to runnng well at all events is consistency wth training based on a regular long run and a weekly hard speed sesson and these runs need to be prioritised.

The rest of the training isn't quite as important but the more runnng you can do without getting ill or injured the better.

Everyone is different but I do think some in the club do the less key runs too quickly (ie Monday, Wednesday, Friday) at the detriment of the runs they should be doing fast on Tuesday, Thursday, Saturday and occasionally Sunday.

Some runs at marathon pace, rest, good nutrition, a feelng for pace, getting quick treatment to ensure a minor niggle doesn't become an inury and a strong mental attitude are the other key factors.

I am happy to give schedules to any regulars of the Tuesday training sessions. Also additionally to anyone seriously training for a target whether half-marathon or indoor track.
I think it helps if as many people are doing similar types of session, if not always necessarily at the same speed.

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.
This is just my initial thought and could be subject to change or amendment depending on fitness and am happy to give amendments and suggestions to those who need a more personalised schedule.

January

Tue 3	1000m reps
Wed 4	7-10M slow
Thur 5	Tempo – 1M steady, 4M brisk at slightly faster than marathon pace, 1M faster than marathon pace
Fri 6	5M easy or rest
Sat 7	County XC Champs Sun Sun
Sun 8	14-15M slow
Mon 9	5M easy or rest
Tue 10	1600m reps
Wed 11	8-11M slow
Thur 12	Tempo – kilometre accelerations x 4 (ie 5:00, 4:45, 4:30, 4:15), 2 mins easy, then repeat kmetre accelerations x 4
Fri 13	5M easy or rest
Sat 14	Surrey League – men Mitcham, women Lloyd Pk
Sun 15	16M slow
Mon 16	5M easy or rest
Tue 17	2000m or mixed reps
Wed 18	9-12M slow
Thur 19	5 x 1M continuous acceleration (picking up pace 15 secs each mile) then 2M at marathon pace
Fri 20	5M easy or rest
Sat 21	parkrun
Sun 22	Canterbury 10 or 15M brisk
Mon 23	5M easy or rest
Tue 24	400m reps
Wed 25	10-13M slow
Thur 26	alternate 800m at 10k and marathon pace for 7M
Fri 27	5M easy or rest
Sat 28	South of England XC Champs
Sun 29	18M slow
Mon 30	5M easy or rest
Tue 31	800m reps

Februrary

Wed 1	6-8M slow
Thur 2	3M at marathon pace, 2M nearer 10k pace, 2M at marathon pace
Fri 3	5M easy or rest
Sat 4	parkrun
Sun 5	20 miles slow
Tue 7	1000m reps
Sat 11	Surrey leagues Ham?, Richmond
Sun 12	18M steady
Tue 14	2000m/200m reps
Sun 19	20M slow
Tue 21	1600m reps
Sat 25	National XC Champs
Sun 26	18M slow
Mon 27	
Tue 28	400m reps

March

Sun 5	Regents Park 10k
Tue 7	800m reps
Sun 12	20M slow
Tue 14	1000m reps
Sun 19	18-20M fast
Tue 21	1600m reps
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	

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.

Serpentine Last Friday of the Month 5k Hyde Park

30th December

A smaller band of Dulwich Runners than usual turned out for the last edition of the event this year in very cold and foggy conditions, once again on the two-lap course. This was race number four in my 7-races-in-8-days plan (includes five parkruns but who says they aren't races?) and with the legs holding up well I was hoping my improving form might get me a bit closer to Steve after continued drubbings for the past year.

After a very fast start he had a decent gap on me in short order and there he stayed; I felt strong enough throughout for a change to have hopes of getting up to him, but no dice; the gap was eight seconds at the line. We finished equally strongly but were both a tad disappointed with our times - Steve eleven seconds down on last month, me eight seconds short of the club champs race at Burgess Park. On later reflection though, I've rarely been faster here even when very fit, and conditions were hardly great, so not so bad.

No such worries for Lucy though who, despite irritating shin pains, had determined desires on a PB. She managed to recruit a certain close relative for pace-making duties and a strict 4-minutes-per-km was followed with apparent ease before a storming finish secured a superb new best time. Jim took advantage of the pace-making too, hanging on to the coat-tails of the Elms girls to equally good effect – he couldn't quite match their finish but flew in for a sub-20, a great run that was an agonising four seconds short of his PB from over two years ago. Mike's 21:12 was short of his best runs this year although solid enough, while serial Last Friday runner Mark saved his best till last – his fastest in seven runs this year. He's been faster at Dulwich parkrun but this was just seven seconds short of last year's official 5k PB. Happy New Year...

- Toy Tuohy

25	Steve Davies	17:07	1st M45
26	Tony Tuohy	17:15	1st M50
69	Lucy Elms	19:46	1st U20 PB
70	Clare Elms	19:46	1st W50
72	Jim Dowsett	19:52	
100	Mike Mann	21:12	1st M65
123	Mark Muffett	22:41	

176 ran

parkrun

December 31st

Ashton Court
417 Ran

Pos	Gen		
212	172	Barnes Stringer	27:37

Banstead Woods
191 Ran

Pos	Gen		
3	3	Tony Tuohy	17:36

Beckenham Place
149 Ran

Pos	Gen		
85	76	Andy Bond	25:44

Brockwell
204 Ran

Pos	Gen		
22	22	Mark A Foster	20:22
27	2	Ola Balme	20:53
37	34	Jonathan Senker	21:28

Bromley
531 Ran

Pos	Gen		
25	1	Selma Benattia	19:30
227	197	Peter Jackson	25:39

Conwy
273 Ran

Pos	Gen		
8	7	Derek Lee	19:25

Crystal Palace
171 Ran

Pos	Gen		
41	8	Eleanor Simmons	23:25
43	9	Belinda Cottrill	23:26
50	40	Duncan Wilson	23:52
53	12	Clare Wyngard	24:06
61	46	Michael Dodds	24:43
64	16	Claire Steward	24:57
68	52	Bob Bell	25:07
72	55	Andy Cottrill	25:24
75	18	Joanne S Pereda	25:32
80	20	Penny D Graham	25:48
124	83	Paul Hodge	29:25

Dulwich
199 Ran

Pos	Gen		
5	5	Stephen Davies	17:41
10	10	Mark Callaghan	18:34
20	20	Gary Sullivan	19:41
28	28	Ajay Khandelwal	20:33
41	1	Kim Hainsworth	21:25
65	61	John English	22:23
73	65	Segun Osuntokun	23:07
152	38	Hilary Woof	28:37
155	39	Elizabeth Begley	29:06

Killerton
376 Ran

Pos	Gen		
271	186	Rafe Collier	32:43
279	90	Rhoda Collier	33:12
280	190	Lloyd Collier	33:12

Lullingstone
62 Ran

Pos	Gen		
1	1	Oscar Hussey	18:54
12	12	Duncan Hussey	23:01

Greenwich
190 Ran

Pos	Gen		
50	46	Joseph Brady	23:51

Highbury Fields
128 Ran

Pos	Gen		
17	17	Kevin Chadwick	20:05

Hilly Fields
196 Ran

Pos	Gen		
29	5	Helen Lister	22:26

Northala Fields
191 Ran

Pos	Gen		
85	73	Nicholas Brown	25:31

Orpington
163 Ran

Pos	Gen		
6	6	Jim Dowsett	21:00
34	30	Colin Frith	23:53
37	5	Tereza Francova	24:03

Peckham Rye
153 Ran

Pos	Gen		
7	7	Andrew Bright	19:43
10	10	Toby De Belder	19:53
40	36	Matthew Ladds	23:22
107	29	Claire Barnard	28:10
108	30	Natalie Davys	28:12
135	86	Sam Crump	30:58

Riddlesdown
204 Ran

Pos	Gen		
25	1	Ange Norris	21:35

Roundshaw Downs
140 Ran

Pos	Gen		
1	1	Clare Elms	18:59
2	1	Stephen Smythe	19:22

Royal Tunbridge Wells
236 Ran

Pos	Gen		
20	1	Michelle Lennon	21:58

Southwark
130 Ran

Pos	Gen		
64	49	Paul Keating	24:27
85	28	Kaylee Coxall	27:17

Tamar Lakes
119 Ran

Pos	Gen		
1	1	Alastair Locke	17:44

Trelissick
229 Ran

Pos	Gen		
26	22	Cameron Timmis	23:36

Tooting Common
285 Ran

Pos	Gen		
56	49	Ian Sesnan	22:23

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.

parkrun

January 1st

Bexley
289 ran

Pos	Gen		
43	41	Joseph Brady	23:34

Bromley
288 ran

Pos	Gen		
133	116	Chris Goodman	25:06
282	194	Peter Ogden	37:05

Dulwich
229 ran

Pos	Gen		
5	5	Andrew Shreeve	17:33
12	12	Alastair Locke	18:22
27	27	Chris Loizou	20:52
42	2	Helen Lister	22:06
44	42	Graham Laylee	22:16
46	3	Sandra Marie	22:17
59	6	Eleanor Simmons	23:05
61	7	Belinda Cottrill	23:06
80	65	Mark Muffett	23:35
82	17	Claire Steward	23:40
86	68	Michael Dodds	23:48
90	21	Susan Cooper	24:04
101	24	Clare Wyngard	24:27
112	85	Ameet Patel	25:09
116	28	Joanne S Pereda	25:23
133	98	Bob Bell	26:15
173	60	Elizabeth Begley	28:32
188	123	Andy Cottrill	29:03
189	66	Penny D Graham	29:04

Hilly Fields
147 ran

Pos	Gen		
5	5	Kevin Chadwick	19:58
7	7	Martin Holt	20:00
8	8	Paul Devine	20:12
10	10	Mark Callaghan	20:28
14	14	Jim Dowsett	21:20
73	8	Susie Labinjoh	26:36

Kingston
302 ran

Pos	Gen		
62	57	Nicholas Brown	21:53

Lloyd Park
179 ran

Pos	Gen		
90	72	Chris Goodman	26:33

Peckham Rye
221 ran

Pos	Gen		
3	3	Andy Bond	17:15
7	7	Alastair Locke	17:49
14	14	Martin Holt	19:27
15	15	Mark Callaghan	19:36
19	19	Jim Dowsett	20:25
39	2	Helen Lister	21:59
50	45	Rob Cope	22:40
56	51	Graham Laylee	22:47
66	8	Belinda Cottrill	23:01
78	67	Mark Muffett	23:24
106	84	Bob Bell	24:53
112	89	Andy Cottrill	25:08
113	24	Penny D Graham	25:09
119	27	Claire Steward	25:35
120	93	Kevin Chadwick	25:36
123	28	Joanne S Pereda	25:48
127	30	Clare Wyngard	25:56
128	98	Michael Dodds	25:57

Riddlesdown
95 ran

Pos	Gen		
1	1	Tony Tuohy	17:52
9	2	Ange Norris	21:33

Roundshaw Downs
179 ran

Pos	Gen		
4	4	Tony Tuohy	18:08
24	1	Ange Norris	21:46

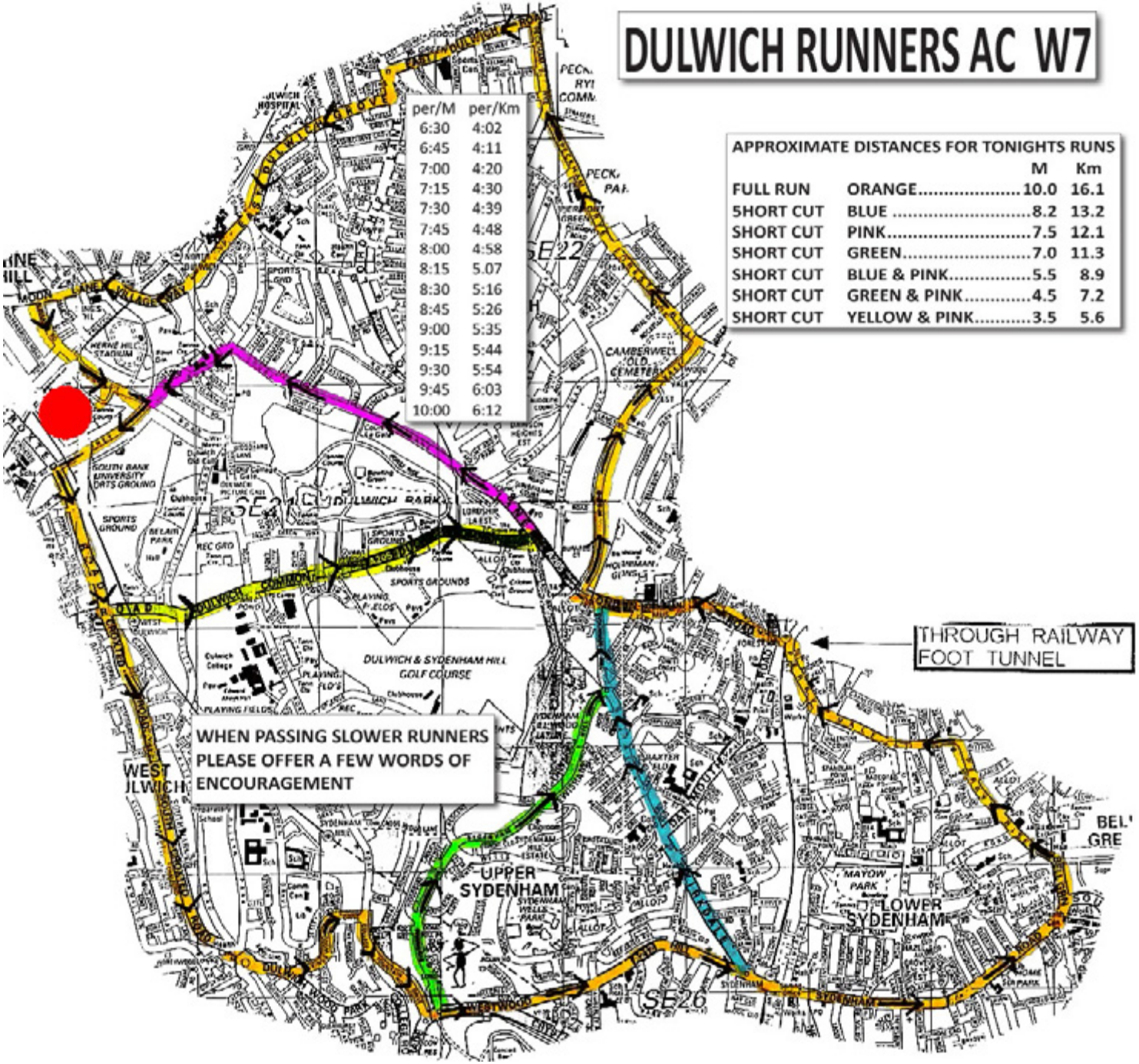
Southwark
208 ran

Pos	Gen		
1	1	Andy Bond	17:16
83	72	Paul Keating	24:32

Tonbridge
253 ran

Pos	Gen		
38	2	Tereza Francova	22:49

DULWICH RUNNERS AC W7



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	10.0	16.1
SHORT CUT	BLUE	8.2	13.2
SHORT CUT	PINK	7.5	12.1
SHORT CUT	GREEN	7.0	11.3
SHORT CUT	BLUE & PINK	5.5	8.9
SHORT CUT	GREEN & PINK	4.5	7.2
SHORT CUT	YELLOW & PINK	3.5	5.6