Dulwich Runners AC Weekly Newsletter Febuary 9th 2022 www.dulwichrunners.org.uk

These are your SHORTS Please send your reports, running news etc to: barry@bg1.co.uk or barry@1bg1.com

DEADLINE for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. - £1 fee per run Changing rooms, showers & bar all open. Paces and distances to suit all abilities

Tuesday speed work at Crystal Palace Track - suitable for all abilities

> Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

In your SHORTS this week!

- 1 General notices
- 2 Club runs & training
- 3 Fixtures
- 4 Race reports and results
- 7 Club kit
- 9 Wednesday night run map.

Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Like us on Facebook @dulwichrunners

Connect with us:







Wednesday evening runs return to normal

The club house will be open including the changing rooms, showers and bar. We will revert back to meeting in the bar, although if anyone feels uncomfortable with this, do feel free to wait for everyone outside. The £1 fee will be reintroduced, payable by card..- Ange Norris

Dulwich Runners AC membership 2021/22

For those of you that did not renew your club membership last year the new membership year started on April 1 so please contact me if you would like to renew.

If you are not sure of your current membership status or have any queries about membership and or EA registration please feel free to contact me.

We hope that you will renew and continue running with the club and look forwards to seeing you all again. A big thankyou to all of you that renewed this year.

And if you have been "trying us out" and want to join or require further details about us contact me: barry@bg1.co.uk

Club Runs & Training Sessions

Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7pm...

Meet upstairs in clubhouse, arrive by 6:50pm to register, pay & sort out which group you'll run with.

NOTE: £1 club run fee for members and guests

each time you run - Contactless payments only

The usual runs are: long 8-9M, medium 6-7M, short around 5M

If you're new at the club, we will place you with others at your preferred pace and distance.

Tuesday Evening Speed - Crystal Palace Track

Tuesday training at Crystal Palace track.

You should arrive at 7pm for a 7.10 start. Group training focussed on cross country and endurance.

You must first pregister with Crystal Palace Arena first using the form on our website:

https://www.dulwichrunners.org.uk/tuesday

You will need to reactivate your Crystal Palace membership on your apps and pay online.

Track etiquette

when at track we are a big group with others using it at the same time, so it's important to act safely and treat them with the same respect that we'd expect others to treat us. All members using the track:

- give others plenty of space when overtaking or moving off the track. keep to lanes 1&2 whilst running reps, use outer lanes for, warm ups, recoveries and cool downs.
- wait between reps off the track (or outer lanes) and step onto the track just before they start their next rep.
- act on any instruction from a coach, even from another club, to ensure the safety of others.

Tuesday Morning Speed - Dulwich Park

Sessions start 11am in Dulwich Park, we meet by the cricket nets. . We use either the grass and or the parkrun circuit - followed by coffee. - Further details Mike Mann mcmann90@yahoo.co.uk

Thur. Mornings - Brockwell & Crystal Palace Pk. Ssessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, including short

hills and longer efforts on the grass - followed by coffee. - for all standards and abilities -Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

mins per mile. - Contact Ola olabalme1@gmail.com

Runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9

For later starts 9 to 10am, a longer run from the Dulwich area (10 miles+) around 8-9 min. mile Contact Tom Poynton tpoynton@hotmail.com

Longer & faster - 8am from July for marathon training. Circa 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park, check in advance. - Tom South thomas_south@hotmail.com

If interested in any of these runs check in advance with the respective contacts



Surrey League

We compete in the Surrey League and this is the club's main priority. With 4 fixtures in the season detials will be in Shorts and on the website with info on start times etc. posted nearer the time. Keep these dates free if possible. Men compete in Division 2 but with good turnouts and performances from our strongest runners, we have a chance to return to Division 1.

Distance

Men's Surrey League races are around 8km, women's races start at 6km in the autumn, increasing to 8km in the New Year. Other races vary from 8km in the autumn to 12km and over for the men later in the season.

Scoring

Surrey League is first 5 women for the club and first 10 men qualify for the scoring team, so it is important we field as many of our strongest runners as possible. Cross country races are suitable for runners of all abilities, and in the men's Surrey League there is now a B team competition where the second 10 runners score.

These races are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits over a wide range of races. Members who have joined recently are encouraged to take part. These are team events and provide a good opportunity to get to know other club members.

Surrey League entry
All men intending to take part should

inform their captains to enable online entries to be made in advance. Race numbers are kept for the entire season. This means that runners should return their numbers to their captains after the race, or take them home, in which case they must remember to take them to the next race. The Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

Other Races

As well as Surrey League there are other cross country races, mostly on Saturdays. It's possible to find a race most Saturdays during the season. eg: the county champs (including Masters), London Champs, 2 South of Thames races, South of England and National champs. Plus others for Masters. See fixture list in Shorts and website.

Which races to go for

Races are from early October until late February. Our main priority is the 4 Surrey League races, and the other 4 races that make up the Ken Crooke cross country champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

This season the English National Champs is at Parliament Hill Fields, South of England champs at Beckenham Place Park (tbc). You are encouraged to compete in both these races.

Entry for other races

For most 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, requesting interested runners to put their names forward in advance of the deadline given, so please read these carefully.

With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please first check you are free, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

Early season road or trail shoes and as the ground becomes heavier late autumn onwards, cross country spikes or fell shoes are a must. Make sure that you get cross country spikes as opposed to track spikes. Spikes come in different lengths from 6 to 15mm and are screwed in. As the ground becomes heavier longer spikes will be needed, particularly on heavy courses eg:Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. Cross country shoes can be bought at most running shops and or online. Most offer a 10% discount to those with club or EA membership.

2021/22 Ken Crooke XC Championships

For the 2021/22 cross country season, the champs races will consists of 4 men's and women's Surrey League fixtures plus 4 other races. To qualify you need to complete 5 events, including 3 Surrey League races. There are awards for the first 3 men and women and to the winners of the men's and women's 40-49, 50-59 and 60+ age categories.

The qualifying races are shown on the following page.

Contacts

Further information contact your captains at:

dulwichladiescaptain@gmail.com thomas_south@hotmail.com chuckedward@googlemail.com

DULWICH RUNNERS 2021 FIXTURES

Further info 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.

For further info about events in Shorts, how to enter etc, contact your captains: Thomas South thomas_south@hotmail.com Ed Chuck chuckedward@googlemail.com Ola Balme, Kay Sheedy, :dulwichladiescaptain@gmail.com

2022 Club Champs

We usually issue a complete program of club champs events for the following year in December but are awaiting dates for some so there's a few gaps, those already confirmed are below.

We plan to include one of the Sri Chinmoy 5k June races and possibly one of the 10k's at Regents Park when dates confirmed.

The London Marathon is in the autumn but some are doing spring marathons so we've decided to include 2 half marathons. No suitable 10 mile race found.

No details yet on summer mile races so will consider events

such as the SOAR Mile or Golden Stag Mile if they take place. If no suitable seeded races we'll use the Mark Hayes Mile as in 2021.

The champs is divided into short and long events with either 4 or 5 races in total to qualify with at least one from each distance category.

Complete 2022 club champs rules to follow shortly

The confirmed fixtures are:

5 February Crystal Palace parkrun 13 March Paddock Wood 1/2M 10 July Sevenoaks 7 trail race

4 Sept. Big Half

2 October London Marathon (or alt. marathon)

If you are interested in participating in the Club Championships, please make sure you have a Power of 10 (RunBritain) profile and it is receiving your race results correctly from parkrun and other races.

Some people have multiple profiles or an incorrect set-up, and their results don't get updated, which makes it difficult for the club to collect all race results in a timely manner

Cross Country Fixtures

		2022		Distances , Start times etc							
Feb	19	Surrey League 4 (men)	Lloyd Park	8k men and women start times tbc							
	19	Surrey League 4 (ladies)	Effingham Common	и и							
	26	England National Champs	Parliament Hill Fields	8k women 12k men start times tbc							

21/22 Ken Crooke Cross Country Champs

For the 2021/22 cross country season, the champs races are the 4 men's and women's Surrey League fixtures plus 4 other races. Qualifying races are:

- 4 Surrey League races (see fixture list above)
- Nov. 20 London Champs, Parliament Hill,
- Dec. 18 South of Thames 7M, Beckenham Place Park,
- Jan. 29 South of England Champs, Beckenham Place Park (venue tbc),
- Feb. 26 England National Champs, Parliament Hill

To qualify you need to complete 5 events, incl. 3 Surrey Leagues. Awards for first 3 men and women and winners of men's and women's 40-49, 50-59 and 60+ age categories.

Cross Country Update

We are well into the cross country season, but there are some important remaining fixtures, two more Surrey League matches National champs, Parliament Hill.

It's important we get a good turnout from our likely scorers to secure our promotion spot to Div 1 of the Surrey League, but all others are encouraged to participate to show the red and blue colours in numbers.

The National champs on 26 February is the final race of the season, as well as our last cross country champs event. Given that it is on home territory this year, we are looking for a big entry. Parliament Hill Fields is the national home of cross country and an iconic venue, with the mass start at the back of the Lido particularly memorable.

Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist and DR club runner. - To find out more - 07506 554004 - www. hernehillsportsmassage.co.uk

Contacts:

 $dulwich ladies captain @gmail.com-thomas_south @hot mail.com-chucked ward @google ward @googl$

Race Reports & Results

Want your race results and reports in SHORTS? please& email them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

You are welcome to submit running, tri, cycling etc or related stories, anecdotes, past glories, abject fails etc.

Crystal Palace parkrun

6 February

Ebe Prill writes: Our first club championship race of this year saw a fabulous turnout of just over 60 DR competitors (43 men, 18 women) in a larger than usual field of 414 runners. Race conditions were good on a sunny but cold day and this, together with the competitive turnout, led to a multitude of course PBs and great first time runs on this tough hilly two lapper.

At the front Tom South and first timer Rob Armstrong had a tight contest, decided finally by Rob in first place, closely followed by Tom in his PB run here in second overall. Also rewarded with a course PB was our third finisher Jon Phillips in fourth overall, with Hugh Stobart hot on his heels in fifth. Not far behind first timer Ade Russell in sixth and Andy Bond in seventh overall.

The first Dulwich woman in (and first overall) was Polly Warrack,

second Kay Sheedy (3rd overall) and third Emma Ibell (5th overall). Please find the many excellent runs and results in the list below, together with our medalists for this club champs race. A special mention maybe should go to Tim Bowen who tackled the hilly two laps with a fully loaded twin buggy and Alastair Locke (sadly leaving us for The North and not a DR anymore) doing the same in a single buggy. Their kids allegedly enjoyed the chariot racing enormously.

Another shout-out to Andy Murray who completed his 250th parkrun at this event.

And of course to our volunteers who provided great support along the course and in the finish: Yvette Dore and Ange Norris (tail-walking and hence also in the results in uncharacteristic last place), Hugh Balfour, Mike Dodds and Bob Bell who also secured good cooperation with the parkrun team for this event.

A very nice start to the club champs season and well done all!

the parkrun report for the event, headlined 'a very fast run' can be found here: https://www.parkrun.org.uk/crystalpalace/new

DR Club Champs 2022 - Parkrun

# Date	Event Meetir	ıg		Venue	
R1 05 Feb 22	parkrun Crystal Palace pa	_	504 C	rystal Pala	ace
Award	Name	AG	Time	AG Res	
1st M	Robert Armstrong		16:48	76.5%	
Overall Winner	Tom South		16:52	84.3%	
2nd M	Jonathan Phillips		17:15	76.6%	
3rd M	Hugh Stobart		17:17	74.6%	
1st M V40	Adrian Russell		17:24	80.6%	
AG M Winner	Andy Bond		17:38	81.8%	
Ad W WITHCH	Rob Emes		17:51	76.9%	
	Wayne Lashley			75.6%	
	Tom Shakhli		18:10	74.2%	
	Kevin Chadwick		18:29	74.2%	
Captain's Award			18:44		
Captain's Award	Nicholas Fiducia			71.4%	
1st W	Polly Warrack			78.5%	
	Alexander Loftus		18:56	75.1%	
	Joe Farrington-Douglas		19:05	72.4%	
1st M V50	Grzegorz Galezia		19:13	77.5%	
	James Burrows		19:14	71.3%	
	Timothy Bowen		19:30	68.5%	
	Sam Jenkins	M SEN	19:32	65.8%	
	Ed Simmons	M V40	19:41	69.2%	
	Eberhard Prill	M V50	19:48	80.0%	
	Andrea Ceccolini	M V50	19:51	75.7%	
2nd W	Kay Sheedy	W SEN	20:30	72.9%	
	Charles Lound	M V50	20:41	73.4%	
	Grant Kennedy	M SEN	20:46	65.1%	
	James Auger	M V40	20:48	69.6%	
	Robert Tokarski	M V40	20:52	67.1%	
	Jonathan Whittaker	M V40	21:01	65.5%	
3rd W	Emma Ibell	W V50	21:11	78.1%	
	Lee Wild	M V50	21:19	69.4%	
	Edward Smyth	M V40	21:32	63.1%	
	Lloyd Collier	M V40	21:48	66.7%	
	Ajay Khandelwal	M V50	21:59	67.6%	
1st M V60	Martin Kelsen	M V60	22:02	72.3%	
1st W V40	Eleanor Simmons	W V40	23:02	67.5%	
	Stephen Williams	M V60	23:20	71.7%	
	Catherine Buglass	W V40	23:50	64.5%	
	Graham Laylee	M V60	23:59	69.0%	
	Mike Mann		24:10	75.8%	
	Joseph Brady	M V50	24:10	63.3%	
	Sam Mattu		24:12	54.5%	
Captain's Award	Rebecca Davis		24:13	61.6%	
	Miles Gawthorp		24:33	58.9%	
	Barrie John Nicholls		24:38	69.2%	
	Dave West		24:45	66.1%	
	Jo Quantrill		25:06	80.3%	2nd clain
	Shoko Okamura		25:18	58.9%	_ na Gaill
1st W V50	Lucy Pickering		25:18	69.7%	
TOL VV VOU	Colin Frith			64.7%	
	Lindsey Annable		27:02	63.8%	
	Andrew Murray		27:19	63.0%	
1st W V60	Clare Wyngard			67.3%	
	Jenny Bomers			54.2%	
	Elizabeth A Begley			71.0%	
	Belinda Cottrill			52.8%	
	Ameet Patel			53.3%	
AG W Winner	Ros Tabor			73.1%	
	Clare Osborne	W V50	31:37	52.5%	

Susan Vernon W V60 42:44

Christopher Russell Vernon M V60 48:24

Bob Bell M V60 42:46

Ange Norris | W V60 | **51:02**

54.3%

40.0%

41.0%

36.4%

Overall Winner: man or woman with highest age grading (AG)
AG M/W Winner: man and woman with next best age grading after all other medalists.
Captains Award: in recognition of

improved performance in nonmedalists chosen by the captains and coaches

Presentation of medals before the clubrun at 7pm tonight by our honorary president Chris Vernon.
Would be great if as many as possible could attend and stay on for some socialising after the clubrun



Ken Crooke Cross Country Championships 2021-22 | Men | 2 races to go

#	Date	Event	Meeting	Venue	Priority
R1	16 Oct 21	8KXC	OpenTrack Surrey Men's League Division 2	Epsom Downs	Yes
R2	14 Nov 21	5MXC	OpenTrack Surrey Men's League Division 2	Denbies	Yes
R3	20 Nov 21	10.5KXC	London Championships	Parliament Hill	No
R4	18 Dec 21	7MXC	South of Thames CCA 7.5 Championships	Beckenham Place Park	No
R5	15 Jan 22	8KXC	OpenTrack Surrey Men's League Division 2	Richmond Park	Yes
R6	29 Jan 22	15KXC	South of England AA Championships	Beckenham	No

	No		am	ckenh	Bed			ps	shi	mpion	Cha	AA C	ngland	uth of Er	Sou	n 22 15KXC	R6 29 Ja
		R6	;	R5	,	R4	3	R3	2	R2		R1	Avg	Score	AG	Name	Standing
	50	50:03	50	26:09	50	39:40	50	35:29			50	25:15	50.0	250	M SEN	Edward Chuck	1st
	47	54:27	47	28:12	49	42:20	48	38:33	49	31:28	46	27:59	47.8	239	MSEN	Robert Armstrong	2nd
			44	28:55	46	44:33	46	40:37	45	32:45	43	28:45	44.8	224	M SEN	Jonathan Phillips	3rd
			43	29:22	47	44:06	45	40:40	44	32:57	44	28:19	44.6	223	M V40	Adrian Russell	1st V40
	41	61:56	36	31:12	44	47:12	41	43:03	41	35:17			40.6	203	M SEN	Shane Donlon	
	43	59:57	37	31:02	43	47:29	43	42:41	39	35:35	37	30:37	39.8	199	M V40	Alexander Loftus	
	49	50:28	49	26:15			49	35:47			49	25:38	49.0	196	M SEN	Jack Ramm	
	46	55:13	48	28:08					47	32:15	45	28:02	46.5	186	M V40	Andy Bond	
	42	60:44			41	47:58			42	35:10	41	29:54	41.5	166	M V40	Kevin Chadwick	
	40	62:23	35	31:33					43	34:37	36	31:22	38.5	154	M V40	James Burrows	
			38	30:46	39	49:36	36	46:56			40	30:14	38.2	153	M SEN	Edward Harper	
			25	40:58	30	63:08	28	57:31	30	46:43	29	39:53	28.4	142	M V60	Mike Mann	1st V60
			32	33:10	37	50:52	37	46:19			34	32:15	35.0	140	M SEN	Des Crinion	
			30	34:04			34	47:18	35	38:43	32	32:58	32.8	131	M V50	Andrea Ceccolini	1st V50
			34	31:46			42	42:41	38	36:05			38.0	114	M V40	Eugene Cross	
					36	52:19			36	38:19	35	31:45	35.7	107	M V40	Matthew Cooke	
			31	33:18					37	37:28	33	32:36	33.7	101	M SEN	Jamie Nicol	
							29	52:58	31	43:03	30	37:31	30.0	90	M V60	Martin Kelsen	
			23	43:42					28	50:31	28	42:03	26.3	79	M V60	Gary Budinger	
			22	45:25					27	51:06	27	43:16	25.3	76	M V60	Andrew Murray	
lin Priority Races	44	56:12	45	28:51	45	44:57	47	40:27					45.2	181	MSEN	Sean Cordon	
In Priority Races			40	30:39	40	48:11	39	43:48					39.7	119	MSEN	Robert Hollands	
In Priority Races	39	67:20	28	35:12			33	48:52					33.3	100	M V50	Eberhard Prill	
Min Races									50	31:05	48	27:43	49.0	98	M SEN	Fred Bungay	
Min Races									46	32:22	47	27:52	46.5	93	M SEN	Shane O'Neill	
Min Races	45	55:18			48	42:55							46.5	93	MSEN	Timothy Bowen	
Min Races			46	28:34			44	41:02					45.0	90	M SEN	Finn Nugent	
Min Races			41	30:14	42	47:35							41.5	83	M V40	Wayne Lashley	
Min Races			39	30:40							42	29:46	40.5	81	M V40	Daniel Mann	
Min Races							40	43:10			39	30:34	39.5	79	M V40	Ben Smith	
Min Races					35	53:22	38	45:40					36.5	73	M V40	Lloyd Collier	
Min Races					33	56:07			34	39:26			33.5	67	MSEN	David Benyon	
Min Races					34	55:11					31	35:01	32.5	65	MSEN	Grant Kennedy	
Min Races			24	42:46					29	47:27			26.5	53	M V60	Dave West	
Min Races	48	53:25												48	M SEN	Ben Howe	
Min Races									48	31:36				48	MSEN	Aaron Wilson	
Min Races									40	35:25				40	M V40	Michael Williams	
Min Races	38	74:04												38	M V50	Terence Baker	
Min Races					38	49:55								38	MSEN	Wander Rutgers	
Min Races											38	30:36		38	M V40	James Brown	
Min Races							35	47:12						35	M V50	Gower Tan	
Min Races			33	31:55										33	MSEN	Tom Shakhli	
2nd claim									33	39:33				33	M SEN	George Rates	
Min Races									32	42:37				32	MSEN	Sam Mattu	
Min Races					32	56:16								32	M V50	Mark Foster	
Min Races							32	49:57						32	M V40	James Auger	
Min Races							31	50:53						31	M V50	Gideon Franklin	
Min Races					31	56:58								31	M V40	Martin Double	
Min Races							30	52:08						30	M V60	Hugh Balfour	
Min Races			29	34.11										29	MSEN	Sam Jenkins	

Ken Crooke Cross Country Championships 2021-22 | Women | 2 races to go **Date Event** Meeting Venue **Priority**

Min Races

Min Races

Min Races

37:08 26

Sam Jenkins M SEN

Jonny Hough M V40

Edward Smyth M V40

27

26

Sta	nding	Name	AG	Score	Avg	R1	R2	R3	R4	R5	R6
R6	29 Jan 22	8KXC	Sou	ith of En	gland	AA Cha	mpionships		Bed	kenham	No
R5	15 Jan 22	8KXC	OpenTrack St	urrey Lad	dies' L	eague D	ivision 1/2	ľ	/litcham (Common	Yes
R4	18 Dec 21	7MXC	South of	Thames	CCA	7.5 Cha	mpionships	Becke	enham Pla	ace Park	No
R3	20 Nov 21	6KXC			Lond	don Cha	mpionships		Parlia	ment Hill	No
R2	13 Nov 21	6KXC	OpenTrack St	urrey Lad	dies' L	eague D	ivision 1/2	Wir	nbledon (Common	Yes
R1	16 Oct 21	6.5KXC	OpenTrack St	urrey Lad	dies' L	eague D	ivision 1/2		Richmo	ond Park	Yes

1st	Clare Elms	W V50	249	49.8	26:30	50	25:04	49			49:20	50	34:56	50	32:31	50	
2nd	Katie Styles	W V40	239	47.8	27:37	49	27:13	47	26:12	48	52:39	48	37:27	47			
3rd	Clare Whitaker	W V40	232	46.4	28:58	47	27:32	45	26:40	47	52:56	47	38:13	46			
1st V60	Ange Norris	W V60	227	45.4			28:34	44	27:38	46	54:47	46	39:23	45	37:41	46	
1st V50	Ola Balme	W V50	218	43.6	30:25	43	28:44	43	27:46	45	56:54	45	40:15	42	38:38	43	
	Michelle Lennon	W V50	216	43.2	29:22	46	29:05	41			57:20	44	42:12	41	38:23	44	
1st V40	Eleanor Simmons	W V40	208	41.6	31:34	41	29:41	40			59:21	42	40:12	43	38:50	42	
	Anna Thomas	W V40	165	41.2	30:54	42	30:04	39	28:27	43	59:37	41					
	Katie Smith	W V40	133	44.3			28:49	42					39:54	44	37:28	47	
	Jenny Bomers	W SEN	152	38.0					37:30	39	74:01	37	53:22	38	48:44	38	Min Priority Races
	Kay Sheedy	W SEN	146	48.7			26:48	48	25:21	49	50:58	49					Min Priority Races
	Midge Cameron	W V50	118	39.3					33:15	40	65:32	39	48:30	39			Min Priority Races
	Polly Warrack	W SEN	99	49.5			24:54	50					35:55	49			Min Races
	Rebecca Schulleri	W SEN	98	49.0					25:17	50			36:41	48			Min Races
	Alicja Furmanczyk	W SEN	95	47.5			27:32	46							36:11	49	Min Races
	Yvette Dore	W V40	87	43.5					28:10	44	57:50	43					Min Races
	Lucy Clapp	W V50	82	41.0					30:39	41					40:58	41	Min Races
	Belinda Cottrill	W SEN	78	39.0	35:26	40	35:10	38									Min Races
	Madison Newey	W SEN	48		28:15	48											Min Races
	Andrea Pickup	W V50	48												37:04	48	Min Races
	Olivia Bishton	W V40	45												38:19	45	Min Races
	Emma Benyon	W SEN	45		30:04	45											Min Races
	Lucy Pickering	W V50	44		30:11	44											Min Races
	Catherine Buglass	W V40	42						29:33	42							Min Races
	Naomi Crowther	W SEN	40												40:59	40	Min Races
	Christiana Campbell	W SEN	40								59:51	40					Min Races
	Lindsey Annable	W V50	39		36:25	39											Min Races
	Rebecca Davis	W SEN	39												43:47	39	Min Races
	Katharine Bond	W SEN	38								70:45	38					Min Races
	Clare Osborne	W V50	36								81:08	36					Min Races

Week 16 **Alcohol Free Beers Drunk: 0** Cartons of tart cherry juice drunk: 1

Project 20

Emma Ibell cusses: 7 Table Tennis matches against DR members: 5 Half way through the club champs I found myself running

Garmin Fenix 7 reviews read: 3

alongside disgraced Kalenji wearing (that's decathlons no frills own brand for you aesthetes out there) shameless red faced lanky DNF'er Lloyd Collier. My plan had been to track Emma Ibell then take her on the line with an

impressive sprint. Surely I could beat her? It burned when she recently said, "Ajay I don't read your column, it's too long and frankly not very interesting." My plan wasn't going so well as she had floated away from me in her go faster shoes after about 500 metres. But surely she would implode soon? However, I thought that Lloyd had telepathically picked up on my frustration when he said, "there is no way I'm going to let bloody Emma Ibell beat me." Perhaps he could redeem himself from his shameful Kalenji-DNF? At least the revenge baton had been passed on. Perhaps Emma would trip up or run into the crystal palace lake and swallow some water making her run a bit slower, I mused. I didn't want her to die exactly, just scuff her knees, or choke for thirty seconds, or maybe for her laces to come undone on both her carbon infused shoes simultaneously. Emma seemed to be getting further and

second time was very lonely. Still, I enjoyed seeing our very own Palace mascot-shaman, Bob Bell, running around like a medieval monk, and the Chris and Sue Vernon, even though Chris said to me, "stop shouting so much and run a little more." I loved the group photo and was impressed that Gregorz had a good roll in the mud. At the end I caught up with my protege Hugh French. He advised me, "Run, man. You need to train." He looked visibly perturbed and even disgusted at my lackadaisical attitude. Later I found myself reading reviews of the £1000 Garmin Fenix Pro etc. Perhaps this bit of kit with its multi-functions

I'd never run this course. It reminded me a brightly lit oversized Scalextric track, tilted at fifteen percent. The

further away, alas.

would give me the answer. Perhaps if I knew my REM sleep number I could get faster? I decided that I need the top model to cover all the bases. Perhaps I would be running ultras soon, or acting as executive coach and consultant to rookie Gower Tan? I checked my bank account and decided I needed a different way more creative way forward. I still couldn't believe that Emma had beaten me. Surely there was some mistake in those results. You know that barcode tech isn't very accurate and I'm sure it can be hacked. Superfoods. I went to the

supermarket searching for beetroot juice. Sold out. I

returned with sour cherry juice. I'd read it was a sure thing

to stop inflation, or was it inflammation? The pros swear

by it. Hugh let me tell you I am training seriously. I have

almost finished the carton and I have been visualising

going fast by watching the downhill skiing at the Winter

Olympics. Bring on Saturday, we are going faster. Emma, heed my words, "THE REVENGE OF THE SOUR CHERRY

JUICE IS COMING SOON"



To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club.

If you are no longer a member please remove DR as your club.

Brockwell, Hern	e Hill	42 36 Hugh French 20:20 Pos Gen	
351 Ran		43 3 Kay Sheedy 20:30 173 131 Martin Wagner	30:52
Pos Gen		49 41 Charles Lound 20:41 51 43 Grant Kennedy 20:46 Long Eaton	
40 35 Stephen Trowell	21:23	113 D	
·		52 44 James Auger 20:48	
Path Clayling		54 46 RODERT TOKATSKI 20:52	n 20:49
Bath Skyline		30 46 JOHATHAN WINTAKET 21:01	. 20119
293 Ran		61 5 Emma Ibell 21:11	
Pos Gen	21.20	64 55 Lee Wild 21:19 Peckham Rye	
29 4 Becca Schulleri	21:30	66 57 Alastair Locke 21:29 267 Ran	
Burgess		67 58 Edward Smyth 21:32 Pos Gen	
487 Ran		70 60 Lloyd Collier 21:48 6 6 Wander Rutgers	18:45
Pos Gen		73 63 Ajay Khandelwal 21:59	
185 133 Joe Sheppard	24:18	74 64 Martin Kelsen 22:02 78 7 Emma Kelly 22:29 South Norwoo	d
439 171 Stephanie Burchill	33:44	70 7 Ellilla Kelly 22.25	
•		JZ J Electron Simmons 25.02	
Charlton		107 93 Stephen Williams 23:20 Pos Gen 119 12 Catherine Buglass 23:50 87 59 Peter Jackson	29:57
		127 108 Graham Laylee 23:59	25.57
172 Ran			
Pos Gen	22.24	133 114 Joseph Brady 24:10	
40 37 Stephen Smythe	23:24	136 116 Sam Mattu 24·12	
Clapham Commo	on	139 16 Pobocca Davis 24:13	
735 Ran		145 121 Miles Cawthern 24:23	21:33
Pos Gen		147 122 Barrie John Nicholls 24:38 207 54 Harriet Roddy	26:31
282 204 Ian Sesnan	24:40	152 125 Dave West 24:45	
		174 28 Shoko Okamura 25:18 Springburn , G	asgow
Crystal Palace		185 31 Lucy Pickering 25:27 90 Ran	9 - 1 -
Crystal Palace		188 146 Colin Frith 25:35 Pos Gen	
Pos Gen		228 46 Lindsey Annable 27:02 7 7 Jonny Hough	19:51
Pos Gen			12.51
1 1 Dobort Armstrong	16.40		19.51
1 1 Robert Armstrong	16:48	236 173 Andy Murray 27:19	19.51
2 2 Thomas South	16:52	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 Sutcliffe	19.51
2 2 Thomas South4 3 Jon Phillips	16:52 17:15	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 Sutcliffe 200 Ran	19.51
2 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart	16:52 17:15 17:17	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 260 65 Flizabeth Begley 28:13 Sutcliffe 200 Ran Pos Gen	
2 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart 6 5 Adrian Russell	16:52 17:15 17:17 17:24	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 Sutcliffe 200 Ran	
 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart 6 5 Adrian Russell 7 6 Andy Bond 	16:52 17:15 17:17 17:24 17:38	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 260 65 Elizabeth Begley 28:13 Sutcliffe 200 Ran Pos Gen 23 23 Michael Fullillow	
 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart 6 5 Adrian Russell 7 6 Andy Bond 9 8 Shane Boyce 	16:52 17:15 17:17 17:24 17:38 17:49	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 260 65 Elizabeth Begley 28:13 266 68 Belinda Cottrill 28:24 290 189 Ameet Patel 29:16 300 88 Ros Tabor 29:51 Swanley	
2 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart 6 5 Adrian Russell 7 6 Andy Bond 9 8 Shane Boyce 11 10 Robert Emes	16:52 17:15 17:17 17:24 17:38 17:49 17:51	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 260 65 Elizabeth Begley 28:13 266 68 Belinda Cottrill 28:24 290 189 Ameet Patel 29:16 300 88 Ros Tabor 29:51 333 111 Clare Osborne 31:37 Swanley 96 Ran	
2 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart 6 5 Adrian Russell 7 6 Andy Bond 9 8 Shane Boyce 11 10 Robert Emes 12 11 Wayne Lashley	16:52 17:15 17:17 17:24 17:38 17:49 17:51 18:00	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 260 65 Elizabeth Begley 28:13 266 68 Belinda Cottrill 28:24 290 189 Ameet Patel 29:16 300 88 Ros Tabor 29:51 333 111 Clare Osborne 31:37 401 156 Susan Vernon 42:44 Swanley 96 Ran Pos Gen	
2 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart 6 5 Adrian Russell 7 6 Andy Bond 9 8 Shane Boyce 11 10 Robert Emes 12 11 Wayne Lashley 13 12 Tom Shakhli	16:52 17:15 17:17 17:24 17:38 17:49 17:51 18:00 18:10	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 260 65 Elizabeth Begley 28:13 266 68 Belinda Cottrill 28:24 290 189 Ameet Patel 29:16 300 88 Ros Tabor 29:51 333 111 Clare Osborne 31:37 401 156 Susan Vernon 42:44 402 217 Bob Bell 42:46 Sutcliffe 200 Ran Pos Gen 23 23 31:37 96 Ran Pos Gen 32 28 402 217 Bob Bell 42:46	e 20:11
2 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart 6 5 Adrian Russell 7 6 Andy Bond 9 8 Shane Boyce 11 10 Robert Emes 12 11 Wayne Lashley 13 12 Tom Shakhli	16:52 17:15 17:17 17:24 17:38 17:49 17:51 18:00	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 260 65 Elizabeth Begley 28:13 266 68 Belinda Cottrill 28:24 290 189 Ameet Patel 29:16 300 88 Ros Tabor 29:51 333 111 Clare Osborne 31:37 401 156 Susan Vernon 42:44 402 217 Bob Bell 42:46 407 218 Chris Vernon 50:10 Sutcliffe 200 Ran Pos Gen 23 23 23 Michael Fullilov	e 20:11
2 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart 6 5 Adrian Russell 7 6 Andy Bond 9 8 Shane Boyce 11 10 Robert Emes 12 11 Wayne Lashley 13 12 Tom Shakhli 15 13 Kevin Chadwick 17 15 Nicholas Fiducia	16:52 17:15 17:17 17:24 17:38 17:49 17:51 18:00 18:10 18:29	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 260 65 Elizabeth Begley 28:13 266 68 Belinda Cottrill 28:24 290 189 Ameet Patel 29:16 300 88 Ros Tabor 29:51 333 111 Clare Osborne 31:37 401 156 Susan Vernon 42:44 402 217 Bob Bell 42:46 407 218 Chris Vernon 50:10 411 164 Ange Norris 51:02	e 20:11
2 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart 6 5 Adrian Russell 7 6 Andy Bond 9 8 Shane Boyce 11 10 Robert Emes 12 11 Wayne Lashley 13 12 Tom Shakhli 15 13 Kevin Chadwick 17 15 Nicholas Fiducia	16:52 17:15 17:17 17:24 17:38 17:49 17:51 18:00 18:10 18:29 18:44	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 260 65 Elizabeth Begley 28:13 266 68 Belinda Cottrill 28:24 290 189 Ameet Patel 29:16 300 88 Ros Tabor 29:51 333 111 Clare Osborne 31:37 401 156 Susan Vernon 42:44 402 217 Bob Bell 42:46 407 218 Chris Vernon 50:10 411 164 Ange Norris 51:02 Sutcliffe 200 Ran Pos Gen 23 23 Michael Fullilov Swanley 96 Ran Pos Gen 32 28 Tommaso Bend	e 20:11
2 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart 6 5 Adrian Russell 7 6 Andy Bond 9 8 Shane Boyce 11 10 Robert Emes 12 11 Wayne Lashley 13 12 Tom Shakhli 15 13 Kevin Chadwick 17 15 Nicholas Fiducia 18 1 Polly Warrack	16:52 17:15 17:17 17:24 17:38 17:49 17:51 18:00 18:10 18:29 18:44 18:46 18:56	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 260 65 Elizabeth Begley 28:13 266 68 Belinda Cottrill 28:24 290 189 Ameet Patel 29:16 300 88 Ros Tabor 29:51 333 111 Clare Osborne 31:37 401 156 Susan Vernon 42:44 402 217 Bob Bell 42:46 407 218 Chris Vernon 50:10 411 164 Ange Norris 51:02 Sutcliffe 200 Ran Pos Gen 23 23 Michael Fullilov Swanley 96 Ran Pos Gen 32 28 Tommaso Bend Tilgate 393 Ran	e 20:11
2 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart 6 5 Adrian Russell 7 6 Andy Bond 9 8 Shane Boyce 11 10 Robert Emes 12 11 Wayne Lashley 13 12 Tom Shakhli 15 13 Kevin Chadwick 17 15 Nicholas Fiducia 18 1 Polly Warrack 19 16 Alex Loftus	16:52 17:15 17:17 17:24 17:38 17:49 17:51 18:00 18:10 18:29 18:44 18:46 18:56	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 260 65 Elizabeth Begley 28:13 266 68 Belinda Cottrill 28:24 290 189 Ameet Patel 29:16 300 88 Ros Tabor 29:51 333 111 Clare Osborne 31:37 401 156 Susan Vernon 42:44 402 217 Bob Bell 42:46 407 218 Chris Vernon 50:10 Dulwich Sutcliffe 200 Ran Pos Gen 23 23 Michael Fullilov Swanley 96 Ran Pos Gen 32 28 Tommaso Bend Tilgate 393 Ran Pos Gen	e 20:11 oni 27:36
2 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart 6 5 Adrian Russell 7 6 Andy Bond 9 8 Shane Boyce 11 10 Robert Emes 12 11 Wayne Lashley 13 12 Tom Shakhli 15 13 Kevin Chadwick 17 15 Nicholas Fiducia 18 1 Polly Warrack 19 16 Alex Loftus 22 19 Joe Farrington-Doug	16:52 17:15 17:17 17:24 17:38 17:49 17:51 18:00 18:10 18:29 18:44 18:46 18:56	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 260 65 Elizabeth Begley 28:13 266 68 Belinda Cottrill 28:24 290 189 Ameet Patel 29:16 300 88 Ros Tabor 29:51 333 111 Clare Osborne 31:37 401 156 Susan Vernon 42:44 402 217 Bob Bell 42:46 407 218 Chris Vernon 50:10 Dulwich Dulwich 448 Ran Sutcliffe 200 Ran Pos Gen 23 23 Michael Fullilov Swanley 96 Ran Pos Gen 32 28 Tommaso Bend Tilgate 393 Ran Pos Gen 99 88 Gary Budinger	e 20:11
2 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart 6 5 Adrian Russell 7 6 Andy Bond 9 8 Shane Boyce 11 10 Robert Emes 12 11 Wayne Lashley 13 12 Tom Shakhli 15 13 Kevin Chadwick 17 15 Nicholas Fiducia 18 1 Polly Warrack 19 16 Alex Loftus 22 19 Joe Farrington-Doug 25 21 Grzegorz Galezia	16:52 17:15 17:17 17:24 17:38 17:49 17:51 18:00 18:10 18:29 18:44 18:46 18:56	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 260 65 Elizabeth Begley 28:13 266 68 Belinda Cottrill 28:24 290 189 Ameet Patel 29:16 300 88 Ros Tabor 29:51 333 111 Clare Osborne 31:37 401 156 Susan Vernon 42:44 402 217 Bob Bell 42:46 407 218 Chris Vernon 50:10 411 164 Ange Norris 51:02 Dulwich 448 Ran Pos Gen 52 47 Rob Fawn 19:32	e 20:11 oni 27:36 25:31
2 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart 6 5 Adrian Russell 7 6 Andy Bond 9 8 Shane Boyce 11 10 Robert Emes 12 11 Wayne Lashley 13 12 Tom Shakhli 15 13 Kevin Chadwick 17 15 Nicholas Fiducia 18 1 Polly Warrack 19 16 Alex Loftus 22 19 Joe Farrington-Doug 25 21 Grzegorz Galezia 26 22 James Burrows	16:52 17:15 17:17 17:24 17:38 17:49 17:51 18:00 18:10 18:29 18:44 18:46 18:56 llas 19:05 19:13 19:14	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 260 65 Elizabeth Begley 28:13 266 68 Belinda Cottrill 28:24 290 189 Ameet Patel 29:16 300 88 Ros Tabor 29:51 333 111 Clare Osborne 31:37 401 156 Susan Vernon 42:44 402 217 Bob Bell 42:46 407 218 Chris Vernon 50:10 411 164 Ange Norris 51:02 Dulwich 448 Ran Pos Gen 52 47 Rob Fawn 19:32	e 20:11 oni 27:36 25:31
2 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart 6 5 Adrian Russell 7 6 Andy Bond 9 8 Shane Boyce 11 10 Robert Emes 12 11 Wayne Lashley 13 12 Tom Shakhli 15 13 Kevin Chadwick 17 15 Nicholas Fiducia 18 1 Polly Warrack 19 16 Alex Loftus 22 19 Joe Farrington-Doug 25 21 Grzegorz Galezia 26 22 James Burrows 30 25 Timothy Bowen 32 27 Sam Jenkins 33 28 Mark Callaghan	16:52 17:15 17:17 17:24 17:38 17:49 17:51 18:00 18:10 18:29 18:44 18:46 18:56 llas 19:05 19:13 19:14 19:30	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 260 65 Elizabeth Begley 28:13 266 68 Belinda Cottrill 28:24 290 189 Ameet Patel 29:16 300 88 Ros Tabor 29:51 333 111 Clare Osborne 31:37 401 156 Susan Vernon 42:44 402 217 Bob Bell 42:46 407 218 Chris Vernon 50:10 411 164 Ange Norris Dulwich 448 Ran Pos Gen 52 47 Rob Fawn 19:32 83 72 Mark Read 27:42 Sutcliffe 200 Ran Pos Gen 23 23 Michael Fullilov Pos Gen 23 23 Michael Fullilov Tilgate 200 Ran Pos Gen 23 23 Michael Fullilov Tilgate 200 Ran Pos Gen 23 23 Michael Fullilov Tilgate 393 Ran Pos Gen 399 88 Gary Budinger	e 20:11 oni 27:36 25:31
2 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart 6 5 Adrian Russell 7 6 Andy Bond 9 8 Shane Boyce 11 10 Robert Emes 12 11 Wayne Lashley 13 12 Tom Shakhli 15 13 Kevin Chadwick 17 15 Nicholas Fiducia 18 1 Polly Warrack 19 16 Alex Loftus 22 19 Joe Farrington-Doug 25 21 Grzegorz Galezia 26 22 James Burrows 30 25 Timothy Bowen 32 27 Sam Jenkins 33 28 Mark Callaghan 35 30 Edward Simmons	16:52 17:15 17:17 17:24 17:38 17:49 17:51 18:00 18:10 18:29 18:44 18:46 18:56 llas 19:05 19:13 19:14 19:30 19:32	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 260 65 Elizabeth Begley 28:13 266 68 Belinda Cottrill 28:24 290 189 Ameet Patel 29:16 300 88 Ros Tabor 29:51 333 111 Clare Osborne 31:37 401 156 Susan Vernon 42:44 402 217 Bob Bell 42:46 407 218 Chris Vernon 50:10 411 164 Ange Norris Dulwich 448 Ran Pos Gen 52 47 Rob Fawn 19:32 83 72 Mark Read 27:42 Sutcliffe 200 Ran Pos Gen 23 23 Michael Fullilov Pos Gen 23 23 Michael Fullilov Tilgate 200 Ran Pos Gen 23 23 Michael Fullilov Tilgate 200 Ran Pos Gen 23 23 Michael Fullilov Tilgate 393 Ran Pos Gen 399 88 Gary Budinger	e 20:11 oni 27:36 25:31
2 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart 6 5 Adrian Russell 7 6 Andy Bond 9 8 Shane Boyce 11 10 Robert Emes 12 11 Wayne Lashley 13 12 Tom Shakhli 15 13 Kevin Chadwick 17 15 Nicholas Fiducia 18 1 Polly Warrack 19 16 Alex Loftus 22 19 Joe Farrington-Doug 25 21 Grzegorz Galezia 26 22 James Burrows 30 25 Timothy Bowen 32 27 Sam Jenkins 33 28 Mark Callaghan 35 30 Edward Simmons 38 33 Ebe Prill	16:52 17:15 17:17 17:24 17:38 17:49 17:51 18:00 18:10 18:29 18:44 18:46 18:56 dlas 19:05 19:13 19:14 19:30 19:32 19:33 19:41 19:48	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 260 65 Elizabeth Begley 28:13 266 68 Belinda Cottrill 28:24 290 189 Ameet Patel 29:16 300 88 Ros Tabor 29:51 333 111 Clare Osborne 31:37 401 156 Susan Vernon 42:44 402 217 Bob Bell 42:46 407 218 Chris Vernon 50:10 411 164 Ange Norris 51:02 Dulwich 448 Ran Pos Gen 52 47 Rob Fawn 19:32 83 72 Mark Read 20:42 183 29 Claire Steward 24:42 Wakefield Thorogen Pos Gen 49 2 Claire Barnard	e 20:11 oni 27:36 25:31
2 2 Thomas South 4 3 Jon Phillips 5 4 Hugh Stobart 6 5 Adrian Russell 7 6 Andy Bond 9 8 Shane Boyce 11 10 Robert Emes 12 11 Wayne Lashley 13 12 Tom Shakhli 15 13 Kevin Chadwick 17 15 Nicholas Fiducia 18 1 Polly Warrack 19 16 Alex Loftus 22 19 Joe Farrington-Doug 25 21 Grzegorz Galezia 26 22 James Burrows 30 25 Timothy Bowen 32 27 Sam Jenkins 33 28 Mark Callaghan 35 30 Edward Simmons	16:52 17:15 17:17 17:24 17:38 17:49 17:51 18:00 18:10 18:29 18:44 18:46 18:56 las 19:05 19:13 19:14 19:30 19:32 19:33 19:41	236 173 Andy Murray 27:19 246 55 Katharine Bond 27:42 249 57 Clare Wyngard 27:48 252 59 Jenny Bomers 27:52 260 65 Elizabeth Begley 28:13 266 68 Belinda Cottrill 28:24 290 189 Ameet Patel 29:16 300 88 Ros Tabor 29:51 333 111 Clare Osborne 31:37 401 156 Susan Vernon 42:44 402 217 Bob Bell 42:46 407 218 Chris Vernon 50:10 411 164 Ange Norris 51:02 Dulwich 448 Ran Pos Gen 52 47 Rob Fawn 19:32 83 72 Mark Read 20:42 183 29 Claire Steward 27:42 Sutcliffe 200 Ran Pos Gen 200 Ran Pos Gen 23 23 Michael Fullilov Tilgate 200 Ran Pos Gen 23 23 Michael Fullilov Tilgate 200 Ran Pos Gen 23 23 Michael Fullilov Tilgate 393 Ran Pos Gen 32 28 Tommaso Bend Wakefield Thorony 24:42 24:42 24:42 Wakefield Thorony 245 Ran Pos Gen	e 20:11 oni 27:36 25:31

DULWICH RUNNERS KIT

Vests £18 each T- shirts short sleeved £20 each T- shirts long sleeved £22 each £5 pair £6 each **Buffs-snoods**

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





Buffs-snoods - only £6 An ideal face covering!



The Beast from the East! It's always on the way!.. be prepared..get yourself a bobble hat £15



DULWICH RUNNERS' SHORTS - All sizes available

Traditionally cut either 'racing' style, or slightly



LIMITED STOCK - only £10 each Only 2 Xlarge left



For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR

ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies.

Just click the link to the Dulwich Runners shop and purchase directly. https:--www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html

any questions contact Ros at: ros.tabor49@gmail.com









