SHORTS

Dulwich Runners AC
Weekly Newsletter
October 28th 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 28 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 03 Track at Crystal Palace Arena 7 for a 7:20pm start
£2.50 per session.

In your SHORTS this week !

1... General information
2... Social spot, Club kit...
3... All thing Cross Country ! info, races etc.
5... Fixture list, club champs,XC, road, track
6... Race reports
8... Dulwich win another masters title
9... Parkrun results
10... Club champs andmarathon standings
14... Wednesday night run map

And much more !

TRACK SESSIONS

Crystal Palace Track

- Excellent for building speed,stamina and endurance
- Go to reception, tell them you are with Dulwich Runners Allow 10 mins to get from there down to the track
- Pay Ros £2.50 on the track, do not pay at reception
- Elkie will commence a warm-up around 7pm and the main session will start approximately at 7.20pm.

Suitable for all standards

Thurdays morning sessions

And there's also speed sessions taken by Steve Smythe.
Usually starting between 11:15 - 30 in various local parks.
There is no fee. Suitable for all standards.
Interested ? then email steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

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

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE
Thank you. - Ros

Club London Marathon 2016 Places

Each year the club gets a few London Marathon places for club members. This year we have been offered two places, but we are checking as this is fewer than previous years. To qualify for consideration, you must have been a member for a year and you must have applied to the ballot and been rejected. We allocate one place on the basis of contribution towards the club over the year and the remainder at random.
To be considered, contact me on:
chas.lound@btinternet.com, or in person, on Facebook etc., by 10 November. Charlie Lound

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**

Oct 31 Reigate Priory Relays

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota. Last week thanks go to:
James Burrows, Patrick McCormack, and Jim Dowsett
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**

Karina Burrowes	**28/10**
Lucy Cartlidge	04/11
Sue Cooper	11/11
Steve Cook	18/11

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

SPOT

A few dates for the diary!

Curry Night

Surma - Wednesday 28th October (tonight)

You all know the score as much curry as you can fill your bellies with for a tenner at DRs favourite Indian establishment!

Charity Quiz Night

Wednesday November 18

This will be hosted in the bar after the club run, starting at 9pm it is £5pp with a maximum of 4 per team.

There will be prizes (probably alcoholic!) for the winning team.

Fish and chips will be on as usual so you can refuel after the run, the bar will be open and the quiz will likely finish up about 10pm.

Hope to see as many of you as possible there, following on from the AGM all proceeds will go to the clubs fundraising efforts for Jose

Dulwich Runners Christmas Party

The Plough - Saturday 12th December

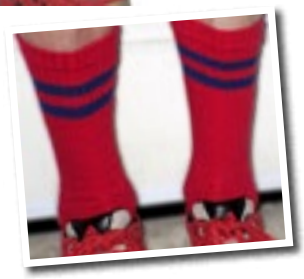
Save the date, finalising details as you read this.

Thanks - Matt matthew.ladds@uk.zurich.com

New !!! Dulwich Runners SOCKS

only £5

They will be at the club on Wednesdays,thanks - Ros



HOODIES

At the moment there are no hoodies in stock except for one in a very small size. If enough people are interested in buying a hoody, I'll order some more. The cost will probably be about £20. I will need to have at least 10 names by Friday 13 November.

Thanks Ros ros.tabor49@gmail.com

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)

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

Most kit is usually available Wednesdays at the club

Contact Ros ros.tabor49@gmail.com

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

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

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

The cross country season is now upon us with fixtures taking place on most Saturdays up to late February. Here is some advance information for the benefit of both newly joined members and regulars.

We compete in the Surrey League and this is the club's main priority, with the men in Division 2..... There are 4 fixtures during the season starting on 10 October with the women at Roundshaw Down and the men at Wimbledon Common. Further details regarding individual fixtures will be posted nearer the time. Details of other Surrey League fixtures can be found elsewhere in Shorts.

Event distances in the men's Surrey League races are approximately 8k, while the women's races start at 6k, increasing to 8k later in the season. Distances in other races vary, increasing in the New Year to 12k or over for the men and usually around 8k for the women.

For the men's Surrey League, theres no need to enter in advance or pay; simply turn up on the day in good time to register and warm up.Please don't turn up at the last minute as it will stress out your captain and yourself.
With the women's Surrey League, Ange has sent an email to all ladies to enter runners in advance. If any lady still wants to run but has not replied it is not too late as there are some places on the day but do get in contact to let Ange know - don't just turn up.

With the first 5 runners scoring for the women and the first 10 for the men, it is important that we field as many as possible of our strongest runners. But these and other cross country races are not elite and are suitable for runners of all abilities. They are also an excellent way of improving your overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits across races of all distances and surfaces.

In addition to the Surrey League, there are a number of other races, almost all of which take place on Saturdays. Indeed if you are a cross country fanatic, it is possible to race most weekends through the season. These races include the Kent and Surrey Masters, the London champs, 2 South of Thames races, the county champs, the South of England and National champs. See the fixture list in Shorts for details.

For virtually all these races other than the Surrey League, entries have to be submitted in advance, in some cases over a month before the events. Your captains will post details in Shorts or by email, requesting those interested in participating to contact them before the deadline given. It is not possible to cater for runners who decide after the deadline or even on the day that they would like a run. Note that the club pays for entries. You are asked not to put yourself forward on a speculative basis, but don't worry if you have to withdraw because of injury or illness.

Regarding footwear, you can often get away with road or trail shoes early in the season, but as the ground becomes muddier, cross country spikes or fell shoes will be necessary.

Please contact your captains for further information and make sure you respond in good time if you like to take part in races.
Cross country captains
Mike Mann
mcmann90@yahoo.co.uk
Ange Norris
dulwichladiescaptain@gmail.com

CROSS COUNTRY CHAMPS

We are holding a cross country champs once again this season. There are 4 events to qualify including a minimum of 3 Surrey League races. The other races are the South of Thames 5 miles at Polesdon Lacey on 21 November and a mob match yet to be arranged but likely to be in March, probably using the Lloyd parkrun. ***Mike Mann***

REIGATE PRIORY RELAYS

31 OCTOBER

This has been a popular event in recent years and it would be good to enter both men's and women's team (men 4 stages, women 3 stages). Each stage is around 2.5 miles over one lap of the usual cross country course. If you wish to take part, please contact your captains by 27 October, if you can. Its usually possible to enter teams of the day but it would be helpful to your captains to have advance warning.
Mike Mann

UPDATE

7 men have already expressed interest but if anyone else would like to take part, please contact me or the women's captains to enable teams to be put together in advance, rather than cobbled together hastily on the day. We will ensure that everyone gets a run by using some arm twisting if necessary to persuade some to run twice in different teams

LONDON XC CHAMPS 14 NOVEMBER

These champs at Parliament Hill Fields have proved popular in recent years, and are open to all those resident in Greater London. Both the men's and women's races are over shorter distances (10k and 6k respectively) than the South of England and National Champs and the ground conditions are usually much better at this time of year.
A number of men have already asked to be entered but anyone else interested should contact me or the women's captains by 27 October at the latest. ***Mike Mann***

SOUTH OF THAMES 5 MILES, 21 NOVEMBER

This 5 mile race will be held in the grounds of Polesdon Lacey, a National Trust property, a few miles west of Leatherhead on 21 November, starting at 2pm for both men and women. As it forms one of the cross country champs races, you are encouraged to take part.

As far as I am aware, the course has not been used before, but we are told that it consists mostly of woodland paths and tracks, with some stony sections. As with most non Surrey League races, you need to be entered in advance, so those interested should contact their club captains no later than 9 November

MEN'S SURREY LEAGUE CROSS COUNTRY

7 NOVEMBER

Our second fixture of the season takes place at West End Common, Esher, on 7 November starting at the usual time of 3pm. The women's race will be held earlier at 12.15 at the same venue, so you are encouraged to go early to lend support.

The nearest train station is Esher, but this is just over 3km from the course, so if you are not taking a bike, some car sharing would make sense. There is a 515 bus which goes from the station to Claremount Gardens, 500m from the start, but there is only a hourly service with buses leaving the station at 29 minutes past the hour. Please aim to arrive in good time to collect numbers and warm up, and don't aim for the bus leaving the station at 2.29.

The course consists of a lap of the field, followed by two laps through the woods. There are a few hills and it can be muddy in places, so is suitable for spikes, or fell shoes, but trail shoes are unlikely to provide sufficient grip. Following our successful start to the season, when we finished in second place, it is important to maintain the momentum.

We need as many potential high placed scorers as possible, plus more lower down where there some large gaps last time that could have left us very vulnerable, even though it fortunately turned out all right on the day.

Mike Mann

Dulwich Runners 2015/16 Fixtures

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

Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

Cross country Club Champs Misc.

***** Please note changes to womens XC dates and venues

Date		Race		Venue
Oct	31	Reigate Priory Relays		Reigate Priory
Nov	7	Surrey League match 2	men	Walton
	7	Surrey League match 2	women	West End common, Esher
	14	London Champs		Parliament Hill Fields
	14	British and Ireland Internationa		Dublin
	15	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
	21	South of Thames 5 mile race,		Polesdon Lacey
Dec	5	Kent Masters		Sparrows Den
	6	Pirie 10 cross country		Farthing Down, Coulsdon
	12	SEAA Masters Champ		tbc
		2016		2016
Jan	9	KCAA Cross Country Championships		Redlibbets Golf Club, Kent
	16	Surrey League match 3	men & women	Reigate Priory Park
	tbc 23	Vets AC Champs		Wimbledon Common
	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		Donnington

Box Hill Fell Race

Saturday 23 January 2016

Over the past few years a good number of intrepid DRs have braved the thrills and spills of the Box Hill Fell Race near Dorking in Surrey. If you are interested in doing it in January the entries open on Sunday 1st November. It is an online entry system at www.fabian4.com.

The cost is £5.00 (unless they put it up this year). The race is organised by South London Orienteers, details are on their website www.slow.org.uk. There is a limit of 250 and last year it filled up in 48 hours. If you want to do it, get your entry in on that Sunday morning.

If you have never tried the joys of fell running, this is a perfect introduction. There are no navigation problems. The hills are all quite short, but some are steep enough to stop you running, or when descending, to get the adrenalin going. But you need to be aware that you need proper fell shoes (spikes are not allowed).

Trail shoes are pretty useless, unless you want to spend a lot of time on your backside! Look for brands like Walsh, or Inov8, which are also excellent for many cross-country races. It is a very friendly, well organised race, and there are decent showers and a bar afterwards. If you want to know more I will be at the club on the next few Wednesdays or you can email me:

Hugh Balfour hugh@christchurchpeckham.info

Dulwich Runners 2015 Club Championships

Once again the races will be split into 3 distance categories. Races still to come are :

15 Nov Epsom 10 (long) replaces Cabbage Patch

Found at track last night

There were two items left behind after the track session at Crystal Palace last night.

1. A green 'do running' waterproof 2. A silver long sleeved top. If either are yours please let me know on:

lindsey.annable@gmail.com

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, track, xc, tri results etc, are welcome.

Race Reports & Results

BEACHY HEAD MARATHON

24 OCTOBER 2015

Claire Steward writes: I last did this event in 2005, my first off-road marathon, and after nearly two years of struggling with my ankle tendonopathy I decided to join Steve Wehrle and twenty one Orpington Runners and give it another go.

As the event caters for walkers as well as runners, the generous cut-off time of nine hours meant no pressure to race it, just an opportunity to enjoy the spectacular scenery and views along the South Downs Way, the Seven Sisters and Beachy Head. Race HQ is the Bede's School on the edge of Eastbourne, and the start goes straight up the first hill so most of us were walking within a few minutes.

The circular route winds through open countryside and woodland paths with a total ascent of around 3,500 feet. Stopping at the checkpoints for blackcurrent squash and chopped up Mars bar, and chatting to my fellow runners, the miles passed pleasantly and the sun came out as we headed back over the Seven Sisters. Despite my stated aim to enjoy it and not worry about my time, I was aware that I might manage to get under five hours (4:28, ten years ago!) and together with another runner we spurred each other along over the final three miles.

My Garmin showed that I didn't quite make it, and chip time confirmed that I missed it by a couple of seconds but I was so pleased that, despite only two long training runs of 15 and 19 miles, I didn't struggle to complete the distance. I waited to watch some of the runners negotiating the steep descent to the finish then made my way back to the bag store (having to hobble down two flights of stairs), managed to locate the school swimming pool, showered off the sweat and swam a few lengths to ease my muscles.
Next was my 'school dinner' jacket potato, sausage and beans, rice pudding with tinned fruit salad, and coffee. I joined Steve and the Orpington crew and whilst enjoying my hard-earned meal there was a presentation at the next table for a member of the 100 Marathon Club who had just completed his 600th! Steve declared himself happy with his run (marathon number 49), a little slower than last year but well inside his stated limit of six hours.

The one mile walk back to my car eased my legs a bit but cramp along my right shin during the drive back was a bit tiresome. Miraculously, the minor soreness and slightly stiff-legged walk had completely disappeared by Sunday evening. All in all, a fantastic day out and seemingly no lasting ill-effects.

8th time winner		3:08:05
608	Claire	5:00:02
925	Steve	5:40:39
1425	Final	8:49:08

SRI CHINMOY SELF-TRANSCENDENCE 10K

24TH OCT

A few hardy souls decided that it'd be more fun to get up early on a Saturday morning and get in a bracing early 10k (8:00 start in Battersea Park).

Having been talked into it by the "Coopers" getting out of bed at 6:45 had me wondering why the hell I'd agreed. On the way there chat centred on the lunacy of our 'hobby' and why men remember their PBs so exactly!

Yvette and Sue were both much more modest about their likely times to finish while Tony handed me his car keys with a smile as I pointed out that "I'm going to finish 20 minutes in front of you" (and then I wonder why people gravitate away from me in life).

Arriving at the start and busily revising my likely target time given how heavy my legs felt from Thursday night's threshold mile reps I spied Kev, who declared his intention to smash his 37:44 PB of two weeks earlier. Gulp [crikey] I thought. While knowing there was no way I was going to let him go without a fight!

Duncan Wilson of course got his customary pre-race injury excuses in.. As I battled around following Kev, not able to get past and barely hanging on at times, conditions were perfect and we were running just outside 38:00 pace. a quick calculation at 7k told me I needed 3:40s to get under 38 and then at 8k it was now 3:35s.

I finally found my legs and pushed on hard – busy wondering whether I'd catch Tony (the course is 4 laps) and trying not to look behind me.
Actually it's a nicely run low key event on a flat and fast course. The winner was just outside 34 minutes and the marshals did a great enthusiastic job. And then all back home, showered and ready to start the day by 9:30.

Lloyd Collier

Lloyd Collier	37:52 SB
Kev Chadwick	38:00
Duncan Wilson	43:59 SB
Sue Cooper	45:05 SB
Yvette Dore	45:58 PB
Tony MacPherson	50:38

FRANKFURT MARATHON 2015

After a year of running taking a bit of a back seat, in March I felt I was itching for challenge and wanted to get bath my fitness and running back on track. So it was during a not so boozy catch up with Mel that we found ourselves talking each other into entering the Frankfurt Marathon.

So last Friday, off we went to Germany. We both seemed excited about the weekend ahead but I know I was in denial about running a marathon being part of it.

Upon arrival we checked into the lovely Hotel Victoria which was close to the main station and 15min was to race Expo and start / finish. I'm so glad I hadn't pre-paid for a race t-shirt as the EUR37 was way too much for such a poor quality moment!!!

Anyway, for most of the weekend we tried to heed the advice from Ros to not walk around so much. So we wondered around the small city in Trams and Tour Busses whilst avoiding conversation about the upcoming race.

Friday night, we went to an Italian restaurant which Mel had found that served gluten free pasta, only to find it was fully booked. However the walk there and back took us through Frankfurt's red light district so not an entirely wasted trek???? We ended up in a restaurant close to the hotel called MEAT which served (yes you've guessed it) meat!!

Saturday, we went for a short early morning jog then onto the hop on hop off bus tour which had didn't follow the route on the map and had very strange commentary. German Sausage for lunch and short wonder through a market was followed by my disastrous attempt to order a double macchiato in German. I ended up with a double café latte with an extra shot of espresso!!!! I didn't know I knew that many German words!!! Needless to say it was a couple of hours before I stopped talking.

That evening we went back to MEAT where we ordered past and chicken and lots of water. No wonder our waitress guessed we were running the marathon and wished us luck as we left.

I'm sure the race organisers though it would be nice to stage the event on the same day that the clocks go back however this caused mass confusion at our hotel. We'd arranged to meet for breakfast at 7am and I was a little worried when at 7.30 there was still no sign of Mel. It's unlike her to be late for food!!! I texted her and she said she'd been up all night with a funny tummy and that it was 6:40 right??

When she came downstairs, we checked with reception and they said yes, all the clocks had now been put back and it was in fact 6:40!!!! Never trust an iPhone!!!!

So the race.....as I've said I was in denial that I was running it and the week before, I was thinking that I'd be happy to get close to 4 hours. So I totally ignored the tactics Id discussed with Mel the night before and set off at sub 3hrs 40min pace. I didn't do it on purpose. I was just feeling relaxed and was finding it difficult to get an accurate pace on my Garmin as the first 10k twisted around the tall buildings of Frankfurt's financial district. I could see the 3:44 pacers about 100 meters ahead so concentrated on not catching up with them in the hope that they'd just run away from me. I didn't lose sight of them until around 18km. Anyway, the inevitable happened just after mile 18. I needed the toilet, and then just couldn't settle back into the run. I found the last 5km especially difficult mentally as we twisted around the city centre again. Getting close to the finish only to be directed away again on another lap of something. Although the majority of the race was well organised, I found the run into the finish inside the FestHall was very congested. With 50 meters to go, I had to run around a family of four (including two toddlers) who wanted to run across the finish line with their father.

So within an hour of finishing (two hours for speedy Mel) we were on the train back to the airport and a McDonalds before catching our flight home. So although I finished a minute outside of my Pb, I was well inside my more realistic target of 4 hours. All things considered, I am extremely happy !! ***Joanne Shelton***

Mel Edwards adds...

I was tentatively aiming for 2:58:30 but had decided not to kill myself trying to stick to the pace in the early part of the race, after not sleeping well all week and having a bad stomach and calf cramp in the early hours on race day. At 10k I was approx 15 seconds behind schedule but felt very comfortable so wasn't too concerned. However, after missing the first water station at 5k, forgetting to press the lap button at one of the km markers and accidentally stopping my watch at 12k, I decided I should at least try to be a bit more focused!

I was surprised to find myself 30 seconds ahead of schedule at 20k and decided I needed to be more conservative in the next 10k for fear of blowing up later on. At 30k, I was still feeling reasonably comfortable although by 35k my left quad was getting sore and I had a (thankfully) brief cramp in my calf after getting shoved at a water station by some 6ft plus guy. I felt quite strong within myself and it was just the last 5k that felt like really hard work, not helped by a long stretch of cobbles at 40k. The last 2k seemed to go on forever and I was pleased to turn into the Festhall for the last 50m – thanks to Alastair, I was prepared for the surreal finish in a dark building with strobe lights and loud music! I thought I might have just dipped under 2:58 but wasn't sure how long I'd stopped my watch for earlier on and with the results text never arriving, I was left to discover my official time via Facebook and emails hours later.

Support along the course was patchy in places but the numerous music points were much appreciated (my favourite being the mature couple singing Black Sabbath). There were a fair few stretches along dual carriage ways (one of which was supported by a man with an air raid siren – not appreciated!), and a long cobbled section (ran twice) and numerous tram lines – not good for someone who trips over thin air! The race was mostly well-organised and the showers and luggage storage facilities proved really helpful as we headed back to the airport straight from the race.

819/56W	Mel Edwards	2:57:51 (PB)
5723/712W	Joanne Shelton	3:54:08

1st man 2:06:26, 1st woman 2:23:12, 11,167 finished

DULWICH WIN ANOTHER MASTERS TITLE

BRITISH MASTERS CROSS-COUNTRY RELAY CHAMPIONSHIPS LONG EATON

October 24

Steve Smythe writes...There was a new venue this year, slightly further south of last year's race in Derby. The course was fast and flat and less than two miles with one small section through muddy woods which was worse for the men after a heavy downpour between the two races.
Last year Dulwich won the over-35 women's gold medal with an average age of 47 and this year they easily won W45 gold even though for once Ola wasn't available and nor was Andrea, who ran in this race last year. The win was complicated by Nicola being ill and not wanting to run but us not being able to use Michelle in the team as she was only entered for the W35 team even though there were two free spaces in the W45 entry.
First place was pretty much guaranteed from the off though as Clare Elms enjoyed the flat fast course until the last 400 metres and she came in second overall, but 77 seconds clear in the W45 age group and that was the margin in her winning the W45 fastest lap award as no one ran quicker than the first two teams on the first leg.
Ros set off with a big lead and though being over 20 years out of age group, she actually increased the lead to three minutes and we had the gold medal sewn up with a leg to go.
Ros was a lot quicker than the fastest leg award winner of the W55 race.
Dulwich W35 team finished a fine third of 15 teams thanks to a double effort from Selma and solid run from Katie and Michelle ran a great third leg - probably her best in a Dulwich vest.

Dulwich W45: 1st of 7 teams

Clare Elms	11:14
Ros Tabor	13:37
Nicola Richmond	13:46

Dulwich W35: 5th of 15 teams

Selma Benattia	13:00
Katie Crowe	13:14
Michelle Lennon	13:31

Despite having lots of veteran men in the club, very few were free and so we only had a weak M55 team and of those many weren't fit enough to compete -Neville made a late decision to run after injury.
and none of the men could come within 70 seconds of Clare's time.
Gary Sullivan had the star run and the rest weren't fit. Two years ago we came a very close second in Derby but here the team could do no better than 12th of 18 teams in what was actually the most popular age group of the event.
Andy ran alone for the B team and matched Ros's time to the second.
Dulwich M55: 12th of 18 teams

Steve Smythe	12:29
Neville Webb	13:00
Gary Sullivan	12:24
Mike Mann	13:41

B team

Andy Murray	13:37

GREAT SOUTH RUN 10 MILES

This was Clare's first road race and she had been training for several months in preparation for the day. We had perfect weather for running - sunny and cool with no wind - the course is normally notorious for a tough headwind in the last few miles.
I head out a bit fast, running the first few miles at 6 minute mile pace before easing back a bit. At the front end there was plenty of space to run, taking a scenic route through Portsmouth city and naval base. The last few miles are straight along the seafront which I managed to pack up the pace again, finishing almost a minute faster than my Sidcup 10 time earlier in the year.

Clare took my pacing advice about aiming for 8.30 per mile but due to some stopwatch issues she wasn't sure if she was on track. She found some others during the race who also said they were aiming for the same pace so ran with them for a while. She ran a good pace throughout and managed to maintain the pace despite finding the last few miles really tough, finishing in 1.25 - a very respectable debut. ***James Burrows***

(175th) James Burrows	1.02:53
(3577th) Clare Nicholson	1.25:15

13,953 ran

Frankfurt Marathon

Congratulations to Mel on breaking three hours for the first time.
That means this year, Dulwich have four athletes (also Shona, Clare and Emily) in Britain's top 100, and only one other club in the country can match that this year - Bristol and West. Certainly if our best women runners are all fit for London next year, we could win the London marathon team award and British Championships. ***Steve Smythe***

Tonbridge 10k

Sunday dawned a bright and sunny morning, although a slight chilly. Also spurred on by the fact that I had an extra hour in bed courtesy of BST moving over to GMT, I drove down to Hildenborough to run the "Tonbridge 10km".

The race went through pleasant Wealden countryside and was mainly undulating except for a small hill after leaving Leigh Village at 3.5km and a longer one between 7/8 kms. The weather was perfect for a run and after a very slow start; I had to reduce myself to walking pace 3 times in the first 3 kms; I managed to complete the rest of the race without walking or stopping.

It was a pleasant race aided by the perfect weather, although there was a lack of marshalls at places and a silly request asking runners to stay on the path when it became overrun with greenery.
Despite that I would do it again.

John O'Byrne 1 hr 11 mins 07 secs

October 24th

Ballina

27 Ran

Pos	Gen		
3	3	Sam Crump	20:02

Banstead Woods

189 Ran

Pos	Gen		
3	3	Tony Tuohy	18:00

Brockwell

219 Ran

Pos	Gen		
3	3	Lewis Laylee	18:28
48	43	Graham Laylee	21:50
58	6	Lucy Clapp	22:21
110	86	Desmond Edwards	25:23

Bromley

495 Ran

Pos	Gen		
253	218	Peter Jackson	27:28

Burgess

197 Ran

Pos	Gen		
6	6	Ebe Prill	18:48
11	1	Kim Hainsworth	19:32
21	20	Hugh Balfour	20:43
98	78	Paul Keating	24:45

Bushy

974 Ran

Pos	Gen		
6	6	Thomas Rann	17:20

Crystal Palace

184 Ran

Pos	Gen		
1	1	Wayne Lashley	17:15
4	4	Tom Wilson	19:31
14	14	Gideon Franklin	20:59
56	11	Belinda Cottrill	24:00
86	22	Penelope D'arcy Graham	25:52
87	65	Bob Bell	25:53

Dulwich

183 Ran

Pos	Gen		
30	29	Jim Dowsett	20:38
57	55	Mark Muffett	22:36
118	99	Mick Mead	26:40
144	34	Stephanie Burchill	28:43

Heaton

495 Ran

Pos	Gen		
40	5	Fiona Askew	21:25

Hilly Fields

161 Ran

Pos	Gen		
4	4	Alastair Locke	18:25
7	7	Ian Lilley	19:23
13	13	Rob Cope	20:02

Old Deer Park

64 Ran

Pos	Gen		
17	14	Barrie John Nicholls	24:29
25	6	Lindsey Annable	26:10

Orpington

109 Ran

Pos	Gen		
7	1	Tereza Francova	21:46
32	29	Colin Frith	24:36

Peckham Rye

119 Ran

Pos	Gen		
6	6	Mark Callaghan	18:36
12	12	Toby De Belder	20:21
14	1	Helen Lister	20:35

Reigate Priory

180 Ran

Pos	Gen		
6	6	Matthew Galvin	20:23

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.

Club Championships

Below are the points tables after 4 events, including marathons to date.
The points can change according to marathons later in the year.

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 15-Nov	Bonus for no. of events	TOTAL 5 events max 1.S,M,L
Claire	Baglin	-	50	49	50	-	-	49	50	-		5	**253**
Laura	Long	[47]	49	[47]	48	50	48	[46]	-	46		8	**249**
Kim	Hainsworth	50	-	48	49	-	50	47	-	-		5	**249**
Helen	Lister	-	47	[44]	-	[46]	49	48	48	47		7	**246**
Selma	Benattia	[45]	46	[42]	47	49	-	[43]	47	44		8	**241**
Katie	Styles	42	44	[41]	46	48	-	42	-	-		6	**228**
Karina	Burrowes	-	43	-	-	43	-	40	43	41		5	**215**
Anna	Thomas	48	48	46	-	-	-	45	-	-		4	191
Ruth	Bennett	43	45	[43]	-	47	47	-	-	-		4	186
Laura	Lane	-	-	-	-	-	-	41	46	45		3	135
Laura	Vincent	-	-	-	-	44	-	-	44	43		3	134
Emily	Gelder	-	-	-	-	-	-	50	-	48		2	100
Ellie	Horrocks	49	-	-	-	-	-	-	49	-		2	100
Lucy	Cartlidge	-	-	-	-	-	-	-	45	42		2	89
Shona	Mcintosh	-	-	-	-	-	-	-	-	50		1	51
Elkie	Mace	-	-	50	-	-	-	-	-	-		1	51
Melanie	Edwards	-	-	-	-	-	-	-	-	49		1	50
Caroline	Wedmore	46	-	-	-	-	-	-	-	-		1	47
Clare	Nicholson	-	-	-	-	-	46	-	-	-		1	47
Eleanor	Simmons	-	-	45	-	-	-	-	-	-		1	46
Claire	Barnard	-	-	-	-	45	-	-	-	-		1	46
Charlie	Boden	44	-	-	-	-	-	-	-	-		1	45
Sue	Cooper	-	-	-	-	-	-	44	-	-		1	45
Natalie	Davys	-	-	-	-	-	-	-	-	40		1	41
Joanna	Walker	-	-	-	-	-	-	-	-	39		1	40
WOMEN V40													
Nicola	Richmond	[46]	-	48	48	50	50	[47]	49	-		7	**252**
Michelle	Lennon	[43]	49	[42]	47	48	48	[43]	47	-		8	**247**
Yvette	Dore	-	-	43	-	45	-	46	48	48		5	**235**
Lindsey	Annable	[36]	46	[37]	43	42	46	[41]	43	-		8	**228**
Joanne	Shelton	39	-	38	44	44	-	-	-	46		5	**216**
Ola	Balme	49	-	46	-	49	-	48	-	-		4	196
Caroline	Pettigrew	47	-	47	49	-	-	-	-	-		3	146
Sharon	Erdman	37	-	36	-	-	-	-	-	45		3	121
Andrea	Pickup	-	-	49	-	-	-	49	-	-		2	100
Emma	Ibell	45	-	45	-	-	-	-	-	-		2	92
Lucy	Pickering	42	-	-	-	-	-	-	46	-		2	90
Carolina	Lilley	34	-	-	-	-	44	-	-	-		2	80
Cara	Oliver	48	-	-	-	-	-	-	-	-		1	49
Sue	Rowlands	-	-	-	-	-	45	-	-	-		1	46
Clare	Osborne	-	-	-	-	-	-	-	42	-		1	43
WOMEN V50													
Clare	Elms	50	[50]	[50]	50	-	-	50	50	50		7	**257**
Claire	Steward	[38]	47	[40]	-	43	47	[42]	45	47		8	**237**
Ros	Tabor	44	-	44	45	-	49	45	-	-		5	**232**
Lucy	Clapp	41	48	41	-	46	-	-	44	-		5	**225**
Clare	Wyngard	40	-	39	46	47	-	44	-	-		5	**221**
Angie	Norris	-	-	-	-	-	-	-	-	49		1	50
Stephanie	Burchill	35	-	-	-	-	-	-	-	-		1	36
MEN SENIOR													
Wayne	Lashley	49	50	[48]	50	[49]	50	48	-	-		7	**254**
Alastair	Locke	50	[44]	-	-	48	49	50	-	50		6	**253**
Mark	Lacey	-	49	[46]	[47]	[46]	48	49	49	49		8	**252**
Timothy	Bowen	47	47	[45]	-	47	-	47	47	-		6	**241**
James	Burrows	[43]	46	[41]	-	-	45	44	46	48		7	**236**
Kevin	Chadwick	-	-	44	45	[43]	46	45	-	46		6	**232**
Ross	Rook	46	45	40	-	-	44	46	-	-		5	**226**
Matthew	Ladds	-	41	-	43	41	-	43	44	[39]		6	**218**
Alex	Haylett	-	42	37	42	42	-	-	-	42		5	**210**
Lewis	Laylee	48	-	50	-	45	47	-	-	-		4	194
Paul	Devine	-	48	47	46	44	-	-	-	-		4	189
Hugh	French	-	40	36	41	-	43	-	-	-		4	164
John-Gabriel	Harrison	-	-	-	49	50	-	-	48	-		3	150
Mark	Callaghan	-	-	42	48	-	-	-	-	47		3	140
Toby	de Belder	-	-	-	44	-	-	-	45	44		3	136
Oscar	Hussey	43	-	43	-	-	-	-	-	-		2	88
Desmond	Edwards	-	-	-	-	-	-	-	43	40		2	85
Sam	Crump	45	-	38	-	-	-	-	-	-		2	85
Tom	Marshall	-	-	-	-	-	-	-	50	-		1	51
Elliott	Nicholson	-	-	49	-	-	-	-	-	-		1	50
Robert	Hollands	-	-	-	-	-	-	-	-	45		1	46
Andrew	Bright	-	-	-	-	-	-	-	-	43		1	44
Thomas	South	-	43	-	-	-	-	-	-	-		1	44

bold = champs completed

William	Haines	42	-	-	-	-	-	-	-	-		1	43
Patrick	Beardmore	-	-	-	-	-	-	-	-	41		1	42
Simon	Burnett	41	-	-	-	-	-	-	-	-		1	42
Chris	Goodman	40	-	-	-	-	-	-	-	-		1	41
Edward	Smyth	-	-	39	-	-	-	-	-	-		1	40
Richard	Dyson	-	-	-	-	-	-	-	-	38		1	39
MEN V40													
Stephen	Davies	50	50	-	50	[49]	[49]	50	49	[49]		8	**257**
Charles	Lound	49	-	[48]	[49]	50	50	[49]	50	50		8	**257**
Jim	Dowsett	46	-	47	-	[45]	46	-	48	47		6	**240**
Paul	Keating	[43]	46	-	46	-	45	45	47	-		6	**235**
Paul	Hilton	-	45	-	45	-	44	43	46	-		5	**228**
Lloyd	Collier	-	49	50	-	47	-	48	-	-		4	198
Rob	Cope	48	47	49	47	[46]	[47]	-	-	-		6	197
Ian	Lilley	-	48	-	48	48	48	-	-	-		4	196
Cameron	Timmis	44	-	46	-	44	-	47	-	-		4	185
Tom	Wilson	-	-	-	-	-	-	-	-	48		1	49
Duncan	Hussey	47	-	-	-	-	-	-	-	-		1	48
Jon	Hyde	-	-	-	-	-	-	-	-	46		1	47
Olivier	Montfort	-	-	-	-	-	-	46	-	-		1	47
Ajay	Khandelwal	45	-	-	-	-	-	-	-	-		1	46
Christian	Moody	-	-	-	-	-	-	44	-	-		1	45
MEN V50													
Eberhard	Prill	50	[49]	50	50	-	[49]	50	[49]	50		8	**258**
Stephen	Smythe	49	48	[42]	49	-	-	49	-	49		6	**250**
Gideon	Franklin	48	46	-	48	-	-	47	-	48		5	**242**
Gary	Sullivan	[42]	-	46	46	-	46	43	47	-		6	**234**
Graham	Laylee	43	[42]	[39]	-	46	45	44	45	-		7	**230**
Ameet	Patel	39	-	[37]	40	43	42	[38]	44	-		7	**215**
Tony	Tuohy	-	50	-	-	50	50	-	50	-		4	204
Michael	Dodds	41	-	35	42	41	-	40	-	-		5	**204**
Ian	Sesnan	-	44	43	44	44	-	-	-	-		4	179
Michael	Fullilove	-	-	48	-	-	-	48	48	-		3	147
Duncan	Wilson	46	-	41	-	47	-	-	-	-		3	137
Patrick	McMorrow	-	-	-	-	-	-	-	42	45		2	89
John	English	-	-	49	-	-	-	-	-	-		1	50
Graham	Stanton	-	-	-	-	-	-	-	46	-		1	47
Mark	Judge	-	-	45	-	-	-	-	-	-		1	46
Per	Hedberg	-	-	-	-	-	-	-	-	41		1	42
Mike	Crilly	-	-	-	-	-	-	41	-	-		1	42
Mick	Mead	38	-	-	-	-	-	-	-	-		1	39
Barry	Graham	37	-	-	-	-	-	-	-	-		1	38
Stephen	Street	36	-	-	-	-	-	-	-	-		1	37
MEN V60													
Mike	Mann	-	47	47	47	49	[47]	46	-	-		6	**242**
Hugh	Balfour	47	45	44	-	48	-	-	-	46		5	**235**
Andrew	Murray	45	-	[40]	45	45	[44]	45	-	47		7	**234**
Robert	Bell	44	43	[38]	43	-	-	42	-	44		6	**222**
Barrie John	Nicholls	[40]	41	[36]	[41]	42	43	[39]	43	43		9	**221**
Stephen	Wehrle	-	40	-	-	-	41	37	41	42		5	**206**
Neville	Webb	-	-	-	-	-	48	-	-	-		1	49
118		60	41	61	40	44	37	51	40	46	-		

Best 5 count for year including 1 each short, medium, long. W50's and M60's have separate contests using scores within 40+, 50+

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 15-Nov**	**Events**	**TOTAL 5 events max inc 1.S,M,L**	**Average**
Clare	Elms	926	938	992	918	-	-	915	[910]	[889]		5	4,688	938
Ros	Tabor	915	-	986	905	-	932	907	-	-		5	4,644	929
Claire	Steward	[799]	882	882	-	825	840	[818]	823	[809]		5	4,251	850
Mike	Mann	-	835	858	[832]	836	841	818	-	-		5	4,188	838
Charles	Lound	812	-	[806]	817	[817]	826	[788]	820	849		5	4,123	825
Eberhard	Prill	813	824	833	803	-	[803]	807	[786]	[781]		5	4,079	816
Stephen	Davies	809	820	-	823	[797]	806	[778]	787	[765]		5	4,046	809
Stephen	Smythe	786	777	[714]	802	-	-	816	-	751		5	3,932	786
Nicola	Richmond	758	-	799	[756]	808	803	[743]	751	-		5	3,919	784
Clare	Wyngard	754	-	761	781	790	-	775	-	-		5	3,861	772
Hugh	Balfour	785	772	800	-	786	-	-	-	692		5	3,835	767
Wayne	Lashley	[749]	[762]	797	763	770	772	714	-	-		5	3,816	763
Claire	Baglin	-	765	750	767	-	-	757	723	-		5	3,761	752
Andrew	Murray	756	-	741	764	734	[726]	757	-	[715]		5	3,752	750
Mark	Lacey	-	746	761	742	753	[741]	739	[737]	[707]		5	3,741	748
Alastair	Locke	752	[684]	-	-	766	768	742	-	708		5	3,736	747
Kim	Hainsworth	748	-	748	764	-	745	716	-	-		5	3,722	744
Gary	Sullivan	[668]	-	792	752	-	763	700	704	-		5	3,710	742
Michelle	Lennon	735	757	755	[734]	737	[731]	[687]	721	-		5	3,705	741
Lucy	Clapp	728	774	773	-	749	-	-	680	-		5	3,704	741
Timothy	Bowen	711	730	755	-	756	-	706	[704]	-		5	3,657	731
Gideon	Franklin	742	733	-	746	-	-	727	-	701		5	3,649	730
Robert	Bell	741	733	720	725	-	-	712	-	[636]		5	3,631	726

Laura	Long	[707]	722	714	731	721	[708]	710	-	[676]		5	3,598	720
Kevin	Chadwick	-	-	764	711	706	715	694	-	[664]		5	3,590	718
Graham	Laylee	702	[702]	705	-	718	726	714	[685]	-		5	3,564	713
Helen	Lister	-	687	[674]	-	[677]	730	722	704	706		5	3,548	710
James	Burrows	703	730	706	-	-	709	[693]	[668]	695		5	3,543	709
Ross	Rook	714	699	693	-	-	698	706	-	-		5	3,510	702
Yvette	Dore	-	-	714	-	687	-	698	691	659		5	3,449	690
Barrie John	Nicholls	[665]	700	680	696	[645]	691	673	[653]	[613]		5	3,441	688
Tony	Tuohy	-	878	-	-	855	850	-	840	-		4	3,423	856
Selma	Benattia	681	679	[670]	685	696	-	[652]	664	[595]		5	3,406	681
Jim	Dowsett	685	-	673	-	676	663	-	639	[605]		5	3,336	667
Katie	Styles	[629]	633	644	650	687	-	629	-	-		5	3,243	649
Lindsey	Annable	[607]	667	656	636	[636]	648	[620]	626	-		5	3,233	647
Ola	Balme	814	-	815	-	809	-	780	-	-		4	3,218	804
Michael	Dodds	657	-	645	669	544	-	653	-	-		5	3,168	634
Stephen	Wehrle	-	644	-	-	-	669	655	648	544		5	3,160	632
Joanne	Shelton	642	-	640	631	646	-	-	-	600		5	3,159	632
Lloyd	Collier	-	786	838	-	765	-	751	-	-		4	3,140	785
Ameet	Patel	[594]	-	632	625	618	608	[605]	608	-		5	3,090	618
Ian	Lilley	-	776	-	755	777	773	-	-	-		4	3,081	770
Lewis	Laylee	748	-	846	-	746	728	-	-	-		4	3,068	767
Rob	Cope	[694]	743	791	[734]	735	746	-	-	-		4	3,015	754
Paul	Devine	-	756	780	728	722	-	-	-	-		4	2,985	746
Alex	Haylett	-	623	633	579	613	-	-	-	533		5	2,981	596
Matthew	Ladds	-	605	-	594	581	-	589	584	[444]		5	2,953	591
Paul	Keating	597	608	-	596	-	565	[562]	568	-		5	2,934	587
Ian	Sesnan	-	718	723	709	696	-	-	-	-		4	2,846	712
Anna	Thomas	704	713	707	-	-	-	682	-	-		4	2,807	702
Paul	Hilton	-	547	-	567	-	545	553	551	-		5	2,763	553
Karina	Burrowes	-	568	-	-	581	-	560	510	508		5	2,728	546
Ruth	Bennett	[655]	669	665	-	677	675	-	-	-		4	2,686	671
Cameron	Timmis	659	-	651	-	645	-	635	-	-		4	2,590	648
Hugh	French	-	619	647	585	-	610	-	-	-		4	2,460	615
Caroline	Pettigrew	748	-	771	757	-	-	-	-	-		3	2,276	759
John-	Harrison	-	-	-	753	767	-	-	732	-		3	2,251	750
Mark	Callaghan	-	-	776	770	-	-	-	-	704		3	2,250	750
Michael	Fullilove	-	-	773	-	-	-	740	725	-		3	2,238	746
Duncan	Wilson	715	-	684	-	691	-	-	-	-		3	2,089	696
Toby	de Belder	-	-	-	680	-	-	-	648	636		3	1,964	655
Laura	Lane	-	-	-	-	-	-	630	645	600		3	1,875	625
Laura	Vincent	-	-	-	-	598	-	-	591	583		3	1,771	590
Sharon	Erdman	603	-	610	-	-	-	-	-	549		3	1,761	587
Andrea	Pickup	-	-	829	-	-	-	774	-	-		2	1,603	801
Emily	Gelder	-	-	-	-	-	-	796	-	783		2	1,580	790
Oscar	Hussey	710	-	797	-	-	-	-	-	-		2	1,508	754
Emma	Ibell	728	-	738	-	-	-	-	-	-		2	1,466	733
Lucy	Pickering	723	-	-	-	-	-	-	712	-		2	1,435	717
Ellie	Horrocks	716	-	-	-	-	-	-	714	-		2	1,430	715
Sam	Crump	700	-	661	-	-	-	-	-	-		2	1,361	680
Patrick	McMorrow	-	-	-	-	-	-	-	621	638		2	1,259	630
Lucy	Cartlidge	-	-	-	-	-	-	-	598	560		2	1,158	579
Carolina	Lilley	543	-	-	-	-	534	-	-	-		2	1,077	539
Desmond	Edwards	-	-	-	-	-	-	-	521	515		2	1,036	518
Shona	Mcintosh	-	-	-	-	-	-	-	-	846		1	846	846
Angie	Norris	-	-	-	-	-	-	-	-	827		1	827	827
Elliott	Nicholson	-	-	800	-	-	-	-	-	-		1	800	800
Neville	Webb	-	-	-	-	-	794	-	-	-		1	794	
John	English	-	-	784	-	-	-	-	-	-		1	784	784
Tom	Marshall	-	-	-	-	-	-	-	767	-		1	767	767
Melanie	Edwards	-	-	-	-	-	-	-	-	765		1	765	765
Elkie	Mace	-	-	765	-	-	-	-	-	-		1	765	765
Mark	Judge	-	-	763	-	-	-	-	-	-		1	763	763
Cara	Oliver	754	-	-	-	-	-	-	-	-		1	754	754
Duncan	Hussey	727	-	-	-	-	-	-	-	-		1	727	727
Tom	Wilson	-	-	-	-	-	-	-	-	718		1	718	718
Eleanor	Simmons	-	-	705	-	-	-	-	-	-		1	705	705
Thomas	South	-	701	-	-	-	-	-	-	-		1	701	701
Ajay	Khandelwal	685	-	-	-	-	-	-	-	-		1	685	685
Caroline	Wedmore	683	-	-	-	-	-	-	-	-		1	683	683
Charlie	Boden	678	-	-	-	-	-	-	-	-		1	678	678
Simon	Burnett	669	-	-	-	-	-	-	-	-		1	669	669
Edward	Smyth	-	-	669	-	-	-	-	-	-		1	669	669
Graham	Stanton	-	-	-	-	-	-	-	669	-		1	669	669
William	Haines	667	-	-	-	-	-	-	-	-		1	667	667
Sue	Cooper	-	-	-	-	-	-	660	-	-		1	660	660
Stephanie	Burchill	644	-	-	-	-	-	-	-	-		1	644	644
Robert	Hollands	-	-	-	-	-	-	-	-	643		1	643	643
Mike	Crilly	-	-	-	-	-	-	642	-	-		1	642	642
Mick	Mead	626	-	-	-	-	-	-	-	-		1	626	626
Sue	Rowlands	-	-	-	-	-	623	-	-	-		1	623	623
Andrew	Bright	-	-	-	-	-	-	-	-	621		1	621	621
Olivier	Montfort	-	-	-	-	-	-	607	-	-		1	607	607
Chris	Goodman	605	-	-	-	-	-	-	-	-		1	605	605
Barry	Graham	605	-	-	-	-	-	-	-	-		1	605	605
Claire	Barnard	-	-	-	-	602	-	-	-	-		1	602	602

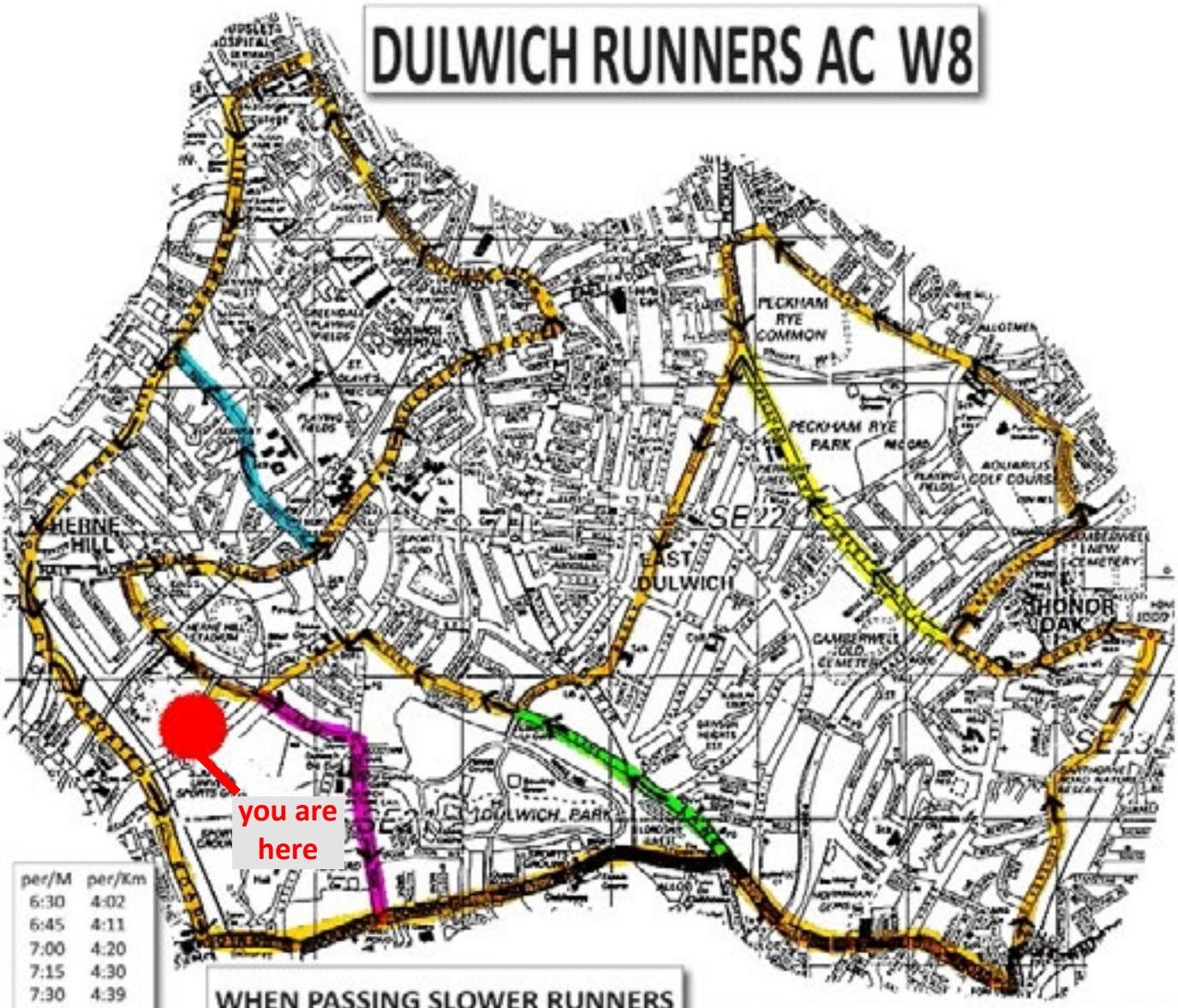
Clare	Nicholson	-	-	-	-	-	599	-	-	-		1	599	599
Patrick	Beardmore	-	-	-	-	-	-	-	-	528		1	528	528
Clare	Osborne	-	-	-	-	-	-	-	528	-		1	528	528
Christian	Moody	-	-	-	-	-	-	524	-	-		1	524	524
Jon	Hyde	-	-	-	-	-	-	-	-	522		1	522	522
Stephen	Street	501	-	-	-	-	-	-	-	-		1	501	501
Natalie	Davys	-	-	-	-	-	-	-	-	496		1	496	496
Joanna	Walker	-	-	-	-	-	-	-	-	468		1	468	468
Richard	Dyson	-	-	-	-	-	-	-	-	450		1	450	450
Per	Hedberg	-	-	-	-	-	-	-	-	423		1	423	423
118		60	41	61	40	44	37	51	40	46	-			

2015 Club Championships - Marathon Notified peformances to 25 October 2015 in time order

		Category	Marathon	Time H.m.s	Age Graded	Points/ position	FS	F40/50	MS	M40	M50/60
Charles	Lound	M40	Lon 26 Apr	2.37.31	849	2				50	
Shona	Mcintosh	F S	Lon 26 Apr	2.40.06	846	3	50				
Stephen	Davies	M40	Lon 26 Apr	2.51.57	765	10				49	
Alastair	Locke	M S	Ely 27 Sep	2.53.59	708	14			50		
Mark	Lacey	M S	Milton Key 4May	2.54.04	707	15			49		
Clare	Elms	F50	Lon 26 Apr	2.55.18	889	1		50			
James	Burrows	M S	Rotterdam 12Apr	2.57.25	695	19			48		
Melanie	Edwards	F S	Frankf't 15 Oct	2.57.51	765	8	49				
Emily	Gelder	F S/F40	Chester 4 Oct	2.58.13	783	6	48				
Mark	Callaghan	MS	Brighton 12Apr	2.58.36	704	17			47		
Eberhard	Prill	M50	Lon 26 Apr	2.58.42	781	7					50
Tom	Wilson	M40	Ams'dam 18 Oct	3.01.35	718	12				48	
Kevin	Chadwick	M S	Lon 26 Apr	3.05.48	664	22			46		
Robert	Hollands	M S	Thames Meand 14Mar	3.11.08	643	24			45		
Helen	Lister	F S	Lon 26 Apr	3.11.58	706	16	47				
Angie	Norris	F50	Lon 26 Apr	3.13.20	827	4		49			
Stephen	Smythe	M50	Lon 26 Apr	3.14.37	751	11					49
Toby	de Belder	M S	Paris 12Apr	3.14.50	636	26			44		
Andrew	Bright	M S	Lon 26 Apr	3.17.59	621	28			43		
Gideon	Franklin	M50	Lon 26 Apr	3.19.19	701	18					48
Laura	Long	F S	Lon 26 Apr	3.21.49	676	21	46				
Jim	Dowsett	M40	Edinb 31 May	3.30.33	605	30				47	
Andrew	Murray	M60	Lon 26 Apr	3.34.07	715	13					47
Yvette	Dore	F40	Brighton 12Apr	3.34.42	659	23		48			
Hugh	Balfour	M60	Chester 4 Oct	3.39.17	692	20					46
Claire	Steward	F60	Lon 26 Apr	3.47.22	809	5		47			
Laura	Lane	F S	Lon 26 Apr	3.48.07	600	32	45				
Selma	Benattia	F S	Lon 26 Apr	3.49.26	595	33	44				
Patrick	McMorrow	M50	Lon 26 Apr	3.50.57	638	25					45
Alex	Haylett	M S	Brighton 12Apr	3.51.46	533	38			42		
Laura	Vincent	F S	Mchstr 19Apr	3.52.41	583	34	43				
Patrick	Beardmore	M S	Lon 26 Apr	3.52.55	528	39			41		
Joanne	Shelton	F40	Frankf't 15 Oct	3.54.08	600	31		46			
Desmond	Edwards	M S	Mchstr 19 Apr	3.59.23	765	8			40		
Robert	Bell	M 60	Ams'dam 18 Oct	4.00.45	636	27					44
Lucy	Cartlidge	F S	Lon 26 Apr	4.02.15	560	35	42				
Barrie John	Nicholls	M60	Lon 26 Apr	4.07.21	613	29					43
Jon	Hyde	M40	Lon 26 Apr	4.09.39	522	40				46	
Sharon	Erdman	F40	Mchstr 19Apr	4.22.26	549	36		45			
Karina	Burrowes	F S	Lon 26 Apr	4.26.33	508	41	41				
Natalie	Davys	F S	Mchstr 19Apr	4.34.51	496	42	40				
Matthew	Ladds	M S	Brighton 12Apr	4.36.47	444	45			39		
Richard	Dyson	Ms	Vilnius 13 Sep	4.37.55	450	44			38		
Joanna	Walker	F S	Lon 26 Apr	4.49.11	468	43	39				
Stephen	Wehrle	M60	Lon 26 Apr	4.56.09	544	37					42
Per	Hedberg	M50	Mar Des Sables 10 Apr	5.33.25	423	46					41
						46					

NB Certified marathons throughout the year can count, so the above points are subject to change

DULWICH RUNNERS AC W8



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	10.6	17.1
SHORT CUT	BLUE	8.7	14.0
SHORT CUT	PINK	6.5	10.5
SHORT CUT	GREEN	5.8	9.3
SHORT CUT	BLUE & GREEN	3.8	6.1
SHORT CUT	PINK GREEN	2.8	4.5

yellow cut reduces runs by approx 1mile