DULWICH RUNNERS

# SHORTS

Dulwich Runners AC
Weekly Newsletter
September 14th 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 14 Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

**Tue 20 Dulwich track is finished this season**
**Next session** will be on the hill opposite Sydenham Hill station in College Road.
7:15 for 7:30 start - ***see page 3 for map***

## In your SHORTS this week !

1... General information
2... Club kit, social events etc
4... Cross Country section - all the info you need !
5... Fixture list, club champs,XC, road, track
6... Race reports and results..
9... Club Championships standings after six events
12... Parkrun
13... Map for this Wednesdays' runs

**And much more !**

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

**You can follow us on**

## TRACK SESSIONS

**We have now finished at Dulwich Track for this season**
**September 20 and 27 sessions** will be on the hill opposite Sydenham Hill station. see page 3

The track sessions are likely to recommence at **Crystal Palace on October 4** but this will be confirmed in September
***All sessions suitable for all standards - Steve Smythe***

### 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

**September winner Charlie Lound**
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

**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*

**Oct 2** Club champs Titsey multi-terrain 10k- Oxted

## NEW RUNNERS ROTA

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

| | |
|---|---|
| **Paul Keating** | **14/09** |
| Matt Ladds | 21/09 |
| Laura Lane | 28/09 |

## 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

**Watch this space for upcoming 2016 events !**

## Dulwich Runners Xmas Party

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

## Wednesday Apres-Run Carbo Loading !

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

### Rehydration !

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

## DULWICH RUNNERS CLUB KIT

| | |
|---|---|
| Vests | £18 each |
| T- shirts short sleeved | £20 each |
| T- shirts long sleeved | £22 each |
| Waterproof Jackets | £25 each |
| Hoodies | £20 each |
| Socks | £5 pair |
| Buffs/snoods | £6 each |

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

## HOODIES...

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

**Buffs/snoods - only £6**

## SHORTS!

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

**socks only £5**

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

**Opposite Sydenham Hill Station on College Road - 20, & 27th Sept.**

doesnt look very hilly !

## Saturday 17th September 2016 9pm Rockin' Mayhem with English Rogues yet again!

At The Black Cat, 9 Winslade Way, Catford SE6
https://goo.gl/maps/7FKxJSg8deo

Rock gods English Rogues are just up the road in Catford – what more do you want...?! Featuring blistering guitar solos from the excessively talented Dan Murphy and the distinct possibility of me being forced to do a drum solo – you know, the bit that sounds like I've thrown my kit down the stairs....

Tony 'Thundersticks' Tuohy.

Keep Music Live - it's time to ROCK – come on, you need it and you need it now....

## Sports & Therapeutic Massage

Do you:

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

What you could benefit from?

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

Ola is an experienced club runner and Sports Massage Therapist

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

## 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***

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

**Surrey League**
We compete in the Surrey League and this the club's main priority. There are 4 fixtures during the season starting on 15 October with the women at Nonsuch Park and the men at Richmond Park. Further details on times, location etc will be posted by your captains nearer the time. Details on other Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible.
Our men did exceptionally well to gain promotion to Division 1 last season, but will face a challenge this season in avoiding relegation, competing against some of the strongest clubs in the country.

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

**Scoring**
In the Surrey League, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. But cross country races are not elite and are suitable for runners of all abilities. They are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races. The hill sessions on Tuesday nights in September will help, and there are likely to be other hill sessions during the season.

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

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

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

**Footwear**
You can often get away with road or trail shoes in early season races, but as the ground becomes heavier, cross country spikes or fell shoes become necessary.
Contacts
For further information please contact your captains at:
dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk

## Streatham Common Open Xc
### 17 September
There is an early season opportunity to get into the swing of cross country on Saturday 17 September, starting at 11.15 at nearby Streatham Common.
Registration is outside the cafe at the top of Streatham Common South near the junction with Covington Way (entries in advance £13, on the day £15).

## England Masters Inter Area Xc
### 8 October
Those of you who are Vets AC members have the opportunity of taking part in this early season cross country race on 8 October. It takes place on Wimbledon Common on the 4.5 mile course used for the VAC cross country champs held every January and starts at midday. Details and entry are through the BMAF Open Track website. The closing date for entries is 6 October.

## Surrey Masters Champs
### 22 October
One of the earlier fixtures of the season, the Surrey Masters champs will be held at it usual venue of Richmond Park on 22 October. This is likely to be on a similar fast and usually dry course to our first Surrey League match the week before.

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

Those wishing to enter should contact your captains by 12 October.
dulwichladiescaptain@gmail.com
or mcmann90@yahoo.co.uk

# 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.***

## Tuesday speed sessions

**September 20 and 27 sessions** will be on the hill opposite Sydenham Hill station. - see pic on page 3

The track sessions are likely to recommence at **Crystal Palace on October 4** but this will be confirmed in September
***Steve Smythe***

## DULWICH RUNNERS 2016 CLUB CHAMPIONSHIPS

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

## Emer Casey 10K

30 October

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

Cross country  Club Champs  Assembly League  Relays &Misc.

| Date | | Race | | Venue |
|---|---|---|---|---|
| Sep | 25 | SEAA Road Relays | | Bedford Autodrome |
| Oct | 2 | Titsey Multi-Terrain 10k (L) | | Oxted |
| | 8 | England Masters Inter Area Challenge Cross Country | | Wimbledon Common |
| | 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 | 05 | Reigate Priory Relays | | Reigate Priory Park |
| | 12 | Surrey League | men | Farthing Down |
| | 19 | London champs | | Parliament Hill fileds |
| | 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 |
| | 10 | SEAA Masters champs | | Horspath, Oxford |
| | 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 | 11 | Surrey League | men | tbc Ham Lands Ham |
| | 11 | Surrey League | women | Farthing downs, Coulsdon |
| | 26 | National Champs | | Nottingham |

# 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 and track results etc, are welcome.

## Savannah Milestone 1/2M

Saturday 10th September was the third edition of the Savannah, Georgia half and 10k race.
Coming at the back end of my Southern road trip and with the weather hitting in excess of 32 each day I took the 'run hard and see how long I could last approach' !

The course record was within reach and with a start time of 07:30 I figured the heat may stay away. As anyone will see from my Strava splits that tactic worked until mile 7 when the sun came up and with it any chance of getting close to my PB.
The course was a rolling 2 lap road route with 200 participants, really well organised, friendly and with an excellent solo rendition of the US National anthem on the PA.

The Dulwich vest got a decent run out and a 2nd place pin
Steve Rolfe 1:30:02

## Great North Run
11 Sept

***So I was home for the weekend for one of my favourite days of the year, the Great North Run, my fourth consecutive one, but third in my name!***

Previous times were 1:46:06, 1:44:50, 1:36:42 - I'd set my goal for sub 1:30 this year...
Woke up to a glorious sunny day, ideal for spectators, less so running, but I was more worried about the lack of sleep the night before due to nerves, which is ironic considering I know the route, the pre-race routine and I live 10 mins from the start line!

Whilst waiting to start, I saw one guys GPS watch die (schoolboy error!) multiple race number rearrangements, and nature calling, a lot ! I heard a couple of guys talking about setting off at 6 minute mile pace, but then spied the 1:35 pacemaker slightly ahead and decided to go with him.

As a Geordie, the feeling of running over the Tyne Bridge is amazing, an immense amount of pride and love for the greatest city in the world, it's people and my friends and family, it felt as if the whole of Newcastle was out, either running, or supporting, amazing!

Back to the race, I was comfortably running at 6:40/6:35 pace, collecting the high 5's along the way, then started to lose it a little at mile 8/9 until I saw Mr. Singh (no relation!) show off some Bhangra moves which put a smile on my face and a spring in my step! Got to 10 miles in round 1:02 and felt alright, managed to keep it together as the last mile approached, it felt like it went on forever, but managed what felt like a sprint finish (not sure how it looked!), and crossed the finish in 1:27:39 with a hug from a wonderful lady called Carolyn who kept me up on my feet! It really is the greatest run!
I'm sure you've all read about Claire Lomas, but wow, just wow! So inspirational!

A massive thank you to everyone at Dulwich, I wouldn't have achieved my goal without your help, and I'm loving being part of the club!
Now onto the big apple...!

536 Sam Mattu 1:27:39

## Southern Vets League Final Ashford
4 September

Both Herne Hill Harriers men's and women's teams qualified for this year's final in Ashford by finishing in first place after the 4 preliminary matches. Facing tougher competition in the final the women finished in 5th place and the men in 2nd, some way behind the winning Southampton team.

Only recently back from a trekking holiday in California, being asked to compete in 4 races, including two as a W50, was a challenge for Claire Steward, but she came through creditably. She finished 3rd W60 in her 400m and 1500m, and would have been second W60 home in her other two races, in which she ran as a W50.

Lloyd Collier ran in 3 races as a M35 B stream, of which his most impressive was his 800m, where he ran 4 back-to-back 32 secs 200ms. My rather lacklustre form of recent months continued in my 1500m race.

Meanwhile Clare Elms competed in multiple events for Blackheath & Bromley, including the javelin and (most entertainingly for watchers and possibly herself) the 2000m walk. Steve Smythe also competed in the walk for Cambridge Harriers and the 1500m as a M35B. - ***Mike Mann***

| | |
|---|---|
| **200m** | |
| M35B Lloyd Collier | 26.81 (3rd) |
| **400m** | |
| M35B Lloyd Collier | 61.50 (2nd) |
| W60 Claire Steward | 90.71 (3rd) |
| **800m** | |
| M35B Lloyd Collier | 2:08.96 (1st) |
| W50 Claire Steward | 3:24.11 (6th) |
| **1500m** | |
| M60 Mike Mann | 5:40.84 (5th) |
| W60 Claire Steward | 6:43.41 (3rd) |
| **3000m** | |
| W50 Claire Steward | 13:51.74 (2nd) |

# Southern Vets League Final Ashford

September 4

Women: 5 Herne Hill 166; 6 Blackheath 129 Clare Elms did a record 10 events as the appalling support by Blackheath's W35s meant they didn't have a single athlete below the W50 category.
She won the 3000m outright easily (against all the W35s) and also won the W50 800m and 1500m untroubled.
She also had to drop down to the W35 age group and scored good points in the 100m to 400m (both short sprints into strong headwinds and she would have won the W50 400m if she had run in her own age group), ran in both relay legs and also tried the walk and javelin to get a point though despite all her points, Blackheath could only finish sixth of the seven teams.
One place up on them, Herne Hill finished ahead with Clare Steward doing four track events, the best of which in terms of points was her second place in the W60 1500 but she also finished well to take third in the W60 400m with a sprint and drop down to the W50s in her other two events where she followed the other Clare in.

| | | |
|---|---|---|
| W35: 100 (-2.1): | 4 Clare Elms (B&B) | 16.10 |
| W35: 200 (-2.1): | 5 Clare Elms | 33.14 |
| W35: 400: | 3 Clare Elms | 68.71 |
| W50: 800: | 1 Clare Elms | 2:48.88 |
| W50: 1500: | 1 Clare Elms | 5:26.88 |
| W35/W50: 3000: | 1 Clare Elms | 11:16.80 |
| W50: Jav: | 7 Clare Elms | 7.68nm |
| W50: 2000W: | 7 Clare Elms | 18:45.69 |
| W35: 4x100: 7 B&B | | 68.30 |
| W35: 4x400: 6 B&B | | 5:44.78 |
| W60: 400: | 3 Clare Steward (HHH) | 90.71 |
| W50: 800: | 6 Clare Steward | 3:24.11 |
| W60: 1500: | 2 Clare Steward | 6:43.41 |
| W50: 3000: | 5 Clare Steward | 13:51.74 |

**Men: 2** Herne Hilll 213.5; 4 Camb H 179.5
In the men's events, Lloyd Collier showed good speed, winning the B 800m and second in B 400m and third in the B 200m to help Herne Hill finish a clearsecond.
Mike Mann didn't need to do too much and there were few M60 events this time and he finished fifth in the 1500m.
Steve Smythe ran a 1500m as a late replacement and had to drop down to the M35s and scored some points with a very slow run.
He was there to do the walk and was third across the line in the M50s category but was afterwards dq'd for not having a straight leg and that cost Cambridge third place overall.

***- Steve Smythe***

| | | |
|---|---|---|
| M35: B: 200 (-2.4); | 3 Lloyd Collier | 26.81 |
| M35: B: 400: | 2 Lloyd Collier | 61.50 |
| M35: B: 800: | 1 Lloyd Collier | 2:08.96 |
| M35: B: 1500: | 5 Steve Smythe | 5:39.82 |
| M60: 1500: | 5 Mike Mann | 5:40.84 |
| M50: 2000W: | Steve Smythe dq | (13:09.0) |

# Cardiff 10km

September 11

This event incorporated the first ever Vets International on the road and both Clare Elms and Ros Tabor were selected for England.
Clare had to compete in the W45-54 category and she just missed out on beating a younger W45 but she did finish second in the section and get in England's winning team and she was easily the first W50 in the race.
After a few disappointing 10ks, she was pleased with how even she ran and finished very strongly for her best 10km this year Ros Tabor has been training for more shorter events and ran a steady race and comfortably won the W65 international and was caught mid race by Andy. Her time was slightly up on her Middlesex 10km of the week before as was Andy's which was his best for well over a year.
The race looked very well organised and was held on a fast city centre course with plenty of the race through parks and the weather was very good - warm and not too breezy.

***- Steve Smythe***

| | |
|---|---|
| 15W Clare Elms | 37:34 (37:30 chip) (1W50) |
| 512 Andy Murray | 45:03 (44:38 chip) |
| 81W Ros Tabor | 45:16 (45:08 chip) (1W65) |

# VAC10,000m Battersea

Sept 7

| | |
|---|---|
| 9 Kevin Chadwick | 37:43.9 |
| 11 Lloyd Collier | 38:56.1 |

***- Steve Smythe***

# Valle Maira Sky marathon Marmora, Italy

11 Sept

Clare and I joined the annual trip of the EU staff running club, CACE, that I was a member of – still am, in fact - in Brussels. This year's destination saw us meeting them in Turin but then heading southwards into the deepest Alpes Maritimes to the Valle Maira, within touching distance of the French border and actually closer to Monaco than Turin.

This was real mountain racing – I hesitate to call it running. Three options were available of 9, 29 and 46 Km respectively, I chose the first one, (what a surprise!) and Clare, in common with the majority of the 30 or so in the CACE party, the middle one. Rather irritatingly, and reminiscent of the trip Steve Wehrle led to Lake Garda a couple of years ago, the shortest distance, with the largest entry, was some sort of lesser relation – no goody bag, 'run it with the family and kids', no official times etc.. I mean, 9km is a perfectly serious distance and just because you can recruit a quorum of nutters (my wife included!) to run crazy distances up and down a mountain doesn't make it any less so! And boy, was this one serious! 4km of solid climbing the like of which I've probably never done before, or may have done at something like the Ingleborough fell race nearly a quarter of a century ago but that's a fading memory now and wasn't at this sort of starting altitude, in any case.

I got into a group of three from CACE comprising a guy from Beckenham RC, who was seconded over there a bit before me but still comes on these trips every year, and a lovely Bulgarian lady I used to run with a lot in my time there. I ran all the way, which impressed the other two, but didn't mean I gained anything on them. To cap it all we were overtaken just before the end of the climbing by a local woman who was walking, but with a perfect style for the terrain, and must have been over 70, maybe 75 even. We flew past her on the downhill – that bit was quite enjoyable, I admit, but still treacherous – but the image of this old lady serenely gliding past lingered with the three of us as the abiding memory of the race (sorry, the 'corso non competitivo', or whatever).

Clare had set off on her 'proper' race with her newly acquired backpack, supplies, and whistle an hour before me but I still had plenty of time to return to the accommodation for a shower/ shave/stretch etc. before returning to the finish and the wait for everyone to come home. CACE should have had the 3rd guy in the 29km but he went off course for a while very late on in the descent, running an extra 2km or so on top of an already overlong course of more like 32 km, and lost a couple of places.

Clare was obviously very anxious at the start but coped very well with the early climbing. I heard this from an independent source, namely a CACE lady of exactly half her age and competing in the kit she wore as a member of the Czech Republic trail running squad. However Clare got very painful cramp in her quads on the first technical descent around 15k and had to 'run' the rest of the race in that condition but the fabulous scenery as well as the generous cubes of local parmesan and almonds at the refreshment points certainly helped to mitigate this. All in all she held it together brilliantly to finish in 50th place out of a field of 68 finishers, most of them local and with plenty of experience of this sort of thing.

It was a great relief, of course, to see everyone come home eventually - although the organisers rather meanly deprived the final two CACE ladies of their race numbers when they marginally failed to reach the final cut-off in time – and we all celebrated with the prosecco, weissbier, red barbera wine, grappa etc. in fine style. CACE's January AGM will need to decide on the 2017 destination and, whilst everyone thought the scenery was great and all that, there is a definite rumbling from the purists that the chosen event should incorporate a bit more, you know, 'running' than the 2016 edition, and, indeed, the 2015 one to the Causeway half marathon in N. Ireland that I whinged about in these columns at the time. I'll certainly be voting with the purists on this one. ***- Mike Dodds***

9km (272m ascent)
Mike Dodds 55-12 c. 30th?

29km (2100m ascent and more like 32km overall!) Clare Wyngard 4hrs 46 mins 25 secs

# *NOSTALGIA CORNER 2*

With thanks to Barrie John Nichols (who features in the results below) some Assembly League results for September 2001 and April 2006, both on the old course of around 2.75 miles at Beckenham, have been unearthed. Once again I have restricted this to those members currently at the club.

Not surprisingly there are more familiar names, compared with the 1996 results issued a few weeks ago. It includes a number of our runners rarely seen competing these days as well as others who were good deal faster 10 and 15 years ago. However some things never changed as shown in the tight battles between Clare and Mike and between Lindsey and Barrie John. - ***Mike Mann***

***Beckenham Assembly League, September 2001***

| | |
|---|---|
| Chris Loizou | 15:16 |
| Steve Smythe | 15:34 |
| Duncan Hussey | 16:00 |
| Mike Mann | 16:06 |
| Andy Murray | 16:53 |
| Kevin Wood | 17:08 |
| Andrea Pickup | 17:54 |
| Ian Sesnan | 18:05 |
| Ola Balme | 18:13 |
| John O'Byrne | 18:51 |
| Ros Tabor | 19:03 |
| Pat O'Connor | 19:52 |
| Barrie John Nichols | 19:59 |
| Lindsey Annable | 20:03 |
| John Tymukas | 20:05 |
| Clare Wyngard | 20:30 |
| Spephanie Burchill | 21:38 |

***Beckenham Assembly League, April 2006***

| | |
|---|---|
| Lloyd Collier | 15:41 |
| Colin Bailey Wood | 15:42 |
| Steve Smythe | 16:00 |
| Mike Mann | 16:26 |
| Andy Murray | 17:04 |
| Andrea Pickup | 17:05 |
| Martin Morley | 17:42 |
| Kevin Wood | 18:03 |
| Ros Tabor | 18:25 |
| Mick Ward | 18:44 |
| Dave West | 18:50 |
| Peter Jackson | 18:57 |
| Paul Hodge | 19:38 |
| Mick Mead | 19:43 |
| Peter Gibbons | 19:46 |
| Mike Dodds | 20:14 |
| Clare Wyngard | 20:15 |
| Steve Cook | 20:25 |
| Claire Steward | 20:32 |
| John O'Byrne | 20:48 |
| Barrie John Nichols | 21:34 |
| Bernard Imber | 22:22 |
| Stephanie Burchill | 22:56 |

# Club Champsionship after 6 Events

Attached are the full age group and overall (age graded) championship tables after 6 events. There are 9 possible events, with best 5 points scores to count. The leaders are as follows

**WOMEN SENIOR** (position/ events/ points, 50 for 1st etc plus 1 for each event)

| | | | |
|---|---|---|---|
| 1 | Selma Benattia | 5 | 242 |
| 2 | Fiona Askew | 3 | 147 |
| 3 | Mel Edwards | 3 | 146 |
| Also Elkie Mace | | 2 | 102 |

**WOMEN V40-49**

| | | | |
|---|---|---|---|
| 1 | Lindsey Annable | 5 | 225 |
| 2 | Joanne S-Pereda | 4 | 182 |
| 3 | Michelle Lennon | 3 | 147 |

**WOMEN V50**

| | | | |
|---|---|---|---|
| 1 | Clare Elms | 5 | 247 |
| 2 | Clare Wyngard | 5 | 238 |
| 3 | Claire Steward | 5 | 228 |
| Also Ros Tabor | | 4 | 197 |
| | Lucy Clapp | 4 | 195 |

**MEN SENIOR**

| | | | |
|---|---|---|---|
| 1 | Tim Bowen | 6 | 256 |
| 2 | Paul Devine | 5 | 244 |
| 3 | Mark Lacey | 5 | 242 |
| Also Lewis Laylee | | 3 | 150 |
| Alastair Locke | | 2 | 100 |

**MEN V40-49**

| | | | |
|---|---|---|---|
| 1 | Stephen Davies | 5 | 253 |
| 2 | Ian Lilley | 6 | 247 |
| 3 | Jim Dowsett | 5 | 231 |
| 3 | Hugh French | 5 | 231 |
| Also Charles Lound | | 4 | 152 |
| Lloyd Collier | | 3 | 152 |

**MEN V50-59**

| | | | |
|---|---|---|---|
| 1 | Ebe Prill | 5 | 253 |
| 2 | Gideon Franklin | 5 | 238 |
| 3 | Graham Laylee | 5 | 226 |
| Also Steve Smythe | | 4 | 196 |
| Tony Tuohy | | 3 | 153 |

**MEN V60**

| | | | |
|---|---|---|---|
| 1 | Andy Murray | 6 | 230 |
| 2 | Barrie J Nicholls | 6 | 219 |
| 3 | Mike Mann | 3 | 143 |

**OVERALL AGE GRADED CHAMPIONSHIPS**

Age grade % x 1000 (events/points)

| | | | |
|---|---|---|---|
| 1 | Clare Elms | 5 | 4684 |
| 2 | Claire Steward | 5 | 4134 |
| 3 | Stephen Davies | 5 | 4076 |
| 4 | Tim Bowen | 5 | 3987 |
| 5 | Ebe Prill | 5 | 3958 |
| 6 | Clare Wyngard | 5 | 3860 |
| 7 | Paul Devine | 5 | 3825 |
| 8 | Ros Tabor | 4 | 3797 |
| 9 | Ian Lilley | 5 | 3750 |
| 10 | Mark Lacey | 5 | 3696 |
| Also | | | |
| Charles Lound | | 4 | 3311 |
| Steve Smythe | | 4 | 3196 |
| Tony Tuohy | | 3 | 2586 |
| Mike Mann | | 3 | 2507 |
| Gary Sullivan | | 3 | 2394 |
| Elkie Mace | | 2 | 1617 |

Remaining events are :
Titsey 10k multi-terrain (long) 4 October
http://oxtedrunners.org.uk/titsey-trail-10k/about-the-course/

Burgess Parkrun 5k (short) 29 October
10 miles (long) tbc
Any certified length marathon

**NB:** there is a medal at the year end for all who complete and to age group and overall winners. ***-Andy Murray***

# 2016 CLUB CHAMPIONSHIPS

**Below are the points tables after 6 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,L |
| **WOMEN SENIOR** | | | | | | | | | | | | |
| Selma | Benattia | 49 | 42 | 48 | 50 | | 48 | | | | 5 | 242 |
| Fiona | Askew | | 48 | | | | 47 | 49 | | | 3 | 147 |
| Melanie | Edwards | 50 | | 43 | | | 50 | | | | 3 | 146 |
| Katie | Styles | 48 | 45 | | 48 | | | | | | 3 | 144 |
| Laura | Vincent | | 41 | 42 | 47 | | | | | | 3 | 133 |
| Elkie | Mace | | 50 | 50 | | | | | | | 2 | 102 |
| Rebecca | Schulleri | | | 45 | 49 | | | | | | 2 | 96 |
| Sue | Cooper | 47 | | | | | | 47 | | | 2 | 96 |
| Eleanor | Simmons | | 44 | 47 | | | | | | | 2 | 93 |
| Lucy | Elms | | 46 | 41 | | | | | | | 2 | 89 |
| Karina | Burrowes | | 43 | 44 | | | | | | | 2 | 89 |
| Roz | Johnson | | | | | | | 50 | | | 1 | 51 |
| Claire | Baglin | | 49 | | | | | | | | 1 | 50 |
| Kim | Hainsworth | | | 49 | | | | | | | 1 | 50 |
| Helen | Lister | | | | | | 49 | | | | 1 | 50 |
| Tessa | Morrison | | | | | | | 48 | | | 1 | 49 |
| Anna | Thomas | | 47 | | | | | | | | 1 | 48 |
| Niamh | Falconer | | | 46 | | | | | | | 1 | 47 |
| Laura | Coote | | | | | | | 46 | | | 1 | 47 |
| **WOMEN V40** | | | | | | | | | | | | |
| Lindsey | Annable | 43 | 41 | 44 | 47 | | 45 | | | | 5 | 225 |
| Joanne | Shelton-Pereda | 45 | 42 | | | | 47 | 44 | | | 4 | 182 |
| 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 |
| Clare | Wyngard | 46 | 45 | 46 | 48 | | 48 | | | | 5 | 238 |
| Claire | Steward | 44 | 44 | 43 | | | 46 | 46 | | | 5 | 228 |
| Ros | Tabor | 47 | 47 | 49 | 50 | | | | | | 4 | 197 |
| Lucy | Clapp | | 46 | 47 | 49 | | 49 | | | | 4 | 195 |
| Lucy | Pickering | | | 45 | | | | 45 | | | 2 | 92 |
| Angie | Norris | | | | | | | 48 | | | 1 | 49 |
| **MEN SENIOR** | | | | | | | | | | | | |
| Timothy | Bowen | 50 | 50 | [44] | 50 | | 50 | 50 | | | 6 | 256 |
| Paul | Devine | 47 | 48 | 49 | 49 | | | 46 | | | 5 | 244 |
| Mark | Lacey | 48 | 46 | | 47 | | 48 | 48 | | | 5 | 242 |
| James | Burrows | 46 | | 48 | | | 47 | 47 | | | 4 | 192 |
| Lewis | Laylee | 49 | | 50 | 48 | | | | | | 3 | 150 |
| Kevin | Chadwick | | 45 | | 45 | | | 41 | | | 3 | 134 |
| Matthew | Ladds | 44 | 41 | 45 | | | | | | | 3 | 133 |
| Alastair | Locke | | | | | | 49 | 49 | | | 2 | 100 |
| Buzz | Shephard | | 49 | | | | | | | | 1 | 50 |
| Wayne | Lashley | | 47 | | | | | | | | 1 | 48 |
| Jonathan | Whitaker | | | 47 | | | | | | | 1 | 48 |
| Shane | O'Neill | | | | 46 | | | | | | 1 | 47 |
| Sam | Mattu | | | 46 | | | | | | | 1 | 47 |
| Ross | Rook | 45 | | | | | | | | | 1 | 46 |
| Gregory | Hills | | | | | | | 45 | | | 1 | 46 |
| David | Stone | | 44 | | | | | | | | 1 | 45 |
| David | Haviland | | | | 44 | | | | | | 1 | 45 |
| Sam | Crump | | | | | | | 44 | | | 1 | 45 |
| Edward | Smyth | | 43 | | | | | | | | 1 | 44 |
| Paul | Greenhalgh | | | | | | | 43 | | | 1 | 44 |
| Kamal | Lewis-Gopie | | 42 | | | | | | | | 1 | 43 |
| Toby | de Belder | | | | | | | 42 | | | 1 | 43 |
| Martin | Double | | 40 | | | | | | | | 1 | 41 |
| Stuart | Erskine | | | | | | | 40 | | | 1 | 41 |
| Desmond | Edwards | | | | | | | 39 | | | 1 | 40 |
| **MEN V40** | | | | | | | | | | | | |
| Stephen | Davies | | 50 | 49 | 50 | | 50 | 49 | | | 5 | 253 |
| Ian | Lilley | 49 | 47 | [46] | 49 | | 49 | 47 | | | 6 | 247 |
| Jim | Dowsett | | 45 | 43 | 48 | | 47 | 43 | | | 5 | 231 |
| Hugh | French | 45 | 43 | 45 | 47 | | 46 | | | | 5 | 231 |
| Charles | Lound | 48 | 48 | 48 | | | | 50 | | | 4 | 198 |
| 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 | 50 | | | 5 | 253 |
| Gideon | Franklin | 46 | 44 | | 48 | | 47 | 48 | | | 5 | 238 |
| Graham | Laylee | 44 | 43 | 43 | 47 | | 44 | | | | 5 | 226 |
| Stephen | Smythe | 48 | 48 | 47 | | | | 49 | | | 4 | 196 |
| Ameet | Patel | 40 | | 41 | 43 | | 42 | | | | 4 | 170 |
| Michael | Dodds | 39 | 40 | 42 | 44 | | | | | | 4 | 169 |
| Tony | Tuohy | 50 | 50 | 50 | | | | | | | 3 | 153 |
| Michael | Fullilove | | | 45 | | | 48 | 47 | | | 3 | 143 |
| Gary | Sullivan | | 47 | 38 | | | 49 | | | | 3 | 137 |
| Joseph | Brady | | 39 | 39 | | | | | | | 2 | 80 |
| Duncan | Wilson | | | | 49 | | | | | | 1 | 50 |
| 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 | 46 | | 45 | 46 | | | 6 | 230 |
| Barrie John | Nicholls | 41 | 41 | [40] | 45 | | 41 | 45 | | | 6 | 219 |
| Mike | Mann | 47 | 46 | 46 | | | | | | | 3 | 142 |
| Neville | Webb | | 45 | | | | | | | | 1 | 46 |
| Robert | Bell | | | | | | 43 | | | | 1 | 44 |
| 96 | | 37 | 53 | 47 | 27 | | 29 | 40 | | | 232 | |

**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,L | Average |
| Clare | Elms | 932 | 936 | 995 | | | 914 | 908 | | | 5 | 4,684 | 937 |
| Claire | Steward | 809 | 849 | 851 | | | 806 | 818 | | | 5 | 4,134 | 827 |
| Stephen | Davies | | 847 | 849 | 806 | | 786 | 787 | | | 5 | 4,076 | 815 |
| Timothy | Bowen | 775 | 821 | 816 | 804 | | 771 | [766] | | | 5 | 3,987 | 797 |
| Eberhard | Prill | 797 | 799 | 803 | [743] | | 779 | 781 | | | 5 | 3,958 | 792 |
| Clare | Wyngard | 776 | 771 | 788 | 773 | | 752 | | | | 5 | 3,860 | 772 |
| Paul | Devine | 742 | 788 | 805 | 773 | | | 718 | | | 5 | 3,825 | 765 |
| Ros | Tabor | 922 | 921 | 1,012 | 942 | | | | | | 4 | 3,797 | 949 |
| Ian | Lilley | 778 | 770 | [690] | 733 | | 735 | 734 | | | 5 | 3,750 | 750 |
| Mark | Lacey | 748 | 757 | | 721 | | 746 | 724 | | | 5 | 3,696 | 739 |
| Andrew | Murray | 729 | 742 | 743 | 741 | | 739 | [667] | | | 5 | 3,694 | 739 |
| Gideon | Franklin | 711 | 724 | | 706 | | 731 | 721 | | | 5 | 3,592 | 718 |
| Selma | Benattia | 723 | 729 | 720 | 722 | | 697 | | | | 5 | 3,590 | 718 |
| Graham | Laylee | 727 | 720 | 691 | 716 | | 704 | | | | 5 | 3,558 | 712 |
| Barrie John | Nicholls | 675 | 712 | 691 | 702 | | 650 | [602] | | | 5 | 3,431 | 686 |
| Lindsey | Annable | 662 | 686 | 688 | 689 | | 643 | | | | 5 | 3,368 | 674 |
| Charles | Lound | 791 | 855 | 811 | | | | 854 | | | 4 | 3,311 | 828 |
| Jim | Dowsett | | 672 | 682 | 659 | | 674 | 624 | | | 5 | 3,310 | 662 |
| Stephen | Smythe | 777 | 824 | 807 | | | | 768 | | | 4 | 3,176 | 794 |
| Lucy | Clapp | | 755 | 790 | 764 | | 724 | | | | 4 | 3,033 | 758 |
| Hugh | French | 587 | 612 | 654 | 557 | | 552 | | | | 5 | 2,961 | 592 |
| James | Burrows | 725 | | 758 | | | 720 | 726 | | | 4 | 2,929 | 732 |
| Michael | Dodds | 647 | 680 | 666 | 668 | | | | | | 4 | 2,661 | 665 |
| 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 |
| Ameet | Patel | 616 | | 639 | 611 | | 598 | | | | 4 | 2,464 | 616 |
| Lloyd | Collier | 779 | 821 | 843 | | | | | | | 3 | 2,443 | 814 |
| Gary | Sullivan | | 805 | 810 | | | 779 | | | | 3 | 2,394 | 798 |
| Lewis | Laylee | 760 | | 799 | 735 | | | | | | 3 | 2,294 | 765 |
| Michelle | Lennon | 769 | 780 | | | | | 723 | | | 3 | 2,272 | 757 |
| 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 |
| Katie | Styles | 703 | 688 | | 690 | | | | | | 3 | 2,081 | 694 |
| Fiona | Askew | | 741 | | | | 651 | 653 | | | 3 | 2,045 | 682 |
| Kevin | Chadwick | | 747 | | 710 | | | 554 | | | 3 | 2,011 | 670 |
| Cameron | Timmis | 650 | 676 | 657 | | | | | | | 3 | 1,984 | 661 |
| Laura | Vincent | | 672 | 655 | 646 | | | | | | 3 | 1,973 | 658 |
| Matthew | Ladds | 616 | 629 | 633 | | | | | | | 3 | 1,877 | 626 |
| Elkie | Mace | | 831 | 786 | | | | | | | 2 | 1,617 | 808 |
| 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 |
| Joseph | Brady | | 676 | 683 | | | | | | | 2 | 1,359 | 680 |
| Rebecca | Schulleri | | | 641 | 692 | | | | | | 2 | 1,333 | 667 |
| Sue | Cooper | 699 | | | | | | 538 | | | 2 | 1,238 | 619 |
| Karina | Burrowes | | 588 | 591 | | | | | | | 2 | 1,179 | 589 |
| Sharon | Erdman | | 616 | | | | | 547 | | | 2 | 1,163 | 581 |
| Andrea | Pickup | | | 821 | | | | | | | 1 | 821 | 821 |
| Angie | Norris | | | | | | | 819 | | | 1 | 819 | 819 |
| Buzz | Shephard | | 817 | | | | | | | | 1 | 817 | 817 |
| John | English | | | 779 | | | | | | | 1 | 779 | 779 |
| Neville | Webb | | 776 | | | | | | | | 1 | 776 | 776 |
| Ola | Balme | | 773 | | | | | | | | 1 | 773 | 773 |
| Wayne | Lashley | | 769 | | | | | | | | 1 | 769 | 769 |
| Claire | Baglin | | 761 | | | | | | | | 1 | 761 | 761 |
| Emily | Gelder | | | | | | | 758 | | | 1 | 758 | 758 |
| Kim | Hainsworth | | | 757 | | | | | | | 1 | 757 | 757 |
| Emma | Ibell | 753 | | | | | | | | | 1 | 753 | 753 |
| Tom | Marshall | | | | | | | 745 | | | 1 | 745 | 745 |
| David | Stone | | 742 | | | | | | | | 1 | 742 | 742 |
| Chris | Loizou | 736 | | | | | | | | | 1 | 736 | 736 |
| Holger | Betz | | | | | | 731 | | | | 1 | 731 | 731 |
| Yvette | Dore | | | 727 | | | | | | | 1 | 727 | 727 |
| Ross | Rook | 716 | | | | | | | | | 1 | 716 | 716 |
| Helen | Lister | | | | | | 708 | | | | 1 | 708 | 708 |
| Duncan | Wilson | | | | 704 | | | | | | 1 | 704 | 704 |
| Shane | O'Neill | | | | 702 | | | | | | 1 | 702 | 702 |
| Tom | Wilson | | | | | | | 702 | | | 1 | 702 | 702 |
| Anna | Thomas | | 695 | | | | | | | | 1 | 695 | 695 |
| Robert | Bell | | | | | | 689 | | | | 1 | 689 | 689 |
| Jonathan | Whitaker | | | 685 | | | | | | | 1 | 685 | 685 |
| Graham | Stanton | | | | | | 684 | | | | 1 | 684 | 684 |
| Mark | Callaghan | | | | | | | 679 | | | 1 | 679 | 679 |
| Grzegorz | Galezia | | | | | | | 676 | | | 1 | 676 | 676 |
| Louisa | Pritchard | | 671 | | | | | | | | 1 | 671 | 671 |
| Roz | Johnson | | | | | | | 667 | | | 1 | 667 | 667 |
| Martin | Double | | 665 | | | | | | | | 1 | 665 | 665 |
| Niamh | Falconer | | | 656 | | | | | | | 1 | 656 | 656 |
| Sam | Mattu | | | 656 | | | | | | | 1 | 656 | 656 |
| Gregory | Hills | | | | | | | 654 | | | 1 | 654 | 654 |
| Edward | Smyth | | 647 | | | | | | | | 1 | 647 | 647 |
| David | Haviland | | | | 637 | | | | | | 1 | 637 | 637 |
| 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 |
| 96 | | 37 | 53 | 47 | 27 | | 29 | 40 | | | 228 | | |

## September 10th

### Bromley
595 ran

| Pos | Gen | | |
|---|---|---|---|
| 29 | 2 | Selma Benattia | 19:47 |
| 128 | 115 | Chris Goodman | 22:51 |

### Bexley
299 ran

| Pos | Gen | | |
|---|---|---|---|
| 9 | 9 | Michael Fullilove | 21:09 |

### Brockwell
254 ran

| Pos | Gen | | |
|---|---|---|---|
| 7 | 7 | Tim R Taylor | 18:08 |
| 8 | 8 | Derek Lee | 18:10 |
| 62 | 7 | Rebecca Schulleri | 21:53 |
| 64 | 57 | Cameron Timmis | 21:57 |
| 68 | 9 | Katie Styles | 22:03 |
| 85 | 16 | Lucy Clapp | 23:02 |
| 181 | 53 | Sharon Erdman | 27:55 |
| 193 | 135 | Paul Devine | 28:52 |

### Burgess
187 ran

| Pos | Gen | | |
|---|---|---|---|
| 3 | 3 | Stephen Davies | 17:21 |
| 13 | 13 | Ian Lilley | 18:40 |

### Crystal Palace
214 ran

| Pos | Gen | | |
|---|---|---|---|
| 11 | 11 | Stephen Smythe | 19:54 |
| 15 | 15 | Simon Lang | 20:23 |
| 25 | 1 | Lucy Elms | 21:49 |
| 46 | 2 | Eleanor Simmons | 23:16 |
| 73 | 7 | Belinda Cottrill | 24:26 |
| 111 | 20 | Penny D Graham | 26:55 |

### Dulwich
275 ran

| Pos | Gen | | |
|---|---|---|---|
| 50 | 45 | David Haviland | 21:01 |
| 76 | 68 | Graham Laylee | 22:14 |
| 90 | 79 | Mark Muffett | 22:46 |
| 163 | 34 | Hannah Harvest | 26:33 |
| 166 | 130 | Rafe Collier | 26:42 |
| 256 | 163 | Lloyd Collier | 33:10 |
| 257 | 94 | Rhoda Collier | 33:14 |

### Hull
406 ran

| Pos | Gen | | |
|---|---|---|---|
| 37 | 36 | Paul Hodge | 20:35 |

### Kingston
184 ran

| Pos | Gen | | |
|---|---|---|---|
| 79 | 13 | Laura Vincent | 25:41 |

### Lloyd , Croydon
201 ran

| Pos | Gen | | |
|---|---|---|---|
| 95 | 82 | Peter Jackson | 28:28 |

### Mile End
244 ran

| Pos | Gen | | |
|---|---|---|---|
| 25 | 23 | Gary Sullivan | 19:51 |

### Old Deer Park
92 ran

| Pos | Gen | | |
|---|---|---|---|
| 25 | 21 | Barrie J Nicholls | 23:25 |
| 26 | 5 | Lindsey Annable | 23:39 |

### Orpington
220 ran

| Pos | Gen | | |
|---|---|---|---|
| 65 | 59 | Colin Frith | 25:23 |

### Peckham Rye
158 ran

| Pos | Gen | | |
|---|---|---|---|
| 1 | 1 | Andy Bond | 17:21 |
| 2 | 2 | Charles Lound | 17:50 |
| 18 | 17 | Gideon Franklin | 21:11 |
| 130 | 49 | Claire Barnard | 29:57 |

### Pontypridd
185 ran

| Pos | Gen | | |
|---|---|---|---|
| 65 | 54 | Andy Murray | 25:03 |

### Riddlesdown
214 ran

| Pos | Gen | | |
|---|---|---|---|
| 30 | 3 | Ange Norris | 21:13 |

### Southwark
233 ran

| Pos | Gen | | |
|---|---|---|---|
| 114 | 101 | Paul Keating | 24:59 |
| 135 | 24 | Kaylee Coxall | 26:12 |

### Tilgate
538 ran

| Pos | Gen | | |
|---|---|---|---|
| 86 | 77 | Gary Budinger | 24:10 |

### Weymouth
218 ran

| Pos | Gen | | |
|---|---|---|---|
| 116 | 26 | Elizabeth Begley | 28:48 |

**New members especially ! and others....**

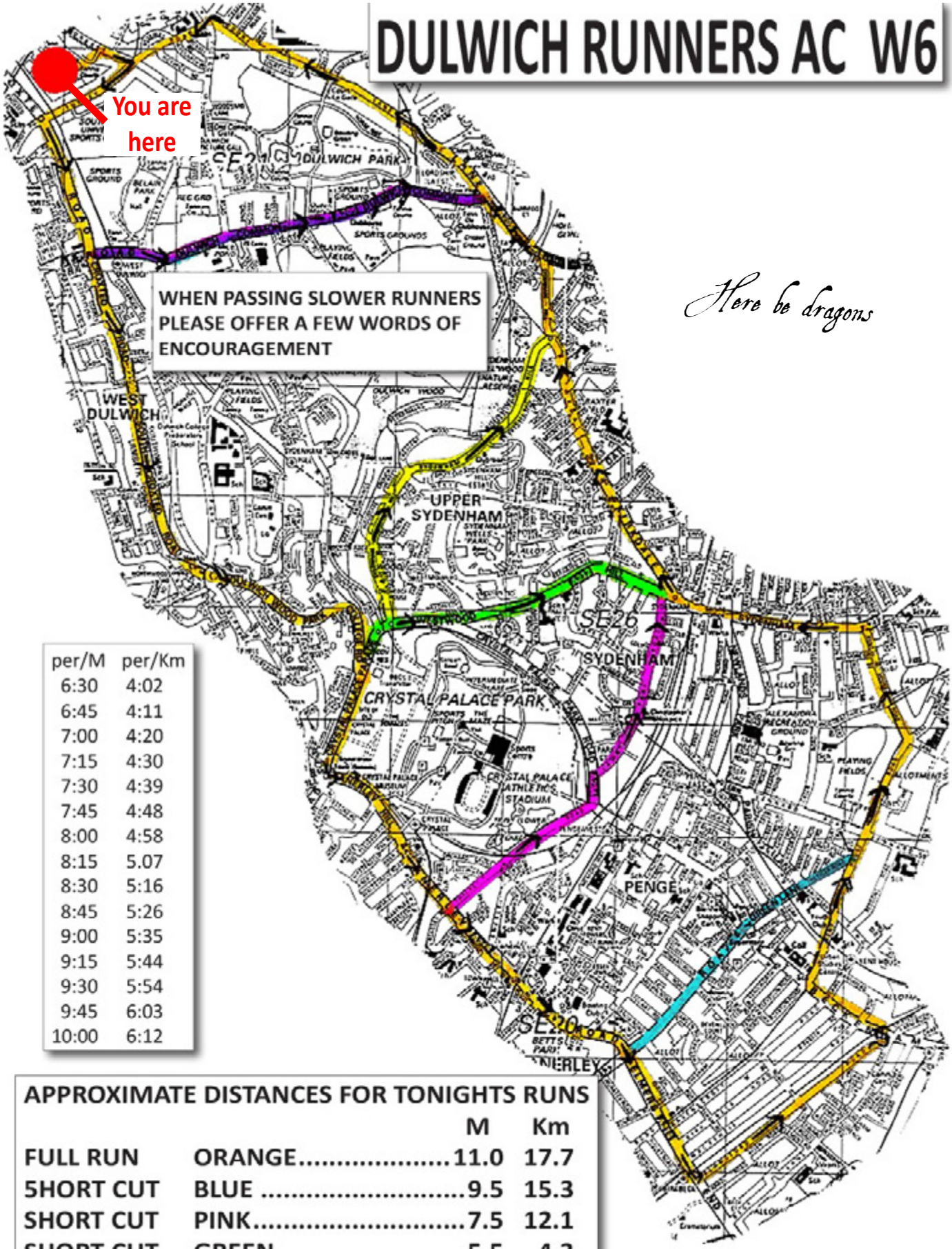
Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

**BURGESS PARKRUN, 29 OCTOBER**
**REQUEST FOR VOLUNTEERS**

The club champs 5k parkrun will be held on 29 October at Burgess Park. We are looking for as many participants as possible, but in addition with number likely to be swollen by around 50, the organizers have asked for us to provide some volunteers. So could any of you not planning to run for whatever reason but available that morning please contact burgesshelpers@parkrun.com and also let me know as well (mcmann90@yahoo.co.uk ) to enable me to monitor numbers.

***Mike Mann***

# DULWICH RUNNERS AC W6




| 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 |

## APPROXIMATE DISTANCES FOR TONIGHTS RUNS

| | | M | Km |
|---|---|---|---|
| FULL RUN | ORANGE | 11.0 | 17.7 |
| SHORT CUT | BLUE | 9.5 | 15.3 |
| SHORT CUT | PINK | 7.5 | 12.1 |
| SHORT CUT | GREEN | 5.5 | 4.3 |
| SHORT CUT | YELLOW | 4.5 | 7.2 |
| SHORT CUT | PURPLE | 3.0 | 4.8 |