SHORTS

Dulwich Runners AC
Weekly Newsletter
October 19th 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 19 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Wed 19 **AGM in the clubhouse at 9pm**
See next page for Agenda etc...

Tue 25 Crystal Palace Arena
See notice below for more details
£2.50 per session - warm up from 7pm - session start 7:20pm

In your SHORTS this week !

1 General information
2... AGM notice, agenda, accounts etc
5 Club kit, social events etc
6 Cross Country section - all the info you need
8 Fixture list, club champs, road, XC, etc
9... Surrey League, all the results and reports
12... Race reports and results
14 Parkrun results
15 Map for the run this Wednesday

And much more !

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

You can follow us on

TRACK SESSIONS

We are back at Crystal Palace.
£2.50 per session - Suitable for all abilities.
Go to reception say you are with Dulwich Runners but do not pay there, pay Ros trackside.
Leave time to get from reception down to track - it can take up to 10 minutes.

Arrive at 7pm if you want a full warm-up taken by Elkie Mace consisting of various drills.
Strides etc will start around 7.20pm, main session taken by Steve Smythe will start shortly after and be in the region of 40-45 minutes

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

Oct 22 Surrey Masters XC
Oct 29 Burgess Pk parkrun - Club Champs 5k

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Thanks to ***Mike Mann*** for taking out new runners last week.
If you're on the list, please try and turn up that night and make sure anybody new has someone to run with.
If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – Ros

volunteer needed	**19/10**
Patrick Mcmrorrow	26/10
Charlie Lound	2/11
Olivier Montfort	9/11
Mike Mann	16/11

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

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE
PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- Sign the attendance register and **pay £1.**
- We need the money to help pay for clubhouse hire, map printing etc.
- We use the register to compile the new runners' rota, so please write legibly.

Thank you. - Ros

Wednesday 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

DULWICH RUNNERS A.C.
ANNUAL GENERAL MEETING:

Wednesday 19th October 2016, 9pm

The AGM will be held in 'The Nursery' downstairs at:
The Edward Alleyn Club, Burbage Road, London SE249HD at 9pm.

Items for the agenda should be sent to the Honorary Secretary Yvette Dore, by Friday 14th October to be sure of inclusion.

Minor items of 'any other business' will be allowed on the day at the discreton of the Chair depending upon the tme available.
Draft minutes of the 2015 AGM are available on the Dulwich Runners website and will be proposed for adopton at this AGM.

All Commitee posts are up for electon with the table below showing whether the present incumbent wishes to stand again.
It may be possible to accommodate someone who wishes to join the Commitee, but who would prefer to take on one of the other roles, through some re-shuffling of the rest of Commitee.

If you are interested in any of the roles, or know of someone who you think would be good at them, please have a word with any commitee member as soon as possible.
Sue is also happy to step aside if someone is interested in taking her role as one of the two general member posts.
Nominatons for any of these posts should be sent to Yvette by Friday 14th October to allow tme to organise an electon if there is more than one candidate, but nominatons will be taken up to and including the day of the AGM.

Yvette can be contacted at secretary@dulwichrunners.org.uk

Post	**Present Holder**	**Standing Again?**
President	Ron Searle	N/A
Chair	Ros Tabor	Yes
Hon. Secretary	Yvette Dore	Yes
Hon Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Matt Ladds	Yes
Women's Co-captains	Ange Norris Clare Wyngard	Yes
Men's Captain	Charles Lound	Yes
Women's Off Road Co-captains	Ange Norris Clare Wyngard	Yes
Men's Off Road Captain	Mike Mann	Yes
Shorts Editor	Barry Graham	Yes
Publicity Ofcer	Chris Loizou	Yes
General member	Ebe Prill	Yes
General member	Sue Vernon	Yes

Dulwich Runners Athletic Club
Annual General Meeting

Wednesday 19th October 2016

Edward Alleyn Club
Rear of 83-85 Burbage Road
London, SE24 9HD

AGENDA

1. **Chair's Opening Remarks**
2. **Apologies**
3. **Approval of Minutes of Last AGM**
4. **Treasurer's Report**
5. **Points in Club Champs – proposal**
6. **Georgina Barretta**
7. **Vote of Thanks and adoption of new General Committee**
8. **Any Other Business**

Agenda Item for AGM:

The following item has been proposed for discussion at the AGM on 19 October.
Please will members consider in advance of the meeting.

Points in Club Championships
We propose that in 2017 Dulwich Runners moves to equality between men and women and uses the same three age groups for awarding points in club champs, i.e. seniors, V40, V50/60 for men and women; or moves to four age groups: seniors, V40, V50, V60 for men and women.

At present in any club champs race 3 men are awarded 50 points but only 2 women can get 50 points etc.

This means that women in their 50s must compete with women in their 40s which is not the case for the men.
Lucy Clapp & Lucy Pickering

I have added some further information below re above ***Agenda Item for AGM*** explaining the original reason for the current scoring. This is for information and not necessarily to defend the current scoring. - ***Andy Murray***

Current scoring for w40's upward.
The intention of the current scoring was to make the points better reflect performance in what was a small group some years ago.
Although there is a separate w50 contest in the annual championship and a medal for the top w50 at each event, their points are awarded within the group w40/50/60, so the first within that whole group gets 50, second 49 etc.

To illustrate this are some stats from 2015, the last completed year;
10k scores (races in June and October 2015) for 1st two w40/w50:

June 10k	**October 10k**
W40 1 42.09 49 points	W40 1 40.25 50 points
W40 2 42.31 48 points	W40 2 45.47 48 points
W50 1 37.48 50 points	W50 1 45.24 49 points
W50 2 46.04 46 points	W50 2 48.15 47 points

.. so the current scoring gives less points for a 45.24 w50 win in race 2 than a 37.48 w50 win in race 1, rewarding the faster run. If w50's were in a group on their own, the win each time would get 50 points.

The scoring system above also applies to M50's and M60's, putting them together

More stats from 2015 (nb the numbers so far for 2016 seem to be lower)

W40 5 completed 5 events plus 10 completed 4 or fewer
W50 5 plus 2
(W60 within w50 above 2 plus 1)

M40 7 completed plus 10 at 4 or fewer events
M50 8 plus 12
M60 6 plus 3

Dulwich Runners AC

ANNUAL ACCOUNTS 2015/16

		2013/14 Total	2014/15 Total	2015/16 Total
Income	Subscription fees	6195	6767	7485
	Wednesday night runs	1670	1880	2011
	Track sessions	2610	3209	3410
	Kit sales	1004	1229	1543
	Interest received	20	25	24
	Race clock	770	660	440
	Net income from Midsummer race	67	797	-63
	Other income	235	110	210
		12571	14677	15060
General Expenditure	Club hire	-3430	-3500	-3970
	Track hire	-2116	-2369	-2528
	Shorts	0		
	Kit purchases	-738	-1336	-2235
	Chairman's expenses	0		
	Treasurer's expenses	0		
	Secretary's expenses	0		
	Mbshp Sec's expenses	0		
	Social activities	565	373	136
	Bank charges	0		
	Printing & postage	-108	-90	-213
	Other general expenses	-96	-234	0
		-5922	-7156	-8809
Athletics Development	Affiliations	-2192	-2618	-2823
	Race fees	-1526	-1554	-1949
	Equipment costs	-206		-96
	Coaching	0	-380	
	Transport	-2759	-1608	-1134
	Prizes and medals	-750	-748	-632
		-7433	-6908	-6634
Grand Total		-784	613	-383
BANK BALANCE		11777	11723	11209

TREASURERS REPORT

HIGHLIGHTS:

The Club made a loss of £383 in the year compared with a profit last year of £613.

Wednesday night attendance rose by 7% with a similar increased attendance at track sessions.

Our Midsummer Relay made a small loss in its inaugral year but we received good feedback from teams that took part and hope to get better attendance next year including more teams from the Club.

Club hire has increased for the first time in 8 years and will increase by RPI from now on. The Club had at the end of the year substantial stocks of kit. This is due to the minimum order levels required by suppliers and it is hoped that stocks of shorts, buffs and socks will be sold over the next year or so.

The Club had £11,209 cash in the bank at the end of the year.

THE YEAR AHEAD:

UK Athletics have notified Road Running Clubs that the members affiliation will be increased from £13 to £14 wef 1st April 2017.
The Committee recommend that the membership fee be increased accordingly by £1 from £36 to £37 for competing members.
In view of the fact that the 2014/15 surplus exceeds the 2015/16 deficit the Committee recommends no increase in the club's portion of the membership fee.

In order to bring the club's membership year in to line with UK Athletics it is proposed that the new membership fee of £37 will be billed on 1 Jan 2017 and cover a 15 month period until 31 March 2018. The 2018 membership renewal date will be 1 April 2018.
As membership fees are accounted for as received this will have no impact on the accounts in future years.

	2013/14	2014/15	2015/16
Other income			
Relay contribution	230	110	210
Other	5		
	235	110	210
Race Fees			
Cross country	745	926	1096
Greenbelt relay	506	276	550
Assembly League	30	30	30
SEAA/BMAF relays	200	248	249
Other relays	45	74	24
	1526	1554	1949

Transport	2013/14	2014/15	2015/16
WCR/GBR/1066	1282	130	76
International duty	381	480	350
Sundry	142		
National/regional relays	954	998	708
	2759	**1608**	**1134**

Social activities

This is the surplus made on the Xmas party less Chichester coach shortfall

Kit Stock	No	Selling price
Vests	33	594.00
SS T Shirts	34	680.00
LS T shirts	18	396.00
Crop tops	5	25.00
Socks	77	385.00
Waterproof jackets	13	325.00
Old Stock	20	100.00
Hoodies	3	75.00
Shorts	55	825.00
Buffs	74	444.00
		3849.00

SOCIAL SPOT

Watch this space for upcoming 2016 events !

Quiz Night

Wednesday 9th November

A fun team quiz which will start about 8.45pm.
Fish and chips on offer as normal.
Maximum 4 per team and some great prizes will be up for grabs.

£5 per team member, all funds raised will go into the clubs social fund which will be used in 2017 to lay on more subsidised/funded social events for club members throughout the year.

I look forward to seeing as many of you as possible to support the event.

Dulwich Runners Xmas Party

provisional date 17th December
at The Plough on Lordship Lane
so put the date in your diary and watch this space for further details.

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 when you sign in - Ros
Don't just sit there salivating…join in !

Rehydration !

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

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.tabor49@gmail.com
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

SHORTS!

DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or slightly longer– Both styles are a bargain £15.

HOODIES...

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

Buffs/snoods - only £6

Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

socks only £5

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

Funds raised for José

This year and last DRs kindly raised money for Jose via a number of activities. Christine raised a large sum by shaving her hair off and this went towards an FES bike which is now in the hands of Regain, the charity which had agreed to help us manage the donations to José without incurring tax.

The club also raised funds via the quiz last autumn, the Christmas raffle and the 'guess the eggs' competition. Additionally the DR committee agreed to make a club donation to the fundraising.

The money from the four DR activities above still sit in the DR accounts after José's sad passing. After much careful deliberation the fundraising committee has decided to donate this to a new six-bed extension to the Spinal unit at Stanmore Hospital where Jose spent the initial months after his accident. Many of us who visited him there saw what a fabulous job the staff did with patients who are probably at their most vulnerable in the aftermath of their respective accidents.

I hope you will agree this is a worthy cause. We feel Regain has already benefitted from Christine's endeavours and the extension seems like a cause where the money would have a direct impact for patients like José. The total of moneys raised is just under 2k. If you have any comments please feel free to speak to me directly or contact me on lindsey.annable@gmail.com.

Georgie, Jose's sister is also planning to come and see us at the AGM tonight.

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004
ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

The cross country season starts in September with races taking place on most Saturdays until mid February. Here is some key information for the benefit of both newly joined members and regulars.

Surrey League

We compete in the Surrey League and this the club's main priority. There are 4 fixtures starting on 15 October with the women at Nonsuch Park and the men at Richmond Park. Further details on times, location etc will be posted by your captains nearer the time. Details on other Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible.

Our men did exceptionally well to gain promotion to Division 1 last season, but will face a challenge this season in avoiding relegation, competing against some of the strongest clubs in the country.

Distances

The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, from around 8km in the autumn to 12km and over for the men later in the season.

Scoring

In the Surrey League, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. But cross country races are not elite and are suitable for runners of all abilities. They are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races.

Surrey League entry

For the men's Surrey League there is no need to enter in advance or pay; simply turn up on the day in good time to register and warm up (though your captain will find it helpful to know your availability in advance). For the women's Surrey League, the women's captains will request runners to enter in advance. If you have not asked to be on the list but decide later that you want to run, please contact your captains.

Other Races

In addition to the Surrey League there are other cross country races, almost all of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London champs, 2 South of Thames races, South of England and National champs. There are also other races for Masters. See the fixture list in Shorts for details.

Entry for other races

For virtually all races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email for those interested to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first. But don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

You can often get away with road or trail shoes in early season races, but as the ground becomes heavier, cross country spikes or fell shoes become necessary.

Contacts

For further information please contact your captains at:
dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk

Cross Country Entries

There are a number of notices in Shorts and emails about informing your captains whether you would like to enter various cross country events over the autumn months.

A busy cross country calendar means that races are held on most Saturdays through the season, so it might be helpful to know which to prioritize. As far as the club is concerned the 4 Surrey League matches over the season represent a key target.

This autumn we have the men's and women's league matches on 15 October, a men's match on 12 November, and a women's match on 3 December. Please keep these dates free if at all possible.

Other important races this autumn are the BMAF relays at Long Eaton on 19 November and the SEAA Masters champs at Oxford on 10 December. There are a number of other races including the London Champs, the two South of Thames races and the Reigate relays are popular with club members and you are encouraged to enter these, but they represent a slightly lower priority.

Advice on which races to target later in the season will follow. For all events, please make sure you read the notices carefully and respond before the deadlines given, in order to ensure that you get a place. ***- Mike Mann***

Cross Country Champs

Once again we will be holding a cross country champs this season. There will be 4 events to qualify, including a minimum of 3 Surrey League races. The other races are the South of Thames 5 miles at Polesden Lacey on 26 November and a mob match yet to be arranged in February or March, probably using the Beckenham Place Park parkrun course.

Surrey Masters Champs

22 October

These champs at Richmond Park have a later starting time than usual, with the women and M60s+ going off at 3.30pm and M40s, M50s at 4.15pm. Race numbers can be collected at the start which is close to Richmond Gate and Pembroke Lodge on the edge of the fenced enclosure. The race HQ is the Ranelagh clubhouse behind the Dysart Arms, where showers and refreshments are available and the presentation will be held.

These champs (6km for W40+ and M60+and 10km for M40 and M50s) are open to Surrey qualified runners by residence or place of birth. This includes the boroughs of Lambeth, Southwark and Croydon, but not Lewisham, Greenwich and Bromley which are Kent. Unusually it is possible to enter these champs on the day (at your own expense) but to qualify for team awards, it is necessary to enter in advance, so we are encouraging this.

To enter contact your captains by 12 October latest.
dulwichladiescaptain@gmail.com
or mcmann90@yahoo.co.uk

BMAF Cross Country Relays

19 November

These cross country relays will be held at Long Eaton once again on 19 November. A number of men have already been contacted for M35+, M45+ and M55+ teams, so please make sure you respond in good time.

This is a high profile event for the club and one that we have been successful with in recent years, picking up medals. It is a fast flat course and with each stage only 3km is a fair bit faster than most cross country races. Once responses have come in, teams will be selected. Travel expenses will be reimbursed.

Ladies will be emailed for their availability very soon so if you are 35+ please have a look in your diaries.
To enter contact your captains by 26 October latest.

We now have just about sufficient runners to enter M35 and M55 teams, but are well short on M45s.

Priory Relays, Reigate

5 November

If you would like part in these cross country relays (4 x 2.5m for men, 3 x 2.5m for women), **please contact your captains by 24 October.**
We have entered several teams in recent years and if numbers are short, it is possible for individuals to compete in more than one team.

South Of Thames Races

The venue for the South of Thames 5 mile race on 26 November has now been confirmed as Polesden Lacey, the same course as used last year in the grounds surrounding the National Trust property.

We have now heard that the second South of Thames race is likely to be held at Beckenham Place Park on Sunday 18 December, a day later than originally billed. This is subject to final confirmation.

To enter the South of Thames 5 mile race, ***contact your captains by 15 November.***
Note that this is one of the races that forms part of our cross country champs.

London Cross Country Champs

19 November

These champs will be held at the usual venue of Parliament Hill Fields on 19 November with the women starting at 1.15pm and the men at 2pm.
To enter contact your captains by the 29 October latest.
Note: the BMAF relays will take place on the same day at Long Eaton, and we will be contacting people shortly with a view to entering several vets teams. The venue is easy to get to and the event is a priority for the club.

Dulwich Runners 2016/17 Fixtures

Further information about races will usually be here in SHORTS and or announced on a Wednesday club night.
Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

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. See fixture list for the remaining events

Tuesday track sessions

back at **Crystal Palace**
£2.50 per session - Suitable for all abilities.
Go to reception say you are with Dulwich Runners but do not pay there, pay Ros trackside.
Leave time to get from reception down to track - it can take up to 10 minutes.

Arrive at 7pm if you want a full warm-up taken by Elkie Mace consisting of various drills.
Strides etc will start around 7.20pm, main session taken by Steve Smythe will start shortly after and be in the region of 40-45 minutes

Club Champs: Urgent Request For Marshals For Burgess Parkrun

Our next club champs race is the Burgess Parkrun on 29 October. Since we will be adding to the usual numbers there, we have been asked to provide assistance with marshalling etc, so could anyone available but not planning to run for any reason please get in touch with me if you are prepared to help out. Apart from helping the organizers, I am sure our runners will appreciate your support. mcmann90@yahoo.co.uk

Emer Casey 10K

30 October

This annual event which has been well supported by members in recent years will take place on Sunday 30 October in Brockwell Park. You are encouraged to support it and if you are planning to run, HHH would appreciate assistance with marshaling etc. If you are able to help, please contact me at mcmann90@yahoo.co.uk

UPDATE

HHH have kindly offered three free places to Dulwich Runners members on a first come first served basis. Rather than sign up online people should email emercaseylondon10k@gmail.com providing names, dob and confirmation that they are club members.
Once these places have gone it will be necessary to enter online in the usual way.

Epsom 10 - New Date 13 November

As many of you will be aware the date of the Epsom 10, the final race of this year's club champs has been brought forward by one week to 13 November.
This is the same weekend as the second Surrey League cross country match, which you are asked to treat as your priority race for the weekend.
Some of you may need to take part in this race to complete the club champs, but there will only be a few cases where a fast time is required.

Cross country **Club Champs** **Assembly League** **Road & other**

2016		Race		Venue
Oct	22	Surrey Masters Champs		Richmond Park
	29	5k Parkrun (S)		Burgess Park
Nov	05	Reigate Priory Relays		Reigate Priory Park
	12	Surrey League	men	Farthing Down
	13	Epsom 10 (L)		Epsom
	19	London champs		Parliament Hill fields
	19	BMAF Relay Champs		Long Eaton
	26	South of Thames 5m - National Trust Grounds		Polesden Lacey
Dec	3	Surrey League	women	Mitcham Common
	3	Kent Masters Champs		Dartford
	10	SEAA Masters champs		Horspath, Oxford
	18	South of Thames 7.5m **subject to final confirmation**		Beckenham Place Park **tbc**
2017				
Jan	7	County Champs		Lloyd Park, Surrey - Kent **tbc**
	14	Surrey League	men	Mitcham Common
	14	Surrey League	women	Ham Lands, Ham
	21	Vets AC Champs		Wimbledon Common
	28	South of England Champs		Parliament Hill
Feb	11	Surrey League	men	Ham Lands, Ham **tbc**
	11	Surrey League	women	Farthing downs, Coulsdon
	26	National Champs		Nottingham

Race Reports & Results

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

Surrey League XC Men Div. 1 Match 1 Richmond Park

Sat 15th October

Tony Tuohy writes...
In February 2015 the Dulwich men narrowly avoided relegation to the Surrey League's Division 3; in February this year we won promotion to Division 1. Such are the vagaries of fortune in the toughest cross country league in the country. So here we were lining up at our first Division 1 fixture for a generation (well not quite that long, poetic licence you know) wondering how the hell most of us were going to live up to being 'half-decent' runners and maybe even make it into the top 100. In fact, we acquitted ourselves rather well and such is the general depth in the club now that our 8th place, not a huge distance behind Clapham Chasers, points to a potential ability to make a fight of it and stay in the top flight. Slim chance, long odds, but...

The Richmond Park two-lapper 5.66 miles is a quick course by cross country standards and prolonged dry weather meant the going was very firm, so many opted to race in road shoes with no disadvantage. The downhill first half-lap was of course a cavalry charge and it was best to just go with it, try not to break your neck and then settle down to standard levels of pain for the subsequent four and a half miles. Tim is training for the New York marathon but showed no fatigue as he ploughed round at 33:30 10k pace in a very impressive 26th place, top running in this company. There was then a 90 second gap to our next scorer but Andy Bond showed why he has become such an important addition for us with another superlative run as the first of five Dulwich men in the space of just over half a minute. It's just as well he didn't look over his shoulder in the last 200m as Alastair, fresh from his win in the Joydens Wood 10k, was bearing down on him like a ton of bricks, but his charge fell just short. Twenty seconds back Lewis was having to employ his own strong sprint to repel the fast finishing Greg Hills, who'd made up about twenty places on the second lap in his superb debut. These two were just seconds ahead of a strong run from Wayne who completed the compact group of five.

Strength in depth can only stretch so far though and our four remaining scorers were a little more spread out, though not too far adrift considering the quality of the race. I was running on fumes for the last mile with legs close to collapse and was astonished to finish only nine seconds slower than my last run here over five years ago when very fit; but as that was in February the only conclusion must be that we enjoyed far better conditions this time around. In any case, I was pleased enough to be seventh scorer after speculating earlier that I'd be lucky to make the scoring team at all; and managing to finish ahead of pretty decent runs from Paul and Mark (a reversal of the Titsey 10k) was no bad thing either... Shane's improvement really stepped up a gear as he ran a much faster pace than his Middlesex 10k only last month and he deservedly completed our scoring ten.

We had eleven more hardy chaps making up a sizeable Dulwich presence and next in was another excellent debut run. On this evidence Nick Wood could be pushing in to the scoring ten in short order and he did well to hold off Ian Lilley whose comeback has really picked up in the last month. A minute back was a good strong run from Kev Chadwick and then Tom South, who's been training hard and consistently and it's showing as he gets fitter and stronger. An out-of-sorts Lloyd (been gallivanting about in the pursuit of decadence, or something) led in yet another welcome and solid debut from David Stone in the 37s, while the 38s contained decent runs from Ross and Ebe, whose dodgy foot is still providing plenty of irritation for him. Jim and Mike turned in their usual reliably solid runs while our final team member was a mirage... Well I thought it was until I actually spoke to and prodded him, just to check. Gary Budinger hasn't pulled on a Dulwich vest in anger since well before the turn of the century, and I'm not even sure which one. A year or so after a gradual return to running Gary has reduced his parkrun 5k from 27 minutes to 22 so decided it was time to throw himself with reckless abandon into the Surrey League Division 1. And he didn't finish last. Good to see you back Gary.

26	Tim Bowen	30:36
59	Andy Bond	32:07
63	Alastair Locke	32:11
72	Lewis Laylee	32:33
73	Greg Hills	32:34
76	Wayne Lashley	32:41
93	Tony Tuohy	33:19
102	Paul Devine	33:32
106	Mark Lacey	33:47
115	Shane O'Neill	34:02
124	Nick Wood	34:26
125	Ian Lilley	34:28
137	Kevin Chadwick	35:22
143	Tom South	35:47
158	Lloyd Collier	37:21
161	David Stone	37:45
167	Ross Rook	38:00
170	Eberhard Prill	38:13
192	Jim Dowsett	39:48
202	Mike Mann	41:47
211	Gary Budinger	45:35

TEAM: 1 S London 223; 2 Hercules 245; 3 Kent 316; 4 Ranelagh 345; 5 Herne H 409; 6 THH 552; 7 Clapham 634; 8 Dulw R 651; 9 DMV 710

Surrey Men's League Review

Steve Smythe adds....
While the men's eighth in the men's league was technically down on the women, it was given the opposition, a better performance as the men had probably their best ever turn out in quality if not numbers.
Tim's run was the best ever Division one performance as he had a superb second half though ideally if everyone else was at their fittest, he wouldn't have been so clear of his team-mates though hopefully if numbers stay at a high level at the track sessions, general fitness overall will improve.
Certainly, quite a few of the scorers (and non scorers) weren't at their very best and we really need to pack our 10 in nearer two minutes rather than almost four which covered them.
While it was the best ever 15 or so we have ever turned out at the same league match, potentially the likes of the missing Steve Davies, Charles Lound, Tim Taylor, Tom Rann and Derek Lee would give us an even stronger squad.

Below with mile times from Strava of some of the runners.

26	Tim Bowen	30:36
	(5:01, 5:31, 5:35, 5:18, 5:36)	
59	Andy Bond	32:07
	(5:16, 5:49, 5:59, 5:38, 5:59)	
63	Alastair Locke	32:11
72	Lewis Laylee	32:33
73	Greg Hills	32:34
76	Wayne Lashley	32:41
93	Tony Tuohy	33:19
102	Paul Devine	33:32
	(5:25, 5:58, 6:17, 5:51, 6:10)	
106	Mark Lacey	33:47
115	Shane O'Neill	34:02

non scorers

Nick Wood	34:26
Ian Lilley	34:28
	(5:39, 6:04, 6:20, 6:02, 6:21)
Kevin Chadwick	35:22
	(5:48, 6:08, 6:33, 6:11, 6:29)
Tom South	35:47
Lloyd Collier	37:21
	(5:47, 6:24, 6:49, 6:50, 7:05)
David Stone	37:45
	(5:34, 6:14, 6:36, 6:42, 7:41)
Ross Rook	38:00
Ebe Prill	38:13
	(5:49, 6:55, 7:08, 6:41, 7:05)
Jim Dowsett	39:48
	(6:25, 7:02, 7:25, 7:02, 7:27)
Mike Mann	41:47
Gary Budinger	45:35

I haven't totally checked but I think the best ever previous Div 1 individual result was Oct 2002 at Brockwell from Jim Estall, where I think the standard was lower than now. We scored 632 points for seventh (661 for 8th last weekend) - scoring positions were 34th Estall, 40th Smythe, 45th Atkins, 50th Loizou, 66th Loach, 72nd Mann, 76th Neighbour, Sarkar 80th, Bailey Wood 84th and 1 other in 85th who was missing from results I had.

Athletics Weekly recently did a quiz based on an issue from 40 years ago. That issue from October 2 1976 actually had 2 results featuring Dulwich Runners in their pre Dulwich days.
Quite a few members probably know Dave Beaver was a top class junior and in a result that issue, ran 14:37.8 for 5000 metres on the track at Crystal Palace - when 16 years-old. The Dulwich club senior record is over a minute slower.

Not everyone in the club probably knows that John O'Byrne was also fast. In 1976 he ran in the Greenwich 11 and ran 59:02 which is 53 minute pace for 10 miles which is probably quicker than any Dulwich Runner has run for over 20 years. (Rob Watts' 54:19 in 2006 and Buzz's 54:26 in 2012 are I believe the best in recent times since Jim Estall's 1991 club record) though on current form Tim B would be quicker.

A 10 mile race that weekend (which another current Dulwich Runner ran his first full 10 mile race in that year) cost 30p to enter (and had over 100 prizes) while his first marathon six days later also had a 30p entry fee. Compare that to a duathlon entered this week which cost £40.00 to enter and also required a £50 BTA membership fee.

-Steve Smythe

Surrey Ladies League Nonsuch Park

October 15

Steve Smythe writes...
Dulwich's women were a respectable seventh in the opening league match with an excellent turn out of 19.
Despite the great numbers, and a great top 10 from Clare and an excellent debut from Ros Johnson, we were lacking a few potential scorers.
Previous scorers of recent years not available included Elkie, Claire B, Kim, Nicola, Charlie and Alexie and while we may have now lost Mel to Liverpool, it would be good to field a much stronger team later in the season and if we get everyone available and everyone at their fittest, we can potentially win a match if not the league now.

After a gruelling Thursday session with the lunch time tempo group, Clare wasn't at her freshest but ran a steady race to get her best position since January 2005 and was pleased as she didn't have her usual breathing problem.
Roz Johnson made a great league debut coming through strongly throughout to make the top 20 of Division one.
A flat short 6km course didn't really suit Ange Norris, who was another to move up throughout, but she had an excellent run for her best position since the 2014-2015 season too.
Though suffering from a hamstring problem, Selma did her best cross-country to track Ange and was rewarded with her highest ever league position.

The final A team scorer was Helen Lister, who in the middle of her New York training, came through very strongly for one of her best league runs.
Former league regular and scorer Andrea Pickup completed just her

third league in the last six seasons but after a quickish start, not feeling at her best and lacking races, she found the second lap hard work but still led home the B team Katie Styles moved through well but not quite matching her January league run while Emma Ibell is like Andrea, short of races and speedwork and was down on her best runs but ran well.
Lucy Elms was doing her first race for over a month and chose to do the senior 6km rather than the Under-17 4.5km, she could have done and performed strongly.
Ola Balme who has scored for the club in this league more than anyone else, is a long way down on her fitness from a few years ago and focussed on starting steadily and will probably get back to her regular top 50 placings later in the season and she completed the B team. Ola's daughter Katie was ninth in the under-17 race for Herne Hill.

Lucy Clapp ran to her usual consistent level while Laura Vincent, making a rare appearance on the country, had one of her best ever club races.
Ros, with the upcoming world champs in Australia on her mind, didn't run at her best.
Her 195th wasn't her lowest league position though as she was 196th In Reigate earlier in the year!
Clare Cummings, fast-finishing Anna Saunders and Tessa Morrison ran excellent debuts and should improve even more with more races.
Jo Shelton had a strong steady run while other good debuts were made by Hannah Harvest and Sarah Banting while also in the field was Christine Dawson, who this time was running for her now local club Holland Sports.

9 (7 D1)	Clare Elms (1W45+)	23:35
23 (17)	Roz Johnson	24:56
61 (47)	Ange Norris (1W55)	26:00
72 (56)	Selma Benattia	26:16
96 (72	Helen Lister	27:00
104 (78)	Andrea Pickup	27:14
115 (87)	Katie Styles	27:33
122 (92)	Emma Ibell	27:37
126 (95)	Lucy Elms (2U17)	27:52
131 (98)	Ola Balme	27:55
176	Lucy Clapp	29:21
187	Laura Vincent	29:32
195	Ros Tabor (2W65)	29:41
255	Clare Cummings	31:00
273	Anna Saunders	31:27
286	Tessa Morrison	31:55
289	Jo Shelton	32:04
313	Hannah Harvest	32:54
353	Sarah Banting	33:51
(284	Christine Dawson	31:52)

455 finished

TEAM Div 1: 1 S London 98; 2 Clap C 104; 3 Herc W 114; 4 Belgrave 126; 5 Herne H 145; 6 FoT 145; **7 Dulw R 199;** 8 THH 204; 9 E&E 224; 10 W4H 225; 11 S London B 320; 12 Herne H B 336; 13 Ranelagh 346; 14 FoT B 366; 15 Rei P 392; **19 Dul B (6th B team) 450**

The course was last used in December 2012 - of those who ran both, Clare ran 24:20. Ola 26:29, Ange 27:10, Ros 28:34, Jo 30:20

Bedford Autodrome Duathlon

October 16

Steve Smythe writes...
Using the same venue where the club's relay teams competed with distinction last month, was the setting for a duathlon, which was used as a trial for Britain's sprint team for the European Championships in Spain next April.
It wasn't quite the gale-force winds from the relays but this time it rained continually and was still very breezy.
Clare Wyngard should have done enough to make Britain's team as she finished third in the W55 category.
The event consisted of a flat two-lap '5km' that was well over 400 metres short, then a flat but technical 4 laps of 5km road circuit on the motor racing circuit with lots of twists and turns which was extra slippery because of a lot of surface water and warnings of oil from the race cars. And it finished with one slightly longer run lap (around 2.5km).

Clare's 21:49 run put her third and she stayed third but only by a second after a solid bike but gained a lot (46secs) on her closest rival on the transition and then had a very good final run of 13:09 - only 1 second slower than the overall fastest and she finished 34 seconds down on second
3W55 Clare Wyngard 1:16:41 (21:55 run, 1:09 transition, 39:32 bike, 1:00 transition, 13:09 run)

Steve Smythe just missed out on registering for the Spanish event despite paying his £50 BTA fee but decided to do the event anyway as a dry run for next year when he can try and qualify in an older age group.
He almost didn't compete though after having a medical problem that weekend which required 4 hours in A and E and then the race starting five minutes early meant he wasn't quite ready to race and felt he had a poor run. However, in the results his 17:37 didn't look as bad as it felt as he was just six seconds off the age group lead in third. He lost a further place in a sluggish transition.

In recent duathlons, his cycling has been better than his running but not this time as uncomfortable on the slippery surface and sharp bends, he lost 10 places with a half-hearted effort in the rain and lost four minutes to the best cyclists and was only 16th quickest.
Unlike last week though at least he didn't have a problem finding his cycling helmet but he did waste 30 seconds on the return as he couldn't see where his bike was supposed to go and he lost a further three places in transition. With a modest second run he did overtake four in his age group but was only fifth quickest and ended up 11th at the finish which probably wouldn't have been enough to qualify as a M55 had he paid the additional £10 fee though might have tried a bit harder had he done it. However, it would have easily been enough in the older age group should he try again next year.

The worst bit of a miserable day was a 10 mile ride back in wet gear on flooded roads to the station as the rain turned from heavy to torrential.
11 M55 Steve Smythe 1:08:11 (17:37 run, 1:09 transition, 36:33 bike, 1:28 transition, 11:22 run)

1066 Way to Battle

Sunday 16th October

by Tessa Morrison

Having felt demotivated over the summer months, Sarah and I decided at the beginning of August that we needed something looming on the horizon to get us out training again. Loom it did, train we did not. The 1066 Way to Battle race was put on this year as part of the 950th Anniversary Celebrations and followed in the footsteps of William the Conqueror, along the scenic 1066 Way Footpath between Pevensey Castle and Battle Abbey. It had initially been advertised as a 16 mile trail race but glancing over the literature the night before, I noticed that the organisers had since recalculated and opted for 'approx. 17 miles'. Well, what's a mile between friends after all?

I spent the majority of the drive down deliberating over whether to wear my comfier road shoes or more appropriate trail shoes, eventually rationalising that if I managed the mud bath that was last January's Tadworth 10 in the road shoes, I'd manage whatever East Sussex had to throw at me. Despite setting off from home at 7am, we were just getting out of the car when the gun went off so had task of overtaking several armour clad Normans, who were running through the fields and navigating the multiple stiles with swords and shields in hand. Impressive.

As I knew it was going to be a scenic route and a PB was off the cards, I decided to run for the first time without my Garmin. For the first 9 miles or so, this was liberating. Why haven't I done this before? It was so much more enjoyable… until I became knackered and with no distance markers whatsoever along the route, could only speculate as to how much further there was to go. At approximately 13 miles, we were faced with what felt like East Sussex's answer Mt Everest and I resolved to powerwalk it (I use the word "power" lightly here… stumble is perhaps more appropriate). Camaraderie up the hill-from-hell was high though and everyone was in good spirits until, like a vested grim reaper, a Hastings Runner appeared and announced that this wasn't even the worst hill. Wunderbar. At the top, I took a moment to take in the beautiful views and noticed that as far as the eye could see, not a single runner was running. This was a first for me in a race. So I worry I've made this sound a bit doom and gloom – it certainly wasn't.

"It was so much more enjoyable… until I became knackered"

The first 20km was lovely, the whole route was scenic, the marshals were friendly and the weather conditions were perfect. When Sarah crossed the line, she said it was harder than the Mt Blanc Marathon and so it was with a real sense of achievement that I drank my post run pint of cider. Sarah summed up the race like this: "I enjoyed bits of it, would recommend it to anyone and will hold it in my memory as one of the prettiest races I've done in the UK… but have no plans to do it again". I think I'd have to agree.

381	Tessa Morrison	3:01:48
497	Sarah Banting	3:15:22

Great West Run

16th October 2016

The Great West run 1/2 Marathon takes place in the historic city of Exeter. I had been keen to do an autumn half, and this is local to my family, so an ideal choice. Starting out with my twin sister, we first ran this half 19 years ago together.

The route takes you around beautiful country roads and along the Exe valley, before looping back into the city and up through the university. The final 3 miles, an out and back stretch of suburb, was the only downside.

It was a large field and a hilly course so I narrowly missed a pb by seconds , but was very pleased with 1hr45. A large contingent of family were there to cheer us on (all the more possible with Strava premium!).

566	Louise Reynolds	1: 45:42

Finishers: 2134

Bedford Autodrome Duathlon (run/bike/run)

16/10/16

Clare missed out on the joys of Bedford Autodrome last month as we were away for the weekend of the Masters' relays held there (not actually a great loss by the sounds of it, more like a narrow escape!). However, her decision to seek qualification for the GB squad in the VW55-59 category at next year's European Sprint Duathlon Champs in northern Spain, alongside the qualification for the equivalent triathlon champs that she had already secured this summer, meant she got her chance to compete there, this being the last of three qualifying events in the UK.

She is thinking of concentrating more on the two rather than the three discipline event from now on as the swimming element is her weakest in tri. That said, the swimming is the main 'barrier to entry' for people in general so there can be a greater depth of competition in duathlon overall. The suitability of an autodrome for this sort of event rests partly on its not being part of the general road network so the timing does not have to be quite so extreme as with other venues. Even so,

this one still started at the crack of dawn necessitating a 5.00 a.m. departure from SE21, Steve Smythe, who was also competing, took the other option of staying overnight in Bedford.

When we arrived around 2 hours later it was chilly but still dry with a wonderful, nearly fully formed, double rainbow in one part of the sky and a blazing sunrise in another. The first drops of the forecast rain arrived, though, during our walk to registration and, by the time the race got underway just before 8.30, the weather was absolutely horrible with strong winds and driving heavy rain.

It stayed that way for the whole race over the sprint distance – 5k run followed by 20k bike ride then a 2.5k run to finish off. I can't really say first hand what it was like as I immediately sought refuge in the car and stayed there for nearly the whole duration – I'm no fool! - but I'm pretty sure it was just downright, and relentlessly, GRIM. When I did emerge and made my way back to the finish, still getting drenched in the process, Clare was just starting her second run.

All things considered, though, it was a very successful performance. The times are meaningless, not just because of the conditions but also the distances, as the 5k running leg was appreciably under, whilst the 2.5k may well have erred on the other side. As for the cycling, self preservation was the order of the day with both surface water and high winds threatening to unseat riders at any minute. Clare had to get into the top four for automatic qualification and she was third. Eight and a half minutes ahead, Steve also battled bravely finishing, like Clare, just above halfway in his category.

The upshot, then, is that we're likely to be going to Soria in Spain late next April. Both Burgos and Bilbao are within reach of there and, though I've never been myself, I haven't heard a bad report about either of them from those who have so look forward to that. I'm also hoping, with some confidence, that I'll be able to get on with my vital bag carrying responsibilities out there without having to hide from the elements. ***- Mike Dodds***

Steve Smythe 1-08-11 (176M/244, 11/26 MV55-59: 17.37 run/36.33 bike/11.22 run)

Clare Wyngard 1-16-41 (65W/97, 3/8 FV55-59: 21.49 run/39.32 bike/13.09 run)

Surrey XC League division 4

(and all the others)

The Surrey men's league has a rule that over 35 runners can opt to run for Veterans AC for the season rather than their first claim club.

As Dulwich men have achieved div 1 status, Andy, Graham and Ian decided that they would be a long way back and div 4 might give a better race.

The first Saturday of the league had races at 12, 2, 3 and 4, offering the chance to spectate/help/run at all of these and Ros and Andy set out do this.

First off was a train to Cheam for Andy to watch Ros to run the womens' divisions 1 and 2 race at 12 noon. Dulwich looked a fair way down on the leading teams in lap 1 but some strong runs later pulled them up to 8th. 455 ran.

Andy dashed off from the far end of the park to Stoneleigh station to get to his 2pm start at Wimbledon. Ros got a lift there later to officiate.

Division 4 Wimbledon Common 10.2k

DR's running for VAC

VAC only had 13 finishers in the men's Division 3/4 race at Wimbledon at 2pm, so the Dulwich trio within this made a difference. The start was near the cottages at North Camp and was intended to be two 2.6 mile loops, through flat forest to the Windmill, down to the edge of Putney Vale cemetery, and back past Queen's Mere, up a sharp hill and back through forest.

Unfortunately there was no marshal near the windmill on the first lap and the lead runners missed a path crossing, instead heading along it to the northern end of the common where they turned back but only via a testing little hill. This added over 1k to lap one for all but the last runner and made the course overall 10.2k. Two divisions together created some congestion and our trio were tested by the hills and not able to run quite as fast as hoped.

91 (78th scorer) Graham Laylee	49.24
92 (79th) Andy Murray	49.28
111 (n/s) Ian Sesnan	52.17
121 (n/s) Peter Gibbons (Oxted/Holland Sports)	55.00

(300 ran divs 3&4)

Ros was recording times at the finish and was only able to get away after the last div 3/4 finisher, by which time the 3pm division 2 race at Wimbledon was halfway through. 178 ran.

Andy and Ros set off down the horse rides towards the A3, entering Richmond Park at Robin Hood Gate and reaching Pen Ponds to see lap 1 of division 1 (started at 4pm) from the other side and lap 2 halfway up the final hill. All the Dulwich Runners were putting in a great effort there. 213 ran.

The forecast rain came through just after the finish and we were finally able to sit down at Pembroke Lodge and discuss the 2 women's and 4 men's division races that we had seen. All were attended by enthusiastic runners and generally well received by other park users. ***- Andy Murray***

Cabbage Patch 10

16th October 2016

We'd entered this race early when it was announced it was a Club Champs. When this changed we were left with a race we wouldn't necessarily have done although it does sell itself with the following line 'Some races are part of running history. The Cabbage Patch is one of them'.

It wasn't surprising then to see lots of older versions of the Cabbage Patch t-shirt. I'd manage to dig out one from 2001 (how long ago?) and Barrie found the 08 version sporting a picture of coach Steve and Clare. We both decided to take the race as a fairly steady training run in preparation for the now later club champs 10 miler. Whilst I hadn't just come back from a three-day business trip to South Korea as with Titsey, I'd had slight flu symptoms earlier in the week so all the more reason for not running the race hard.

Jim, Stuart, Martin and Lucy also ran. We didn't see them afterwards but hope they had good runs. Traditionally we'd stay for a Sunday roast but I had to go to work and Barrie was off to the London Film Festival so we opted for a quick coffee whilst watching the prize giving.

We queued up for our coffees behind Scott Overall who was third and were keen to see what a top athlete drinks from Costa. Hot chocolate was the drink of choice so maybe that has go faster ingredients in it. He said he was pleased with his run after a disappointing race at the Chicago marathon the week before. The prizes were duly dispensed but I couldn't repeat my feat of winning the bicycle this time. Well done to all who ran.

- Lindsey Annable

351	Jim Dowsett	1:15:04
397	Stuart Erskine	1:16:32
435	Lucy Pickering	1:17:56
457	Martin Double	1:18:39
670	Barrie John Nicholls	1:24:31
7474	Lindsey Annable	1:26:51

1451 ran

Kent League Cross Country Wilmington

Sat 14 October

Second time this event has been held at this new venue – a farm not far from Dartford. In addition to plenty of pumpkins on sale, the farm provides lots of firm tracks to run on circumnavigating ploughed fields. A good day's racing in warm early autumn sunshine with plenty of new talent on show. **- Duncan Hussey**

U17M 5.3K

16	Oscar Hussey	18.35

51 ran

Octber 15th

Brighton & Hove

316 ran

Pos	Gen		
85	9	Charlotte Boden	23:30

Brockwell Parkrun

224 ran

Pos	Gen		
7	7	Derek Lee	18:38
37	3	Becca Schulleri	21:20
149	36	Sharon Erdman	27:34
159	118	Alex Haylett	28:09

Crystal Palace

202 ran

Pos	Gen		
6	6	Tom Wilson	19:23
9	9	Simon Lang	20:10
45	1	Belinda Cottrill	23:05
47	46	Paul Hodge	23:14
115	92	Ameet Patel	26:08

Dulwich

282 ran

Pos	Gen		
3	3	Andrew Shreeve	17:40
8	8	Michael Williams	18:42
20	20	Simon Burnett	19:44
30	1	Kim Hainsworth	20:40
76	68	Lloyd Collier	22:49
79	71	Mark Muffett	22:54
104	16	Claire Steward	23:47
129	108	Andrew Hollister	25:02
162	127	Mick Mead	27:21

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.

Fulham Palace

381 ran

Pos	Gen		
108	95	Barrie John Nicholls	22:45
153	22	Lindsey Annable	24:24

Hilly Fields

208 ran

Pos	Gen		
9	9	Gary Sullivan	20:24

Nonsuch

477 ran

Pos	Gen		
76	73	Michael Dodds	23:07
104	7	Clare Wyngard	24:05
231	40	Laura Vincent	27:14
246	48	Natalie Davys	27:27
444	153	Susan Vernon	37:25
455	297	Chris Vernon	39:44

Orpington

150 ran

Pos	Gen		
10	10	Duncan Hussey	21:04

Peckham Rye

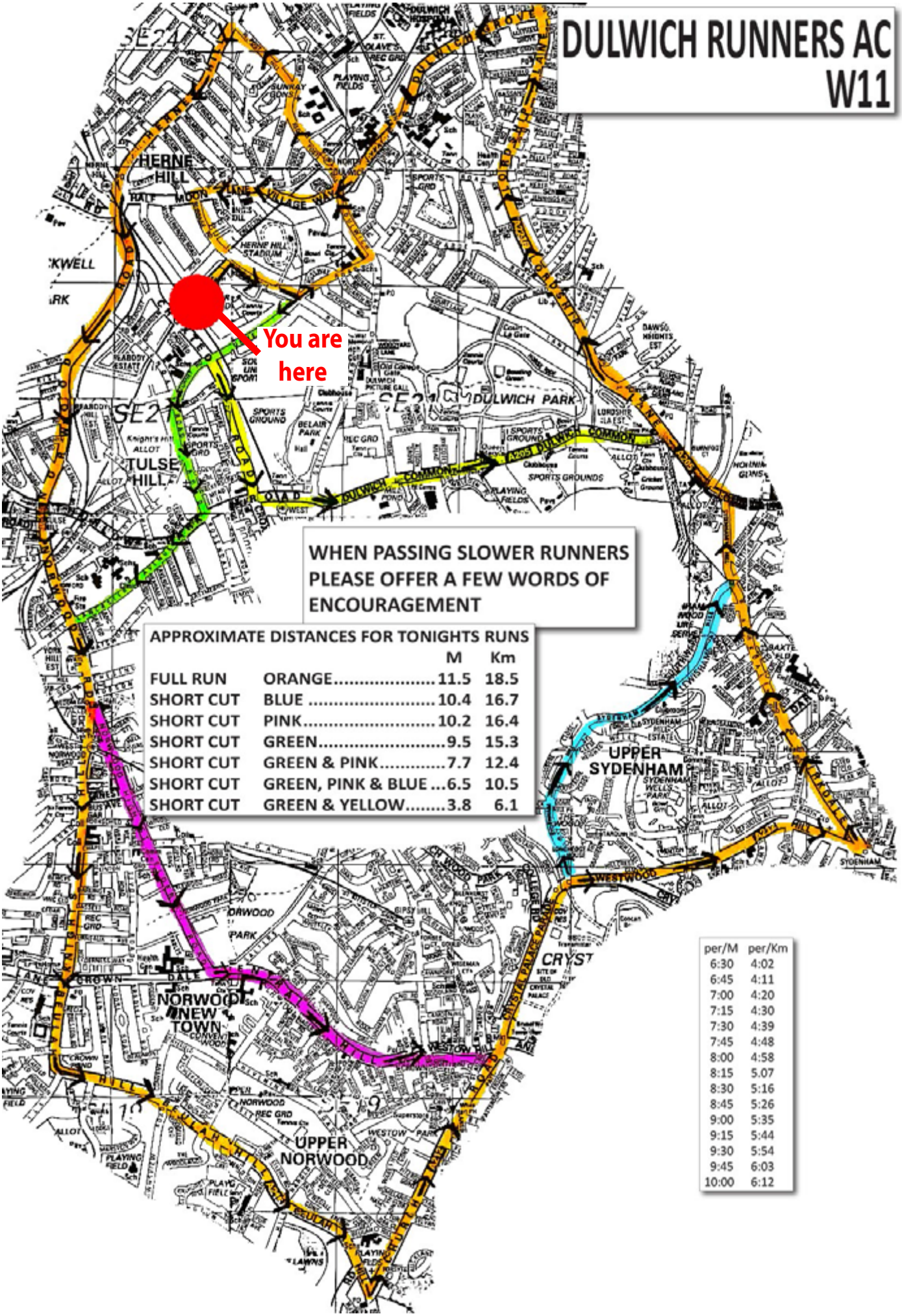
144 ran

Pos	Gen		
4	4	Andrew Bright	19:03
14	14	Sam Crump	20:44
20	20	Gideon Franklin	21:54
133	81	Kevin Chadwick	33:57

CLUB CHAMPS:URGENT REQUEST FOR MARSHALS FOR BURGESS PARKRUN

Our next club champs race is the Burgess Parkrun on 29 October. Since we will be adding to the usual numbers there, we have been asked to provide assistance with marshalling etc, so could anyone available but not planning to run for any reason please get in touch with me if you are prepared to help out.
Apart from helping the organizers, I am sure our runners will appreciate your support. mcmann90@yahoo.co.uk

DULWICH RUNNERS AC
W11



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	11.5	18.5
SHORT CUT	BLUE	10.4	16.7
SHORT CUT	PINK	10.2	16.4
SHORT CUT	GREEN	9.5	15.3
SHORT CUT	GREEN & PINK	7.7	12.4
SHORT CUT	GREEN, PINK & BLUE	6.5	10.5
SHORT CUT	GREEN & YELLOW	3.8	6.1

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12