DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
September 13th 2017

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

- THE COMING WEEK –

Wed 13 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 19 Hill Session - Opposite Sydenham Hill Station
7:15 for 7:30 start - no fee
NOTE: see below.

In your SHORTS this week !

1 General information
2 Club kit, social events etc
3 Cross country information - ***Important make sure to read***
4 Fixture list, club champs, road, XC, etc
5 Race reports & results etc...
5 Club Champs 5M MT full results
7 Beckenham Assembly league - final race, full resiults
12 Club Champs standings 2017 so far...
15 Parkrun results
16 This Wednesday run map

And much more !

TRACK SESSIONS

19 & 26th September sessions will be on the hill opposite Sydenham Hill station and there is no fee to pay.
7:15 for 7:30 start - see page 3 for location
Track sessions will recommence at Crystal Palace in October.

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

You can follow us on

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

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

Sep 24 SEAA Realys - Crystal Palace

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE
PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

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

Thank you. - Ros

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.
Thanks go to Claire Barnard for taking out new runners last week.
If you're on the list, please try and turn up that night and make sure anybody new has someone to run with.
If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – Ros

Volunteer needed please	**13/9**
Jo Shelton - Pereda	20/9
Tom South	27/9

Dear all
The next meeting of the Dulwich Runners AC Committee will take place on Wednesday 20 September.
If you have any items you would like added to the agenda for the committee's consideration, then do please email me by midday on Tuesday 19 September.
Many thanks
Yvette - Yvette.dore@hotmail.co.uk

Wednesday Night Map

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

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club from Ros
ros.tabor49@gmail.com

Wednesday Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings after the Wednesday run. Arrives close to 9pm and the cost is **£6.00**
Just give me your name and money when you sign in - Ros
Don't just sit there salivating…join in !

Rehydration !

After your run come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

STOCK CLEARANCE! BARGAIN KIT !

I have a limited number of old stock - long sleeved T shirts and vests (mostly large sizes) for sale at £1 each

Available at the club on Wednesdays but please email to make sure

Ros Tabor
ros.tabor49@gmail.com

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

SHORTS!

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

HOODIES...

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

Buffs/snoods - only £6

Socks only £5

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004
ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

Algarve Running Challenge

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

Location for hill sessions 19 & 26th September
Path opposite Sydenham Hill Station on College Road

The cross country season starts in October with races taking place on most Saturdays until mid February.
Here is some key information for the benefit of both newly joined members and regulars.

Surrey League
We compete in the Surrey League and this is the club's main priority. There are 4 fixtures during the season starting on 14 October with the women at Reigate Priory Park and the men at Wimbledon Common. Further details on times, location etc. will be posted by your captains nearer the time.
Details on other Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible. Our men were relegated to Division 2 last season, but will need to maintain their excellent turnouts and performances to be sure of returning to Division1.

Distance
The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, ranging from around 8km in the autumn to 12km and over for the men later in the season, but normally not more than 8k for the women.

Scoring
In the Surrey League, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible. But cross country races are not elite and are suitable for runners of all abilities. They are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races. The hill sessions on Tuesday nights in September will help, and there are likely to be other hill sessions during the season.

Surrey League entry
For the men's Surrey League there is no need to enter in advance or pay; simply turn up on the day in good time to register and warm up (though your captain will find it helpful to know your availability in advance in order to help with the online declarations). For the women's Surrey League, runners have to be entered in advance. The women's captains will contact everyone for availability. It is free for all runners.

Other Races
In addition to the Surrey League there are a number of other cross country races, almost all of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London champs, 2 South of Thames races, South of England and National champs, which take place at Parliament Hill Fields in February. There are also a number of other races for Masters. See the fixture list in Shorts for details.

Cross country champs
Once again, we will be holding a cross country champs. Details are yet to be finalized but are likely to include the 4 Surrey League events, the South of Thames 5 miles and the National champs, with 4 events to qualify including 3 Surrey League races.

Entry for other races
For virtually all races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email, requesting those interested in participating to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear You can often get away with road or trail shoes in early season races, but as the ground becomes heavier, cross country spikes or fell shoes become necessary.

Contacts
For further information please contact your captains at:
dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk

DULWICH RUNNERS 2017/18 FIXTURES

Further information about races will usually be here in SHORTS and or announced on a Wednesday club night.
Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

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

2017		Race		Venue	
Sep	16/17	Kent Masters Champs (track events)		Erith	
	24	SEAA Road Relays		Crystal Palace	
Oct	1	Sittingbourne 10		Sittingbourne	
	14	Surrey League 1	men	Wimbledon Common	
	14	Surrey League 1	women	Priory Park Reigate	
	21	SEAA Relays		Wormwood Scrubs	
	21	Surrey Masters,		Richmond Park	**tbc**
	28	BMAF XC Relays		Long Eaton	
Nov	11	Surrey League 2	men	Richmond Park	
	11	Surrey League 2	women	Nonsuch Park	
	17	November British and Irish Masters		Derry, Northern Ireland	
	18	London champs		Parliament Hil	
	25	England Masters Inter-Area		Bournemouth	**tbc**
	25	South of Thames 5		Beckenham	**tbc**
Dec	2	Kent Masters			**tbc**
	9	SEAA Masters XC		Horspath, Oxford	
	16	South of Thames 7.5		Aldershot	
2018		2018		2018	
Jan	6	Surrey and Kent Champs			**tbc**
	13	Surrey League 3	men		**tbc**
	13	Surrey League 3	women	Wimbledon Common	
	20	Vets AC Champs		Wimbledon Common	**tbc**
	27	South of England Champs			**tbc**
Feb	10	Surrey League 4	men	Lloyd Park	
	10	Surrey League 4	women	Richmond Park	
	24	National Champs		Parliament Hill	
Mar	17	BMAF Champs		Forres, Scotland	

2017 CLUB CHAMPIONSHIPS

1	Oct	Sittingbourne 10	**L**

You are advised to enter this event as early as possible as the Sittingbourne 10 is likely to be popular as it is a Kent Grand Prix race.

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

Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, fell, xc, tri and track results etc, are welcome.

Club Championships 5 miles cross-country Wimbledon Common

The numbers were ok – maybe slightly disappointing for such a reasonably local event. We had over one in every four of the competitors though.
It was a low-key well organised event but I do query whether we should be using a non permitted event for a championships. None of the performances will reach Power of Ten.
£3 for a cross-country race with free refreshments contrasts rather favourably with an event charging £10 more at Streatham Common, even if the latter does have prizes and medals, which this one doesn't.
The only complaint I am aware of was there was a missing flag at one corner (possibly removed on the second lap) which meant four Dulwich Runners strayed off course and ran slightly short through no fault of their own.
Tim Bowen was a fine second overall and is gradually returning to his best form after a break. Sub 6's over the rough terrain and hills was a notable effort.
Lewis Laylee had a fine run after his long summer of injury problem and finished strongly, Andy Bond is not quite back in his early summer form but made the top 10. So, too did Tom South, who had one of his best runs in recent years which won the club M40 medal (Andy ahead taking third man).
Steve Smythe outkicked Gary Sullivan to win the club M50 title as both finished quickly ahead of club champs debutante Grant Kennedy who slowed slightly on the second lap but should improve with more racing. Gary won the male age-graded award.
Clare Elms has hardly raced all summer with a foot injury and she thought it was ok on a softer surface to try it out. She ran slowly (for her) initially but gradually picked up but aggravated the injury on the last downhill and limped slowly across the line and may need a longer period out. She was still easily first woman.
Katie Styles followed up her best ever Assembly league with one of her best club races and moved through to be second woman overall.
Ebe was hampered by his hamstring injury and had to ease through the second lap while it was good to see Rob Cope back in action after his injury problems.
Jim Dowsett had a steady run but maybe not at his very best while Anna Thomas had a good run after few recent races.
Mike Mann isn't in peak form at the moment but comfortably won the club M60 award.
Ola ran better than she did in the Assembly League to win the W50 award and reversing form in Beckenham to beat Martin, Lucy and Matt Martin looks to be improving race by race while Lucy again did well, winning the women's age graded award.
Matt, seemingly better suited to shorter races, had a steady run.
Close behind, Graham again got the better of Andy as both club stalwarts added to their vast Championships experience.
Just as in Beckenham, Yvette followed home Andy and picked up the club W40 award.
Ros ran better than she did in Beckenham, and though not at her best still somehow got 915 points to easily win the overall age-graded award.
Alex Haylett, in a rare cross-country outing, had a strong run to be next in and was followed in by Laura Vincent, who though down on her Beckenham form, still picked up the senior women's award ahead of Eleanor, who couldn't quite translate her track form on to the country.
Barrie John Nicholls finished strongly after a steady run and he was followed in by Hannah Harvest, who won the captain's award after a good season of improvement.
Sharon Erdman had a good run and she finished ahead of Lindsey Annable, who possibly wasn't at her best after a heavy fall at Beckenham.

Steve Smythe

	time	points in age category m/f								age grade points	club champs awards
		ms	m40	m50	m60	f s	f40	f50	f60+		
Timothy Bowen	29.28	50								781	1st man
Lewis Laylee	30.55	49								740	2nd man
Andy Bond	31.14		50							788	3rd man
Tom South	32.32		49							745	1st m40
Steve Smythe	34.10			50						816	1st m50
Gary Sullivan	34.14			49						814	Man age graded
Grant Kennedy	34.23	48								674	1st senior man
Clare Elms	34.40							50		874	1st woman
Katie Styles	36.12					50				725	2nd woman
Ebe Prill	36.32			48						737	
Rob Cope	36.34		48							673	
Jim Dowsett	36.58		47							661	
Anna Thomas	38.15					49				686	3rd woman
Michael Mann	38.52				50					787	1st m60
Ola Balme	38.54							49		752	1st w50
Martin Double	38.58		46							617	
Lucy Clapp	39.09							48		774	woman age graded
Matthew Ladds	39.27	47								580	
Graham Laylee	39.35			47						710	
Andy Murray	39.41				49					735	
Yvette Dore	40.08						50			691	1st w40
Ros Tabor	40.22								50	915	Overall age graded
Alex Haylett	40.39	46								579	
Laura Vincent	41.10					48				635	1st senior woman
Eleanor Simmons	42.05					47				631	
Barrie John Nicholls	43.05				48					671	
Hannah Harvest	46.45					46				555	Captains' award
Sharon Erdman	49.11						49			569	
Lindsey Annable	51.13						48			565	
	29	5	5	4	3	5	3	3	1		

Bacchus 1/2M

10 September

Unicorns, cavemen, flamingos, Shawn the Sheep, gladiators.... just some of the people running the Bacchus Full & Half Marathon on Sunday. With fancy dress "strongly encouraged" and 6 wine tasting stops per lap (1 lap for the half, 2 for the full), this was not a run to be taken seriously. Starting & finishing in Denbies Vineyard in Dorking with a course winding up and down the Surrey Hills, this was a truly picturesque half marathon, but also a hard one to run.

The terrain was tricky with a mixture of slippery mud, hard bumpy tractor-tyre roads & single file trails, with the added obstacles of fallen trees to climb over, cows to dodge, and some VERY steep hills. Your hard work was rewarded throughout the course with live bands, wine, nibbles, friendly volunteers, and beautiful views. For some, this was not enough to coax them round the 2nd lap, with one Marathoner claiming "no f%#@ ing way am I doing that again!" when helpfully directed to the 2nd lap by the event organisers.

The aim of the day was clearly not to get a PB (my time was 40 minutes slower than my last half!) but to enjoy every minute of this hugely fun event. As I crossed the finish line, Wonder Woman cape flapping in the wind, my only concern was 'when can I sign up for next year?!'

412 Michelle Key 2:32.48
1508 finished

Bedford 1/2M

2 September

The Bedford half caught my eye mostly for Bedford being on the Thameslink line, which would allow me to slip out of the house early, catch the train, run, and be back before twelve (thus keeping the wife happy).

The vagaries of weekend rail works meant things didn't run quite so smoothly (no direct train, tight changeover at St Pancras), but I arrived in Bedford broadly on time, and managed to tag along with a few other runners in getting a cab from the station to the Priory Country Park, where the race is held.

The race is in its first year. There was apparently one which used to pass through the centre of town, but the route for this race stuck to the paths through the park and into woodland nearby, before looping round and heading towards the fringes of the town, finally turning back again to end in the park.

My target for the race was to duck in under 1.20 - I've felt pretty good over the past couple of weeks, but mileage is down from the spring. From the start a group of 10-odd set off at quite a quick pace, and I could feel myself being dragged along. After going through the first mile in 5.36 I realised I'd have to slow or the morning would become unpleasant after not very long!

I settled down as we entered the woods and worked away with a couple of runners at 5.50 pace, which was quicker than planned, but I felt in control and thought I'd try to tick over for as long as I felt comfortable-ish. The wooded section was two laps, and come the second lap the path got quite congested as runners from later waves were released - it was just as well that the weather was fair, or it would have become a bit of a quagmire.

As the race got in to the second half I still felt pretty comfortable and knew that if I could keep it together I might be on for a PB. Some of the group that had headed off quickly started to come back, and that helped to keep the legs ticking over. Miles 8-11 were spent wondering when I was going to feel that the pace needed to drop, but having got to 11 I knew that I could push to the end. The final mile was entirely on grass (which I loath), and I started feeling pretty tired, but the Tuesday night sessions must have helped, and I was very happy to finish in a new PB of 1:16:13.

A good race, and if it hadn't been for the Thameslink (which also suffered problems on the way back), a pretty much perfect morning!

7 Edward Chuck 1:16.13
2132 finished

ASSEMBLY LEAGUE 3 miles (race 6) Beckenham

Thursday 7th September 2017

And so, for the umpteenth time, the Assembly League's last race draws the summer to a close at the traditional watering hole in Beckenham. As usual, the bar was packed after the race while coach Steve applied his expertise once again to the task of manually sifting through reams of paper recordings and coming up with the overall series results; on this occasion it seemed in record time. With dozens of medals to award (men and women A and B teams, three medals in each gender in each age group, and so on) it's no easy task and I don't know how he does it, so suitable thanks are due.

In the team competitions the Dulwich men's improved depth this year bagged an excellent 3rd on the day and moved our A team up to a fine 4th in the series while the B team repeated last year's 3rd on the day and overall. The women had improved rivals for the second spot behind Kent AC this year in Victoria Park, who pushed the Dulwich A team into down into 3rd by just 2 points; the B team clung on to 2nd by an even closer margin, just the one point. Once again, individual Dulwich Runners were a dominant force in the age group awards taking home an excellent 15 medals.

3rd M40 Andy Bond
1st M45 Steve Davies
2nd M50 Tony Tuohy
2nd M55 Steve Smythe
3rd M55 Gary Sullivan
3rd M60 Andy Murray
1st M65 Mike Mann
3rd M60 Barrie John Nicholls

1st U20 Lucy Elms
1st W35 Selma Benattia
1st W50 Michelle Lennon
3rd W50 Ola Balme
3rd W55 Clare Wyngard
1st W65 Ros Tabor
2nd W65 Claire Steward

The race was held again on the new three mile course first used for the April fixture, entirely in the park with a touch of multi-terrain thrown in. Curiously, a large proportion of the repeat runners recorded sometimes considerably slower times; not running myself this time I'm not sure why this was, maybe a touch of caution while off-road in the gathering gloom (it was a bit murky, the nights are drawing in you know)? The LockeStar, like me spectating from a bike while we swapped knackered achilles tendon stories, ran 16:18 here back in April and that was today's winning time (times from April are shown below in brackets).

Anyway, the League is not all about times, points mean prizes, and the Dublin Dynamo ran well enough (is it still a comeback, or is he back?) to grab another excellent top ten place. Andy Bond's form has only eased slightly late summer and he wasn't far behind, but he had to work hard to hold off an excellent maturing run from Oscar Hussey, who saw off Steve Davies on the final climb. These four packed very well to secure that impressive third place for the A team on the day. Buzz fell off his bike a while ago and broke bones so his latest enforced comeback is at least for much different reasons; it's good to see him back and he made a decent fist of it only just over a minute slower than last time to lead the B team chaps Lloyd, Jonathan (not much slower than April) and Tom to their third on the day.

Will and Ed only just held off one of the few improvers as Lucy Elms's impressive sub-20 wrapped up the under-20 competition for her. Coach Steve couldn't defend his M55 title in an injury-ravaged year but remarkably did well enough to deprive Gary Sullivan of second place overall despite not quite catching Gary on the day with a turbo-charged finish up the hill that just beat his April time. That finish though was enough to pip Selma this time but she won't be disappointed with a well deserved 1st W35 for the overall series.

Mike Fullilove got close to his previous here, ahead of Helen, Andrea and Hugh's 1st M60. Ebe continues to be troubled with injury (hamstrung by hamstrings) but led in Katie's excellent improvement, then Jim, and then Michelle's great 1st W50, both on the day and overall – another rare matching of her early season time. Duncan H, Ross, Joseph, Duncan W and Matt were the next little cluster just ahead of Mike Mann, 2nd M65 on the day but enough to take the overall title. Lucy C, Martin and Ola were in close order, a little ahead of Laura and Graham, who got the better of Yvette and particularly Andy Murray today, who pipped him by a point for the overall 3rd M60 medal. Ros easily won the W65 again and was just a little ahead of another welcome appearance from Gary Budinger, and likewise Colin Frith, with these two split by Barrie John. And it was good to see Barry and Lindsey completing another sizeable Dulwich contingent, forty-two in the red and blue on the day.

Tony Tuohy

Steve Smythe....

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Assembly League

Steve Smythe adds As always we had a very good club turn out at Beckenham for what was the 42nd Assembly league season - I am the only surviving runner from any club from that first season in 1976. Dulwich first competed in 1993.
I am not always sure the races are right if you are focussing on improving mile speed and it annoys me that only one race has a permit and so the rest don't make power of ten.
It's also a bit frustrating that I have to spend a long time working on the results each month, deciphering names or trying to work out if any runners have taken a number but haven't actually put their name on the declaration sheet!
The course used at Beckenham this year - to me isn't right and certainly not in twilight in September - maybe July?.
After the highs of the first fixture where the men and women each had at least 4 in the first 14, it's been a slightly disappointing season from a team point of view with a particularly poor turn out in Victoria Park in July costing us a higher place.
Individually it was a success though and congratulations to Steve Davies, Mike Mann, Lucy Elms, Selma Benattia, Michelle Lennon and Ros Tabor for winning their age groups while injury cost Tony and Clare winning.
I wasn't planning to do the league seriously in 2017 as I have a new age group to go for next year. I pulled my hamstring and limped home in the first and then a hernia operation meant I missed the second.
On the fifth, I tore my calf muscle and had to limp the last 1.5 miles and I got a 10th M55 there for a vital one point which proved crucial as ultimately 3 runners finished equal on the same number of points and I luckily got second for more events.
One thing a few people have noted is that in the past the Dulwich contingent once finished, used to cheer home their clubmates - going back down the course to give support. Now everyone is more concerned with standing around talking and organising a group photo.
It also used to be tradition to stay around for the presentation and then those who had been giving support would have the favour returned.
I worked far harder than I did in the race to get all the results for the season worked out around 45 mins after the last finisher had come in and was disappointed in the Dulwich turn out.
I appreciate some may have family committments but while the likes of Kent, Beckenham and Eton Manor seemed to have about 30 members each to support their prizewinners, Dulwich had a handful there and very few women stayed - even those who live locally.
Worst of all, most of the prizewinners from Dulwich - didn't stay. It was bad enough having to cycle home with all the result sheets and declaration forms etc but i didn't expect to also have over a dozen medals!
It would have been worse if we had done better as at least we only one had one set of team medals.
Note the six women who won team medals were Lucy, Selma, Katie, Eleanor, Rebecca and Michelle - all six ran at Victoria Park.
While numbers have been ok, there are about 10 of our top 20 women who have hardly ever done an Assembly league and I think we still need more runners at all areas of the field and not just the fastest.
Maybe more would turn out if they know other club runners would give them support at the finish?

10	Tim	Bowen	SM	16:45	(16:01)	
17	Andy	Bond	M40	17:01	(16:06)	
20	Oscar	Hussey	U20	17:06	U20/2	
22	Steve	Davies	M45	17:09	M45/2	(16:36)
41	Buzz	Shephard	M40	18:08	(16:59)	
47	Lloyd	Collier	M40	18:32		
59	Jonathan	Whittaker	SM	18:55	(18:33)	
64	Tom	South	M40	19:08		
65	Tom	Wilson	M40	19:11		
76/73M	Will	Cotter	M45	19:39	(18:59)	
87/81M	Ed	Simmons	SM	19:57		
7W/89	Lucy	Elms	U20W	19:57	U20W/1	(20:08)
98/89M	Gary	Sullivan	M55	20:11	M55/1	(20:24)
100/90M	Steve	Smythe	M55	20:15	M55/2	(20:11)
11W/103	Selma	Benattia	W35	20:18	W35/2	(19:34)
106/93M	Mike	Fullilove (M55)	M50	20:27	(20:15)	
15W/111	Helen	Lister	SW	20:32		
16W/112	Andrea	Pickup	W45	20:34	W45/1	(20:19)
114/98M	Hugh	Balfour	M60	20:37	M60/1	
117/100M	Ebe	Prill	M50	20:44	(18:40)	
19W/128	Katie	Styles	W35	20:59	(21:53)	
131/112M	Jim	Dowsett	M40	21:03		
20W/132	Michelle	Lennon	W50	21:06	W50/1	(21:02)
150/125M	Duncan	Hussey	M50	21:48		
157/132M	Ross	Rook	SM	21:56		
164/135M	Joseph	Brady	M50	22:17	(20:20)	
167/138M	Duncan	Wilson	M50	22:19		
169/139M	Matt	Ladds	SM	22:21		
172/141M	Mike	Mann	M65	22:25	M65/2	(20:27)
32W/173	Lucy	Clapp	W50	22:28	W50/3	
177/145M	Martin	Double	M40	22:39	(21:17)	
33W/178	Ola	Balme	W50	22:40	(20:51)	
36W/183	Laura	Vincent	W35	22:55		
189/153M	Graham	Laylee	M60	23:10	(22:18)	
39W/194	Yvette	Dore	W45	23:24		
195/156M	Andy	Murray	M60	23:27	(22:48)	
44W/205	Ros	Tabor	W65	23:57	W65/1	(22:36)
207/162M	Gary	Budinger	M55	24:06		
210/165M	Barrie J	Nicholls	M60	24:15	(22:32)	
211/166M	Colin	Frith	M60	24:24		
248/184M	Barry	Graham	M60	29:33		
65W/249	Lindsey	Annable	W45	29:38		

253 ran

ON DAY TEAM RESULTS

TEAM: 1 Kent 21; 2 VPHTH 56; 3 Dulw 69; 4 Stock E 71; 5 Serp 104; 6 Ravs 127; 7 Lloyds 157; 8 Eton M 167; 9 PettsW 220; 10 Beck 226; 11 Camb H 257; 12 London Und 634; 13 Dartford 654

B TEAM: 1 Kent 67; 2 VPHTH 133; 3 Dulw 211; 4 Eton M 288; 5 Serp 325; 6 Petts W 361; 7 Lloyds 385; 8 Ravs 406; 9 PettsW 457; 10 Stock E 474; 11 Camb H 744

Women TEAM: 1 Kent 17; 2 VPHTH 26; 3 Dulw 49; 4 Eton M 103; 5 Stock E 172; 6 beck 185; 7 Lloyds 210; 8 Camb H 238; 9 Dartford 251; 10 Serp 259

B TEAM: 1 Kent 72; 2 Dulwich 104; 3 VPHTH 118; 4 Eton M 182; 5 Petts W 262

Men Overall Final standings

1 Kent	12, 15, 14, 15, 15, 15	86 pts (173)
2 VPH	15, 13, 13, 13, 14, 14	82 pts (284)
3 Stock E	13, 14, 12, 14, 13, 12	78 pts (372)
4 Dulw	14, 12, 11, 12, 10, 13	72 pts (564)
5 Lloyds	10, 11, 10, 9, 11, 9	60 pts (981)
6 Serp	11, 7, 15, 8, 0, 11	52 pts
7 Eton M	4, 9, 7, 10, 12, 8	50 pts (1382)
8 Petts W	9, 10, 8, 7, 8, 7	49 pts (1323)
9 Camb H	6, 8, 9, 11, 9, 5	48pts (1367)
10 Raven	8, 4, 4, 5, 7,10	38 pts (2026)
11 Beck	7, 6, 6, 6, 5, 6	36 pts (2558)
Lon U	3, 5, 5, 3, 6, 4	26 pts (3069)
Dartf	5, 3, 3, 4, 4, 3	22 pts (3666)

Men B team Final standings

1 Kent	14, 15, 14, 15, 15, 15	88 pts (457)
2 VPHTH	15, 13, 13, 14, 14, 14	83pts (807)
3 Dulw	13, 12, 11, 12, 9, 13	70 pts (1457)
4 Stock	8, 14, 12, 13, 13, 6	66 pts (1700)
5 Lloyds	12, 11, 10, 10, 11, 9	63 pts (1860)
6 Petts W	11, 10, 9, 9, 10, 10	59pts (2426)
7 Eton M	6, 9, 8, 11, 12, 12	58pts (2394)
8 Serp	9, 8, 15, 8, 0, 11	51 pts
9 Camb H	7, 7, 7, 7, 8, 5	41 pts (3431)
10 Beck	10, 6, 6, 5, -, 7	34pts
11 Ravens	4, 4, 4, 6, 7, 8	33 pts (4303)
12 Lon Un	3, 5, 5, -, -, -	13 pts
13 Dartf	5, -, -, 4, -, -	9 pts

Women A team Final standings

1 Kent	15, 15, 15, 14, 15, 15	89pts (130)
2 VPHTH	13, 13, 13, 15, 14, 14	82 pts (261)
3 Dulw	14, 14, 14, 12, 13, 13	80pts (330)
4 Eton M	12, 12, 11, 13, 12, 12	72pts (478)
5 Beck	9, 11, 10, 10, 10, 9	59pts (914)
6 Lloyds	11, 10, 8, 11,11, 8	59pts (1002)
7 PettsW	10, 8, 9, 6, 9, 11	53 pts (1230)
8 Dartf	8, 9, 6, 4, 7, 6	40pts (1580)
9 Serp	7, 6, 12, 7, 5	37 pts
10 Stock E	7, 9, 8, 10	34pts
11 Camb H	6, 8, 7	21pts
12 Ravens	5, 7, 5	17 pts

Women B team final standings

1 Kent	14, 15, 15, 14, 14, 15	87pts (512)
2 Dulw	15, 14, 14, 12, 12, 14	81 pts (853)
3 Vic Pk	11, 13, 13, 15, 15, 13	80pts (669)
4 Eton M	12, 12, 12, 13, 13, 12	74 pts (1076)
5 Beck	13, 11, 10, 11, -	45 pts
6 Lloyds	8, 10, 11	29 pts
6 Petts W	9, 9, 11	29pts
8 Serp	11 11pts	
9 Dartf	10 10 pts	

Dulwich individual standings:

SM Standings	Beck	VP	BP	GD	VP	Beck	Tot
eq 6 Andy Bond Dulw	5	5					10
M40 Standings							
3 Andy Bond Dulw R	10	9	-	8	6	6	39
M45 Standings							
1 Steve Davies Dulw R	10	9	9	10		9	47
M50 standings							
2 Tony Tuohy Dulw R	9	9	9	9	-		36
6 Ebe Prill Dulw	5	6	4			2	17
M55 standings							
2 Steve Smythe Dulw	7	-	5	8	1	9	30
3 Gary Sullivan Dulw	4	-	7	9		10	30
M60							
3 Andy Murray Dulw	6	7	6	6	-	6	31
4 Graham Laylee Dulw	8	8	7		-	7	30
5 Hugh Balfour Dulw	-	-	8	10	-	10	28
6 BJ Nicholls Dulw	7	-	5		-	5	17
M65							
1 Mike Mann Dulw	10	10	10	10		9	49
U20M standings							
eq10 Lewis Laylee Dulw	-	-	10				10
Overall Women standings							
8 Clare Elms Dulw	8	10					18
W35 standings							
1 Selma Benattia Dulw	10	8	6	8		9	41
4 Katie Styles Dulw	6	2	2	4	6	8	28
7 Eleanor Simmons Dul	5	1	3		5		14
W45							
4 Andrea Pickup Dulw	10	10				10	30
9 Yvette Dore Dulw	-	-	7			7	14
W50							
1 Michelle Lennon Dulw	6	8	10	10	10	10	54
3 Ola Balme Dulw	8	-	9			7	24
4 Clare Elms Dulw	10	10	-				20
8 Lucy Clapp Dulw	-	-	6			8	14
W55							
3 Clare Wyngard Dulw	10	10	10				30
W65							
1 Ros TaborDulw	10	10	10	10		10	50
2 Claire StewardDulw	-	9					9
U20W							
1 Lucy Elms Dulw	9	9	10	9	10	10	57
7 Katie Balme Dulw	10	-					10

15k of Fun !

"Another weekend another trip another crazy event."

This time, an event we can really do together, one Suzannah is far better equipped for than me; and one she had enjoyed a few years before and been very keen to go and have another go at. The River Dart 10k swim, organised by the Outdoor Swimming Society and held in early September each year.

As I come into each of my races, I always say to Suzannah something like "I'm not really up for it" or "the pressure's off given I haven't trained properly" or "I'm just going to enjoy seeing how X gets on", followed by "I'm taking it a bit gently / not really going for it", which we both know is a lie as once that red mist descends I only have one setting. Then, as I finish each long event I say one or both of "I'm not an XXXXing endurance athlete" and / or – in a Steve Redgrave-esque way [if anyone sees me going near another boat they have my permission to punch me] – "I'm never doing that again". Again, Suzannah just laughs, in fact while I was in the hurt locker in the IRONMAN and she was trotting next to me she actually beat me to it with a 'don't even waste your breath' as she could see what was about to issue forth from my mouth.

As we were driving down to Devon Saturday we decided to break the journey up with a bit of parkrun tourism and settled on Basingstoke as being far enough to take a chunk out of the journey but not so far as to mean a ludicrously early start. The course is twice round the War Memorial Park, a mostly flat route with mixed surfaces, a couple of inclines and the only parkrun we know that goes past a large aviary of singing budgerigars. This time it was Suzannah's turn to say "let's just trot round, we need to save our legs for tomorrow". We both agreed although of course we both knew that only one of us actually meant it. As always, when doing some tourism, wearing one's club vest to carry the banner is critical and for the first time at ParkRun Suzannah even wore the correct colours.

As we looked up and down the 500-strong start line I couldn't see any proper runners and thought I'm in with a chance here. Steve Ovett would have been proud. I stalked the leader from 5 yards behind, tracking a couple of changes of lead for the first 3k / until I knew where I was going and then pounced up the hill and put 30m on the others before they had a chance to respond. Then it was simply a matter of holding form and keeping it together for a pleasing (given total absence of proper training and residue IRONMAN in the legs) 18:29 and my first win of the year. Suzannah made her

25:08 look very comfortable without 'Lady Beetroot' making her unwelcome appearance.

So, down to Devon. The swim is down the river following the Dart estuary from Totnes down to Dittisham and we were in the 'fast' wave (swim 1 mile in under 35:00).

The organisers, while busy posting hundreds of photos of the Saturday waves and finishers were steadfastly ignoring the many questions online about the water temperature. That should have told us everything we needed to know.. At the start and safety briefing they muttered something about 160 but that was clearly a fib. I'm getting better at judging the temperature and I know that if my hands and feet instantly go numb and I get pins and needles in my head that it is <140.

My plan was simple – do the same as the day prior, draft Suzannah all the way and burn past in the last 50 with a flourish of butterfly! Being equipped with long levers and big paddles would make all the difference.. sadly not. Unlike cycling and running where throwing the kitchen sink at it actually counts for something, in the water it's all about style and technique. Before we'd even gone 100m she was gone! As, by 500m, were all the others in the fast wave, even the nutters without wetsuits had all left me for dead and buried. The good news was this meant I basically had a solo support crew of paddle boarders and a jet ski all the way down.

Swimming is great for solo time, contemplation and people who are comfortable with themselves. Obviously I am none of these things. By about 3k my hands had gone past cold and numb to being completely useless claws. I was trying to catch and pull with my forearms as my hands were just flopping about uselessly on my wrist. Time went a bit funny – there were points when I looked at my watch ages apart to discover I'd only gone another 400m, and others when 20minutes and a K had passed. I got to the first fuelling raft and grabbed a handful of jellybabies and was pleased that the first 4k (ie ~ IRONMAN distance) had come up rather quickly in about 1:10, and set off again.

Thankfully the water actually started to warm up as the river became the estuary. Albeit the wind and rain really picked up too creating a lovely set of choppy waves to tackle.. The saltier it tasted the warmer it was and I got my hands back and felt like I was actually swimming again. Beginning to pass the earlier slower swimmer waves helped cheer me up too. Then, the second fuel station, more jelly babies and a little "only 2 miles to go" to myself. Then suddenly my watch was flying and it was 5m, 5.5, and 6.0 and I could start looking for the finish.

As I got to the end and wobbled out of the water (cold water swimming does really funny things to the legs when you first hit solid land) Suzannah was there waiting with her phone unkindly taking pictures of me as I muttered about 'endurance athletes' and 'never again' while shivering in a total and brutal way. A hot shower and a cup of soup helped enormously. It was absolutely honking it down and blowing a gale, so not a day to enjoy a burger on the fete on the green sadly.

For a change, I'm not going to end by thoroughly recommending this one. Am I glad I did it, absolutely! will it be an annual fixture, absolutely not!
It takes about the same time, and is as mentally tough, as a PB marathon. But in a totally solo environment in brutal cold and murky water, an extreme test of mental resilience.

195 Suzannah Kinsella	2.31:33
438 Lloyd Collier	2.55:25

Fastest Swimmer on Sunday: 1:39:50
Slowest Swimmer on Sunday: 4:08:56
648 finishers on the Sunday

2017 Club Championships

within age groups after 7 events including marathons to Sep 1st

	Short				Long					
	5k Southwark 4-Feb	10k Regents Pk 5-Mar	5k Battersea 1-Jun	1m Batter-sea 21 Jul	1/2M Padd Wood 2-Apr	Marathon London or other 23-Apr	5m MT Wimbledon 10-Sep	10m Sitting bourne 1-Oct	Bonus for no. of events	TOTAL 5 events max inc. 1.S,L
WOMEN SENIOR										
Helen Lister		50	47	47	50	49			5	248
Katie Styles	46	49	41	43			50		5	234
Hannah Harvest	42		40	42	44		46		5	219
Selma Benattia	50		46	49	49				4	198
Laura Vincent	48				46	45	48		4	191
Eleanor Simmons	47		42	45			47		4	185
Karina Burrowes	43		38		45	42			4	172
Claire Barnard	44		37	41	43				4	169
Anna Thomas	49			44			49		3	145
Lucy Elms			50	50					2	102
Alice Williams			45			47			2	94
Rebecca Schulleri			44		47				2	93
Christina Dimitrov				48		43			2	93
Ellie Balfe			43	46					2	91
Shona Mcintosh						50			1	51
Roz Johnson			49						1	50
Melanie Edwards						48			1	49
Fiona Askew					48				1	49
Claire Baglin			48						1	49
Clare Cummings						46			1	47
Susan Cooper	45								1	46
Laura Lane						44			1	45
Tessa Morrison						41			1	42
Sarah Banting			39						1	40
WOMEN V40										
Michelle Lennon	50	50	50	[50]	50	50			6	256
Yvette Dore	[48]	49	49	[49]	49	49	50		7	253
Joanne Shelton-Pereda	47	48			48				3	146
Lindsey Annable	46				47		48		3	144
Sharon Erdman	45				45		49		3	142
Emma Ibell	49								1	50
Tess Le					46				1	47
Kaylee Coxall	44								1	45
WOMEN V50										
Lucy Clapp	49	49	49	49			48		5	249
Clare Elms	50	50			50		50		4	204
Ola Balme			50	50			49		3	152
Lucy Pickering		48			49	49			3	149
Clare Wyngard	48		48						2	98
Ange Norris						50			1	51
WOMEN V60										
Ros Tabor	50	50	50	50	50		[50]		6	256
Claire Steward		49							1	50
Susan Vernon	49								1	50
MEN SENIOR										
Timothy Bowen	[49]	50	50	50	50	50	[50]		7	257
Alastair Locke	50	49	48		49	49			5	250
Shane O'Neill	46	47	46	49	45	[42]			6	239
Mark Lacey	45	46	44		47	46			5	233
Alex Haylett	43	44	41	45			46		5	224
Matt Ladds			42	46	40	37	47		5	217
Greg Hills				48	48	48			3	147
Daniel Mann	47	48			46				3	144
Paul Devine			45		44	47			3	139
Wayne Lashley	48		49						2	99
Lewis Laylee			47				49		2	98
James Burrows	44	45							2	91
Jonathan Whitaker				47	41				2	90
Steve Rolfe			43			43			2	88
Paul Vivash					42	41			2	85
Toby de Belder					43	39			2	84
Grant Kennedy							48		1	49
Edward Chuck						45			1	46
Tom Tabori						44			1	45
Freddie Vernon	42								1	43
Edward Harper						40			1	41
Stephen Duck						38			1	39

MEN V40										
Stephen Davies	49	49	50	50	50	[49]			6	254
Jim Dowsett	[41]	43	45	46	45	[43]	47		7	233
Rob Cope	40	44	46		47		48		5	230
Andy Bond	50	50			49		50		4	203
Tom South		47	48	47			49		4	195
Grzegorz Galezia	42	40			46	45			4	177
Ajay Khandelwal	43	42	44			42			4	175
Cameron Timmis	39	39	42		42				4	166
Charles Lound	48	48				50			3	149
William Cotter	44			49	43				3	139
Justin Siderfin		41		48	44				3	136
Martin Double			43		41		46		3	133
Lloyd Collier	46		49						2	97
Michael Hutchinson					48	46			2	96
Ian Lilley	47	46							2	95
Mark Callaghan	45					47			2	94
Hugh French	38		41						2	81
Tom Marshall						48			1	49
Padraig Prunty			47						1	48
Holger Betz		45							1	46
Tom Wilson						44			1	45
MEN V50										
Ebe Prill	49	49	49	[48]	49	49	[48]		7	252
Gary Sullivan	47	47	[47]	49	[47]	48	49		7	247
Tony Tuohy	50	50	50	50	50				5	255
Joseph Brady	46	48	45	47	44				5	235
Stephen Smythe	48		46		48	50	50		5	247
Graham Laylee	43	45	44				47		4	183
Michael Dodds	41	44	43						3	131
Ameet Patel	39		40	46					3	128
Paul Keating	40	43	41						3	127
Mark Foster			48		45				2	95
Michael Fullilove	45				46				2	93
Duncan Wilson		46			43				2	91
Gideon Franklin	44								1	45
Gary Budinger			42						1	43
Colin Frith	42								1	43
MEN V60										
Michael Mann	48	50	50	50			50		5	253
Barrie John Nicholls	[47]	48	[47]	48	49	48	48		7	248
Andy Murray	46	49	48	49			49		5	246
Hugh Balfour	50		49			50			3	152
Patrick Mcmorrow	45				48	49			3	145
Bob Bell	44		46	47					3	140
Stephen Williams	49				50				2	101
Peter Jackson	43								1	44
Chris Vernon	42								1	43
0	64	40	56	35	49	43	29	-	316	

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

	Short				Long						
	5k Southwark 4-Feb	10k Regents Pk 5-Mar	5k Battersea 1-Jun	1m Battersea	1/2M Padd Wood 2-Apr	Marathon London or other 23-Apr	5m Wimbledon Sep	10m Sitting bourne 1-Oct	Events counting	TOTAL 5 events max inc 1.S,L	Average
Ros Tabor	[875]	921	906	1,002	912		915		5	4,654	931
Tony Tuohy	881	844	891	860	846				5	4,321	864
Stephen Davies	859	824	869	858	839	[814]			5	4,248	850
Michael Mann	826	798	849	852			787		5	4,111	822
Stephen Smythe	809		780		802	837	816		5	4,043	809
Timothy Bowen	787	[781]	819	798	802	806	[781]		5	4,012	802
Gary Sullivan	788	[742]	803	819	768	[719]	814		5	3,991	798
Michelle Lennon	787	770	793	799	783	[744]			5	3,932	786
Ebe Prill	789	779	819	737	787	[705]	[737]		5	3,911	782
Alastair Locke	797	780	775		784	774			5	3,910	782
Lucy Clapp	747	768	749	799			774		5	3,837	767
Shane O'neill	764	739	749	753	734	[671]			5	3,739	748
Mark Lacey	750	739	746		749	712			5	3,696	739
Helen Lister		730	753	704	748	733			5	3,668	734
Clare Elms	947	922			919		874		4	3,663	916
Andy Murray	722	717	731	734			735		5	3,639	728
Yvette Dore	[684]	698	724	735	708	[685]	691		5	3,556	711
Barrie John Nicholls	716	697	713	688	697	[588]	[671]		5	3,512	702
Rob Cope	679	698	725		723		673		5	3,498	700

Joseph Brady	711	692	712	675	674				5	3,463	693
Jim Dowsett	691	680	685	697	666	[636]	[661]		5	3,419	684
Katie Styles	679	645	677	649			725		5	3,374	675
Andy Bond	845	815			805		788		4	3,252	813
Tom South		735	764	737			745		4	2,981	745
Selma Benattia	755		746	745	734				4	2,980	745
Hannah Harvest	603		587	591	596		555		5	2,933	587
Alex Haylett	558	553	602	632			579		5	2,925	585
Graham Laylee	717	713	720				710		4	2,861	715
Grzegorz Galezia	723	684			722	707			4	2,836	709
Matt Ladds			602	635	574	417	580		5	2,808	562
Ajay Khandelwal	725	690	702			635			4	2,753	688
Eleanor Simmons	687		685	713			631		4	2,717	679
Cameron Timmis	670	655	670		630				4	2,624	656
Laura Vincent	689				627	591	635		4	2,542	635
Charles Lound	827	790				836			3	2,452	817
Daniel Mann	797	765			755				3	2,317	772
Karina Burrowes	610		564		589	546			4	2,309	577
Ola Balme			775	781			752		3	2,308	769
Claire Barnard	612		545	577	561				4	2,294	574
Hugh Balfour	792		790			692			3	2,273	758
Paul Devine			782		738	725			3	2,245	748
Lucy Pickering		740			766	726			3	2,233	744
Greg Hills				737	757	710			3	2,204	735
William Cotter	729			776	663				3	2,169	723
Justin Siderfin		674		755	671				3	2,101	700
Anna Thomas	699			684			686		3	2,069	690
Michael Dodds	668	661	677						3	2,006	669
Bob Bell	631		684	675					3	1,990	663
Joanne Shelton-Pereda	629	648			633				3	1,910	637
Lindsey Annable	664				663		565		3	1,891	630
Martin Double			655		582		617		3	1,855	618
Patrick Mcmorrow	646				618	590			3	1,854	618
Ameet Patel	584		602	620					3	1,805	602
Paul Keating	610	579	601						3	1,789	596
Sharon Erdman	606				557		569		3	1,732	577
Wayne Lashley	785		805						2	1,590	795
Stephen Williams	775				808				2	1,583	792
Lucy Elms			783	779					2	1,562	781
Lloyd Collier	761		788						2	1,549	775
Ian Lilley	795	752							2	1,547	774
Lewis Laylee			757				740		2	1,498	749
Clare Wyngard	725		766						2	1,491	745
Mark Foster			758		711				2	1,469	734
Mark Callaghan	735					730			2	1,465	733
Michael Fullilove	725				729				2	1,454	727
Michael Hutchinson					738	713			2	1,451	725
Ellie Balfe			715	705					2	1,419	710
James Burrows	713	697							2	1,410	705
Steve Rolfe			728			680			2	1,408	704
Alice Williams			726			673			2	1,400	700
Jonathan Whitaker				743	634				2	1,377	688
Rebecca Schulleri			720		646				2	1,366	683
Paul Vivash					666	627			2	1,293	647
Duncan Wilson		688			604				2	1,292	646
Christina Dimitrov				717		567			2	1,284	642
Toby De belder					680	605			2	1,284	642
Hugh French	533		545						2	1,078	539
Ange Norris						871			1	871	871
Claire Steward		850							1	850	850
Shona Mcintosh						809			1	809	809
Roz Johnson			763						1	763	763
Tom Marshall						755			1	755	755
Emma Ibell	753								1	753	753
Padraig Prunty			753						1	753	753
Claire Baglin			753						1	753	753
Holger Betz		743							1	743	743
Melanie Edwards						733			1	733	733
Fiona Askew					719				1	719	719
Gideon Franklin	704								1	704	704
Edward Chuck						695			1	695	695
Colin Frith	691								1	691	691
Tom Tabori						687			1	687	687
Grant Kennedy							674		1	674	674
Susan Cooper	667								1	667	667
Tom Wilson						645			1	645	645
Gary Budinger			645						1	645	645
Peter Jackson	630								1	630	630
Clare Cummings						612			1	612	612
Kaylee Coxall	602								1	602	602
Edward Harper						597			1	597	597
Laura Lane						595			1	595	595
Sarah Banting			586						1	586	586
Stephen Duck						581			1	581	581
Tess Le					539				1	539	539
Tessa Morrison						522			1	522	522
Susan Vernon	509								1	509	509
Freddie Vernon	498								1	498	498
Chris Vernon	432								1	432	432
108	64	40	56	35	49	43	29	-	300		

parkrun September 9th

Amager Strandpark, Denmark

70 ran

Pos	Gen		
8	8	Nicholas Brown	21:26

Basingstoke

523 ran

Pos	Gen		
1	1	Lloyd Collier	18:29

Bexley

405 ran

Pos	Gen		
6	5	Michael Fullilove	20:31

Brockwell

322 ran

Pos	Gen		
29	29	Mark A Foster	20:20

Beckenham Place

142 ran

Pos	Gen		
2	2	Jonathan Whittaker	18:13
13	13	Stephen Smythe	20:33

Cannon Hill, Birmingham

738 ran

Pos	Gen		
284	39	Susan Cooper	26:15

Crystal Palace

287 ran

Pos	Gen		
3	3	Tom Wilson	19:19
21	20	Andy Cottrill	21:33
22	2	Belinda Cottrill	21:35
50	5	Yvette Dore	23:23
200	140	Patrick O'connor	30:16
201	61	Penelope d'Arcy Graham	30:23

Dulwich

334 ran

Pos	Gen		
7	7	Daniel Mann	17:02
37	1	Ellie Balfe	20:15
67	64	Ajay Khandelwal	21:50
95	90	Mark Muffett	23:10
173	30	Claire Steward	25:57
175	32	Hannah Harvest	25:59
217	167	Mick Mead	28:01

Leicester Victoria

300 ran

Position	Gen		
68	57	Paul Mottram	23:33
174	49	Marjorie Epson	28:56

Markeaton

343 ran

Chris Vernon writes

Having a break in Derbyshire is an opportunity to visit another new parkrun, no 64 for me.

I was surprised to see from the stats that only one other DR has visited here in the past, Andy Bond who naturally finished high in the results. It is easy to reach on the outskirts of Derby in a well manicured park. A two lap course on tarmac and gravel paths with one steady hill which easily copes with the 300 plus field.

We had arranged to meet ex DR Martyn Morley who had driven down from Leicester , he was in fine fettle as usual.

The friendly organising team gave the usual briefing and we were off on a grey day but the rain held off. A chatty bunch at the back who along with Sue encouraged me as I was not at my best.I eventually got into a rythm with just the odd walk and was surprised to manage even splits. With Sue alongside and a bit of a sprint I broke 40 minutes, not bad for three weeks post pacemaker ! I even managed 2nd V70.

Afterwards we repaired to the Orangery cafe for breakfast with Martyn to catch up with his news. As we walked to the cars the heavens opened, oh the joys of an English summer holiday.

Pos	Gen		
111		Martin Morley	25:09
325	128	Susan Vernon	39:46
326	198	Chris Vernon	39:49

Orpington

190 ran

Pos	Gen		
25	23	Colin Frith	23:34

Peckham Rye

221 ran

Position	Gen		
25	23	Joe Farrington-Douglas	20:32
47	42	Gideon Franklin	22:19
75	62	Andy Bond	24:04

Perth

257 ran

Pos	Gen		
1	1	Edward Chuck	16:32

Richmond

416 ran

Pos	Gen		
109	102	Barrie John Nicholls	23:59

Riddlesdown

231 ran

Pos	Gen		
24	3	Ange Norris	20:42

Shrewsbury

409 ran

Pos	Gen		
56	51	Paul Hodge	22:08

South Norwood

91 ran

Pos	Gen		
41	36	Peter Jackson	26:45

Southwark

279 ran

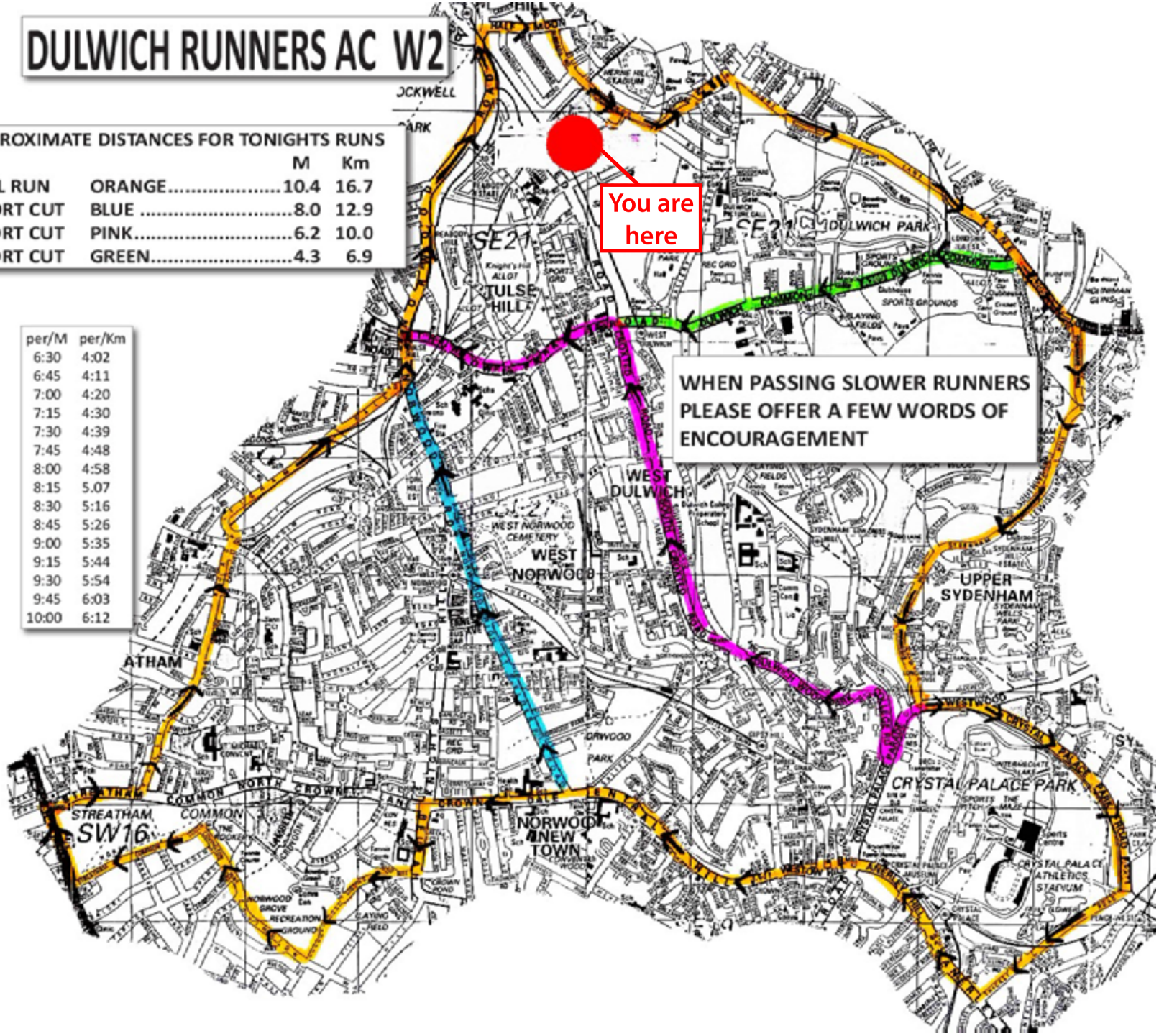
Pos	Gen		
166	40	Joanne Shelton Pereda	25:55
173	44	Kaylee Coxall	26:22

New members especially, and others....

For your results to appear here you need to update your parkrun profiles to show you are a current member of Dulwich Runners AC. or send them in.

DULWICH RUNNERS AC W2

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	10.4	16.7
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	6.2	10.0
SHORT CUT	GREEN	4.3	6.9

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