

SHORTS



Dulwich Runners AC
Weekly Newsletter
October 12th 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. 7.15 start

£1 fee per run payable by card/device only, no cash

Changing rooms, showers & bar available.

Paces and distances to suit all abilities

Tuesday speed work at Alleyns School track

track and grass intervals suitable for all abilities

In your SHORTS this week !

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

Like us on Facebook @dulwichrunners

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

Connect with us:



Post Marathon Pizza Night - Wed 9th Nov from 8.45 at the club house.

Please mail dulwichrunnerssocial@gmail.com to confirm meat/veg choice.

Cost £7.00

2022/23 membership

If you have not renewed or are not a fully paid up member then you cannot compete in any race as a Dulwich Runner or take part in the club champs.

Any membership queries contact: barry@bg1.co.uk

Payment by direct bank transfer or contactless on a club night.

Full 1st claim membership £46 includes EA reg. of £16 - 1st claim membership without EA reg £30 - 2nd claim £30

EA reg is £16 and can only be arranged through your 1st claim club.

The club membership year is April 1 to March 31 (the same applies to EA reg.)

Thankyou to those of you that have renewed

Surrey Leage Cross Country

Saturday 15th October

Men & women



Effingham Common / Effingham Cricket Club KT24 5JE

- Race 5 - 1:00PM – Division 1 Senior Ladies
- Race 6 - 2:00PM – Division 1 Senior Men

Limited changing facilities (at cricket club) and limited car parking (at Effingham Junction train station), come ready changed and use public transport if at all possible.

DO NOT park on the immediate road alongside the Common/ Train Station or nearby residential roads as this is a condition of our permissions to use the venue and we would advise parking at East Horsley or Bookham train stations and making a short train ride/jog to the venue.

Course: mixed underfoot conditions, undulating terrain and tree roots and other natural hazards. Cross country spikes or trail shoes are recommended (although trainers may be okay if it doesn't rain too much between now and the race).

Tents & Flags:

Mini tents and club flags are allowed at Effingham cricket club, where temporary toilets and refreshments will also be available throughout the day.

Refreshments:

for athletes and supporters throughout the day at the cricket club, will be hot food and alcoholic and non-alcoholic drinks. The cricket club is kindly opening especially for this event and will remain open after the final race.

Club Runs & Training Sessions

Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7:15pm...

time you run - Contactless payments only

Meet upstairs in clubhouse, aim to arrive by 7pm to sign in pay & sort out which group you'll run with.

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

NOTE: £1 club run fee for members and guests each

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

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

First pre-register with Crystal Palace Arena -use 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.

Tuesday 18th October- multiple groups 4 to 6x (800m@10k, 300m @5k pace, 100m @3k pace) with 75/90 secs recovery (depending on group). This means running a continuous 1200m, with the first 800m at 10k pace, picking it up to 5k pace (10-20 secs per mile faster for most of you) for the next 300m and the last 100m at 3k pace (again another 10-20 secs per mile increase for most). Four reps will be ok if newer to interval training or at the slower end of the spectrum, 5 reps should suit many of you and six might be optimal for the faster and well-conditioned amongst you. Remind yourself of your current paces, based on a recent race, use a pace chart: <https://www.active.com/fitness/calculators/pace>
Details of future sessions to follow expect a mix of 3,5 & 10k paced intervals,suitable for a wide range of abilities. First timers and others,any questions or feedback let me know - Tom Poynton (Coach in Running Fitness) tpoynton@hotmail.com

Track etiquette:we are a big group with others using it at the same time, so to act safely and treat them with the same respect that we'd expect others to treat us.

- 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.

Let me have your views! I would value your feedback on Tuesday sessions, whether its track, playing fields or hills. What do we do well, less well or could be done differently? Any wider suggestions what the club can do on coaching? e-mail tpoynton@hotmail.com or speak to me in person, i am happy to discuss any specific issues or an anonymous survey at: https://docs.google.com/forms/d/e/1FAIpQLScdxFesRfcTaDfrck_uY2zYsP_i4enqj0A3pz5gKxkXNkw5A/viewform?usp=sf_link

I am fairly new to coaching so I want to develop my skills in this area, to do that I need more feedback. This is also a good time to consider the club's coaching provision a bit more broadly, and ties in nicely with the request below for more people to get involved in coaching, as there is a lot of experience within the club that we could tap into a bit more.

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.

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, mix of 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

Runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 mins per mile. - Contact Ola olabalme1@gmail.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 it's the club's main priority. Details of the seasons four fixtures start times etc. will be in Shorts and on the website with more info nearer the time. Keep these dates free if possible. Our men and women are in Division 1. With good turnouts and performances from our strongest runners, we have a good chance of avoiding relegation.

Distance

Men's and women's Surrey League races are around 8km and Div1, men and women race at the same venues. Other races vary in length, courses are generally shorter for women when there are separate men's and women's races..

Scoring

Surrey League, first 5 women and first 10 men finishing score for the club as the A team, it's important we field as many of our strongest runners as possible. Cross country races are for all abilities, men's and ladies Surrey League have a B team competition, second 5 women and 10 men score. These races are excellent for improving overall fitness, uneven hilly terrain provides good strength and endurance training, from which you will benefit over a wide range of races. All members are encouraged to take part. These team events are good to meet other members.

Surrey League entry

All men intending to take part should inform their captains as online entries are made in advance. Keep race numbers for the whole season, either return them to captains after the races, or take them home, in which case you must remember to take them to the next race. 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's other cross country races, mostly Saturdays. It's possible to find a race most Saturdays in the season. eg: county champs (inc. Masters), London Champs, 2 South of Thames races, South of England and National champs. Plus others for Masters. Fixture list in Shorts and website.

Which races to go for

Races are October to late Feb. Main priority is the 4 Surrey League races, and the 4 races from the Ken Crooke cross country champs. You're also encouraged to race in the Surrey & Kent county and masters champs.

Entry for other races

For most races other than Surrey League, captains have to submit entries in advance, some more than a month. Details will be in Shorts and emailed asking those interested to put their names forward before the



Dulwich Runners Cross Country Fixtures 2022/23

These races are open to all Dulwich Runners members. These are free to enter as the club pays for race entry. A great benefit of club membership! Please speak to our captains (Kay Sheedy, Ola Balme, Ed Chuck and Alex Loftus) for more information. Further details will appear in the Shorts Newsletter each week.

Races with the trophy icon 🏆 feature in our annual Ken Crooke Cross Country Championships with awards for all men and women age groups. Cake and social events also feature post race!

Surrey League Cross Country League

🏆 15 October	Race 1	Effingham Common
🏆 12 November	Race 2	Wimbledon Common
🏆 14 January	Race 3	TBC
🏆 11 February	Race 4	Lloyd Park, Croydon

Other Popular Fixtures

29 October	Surrey Masters Champs	Nonsuch Park, Sutton
🏆 19 November	London XC Champs	Parliament Hill
🏆 26 November	South of Thames 5M	Lloyd Park, Croydon
3 December	Kent Masters Champs	Dartford
🏆 17 December	South of Thames 7.5M	Aldershot
7 January	Kent XC Champs	Brands Hatch
7 January	Surrey XC Champs	Lloyd Park, Croydon
🏆 28 January	South of England Champs	Beckenham Place Park

deadlines, please read them carefully. As the club pays for entries don't put yourself forward on a speculative basis, check you are free, it's ok if you have to withdraw later for good reason eg: injury or illness.

Footwear

Early season use road or trail shoes, when ground is heavier late autumn onwards, cross country spikes or fell shoes are a must. Get screw in cross country spikes 6-15mm not track spikes. As ground gets heavier use longer spikes eg:Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. Most running shops sell Cross country shoes and should offer 10% discount to members with EA reg.

2022/23 Ken Crooke XC Champs.

For the 2022/23 season, the champs will consist of 4 men's and women's Surrey League fixtures plus 4 other races. You need to complete 5 events, including 3 Surrey League races to qualify. Awards for first 3 men and women, winners of the men's and women's 40-49, 50-59, 60+ age categories. Qualifying races: the 4 Surrey League, London champs, 2 South of Thames, South of England champs.

Contacts

Further info contact your captains at:
dulwichladiescaptain@gmail.com
alexloftus75@gmail.com
chuckedward@googlemail.com

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:
 Alex Loftus alexloftus75@gmail.com Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Road & other Club Champs Assembly League Track Cross Country

Date	Race	Venue
Oct	15 Surrey League XC	Effingham Common
	22 SEAA XC Relays	Wormwood Scubs
	29 Surrey Masters	Nonsuch Park
Nov	12 Surrey League XC	Wimbledon Common
	19 London Champs,	Parliament Hill
	26 South of Thams XC 5M	Lloyd Pk
Dec	3 Kent Masters Champs	Dartford
	10 SEAA Masters XC	Oxford
	17 South of Thams XC 7.M	Aldershot tbc
Jan	7 Kent & Surrey County Champs	K- Brands Hatch/ S-Lloyd Pk
	14 Surrey League XC	tbc
	28 South of England Champs	Beckenham
Feb	11 Surrey League XC	Lloyd Park
	25 National Cross Country Champs	tbc

Post Marathon Pizza Night - Wed 9th Nov from 8.45 at the club house.

Please mail dulwichrunnerssocial@gmail.com to confirm meat/veg choice.
 Cost £7.00

Masters Matters International Cross Country

Andy Murray writes: Usually each year there is a masters (over 35 year olds) international cross country match held between teams in five year age groups from Ireland and the four home countries. This year the match will be held in Dublin on 12 November. DR's Ros, Andy Bond, Mike Mann and several others have been selected in the past for England and run well.

There is a trial race for the England masters teams at Markeaton Park, Derby on 15 October. The first 3 or 4 finishers in each age group in the trial will fill 75% of the places in the England teams (of 4 or 6) for Dublin. Closing date for the trial is 26 September. see Cross Country englandmasters.org.uk

Other Masters International Championships

There is a World indoor track and field championship plus cross country and road 10k/half marathon in Torun, Poland from 26 March to 1 April 2023. Note that there is no selection and any master in a club affiliated to British Masters Athletics Federation can enter the championships as part of the British team. Veterans AC is affiliated to BMAF and 2nd claim membership is £12 p.a. Ros, Andy M, Mike M, Tony, Steve S have competed in the past in Torun, a historic town with a modern indoor stadium.
vetsac.org.uk - World Masters Athletics Championships Indoor – Toruń 2023 wmaci2023.com

September 2023 the European Masters Champs -outdoor track and field plus- is being held in Pescara, Italy, details not released yet.

Club Sustainability

We are resuming the collection of used running shoes. Do you have old shoes that you no longer use, but that are still good enough as normal shoes or as trainers?

By donating them you will extend their useful life, and:

- help people in need
- reduce the number of new shoes that will be produced
- reduce the amount of stuff that we send to landfill or that we burn, producing noxious pollution
- reduce the energy and damaging emissions required to produce new shoes



A few recommendations when you buy new shoes:

- Choose brands and models that use more sustainable practices (e.g. recycled and more durable materials)
- Buy from shops that collect your used shoes for recycling or reusing
- Use your shoes as much as possible before retiring them
- When you don't want to use them any longer, please donate them

If you can, please bring your used shoes to the clubhouse on Wednesday nights and get in touch with me.

Andrea Ceccolini ceccolini@gmail.com

For the latest results, personal and club records, leaderboards and runners' stats, championships standings and awards, please go to:

app.dulwichrunners.org.uk

Now also available on iOS and Android. Search for "Dulwich Runners"

Feedback and requests Andrea Ceccolini
 Please check your profiles on [Power of 10](#) and [Parkrun](#) are properly configured, so your results can be included automatically in the [DR App](#).

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

Ola Balme is an experienced Sports Massage Therapist, Reflexologist (reflexology enhances wellbeing) and DR club runner.

For more details - 07506 554004

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.

London Marathon

Sunday 2 October 2022

Ebe Prill writes: Over 40,000 ran again in the iconic event that also led to the founding of our club in the 1980s. This time the field of Dulwich Runners making it to their various start lines and into their race waves was smaller than on previous occasions. 23 of us show in the results, still a sizeable number considering the difficulty of securing a place here, the rise of other popular marathons and the October date. A quick check on several other London clubs showed equally lower numbers. There were issues last year and to a larger extent at this year's race with congestion along the course mainly due to the somewhat uncoordinated start in waves that saw many quicker club runners having to get past miles of slower waves that had started ahead of them. Many commented on this in various social media running groups and I certainly noticed the difference even at my pace. Hope is that the organisers

will listen to the multitude of complaints and handle this better next year when London marathon goes back to its usual April date. It will also help that the Wanda Age Group World Championships that allegedly caused some of the seeding problems in the waves will next year take place at the Chicago marathon. In any case it would be a real shame if such a great event like London with its otherwise flawless handling, affordable entry fees and fantastic atmosphere along an inspiring course became less attractive to club runners. Conditions certainly played ball on race morning. The forecast had changed from rain and wind to fine weather, and it was cool enough to start with. The sun came out later on and a certain humidity meant that drinking regularly and early enough was important to keep the legs going.

Tim (l.) and Ben (r.) in step all the way

So, to the race itself:

Our first three in had brilliant runs. **Tim Bowen (02:32:56)** achieved a far better time compared to last year's London, only a few minutes off his PB here in 2019 of 2:28:53 when he had a much better build up. The Bowen mystery mix of determination, talent and digging deep past the pain barrier must be part of the secret to run this fast despite limited training. Helped no doubt this time by racing side by side from start to the finish with Ben. They achieved identical times in the results with Tim getting the nod on position (knowing him from track, he just had to:-)

Ben Howe (02:32:56) was himself not far off his PB of 2:29:42 from Seville in February this year and ran an almost identical time to last year's London marathon. Both he and Tim impressively also managed to speed up in the second half achieving negative splits by almost a minute.

Ed Gibson (02:37:35) ran a great PB in an evenly paced race, smashing his previous time of 2:44 and confirming his splendid form this year.

Shane Donlon (02:55:21) couldn't quite equal his performance at Boston (USA) in April but proudly added another sub3 to his race CV. He gave it a fair go in the first half at sub2:45 pace but suffered in the second and lost a good 11 minutes. Despite this he was very happy to have completed his first London and enjoyed the course.

Kev Chadwick (02:58:33) ran his third sub3, improving on his last London time in 2021 and very close to his PB from 2020 at Goodwood. Both he and Shane said they were affected by having to weave through slower traffic on the first half.

Grzegorz Galezia (03:00:47) ran very well with limited training and paced it to perfection, close to another sub3 that initially wasn't on his mind at all. Must have been very enjoyable indeed as his second half was the fourth fastest of all DRs, securing a slight negative split.

Daniel Mann (03:01:39) went roughly a minute better this year than last year at London despite losing around five minutes in the second half. He possibly targeted another sub3 and regrouped after expanding too much energy halfway.

Smashing his previous PB of 3:07 from Manchester in 2021 by more than 5 Minutes, mountain Ultra running hard man **Toby De Belder (03:02:21)** was on course for a first sub3 with the fifth fastest first half of all our runners but overcooked it a bit and lost a good 8 minutes in the second half. He still was chuffed with his



PB. Less than a month previous he had run the Jungfrau marathon in Switzerland with a relentless 2000m climb from start to finish in a great time of just under 4:30.

Dominic O'Sullivan (03:04:39) ran a steady well controlled race aiming mainly for a GfA place for 2023. He set out at sub3 pace but regrouped after the first 5k, and got the pacing right from there, finishing some minutes off his previous 2:55:30 marathon in 2021 at London.

First female finisher for Dulwich was our women's captain **Kay Sheedy (03:09:30)** who ran a strong race with a big PB, shaving 14 minutes off her previous best at Manchester marathon last year. She

paced it well, losing only a few minutes over the second half, which has fewer downhill sections and more turns.

Somehow, I seem to recollect that **Ryan Duncanson (03:10:41)** has run a marathon before but if so, I cannot find a record of it. So for this report it is his debut, at least at London. He sped up throughout the race (maybe stuck in traffic in the first half like quite a few of us) and ran the biggest negative split of all our finishers in a fine time.

Gower Tan (03:14:16) ran his second hard marathon in a week, this time for his charity in his costume dressed as a scientist (mad or otherwise) and amazingly broke that Guinness Book World Record by 5 minutes! Slower obviously than his PB of 3:01:51 achieved only 7 days earlier at Berlin, but not a shabby time at all, equal to his best time before 2022.

Ange Norris (03:20:03) initially wanted to mainly survive this marathon to live another day (or to next year's less interrupted training). So no plan to equal last year's stellar effort that saw her top W60 at London's Age Group World Championships. But the legs follow old habits, and she went at a nice sub3:20 pace for the first half, losing only a few minutes in the second. This time I started too far behind to work with her in the cheerful ding-dong battle we had during the last two London marathons and wouldn't have kept up with her pace in any case. She finished a fine race as 5th W60 overall.

Becca Schulleri (03:22:12) was third female DR in a time slightly better than her 3:22:28 achieved at Brighton in April. Very consistent over the year, she finished this marathon season with a nice PB! She mentioned on strava that she found her last 8k a struggle but enjoyed the crowds.

Rob Meadows (03:26:21) was one of the two DRs that came flying past me quite early in the race and who I then passed back closer to the finish. He possibly targeted a sub3:15 in his first marathon but lost over 16 minutes in the second half (walking in parts due to stitches and cramps he told me afterwards). He still managed to give me a cheerful nod when I came past despite what must have been tough last miles. He had started in his wave a good 5 minutes behind me so stayed ahead on chip time.

Ebe Prill (03:28:28): I had a steady race with an initial target of something around 3:35 to make sure of a GfA place for next year's London in April. To go sub 3:30 was a bonus given the uneven training and a persistent head cold the days before. After a bit of nerves, the legs settled in, and I almost started enjoying it

at that pace. Yes, it was more congested than I had ever experienced before, but I didn't feel too hurried to get past others and it probably helped to not go out too fast in the first half. After 15 miles there was more space on the road, and I was steadily passing other runners ahead of me. In the end I lost less than a minute in the second half (positively negative splits for me :-)) and was chuffed with my time, despite this being my slowest marathon to date. GfA in the bag and hoping for better training over winter.

Terence Baker (03:43:05) was the other DR that came past me soon after the start, weaving with many others from red wave 1 through the much slower runners ahead. If that cost him or if halfway at sub3:15 pace was too ambitious I cannot say, I suspect both. In any case he lost 29 minutes in the second half which indicates some tough final miles in his first marathon since London 2000 and a series of sub3 marathons going back 22 years and more. He finished bravely and happy, bringing his 1985 London marathon medal to the pub, where it was much admired.

Alex Haylett (03:47:14) had struggled with a cold all week and for that his race went well, evenly paced in a time just a few seconds outside his PB from London 2021.

Tommy Fernandez (04:04:53) ran his debut marathon from what I can see and ran the first half according to his form shown at the Big Half earlier in September. What went wrong in the second half I don't know, but he lost over 24 minutes. Nevertheless, every marathon is an achievement once you cross that finish line!

That goes in spades for **Steve Smythe (04:07:40)**, whom many of us know from his long service as coach for the club and his great marathon schedules and advice. He is happiest though as runner and fierce competitor, having a long and impressive race CV on Po10, that includes all London marathons bar one. And despite illness and injuries keeping him from training or racing properly over the past three years, he keeps completing the London marathon each year. This year he finished 45 min faster than last year but had to walk some parts after 25k. He ran the last two miles though, saying on strava

that he felt better after 26 miles than after 20! How he does it only he knows. Muscle memory. The grit and determination bit mentioned above. And his 47th consecutive year of marathoning. His PB from the first London Marathon in 1981 stands at 2:29:42 and he holds several of the age group club records for the distance, including his most recent one for M60s.

Des Crinion (04:17:09) most likely had the biggest suffer fest of us all, hobbling over the finish line with a stress fracture in his foot. That made his second half over an hour slower than his sub 3:10 paced first. If ever a wheelchair would have come handy on the way back... Recover and heal well Des!

Lewis Malpas (04:20:17) and **Huw Russell (04:24:54)** both ran their first marathon, and both lost quite a chunk of time during the second half in the baptism of leaden legs that this distance holds in store for its aficionados. I hope it won't put them off. Huw at least expressed the desire for more next year.

And finally **Ben Smith (05:28:28)** volunteered last minute as pacer in one of the remarkable stories characteristic for this marathon. A former political prisoner from Iran had dreamt about running a marathon if he ever got out of the brutal Evin prison and when his son, with whom he had planned to run it for Amnesty International, was forced to pull out with Covid, Ben (who has a PB of 2:49:34 from Dorney last year) stepped in and ran with him to the finish. A dream achieved in what must have been an amazing and uplifting marathon.



Rob Fawn supporting in every respect !

So, mostly happy experiences and everyone loved the great support along the way, thank you to all DRs cheering us on and volunteering at the event! (full results on following page)

114. (114th M, 88th M18-39) Tim Bowen 02:32:56 (1st Half 01:16:53, 2nd Half 01:16:03, -00:50 split)
115. (115th M, 89th M18-39) Ben Howe 02:32:56 (1st Half 01:16:53, 2nd Half 01:16:03, -00:50)
234. (232nd M, 154th M18-39) Ed Gibson 02:37:35 (1st Half 01:18:34, 2nd Half 01:19:01, +00:27) PB
1259. (1193rd M, 632nd M18-39) Shane Donlon 02:55:21 (1st Half 01:22:02, 2nd Half 01:33:19, +11:17)
1674. (1579th M, 377th M40-44) Kev Chadwick 02:58:33 (1st Half 01:27:46, 2nd Half 01:30:47, +03:01)
1939. (1823rd M, 150th M50-54) Grzegorz Galezia 03:00:47 (1st Half 01:30:29, 2nd Half 01:30:18, -00:11)
2027. (1898th M, 451st M40-44) Daniel Mann 03:01:39 (1st Half 01:28:16, 2nd Half 01:33:23, +05:07)
2071. (1939th M, 459th M40-44) Toby De Belder 03:02:21 (1st Half 01:26:53, 2nd Half 01:35:28, +08:38) PB
2308. (2137th M, 360th M45-49) Dominic O'Sullivan 03:04:39 (1st Half 01:31:45, 2nd Half 01:32:54, +01:09)
2768. (248th W, 147th W18-39) Kay Sheedy 03:09:30 (1st Half 01:33:02, 2nd Half 01:36:28, +03:26) PB
2911. (2630th M, 1183rd M18-39) Ryan Duncanson 03:10:41 (1st Half 01:37:20, 2nd Half 01:33:21, -03:59)
3293. (2928th M, 319th M50-54) Gower Tan 03:14:16 (1st Half 01:35:12, 2nd Half 01:39:04, +03:52) GBWR
4068. (521st W, 5th W60-64) Ange Norris 03:20:03 (1st Half 01:38:27, 2nd Half 01:41:36, +03:09)
4349. (593rd W, 311th W18-39) Becca Schulleri 03:22:12 (1st Half 01:39:11, 2nd Half 01:43:01, +03:50) PB
5009. (4216th M, 867th M40-44) Rob Meadows 03:26:21 (1st Half 01:34:58, 2nd Half 01:51:15, +16:17)
5408. (4525th M, 93rd M60-64) Ebe Prill 03:28:28 (1st Half 01:43:46, 2nd Half 01:44:42, +00:56)
8310. (6566th M, 343rd M55-59) Terence Baker 03:43:05 (1st Half 01:37:01, 2nd Half 02:06:04, +29:03)
9246. (7196th M, 1367th M40-44) Alex Haylett 03:47:14 (1st Half 01:52:26, 2nd Half 01:54:48, +02:22)
13936. (10319th M, 4693rd M18-39) Tommy Fernandez 04:04:53 (1st Half 01:50:18, 2nd Half 02:14:35, +24:17)
14575. (10702nd M, 289th M60-64) Steve Smythe 04:07:40 (1st Half 01:49:22, 2nd Half 02:18:18, +28:56)
16863. (12107th M, 5485th M18-39) Des Crinion 04:17:09 (1st Half 01:34:30, 2nd Half 02:42:39, +68:09)
17626. (12584th M, 5685th M18-39) Lewis Malpas 04:20:17 (1st Half 01:52:22, 2nd Half 02:27:55, +35:33)
18802. (13307th M, 2309th M40-44) Huw Russell 04:24:54 (1st Half 01:57:44, 2nd Half 02:27:10, +29:26)
32540. (20598th M, 3387th M40-44) Ben Smith 05:28:28 (1st Half 02:33:41, 2nd Half 02:54:47, +21:06)

Tonbridge 1/2M

Sunday 9th October

A 10.00am race start allowed me time to get down to Tonbridge by train, which was up and running ok following the previous day's strike.

A beautiful dry sunny day with race HQ at The Judd School, five minutes' walk from the station.

The roads were closed to traffic however, there was a cycling event the same morning sharing several stretches of road with the run. Although the race organisers weren't too impressed with Kent County Council about this, the runners kept to the left and the cyclists to the right which seemed to work out fine.

The route took us out of Tonbridge to the village of Leigh (pronounced lie by the locals) then looped through the fields and woods back again to Leigh before heading back into town for

the finish. It was lovely countryside with the leaves beginning to turn but it was hilly. Some big, some small and plenty of them. I had done this event last year and hadn't had a good run. I was in a much better place this year, and knew what to expect, but I still found it a toughie. I was a couple of minutes slower than my Big Half time last month which, considering the course (and having recently moved up an age bracket), I was very pleased with.

There was some good support out on the route with jelly babies, biscuits and oranges being offered by spectators plus four water stations.

More water, jaffa cakes and a chunky medal at the finish. Overall a good event with plenty of loos, a well-staffed baggage drop and the option of signing up on the day itself. Lunch with my Aunt, who lives locally, and a decent flat white at the station rounded it off nicely.

1st home 1.15.16
48th Justin Siderfin 1.31.56 (chip)
548 ran

Langdale Horseshoe Fell Race

14 miles (21 km) 4750 ft (1450 m)

Rocks around the clock or Mud sweat and pies

It was dark. It was raining. It was the Lake District. Three intrepid, or just plain silly DRs were putting up tents in the Langdale NHS campsite after exhausting journeys from London. Not a great start, but a few pints of Loweswater Gold in the Old Dungeon Ghyll bar seemed to make everything ok. We were there for the final counter in the English Fell Championships, although only Alex would have done the requisite four races to qualify.

I had done the race once before in 2017. The weather then was dreadful, and I had blown up on the last hill. This time the weather was much kinder – sunshine, showers but good visibility. However, the conditions under foot were as demanding as ever, of which more later.



The start was next to the ODG. We had the introductory notices through a loud hailer, mainly telling us to only take one pie at the finish and did everyone have their dibber? This latter announcement produced a howl from the back of the field from the runner who had left his somewhere! Then we were off. With over 400 runners (huge numbers for a fell race), the start was a slow affair (unless you were at the front) as we crowded through a farmyard and onto a narrow path to the foot of the first climb up Stickle Ghyll.

The course goes in an anti-clockwise direction round the head of Langdale, so the first climb was up towards Pavey Ark. At this early stage, Mark and I were together, but I got a few places ahead of him in the queue up the steep narrow path to Sickle Tarn (CP1) where I fell in my first bog! From the tarn we scrambled up to the right of Pavey Ark; our hands contributing as much to progress as our feet. Once at the top there was an easy jog up to CP2 on Thurnacar Knott. From here the fun started.

There was a fast grassy descent, great running, over Martcrag Moor. But the moor has some man-swallowing bogs and the trick was not to fall in. Alex, Mark and I managed to avoid that, though not everyone was so lucky. After that we

followed a steep narrow trod past Angle tarn to Esk Hause (CP3). At this point Alex was a couple of hundred places ahead of us, having a blindingly good run. Mark had me in view but was starting to suffer from cramp and we were about to start the most challenging part of the course. This begins with a travers under Esk Pike across very steep, slippery rock and grass (mainly rocks!). I remembered it well from five years ago, but despite similar conditions under foot, found it not too bad.

The course then climbed up to Bowfell, CP4, (at 2960ft the fifth highest Lakeland summit). This was mostly a scramble over boulder fields where I seemed to be specialising in taking the worst lines. However, the summit was eventually reached and after an awkward scramble down we started to run down the steep descent to Three Tarns. I remembered finding this very difficult last time and although I was coping better, morale was not helped by passing an injured runner receiving attention and hearing a walker being given instructions: "Tell the marshal we have got an injured runner with a head wound." (He got down OK; I saw him at the finish with his head swathed in bandages.) But it was a reminder if we needed, it that this is not exactly a safe sport.

I was now heading for the penultimate summit, Crinkle Crag. There are five summits ("Crinkles") and we heading for the fourth and highest which involved a long traverse, mainly on grass round the north side. Once on the top a decision had to be made. To go straight on meant negotiating the "Bad Step", a ten foot vertical rock wall. The longer alternative is a rough steep narrow path round the summit. I opted for this and while I might not have gained many places, I avoided a

very hairy scramble.

We now hit the best bit. A fast gentle downhill run on easy grass with the sun shining on the last peak, Pike O'Blisco. As we started the climb a young lad I had been running with suddenly screamed as his leg seized with cramp. Immediately one of my thighs cramped up in sympathy. I administered some salt squash mixture and iBuleve to both of us and carried on. Fortunately, I had no more cramp problems and was encouraged as I still had gas in the tank and was climbing strongly overtaking another runner. However, once at the top I found negotiating the rocky descent off the summit difficult. I felt in good shape and was trying to speed up to beat my 2017 time but managed to trip descending a small rocky step and land face first a few feet lower. For a moment I was stunned, but a quick check revealed nothing broken (apart from my pride) and no obvious blood; just a face covered in mud.

I was pretty much on my own but could see other runners a few hundred yards ahead. This was the business end of the race, where last time I had nothing left. Now I felt strong and despite the fall was able to run fast and gained four places by the last checkpoint. Then there was just a half mile dash to the finish. A sprint along the last 200 yards of road was planned, but when I pressed the accelerator, nothing happened and to cheers from Alex, I staggered to the finish.

Alex had had his best run of the summer, and said he was nearly in tears on the final run in, such was the joy of running fast in the mountains. We then waited, with slight anxiety, for Mark who eventually appeared, having battled against cramp for much of the second half but was delighted to have done it.

I was very pleased to finish three minutes quicker than five years ago. Unless you are competing to win, for most of us fell running is about a battle between you and the mountain. This time I felt that I had won.

1. Matthew Elkington	2.02.18
125 Alex Loftus	2.50.39
340 Hugh Balfour	3.41.02 (5M65) (2017 3.44.09)
395 Mark Foster	4.13.35
405 finished	16 DNF

Mark adds: Langdale valley has always held a particular pull for me. Having walked it as a child with my Dad and bunked off sixth form and hitched to the old Dungeon Ghyll many moons ago (what a night that was) I have returned often across the last 50 odd years. This year waking up and being able to see the ark of hills on a perfect day made me confident of a good day of hard running.

After having got over the slight hitch of not having any shorts (with the trusty Pete Bland shop on hand) I tucked into my new secret weapon of a bag of crisps at the start. Alex set off well and had an amazing run. I kept Hugh in sight up Pavey Ark a sharp climb, tussling for places trying to find the the best line. I felt like I was

Alex adds: There must be several different criteria for the ideal fell race but I'm sure the Langdale Horseshoe meets all of them. Running it as the last in the English Fellrunning Champs, on a day with perfect visibility, and with Dulwich teammates Mark and Hugh made it all the more outstanding. Although I've run many of these fells before, I had little idea of what to expect on the day, nor of how long it might take. Hugh is normally a good judge of these things and suggested aiming for under 3 hours.

For once, I managed to get off to a good start, not getting caught in the bottleneck of gates and stiles that tend to mark the first section of each race. The better start meant I was in a good place for the tough ascent up Stickle Ghyll, and a bracing river crossing, before the steeper climb up to Pavey Ark. The gradient levels off a bit up to Thunacar Knott and from there, I braced myself for the usual thunder of

flying and beyond some sapping losses of momentum sucking into glue like bogs (to be expected in this part) all was well on the decent to Angle tarn. I saw Hugh pulling away on the ascent up the Hause on a great run for him, and I engaged the traverse below Esk Pike.

Here I got the first on my cramps pulling up a rocky section. Initially thinking they would pass after a drink and some foods they came back with increasing frequency and I nursed myself round the rest of the route. I had some great support from my fellow runners including a nicely wrapped peanut butter sandwich. I judiciously avoided the big step on Crinkle Grags and desperately laboured up Pike O Blisco, as Alex says, a real sting in the tail. I jogged

runners passing me; but there weren't quite as many as usual. This seemed to bode well. Over Martcrag Moor, a couple of runners sank up to their waists but hauled themselves out for the next ascent up to Esk Hause. I wasn't really prepared for the technical traverse that followed on from this col. Little craggy sections are linked by an exposed, narrow runners' trod. Falling would be disastrous. Taking the wrong line, equally, could leave you isolated and unable to retreat. Billy Proctor, one of the Lakeland greats now in the V65 category, had passed me earlier so I traced his line, sticking just behind him up to Bowfell, where Langdale opened up below.

The descent from Bowfell is hard work, with boulder fields that seem to go on for some way, before another ascending traverse up to Crinkle Crag. As Hugh writes, after the initial descent from or around "the bad step", the running is near-perfect down to Red Tarn with the

home from there though I did try and increase my pace at the end to prevent being overtaken only for the cramp to overcome me juddering to a halt 20 odd metres from the line (thanks for the slightly bewildered support from Alex and Hugh). I walked from there.

I worried about the pies running out but strict (scary) policing kept one back and I even got a bottle of wine as a new entrant.

Within 30 minutes of finishing I moved from I'm never bloody doing that again to its one of the best things I have ever done, and I cannot wait for next year (Though with better drinks and some salt...) Great to do it with Alex and Hugh too.

gradient, terrain and surface all a runner's dream. Pike O' Blisco – the sharpest climb on the whole run – was a bit of a sting in the tail afterwards but, after negotiating a few initial boulder fields, the descent from this final summit seemed to combine all that is so amazing about fellrunning. I'd checked my watch at the top and Hugh's sub-3 challenge still seemed to be in sight: for once, the descending all clicked. I found myself racing along the twists and turns of the runners' trod, jumping the stream crossings, and then even found a little bit of a kick for the final descent. Emotions all got a bit much for me at this point, as the beauty of Langdale combined with the sheer joy of moving well over difficult terrain. But I don't think you're supposed to cry on a fell race, so I ran on to the finish (2 hours 50 minutes) to cheer Hugh and Mark over the line. Pies and good conversation ended a really wonderful day.



Mark - Hugh - Alex

Ultra London

Mike Beadle writes: It's not often I feel that other people might be interested to read about one of my runs but then again it's not often I manage to complete 55k so here we all are.

Filled with hubris after managing the Downs Link in spring with a friend and his border collie, I entered the Ultra London on Saturday 8th October. In its second year, this race follows the meandering course of the Capital Ring from Woolwich to Richmond through just about every wood, common and park in South London, its course zigging and zagging in a reflection of the chaotic route of the South Circular itself.

I was unable to persuade other DRs to join me as some were still tired after the London Marathon the previous weekend, while others preferred the glamour of the Royal Parks Half to dragging themselves to the Woolwich Ferry at 7am; Lee even bought a house in Cornwall to avoid it.

But they missed out: on a bright sunny day, this was a superb run, taking in so many beautiful and unfamiliar parts of south London, as well as some old favourites. It was also brilliantly organised, with clear signs and regular confidence ribbons meaning that I had to be particularly obtuse to manage to get lost. Three well-spaced food stops stocked with fruit and



cakes fuelled me to the end at Richmond Green, after which I staggered to the Sun Inn. And of course, I made some friends among the 300 runners along the way, though the quality of my smalltalk dropped significantly after 45k.

Highlights included the steep climb in Oxleas Wood by Shooters Hill, Severndroog Castle, Eltham Palace's moats in the mist, dodging the ParkRun in Beckenham Place, the spectacular mansion at Norwood Grove (never knew it was there), Wimbledon Park Lake – I was so tired and thirsty at this point

that I very nearly dived in. Richmond Park was glorious as ever, though definitely much larger and more uphill than I remembered. The final stretch from Petersham along the river was sufficiently showy that I barely remembered that my legs wanted to fall off.

The lowlights were up and over the many railway lines and the never-ending transition from Tooting Bec Common to Wimbledon Park, particularly Magdalen

Road appropriately next to Wandsworth Prison. But getting stuck into the windmill and woods of Wimbledon Common more made up for this.

The numbers: 55k, about 600m climb, 298 participants (including some walkers); I finished it in 5hrs 24min and was 39th; £80 to enter.

All in all, highly recommended.

Crystal Palace Canter

4 October

Mike Mann writes: There was a good turnout for this month's first Tuesday of the month event with Dulwich Runners accounting for 10 out of the 14 runners taking part. The 5k course is similar to the one used in the recent SEAA relays but runs in the opposite direction and omits the irritating loop of the car park as well the circuit of the track. Mike Mann

Dave West adds: In near perfect conditions, 15 runners cantered

off for this monthly low-key 5km over two, hilly laps of Crystal Palace Park with one DNF. Whilst a number of recent regulars had other plans, we were joined by Toby Irvine for the first time. Thanks to Claire Steward and Bob Bell, who officiated.

		Halfway	5km
2nd,	Mark Foster.	10:43"	21'-53"
3rd.	Toby Irvine.	10:55"	23'-02"
4th.	Neville Webb.	11:35"	23'-39"
5th.	Mike Mann.	11:52"	24'-15"
6th.	Jo Quantrill	12:08"	24'-50"
7th.	Dave West	12:18"	25:17"
10th.	Paul Keating	13:58"	28'-42"
11th.	Claire Wyngard	15:08"	30':22"
12th.	Mike Dodds	15:08"	30'-23"
13th.	Barry Graham	17:10"	32':57"

East Surrey League

9 October

Competing for Vets AC in this low key event, we encountered a very different Lloyd Park from normal with warm sunshine and a firm course in contrast to the usual mid winter quagmire with horizontal rain that many of us know and hate. As a result the course was a little faster than normal. The event was well organised by Croydon Harriers with the numerous tree roots over the standard 5 mile course marked with brightly coloured orange paint.

I went off a bit too fast but managed to rein back my pace in time and was pleasantly surprised to complete the first lap in under 20 minutes. Maintaining my pace in the second lap I managed to finish in sub 40 minutes, which is not too much slower than my current 5k road pace, so job done in one my best races this year. The recent Tuesday evening hill sessions coupled with regular training on the grass undoubtedly helped. Dave West was next back holding things together well, followed by Gary Budinger, just back from Spain who used his momentum on the descents and managed to avoid his favourite trick on this course of running headlong into a tree. Mike Mann

Mike Mann 39:47
Dave West 42:47
Gary Budinger 45:01

Petts Wood 10K

Sunday 9th October

This is a fantastically well organised 10k put on each October by Petts Wood Runners. It attracts a large crowd of local runners (746 finishers this year), a number of whom seem to return annually. The 2022 edition featured three Dulwich Runners - me (Andy Bond), Martin Kelsen and Steve Kendall. Steve's mother-in-law lives just a few mins from the start so he runs most years.

The race hub is in Willetts Recreation Ground which is a 5 minute walk from Petts Wood station. This year we were blessed with a gloriously sunny autumnal morning which enabled us to bask in the warmth after collecting race numbers and dropping off bags. There was a range of shoes on show including an old pair of Vibram 5 Fingers which I wouldn't fancy wearing on some of the stony paths. As it was dry, I opted for an old pair of the original Vaporflys. Initially there were fears that the start would be significantly delayed as a lot of people arrived at the last minute to collect numbers, especially those with surnames beginning A - E (not guilty here as I had mistimed my arrival and was far too early!) but those on the desk were incredibly efficient and we were just a few minutes late starting.

The route is a slightly challenging but enjoyable mixture of parkland, woodland and road, beginning with a loop of the Recreation Ground during which we were cheered on by the many supporters. There are also about a million marshals so you can't go wrong - except I did at one point and had to quickly double back! After leaving the rec we headed out on to the roads for 2km before running through Jubilee Country Park, exiting on to a track towards Pond Wood. We followed a narrow, hilly path along the outskirts of the wood which was lined with homemade motivational signs (so motivational that sadly I can't remember what any of them said despite their humour

bringing a smile to my face!) At the summit of the path there was a 200 metre section across grass before a sharp right into the gravelly Botany Lane, which marked the halfway point. We then worked our way towards Petts Wood itself and the next 2.5km were spent on the undulating woodland trails. At the 8km mark there was a loud band (maybe just one person with a guitar - can't be sure!) and a rowdy crowd cheering us on ('Raucous' according to Martin). After leaving the woods it was back on to the roads for the final 1.5km before finishing back in the Recreation Ground.

I managed to finish first having run the first couple of kms with Graeme Lugar and Dave Adams from Blackheath. After taking the wrong turning at 3km I kicked on and opened up a little gap which I was able to maintain to the end. This was mainly due to the fact that they had both run London Marathon the weekend before!

On very little training, Steve was very pleased to finish 4th in a time not too far off previous performances and he was almost 40 seconds ahead of the 5th finisher.

Martin started conservatively then upped the pace on the early road sections. Taking the first hills steady paid off and he was able to finish strongly in 109th (4th M60).

After collecting medals, water, bags etc we grabbed a couple of chairs and sat in the sun with home made cakes from one of the stalls and an excellent local ale served by a local micropub, Oneinthewood. All in all this an excellent event which we all agreed we'd participate in again.

Andy Bond

746 ran

1st	Andy Bond	35:06
4th	Steve Kendall	37:30
108th	Martin Kelsen	46:09



Martin Steve Andy



To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club. Only the results of current members will be shown....If you are no longer a member please remove DR as your club from your parkrun profile.

Banstead Woods

187 Ran
Pos Gen
8 7 Tony Tuohy 20:18

Bromley

435 Ran
Pos Gen
267 203 Peter Jackson 29:21

Frimley Lodge

433 Ran
Pos Gen
58 4 Michelle Lennon 22:18

Brockwell

281 Ran
Pos Gen
3 2 Jon Phillips 17:17
27 23 John Kazantzis 20:31
66 6 Catherine Buglass 22:31
244 130 Desmond Edwards 31:16

Beckenham Place

264 Ran
Pos Gen
1 1 Andy Bond 18:09
104 85 Dave West 26:17

Bath Skyline

271 Ran
Pos Gen
78 12 Katie Prior 25:07

Highbury Fields

378 Ran
Pos Gen
70 4 Harriet Roddy 22:19

Royal Tunbridge Wells

266 Ran
Pos Gen
32 26 Lloyd Collier 22:10
150 36 Susan Cooper 30:07

Crystal Palace

306 Ran
Pos Gen
1 1 Hugh Stobart 17:33
37 3 Laura Denison 22:33
76 8 Belinda Cottrill 24:39

263 143 Bob Bell 35:31

South Norwood

143 Ran
Pos Gen
1 1 Adam Teszke 17:28
30 24 David Benyon 23:35
40 4 Carys Morgan 24:39
50 7 Emma Benyon 25:31
60 9 Eleanor Simmons 26:29

Mile End

321 Ran
Pos Gen
209 137 Paul Keating 28:33

Dulwich

457 Ran
Pos Gen
1 1 Joe Wood 16:50
11 9 Rob Hollands 18:00
12 10 James Blackwood 18:02
31 27 Rob Fawn 19:17
49 44 Chris Cooper 19:59
64 56 Hugh French 21:06
72 5 Alice Williams 21:18
73 63 Robert Tokarski 21:19
74 64 Grzegorz Galezia 21:19
79 7 Clare Norris 21:33
83 70 James Brown 21:40
85 72 Gower Tan 21:41
89 75 Ryan Duncanson 21:49
106 86 Rupert Winlaw 22:09
136 19 Christiana Campbell 23:06
144 110 Austin Laylee 23:18
145 111 Graham Laylee 23:18
227 158 Chris Lawrence 25:21
239 167 Sum Mattu 25:45

Gladstone

230 Ran
Pos Gen
81 16 Becca Schulleri 26:05

Burgess

623 Ran
Pos Gen
37 32 Charles Lound 19:38
54 47 Will Lawn 20:18
72 63 Martin Kelsen 21:07
225 176 James Gordon 24:56
370 96 Shoko Okamura 28:16
391 257 Andy Murray 28:48

458 148 Stephanie Burchill 30:17
612 252 Susan Vernon 59:32

Osterley

249 Ran
Pos Gen
65 53 Barrie John Nicholls 25:32
71 13 Lindsey Annable 25:40

Springburn , Glasgow

98 Ran
Pos Gen
49 42 Jonny Hough 26:34

Peckham Rye

271 Ran
Pos Gen
6 5 Tom Shakhli 18:52
15 14 Mark Callaghan 20:28
35 31 Dan Hill 21:50
93 74 Wander Rutgers 24:39

Hastings

278 Ran
Pos Gen
24 24 Nicholas Brown 21:33

Tooting Common

582 Ran
Pos Gen
13 12 Tommaso Bendoni 19:09

Hasenheide

146 Ran
Pos Gen
109 79 Sam Jenkins 29:44

Catford

156 Ran
Pos Gen
62 14 Josephine Mottram-Epson 25:35

Blyth Links

196 Ran
Pos Gen
66 54 Michael Dodds 26:29

Charlton

190 Ran
Pos Gen
61 52 Stephen Smythe 24:42

DULWICH RUNNERS KIT

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

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



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



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

Socks only £5



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

! Available now!
Women's "Racer Back"
vests - £25

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



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 6

All routes go anti-clockwise



	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

10.4 M / 16.8 km - 189m gain

7.4 M / 11.4 km - 151m gain

5.5 M / 8.8 km - 105m gain

