SHORTS

Dulwich Runners AC
Weekly Newsletter
November 11th 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 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 at Crystal Palace Arena** 7 for a 7:20pm start
£2.50 per session.

TRACK SESSIONS

Crystal Palace Track

- Excellent for building speed,stamina and endurance
- Go to reception, tell them you are with Dulwich Runners
  Allow 10 mins to get from there down to the track
- Pay Ros £2.50 on the track, do not pay at reception
- Elkie will commence a warm-up around 7pm and the main session will start approximately at 7.20pm.

Suitable for all standards

Thurdays morning sessions

And there's also speed sessions taken by Steve Smythe.
Usually starting between 11:15 - 30 in various local parks.
There is no fee. Suitable for all standards.
Interested ? then email steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

- **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.**
- **We also like to keep an accurate record of weekly attendance.**

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE
Thank you. - Ros

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... Social spot, Club kit...
3... All thing Cross Country ! info, races etc.
4... Fixture list, club champs,XC, road, track
5... Race reports
7... Parkrun results
8... Cross country champs standings
9... Wednesday night run 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**

Nov 14 London Champs Parliament Hill

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to:
Lucy Cartlidge
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**

Steve Cook	**11/11**
Natalie Davys	18/11
Yvette Dore	25/11
Sharon Erdman	02/12

Wednesday Night Run - Map

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

SOCIAL SPOT

SPOT

A few dates for the diary!

Charity Quiz Night

Wednesday November 18

This will be hosted in the bar after the club run, starting at 9pm it is £5pp with a maximum of 4 per team.
There will be prizes (probably alcoholic!) for the winning team.
Fish and chips will be on as usual so you can refuel after the run, the bar will be open and the quiz will likely finish up about 10pm.
Hope to see as many of you as possible there, following on from the AGM all proceeds will go to the clubs fundraising efforts for Jose

Dulwich Runners Christmas Party

The Plough - Saturday 12th December

Get your dodgy Christmas jumper and your dancing shoes on for the one you've been waiting all year for!!
Bar, music, food (menu TBC - veggie option) and club awards.
Let me know if you are a veggie or have any dietary needs.
Tickets are £15 but will go up to £18 from Thursday 26th November and the final deadline will be Wednesday 2nd December.

Pay on a club night or transfer your festive pounds to:
Matthew Ladds - Santander ref your name
Account: 34933412 Sort Code: 09-01-28
Any queries then just give me a shout.

Many Thanks - Matt matthew.ladds@uk.zurich.com

New !!! Dulwich Runners SOCKS

only £5
They will be at the club on Wednesdays,thanks - Ros

HOODIES

At the moment there are no hoodies in stock except for one in a very small size. If enough people are interested in buying a hoody, I'll order some more. The cost will probably be about £20. I will need to have at least 10 names by Friday 13 November.
Thanks Ros ros.tabor49@gmail.com

LUCKY VEST

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

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

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

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

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

The cross country season is now upon us with fixtures taking place on most Saturdays up to late February. Here is some advance information for the benefit of both newly joined members and regulars.

We compete in the Surrey League and this is the club's main priority, with the men in Division 2..... There are 4 fixtures during the season starting on 10 October with the women at Roundshaw Down and the men at Wimbledon Common. Further details regarding individual fixtures will be posted nearer the time. Details of other Surrey League fixtures can be found elsewhere in Shorts.

Event distances in the men's Surrey League races are approximately 8k, while the women's races start at 6k, increasing to 8k later in the season. Distances in other races vary, increasing in the New Year to 12k or over for the men and usually around 8k for the women.

For the men's Surrey League, theres no need to enter in advance or pay; simply turn up on the day in good time to register and warm up.Please don't turn up at the last minute as it will stress out your captain and yourself. **With the women's Surrey League**, Ange has sent an email to all ladies to enter runners in advance. If any lady still wants to run but has not replied it is not too late as there are some places on the day but do get in contact to let Ange know - don't just turn up.

With the first 5 runners scoring for the women and the first 10 for the men, it is important that we field as many as possible of our strongest runners. But these and other cross country races are not elite and are suitable for runners of all abilities. They are also an excellent way of improving your overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits across races of all distances and surfaces.

In addition to the Surrey League, there are a number of other races, almost all of which take place on Saturdays. Indeed if you are a cross country fanatic, it is possible to race most weekends through the season. These races include the Kent and Surrey Masters, the London champs, 2 South of Thames races, the county champs, the South of England and National champs. See the fixture list in Shorts for details.

For virtually all these races other than the Surrey League, entries have to be submitted in advance, in some cases over a month before the events. Your captains will post details in Shorts or by email, requesting those interested in participating to contact them before the deadline given. It is not possible to cater for runners who decide after the deadline or even on the day that they would like a run. Note that the club pays for entries. You are asked not to put yourself forward on a speculative basis, but don't worry if you have to withdraw because of injury or illness.

Regarding footwear, you can often get away with road or trail shoes early in the season, but as the ground becomes muddier, cross country spikes or fell shoes will be necessary.

Please contact your captains for further information and make sure you respond in good time if you like to take part in races.
Cross country captains
Mike Mann
mcmann90@yahoo.co.uk
Ange Norris
dulwichladiescaptain@gmail.com

CROSS COUNTRY CHAMPS

We are holding a cross country champs once again this season. There are 4 events to qualify including a minimum of 3 Surrey League races. The other races are the South of Thames 5 miles at Polesdon Lacey on 21 November and a mob match yet to be arranged but likely to be in March, probably using the Lloyd parkrun. ***Mike Mann***

LONDON XC CHAMPS 14 NOVEMBER

14 men and a similar number of women have been entered for the London champs taking place at Parliament Hill Fields on 14 November. Start times are 1.15pm for the women and 2pm for the men. The nearest convenient station is Kentish Town, about 15 minute from the start off Gordon Hall Road.

Please ensure that you are there in good time to collect numbers and chips from your captains. Look out for us and the banner on the perimeter of the running track close to the start. The ground conditions are likely to be soft with some sections of mud so bring spikes of various lengths or fell shoes.

There are showers and changing facilities at the track. Our traditional post match watering the Magdala (2a South Hill Park NW3 2SB) has now re-opened so runners and spectators are welcome to join us there. ***Mike Mann***

KENT MASTERS CROSS COUNTRY CHAMPS 5 DECEMBER

I already have a near complete list of men wishing to take part in these champs at Sparrows Den. Anyone else wanting to take part should contact your captains by 15 November.

SOUTH OF THAMES 5 MILES, 21 NOVEMBER

This 5 mile race will be held in the grounds of Polesdon Lacey, a National Trust property, a few miles west of Leatherhead on 21 November, starting at 2pm for both men and women. As it forms one of the cross country champs races, you are encouraged to take part.

As far as I am aware, the course has not been used before, but we are told that it consists mostly of woodland paths and tracks, with some stony sections. As with most non Surrey League races, you need to be entered in advance, so those interested should contact their club captains no later than 9 November

UPDATE.... Entries are about to close, so if you want to run and have not yet notified your captains, please do so today, 11 November. Since Polesdon Lacey is difficult to get to by rail, unless you take a bike on the train, we will be organizing some car sharing (more details to follow).

SEAA MASTERS CROSS COUNTRY 12 DECEMBER

These Masters champs held near Oxford last December revert to Biggleswade this year. Age categories for both men and women are 40+. 50+, as well as M60+ with 3 to score in each age category. Start times are 11am for M50s and M60s (10k), 11.43am for W40s and W50s (6k) and 12.10pm for M40s (10k). Those who have taken part in the last 2 years plus anyone who is a regular scorer or just outside the scoring teams in the Surrey League are invited to put their names forward to their captains by 25 November. The above applies to the younger age groups. Any of the usual suspects amongst W50+ and M60+ should apply. Since the venue is difficult to reach by train , we will be organizing a series of lifts.

Dulwich Runners 2015/16 Fixtures

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

Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

Cross country Club Champs **Misc.**

Date		Race		Venue
Nov	14	London Champs		Parliament Hill Fields
	14	British and Ireland Internationa		Dublin
	15	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
	21	South of Thames 5 mile race,		Polesdon Lacey
Dec	5	Kent Masters		Sparrows Den
	6	Pirie 10 cross country		Farthing Down, Coulsdon
	12	SEAA Masters Champ		tbc
	19	South of Thames 7.5m		Tonbridge
		2016		2016
Jan	9	KCAA Cross Country Championships		Redlibbets Golf Club, Kent
	16	Surrey League match 3	men & women	Reigate Priory Park
	tbc 23	Vets AC Champs		Wimbledon Common
	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		Donnington

Dulwich Runners 2015 Club Championships

Once again the races will be split into 3 distance categories.
Races still to come are :

15 Nov Epsom 10 (long) replaces Cabbage Patch

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

Race Reports & Results

THE LATEST INSTALMENT: SURREY LEAGUE CROSS COUNTRY DIVISION 2 WEST END COMMON ESHER

Wayne Lashley writes

The second Surrey League Cross Country race of the season took our men's team to West End Common in Esher. Many will have bad memories of our last encounter with this course, as it was the venue of our shock relegation in February 2012 following a poor turnout from us.

Circumstances ahead of this race were very different with Dulwich currently in second place in the league. There was an opportunity to put real pressure on Croydon Harriers as their best two runners were absent. Pete Chambers now has Highgate Harriers as his first claim team so is unlikely to be running again in the Surrey League for Croydon and Ben Savill is now at Brighton University so won't be consistently available. A turnout similar to that at Wimbledon Common would almost certainly have won us the match. Sadly, fate would play a different hand. Absence through injury, illness and holiday meant Dulwich struggled to field 10 scorers. It is the worst turnout in the league for some years. With that in mind, those that did take part can be truly proud of their efforts on what was a proper cross-country course that featured plenty of undulations to test both the heart and nerve.

You know you are up against it when nearly half of your team's scorers are in one car that is stuck in traffic, unsure they'll even make the start. Ian Lilley will not remember this day too fondly. Having generously volunteered to drive Ebe, Tim Bowen, Tim Taylor and Alastair Locke to the race and setting off with plenty of time, they were stuck in traffic for a ridiculous amount of time to extent the guys had to abandon Ian in the car to make it to the start line while Mr Lilley found a parking space. I'm told highlights included Magic Mike like performances as the passengers had to get ready in transit; the mind boggles. Yours truly ended up having arguably his best race ever for the club. Learning from my previous race here, I started quicker than usual to avoid getting caught at bottlenecks in the early parts of the course. I judged my race well and going into the last ¼ mile was in 5th on the shoulder of 4th place. Sadly I tripped over a tree root and fell on my shin and the chance to possibly launch an attack on 3rd place was snatched away by nature and I had to settle for 5th…still not bad but my shin was not feeling too healthy.

Tim Taylor was then next in with another superb run coming in 17th. He has already developed a taste for mad descents, throwing himself down hills in extravagant fashion. In just two races Tim has become a vital scorer for the team. Tim Bowen had a good battle with Croydon's Jake English and a Reigate Priory runner, narrowly losing to the former by a second but beating the latter by a second. to come home as Dulwich's third scorer in 24th. He was left feeling disappointed as he didn't have much of a warm up and was caught up in bottleneck madness at the start of the race like so many others. Tim B actually thought Alastair Locke was pressuring him, but 'The Locke' was a little bit further back finishing a solid 29th. We can officially welcome Andy Bond who must only have joined a matter of days earlier. His training from Tuesday's sessions certainly showed in a fine debut run for the club. Apparently, this cross-country race was his first since he was 17! It was probably not too long before those memories came flooding back!

Charlie Lound was happy with his actual running, but was a little disappointed with his execution of the race, getting stuck in the bottleneck at the ditch right at the beginning before spending most of his energy winding through the field during the race. Ross Rook came in next running well again to finish 64th. Ebe came in next doing very well considering his lack of time to prepare for the race and also what he must have been subjected to in that car journey! It was great to see John English back and scoring too. Not the easiest course to come back to so and with the team suffering in numbers, his appearance and that of Graham Laylee and Ian Sesnan whose result has not been confirmed yet, were absolutely imperative to Dulwich registering a result. Graham in particular contributed to the scoring for the first time in a decade ('If I'm scoring, we must be in trouble'). Ian Sesnan was next in but after all his hard work and endeavour, his result has not been ratified yet. Not really sure what the confusion is about. Barrie John Nicholls managed the course and conditions very to bring the team home. He seemed to bring the sun out too as conditions seems to dramatically improve as he finished the race!

Thomas South and Ian Lilley both started the race but it became apparent both were not quite right early in the race. Almost certainly due to the lack of preparation before the race courtesy of the journey from hell, Ian's hamstring went during the first lap of the football field and he was forced to retire. Thomas South was actually ill before the race so once he'd started, he felt steadily worse and decided it would be prudent to stop before he made himself really bad. All in all, a solid day that could have been so much better but could definitely have been so much worse. A better turnout is definitely needed for the third fixture at Reigate Priory, as rival teams will not be taking any chances with their survival in this division.

https://www.flickr.com/photos/dqnic/sets/72157658691467603

5	Wayne Lashley	29.39 mins
17	Tim Taylor	30.29
24	Tim Bowen	31.03
29	Alastair Locke	31.20
33	Andy Bond	31.40
35	Charlie Lound	31.46
64	Ross Rook	33.22
85	Ebe Prill	34.46
108`	John English	35.59
144	Graham Laylee	40.34
148(?)	Ian Sesnan	41.26
(currently down as unknown athlete)		
160	Barrie John Nicholls	44.45

169 ran

LADIES' SURREY LEAGUE ROUND 2 ESHER

It was another good turnout of 17 ladies including 2 very new members doing their debut run for the club. Fiona Askew and Sarah Banting keenly signed themselves up to run and were still enthusiastic about it afterwards, despite it being what was described as a 'typical cross country course'. That can be interpreted as – wet, muddy, some steep hills (both up and down) and raining! Yes, just the way we like it.

The course started with a congested lap of the field to attempt to spread the runners out before entering the narrow trails of the woods. However, there was still a bottleneck which brought many runners to a standstill, trying to cross a narrow wooden bridge. The quickest way here was to go round the side, through the bracken and ditch.

Many runners (including me) spent the first lap of the woods playing catch up. The ladies ran a short lap, followed by a longer lap, through the woods which were very attractive at this time of year. The race needed to be spent watching where you were putting your feet but it was worth taking a quick, carefully timed, look away from the ground to appreciate the surroundings.

There was one particular kamikaze style descent with a left turn at the bottom. It was good to have Anna back again after injury and thanks to the men who came early to give support.

Post run we all enjoyed cakes made by Eleanor and Ange.

Dulwich ladies A team (8th)
16 Claire Baglin
22 Mel Edwards
39 Nicola Richmond
44 Ola Balme
66 Laura Long

B team (17th)
67 Ange Norris
75 Anna Thomas
92 Selma Benattia
93 Fiona Askew
96 Katie Styles
124 Sue Cooper
134 Ruth Bennett
140 Eleanor Simmons
170 Katie Crowe
184 Sarah Banting
192 Lindsey Annabel
212 Stephanie Burchill

From the first 2 races Dulwich are currently in 5th place.
Clapham Chasers – 168, Thames Hare & Hounds 222, South London Harriers 223, Ful-on Tri – 306, **Dulwich Runners – 309,** West 4 Harriers – 314, Ranelagh Harriers – 318, Herne Hill Harriers – 346, Reigate Priory AC – 446, Belgrave Harriers – 562, Hercules Wimbledon – 626, Woking AC – 646, Stragglers – 658, Dorking & Mole valley AC – 758, Guildford & Godalming AC – 1055

Ange Norris

SPARROWS DEN, WEST WICKHAM, KENT 5K

U17M

With horizontal rain and howling winds, walking towards the start was bad enough let alone starting as the U15s did in awful conditions. Luckily the rain relented somewhat before Oscar's race and there was respite with race mainly being in the woods.

Having been disappointed with his last Kent League race at Tonbridge, this was a great improvement, finishing in his highest league position this season. The race didn't stop there, as immediately afterwards, we had two hours to get to the furthest fling destination in Kent - Ramsgate where more success was achieved with a 6-0 hockey win - some compensation after a month's worth of undeserved defeats!

Duncan Hussey

20 Oscar Hussey 18.46
42 ran

November 7th

Belton House

209 ran

Pos	Gen		
61	51	Martin Morley	26:39

Brockwell

221 ran

Pos	Gen		
127	99	Desmond Edwards	26:15
165	46	Sharon Erdman	28:01
221	141	Chris Vernon	37:21

Crystal Palace

210 ran

Pos	Gen		
4	4	Tom Wilson	19:04
5	5	Tom Calvert	19:05
23	22	Neville Webb	21:27
47	45	Andy Cottrill	23:08
66	6	Belinda Cottrill	24:12
71	7	Niamh Falconer	24:25
110	14	Penelope D'arcy Graham	26:04
133	111	Peter Jackson	27:43
189	138	Simon Lang	32:22

Dulwich

173 ran

Pos	Gen		
12	12	Simon Burnett	20:00
54	51	Mark Muffett	23:00
119	102	Mick Mead	27:18

Greenwich

223 ran

Pos	Gen		
6	6	Michael Fullilove	20:34
40	38	Joseph Brady	24:20

Hilly Fields

155 ran

Pos	Gen		
5	5	James Burrows	19:23

Lloyd Park

147 ran

Pos	Gen		
29	28	Martin Double	25:27

Nostell Priory

99 ran

Pos	Gen		
50	9	Selina Wray	29:33

Orpington

137 ran

Pos	Gen		
32	32	Colin Frith	25:15

Peckham Rye

98 ran

Pos	Gen		
2	2	Kevin Chadwick	19:10
6	6	Sam Crump	20:12
14	1	Sarah Cross	21:53
43	9	Hannah Little	25:22

Southwark

117 ran

Pos	Gen		
63	47	Matthew Ladds	25:10

New members especially ! and others....

Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

CROSS COUNTRY CHAMPIONSHIPS 2015/16 MEN

TOTAL OF 4 BEST RUNS - MUST INCLUDE 3 SURREY LEAGUES

NAME	Surrey Lge Wimbledon 10/10/15	Surrey Lge 2 Walton 07/11/15	S of Thames Polesdon Lacey 21/11/15	Surrey Lge 3 Reigate 16/01/2016	Surrey Lge 4 Lloyd Park 13/02/2016	Mob Match ?/?/16	TOTAL	No. of events
Wayne Lashley	50	50					100	
Tim Taylor	49	49					98	
Charlie Lound	48	45					93	
Alastair Locke	47	46					93	
Tony Tuohy	46						46	
Steve Davies	45						45	
Tom Rann	44						44	
Mark Lacey	43						43	
Ian Lilley	42						42	
Ebe Prill	41	43					84	
Jim Dowsett	40						40	
Duncan Wilson	39						39	
Mike Mann	38						38	
Hugh Balfour	37						37	
Graham Laylee	36	41					77	
Andy Murray	35						35	
Ian Sesnan	34	40					74	
Barrie John Nicholl	33	39					72	
Tim Bowen		48					48	
Andy Bond		47					47	
Ross Rook		44					44	
John English		42					42	

CROSS COUNTRY CHAMPIONSHIPS 2015/16 WOMEN

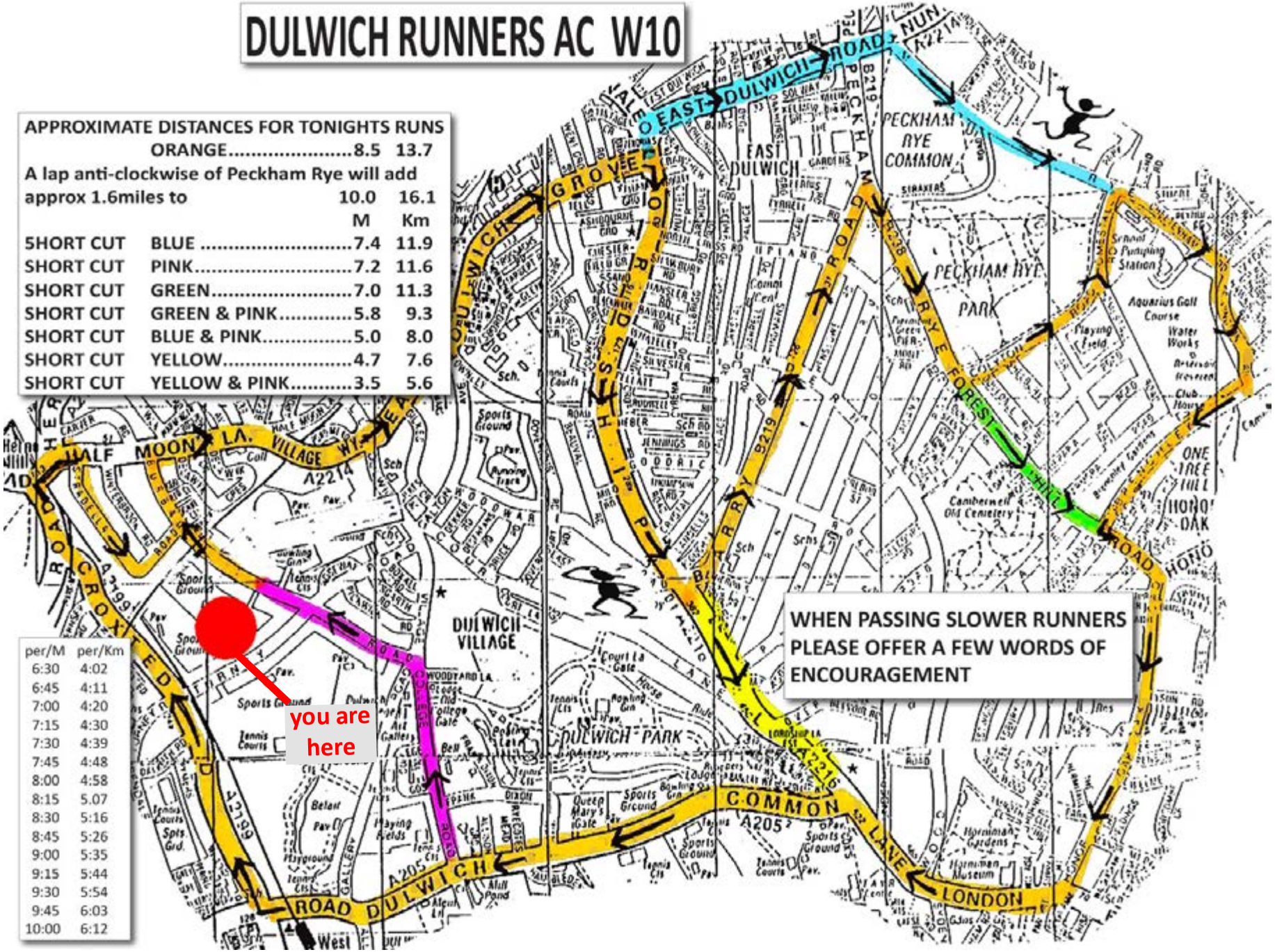
TOTAL OF 4 BEST RUNS - MUST INCLUDE 3 SURREY LEAGUES

NAME	Surrey Lge 1 Roundshaw 10/10/15	Surrey Lge 2 West End 7/11/15	S of Thames Polesdon Lacey 06/12/15	Surrey Lge 3 Reigate 16/01/16	Surrey Lge 4 Richmond 13/02/16	Mob Match ?/?/16	TOTAL	No. of events
Clare Elms	50						50	
Claire Baglin	49	50					99	
Elkie Mace	48						48	
Nicola Richmod	47	48					95	
Ola Balme	46	47					93	
Ange Norris	45	45					90	
Helen Lister	44						44	
Michelle Lennon	43						43	
Sue Cooper	42	40					82	
Eleanor Simmons	41	38					79	
Katie Styles	40	41					81	
Lucy Pickering	39						39	
Lucy Clapp	38						38	
Ros Tabor	37						37	
Katie Crowe	36	37					73	
Joanne Shelton	35						35	
Clare Wyngard	34						34	
Lindsey Annable	33	35					68	
Claire Steward	32						32	
Stephanie Burchill	31	34					65	
Mel Edwards		49					49	
Laura Long		46					46	
Anna Thomas		44					44	
Selma Benattia		43					43	
Fiona Askew		42					42	
Ruth Bennett		39					39	
Sarah Banting		36					36	

DULWICH RUNNERS AC W10

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
	ORANGE	8.5	13.7
A lap anti-clockwise of Peckham Rye will add approx 1.6miles to		10.0	16.1
SHORT CUT	BLUE	7.4	11.9
SHORT CUT	PINK	7.2	11.6
SHORT CUT	GREEN	7.0	11.3
SHORT CUT	GREEN & PINK	5.8	9.3
SHORT CUT	BLUE & PINK	5.0	8.0
SHORT CUT	YELLOW	4.7	7.6
SHORT CUT	YELLOW & PINK	3.5	5.6



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