DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
May 3 2017

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

- THE COMING WEEK –

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

Thu 4 **Assembly League** - Victoria Pk, Hackney
For all members all abilities, free to enter

Tue 9 **Dulwich College Track** - cost £1 per session
Start with a warm up at 7:10pm then first part of session will be on grass,second on the track.

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Fixture list, club champs, road, XC, etc
5 Race reports & results
8 Club Champs marathon standings so far
9 Parkrun results
10 Wednesday map

And much more !

Click to SUBSCRIBE or UNSUBSCRIBE
www.dulwichrunners.org.uk/index.html

You can follow us on

TRACK SESSIONS

At Dulwich College track on College Road.
Warm up taken by **Elkie Mace** consisting of various drills and stretches etc will start around 7.10pm..
The main session taken by **Steve Smythe** will be part grass and part track and more suitable for all levels of ability than the Crystal Palace sessions.

------- EVENT HORIZON -------
A brief look ahead

May 4 Assembly League - Victoria Pk, Hackney
May 20 British Masters Relay - Sutton Pk, Midlands

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

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 Rebecca Schulleri for taking out new runners last week.
If you're on the list, please try and turn up that night and make sure anybody new has someone to run with.
If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – Ros

Lloyd Collier	**3/5**
Natalie Davys	10/5
Yvette Dore	17/5
Sharon Erdman	24/5

LUCKY VEST

Tonight in the clubhouse

Wear your Dulwich Runners vest for the club run on the first Wednesday of any month and you will go into a free draw and could win the £5 cash spot prize.
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

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

P
O
T

Watch this space for future events.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings after the Wednesday run. Arrives close to 9pm and the cost is **£6.00**
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 from Ros
ros.tabor49@gmail.com

SHORTS!

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

Socks only £5

Keep dry in a Dulwich Runners waterproof jacket. 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

Dear Dulwich Runners

Thank you so much for the flowers you sent on the anniversary of José's death. They were beautiful. It feels like he only died a couple of months ago rather than a year ago.

The Club was such a big part of José's life for so many years. He was as much involved with its social side as with the running and the support you all gave him when he became paralysed and brain-damaged was invaluable to him in battling with his psychological trauma as well as his medical challenges. He was extremely grateful for the home and hospital visits from club friends - he knew Stanmore wasn't the easiest place to get to, particularly after work in the evening!

José was very humbled by the Club's fundraising activities and donations for the various equipment and was speechless at your generosity. Your support was also a reassuring comfort to us, his family, knowing you were there for him, but it also gave us a bit more headspace to tackle many of other things he needed. It was an honour for me to be part of his fundraising committee - I was acutely conscious and so very grateful of the extra time the committee put into those evenings after a run - it was getting late, it was cold and dark outside and everyone had to go to work the next day and long journeys to get home.

Donating to Stanmore and dedicating a Club award in his name is a such a wonderful tribute to him - he always encouraging others in their physical challenges and you gave it back to him in truck-loads when he needed it most - and so, with the deepest sincerity I say his family will never forget everything you did for him. We send the Club our heart-felt thanks and wish you all the best in your personal and Club challenges.

With all my love - Georgina, José's sister

Very short notice – more ROCK with English Rogues this Saturday!

After the triumphant blast in Beckenham at the weekend the Rockphone rang while I was at track on Tuesday – drummer required, this Saturday 6th May 9pm, can you do it? Of course I can, thundering sticks to the rescue! We're at The Black Cat, 9 Winslade Way, Catford, London SE6 4JU and entry is free! https://goo.gl/maps/bhuHoS3b2sJ2
If you still don't know what we do, I refer you to last week's copy of Shorts...

Slightly rash to accept this one – I may be in trouble to make the early start of the Darent Valley 10k on Sunday... but it's only rock 'n' roll and I like it!
T***ony 'Thundersticks' Tuohy***.

Dulwich Runners 2017 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.

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

		Race	Venue	
May	4	Assembly League	Victoria Pk, Hackney	
	20	British Masters Relay	Sutton Pk, Midlands	
	22	Blackheath& Bromley Open Meeting	Norman Park	
	24	BMC/ Cambridge Harriers Open Meeting	Eltham	
Jun	1	Assembly League incorporating Club champs 5k	Battersea Park	
	4	Surrey Masters Track and Field Championships	Ewell	
	12	Blackheath & Bromley Open Meeting,	Norman Park	
	21	BMC/Cambridge Harriers Open Meeting	Eltham	
Jul	6	Assembly League	O2, Nth Greenwich	tbc
	12	Dulwich Runners Midsummer relays 3 x (approx) 1m laps	Dulwich Park	
	14	Mark Hayes Mile	Dulwich Track	
	21	Mile club champs - SOAR Mile	Battersea Park	
	27	Assembly League	Victoria Pk, Hackney	tbc
Sep	7	Assembly League	Beckenham	tbc
	10	MT 5 mile race, organised by TH&H	Wimbledon Common	
Oct	1	Sittingbourne 10	Sittingbourne	

2017 CLUB CHAMPIONSHIPS

1	Jun	Assembly League 5k, Battersea Pk	S
21	Jul	SOAR Mile - Battersea Park	S
10	Sep	Thames Hare & Hounds MT 5m, Wimbledon Common	L
1	Oct	Sittingbourne 10	L

Note that the 5 mile MT race will be classified as a long race.

Mile Club Champs, SOAR Mile, Battersea Park -21 July

Good news! We have now filled the one outstanding gap in the 2017 club championships programme. We will be using the SOAR Mile taking place on the track at Battersea Park on the evening of 21 July as our mile club champs event.
There will be 10 seeded races with up to 20 in each race. Entries are due to open next week. The Mark Hayes Mile will take place as planned a week earlier on 14 July on Dulwich College Track. It will be in your own interest as well as the family of Mark Hayes to support this event. There will be a social event to follow after the race.
Details will be available soon. If you want to achieve a good time in the SOAR Mile, the Mark Hayes Mile will provide ideal practice, as it is difficult to get the pace exactly right in your first attempt.

Assembly League Races

These races will take place on the first Thursday of each summer month starting from April, with the exception of the August race which has been brought forward to the final Thursday in July.
Some venues are yet to be confirmed but most, if not all, are likely to be the same as in 2016. The race at Battersea Park on 1 June will be used as our 5k club champs. The confirmed dates and provisional; venues will be as follows:

May 4	Victoria Pk, Hackney
June 1	Battersea Park
July 6	O2, North Greenwich
July 27	Victoria Pk, Hackney
Sept 7	Beckenham

Assembly league races are free to enter, just turn up on the day. Open to all members whatever your ability.

Details of Assembly league race HQs and starts are as follows:
Victoria Park, Victoria Park Harriers clubhouse located at NE corner of the park, with start inside the park nearby, closest station Hackney Wick
Battersea Park, start near bandstand in centre of park (no HQ)
O2, Start on riverside east of North Greenwich station (no HQ)
Beckenham, race HQ Beckenham Cricket Club, Foxgrove Road, start at SW entrance park at the end of Beckenham Place Park Road

For further information about any races please contact your captains: Ladies: dulwichladiescaptain@gmail.com
Men: mcmann90@yahoo.co.uk

Sat 20th & Sun 21st May

Teams of eleven runners who each run a leg on Saturday and a leg on Sunday around the Green Belt of London. Starts at Hampton Court on Saturday morning and ends at Kingston at approx. 6 p.m. on Sunday, roughly following the Green Belt. Although it is a relay, each leg has a specific start time. www.greenbeltrelay.org.uk
We have entered one team so far and.

If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen.
Legs vary in length from 6 miles to 13.5 miles and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.
Note – This is the same weekend as the BMAF relays at Sutton Park, Birmingham.
Ange – dulwichladiescaptain@gmail.com

A few people have asked for a general summer schedule to improve 5km speed

though am happy to provide individual ones to those with more specific targets - optional additional 3M morning run some days if required to increase mileage Wed May 3: easy 4 miles
Thurs: Assembly League Victoria Park or fast 4 Fri rest or easy 3M with strides
Sat: parkrun - if didn't race Thursday - if not 5M steady
Sun: 10M relaxed as feel
Mon: rest or easy 3M
Tues: track/speed
Wed: steady 6M (30 secs per mile slower than 10k pace)
Thurs: 5M alternating approx Marathon and 5k pace each mile
Fri: rest or easy 3M
Sat: 5M inc parkrun
Sun: 10M relaxed as feel
Mon: rest or easy 3M
Tues: track/speed
Wed: steady 5M
Thurs: 4 miles easy with 30 secs at 5k pace every mile
Fri rest or easy 3M
Sat: relays or parkrun

This year's 3 x 1 mile Summer relay will be on Wednesday 12 July in Dulwich Park. It's the major fund raiser for club funds and so it's essential that as many members as possible either run or help.

So put the date in your diary now !

12.JULY.2017

3 x approx. 1mile lap

Entry: **Race starts at 7.45pm**
£12 per team
(Limited entries on the day)

Entry forms and race details from
www.dulwichrunners.org.uk
or **ros.tabor@gmail.com**

www.dulwichrunners.org.uk

Kent AC is pleased announced the first..

Please join the event Facebook group: Ladywell 10000 or send an email to ladywell10000@gmail.com to register your interest and be kept up to date.

ALGARVE RUNNING CHALLENGE

This year's Algarve Running Challenge takes place between 1 and 5 November in Monte Gordo, Portugal. As usual there will be 4 races spread over 5 days, finishing with the traditional Spain to Portugal race of around 11 miles. There's also plenty of opportunities for local sightseeing, running on local woodland trails, cycling and swimming in warm autumn weather. For further details please contact me. ***Mike Mann***

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.

Whitstable 10K

1st May 2017

This is a race which is normally attended by Team Bell as it's my "Home" Run. It's a popular event with the 750 limit being met soon after entries open.
The race shares the day with the towns welcoming in of spring with the Jack 'O the Green parading through the streets with various morris, sides so competitors were warned about car parking (but not about the crowded pubs!)
This year just Penelope and I represented the Bells and woke up to rather threatening sky's which turned into a light drizzle and some showers.

Lining up for the start we looked for any DR's without success. The first mile is all downhill and generally fast but this year the road was narrowed to allow some traffic and therefore it was a question of running on uneven grass or a crowded bit of tarmac, so slower than hoped. Given my lack of fitness and that Penelope was recovering from a stomach bug this might not have been a bad thing Without actually meaning to Penelope and I ran almost together with Penelope in front till half way when I took over.

Chris was waiting at the finish and was amazed at how close we were both in position and target time. Friends had already nabbed a table at a coffee shop where we could watch the sea and the rest of the field coming in. Only downside was the wind, which had kindly held off when we were running, started up and meant sailing was cancelled. Oh well you can't have everything and there was still the morris dancing and lots of pubs to entertain us. ***Bob Bell***

183 Bob Bell 51:04 (chip 50:49)
186 Penelope d'Arcy Graham 51.08 (chip 50:53)
618 ran

Milton Keynes Marathon

1st May

In January I decided to run a marathon, which is how I found myself in Milton Keynes on bank holiday Monday. Training got off to a shaky start with an injury in late January and once back, had to pull out of a track session as it aggravated it. With this in mind, I decided to knock track on the head as didn't want to risk it even when the injury niggles had passed.

The race started and finished at the MK Dons football stadium, with the finish being half a lap around the pitch. Not being a marathon expert, I set what I considered to be a reasonable target of 3.5 hours. I couldn't imagine being able to pick it up in the second half, so opted for a steady pace of 8:00, but found myself running closer to 7:45.

The first 5 miles were on road, mostly dual carriageway, so plenty of space, and it then turned into what felt like The Green Belt Relay: woodland paths, canal side, villages, parkland - it was rather nice and support along the way was great. I chugged along not feeling too knackered, but tiring, until soon after passing 20 miles when there were a series of climbs. These were not very long or particularly steep, but at that stage of the run they were draining. I looked at my watch on one of them and my pace had dropped to 10:00.

Overall, I liked it: good weather, good course, great support and the medal is a bull wearing sunglasses - what's not to like.

221 Gary Sullivan 3:27:00
2000+ ran

Jim's quick step proves too much for battered Ajay !

I was all prepared for the marathon. What could go wrong? I knew that only a total idiot would try to eat something different on the marathon, run too fast at the start, or wear a new pair of running shoes on the day.

I was wise and well-prepared, playing it safe. I was even going to take some food this time, rather than rely on discarded saliva coated gel wrappers. One last fine tuning Wednesday club run and I would be ready. Running at the back of a group with Ebe the tough, Quick step Jim, Himalayan Gregorz and Mike the Superman, I was chatting away and the next thing I knew I'd clipped some uneven kerb and went flying, landing with assistance from my hands, knees and shoulders.

Back at the club house Lloyd persuaded me to try some out-of-date sudocream on my wounds and I soon resembled a strawberry cornetto as blood and white cream co-mingled. The running gods had given me a good kicking and brought me down to earth with a bang. Still, nothing broken or sprained, four days later I was at the start. I joined Patrick and Mr and Mrs Lockestar at Lewisham station. The Lockestars had 2 numbers each and 2 timing chips each. That's how the championship runners roll. So fast you can't even track them with a single chip or number! Double everything.

They quickly ditched Patrick and me as at the start heading for the VIP championship area. Due to some error, which probably also accounts for my name being in capital letters, I had a start in pen 1, blue start. I fidgeted in the pen as I adjusted my head to toe body cast, but was feeling good. I had a good run, feeling relaxed all the way through. I was tempted to follow Jim when he passed me but let him go and stuck to my plan.

I was running in a Heads Together vest so missed some of the Dulwich support but got a good wave from Ian L from the middle of the road looking 7 foot tall and also a good wave from Selma. My only mistake was to take my eye off the ball at mile 24, running with 3.30 pacer who ran an 8.55 mile (rather than 8.00 he said). I should have been tuning into Tony T's question, "where are your guts?"; or focussing on Steve S's advice, "race the last 10 km!" That casual lapse of concentration cost me and meant I ran a few seconds outside my target time of 3.29.

I managed to overtake 600 runners in the last 7km, and was overtaken by 30. But I wish I could be like Helen who overtook 666 and was overtaken by zero! Still my last London in 2013 was well over 4 as Barry N who overtook me at the time keeps reminding me. Thanks to all the support and advice from my club-mates my rehabilitation from borderline expulsion to just about tolerated continues!

Ajay Khandelwal

SCVAC Track And Field League Kent Division, Bromley

Friday 28 April

Running for Cambridge Harriers
Ros Tabor

400m

W35 Emily Gelder(W40)	4th	68.7
W60 Ros Tabor (W65)	2nd	79.7

3000m

W50 Ros Tabor (W65)	3rd	13.08

HHH Open Meeting

1 May

The highlight of this open track meeting at Tooting Bec Track is the Stan Allen Mile in which 3 of us participated. Ros and myself demonstrated early outdoor track season rustiness, finishing with times that they will be looking to improve on, but Callum Balme had a memorable track debut, comfortably winning his race. He slowed down in the middle of the race after a fast start, but picked up the pace well in the final lap. Further HHH open meetings take place on 22 July and 26 August. ***Mike Mann***

Callum Balme	5:50.91
Mike Mann	6:02.82
Ros Tabor	6:30.37

Last Friday Serpentine 5k

28th April

Whilst some regulars were missing due to recovery from their VLM exploits, there was still a good turnout from the club.
Ian Lilley led the Dulwich contingent home with a slightly below par run, whilst Matt Hartin improved on his February time. Steve Williams maintained his run of consistent performances and Mike had a strong run quicker than his 2 previous attempts in this race. Katie Styles, with a return to form, just pipped Graham, who ran much better than on recent attempts on the course.
Ian Sesnan, Andy and Sharon (on her course debut) all ran strongly and enjoyed their runs.
Graham Laylee

	Time	Age grade%
Ian Lilley	18:27	77.0
Matt Hartin	19:27	67.8
Steve Williams	20:22	79.1
Mike Mann	20:49	82.2
Katie Styles	21:50	68.1
Graham Laylee	21:52	73.0
Ian Sesnan	22:05	72.3
Andy Murray	22:36	73.1
Mark Muffett	22:45	69.6
Sharon Erdman	26:13	60.5

European age group duathlon championships

Soria
30 April

So, May's almost upon us – and I'm packing to support Clare at the European age group duathlon champs in Spain. Well then, it must be casual shorts for daytime wear, check; suntan lotion, check; something to protect my balding bonce, check; etc., etc..

Except no, this isn't the Costas we're headed to, it's Soria in the mountains of Castile. Not quite northern Spain, officially, but as near as dammit. Just about every GB team member was keeping an eye on the weather forecasts as last week wore on and the posts on the dedicated facebook group were getting ever more animated. Rain, snow, hail, high winds, near freezing temperatures, all of these were in there (and they all turned up as promised, I can assure you). So the word went out from the team management, 'forget the summer wardrobe and make sure you bring enough base layers'! It was a bit of a blip for the time of year but not unknown – and by the time you're reading this, a tad frustratingly, temperatures are on a distinctly upward curve and things generally have quietened down.

The elite junior race on the Saturday provided some early inspiration when Crystal Palace Triathlon club's Alex Yee won the gold at a canter over the same distances as Clare would be racing on the following day (5k run, 20k bike, 2.5k run). This was a much happier racing experience for him on foreign soil than at the Euro cross country U20 champs in Sardinia just before Christmas when, at the very moment when Brendan Foster was explaining to the TV audience how brilliant he was, and how in his opinion he should just stick to the running, he was tripped when in the leading pack and then pushed over a split second later as he tried to regain his feet (he still recovered to finish inside the top ten and earn a team medal).

The following day it was Clare's turn. The sprint races were in the morning and looked likely to have the best of the weather. That's how it turned out but only because the icy winds she had to deal with were 'merely' strong and gusting, for the standard distance athletes in the early afternoon they had become absolutely horrendous. These conditions obviously had their greatest effect during the bike phase when the athletes were out of town and more exposed whilst also having to deal with quite significant gradients but were by no means confined to that phase. The running elements were pretty much contained within a narrowly rectangular central park unsurprisingly including a series of switchbacks. Both legs involved a bit of a drag up a slight incline for a kilometre outwards but a welcome, cadence friendly, return back down, although the regular 180 degree turns did not favour especially fast times.

Duathlon requires a fair amount of discipline, especially to save something for the final, post bike, run. Add to the mix that Soria is at a similar altitude to the top of Snowdon - so the thinness of the air was definitely a factor - and you have to put the running times into context, along with all of the other factors already mentioned. I was therefore delighted to see Clare come into the first transition on 24-05, comfortably within 5% of her best recent parkruns. I was even more delighted to see her coming into the finish after a 12-06 final leg and so within touching distance of her pace at the outset. She reckoned that this was due to the sheer relief and adrenalin from being able to get off the bike after such a white knuckle ride, something echoed by other competitors we spoke to. Clare finished 4th out of 9 competitors in her age group which she was thoroughly chuffed with. OK, she missed the podium by one position but all of the top three were out of immediate touching distance, including the winner who had also won the recent event near Nottingham where Clare had qualified – for the 2018 champs - by the same sorts of margins.

A final word about Soria. Even in a 4 day overall trip the logistics of a multi discipline event, especially one involving bikes, are such that there is surprisingly little time just to look around. However it's well worth a closer look than we managed. Apart from a wealth of history, an especially attractive aspect is its proximity to the source of the Duero river, the 3rd longest in the Iberian peninsula and probably better known by its Portuguese name of Douro where it's particularly associated with wine production (Soria itself is very close to Rioja country). Clare was obviously tapering down for most of the time we were there but I had no such restrictions. I therefore trotted down the steep banks to the river from our base in the town centre for a couple of delightful 12k riverside runs, one in each direction along a combination of well-maintained paths and boardwalks. On the final morning Clare was able to join me so I chose my favourite direction out of the two I had sampled, opting for the one that avoided the sewage treatment centre!

It's Spain again for next year's champs but the venues could hardly be more different. Yes, injury and all that sort of stuff permitting, we'll be going to Ibiza so more wardrobe challenges in prospect, no doubt, but of an altogether different type!
Mike Dodds

Clare Wyngard: 1-27-35 (24-05 5k run, 48-12 cycle, 12-06, 2.5k run, T1 2-08, T2 1-02) 4th/9 in 55-59 age group

Ted Pepper 10k MT, Bromley

Mon 1st May

Formerly used as one of our club championship events, this race is anyway an annual habit of mine as well as a good handful of other Dulwich Runners. Its popularity is soaring and despite the numbers being upped to 400 this year a few regulars found no more entries being taken by Friday. The race starts and finishes on the track at Norman Park but is run mostly off-road on grass and trails. Despite a fair bit of overnight rain and a shower or two before the start the going was still firm and not slippery at all. Everybody appeared to have very decent runs and were happy enough with their times. I slipped to 6th this year (4th, 3rd , 4th and 3rd last four years) but ran my fastest time here since my first and best one in 2013 so was pleased enough, although made the schoolboy error of losing a place at the line by relaxing too early when I thought he was done. That would have really peeved me if I'd lost the old git's prize but luckily he was a young whippersnapper...

Runs of the day were, first of all, Peter Jackson; after some excellent recent parkruns he knocked three minutes from his time here last year. The other really notable run was from Selma; her inexorable rise continues as she took half a minute from her PB, amazing for an off-road race and surely awaiting further major revision as soon as a decent road course is tackled. Mark's run caught my eye too, his form is definitely on the up at the moment. Clare made a good start at exorcising her marathon last week with a controlled run only a minute down on her very good course record of last year, and was 2nd woman overall (but is still course record holder); with Selma and myself securing the only vet's prizes, the three of us received nice medals and bottles of plonk. A decent haul for Dulwich. ***- Tony Tuohy***

6	Tony Tuohy	36:39 1st M40/50
25	Clare Elms	39:48 2nd SW, 1st W45
34	Will Cotter	41:14
38	Selma Benattia	41:45 PB 1st W35
41	Mark Foster	41:58
86	Graham Laylee	46:09
113	Colin Frith	48:07
160	Paul Keating	51:21
219	Peter Jackson	55:01

380 finishers

2017 Club Championships
Marathon Notified performances
to 1 May 2017 in time order

	cat.	marathon	time	age graded pts.	pos.	Age group points							
						ms	m40	m50	m60	fs	f40	f50	f60
Timothy Bowen	m s	London 23 Apr	2.32.46	806	6	50							
Alastair Locke	m s	London 23 Apr	2.39.15	774	7	49							
Charles Lound	m40	London 23 Apr	2.42.48	836	3		50						
Stephen Davies	m40	London 23 Apr	2.44.17	814	4		49						
Shona Mcintosh	f s	London 23 Apr	2.47.52	809	5					50			
Tom Marshall	m40	London 23 Apr	2.48.44	755	8		48						
Gregory Hills	m s	London 23 Apr	2.53.05	710	18	48							
Paul Devine	m s	London 23 Apr	2.53.21	725	14	47							
Mark Lacey	m s	London 23 Apr	2.53.28	712	17	46							
Mark Callaghan	m40	London 23 Apr	2.54.22	730	12		47						
Stephen Smythe	m50	Sev 19 Feb	2.56.16	837	2			50					
Tom Tabori	m s	Sev 19 Feb	2.59.06	687	22	45							
Edward Chuck	m s	M Keynes 1 May	2.59.33	685	24	44							
Steve Rolfe	m s	Belfast 1 May	3.0.419	680	25	43							
Michael Hutchinson	m40	London 23 Apr	3.01.22	713	16		46						
Shane O'Neill	m s	London 23 Apr	3.03.08	671	27	42							
Helen Lister	f s	London 23 Apr	3.05.19	733	11					49			
Melanie Edwards	f s	London 23 Apr	3.06.02	733	10					48			
Ange Norris	f50	London 23 Apr	3.8.289	871	1							50	
Grzegorz Galezia	m40	London 23 Apr	3.10.39	707	19		45						
Tom Wilson	m40	Gt Manc 2 Apr	3.17.03	645	28		44						
Paul Vivash	m s	Paris 7 Apr	3.18.18	627	31	41							
Alice Williams	fs	Brighton 9 Apr	3.21.24	673	26					47			
Eberhard Prill	m50	London 23 Apr	3.21.43	705	20			49					
Jim Dowsett	m40	London 23 Apr	3.23.25	636	29		43						
Michelle Lennon	w50	London 23 Apr	3.26.51	744	9						50		
Gary Sullivan	m50	M Keynes 1 May	3.27.00	719	15			48					
Yvette Dore	w40	London 23 Apr	3.30.01	685	23						49		
Ajay Khandelwal	m40	London 23 Apr	3.30.38	635	30		42						
Lucy Pickering	f50	London 23 Apr	3.34.37	726	13							49	
Clare Cummings	f s	London 23 Apr	3.41.01	612	32					46			
Hugh Balfour	m60	Bost UK 17 Apr	3.41.25	692	21				50				
Laura Vincent	f s	Hamburg 23 Apr	3.50.21	591	34					45			
Laura Lane	f s	Gt Manc 2 Apr	3.51.54	595	33					44			
Karina Burrowes	f s	London 23 Apr	4.7.569	546	37					43			
Patrick Mcmorrow	m60	London 23 Apr	4.14.05	590	35				49				
Tessa Morrison	f s	Gt Manc 2 Apr	4.19.03	522	38					42			
Barrie John Nicholls	m60	London 23 Apr	4.22.58	588	36				48				
Matt Ladds	ms	London 23 Apr	4.55.00	417	39	40							
					39	11	9	3	3	9	2	2	-

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

parkrun

April 29th

Ashton Court
514 Ran

Pos	Gen		
218	177	Barnes Stringer	26:06

Banstead Woods
250 Ran

Pos	Gen		
3	3	Tony Tuohy	17:52

Beckenham Place
155 Ran

Pos	Gen		
6	6	William Cotter	19:12
13	1	Selma Benattia	19:51

Brockwell
320 Ran

Pos	Gen		
47	2	Anna Thomas	21:20
77	5	Katie Styles	22:51

Bromley
643 Ran

Pos	Gen		
267	221	Peter Jackson	26:01

Burgess
262 Ran

Pos	Gen		
25	25	Hugh Balfour	20:42
261	162	Chris Vernon	41:08

Crystal Palace
254 Ran

Pos	Gen		
6	6	Alexander Dodds	19:27
15	15	Andy Cottrill	20:43
19	2	Belinda Cottrill	20:56
52	48	Paul Hodge	23:10
68	61	Simon Lang	23:59
92	81	Bob Bell	24:55
107	92	Ameet Patel	25:43
230	79	Joanne Shelton Pereda	34:32

Dulwich
264 Ran

Pos	Gen		
32	4	Ellie Balfe	21:07
33	29	Ajay Khandelwal	21:10
99	84	John English	24:05
109	19	Claire Steward	24:26
181	49	Colleen Williams	27:38

Fulham Palace
377 Ran

Pos	Gen		
65	9	Susan Cooper	21:19

Gunnersbury
490 Ran

Pos	Gen		
87	76	Ian Sesnan	22:47
104	15	Ros Tabor	23:12
109	93	Andy Murray	23:25

Horsham
472 Ran

Pos	Gen		
123	108	Gary Budinger	23:41

Hastings
412 Ran

Pos	Gen		
63	9	Michelle Lennon	20:23

Lloyd , Croydon
251 Ran

Pos	Gen		
56	4	Eleanor Simmons	23:38

Malling
200 Ran

Pos	Gen		
7	1	Tereza Francova	19:59

Orpington
166 Ran

Pos	Gen		
26	24	Colin Frith	23:22

Peckham Rye
190 Ran

Pos	Gen		
1	1	Andy Bond	16:21
8	8	Ebe Prill	18:59
19	18	Justin Siderfin	19:55
94	17	Emily Warburton-Brown	25:17
104	19	Claire Barnard	25:44

Riddlesdown
201 Ran

Pos	Gen		
1	1	Dylan Wymer	16:37
107	26	Ange Norris	27:07

Royal Tunbridge Wells
295 Ran

Pos	Gen		
115	100	Rafe Collier	26:41
248	91	Rhoda Collier	34:09

Southwark
266 Ran

Pos	Gen		
114	94	Paul Keating	24:59
142	30	Kaylee Coxall	26:20

Tooting Common
540 Ran

Pos	Gen		
124	108	Cameron Timmis	23:08
171	138	David Haviland	24:29

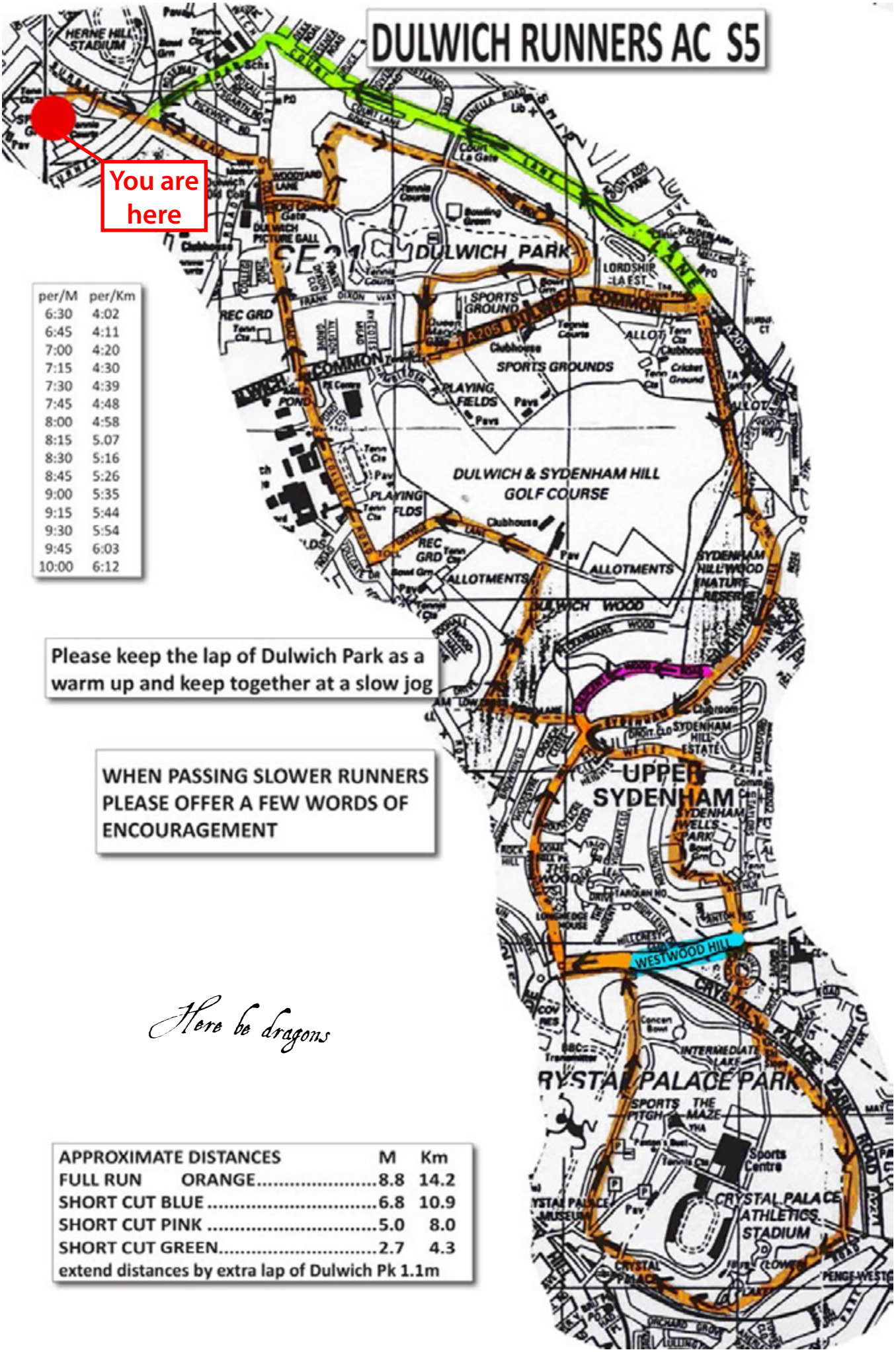
Warszawa-Praga
61 Ran

Pos	Gen		
7	7	Grzegorz Galezia	19:25

Wimpole Estate
403 Ran

Pos	Gen		
114	101	Matthew Ladds	25:17

DULWICH RUNNERS AC S5



per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

Please keep the lap of Dulwich Park as a warm up and keep together at a slow jog

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

Here be dragons

APPROXIMATE DISTANCES	M	Km
FULL RUN ORANGE	8.8	14.2
SHORT CUT BLUE	6.8	10.9
SHORT CUT PINK	5.0	8.0
SHORT CUT GREEN	2.7	4.3

extend distances by extra lap of Dulwich Pk 1.1m