SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 20th March 2013

These are your SHORTS,
Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk

- THE COMING WEEK –

Wed 20 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 23 **Parkruns – Free to enter,various locations 9am start**

Tue 26 **Track sessions with Steve Smythe**
Ladywell track http://goo.gl/maps/92zNw
Start 7:15pm, fee £2:60 pay at reception on entry. **Fusion Gym members entry is free**

In your *SHORTS* this week !

3 Fixtures list Cross Country, Club champs etc
4 Marathon Training Program
5 Race reports etc
8 Wednesday night running map

And much more !

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

DULWICH TRACK SESSIONS

Improve your speed & strength over all distances. Tuesdays with Steve Smythe are suitable for all abilities.

Tuesday track sessions are now in full swing at Ladywell. http://goo.gl/maps/92zNw
Around 20-30 club members attend these over a wide range of speeds. The sessions are between 7.15pm and 8pm and members should aim to get there to warm up at around 7pm
If you are a Fusion Gym member then entry is free , all others £2.55 pay at reception

---------- *EVENT HORIZON* ---------

A brief look ahead

Apr 18 Beckenham assembly league
** Assembly League race at Beckenham has been put back put back to Thursday 18 April.
Apr 21 London Marathon

full fixture list page 3

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - Ros

NEW RUNNERS ROTA

Many thanks to **Ameet Patel** for taking out new runners last week.
If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know as early in advance as possible . Thanks. – **Ros**

Jozef Danko	**20/03**
Giles Gibson	27/034
Jo Hewett	03/04
Roy Hibberd	10/04
Paul Hilton	17/04

ROS WINS EUROPEAN W60 GOLD
CLARE WINS BRITISH W45 TITLE
SHONA WINS FINCHLEY 20 IN CLUB RECORD
Reports in your SHORTS !

Birthday

As some will know, it was my 60th birthday on 17 March. I am currently away in San Sebastian, mainly watching Ros, Tony and Mike at European Vets indoors (starting with 3000m on Tu 19th) but am competing in my new age group in the cross country on Sunday.

When I get back please join me in celebrating my birthday at the Edward Alleyn Club, Wed 27 March after the run - I will buy a drink for all there. ***Andy Murray***

CLUB CHAMPS UPDATE

Dates have now been finalized for the 1 and 2 mile races this summer.
The 2 miles will take place at Dulwich Park on Thursday 20 June, while the Mark Hayes 1 mile will be held at Dulwich College Track on Friday 12 July

SPRING RELAYS

We have now entered a team for the Welsh Castles Relay taking place on 8/9 June, but we still need additional participants as cover for injuries etc.

Although there are several tough mountain stages, many of the stages are relatively flat or even downhill and you only have to run once over the weekend. It is highly enjoyable social, as well as running, occasion, but for those hard pressed for time, it is not essential to spend the entire weekend in Wales, and some of the late Sunday stages can be done as a day trip from London.

At present one team of 11 is entered for the Green Belt Relay, taking place on 11/12 May but would like to enter a second team if more come forward.

Mike Mann

Sports Massage

Patrick O'connor writes…… You may know that I am a member at Breeze Yoga BreezeYoga@sut5.co.uk and receive their regular newsletters and offers.

Some of our club runners use the Sports Massage services of Nick Murrell but they may not know that he is offering a 20% discount on 1 hour massages in March / April to all Marathon runners.

I do not know if this is restricted to Breeze or if it is available to all his customers but the reduction may tip some people to go and get that treatment that helps them get round on the day

LUCKY VEST

March winner was **Sue Cooper** Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

new mens and womens vests and T- shirts,

Hoodies	**£15 each**
Vests	**£18 each**
T- shirts short sleeved	**£20 each**
T- " long sleeved T's	**£22 each**
Waterproof Jackets	**£25 each**

Available Wednesdays at the club – Ros

Wednesday Night Map

On page 8 in SHORTS is the map for this weeks Wednesday night runs. Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

ASSEMBLY LEAGUE 2013

This year's series of Assembly League races begins in April. For those new to the club, this is a series of 6 races of roughly 5k in distance open to all members free of charge.

The races are normally held on the first Thursday of the month from April to September, starting at 7.15pm.

The races at Dulwich Park and Battersea Park are both 5k in length, while those at Beckenham are shorter at around 4.5k and at Victoria Park longer at 5.5k.

18 April	Beckenham **note changed date**
2 May	Victoria Park, Hackney
6 June	Dulwich Park (also our 5k club champs)
4 July	Battersea Park
1 August	Victoria Park
5 September	Beckenham

Further information on venues and times will be provided nearer the time. ***Mike Mann***

DULWICH RUNNERS CLUB CHAMPS 2013

Races still to come in this year's club championships.

- 21 April — London marathon (or alternative)
- 6 June — Assembly League 5k, Dulwich Park
- 20 or 27 June — 2 Miles, Dulwich Park
- 12 or 19 July — 1 Mile, Dulwich College Track
- 1 September — Lingfield (Dry Hill) 10
- 5 October — Trail race, Lloyd Park parkrun

The usual rules apply with the 8 races split into long and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.

4 races to qualify, including at least one from each of the 2 distance categories. Please register early for the Chichester 10k to avoid disappointment.

Mike Mann *(on behalf of ADSC).*

If you want to relive that promotion

winning climax to the Surrey League at Wimbledon Common and see Roz trying to keep the peace at the finish, have a look this!
www.croydonharriers.com/Video%20Gallery/?gallery=72

Duncan Hussey

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.
Arrives around 9.
Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating…join in ! - **Ros**

DULWICH RUNNERS 2013 FIXTURES

Assembly league races are free and open to all club members and no advance entry is needed, just turn up and run. Details will be posted nearer race dates

Date		Race		Venue
Apr	18	Beckenham Assembly League **note changed date**		Beckenham Sports Club, Foxgrove Rd
	21	London marathon (or alternative)	L	London
May	2	Victoria Park Assembly League		Victoria Park, Hackney
Jun	6	Dulwich Assembly League 5k (club champs)	S	Dulwich Park
	20	2 Miles club champs race	S	Dulwich Park
Jul	4	Battersea Park Assembly League		Battersea Park
	12	1 Mile club champs race	S	Dulwich College Track
Aug	1	Victoria Park Assembly League		Victoria Park, Hackney
Sep	1	Lingfield (Dry Hill) 10	L	Lingfield (Dry Hill)
	5	Beckenham Assembly League		Beckenham Sports Club, Foxgrove Rd
Oct	5	Trail race, Lloyd Park parkrun	S	Lloyd Park

Surrey and Sussex Track & Field Masters Championships 2013 Held under UKA & WMA Rules for competition
1st June 2013 Ewell Court (King George's Recreation Ground), Poole Road, Epsom KT19 9RY
The entry for the Surrey, Sussex and Open Masters Championships is now open. Entry via online only at: https://www.jctsportssolutions.com/event-booking/event.php?id=14
Awards:
Surrey County Medals for 1st, 2nd and 3rd (5 year age groups).
Sussex County Medals for 1st, 2nd and 3rd (5 year age groups) subject to achieving the standard, details available on the Sussex Athletics Association website.
Entry: To enter a Surrey County Championship you must possess a current Surrey qualification. Details of the UKA rules regarding County qualification can be found at www.surreyathletics.org.uk/qualification where there is also a definition of what constitutes the county of Surrey for this purpose. ↗

To enter a County Championship you must not have competed in another county's championship nor have represented another county in inter-county competition during the current competition year which commenced on 1st October 2012.
Athletes from other Counties can enter as guests.
Events: 100m, 200m, 400, 800m, 1500m, 3K walk, 5k, 300mH, 400mH, HJ, LJ, PV, HT, DT, JT, SP, and H/Hammer.
Booking closes midnight 10th May 2013 - no late entries.
The timetable will be sent to all entrants after the closing date and will be posted on the Surrey CAA website.
£5 per event plus 5.4% Paypal booking fee (regardless of number of events entered).

Helpline number: 07968 131 577 up to 9pm

Masters Fixtures

These are the main British Masters fixtures. The main club event will be the BMAF Road Relay Championships, where we have done well in recent years.

There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too.

Mar 16	BMAF Champs.	Sunderland
May 18	BMAF Road Relay Champs.	Sutton Park
Jun 16	BMAF 5km road Champs.	Horwich
Jun 23	BMAF 10k track women's Champs.	Oxford
Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 14/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs.	Porte Allegre, Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

Kent Grand Prix and Surrey Road Leagues

As well as the races we select for the Club Championships and the Assembly League races, listed elsewhere in Shorts, we also take part in the Kent Grand Prix and Surrey Road Leagues.
Some of these are designated County Championship races for the given distance, for runners that are suitably qualified. In addition, all runners can accumulate points over the season to compete in the league by age category.
For more details see the following links:
Kent Athletics:http://www.kcaa.org.uk/road%20races.htm
Surrey Athletics:http://www.surreyathletics.org.uk/road/league
Charlie Lound

Kent Grand Prix		Surrey Road League	
7 Apr	Paddock Wood 1/2M	5 May	Richmond 1/2M
14 Apr	Darenth Valley 10k	12 May	Sutton 10km
tbc	Beckenham 10k	2 Jun	Dorking 10 miles
tbc	Mount Ephraim 10k	23 Jun	Richmond 10km
tbc	Kent Coastal Marathon	13 Jul	Elmore 7 miles
tbc	Tonbridge 1/2M	21 Jul	Elmbridge 10km
tbc	Sittingbourne 10m	11 Aug	Wimbledon 5km

BRITISH BUPA 10Km

May is going to be a busy month again this year with plenty of club events and relays.
For those aged 35 to 60, who are are amongst the best in their age group in Dulwich, it is hoped that they will be available for the British Masters Road Relays at Sutton Park on May 18.
For all ages, On Monday May 27, Dulwich have been invited to take part in the National 10km Championships at the BUPA British 10k in Central London which the women won a significant amount of money last year.
There are six free places available for men and six for women
At the moment the six fastest men in 2013 are Buzz 32:33, Tony 34:31, Dave B 36:56, Neville 37:43, Rupert 37:51, Wayne L has a 35 time fromlast year and subject to fitness would be in the team ↗

Next in line: Steve S 37:58, Ebe 38:11, Chris T 39:21, Rob C 39:20 (Chris beat him on gun time), James B 39:32
No road times yet for: Alastair L, Duncan H, Paul D etc Shona isn't available (on honeymoon!)
The six fastest available women are Clare Elms 36:14, Catherine Lee 37:17, Charlie Wood 37:43, Mel Edwards 40:27, Kim Hainsworth 40:33, Ola Balme 40:43
Next in line: Nicola Richmond 42:54, Anna Thomas 44:17
No road times yets for Elkie Thorndyke, Andrea Pickup, Cara Oliver, Emily Gelder, Ros Tabor, Angie Norris etc
Please contact stevesmythe2006@yahoo.com to confirm your availability.↗

BUPA Westminster Mile

The organisers of the 10km above have asked the club to publicise details of the BUPA Westminster Mile which will be held the day before on Sunday May 26.

They are planning 50 different races on a road course from the Mall to Buckingham Palace, and the event will contain the first ever British age group Mile Championships and should be a fun event, and possibly even a good warm up for the 10km.http://www.bupawestminstermile.co.uk/

British Masters Relays, Sutton Park, May 18

At present we look like we could potentially be fielding 6 different teams and most would have medal potential based on our strongest squads: the M35-44 led by Buzz, where we need 8 (but may need some older runners), the M45-54s led by Tony and Charlie, where we need 6, The M55s where we need 4 and have 8 potential runners, the W35s where we need 4 led by Emily Gelder, the W45s where we need 3 led by Clare E and Ola, the W55s, where we need 3, led by Ros.

Race Photos: NB Jeremy Hemming took photos of most Dulwich Runners at Lydd and they are available on www.imagetogo.net/go/?26672

RUNS, RACES AND REPS

To help you prepare for London Marathon (or Paris or Brighton) – 3½ to 4½ hr pace
Including: mid and long distance multi-terrain races, cross country fixtures
Sunday runs at High Elms or Dulwich Park; mile intervals in Dulwich Park
Local Sunday runs will be scheduled on a week to week basis

Date		Event / Distance	Information
Mar	23	**Orion 15**	Epping Forest (Chingford) http://www.orionharriers.org.uk
	24	**12 x 1 mile intervals**	Dulwich Park – 09:00
	31	**HERoS at High Elms 17miles**	Trail run - 09:30 – The Grasshopper, Westerham TN16 2EU
April	7	**Paddock Wood Half**	http://www.paddockwoodac.co.uk/
	14	**tbc – Thames Towpath 10**	Chiswick – http://www.west4harriers.com/
21 April		**London Marathon**	**Blackheath to The Mall**

Races Mile reps Long runs

As a Sunday alternative, meet with 'HERoS' (High Elms Runners on Sunday) for a mostly off-road, start from Cuckoo Wood car park, High Elms Rd, between Green Street Green and Downe in Kent at 9am, usually two pace/distance groups, min ~10 miles

For more information contact Steve Wehrle or Claire Steward

Alternative Sunday race options:

24 March Hastings Half http://www.hastings-half.co.uk/
Cranleigh 15/21 - Choice of 15 or 21 miles http://www.mabac.org.uk/index.html

Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major club race which **Steve Smythe** kindly finds & collates results for us, then it's highly unlikely that your results will be appear here in SHORTS
So to make sure your race results, road, fell, XC, Tri etc, are mentioned please send them in, and if you can write a report to go with it even better.

parkrun 5km Results, Sat 16th March

Brockwell

Another win for Ola in her 50th ever parkrun. It was her 24th win at Brockwell and no other man or woman has won more than 11.

11 Mark Foster	19:45 (2M45)
19 Ola Balme 1W	20:40 (1W40)
37 Graham Laylee	22:29 (1M55)
69 Michelle Lennon	24:03
86 Paul Hilton	25:42 (debut)

126 ran

Bromley

3 Duncan Hussey	19:00 (1M45)
8 Oscar Hussey	19:59 (1U14)
38 Martin Morley	22:55 (1M60)

195 ran

Crystal Palace

Like most of the country Crystal Palace was cold wet and windy Saturday morning. This coupled with the park rangers kindly parking their truck so that runners had to negotiate a slippery grass bank to get round made getting a good time just that bit more difficult.

3 Alastair Locke	19:01 (First time)
10 Andy Cottrill	20:59 (PB)
17 Jozef Danko	22:10
18 Bob Bell	22:14 (1M55)
26 Michael Dodds	23:18
28 Clare Wyngard 4W	23:28 (1W50)
38 Jane Harbage 6W	24:55
39 Belinda Bell 7W	25:11
45 David Harbage	25.55
48 Penelope Bell 8W	27:14

70 ran

Bob Bell

Dulwich

4 Steve Davies	18:45 (PB)
5 Rob Cope	19:02
8 Sam Crump	19:43
15 Joseph Brady	20:18
19 Paul Hodge	21:20
27 Ian Sesnan	22:25
28 Ebe Prill	22:25
36 Claire Steward 2W	23:24
40 Mick Mead	24:24
46 Ameet Patel	25:32

77 ran

Kingston

Chris Vernon writes: Saturday dawned wet, cold and windy, not a good day for a new parkrun but as it was Kingston's 3rd anniversary run, Stephanie and I wanted to do it nonetheless.

The run is based at the Hawker Centre halfway between Richmond and Kingston, famous for being the site of the aircraft factory making planes like the Sopwith Camel and the Spitfire and for being the home of our old friends Stragglers who were founded at the same time as Dulwich Runners. A huge empty car park greeted us with a smart sports centre and good loo's, no worries there.

We found the start on the towpath and eventually the team arrived. A gazebo was erected which took 4 of us to hold down in the wind before we managed to tie it to a tree. This is a surprisingly small and low-key event, considering its proximity to the mega venues of Richmond and Bushey Park. The course is out and back with minimal marshalling and the route marked by piles of sawdust, very old school but it works.

Being comic relief weekend there was no shortage of costumes and noses with lots of red in evidence to make us DR's feel at home. After standing in the wet and cold while the pleasantries were exchanged, we set off up the towpath but soon gave up dodging the mud and the puddles.

Past lovely properties on the other side of the river and contrastingly some tatty houseboats on our bank with just a few hardy rowers for company. Teddington Lock soon appeared but few boats were around and even fewer people. After 12 minutes running I met the leader and his followers on the return leg. The course then took a short loop through woods and fields, very slippery underfoot, then back onto the towpath for home.

Fortunately the Hawker Centre was a few yards from the finish with a huge cafe for chatting and the prize giving and plenty of birthday cakes for the anniversary.
Definitely one to come back to in the summer!

43 Stephanie Burchill	26.34 (1st FV55)
55 Chris Vernon	30.49 (lst V65)

69 ran

Richmond

Ros Tabor	23.37
Andy Murray	26.13 (was doing

parkrun at end of long training run and missed start)

Riddlesdown

1W/11 Angie Norris 25:24
39 ran

Dulwich Parkrun, 1st Anniversary

Dulwich parkrun is a regular fixture for many Dulwich Runners, including me. Dulwich parkrun celebrates its first anniversary on **Saturday 13 April**. I recently joined their committee to help parkrun integrate more with the community. A key part of this is helping to encourage local running club membership.

To celebrate their first birthday, Dulwich Runners will help the Dulwich parkrun community smash a few PBs by volunteering as pacemakers.

Ideally we'd have at least 10 pacers – from 30 minutes to 20 minutes and below…

It's a bit of fun, but it also promises to be a great way to spread the word about Dulwich Runners. Oh, and there'll be cake.

You may even be able to help a few of your other fellow Dulwich Runners to a new 5k PB as well… (and yes, it's one of the few parkrun courses that officially counts on Powerof10..)

Please email rob@rememberacharity.org.uk if you'd like to get involved.

Thank you. **Rob Cope**

British Masters Cross Country Championships, Sunderland, March 16

This was held on a testing course, and used shorter laps and less muddier sections than the National but with the entire lap either going up or down the slope.
Clare Elms won her British age group title by close on a minute. For much of the race she was third overall but she slowed slightly on the last lap and ended up fourth behind three W35s.
Steve Smythe started very slowly due to a tight hamstring but did move up 30 places or so over the final laps.
W35+ race
1W45/4 Clare Elms
M35+ race
14M50/82 Steve Smythe 34:23

English Schools Championships, Catton Hall, Derbyshire, March 16

Alex Elms had done well to make the London team a year out of age group but he struggled with a knee problem and couldn't do himself justice
Junior boys
307 Alex Elms 16:44

Wrap Up Warm 10K Crystal Palace 10th March 2013

After not being able to attend Lydd, I decided to give this local 10k a go,. It was certainly undulating and very cold but a nice Sunday morning outing. Getting in to the swing of Steves track sessions I decided I'd try and go under 40 mins for the first time, this probably wasn't the best course to attempt a PB but I just managed it!

12 Robert Hollands 39:00 (38:58)

Reading 1/2M , 16th March

When we signed up for the Reading Half last year we were imagining a bright, crisp, early spring day on this acclaimed PB course. Sadly this was not to be, the reality being 4C, torrential rain turning to sleet and a very boggy race village with small lakes forming even inside the kit tents and changing rooms.

The abundance of black bin liners meant that the starting pens were a lucky dip and we all suffered from being held up by slower runners to different extents. Near the stadium at a point where the course looped I caught a brief glimpse of James Burrows in a soggy Dulwich Runners vest, who led us home into the Madejski stadium.

Results (Chip Times)

543	James Burrows	1:28:05 PB
654	Ian Lilley	1:29:13 PB
3966	Mark Campbell	1:48:33
7303	Carolina Lilley	2:01:28) Debut
8909	Rachel Warriner	2:04:58 Debut

Ian Lilley

Finchley 20, March 17

Shona continued her great form with her second road race victory in a week and she set a new Dulwich women's 20 mile record.
As she didn't want to risk running 20 miles hard all the way, she started with a 32:30 first lap then picked up each 5 miles lap and got quicker and quicker, going into the women's lead at 17 milesand looks to have an excellent chance of breaking the senior women's club marathon record at London.

Flat out, **Buzz** could have challenged Simon Loach's men's record but he too took it easy on the first lap, and was behind Shona before running his last three laps around sub-2:30 marathon pace.
Steve Smythe ran 1:52 in 1979 and 1980 but here, after being close to Buzz on lap one, and the only Dulwich Runner not to set a PB, he was a mere 27 minutes slower than his best, though it would have been a club M55 best had it been a day later.

Mel went 10 minutes quicker than her PB of the year before after a gentle start, but had a relative rare off day as she struggled on the last lap with her breathing.
John English, Olivier Montfont and **Anna Thomas** also ran sensibly and they finished very strongly without taking too much out of themselves but still set PBs.
Dulwich women's team finished a very close second team.

9	Buzz Shephard		1:59:43 (PB)
30	Shona McIntosh	1W	2:06:08 (Dulwich senior and overall record/PB)
85	Steve Smythe		2:19:20 (3rd M50)
121	Mel Edwards	12W	2:25:54 (PB)
125	John English		2:26:28 (PB)
157	Oliver Montfont		2:33:34 (PB)
204	Anna Thomas	28W	2:40:48 (PB)

Steve Smythe

European Vetearans Indoor Championships, San Sebastian 19-24 March

Day 1 - 19 March

Andy Murray reports 4 DR's and one partner travelled to northern Spain for these biennial championships (last held in Gent in 2011), which alternate with the worlds (2012 Jyvaskyla).

Our first runner was Mike, who was seeded in the faster A final for M60's but troubled by a hamstring injury. He could only jog round at the back of the field of 20 runners, fading from 3.48 to 8.00 to 12.20 at the kilometre splits but catching one runner and benefiting from 2 abandonments ahead he seemed to finish 17th but gained one more due to the judges abandoning another runner.

Ros had 12 runners in her straight W60 final including runners from Germany, Finland, France, Spain and Italy and it soon settled down to Ros leading Waltraud Eggar, a long-standing Italian rival, and a Spaniard Vaquero.

1k was passed in 4.05, faster than the 4.11's Ros had averaged a week earlier, but she showed no problem in staying in front through 2k in 8.11, with Eggar looking strong on her shoulder and Vaquero hanging in there, close behind.

At the bell the other two drew level but Ros kicked ahead and soon built up a safe lead to be first to the finish, with no signs of her injury or lack of winter training.

Tony was in the A (faster) M50 final of 12 runners and settled in near the back, moving up to 7th after passing 1k in 3.09, about 10 seconds behind GB leader Guy Bracken and just behind another Brit, Steve Smith. The second kilometre saw Tony drift back a bit from Smith, completing that in 6.23. The final kilometre looked hard work and ominously Tony was not given the bell as he started the last lap. He appeared to finish 9th in around 9.45 and definitely completed the distance but the judges must have missed counting a lap and put him and Smith in the results as abandoned, presumably one lap short.

W60 3000m

GOLD: Ros Tabor (GBR)	12:12.47
SILVER: Waltraud Eggar (ITA)	12:13.73
BRONZE: Emelia Vaquero (ESP)	12:16.84
M60 3000m: 16 Mike Mann	2:20:61

M50 9* Tony Tuohy 9:45*

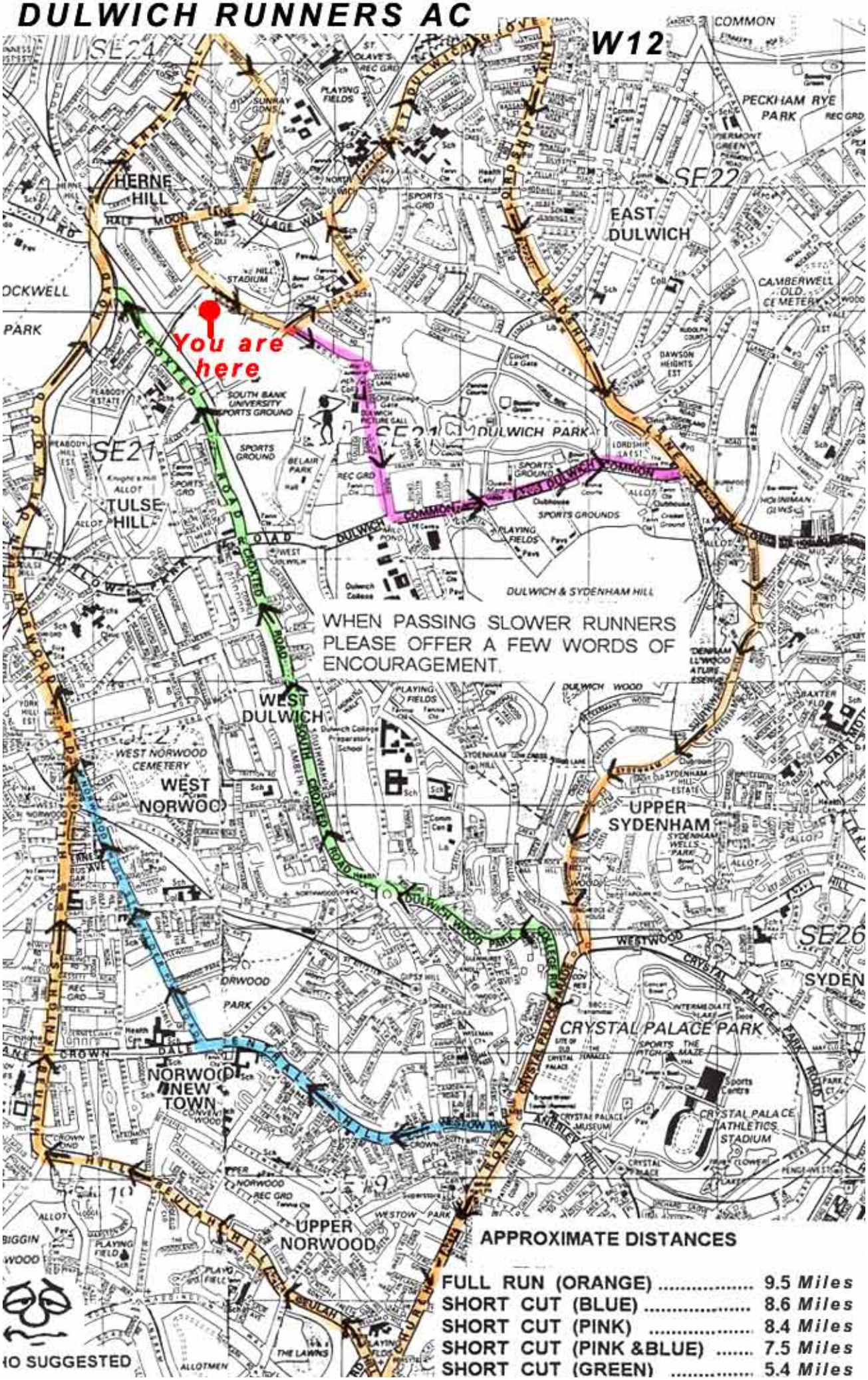
*unofficial - official result 'abandoned'

800's, 1500's and 5k cross countries still to come.

Andy Murray

DULWICH RUNNERS HOODIES

Several people have asked for hoodies, but I only have a few XXS and XS left.
I have arranged for us to be able to order some more (in larger sizes) at the same price (£15), but I need to have 10 definite orders.
Please let me know of you are interested BY WEDNESDAY 3 APRIL.
Thanks – Ros ros@28kerfield.freeserve.co.uk

Now available £15 each. Cheques should be made out to Dulwich Runners AC. – **Ros**

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