DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
March 25th 2015

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

- THE COMING WEEK –

Wed 25 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar.
Sun 29 Paddock Wood 1/2M club champs

Tue 31 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

TRACK SESSIONS

at Crystal Palace Arena

Tuesdays with Steve Smythe

Improve your speed & strength over all distances, suitable for all standards and abilities.
Be warmed up ready for the session to start at 7.15.
Go to Crystal Palace reception, say you're with Dulwich Runners and you will be given a wristband.
Make your way to the track and pay Ros your track fee (£2.50 per week) Ros will mark the track register. If you want to pay in advance for future sessions.
Sessions have been averaging around 40 people each week this year which is good but it is notable that there are only around 20 regulars and too many are only doing sessions every other or every 3 or 4 weeks.
To get the full benefit of the sessions and get a range of distances and get the body accustomed to speedwork it is important that you attend on a regular basis

LUCKY VEST

March winner - Kevin Smith

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk
for all other club kit please see **page 3**

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered to scoff after the Wednesday run.
Arrives close to 9 and the cost is £5, or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating...join in !

Rehydration !

After your run come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

In your SHORTS this week !

1... General information
2... ***New*** - Social Spot - coming social events
4... 2015 Dulwich Runners Club Champs races diary
4... Fixture list, club champs,XC, road, track
4... Assembly League race diary announced
5... Race reports and results
8... Parkrun results
9... Wednesday night routes map

And much more !

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

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list page 4
Mar 29 Paddock Wood 1/2M club champs

NEW RUNNERS ROTA

Many thanks to ***** for taking out new runners last week.
If you are on the list, please can you 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**

Sharon Erdman	**25/03**
Paul Keating	01/04
Doug Keighley	08/04

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to help cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - **Ros**

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page of Shorts.
Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse - Thanks

SOCIAL SPOT

Apologies for the radio silence it's been a busy start to this year with work, travels and this marathon training malarkey.
Anyway I thought I should give you all an update on what I had planned over the next couple of months to get some dates in your diary..... ***Matt Ladds***

March

Curry Night - Wednesday 25th March 9pm - at The Surma - East Dulwich

Back by popular demand, **please RSVP to me if you wish to attend by Wednesday 18th March** so that I can confirm numbers to them a week before hand

May

Boozy Brunch - Sat 9th 11am
The Great Exhibition, Crystal Palace Rd
Please RSVP to me if you wish to attend by 25th April so I can confirm our booking.
Once we have our marathons out of the way it's time to kick back and relax (well maybe for some of us!) so what better way than a post Parkrun booze up at one of Dulwich's premier pubs featured in Londons Best Bottomless Brunches http://www.buzzfeed.com/ailbhemalone/bottomless-boozy-lunches-in-london#.vqo9aLMaz
Pizza/Pasta Night - Date TBC - Rocco, Dulwich Village

June/July

Summer Picnic - Date/Venue TBC
Always open to suggestions/request so feel free to drop me a line or grab me when I'm down the club matthew.ladds@uk.zurich.com

Ola Balme
Sports & Therapeutic Massage

Marathon Special Offer - March 10% Off

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

- Deep Tissue Massage
- Massage to ease muscle fatigue & aid in recovery
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- Maintaining your fitness and well-being

Ola is an experienced Sports Massage Therapist.

If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

THREE SCORE YEARS AND TEN!

- Susan Vernon writes;

At the end of May I reach my three score years and ten! To mark the occasion, I will be running my 70th parkrun on 30th May, the day after my big day. This will take place at Burgess Park and I do hope that as many of you as possible will join me.

Please do wear your Dulwich Runners kit as they know me well at Burgess and it will raise the profile of the club tremendously. My family are also joining me so a good turnout from Dulwich would be the icing on the cake. Do email me at vernonrun@aol.com if you will be joining me or just turn up. You can surprise me!

- £2015
- £2000
- £1500
- £1000
- £500
- £379

Charity corner: £2015 in 2015?

Dulwich Runners has made a pledge to raise £2015 in 2015 for Dulwich Helpline. Welcome to your monthly update on this initiative.

Where are we on fundraising? The Crystal Palace tower-ometer is not looking too favourable at £379. After a promising start we've lost some momentum.

What we need? Ideas for fundraising and volunteers for a committee to take the ideas forward. The more volunteers we have the more the workload can be shared. It should take no more than a few meetings after the Wednesday run and some organization in between. Or you can help remotely.

Next steps: Please email Sue Vernon on vernonrun@aol.com with your ideas or to pledge your support by **end of March please**

We need ideas and volunteers NOW!

'MARATHON TRAINING SUNDAY SESSIONS'

SUNDAY RUNS, RACES AND REPS

(Provisional – dates and events subject to change)
Includes: middle and long distance multi-terrain / road races
Sunday runs at High Elms & Dulwich Park
Track sessions at Norman Park track, Bromley
Preparation for London Marathon 2015

Weeks to go!	Date	Event / Distance	Information
4	29 Mar	**Paddock Wood Half Marathon**	Paddock Wood, Kent- 13.1 mile race
3	5 Apr	Westerham run	09:00 Grasshopper pub, Westerham – off road 3 hrs +
2	12 Apr	High Elms	09:00 Off road 2 hours +
1	19 Apr	High Elms	09:00 Easy 10m off road
GO!	**26 Apr**	**LONDON MARATHON!**	**CLUB CHAMPS**

for more information contact Steve Wehrle, Claire Steward, Paul Hilton
ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell Park, Crystal Palace, Peckham Rye, Burgess Park, Southwark, Hilly Fields) – check out http://www.parkrun.org.uk/ for venues and registration
Alternative / additional race options:

28March (Sat)	Date tbc – Orion 15, Epping Forest	http://orionharriers.weebly.com/
29 March	Cranleigh 15/21 (15 or 21 miles)	http://www.mabac.org.uk/
29 March	Tempest 10 / Spitfire 20 (10 or 20 miles)	http://www.eventstolive.co.uk/
29 March	Croydon Half Marathon	http://www.croydonhalf.co.uk
19 April	Thames Towpath 10 (10 miles, Chiwswick)	http://www.west4harriers.com/

Sunday Long Run Group / Spring 2015 Marathon Training

There will be an informal Sunday long run group meeting around 9am in Dulwich Park from the beginning of January onwards. The runs will typically be 15-20 miles and at a range of paces in accordance with training schedules, aiming at runners targeting 8 min down to sub 7 min miling in a spring marathon. Non marathon runners looking to improve their stamina equally welcome.
Contact ian.lilley@gmail.com or ebeprill@yahoo.co.uk to be added to the email distribution list, we will also try to get something up on Facebook each week. ***Ian Lilley***

Another Sunday running group meets each week at 8am prompt at Brockwell Park main gates. Runs are from one hour, with marathon runners extending this towards two hours. We try to visit local points of interest (windmills, cemeteries, riverside etc). Pace is around 8 minute miling.
Andy andrew@28kerfield.freeserve.co.uk
Ros ros@28kerfield.freeserve.co.uk

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

There is limited stock of hoodies, very small sizes only.
I can order more if enough people are interested. They will be £20 each.

Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk
With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

HERNE HILL HARRIERS

TOOTING BEC ATHLETICS TRACK

Tooting Bec Road, London SW17 3NP

Under UK ATHLETICS rules

OPEN TRACK & FIELD MEETING

SATURDAY 4 APRIL 2015

TIMETABLE

NO ENTRY WILL BE ACCEPTED FOR TRACK EVENTS LATER THAN 45 MINUTES PRIOR TO THE SCHEDULED START TIME

TIME	EVENT	AGE CATEGORY (Please ensure junior athletes are eligible to compete in some events, as per UKA age rules)
12.30	HAMMER	MALE AND FEMALE: ALL AGE GROUPS
13.00	SPRINT HURDLES	MALE AND FEMALE: ALL AGE GROUPS
	POLE VAULT	MALE AND FEMALE: ALL AGE GROUPS (EXCEPT U13)
	LONG JUMP	MALE: ALL AGE GROUPS
13.45	100M	MALE AND FEMALE: ALL AGE GROUPS (INC. UNDER 11s)
14.00	DISCUS	FEMALE: ALL AGE GROUPS
	HIGH JUMP	FEMALE: ALL AGE GROUPS
	SHOT PUT	MALE: ALL AGE GROUPS
14.45	3000M	MALE AND FEMALE: SENIOR, VET, U20, U17, U15
15.00	HIGH JUMP	MALE: ALL AGE GROUPS
	SHOT PUT	FEMALE: ALL AGE GROUPS
	LONG JUMP	FEMALE: ALL AGE GROUPS
15.05	600M	MALE AND FEMALE: ALL AGE GRUPS (INC. UNDER 11s)
15.45	200M	MALE AND FEMALE: ALL AGE GROUPS
16.00	DISCUS	MALE: ALL AGE GROUPS
	TRIPLE JUMP	MALE AND FEMALE: ALL AGE GROUPS
16.30	300M	MALE AND FEMALE: ALL AGE GROUPS
17.00	1500M	MALE AND FEMALE: ALL AGE GROUPS
****** **ELECTRICAL TIMING** *******		
ENTRIES ACCEPTED ON THE DAY		**£3.50** per event Under 20 and Lower Age Groups **£4.50** per event Senior and Veteran

HHH 2015 Open Meetings: May 4 (May Day Holiday Monday), July 25, August 29

For any further information contact
Steve Bosley on **0208 687 0386 / 07721 555 688**
or by email: stevebosley1@aol.com
www.hernehillharriers.or

Dulwich Runners
2015 Club Championships

Some of the earlier races have already been advertised, with the remaining ones held back as dates have yet to be confirmed. Although this still remains the case, we have decided to issue the complete list which will be updated with confirmed dates once these are known.

Once again the races will be split into 3 distance categories. As the 3 long events fall within a 6 week period, we have added the Cabbage Patch 10 as an additional long race to accommodate those who may be injured during the spring. Details of scoring rules to follow.

31 Jan	Dulwich parkrun (short) (completed)
8 March	Sidcup 10 (long) (completed)
29 March	Paddock Wood half marathon (long)
26 April	London Marathon (or alt. marathon) (long)
1 June	Battersea Park 2 miles (short)
21 June	Ranelagh Richmond 10k (medium)
10 July	Mark Hayes Mile, Dulwich College track (short)
31 August	Sevenoaks 7 (medium)
4 Oct	Middlesex 10k, Victoria Park (medium)
1 Nov	**Cabbage Patch 10 (long) RACE CANCELLED**
22 Nov	Epsom 10 (long) replacement for CP10 (tbc)

Assembly League Races

This year's series of Assembly League races starts shortly - see the fixture list below with 2 venues tbc.
These races range from 3 to 3.5 miles in distance, are on road or on paths within parks and are suitable for runners of all abilities, including newly joined members. They take place monthly over the summer months with the April and September fixtures starting at 7.15 and the remainder at 7.30.
They are free to enter.

9 April Beckenham (Beckenham Running Club HQ)
7 May Victoria Park, Hackney
4 June venue tbc
2 July venue tbc
30 July Victoria Park, Hackney
3 September Beckenham (Beckenham Running Club HQ)

Dulwich Runners 2015/16 Fixtures

Further information regarding races will usually be here in SHORTS and or announced on a Wednesday club night.

Cross country and other races for 2015/16 have been announced.
Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

Club champs update:

Note the confirmed details of the 2 miles race is June 1st at Battersea Park.
Proposed as an alternative to the cancelled Cabbage Patch will be The Epsom 10 all details to be confirmed.

Date		Race		Venue
Mar	29	Paddock Wood 1/2M	long	Paddock Wood
Apr	9	Assembly League Beckenham (Beckenham running club HQ)		Beckenham
	26	London Marathon (or alt. marathon)	long	London
May	7	Assembly League Victoria Park		Hackney
Jun	1	Battersea Park 2 miles	short	Battersea
	4	Assembly League venue tbc		tbc
	21	Ranelagh Richmond 10k	medium	Richmond
Jul	2	Assembly League venue tbc		tbc
Jul	10	Mark Hayes Mile	short	Dulwich College Track
	30	Assembly League Victoria Park		Hackney
Aug	Mon 31	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	3	Assembly League Beckenham (Beckenham running club HQ)		Beckenham
Sep	19/20	SEAA Road Relays		Aldershot
Oct	4	Middlesex 10k	medium	Victoria Park 10:30
	10	**Surrey League match 1**	**men**	**Wimbledon Common**
	10	**Surrey League match 1**	**women**	**Nork Park**
	17	**Surrey Masters (tbc)**		**Richmond**
Nov	1	**Cabbage Patch 10**	**CANCELLED**	**CANCELLED**
	7	**Surrey League match 2**	**men**	**Walton**
	14	**London Champs**		**Parliament Hill Fields**
	tbc 22	Epsom 10 (replacement for the cancelled to cabbage Patch)		Epsom
Dec	5	**Surrey League match 2**	**women**	**Lightwater**
		2016		**2016**
Jan	9	**County Champs (Surrey & Kent)**		
	16	**Surrey League match 3**	**men**	**Reigate Priory Park**
	16	**Surrey League match 3**	**women**	**Reigate Priory Park**
	tbc 30	**South of England champs**		**Parliament Hill Fields**
Feb	13	**Surrey League match 4**	**men**	**Lloyd Park**
	13	**Surrey League match 4**	**women**	**Richmond Park**
	27	**National Champs**		**tbc**

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

.....Races to look to in May

Sunday 10th May
Sutton Runners 10k
Nonsuch Park and will be the second race of the 2015 Surrey Road
League.
enter quickly to avoid disappointment,
the link to our on-line entry is:
http://www.suttonrunners.org/sutton_10km/

Saturday May 16
British Masters Road Relay Championships
Sutton Park, Birmingham
Traditionally we put teams in for this and the captains will be asking around so we can get strong teams out. We have won golds in W35, W45 and W55, medals in M55 and placed highly in M35 and M45.
The women's race (separate medals for W35 (4 legs), W45, W55, W65 (each 3 legs) starts at 10.30am, the M55 (3 legs) and M65 race (3 legs) is at 12.15pm and the M35 (6 legs) and M45 (4 legs).

Monday May 25
Bupa London 10,000
This race includes the UK road race championships and the club gets 6 free men's and 6 free women's places.
The race is run over a fast traffic-free course through Trafalgar Square and along the river and places go to the six fastet men and six fastest women available.
If you can do, let Steve Smythe know on steve.smythe@athleticsweekly.com who will advise the captains who will select the team.

Paddock Wood 1/2M - entries available

Not all of you use the clubs Facebook page so may not be aware that there are a few people listed below that are now unable to run the Paddock Wood 1/2M.

- **Hugh French**
- **Kim Hainsworth**
- **Mel Edwards**
- **Rob Cope**
- **Colin Frith**
- **Susan Cooper**
- **Duncan wilson**

The race organisers will allow transfer of the entry for a £5 fee, and the form which both parties must sign. **Transfer deadline 26 March**
I have a copy of the form here if needed.
If anybody is interested in a place then please contact the people above directly if you have their details, if not then contact me and I will pass on your details to them so that you can organise the transfer etc.

Race Reports & Results

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, xc, tri results etc, are welcome .

Larmer Tree 20 mile race - 15th March

A 20 mile trail race seemed like a nice idea during my marathon preparation and I had heard good things about the White Star running events. Larmer Tree Gardens is on the Wiltshire/ Dorset border, so plenty of rolling hills and countryside.

The route was a mixture of very quiet country lanes, tracks and trails through woods and fields, and some very muddy bridleways, all with 1250 feet of climb during the race. My plan was to take it easy for the first half then to push-on during the second half. The first half went to plan as I chatted to other runners, some were covering the same distance and others were running the marathon and half marathon taking place at the same time.

The course was well marked with encouraging signs on the hills and friendly marshals around the course. Getting to 10 miles feeling good, I increased the pace for the second half. This went well on the roads and tracks but I hit the muddy paths on the last 5 miles which were really churned up having been used by horses, so after loosing a shoe in the mud, I had to slow down again. I felt strong all the way around the course, overtaking lots of other runners in the second half. The post race organisation was very good with free food, drink and sports massages for the runners.

I would recommend this race to anyone who enjoys a trail run.

- James Burrows

8 James Burrows 2hrs 30 mins
180 ran

Reading 1/2M 22nd March

I ran Reading half as my flat-out race effort, as Paddock Wood is too close to my marathon to race. I had set myself the target of finishing in 84 minutes, hoping I could run the whole distance at around the same as my Sidcup 10 pace. The day was perfect for running with a chill in the air but beautiful sunshine, so I started the race full of confidence. The course has been slightly adjusted since previous years, with a less congested start and fewer hills (apparently). I didn't notice the reduction in hills, but it was certainly less congested. I paced the race well, still feeling good for the last 3 miles and managing to push all the way to the finish. I finished right on my target time and exactly 4 minutes off my previous best time.

- James Burrows

483 James Burrows 1:24.05
13,338 ran

European Masters Champs Indoors -Torun Poland

The last two masters indoors championships were the Europeans in San Sebastian in 2013 and the worlds in Budapest in 2014, at both of which DR's picked up gold and other medals.

This year the Europeans are in Torun, a pretty walled town on the Vistula River in central Poland. The DR contingent this time was Ros, Mike and Andy.

W65 3,000m 23.03.15
Ros had won the W60's 2 years before and was up against the 3rd placer then, Vaquero of Spain, who had later won at cross country, and Van Dijk of Holland, medal winner outdoors last year. Ros had the best recent form at 12.14 but a Latvian set off in front only to slow down near the end of lap 1. A Dane (Gram) then took over the lead but only at 13 minute pace, so Ros saved her energy by staying behind her 3rd and 4th Vaquero and Van Dijk followed closely, the gap to Ros sometimes widening when the four lapped slower runners. 1k was reached in 4.19 - Gram, Tabor, Vaquero, Van Dijk in close succession.

The second k, reached in 8.38, had no change in order or pace (51 sec laps) and this continued to the bell, with Ros comfortable in 2nd. Ros then overtook and kicked for home, leaving the others trailing with a 38 second last lap, to win by 4 seconds.

Ros's gold medal was presented by Irena Swezinska, legendary Polish Athlete, who won Olympic gold in 1964 (4x100), 1968 (world record for 200m) and 1976 (400m); in between she won European gold for long jump.

1 Ros Tabor 12:39.88,
2 M Gram (Den)12.43.73

M65 3,000m 23.03.15
Mike's race followed Ros's. Four runners set off ahead of him, quite spaced out and Mike was leading a group of three in 5th-7th places. There was no change in position as Mike ran steadily through 1k in 3.41, 20 seconds off the leader, 2k in 7.38 and the bell at 2.8k in 10.47. Mike kicked well in his final lap to lose his chasers and finish a clear 5th. At the front a Dutchman pushed on strongly to set a world record.
1 C Stolwijk (Holland) 10:02.56
world m65 record …
5 Mike Mann 11.29.56

W65 400m 24.04.15
Although only four entered this race, Ros was wary of sprinters being able to run a fast time. Here Littenheim, a tall 200m specialist from Sweden, set off at a fast pace and went through the bell in just over 34 seconds, with Ros trailing a bit but running a sensible lap for her. After 250m the Swede started to slow and Ros's slightly quicker last lap reeled her in on the back straight. From there Ros moved away for her second gold, with no response from the Swede. Ros's time (pb by 0.66 secs) was less than half a second outside the European record.

1 Ros Tabor 1:14.21 (pb)
2. U Littenheim (Swe) 1:17.15

still to come later this week: 800m, 1500m, cross country

Andy Murray

March 21st

Brockwell

213 ran

Pos	Gen		
33	4	Nicola Richmond	21:08
34	5	Laura Long	21:13
37	32	Cameron Timmis	21:29
62	10	Lucy Clapp	22:54
63	11	Michelle Lennon	22:55
87	65	Desmond Edwards	24:21
103	77	Hugh French	25:08
118	33	Linda Byrne	26:06
121	87	Steve Cook	26:35
147	48	Sarah Lyness	27:44

Bromley

390 ran

Pos	Gen		
3	3	Oscar Hussey	18:11
87	75	Chris Goodman	22:21

Burgess

122 ran

Pos	Gen		
1	1	Stephen Davies	17:30
104	36	Susan Vernon	30:35

Crystal Palace

168 ran

Pos	Gen		
3	3	Charles Lound	18:16
15	15	Andy Cottrill	20:48
56	10	Belinda Cottrill	24:28
62	14	Joanne Shelton	24:54
75	16	Penelope Bell	25:50
161	60	Jeanette Atiko	33:51

Dulwich

145 ran

Pos	Gen		
19	18	Simon Burnett	19:31
23	3	Kim Hainsworth	19:39
24	21	Rob Cope	19:46
39	34	John Fletcher	21:04
57	50	Matthew Ladds	21:58
73	10	Claire Steward	23:35
84	70	Mick Mead	24:54
111	29	Stephanie Burchill	27:57

Hamilton Lake , Auckland , NZ

Whilst neighbours Clare and Mike were doing Sydney parkrun we were flying overhead. We arrived in Auckland too late to do Auckland parkrun and had to wait a week till we got to Hamilton. Hamilton parkrun is credited as having the slowest average runner in NZ and I'm not sure why as the course is round the perimeter of Lake Rotoroa so flat all the way. Maybe it was the beauty of the setting that slows people down. Anyway we assembled at the Yacht Club where people were already rigging for what looked like a great days sailing. Chris decided to do her first run in sometime and we were introduced as coming from London by the Race Director, who's daughter lives in Forest Hill and who has done Peckham Rye parkrun. Bob got a special mention for being on his 190th parkrun and then we were off. Bob settled in and had hoped to take the 1st M60 as the winner the week before had done just under 23. With about 800 yards to go somebody who may be in that category went past and finished a few seconds ahead. Sure enough when he turned round I recognised the name and congratulated him. Turned out he did a pb spurred on by me. Given jet lag, no training and running in walking shoes I was very pleased with my time of 22:09. Given it being her first run for along time Chris was pleased with her time of 34:09. - Bob Bell

129 ran

Pos	Gen		
25	25	Bob Bell	22:09
87	33	Chris Bell	34:09

Hilly Fields

140 ran

Pos	Gen		
7	7	James Burrows	19:16
31	30	Gary Sullivan	22:09

Lloyd Park

158 ran

Pos	Gen		
2	2	Tony Tuohy	18:28
3	3	Lewis Laylee	19:07
6	1	Clare Elms	19:11
26	22	Graham Laylee	23:30

Newark

150 ran

Pos	Gen		
18	18	Martin Morley	23:15

Peckham Rye

97 ran

Pos	Gen		
11	11	Gideon Franklin	20:13
12	1	Ellie Horrocks	20:19
44	32	Ameet Patel	25:44

Riddlesdown

117 ran

Pos	Gen		
19	3	Ange Norris	22:50

Wycombe Rye

As Barrie was filming with Anthony Hopkins and Ian McKellen (there's some good name-dropping), I 'd arranged to see a friend in the Wycombe area and thought it was a great opportunity to try a new parkrun.

This one seemed to be closest and started right outside the Wycombe Rye Lido so I planned a run followed by a swim.

The course is flat on grass and paths and essentially one lap, although there is about one mile where leading runners pass the rest of the field. This part was fairly undulating with a flight of steps thrown in for good measure that you had to go up (unfortunately).

My plan to have a swim afterwards was sadly scuppered as the pool was closed to swimmers without a wet suit. The heaters couldn't apparently generate enough warmth as this time of year and the water was a chilly 5°C – maybe on reflection the pool closure was a bonus!

263 ran

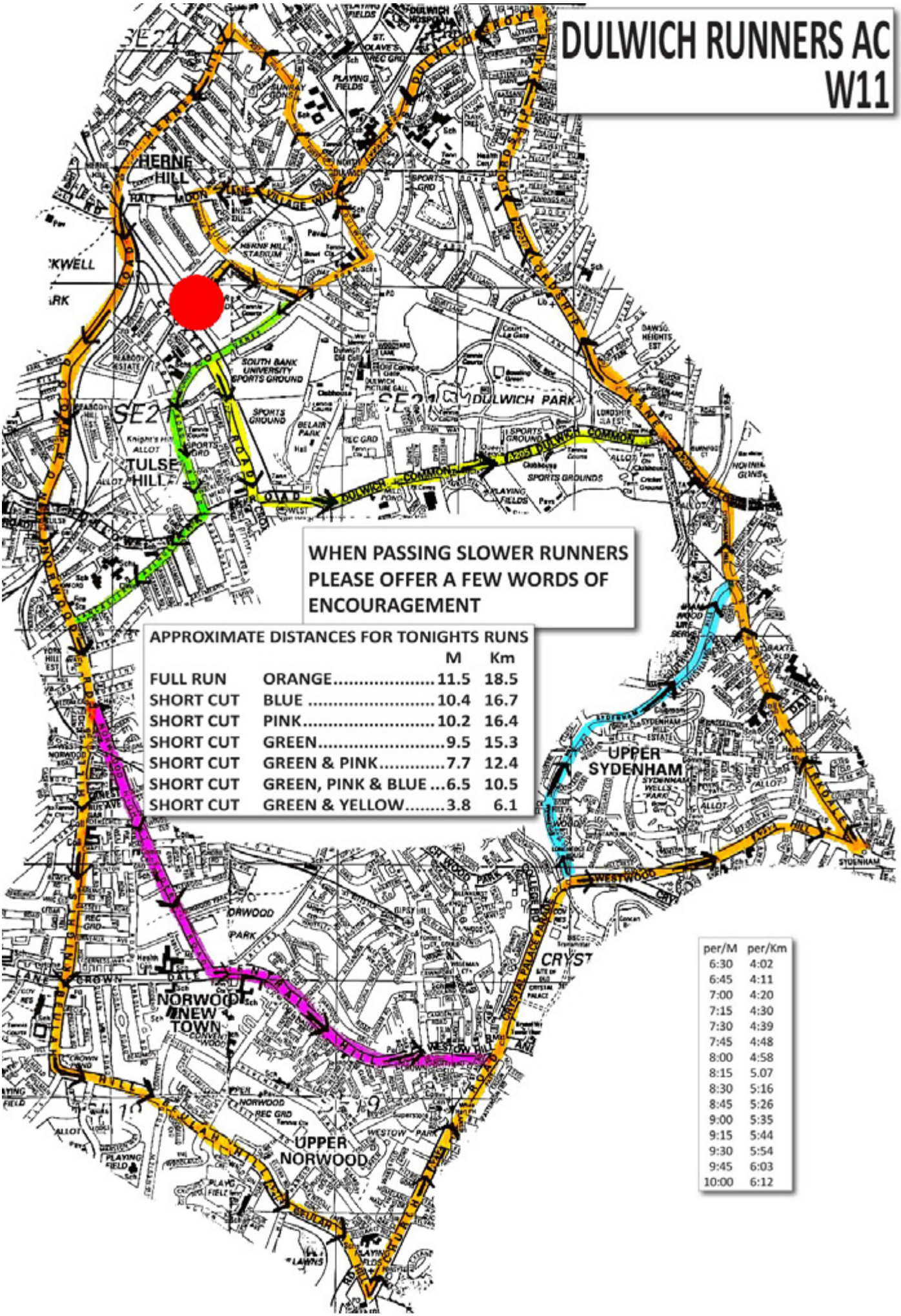
Pos	Gen		
89	12	Lindsey Annable	24:48

York

381 ran

Pos	Gen		
75	73	Ian Sesnan	22:33

DULWICH RUNNERS AC
W11



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