DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
November 4th 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 04 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Sat 07 Surrey League Cros country

Tue 10 Track at Crystal Palace Arena 7 for a 7:20pm start
£2.50 per session.

TRACK SESSIONS

Crystal Palace Track

- Excellent for building speed,stamina and endurance
- Go to reception, tell them you are with Dulwich Runners
  Allow 10 mins to get from there down to the track
- Pay Ros £2.50 on the track, do not pay at reception
- Elkie will commence a warm-up around 7pm and the main session will start approximately at 7.20pm.

Suitable for all standards

Thurdays morning sessions

And there's also speed sessions taken by Steve Smythe.
Usually starting between 11:15 - 30 in various local parks.
There is no fee. Suitable for all standards.
Interested ? then email steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

- **Sign the attendance register and pay £1.**
- **We need the money to help pay for clubhouse hire, map printing etc.**
- **We use the register to compile the new runners' rota, so please write legibly.**
- **We also like to keep an accurate record of weekly attendance.**

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE
Thank you. - Ros

LUCKY VEST

tonight November 4th

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

In your SHORTS this week !

1... General information
2... Social spot, Club kit...
3... All thing Cross Country ! info, races etc.
5... Fixture list, club champs,XC, road, track
6... Race reports
8... Parkrun results
9... Club champs andmarathon standings
13... Wednesday night run map

And much more !

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**

Nov 14 London Champs - Parliament Hill Fields

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to:
Karina Burrows, Matt Ladds and Patrick McCormack
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**

Lucy Cartlidge	**04/11**
Sue Cooper	11/11
Steve Cook	18/11

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page of Shorts.
Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse - Thanks

SOCIAL SPOT

A few dates for the diary!

Charity Quiz Night

Wednesday November 18

This will be hosted in the bar after the club run, starting at 9pm it is £5pp with a maximum of 4 per team.

There will be prizes (probably alcoholic!) for the winning team.

Fish and chips will be on as usual so you can refuel after the run, the bar will be open and the quiz will likely finish up about 10pm.

Hope to see as many of you as possible there, following on from the AGM all proceeds will go to the clubs fundraising efforts for Jose

Dulwich Runners Christmas Party

The Plough - Saturday 12th December

Save the date, finalising details as you read this.

Thanks - Matt matthew.ladds@uk.zurich.com

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)

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.tabor49@gmail.com

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 !!! Dulwich Runners SOCKS

only £5

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

HOODIES

At the moment there are no hoodies in stock except for one in a very small size. If enough people are interested in buying a hoody, I'll order some more. The cost will probably be about £20. I will need to have at least 10 names by Friday 13 November.

Thanks Ros ros.tabor49@gmail.com

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

The cross country season is now upon us with fixtures taking place on most Saturdays up to late February. Here is some advance information for the benefit of both newly joined members and regulars.

We compete in the Surrey League and this is the club's main priority, with the men in Division 2..... There are 4 fixtures during the season starting on 10 October with the women at Roundshaw Down and the men at Wimbledon Common. Further details regarding individual fixtures will be posted nearer the time. Details of other Surrey League fixtures can be found elsewhere in Shorts.

Event distances in the men's Surrey League races are approximately 8k, while the women's races start at 6k, increasing to 8k later in the season. Distances in other races vary, increasing in the New Year to 12k or over for the men and usually around 8k for the women.

For the men's Surrey League, theres no need to enter in advance or pay; simply turn up on the day in good time to register and warm up.Please don't turn up at the last minute as it will stress out your captain and yourself.
With the women's Surrey League, Ange has sent an email to all ladies to enter runners in advance. If any lady still wants to run but has not replied it is not too late as there are some places on the day but do get in contact to let Ange know - don't just turn up.

With the first 5 runners scoring for the women and the first 10 for the men, it is important that we field as many as possible of our strongest runners. But these and other cross country races are not elite and are suitable for runners of all abilities. They are also an excellent way of improving your overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits across races of all distances and surfaces.

In addition to the Surrey League, there are a number of other races, almost all of which take place on Saturdays. Indeed if you are a cross country fanatic, it is possible to race most weekends through the season. These races include the Kent and Surrey Masters, the London champs, 2 South of Thames races, the county champs, the South of England and National champs. See the fixture list in Shorts for details.

For virtually all these races other than the Surrey League, entries have to be submitted in advance, in some cases over a month before the events. Your captains will post details in Shorts or by email, requesting those interested in participating to contact them before the deadline given. It is not possible to cater for runners who decide after the deadline or even on the day that they would like a run. Note that the club pays for entries. You are asked not to put yourself forward on a speculative basis, but don't worry if you have to withdraw because of injury or illness.

Regarding footwear, you can often get away with road or trail shoes early in the season, but as the ground becomes muddier, cross country spikes or fell shoes will be necessary.

Please contact your captains for further information and make sure you respond in good time if you like to take part in races.
Cross country captains
Mike Mann
mcmann90@yahoo.co.uk
Ange Norris
dulwichladiescaptain@gmail.com

CROSS COUNTRY CHAMPS

We are holding a cross country champs once again this season. There are 4 events to qualify including a minimum of 3 Surrey League races. The other races are the South of Thames 5 miles at Polesdon Lacey on 21 November and a mob match yet to be arranged but likely to be in March, probably using the Lloyd parkrun. ***Mike Mann***

LONDON XC CHAMPS 14 NOVEMBER

These champs at Parliament Hill Fields have proved popular in recent years, and are open to all those resident in Greater London. Both the men's and women's races are over shorter distances (10k and 6k respectively) than the South of England and National Champs and the ground conditions are usually much better at this time of year.
A number of men have already asked to be entered but anyone else interested should contact me or the women's captains by 27 October at the latest. ***Mike Mann***

SOUTH OF THAMES 5 MILES, 21 NOVEMBER

This 5 mile race will be held in the grounds of Polesdon Lacey, a National Trust property, a few miles west of Leatherhead on 21 November, starting at 2pm for both men and women. As it forms one of the cross country champs races, you are encouraged to take part.

As far as I am aware, the course has not been used before, but we are told that it consists mostly of woodland paths and tracks, with some stony sections. As with most non Surrey League races, you need to be entered in advance, so those interested should contact their club captains no later than 9 November

MEN'S SURREY LEAGUE CROSS COUNTRY

7 NOVEMBER

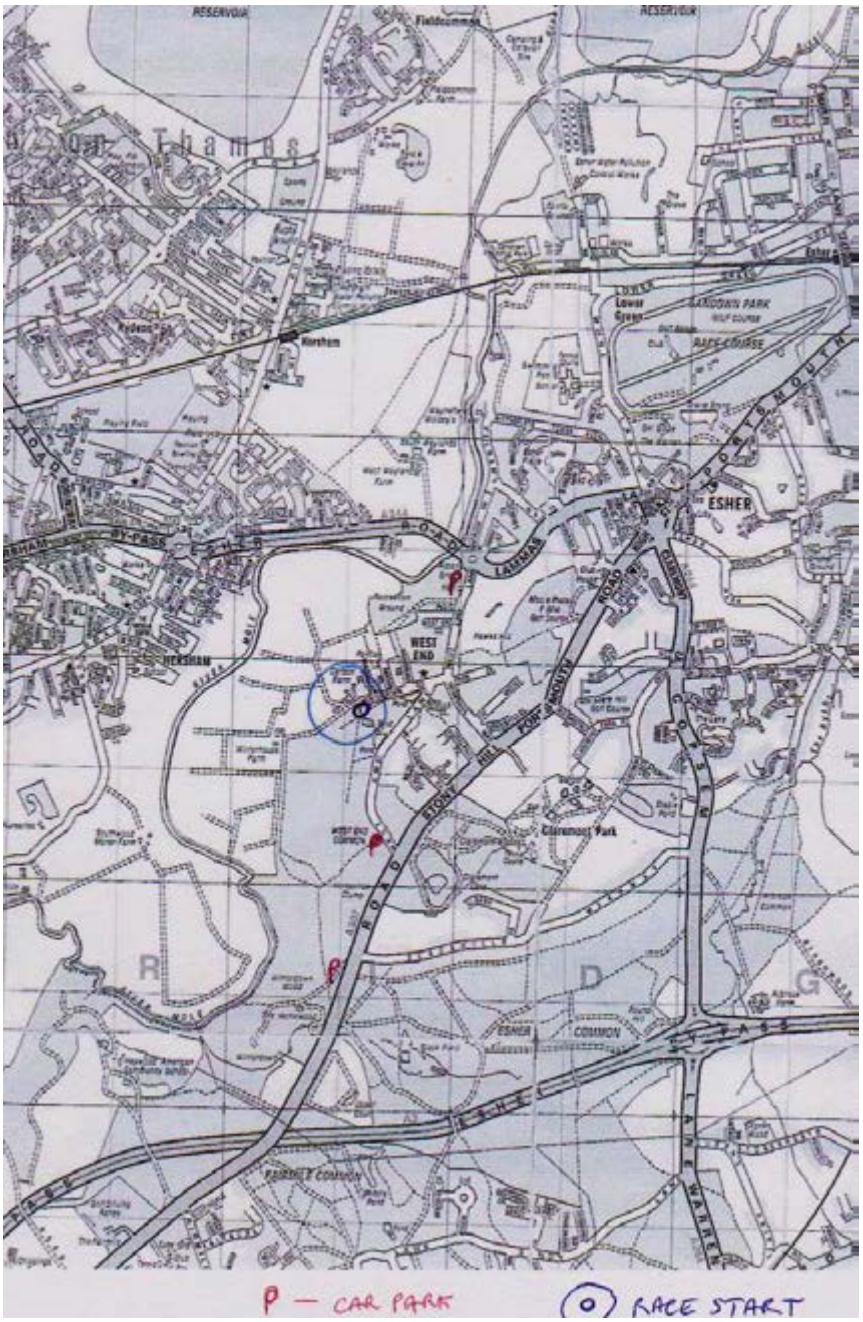
Our second fixture of the season takes place at West End Common, Esher, on 7 November starting at the usual time of 3pm. The women's race will be held earlier at 12.15 at the same venue, so you are encouraged to go early to lend support.

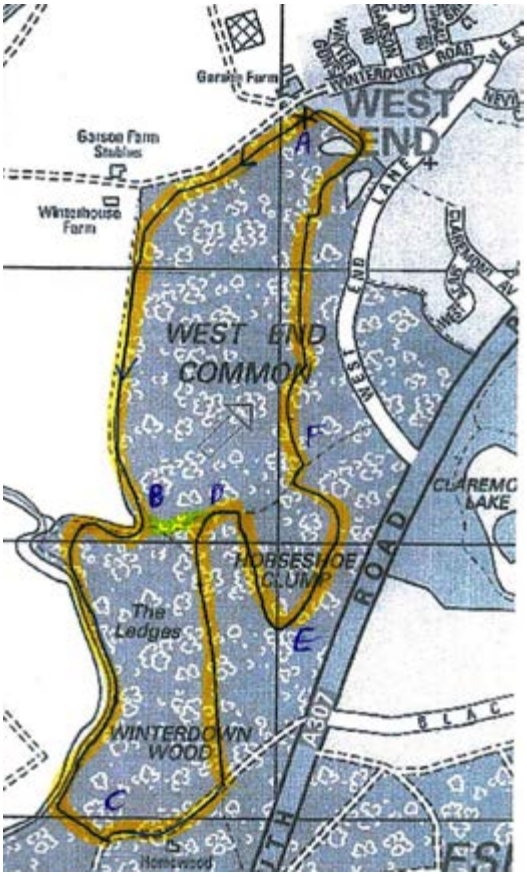
The nearest train station is Esher, but this is just over 3km from the course, so if you are not taking a bike, some car sharing would make sense. There is a 515 bus which goes from the station to Claremount Gardens, 500m from the start, but there is only a hourly service with buses leaving the station at 29 minutes past the hour. Please aim to arrive in good time to collect numbers and warm up, and don't aim for the bus leaving the station at 2.29.

The course consists of a lap of the field, followed by two laps through the woods. There are a few hills and it can be muddy in places, so is suitable for spikes, or fell shoes, but trail shoes are unlikely to provide sufficient grip. Following our successful start to the season, when we finished in second place, it is important to maintain the momentum.

We need as many potential high placed scorers as possible, plus more lower down where there some large gaps last time that could have left us very vulnerable, even though it fortunately turned out all right on the day.

Mike Mann





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 **Misc.**

***** Please note changes to womens XC dates and venues

Date		Race		Venue
Nov	7	Surrey League match 2	men	Walton
	7	Surrey League match 2	women	West End common, Esher
	14	London Champs		Parliament Hill Fields
	14	British and Ireland Internationa		Dublin
	15	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
	21	South of Thames 5 mile race,		Polesdon Lacey
Dec	5	Kent Masters		Sparrows Den
	6	Pirie 10 cross country		Farthing Down, Coulsdon
	12	SEAA Masters Champ		tbc
		2016		2016
Jan	9	KCAA Cross Country Championships		Redlibbets Golf Club, Kent
	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

Box Hill Fell Race

Saturday 23 January 2016

Over the past few years a good number of intrepid DRs have braved the thrills and spills of the Box Hill Fell Race near Dorking in Surrey. If you are interested in doing it in January the entries open on Sunday 1st November. It is an online entry system at www.fabian4.com.

The cost is £5.00 (unless they put it up this year). The race is organised by South London Orienteers, details are on their website www.slow.org.uk. There is a limit of 250 and last year it filled up in 48 hours. If you want to do it, get your entry in on that Sunday morning.

If you have never tried the joys of fell running, this is a perfect introduction. There are no navigation problems. The hills are all quite short, but some are steep enough to stop you running, or when descending, to get the adrenalin going. But you need to be aware that you need proper fell shoes (spikes are not allowed).

Trail shoes are pretty useless, unless you want to spend a lot of time on your backside! Look for brands like Walsh, or Inov8, which are also excellent for many cross-country races. It is a very friendly, well organised race, and there are decent showers and a bar afterwards. If you want to know more I will be at the club on the next few Wednesdays or you can email me:

Hugh Balfour hugh@christchurchpeckham.info

Dulwich Runners 2015 Club Championships

Once again the races will be split into 3 distance categories. Races still to come are :

15 Nov Epsom 10 (long) replaces Cabbage Patch

Club London Marathon 2016 Places

Each year the club gets a few London Marathon places for club members. This year we have been offered two places, but we are checking as this is fewer than previous years. To qualify for consideration, you must have been a member for a year and you must have applied to the ballot and been rejected. We allocate one place on the basis of contribution towards the club over the year and the remainder at random.

To be considered, contact me on:
chas.lound@btinternet.com, or in person, on Facebook etc., by 10 November. Charlie Lound

The SEAA Endurance Working Group

is looking for a volunteer to take on the role of Cross Country Team Manager.

Expressions of interest are sought from interested persons who would like to take on this role. Please email or write a short biography and email it to the SEAA Office.

For further information and a full job description please contact Linda Whitehead Director of Competition
SEAA Competition Limited Tel: 020 8778 7167

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

Race Reports & Results

PRIORY RELAYS REIGATE 31 OCTOBER

Mens... This year's relays were held on a perfect sunny autumn day. Despite the high standard of competition and not fielding our strongest teams, our women's A and B teams finished a creditable 5th and 7th respectively, while our men's A team finished in 10th pace. The course was the usual varied mixture of soft parkland, woodland trails and heathland with some hills and mud thrown in for good measure.

The women's 3 teams were one runner short following one last minute withdrawal, but Claire Baglin stepped into the breach, offering to run twice. Claire continued her strong cross country form with an excellent first leg for the A team. She was followed by Laura Long who did herself full justice, having been drafted into the A team on the day. Nicola Richmond had a good run on the final leg, despite being slightly slower than last year.
In the B team Ange Norris had an excellent run , with solid performances from Emma Ibell and Michelle Lennon. Our C team did well to finish 13th out of 35 women's teams, with Claire Baglin completing the final leg after encouraging runs from Lucy Clapp and Yvette Dore.

Tim Bowen led off for the men's A team, with another good performance, following his sub 17 minute time the previous day at the Serpentine 5k. He was followed by Ebe Prill, who also ran well, though he thought his time might have been affected by his Serpentine run. Ross Rook had one of his best runs to date for the club, while Charlie, taking on the anchor leg, picked up a couple of places, continuing his strong run of form.

In the B team, Gary Sullivan continued his good performance at the BMAF relays a week before, followed by Gideon Franklin finishing his leg strongly. Mike Mann's run was impeded by recent injury and illness, followed by Mark Foster, sporting a child size vest which did not appear to impede his progress. **Mike Mann**

MEN

A Team

Tim Bowen	15:18
Ebe Prill	16:49
Ross Rook	16:24
Charlie Lound	15:50
10th team	

B Team

Gary Sullivan	18:17
Gideon Franklin	18:30
Mike Mann	19:24
Mark Foster	18:36
34th team	

Ladies... There couldn't have been a lovelier autumnal day to be running in Reigate Priory – sunshine and very mild for the last day of October. Not true cross country weather but the course and conditions were more what we expect and love.

The course made good use of the hill. After an initial stretch across open grassland we climbed up a trail, followed around the far side of the ridge, then climbed steeply onto the top. After a scenic stretch along the ridge the trail dropped steeply back down to the field. Staying on your feet here was more or less challenging according to your choice of shoe. (Trail, spikes and road shoes were all worn by members.) The rain during the week gave us both thin slippery mud plus areas of deeper shoe sucking mud. We all agreed after that it was a great run. We had 3 ladies' teams entered (3 to a team) but due to sickness we were one member short. Claire Baglin volunteered to run an extra leg (thank you Claire) and Laura stepped up to run in the A team.

Men and women all ran together, although there were 4 in the men's teams. First up in the mass start were Claire (A), Emma (B) and Lucy (C). They all reappeared in that order and gave a hand sling to Laura (A), Ange (B) and Yvette (C) who each set off aiming to catch up with the runners in front and not be overtaken. In the glory legs were Nicola (A), Michelle (B) and, after a short rest, Claire (C). It was a great team effort and an enjoyable event to run and support everyone else. ***Ange Norris***

Team A - 5th - 53:46

9th Claire Baglin	17:23
20th Laura Long	18:33
11th Nicola Richmond	17:50

Team B – 7th – 56:38

26th Emma Ibell	18:59
16th Ange Norris	18:21
35th Michelle Lennon	19:18

Team C – 13th – 59:22

52nd Lucy Clapp	20:06
60th Yvette Dore	20:51
17th Claire Baglin	18:25

SERPENTINE LAST FRIDAY 5KM HYDE PARK

30TH OCTOBER

This race continues to grow in popularity with 15 Dulwich Runners (or 'Team Dulwich' as race organiser Malcom French refers to us) lining up for the October event, making us once again the best represented club. Rain earlier in the day made the ground a little wet and slippery underfoot, but otherwise conditions were good, with Hyde Park resplendent in Autumnal colours. The early arrival of Winter Wonderland meant that we ran a modified A course, running a revised and twisty first kilometre before rejoining the regular single lap of the Serpentine.

Tim Bowen took full advantage of the absence of killer bees to record his first sub-17 minute finish, finishing an excellent 5th overall and remaining in contact with the leading group throughout much of the race. It is evidence of how much he has improved over the summer that he was slightly disappointed with his time, I will stick my neck out and predict that he will win this event by the end of 2016, no pressure Tim.

Behind Tim, Lewis Laylee, Charlie Lound, Tom Rann and Tony Tuohy ran in a tight bunch, with Lewis pulling clear over the last kilometre to record a course best, narrowly missing his 2015 Battersea PB by a mere 2 seconds. Charlie, running as a late substitute for Alastair Locke, was delighted with his run, edging the remaining pack, with comfortably his best 5km effort of 2015. Race debutant Tom Rann followed Charlie in an official PB, although a few seconds short of his best unofficial 5km efforts. Tony was not at his best, commenting that he hasn't run a road 5km as bad as this apart from once when suffering from illness, no doubt his intimidating club run form will translate into better race performances very soon.

I was another runner not feeling at my best and was happy with my time, given how lethargic I was feeling before and even during the race. Lloyd Collier was using the race as a pace test for the forthcoming Brighton 10km race, he set out saying that he wanted to run 18 minutes at even pace and like Ronseal did exactly that. Kev Chadwick was hoping to run his first official 5km sub 18 time, having recently run an excellent 17:44 at Peckham Parkrun, but with Lloyd running on his shoulder for much of the race, tired towards the end to miss his target. Ebe Prill started easier with one eye on the following day's cross country relay, but despite slowing for the 'hilly' 4th kilometre mustered a strong finish.

Katie Styles had the run of the day, finishing narrowly outside the top 10 and smashing her PB for her first sub 22 minute finish. Ros Tabor followed Katie, once again topping the overall age graded results. Ian Sesnan, Andy Murray and Graham Laylee are very hard to separate and this race was no exception, with a mere seven seconds covering the three amigos, Ian lead the trio over the finish line with Andy and Graham following and Mark Muffet completing the Dulwich contingent with another solid run. ***Ian Lilley***

5	Tim Bowen	16:51	PB
10	Lewis Laylee	17:14	Course Best
12	Charlie Lound	17:25	SB, 1st MV45
14	Tom Rann	17:28	PB
17	Tony Tuohy	17:36	1st MV50
20	Ian Lilley	17:47	
27	Lloyd Collier	18:00	
33	Kev Chadwick	18:21	
39	Ebe Prill	18:47	
120	Katie Styles	21:44	PB (W12)
124	Ros Tabor	21:49	1st Age Graded 91.7% W13
132	Ian Sesnan	22:00	
133	Andy Murray	21:02	
137	Graham Laylee	22:07	
149	Mark Muffett	22:45	
243	Ran		

GRAVESEND SPRINT DUATHLON

I have finally been tempted into Triathlon this year, having always previously been of the Steve Ovett school of thinking (he famously once described the Decathlon was "9 mickey mouse events followed by a slow 1,500") – hence a triathlon being 2 mickey mouse events followed by a slow run.

Anyway so this was my first Duathlon – a team sprint with 3k run – 12.5k bike – 3k run for each of the 3 in the team. Competing for Tunbridge Wells Triathlon Club we came in 5th in 2:19:45. Amazingly, after over 2 hours of racing, only 10 seconds separated 3rd 4th & 5th.

Funnily enough, one of my thoughts before the race was that by ditching my worst event of the Triathlon maybe I'd be half decent at the Duathlon. I've now had another think and that I'm going to ditch my worst event at the Duathlon and invent a new sport called the Monoathlon. Think I'm onto something here.

Perhaps the Halloween party and Spooky ParkRun (where I won the costume race in TW – although I did have to raise a gallop to fight off my hangover and beat a fat bloke in a skeleton suit) played a part in my heavy legs… ***Lloyd Collier***

EMER CASEY 10K BROCKWELL PARK

1ST NOVEMBER

A good turnout of Dulwich Runners and supporters at this local event organised by Herne Hill Harriers. Our team of Ola, Ros and Sue were the first Women's team but Lucy produced the best Dulwich performance of the day by taking well over a minute off her PB. ***Graham Laylee***

Ola Balme 2W	41:00
Alexander Dodds	44:35
Graham Laylee	44:40
Ros Tabor	44:53
Sue Cooper	45:22
Lucy Clapp	45:50
Yvette Dore	47:16
Clare Wyngard	48:13
Mike Dodds	50:47
Tony Mcpherson	52:09
Penny Bell	56:38
Joelle Chalmer	56:53

November 04th

Banstead Woods

208 Ran

Pos	Gen		
4	4	Tony Tuohy	18:17

Bexley

317 Ran

Pos	Gen		
13	12	Michael Fullilove	20:11

Brockwell , Herne Hill

229 Ran

Pos		Gen	
62	9	Cameron Timmis	21:28
124	103	Desmond Edwards	25:07
150	121	Matthew Ladds	26:13
199	54	Sharon Erdman	29:21
206	60	Selina Wray	30:05

Crystal Palace

240 Ran

Pos	Gen		
2	2	Wayne Lashley	16:48
6	6	Stephen Davies	18:31
8	8	Tom Wilson	18:55
10	10	Tom Calvert	19:17
30	2	Kim Hainsworth	20:24
74	10	Clare Wyngard	23:37
77	11	Belinda Cottrill	23:53
80	67	Bob Bell	23:59
84	15	Susan Cooper	24:18
111	94	Michael Dodds	25:16
146	113	Tony Macpherson	27:39
194	131	Paul Hilton	32:15
226	141	Simon Lang	36:06

Dulwich

300 Ran

Pos	Gen		
7	7	Tim R Taylor	17:44
11	11	Rob Hollands	18:17
32	30	Simon Burnett	19:55
72	8	Selma Benattia	21:30
89	80	Chris Goodman	22:07
114	100	Kevin Smith	23:12
119	15	Claire Steward	23:18
207	159	Mick Mead	27:18
223	60	Stephanie Burchill	28:04

Hilly Fields

203 Ran

Pos	Gen		
3	3	Alastair Locke	18:09
7	7	Ian Lilley	19:03
151	44	Carolina Lilley	29:44

Newark

157 Ran

Pos	Gen		
22	22	Martin Morley	23:36

Old Deer Park

75 Ran

Pos	Gen		
23	19	Barrie John Nicholls	24:37
30	8	Lindsey Annable	25:28

Orpington

211 Ran

Pos	Gen		
2	2	Oscar Hussey	18:51
16	16	Stephen Smythe	21:12
22	2	Tereza Francova	21:41
60	55	Colin Frith	24:34

Peckham Rye

113 Ran

Pos	Gen		
59	15	Claire Barnard	26:03

Riddlesdown

142 Ran

Pos		Gen	
15	1	Ange Norris	22:24

Royal Tunbridge Wells

165 Ran

Pos	Gen		
11	11	Lloyd Collier	20:31

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.

Club Championships

Below are the points tables after 9 events, including 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													
Claire	Baglin	-	50	49	50	-	-	49	50	-		5	**253**
Kim	Hainsworth	50	-	48	49	-	50	47	-	-		5	**249**
Laura	Long	[47]	49	[47]	48	50	48	[46]	-	46		8	**249**
Helen	Lister	-	47	[44]	-	[46]	49	48	48	47		7	**246**
Selma	Benattia	[45]	46	[42]	47	49	-	[43]	47	44		8	**241**
Katie	Styles	42	44	[41]	46	48	-	42	-	-		6	**228**
Karina	Burrowes	-	43	-	-	43	-	40	43	41		5	**215**
Anna	Thomas	48	48	46	-	-	-	45	-	-		4	191
Ruth	Bennett	43	45	[43]	-	47	47	-	-	-		4	186
Laura	Lane	-	-	-	-	-	-	41	46	45		3	135
Laura	Vincent	-	-	-	-	44	-	-	44	43		3	134
Emily	Gelder	-	-	-	-	-	-	50	-	48		2	100
Ellie	Horrocks	49	-	-	-	-	-	-	49	-		2	100
Lucy	Cartlidge	-	-	-	-	-	-	-	45	42		2	89
Shona	Mcintosh	-	-	-	-	-	-	-	-	50		1	51
Elkie	Mace	-	-	50	-	-	-	-	-	-		1	51
Melanie	Edwards	-	-	-	-	-	-	-	-	49		1	50
Caroline	Wedmore	46	-	-	-	-	-	-	-	-		1	47
Clare	Nicholson	-	-	-	-	-	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	-	-	-	-	-	-	-	-	40		1	41
Joanna	Walker	-	-	-	-	-	-	-	-	39		1	40
WOMEN V40													
Nicola	Richmond	[46]	-	48	48	50	50	[47]	49	-		7	**252**
Michelle	Lennon	[43]	49	[42]	47	48	48	[43]	47	-		8	**247**
Yvette	Dore	-	-	43	-	45	-	46	48	48		5	**235**
Lindsey	Annable	[36]	46	[37]	43	42	46	[41]	43	-		8	**228**
Joanne	Shelton	39	-	38	44	44	-	-	-	46		5	**216**
Ola	Balme	49	-	46	-	49	-	48	-	-		4	196
Caroline	Pettigrew	47	-	47	49	-	-	-	-	-		3	146
Sharon	Erdman	37	-	36	-	-	-	-	-	45		3	121
Andrea	Pickup	-	-	49	-	-	-	49	-	-		2	100
Emma	Ibell	45	-	45	-	-	-	-	-	-		2	92
Lucy	Pickering	42	-	-	-	-	-	-	46	-		2	90
Carolina	Lilley	34	-	-	-	-	44	-	-	-		2	80
Cara	Oliver	48	-	-	-	-	-	-	-	-		1	49
Sue	Rowlands	-	-	-	-	-	45	-	-	-		1	46
Clare	Osborne	-	-	-	-	-	-	-	42	-		1	43
WOMEN V50													
Clare	Elms	50	[50]	[50]	50	-	-	50	50	50		7	**257**
Claire	Steward	[38]	47	[40]	-	43	47	[42]	45	47		8	**237**
Ros	Tabor	44	-	44	45	-	49	45	-	-		5	**232**
Lucy	Clapp	41	48	41	-	46	-	-	44	-		5	**225**
Clare	Wyngard	40	-	39	46	47	-	44	-	-		5	**221**
Angie	Norris	-	-	-	-	-	-	-	-	49		1	50
Stephanie	Burchill	35	-	-	-	-	-	-	-	-		1	36
MEN SENIOR													
Wayne	Lashley	49	50	[48]	50	[49]	50	48	-	-		7	**254**
Mark	Lacey	-	49	[46]	[47]	[46]	48	49	49	50		8	**253**
Alastair	Locke	50	[44]	-	-	48	49	50	-	49		6	**252**
Timothy	Bowen	47	47	[45]	-	47	-	47	47	-		6	**241**
James	Burrows	[43]	46	[41]	-	-	45	44	46	48		7	**236**
Kevin	Chadwick	-	-	44	45	[43]	46	45	-	46		6	**232**
Ross	Rook	46	45	40	-	-	44	46	-	-		5	**226**
Matthew	Ladds	-	41	-	43	41	-	43	44	[35]		6	**218**
Alex	Haylett	-	42	37	42	42	-	-	-	40		5	**208**
Lewis	Laylee	48	-	50	-	45	47	-	-	-		4	194
Paul	Devine	-	48	47	46	44	-	-	-	-		4	189
Hugh	French	-	40	36	41	-	43	-	-	-		4	164
John-Gabriel	Harrison	-	-	-	49	50	-	-	48	-		3	150
Mark	Callaghan	-	-	42	48	-	-	-	-	47		3	140
Toby	de Belder	-	-	-	44	-	-	-	45	43		3	135
Oscar	Hussey	43	-	43	-	-	-	-	-	-		2	88
Sam	Crump	45	-	38	-	-	-	-	-	-		2	85
Desmond	Edwards	-	-	-	-	-	-	-	43	37		2	82
Simon	Burnett	41	-	-	-	-	-	-	-	38		2	81
Tom	Marshall	-	-	-	-	-	-	-	50	-		1	51
Elliott	Nicholson	-	-	49	-	-	-	-	-	-		1	50
Joseph	Rham	-	-	-	-	-	-	-	-	45		1	46

bold = champs completed

Robert	Hollands	-	-	-	-	-	-	-	-	44		1	45
Thomas	South	-	43	-	-	-	-	-	-	-		1	44
Andrew	Bright	-	-	-	-	-	-	-	-	42		1	43
William	Haines	42	-	-	-	-	-	-	-	-		1	43
Daniel	Walsh	-	-	-	-	-	-	-	-	41		1	42
Chris	Goodman	40	-	-	-	-	-	-	-	-		1	41
Patrick	Beardmore	-	-	-	-	-	-	-	-	39		1	40
Edward	Smyth	-	0	39	-	-	-	0	-	-		1	40
Richard	Dyson	-	-	-	-	-	-	-	-	36		1	37
MEN V40													
Charles	Lound	49	-	[48]	[49]	50	50	[49]	50	50		8	**257**
Stephen	Davies	50	50	-	50	[49]	[49]	50	49	[49]		8	**257**
Jim	Dowsett	46	-	47	-	[45]	46	-	48	47		6	**240**
Paul	Keating	[43]	46	-	46	-	45	45	47	-		6	235
Paul	Hilton	-	45	-	45	-	44	43	46	-		5	228
Lloyd	Collier	-	49	50	-	47	-	48	-	-		4	198
Rob	Cope	48	47	49	47	[46]	[47]	-	-	-		6	197
Ian	Lilley	-	48	-	48	48	48	-	-	-		4	196
Cameron	Timmis	44	-	46	-	44	-	47	-	-		4	185
Tom	Wilson	-	-	-	-	-	-	-	-	48		1	49
Duncan	Hussey	47	-	-	-	-	-	-	-	-		1	48
Jon	Hyde	-	-	-	-	-	-	-	-	46		1	47
Olivier	Montfort	-	-	-	-	-	-	46	-	-		1	47
Ajay	Khandelwal	45	0	0	-	-	-	0	-	-		1	46
Christian	Moody	-	-	-	-	-	-	44	-	-		1	45
MEN V50													
Eberhard	Prill	50	[49]	50	50	-	[49]	50	[49]	50		8	**258**
Stephen	Smythe	49	48	[42]	49	-	-	49	-	49		6	**250**
Gideon	Franklin	48	46	-	48	-	-	47	-	48		5	**242**
Gary	Sullivan	[42]	-	46	46	-	46	43	47	-		6	**234**
Graham	Laylee	43	[42]	[39]	-	46	45	44	45	-		7	**230**
Ameet	Patel	39	-	[37]	40	43	42	[38]	44	-		7	**215**
Tony	Tuohy	-	50	-	-	50	50	-	50	-		4	204
Michael	Dodds	41	-	35	42	41	-	40	-	-		5	204
Ian	Sesnan	-	44	43	44	44	-	-	-	-		4	179
Michael	Fullilove	-	-	48	-	-	-	48	48	-		3	147
Duncan	Wilson	46	-	41	-	47	-	-	-	-		3	137
Patrick	McMorrow	-	-	-	-	-	-	-	42	45		2	89
John	English	-	-	49	-	-	-	-	-	-		1	50
Graham	Stanton	-	-	-	-	-	-	-	46	-		1	47
Mark	Judge	-	-	45	-	-	-	-	-	-		1	46
Per	Hedberg	-	-	-	-	-	-	-	-	41		1	42
Mike	Crilly	-	-	-	-	-	-	41	-	-		1	42
Mick	Mead	38	-	-	-	-	-	-	-	-		1	39
Barry	Graham	37	0	0	-	-	-	0	-	-		1	38
Stephen	Street	36	-	-	-	-	-	-	-	-		1	37
MEN V60													
Mike	Mann	-	47	47	47	49	[47]	46	-	-		6	**242**
Hugh	Balfour	47	45	44	-	48	-	-	-	46		5	**235**
Andrew	Murray	45	-	[40]	45	45	[44]	45	-	47		7	**234**
Robert	Bell	44	43	[38]	43	-	-	42	-	44		6	**222**
Barrie John	Nicholls	[40]	41	[36]	[41]	42	43	[39]	43	43		9	221
Stephen	Wehrle	-	40	-	-	-	41	37	41	42		5	206
Neville	Webb	-	-	-	-	-	48	-	-	-		1	49
Barry Graham	Evans	-	-	-	-	-	-	-	-	40		1	41
		100	-7	47	14	67	10	45	10	17		3	130

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

Overall Age Graded Champs		**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**	**Events**	**TOTAL 5 events max inc 1.S,M,L**	**Average**
Clare	Elms	926	938	992	918	-	-	915	[910]	[889]		5	4,688	
Ros	Tabor	915	-	986	905	-	932	907	-	-		5	4,644	
Claire	Steward	[799]	882	882	-	825	840	[818]	823	[809]		5	4,251	
Mike	Mann	-	835	858	[832]	836	841	818	-	-		5	4,188	
Charles	Lound	812	-	[806]	817	[817]	826	[788]	820	849		5	4,123	
Eberhard	Prill	813	824	833	803	-	[803]	807	[786]	[781]		5	4,079	
Stephen	Davies	809	820	-	823	[797]	806	[778]	787	[765]		5	4,046	
Stephen	Smythe	786	777	[714]	802	-	-	816	-	751		5	3,932	
Nicola	Richmond	758	-	799	[756]	808	803	[743]	751	-		5	3,919	
Clare	Wyngard	754	-	761	781	790	-	775	-	-		5	3,861	
Hugh	Balfour	785	772	800	-	786	-	-	-	692		5	3,835	
Wayne	Lashley	[749]	[762]	797	763	770	772	714	-	-		5	3,816	
Claire	Baglin	-	765	750	767	-	-	757	723	-		5	3,761	
Andrew	Murray	756	-	741	764	734	[726]	757	-	[715]		5	3,752	
Mark	Lacey	-	746	761	742	753	[741]	739	[737]	[718]		5	3,741	
Alastair	Locke	752	[684]	-	-	766	768	742	-	708		5	3,736	
Kim	Hainsworth	748	-	748	764	-	745	716	-	-		5	3,722	
Gary	Sullivan	[668]	-	792	752	-	763	700	704	-		5	3,710	
Michelle	Lennon	735	757	755	[734]	737	[731]	[687]	721	-		5	3,705	
Lucy	Clapp	728	774	773	-	749	-	-	680	-		5	3,704	
Timothy	Bowen	711	730	755	-	756	-	706	[704]	-		5	3,657	

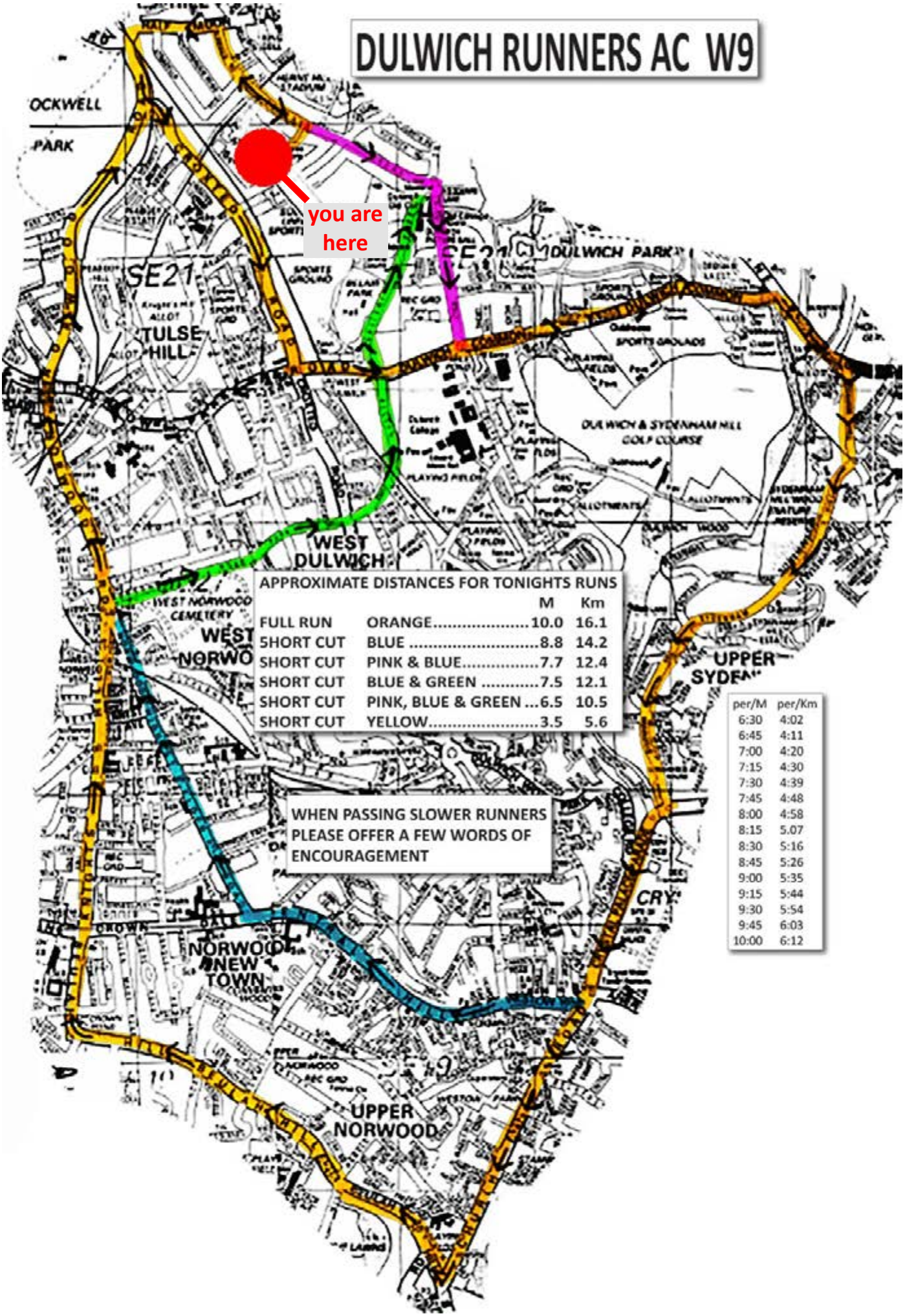
Gideon	Franklin	742	733	-	746	-	-	727	-	701		5	3,649
Robert	Bell	741	733	720	725	-	-	712	-	[636]		5	3,631
Laura	Long	[707]	722	714	731	721	[708]	710	-	[676]		5	3,598
Kevin	Chadwick	-	-	764	711	706	715	694	-	[664]		5	3,590
Graham	Laylee	702	[702]	705	-	718	726	714	[685]	-		5	3,564
Helen	Lister	-	687	[674]	-	[677]	730	722	704	706		5	3,548
James	Burrows	703	730	706	-	-	709	[693]	[668]	695		5	3,543
Ross	Rook	714	699	693	-	-	698	706	-	-		5	3,510
Yvette	Dore	-	-	714	-	687	-	698	691	659		5	3,449
Barrie John	Nicholls	[665]	700	680	696	[645]	691	673	[653]	[613]		5	3,441
Tony	Tuohy	-	878	-	-	855	850	-	840	-		4	3,423
Selma	Benattia	681	679	[670]	685	696	-	[652]	664	[595]		5	3,406
Jim	Dowsett	685	-	673	-	676	663	-	639	[605]		5	3,336
Katie	Styles	[629]	633	644	650	687	-	629	-	-		5	3,243
Lindsey	Annable	[607]	667	656	636	[636]	648	[620]	626	-		5	3,233
Ola	Balme	814	-	815	-	809	-	780	-	-		4	3,218
Michael	Dodds	657	-	645	669	544	-	653	-	-		5	3,168
Stephen	Wehrle	-	644	-	-	-	669	655	648	544		5	3,160
Joanne	Shelton	642	-	640	631	646	-	-	-	600		5	3,159
Lloyd	Collier	-	786	838	-	765	-	751	-	-		4	3,140
Ameet	Patel	[594]	-	632	625	618	608	[605]	608	-		5	3,090
Ian	Lilley	-	776	-	755	777	773	-	-	-		4	3,081
Lewis	Laylee	748	-	846	-	746	728	-	-	-		4	3,068
Rob	Cope	[694]	743	791	[734]	735	746	-	-	-		4	3,015
Paul	Devine	-	756	780	728	722	-	-	-	-		4	2,985
Alex	Haylett	-	623	633	579	613	-	-	-	533		5	2,981
Matthew	Ladds	-	605	-	594	581	-	589	584	[444]		5	2,953
Paul	Keating	597	608	-	596	-	565	[562]	568	-		5	2,934
Ian	Sesnan	-	718	723	709	696	-	-	-	-		4	2,846
Anna	Thomas	704	713	707	-	-	-	682	-	-		4	2,807
Paul	Hilton	-	547	-	567	-	545	553	551	-		5	2,763
Karina	Burrowes	-	568	-	-	581	-	560	510	508		5	2,728
Ruth	Bennett	[655]	669	665	-	677	675	-	-	-		4	2,686
Cameron	Timmis	659	-	651	-	645	-	635	-	-		4	2,590
Hugh	French	-	619	647	585	-	610	-	-	-		4	2,460
Caroline	Pettigrew	748	-	771	757	-	-	-	-	-		3	2,276
John-Gab.l	Harrison	-	-	-	753	767	-	-	732	-		3	2,251
Mark	Callaghan	-	-	776	770	-	-	-	-	704		3	2,250
Michael	Fullilove	-	-	773	-	-	-	740	725	-		3	2,238
Duncan	Wilson	715	-	684	-	691	-	-	-	-		3	2,089
Toby	de Belder	-	-	-	680	-	-	-	648	636		3	1,964
Laura	Lane	-	-	-	-	-	-	630	645	600		3	1,875
Laura	Vincent	-	-	-	-	598	-	-	591	583		3	1,771
Sharon	Erdman	603	-	610	-	-	-	-	-	549		3	1,761
Andrea	Pickup	-	-	829	-	-	-	774	-	-		2	1,603
Emily	Gelder	-	-	-	-	-	-	796	-	783		2	1,580
Oscar	Hussey	710	-	797	-	-	-	-	-	-		2	1,508
Emma	Ibell	728	-	738	-	-	-	-	-	-		2	1,466
Lucy	Pickering	723	-	-	-	-	-	-	712	-		2	1,435
Ellie	Horrocks	716	-	-	-	-	-	-	714	-		2	1,430
Sam	Crump	700	-	661	-	-	-	-	-	-		2	1,361
Patrick	McMorrow	-	-	-	-	-	-	-	621	638		2	1,259
Simon	Burnett	669	-	-	-	-	-	-	-	518		2	1,187
Lucy	Cartlidge	-	-	-	-	-	-	-	598	560		2	1,158
Carolina	Lilley	543	-	-	-	-	534	-	-	-		2	1,077
Desmond	Edwards	-	-	-	-	-	-	-	521	515		2	1,036
Shona	Mcintosh	-	-	-	-	-	-	-	-	846		1	846
Angie	Norris	-	-	-	-	-	-	-	-	827		1	827
Elliott	Nicholson	-	-	800	-	-	-	-	-	-		1	800
Neville	Webb	-	-	-	-	-	794	-	-	-		1	794
John	English	-	-	784	-	-	-	-	-	-		1	784
Tom	Marshall	-	-	-	-	-	-	-	767	-		1	767
Melanie	Edwards	-	-	-	-	-	-	-	-	765		1	765
Elkie	Mace	-	-	765	-	-	-	-	-	-		1	765
Mark	Judge	-	-	763	-	-	-	-	-	-		1	763
Cara	Oliver	754	-	-	-	-	-	-	-	-		1	754
Duncan	Hussey	727	-	-	-	-	-	-	-	-		1	727
Tom	Wilson	-	-	-	-	-	-	-	-	718		1	718
Eleanor	Simmons	-	-	705	-	-	-	-	-	-		1	705
Thomas	South	-	701	-	-	-	-	-	-	-		1	701
Ajay	Khandelwal	685	-	-	-	-	-	-	-	-		1	685
Caroline	Wedmore	683	-	-	-	-	-	-	-	-		1	683
Charlie	Boden	678	-	-	-	-	-	-	-	-		1	678
Edward	Smyth	-	-	669	-	-	-	-	-	-		1	669
Graham	Stanton	-	-	-	-	-	-	-	669	-		1	669
William	Haines	667	-	-	-	-	-	-	-	-		1	667
Sue	Cooper	-	-	-	-	-	-	660	-	-		1	660
Joseph	Rham	-	-	-	-	-	-	-	-	655		1	655
Stephanie	Burchill	644	-	-	-	-	-	-	-	-		1	644
Robert	Hollands	-	-	-	-	-	-	-	-	643		1	643
Mike	Crilly	-	-	-	-	-	-	642	-	-		1	642
Mick	Mead	626	-	-	-	-	-	-	-	-		1	626
Sue	Rowlands	-	-	-	-	-	623	-	-	-		1	623
Andrew	Bright	-	-	-	-	-	-	-	-	621		1	621
Olivier	Montfort	-	-	-	-	-	-	607	-	-		1	607

Chris	Goodman	605	-	-	-	-	-	-	-	-		1	605	
Barry	Graham	605	-	-	-	-	-	-	-	-		1	605	
Claire	Barnard	-	-	-	-	602	-	-	-	-		1	602	
Daniel	Walsh	-	-	-	-	-	-	-	-	601		1	601	
Clare	Nicholson	-	-	-	-	-	599	-	-	-		1	599	
Patrick	Beardmore	-	-	-	-	-	-	-	-	528		1	528	
Clare	Osborne	-	-	-	-	-	-	-	528	-		1	528	
Christian	Moody	-	-	-	-	-	-	524	-	-		1	524	
Jon	Hyde	-	-	-	-	-	-	-	-	522		1	522	
Richard	Dyson	-	-	-	-	-	-	-	-	506		1	506	
Stephen	Street	501	-	-	-	-	-	-	-	-		1	501	
Natalie	Davys	-	-	-	-	-	-	-	-	496		1	496	
Barry G.	Evans	-	-	-	-	-	-	-	-	471		1	471	
Joanna	Walker	-	-	-	-	-	-	-	-	468		1	468	
Per	Hedberg	-	-	-	-	-	-	-	-	423		1	423	
121		60	41	61	40	44	37	51	40	50	0			

2015 Club Championships - Marathon Notified peformances to 1st November 2015 in time order

		Category	Marathon	Time H.m.s	Age Graded	Points/ position	FS	F40/50	MS	M40	M50/60
Charles	Lound	M40	Lon 26 Apr	2.37.31	849	2				50	
Shona	Mcintosh	F S	Lon 26 Apr	2.40.06	846	3	50				
Mark	Lacey	M S	New York 1 Nov	2.51.33	718	12			50		
Stephen	Davies	M40	Lon 26 Apr	2.51.57	765	9				49	
Alastair	Locke	M S	Ely 27 Sep	2.53.59	708	14			49		
Clare	Elms	F50	Lon 26 Apr	2.55.18	889	1		50			
James	Burrows	M S	Rotterdam 12Apr	2.57.25	695	18			48		
Melanie	Edwards	F S	Frankf't 15 Oct	2.57.51	765	8	49				
Emily	Gelder	F S/F40	Chester 4 Oct	2.58.13	783	6	48				
Mark	Callaghan	MS	Brighton 12Apr	2.58.36	704	16			47		
Eberhard	Prill	M50	Lon 26 Apr	2.58.42	781	7					50
Tom	Wilson	M40	Ams'dam 18 Oct	3.1.349	718	11				48	
Kevin	Chadwick	M S	Lon 26 Apr	3.3.289	672	21			46		
Joseph	Rham	M S	Belfast 4 May	3.9.09	655	23			45		
Robert	Hollands	M S	Thames Meand 14 Mar	3.11.08	643	24			44		
Helen	Lister	F S	Lon 26 Apr	3.11.58	706	15	47				
Angie	Norris	F50	Lon 26 Apr	3.13.2	827	4		49			
Stephen	Smythe	M50	Lon 26 Apr	3.14.37	751	10					49
Toby	de Belder	M S	Paris 12Apr	3.14.5	636	26			43		
Andrew	Bright	M S	Lon 26 Apr	3.17.59	621	28			42		
Gideon	Franklin	M50	Lon 26 Apr	3.19.19	701	17					48
Laura	Long	F S	Lon 26 Apr	3.21.49	676	20	46				
Daniel	Walsh	M S	Bristol 25 Oct	3.24.31	601	31			41		
Jim	Dowsett	M40	Edinb 31 May	3.30.33	605	30				47	
Andrew	Murray	M60	Lon 26 Apr	3.34.07	715	13					47
Yvette	Dore	F40	Brighton 12 Apr	3.34.42	659	22		48			
Hugh	Balfour	M60	Chester 4 Oct	3.39.17	692	19					46
Claire	Steward	F60	Lon 26 Apr	3.47.22	809	5		47			
Laura	Lane	F S	Lon 26 Apr	3.48.07	600	33	45				
Selma	Benattia	F S	Lon 26 Apr	3.49.26	595	34	44				
Patrick	McMorrow	M50	Lon 26 Apr	3.50.57	638	25					45
Alex	Haylett	M S	Brighton 12Apr	3.51.46	533	39			40		
Laura	Vincent	F S	Mchstr 19Apr	3.52.41	583	35	43				
Patrick	Beardmore	M S	Lon 26 Apr	3.52.55	528	40			39		
Joanne	Shelton	F40	Frankf't 15 Oct	3.54.08	600	32		46			
Simon	Burnett	M S	Beachy Hd 24Oct	3.57.38	518	42			38		
Desmond	Edwards	M S	Mchstr 19 Apr	3.59.23	515	43			37		
Robert	Bell	M 60	Ams'dam 18 Oct	4.0.45	636	27					44
Lucy	Cartlidge	F S	Lon 26 Apr	4.02.15	560	36	42				
Richard	Dyson	MS	Belfast 4 May	4.5.47	506	45			36		
Barrie John	Nicholls	M60	Lon 26 Apr	4.07.21	613	29					43
Jon	Hyde	M40	Lon 26 Apr	4.09.39	522	41				46	
Matthew	Ladds	M S	Amsterdam 18 Oct	4.18.14	476	47			35		
Sharon	Erdman	F40	Mchstr 19Apr	4.22.26	549	37		45			
Karina	Burrowes	F S	Lon 26 Apr	4.26.33	508	44	41				
Natalie	Davys	F S	Mchstr 19Apr	4.34.51	496	46	40				
Joanna	Walker	F S	Lon 26 Apr	4.49.11	468	49	39				
Stephen	Wehrle	m60	lon 26 apr	4.56.09	544	38					42
Per	Hedberg	m50	mar des sables 10 apr	5.33.25	423	50					41
Barry G.	Evans	m60	halstead	5.45.32	471	48					40

DULWICH RUNNERS AC W9



APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.0	16.1
SHORT CUT	BLUE	8.8	14.2
SHORT CUT	PINK & BLUE	7.7	12.4
SHORT CUT	BLUE & GREEN	7.5	12.1
SHORT CUT	PINK, BLUE & GREEN	6.5	10.5
SHORT CUT	YELLOW	3.5	5.6

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

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