SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 10th July2013

These are your SHORTS,
Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk
DEADLINE 17:30 TUESDAY

- THE COMING WEEK –

Wed	**10**	**Club Night**, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Thu	**12**	**Mark Hayes 1 mile Club Champs** **Dulwich Track, arrive for 7 and 1st race 7:30**
Tue	**16**	**Track session with Steve Smythe** - £1 fee **Dulwich College Track** - 7 for 7:15pm start

In your SHORTS this week !

3 Fixtures, Club champs, Assembly League etc
4 Race reports & results
10 Wednesday night running map

And much more !

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You can follow us on

------- EVENT HORIZON -------

A brief look ahead

full fixture list page 3

Jul	12	1 mile Club Champs, Dulwich Track
Aug	8	Assembly league, Victoria Park
Sep	1	Lingfield (Dry Hill) 10 Club Champs race

Mark Hayes Memorial 1Mile,12 July

This race is held every year in memory of a past winner of the Dulwich 1 mile - Mark Hayes, who sadly died of cancer nearly 10 years ago leaving a wife and 3 young children.

We do not charge an entry fee, but ask entrants to make a donation to Mark's family who will be there to join in and present the prizes.

I hope as many of you as possible will join us at the Dulwich College track on Friday 12 July

These races are open to all, and newly joined members are especially welcome.

Please arrive close to 7pm - the first race should be off around 7.30pm and there will be four or five races, split mostly by time and a children's race.

Expected times will be taken into account in the grading of races, so no one will be pitched in out of their depth.
Post race we shall adjourn to the nearby Alleyns Head
http://tinyurl.com/lnc5kbk

So we know numbers and can arrange races, please try and let Steve Smythe know if you intend to compete asap (with a rough estimate of target time) to:
steve.smythe@athleticsweekly.com

All standards from four to 12 minutes welcome - hopefully we can get a record club entry of over 60 runners of all abilities.

NEW RUNNERS ROTA

Thanks to **Clare Osborne and Chris Vernon** for taking out new runners last week.
If you are on the list, 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

Ameet Patel	**10/7**
Barrie J Nicholls	17/7
Ebe Prill	25/7
Clare Quirico	01/8

DULWICH TRACK SESSIONS

Dulwich College Track

Tuesdays with Steve Smythe
Improve your speed & strength over all distances.
suitable for all abilities.
Arrive at 7 for warm-up then a prompt 7:15pm start
Remember it's only £1 but if you don't have the money on the day, you have to pay £2 next time!

DULWICH CHARITY 10K

This year's race will be held on Sunday 6 October, and we are starting to organise it.

If you are interested in being on the committee, or can help in any way please can you contact
Chris or Sue Vernon: vernonrun@aol.com

Wednesday Night Runs Map

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

LUCKY VEST

July winner was Katie Styles

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- shirts long sleeved	£22 each
Waterproof Jackets	£25 each

Available Wednesdays at the club – Ros

Dulwich Runners Midsummer 5k

lucky marshal voucher was won by **Sophie Bennett**

DULWICH RUNNERS

CLUB CHAMPS 2013

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

- 12 July 1 Mile, Dulwich College Track
- 1 Sep Lingfield (Dry Hill) 10
- 5 Oct 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.

Mike Mann (on behalf of ADSC).

LADIES NOW SUMMER IS HERE YOU NEED A DULWICH RUNNERS CROP TOP!
LIMITED SIZES - £5 TO CLEAR ……..
contact Ros

WEDNESDAY NIGHT £1 RUNNING FEE

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

Wednesday Apres-Run Re-hydration !

Come up to the bar and have a drink and a natter with us , it's a great way to get to know fellow runners (hot and cold drinks available)

Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the Wednesday run.
Arrives close to 9 and the 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 2013/14 FIXTURES

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesdayclub night.
Assembly League & Southern League XC races are free and open to all club members and no advance entry is needed

Date		Race			Venue
Jul	12	1 Mile	(club champs)	S	Dulwich College Track
	27	Open track meeting			Tooting Track
Aug	8	Victoria Park Assembly League			Victoria Park, Hackney
	12	Open track meeting			Norman Park
	17	Open track meeting			Norman Park
	24	Open track meeting			Tooting Track
Sep	1	Lingfield (Dry Hill) 10	(club champs)	L	Lingfield (Dry Hill)
	5	Beckenham Assembly League			Beckenham Sports Club, Foxgrove Rd
Oct	5	Trail race, Lloyd Park parkrun	(club champs)	S	Lloyd Park
	19	Surrey League Cross Country		Men	Richmond Park
	19	Surrey League Cross Country		Women	Lightwater
Nov	9	Surrey League Cross Country		Men	Wimbledon Common
Dec	7	Surrey League Cross Country		Women	Farthing Down
Jan	11	Surrey League Cross Country		Men	Reigate Priory (DR to co-host)
	11	Surrey League Cross Country		Women	Putney Vale
Feb	8	Surrey League Cross Country		Men & Women	Lloyd Park

TRACK MEETINGS - Herne Hill Harriers and Blackheath & Bromley Harriers are holding a series of open track meetings this summer. The races are graded by time. Nb it is best to enter in advance as it's £6 on the day and £4 in advance
bbhopen@gmail.com — http://www.bandbhac.org.uk/other%20t&f%202013.html

ASSEMBLY LEAGUE 2013

For those new to the club, this is a series of 6 races (one left) 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.
Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.
The remaining fixtures this season are as follows:
5 September Beckenham - 7:15 start
Further information on venues and times will be provided nearer the time. ***Mike Mann***

Surrey League XC

Men's and women's fixtures are now included in the fixture list. Further details, times maps etc will be posted nearer the race dates
These league races are open to all club members of all abilities and are free to run, and you need to run in a club vest
Mike Mann

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	
21 Jul	Mount Ephraim 10k	13 Jul	Elmore 7 miles
1 Sep	Kent Coastal Marathon	21 Jul	Elmbridge 10km
22 Sep	Tonbridge 1/2M	11 Aug	Wimbledon 5km
tbc	Sittingbourne 10m		

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

Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 4/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs. Port Allegre	Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

Race Reports & Results

If it's not a club champs race, local parkrun or other major club race which Steve Smythe kindly finds & collates results for, then it's highly unlikely that your results will be in SHORTS, so to ensure they do, please send them in. And if you can write a report even better. All road, fell, XC, Tri results etc, are welcome

Bewl 15 Sunday 7th July

Following a horrid 6 months of weather the sun had finally come out to play and it had chosen the worst weekend possible with a few of us going down to complete the Bewl 15.

With temperatures reaching towards 30C it was a run which was going to be very painful. Unfortunately the heat got the better of me and over the last 4 miles of hills I waivered to finish in 02:02:52 and in 113th place (just missing out on the top 100 and gold medals spot).

Jozef Danko, competing in his last UK run as a Dulwich Runner before returning to Slovakia, ran the "perfect" race and managed to get his complete set of medals for Bewl. Angela Norris came in 54th overall and was the 1st female in her age category. Belinda Bell managed a valiant effort on an injured foot and hamstring.

The heat was unbearable but with the cake stand and the marshals around the course it is one of the best events I have done so far.

		Chip	Gun
54	Angela Norris	01:55:21	01:55:31
83	Jozef Danko	01:59:20	01:59:28
113	Andy Cottrill	02:02:52	02:03:01
566	Belinda Bell	03:08:30	03:08:40

609 runners finished

Fingers crossed for a cooler Bewl 15 in 2014.

Andy Cottrill

Dulwich Runners Midsummer 5k 27.06.13

225 runners took part on a drizzly evening. The BARR observer complimented our marshals on being cheery and helpful. We saw Andrea finish as first woman and Cory recording a big improvement. Andy Murray

[1 Ben Paviour (HHH)	16.01]
22 Kevin Chadwick	18.31
25 Ian Lilley	18.41
32/1w Andrea Pickup	19.10
50 Ajay Khandelwal	20.26
73 Kevin Murphy	21.29
80 Cory Wharton-Malcolm	21.47
170 Carolina Lilley	27.26
180 Elizabeth Begley	28.12

Michelle Lennon guide a blind runner home in 28.43

Ranalagh Richmond 10km, June 23

Shona did her longest race since her marathon club record and had been struggling with a knee injury which was alright here but has been troublesome since.

She felt she went too fast and felt she struggled on second half but it wasn't really noticeable from her time and she was just 15 seconds down on her Chichester time and PB.

38 Shona McIntosh 3W 36:29

London Youth Games, Crystal Palace, July 7

Competing against older runners, Alex had to run a fast second lap to ensure he gained an automatic place in the final with just the winner guaranteed a spot and he set a two second PB. A few hours later, he didn't run quite as well in the final but he did beat his previous PB.

Alex Elms 1st ht 2:12.2, 8th final 2:13.5

Assembly League, Battersea Park, July 4

A very good turn out by the men and less so by the women but with two in the top four, we did gain a victory while the men were third.

Buzz returned from injury and was close to his PB while Tony set a M50 record while Lewis Laylee probably had the star run, easily breaking 19 for the first time. In the women's race, Catherine was third and Mel set a PB in fourth while Nicola completed the team inside 20 minutes.

Unfortunately there was nobody from Dulwich doing the results (as someone else rushed off with them) and though there were two sets of timekeepers on the night and recorders, and someone from Dulwich took check times to avoid the problem of the last league, those times were ignored and the subsequent times so far produced weren't accurate around the 19 minute mark where runners finished very closely. Additionally, while times always used to be produced the day after, six days later, times are only available just up to just past 19 minutes.

The times in brackets are unofficial.

13 Buzz Shephard		16:09
19 Tony Tuohy		16:29 (1M50)
26 Ed Hill		16:45
33 Dave Beaver		17:08 (2M50)
38 Charlie Lound		17:12
48 Alistair Locke		17:37
65 Chris Loizou		18:11 (1M55)
66 Rob Cope		18:12
69 Ebe Prill		18:20 (18:14)
76 Rupert Nash		18:26
78 Lewis Laylee		18:26 (PB)
80 Kevin Chadwick		18:27
82 Duncan Hussey		18:41 (18:32)
87 Paul Devine		18:49 (18:45)
88 Ed Smyth		18:54 (18:46)
92 Ian Lilley		19:03 (18:56)
93 Catherine Lee	3W	19:05 (19:00)
103 Joseph Brady		19:15 (19:11)
104 Mel Edwards	4W	19:16 (19:13)
111 James Burrows		19:24 (19:23)
Chris Treble		(19:31)
Mark Foster		(19:32)
??		(19:35?)
Gary Sullivan		(19:39)
Nicola Richmond	1W40	19:55 (19:50)
Kim Hainsworth		(20:00)
Oscar Hussey		(20:10)
Mike Mann	1M60	20:20
Jose Barretta		20:35
Andy Murray		20:41
Anna Thomas		21:42
Graham Laylee		21:46
Martiun Morley		22:44
Louisa Pritchard		23:00
Steve Cook		24:33
Ameet Patel		24:48
Lindsey Annable		24:58
Kev Wood		24:59

TEAM: 1 Serp 11; 2 Stock E 36; 3 Dulwich 88; 4 Kent 100; 5 Lloyds 123
B TEAM: 1 Serp 39; 2 Stock E 111; 3 Kent 170; 4 Dulw 177; 5 VPH 196
Women TEAM: 1 Dulwich 17; 2 Serp 19; 3 VPHTH 26; 4 Eton M 46; 5 Stock E 68.5
B TEAM: 1 Serp 53; 2 VPH 55; 3 Dulwich 78

Southern Vets League Ashford, July 5

Even without Clare and Nicola, the Dulwich contingent scored well for nd Andrea competed for Blackheath
Emily showed great speed for an ultra runner to win the B 400, with Cara second in the A.
Andrea narrowly lost out on a win in the 3000m but she run much better than she did in the club 2 mile and finish ahead of Emily and Cara as they took 3 of the first 4 places overall.
Emily also scored a fine third in the triple jump with 7.51m and also gained third place in the hammer for her third and fourth PBs of the night.
Ros had her best run since her injury problems and comfortably won the W50 3000m after scoring good points in the 400m.

W35: 400: A: 2 Cara Oliver 68.9
W35: 400: B: 1 Emily Gelder 68.4 (PB)
W35: 3000: B: 1 Andrea Pickup 11:08.3 (2nd overall)
W35: 3000: A: 2 Emily Gelder 11:14.1 (3rd overall) (PB)
W35: 3000: B 2 Cara Oliver 11:21.6 (4th overall)
W50: 3000: 1 Ros Tabor 12:52.0
W50: 400: 4 Ros Tabor 82.1
W35: HT: 3 Emily Gelder 9.90 (PB)
W35 TJ: 3 Emily Gelder 7.51 (PB)

Blackheath & B Open meeting, Bromley, July 8

Clare improved her UK W45 leading time yet again in a mixed 800m race against 7 runners who were all well over 30 years younger. Ebe did well to hang on after too quick a first lap. Mike was within a second off his best 2013 times at both 800m and 1500m.

Andrea was narrowly beaten by Mike, and was thrown by an official ringing the bell a lap too early and made her move on the third lap. Counting past three isn't easy. Kim, making her 1500m debut paced herself well and ran much quicker than her equivalent mile PB.

800m		**1500m**	
Ht 2		**Ht 1**	
7 Clare Elms	2:19.45	11 Ebe Prill	5:02.64
Ht 5		**Ht 2**	
4 Mike Mann	2:39.12	5 Mike Mann	5:17.71
Ht 6		6 Andrea Pickup	5:18.42
3 Francesca Pickup	2:46.63	9 Kim Hainsworth	5:30.14

UK Women's League, Premiership, Manchester, July 6

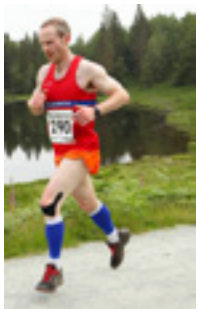
Last month in her debut, Clare did three events in her Premiership debut and she did so again but was quicker in all three events
In her 800m, she tried to hold back for the 3000m, but was probably a little too competitive and was only a second down on her Uk lead. It was probably too hot for the 3000m, and also windy and it wasn't long after 800m but she was quicker than winning the Kent title and went top of the W45 rankings and then did likewise in the 1500m, though feeling tired, with her first sub-4:50 of the year, following British Masters indoor and outdoor champion Lisa Webb for the first few laps before going comfortably clear.

800: B: 5 Clare Elms	2:20.59
1500: A: 5 Clare Elms	4:49.63
3000: A: 4 Clare Elms	10:04.92

Lakeland Trails Coniston Marathon Sunday 7th July 2013 9am

That little voice telling me to stop had never sounded so persuasive. I didn't, walk, that is. If only because that would have meant it would take even longer to get to the finish and a cool refreshing ice cold drink.

This was the mantra for the last 5km, which never before have seemed so long, running along just by the lake shore passing people reaching into their cooler bags pulling out chilled cans of beer…just a sip, all I want is just a sip and then I'll run, I promise I'll run as fast as I can to the end…



(Before I go on (and on) I should put in a caveat that any suffering that I went through in the marathon will be trumped by Claire Stewards battle with nature and the ground that resulted in some stomach turning tales of an orthopaedic surgeon in a kayak and straightening fingers out).

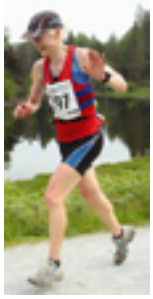
This was the 3rd running of the Coniston half and full marathon and at the start line we looked to be blessed with ideal conditions given the forecast was for a scorcher. As the 275ish marathon race contenders set off along the rugged and undulating course that loops round the lake the sky was still overcast and a light breeze was blowing through the valleys. We all knew that we were ignoring the glaring truth but by around an hour into the run there was no escaping it; the cloud had gone and it was going to get very hot out there.

The course itself was spectacular if tortuous for many reasons and started off with a short stretch on road through Consiton town before a short uphill and then turning off onto a winding trail. There was then quite a long stretch along road and hard pack trail that wound its way up and up before we were treated to a bit of flat as we made a loop of Tarn Hows where I popped out just behind the race leader at the time who was absolutely flying and was soon off up the hill as I carried on to do my full lap of the tarn.

The bit of flat was very welcome and I made up some good ground on the runners ahead of me at this point (the 15km split time has me as being 20th at 01:09:15). After the loop, some cheers from a huddle of bemused walkers and a welcome rest stop, my spirits were high (probably the energy gel) and I felt strong enough to push on despite knowing there were some tough miles ahead.

It was along the ridge line running down the east of the lake from about 18km to 30km that put the nails in the sub 3:30 coffin. With no water stations along this section I could really feel the dehydration set in and once out of a short narrow trail forest section we were out in the open and exposed all the way. There was one part where I was thinking how nice a can of Fanta before looking out to the right and seeing the lake stretched out in front of me, so cool and refreshing.

But anyway I told myself there wasn't going to be a drink coming so I either had to catch up to the guy ahead and wrestle his camel-back off of him or get the head down and make it to the drinks station which when it finally appeared at the 30km mark, after I'd passed camel-back guy was a welcome sight and I promptly downed 4 or 5 cups of isotonic drink.



There was a sting in the tail here as to get to the 30km mark we had descended from the eastern ridge above the lake down an absolutely shocking decent before having to climb back up again around 200m before what seemed like dropping right back down again along a path that was pretty much just bog or shin wrecking rocks. In true cross country style just after passing a marshal warning runners about deep mud I managed to find a deep spot and sank in up to my knee before yanking my leg out praying that my shoe would still be attached. One low point here was going to wipe the sweat from my face only to really just rub sweat and sun cream into my eyes along a narrow, rocky path.

From here there was one last water station, a mutter of, "about 5km to go" from a marshal (details man!!) and the course followed the not so flat or even shore line trail back to Coniston, teasing the runners with a glimpse of the finish before taking us off for a crushing lap of a field and only then letting us cross the line.

It was a gruelling but great race and crawling into the lake at the end for a Coniston ice bath made all the difference. Despite the heat it would have been a different story in the wet as the down hills would have been impassable for jessies like me.

Alastair Locke 13th at 03:33:54
Claire Steward 05:44:44 / 15km in 01:31:35 (and probably the only person who finishes a marathon after having, "my finger at right angles")
Winner 02:54:21 (!!!)
259 finished

Rest up Claire. There is still more craziness that you need to get out there and do!

Alastair Locke

Self Transcendence Road Relays 3x1 mile -Mon 9 July Battersea Park

Making up teams on the night, Lindsey was a better talent spotter with her team overturning a 23 second deficit from the first first leg to come home 27 seconds clear at the end.

3rd leg	Lindsey Annable	7.12	Team 23rd	19.00
1st leg	Duncan Hussey	5.18	Team 26th	19.27

40 Completed Teams
Winning Team Time: 14.40 9

parkrun 5k Results, Sat 6th July

Brockwell

Lewis set another PB.

13 Lewis Laylee	18:51 (PB)
22 Paul Devine	19:39
26 Mark Foster	20:17
49 Graham Laylee	22:00
64 Katie Styles 5W	22:48
173 ran	

Bromley

10 Duncan Hussey	18:14
26 Oscar Hussey	19:34
161 Di Morgan 20W	24:18
204 Clare Osborne 33W	25:38
372 ran	

Burgess

30 Barry Graham Evans	23:55 (PB)
61 ran	

Dulwich

Steve adds: PBs for Steve, first woman Mel, Jozef (his last parkrun before going back to Slovakia) Jim and Anna and debuts for Caroline, Steve

11 Stephen Davies	18:32 (PB)
23 Mel Edwards 1W	19:18 (PB)
35 Andy Cottrill	20:04
37 Paul Hodge	20:08
38 Jozef Danko	20:08
39 Rob Cope	20:09
40 Ebe Prill	20:14
48 Jim Dowsett	21:02 (PB)
56 Bob Bell	21:47
59 Cameron Timmis	21:52
69 Anna Thomas 7W	22:27 (PB)
71 Christian Moody	22:39
92 Mick Mead	24:20
99 Caroline Schurmann 12W	25:04
108 Paul Hilton	25:45
112 Belinda Bell 15W	25:56
113 Steve Wehrle	25:59
156 Chris Vernon	30:41
167 Susan Vernon 51W	32:03
172 ran2	

Eastbourne

4 Nick Brown	18.59 (1 M55)

Hilly Fields

Wins for Buzz and Kim.

1 Buzz Shephard	17:49
8 Ian Lilley	20:31
10 Kim Hainsworth 1W	20:35
86 ran	

Kingston 29th June

Kim Hainsworth set a lifetime 5km best in finishing as first woman

9 Kim Hainsworth 1W	19:44 an

Orpington

22 Martin Morley	23:48
23 Colin Frith	23:54
85 ran	

Riddlesdown

Ange's 46th win at Riddlesdown.

16 Ange Norris 1W	21:26
116 ran	

St Peters, Sydney - Australia

Penelope Bell said hello (another Dulwich runner no way) in Sydney!!!!!? and we ran the 76th park run.

No times were officially recorded so the ghost run prevails. Was it a dream? I finished 20.29. Not bad after the number of beers I consumed the night before. Bizarre and real (or not).

Duncan Wilson

and Bob Bell writes...Whilst little sis was battling round Bewl in 28 C big sis Penelope was taking in St Peters parkrun in Sydney in a lot more manageable but warm 18 C

Seems that a problem with the timer meant that all 235 runners finished with a time of 59.59, which clearly wasn't the case.

Amazingly also, although one of the furthest parkruns from Dulwich she was not the only DR for she was joined by Duncan Wilson.

27 Duncan Wilson	20.29
92 Penelope Bell	25.15
235 ran	

Wimbledon Common

The race director is happy to see me during the tennis fortnight, as he can announce that runners have the chance to beat Andy Murray at Wimbledon.

70 of them did so on Saturday but he was unbeatable on Sunday. The 344 runners created a bit of a dust cloud early on and a bit of congestion in the wooded sections.

71 Andy Murray	21.31
124 Ros Tabor 14W	23.22

Open Track Meeting Norman Park, 6 July

Performances by all who attended this open meeting were solid enough but all slightly below par and outside season's bests. Contributory factors may have been the recent Assembly League race, the heat (it was the hottest day of the summer so far) and the fact that it was a rather poorly attended meeting which did not make for competitive races.

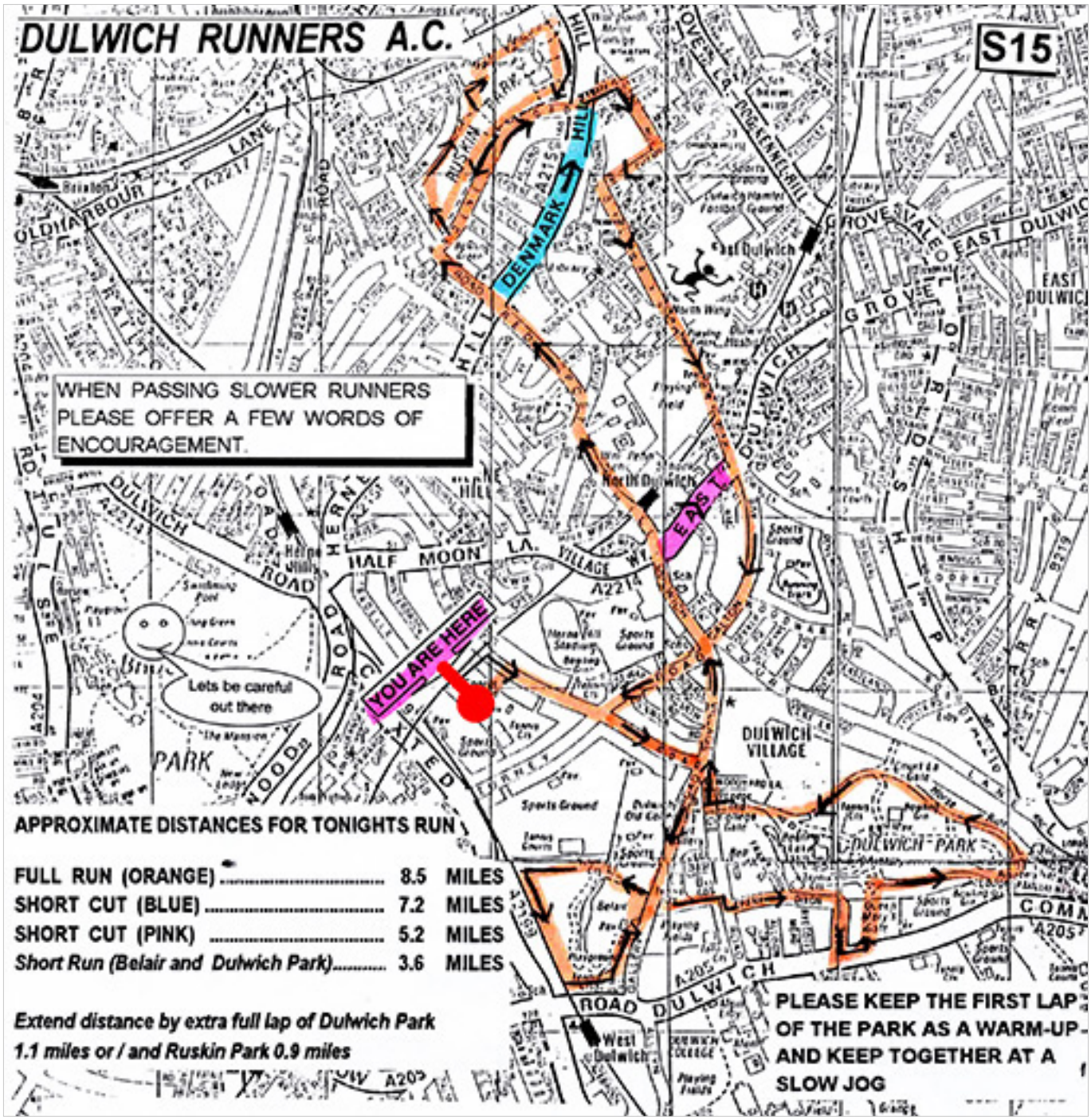
The 800m was something of a procession with the field well spread out from the gun, although in the 1500m later, at least Mike Mann and Nicola Richmond were able to exchange places a few times during the race, and finished within a second of each other. **Mike Mann**

800m

Ed Hill	2:13.54
Tony Tuohy	2:16.5
Mike Mann	2:38.84

1500m

Mike Mann	5:19.12
Nicola Richmond	5:20.34


DULWICH RUNNERS A.C.
S15
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
DENMARK HILL
EAST
YOU ARE HERE
Lets be careful out there
HALF MOON LA.
DULWICH VILLAGE
DULWICH PARK
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 8.5 MILES
SHORT CUT (BLUE) ..... 7.2 MILES
SHORT CUT (PINK) ..... 5.2 MILES
Short Run (Belair and Dulwich Park)..... 3.6 MILES
Extend distance by extra full lap of Dulwich Park
1.1 miles or / and Ruskin Park 0.9 miles
PLEASE KEEP THE FIRST LAP OF THE PARK AS A WARM-UP AND KEEP TOGETHER AT A SLOW JOG