DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
May 18th 2016

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

Wed 18 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 24 Track back at Dulwich College - £1 per session.
First half of the session will be on grass,second on the track. Meet 7:15 for 7:30 start

TRACK SESSIONS

Tuesday sessions back at Dulwich College - meet 7.15am.
Fee is £1 per session - the first half of the session will be on the grass and the second half on the track.
Suitable for all standards

From May onwards, if sufficient demand there will be some Thursday evening track sessions - specifically aimed at 800m and 1500m/Mile speed - most will probably be at Ladywell.
No sessions on Assembly League nights.
If interested, contact steve.smythe@athleticsweekly.com

Additionally there may be some Saturday grass hill sessions at Crystal palace every other week or so - if there is demand - if interested advise steve.smythe@athleticsweekly.com

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

Track Session: This Thursday Evening

There will be a short and sharp speed session. meet at Ladywell track at 7.15pm - suggest session underway by 7.30pm.

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- **Sign the attendance register and pay £1.**
- **We need the money to help pay for clubhouse hire, map printing etc.**
- **We use the register to compile the new runners' rota, so please write legibly.**
- **We also like to keep an accurate record of weekly attendance.**

Thank you. - Ros

In your SHORTS this week !

1... General information
2... Club kit, social events etc
4... Fixture list, club champs,XC, road, track
5... Race reports and results...
6... Parkrun results..
7... Map for this Wednesday night routes

And much more !

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

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list **page 4**

May 21/22 Green Belt Relay

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to: **Jean McPherson,Lucy Clapp and Cameron Timmis.**
If you're on the list, please 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**

Mick Ward	**18/05**
Desmond Edwards	**18/05**
Clare Wyngard	25/05
Hugh Balfour	01/06
Charlie Boden	08/06

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

Jose's Funeral

Monday 23 May

Eltham Crematorium at 2.45pm

Here are some details for those who would like to honour and remember Jose before the service, by cycling or running with the hearse. Runners, please meet at the junction of Welling Way and Rochester Way at 2 pm.

We can wear club vests or a t-shirt that represents a personal challenge if we don't want to run in suits. We will then run with the hearse down Rochester Way to the Reifield Rd pedestrian entrance (about ½ mile). While the cars and cycles go round via Bexley Road to the main entrance, we will jog through the Cemetery to re-join the cars at Crown Woods Way.
If you are a cyclist, meet at Jose's house Crookston Rd SE9 1YF at 1.30. The route will go to Well Hall Rd then turn right up Shooters Hill, then right into Welling Way. This was Jose's favourite sprint training circuit.

Once we arrive at the Chapel, there will be plenty of time to cool down, put on track suits, or as I am leading the service, get changed.
The service will last 20 – 30 minutes, after which we are invited to the Oxleas Wood Café for a celebration of Jose's life.
If you have any questions, do feel free to contact me hugh@christchurchpeckham.info
Hugh Balfour

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
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

only £5

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)

Buffs/snoods - only £6

HOODIES…

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

SHORTS!

DULWICH RUNNERS' SHORTS
They are traditionally cut either 'racing' style, or slightly longer – size medium.
Both styles are a bargain £15.

SPECIAL HOT WEATHER OFFER
CROP TOPS £1 TO CLEAR
AVAILABLE ON WEDNESDAY

ALGARVE RUNNING CHALLENGE 2-6 NOVEMBER

If you want to get away from the cold damp weather of the British autumn, the Algarve Running Challenge presents an excellent opportunity for warm weather racing and training at the eastern end of the Algarve, close to the Spanish border. The races are organized by Steve Smythe and include a 5km cross country, a track mile, a 10km trail race, finishing with the 10 Milhas de Guadiana, actually closer to 11 miles, and takes in the impressive suspension bridge which forms the Spain/ Portugal border. The hotel in Monte Gordo is located just behind the beach and as well as running, there are opportunities for cycling on quiet roads, swimming in the sea which remains warm in November and sightseeing in nearby towns in Portugal and Spain. The trails through the pine woods used for some of the races and the long sandy beach are ideal for an early morning run. The event is organized by Track and Field Tours and should appear on their website shortly. Prices are very reasonable at that time of year. If you want more details, have a word with Steve, Ros, Andy, Jim or myself. - ***Mike Mann***

DULWICH RUNNERS MIDSUMMER RACE

THURSDAY JUNE 30th

The Midsummer 5k is going to be a RELAY this year. There will be teams of 3, each runner doing one lap of Dulwich park.

If you would like to help, plan and organise the race, or have any deas, please can you contact Ros - ros.tabor49@gmail.com

MARATHONS 2016

If you are planning to run a marathon in 2016 please can you tell Shorts so that we can list those with forthcoming races.
After the race make sure you send your time.
We will try to maintain an up to date list so that we can keep a proper record for the club championships.

to come....

Kevin Chadwick	Geneva	May	
Toby de Belder	"	"	
Lucy Pickering	Milton Keynes	"	3:50:51
Joanne Shelton Pereda	"	"	4:00:29

20TH GREEN BELT RELAY

Sat 21 & Sun 22 May 2016

http://www.greenbeltrelay.org.uk/

A relay of 11 runners per team who run 220 miles around London over a weekend. 22 stages, each runner runs once on Saturday and once on Sunday. Course is rural and mostly off road with the stages varying in length from 7 - 13 miles and graded in difficulty from 1 - 10 depending on distance and terrain.
A unique event consisting of running some beautiful green routes just on the outskirts of London.

A team event with great camaraderie within our team and between clubs.
11 in a team but due to injuries etc which cause drop outs, we need about 16 names to start with.

We now have 27 names, two teams plus reserves. If anyone is still keen I'll add them to the reserve list.

Help needed - drivers

Making sure all runners arrive at their start on time, don't get their kit left in a field somewhere or are abandoned at the end of their run is a logistical challenge.
If you could help by driving at any time over the weekend I would be extremely happy to hear from you.
Email Ange Norris: dulwichladiescaptain@gmail.com

Beckenham Relays

Wednesday 18th May start 7:30pm

We are looking to enter a number of teams in the women, men and mixed categories for these friendly local relays. Teams of three each complete a 2.6 mile course with the start/finish in Beckenham Place Park. The race HQ is at the Beckenham Cricket Club, so a great opportunity for an after-race drink on a spring evening.
Let us know if you are interested. This year we have to put in the entries in advance, so can you get in touch by end Friday 13th May.
Contact: Charlie **chas.lound@btinternet.com**
or Ange **dulwichladiescaptain@gmail.com**

The Vitality London 10,000

in the centre of London is on Monday May 30
- the course takes in Nelson's Column, St Paul's Cathedral, The Monument, Millennium Bridge, London Eye, Big Ben, Houses of Parliament and Westminster Abbey.
The club has been given six free men and six free women's places as the event incorporates the British 10km championships. the places traditionally goes to the fastest six men and women but will take into account loyalty in other major events.
Charlie Lound will sort the emtries out and be in touch with the faster runners.

- Steve Smythe

Dino Dash Relay 2016 Wednesday 22nd June - start 7:30 pm

Format: A relay race for teams of three, open to ALL abilities
Various team prizes

Course: Each team member will complete a **3km** lap of traffic-free park paths.
Entries: The cost of entry is £15 per team.
Proceeds will be donated to Friends of Crystal Palace Subway & Friends of Crystal Palace Dinosaurs.

Race HQ: The race start/finish area will be situated at the Information Centre in the lower section of Crystal Palace Park, where the parkrun starts just by the cafe.

Facilities: public toilets by the start. limited changing facilities so you are advised to arrive ready to race. Bags can be left at the information centre

If interested let me know barry@bg1.co.uk

Dulwich Runners 2016/17 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 here regularly.

DULWICH RUNNERS 2016 CLUB CHAMPIONSHIPS

A total of 9 races split into 2 categories, short (S) and long (L). To qualify you need to complete 5 in total, including at least one from each of the two categories.
NB some dates and locations are still tbc, but updates will be issued as soon as known.

CLUB CHAMPS UPDATE

CLUB CHAMPIONSHIP MILE AND 5K

We have had difficulties in scheduling the Mark Hayes Mile in July this year, and have now decided to bring it forward to Friday 17 June from 7pm at Dulwich Track.

However since this track is not certified by UKA and we will not have official starters and timekeepers, we are encouraging runners looking to obtain official times posted on Power of 10 to take part in the Cambridge Harriers open meeting, which includes a mile race, on Wednesday 22 June.

Individual points will be based on the race at Dulwich track with medals and trophies presented there, but for those choosing to run both races, overall points and age grading will be based on the better performance.

Partly as a result of bringing forward the date of the club champs mile, it has been decided to use the Assembly League race on Thursday 2 June at Battersea Park as our club champs 5k in place of the Sri Chimnoy 5k at the same venue on 13 June.

2016 ASSEMBLY LEAGUE

These 6 races started in April and range from 3 to 3.5 miles on road or on paths within parks and run on the first Thursday of the summer months against 12 other clubs. This series of races is extremely popular and all members are encouraged to participate whatever your standard or ability.
They are free to enter, all you need to do is have a club vest, turn up and run.
Any further information regarding these races will appear here in Shorts as and when it becomes available.
From this year women's team scores will be based upon 4-to-score, the same as the men

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

Date		Race	Venue
May	21/22	**Green Belt Relay**	**Various around London area**
Jun	2	Assembly League - 5k Battersea Park (S)	Battersea Park
	17	Mark Hayes Mile (S)	Dulwich Track
Jul	7	Assembly League - start 7:30pm (3 miles approx)	o2 Dome, North Greenwich
Aug	4	Assembly League - Victoria Park - 7:30pm start (3.5 miles)	Hackney
Sep	1	Assembly League - Beckenham - 7:15pm start (3 miles)	Beckenham
	4	Middlesex 10k (S)	Victoria Park, Hackney
	4	**River Relay**	**along Thames west of London**
	10	Will Bolton Relays	Sparrow's Den
	tbc 24/25	**SEAA Road Relays**	**Aldershot**
Oct	1	England Masters Inter Area Challenge	Wimbledon Common
	2	Titsey Multi-Terrain 10k (L)	Oxted
	15	Surrey League	Richmond Park (m) tbc (w)
	22	Surrey Masters Champs	Richmond Park
	29	5k Parkrun (S)	Burgess Park
Nov	12	Surrey League	Farthing Down (m)
	19	BMAF Relay Champs	Long Eaton
	26	South of Thames 5m	Ham Lands
Dec	3	Surrey League	Mitcham Common (w)
	17	South of Thames 7.5m	Venue tbc
Jan	7	County Champs	Lloyd Park (Surrey) tbc (Kent)
	14	Surrey League	Mitcham Common (m&w)
	21	Vets AC Champs	Wimbledon Common
	28	South of England Champs	Parliament Hill
Feb	12	Surrey League	tbc (m) Ham Lands (w)
	26	National Champs	North of England tbc

Track Meetings

The table includes a list of track meetings in the local area over the forthcoming season. You do not have to be a member of a track club to take part in any of the open meetings.
Check details of the races on offer at respective club websites.
In most cases you can either enter in advance or on the day.
In addition the Watford Open Graded Races take place on alternative Wednesdays until 7 September, with the next meeting on 18 May (see WATFORD ATHLETICS AND WATFORD HARRIERS ATHLETIC CLUB for details.

May	21	Night of 10,000m	Parliament Hill
	23	Blackheath&Bromley Open	Norman Park
	25	Cambridge Harriers Open	Sutcliffe Park
June	5	Surrey Masters Champs	Kingsmeadow
	13	Blackheath&Bromley Open	Norman Park
	22	Cambridge Harriers Open	Sutcliffe Park
July	11	Blackheath&Bromley Open	Norman Park
	20	Cambridge Harriers Open	Sutcliffe Park
	23	HHH Open	Tooting
	3	Hercules Wimbledon Open	Wimbledon Park
Aug	15	Blackheath&Bromley Open	Norman Park
	17	Cambridge Harriers Open	Sutcliffe Park
	27	HHH Open	Tooting
	28	Vets AC T&F Champs	Kingsmeadow
Sept	7	Vets AC 10,000m	Battersea Park
	10/11	BMAF T&F Champs	Birmingham

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.

28th National Masters Road Relays Sutton Coldfield

13th May

Mens teams
As usual, a great day out for the veterans competing for top honours and, as usual, the women were our star turns landing another national title for the W45s and bronze medals for the W55s. Their races are reported elsewhere but we had two men's teams competing too. All participants ran the same traditional course in picturesque Sutton Park, a testing 3-mile circuit with hills, descents and a dead turn – technical is a good name for it.

In the M45s we fielded the same team as last year in exactly the same order. This time two of us were off the pace (that's me and Ebe) while the other two upped their game nicely (Steve Davies and Charlie). I led off and could only manage 16:49 compared to my five previous editions ranging from 16:16 to 16:32; however, the remnants of a cold are still keeping a grip on my throat and I felt bad enough from that to hope that some improvement to my form may yet come after full recovery.

Comparing Garmins with Steve showed my usual pace up the initial hill was a bit reckless today with the first mile in 5:28 as Steve's more conservative 5:33 eventually resulted in a very evenly run final time 21 seconds faster than mine – not that I'd have got near him with a slower start anyway as he superbly improved his run of last year by 15 seconds, proving to be our fastest man easily. Steve had moved us up to 9th and handed over to Ebe who knew his current form was down on this time last year and so was on damage limitation. He in fact put in his usual full effort and ran well, limiting losses to only six places before handing on to Charlie, who then ran a blinder.

A cautious start up the first hill paid dividends (I really ought to take note) and although Charlie's run wasn't quite the course best he first thought it was (he was three seconds quicker in 2013) it was over 20 seconds better than his efforts of the last two years and pulled us through to a very creditable final 11th place out of 50 teams. We were a not-too-bad 25 seconds slower overall than our time of last year and an idea of the quality required to get near the medals here can be shown by the fact that if all four of us were running PB-level times we'd still only move up to 7th.

11th Dulwich Runners M45:

Tony Tuohy	16:49
Steve Davies	16:28
Ebe Prill	18:40
Charlie Lound	16:52
	1:08:49

With Dulwich's top M55 Dave Beaver currently trying to nurse himself back to health and fitness our M55s fielded Steve Smythe and Gary Sullivan again, with Steve Williams coming in for Dave. They ended up acquitting themselves really well, equalling last year's time despite the lack of Dave's sub-18 clocking, all three in the team running similar times. Steve Smythe's lead-off leg nicely turned back the clock, his 19:10 similar to his form of three years ago and a very significant 1:12 up on last year. He handed over 20th spot to Steve Williams (actually now an M60), who gained a place while being just 21 seconds slower than Steve S and who has been showing good form, running his recent 5ks faster than last year.

Steve Smythe might have been forgiven for already thinking he had run our fastest leg only to then see Gary outdo him by just four seconds with a terrific run that matched his best time here as part of our medal-winning M55 squad of 2013 (legends). We finished in 17th place in another high quality race and even with Dave Beaver on top form would be fortunate to make the top 10. However, this age category remains the Dulwich men's best chance of repeating the medal-winning success of three years ago; but it will take a few stars to align to do it. And some very fit chaps.

- Tony Tuohy

17th Dulwich Runners M55:

Steve Smythe	19:10
Steve Williams	19:31
Gary Sullivan	19:06
	57:47

Steve Smythe writes...In my view, if you are a cross-country runner the must-run race is the National and if you are a road runner, it's the London Marathon but if you are a Veteran (aged 35 or over) it should be the National Masters Relays at Sutton Park. It happens mid May every year and while we always do well it is disappointing that some club members don't make more effort to do this event.
Please make an effort to support this race in 2017.
The race is held on a very testing 3 mile leg which with the hills roughly gives a 5km time.

Women's report
This year we did excellently again with the W45 age group taking gold medals and the W55 taking bronze medals. Initially it looked like we wouldn't have a W45 team with many of the regulars unavailable for a variety of reasons so Clare Elms was going to run in the W35 team though an injury sustained the previous week which kept her from making her track debut on Monday did mean she also had doubts.
Michelle Lennon though who was originally unavailable became free to run and Ange Norris said she would run if we had a full team. That didn't go entirely to plan as Michelle misunderstood and thought she wasn't needed and only reconfirmed she could do the night before.

The plan was for Clare Elms, who had run the overall W45 fastest leg three of the four last four years to get us a good start and battle amongst the top

W35s on the opening leg. However, we found out just before the race for safety reasons that the W35s would start five minutes early.

Concerns that Clare might not have sufficient opposition to run fast proved groundless as a Trentham runner, who had just turned 45 set off quick and set a good pace.
Clare, wasn't at her best healthwise but fought hard but couldn't quite hold onto her on the hills towards the end but stayed close and her 17:56 was quicker than her fastest leg last year and 55 seconds up on the third team Holmfirth and a further minute up on Halesowen in fourth who led in the other 23 teams. A medal already looked assured.
That looked even more certain on the second leg. Ange Norris took us into the lead but didn't appreciate her big moment as she thought Clare came in first and didn't realise she had overtaken anyone!

Ange ran a time of 19:50 - 48 seconds quicker than she ran when she took part in 2013 and a good run after missed winter training and then recovering from the marathon.
We now had a 57 second lead on Trentham though Barnet had moved a minute closer into third 95 seconds back on us with Holmfirth close in fourth.
Two years ago Michelle had run 22:18 here in bringing us home in third and had she run that time again, we wouldn't have won but in-form Michelle had her greatest run for the club yet and her 20:40 was actually the fastest of the top five teams and meant we won gold by 84 seconds and were over three minutes clear of fourth.

We were also 1st in 2012 (58:30 - four seconds slower than 2016!), third in 2014 (59:14) and 2nd in 2015 (56:32) and potentially we could have 2 teams challenging for medals next year if Ola, Andrea and Nicola, who have all run well here in the past, can all run.

1 Dulwich 58:26
Clare Elms 17:56
Ange Norris 19:50
Michelle Lennon 20:40
2 Trentham 59:50; 3 Barnet 60:30; 4 Holmfirth 61:42; 5 Les Croupiers 62:41; 6 Wirral 62:46; 7 Burnden 62:49; 8 Tipton 62:53/23 teams finished

While we had won three previous medals in the W45s, we had done even better in the W55s as we had won four medals.
Second in 2007, first in 2008 and then third in both 2012 and 2013.
Ros and Claire Steward had been regulars throughout the medal winning and had been in the winning team in 2008 (where we set the still standing course record of 61:14) and this year were joined by new W55 Clare Wyngard.

Ros got the team off to a good start with a run up on her recent parkrun form and her 21:25 put us fourth. Worth noting that of course Ros is now a W65 and was a minute quicker than the official fastest leg in that age group.
On the second leg, both Burnden and Bingley went well clear but Claire Steward's 23:01 - again well in advance of recent parkrun form after injury moved us 50 seconds clear of fourth Holmfirth. Claire will also be W65 next year.

Clare Wyngard had an excellent run too - a minute up on her 13 parkruns this year - and her 22:21 was only bettered by the two teams ahead and moved us four minutes clear of Rotherham in fourth.
3 Dulwich 66:47
Ros Tabor 21:25
Claire Steward 23:01
Clare Wyngard 22:21

The only disappointment for the women was in the W35s though a medal was always going to be unlikely - while the other races are three legs, this one is four.

Clare moving up to the W45s meant we needed an extra runner here and one of the expected reserves realised she couldn't run but a late request managed to seemingly get a complete team but then after we had declared the team on Friday evening, Cara Oliver realised her injury was not going to stand up to the run so we were a runner short.
Selma Benattia started the W35s off and showing two minutes improvement on last year, she came in 18th in 20:18.
Charlie Wood hadn't raced for over two years and was far from fit after the recent birth of her son but she showed her potential in her first ever race as a Master with a very good 20:16, which moved us up five places.

Louisa Pritchard is also short of fitness and racing but travelling all the way from Cambridge via London, she too performed admirably and her 22:50 kept us in the top 15.
Selma kindly agreed to double up to complete the team in Cara's absence but unfortunately one of the officials recognised her face (or voice) from the first leg even before she started. You aren't officially allowed to run twice and though she kept us 15th with a 21:33 - quicker than her single effort last year - we were disqualified before the race but Selma chose to run anyway.
In theory we have quite a few of the club's quicker runners turning W35 this year so should have no trouble finding four runners for next year.
However we have about 20 good M35s and M40s in the men and we couldn't get a team this year in that age group.
Selma Benattia 20:18
Charlie Wood 20:16
Louisa Pritchard 22:50
Selma Benattia 21:33 (dq)

SOUTHERN VETS LEAGUE

9 MAY

In the first fixture of the season, there were narrow wins for the HHH women's and men's teams, in which Claire Steward and Mike Mann were competing. In an event over 100 times underdistance compared with her best distance, Claire Steward achieved a 10 secs PB in the 400m, picking up a place on the line to finish second W60. This was followed by a second place in her 1500m. Meanwhile Mike Mann was around 10 secs slower in the 1500m, compared with recent indoor times, and also tried his hand at the long jump, achieving 4 legal jumps of no notable distance and with limited style. ***Mike Mann***

400m
Claire Steward 1:20,50 (2nd W60) PB
1500m
Mike Mann 5:38.8 (2nd M60)
Claire Steward 6:38.00 (2nd W60)
Long Jump
Mike Mann 2.95m (3rd M60)

Southern Vets League Battersea

9 May 2016

Claire Steward writes: For the first meeting of 2016 I joined my Herne Hill team for another track outing. After my embarrassing one-and-only attempt at 100m in the final last year, I stuck to just two events – 400m, 'dipping' on the line as I caught the runner ahead of me with a new PB to gain second place (F60), and 1500m, a new event for me, so it was obviously a PB, and another second place.
I gained 5 points in each race and after initially being listed in the results as second team, HHH came out on top by a mere 2.5 points after a re-calculation (hence the late reporting of these races). So I have my uses, even if I can't really run very fast round a track! Mike and Lloyd were there for the men's events but I have't seen their results.

400m 1:28.5 (2nd W60)
1500m 6:38.0 (2nd W60)

SCVAC TRACK AND FIELD LEAGUE KENT DIVISION CANTERBURY

Monday 11 May

Competing for Cambridge Harriers

W35(A) 200m 5th Cara Oliver (W40) 35.1
W50 200m 4th Ros Tabor (W65) 35.8
W35 long jump 5th Cara Oliver (W40) 3.14
W50 1500m 1st Ros Tabor (W65) 5:53.9
Ros Tabor

parkrun

May 14th

Bevendean Down
34 ran

Pos	Gen		
1	1	Ash Dorrington	19:03
9	1	Clare Milsom	24:49
11	2	Laura Vincent	25:52

Brockwell
244 ran

Pos	Gen		
30	1	Fiona Askew	20:35
81	8	Lucy Clapp	22:54
123	99	Kees Kuijlaars	25:12
159	43	Sharon Erdman	26:53
200	64	Selina Wray	29:37

Bromley
503 ran

Pos	Gen		
246	189	Peter Jackson	27:01

Burgess
208 ran

Pos	Gen		
1	1	Timothy Bowen	16:54
4	4	Paul Devine	17:32
170	114	Barry Evans	29:30

Cambridge
522 ran

Pos	Gen		
1	1	Buzz Shephard	17:22

Crystal Palace
241 ran

Pos	Gen		
12	12	Simon Lang	20:35
32	3	Belinda Cottrill	22:08
110	97	Ameet Patel	25:49
114	100	Andy Cottrill	26:04

Dulwich
258 ran

Pos	Gen		
16	15	Simon Burnett	19:00
21	2	Mel Edwards	19:27
53	48	David Haviland	21:36
80	71	Mark Muffett	22:54
139	26	Hannah Harvest	25:20
189	133	Kevin Smith	28:47

Greenwich
222 ran

Pos	Gen		
18	17	Joseph Brady	21:43

Guildford
450 ran

Pos	Gen		
181	144	Bob Bell	25:52

Hull
478 ran

Pos	Gen		
32	30	Paul Hodge	21:25

Keswick
131 ran

Pos	Gen		
9	9	Michael Williams	20:07

Mile End
264 ran

Pos	Gen		
6	6	Martin Holt	59:59

Orpington
207 ran

Pos	Gen		
3	3	Kevin Chadwick	18:41

Osterley
154 ran

Pos	Gen		
32	5	Lindsey Annable	23:48

Peckham Rye
177 ran

Pos	Gen		
1	1	Andy Bond	17:24
4	4	Mark Callaghan	18:28
63	8	Helen Covich	24:30
77	15	Claire Barnard	25:37

Perry Hall
94 ran

Pos	Gen		
7	7	Nicholas Brown	20:39

Richmond
391 ran

Pos	Gen		
38	2	Kim Hainsworth	20:43

Riddlesdown
195 ran

Pos	Gen		
13	13	Sam Crump	20:28

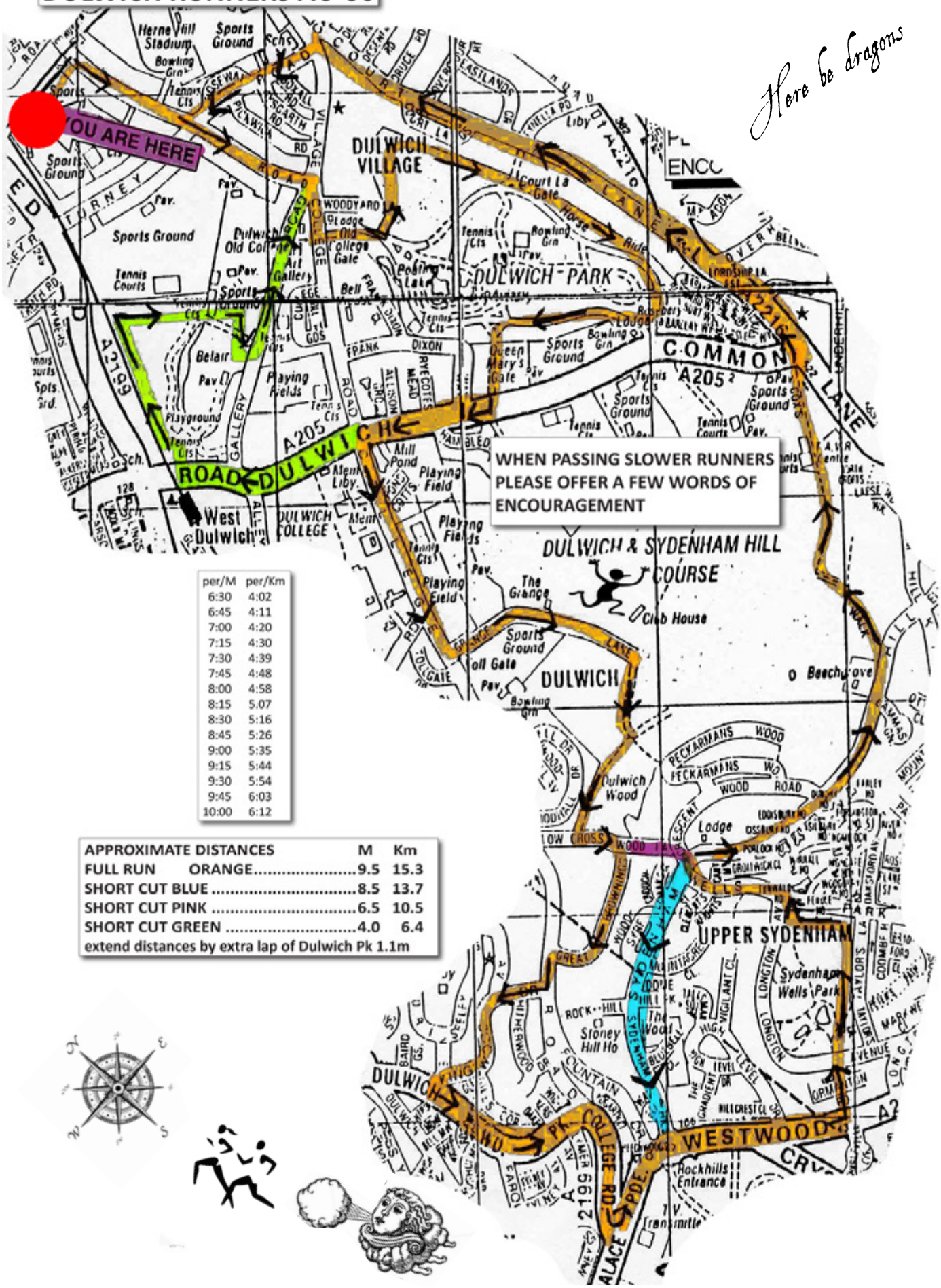
Tooting Common
452 ran

Pos	Gen		
52	49	Michael Mann	21:19
54	51	Cameron Timmis	21:22
387	157	Susan Vernon	32:00
425	243	Chris Vernon	34:03

Whitstable
220 ran

Pos	Gen		
110	16	Penelope D'arcy Graham	27:41

DULWICH RUNNERS AC S6



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

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	9.5	15.3
SHORT CUT BLUE	8.5	13.7
SHORT CUT PINK	6.5	10.5
SHORT CUT GREEN	4.0	6.4

extend distances by extra lap of Dulwich Pk 1.1m