DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
June 18th 2014

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

- THE COMING WEEK –

Wed 18 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sun 22 Beckenham 10k
Tue 24 Track session with Steve Smythe - £1 fee
Dulwich college Track - 7 for 7:15pm start

In your SHORTS this week !

2 Fixture list, Club champs,XC road, trail etc
4 Race reports and results
5 Club Champs 2mile report and results
6 Parkrun results
7 Club champs standings so far
10 Wednesday night running map

And much more !

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

You can follow us on

TRACK SESSIONS

at Dulwich College

Tuesdays with Steve Smythe
Improve your speed & strength over all distances.
suitable for all standards and abilities.
Dulwich will be just a pound but additional £2 payable next day or following week for those who don't pay on night

Arrive at 7 for warm-up then a prompt 7:15pm start

DUWLCH RUNNERS MIDSUMMER 5K

As you probably know there are going to be big flood protection works in Dulwich Park for the next few months, so we are hoping to hold the Midsummer 5k race in Brockwell Park this year instead.

The date is now Thursday 3 July

If you are interested in helping on the day, or with the organisation pre-race, please can you let me know.
Thanks - Ros - Ros@28kerfield.freeserve.co.uk

Club Members are also welcome to run

.....and
Battersea Park assembly league now 26th June

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 !

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)

EVENT HORIZON

A brief look ahead

full fixture list page 2

June 22 Beckenham 10k
June 26 Assembly League -Battersea Park

NEW RUNNERS ROTA

Many thanks to **Tony Tuohy** for taking out new club runners last week.
If you are on the list, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – **Ros**

Ros Tabor	**18/06**
Mick Ward	25/06
Kevin Wood	02/07
Clare Wyngard	09/07
Steve Werhle	16/07

WEDNESDAY NIGHT £1 RUNNING FEE

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

Wednesday Night Run - Map

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

DULWICH CHARITY OF THE YEAR

- Susan Vernon writes:

The DR main committee will be launching a new Dulwich Charity Challenge at our AGM in October, in place of the Dulwich Charity 10k for 2015. In the meantime, we need nominations of local charities which you would like to be chosen as the Dulwich Runners charity for 2015.

Nominations must be with me by the end of July please so we can make a shortlist of 3. Members will then be asked to vote for their favoured charity. The results will be announced at the AGM when full details of the Dulwich Charity Challenge will be availaable.

Please send your nominations of local charities to vernonrun@aol.com

DULWICH RUNNERS 2014 FIXTURES

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

Date		Race			Venue
June	22	Beckenham 10k		(medium)	Beckenham
	26	Assembly League	5k		Battersea Park - 7:30 start *** note changed date**
July	2	B & BH open meeting 10,000m			Norman Park, Bromley
	3	Dulwich runners Midsummer 5k			Brockwell Park *** note changed date**
	11	Mark Hayes Mile		(short)	Dulwich College Track
	23	B & BH open meeting 5000m			Norman Park, Bromley
Aug	7	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	31	Sevenoaks 7		(medium)	Sevenoaks
Sep	4	Assembly League	3miles		Beckenham - 7:15 start

ASSEMBLY LEAGUE 2014

This year's series of Assembly League races has now been decided.
They will take place on the first Thursday of every summer month, venues will be the same as last year.
This summer evening series of races is popular with club members, and all including newly joined members are warmly welcomed and encouraged to participate.
For those that are new to the club these races are open to all standards and abilities, 5k, and free to enter, all you need to do is have a club vest, turn up and run.
If there is any further information regarding these races it will appear here in Shorts as and when it becomes available. Events still to come:

26 June	Battersea Park	5k	7.30 start	*** note new date**
7 Aug	Victoria Park	3.5 miles	7.30 start	
4 Sept	Beckenham	3 miles	7.15 start	

DULWICH RUNNERS CLUB CHAMPS 2014

9 races in total split into 3 distance categories. To qualify it will be necessary to complete 5 races in total, including at least one from each distance category.

The structure of awards will be unchanged from recent years. Club vests are compulsory for all events other than the mile. You will need current club membership to qualify for points. **For those wishing to know the Clup Champs rules they are on the clubs website**

Remaining events are as follows:

2mile race pre-entry http://run.runandbecome.com/event/london-race-2m-160614/

22 June	Beckenham 10k (medium)
11 July (tbc)	Mark Hayes Mile (short)
31 August	Sevenoaks 7 (medium)

Mike Mann (on belhalf of ADSC)

CLUB CHAMPIONSHIPS important update

Our selected 10 mile Club Championship race is the Rye 10 on 25th May. Since the Club Championship races were set, the Club has been invited by British Athletics to enter men and women teams in to the BUPA London 10K on the same date.

In order to allow our faster runners to represent the club in this prestigious event and not being disadvantaged in the Club Championships, The Committee has decided to add the Cabbage Patch 10 on 19th October as an additional 10 mile race.

Times recorded at the Cabbage Patch will be adjusted to reflect the relative difficulty of the 2 courses and overall 10 mile results produced soon after 19 October. Runners who compete at both races will be credited with their best performance of the 2

JUNE CLUB CHAMPS RACES

Beckenham 10k on Sunday 22 June.
It is suggested that you enter on line asap as this race fills up quickly: www.beckenhamrunning.co.uk

Surrey Road League 2014

As well as the events we choose for our Club Championships, we are also eligible to compete in the Surrey Road League. Individual positions in the league are determined by the best five scores and you also contribute to the club's position.
As soon as the fixtures are confirmed they will be listed here

For more info go here:
http://www.surreyathletics.org.uk/road/league/index.php?Y=2013&O=R&S=2014
Charlie Lound **-** Men's Road Captain

TRACK MEETINGS

UPDATE

For those of you interested in competing on the track, there are several open meetings held at local venues during the spring/summer season.

Open meetings, hosted by HHH are held at Tooting Bec on some Saturday afternoons with the first one scheduled for 12 April.

Other open meetings are at Norman Park, Bromley on Monday evenings, Crystal Palace on Saturday afternoons and at Parliament Hill.

25	June	Cambridge Harriers Open, Eltham
26	June	Tooting track
2	July	Norman Park, 10,000m
19	July	Crystal Palace
21	July	Norman Park
23	July	Norman Park, 5000m
11	Aug	Norman Park
23	Aug	Tooting track
23	Aug	Crystal Palace
27	Aug	Norman Park
10	Sep	Parliament Hill

These meetings, where there are usually 800m, 1500m and 3000m races on offer, are ideal for those looking for improved times, having done some earlier races.
Please contact me for further details.
Mike Mann

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£18 each

Hoodies are now available. There are a few left in each size .
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

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 .

British Masters Championship 5k, Horwich, Sun 15th June

Emulating last year's bronze medal in this race looked a tall order with the loaded M50 category by far the most populated age group. Looking at the entrants, the top two positions were already booked by Guy Bracken and Mike Trees, both World Masters medallists, both current sub-9 minutes at 3000m and both sub-16 minutes at 5k. So, best not try to keep up with them I suppose……

This part of the race did indeed go to form with Bracken pulling away from Trees with a mile still to go putting a huge 39 seconds into him – Trees must have 'died' badly after a very fast start had put him well ahead after a mile – he is, after all, the M50 UK record holder with 4:32. Bracken finished with an amazing PB of 15:47 to easily top the UK rankings, while Trees clocked 16:26.

Meanwhile, the mere mortals behind were chasing bronze. Determined not to make last year's mistake (you know, my usual one) I tried to control myself on the first uphill charge and not go into the red too early. The three-lap course is difficult to get right; each lap is half-up, half-down, a bit like Dulwich parkrun but with the inclines much more pronounced.

I watched M50 after M50 run away from me so that after a mile I was only 6th or 7th – it really looked like any medal chance had gone. But gradually they started to come back so that by the start of the last lap I was gaining on the 3rd and 4th runners not far ahead. I had to push it on the downhill half-mile to catch them just before the last uphill half-mile and decide whether to wait or carry my momentum through and just go for it. Sod it, I thought, just do it, going past hoping it was decisive. Footsteps came with me as Derbyshire's Tim Clayton hung on but faded with the final push up the last 400m.

I crossed the line 3rd in 16:47 but it was a close-run thing; Rob Andrew caught the fading Clayton and finished just 3 seconds behind me, Clayton was 3 seconds further back in 5th and Paul Simons in 6th was just another 2 seconds back in 16:55. Glad I don't look over my shoulder.

19 Tony Tuohy 16:47 3rd M50

SCVAC Track And Field League (Kent)
Norman Park Track Friday 13 June

Running for Cambridge Harriers

200m

V35(B string)	Clare Elms (V50)	2nd 30.2
V60	Ros Tabor	2nd 35.3

1500m

V35(a string)	Clare Elms	1st 5:00.7
V50	Ros Tabor(V60)	2nd 5:54.4

Ros Tabor

Clapham Common 10k
Sunday 16th June

78 Ameet Patel 45:58 PB

Ashford Sat 14 June

1500m

11 Oscar Hussey 4:49.00 PB
13 ran
Du can Hussey

Self Transcendence 2 miles Club Championship Battersea Park, Mon 16th June

2014 champs categories 2 MILES BATTERSEA

1 Overall Winner: Ros Tabor
2 Fastest Man (Excluding Overall Winner): Ed Hill
3 Fastest Woman Excluding Overall Winner): Clare Elms
4 First Senior Man (Excluding Above): Edwin Mccormack
5 First Senior Woman (Excluding Above): Mel Edwards
6 First M40 (Excluding Above): Charles Lound
7 First W40 (Excluding Above): Nicola Richmond
8 First M50 (Excluding Above): Tony Tuohy
9 First W50 (Excluding Above)
10 First M60 (Excluding Above): Mike Mann
11 2Nd Age Graded (Excluding Above): Ola Balme
12 3Rd Age Graded (Excluding Above): Ebe Prill
13 Captains' Award: Per Hedberg

Tony Tuohy writes.....

Over 40 Dulwich Runners turned out to toe the line on a breezy Monday evening for the latest club championship event; and despite the wind there were PBs galore.

Honours for fastest easily went to Ed Hill, a close 3rd in the open race, who knocked a huge 20 seconds from his time last year and lived up to his 1500m form – as did Edwin and Paul with excellent runs, Paul's being an amazing 1:13 up on last year. Trying not to notice the day before's 5k, Tony chased them hard but didn't quite make it; however, consolation came from equaling his 2010 PB with a new M50 club record and also equaling the Battersea M50 course record (too many 'equals', much tidier if I'd just gone a second faster!).

Just losing out to Tony was a resurgent Wayne with a big PB of nearly 20 seconds. Another PB dating from 2010 was Charlie's 10:40 and his speedy renaissance of late showed in a superb run that agonizingly fell just one second short of that four-year-old best.

Ian and Lewis have both made huge improvements this year and came in with big PBs of over half a minute, with Lewis also being first under-16 in the open race. Despite her current record-breaking track speed, Clare Elms' usual endurance is lacking; nevertheless she still had enough to win the women's race overall and take the long-standing Battersea W50 course record. Close behind were Rob and Ebe, like last year fighting out another close battle and both achieving PBs in the process. Oscar ran a fine 11:40 to be 2nd U16 and hold off Dad Duncan by 12 seconds, who was himself a little short of last year's form.

Splitting these two was 2nd woman in the overall race Mel Edwards running another impressive 20-second PB. Ed Smyth fell about 20 seconds short of last year but isn't far off achieving his previous good form. Mark has improved to be very close to his best 2-mile runs from four or five years ago while Gary ran really well too and bagged an 8-second PB.

Nicola's recent track races indicated a sub-12 was possible and she gave it a good go, just having to slow later on and missing the target – but again another good PB. Ola is having one of her best years over shorter distances and amazingly managed to sneak a single second from her best time set way back in 2008!

Paul Hodge is racing little but isn't a long way from last year's form, while Mike was 1st M60 in the overall race although still a little short of his winter form. Alex Haylett and Martin Double also made solid debuts.

Hugh was very pleased to find he'd gone under 13 minutes, which also gained him the 3rd M60 award. Andy, Graham, Per and Barrie John all showed good improved runs with Barrie John and Per (who gets the Captain's Award) gaining good PBs and Graham being only 10 seconds short of his old best from 2010, while Jo Brady is still putting in the effort despite being short of fitness.

Paul Hilton showed decent speed at his shortest race distance to date. Katie Crowe picked up a 6th overall medal for her very good 13:08; Charlotte, Michelle and Laura all ran well and Lindsay particularly impressed with a 10-second beating of her PB from five years ago.

And to cap it all off, Ros ran her best 2 miles for four years to win the overall age-graded 2 mile club championship and broke her own Battersea W60 course record, also four years old, by 2 seconds!

3 Edward Hill	10.08	PB
5 Edwin McCormack	10.17	debut
7 Paul Devine	10.19	PB
8 Tony Tuohy	10.21	PB eq., 1st M50, club and course record
11 Wayne Lashley	10.28	PB
16 Charles Lound	10.41	
25 Ian Lilley	10.58	PB
27 Lewis Laylee	11.09	PB 1st U16
28 Clare Elms	11.10	1W W50 club and course record
30 Rob Cope	11.15	PB
31 Eberhard Prill	11.17	PB 3rd M50
34 Oscar Hussey	11.40	debut 2nd U16
40 Melanie Edwards	11.50	PB, 2W
42 Duncan Hussey	11.52	
43 Edward Smyth	11.58	
46 Mark Foster	12.00	
49 Gary Sullivan	12.09	PB
51 Nicola Richmond	12.12	PB, 3W
52 Ola Balme	12.21	PB
56 Paul Hodge	12.36	
57 Mike Mann	12.38	1st M60
58 Alex Haylett	12.42	debut
59 Martin Double	12.43	debut
60 Hugh Balfour	12.49	3rd M60
63 Andy Murray	13.03	
64 Katie Crowe	13.08	
65 Joseph Brady	13.13	
72 Graham Laylee	13.24	
74 Ros Tabor	13.30	1st W60 W60 course record
77 Charlotte Boden	13.38	
79 Michelle Lennon	13.42	
87 Per Hedberg	14.15	PB
88 Barrie John Nicholls	14.18	PB
91 Laura Vincent	14.22	
102 Lindsey Annable	14.48	PB
103 Paul Hilton	15.03	debut

June 14th

Ally Pally

108 Ran

19	Andy Murray	22:26
28	Ros Tabor	23:29
31	Ian Sesnan	23:40

Brockwell

192 Ran

26	Simon Burnett	20:54
34	Cameron Timmis	21:32
70	Clare Wyngard	23:19
74	Michelle Lennon	23:31
89	Desmond Edwards	24:48
99	Sharon Erdman	25:16
123	Natalie Davys	26:18 PB

Burgess

108 Ran

5	Rob Cope	18:40
7	Ebe Prill	18:57

Crystal Palace

121 Ran

1	Edwin Mccormack	17:46 PB
2	Paul Devine	18:12 PB
10	Gary Sullivan	20:17
20	Andy Cottrill	21:47
30	Bob Bell	23:02
43	Belinda Bell	24:46
55	Ameet Patel	25:22
83	Penelope Bell	28:16
84	Barry Graham	28:26

New members especially ! and others....
Could you update your profiles to show you are a current member of Dulwich Runners AC.
This help us pick out all our runners for the weekly results.

Dulwich

183 Ran

7	Edward Hill	17:48
10	Lewis Laylee	18:36
15	Mel Edwards	19:03
33	Joseph Brady	21:27
37	Graham Laylee	21:43
65	Mark Muffett	22:54
106	Claire Steward	25:24

Hilly Fields

125 Ran

4	Ian Lilley	19:02 PB
6	Kevin Chadwick	19:19
24	Hugh Balfour	20:37

Lincoln

238 Ran

40	Martin Morley	22:00

Orpington

113 Ran

6	Clare Elms	20:09
36	Colin Frith	24:21
98	John O'byrne	33:18

Riddlesdown

113 Ran

16	Ange Norris	20:54

Southwark

55 Ran

36	Paul Keating	26:37

I am very please to announce the launch of the Peckham Rye parkrun starting 21st June 2014, All details can be found on the website

http://www.parkrun.org.uk/peckhamrye/

I will be holding a ***practice event on Thursday 19th June*** starting around 19:00pm for anyone wishing to try out the course or practice using any of the volunteer equipment.

Please bring your barcode as we will treat this as a real parkrun so will be scanning barcodes etc.

I will post the times in shorts of any of the Dulwich runners who attend.

I have plenty of volunteers for the inaugural event on the Saturday but am a little short for the practice run, so if anyone is interested in learning One or more of the different roles please contact me.

Afterwards I suggest we go to the Clock House on Barry road for some refreshment and you can give me any feedback about the course/parkrun.

Any questions you can email me at:
Kevchadwick@googlemail.com or just ask me on Tuesdays at the track.

2014 Club Champs within age group		Short			Medium			Long				
Name/Category		5k Brockwell 01-Feb	2M Battersea 16 - Jun	1M Dulwich 11-Jul	10K Bromley 05-May	10K Beckenham 22-Jun	7M Sevenoaks 31-Aug	1/2 Mar Tun.wells 02-Mar	Marathon Lon Or Other 13-Apr	10M Rye 25-May	Bonus for no. of events	TOTAL 5 events max 1.S,M,L
									not inc later mar's -not inc CP 10			
WOMEN SENIOR												
Melanie	Edwards	49	50		50			50	47	-	5	251
Sarah	Cross	47	-		49			48	-	-	3	147
Sue	Cooper	48	-		47			47	-	-	3	145
Katie	Crowe	-	49		48			45	-	-	3	145
Charlie	Boden	44	48		-			-	43	-	3	138
Laura	Lane	45	-		46			-	43	-	3	137
Anna	Thomas	-	-		-			49	44	-	2	95
Helen	Lister	46	-		-			-	46	-	2	94
Nicola	McIvor	-	-		-			46	45	-	2	93
Belinda	Bell	-	-		45			43	-	-	2	90
Leann	Peters	42	-		-			42	-	-	2	86
Charlie	Wood	50	-		-			-	-	-	1	51
Shona	Mcintosh	-	-		-			-	50	-	1	51
Toni	Holt	-	-		-			-	49	-	1	50
Emily	Gelder	-	-		-			-	48	-	1	49
Laura	Vincent	-	47		-			-	-	-	1	48
Joanne	Shelton	-	-		-			44	-	-	1	45
Kim	Hainsworth	43	-		-			-	-	-	1	44
Penelope	Bell	-	-		-			41	-	-	1	42
WOMEN V40												
Ros	Tabor (50+)	45	47		45			48	-	50	5	240
Lindsey	Annable	43	45		44			44	-	47	5	228
Clare	Elms (50+)	50	50		50			50	-	-	4	204
Clare	Wyngard (50+)	44	-		47			47	-	49	4	191
Ola	Balme	49	48		48			-	-	-	3	148
Michelle	Lennon	46	46		-			-	49	-	3	144
Yvette	Dore	-	-		46			45	-	48	3	142
Nicola	Richmond	48	49		-			-	-	-	2	99
Emma	Ibell	47	-		-			49	-	-	2	98
Diana	Morgan (50+)	42	-		-			43	-	-	2	87
Marjorie	Epson (50+)	-	-		-			-	50	-	1	51
Andrea	Pickup	-	-		49			-	-	-	1	50
Louisa	Pritchard	-	-		-			46	-	-	1	47
Carolina	Lilley	-	-		-			42	-	-	1	43
Sarah	Lyness	41	-		-			-	-	-	1	42
MEN SENIOR												
Paul	Devine	49	48		48			49	50	-	5	249
Edward	Hill	48	50		50			48	-	-	4	200
Edwin	McCormack	46	49		49			-	48	-	4	196
Alastair	Locke	47	-		-			50	47	-	3	147
Sam	Crump	45	-		-			47	44	-	3	139
James	Burrows	41	-		-			44	-	50	3	138
Toby	de Belder	42	-		-			45	45	-	3	135
Andrew	Cottrill	-	-		47			43	42	-	3	135
Kevin	Chadwick	43	-		-			46	43	-	3	135
Martin	Double	-	42		45			-	41	-	3	131
Hugh	French	37	-		43			40	-	-	3	123
Wayne	Lashley	50	47		-			-	-	-	2	99
Matthew	Ladds	-	-		44			-	-	49	2	95
Alex	Haylett	-	43		46			-	-	-	2	91
Chris	Goodman	44	-		-			42	-	-	2	88
Desmond	Edwards	36	-		-			-	-	48	2	86
Oscar	Hussey	39	45		-			-	-	-	2	86
Dominic	Joiner	40	-		-			-	40	-	2	82
Oli	Thorogood	-	-		-			-	49	-	1	50
Tom	Marshall	-	-		-			-	46	-	1	47
Lewis	Laylee	-	46		-			-	-	-	1	47
Edward	Smyth	-	44		-			-	-	-	1	45
Christian	Moody	-	-		-			41	-	-	1	42
Andrew	Bright	38	-		-			-	-	-	1	39
MEN V40												
Rob	Cope	47	[47]		50			50	49	50	6	252
Jim	Dowsett	43	-		48			48	-	49	4	192
Joseph	Brady	-	43		45			45	-	47	4	184
Paul	Hilton	-	42		44			43	-	46	4	179
Charles	Lound	50	49		-			-	50	-	3	152
Stephen	Davies	49	-		-			49	47	-	3	148
Ian	Lilley	48	48		-			-	48	-	3	147
Mark	Foster	45	45		-			-	-	48	3	141
Cameron	Timmis	42	-		46			46	-	-	3	137
Paul	Keating	41	-		43			44	-	-	3	131
Olivier	Montfort	-	-		49			-	46	-	2	97
Duncan	Hussey	46	46		-			-	-	-	2	94

Ajay	Khandelwal	44	-		-			47	-	-	2	93
Paul	Hodge	-	44		47			-	-	-	2	93
MEN V50												
Eberhard	Prill	49	48		49			49	50	-	5	250
Mike	Mann (60+)	44	46		46			44	-	48	5	233
Andrew	Murray (60+)	[42]	44		45			43	47	47	6	232
Gideon	Franklin	43	-		44			42	46	49	5	229
Barrie John	Nicholls	[34]	41		40			38	45	45	6	215
Tony	Tuohy	50	49		50			50	-	-	4	203
Gary	Sullivan	45	47		47			45	-	-	4	188
Graham	Laylee	39	43		43			41	-	-	4	170
Robert	Bell (60+)	38	-		39			39	-	46	4	166
Michael	Dodds	36	-		41			34	-	42	4	157
Patrick	McMorrow	-	-		35			33	44	41	4	157
Stephen	Wehrle (60+)	-	-		34			32	42	40	4	152
Neville	Webb	47	-		-			47	-	50	3	147
Martin	Morley (60+)	41	-		42			40	-	-	3	126
Peter	Gibbons	37	-		38			-	-	44	3	122
Ameet	Patel	-	-		36			37	-	43	3	119
Per	Hedberg	29	42		-			35	-	-	3	109
Stephen	Smythe	48	-		-			-	49	-	2	99
John	English	46	-		-			46	-	-	2	94
Barry G	Evans (60+)	28	-		-			-	43	-	2	73
Michael	Ward	33	-		-			36	-	-	2	71
Colin	Frith	32	-		37			-	-	-	2	71
Chris	Loizou	-	-		-			48	-	-	1	49
Stephen	Williams	-	-		48			-	-	-	1	49
Paul	Mottram	-	-		-			-	48	-	1	49
Hugh	Balfour	-	45		-			-	-	-	1	46
Duncan	Wilson	40	-		-			-	-	-	1	41
Giles	Gibson	35	-		-			-	-	-	1	36
Pip	Eastop	31	-		-			-	-	-	1	32
Stephen	Street	-	-		-			31	-	-	1	32
Steve	Cook (60+)	30	-		-			-	-	-	1	31
John	O'Byrne (60+)	27	-		-			-	-	-	1	28

Best 5 count for year including 1 each short, medium, long. W50's and M60's have separate contests using the above scores.
*Later marathons and Cabbage Patch 10 still to come

Overall Age Graded Champs			Short			Medium			Long				
Name/Category			5k Brockwell 01-Feb	2M Dulwich 11-Jul	1M Dulwich 11-Jul	10K Bromley 05-May	10K Beckenham 22-Jun	7M Sevenoaks 31-Aug	1/2 Mar Tun.wells 02-Mar	Marathon Lon Or Other 13-Apr	10M Rye 25-May	Average	TOTAL 5 events max inc 1.S,M,L
1	Ros	Tabor	910	953		842			902	-	894	900	4,501
2	Mike	Mann	819	814		798			815	-	788	807	4,034
3	Eberhard	Prill	803	815		771			795	764	-	789	3,947
4	Andrew	Murray	761	760		750			763	[744]	760	759	3,794
5	Melanie	Edwards	740	766		729			778	734	-	749	3,745
6	Paul	Devine	752	788		694			750	707	-	738	3,691
7	Rob	Cope	720	750		703			737	[682]	720	726	3,630
8	Clare	Elms	914	946		873			882	-	-	904	3,616
9	Gideon	Franklin	707	-		686			696	666	696	690	3,452
10	Tony	Tuohy	831	881		828			859	-	-	850	3,399
11	Barrie J.	Nicholls	666	688		682			673	[617]	659	673	3,367
12	Lindsey	Annable	650	679		634			635	-	622	644	3,221
13	Gary	Sullivan	767	782		738			760	-	-	762	3,047
14	Edward	Hill	745	802		735			749	-	-	758	3,031
15	Clare	Wyngard	762	-		741			758	-	754	754	3,016
16	Edwin	McCormack	705	769		712			-	702	-	722	2,889
17	Graham	Laylee	698	715		698			696	-	-	702	2,807
18	Robert	Bell	716	-		680			698	-	679	693	2,772
19	Jim	Dowsett	660	-		639			651	-	652	651	2,602
20	Joseph	Brady	-	673		646			653	-	624	649	2,597
21	Michael	Dodds	651	-		656			614	-	621	635	2,542
22	Charles	Lound	805	827		-			-	845	-	825	2,476
23	Patrick	McMorrow	-	-		605			620	594	609	607	2,428
24	Stephen	Wehrle	-	-		616			659	500	630	601	2,406
25	Neville	Webb	792	-		-			810	-	803	802	2,406
26	Ola	Balme	801	824		780			-	-	-	802	2,405
27	Paul	Hilton	-	591		539			541	-	599	567	2,270
28	Ian	Lilley	745	775		-			-	676	-	732	2,195
29	Stephen	Davies	759	-		-			743	687	-	729	2,188
30	Martin	Morley	746	-		709			720	-	-	725	2,174
31	Alastair	Locke	711	-		-			744	701	-	719	2,156
32	Mark	Foster	720	742		-			-	-	687	716	2,148
33	Michelle	Lennon	729	743		-			-	655	-	709	2,126
34	Sarah	Cross	694	-		673			679	-	-	682	2,045
35	Katie	Crowe	-	708		677			652	-	-	679	2,037
36	Sam	Crump	691	-		-			706	638	-	678	2,034
37	Sue	Cooper	703	-		643			667	-	-	671	2,013
38	Toby	de Belder	667	-		-			673	661	-	667	2,001
39	Peter	Gibbons	679	-		665			-	-	652	665	1,995
40	James	Burrows	660	-		-			666	-	664	663	1,990
41	Kevin	Chadwick	667	-		-			675	625	-	656	1,967

42	Cameron	Timmis	654	-	639			635	-	-	643	1,928
43	Yvette	Dore	-	-	650			641	-	629	640	1,919
44	Charlie	Boden	662	682	-			-	567	-	637	1,911
45	Andrew	Cottrill	-	-	623			656	607	-	629	1,886
46	Laura	Lane	661	-	621			-	560	-	614	1,842
47	Per	Hedberg	578	645	-			611	-	-	611	1,834
48	Ameet	Patel	-	-	602			610	-	597	603	1,810
49	Martin	Double	-	644	610			-	537	-	597	1,790
50	Hugh	French	575	-	553			552	-	-	560	1,680
51	Paul	Keating	584	-	525			571	-	-	560	1,680
52	Nicola	Richmond	734	796	-			-	-	-	765	1,529
53	Stephen	Smythe	779	-	-			-	750	-	764	1,529
54	Wayne	Lashley	741	765	-			-	-	-	753	1,505
55	John	English	746	-	-			749	-	-	748	1,495
56	Duncan	Hussey	739	750	-			-	-	-	744	1,489
57	Oscar	Hussey	700	746	-			-	-	-	723	1,446
58	Emma	Ibell	727	-	-			706	-	-	717	1,433
59	Paul	Hodge	-	706	676			-	-	-	691	1,382
60	Diana	Morgan	697	-	-			666	-	-	682	1,363
61	Helen	Lister	672	-	-			-	684	-	678	1,356
62	Ajay	Khandelwal	692	-	-			642	-	-	667	1,334
63	Chris	Goodman	668	-	-			645	-	-	657	1,313
64	Anna	Thomas	-	-	-			682	629	-	655	1,311
65	Nicola	McIvor	-	-	-			660	644	-	652	1,304
66	Michael	Ward	642	-	-			650	-	-	646	1,291
67	Colin	Frith	630	-	648			-	-	-	639	1,278
68	Olivier	Montfort	-	-	658			-	619	-	638	1,276
69	Alex	Haylett	-	633	603			-	-	-	618	1,236
70	Dominic	Joiner	663	-	-			-	525	-	594	1,189
71	Belinda	Bell	-	-	586			571	-	-	578	1,156
72	Barry G.	Evans	584	-	-			-	552	-	568	1,136
73	Matthew	Ladds	-	-	556			-	-	557	557	1,113
74	Leann	Peters	533	-	-			514	-	-	524	1,048
75	Desmond	Edwards	506	-	-			-	-	454	480	959
76	Chris	Loizou	-	-	-			825	-	-	825	825
77	Stephen	Williams	-	-	804			-	-	-	804	804
78	Shona	Mcintosh	-	-	-			-	801	-	801	801
79	Marjorie	Epson	-	-	-			-	790	-	790	790
80	Emily	Gelder	-	-	-			-	781	-	781	781
81	Hugh	Balfour	-	767	-			-	-	-	767	767
82	Andrea	Pickup	-	-	767			-	-	-	767	767
83	Lewis	Laylee	-	766	-			-	-	-	766	766
84	Toni	Holt	-	-	-			-	764	-	764	764
85	Charlie	Wood	754	-	-			-	-	-	754	754
86	Oli	Thorogood	-	-	-			-	706	-	706	706
87	Paul	Mottram	-	-	-			-	704	-	704	704
88	Tom	Marshall	-	-	-			-	702	-	702	702
89	Duncan	Wilson	675	-	-			-	-	-	675	675
90	Edward	Smyth	-	666	-			-	-	-	666	666
91	Louisa	Pritchard	-	-	-			649	-	-	649	649
92	Giles	Gibson	638	-	-			-	-	-	638	638
93	Steve	Cook	635	-	-			-	-	-	635	635
94	Laura	Vincent	-	629	-			-	-	-	629	629
95	Joanne	Shelton	-	-	-			625	-	-	625	625
96	Andrew	Bright	620	-	-			-	-	-	620	620
97	Kim	Hainsworth	619	-	-			-	-	-	619	619
98	Pip	Eastop	611	-	-			-	-	-	611	611
99	Sarah	Lyness	574	-	-			-	-	-	574	574
100	Christian	Moody	-	-	-			571	-	-	571	571
101	Carolina	Lilley	-	-	-			553	-	-	553	553
102	Penelope	Bell	-	-	-			495	-	-	495	495
103	John	O'Byrne	485	-	-			-	-	-	485	485
104	Stephen	Street	-	-	-			474	-	-	474	474

*Later marathons and Cabbage Patch 10 still to come

DULWICH RUNNERS AC S4

Here be dragons

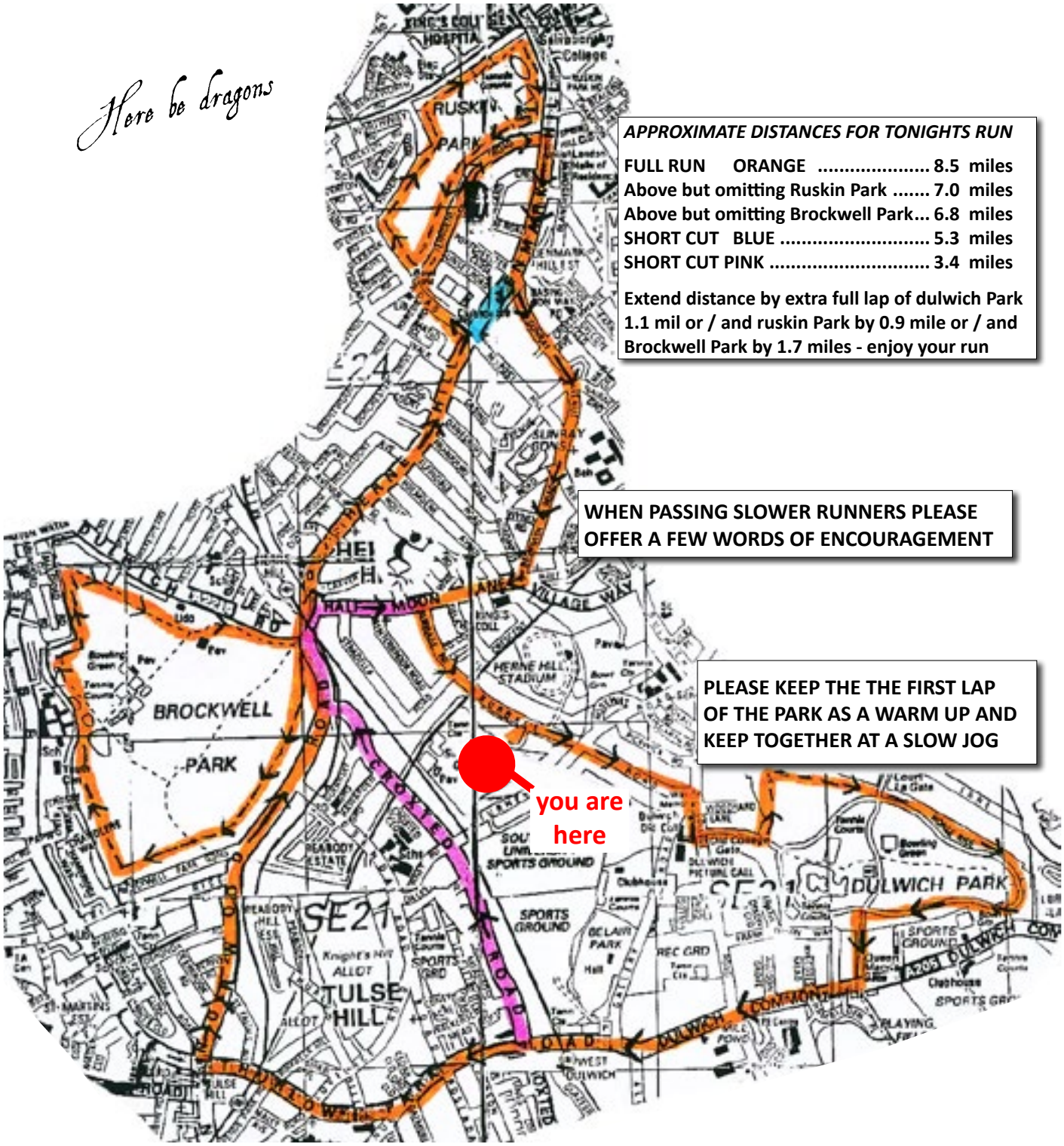
APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN ORANGE ..... 8.5 miles
Above but omitting Ruskin Park ..... 7.0 miles
Above but omitting Brockwell Park... 6.8 miles
SHORT CUT BLUE ..... 5.3 miles
SHORT CUT PINK ..... 3.4 miles

Extend distance by extra full lap of dulwich Park 1.1 mil or / and ruskin Park by 0.9 mile or / and Brockwell Park by 1.7 miles - enjoy your run

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

PLEASE KEEP THE THE FIRST LAP OF THE PARK AS A WARM UP AND KEEP TOGETHER AT A SLOW JOG



Here be dragons