# SHORTS

Dulwich Runners AC
Weekly Newsletter
May 4th 2016


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 back at Dulwich College - £1 per session.**
First half of the session will be on grass,second on the track. Meet 7:15 for 7:30 start

## In your SHORTS this week !


1... General information
2... Club kit, social events etc
4... Fixture list, club champs,XC, road, track
5... Race reports and results...Assembly League
6... Parkrun results..
7... Map for this Wednesday night routes


**And much more !**

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

**You can follow us on**

## TRACK SESSIONS

**Tuesday sessions back at Dulwich College - meet 7.15am**.
Fee is £1 per session - the first half of the session will be on the grass and the second half on the track.
**Suitable for all standards**

**From May onwards,** if sufficient demand there will be some Thursday evening track sessions - specifically aimed at 800m and 1500m/Mile speed - most will probably be at Ladywell. No sessions on Assembly League nights.
If interested, contact steve.smythe@athleticsweekly.com

**Additionally** there may be some Saturday grass hill sessions at Crystal palace every other week or so - if there is demand - if interested advise steve.smythe@athleticsweekly.com

### Thurdays morning sessions

**speed/hill work mostly on grass taken by Steve Smythe.**
**Start 11:15 - 11:30 in various local parks.**
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

### Thursday evening session

If there is sufficient demand, there will be a short sharp track session this Thursday night at 7.15pm at Ladywell track.
There won't be an organised hill session Saturday.

Please let Steve Smythe know if you intend going to Thursday session. steve.smythe@athleticsweekly.com

### Thankyou

Steve Smythe says thankyou to all those who contributed to the generous gift for coaching and who attended Tuesday night.

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

**Thank you. - Ros**

## EVENT HORIZON

*A brief look ahead*

**full fixture list** **page 4**

**May 14** BMAF road relays, Birmingham
**May 21/22** Green Belt Relay

## 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: **Ros Tabor and Ange Norris**
If you're
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**

| | |
|---|---|
| **Tony Tuohy** | **11/05** |
| Mick Ward | 18/05 |
| Clare Wyngard | 25/05 |
| Lindsey Annable | 01/05 |

## LUCKY VEST

### May winner - Laura Vincent

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

## 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

# Jose's Funeral

**Monday 23 May**

**Eltham Crematorium at 2.45pm**

Here are some details for those who would like to honour and remember Jose before the service, by cycling or running with the hearse. Runners, please meet at the junction of Welling Way and Rochester Way at 2 pm.

We can wear club vests or a t-shirt that represents a personal challenge if we don't want to run in suits. We will then run with the hearse down Rochester Way to the Reifield Rd pedestrian entrance (about ½ mile). While the cars and cycles go round via Bexley Road to the main entrance, we will jog through the Cemetery to re-join the cars at Crown Woods Way.
If you are a cyclist, meet at Jose's house Crookston Rd SE9 1YF at 1.30. The route will go to Well Hall Rd then turn right up Shooters Hill, then right into Welling Way. This was Jose's favourite sprint training circuit.

Once we arrive at the Chapel, there will be plenty of time to cool down, put on track suits, or as I am leading the service, get changed.
The service will last 20 – 30 minutes, after which we are invited to the Oxleas Wood Café for a celebration of Jose's life.
If you have any questions, do feel free to contact me hugh@christchurchpeckham.info
***Hugh Balfour***

## 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 |
| Buffs/snoods | £6 each |

**Most kit is usually available Wednesdays at the club**
**Contact Ros ros@28kerfield.freeserve.co.uk**
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

**only £5**

## 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)

**Buffs/snoods - only £6**

## HOODIES…

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

## SHORTS!

DULWICH RUNNERS' SHORTS
They are traditionally cut either 'racing' style, or slightly longer – size medium.
Both styles are a bargain £15.

**SPECIAL HOT WEATHER OFFER**
**CROP TOPS £1 TO CLEAR**
**AVAILABLE ON WEDNESDAY**

## ALGARVE RUNNING CHALLENGE 2-6 NOVEMBER

If you want to get away from the cold damp weather of the British autumn, the Algarve Running Challenge presents an excellent opportunity for warm weather racing and training at the eastern end of the Algarve, close to the Spanish border. The races are organized by Steve Smythe and include a 5km cross country, a track mile, a 10km trail race, finishing with the 10 Milhas de Guadiana, actually closer to 11 miles, and takes in the impressive suspension bridge which forms the Spain/ Portugal border. The hotel in Monte Gordo is located just behind the beach and as well as running, there are opportunities for cycling on quiet roads, swimming in the sea which remains warm in November and sightseeing in nearby towns in Portugal and Spain. The trails through the pine woods used for some of the races and the long sandy beach are ideal for an early morning run. The event is organized by Track and Field Tours and should appear on their website shortly. Prices are very reasonable at that time of year. If you want more details, have a word with Steve, Ros, Andy, Jim or myself. - ***Mike Mann***

# DULWICH RUNNERS MIDSUMMER RACE

## THURSDAY JUNE 30th

The Midsummer 5k is going to be a RELAY this year. There will be teams of 3, each runner doing one lap of Dulwich park.
If you would like to help, plan and organise the race, or have any deas, please can you contact Ros - ros.tabor49@gmail.com

## MARATHONS 2016

If you are planning to run a marathon in 2016 please can you tell Shorts so that we can list those with forthcoming races.
After the race make sure you send your time.
We will try to maintain an up to date list so that we can keep a proper record for the club championships.

**to come....**

| | | | |
|---|---|---|---|
| Kevin Chadwick | Geneva | May | |
| Toby de Belder | " | " | |
| Lucy Pickering | Milton Keynes | " | 3:50:51 |
| Joanne Shelton Pereda | " | " | 4:00:29 |

## 20TH GREEN BELT RELAY

**Sat 21 & Sun 22 May 2016**

http://www.greenbeltrelay.org.uk/

A relay of 11 runners per team who run 220 miles around London over a weekend. 22 stages, each runner runs once on Saturday and once on Sunday. Course is rural and mostly off road with the stages varying in length from 7 - 13 miles and graded in difficulty from 1 - 10 depending on distance and terrain.
A unique event consisting of running some beautiful green routes just on the outskirts of London.

A team event with great camaraderie within our team and between clubs.
11 in a team but due to injuries etc which cause drop outs, we need about 16 names to start with.

We now have 27 names, two teams plus reserves. If anyone is still keen I'll add them to the reserve list.

### Help needed - drivers

Making sure all runners arrive at their start on time, don't get their kit left in a field somewhere or are abandoned at the end of their run is a logistical challenge.
If you could help by driving at any time over the weekend I would be extremely happy to hear from you.
Email Ange Norris: dulwichladiescaptain@gmail.com

## Beckenham Relays

Wednesday 18th May start 7:30pm

We are looking to enter a number of teams in the women, men and mixed categories for these friendly local relays. Teams of three each complete a 2.6 mile course with the start/finish in Beckenham Place Park. The race HQ is at the Beckenham Cricket Club, so a great opportunity for an after-race drink on a spring evening.
Let us know if you are interested. This year we have to put in the entries in advance, so can you get in touch by end Friday 13th May.
Contact: Charlie **chas.lound@btinternet.com**
or Ange **dulwichladiescaptain@gmail.com**

## The Vitality London 10,000

**in the centre of London is on Monday May 30**
- the course takes in Nelson's Column, St Paul's Cathedral, The Monument, Millennium Bridge, London Eye, Big Ben, Houses of Parliament and Westminster Abbey.
The club has been given six free men and six free women's places as the event incorporates the British 10km championships. the places traditionally goes to the fastest six men and women but will take into account loyalty in other major events.
Charlie Lound will sort the emtries out and be in touch with the faster runners.

***- Steve Smythe***

## Surrey and Sussex Masters Track and Field Championships 2016

The Surrey and Sussex Masters Championships event booking is now open.
**Please click on this link to enter, the closing date for all entries is 14th May 2016.**

**Surrey Masters Athletics Championships 5th June at Ewell Court, Epsom, Surrey**
Entry via online system: Surrey Masters Athletics Championships

Events are only open to athletes aged 35 and over. The meeting will be held under WMA and UKA rules with Photo finish and EDM for long throws. Entry will be £6 per event plus PayPal booking fee. This year's event is the Surrey County AA Masters Championships, Sussex County AA Championships, and Open Masters Meeting.

Surrey medals will be award to the first three athletes in all events however many people have entered or are in the age category. The timetable will be **sent to each athlete ASAP after the closing date**, however the expected start time for the field events is 10am and the track is 12 noon.

To enter the Surrey County AA Masters Championships, Sussex County AA Championships you must possess a current Surrey or Sussex qualification. Details of the UKA rules regarding County qualification can be found at www.surreyathletics.org.uk/qualification where there is also a definition of what constitutes the county of Surrey for this purpose.

**Closing date for entries 14th May – NO LATE ENTRIES and NO ENTRIES ON THE DAY**

Information line 07968 131 577 **up to 9pm (**Camilla Thrush)

# Dulwich Runners 2016/17 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 here regularly.***

## DULWICH RUNNERS 2016 CLUB CHAMPIONSHIPS

A total of 9 races split into 2 categories, short (S) and long (L). To qualify you need to complete 5 in total, including at least one from each of the two categories.
NB some dates and locations are still tbc, but updates will be issued as soon as known.

### CLUB CHAMPS UPDATE

It's been necessary to change some of the forthcoming club champs events. It's intended to hold the Mark Hayes mile late morning Saturday 9 July (or possibly Sunday 10 July) at Ladywell Track. Date of the 5k parkrun has been shifted to 29 Oct. at Burgess Park as the previous date in Sep. was too soon after the Middlesex 10k. The Cabbage Patch 10 wont be a club champs event as it's the day after the first Surrey League cross country match. We are looking for a suitable alternative race.

## 2016 ASSEMBLY LEAGUE

These 6 races started in April and range from 3 to 3.5 miles on road or on paths within parks and run on the first Thursday of the summer months against 12 other clubs. This series of races is extremely popular and all members are encouraged to participate whatever your standard or ability.
They are free to enter, all you need to do is have a club vest, turn up and run.
Any further information regarding these races will appear here in Shorts as and when it becomes available.
**From this year women's team scores will be based upon 4-to-score, the same as the men**

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

| Date | | Race | Venue |
|---|---|---|---|
| May | 14 | **BMAF Road Relays** | **Sutton Park, Birmingham** |
| | 21/22 | **Green Belt Relay** | **Various around London area** |
| Jun | 2 | **Assembly League - start 7:30pm (5km measured)** | **Battersea Park** |
| | 13 | **5k Battersea Park (S)** | **Battersea Park** |
| Jul | | | |
| | 7 | **Assembly League - start 7:30pm (3 miles approx)** | **o2 Dome, North Greenwich** |
| | tbc 9 or 10 | **Mark Hayes Mile (S)** | **Ladywell Track, Catford** |
| Aug | 4 | **Assembly League - Victoria Park - 7:30pm start (3.5 miles)** | **Hackney** |
| Sep | 1 | **Assembly League - Beckenham - 7:15pm start (3 miles)** | **Beckenham** |
| | 4 | **Middlesex 10k (S)** | **Victoria Park, Hackney** |
| | 4 | **River Relay** | **along Thames west of London** |
| | 10 | **Will Bolton Relays** | **Sparrow's Den** |
| | tbc 24/25 | **SEAA Road Relays** | **Aldershot** |
| Oct | 1 | **England Masters Inter Area Challenge** | **Wimbledon Common** |
| | 2 | **Titsey Multi-Terrain 10k (L)** | **Oxted** |
| | 15 | **Surrey League** | **Richmond Park (m) tbc (w)** |
| | 22 | **Surrey Masters Champs** | **Richmond Park** |
| | 29 | **5k Parkrun (S)** | **Burgess Park** |
| Nov | 12 | **Surrey League** | **Farthing Down (m)** |
| | 19 | **BMAF Relay Champs** | **Long Eaton** |
| | 26 | **South of Thames 5m** | **Ham Lands** |
| Dec | 3 | **Surrey League** | **Mitcham Common (w)** |
| | 17 | **South of Thames 7.5m** | **Venue tbc** |
| Jan | 7 | **County Champs** | **Lloyd Park (Surrey) tbc (Kent)** |
| | 14 | **Surrey League** | **Mitcham Common (m&w)** |
| | 21 | **Vets AC Champs** | **Wimbledon Common** |
| | 28 | **South of England Champs** | **Parliament Hill** |
| Feb | 12 | **Surrey League** | **tbc (m) Ham Lands (w)** |
| | 26 | **National Champs** | **North of England tbc** |

## Track Meetings

The table includes a list of track meetings in the local area over the forthcoming season. You do not have to be a member of a track club to take part in any of the open meetings.
Check details of the races on offer at respective club websites.
In most cases you can either enter in advance or on the day.
In addition the Watford Open Graded Races take place on alternative Wednesdays until 7 September, with the next meeting on 18 May (see WATFORD ATHLETICS AND WATFORD HARRIERS ATHLETIC CLUB for details.

| | | | |
|---|---|---|---|
| May | 21 | Night of 10,000m | Parliament Hill |
| | 23 | Blackheath&Bromley Open | Norman Park |
| | 25 | Cambridge Harriers Open | Sutcliffe Park |
| June | 5 | Surrey Masters Champs | Kingsmeadow |
| | 13 | Blackheath&Bromley Open | Norman Park |
| | 22 | Cambridge Harriers Open | Sutcliffe Park |
| July | 11 | Blackheath&Bromley Open | Norman Park |
| | 20 | Cambridge Harriers Open | Sutcliffe Park |
| | 23 | HHH Open | Tooting |
| | 3 | Hercules Wimbledon Open | Wimbledon Park |
| Aug | 15 | Blackheath&Bromley Open | Norman Park |
| | 17 | Cambridge Harriers Open | Sutcliffe Park |
| | 27 | HHH Open | Tooting |
| | 28 | Vets AC T&F Champs | Kingsmeadow |
| Sept | 7 | Vets AC 10,000m | Battersea Park |
| | 10/11 | BMAF T&F Champs | Birmingham |

# 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.

## Assembly League 3.5 miles race 2 Victoria Park

Thursday 7th May

And so to the second race (of six) in this year's series, with 30 Dulwich Runners making up a good part of the 290-strong field at the 3.5 mile event in Hackney, the most remote (for us) of the Assembly League fixtures. Despite the turnout our team standings were only average this time, even though we scored a tremendous one-two in the women's race; so let's concentrate on the individual performances.

It may have been predictable but Tim Bowen's superb 18:19 for 11th place is a huge course best for him of nearly a minute and a half and significantly is the fastest Dulwich time here for over 20 years. Not since a few sub-18s in the early '90s from now somewhat long-in-the-tooth Dulwich legends (including esteemed coach Steve Smythe) have we had anyone go this quick in Victoria Park. Looks like Tim could reap a few decent PBs this summer off the back of a solid winter of marathon-training mileage. He was a minute ahead of our next counter Andy Bond making an excellent debut and matching the pace of his best 5k parkrun. Andy passed me before halfway and I couldn't quite get back on terms despite holding him within a few seconds all the way.

Having missed the first fixture through injury I had to run this one to stay in the mix for the M50 competition; running with a cold I knew my consistency was finally going to falter (10 runs here in six years, all between 18:51 and 19:10) but I'll count managing a steady pace without dying as a bonus over recent form. Luckily I didn't look over my shoulder in the final rush for the line as Lloyd was posting his own half-minute course best, superior to his 5k PB pace as he bore down on me like a ton of bricks. He fell just a second short but deprived the also fast-finishing Steve Davies of being 4th team counter by just three seconds. Obviously I'd saved an extra kick if needed...

20 seconds or so after that little group came an even bigger Dulwich delegation, with six finishing in the space of 15 seconds. Leading them in was a slightly out-of-sorts Tim Taylor, well capable of much faster but just a bit off today. Right behind him was the very welcome return of former multiple club champion Buzz Shephard after nearly three years of crippling plantar fasciitis, which has restricted him to a few parkruns on various tentative comebacks. He's still far from fully-sorted (this time it's the other foot!) but after long frustration hopes to run the odd event if he can manage the gammy foot carefully. Even so, his 19:51 may not match his best times here in the 18:30s but is a very solid time. He held off very good runs from James, the two Marks and Clare Elms, three of these testing their legs after running the London Marathon less than two weeks ago in the low 2:50s. In fact Clare was 1st woman overall in one of her best times here in recent years, which only emphasises the quality of Elkie's run to take a well-deserved 2nd place less than half a minute back; her running is going from strength to strength. She held off an excellent improvement from Ross, who was followed in by a solid run from Ebe, easing his marathon legs back into action, as was Steve Smythe in just holding off a welcome appearance from Colin. These were followed by Gary with a notably quicker run than last year, as was another excellent performance from Selma, whose hard work in training continues to bear fruit – nearly a minute faster here than last August.

Still-improving Matt and Michelle had to push each other to new course bests in order to hold off a great debut here from 16-year-old Lucy Elms in just her second Assembly League; and she did well to finish ahead of Katie, who was hardly hanging about herself. Andy and Ros had predictably solid runs just ahead of a superb run from Eleanor, easily her best short distance performance, at a pace that would lower her 5k PB by nearly a minute. Similar plaudits can go to Niamh too as she matched her best parkrun pace over the slightly longer distance. Our contingent was rounded off with solid runs from long-time club stalwarts Clare Wyngard and Mike Dodds finishing almost together, and Claire Stewart, just a little down on last year's time. And another excellent run finished things off for us, with Karina knocking more than a minute from her course best of a year ago.
-***Tont Tuohy***

| | | | | |
|---|---|---|---|---|
| 11 | Tim Bowen | SM | | 18:19 |
| 36 | Andy Bond | M40 | | 19:18 |
| 39 | Tony Tuohy | 2M50 | | 19:27 |
| 41 | Lloyd Collier | M40 | | 19:28 |
| 43 | Steve Davies | M45 | | 19:31 |
| 51 | Tim Taylor | SM | | 19:49 |
| 52 | Buzz Shephard | SM | | 19:51 |
| 53 | James Burrows | SM | | 19:54 |
| 55 | Mark Callaghan | M40 | | 19:59 |
| 58 | Mark Lacey | SM | | 20:02 |
| 62 | Clare Elms | 1W | 1W50 | 20:05 |
| 72 | Elkie Mace | 2W | 2SW | 20:30 |
| 76 | Ross Rook | 74M | SM | 20:37 |
| 92 | Eberhard Prill | 88M | M50 | 21:21 |
| 113 | Stephen Smythe | 104M | M55 | 22:00 |
| 115 | Colin B-Wood | 106M | M55 | 22:05 |
| 124 | Gary Sullivan | 113M | M55 | 22:23 |
| 154 | Selma Benattia | W35 | | 23:19 |
| 181 | Matt Ladds | SM | | 24:14 |
| 182 | Michelle Lennon | W45 | | 24:15 |
| 189 | Lucy Elms | U20W | | 24:25 |
| 194 | Katie Styles | SW | | 24:35 |
| 199 | Andy Murray | M60 | | 24:49 |
| 203 | Ros Tabor | W65 | | 24:56 |
| 209 | Eleanor Simmons | SW | | 25:01 |
| 214 | Niamh Falconer | SW | | 25:11 |
| 233 | Clare Wyngard | W55 | | 26:27 |
| 234 | Mike Dodds | M55 | | 26:21 |
| 249 | Claire Steward | W60 | | 27:17 |
| 264 | Karina Burrows | SW | | 28:31 |

290 finished

**TEAM:** 1 Serp 35; 2 VPHTH 37; 3 Stock E 37; 4 Kent 96; 5 Eton M 104; **6 Dulw 127**; 7 Lloyds 180; 8 Dartf RR 281; 9 Camb H 295; 10 Beck 344; 11 Petts W 467; 12 Ravens 474; 13 Aquila 676
**B TEAM:** 1 Serp 88; 2 Stock E 90; 3 VPHTH 120; **4 Dulw 199**; 5 Kent 213; 6 Eton M 327; 7 Lloyds 350; 8 Dartf RR 543; 9 Beck 637; 10 Petts W 671; 11 Camb H 771; 12 Ravens 812
Women TEAM: 1 Kent 29; 2 VPHTH 33; **3 Dulw 47**; 5 Eton M 75; 6 Serp 133; 7 Dartf RR 143; 8 Lloyds 198; 9 Beck 235; 10 Ravens 273; 11 Stock E 304; 12 Petts W 324
**B TEAM:** 1 Kent 72; 2 VPHTH 97; **3 Dulwich 129**; 4 Eton M 176; 5 Serp 285; 6 Dartf RR 308

## Ealing Eagles 10k Gunnersbury Park

8 May

I thought I'd take this as a practice race ahead of the London 10k – a good excuse to support the efforts of a couple of friends who help organise it (and a good job they do too). Unfortunately, the very civilised 10:30am start also gave the sun plenty of time to warm up and it probably wasn't a great sign – it definitely wasn't a good look – that I was already pouring with sweat standing at the start line. Mercifully, the 2.5lap course was largely shaded, and flat-ish; I don't think I'd have survived had it been otherwise.

For a change, I managed not to go out too hard, but I miserably failed in my plan to run a negative split. Still, I steadily picked up places to find myself in second after 8kms. Despite feeling exhausted, my legs had enough left at the end for a decent but belated kick and I closed a good 10 seconds on the winner to finish a few seconds behind him. If I'd known about the generous prizes, I might've tried that bit harder.

2 Tim Bowen 35:28
573 Ran

## SCVAC track league Kent Division Sutcliffe Park

Friday 29 May

**Cambridge Harriers:**

**400m** W35(A) 1st Emily Gelder (W40) 70.00
W60 1st Ros Tabor (W65) 83.1

**3000m** W35(A) 2nd Emily Gelder (W40) 11:36.8
W50 2nd Ros Tabor (W65) 12:59.0

**Blackheath and Bromley**

**3000m** W35(A) 3rd Andrea Pickup (W45) 11:39.6
***Ros Tabor***

parkrun

## May 7th

### Banstead Woods
225 ran

| Pos | Gen | | |
|---|---|---|---|
| 2 | 2 | Tony Tuohy | 18:16 |

### Barnsley
181 ran

| Pos | Gen | | |
|---|---|---|---|
| 127 | 35 | Selina Wray | 30:26 |

### Beckton
47 ran

| Pos | Gen | | |
|---|---|---|---|
| 5 | 5 | Hugh Balfour | 21:24 |

### Burgess
209 ran

| Pos | Gen | | |
|---|---|---|---|
| 58 | 7 | Laura Vincent | 22:57 |

### Crystal Palace
250 ran

| Pos | Gen | | |
|---|---|---|---|
| 3 | 3 | Andy Bond | 18:45 |
| 6 | 6 | Tom Wilson | 19:36 |
| 13 | 2 | Mel Edwards | 20:34 |
| 75 | 8 | Belinda Cottrill | 23:56 |
| 80 | 9 | Clare Wyngard | 24:07 |
| 91 | 82 | Andy Cottrill | 24:47 |
| 102 | 91 | Michael Dodds | 25:40 |
| 122 | 103 | Ameet Patel | 26:38 |
| 166 | 122 | Bob Bell | 28:16 |

### Dulwich
305 ran

| Pos | Gen | | |
|---|---|---|---|
| 2 | 2 | Alastair Locke | 17:24 |
| 4 | 4 | Paul Devine | 17:41 |
| 25 | 24 | Simon Burnett | 20:02 |
| 55 | 3 | Michelle Lennon | 21:44 |
| 70 | 67 | Duncan Wilson | 22:09 |
| 74 | 4 | Niamh Falconer | 22:21 |
| 91 | 85 | Mark Muffett | 23:07 |
| 125 | 110 | David Haviland | 24:42 |

### Fulham Palace
380 ran

| Pos | Gen | | |
|---|---|---|---|
| 134 | 20 | Lindsey Annable | 23:25 |

### Hilly Fields
241 ran

| Pos | Gen | | |
|---|---|---|---|
| 7 | 7 | James Burrows | 18:19 |

### Hazlehead, Aberdeen
179 ran

| Pos | Gen | | |
|---|---|---|---|
| 15 | 2 | Fiona Askew | 21:03 |

### Hull
483 ran

| Pos | Gen | | |
|---|---|---|---|
| 53 | 51 | Paul Hodge | 21:36 |

### Little Stoke
303 ran

| Pos | Gen | | |
|---|---|---|---|
| 150 | 120 | Barnes Stringer | 25:57 |

### Malling
168 ran

| Pos | Gen | | |
|---|---|---|---|
| 10 | 1 | Kim Hainsworth | 21:00 |
| 11 | 10 | Nicholas Brown | 21:09 |

### Peckham Rye
172 ran

| Pos | Gen | | |
|---|---|---|---|
| 16 | 16 | Gideon Franklin | 20:49 |
| 18 | 18 | Andrew Bright | 20:58 |

### Riddlesdown
191 ran

| Pos | Gen | | |
|---|---|---|---|
| 22 | 5 | Ange Norris | 21:05 |
| 164 | 57 | Susan Vernon | 33:52 |
| 172 | 110 | Chris Vernon | 35:31 |

### Roundshaw Downs
145 ran

| Pos | Gen | | |
|---|---|---|---|
| 76 | 62 | Peter Jackson | 27:35 |

### Royal Tunbridge Wells
166 ran

| Pos | Gen | | |
|---|---|---|---|
| 131 | 87 | Rafe Collier | 31:23 |
| 141 | 90 | Lloyd Collier | 31:47 |
| 140 | 51 | Rhoda Collier | 31:47 |

### Southwark
191 ran

| Pos | Gen | | |
|---|---|---|---|
| 16 | 15 | Mark Callaghan | 19:48 |
| 90 | 72 | Paul Keating | 24:47 |
| 113 | 28 | Kaylee Coxall | 26:01 |

### Tooting Common
457 ran

| Pos | Gen | | |
|---|---|---|---|
| 28 | 27 | Simon Lang | 20:12 |
| 57 | 55 | Cameron Timmis | 21:35 |
| 91 | 82 | Graham Laylee | 22:42 |
| 227 | 54 | Sharon Erdman | 27:02 |

### Wanstead Flats
179 ran

| Pos | Gen | | |
|---|---|---|---|
| 8 | 8 | Gary Sullivan | 20:02 |

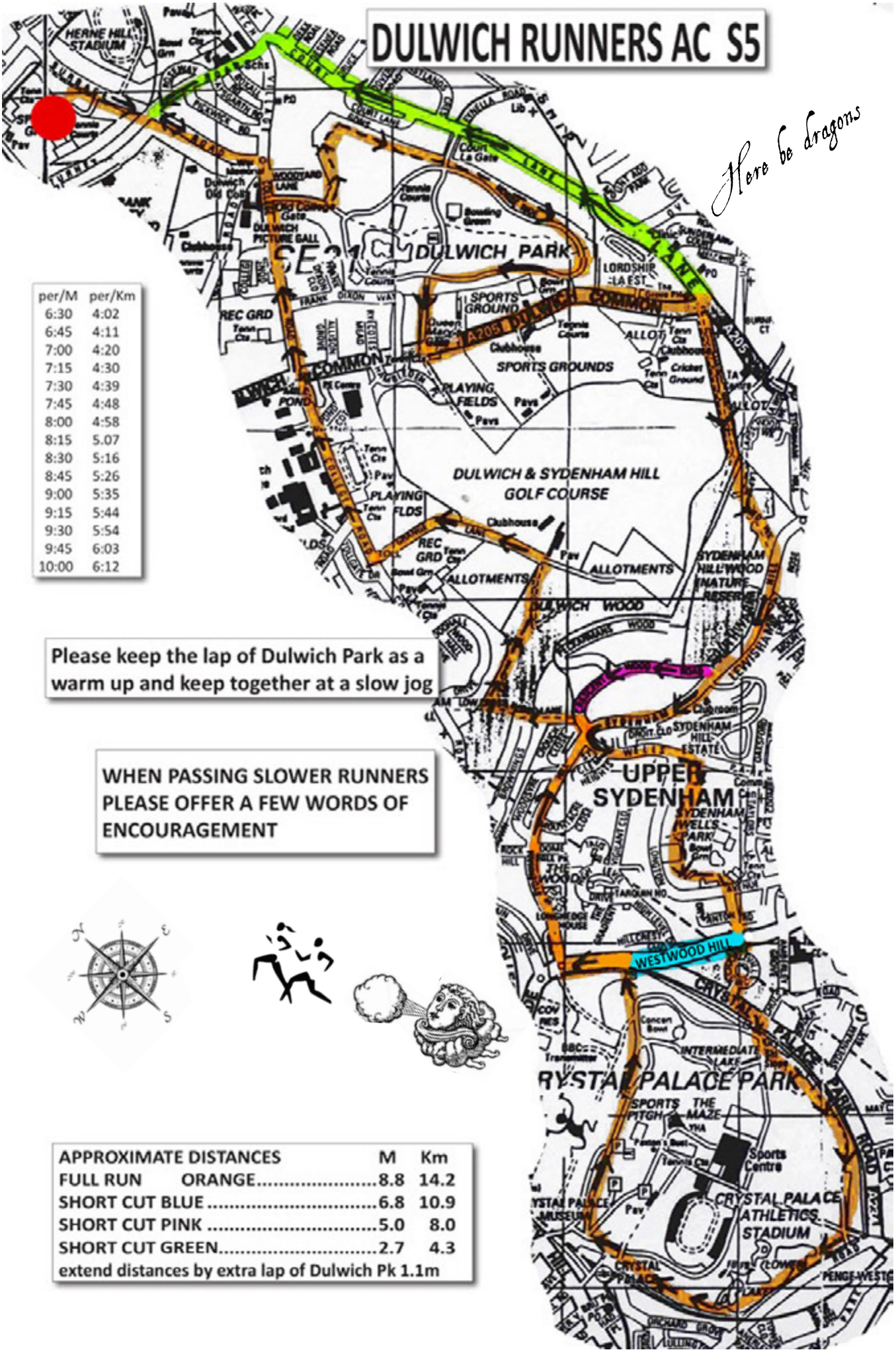
### Whitstable
216 ran

| Pos | Gen | | |
|---|---|---|---|
| 133 | 31 | Penelope D'arcy Graham | 28:59 |

**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.

# DULWICH RUNNERS AC S5




| 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 |

**Please keep the lap of Dulwich Park as a warm up and keep together at a slow jog**

**WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT**

| APPROXIMATE DISTANCES | M | Km |
|---|---|---|
| FULL RUN ORANGE | 8.8 | 14.2 |
| SHORT CUT BLUE | 6.8 | 10.9 |
| SHORT CUT PINK | 5.0 | 8.0 |
| SHORT CUT GREEN | 2.7 | 4.3 |

extend distances by extra lap of Dulwich Pk 1.1m