SHORTS

Dulwich Runners AC
Weekly Newsletter
September 9th 2015

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

- THE COMING WEEK –

Wed 09 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 15 Hill Session- Opposite Sydenham Hill Station
7 for a 7:15pm start £1 per session.

In your SHORTS this week !

1... General information
2... Club kit, social events etc
2... 2015 Dulwich Runners Club Champs races diary
3... Fixture list, club champs,XC, road, track
5... Beckenhm Assembly League reports
11... Club Champs tables after 8 events
14... Parkrun results
15... Wednesday night routes map

And much more !

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

You can follow us on

TRACK SESSIONS

IMPORTANT TRACK NOTICE

Hill sessions for about 2more weeks, at the usual place (opposite Sydenham Hill Station) followed by a probable return to Crystal Palace at the end of September.
Suitable for all standards

'New Ladies captain'

Anna has been a fantastic ladies captain motivating and encouraging us, but has decided that she now wants time to put her efforts into other things. So I'm looking for anybody who would like to join me as joint ladies captain. It is a great way to get to know more people and be a part of what is happening.
The next captain will be appointed at the AGM in October so there's time to have a think about it. Do come and have a chat with me to find out what's involved – I'm normally at the club on a Wednesday.
or email me – angenorris@googlemail.com
Ange Norris

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to help cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - **Ros**

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 by 7:10
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)

EVENT HORIZON

A brief look ahead

full fixture list **page 4**

Oct 4 Middlesex 10k Club champs race - Victoria Park

NEW RUNNERS ROTA

Thanks to **Chris Loizou** for taking out new runners last week. If you are on the list, please can you 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**

Kevin Wood	**09/09**
Ros Tabor	16/09
Lindsey Annable	23/09
Hugh Balfour	30/09

LUCKY VEST

September winner - John Fletcher

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 in the clubhouse that evening.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk

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

SPOT

Always open to suggestions/requests so feel free to drop me a line or grab me when I'm down the club
matthew.ladds@uk.zurich.com
Thanks - Matt

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

Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk
With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

Limited stock of hoodies, very small sizes only. I can order more if enough people are interested. They will be £20 each.

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

New !!! Dulwich Runners SOCKS

only £5
They will be at the club on Wednesdays,thanks - Ros

DULWICH RUNNERS 2015 CLUB CHAMPIONSHIPS

Once again the races will be split into 3 distance categories. As the 3 long events fall within a 6 week period, we have added the Cabbage Patch 10 as an additional long race to accommodate those who may be injured during the spring. Details of scoring rules to follow.

Races still to come are :

4 Oct	Middlesex 10k, Victoria Park (medium)
15 Nov	Epsom 10 (long) replaces Cabbage Patch

Date for your diary:

Aldershot Road Relays 19/20 September 2015

The SEAA Road Relay Championships or 'Aldershot Relays' will be on 19th (women) and 20th (men) September 2015. These include separate senior and veterans categories and we usually manage to get a few teams out for what is a great day out. We'll be sorting out the entries later in the summer, but for now mark this in your diaries.

Dulwich Runners 2015/16 Fixtures

Further information regarding races will usually be here in SHORTS and or announced on a Wednesday club night.

Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

Cross country Club Champs Assembly League **Misc.**

Date		Race		Venue
Sep	19/20	**SEAA Road Relays**		**Aldershot**
Oct	4	**Middlesex 10k**	**medium**	**Victoria Park 10:30**
	10	Surrey League match 1	men	Wimbledon Common
	10	Surrey League match 1	women	Nork Park
	17	Surrey Masters (tbc)		Richmond
	24	BMAF XC Masters Relays		Derby
Nov	7	Surrey League match 2	men	Walton
	14	London Champs		Parliament Hill Fields
	14	British and Ireland Internationa		Dublin
	15	**Epsom 10 (replacement for the cancelled Cabbage Patch)**		**Epsom**
	tbc.21/28	South of Thames 5 mile race, (date and venue tbc)		
Dec	5	Surrey League match 2	women	Lightwater
	5	Kent Masters		Sparrows Den
	12	SEAA Masters Champ		tbc
	19	South of Thames championship		Tonbridge
		2016		**2016**
Jan	9	County Champs (Surrey & Kent)		Various
	16	Surrey League match 3	men & women	Reigate Priory Park
	tbc 23	Vets AC Champs		Wimbledon Common
	30	South of England champs		Parliament Hill Fields
Feb	13	Surrey League match 4	men	Lloyd Park
	13	Surrey League match 4	women	Richmond Park
	27	National Champs		Donnington

REMINDER !.... upcoming club champs race

Middlesex 10k on 4 Oct

NOTE: the closing date for on line entries is 26 September.
Fills up fast so be quick !

WILL BOLTON RELAYS

12 September

I'll be away for these but these relays have popular as an intro to the cross country season. If anyone is willing to take on the (fairly minimal) admin that would be helpful. Teams can be entered and paid for on the day. The only other task is to put together teams. If there are uneven numbers, it's possible to run twice in separate teams. **Mike Mann**

Traditionally the 1st race of the cross country season on Saturday 12th September 2015 (incorporating Junior Races over 1 and 3km). The format is a 4x4km for seniors (3x3km for juniors) marshalled course across playing fields and undulating woodland trails at Sparrows Den in West Wickham. (Postcode BR4 9BB).

Senior Men's Race Team of 4x4km Start: 2.45 pm
Senior Women's Race Team of 4x4km Start: 2.45 pm

Prizes for winning teams and full split times and results will be published on the B&B website. Registration and number collection will be at the B&B tent at Sparrows Den at the start line rather than at the clubhouse. We are encouraging entry in advance to minimise the administration and delays to the starts on the day although entries on the day are welcomed. Team Entries submitted by email with payment on the day will also be gratefully accepted at the advanced entry discounted rate.

The Blackheath and Bromley clubhouse facilities and changing rooms will be open for use in Hayes, these are a 10 minute jog from the start and teas and cakes will be served afterwards and team and individual prizes awarded courtesy of our race sponsors, So Clean.

Streatham Common 6mile Cross country race

11:15am, Saturday 26th September 2015
Streatham Common, Covington Way, Streatham SW16
Course: Multiple undulating off road laps of Streatham Common.
Awards: T-shirt, spot prizes, winners prizes, goody bag.
Venue facilities: Toilets, Supervised bag storage.
Limited car parking facilities at the common.
Entries in advance: £13.00 affiliated £15.00 unaffiliated
Entries on the day:£15.00 for all runners (Subject to availability)
Entries via Runners World: www.runnersworld.co.uk/events and type Streatham
www.hernehillharriers.org

Striders of Croydon multi-terrain Switchback 5

race takes place on 27th September.

As usual we have kept the entry fee low - £6 postal / £7 online for affiliated runners before race day – but still provide a goody bag including free tea and cake.
Details and entry from are here : http://www.stridersofcroydon.org.uk/?page_id=4005
Online entry forms are here :
http://www.stridersofcroydon.org.uk/?page_id=6477

Preparing for an Autumn Marathon with International Marathon Athlete Mara Yamauchi

Wednesday 30th September 2015 – 6:30pm-8:30pm
At: Southwark Council Offices, 160 Tooley Street, SE1 2TZ
(Nearest Station: London Bridge)

Costs £10 to attend

As part of England Athletics programme we would like to invite coaches and athletes to a marathon workshop, with Mara Yamauchi, the UK's second fastest woman ever behind world record-holder Paula Radcliffe.

If you are a runner or coach preparing for an Autumn marathon in 2015 this workshop is for
you! Mara will take you through the essential steps of marathon training covering nutrition,
hydration, recovery, and race preparation as an athlete and coach to ensure that you are fully prepared. There will also be an opportunity for Q&A at the end of the workshop.

Places are limited this will be done on a first-come basis, book now to avoid disappointment.

For registration and payment please contact your London CCSO:
Julia Bailey jbailey@englandathletics.org call 07718526355
Guy Spencer gspencer@englandathletics.org 07702849277

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, xc, tri results etc, are welcome.

Race Reports & Results

ASSEMBLY LEAGUE 3 miles (race 6), Beckenham

Thursday 3rd September 2015

Close, but not quite. The Dulwich women had been neck-and-neck with Kent AC all summer trying to wrest the League title back but just fell at the last.

Elkie and Kim really stepped up to the plate, producing runs on a par with their very best performances, while an injured Clare got round as best she could in her first run since having to abandon last month at the World Masters.

They could do no more, the quality of their efforts such that even without the enforced absence of our other best runners in the series, Claire Baglin and Mel Edwards, we'd probably still have fallen just short (speculation – after all, Kent were missing good runners too). It's been an enthralling to-and-fro battle, so the ladies will just have to go for it again next year!

Overall though, Dulwich has scored really well this year; the men got an excellent 4th on the day and finished 5th overall in the series, while both B teams did really well to finish 2nd, and we landed multiple individual medals.

1st	M45	Steve Davies
1st	M50	Tony Tuohy
1st	M65	Mike Mann
3rd	M55	Steve Smythe
1st	W40	Nicola Richmond
1st	W45	Andrea Pickup
1st	W50	Clare Elms
1st	W60	Claire Steward
1st	W65	Ros Tabor
2nd	SW	Clare Elms
2nd	W45	Ola Balme

After recent fitness troubles I felt strong for a change up the first hill and flew down the other side with the usual reckless abandon. But it couldn't last and I knew I was fading after two miles or so and was just waiting for Wayne to appear. He didn't disappoint and swept past on the way to his best run here. He's on a roll, and so is Alastair, getting stronger all the time on marathon training; he passed me just before the park and although I got close again up the hill he kept going for another course best.

I recorded my slowest time here but at least was only 20-or-so seconds away from my best, so it could be worse and at least collected 1st M50 in the series (as new 5000m world champion Ben Reynolds didn't complete enough races to beat me…). Far worse in fact, as Steve Davies (1st M45 overall), new member Tom Wilson and Lewis Laylee (another improvement) were all breathing down my neck with strong runs, followed in by Lloyd, Ian and Ross, all posting excellent times. Another new Tom (Calvert) made a great debut not far ahead of under-15 Oscar getting inside 18 minutes again.

Elkie's heroics were next, her 18:01 as good as any circa 5k run she's done, just in front of solid runs from Rob Hollands and Kev Chadwick. Clare nursed her dodgy ankle/achilles round over a minute down on her 'standard' run, but enough to gain 2nd overall and 1st W50 in the series, with Kim's superb run completing the valiant women's A team.

Close behind was Andrea heading the B team, who has run well this year and was the dominant W45 throughout, just ahead of Simon Lane (Dulwich debut?). Steve Smythe ran solidly, just back from reporting duties at the World Champs in Beijing, followed by Nicola, close to her course best and taking the series 1st W45 medal by a whisker. Jim's 19:38 was an excellent time, one of his best runs, just in front of Mike completing his campaign by wrapping up 1st M65.

Duncan Hussey ran solidly a couple of minutes behind that fast boy of his (just the natural order Duncan) with Emma Ibell for company, her 19:50 as good as anything she's run for at least three years. Ola was her consistent self, taking the series 2nd W45 medal behind Andrea, just ahead of yet more excellent runs from Laura and Anna. Helen was a little down on her best here but still needed a good time to get just in front of Selma, whose 20:55 for this very tough three miles ranks as one of her best runs yet. Duncan Wilson's still running consistently and got round solidly, as did Sue Cooper, making a welcome reappearance here coming down a bit in distance from her now-preferred mode of madness – long distance triathlon.

Eleanor and Niamh (League debutantes?) came in together with yet more superb runs (there's a theme going on here), neither having run anywhere near this fast before. Graham, Ros and Lucys Clapp and Cartlidge had good solid runs with Ros collecting 1st W65 for the series. Likewise, Claire Steward picked up the medal for 1st W60, followed in by ever-presents Barrie-John and Lindsey with Tony MacPherson – usually found doing long distance triathlons with Sue - completing the Dulwich contingent.

14	Wayne	Lashley	SM	16:18	(16:23)
17	Alastair	Locke	SM	16:30	
18	Tony	Tuohy	M50-2	16:34	(16:22)
21	Steve	Davies	M45-1	16:38	(16:12)
22	Lewis	Laylee (U17)	U20–2	16:38	(16:47)
30/29M	Tom	Wilson	M40-7	16:54	
34/33M	Lloyd	Collier	M40-8	17:06	
35/34M	Ian	Lilley	M40-7	17:12	
46/44M	Ross	Rook	SM	17:41	
47/45M	Tom	Calvert	SM	17:45	
52/50M	Oscar	Hussey (U15)	U20	17:56	(17:44)
3W/54	Elkie	Mace	SW	18:01	
55/52M	Rob	Hollands	SM	18:04	
61/56M	Kevin	Chadwick	SM	18:17	(17:20)
6W/64	Clare	Elms	W50-1	18:27	(17:20)
7W/72	Kim	Hainsworth	SW	18:42	
10W/83	Andrea	Pickup	W45-1	18:54	(18:55)
86/76M	Simon	Lang	M40	18:54	
96/80M	Steve	Smythe	M55-2	19:17	
17W/99	Nicola	Richmond (now W45)	W40-3	19:24	(19:46)
110/91M	Jim	Dowsett	M40	19:38	
115/95M	Mike	Mann	M65-1	19:47	(19:02)
116/96M	Duncan	Hussey	M45	19:50	(19:05)
21W/117	Emm	Ibell	W40	19:50	
22W/118	Ola	Balme	W45	19:53	(19:09)
24W/127	Laura	Long	W35	20:00	(19:52)
27W/135	Anna	Thomas	SW	20:17	
33W/149	Helen	Lister	SW	20:52	(20:01
35W/154	Selma	Benattia	W35	20:55	
160/123M	Duncan	Wilson	M50	21:10	
40W/166	Susan	Cooper	SW	21:26	
47W/179	Eleanor	Simmons	W35	21:52	
48W/180	Niamh	Falconer	SW	21:52	
185/135M	Graham	Laylee	M55	22:01	(21:46)
51W/186	Ros	Tabor	W65-1	22:01	(20:38)
53W/190	Lucy	Clapp	W50	22:17	
55W/193	Lucy	Cartlidge	SW	22:45	
63W/207	Claire	Steward	W60-1	23:26	(23:16)
211/147M	Barrie-J	Nicholls	M60	23:37	(22:35)
70W/220	Lindsey	Annable	W45	24:16	(23:23)
221/151M	Tony	MacPherson	M50	24:21	
238 finished					

April's time in brackets

Teams On day

Men: 1 Kent 37; 2 Stock E 42, 3 Lloyds 63; 4 Dulwich 70; 5 Ravens 79; 6 VPHTH 152; 7 Eton M 167; 8 Dartford 170; 9 Petts Wood 211; 10 Serpentine 261; 11 Beckemham 297; 12 Camb H 304; 13 Aquila 412

B Team: 1 Dulwich 118; 2 Kent 120; 3 Lloyds 160; 4 Stock E 203; 5 Ravens 290; 6 Petts W 367; 7 Eton M 380; 8 VPHTH 381; 9 Serp 412; 10 Beck 510; 11 Dartf 548; 12 Camb H 631

Women: 1 Kent 13; **2 Dulw 16;** 3 Eton M 39; 4 Petts W 55; 5 VPHTH 57; 6 Beck 85; 7 Serp 121; 8 Lloyds 144; 9 Ravens 164; 10 Camb H 172; 11 Dartf RR 185; 12 Stock E 219

B Team: 1 Dulw 48; 2 Kent 51; 3 VPHTH 106; 4 Eton M 123; 5 Beck 143; 6 Petts W 190; 7 Dartf RR 234

Final Team results

Men Overall after 6 events
(15 for 1st etc)
1 Kent 87 (208)
2 Stock Exchange 77 (409)
3 VPHTH 75 (475)
4 Lloyds 69 (604)
5 Dulwich 66 (668)
6 Serpentine 64 (706)
7 Ravensbourne 56 (934)
8 Dartford RR 47 (1168)
9 Eton M 44 (1320)
10 Camb H 41 (1485)
11 Petts W 31 (2104)
12 Beckenham 29 (2087)
13 Aquila 22 (2938)

Men B Team after 6 events
1 Kent 87 (617)
2 Dulwich 77 (1241)
3 Lloyds 72 (1350)
4 VPHTH 69 (1391)
5 Serp 67 (1510)
6 Stock E 65 (1612)
7 Eton M 57 (2237)
8 Ravens 53 (2787)
9 Petts W 32
10 Dartf RR 30 (2953)
11 Camb H 26
12 Beckenham 24
13 Aquila 10

Women Team after 6 events:
1 Kent 87 (90)
2 Dulw 86 (99)
3 VPHTH 76 (246)
4 Eton M 72 (348)
5 Beck 65 (428)
6 Serp 59 (640)
7 Dartford 45 (1032)
8 Camb H 41 (1006)
9 Lloyds 39 (1031)
10 Ravensbourne 39 (1122)
11 Petts W 32
12 Stock E 31

Women B Team after 6 events
1 Kent 86 (298)
2 Dulw 84 (317)
3 VPHTH 81 (448)
4 Eton M 69 (763)
5 Beck 62 (1030)
6 Dartf RR 49 (999)
7 Serp 44
8 Camb H 9

Men	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Total
1 Alan Barnes	19	18	15	17	11	17	7/86 (5)
2 Pete Tucker	20	17	12`	-	17	9	75
3 Dave Morgan	-	-	17	19		18	54
4 Dan Kennedy	9	7	10	13		12	51
5 Gareth Anderson	-	-	6	15	13	13	47
6 Ben Reynolds	-	16	11`			19	46
7 John Gilbert	-	-	-	20	20		40
7 Pete Lighting	-	14	7	14	5		40
9 Chris Greenwood	-	20	19				39
9 Sam Humphrey	-	-	-	-	19	20	39
9 Paul Griffiths	-	4	4	16		15	39
12 Sam Proctor	-	9	-		12	14	35

Women	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Total
1 Amy Clements	20	20	20	20	20	20	120/100 (5)
2 Clare Elms	18	19	18	19	-	15	89
3 Alex Gounelas	-	14	16	18	19	19	86
4 Claire Baglin	15	15	13	16	17		76
5 Sarah Watson	17	17	17	-	18		69
6 Cath Stibbs	16	13	-	14	-	17	60
6 Andrea Pickup	14	9	-	13	13	11	60
8 Mel Edwards	-	16	12	8	15		51
9 Naomi Dews	19	-	-	11	-	16	46
10 Victoria Buck	-	11	9	5	11	8	44
11 Teresa Murphy	12	1	7	-	9	13	42
12 Mandy Dohren	-	12	10	12	-	6	40
13 Sue Bint	-	-	8	15	16		39

M40	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Total
1 Paul Griffiths	-	9	9	10		10	38
2 Phil Sanders	-	-	8	6	9	9	33
3 Lee Martin	8	5	2	5	8	6	34/32 (5)
4 Steve Hobbs	-	6	5	8	10		29
5 Stuart Beaney	9	7	7	-	-		23
6 Rob White	6	-	-	4	6	5	21
7 Chris Greenwood	-	10	10	-	-		20
7 Steve Whitehead	`-	2	4	7		7	20
9 Che Compton	-	1	-	3	7	8	19
10 Andrew Reeves	7	3	-	-	-		10
10 Jim Addison	10	-	-	-	-		10

M45	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Total
1 Steve Davies	9	-	10	10	10	10	49
2 John Cox	7	10	9	9	9		44
3 Matt Green	5	9	8	7		7	36
4 Marcus Elwes	-	6	6	6	5	6	29
5 Andy Tucker	4	7	-	3	6	5	25
6 Charlie Lound	8	-	-	8			16
7 Rupert Holden	-	8	-			9	17
8 Ben Calascione	1	-	5	5			11
9 Andy Weir	10						10
10 Alex Malzer	-	5	3				8
10 Chris Burfoot	-	-	-	-	8		8
10 Ian Miller	-	-	-	-	-	8	8

M50	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Total
1 Tony Tuohy	10	9	9	10	10	9	57/48 (5)
2 Ben Reynolds	-	10	10			10	30
3 Graham Maynard	6	6	3	7		5	27
4 Craig Williamson	-	-	5	8	7	6	26
5 Ebe Prill	8	-	7	9	-		24
6 Paul Cates	9	7			6		22
7 Steve Glackin	-	-	6	6		7	19
8 Martin Cunningham	5	5	-	4	1	2	17
9 Chris Lydon	-	8			8		16
9 Steve Stanley	4	3	4	5	-		16

M55	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Total
1 Mick Bridgeland	10	10	10	10	10	10	60/50 (5)
2 Bernie Hutchinson	6	7	8	9	8	7	45/38 (5)
3 Steve Smythe	-	6	7	4	9	9	35
4 Alan Cox	4	2	5	7	7	5	30/28 (5)
5 John Gurney	-	8	6	8	6		28
6 Ian Lambert	8	9	9	-	-		26
7 Adrian Frost	3	5	4	5			17
8 Mark Cross	5	-	-			8	13
9 Ian Sesnan	2	4	2	3	3		12
10 Graham Laylee	-	3	1	2	-	4	10
10 Gary Sullivan	-	-	-	6	4		10

M60	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Total
1 Julian Spencer-Wood	10	10	10	8	9	10	57/49 (5)
2 Andy Roberts	9	9	-	10	10		38
3 John Barron	-	-	8	7	7	9	31
4 Andy Murray	7	6	7	6	4		30
5 Mick Ellsmore	8	8	-	9			25
6 Andy Gardiner	-	-	6	5`	5	7	23
7 Barrie-John Nicholls	6	4	5		3	3	21
8 Ron Vialls	5			6	8	19	
9 Hugh Balfour	-	-	9		9		18
10 Andrew Hinds	4	-	3	3		5	15
11 Roy Knight	-	3	4	4	1		12

M65	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Total
1 Mike Mann	10	10	10	10	10	10	60/50 (5)
2 John Kemp	8	9	8	9	9	43	
3 Robert Maggio	7	7	8	7	8	8	45/38 (5)
4 Roger Green 9	9	-	9			27	
5 Richard Seabrook	8	-	-				8

M70	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Total
1 John Few	10	10	10	10	10	10	60/50 (5)
2 Ted Hadlow	9	9	8	-	9		35
3 Harrison Mardacant	-	-	9	-			9

U20	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Total
1 Chris Ho	10	10	10	10	-	10	50
2 James Crawley	6	-	7	8	10	7	38
3 Lewis Laylee	9	-	9			9	27
4 Oisin Brennan	-	9	8	9	`		26
5 James Deighton	7				9	6	22
6 Oliver Bright	-	5	5	6		4	20
7 Justin Strover	3	4	6	4		2	19
8 Leo Braden	1	6	2	7			16
8 Josh Correia		8				8	16
10 Oscar Hussey	5	-	-	5		5	15

W35	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Total
1 Victoria Buck	-	9	9	9	10	8	45
1 Teresa Murphy	10	8	8	-	9	10	45
3 Mandy Dohren	-	10	10	10		7	37
4 Faye Jeacocke	8	6	1	8	4	5	32/31 (5)
5 Laura Long	9	-	5	-	6	6	26
6 Taryne McPherson	7	4	2	7	5		25
7 Dee O'Brien		7	7	-	8		22
8 Selma Benattia	-	-	-	5	3	4	12
9 Helen Croydon	6	-	4				10
9 Claire Wagh	-	5	-	4	1		10

W40	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Total
1 Nicola Richmond	8	9	7	8		7	39
1 Cath Stibbs	10	10	-	9	-	10	39
3 Sue Bint	-	-	9	10	10	8	37
3 Ali Farrell	9	8	8	6		6	37
5 Vicky Cooper	6	6	6	7	9	4	38/34 (5)
6 Natasha McKenna	7	7	5			3	22
7 Melanie Burdett	4	5	-	-	7	2	18
8 Jo Singer	-	-	10				10
8 Yvette Dore	-	-	4	-	6		10
10 Victoria Carter	-	-	-	-	--	9	9

W45	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Total
1 Andrea Pickup	10	10	-	10	9	10	49
2 Ola Balme	9	9	9	8	8	8	51/43 (5)
3 Donna Mews	-	-	10	9	10	9	38
4 Sarah Knox	8	-	-	7	6	7	28
5 Kate Marchant	7	6	8	6			27
5 Louise Ward	-	7	7	-	7	6	27
7 Lindsey Annable	5	4	6	3		1	19
8 Michelle Lennon	-	8	-	-	5		13
9 Susan Leese	-	-	5	2	3		10
10 Olukemi Yusuph	3	3	3				9
10 Joyce Berry	-	-	-	5	4		9

W50	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Total
1 Clare Elms	10	10	10	10	-	10	50
2 Ronnie Hayden	8	7	8	8	8	3	42/39 (5)
3 Zoe Woodward	-	8	-	9	9	8	34
4 Mary Armytage	-	5	7	-	10	7	29
5 Louise Vacher	9	3	9	-	7		28
6 Georgina Selway	7	4	6			2	19
7 Kate Williams	-	9				9	18
8 Rachel Brittle	6	-	-	7	4		17
9 Phil Skeffington	-	-	4	6			10
9 Carol Grady	-	6				4	10

W55	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Total
1 Kate Evan-Jones	10	10	10	10	10	10	60/51(5)
2 Zoe Gaffen	8	7	7	9	8	9	48/39(5)
3 Christina Watson	-	8	9	8	6	8	39
4 Sarah Newton	-	9	-	-	9		18
5 Vivienne Greig	9		8				17
6 Annabel Hadlow`	5	-	6		5		16
7 Jane Ellis	7					7	
7 Mel McClure	-	-	-	-	7		7
9 Stephanie Burchill	6						6
9Jackie Ridout	-	6				6	

W60	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Total
1 Claire Steward	10	-	-	10	10	10	40
2 Theresa Persighetti	-	-	-	9			9

W65	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Total
1 Ros Tabor	10	10	10	10	10	10	60/50 (5)

U20	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Total
Amy Leach	10	10	10	10	-	10	50

Thames Towpath Relay

This year was the first time the club has tried this relay. A couple of members have run it with other groups and recommended it so a team of 5 was entered – Gary Sullivan,Lorna Thornber, Ebe Prill, Ros Tabor, Andy Murray.

The race, organised by Stragglers, is a 5 stage baton relay along the Thames towpath from Dorney Lake to Kingston, approx a marathon. It is a low-key event with a record breaking 53 teams this year. Team composition is strictly limited to no more than 3 senior males and at least 1 female and 1 vet. It is primarily to raise money for charity whilst having some fun competition. Teams had to predict their finish times and there was a prize for the team that was closest. Tactics were important.

We were blessed with the best weather for quite a while. Definitely mustn't complain that it was too warm for running! Gary enthusiastically took the first leg, the only one to be run with all the other runners to pace yourself with. Most runners seemed to go slightly wrong on that leg, or so they said, but nevertheless Gary started the team off well. The stage consisted of tracks, views of Windsor Castle, bridges and steps and a narrow path where it was virtually impossible to pass. He changed his mind several times about his finish time – would it be 37 or 38 minutes? Fairly close, as he passed the baton to Lorna at 39:34 in 18th position.

It was Lorna's debut to relay running, especially one where you have to run with a map and navigate yourself. She was looking a little nervous beforehand but had definitely under estimated her abilities. This stage, from Ham Lane to Staines, follows the south side of the river through Runnymede Pleasure Gardens to cross and finish at the pagoda. Lorna predicted 39 minutes but finished in 32:54 in 15th position (overall 15th).

Ebe, running the longest leg of 6.5 miles, had predicted 41.5 minutes but decided to run slower to compensate for Lorna's extra quick run so took 43:28 and finished in 10th position (overall 10th). His leg was on towpath, meadow and quiet riverside roads, with just the last 0.7 mile along roads into Shepperton.

Next up was Ros on leg 4 from Shepperton to Hurst Park. The beginning is along roads as it crosses busy Walton Bridge but from then on follows the towpath. By this time the runners were all spread out so Ros had a fairly solitary run although always had somebody in sight to chase. She predicted her time well – she said 37 minutes and finished in 37:48 and 26th position (overall 12th).

Andy was on the glory leg which takes the runners 5.2 miles over Hampton Bridge, then Kingston Bridge to the Hawker Centre. Travelling this stage by car was busy so he didn't get a lot of glory as few people were there to cheer him in! He finished 15th in 38:43 (overall 10th). ***- Ange Norris***

Dulwich Runners 3:12:28 10th out of 53 teams

Winning team - Frontrunners 2:40:57

and Gary added...

This race that Ange organised was enjoyable and annoyingly tricky (well, my part was). It started at Dorney Lake and finished at the Hawker Centre in Kingston with the route covering just over 26 miles with the Thames always close by. Five of us in this order: me Gary,Lorna, Ebe, Ros, Andy .

A proper relay carrying a baton – I almost felt like a pro!

9.00am start for me with conditions very favourable. We all gave a predicted time for our stages as the team that came closest to their overall time won £50 for charity. My stretch was 5.7 miles and I gave a time of 37 minutes; however, I didn't take the course into consideration. It was mostly off-road with gates to pass through, a chain fence and railings climb over and one narrow pathway (which I think skirted a field) that was awkward to run along.

Very quickly into the run it spread out and I found myself running with a lady from Elmbridge for almost 3 miles without anyone too close behind, but with some ahead of us who were tantalisingly near. I decided to push harder at 3 miles and pulled away from my new Elmbridge chum and managed to catch and pass one person. I had a decent finish where handed over to Lorna. I was a couple of minutes out, but plucky Lorna ran a blinder and made up the time with Ebe, Ros and Andy all doing very well.

We finished 10th out of 53 teams, which isn't too bad.

Thames River Relay 06.09.15

This is an autumn relay organised by Stragglers covering 26.7 miles split over 5 stages from Dorney to Ham. On a sunny morning 50 first stage runners and supporters lined up at Boveney, just beyond Eton and near Dorney rowing lake. Ange had recruited 3 teams from Riddlesdown Parkrun plus the first ever Dulwich team in this event. Teams have to have at least one woman and one veteran. It is a baton relay, with runners starting stages 2-5 when their previous runner finishes. None of us was at full fitness so we tried to match our guessed predicted times.

Stage 1 Dorney - Old Windsor 5.7m

The most congested stage with runners starting together, finishing along a canal 'cut'. Gary put us in a good position.

18 Dulwich 39.34 (18 Gary Sullivan 39.34)

Stage 2 Old Windsor - Staines 4.4m

Lorna was spotted overtaking runners near Runnymede and enjoyed her first race prior to Ealing half later this month.

15 Dulwich 1.11.27 (15 Lorna Thornber 31.53)

Stage 3 Staines - Shepperton 6.5m

Ebe kindly arranged his own transportation, running back through the route to his car after finishing the longest stage rather steadily in order to stay within predicted time but still got us into the top 10.

10 Dulwich 1.55.56 (10 Ebe Prill 44.29) (also for Riddlesdown Parkrun team 3: 13 Ange Norris 45.48)

Stage 4 Shepperton - Hurst Park 4.9m

Ros kept going well amongst the faster runners at the top end.

12 Dulwich 2.33.45 (26 Ros Tabor 37.49)

Stage 5 Hurst Park - Ham 5.2m

The final stage towards the Hawker Centre finish, mostly tarmac riverside paths, with river crossings at Hampton Court and Kingston. Andy could only see a Straggler gradually moving away but caught a Sandhurst runner near the finish.

10 Dulwich 3.12.28 (15 Andy Murray 38.43)

We hadn't noted the stage 1 start time, so couldn't get the timings spot on but came pretty close to our predicted total time of 3.14.30, although another team came within 10 seconds of theirs and won a charity prize.

All the runs were very scenic and not too challenging, with good support at least at the start/finishes. Thanks to Riddlesdown for the picnic at the end and to our driver Anna. ***- Andy Murray***

Maidenhead 1/2M

Sunday 6th September

A flat and fast Two lap road closed half marathon, Lots of DR's signed up for this looking for better times and preparation ahead of a marathon. However injuries and illness meant only 4 finished.Coming back from a summer of injury and looking very strong Alastair was First home in an impressive time and very close to his PB of 1:18 set last November in St Neots.

Next was myself achieving a new personal best of just over 4 minutes, I was looking for a time that would suggest a sub 3hr marathon at Berlin was achievable and was delighted with my time here. Next came Gideon, he told me before the start he didn't think a sub 90 minutes was possible and he wasn't feeling capable of it. Well with only half a second to spare Gideon pulled away from the sub90 pacers in the last mile and ran a fantastic time. Like myself Gideon's previous personal best was all the way back in March 2014 at Tunbridge Wells and this was a huge 7 minute improvement.

Helen Lister completed the Dulwich quartet finishing around 5 minutes slower than her best time which she put down to a lack of training, but despite the hot weather she was able to wear a long sleeve top! how I don't know. Sadly Laura Long who did start the race was feeling unwell and having breathing difficulties so she took the sensible decision to withdraw.

The whole race was organised very well and I would recommend it and plenty of free parking was available.

- Kev Chadwick

46	Alastair Locke	1:20.13.0
73	Kevin Chadwick	1:23.51.8
184	Gideon Franklin	1:29.59.5
397	Helen Lister	1:38.58.5

1577 Runners finished the race

Harlow 10

Thanks to Selma Benita for giving me her race place after she could not attend the race, I was Essex bound up the M11 to Harlow for this 10 mile race.
An undulating mixed terrain course, consisting or mostly road and cycle paths, with a few muddy country lanes, and the odd drab pedestrian underpass thrown into the mix.

There was a maximum race limit of 600 runners for this race, but I don't think there were more than 250 on the day,made up by quite a few club runners, but mostly local residents which gave the race a more relaxed feel. 10.30 came, and we were set off from outside a local school, on a bright sunny morning. I had an idea in my head that I wanted to run 7 minute mile pace, but after the first couple of miles, and more telling, the first couple of hills, my pace soon slowed.

With very few runners in view after the first few miles, it was down to the friendly marshals and their words of encouragement to keep me going. After passing over the M11 motorway for the second time at around mile 7, it was the last of the hills, and a chance to catch up and overtake a couple of slowing runners. It was back into the school grounds where we started, and a final lap on the school running track, and over the finishing line with a time of 71.06. About 30 seconds off my P.b, but on a much hillier course then the cabbage patch 10 course in twickenham, so not so bad.

With my average pace for the run 7.06, I wasn't far off, so it will be something to work on for the Epsom 10 later in the year if my legs can hold out.

Winner 0:52:55
Jim Dowsett 1:11:03
208 ran

Weald St George's 10k

Sunday 6 September

Two years ago this race was voted one of the best 10ks in the UK. It has a lovely community feel and great support along the Kent country lanes. It's also similarly hilly to neighbouring club champ favourite Sevenoaks 7, with a three mile dash downhill, followed by a three-mile uphill slog back to the start.

The race attracts a loyal following, including Emily Gelder who was running here again for her fourth time. I settled into 10th position after about a mile, but I soon began to pick people off at the next mile or two. By halfway I was feeling good, until the climb started... Fortunately I seemed to be faring better than most ahead of me. I went from 7th to 6th and then managed to move into 5th.

The final mile was a battle with a local club runner who chased me hard up the final steep hill, trying to regain his position. I could hear him closing on me, with cheers growing louder behind me, but I managed to hold him off by two seconds.

Dame Kelly Holmes, who owns a café in the village, handed out the prizes which was a nice touch. My efforts were rewarded with my first trophy and a new Facebook profile picture – haha - while Emily Gelder also had a very strong run with a course PB and 1st V35 prize.

- Rob Cope

5	Rob Cope	38:47 (38:45) (1st M40)
12	Emily Gelder	40:28 (40:26) (2W)

246 ran

Southern Vets League Final, Ashford

6 September

Four of us competed in this year's final at Ashford, which was successful for Herne Hill Harriers who finished comfortable winners of the men's competition and the women finishing in a creditable 4th place in their first appearance in a final. Finishing positions rather than times are all important, particularly with most of us multi-eventing in distances outside our comfort zones.

Nicola Richmond had a successful picking up second place in the W35 B stream 800m, and going one place better in her 1500m later with a comfortable win. At the end of the day she was part of a winning 4x400m relay team, all of whom completed their legs at sub 70 second pace.

Claire Steward picked up a valuable second place in her 800m, but picked up an injury competing in the 100m soon after. This impeded her in her 400m race, but was more comfortable at the slower pace in her 3000m later which she won easily.
Lloyd completed the first lap of his 800m at a fast pace, but faded a bit in the second lap. Later in the 4x400m he ran an excellent stage but the team was disqualified by an official following the letter of the rules as the final runner was given a pat on the back at the changeover.

In my 800m, I had a guaranteed 3rd place from quite early on, resulting in me easing off in the second lap. My legs felt rather heavy in the 400m which probably cost me a place and resulted in a rather average time. With the help of a massage, I managed to run at an even pace in my 3000m at the end of the day, finishing second. ***-Mike Mann***

Claire Steward adds: Despite my aversion to track running (hamster in a wheel comes to mind) and only being able to take part in two of the four qualifying matches, I found myself wearing my Dennis the Menace vest as part of the Herne Hill women's vets team in the final.

First up was 800m; with six other teams in the final I was delighted to find out that one of my fellow FV60s was a 'no show'. Excellent – even coming last in a race would score 2 points. I finished a creditable second, despite being slower than in the earlier rounds. Next, the 100m; I had pleaded with the team captain not to do this event – I have never tried to run 100m at any kind of speed, I would be last, I would get injured. In the event, it was a self-fulfilling prophesy – I was last, and although I didn't feel any discomfort (apart from embarrassment) during the miserable 18.6 seconds that it took me (yes – I know, how can anyone actually call that 'racing?), once I stopped, I could feel a pain in my hamstring. Elite sprinters are always having hamstring injuries but this shouldn't happen to me.

After a remedial (ie painful) massage and a break for lunch I was ready for another event that I have never done before, the 400m. Being very careful not to stress my hamstring any further I came home in 5th place, not a wonderful result but another 3 points. I decided to attempt the 3000m and if I found myself being left behind with no hope of scoring useful points, I would drop out. With the FV50s running in the same race, it was more difficult to keep track of my FV60 competitors but I tucked in behind one of them who maintained a steady pace which I found easy to follow, then pulled away from her in the final lap. I was delighted to discover I was in first place and gained maximum points for the team, despite a relatively slow time. I think I'm beginning to get the hang of the tactical racing malarkey.

There seems to be an expectation that I will turn out for the team again next year, and so long as I never ever have to attempt 100m again (or do any actual training), I'll be happy to join them.

800m

Nicola Richmond	2nd W35 B stream	2:36.83
Claire Steward	2nd W60	3:19.03
Lloyd Collier	4th M35 A stream	2:06.28
Mike Mann	3rd M60	2:43.92

100m

Claire Steward	6th W60	18.60

400m

Claire Steward	5th W60	1:30.36
Mike Mann	5th M60	73:48

1500m

Nicola Richmond	1st W35 B stream	5:26.29
Lloyd Collier	2nd M35 B stream	4:34.33

3000m

Claire Steward	1st W60	14:22.05
Mike Mann	2nd M60	11:31.67

4x400m (relays 5th overall)

Nicola Richmond	68.7

Club Championships points after 8 events, including marathons to date. Points can change according to marathons later in the year.

		Short			Medium			Long					
2015 Club Champs within age group.		**5k Dulwich 31-Jan**	**2M Battersea 1 - Jun**	**1M Dulwich 10-Jul**	**10K Richmond 21-June**	**7M Sevenoaks 31-Aug**	**10k Vic Pk 4-Oct**	**10M Sidcup 8-Mar**	**1/2M Padd. Wood 29-Mar**	**Marathon London or other 26-Apr**	**10m Epsom 15-Nov**	**Bonus for no. of events**	**TOTAL 5 events max 1.S,M,L**
Name/Category									not inc later mar's				
WOMEN SENIOR													
Claire	Baglin	-	50	49	50	-		49	50	-		5	**253**
Laura	Long	47	49	[47]	48	50		[46]	-	48		7	**249**
Helen	Lister	-	47	[44]	-	46		48	48	49		6	**244**
Selma	Benattia	[45]	46	[42]	47	49		[43]	47	46		8	**243**
Katie	Styles	42	44	[41]	46	48		42	-	-		6	**228**
Karina	Burrowes	-	43	-	-	43		40	43	43		5	**217**
Kim	Hainsworth	50	-	48	49	-		47	-	-		4	198
Anna	Thomas	48	48	46	-	-		45	-	-		4	191
Ruth	Bennett	43	45	43	-	47		-	-	-		4	182
Laura	Lane	-	-	-	-	-		41	46	47		3	137
Laura	Vincent	-	-	-	-	44		-	44	45		3	136
Ellie	Horrocks	49	-	-	-	-		-	49	-		2	100
Lucy	Cartlidge	-	-	-	-	-		-	45	44		2	91
Shona	Mcintosh	-	-	-	-	-		-	-	50		1	51
Emily	Gelder	-	-	-	-	-		50	-	-		1	51
Elkie	Mace	-	-	50	-	-		-	-	-		1	51
Caroline	Wedmore	46	-	-	-	-		-	-	-		1	47
Eleanor	Simmons	-	-	45	-	-		-	-	-		1	46
Claire	Barnard	-	-	-	-	45		-	-	-		1	46
Charlie	Boden	44	-	-	-	-		-	-	-		1	45
Sue	Cooper	-	-	-	-	-		44	-	-		1	45
Natalie	Davys	-	-	-	-	-		-	-	42		1	43
Joanna	Walker	-	-	-	-	-		-	-	41		1	42
WOMEN V40													
Nicola	Richmond	[46]	-	48	48	50		47	49	-		6	**248**
Michelle	Lennon	43	49	[42]	47	48		[43]	47	-		7	**241**
Yvette	Dore	-	-	43	-	45		46	48	48		5	**235**
Lindsey	Annable	[36]	46	[37]	43	42		41	43	-		7	**222**
Ola	Balme	49	-	46	-	49		48	-	-		4	196
Joanne	Shelton	39	-	38	44	44		-	-	-		4	169
Caroline	Pettigrew	47	-	47	49	-		-	-	-		3	146
Sharon	Erdman	37	-	36	-	-		-	-	46		3	122
Andrea	Pickup	-	-	49	-	-		49	-	-		2	100
Emma	Ibell	45	-	45	-	-		-	-	-		2	92
Lucy	Pickering	42	-	-	-	-		-	46	-		2	90
Cara	Oliver	48	-	-	-	-		-	-	-		1	49
Clare	Osborne	-	-	-	-	-		-	42	-		1	43
Carolina	Lilley	34	-	-	-	-		-	-	-		1	35
WOMEN V50													
Clare	Elms	50	[50]	[50]	50	-		50	50	50		7	**257**
Claire	Steward	[38]	47	[40]	-	43		42	45	47		7	**231**
Lucy	Clapp	41	48	41	-	46		-	44	-		5	**225**
Clare	Wyngard	40	-	39	46	47		44	-	-		5	**221**
Ros	Tabor	44	-	44	45	-		45	-	-		4	182
Angie	Norris	-	-	-	-	-		-	-	49		1	50
Stephanie	Burchill	35	-	-	-	-		-	-	-		1	36
MEN SENIOR													
Wayne	Lashley	49	50	[48]	50	49		48	-	-		6	**252**
Mark	Lacey	49	[49]	[46]	47	[46]		49	49	50		8	**252**
Timothy	Bowen	46	47	[45]	-	47		47	47	-		6	**240**
Kevin	Chadwick	-	-	44	45	43		45	-	47		5	**229**
Matthew	Ladds	-	41	-	43	[41]		43	44	40		6	**217**
Alex	Haylett	-	42	37	42	42		-	-	43		5	**211**
Alastair	Locke	50	44	-	-	48		50	-	-		4	196
James	Burrows	[43]	46	[41]	-	-		44	46	49		6	191
Paul	Devine	-	48	47	46	44		-	-	-		4	189
Ross	Rook	45	45	40	-	-		46	-	-		4	180
John-Gabriel	Harrison	-	-	-	49	50		-	48	-		3	150
Lewis	Laylee	47	-	50	-	45		-	-	-		3	145
Mark	Callaghan	-	-	42	48	-		-	-	48		3	141
Toby	de Belder	-	-	-	44	-		-	45	45		3	137
Hugh	French	-	40	36	41	-		-	-	-		3	120
Oscar	Hussey	42	-	43	-	-		-	-	-		2	87
Desmond	Edwards	-	-	-	-	-		-	43	41		2	86
Sam	Crump	44	-	38	-	-		-	-	-		2	84
Tom	Marshall	-	-	-	-	-		-	50	-		1	51
Elliott	Nicholson	-	-	49	-	-		-	-	-		1	50
Robert	Hollands	-	-	-	-	-		-	-	46		1	47
Andrew	Bright	-	-	-	-	-		-	-	44		1	45
Thomas	South	-	43	-	-	-		-	-	-		1	44
Patrick	Beardmore	-	-	-	-	-		-	-	42		1	43
William	Haines	41	-	-	-	-		-	-	-		1	42
Simon	Burnett	40	-	-	-	-		-	-	-		1	41

bold = champs completed

Edward	Smyth	-	-	39	-	-		-	-	-		1	40
Chris	Goodman	39	-	-	-	-		-	-	-		1	40
MEN V40													
Stephen	Davies	50	50	-	50	[49]		50	49	[49]		7	**256**
Charles	Lound	49	-	[48]	[49]	50		49	50	50		7	**255**
Jim	Dowsett	46	-	47	-	45		-	48	48		5	**239**
Paul	Keating	43	46	-	46	-		45	47	-		5	**232**
Lloyd	Collier	-	49	50	-	47		48	-	-		4	198
Rob	Cope	48	47	49	47	[46]		-	-	-		5	196
Cameron	Timmis	44	-	46	-	44		47	-	-		4	185
Paul	Hilton	-	45	-	45	-		43	46	-		4	183
Ian	Lilley	-	48	-	48	48		-	-	-		3	147
Duncan	Hussey	47	-	-	-	-		-	-	-		1	48
Jon	Hyde	-	-	-	-	-		-	-	47		1	48
Olivier	Montfort	-	-	-	-	-		46	-	-		1	47
Ajay	Khandelwal	45	-	-	-	-		-	-	-		1	46
Christian	Moody	-	-	-	-	-		44	-	-		1	45
MEN V50													
Eberhard	Prill	50	[49]	50	50	-		50	[49]	50		7	**257**
Stephen	Smythe	49	48	[42]	49	-		49	-	49		6	**250**
Gideon	Franklin	47	46	-	48	-		47	-	48		5	**241**
Gary	Sullivan	41	-	46	46	-		43	47	-		5	**228**
Graham	Laylee	42	42	[39]	-	46		44	45	-		6	**225**
Ameet	Patel	38	-	[37]	40	43		38	44	-		6	**209**
Michael	Dodds	40	-	35	42	41		40	-	-		5	**203**
Ian	Sesnan	-	44	43	44	44		-	-	-		4	179
Tony	Tuohy	-	50	-	-	50		-	50	-		3	153
Michael	Fullilove	-	-	48	-	-		48	48	-		3	147
Duncan	Wilson	45	-	41	-	47		-	-	-		3	136
Patrick	McMorrow	-	-	-	-	-		-	42	46		2	90
John	English	-	-	49	-	-		-	-	-		1	50
Colin	Frith	48	-	-	-	-		-	-	-		1	49
Graham	Stanton	-	-	-	-	-		-	46	-		1	47
Mark	Judge	-	-	45	-	-		-	-	-		1	46
Per	Hedberg	-	-	-	-	-		-	-	43		1	44
Mike	Crilly	-	-	-	-	-		41	-	-		1	42
Mick	Mead	37	-	-	-	-		-	-	-		1	38
Barry	Graham	36	-	-	-	-		-	-	-		1	37
Stephen	Street	35	-	-	-	-		-	-	-		1	36
MEN V60													
Mike	Mann	-	47	47	47	49		46	-	-		5	**241**
Andrew	Murray	44	-	[40]	45	45		45	-	47		6	**232**
Barrie John	Nicholls	[39]	41	[36]	41	42		[39]	43	45		8	**220**
Robert	Bell	43	43	38	43	-		42	-	-		5	**214**
Hugh	Balfour	46	45	44	-	48		-	-	-		4	187
Stephen	Wehrle	-	40	-	-	-		37	41	44		4	166

Best 5 count for year including 1 each short, medium, long. W50's and M60's have separate contests using scores within 40+, 50+

		Short			Medium			Long						
Overall Age Graded Champs		5k Dulwich 31-Jan	2M Battersea 1 - Jun	1M Dulwich 10-Jul	10K Richmond 21-June	7M Sevenoaks 31-Aug	10k Vic Pk 4-Oct	10M Sidcup 8-Mar	1/2M Padd. Wood 29-Mar	Marathon London or other 26-Apr	10m Epsom 15-Nov	Events	TOTAL 5 events max inc 1.S,M,L	Average
Name/Category														
Clare	Elms	926	938	992	918	-		915	[910]	[889]		5	4,688	938
Claire	Steward	[799]	882	882	-	825		818	823	[809]		5	4,230	846
Mike	Mann	-	835	858	832	836		818	-	-		5	4,179	836
Charles	Lound	812	-	[806]	817	817		[788]	820	849		5	4,114	823
Eberhard	Prill	813	824	833	803	-		807	[786]	[781]		5	4,079	816
Stephen	Davies	809	820	-	823	797		[778]	787	[765]		5	4,036	807
Stephen	Smythe	786	777	[714]	802	-		816	-	751		5	3,932	786
Nicola	Richmond	758	-	799	756	808		[743]	751	-		5	3,872	774
Clare	Wyngard	754	-	761	781	790		775	-	-		5	3,861	772
Wayne	Lashley	[749]	762	797	763	770		714	-	-		5	3,806	761
Claire	Baglin	-	765	750	767	-		757	723	-		5	3,761	752
Andrew	Murray	756	-	741	764	734		757	-	[715]		5	3,752	750
Mark	Lacey	747	746	761	[742]	753		739	[737]	[707]		5	3,746	749
Ros	Tabor	915	-	986	905	-		907	-	-		4	3,713	928
Michelle	Lennon	735	757	755	[734]	737		[687]	721	-		5	3,705	741
Lucy	Clapp	728	774	773	-	749		-	680	-		5	3,704	741
Timothy	Bowen	711	730	755	-	756		706	[704]	-		5	3,657	731
Gideon	Franklin	742	733	-	746	-		727	-	701		5	3,649	730
Robert	Bell	741	733	720	725	-		712	-	-		5	3,631	726
Gary	Sullivan	668	-	792	752	-		700	704	-		5	3,616	723
Laura	Long	[707]	722	714	731	721		710	-	[676]		5	3,598	720
Graham	Laylee	702	702	705	-	718		714	[685]	-		5	3,540	708
Kevin	Chadwick	-	-	764	711	706		694	-	664		5	3,539	708
James	Burrows	703	730	706	-	-		693	[668]	695		5	3,527	705
Helen	Lister	-	687	[674]	-	677		722	704	706		5	3,495	699
Yvette	Dore	-	-	714	-	687		698	691	659		5	3,449	690
Barrie John	Nicholls	665	700	680	696	[645]		673	[653]	[613]		5	3,415	683
Selma	Benattia	681	679	[670]	685	696		[652]	664	[595]		5	3,406	681
Jim	Dowsett	685	-	673	-	676		-	639	605		5	3,277	655

Katie	Styles	[629]	633	644	650	687		629	-	-		5	3,243	649
Lindsey	Annable	[607]	667	656	636	636		[620]	626	-		5	3,220	644
Ola	Balme	814	-	815	-	809		780	-	-		4	3,218	804
Michael	Dodds	657	-	645	669	544		653	-	-		5	3,168	634
Hugh	Balfour	785	772	800	-	786		-	-	-		4	3,143	786
Lloyd	Collier	-	786	838	-	765		751	-	-		4	3,140	785
Ameet	Patel	[594]	-	632	625	618		605	608	-		5	3,087	617
Rob	Cope	[694]	743	791	734	735		-	-	-		4	3,004	751
Paul	Devine	-	756	780	728	722		-	-	-		4	2,985	746
Alex	Haylett	-	623	633	579	613		-	-	533		5	2,981	596
Kim	Hainsworth	748	-	748	764	-		716	-	-		4	2,977	744
Matthew	Ladds	-	605	-	594	581		589	584	[444]		5	2,953	591
Alastair	Locke	752	684	-	-	766		742	-	-		4	2,945	736
Paul	Keating	597	608	-	596	-		562	568	-		5	2,930	586
Ian	Sesnan	-	718	723	709	696		-	-	-		4	2,846	712
Ross	Rook	714	699	693	-	-		706	-	-		4	2,812	703
Anna	Thomas	704	713	707	-	-		682	-	-		4	2,807	702
Karina	Burrowes	-	568	-	-	581		560	510	508		5	2,728	546
Ruth	Bennett	655	669	665	-	677		-	-	-		4	2,666	666
Cameron	Timmis	659	-	651	-	645		635	-	-		4	2,590	648
Tony	Tuohy	-	878	-	-	855		-	840	-		3	2,573	858
Joanne	Shelton	642	-	640	631	646		-	-	-		4	2,559	640
Stephen	Wehrle	-	644	-	-	-		655	648	544		4	2,491	623
Lewis	Laylee	748	-	846	-	746		-	-	-		3	2,340	780
Ian	Lilley	-	776	-	755	777		-	-	-		3	2,308	769
Caroline	Pettigrew	748	-	771	757	-		-	-	-		3	2,276	759
John-Gabriel	Harrison	-	-	-	753	767		-	732	-		3	2,251	750
Mark	Callaghan	-	-	776	770	-		-	-	704		3	2,250	750
Michael	Fullilove	-	-	773	-	-		740	725	-		3	2,238	746
Paul	Hilton	-	547	-	567	-		553	551	-		4	2,218	555
Duncan	Wilson	715	-	684	-	691		-	-	-		3	2,089	696
Toby	de Belder	-	-	-	680	-		-	648	636		3	1,964	655
Laura	Lane	-	-	-	-	-		630	645	600		3	1,875	625
Hugh	French	-	619	647	585	-		-	-	-		3	1,850	617
Laura	Vincent	-	-	-	-	598		-	591	583		3	1,771	590
Sharon	Erdman	603	-	610	-	-		-	-	549		3	1,761	587
Andrea	Pickup	-	-	829	-	-		774	-	-		2	1,603	801
Oscar	Hussey	710	-	797	-	-		-	-	-		2	1,508	754
Emma	Ibell	728	-	738	-	-		-	-	-		2	1,466	733
Lucy	Pickering	723	-	-	-	-		-	712	-		2	1,435	717
Ellie	Horrocks	716	-	-	-	-		-	714	-		2	1,430	715
Sam	Crump	700	-	661	-	-		-	-	-		2	1,361	680
Patrick	McMorrow	-	-	-	-	-		-	621	638		2	1,259	630
Lucy	Cartlidge	-	-	-	-	-		-	598	560		2	1,158	579
Desmond	Edwards	-	-	-	-	-		-	521	515		2	1,036	518
Shona	Mcintosh	-	-	-	-	-		-	-	846		1	846	846
Angie	Norris	-	-	-	-	-		-	-	827		1	827	827
Emily	Gelder	-	-	-	-	-		796	-	-		1	796	796
Elliott	Nicholson	-	-	793	-	-		-	-	-		1	793	793
John	English	-	-	784	-	-		-	-	-		1	784	784
Colin	Frith	781	-	-	-	-		-	-	-		1	781	781
Tom	Marshall	-	-	-	-	-		-	767	-		1	767	767
Elkie	Mace	-	-	765	-	-		-	-	-		1	765	765
Mark	Judge	-	-	763	-	-		-	-	-		1	763	763
Cara	Oliver	754	-	-	-	-		-	-	-		1	754	754
Duncan	Hussey	727	-	-	-	-		-	-	-		1	727	727
Eleanor	Simmons	-	-	705	-	-		-	-	-		1	705	705
Thomas	South	-	701	-	-	-		-	-	-		1	701	701
Ajay	Khandelwal	685	-	-	-	-		-	-	-		1	685	685
Caroline	Wedmore	683	-	-	-	-		-	-	-		1	683	683
Charlie	Boden	678	-	-	-	-		-	-	-		1	678	678
Simon	Burnett	669	-	-	-	-		-	-	-		1	669	669
Edward	Smyth	-	-	669	-	-		-	-	-		1	669	669
Graham	Stanton	-	-	-	-	-		-	669	-		1	669	669
William	Haines	667	-	-	-	-		-	-	-		1	667	667
Sue	Cooper	-	-	-	-	-		660	-	-		1	660	660
Stephanie	Burchill	644	-	-	-	-		-	-	-		1	644	644
Robert	Hollands	-	-	-	-	-		-	-	643		1	643	643
Mike	Crilly	-	-	-	-	-		642	-	-		1	642	642
Mick	Mead	626	-	-	-	-		-	-	-		1	626	626
Andrew	Bright	-	-	-	-	-		-	-	621		1	621	621
Olivier	Montfort	-	-	-	-	-		607	-	-		1	607	607
Chris	Goodman	605	-	-	-	-		-	-	-		1	605	605
Barry	Graham	605	-	-	-	-		-	-	-		1	605	605
Claire	Barnard	-	-	-	-	602		-	-	-		1	602	602
Carolina	Lilley	543	-	-	-	-		-	-	-		1	543	543
Patrick	Beardmore	-	-	-	-	-		-	-	528		1	528	528
Clare	Osborne	-	-	-	-	-		-	528	-		1	528	528
Christian	Moody	-	-	-	-	-		524	-	-		1	524	524
Jon	Hyde	-	-	-	-	-		-	-	522		1	522	522
Stephen	Street	501	-	-	-	-		-	-	-		1	501	501
Natalie	Davys	-	-	-	-	-		-	-	496		1	496	496
Joanna	Walker	-	-	-	-	-		-	-	468		1	468	468
Per	Hedberg	-	-	-	-	-		-	-	423		1	423	423

September 5th

Bedfont Lakes

162 ran

Pos	Gen		
48	7	Lindsey Annable	25:10

Bromley

545 ran

Pos	Gen		
2	2	Stephen Davies	17:55
19	19	Michael Fullilove	19:30
71	69	Chris Goodman	21:42
332	249	Peter Jackson	28:41

Brockwell

238 ran

Pos	Gen		
5	5	Lewis Laylee	17:59
11	11	Mark Callaghan	18:43
29	1	Caroline Pettigrew	20:22
54	48	Duncan Wilson	21:42
62	54	Graham Laylee	22:09
64	56	Cameron Timmis	22:12
95	14	Lucy Clapp	23:24
174	128	Desmond Edwards	27:37
235	88	Charlotte Easton	36:07

Burgess

158 ran

Pos	Gen		
22	22	Jim Dowsett	20:18

Crystal Palace

191 ran

Pos	Gen		
3	3	Tom Wilson	18:35
7	7	Tom Calvert	19:07
16	16	Neville Webb	20:22
46	6	Niamh Falconer	22:59
60	9	Clare Wyngard	24:06
63	10	Belinda Cottrill	24:08
118	94	Michael Dodds	26:51
165	117	Paul Hilton	32:13

Dulwich

174 ran

Pos	Gen		
8	8	Ebe Prill	18:33
12	12	Rob Hollands	19:07
49	46	Mark Muffett	22:27
141	41	Stephanie Burchill	28:53

Great Cornard

98 ran

Pos	Gen		
74	20	Susan Vernon	31:53
84	60	Chris Vernon	35:22

Hilly Fields

179 ran

Pos	Gen		
8	8	Ian Lilley	19:50
11	1	Kim Hainsworth	20:17

Lanhydrock

143 ran

Pos	Gen		
39	5	Laura Vincent	26:08

Newark

197 ran

Pos	Gen		
30	29	Martin Morley	23:44

Nonsuch

527 ran

Pos	Gen		
10	10	Paul Devine	18:38

Peckham Rye

119 ran

Pos	Gen		
32	2	Sarah Cross	22:39
45	38	Oliver Bottle	23:54
109	38	Abbie Grace Bottle	32:48
110	39	Emma Ibell	32:49

Riddlesdown

162 ran

Pos	Gen		
15	1	Ange Norris	21:48

Southwark

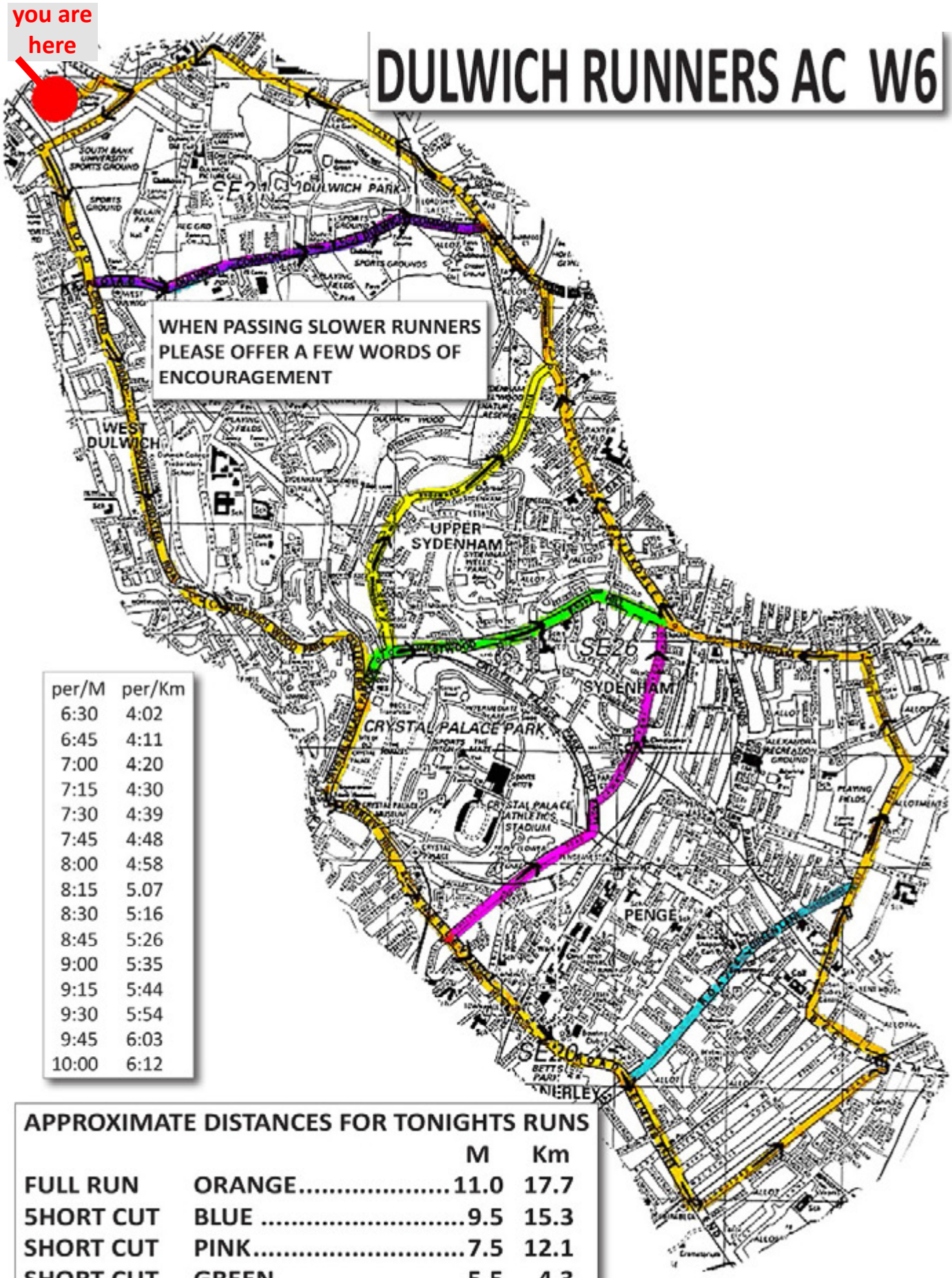
140 ran

Pos	Gen		
36	36	Ian Sesnan	22:00
42	2	Ros Tabor	22:09

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 W6



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

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

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