

**These are your SHORTS,**

Please send your reports, running news &amp; anecdotes to:

[shorts@dulwichrunners.org.uk](mailto:shorts@dulwichrunners.org.uk)

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

**Wed 11 Club Night, Edward Alleyn Club**

83-85 Burbage Road. London, SE24 9HD

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

**Tue 17 Track - Crystal Palace Arena - details below*****In your SHORTS this week !***

- 1 General information
- 2 Social events etc
- 3 Club kit - new kit additions !
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***And much more !***

Like us on Facebook @dulwichrunners

## 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](mailto: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](mailto:steve.smythe@athleticsweekly.com) to go on the mailing list

## LUCKY VEST

**April winner - Joe Alessi**

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](mailto:ros.tabor49@gmail.com)Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)[www.dulwichrunners.org.uk/index.html](http://www.dulwichrunners.org.uk/index.html)

Connect with us:

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

April 22 London Marathon

April 28 British Masters Open relays - Birmingham

## NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota. **Thankyou to Hugh Blafour and his group for taking out 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

**Claire Steward**

ian Sesnan

Barrie John Nicholls

**11/4**

18/4

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

Dulwich Runners are on Instagram.

So if you would like to see any of our Dulwich Runners photos destroying the opposition, having fun or simply getting from A to Z, please send through to either 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](mailto:jonathanwhittaker79@yahoo.co.uk)

## SOCIAL SPOT

P  
O  
T

*Upcoming events.*

**Post Marathon Season Pizza Night**

**Wednesday 2nd May - 9pm**

As we did last year we will be hosting another pizza night at the club house post club run to celebrate, commiserate and congratulate all those members that have been tackling marathons over recent and coming weeks!

The cost will be £5pp with the social fund subsidising the rest.

We will be ordering from Rocca in Dulwich Village and we'll aim to serve at 9pm.

## 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](mailto:ola.balme@btinternet.com)

[www.hernehillsportsmassage.co.uk](http://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](mailto: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](mailto: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



## 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 1<sup>st</sup> in age group in each race, 49 for 2<sup>nd</sup> 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**  
22 Apr London Marathon (or any certified marathon up to 24 Nov)  
30 Sep Middlesex Victoria Park 10k



## DULWICH RUNNERS A.C. SUMMER RELAYS AT DULWICH PARK

## Dulwich Runners Midsummer Relay 2018

The date for this year's 3 x 1 mile relay in Dulwich Park is Wednesday 27 June.

This is the major fundraiser for the club so I hope you will all do what you can to publicise it with your friends, family, work colleagues etc. The more teams we have the better the event will be.

This year the relay is being held in memory of Gill Johnson, a member who sadly died of cancer last Autumn. A portion of the entry fee will be sent to the hospice which cared for her.

If you can't run, then your help will be needed.

Entry form on our facebook page:  
[www.facebook.com/groups/2409157697/](http://www.facebook.com/groups/2409157697/)  
or at the back of Shorts

Thanks - Ros Tabor [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

# 27.JUNE.2018

3 x approx. 1 mile lap

Entry forms and race details from  
[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)  
or [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

Entry: Race starts at 7.30pm  
£15 per team  
(Limited entries on the day)

7.00pm children's 1 mile fun run  
£2 per child

[www.dulwichrunners.org.uk](http://www.dulwichrunners.org.uk)

# 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	22	Virgin Money London Marathon (or alt. prior to final event) (L)	London or alternative
	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
	27	Dulwich Runners Midsummer relays 3 x 1M	Dulwich Park
Jul	5	Assembly League	Tottenham Marshes
	20	(date tbc) SOAR Mile (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](http://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](mailto: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

## Marathon Fever is here!

It's that time of year when many of us are excited about the pending 26.2 miles, especially those of us who aren't running it!

I know there were a few who ventured abroad and ran Paris last Sunday, well done to you all, but, (a bit harsh maybe, sorry) in reality there was little chance of your club mates coming to support. Also with Brighton this Sunday, so good luck to everyone running there, we look forward to hearing how you got on.

However, with London coming up there's a high chance of your miles of enjoyment being shared by many of us. We want to be there to cheer you along your way.

So, we need to know who to look out for. Send in your name, number, approximate finishing time (we won't hold you to it!) and what you'll be wearing if not your club vest. We want to know if you're hiding in a rhino suit. Send your details to [barry@bg1.co.uk](mailto:barry@bg1.co.uk) and we will put a list in Shorts.

**Ange Norris**

## English National Road Relays Sutton Coldfield

Saturday April 14th

We are invited to take part in the English National road relays on Saturday April 14th at Sutton Coldfield.

The club requires a team of 12 so if you are interested, even as reserve and haven't let me know yet, please contact me at [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk)

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

Men Xc: [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

Men road: [ebeprill@yahoo.co.uk](mailto:ebeprill@yahoo.co.uk)

Ladies: [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)



Saturday and Sunday 19th & 20th May 2018

See the website - [www.greenbeltrelay.org.uk](http://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](mailto: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 like 0.2% but at a 20% extra risk of getting injured or feeling 20% plus more tired.

**Steve Smythe**

**Final marathon week** (more hydration, rest and carbs)

Monday rest - Tuesday easy track - Wed 4M slow and relaxed

- Thurs 3M with strides - Fri 2M - Sat rest - Sun Marathon

## 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



# Race Reports & Results

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

## Paris Marathon

April 8th

While some 30+ Dulwich Runners endured thoroughly wet conditions at Paddock Wood, a small Dulwich contingent were struggling with weather of another sort in Paris...sunshine and high temperatures. Having trained through a long winter of cold, wet and blizzard conditions, the prospect of running a marathon in 20 degree heat was a little daunting and had an impact on many performances.

Paris is a great course, taking in many of the tourist sights but also going through the city's two beautiful parklands – the Bois de Vincennes and the Bois de Boulogne – which provided a bit of much needed shade, as did the numerous underpasses alongside the river Seine. The longest was a kilometre in length, very dingy and had a spooky soundtrack playing; not somewhere you'd want to be without the reassuring company of thousands of other runners. Most of the course was flat, with the only major challenges coming between miles 20 and 22, including a sustained uphill followed by several hundred metres of cobblestones, which was tough on the legs.

Being the second biggest marathon in the world, the course did feel quite congested at times, which meant slowing down or weaving around runners was necessary. And although the crowds were nothing like the size of those in London, barriers to separate them from the runners were few and at one point it felt a little like the Tour de France, with spectators squeezing runners into a funnel. But with encouraging shouts of "Allez, Allez" it added to the positive atmosphere of the event.

Daniel struggled with the heat, suffering with sickness and cramp in the last 12k; Gower also slowed after grappling with the cobbles and although didn't reach his target of 3.30, was delighted with a 4 minute PB – now he just need to recover in time for London. Caroline and Eleanor both comfortably hit their goal of going sub-3.45 and were pleased with their



Eleanor

Laura

Gower

runs. It was Russell's first marathon and a big learning curve in terms of pacing, fuelling and hydrating on the course but still a great first effort and much faster times to come in the future. Laura was also disappointed not to hit her target time, finding the conditions challenging.

The glorious sunshine did become a positive in the end as we enjoyed a very Parisian post-race refuelling of champagne and charcuterie in a café near the Arc de Triomphe. Everyone agreed that it had been a fantastic weekend.

Thanks to Sharon, Natalie and Gower's wife, Julie, for their support on the course.

**Eleanor Simmons**

1662	Daniel Mann	3:08:26
2772	Christel Pana	3:17:36
6601	Gower Tan	3:36:49
7655	Eleanor Simmons	3:40:34
8018	Caroline Maynes	3:42:00
9754	Russell Morgan	3:48:11
11611	Laura Vincent	3:53:49
(42484)	finished	

# Paddock Wood Half Marathon Club Championships

April 8

A good turn out – not great but some excellent runs in fairly perfect conditions – wet but not cold.

Over the years this event has seen multi wins for Clare Elms and Alison Fletcher and in the long distant past, Chris Loizou even won the race outright in his pre-Dulwich days.

This year we had a record low impact at the prizes – which hardly anyone attended – though the men were unlucky to miss out on a team prize as Kent took two of the three awards and we were fourth.

The upcoming marathon meant a few regulars avoided and some chose to hold something back to save themselves for the marathon.



Tim Bowen (above) took minute off his PB with what is I believe the quickest time by a Dulwich Runner for well over 20 years.

Tim's form has generally not been quite as good this year as last but his 71:45 was a minute up on what he ran here last year when he ran 2:32 at London.

Ed Chuck also set a PB but having missed recent training, will go much faster in the future.

Andy Bond was another to show his huge potential as he took two minutes off his PB and beat runners who do three times as many miles as he does every week.

The PBs did not end there as Ian Lilley, who with his hip problem has to train lighter than ideal, smashed his PB by over three minutes with a strong run while Michael Hutchison showed his marathon



Lucy Pickering

training is working well as he was a minute up on last year's PB. For those who might not know, Michael was one of Britain's greatest ever timetrial cyclists – and competed in 3 Commonwealth Games with a best of fourth and he set numerous GB records from 10 to 100 miles

[https://en.wikipedia.org/wiki/Michael\\_Hutchinson\\_\(cyclist\)](https://en.wikipedia.org/wiki/Michael_Hutchinson_(cyclist))

The PBs temporary ended there as Steve Smythe missed his ancient one by a mere 15 minutes though he won the race M60 award by five minutes but a late fade meant he just missed the club record.

Going in the opposite direction in terms of improvement, Helen Lister took a few more seconds off her recent PB but had plenty in hand and was easily the leading Dulwich woman.

Grant Kennedy also set a PB and finished with Ed Harper, who also did his best time, despite missing a lot of recent training.

Joe Farrington Douglas just missed 90 minutes. Justin Siderfin did a PB but is



Tess Bright

capable of a lot more based on his XC form. Gary Sullivan finished well up in the M60s and Mark Foster was another a little down on his time last year.

Katie Styles set a PB as did Yvette Dore (on chip time at least) despite running within herself a little though Michelle Lennon was just outside her best but she underlined her consistency around the 95 minute mark.

After a long recent spell in Japan and gradually regaining fitness, Gideon Franklin ran comfortably at marathon pace.



Justin Siderfin

Tereza Francova, another with the marathon in mind, had an encouraging run, finishing strongly after a steady run/ Lucy Pickering underlined her consistency, going a second faster than in the big Half and a second slower in gun time than last year's Paddock Wood. Tess Bright and Rebecca Schuller both had comfortable runs but set PBs according to Power of 10 Martin Double was another setting a PB while Lucy Clapp went a few minutes faster than her best in another strong run.

Consistent Cameron Timmis was again around the 1:40 mark as was Matt Ladds but looks capable of more based on his 5k time.

Colin Frith ran his quickest half for many years and he finished just ahead of Ros Tabor and Andy Murray.

Ros Tabor as first W65 but did not win a prize as W55 was the oldest age group though easily won the overall club champs with Andy following.

Louisa Pritchard was five minutes up on her recent Cambridge time while Bob bell had a steady run on a par with his most recent halves and Claire Barnard continued her improvement to be well inside two hours while Barrie John Nicholls and Mike Fullilove cut it finer, the latter pacing his daughter.



12 71:45 Timothy Bowen (71:46 gun)  
 26 73:13 Edward Chuck (73:14)  
 37 74:37 Andy Bond 8 M40-49 (74:35)  
 86 81:34 Ian Lilley M40-49 (81:40)  
 94 82:30 Michael Hutchinson M40-49  
 (82:32)  
 130 85:12 Stephen Smythe 1 V60-69  
 (85:15)  
 157 86:52 Helen Lister 11W (86:58)  
 177 87:57 Grant Kennedy (88:07)  
 178 87:46 Edward Harper (88:07)  
 241 90:33 Joe Farrington-Douglas  
 (90:50)  
 266 92:08 Justin Siderfin M40-49 (92:27)  
 283 93:02 Gary Sullivan 5 M60-69 (93:21)  
 309 94:24 Mark Foster M50-59 (94:44)  
 310 94:23 Katie Styles W35-44 (94:45)  
 340 95:42 Yvette Dore 10 W45-54 (96:03)  
 354 96:35 Michelle Lennon 11 W45-54  
 (96:44)  
 391 97:55 Gideon Franklin M50-59  
 (98:07)  
 398 98:10 Tereza Francova SW (98:32)  
 411 98:28 Lucy Pickering W45-54 (98:58)  
 412 98:40 Tess Bright SW (99:02)  
 413 98:47 Rebecca Schulleri SW(99:08)  
 418 99:01 Martin Double M40-49 (99:24)  
 445 99:17 Lucy Clapp W45-54 (99:46)  
 490 1:40:29 Cameron Timmis M40-49  
 (1:40:52)  
 545 1:42:21 Matthew Ladds (1:42:40)  
 561 1:43:03 Colin Frith M60-69 (1:43:17)  
 578 1:43:30 Ros Tabor 1 W65+(1:43:52)  
 583 1:43:36 Andy Murray M60-69  
 (1:44:04)  
 625 1:44:50 Louisa Pritchard W45-54  
 (1:45:16)  
 726 1:47:45 Bob Bell M60-69 (1:48:10)  
 1030 1:56:34 Claire Barnard SW (1:57:16)  
 1142 1:58:39 Barrie John Nicholls M60-  
 69 (1:59:30)  
 1155 1:58:42 Michael Fullilove M50-59  
 (1:59:42)



Martin Double - Tereza Francova - Becca Schulleri

SS adds I almost didn't run and hoping I don't regret I did in two weeks time having told quite a few not to risk running too hard if they don't want to take too many risks for London.

After not even managing anywhere near marathon pace on Thursday's league race, work commitments connected to the Commonwealth Games\* suggested I might be even more tired on Sunday.

Consequently after just a hour's sleep, I decided I still did need a hard run, having done very little for a week but first had to wait for the men's 5000m to finish on the Gold Coast (cursuing the slow pace) for a hurried ride to Bromley South in the rain which did at least wake me up a bit.

The train, the only one to arrive pre race, which was already due to arrive far too close to race time for ideal preparation was 10 minutes late and meant arrival while most sensible runners were finishing their warm up.

After zero warm up and hurried pre run prep, after half a mile I was chasing a known M60, and thinking I would try and keep my unbeaten record in the new age group a little bit longer, I settled down into a quickish pace and passed him and fairly sure I was leading the age group. At halfway I realised I was bang on schedule for Mike's M60 record and thinking I don't want to do another half marathon for a

year, I tried but just faded in the last few miles and fell short.

I will blame it on the lack of sleep but a bit more speed would have helped.

It dawned me on post race that I was perhaps the sole surviving runner from the very first Paddock Wood and that the prize I did win was for the very oldest age group in the race. I felt old and tired as I cycled hard back in the rain to resume my Commonwealth Games work in the afternoon.

\* the work was for AW and for the travel company who look after hundreds of travelling athletics fans. it usually involves attending the event (and I've been to over 20 major worldwide Championships) but this one involves me watching it on the TV in Britain and then sending a 2000 word report to Australia so that all those who watch the athletics in the Stadium can read my report the following day!

# Dulwich Runners' times in Paddock Wood 1/2M 8/4 2018

	time	points in agecategory m/f								age grade points	club champs awards
		m s	m40	m50	m60	f s	f40	f50	f60+		
Timothy Bowen	71.45	50								816	1st man
Edward Chuck	73.13	49								797	2nd man
Andy Bond	74.37		50							830	3rd man
Ian Lilley	81.34		49							772	1st m40
Tom South	81.56		48							744	
Michael Hutchinson	82.30		47							751	
Steve Smythe	85.12				50					837	1st m60
Helen Lister	86.52					50				756	1st woman
Grzegorz Galezia	87.44		46							730	
Edward Harper	87.46	48								665	
Grant Kennedy	87.57	47								667	
Joe Farrington-Douglas	90.33	46								659	
Justin Siderfin	92.08		45							678	
Gary Sullivan	93.02			50						767	Man age graded
Katie Styles	94.23					49				700	2nd woman
Mark Foster	94.24			49						702	1st m50
Yvette Dore	95.42						50			733	3rd woman
Jonathan Whittaker	95.49	45								619	
Michelle Lennon	96.35							50		777	1st w50
Gideon Franklin	97.55			48						696	
Tereza Francova	98.10					48				669	
Lucy Pickering	98.28							49		772	
Tess Bright	98.40					47				662	
Rebecca Schulleri	98.47					46				660	
Martin Double	99.01		44							611	
Lucy Clapp	99.17							48		775	Woman age graded
Cameron Timmis	100.29		43							632	
Emma Ibell	100.52						49			703	1st w40
Matt Ladds	102.21	44								570	
Colin Frith	103.03				49					699	
Ros Tabor	103.30								50	913	Overall age graded
Andy Murray	103.36				48					723	
Louisa Pritchard	104.50						48			676	
Bob Bell	107.45				47					688	
Clare Barnard	116.34					45				560	
Barrie John Nicholls	118.39				46					625	
Mike Fullilove	118.42			47						574	
	37	7	8	4	5	6	3	3	1		
											Captains' award



## International Club Track And Field Meeting Viterbo, Italy

7 April

Having been invited over for a HHH Open Meeting in 2014, this was a return visit hosted by the Italian club. There were 6 clubs competing from Spain, Slovakia, Malta and Romania, as well as HHH and the host club, Viterbo.

Viterbo is located around midway between Rome in the south and Siena to the north. It is an attractive medieval

town whose main claim to fame is a papal palace, where on one occasion the cardinals were in conclave for 30 months before a pope was elected. This may seem unduly long but is short compared with the time it is likely to take to get Brexit sorted. We were staying at an air force barracks which was a little strange and were instructed to have escorts to go the canteen and bar as a group. This caused a few problems as athletes tend to be free spirits, reluctant to be organised. On our Sunday run it was slightly odd to be told to take passports with us, though fortunately the weather was cool and dry, but the bonus was bathing in some hot sulphur springs located in a field near the end of our run.

The meeting included the usual range

of events and over-ran with the medley relays at the end taking place in semi darkness. Weather conditions were near perfect for track races with warm sunshine and a light breeze, with the temperature still around 20 degrees for my 3000m race after 6pm. I had removed the spikes from my shoes prior to the flight over and forgotten to screw them back in, but on a soft newly laid track that probably made little difference. I started off at the back of the field, in a slightly faster pace than my target time in an effort not to get detached. I then spent the remainder of the race picking off some 4 competitors who were slowing down more rapidly than me. I was hoping for a faster time, but my time of 12:18.80 was comparable with recent indoor races.

*Mike Mann*

## Manchester Marathon

8th April

This is my first race report as a Dulwich Runner so I'm not quite sure what to say!

I took up running about 4 years ago and ran a few marathons and other races for charity. As I was still a heavy rugby player and learning how to run my PB was 3:58. But last year I ran a "Good for Age" time of 1:24 at North London Half Marathon so I thought I would try to improve my marathon PB to a Good For Age time (3:05) or maybe even sub 3 Hours as I wanted to run London Marathon and got tired of not getting in the ballot!



I butchered a few training plans from the internet and worked my routine in with my triathlon training. I got a few good long runs in with fellow Dulwich Runner Becca and got my base mileage up a lot so felt good about my prospects. The main issue for me I thought would be staying hydrated and fuelled at my race pace which I found hard at my last marathon. I had the flu 5 weeks before the race which didn't help but the following weeks went really well and generally I followed my programme.

## Manchester Marathon

8th April

180 Oliver Cooper  
20300 ran

2:52:56

Race day I felt good and ready to go. Conditions were perfect for running. 10 degrees C and no wind. Only a little bit of drizzle would have made it better! I was in Pen A and following the 3hour pacer. I spotted a Dulwich Runner vest just up the road from me, I hope his race went well. After 10miles I remember feeling great. I was holding pace well at the half way mark and remember thinking the next half would be hard but I

was prepared for that. Unfortunately, I started to feel the dreaded cramping in my calves around 32K so my last 10K was at a pace which I could sustain without stopping. I didn't train for 5months to walk!

The last 2km were the longest of the race for me and I started getting a bit of tunnel vision but was determined to finish at a good pace. I crossed the line at 3hours 9 minutes having given it everything. I thought I would be disappointed

with anything over 3:05 but genuinely I was delighted when I thought about it, to improve my PB by 49 minutes.

I was very de-hydrated after and maybe marathons aren't my distance but I am looking forward to some faster 5ks and 10ks in the months to come with Dulwich Runners. Maybe I might try another marathon some day although I don't think it will be anytime soon and maybe I can do better next time as a Dulwich Runner with a better training plan!

Des Crinion 3:09

# 2018 Club Championships

2018 Club Championship in Age Groups After 3+ Events [Marathons run x to be scored after London]	Short					Long				Bonus for no. of events	TOTAL 5 events max inc. 1.S,L
	5k Dulwich 3-Feb	5k Battersea 7-Jun	1m Battersea 20-Jul	5k Beck 15-Sep	5M Sth.o.T 24-Nov	10k Hyde Park 24-Mar	1/2M Paddock Wood 8-Apr	Marathon London or other 22-Apr	10k Victoria Park 1-Oct		
<b>WOMEN SENIOR</b>											
Helen Lister	49					50	50			3	152
Rebecca Schulleri	45					49	46			3	143
Katie Styles	43					48	49			3	143
Tess Bright	47						47			2	96
Claire Barnard	41						45			2	88
Chloe Green	50									1	51
Kristen Stephenson	48									1	49
Tereza Francova							48			1	49
Christina Dimitrov	46									1	47
Anna Thomas	44									1	45
Laura Vincent	42								x	1	43
Hannah Harvest	40									1	41
Kim Hainsworth	39									1	40
Emily Warburton-Brown	38									1	39
Caroline Maynes									x	0	-
<b>WOMEN V40</b>											
Yvette Dore	49					50	50			3	152
Emma Ibell	50						49			2	101
Joanne Shelton-Pereda	48					48				2	98
Stephanie Williams	47					49				2	98
Louisa Pritchard							48			1	49
Sharon Erdman	46									1	47
Eleanor Simmons									x	0	-
<b>WOMEN V50</b>											
Michelle Lennon	50					50	50			3	153
Lindsey Annable	48					49				2	99
Lucy Clapp	49						48			2	99
Lucy Pickering							49			1	50
<b>WOMEN V60</b>											
Ros Tabor	50						50			2	102
<b>MEN SENIOR</b>											
Timothy Bowen	50					50	50			3	153
Grant Kennedy	41					47	47			3	138
Joe Farrington-Douglas	42					45	46			3	136
Matt Ladds	39					44	44			3	130
Shane O'Neill	49					49				2	100
Jonathan Whittaker						48	45			2	95
Edward Harper	45						48			2	95
Alex Haylett	37					43				2	82
Edward Chuck							49			1	50
Daniel Mann	48								x	1	49
Oliver Cooper	47								x	1	48
Steve Rolfe	46									1	47
Matt Cooke						46			x	1	47
Rob Hollands	44									1	45
James Burrows	43									1	44
Ross Rook	40									1	41
Paul Vivash	36									1	37
Russell Morgan									x	0	-
<b>MEN V40</b>											
Andy Bond	50					50	50			3	153
Ian Lilley	46					49	49			3	147
Justin Siderfin	44					48	45			3	140
Tom South	47						48			2	97
Grzegorz Galezia	43						46			2	91
Hugh French	39					47				2	88
Cameron Timmis	41						43			2	86
Stephen Davies	49									1	50
Lloyd Collier	48									1	49
Michael Hutchinson							47			1	48
Tom Wilson	45									1	46
Martin Double							44			1	45
Jim Dowsett	42									1	43
Ajay Khandelwal	40									1	41
Christel Pana									x	0	-
Gower Tan									x	0	-



MEN V50											
Gary Sullivan	47					48	50			3	148
Mark Foster	46					49	49			3	147
Charles Lound	49					50				2	101
Michael Fullilove	45						47			2	94
Gideon Franklin	43						48			2	93
Michael Dodds	40					46				2	88
Tony Tuohy	50									1	51
Ebe Prill	48									1	49
Scott Williams						47				1	48
Chris Loizou	44									1	45
Joseph Brady	42									1	43
Mark Muffett	41									1	42
John English	39									1	40
Paul Keating	38									1	39
MEN V60											
Colin Frith	46					49	49			3	147
Barrie John Nicholls	42					48	46			3	139
Graham Laylee	47					50				2	99
Bob Bell	48						47			2	97
Andy Murray	45						48			2	95
Hugh Balfour	50									1	51
Stephen Smythe							50			1	51
Michael Mann	49									1	50
Peter Jackson	44									1	45
Mick Mead	43									1	44
86	71	-	-	-	-	28	37	9	-	130	

Best 5 count for year including 1 each short, long. Marathon points are temporary  
Bracketed points [ ] are discards, outside top 5 scores.

2018 Club Championship Overall Championship After 3+ Events Incl Marathons	Short						Long			Events counting	TOTAL 5 events max inc 1,S,L	Average
	5k Dulwich 3-Feb	5k Battersea 7-Jun	1m Battersea 20-Jul	5k Beck 15-Sep	5M Sth.o.T 24-Nov	10k Hyde Pk 24-Mar	1/2M Paddock Wood 8-Apr	Marathon London or other 22-Apr	10k Victoria Park 1-Oct			
Andy Bond	857					835	830			3	2,522	841
Timothy Bowen	803					799	816			3	2,418	806
Gary Sullivan	818					807	767			3	2,392	797
Michelle Lennon	807					791	777			3	2,374	791
Ian Lilley	792					781	772			3	2,344	781
Helen Lister	745					757	756			3	2,258	753
Yvette Dore	733					746	733			3	2,212	737
Mark Foster	748					753	702			3	2,204	735
Justin Siderfin	748					719	678			3	2,145	715
Colin Frith	728					710	699			3	2,136	712
Rebecca Schulleri	715					707	660			3	2,081	694
Katie Styles	683					692	700			3	2,075	692
Joe Farrington-Douglas	708					664	659			3	2,030	677
Grant Kennedy	679					678	667			3	2,024	675
Matt Ladds	648					617	570			3	1,835	612
Ros Tabor	918						913			2	1,830	915
Barrie John Nicholls	509					676	625			3	1,810	603
Charles Lound	808					816				2	1,623	812
Shane O'neill	784					784				2	1,568	784
Lucy Clapp	778						775			2	1,552	776
Tom South	783						744			2	1,526	763
Grzegorz Galezia	753						730			2	1,483	741
Emma Ibell	762						703			2	1,465	732
Daniel Mann	789							667		2	1,456	728
Graham Laylee	736					720				2	1,456	728
Bob Bell	766						688			2	1,455	727
Andy Murray	731						723			2	1,454	727
Oliver Cooper	735							712		2	1,447	724
Gideon Franklin	725						696			2	1,420	710
Tess Bright	722						662			2	1,384	692
Edward Harper	708						665			2	1,373	687
Michael Dodds	683					681				2	1,364	682
Lindsey Annable	666					686				2	1,352	676
Michael Fullilove	771						574			2	1,345	673
Jonathan Whittaker						696	619			2	1,315	658
Cameron Timmis	680						632			2	1,312	656
Stephanie Williams	627					684				2	1,311	656
Joanne Shelton-Pereda	629					652				2	1,281	640
Laura Vincent	675							584		2	1,259	629

Matt Cooke						670		574		2	1,244	622
Alex Haylett	612					609				2	1,221	610
Claire Barnard	648						560			2	1,208	604
Hugh French	568					557				2	1,125	563
Stephen Davies	876									1	876	876
Tony Tuohy	861									1	861	861
Stephen Smythe							837			1	837	837
Hugh Balfour	812									1	812	812
Michael Mann	804									1	804	804
Lloyd Collier	804									1	804	804
Ed Chuck							797			1	797	797
Ebe Prill	796									1	796	796
Chris Loizou	781									1	781	781
Lucy Pickering							772			1	772	772
Chloe Green	765									1	765	765
Tom Wilson	754									1	754	754
Michael Hutchinson							751			1	751	751
Kristen Stephenson	727									1	727	727
Steve Rolfe	727									1	727	727
Christina Dimitrov	720									1	720	720
James Burrows	714									1	714	714
Rob Hollands	711									1	711	711
Anna Thomas	693									1	693	693
Mark Muffett	689									1	689	689
Joseph Brady	686									1	686	686
Jim Dowsett	680									1	680	680
Ajay Khandelwal	677									1	677	677
Louisa Pritchard							676			1	676	676
Tereza Francova							669			1	669	669
Ross Rook	667									1	667	667
John English	661									1	661	661
Christel Pana								660		1	660	660
Eleanor Simmons								633		1	633	633
Peter Jackson	632									1	632	632
Scott Williams						632				1	632	632
Gower Tan								622		1	622	622
Caroline Maynes								619		1	619	619
Martin Double							611			1	611	611
Kim Hainsworth	604									1	604	604
Hannah Harvest	602									1	602	602
Sharon Erdman	585									1	585	585
Mick Mead	582									1	582	582
Paul Keating	580									1	580	580
Paul Vivash	556									1	556	556
Russell Morgan								545		1	545	545
Emily Warburton-Brown	530									1	530	530
85	70	-	-	-	-	28	37	9	-	144		



# Assembly League Beckenham -2.7M

Thursday 5th April 2018

The opening fixture of the annual Assembly league summer series took place last Thursday at its traditional home of Beckenham. For the second year in a row, there was a change in course, making it 2.7 miles, but saving the traditional finishing hill to last as always. Reports back from runners said it was a tough twisty course.

Due to a few injuries and people competing in the Paris Marathon, we were a bit short of our normal high turnout, for this popular fixture, but there were many fine performances.

Leading us home was the Dublin bomber Tim Bowen in a fine 5th place., who is looking in fine form for this years London Marathon. He was backed up by second claim member Oscar Hussey, who was the second under 20 runner in. Not far behind, was Shane O'Neil, who has been in excellent form of late. Fourth man in, saw the welcome return to competitive running of Alistair Locke, after just short of a year of injury problems.

The next two in, obviously pacing each other round were Lloyd Collier and Ed Harper. Both will improve over the summer with some extra speed work. Not far behind was Ian Lilley who has recently been upping his training levels

**Steve Smythe adds ...** The race was held over a different course to last year and while probably better received by some, a multi terrain race in fading April light over rough paths and bumps is not ideal for those looking to stay fit for an upcoming marathon!

Reasonable numbers but could have been more as a few were away on holidays but frustratingly quite a few other could have run but chose to run fast in training and not run for the club because they don't consider themselves fully fit.

The club sometimes doesn't need people to be fully fit but just run for the club and do their best.

Tim had another great run with Oscar continuing to improve, Shane was high up and the A team was completed by Alastair

in readiness for the Paddock Wood Half Marathon.

Not far behind Ian, was our leading woman, who has been making her way back from injury, Claire Elms, who was third woman overall and first V50 female. In the early part of the race, Clare was seen pacing, her daughter Lucy Elms, who could quite stick with Claire, but finished an impressive 5th overall.

Then in quick succession we had Justin Siderfin, our third female Helen Lister, and then Ross Rook. They were followed in by our women score and second claim member Katie Balme, who I believe made her assembly league debut here, and who just had enough left to beat coach Steve Smythe.

Steve Smythe also managed to claim the first v60 position, just ahead of our resident fell runner Hugh Balfour. I sense these two might have some interesting battles over the summer in the assembly league.

Next in, was Andrea Pickup who made her debut in this league some twenty years ago and hopefully will be able to get some regular training in over the summer. Chasing her up the finishing hill was Martin Double.

The Next two in were Becca, who wasn't helped by delays in getting to the start due to train problems, and then Michelle, both of whom are putting their marathon training to good use.

Next two in, were two of our regular female performers, Lucy Pickering

as he continues his recovery from his Achilles problem.

Lloyd had his usual battle with former member Kevin and led in the B team ahead of Ed and Ian who was not at his best here but was much better in Sunday's half.

Clare was next in for the club and she finished a fine third despite an easy start with a very strong finish.

Next in was Lucy, who had her best run for some time to win the under-20s and finish an excellent fifth.

Helen had her best ever league run by some way to finish seventh.

The women's team who had one of their best recent league performances was completed by Katie, who a long way from top fitness after injury did well to make the top dozen.

and Katie Styles, quickly followed by Cammeron Timmis and Lucy Clapp, who were both given the same finishing time, just ahead of Duncan Hussey.

Our next finisher, who has spent most of winter travelling between London and Paris, was Duncan Wilson. Hopefully we will see him racing more often this summer. Duncan finished just in front of Gideon, who has been training hard for the London marathon.

Next in for the club was the ever popular club member Ola Balme, who like Andrea has been competing in the assembly league for many years now. Following Ola, was Ros who led in new member Stephanie Williams, who was making her debut here. Hopefully she enjoyed the course and the punishing final hill.

The next four in were long time club members Bob Bell, Graham Laylee, Andy Murray and Mike Dodds, who always seem to enjoy running in the assembly league. Closing in quickly on Mike up the hill was Susanna Kinsella, another debutant of the assembly league. Not far behind were another set of club stalwarts Ian Sesnan, Barrie 'name dropper' John Nicholls, Lindsay Annable and Claire Steward.

Below are the individual results as well as the team results after the first fixture. I am sure with runners coming back from injury and after the marathon season, we will be fighting among the honours this season.

**Tom South**

The men's B team were completed by Justin who again came through strongly.

Remaining men included a good run by Ross, a poor run from Steve though enough to win the M60s from a good run from Hugh, who excelled on the courses hills.

Others amongst the men with good runs were the ever regular Martin, Cameron, the Duncans, Gideon, Bob, Graham, Andy, Mike, Ian and Barrie John.

The women's B team finished second with some good runs from Andrea, Rebecca, Michelle and Lucy P – the latter two second and third W50 behind Clare.

Close behind the scorers came Lucy C, a below par Ola, first W65 Ros, Stephanie, Susannah, Lindsey and Claire S.

5	Tim Bowen	SM	15:07
20	Oscar Hussey	U20	15:33
25	Shane O'Neill	SM	15:45
38	Alastair Locke	SM	16:30
52/51M	Lloyd Collier	M45	16:55
53/52M	Ed Harper	SM	16:57
59/58M	Ian Lilley	M45	17:04
3W/64	Clare Elms	W50	17:12
5W/89	Lucy Elms	U20W	18:02
96/91M	Justin Siderfin	M45	18:12
7W/101	Helen Lister	SW	18:22
103/95M	Ross Rook	SM	18:25
12W/116	Katie Balme	U20W	18:51
118/105M	Steve Smythe	M60	18:55
122/108M	Hugh Balfour	M60	19:06
14W/128	Andrea Pickup	W45	19:17
133/117M	Martin Double	M40	19:30
18W/140	Rebecca Schulleri	SW	19:49
21W/146	Michelle Lennon	W50	19:56
26W/158	Lucy Pickering	W50	20:09

29W/163	Katie Styles	W35	20:18
169/137M	Cameron Timmis	M40	20:28
32W/170	Lucy Clapp	W50	20:28
172/138M	Duncan Hussey	M50	20:30
179/141M	Duncan Wilson	M55	20:51
182/144M	Gideon Franklin	M55	20:55
38W/185	Ola Balme	W50	21:12
43W/193	Ros Tabor	W65	21:46
44W194	Stephanie Williams	W45	21:48
198/151M	Bob Bell	M60	22:02
201/154M	Graham Laylee	M60	22:10
203/155M	Andy Murray	M65	22:11
209/159M	Mike Dodds	M55	22:31
51W/211	Susannah Kinsella	W45	22:32
215/162M	Ian Sesnan	M60	22:40
221/163M	Barrie John Nicholls	M60	23:17
58W/223	Lindsey Annable	W50	23:25
64W/233	Claire Steward	W65	24:20:
246 finished			

## TEAMS

### Men A team:

- 1 Kent 44
- 2 VPHTH 46
- 3 Dulw 88**
- 4 Camb H 107
- 5 Lloyds 115
- 6 Petts W 118
- 7 Eton M 167
- 8 Stock E 171
- 9 Serp 177
- 10 Ravens 207
- 11 Beck 278
- 12 Aquila 298
- 13 Dartford RR 464
- 14 Lon U 491

### B team:

- 1 Kent 101
- 2 Lloyds 235
- 3 Petts W 238
- 4 Dulw 252**
- 5 VPHTH 259
- 6 Stock 385
- 7 Beck 422
- 8 Eton M 434
- 9 Serp 467
- 10 Camb H 471
- 11 Ravs 561

### Women A team:

- 1 Kent 19
- 2 Dulw 27**
- 3 VPHTH 69
- 4 Eton M 92
- 5 Beck 144
- 6 Lloyds 180
- 7 Dartf 192
- 8 Camb H 228
- 9 Serp 229
- 10 Ravens 229
- 11 Petts W 264
- 12 Stock E 288

### B team:

- 1 Kent 66
- 2 Dulw 79**
- 3 Eton M
- 162
- 4 Beck 266
- 5 VPHTH 274



April 7

## Banstead Woods

179 Ran

Pos	Gen		
1	1	Tony Tuohy	18:20

## Brockwell

316 Ran

Pos	Gen		
43	40	Charles Lound	20:58
59	55	Jonathan Whittaker	21:56
74	9	Victoria Read	22:24
92	13	Stephanie Williams	23:25
184	47	Clare Wyngard	27:07
187	140	Michael Dodds	27:11
316	194	Stephen Williams	43:30

## Bromley

548 Ran

Pos	Gen		
71	8	Kim Hainsworth	22:06

## Burgess

328 Ran

Pos	Gen		
66	57	Hugh Balfour	22:09

## Cannon Hill , Birmingham

666 Ran

Pos	Gen		
108	10	Susan Cooper	22:59

## Crystal Palace

292 Ran

Pos	Gen		
12	12	Tom Wilson	20:39
19	1	Belinda Cottrill	21:18
57	54	Bob Bell	23:35
137	117	Ameet Patel	27:09

## Dartford

201 Ran

Pos	Gen		
5	5	Michael Fullilove	20:55

## Dulwich

318 Ran

Pos	Gen		
70	65	Paul Vivash	21:44
157	131	Ajay Khandelwal	25:25
171	34	Colleen Williams	26:10
212	160	Mick Mead	27:35
318	112	Claire Steward	48:46

## Horsham

272 Ran

Pos	Gen		
67	63	Gary Budinger	25:50

## Peckham Rye

243 Ran

Pos	Gen		
19	18	Rob Cope	20:15
63	56	Gideon Franklin	23:45
96	81	Matthew Ladds	25:34
225	82	Karina Burrowes	35:54

## Markeaton

457 Ran

Pos	Gen		
9	9	Lloyd Collier	18:11

## Mole Valley

273 Ran

Pos	Gen		
9	9	Paul Devine	20:39

## Tooting Common

480 Ran

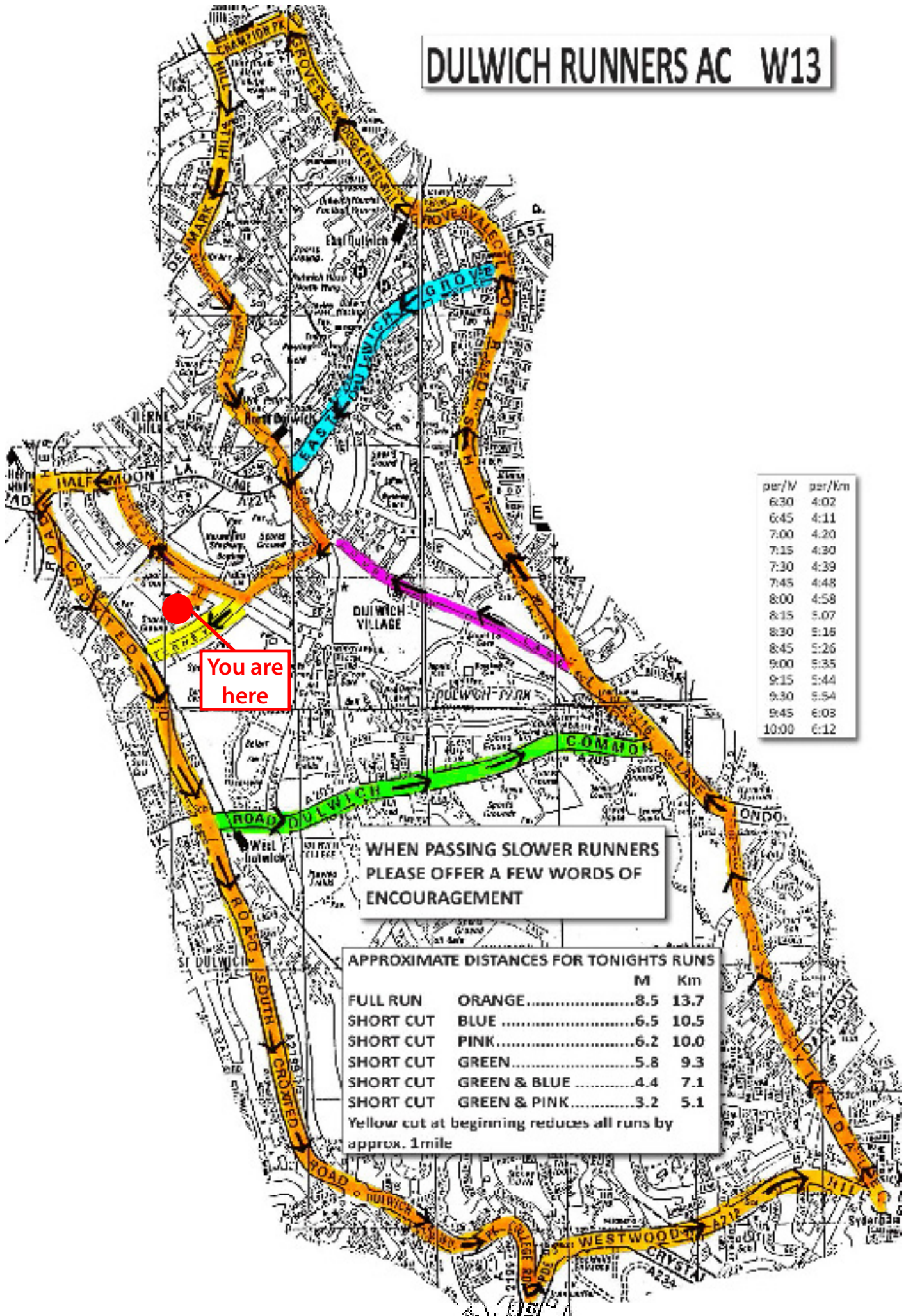
Pos	Gen		
173	150	Ian Sesnan	24:53

### 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 W13



You are here

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

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS		
	M	Km
FULL RUN ORANGE.....	8.5	13.7
SHORT CUT BLUE .....	6.5	10.5
SHORT CUT PINK.....	6.2	10.0
SHORT CUT GREEN.....	5.8	9.3
SHORT CUT GREEN & BLUE .....	4.4	7.1
SHORT CUT GREEN & PINK.....	3.2	5.1

Yellow cut at beginning reduces all runs by approx. 1mile

DULWICH RUNNERS MIDSUMMER RELAY  
WEDNESDAY 27 JUNE 7.30 DULWICH PARK  
3 x 1 LAP (APPROX 1 MILE) **£15 PER TEAM**

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## ENTRY FORM

TEAM NAME:

TEAM CATEGORY: PLEASE CIRCLE ONE

MEN

WOMEN

MIXED

LEG 1 name:

LEG 2 name:

LEG 3 name:

(individual names can be entered later)

Please complete, scan and email to [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)

Pay on day, or by bank transfer:

Sort code: 40 52 40

Account: Dulwich Runners AC 00090986

Reference: RELAY plus TEAM NAME