SHORTS

Dulwich Runners AC
Weekly Newsletter
July 13th 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 13 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 19 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 at Dulwich College - meet 19:00 - £1 per session **Elkie Mace** will start with a warmup for anyone who is keen to do so, then **Steve Smythe** for the first half of the main session which is on the grass and the second half on the track. - ***Suitable for all standards***

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

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.**

Thank you. - Ros

LUCKY VEST

July winner was Laura Vincent

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.
Vests £18 each from Ros and all kit ros.tabor49@gmail.com

In your SHORTS this week !

1... General information
2... Club kit, social events etc
3... Fixture list, club champs,XC, road, track
4... Race reports and results...
5....O2 Assembly league in full
7... Parkrun results..
8... 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

Aug 4 Assembly league - Victoria Pk, Mile End start 19:30

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: **no new runners :(**
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**

Volunteers needed	**13/07**
Lucy Cartlidge	20/07
Lloyd collier	27/07
Sue Cooper	3/08

Rebecca Schulleri

won the Midsummer relays lucky marshal voucher !

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

Watch this space for upcoming 2016 events !

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)

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.tabor49@gmail.com
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

only £5

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

HOODIES...

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

Buffs/snoods - only £6

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***

Thames River Relay

Sunday 4th September

We entered a team for this last year and it was enjoyed by all.
It is a 5 stage baton relay from Boveney, near Windsor, to Kingston along the Thames towpath, the stages ranging from 4.4 miles to 6.5 miles. Teams of 5 must consist of at east one female, one vet and no more than 3 senior males.

Have a look at:- http://www.stragglers.org/index.php/races/club-races/river-relay

If you are interested let Ange know on a Wednesday evening or my email to - dulwichladiescaptain@gmail.com

I need to have names by Friday 15th July.

NOTE - THIS CLASHES WITH THE MIDDLESEX 10K CLUB CHAMPIONSHIP RACE
Thanks. - Ange

Trust10 Runs Polesden Lacey

Every 4th Sunday of the month until September
Runs starts at 9am - Explore beautiful Polesden Lacey

Trust10 is a free, monthly, 10k trail running event held across selected National Trust sites, open to both members and non members.
Register on the day and if timing is important to you bring your own device.
trust10@nationaltrust.org.uk | nationaltrust.org.uk/sport

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004
ola.balme@btinternet.com
www.hernehillsportsmassage.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. See fixture list for the remaining four events

CLUB CHAMPS UPDATE

CLUB CHAMPS 5km (and mile) clarification With the Assembly League race at Battersea Park on 2 June used for the 5k club champs, trophies and individual points will be awarded at this race. However in view of the late change, resulting in part from bringing forward the date of the Mark Hayes Mile, it has been decided that times at the Sri Chimnoy race on 13 June will count for overall points and for completing sufficient club champs events.

Thus for overall points (ie age graded scores) the better of the two races will count for those taking part in both.
Individual age group points will initially be based though solely on the first race - ie Assembly League (as per club Mile).

However if for example 10 M50 athletes run the club mile or Assembly League then 11th place onwards is possible at the Eltham mile or Sri Chinmoy 5km.

2016 ASSEMBLY LEAGUE

These 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. They are 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.
From this year women's team scores will be based upon 4-to-score, the same as the men

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.

10m race - CLUB CHAMPS UPDATE

With the Cabbage Patch 10 taking place on 16 October falling on the same weekend as the (later than usual) first Surrey League cross country fixture, we have been looking for alternatives. These are limited with one on the same weekend as the SEAA relays on 17/18 September and another involving a long coach trip. We have therefore decided to go for the Epsom 10, organized by Epsom and Ewell Harriers, on 20 November. This is the day after the BMAF cross country relays, but for those selected for this, it should be possible to combine both with the relay stages only 3km. Entry forms are not yet available but hopefully should be soon.

Golden Stag Mile, Barnet

Wednesday July 20

it's worth making a note of this event where quite a few Dulwich Runners ran as guests last year - Ros even set a short-lived world mile age group record.
While a trek across London, it is an event suitable for absolutely everyone and well worth competing in.
The races are graded so that everyone gets to race people of a similar ability as we love a close finish! This year we are opening up the event to athletes from other clubs and we hope to see some of our friends and rivals on the start line. As with the City Mile at Sutcliffe Park on 22 June, times achieved at this event will count towards overall age graded points for the club championships.
http://www.barnetadac.com/racing/club-races/the-golden-stag-mile/
http://www.entrycentral.com/goldenstagmile

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

Date		Race	Venue
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
		Event website:http://www.middlesexaa.org.uk/ **Event details on Runner's World site:**http://www.runnersworld.co.uk/events/viewEvent.asp?en=100010	
	4	River Relay	along Thames west of London
	10	Will Bolton Relays	Sparrow's Den
	17/18	SEAA Road Relays	Aldershot
	24	England Masters Inter Area Challenge Cross Country	Wimbledon Common
Oct	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 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, (see WATFORD ATHLETICS AND WATFORD HARRIERS ATHLETIC CLUB for details.

July	20	Cambridge Harriers Open	Sutcliffe Pk
	20	Golden Stag Mile, Allianz Stadium	Hendon
	23	HHH Open	Tooting
	3	Hercules Wimbledon Open	Wimbledon Pk
Aug	7	London Athletics	Mile End
	15	Blackheath&Bromley Open	Norman Pk
	17	Cambridge Harriers Open	Sutcliffe Pk
	22	GLL	Mile End
	27	HHH Open	Tooting
	28	Vets AC T&F Champs	Kingsmeadow
Sept	7	Vets AC 10,000m	Battersea Pk
	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.

Crystal Palace canter, 5k

5 July

Usual deal here for this accurate, but challenging, 5k. Totally free, just turn up by the main carpark at CP ready to run for 12.30 on the first Tuesday of the month and report to the ever cheerful organiser, Paul Browning of Beckenham RC (he's the guy with the clipboard). Having said that there is no race in August and the September one is pushed back by a week to the 13th, normal service resumed on 4th October.

An added bonus for anyone born after the period, shall we say, 'between the end of the Chatterley ban and the Beatles' first LP' is that you're guaranteed to feel young again. I wasn't, sadly, but if you ask Andrea I'm sure she'd agree. She was just taking it easy, accompanying a friend, by the way.

The quote above is taken from Larkin. That's not former club member Mike Larkin, obviously, but the late poet and librarian of Hull University, Philip. It is a bit out of context, though! ***- Mike Dodds***

4 Graham Laylee 23.37
5 Jo Quantrill. 23.52 (2nd claim)
6 Mike Dodds. 24.29
7 Claire Steward. 24.36
13 Andrea Pickup 28.58
15 ran

Blackheath & Bromley club champs - 10,000

A polite email and a £4.40 track fee gained me entry into Blackheath & Bromley's internal club champs as a guest, My first time running 25 laps of an athletics track. I wore spikes but was told afterwards that's a mistake for a 10,000. My calf's suffered as a result with 2 days of pain. Another lesson learned!

I had hoped for a sub 37minutes but struggled in the 4th and 5th mile and despite picking up for the last mile I just missed my target.
hopefully next time!
Thank You to Clare Elms who very kindly came and watched and shouted lots of encouragement to me which was a big help

20 ran and I finished 4th and I didn't get lapped by the winner. ***- Kevin Chadwick***

37:04.41

Sri Chimnoy 5k Battersea

Monday 11 July

Jim Dowsett	20.40
Ros Tabor	22.28
Andy Murray	22.31
Clare Cummings	23.06
Sharon Erdman	24.54
Claire Barnard	26.33

Ros Tabor

Blackheath and Bromley 1500 metres

Race 1 - Monday 11 July

Myself, Tony and Tim lined up for the last event of the night, with the latter two treating it more as a training run having already participated in the 800 just over an hour previously.

Tim kindly offered his pacemaking services for the first couple of laps to assist my stretch race target of 4:25 before pushing on later in the race. Having got us through the first 300 metres bang on target, I noticed on the 2nd lap I was having to check my stride slightly and sure enough at the end of the lap we were a couple of seconds behind target- can't get the staff. This led me to put myself in a position I haven't been in for some time as I overtook a slightly startled Tim to get us back on target. My move certainly woke him up, and we both picked up several places to move up to 2nd and 3rd respectively. As we hit the bell his class told as he eased back ahead and finished with a rapid 66 second last lap to knock 6 seconds off his 2015 PB- not too shabby when it's your second race of the night and not even giving it your all!

Meanwhile I was now gritting my teeth, trying not to let Tim get too far ahead, and pleasingly thanks to a 70 and a 69 for my last two laps I was able to record a new PB by over four seconds. Tony- by his own admission didn't have his best night, but it was still a good workout. He was last seen muttering to himself and anybody who wanted to listen that as long as he holds such performances for another year he will be in the top two in the country for his age category- not many people can say that, and I'm sure better times are around the corner anyway. ***-Paul Devine***

2	Tim Bowen	:21:27 (PB)
3	Paul Devine	4:24:74 (PB)
10	Tony Tuohy	4:46:05

Assembly League 4.9k race 4 The Dome

Thursday 7th July

Same as last summer, the Assembly League was back at the flat riverside paths of the Greenwich peninsula and, also as last year, we were on exactly the same course, about 100m short of 5k. So roughly speaking, a sub-17 minute runner will need to add 20 seconds for an equivalent 5k, and 20:00 will need more like 24 seconds. The location meant a depleted turnout from us compared to Battersea but a still decent 32 showed up and put in some good performances. As last time, consistent scoring got the men's A team 5th place and the women another excellent 2nd; B teams and overall standings were not available as we went to press…

Tim Bowen's astonishing summer continues; he more than matched his sub-16 run last month at Battersea but more to the point only fell 12 seconds short of winning the race, beaten only by 2:15 marathoner John Gilbert. Second place in an Assembly League race is top quality running, the best ever by a Dulwich man and the Irish fella just keeps on getting better. Can't wait for his next instalment. Meanwhile Steve Davies and Paul Devine are deep into revivals of their best running. Steve just got the nod in a great race between them with both running equivalents of 5k PBs. Remarkably (well I thought so) I stayed with them until getting on for halfway and although having to let go didn't completely implode for a change and had my best race for a year or so. We four made up the A team and were followed by David Stone with a virtual 10-second improvement on his debut race for us last month, a little ahead of Mark Lacey, slightly out-of-sorts here compared to June. Clare Elms had 'done her foot in' at track on Tuesday and was asking for trouble turning up as she can't resist a race, especially as she was leading the overall league (she had to turn up anyway to give Lucy a lift…). After starting well back she got into her running and moved through well to grab the points for 2nd overall in an excellent time considering the slow start; the foot didn't like it though.

I didn't get a post-race interview with Lloyd but assume he was out for a jog as he was so much slower than his excellent race at Battersea; still recovering from a rather fast 3000m a couple of days earlier, perhaps. He was just ahead of debut man Sam Mattu whose excellent 18:04 was hugely faster than his recent parkrun times. Another debut man was Simon Lang with a solid run that did well to hold off Claire Baglin's great return to form, her 18:41 equating to just a few seconds outside her 5k PB. And talking of form, Gary continues to edge forward; his run was probably his best ever circa 5k race. Mel is moving forward too, with her best run since the Chichester 10k, just managing to edge an excellent run from Kim who's been training hard and is now very close to her best 5k form of three years ago.

These two closed the women's A team in an excellent second place. Selma's quest to be a sub-20 5k runner remains very much on course with this excellent run equating to over 10 seconds faster than last month at Battersea. Jim is yet another running at or close to his best form, just getting the better of Mike running solidly but just short of his 5k last month. Martin ran solidly too, in line with current form, but Michelle just can't stop improving. She dipped under 21 minutes for the first time last month but her run here is about 12 seconds better than that, a really superb improvement.

Lucy Elms continues to up the ante as well and is now approaching the fitness she had in the spring before shin problems forced a halt; at not-quite-16 she continues to lead the under 20s competition. And having used up a fair few superlatives already, what can I say about Niamh? With quite a few parkruns under her belt she dipped under 21 minutes for the first time last month but her superb run here equates to nearly half a minute quicker. Ros's very good run was in line with last month, as was Graham's, and these two were split by Sue Cooper, not bad at all just five days after the Dartford Midnight Marathon; mad as a box of frogs…

Duncan and Andy contrived to come in with exactly the same time although Duncan got the nod. Rebecca ran her Dulwich debut last month in the mile and put in a similarly spirited run here. Next up was Barrie John doing just enough to keep at bay Clare Wyngard, and 20 seconds back, Claire Stewart, all three in great form running their best short distance races this year. Mike Dodds ran solidly as his fitness continues to improve and Lindsey once again showed she is close to her best form. ***- Tony Tuohy***

2	Tim Bowen	SM	15:37
23	Steve Davies	M45 1	16:20
25	Paul Devine	SM	16:22
35	Tony Tuohy	M50 1	16:42
57	David Stone	SM	17:21
59	Mark Lacey	SM	17:30
66	Clare Elms	W50 1	17:43
74	Lloyd Collier	M40	18:02
76	Sam Mattu	SM	18:04
91	Simon Lang	M40	18:36
93	Claire Baglin	SW 2	18:41
101	Gary Sullivan	M55 3	18:52
106	Mel Edwards	SW	18:56
109	Kim Hainsworth	SW	19:00
138	Selma Benattia	W35	19:52
147	Jim Dowsett	M40	20:01
151	Mike Mann	M65 1	20:07
156	Martin Double	M40	20:18
158	Michelle Lennon	W45 1	20:22
176	Lucy Elms	U20 1	20:58
180	Niamh Falconer	SW	21:07
186	Ros Tabor	W65 1	21:15
189	Sue Cooper	SW	21:22
192	Graham Laylee	M55	21:29
194	Duncan Wilson	M55	21:31
195	Andy Murray	M60 3	21:31
199	Rebecca Schulleri	W35	21:42
212	Barrie J Nicholls	M60	22:09
213	Clare Wyngard	W55 1	22:11
218	Claire Steward	W60 1	22:32
220	Mike Dodds	M55	22:44
227	Lindsey Annable	W45	23:15

263 finished

Men Team	**Women Team**
1 Kent 34	1 Kent 18
2 Serp 47	**2 Dulwich 24**
3 Stock E 51	3 VPHTH 79
4 VPHTH 80	4 Eton M 85
5 Dulw 83	5 Serp 128
6 Camb H 115	6 Lloyds 152
7 Lloyds 164	7 Beck 156
8 Eton M 187	8 Petts W 157
9 Petts W 196	9 Dartf 171
10 Ravens 201	
11 Aquila 356	
12 Dartf RR 205	
13 Beck 261	

Blackheath & Bromley AC Open Meeting – 800m

Norman Park Track, 11 July 2016

There was a surprisingly good turnout from Dulwich for Blackheath and Bromley's July meeting with the 800m the people's choice for the night.
Tony arrived in plenty of time before disappearing for a jog as the heats were about to start. With fastest heat first, he almost had to race in his trainers to avoid a DNS but a bit of TT charm saw him placed in heat 2 instead, leaving myself, Mark and Oscar to heat 1.

I managed a pretty steady start, going through 400m in 61s and gradually picking up places to put me in second on the last back straight. I couldn't beat the lactic for the last 150m though and a hoped for final push didn't come. Oscar Hussey on the other hand had plenty of fight left as he cruised past me with 80m to go and picked up a huge and well deserved PB. Not strictly my first 800m but the last being a couple of grassy laps of a sloped rugby pitch in c 1999 I'm pretty sure this was a PB for me too. Mark Lacey was next DR in with a tidy 2:17 for his debut.

Like me, TT had a good 650m in his heat but lost his first place on the last straight. Still a very strong overall time and in line with his current form – coming in in exactly the same time as his indoor SB earlier this year.
Selma was up next for her first try at the 800. Once she'd found her lane she ran a good debut time – bang in line with her track mile form – and no doubt will improve on it soon.
Finally, Mike Mann and Lucy Elms were onto the start line. Mike had a steady race but star of the show was Lucy who unlike most of those around her, started sensibly and worked her way through the field with a very strong finish; she must have a good coach!
-Tim Bowen

Heat 1

2 Oscar Hussey	2:04.83 PB
3 Tim Bowen	2:05.50
7 Mark Lacey	2:17.25

Heat 2

3 Tony Tuohy	2:19.42

Heat 3

9 Selma Benattia	2:50.43

Heat 4

5? Lucy Elms	2:44.43
8? Mike Mann	2:51.00

North Downs Trail Marathon

10th July

When I entered this race I thought how lovely it would be to run up and down hills in July through an English vineyard. The race HQ was at Reigate golf club with a welcome breakfast for all the early runners. Marathon began at 9 and half marathon at 9.30.

The race started in a field just above the golf course, a flat trail with beautiful scenery for the first 4 miles. Then the rolling hills disappeared into narrow, tricky paths for the next 5-6 miles in the woods which were dark with a difficult terrain underfoot.I felt I was flying at that point but sadly it didn't last long... Several fast and tricky downhills later (at Box Hill) my calves and Achilles were burning, and when we hit 10 miles, we were back on flat again, running along the A24 to Denbies Vineyard.

It felt strange at that point with another half marathon going on and many speeding cyclists so it was very easy to get lost – luckily another runner guided me safely back on the trail.I was hoping that we would be running through the vineyard but it was not to be. The route took us on a huge climb (walking) and straight back again to narrow paths and slippy conditions due to the rain. The turnaround point at mile 13 was a welcome sight.

Plenty of runners smiling and happy to have achieved that distance in difficult conditions without any injuries was a pleasure to see.Many water stations with gels/cakes etc. along the way kept spirits high but had it not been for the pink ribbons in the trees as a guide, many of us would have been lost.

Running at mile 18 with sore legs and with fatigue having finally caught up with me, I kept going and finished it in 4.33. It was a lovely yet difficult trail run and I am delighted just to have finished it.
- Michelle Lennon

parkrun **July 9th**

Banstead Woods
199 ran.

Pos	Gen		
5	5	Tony Tuohy	18:36

Bromley
669 ran.

Pos	Gen		
9	9	Jonathan Whittaker	18:32
162	143	Chris Goodman	23:26

Burgess
215 ran.

Pos	Gen		
9	1	Kim Hainsworth	19:35
35	32	Graham Laylee	21:44
80	15	Claire Steward	24:09
85	70	Paul Keating	24:39
191	70	Susan Vernon	33:19
199	125	Chris Vernon	35:47

Crystal Palace
244 ran.

Pos	Gen		
1	1	Greg Lewis	17:54
35	5	Susan Cooper	22:19
62	51	Simon Lang	23:44
68	12	Clare Wyngard	23:58
91	69	Michael Dodds	24:49
92	23	Belinda Cottrill	24:51
96	73	Ameet Patel	25:04
101	25	Lucy Cartlidge	25:16
102	77	Andy Cottrill	25:21
111	84	Paul Hodge	25:46
128	35	Joanne S Pereda	26:23

Dulwich
243 ran.

Pos	Gen		
15	15	Derek Lee	18:32
27	26	Sam Mattu	19:44
34	32	Lloyd Collier	20:07
105	94	Paul Devine	24:10
242	80	Natalie Davys	39:06
243	81	Laura Vincent	39:06

Greenwich
200 ran.

Pos	Gen		
25	23	Michael Fullilove	21:40

Hackney Marshes
201 ran.

Pos	Gen		
25	24	Gary Sullivan	19:32

Hampstead Heath
217 ran.

Pos	Gen		
57	5	Lucy Clapp	24:20

Hastings
168 ran.

Pos	Gen		
18	18	Nicholas Brown	21:56

Medina I.O.W.
204 ran.

Pos	Gen		
37	36	Duncan Wilson	23:24

Orpington
150 ran.

Pos	Gen		
20	1	Tereza Francova	22:43

Peckham Rye
123 ran.

Pos	Gen		
1	1	Andy Bond	16:51
3	3	Mark Callaghan	18:11
4	4	Kevin Chadwick	18:24
19	1	Michelle Lennon	21:48
45	7	Helen Covich	24:35

Riddlesdown
177 ran.

Pos	Gen		
49	9	Ange Norris	23:51

Southwark
163 ran.

Pos	Gen		
85	19	Kaylee Coxall	26:08

Tooting Common
349 ran.

Pos	Gen		
40	37	Cameron Timmis	21:48
43	40	Michael Mann	21:55

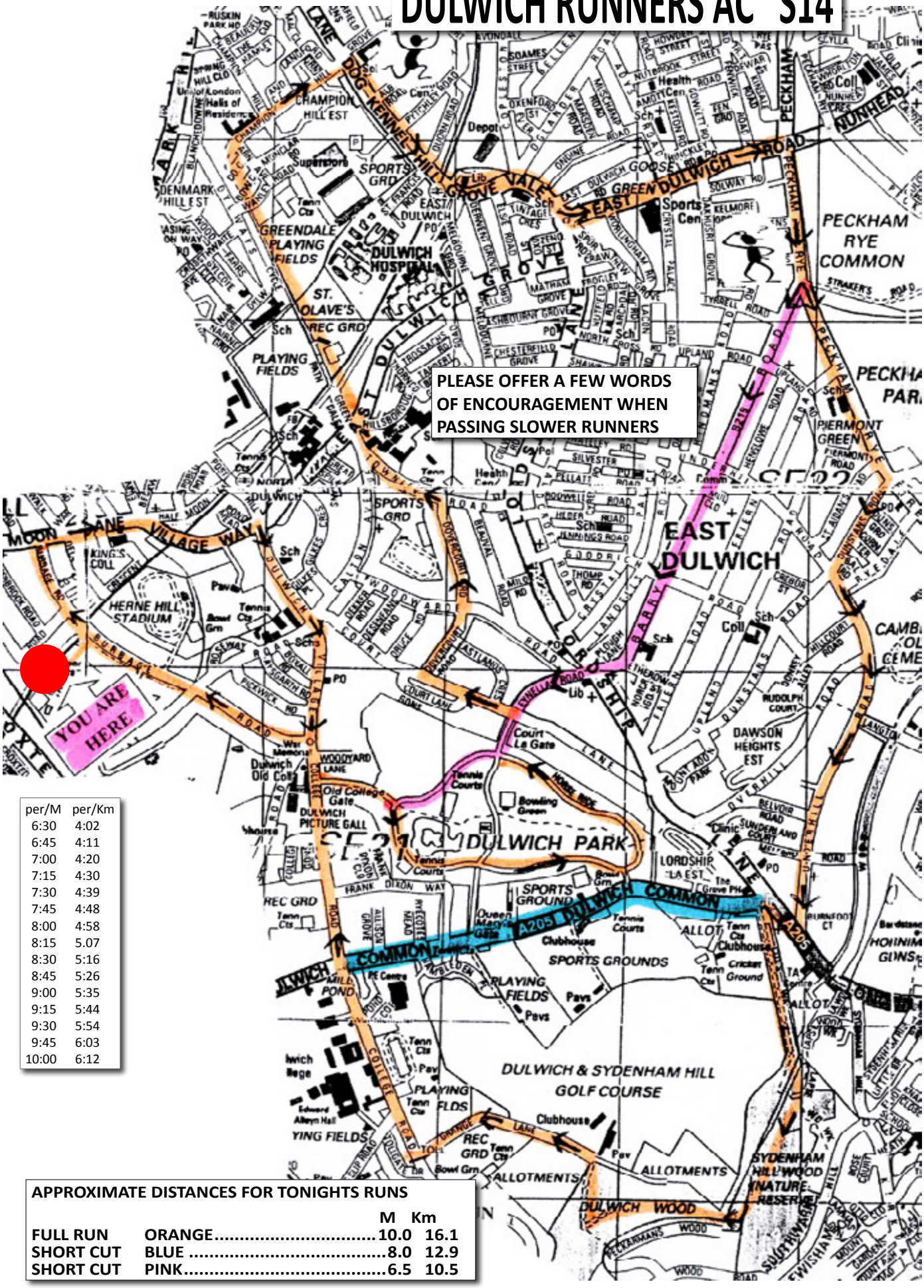
Wimbledon Common
357 ran.

Pos	Gen		
77	72	Andy Murray	22:51
86	7	Ros Tabor	23:02
105	97	Barrie John Nicholls	23:26
124	11	Lindsey Annable	24:10

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.

DULWICH RUNNERS AC S14



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	10.0	16.1
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	6.5	10.5