SHORTS

Dulwich Runners AC
Weekly Newsletter
August 3rd 2016

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

Wed 3 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 4 **Assembly league - Victoria Pk- 19:30 start**
page 3 for map and details

Tue 9 **Dulwich College - £1 per session.**
First half of the session will be on grass,second on the track. Meet 7:15 for 7:30 start

TRACK SESSIONS

Tuesday at Dulwich College - meet 19:00 - £1 per session
Elkie Mace will start with a warmup for anyone who is keen to do so, then **Steve Smythe** for the first half of the main session which is on the grass and the second half on the track. - ***Suitable for all standards***

If sufficient demand there will be some Thursday evening track sessions - specifically aimed at 800m and 1500m/Mile speed - most will probably be at Ladywell.
No sessions on Assembly League nights.
If interested, contact steve.smythe@athleticsweekly.com

Additionally there may be some Saturday grass hill sessions at Crystal palace every other week or so - if there is demand - if interested advise steve.smythe@athleticsweekly.com

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

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

Thank you. - Ros

LUCKY VEST

Tonight in the clubhouse
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.
Vests £18 each from Ros and all kit ros.tabor49@gmail.com

In your SHORTS this week !

1... General information
2... Club kit, social events etc
3... Fixture list, club champs,XC, road, track
5... Race reports and results...
7... Club champs after 5 events..
10... Parkrun
11... Map for this Wednesday night routes

And much more !

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

You can follow us on

Dulwich Runners AC AGM will be held on 19 October and the minutes of last year's AGM can be found on the website

EVENT HORIZON

A brief look ahead

Aug 4 Assembly league - Victoria Pk, Mile End start 19:30

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: **Jim Dowsett and Andy Murray**
If you're on the list, please try and turn up that night and make sure anybody new has someone to run with.
If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – **Ros**

Sue Cooper	**3/08**
volunteers needed	10/08
Natalie Davys	17/08

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

Watch this space for upcoming 2016 events !

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
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club
Contact Ros ros.tabor49@gmail.com
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

only £5

SHORTS!

DULWICH RUNNERS' SHORTS
They are traditionally cut either 'racing' style, or slightly longer – size medium.
Both styles are a bargain £15.

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

HOODIES...

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

Buffs/snoods - only £6

ALGARVE RUNNING CHALLENGE

2 - 6 NOVEMBER

If you want to get away from the cold damp weather of the British autumn, the Algarve Running Challenge presents an excellent opportunity for warm weather racing and training at the eastern end of the Algarve, close to the Spanish border. The races are organized by Steve Smythe and include a 5km cross country, a track mile, a 10km trail race, finishing with the 10 Milhas de Guadiana, actually closer to 11 miles, and takes in the impressive suspension bridge which forms the Spain/ Portugal border. The hotel in Monte Gordo is located just behind the beach and as well as running, there are opportunities for cycling on quiet roads, swimming in the sea which remains warm in November and sightseeing in nearby towns in Portugal and Spain. The trails through the pine woods used for some of the races and the long sandy beach are ideal for an early morning run. The event is organized by Track and Field Tours and should appear on their website shortly. Prices are very reasonable at that time of year. If you want more details, have a word with Steve, Ros, Andy, Jim or myself. - ***Mike Mann***

Trust10 Runs Polesden Lacey

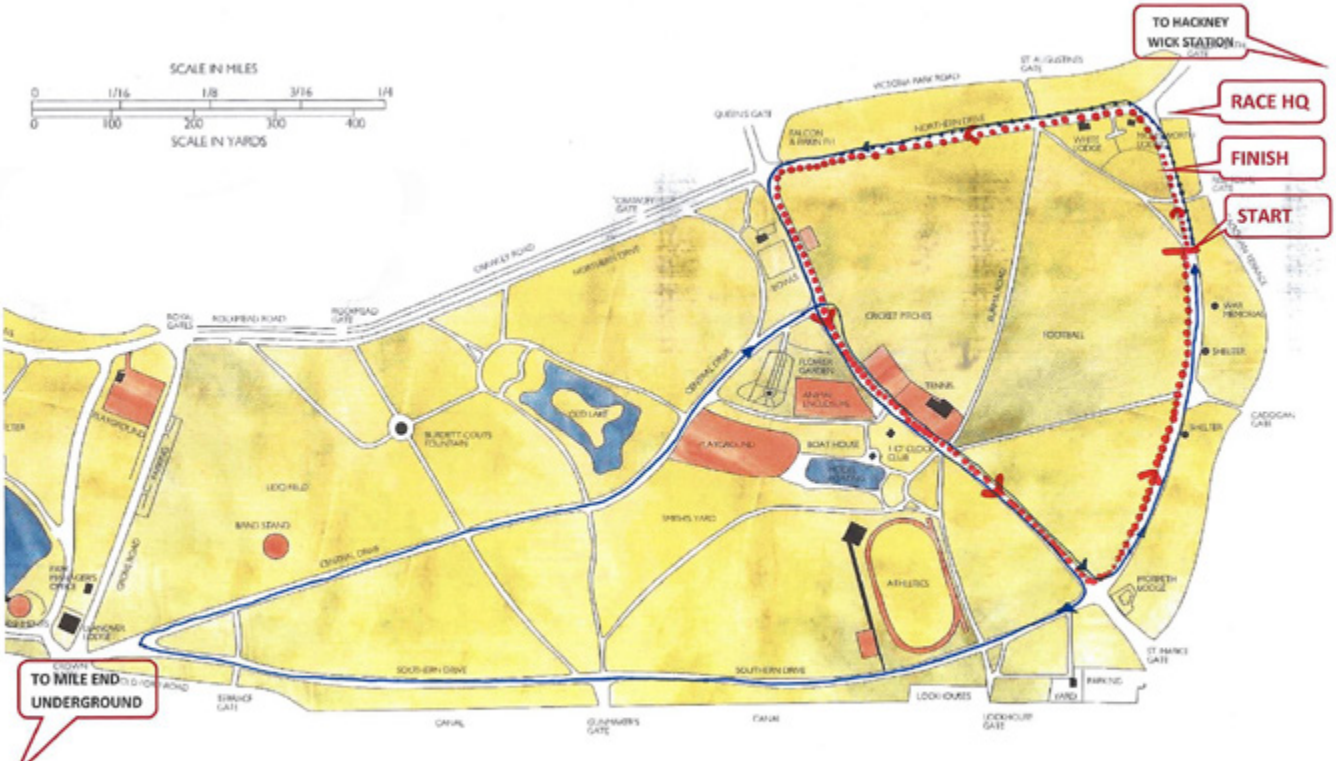
Every 4th Sunday of the month until September
Runs starts at 9am - Explore beautiful Polesden Lacey

Trust10 is a free, monthly, 10k trail running event held across selected National Trust sites, open to both members and non members.
Register on the day and if timing is important to you bring your own device.
trust10@nationaltrust.org.uk | nationaltrust.org.uk/sport

Victoria Park Assembly League

tomorrow evening @ 19:30
Free to enter- just turn up on the evening and run
Open to all club members whatever your ability or standard.
http://vphthac.org.uk/locations.html#clubhouse

Assembly League – Victoria Park Fixture #2 and #5 **May 5th + Aug 4th 2016** **/ : Race route plan – 3.5 mile**



COURSE: 1 SMALL LOOP (RED) + 1 LARGE FIGURE-OF-8 LAP (BLUE). Total distance: 3.5 miles approx.

RACE START – 7:30pm

Dulwich Runners 2016/17 Fixtures

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

DULWICH RUNNERS 2016 CLUB CHAMPIONSHIPS

A total of 9 races split into 2 categories, short (S) and long (L). To qualify you need to complete 5 in total, including at least one from each of the two categories. See fixture list for the remaining four events

CLUB CHAMPS UPDATE

CLUB CHAMPS 5km (and mile) clarification With the Assembly League race at Battersea Park on 2 June used for the 5k club champs, trophies and individual points will be awarded at this race. However in view of the late change, resulting in part from bringing forward the date of the Mark Hayes Mile, it has been decided that times at the Sri Chimnoy race on 13 June will count for overall points and for completing sufficient club champs events.

Thus for overall points (ie age graded scores) the better of the two races will count for those taking part in both.
Individual age group points will initially be based though solely on the first race - ie Assembly League (as per club Mile).

However if for example 10 M50 athletes run the club mile or Assembly League then 11th place onwards is possible at the Eltham mile or Sri Chinmoy 5km.

Some amendments have been made made to the club policy on race expenses and club champs rules - these can be found on the club website

MARATHONS 2016

If you are planning to run a marathon in 2016 please can you tell Shorts so that we can list those with forthcoming races.
After the race make sure you send your time.
We will try to maintain an up to date list so that we can keep a proper record for the club championships.

10m race - CLUB CHAMPS UPDATE

With the Cabbage Patch 10 taking place on 16 October falling on the same weekend as the (later than usual) first Surrey League cross country fixture, we have been looking for alternatives. These are limited with one on the same weekend as the SEAA relays on 17/18 September and another involving a long coach trip. We have therefore decided to go for the Epsom 10, organized by Epsom and Ewell Harriers, on 20 November. This is the day after the BMAF cross country relays, but for those selected for this, it should be possible to combine both with the relay stages only 3km. Entry forms are not yet available but hopefully should be soon.

2016 ASSEMBLY LEAGUE

These races started in April and range from 3 to 3.5 miles on road or on paths within parks and run on the first Thursday of the summer months against 12 other clubs. They are extremely popular and all members are encouraged to participate whatever your standard or ability. They are free to enter, all you need to do is have a club vest, turn up and run.
From this year women's team scores will be based upon 4-to-score, the same as the men

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

NOTE: There have been some changes/additions to the womens Surrey League XC

Date		Race		Venue
Aug	4	Assembly League - Victoria Park - 7:30pm start (3.5 miles)		Mile End, Hackney
Sep	1	Assembly League - Beckenham - 7:15pm start (3 miles)		Beckenham
	4	Middlesex 10k (S) **Event website:**http://www.middlesexaa.org.uk/ **Event details on Runner's World site:**http://www.runnersworld.co.uk/events/viewEvent.asp?en=100010		Victoria Park, Hackney
	10	Will Bolton Relays		Sparrow's Den
	17/18	SEAA Road Relays		Aldershot
	24	England Masters Inter Area Challenge Cross Country		Wimbledon Common
Oct	2	Titsey Multi-Terrain 10k (L)		Oxted
	15	Surrey League	men	Richmond Park
	15	Surrey League	women	Nonsuch Pk, Cheam
	22	Surrey Masters Champs		Richmond Park
	29	5k Parkrun (S)		Burgess Park
Nov	12	Surrey League	men & women	Farthing Down (m) & (w)
	19	BMAF Relay Champs		Long Eaton
	20	Epsom 10 (L)		Epsom
	26	South of Thames 5m		Ham Lands
Dec	3	Surrey League	women	Mitcham Common
	17	South of Thames 7.5m		Venue tbc
Jan	7	County Champs		Lloyd Park (Surrey) tbc (Kent)
	14	Surrey League	men	Mitcham Common
	14	Surrey League	women	Ham fields, Ham
	21	Vets AC Champs		Wimbledon Common
	28	South of England Champs		Parliament Hill
Feb	12	Surrey League	men & women	tbc (m) Ham Lands (w)
	26	National Champs		North of England tbc

Track Meetings

The table includes a list of track meetings over the forthcoming season. You do not have to be a member of a track club to take part in any of the open meetings.
Check details of the races on offer at respective club websites.
In most cases you can either enter in advance or on the day.
In addition the Watford Open Graded Races take place on alternative Wednesdays until 7 September, (see WATFORD ATHLETICS AND WATFORD HARRIERS ATHLETIC CLUB for details.

Aug	7	London Athletics	Mile End
	15	Blackheath&Bromley Open	Norman Pk
	17	Cambridge Harriers Open	Sutcliffe Pk
	22	GLL	Mile End
	27	HHH Open	Tooting
	28	Vets AC T&F Champs	Kingsmeadow
Sept	7	Vets AC 10,000m	Battersea Pk
	10/11	BMAF T&F Champs	Birmingham

Race Reports & Results

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

Swiss Alpine Races Davos Switzerland

Andy and Ros went on their usual week-long group holiday of altitude running in Davos followed by one of the 10k up to 78k trail races on offer as part of the Swiss Alpine Marathon. This year Laura and Natalie came mid-week, staying in an apartment in Klosters and also racing on the Saturday.

Davosser Seelauf 4k 26.07.16
The local Davos track club hold fortnightly 4k Tuesday evening races around the Davosser See lake. Ros ran well, with Andy struggling with short breath, having not fully recovered from a previous long training run up to 2000m in altitude.

48/15w/1w65 Ros Tabor	18:31.9
59/2m60 Andy Murray	19:34.1

Swiss Alpine K30/K10 30.07.16
Saturday was the big day for racing, with Ros and Natalie opting for the shortest option, a tough 10k and Laura (first timer) and Andy (over 10 timer) opting for 30k. The 30k started at 7am from Davos track, together with those doing the full 78k Swiss Alpine Marathon. Most of the run was in shade on an eventually sunny day. The first 7k was on tarmac, through Davos and then on a quiet road following the Landwasser River downstream in a broad valley. Then came series of uphills on stony trails, with a few short walks on the steeper bits.

At about 12k we came to a group of farms at Spina and were encouraged by three men swinging huge cowbells, which helped us keep going on the sharp uphill crash-barriered road around the corner.

The next section was a slow rise on a wooded trail, two runners wide, until we reached the 15k point, where it finally tipped downwards and we came out of the woods to pass Monstein village church, perched above the river valley below and soon set off on a steep zigzag down to the river and railway, being held up for a train to pass.

Natalie Davys

The 20k-24k section was slightly downhill on a good track in a narrow gorge, with the river dropping way below and the railway crossing above us out of tunnels through the rock. We then had a hilly tree rooted section of path until hearing the noise (p.a., supporters and music) at the Wiesen station feed point and the start of the 70m high viaduct, where we ran along a narrow metal path at the side of the rail bridge.

25k-28k was through woods on narrow tracks with some long uphills reducing most to a walk. We finally burst out to a downhill whizz, a bit steep for tired legs, through open fields down to Filisur village and the low-key finish (most of the crowd encouragement was for the 78k runners with us up to then and with several hours to go).
Andy had previous distance training restricted by a knee injury and was pleased to not walk too much, although the running parts were not very quick. Laura took it carefully and enjoyed her run.
The 10k started at 10.40 also from the Davos track. It followed the same route out of Davos as the 30k but turned back at 5k. The first 3.5k was flattish or gently uphill, the next 1.5k very steep up (everyone walked). The last 5k was a lovely downhill run through woods and back to the stadium. Runners were helped by an alp-horn player at half-way - the sound is quite moving in open air. Ros put in a good effort and was only 8 minutes behind the winner. Natalie coped well with the altitude and course and continues her comeback from injury.
As ever, these races are well organised, challenging and incredibly scenic.

Laura Vincent

K30 +430m/-940m

79m/6m60 Andy Murray	2:54:29
61w/11 w30 Laura Vincent	3:07:34

K10 +210m/-210m

16w Ros Tabor	50:19
77w Natalie Davys	58.45

-Andy Murray

Prudential Ride London 100

July 31

This was the fourth running - it was crowded and there were accidents which held up later starters for the event which is effectively cycling's answer to the London Marathon. Dulwich is a running club and not a cycling club but I am surprised more runners who cycle, don't try and do it given the roads are for once free of cars and it's a notable event being pretty much the route of the London Olympic cycle road race.

The entry fee isn't that much for a well organised 100 mile ride on traffic free roads in the world's greatest city though I appreciate there are some club members who even object to paying the £1 club fees for Tuesday or Wednesday. It is doable though to anyone who can run a half marathon with a few extra training rides. ***-Steve Smythe***

Steve Smythe	4:35:19
John Tymukas	4:53:25
Duncan Wilson	5:02:38
Chris Loizou	5:02:49
Karen Grieves	5:28:14
Eleanor Simmons	5:48:14

Stephanie Burchill 7:59:57 (92M after diversion and enforced stop due to road closure) Lloyd did 48M.

Chase the Sun Clapham Common 10k

I achieved the holy grail of a sub 40 minute 10k for the first time on Thursday. At the start everyone was very modest and no-one turned up when the organisers asked for sub 40 minute runners, but after a few 100m a group of runners clearly aiming for less than 40 minutes began to form.

A mixture of grass, former grass and paths made up the course for 3 laps and the objective quickly became finish before it starts raining rather than chase the sun. After having spent so much effort in running a pretty even 10k I didn't have the superfluous energy for a sprint finish and accepted a run in for 4th place at 38:26.

4 Jonathan Whittaker 38:26

Watford Open Grading Meeting

Wed 27 July

1500m Race 14

An incredible 350 took part in 19 1500m races across the evening. Amazing how officials cope with these numbers particularly with entries all on the night.

Good conditions, competitive races. Just a bit of a long journey, particularly with no buses back to the station meaning a three mile walk. ***- Duncan Hussey***

18 ran

9 Oscar Hussey 4.25.60 PB

Serpentine Last Friday of the Month 5K

July 29th

Another good turnout of ten Dulwich Runners took part in this months edition, in generally favourable albeit slightly humid conditions on the classic A course in Hyde Park.

As is becoming standard/boring (delete as applicable) the Dulwich contingent was led home by the Irish machine Tim Bowen who came home in an excellent 3rd place with another well controlled first half, and a very fast last mile. Tim also managed a one second course pb despite consuming more alcohol then most mere mortals consume in a year the previous evening.

Myself and Andy Bond followed at a distance, with both of us in close order after making fast starts. Andy then tried to push on but admitted afterwards he slightly overcooked it, and I went back past him at the 2k mark and opened an unassailable gap. I pushed on strongly and was delighted to run only my second sub 17 minute time. Agonisingly I missed my PB by just 2 seconds, but took consolation from a course best of nearly thirty seconds. Andy stayed on very gamely, and just missed out on breaking 17 minutes, but it was a very fine run finishing 1st V40 in what was also his debut over the twisty and slightly undulating course.

Steve Davies has just returned from a 2 week holiday/training camp, but has perhaps lost a bit of race sharpness, and despite a solid run was down on his best. A strong sub 17 run at Bromley parkrun the following morning indicated that this was merely a blip though. Alastair followed next, and continued his comeback with a steady run which may have been hampered by some heavy training as he returns to full fitness after six weeks out with a calf problem. Another whose best form will not be far away.

Mark has also recently returned from a hamstring problem, and made a solid race debut, and just needs some more miles in his legs to recapture his fantastic winter form. Ebe signed off before a holiday break with an encouraging run which was better than recent efforts, as he just held off ex Dulwich runner Matt Galvin who now runs for Reigate Priory.

Katie Styles had an excellent run and was first FV35. She was nearly 45 seconds up on June's race, and edging ever closer to her winter PB form. Graham ran on par with recent months, and as tradition, then went over 30 seconds faster at Burgess parkrun the next day- must be some formula for this Graham! Mark Muffet completed the Dulwich representation with a good run, shaving one second off his time from last month, and getting closer to his best course time.

Finally thanks to Clare Elms and daughter Lucy for their on course support. ***- Paul Devine***

3	Tim Bowen	16:15
10	Paul Devine	16:49 (2 V35)
12	Andy Bond	17:02 (1 V40)
15	Steve Davies	17:30 (3 V45)
22	Alastair Locke	17:52
34	Mark Lacey	18:25
44	Ebe Prill	18:53
100	Katie Styles	21:27 (1 FV35)
120	Graham Laylee	22:04
139	Mark Muffett	22:53

Blackheath & Bromley club champs

Wed 27th July

5000 Meters

4 Kevin Chadwick 17:32.03

14 ran in the A race

Sri Chinmoy 2 miles Battersea Park

Mon 1st August

With the 5th match of this year's Assembly League coming up on Thursday and very little running in my legs lately I thought I'd sneak off to Battersea for an incognito race to check how bad my current form is.

Well, 'incognito' didn't cover it, as I was greeted by a sizeable contingent of Dulwich heroes out on quests for PBs. In the cases of Tim and Lewis it's not just PBs they're after, but club records too. Lewis improved his own mile record in May and Tim's own pursuit of glory finally bore fruit just last week with a superb 3000m in 9:11 to knock two seconds from Kofi Agyei's 13-year old mark.

So currently with one apiece it was eyeballs out for a crack at Kofi's road 2 miles time of 9:49. Massive PBs were scored by both of course; Tim's fine third place in the race missed the record by just three seconds and Lewis also ran superbly only ten seconds behind. Expect further assaults before the summer is out with Tim having another crack at 5k next week and Lewis no doubt lining up some more attempts at 800m.

Meanwhile Steve Davies managed to squeeze one second from his time of last year, mostly due to running the first 800m like.... well, an 800m. Thereafter he stayed more-or-less the same distance ahead of Alastair and me as we all finished quite well, Alastair easily improving his soft PB and 1st M50 for me. Mark's form has been languishing for a while and he admits to getting a bit de-trained now so will be trying to return to some of the consistent training that did so well for him earlier in the year. Matt scored yet another PB, as did Lucy on the way to 1st W50, and these were followed by solid runs from Ola, Graham and Barrie John.

Eleven runners, six PBs, four prizes. Not a bad night for Dulwich.

- Tony Tuohy

3	Tim Bowen	9:52	PB
6	Lewis Laylee	10:02	PB
15	Steve Davies	10:35	PB
18	Alastair Locke	10:44	PB
21	Tony Tuohy	10:48	1 M50
36	Mark Lacey	11:19	
65	Matt Ladds	12:57	PB
68	Lucy Clapp	13:28	PB 1W50
73	Ola Balme	13:40	
79	Graham Laylee	14:09	
81	Barrie J Nicholls	14:31	
101 finished			

2016 CLUB CHAMPIONSHIPS

Below are the points tables after 2 events, including marathons to date.
The points can change according to marathons later in the year.

2016 Club Championship Within Age Groups After 5 Events Incl Marathons		Short					Long					
		10k Chichester 7-Feb	5k Battersea 2 - Jun	1M Dulwich 17-Jun	10k Victoria Park 4-Sep	5k Parkrun 29-Oct	1/2M Dartford 13-Mar	Marathon London or other 24-Apr	10k Multi Titsey 2-Oct	10M Epsom 20-Nov	Bonus for no. of events	TOTAL 5 events max inc. 1.S,M,L
WOMEN SENIOR												
Selma	Benattia	49	42	48			48				4	191
Fiona	Askew		48				47	49			3	147
Melanie	Edwards	50		43			50				3	146
Elkie	Mace		50	50							2	102
Sue	Cooper	47						47			2	96
Katie	Styles	48	45								2	95
Eleanor	Simmons		44	47							2	93
Karina	Burrowes		43	44							2	89
Lucy	Elms		46	41							2	89
Laura	Vincent		41	42							2	85
Roz	Johnson							50			1	51
Claire	Baglin		49								1	50
Helen	Lister						49				1	50
Kim	Hainsworth			49							1	50
Tessa	Morrison							48			1	49
Anna	Thomas		47								1	48
Laura	Coote							46			1	47
Niamh	Falconer			46							1	47
Rebecca	Schulleri			45							1	46
WOMEN V40												
Joanne	Shelton-Pereda	45	42				47	44			4	182
Lindsey	Annable	43	41	44			45				4	177
Michelle	Lennon	48	49					47			3	147
Sharon	Erdman		40					43			2	85
Andrea	Pickup			50							1	51
Emily	Gelder							49			1	50
Emma	Ibell	49									1	50
Ola	Balme		48								1	49
Yvette	Dore			48							1	49
Louisa	Pritchard		43								1	44
WOMEN V50												
Clare	Elms	50	50	42			50	50			5	247
Claire	Steward	44	44	43			46	46			5	228
Clare	Wyngard	46	45	46			48				4	189
Ros	Tabor	47	47	49							3	146
Lucy	Clapp		46	47			49				3	145
Lucy	Pickering			45				45			2	92
Angie	Norris							48			1	49

MEN SENIOR												
Timothy	Bowen	50	50	44			50	50			5	249
Mark	Lacey	48	46				48	48			4	194
Paul	Devine	47	48	49				46			4	194
James	Burrows	46		48			47	47			4	192
Matthew	Ladds	44	41	45							3	133
Lewis	Laylee	49		50							2	101
Alastair	Locke						49	49			2	100
Kevin	Chadwick		45					41			2	88
Buzz	Shephard		49								1	50
Wayne	Lashley		47								1	48
Jonathan	Whitaker			47							1	48
Sam	Mattu			46							1	47
Ross	Rook	45									1	46
Gregory	Hills							45			1	46
Sam	Crump							44			1	45
David	Stone		44								1	45
Paul	Greenhalgh							43			1	44
Edward	Smyth		43								1	44
Toby	de Belder							42			1	43
Kamal	Lewis-Gopie		42								1	43
Stuart	Erskine							40			1	41
Desmond	Edwards							39			1	40
Martin	Double		40								1	41
MEN V40												
Ian	Lilley	49	47	46			49	47			5	243
Stephen	Davies		50	49			50	49			4	202
Charles	Lound	48	48	48				50			4	198
Hugh	French	45	43	45			46				4	183
Jim	Dowsett		45	43			47	43			4	182
Lloyd	Collier	50	49	50							3	152
Mark	Foster	47	46	47							3	143
Cameron	Timmis	46	44	44							3	137
Tom	Marshall							48			1	49
Holger	Betz						48				1	49
Tom	Wilson							46			1	47
Mark	Callaghan							45			1	46
Grzegorz	Galezia							44			1	45
Paul	Keating		42								1	43
Miles	Griffies							42			1	43
MEN V50												
Eberhard	Prill	49	49	49			50	50			5	252
Stephen	Smythe	48	48	47				49			4	196
Gideon	Franklin	46	44	-			47	48			4	189
Graham	Laylee	44	43	43			44				4	178
Tony	Tuohy	50	50	50							3	153
Michael	Fullilove			45			48	47			3	143
Gary	Sullivan		47	38			49				3	137
Ameet	Patel	40		41			42				3	126
Michael	Dodds	39	40	42							3	124
Joseph	Brady		39	39							2	80
John	English			48							1	49
Christopher	Loizou	46									1	47
Graham	Stanton						46				1	47
Adrian	Ward	42									1	43
MEN V60												
Andrew	Murray	43	42	44			45	46			5	225
Barrie John	Nicholls	41	41	40			41	45			5	213
Mike	Mann	47	46	46							3	142
Neville	Webb		45								1	46
Robert	Bell						43				1	44
93		37	53	47			29	40			206	

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

		Short					Long						
		10k Chichester 7-Feb	5k Battersea 2- Jun	1M Dulwich 17-Jun	10k Victoria Park 4-Sep	5k Parkrun 29-Oct	1/2M Dartford 13-Mar	Marathon London or other 24-Apr	10k Multi Titsey 2-Oct	10M Epsom 20-Nov	Events counting	TOTAL 5 events max inc 1.S,M,L	Average
Clare	Elms	932	936	995			914	908			5	4,684	937
Claire	Steward	809	849	851			806	818			5	4,134	827
Eberhard	Prill	797	799	803			779	781			5	3,958	792
Timothy	Bowen	775	821	816			771	766			5	3,949	790
Ian	Lilley	778	770	690			735	734			5	3,707	741
Andrew	Murray	729	742	743			739	667			5	3,620	724
Barrie J	Nicholls	675	712	691			650	602			5	3,331	666
Charles	Lound	791	855	811				854			4	3,311	828
Stephen	Davies		847	849			786	787			4	3,269	817
Stephen	Smythe	777	824	807				768			4	3,176	794
Clare	Wyngard	776	771	788			752				4	3,087	772
Paul	Devine	742	788	805				718			4	3,053	763
Mark	Lacey	748	757				746	724			4	2,975	744
James	Burrows	725		758			720	726			4	2,929	732
Gideon	Franklin	711	724				731	721			4	2,886	722

Selma	Benattia	723	729	720			697				4	2,869	717
Ros	Tabor	922	921	1,012			-				3	2,855	952
Graham	Laylee	727	720	691			704				4	2,842	710
Lindsey	Annable	662	686	688			643				4	2,679	670
Jim	Dowsett		672	682			674	624			4	2,651	663
Tony	Tuohy	855	873	858							3	2,586	862
Joanne	S-Pereda	660	656				644	585			4	2,544	636
Mike	Mann	823	834	849							3	2,507	836
Lloyd	Collier	779	821	843							3	2,443	814
Hugh	French	587	612	654			552				4	2,404	601
Gary	Sullivan		805	810			779				3	2,394	798
Michelle	Lennon	769	780					723			3	2,272	757
Lucy	Clapp		755	790			724				3	2,268	756
Melanie	Edwards	784		707			752				3	2,243	748
Mark	Foster	694	751	739							3	2,185	728
Michael	Fullilove			754			733	685			3	2,172	724
Fiona	Askew		741				651	653			3	2,045	682
Michael	Dodds	647	680	666							3	1,993	664
Cameron	Timmis	650	676	657							3	1,984	661
Matthew	Ladds	616	629	633							3	1,877	626
Ameet	Patel	616		639			598				3	1,853	618
Elkie	Mace		831	786							2	1,617	808
Lewis	Laylee	760		799							2	1,559	780
Alastair	Locke						762	754			2	1,517	758
Lucy	Elms		724	706							2	1,430	715
Eleanor	Simmons		685	715							2	1,400	700
Lucy	Pickering			732				667			2	1,399	700
Katie	Styles	703	688								2	1,391	695
Joseph	Brady		676	683							2	1,359	680
Laura	Vincent		672	655							2	1,327	663
Edward	Smyth		647								1	647	647
Gregory	Hills							654			1	654	654
Sam	Mattu			656							1	656	656
Niamh	Falconer			656							1	656	656
Martin	Double		665								1	665	665
Roz	Johnson							667			1	667	667
Louisa	Pritchard		671								1	671	671
Grzegorz	Galezia							676			1	676	676
Mark	Callaghan							679			1	679	679
Graham	Stanton						684				1	684	684
Jonathan	Whitaker			685							1	685	685
Robert	Bell						689				1	689	689
Anna	Thomas		695								1	695	695
Tom	Wilson							702			1	702	702
Helen	Lister						708				1	708	708
Ross	Rook	716									1	716	716
Yvette	Dore			727							1	727	727
Holger	Betz						731				1	731	731
Chris	Loizou	736									1	736	736
David	Stone		742								1	742	742
Tom	Marshall							745			1	745	745
Emma	Ibell	753									1	753	753
Kim	Hainsworth			757							1	757	757
Emily	Gelder							758			1	758	758
Claire	Baglin		761								1	761	761
Wayne	Lashley		769								1	769	769
Ola	Balme		773								1	773	773
Neville	Webb		776								1	776	776
John	English			779							1	779	779
Buzz	Shephard		817								1	817	817
Angie	Norris							819			1	819	819
Andrea	Pickup			821							1	821	821
Sharon	Erdman		616					547			2	1,163	581
Karina	Burrowes		588	591							2	1,179	589
Sue	Cooper	699						538			2	1,238	619
Kevin	Chadwick		747					554			2	1,301	650
Rebecca	Schulleri			641							1	641	641
Paul	Greenhalgh							636			1	636	636
Adrian	Ward	636									1	636	636
Sam	Crump							634			1	634	634
Kamal	Lewis-Gopie		631								1	631	631
Paul	Keating		600								1	600	600
Toby	de Belder							591			1	591	591
Tessa	Morrison							578			1	578	578
Miles	Griffies							552			1	552	552
Stuart	Erskine							501			1	501	501
Desmond	Edwards							454			1	454	454
Laura	Coote							435			1	435	435
93		37	53	47			29	40			206		

parkrun

July 30th

Banstead Woods

186 ran

Pos	Gen		
1	1	Paul Devine	17:34

Bromley

542 ran

Pos	Gen		
1	1	Ian Frith	16:16
3	3	Stephen Davies	16:57
13	1	Kim Hainsworth	18:49

Ashton Court

402 ran

Pos	Gen		
187	143	Barnes Stringer	27:17

Brockwell

231 ran

Pos	Gen		
8	8	Derek Lee	18:14
50	3	Becca Schulleri	21:35
63	7	Lucy Clapp	22:34
137	106	Desmond Edwards	26:10

Burgess

Chris Vernon writes

Thank you to all the DRs who turned out to support Sue and I on our milestone runs.The club managed to cover the whole field from Lewis in second place with another PB and Clare scoring another first to John O'Byrne bringing up the rear as he returns to fitness.Also our 10yr old grandson Freddie ran a storming PB for his 27th run.

This was my 200th run,yes ,one million parkrun metres since I started at Crystal Palace six years ago.I have been to 57 different venues where my Dulwich vest has attracted interest and enabled me to promote this great club.Sue was celebrating her100th run.

My run was not of the best but Sue graciously escorted me round ,we did however, both win our age groups.The awesome Burgess park team gave us a great reception and ensured there was cake left for even the last runners.

193 ran

Pos	Gen		
2	2	Lewis Laylee	16:59
5	1	Clare Elms	17:45
9	8	Stephen Smythe	19:00
31	3	Lucy Elms	20:56
37	33	Graham Laylee	21:28
80	67	Paul Keating	24:31
100	81	Duncan Wilson	25:30
115	90	Peter Jackson	26:16
133	95	Freddie Vernon	27:45
184	71	Susan Vernon	35:18
185	114	Chris Vernon	35:19
190	117	John O'byrne	38:24

Chippenham

171 ran

Pos	Gen		
14	13	David Haviland	20:56

Crystal Palace

189 ran

Pos	Gen		
3	3	Tom Wilson	19:33
5	5	Simon Lang	19:50
15	1	Fiona Shine	21:33
43	5	Clare Wyngard	23:49
55	9	Lucy Cartlidge	24:20
75	59	Ameet Patel	25:26
110	34	Penelope D Graham	28:08

Dulwich

179 ran

Pos	Gen		
11	11	Mark Callaghan	18:11
15	15	Simon Burnett	19:10
33	32	Rob Hollands	20:39
39	38	John Fletcher	21:18

Fulham Palace

295 ran

Pos	Gen		
81	68	Barrie J Nicholls	22:57
89	15	Lindsey Annable	23:16

Greenwich

199 ran

Pos	Gen		
13	13	Michael Fullilove	21:10

Hilly Fields

181 ran

Pos	Gen		
11	11	Gary Sullivan	20:08

Hull

418 ran

Pos	Gen		
7	7	Kevin Chadwick	18:36

Lincoln

314 ran

Pos	Gen		
137	29	Kaylee Coxall	26:33

Peckham Rye

112 ran

Pos	Gen		
6	5	Sam Crump	20:21

Stevenage

265 ran

Pos	Gen		
35	33	Matthew Ladds	22:34
102	17	Karina Burrowes	26:32

Temple Newsam

214 ran

Pos	Gen		
15	1	Ange Norris	21:34

Tonbridge

416 ran

Pos	Gen		
5	5	Lloyd Collier	17:37
66	63	Nicholas Brown	22:52

Whitstable

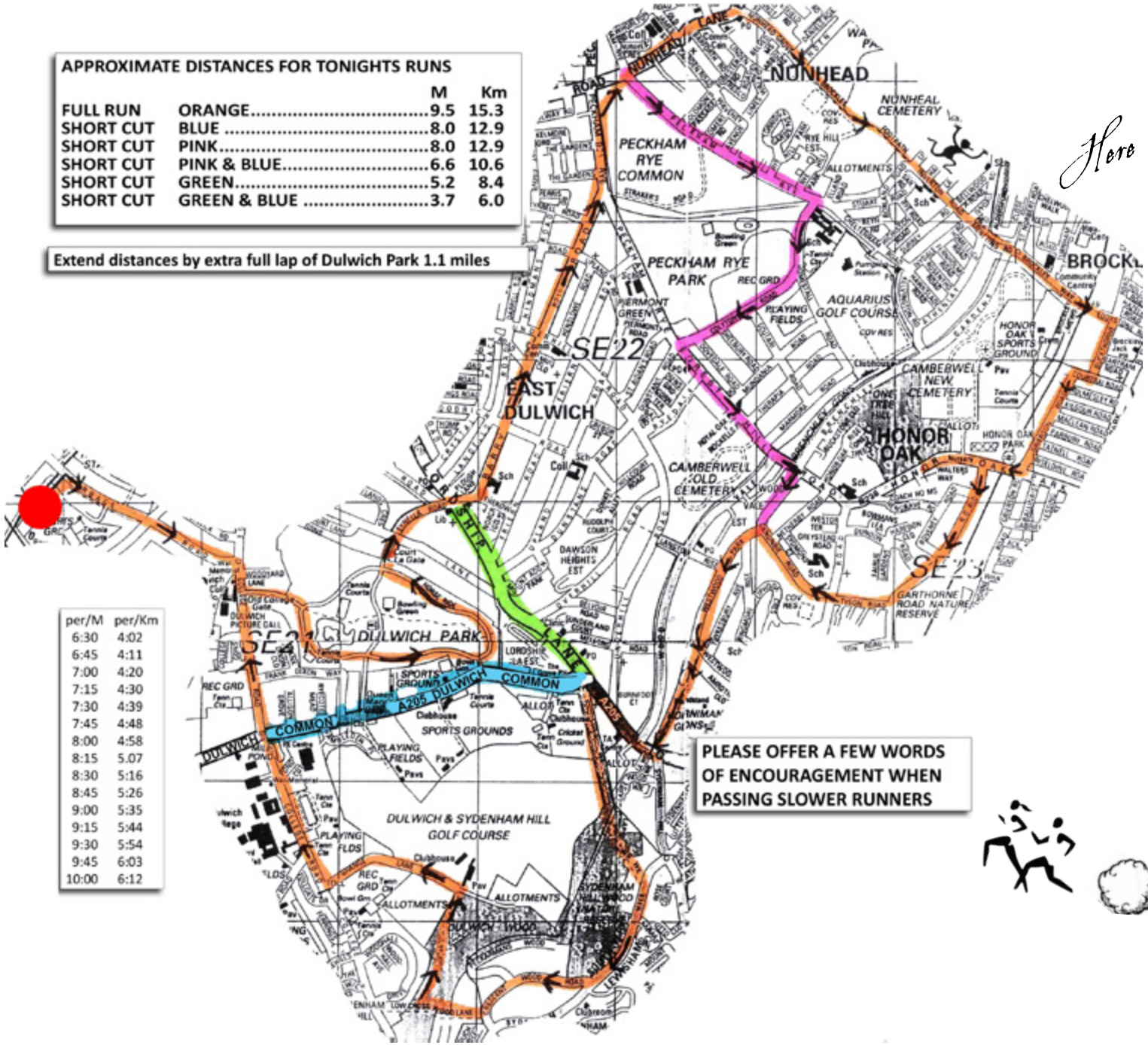
245 ran

Pos	Gen		
54	46	Alex Haylett	23:35
63	54	Andy Cottrill	23:56
64	10	Belinda Cottrill	23:57

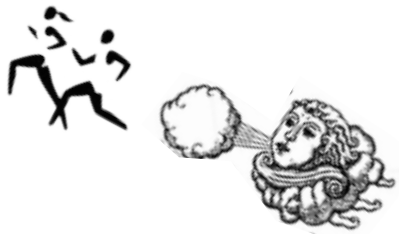
APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	9.5	15.3
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	8.0	12.9
SHORT CUT	PINK & BLUE	6.6	10.6
SHORT CUT	GREEN	5.2	8.4
SHORT CUT	GREEN & BLUE	3.7	6.0

Extend distances by extra full lap of Dulwich Park 1.1 miles



Here be dragons

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

PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT WHEN PASSING SLOWER RUNNERS