DULWICH RUNNERS

# SHORTS

Dulwich Runners AC
Weekly Newsletter
August 2nd 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 2** **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

**Dulwich Runners Summer BBQ**
**at the clubhouse after the run.**

**Tue 5** **Dulwich College Track** - cost £1 per session
Start with a warm up at 7:10pm session mainly on grass

**Thu 7** **Assembly League** - Beckenham

## *In your SHORTS this week !*

1 General information
2 Club kit, social events etc
4 Fixture list, club champs, road, XC, etc
4 European Masters Champs full reprt and results
5 Victoria Pk Assembly league, full report, standings etc
7 Parkrun results
8 Wednesday run map

***And much more !***

Click to SUBSCRIBE or UNSUBSCRIBE
www.dulwichrunners.org.uk/index.html

**You can follow us on**

## TRACK SESSIONS

**Tuesdays At Dulwich College track on College Road.**
Warm up taken by **Andrea Pickup** consisting of various drills and stretches etc will start around 7.10pm..
The main session taken by **Steve Smythe** will be part grass and part track and more suitable for all levels of ability than the Crystal Palace sessions.

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

Sep 7 Assembly League - Beckenham (tbc)

## 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

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.

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

| | |
|---|---|
| **Patrick Mcmrorrow** | **2/8** |
| Mike Mann | 9/8 |
| Andy Murray | 16/8 |

## LUCKY VEST

*Tonight in the clubhouse*

Wear your Dulwich Runners vest or t-shirt 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 ros.tabor49@gmail.com

## 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 Map

This map for this Wednesday's runs can be found on the last page of Shorts.
Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse - Thanks

# SOCIAL SPOT

SPOT

***Watch this space for future events.***

## Wednesday August 2nd

Post run BBQ at the clubhouse.
If you wish to go please let Matt Ladds know:
laddsm85@gmail.com
or on our FB page

## Wednesday Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings 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

# 2017 CLUB CHAMPIONSHIPS

| | | | |
|---|---|---|---|
| 10 | Sep | Thames Hare & Hounds MT 5m, Wimbledon Common | L |
| 1 | Oct | Sittingbourne 10 | L |

**Note that the 5 mile MT race will be classified as a long race (L)**

## ALGARVE RUNNING CHALLENGE

This year's Algarve Running Challenge takes place between 1 and 5 November in Monte Gordo, Portugal. As usual there will be 4 races spread over 5 days, finishing with the traditional Spain to Portugal race of around 11 miles. There's also plenty of opportunities for local sightseeing, running on local woodland trails, cycling and swimming in warm autumn weather. For further details please contact me.
***Mike Mann***

# DULWICH RUNNERS 2017/18 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** **Track**

| 2017 | | Race | | Venue | |
|---|---|---|---|---|---|
| Aug | 16 | Cambridge Harriers Open/BMC | | Eltham | |
| | 21 | Blackheath & Bromley Open | | Norman Park | |
| | 26 | HHH Open | | Tooting Bec | |
| Sep | 7 | Assembly League | | Beckenham | **tbc** |
| | 10 | MT 5 mile race, organised by TH&H | | Wimbledon Common | |
| | 10 | Kent Masters Champs | | Bromley | |
| | 24 | SEAA Road Relays | | Crystal Palace | |
| Oct | 1 | Sittingbourne 10 | | Sittingbourne | |
| | 14 | Surrey League 1 | men | Wimbledon Common | |
| | 14 | Surrey League 1 | women | Priory Park Reigate | |
| | 21 | SEAA Relays | | Wormwood Scrubs | |
| | 21 | Surrey Masters, | | Richmond Park | **tbc** |
| | 28 | BMAF XC Relays | | Long Eaton | |
| Nov | 11 | Surrey League 2 | men | Priory Park, Reigate | |
| | 17 | November British and Irish Masters | | Derry, Northern Ireland | |
| | 18 | London champs | | Parliament Hil | |
| | 25 | England Masters Inter-Area | | Bournemouth | **tbc** |
| | 26 | South of Thames 5 | | Beckenham | |
| Dec | 2 | Surrey League 2 | women | | **tbc** |
| | 2 | Kent Masters | | | **tbc** |
| | 9 | SEAA Masters XC | | Horspath, Oxford | |
| | 16 | South of Thames 7.5 | | Aldershot | |
| **2018** | | | | | |
| Jan | 6 | Surrey and Kent Champs | | | **tbc** |
| | 13 | Surrey League 3 | men | | **tbc** |
| | 20 | Vets AC Champs | | Wimbledon Common | **tbc** |
| | 27 | South of England Champs | | | **tbc** |
| Feb | 10 | Surrey League 4 | men | Lloyd Park | |
| | 24 | National Champs | | Parliament Hill | |
| Mar | 17 | BMAF Champs | | Forres, Scotland | |

Kent AC is today delighted to open entries for the inaugural Ladywell 10000m. on the £rd September
An opportunity to run 25 glorious laps and set a new 10000m PB in Ladywell Arena in late summer.

online entry here: https://www.entrycentral.com/ladywell10000

All entries will initially be applications which then get approved once entry performances have been verified.
Open to everyone who can run under 55mins for 10km. Races will be seeded to ensure athletes run in races suited to their ability.

# Assembly League Races

These races 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.
Venues are provisional as follows:

| | | | |
|---|---|---|---|
| Sep | 7 | Beckenham | 7.15 |

**open to all members of all abilities**

**Assembly league race HQs and starts are as follows:**
**Victoria Park**, Victoria Park Harriers clubhouse located at NE corner of the park, with start inside the park nearby, closest station Hackney Wick
**Battersea Park**, near bandstand in centre of park (no HQ)
**O2**, on riverside east of North Greenwich station (no HQ)
**Beckenham,** HQ Beckenham Cricket Club, Foxgrove Road, start at SW entrance, park at the end of Beckenham Place Pk Road

**For further information about any races in Shorts please contact your captains: Men: mcmann90@yahoo.co.uk**
**Ladies: dulwichladiescaptain@gmail.com**

# 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.

## European Masters Championships 2017 Aarhus, Denmark

***Andy Murray writes.....***
These outdoor track and field (plus cross country and half marathon) masters championships are held every other year, the last being in Ismir, Turkey, with the worlds in intervening years (Perth in 2016). Aarhus is a pleasant city on the eastern coast of Jutland, central Denmark. It has a good mix of old and new areas, with a big port and pleasant coastline. It is a European City of Culture this year. Two tracks were in use, one at Ceres Park an 8-laner in a football stadium with good competing and spectating facilities, the other at Viby was more low key, 5 lanes with little cover for spectators or athletes waiting for events.

### 1500m Semi-finals, Viby 29.07.17

During a showery Saturday lunchtime Mike Mann and Tony Tuohy both qualified for the 1500m finals.
Mike found that only a few would be eliminated at semi-final stage and was able to run steadily in the middle group of his race.
Tony stayed with the large group in front of the m55 race until the final lap, where it separated as those who could, sped up and others fell back. Tony ran a strong lap to hold third place.
The entry in Ros's age group was small enough for no semi's and a straight final.

**M65 semi-final 2**
5 Mike Mann 5:38.70 13th fastest qualifier for the final 16
**M55 semi-final 1**
3 Tony Tuohy 4:50.54 11th fastest qualifier for the final 16.

### Cross Country cc 3.65k 30.07.17

The cross country course was in a very compact area, starting on grass inside a velodrome, then 4 laps outside part on gravel, part up some steps to a football field, with many turns to make up the distance. A huge thunderstorm after the women's races made it very slippery for the men later.

In the first race, for the upper women's age groups, Ros had a Danish rival and also wanted not too hard a run, thinking of the 1500m final in the afternoon. Ros established a 7-9 second lead in lap one but it looked like the Dane was making an effort to close the gap, running hard up the steps on the second lap. However, when they next emerged from the field the gap was unchanged and Ros pulled away on the last lap to win her age group by 17 seconds.

The last race, after the storm and with the corners and even the straight grass bits very slippery, Mike, also with a 1500 coming up, ran steadily , with Andy ending up a minute behind.

**W65**
1 Ros Tabor 16:02
**M65**
7 Mike Mann 15:41
**M60**
20 Andy Murray 16:38

### 1500m Finals 30.07.17

Then on to the track for 1500m finals. Ros and rival Brit Nancy Hitchmough tracked a fast starting Belgian for the first lap, the latter two moving ahead but Ros catching again by lap 3. Nancy kicked on the last lap to go ahead, with Ros following but not able to reach her.

**W65**
2 Ros Tabor 5:51.12 SB
**M55**
7 Tony Tuohy 4:39.04 SB
**M65**
13 Mike Mann 5:34.12

### 400m qualifying 31.07.17

In Monday's 400m semis, Wayne Lashley in his first 400m for 2 years ran 5th, 17th of those trying to qualify for the m35 final 8.
Ros Tabor was 2nd in her race, qualifying as 4th fastest for her w65 final, with those 4 appearing to be the medal contenders.

**M35 Heat 2**
5 Wayne Lashley 54.98
**W65 Heat 1**
2 Ros Tabor 77.44

# Assembly League 3.5 miles Victoria Park

**July 27**

***Steve Smythe writes*** sorry no Disneytime happy positive reports this week. I have been going to Assembly Leagues for over 40 years (and Dulwich are competing for the 25th year) and I can't ever remember seeing such a modest turn out, and if any effort was made to get runners out from the club, it was not evident by the response.
I appreciate some runners were injured, some are not allowed out by their partners and some people have to go on up to 10 holidays a year but it doesn't explain when you look how many people turn out on Tuesday night sessions or Saturdays for parkruns, so few could make the journey across the Thames.

Even those who aren't attending speed sessions as they focus on summer race distances for the clinically stupid could benefit from doing a short fast road race once a month!
This is the only league we do during the summer months and while obviously people can do whatever events they want, the lack of effort involved in running for the club by some means the liklihood of me continuing to attend sessions, which take a while to get to and as I wind down my running and lose the battle against injury, is diminishing by the day.
We had a superb turn-out of 36 runners to do this fixture in May. Here, in July we had a total of 13 finishers – 8 men and 5 women. Kent AC, who are a similar sized club and had a similar length journey, had 61 runners, They had 16 runners in before our fourth scorer and 18 runners after our last female scorer so are getting runners in all areas of the field.

On the plus side, thanks to those who ran and made the effort and those who finished did at least give the club some representation to just about keep us in the league standings though not enough to stop us dropping down the league with one race to go at Beckenham in September, where obviously our numbers will be better.
The women did at least just about pick up a third place on the day and could finish second still if more give support at Beckenham and Victora Park Harriers can't get the same quality out as they did here.

Lucy Elms didn't feel she was at her best, but in her Mum's absence, it was enough to lead us home yet again following the Dome run and her two miles, and she was well over a minute faster than in May, it also guaranteed her the under 20 women's title for the second year running with a race to go.
Michelle Lennon was up on her last run with a steady performance and goes into the last race equal first in the W50s and she beat her rival, who beat her in early fixtures by a minute here.
Rebecca Schulleri did come out on top of a big group of women and is probably capable of much more judging by her finishing speed though she was down on her May form with next scorer Katie Styles up, though focusing more on cycling this summer and we beat Eton Manor by a few points though well down on Kent and Victoria Park.

Eleanor Simmons had one of the most positive runs of the night, going 49 seconds quicker than Nay as she continues her summer improvement.
Disappointingly, Andrea Pickup and Laura Vincent dropped out and so we only had one B team scorer.
Our only real male success story of the year, Andy Bond didn't show the same form as early season, possibly paying for too fast a start and a lack of club opposition but still make the top 20.
It did give him a definite top 3 M40 medal for the year and an outside chance of a win if the two ahead don't run. Ed Harper was slightly up on May but he and course debutante Steve Rolfe should have more to come based on their training form.

The A team was completed by Tom South, who had probably done as many club races as anyone this year and he showed similar form for May. We finished sixth on the day and will almost certainly finish fourth over the season.
The B team were led in by Jim Dowsett, who was well up on his run of last year. he started slowly but came through well for one of his best ever league runs.
Joseph Brady was down on his May form though Matt Ladds was better than his last run but not up to his club mileform.

Steve Smythe had not intended racing as he had a niggle but felt he had to as we were one short of a full scoring B team. Predictably, his calf pulled badly at halfway and he mistakenly decided as he could still run, albeit with a limp and two minutes a mile slower, he had to finish to complete the team. He ended eight minutes down on his PB, which admittedly was set back in the 70s.
He did pick up a single point which moved him one point ahead of Gary in the standings.
Dulwich Runners not there, who should attend the prize giving in September are Steve Davies, who will the M45s if he runs, Tony Tuohy whoo will finish second whatever.
Mike Mann will win the M65s whatever and one of Andy Murray, Graham Laylee or Hugh Balfour should win the M60 bronze.
For the women apart from Lucy and Michelle, Ros will win the W65s from Claire Steward while Selma Benattia should finish second W35 and Clare Wyngard third W55.
Clare Elms, though injured for the last three is still third W50.
Ros, Mike Tony and Andy did of course have a good excuse for missing last week as they were in Denmark.

20 Andy Bond 18:32 (18:14 in May)
42 Ed Harper 19:48 (19:52 in May)
52 Steve Rolfe 20:16 (debut)
62 Tom South 20:40 (20:35 in May)
12W/102 Lucy Elms 22:18 (23:37 May, 3:46 Aug)
109 Jim Dowsett 22:45 (dnf May, 23:11 Aug)
19W/132 Michelle Lennon 23:36 (23:50 May)
135 Joseph Brady 23:51 (23:14 May)
24W/144 Rebecca Schulleri 24:01 (23:38 May)
31W/152 Katie Styles 24:19 (24:51 May, 24:13 Aug)
153 Matt Ladds 24:24 (24:46 Aug)
33W/157 Eleanor Simmons 24:34 (25:23 May)
177 Steve Smythe 26:02 (21:37 Aug)
Andrea Pickup dnf
Laura Vincent dnf (25:00 Aug)

**TEAM**:

| | |
|---|---|
| 1 Kent | 24 |
| 2 VPHTH | 33 |
| 3 Stock E | 49 |
| 4 Eton M | 116 |
| 5 Lloyds | 160 |
| **6 Dulw** | **170** |
| 7 Camb H | 205 |
| 8 Petts W | 217 |
| 9 Ravs | 370 |
| 10 Lon U | 411 |
| 11 Beck | 533 |
| 12 Dart | 555 |

**B TEAM:**

| | |
|---|---|
| 1 Kent | 71 |
| 2 VPHTH | 82 |
| 3 Stock E | 134 |
| 4 Eton M | 251 |
| 5 Lloyds | 315 |
| 6 Petts W | 420 |
| **7 Dulw** | **464** |
| 8 Camb H | 539 |
| 9 Ravs | 597 |

**Men Overall after 5 races**

| | | |
|---|---|---|
| Kent | 12 15 14 15 15 | 71 pts (152) |
| VPH | 15 13 13 13 14 | 68 pts (238) |
| Stock E | 13 14 12 14 13 | 66 pts (301) |
| **Dulw** | **14 12 11 12 10** | **59 pts (495)** |
| Lloyds | 10 11 10 9 11 | 51 pts (824) |
| Camb H | 6 8 9 11 9 | 43 pts (1110) |
| Petts W | 9 10 8 7 8 | 42 pts (1103) |
| Eton M | 4 9 7 10 12 | 42 pts (1225) |
| Serp | 11 7 15 8 0 | 41 pts |

**Men B team after 5 matches**

| | | |
|---|---|---|
| Kent | 14 15 14 15 15 | 73 pts (390) |
| VPHTH | 15 13 13 14 14 | 69pts (674) |
| Stock | 8 14 12 13 13 | 60 pts (1226) |
| **Dulw** | **13 12 11 12 9** | **57 pts (1246** |
| Lloyds | 12 11 10 10 11 | 54 pts (1475) |
| Petts W | 11 10 9 9 10 | 49pts (2065) |
| Eton M | 6 9 8 11 12 | 46pts (2106) |
| Serp | 9 8 15 8 0 | 40 pts |

**WOMEN TEAM ON DAY:**

| | |
|---|---|
| 1 Kent | 21 |
| 2 VPHTH | 22 |
| **3 Dulw** | **86** |
| 4 Eton M | 88 |
| 5 Lloyds | 14 |
| 6 Beck | 164 |
| 7 PettsW | 234 |
| 8 Stock E | 256 |
| 9 Dartford | 282 |

**B TEAM**

| | |
|---|---|
| 1 VPHTH | 68 |
| 2 Kent | 69 |
| 3 Eton M | 147 |
| **4 Dulw** | **273** |
| 5 Lloyds | 306 |

**Women A team after 5 leagues**

| | | |
|---|---|---|
| Kent | 15 15 15 14 15 | 74pts (113) |
| VPHTH | 13 13 13 15 14 | 68 pts (235) |
| **Dulw** | **14 14 14 12 13** | **67pts (281)** |
| Eton M | 12 12 11 13 12 | 60pts (375) |
| Beck | 9 11 10 10 10 | 50 pts (729) |
| Lloyds | 11 10 8 11 11 | 51pts (792) |
| PettsW | 10 8 9 6 9 | 42 pts (1110) |

**Women B team after 5 events**

| | | |
|---|---|---|
| Kent | 14 15 15 14 14 | 72pts (440) |
| Vic Pk | 11 13 13 15 15 | 67pts (551) |
| Dulw | 15 14 14 12 12 | 67 pts (749) |
| Eton M | 12 12 12 13 13 | 62 pts (894) |
| Beck | 13 11 10 11 - | 45 pts (1107) |

# Sri Chinmoy 5K Race Battersea Park, London

**31 July 2017**

**Flying Falcon 5K**

| | | |
|---|---|---|
| 46 | Jonatha Whittaker | 18:03 |
| 82 | Jim Dowsett | 19:55 |

# Great Grimsby 10k

**30/7/17**

Returning back to my home town yet again I managed to gain an entry for this very popular and well organised event. The course is relatively flat and fast but it was a bit too hot for me.

457 Colin Frith chip time 48.28
2301 finishers.
The winner completed this in 30.21 and first female 36.12

# Davosser Seelauf 4k

**25.07.17**

This was part of a fortnightly series of Tuesday evening races around the lake at Davos, Switzerland at above 1500m altitude. Ros used it as a training run, with surges as she reached each k split.

Andy followed but had run a bit harder earlier in the week and was left breathless by the hill at halfway, so had to jog the rest. Usually we stay on for trail traces the following Saturday , which Natalie and Sharon ran this year, but had to move on to Denmark for Euro masters. Andy Murray.

1 Dario Cologna 12:48.5 (local, 3x Olympic golds in Xc skiing)
41/19w/1w65 Ros Tabor 19:19.8
51/2m60 Andy Murray 20:04.6

parkrun July 29th

## Bexley
402 ran

| Pos | Gen | | |
|---|---|---|---|
| 14 | 14 | Michael Fullilove | 20:39 |

## Brockwell
298 ran

| Pos | Gen | | |
|---|---|---|---|
| 1 | 1 | Edward Chuck | 17:02 |
| 12 | 12 | Justin Siderfin | 18:56 |
| 108 | 10 | Clare Wyngard | 23:48 |
| 109 | 99 | Ian Sesnan | 23:49 |
| 161 | 134 | Rafe Collier | 25:41 |
| 223 | 54 | Rhoda Collier | 28:37 |
| 225 | 171 | Lloyd Collier | 28:55 |

## Conwy
254 ran

| Pos | Gen | | |
|---|---|---|---|
| 238 | 155 | Chris Vernon | 41:29 |
| 239 | 84 | Susan Vernon | 41:34 |

## Crystal Palace
240 ran

| Pos | Gen | | |
|---|---|---|---|
| 2 | 2 | Andy Bond | 17:17 |
| 10 | 1 | Katie Balme | 20:03 |
| 30 | 4 | Ola Balme | 22:24 |
| 33 | 5 | Belinda Cottrill | 22:27 |
| 61 | 52 | Bob Bell | 24:12 |
| 71 | 61 | Simon Harding | 24:41 |
| 140 | 107 | Paul Hilton | 27:46 |

## Dartford
177 ran

| Pos | Gen | | |
|---|---|---|---|
| 2 | 2 | Buzz Shephard | 18:43 |

## Dulwich
232 ran

| Pos | Gen | | |
|---|---|---|---|
| 25 | 24 | Jim Dowsett | 20:00 |
| 31 | 30 | Paul Vivash | 20:27 |
| 52 | 4 | Lucy Clapp | 21:52 |
| 94 | 87 | Paul Devine | 23:25 |
| 142 | 21 | Hannah Harvest | 26:14 |
| 159 | 133 | Mick Mead | 27:42 |
| 232 | 73 | Claire Steward | 39:37 |

## Gladstone
168 ran

| Pos | Gen | | |
|---|---|---|---|
| 27 | 2 | Becca Schulleri | 22:18 |

## Malling
206 ran

| Pos | Gen | | |
|---|---|---|---|
| 12 | 1 | Tereza Francova | 21:26 |

## Moors Valley
379 ran

| Pos | Gen | | |
|---|---|---|---|
| 13 | 13 | Hugh Balfour | 20:19 |

## Orpington
151 ran

| Pos | Gen | | |
|---|---|---|---|
| 151 | 93 | John O'byrne | 52:00 |

## Peckham Rye
203 ran

| Pos | Gen | | |
|---|---|---|---|
| 20 | 3 | Helen Lister | 20:01 |
| 24 | 4 | Michelle Lennon | 20:57 |
| 38 | 31 | Gideon Franklin | 22:10 |
| 79 | 16 | Claire Barnard | 24:50 |
| 106 | 29 | Michelle Key | 26:00 |
| 113 | 33 | Emily Warburton-Brown | 26:31 |

## Riddlesdown
206 ran

| Pos | Gen | | |
|---|---|---|---|
| 1 | 1 | Dylan Wymer | 16:38 |
| 20 | 1 | Ange Norris | 21:04 |

## South Norwood
87 ran

| Pos | Gen | | |
|---|---|---|---|
| 43 | 39 | Dave West | 26:53 |

## Southwark
331 ran

| Pos | Gen | | |
|---|---|---|---|
| 65 | 62 | Joseph Brady | 20:58 |
| 183 | 149 | Paul Keating | 25:50 |

## Tilgate
551 ran

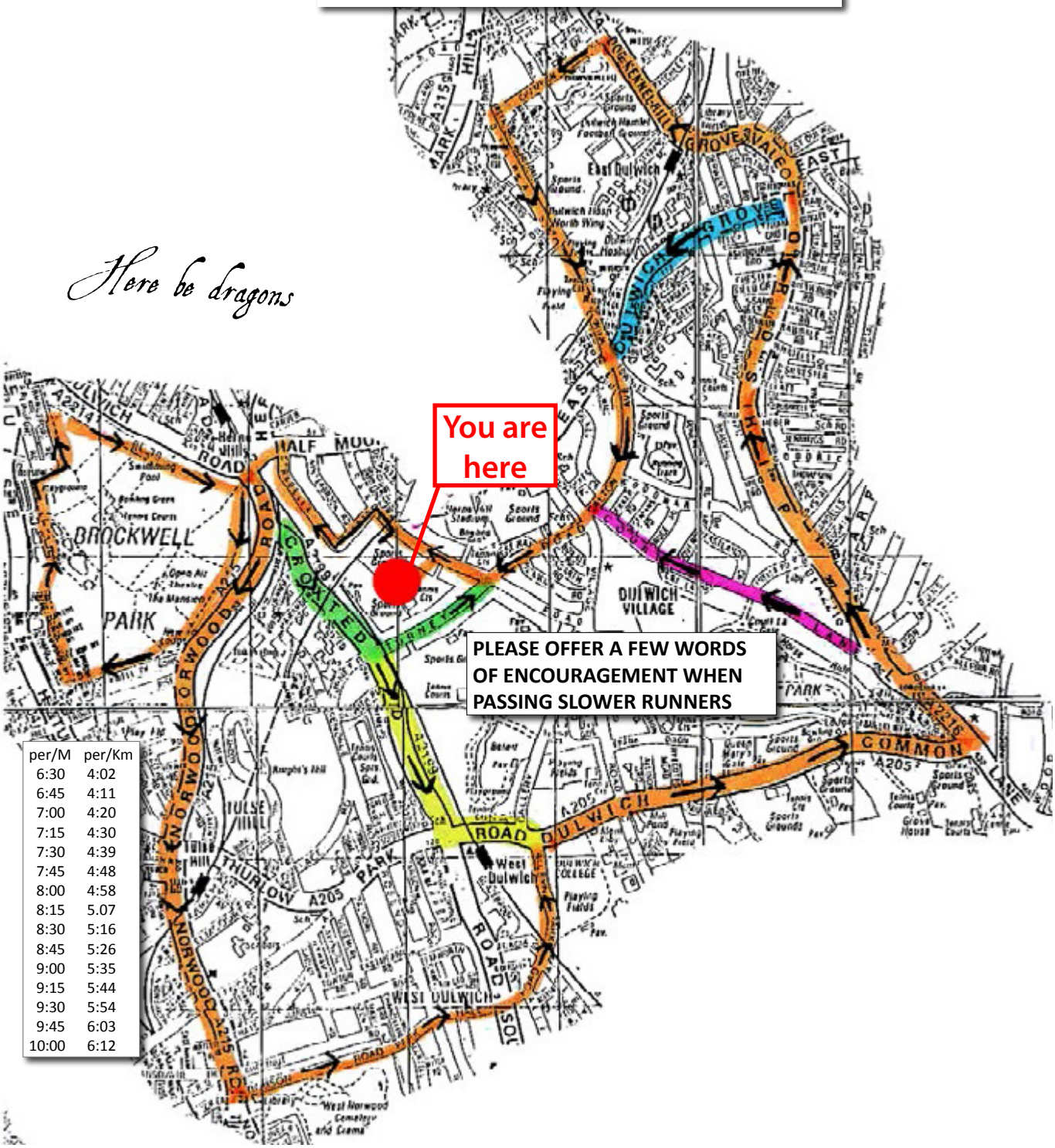
| Pos | Gen | | |
|---|---|---|---|
| 194 | 150 | Peter Jackson | 27:35 |

## Western Springs
70 ran

| Pos | Gen | | |
|---|---|---|---|
| 21 | 17 | Nick Bell | 23:42 |

**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 S11




| 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 | 9.0 | 14.5 |
| SHORT CUT | BLUE | 7.8 | 12.6 |
| SHORT CUT | GREEN & YELLOW | 7.5 | 12.1 |
| SHORT CUT | PINK | 6.5 | 10.5 |
| SHORT CUT | GREEN YELLOW & BLUE | 6.3 | 10.1 |
| SHORT CUT | GREEN YELLOW & PINK | 5.0 | 8.0 |
| SHORT CUT | GREEN | 3.5 | 5.6 |