SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 3rd July2013

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

- THE COMING WEEK –

Wed	**03**	**Club Night**, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Thu	**04**	**Battersea Park Assembly League** Dulwich Park - 19:45 start. Get in touch if you can help with marshaling etc
Tue	**09**	**Track session with Steve Smythe** - £1 fee **Dulwich College Track** - 7 for 7:15pm start

In your SHORTS this week !

3 Fixtures, Club champs, Assembly League etc
5 Race reports & results
5 There's gold in Kent
7 Club Champs - roundup after 4 events
10 Wednesday night running map

And much more !

You can follow us on

Click below to SUBSCRIBE or UNSUBSCRIBE

DULWICH TRACK SESSIONS

Dulwich College Track

Tuesdays with Steve Smythe
Improve your speed & strength over all distances.
suitable for all abilities.
Arrive at 7 for warm-up then a prompt 7:15pm start
Remember it's only £1 but if you don't have the money on the day, you have to pay £2 next time!

MIDSUMMER 5k

A big thank you to everyone who helped with the Midsummer 5k. We have had several tweets and emails praising the friendly atmosphere and good organisation. The BARR scrutineer was also complimentary.
About 220 runners finished, so that means despite the drizzly weather we have made a good profit for the club.
Don't forget your free drink in the bar this Wednesday - and you may win the lucky marshal Running Shop voucher. - **Ros**

Club Mile: Dulwich track. Friday 12th July

So we know numbers and can arrange races, please let Steve Smythe know if you intend to compete asap (with a rough estimate of target time) to:
steve.smythe@athleticsweekly.com
All standards from four to 12 minutes welcome - hopefully we can get a record club entry of over 60 runners of all abilities and usually we have 4-5 races arranged on likely finishing time and there will also be a children's race over 600m

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

A brief look ahead

full fixture list page 3

Jul	4	Battersea Pk Assembly League
Jul	12	1 mile Club Champs, Dulwich Track
Aug	8	Assembly league, Victoria Park

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 **Joseph Brady and Vicki Fong** 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 . Thanks. – Ros

Clare Osborne	**03/7**
Kim Pallen	10/7
Ameet Patel	17/7
Barrie J Nicholls	25/7
Ebe Prill	01/8

Wednesday Night Runs Map

Click above for for this weeks Wednesday night map.
Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse- Thanks

SHOE TESTERS

Sorry I won't be getting the shoes until Thursday, so they will be at the club NEXT WEDNESDAY 10th July
Ros

DULWICH RUNNERS

CLUB CHAMPS 2013

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

- 12 July 1 Mile, Dulwich College Track
- 1 Sep Lingfield (Dry Hill) 10
- 5 Oct Trail race, Lloyd Park parkrun

The usual rules apply with the 8 races split into long and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.
4 races to qualify, including at least one from each of the 2 distance categories.
Mike Mann (on behalf of ADSC).

Wednesday Apres-Run Re-hydration !

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

Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the Wednesday run.
Arrives close to 9 and the cost is £5, or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating…join in ! - ***Ros***

LADIES NOW SUMMER IS HERE YOU NEED A DULWICH RUNNERS CROP TOP!
LIMITED SIZES - £5 TO CLEAR …….. contact Ros

LUCKY VEST - Tonight

Don't forget , wear your Dulwich Runners vest for the club run on the* first Wednesday *of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

new mens and womens vests and T- shirts,

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

Available Wednesdays at the club – Ros

Your DR Committee are next meeting on Monday 8th July. If any members have any issues they would like the Committee to consider, please speak to me on Wednesday evening at the club, or email me by Fri. 5th July.
secretary@dulwichrunners.org.uk

As before, following the meeting, a short note of key decisions taken will appear in Shorts.

Thanks. - Clare Osborne, Club Secretary

London Marathon 2014 Good for Age entries

The system of 'good for age' entries has changed. Entry will be via the VLM website and proof of previous qualifying result and proof of age will need to uploaded in scanned pdf format.

The qualifying times (some of which have been revised since last year) and details of how to enter are given at web address: http://tinyurl.com/k8kw8hn

Which informs you '…..return to this page on **24th June 2013 t**o enter, via a link hosted on this page. Applications must be made no later than the **8th of July at 5pm**, late applications will not be accepted under any circumstances.

Masters Fixtures

These are the main British Masters fixtures.
The main club event will be the BMAF Road Relay Championships, where we have done well in recent years.
There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too

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

DULWICH RUNNERS 2013/14 FIXTURES

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

Date		Race			Venue
Jul	6	Open track meeting			Norman Park
	8	Open track meeting			Norman Park
	12	1 Mile	(club champs)	S	Dulwich College Track
	27	Open track meeting			Tooting Track
Aug	8	Victoria Park Assembly League			Victoria Park, Hackney
	12	Open track meeting			Norman Park
	17	Open track meeting			Norman Park
	24	Open track meeting			Tooting Track
Sep	1	Lingfield (Dry Hill) 10	(club champs)	L	Lingfield (Dry Hill)
	5	Beckenham Assembly League			Beckenham Sports Club, Foxgrove Rd
Oct	5	Trail race, Lloyd Park parkrun	(club champs)	S	Lloyd Park
	19	Surrey League Cross Country		Men	Richmond Park
	19	Surrey League Cross Country		Women	Lightwater
Nov	9	Surrey League Cross Country		Men	Wimbledon Common
Dec	7	Surrey League Cross Country		Women	Farthing Down
Jan	11	Surrey League Cross Country		Men	Reigate Priory (DR to co-host)
	11	Surrey League Cross Country		Women	Putney Vale
Feb	8	Surrey League Cross Country		Men & Women	Lloyd Park

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

Surrey League XC

Men's and women's fixtures are now included in the fixture list. Further details, times maps etc will be posted nearer the race dates
These league races are open to all club members of all abilities and are free to run, and you need to run in a club vest
Mike Mann

ASSEMBLY LEAGUE 2013

For those new to the club, this is a series of 6 races roughly 5k in distance open to all members free of charge.
The races are normally held on the first Thursday of the month from April to September, July and August races will start at 7.30, with a 7.15 start for the September race .
Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.
The remaining fixtures this season are as follows:
8 AugustVictoria Park, Hackney - 7:30 start
5 September Beckenham - 7:15 start
Further information on venues and times will be provided nearer the time. ***Mike Mann***

Kent Grand Prix and Surrey Road Leagues

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

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

Steve Cook has booked a session at the Herne Hill Velodrome for Dulwich Runners on Saturday 13 July at 7:30 p.m.
Any of you who have been before or anyone who would like to give track cycling a try please let Steve know by emailing him at:
stevecook6@gmail.com
The Velodrome will provide the bikes. You do not need any special gear just shorts, Tshirt and trainers are fine if you don't have the Lycra.
For more details::
http://www.hernehillvelodrome.com/starting/faqs/

Rapha Women's 100?

Rapha want to get lots of women to ride at least 100km on July 7th, to mark 100 years of le Tour and also they are sending 100 women to the Etape which is on the same day somewhat further south than SE22...
If anyone is interested in coming, they can email me on shona.c.mcintosh@gmail.com
See also: http://www.rapha.cc/womens100

Cheers! - Shona

Battersea Park,
Saturday17th August

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

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

I can increase on this number, but need a show of hands for those that would like to come and can
commit to a ticket. email me at
susan.cooper@hsbc.com

or send me a text inluding your name, on ***07967 953628*** asap so I can secure the booking. - ***Sue Cooper***

Race Reports & Results

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

SRI Chimnoy 5K
Battersea Park , 1 July

A few more turned out from the club compared with recent weeks, with some using it as a practice for the Assembly League 5k later in the week. Tony achieved an M50 course record and equalled his fastest time on the road this season.

Duncan had a strong run, while Mike was a bit down on his recent club champs time at Dulwich. Barry Walker struggled with the pollen from the plane trees, and was forced to stop a couple of times. ***Mike Mann***

11	Tony Tuohy	16:35 (1M50, course record)
40	Duncan Hussey	18:28
58	Mike Mann	19:40 (1M60)
144	Barry Walker	29:25
160	ran	

Kent Championships
Dartford, June 26

Kent golds for Clare and Tony

Clare Elms followed some of the younger girls in the opening laps before pushing on and she eventually won Kent senior gold by 90 seconds, lapping the other 6 senior women and also beating the other 4 girls in a younger age group. Her time took over 15 seconds off her best so far this year and scored a huge 95.5% on age grading and easily put her top of the British W45 rankings.

Tony Tuohy also won Kent gold though in the M50 age-group over 10,000m. He started very fast and went with the leaders from the senior men's race through the first 3000m, which he passed at low 33 pace. Eventually he had to let go and his sub-80 laps dropped to 83/84 and he passed halfway in a very fast 16:52 but looking like he would have a painful solo second half.

He didn't slow any more though and held the pace and then was able to kick in over the last kilometre and he smashed his PB with a time of 34:07.6, which is also 18 seconds up on his road pb. it was also a club M50 record and 22 seconds faster than his club M40 record.

It also puts him top of the British M50 rankings though not too many have run the track 10,000m this year and he won Kent M50 gold by over five minutes.

Women's 3000m: 1 Clare Elms 10:08.9

Men's 10,000m: 4 Tony Tuohy 34:07.6 (Kent M50 gold)

Orpington 10k

This race has changed much during the past few years. It used t be run through High Elms but safety reasons have meant that it has had to cut back to run through Churchfields (for the layman this means most of the race is run through the fields in the vicinity of Farnborough Village.)

Although it means that the race is more spectator friendly the omission of High Elms means (in my opinion) that the race has lost much of its charm which earned it a rating in a well known magazine a few years back.Also the congestion at the start of the race is still there, although it must be said that there is not much that can be done about that. The course snakes, bends, it is very hilly, it doubles back, great for the spectators but at times tiring for the runners. The consolation it is on home territory , a race home from home.

Despite all this you can only give 100% to Orpington Road Runners for their organisation, the marshalls were friendly although some of them got their distances wrong. One lady said that the halfway mark was just around the corner when approaching the 6K mark, another said only one and a half K's to go in full view of the 9k board. Perhaps it was the sun and full marks again for having a 9:30 start.

Needless to say the times were slow, the winners time was Peter Tucker of Blackheath and Bromley in 36:15. First lady was Sevenoaks Catherine Linney in 44:34. Also Oscar Hussey who was running for Skinners School in the secondary schools race came 7th out of 52 runners in the 2k race in a time of 6:53. Oscar although he came 7th was placed 8th due a young lady exorcising her perogative by turning up late for the race. Also thanks to Colin Frith and Duncan Hussey for their support.

Senior Race John O'Byrne 228/271	66:25
Secondary Schools Race Oscar Hussey 8/52	6:53

25. Göttinger Altstadtlauf, 10.3k race Wednesday 26 June,

"Göttingen is a beautiful town. It's best viewed with one's back." The French-German Romantic Heinrich Heine wrote this uncharitable praise of my old home town after spending an unhappy term at it's university and upon embarking on a foot journey to the Harz mountains (still a very funny and readable book). He also drew unfavourable comparisons between the feet of elephants and those of the girls of Göttingen and cattle and professors. He left under somewhat of a cloud.

Nowadays of course Göttingen is much improved, the undisputed academic centre of Lower Saxony and it's professors can easily be distinguished from livestock since there is hardly any about in town anymore.

A few quaint customs remain from older times, like kissing the town's symbol - the bronze statue of a girl herding geese - upon completion of one's PhD thesis, while being carted around in a wooden contraption by your friends and being doused in beer.

Then there is this annual race around the historic town centre, always on a Wednesday evening in June. It's by far the biggest running event in the town of my birth, and I've never done it before. There are several distances on offer, but the main event is the long course of six laps with an added bit from the start and to the finish in front of the town theatre.

Altogether it has been measured as 10.3 k. To my amazement each lap of the "Altstadt" - the old town centre within the medieval city walls - is pretty much the same distance as one lap of Dulwich park, a bit more than a mile, which means that medieval Göttingen in all it's splendour would fit comfortably into Dulwich park! So much for childhood memories of how big things are...

At least that gave me a good idea what to expect each lap in terms of distance, the unknown being how to get through all the slower runners filling the narrow streets once the lapping started. Because here's the thing with the Altstadtlauf: for most of the 4000 participants it is the perfect excuse to sample the produce of the various breweries of the region - before during and after the races.

That can make negotiating your course through a throng of happy joggers tricky at times, on the other hand it creates a very enthusiastic atmosphere of support en route! The race organiser - the main running club in town - provided marshals on bicycles for the faster runners in front to clear their path by giving warning to slower ones. That helped a lot, and I found it not too difficult to get through.

My ambition for the race was to make the top three for my age group, the M50s, maybe even come first. The regular winner of my age from the previous years, a runner from the Harz mountains who recently finished a Half marathon in 82 minutes, was nevertheless not too fast on this distance, so I figured that anything around 39:20 might be enough on the day. Thanks to the Internet I also knew how he looked, so I had an idea whom to stick to for the first laps.

But he was nowhere to be seen when the scheduled time for the start - twenty past eight in the evening - approached and I shuffled to the front of the line-up. Serious club runner territory this, I thought, and however quaint a race might be all over the world, the runners up front - loose limbed or muscular - resemble each other. Some final announcements were made, the countdown started, and suddenly there he appeared next to me, in black, thin and frightfully fit looking: Dr Matthias Hoffmann, the unbeaten champion of the V50s!

The title page of our local newspaper carried a photo on the next day, with the headline: More than 4000 start at the Altstadtlauf. Here you can see me in Dulwich vest right after the start keeping my main competitor in sight, the guy in black to my left with the 484 of his bib-no visible.

We had a fast start, slightly downhill, until we hit the turn into the first lap and settled. I kept behind Doc Hoffmann for the first kilometre or so, then decided that I could go faster and took off. Conditions were good, not too warm, dry and no wind, slight downhills and inclines in nice variation along and underneath timber-frame houses and gothic town churches.

I kept picking up runners in front, enjoying myself for two laps or so until a quick glance back revealed Doc Hoffmann catching up.

The next three laps we spent racing head to head, with increasing speed, me in front on the downhills, him edging ahead on the inclines. Somewhere between we found time and breath to introduce ourselves ("Doctor Hoffmann I presume?" "Ah, who are you!?") and on the last lap he offered a 'joint finish' since none of us could get away from the other. I liked the gesture and (same as him) didn't really fancy the idea of a sprint finish.

And thus I had my first race coming in hand in hand in joint 13. position and firsts of our age group (or anyone older than 39) in a record time of 38:49 for our age and this distance at the Altstadtlauf. At this pace we would have run 37:50 for 10k, provided the course was accurately measured (which I think it was judging by my garmin). The race in it's spirit of fun and beer, competition and comradeship, old and new certainly was worth the trip. And quite a party after!

Ebe Prill

parkrun 5k Results, Sat 29th June

Brockwell

19 Mark Foster	19:46
31 Mike Mann	20:42 (1M60)
40 Cameron Timmis	21:08 (PB)
70 Michelle Lennon 5W	23:27
162 ran	

Bromley

46 Andy Murray	21:43
129 Ros Tabor 15W	23.52
352 ran	

Banstead

3 Tony Tuohy	17.30 third
44 Jo Quantrill (1W 2nd claim)	22.44
162 ran	

Burgess

39 Barry Evans 24:25

Crystal Palace

There is no Crystal Palace parkrun 6th July 2013

Jozef celebrated his 100th parkrun.

10 Andy Cottrill	20:25
13 Jozef Danko	20:53
22 Jim Dowsett	21:47
31 Bob Bell	22:21
39 Clare Wyngard 3W	22:42
42 Michael Dodds	23:17
65 Belinda Bell 8W	25:27
95 Chris Vernon	32:13
105 ran	

Dulwich

18 Scott Hemmens	19:30
28 Duncan Wilson	20:17 (PB)
67 Claire Steward 9W	23:22 (1W60)
74 Mick Mead	24:01
144 ran	

Hilly Fields

Mel set a 30 second PB to go second to Clare (18:56) on the course all-time list and gain her 8th win here.

3 Kevin Chadwick	19:41
5 Mel Edwards 1W	19:50 (PB)
62 ran	

Maidstone

As a change from our normal parkrun at Eastbourne, Helen & I tried out this relatively new parkrun which starts from the Kent Museum of Life at Sandling, near Maidstone. This scenic course runs alongside the river Medway for most of the route, but there is a sting in the tail with a sharp climb of 350m to the finish!

This weekend's event attracted a record field of 157 runners, and having only just ticked over since the national relays in May I was pleased to finish 4th in 18.44, comfortably lowering the previous M55 - 59 record by over 90secs.

4 Nick Brown 18.44 (1M55; course record)

Orpington

Clare Elms won the women's race by three and a half minutes as she easily broke her women's course record and set an overall age-graded race record of 90.78%.

Alex Elms, just 12, broke the course under-15, under 17 and under 20 record as he finished just a second down on 2:23 marathoner Pete Tucker, who had encouraged him round but almost got outsprinted by him.

2 Alex Elms	18:06 (Junior rec)
3 Clare Elms 1W	18:15 (course rec)
6 Duncan Hussey	19:10 (course pb)
36 Martin Morley	24:05
38 Colin Frith	24:25 (course pb)
102 ran	

Riddlesdown

16 Ange Norris 2W 20:49

Mid London Vets League 24 June, Battersea Park

1500m

Guested in this competitive race. Fairly even paced. Still not seen the results yet but I timed it at 4.47ish.

Orpington Races 2k Multi Terrain

Years 7-13

30 June

7 Oscar Hussey 6.53

52 ran

Duncan Hussey

London Schools Year 7/8 Championships, Mile End, June 18

Alex Elms just lost out winning by 0.2 of a second in an exciting sprint finish

2 Alex Elms 4:31.9

DULWICH RUNNERS CLUB CHAMPIONSHIPS 2013

POSITION AFTER 5 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**	**Chichester 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	49	47		5	198
Kim Hainsworth	43	49			46		45		4	187
Anna Thomas		47			45	47	44		4	187
Sue Cooper	42	45			43	46			4	180
Catherine Lee	49				49				2	100
Charlie Wood					48		46		2	96
Cara Oliver	46					48			2	96
Emily Gelder	44						49		2	95
Toni Holt	45						48		2	95
Joanne Shelton					44	45			2	91
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
Katie Styles	40								1	41
Rachel Warriner	39								1	40
WOMEN V40										
Ola Balme	48	47			49	49	50		5	201
Claire Steward (50+)	49				46	47	49		4	195
Lindsey Annable	45	45			45	46			4	185
Clare Elms		50			50	50			3	153
Nicola Richmond	49	48			48				3	148
Clare Wyngard (50+)	50	46				48			3	147
Andrea Pickup	50	49							2	101
Susan Vernon (50+)							48		1	49
Louisa Pritchard					47				1	48
Michelle Lennon	47								1	48
Susie Labinjoe	46								1	47
Ros Tabor (50+)		44							1	45
MEN SENIOR										
Buzz Shephard	50				50	50	50		4	204
Alastair Locke	47	48				49	49		4	197
Rob Cope	46	47			47	47			4	191
James Burrows	39	41			46		43		4	173
Chris Treble	44				48		47		3	142
Paul Devine	43	45				48			3	139
Ed Smyth	42	43					39		3	127
Robert Balzanella		38				44	41		3	126
Olivier Montfort	36	39				45			3	123
Edward Hill	49	50							2	101
Wayne Lashley	48	49							2	99
Rupert Nash		44			49				2	95
Kevin Chadwick	45	46							2	93
Adam Vaughan	41						46		2	89
Andrew Bright						43	42		2	87
John Fletcher		40					44		2	86
Lewis Laylee	40	42							2	84
Steve Ackroyd	37				45				2	84
Jim Dowsett						42	38		2	82
Tom Marshall							48		1	49
Jozef Danko						46			1	47
Scott Hemmens							45		1	46
Simon Winstanley							40		1	41
Oscar Hussey	38								1	39
Nick Bailey-Wood		37							1	38
Cory W.Malcolm							37		1	38
MEN V40										
Joseph Brady	47	47			50	50			4	198
Ameet Patel	42	43			48	47			4	184
Charles Lound	50	50					50		3	153
Ajay Khandelwal	45					48	48		3	144
Mark Foster	43	46			49				3	141
Cameron Timmis	44	44				49			3	140
Duncan Hussey	48	49							2	99
Ian Lilley	49	48							2	99
Paul Hodge	46	45							2	93
Paul Keating	41	42							2	85
Brendan Greaney						46			1	47

MEN V50										
Ebe Prill	49	48			47	48	50		5	200
Steve Smythe	47				48	50	49		4	198
Andy Murray	42	40			44	47			4	177
Barrie J. Nicholls	37	36			41	44	46		5	173
Steve Street	34	35			40	40	43		5	163
Tony Tuohy	50	50			50				3	153
John English	44	47					48		3	142
Mike Mann (60+)	46	45			45				3	139
Gary Sullivan	43	44			46				3	136
Bob Bell		41			42	46			3	132
Graham Laylee	39	39			43				3	124
Martin Morley	38	38				43			3	122
Neville Webb					49	49			2	100
Chris Loizou	48	49							2	99
Steve Williams	45	43							2	90
Steve Wehrle (60+)						42	45		2	89
Per Hedberg		37					47		2	86
Duncan Wilson	41	42							2	85
Adrian Greer		46							1	47
Mike Dodds						45			1	46
Barry Evans (60+)							44		1	45
Roy Hibberd							42		1	43
Patrick McMorrow						41			1	42
Ian Sesnan	40								1	41
Chris Vernon (60+)						39			1	40
Mick Ward	36								1	37
Kev Wood	35								1	36
John O'Byrne		34							1	35

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
Claire Steward	870				849	862	869		**3,450**	863	870	**1**
Shona McIntosh	843				839	849	834		**3,365**	841	849	**2**
Buzz Shephard	821				848	826	793		**3,288**	822	848	**3**
Steve Smythe	818				835	825	759		**3,237**	809	835	**4**
Ebe Prill	816	795			804	792	747		**3,207**	802	816	**5**
Ola Balme	783	777			807	784	723		**3,151**	788	807	**6**
Melanie Edwards	761	743			751	762	703		**3,017**	754	762	**7**
Andy Murray	765	728			754	747			**2,993**	748	765	**8**
Joseph Brady	766	739			720	738			**2,962**	741	766	**9**
Rob Cope	756	737			717	716			**2,926**	731	756	**10**
Alastair Locke	729	702				743	738		**2,912**	728	743	**11**
Kim Hainsworth	730	731			749		652		**2,861**	715	749	**12**
Clare Elms		937			937	899			**2,773**	924	937	**13**
Barrie J. Nicholls	683	666			671	681	594		**2,700**	675	683	**14**
James Burrows	685	680			685		626		**2,676**	669	685	**15**
Tony Tuohy	889	871			889				**2,650**	883	889	**16**
Sue Cooper	704	601			659	669			**2,633**	658	704	**17**
Anna Thomas		649			686	675	611		**2,620**	655	686	**18**
Mike Mann	863	832			804				**2,500**	833	863	**19**
Charles Lound	849	801					831		**2,481**	827	849	**20**
Lindsey Annable	619	662			564	614			**2,459**	615	662	**21**
Ameet Patel	604	587			607	625			**2,423**	606	625	**22**
Gary Sullivan	776	767			779				**2,322**	774	779	**23**
Clare Wyngard	772	758				770			**2,300**	767	772	**24**
Nicola Richmond	771	776			735				**2,282**	761	776	**25**
John English	754	752					722		**2,228**	743	754	**26**
Bob Bell		727			748	734			**2,208**	736	748	**27**
Steve Street	546	557			560	518	441		**2,180**	545	560	**28**
Graham Laylee	707	683			724				**2,114**	705	724	**29**
Paul Devine	702	701				703			**2,105**	702	703	**30**
Martin Morley	697	695				683			**2,076**	692	697	**31**
Mark Foster	623	727			716				**2,066**	689	727	**32**
Olivier Montfort	681	694				663			**2,038**	679	694	**33**
Chris Treble	691				686		659		**2,036**	679	691	**34**
Ed Smyth	688	687					508		**1,884**	628	688	**35**
Cameron Timmis	607	644				624			**1,875**	625	644	**36**
Robert Balzanella		615				632	558		**1,805**	602	632	**37**
Ajay Khandelwal	659					613	507		**1,779**	593	659	**38**
Neville Webb					863	846			**1,709**	854	863	**39**
Chris Loizou	828	825							**1,653**	826	828	**40**
Catherine Lee	805				814				**1,619**	810	814	**41**

Andrea Pickup	803	790							**1,593**	797	803	**42**
Steve Williams	802	777							**1,579**	790	802	**43**
Edward Hill	787	772							**1,559**	780	787	**44**
Duncan Hussey	773	763							**1,536**	768	773	**45**
Cara Oliver	780					753			**1,533**	766	780	**46**
Emily Gelder	747						774		**1,521**	761	774	**47**
Charlie Wood					806		703		**1,509**	754	806	**48**
Lewis Laylee	745	745							**1,490**	745	745	**49**
Wayne Lashley	742	739							**1,481**	741	742	**50**
Toni Holt	733						746		**1,479**	739	746	**51**
Ian Lilley	739	726							**1,465**	733	739	**52**
Paul Hodge	705	724							**1,429**	714	724	**53**
Rupert Nash		687			711				**1,398**	699	711	**54**
Kevin Chadwick	701	695							**1,397**	698	701	**55**
Duncan Wilson	686	694							**1,380**	690	694	**56**
Joanne Shelton					685	663			**1,348**	674	685	**57**
Adam Vaughan	689						650		**1,339**	669	689	**58**
Steve Ackroyd	667				669				**1,336**	668	669	**59**
John Fletcher		674					642		**1,316**	658	674	**60**
Steve Wehrle						673	572		**1,245**	623	673	**61**
Andrew Bright						632	590		**1,222**	611	632	**62**
Per Hedberg		630					576		**1,206**	603	630	**63**
Paul Keating	588	515							**1,104**	552	588	**64**
Jim Dowsett						622	476		**1,098**	549	622	**65**
Ros Tabor		844							**844**	844	844	**66**
Adrian Greer		789							**789**	789	789	**67**
Elkie Mace	769								**769**	769	769	**68**
Oscar Hussey	744								**744**	744	744	**69**
Ian Sesnan	719								**719**	719	719	**70**
Michelle Lennon	711								**711**	711	711	**71**
Tom Marshall							709		**709**	709	709	**72**
Louisa Pritchard					700				**700**	700	700	**73**
Susie Labinjoe	698								**698**	698	698	**74**
Nicola McIvor	687								**687**	687	687	**75**
Laura Long		674							**674**	674	674	**76**
Katie Styles	667								**667**	667	667	**77**
Mike Dodds						659			**659**	659	659	**78**
Laura White		648							**648**	648	648	**79**
Jozef Danko						646			**646**	646	646	**80**
Scott Hemmens							644		**644**	644	644	**81**
Mick Ward	644								**644**	644	644	**82**
Kev Wood	618								**618**	618	618	**83**
Susanna Wilkey						597			**597**	597	597	**84**
Brendan Greaney						595			**595**	595	595	**85**
Nick Bailey-Wood		583							**583**	583	583	**86**
Patrick McMorrow						575			**575**	575	575	**87**
Barry Evans							570		**570**	570	570	**88**
Rachel Warriner	569								**569**	569	569	**89**
Susan Vernon							565		**565**	565	565	**90**
Chris Vernon						556			**556**	556	556	**91**
Clare Quirico							543		**543**	543	543	**92**
John O'Byrne		538							**538**	538	538	**93**
Simon Winstanley							516		**516**	516	516	**94**
Cory W.Malcolm							437		**437**	437	437	**95**
Roy Hibberd							379		**379**	379	379	**96**

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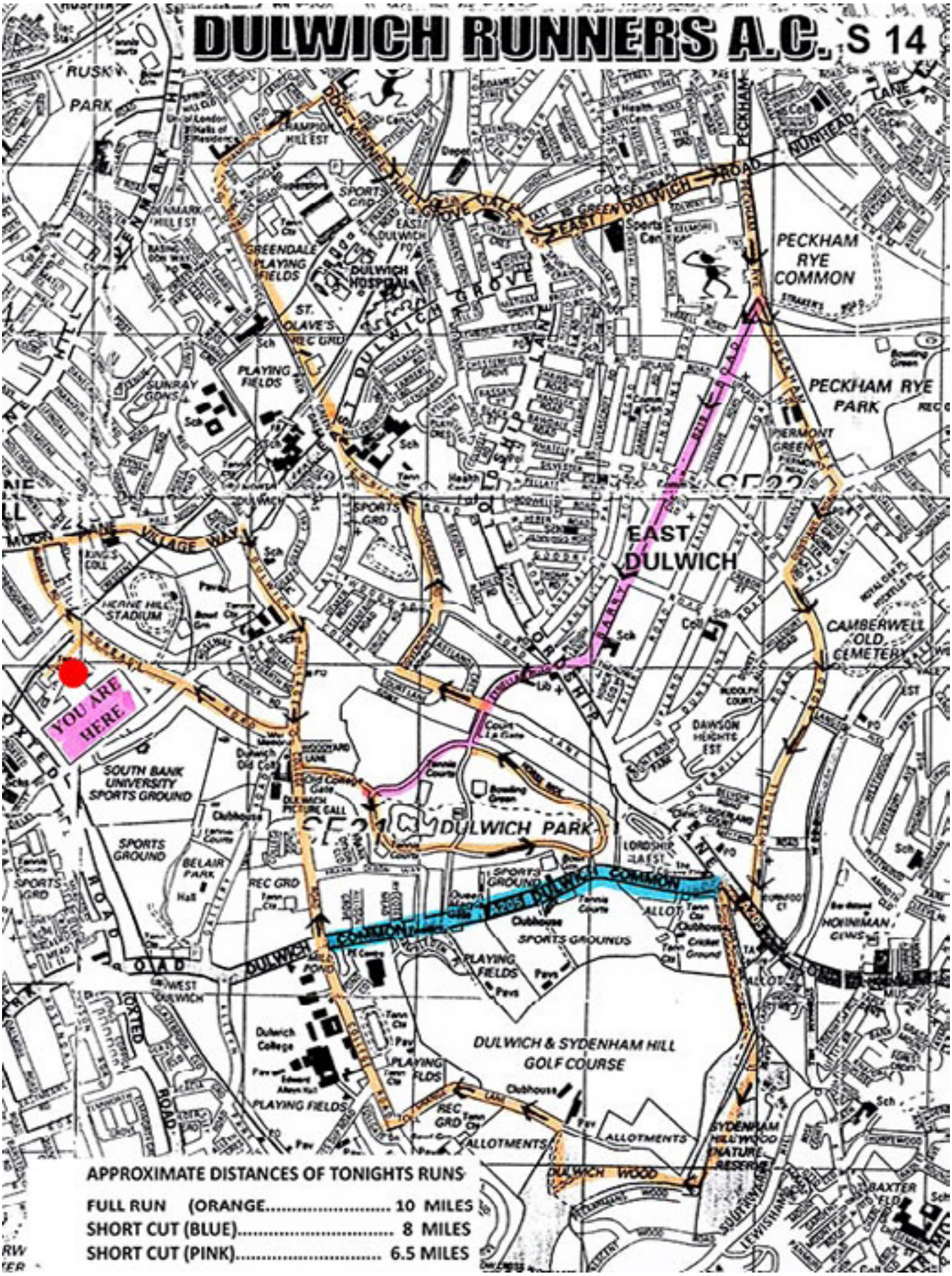
DULWICH RUNNERS A.C. S 14
YOU ARE HERE
EAST DULWICH
DULWICH PARK
PECKHAM RYE COMMON
PECKHAM RYE PARK
CAMBERWELL OLD CEMETERY
SOUTH BANK UNIVERSITY SPORTS GROUND
DULWICH & SYDENHAM HILL GOLF COURSE
HERNE HILL STADIUM
GREENDALE PLAYING FIELDS
DULWICH HOSPITAL
ST. OLAVE'S
PLAYING FIELDS
SUNRAY GDNS
BELAIR PARK
SPORTS GROUND
DULWICH COMMON
ALLOTMENTS
DULWICH WOOD
SYDENHAM HILL WOOD NATURE RESERVE
APPROXIMATE DISTANCES OF TONIGHTS RUNS
FULL RUN (ORANGE..... 10 MILES
SHORT CUT (BLUE)..... 8 MILES
SHORT CUT (PINK)..... 6.5 MILES