SHORTS

Dulwich Runners AC
Weekly Newsletter
September 10th 2014

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

Tue 16 Hill Session - 7:15pm start...see below

In your SHORTS this week !

2 Fixture list, club champs,XC, road, track etc
4 Race reports & results
4 Cross country information
6 Beckenham Assembly league results
8 Parkrun results
9... Club Champs updates and standings so far
13 Wednesday night running map

And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

TRACK SESSIONS

Tuesdays with Steve Smythe
The summer sessions at Dulwich track have now come to an end,
Return to Crystal Palace track on Sept 30
until then.....
Hill Sessions on Tues Sept 16 and 23
Now meet on hill opposite Sydenham Hill station at 7.15pm

EVENT HORIZON

A brief look ahead

full fixture list **page 2**

Oct 11 Surrey League Cross Country - mens & womens

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered 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 !

Rehydration !

Come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

NEW RUNNERS ROTA

Thanks to **Paul Devine** 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**

Mel Edwards	**10/09**
Giles Gibson	17/09
Paul Hilton	24/09
Emma Ibell	01/10

LUCKY VEST

September winner Alastair Locke

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.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk
for all other club kit please see **page 3**

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 Night Run - Map

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

Dulwich Runners 2014 Fixtures

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesday club night.

Date		Race			Venue
Sep	13	Will Bolton Relays			Sparrows Den
Oct	11	Surrey League 1	mens		Newlands Corner, nr Guildford
	11	Surrey League 1	womens		Richmond Park
	18	Surrey Masters Champs			Richmond Park
	19	Cabbage Patch 10	(alternative to Rye 10)	(Long)	Twickenham
Nov	1	Reigate Priory Relays			Reigate Priory Park
	8	Surrey League 2	mens		Ham Lands, nr Richmond
	15	London Champs			Parliament Hill Fields
	22	South of Thames 5 miles			Wimbledon Common
Dec	6	Surrey League 2	womens		Nonsuch Park, Cheam
	6	Kent Masters			Sparrows Den
	13	South of England Masters			Horspath, Oxford
	20	South of Thames 7.5 miles			Farthing Down, Coulsdon
Jan	3	County Champs			Various venues
	10	Surrey League 3	mens & womens		Wimbledon Common
	24	South of Englands Champs			Stanmer Park, Brighton
Feb	7	Surrey League 4	mens		Lloyd Park, Croydon
	8	Surrey League 4	womens		Farthing Downs, Coulsden
	21	National Champs			Parliament Hill Fields

DULWICH RUNNERS CLUB CHAMPS 2014

9 races in total split into 3 distance categories. To qualify it will be necessary to complete 5 races in total, including at least one from each distance category.

The structure of awards will be unchanged from recent years. Club vests are compulsory for all events other than the mile. You will need current club membership to qualify for points. **Mike Mann** (on belhalf of ADSC)

For those wishing to know the Clup Champs rules they are on the clubs website

Remaining event:

19 October Cabbage Patch 10 (Long) (Rye 10 alternative)

CLUB CHAMPIONSHIPS important update

The Committee decided to add the Cabbage Patch 10 on 19th October as an additional 10 mile race to the Rye 10. Times recorded at the Cabbage Patch will be adjusted to reflect the relative difficulty of the 2 courses and overall 10 mile results produced soon after 19 October. Runners who compete at both races will be credited with their best performance of the 2.

to enter:
http://www.sportsystems.co.uk/ss/event/Cabbage-Patch1012

SURREY LEAGUE & OTHER CROSS COUNTRY FIXTURES

Dates and venues have been agreed for next season's men's Surrey League matches as well as a number of other fixtures.

Please try to keep the Surrey League dates free, particularly if you are likely to be in the scoring (the first 10 runners in each team).

We are hosting the Surrey League fixture at Wimbledon Common and will be asking for helpers.

Since the National Champs take place in London this time, it is likely to be included as part of our own cross country champs.

WILL BOLTON CROSS COUNTRY RELAYS, SPARROWS DEN, 13 SEPT.

To date there has been limited response from the men to the request for names for these 4x4k cross country relays.

It would be helpful if you could let me know in advance as this will make it much easier to enter teams on the day. The relays start at 2.45pm at Sparrow's Den, but could those intending to run please make sure they turn up by 2pm, particularly if you decide to enter on the day.

Women wishing to participate should contact Mel or Anna at dulwich.womenscaptain@yahoo.co.uk

Mike Mann mann90@yahoo.co.uk

SEAA Road Relays Aldershot, 20/21 September

We intend to enter senior and vets teams for these relays in Aldershot. For the women, both seniors and vets (40+) this is a 4 stage relay of just under 3.9km per leg taking place on Saturday 20 September. The men's relays take place on Sunday 21 September (6x6km for seniors and 4x6km for 40s, 50s and 60s). Teams will be selected shortly and we will be in touch soon. ***Mike Mann***

Striders of Croydon's Multi-terrain race

Switchback 5 28th September.

We have kept the entry fee low - £6 for affiliated runners before race day – but still provide a goody bag including free tea and cake.

Details and entry from are here :
http://www.stridersofcroydon.org.uk/?page_id=4005

Online entry forms are here :
http://www.runnersworld.co.uk/events/registrationinfo.asp?sp=&v=2&EN=84639&ms=

GREEN BELT AND WELSH CASTLES RELAYS

It's a long way to go until these relays take place next spring, but we would like to encourage as many club members as possible to take part in 2015. We had very positive feedback from those of you in the 2 teams that completed this year's Green Belt Relay and it was great to see so many newly joined members participating.

A number of you were keen to take part in both events next year. It was disappointing that we were not able to field a team for the Welsh Castles Relay; we were just a few short of a full team of 20. We would particularly like to promote this for 2015 and make every effort possible to field a complete team.

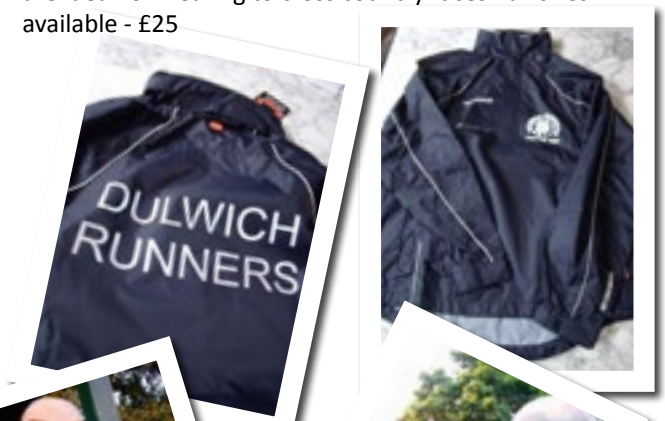
We have just been informed of the date which is 13/14 June, a week later than usual, so please try to keep that weekend clear if you are interested; it is a highly enjoyable running and social weekend. The date for next year's Green Belt Relay has not yet been set but it is likely to be either 16/17 May or 23/24 May. ***Mike Mann***

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each

There is limited stock of hoodies, very small sizes only.
I can order more if enough people are interested.
They will be £20 each.
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25



The cross country season will be starting shortly, so here is some advance information, particularly for the benefit of newly joined members.

We compete in the Surrey League cross country with the men in Division 2 whilst the women compete in Division 1.

There are 4 fixtures during the season, starting on 11 October at Richmond Park for the women and Newlands Corner near Guildford for the men (details of other fixtures can be found in Shorts).

With the Men's Surrey League there's no need to enter in advance; you simply turn up on the day though your captain will find it helpful if you could let him know in advance.

With the Women's Surrey League, we need to enter runners in advance and you will receive an email regarding this. With the first 5 runners scoring for the women and the first 10 for the men , it is important to field as many as possible of our strongest runners.

But these and other cross country races are not elite and are suitable for all abilities.
They also provide excellent strength and endurance training from which you will reap the benefits, particularly in longer road races.

In addition to the Surrey League there are a number of other races during the season, almost all of which take place on Saturdays. These include the London champs in November, two South of Thames races in the autumn, the county champs (Kent and Surrey) in early January, the South of England champs in late January and the National champs in February, being held at Parliament Hill Fields this season.

There are also a number of Masters events. For all these races, other than the Surrey League it's necessary to submit entries in advance, in some cases over a month before the events. Your captains will post details in Shorts and contact regular cross country competitors nearer the time, but it is important to read this information carefully and respond before the deadline given if you want to participate.

The club pays for race entries. We cannot cater for runners who simply decide on the day that they fancy a run, but they are of course welcome to support our runners.

Regarding footwear, you can often get away with road or trail shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country spikes, or alternatively fell shoes become essential.

As a warm up for the cross country season, the Will Bolton relays at Sparrow's Den on 13 September (advertised separately in Shorts) are highly recommended. The stages of 4k are shorter than other cross country races, most of which range from 3 to 8 miles, but will be able to put your summer training to good use on what is usually firm ground.

Please contact your captains if you would like to take part and for any other information regarding the forthcoming cross country season.
Mike Mann

Your Cross Country contacts: Men - Mike Mann mcmann90@yahoo.co.uk
Women - Anna Thomas & Mel Edwards dulwich.womenscaptain@yahoo.co.uk

Race Reports & Results

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, xc, tri results etc, are welcome .

Scvac Track & Field League Final
Mary Rose Stadium Ashford Sunday 7 September

With Ros, Clare, Emily and Cara representing the Cambridge Harriers women this was a day for multi-eventing.

Indeed the 4 of them comprised the bulk of the Cambridge team, with Ros adding the 200m and triple jump to her usual repertoire and Emily trying her hand at the javelin in addition to numerous track distances. Who knows - maybe the pole vault next year!.

Meanwhile Lloyd Collier and Mike were representing HHH men's team, but sticking to the normal strands in their respective bows. With scoring points for the teams the main objective, this was a day for securing places, not times. Nevertheless
ultra runner, Emily achieved an excellent PB in her 800m, while Lloyd was pleased to achieve a 400m PB,despite narrowly failing to go sub 56 seconds.

Clare won her 3 middle distance races comfortably, with the cruise control button firmly pressed, particularly in the early stages of her events, while Ros also had easy wins in the 800m and 3000m. Clare was overall winner in her 3000m race which combined all the age groups.

Remarkably Emily took part in 4 track events as well as the 4x400m relay along with Clare and Cara, but showed little sign of flagging later in the day with a sub 70 second 400m and winning her 3000m.

Cara, recently returning from injury had wins in the 1500m and 3000m with a 2nd place in the 400m.

Mike was involved in a tight tactical contest in his 3000m, taking the lead from a rival only in the finishing straight.

Overall it was a successful finale to the summer track season for all 6 taking part. ***-Mike Mann***

Full results on next page

Competing for Herne Hill Harriers:

Mike Mann	800m	3rd M60	2:40.5
	3000m	1st M60	11:14.15
Lloyd Collier	400m	4th M35 A string	56.03 (PB)
	800m	3rd M35 A string	2:06.7

Competing for Cambridge Harriers:

Emily Gelder	400m	2nd W35 A string	69.64
	800m	2nd W35 A string	2:30.7
	1500m	2nd W35 A string	5:13.8
	3000m	1st W35 A string	11:36.24
	javelin	3rd W35	18.09
Cara Oliver	400m	2nd W35 B string	70.82
	800m	1st W35 B string	2:39.52
	1500m	1st W35 B string	5:24.7
Clare Elms	800m	1st W50	2:48.91
	1500m	1st W50	5:10.06
	3000m	1st W50	11:11.87
Ros Tabor	200m	4th W60	36.3
	800m	1st W60	2:58.39
	3000m	1st W60	12:36.19
	triple jump	4th W50	5.32

Emily also competed in the 4 x 100m and 4 x 400m relays, and Cara in the 4x400m. All relay teams were 2nd.

Cambridge Harriers finished in 2nd place, behind Epsom and Ewell harriers.
Ros Tabor

St. Marys Richmond Open, Sunday 7th September

1500m
Supposed to be an attempt at beating my season's best (4:28). Tried hard but not even close, very bad day at the office.
3 Tony Tuohy 4:35.2

3000m
An hour later, still with dead legs, thought I might as well get an extra workout in as penance for the earlier effort. Ran very cautiously to start with (5:09 at 1500m) but surprisingly got into it and gradually sped up over the last three laps to a 4:55 second half including a 74 second last lap – never been outside 10 minutes before though…..
4 Tony Tuohy 10:03.8

Dry Hill 10, Lingfield, Sunday 7th September

Mel Edwards writes:

After a week that had included two races and a hill session, my legs were feeling pretty tired even before the race and my plan was to be sensible and not run too hard.

Luckily for me, the race was missing the fast women of previous years and once I'd dropped a young girl from SLH in the first mile (who turned out to be doing the 5 mile version), I was able to relax and even enjoy the scenery for a change.

The first half of the course is mainly uphill or undulating as you run up to the top of Dry Hill, with the second half being mainly downhill or flat. Having said that, there were a couple of tricky downhill stretches before half way to contend with and as usual, my downhill running left much to be desired. The course was surprisingly muddy in places with several stretches of thick boggy mud plus a fair amount of horse poo to dodge.

The dreaded section around the edge of a ploughed field in the last third of the course seemed to go on for much longer than I remembered and to make things even more "interesting", we now had to contend with a stile and kissing gate courtesy of a local farmer. An unexpected hill reminded my legs just how tired they were but fortunately it was then downhill to the finish and I was pleasantly surprised to be able to pick off a couple of men ahead. I was a bit disappointed not to be faster than last year but think the stile and kissing gate were possibly worth the 15 seconds difference.

As usual the race was very well organised and marshalled and there were a generous number of spot prizes on offer (although no trip to France given away this year!)

Claire Steward adds:

This was my longest run since November and having run on Wednesday, and done Assembly League and ParkRun, it was never going to be easy. I

I checked my watch at half way – 50 minutes – that was a bit of a shock, but I pressed on, and apart from my dodgy ankle suffering on the ruts and cambers, and almost coming a cropper tripping on some brambles, I found the distance manageable and actually enjoyed the final mile (gently downhill, as noted by Mel). I am trying to focus on the fact that I can do more running again now, rather than fretting about the awfully slow times (12 mins down on last year!) but it's hard to suppress the competitive instinct.

Joanne Shelton adds:

I've run this race four times now and found this attempt harder than usual, so I was not surprised to finish in my slowest time yet.

The terrain was a good mixture of road and trail with unforgettable ploughed fields to run around just when you think you are on your way home to the finish.
As always the race was well organised with friendly and encouraging marshals. A spot prize of a bottle of wine and a lovely orchid compensated for my slow run.

7	Mel Edwards	1W	1:07:18
52	Joanne Shelton	10W	1:30:13
65	Claire Steward	17W	1:34:58

98 ran, Winner's time: 57:00

ASSEMBLY LEAGUE 3M, Beckenham
Thur 4th September 2014

Over 30 Dulwich Runners turned out for the sixth and last fixture (and third at Beckenham) of this year's long standing summer series but for the first time in some years Dulwich failed to finish in the medals for either the men's or women's team standings.

This was probably due mainly to a couple of lower turnouts to fixtures earlier in the year and the odd unavoidable absence from some races of our best runners but we're also going to struggle if clubs with a deeper pool of fast runners (such as Kent AC) make a concerted effort to target the league, as happened this year.

Having said that, plenty of Dulwich individuals ran very well in a number of fixtures and compensation was had by a good haul of medals in the overall individual standings:

1st	M50	Tony Tuohy
1st	M60	Andy Murray
2nd	M45	Charlie Lound
2nd	M55	Chris Loizou
2nd	M60	Barrie John Nicholls
3rd	M55	Graham Laylee

1st	W60	Ros Tabor
2nd	W50	Clare Elms
2nd	W 60	Claire Steward
3rd	SW	Clare Elms
3rd	W45	Ola Balme

This is not the course to get your pacing wrong. With the finish being up a lung-bursting half-mile hill you're going to suffer if you've over-cooked it by the time you get there – and I've done this more than once. For instance, back in June, determined to finally beat my best time for this course (16:12, April 2012), I ran the first two miles a bit sharpish, much faster than ever before, only to suffer a melt-down up the hill and finish in 16:17.

This time I managed to find some rare common sense and arrived at the hill 12 seconds slower, and then ran up it 14 seconds faster, for a two second improvement. Now that's what I call better pacing – although the result wasn't much different and I still missed the damn time. Anyway, no such problems for Wayne, who lopped a few seconds off his own best time while keeping Paul at bay, who himself completed a hat-trick of good times this year, although slowing slightly since the giddy heights of his marathon fitness in April.

He still managed to hold off a resurgent Alastair (completing the A team and continuing his rapid return to form) after the reverse result between these two in the Sevenoaks 7. All bets are now off, Ladbrokes have stopped quoting odds on who will win this year's senior men club championship. Just trying to work out the permutations is doing my head in.

Next was Clare Elms, rested and much improved after a tough run at Sevenoaks, defeated here for first woman more by the hill than Kent AC's winner. She was followed half a minute later by Ian Lilley, a little short of his top form at the moment, and then Kevin, ahead of good debut runs from Ross Rook and Tom South completing the B team.

Kevin's excellent course best time was achieved despite his apparel consisting of some sort of loincloth/nappy hanging almost to his knees, fashioned out of necessity and a Union Jack tee-shirt as he'd forgotten his shorts. I have no idea how the contraption stayed up; best not to know. Very entertaining sight though.

Mel ran strongly again, all but matching her best runs here, while Chris didn't (although still scoring 2nd M55 in the overall league), finishing not far ahead of an improving Steve Smythe, inching his way back to fitness as he held off a good run from Nicola. Mike Mann ran to form and just held off very good runs from Hugh Balfour (improving 47 seconds) and James Wick.

Ola Balme reliably completed the women's A team, splitting Joe Brady and Gideon Franklin in a blanket finish. Gary obviously took it easy (you did, didn't you Gary?) just in front of Andy Murray wrapping up the overall M60 award, and a very frisky run for this course from Anna Thomas.

Graham (3rd M55) and Barrie John (2nd M60) can celebrate excellent consistency this year as they deservedly secured overall league awards. There were good runs from Michelle Lennon and Ian Sesnan while Ros completed her win in the W60 category. A rare league appearance from Paul Keating compared very favourably on this tough course with his recent parkruns and Claire Steward continues to get fitter after injury.

Lindsay couldn't match her previous runs this year at Beckenham but was there for all three while Stephanie Burchill matched her previous appearance in April. Club stalwart Kev Wood, also running all three Beckenham fixtures, completed the Dulwich turnout.

-Tony Tuohy

Men Team (1st six)
1 VPH 1 2 4 17 = 24
2 Kent 5 8 9 11 = 33
3 Dulwich 12 16 23 28 = 79
(4th in overall league)
4 Ravens 7 14 19 61 = 101
5 Stock E 3 10 32 58 = 103
6 Serp 15 29 54 67 = 165

B Team (1st six)
1 VPH 18 21 22 26 = 87
2 Kent 20 24 27 30 = 101
3 Dulwich 47 52 53 56 = 208
(3rd in overall league)
4 Stock E 63 72 74 79 = 288
5 Beck 66 77 86 89 = 318
6 Eton M 64 65 97 108 = 334

Women (1st five)
1 Kent 1 4 9 = 14
2 Dulwich 2 7 11 = 20
(4th in overall league)
3 Eton M 3 5 18 = 26
4 VPH 6 15 21 = 42
5 Beck 13 25 34 = 72

Women B teams
1 Kent B 10 12 14 = 36
2 Dulwich B 20 27 37 = 84
(3rd in overall league)
3 VPH B 24 32 36 = 92

14	Tony	Tuohy	M50 -1	16:15	April 16:27, June 16:17
19	Wayne	Lashley	SM	16:34	April 16:41, June 16:46
26	Paul	Devine	SM	16:51	April 16:25, June 16:38
31	Alastair	Locke	SM	17:02	
43/2W	Clare	Elms	W50 – 1	17:23	April 17:29
53/50M	Ian	Lilley	M40 - 5	17:53	June 17:22
59/55M	Kevin	Chadwick	SM	18:06	June 18:57
60/56M	Ross	Rook	SM	18:10	
64/59M	Tom	South	SM	18:12	
70/7W	Mel	Edwards	SW (7W)	18:36	June 18:31
84/74M	Chris	Loizou	M55 - 2	19:05	April 18:12, June 17:56
89/79M	Steve	Smythe	M55 - 3	19:19	June 20:19
91/11W	Nicola	Richmond	W40 – 3	19:23	
99/86M	Mike	Mann	M65 - 1	19:40	April 19:01, June 19:57
100/87M	Hugh	Balfour	M60 - 2	19:41	June 20:28
103/90M	James	Wick	SM	19:42	
123/104M	Joseph	Brady	M45	20:16	
124/20W	Ola	Balme	W45 – 2	20:16	April 19:28, June 19:34
126/106M	Gideon	Franklin	M50	20:19	April 20:33
140/115M	Gary	Sullivan	M55 - 5	20:53	
145/119M	Andy	Murray	M60 - 3	20:59	April 20:33, June 20:40
146/27W	Anna	Thomas	SW	21:00	
157/124M	Graham	Laylee	M55 - 6	21:31	June 21:24
161/37W	Michelle	Lennon	W45 - 6	21:40	
168/129M	Ian	Sesnan	M55 - 7	21:58	June 21:56
170/40W	Ros	Tabor	W60 - 1	22:16	April 21:04, June 21:12
175/134M	Barrie-J	Nicholls	M60 - 4	22:31	April 21:50, June 21:50
184/137M	Paul	Keating	M45	23:48	
48W/185	Claire	Steward	W60 - 1	23:56	
190/50W	Lindsey	Annable	W45	24:10	April 23:00, June 23:10
206/62W	Stephanie	Burchill	W55 - 3	26:32	April 26:35
207/145M	Kev	Wood	M55 - 9	26:52	April 24:58, June 25:39

212 finishers

parkrun

September 6th

Bexley

202 ran

7	Michael Fullilove	20:20

Bromley

491 ran

23	Stephen Smythe	19:48

Brockwell

233 ran

3	Wayne Lashley	17:32
4	Paul Devine	17:35
7	Alastair Locke	18:00
11	Ian Lilley	18:37
17	Lewis Laylee	19:14
28	Nicola Richmond 1W	19:56
32	Simon Burnett	20:17
42	Andy Murray	21:03
56	Anna Thomas 7W	21:46
59	Graham Laylee	21:57
69	Ian Sesnan	22:28
85	Barrie J Nicholls	23:01
95	Desmond Edwards	23:36
107	Lindsey Annable 21W	24:17
129	Sharon Erdman 26W	25:56
159	Sarah Lyness 40W	27:37
204	Susan Vernon 67W	31:12
212	Piers Vernon	32:16
231	Chris Vernon	36:58

Burgess

106 ran

57	Barry Evans	24:55

Chelmsford Central

387 ran

89	Kim Hainsworth 9W	21:58

Cleethorpes

106 ran

15	Martin Morley	21:52
20	Colin Frith	22:23

Crystal Palace

135 ran

13	Hugh Balfour	21:38

Dulwich

203 ran

29	James Wicks	20:22
37	Joseph Brady	20:57
43	Duncan Wilson	21:12
72	Mark Muffett	22:54
96	Claire Steward 9W	24:30
118	Mick Mead	25:48
140	Stephanie Burchill 30W	27:17

Hilly Fields

126 ran

21	Gary Sullivan	21:40

Margate

38 ran

4	Nicholas Brown	20:10

Orpington, August 30

9	Steve Smythe	20:31

Reigate Priory

138 ran

45	Peter Gibbons	24:15

Riddlesdown

132 ran

43	Ange Norris 6W	24:51

Peckham Rye

86 ran

7	Jim Dowsett	20:26
10	Gideon Franklin	21:03
32	Laura Vincent 3W	24:10

Southwark

112 ran

53	Paul Keating	24:11

New members especially ! and others....

Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

Club Championships Update 2014

Later pages of shorts show the updated age group and overall tables after 9 events.

It's not quite over yet, as further marathons and the Cabbage Patch 10 miles can count for those distances.

Cabbage Patch time adjustment
The DR Committee decided to add the Cabbage Patch 10 on 19th October as an additional 10 mile race to the Rye 10. Times recorded at the Cabbage Patch will be adjusted to reflect the relative difficulty of the 2 courses and overall 10 mile results produced soon after 19 October. Runners who compete at both races will be credited with their best performance of the 2.

Comparing the times of runners who have done both Rye 10 and Cabbage Patch within 12 months, the average extra time percentage taken at Rye 10 was 3.7%.
Therefore times at the Cabbage Patch will be adjusted upwards by 3.7% and best out of that and Rye 10 times will be used for the final 10 mile scores.
This will add 2.22 seconds per minute (2 minutes 13 seconds per hour) to Cabbage Patch times.

The following have completed 4 events and can complete a qualified 5 event championship score by running the Cabbage Patch: Balme, Lashley, Morley, Locke, Hodge, Cooper, de Belder, Crump, Khandelwal, Thomas, Timmins, Haylett, French, Keating.

-**Andy Murray**

Current leading positions are shown below
(full table also shown later in Shorts)

2014 CLUB CHAMPIONSHIP WITHIN AGE GROUPS

			TOTAL 5 EVENTS MAX 1,S,M,L
WOMEN SENIOR			
1	Melanie	Edwards	258
2	Katie	Crowe	243
3	Laura	Lane	231
WOMEN V40			
1	Clare	Elms (50+)	256
2	Ros	Tabor (50+)	246
3	Clare	Wyngard (50+)	243
4	Lindsey	Annable	240
5	Ola	Balme	200
6	Nicola	Richmond	149
MEN SENIOR			
1	Edward	Hill	254
2	Edwin	McCormack	252
3	Paul	Devine	252
MEN V40			
1	Rob	Cope	304
2	Stephen	Davies	296
3	Jim	Dowsett	290
MEN V50			
1	Tony	Tuohy	257
2	Eberhard	Prill	253
3	Gary	Sullivan	242
4	Mike	Mann (60+)	242
6	Andrew	Murray (60+)	238
9	Robert	Bell (60+)	211

OVERALL CHAMPIONSHIP (AGE GRADED)

			TOTAL 5 EVENTS MAX inc 1 of S,M,L
1	Ros	Tabor	4,665
2	Clare	Elms	4,617
3	Tony	Tuohy	4,303
4	Mike	Mann	4,084
5	Charles	Lound	4,063
6	Eberhard	Prill	4,040
7	Edward	Hill	3,895
8	Gary	Sullivan	3,893
9	Andrew	Murray	3,830
10	Clare	Wyngard	3,827

2014 Club Champs within age group			Short			Medium			Long				
Name/Category			5k Brockwell 01-Feb	2M Battersea 16 - Jun	1M Dulwich 11-Jul	10K Bromley 05-May	10K Beckenham 22-Jun	7M Sevenoaks 31-Aug	1/2 Mar Tun.wells 02-Mar	Marathon Lon Or Other 13-Apr	10M Rye 25-May	Bonus for no. of events	TOTAL 5 events max 1.S,M,L
									not inc later mar's -not inc CP 10				
WOMEN SENIOR													
1	Melanie	Edwards	[49]	50	[49]	50	50	50	50	[47]	-	8	258
2	Katie	Crowe	-	49	-	48	47	49	45	-	-	5	243
3	Laura	Lane	45	-	45	46	-	47	-	43	-	5	231
4	Sue	Cooper	48	-	47	47	-	-	47	-	-	4	193
5	Anna	Thomas	-	-	46	-	49	-	49	44	-	4	192
6	Sarah	Cross	47	-	-	49	-	-	48	-	-	3	147
7	Nicola	McIvor	-	-	-	-	48	-	46	45	-	3	142
8	Charlie	Boden	44	48	-	-	-	-	-	43	-	3	138
9	Emily	Gelder	-	-	48	-	-	-	-	48	-	2	98
10	Helen	Lister	46	-	-	-	-	-	-	46	-	2	94
11	Joanne	Shelton	-	-	-	-	-	46	44	-	-	2	92
12	Karina	Burrowes	-	-	44	-	-	45	-	-	-	2	91
13	Belinda	Bell	-	-	-	45	-	-	43	-	-	2	90
14	Leann	Peters	42	-	-	-	-	-	42	-	-	2	86
15	Charlie	Wood	50	-	-	-	-	-	-	-	-	1	51
16	Shona	Mcintosh	-	-	-	-	-	-	-	50	-	1	51
17	Tereza	Francova	-	-	50	-	-	-	-	-	-	1	51
18	Toni	Holt	-	-	-	-	-	-	-	49	-	1	50
19	Charlotte	Easton	-	-	-	-	-	48	-	-	-	1	49
20	Laura	Vincent	-	47	-	-	-	-	-	-	-	1	48
21	Natalie	Davys	-	-	-	-	-	44	-	-	-	1	45
22	Kim	Hainsworth	43	-	-	-	-	-	-	-	-	1	44
23	Penelope	Bell	-	-	-	-	-	-	41	-	-	1	42
WOMEN V40													
1	Clare	Elms (50+)	50	50	50	50	-	[50]	50	-	-	6	256
2	Ros	Tabor (50+)	[45]	47	46	[45]	48	-	48	-	50	7	246
3	Clare	Wyngard 50+	[44]	-	45	47	49	-	47	-	49	6	243
4	Lindsey	Annable	[43]	45	[44]	[44]	47	49	44	-	47	8	240
5	Ola	Balme	49	48	[47]	48	50	-	-	-	-	5	200
6	Nicola	Richmond	48	49	49	-	-	-	-	-	-	3	149
7	Michelle	Lennon	46	46	-	-	-	-	-	49	-	3	144
8	Yvette	Dore	-	-	-	46	-	-	45	-	48	3	142
9	Andrea	Pickup	-	-	48	49	-	-	-	-	-	2	99
10	Emma	Ibell	47	-	-	-	-	-	49	-	-	2	98
11	Claire	Steward	-	-	-	-	46	48	-	-	-	2	96
12	Diana	Morgan (50+)	42	-	-	-	-	-	43	-	-	2	87
13	Marjorie	Epson (50+)	-	-	-	-	-	-	-	50	-	1	51
14	Louisa	Pritchard	-	-	-	-	-	-	46	-	-	1	47
15	Carolina	Lilley	-	-	-	-	-	-	42	-	-	1	43
16	Sarah	Lyness	41	-	-	-	-	-	-	-	-	1	42
MEN SENIOR													
1	Edward	Hill	[48]	50	50	50	50	-	48	-	-	6	254
2	Edwin	McCormack	[46]	49	[49]	49	49	50	-	48	-	7	252
3	Paul	Devine	49	48	[48]	48	[47]	[46]	49	50	-	8	252
4	Kevin	Chadwick	43	-	46	-	46	-	46	43	-	5	229
5	Martin	Double	-	42	40	45	45	-	-	41	-	5	218
6	Desmond	Edwards	36	-	38	-	43	39	-	-	48	5	209
7	Wayne	Lashley	50	47	-	-	48	49	-	-	-	4	198
8	Alastair	Locke	47	-	-	-	-	48	50	47	-	4	196
9	Sam	Crump	45	-	-	-	-	44	47	44	-	4	184
10	Alex	Haylett	-	43	[42]	46	44	43	-	-	-	5	181
11	Toby	de Belder	42	-	-	-	-	45	45	45	-	4	181
12	Matthew	Ladds	-	-	41	44	-	41	-	-	49	4	179
13	Hugh	French	37	-	39	43	-	-	40	-	-	4	163
14	James	Burrows	41	-	-	-	-	-	44	-	50	3	138
15	Andrew	Cottrill	-	-	-	47	-	-	43	42	-	3	135
16	Chris	Goodman	44	-	-	-	-	40	42	-	-	3	129
17	Lewis	Laylee	-	46	47	-	-	-	-	-	-	2	95
18	Edward	Smyth	-	44	45	-	-	-	-	-	-	2	91
19	James	Wicks	-	-	43	-	-	42	-	-	-	2	87
20	Oscar	Hussey	39	45	-	-	-	-	-	-	-	2	86
21	Dominic	Joiner	40	-	-	-	-	-	-	40	-	2	82
22	Oli	Thorogood	-	-	-	-	-	-	-	49	-	1	50
23	John-G	Harrison	-	-	-	-	-	47	-	-	-	1	48
24	Tom	Marshall	-	-	-	-	-	-	-	46	-	1	47
25	Alexander	Dodds	-	-	44	-	-	-	-	-	-	1	45
26	Christian	Moody	-	-	-	-	-	-	41	-	-	1	42
27	Andrew	Bright	38	-	-	-	-	-	-	-	-	1	39
MEN V40													
1	Rob	Cope	[47]	[48]	50	50	[47]	46	50	49	50	9	304
2	Stephen	Davies	49	-	49	-	48	48	49	47	-	6	296
3	Jim	Dowsett	[43]	-	46	48	45	47	48	-	49	7	290
4	Mark	Foster	45	46	48	-	46	-	-	-	48	5	238
5	Paul	Hilton	-	43	-	44	41	-	43	-	46	5	222
6	Charles	Lound	50	50	-	-	50	50	-	50	-	5	255
7	Ian	Lilley	48	49	-	-	49	49	-	48	-	5	248
8	Paul	Hodge	-	45	47	47	44	-	-	-	-	4	187

9	Joseph	Brady	-	44	-	45	-	45	45	-	47	5	231
10	Cameron	Timmis	42	-	45	46	-	-	46	-	-	4	183
11	Ajay	Khandelwal	44	-	44	-	43	-	47	-	-	4	182
12	Paul	Keating	41	-	-	43	42	-	44	-	-	4	174
13	Olivier	Montfort	-	-	-	49	-	-	-	46	-	2	97
14	Duncan	Hussey	46	47	-	-	-	-	-	-	-	2	95
MEN V50													
1	Tony	Tuohy	50	50	[50]	50	50	[50]	50	-	-	7	257
2	Eberhard	Prill	49	49	[49]	49	[49]	-	49	50	-	7	253
3	Gary	Sullivan	[45]	48	48	47	48	-	45	-	-	6	242
4	Mike	Mann (60+)	[44]	47	46	46	[45]	47	[44]	-	48	8	242
5	Gideon	Franklin	[43]	-	45	44	-	48	[42]	46	49	7	239
6	Andrew	Murray (60+)	[42]	45	[43]	45	46	-	[43]	47	47	8	238
7	Barrie J	Nicholls	[34]	42	[37]	[40]	42	45	[38]	45	45	9	228
8	Graham	Laylee	39	44	[39]	43	44	-	41	-	-	6	217
9	Robert	Bell (60+)	38	-	[38]	39	43	-	39	-	46	6	211
10	Peter	Gibbons	37	-	-	38	41	44	-	-	44	5	209
11	Michael	Dodds	36	-	-	41	40	-	34	-	42	5	198
12	Neville	Webb	47	-	47	-	-	-	47	-	50	4	195
13	Stephen	Wehrle (60+)	-	-	35	34	-	-	32	42	40	5	188
14	Martin	Morley (60+)	41	-	41	42	-	-	40	-	-	4	168
15	Ameet	Patel	-	-	-	[36]	39	43	37	-	43	5	167
16	Patrick	McMorrow	-	-	-	35	-	-	33	44	41	4	157
17	Per	Hedberg	29	43	40	-	-	-	35	-	-	4	151
18	Stephen	Smythe	48	-	-	-	-	49	-	49	-	3	149
19	Barry G.	Evans (60+)	28	-	36	-	-	-	-	43	-	3	110
20	John	English	46	-	-	-	-	-	46	-	-	2	94
21	Hugh	Balfour	-	46	44	-	-	-	-	-	-	2	92
22	Duncan	Wilson	40	-	-	-	-	46	-	-	-	2	88
23	Michael	Ward	33	-	-	-	-	-	36	-	-	2	71
24	Colin	Frith	32	-	-	37	-	-	-	-	-	2	71
25	Chris	Loizou	-	-	-	-	-	-	48	-	-	1	49
26	Stephen	Williams	-	-	-	48	-	-	-	-	-	1	49
27	Paul	Mottram	-	-	-	-	-	-	-	48	-	1	49
28	Michael	Fullilove	-	-	-	-	47	-	-	-	-	1	48
29	Ian	Sesnan	-	-	42	-	-	-	-	-	-	1	43
30	Giles	Gibson	35	-	-	-	-	-	-	-	-	1	36
31	Pip	Eastop	31	-	-	-	-	-	-	-	-	1	32
32	Stephen	Street	-	-	-	-	-	-	31	-	-	1	32
33	Steve	Cook (60+)	30	-	-	-	-	-	-	-	-	1	31
34	John	O'Byrne (60+)	27	-	-	-	-	-	-	-	-	1	28
										*	*		

Best 5 count for year including 1 each short, medium, long. W50's and M60's have separate contests using the above scores. *Later marathons and Cabbage Patch 10 still to come

			Short			Medium			Long					
Overall Age Graded Champs			5k Brockwell 01-Feb	2M Dulwich 11-Jul	1M Dulwich 11-Jul	10K Bromley 05-May	10K Beckenham 22-Jun	7M Sevenoaks 31-Aug	1/2 Mar Tun.wells 02-Mar	Marathon Lon Or Other 13-Apr	10M Rye 25-May	Average	TOTAL 5 events max inc 1.S,M,L	
1	Ros	Tabor	910	953	971	[842]	929	-	902	-	[894]	933	4,665	5
2	Clare	Elms	914	946	1,001	873	-	[856]	882	-	-	923	4,617	5
3	Tony	Tuohy	831	881	878	[828]	854	[826]	859	-	-	861	4,303	5
4	Mike	Mann	819	814	838	798	[787]	[785]	815	-	[788]	817	4,084	5
5	Charles	Lound	805	827	-	-	825	761	-	845	-	813	4,063	5
6	Ebe	Prill	803	815	836	[771]	792	-	795	[764]	-	808	4,040	5
7	Edward	Hill	745	802	822	[735]	777	-	749	-	-	779	3,895	5
8	Gary	Sullivan	767	782	810	[738]	774	-	760	-	-	779	3,893	5
9	Andrew	Murray	761	[760]	777	[750]	770	-	763	[744]	760	766	3,830	5
10	Clare	Wyngard	762	-	761	[741]	792	-	758	-	754	765	3,827	5
11	Paul	Devine	752	788	785	[694]	751	[705]	750	[707]	-	765	3,826	5
12	Melanie	Edwards	740	766	[734]	[729]	775	765	778	[734]	-	764	3,822	5
13	Stephen	Davies	759	-	792	-	762	723	743	[687]	-	756	3,779	5
14	Rob	Cope	720	750	783	[703]	739	[651]	737	[682]	[720]	746	3,728	5
15	Edwin	McCormack	[705]	769	767	712	745	[711]	-	702	-	739	3,695	5
16	Ian	Lilley	745	775	-	-	759	717	-	676	-	734	3,670	5
17	Mark	Foster	720	742	734	-	706	-	-	-	687	718	3,588	5
18	Gideon	Franklin	707	-	733	[686]	-	716	696	[666]	696	710	3,548	5
19	Graham	Laylee	698	715	699	[698]	710	-	696	-	-	704	3,518	5
20	Robert	Bell	716	-	712	680	694	-	698	-	[679]	700	3,499	5
21	Barrie J	Nicholls	[666]	688	689	682	684	[653]	673	[617]	[659]	683	3,415	5
22	Kevin	Chadwick	667	-	711	-	665	-	675	625	-	669	3,343	5
23	Katie	Crowe	-	708	-	677	666	609	652	-	-	662	3,312	5
24	Peter	Gibbons	679	-	-	665	673	640	-	-	652	662	3,308	5
25	Jim	Dowsett	660	-	678	[639]	659	[654]	651	-	652	660	3,300	5
26	Lindsey	Annable	650	679	668	[634]	663	[635]	635	-	[622]	659	3,296	5
27	Ola	Balme	801	824	816	[780]	818	-	-	-	-	815	3,259	4
28	Joseph	Brady	-	673	-	646	-	657	653	-	624	651	3,253	5
29	Neville	Webb	792	-	793	-	-	-	810	-	803	800	3,199	4
30	Michael	Dodds	651	-	-	656	638	-	614	-	621	636	3,180	5
31	Laura	Lane	661	-	638	621	-	581	-	560	-	612	3,061	5
32	Martin	Double	-	644	626	610	625	-	-	537	-	608	3,041	5
33	Stephen	Wehrle	-	-	630	616	-	-	659	500	630	607	3,036	5

34	Wayne	Lashley	741	765	-	-	744	715	-	-	-	741	2,964	4
35	Martin	Morley	746	-	741	709	-	-	720	-	-	729	2,915	4
36	Alastair	Locke	711	-	-	-	-	701	744	701	-	714	2,856	4
37	Paul	Hilton	-	591	-	539	543	-	541	-	599	563	2,813	5
38	Paul	Hodge	-	706	735	676	688	-	-	-	-	701	2,805	4
39	Sue	Cooper	703	-	670	643	-	-	667	-	-	671	2,683	4
40	Toby	de Belder	667	-	-	-	-	658	673	661	-	665	2,659	4
41	Sam	Crump	691	-	-	-	-	608	706	638	-	661	2,643	4
42	Ajay	Khandelwal	692	-	657	-	646	-	642	-	-	659	2,636	4
43	Anna	Thomas	-	-	648	-	675	-	682	629	-	658	2,633	4
44	Cameron	Timmis	654	-	666	639	-	-	635	-	-	648	2,594	4
45	Desmond	Edwards	506	-	560	-	523	507	-	-	454	510	2,549	5
46	Per	Hedberg	578	645	671	-	-	-	611	-	-	626	2,505	4
47	Alex	Haylett	-	633	646	603	[600]	606	-	-	-	622	2,488	4
48	Patrick	McMorrow	-	-	-	605	-	-	620	594	609	607	2,428	4
49	Ameet	Patel	-	-	-	602	587	[575]	610	-	597	599	2,397	4
50	Nicola	Richmond	734	796	822	-	-	-	-	-	-	784	2,352	3
51	Hugh	French	575	-	611	553	-	-	552	-	-	573	2,291	4
52	Stephen	Smythe	779	-	-	-	-	762	-	750	-	763	2,290	3
53	Matthew	Ladds	-	-	604	556	-	554	-	-	557	568	2,271	4
54	Paul	Keating	584	-	-	525	557	-	571	-	-	559	2,237	4
55	Michelle	Lennon	729	743	-	-	-	-	-	655	-	709	2,126	3
56	Sarah	Cross	694	-	-	673	-	-	679	-	-	682	2,045	3
57	James	Burrows	660	-	-	-	-	-	666	-	664	663	1,990	3
58	Nicola	McIvor	-	-	-	-	660	-	660	644	-	655	1,964	3
59	Yvette	Dore	-	-	-	650	-	-	641	-	629	640	1,919	3
60	Charlie	Boden	662	682	-	-	-	-	-	567	-	637	1,911	3
61	Andrew	Cottrill	-	-	-	623	-	-	656	607	-	629	1,886	3
62	Chris	Goodman	668	-	-	-	-	543	645	-	-	619	1,856	3
63	Barry G	Evans	584	-	641	-	-	-	-	552	-	593	1,778	3
64	Andrea	Pickup	-	-	816	767	-	-	-	-	-	791	1,582	2
65	Lewis	Laylee	-	766	816	-	-	-	-	-	-	791	1,581	2
66	Hugh	Balfour	-	767	782	-	-	-	-	-	-	775	1,549	2
67	Emily	Gelder	-	-	751	-	-	-	-	781	-	766	1,531	2
68	Claire	Steward	-	-	-	-	770	731	-	-	-	750	1,501	2
69	John	English	746	-	-	-	-	-	749	-	-	748	1,495	2
70	Duncan	Hussey	739	750	-	-	-	-	-	-	-	744	1,489	2
71	Oscar	Hussey	700	746	-	-	-	-	-	-	-	723	1,446	2
72	Emma	Ibell	727	-	-	-	-	-	706	-	-	717	1,433	2
73	Diana	Morgan	697	-	-	-	-	-	666	-	-	682	1,363	2
74	Helen	Lister	672	-	-	-	-	-	-	684	-	678	1,356	2
75	Edward	Smyth	-	666	685	-	-	-	-	-	-	676	1,351	2
76	Duncan	Wilson	675	-	-	-	-	652	-	-	-	663	1,327	2
77	Michael	Ward	642	-	-	-	-	-	650	-	-	646	1,291	2
78	Colin	Frith	630	-	-	648	-	-	-	-	-	639	1,278	2
79	Olivier	Montfort	-	-	-	658	-	-	-	619	-	638	1,276	2
80	James	Wicks	-	-	640	-	-	582	-	-	-	611	1,222	2
81	Joanne	Shelton	-	-	-	-	-	584	625	-	-	605	1,209	2
82	Dominic	Joiner	663	-	-	-	-	-	-	525	-	594	1,189	2
83	Belinda	Bell	-	-	-	586	-	-	571	-	-	578	1,156	2
84	Karina	Burrowes	-	-	569	-	-	524	-	-	-	546	1,092	2
85	Leann	Peters	533	-	-	-	-	-	514	-	-	524	1,048	2
86	Chris	Loizou	-	-	-	-	-	-	825	-	-	825	825	1
87	Stephen	Williams	-	-	-	804	-	-	-	-	-	804	804	1
88	Shona	Mcintosh	-	-	-	-	-	-	-	801	-	801	801	1
89	Marjorie	Epson	-	-	-	-	-	-	-	790	-	790	790	1
90	Toni	Holt	-	-	-	-	-	-	-	764	-	764	764	1
91	Charlie	Wood	754	-	-	-	-	-	-	-	-	754	754	1
92	Tereza	Francova	-	-	750	-	-	-	-	-	-	750	750	1
93	Michael	Fullilove	-	-	-	-	745	-	-	-	-	745	745	1
94	Ian	Sesnan	-	-	714	-	-	-	-	-	-	714	714	1
95	Oli	Thorogood	-	-	-	-	-	-	-	706	-	706	706	1
96	Paul	Mottram	-	-	-	-	-	-	-	704	-	704	704	1
97	Tom	Marshall	-	-	-	-	-	-	-	702	-	702	702	1
98	John-G	Harrison	-	-	-	-	-	694	-	-	-	694	694	1
99	Alexander	Dodds	-	-	674	-	-	-	-	-	-	674	674	1
100	Louisa	Pritchard	-	-	-	-	-	-	649	-	-	649	649	1
101	Giles	Gibson	638	-	-	-	-	-	-	-	-	638	638	1
102	Steve	Cook	635	-	-	-	-	-	-	-	-	635	635	1
103	Laura	Vincent	-	629	-	-	-	-	-	-	-	629	629	1
104	Andrew	Bright	620	-	-	-	-	-	-	-	-	620	620	1
105	Kim	Hainsworth	619	-	-	-	-	-	-	-	-	619	619	1
106	Pip	Eastop	611	-	-	-	-	-	-	-	-	611	611	1
107	Charlotte	Easton	-	-	-	-	-	589	-	-	-	589	589	1
108	Sarah	Lyness	574	-	-	-	-	-	-	-	-	574	574	1
109	Christian	Moody	-	-	-	-	-	-	571	-	-	571	571	1
110	Carolina	Lilley	-	-	-	-	-	-	553	-	-	553	553	1
111	Natalie	Davys	-	-	-	-	-	517	-	-	-	517	517	1
112	Penelope	Bell	-	-	-	-	-	-	495	-	-	495	495	1
113	John	O'Byrne	485	-	-	-	-	-	-	-	-	485	485	1
114	Stephen	Street	-	-	-	-	-	-	474	-	-	474	474	1
											*	*		

*Later marathons and Cabbage Patch 10 still to come

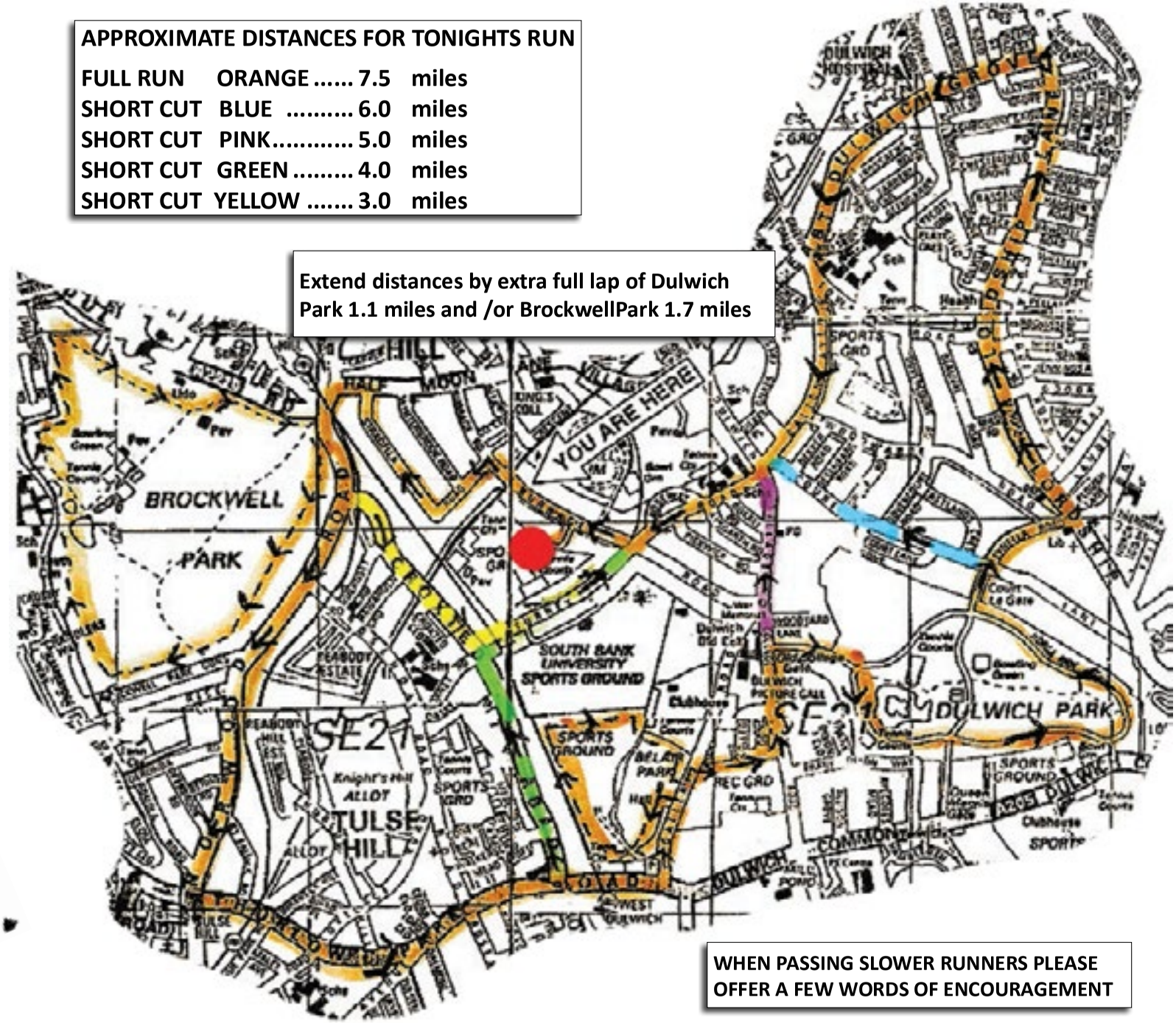
DULWICH RUNNERS AC S7

Here be dragons

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE	7.5	miles
SHORT CUT	BLUE	6.0	miles
SHORT CUT	PINK.....	5.0	miles
SHORT CUT	GREEN	4.0	miles
SHORT CUT	YELLOW	3.0	miles

Extend distances by extra full lap of Dulwich Park 1.1 miles and /or BrockwellPark 1.7 miles



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT