SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 24th July 2013

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

- THE COMING WEEK –

Wed	**24**	**Club Night**, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Tue	**30**	**Track session 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
4 Race reports & results
8 Club Champs round-up so far
11 Wednesday night running map

And much more !

Click below to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

------- EVENT HORIZON -------

A brief look ahead

full fixture list page 3

Aug	8	Assembly league, Victoria Park
Sep	1	Lingfield (Dry Hill) 10 Club Champs race
Sep	5	Beckenham Assembly league

DULWICH TRACK SESSIONS

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
Remember it's only £1 but if you don't have the money on the day, you have to pay £2 next time!

NEW RUNNERS ROTA

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

Ebe Prill	**25/7**
Clare Quirico	1/8
Ian Sesnan	8/8
Jo Shelton	15/8
Claire Steward	22/8

DULWICH CHARITY 10K Sun. 6 Oct

We had our first meeting on 17th July to start organising this race. Only one charity has been put forward which is the Hollington Club for Young People in Camberwell, of which Chris Vernon is Chairman.

The Hollington is a youth club and boxing club which is celebrating 120 years since its foundation in 1893. Funds are needed to improve their run-down facilities. They have a number of projects planned including refurbishing the Sports Hall, improving the changing facilities, disabled toilets and ramps, music/IT suite and a kitchen for teaching cookery.

If anyone would like to nominate any additional local charities, please contact Chris and Sue Vernon at vernonrun@aol.com before the final decision is made at the next meeting on 31st July.

If you are interested in being on the committee, or can help in any way please can you contact

Chris or Sue Vernon: vernonrun@aol.com

WEDNESDAY NIGHT £1 RUNNING FEE

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

Wednesday Night Runs Map

Click above for for this weeks Wednesday night map.
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

HOODIES

I am very sorry to tell you that the firm who supplied our hoodies has gone bust and can not meet the order.

I am negotiating with Ronhill (who make our vests), and I think will be able to make a similar hoody for a similar price, so those who have ordered will have one before the weather gets cold (again).

I have a list of those of you who have already paid. If you want a refund, let me know and I will pass your name to Graham who can issue a cheque. - Ros

Andy Murray/Ros Tabor
Andrew@28kerfield.freeserve.co.uk
Ros@28kerfield.freeserve.co.uk

LUCKY VEST - August 7

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- shirts long sleeved	£22 each
Waterproof Jackets	£25 each

Available Wednesdays at the club – Ros

DULWICH RUNNERS

CLUB CHAMPS 2013

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

- 1 Sep 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).

Striders of Croydon AC Switchback 5 Sunday 29 Sep 10.30am

5 mile, multi-terrain race around Lloyd Park and Addington Hills
It's a perfect warm up to the cross country season.
debra.c.bourne@gmail.com
http://www.stridersofcroydon.org.uk
entry forms available in clubhouse

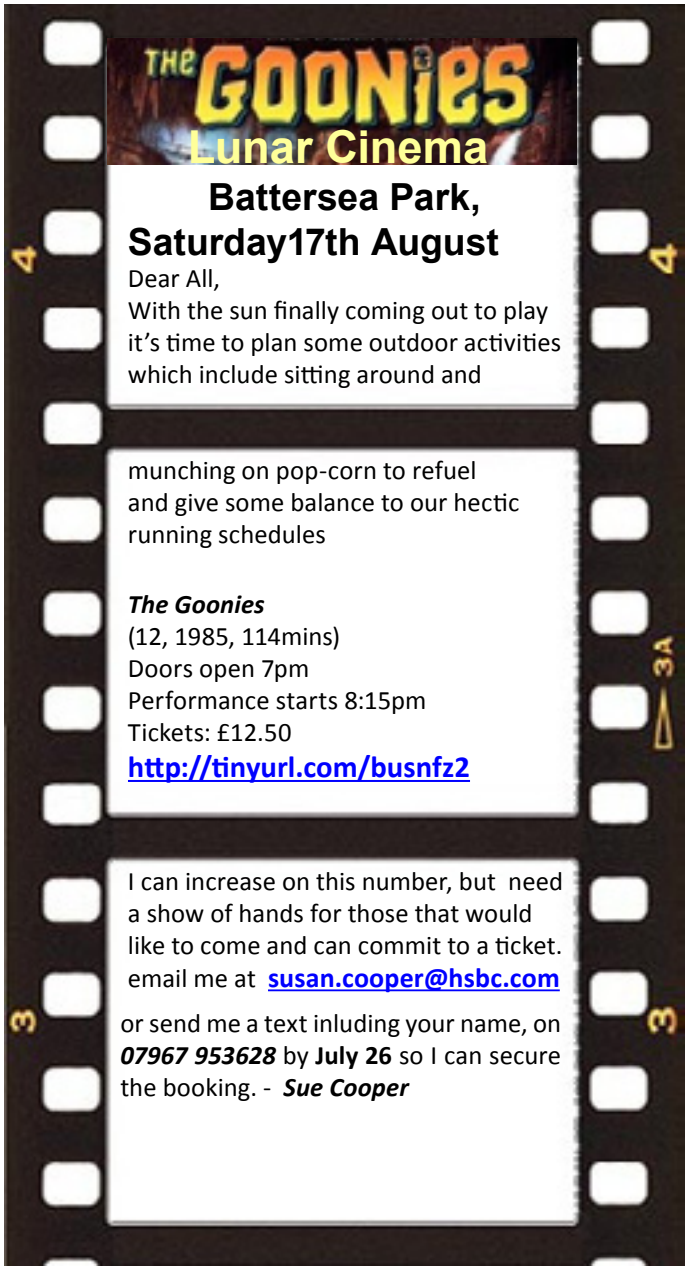
Wednesday Apres-Run Re-hydration !

Come up to the bar and have a drink and a natter with us , it's a great way to get to know fellow runners (hot and cold drinks available)

Carbo Loading !

For all you hungry runners we will be ordering fish and chips 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 ! - ***Ros***

Herne Hill Harriers have invited us to enter a team in their pub quiz, which will take place on Sunday 11th August at 7pm in the Exhibit, Balham. Tickets are £10 each and include food. Teams can be made up of up to 6 people. The contact is Patty - patrizia_gnoato@yahoo.com
Tel:07971 048276



Battersea Park, Saturday17th August

Dear All,
With the sun finally coming out to play it's 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 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 send me a text inluding your name, on ***07967 953628*** by **July 26** so I can secure the booking. - ***Sue Cooper***

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
Jul	27	Open track meeting			Tooting Track
Aug	8	Victoria Park Assembly League			Victoria Park, Hackney
	12	Open track meeting			Norman Park
	17	Open track meeting			Norman Park
	24	Open track meeting			Tooting Track
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	Surrey League Cross Country		Men	Richmond Park
	19	Surrey League Cross Country		Women	Lightwater
Nov	9	Surrey League Cross Country		Men	Wimbledon Common
Dec	7	Surrey League Cross Country		Women	Farthing Down
Jan	11	Surrey League Cross Country		Men	Reigate Priory (DR to co-host)
	11	Surrey League Cross Country		Women	Putney Vale
Feb	8	Surrey League Cross Country		Men & Women	Lloyd Park

TRACK MEETINGS - Herne Hill Harriers and Blackheath & Bromley Harriers are holding a series of open track meetings this summer. The races are graded by time. Nb it is best to enter in advance as it's £6 on the day and £4 in advance
bbhopen@gmail.com — http://www.bandbhac.org.uk/other%20t&f%202013.html

ASSEMBLY LEAGUE 2013

For those new to the club, this is a series of 6 races (one left) 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.
Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.
The remaining fixture this season :
8 August Victoria park, Hackney
5 September Beckenham - 7:15 start
Further information on venues and times will be provided nearer the time. ***Mike Mann***

Surrey League XC

Men's and women's fixtures are now included in the fixture list. Further details, times maps etc will be posted nearer the race dates
These league races are open to all club members of all abilities and are free to run, and you need to run in a club vest
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	
1 Sep	Kent Coastal Marathon	11 Aug	Wimbledon 5km
22 Sep	Tonbridge 1/2M		
tbc	Sittingbourne 10m		

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

Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 4/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs. Port Allegre	Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

Race Reports & Results

If it's not a club champs race, local parkrun or other major club race which Steve Smythe kindly finds & collates results for, then it's highly unlikely that your results will be in SHORTS, so to ensure they do, please send them in. And if you can write a report even better. All road, fell, XC, Tri results etc, are welcome

Race to the Stones

100km Ultra race, non-stop

Saturday 13 July,

Per Hedberg writes....
Yet another "hottest day of the year" adventure. This time a 100km cross country race organised by Threshold Sports.

The race started at 08:00 from Chinnor in Oxfordshire and the finish was at Avebury Stones in Wiltshire. There were aid stations at about every 10th k, and me and a friend did the non-stop version of the race. There was also a 50km x 2 days version.

To cut a very long story short it was extremely tough! Both the scorching heat and the cross country ground surface zapped the energy out of everyone. People dropped out left right and centre in various stages of exhaustion.

The leader after the first half pulled out at 50km and the eventual winner who was expected to do it in about 8-9 hours took 10:23", fastest woman 12:10". The chap who was 10th in this year's Marathon des Sables did this race in 11:03".

We did the first 48km in 6:40" and the second 52km in 10:40" (slower...). There were 301 runners starting the non-stop version, 72 (24%) DNF and we finally finished in 113th place, out of the 229 that made it to the finish, and our time was 17:22"..

Checking the gps afterwards it turned out that we (well, mainly I...) spent a total of 2:40" resting/trying to cool down at eight different aid stations and then we moved at an average speed of 7km/hour the rest of the time.

Very interesting lesson as to how the body reacts under such circumstances, especially when afterwards hearing what went on with the soldiers at Brecon Beacons at the very same time.

BMC 800m E race, Eltham, July 17

Alex took almost five seconds off his 800m PB to win the race. No one younger has run faster in Britain at 800m.
At the opposite end of the scale, no one aged over 40 has run as fast as Clare and she improved the W45 UK lead with a 2013 best of 2:18.93.
Duncan Hussey ran a much better tactical race than he did in the mile and held back and passed Clare in the last 200m to run his best time of the year too.
Oscar was quite close to his 800m PB while Tony Tuohy ran the 3000m and ran too fast a first lap and then was on his own from the second and did well to run his best time of the year and broke the club M50 record.

1 Alex Elms	2:09.43 (PB)
5 Duncan Hussey	2:18.55
6 Clare Elms	2:18.93
BMC 3000m	
8 Tony Tuohy	9:27.82 (Dulwich M50 record)
Open 800m Race 2	
4 Oscar Hussey	2:28.24

Kent AC 1500m Championships, Ladywell, July 18

Buzz was involved in a close race but wasn't up to the level of his club mile run.
5th Buzz Shephard 4:25.2

Inter Area Vets T&F, Solihull, 21 July

Running as part of the Vets AC team, I competed in the 3000m and in the final 400m leg of the medley relay. In the 3000m, I improved on my recent season's best, but only nibbled off a second rather a bite sized chunk, so not really good enough.

In the relay running for the M60 team, I was handed a huge lead at the start of my final 400m leg, and I managed to maintain it reasonably comfortably though it was eaten into a bit by a sprinter. I have no idea of my split time, but I'm not all that fussed. ***Mike Mann***
3000m 11:13.45

National Lottery Anniversary Run
21st July 2013

10,000 runners on a 5 mile route around the Olympic park with a spectacular finish in the stadium.

Having struggled with injury over the last few months it was a last minute decision to run in this race. While the sensible part of me told me not to risk it, in the end I couldn't resist what was potentially going to be a once in a lifetime chance to follow in the footsteps of the Olympic athletes.

pic - Clare Quirico

On the day there was the real buzz, from the point of being on the tube packed with people wearing the same (ridiculously large) t-shirts.

The event itself was pretty well organised, as you'd hope after all the practice they had at the venue last year! I think it's as the first race I've been to without queues for toilets!

There was a lot of excitement at the start with Chris Hoy starting us off a Paula Radcliffe running with us. The course itself wasn't great for PBs, with a lot of tight turns and a high percentage of first time runners not sure of their pacing.

As I had decided to leave the watch at home and just focus on taking in the sights it didn't matter.

Paul and I fell into a fairly easy pace, as we took in the sights (and even a few photos!), marvelled at the architecture of the velodrome and debated at what point we'd hear Chariots of Fire!

The anticipation really grew as we passed through the stadium tunnel under the seating, before turning out into the stadium and hearing the roar of the crowds. It's pretty overwhelming and I can't begin to think what it must have felt like for athletes when it was at capacity.

Overall, one of the most exciting events I've had the pleasure to run in!

Clare Quirico

National Lottery Anniversary Run
21st July 2013

Six of us (three runners and three spectators) set off from the Bell household for this.

Strange to take spectators to a 5 mile run but this run was finishing in the Olympic Stadium, so your chance to impersonate Usain Bolt or Mo Farah in front of your loved ones was too much. In fact I timed my last 100 M at a speed (24 secs) that wouldn't have bothered either of them.

I wasn't however as slow as a guy dressed as a baby (no not a royal one) who decided to crawl the last 100M. Think he regretted starting the reverse of a kick finish quite that early as it looked hard on the kness but kept going.

In fact a number of runners seemed to spend a long time soaking up the stadium atmosphere, running up and down the last straight, and who can blame them.

It was definitely the best bit of the race which was generally crowded, for although operating a staggered start the course suffered from being narrow

pic - Clare Quirico

for large parts.

Andy and I started together half way back in the first (red) wave and ended up virtually walking the first half mile and hardly ever had an unimpeded run.

Still the occasion was pretty good and the crowd and music made it feel more like a big city marathon, but without the pain.

Bob Bell

242 Steve Smythe	31.56
467 Samuel Crump	33.46
644 Andy Cottrill	34.40
1202 Jon Hyde	36.49
1423 Bob Bell	37.29
1632 Claire Steward	38.06
2462 Ameet Patel	40.14
4020 Paul Hinton	43.49
4050 Penelope Bell	43.52
4046 Paul Keating	43.52
4052 Clare Quirico	43.53
4165 Ruki Sidhwa	44.06

Vets Inter Area, Solihull, July 21

Ultra specialist Emily won the National Masters Inter Area Challenge at 400m, beating fellow Dulwich Runner Cara into second.
Emily finished 2nd in the 1500m in a PB while Cara finished second in the 800m and fourth in the discus.

W35 400

1 Emily Gelder (SCVAC)	67.38 (PB)
2 Cara Oliver (VAC)	68.02

W35 800

2 Cara Oliver	2:34.82 (& 4th Discus 16.23m)

W1500

2 Emily Gelder	5:10.47 (PB)

Dartford Half-Marathon, July 14

In very hot conditions, Buzz finished a fine third on the very tough course

3 Buzz Shepphard	79:40 (79:37 chip)
141 Jim Dowsett	1:50:37 (1:50:09

Battersea Park 5K, 22 July

On an uncomfortably hot evening, times were generally down, including my own, but Louisa Pritchard bucked the trend with a season's best. Duncan Hussey decided he had enough after 3K and a recent heavy schedule of races.

Mike Mann

Mike Mann	19:59 (1st M60)
Louisa Pritchard	22:32

Assembly League, Battersea, July 4

After a lot of revision and checking of timekeepers sheets the results have been changed on power of ten to hopefully the correct ones.
John English was missed off the original result given .
http://tinyurl.com/mo5cpea

13	B Shephard	(M35)	16:09
19	T Tuohy	(M50)	16:29
26	E Hill	(M35)	16:45
33	D Beaver	(M50)	17:08
38	C Lound	(M45)	17:12
48	A Locke		17:37
65	C Loizou	(M55)	18:10
66	R Cope	(M40)	18:11
69	E Prill	(M50)	18:15
76	R Nash		18:26
78	L Laylee	(U15)	18:26
80	K Chadwick		18:27
82	D Hussey	(M45)	18:33
87	P Devine	(M35)	18:45
88	E Smyth		18:48
92	I Lilley	(M40)	18:56
93	C Lee	(W)	19:01
103	J Brady	(M45)	19:12
104	M Edwards	(W)	19:13
111	J Burrows		19:22
122	C Treble		19:32
123	M Foster	(M45)	19:33
125	J English	(M50)	19:34
127	G Sullivan	(M55)	19:38
136	N Richmond	(W40)	19:49
144	K Hainsworth	(W)	20:00
147	O Hussey	(U13)	20:09
152	M Mann	(M60)	20:22
159	J Barretta	(M40)	20:35
164	A Murray	(M60)	20:43
186	A Thomas	(W)	21:43
188	G Laylee	(M55)	21:47
205	M Morley	(M60)	22:44
209	L Pritchard	(W40)	23:01
224	S Cook	(M60)	24:32
227	A Patel	(M45)	24:48
229	L Annable	(W45)	24:58
230	K Wood	(M55)	24:59

parkrun 5k Results, Sat 20th July

Bromley

7 Duncan Hussey 18:36
189 Clare Osborne 39W 25:48
345 ran

Burgess Park

Saturday July 20th I decided to try a different parkrun as I had a slight leg injury and wanted something flat compared to my regular Hilly fields.

I picked Burgess parkrun and now wish I hadn't! unfortunately the run briefing at the start lasted no more than 5 Seconds and was a "go straight up there and follow the marshals" then a very quick 54321 GO

The course starts on a long straight concrete path before making Two loops of a large pond, it is however very complicated to follow with lots of constant left and right turns and a lack

of marshals to help.

Myself and at least 5 other runners went wrong twice and lost at least 30 seconds with the 1st time being confusion over which bridge to cross as there were Two and it was not clearly explained. the second time I went wrong was due to a marshal sending me the wrong direction and when other runners shouted at me I realised but was over taken by 3/4 runners and again lost more time

I was given finishing position 8th but the results had me at 9th!! so they could not even get this right. I should have been around 20 seconds behind Lewis who ran a good race and was slightly ahead of me

I would recommend avoiding this parkrun and I have E-Mailed them explaining everything that went wrong, as of yet I receive no reply.

Kevin Chadwick

6 Lewis Laylee 19:12
9 Kevin Chadwick 20:00
23 Graham Laylee 23:22
72 ran

Crystal Palace

7 James Burrows 19:34 (PB)
15 Andy Cottrill 20:21
34 Bob Bell 22:30
43 Jo Shelton 6W 24:00
54 Belinda Bell 8W 25:38
65 Penelope Bell 14W 27:32

Dulwich

4 Alastair Locke 18:17
5 Ebe Prill 18:17
8 Chris Loizou 18:36 (PB)
11 Paul Devine 18:51
17 Sam Crump 19:19 (PB)
23 Mel Edwards 2W 19:34
28 Ajay Khandelwal 20:18 (PB)
35 Duncan Wilson 20:31
51 Cameron Timmis 21:34
59 Anna Thomas 5W 22:04
81 Clare Steward 23:29
158 ran

Mile End

Chris Vernon writes As my magic 100th run loomed, it was time to take another parkrun tour to my 26th different venue. Despite the heatwave, it was relatively cool and overcast for my visit to Mile End in East London, only 10 miles from Dulwich.

This is a relatively small run which rarely exceeds 100, it takes place in a linear park recently constructed as part of the regeneration of the East End.

Very few club runners were present (there appears to be no resident club) but I met a Le Croupier from Cardiff who was visiting for the weekend and we exchanged Welsh Castles tales.

After the usual formalities, off we went on a 2 lap course, up one side of a path, round the playground, along the canal and back down the path.

It was hard to believe that it is barely a mile from the City Surprisingly, there were some short sharp rises over bridges which slowed me up on my second lap until, as I approached the finish, I heard fairy footsteps behind and had to speed up to beat a young lady who turned out to be visiting from Sedgefield. Biscuits and cakes were available together with a mobile coffee van, parked right by the finish, all very convenient.

This is another parkrun which is well worth a second visit, cheap parking right by the start and would make an ideal winter run.

87 Chris Vernon 31.59 (1MV65)
97 ran

Hilly Fields

8 Kim Hainsworth 8W 20:15
73 ran

LLoyd Park

77 Bernard Imber 30:26 (1V65-69) PB
99 ran

Orpington

Trying out this pleasant 3 lap course in Goddington Park for the first time, I had set out with the sole intention of beating the modest M55 - 59 course record which stood at 20.41.

In the event I had a terrific tussle with a 14 year old junior who led for the first 3.50kms, before pulling clear to record a somewhat surprise win in 18.51 by 7secs.

1 Nick Brown 18.51 (M55 record)
93 ran

Richmond parkrun 20th July 2013

Both of us set course PBs, Barrie by 1 second and me by 8 seconds.

73 Barrie John Nicholls 23.45 (course PB, 3VM55-59)
82 Lindsey Annable 24.42 (course PB, 1 VW45-49)
221 ran

DULWICH RUNNERS CLUB CHAMPIONSHIPS 2013

POSITION AFTER 6 EVENTS OF 8 - BEST 4 EVENTS TO COUNT - 50 for first in category 49 for 2nd etc

AGE CATEGORY CHAMPIONSHIPS EVENTS COMPLETED

	Short				Long					
Name/Champs cat.	Assemblyy 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 cert. M'thon 21 April	Dry Hill 10 mile 1 Sep	Events completed	TOTAL POINTS inc 1 bonus for each event
WOMEN SENIOR										
Shona McIntosh	50				50	50	50		4	204
Melanie Edwards	[47]	50	[47]		47	49	47		6	199
Kim Hainsworth	[43]	49	48		46		45		5	193
Anna Thomas		47	45		45	47	[44]		5	189
Sue Cooper	[42]	45	46		43	46			5	185
Emily Gelder	44		50				49		3	146
Cara Oliver	46		49			48			3	146
Catherine Lee	49				49				2	100
Charlie Wood					48		46		2	96
Toni Holt	45						48		2	95
Joanne Shelton					44	45			2	91
Katie Styles	40	-	44		-	-			2	86
Laura Long		48							1	49
Elkie Mace	48	-	-		-	-			1	49
Laura White		46							1	47
Susanna Wilkey						44			1	45
Clare Quirico							43		1	44
Nicola McIvor	41	-	-		-	-			1	42
Rachel Warriner	39								1	40
WOMEN V40										
Clare Elms		50	50		50	50			4	204
Ola Balme	48	[47]	[47]		49	49	50		6	202
Nicola Richmond	49	48	49		48				4	198
Claire Steward (50+)	49				46	47	49		4	195
Lindsey Annable	45	45	[44]		45	46			5	186
Andrea Pickup	50	49	48						3	150
Clare Wyngard (50+)	50	46				48			3	147
Michelle Lennon	47		45						2	94
Ros Tabor (50+)		44	46						2	92
Susan Vernon (50+)							48		1	49
Louisa Pritchard					47	-			1	48
Susie Labinjoe	46								1	47
MEN SENIOR										
Buzz Shephard	50		[50]		50	50	50		5	205
Alastair Locke	47	48				49	49		4	197
Rob Cope	46	47	[45]		47	47			5	192
Paul Devine	43	45	43			48			4	183
James Burrows	[39]	41	40		46		43		5	175
Ed Smyth	42	43	41				39		4	169
Edward Hill	49	50	48						3	150
Rupert Nash		44	46		49				3	142
Chris Treble	44				48		47		3	142
Kevin Chadwick	45	46	44						3	138
Lewis Laylee	40	42	47						3	132
Robert Balzanella		38				44	41		3	126
Olivier Montfort	36	39				45			3	123
Jim Dowsett			38			42	38		3	121
Wayne Lashley	48	49							2	99
Adam Vaughan	41						46		2	89
Andrew Bright						43	42		2	87
John Fletcher		40					44		2	86
Steve Ackroyd	37				45				2	84
Oscar Hussey	38		39						2	79
Alex Elms			49						1	50
Tom Marshall							48		1	49
Jozef Danko						46			1	47
Scott Hemmens							45		1	46
Neil Moriarty			42						1	43
Simon Winstanley							40		1	41
Cory W.Malcolm							37		1	38
MEN V40										
Charles Lound	50	50	50				50		4	204
Joseph Brady	47	47			50	50			4	198
Ajay Khandelwal	45		45			48	48		4	190
Mark Foster	43	46	47		49				4	189
Cameron Timmis	44	44	44			49			4	185
Ameet Patel	42	43			48	47			4	184
Duncan Hussey	48	49	49						3	149
Ian Lilley	49	48	48						3	148
Paul Hodge	46	45	46						3	140
Brendan Greaney			43			46			2	91
Paul Keating	41	42							2	85

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MEN V50										
Tony Tuohy	50	50	50		50				4	204
Ebe Prill	49	[48]	49		[47]	48	50		6	202
Steve Smythe	47				48	50	49		4	198
John English	44	47	48				48		4	191
Mike Mann (60+)	46	45	46		45				4	186
Gary Sullivan	43	44	47		46				4	184
Andy Murray	42	[40]	45		44	47			5	183
Barrie John Nicholls	[37]	[36]	41		41	44	46		6	178
Graham Laylee	39	39	42		43				4	167
Martin Morley	38	38	43			43			4	166
Steve Street	[34]	35			40	40	43		5	163
Bob Bell		41			42	46			3	132
Neville Webb					49	49			2	100
Chris Loizou	48	49							2	99
Steve Williams	45	43							2	90
Steve Wehrle (60+)						42	45		2	89
Ian Sesnan	40		44						2	86
Per Hedberg		37					47		2	86
Barry Evans (60+)			39				44		2	85
Duncan Wilson	41	42							2	85
Chris Vernon (60+)			37			39			2	78
John O'Byrne		34	38						2	74
Adrian Greer		46							1	47
Mike Dodds						45			1	46
Roy Hibberd							42		1	43
Patrick McMorrow						41			1	42
Steve Cook			40						1	41
Mick Ward	36								1	37
Kev Wood	35					-			1	36

OVERALL CHAMPIONSHIP - AGE GRADED

	Short				Long							
Name	Assembly League 5k Dulwich Pk 6 Jun	Dulwich Park 2 miles 20 Jun	Dulwich Track 1 mile 12 Jul	Lloyd Pk 5k 5 Oct	Chich-ester 10k 03 Feb	Lydd 1/2M 10 Mar	London (or any cert. M'thon 21 April	Dry Hill 10 mile 1 Sep	TOTAL POINTS	Average	Best	Position
Clare Elms		937	984		937	899			**3,757**	939	984	**1**
Tony Tuohy	889	871	872		889				**3,521**	880	889	**2**
Claire Steward	870				849	862	869		**3,450**	863	870	**3**
Shona McIntosh	843				839	849	834		**3,365**	841	849	**4**
Mike Mann	863	832	849		804				**3,348**	837	863	**5**
Buzz Shephard	821		823		848	826	[793]		**3,317**	829	848	**6**
Charles Lound	849	801	798				831		**3,279**	820	849	**7**
Steve Smythe	818				835	825	759		**3,237**	809	835	**8**
Ebe Prill	816	795	817		804	[792]	[747]		**3,232**	808	817	**9**
Ola Balme	783	[777]	788		807	784	[723]		**3,162**	790	807	**10**
Gary Sullivan	776	767	806		779				**3,128**	782	806	**11**
Nicola Richmond	771	776	805		735				**3,087**	772	805	**12**
John English	754	752	808				722		**3,035**	759	808	**13**
Andy Murray	765	[728]	762		754	747			**3,028**	757	765	**14**
Melanie Edwards	761	743	[719]		751	762	[703]		**3,017**	754	762	**15**
Joseph Brady	766	739			720	738			**2,962**	741	766	**16**
Rob Cope	756	737	752		717	[716]			**2,962**	741	756	**17**
Kim Hainsworth	730	731	742		749		[652]		**2,952**	738	749	**18**
Alastair Locke	729	702				743	738		**2,912**	728	743	**19**
Paul Devine	702	701	720			703			**2,825**	706	720	**20**
Mark Foster	623	727	746		716				**2,812**	703	746	**21**
Martin Morley	697	695	718			683			**2,794**	698	718	**22**
Graham Laylee	707	683	674		724				**2,788**	697	724	**23**
James Burrows	685	680	689		685		[626]		**2,738**	685	689	**24**
Sue Cooper	704	[601]	680		659	669			**2,711**	678	704	**25**
Barrie John Nicholls	683	[666]	672		671	681	[594]		**2,707**	677	683	**26**
Anna Thomas		649	654		686	675	[611]		**2,663**	666	686	**27**
Ed Smyth	688	687	697				508		**2,581**	645	697	**28**
Lindsey Annable	619	662	666		[564]	614			**2,561**	640	666	**29**
Cameron Timmis	607	644	650			624			**2,524**	631	650	**30**
Ajay Khandelwal	659		665			613	507		**2,444**	611	665	**31**
Ameet Patel	604	587			607	625			**2,423**	606	625	**32**
Andrea Pickup	803	790	810						**2,403**	801	810	**33**
Edward Hill	787	772	801						**2,360**	787	801	**34**
Duncan Hussey	773	763	802						**2,338**	779	802	**35**
Cara Oliver	780		796			753			**2,328**	776	796	**36**
Emily Gelder	747		784				774		**2,305**	768	784	**37**
Clare Wyngard	772	758				770			**2,300**	767	772	**38**
Lewis Laylee	745	745	787						**2,277**	759	787	**39**
Bob Bell		727			748	734			**2,208**	736	748	**40**

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OVERALL CHAMPIONSHIP - AGE GRADED

	Short				Long							
Name	Assembly League 5k Dulwich Pk 6 Jun	Dulwich Park 2 miles 20 Jun	Dulwich Track 1 mile 12 Jul	Lloyd Pk 5k 5 Oct	Chich-ester 10k 03 Feb	Lydd 1/2M 10 Mar	London (or any cert. M'thon 21 April	Dry Hill 10 mile 1 Sep	TOTAL POINTS	Average	Best	Position
Ian Lilley	739	726	728						**2,193**	731	739	**41**
Steve Street	546	557			560	518	[441]		**2,180**	545	560	**42**
Paul Hodge	705	724	726						**2,154**	718	726	**43**
Kevin Chadwick	701	695	717						**2,114**	705	717	**44**
Rupert Nash		687	715		711				**2,113**	704	715	**45**
Olivier Montfort	681	694				663			**2,038**	679	694	**46**
Chris Treble	691				686		659		**2,036**	679	691	**47**
Robert Balzanella		615				632	558		**1,805**	602	632	**48**
Ros Tabor		844	935						**1,779**	889	935	**49**
Jim Dowsett			625			622	476		**1,723**	574	625	**50**
Neville Webb					863	846			**1,709**	854	863	**51**
Chris Loizou	828	825							**1,653**	826	828	**52**
Catherine Lee	805				814				**1,619**	810	814	**53**
Steve Williams	802	777							**1,579**	790	802	**54**
Charlie Wood					806		703		**1,509**	754	806	**55**
Oscar Hussey	744		758						**1,502**	751	758	**56**
Wayne Lashley	742	739							**1,481**	741	742	**57**
Toni Holt	733						746		**1,479**	739	746	**58**
Michelle Lennon	711		733						**1,444**	722	733	**59**
Ian Sesnan	719		696						**1,416**	708	719	**60**
Duncan Wilson	686	694							**1,380**	690	694	**61**
Joanne Shelton					685	663			**1,348**	674	685	**62**
Adam Vaughan	689						650		**1,339**	669	689	**63**
Steve Ackroyd	667				669				**1,336**	668	669	**64**
John Fletcher		674					642		**1,316**	658	674	**65**
Katie Styles	667	-	640	-	-	-		-	**1,307**	654	667	**66**
Barry Evans			694				570		**1,264**	632	694	**67**
Brendan Greaney			663			595			**1,258**	629	663	**68**
Steve Wehrle						673	572		**1,245**	623	673	**69**
Andrew Bright						632	590		**1,222**	611	632	**70**
Per Hedberg		630					576		**1,206**	603	630	**71**
Chris Vernon			553			556			**1,109**	555	556	**72**
Paul Keating	588	515							**1,104**	552	588	**73**
John O'Byrne		538	555						**1,093**	546	555	**74**
Alex Elms			907						**907**	907	907	**75**
Adrian Greer		789							**789**	789	789	**76**
Elkie Mace	769	-		-	-	-		-	**769**	769	769	**77**
Neil Moriarty			710						**710**	710	710	**78**
Tom Marshall							709		**709**	709	709	**79**
Louisa Pritchard	-	-			700		-	-	**700**	700	700	**80**
Susie Labinjoe	698								**698**	698	698	**81**
Nicola McIvor	687	-		-	-	-		-	**687**	687	687	**82**
Steve Cook			675						**675**	675	675	**83**
Laura Long		674							**674**	674	674	**84**
Mike Dodds						659			**659**	659	659	**85**
Laura White		648							**648**	648	648	**86**
Jozef Danko						646			**646**	646	646	**87**
Scott Hemmens							644		**644**	644	644	**88**
Mick Ward	644								**644**	644	644	**89**
Kev Wood	618	-			-	-	-		**618**	618	618	**90**
Susanna Wilkey						597			**597**	597	597	**91**
Patrick McMorrow						575			**575**	575	575	**92**
Rachel Warriner	569								**569**	569	569	**93**
Susan Vernon							565		**565**	565	565	**94**
Clare Quirico							543		**543**	543	543	**95**
Simon Winstanley							516		**516**	516	516	**96**
Cory W. Malcolm							437		**437**	437	437	**97**
Roy Hibberd							379		**379**	379	379	**98**

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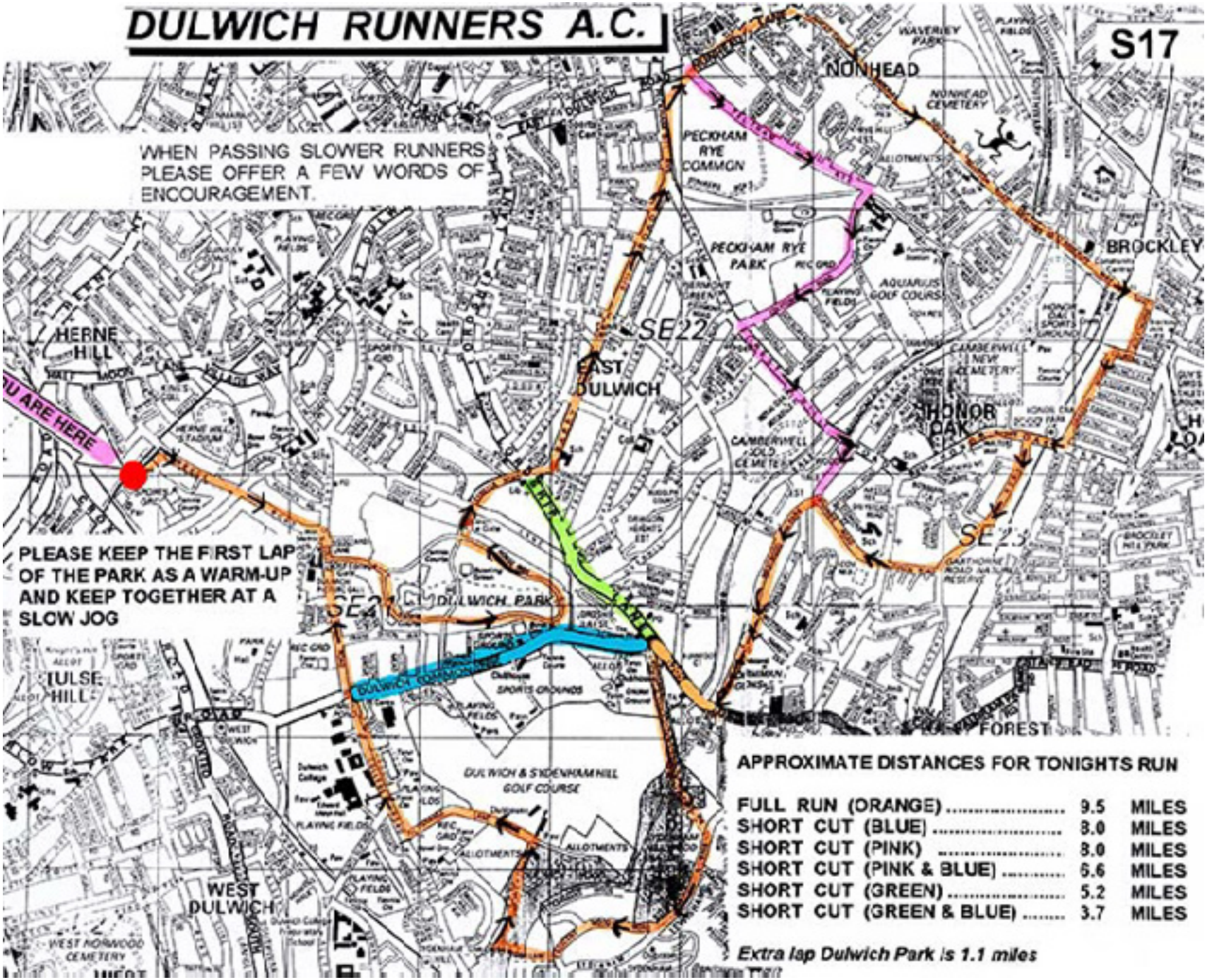
DULWICH RUNNERS A.C.



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	9.5	MILES
SHORT CUT (BLUE)	8.0	MILES
SHORT CUT (PINK)	8.0	MILES
SHORT CUT (PINK & BLUE)	6.6	MILES
SHORT CUT (GREEN)	5.2	MILES
SHORT CUT (GREEN & BLUE)	3.7	MILES

Extra lap Dulwich Park is 1.1 miles