SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 1st May 2013

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

- THE COMING WEEK –

Wed 01 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Fri 03 **Track sessions – with Martin Morley**
Dulwich College Track
7 for 7:15 start £2 for Adults £1 for Children

Sat 04 **Parkruns – Free to enter,various locations 9am start**
http://www.parkrun.org.uk/

Tue 07 **Track sessions with Steve Smythe - £1 fee**
Dulwich College Track - 7 for 7:15pm start,.

In your *SHORTS* this week !

3 Fixtures, Club champs, Assembly League etc
5 Race reports etc
6 Club champs results after 3 events
9 Wednesday night running map

And much more !

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An email with the title ***unsubscribe*** to the same address will remove you from the list.

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

full fixture list page 3

May 9 Victoria Park Assembly league
Jun 6 Dulwich Park Assembly league
(note revised date)
Jun 8/9 Welsh castles Relays

DULWICH TRACK SESSIONS

NOTE back at Dulwich College Track

Tuesdays with Steve Smythe
Improve your speed & strength over all distances. suitable for all abilities.
Arrive at 7 for warm-up then a prompt 7.15pm start

Despite a lot of marathoners not back in training yet, 41 attended the first Dulwich summer session on Tuesday April 30

Fridays with Martin Morley
Arrive at 7pm to warm up for 7:15 start. Duration approx 1 hour. - £2 for Adults £1 for Children.
All abilities are welcome, if you have never run on a track before this is your opportunity to come and see what it is like. Any questions then please come and speak to me.

LUCKY VEST – This Wednesday

Don't forget , 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.

NEW KIT NEW KIT NEW KIT

new mens and womens vests and T- shirts,

Hoodies	**£15 each**
Vests	**£18 each**
T- shirts short sleeved	**£20 each**
T- " long sleeved T's	**£22 each**
Waterproof Jackets	**£25 each**

Available Wednesdays at the club – Ros

WEDNESDAY NIGHT £1 RUNNING FEE

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

NEW RUNNERS ROTA

Many thanks to **Steve Cook** for taking out new runners last week.
If you are listed to take out new runners, 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**

Alastair Locke	**01/05**
Charlie Lound	08/05
Chris Loizou	15/05
Patrick Mcmrorrow	22/05
Mike Mann	29/05

Wednesday Night Map

On page 9 in SHORTS is the map for this weeks Wednesday night runs. 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 them in the clubhouse.

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.
Arrives around 9.
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 ! - **Ros**

DULWICH RUNNERS CLUB CHAMPS 2013

Races still to come in this year's club championships.

- 6 June Assembly League 5k, Dulwich Park
- 20 June 2 Miles, Dulwich Park
- 12 July 1 Mile, Dulwich College Track
- 1 Sept. Lingfield (Dry Hill) 10
- 5 Oct. Trail race, Lloyd Park parkrun

The usual rules apply with the 8 races split into long and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.

4 races to qualify, including at least one from each of the 2 distance categories.
Mike Mann *(on behalf of ADSC).*

BLACKHEATH AND BROMLEY HARRIERS AC - PRESENT

THE TED PEPPER MEMORIAL 10K RACE
(and children's fun run)
MONDAY 6 MAY 2013, 10.00AM START
FULL DETAILS AT OUR WEBSITE:
www.bandbhac.org.uk.
Entry form at back of SHORTS

Beckenham Running Club

3 x 2.6 mile Road Relays
Wednesday, 15th May 2013, 7.30pm
Details to follow -

WELSH CASTLES RELAY 8-9 JUNE

All those who have put their names down for this year's Welsh Castles Relay should now have been contacted with requests for confirmation, travel arrangements, stage preferences etc. Please respond in good time to enable us to proceed with the arrangements. ***Mike Mann***

ASSEMBLY LEAGUE 2013

For those new to the club, this is a series of 6 races roughly 5k in distance open to all members **free of charge.**

The races are normally held on the first Thursday of the month from April to September, starting at 7.15pm.
Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.

NOTE Date changes

Due to circumstances beyond our control several of the dates have had to be changed.
Of particular note, the June fixture has now reverted to 6 June.
This race which is in Dulwich Park is also our next club champs event.
The remaining fixtures this season are as follows:

9 May	Victoria Park, Hackney
6 June	**Dulwich Park (5k club champs)**
4 July	Battersea Park
8 August	Victoria Park, Hackney
5 September	Beckenham

Further information on venues and times will be provided nearer the time. ***Mike Mann***

GREEN BELT RELAY REPLACEMENT RUNS

With the cancellation of this year's Green Belt Relay, we are organising some Sunday runs over 3 consecutive stages across the North Downs. These will take place on 12 and 19 May and 2 June, the first from Lullingstone to Tatsfield, the second from Tatsfield to Merstham and the final one a there and back from Merstham. All will be around 12 miles.

Please let Martin and myself know if you would like to join us, even if you have informed us already. Also we need to know whether you need a lift or intend to drive, particularly for the first 2 runs where access by train is difficult. ***Mike Mann***

Masters Fixtures

These are the main British Masters fixtures. The main club event will be the BMAF Road Relay Championships, where we have done well in recent years.

There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too.

May 18	BMAF Road Relay Champs.	Sutton Park
Jun 16	BMAF 5km road Champs.	Horwich
Jun 23	BMAF 10k track women's Champs.	Oxford
Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 14/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs.	Porte Allegre, Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

DULWICH RUNNERS 2013/14 FIXTURES

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesdayclub night. Assembly league & Southern League XC races are free and open to all club members and no advance entry is needed,

Date		Race			Venue
May	9	Victoria Park Assembly League			Victoria Park, Hackney
Jun	6	Dulwich Assembly League 5k	(club champs)	S	Dulwich Park
	8/9	Welsh Castles Relays			Wales
	20	2 Miles club	(club champs)	S	Dulwich Park
Jul	4	Battersea Park Assembly League			Battersea Park
	12	1 Mile club	(club champs)	S	Dulwich College Track
Aug	8	Victoria Park Assembly League			Victoria Park, Hackney
Sep	1	Lingfield (Dry Hill) 10	(club champs)	L	Lingfield (Dry Hill)
	5	Beckenham Assembly League			Beckenham Sports Club, Foxgrove Rd
Oct	5	Trail race, Lloyd Park parkrun	(club champs)	S	Lloyd Park
	19	Southern League Cross Country		Men	Richmond Park
	19	Southern League Cross Country		Women	Lightwater
Nov	9	Southern League Cross Country		Men	Wimbledon Common
Dec	7	Southern League Cross Country		Women	Farthing Down
Jan	11	Southern League Cross Country		Men	Reigate Priory (DR to co-host)
	11	Southern League Cross Country		Women	Putney Vale
Feb	8	Southern League Cross Country		Men & Women	Lloyd Park

Southern League XC

Men's and women's fixtures are now included on the fixture list
Further details, times maps etc will be posted near the race date
These league races are open to all club members of all abilities and are free to run
Mike Mann

Kent Grand Prix and Surrey Road Leagues

As well as the races we select for the Club Championships and the Assembly League races, listed elsewhere in Shorts, we also take part in the Kent Grand Prix and Surrey Road Leagues.
Some of these are designated County Championship races for the given distance, for runners that are suitably qualified. In addition, all runners can accumulate points over the season to compete in the league by age category.
For more details see the following links:
Kent Athletics:http://www.kcaa.org.uk/road%20races.htm
Surrey Athletics:http://www.surreyathletics.org.uk/road/league
Charlie Lound

Kent Grand Prix		Surrey Road League	
tbc	Beckenham 10k	2 Jun	Dorking 10 miles
tbc	Mount Ephraim 10k	23 Jun	Richmond 10km
tbc	Kent Coastal Marathon	13 Jul	Elmore 7 miles
tbc	Tonbridge 1/2M	21 Jul	Elmbridge 10km
tbc	Sittingbourne 10m	11 Aug	Wimbledon 5km

British Masters Relays, Sutton Park, May 18

With the Green Belt and Hastings Relays cancelled, all those over 35 can focus on these relays where we have traditionally done well at – a few are away on holidays but most of our top runners are available and we hope to field teams in the W35, W45, W55, M35 and M45 and M55 events. Contact Steve Smythe for details.
stevesmythe2006@yahoo.com or
steve.smythe@athleticsweekly.com

BRITISH BUPA 10Km May 27th

This event includes the British 10km championships and we can put in 6 free male and 6 free female entries and places will go the six most likely fastest runners available.
Contact Steve Smythe for details
stevesmythe2006@yahoo.com Or
steve.smythe@athleticsweekly.com

BUPA Westminster Mile

The organisers of the 10km above have asked the club to publicise details of the BUPA Westminster Mile which will be held the day before on Sunday May 26.

They are planning 50 different races on a road course from the Mall to Buckingham Palace, and the event will contain the first ever British age group Mile Championships and should be a fun event, and possibly even a good warm up for the 10km.http://www.bupawestminstermile.co.uk/

Surrey and Sussex Track & Field Masters Championships 2013 Held under UKA & WMA Rules for competition
1st June 2013 Ewell Court (King George's Recreation Ground), Poole Road, Epsom KT19 9RY
The entry for the Surrey, Sussex and Open Masters Championships is now open. Entry via online only at: https://www.jctsportssolutions.com/event-booking/event.php?id=14
Awards:
Surrey County Medals for 1st, 2nd and 3rd (5 year age groups).
Sussex County Medals for 1st, 2nd and 3rd (5 year age groups) subject to achieving the standard, details available on the Sussex Athletics Association website.
Entry: To enter a Surrey County Championship you must possess a current Surrey qualification.

Details of the UKA rules regarding County qualification can be found at www.surreyathletics.org.uk/qualification where there is also a definition of what constitutes the county of Surrey for this purpose.
To enter a County Championship you must not have competed in another county's championship nor have represented another county in inter-county competition during the current competition year which commenced on 1st October 2012.
Athletes from other Counties can enter as guests.
Events: 100m, 200m, 400, 800m, 1500m, 3K walk, 5k, 300mH, 400mH, HJ, LJ, PV, HT, DT, JT, SP, and H/Hammer.
Booking closes midnight 10th May 2013 - no late entries.
The timetable will be sent to all entrants after the closing date and will be posted on the Surrey CAA website.
£5 per event plus 5.4% Paypal booking fee (regardless of number of events entered).
Helpline number: 07968 131 577 up to 9pm

curry night

Hi All,
Please build up an appetite during your usual Wednesday night Club run and join us at Surma, for a mouth watering Indian Cuisine.

When: Wednesday 29th May, 9pm after club run
Where: Surma, 42 Lordship Lane, East Dulwich, SE22
Buffet Price: £10/person cash on the night please (drinks to be paid separately at the bar).
Itinerary: Club run, shower, travel to East Dulwich (car, walk, bus or otherwise), eat-drink-eat, feel all warm- fuzzy and glad you came.

Email or text me by Friday 24th May if you would like to come: susan.cooper@hsbc.com or 07967953628.

"The Goonies"
Lunar Cinema Battersea Park, Saturday17th August

Dear All,
With the sun finally coming out to play, it is time to plan some outdoor activities which include sitting around and munching on pop-corn to refuel and give some balance to our hectic running schedules

The Goonies
(12, 1985, 114mins)
Doors open 7pm
Performance starts 8:15pm
Tickets: £12.50
http://tinyurl.com/busnfz2

I can easily increase on this number, but need a show of hands for those that would like to come and can commit to a ticket**. email me at** susan.cooper@hsbc.com or alternatively send me a text, including your name, on 07967 953628 by Friday 10th May so I can secure the booking. - ***Sue Cooper***

Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major club race which **Steve Smythe** kindly finds & collates results for us, then it's highly unlikely that your results will be appear here in SHORTS
So to make sure your race results, road, fell, XC, Tri etc, are mentioned please send them in, and if you can write a report to go with it even better.

parkrun 5km Results, Sat 27th April

Brockwell

15 Mark Foster	19:19	
44 Mike Mann		20:53 (1M60)
49 Barry McLeod		21:21 (PB)
190 Barry Walker	29:34	
226 ran		

Bromley

9 Duncan Hussey	18:54
17 Oscar Hussey	19:33 (1U15)
24 Steve Smythe	19:57 (1M55)
100 Martin Morley	23:11
117 Helen Garrett 16W	23:44 (2nd cl)
118 Colin Frith	23:48
194 Clare Osborne 35W	26:03
360 ran	

Burgess

26 Andy Murray	21.58 1M60	
29 Ros Tabor 3W		22.28 1W60
41 Barry Evans		24.23

Crystal Palace

Another PB for Andy Cottrill, who also wrote this weeks CP parkrun news and is now banned from the Bell household

8 Andy Cottrill	20.47 (course PB)
11 Rob Cope	21.02 (course PB)
13 Jozef Danko	21.22
31 Bob Bell	22.55
47 Belinda Bell 5W	25.31
52 Paul Hinton	25.54 (PB)
59 Ameet Patel	26.25

Dulwich

8 Adrian Greer	18:32	
15 Joseph Brady	19:26	
22 Mike Fullilove	22:09	
23 Robert Balzanella		20:37 (PB)
28 Ajay Khandelwal		20:56
30 Cameron Timmis		21:01 (PB)
46 Mike Dodds		22:16
57 Clare Wyngard 4W		23:14
64 Susanna Wilkey 8W		23:49 (debut)
67 Clare Steward 9W		24:03

Greenwich

13 Graham Laylee	22:17 (course debut)
119 ran	

Hilly Fields

8 Ian Lilley	20:18
17 Kevin Chadwick	21:36
29 Ian Sesnan	23:45 (course debut)
96 ran	

Eastbourne

3 Nick Brown	1M55	18.48 (course PB)

Riddlesdown

Ange's 40th win at Riddlesdown.

14 Ange Norris	1W	21:19

Sevenoaks Triathlon, April 28

Clare Elms was unlucky in her first serious triathlon to come up against a world age group senior champion woman but she wasn't far down on any of the three sections and finished a clear second and she not only won her age group by 10 minutes, she also also easily beat all the men in her age group too.

In triathlon terms, Clare is in the W50s as they take the year of birth and she is hoping to compete in the World Championhips in London in September..
Steve Smythe got a late entry and just about survived drowning, and a chain coming off spoiling his bike ride but lost almost as much time locating his running shoes after the bike and then took 5 miles to refind his legs.

Clare Wyngard, a regular at this event, had another solid competition and had a particularly good run and made the top 10 women and was third W50 while Ruki excelled in the swim

21 **Clare Elms** 2W 1:32:56
(6:34 400m swim, 1:30 transition, 49:21 approx 25km bike, 1:03 transition, 34:27 approx 5.3M run)

85 **Steve Smythe** 1:42:45
(10:25 swim, 2:42, 48:48 bike, 1:39, 39:09 run)

146 **Clare Wyngard** 9W 1:48:46
(8:35 swim, 1:20, 56:47 bike, 1:25, 40:37 run)

241 **Ruki Sidhwa** 23W 2:02:22
(8:27, 1:35, 63:27 bike, 1:26, 47:26 run)
54W/334 finished

SERPENTINE LAST FRIDAY 5K HYDE PARK 26 APRIL 2013

31 Rob Cope	18.32
44 Ian Lilley	19.02 PB
58 Steve Williams	19.36 PB
96 Paul Devine	21.22
101 Ros Tabor	21.28
187 Carolina Lilley	26.15 PB
220 ran	

VETS AC TRACK MEETING TOOTING TRACK, 24 APRIL

Three of us took part in a low key 3000m on a warm evening.

Mike Mann	11:24
Ros Tabor	12:28.2
Graham Laylee	12:48.5

DULWICH RUNNERS CLUB CHAMPIONSHIPS 2013
POSITION AFTER 3 EVENTS OF 8 - BEST 4 EVENTS TO COUNT - 50 for first in category 49 for 2nd etc
AGE CATEGORY CHAMPIONSHIPS EVENTS COMPLETED

	Short				Long					
	Assy League 5k Dulwich Pk 6 Jun	**Dulwich Park 2 miles 20 Jun**	**Dulwich Track 1 mile 12 Jul**	**Lloyd Pk 5k 5Oct**	**Chich-ester 10k 03 Feb**	**Lydd 1/2M 10 Mar**	**London (or any other cert. Marath on 21 April**	**Dry Hill 10 mile 1 Sep**	**Events completed**	**TOTAL POINTS inc 1 bonus for each event**
Name/Champs cat.										
WOMEN SENIOR										
Shona McIntosh					50	50	50		3	153
Melanie Edwards					47	49	47		3	146
Anna Thomas					45	47	44		3	139
Charlie Wood					48		46		2	96
Kim Hainsworth					46		45		2	93
Joanne Shelton					44	45			2	91
Sue Cooper					43	46			2	91
Emily Gelder							49		1	50
Catherine Lee					49				1	50
Toni Holt							48		1	49
Cara Oliver						48			1	49
Susanna Wilkey						44			1	45
Clare Quirico							43		1	44
WOMEN V40										
Ola Balme					49	49	50		3	151
Claire Steward (50+)					46	47	49		3	145
Clare Elms					50	50			2	102
Lindsey Annable					45	46			2	93
Nicola Richmond					48				1	49
Clare Wyngard (50+)						48			1	49
Susan Vernon (50+)							48		1	49
Louisa Pritchard					47				1	48
MEN SENIOR										
Buzz Shephard					50	50	50		3	153
Alastair Locke						49	49		2	100
Chris Treble					48		47		2	97
Rob Cope					47	47			2	96
James Burrows					46		43		2	91
Andrew Bright						43	42		2	87
Robert Balzanella						44	41		2	87
Jim Dowsett						42	38		2	82
Rupert Nash					49				1	50
Tom Marshall							48		1	49
Paul Devine						48			1	49
Jozef Danko						46			1	47
Adam Vaughan							46		1	47
Scott Hemmens							45		1	46
Steve Ackroyd					45				1	46
Olivier Montfort						45			1	46
John Fletcher							44		1	45
Simon Winstanley							40		1	41
Ed Smyth							39		1	40
Cory W.Malcolm							37		1	38
MEN V40										
Joseph Brady					50	50			2	102
Ajay Khandelwal						48	48		2	98
Ameet Patel					48	47			2	97
Charles Lound							50		1	51
Mark Foster					49				1	50
Cameron Timmis						49			1	50
Brendan Greaney						46			1	47
MEN V50										
Steve Smythe					48	50	49		3	150
Ebe Prill					47	48	50		3	148
Barrie John Nicholls					41	44	46		3	134
Steve Street					40	40	44		3	127
Neville Webb					49	49			2	100
Andy Murray					44	47			2	93
Bob Bell					42	46			2	90
Steve Wehrle (60+)						42	45		2	89
Tony Tuohy					50				1	51

John English							48		1	49
Per Hedberg							47		1	48
Gary Sullivan					46				1	47
Mike Mann (60+)					45				1	46
Mike Dodds						45			1	46
Roy Hibberd							43		1	44
Graham Laylee					43				1	44
Martin Morley						43			1	44
Patrick McMorrow						41			1	42
Chris Vernon (60+)						39			1	40

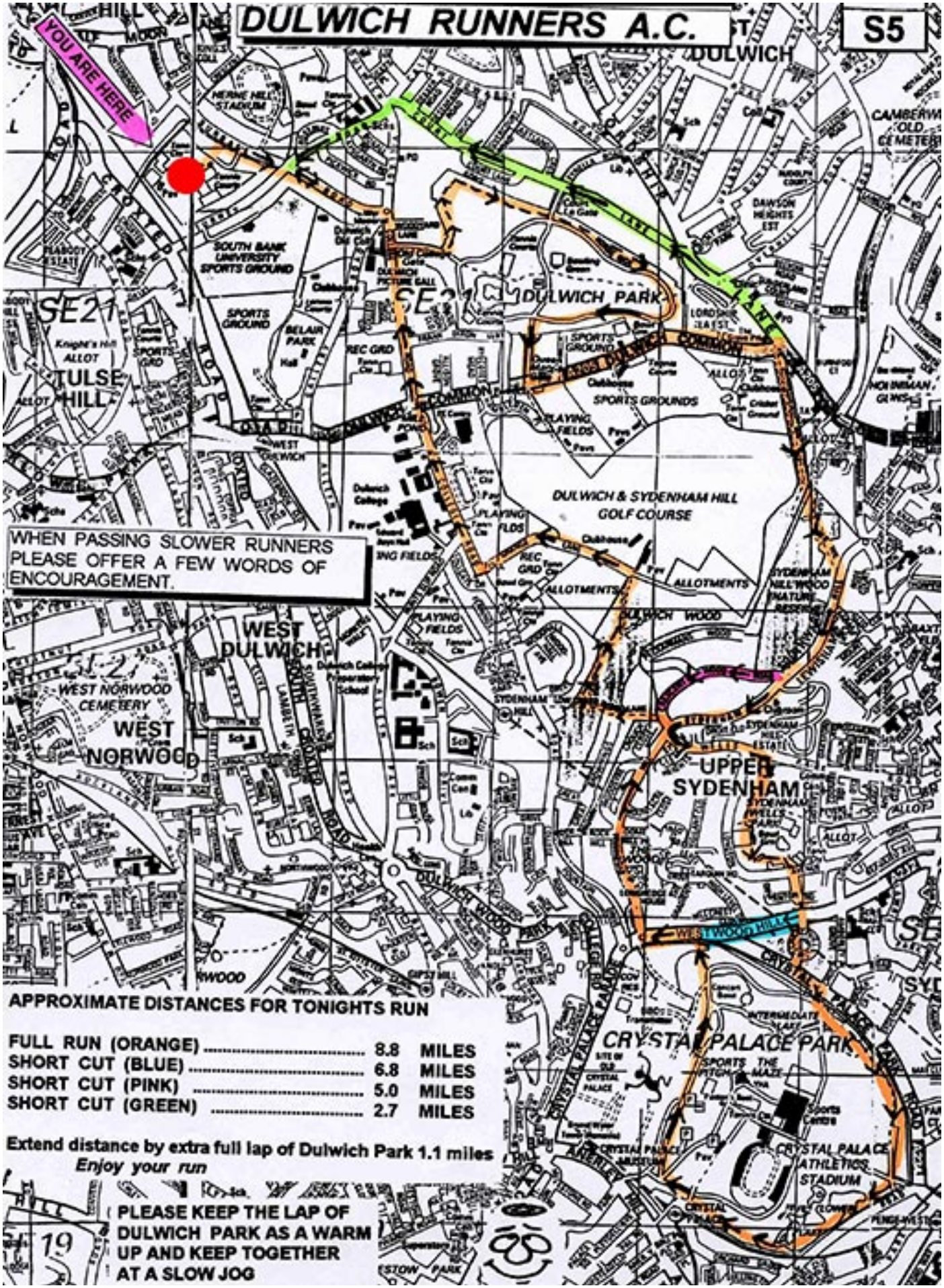
OVERALL CHAMPIONSHIP - AGE GRADED

	Short				Long							
Name	Assy League 5k Dulwich Pk 6 Jun	Dulwich Park 2miles 20 Jun	Dulwich Track 1 mile 12 Jul	Lloyd Pk 5k 5Oct	Chich-ester 10k 03 Feb	Lydd 1/2M 10 Mar	London (or any other cert. Marathon 21 April	Dry Hill 10 mile 1 Sep	TOTAL POINTS	average	best	position
Claire Steward (50+)					849	862	869		**2,580**	860	869	**1**
Shona McIntosh					839	849	834		**2,522**	841	849	**2**
Buzz Shephard					848	826	793		**2,467**	822	848	**3**
Steve Smythe					835	825	759		**2,419**	806	835	**4**
Ebe Prill					804	792	754		**2,350**	783	804	**5**
Ola Balme					807	784	723		**2,314**	771	807	**6**
Melanie Edwards					751	762	703		**2,215**	738	762	**7**
Anna Thomas					686	675	611		**1,971**	657	686	**8**
Barrie John Nicholls					671	681	594		**1,946**	649	681	**9**
Clare Elms					937	899			**1,836**	918	937	**10**
Neville Webb					863	846			**1,709**	854	863	**11**
Steve Street					560	518	441		**1,518**	506	560	**12**
Charlie Wood					806		703		**1,509**	754	806	**13**
Andy Murray					754	747			**1,501**	751	754	**14**
Bob Bell					748	734			**1,481**	741	748	**15**
Alastair Locke						743	738		**1,481**	741	743	**16**
Joseph Brady					720	738			**1,458**	729	738	**17**
Rob Cope					717	716			**1,433**	717	717	**18**
Kim Hainsworth					749		652		**1,401**	700	749	**19**
Joanne Shelton					685	663			**1,348**	674	685	**20**
Chris Treble					686		659		**1,345**	673	686	**21**
Sue Cooper					659	669			**1,328**	664	669	**22**
James Burrows					685		626		**1,311**	655	685	**23**
Steve Wehrle						673	572		**1,245**	623	673	**24**
Ameet Patel					607	625			**1,233**	616	625	**25**
Andrew Bright						632	590		**1,222**	611	632	**26**
Robert Balzanella						632	558		**1,190**	595	632	**27**
Lindsey Annable					564	614			**1,178**	589	614	**28**
Ajay Khandelwal						613	507		**1,120**	560	613	**29**
Jim Dowsett						622	476		**1,098**	549	622	**30**
Tony Tuohy					889				**889**	889	889	**31**
Charles Lound							831		**831**	831	831	**32**
Catherine Lee					814				**814**	814	814	**33**
Mike Mann					804				**804**	804	804	**34**
Gary Sullivan					779				**779**	779	779	**35**
Emily Gelder							774		**774**	774	774	**36**
Clare Wyngard						770			**770**	770	770	**37**
Cara Oliver						753			**753**	753	753	**38**
Toni Holt							746		**746**	746	746	**39**
Nicola Richmond					735				**735**	735	735	**40**
Graham Laylee					724				**724**	724	724	**41**
John English							722		**722**	722	722	**42**
Mark Foster					716				**716**	716	716	**43**
Rupert Nash					711				**711**	711	711	**44**
Tom Marshall							709		**709**	709	709	**45**
Paul Devine						703			**703**	703	703	**46**
Louisa Pritchard	-	-			700		-	-	**700**	700	700	**47**
Martin Morley						683			**683**	683	683	**48**
Steve Ackroyd					669				**669**	669	669	**49**
Olivier Montfort						663			**663**	663	663	**50**
Mike Dodds						659			**659**	659	659	**51**
Adam Vaughan							650		**650**	650	650	**52**
Jozef Danko						646			**646**	646	646	**53**
Scott Hemmens							644		**644**	644	644	**54**

John Fletcher							642		**642**	642	642	**55**
Cameron Timmis						624			**624**	624	624	**56**
Susanna Wilkey						597			**597**	597	597	**57**
Brendan Greaney						595			**595**	595	595	**58**
Per Hedberg							576		**576**	576	576	**59**
Patrick McMorrow						575			**575**	575	575	**60**
Susan Vernon							565		**565**	565	565	**61**
Chris Vernon						556			**556**	556	556	**62**
Clare Quirico							543		**543**	543	543	**63**
Simon Winstanley							516		**516**	516	516	**64**
Ed Smyth							508		**508**	508	508	**65**
Cory W Malcolm							437		**437**	437	437	**66**
Roy Hibberd							379		**379**	379	379	**67**

LADIES NOW SUMMER IS HERE YOU NEED A DULWICH RUNNERS CROP TOP!

LIMITED SIZES - £5 TO CLEAR…….contact Ros


DULWICH RUNNERS A.C.
S5
YOU ARE HERE
DULWICH
DULWICH PARK
SOUTH BANK UNIVERSITY SPORTS GROUND
SPORTS GROUND
BELAIR PARK
REC GRD
TULSE HILL
SPORTS GROUNDS
PLAYING FIELDS
DULWICH & SYDENHAM HILL GOLF COURSE
ALLOTMENTS
DULWICH WOOD
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
WEST DULWICH
WEST NORWOOD CEMETERY
WEST NORWOOD
UPPER SYDENHAM
CRYSTAL PALACE PARK
CRYSTAL PALACE ATHLETICS STADIUM
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 8.8 MILES
SHORT CUT (BLUE) ..... 6.8 MILES
SHORT CUT (PINK) ..... 5.0 MILES
SHORT CUT (GREEN) ..... 2.7 MILES
Extend distance by extra full lap of Dulwich Park 1.1 miles
Enjoy your run
PLEASE KEEP THE LAP OF DULWICH PARK AS A WARM UP AND KEEP TOGETHER AT A SLOW JOG

BLACKHEATH AND BROMLEY HARRIERS AC
PRESENT
THE TED PEPPER
MEMORIAL 10K RACE (and children's fun run)
AN OPEN RACE OVER 10KM
INCORPORATING SCVAC 10KM CHAMPIONSHIPS

MONDAY 6 MAY 2013, 10.00AM START **UKA LICENCE NO:** 2013-105234

New Venue: Norman Park Athletics track, and the surrounding countryside.
Hayes Lane, Bromley BR2 9EF

Course: 1 lap, all off road, accurately measured and almost flat.

Awards: Winner: TED PEPPER MEMORIAL TROPHY **MEMENTO ALL FINISHERS**
Prizes: 1st, 2nd & 3rd Man and Woman
Individual Vet Prizes according to entry
Specific spot prizes
SCVAC, individual medals in 5year age groups

Fee: £10.00 BAF Affiliated Clubs, £11.00 Non Affiliated, Additional £1 SCVAC Members, £12.00 Late Entries, including on the day (on the day also accepted for SCVAC)
Cheques payable to "Blackheath and Bromley Harriers AC", enclosing Entry Form and large (A5) SAE for acceptance and details to:
Event Secretary, 78 Constance Crescent, Hayes, Bromley, Kent
(E-mail: andy.tucker@aig.com)
FULL DETAILS AT OUR WEBSITE: www.bandbhac.org.uk.
Closing Date: For postal entries Monday 29 April 2013 or race limit of 250
On Line Entry Also Available at Runners World.co.uk Events.

ENTRY FORM – BLOCK CAPITALS PLEASE – PHOTOCOPIES & STANDARD ENTRY FORM ACCEPTED

Surname: **Forename:** **Male/Female**

Address:

Postcode:
Affiliated club, if any:
Member of SCVAC entering Club Championships: Yes/No Membership No, if known:

Date of Birth: Age on 6 May 2013:

Telephone No. (including STD code):

I certify that I will not take part in the race unless I am medically fit to run and I will in no way hold the Organisers responsible for any injury, illness, accident, loss or damage resulting from my participating in the event. I will abide by UKA rules governing this event.

Signature: Date: Fee: £10.00 Affilliated
£11.00 Non-Affil.
£12.00 Late Entry
Add £1.00 SCVAC Cheques: "Blackheath and Bromley Harriers AC"
Entries to: Event Secretary, 78 Constance Crescent, Hayes, Bromley, Kent, BR2 7QQ

PLEASE DON'T FORGET YOUR FEE & LARGE (A5) SAE

Official Use Only
RACE NO.