SHORTS

Dulwich Runners AC
Weekly Newsletter
October 12th 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 12 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sun 15 Surrey League XC men and women

Tue 18 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 AGM notice
3 Club kit, social events etc
5 Cross Country section - all the info you need
6 Fixture list, club champs, road, XC, etc
8 Race reports and results
12 Club champs after 7 events, full standings
15 Parkrun results
16 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

LUCKY VEST

October winner Steve Rolfe

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

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

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

A brief look ahead

Oct 15 Surrey League XC men and women
Oct 22 Surrey Masters XC
Oct 29 Burgess Pk parkrun - Club Champs 5k

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 Alastair Locke and Mike Dodds 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

Dont be shy !...volunteer	**19/10**
Patrick Mcmrorrow	26/10
Mike Mann	2/11
Olivier Montfort	9/11

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

DULWICH RUNNERS A.C.
ANNUAL GENERAL MEETING:

Wednesday 19th October 2016, 9pm

The AGM will be held in 'The Nursery' downstairs at the Edward Alleyn Club, Burbage Road, London SE249HD at 9pm.

Items for the agenda should be sent to the Honorary Secretary Yvette Dore, by Friday 14th October to be sure of inclusion.

Minor items of 'any other business' will be allowed on the day at the discreton of the Chair depending upon the tme available.
Draft minutes of the 2015 AGM are available on the Dulwich Runners website and will be proposed for adopton at this AGM.

All Commitee posts are up for electon with the table below showing whether the present incumbent wishes to stand again.
It may be possible to accommodate someone who wishes to join the Commitee, but who would prefer to take on one of the other roles, through some re-shuffling of the rest of Commitee.

If you are interested in any of the roles, or know of someone who you think would be good at them, please have a word with any commitee member as soon as possible.
Sue is also happy to step aside if someone is interested in taking her role as one of the two general member posts.
Nominatons for any of these posts should be sent to Yvette by Friday 14th October to allow tme to organise an electon if there is more than one candidate, but nominatons will be taken up to and including the day of the AGM.

Yvette can be contacted at secretary@dulwichrunners.org.uk

Post	**Present Holder**	**Standing Again?**
President	Ron Searle	N/A
Chair	Ros Tabor	Yes
Hon. Secretary	Yvette Dore	Yes
Hon Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Matt Ladds	Yes
Women's Co-captains	Ange Norris Clare Wyngard	Yes
Men's Captain	Charles Lound	Yes
Women's Off Road Co-captains	Ange Norris Clare Wyngard	Yes
Men's Off Road Captain	Mike Mann	Yes
Shorts Editor	Barry Graham	Yes
Publicity Ofcer	Chris Loizou	Yes
General member	Ebe Prill	Yes
General member	Sue Vernon	Yes

Dulwich Runners Athletic Club
Annual General Meeting

Wednesday 19th October 2016

Edward Alleyn Club
Rear of 83-85 Burbage Road
London, SE24 9HD

AGENDA

1. **Chair's Opening Remarks**
2. **Apologies**
3. **Approval of Minutes of Last AGM**
4. **Treasurer's Report**
5. **Points in Club Champs – proposal**
6. **Georgina Barretta**
7. **Vote of Thanks and adoption of new General Committee**
8. **Any Other Business**

Agenda Item for AGM:

The following item has been proposed for discussion at the AGM on 19 October.
Please will members consider in advance of the meeting.

Points in Club Championships
We propose that in 2017 Dulwich Runners moves to equality between men and women and uses the same three age groups for awarding points in club champs, i.e. seniors, V40, V50/60 for men and women; or moves to four age groups: seniors, V40, V50, V60 for men and women.

At present in any club champs race 3 men are awarded 50 points but only 2 women can get 50 points etc.

This means that women in their 50s must compete with women in their 40s which is not the case for the men.
Lucy Clapp & Lucy Pickering

SOCIAL SPOT

Watch this space for upcoming 2016 events !

Quiz Night

Wednesday 9th November

A fun team quiz which will start about 8.45pm.
Fish and chips on offer as normal.
Maximum 4 per team and some great prizes will be up for grabs.

£5 per team member, all funds raised will go into the clubs social fund which will be used in 2017 to lay on more subsidised/funded social events for club members throughout the year.

I look forward to seeing as many of you as possible to support the event.

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

SHORTS!

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

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

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

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

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 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, 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 the Reigate relays are popular with club members 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.

Men's Surrey League Cross Country

15 OCTOBER

Our first match of the season takes place at **Richmond Park, starting at 4pm.** The race HQ and start/finish are inside Richmond Park on the edge of Sidmouth Woods, 5 minutes walk from Pembroke Lodge and Richmond Gate. It is the usual Ranelagh Harriers course, a 2 lapper of 8km.

The Pembroke Lodge car park nearby may have limited places because of a wedding (the reason for the delayed start). Richmond station is 1.7 miles away. Bus 371 takes you to Richmond Gate but there are other buses that stop near the Dysart Arms. There are toilets near the tearooms at Pembroke Lodge.

The course should be quite dry and stony in places with a short stretch of tarmac that can avoided by running on the grass verge. Leaving aside the strength of the opposition we face, this should provide a gently undulating introduction to the cross country season.

If you intend to wear spikes, short spikes are recommended; otherwise road shoes, flats, trail or studded shoes should be fine, depending on the weather this week. Beware of rutting deer!

Priory Relays, Reigate

5 November

If you would like part in these cross country relays (4 x 2.5m for men, 3 x 2.5m for women), **please contact your captains by 24 October.**
We have entered several teams in recent years and if numbers are short, it is possible for individuals to compete in more than one team.

London Cross Country Champs

19 November

These champs will be held at the usual venue of Parliament Hill Fields on 19 November with the women starting at 1.15pm and the men at 2pm.
To enter contact your captains by the 29 October latest.
Note: the BMAF relays will take place on the same day at Long Eaton, and we will be contacting people shortly with a view to entering several vets teams. The venue is easy to get to and the event is a priority for the club.

South Of Thames 5 Miles

26 November

We have just been informed that the venue for the South of Thames 5 mile race on 26 November has been moved from Ham Lands and will now be in the grounds surrounding the National Trust property, Polesden Lacey, the course that was used last year.
To enter contact your captains by 15 November latest

Help needed at ladies cross country on Saturday 15th October

Epsom and Ewell are hosting but more help is needed. Are there any men who may be coming to support of any women who would be able to help?
They need more officials on the finish line to cover such jobs as time keeping, place recording and funnel controllers, plus first aiders.
If you can help you will be needed from 11.30 a.m. to 1.30 p.m. to cover 3 races.

If you can help please let Ange know ASAP
dulwichladiescaptain@gmail.com

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.

To enter contact your captains by 12 October latest.
dulwichladiescaptain@gmail.com
or mcmann90@yahoo.co.uk

BMAF Cross Country Relays

19 November

These cross country relays will be held at Long Eaton once again on 19 November. A number of men have already been contacted for M35+, M45+ and M55+ teams, so please make sure you respond in good time.

This is a high profile event for the club and one that we have been successful with in recent years, picking up medals. It is a fast flat course and with each stage only 3km is a fair bit faster than most cross country races. Once responses have come in, teams will be selected. Travel expenses will be reimbursed.

Ladies will be emailed for their availability very soon so if you are 35+ please have a look in your diaries.
To enter contact your captains by 26 October latest.

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.

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

Tuesday track sessions

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

Club Champs: Urgent Request For Marshals For Burgess Parkrun

Our next club champs race is the Burgess Parkrun on 29 October. Since we will be adding to the usual numbers there, we have been asked to provide assistance with marshalling etc, so could anyone available but not planning to run for any reason please get in touch with me if you are prepared to help out. Apart from helping the organizers, I am sure our runners will appreciate your support. mcmann90@yahoo.co.uk

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

UPDATE

HHH have kindly offered three free places to Dulwich Runners members on a first come first served basis. Rather than sign up online people should email emercaseylondon10k@gmail.com providing names, dob and confirmation that they are club members.
Once these places have gone it will be necessary to enter online in the usual way.

Epsom 10 - New Date 13 November

As many of you will be aware the date of the Epsom 10, the final race of this year's club champs has been brought forward by one week to 13 November.
This is the same weekend as the second Surrey League cross country match, which you are asked to treat as your priority race for the weekend.
Some of you may need to take part in this race to complete the club champs, but there will only be a few cases where a fast time is required.

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

2016		Race		Venue
Oct	15	Surrey League	men **see note page 5**	Richmond Park **4pm start**
	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
	13	Epsom 10 (L)		Epsom
	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 **subject to final confirmation**		Beckenham Place Park
2017				
Jan	7	County Champs		Lloyd Park, Surrey - Kent **tbc**
	14	Surrey League	men	Mitcham Common
	14	Surrey League	women	Ham Lands, Ham
	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.

Yorkshire Marathon

Sunday 9th October 2016

I've read great things about this newish - only the fifth year - marathon through Runnersworld. Plus needed a Y in my marathon alphabet quest.

The Yorkshire marathon is very much a country marathon with only a kilometre or so at the beginning going into the city, passing the grandeur of the York Minster. The rest of the course was out in the Yorkshire countryside with the dales as a backdrop but the course itself being relatively flat. Yes, I've run flatter courses (notably Kingston) but it wasn't a tough one by any stretch.

Very picturesque passing small villages and all on closed roads and lanes.

I was not well trained - it seems awhile since I was for a road race - with just an easy Ealing half and one other training half under my belt since my summer ultras. And so had low expectations but an almost sensible strategy of starting easy and gradually speeding up. Those that know me would know this is not an easy strategy for an impatient runner like me.

"I don't see any need for bananas.."

I started well, running just behind the 3:30 pacer.... who it must be said was a good few minutes ahead quite early on. Kept it steady at that pace to about 10 miles, where I picked it up slightly. Enjoying the occasional rain interspersed with the autumnal sun, and fair temps, it was near ideal conditions.

The gloomy bit was an emotionally tough out and back at 16-20 miles. Having got my pace up, my lack of training showed in the final 6 miles. Great clusters of crowds and excellent refreshment stops (personally, I don't see any need for bananas on a course; plenty of water, lucozade and gels are more than enough). Furthermore, great wife-support provided at mile 23.

The finish, as per the start, is back up (kicker hill) to the University of York's campus. Flash campus too.

So another one ticked off the list. And a recommendation from me: fast flat course, closed roads, country scenery, great marshalling, popular yet not over-crowded, even the t-shirt and medal worthy of keeping! But if you want to do it, find out when entries open and get in early. It sells out within days.

As for the alphabet quest, 4 letters to go: O, Q, U and W...possibly next year.

387 Toby de Belder 3:25:28
3,826 finishers
5k splits: 24:00, 24:05, 23:45, 23:39, 23:05, 23:54, 24:55, 27:10

Veterans Inter Area Cross-Country Wimbledon

October 8

Steve Smythe writes....This event was held for the first time but over the traditional Wimbledon Veterans AC course which is two laps and this time because of the dryness was a very fast surface.
A £10 entry fee to run a team cross-country event is a little steep and put some off but the event was well organised.

W35+/M65 race

Clare started slowly but gradually picked up the pace and went further away as the race progressed beating a W45 from the South West who's also been selected for the international by well over a minute. The time was a new women's course record.
Ange Norris had a very strong run to take third and on this form would be on line for a place in England's W55 team next year as she beat a seasoned W50 international.
Selma wasn't at her very best form but had a solid run.
Mike Mann was a minute down on his January time and was another not at his best but finished as third M55.
Jo Quantrill went the other way though and with a strong second lap was a minute quicker than January while Ros was 43 seconds as she won the W65 race but some way down on her 2015 time.
Clare Wyngard had a steady run but on her own, didn't hit her very best form.

1 Clare Elms	27:44 (1W45)
3 Ange Norris	29:40 (1 W55)
5 Selma Benattia	30:36 (1 W35)
11 Mike Mann	32:02 (3 M65)
15 Jo Quantrill	33:41 (2 W55)
17 Ros Tabor	34:11 (1W65)
22 Clare Wyngard	37:21 (5 W55)

M35+ race

Steve Smythe started fast chasing a fellow M55 who had won the Kent masters M40 championships, the only time in 18 years, he mistakenly had not been entered for the event by Dulwich Runners back in 2003 when in decent shape.

He eventually overtook him and then caught two more M55s on the final hill to finish third M55 in one of his better cross-country races of recent years.
Andy Murray had a good run to go close to Mike's time and was over 30 seconds on what he ran in January.
Ian was pleased with his run in his first race for over six months and he was only 20 seconds down on his time from January 2015.

7 Steve Smythe	28:05 (3M55)
18 Andy Murray	32:39 (4 M45 (tm)
22 Ian Sesnan	34:55 (6 M45 (tm)

ERRA National Road Relay Champs (5.9k) Sutton Park

Saturday 8th October

Having just about qualified a couple of weeks ago for the National Road Relays for the first time in the history of Dulwich Runners we really were duty bound to send a team to do battle with the best the country has to offer. This event is one of the stand-out dates in club athletics and the traditional home of the National Relays, Sutton Park, was packed with 82 teams of senior men taking part, and that was besides the women's and younger age group races too.

Many legends have ran for their club here, including the likes of Foster, Coe, Ovett, Moorcroft, Radcliffe and Farah just to name a few. I can't say I recognised him, but 82-year-old Basil Heatley was pointed out to me spectating at the event. What did he do? Only break the marathon world record in 1964 (2:13:55) and then win Olympic silver behind Abebe Bikila in Tokyo. Olympian participation this year was down to Andrew Butchart, 6th in the Rio 5000m a couple of months ago, who stormed round fastest of the day in 16:29, just missing the course record. Anyway, I merely point all this out to show that we were not likely to be vying for honours. In fact, we were mainly hoping that we could avoid finishing last, and that was a real possibility, not helped by the loss from our qualifying team of Alastair Locke, Paul Devine and fastest man Tim Bowen. None of these were available; after all, the notion of qualifying for the National hadn't been entertained and nobody thought to keep the date free.

In the end we got a team together by drafting in Andy Bond (special thanks as he had to scarper quickly to get back for a family commitment), Mark Lacey and me to add to the three survivors from the Bedford team. Some wag (Mike Dodds) surmised that we surely had the widest spread of ages of any team there from Lewis's 18 years to my 54; he was probably right, and not many teams would have included a M40, M45 and M50 either.

Well, we did our best and didn't come last. In fact, everybody ran well up to current form and we finished 76th of 82 teams entered. Lewis had a baptism of fire in this company going off with the mass start; despite putting in a good quality run he could only watch as virtually the entire field ran away from him. He stuck to the task well and handed over to Andy who's on great form currently and produced the Dulwich run of the day.
Even this was only good enough to gain one place but I pulled back another one, despite being 45 seconds slower. Wayne started conservatively (slower than me at 2 miles) but poured it on with a fast second half and moved us up one more. Steve's excellent 5th leg was the most productive, gaining four places to 74th, but we knew Mark would have trouble holding that as a lot of teams put their fastest men on the final leg. Nevertheless, Mark again showed his recent improvement is on track and losing only two places counts as a success.

So, a great day out and well worth it, taking our chance to be part of a great event. Even Wayne 'comedy gold' Lashley missing the train didn't dampen the spirits as despite catching the next one he got to the park before us – how did he do that? -
Tony Tuohy

76 Dulwich Runners AC 2:03:25

Lewis Laylee	(81)	20:22
Andy Bond	(80)	20:09
Tony Tuohy	(79)	20:54
Wayne Lashley	(78)	20:26
Stephen Davies	(74)	20:31
Mark Lacey	(76)	21:03

82 teams took part
1st Cardiff AC 1:45:52
2nd Swansea Harriers 1:45:55
3rd Liverpool Harriers 1:46:20

Duncan Hussey adds...
What a contrast to the SouthernRoad Relays - atmosphere, interesting course, commentary, prompt results, sunny day and fantastic racing with top names present.
Apart from seeing the wonderful Andy Butchart majestically flowing down the back half of the course, it was a pleasure to see the Dulwich team putting in a top performance against very strong opposition.
Oscar had run a little earlier in the U17 event and whilst he overtook eight teams on the second leg, as I said beforehand, it can deceptive as it doesn't necessarily mean you run as quick as you want to! Still a decent effort with a time of 13.11 for the 3.88km course.

Masters International

Congratulations to Clare Elms and Ros Tabor who have both been selected for England's team in the Masters International at Glasgow next month. Clare leads the W50 team as she goes for her third successive victory while Ros runs in the W65s. where she has medalled the last few years

Crystal Palace Canter 5K

5	Jo Quantrill	23:19 2nd claim
6	Mike Dodds	24:02
7	Claire Steward	24:07
9	Ros Tabor	24:59

18 ran

Masters Inter-Area Cross Country Challenge

8 Oct

This event hosted by Vets AC on Wimbledon Common was a contest between the area masters clubs nationally. This was the first time it had been staged and it is intended to continue it in the future at venues tbd. The course was the usual Vets AC 7km course and ground conditions were firm throughout. The field was divided into two races, though in the event a single race would have worked better, with fewer competitors left isolated.

In the first race consisting of all the women and M65s+, Clare Elms ran a controlled race to finish outright winner, despite being led by an over ambitious club colleague on the early descent. Ange Norris had an excellent run, finishing 3rd and first W55 by a big margin. Not far behind was an improving Selma Benattia, who was 1st W35.

After practicing his downhill running early on, Mike Mann lost the plot for a while running alone, but was spurred into action after being being passed by a fellow M65 early in the second lap, and ending narrowly ahead after several changes in position. Second claimer, Jo Quantrill and Ros Tabor ran together for much of the race, with Jo pulling ahead of a slightly below par Ros later on. Clare Wyngard was solid as usual, but slightly down on her recent Titsey run.
The remaining men took part in the second race. Steve Smythe continued his recent strong form to finish 3rd M55, while Andy Murray saw an improvement on his Titsey performance. Ian Sesnan also had a strong run, no doubt benefitting from recent track, hill and grass sessions. Thanks to Stephanie Burchill for her lonely marshaling duties and to Jim Dowsett for his support on the course.

- Mike Mann

Race 1

1 Clare Elms	27:44	
3 Ange Norris	29:40	(1st W55)
5 Selma Benattia	30:36	(1st W35)
11 Mike Mann	32:02	(3rd M65)
15 Jo Quantrill	33:41	(3rd W55)
17 Ros Tabor	34:11	(1st W65)
22 Clare Wyngard	37:21	

Race 2

7 Steve Smythe	28:05	(3rd M55)
18 Andy Murray	32:39	
22 Ian Sesnan	34:55	

Fast and Furious Duathlon Eynsford

October 9

This low key but well organised event has traditionally seen a number of Dulwich Runners participate. It has a very good just short of 3 miles road course and then a straightforward but testing bike ride to Sevenoaks and back. 50 took part - well up on the 20 or so who ran back in April. It was a very chilly start at 8.30am.

Tony had a very good competition, being well up on the run and well placed and then in a strong ride to actually take the lead before the final three mile run. His legs didn't fully recover from the bike though and he was overtaken by one runner on the first half and then a second late on the run. He was around 80 seconds slower on his second run and missed out on overall victory by just 33 seconds. He was first Vet (and first M50) by two minutes.
It was his slowest but first for four years but compares well with his previous efforts.
(2009: 69:22, 2010: 69:36, 2011: 68:27, 2012: 68:44).

Steve Smythe didn't do his slowest time - he was at least slightly quicker than he was back in April when very unfit (previous 2009 - 9th 70:50, 2010 - 12th 72:13, 2011 - 13th 72:42, 2012: 14th 75:10, Apr 2016 9th 81:17) but it was still a very poor effort.

Struggling with a medical niggle, he was unable to run like Saturday and his first kilometre on the road was a minute slower than he had been in the x-country the day before and though he slightly picked up he was well down on his expected time. It got even worse though at the start of his bike ride as he first set off without his cycling helmet and had to go back to transition and then back to registration to try and find it (!) and lost around 4 minutes. Once actually riding, though losing interest he made up six places and had a good second transition but his second run was two minutes worse than the first and though he caught two, he lost two places on the second half.

Mick Ward wasn't able to match his best times from the past as he isn't yet in his strongest runninng form but he felt he had a strong bike ride.
Clare Wyngard was possibly a little tired from her run the day before and wasn't at her very best and just lost out on being first W50 (but like Steve was first W55). ***- Steve Smythe***

3 Tony Tuohy	69:48 (1M50)	(17:02, 1:00, 32:54, 0:30, 18:22)
18 Steve Smythe	80:29	(19:00, 1:00, 4:00, 35:00, 0:30, 21:00)
26 Mick Ward	85:15	
35 Clare Wyngard	91:41 (7W)	

Oxford 1/2M

9 October

This year the Oxford half marathon start was moved to Broad Street, efficiently dividing people into pens from A to I. I was in C and was able to get off to a good start as we wended our way around colleges, past the Pitt Rivers museum and out on to the Banbury Road through Summertown.

A feature of the course is that you see the lead runners heading towards you after they have done the U-turn at the end of the Banbury Road, but you then realize you cannot be all that bad as thousands of people are still heading up the road as you yourself pass the five mile mark. The same thing happens on the stretch out to Marston, which marks the half-way mark.

I kept a fairly even pace according to my plan and I could go faster than the recent Kingston half. I found it helped keeping to the middle of the road where possible rather than being on a camber. The last part is a nice route through the botanical gardens, then out and round the iconic Radcliffe Camera to the finishing line on Broad Street.

It was all well arranged, with bottles of water, sports drinks and jelly babies along the way. The race village was good with changing facilities and an efficient bag drop. You do need to allow time to get from place to place, starting with the Park and Ride or trip from the train station. And Broad Street proved not quite broad enough to cope easily with the flow of people once they had finished the race.

834 Gideon Franklin
97:42
7,643 ran

Ferns 1/2M Ferns, Co.Wexford Ireland

9 October 2016

After changing plans to run the Ealing half this year, a desperate search round for an October half marathon to fit in my with some hectic travel plans yielded this surprise result for the weekend I was visiting my parents in Dublin. Advertising itself as a prep race for the Dublin Marathon, this was a well organised but pleasantly (very) small half with 137 runners.

With good conditions on the day the only real problem was that the town of Ferns is on top of a hill – guaranteeing an uphill finish. So it was a relatively pleasant run for the first 9miles - undulating but definitely erring on the downhill – on open but quiet country roads. There was plenty of local support out too - most of whom seemed to be operating official or unofficial water stands.

I gave up any hope of keeping in touch with the leader 30seconds in and settled into second place where I stayed for the rest of the race. The local organising club, Sliabh Buidhe Rovers AC (named for a nearby mountain), had a big turnout and some competitive runners two of whom caught up with me after a few miles. They helped keep my pace up but I was able to drop them quickly after the ninth mile as we hit some uphill and a sharp turn off the scenic back road and into the hard shoulder of a busy main road.

From there it was a pretty grim gradual uphill back to town. The leader was a good minute ahead of me and with no hope of catching him, it was a case of grinding out the last miles for a PB by a minute or so – followed by a very nice old school spread of tea, fruit tarts and white bread sandwiches (ham, egg, or cheese and onion crisps) back at the town's boxing club. Generous prizes too for such a small event.

2 Tim Bowen 72:56 PB
137 ran

Greensand Marathon

9 October 2016

Claire Steward writes: Having done the Picnic Marathon (three times), the OlymPicnic Ultra (special for 2012), as well as the Midsimmer Munro and Leith Hill Half Marathons, I guess you could say I'm a fan of Rob McCaffrey's 'Trionium' races. The Greensand Marathon was the one missing from my repertoire and when he announced that this year would be the final staging of this iconic race, due to rising costs, I knew I had to do it. It's an out-and-back course starting from the Nower in Dorking, run on footpaths and bridleways via Westcott, Coldharbour, Leith Hill, Somerset Hill, Holmbury Hill, Pitch Hill, Reyards Hill and Winterfold Hill. A half marathon sets off thirty minutes later.

Given my distrust of Sunday train services and knowing that driving home after several hours of off-road hills is a recipe for excruciating leg cramps, I took the sensible decision to stay the night in Dorking. The fire alarm went off at 7:00 – not the relaxed start I envisaged. It was a false alarm (of course) and the poor girl on reception was struggling to sort it out so I volunteered to take over repeatedly pressing the reset button while she went for help and finally turned it off. I had a shower, ate my breakfast which I had taken with me, and took a cab to the HQ at Priory School to save myself a 30 minute walk.

After the race briefing, and a wobbly rendition of Jerusalem (one of Rob's traditions), we were off and within a few minutes I was right at the back wondering what on earth I had undertaken but I slowly picked my way through the field and generally got into my groove. The weather was perfect, the views stunning and the course a good mix of paths, ruts, mud, steps, sand, grass, tree roots and rocks.

All went well until a lapse of concentration at 16.5 miles and I was on the ground with a muddy bruised shoulder and a bashed cheekbone but no real damage so I carried on, finishing strongly within my target time of under five hours. It's worth noting the course record of 2:54:50 by Julia Bleasedale in 2014, an astonishing time given the terrain. The route was marked by arrows sprayed onto the ground, yellow tape tied around branches and fences, with marshals and water stations at frequent intervals. As seems usual, there were some idiots around who think it's amusing to remove the tapes, plus a local horse-rider who took down tape saying that it 'scared the horse'. Apparently a few runners did go off route (and one was disqualified for being rude to the marshals) but I only had doubts about the route a couple of times, due more to my marathon-marshmallow-brain rather than inadequate signage.
Back at the school we were treated to brunch of bacon, egg, toast and tomatoes washed down with fruit juice and coffee. I was offered a lift back to Croydon and as we were setting off we spotted Rob loading up his van at the finish and went to help. The final runner still hadn't arrived so we waited until he appeared and I ate an entire pack of Jaffa cakes to pass the time.

Greensand stats:

Winner:	3:23:59
Me: 53rd overall (W6)	4:51:32
Last finisher (84th)	6:37:44

Croydon 10k

9 October

Peter Jackson writes....this used to be a popular local event for DRs a few years ago but recently seems to have fallen out of favour, which is a shame as its a well marshalled event and although its an undulating course it is possible to run a fast time. I was joined by Paul,who wanted to run a short distance as a break from all his recent marathon training.
He ran the first half steady and the second half harder so was pleased with his time around 52 mins. I was more than happy to break 54 mins as I was hoping for about 55 and my time was more than 2 mins quicker than last year.

Winners time	32.51
Paul Keating	51.55
Peter Jackson	53.35

422 finishers

Club Championship after 7 Events

Attached are the full age group and overall (age graded) championship tables after 7 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 Katie Styles 4 195
3 Fiona Askew 3 147

WOMEN V40-49

1 Lindsey Annable 6 231
2 Joanne S-Pereda 4 182
3 Michelle Lennon 3 147

WOMEN V50

1 Clare Elms 6 256
2 Ros Tabor 5 245
3 Lucy Clapp 5 244
Also Clare Wyngard 6 243
Claire Steward 5 228

MEN SENIOR

1 Tim Bowen 6 256
2 Paul Devine 6 249
3 Mark Lacey 6 246
Also James Burrows 4 192
Lewis Laylee 3 150

MEN V40-49

1 Stephen Davies 6 255
2 Ian Lilley 7 250
3 Charles Lound 5 247
Also
Jim Dowsett 6 235
Hugh French 5 231
Lloyd Collier 3 152

MEN V50-59

1 Ebe Prill 7 255
2 Steve Smythe 5 246
2 Gideon Franklin 6 241
3 Graham Laylee 5 226
Also Tony Tuohy 4 204

MEN V60

1 Andy Murray 7 232
2 Barrie J Nicholls 7 222
3 Mike Mann 4 188

OVERALL AGE GRADED CHAMPIONSHIPS

Age grade % x 1000 (events/points) [Titsey scores were upgraded by 6.5% for course difficulty]

1 Clare Elms 5 4711
2 Ros Tabor 5 4686
3 Claire Steward 5 4134
4 Stephen Davies 5 4117
5 Charles Lound 5 4105
6 Tim Bowen 5 3987
7 Steve Smythe 5 3980
8 Ebe Prill 5 3958
9 Clare Wyngard 5 3903
10 Paul Devine 5 3874
Also
Tony Tuohy 4 3448
Mike Mann 4 3303
Gary Sullivan 4 3165

Remaining events are :
Burgess Parkrun 5k (short) 29 October
10 miles (long) Epsom 13 November
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 7 events, including marathons to date.
The points can change according to marathons later in the year.

2016 Club Championship Within Age Groups After 7 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												
1605	Selma Benattia	49	42	48	50		48				5	242
1499	Katie Styles	48	45		48				50		4	195
1670	Fiona Askew		48				47	49			3	147
1332	Melanie Edwards	50		43			50				3	146
1056	Eleanor Simmons		44	47					49		3	143
1591	Laura Vincent		41	42	47						3	133
1389	Elkie Mace		50	50							2	102
1711	Rebecca Schulleri			45	49						2	96
1261	Sue Cooper	47						47			2	96
1445	Lucy Elms		46	41							2	89
1592	Karina Burrowes		43	44							2	89
1684	Roz Johnson							50			1	51
1609	Claire Baglin		49								1	50
1269	Kim Hainsworth			49							1	50
1555	Helen Lister						49				1	50
1682	Tessa Morrison							48			1	49
1418	Anna Thomas		47								1	48
1625	Niamh Falconer			46							1	47
1683	Hannah Harvest							46			1	47
1679	Laura Coote							45			1	46

WOMEN V40												
793	Lindsey Annable	43	[41]	44	47		45		46		6	231
1277	Joanne S.-Pereda	45	42				47	44			4	182
1426	Michelle Lennon	48	49					47			3	147
1589	Sharon Erdman		40					43			2	85
525	Andrea Pickup			50							1	51
1125	Emily Gelder							49			1	50
1131	Emma Ibell	49									1	50
575	Ola Balme		48								1	49
1552	Yvette Dore			48							1	49
835	Louisa Pritchard		43								1	44
WOMEN V50												
1172	Clare Elms	50	50	[42]			50	50	50		6	256
369	Ros Tabor	47	47	49	50				47		5	245
1608	Lucy Clapp		46	47	49		49		48		5	244
313	Clare Wyngard	46	[45]	46	48		48		49		6	243
779	Claire Steward	44	44	43			46	46			5	228
1596	Lucy Pickering			45				45			2	92
163	Angie Norris							48			1	49
MEN SENIOR												
1612	Tim Bowen	50	50	[44]	50		50	50			6	256
1438	Paul Devine	47	48	49	49			[46]	50		6	249
1635	Mark Lacey	48	[46]		47		48	48	49		6	246
1476	James Burrows	46		48			47	47			4	192
1528	Lewis Laylee	49		50	48						3	150
1524	Kevin Chadwick		45		45			41			3	134
1578	Matthew Ladds	44	41	45							3	133
1479	Alastair Locke						49	49			2	100
1292	Buzz Shephard		49								1	50
1280	Wayne Lashley		47								1	48
9996	Jonathan Whitaker			47							1	48
1676	Shane O'Neill				46						1	47
9997	Sam Mattu			46							1	47
1575	Ross Rook	45									1	46
1712	Gregory Hills							45			1	46
1704	David Stone		44								1	45
1710	David Haviland				44						1	45
1510	Sam Crump							44			1	45
1216	Edward Smyth		43								1	44
1708	Paul Greenhalgh							43			1	44
9995	Kamal Lewis-Gopie		42								1	43
1557	Toby de Belder							42			1	43
1550	Martin Double		40								1	41
1651	Stuart Erskine							40			1	41
1565	Des Edwards							39			1	40
MEN V40												
1509	Stephen Davies		50	[49]	50		50	49	50		6	255
1495	Ian Lilley	49	[47]	[46]	49		49	47	49		7	250
1006	Charles Lound	48	48	48				50	48		5	247
1456	Jim Dowsett		45	[43]	48		47	43	46		6	235
1569	Hugh French	45	43	45	47		46				5	231
1439	Mark Foster	47	46	47					47		4	191
990	Lloyd Collier	50	49	50							3	152
1331	Cameron Timmis	46	44	44							3	137
1288	Tom Marshall							48			1	49
1627	Holger Betz						48				1	49
1658	Tom Wilson							46			1	47
1641	Mark Callaghan							45			1	46
1675	Grzegorz Galezia							44			1	45
1090	Paul Keating		42								1	43
1691	Miles Griffies							42			1	43
MEN V50												
1346	Eberhard Prill	49	49	[49]	50		50	50	[48]		7	255
427	Stephen Smythe	48	48	47				49	49		5	246
1560	Gideon Franklin	46	[44]		48		47	48	46		6	241
538	Graham Laylee	44	43	43	47		44				5	226
314	Michael Dodds	39	40	42	44				42		5	212
361	Tony Tuohy	50	50	50					50		4	204
1369	Gary Sullivan		47	38			49		47		4	185
1333	Ameet Patel	40		41	43		42				4	170
136	Michael Fullilove			45			48	47			3	143
858	Joseph Brady		39	39							2	80
1070	Duncan Wilson				49						1	50
1470	John English			48							1	49
756	Chris Loizou	46									1	47
1305	Graham Stanton						46				1	47
1643	Adrian Ward	42									1	43
MEN V60												
370	Andrew Murray	[43]	[42]	44	46		45	46	44		7	232
568	Barrie J. Nicholls	41	[41]	[40]	45		41	45	43		7	222
508	Mike Mann	47	46	46					45		4	188
764	Neville Webb		45								1	46
245	Robert Bell						43				1	44
634	Peter Jackson								41		1	42
	98	37	53	47	27	-	29	41	24	-	258	

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
1172	Clare Elms	932	936	995			914	[908]	936		5	4,711	942
369	Ros Tabor	922	921	1,012	942				889		5	4,686	937
779	Claire Steward	809	849	851			806	818			5	4,134	827
1509	Stephen Davies		847	849	806		[786]	787	827		5	4,117	823
1006	Charles Lound	791	855	811				854	794		5	4,105	821
1612	Timothy Bowen	775	821	816	804		771	[766]			5	3,987	797
427	Stephen Smythe	777	824	807				768	804		5	3,980	796
1346	Eberhard Prill	797	799	803	[743]		779	781	[751]		5	3,958	792
313	Clare Wyngard	776	771	788	773		[752]		794		5	3,903	781
1438	Paul Devine	742	788	805	773			[718]	767		5	3,874	775
1495	Ian Lilley	778	770	[690]	[733]		735	734	777		5	3,795	759
1608	Lucy Clapp		755	790	764		724		758		5	3,790	758
1635	Mark Lacey	748	757		[721]		746	724	749		5	3,724	745
370	Andrew Murray	[729]	742	743	741		739	[667]	732		5	3,697	739
1560	Gideon Franklin	711	724		[706]		731	721	716		5	3,602	720
1605	Selma Benattia	723	729	720	722		697				5	3,590	718
538	Graham Laylee	727	720	691	716		704				5	3,558	712
568	Barrie John Nicholls	675	712	691	702		[650]	[602]	696		5	3,477	695
361	Tony Tuohy	855	873	858					862		4	3,448	862
793	Lindsey Annable	662	686	688	689		643		[607]		5	3,368	674
1456	Jim Dowsett		672	682	659		674	[624]	651		5	3,337	667
314	Michael Dodds	647	680	666	668				667		5	3,329	666
508	Mike Mann	823	834	849					797		4	3,303	826
1369	Gary Sullivan		805	810			779		771		4	3,165	791
1569	Hugh French	587	612	654	557		552				5	2,961	592
1476	James Burrows	725		758			720	726			4	2,929	732
1439	Mark Foster	694	751	739					709		4	2,894	723
1499	Katie Styles	703	688		690				715		4	2,796	699
1277	Joanne S-Pereda	660	656				644	585			4	2,544	636
1333	Ameet Patel	616		639	611		598				4	2,464	616
990	Lloyd Collier	779	821	843							3	2,443	814
1528	Lewis Laylee	760		799	735						3	2,294	765
1426	Michelle Lennon	769	780					723			3	2,272	757
1332	Melanie Edwards	784		707			752				3	2,243	748
136	Michael Fullilove			754			733	685			3	2,172	724
1056	Eleanor Simmons		685	715					687		3	2,087	696
1670	Fiona Askew		741				651	653			3	2,045	682
1524	Kevin Chadwick		747		710			587			3	2,044	681
1331	Cameron Timmis	650	676	657							3	1,984	661
1591	Laura Vincent		672	655	646						3	1,973	658
1578	Matthew Ladds	616	629	633							3	1,877	626
1389	Elkie Mace		831	786							2	1,617	808
1479	Alastair Locke						762	754			2	1,517	758
1445	Lucy Elms		724	706							2	1,430	715
1596	Lucy Pickering			732				667			2	1,399	700
858	Joseph Brady		676	683							2	1,359	680
1711	Rebecca Schulleri			641	692						2	1,333	667
1261	Sue Cooper	699						538			2	1,238	619
1592	Karina Burrowes		588	591							2	1,179	589
1589	Sharon Erdman		616					547			2	1,163	581
525	Andrea Pickup			821							1	821	821
163	Angie Norris							819			1	819	819
1292	Buzz Shephard		817								1	817	817
1470	John English			779							1	779	779
764	Neville Webb		776								1	776	776
575	Ola Balme		773								1	773	773
1280	Wayne Lashley		769								1	769	769
1609	Claire Baglin		761								1	761	761
1125	Emily Gelder							758			1	758	758
1269	Kim Hainsworth			757							1	757	757
1131	Emma Ibell	753									1	753	753
1288	Tom Marshall							745			1	745	745
1704	David Stone		742								1	742	742
756	Chris Loizou	736									1	736	736
1627	Holger Betz						731				1	731	731
1552	Yvette Dore			727							1	727	727
1575	Ross Rook	716									1	716	716
1555	Helen Lister						708				1	708	708
1070	Duncan Wilson				704						1	704	704
1676	Shane O'Neill				702						1	702	702
1658	Tom Wilson							702			1	702	702
1418	Anna Thomas		695								1	695	695
245	Robert Bell						689				1	689	689
9996	Jonathan Whitaker			685							1	685	685
1305	Graham Stanton						684				1	684	684
1641	Mark Callaghan							679			1	679	679
1675	Grzegorz Galezia							676			1	676	676
835	Louisa Pritchard		671								1	671	671
1684	Roz Johnson							667			1	667	667
1550	Martin Double		665								1	665	665
1625	Niamh Falconer			656							1	656	656
9997	Sam Mattu			656							1	656	656
1712	Gregory Hills							654			1	654	654
1216	Edward Smyth		647								1	647	647
1710	David Haviland				637						1	637	637
1708	Paul Greenhalgh							636			1	636	636
1643	Adrian Ward	636									1	636	636
1510	Sam Crump							634			1	634	634
9995	Kamal Lewis-Gopie		631								1	631	631
634	Peter Jackson								616		1	616	616
1557	Toby de Belder							608			1	608	608
1090	Paul Keating		600								1	600	600
1682	Tessa Morrison							578			1	578	578
1691	Miles Griffies							552			1	552	552
1683	Hannah Harvest							514			1	514	514
1651	Stuart Erskine							501			1	501	501
1565	Desmond Edwards							454			1	454	454
1679	Laura Coote							435			1	435	435
	98	37	53	47	27		29	41	24		241		

parkrun

Octber 8th

Ashton Court
447 ran

Pos	Gen		
170	141	Barnes Stringer	25:44

Brockwell
217 ran

Pos	Gen		
5	5	Tim R Taylor	18:18
43	3	Rebecca Schulleri	21:30
53	5	Lucy Pickering	21:57
59	53	Graham Laylee	22:07
79	12	Ruth Bennett	23:13

Bromley
564 ran

Pos	Gen		
68	66	Jim Dowsett	21:13

Brighton & Hove
391 ran

Pos	Gen		
237	57	Charlotte Boden	26:35

Burgess
177 ran

Pos	Gen		
3	3	Ian Lilley	18:03
169	101	Barry Evans	35:36

Cardiff
742 ran

Pos	Gen		
180	23	Laura Vincent	23:06

Crystal Palace
218 ran

Pos	Gen		
23	21	Paul Hodge	21:42
55	50	Simon Lang	23:00
60	6	Belinda Cottrill	23:15
61	55	Andy Cottrill	23:21
117	25	Joanne Shelton Pereda	26:07
143	106	Bob Bell	27:48
145	108	Paul Hilton	28:00

Dulwich
241 ran

Pos	Gen		
9	9	Andrew Shreeve	17:47
15	15	Michael Williams	18:39
24	1	Alexie Shaw	19:29
27	26	Simon Burnett	19:52
37	36	Sam Mattu	20:21
61	6	Sandra Marie	21:55
76	68	Duncan Wilson	23:04
82	70	Michael Dodds	23:13
97	14	Claire Steward	23:36
145	117	Andrew Hollister	26:18
161	126	Mick Mead	26:54

Hilly Fields
237 ran

Pos	Gen		
2	2	Alastair Locke	17:56
15	15	Gary Sullivan	20:06
75	70	Matthew Ladds	24:01

Mile End
212 ran

Pos	Gen		
12	12	Martin Holt	18:32

Osterley
113 ran

Pos	Gen		
29	25	Barrie John Nicholls	23:46
38	5	Lindsey Annable	24:19

Peckham Rye
140 ran

Pos	Gen		
3	3	Kevin Chadwick	18:35
28	2	Michelle Lennon	21:45

Royal Tunbridge Wells
204 ran

Pos	Gen		
72	63	Rafe Collier	25:28
73	64	Lloyd Collier	25:32
189	63	Rhoda Collier	36:39

Tilgate
502 ran

Pos	Gen		
70	57	Gary Budinger	23:40

Tooting Common
399 ran

Pos	Gen		
8	8	Thomas Rann	18:27

Wakefield Thornes
221 ran

Pos	Gen		
70	6	Claire Barnard	26:18

CLUB CHAMPS:URGENT REQUEST FOR MARSHALS FOR BURGESS PARKRUN

Our next club champs race is the Burgess Parkrun on 29 October. Since we will be adding to the usual numbers there, we have been asked to provide assistance with marshalling etc, so could anyone available but not planning to run for any reason please get in touch with me if you are prepared to help out.
Apart from helping the organizers, I am sure our runners will appreciate your support. mcmann90@yahoo.co.uk

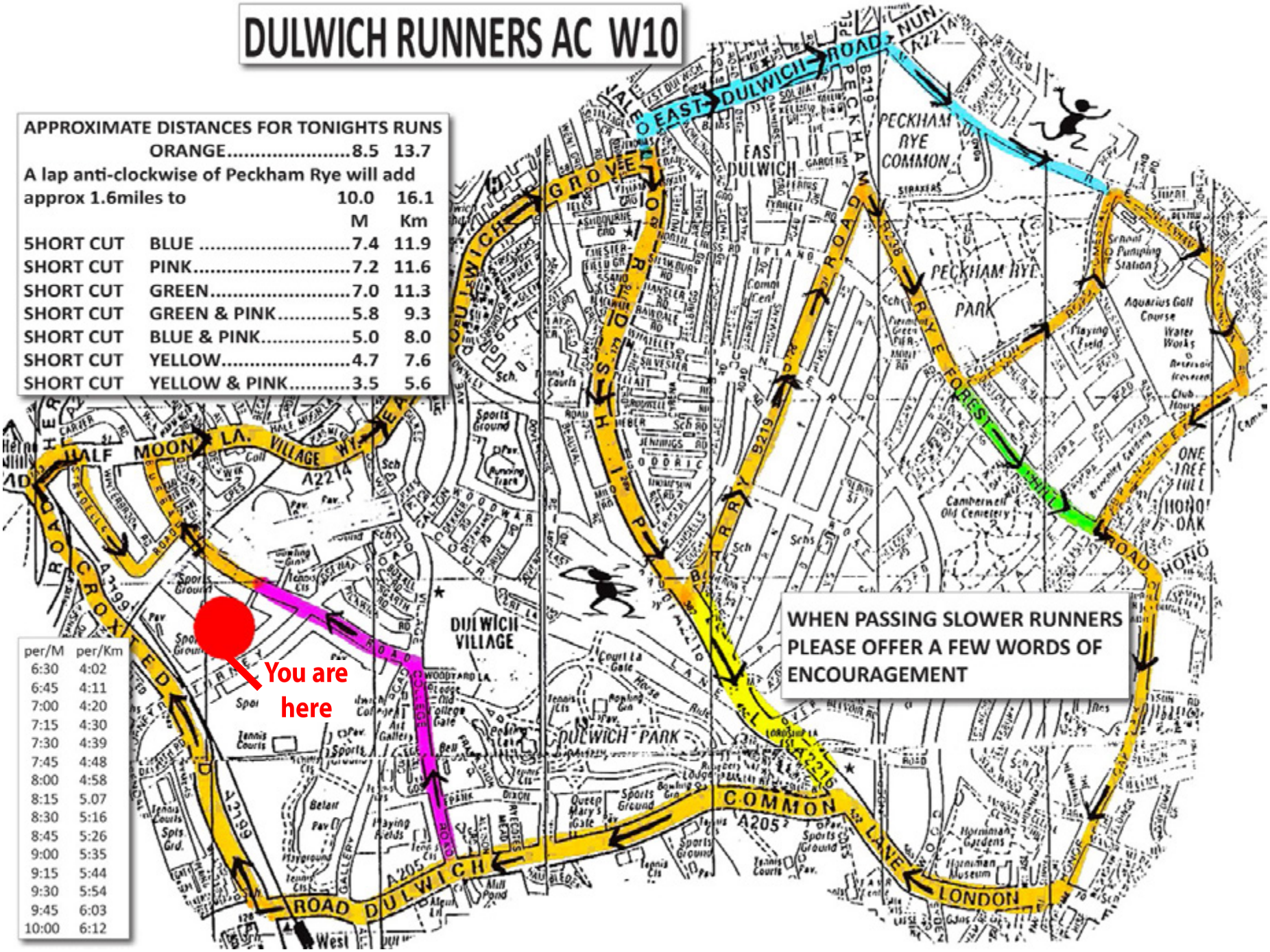
New members especially ! and others....

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 W10

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
	ORANGE	8.5	13.7
A lap anti-clockwise of Peckham Rye will add approx 1.6miles to		10.0	16.1
SHORT CUT	BLUE	7.4	11.9
SHORT CUT	PINK	7.2	11.6
SHORT CUT	GREEN	7.0	11.3
SHORT CUT	GREEN & PINK	5.8	9.3
SHORT CUT	BLUE & PINK	5.0	8.0
SHORT CUT	YELLOW	4.7	7.6
SHORT CUT	YELLOW & PINK	3.5	5.6



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