



SHORTS

Dulwich Runners AC

Weekly Newsletter

January 3rd 2018

These are your SHORTS,

Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 03 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD

Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 6 Kent champs

Sun 7 Surrey Champs

Tues 09 Track - Crystal Palace Arena - details below

In your SHORTS this week !

- 1 General information
- 2 Club kit etc
- 4 Fixture list, **2018 Club Champs** and all other races
- 5 Cross country section - Races & useful info etc
- 7 Marathon schedule and advice etc
- 8 Parkrun results
- 10 Wednesday map

And much more !

TRACK SESSIONS

Crystal Palace Track

£2.50 per session - Suitable for all abilities.

At reception say you are with Dulwich Runners but do not pay there, pay Ros trackside. Can take up to 10mins to get from reception down to track.

Arrive at 7pm for a full warm-up, of various drills. Strides etc will start around 7.20pm, main session taken by Steve Smythe will start shortly after and be in the region of 45 mins.

Thursdays 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

Marathon Training

I am happy to give anyone (of any ability or target) a detailed schedule - steve.smythe@athleticsweekly.com

LUCKY VEST

Tonight in the clubhouse

Wear your Dulwich Runners vest or t-shirt 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 spot prize !

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

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

Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)

www.dulwichrunners.org.uk/index.html

You can follow us on



----- EVENT HORIZON -----

A brief look ahead

- Jan 6 Kent Champs - Brands Hatch
- 7 Surrey Champs - Denbies Vineyard
- 13 Surrey Lge. - m@Beckenham w@Wimbledon
- 20 Vets Ac Champs - Wimbledon tbc
- 27 Sth. of England Champs - Stanmer Pk, Brighton

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.

Thanks to **Joseph Brady** for taking out a new runners last week! 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

Natalie Davys

Yvette Dore

Sharon Erdman

Paul Hilton

3/01

10/01

17/01

23/01

Wednesday Night Map

This map for this Wednesday's runs can be found 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

P
O
T

Watch this space for future events.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings after the Wednesday run.

Arrives close to 9pm and the cost is **£6.00**

Just give me your name and money when you sign in - Ros
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
Bufs/snoods	£6 each



Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

STOCK CLEARANCE! BARGAIN KIT !

I have a limited number of old stock
vests (mostly large sizes) for sale at £1 each

Available at the club on Wednesdays
but please email to make sure

Ros Tabor
ros.tabor49@gmail.com

Socks only £5



SHORTS!

DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or
slightly longer- Both styles are a bargain £15.



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

HOODIES...

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



Bufs/snoods - only £6



INJURIES HAPPEN

FIRST AID COURSE



Saturday
3rd Feb 2018
9am-1pm

Athletics presents the potential for a wide variety of 1st Aid situations...

- Do you have the confidence to deal with minor injuries?
- Can you manage serious injuries until professional help arrives?

First aid may be required at training and during competition. It may apply to athletes or even officials and spectators, therefore the more 1st Aiders we have amongst our coaches, officials and club volunteers the greater the chance of any accidents being dealt with correctly. Surrey Athletics Network is pleased to offer a 1st Aid for Sport course to coaches, officials and club volunteers. Those successfully completing the course will receive a HSE certificate, valid for 3 years, and directions to obtain a 1st Aid manual.

Venue: CADAC clubhouse, King's International College, Watchetts Drive, Camberley, GU15 2PQ. Turn right for parking. Clubhouse in clockwise direction.

Cost: £45 ea but only £35 to members of Surrey Athletics Network clubs.

Pay by bank transfer to sort code 09-01-27 Acc no 78661002.

Cheques if necessary to Gillian Wilder 3 Redcourt Woking GU22 8RA

Booking: Martin Goodway – course facilitator on megoodway@hotmail.co.uk



If interested the club will pay the fee

DULWICH RUNNERS 2017/18 FIXTURES

Further information about 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.

Road & other Cross country Club Champs Assembly League Track

2018		Race		Venue
Jan	6	Kent Champs		Brands Hatch
	7	Surrey Champs		Denbies Vineyard
	13	Surrey League 3	men	Beckenham Place Park
	13	Surrey League 3	women	Richmond Park
	20	Vets AC Champs		Wimbledon Common tbc
	27	South of England Champs		Stanmer Park, Brighton
Feb	10	Surrey League 4	men	Lloyd Park
	10	Surrey League 4	women	Richmond Park
	24	National Champs		Parliament Hill
Mar	17	BMAF Champs		Forres, Scotland
Apr	5	Assembly League		Beckenham Place Park
May	3	Assembly League		Victoria Park, Hackney
Jun	7	Assembly League (incorporating 5k club champs)		Battersea Park
Jul	5	Assembly League		Tottenham Marshes
Aug	2	Assembly League		Victoria Park, Hackney
Sep	6	Assembly League		Beckenham Place Park

2018 Club Championship Programme

We now have the full programme of races for the 2018 club championships in place, subject to a few dates not yet publicised. The races are as follows:

Feb 3	Dulwich parkrun
Mar 24	Run Through 10k, Hyde Park
Apr 8	Paddock Wood 1/2M (or earlier alt. for those entered for Brighton marathon)
Apr 22	Virgin Money London Marathon (or alt. prior to final event)
Jun 7	(date tbc) Assembly League 5k, Battersea Park
Jul 20	(date tbc) SOAR Mile, Battersea Track
Sep 15	(or alternative early autumn date) Beckenham parkrun
Sep 30	Middlesex 10k, Victoria Park, Hackney
Nov 24	(date tbc) South of Thames 5 mile

The marathon, 1/2M and two 10k races are classified as long races, with the remaining 5 short. The dates of some of the later events have yet to be announced, so likely dates have been inserted and will be confirmed as soon as known. Please make sure that you enter the Hyde Park 10k and Paddock Wood Half Marathon in good time.

Brockwell Parkrun

We will be taking over the organisation of Brockwell parkrun on 7 April, as part of our campaign to raise the profile of the club locally. This is the day before our club champs half marathon at Paddock Wood, so hopefully there will be plenty of you available to volunteer. As well as Brockwell Park regulars, others who regularly participate in other local parkruns are invited to put themselves forward. We will need volunteers for the finish (time-keeping, scanning and tokens) as well as marshalling on the course. Please contact me if you are available at mcmann90@yahoo.co.uk

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like to have more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed. Details are on the website: www.englandathletics.org
 Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members. If you are interested please contact me or another committee member. ros.tabor49@gmail.com
 Thanks - Ros

Assembly League 20218

The dates and venues of this summer's series of Assembly League series are now in the fixture list, all taking place on the first Thursday of the month.

Club places

There is now a chance to get a place in the Brighton marathon a week before London (Sunday 15. April 2018).

Regular entry has closed but the organisers give up to 10 places to running clubs like us. The cost is £69.50 per entry

Email me ebeprill@yahoo.co.uk if you are interested and I can apply for these places.

So far three of our members who missed out on our London



marathon club places have applied. 7 places are left and will be allocated on first come first serve basis.

In addition our committee has decided to give everyone with a club place for the Brighton marathon the choice to nominate a different Half Marathon to Paddock Wood as her/his club champs race. Paddock Wood Half will be the main club champs Half but it takes

place just a week before Brighton.

The alternative Half marathon must take place before Paddock Wood. **Ebe Prill**



The cross country season started in October with races taking place on most Saturdays until mid February.

Here is some key information for the benefit of both newly joined members and regulars.

Surrey League

We compete in the Surrey League and this is the club's main priority. There are 4 fixtures during the season. Details on Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible. Our men were relegated to Div. 2 last season, but will need to maintain their excellent turnouts and performances to be sure of returning to Div. 1.

Distance

The men's Surrey League races are around 8km, the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, from around 8km in the autumn to 12km and over for the men later in the season, but normally not more than 8k for the women.

Scoring

In the Surrey League, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. Cross country races are not elite and are suitable for runners of all abilities. They are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races. The

hill sessions on Tuesday nights in September will help, and there are likely to be other hill sessions during the season.

Surrey League entry

For the men's Surrey League there is no need to enter in advance or pay; simply turn up on the day in good time to register (though your captain will find it helpful to know your availability in advance in order to help with the online declarations). For the women's Surrey League, runners have to be entered in advance. The women's captains will contact everyone for availability. It is free for all runners.

Other Races

In addition to the Surrey League there are a number of other cross country races, almost all of which take place on Saturdays. Races include the county champs (including Masters), London champs, 2 South of Thames races, South of England and National champs, which take place at Parliament Hill Fields in February. There are also a number of other races for Masters. See the fixture.

Cross country champs

Once again, we will be holding a cross country champs.

For details see article below.

Which races to go for

There are cross country races on most Saturdays until late February. Our main priority is the four Surrey League races, but other important events are the BMAF Masters relays and the SEAA Masters champs. In addition to the Surrey League races our cross country champs includes the South of Thames 5 miles and the National Champs, being held next February at Parliament Hill Fields, so these are races to

prioritize from an individual point of view.

Other races can be regarded as medium priority but you are encouraged to compete for your eligible county in the Surrey and Kent Masters champs and the county champs in early January. In the Masters champs in particular we have had success in winning team medals in recent years. There are a number of other races, while not high priority are nice to do. These include the London champs, Reigate relays, South of Thames 7 miles and the South of England champs, likely to be held in Brighton. Finally VAC members are encouraged to take part in the Vets AC champs in January.

Entry for other races

For virtually all races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email, requesting those interested in participating to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

You can often get away with road or trail shoes in early season races, but as the ground becomes heavier, cross country spikes or fell shoes become necessary.

Contacts

For further information please contact your captains at:
dulwichladiescaptain@gmail.com or
mcmann90@yahoo.co.uk

Ken Crooke Cross Country Champs

With the National cross country champs being held

at Parliament Hill next February, it has been decided to include this event in the races comprising the cross country champs. The championships will consist of the best 4 of the following 6 races; the 4 Surrey League matches, the South of Thames 5 miles and the National Championships.

Men's Surrey League Volunteers Needed for 13 January

We will be hosting the third men's Surrey League fixture at **Beckenham Place Park on 13 January, starting at 2.30pm.**

We will need volunteers for the finish and to marshal the course (at least 6 marshals, 4 time recorders, 4 number recorders and 2 stewards to help with parking) so at least 16 in total.

We will be asking other Division 2 clubs to provide one volunteer each. We will require help from club members not taking part in the race,

including some with experience of working on the finish in races we have hosted in Dulwich Park. Hopefully some of our women competing earlier in the day at Richmond Park will be able to help out, but we do need help from others not planning to run.

Any volunteers please contact **Mike Mann**
mcmann90@yahoo.co.uk

UPDATE: Thanks to those who have come forward to volunteer, but we are still looking for more helpers, including non-runners, men unlikely to be in the scoring team and women travelling from Richmond after their match earlier in the day

Box Hill Fell Race

Saturday 20 January 2018

Sixteen Dulwich Runners have entered this year, which is definitely a record, and I think we will have a great day. But as you are aware it fills up ridiculously fast and I know of some who have missed out.

Therefore if you are ill or injured or can't do it for any other reason, please let me know and someone could take your place. My email is hugh@christchurchpeckham.info

Can I also stress the need to have proper fell shoes. Trail shoes won't do.

The descents are too steep and muddy (unless we have no rain at all for the next month!). Walsh, Inov8 and Salomon all make good fell shoes. *Thanks Hugh Balfour*

National Cross Country Champs

24 February

This season the National Cross Country Championships take place at Parliament Hill Fields, the national home of cross country. It is an iconic event as well as being the final race in this season's cross country champs, so we are looking for a large entry. The distances are 12k for men and 8k for women.

The closing date for entries is very early so please **contact your captains no later than 10 January**.

The plan afterwards is to adjourn for refreshments at a pub in the Kentish Town area.

UPDATE

The closing date for entries for these champs at Parliament Hill is fast approaching.

So far 18 men and ?? women (Clare/Ange how many?) have expressed interest. This is still a little on the low side for a major event on our doorstep and one of our club champs events. *Contact your captains if you would like to be entered.*



Saturday and Sunday 19th & 20th May 2018

See the website - www.breenbeltrelay.org.uk for full details

This is a regular for plenty of us - why - because it's a fun weekend of running in some of the most picturesque parts of London.

It is a relay with teams of 11 who, over the 2 days, circumnavigate London, starting at Hampton Court and 220 miles later, finishing at Kingston. There are 22 stages varying in length (from 6.5 m - 13.5 m) and difficulty of terrain with each member of the team running on both Saturday and Sunday.

This all may sound daunting but runners of all abilities compete. The number of us who come back each year is proof of what an excellent event it is but don't just take my word for it, come and have a chat to any Greenbelter on a club night or email me with any questions.

We have one team for 2018 and the event is now full with 50 teams entered, so we won't be able to get any more. If you're keen let me know by email or on a Wednesday evening. I'll put people into the team on a first-come-first-served basis then have a list of reserves.

Ange - dulwichladiescaptain@gmail.com

To enter any of the above races or if you require any further information about them or any other races in Shorts then contact your respective captains:

Men: mcmann90@yahoo.co.uk

Ladies: dulwichladiescaptain@gmail.com

Marathon training

#This is my suggestion for the next month for those doing marathon training.

Jan		
Wed	3	relaxed steady 8-10M
Thu	4	7M inc middle 3M at mar pace
Fri	5	Easy 5M
Sat	6	Kent Champs or parkrun
Sun	7	Long Run 17-20M (or Surrey champs)
Mon	8	Easy 5M or rest
Tue	9	Track: 800s
Wed	10	Steady 9 -10M
Thu	11	6M inc 10x 60-sec bursts quicker than race pace
Fri	12	Easy 5M or rest
Sat	13	Surrey League XC
Sun	14	Long Run - 18 -21M easy pace
Mon	15	Easy 5M or rest
Tue	16	Track: 400s
Wed	17	Steady 10-11M
Thu	18	7M inc accelerating kms by 5-10 secs - starting at slower than mar pace, then mar pace, then HM pace, then 10km pace, 5 mins jog then repeat (nb for sub-3 hr runner - kms in 4:30, 4:20, 4:10, 4:00)
Fri	19	Easy 5M or rest
Sat	20	Parkrun or hills
Sun	21	Long Run - easy 2M, 12M slightly slower than mar pace, 2M easy
Mon	22	Easy 5M or rest
Tue	23	Track 2000m and 200s
Wed	24	steady 11-12M
Thu	25	7M inc 5M of alternate 800m at 10k-10M pace and mar pace
Fri	26	Easy 5M or rest
Sat	27	Area XC or parkrun
Sun	28	Long Run 18-20M relaxed
Mon	29	easy 5M or rest
Tue	30	Track 1600M reps
Wed	31	Slow 8M
Feb		
Thurs	1	45min Tempo - 3 paces: down and up, 3min easy, 2min mar pace, 1min 5km pace, 2min mar pace, 3 min easy, 2min mar pace, 1 min 5k pace, 2min mar pace, 3min easy etc
Fri	2	easy 5M or rest
Sat	3	Parkrun club champs
Sun	4	Long Run 20-22M relaxed

A few notes:

Monday and Friday runs are optional - maybe not for those not used to running 6 or 7 days a week but they should be easy and give extra mileage and a recovery between some of the harder sessions

Tuesday sessions are very important to improve speed and speed endurance and pacing. They don't have to be done

on the track but it is a benefit running with a group on a fast, flat surface.

The long run is the most important of the week for those doing a marathon or even a half marathon (if you are doing a half the training runs the rest of the week are fairly similar but you could limit it to 15 miles on the Sunday.

It doesn't have to be fast. Time on feet is the important factor initially. The faster you go doesn't necessarily mean you will get fitter as if you go too fast you will tire quicker and probably suffer for the following week's training and gain less fitness overall.

Also don't get obsessed with pace every week. Some long runs don't be afraid to go off-road and be slower and run some hills occasionally and check out different routes. Also stay off the road where possible.

Tempo runs on Thursday aren't as important as the long run or track but do give an opportunity to do longer less intensive reps and build speed endurance and work more on marathon pace.

The Wednesday run is the midweek mileage boost. Don't go too fast and use it to recover from the Tuesday and save the energy for Thursday.

I do feel cross-country races are useful for building endurance - parkruns aren't as good but are often more convenient. A few longer Sunday races are useful.

I note many runners are slightly unimaginative in their long runs. Many years ago many London running clubs moved further out so they would get better runs - ie Blackheath Harriers moved to Hayes and Cambridge Harriers to Bexley but Dulwich Runners tend to do most of their long runs into the city - often towards crowded parks passing busy roads. Why not occasionally head out towards Kent or Surrey?

National Cross-Country Championships: Saturday February 24 I saw a note that entries haven't been great for this so far. It is a club championship race though to me more importantly, it is probably the greatest cross-country race you will ever do on an iconic famous course at Parliament Hill, easily reachable for all club members.

The atmosphere when nearly 2000 men and 1000 women charge up the first hill is special. The country's best runners do it but so do all abilities and very slow runners too and everyone who attends the club speed sessions are more than fast enough to participate and enjoy running this event. It would be great if we could have at least 20 women and 30 men participate in this race.

Big Half Marathon, London, March 4

This race, organised by London Marathon, will be high profile with Mo Farah competing alongside Callum Hawkins and is over a fast course from London to Greenwich and will incorporate the National championships and looks worth doing. There may be some good for age entries still available. <https://www.thebighalf.co.uk/>

Steve Smythe

Race Reports & Results

Want your race results/reports in SHORTS? make sure and send them to barry@1bg1.com
All road, fell, xc, tri and track results etc, are welcome.

Serpentine Last Friday 5K

A small band of Dulwich Runners took part in this monthly event. Conditions were not suitable for fast times with strong winds and although the rain had mercifully stopped, flooding left a minor course diversion.

Nevertheless all acquitted themselves well. Lewis was 5 secs quicker than on his previous best on the course and only 5 secs off his parkrun pb. Steve was only just outside his best for the course and Tom was happy with his time which was quicker than at Battersea in the summer. Mike felt that he had a rather

below par run whilst Graham run was in line with recent form. Both Graham and Mark completed the requisite 6 events to feature on the age graded 2017 LFOTM Championship table in 36th and 50th places respectively whilst Steve Williams also completed in 19th place.

Graham Laylee

7	Lewis Laylee	16:39 1st U20
13	Stephen Davies	16:57 1st M45
24	Thomas South	18:01
94	Mike Mann	21:58
97	Graham Laylee	22:04
114	Mark Muffett	24:05



December 30

Bracknell

324 Ran

Pos	Gen		
53	46	Matthew Ladds	26:02

Brockwell

170 Ran

Pos	Gen		
1	1	Edward Chuck	17:13
12	12	Edward Simmons	20:25
17	17	Mark A Foster	21:18
25	3	Lucy Pickering	21:49
26	23	Cameron Timmis	21:57
132	41	Sharon Erdman	29:04

Bromley

551 Ran

Pos	Gen		
73	64	Colin Frith	22:39
382	265	Chris Goodman	31:00

Castlewellan

197 Ran

Pos	Gen		
17	2	Michelle Lennon	22:02

Cannock Chase

388 Ran

Pos	Gen		
11	11	Gary Sullivan	20:20

Colby

147 Ran

Pos	Gen		
12	11	Paul Devine	21:00

Crystal Palace

213 Ran

Pos	Gen		
31	1	Ola Balme	22:29
40	39	Bob Bell	23:28
49	2	Eleanor Simmons	23:53
53	4	Yvette Dore	24:14
60	6	Belinda Cottrill	25:09
65	58	Michael Dodds	25:26
81	12	Clare Wyngard	26:16
133	32	Claire Steward	29:06
206	74	Penelope d'Arcy Graham	51:12

Dartford

146 Ran

Pos	Gen		
4	4	Michael Fullilove	21:27
7	1	Bethany Panton	22:06

Dulwich

200 Ran

Pos	Gen		
8	7	Rob Hollands	19:26
23	20	Rob Cope	20:43
51	45	James Burrows	23:32
65	55	Mark Muffett	24:10
122	96	Mick Mead	27:55
181	121	Justin Siderfin	34:20

Fulham Palace

266 Ran

Pos	Gen		
70	10	Susan Cooper	22:47
132	24	Lindsey Annable	25:04

Kesgrave

341 Ran

Pos	Gen		
103	11	Emily Warburton-Brown	25:23

Lloyd , Croydon

161 Ran

Pos	Gen		
66	57	Peter Jackson	28:59

Malling

150 Ran

Pos	Gen		
150	59	Tereza Francova	50:43

Peckham Rye

133 Ran

Pos	Gen		
1	1	Andy Bond	17:45
78	61	Thomas Macey-Dare	27:13

Pymmes

81 Ran

Pos	Gen		
11	11	Nicholas Brown	21:18
27	1	Kate Turner	23:40

South Norwood

73 Ran

Pos	Gen		
1	1	Clare Elms	19:29
6	5	Stephen Smythe	20:45

Southwark

174 Ran

Pos	Gen		
84	20	Kaylee Coxall	26:44
87	66	Paul Keating	26:52

Wakefield Thornes

264 Ran

Pos	Gen		
60	7	Claire Barnard	24:22



January 1

Bromley

525 Ran

Pos Gen

239 182 Chris Goodman 26:44

Cannon Hill , Birmingham

538 Ran

Pos Gen

345 99 Susan Cooper 30:17

Castlewellan

162 Ran

Pos Gen

15 2 Michelle Lennon 21:24

Dulwich

383 Ran

Pos Gen

2 2 Timothy Bowen 17:11

12 12 Thomas South 18:08

14 14 Jonathan Whittaker 18:36

28 28 Edward Simmons 19:42

34 1 Ellie Balfe 19:52

36 35 Justin Siderfin 20:04

39 38 Chris Loizou 20:08

55 51 Rob Cope 21:26

57 5 Ola Balme 21:38

66 59 Graham Laylee 21:55

68 9 Belinda Cottrill 22:02

87 74 Tom Wilson 22:54

91 78 Alex Bazin 23:01

100 86 Paul Hodge 23:11

103 89 Bob Bell 23:17

115 100 Michael Dodds 23:44

137 115 Mark Muffett 24:18

160 26 Clare Wyngard 25:00

198 39 Claire Steward 26:20

253 67 Elizabeth Begley 28:03

Greenwich

323 Ran

Pos Gen

5 1 Clare Elms 19:07

58 55 Stephen Smythe 22:42

Kingsbury Water

450 Ran

Pos Gen

19 18 Gary Sullivan 20:26

Lloyd , Croydon

210 Ran

Pos Gen

90 80 Chris Goodman 27:57

99 87 Peter Jackson 28:25

Maidstone

384 Ran

Pos Gen

52 4 Tereza Francova 21:47

Peckham Rye

340 Ran

Pos Gen

1 1 Andy Bond 17:09

12 12 Justin Siderfin 19:09

39 5 Belinda Cottrill 21:13

52 47 Rob Cope 21:46

61 55 Alex Bazin 22:11

82 73 Bob Bell 23:15

95 13 Caroline Maynes 23:37

113 19 Clare Wyngard 24:13

114 95 Michael Dodds 24:14

127 106 Mark Muffett 24:28

169 37 Hannah Harvest 26:04

200 151 Paul Keating 27:05

205 53 Claire Steward 27:19

330 130 Susan Vernon 37:56

334 201 Chris Vernon 40:44

Riddlesdown

119 Ran

Pos Gen

8 8 Tony Tuohy 20:03

Roundshaw Downs

232 Ran

Pos Gen

6 6 Tony Tuohy 19:33

Shorne Woods

449 Ran

Pos Gen

34 6 Tereza Francova 21:56

164 141 Matthew Ladds 27:53

Southwark

330 Ran

Pos Gen

1 1 Andy Bond 17:16

156 122 Paul Keating 26:21

320 134 Susan Vernon 40:58

322 187 Chris Vernon 43:08

Wanstead Flats

256 Ran

Pos Gen

22 21 Joe Farrington-Douglas 21:37

New members especially, and others....

For your results to appear here you need to update your parkrun profiles to show you are a current member of Dulwich Runners AC. or send them in.

DULWICH RUNNERS AC W4

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

	M	Km
FULL RUN	10.0	16.1
SHORT CUT	7.5	12.1
SHORT CUT	6.5	8.9
SHORT CUT	4.5	7.2
SHORT CUT	3.2	5.1

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

