SHORTS

Dulwich Runners AC
Weekly Newsletter
August 5th 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 05 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 11 Track Session - Dulwich College Track
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
4... Race reports, Assembly League report
9... Club Champs after 7 events
12... Parkrun results
13... Wednesday night routes map

And much more !

TRACK SESSIONS

at Dulwich College Track

Tuesdays with Steve Smythe & Elkie Mace

Improve your speed & strength over all distances, suitable for all standards and abilities. £1 per session
Be warmed up ready for the session to start at 7.15

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

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list page 4

Aug 31 SevenOaks 7 - club champs

LUCKY VEST

Tonight

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

NEW RUNNERS ROTA

Many thanks to **Tom South** 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**

Katie Styles	**05/08**
Tony Tuohy	12/08
Mick Ward	19/08
Steve Wehrle	26/08
Ros Tabor	02/09

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)

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

Glad that everyone enjoyed the first social of the year at Surma. Now that we have the lighter evenings and nicer weather watch this space for social updates..... ***Matt Ladds***

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

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

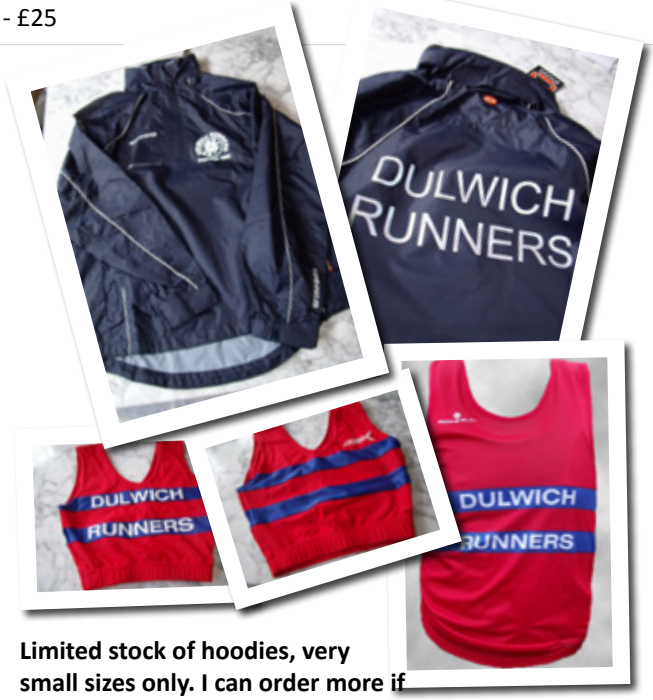
New !!!
Dulwich Runners SOCKS

only £5
They will be at the club on Wednesday, or if people want I can bring to Assembly league in Victoria Park
thanks - Ros

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.

ASSEMBLY LEAGUE RACES

These races range from 3 to 3.5 miles in distance, are on road or on paths within parks and are suitable for runners of all abilities, including newly joined members. They take place monthly over the summer months with the April fixture starting at 7.15 and the remainder at 7.30.
They are free to enter
Last of the series
3 September Beckenham (Beckenham Running Club HQ)

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 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 :

31 Aug	Sevenoaks 7 (medium)
4 Oct	Middlesex 10k, Victoria Park (medium)
1 Nov	**Cabbage Patch 10 (long) RACE CANCELLED**
15 Nov	Epsom 10 (long)

7 Oaks 7 entry now open

This year the 22nd 7Oaks7 run will be held on bank holiday Monday, 31 August 2015
Fee again unchanged: £11 Affiliated / £13 Unaffiliated / £15 On the day (subject to availability)
A course map, race notes, and other entry details can be found at: http://www.7oaks-ac.org.uk/sevenoaks-7

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
Aug	Mon 31	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	3	Assembly League Beckenham Running Club HQ 7:30pm		Beckenham
	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

Track meetings

Day	Track / Location	Event	Host	Website
August				
Mon 10	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Wed 12	Kingsmeadow	Rosenheim Final		
Wed 19	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Wed 26	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Sat 29	Tooting	Open	HHH	www.hernehillharriers.org
September				
Sun 5	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Sun 6	Ashford	SCVAC Final		
Wed 9	Parliament Hill	Open	Highgate Harriers	www.highgateharriers.org.uk
Sat 12/Sun 13	Erith	Kent Masters Champs		http://www.kcaa.org.uk/fixtures.htm
Wed 16	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html

Race Reports & Results

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.

Assembly League 3.5 miles (race 5), Victoria Park

Thursday 30th July

Tony Tuohy writes...

Another large Dulwich contingent made it to the second fixture at the east London venue with the men's A and B teams recording very decent 4th place finishes on the night, helped by placing three in the first twenty, easily a best for this season. The men's B team now have a good chance of finishing 2nd overall with a good showing at the last fixture at Beckenham.

However, the women lost out to a stronger Kent AC team avenging their third place last time and both clubs are now tying the overall lead. With just the last fixture left next month in Beckenham the overall title really is going to the wire and only our strongest team will do if we're to have a chance of taking the honours to really cap a superb 2015 team campaign. Some of the current individual standings are also shown below and there are medal prospects in the offing for a few Dulwich heroes:

I've got the M50 wrapped up (hurrah!).
Clare Elms will win the W50 and 2nd overall if she can run the last race.
Steve will win the M45 if he runs the last race.
Mike will win the M65.
No tables shown for these but:
Ros will win the W65.
Claire Steward will win the W60.
Ola or Andrea will win the W45.
Nicola could win the W40.

It was a similar-looking top three Dulwich men for the latest League battle, all finishing in the space of 12 seconds; but a changing of the guard has occurred with Wayne at last knocking lumps off his best time here, and off of me for that matter. My own recent poor form was at least slightly improved here, just 11 seconds down on this race a couple of months ago, but that lost time all came in the third mile, which Wayne used to his advantage by passing me decisively.

I tried to jump on his wheel (sorry, old habits...) but had no answer. He got a six second lead and kept it even down the fast last half-mile for one of his best runs – the sub-16:50 5k pace showed his recent 16:47 was no fluke. A great run and not a bit of comedy to report, more's the pity.... Steve's consistency continued, even straight back from his holiday, with another quality course-best run, just not able to stay on terms with Wayne when he pushed on after two miles. The men's A team was completed this time by Tim Bowen with yet another good run, though perhaps not quite of the quality of his recent superb 5k PB.

Kev Chadwick had one of his best runs (sub-18 5k pace) to head a similarly high quality Ian Lilley, with strong runs from Rob Hollands and Tom South, making a very good debut as an M40, completing the B team. Claire Baglin ran a real stormer, probably her best run yet (18:45 5k pace) to gain a superb 4th place in the women's race, particularly valuable in the absence of the injured Clare Elms. She was ably supported by Mel's equally valuable 6th place despite not being at her top form after injury, and Andrea's 8th, close in time to her previous run here. Ross is not in his early season form but ran solidly, as did Mike Fullilove making a welcome appearance at the League.

Steve Smythe was a good 20 seconds faster than last time here, matching his best 5ks this year, while Mike Mann just pipped Ola, both virtually matching their previous appearances. Laura Long is still on the up; she ran superbly for the 3.5 miles at a faster pace than her 5k PB at the Battersea fixture in June, a great run.

Hugh just got the better of Gary, with both recording strong runs for recent form. Selma and Michelle also had excellent PB-level runs, as fast as their best 5ks over the longer distance – as did Katie also with her best ever short-distance run, equal to a sub-22 5k. There must have been something in the air tonight.....

Andy and Ian had decent solid runs, as did Yvette (matching her good 5k at Battersea) and Barrie-John, while Ros ran a bit slower than her usual standard, perhaps with her imminent trip to the World Masters Champs in Lyon in mind. Long-time club stalwart Dave West ran a fair bit faster than his last go here, and Claire Steward ran well to secure 1st W60, especially as the former queen of marathon/trail/anything-with-mad-terrain-and-loads-of-miles is now a track runner with recent appearances at 200m and 800m. Didn't see that coming, did you? No, me neither.

15	Wayne Lashley	SM	18:57
19	Tony Tuohy	M50-1	19:03
20	Steve Davies	M45-1	19:09
32/31M	Tim Bowen	SM	19:44
45/44M	Kevin Chadwick	SM	20:13
48/46M	Ian Lilley	M40-7	20:22
60/57M	Rob Hollands	SM	20:59
4W/63	Claire Baglin	SW	21:07
66/62M	Tom South	M40-10	21:12
67/63M	Ross Rook	SM	21:12
79/74M	Mike Fullilove	M50-6	21:36
6W/86	Mel Edwards	SW	21:50
97/90M	Steve Smythe	M55-2	22:02
8W/100	Andrea Pickup	W45-2	22:11
114/102M	Mike Mann	M65-1	22:39
14W/117	Ola Balme	W45-3	22:40
17W/126	Laura Long	W35-5	22:55
137/115M	Hugh Balfour `	M60-3	23:16
138/116M	Gary Sullivan	M55-7	23:17
27W/164	Selma Benattia	W35-8	24:12
34W/178	Michelle Lennon	W45-6	24:36
181/145M	Andy Murray	M60-7	24:38
37W/182	Katie Styles	SW	24:42
185/146M	Ian Sesnan	M55-8	24:54
43W/198	Yvette Dore	W40-5	25:40
200/157M	Barrie-John Nicholls	M60	25:48
44W/201	Ros Tabor	W65-1	25:53
49W/207	Claire Steward	W60-1	26:08
215/162M	Dave West	M55-9	26:21

260 finishers

Men Overall after 5 events (15 for 1st etc)
1 Kent 72 (171); 2 VPHTH 65 (323); 3 Stock Exchange 63 (367); 4 Serpentine 58 (445); 5 Lloyds 56 (541); 6 Dulwich 54 (598); 7 Ravensbourne 45 (855); 8 Dartford RR 39 (998); 9 Camb H 37 (1179); 10 Eton M 35 (1153); 12 Beckenham 24 (1789); 12 Petts W 24 (1893); 13 Aquila 19 (2519)

Men B Team after 5 events:
1 Kent 73 (497); **2 Dulwich 62 (1123)**; 3 VPHTH 61 (1010); 4 Serp 60 (1098); 5 Lloyds 59 (1190); 6 Stock E 53 (1409); 7 Eton M 48 (1857); 8 Ravens 42 (2497); 9 Dartf RR 25 (2405); 10 Petts W 22; 11 Camb H 22; 12 Beckenham 18; 13 Aquila 10

Women Team after 5 events: 1 Kent 72 (77); **2 Dulw 72 (83)**; 3 VPHTH 65 (189); 4 Eton M 59 (309); 4 Beck 55 (343); 6 Serp 50 (519); 7 Dartford 40 (747); 8 Ravensbourne 32 (958); 9 Camb H 35 (834); 10 Lloyds 31 (867); 11 12 Stock E 27; 12 Petts W 20

Women B Team after 5 events:
1 Kent 72 (247); **2 Dulw 69 (269);** 3 VPHTH 68 (342); 4 Eton M 57 (637); 5 Beck 51 (884); 6 Serp 44; 7 Dartf RR 40 (765); 8 Camb H 9

Men's Team
1 VPHTH 2 3 5 7 – 20 pts -
2 Kent 1 8 11 16 – 36 pts
3 Lloyds 6 12 17 30 – 65 pts
4 Dulw 15 19 20 31 – 85 pts
Serp 13 21 28 32 – 94 pts
Stock E 10 29 37 48 – 124 pts
Dart 9 24 73 95 – 201 pts
Camb H 26 40 43 93 – 202 pts
Eton M 41 55 56 61 – 213 pts
Raven 4 54 58 96 – 216 pts
Beck 53 60 94 130 – 337 pts
Petts W 84 105 106 164 – 459 pts
Aquila 104 121 170 183 – 578 pts

B team
1 VPH B 14 18 22 35 – 89 pts
2 Kent B 23 25 27 36 – 111 pts
3 Lloyds B 34 39 49 50 – 172 pts
4 Dulw B 44 46 57 62 – 209 pts
Serp B 33 42 83 86 – 244 pts
Eton M B 64 68 78 85 – 295 pts
Stock E B 91, 92 112 122 - 417 pts
Dart B 98 131 161 179 - 569 pts
Raven B 134 135 159 167 - 595 pts

Women's team
1 Kent 1 3 10 – 14 pts
2 Dulw 4 6 8 – 18 pts
3 Eton M 2 19 21 – 42 pts
4 VPH 5 22 23 – 50pts
5 Beck 7 30 45 – 82 pts
6 Lloyds 9 20 79 – 108 pts
7 Serp 29 32 55 – 126 pts
8 Camb H 39 41 51- 131 pts
9 Dart 47 53 62 – 162 pts
10 Stock E 13 57 79 – 149 pts
11 Ravens 77 79 79 – 235 pts

1 Kent B 11 12 15 – 38 pts
2 Dulw B 14 17 27 – 62 pts
3 VPH B 24 25 28 – 77 pts
4 Eton M B 26 33 36 – 95 pts
5 Serp B 59 65 67 – 191 pts
6 Dart B 63 72 75 – 210 pts
7 Beck B 66 79 79 – 224 pts

Individual Points Overall
(just Men, Women, M40, M45, M50, M55 available at the moment)

Men	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Tot
Alan Barnes	19	18	15	17	11		80 (5)
Pete Tucker	20	17	12`	-	17		66
John Gilbert	-	-	-	20	20		40
Pete Lighting	-	14	7	14	5		40
Chris Greenwood	-	20	19				39
Dan Kennedy	9	7	10	13			39
Dave Morgan	-	-	17	19			36
Gareth Anderson	-	-	6	15	13		34
Andy Dyson	-	8	-	9	14		31
Rob Osborne	16	-	-	12			28
Ben Reynolds	-	16	11`				27
Lawrence Avery	15	10	-				25
Dave Jones	13	5	-		7		25
Paul Griffiths	-	4	4	16			24
Sam Proctor	-	9	-		12		21
John Franklin	-	-	20				20
Sam Humphrey	-	-	-	-	19		19
Mark Hall		19	-				19
Tim Sherman	12	6	-				18
Richard Kowenicki	-	-	18				18
James Cordwell	18	-	-				18
Rob Jackaman	-	-	-	18			18
Max Ware	-	-	-	-	18		18
Simon Wurr	-	12	5				17
Andy Weir	17	-	-				17
Hugh Torry	-	-	16				16
Steve Hobbs	-	-	-	-	16		16
Donatas Tumaitis	-	15	-				15
Andy Mercer	-	-	-	-	15		15
Terry Reeves	14		-				14
Andy Inglis	-	-	14				14
Simon Craddock	-	-	-	6	8		14
Tom Muddeman	-	13	-				13
Jonathan Bradford	-	-	13				13
Bjorn Browatzki	-	11	1				12
Simon Egan	-	-	-	11			11
Jim Addison	11		-				11
Stuart Beaney	8	2	-				10
Chris Ho	10	-	-	1			11
Callum Fraser	7	-	3				10
Phil Sanders	-	-	-	-	10		10
Tony Tuohy	5	-	-	3	2		10
Wayne Lashley	4	-	-		6		10
Andy Lawrence	-	-	9				9
Livia Ionita	-	-	-	-	9		9
Martin O'Connell	-	-	8				8
Chris Wyles	-	-	-	8			8
Steve Whitehead	-	-	-	7			7
Steve Davies	6	-	-		1		7
Michael Channing	-	-	-	4	3		7
Chris Wayman	-	-	-	5			5
Lee Martin	1		-		4		5
Charlie Lound	3		-				3
Chris Minns	-	3	-				3
Javier Gomez	2		-				2
Vanrisch Mclean	-	-	2				2
Dave Evans	-	-	-	2			2

Women	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Tot
Amy Clements	20	20	20	20	20		100 (5)
Claire Baglin	15	15	13	16	17		76 (5)
Clare Elms	18	19	18	19	-		74
Sarah Watson	17	17	17	-	18		69
Alex Gounelas	-	14	16	18	19		67
Mel Edwards	-	16	12	8	15		51
Andrea Pickup	14	9	-	13	13		49
Cath Stibbs	16	13	-	14	-		43
Sue Bint	-	-	8	15	16		39
Victoria Buck	-	11	9	5	11		36
Mandy Dohren	-	12	10	12	-		34
Sarah Pemberton	-	18	15	-	-		33
Naomi Dews	19	-	-	11	-		30
Teresa Murphy	12	1	7	-	9		29
Ola Balme	13	4	3	-	7		27
Donna Mews	-	-	4	6	14		24
Alison Thomson	-	5	-	7	10		22
Amy Leach	9	8	2	3	-		22
Martha Lloyd	-	-	19	-	-		19
Holly Page	`-	-	-	17	-		17
Sophia Donges	-	7	-	9			16
Nicola Richmond	8	6	-	2	-		16
Marta Bagnati	-	-	14	-	-		14
Karen Ellison	-	-	1	4	8		13
Ali Farrell	10	3	-	-	-		13
Lucy Owen	-	-	-	-	12		12
Laura Long	7	-	-	-	4		11
Jo Singer	-	-	11	-	-		11
Sarah Knox	11	-	-	-	-		11
Lydia Blackmore	-	10	-	-	-		10
Katy Sanders	-	-	-	10	-		10
Jasna Skruce	4	2	-	1			7
Dee O'Brien	-	-	-	-	6		6
Sara Thomas	-	-	6	-	-		6
Helen Lister	6	-	-	-	-		6
Gemma Game	-	-	-	-	5		5
Kate Judd	-	-	5	-	-		5
Faye Jeacocke	5	-	-	-	-		5
Caroline Manning	-	-	-	-	3		3
Natasha McKenna	3	-	-	-	-		3
Vicky Cooper	2	-	-	-	-		2
Sharon Bolister	-	-	-	-	2		2
Caroline Manning	-	-	-	-	1		1
Laura Morgan	1	-	-	-	-		1

M40	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Tot
Steve Hobbs	-	6	5	8	10		29
Lee Martin	8	5	2	5	8		28 (5)
Paul Griffiths	-	9	9	10			28
Phil Sanders	-	-	8	6	9		24
Stuart Beaney	9	7	7	-	-		23
Chris Greenwood	-	10	10	-	-		20
Andrew Reeves	7	3	-	-	-		10
Rob White	6	-	-	4	6		16
Steve Whitehead	`-	2	4	7			13
Che Compton	-	1	-	3	7		11
Jim Addison	10	-	-	-	-		10
Simon Egan	-	-	-	9			9
Chris Minns	-	8	-				8
Daniel Da Paloz	-	-	6				6
Simon Buckley	5	-	-	-	-		5
Alex Jeffreys	4	-					4
Chris Dyer	-	4					4
Dan Hall	3	-					3
Tom Robertson		-	3				3
Adam Barnes	2	-					2
Dave Reader	-	-	-	-	5		5
Ian Lilley	-	-	-	-	4		4
Simon Preuveneers	-	-	-	-	3		3
Toby Froschauer	-	-	-	-	2		2
Rob Cope	-	-	-	2`			2
Duncan Heppall	1	-	-	1			1
Lloyd Collier	-	-	1				1
Tom South	-	-	-	-	1		1

M45	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2	Tot
John Cox	7	10	9	9	9		44 (5)

Steve Davies	9	-	10	10	10	39
Matt Green	5	9	8	7		29
Marcus Elwes	-	6	6	6	5	23
Andy Tucker	4	7	-	3	6	20
Charlie Lound	8	-	-	8		16
Ben Calascione	1	-	5	5		11
Andy Weir	10					10
Rupert Holden	-	8	-			8
Alex Malzer	-	5	3			8
Chris Burfoot	-	-	-	-	8	8
Martin Carmack	-	-	7			7
Pat Young	-	-	-	-	7	7
Tom Webb	6					6
Rob Sommerville	-	3	-	-	3	6
David Cowier	-	4	-			4
Michael Clark	-	2	-	1	1	4
Kevin Cockram	-	-	4			4
Abdel Bidar	-	-	-	4		4
Paul Crompton	-	-	-	-	4	4
Rob King	3	-	-			3
Duncan Hussey	2	-	-			2
David Miller	-	1	1			2
Neil Thompson	-	-	2			2
Ian Willmott	-	-	-	2		2
Tim Middleton-Smith	-	-	-	-	2	2

M50	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2 Tot
Tony Tuohy	10	9	9	10	10	48 (5)
Ebe Prill	8	-	7	9	-	24
Graham Maynard	6	6	3	7		22
Paul Cates	-	9	7		6	22
Ben Reynolds	-	10	10			20
Craig Williamson	-	-	5	8	7	20
Chris Lydon	-	8			8	16
Steve Stanley	4	3	4	5	-	16
Martin Cunningham	5	5	-	4	1	15

Steve Glackin	-	-	6	6		12
Luke Armitage	-	-	-	-	9	9
John O'Shea	3	4	2			9
Tom Conlon	-	-	8			8
Simon Phillips	7					7
Mike Fullilove	2				5	7
Dave Daugirda	-	-	-	2	4	6
Martin Hawkins	1	-	-	-	3	4
Steve Pairman	-	1	-	1	2	4
Andy Everest	-	-	-	3		3
Richard Bartlett	-	2				2
Gideon Franklin	-	-	1			1

M55	Beck 1	VPH	Batt	Dome	VPH 2	Beck 2 Tot
Mick Bridgeland	10	10	10	10	10	50 (5)
Bernie Hutchinson	6	7	8	9	8	38 (5)
John Gurney	-	8	6	8	6	28
Ian Lambert	8	9	9	-	-	26
Steve Smythe	-	6	7	4	9	26
Alan Cox	4	2	5	7	7	25 (5)
Adrian Frost	3	5	4	5		17
Ian Sesnan	2	4	2	3	3	12
Gary Sullivan	-	-	-	6	4	10
Jerry Carnell	9	-	-			9
Neville Webb	7	-	-			7
Graham Laylee	-	3	1	2	-	6
Bill Bennett	-	-	-	-	5	5
Mark Cross	5	-	-			5
Peter Butler	-	-	3			3
Dave West	-	-	-	-	2	2
'Steve Hull	1	-	-			1
Glen Rideout	-	1	-			1
Ross Humphrey	-	-	-	1		1
Roger Albury	-	-	-	-	1	1

World Masters Championships Lyon, France

4-18 Aug 15

04.08.15 7.5k Cross Country

The races were held at Parilly park, on the outskirts of the city on a dry and bumpy, mostly grassy 4 lap course, two-thirds flat and one third twisting around trees with some small rises. The weather was moderately warm and fairly humid.

The first race was at 8am for M55's and over, with medals and team prizes by nation in 5 year age bands. Mike and Andy set off steadily and were able to settle to a faster pace after a while once there was room to overtake. Mike has mainly been track training recently and was pleased to run fairly strongly on the country, making the 3 to score GB M65 team, which came 2nd. Andy had a decent middle with a slight fade near the end and also scored for GB in the M60 team, which came 8th.

Ros ran in the second race, for W55's and over. She was also pleased to run well over the country and maintained a clear second place in the W65's throughout, behind fellow Brit Angela Copson, who has been in fine recent form, smashing the world age group 10k record and also beating Ros's mile record. These two and over age Pauline Rich (Worthing) ensured a W65 GB team gold.

16m65 Mike Mann 33:48 GB team silver medal
40m60 Andy Murray 34:51

2w65 Ros Tabor 35:38 individual silver +team gold medal

Wedding Day 7k

Friday 31 July 2015

Claire Steward writes: Nearly everything about this race is slightly odd; it was first run on Thursday 29 July 1981, a bank holiday marking the wedding of Prince Charles to Lady Diana Spencer, it's now held on the closest Friday, and it's 7k long. Celebrating its 34th anniversary, it has endured way beyond that ill-fated marriage and in a few years time no-one will much care where the name came from but hopefully we can continue to enjoy this idiosyncratic event in the glorious setting of Bushy Park.

Having set my target time last year when I was struggling to regain some degree of fitness, I was hopeful of an improvement despite finding myself acting as Ros's pacer at the Victoria Park Assembly League the previous evening – just to clarify, I was to try to stay ahead of her to prevent her running too fast but she scooted past in the final half mile anyway.

The course is almost flat, along paths, and tracks, crossing some grassy areas where the resident deer ignored our efforts. I managed to take over two minutes off last year's time but the additional 2k over a ParkRun or Assembly League distance makes if feel deceptively hard.

I stayed for a drink with friends afterwards with many of the runners and friends enjoying the evening sunshine and noticing the 'blue moon' rising in an almost clear sky.

238th in 33:05, 602 ran
Winner 22:28 (slower than Scott Overall's 21:07 last year)

Crystal Palace Canter 5k

Tuesday 4 August 2015

Claire Steward writes: My first time at this low-key 'canter' held on the first Tuesday of the month in Crystal Palace Park. I jogged 3.5 miles to the start and joined around half a dozen runners; a few more turned up including Ian Sesnan, timing his arrival to perfection, and then we were sent on our way.

With Ian leading and two other runners ahead of me I found myself puffing hard as I struggled to keep at least one of them in view for the first lap. The course is not marked and I knew I would go off route if I had no-one to follow. I couldn't stay with the leaders over the final half kilometre but I now have a benchmark to aim for in future, and with a jog back home afterwards it made a good 10 mile workout.

Hyde Park last Friday 5k

At a race that usually has a good contingent of Dulwich Runners I turned up to find I was one of only three of us. I don't know why I thought it would be a good idea to do a 5k in my lunch break the day after an Assembly League race and was regretting my decision as I started with very heavy legs.

But after a tough race I am pleased to report I got a PB. My time at 22.15 is a whole minute off my time on the same course in April and 9 seconds off the assembly league 5k in Battersea Park. It seems a week cycling up and down mountains have done my running the world of good!

Katie Styles 22:15

DARTFORD ROCKS 25th July

Continuing the Rock and roll theme of our recent tour of the Isle of Wight, a visit to the birthplace of Mick Jagger was the target of my next tour.

Dartford's run is based at the HQ of Dartford Harriers who have a clubhouse decorated with memorabilia from their history dating back to 1922. This gave the field a high proportion of Dartford Harriers and Dartford Road Runners although the back of the field had the usual collection of kids,dogs and joggers like myself.

As this was the first anniversary we were honoured with a visit from the Mayor of Dartford Cllr Ian Armitt who presented the certificates to the winners of the polnts competition before sending us on our way on a bright dry morning.

The two lap course meanders round central park (not that one) with a nasty little hill through the woods with ruts and tree roots but the rest is on smooth grass or tarmac paths.

The second lap includes an extra short loop up to and round the Mick Jagger statue, a disappointing rusty iron silhouette of old rubber lips without any identification plaque and for this occasion dressed in a parkrun hi vis!

My run was better than of late,perhaps soon I will break 35 mins again. As usual I was first MV70 albeit beaten by an 80 year old!

A fine piece of birthday cake greeted us at the end to celebrate the day. Well done Dartford another one to return to.

161 Chris Vernon 35.07 187 ran

Club Championships

Below are the points tables after 7 events, including the club mile and marathons to date.
The points can change according to marathons later in the year.

2015 Club Champs within age group.		Short			Medium			Long					
Name/Category		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
WOMEN SENIOR									not inc later mar's				bold = champs compl.
Claire	Baglin	-	50	49	50			49	50	-		5	**253**
Laura	Long	47	49	47	48			[46]	-	48		6	**245**
Selma	Benattia	45	46	[42]	47			[43]	47	46		7	**238**
Katie	Styles	42	44	41	46			42	-	-		5	**220**
Kim	Hainsworth	50	-	48	49			47	-	-		4	**198**
Helen	Lister	-	47	[44]	-			48	48	49		5	197
Anna	Thomas	48	48	46	-			45	-	-		4	191
Karina	Burrowes	-	43	-	-			40	43	43		4	173
Laura	Lane	-	-	-	-			41	46	47		3	137
Ruth	Bennett	43	45	43	-			-	-	-		3	134
Ellie	Horrocks	49	-	-	-			-	49	-		2	100
Laura	Vincent	-	-	-	-			-	44	45		2	91
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
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			47	49	-		5	**243**
Michelle	Lennon	43	49	[42]	47			43	47	-		6	**235**
Lindsey	Annable	[36]	46	37	43			41	43	-		6	**216**
Yvette	Dore	-	-	43	-			46	48	48		4	189
Caroline	Pettigrew	47	-	47	49			-	-	-		3	146
Ola	Balme	49	-	46	-			48	-	-		3	146
Joanne	Shelton	39	-	38	44			-	-	-		3	124
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]	-			42	45	47		6	187
Ros	Tabor	44	-	44	45			45	-	-		4	182
Lucy	Clapp	41	48	41	-			-	44	-		4	178
Clare	Wyngard	40	-	39	46			44	-	-		4	173
Angie	Norris	-	-	-	-			-	-	49		1	50
Stephanie	Burchill	35	-	-	-			-	-	-		1	36
MEN SENIOR													
Mark	Lacey	49	[49]	[46]	47			49	49	50		7	**251**
Wayne	Lashley	49	50	48	50			48	-	-		5	**250**
Matthew	Ladds	-	41	-	43			43	44	40		5	**216**
Timothy	Bowen	46	47	[45]	-			47	47	-		5	192
James	Burrows	[43]	46	[41]	-			44	46	49		6	191
Kevin	Chadwick	-	-	44	45			45	-	47		4	185
Ross	Rook	45	45	40	-			46	-	-		4	180
Alex	Haylett	-	42	37	42			-	-	43		4	168
Alastair	Locke	50	44	-	-			50	-	-		3	147
Paul	Devine	-	48	47	46			-	-	-		3	144
Mark	Callaghan	-	-	42	48			-	-	48		3	141
Toby	de Belder	-	-	-	44			-	45	45		3	137
Hugh	French	-	40	36	41			-	-	-		3	120
John-Gabriel	Harrison	-	-	-	49			-	48	-		2	99
Lewis	Laylee	47	-	50	-			-	-	-		2	99
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
Edward	Smyth	-	-	39	-			-	-	-		1	40
Chris	Goodman	39	-	-	-			-	-	-		1	40

MEN V40													
Stephen	Davies	50	50	-	50			50	49	[49]		6	**255**
Charles	Lound	49	-	48	49			49	50	[49]		6	**251**
Paul	Keating	43	46	-	46			45	47	-		5	**232**
Rob	Cope	48	47	49	47			-	-	-		4	195
Jim	Dowsett	46	-	47	-			-	48	48		4	193
Paul	Hilton	-	45	-	45			43	46	-		4	183
Lloyd	Collier	-	49	50	-			48	-	-		3	150
Cameron	Timmis	44	-	46	-			47	-	-		3	140
Ian	Lilley	-	48	-	48			-	-	-		2	98
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**
Ameet	Patel	38	-	37	40			38	44	-		5	**202**
Graham	Laylee	42	42	[39]	-			44	45	-		5	178
Michael	Dodds	40	-	35	42			40	-	-		4	161
Michael	Fullilove	-	-	48	-			48	48	-		3	147
Ian	Sesnan	-	44	43	44			-	-	-		3	134
Tony	Tuohy	-	50	-	-			-	50	-		2	102
Patrick	McMorrow	-	-	-	-			-	42	46		2	90
Duncan	Wilson	45	-	41	-			-	-	-		2	88
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													
Andrew	Murray	44	-	40	45			45	-	47		5	**226**
Barrie John	Nicholls	39	41	[36]	41			[39]	43	45		7	**216**
Robert	Bell	43	43	38	43			42	-	-		5	**214**
Mike	Mann	-	47	47	47			46	-	-		4	191
Stephen	Wehrle	-	40	-	-			37	41	44		4	166
Hugh	Balfour	46	45	44	-			-	-	-		3	138

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
Charles	Lound	812	-	806	817			[788]	820	849		5	**4,103**	821
Eberhard	Prill	813	824	833	803			807	[786]	[781]		5	**4,079**	816
Stephen	Davies	809	820	-	823			778	787	[765]		5	**4,017**	803
Stephen	Smythe	786	777	[714]	802			816	-	751		5	**3,932**	786
Nicola	Richmond	758	-	799	756			743	751	-		5	**3,807**	761
Wayne	Lashley	749	762	797	763			714	-	-		5	**3,785**	757
Claire	Baglin	-	765	750	767			757	723	-		5	**3,761**	752
Mark	Lacey	747	746	761	742			739	[737]	[707]		5	**3,735**	747
Andrew	Murray	756	-	741	764			757	-	715		5	**3,733**	747
Ros	Tabor	915	-	986	905			907	-	-		4	3,713	928
Michelle	Lennon	735	757	755	734			[687]	721	-		5	**3,702**	740
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			710	-	[676]		5	**3,584**	717
Barrie John	Nicholls	665	700	680	696			673	[653]	[613]		5	**3,415**	683
Claire	Steward	[799]	882	882	-			818	823	[809]		4	3,405	851
Selma	Benattia	681	679	670	685			[652]	664	[595]		5	**3,380**	676
Mike	Mann	-	835	858	832			818	-	-		4	3,343	836
Lindsey	Annable	[607]	667	656	636			620	626	-		5	**3,205**	641
Katie	Styles	629	633	644	650			629	-	-		5	**3,185**	637
Clare	Wyngard	754	-	761	781			775	-	-		4	3,071	768
Ameet	Patel	594	-	632	625			605	608	-		5	**3,063**	613
Kim	Hainsworth	748	-	748	764			716	-	-		4	2,977	744
Rob	Cope	694	743	791	734			-	-	-		4	2,963	741
Lucy	Clapp	728	774	773	-			-	680	-		4	2,955	739
Paul	Keating	597	608	-	596			562	568	-		5	**2,930**	586
Timothy	Bowen	711	730	755	-			706	[704]	-		4	2,902	725
James	Burrows	703	730	706	-			[693]	[668]	695		4	2,834	709

Kevin	Chadwick	-	-	764	711			694	-	664		4	2,833	708
Graham	Laylee	702	702	705	-			714	[685]	-		4	2,822	706
Helen	Lister	-	687	[674]	-			722	704	706		4	2,818	705
Matthew	Ladds	-	605	-	594			589	584	444		5	**2,816**	563
Ross	Rook	714	699	693	-			706	-	-		4	2,812	703
Anna	Thomas	704	713	707	-			682	-	-		4	2,807	702
Yvette	Dore	-	-	714	-			698	691	659		4	2,761	690
Michael	Dodds	657	-	645	669			653	-	-		4	2,624	656
Jim	Dowsett	685	-	673	-			-	639	605		4	2,601	650
Stephen	Wehrle	-	644	-	-			655	648	544		4	2,491	623
Ola	Balme	814	-	815	-			780	-	-		3	2,409	803
Lloyd	Collier	-	786	838	-			751	-	-		3	2,375	792
Alex	Haylett	-	623	633	579			-	-	533		4	2,368	592
Hugh	Balfour	785	772	800	-			-	-	-		3	2,357	786
Caroline	Pettigrew	748	-	771	757			-	-	-		3	2,276	759
Paul	Devine	-	756	780	728			-	-	-		3	2,263	754
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
Alastair	Locke	752	684	-	-			742	-	-		3	2,179	726
Ian	Sesnan	-	718	723	709			-	-	-		3	2,150	717
Karina	Burrowes	-	568	-	-			560	510	508		4	2,147	537
Ruth	Bennett	655	669	665	-			-	-	-		3	1,989	663
Toby	de Belder	-	-	-	680			-	648	636		3	1,964	655
Cameron	Timmis	659	-	651	-			635	-	-		3	1,945	648
Joanne	Shelton	642	-	640	631			-	-	-		3	1,913	638
Laura	Lane	-	-	-	-			630	645	600		3	1,875	625
Hugh	French	-	619	647	585			-	-	-		3	1,850	617
Sharon	Erdman	603	-	610	-			-	-	549		3	1,761	587
Tony	Tuohy	-	878	-	-			-	840	-		2	1,718	859
Andrea	Pickup	-	-	829	-			774	-	-		2	1,603	801
Lewis	Laylee	748	-	846	-			-	-	-		2	1,594	797
Ian	Lilley	-	776	-	755			-	-	-		2	1,531	766
Oscar	Hussey	710	-	797	-			-	-	-		2	1,508	754
John-Gabriel	Harrison	-	-	-	753			-	732	-		2	1,484	742
Emma	Ibell	728	-	738	-			-	-	-		2	1,466	733
Lucy	Pickering	723	-	-	-			-	712	-		2	1,435	717
Ellie	Horrocks	716	-	-	-			-	714	-		2	1,430	715
Duncan	Wilson	715	-	684	-			-	-	-		2	1,398	699
Sam	Crump	700	-	661	-			-	-	-		2	1,361	680
Patrick	McMorrow	-	-	-	-			-	621	638		2	1,259	630
Laura	Vincent	-	-	-	-			-	591	583		2	1,173	587
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
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

August 1st

Banbury

154 ran

Pos	Gen		
18	2	Ange Norris	21:36

Bexley

307 ran

Pos	Gen		
9	9	Michael Fullilove	19:36

Brockwell

240 ran

Pos	Gen		
5	5	Timothy Bowen	17:59
34	4	Ola Balme	20:24
73	62	Ian Sesnan	22:10
87	14	Lucy Clapp	22:47
101	84	Alex Haylett	23:27
118	96	James Wicks	24:14
148	118	Desmond Edwards	25:28
174	46	Sharon Erdman	27:03

Burgess

157 ran

Pos	Gen		
64	55	Paul Keating	24:18

Conwy

Chris Vernon writes...Not exactly a new venue for me but it was Sue's first visit to Conwy in North Wales a picturesque course at an RSPB reserve by Conwy castle. Numbers were well up on my previous visit which had been when the event was just a few weeks old.

The event is well supported by the many local running clubs. Amongst the runners was international athlete Andi Jones six times winner of the Snowdon International Mountain race and many other big northern races. He of course came home first and broke the course record. The tail runner was nobly completing his 100th run in true parkrun spirit.

Just before 9am the rain stopped and the sun came out as we set out on the one lap, pancake flat course (except for the dreaded railway bridge which reduced me to a walk) then up the loop towards the castle and along the side of the estuary to Deganwy and back to the start without the castle loop but including the bridge unfortunately.

Sue finished only 2 minutes in front of me, first FV70 as ever. Despite breaking 35 for the first time in a while I was 3rd in my age group by five minutes behind my rivals, I must start running more than once a week!

Coffee and cake followed as we watched the wading birds in the river, within a few minutes the rain returned as we drove off to the opening day of Surf Snowdonia.

173 ran

Pos	Gen		
137	50	Susan Vernon	32:43
148	92	Chris Vernon	34:49

Crystal Palace

181 ran

Pos	Gen		
7	1	Mel Edwards	19:24
44	6	Clare Wyngard	23:33
72	11	Joanne Shelton	25:14

Dulwich

180 ran

Pos	Gen		
13	1	Elkie Mace	18:35
16	15	Simon Burnett	19:08
42	37	Ajay Khandelwal	21:24
45	6	Selma Benattia	21:30
102	90	Mick Mead	25:32
126	102	Mark Muffett	27:01

Heaton

Paul Devine writes...I always enjoy trying a new Parkrun- but trying one in the midst of a stag weekend in Manchester was a very different experience.

Sam and I did our best to ignore our banging heads and the bewilderment of the rest of the stag party as we took a cab to Heaton Park and we both agreed our expectations were low. Finishing intact would represent success.

The course was very scenic with an excellent view of the city from the start point. The profile was a good mix of down and uphill and with some notable twists and turns. I decided to start slowly to gauge how I felt and just to enjoy the occasion.

After a very steady first kilometre which was mainly downhill I felt ok so upped the pace and treated it as a tempo run. I picked off quite a lot of places as the run went on and ended in 6th place. Sam whilst still not quite at his fittest just missed breaking 20 minutes but looked relieved to have made it through unscathed after looking decidedly peaky on the start line.

We returned to our accommodation with hangovers eased and a sense of achievement, and the majority of the stag party were still asleep. Shameful.

535 ran

Pos	Gen		
6	6	Paul Devine	18:38
26	25	Sam Crump	20:05

Hilly Fields

144 ran

Pos	Gen		
23	22	Gary Sullivan	21:22

Lullingstone

44 ran

Pos	Gen		
1	1	Kevin Chadwick	19:49

Maldon Prom

186 ran

Pos	Gen		
2	1	Kim Hainsworth	19:20

Nonsuch

443 ran

Pos	Gen		
7	6	Tony Tuohy	17:49

Old Deer Park

62 ran

Pos	Gen		
1	1	Mark Callaghan	18:52

Newark

175 ran

Pos	Gen		
42	38	Martin Morley	24:54

Orpington

153 ran

Pos	Gen		
74	55	Steve Wehrle	27:54

Roundshaw Downs

94 ran

Pos	Gen		
3	1	Clare Elms	19:39
9	7	Stephen Smythe	20:53

Peckham Rye

104 ran

Pos	Gen		
48	10	Eleanor Allan	24:50

St Peters

327 ran

Pos	Gen		
135	28	Penelope D'arcy Graham	25:08

Sheringham

190 ran

Pos	Gen		
9	9	Rob Cope	19:52

Skipton

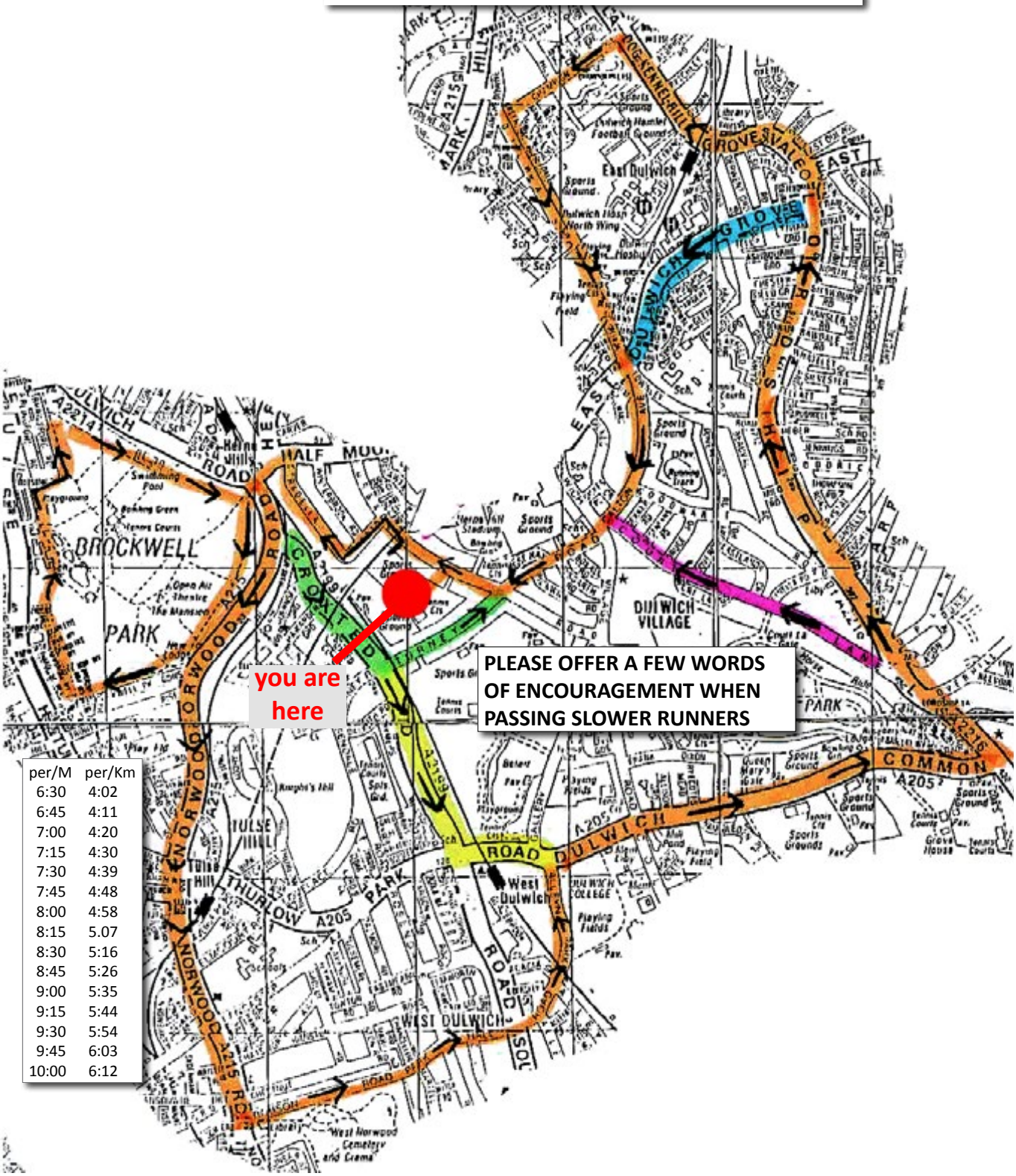
121 ran

Pos	Gen		
17	16	Duncan Wilson	21:43

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 S11



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	9.0	14.5
SHORT CUT	BLUE	7.8	12.6
SHORT CUT	GREEN & YELLOW	7.5	12.1
SHORT CUT	PINK	6.5	10.5
SHORT CUT	GREEN YELLOW & BLUE	6.3	10.1
SHORT CUT	GREEN YELLOW & PINK	5.0	8.0
SHORT CUT	GREEN	3.5	5.6