SHORTS

Dulwich Runners AC
Weekly Newsletter
April 8th 2015

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

- THE COMING WEEK –

Wed 8 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar.
Thu 10 Beckenham Assembly League 7:15 start
Tue 15 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

TRACK SESSIONS

at Crystal Palace Arena

Tuesdays with Steve Smythe

Improve your speed & strength over all distances, suitable for all standards and abilities.
Be warmed up ready for the session to start at 7.15.
Go to Crystal Palace reception, say you're with Dulwich Runners and you will be given a wristband.
Make your way to the track and pay Ros your track fee (£2.50 per week) Ros will mark the track register. If you want to pay in advance for future sessions.
Sessions have been averaging around 40 people each week this year which is good but it is notable that there are only around 20 regulars and too many are only doing sessions every other or every 3 or 4 weeks.
To get the full benefit of the sessions and get a range of distances and get the body accustomed to speedwork it is important that you attend on a regular basis

LUCKY VEST

April winner Paul Hilton

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk
for all other club kit please see **page 3**

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered to scoff after the Wednesday run.
Arrives close to 9 and the cost is £5, or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating...join in !

Rehydration !

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

In your SHORTS this week !

1... General information
2... ***New*** - Social Spot - coming social events
5... 2015 Dulwich Runners Club Champs races diary
5... Fixture list, club champs,XC, road, track
6... Race reports and results
8... Parkrun results
9... Club Champs table so far
11... Wednesday night routes map

And much more !

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

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list page 4
9 April Beckenham Assembly League 7:15 start
26 April London Marathon

NEW RUNNERS ROTA

Many thanks to **Tony Tuohy** for taking out new 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**

Doug Keighley	**08/04**
Laura Lane	15/04
Graham Laylee	22/04

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

SOCIAL SPOT

Apologies for the radio silence it's been a busy start to this year with work, travels and this marathon training malarkey.
Anyway I thought I should give you all an update on what I had planned over the next couple of months to get some dates in your diary..... ***Matt Ladds***

May

Boozy Brunch - Sat 9th 11am
The Great Exhibition, Crystal Palace Rd
Please RSVP to me if you wish to attend by 25th April so I can confirm our booking.
Once we have our marathons out of the way it's time to kick back and relax (well maybe for some of us!) so what better way than a post Parkrun booze up at one of Dulwich's premier pubs featured in Londons Best Bottomless Brunches http://www.buzzfeed.com/ailbhemalone/bottomless-boozy-lunches-in-london#.vqo9aLMaz
Pizza/Pasta Night - Date TBC - Rocco, Dulwich Village

June/July

Summer Picnic - Date/Venue TBC
Always open to suggestions/request so feel free to drop me a line or grab me when I'm down the club
matthew.ladds@uk.zurich.com

Ola Balme
Sports & Therapeutic Massage

Marathon Special Offer – April 10% Off

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?
- Deep Tissue Massage
- Massage to ease muscle fatigue and aid in recovery
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- Maintaining your fitness and well-being

Ola is an experienced Sports Massage Therapist.

If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

Members Survey: the results

Before Christmas all members were sent a short questionnaire about our Wednesday night runs.
And 120 of you responded! That was a very welcome turnout in times of bombardment with all sorts of surveys. So first of all a big thank you to everyone!
It took me a bit to go through the responses but in time for our last committee meeting we had the results to discuss and act upon.
Here is a summary of the results:

Question 1 was if a later start at 7:30 pm to our clubrun would make it easier or harder for you to take part in the run.

For most it would make no difference, but a big majority of those who expressed a preference were in favour of a later start.

The numbers: Q1. Would a later start...make attendance for you:
more likely 41 (34%)
less likely 12 (10%)
no difference 67 (56%)

Question 2 was about the introduction of set pace groups for the clubrun.

Again, for most of you it would not make a difference in attendance if there are pace groups or not. But an overwhelming majority of those expressing a preference would like groups running at a set pace introduced.

The numbers: Q2. Would the introduction of a pace group...make attendance for you:
more likely 42 (35%)
less likely 1 (1%)
no difference 77 (64%)

Very interesting and rather surprising were the expressed preferences for the kind of pace you would like to run at in a group:

90% of you want to run at 9 minute/mile pace or faster, with an astonishing 43% in favour of a pace faster than 8 minutes/mile. Only 10% like a pace group of 10 minute/mile or slower.

The numbers:

>11 min/mile pace group	0 (0%)
11 min/mile pace group	1 (2%)
10 min/mile pace group	5 (8%)
9 min/mile pace group	14 (21%)
8 min/mile pace group	17 (26%)
< 8 min/mile pace group	28 (43%)
total answered	65 (100%)
skipped this question	55

We also asked you how often did you participate in the clubruns in the last year.
53 of you (46%) answered 0 - 5 times
30 of you (26%) answered 6 - 15 times
33 of you (28%) answered more than 15 times.

Roughly half of you belong to the 'segment' who didn't make it to the club much and about a third were regular attendants. We wanted to see if there would be major differences between these groups in their preferences for a later start and pace groups. We wanted to avoid putting people off coming in the future who were regular attendants now and might not favour any changes.

Luckily there was no conflict between the regular and the rarer attendants in that respect.
All the above groups favoured in their majority a later start to the clubrun and set pace groups (when they expressed preferences. For the most within these groups it made no difference).

Many of you also commented on the reasons that prevented them from attending more often.
About 65% mentioned domestic (kids, family) or work reasons, 30% that they moved too far away from the area to attend, 5% gave other reasons.

There was also a large positive feedback in the general comments and many constructive suggestions, thank you very much for all of them!

In conclusion the committee has decided to:

a) introduce a more formal way for participants on Wednesday night to run together at a set pace. We have started this already, as those who were at the club will have noticed.
In the introduction to the clubrun the different pace groups will be pointed out and runners can flock around tables on which a card with the prefered pace on it lies. If there is a group for that pace then one of the regulars who knows the route will run with the group and check the pace.
To stick to the pace is encouraged throughout the run (well, you can sprint it out on the last 300 metres :)

b) from Wednesday the 29. April on we will start the clubrun at a later time of 7:30 pm. This coincides with the beginning of our summer routes. We will test this later start for three months and decide then if we continue with a later start.

Again, thanks to all who participated!

Ebe Prill

'MARATHON TRAINING SUNDAY SESSIONS'

SUNDAY RUNS, RACES AND REPS

(Provisional – dates and events subject to change)
Includes: middle and long distance multi-terrain / road races
Sunday runs at High Elms & Dulwich Park
Track sessions at Norman Park track, Bromley
Preparation for London Marathon 2015

Weeks to go!	Date	Event / Distance	Information
2	12 Apr	High Elms	09:00 Off road 2 hours +
1	19 Apr	High Elms	09:00 Easy 10m off road
GO!	**26 Apr**	**LONDON MARATHON!**	**CLUB CHAMPS**

for more information contact Steve Wehrle, Claire Steward, Paul Hilton
ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell Park, Crystal Palace, Peckham Rye, Burgess Park, Southwark, Hilly Fields) – check out http://www.parkrun.org.uk/ for venues and registration
Alternative / additional race options:

19 April	Thames Towpath 10 (10 miles, Chiwswick)	http://www.west4harriers.com/

Sunday Long Run Group / Spring 2015 Marathon Training

There will be an informal Sunday long run group meeting around 9am in Dulwich Park from the beginning of January onwards. The runs will typically be 15-20 miles and at a range of paces in accordance with training schedules, aiming at runners targeting 8 min down to sub 7 min miling in a spring marathon. Non marathon runners looking to improve their stamina equally welcome.
Contact ian.lilley@gmail.com or ebeprill@yahoo.co.uk to be added to the email distribution list, we will also try to get something up on Facebook each week. ***Ian Lilley***

Another Sunday running group meets each week at 8am prompt at Brockwell Park main gates. Runs are from one hour, with marathon runners extending this towards two hours. We try to visit local points of interest (windmills, cemeteries, riverside etc). Pace is around 8 minute miling.
Andy andrew@28kerfield.freeserve.co.uk
Ros ros@28kerfield.freeserve.co.uk

DULWICH RUNNERS CLUB KIT

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

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

Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk
With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

Dulwich Runners
2015 Club Championships

Some of the earlier races have already been advertised, with the remaining ones held back as dates have yet to be confirmed. Although this still remains the case, we have decided to issue the complete list which will be updated with confirmed dates once these are known.

Once again the races will be split into 3 distance categories. As the 3 long events fall within a 6 week period, we have added the Cabbage Patch 10 as an additional long race to accommodate those who may be injured during the spring. Details of scoring rules to follow.

31 Jan	Dulwich parkrun (short) (completed)
8 March	Sidcup 10 (long) (completed)
29 March	Paddock Wood half marathon (long)
26 April	London Marathon (or alt. marathon) (long)
1 June	Battersea Park 2 miles (short)
21 June	Ranelagh Richmond 10k (medium)
10 July	Mark Hayes Mile, Dulwich College track (short)
31 August	Sevenoaks 7 (medium)
4 Oct	Middlesex 10k, Victoria Park (medium)
1 Nov	**Cabbage Patch 10 (long) RACE CANCELLED**
22 Nov	Epsom 10 (long) replacement for CP10 (tbc)

Assembly League Races

This year's series of Assembly League races starts shortly - see the fixture list below.
These races range from 3 to 3.5 miles in distance, are on road or on paths within parks and are suitable for runners of all abilities, including newly joined members. They take place monthly over the summer months with the April fixture starting at 7.15 and the remainder at 7.30.
They are free to enter.

9 April Beckenham (Beckenham Running Club HQ)
7 May Victoria Park, Hackney
4 June Battersea Park
2 July The Dome (North Greenwich)
30 July Victoria Park, Hackney
3 September Beckenham (Beckenham Running Club HQ)

Dulwich Runners 2015/16 Fixtures

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

Cross country and other races for 2015/16 have been announced.
Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

Club champs update:

Note the confirmed details of the 2 miles race is June 1st at Battersea Park.
Proposed as an alternative to the cancelled Cabbage Patch will be The Epsom 10 all details to be confirmed.

Date		Race		Venue
Apr	9	Assembly League Beckenham start 7:15pm		Beckenham
	26	London Marathon (or alt. marathon)	long	London
May	7	Assembly League Victoria Park 7:30pm		Hackney
Jun	1	Battersea Park 2 miles	short	Battersea
	4	Assembly League Battersea Park 7:30pm		Battersea
	21	Ranelagh Richmond 10k	medium	Richmond
Jul	2	Assembly League The Dome North Greenwich 7:30pm		The Dome, Nth Greenwich
Jul	10	Mark Hayes Mile	short	Dulwich College Track
	30	Assembly League Victoria Park 7:30pm		Hackney
Aug	Mon 31	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	3	Assembly League Beckenham Running Club HQ 7:30pm		Beckenham
Sep	19/20	SEAA Road Relays		Aldershot
Oct	4	Middlesex 10k	medium	Victoria Park 10:30
	10	**Surrey League match 1**	**men**	**Wimbledon Common**
	10	**Surrey League match 1**	**women**	**Nork Park**
	17	**Surrey Masters (tbc)**		**Richmond**
Nov	1	**Cabbage Patch 10**	**CANCELLED**	**CANCELLED**
	7	**Surrey League match 2**	**men**	**Walton**
	14	**London Champs**		**Parliament Hill Fields**
	tbc 22	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
Dec	5	**Surrey League match 2**	**women**	**Lightwater**
		2016		**2016**
Jan	9	**County Champs (Surrey & Kent)**		
	16	**Surrey League match 3**	**men**	**Reigate Priory Park**
	16	**Surrey League match 3**	**women**	**Reigate Priory Park**
	tbc 30	**South of England champs**		**Parliament Hill Fields**
Feb	13	**Surrey League match 4**	**men**	**Lloyd Park**
	13	**Surrey League match 4**	**women**	**Richmond Park**
	27	**National Champs**		**tbc**

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

.....Races to look to in May

Sunday 10th May
Sutton Runners 10k
Nonsuch Park and will be the second race of the 2015 Surrey Road
League.
enter quickly to avoid disappointment,
the link to our on-line entry is:
http://www.suttonrunners.org/sutton_10km/

Saturday May 16
British Masters Road Relay Championships
Sutton Park, Birmingham
Traditionally we put teams in for this and the captains will be asking around so we can get strong teams out. We have won golds in W35, W45 and W55, medals in M55 and placed highly in M35 and M45.
The women's race (separate medals for W35 (4 legs), W45, W55, W65 (each 3 legs) starts at 10.30am, the M55 (3 legs) and M65 race (3 legs) is at 12.15pm and the M35 (6 legs) and M45 (4 legs).

Monday May 25
Bupa London 10,000
This race includes the UK road race championships and the club gets 6 free men's and 6 free women's places.
The race is run over a fast traffic-free course through Trafalgar Square and along the river and places go to the six fastet men and six fastest women available.
If you can do, let Steve Smythe know on steve.smythe@athleticsweekly.com who will advise the captains who will select the team.

GREEN BELT RELAY:APPEAL FOR RUNNERS

We need more runners for this year's Green Belt Relay taking place on the weekend of 16/17 May. If you are available and interested in taking part, please contact me. Even if you are on the reserve list initially, it is likely that you will get a run.

The Green Belt Relay takes place over 2 days on a 220 mile circuit around London, mostly outside the M25, with each runner require to run on both Saturday and Sunday. Many of the stages contain offroad sections and the length, gradients and degree of difficulty varies between stages.

It is open to all runners and we aim to allocate less challenging stages to new relatively inexperienced runners, but a degree of fitness is required to enable 2 runs over the weekend. It's a great event taking in some beautiful countryside that will be new to most of you.

If you would like to take part or would like to find out more, please get in touch with me:
mcmann90@yahoo.co.uk .
Mike Mann

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 .

Maidenhead Easter 10 miles, Friday 3rd April

Having suffered a good pasting at the hands of Charlie and JG on the Wednesday night clubrun a few days after the pain called Paddock Wood, it might be said that I was a bit wary of having to drive to Maidenhead early Friday morning for another suffer-fest in the 62nd edition of this very long-established event.

But the entry was in, and I'd won the 1st M50 the previous two years, so of course I got up and went. Feeling quite pessimistic about a decent run I curbed the habitual enthusiasm at the start and held things back in the first mile by about 15 seconds compared with the last two years. The result was an uncharacteristically even-paced run that secured 1st M50 again by about half a minute and was a bit quicker than a few weeks ago at Battersea Park – the 'trusty' Garmin says it was a lot quicker (57:55) but always seems to read long on this course.

So, slower than my previous efforts here but still a tough enough race, as usual, but nowhere near as bad as I had feared. Just a pity that real form wasn't there because it was a perfect cool and still morning for distance running, a day for PBs if ever there was one. But what's not to like about winning another nice silver plate, 25 quid's worth of shorts and socks and a large chocolate Easter bunny?
One of those things didn't last the day, answers on a postcard.

37 Tony Tuohy 58:42 1st M50
915 finishers

Marathon preparation race Dorney Lake 5th April 2015

This was billed as an organised training run for the spring marathons with a 16, 20 and 24 mile option. Last year it had been held in Hyde Park but was switched to the Olympic rowing venue of Dorney Lake for this year. It was perhaps no coincidence that as we drew up in the car park we turned to see two time Olympic Gold medallist James Cracknell parked alongside us. He is running London this year so it must have felt like a homecoming to be training again at Dorney Lake. Conditions had calmed substantially from in the week, which was a great relief, as the lake can feel very exposed if it is windy.

The course started in front of the boathouse, went to the far end of the lake, back along the other side to around half way and then followed an outer road back to the boathouse. This made up a four-mile loop to be repeated as many times as required for your chosen distance. It did feel quite special to be running towards the Olympic rings at the end of the lake but this famous stretch of water did lose a little of its allure after the second lap! Barrie had missed doing a timed and measured 20 mile run to date due to filming commitments so this was a good test of his fitness. I wanted to attempt the 16 miles but a sprained ankle a few days before the Paddock Wood Half had made the end of that race challenging so I wasn't sure if I could hold out for a further three miles.

They had kindly provided pacers for the key marathon times so we both tucked in behind the sub 4-hour pacer, but I drifted off the pace after the second lap trying to get a drink at the water station. The only criticism we'd have of the race was that water stations didn't have enough people on them so it made it a bit of a bun fight to get a drink if you were running in a group.

Barrie managed to stick with the pacer for all 5 laps and even produced an elegant and effortless sprint finish. He did admit though that it was far from effortless and he couldn't foresee maintaining the same pace for another 6.2 miles! The wheels came off badly for my third lap for some reason but I picked up the pace for the final four miles to complete the full sixteen – my longest run since 2001!

We were able to use the showers in the boathouse, which were very welcome after our long runs.

- Lindsey Annable

16 Miles

Lindsey Annable	2:31:05

20 Miles

Barrie John Nicholls	3:01:51

Tonbridge Open 6 April

An opportunity to open the year's racing account locally at the TAC open meet on Easter Monday proved irresistible so off I went, track spikes duly dusted down from their winter break.

Having done precisely one faster 400m rep so far this year in terms of speedwork my expectations were modest as I signed up for the 600/300 double at the desk.

In the 600, talking to the boys (literally!) & girl as we got ready to go it seemed everyone else wanted to run sub 1:30 where I'd put 95s down as my time. They all went off like absolute lunatics to leave me trailing the field by a couple of yards and dead last going through 200m in about 29s wondering what on earth I'd been thinking.

However, my subterranean start and Kelly-Holmeseque pacing move worked as I began passing people from about 350m out, boxed a couple rather nicely with 150 to go (Stan Allen would have been delighted with my use of elbows) and struggled through the last 50 yards of quicksand to a very encouraging early-season 1:31.49 and 2nd on the UK rankings. All bodes rather well for my 800m later in the season…

Followed by a lactic-filled dead last in the 300m 45 minutes later !

Lloyd Collier

March 28th

Banstead Woods

177 ran

Pos	Gen		
4	4	Tony Tuohy	17:51
17	17	Paul Devine	19:45

Brockwell

161 ran

Pos	Gen		
39	35	Ian Sesnan	22:56
53	6	Lucy Clapp	23:30
77	63	Desmond Edwards	24:43
87	19	Sharon Erdman	25:21

Bromley

417 ran

Pos	Gen		
265	199	Peter Jackson	28:23

Burgess

89 ran

Pos	Gen		
72	22	Susan Vernon	30:25
87	57	Chris Vernon	39:15

Crystal Palace

122 ran

Pos	Gen		
12	11	Andy Cottrill	20:32
38	6	Belinda Cottrill	23:42
67	14	Penelope D'arcy Graham	26:26

Dulwich

149 ran

Pos	Gen		
27	2	Kim Hainsworth	20:01
45	39	Joseph Brady	22:19
49	7	Michelle Lennon	22:28
79	14	Claire Steward	24:27
84	69	Mick Mead	25:15

Eastbourne

210 ran

Pos	Gen		
5	5	Simon Burnett	19:27

East Coast Park, Singapore

We arrived in Singapore on Friday so how better to start a visit than with a parkrun.

Trouble is that it starts at 7.00 and we weren't that close to the start either. No worries a quick taxi trip at 6.30 would see us there in time. When you don't wake up till 6.28 that tends to blow the plan a bit but we made it to hotel reception by 6.40 and it was game on. Sadly the cab was didn't show till 6.45 and wasn't sure where the car park we were heading for was and East Coast Park stretches a long way.

Anyway we finally found a car park and a group of marshals. Turns out the marshals were for a race walking event but we spotted the parkrun banners and even though it was now 7.09 a marshal pointed to a group just heading to where the start was. We got to them just as the start gun went. I should add that although the sun was only just up it was about 30c and like a Turkish bath.

Given no garmin I had no idea of pace but settled in with a couple of runners as we headed along the coast. Even at the early hour loads of people were out jogging and with the race walkers too it was quite congested, but not sufficient to use as any excuse.

For some reason Chris didn't get on the results even though she was scanned in, but had struggled with the heat and a bad shoulder incurred on our overnight flight.

Morning was finished off in Starbucks chatting with fellow park runners. Fortunately we sat out as we couldn't have coped with being like drowned rats (yes, don't want to get personal but I've been drier in the rain) in an air conditioned environment. Finally some runners were doing a half marathon the following day. Next time somebody moans about a race at 9.00 then just think about Singapore as their half was starting at 5.00 am. Needless to say I didn't ask if I could enter on the day.

27 ran

Pos	Gen		
11	9	Bob Bell	23:40
27	10	Chris Bell	36:23

Gunpowder Park, Waltham Abbey

113 ran

Pos	Gen		
6	6	Nicholas Brown	20:14

Heaton, Manchester

568 ran

Pos	Gen		
43	43	John Fletcher	21:05

Hilly Fields

98 ran

Pos	Gen		
14	14	Gary Sullivan	21:56

Orpington

131 ran

Pos	Gen		
5	5	Alex Elms	19:15
6	1	Clare Elms	19:20
121	83	John O'byrne	37:59

Peckham Rye

98 ran

Pos	Gen		
2	2	Charles Lound	17:37
6	6	Ebe Prill	18:46
13	13	Michael Fullilove	19:58
22	22	Duncan Wilson	21:05
92	45	Emma Ibell	34:02

Pontypridd

138 ran

Pos	Gen		
20	1	Ros Tabor	22:01
21	20	Andy Murray	22:02

Preston Park , Brighton

316 ran

Pos	Gen		
34	2	Laura Long	21:07

Sewerby, Bridlington

Not many One lap parkrun courses about and this course has a little bit of everything.

Its starts on concrete paths outside the very nice Sewerby Hall which is a grade one listed building constructed in 1714, Runners start outside the main entrance on a concrete path taking you along the cliff top overlooking the North East Yorkshire seaside town of Bridlington.

You run out and back around an old disused lighthouse tower and have to be careful to avoid the steep drop down to the sea were erosion has taken place!

Then its onto grass for a lap of a cricket pitch, After this you enter a wood with the course heading slightly downhill on wood chippings, Then it is an uphill climb of around 20 wooden steps back into the gardens. The finish is outside the hall were you find yourself surrounded by goats/sheep and lots of other farm animals

Sewerby enjoyed a record attendance

192 ran

Pos	Gen		
5	5	Kevin Chadwick	18:53

Southwark

70 ran

Pos	Gen		
32	31	Paul Keating	24:17

Weymouth

277 ran

Pos	Gen		
100	78	Barry Graham	26:05

York

493 ran

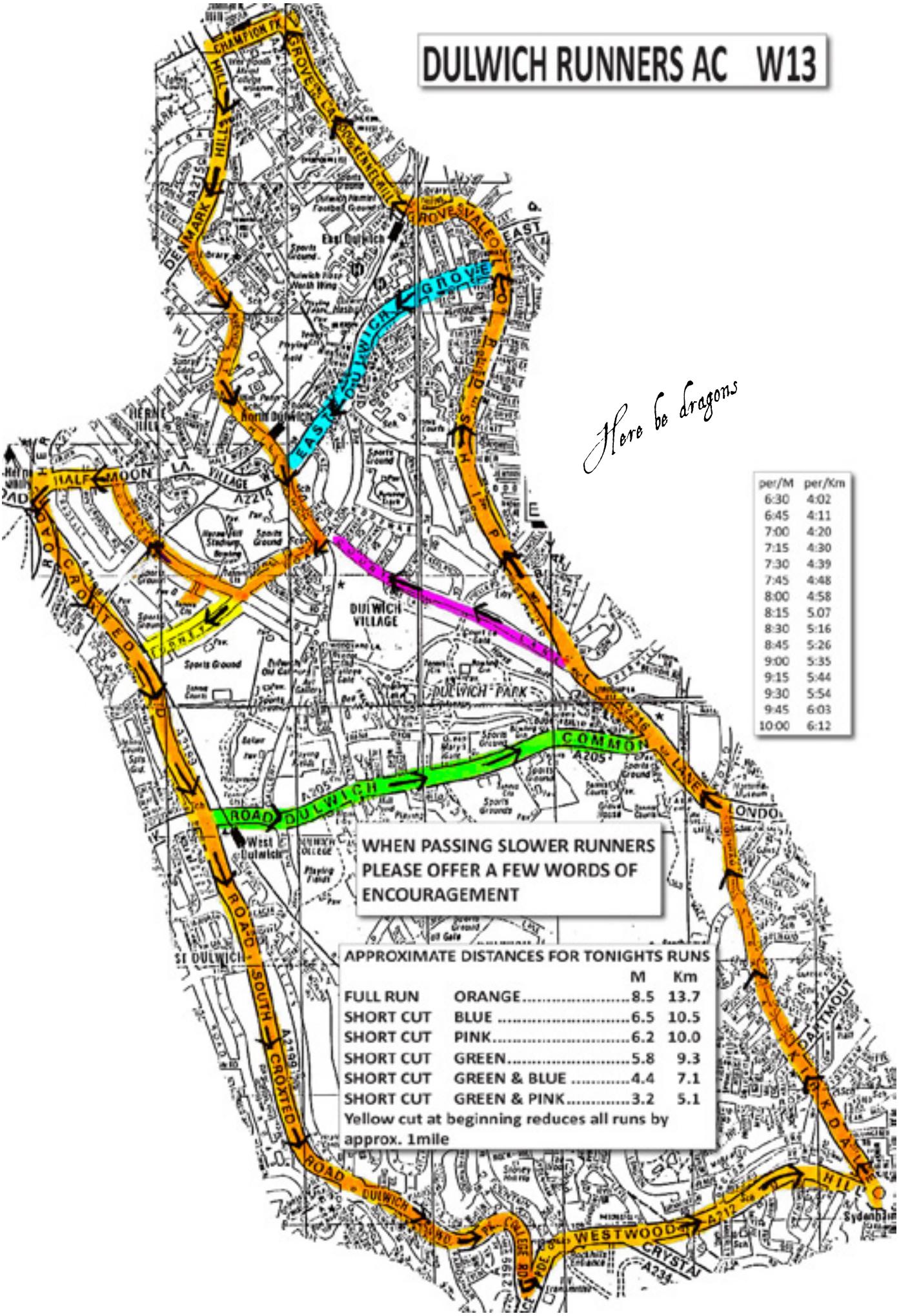
Pos	Gen		
201	172	Alastair Young	25:09

2015 Club Champs within age group				Short			Medium			Long					
	Name/Category			5k Dulwich 31-Jan	2M Battersea 1 - Jun	1M Dulwich 10-Jul	10K Richmond 21-June	7M Sevenoaks 31-Aug	10k Vic Pk 4-Oct	10M Sidcup 8-Mar	1/2M Padd. Wood 29-Mar	Marathon London or other 26-Apr	10m Epsom ?-Nov	Bonus for no. of events	TOTAL 5 events max 1.S,M,L
	WOMEN SENIOR									not inc later mar's					
1605	Selma	Benattia	45	-	-					43	47	-		3	138
1609	Claire	Baglin	-	-	-					49	50	-		2	101
1622	Ellie	Horrocks	49	-	-					-	49	-		2	100
1269	Kim	Hainsworth	50	-	-					47	-	-		2	99
1555	Helen	Lister	-	-	-					48	48	-		2	98
1532	Laura	Long	47	-	-					46	-	-		2	95
1418	Anna	Thomas	48	-	-					45	-	-		2	95
1561	Laura	Lane	-	-	-					41	46	-		2	89
1499	Katie	Styles	42	-	-					42	-	-		2	86
1592	Karina	Burrowes	-	-	-					40	43	-		2	85
1125	Emily	Gelder	-	-	-					50	-	-		1	51
1628	Caroline	Wedmore	46	-	-					-	-	-		1	47
1615	Lucy	Cartlidge	-	-	-					-	45	-		1	46
1559	Charlie	Boden	44	-	-					-	-	-		1	45
1261	Sue	Cooper	-	-	-					44	-	-		1	45
1591	Laura	Vincent	-	-	-					-	44	-		1	45
1629	Ruth	Bennett	43	-	-					-	-	-		1	44
	WOMEN V40														
995	Nicola	Richmond	47	-	-					47	49	-		3	146
1426	Michelle	Lennon	44	-	-					43	47	-		3	137
793	Lindsey	Annable	37	-	-					41	43	-		3	124
575	Ola	Balme	49	-	-					48	-	-		2	99
1552	Yvette	Dore	-	-	-					46	48	-		2	96
1596	Lucy	Pickering	43	-	-					-	46	-		2	91
525	Andrea	Pickup	-	-	-					49	-	-		1	50
1487	Cara	Oliver	48	-	-					-	-	-		1	49
1131	Emma	Ibell	46	-	-					-	-	-		1	47
758	Clare	Osborne	-	-	-					-	42	-		1	43
1277	Joanne	Shelton	40	-	-					-	-	-		1	41
1589	Sharon	Erdman	38	-	-					-	-	-		1	39
1494	Carolina	Lilley	35	-	-					-	-	-		1	36
	WOMEN V50														
1172	Clare	Elms	50	-	-					50	50	-		3	153
779	Claire	Steward	39	-	-					42	45	-		3	129
369	Ros	Tabor	45	-	-					45	-	-		2	92
1608	Lucy	Clapp	42	-	-					-	44	-		2	88
313	Clare	Wyngard	41	-	-					44	-	-		2	87
504	Stephanie	Burchill	36	-	-					-	-	-		1	37
	MEN SENIOR														
9999	Mark	Lacey	49	-	-					49	49	-		3	150
1612	Timothy	Bowen	46	-	-					47	47	-		3	143
1476	James	Burrows	43	-	-					44	46	-		3	136
1479	Alastair	Locke	50	-	-					50	-	-		2	102
1280	Wayne	Lashley	49	-	-					48	-	-		2	99
1575	Ross	Rook	45	-	-					46	-	-		2	93
1578	Matthew	Ladds	-	-	-					43	44	-		2	89
1288	Tom	Marshall	-	-	-					-	50	-		1	51
1473	Robert	Hollands	-	-	-					-	-	50		1	51
1601	John-G.	Harrison	-	-	-					-	48	-		1	49
1528	Lewis	Laylee	47	-	-					-	-	-		1	48
1524	Kevin	Chadwick	-	-	-					45	-	-		1	46
1557	Toby	de Belder	-	-	-					-	45	-		1	46
1510	Sam	Crump	44	-	-					-	-	-		1	45
1565	Desmond	Edwards	-	-	-					-	43	-		1	44
1339	Oscar	Hussey	42	-	-					-	-	-		1	43
1631	William	Haines	41	-	-					-	-	-		1	42
1594	Simon	Burnett	40	-	-					-	-	-		1	41
1546	Chris	Goodman	39	-	-					-	-	-		1	40
	MEN V40														
1509	Stephen	Davies	50	-	-					50	49	-		3	152
1006	Charles	Lound	49	-	-					49	50	-		3	151
1090	Paul	Keating	43	-	-					45	47	-		3	138
1456	Jim	Dowsett	46	-	-					-	48	-		2	96
1331	Cameron	Timmis	44	-	-					47	-	-		2	93
1154	Paul	Hilton	-	-	-					43	46	-		2	91
990	Lloyd	Collier	-	-	-					48	-	-		1	49
1464	Rob	Cope	48	-	-					-	-	-		1	49
250	Duncan	Hussey	47	-	-					-	-	-		1	48
1272	Olivier	Montfort	-	-	-					46	-	-		1	47
1167	Ajay	Khandelwal	45	-	-					-	-	-		1	46
1436	Christian	Moody	-	-	-					44	-	-		1	45
	MEN V50														
1346	Eberhard	Prill	50	-	-					50	49	-		3	152
538	Graham	Laylee	42	-	-					44	45	-		3	134
1369	Gary	Sullivan	41	-	-					43	47	-		3	134
1333	Ameet	Patel	38	-	-					38	44	-		3	123
427	Stephen	Smythe	49	-	-					49	-	-		2	100
136	Michael	Fullilove	-	-	-					48	48	-		2	98
1560	Gideon	Franklin	47	-	-					47	-	-		2	96
314	Michael	Dodds	40	-	-					40	-	-		2	82
361	Tony	Tuohy	-	-	-					-	50	-		1	51
33	Colin	Frith	48	-	-					-	-	-		1	49
1305	Graham	Stanton	-	-	-					-	46	-		1	47
1070	Duncan	Wilson	45	-	-					-	-	-		1	46
1184	Patrick	McMorrow	-	-	-					-	42	-		1	43
1189	Mike	Crilly	-	-	-					41	-	-		1	42
897	Mick	Mead	37	-	-					-	-	-		1	38
1158	Barry	Graham	36	-	-					-	-	-		1	37
616	Stephen	Street	35	-	-					-	-	-		1	36
	MEN V60														
568	Barrie J	Nicholls	39	-						39	43	-		3	124
370	Andrew	Murray	44	-						45	-	-		2	91
245	Robert	Bell	43	-						42	-	-		2	87
10	Stephen	Wehrle	-	-						37	41	-		2	80
508	Mike	Mann	-	-						46	-	-		1	47
1173	Hugh	Balfour	46	-						-	-	-		1	47

30 Best 5 count for year including 1 each short, medium, long. W50's and M60's have separate contests using the above scores.

	Overall Age Graded Champs		Short			Medium			Long						
	Name/Category		5k Dulwich 31-Jan	2M Battersea 1 - Jun	1M Dulwich 10-Jul	10K Richmond 21-June	7M Sevenoaks 31-Aug	10k Vic Pk 4-Oct	10M Sidcup 8-Mar	1/2M Padd. Wood 29-Mar	Marathon London or other 26-Apr	10m Epsom ?-Nov	Average	TOTAL 5 events max inc 1.S,M,L	Events
1172	Clare	Elms	940	-	-				918	916	-		3	2,774	925
779	Claire	Steward	828	-	-				826	833	-		3	2,486	829
1006	Charles	Lound	811	-	-				807	843	-		3	2,461	820
1346	Eberhard	Prill	813	-	-				825	807	-		3	2,446	815
1509	Stephen	Davies	807	-	-				797	809	-		3	2,414	805
995	Nicola	Richmond	765	-	-				746	757	-		3	2,268	756
9999	Mark	Lacey	744	-	-				748	748	-		3	2,240	747
1426	Michelle	Lennon	744	-	-				689	725	-		3	2,158	719
538	Graham	Laylee	704	-	-				729	703	-		3	2,136	712
1612	Timothy	Bowen	706	-	-				713	714	-		3	2,133	711
1369	Gary	Sullivan	670	-	-				715	723	-		3	2,108	703
1476	James	Burrows	699	-	-				702	678	-		3	2,079	693
568	Barrie J	Nicholls	668	-	-				687	670	-		3	2,025	675
1605	Selma	Benattia	685	-	-				656	670	-		3	2,012	671
369	Ros	Tabor	954	-	-				916	-	-		2	1,870	935
793	Lindsey	Annable	614	-	-				622	630	-		3	1,866	622
1333	Ameet	Patel	594	-	-				619	625	-		3	1,837	612
1090	Paul	Keating	596	-	-				575	583	-		3	1,755	585
427	Stephen	Smythe	788	-	-				834	-	-		2	1,622	811
575	Ola	Balme	824	-	-				782	-	-		2	1,606	803
313	Clare	Wyngard	770	-	-				779	-	-		2	1,548	774
370	Andrew	Murray	760	-	-				773	-	-		2	1,533	766
136	Michael	Fullilove	-	-	-				757	745	-		2	1,501	751
1479	Alastair	Locke	747	-	-				750	-	-		2	1,497	749
1609	Claire	Baglin	-	-	-				762	730	-		2	1,491	746
1560	Gideon	Franklin	742	-	-				744	-	-		2	1,486	743
1269	Kim	Hainsworth	751	-	-				721	-	-		2	1,472	736
245	Robert	Bell	745	-	-				726	-	-		2	1,472	736
1280	Wayne	Lashley	744	-	-				722	-	-		2	1,466	733
1596	Lucy	Pickering	732	-	-				-	716	-		2	1,448	724
1622	Ellie	Horrocks	717	-	-				-	721	-		2	1,438	719
1555	Helen	Lister	-	-	-				727	711	-		2	1,438	719
1532	Laura	Long	711	-	-				715	-	-		2	1,425	713
1575	Ross	Rook	710	-	-				715	-	-		2	1,425	712
1608	Lucy	Clapp	739	-	-				-	684	-		2	1,423	711
1552	Yvette	Dore	-	-	-				701	696	-		2	1,397	699
1418	Anna	Thomas	707	-	-				687	-	-		2	1,394	697
1456	Jim	Dowsett	682	-	-				-	658	-		2	1,340	670
10	Stephen	Wehrle	-	-	-				668	664	-		2	1,332	666
314	Michael	Dodds	659	-	-				667	-	-		2	1,326	663
1331	Cameron	Timmis	657	-	-				651	-	-		2	1,308	654
1561	Laura	Lane	-	-	-				634	651	-		2	1,285	642
1499	Katie	Styles	632	-	-				633	-	-		2	1,265	632
1578	Matthew	Ladds	-	-	-				594	593	-		2	1,186	593
1154	Paul	Hilton	-	-	-				566	566	-		2	1,133	566
1592	Karina	Burrowes	-	-	-				564	515	-		2	1,079	540
361	Tony	Tuohy	-	-	-				-	863	-		1	863	863
508	Mike	Mann	-	-	-				834	-	-		1	834	834
1125	Emily	Gelder	-	-	-				801	-	-		1	801	801
1173	Hugh	Balfour	789	-	-				-	-	-		1	789	789
1288	Tom	Marshall	-	-	-				-	787	-		1	787	787
33	Colin	Frith	783	-	-				-	-	-		1	783	783
525	Andrea	Pickup	-	-	-				777	-	-		1	777	777
1528	Lewis	Laylee	773	-	-				-	-	-		1	773	773
990	Lloyd	Collier	-	-	-				770	-	-		1	770	770
1487	Cara	Oliver	760	-	-				-	-	-		1	760	760
1601	John-Gabl	Harrison	-	-	-				-	742	-		1	742	742
1339	Oscar	Hussey	736	-	-				-	-	-		1	736	736
1131	Emma	Ibell	735	-	-				-	-	-		1	735	735
250	Duncan	Hussey	727	-	-				-	-	-		1	727	727
1070	Duncan	Wilson	715	-	-				-	-	-		1	715	715
1524	Kevin	Chadwick	-	-	-				703	-	-		1	703	703
1510	Sam	Crump	695	-	-				-	-	-		1	695	695
1464	Rob	Cope	692	-	-				-	-	-		1	692	692
1305	Graham	Stanton	-	-	-				-	687	-		1	687	687
1628	Caroline	Wedmore	685	-	-				-	-	-		1	685	685
1167	Ajay	Khandelwal	684	-	-				-	-	-		1	684	684
1559	Charlie	Boden	683	-	-				-	-	-		1	683	683
1594	Simon	Burnett	665	-	-				-	-	-		1	665	665
1261	Sue	Cooper	-	-	-				664	-	-		1	664	664
1631	William	Haines	663	-	-				-	-	-		1	663	663
504	Stephanie	Burchill	662	-	-				-	-	-		1	662	662
1557	Toby	de Belder	-	-	-				-	660	-		1	660	660
1629	Ruth	Bennett	657	-	-				-	-	-		1	657	657
1189	Mike	Crilly	-	-	-				657	-	-		1	657	657
1473	Robert	Hollands	-	-	-				-	-	654		1	654	654
1277	Joanne	Shelton	648	-	-				-	-	-		1	648	648
1184	Patrick	McMorrow	-	-	-				-	637	-		1	637	637
897	Mick	Mead	628	-	-				-	-	-		1	628	628
1272	Olivier	Montfort	-	-	-				622	-	-		1	622	622
1589	Sharon	Erdman	609	-	-				-	-	-		1	609	609
1158	Barry	Graham	607	-	-				-	-	-		1	607	607
1615	Lucy	Cartlidge	-	-	-				-	604	-		1	604	604
1546	Chris	Goodman	601	-	-				-	-	-		1	601	601
1591	Laura	Vincent	-	-	-				-	596	-		1	596	596
1494	Carolina	Lilley	548	-	-				-	-	-		1	548	548
1436	Christian	Moody	-	-	-				537	-	-		1	537	537
758	Clare	Osborne	-	-	-				-	532	-		1	532	532
1565	Desmond	Edwards	-	-	-				-	529	-		1	529	529
616	Stephen	Street	502	-	-				-	-	-		1	502	502

DULWICH RUNNERS AC W13



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

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	8.5	13.7
SHORT CUT	BLUE	6.5	10.5
SHORT CUT	PINK	6.2	10.0
SHORT CUT	GREEN	5.8	9.3
SHORT CUT	GREEN & BLUE	4.4	7.1
SHORT CUT	GREEN & PINK	3.2	5.1

Yellow cut at beginning reduces all runs by approx. 1mile