SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 16th 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	**16**	**Club Night, Edward Alleyn Club** 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Sat	**19**	Surrey League Mens XC Richmond page 8 for mens details
"	"	Surrey League Womens XC, Lightwater
Tue	**22**	Track session with Steve Smythe - £2.60 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**

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.
Dulwich Runners will try the Palace track for a month.
Pay at main reception (Pool entrance) at 7pm for 7.15pm start, ***allow more time than at Ladywell/Dulwich as it can take 10 minutes plus to get from queuing at reception to track, because of this the session will start very slightly later than 7.15pm***
A Dulwich rate of £2,60 has been agreed so state you are Dulwich. (Track is normally £3.95 peak, £2.75 off peak)

Track Training

The lack of co-operation and contact from the Crystal Palace Sports Centre is baffling.
While the track is good and far less busy than Ladywell, getting through reception and then on to the track takes ages.
We had a record 40 there on Tuesday 15th October and I would prefer if we remained there but unless they can improve procedures and communication there then 22nd October will be the last Tuesday there and we will return to Ladywell.
Final decision next week.
NB while 40 were there including a few newcomers, around 10 regulars were missing – some for very good reasons but it's worth noting that the odd session won't make that much difference

In your SHORTS this week !

7 Fixtures, Club Champs, Assembly League etc.
9 Race reports , results etc
16 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 5

Oct	19	Surrey League XC **Men** and womens fixtures
Nov	02	Reigate Priory Relays - to register see page 6

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

NEW RUNNERS ROTA

Thanks to **Andy Murray, Ros Tabor, Joseph Brady, Jim Dowsett and Clare Quirico** 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

Hugh Balfour	**16/10**
Lindsey Annable	23/10
James Burrows	30/10
Joseph Brady	06/05
Lloyd Clater	13/11

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

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**

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

Your DR Committee: who are we and what do we do…?

***Clare Osborne writes**:*

As you will know, the DR Committee have had discussions recently about new runners. It struck us that new runners might not even be aware the club had a committee, who we were and let alone what we did, should they ever want to discuss a club matter. Some details and pics are on the website, but we thought it might be opportune to explain it in Shorts. Hey, some of this info may even be of news to some of the regulars!

Over the next few weeks each member of the committee will produce a short exert about who we are, our role on the committee and why we volunteered to be on it. Speaking of which, I was volunteered to go first... So here goes:

I've been honorary secretary for a year and a member of Dulwich Runners since 1999.

My role on the committee involves preparing agendas for each quarterly committee meeting which involves asking for agenda items from club members through notification in Shorts. Most items are standard, discussed at each meeting, such as club kit and club finances. I take the minutes, ensure action to be taken is clear (to be followed up at the next meeting), and ensure we have a date agreed and a volunteer to host the next meeting.

I report back to any members who asked for items to be discussed at the meeting and put a short note in Shorts to let club members know key things discussed. In between committee meetings, issues crop up which need to be resolved by email and all the committee play a part in that.

I was always conscious of the importance of "giving something back" to the club, that I joined on a whim when I moved to Nunhead in 1999, thinking it would be a great way of combining my enjoyment of running and meeting new people. I had a couple of years on the 10km committee but other commitments (largely an OU degree) meant my spare time was limited. The secretary role takes on average about half a day a month, the busiest times being the run up to each committee meeting and immediately afterwards with the minute writing.

Most Wednesday night regulars will know that an Achilles injury has kept me absent from the club on and off since May last year, so being on the committee has been a good way to keep in touch with activities at the club. I've also enjoyed being part of discussions where we really are trying to improve things, such as how the club can be better at retaining more new runners.

Even though I'm not around at the club on Wednesdays much at the moment while I'm having further physio treatment, you can always email me on secretary@dulwichrunners.org.uk for any suggestions you wish to put to the committee, don't feel you have to wait until my notice appears in Shorts.

Cross Country Post race recovery

The Cambria , 40 Kemerton Rd, Camberwell, London SE5 9AR - 8pm onwards
http://goo.gl/maps/bGxeP

After Surrey League XC races there will be an informal meet over a drink or two (rehydration purposes only !) - All welcome

These will be at local watering holes.
Starting off with The Cambria this Saturday. They don't have any physios, but plenty of staff only too willing to help you get much needed fluids back into your race ravaged bodies !

This is also a great way of meeting and getting to know other club members.

As some of you know I'm about to head over to Canada for a year. My last night at the club will be next **Wednesday 16th** October, so it would be great if you can join me for a drink after the run.

And as I keep telling everyone, there is a marathon and a half marathon in Vancouver on the 4th ofMay

Just saying.....

Clare Quirico

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.

List of people going to curry night so far, is below There is a limit on numbers, so people need to let me know asap and definitely by Thursday 16th October!

Lindsey Annable	Paul Keating	Katie Styles
Joseph Brady	Alastair Locke	Ros Tabor
Steve Cooke	Mike Mann	Anna Thomas
Aileen Cooke	Andy Murray	Tony Tuohy
Paul Devine	Barry J Nicholls	Steve Wehrle
Mel Edwards	Ron Searle	

Email me if you would like to come:
susan.cooper@hsbc.com

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

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

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.

Ola Balme
Sports & Therapeutic Massage

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

- Deep Tissue Massage
- Massage to alleviate muscle fatigue
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- Maintaining your fitness and well-being

Ola is an experienced Sports Massage Therapist and club runner.
If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

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

Its never too early to think about Christmas, Santa and his Elves are always watching.....With that in mind please keep free Saturday 14th December free in your diaries.
This year we are holding our Christmas festivities in the upstairs function room of The Cambria, Camberwell .

More details and ticket information will follow when the first autumn leaf falls..... - **Suz**

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
Oct	19	Surrey League Cross Country	Men	Richmond Park **important update page 8**
	19	Surrey League Cross Country	Women	Lightwater
	20	Cabbage Patch 10		Twickenham
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

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

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***

Men's Surrey League, Richmond Park, 19 October

The first men's Surrey League match of the season will be held in Richmond Park on Saturday 19 October, starting at 3pm.

We have not received details yet but it is likely to be held at the far south end of the park, starting and finishing close to Kingston Gate.

Those of you who took part in the December South of Thames race will remember the course. The race is around 5 miles over 2 laps. The ground is pretty well drained and, subject to weather, road shoes may work but trail or studded shoes or spikes will provide better traction.

There is a small car park at Kingston Gate and parking is available in the residential streets outside. The nearest train stations are Norbiton and Kinsgston. Please allow plenty of time to get there and make sure you arrive by 2.30 (for a 3pm start) to collect numbers and warm up.

It is important that we achieve a good turn-out for this race, particularly amongst our faster runners, and we will need to maintain this throughout the season (of 4 fixtures) to stand a decent chance of avoiding relegation.

In particular we have some newly joined members who are strongly encouraged to take part (make sure you buy a Dulwich vest beforehand).
Mike Mann
mcmann90@yahoo.co.uk

IMPORTANT UPDATE

While the details provided above are largely correct and the course will be the same as that used in the past for races at the Kingston end of Richmond Park, please note that the start and car parking will **NOT** be at Kingston Gate, but near Broomfield Hill car park between Kingston Gate and Robin Hood Gate, about a kilometre from Kingston Gate. The car park is large so there should be plenty of space, but make sure you allow sufficient time as traffic can be heavy in that part of south west London on Saturdays.

The latest information is that roads should be open in Richmond Park following closures earlier in the day up to 1pm resulting from another event. However please allow plenty of time. The nearest train station is Norbiton
Mike Mann

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

DULWICH RUNNERS CLUB CHAMPS 2014

We have now finalized the events and structure of new 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)
24 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)

Women's Surrey League -

volunteer required for final fixture

We are required to provide a volunteer to act as place recorder at the final fixture of the women's Surrey League, which will take place at noon on 8th February in Lloyd Park. The men's race will be taking place at the same venue later that day so if any of the men would like to volunteer then you should be finished helping out after an hour or so, so you'll have plenty of time to warm up for your own race. I appreciate that it's a few months away but if anyone knows now that they will be available to help on that date, then please do get in touch:
dulwich.womenscaptain@yahoo.co.uk

Thunder Run 24hr

July 26th-27th 2014
Entries open on:

Tuesday 15th October 2013
http://www.tr24.co.uk/
We are looking to get a team together to do the above event.
There's already a few of us onboard but we need a few more, if youre interested then get in touch
Kevin Chadwick **kevchadwick@googlemail.com**

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

Peterborough Half Marathon... (come aquathon)

Twenty of us set out by coach from Norwich to "sail" across the Fens on what was probably the wettest weekend of the year to wade our way around the streets of Peterborough. On arriving at the venue we decided it wise to change on the coach and cover our running attire in black bags or ponchos before attempting the half mile walk to the start alongside the river.

On arriving at the start area we found the river was no longer where it should be, it had expanded its banks to include most of the park, large ponds had appeared overnight, some six inches deep. With no clear route anywhere across to the start area this meant everyone had cold wet feet before the gun (think Glastonbury without wellys).

The race entries had sold out at 5000 but about 20% of those who had entered wimped out as no shows frightened of a bit of water. We set off on time (still raining), and I was surprised to see spectators along the full route not all under shelter cheering us on. The majority of the race is through housing and industrial estates heading first northwards away from the city centre and then turning back towards the start, the only noticeable horrid bit being a strange red tarmac which felt like running on a mixture of cobbles and volcanic rock just after mile seven and lasted about a mile, a wheel chair athlete complained this almost knocked his fillings out.

At mile eight THE RAIN STOPPED (a bit late), it rained heavily again as I got to mile twelve, mile thirteen came into sight and the finish across 200 yards of well trodden (I am slow) wet flooded mud. Having started wet and got wetter as the race continued my vest and shorts were stuck to me like cold wet flannels, I needed to change and made my way to the tents. I squeezed through a "doorway" in the canvas just wide enough (good job I've lost weight) into an area ten feet square with 100 wet bodies all trying to get dry and changed. I dived into a space left by a departing runner and removed my shorts only to find I was unable to put my foot back down as another runner had followed me in and quickly put his bag down under my raised leg.

The struggle over to get a bit drier and put on fresh clothes I left the tent to be greeted by yet another torrent of rain and yes the ponds had now all joined together to form a lake. As we wadded back to the coach someone suggested stopping on the way back for something to eat, we ended up in MacDonalds, thank god I had the sense to pack food before leaving in the morning.

Peter Warren Clock Time 2h:3 m
(still awaiting chip time)

Lyon marathon, 6 October

My cousin lives in Lyon with her husband and their 3 kids so thought I'd kill two birds with one stone and go and visit and do my third marathon.

I had a bad summer as a stomach infection had me with severe abdominal pain for 5 weeks and in and out of hospital having tests. Safe to say my training schedule was put off balance! Fortunately I got better and I crammed in training in September.

I picked up my race pack the day before with my cousin, as my French is, well, non-existent. There were free balloons for the kids. I got a free T-shirt (the marathon one was a delightful bright orange but Adidas at least). The chip was built into my race number (handy). And I got a wristband for my predicted race time (3.45) which had timings for each 5k which was useful so I could keep on track as I'm embarrassed to say I don't own a garmin.

Race day, the weather was perfect, mild and no sun or rain. The 10k had 10,000 people running, half marathon 8000 and only 1800 of us doing the full marathon. All the races had the same time and start but everyone was in pens with their pace and they let each pen out and then waited a few minutes, so despite 20 angst minutes to cross the start line, when I did it wasn't too busy. It felt like everyone was in slow motion so I tried running at a faster pace, as secretly I wanted to aim for 3.30, I

probably broke some runner rules here but I took the risk. Besides 5 minute km would give me 3.30 which was easier maths. My mate had lent me his garmin but I barely could work or understand it so relied on my Casio and each km was marked.

Most of the marathon route was flat and with the half marathon runners. Instead of feeling sad they were nearly finished when I split off I felt energised I'd kept my pace up (I crossed the half way point at 1:44:22) and this is where the hardcore runners started.

The route was stunning, Lyon isn't that big so I saw most of it. Beautiful buildings, picturesque park with big gold gates and deer, to the new quayside with new buildings that architecturally were incredible. The route was well stocked with evian, dried fruit and energy gels. There were various French bands and steel bands en route, that were pretty terrible but I waved anyway for the support.

The crowd were lovely and I felt like a celebrity with people shouting, "Allez Sophie!" and kids putting their arms out for high fives. The rest of the quite miserable runners barely acknowledged the crowd which was bizarre but my cousin told me the Lyonese are standoffish and she thought London was friendly so that might explain it.

I was buzzing with energy for most of the route, I had a new playlist and looked like a nutter singing and waving my arms about when a good song came on.

The last 5k felt like 50 miles but I crossed the line in a respectable 3.29.31, shaving 11 minutes off my PB.

All in all it was a great race, really well organised and I learnt that running around after 3 kids under 4 was more exhausting than any marathon.

Sophie Bennett

Les Foulees des Flosses: 15km+ 13th Oct

From our Brussels correspondents:

This is a traditional continental 'trail race' through the Foret de Soignes, a delightful expanse of woodland skirting all around the south east fringe of the city.

Clare and Mike chose the '15k' (actually, at least 15.5k) over the 8k option, as did c. 350 others out of an overall field of about 600 runners. Saturday had been a beautiful autumn day but we knew from the forecasts, sadly, that this wasn't going to last into Sunday. As the heavy rain and winds started up in the night the temptation grew to write off the 14 euros combined entry fee.

We were glad we didn't. Sunday dawned fairly miserably but by the start the persistent rain had largely died out (to come back with a vengeance in the afternoon but we didn't mind by then). This type of race is very much Clare's thing but even Mike enjoyed it except for a threatened return in the final kilometre of the nightmarish Achilles problems he suffered 4 or 5 years ago. That was no surprise in its way because the race was a constant, often exhilarating, sequence of twists and turns, with sweeping downhills followed, inevitably, by testing climbs, all on a variety of surfaces that, save for the odd cobbles, generally favoured the new trail shoes that they had just treated themselves to in anticipation of the event (and others to follow over here).

After a shower and a swim at the sports centre that was the race HQ we thought, given that Clare had had a terrific run and felt brilliant throughout, that it might be worthwhile to drift up to the bar for the presentations. This was a fairly chaotic affair, especially bearing in mind that there had been chip timing, such that Steve S would have been going spare had he been present. Eventually, though, Clare was called up in front of the assembled running establishment from around these parts, all wondering, no doubt, where this new woman on the scene had landed from exactly. It wasn't entirely clear what the medal, decent looking bottle of chardonnay (her favourite white varietal, fortunately), multiple trail socks and other goodies were for precisely but a quick consultation of the on line results back at the flat gave a clue, at least.

This showed that she had won the over 50 category by a country mile but that she was also over a minute ahead of the first over 40, so was the first veteran outright in a field of 43 competitors.

This one's already pencilled in for next year and bookings for the spare bedroom will be considered.

106: Clare Wyngard	73:31
168: Mike Dodds	78:17

367 finishers

winner 54:37 (female 61:49)

Bournemouth Half Marathon 6th October 2013

Lindsey Annable writes....

This was the inaugural Bournemouth marathon festival which comprised a 5k, 10k, half and full marathon.

Having spent many a happy childhood holiday in Bournemouth, it seemed like a good opportunity to combine a race with a trip down memory lane. Our enthusiasm slightly waned when we realised it came on the back of the Lloyd park club champs meaning loading up the car early Saturday morning to drive straight from Croydon not to mention the 8a.m race start on Sunday.

When we arrived in Bournemouth the town was buzzing and full of runners as well as large groups of stag and hen parties. We had an early pasta dinner to prepare for our 5.30 alarm call. The start was to the north of nearby Boscombe so we had to catch shuttle buses from the centre to take us there.

It was a sunny morning but probably some 25 degrees C cooler than Porto. The course was a real hit although very congested for the first three miles and would have benefitted from being wider. It undulated gently for the first five miles before going down to sea level for a run along the promenade. Once we reached Boscombe pier at about nine miles we had a cruel steep climb up to the cliff tops. What goes up must come down and we headed back to the seafront for the final three miles. This was the best part, as we looped back to Boscombe pier running to the end of it, and then back to Bournemouth pier where we did the same. We finished just at the back of Bournemouth pier and all the post race facilities were in the beautiful Bournemouth gardens or 'chine' as they are known.

There must have been a fair few generous estimates of anticipated finish times on entry forms as we were in the third of four start pens and passed people during the whole race. We were both pleased with our races and despite similar times didn't run together. After a slow 9.30 minute first mile I pushed on and lost Barrie in the crowds. He caught me at 3 miles and went ahead as usual. I never lost him from my sights though and caught him again at 10 miles. From them on it was a war of attrition in the final three miles with Barrie's killer sprint stamina proving decisive.

We had a post race massage and took the opportunity to go up in a tethered balloon at the chine, which gave fantastic views in the blue skies and sunshine. Then we headed for a post race swim in the sea as I did in Porto, crossing the course where some very hot marathoners were struggling along. Bizarrely the marathon had started at 10a.m., which meant the weather had really heated up.

We stayed on a couple of days making the most of the stunning weather. On the Monday we went celeb house spotting on a guided walking tour of Sandbanks. Tuesday took us on a ferry to the very attractive Brownsea Island famed for being the site of the first Scout camp held by Lord Baden Powell, as well as for a population of red squirrels (and yes we did spot some!).

Overall a lovely race - a few teething problems like poor directions to the shuttle buses and far too few toilets (queued til 5 minutes before the race) but the course more than made up for it.

657	Barrie John Nicholls	1.52.06 (23rd VM55)
667	Lindsey Annable	1.52.16 (16th VW45)

2857 ran

4 Mijl Groningen
(4 Mile Groningen)

Wayne lashley writes...

There was no park run this week. Instead, I was in the Netherlands visiting the girlfriend. She had decided she wanted to 'show me off' and so had entered me for a traditional annual race in Groningen called the '4 mijl'. As the name suggests, it's a four mile race that is run on road from the rich area of Haren to the market in the centre of Groningen.

The road surface was excellent and the course was more or less a straight road from the first 800m to the last 200m. Conditions were good. Unlike the weather in Amsterdam, it was sunny and the temperature was ideal. There was even a tailwind in places! The race was also blessed by the appearance of Haile Gebrselassie though he set off three minutes before me and was so tiny I couldn't actually see him.

Four miles is a very random distance to do and i find pacing quite difficult. It's longer than 5km but much shorter than 10km. I got stuck behind some slow runners who, for some reason, were at the front for a special competitive race between companies.

Consequently, my first mile was the slowest. My splits were as follows: 1st mile, 5.44 mins, 2nd, 5.29 mins, 3rd, 5.34 mins and 4th, 5.21 mins with an extra 4 seconds of sprinting. I ended up running a negative split running 22.11 mins for the first 2 miles and 22.00 mins for the second 2 miles. Overall, a good confidence boost ahead of the first Surrey League cross country race this Saturday

Surrey Masters Cross Country
12 October

Mike Mann reports....4 of us took part in the 6k race in which M60s+ were combined with the women.
There were high quality fields in many of the age categories.
Nicola had one of her best cross country races to finish 1st W40.

Mike Mann	25:40 (2nd M65)
Nicola Richmond	25:42 (1st W40)
Katie Crowe	26:26 (4th W35)
Jo Quantrill	28:16 (2nd VW55
Michelle Lennon	28:37 (11th W45)

Results, Sat 12th October

Brockwell

14 Adam Vaughan	19:14
17 Neville Webb	19:32 (1M55)
52 Cameron Timmis	21:32
56 Graham Stanton	21:43
63 Graham Laylee	22:08
6W/66 Susan Cooper	22:11
9W/78 Anna Thomas	22:35
171 Barry Walker	29:14
183 Chris Vernon	32:15
192 ran	

Burgess

Ian Sesnan writes...This is a friendly easy to get to (being not far from Camberwell Green) Park Run round an increasingly attractive modern park complete with lake.

Ian Sesnan	22.36 1MV55
Barry Evans	24.25
84 ran	

Crystal Palace

9 Alastair Locke	19.08
31 Andy Cottrill	21.50
40 Bob Bell	22.56
72 Belinda Bell	26.01
77 Ameet Patel	26.28
84 Jane Harbage 14W	27.28
118 ran	

Dulwich

3 Edward Hill	17:09
11 Chris Goodman	18:54
17 John Fletcher	19:24
18 Toby de Belder	19:24
19 Kim Festa	19:26
25 Ajay Khandelwal	19:42
44 Emma Ibell 4W	21:31
49 Catherine Sicilano 5W	21:44
68 Mark Campbell	23:15
105 Stephanie Burchill 25W	26:45
141 ran	

Greenwich

Parkrun win number 63 for Clare.

The mostly grass course now uses a path along the bottom of the park where it used to get quite muddy during the winter and next week the 3 lap course will become a two lap course using paths all the way around.

2 Clare Elms 1W	18:17
6 Steve Smythe	20:19
86 ran	

Hilly Fields

5 Ian Lilley	19:31
9 Kevin Chadwick	19:55
83 ran	

Orpington

Duncan Hussey writes...

It was all going reasonably well until a two foot high "hound" made a snap decision to take a sharp right directly into my path.

As my knee came into contact with his midriff, I had no option other than to hurtle into the air and skid across the greasy, but thankfully, grassy surface.

All rather Wisdomesque but so so incredibly frustrating. After a brief reflection, I did decide to pick myself up and make it to the end. Some form of slight concern by the dog owner would have been appreciated but I suppose it's too much to ask these days...

After his run on Thursday in the first round of the English Schools Cup, Oscar had an improved run against recent form.

Thanks to Colin Frith for his support and dare I say it timekeeping!

4 Duncan Hussey	19.52
6 Oscar Hussey	20.28

Riddlesdown

Overall win number 56 for Ange, who is now in the overall women's all-time top 12 of first finishers.

8 Ange Norris 1W	20:57
81 ran	

Southwark

Ros scored 92.82% on age-grading, the highest of any of the 150 or so British parkruns this weekend by any British runner and gets her picture in this week's Athletics Weekly!

8 Andy Murray	21:05 (course PB)
13 Ros Tabor 3W	21:50 (course PB)
20 Paul Keating	23:16 (course PB)
47 ran	

Sept 29

Brockwell

13 Neville Webb	19:38
17 Adam Vaughan	20:01
62 Barry Mcleod	22:47
63 Graham Laylee	22:51
72 Michelle Lennon 7W	23:30
97 Steve Cook	25:36
171 ran	

Lloyd Park

2 Tony Tuohy	18:19
143 ran	

NB other parkrun results not in this week's Shorts will go in the following week's Shorts but Steve Smythe will no longer compile newer results from the weekend unless he attends events

You can follow us on

Parkrun stats

106 different Dulwich Runners have done the Dulwich parkrun now.
Ian Sesnan with 39 has done the most.

On overall parkruns, Ange Norris has run the most with 133 though hasn't ever run Dulwich – there is now a triple tie for most men's parkruns with Bob Bell, Mike Dodds and Jim Dowsett all on 122!
Others with a 100 plus are Graham Laylee 112 , Chris Vernon 104 and Jozef Danko 101.
In sight of a century are Clare Wyngard 96, Andy Murray 93, Steve Smythe and Claire Steward 88 and Martin Morley and Ian Sesnan on 82.
Buzz Shephard easily has the fastest Dulwich time of 16:17.
The women's is close with Charlie Wood on 18:31 from Catherine Lee's 18:32, Alexie Shaw's 18:34 with Mel Edwards 18:50 and Kim Hainsworth 18:53 also inside 19.
NB Clare Elms, who has the most overall parkrun wins by a DR (63) has yet to run Dulwich.

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 and which quite a few club people are going to and places are still available.

It will certainly be a lot warmer in Portugal than England that week and the training there is what 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.

Dulwich Runners Charity 10k 06.10.13

A sunny day greeted the 28th running of our charity 10k race, this year in aid of Hollington Youth Centre and Cooltan Arts.
Tony finished a creditable 5th and first M50, winning most of the beer prizes on offer. Clare, suffering from breathing problems, nevertheless pulled away from Ola after lap 1 to a clear win.
Dulwich Runners raced well to win both men's and women's team (of 4) prizes, so that all but one of our runners won prizes.
Thanks to all who helped make it another happy occasion. We hope to give £1,000 to Cooltan and at least £2,000 to Hollington.

1 Ben Noad (Highgate) 32:48
2 Lawrence Avery (Kent/DR 2nd claim) 35:34
5/1m50 Tony Tuohy 36:28
12 Steve Davies 39:21
16/1w Clare Elms 40:07
20 Rob Cope 41:02
21 Adam Vaughan 41:14
24 Kim Festa 41:30
25/2w Ola Balme 42:06
83/2w50 Jo Quantrill (SLH/2nd claim DR) 46.31
87 Catherine Siciliano 46:50
193 Sarah Lyness 59:27
213 finished
First men's team: Dulwich
First women's team: Dulwich

Club Championship update

At the 8 of 8 events stage, although there are a few marathons left (e.g. Amsterdam, Snowdonia, nb please send in reports), 100 have run one or more championship races and 41 have completed 4, including one each short and long, to count for 2013 medals.

A full points table, by age category and overall, is below. A couple of positions may require consultation of the rules before confirmation.
Andy Murray

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

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	6	203	
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			48	47			4	184	
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	5-3 head to head
Ebe Prill	49	[48]	49		[47]	[48]	50	50	7	205	
Steve Smythe	[47]			49	48	50	49	[48]	6	202	
Andy Murray (60+)	[42]	[40]	45	48	[44]	47		47	7	194	189 60+
John English	44	47	48				48		4	191	
Gary Sullivan	[43]	44	47		46			49	5	191	
Mike Mann (60+)	46	45	46		45				4	186	
Barrie J Nicholls	[37]	[36]	[41]	43	[41]	44	46	45	8	186	
Bob Bell		41		45	42	46			4	178	
Graham Laylee	39	[39]	42	46	43				5	175	
Steve Street	[34]	[35]		42	40	[40]	43	43	7	175	
Martin Morley	38	38	43			43			4	166	
Steve Wehrle (60+)						42	45	44	3	134	
Ian Sesnan	40		44	47					3	134	
Duncan Wilson	41	42						46	3	132	
Chris Vernon (60+)			37			39		42	3	121	
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	
John O'Byrne		34	38						2	74	
Adrian Greer		46							1	47	
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	

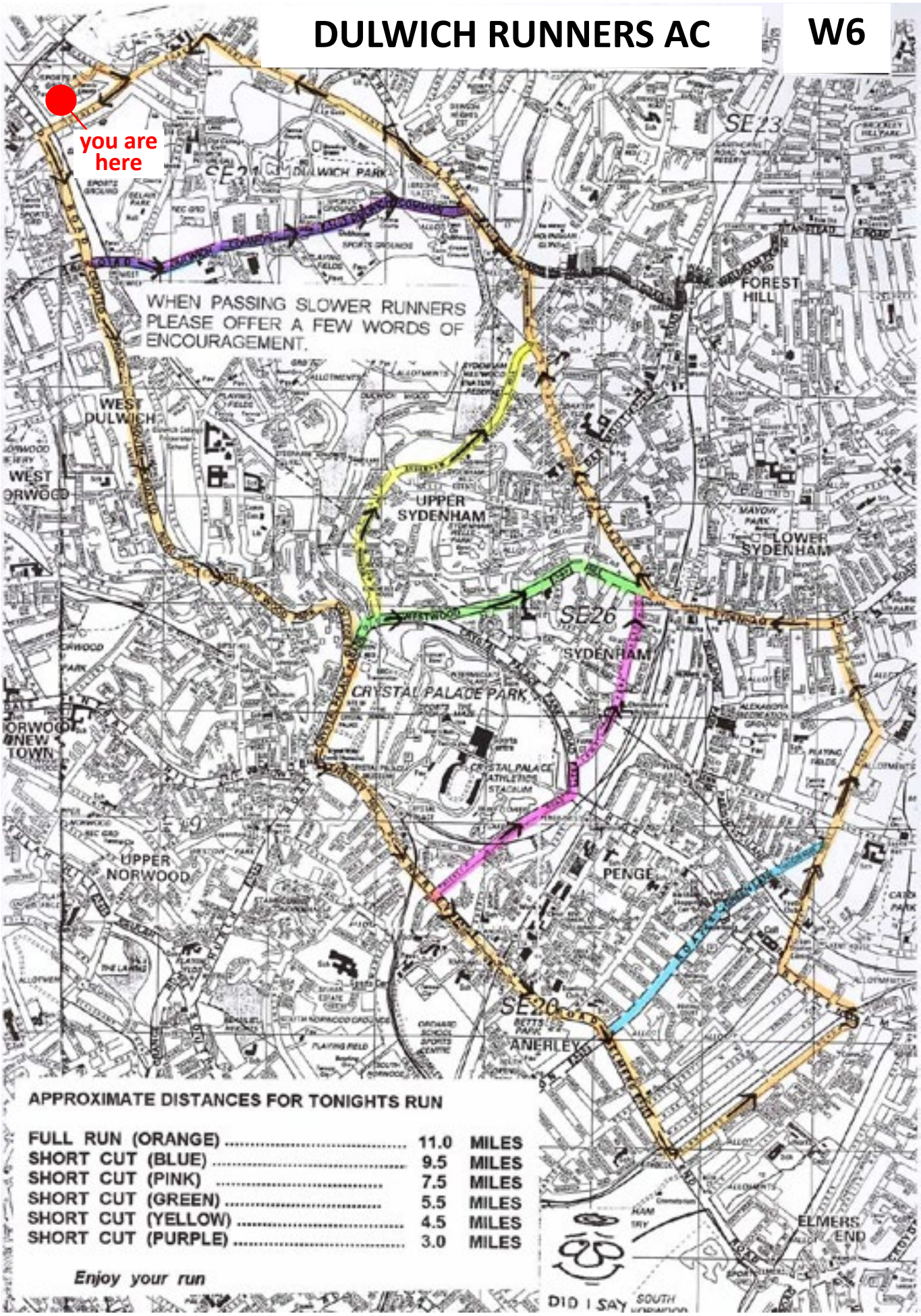
OVERALL CHAMPIONSHIP - AGE GRADED

	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	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	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		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		754	**2,901**	725	754	**25**

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**
Ameet Patel	604	587			607	625			**2,423**	606	625	**39**
Andrea Pickup	803	790	810						**2,403**	801	810	**40**
Robert Balzanella		615		576		632	558		**2,381**	595	632	**41**
Cara Oliver	780		796			753			**2,328**	776	796	**42**
Emily Gelder	747		784				774		**2,305**	768	784	**43**
Lewis Laylee	745	745	787						**2,277**	759	787	**44**
Wayne Lashley	742	739		745					**2,227**	742	745	**45**
Steve Street	546	557		[484]	560	[518]	[441]	559	**2,221**	740	560	**46**
Paul Hodge	705	724	726						**2,154**	718	726	**47**
Rupert Nash		687	715		711				**2,113**	704	715	**48**
Ian Sesnan	719		696	685					**2,100**	700	719	**49**
Duncan Wilson	686	694						689	**2,069**	690	694	**50**
Olivier Montfort	681	694				663			**2,038**	679	694	**51**
Chris Treble	691				686		659		**2,036**	679	691	**52**
Joanne Shelton					685	663		673	**2,021**	674	685	**53**
Steve Wehrle (60+)						673	572	688	**1,933**	644	688	**54**
Jim Dowsett			625			622	476		**1,723**	574	625	**55**
Neville Webb					863	846			**1,709**	854	863	**56**
Chris Vernon (60+)			553			556		561	**1,670**	557	561	**57**
Chris Loizou	828	825							**1,653**	826	828	**58**
Catherine Lee	805				814				**1,619**	810	814	**59**
Steve Williams	802	777							**1,579**	790	802	**60**
Charlie Wood					806		703		**1,509**	754	806	**61**
Oscar Hussey	744		758						**1,502**	751	758	**62**
Toni Holt	733						746		**1,479**	739	746	**63**
Michelle Lennon	711		733						**1,444**	722	733	**64**
Sam Crump				702				727	**1,429**	715	727	**65**
Adam Vaughan	689						650		**1,339**	669	689	**66**
Steve Ackroyd	667				669				**1,336**	668	669	**67**
Mike Dodds				671		659			**1,329**	665	671	**68**
John Fletcher		674					642		**1,316**	658	674	**69**
Katie Styles	667	-	640	-	-	-		-	**1,307**	654	667	**70**
Barry Evans (60+)			694				570		**1,264**	632	694	**71**
Brendan Greaney			663			595			**1,258**	629	663	**72**
Andrew Bright						632	590		**1,222**	611	632	**73**
Per Hedberg		630					576		**1,206**	603	630	**74**
Paul Keating	588	515							**1,104**	552	588	**75**
John O'Byrne		538	555						**1,093**	546	555	**76**
Alex Elms			907						**907**	907	907	**77**
Adrian Greer		789							**789**	789	789	**78**
Elkie Mace	769	-		-	-	-		-	**769**	769	769	**79**
Ange Norris							764		**764**	764	764	**80**
Neil Moriarty			710						**710**	710	710	**81**
Tom Marshall							709		**709**	709	709	**82**
Louisa Pritchard	-	-			700		-	-	**700**	700	700	**83**
Susie Labinjoe	698								**698**	698	698	**84**
Nicola McIvor	687	-		-	-	-		-	**687**	687	687	**85**
Steve Cook			675						**675**	675	675	**86**
Laura Long		674							**674**	674	674	**87**
Laura White		648							**648**	648	648	**88**
Jozef Danko						646			**646**	646	646	**89**
Scott Hemmens							644		**644**	644	644	**90**
Mick Ward	644								**644**	644	644	**91**
Kev Wood	618	-			-	-	-		**618**	618	618	**92**
Susanna Wilkey						597			**597**	597	597	**93**
Patrick McMorrow						575			**575**	575	575	**94**
Rachel Warriner	569								**569**	569	569	**95**
Susan Vernon (50+)							565		**565**	565	565	**96**
Clare Quirico							543		**543**	543	543	**97**
Simon Winstanley							516		**516**	516	516	**98**
Cory W Malcolm							437		**437**	437	437	**99**
Roy Hibberd							379		**379**	379	379	**100**

DULWICH RUNNERS AC

W6



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	11.0	MILES
SHORT CUT (BLUE)	9.5	MILES
SHORT CUT (PINK)	7.5	MILES
SHORT CUT (GREEN)	5.5	MILES
SHORT CUT (YELLOW)	4.5	MILES
SHORT CUT (PURPLE)	3.0	MILES

Enjoy your run