DULWICH RUNNERS

SHORTS

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

Tue 15 Dulwich College Track - cost £1 per session
Start with a warm up at 7:10pm session mainly on grass

In your SHORTS this week !

1 General information
2
3 Club kit, social events etc
4 Fixture list, club champs, road, XC, etc
4 European Mastes Champs reports and results
6 Club champs standings after six events
9 Parkrun results
10 Wednesday run map

And much more !

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

You can follow us on

TRACK SESSIONS

Tuesdays At Dulwich College track on College Road.
Warm up taken by **Andrea Pickup** 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.

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

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

Sep 7 Assembly League - Beckenham (tbc)

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

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.

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

Mike Mann	**9/8**
Andy Murray	16/8

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)

Wednesday Night Map

This map for this Wednesday's runs can be found 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 future events.

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

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

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

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

I've entered a team into the Ragnar White Cliffs Relay

https://www.runragnar.uk/event-detail/relay/whitecliffs
on the 23rd and 24th September.
It's a 10 person 170 mile relay that I've run before in the US and it's a great event. We're still looking for two more team members to run around 20 miles each (spread across three legs).
Please email me on abazin@iee.org if you're interested.
Alex Bazin

Friday night athletics tickets:

I have 1 spare ticket for Friday night's athletics. Interested email me on grahamlaylee@btinternet.com

DULWICH RUNNERS 2017/18 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**

2017		Race		Venue	
Aug	14	Blackheath & Bromley Open		Norman Park	
	16	Cambridge Harriers Open/BMC		Eltham	
	26	HHH Open		Tooting Bec	
Sep	7	Assembly League		Beckenham	**tbc**
	10	MT 5 mile race, organised by TH&H		Wimbledon Common	
	10	Kent Masters Champs		Bromley	
	24	SEAA Road Relays		Crystal Palace	
Oct	1	Sittingbourne 10		Sittingbourne	
	14	Surrey League 1	men	Wimbledon Common	
	14	Surrey League 1	women	Priory Park Reigate	
	21	SEAA Relays		Wormwood Scrubs	
	21	Surrey Masters,		Richmond Park	**tbc**
	28	BMAF XC Relays		Long Eaton	
Nov	11	Surrey League 2	men	Priory Park, Reigate	
	17	November British and Irish Masters		Derry, Northern Ireland	
	18	London champs		Parliament Hil	
	25	England Masters Inter-Area		Bournemouth	**tbc**
	26	South of Thames 5		Beckenham	
Dec	2	Surrey League 2	women		**tbc**
	2	Kent Masters			**tbc**
	9	SEAA Masters XC		Horspath, Oxford	
	16	South of Thames 7.5		Aldershot	
2018					
Jan	6	Surrey and Kent Champs			**tbc**
	13	Surrey League 3	men		**tbc**
	20	Vets AC Champs		Wimbledon Common	**tbc**
	27	South of England Champs			**tbc**
Feb	10	Surrey League 4	men	Lloyd Park	
	24	National Champs		Parliament Hill	
Mar	17	BMAF Champs		Forres, Scotland	

Kent AC is today delighted to open entries for the inaugural Ladywell 10000m. on the £rd September
An opportunity to run 25 glorious laps and set a new 10000m PB in Ladywell Arena in late summer.

online entry here: https://www.entrycentral.com/ladywell10000

All entries will initially be applications which then get approved once entry performances have been verified.
Open to everyone who can run under 55mins for 10km. Races will be seeded to ensure athletes run in races suited to their ability.

Assembly League Races

These races 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.
Venues are provisional as follows:

open to all members of all abilities

Sep	7	Beckenham	7.15

HQ Beckenham Cricket Club, Foxgrove Road

2017 CLUB CHAMPIONSHIPS

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 (L)

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

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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.

European Masters Champs Aarhus, Denmark

There was a cunning plan in my decision on which races to enter, but as sometimes happens events did not quite follow the script. I decided to enter the 1500m and 4km cross country in the near certain knowledge that at the top end of my age category I would not make the 1500m final which was later the same afternoon as the cross country. It turned out that with several no shows in the 1500m heats the previous day I would have had to have run a massive PW not to make the final.

As often happens in heats for these events the race was tactical and after a reasonably paced first lap it slowed early in the second so, frustrated with a fair bit of bumping and barging I decided to get out of trouble and take the lead which I maintained for around 150m, in the end managing to qualify easily in a time of around 6 secs down on recent performances.

The cross country the next day was a twisty 4 lap course on a mixture of gravel paths, sand and firm grass involving a lot of braking and acceleration but normally this broken running tends to suit me quite well. Unfortunately soon after the women's race where Ros won gold, the heavens opened and with thunder and lightning there was a pause in the proceedings as the storm continued for 2 hours, after which the course changed beyond recognition. I was in the second race after the delay by which time the surface water on the grassy sections of the course had cut up and gone all Lloyd Park.

With the sun breaking through conditions became quite steamy (here the comparison with Lloyd Park in February becomes a little more tenuous). Studded shoes, if I had thought to bring them, would have been ideal as there were also gravelly sections and a flight of steps, but wearing road shoes, I almost went flying on the first of around 10 bends per lap, so took them cautiously thereafter. I did think of wearing track spikes but decided not to, concerned with trashing them with 2 track races to come.
One of the UK contingent took the unusual decision to wear one one track spike and one road shoe, which gave to rise to a fair bit of muttering before hand amongst the GB contingent along the lines "You cannot be serious". It turned out we were all proved wrong as it enabled him to take the corners very nimbly, and he ended up first GB M65 silver with a silver medal The weather was fine for the 1500m final later on, unlike my legs which had not coped well with the earlier slipping and sliding. I had been hoping for a sub 5:30 time, but with little zip left I ended up a few seconds down on recent efforts.

In the 5000m a few days later my target was sub 20 minutes, but soon into the second km, it was clear that this was not to be and my finishing time of 20:31.63 was more than 20 secs down on performances earlier on the season. No real excuses here apart from the fact that I am not at my best in early morning races. There was some heavy rain which affected the later races including Andy's but it was no more than drizzle during the M65 race. With no further opportunities this season, I will review and possibly reinstate this target in the light of my indoor track performances next spring. ***Mike Mann***

European Masters Championships Aarhus, Denmark

(2nd week)

Andy Murray

W65 400m Wed 02.08.17

Ros Tabor qualified as fourth fastest for the final in the main stadium and was drawn outside the faster three, GB's European record holder Caroline Marler, a German and an Italian. Setting off as fast as possible but without a runner in view to target, Ros was caught by Marler and the German early on the back straight and the Italian a bit later.

Marler built up a good lead, with the other two 5-10 meters ahead of Ros right until the last 10 meters. Ros's strong finish nearly got her a bronze as the Italian and German weakened considerably but she ended 4th, within .16 of the German runner.

Watch the race on:
https://www.youtube.com/watch?v=Qo4XDmgU5DA

W65 4 Ros Tabor 1:15.98 SB.

5000m Th 03.08.17

These races were held at the low-key Viby track. Heavy rain started after Mike's race but it was fairly mild. Apparently this was typical of Denmark's summer weather this year.

M60. With 40 entries, Andy was seeded in the B race, which set off first. The rain was falling hard, with a lot of standing water on the inside of lane 1.

Andy was aiming for around 22.30 but should have scaled this back due to the weight of water soaked up by shoes and socks. Isolated in 12th of 17 starters, eventually a Dutch athlete 30 meters ahead became a potential target for the last couple of k's. However, even 22.30 pace (4.30/k) became tiring by 4k and after that Andy was slowing with heavy legs and unable to chase.

M65
8 Mike Mann m65
20:31.63
M60
30 (12 in B race) Andy Murray 23:01.17
M55
8 Tony Tuohy 17:31.29

Half Marathon Sun 06.08.17

M55
27 Tony Tuohy 1:27:27
2nd scorer in GB M55 team, which came 4th.

Overall it was a very enjoyable championship, with adequate to good facilities in an interesting setting. Unusually we were not provided with travel passes, so the cost of bus travel built up.

Next year are 3 masters championships in Spain, which should be fairly inexpensive. All GB athletes over 35 are eligible to enter If they join a regional masters club, such as VAC. There are individual championship races and usually team medals also available for road and cross country races. The BMAF website www.bmaf.org.uk should have links.

Euro masters indoors (up to 3000m plus 5k xc) Madrid 19-24 March 2018
Euro masters non-stadia (10k road, 2k xc relay, half m road) Alicante 18-20 May 2018
World Masters outdoors (up to 5k track, 10k road, 5k? xc) Malaga 4-16 Sep 2018

Bedgebury Pinetum 10K

Wed 2 Aug

Apparently this was the third and final race of a midweek series (not sure of the dates of the previous 2).
It was a 5k or 2 laps for the 10K through forest trails described as undulating. The torrential ran in the few hours before and during the race resulted in a very muddy course with occasional streams running down the paths and although most was on cinder paths there were some sections on mud which proved quite slippery in road shoes. I had quite a relaxed target time of 60 minutes and was outside of this by 20 seconds. If you dont know the site its just past Bewl Water on the A21 and apparently they run a park run on the same course. Theres also a weekend 10K planned for 19th November

10K 1st G Duggan Tonbridge AC 34.49 (almost 6 mins in front of 2nd)

28 Peter Jackson 60.20
41 finishers
32 5K finishers

2017 Club Championships

Club Championship points after the SOAR mile.
Please note an extra result not included in the first set received from the organisers Katie Styles 6:36.8

Remaining long events are:
Thames Hare and Hounds 2nd Sunday 5m Sep 10th - http://secondsunday5.com/

Sittingbourne Striders 10m Oct 1st - http://www.sittingbournestriders.co.uk/club-race/

Or any certified-course marathon

within age groups after 6 events including marathons to 1st June

	Short				Long					
	5k Southwark 4-Feb	10k Regents Pk 5-Mar	5k Battersea 1-Jun	1m Batter-sea 21 Jul	1/2M Padd Wood 2-Apr	Marathon London or other 23-Apr	5m MT Wimbledon 10-Sep	10m Sitting bourne 1-Oct	Bonus for no. of events	TOTAL 5 events max inc. 1.S,L
WOMEN SENIOR										
Helen Lister		50	47	47	50	49			5	248
Selma Benattia	50		46	49	49				4	198
Katie Styles	46	49	41	43					4	183
Karina Burrowes	43		38		45	42			4	172
Hannah Harvest	42		40	42	44				4	172
Claire Barnard	44		37	41	43				4	169
Laura Vincent	48				46	45			3	142
Eleanor Simmons	47		42	45					3	137
Lucy Elms			50	50					2	102
Anna Thomas	49			44					2	95
Alice Williams			45			47			2	94
Rebecca Schulleri			44		47				2	93
Christina Dimitrov				48		43			2	93
Ellie Balfe			43	46					2	91
Shona Mcintosh						50			1	51
Roz Johnson			49						1	50
Melanie Edwards						48			1	49
Fiona Askew					48				1	49
Claire Baglin			48						1	49
Clare Cummings						46			1	47
Susan Cooper	45								1	46
Laura Lane						44			1	45
Tessa Morrison						41			1	42
Sarah Banting			39						1	40
WOMEN V40										
Michelle Lennon	50	50	50	[50]	50	50			6	256
Yvette Dore	[48]	49	49	49	49	49			6	251
Joanne Shelton-pereda	47	48			48				3	146
Lindsey Annable	46				47				2	95
Sharon Erdman	45				45				2	92
Emma Ibell	49								1	50
Tess Le					46				1	47
Kaylee Coxall	44								1	45
WOMEN V50										
Lucy Clapp	49	49	49	49					4	200
Clare Elms	50	50			50				3	153
Lucy Pickering		48			49	49			3	149
Ola Balme			50	50					2	102
Clare Wyngard	48		48						2	98
Ange Norris						50			1	51
WOMEN V60										
Ros Tabor	50	50	50	50	50				5	255
Claire Steward		49							1	50
Susan Vernon	49								1	50
MEN SENIOR										
Timothy Bowen	[49]	50	50	50	50	50			6	256
Alastair Locke	50	49	48		49	49			5	250
Shane O'neill	46	47	46	49	45	[42]			6	239
Mark Lacey	45	46	44		47	46			5	233
Alex Haylett	43	44	41	45					4	177
Matt Ladds			42	46	40	38			4	170

Greg Hills				48	48	48			3	147
Daniel Mann	47	48			46				3	144
Paul Devine			45		44	47			3	139
Wayne Lashley	48		49						2	99
James Burrows	44	45							2	91
Jonathan Whitaker				47	41				2	90
Steve Rolfe			43			43			2	88
Paul Vivash					42	41			2	85
Lewis Laylee			47						1	48
Edward Chuck						45			1	46
Tom Tabori						44			1	45
Toby De belder					43				1	44
Freddie Vernon	42								1	43
Edward Harper						40			1	41
Stephen Duck			-			39			1	40
MEN V40										
Stephen Davies	49	49	50	50	50	[49]			6	254
Jim Dowsett	[41]	43	45	46	45	43			6	228
Rob Cope	40	44	46		47				4	181
Grzegorz Galezia	42	40			46	45			4	177
Ajay Khandelwal	43	42	44			42			4	175
Cameron Timmis	39	39	42		42				4	166
Andy Bond	50	50			49				3	152
Charles Lound	48	48				50			3	149
Tom South		47	48	47					3	145
William Cotter	44			49	43				3	139
Justin Siderfin		41		48	44				3	136
Lloyd Collier	46		49						2	97
Michael Hutchinson					48	46			2	96
Ian Lilley	47	46							2	95
Mark Callaghan	45					47			2	94
Martin Double			43		41				2	86
Hugh French	38		41						2	81
Tom Marshall						48			1	49
Padraig Prunty			47						1	48
Holger Betz		45							1	46
Tom Wilson						44			1	45
MEN V50										
Tony Tuohy	50	50	50	50	50				5	255
Ebe Prill	49	49	49	[48]	49	49			6	251
Gary Sullivan	47	47	[47]	49	47	48			6	244
Joseph Brady	46	48	45	47	44				5	235
Stephen Smythe	48		46		48	50			4	196
Graham Laylee	43	45	44						3	135
Michael Dodds	41	44	43						3	131
Ameet Patel	39		40	46					3	128
Paul Keating	40	43	41						3	127
Mark Foster			48		45				2	95
Michael Fullilove	45				46				2	93
Duncan Wilson		46			43				2	91
Gideon Franklin	44								1	45
Gary Budinger			42						1	43
Colin Frith	42								1	43
MEN V60										
Barrie John Nicholls	47	48	[47]	48	49	48			6	246
Michael Mann	48	50	50	50					4	202
Andy Murray	46	49	48	49					4	196
Hugh Balfour	50		49			50			3	152
Patrick Mcmorrow	45				48	49			3	145
Bob Bell	44		46	47					3	140
Stephen Williams	49				50				2	101
Peter Jackson	43								1	44
Chris Vernon	42								1	43
0	64	40	56	35	49	42	-	-	286	

Best 5 count for year including 1 each short, long. 5 including one short and long needed for completion medal. Marathon points are temporary. Bracketed points [ ] are discards, outside top 5 scores.

OVERALL AGE GRADED	Short				Long						
	5k Southwark 4-Feb	10k Regents Pk 5-Mar	5k Battersea 1-Jun	1m Battersea	1/2M Padd Wood 2-Apr	Marathon London or other 23-Apr	5m Wimbledon Sep	10m Sitting bourne 1-Oct	Events counting	TOTAL 5 events max inc 1.S,L	Average
Ros Tabor	875	921	906	1,002	912				5	4,614	923
Tony Tuohy	881	844	891	860	846				5	4,321	864
Stephen Davies	859	824	869	858	839	[814]			5	4,248	850
Timothy Bowen	787	[781]	819	798	802	806			5	4,012	802
Michelle Lennon	787	770	793	799	783	[744]			5	3,932	786
Gary Sullivan	788	742	803	819	768	[719]			5	3,919	784
Ebe Prill	789	779	819	737	787	[705]			5	3,911	782
Alastair Locke	797	780	775		784	774			5	3,910	782
Shane O'neill	764	739	749	753	734	[671]			5	3,739	748
Mark Lacey	750	739	746		749	712			5	3,696	739
Helen Lister		730	753	704	748	733			5	3,668	734
Yvette Dore	[684]	698	724	735	708	685			5	3,550	710
Barrie John Nicholls	716	697	713	688	697	[588]			5	3,512	702
Joseph Brady	711	692	712	675	674				5	3,463	693
Jim Dowsett	691	680	685	697	666	[636]			5	3,419	684
Michael Mann	826	798	849	852					4	3,324	831
Stephen Smythe	809		780		802	837			4	3,227	807
Lucy Clapp	747	768	749	799					4	3,063	766
Selma Benattia	755		746	745	734				4	2,980	745
Andy Murray	722	717	731	734					4	2,904	726
Grzegorz Galezia	723	684			722	707			4	2,836	709
Rob Cope	679	698	725		723				4	2,825	706
Clare Elms	947	922			919				3	2,789	930
Ajay Khandelwal	725	690	702			635			4	2,753	688
Katie Styles	679	645	677	649					4	2,649	662
Cameron Timmis	670	655	670		630				4	2,624	656
Andy Bond	845	815			805				3	2,464	821
Charles Lound	827	790				836			3	2,452	817
Hannah Harvest	603		587	591	596				4	2,378	594
Alex Haylett	558	553	602	632					4	2,346	586
Daniel Mann	797	765			755				3	2,317	772
Karina Burrowes	610		564		589	546			4	2,309	577
Claire Barnard	612		545	577	561				4	2,294	574
Hugh Balfour	792		790			692			3	2,273	758
Paul Devine			782		738	725			3	2,245	748
Tom South		735	764	737					3	2,236	745
Lucy Pickering		740			766	726			3	2,233	744
Matt Ladds			602	635	574	417			4	2,228	557
Greg Hills				737	757	710			3	2,204	735
William Cotter	729			776	663				3	2,169	723
Graham Laylee	717	713	720						3	2,150	717
Justin Siderfin		674		755	671				3	2,101	700
Eleanor Simmons	687		685	713					3	2,085	695
Michael Dodds	668	661	677						3	2,006	669
Bob Bell	631		684	675					3	1,990	663
Joanne Shelton-Pereda	629	648			633				3	1,910	637
Laura Vincent	689				627	591			3	1,907	636
Patrick Mcmorrow	646				618	590			3	1,854	618
Ameet Patel	584		602	620					3	1,805	602
Paul Keating	610	579	601						3	1,789	596
Wayne Lashley	785		805						2	1,590	795
Stephen Williams	775				808				2	1,583	792
Lucy Elms			783	779					2	1,562	781
Ola Balme			775	781					2	1,556	778
Lloyd Collier	761		788						2	1,549	775
Ian Lilley	795	752							2	1,547	774
Clare Wyngard	725		766						2	1,491	745
Mark Foster			758		711				2	1,469	734
Mark Callaghan	735					730			2	1,465	733
Michael Fullilove	725				729				2	1,454	727
Michael Hutchinson					738	713			2	1,451	725
Ellie Balfe			715	705					2	1,419	710
James Burrows	713	697							2	1,410	705
Steve Rolfe			728			680			2	1,408	704
Alice Williams			726			673			2	1,400	700
Anna Thomas	699			684					2	1,383	692
Jonathan Whitaker				743	634				2	1,377	688
Rebecca Schulleri			720		646				2	1,366	683
Lindsey Annable	664				663				2	1,327	663
Paul Vivash					666	627			2	1,293	647
Duncan Wilson		688			604				2	1,292	646
Christina Dimitrov				717		567			2	1,284	642
Martin Double			655		582				2	1,238	619
Sharon Erdman	606				557				2	1,163	582
Hugh French	533		545						2	1,078	539
Ange Norris						871			1	871	871
Claire Steward		850							1	850	850
Shona Mcintosh						809			1	809	809
Roz Johnson			763						1	763	763
Lewis Laylee			757						1	757	757
Tom Marshall						755			1	755	755
Emma Ibell	753								1	753	753
Padraig Prunty			753						1	753	753
Claire Baglin			753						1	753	753
Holger Betz		743							1	743	743
Melanie Edwards						733			1	733	733
Fiona Askew					719				1	719	719
Gideon Franklin	704								1	704	704
Edward Chuck						695			1	695	695
Colin Frith	691								1	691	691
Tom Tabori						687			1	687	687
Toby de Belder					680				1	680	680
Susan Cooper	667								1	667	667
Tom Wilson						645			1	645	645
Gary Budinger			645						1	645	645
Peter Jackson	630								1	630	630
Clare Cummings						612			1	612	612
Kaylee Coxall	602								1	602	602
Edward Harper						597			1	597	597
Laura Lane						595			1	595	595
Sarah Banting			586						1	586	586
Stephen Duck						581			1	581	581
Tess Le					539				1	539	539
Tessa Morrison						522			1	522	522
Susan Vernon	509								1	509	509
Freddie Vernon	498								1	498	498
Chris Vernon	432								1	432	432
0	64	40	56	35	49	42	-	-	277		

parkrun August 5th

Bushy
1172 ran

Pos	Gen		
568	446	Peter Jackson	26:56

Bexley
356 ran

Pos	Gen		
12	12	Michael Fullilove	20:48

Burgess
288 ran

Pos	Gen		
41	39	Hugh Balfour	19:52
63	60	Dan Hill	20:48

Brockwell
254 ran

Pos	Gen		
52	6	Anna Thomas	21:57

Beckenham Place
219 ran

Pos	Gen		
25	24	Jim Dowsett	21:11

Croxteth Hall
317 ran

Pos	Gen		
2	2	Edward Chuck	16:50

Crystal Palace
223 ran

Pos	Gen		
27	26	Andy Cottrill	21:32
28	2	Belinda Cottrill	21:33
29	27	Tom Wilson	21:35
60	52	Michael Dodds	24:03
62	54	Bob Bell	24:09
93	14	Clare Wyngard	25:44
119	98	Paul Hilton	27:31
188	61	Penelope d'Arcy Graham	32:52
202	132	Patrick O'connor	35:43

Dartford
191 ran

Pos	Gen		
2	2	Buzz Shephard	18:38

Dulwich
282 ran

Pos	Gen		
24	23	Timothy Bowen	18:48
48	4	Ellie Balfe	20:20
58	54	Paul Devine	21:10
98	11	Eleanor Simmons	22:47
116	99	Mark Muffett	23:23
126	105	Simon Harding	23:43
198	43	Claire Steward	27:05

Dolgellau
84 ran

Pos	Gen		
79	45	Chris Vernon	42:13

Fulham Palace
402 ran

Pos	Gen		
103	15	Susan Cooper	22:12
133	114	Barrie John Nicholls	23:26

Gateshead
215 ran

Pos	Gen		
101	13	Hannah Harvest	26:26

Hackney Marshes
250 ran

Pos	Gen		
64	8	Ros Tabor	21:47
86	71	Andy Murray	22:41

Hastings
246 ran

Pos	Gen		
39	33	Nicholas Brown	21:26

Hilly Fields
210 ran

Pos	Gen		
17	17	Gary Sullivan	20:10

Hoblingwell
133 ran

Pos	Gen		
23	23	Colin Frith	25:00

Marple
164 ran

Pos	Gen		
1	1	Dylan Wymer	17:30
13	3	Ange Norris	21:30

Malling
175 ran

Pos	Gen		
19	3	Tereza Francova	21:33

Orpington
208 ran

Pos	Gen		
208	136	John O'Byrne	46:32

Peckham Rye
178 ran

Pos	Gen		
21	19	Ebe Prill	20:53
22	3	Michelle Lennon	20:54
31	5	Emma Ibell	21:40
45	9	Laura Vincent	22:43
66	14	Claire Barnard	24:20

Seaton
168 ran

Pos	Gen		
39	35	Barnes Stringer	24:43

South Norwood
176 ran

Pos	Gen		
42	42	Ian Sesnan	24:18
46	45	Martin Double	24:54

Southwark
371 ran

Pos	Gen		
183	143	Paul Keating	25:34
204	52	Kaylee Coxall	26:37

Tamar Lakes
157 ran

Pos	Gen		
22	2	Lucy Clapp	22:12

Worsley Woods
337 ran

Pos	Gen		
26	2	Fiona Askew	20:56

29/07/2017

Brabrand, Denmark
42 ran

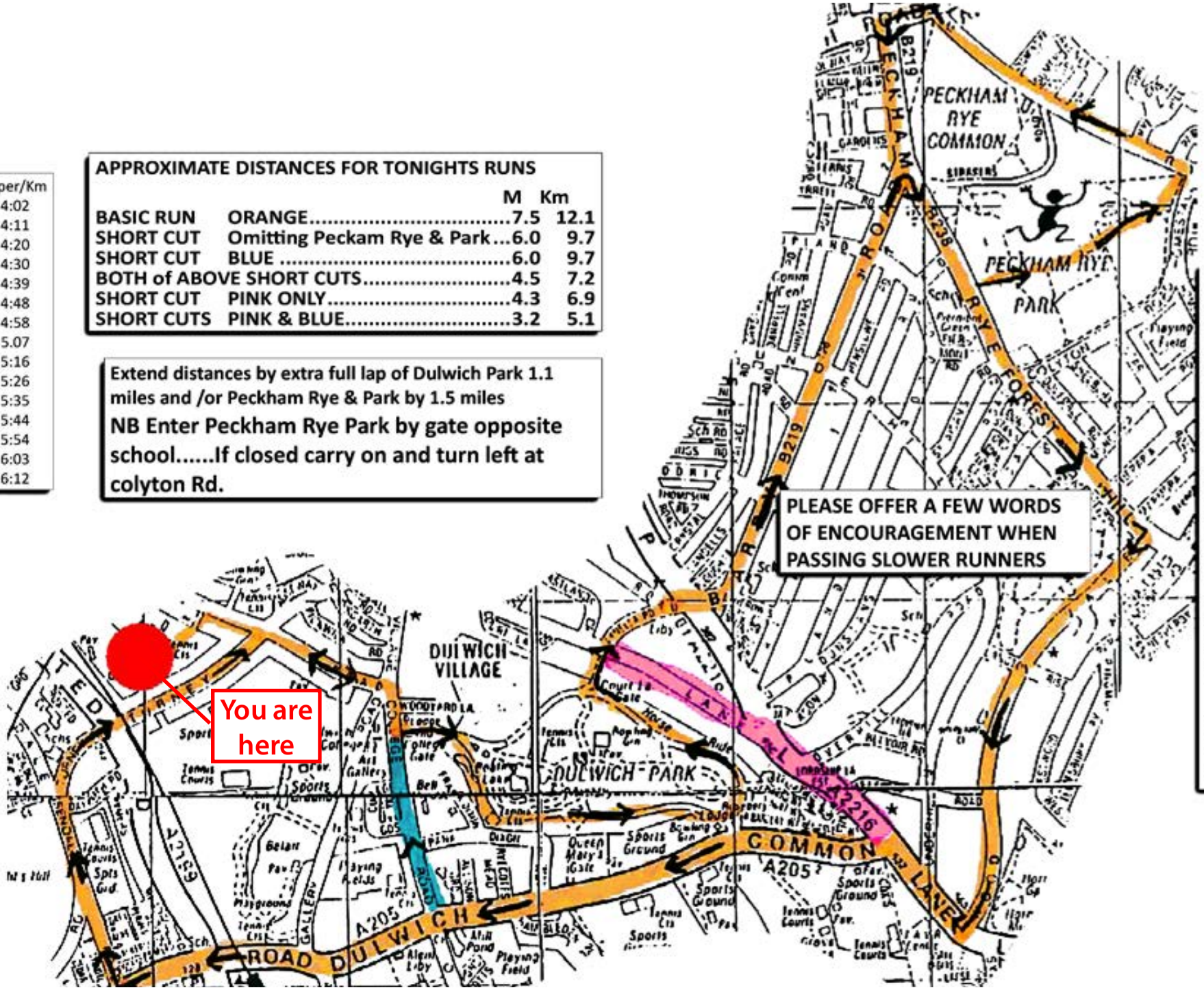
Pos	Gen		
17	14	Andy Murray	25:26

DULWICH RUNNERS AC S12

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

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
BASIC RUN	ORANGE	7.5	12.1
SHORT CUT	Omitting Peckam Rye & Park	6.0	9.7
SHORT CUT	BLUE	6.0	9.7
BOTH of ABOVE SHORT CUTS		4.5	7.2
SHORT CUT	PINK ONLY	4.3	6.9
SHORT CUTS	PINK & BLUE	3.2	5.1

Extend distances by extra full lap of Dulwich Park 1.1 miles and /or Peckham Rye & Park by 1.5 miles

NB Enter Peckham Rye Park by gate opposite school.....If closed carry on and turn left at colyton Rd.