DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
August 23rd 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 23 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 29 **Dulwich College Track** - cost £1 per session
Start with a warm up at 7:10pm session mainly on grass.
NOTE: This will be the last week at Dulwich track, see note below.

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Fixture list, club champs, road, XC, etc
4 Race reports & results etc...
8 Parkrun results
9 This Wednesday run map

And much more !

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

You can follow us on

TRACK SESSIONS

Tuesday speed session
Next week's session 29th will be the last at Dulwich - **starting promptly at 7.15**

The following week 5th September will be a ***hill session at Crystal Palace*** and then the rest of the September sessions will be on the ***hill opposite Sydenham Hill station.***

The track sessions at Crystal Palace will commence in October.

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

Sep 7 Assembly League - Beckenham (tbc)

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 go to Andy Murray and Ian sesnan 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

Barrie John Nicholls	**23/8**
Claire Steward	30/8
Ebe Prill	06/9

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

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.

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

STEVE'S AWARD

Congratulations to Steve Smythe for his certificate of achievement awarded by the international press association in recognition of his reporting of more than 10 IAAF World Championships, including the recent one in London.

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.

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

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	26	HHH Open		Tooting Bec	
Sep	7	Assembly League		Beckenham	
	10	MT 5 mile race, organised by TH&H		Wimbledon Common	
	16/17	Kent Masters Champs (track events)		Erith	
	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		2018		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 3rd 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:

open to all members of all abilities

Sep	7	Beckenham	7.15

HQ Beckenham Cricket Club, Foxgrove Road

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

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)

You are advised to enter these 2 events as early as possible as the entry limit for the 5 mile MT race is quite low and the Sittingbourne 10 is likely to be popular as it is a Kent Grand Prix race.

Race Reports & Results

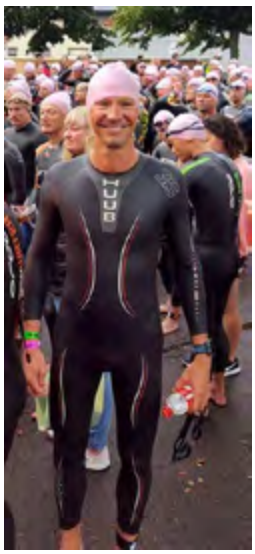
Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, fell, xc, tri and track results etc, are welcome.

Kalmar IRONMAN

t will be difficult to do justice to the enormity of the IRONMAN experience for those who haven't witnessed it, but here's a brief attempt.

Imagine the atmosphere at the London Marathon when the sun's shining and the crowd are there to cheer on their loved ones as they achieve something super-human. Feel your spine tingle at each high five between a competitor and a child leaning over the hoardings. Think of all the boards, placards, signs, messages of support carried by kids / wives / husbands / parents for their competitor. Think of tiny cobbled streets with a runway of only 2m wide for the athletes with baying crowds lined all the way along both sides of the barriers 2,3,5 people deep. Think of a whole town that comes out for the most instantly recognisable sporting brand in the world. Everyone knows IRONMAN. And think of that feeling as you run down the red carpet the final 50m in front of the grandstands erected in the town square, with IRONMAN's famous South African announcer Paul Kaye – "the voice of IRONMAN" as he whips the crowd into a frenzy deep into the night as each runner trots through the line to hear him call your name and say "You are an IRONMAN".

All that stands between you and that life-changing experience is the small matter of a 3.8k swim, a 180k bike ride and a marathon. Which, briefly put, involves doing 1:30 of front crawl with people climbing on your back and trying to pull your goggles off, and then cycling for 6-7 hours while fuelling your body to run a marathon.



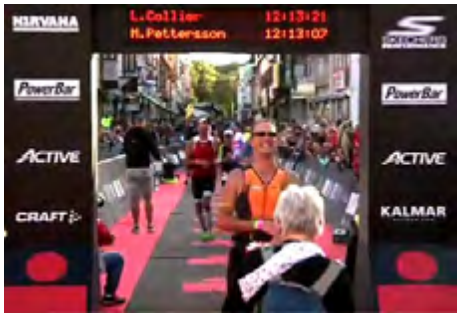
I settled on Kalmar in Sweden – honestly – because it was the only one that still had any spaces left by the time my slipped disc and sciatic condition was sufficiently on the mend for me to even contemplate it so I only entered in May. My plan was simple – I had started ramping up the cycling miles from 1st March, I braved Brockwell Lido on 1st April when it was a brisk 12Degrees in there [I hate chlorine so I barely swim in Winter], and I figured to start trying to do more running through June/July.

I did a few "prep" events including the coast to coast cycle Chase the Sun in June where I had to drop out after 12 hours and 170 miles with dehydration & exhaustion as well as a few cycling sportives and had finally learnt that cycling long distances is all about fuelling and not working too hard. My shiny new Garmin 735 with its wrist-mounted HRM (v2.0 actually does work unlike the early iteration in my old 225) keeps me honest and I've found a combination of Clif bars, Zero tabs and masses of water, combined with keeping the HR below 135 is my "safe zone".
For those who don't swim much I can't

recommend it highly enough. It's taken 3 years to get to the point where I can finally breathe 3 strokes in open water (makes the stroke so much more symmetrical and keeps the length) and swim comfortably for over an hour. It's a great whole body workout with zero impact. The tussling in the water is never intentional, but when you have 2,700 competitors starting together and swimming round some tight turns and narrow channels the congestion is unavoidable. I work on a theory of people tending to bounce off me – I have stayed rigidly at 80kg weight through the process but have moved it around – mostly from my tummy to my shoulders – so I'm pretty confident in my ability to hold my line.

The ride is as flat as a pancake with the first 120k being through the World Heritage site on Oland and then back to the mainland crossing what was Europe's longest bridge (6k). however the infamous Oland wind was brutal. When it was behind we were all cycling at 22-3-5mph sitting up, but when in the face everyone was huddled over their aero bars doing about 12/3/4. Remember there's no drafting allowed in triathlon – it's an individual time trial. As I was coming to the 100k point I started to feel tired and really tried to keep the HR under 130 to conserve energy. As each 10k marker came up I felt more and more exhausted and frankly was sick of being sat on that damn bike. And as the final 20k came along it's impossible to not start thinking "how the f### am I going to go and run a bloody marathon now".

The run is always 3 laps in IRONMAN and they give you a coloured wrist band on each lap so you run through the crowds and the cobbled streets 3 times. i intended to run around 8:30 and end up with ~3:45 but I was so relieved to be off the damn bike and feel great using different muscles that I got a bit carried away with a couple of sub-8:00s that I maybe paid for a bit later.



The 2nd lap was awful. Stomach cramps, toilet stops, walking, incredibly tough. I took a closer look at the food on the fuelling stops (Kudos IRONMAN, there's one every 2k) stocking water, isotonic drink, coke, redbull, fruit, energy bars, and – to my surprise – Salted Gherkins. My stomach told me what I needed and salt it was. I took a painkiller, drank coke, gobbled gherkins and managed to get my legs back a bit and get going again. Suzannah was a star and kept popping up in different spots and walk/ran with me for a few hundred metres which really helped.

So, finally, my turn to run up the red carpet. The toilet stops and walking had meant my A target (<11:30) and B (<12) had gone. But IRONMAN is about Plan A, Plan B, Plan C, Plan D for all the different aspects of the race. Plan C it was to be – finish strongly and in a respectable time. So, as I ran the final 200m down the straight, showboating to the crowd, high-fiving all the way along, on an incredible buzz of energy and adrenaline. On the red carpet I did a Makwala and dropped for a few press-ups for the crowd, got to my feet, found Suzannah, blew her a kiss, showed off my guns, and jogged the last 20m to hear Paul's famous voice, Lloyd, YOU ARE AN IRONMAN!

I always say this at the end of my crazy race reports, but again, I really can't recommend it highly enough. I have a work commitment meaning I can't run tonight but I'll be down for a pint and some food!

Lloyd Collier, 12:13:21
Position 1158
206th in AG V45-9

Swim 1:20
T1 10
Bike 6:13
T2 8
Run 4:20

Dartford Harriers Open

16 Aug

Mile SX1

2	Oscar Hussey U20 B&B	4:36.09
10	Jonathan Whittaker	5:06.81

Vets AC 5 Miles

22 August

This was the last of the summer series of races at Battersea Park and my slowest of the three 5 mile events I have completed this season by over a minute.

Mike Mann 34:57

Bromley & Blackheath Open

14 Aug

800m

Oscar Hussey 2.00.53 (PB)

21 Aug

1500m

In the same 1500m, all three Dulwich Runners set PBs. Oscar Hussey came close to winning and his dad's Duncan 30 year-old PB with a huge PB of 4:08.44.
Jonathan Whittaker paced it well and came through strongly to run 4:45.90, superior to his recent 5:06 mile PB. Lucy Elms started uncharacteristically fast and though she slowed on the last lap and narrowly missed her 5:00 target, it was still an eight second PB and probably her best ever run at any distance with clearly more to come.

Steve Smythe

2	Oscar Hussey	4:08.44 (PB)
6	Jonathan Whittaker	4:45.90 (PB)
10	Lucy Elms	5:00.98 (PB)

Our House in Aarhus...

or how I didn't win anything at the European Masters Track Championships, Aarhus, Denmark

Tony Tuohy writes...

I've snapped out of moping about it so I'll tell you – I really fancied my chances of landing a bit of silverware on this trip, or at least a bit of bronze-ware anyway.

With the championships being held just a week or so after I joined the even-older-gits M55 age group I reckoned it must be the best chance I'd ever have of landing an individual podium place at world/European level to add to the team bronze I collected at the World Indoors in Budapest in 2014 for the half marathon (half marathon?.. indoors?.. ask me, I'll give you chapter and verse). I knew if I could even approach my form of a couple of years ago I'd have a good chance; but we don't have new age groups for nothing, apparently it's because we slow down.

Obviously I refused to believe this and spent last winter building up my biggest ever training volume. I got very fit, ran some good races in the indoor season (9:40 for 3000m, best for two years) and at the start of the track season (17:10 for 5000m, also best for two years) with times that would rank close to the top in the UK M55 listings (if I'd had my birthday that is; I was still M50 at this point!). And so I headed into the summer confident of further improvements. But of course, I got injured.

My right achilles has irritated me for over five years now but hasn't stopped me doing whatever it is I do. But at the end of May it chose to flare up good and proper and stayed that way right through June and July until I left for Denmark. Decent training was curtailed and form suffered accordingly. With just two weeks to go I desperately needed speed and threw caution to the wind, running three mile races in the hope of somehow getting sharper without crippling myself. Blunter more like; I got successively slower in 5:05, 5:08 and 5:09 just five days before my 1500m semi-final, worse than I'd ever been. With the prospect of only being able to run 1500m in the high 4:40s if I was lucky, and not even making the final, this trip now looked like a highly expensive and pointless holiday.

Things looked up when I 'checked in' to the digs, a massive luxury house with bedrooms all over the place and even a hot tub for the soothing of aching athletes, would they be so inclined. Dave Smith of Wolverhampton and Bilston AC had booked the place through Air B 'n' B and scattered invites for inmates like confetti and had no trouble filling the place with what sometimes seemed like half of Team GB. At various times during the championships there were up to ten of us in residence, and accents ranged from Glasgow to Geordie to Brummie to south London.

> *I hit the damn thing solidly with my left thigh resulting in an immediate 'dead leg' and a dead stop.*

I kid you not, I could have done with a phrase book. Anyway, despite the language barriers(!), they were a great gang and we all got along famously, attending each other's races to support followed by excellent banter in various regional patois when we got back to the ranch. There were no small successes in the house either: M40 shot putter/hammer thrower Stuart Thurgood, a rather large chap immediately dubbed with great originality 'The Fridge', won silver; M45 steeplechaser Jason Harding a superb bronze; and M45 Kerry-Liam Wilson silvers at both 5000m and half marathon.

Just next door to me, so convenient for cadging my chocolate digestives (comforts from home), was top M55 Guy Bracken, in my eyes as big a favourite for both 1500m and 5000m as could be. However, he'd already suffered a shock defeat in the 10,000m, just the silver, which meant his aim of triple-gold was already up the spout and no amount of my choccy biccies was going to change that (especially as my supplies were running low). He returned to winning ways with an easy win in his 1500m semi, all three of which were run in slow times with no-one willing to go for it in very windy conditions. My own race felt easy as I sheltered out of the wind knowing I could take no chances with a hard pace and prayed I'd have enough of a kick when the burn up started. Thankfully it really was slow and I was able to go with the two fastest at the bell as we distanced the rest with a last lap around 70 seconds. The time was only 4:50 and I was slowest of the four Brits who qualified from the other heats but at least I was in the final with them.

The final itself was a different affair altogether. Guy took no chances and blitzed it from the gun with a solo run, winning by the huge margin of ten seconds in 4:22. The scrap for the medals was much closer and having started almost at the back of the fifteen runners I was running even 74-74.5 second laps and gradually moving through; by 500m to go I'd moved up to 5th-6th and was in fantasy land thinking I was in contention for the medals. However, at this point my lack of training let me down and as they let rip for the last lap I tried to change gear but found no change of pace at all. All I could manage flat out was another 74 to finish 7th in 4:39.

Hilariously, I could only be quite pleased with this as it was the equivalent of ten seconds better than that last mile warm-up race only six days earlier; perhaps those desperate races had in fact achieved their point and brought me some form. And I was perversely pleased to at least beat the other two Brits, sad I know. And how's this for a bit of name-dropping trivia? Just two places ahead of me in 5th was a chap called Henrik Jorgensen, a 2:09 marathon runner in his pomp who won the London Marathon in 1988. Yes, that is right, he won it, and ran for Denmark in the 1984 and 1988 Olympics. Very nice chap too.

All this gave me a bit of hope for the 5000m, supposedly my better event, run in torrential rain. Guy Bracken ran a great race and got revenge over his 10,000m conqueror, but again I could

only hit an even pace and run 17:31 for 8th place while the bronze medal was contested half a minute ahead in a time I was well capable of just a couple of months earlier. Yeah I know. Could've, should've, would've... And my new mate Henrik was 5th again.

Which just left the half marathon three days later, suitably dosed on Ibuprofen with the aim of getting the dodgy achilles round without an ordeal in a steady run that could well result in a team medal – the only reason I'd entered it. The championship was combined with a large open event and I was still running with plenty of company a few miles into the race. In fact I was sticking to the plan, not going mad and striding along really well in a large pack actually enjoying myself – which made what happened next all the more galling. The course was flat but followed a route through the town centre and pedestrianised areas. I was sweeping along nicely in my large group when we rounded a corner and the pack parted to go either side of a hip-high, very solid, cast-iron bollard – perfectly in sync with a moment of inattention from me. I hit the damn thing solidly with my left thigh resulting in an immediate 'dead leg' and a dead stop. A few seconds of taking in the agony and I thought the race was over; I glanced at my Garmin for the first time and was shocked to see my average to that point (nearly 5 miles) as 5:52 per mile, sub 1:17 pace. Anything can happen in these team races and I had to try and salvage something so forced myself into a jog for a painful eight miles to get the thing done. A few minutes later Steve Watmough, who I'd beaten by 40 seconds in the 5000m, passed me; he went on to finish 6th M55 in1:20:12. I'd been a minute up on him until my close encounter. I'd probably have slowed a bit but silver and bronze were won in 1:18 and 1:19, surely within range. Anyway, I staggered on and with a few miles to go was passed by Paul Jeggo and then Colin Oxlade. Now I wasn't even in the team, which was depressing enough a short while later to stir me into an effort to re-catch Colin as I wasn't trying to finish this race for a laugh. I got past him to re-gain third counter status and finished 27th in 1:27:27 (I'm not making this up); all in vain though, we finished 4th team.

And there you have it. I spent the best part of the following week limping and in the last sixteen days have managed a single four-mile jog (quite a pleasant rest actually). I didn't even notice the bloody achilles in that race, not after the first five miles anyway. My so-called best event was the worst and the filler event, the 'just-in-case-for-the-team' half marathon, turned out to have been my best chance, except it turned it into an immoveable obstacle race. You couldn't make it up. You've got to be in it to win it, I sometimes say.
And you really mustn't run into things.

August 19th

Ashton Court
462 Ran

Pos	Gen		
194	161	Barnes Stringer	27:01

Beckenham
161 Ran

Pos	Gen		
1	1	Peter Simpson	18:22
19	17	Nicholas Brown	21:13
32	4	Becca Schulleri	22:39

Bexley
363 Ran

Pos	Gen		
13	13	Michael Fullilove	20:51

Brockwell
262 Ran

Pos	Gen		
74	66	Graham Laylee	22:36

Bromley
454 Ran

Pos	Gen		
172	141	Chris Goodman	25:14

Burgess
282 Ran

Pos	Gen		
37	36	Hugh Balfour	20:18
90	82	Andrew Hollister	23:15
267	92	Susan Vernon	36:41
278	182	Chris Vernon	48:00

Cleethorpes
180 Ran

Pos	Gen		
43	41	Colin Frith	23:08

Crystal Palace
228 Ran

Pos	Gen		
26	26	Andy Cottrill	22:01
28	1	Belinda Cottrill	22:12
81	13	Joanne Shelton Pereda	24:47
97	79	Tom Wilson	26:01
166	116	Paul Hodge	30:29
174	55	Penelope d'Arcy Graham	31:41

Dulwich
270 Ran

Pos	Gen		
6	6	Daniel Mann	17:28
12	12	Justin Siderfin	18:43
16	16	Timothy Bowen	18:52
22	22	Paul Devine	19:18
29	29	Simon Burnett	19:56
33	33	Jim Dowsett	20:09
38	1	Sarah Cannon	20:29
96	87	Mark Muffett	23:38
123	16	Hannah Harvest	24:37

Exeter Riverside
332 Ran

After a week at Steve and Aileen Cook's place in south Devon, Clare and I broke the journey back, via her brother's in Bristol, by taking in the Exeter Riverside parkrun. This was quite an attractive course heading off from the historic, refurbished quay along the south bank of the Exe before taking in a loop around some of the University playing fields and coming back the same way, 'lollipop style'. We may well have stumbled across the only flat parkrun in the entire West Country.

It took me to 249 in total and I plan to do my 250th this coming Saturday at Crystal Palace, the place where it all began for me, and for a handful of other Dulwich runners too, back in May 2010 (have a glance at the picture that's still on the CP home page and see how many you can spot!). I'd love to see you there if you can make it.

Mike Dodds

Pos	Gen		
64	60	Michael Dodds	23:18
80	8	Clare Wyngard	24:01

Grangemoor
134 Ran

Pos	Gen		
28	24	Andy Murray	22:17
32	6	Ros Tabor	22:31

Lloyd Park
222 Ran

Pos	Gen		
95	84	Peter Jackson	27:39

Peckham Rye
206 Ran

Pos	Gen		
5	5	Alastair Locke	19:01
10	1	Helen Lister	19:38
32	5	Emma Ibell	21:29
93	18	Michelle Key	24:44

Pennington Flash
214 Ran

Pos	Gen		
22	1	Ange Norris	21:15

Southwick Country
248 Ran

Pos	Gen		
120	29	Emily Warburton-Brown	28:03

Tamar Lakes
171 Ran

Pos	Gen		
12	1	Lucy Clapp	21:53

Telford
443 Ran

Pos	Gen		
3	3	Stephen Davies	17:17

Trelissick
248 Ran

Pos	Gen		
33	30	Cameron Timmis	23:18

Weymouth
359 Ran

Pos	Gen		
42	3	Michelle Lennon	21:03

Whitstable
375 Ran

Some 375 turned up for this so starting a on a fairly narrow promenade and having half the course into a strong westerly was never going to make it quick

Many of the runners were from Invicta East Kent and were there commemorating the untimely death of a young athlete who had died suddenly on a school trip to Cuba. Seems he had started out parkrunning and got the bug and was on the way to being a very good middle distance runner. His coach not only spoke of him but reminded us all of the pedigree of the club which, at the time Mike Gratton won London had six athletes coming in in under 2.20.

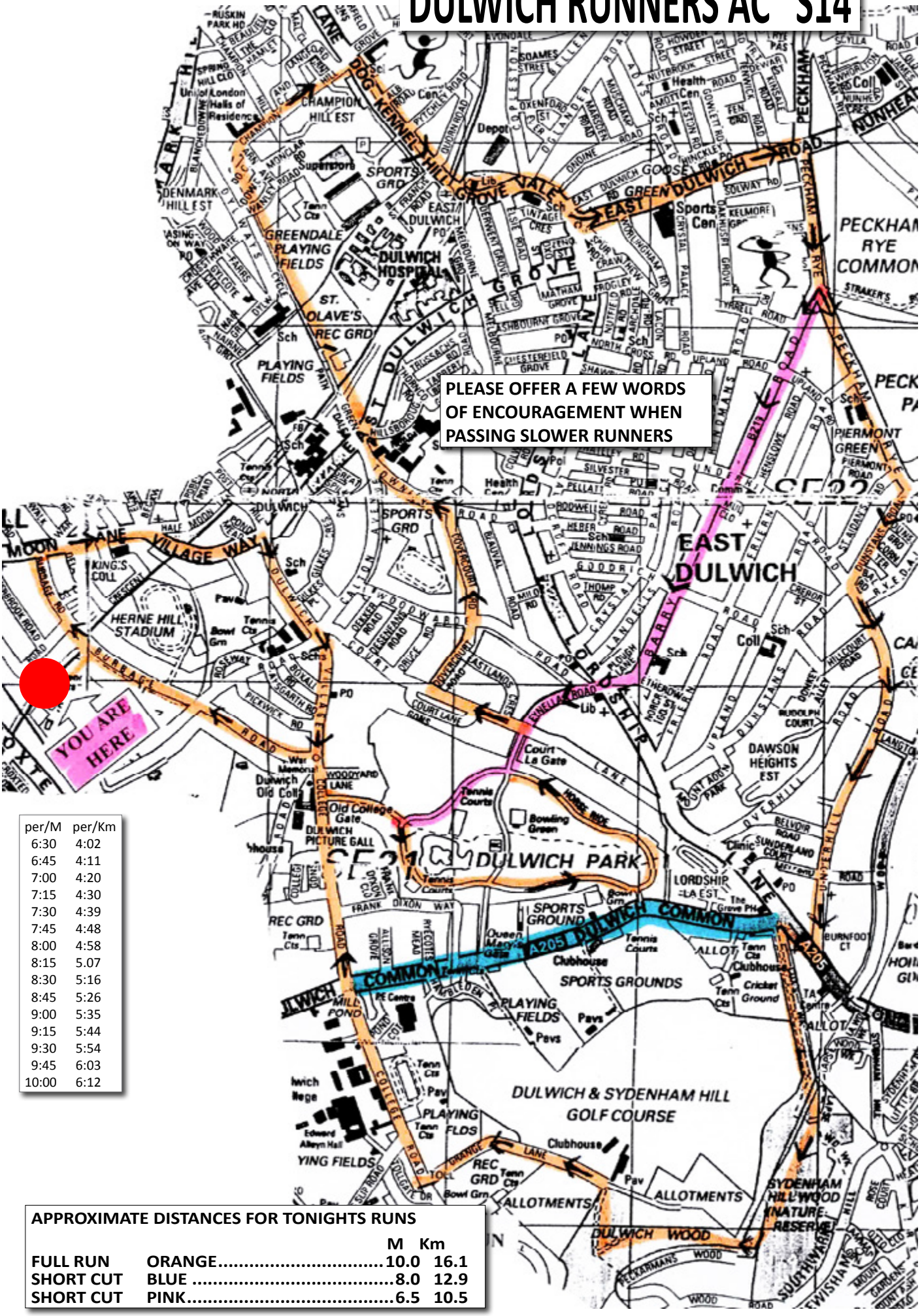
Bob Bell

Pos	Gen		
74	66	Bob Bell	25:08

York
582 Ran

Pos	Gen		
102	93	Barrie John Nicholls	22:38
380	258	Stephen Street	30:08

DULWICH RUNNERS AC S14



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	8.0	12.9
SHORT CUT	PINK	6.5	10.5