SHORTS

Dulwich Runners AC
Weekly Newsletter
May 6th 2015

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

- THE COMING WEEK –

Wed 6 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 7 **Assembly League - Victoria Park- Details below**

Tue 12 **Track Session** - Dulwich College Track
7 for a 7:10pm start £1 per session...see below

In your SHORTS this week !

1... General information
2... ***New*** - Social Spot - coming social events
4... 2015 Dulwich Runners Club Champs races diary
4... Fixture list, club champs,XC, road, track
6... Race reports and results
6... Ros snaps up another World Record !
8... Parkrun results
9... Club champs after 4 events
14... Wednesday night routes map

And much more !

TRACK SESSIONS

at Dulwich College Track

Tuesdays with Steve Smythe & Elkie Mace

Improve your speed & strength over all distances, suitable for all standards and abilities.
Be warmed up ready for the session to start at 7.10

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

You can follow us on

Assembly League on Thursday

The Victoria park clubhouse is St Augustine's Hall in the far north east corner of Victoria Park, E9 5EG. Start 7:30pm
Nearest rail is Hackney Wick station(Jubilee/Central/DLR to Stratford then overground or Victoria Line to Highbury & Islington then overground) and from there walk along Wallis Road to cross a footbridge towards the park, turning right once inside it.
http://www.tfl.gov.uk/plan-a-journey/?&to=E9+5EG
These races are open to club members of all standards and abilities
They are free to enter but you need to wear a club vest

EVENT HORIZON

A brief look ahead

full fixture list **page 4**

May 7 Assembly League Victoria Park 7:30pm

NEW RUNNERS ROTA

Many thanks to **Barry Graham** 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**

Charlie Lound	**06/05**
Patrick Mcmrorrow	13/05
Mike Mann	21/05

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 2**

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

SOCIAL SPOT

Glad that everyone enjoyed the first social of the year at Surma. Now that we have the lighter evenings and nicer weather watch this space for social updates..... ***Matt Ladds***

May

Post Marathon Season Social - Friday May 8th - 7pm
Unfortunately I have had to cancel the "Boozy Brunch" I had planned as I've had something come up that weekend, however never fear I have arranged some drinks on the Friday night instead. The plan is to start in The Plough (by Dulwich Library) and finish up in The Bishop (further down Lordship Lane) as it's open late! I will get an area booked, no need to RSVP as very casual but let me know if you see me if you plan on popping down so I can get an idea of numbers so we have a big enough area reserved at The Plough.

Pizza/Pasta Night - Date TBC - Rocco, Dulwich Village
More details to follow shortly on this....

June/July

Summer Picnic - Date/Venue TBC

Mark Hayes Mile Drinks - Friday 10th July
After the club mile, come along for a drink at The Alleyns Head.

Always open to suggestions/requests so feel free to drop me a line or grab me when I'm down the club
matthew.ladds@uk.zurich.com
Thanks - Matt

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 !

After your run 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)

It's time for Post-Marathon Rockin' Mayhem with English Rogues!Friday 22nd May 2015, 9pm –

At The Nightingale, 53 Carshalton Rd, Sutton SM1 4LG http://tinyurl.com/kdx58xx
Here we go live music fans, it's what you've been waiting for! Have you got post-marathon blues? Of course you have, or you're not normal! You definitely need some post-marathon ROCK! Still waiting for warm weather? You need some 'Summer of '69'! Not getting any PBs lately? You need some 'All or Nothing'! Yes, same old lines but never mind.....

Anyway, you've guessed it, English Rogues are short of a drummer again so I'll be dusting down the old thundersticks and giving the kit a sound thrashing. Fans who've been before know what to expect – if you haven't, it's our own brand of pub-rock mayhem; classic rock/blues tracks by the likes of Eric Clapton, ZZ Top, Rolling Stones, Jimi Hendrix, Bryan Adams, The Kinks, Crosby Stills & Nash, Small Faces, AC/DC, Free, Bad Company, Bob Dylan, Guns 'n Roses, etc., etc.! All with blistering guitar solos from young guitar-god Dan Murphy (good-looking and half my age but I'm not bitter) and over-the-top 'Animal' drum thrashing from yours truly – I can't help it, I don't get out much you know....

So once again it's exciting, edge-of-your-seat, totally unrehearsed live music guaranteed – it's time to really let your hair down (I can't anymore but don't like to talk about it)! Get on the 'Highway to Hell' and come and 'Love The One You're With'! And then.....oh, it's all those old song title jokes again.....

And a bit further afield – we're also playing the next day (sat 23rd May) at The Iron Horse, 122 Station Road, Sidcup DA15 7AB
http://tinyurl.com/o5mnsnh

It's time to ROCK – come on, you need it and you need it now....***Tony 'Thundersticks' Tuohy.***

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

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

DULWICH RUNNERS MIDSUMMER 5K

THURSDAY 25 JUNE -5k at 7.45pm, 1 mile junior run at 7.15pm

Please make a note of this date in your diary

Our annual 5k fundraising run is back in Dulwich Park this year.

We will need around 30 marshals to help:

- Set out the start and finish area
- Control traffic to the car park
- Direct runners on the course
- Record finishers' numbers and times
- Give out medals and water at the finish

Please contact Andy or Ros if able to help.

d10k@28kerfield.freeserve.co.uk

If you wish to run please let us know but offer to marshal first.

Once we have enough marshals we can advise DR volunteers who wish to run.

We also need publicity – putting posters up at leisure centres etc, social media messages.

Race website http://www.dulwichrunners.org.uk

Dulwich Runners
2015 Club Championships

Some of the earlier races have already been advertised, with the remaining ones held back as dates have yet to be confirmed. Although this still remains the case, we have decided to issue the complete list which will be updated with confirmed dates once these are known.

Once again the races will be split into 3 distance categories. As the 3 long events fall within a 6 week period, we have added the Cabbage Patch 10 as an additional long race to accommodate those who may be injured during the spring. Details of scoring rules to follow.

31 Jan	Dulwich parkrun (short) (completed)
8 March	Sidcup 10 (long) (completed)
29 March	Paddock Wood half marathon (long)
26 April	London Marathon (or alt. marathon) (long)
1 June	Battersea Park 2 miles (short)
21 June	Ranelagh Richmond 10k (medium)
10 July	Mark Hayes Mile, Dulwich College track (short)
31 August	Sevenoaks 7 (medium)
4 Oct	Middlesex 10k, Victoria Park (medium)
1 Nov	**Cabbage Patch 10 (long) RACE CANCELLED**
22 Nov	Epsom 10 (long) replacement for CP10 (tbc)

Assembly League Races

This year's series of Assembly League races starts shortly - see the fixture list below.
These races range from 3 to 3.5 miles in distance, are on road or on paths within parks and are suitable for runners of all abilities, including newly joined members. They take place monthly over the summer months with the April fixture starting at 7.15 and the remainder at 7.30.
They are free to enter.

9 April Beckenham (Beckenham Running Club HQ)
7 May Victoria Park, Hackney
4 June Battersea Park
2 July The Dome (North Greenwich)
30 July Victoria Park, Hackney
3 September Beckenham (Beckenham Running Club HQ)

Dulwich Runners 2015/16 Fixtures

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

Cross country and other races for 2015/16 have been announced.
Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

A list of track meetings can be found on page 13

Date		Race		Venue
May	7	Assembly League Victoria Park 7:30pm		Hackney
Jun	1	Battersea Park 2 miles	short	Battersea
	4	Assembly League Battersea Park 7:30pm		Battersea
	21	Ranelagh Richmond 10k	medium	Richmond
Jul	2	Assembly League The Dome North Greenwich 7:30pm		The Dome, Nth Greenwich
Jul	10	Mark Hayes Mile	short	Dulwich College Track
	30	Assembly League Victoria Park 7:30pm		Hackney
Aug	Mon 31	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	3	Assembly League Beckenham Running Club HQ 7:30pm		Beckenham
Sep	19/20	SEAA Road Relays		Aldershot
Oct	4	Middlesex 10k	medium	Victoria Park 10:30
	10	**Surrey League match 1**	**men**	**Wimbledon Common**
	10	**Surrey League match 1**	**women**	**Nork Park**
	17	**Surrey Masters (tbc)**		**Richmond**
Nov	1	**Cabbage Patch 10**	**CANCELLED**	**CANCELLED**
	7	**Surrey League match 2**	**men**	**Walton**
	14	**London Champs**		**Parliament Hill Fields**
	tbc.21	**South of Thames 5 mile race, (date and venue tbc)**		**Denbies Vineyard**
	tbc 22	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
Dec	5	**Surrey League match 2**	**women**	**Lightwater**
	19	**South of Thames championship**		**Tonbridge**
		2016		**2016**
Jan	9	**County Champs (Surrey & Kent)**		
	16	**Surrey League match 3**	**men**	**Reigate Priory Park**
	16	**Surrey League match 3**	**women**	**Reigate Priory Park**
	tbc 30	**South of England champs**		**Parliament Hill Fields**
Feb	13	**Surrey League match 4**	**men**	**Lloyd Park**
	13	**Surrey League match 4**	**women**	**Richmond Park**
	27	**National Champs**		**tbc**

Cross country **Club Champs** **Assembly League** **Misc.**

.....Races to look to in May

Sunday 10th May
Sutton Runners 10k
Nonsuch Park and will be the second race of the 2015 Surrey Road
League.
enter quickly to avoid disappointment,
the link to our on-line entry is:
http://www.suttonrunners.org/sutton_10km/

Why Not Run

Sunday, 17th May 2015.
This year's event will be raising funds for two local young people's charities: The Ben Daniels Memorial Fund (in association with Cardiac Risk in the Young) and Bromley Y. Funds raised for the Ben Daniels Memorial Fund will go towards holding a series of screening events in the local area to test young people (ages 14 to 35 years) for their cardiac health. All participants in Why Not Run 2015, who are aged betw
for further information – www.whynotrun.co.uk
http://www.whynotrun.co.uk

Monday May 25
Bupa London 10,000

This race includes the UK road race championships and the club gets 6 free men's and 6 free women's places.
The race is run over a fast traffic-free course through Trafalgar Square and along the river and places go to the six fastet men and six fastest women available.
If you are interested in competing and haven't been in touch yet, then you need to let Steve Smythe know if you want to have a free entry in one of Britain's fastest and top 10k races and be one of the club's six runners.
steve.smythe@athleticsweekly.com

MARBELLA TRIP – 25/9/15 to 29/9/15

I am currently organising a trip to Spain to run the Marbella half marathon on 27th September.
So far I have many from previous years trips coming , but there are 6 spare places available.
If you would like to come along, please let me know by the weekend.
Cost will be approx. £220 PLUS flights, which you will need to book yourself.
The cost above includes hotel accommodation/coach transfers/ Monday adventure day. It does not include meals or as above flights.
Cheers - Steve Wehrle

Saturday May 16
British Masters Road Relay Championships
Sutton Park, Birmingham
Traditionally we put teams in for this and the captains will be asking around so we can get strong teams out. We have won golds in W35, W45 and W55, medals in M55 and placed highly in M35 and M45.
The women's race (separate medals for W35 (4 legs), W45, W55, W65 (each 3 legs) starts at 10.30am, the M55 (3 legs) and M65 race (3 legs) is at 12.15pm and the M35 (6 legs) and M45 (4 legs).

Ola Balme
Sports & Therapeutic Massage

To celebrate the 30th Anniversary of the London Marathon

30% Off Post Marathon Massage to everyone who has taken part in spring marathon
(offer ends 11th May)

Sports massage after a race is a great way to soothe and ease fatigued and tired tissues and prevent delayed onset muscle soreness.

Ola is an experienced Sports Massage Therapist and club member.

If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

7Oaks7 race entry now open

This year the 22nd 7Oaks7 run will be held on bank holiday Monday, 31 August 2015

Fee again unchanged: £11 Affiliated / £13 Unaffiliated / £15 On the day (subject to availability)

A course map, race notes, and other entry details can be found at: http://www.7oaks-ac.org.uk/sevenoaks-7

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 .

Ros Sets New Mile World Record

HHH Open meeting 4 may.

Having set a new indoor world record for the mile in February, Ros Tabor completed the set at Tooting Track by breaking the outdoor record by almost 10 seconds. Despite breezy conditions and uneven pace by some of the youngsters around her, her time was only 0.73 seconds slower than her time indoors. After a brisk first lap, she slowed slightly over the next 2 laps before picking up the pace in the final lap.

Earlier in the first mile race of the afternoon, the Stan Allen mile, Lewis Laylee set the pace in the early part of the race, and although overtaken finished the race strongly in second place, setting a pb. In the second race Katie Balme set a good time, despite starting too fast along with most others in the race.

My own performance was fairly typical early outdoor season stuff for me, which I will be looking to improve on. Callum Balme running in the same race as Ros, finishing just ahead of her in an highly promising introduction to the track.

In his first track race for almost 2 years, Alex Elms finished 2nd to achieve a 3 second pb in his 800m, putting him in the top 10 of the U15 national rankings. He ran a good even paced race and seemed comfortable after a 62.5 sec first lap. ***Mike Mann***

Mile race 1	
Lewis Laylee	4:47.87 PB
Mile race 2	
Katie Balme	5:39.31
Mike Mann	5:52.12
Mile race 3	
Callum Balme	6:06.17
Ros Tabor	**6:06.58 World Record**
800m	
Alex Elms	2:06.64 PB

Marathon des Sables Sunday 5 – Friday 10 April 2015,

Per Hedberg writes...

First of all a massive congratulations to all of you who did the London Marathon, with some very impressive results!

The MdS race is a fantastic event, approx. 240km in the Sahara desert self-sufficient with the exception of water and salt tablets (i.e. running with a back pack that weighed 9.6kg to start with) and I am thrilled to have had the chance to do it.

The short version of the MdS race itself, summed up in three words is: Brutal, relentless & wonderful!

The – much - longer race report you can find here in my fundraising blog:

https://perhedbergafricafundraising.wordpress.com

Approx. 1,380 started. I finished 264th overall (top 20%), which was a better result than I had even dreamt of before. It felt as if all the various preparations beforehand fell into place during the race.

Sharing the same bivouac with 7 other chaps, one being Sir Ranulph Fiennes, made it a brilliant week around the race stages.

Per Hedberg: 37:48.56, 264th place (average speed 6.29km/hr).

Men winner (his 3rd MdS win), Rachid El Morabity (Morocco) 20:21.39 (ave 11.69km/hr)

Ladies winner and 20th overall, Elisabet Barnes (Sweden/UK), 26:42.13 (ave 8.91km/hr)

Marco Olmo (Italy), age 67!! and with nearly 20MdS, finished 16th in 25:58.37 (ave 9.16km/hr)

Ted Pepper 10k MT, Bromley, Mon 4th May

It's not a club champs event this year but ten Dulwich Runners still turned out for this popular local race starting and finishing on the track at Norman Park but run mostly off-road on grass and trails. Sunshine and flat parkland made for a very pleasant outing and all of us were happy enough with our times, with returning runners achieving very similar times to past efforts.

When I say we were all happy I ought to mention that Clare was in fact a little peeved to find that she was only 10 seconds short of her own course record, totally unaware she was going that fast while undertaking a nice steady run only a week after her marathon; so quite impressive. Steve gave himself a post-marathon run-out too and also managed a decent time, so both appear to be recovering well. Clare was 1st woman, I got the M40 prize and Ola nabbed the W45, so Dulwich secured a large proportion of the trophies on offer along with various bottles of champers and vino. - ***Tony Tuohy***

4	Tony Tuohy	36.58	1st M40/50
15	Clare Elms	39:22	1st SW
36	Steve Smythe	42:26	1st M55
38	Ola Balme	43:33	1st W45
70	Graham Laylee	45:34	
82	Michelle Lennon	46:46	
97	Mike Dodds	47:55	
117	Paul Keating	49:49	
123	Claire Steward	50:09	
141	Ameet Patel	51:36	

249 finishers

SCVAC (KENT) TRACK & FIELD LEAGUE

1 May Norman Park, Bromley

Competing for Cambridge Harriers.

Emily Gelder WV35

400m	69.8	1st
3000m	11:35.1	1st
Triple jump	5.81m	5th

Ros Tabor WV60

400m	79.2	2nd
3000m	12:52.3	1st
Ttriple jump	5.24m	3rd

Mile End Stadium 1500 Meters

Kevin Chadwick	4:45

12 ran

Self Transcendence 10k Battersea Park, Sat 29 Nov

Perfect running conditions greeted a not-very-big field for the latest in the regular Battersea events, which made it all the more galling when my hoped-for run of well under 35 minutes fell well short – not happy. I can't even think of an excuse; oh yes I can, I couldn't run fast enough.
Meanwhile, Gary demonstrated his 'usual' fitness by knocking out another 10k in his 'usual' time – that's eight 10ks in the last two years in 40-42 minutes.
Consistent. ! ***- Tony Tuohy***

6	Tony Tuohy	35:26	1st M50
54	Gary Sullivan	41:21	

130 ran

London Marathon 2015

Sometimes terrible events can take place on your birthday, big things well out of your control, like the 1986 nuclear disaster at Chernobyl, so I will always remember it was on the 26 April that year. And sometimes wonderful things happen on your birthday, and luckily that Sunday was one of those days.

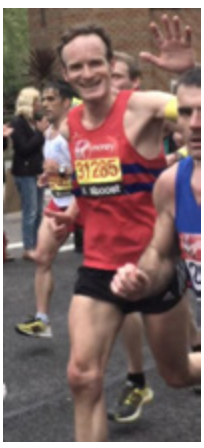
Coincidence of course that it fell on the day of the London marathon, but a bit of added motivation for my third attempt in my seventh marathon to finally hunt down that elusive white stag of a sub 3 hour time. At least symbolically all was primed for good luck, and it worked with the weather: ideal conditions for runners (more than the spectators, I know).
I had run more miles in training than ever before, struggled in several hard sessions but got through them, had good races in the build-up and bad ones, the occasional scares and usual niggles, the confidence wobbles and mental fatigue, but now had made it to the start line rested and feeling ready.

My plan was to pace more by heart rate than gps mile pace. I tried it through many training long runs and it seemed to work. I also took five gels with me this time (and used four in the end, around mile 4, mile 10, mile 15 and 20), had another gel thirty minutes before the start, and drank early and often small amounts. Mostly water (the new type of bottles handed out were brilliant to squeeze small sips into your mouth at full pace without drowning yourself), sports drink twice.

Worth mentioning here that I found many runners handing their bottles to others around them who couldn't get to the water stations because of the dense pack. Nice spirit and truly helped.
When the red start route merged with blue and green I found myself next to the 3 hour pacers for those starts (the red sub3 pacer was too far behind me at the start in a different pen for the main field), which confirmed I wasn't going too fast.

When handing him a water bottle I chatted briefly with Phil Sanders, the pacer with the green flag, and found he had started about 40 seconds ahead of me. That was reassuring, because it meant I had a small bolster and wouldn't miss my target even if he finished ahead of me, as long as I kept him in sight.

He also said he planned to hit halfway in 89 minutes to allow for a slightly harder second half. That coincided with my race plan and from thereon I was mostly some metres ahead of the pacers. The green flag though appeared at my side again on the Embankment around mile 24, giving some concern to my wife Ines, who cheered me on with several fellow Dulwich Runners at this very spot. They reassured her that there was nothing to worry about since I wasn't emitting loud curses and looked generally calm and composed (I made that last bit up, the support was truly amazing and entirely positive, thanks guys)! I reached halfway in 88:51, still feeling good. Then survived a scare shortly after when my heels were clipped but I stayed on my feet; heart rate though went up immediately by 10 beats: adrenaline. My Paddock Wood race crash taught me to stay calm this time: focus on getting heart rate down again, don't race off on adrenaline surge! Worked.



The Docklands were my bit of a bad patch last year, this time surprisingly no lead feeling in the legs, I almost enjoyed running up Mudchute and through the valleys of banking (didn't know then that a certain Mark Carney ran it too, about 30 minutes behind. Staying ahead of The Bank of England, not bad).
Energy levels were holding, spots of tight hamstrings came and went. One thing that helped was simply concentrating on breathing. Two times in, three steps, one long breath out, three steps. Tightness goes away. Taking a gel, shortly after a feeling of stitches threatening. Breathing, breathing: goes away again. Move with the flow of runners, all the right pace, keep hips forward, don't drop cadence.

All these mental checks from time to time. Some happy thoughts, some inner music. All helps. It's a big hunt. We're all in it together, hunting down the finish line.
The endless bit, mile 20 to 23. Cheers and support all along. My quads start hurting. Micro-damage accumulating. Keep going!

The Tower, finally, and a feeling dawns on me that I can actually do it! I can picture Birdcage Walk, the turn to the finish, a time starting with a big 2 showing on the clock above. I see myself running with my mates and training partners, pushing it with Steve, Clare, Helen, James to name but a few, running in Battersea or Hyde park with Rob, Paul, Al, Ian and Charlie. Without that, without them I wouldn't be here now. It's my birthday, I turned 53 and I can break three hours.
I remember a brass band bizarrely playing a tune with the Russian national anthem mixed in. I like that melody. Very rousing. Great scene in 'Tinker, Taylor, Soldier, Spy' (the movie), where they break out singing it at a party. Maybe my mind plays tricks and they play something else. Over so quickly.
An ear splitting shout 'Ebe' at Blackfriars underpass, can't make out where it came from. Sounded like Wayne (was Wayne!). The Embankment and the aforementioned pacer appears at my side. More cheers and encouragement. I still have the energy, only my sore quads limit me. That's only pain, I can bare that for two more miles. Push on, keep ahead of the pacer!

Now only a direct tackle could stop me. Even if I dropped to 8 minute mile pace I still would get under three hours. And I keep my target pace. Some runners get past me, but mostly I overtake others. 193 to 53 in fact on the last 7.2k, as the neat statistics on the results website tell me later.
And then the incredible feeling when I see the finish appearing. Indeed a big 2 on the clock, even the gun-time will be under three, no wish unfulfilled. Yes, yes, yes! I'm there, I have done it.

Paul had said before that he would see if I made sub3 by the flood of guys running away from my sweaty hugs. Luckily no one was able to run much anymore, so no escape, at least not for Clare Elms, who waited behind the finish line and greeted me with a big well done and much relief her own tough race was over. Like in training she easily did beat me by minutes and won her age group. I did at least beat the fastest man in a mankini and came 84th in the M50-54 in a PB of five minutes.

A big thank you to Steve Smythe, whose meticulously tailored training plan and advice was invaluable, to my fellow runners and training partners on all those long runs and tempo sessions, and to all the amazing DRs lining the course and offering great support!

Ebe Prill 2:58:42 (chip); first half 1:28:51, second half 1:29:51
Marathon progression: 3:18:08 (Berlin 2008), 3:22:07 (London 2010), 3:21:24 (Toronto 2011),
3:12:31 (Berlin 2012), 3:09:11 (Manchester 2013), 3:04:16 (London 2014

May 2nd

Braunstone

374 ran

Pos	Gen		
108	95	Colin Frith	23:25

Brockwell

213 ran

Pos	Gen		
5	5	Lewis Laylee	18:24
20	1	Ola Balme	20:13
26	24	Edward Lockhart	20:40
31	4	Nicola Richmond	20:57
47	42	Ian Sesnan	21:43
53	48	Graham Laylee	21:50
58	6	Michelle Lennon	22:01
64	56	Robert Campbell	22:13
79	11	Ruth Bennett	22:55
91	79	Hugh French	23:43
116	97	Desmond Edwards	25:14

Bromley

582 ran

Pos	Gen		
181	22	Carys Morgan	23:55
304	242	Peter Jackson	27:13

Burgess

131 ran

Pos	Gen		
17	1	Kim Hainsworth	19:51
30	29	Hugh Balfour	21:35

Crystal Palace

172 ran

Pos	Gen		
6	6	Andy Cottrill	19:17
11	11	Ebe Prill	20:10
41	3	Belinda Cottrill	22:41
42	39	Bob Bell	22:43
89	14	Penelope D'arcy Graham	26:19
113	87	Paul Hilton	27:42

Dulwich

155 ran

Pos	Gen		
11	11	Rob Cope	18:53
12	1	Mel Edwards 2nd claim	18:58
47	42	Michael Dodds	23:04
53	7	Claire Steward	23:33
66	57	Mick Mead	24:15
111	29	Stephanie Burchill	26:38

Eastbourne

208 ran

Pos	Gen		
4	4	Simon Burnett	19:09

Hilly Fields

145 ran

Pos	Gen		
7	7	Ian Lilley	19:18

Lanhydrock

Chris Vernon writes

A weekend in Cornwall with a DR of the 1980s Kate Arter (with a none too shabby debut marathon of 3.32) enabled me to take in my 44th different venue.

Lanhydrock is in the grounds of a lovely National Trust house, a one lap course down through the woods to the river Fowey then back up the hill to the finish.

Driving to the start the mist restricted visibility to less than 50 yards so no pretty views today!

As expected for a holiday area there were plenty of other parkrun tourists many of whom were club runners including Ealing Eagles who had flown in from Gunnersbury park, that lot pop up everywhere. Parish notices advised trail shoes, great,thanks guys I will just pop back to London. The rain had eased up by 9am but it was quite mild as we plunged down through the woods and the house emerged from the mist followed by the first steep hill.

After a knee injury and carrying a cold I found the course a real struggle.Neither was it a course for Sue with its uneven paths and frequent tree roots but at least she won her age group as usual.

A smart new NT cafe was right by the finish for a warming coffee then back to Kates for a bath and the long drive to Wales.

123 ran

Pos	Gen		
109	42	Susan Vernon	38:15
121	72	Chris Vernon	42:59

Lincoln Parkrun

303 ran

Pos	Gen		
92	85	Martin Morley	24:05

Lloyd

203 ran

Pos	Gen		
2	2	Alex Elms	18:04
11	1	Clare Elms	20:18
16	15	Stephen Smythe	21:02

Mosman

Clare completed her short tour of parkruns in and around the Sydney area with this one held close to the Spit bridge (for anyone who may be familiar with the city). It's been going for over a year but has not yet built up a large attendance – an average of just over 30 but a mere 21 on this running. There's been a lot of rain down there recently so she had to be careful with her footing on the 3 lap course by the water's edge.

She just got into the top 10 finishers and was the 1st woman, and the only one over 50, in a field of 8. In fact the first man, who came home in 18-19, was also over 50 which may be unique, or almost unique, across all of the parkruns this weekend although it is the sort of quirk you can sometimes get with such a small field.

21 ran

Pos	Gen		
10	1	Clare Wyngard	24:18

Orpington

148 ran

Pos	Gen		
102	71	Steve Wehrle	30:06

Peckham Rye

96 ran

Pos	Gen		
4	4	James Burrows	18:42
10	10	Michael Fullilove	20:01
13	13	Gideon Franklin	20:21

Riddlesdown

157 ran

Pos	Gen		
17	2	Ange Norris	21:30
42	37	Peter Gibbons	23:07

Winchester

250 ran

Pos	Gen		
25	2	Sarah Cross	20:58

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

Below are the points tables after 4 events, including marathons to date.
The points can change according to marathons later in the year.

2015 Club Champs within age group after 4 events		Short			Medium			Long					
Name/Category		5k Dulwich 31-Jan	2M Battersea 1 - Jun	1M Dulwich 10-Jul	10K Richmond 21-June	7M Sevenoaks 31-Aug	10k Vic Pk 4-Oct	10M Sidcup 8-Mar	1/2M Padd. Wood 29-Mar	Marathon London or other 26-Apr	10m Epsom ?-Nov	Bonus for no. of events	TOTAL 5 events max 1.S,M,L
WOMEN SENIOR									not inc later mar's				
Selma	Benattia	45	-	-				43	47	46		4	185
Helen	Lister	-	-	-				48	48	49		3	148
Laura	Long	47	-	-				46	-	48		3	144
Laura	Lane	-	-	-				41	46	47		3	137
Karina	Burrowes	-	-	-				40	43	43		3	129
Claire	Baglin	-	-	-				49	50	-		2	101
Ellie	Horrocks	49	-	-				-	49	-		2	100
Kim	Hainsworth	50	-	-				47	-	-		2	99
Anna	Thomas	48	-	-				45	-	-		2	95
Laura	Vincent	-	-	-				-	44	45		2	91
Lucy	Cartlidge	-	-	-				-	45	44		2	91
Katie	Styles	42	-	-				42	-	-		2	86
Shona	Mcintosh	-	-	-				-	-	50		1	51
Emily	Gelder	-	-	-				50	-	-		1	51
Caroline	Wedmore	46	-	-				-	-	-		1	47
Sue	Cooper	-	-	-				44	-	-		1	45
Charlie	Boden	44	-	-				-	-	-		1	45
Ruth	Bennett	43	-	-				-	-	-		1	44
Natalie	Davys	-	-	-				-	-	42		1	43
Joanna	Walker	-	-	-				-	-	41		1	42
WOMEN V40													
Nicola	Richmond	47	-	-				47	49	-		3	146
Yvette	Dore	-	-	-				46	48	48		3	145
Michelle	Lennon	44	-	-				43	47	-		3	137
Lindsey	Annable	37	-	-				41	43	-		3	124
Ola	Balme	49	-	-				48	-	-		2	99
Lucy	Pickering	43	-	-				-	46	-		2	91
Sharon	Erdman	38	-	-				-	-	46		2	86
Andrea	Pickup	-	-	-				49	-	-		1	50
Cara	Oliver	48	-	-				-	-	-		1	49
Emma	Ibell	46	-	-				-	-	-		1	47
Clare	Osborne	-	-	-				-	42	-		1	43
Joanne	Shelton	40	-	-				-	-	-		1	41
Carolina	Lilley	35	-	-				-	-	-		1	36
WOMEN V50													
Clare	Elms	50	-	-				50	50	50		4	204
Claire	Steward	39	-	-				42	45	47		4	177
Ros	Tabor	45	-	-				45	-	-		2	92
Lucy	Clapp	42	-	-				-	44	-		2	88
Clare	Wyngard	41	-	-				44	-	-		2	87
Angie	Norris	-	-	-				-	-	49		1	50
Stephanie	Burchill	36	-	-				-	-	-		1	37
MEN SENIOR													
James	Burrows	43	-	-				44	46	50		4	187
Mark	Lacey	49	-	-				49	49	-		3	150
Timothy	Bowen	46	-	-				47	47	-		3	143
Matthew	Ladds	-	-	-				43	44	43		3	133
Alastair	Locke	50	-	-				50	-	-		2	102
Wayne	Lashley	49	-	-				48	-	-		2	99
Toby	de Belder	-	-	-				-	45	48		2	95
Kevin	Chadwick	-	-	-				45	-	47		2	94
Ross	Rook	45	-	-				46	-	-		2	93
Desmond	Edwards	-	-	-				-	43	44		2	89
Tom	Marshall	-	-	-				-	50	-		1	51
Robert	Hollands	-	-	-				-	-	49		1	50
John-Gabriel	Harrison	-	-	-				-	48	-		1	49
Lewis	Laylee	47	-	-				-	-	-		1	48
Andrew	Bright	-	-	-				-	-	46		1	47
Patrick	Beardmore	-	-	-				-	-	45		1	46
Sam	Crump	44	-	-				-	-	-		1	45
Oscar	Hussey	42	-	-				-	-	-		1	43
William	Haines	41	-	-				-	-	-		1	42
Simon	Burnett	40	-	-				-	-	-		1	41
Chris	Goodman	39	-	-				-	-	-		1	40
MEN V40													
Charles	Lound	49	-	-				49	50	50		4	202
Stephen	Davies	50	-	-				50	49	49		4	202
Jim	Dowsett	46	-	-				-	48	48		3	145
Paul	Keating	43	-	-				45	47	-		3	138
Cameron	Timmis	44	-	-				47	-	-		2	93
Paul	Hilton	-	-	-				43	46	-		2	91
Lloyd	Collier	-	-	-				48	-	-		1	49
Rob	Cope	48	-	-				-	-	-		1	49

Duncan	Hussey	47	-	-				-	-	-		1	48
Jon	Hyde	-	-	-				-	-	47		1	48
Olivier	Montfort	-	-	-				46	-	-		1	47
Ajay	Khandelwal	45	-	-				-	-	-		1	46
Christian	Moody	-	-	-				44	-	-		1	45
MEN V50													
Eberhard	Prill	50	-	-				50	49	50		4	203
Stephen	Smythe	49	-	-				49	-	49		3	150
Gideon	Franklin	47	-	-				47	-	48		3	145
Graham	Laylee	42	-	-				44	45	-		3	134
Gary	Sullivan	41	-	-				43	47	-		3	134
Ameet	Patel	38	-	-				38	44	-		3	123
Michael	Fullilove	-	-	-				48	48	-		2	98
Patrick	McMorrow	-	-	-				-	42	46		2	90
Michael	Dodds	40	-	-				40	-	-		2	82
Tony	Tuohy	-	-	-				-	50	-		1	51
Colin	Frith	48	-	-				-	-	-		1	49
Graham	Stanton	-	-	-				-	46	-		1	47
Duncan	Wilson	45	-	-				-	-	-		1	46
Per	Hedberg	-	-	-				-	-	43		1	44
Mike	Crilly	-	-	-				41	-	-		1	42
Mick	Mead	37	-	-				-	-	-		1	38
Barry	Graham	36	-	-				-	-	-		1	37
Stephen	Street	35	-	-				-	-	-		1	36
MEN V60													
Barrie John	Nicholls	39	-					39	43	45		4	170
Andrew	Murray	44	-					45	-	47		3	139
Stephen	Wehrle	-	-					37	41	44		3	125
Robert	Bell	43	-					42	-	-		2	87
Mike	Mann	-	-					46	-	-		1	47
Hugh	Balfour	46	-					-	-	-		1	47

Best 5 count for year including 1 each short, medium, long. W50's and M60's have separate contests using the above scores.

			Short			Medium			Long						
	Overall Age Graded Champs		5k Dulwich 31-Jan	2M Battersea 1 - Jun	1M Dulwich 10-Jul	10K Richmond 21-June	7M Sevenoaks 31-Aug	10k Vic Pk 4-Oct	10M Sidcup 8-Mar	1/2M Padd. Wood 29-Mar	Marathon London or other 26-Apr	10m Epsom ?-Nov	Events	TOTAL 5 events max inc 1.S,M,L	Average
	Name/Category														
1	Clare	Elms	940	-	-				918	916	930		4	3,704	926
2	Claire	Steward	828	-	-				826	833	851		4	3,337	834
3	Charles	Lound	811	-	-				807	843	862		4	3,323	831
4	Eberhard	Prill	813	-	-				825	807	795		4	3,241	810
5	Stephen	Davies	807	-	-				797	809	776		4	3,190	797
6	James	Burrows	699	-	-				702	678	704		4	2,783	696
7	Barrie John	Nicholls	668	-	-				687	670	625		4	2,651	663
8	Selma	Benattia	685	-	-				656	670	599		4	2,611	653
9	Stephen	Smythe	788	-	-				834	-	765		3	2,386	795
10	Nicola	Richmond	765	-	-				746	757	-		3	2,268	756
	Andrew	Murray	760	-	-				773	-	730		3	2,263	754
	Mark	Lacey	744	-	-				748	748	-		3	2,240	747
	Gideon	Franklin	742	-	-				744	-	712		3	2,199	733
	Michelle	Lennon	744	-	-				689	725	-		3	2,158	719
	Helen	Lister	-	-	-				727	711	707		3	2,144	715
	Graham	Laylee	704	-	-				729	703	-		3	2,136	712
	Timothy	Bowen	706	-	-				713	714	-		3	2,133	711
	Gary	Sullivan	670	-	-				715	723	-		3	2,108	703
	Laura	Long	711	-	-				715	-	681		3	2,107	702
	Yvette	Dore	-	-	-				701	696	679		3	2,076	692
	Jim	Dowsett	682	-	-				-	658	588		3	1,928	643
	Laura	Lane	-	-	-				634	651	606		3	1,891	630
	Stephen	Wehrle	-	-	-				668	664	555		3	1,887	629
	Ros	Tabor	954	-	-				916	-	-		2	1,870	935
	Lindsey	Annable	614	-	-				622	630	-		3	1,866	622
	Ameet	Patel	594	-	-				619	625	-		3	1,837	612
	Paul	Keating	596	-	-				575	583	-		3	1,755	585
	Matthew	Ladds	-	-	-				594	593	451		3	1,638	546
	Ola	Balme	824	-	-				782	-	-		2	1,606	803
	Karina	Burrowes	-	-	-				564	515	508		3	1,587	529
	Clare	Wyngard	770	-	-				779	-	-		2	1,548	774
	Michael	Fullilove	-	-	-				757	745	-		2	1,501	751
	Alastair	Locke	747	-	-				750	-	-		2	1,497	749
	Claire	Baglin	-	-	-				762	730	-		2	1,491	746
	Kim	Hainsworth	751	-	-				721	-	-		2	1,472	736
	Robert	Bell	745	-	-				726	-	-		2	1,472	736
	Wayne	Lashley	744	-	-				722	-	-		2	1,466	733
	Lucy	Pickering	732	-	-				-	716	-		2	1,448	724
	Ellie	Horrocks	717	-	-				-	721	-		2	1,438	719
	Ross	Rook	710	-	-				715	-	-		2	1,425	712
	Lucy	Clapp	739	-	-				-	684	-		2	1,423	711
	Anna	Thomas	707	-	-				687	-	-		2	1,394	697
	Kevin	Chadwick	-	-	-				703	-	636		2	1,340	670

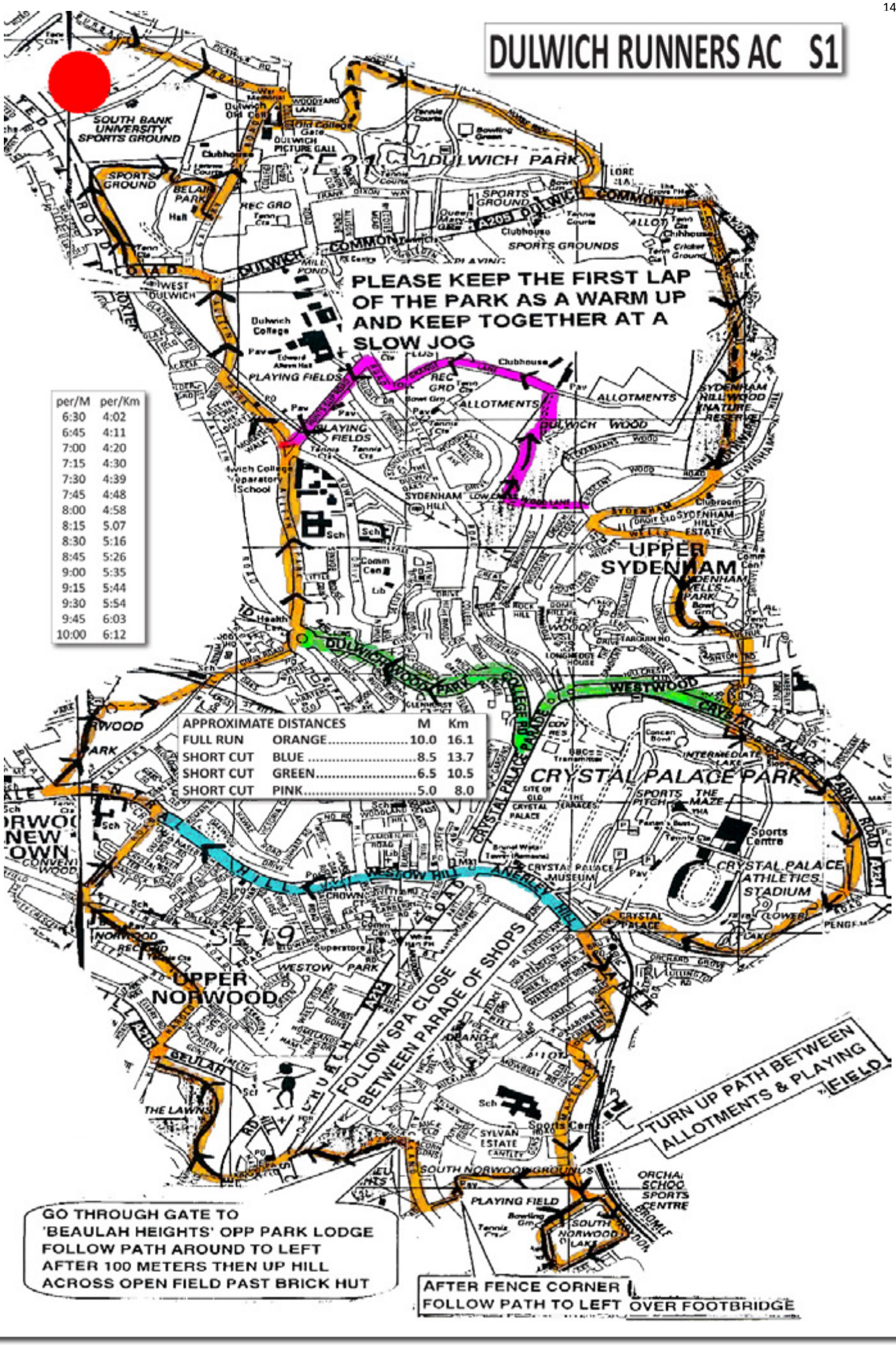
	Michael	Dodds	659	-	-				667	-	-		2	1,326	663
	Cameron	Timmis	657	-	-				651	-	-		2	1,308	654
	Toby	de Belder	-	-	-				-	660	642		2	1,302	651
	Patrick	McMorrow	-	-	-				-	637	650		2	1,287	644
	Katie	Styles	632	-	-				633	-	-		2	1,265	632
	Laura	Vincent	-	-	-				-	596	584		2	1,181	590
	Sharon	Erdman	609	-	-				-	-	569		2	1,177	589
	Lucy	Cartlidge	-	-	-				-	604	561		2	1,165	582
	Paul	Hilton	-	-	-				566	566	-		2	1,133	566
	Desmond	Edwards	-	-	-				-	529	522		2	1,051	525
	Angie	Norris	-	-	-				-	-	866		1	866	866
	Tony	Tuohy	-	-	-				-	863	-		1	863	863
	Shona	Mcintosh	-	-	-				-	-	847		1	847	847
	Mike	Mann	-	-	-				834	-	-		1	834	834
	Emily	Gelder	-	-	-				801	-	-		1	801	801
	Hugh	Balfour	789	-	-				-	-	-		1	789	789
	Tom	Marshall	-	-	-				-	787	-		1	787	787
	Colin	Frith	783	-	-				-	-	-		1	783	783
	Andrea	Pickup	-	-	-				777	-	-		1	777	777
	Lewis	Laylee	773	-	-				-	-	-		1	773	773
	Lloyd	Collier	-	-	-				770	-	-		1	770	770
	Cara	Oliver	760	-	-				-	-	-		1	760	760
	John Gabriel	Harrison	-	-	-				-	742	-		1	742	742
	Oscar	Hussey	736	-	-				-	-	-		1	736	736
	Emma	Ibell	735	-	-				-	-	-		1	735	735
	Duncan	Hussey	727	-	-				-	-	-		1	727	727
	Duncan	Wilson	715	-	-				-	-	-		1	715	715
	Sam	Crump	695	-	-				-	-	-		1	695	695
	Rob	Cope	692	-	-				-	-	-		1	692	692
	Graham	Stanton	-	-	-				-	687	-		1	687	687
	Caroline	Wedmore	685	-	-				-	-	-		1	685	685
	Ajay	Khandelwal	684	-	-				-	-	-		1	684	684
	Charlie	Boden	683	-	-				-	-	-		1	683	683
	Simon	Burnett	665	-	-				-	-	-		1	665	665
	Sue	Cooper	-	-	-				664	-	-		1	664	664
	William	Haines	663	-	-				-	-	-		1	663	663
	Stephanie	Burchill	662	-	-				-	-	-		1	662	662
	Ruth	Bennett	657	-	-				-	-	-		1	657	657
	Mike	Crilly	-	-	-				657	-	-		1	657	657
	Robert	Hollands	-	-	-				-	-	655		1	655	655
	Joanne	Shelton	648	-	-				-	-	-		1	648	648
	Andrew	Bright	-	-	-				-	-	631		1	631	631
	Mick	Mead	628	-	-				-	-	-		1	628	628
	Olivier	Montfort	-	-	-				622	-	-		1	622	622
	Barry	Graham	607	-	-				-	-	-		1	607	607
	Chris	Goodman	601	-	-				-	-	-		1	601	601
	Carolina	Lilley	548	-	-				-	-	-		1	548	548
	Christian	Moody	-	-	-				537	-	-		1	537	537
	Patrick	Beardmore	-	-	-				-	-	537		1	537	537
	Clare	Osborne	-	-	-				-	532	-		1	532	532
	Jon	Hyde	-	-	-				-	-	530		1	530	530
	Stephen	Street	502	-	-				-	-	-		1	502	502
	Natalie	Davys	-	-	-				-	-	500		1	500	500
	Joanna	Walker	-	-	-				-	-	468		1	468	468
	Per	Hedberg	-	-	-				-	-	430		1	430	430

2015 Club Championships - Marathon Notified peformances to 26 April 2015 in time order

		Category	Marathon	Time	Age Graded	Points/ position	FS	F40/50	MS	M40	M50/60
Charles	Lound	M40	Lon 26 Apr	2.37.31	862	3				50	
Shona	Mcintosh	FS	Lon 26 Apr	2.40.06	847	5	50				
Stephen	Davies	M40	Lon 26 Apr	2.51.57	776	7				49	
Clare	Elms	F50	Lon 26 Apr	2.55.18	930	1		50			
James	Burrows	MS	Rotterdam 12 Apr	2.57.25	704	12			50		
Eberhard	Prill	M50	Lon 26 Apr	2.58.42	795	6					50
Robert	Hollands	MS	Thames Meander 14 Mar	3.11.08	609	20			49		
Helen	Lister	FS	Lon 26 Apr	3.11.58	707	11	49				
Angie	Norris	F50	Lon 26 Apr	3.13.2	866	2		49			
Stephen	Smythe	M50	Lon 26 Apr	3.14.37	765	8					49
Toby	de Belder	MS	Paris 12Apr	3.14.5	642	16			48		
Kevin	Chadwick	MS	Lon 26 Apr	3.16.21	636	17			47		
Andrew	Bright	MS	Lon 26 Apr	3.17.59	631	18			46		
Gideon	Franklin	M50	Lon 26 Apr	3.19.19	712	10					48
Laura	Long	FS	Lon 26 Apr	3.21.49	681	13	48				
Andrew	Murray	M60	Lon 26 Apr	3.34.07	730	9					47
Yvette	Dore	F40	Brighton 12 Apr	3.34.42	679	14		48			
Jim	Dowsett	M40	Lon 26 Apr	3.39.2	588	23				48	
Claire	Steward	F60	Lon 26 Apr	3.47.22	851	4		47			
Laura	Lane	FS	Lon 26 Apr	3.48.07	606	21	47				
Selma	Benattia	FS	Lon 26 Apr	3.49.26	599	22	46				
Patrick	McMorrow	M50	Lon 26 Apr	3.50.57	650	15					46
Laura	Vincent	FS	Manchester 19 Apr	3.52.41	584	24	45				
Patrick	Beardmore	MS	Lon 26 Apr	3.52.55	537	28			45		
Desmond	Edwards	MS	Manchester 19 Apr	3.59.23	522	30			44		
Lucy	Cartlidge	FS	Lon 26 Apr	4.02.15	561	26	44				
Barrie John	Nicholls	M60	Lon 26 Apr	4.07.21	625	19					45
Jon	Hyde	M40	Lon 26 Apr	4.09.39	530	29				47	
Sharon	Erdman	F40	Manchester 19 Apr	4.22.26	569	25		46			
Karina	Burrowes	FS	Lon 26 Apr	4.26.33	508	31	43				
Natalie	Davys	FS	Manchester 19 Apr	4.34.51	500	32	42				
Matthew	Ladds	MS	Brighton 12 Apr	4.36.47	451	34			43		
Joanna	Walker	FS	Lon 26 Apr	4.49.11	468	33	41				
Stephen	Wehrle	M60	Lon 26 Apr	4.56.09	555	27					44
Per	Hedberg	M50	Mar Des Sables 10 Apr	5.33.25	430	35					43

Day	Track / Location	Event	Host	Website
May				
Mon 11	Battersea Pk	SCVAC		
Wed 13	Battersea Pk	Rosenheim	Belgrave	
Wed 13	Brighton	Open BMC	Brighton Phoenix	www.brightonphoenix.org.uk
Sat 16	Parliament Hill 10,000	Open Night of the PBs	Highgate Harriers	www.highgateharriers.org.uk
Mon 18	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Sat 23/Sun 24	Kent County Champs	Open	Ashford	http://www.kcaa.org.uk/fixtures.htm
Wed 27	Croydon	Rosenheim	Croydon Harriers	www.croydonharriers.co.uk
Wed 27	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Sat 30	Mile End	SML	VP & TV	
June				
Mon 1	Mile End	Open	Just Timing	http://justiming-live.co.uk/mile-end2015.html
Tues 2	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Wed 3	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Sun 7	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Mon 8	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Mon 8	Hillingdon	SCVAC		
Wed 10	Wimbledon	Rosenheim	Hercules Wimbledon	www.herculeswimbledonac.org.uk
Sat 20	Tooting	SML	HHH	
Mon 22	Battersea Park	SCVAC		
Wed 24	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
July				
Wed 1	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Wed 1	Battersea Pk	Rosenheim		
Sat 4	Tooting	SML	HHH	
Mon 6	Mile End	Open	Just Timing	http://justiming-live.co.uk/mile-end2015.html
Tues 7	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Sun 12	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Mon 13	Perivale	SCVAC		
Mon 20	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Wed 22	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Wed 22	Tooting	Rosenheim	HHH	www.hernehillharriers.org
Sat 25	Tooting	Open	HHH	www.hernehillharriers.org
Sat 25/Sun 26	Birmingham	British Masters		
August				
Sat 1	Eton	SML Final		
Mon 3	Mile End	Open	Just Timing	www.justiming.co.uk
Tues 4	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Mon 10	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Wed 12	Kingsmeadow	Rosenheim Final		
Wed 19	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Wed 26	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Sat 29	Tooting	Open	HHH	www.hernehillharriers.org
September				
Sun 5	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Sun 6	Ashford	SCVAC Final		
Wed 9	Parliament Hill	Open	Highgate Harriers	www.highgateharriers.org.uk
Sat 12/Sun 13	Erith	Kent Masters Champs		http://www.kcaa.org.uk/fixtures.htm
Wed 16	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html

DULWICH RUNNERS AC S1



per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

APPROXIMATE DISTANCES		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	GREEN	6.5	10.5
SHORT CUT	PINK	5.0	8.0