SHORTS

Dulwich Runners AC
Weekly Newsletter
September 16th 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 23 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 29 Hill Session- Opposite Sydenham Hill Station
7 for a 7:15pm start £1 per session.

In your SHORTS this week !

1... General information
2... Club kit, social events etc
2... 2015 Dulwich Runners Club Champs races diary
3... Fixture list, club champs,XC, road, track
4... Race reports...
6... Parkrun results
9... Wednesday night routes 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

IMPORTANT TRACK NOTICE

Hill sessions for 2 more weeks 22 & 29th Sept., at the usual place (opposite Sydenham Hill Station) followed by a return to Crystal Palace on the 6th of October .Suitable for all standards

'New Ladies captain'

Anna has been a fantastic ladies captain motivating and encouraging us, but has decided that she now wants time to put her efforts into other things. So I'm looking for anybody who would like to join me as joint ladies captain. It is a great way to get to know more people and be a part of what is happening.
The next captain will be appointed at the AGM in October so there's time to have a think about it. Do come and have a chat with me to find out what's involved.
I'm normally at the club on a Wednesday or email me:
Ange Norris dulwichladiescaptain@gmail.com

WEDNESDAY NIGHT £1 RUNNING FEE

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

Wednesday Apres-Run 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)

EVENT HORIZON

A brief look ahead

full fixture list **page 4**

Oct 4 Middlesex 10k Club champs race - Victoria Park

NEW RUNNERS ROTA

Thanks very much for everyone who volunteers to take new runners even when it's not their turn on the rota.
Especially last week:
Steve Wehrle, Ange Norris, Jim Dowsett, Doug Keighley , Kayllee Coxall and Barry Graham.
It shows new people what a friendly club we are.. 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**

Ros Tabor	**16/09**
Lindsey Annable	23/09
Hugh Balfour	30/09

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

SPOT

A few dates for the diary!

Curry Night
Surma - Wednesday 21st October
You all know the score as much curry as you can fill your bellies with for a tenner at DRs favourite Indian establishment!

Charity Quiz Night - November - Date TBC
More details to follow, watch this space.

Dulwich Runners Christmas Party
The Plough - Saturday 12th December
Save the date, finalising details as you read this.

Thanks - Matt

LUCKY VEST

September winner - John Fletcher

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

New !!! Dulwich Runners SOCKS

only £5
They will be at the club on Wednesdays,thanks - Ros

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

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

Limited stock of hoodies, very small sizes only. I can order more if enough people are interested. They will be £20 each.

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

DULWICH RUNNERS 2015 CLUB CHAMPIONSHIPS

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.
Races still to come are :

4 Oct	Middlesex 10k, Victoria Park (medium)
15 Nov	Epsom 10 (long) replaces Cabbage Patch

Date for your diary:

Aldershot Road Relays 19/20 September 2015

The SEAA Road Relay Championships or 'Aldershot Relays' will be on 19th (women) and 20th (men) September 2015. These include separate senior and veterans categories and we usually manage to get a few teams out for what is a great day out. We'll be sorting out the entries later in the summer, but for now mark this in your diaries.

Womens entries
seniors - Mel, Kim, Katie and Selma
vets 40+ - Nicola, Andrea, Emily and either Clare or Ange

Dulwich Runners 2015/16 Fixtures

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

Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

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

***** Please note changes to womens XC dates and venues

Date		Race		Venue
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	Roundshaw
	17	Surrey Masters (tbc)		Richmond
	24	BMAF XC Masters Relays		Derby
Nov	7	Surrey League match 2	men	Walton
	7	Surrey League match 2	women	West End common, Esher
	14	London Champs		Parliament Hill Fields
	14	British and Ireland Internationa		Dublin
	15	**Epsom 10 (replacement for the cancelled Cabbage Patch)**		**Epsom**
	tbc.21/28	South of Thames 5 mile race, (date and venue tbc)		
Dec	5	Kent Masters		Sparrows Den
	12	SEAA Masters Champ		tbc
	19	South of Thames championship		Tonbridge
		2016		**2016**
Jan	9	KCAA Cross Country Championships		Redlibbets Golf Club, Kent
	16	Surrey League match 3	men & women	Reigate Priory Park
	tbc 23	Vets AC Champs		Wimbledon Common
	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		Donnington

REMINDER !.... upcoming club champs race

Middlesex 10k on 4 Oct

NOTE: the closing date for on line entries is 26 September.
Fills up fast so be quick !

Streatham Common 6mile Cross country race

CANCELLED

11:15am, Saturday 26th September 2015
Streatham Common, Covington Way, Streatham SW16
Course: Multi-lap undulating off road laps of Streatham Common.
Awards: T-shirt, spot prizes, winners prizes, goody bag.
Venue facilities: Toilets, Supervised bag storage.
Limited car parking facilities at the common.
Entries in advance: £13.00 affiliated £15.00 unaffiliated
Entries on the day:£15.00 for all runners (Subject to availability)
Entries via Runners World: www.runnersworld.co.uk/events and type Streatham
www.hernehillharriers.org

Striders of Croydon multi-terrain Switchback 5

race takes place on 27th September:

As usual we have kept the entry fee low - £6 postal / £7 online 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.stridersofcroydon.org.uk/?page_id=6477

Preparing for an Autumn Marathon with International Marathon Athlete Mara Yamauchi

Wednesday 30th September 2015 – 6:30pm-8:30pm
At: Southwark Council Offices, 160 Tooley Street, SE1 2TZ
(Nearest Station: London Bridge)

Costs £10 to attend

As part of England Athletics programme we would like to invite coaches and athletes to a marathon workshop, with Mara Yamauchi, the UK's second fastest woman ever behind world record-holder Paula Radcliffe.
If you are a runner or coach preparing for an Autumn marathon in 2015 this workshop is for
you! Mara will take you through the essential steps of marathon training covering nutrition,
hydration, recovery, and race preparation as an athlete and coach to ensure that you are fully prepared. There will also be an opportunity for Q&A at the end of the workshop.
Places are limited this will be done on a first-come basis, book now to avoid disappointment.
For registration and payment please contact your London CCSO:
Julia Bailey jbailey@englandathletics.org call 07718526355
Guy Spencer gspencer@englandathletics.org 07702849277

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.

Race Reports & Results

Highgate Harriers Open Meeting , Parliament Hill

9 September 2015

1500m
It certainly felt like the end of a season on Wednesday night at Parliament Hill: cold, dark and breezy with a stop/start PA commentary regularly correcting itself for the benefit of passing dog walkers and their charges.

This was my first 1500m race so I was a little intimidated to find myself in the first heat; the faster entrants mustn't have shown up though as I soon found myself jostling for 3rd place with a Brighton chap I'd raced with in the mile at Eltham. After switching a few times, I passed him early in the third lap; he was on my shoulder then - keen to get back in front. I held him off until the fourth lap when I sped up and tried to put some distance between us but he was right with me.

Thankfully, he had no more left for the final sprint than I did and I got across the line just one second ahead; while he took four seconds off a recent PB. The close competition definitely got the best out of both of us and helped not a little block out the encouragement for the local runners blaring out of the PA system.

1500m Race 1

3rd - Tim Bowen	4:27.1

Eridge Park 10 Trail Challenge

13 September 2015

Claire Steward writes: This event featured as a club champs race in 2006 and 2011 but after the second time, it was reported in Shorts that '.....while the course is great for a run, it isn't really suitable for a race or club championships event where you are supposed to race hard .....a few years ago there were three bad injuries which set runners back many months. This time, there were many falls and turned ankles (one member falling 6 times!) and three people did the sensible thing and pulled out.'
While I can understand that 10+ miles of cross country around the Marquis of Abergavenny's glorious back garden is not to everyone's taste, it is still a firm favourite for a few of us who love to run around in the countryside without the pressures of chasing a PB. Ironically, the club still gets a good turnout for the cross country leagues and plenty of injuries are sustained by people taking part in track events and road racing but that is obviously different.

Tunbridge Wells Harriers website describes the course; '.....the **New Gully** leads the descent to the biggest of the three lakes; the beautiful second lake sits serenely at the foot of the first long climb which leads you to the infamous **Cheeky's Bog**; rewarded soon after by the restorative freewheeling down **Heavenly Hill**; open grassland takes you straight into the **Lost Wood** (with stream crossing) to emerge at the base of the climb to the stunning location of **Coronation Clump** via the back-bending access to **Watership Up!** take a deep breath before your descent to the **Tomb of the Unknown Harrier** and the **Leap of Death** before the long climb to the delightful 'damsel-in-distress' tower at **Saxonbury 659** (the highest point); down to the **Wood Yard** and out into the open once again you pass **Bee House** en route to **Howey's Hollows** for a roller-coaster ride through woodland and maybe the odd 'damp patch'; now on the perimeter deer-fence you face perhaps the biggest challenge – up **Deeply Steep**; down the **Slippery Slope** which continues on to **Lake Magical** and finally the boundary fence of **Eridge Cricket Ground** to the finish'. That just about sums it up!

The race organisation is fantastic; race numbers, timing chips and tee-shirts are collected on the day. It's worth noting that that the tee shirts come in men's and women's sizes, selected at time of race entry – simples – why can't more race organisers do that instead of handing out mass-produced XXXL men's shirts to everyone at the finish? The marshalling points are numbered but I gave up keeping count after the first 40; there are plenty of water stations, jely babies, and lots of encouragement on the way round. Post-race there is free beer and the biggest selection of delicious cakes imagineable.Thought has even gone into labelling The Portoloos with the names of the race highlights so a pre-race pee can be had in Cheeky's Bog.

Steve, Joanne and I have done this numerous times (my eighth time in 12 years) and it was great to be back. Given my recent minor disasters, tripping over on the way to Crystal Palace ParkRun, pulling my hamstring attempting a paltry 100m, I did nothing worse than turn my ankle a couple of times and although recording my slowest ever time by some 20 minutes I had a ball. Joanne had an excellent run, finishing nearly 9 minutes in front of me and Steve had a brilliant result, very close behing me. First-timer Paul thoroughly enjoyed the event finishing inside his prediction of two hours, but declared himself somewhat disappointed by the lack of the much-hyped mud; we reassured him that in previous years it has truly been a mud-fest. This year the 'Leap of Death' and 'Cheeky's Bog' were disappointingly minor inconveniences and only the descent of 'Deeply Steep' really provided any sustained mud. Maybe normal service will be resumed next year.

Winner 1:03:26

196	Joanne Shelton	1:39:59
264	Claire Steward	1:48:53
282	Steve Wehrle	1:50:49
309	Paul Hilton	

1:58:09
361 Finishers

UK Youth Development League Final U17&20 Birmingham Alexandra Stadium

6 Sep

Representing B&B who had made the final with the best eight teams in he country, this was an early start for Oscar having to be there for 9am. Didn't help that I half filled the car with the wrong fuel the day before and had to drive there in the little run around! Excellent club meeting with thrilling races throughout the day.

Combined scores across the two age groups and sexes made it very interesting as B&B have an extremely good girls team and for the boys it's a case of just completing to pick as many points as possible. To that end, Oscar filled in with the u20s Triple Jump against some of the best jumpers in the country. A little bit forbidding but he stuck to his task ending up as the club's A string and recording a respectable 10.45m.

After a few hours wait, he was on more familiar ground with the B string 800m. By this time, the wind was at +/-3 depending on which part of the track you were on. As expected competition was tough but he ran to form and it was good experience for next year when he'll be top of his age range.

7th 800m 2.13.75
8th Triple Jump 10.45m

Overall the team finished 3rd. The girls finished first and hence have been selected to represent the UK in the Europeans.
- ***Duncan Hussey***

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Kent County Masters Championships, Erith

Sat 13th September

5000m
Oh dear. Four weeks after my debacle in Lyon and a week after signs of improvement at the last Assembly League fixture I was at least expecting to improve on that (17:10 pace for 5k, hilly course); I was racing on a nice flat track after all. However, the return to a couple of rep sessions since then seems to have done more harm than good and after a standard first km in 3:20 my lap times suddenly went out by 3-4 secs each and I could only plod on to a very weary 17:29, not quite my worst (that was in Lyon) but near enough. At least a Kent County gold medal – luckily no opposition today. I think I'd better put my feet up for a while longer.

1	Tony Tuohy	17:29.26	1st M50

Will Bolton XC Relays

4*4km

Traditional season opener with mixed ability teams made for a fun and thrilling afternoon in 20 degrees temperatures.

1st leg. ***- Duncan Hussey***

Oscar Hussey 15:41

63rd fastest overall of 202

21st on leg 1 of 51 teams

parkrun September 12th

Amager Faelled - 105 ran

Pos	Gen		
39	34	Barrie John Nicholls	23:52
50	9	Lindsey Annable	25:39

Barry Island - 102 ran

Pos	Gen		
24	19	Andy Murray	24:16
28	6	Ros Tabor	24:33

Bracknell - 193 ran

Pos	Gen		
3	3	Mark Callaghan	19:12

Brockwell - 236 ran

Pos	Gen		
5	5	Lewis Laylee	18:13
54	50	Ian Sesnan	21:59
56	52	Graham Laylee	22:04
63	6	Michelle Lennon	22:34
85	11	Lucy Clapp	23:43
213	64	Selina Wray	31:25

Bromley - 431 ran

Pos	Gen		
55	6	Selma Benattia	21:25
64	57	Chris Goodman	21:41

Burgess - 154 ran

Pos	Gen		
56	49	Paul Keating	24:01

Crystal Palace - 185 ran

Pos	Gen		
1	1	Wayne Lashley	17:48
2	2	Tom Wilson	18:07
3	3	Charles Lound	18:22
19	19	Simon Lang	20:43
22	22	Andy Cottrill	21:23
49	47	Bob Bell	23:25
55	4	Belinda Cottrill	23:59

Dulwich - 188 ran

Pos	Gen		
11	11	Rob Cope	18:24
17	17	Michael Fullilove	19:25
58	56	Mark Muffett	22:38
90	11	Claire Steward	24:13
101	15	Ella Hughes	25:12
131	101	Mick Mead	27:14
152	109	Duncan Wilson	29:49

Hilly Fields - 201 ran

Pos	Gen		
4	4	Ian Lilley	18:45
7	7	James Burrows	20:18
15	15	Gary Sullivan	21:17
186	76	Susan Vernon	33:44
196	113	Chris Vernon	36:54

Hilly Fields Junior - 120 ran

Pos	Gen		
47	35	Rafe Collier	12:11
68	23	Rhoda Colier	13:19
96	56	Lukas Lilley	15:32
97	57	Bjorn Lilley	15:33
111	63	Albert Lilley	17:33

Orpington - 158 ran

Pos	Gen		
7	7	Duncan Hussey	20:26
25	23	Stephen Smythe	23:09
82	65	Peter Jackson	28:19
123	90	John O'Byrne	32:41

Peckham Rye - 110 ran

Pos	Gen		
3	3	Alastair Locke	18:14
5	5	Kevin Chadwick	18:38
7	7	Ebe Prill	19:08
23	2	Helen Lister	21:28
37	6	Emma Ibell	23:01

Riddlesdown - 133 ran

Pos	Gen		
30	3	Ange Norris	23:04

Roundshaw Downs - 89 ran

Pos	Gen		
4	3	Sam Crump	20:04

St Peters, Sydney, Aust. - 329 ran

Pos	Gen		
136	30	Penelope D'arcy Graham	26:04

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.

UNDER A BLOOD RED MOON

Dear All

This is the final e-mail to let you know the timetable for the final Wehrld Tours trip. to Marbella.

After 22 years of arranging these trips, I nostalgically look back at the races we have run (?), the places we have visited and the countries we have seen. And of course, the highlights from each trip. I'm sure you have yours and here are mine:

1994 Boscombe
We did the quarter marathon; ran with the New Forest runners and partied at the Lanz
1995 Le Touquet,
Just a day trip but we packed it all in. Depart from Dulwich at 0600 and back late evening! A 10km race and elbows clashing with the French from the start. Naked mixed showers!
1996 Middlekerke/Le Touquet
A 10km on Saturday/ a 10km on Sunday (those were the days!). Water guns taken on the race on Sunday (whilst Harry slept on the bus).
1997 Twyyn, Wales
A long drive in a 'clutchless' mini bus, and plenty of rain to accompany us on the Race Against the train
1998 Lanzarote
We took part in Challenge Week - 10km/trail run/beach race/cross island race. Did morning yoga with a Goddess.
1999 Amsterdam.
A half marathon after a 'James Lawne night out', visit to the sex museum & buying my most expensive round of drinks
2000, Cork
A half for £5; Nusi and Ruki sleepwalking; drinking Murphy's; Kinsale
2001 Paris

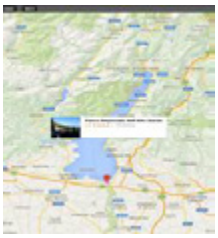
Race to Versailles; the bottles left around the start to trip over; Mike falling off the bar stall

2002 Budapest
We did a half in the heat, had dinner on the river with the fireworks and partied the night away in Barrie & Lindsay's room
2003 Lisbon,
The course did nothing for me - horrible half route; I shared with sleeptalker Roy; super- expensive drinks bill due to quaffing copious amounts of Vintage Port with lunch
2004 Tallinn
The largest group when 53 of us went to this picturesque town. Barrie-John's exit from the night-club earlier than planned.
2005, Luxembourg
Half marathon route and we stayed in the hotel by the start/finish. , Private party at hotel;We bought our 'designer shirts'.
2006 Palermo
The manic taxi drivers! We went to the beach at the finish of the race; our medieval lunch in hilltop village.
2007 Bergerac,
Half marathon (I walked with Chris B). We went to the rugby bar; Andrea & Ruki picked up all the prizes; the wine tour on children's train
2008, Donegal, Mooathon
A half. The most stunning scenery ever - beautiful. Bushmills! Irish hospitality
2009 Cologne
Half marathaon. A great choice of hotel as it had the night club with live music; Alastair's gay films
2010 Ljubljana

Ran a half and frequented the local bar. Barrie's proposal at the castle and our cave visit , (still no wedding)

2011 Santa Ponsa
Half marathon around historic Palma. It was sunny. Went on the bike ride and Errol led the way whilst we karioke'd the night away,
2012 Vantaa, Finland,
Choice of a half or 10km. We stayed in luxurious accommodation!!!?? It rained and was cold; the post-race hospitality made up for it.
2013 Porto
A hot half. This was the most comfortable hotel we stayed in, with the roof-top pool and night club. The lunch at the beach restaurant and our port-tasting excursion. Andrea booked the wrong flight home!

2014 Lake Garda



We stayed in chalets in Peschiera del Garda; Verona was stunning. The race along the lakeside. The Italians were beautiful, the towns charming the food tasteful. And that storm when we went on the lake boat trip!

2015 The Finale – Marbella
Of course, I may have forgotten some or got confused. If you know different or have your own fav memories.....let me know.

As many of you know, I've decided that this will be the last trip I'll organise; it's been great but time to move on. And I've arranged something very special for you - whilst we are away in Marbella there will be a full lunar eclipse on the Monday morning, 28th September, which will go on for a couple of hours. With a clear sky we will see a '**blood red moon'.** This occurrence supposedly prophesies different things - the second coming, the end of the world (all very jolly) and 'major change', which fits our theme. If you want to see this phenomonmen, we can arrange it when we are there (think it happens around 04.30).

I have had a great time organising and going on our trips. In 22 years I've only felt hassled by one person on one trip. Thanks for being 'happy campers' and I will fondly remember the fun, frolics and memories.

I'll more than likely still go on an annual 'running' trip and will keep everyone informed of my plans just in case you want to join me (but you organise your own accommodation , flights etc!).

OUR ITINERARY 2015. There are 33 people.
I know some of you are booked on different flights and will make your own way to hotel.

FRIDAY 25TH SEPTEMBER

10.00am-ish	Meet at Gatwick Airport
1225 Flight to Malaga	Lands 1615 local time. Flight **Easyjet 8607**
1645	Coach collection to go to hotel. Arrive approx 1800
TBC	Dinner in local Marbella old town restaurant (dinner paid for but NOT drinks)

SATURDAY 26TH SEPTEMBER
Race number needs to be collected.
Free Day for your own plans - maybe go into Malaga for the day. Open top bus tour?

SUNDAY 27TH SEPTEMBER

AM	MARBELLA HALF MARATHON
20.00	Dinner at local restaurant. VENUE TBC - cost not included or paid for yet

MONDAY 28TH SEPTEMBER
Accurate times for Monday events will be given ASAP

AM	Catamaran trip to Puerto Banus
PM	Treasure Hunt around Marbella
1900	Dinner in local restaurant. VENUE TBC (dinner paid for but NOT drinks)

TUESDAY 29TH SEPTEMBER

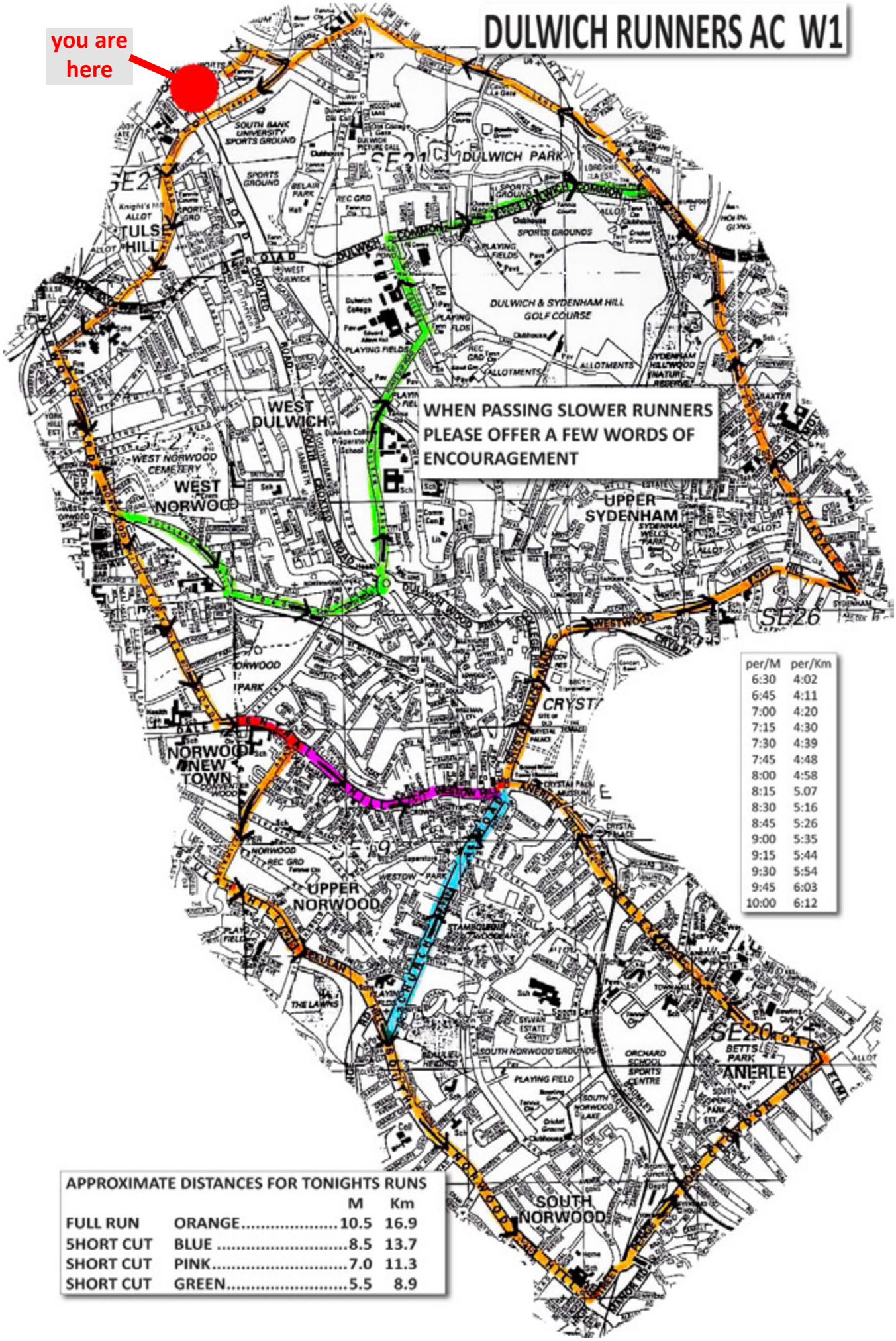
AM	Free time.
	Leave the hotel at 13.30 - coach transfer to Malaga Airport
1650	**Easyjet 8608** for Gatwick lands 1835
1900	GOODBYES!!!

Address
HOTEL SAN CRISTOBAL
AVENIDA RAMON Y CAJAL 3
29601 MARBELLA

DON'T FORGET YOUR
Passport
Money
EU Health Card
Travel Insurance
Running Shoes

That's it folks. I don't think I've forgotten anything but will be in touch with any updates. See you at Gatwick on the 25th.
Cheers
STEVE
WEHRLD TOURS

DULWICH RUNNERS AC W1



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 FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.5	16.9
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK	7.0	11.3
SHORT CUT	GREEN	5.5	8.9