# SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 23rd October 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 23** **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

**AGM downstairs in the clubhouse 9pm**
Light refreshments provided

**Tue 29** Track session with Steve Smythe - £2.50 fee
Crystal Palace Track - 7 for 7:15pm start
**IMPORTANT SEE BELOW**

**All race reports/articles etc are welcome in SHORTS...**but please remember to keep them cordial and free from remarks that might be considered as personal attacks/politics etc, as they will be edited out.
Thanks for your co-operation - **Dulwich Runners committee**

## In your SHORTS this week !


6 Fixtures, Club Champs, Assembly League etc.
8 Race reports , results etc
15 Wednesday night running map


**And much more !**

**Click below to**
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**You can follow us on**

## EVENT HORIZON

*A brief look ahead*

**full fixture list page 6**

Nov 02 Reigate Priory Relays - to register see page 7

**Important update about mens XC at Richmond page 6**

## 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**

## DULWICH TRACK SESSIONS

### Crystal Palace Track

**Tuesdays with Steve Smythe - suitable for all abilities**
Improve your speed & strength over all distances.
suitable for all abilities.

**Nb we are now committed to Crystal Palace for Tuesday track for the winter.**
**We are paying a monthly fee and it is important that we get as many people to use the track as possible so we don't lose any money.**

The system was changed and now a Crystal Palace duty manager or a Dulwich Runner will hand out a wristband at reception and you don't need to pay or queue at reception but you will need to pay £2.50 to whoever is doing the club rota at the track (Ros did it this Tuesday). Ideally aim to arrive at 7pm.
It might be easier to pay £5 for a further session. It will be £3 if you can't pay.
It is important that we try and get 30 runners each week for this to work and the club doesn't lose money so please support this. Some of us are travelling some way to do this and those who live within a few miles should make a special effort to run on what has traditionally been one of the best tracks and athletic stadiums in the world and every top class athlete of the last 40 years has competed on it at some stage

Ideally you should have some sort of identification - Dulwich members card or England registration card - certainly from next week.

## NEW RUNNERS ROTA

Thanks to **Clare Sinka, Clare Wyngard and Tony Tuohy** for taking out new runners last week.
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.
***Important guidance notes for people on the New Runners Rota are on page 3 please read them. When it's your turn you will recieve a couple of reminders by email***
Thanks. – Ros

| | |
|---|---|
| **Lindsey Annable** | **23/10** |
| James Burrows | 30/10 |
| Joseph Brady | 06/05 |
| Lloyd Clater | 13/11 |
| Sue Cooper | 20/11 |

## Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is at the back 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

# ANNUAL GENERAL MEETING

## Wednesday 23rd October 2013

The AGM will be held in 'The Nursery' at the Edward Alleyn Club, Burbage Road, London SE24 9HD at 9pm.

Items for the agenda should be sent to the Hon. Secretary, Clare Osborne, by Wednesday 9th October to be sure of inclusion. Minor items of 'any other business' will be allowed on the day at the discretion of the Chair depending upon the time available.

Draft minutes of the 2012 AGM are available on the Dulwich Runners website and will be proposed for adoption at this AGM.

Nominations for club positions should also please go to Clare. These should ideally be by Wednesday 9th October to allow time to organise an election if there is more than one candidate, but will be taken up to and including the day of the AGM in the event of a single nomination.

All Committee posts are up for election with the table below showing whether the present incumbent wishes to stand again. This shows that there is one post, that of Social Secretary, where there is a definite vacancy. However it may be possible to accommodate someone prepared to join the Committee, but who would prefer to take on one of the other roles, through some re-shuffling of the rest of Committee. In addition, if anyone is interested in sitting on the committee in a more general/non specific capacity, Clare would be interested to hear from you.

If you are interested in any of the roles, or know of someone who you think would be good at them, please have a word with any committee member as soon as possible

**I can be contacted at secretary@dulwichrunners.org.uk**
**or on 07917 210436**

| Post | Present Holder | Standing Again? |
|---|---|---|
| President | Ron Searle | N/A |
| Chair | Ros Tabor | Yes |
| Hon. Secretary | Clare Osborne | Yes |
| Hon Treasurer | Graham Laylee | Yes |
| Membership Secretary | Barry Graham | Yes |
| Social Secretary | Sue Cooper | No |
| Women's Captain | Mel Edwards | Yes |
| Men's Captain | Charles Lound | Yes |
| Women's Off Road Captain | Anna Thomas | Yes |
| Men's Off Road Captain | Mike Mann | Yes |
| Shorts Editor | Barry Graham | Yes |
| Publicity Officer | Chris Loizou | Yes |

# AGM Agenda

## Dulwich Runners Athletic Club

**Annual General Meeting**
9pm, Wednesday 23rd October 2013
Edward Alleyn Club
Rear of 83-85 Burbage Road
London, SE24 9HD

1. Welcome (Ros Tabor)
2. Apologies for absence (Clare Osborne)
3. Minutes of last AGM (Ros Tabor)
4. Treasurer's Report (Graham Laylee)
5. Vote of thanks and adoption of new General Committee (Ros Tabor)
6. Any Other Business
7. Close

There will be LIGHT refreshments provided at the meeting

*Remembering* **PATRICK SUGRUE**

*A gathering for friends and family to celebrate the life of Paddy*

9TH NOVEMBER 2013

2.30 - 5.30 PM

ST FAITHS COMMUNITY CENTRE
RED POST HILL
LONDON SE24 9JQ

Patrick Sugrue aged 50 died on the 17th July this year. Pat was a member of Dulwich runners until 2009. He has not run for the last five years after being diagnosed with Leukaemia. As I think a number of you know he had a tough time of it over this period, having to battle one set of side effects after another, in his attempt to beat the illness.

Pat was the first Dulwich runner I got to know really well as we were more or less the same pace, and remained so as we ran together. We became firm friends; our primarily running 'achievement' was our attempts year after year to follow one of Steve's plans to get us under 40 mins for 10K. We never did quite manage it (possibly due to beer intake on Fridays) but as Pat said after he stopped running, at least I did it in the end, and we 'enjoyed' our attempts.

His sister Dara is organising an event to celebrate Pats life on the 9th November at 2.30 - 5.30pm at St Faiths (bottom of Red Post Hill).

If you know Pat it would be great if you could make it.
Please let me know if you can come on **Markafos@gmail.com** so we get an idea of numbers.
***Mark Foster***

# LUCKY VEST

## October winner - Claire Steward

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.
Vests £18 each and can be puchased from Ros as can all kit

**ros@28kerfield.freeserve.co.uk**

for all other club kit please see **page 4**

# curry night

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

**When:** Wednesday 30th October, 9pm after club run
**Where:** Surma, 42 Lordship Lane, East Dulwich, SE22
**Buffet Price:** £10 per person (with an optional contribution of £1 as a tip) cash on the night please drinks paid for 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.

| | | |
|---|---|---|
| Lindsey Annable | Sue Cooper | Steve Wehrle |
| Joseph Brady | Andy Murray | Stephen Street |
| Steve Cooke | Barry J Nicholls | Steven Smythe |
| Aileen Cooke | Ron Searle | Patrick McMorrow |
| Clare Wyngard | Katie Styles | Chris Vernon |
| Paul Devine | Ros Tabor | Harry Hanscombe |
| Mel Edwards | Rupert Nash | Di Morgan |
| Paul Keating | Shona Mcintosh | Clare Osborne |
| Alastair Locke | Tony Tuohy | |

**If you would like to come email me by Friday 25th as places are limited**
**susan.cooper@hsbc.com**

**Run the London Marathon in 2014**
*Dulwich Runners has four club entries for the 2014 London Marathon.*
To be considered and eligible for one of these places you must have applied unsuccessfully for a place and have been a member for at least one year.
We will allocate three places on the basis of number of appearances and volunteering for marshalling during the last year in selected club events. The fourth place we will decide by ballot.
**Note, these places still require payment of an entry fee.**
If you would like to be considered for a place contact me by 31st October in person or at **chas.lound@btinternet.com**
***Charlie Lound***

# Wednesday Apres-Run Rehydration !

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 drinks also 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

# NEW RUNNERS

As you are a regular runner on Wednesday nights you have been included on the new runners' rota.
Your name will probably only appear about once a year.

Here are some guidelines:

- read Shorts and make a note in your diary of when your turn is (the list is largely alphabetical)
- if you can't make that date try and swap with someone else on the list and let Barry/Ros know
- if swapping dates is impossible let Barry know as soon as possible, so he can amend Shorts
- arrive in good time so you can meet any new people and discuss their needs
- agree the distance and pace that the group will be running. If the new runners are much faster (or slower) than you, you will have to ask around and find someone else to go with them, consulting Ros as necessary
- make sure the group stays together and no-one is left behind
- slower runners may need time to stop and rest, or short periods of walking
- tell people about how the club works – championships, cross country, track nights, relays etc
- emphasize the social side of the club
- encourage people to come to the bar after the run and try to introduce them to others of similar age and/or ability
- if you are not confident taking a group out by yourself ask for someone to go with you
- encourage people to sign up for Shorts and read it
- encourage people to join (through Barry)
- if you see people you ran with in later weeks, ask how they are getting on

**The Emer Casey London 10K** will take place in Brockwell Park on Sunday 27 October 2013 at 11.00am.
The race is organised by the Emer Casey Foundation in conjunction with Herne Hill Harriers.
Entry is online at www.runnersworld.co.uk/emercasey10k2013. The entry fee is £10 for club runners and £12 for runners without a UKA competition licence.
Entries will be accepted on the day provided that the entry limit of 300 has not been reached.

## Dulwich Runners Christmas Party Saturday, 14th Dec 2013
## The Cambria,Herne Hill Road

I need to confirm numbers by 29th November latest and then the price of tickets increases to £20.
There is only capacity for 100...so to be one of the lucky ones get in quick and contact me below.
If you have any music requests for the DJ let me know by the same date

**susan.cooper@hsbc.com**

# Dulwich Runners Club Kit

| | |
|---|---|
| Vests | £18 each |
| T- shirts short sleeved | £20 each |
| T- shirts long sleeved | £22 each |
| Waterproof Jackets | £25 each |
| Hoodies | £18 each |

**Hoodies are now available. There are a few left in each size .**
**Most kit is usually available Wednesdays at the club**
**Contact Ros** ros@28kerfield.freeserve.co.uk

# Dulwich Runners 2013/14 Fixtures

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesday club night.

| Date | | Race | | Venue |
|---|---|---|---|---|
| Nov | 2 | Priory Relays XC | | Reigate Priory |
| | 9 | Surrey League Cross Country | Men | Wimbledon Common |
| | 16 | Dysart/Ellis Cups (XC) | | Petersham, Richmond Park |
| | 16 | London XC Champs | | Parliament Hill Fields |
| | 23 | BMAF XC Relays | | Derby |
| | 23 | South of Thames 5m XC | | Streatham Common |
| Dec | 7 | Surrey League Cross Country | Women | Farthing Down |
| | 7 | Kent Masters XC Champs | | Danson Park, Bexley |
| | 14 | SEAA Masters XC | | Biggleswade |
| | 21 | South of Thames 7.5m XC | | Wimbledon Common |
| Jan | 4 | Surrey XC Champs | | Denbies Vineyard |
| | 4 | Kent XC Champs | | Hythe |
| | 11 | Surrey League Cross Country | Men | Reigate Priory (DR to co-host) |
| | 11 | Surrey League Cross Country | Women | Putney Vale |
| | 25 | South of England XC Champs | | Parliament Hill Fields |
| Feb | 8 | Surrey League Cross Country | Men & Women | Lloyd Park |
| | 15 | Beckenham/Striders/Dulwich Mob Match | | Beckenham Place Park |
| | 22 | National XC Champs | | Nottingham |

*I've had a few enquiries about the forthcoming cross country season, so here is some advance information, particularly for the benefit of newly joined members.*

We compete in the Surrey League cross country and the men were promoted to Division 2 last season whilst the women remain in Division 1.
There are 4 fixtures during the season, starting on 19 October at Lightwater for the women and Richmond Park for the men (details of other fixtures can be found in Shorts).

With the **Men's Surrey League** there is no need to enter in advance; you simply turn up on the day though your captain will find it helpful if you could let him know in advance.

With the **Women's Surrey League**, we need to enter runners in advance and you should have received an email regarding this.
With the first 5 runners scoring for the women and the first 10 for the men , it is important to field as many as possible of our strongest runners.

But these and other cross country races are not elite and are suitable for all abilities. They also provide excellent strength and endurance training from which you will reap the benefits, particularly in longer road races.

In addition to the Surrey League there are a number of other races during the season, almost all of which take place on Saturdays. These include the London champs in November, two South of Thames races in the autumn, the county champs (Kent and Surrey) in early January, the South of England champs in late January and the National champs in February.

There's also a number of Masters events. For all these races it' necessary to submit entries in advance, in some cases over a month before the events. Your captains will post details in Shorts and contact regular cross country competitors nearer the time, but it is important to read this information carefully and respond before the deadline given if you want to participate.

The club pays for race entries. We cannot cater for runners who simply decide on the day that they fancy a run, but they are of course welcome to support our runners.

Regarding footwear, you can often get away with road shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country shoes, or alternatively fell or trail shoes become essential.

Please contact your captains if you would like to take part and for any other information regarding the forthcoming cross country season. - ***Mike Mann***

**Your Cross Country contacts:** Men - Mike Mann **mcmann90@yahoo.co.uk**
Women - Anna Thomas & Mel Edwards **dulwich.womenscaptain@yahoo.co.uk**

## Cross Country Fixtures

In addition to the cross country races mentioned separately in Shorts, there are two higher profile events this autumn for which we would like to enter the strongest teams available.

These are the BMAF Relays in Derby on 23 November and the SEAA Masters in Biggleswade on 14 December. In both these events we have medal winning potential in some of the age categories. Those of you that have been approached for the SEAA road relays at Aldershot later this month, provided you are eligible as these are masters events, will be contacted individually in due course.

For the BMAF relays the age categories are M35/45/55+ and W35/45/55+ and each stage is around 3k in length. Some of us took part last year and it is a well organised event over an excellent course. The age categories for the SEAA Masters XC are M40/50/60+ and W40/50+, and the distances are 6k for the women and 10k for the men with 3 to score

## Beckenham/Striders of Croydon/Dulwich Mob Match, 15 February

A 3 way cross country mob match against Beckenham Running Club and Striders of Croydon has been arranged for Saturday 15 February, starting at 2.30. It will take place in Beckenham Place Park on a course similar to that used for the 10k trail race there.

It is suitable for runners of all standards; the idea is to field as many competitors as possible. Further details will be provided nearer the time.

**Note that this race will form part of a cross country champs competition (**see separate notice in Shorts). - ***Mike Mann***

## CROSS COUNTRY CHAMPS

We will be holding a cross country champs once again this season. To qualify it will be necessary to complete 4 out of the 6 following races: 3 out of the 4 Surrey League matches plus either the South of Thames 5 miles at Streatham Common on 23 November or the mob match on 15 February.

The prize categories will be the three leading men and women, the first M40, M50, M60, W40 and W50, plus a captain's award. - ***Mike Mann***

## CROSS COUNTRY ENTRIES

Entries are now open for the London Champs at Parliament Hill Fields (5 miles for men) on 16 November and the South of Thames 5 miles at Streatham Common on 23 November. If you are interested in the London Champs please let me know no later than 30 October.
The deadline for the South of Thames is a little more relaxed at 12 November. You will need to be entered in order to run as entries are not accepted on the day. Note that the South of Thames race forms part of our cross country club champs. Mike Mann
**mcmann90@yahoo.co.uk**

## Reigate Relays, Saturday 2nd November

The Reigate relays will take place on Saturday 2nd November in Reigate Priory park, starting at 1.30pm. Men's teams comprise four runners while the women's teams comprise three runners; each runs a leg of approx. 2.5miles around the park. If you would like to be entered, please contact Mel by Monday 21st October
**dulwich.womenscaptain@yahoo.co.uk**

## Cross-Country tactics

Pacing at cross-country without the absence of mile markers isn't easy so a garmin is useful or at the very least a watch so you can estimate roughly how long you will be racing to gauge your effort.

Getting to a race well in advance helps too and it is best to be half a hour too early with time to kill than half a hour too late and risk missing the start! Then you can relax pre race, warm up gently and look over some of the course and check the start ie is it too narrow and is there a need to start faster than usual so as not to get boxed. You can also check the finish and also what shoes or spikes you need to fit the terrain.

While it isn't easy in your first cross-country races, narrow starts excepting, it is important to be reasonably close to what is your intended finishing position after the first mile. Coming gradually through the field is generally far more rewarding and successful than starting way too fast but it is pointless being 30 seconds down on people who should be your rivals after a mile as you won't make it up if they are a similar ability.

However run the first mile ten seconds too fast and the likelihood is you will run the latter few miles 20-30 seconds slower and end up in a far worse position than if you had been more conservative.

I suggest those who ran the league this week should look at their position and aim to come slightly higher next time and try and set off at that position or near to the runner you want to try and run with from the start.

Always try and finish strongly and speedwork should help and try and work out where the last 200m is before the race so you can work out where to start accelerating. When you finish try and check your time and hear what's called and check who is around you as initial results aren't always accurate and it could help the team if you can provide a time and confirm who you finished just ahead of or behind. - ***Steve Smythe***

# DULWICH RUNNERS CLUB CHAMPS 2014

We have now finalized the events and structure of next year's club champs. There will be 9 races in total split into 3 distance categories. In order to qualify it will be necessary to complete 5 races in total, including at least one from each distance category.

The structure of awards will be unchanged from recent years. Club vests are compulsory for all events other than the mile. You will need to ensure that your club membership is up to date in order to qualify for points.

Finally you are advised to enter the Tunbridge Wells Half marathon early as last year entries were closed from very early in January. The events are as follows:

| | |
|---|---|
| 1 February | Brockwell parkrun 5k (short) |
| 2 March | ** **Tunbridge Wells Half (long)** |
| 13 April | London (or other) Marathon (long) |
| 5 May | Ted Pepper 10k (medium) |
| 25 May | ***Rye 10 miles (long) |
| 22 June | Beckenham 10k (medium) |
| 11 July (tbc) | Mark Hayes Mile (short) |
| 31 August | Sevenoaks 7 (medium) |
| 11 September | Dulwich Park 2 miles (short) |

**Mike Mann** (on belhalf of ADSC)

** **According to the host club , entries were closed this year 2 months in advance of the race, so you are strongly advised to submit your entry by December**
**http://tinyurl.com/mskwjte**

*** **Note corrected date**

# Training in Switzerland

Steve Smythe recently went on a short trip to sample training in Switzerland
Details here:
http://www.athleticsweekly.com/coaching/switzerland-the-ideal-training-venue/
It probably might be best to wait until the spring to train there but in the winter he can recommend Portugal where the Algarve Challenge takes place in November to which quite a few club people are going to with places still available.

It will certainly be a lot warmer in Portugal than England that week and the training there is is used by Britain's athletes to prepare for the Olympics and World Championships.
Details of the Algarve Challenge are here http://www.trackandfield.co.uk/default.asp?UniqueID=190

But track and field tours can arrange training trips at other times.

# Race Reports & Results

**Nb Steve Smythe can no longer compile results for Shorts for races he's not at and will only send results for races he will attend (or arrange for someone else to send), so if you want them to be recorded here in SHORTS you must send them in.**
If you can write a report even better, all road, fell, XC, Tri results etc, are welcome but please keep them cordial and free from what might be considered as personal attacks/politics etc. as they will be edited out

## Petts Wood 10k

***A now dry John O'Byrne writes...***

*This race was perfect ...for ducks and mudlarks.* Torrential rain which continued all the day meant soaking and very muddy conditions.

It was a complete contrast from the glorious conditions we experienced for our own 10k. It could have been a Surrey League Cross Country meeting for all purposes. Despite all this you could see why this race featured in the 2012 rankings ..I think it came in 5th in the 10k list.

One funny moment I was running along side a young lady who did not relish the conditions. I decided to regard this as a cross country and ran through a puddle, the young lady's reaction " You have splashed me and have made me muddy." Oh dear!

| | | |
|---|---|---|
| 184 | Martin Morley | 49.24 |
| 257 | Colin Frith | 52.05 |
| 553 | John O'Byrne | 65.22 |

1st Peter Tucker Blackheath and Bromley 36:04
1st Woman Jennie Butler Blackheath and Bromley 42:00

670 drowned rats finished !

## Amsterdam Marathon, October 20

Congratulations to Paul Devine who took 23 minutes off his PB to run his first sub-3 after some excellent training and recent racing.
Paul paced it to the letter and showed great disclipline and pace judgement.
his 5k splits were 21:36, 21:27, 21:25, 21:34 then 20:24, 20:24, 20:26 and 21:23 and then 9:30 for his last 2195m.
He was 90:27 at halfway and took 87:42 for his second half.
He ran 2:58:09 on chip and finished 500th out of 11290
***Steve Smythe -full race report below***

# Amsterdam Marathon

## Sunday 20th October

***Paul Devine writes...***

***Having previously undertaken Marathon tourism in Paris and Berlin as well as a couple of attempts at home in London I decided that Amsterdam was to be the Marathon of choice for 2013 having had good recommendations from several DRs.***

Sam Crump and Joe Brady also decided to undertake the challenge ensuring strong Dulwich representation. The conditions were perfect. A calm and cool morning with all the overnight rain abating before dawn. The event was well organised despite a bottleneck entering the starting point in the Olympic stadium. However Sam and I got to our starting zone in good time and we were able to start together. Sam was running his first marathon and was understandably nervous so we were both glad to get underway.

The race starts with half a lap of the stadium track, followed by 2 kilometres or so in the suburbs, before turning into the scenic and well supported Vondelpark. It was here that I spotted a Dulwich vest and a relaxed looking Joe. We wished each other well before I pushed on ahead. I then got my 'race head' on as I began to contemplate my quest for a sub 3 hour finish.

My first goal was reaching halfway in 90 minutes so tried to settle into a rhythm of just under 7 minute miles. Following a 7k loop of the city the race then heads out into the suburbs before following a large loop of the river between kilometres 12 and 25 which is very scenic if sparsely supported.

The pacing was going well and I felt strong and relaxed as halfway approached. However at 20k I realised my garmin was showing my distance to be approximately 400 metres more than the official distance so decided to start my quest for a negative split a km earlier than planned. Passing through halfway in just over 90 Minutes I remained in a good position and started ticking off the miles at in and around 6'30 pace.

"Delerium had already started to set in !"

Following a long and slightly tedious section through an industrial estate I was glad to see mine and Sam's support crew at 30k who were greeted with high fives and me screaming 'It's on!' Delirium had clearly already started to set in! I was still feeling relatively strong as I entered the latter stages, and as I passed the 35k mark knew that unless there was a major disaster I was going to make my target.

As the race reached the closing stages back trough the Vondelpark and towards the Olympic stadium fatigue started to kick in and I lost a little bit of my pace, but knew it wasn't significant. The race finishes back in the stadium with a 200 metre 'sprint' on the track. As the crowd cheered the runners into the stadium I tried to find some Tuesday night track pace but had to settle for a slightly faster plod. However I was still thrilled to cross the line in 2:58:09 mission accomplished, a 23 minute pb and delighted that I managed a near 3 minute negative split.

A video of my finish is in the link below in case anyone is interested! After regaining my senses and despite securitys best efforts to move me on I was also able to cheer Joe and Sam into the stadium. Joe ran a superb evenly paced race to easily surpass his 3'30 target. Sam was very close behind having exchanged positions with Joe several times during the race. He finished with a brilliant debut time of 3'21 which he can be rightly proud of and am sure he will go onto to greater times in future marathons.

I cannot finish this without issuing thanks to several people. Firstly to Steve Smythe for a superb training programme, helpful advice and also for correctly advising my race strategy (which I stupidly dared to question!) And secondly to fellow club members Ebe, Alastair and Rob Cope for giving up early mornings and lazy Sunday afternoons to accompany me on the dreaded long runs. They often ran a lot further than they needed to and this was a brilliant help.
Onwards to London in April.....

| | |
|---|---|
| Paul Devine | 2:58:09 PB |
| Joe Brady | 3:20:45 |
| Sam Crump | 3:21:02 Debut |

Link to video & pics
**http://tinyurl.com/la2caa3**

## parkrun Results, Sat 19th October

### Crystal Palace

Arrived to find an encampment in the middle of the park which, at first were thought to be very keen parkrunners but turned out to be travellers.

However they were moved on by the police at just on 9.00 which meant runners experienced the novelty of having to run round cars and caravans as the unhappy campers manouvered out of the park.

Quick thinking by marshalls saved the day and averted too much of a problem.

**Capn' Bob Bell..belay there !**

| | |
|---|---|
| 11 Andy Cottrill | 20.56 |
| 30 Bob Bell | 22.59 |
| 50 Belinda Bell 6W | 25.11 |
| 68 Jane Harbage 12W | 27.00 |
| 117 ran | |

### Dulwich

| | |
|---|---|
| 1 Ed Hill | 17:43 |
| 9 Adrian Greer | 19:11 |
| 10 Kim Festa | 19:25 |
| 14 John Fletcher | 19:52 |
| 15 Ajay Khandelwal | 20:00 |
| 29 Catherine Siciliano 1W | 22:03 |
| 139 ran | |

### Brockwell

| | |
|---|---|
| 60 Michelle Lennon 9W | 22:46 |
| 123 Sarah Lyness 32W | 27:27 |
| 158 ran | |

# On running in Venice and other places (Cabbage Patch 10)

No, I did not race in Venice (though they have a marathon on this Sunday), but spend five days on holiday there last week. And that somehow still fills the majority of my cerebral loft, so no writing without touching that subject, sorry. I managed some early morning runs from our hotel in a converted monastery along the Giudecca canal to the church of the angel Raphael (one for the fans of Salley Vickers' novel 'Miss Garnet's Angel'), through the port area, greeted by an ever-changing array of huge cruise ships and billionaire's super-yachts.

And on to the piazzale Roma, last bastion of the car, through the maze of S. Polo, skipping in and out of the stream of students arriving by train or bus for university (not many young Venetians can afford the rents on the islands anymore, the vast majority lives on the mainland), crossing the Rialto bridge, following the signs to piazza S. Marco, up and down all these little bridges connecting the 118 isles that make up old Venice.

And then The Square! Maybe a cliché, but still overwhelming. New to me were the numerous fluorescent blue and green dots flashing up into the sky and floating down again: some gadget peddled for a few Euros by street-vendors. Now absent in the morning day-light, as absent as most of the pigeons I remembered flocking around S. Marc's square. They must have implemented some 'tough-on-pigeons' program. The survivors look decidedly thin and weary.

On to the 'fast stretch' along the waterfront of the Canale di San Marco, with the Laguna basking in the early sun. Several joggers out as well, a popular stretch, to the Biennale giardini over to S. Elena and then back all the way via the Accademia bridge and ready for breakfast! About 5 miles.Try this any time later than 8:30 am and it's like driving a rally through London rush hour traffic.But I ran without being aware of the running, just eyes and ears and full of wonder.

Well, that might have compensated a bit for distinct lack of real training in the two weeks after the Kosice Half. So straight to the green fields of Richmond park and the ups and downs of our first Surrey league race. Felt better than I feared. A slow start for me and racing with Ian Lilley helped to get me round, with a faster second lap. A strong Ian pulled away on the last 500 m or so and managed to put seven runners between us at the finish!

Next day another race: my first Cabbage Patch 10. And a race that produced great performances and PBs by Dulwich Runners over the years, as I found in previous results. My hope was to beat my best from last year, not having done a quick 10 miler on road this year.Gladly I managed that, but lack of track training and faster longer runs found me out on the last two miles. The rough bit along the Thames path together with some tight turns slowed me quite a bit and I found it hard to get the pace going again. Conditions were good otherwise, the showers only got me on the bicycle before and after the race. We were even enjoying sunshine on the run!

Was very happy to sneak under 65 min and then to head straight for the massage table. The most difficult decision of the day was to choose between the M and the L size of the long sleeve technical finisher T-shirt. Either sleeves too short or chest too wide, what a dilema!

At the post-race prize giving I could indulge in a bit of hero worship and get on a photo with Martin Rees, who ran a new VM60 world record in 55:02. 10 years and 10 min!
As Charlie told me: 'Improve a minute a year, how hard can it be?'

137 Ebe Prill 64:57

1500 ran

# Surrey Men's League, Richmond, October 19

We eventually had a good turnout though there were many late arrivals, not helped by it being in an awkward place to get to, two miles from the nearest station. However, unlike the women who had Clare in a top six place, we just didn't have enough further up the field and we packed well but too far back to be effective.
Wayne though had his best ever cross-country race to lead the team home with Tony easily first M50 and strangely briefly going off course though it was well marked.
Alastair Locke had his best ever league run ahead of a not quite at his fittest Charlie Lound.
Olly Thurogood made a solid debut but looks capable of much more.
Ian Lilley also had an excellent league debut coming through strongly on the second lap for probably his best club run to date to beat the heavily raced Ebe, who also ran well.
Rupert Nash had a solid run off limited training and passed a tiring Duncan Hussey, who again went off far too quickly for his fitness.
Steve Smythe just about maintained his record of always making the team scorers in all his league appearances in the last 21 years but only just and solely because of others missing or others going off too slow.
Kevin Chadwick, in his league debut, started too slowly but came through strongly.
Surprisingly it was Neville Webb's league debut and he had a steady run.
Two other league newcomers followed and both Chris Goodman and John English should get quicker with more experience.
Mark Foster had a good run and gained a rare win over Mike Mann who was first M65. Andy Murray followed and was first M60. Jim Dowsett ran well and consistent Graham Laylee completed the team which apart from being too light up front was also missing many of the old regulars who usually run despite rarely troubling the scorers.

**cont.↓**

Considering there were only 158 runners, the officials made a right mess of the results and missed many runners – three of our team missing from the original result and one runner was offended to be listed as a M50 twenty years too early! Eventually we were placed eighth and just a few points off last. However, we were within 100 points of the third team and potentially could score under 400 with a few additions and some improvements in fitness and tactics from those who did run.

| | |
|---|---|
| 15 Wayne Lashley | 29:46 |
| 19 Tony Tuohy | 30:04 (1M50) |
| 37 Alastair Locke | 30:48 |
| 46 Charlie Lound | 31:28 |
| 57 Olly Thurogood | 32:15 |
| 61 Ian Lilley | 32:33 |
| 69 Ebe Prill | 32:47 |
| 72 Rupert Nash | 32:53 |
| 77 Duncan Hussey | 33:02 |
| 78 Steve Smythe | 33:08 (2M55) |
| 83 Kevin Chadwick | 33:18 |
| 92 Neville Webb | 33:37 |
| 99 Chris Goodman | 34:17 |
| 107 John English | 34:55 |
| 114 Mark Foster | 35:31 |
| 116 Mike Mann | 35:42 (1M65) |
| 118 Andy Murray | 35:53 (1M60) |
| 128 Jim Dowsett | 36:38 |
| 142 Graham Laylee | 38:44 |

158 ran

**TEAM:** 1 Croydon 360; 2 Wimbledon Windmilers 399; 3 Kingston & Polytechnic 421; 4 Epsom & Ewell 427; 5 Striders of Croydon 454; 6 Dorking & Mole Valley 475; 7 Stragglers 517; **8 Dulwich R 518**; 9 Reigate Priory 524

***Steve Smythe***

## U17/U15 race

Oscar Hussey was 9th in the U17/U15 race in 16:34 (held over one lap of the men's race) and though not at his best he ran quicker for his one lap than his Dad did for his second lap!

## Surrey Ladies League, Lightwater, October 19

With a few missing and many of those there not at full finess or health, it was quite a surprise that we finished a fine second in the top division of the Surrey Ladies League when at halfway we probably weren't even on for a top six place. It was a top class race with double Olympic eighth placer Julia Bleasdale winning from sub-34 10k runnerTish Jones.

Clare started slowly after her recent breathing problems and was initially aiming for a top 20 place but she scythed through the field on the second half to make the top six and easily be first Vet without fully extending herself.

Club marathon record holder Shona has been injured throughout the summer and only been back training a short while and she found it hard but made the top 20.

Charlie Wood, very short of speedwork followed Shona and did well to come through to a high placing.

Mel Edwards, was far too far back at the start and was outside the top 100 on the first lap but came through for her highest position.

Ola Balme also started steadily and had the following day's Cabbage Patch to concern her but she cruciually came through well to help ensure we edged the third team.

Nicola Richmond didn't quite maintain her quick start after illness and she was followed in by a solid run from Angie Norris.

Katie Crowe had one of her best club runs and Nicola McIvor made a good league debut.

The B team were completed by Anna Thomas, who had her best run for a while though she was missed off the initial official results.

Ros had a solid run and was first W60 (though behind a W65) and a couple of minutes later Claire Steward was narrowly ahead of Jo Shelton easing back after her sub-four marathon and Lindsay Annable who had her best race for some time. Sue Rowlands had a strong steady race but Stephanie Burchill wasn't at her best but ensured we had an excellent 16 finishers for one of the longest journies. New member Claire Sinka dropped out.

| | |
|---|---|
| 6 Clare Elms | 24:10 |
| 20 Shona McIntosh | 25:41 |
| 23 Charlie Wood | 25:55 |
| 26 Mel Edwards | 26:03 |
| 38 Ola Balme | 26:51 |
| 47 Nicola Richmond | 27:15 |
| 51 Ange Norris | 27:34 |
| 59 Katie Crowe | 28:14 |
| 79 Nicola McIver | 29:16 |
| 85? Anna Thomas | 29:23? |
| 95 Ros Tabor | 29:43 |
| 127 Claire Steward | 32:19 |
| 129 Jo Shelton | 32:27 |
| 131 Lindsay Annable | 32:39 |
| 142 Sue Rowlands | 34:07 |
| 157 Stephanie Burchill | 37:00 |

163 d1 308 ran

**TEAM Div 1**: 1 Belgrave H 64; **2 Dulwich R 113;** 3 Herne Hill H 116; 4 Clapham Chasers 126; 5 Thames Hare & Hounds 151; 6 Reigate Priory 186; 7 Stragglers 21; 8 Epsom & Ewell 231; 9 Hercules Wimbledon 237; 10Ful-on-Tri 246

**B Team:** 1 Clapham 294; **2 Dulwich 321?**; 3 Reigate 463

**C Team:** Clapham 446; **2 Dulwich 524**; 3 Wimbledon 698

**Steve Smythe**

photos from the race. **http://imagetogo.net/go/?27272**

You can follow us on

# Club Championship update

***Club Championship Update***

Apologies to messrs Vernon, Wehrle, Patel and O'Byrne, whose results at Lloyd Park were inadvertently missed out of last week's table, now updated to include them. Points for recent marathons are also included.

As Ros has to order championship mementos shortly **can you please inform us of any remaining marathons being run this year**. - ***Andy Murray***

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**DULWICH RUNNERS CLUB CHAMPIONSHIPS 2013**

POSITION AFTER 8 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** | **Chicester 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] | 50 | 7 | 203 |
| Anna Thomas | | 47 | [45] | 50 | [45] | 47 | [44] | 49 | 7 | 200 |
| Kim Hainsworth | [43] | 49 | 48 | | 46 | | 45 | | 5 | 193 |
| Sue Cooper | [42] | 45 | 46 | | 43 | 46 | | | 5 | 185 |
| Emily Gelder | 44 | | 50 | | | | 49 | | 3 | 146 |
| Cara Oliver | 46 | | 49 | | | 48 | | | 3 | 146 |
| Joanne Shelton | | | | | 44 | 45 | | 48 | 3 | 140 |
| Catherine Lee | 49 | | | | 49 | | | | 2 | 100 |
| Charlie Wood | | | | | 48 | | 46 | | 2 | 96 |
| Toni Holt | 45 | | | | | | 48 | | 2 | 95 |
| 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 | 50 | | [50] | 6 | 206 |
| Ola Balme | 48 | [47] | [47] | | 49 | 49 | 50 | | 6 | 202 |
| Nicola Richmond | 49 | 48 | 49 | | 48 | | | | 4 | 198 |
| Claire Steward (50+) | 49 | | | | [46] | 47 | 48 | 48 | 5 | 197 |
| Clare Wyngard (50+) | 50 | 46 | | 48 | | 48 | | | 4 | 196 |
| Lindsey Annable | [45] | [45] | [44] | 47 | 45 | 46 | | 47 | 7 | 192 |
| Ros Tabor (50+) | | 44 | 46 | 49 | | | | 49 | 4 | 192 |
| Andrea Pickup | 50 | 49 | 48 | | | | | | 3 | 150 |
| Michelle Lennon | 47 | | 45 | | | | | | 2 | 94 |
| Ange Norris | | | | | | | 49 | | 1 | 50 |
| Susan Vernon (50+) | | | | | | | 47 | | 1 | 48 |
| Louisa Pritchard | | | | | 47 | - | | | 1 | 48 |
| Susie Labinjoe | 46 | | | | | | | | 1 | 47 |
| **MEN SENIOR** | | | | | | | | | | |
| **Buzz Shephard** | 50 | | [50] | | 50 | 50 | 50 | | 5 | 205 |
| **Edward Hill** | 49 | 50 | 48 | | | | | 50 | 4 | 201 |
| **Alastair Locke** | 47 | 48 | | | | 49 | 49 | | 4 | 197 |
| **Paul Devine** | [43] | 45 | [43] | 49 | | 48 | | 49 | 6 | 197 |
| **Rob Cope** | 46 | 47 | [45] | [46] | 47 | 47 | | | 6 | 193 |
| **Kevin Chadwick** | 45 | 46 | [44] | 47 | | | | 46 | 5 | 189 |
| **James Burrows** | [39] | [41] | 40 | | 46 | | 43 | 47 | 6 | 182 |
| **Ed Smyth** | 42 | 43 | [41] | 45 | | | 39 | | 5 | 174 |
| **Robert Balzanella** | | 38 | | 44 | | 44 | 41 | | 4 | 171 |
| Wayne Lashley | 48 | 49 | | 50 | | | | | 3 | 150 |
| Rupert Nash | | 44 | 46 | | 49 | | | | 3 | 142 |
| Chris Treble | 44 | | | | 48 | | 47 | | 3 | 142 |
| Lewis Laylee | 40 | 42 | 47 | | | | | | 3 | 132 |
| Olivier Montfort | 36 | 39 | | | | 45 | | | 3 | 123 |
| Jim Dowsett | | | 38 | | | 42 | 38 | | 3 | 121 |
| Sam Crump | | | | 48 | | | | 48 | 2 | 98 |
| 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 |

**cont.↓**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 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] | | | 50 | | 5 | 205 |
| Joseph Brady | [47] | [47] | | 48 | 50 | 50 | [49] | 49 | 7 | 204 |
| Duncan Hussey | 48 | 49 | 49 | | | | | 50 | 4 | 200 |
| Ian Lilley | 49 | 48 | [48] | 49 | | | | 46 | 5 | 197 |
| Ajay Khandelwal | 45 | | [45] | | | 48 | 48 | 48 | 5 | 194 |
| Cameron Timmis | 44 | [44] | [44] | 47 | | 49 | | 47 | 6 | 193 |
| Mark Foster | 43 | 46 | 47 | | 49 | | | | 4 | 189 |
| Ameet Patel | [42] | 43 | | 46 | 48 | 47 | | | 4 | 189 |
| Paul Hodge | 46 | 45 | 46 | | | | | | 3 | 140 |
| Brendan Greaney | | | 43 | | | 46 | | | 2 | 91 |
| Paul Keating | 41 | 42 | | | | | | | 2 | 85 |
| **MEN V50** | | | | | | | | | | |
| Tony Tuohy | 50 | 50 | 50 | [50] | 50 | | | | 5 | 205 |
| Ebe Prill | 49 | [48] | 49 | | [47] | [48] | 50 | 50 | 7 | 205 |
| Steve Smythe | [47] | | | 49 | 48 | 50 | 49 | [48] | 6 | 202 |
| John English | 44 | 47 | 48 | | | | 48 | | 4 | 191 |
| Gary Sullivan | [43] | 44 | 47 | | 46 | | | 49 | 5 | 191 |
| Andy Murray (60+) | 42 | [40] | 45 | 48 | [44] | [47] | | 47 | 7 | 189 |
| Mike Mann (60+) | 46 | 45 | 46 | | 45 | | | | 4 | 186 |
| Barrie John Nicholls | [37] | [36] | [41] | 43 | [41] | 44 | 46 | 45 | 8 | 186 |
| Bob Bell | | 41 | | 45 | 42 | 46 | | | 4 | 178 |
| Steve Wehrle (60+) | | | | 42 | | 42 | 45 | 44 | 4 | 177 |
| Graham Laylee | 39 | [39] | 42 | 46 | 43 | | | | 5 | 175 |
| Steve Street | [34] | [35] | | 40 | 40 | [40] | 43 | 43 | 7 | 173 |
| Martin Morley | 38 | 38 | 43 | | | 43 | | | 4 | 166 |
| Chris Vernon (60+) | | | 37 | 38 | | 39 | | 42 | 4 | 160 |
| Ian Sesnan | 40 | | 44 | 47 | | | | | 3 | 134 |
| Duncan Wilson | 41 | 42 | | | | | | 46 | 3 | 132 |
| John O'Byrne | | 34 | 38 | 39 | | | | | 3 | 114 |
| Neville Webb | | | | | 49 | 49 | | | 2 | 100 |
| Chris Loizou | 48 | 49 | | | | | | | 2 | 99 |
| Mike Dodds | | | | 44 | | 45 | | | 2 | 91 |
| Steve Williams | 45 | 43 | | | | | | | 2 | 90 |
| Per Hedberg | | 37 | | | | | 47 | | 2 | 86 |
| Barry Evans (60+) | | | 39 | | | | 44 | | 2 | 85 |
| Adrian Greer | | 46 | | | | | | | 1 | 47 |
| Roy Hibberd | | | | | | | 42 | | 1 | 43 |
| Patrick McMorrow | | | | | | 41 | | | 1 | 42 |
| Bernard Imber | | | | 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 | Chichester 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 | [880] | 937 | [899] | | 932 | **3,790** | 948 | 984 | **1** |
| Ros Tabor (50+) | | 844 | 935 | 900 | | | | 909 | **3,589** | 897 | 935 | **2** |
| Tony Tuohy | 889 | 871 | 872 | [848] | 889 | | | | **3,521** | 880 | 889 | **3** |
| Claire Steward (50+) | 870 | | | | [849] | 862 | 869 | 857 | **3,458** | 865 | 870 | **4** |
| Shona McIntosh | 843 | | | | 839 | 849 | 834 | | **3,365** | 841 | 849 | **5** |
| Mike Mann (60+) | 863 | 832 | 849 | | 804 | | | | **3,348** | 837 | 863 | **6** |
| Buzz Shephard | 821 | | 823 | | 848 | 826 | [793] | | **3,317** | 829 | 848 | **7** |
| Charles Lound | 849 | 801 | 798 | [772] | | | 831 | | **3,279** | 820 | 849 | **8** |
| Ebe Prill | 816 | [795] | 817 | | 804 | [792] | [747] | 826 | **3,264** | 816 | 826 | **9** |
| Steve Smythe | 818 | | | 780 | 835 | 825 | [759] | [765] | **3,258** | 815 | 835 | **10** |
| Gary Sullivan | 776 | [767] | 806 | | 779 | | | 810 | **3,172** | 793 | 810 | **11** |
| Ola Balme | 783 | [777] | 788 | | 807 | 784 | [723] | | **3,162** | 790 | 807 | **12** |
| Edward Hill | 787 | 772 | 801 | | | | | 777 | **3,137** | 784 | 801 | **13** |
| Duncan Hussey | 773 | 763 | 802 | | | | | 781 | **3,119** | 780 | 802 | **14** |
| Nicola Richmond | 771 | 776 | 805 | | 735 | | | | **3,087** | 772 | 805 | **15** |
| Melanie Edwards | 761 | [743] | [719] | | 751 | 762 | [703] | 808 | **3,082** | 770 | 808 | **16** |
| Andy Murray (60+) | 765 | [728] | 762 | 755 | [754] | [747] | | 785 | **3,067** | 767 | 785 | **17** |
| Clare Wyngard (50+) | 772 | 758 | | 750 | | 770 | | | **3,050** | 763 | 772 | **18** |
| John English | 754 | 752 | 808 | | | | 722 | | **3,035** | 759 | 808 | **19** |
| Joseph Brady | 766 | 739 | | [687] | [720] | 738 | [676] | 726 | **2,969** | 742 | 766 | **20** |
| Rob Cope | 756 | 737 | 752 | [702] | 717 | [716] | | | **2,962** | 741 | 756 | **21** |
| Kim Hainsworth | 730 | 731 | 742 | | 749 | | [652] | | **2,952** | 738 | 749 | **22** |
| Alastair Locke | 729 | 702 | | | | 743 | 738 | | **2,912** | 728 | 743 | **23** |
| Bob Bell | | 727 | | 703 | 748 | 734 | | | **2,911** | 728 | 748 | **24** |
| Paul Devine | [702] | [701] | 720 | 725 | | 703 | [701] | 754 | **2,901** | 725 | 754 | **25** |

cont.↓

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Mark Foster | 623 | 727 | 746 | | 716 | | | | 2,812 | 703 | 746 | 26 |
| Kevin Chadwick | 701 | 695 | 717 | [674] | | | | 689 | 2,803 | 701 | 717 | 27 |
| Graham Laylee | 707 | 683 | [674] | 682 | 724 | | | | 2,797 | 699 | 724 | 28 |
| Martin Morley | 697 | 695 | 718 | | | 683 | | | 2,794 | 698 | 718 | 29 |
| James Burrows | 685 | [680] | 689 | | 685 | | [626] | 720 | 2,779 | 695 | 720 | 30 |
| Ian Lilley | 739 | 726 | 728 | [718] | | | | 572 | 2,765 | 691 | 739 | 31 |
| Barrie John Nicholls | 683 | [666] | 672 | [671] | [671] | 681 | [594] | 688 | 2,725 | 681 | 688 | 32 |
| Anna Thomas | | [649] | [654] | 658 | 686 | 675 | [611] | 703 | 2,721 | 680 | 703 | 33 |
| Sue Cooper | 704 | [601] | 680 | | 659 | 669 | | | 2,711 | 678 | 704 | 34 |
| Ajay Khandelwal | 659 | | 665 | | | 613 | [507] | 680 | 2,617 | 654 | 680 | 35 |
| Lindsey Annable | [619] | 662 | 666 | 649 | [564] | [614] | | 621 | 2,598 | 649 | 666 | 36 |
| Cameron Timmis | [607] | 644 | 650 | 630 | | [624] | | 662 | 2,586 | 646 | 662 | 37 |
| Ed Smyth | 688 | 687 | 697 | [638] | | | 508 | | 2,581 | 645 | 697 | 38 |
| Steve Wehrle (60+) | | | | 632 | | 673 | 572 | 688 | 2,565 | 641 | 688 | 39 |
| Ameet Patel | 604 | 587 | | [575] | 607 | 625 | | | 2,423 | 606 | 625 | 40 |
| Andrea Pickup | 803 | 790 | 810 | | | | | | 2,403 | 801 | 810 | 41 |
| Robert Balzanella | | 615 | | 576 | | 632 | 558 | | 2,381 | 595 | 632 | 42 |
| Cara Oliver | 780 | | 796 | | | 753 | | | 2,328 | 776 | 796 | 43 |
| Emily Gelder | 747 | | 784 | | | | 774 | | 2,305 | 768 | 784 | 44 |
| Lewis Laylee | 745 | 745 | 787 | | | | | | 2,277 | 759 | 787 | 45 |
| Wayne Lashley | 742 | 739 | | 745 | | | | | 2,227 | 742 | 745 | 46 |
| Steve Street | 546 | 557 | | [484] | 560 | [518] | [441] | 559 | 2,221 | 740 | 560 | 47 |
| Chris Vernon (60+) | | | 553 | 548 | | 556 | | 561 | 2,218 | 554 | 561 | 48 |
| Paul Hodge | 705 | 724 | 726 | | | | | | 2,154 | 718 | 726 | 49 |
| Rupert Nash | | 687 | 715 | | 711 | | | | 2,113 | 704 | 715 | 50 |
| Ian Sesnan | 719 | | 696 | 685 | | | | | 2,100 | 700 | 719 | 51 |
| Duncan Wilson | 686 | 694 | | | | | | 689 | 2,069 | 690 | 694 | 52 |
| Sam Crump | | | | 702 | | | 621 | 727 | 2,050 | 683 | 727 | 53 |
| Olivier Montfort | 681 | 694 | | | | 663 | | | 2,038 | 679 | 694 | 54 |
| Chris Treble | 691 | | | | 686 | | 659 | | 2,036 | 679 | 691 | 55 |
| Joanne Shelton | | | | | 685 | 663 | [602] | 673 | 2,021 | 674 | 685 | 56 |
| Jim Dowsett | | | 625 | | | 622 | 476 | | 1,723 | 574 | 625 | 57 |
| Neville Webb | | | | | 863 | 846 | | | 1,709 | 854 | 863 | 58 |
| Chris Loizou | 828 | 825 | | | | | | | 1,653 | 826 | 828 | 59 |
| Catherine Lee | 805 | | | | 814 | | | | 1,619 | 810 | 814 | 60 |
| John O'Byrne | | 538 | 555 | 512 | | | | | 1,604 | 535 | 555 | 61 |
| Steve Williams | 802 | 777 | | | | | | | 1,579 | 790 | 802 | 62 |
| Charlie Wood | | | | | 806 | | 703 | | 1,509 | 754 | 806 | 63 |
| Oscar Hussey | 744 | | 758 | | | | | | 1,502 | 751 | 758 | 64 |
| Toni Holt | 733 | | | | | | 746 | | 1,479 | 739 | 746 | 65 |
| Michelle Lennon | 711 | | 733 | | | | | | 1,444 | 722 | 733 | 66 |
| Adam Vaughan | 689 | | | | | | 650 | | 1,339 | 669 | 689 | 67 |
| Steve Ackroyd | 667 | | | | 669 | | | | 1,336 | 668 | 669 | 68 |
| Mike Dodds | | | | 671 | | 659 | | | 1,329 | 665 | 671 | 69 |
| John Fletcher | | 674 | | | | | 642 | | 1,316 | 658 | 674 | 70 |
| Katie Styles | 667 | - | 640 | - | - | - | | - | 1,307 | 654 | 667 | 71 |
| Jozef Danko | | | | | | 646 | 621 | | 1,267 | 634 | 646 | 72 |
| Barry Evans (60+) | | | 694 | | | | 570 | | 1,264 | 632 | 694 | 73 |
| Brendan Greaney | | | 663 | | | 595 | | | 1,258 | 629 | 663 | 74 |
| Andrew Bright | | | | | | 632 | 590 | | 1,222 | 611 | 632 | 75 |
| Per Hedberg | | 630 | | | | | 576 | | 1,206 | 603 | 630 | 76 |
| Paul Keating | 588 | 515 | | | | | | | 1,104 | 552 | 588 | 77 |
| Alex Elms | | | 907 | | | | | | 907 | 907 | 907 | 78 |
| Adrian Greer | | 789 | | | | | | | 789 | 789 | 789 | 79 |
| Elkie Mace | 769 | - | | - | - | - | | - | 769 | 769 | 769 | 80 |
| Ange Norris | | | | | | | 764 | | 764 | 764 | 764 | 81 |
| Neil Moriarty | | | 710 | | | | | | 710 | 710 | 710 | 82 |
| Tom Marshall | | | | | | | 709 | | 709 | 709 | 709 | 83 |
| Louisa Pritchard | - | - | | | 700 | | - | - | 700 | 700 | 700 | 84 |
| Susie Labinjoe | 698 | | | | | | | | 698 | 698 | 698 | 85 |
| Nicola McIvor | 687 | - | | - | - | - | | - | 687 | 687 | 687 | 86 |
| Steve Cook | | | 675 | | | | | | 675 | 675 | 675 | 87 |
| Laura Long | | 674 | | | | | | | 674 | 674 | 674 | 88 |
| Laura White | | 648 | | | | | | | 648 | 648 | 648 | 89 |
| Sophie Bennett | | | | | | | 646 | | 646 | 646 | 646 | 90 |
| Scott Hemmens | | | | | | | 644 | | 644 | 644 | 644 | 91 |
| Mick Ward | 644 | | | | | | | | 644 | 644 | 644 | 92 |
| Kev Wood | 618 | - | | | - | - | - | | 618 | 618 | 618 | 93 |
| Susanna Wilkey | | | | | | 597 | | | 597 | 597 | 597 | 94 |
| Bernard Imber | - | - | | 577 | - | - | - | | 577 | 577 | 577 | 95 |
| Patrick McMorrow | | | | | | 575 | | | 575 | 575 | 575 | 96 |
| Rachel Warriner | 569 | | | | | | | | 569 | 569 | 569 | 97 |
| Susan Vernon (50+) | | | | | | | 565 | | 565 | 565 | 565 | 98 |
| Clare Quirico | | | | | | | 543 | | 543 | 543 | 543 | 99 |
| Simon Winstanley | | | | | | | 516 | | 516 | 516 | 516 | 100 |
| Cory Wharton-Malcolm | | | | | | | 437 | | 437 | 437 | 437 | 101 |
| Roy Hibberd | | | | | | | 379 | | 379 | 379 | 379 | 102 |

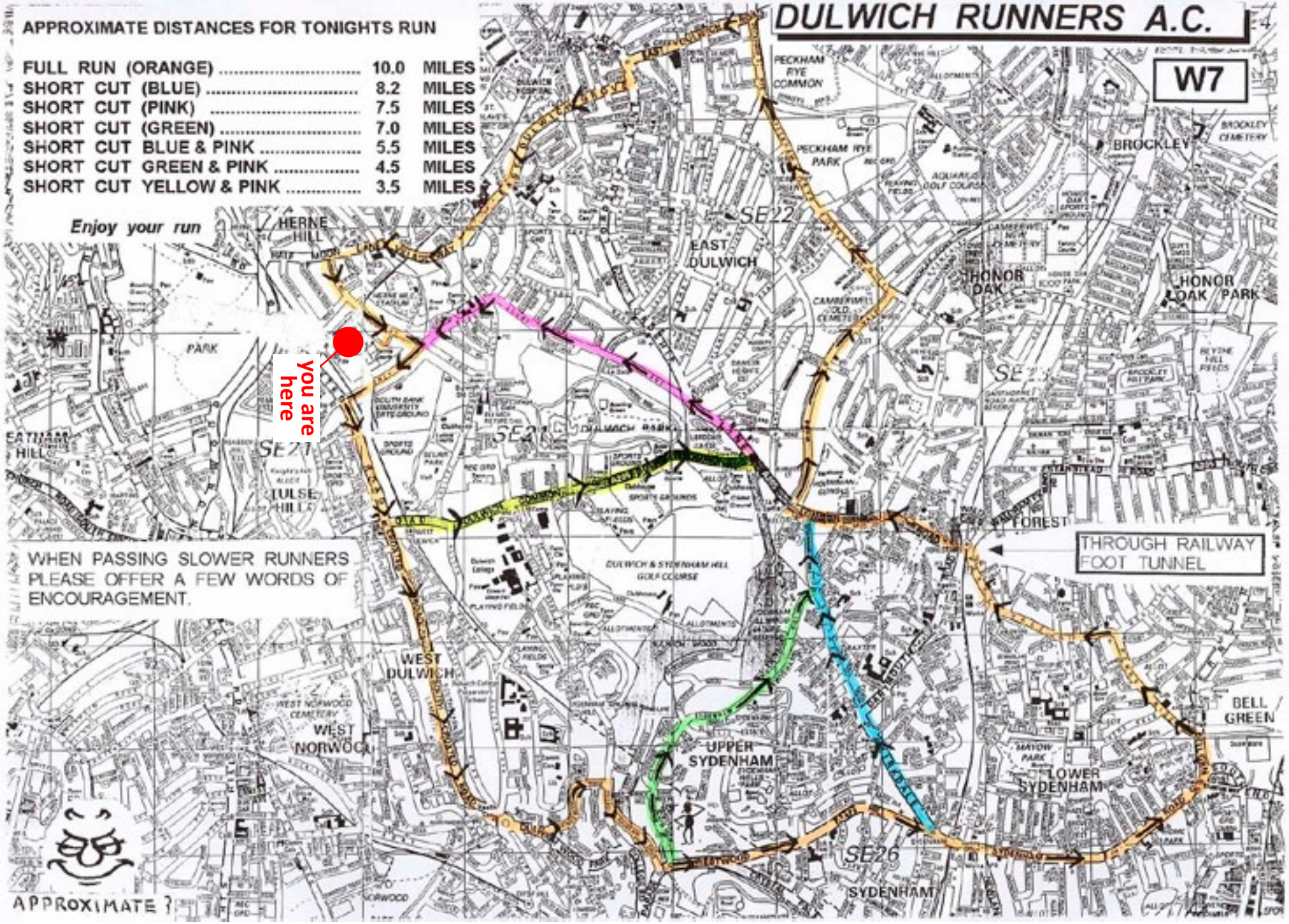
# DULWICH RUNNERS A.C.

**W7**

APPROXIMATE DISTANCES FOR TONIGHTS RUN

| | | |
|---|---|---|
| FULL RUN (ORANGE) | 10.0 | MILES |
| SHORT CUT (BLUE) | 8.2 | MILES |
| SHORT CUT (PINK) | 7.5 | MILES |
| SHORT CUT (GREEN) | 7.0 | MILES |
| SHORT CUT BLUE & PINK | 5.5 | MILES |
| SHORT CUT GREEN & PINK | 4.5 | MILES |
| SHORT CUT YELLOW & PINK | 3.5 | MILES |

*Enjoy your run*




WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.

APPROXIMATE ?