SHORTS

Dulwich Runners AC
Weekly Newsletter
November 16th 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 16 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Quiz Night after the run in the clubhouse
page 2 for details

Tue 22 Crystal Palace Arena
See notice below for more details
£2.50 per session - warm up from 7pm - session start 7:20pm

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Cross Country section - all the info you need
4 Fixture list, club champs, road, XC, etc
5 Epsom 10 DR men walk away with beer !
7 Surrey League Xc men - full report
8 Complete 2016 Club champs tables
10 Parkrun results
11 Map for the run this Wednesday

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 are back at Crystal Palace.
£2.50 per session - Suitable for all abilities.
Go to reception say you are with Dulwich Runners but do not pay there, pay Ros trackside.
Leave time to get from reception down to track - it can take up to 10 minutes.

Arrive at 7pm if you want a full warm-up taken by Elkie Mace consisting of various drills.
Strides etc will start around 7.20pm, main session taken by Steve Smythe will start shortly after and be in the region of 40-45 minutes

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

FISH AND CHIPS

The price of "SMALL APPETITE FISH AND CHIPS" at Olley's is now £5.50

------- EVENT HORIZON -------

A brief look ahead

Nov 19 London Champs - Parliament Hill
Nov 19 BMAF relay champss - Long Eaton
Nov 26 SoT - Polesdon Lacey

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Thankyou to **Mick ward, Cameron Timmis and Claire Steward** 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

Volunteer please	**16/11**
Andy Murray	23/11
Barrie John Nicholls	30/11

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

Watch this space for upcoming 2016 events !

Dulwich Runners Xmas Party

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 £5.50, 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)

SHORTS!

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

Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

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

Socks only £5

The cross country season started 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. 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, 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.

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 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 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 for those interested 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

Cross Country Entries

There are a number of notices in Shorts and emails about informing your captains whether you would like to enter various cross country events over the autumn months.

A busy cross country calendar means that races are held on most Saturdays through the season, so it might be helpful to know which to prioritize. As far as the club is concerned the 4 Surrey League matches over the season represent a key target.

This autumn we have the men's and women's league matches on 15 October, a men's match on 12 November, and a women's match on 3 December. Please keep these dates free if at all possible.

Other important races this autumn are the BMAF relays at Long Eaton on 19 November and the SEAA Masters champs at Oxford on 10 December. There are a number of other races including the London Champs, the two South of Thames races and you are encouraged to enter these, but they represent a slightly lower priority.

Advice on which races to target later in the season will follow. For all events, please make sure you read the notices carefully and respond before the deadlines given, in order to ensure that you get a place. ***- Mike Mann***

Cross Country Champs

Once again we will be holding a cross country champs this season. There will be 4 events to qualify, including a minimum of 3 Surrey League races. The other races are the South of Thames 5 miles at Polesden Lacey on 26 November and a mob match yet to be arranged in February or March, probably using the Beckenham Place Park parkrun course.

SEAA Masters Champs

10 December, Oxford

Please let your captains know by 22 November if you would like to be entered for these champs. The distance is 10km for the men's race and 6km for the women's, with 3 to score in M40+, M50+, M60+, W40+, W50+ and W60+age categories. There are several age categories in which we have a good chance of winning team medals. Times of the races are as follows:
11.00 M50+, M60+
11.43 All women
14.10 M40+

South Of Thames Cross Country

Those wishing to take part in the South of Thames 5 mile race at Polesdon Lacey on 26 November should ***contact your captains by 16 November.***
Interest to date has been surprisingly low given that this race forms part of our cross country championships
Today is your final chance to enter for the South of Thames 5 miles at Polesden Lacey

The South of Thames 7.5 mile race has now been confirmed for 17 December at Beckenham Place Park and should be a perfect appetizer for the Christmas Party that evening.
Please ***contact your captains no later than 7 December*** if you would like to take part.

Dulwich Runners 2016/17 Fixtures

Further information about 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.

Box Hill Entries

Entries for the Box Hill Fell Race on Saturday 21 January filled up very rapidly – it was full by 9.48 am on Tuesday. I know that several people were disappointed. However, don't despair. Fabian4 have said that they expect cancellations and it is quite straightforward to take the place of someone who has pulled out.

Put the date in your diary and log onto www.fabian4.co.uk after Christmas. I will put another note in Shorts if they send any further info. If you would like to find out any more about fell running, feel free to collar me on a Wednesday night or e mail me at : hugh@christchurchpeckham.info
Hugh Balfour

Road & other **Cross country** **Club Champs** **Assembly League**

2016		Race		Venue
Nov	19	London champs		Parliament Hill fields
	19	BMAF Relay Champs		Long Eaton
	26	South of Thames 5m - National Trust Grounds		Polesden Lacey
Dec	3	Surrey League	women	Mitcham Common
	3	Kent Masters Champs		Dartford
	10	SEAA Masters champs		Horspath, Oxford
	17	South of Thames 7.5m		Beckenham Place Park
2017				
Jan	7	County Champs		Lloyd Park, Surrey - Kent **tbc**
	14	Surrey League	men	Mitcham Common
	14	Surrey League	women	Lloyd Park
	21	Vets AC Champs		Wimbledon Common
	28	South of England Champs		Parliament Hill
Feb	11	Surrey League	men	Ham Lands, Ham **tbc**
	11	Surrey League	women	Farthing downs, Coulsdon
	26	National Champs		Nottingham

Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, fell, xc, tri and track results etc, are welcome.

Epsom 10 Club Championships

Wayne Lashley writes...

Men's race

After the miserable conditions of Farthing Downs, Coulsdon where the Dulwich men competed a mere 24 hours earlier, Sunday was a lovely winter's morning; perfect conditions for the final club championships race of the year, Epsom 10. There was very little being contested in terms of points so for many, it was good indicator of where their form was at the current moment.

Many I'm sure remember last year's debacle where, due to transport problems, I missed the start by some 30 minutes so my aspirations were rather modest this time around…start the race with everyone else. With that achieved, everything else was a bonus.

The race started off quick. Scott Overall, the eventual winner, was a dot in the distance within minutes. I think it's fair to say everyone who ran the cross country Surrey League race was unsure of their expectations for the race. The best laid intentions of going steady at the start were undone by the first mile being solidly downhill. Mark Lacey, Stephen Davies, Paul Devine and I started off near the front and within a mile or two, personal battles had developed; myself and a Blackheath Harrier, Stephen, Mark and Paul.

After five miles I was spent and one more hill would have broken me. The race changed at that point. Stephen, and Paul had been exchanging pleasantries (!!??) whilst reeling Mark in. Stephen anxious to pick up at the halfway stage, pushed on for a negative split, very much aware a similar experience at Maidenhead had seen Paul catch him up and leave him for dust.

The field was strung out so it wasn't until mile 7/8 that I saw another runner. It wasn't until after the race I realised how significant this 'runner' was. It was Stephen Thackeray, a man I have only seen the back of but have never overtaken...until now. I had extended my lead on Stephen Davies, Mark and Paul and through gritted teeth, managed to carry speed onto the finish nearly catching the 5th placed runner. Turning the corner and seeing that time brought out a 'whoop' and a fist pump. 6th place and the most unexpected PB I have ever picked up (59.17 mins). Mark and Stephen were having a right ding-dong battle and with only two miles to go and Stephen running 5.45 min/mile pace amid rolling hills, Mark breezed past. With ambitions of a sub 60 minute 10 mile not lost, Stephen dug deep and in one epic sprint past the Epsom Grandstand, overtook Mark again and held onto his position to claim 9th, first Dulwich V40) but narrowly missed out on a sub 60 minute time. Mark was an agonising 2 seconds behind but managed to bag first Dulwich senior man and 10th place which secured the first place team prize...a crate of beer...EACH!!

l - r Steve Davies, Mark Lacey, Wayne Lashley

Paul Devine had been close enough to see Stephen's curious look round at mile 8 but ultimately didn't have the legs to keep up with the battle in front of him. He claimed an excellent 12th place. Ian Lilley was next in, having enjoyed a more theraputic exeprience on the course. Given the amount of injuries he has had this year, completing all nine club championships this year was a major achievement. Having done his weigh in before the race (12st 10lbs, sorry I did see the reading), Lloyd ran a very solid race to bag 26th place. Gary Sullivan ran very well considering he has been nursing a knee injury. He can be pleased with his 67.55 mins and first Dulwich M50. Next in was Ebe who seemed relatively happy with his day's work to secure 68.49 mins.

Neville Webb ran a brilliant race to secure first M60 in the race (and club champs). Jim Dowsett came in a minute later after another solid run. Cameron Tmmis ended strongly in a tight bunch of runners to secure 57th. Matthew Ladds held on well to come 67th. Mike Mann was the second M60, narrowly beating a 26.2 runner (always satisfying when that happens) and Barrie Nicholls completed the M60s running 86.55 mins

Women's race

The club champs for the women was a bit of a foregone conclusion. Selma Benattia has long since had this competition wrapped up but not one to rest on past glories, she turned out another fine run to come 41st in the race as a whole, 6th women and first overall Dulwich woman. Second place was a bit more interesting as both Fiona Askew and Katie Styles were running. In the end, the latter cemented her second place in the club champs (her highest ever ranking) with a gutsy run to come 58th in the race, 8th woman and first senior Dulwich woman. Michelle Lennon was next in with an excellent run coming in the middle of a tightly contested group to secure 10th woman (63rd overall).

Fiona Askew finished next with a performance that should have secured third place in the club champs competition (don't quote on that though). Her 13th place (70th overall) in the race caps off a year of strong performances. Laura Vincent then crossed the line, finishing 19th (88th overall) with another solid run. 25th place (95th place overall) went to Clare Cummings and 27th place (97th overall) went to Joanne Shelton Pereda. 36th (114th overall) went to Sarah Banting who managed hold off a Dartford Road Runner and Lindsay Annable who finished 38th woman (116th overall).
Well done to everyone who ran.
That course was much tougher than memory would allow me to remember.
The prizes were certainly worth a return next year.

Here is the points table for Epsom 10, without the captain's award, to be confirmed shortly.
Age grade points have been enhanced by 2% because of the undulating route. - ***Andy Murray***

			pointswithinagecategory					age	
	cat.	time	ms	m40	m50/60	fs	f40+	grade points	
WayneLashley	ms	59.17	50					762	fastest man
StephenDavies	m40	60.14		50				813	1st overall
MarkLacey	ms	60.16	49					748	1stm senior
PaulDevine	ms	60.38	48					754	
IanLilley	m40	63.29		49				752	1st m40
LloydCollier	m40	65.33		48				729	
GarySullivan	m50	67.55			50			794	1st m50
EberhardPrill	m50	68.49			49			756	3rd agegraded
SelmaBenattia	fs	69.15				50		740	fastest woman
NevilleWebb	m60	70.50			48			783	1stm60
JimDowsett	m40	72.32		47				648	
CameronTimmis	m40	73.44		46				659	
KatieStyles	fs	73.46				49		689	1st f senior
MichelleLennon	f40	74.54					50	755	1st f40
MatthewLadds	ms	75.45	47					593	
FionaAskew	fs	76.48				48		655	
MikeMann	m60	78.00			47			762	2nd agegraded
LauraVincent	fs	81.11				47		624	
ClareCummings	fs	82.25				46		611	
Joanne S-Pereda	f40	83.09					49	635	
BarrieJ Nicholls	m60	86.55			46			644	
SarahBanting	fs	87.05				45		578	
LindseyAnnable	f40	87.07					48	642	
			4	5	5	6	3	23	

2016 champs categories Epsom 10 Miles

1	Overall winner	Steve Davies
2	Fastest M (exc. overall winner)	Wayne Lashley
3	Fastest W (exc. overall winner)	Selma Benattia
4	First Senior Man (exc. above)	Mark Lacey
5	First Senior woman (exc. above)	Katie Styles
6	First M40 (exc. above)	Ian Lilley
7	First W40 (exc. above)	Michelle Lennon
8	First M50 (exc. above)	Gary Sullivan
9	First W50 (exc. above)	
10	First M60 (exc. above)	Neville Webb
11	2nd Age Graded (exc. above)	Mike Mann
12	3rd Age Graded (exc. above)	Ebe Prill
13	Captains' award	

Full and complete club champs tables can be seen on page 8

British and Ireland Masters Cross-Country International Glasgow

November 12

Clare wins again with Ros fourth.

Steve Smythe writes...

Clare and Ros are regulars at this event (see panel) running for an English team in their age group against Ireland, Scotland, Wales and Northern Ireland. Each year it varies between the five nations and it meant a return to Glasgow but this time on a different course at Tollcross Park.

It was a testing one but actually slightly easier than the very tough parkrun course that three club members ran in the morning.

W50 race

Watched by her parents and daughter Lucy, Clare was seeking her third consecutive win and was reasonably confident after an upturn in her health in recent races and seemingly finally getting on top of the breathing problem which has affected her races over the last few years. She was still running well by almost anyone else's standards but was just finding it hard work and sometimes have to stop and walk and was stopping her reaching her potential.

While planning to take it easy early on, she immediately settled into the back of the top 10 overall and felt very comfortable. By the end of the first lap, she was not only leading her W50 age group by over 10 seconds but also well clear of all in the W45 age group.

She held something back just in case on the second and third lap but went further away all the time.

At the finish her winning margin was a massive 54 seconds over English team-mate Jane Wassell who had beaten her to an individual medal in her first international in 2007. Third place went to Ireland's Niamh O'Sullivan, a former overall winner and a runner who had beaten Clare to the gold in 2009.

Again Clare beat all the W45s and she would have even individually medalled in the W40s and she was not pleased with einning the title but also how easy it felt compared to previous years.

Apart from winning her third individual gold, she secured her seventh individual medal and with England winning easily her ninth team gold medal and 16th counting team and individual.

Of the 17 events (9 men and 8 women up to M75 and W70), only 1 athlete - W55 Fiona Matheson had a bigger winning margin in her age group than Clare.

W50: 1 C Elms (ENG) 21:01; 2 J Wassell (ENG) 21:55; 3 N O'Sullivan (IRL) 22:22; 4 H McGrath (SCO) 22:30; 5 C Jolliffe (ENG, W50) 22:35; 6 D Matchett (NIR) 22:55; 7 H Shields (NIR) 23:04; 8 S Ridley (SCO) 23:11; 9 S Cahill (IRL, W50) 23:17; 10 C Diss (WAL, W50) 23:22

TEAM: 1 ENG 8; 2 SCO 23; 3 IRL 25; 4 NIR 28; 5 WAL 46

W65 race

Ros didn't run to the same level, having flown back from Australia's World Masters Championships during the week and not having slept too well before the event.

Well placed on the first lap behind the remarkable Angela Copson, who went on to win her ninth successive title, Ros wasn't at her very best and found the last lap tough and she finished fourth in her age group. She also just lost out to Scotland in the team event (by a single point) but did win her 15th medal overall with the team silver.

Things should be easier next year in Derry in theory with no Championship in Australia before the event and no Copson as she moves into the W70s. The latter would have won that by four minutes this year.

W65: 1 A Copson (ENG) 24:15; 2 A White (SCO) 24:23; 3 J Craig (SCO) 25:41; 4 R Tabor (ENG) 25;59; 5 M Glavey (IRL) 26:24; 6 H Bradley (SCO) 26:27; 7 M Moody (ENG) 27:40; 8 C Birch (WAL) 27:46

TEAM: 1 SCO 11; 2 ENG 12; 3 IRL 26; 4 WAL 37

Clare's record

2007 Belfast 4th W40 + team medal (gold)
2008 Swansea 3rd W40 + team medal (gold)
2009 Birmingham 3rd W45 + team medal (gold)
2010 Dublin 2nd W45 + team medal (gold)
2011 Glasgow 4th W45 + team medal (gold)
2012 Belfast injured
2013 Cardiff 2nd W45 + team medal (gold)
2014 Nottingham 1st W50 + team medal (gold)
2015 Dublin 1st W50 + team medal (gold)
2016 Glasgow 1st W50 + team medal (gold)

Ros's record since 2003

2003 Cardiff 6th W50 + team medal (?)
2004 Croydon reserve
2005 Dublin 3rd W55 + team medal (gold)
2006 Falkirk 9th W55 + team medal (gold)
2007 Belfast reserve
2008 Swansea reserve
2009 Birmingham 3rd W60 + team medal (gold)
2010 Dublin 2nd W60 + team medal (gold)
2011 Glasgow 4th W60 + team medal (gold)
2012 Belfast reserve
2013 Cardiff 3rd W60 + team medal (gold)
2014 Nottingham 2nd W65 + team medal (silver)
2015 Dublin 2nd W65 + team medal (silver)

Surrey League Cross Country

12 November

Our second match at Farthing Down was always going to be a struggle, missing three of our scorers from last time round, but in the event the team acquitted itself well, finishing once again in 8th place. though there is now quite a gap behind Clapham Chasers to bridge in the final two matches in the New Year.

By the time the race started, the morning's steady rain had turned to drizzle with mist lingering in the wooded section making it quite spooky. Ground conditions were pretty good, particularly on the grass. though the long cambered stretch at the beginning was a challenge and the stony downhill mixed with tree roots required care. The course that many had at around 5.4 miles was slightly shorter than the one at Richmond Park, the hills meant that times for many of our runners were uncannily similar.

Andy Bond had another great run, leading the team home this time despite taking a tumble on the stony descent. Following his encouraging debut at Richmond, Greg Hills did even better this time to finish second scorer. Steve Davies had missed the first match through illness, but continued his strong run of recent form to finish 8 secs behind Greg. He was followed by cross country specialist, Tim Taylor, who despite lack of recent races surprised many of us, though possibly not himself with a fine run. Lewis Laylee faded a little in the closing stages and was a little disappointed with his run, though in fact ran well with a similar performance to that in October. Next was Mark Lacey with a great run, with an improvement of over a minute on his Richmond time, the biggest improver amongst the scorers. Both Wayne Lashley and Paul Devine, our 7th and 8th scorers were a little short of their best. but expect an improvement from both of them as the season progresses. Newly joined member, Daniel Mann. had an impressive debut, having shown promise in recent weeks on his Wednesday night runs. Another one to run well was Mark Callaghan, our final scorer.

Ian Lilley, Charlie Lound and Nick Wood finished just outside the scoring team but all ran well. The competition to make the scoring team is much stronger than in recent years. Both Kev Chadwick and Tom South were similar to their Richmond performances, though Ross Rook and Ebe Prill were slightly down. Normal hostilities between M60-s, Hugh Balfour and Mike Mann were resumed for the first time this season, with Hugh winning out by 7 secs. Hugh failed to understand all the fuss about the stony descent, but not all of us are ardent fell runners. Mark Foster suffered from shoe lace problems late on, while Jim Dowsett decided to save himself for the Epsom 10, the next day. After a long break from running. Gary Budinger suffered from the more traditional cross country conditions this time. but showed great commitment.

-Mike Mann

Scorers (Richmond times in brackets)

Andy Bond	32:12	(32:07)
Greg Hills	32:20	(32:34)
Steve Davies	32 :28	
Tim Taylor	32:38	
Lewis Laylee	32:39	(32:33)
Mark Lacey	32:46	(33:47)
Wayne Lashley	33:14	(32:41)
Paul Devine	33:29	(33:32)
Daniel Mann	33:54	
Mark Callaghan	34:17	

Non Scorers

Ian Lilley	34:18	(34:25)
Charlie Lound	34:23	
Nick Wood	34:28	
Kev Chadwick	35:21	(35:22)
Tom South	35:36	(35:47)
Ross Rook	38:07	(38:03)
Ebe Prill	38:56	(38:13)
Hugh Balfour	39:24	
Mike Mann	39:31	(41:47)
Mark Foster	40;02	
Jim Dowsett	40:46	(39:48)
Gary Budinger	47:03	(45:35)

1	KEN	176
2	H/W	301
3	RAN	302
4	SLH	343
5	THH	436
6	HHH	486
7	C/C	598
8	**DUL**	**693**
9	DMV	760

Beckenham Trail 10k

13 November

Claire Steward writes: An unfortunate clash with the final club champs race due to its change of date meant a reduced Dulwich presence at this lovely trail 10k but I have done it every year since its inception in 2007 and was not going to miss out this year. Once again we had a lovely Autumnal day for this local race; at 11:00am we stood quietly for the Last Post and two minute silence before the race started.

The course consists of two multi-terrain laps in Beckenham Place Park with woodland trails, open grassy areas and footpaths, a testing climb at the start and finish of each lap, and just enough mud following the previous day's rain to make it interesting.

Ola, twice a recent winner at this race was forth woman depite being a few seconds quicker than last year, but had the consolation of a bottle of wine for first FV45, a great result given her lack of training opportunity recently. Last year, bruised after a recent fall, I recorded my slowest ever time finishing behind Paul despite him turning an ankle. This year we both had much better results finishing several minutes quicker than last year but this time I managed to gain the upper hand and was also awarded a bottle of wine for my effort. Peter who received the Captain's award at the club champs 5k continued his improving form, finishing just ahead of Steve, now running for Orpington RR.
Barry Graham was there to lend support and we all enjoyed the traditional post-race hot drinks and cakes at the Cricket Club.

Peter adds: I was pleased with my time after falling over in the ditch at 1K!

Steve adds: I love this race, low key, well organised, friendly and great cakes after!

Winner 34:52

41	Ola Balme (F4/1FW45)	45:02
89	Claire Steward (F13/1FW55)	50:24
103	Paul Keating	51:46
151	Peter Jackson	56:20
128	Steve Wehrle (2nd claim)	56:53
229	80:21 Final finisher	

Kent League Sparrows Den West Wickham

12 November

U17B 5k

Wreath laid. Black ribbons worn. Respect paid to Lucy and Stacey, two AFD athletes who we had seen only last weekend in Mansfield running so brilliantly, tragically involved in an accident whilst out on a training run last Tuesday. In July, Oscar was in the same 1500m race in Watford as Lucy, only just pipping him to the line. So sad.

Once respects paid, a competitive race ensued with Oscar swapping places a number of times as they chased county places. He dipped on the line clawing back a place when overtaken with 10m to go. ***- Duncan Hussey***

14 Oscar Hussey 17.50
48 ran

Following are the full final (assuming no further marathons) tables for the 2016 Dulwich Runners Club Championships. Congratulations to the 32 members who completed the championship, i.e. ran 5 events of the nine with at least one long and one short event. Completion or category winner/placed awards will be presented at the Christmas Party in December.
Andy Murray

Top scorers – see tables for full list:

Age Groups
50 for first home, 49 for second etc. in each event - best five events, plus one point for completing an event.

Women Senior
Selma improved steadily and had three 50 point wins in the autumn.

1 Selma Benattia	254
2 Katie Styles	247
3 Laura Vincent	227

Women 40
After several marathons, Michelle's late charge at Burgess and Epsom put her on top ahead of Lindsey, who completed all but the marathon.

1 Michelle Lennon	248
2 Lindsey Annable	240
3 Joanne Shelton-Pereda	232

Women 50
Clare Elms maintained a clear lead from event one, in the end winning 6 events.

1 Clare Elms	257
2 Lucy Clapp	247
3 Ros Tabor	245
Clare Wyngard	245
Claire Steward	228

Men Senior
Tim was another leader from the start with six wins.

1 Tim Bowen	257
2 Paul Devine	252
3 Mark Lacey	250
Matt Ladds	225

Men 40
Steve, with 5 wins, did well to stay ahead of Ian, who ran all 9 events.

1 Stephen Davies	258
2 Ian Lilley	254
3 Lloyd Collier	248
Charles Lound	248
Jim Dowsett	240
Hugh French	231
Cameron Timmis	229

Men 50
Ebe, with 3 wins from his starts at all 9 events, holds off Tony who started and won 5.

1 Ebe Prill	257
2 Tony Tuohy	255
3 Steve Smythe	249
Gary Sullivan	246
Gideon Franklin	241
Graham Laylee	228
Mike Dodds	217

Men 60
Mike moved to the top as expected after completing at Burgess Park. Barrie again completed all 9 events this year. .

1 Mike Mann	237
2 Andy Murray	232
3 Barrie John Nicholls	230

Overall Age Graded Championship (top 10 shown)
Best 5 age graded scores, each out of 1000.
Clare wins with an excellent average of 950, from Ros (avg 937), who completed at Titsey. Tony and Stephen D were the best-placed men with averages of 867 and 838.

1 Clare Elms	4752
2 Ros Tabor	4686
3 Tony Tuohy	4335
4 Steve Davies	4192
5 Claire Steward	4134
6 Mike Mann	4129
7 Charles Lound	4122
8 Steve Smythe	4044
9 Tim Bowen	4014
10 Gary Sullivan	4002

2016 Club Championships

Below are the points tables after 9 events, including marathons to date.

2016 Club Champs Within Age Groups After 9 Events Incl Marathons		Short					Long					
	pos.	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	**1**	**49**	**[42]**	**[48]**	**50**	**50**	**48**			**50**	**7**	**254**
Katie Styles	**2**	**48**	**[45]**		**48**	**46**			**50**	**49**	**6**	**247**
Laura Vincent	**3**		**41**	**42**	**47**	**45**				**47**	**5**	**227**
Fiona Askew			48				47	48		48	4	195
Rebecca Schulleri				45	49	48		47			4	193
Helen Lister						49	49	50			3	151
Melanie Edwards		50		43			50				3	146
Eleanor Simmons			44	47					49		3	143
Lucy Elms			46	41		47					3	137
Elkie Mace			50	50							2	102
Sue Cooper		47						45			2	94
Karina Burrowes			43	44							2	89
Roz Johnson								49			1	50
Claire Baglin			49								1	50
Kim Hainsworth				49							1	50
Anna Thomas			47								1	48
Clare Cummings										46	1	47
Tessa Morrison								46			1	47
Niamh Falconer				46							1	47
Sarah Banting										45	1	46
Hannah Harvest								44			1	45
Laura Coote								43			1	44
WOMEN V40												
Michelle Lennon	**1**	**48**	**49**			**49**		**47**		**50**	**5**	**248**
Lindsey Annable	**2**	**[43]**	**[41]**	**[44]**	**47**	**46**	**45**		**46**	**48**	**8**	**240**
Joanne Shelton-Pereda	**3**	**45**	**42**				**47**	**44**		**49**	**5**	**232**
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	**1**	**50**	**50**	**[42]**		**50**	**50**	**50**	**[50]**		**7**	**257**
Lucy Clapp	**2**		**[46]**	**47**	**49**	**48**	**49**		**48**		**6**	**247**
Ros Tabor	**3**	**47**	**47**	**49**	**50**				**47**		**5**	**245**
Clare Wyngard	**4**	**46**	**[45]**	**[46]**	**48**	**47**	**48**		**49**		**7**	**245**
Claire Steward	**5**	**44**	**44**	**43**			**46**	**46**			**5**	**228**
Lucy Pickering				45				45			2	92
Angie Norris								48			1	49
MEN SENIOR												
Timothy Bowen	**1**	**50**	**50**	**[44]**	**50**	**[50]**	**50**	**50**			**7**	**257**
Paul Devine	**2**	**[47]**	**48**	**49**	**49**	**[47]**		**[46]**	**50**	**48**	**8**	**252**
Mark Lacey	**3**	**48**	**[46]**		**[47]**	**[46]**	**48**	**48**	**49**	**49**	**8**	**250**
Matthew Ladds	**4**	**44**	**41**	**45**	**-**	**43**				**47**	**5**	**225**
Lewis Laylee		49		50	48	48					4	199
James Burrows		46		48			47	47			4	192
Kevin Chadwick			45		45	45		39			4	178
Alastair Locke						49	49	49			3	150
Wayne Lashley			47							50	2	99
Shane O'Neill					46			45			2	93
Sam Crump						44		43			2	89
Sumrit Mattu				46				40			2	88
Buzz Shephard			49								1	50
Jonathan Whitaker				47							1	48
Ross Rook		45									1	46
Gregory Hills								44			1	45
David Stone			44								1	45
David Haviland					44						1	45
Edward Smyth			43								1	44
Paul Greenhalgh								42			1	43
Kamal Lewis-Gopie			42								1	43
Toby de Belder								41			1	42
Martin Double			40								1	41
Stuart Erskine								38			1	39
Desmond Edwards								37			1	38
MEN V40												
Stephen Davies	**1**	**-**	**50**	**[49]**	**50**	**[49]**	**50**	**[49]**	**50**	**50**	**8**	**258**
Ian Lilley	**2**	**49**	**[47]**	**[46]**	**49**	**[48]**	**49**	**[47]**	**49**	**49**	**9**	**254**
Lloyd Collier	**3**	**50**	**49**	**50**		**46**				**48**	**5**	**248**
Charles Lound	**4**	**48**	**48**	**48**		**[47]**		**50**	**48**		**6**	**248**
Jim Dowsett	**5**	**-**	**45**	**[43]**	**48**		**47**	**[43]**	**46**	**47**	**7**	**240**
Hugh French	**6**	**45**	**43**	**45**	**47**		**46**				**5**	**231**
Cameron Timmis	**7**	**46**	**44**	**44**		**44**				**46**	**5**	**229**
Mark Foster		47	46	47					47		4	191
Grzegorz Galezia						45		44			2	91
Paul Keating			42					41			2	85
Andy Bond						50					1	51
Tom Marshall								48			1	49
Holger Betz							48				1	49
Tom Wilson								46			1	47
Mark Callaghan								45			1	46
Miles Griffies								42			1	43
MEN V50												
Eberhard Prill	**1**	**49**	**49**	**[49]**	**50**	**[48]**	**50**	**50**	**[48]**	**[49]**	**9**	**257**
Tony Tuohy	**2**	**50**	**50**	**50**		**50**			**50**		**5**	**255**
Stephen Smythe	**3**	**48**	**48**	**[47]**		**49**		**49**	**49**		**6**	**249**
Gary Sullivan	**4**		**47**	**[38]**		**47**	**49**		**47**	**50**	**6**	**246**
Gideon Franklin	**5**	**46**	**[44]**		**48**		**47**	**48**	**46**		**6**	**241**
Graham Laylee	**6**	**44**	**43**	**[43]**	**47**	**44**	**44**				**6**	**228**
Michael Dodds	**7**	**[39]**	**40**	**42**	**44**	**43**			**42**		**6**	**217**
Ameet Patel		40		41	43		42				4	170
Michael Fullilove				45			48	47			3	143
Duncan Wilson					49	46					2	97
Joseph Brady			39	39							2	80
John English				48							1	49
Christopher Loizou		46									1	47
Paul Hilton								44			1	45
Adrian Ward		42									1	43
Adrian Ward		42									1	43
MEN V60												
Mike Mann	**1**	**47**	**46**	**46**		**[45]**			**45**	**47**	**6**	**237**
Andrew Murray	**2**	**[43]**	**[42]**	**44**	**46**		**45**	**46**	**44**		**7**	**232**
Barrie John Nicholls	**3**	**[41]**	**[41]**	**[40]**	**45**	**42**	**[41]**	**45**	**43**	**46**	**9**	**230**
Neville Webb			45							48	2	95
Peter Jackson						41			41		2	84
Robert Bell							43				1	44
Barry Graham Evans						40					1	41
Christopher Vernon						39					1	40
104		38	53	47	27	38	28	47	24	23	323	

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.

OVERALL AGE GRADED CHAMPS		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	**1**	**932**	**936**	**995**		**954**	**[914]**	**[908]**	**936**		**5**	**4,752**	**950**
Ros Tabor	**2**	**922**	**921**	**1,012**	**942**				**889**		**5**	**4,686**	**937**
Tony Tuohy	**3**	**855**	**873**	**858**		**887**			**862**		**5**	**4,335**	**867**
Stephen Davies	**4**		**847**	**849**	**[806]**	**856**	**[786]**	**[787]**	**827**	**813**	**5**	**4,192**	**838**
Claire Steward	**5**	**809**	**849**	**851**		**-**	**806**	**818**			**5**	**4,134**	**827**
Mike Mann	**6**	**823**	**834**	**849**		**826**			**797**	**[762]**	**5**	**4,129**	**826**
Charles Lound	**7**	**[791]**	**855**	**811**		**808**		**854**	**794**		**5**	**4,122**	**824**
Stephen Smythe	**8**	**777**	**824**	**807**		**833**		**[768]**	**804**		**5**	**4,044**	**809**
Timothy Bowen	**9**	**[775]**	**821**	**816**	**804**	**802**	**771**	**[766]**			**5**	**4,014**	**803**
Gary Sullivan	**10**		**805**	**810**		**815**	**779**		**[771]**	**794**	**5**	**4,002**	**800**
Eberhard Prill	**11**	**797**	**799**	**803**	**[743]**	**790**	**[779]**	**781**	**[751]**	**[756]**	**5**	**3,969**	**794**
Lloyd Collier	**12**	**779**	**821**	**843**		**764**				**729**	**5**	**3,935**	**787**
Paul Devine	**13**	**[742]**	**788**	**805**	**773**	**799**		**[718]**	**767**	**[754]**	**5**	**3,932**	**786**
Clare Wyngard	**14**	**776**	**771**	**788**	**773**	**[768]**	**[752]**		**794**		**5**	**3,903**	**781**
Ian Lilley	**15**	**778**	**770**	**[690]**	**[733]**	**803**	**[735]**	**[734]**	**777**	**752**	**5**	**3,881**	**776**
Lucy Clapp	**16**		**755**	**790**	**764**	**787**	**[724]**		**758**		**5**	**3,854**	**771**
Michelle Lennon	**17**	**769**	**780**			**767**		**723**		**755**	**5**	**3,794**	**759**
Mark Lacey	**18**	**748**	**757**		**[721]**	**767**	**[746]**	**[724]**	**749**	**748**	**5**	**3,768**	**754**
Andrew Murray	**19**	**[729]**	**742**	**743**	**741**		**739**	**[667]**	**732**		**5**	**3,697**	**739**
Selma Benattia	**20**	**723**	**729**	**[720]**	**722**	**767**	**[697]**			**740**	**5**	**3,681**	**736**
Graham Laylee	**21**	**727**	**720**	**[691]**	**716**	**737**	**704**				**5**	**3,604**	**721**
Gideon Franklin	**22**	**711**	**724**		**[706]**		**731**	**721**	**716**		**5**	**3,602**	**720**
Barrie John Nicholls	**23**	**[675]**	**712**	**691**	**702**	**692**	**[650]**	**[602]**	**696**	**[644]**	**5**	**3,493**	**699**
Katie Styles	**24**	**703**	**688**		**690**	**[668]**			**715**	**689**	**5**	**3,485**	**697**
Lindsey Annable	**25**	**[662]**	**686**	**688**	**689**	**680**	**643**		**[607]**	**[642]**	**5**	**3,386**	**677**
Michael Dodds	**26**	**[647]**	**680**	**666**	**668**	**692**			**667**	**-**	**5**	**3,374**	**675**
Jim Dowsett	**27**		**672**	**682**	**659**		**674**	**[624]**	**651**	**[648]**	**5**	**3,337**	**667**
Cameron Timmis	**28**	**650**	**676**	**657**		**671**				**659**	**5**	**3,314**	**663**
Laura Vincent	**29**		**672**	**655**	**646**	**662**				**624**	**5**	**3,259**	**652**
Joanne Shelton-Pereda	**30**	**660**	**656**				**644**	**585**		**635**	**5**	**3,179**	**636**
Matthew Ladds	**31**	**616**	**629**	**633**		**551**				**593**	**5**	**3,021**	**604**
Hugh French	**32**	**587**	**612**	**654**	**557**		**552**				**5**	**2,961**	**592**
Lewis Laylee		760		799	735	782					4	3,076	769
James Burrows		725		758			720	726			4	2,929	732
Mark Foster		694	751	739					709		4	2,894	723
Kevin Chadwick			747		710	745		587			4	2,789	697
Fiona Askew			741				651	653		655	4	2,701	675
Rebecca Schulleri				641	692	716		613			4	2,661	665
Ameet Patel		616		639	611		598				4	2,464	616
Alastair Locke						796	762	754			3	2,312	771
Melanie Edwards		784		707			752				3	2,243	748
Michael Fullilove				754			733	685			3	2,172	724
Lucy Elms			724	706		733					3	2,162	721
Helen Lister						721	708	664			3	2,093	698
Eleanor Simmons			685	715					687		3	2,087	696
Elkie Mace			831	786							2	1,617	808
Neville Webb			776							783	2	1,559	779
Wayne Lashley			769							762	2	1,531	765
Duncan Wilson					704	743					2	1,448	724
Grzegorz Galezia						731		676			2	1,407	703
Shane O'Neill					702			702			2	1,403	702
Lucy Pickering				732				667			2	1,399	700
Joseph Brady			676	683							2	1,359	680
Sam Crump						664		634			2	1,298	649
Peter Jackson						641			616		2	1,257	628
Sumrit Mattu				656				593			2	1,249	625
Sue Cooper		699		-				538			2	1,238	619
Karina Burrowes			588	591							2	1,179	589
Sharon Erdman			616					547			2	1,163	581
Paul Keating			600					422			2	1,023	511
Andy Bond						854					1	854	854
Andrea Pickup				821							1	821	821
Angie Norris								819			1	819	819
Buzz Shephard			817								1	817	817
John English				779							1	779	779
Ola Balme			773								1	773	773
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
Christopher Loizou		736									1	736	736
Holger Betz							731				1	731	731
Yvette Dore				727							1	727	727
Ross Rook		716									1	716	716
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
Louisa Pritchard			671								1	671	671
Roz Johnson								667			1	667	667
Martin Double			665								1	665	665
Niamh Falconer				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
Kamal Lewis-Gopie			631								1	631	631
Clare Cummings										611	1	611	611
Toby de Belder								608			1	608	608
Sarah Banting										578	1	578	578
Tessa Morrison								578			1	578	578
Miles Griffies								552			1	552	552
Barry Graham Evans						551					1	551	551
Hannah Harvest								514			1	514	514
Stuart Erskine								501			1	501	501
Christopher Vernon						499					1	499	499
Desmond Edwards								454			1	454	454
Laura Coote								435			1	435	435
Paul Hilton								426			1	426	426
104		37	53	47	27	38	29	47	24	23	280		

parkrun

November 12th

Bedford
203 ran

Pos	Gen		
36	35	Chris Goodman	23:03

Brockwell
157 ran

Pos	Gen		
1	1	Edward Chuck	17:40
4	4	Derek Lee	18:56
13	13	Sam Crump	20:02
38	4	Michelle Lennon	22:07
39	5	Anna Thomas	22:10
40	6	Lucy Pickering	22:11

Bromley
454 ran

Pos	Gen		
295	235	Peter Jackson	27:08

Burgess
149 ran

Pos	Gen		
142	92	Chris Vernon	36:17

Crystal Palace
132 ran

Pos	Gen		
52	6	Belinda Cottrill	24:21
89	19	Penny D Graham	28:16
98	73	Bob Bell	29:00
131	86	Tom Wilson	39:13

Dulwich
115 ran

Pos	Gen		
17	17	John English	21:23
33	30	Mark Muffett	22:43
43	5	Claire Steward	24:03
46	6	Anna Saunders	24:10
53	8	Hannah Harvest	24:53
80	64	Mick Mead	27:27

Finsbury
160 ran

Pos	Gen		
5	5	Andrew Sanders	19:23

Orpington
96 ran

Pos	Gen		
16	16	Colin Frith	23:46

Peckham Rye
92 ran

Pos	Gen		
27	1	Clare Cummings	23:58
55	11	Karina Burrowes	27:21
59	13	Claire Barnard	28:05
62	48	Matthew Ladds	28:16

Riddlesdown
102 ran

Pos	Gen		
14	4	Ange Norris	22:21

Royal Tunbridge Wells
140 ran

Pos	Gen		
1	1	Lloyd Collier	19:08
80	66	Rafe Collier	28:04

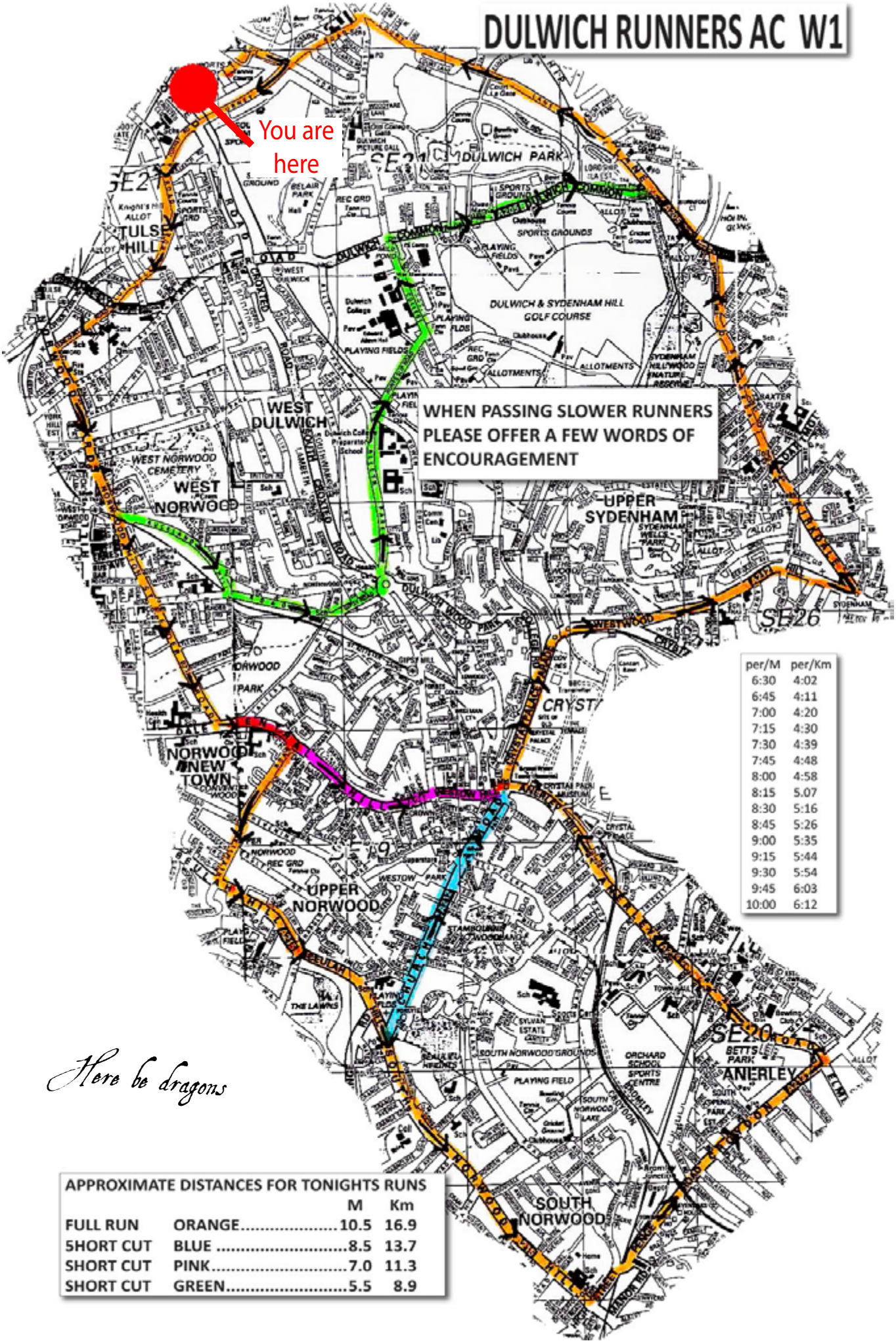
Tollcross , Glasgow
107 ran

Pos	Gen		
10	10	Stephen Smythe	20:26
17	2	Lucy Elms	21:11
31	23	Andy Murray	23:22

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.

DULWICH RUNNERS AC W1



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

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	10.5	16.9
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK	7.0	11.3
SHORT CUT	GREEN	5.5	8.9