SHORTS

Dulwich Runners AC
Weekly Newsletter
May 25th 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 25 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 24 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...Beckenham relays
7... European Vets Champs
8... Green Belt Relays
14... Parkrun results..
15... 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

Thurdays track session

Depending on sufficient demand there is the liklihood of a Thursday short sharp mile-pace speed session at Ladywell track meet at 7.15pm for prompt 7.30pm start tomorrow.
If interested, e-mail steve.smythe@athleticsweekly.com

CLUB CHAMPS 5km (and mile) clarification

With the Assembly League race at Battersea Park on 2 June now being used for the 5k club champs, trophies and individual points will be awarded at this race.

However in view of the late change, resulting in part from bringing forward the date of the Mark Hayes Mile, it has been decided that times at the Sri Chimnoy race on 13 June will count for overall points and for completing sufficient club champs events. Thus for overall points (ie age graded scores) the better of the two races will count for those taking part in both.

Individual age group points will initially be based though solely on the first race - ie Assembly League (as per club Mile). However if for example 10 M50 athletes run the club mile or Assembly League then 11th place onwards is possible at the Eltham mile or Sri Chinmoy 5km.
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EVENT HORIZON

A brief look ahead

full fixture list **page 4**
June 2 Assembly league/Club Champs 5k, Battersea Pk
June 17 Mark Hayes Club Mile

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:**Desmond Edwards, Clare Cummings and Clare Barnard .**
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**

Clare Wyngard	**25/05**
Des Edwards	**25/05**
Lindsey Annable	01/06
Hugh Balfour	08/06
Charlie Boden	15/06

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

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

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

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

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***

Dino Dash Relay 2016 Wednesday 22nd June - start 7:30 pm

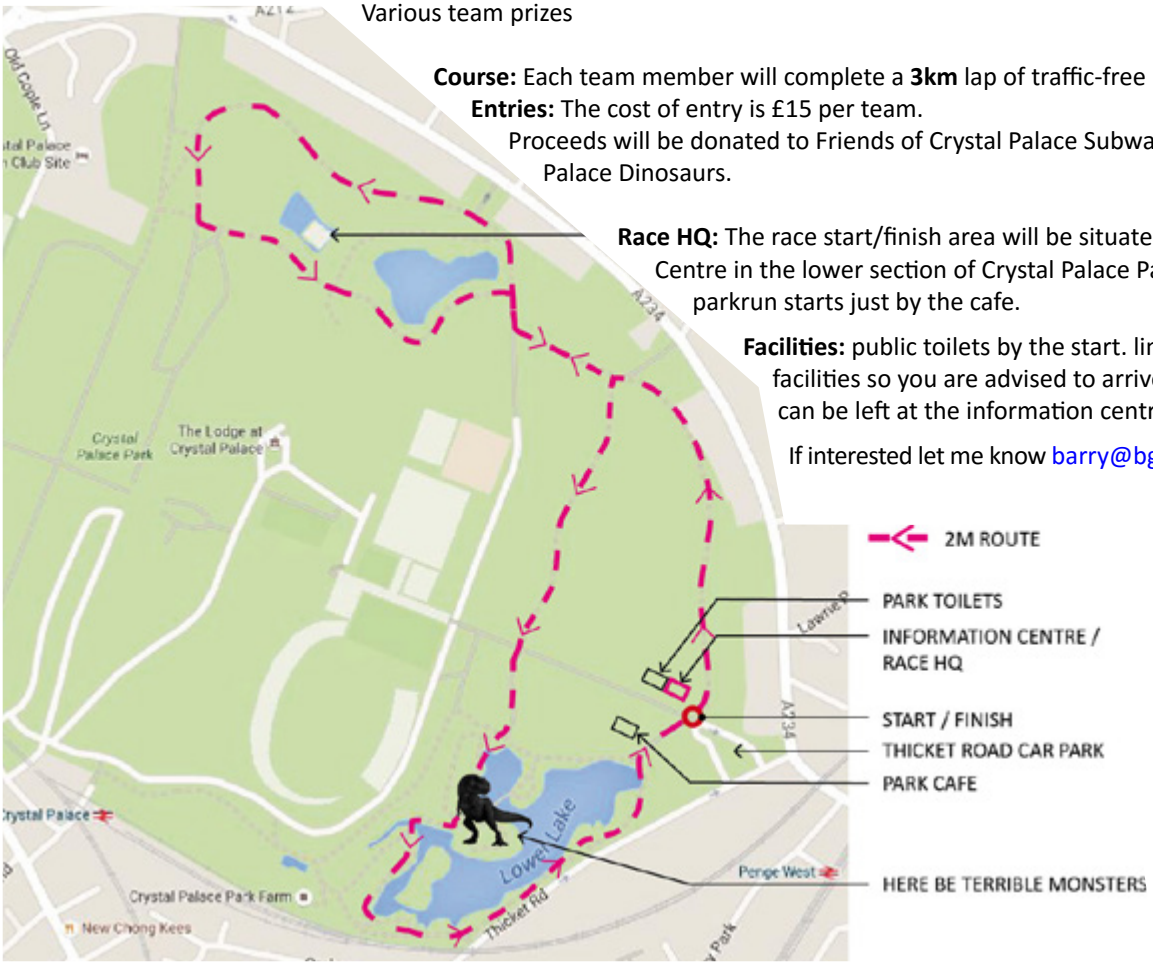
Format: A relay race for teams of three, open to ALL abilities
Various team prizes

Course: Each team member will complete a **3km** lap of traffic-free park paths.
Entries: The cost of entry is £15 per team.
Proceeds will be donated to Friends of Crystal Palace Subway & Friends of Crystal Palace Dinosaurs.

Race HQ: The race start/finish area will be situated at the Information Centre in the lower section of Crystal Palace Park, where the parkrun starts just by the cafe.

Facilities: public toilets by the start. limited changing facilities so you are advised to arrive ready to race. Bags can be left at the information centre

If interested let me know barry@bg1.co.uk



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

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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
Jun	2	Assembly League - 5k Battersea Park (S)	Battersea Park
	17	Mark Hayes Mile (S)	Dulwich Track
Jul	7	Assembly League - start 7:30pm (3 miles approx)	o2 Dome, North Greenwich
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.

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.

Jose's Last Race Eltham Crematorium

Monday 23 May

This is mainly to say a big thank you to everyone who came to Jose's funeral on Monday. About half a dozen cyclists, mainly DRs led Jose on his final journey from his house, over Shooters Hill and into Welling Way. At the junction with Rochester Way, about 25 DRs and four from Highgate Harriers, took over and we led the procession at a steady jog as far as the pedestrian entrance to the Cemetery.

While the cars and bikes went round to the vehicle entrance, the runners jogged through the Cemetery to meet them, and follow the hearse to the Chapel, so that Jose won his last race.

For the service itself, there must have been about 250 people packed into the Chapel. We heard an eclectic selection of Jose's favourite music, including singing along with gusto to Spirit in the Sky. Jose's sister, Georgina, and his wife, Katie, each gave a very moving, poignant and at times hilarious tributes.

So thank you again to all who came. Your presence, love and support certainly made my role easier, but much more importantly were a wonderful comfort to Jose's family.
I think we all felt that we honoured our friend and said farewell to him in a way that was fitting and in a way that was undeniably unique. ***-Hugh Balfour***

Beckenham Relays

Wednesday 18th May

Once again this popular relay race was a sell out and despite various problems brought some success to the Dulwich runners who were able to make the start line.

118 teams with 3 runners to each team completed a 4.1KM lap starting and finishing in Beckenham Place park, The course for those who have not ran this before is very similar to the Assembly league with the long and difficult incline up Beckenham Hill to finish. The atmosphere amongst all the teams was fantastic and a very competitive race with clubs fielding strong teams made for a good night.

Originally Dulwich had 8 teams of 3 but unfortunately the event had sold out before we could enter which meant at One stage Dulwich were set to miss out, Some last minute bargaining resulted in the license being increased to allow Dulwich to compete however by the time this had all been done it was 6pm in the evening which posed travel problems for many.It then just became a turnup and go with it approach, Andrea Pickup was first to arrive and quickly entered Two teams from the names confirmed

Mixed team A

Andy Bond	14:15	fantastic debut run
Andrea Pickup	17:27	
Ebe Prill	15:49	

Giving a team total of 47:31

We actually came 2nd but originally as the results were wrong we were not named in the top Three so are still awaiting prizes!

Mixed team B

Kev Chadwick	15:08 (42 second PB)
Gideon Franklin	18:20
Laura Vincent	19:06

Its worth mentioning that on the offical results Gideon is down as Mike Mann but traffic problems prevented Mike making the start so Gideon took his place.

As well as the team prizes being incorrect, lots of individual times including the overall fastest male were wrong.Lloyd Collier ran 14:56 for a Tunbridge Wells mixed team but was given 15:45 on the results, Also Laura Vincent's time was actually 18:45 for an impressive personal best but sadly they gave her 19:06.Speaking with other clubs at the finish including my Second claim team Petts Wood it was clear a lot of times and runners had been missed off the results.This is understandably a very popular and difficult event to organise and Beckenham do well but for £12 per team and many clubs entering 10+ teams then you would hope the results would be correct

Lets hope next year we can learn from this experience and get teams in early as I'm sure we have enough strength in depth to take lots more prizes.

-Kevin Chadwick

A Tale of Two Races

"It was the smallest of fields, it was the largest of fields"

Last week I ran in two half-marathons. For a running club I guess that is no great shakes, I'm sure many people have done that before and in terms of mileage it is nothing to write home about. But I'd be surprised if anyone has competed in two such different races in such a short time:

Race 1

Loch Eriboll Half marathon - NW Scotland

Rural, point-to-point, open roads
Entrants - 54
Spectators - one man and his dog !

A couple of friends had entered this race and as my only previous experience of Scotland had been a weekend in Edinburgh I thought I'd join them. An Easyjet flight to Inverness followed by a 2.5 hour drive took us to the extreme NW and the village of Durness - the most north-westerly inhabited village of mainland Britain, population 400 and home to the Cape Wrath Challenge - a week long series of races culminating in a marathon through an MOD exercise area which involves a ferry ride! But we were only here for the Half and feeling a bit wimpish when registering as everyone else seemed to be signed up for the week's runs.

If asked to envisaged a race in the Highlands you would probably come up with words like: hilly, windy, exposed, beautiful and you'd be right, all of these perfectly fit the course as it followed Loch Eriboll and the coast, it is certainly the most scenic race I've been in

Monday morning saw us gathered in the village hall and then dispatched in four minibuses and driven the 13.1 miles to the start. I'm not sure how the start was identified, there was certainly no line, no crowds of eager spectators, nothing. Maybe the starter recognised a pile of rocks on the side of the road. I managed to get to the front of the group, for once my chip and gun time was going to be the same - not least because there were no chips. After a brief countdown of 1-2-3 we were off. Now I must admit I did get a bit over excited about being in the leading pack and started off far too briskly. At the half way mark I was in 5th place but had been dropped by the leaders, and from then on it was a painful slog to the end gradually being picked off by more sensible and better paced runners. The last 3 miles were terrible, up steep, long hills and into a strong headwind. I was greatly relieved to finally make my way into the finish at the village hall car park in just under 1:40 and more importantly in 9th place. A top 10 finish!! For the first and no doubt last time.

After the race we were treated to soup and sandwiches and were able to admire the John Lennon memorial. All in all, a fun, very friendly, quirky event and probably the best chance you'll get of achieving a personal best position if not time. But book early, those minibuses fill up quickly.

Race 2

Gothenburg Half Marathon - Sweden

City, circular, closed roads
Entrants - 64,000
Spectators - Entire population of Gothenburg !

A friend of mine lives in Gothenburg and invited me over to run in the GoteborgsVarvet Half Marathon a race which claims to be the world's largest with over 64,000 entrants. As you can imagine with such a large race being held in such a relatively small city organisation was key and the organisers were up to task, a large Expo to collect numbers, free trams all weekend, live TV coverage etc. Everything you'd expect from a big city run.

As I had never competed in the race before and didn't read the small print about providing evidence of pervious half-marathons I was put in start group 21, which started at 3:30pm, a mere 2 and a half hours' after the elite start and meant by the time I started there were about 40,000 runners ahead of me. I got to the front for the start of the group and as there were a few minutes between each wave I was able to have a clear run for a couple of kilometers until we caught up with the stragglers from start group 20. From then on it was a case of ducking and diving, weaving in and out of slower runners. The frequent water stations in particular were scenes of carnage as inexperienced runners veered off at the last minute or stood around catching their breath. The organisers asked slower runners to stay to the right-hand side to allow the left-hand side to be an over taking lane and to some extent this worked but in some places the roads were simply not wide enough and at points I was reduced to virtually walking pace. Despite all the hold-ups and I managed to get round in 1:37 and finished in 4,324th place.

Maybe I'll try again next year when there will be fewer people starting ahead of me. ***- Graham Stanton***

European Vets Non-Stadia Champs 10k, 1/2M, XC relay Vila Real, Portugal

20th-22nd May

A late decision to 'seize the day' and join the Dulwich stalwarts of international veterans championships saw me sign up at the last minute of the extended deadline for these championships; a long weekend in the sunny Algarve has its attractions even if form and injuries would make poor performances a cast-iron certainty. But you have to believe the glass is half-full, don't you? And surely nothing could possibly rival my debacle in Lyon last year, could it...?

Friday 20th May
Women 10km
The women's race was at 6pm; the sun was still high and the temperature around 26c. A couple of shower-spray gantries were set up on the course but they weren't going to provide more than fleeting relief. At least there were no hills to worry about and Clare and Ros had to have good medal chances from past experience. Clare set out with intent and was 20 seconds clear at halfway having a controlled run when she was struck again by breathing difficulties and was forced to stop on a number of occasions while battling to finish in the hot and windy conditions.

The fact that she managed to finish at all and still hang on to the bronze medal is testament to her tenacity but was hardly a confidence booster for the races yet to come. This condition has been frustrating Clare for a long time now with a noticeable deterioration in recent months, but she has some optimism now that a pulmonary specialist is on her case. With previous world championships and world records at various distances under her belt, most of us can only imagine what it's like to see a major victory you know you are capable of just slipping away despite the legs being fit and willing. That bronze medal was hard-earned, so the legend lives on...

Talking of legends, Dulwich has more than one you know. Ros has landed a few world titles and records herself and though short of decent distance training had an excellent race against great rival Angela Copson, losing out to the world record holder by just five seconds, a great run at this distance. The two Brits in fact landed the silver and bronze medals as they couldn't hold Spaniard Emi Vaquero, who is no doubt more used to the climate. And so a bronze each for Clare and Ros but that wasn't all; Clare led the W50 team to gold despite her tribulations and Ros landed team silver. Two medals each on the first day, could be worse...

16 CLARE ELMS (3-W50) 40:28 Bronze medal
W50 TEAM: 1 GBR 2:07:26 Gold medals (Clare first scorer); 2 SUI 2:11:25
62 ROS TABOR (3-W65) 45:52 Bronze medal
W65 TEAM: 1 ESP 2:08:31; 2 GBR 2:26:07 Silver medals (Ros 2nd scorer)

Men 10km
The men's race started at 7pm and benefitted from being largely shaded although it didn't feel any cooler or less humid. The start was farcical as a line of officials tried to push the mass of runners back behind the start-line; each inch gained seemed to edge me closer to asphyxiation as the crush increased. I was about half a dozen rows back and when the gun went it was like a pressure release valve bursting.

I swear my feet didn't have to touch the ground for about half a minute. As soon as the melee spread out I was able to take stock and settle down to what I thought was a manageable pace. Note the phrase 'what I thought' – you can guess this will end in tears. My aim was to match the 36:02 I ran at Chichester, which I thought was feasible on this nice, flat and apparently fast course. Passing 5k in about 17:50-17:55 was spot-on but things turned sour very soon after as the heat seemed to get to me and the loss of over a minute and a half in the second half rewarded me with the slowest road 10k I've ever run. Incredibly I was fastest of all age groups in the British team. I do like to pick these big events to peak for...

Meanwhile Coach Steve, adding to his slight renaissance since the marathon, was running steadily and well in the conditions and finished with a time dangerously close to beating Clare, which hasn't happened for a long while. The official results revealed the gap to be nine seconds in Clare's favour, so sanity prevailed. Andy ran steadily a couple of minutes down on his Chichester time, which was par for the course. Hardly a set of impressive results but another bonus for our little party was when it was established that Steve had landed himself a well-deserved silver medal as part of the second-placed Great Britain M55 team, who prevailed over the German squad by a mere six seconds.

111 TONY TUOHY (13-M50) 37:37 (1st Brit of any age group)
M50 TEAM: 1 IRL 1:44:03; 5 GBR 2:02:14 (Tony 1st scorer)
163 STEVE SMYTHE (23-M55) 40:37
M55 TEAM: 1 POR 1:50:11; 2 GBR 1:58:05 Silver medals (Steve second scorer); 3 GER 1:58:11.
270 ANDREW MURRAY (41-M60) 47:47 (not scoring in M60 team)

Saturday 21st May
Cross-country Relays
To fill up the day before the half marathon this bit of fun is provided, featuring a sandy trail of approx. 2.15km per lap. The women and older men only had to run legs of a single lap while the rest of us enjoyed going round again. No individual medals for this, but team medals were on offer for every age group so competition was just as fierce. It was the ladies who landed the hardware again; firstly Clare was handed a good lead and could ease round without going too mad to secure the golds for a grateful team – her controlled run was still at a fairly nifty sub-11min 3k pace. Ros had an even easier task and made no mistake securing the same result.

W50 (3x 2.15km): 1 GBR 26:23 Gold medals (Clare leg 3 - approx. 7:50); 2 POR 27:03
W65 (3x 2.15km): 1 GBR 27:41 Gold medals (Ros leg 3 - approx. 9:25); 2 SUI 33:34

Unfortunately the men couldn't get near the medals, although my M50 team did finish 4th. Steve's run was surely worthy of the gold-winning GBR A team but he found himself only allocated to the B team.

M50 (3x 4.3km): 1 IRL 45:14; 4 GBR 49:27 (Tony leg 3 - approx. 16:05)
M55 (3x 4.3km): 1 GBR A 50:41; 5 GBR B 59:41 (Steve leg 1 - approx. 17:30)
M65 (3x 2.15km): 1 POR 23:18; 6 GBR B 2 (Andy leg 2) 27:07

Sunday 22nd May
Half Marathon
And so to Sunday morning and very welcome cooler conditions. Pacing strategy had been the hot topic at dinner the previous evening with Clare and me scared out of our wits of running this particular half marathon, while Andy and Ros were their usual unfazed selves. Steve urged caution, which wasn't too difficult to agree to, especially as Clare was of course anxious to avoid a repeat of the 10k. It was thought that even a pace as conservative as 6:40 per mile would keep her in touch with the main contenders and so it proved in the main, as she ran easily but warily, with Steve maintaining the pace discipline for the first half of the race.

By this point Clare had moved well ahead of her conquerors from the 10k but was trailing a Spaniard who had come into the half marathon fresh and was motoring. The desire to push on was like an itch that needed scratching but came with the risk of disaster. Clare did in fact push on carefully through the second half but the Spanish girl Soledad Castro had a substantial lead and was well out of range. Clare's eventual silver medal from a very conservatively run race, with the 10k winner a full three minutes back in third, has to count as a major turnaround after the 10k troubles, even if the time is nothing to write home about – that's championship running for you.

All this was taking place a little behind me. This race held no prospect for glory for me, but retained the merest hint of a possible team medal so had to be run as best I could, but with the least distress. I reasoned that a pace of 6:20 per mile for a time of about 1:23:00 was surely conservative enough and if I slowed a little from that, so be it. For once in my life I made frequent checks of the Garmin and stuck rigidly to 6:20s – for about 10k. By halfway my average was 6:25 and was inexorably slipping as the run became a survival exercise.

The 11th mile fell to seven minutes and after a dead turn I noted that Clare was about a minute behind me; I thought she had a good chance of catching me as I dragged my aching unfit thighs through each 'stride'. The final dead turn about 900m from home came and went and the sight of Clare just behind spurred me on to a scorching finish (yeah right) and a shocking clocking of 1:27:19, almost exactly 10 minutes short of my PB. Don't laugh, it really hurt. And my team were bloody 4th again.

Meanwhile Andy and Ros were running together. Andy had to make a short unscheduled stop but got back on the road and scored a solid run. Ros pressed on and ended up with a very creditable time in her first half marathon for three years. She was rewarded with yet another medal, a bronze, and was just a minute short of the silver. She also gained the bonus of being first scorer for the silver-winning British team, bringing her medal tally from the weekend to five. This was matched by Clare, whose individual silver was supplemented by bronze as she led the scoring for the team in third. And so ended an action-packed weekend on the Algarve with our little Dulwich team bringing back a total of 11 European Championship medals. Well, three of them did. The ladies were greedy though.

Men
134 TONY TUOHY (22-M50) 1:27:19
M50 TEAM: 1 ESP 3:51:43; 2 IRL 3:51:45; 3 POR 3:51:45; 4 GBR 4:07:32 (Tony 3rd scorer).
153 STEVE SMYTHE (15-M55) 1:29:01
M55 TEAM: 1 ESP 4:15:54; 4 GBR 4:28:17 (Steve 2nd scorer).
292 ANDREW MURRAY (35-M60) 1:45:33
Women
11 CLARE ELMS (2-W50) 1:27:35 Silver medal
34 ROS TABOR (3-W65) 1:42:23 Bronze medal
W35: 1 ESP 4:11:14; 3 GBR 4:48:43 Bronze medals (Clare first scorer)
W60: 1 SUI 5:22:07; 2 GBR 5:41:53 Silver medals (Ros first scorer)

Total medals:
Clare: 2x Gold, 1x Silver, 2x Bronze
Ros: 1x Gold, 2x Silver, 2x Bronze
Steve: 1x Silver

Green Belt Relay 2016 – a great weekend

It was an extremely busy weekend with Dulwich Runners navigating themselves around various remote parts of Greater London. A map is needed to run each leg, but also to arrive at the right place, at the right time to start running. But it worked, somehow! There were a couple of blips, but you can't plan for all eventualities. We all arrived at our starts, ran and were picked up and got home ok. (Maybe not exactly at the right times, but those are the entertaining stories.)

To quote one runner – 'It's the manic driving between stages that makes it exciting'. Hopefully Jim agrees with that – thanks Jim for all your help on Saturday.
Having planned the travel logistics, it was the first year that I've been more concerned about whether we arrived at our starts than the actual details of my own legs. But thanks to a really good team effort it was a fun weekend. The two teams (mixed and mixed vets) were made up of both GBR oldies and newbies.

Leg 4 Little Marlow to Great Kingshill 12.2 miles
This is classified as difficulty 10, as it is 12.2 miles with some steep hills. It goes from the Thames into the Chilterns, so there's a clue. The beginning was a long slow climb that I was assured by another runner was not actually one of the hills. He was right that the steep hills came a bit later in the woods. They were challenging, but what beautiful places to run. Those are the parts of the GBR that I love.

Navigating through woods can be tricky but the paths had been clearly marked with the GBR arrows and plenty of saw dust so we stayed on course. The only place I went briefly wrong was when the instruction was to go 'round the walls of the Manor'. There were 2 walls and I chose the wrong one, but quickly realised my mistake. At that point I'd been running in a group including a Serpentine lady, and that allowed her

to get back in front of me. She had set off faster than me but was slowing and I was stronger than her up the hills. A fairly flat stretch along a road kept her in the lead but we turned off at mile 11, (Jim and Louisa were marshalling there so gave us a boost – well Louisa did, Jim was too busy being authoritative with drivers in his hi-viz) onto a steep hill that lasted for most of the last mile. It started on a road that turned into a rough stoney track through the trees, that you couldn't see the end of. I passed her here and managed to keep in front to the end. A great leg to do, loved it.

Leg 12 Blackmore to Thorndon Park 10.9 miles

This is the first leg on Sunday morning so we were up bright and early to get to Blackmore in Essex. We arrived in time to use the facilities - 'a field at the end of the village' but it was sunny and we avoided the stingers. The legs, especially the quads, were feeling reluctant but it's the same for everyone and somehow I did manage to get them running again. This leg is more on country lanes with some paths across fields and Thorndon Park woods at the end.

There are no real hills but gently rolling countryside which felt steeper than it probably was. By coincidence there was the same Serpentine lady as yesterday, who again went off faster than me. I thought this course favoured her more but again I started to close. She missed a turn into the woods at which point I got the lead. We called her back but she was then 150m behind. With the company of a man from Team Bushy for the last 4 miles I was able to keep strong and was over 4 minutes in front of her at the end.

Having arrived at the end of the stage, my car was there waiting for me and Louisa as planned, and I had been texted that Norma had the key. Who was Norma? At first nobody seemed to know but then we found out it was the time keeper who had now moved on to the end of the next stage! Several people found it amusing to suggest that I ran to get it. My legs were running nowhere, regardless of the fact that there wouldn't be time. I was supposed to be picking up Tim .... marshalling on stage 15 .... etc. The Serpentine minibus came to our rescue and took us to the car key, where Claire and Tessa were able to take us back to my car. Martin was able to pick up Tim and go to the marshalling point with him. We met them there and were back on track – sorted. ***- Ange Norris***

The Green Belt Relay starts at the bridge by Hampton Court Palace,

where we gathered on Saturday for our briefing at 08:15. It was a nice cool morning, no sign of rain. Ange was there handing out race numbers and T-shirts, carrying a big yellow "Beware Runners" sign for marshaling duty. The first leg was mostly along the Thames. The instructions said that you needed to be careful not to miss the bridge at Walton, but otherwise it was quite a straightforward route on mixed terrain. Toby (a week ahead of his wedding) and I ran together most of the way, admiring a blind runner with his guide ahead of us in bright yellow Stragglers shirts. This was helpful, because you know you are probably on the right route if you have the host club members in sight.

Jim valiantly drove members of the club in his car during the first day, having unfortunately picked up a toe injury himself. At one point this involved quite a tight squeeze so as not to leave anybody behind. We could enjoy the sight of cows wandering on the meadows yellow with buttercups and the drive through Eton. No rest for the wicked, soon after I was handing out water to runners as they emerged from a cricket ground. The lead runner sped along and in a bad tempered way failed to grab a cup. Soon afterwards came a smiling Tim and Ebe. Our job was to warn people of a low bridge and point them into a wood. The master plan had me driving Ange's car for a while, aided by Jo expertly reading the map.

On Sunday I ran the 16th stage, ranked with a 10 and described as the most difficult. Having done 12.7 miles on the previous day, this time was 13.3 miles and very hilly. I was now driving Lucy's car and took a wrong turning off the motorway, but got to the start by Lullingstone Castle in time for the health and safety briefing. This is a beautiful route along the North Downs Way and through woods carpeted with bluebells until recently. We ran though fields of broad beans and rape flower.

I found myself running alongside someone in a BA vest who had been along a fortnight earlier and was full of confidence on the route, so when he proclaimed that the runners ahead had gone the wrong way I followed him, only to find myself shortly afterwards in the wrong place trying hard to keep up with him in order not to be totally lost. My legs still itch from the stinging nettles. My companion was slowed down when he lost a shoe in a bog, after which we both had to clamber though barbed wire fencing. We ran past several hikers and eventually I was relieved when other runners appeared in our vision. The hills were relentless, but I found myself overtaking three people during the last three miles when we were on a hard surface running up some steep slopes. I had in my muscle memory all those hills in the Dulwich area.

-Gideon Franklin

Green Belt Relay from a Newbie…

This was a particularly exciting race for me as it was my first chance to pull on the club vest. My first leg was a graveyard shift of sorts out towards Chelmsford starting at 6.48pm. It was a gently undulating 7 mile course through meadows and farmers' fields, with the greatest challenge coming from the blanket of flies hovering in the early evening air. I managed to get into a groove and finished off in second place, three minutes behind the leader.

The Sunday morning course was much more technically demanding, stretching over 13 miles from Lullingston to Tatsfield with roughly 1,200 feet of ascent. I was sent the wrong way by marshals around the half way mark, which meant I accidentally cut the course short and temporarily found myself in the lead. I eventually came across the line in third place to slightly more of a fanfare than my running had warranted. All was resolved and the marshal even came to the end to apologise.

After a chat with the race organisers I was justifiably put back to fifth place. All in all it was an absolutely cracking event and a great opportunity for me to put some Dulwich Runners' names to faces. Thanks to everyone for making me feel welcome to the club and for organising what must have been a logistical nightmare of a race. I couldn't have enjoyed it more and I'll definitely be getting involved again next year!

- Greg Hills

Green Belt Relay 2016, stages 5 (13.5 miles, Saturday) and 15 (9.2 miles, Sunday)

This was to be the first time I could take part in this relay, having been prevented in previous years by a clash of dates with the National masters in Sutton Coldfield.
Those were a week earlier this year, so I was really looking forward to my bit in circumventing London. And it didn't disappoint! I had two nice days of simultaneously racing, trying not to get lost and enjoying some spectacular landscape along the way.
Mind you, my legs do still feel it, there wasn't much hanging about despite navigating forcing some slowing down on occasions.

My first stage on Saturday noon was one of the three more demanding ones (difficulty 10=bloody hard it said), 13.5 miles from Great Kingshill through Amersham to Chipperfield. First miles on road and more downhill, so good for me. Second part on trail, through gates and some fiendish climbs. Not my forte. Tim Bowen was my Dulwich companion and I can report that he duly took off in the lead group. Which was fast. And got faster. I still could see him shadowing the leaders on the second mile when he suddenly stopped and ran back to pick something up from the road, turned out to be his mobile (which had slipped from his belt), so guess he had no choice.

Think the Green Belt is full of such little (or larger) surprises and adventures, what is partly what makes it fun. Not a straight forward race by any means. Anyway, that was about the last I saw of Tim before the finish. I had opened a slight lead on my closest pursuer when we hit the first steep uphill around mile 6 in Amersham. A field with a war memorial at the top. We were supposed to cross it diagonally on a path, staying below the memorial and continue straight onto a hidden footpath. The path was still there on Google Earth when I had a cunning preparatory last look on Friday. Not now in the real world. The farmer had ploughed over it and grown some crops, no way through. Instead I went around ending up above the war memorial, which turned out to be a fully fledged little war cemetery by now. No idea where the entrance to that footpath was from here, so had to stop and take bearings.

My pursuer caught up with me and turned out to be a thoroughly nice chap who had no clue either. Think this is another of the typical Green Belt experiences. We both decided on a direction (which was correct) and continued together for a while. Eventually he couldn't quite stay the pace and -it's a race after all - I pushed on, with no one in sight and also pretty soon no one visible behind me. It stayed that solitary way (almost) to the finish with luckily no more navigational confusion, at least not for me.

Around mile 12 on a tricky stretch through some woods there appeared suddenly a fellow runner. He was coming towards me, a puzzled look on his face. I recognised him as the last runner I had seen ages ago disappearing ahead of me. Now he thought he had gone off course and was trying to find the right trail. Only he was on it, just pointing the wrong way. I quickly put his mind at rest and off he raced, back from where he came. I didn't have the legs at this stage to keep up with him, but it wasn't long until the welcome sight of the finish appeared. Together with The Car (and fellow DRs, including Jim who thankfully had volunteered to drive us all around). Tim had made it nine minutes ahead of me (in an excellent fourth position on this tough and strongly contested stage) and that he wasn't already sitting in front of his second pint was largely due to there being no pub around in miles. I came 11th overall (incidentally our team position at the end), not a bad day's work after all.

Sunday brought a shorter and easier stage, 9.2 miles from Stone Lodge to Lullingstone Park (difficulty 6), with several beautiful stretches along a river. The first miles though are along (and across!) busy roads. Altogether I managed to run a bit quicker on this stage, which was also easier to navigate. Again, for the most part this was a solo run, in fine weather (water was needed, and found that trying to drink from a cup while running up a steep incline and disposing of the remains in a bag shortly after the water station is an art I have yet to master).

I finished in 8th position, at the end of a lovely riverside trail.
My Dulwich companion Lucy arrived not too long after, wearing a happy smile (and very groovy shorts)!
Many thanks to our captain Ange for organised everything superbly (and she balanced our two Dulwich teams so nicely that we finished next to each other with only a few minutes difference). Also many thanks to our drivers (Jim and Lucy in my case) and marshals! I hope I can do it again next year! ***-Ebe Prill***

Stage 5: 11th in 1:36:17 (2. Veteran Mixed) Stage 15: 8th in 1:03:22 (1. Veteran Mixed)

Green Belt Relay Stage 8 and 20 – a newbie's perspective

This had been on the to do list for some time but it's always a challenge to commit with both of our schedules changing from one day to the next. This year we managed to avoid any long haul trips on my part or long weekends' filming on Barrie's.
We downloaded the maps and the amazingly detailed logistical instructions from Angie in preparation and studied them carefully. On Saturday afternoon we made our way to St Albans and were picked up by Ange, playing musical cars as Gideon and Jo headed for home and we dived into the back seat. Despite having being held up by weekend traffic, Ange deftly managed to get us to the start in plenty of time.

Our first leg went from Letty Green to Dobbs Weir and to all accounts was both scenic and flat. So a big tick for two reasons. Indeed the route was lovely following a path into Hertford and around the castle where we had the boost of partisan support from Gary and Ange on marshalling duties. It then followed the canal right along to the weir.

We started relatively near the back concerned we'd be among the slowest but found ourselves passing other runners for most of the way. I took it out relatively steadily with Barrie a few paces behind. He was soon joined by a Serpentine runner, who started to really push the pace! We all found ourselves working extremely hard, running far faster than we all had anticipated and gradually picking off more and more runners.
The Serpentine runner was first to wilt with the pace and then as we neared the final half-mile Barrie's marathon endurance kicked in to pull slightly ahead. The weir was a lovely area to finish in and we were met by a beaming Ange who seemed to have spent most of the day driving between various points on the course.

Day 2 was a case of mind over matter. To old hands aching legs are probably par for the course but to us the thought

Ange & Barrie J

of racing again was quite daunting. This time we were met by Martin and Marion who kindly ferried us to the start, which was in the middle of nowhere, but purportedly near West Hanger! Fortunately we had the easiest leg of the race – a mere 6 miles most of which were downhill.

In hindsight we probably started too close to the back as the first couple of miles were often single file on a woodland path and we bunched behind a line of slower runners. Nonetheless such is the spirit of the race it almost felt rude to carve our way through narrow gaps past them so we waited til the path widened.
The final couple of miles were on a flat road into Ripley and by chance we saw Ange and Steve as they were driving to the end of Stage 21 who gave us a welcome loud cheer. Barrie again put his foot down and I was hanging on for dear life. We saw the vest of a Serpentine runner in the distance and as we got nearer we realized it was the same lady from Saturday. I just ran out of road to beat her but Barrie managed to call on his legendary sprint finish to just nip her on the line. She exclaimed 'Nobody beats me in a sprint finish' but then again she'd not met Barrie before.

It was then onto the end of leg 21 with Marion to meet Jo and Martin at the end of their leg. Being so close to the finish we all went back to the Hawker Centre to cheer in the final runners and indulge in suitable alcoholic refreshment. The presentations were highly amusing with the famed toilet seat going to the exotic sounding

Ange & Lindsey

Pembroke Atletica club who were not from Wales but Richmond parkrun – named after the café in Richmond park! Our legs are still aching but the run allowed us to enjoy beautiful scenery we'd never have visited. A huge thank-you to Ange for her highly impressive organization skills and to Marion and Martin for kindly transporting us to our stage and to the race end. Well done to all the runners as well as other drivers who kept the team on the move.
What a great weekend!

-Lindsey Annable

Green Belt Relay Stages 6 and 13 – 21 and 22 May 2016

Claire Steward writes: I took part in the Green Belt Relay in 2002, 3, 4, 6, 7, and 9, completing twelve different stages, but subsequently other events (most notably the White Peak Marathon), then injury, kept me away until 2015. This year, I opted for two of the shorter stages that I had not done before. Saturday morning I met up with Sarah and Tessa, both first-timers and both coincidently back from abroad only one day earlier. Hugh was the forth member of our little team for the day, driving Sarah's car while Sarah and I ran Stage 6. She declared that she would just follow me round, and then proceded to run away into the distance for the first few miles.

When I caught up with her we were in a group with three other runners and they seemed happy to let me lead and then catch up each time I stopped to double check race instructions; 'Turn right off lane over stile (may be hidden by hedgerow).....' turned out to be a gap in the hedgerow with no stile. I tried to get away from them but was not helped by someone having deliberately removed the final arrow to the riverside and at the finish but could hear one person chasing me down. Thankfully it was Sarah, not one of the opposition who had been using me as navigator. After a short drive we were in time to stand in the rain to see Hugh and then Tessa finish stage 7, then retire to the pub for a hot drink.

Sunday it was my turn to drive Sarah and Tessa to pick up Ange's car and get to Stage 13 which Tessa and I ran. This was much easier to navigate which was a blessing as I lost Tessa at about 3.5 miles and ran the rest of it on my own. Sarah drove my car to the start of her Stage 14 and had departed by the time we finished. Andrea however was a late arrival after some idiot crashed his car in front of her, then abandoned it leaving her to find an alternative route through the countryside.The marshal took note of her start time and she pluckily set off (without a map, don't ask) for a lonely run. In the meantime Ange and Louisa had been stranded at the end of Stage 13 because although Ange's car was there, her key was not. We had been instructed to leave it with a marshal, which we had duly done, but it turned out to be a marshal who had gone off somewhere else by the time Ange arrived.

So after blagging a ride from a Serpie driver, they caught up with us and the key, and I drove Ange (and Louisa) back to her car then we went to await Sarah who finished looked fresh and smiling, and then a long wait for Andrea who heroically managed to complete the stage, adding a couple of extra miles while she went off course. I just had to get Andrea back to her car then we could all go home. Job done – simples! I still have eight stages that I have not run – can I face another four years of GBR madness to get the full set?

Dulwich Runner's GBR Day 1 Saturday 21/5/2016 Results

Leg 1 Hampton Ct to Staines

1	Reynolds	Bryn	Clapham Chasers	01:17:19	Open Mixed
23	Franklin	Gideon	Dulwich Runners 1	01:37:10	Vets Mixed
26	De Belder	Toby	Dulwich Runners 2	01:40:13	Open Mixed

Leg 2 Staines to Boveney

1	Barrett	Simon	Serpentine RC Men	00:56:14	Men
6	Hutchinson	Michael	Dulwich Runners 1	01:03:43	Vets Mixed
25	Pritchard	Louisa	Dulwich Runners 2	01:40:13	Open Mixed

Leg 3 Boveney to Little Marlow

1	Nugus	John	Serpentine RC Men	01:05:30	Men
9	Sullivan	Gary	Dulwich Runners 1	01:17:40	Vets Mixed
27	Shelton	Jo	Dulwich Runners 2	01:30:26	Open Mixed

Leg 4 Little Marlow to Great Kingshill

1	Barnes	Alan	Stock Exchange	01:11:35	Men	
8	Burrows	James	Dulwich Runners 2	01:23:59	Open Mixed	
16	Norris	Ange	Dulwich Runners 1	01:32:44	Vets Mixed	Stage Winner

Leg 5 Great Kingshill to Chipperfield

1	Rutter	Martin	Clapham Chasers 2	01:22:18	Open Mixed
4	Bowen	Tim	Dulwich Runners 2	01:27:19	Open Mixed
11	Prill	Ebe	Dulwich Runners 1	01:36:17	Vets Mixed

Leg 6 Chipperfield to St Albans

1	Wheelan	Shaun	Front Runners 1	01:00:47	Men
25	Banting	Sarah	Dulwich Runners 2	01:12:27	Open Mixed
26	Steward	Claire	Dulwich Runners 1	01:12:29	Vets Mixed

Leg 7 St Albans to Letty Green

1	Fullen	Ian	Team Bushy	01:09:31	Open Mixed
16	Balfour	Hugh	Dulwich Runners 1	01:28:50	Vets Mixed
34	Morrison	Tessa	Dulwich Runners 2	01:42:31	Open Mixed

Leg 8 Letty Green to Dobbs Weir

1	Allchin	Jim	Thames Hare & Hounds	01:02:40	Open Mixed
22	Nicholls	Barrie-John	Dulwich Runners 1	01:28:57	Vets Mixed
23	Annable	Lindsey	Dulwich Runners 2	01:29:17	Open Mixed

Leg 9 Dobbs Weir to High Beech

1	Busalieh	Chris	Stock Exchange	00:59:03	Men
19	Pickering	Lucy	Dulwich Runners 2	01:20:31	Open Mixed
25	Morley	Martin	Dulwich Runners 1	01:23:47	Vets Mixed

Leg 10 High Beech to Toots Hill

1	Porzuczek	Bartosz	Serpentine RC Men	01:02:39	Men	
12	**Pickup**	**Andrea**	Dulwich Runners 1	01:10:54	Vets Mixed	Stage Winner'
17	Foster	Mark	Dulwich Runners 2	01:14:41	Open Mixed	

Leg 11 Toots Hill to Blackmore

1	Reeves	Andrew	Serpentine RC Men	00:44:15	Men
2	Hills	Gregory	Dulwich Runners 2	00:47:03	
8	Williams	Steve	Dulwich Runners 1	01:00:54	Vets Mixed

Standings at end of day 1

1	Serpentine RC Men	12:05:18	Men
10	Dulwich Runners 1	14:45:51	Vets Mixed
15	Dulwich Runners 2	15:09:23	Open Mixed

Dulwich Runner's GBR Day 2 Sunday 22/5/2016 Results

Leg 12 Blackmore to Thorndon Pk

1	Torry	Hugh	Serpentine RC Men	01:01:39	Men	
12	Norris	Ange	Dulwich Runners 1	01:17:26	Vets Mixed	Stage Winner
22	Pritchard	Louisa	Dulwich Runners 2	01:32:13	Open Mixed	

Leg 13 Thorndon Pk to Cranham

1	Cunningham	Jeff	Serpentine RC Men	00:36:50	Men
26	Morrison	Tessa	Dulwich Runners 2	00:52:55	Open Mixed
28	Steward	Claire	Dulwich Runners 1	00:54:49	Vets Mixed

Leg 14 Cranham to Davy Downs

1	Moscrop	Jonathan	Front Runners 1	00:52:39	Men
32	Banting	Sarah	Dulwich Runners 2	01:16:15	Open Mixed
34	Pickup	Andrea	Dulwich Runners 1	01:18:00	Vets Mixed

Leg 15 Stone Lodge to Lulligstone Park

1	Rutter	Martin	Clapham Chasers	00:54:39	Open Mixed
8	Prill	Ebe	Dulwich Runners 1	01:03:22	Vets Mixed
24	Pickering	Lucy	Dulwich Runners 2	01:13:02	Open Mixed

Leg 16 Lulligstone Park to Tatsfield

1	Barnes	Alan	Stock Exchange	01:25:47	Men
5	Hills	Gregory	Dulwich Runners 2	01:29:36	Open Mixed
21	Franklin	Gideon	Dulwich Runners 1	01:57:11	Vets Mixed

Leg 17 Tatsfield to Merstham

1	Reynolds	Bryn	Clapham Chasers	01:00:57	Open Mixed
3	Bowen	Tim	Dulwich Runners 2	01:01:22	Open Mixed
11	Sullivan	Gary	Dulwich Runners 1	01:13:22	Vets Mixed

Leg 18 Merstham to Box Hill

1	Bradford	Jonathan	Serpentine RC Men	01:01:16	Men
3	Burrows	James	Dulwich Runners 2	01:05:11	Open Mixed
5	Hutchinson	Michael	Dulwich Runners 1	01:05:41	Vets Mixed

Leg 19 Box Hill to West Hanger

1	McMullan	James	Thames Hare & Hounds	00:58:14	Open Mixed
13	Williams	Steve	Dulwich Runners 1	01:10:17	Vets Mixed
21	De Belder	Toby	Dulwich Runners 2	01:19:09	Open Mixed

Leg 20 West Hanger to Ripley

1	Evans	David	Serpentine RC Men	00:35:37	Men
23	Nicholls	Barrie-John	Dulwich Runners 1	00:48:04	Vets Mixed
25	Annable	Lindsey	Dulwich Runners 2	00:48:19	Open Mixed

Leg 21 Ripley to Walton Bridge

1	Gillanders	James	Front Runners 1	00:48:59	Men
23	Shelton	Jo	Dulwich Runners 2	01:07:22	Open Mixed
27	Morley	Martin	Dulwich Runners 1	01:10:23	Vets Mixed

Leg 22 Walton Bridge to Hawker centre

1	Gould	Nic	Thames Hare & Hounds	00:52:35	Men
19	Foster	Mark	Dulwich Runners 2	01:05:14	Open Mixed
24	Balfour	Hugh	Dulwich Runners 1	01:08:11	Vets Mixed

Standings at end of day 2 Final Positions

1	Serpentine RC Men	22:36:11	Men	1st Overall Team
11	Dulwich Runners 1	1:03:53:36	Vets Mixed	2nd Vets Mixed
12	Dulwich Runners 2	1:04:00:01	Open Mixed	7th Open Mixed

parkrun

May 21

Ashton Court
433 ran

Pos	Gen		
151	125	Barnes Stringer	25:49

Brockwell
299 ran

Pos	Gen		
48	1	Victoria Read	21:09
77	71	Graham Laylee	22:14
101	12	Lucy Clapp	23:11
125	106	Kees Kuijlaars	24:14

Bromley
631 ran

Pos	Gen		
45	2	Selma Benattia	20:03

Burgess
215 ran

Pos	Gen		
19	1	Kim Hainsworth	20:27
180	124	Barry Evans	30:07

Conwy
213 ran

Pos	Gen		
190	115	Chris Vernon	36:33

Crystal Palace
no run this Sat 28th

249 ran

Pos	Gen		
7	1	Mel Edwards	20:11
8	7	Simon Lang	20:34
53	48	David Haviland	23:16
58	52	Paul Hodge	23:27
63	56	Mark Muffett	23:42
76	8	Belinda Cottrill	24:09
93	14	Lucy Cartlidge	25:16
108	89	Ameet Patel	25:34
141	110	Bob Bell	27:23
143	33	Penelope D. Graham	27:29
148	113	Peter Jackson	27:58
219	81	Rhoda Collier	33:37
221	139	Lloyd Collier	34:13
224	140	Rafe Collier	34:29

Greenwich
253 ran

Pos	Gen		
15	15	Michael Fullilove	21:06

Newbury
420 ran

Pos	Gen		
23	22	Andrew Bright	20:44

Peckham Rye
177 ran

Pos	Gen		
1	1	Charles Lound	17:38
60	3	Helen Covich	23:35
66	63	Michael Dodds	23:53
83	13	Claire Barnard	25:42
99	23	Natalie Davys	26:40

Riddlesdown
177 ran

Pos	Gen		
59	47	Peter Gibbons	23:15

Shorne Woods
195 ran

Pos	Gen		
28	26	Matthew Ladds	22:58

Sittingbourne
176 ran

Pos	Gen		
3	3	Andy Bond	17:40
12	12	Nicholas Brown	21:14

Southwark
204 ran

Pos	Gen		
93	81	Paul Keating	24:38
127	27	Kaylee Coxall	26:05

Tilgate
510 ran

Pos	Gen		
97	90	Gary Budinger	23:55

Tooting Common
395 ran

Pos	Gen		
54	51	Cameron Timmis	21:07

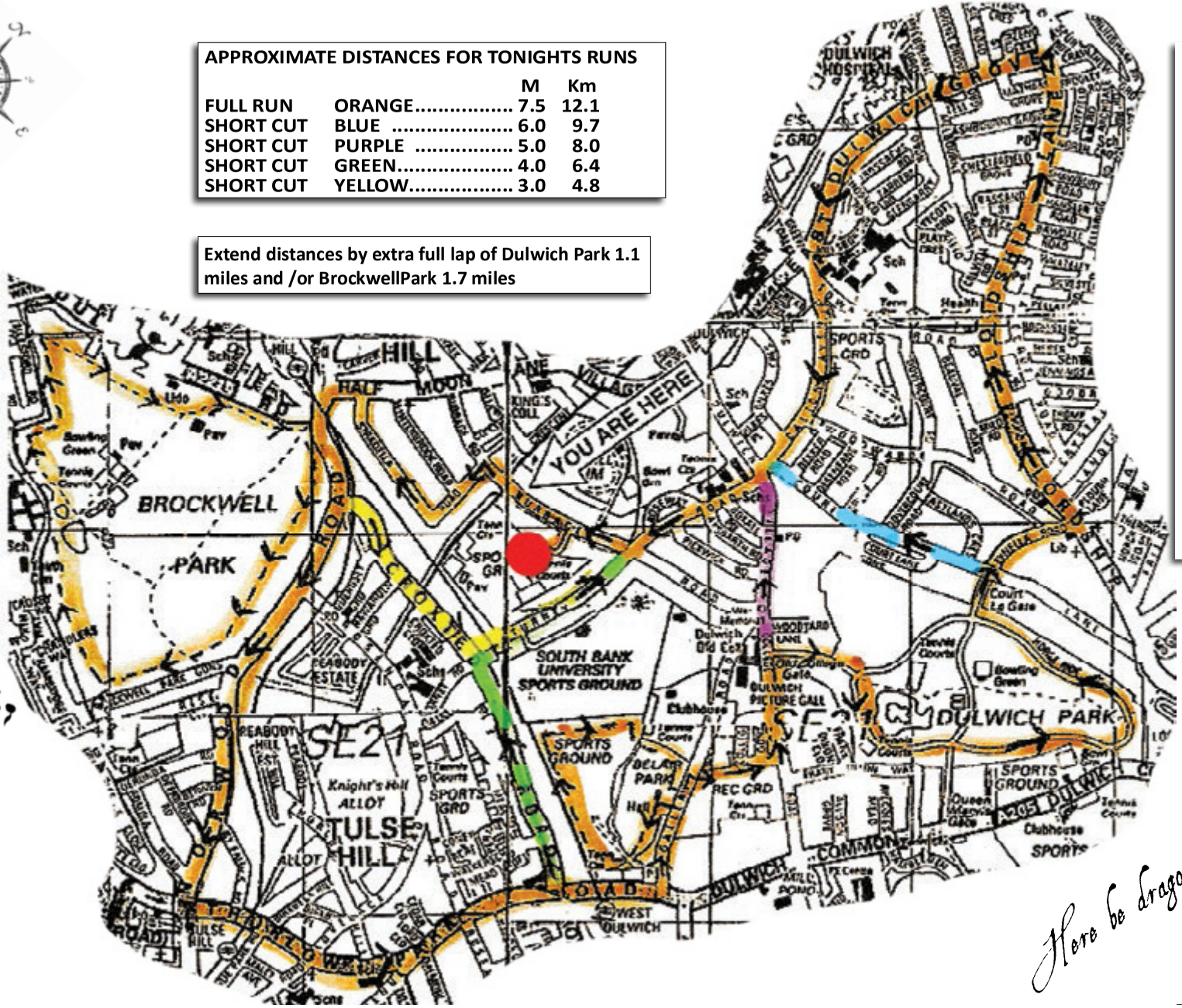
New members especially ! and others....

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 S7

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE.....	7.5	12.1
SHORT CUT	BLUE	6.0	9.7
SHORT CUT	PURPLE	5.0	8.0
SHORT CUT	GREEN.....	4.0	6.4
SHORT CUT	YELLOW.....	3.0	4.8

Extend distances by extra full lap of Dulwich Park 1.1 miles and /or BrockwellPark 1.7 miles

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