SHORTS

Dulwich Runners AC
Weekly Newsletter
July 2nd 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 2 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Thu 3 **Dulwich Runners Midsummer 5k**
Brockwell Park- if you can help on the night please contact Ros/Andy

Tue 8 **Track session with Steve Smythe** - £1 fee
Dulwich college Track - 7 for 7:15pm start

In your SHORTS this week !

3 Fixture list, Club champs,XC road, trail etc
4 Assembly league Battersea Pk, report & results
7 Parkrun results
8 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

at Dulwich College

Tuesdays with Steve Smythe

Improve your speed & strength over all distances.
suitable for all standards and abilities.
Dulwich will be just a pound but additional £2 payable next day or following week for those who don't pay on night

Arrive at 7 for warm-up then a prompt 7:15pm start

EVENT HORIZON

A brief look ahead

full fixture list **page 3**

July	03	Dulwich Runners midsummer 5k
July	11	Mark Hayes Mile - Club champs 1 mile race
Aug	07	Assembly League -Victoria Park, Mile End

DUWLCH RUNNERS MIDSUMMER 5K

As you probably know there are going to be big flood protection works in Dulwich Park for the next few months, so we are hoping to hold the Midsummer 5k race in Brockwell Park this year instead.

The date is now Thursday 3 July

If you are interested in helping on the day, or with the organisation pre-race, please can you let me know.
Thanks - Ros - Ros@28kerfield.freeserve.co.uk

Club Members are also welcome to run

.....and

Battersea Park assembly league now 26th June

NEW RUNNERS ROTA

No new club 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**

Kevin Wood	**02/07**
Clare Wyngard	09/07
Steve Werhle	16/07

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**

LUCKY VEST

tonight

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 7**

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 CHARITY OF THE YEAR

- Susan Vernon writes:

The DR main committee will be launching a new Dulwich Charity Challenge at our AGM in October, in place of the Dulwich - Charity 10k for 2015.

In the meantime, we need nominations of local charities which you would like to be chosen as the Dulwich Runners charity for 2015.

Nominations must be with me by the end of July please so we can make a shortlist of 3.

Members will then be asked to vote for their favoured charity. The results will be announced at the AGM when full details of the Dulwich Charity Challenge will be available.

Please send your nominations of local charities to vernonrun@aol.com

Mark Hayes Dulwich Club Mile Championships. Dulwich College track, July 11

Numbers are already looking very good for the club mile on Friday week and a wide range of abilities are covered. The event will be between 7pm and 8pm and there is likely to be 5 races and a children's event.

With good conditions, there is a possibility of a few records. If you are intending to compete, please let Steve Smythe know so we can grade the races and try and ensure runners are up against runners of similar abilities

steve.smythe@athleticsweekly.com

The following information is now on the VirginMoneyLondonMarathon website via the Marathon Centre/Enter The Race tabs

Note that Good for Age covers all ages from 18 and that the closing date to submit results and apply for a form is Friday 4 July at 5pm, then 3 weeks to complete the form and pay for entry.

If you've already run a full marathon in a particularly fast time, you might qualify for an automatic 'good for age' entry into the 2015 Virgin Money London Marathon.

You can apply for a good for age entry if you've run a full marathon in the same time, or faster than, the times listed below, please note the times must have been achieved since the 1st of January 2013:

Men	Time (in hours)	Women	Time (in hours)
Age 18 - 40	sub 3:05	Age 18 - 40	sub 3:45
Age 41 - 49	sub 3:15	Age 41 - 49	sub 3:50
Age 50 -59	sub 3:20	Age 50 -59	sub 4:00
Age 60 - 64	sub 3:45	Age 60 - 64	sub 4:30
Age 65 - 69	sub 4:00	Age 65 - 69	sub 5:00
Age 70 - 75	sub 5:00	Age 70 - 75	sub 6:00
76+	sub 5:30	76+	sub 6.30

Please see the online entry link below to apply for a good for age entry into the 2015 Virgin Money London Marathon. https://portal.mikatiming.de/event/virginmoneylondonmarathon/2015/goodforage/request/

Applications must be made by 4th July 2014 at 5pm.

Completion of accepted applications and payment will close on the 25th July at 5pm 2014.

Runners will either receive an accepted or unaccepted email (within 15 working days) with a link to complete the registration form and make payment; it is the runner's responsibility to ensure you receive this email and to complete the registration form and make payment by the 25th July at 5pm.

If you're a member of an athletics club associated with UK Athletics UKA and you've achieved a championship qualifying performance for a marathon in 2013 or 2014, you can apply for a championship entry place in the 2015 Virgin Money London Marathon.

You'll need to have completed a marathon or half marathon in the same time, or faster than, the times listed below – these are the official championship qualifying performance times. Your qualifying time must have been achieved after 1st January 2013:

Men	Time (in hours)	Women	Time (in hours)
Full marathon	sub 2.45	**Full marathon**	sub 3.15
Half marathon	sub 1.15	**Half marathon**	sub 1.30

For the 2015 event the entry system for championship entries will again be online, please check back at the end of August for details of how to apply.

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
July	2	B & BH open meeting 10,000m			Norman Park, Bromley
	3	Dulwich runners Midsummer 5k			Brockwell Park * **note changed date**
	11	Mark Hayes Mile		(short)	Dulwich College Track
	23	B & BH open meeting 5000m			Norman Park, Bromley
Aug	7	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	31	Sevenoaks 7		(medium)	Sevenoaks
Sep	4	Assembly League	3miles		Beckenham - 7:15 start

ASSEMBLY LEAGUE 2014

They will take place on the first Thursday of every summer month, venues will be the same as last year.
This summer evening series of races is popular with club members
For those that are new to the club these races are open to all standards and abilities, 5k, and free to enter, all you need to do is have a club vest, turn up and run.
Any further information regarding these races it will appear here in Shorts.
Events still to come:

7 Aug	Victoria Park	3.5 miles	7.30 start
4 Sept	Beckenham	3 miles	7.15 start

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.

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

Remaining events are as follows:

11 July	Mark Hayes Mile (short)
31 August	Sevenoaks 7 (medium)

Mike Mann (on belhalf of ADSC)

TRACK MEETINGS

UPDATE

For those of you interested in competing on the track, there are several open meetings held at local venues during the spring/summer season.
Open meetings, hosted by HHH are held at Tooting Bec on some Saturday afternoons.
Other open meetings are at Norman Park, Bromley on Monday evenings, Crystal Palace on Saturday afternoons and at Parliament Hill.

19	July	Crystal Palace
21	July	Norman Park
23	July	Norman Park, 5000m
11	Aug	Norman Park
23	Aug	Tooting track
23	Aug	Crystal Palace
27	Aug	Norman Park
10	Sep	Parliament Hill

These meetings, where there are usually 800m, 1500m and 3000m races on offer, are ideal for those looking for improved times, having done some earlier races. Please contact me for further details.
Mike Mann

CLUB CHAMPIONSHIPS important update

Our selected 10 mile Club Championship race is the Rye 10 on 25th May. Since the Club Championship races were set, the Club has been invited by British Athletics to enter men and women teams in to the BUPA London 10K on the same date.

In order to allow our faster runners to represent the club in this prestigious event and not being disadvantaged in the Club Championships, The Committee has decided to add the Cabbage Patch 10 on 19th October as an additional 10 mile race.

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

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

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 .

Assembly League 4- Battersea Park June 26th

Paul Devine writes....

There were some notable performances on a cool and still evening at Battersea Park where the flat course is very conducive to fast times.

Unlike previous Assembly league races this year, the course was accurately measured with a UKA licence so all times counted officially on Powerof10.
The men had a good turnout with the A team unlucky to only finish fifth despite some excellent individual performances, with the fast course attracting bigger turnouts from rival clubs best runners, and The B team just missed out on 3rd place behind Kent AC and finished a commendable 4th

First placed Dulwich Runner and leading the A team was Ed Hill who continued his fantastic summer form with another big PB- which he improved by an impressive 20 seconds from the same event last year. Close behind and beating his PB by the same amount was Edwin McCormack with another outstanding run. After tracking Paul Devine for two miles, he pushed on hard and finished strongly, with some breathing difficulties at the end possibly costing him an even faster time. Paul also took a similar amount off his PB with a very pleasing run, which saw him go under 17 minutes for the first time.

Wayne Lashley completed the scoring for the A team with yet another strong run and extended his `PB week` with a 7 second improvement on his recent parkrun time. He agonisingly missed out on sub 17 by 4 seconds, and admitted a slightly too fast start possibly cost him the milestone.
Charlie Lound led the B team home, with another impressive showing over his less favoured shorter distance and matched his time from the same event in 2013. Completing the B team and breaking 18 for the first time were Ian Lilley and Ebe Prill, with Steve Davies sandwiched between them. Ian has been in great form since his debut Marathon in Stockholm, and gained a massive 37 second PB. Steve continues to improve and gained another PB by 5 seconds, whilst Ebe possibly had the biggest smile in South West London after finally getting the sub 18 minute 5k monkey off his back with a storming run, which also saw him finish 1st M50.

Robert Hollands made an excellent Assembly League debut with a big PB and can count himself unlucky to be the leading non scorer given he recorded a sub 18 time. Rob Cope wasn't feeling his best, but still ran a strong race within a second of his best time, and will surely break 18 this summer. Lewis Laylee ran his best official 5K time on the back of his impressive track form, Kevin Chadwick ran his best 5k since last years race, and there was also a highly encouraging club debut from newcomer Ross Rook.

Neville Webb had a strong race and was first M55, Mark Foster and Ed Smyth ran well in season's best times, and Gary Sullivan was rewarded for recent good form with his fastest 5k outside of a parkrun. Jim Dowsett continued his consistent upsurge of form and was delighted to break 20 minutes for the first time, and Martin Double was another who scored a significant PB. There were also strong runs from Joe Brady with his quickest run this year, Andy Murray just edged out Graham Laylee who ran an excellent race and Matthew Ladds was not far behind and recorded a PB. Barrie John Nicholls has been running very well this year, and was another who achieved a significant PB with a fine run.

The women's team was hit by some late withdrawals, and as a result only fielded five runners. The lack of depth resulted in their lowest placing of the season with a fifth place finish. Clare Elms made a late decision to run after competing in the track the previous evening, and moved through from fourth to second in the last mile, and fell just seven seconds short of winning. Her time puts her a minute clear in the UK W50 5k rankings, and was also a club W50 record by well over half a minute.

Ola Balme is having an excellent summer, and ran very strongly to record her fastest official 5k time since 2010, and was also 1st W45. Anna Thomas was the final scorer with a very solid run which wasn't too far down on her best time from earlier this year. Completing the women's contingent was Michelle Lennon with a superb run which saw her set a PB and Lindsey Annable was rewarded for her hard work at track sessions with a fantastic run which saw her record a 20 second PB.

The next Assembly League fixture will be held in Victoria Park on August 7th. With it being summer holiday season, it would be great if all those who are available could put this in their diaries so we can field the strongest teams available.

15	Ed	Hill		SM	16:25	PB
19	Edwin	McCormack		SM	16:31	PB
22	Paul	Devine		SM	16:47	PB
27	Wayne	Lashley		SM	17:04	PB
31	Charles	Lound		M45-1	17:12	
45	Ian	Lilley	44M	M40-	17:42	PB
47	Clare	Elms	2W	W50-1	17:47	
48	Steve	Davies	46M	M45	17:48	PB
49	Ebe	Prill	47M	M50	17:50	PB
52	Rob	Hollands	50M	SM	17:54	PB
58	Rob	Cope	54M	V40	18:02	
62	Lewis	Laylee	58M	U15	18:06	PB
86	Kevin	Chadwick	79M	SM	18:46	
90	Ross	Rook	83M	SM	19:04	PB
96	Neville	Webb	87M	V55-1	19:15	
101	Mark	Foster	92M	M45	19:26	
103	Ola	Balme	10W	W45-1	19:30	
106	Ed	Smyth	96M	SM	19:32	
110	Gary	Sullivan	100M	V55	19:37	PB
114	Jim	Dowsett	102M	SM	19:48	PB
140	Martin	Double	120M	SM	20:37	PB
154	Joseph	Brady	123M	V45	20:53	
159	Andy	Murray	129M	V60	21:31	
160	Graham	Laylee	130M	V55	21:33	
162	Matthew	Ladds	132M	SM	21:38	PB
169	Anna	Thomas	33W	SW	21:55	
174	Michelle	Lennon	35W	W45	22:18	PB
187	Barrie J	Nicholls	147M	M60	23:05	PB
196	Lindsey	Annable	43W	W45	23:46	PB

Men A team
1 VPHTH 23 (1, 4, 5, 13)
2 Stock E 47 (3, 7, 14. 23)
3 Serp 49 (8, 10, 11, 20)
4 Kent 67 (9, 12, 17, 29)
5 Dulwich 83 (15, 19, 22, 27)
6 Lloyds 179 (21, 31, 49, 70)
7 Eton M 239 (42, 57, 66, 74)
8 Beck 277 (25, 62, 76, 114)
9 Petts W 320 (41, 81, 95, 103)
10 Ravens 357 (68, 85, 97, 107)
11 Aquila 387 (6, 112, 116, 153)
12 Camb H 417 (8, 113, 133, 163)
13 Dartford RR 616 (127, 163, 163, 163)

Women's teams
1 VPH 19 (5, 6, 8)
2 Kent 28 (1, 12, 15)
3 Eton M 36 (3, 7, 26)
4 Serp 37 (4, 14, 19)
5 Dulw 45 (2. 10, 33)
6 VPH B 49 (11, 18, 20)
7 Kent B 71 (16, 23, 32)
8 Serp B 75 (22, 24, 29)
9 Stock E 87 (9, 17, 61)
10 Beck 89 (13, 30, 46)
11 Eton M B 117 (31, 41, 45)
12 Dulw B 140 (35, 43, 62)
13 Lloyds 145 (21, 62, 62)
14 Ravens 149 (25, 62, 62)
15 Petts W 164 (40, 62, 62)

Men B team
1 Serp 122 (24, 28, 33, 37)
2 VPH 122 (16, 32, 36, 38)
3 Kent 164 (34, 35, 43, 52)
4 Dulw 168 (31, 44, 46, 47)
5 Stock E 240 (26, 30, 86, 98)
6 Eton M 403 (89, 90, 109, 115)
7 Ravens 490 (110, 122, 124, 134)
8 Lloyds 593 (82, 94, 154, 163)
9 Petts W 594 (105, 163, 163, 163)
10 Beck 607 (137, 144, 163, 163)

BMC Meeting Eltham 25th June

800m
Race D
8 Lewis Laylee 2:11.06 PB

Race E
7 Clare Elms 2:23.68
10 Oscar Hussey 2:25.85
11 Duncan Hussey 2:28.17
Graham Laylee

Mark Hayes Dulwich Club Mile Championships. Dulwich College track, July 11

Numbers are already looking very good for the club mile on Friday week and a wide range of abilities are covered. The event will be between 7pm and 8pm and there is likely to be 5 races and a children's event.
With good conditions, there is a possibility of a few records. If you are intending to compete, please let Steve Smythe know so we can grade the races and try and ensure runners are up against runners of similar abilities
steve.smythe@athleticsweekly.com

PB Week 2
'Unfinished Business'

The sequel to the original PB Week, had the makings of another classic. I arrived early and was greeted by a marching band playing all the essential hits, well 'YMCA' and 'It's raining Men'. Not exactly stirring stuff but it made for a great atmosphere. The place, Battersea Park. The occasion, Assembly League. The task, run sub 17 minute for 5km for the first time. History in the making

Before I embarked on this latest mission, I gave myself one important instruction to ensure success, do not run any part of the first mile faster than 5:20 min/mile pace. I felt great. The warm up was thorough, I felt loose and quick. I just needed to keep my head screwed on.
So when the race started and I glanced at my Garmin to see 5:07min/mile pace after nearly half a mile, one would think I slowed down immediately. Sadly, the adrenalin was pumping, and the inquisitive youth in me wanted to see if I could hold this pace. I ended the first mile in 5:26min/mile pace but the damage had been done.

The writing was on the wall when both Edwin McCormack and Paul Devine went past with the latter given a swift gesture with his hand that could have been 'onward soldier!' or an imaginary slap of the head. Either interpretation would have been appropriate given the circumstances I had foolishly put myself in. The imaginary 17 minute line was now hovering ahead of me but I was getting slower and slower throughout the race. I knew I was close and at the final straight and tried to defy the ever increasing odds. But it was not to be. For the first time in my life, I ran a PB and was disappointed. 17:04 mins was the mark.

It beat the PB I set at the Dulwich Park Run the Saturday before by 7 seconds but that was not consoling me especially as both Edwin and Paul had run PBs by pacing themselves far more sensibly. More race discipline would have given me what I had wanted. Instead, I will be doing a 5km race at Battersea Park on Monday 21st July (Self Transcendence). I will not be denied. To be continued...
Wayne Lashley

Self Transcendence 5k, Battersea Park, Monday, 30. June

A step up - or a little patch of form?

With King Tony of House Tuohy away on campaign in France, this here robber baron set out to grab a couple of first M50s on one of Tony's favourite stomping grounds at Battersea park.
The only mitigating circumstance of these raids was that I managed to do it with two successive PBs and my first and second sub18 run in Thursday's Assembly league 5k and Monday's Self-transcendence 5k race.

I had come tantalisingly close to breaking that 18 minute barrier in the previous months, none more so than in a Dulwich parkrun during the build-up to the London marathon, which I clocked in 18:00 flat. Another attempt on the back of some marathon form at Serpentine's Last Friday race in May ended in a sub18 time but a 'doesn't count' short course, since we all took a wrong turn after the leader.

Then a post-marathon slump set in, and I found it hard suddenly to get under 18:30. After a spell of being ill with a cold saw me having to defer my next attempt and cheer from the side-lines while several brilliant PBs were achieved including Steve Davies breaking the 18 minutes in convincing fashion at the Battersea 5k in early June, I started having serious doubts about it ever happening for me.

But funnily, progress seems to come in leaps and bounds. At the Assembly league the cobwebs were suddenly blown away, I found myself after a fast general start at the back of Steve Davies and Ian Lilley, and when they slowed slightly, I even went to the front for a while. Ian wasn't holding back for long and surged eventually, pulling clear, while Steve and I exchanged places several times in the race. On the final 500 metres he got the better of me, while both of us could only watch a superb Clare Elms gliding past us.

We finished in close order, well under 18 minutes, and a wave of joy and relief washed over me. I had beaten several M50s from other clubs who had been well ahead of me on the Beckenham 10k race and even bettered Steve's time from the afore mentioned Battersea 5k by 3 seconds, while he was now 2 seconds up on me.

So time for another try to see if this was a one-off or a step up. I had deferred my Self-transcendence 5k from early June to this Monday and several other Dulwich Runners showed up for this fast and flat two lap course in Battersea park. Conditions were favourable and I started slightly more cautiously, aiming for even splits.

Steve Davies wasn't there this time, but my racing twin Rob Cope (who's getting far too strong on track now, and in the hills, and on any old distance, except maybe now and then, when the stars align in my favour) was in the race, initially there to exorcise his own 18 min demon. He then decided on coach Steve's advice to go for a more cautious approach of 'wait and see what the last mile brings' in view of not wanting to blunt his speed for next day's track session in the build-up for the mile champs.

So he kept back and left his sub18 for another day. I raced for a while with a runner a head taller than me, testing my theory that tall guys (I kind of include myself, but all is relative) tire sooner. When that proved the case, I went after the first female runner in a Herne Hill vest just ahead, who seemed to be going at a good even pace that I just about could manage. I usually find the middle mile in a 5k race the hardest. My body want's to take a break and ease off, whilst my mind is not always equal to the task of preventing it from doing so. And the incentive of 'we're there soon' is still far away. That is where someone to hang on to comes in handy, that, and I found, checking my heart rate. If it's not in the red 'blowing a valve any second now' zone, and it usually never is at that point, I can haughtily command my bones to carry on and not make a fuss. Seemed to have worked this time. I didn't slow down, overtook the female runner and one more on the last 400 metres and even raced another guy to the finish line, ending with a second PB in four days and the 1st M50 medal.

Mel Edwards also ran a 5k PB, more than 30 seconds faster than her official 5k PB from last year and still faster than her best parkrun time from March. She claimed the second woman medal.

Mike Mann showed some signs of a recovery from a recent dip in form, managing to finish in under 20 minutes, 44 seconds better than his previous effort here in early June ad a seasons best and got the second M60 medal.
Katie Crowe achieved a good debut in her first road 5k race.
Ebe Prill

34 Ebe Prill	17:48 PB (1.M50)
44 Rob Cope	18:22
47 Mel Edwards 2W	18:41 PB
63 Ed Smyth	19:37
74. Mike Mann	19:49 (2.M60)
93 Katie Crowe 13W	21:26 PB

156 ran, winner in 15:40 min

parkrun

June 28th

Banstead Woods
172 ran

61	Peter Gibbons	23:35

Brockwell Park
239 ran

19	Neville Webb	19:15 PB
96	Clare Wyngard	23:05
108	Desmond Edwards	23:45 PB
123	Michael Dodds	24:20
224	Chris Vernon	32:45

Burgess
109 ran

13	Hugh Balfour	20:28
65	Barry Evans	25:49

Cleethorpes
94 ran

Colin Frith returned to his home town of Grimsby and was joined by Martin Morley for the Cleethorpes Park Run. Despite too many fish and chips the night before and a few cleansing ales (pints of mild being the order of the day!) both travelling DRs reported reasonable times on their debuts on this course.

22	Martin Morley	22:10
23	Colin Frith	22:12

New members especially ! and others....
Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps pick out all our runners for the results.

Crystal Palace
119 ran

19	Paul Hodge	21:31
21	Andy Murray	21:38
35	Bob Bell	22:51
74	Barry Graham	27:37

Dulwich
175 ran

50	Matthew Ladds	22:01
62	Chris Goodman	23:08
84	Claire Steward	24:57
95	Mick Mead	25:56

Hilly Fields
134 ran

11	Gary Sullivan	20:25

Orpington
124 ran

55	Steve Wehrle	26:24

Peckham Rye
63 ran

12	Graham Laylee	22:08
14	Michelle Lennon	22:19
22	Ajay Khandelwal	23:13

Riddlesdown
152 ran

18	Ange Norris	20:58

Wimbledon Common
352 ran

127	Lindsey Annable	24:00

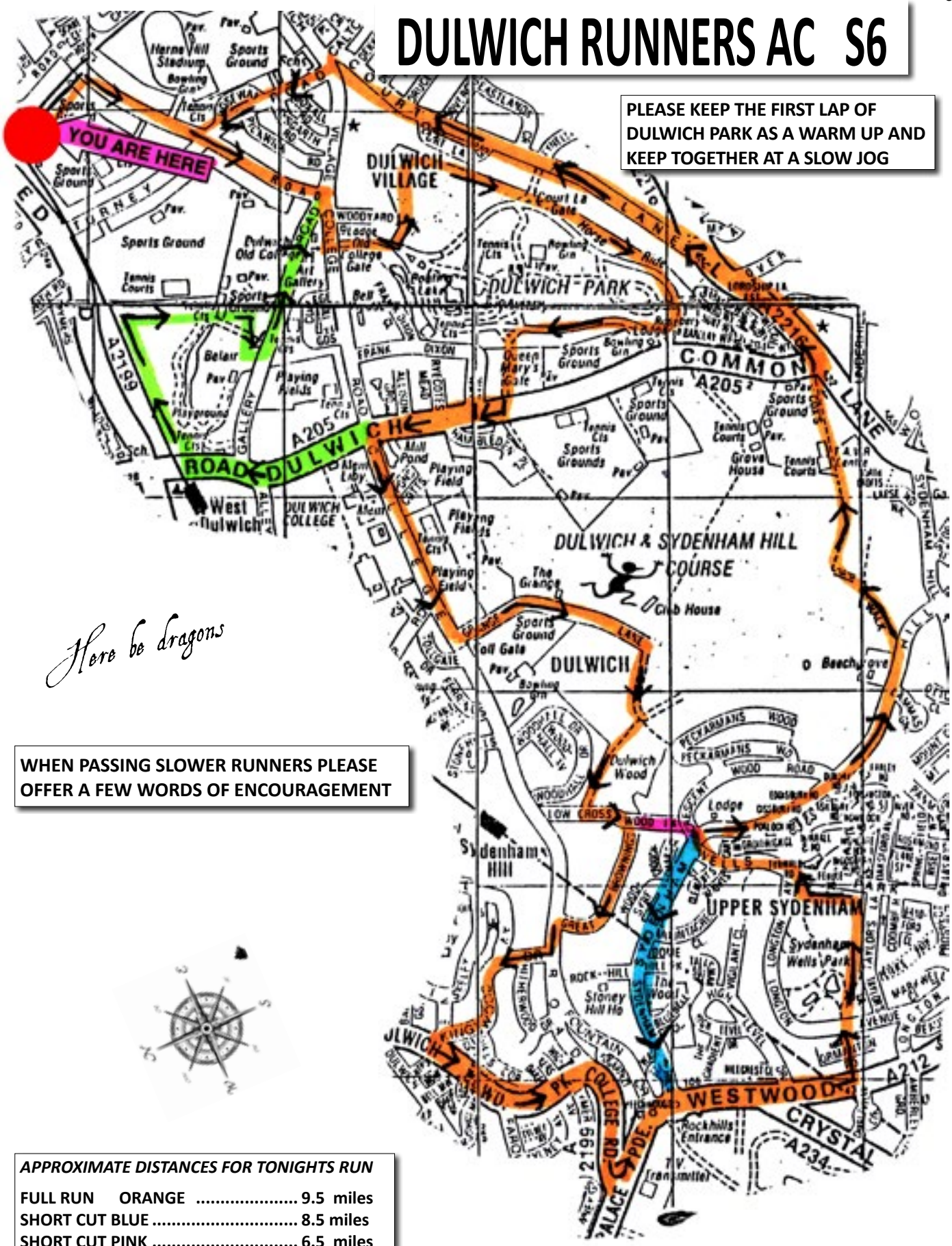
Dulwich Runners Club Kit

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

Hoodies are now available. There are a few left in each size .
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

DULWICH RUNNERS AC S6

PLEASE KEEP THE FIRST LAP OF DULWICH PARK AS A WARM UP AND KEEP TOGETHER AT A SLOW JOG



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN ORANGE ..... 9.5 miles
SHORT CUT BLUE ..... 8.5 miles
SHORT CUT PINK ..... 6.5 miles
SHORT CUT GREEN ..... 4.0 miles