

**These are your SHORTS,**

Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 4 Club Night, Edward Alleyn Club83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.**Thu 5 Beckenham Assembly League** - open to all members of all standards, free to enter**Sun 8 Club Champs - Paddock Wodd 1/2M****Tue 10 Track - Crystal Palace Arena** - details below**In your SHORTS this week !**

- 1 General information
- 2 Social events etc
- 3 Club kit - new kit additions !
- 5 Fixture list, 2018 Club Champs and all other races
- 6 Marathon schedule and training advice
- 8 Race reports
- 9 parkrun times
- 10 Wednesday map

And much more !

MEMBERSHIP RENEWALS 2018/19 DUE

2017/18 memberships expired on March 31

If you do not renew you will not be able to take part in the Club championships or run in any races as a Dulwich Runner. That includes Assembly league, Surrey League Xc, parkrun etc

If your membership card has 2019 on it then you do not need to do anything, if you cant find your card, haven't received an email or are not sure then please email me: barry@bg1.co.uk

Many thanks to those of you that have already renewed

The Committee are sure you will agree that membership fees give excellent value for money.

Some of the benefits of membership include:

- Free entry to 5 Assembly League road races during the summer.
- Free entry to 4 Surrey League XC fixtures, XC relays, County, Area and National XC races and National and Area Road Relays.
- The opportunity to qualify for one of the club's places in the London and Brighton marathons
- Advice from our qualified coaches
- Subsidised entry to Green Belt Relay
- Kit and race entry discounts with EA Affiliation

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

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.comClick to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)www.dulwichrunners.org.uk/index.html

Connect with us:

**----- EVENT HORIZON -----****A brief look ahead**

April 5 Assembly league - Beckenham

April 8 Paddock Wood 1/2 - club champs race

NEW RUNNERS ROTA

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

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**4/4**

Claire Steward

11/4

ian Sesnan

18/4

Barrie John Nicholls

25/4

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

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

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)



Instagram

We have now set up an Instagram account for Dulwich Runners.

So if you would like to see any of our photos of Dulwich Runners destroying the opposition, having fun or simply getting from A to Z uploaded, please send through to one of Barry Graham, Yvette Dore or Jonathan Whittaker who will take care of it!

The Instagram feed will be linked to our new and upgraded website - more on that soon.

Photographs needed !...

If anyone has any good recent photos of Dulwich Runners in action either on the race course or at the pub (or dance floor for Ajay) for inclusion in the brand new website, please could you send them to:

jonathanwhittaker79@yahoo.co.uk

SOCIAL SPOT

P
O
T

Upcoming events.

Watch this space !

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



NEW KIT – BUY ONLINE DIRECT FROM THE MANUFACTURER

We have set up an arrangement with pbteamwear to provide showerproof jackets and mid-layer training tops. You just click on the link to the Dulwich Runners shop:

<https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html> and purchase directly.

I am getting a couple of samples to check sizing.

any questions contact Ros at: ros.tabor49@gmail.com



Showerproof Team Jacket

Full Zip Multi

Purpose

Club Jacket. Unisex

Fit, Chin guard, Concealed

hood. Drawcord system,

Durable water repellent textured fabric,

Inside pocket. Mesh lining. Scooped hem, Generously sized



Pro Mid Layer 1/4 Zip Top

Technical Mid layer Pro 1/4 Zip Training Top, 220gsm 4 Way stretch matt finish / full dull polyester outer Scooped hem dropped back, Soft touch anti - pill fleece reverse

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



SHORTS!

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



Socks only £5



Bufs/snoods - only £6

HOODIES...

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



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



If you are enthusiastic, outgoing, reliable and can engage with young children (ages 2 - 7) then Mini Athletics wants to hear from you!



For more details, please contact Alexie Williams on
awilliams@miniathletics.com
 07878 700626

miniathletics.com

I am starting up a new business called Mini Athletics which teaches young children aged 2-7 year olds the key principles of athletics in structured play based classes, and I am on the hunt for coaches to help run the classes.

I wondered if the part-time role might appeal to any of the Dulwich Runners?

Full training is given so no official qualifications are required just a love of sport, lots of energy and enjoy working with young kids!

Many thanks - *Alexie Williams*

Club Championship 2018

The club championship in 2018 consists of 9 races at various distances during the year at which members are encouraged to take part, to maximise competition and team spirit amongst all abilities. The full rules for 2018 will be on the club website shortly.

A series of club medals is awarded for each event:

Overall age-graded, 1-3m, 1-3w, 1m&w40, 1m&w50, 1m&w60, next best m&w age graded, captains' award

Also there are age group points competitions for the year – medals for top 3 in each category

- **5 events must be completed** including at least one long and one short, best 5 scores for the year to count;
- **Age groups** -senior men, women plus 40's, 50's, 60+'s age groups for each
- 50 points for 1st in age group in each race, 49 for 2nd etc. Plus one point per event completed.

Plus an overall age graded competition for the year -medals for top 3, plus for 5 events completed

- uses World Masters Athletics tables for men and women at each age – score is basically world best time for sex/age as a percentage of runner's time; then this %age x 1000.
- **5 events must be completed** including at least one long and one short, best 5 scores for the year to count;

Fixtures (make sure you enter in good time - see event websites for 1 mile and long events)

Short

3 Feb Dulwich Parkrun 5k (71 DR's ran)
 7 Jun Battersea Park Assembly League 5k
 20 Jul tbc SOAR Battersea Park 1 Mile
 15 Sep tbc Beckenham Place Parkrun 5k
 24 Nov Beckenham Place S of Thames XC 5m

Long

24 Mar Run Through Hyde Park 10k (28 DR's ran)
8 Apr Paddock Wood Half Marathon (limit 2750, 2614 entries at 03.04)
 22 Apr London Marathon (or any certified marathon up to 24 Nov)
 30 Sep Middlesex Victoria Park 10k



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.

2018	Race	Venue
Apr	5 Assembly League	Beckenham Place Park
	8 Paddock Wood 1/2M or earlier alt. 1/2 if doing Brighton mar. (L)	Paddock Wood or alt.
	14 National Road Relays (depending on club qualifying)	Sutton Park, Birmingham
	22 Virgin Money London Marathon (or alt. prior to final event) (L)	London or alt.
	28 British Masters Open Road Relay champs	Birmingham
May	3 Assembly League	Victoria Park, Hackney
	23 Beckenham team relays	Beckenham Place Park
Jun	7 Assembly League (incorporating 5k club champs)	Battersea Park
	13 Dino Dash Relays	Crystal Palace Park
Jul	5 Assembly League	Tottenham Marshes
	20 (date tbc) SOAR Mille (track) (S) (Incorporating club champs)	Battersea Track
Aug	2 Assembly League	Victoria Park, Hackney
	30 Assembly League (note new date)	Beckenham Place Park
Sep	15 (or alt. early autumn date) Beckenham parkrun (S)	Beckenham Place Park
	23 Southern 6/4/3 stage road relays	Crystal Palace Park
	30 Middlesex 10k (L)	Victoria Park, Hackney
Nov	24 (date tbc) South of Thames 5 mile (S)	(tbc)

Road & other **Cross country** **Club Champs** **Assembly League** **Track**

2018 Club Championship

2018 club championships races (subject to a few dates and venues tbc) are now in the fixture list above. The marathon, 1/2M and two 10k races are classified as long races, with the remaining 5 short.

You must have renewed for 2018/19 in order to run and compete as a Dulwich Runner in the club champs

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 2018

The assembly league is a series of 6 inter-club races held each month on Thursday evenings from April to September. The dates appear in the fixture list. The races are all about 5k, with the June fixture in Battersea an officially measured 5k distance. The emphasis is on positions in the race rather than times.



Two races (including the first one) are multi-terrain in Beckenham Place Park; two on paths in Victoria Park; one on paths in Battersea Park; and a new venue for this year – Tottenham Marshes. There is an Assembly League facebook group, or you can ask one of the club captains for information.

The races are free to all club members and runners of all abilities are welcome. Men and women run together. There is no need to pre-enter. Just turn up, sign your name and pick up a number to pin to your club vest.

At the end of the season there are men's and women's trophies. At each race the first 4 men and women score for their club's A teams and the second 4 for the B teams. The teams with the lowest cumulative scores win. There are also individual medals for the 1st 3 runners in each 5 year age group.

The races are very friendly occasions and club members often follow them with a social drink in a nearby bar or pub. I hope Dulwich Runners will have a large presence at each fixture. - Ros Tabor

Assembly League Beckenham 5th April

The first Assembly League race of the year takes place at Beckenham Place Park next Thursday 6th April at 7:15pm. The Assembly League is a friendly series of 6 races of circa 5Km held during the summer months and is suitable for all speeds and abilities.

The course will be similar to the one used last year and recommending trail shoes as the grassy sections are likely to be wet.

Registration is at Beckenham Sports Club, Foxgrove Rd where there are changing facilities.

Entry is free but **you must have paid your club 18/19 membership subs to compete.**

Brockwell Parkrun Takeover

7 April

We are still looking for 4 Marshalls, Tail Walker Pacers for 20 mins and 23 mins

Please contact: Grahamlaylee@btinternet.com

Thanks to Ros Tabor, Andy Murray, Ed Simmons, Clare Wyngard, Mike Dodds, Tess Bright, Jonathan Whittaker, Lucy Clapp, Lucy Pickering, Mark Foster and Ola Balme who have already volunteered. Your roles will be on the Brockwell Parkrun website

CLUB Championships HM - Paddock Wood

only 1 more entry from last week.

40 entries as per March 28 am

SM (10): Tim Bowen, Ed Chuck, Matt Cooke, Joe Farrington-Douglas, Ed Harper, Greg Hills, Grant Kennedy, Matt Ladds. Ed Simmons, David Stone

M40 (9): Andy Bond, Martin Double, Jim Dowsett, Michael Hutchinson, Ian Lilley, Buzz Shephard, Justin Siderfin, Cameron Timmis

M50 (3): Mark Foster, Gideon Franklyn, Mike Fullilove

M60 (6): Bob Bell, Colin Frith, Barrie John Nicholls, Andy Murray, Steve Smythe, Gary Sullivan SW (6): Ellie Balfe, Claire

Paddock Wood 1/2 Sunday April 8th. at 9.30 a.m.

if intending to go by train there is only one choice. It is as follows :-

Herne Hill.	7.34 (It is the first train running)
West Dulwich.	7.36 a.m.
Orpington.	8.05 a.m. arrives
: (Platform 3).	8.36 a.m. departs (NO earlier train.)
Paddock Wood.	9.03

Try to get in 4th/5th carriage to go straight out of gate 5 minute walk to start area.

Don't risk getting the train 30 minutes later at Herne Hill/ West Dulwich as you will only have 1 minute to cross platforms and are likely to miss connection.

Return trains are only hourly at 19 minutes past the hour.

Ron Searle

English National Road Relays Sutton Coldfield

Saturday April 14th

The SEAA road relays at Milton Keynes scheduled for Sunday 18 March were cancelled because of the adverse weather conditions provided by the 'mini beast'.

We had managed to enter a male team for the 12 stages and are now invited to take part in the English National road relays on Saturday April 14th at Sutton Coldfield.

We are currently trying to get a team of 12 together for this and if you are interested, even as reserve and didn't let me know yet, please contact me under ebepriill@yahoo.co.uk

British Masters Open Road Relay Championships

Saturday 28th April 2018

Sutton Park, Sutton Coldfield, Birmingham.

Teams in age groups:

W35+ (4 legs), W45+ (3 legs), W55+ (3 legs), W65+ (3 legs)

M35+ (6 legs), M45+ (4 legs), M55+ (3 legs), M65+ (3 legs),

M75+ (3 legs)

Each leg is roughly 3 miles.

Last year we had teams in most categories, winning gold in W55s and silver in W45s.

This year the early date makes it more of a challenge, coming the week after the London marathon.

If you'd like to run please contact

W: Ange Norris, Clare Wyngard: dulwichladiescaptain@gmail.com - M: Ebe Prill, ebepriill@yahoo.co.uk

Entries close Sunday 8th April 2018

Barnard, Tereza Francova, Helen Lister, Rebecca Schulleri, Katie Styles

W40 (3): Yvette Dore, Louisa Pritchard, Jo Shelton-Pereda

W50 (3): Lindsey Annable, Lucy Clapp, Michelle Lennon

W60 (1): Ros Tabor

it does look likely that a lot more will contest this championships than the 10km, which in terms of numbers was not as low as feared and saw Dulwich Runners dominate in the top positions though that was because out of about 500 runners, there were hardly any other British club runners in the race.

More care needs to be taken in choice of future club champs that races with small limits are chosen as a lot more would have done with a bigger limit.

Paddock Wood Half place

I am unable to do this. If anyone wants my place and can transfer the name they can have it (obviously at no cost).

Hugh French hughfrench@hotmail.com

...and lifts to Paddock Wood

I'll probably drive to the 1/2 marathon and could take 3 passengers.

Joe Farrington-Douglas joefarringtondouglas@gmail.com



Saturday and Sunday 19th & 20th May 2018

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

We have one team for 2018, 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.

NB Reserves needed. We now have a complete team and the event is now full with 50 teams entered

But - injuries, work, family commitments and stuff just happens and every year we call on reserves. So that's what we need now, a few people who could put their name down just in case, so I don't have a to panic

Ange - dulwichladiescaptain@gmail.com

If you require any further information about any races in Shorts then contact your respective captains:

Men Xc: mcmann90@yahoo.co.uk

Men road: ebepriill@yahoo.co.uk

Ladies: dulwichladiescaptain@gmail.com

Marathon training

A reminder now is not the time to up the training but if you have a good background, to start thinking of easing back in the last few weeks.

Increasing training by 20% won't make you a 20% better runner - potentially probably more 0.2% but at a 20% extra risk of getting injured or feeling 20% plus more tired.

I experimented in my youth what worked. I once did a 140 mile training week followed by a 170 mile week and once ran 100 miles over the four days of Easter. it did not make me a better runner just a more tired, injury-prone runner.

Back then I was able to recover reasonably quick - back in that time - around 1979, I recall doing a 25 mile run on Friday and then getting back to be told I was needed for a league race the next day and I did a 5000m PB. Now the day after a 25 mile run, I wouldn't even come within 10 minutes of my PB. (or within 5 minutes of what I could run now when fresh).

Steve Smythe

SUNDAY RUN GROUPS

There are 2 regular Sunday groups particularly for those planning spring marathons and half marathons

9 am Dulwich Park (College Rd entrance) - Suitable for those running at 8min/mile and faster. Details usually posted on the Facebook page.

8am Brockwell Park (Herne Hill gate)- for those running 8min/mile and slower

Suggested Schedule

April		
Wed	4	5-7M easy
Thu	5	Assembly League
Fri	6	5M easy or rest
Sat	7	Rest
Sun	8	1/2M or 18M slow or 10-13M relaxed with a few miles only at marathon pace if Apr 15 mar.

Final marathon week (more hydration, rest and carbs)
 Monday rest Tuesday easy track Wed 4 miles slow and relaxed Thurs 3 miles with strides Fri 2 miles Sat rest Sun Marathon

Other future races of note

Apr 5 Assembly League

Apr 8 Paddock Wood 1/2M

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.

HHH Open meeting

31 March

The first HHH open meeting usually takes place over the Easter weekend but with Easter coming early amidst a particularly cold spell of weather, these were not ideal conditions for middle distance track races. Warming up in Tooting Bec Common in some of the wettest conditions underfoot I have ever seen there wasn't much fun. My last minute decision to take part only hours after a transatlantic flight was possibly not the smartest of moves.

Running in temperatures more than 20 degrees lower than I was experiencing in the Caribbean was something of a shock to the system, and particularly the lungs. It didn't do much for my performance which was over 10 secs down on my recent 1500m at the BMAF Indoor Champs, but did have the benefit of waking me up properly. After a reasonably fast first lap, I drifted off in the middle of the race, losing concentration before deciding to get my act together in the final lap to ensure that I finished inside 6 minutes. It should at least form a low base for improvement over the forthcoming outdoor season.

Mike Mann

1500m 5:56.84

“ La Tournee des Cuviers” Listrac-Medoc 17km multi terrain

This race was in daylight not night like the last one where I turned my ankle twice.

The first nine miles were on small roads that all seemed carless. We had to run through the chateaux yards along the route hence the name of the race. We ran through the winery buildings weaving between the VATS and we're greeted by string ensembles 10 times!!! For 22 euros we got a free bottle of wine and engraved wine glass plus free food and drink at the end and a free T shirt.

Duncan Wilson

147 Duncan Wilson 88:10 26th of 79 V2M (over 50)
517 ran

Suzannah and I have decided on a new, fun quest – namely to do the parkrun alphabet, which involves exactly what it sounds like.

Most letters are pretty well represented but there are a few that are particularly hard to come by and so, being in Hampshire for the Easter weekend, we decided to travel an hour on Saturday morning in order to do Queen Elizabeth parkrun just off the A3 near Petersfield – the only Q!

Looking at the previous results, no winner has gone much below 20:00 recently and ladies not below 24:00 so we both figured we might actually also finish quite highly in the rankings.

As we turned up for the course briefing everyone was in their chunkiest Innovates which made me worry about

my choice of footwear – would have been better off with the claws on.

The surface underfoot was so bad, especially down the hills, that we virtually had to walk down. I was in a bit of a battle with a few guys whose better footwear meant they got away down the hill but who I managed to catch on the way back up on the 2nd lap.

As I closed in on the line, pulse rate maxed, running on the side of the path in the brambles for a tiny bit of grip, and looking over my shoulder I was delighted at another P1.

Sadly not. There was a Hastings AC runner (coached by none other than our very own Nick Brown), who had scampered up the hill so fast on the 2nd lap that he had literally put himself out of sight in about a minute, standing by the line. I looked at

the token in my hand. 2. Dammit!

Suzannah held on well in the ladies battle and came in a strong second, not far at all behind the leading lady. Suzannah has done 14 letters, I've done 12 and we are planning a busy Spring/Summer to include Markeaton (Derby), Fulham, Newbury, East Grinstead, Ashford, Yeovil Montacute and more..

As yet there are no Xs or Zs but the research I've done seems to suggest that Exeter is a reasonable proxy for the former.

And, the only J is Jersey so that'll be a fun way to loop into a Friday business trip with one of my offshore clients!

Keep you posted

Lloyd Collier 2 20:46
Suzannah Kinsella 30 (F2) 26:42

Folkestone 10

Annual Pilgrimage to Folkestone : The Friths and Morleys on tour

For the last few years ex DR member Martin Morley and Colin Frith have spent the first part of the Easter weekend in Folkestone. This year was no exception as they both ran in the Good Friday Folkestone 10 mile race and the Folkestone Park Run the day after. So cruising for a bruising.

The Folkestone 10 entry was closed a few days before the event with the maximum 800 runners reached. The usual out and back course along the sea front is a relatively fast flat course apart from a hill at the turnaround point.- always a challenge for Colin..There was a head wind on the way out and a slight tail wind on the way back but the down poor certainly dampened the spirits. Martin was recovering from illness and injury whilst Colin is in a bit of a purple patch at the moment.

Colin Frith 75.04 165th (best time for a 10M race since 2011?)
Martin Morley 86.26 323rd
1st M 54.23 - 1st F 60.22
673 finishers

Self Transcendence 10k Battersea Park

24th March

Only two Dulwich Runners were at this race, nearly everyone else was in Hyde Park.

I wanted to beat 45 minutes but made do with a 4 second PB. Gideon planned to run an even pace which he did. A very well organised and friendly race with hot drinks at the end and fruit prizes.

Gideon Franklin 44:54 SB
Lucy Clapp 45:09 PB (1st V50)

Victoria Park Easter 1/2M

March 30th 2018

Jonathan Whittaker 1:35:49 Chip - 1:36:06 Clock

Banstead Woods

182 Ran			
Pos	Gen		
3	3	Tony Tuohy	18:49

Bedgebury Pinetum

143 Ran			
Pos	Gen		
1	1	Jordan Chambers	18:53
16	2	Michelle Lennon	22:33

Brockwell

183 Ran			
Pos	Gen		
31	30	Gower Tan	21:38

Bromley

600 Ran			
Pos	Gen		
272	57	Claire Steward	26:58

Burgess

258 Ran			
Pos	Gen		
66	11	Kim Hainsworth	22:17
80	12	Ros Tabor	22:56
140	114	Andy Murray	25:53

Cannock Chase

366 Ran			
Pos	Gen		
1	1	Dylan Wymer	17:12
55	4	Ange Norris	23:20

Clapham Common

150 Ran			
Pos	Gen		
125	39	Hannah Harvest	32:41
126	40	Claire Barnard	32:41
127	41	Natalie Davys	32:42

Crystal Palace

275 Ran			
Pos	Gen		
22	2	Yvette Dore	22:06
34	4	Belinda Cottrill	22:53
51	44	Bob Bell	24:05
63	10	Clare Wyngard	24:42
65	55	Michael Dodds	24:47
92	79	Tom Wilson	25:44
131	107	Ameet Patel	28:13

Dulwich

246 Ran			
Pos	Gen		
9	9	Stephen Davies	17:39
33	32	Michael Fullilove	20:04
67	7	Victoria Read	21:51
70	63	Graham Laylee	22:10
173	132	Mick Mead	28:11
214	149	Hugh French	32:18

Folkestone

236 Ran
This Park run is along the sea front with a 2 lap climb at the beginning of each lap. After the previous day's exertions both Martin and Colin struggled up the climb on the second lap - Martin referred to it as an "Everest" climb! An exaggeration but it was a struggle on the second lap with very tired legs.

Pos	Gen		
38	36	Colin Frith	23:09
26		Martin Morley	26:00

Fulham Palace

296 Ran			
Pos	Gen		
123	20	Lindsey Annable	24:03
157	126	Barrie John Nicholls	25:41

Greenwich

184 Ran			
Pos	Gen		
3	1	Clare Elms	19:23
9	7	Stephen Smythe	20:48

Hackney Marshes

235 Ran			
Pos	Gen		
47	5	Laura Vincent	21:34

Horsham

320 Ran			
Pos	Gen		
287	173	Gary Budinger	37:04

Keswick

300 Ran			
Pos	Gen		
69	11	Susan Cooper	23:23

Llanelli Coast

150 Ran			
Pos	Gen		
15	1	Emma Ibell	21:11

Peckham Rye

167 Ran			
Pos	Gen		
1	1	Andy Bond	16:51
4	4	Charles Lound	18:19
14	14	Rob Cope	20:38
32	1	Caroline Maynes	22:40
42	3	Stephanie Williams	23:37

Queen Elizabeth

87 ran			
Pos	Gen		
2	2	Lloyd Collier	20:46
2	30	Suzannah Kinsella	26:42

Leicester Victoria

286 Ran			
Pos	Gen		
75	8	Marjorie Epton	23:41

South Norwood

104 Ran			
Pos	Gen		
43	37	Peter Jackson	26:31

St Albans

399 Ran			
Pos	Gen		
32	5	Tereza Francova	21:05

Torbay Velopark

266 Ran			
Pos	Gen		
171	41	Emily Warburton-Brown	29:36

Western Springs

115 Ran			
Pos	Gen		
45	38	Nick Bell	26:01

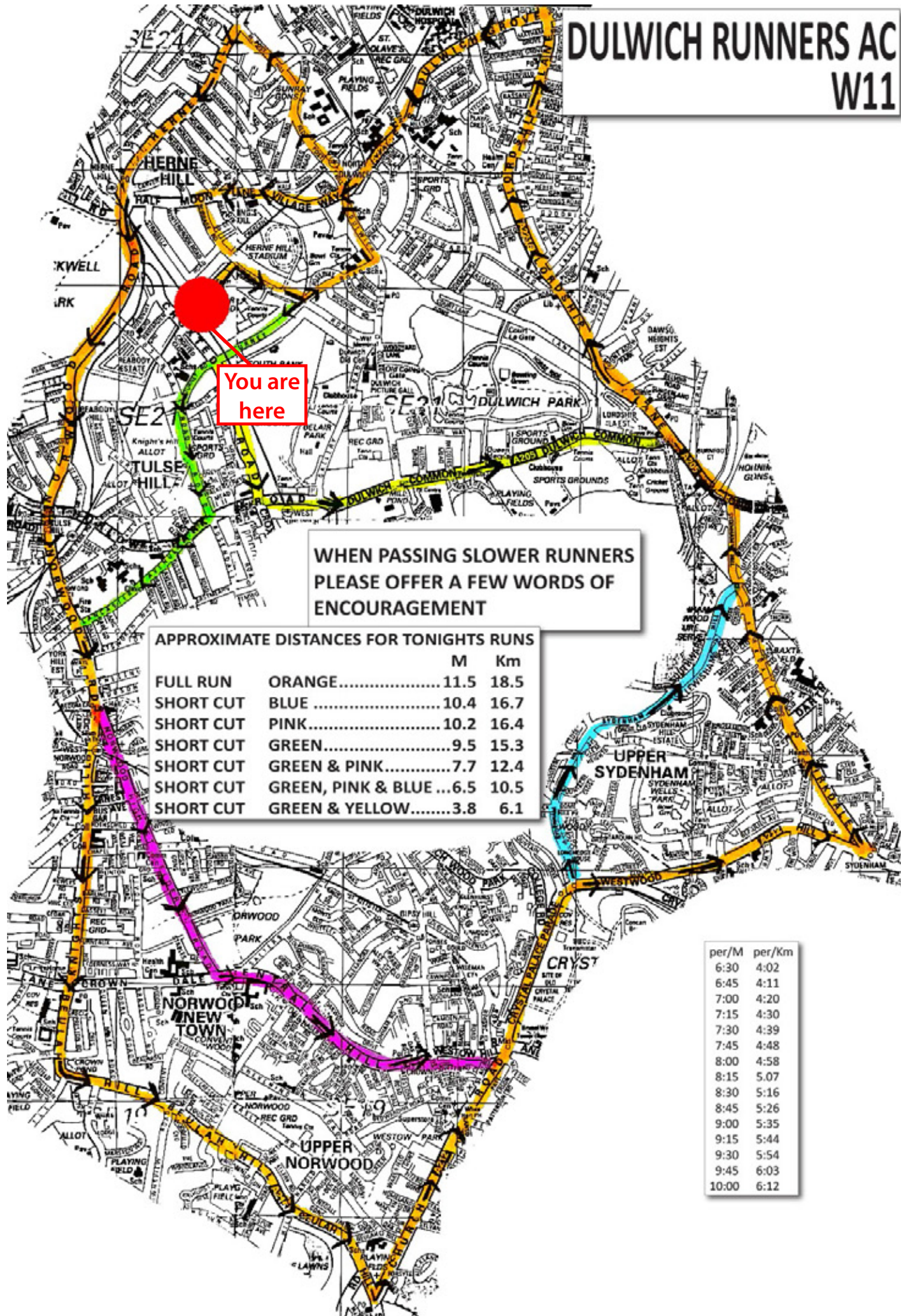
Westmill

60 Ran			
Pos	Gen		
5	5	Alastair Locke	20:55
10	2	Helen Lister	22:25

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 W11



You are here

WHEN PASSING SLOWER RUNNERS
PLEASE OFFER A FEW WORDS OF
ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE.....	11.5	18.5
SHORT CUT	BLUE	10.4	16.7
SHORT CUT	PINK.....	10.2	16.4
SHORT CUT	GREEN.....	9.5	15.3
SHORT CUT	GREEN & PINK.....	7.7	12.4
SHORT CUT	GREEN, PINK & BLUE ...	6.5	10.5
SHORT CUT	GREEN & YELLOW.....	3.8	6.1

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