

Dulwich Runners' times in Sevenoks 7Mile 14 Jul 19

Pos.		Time	Chip	Age %	Cat.	Points in age category m/f								Age grade points	Club champs awards
						ms	m40	m50	m60	f s	f40	f50	f60+		
2	Ed Chuck	38.56	38:56	78.58	SM	50								832	1st man
6	Jack Ramm	39.58	39:58	76.51	SM	49								810	2nd man
7	Andy Bond	40.17	40:17	81.25	M40-49		50							865	Overall winner
12	Thomas South	43.06	43:06	74.83	M40-49		49							796	3rd man
13	Alastair Locke	43.08	43:08	71.62	SM	48								763	Age grade man
17	Wayne Lashley	44.05	44:05	70.54	SM	47								750	
23	Tony Tuohy	44.41	44:41	80.04	M50-59			50						857	1st m50
45	James Burrows	46.43	46:43	66.93	SM	46								712	
50	Marta Miaskiewicz	47.45	47:45	71.07	W35-44					50				771	1st woman
53	Grant Kennedy	47.55	47:55	64.17	SM	45								687	
55	Jonathan Whittaker	47.58	47:58	64.96	SM	44								694	
61	Justin Siderfin	48.21	48:21	67.79	M40-49		48							727	1st m40
65	Matthew Cooke	48.44	48:44	63.36	SM	43								679	
67	Grzegorz Galezia	48.58	48:58	68.57	M40-49		47							736	
84	Stephen Smythe	50.19	50:19	74.40	M60-69				50					796	1st m60
92	Yvette Dore	50.47	50:47	73.72	W45-54						50			786	2nd woman
96	Cameron Lund	50.58	50:58	59.56	SM	42								635	
101	Michelle Lennon	51.24	51:24	76.17	W45-54							50		823	3rd woman
102	Belinda Cottrill	51.31	51:31	65.73	W35-44					49				715	
104	Kim Hainsworth	51.33	51:33	67.06	W35-44					48				723	Age grade woman
105	Tess Bright	51.40	51:40	58.85	SM					47				709	
106	Emma Ibell	51.53	51:54	58.84	SM						49			769	1st w40
107	Matt Ladds	51.54	51:53	72.09	W45-54	41								624	
123	Ebe Prill	53.13	53:13	67.64	M50-59			49						726	
127	Anna Thomas	53.23	53:23	64.37	W35-44					46				695	
136	Cameron Timmis	53.48	53:48	61.91	M40-49		46							664	
157	Laura Vincent	55.19	55:19	61.60	W35-44					45				668	
176	Lucy Clapp	56.40	56:40	70.26	W45-54							49		766	1st w50
178	Graham Laylee	56.46	56:46	66.32	M60-69				49					712	
195	Bob Bell	58.01	58:01	66.88	M60-69				48					717	
221	Hugh French	60.43	60:43	52.84	M40-49		45							565	
241	Barrie John Nicholls	62.24	62:25	56.51	M60-69				47					667	
243	Ameet Patel	62.25	62:24	62.13	M50-59			48						608	
248	Joanne Shelton Pereda	62.40	62:40	58.00	W35-44						48			619	
255	Sonja Jutte	63.35	63:35	55.28	W35-44						47			592	
269	Claire Barnard	65.22	65:22	51.67	SW					44				560	
271	Sharon Erdman	65.27	65:27	57.52	W45-54						46			617	
317	Clare Osborne	70.57	70:57	53.09	W45-54						45			569	
		38					10	6	3	4	7	6	2	0	

Southern Athletics League, Tonbridge,

July 13

Clare warmed up for her 5000m this Wednesday with a good double, winning the B 800m and then easily winning the 1500m overall on a warm sunny day.

Steve Smythe

800: B: Clare Elms 2:24.4

1500: A: 1 Clare Elms 4:54.0