DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
July 19th 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 19 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Fri 21 **SOAR MIle** - CLub Champs - Battersea Park

Sat 22 **Dulwich Runners Hash Brewery Run** - 2pm start
full itinerary p2

Tue 25 **Dulwich College Track** - cost £1 per session
Start with a warm up at 7:10pm then first part of session will be on grass,second on the track.

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Fixture list, club champs, road, XC, etc
5 Race reports & results,
5 Mark Hayes Mile full report & results
8 Parkrun results
9 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

Jul 21 SOAR Mile (club champs) - (**entry closed**) Battersea Pk
Jul 27 Assembly League - Victoria Park 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

Dulwich Runners Relay

Thank you to all the Dulwich Runners who helped at the relay on Wednesday. It was a good evening and we have had some positive feedback.
We have also made some money for the club.
As a thank you , you can have a free drink at the bar this Wednesday, and there is a prize draw for one lucky marshal.

Ros

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.
Thanks t Paul Keating 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.
No new runners last week
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

Charlie Lound	**19/7**
Chris Loizou	26/7

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 weeks map for Wednesday night, 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.

Saturday 22nd July

Dulwich Runners Hash Brewery run this Saturday, with breweries and approx times:-
Starting at 2 pm

2.00 - Gipsy Hill Brewery
Uit 11 Hamilton Road Industrial Estate
160 Hamilton Road, West Norwood

2.40 - London Beer Factory
Unit 4, 160 Hamilton Road, Gipsy Hill, W Norwood

3.30 - Bullfinch Brewery
286 Rosendale Road, Herne Hill

4.20 Canopy Brewery
Arch 1127, Bath Factory Estate, 41 Norwood Rd
Herne Hill

5.30 - Clarkshaws Brewery
Arch 497 Ridgway Road, SW9 7EX

6.30 - Brick Brewey
Blenheim Grove, Peckham Rye

Times Are Estimated. To Find Out Where We Are
Message Us Via The FB

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)

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

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com

HOODIES...

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

Buffs/snoods - only £6

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

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

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	
Jul	21	Mile club champs - SOAR Mile *(entries now closed)*		Battersea Park	
	22	HHH Open		Tooting Bec	
	27	Assembly League		Victoria Pk, Hackney	**tbc**
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	

2017 CLUB CHAMPIONSHIPS

21	Jul	SOAR Mile - Battersea Park	**S**
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

Mile Club Champs - SOAR Mile

21 July

Race Entries Closed

54 club members have entered out of 234 overall.

M60 (5): Bob Bell, Mike Mann, Andy Murray, Barrie John Nicholls, Ian Sesnan
M50 (6): Joseph Brady, Ameet Patel, Ebe Prill, Steve Smythe, Gary Sullivan, Tony Tuohy
M40 (11): Lloyd Collier, Rob Cope,Will Cotter, Steve Davies, Martin Double, Jim Dowsett, Hugh French, Ajay Khandelwal, Ian Lilley, Justin Siderfin, Tom South
SM (11): Tim Bowen, James Burrows, Paul Devine, Alex Haylett, Greg Hills, Mark Lacey, Matt Ladds, Wayne Lashley, Alastair Locke, Shane O'Neill, Jonathan Whittaker
W60: (1): Ros Tabor
W50: (3): Ola Balme, Lucy Clapp, Clare Elms,
W40 (4): Lindsey Annable, Yvette Dore, Sharon Erdman, Andrea Pickup SW (13): Ellie Balfe, Claire Barnard, Selma Benattia, Christina Dimitrov, Lucy Elms, Hannah Harvest, Roz Johnson, Helen Lister, Rebecca Schulleri, Eleanor Simmons, Katie Styles, Anna Thomas, Laura Vincent

Kent AC is today delighted to open entries for the inaugural Ladywell 10000m.
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.

Suggested Summer Schedule

Wed 19/7	steady 30 mins
Thurs 20/7	3 miles with strides
Fri 21/7	Soar Mile Battersea

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

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:

July	27	Victoria Pk, Hackney	7.30	**open to all members of all abilities**
Sep	7	Beckenham	7.15	

Details of 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

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.

Mark Hayes Mile

14 JULY

This series of mile races in memory of Mark Hayes took place in reasonably warm conditions with only a light breeze. Despite not being the club champs mile this year, it was well attended and featured some competitive races.

The meeting started with a Vets Men+ race in which Grzegorz Galezia went off like an express train but was ignored by the rest of the field running their own race. Grzegorz was eventually hauled back as he ran out of steam with Justin Siderfin coming through strongly to win the race, followed by Gary Sullivan and Ross Rook on his return from injury.

The 600m children's race had only 3 competitors but was tightly contested with Rafe Collier finishing narrowly ahead of Tom Breslin and sister, Rhoda.

In the mixed race, Ian Sesnan took the lead early on and held on though Andy Murray narrowed the gap to finish in second place.

The fast women's race was excellently paced by guest, Jane Bradshaw leading a group of 3 with Andrea Pickup, Lucy Elms and Selma Benattia following , though Selma gradually became detached from the leading group. With one lap to go Lucy cut loose in traditional Elms fashion to win the women's trophy as the field became more strung out with Andrea, Jane and Selma following in her wake. Michelle Lennon was first W50 with Lucy Clapp, benefitting from her vets league track races next in a time 8 secs faster than last year.

Second claimer, Dylan Wymer demonstrated that he meant business from the outset, going through 400m in 70 secs, but maintaining his pace pretty well until the end. Steve Davies was isolated in second place but maintained his pace well to win the men's trophy in a time 6.5 secs faster than last year's race. Meanwhile Shane O'Neill came through late on to overtake Lloyd Collier. Tony Tuohy, while disappointed with his race, was only a second down on his 2016 time. - ***Mike Mann***

Race 1 - Vet Men+

Justin Siderfin	m40	5:22.9
Gary Sullivan	m50	5:31.8
Ross Rook	ms	5:32.6
Grzegorz Galezia	m40	5:38.1
Jim Dowsett	m40	5:46.6
Mike Mann	m60	5:58.0

Race 2 - Children 600m

Rafe Collier	2:32.5
Tom Breslin	2:34.5
Rhoda Collier	2:34.9

Race 3 - Mixed Race

Ian Sesnan	m60	6:30.1
Andy Murray	m60	6:32.8
Barrie John Nicholls	m60	6:44.7
Joanne Shelton	f40	6:51.8
Bob Bell	m60	6:55.8
Lindsey Annable	f40	7:16.7

Race 4 - Fast Women

Lucy Elms	fs	5:38.1
Andrea Pickup	f40	5:45.8
Jane Bradshaw (G: Bl & Brom)	f40	5:48.1
Selma Benattia	fs	5:54.2
Christina Dimitrov	fs	6:01.8
Eleanor Simmons	fs	6:10.3
Michelle Lennon	f50	6:16.5
Lucy Clapp	f50	6:21.0
Yvette Dore	f40	6:25.3
Ros Tabor	f60	6:26.2

Race 5 - Fast Men

Dylan Wymer (G:SLH)	ms	4:44.2
Steve Davies	m40	4:51.8
Shane O'Neill	ms	5:01.5
Lloyd Collier	m40	5:03.0
Tony Tuohy	m50	5:05.3
Mark Lacey	ms	5:10.2
Jonathan Whittaker	ms	5:11.2
Will Cotter	m40	5:18.5
Tom South	m40	5:19.1
Ed Simmons	ms	5:30.6

DR's in age categories

Lucy Elms	fs	5:38.1
Selma Benattia	fs	5:54.2
Christina Dimitrov	fs	6:01.8
Eleanor Simmons	fs	6:10.3
Andrea Pickup	f40	5:45.8
Yvette Dore	f40	6:25.3
Joanne Shelton	f40	6:51.8
Lindsey Annable	f40	7:16.7
Michelle Lennon	f50	6:16.5
Lucy Clapp	f50	6:21.0
Ros Tabor	f60	6:26.2
Shane O'Neill	ms	5:01.5
Mark Lacey	ms	5:10.2
Jonathan Whittaker	ms	5:11.2
Ed Simmons	ms	5:30.6
Ross Rook	ms	5:32.6
Steve Davies	m40	4:51.8
Lloyd Collier	m40	5:03.0
Will Cotter	m40	5:18.5
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Jim Dowsett	m40	5:46.6
Tony Tuohy	m50	5:05.3
Gary Sullivan	m50	5:31.8
Mike Mann	m60	5:58.0
Ian Sesnan	m60	6:30.1
Andy Murray	m60	6:32.8
Barrie John Nicholls	m60	6:44.7
Bob Bell	m60	6:55.8

DULWICH RUNNERS MIDSUMMER RELAY 12 JULY 2017

The second annual running of this race saw a date move to July, away from other local relays, and this seemed to be successful in attracting teams, with a healthy 54 entering and 52 finishing (30 in 2016). The start/finish area benefited from park picnic tables being added to the adjoining space, useful for those congregating, issuing numbers or working out results.

The race was 3 laps of 1676 meters, just over 1.04 miles. There was a good entry of fast club runners, with all last year's category records being broken, plus a wide ability and age variety of other runners.

At the end of lap 1 Andy Bond, running for mixed team Peckham parkrunners, was just behind the Finsbury Flyer (men) leader, both recording 4.59, ranking 3rd and 4th individual times over all stages. Peckham parkrunners dropped back to 9th by stage 3 but retained the lead amongst mixed teams. Tom South (5:45) ran the last stage for the fastest DR men's team, taking over from Steve Rolfe and then Ed Harper (both 5:23). They were 8th at the finish, although 6th after 2 stages.

Our women's teams came 3rd , 4th and 6th in their category, Alice Williams running the first stage in 6:10 for the first of these (Dulwich AA) with Andrea Pickup (6:04) slightly ahead for her mixed Pickup team.

Many DR's ran in teams with club members, friends or family.

Thank you to all the marshals, recorders and other helpers. Please come to the club tonight (19 July) for a prize draw and free drink. Thank you also to all the runners.

- Andy Murray

The winning teams of each category were

1 Men Finsbury Flyers 14:52
9/1Mix Peckham Strollers 16:34
14/1W London City A 17:43

Results for teams containing Dulwich Runners or their families

FINAL RESULTS 3 x 1676m 1.04 miles

TEAM NAME	CATEGORY	RUNNER 1	A time	A pos.	RUNNER 2	B time	B cum.	B pos.	RUNNER 3	C time	C cum.	C pos.	IN CATEGORY
Tom South (DR)	MEN	Steven Rolfe	5:23	8	Edward Harper	5:23	10:46	6	Tom South	5:45	16:31	8	8 M
Peckham parkrunners	MIXED	Andy Bond	4:59	2	Hayley Seddon	6:01	11:00	9	Kevin Chadwick	5:34	16:34	9	1 MIX
TB+1	MEN	Ben Cook	5:32	12	Ed Coulson	5:49	11:21	10	Tom Marshall	5:22	16:43	10	9 M
Fridge Free	MEN	Holger Betz	5:27	10	Hugh Balfour	6:20	11:47	13	Jim Dowsett	6:10	17:57	15	12 M
Dulwich CC	MIXED	Grzegorz Galezia	5:49	15	Clare Cummings	6:56	12:45	22	Christina Dimitrov	6:21	19:06	22	6 MIX
Pickup	MIXED	Andrea Pickup	6:04	20	Justin Pickup	7:04	13:08	26	Grzegorz Galezia	6:05	19:13	25	8 MIX
OC boys	MEN	Cameron Timmis	6:34	26	Simon Heuberger	6:36	13:10	27	Jon Scott	6:15	19:25	26	16 M
Dulwich AA	WOMEN	Alice Williams	6:10	22	Michelle Lennon	6:29	12:39	20	Laura Vincent	6:48	19:27	27	3 W
Dulwich Divas	WOMEN	Katie Styles	6:58	33	Helen Lister	6:27	13:25	31	Becca Schulleri	6:24	19:49	29	4 W
Year of the Dodds	MIXED	Clare Wyngard	7:15	38	Mike Dodds	7:16	14:31	34	Alexander Dodds	5:41	20:12	31	10 MIX
Peckham Strollers	MEN	Glen Keegan	6:35	27	Ross Rook	5:54	12:29	18	Tom Wallace	8:51	21:20	34	19 M
Pickering	MIXED	Lucy Pickering	6:58	34	Pearl Pickering	7:35	14:33	36	Sonny Pickering	6:53	21:26	36	12 MIX
Team Fullilove	MIXED	Lucy Fullilove	8:53	49	Sam Fullilove	6:58	15:51	43	Michael Fullilove	6:19	22:10	39	14 MIX
The Tortoises	MIXED	Lindsey Annable	7:34	42	Simon Harding	6:43	14:17	33	Colleen Williams	8:10	22:27	41	16 MIX
Dulwich BB	WOMEN	Joanne Shelton-Pereda	7:15	39	Sharon Erdman	8:30	15:45	42	Hannah Harvest	7:41	23:26	45	6 W
Slojo	MIXED	Jon Cribbons	7:26	41	Sally Jackson	9:31	16:57	49	Ameet Patel	7:37	24:34	48	21 MIX
French	MIXED	Raffi French	8:58	50	Max French	8:50	17:48	50	Hugh French	7:32	25:20	49	22 MIX
1 mum 2 kids	MIXED	Eleanor Simmons	6:43	28	Thomas Breslin	9:10	15:53	44	Leah Breslin	14:55	30:48	51	23 MIX
Can Do Well	WOMEN	Priya Khandelwal	10:27	52	Anya Khandelwal	11:15	21:42	52	Ninder Khandelwal	11:36	33:18	52	9 W

Southern Vets League

12 JULY

This was the final match of the season. HHH men had already won the first three, but put their appearance in the final was placed beyond doubt by winning this match convincingly. These were my third and fourth races of the week, so the plan was to run for positions rather than times. Lucy Clapp performed once again for HHH women in her new role as multi-eventer (see details below).
By far her most impressive performance was an excellent 2:56 800m.

My 800m was a rather curious affair. I decided to hang back for much of the first lap behind two M60 rivals, but changed gear after 300m to go well clear before easing off for the final 200m. This rather improvised performance somehow produced two even placed laps and surprisingly a time fractionally faster than my 800m two days earlier at the B&B open meeting, which I had taken rather more seriously. I ran the 3000m in a slightly more grown-up fashion. It was clear I was going to win my age category after 10 secs so I decided to run the race even paced but within my comfort zone.
My lap times were indeed metronomic until the final one where I picked up the pace, with my overall time around 15 secs down on my previous 3000m at Solihull earlier in the month, so job done. - ***Mike Mann***

800m	2:47.3	1st M60
3000m	11:46.8	1st M60

Lucy Clapp adds...
the women were a bit short of bodies and they asked me to do the high jump, which was my first ever attempt. That was over quickly for me with no points.

Then I was 3rd in three races, and we were 3rd in the 4x100m relay. I ran PBs in 800 and 3000m

200m	37.8
800m	2.56
3000m	12.43.9

Elmore 7

Saturday 15th July

Not being available for yet another club event, the mile on Friday, I decided to revisit a race that I had not completed for a great number of years. The Elmore with its associated Chipstead Flower Show used to be a popular with Dulwich Runners. The show and associated stalls, cream teas and numerous marques is like going back in time to the traditional country shows of the 1950-60's - highly recommended.

On this occasion, I think I was the only Dulwich Runner.I did see Angie Norris marshalling and former Dulwich Runner Jo Quantrill at the finish water station. Despite a heavy nose bleed just before the start I still hoped to do about 8 minute per mile with a target of about 56 mins.. It is an undulating course with a couple of testing climbs and it is usually very hot. In the end I was happy to duck under the hour.

Colin Frith 57.20 218 out of 316 finishers (Glen Quanti of SLH who used to train with Steve Smythe, Steve Williams and Colin Frith in Regents Park finished first over 60 in an impressive 43.52 -equivalent to 6 minute miling on a flatter course!)

First man 36.50 and first lady 42.59

parkrun July 15th

Beckenham Place
175 ran

Pos	Gen		
9	9	William Cotter	19:13
14	1	Selma Benattia	19:36
30	28	Nicholas Brown	21:41

Bexley
453 ran

Pos	Gen		
16	16	Michael Fullilove	20:49

Cabinteely
137 ran

Pos	Gen		
1	1	Timothy Bowen	17:57

Cannon Hill
603 ran

Pos	Gen		
200	23	Susan Cooper	25:11

Crystal Palace
241 ran

Pos	Gen		
9	9	Tom Wilson	20:01
14	14	Andy Cottrill	20:58
19	1	Belinda Cottrill	21:14
58	51	Bob Bell	24:07
195	59	Penelope d'Arcy Graham	32:26

Dulwich
310 ran

Pos	Gen		
9	9	Gregory Hills	17:23
223	172	Mick Mead	28:22
310	102	Hannah Harvest	43:27

Hilly Fields
245 ran

Pos	Gen		
21	20	Gary Sullivan	20:46

Hoblingwell
Chris Vernon writes

Surely the best name for a parkrun ever.

Run no 1 took place on Saturday so it was time for another missionary visit to Kent to show the red and two blue hoops. The course on the website looked like a couple of figure of eight loops round some rugby pitches. How wrong could I be as the second half of the course is hilly on uneven grass , very pretty, but difficult for me. A slow time and 3rd MV70 was the result.

John O'B led me out from the start but half way round the first lap he exceeded track limits and in accordance with F1 rules he conceded the place to me and I was never headed (except for the 200 plus including Peter J who were miles ahead)

An enthusiastic organising team of South Africans and Petts Wood Runners put on a faultless event. There was plenty of parking and bacon butties in the Rugby club after. What is not to like, except the course ? No doubt the numbers will be down in future especially when the winter comes as it is not unlike Lloyd Park. The usual bunch of lunatic parkrun tourists turned up, all set for PBs and age group records at yet another venue.

215 ran

Pos	Gen		
130	102	Peter Jackson	29:41
208	128	Chris Vernon	42:07
211	130	John O'Byrne	44:15

Peckham Rye
205 ran

Pos	Gen		
28	2	Michelle Lennon	20:54

Pegwell Bay
166 ran

Pos	Gen		
27	4	Lucy Pickering	20:55

Malling
187 ran

Pos	Gen		
8	1	Tereza Francova	21:12

Northampton
486 ran

Pos	Gen		
91	7	Clare Wyngard	23:07
93	86	Michael Dodds	23:11

Riddlesdown
199 ran

Pos	Gen		
37	2	Ange Norris	22:45

South Norwood
118 ran

Pos	Gen		
1	1	Andy Bond	17:14

Southwark
297 ran

Pos	Gen		
152	123	Paul Keating	25:50

Swindon
415 ran

Pos	Gen		
28	2	Ellie Balfe	20:56

Tilgate
525 ran

Pos	Gen		
279	197	Gary Budinger	29:43

Tooting Common
516 ran

Pos	Gen		
182	161	Ian Sesnan	24:10

Wakefield Thornes
269 ran

Pos	Gen		
88	16	Claire Barnard	25:10

Western Springs
85 ran

Pos	Gen		
18	15	Nick Bell	22:49

Wotton
127 ran

Pos	Gen		
59	8	Natalie Davys	26:14

Wimbledon Common
Shock result Wimbledon second week. Barrie John Nicholls beats Andy Murray

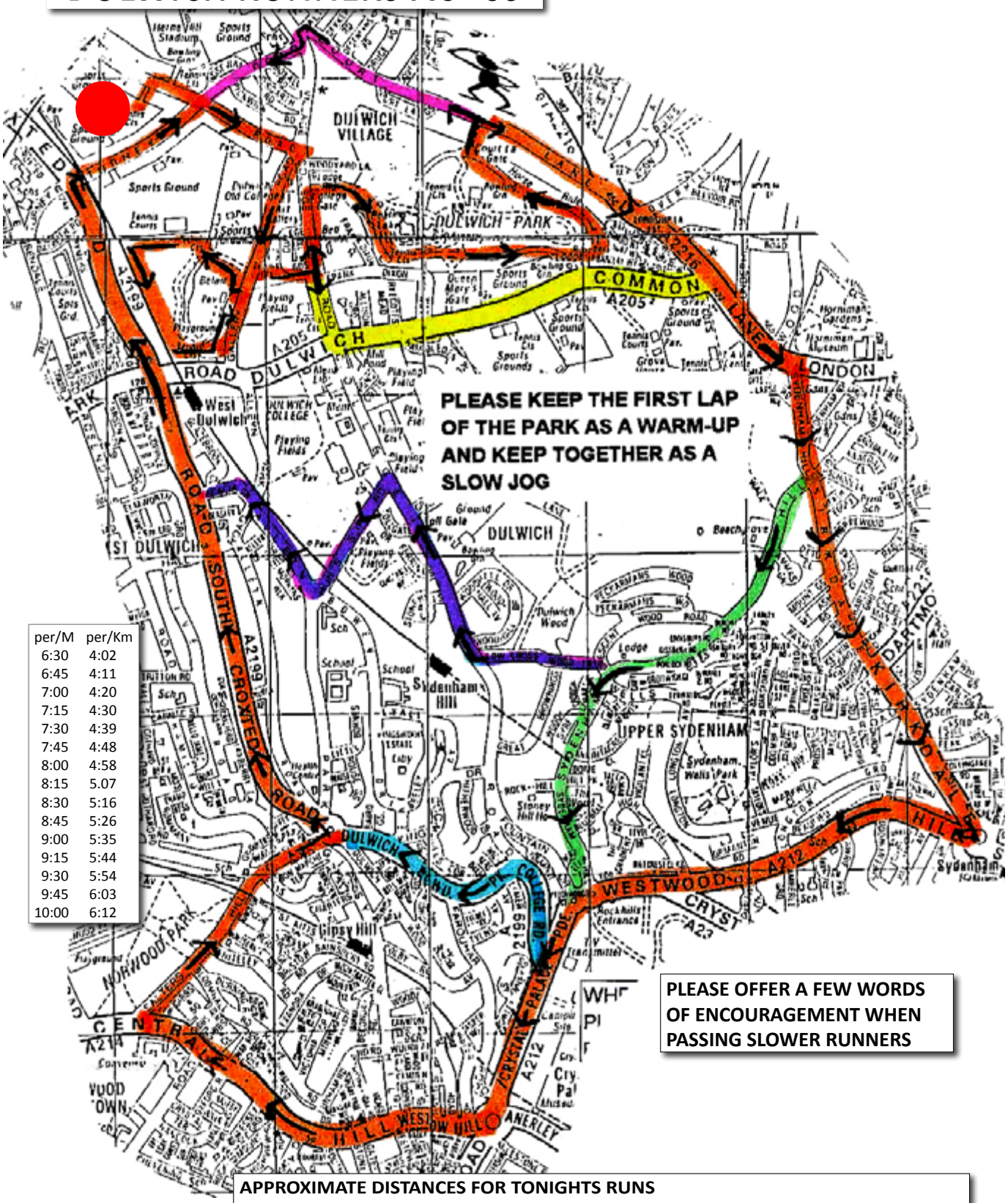
496 ran

Pos	Gen		
154	136	Barrie John Nicholls	23:41
171	150	Andy Murray	24:03
194	28	Ros Tabor	24:34
203	31	Lindsey Annable	24:55

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 S9



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

PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT WHEN PASSING SLOWER RUNNERS

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	YELLOW OR GREEN CUTS	9.0	9.7
SHORT CUT	YELLOW & GREEN CUTS	8.0	14.5
SHORT CUT	BLUE	8.0	14.5
SHORT CUT	GREEN & BLUE	7.0	11.3
SHORT CUT	GREEN & MAUVE	6.5	10.5
SHORT CUT	YELLOW, GREEN & MAUVE	6.0	9.7
SHORT CUT	PINK	4.0	6.4