SHORTS

Dulwich Runners AC
Weekly Newsletter
June 4th 2014

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

- THE COMING WEEK –

Wed 04 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Thu 05 **Beckenham assembly league** , 7:30 start
Open to all members, free to enter just turn up in a club vest and run !
map http://goo.gl/maps/AkXoJ

Tue 10 **Track session with Steve Smythe** - £1 fee
Dulwich college Track - 7 for 7:15pm start

In your SHORTS this week !

2 Fixture list, Club champs,XC road, trail etc
4 Race reports and results
4 Parkrun results
8 Club Champs updated results so far
7 Wednesday night running map

And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

TRACK SESSIONS

Now back at Dulwich College

Tuesdays with Steve Smythe

Improve your speed & strength over all distances.
suitable for all standards and abilities.
Dulwich will be just a pound but additional £2 payable next day or following week for those who don't pay on night

Arrive at 7 for warm-up then a prompt 7:15pm start

DUWLCH RUNNERS MIDSUMMER 5K

As you probably know there are going to be big flood protection works in Dulwich Park for the next few months, so we are hoping to hold the Midsummer 5k race in Brockwell Park this year instead.

The date is now Thursday 3 July

If you are interested in helping on the day, or with the organisation pre-race, please can you let me know.
Thanks - Ros - Ros@28kerfield.freeserve.co.uk

Club Members are also welcome to run

.....and
Battersea Park assembly league now 26th June

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.
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 3**

EVENT HORIZON

A brief look ahead

full fixture list page 2

June 5 Beckenham Assembly League
June 16 Dulwich Club champs 2mile Battersea
JUne 22 Beckenham 10k

NEW RUNNERS ROTA

Many thanks to **Andy Murray and Paul Devine** for taking out new club 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**

Cameron Timmis	**04/06**
Tony Tuohy	11/06
Ros Tabor	18/06

WEDNESDAY NIGHT £1 RUNNING FEE

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

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page 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

Dulwich Runners 2014 Fixtures

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

Date		Race		Venue
Jun	4	B & BH open meeting 3000m		Norman Park, Bromley
	5	Assembly League 5k		Beckenham - 7:30 start * **note changed venue**
	16	Dulwich Club Champs 2 miles	(short)	Battersea * **note changed venue**
	22	Beckenham 10k	(medium)	Beckenham
	26	Assembly League 5k		Battersea Park - 7:30 start * **note changed date**
July	2	B & BH open meeting 10,000m		Norman Park, Bromley
	3	Dulwich runners Midsummer 5k		Brockwell Park * **note changed date**
	11	Mark Hayes Mile	(short)	Dulwich College Track
	23	B & BH open meeting 5000m		Norman Park, Bromley
Aug	7	Assembly League 3.5miles		Victoria Park, Mile End - 7:30 start
	31	Sevenoaks 7	(medium)	Sevenoaks
Sep	4	Assembly League 3miles		Beckenham - 7:15 start

ASSEMBLY LEAGUE 2014

This year's series of Assembly League races has now been decided.
They will take place on the first Thursday of every summer month, venues will be the same as last year.
This summer evening series of races is popular with club members, and all including newly joined members are warmly welcomed and encouraged to participate.
For those that are new to the club these races are open to all standards and abilities, 5k, and free to enter, all you need to do is have a club vest, turn up and run.
If there is any further information regarding these races it will appear here in Shorts as and when it becomes available

5 June	**Beckenham**	5k	7.30 start	* **note changed venue**
26 June	Battersea Park	5k	7.30 start	* **note new date**
7 Aug	Victoria Park	3.5 miles	7.30 start	
4 Sept	Beckenham	3 miles	7.15 start	

DULWICH RUNNERS CLUB CHAMPS 2014

9 races in total split into 3 distance categories. 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 current club membership to qualify for points. **For those wishing to know the Clup Champs rules they are on the clubs website**

Remaining events are as follows:

16 June Battersea Park 2 miles (short)
2mile race pre-entry http://run.runandbecome.com/event/london-race-2m-160614/
22 June Beckenham 10k (medium)
11 July (tbc) Mark Hayes Mile (short)
31 August Sevenoaks 7 (medium)

Mike Mann (on belhalf of ADSC)

CLUB CHAMPIONSHIPS important update

Our selected 10 mile Club Championship race is the Rye 10 on 25th May. Since the Club Championship races were set, the Club has been invited by British Athletics to enter men and women teams in to the BUPA London 10K on the same date.

In order to allow our faster runners to represent the club in this prestigious event and not being disadvantaged in the Club Championships, The Committee has decided to add the Cabbage Patch 10 on 19th October as an additional 10 mile race.

Times recorded at the Cabbage Patch will be adjusted to reflect the relative difficulty of the 2 courses and overall 10 mile results produced soon after 19 October. Runners who compete at both races will be credited with their best performance of the 2

CLUB CHAMPS FIXTURES UPDATE

Owing to impending drainage works in Dulwich Park, it has been decided to shift the 2 mile race there scheduled for 11 September, to Monday 16 June in Battersea Park, where we will use the Sri Chimnoy 2 mile race as our club champs. This starts at 7pm just past the entrance to the main car park and you can enter on the evening.

JUNE CLUB CHAMPS RACES

There are 2 club champs races this month, the 2 miles at Battersea Park on Monday 16 June and the Beckenham 10k on Sunday 22 June.
The Sri Chimnoy 2 mile race starts at 7pm on 16 June. Registration is near the start of the large carpark parallel to Prince of Wales Drive just inside the main entrance to the park. There was a high turnout there for the 5k on Monday night so it is suggested that you get there in good time to register and enter or alternatively enter on line at:
www.runandbecome.com
Note that the finish is close to registration but the start will be some 800m away. There is plenty of free parking available and 2 train stations nearby.
It is also suggested that you enter on line:
www.beckenhamrunning.co.uk for the Beckenham 10k on 22 June to avoid disappointment.

Surrey Road League 2014

As well as the events we choose for our Club Championships, we are also eligible to compete in the Surrey Road League. Individual positions in the league are determined by the best five scores and you also contribute to the club's position.
As soon as the fixtures are confirmed they will be listed here

For more info go here:
http://www.surreyathletics.org.uk/road/league/index.php?Y=2013&O=R&S=2014
Charlie Lound **-** Men's Road Captain

TRACK MEETINGS

UPDATE

For those of you interested in competing on the track, there are several open meetings held at local venues during the spring/summer season.

Open meetings, hosted by HHH are held at Tooting Bec on some Saturday afternoons with the first one scheduled for 12 April.

Other open meetings are at Norman Park, Bromley on Monday evenings, Crystal Palace on Saturday afternoons and at Parliament Hill.

4	June	Norman Park 3000m
9	June	Norman Park
25	June	Cambridge Harriers Open, Eltham
26	June	Tooting track
2	July	Norman Park, 10,000m
19	July	Crystal Palace
21	July	Norman Park
23	July	Norman Park, 5000m
11	Aug	Norman Park
23	Aug	Tooting track
23	Aug	Crystal Palace
27	Aug	Norman Park
10	Sep	Parliament Hill

These meetings, where there are usually 800m, 1500m and 3000m races on offer, are ideal for those looking for improved times, having done some earlier races.
Please contact me for further details.
Mike Mann

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

Race Reports & Results

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, XC, Tri results etc, are welcome .

Kent Road Runner Marathon

Whilst others may boast of exotic marathon locations, last Saturday morning I ventured to Gravesend near the A2 to run 17 times round a cycle track. When I told friends beforehand about this foolhardy exploit I think they imagined running round an internal cycle track, where if you went too slowly round the curves the camber would cause you to fall into the middle.

It really wasn't that bad - but was nevertheless foolhardy as, without boring you with the details, because of a back injury, I had less than 10 weeks to get myself marathon fit, having not run for 5 months. Because of a slightly too optimistic training schedule, around 14 days of these 10 weeks were spent with a calf strain.

If I had been on a bike it would have been fine (it was, after all, a 2.5k outdoor cycle track) but having paid my registration fee I was mean enough not to waste it, so lined up with about 350 others on a fairly hot last day of May. The winner flew by me on several occasions – I think lapping me for the first time when I was on 1.5 laps and he was on 2.5. My first 13 laps went pretty well (relatively speaking but clearly not compared to those flying round) – slowing a bit but averaging around 6min per km (15 mins per lap), throwing plastic ring armbands from my wrist on each lap when passing the start/finish to enable me to keep count of how many were left (we were all given these to wear to keep count).

Then the struggle began and the lack of a full training schedule took its toll. The 4.15, which if I had kept the pace up should have been possible, receded into the distance and I thought 4.30 might be feasible, but that too became a dream as the clock ticked on and my legs got slower.

The 16th lap was spent alternately walking, then 'running' (though not many Dulwich Runners would classify what I was doing at that stage as running). By the 17th lap, when even 4.45 had receded, I summoned up the energy from somewhere to avoid the clock ticking over 5 hours when crossing the line. 4.58 is what the clock said but it was nevertheless good to have finished – my 17th (having done one a year from the time I took up running aged 50). Not in the same league as most of the club but feels good for 'an old un'.

If anyone is thinking of doing it next year – its Saturday 30th May 2015, well organised, good drink station (which you pass 17 times!), friendly encouraging marshalls and supporters, and relatively flat. Also 17 laps wasn't as boring as you would have expected.....

Barry Graham Evans 4:58:00

Stockholm Marathon May 31st 2014

This was the 26th edition of the Stockholm Marathon featuring 21,942 entrants from 93 countries including 573 Brits, the most represented non-Nordic country.

The early summer weather in Stockholm is unpredictable; Carolina ran the same race two years ago and the high was 2C, while a week prior to this year's start the mercury hit 29C. Luckily for me the Norse gods of weather were my friends and the temperature on race day stayed below 20C with scattered showers and occasional sunshine.

The race organisers had allocated me a place in the 'C' starting pen with an estimated time of 3:30, which was a little frustrating. I had predicted 3:10, but the organisers insisted I would need a sub 1:21 HM to start in that pen(!), so I started with some 2,000 people in front of me, surrounded by 8 minute milers.

My training had gone OK, injuries limiting me to about 2/3 of the prescribed mileage, but in the final weeks leading up to the race I started to feel good, like distance AND speed could be mutually compatible. I arrived targeting a sub 3:15 finish, to achieve a good for age for London 2015.

The start was congested and I completed the first downhill mile in a frustrating 8 minutes. As the crowds began to clear, the temptation to go too fast was huge, but I fought it off, completing the first 5km in just over 23 minutes before settling in to a steady 7:15 pace.

Stockholm is not the flattest course, but I managed to keep an even pace on all but the hilliest miles, going through the halfway point in 1:36:00 with my legs feeling very fresh. Somehow at this point I missed the fact that my Garmin (set in miles) and the course markers (in KM) were out of sync, with my Garmin reading long.

The field ahead of me began to flag in the second half, but I maintained my pace and form, feeling great through 20 miles, overtaking ever more runners as the race progressed. A sub 3:10 looked increasingly likely, until I reached the 40km marker with my Garmin indicating only 0.88 miles remaining, this was definitely the low point of the race for me, thankfully I had something in hand to achieve my 3:15 target. The race finishes on the track at the 1912 Olympic Stadium, I managed to up my pace and sprint the back straight and final bend before crossing the finish line in 3:12:36, giving me a near even 1st/2nd half split. Looking at my stats after the race, my slowest 5km was 23:17, my quickest 5km was 22:19 and I passed a net 954 runners over the course of the race.

I really enjoyed my first marathon experience and I am already looking forward to London 2015. I have to say that I found the race itself easier and more comfortable than any of my longer training runs, I guess the taper, rest and race day atmosphere make a huge difference.

Special thanks to all of my Dulwich Runners training buddies for their company and support, to coach Steve for his training programme and advice and to physio Paul O'Hara of Back on Track for patching me up and keeping me in my running shoes.

894 Ian Lilley 3:12:36 (218 V40+)

BUPA London 10k, 25th May

Once again Dulwich had 11 runners taking part in this top class race starting and finishing in front of Buckingham Palace and incorporating the British 10k Championships.

Team results are still not available but with our first three women inside 40 minutes we may have placed well again and landed one of the decent cash prizes.

Ed Hill finally revised his 10k PB with a strong run that compares favourably with his impressive shorter distance times, leaving Tony well before 5k – whose start was a bit too quick….!

Both Ed and Tony were a little slower in their second halves, while all but two of the rest of our runners managed good negative splits. Alastair Locke scored an excellent 15 second PB – but at the expense of a broken metatarsal in his foot that will put him out of action for some weeks. These ultra distance runners, eh? Get well soon Al.

The remaining men Charlie, Paul and Ebe all had solid enough runs with Ebe in particular showing his PB is in danger soon; Charlie and Paul thought their runs below par but will also surely improve during the summer off the back of their marathon training.

Clare, unsure of her endurance at the moment, started conservatively but picked up well for a sub-6 minute miling second half to record a big negative split, passing 64 runners in the last 5k!

Mel was in good form and kept up her usual excellent pace judgement but missed her PB by a tantalising 9 seconds. Both our specialist long-distance women had excellent runs recording exactly the same time; a great debut 10k from Toni and a PB for Emily three years after her last one. Andrea felt below par before the race but delivered a solid well-paced run, only slowing slightly in the second half. ***Tony Tuohy***

134 Ed Hill	34:31	(17:10/17:21) - PB
163 Tony Tuohy	35:01	(17:22/17:39)
197 Alastair Locke	35:36	(17:59/17:37) - PB
242 Charlie Lound	36:14	(18:11/18:03)
296 Paul Devine	36:54	(18:33/18:21)
384 Clare Elms 35W	37:59	(19:26/18:33)
423 Eberhard Prill	38:28	(19:22/19:06)
437 Mel Edwards 43W	38:39	(19:35/19:04)
515 Toni Holt 53W	39:29	(19:36/19:53) - PB
520 Emily Gelder 56W	39:29	(19:50/19:39) - PB
704 Andrea Pickup 93W	40:57	(20:22/20:35)

Over 12,000 finishers

Self Transcendence 5k Battersea Park, 2nd June

With Ebe Prill cheering the Dulwich contingent on rather than run while suffering from a cold, he no doubt was left ruing his bad luck at missing an opportunity as there was a plethora of Dulwich PBs.

Tony was unsure how his legs would fare just a day after a hard track 5000m but recovery was good and he was pleased enough to run close to his best times for Battersea.

Just 9 seconds behind though, Edwin produced a storming run for his first open 5k to match his equally impressive 1500m debut of 4:33 two weeks earlier. Paul had been wondering when some short distance form was going to come since coming off his marathon training, and it's duly arrived with another great PB.

Steve Davies was also making his open 5k debut and easily surpassed his best parkruns with his first clocking under 18 minutes. Just missing that barrier was Rob Cope who nevertheless managed to shave 3 seconds from his best time set last year.

No PB for Sam but he said beforehand his form was nowhere near that level; in fact he ran well and was only 16 seconds short of his best Dulwich parkrun time from last summer. Mike wasn't running at his best but was made to work hard, just missing out in a race-long battle for 1st M60.

Tony Tuohy

16 Tony Tuohy	16:42 (1st M50)
23 Edwin McCormack	16:51 PB
31 Paul Devine	17:08 PB
51 Stephen Davies	17:53 PB
54 Rob Cope	18:01 PB
68 Sam Crump	18:40
109 Mike Mann	20:33 (2nd M60)

235 finishers

SCVAC LEAGUE BROMLEY 30 MAY

Competing for Cambridge Harriers:

100m	Ros Tabor	17.2	3rd W60
800m	Clare Elms	27.6	1st W35 A string
	Emily Gelder	2:39.4	1st W35 B string
	Ros Tabor	2:55.5	2nd W50

Clare and Emily also ran in the 4 x 200m relay which Cambridge Harriers won. ***Ros Tabor***

UKYDL Southern Premier League , Reading - 31 May

Despite a 18 second difference in PBs, Oscar challenged last year's top UK ranked U13 at this distance all the way.
In a fearless race, he overtook him with 250m to go and though eventually he tired in the last 80m, his bold race was rewarded with a near 10 second PB. ***Duncan Hussey***

800m
2 Oscar Hussey 2.17.5 PB
6 ran

Later he ran a 42 second split in a 4*300m.

Rosenheim League
Croydon Arena - 28th May

Competing for HHH:
Despite arriving at a rather grim looking Croydon Arena an hour before the 3000m race, we somehow lost track of time warming up in the nearby country park and arrived back at the track with just minutes to spare. We went through 400m on target but had slowed by 1k. After this point, I lost all track of laps and splits; my disorientation not helped by the large field, which meant we were both being lapped and lapping slower runners.

Nevertheless, we gradually picked up the pace over the next 2k with Nicola staying tucked behind me until just before the last lap when she flew past to put in a storming final 400m and smash her PB. I knocked a fraction of a second off mine and although disappointed with my time, I was pleased to have run a better paced race than my last 3000m and enjoyed racing in spikes for the first time.

14 Nicola Richmond 2W 11:04.43
15 Mel Edwards 3W 11:10.29
23 ran ***Mel Edwards***

800m Mike Mann 2:38.98
1500m Mike Mann 5:28.30
Mike Mann

BMC Meeting
Eltham, 28th May

800m

Having posted a good 800m debut of 2:15.83 only 9 days before, and that was after already running a PB 1500m, Lewis Laylee showed his maturing speed with an excellent 2 second improvement, winning the race from the back with a faster second lap.
1 Lewis Laylee 2:13.58 (PB)

800m

Clare sensibly laid off the usual manic pace of the young runners she found herself seeded with and still went through 400m in 67-68 seconds despite being at the back. With all the fast starters inevitably dying away, Clare had to work her way through a lot of traffic to reach the front, which no doubt cost her the W50 UK record which she missed by 0.18 seconds.
1 Clare Elms 2:19.68

3000m

Unlike a month ago when Tony engaged in a fast race and died away in the last km, this time he paced it from the outset at 76 seconds per lap for a target 9:30 and it paid off with a big improvement. ***Tony Tuohy***
8 Tony Tuohy 9:29.67

Surrey Masters, Sussex Masters and Vets AC Combined Championships
Ewell Court, 1st June

An excellent idea to combine these three championships meant much bigger fields for all events and therefore much more competitive racing.

1500m

Ed's race unfortunately soon found him in no-man's land between a very fast winner and the rest, but he still only missed his recent PB by just over a second.
2 Ed Hill 4:24.88
(M35 Surrey silver, VAC gold)

Mike was well below his indoor form but it was enough to secure the medals. Andy was running in a rare shorter track race but did well to gain gold and silver medals.
3 Mike Mann 5:32.04
(M65 Surrey gold, VAC gold)
5 Andy Murray 5:44.83
(M60 Surrey gold, VAC silver)

Ros hasn't run a 1500m as fast as this since the European Championships two years ago; she improved her winning time from the British Masters Indoors in March by a superb 5 seconds to comfortably beat much younger rival Maggie Statham who had bested her at the British Masters 10k four weeks earlier. This performance also scores the highest ever age grading for Ros, an astonishing 98.07%!
3 Ros Tabor 5:43.14
(W60 Surrey gold, VAC gold)

800m

With the 1500m already in his legs, Ed again had to give best to another (fresher) Surrey runner, nevertheless clocking a good sub-2:10 for his second-best time and gaining the same medals.
2 Ed Hill 2:09.68
(M35 Surrey silver, VAC gold)

Mike wasn't looking forward to another race after his form in the 1500m, and it was as hard as expected, but he still gained two gold medals.
2 Mike Mann 2:49.71
(M65 Surrey gold, VAC gold)

5000m

Tony knew his main opposition was Herne Hill's Mike Boyle, recent medalist in 34.34 at the British Masters 10k, so his plan was to stick behind him and hope he could keep up for the sprint. Boyle let others lead for 3 or 4 laps at only 84 seconds or so each before taking it on and upping the lap pace to 79-80 seconds where it stayed for the rest of the race.

The last 2k was run in under 6:35 and Tony was desperately hanging on during the last mile but made it to the bell and sprinted from 300m out, winning by two seconds despite treading water in the final straight. Andy ran well despite tiring a lot in the latter stages with the 1500m still in his legs, again winning two gold medals. ***Tony Tuohy***
1 Tony Tuohy 16:52.36
(M50 VAC gold)
12 Andy Murray 20:57.27
(M60 Surrey gold, VAC gold)

May 31st

Brockwell
240 ran

23	Ola Balme	19:56
27	Simon Burnett	20:12
34	Jim Dowsett	20:41
38	Duncan Wilson	20:57
43	Chris Goodman	21:25
70	Linda Byrne	22:51
111	Desmond Edwards	25:06
129	Claire Steward	26:05
183	Sarah Lyness	29:13

Crystal Palace
198 ran

2	Wayne Lashley	18:11	
4	Paul Devine	18:22	
11	Mel Edwards	19:20	PB
13	Sam Crump	19:27	
40	Emma Ibell	21:51	
44	Graham Laylee	22:14	
58	Bob Bell	23:03	
83	Belinda Bell	24:27	
90	Michael Dodds	24:47	
158	Barry Graham	29:41	

Hilly Fields
125 ran

18	James Burrows	20:56	
21	Gary Sullivan	21:21	
22	Gideon Franklin	21:25	PB

Hull
428 ran

20	Paul Hodge	19:40

Northampton
245 ran

Taking a break from my current parkrun tour of the South-East, which hit the buffers badly at the last stop at Canterbury! , I took advantage of a short visit to friends in Northants to tackle the Northampton parkrun.

This friendly and well organised event is staged at The Racecourse in the centre of Northampton; 118 acres of parkland which was used as a racecourse until 1904.

The two lap course around the outside of the park is run on tarmac paths, and is reasonably flat apart from a couple of short inclines.

I was hoping to break the M55 – 59 course record which stands at 19.13, and was well on schedule after 3kms, but a sluggish 4th kilometre left me slightly too much to make up and I missed the record by 3secs!

10 Nicholas Brown 19:16 1M55

Orpington
148 ran

2	Clare Elms	18:48
7	Duncan Hussey	19:36
17	Stephen Smythe	21:46

Southwark
70 ran

3	Kevin Chadwick	19:38

Riddlesdown
77 ran

6	Ange Norris	21:14

Southwark
70 ran

3	Kevin Chadwick	19:38

I am very please to announce the launch of the Peckham Rye parkrun starting 21st June 2014, All details can be found on the website

http://www.parkrun.org.uk/peckhamrye/

I will be holding a practice event on Thursday 19th June starting around 19:00pm for anyone wishing to try out the course or practice using any of the volunteer equipment.

Please bring your barcode as we will treat this as a real parkrun so will be scanning barcodes etc. I will post the times in shorts of any of the Dulwich runners who attend.

I have plenty of volunteers for the inaugural event on the Saturday but am a little short for the practice run, so if anyone is interested in learning One or more of the different roles please contact me.

Afterwards I suggest we go to the Clock House on Barry road for some refreshment and you can give me any feedback about the course/parkrun.

Any questions you can email me at: Kevchadwick@googlemail.com or just ask me on Tuesdays at the track.

New members especially ! and others....
Could you update your profiles to show you are a current member of Dulwich Runners AC.
This help us pick out all our runners for the weekly results.

2014 Club Champs within age group		Short			Medium			Long				
Name/Category		5k BROCKWELL 01-Feb	2M BATTERSEA 16 - Jun	1M DULWICH 11-Jul	10K BROMLEY 05-May	10K BECKENHAM 22-Jun	7M SEVENOAKS 31-Aug	1/2 MAR TUN.WELLS 02-Mar	MARATHON LON or other 13-Apr	10M RYE 25-May	Bonus for no. of events	TOTAL 5 events max 1.S,M,L
									not inc later mar's not inc CP 10			
WOMEN SENIOR												
Melanie	Edwards	49			50			50	47	-	4	200
Sarah	Cross	47			49			48	-	-	3	147
Sue	Cooper	48			47			47	-	-	3	145
Laura	Lane	45			46			-	43	-	3	137
Anna	Thomas	-			-			49	44	-	2	95
Katie	Crowe	-			48			46	-	-	2	96
Helen	Lister	46			-			-	46	-	2	94
Charlie	Boden	44			-			-	43	-	2	89
Belinda	Bell	-			45			44	-	-	2	91
Leann	Peters	42			-			43	-	-	2	87
Charlie	Wood	50			-			-	-	-	1	51
Shona	Mcintosh	-			-			-	50	-	1	51
Toni	Holt	-			-			-	49	-	1	50
Emily	Gelder	-			-			-	48	-	1	49
Nicola	McIvor	-			-			-	45	-	1	46
Joanne	Shelton	-			-			45	-	-	1	46
Kim	Hainsworth	43			-			-	-	-	1	44
Penelope	Bell	-			-			42	-	-	1	43
WOMEN V40												
Clare	Elms (50+)	50			50			50	-	-	3	153
Ros	Tabor (50+)	45			45			48	-	50	4	192
Clare	Wyngard (50+)	44			47			47	-	49	4	191
Lindsey	Annable	43			44			44	-	47	4	182
Emma	Ibell	47			-			49	-	-	2	98
Ola	Balme	49			48			-	-	-	2	99
Michelle	Lennon	46			-			-	49	-	2	97
Yvette	Dore	-			46			45	-	48	3	142
Diana	Morgan (50+)	42			-			43	-	-	2	87
Marjorie	Epson (50+)	-			-			-	50	-	1	51
Nicola	Richmond	48			-			-	-	-	1	49
Andrea	Pickup	-			49			-	-	-	1	50
Louisa	Pritchard	-			-			46	-	-	1	47
Carolina	Lilley	-			-			42	-	-	1	43
Sarah	Lyness	41			-			-	-	-	1	42
MEN SENIOR												
Paul	Devine	49			48			49	50	-	4	200
Edward	Hill	48			50			48	-	-	3	149
Alastair	Locke	47			-			50	47	-	3	147
Edwin	McCormack	46			49			-	48	-	3	146
Sam	Crump	45			-			47	44	-	3	139
Toby	de Belder	42			-			45	45	-	3	135
Andrew	Cottrill	-			47			43	42	-	3	135
Kevin	Chadwick	43			-			46	43	-	3	135
Hugh	French	37			43			40	-	-	3	123
Chris	Goodman	44			-			42	-	-	2	88
James	Burrows	41			-			44	-	50	3	138
Martin	Double	-			45			-	41	-	2	88
Dominic	Joiner	40			-			-	40	-	2	82
Wayne	Lashley	50			-			-	-	-	1	51
Oli	Thorogood	-			-			-	49	-	1	50
Tom	Marshall	-			-			-	46	-	1	47
Alex	Haylett	-			46			-	-	-	1	47
Matthew	Ladds	-			44			-	-	49	2	95
Christian	Moody	-			-			41	-	-	1	42
Oscar	Hussey	39			-			-	-	-	1	40
Andrew	Bright	38			-			-	-	-	1	39
Desmond	Edwards	36			-			-	-	48	2	86
MEN V40												
Rob	Cope	47			50			50	49	50	5	251
Stephen	Davies	49			-			49	48	-	3	149
Jim	Dowsett	43			48			48	-	49	4	192
Cameron	Timmis	42			46			46	-	-	3	137
Paul	Keating	41			43			44	-	-	3	131
Charles	Lound	50			-			-	50	-	2	102
Olivier	Montfort	-			49			-	47	-	2	98
Ajay	Khandelwal	44			-			47	-	-	2	93
Joseph	Brady	-			45			45	-	47	3	140
Paul	Hilton	-			44			43	-	46	3	136
Ian	Lilley	48			-			-	-	-	1	49
Duncan	Hussey	46			-			-	-	-	1	47
Paul	Hodge	-			47			-	-	-	1	48
Mark	Foster	45			-			-	-	48	2	95
MEN V50												
Eberhard	Prill	49			49			49	50	-	4	201
Andrew	Murray (60+)	42			45			43	47	47	5	229

Gideon	Franklin	43			44			42	46	49	5	229
Barrie J.	Nicholls	34			40			38	45	45	5	207
Tony	Tuohy	50			50			50	-	-	3	153
Gary	Sullivan	45			47			45	-	-	3	140
Mike	Mann (60+)	44			46			44	-	48	4	186
Graham	Laylee	39			43			41	-	-	3	126
Martin	Morley (60+)	41			42			40	-	-	3	126
Patrick	McMorrow	-			35			33	44	41	4	157
Michael	Dodds	36			41			34	-	42	4	157
Stephen	Wehrle (60+)	-			34			32	42	40	4	152
Stephen	Smythe	48			-			-	49	-	2	99
Neville	Webb	47			-			47	-	50	3	147
John	English	46			-			46	-	-	2	94
Robert	Bell (60+)	38			39			39	-	46	4	166
Peter	Gibbons	37			38			-	-	44	3	122
Ameet	Patel	-			36			37	-	43	3	119
Michael	Ward	33			-			36	-	-	2	71
Colin	Frith	32			37			-	-	-	2	71
Per	Hedberg	29			-			35	-	-	2	66
Paul	Mottram	-			-			-	48	-	1	49
Chris	Loizou	-			-			48	-	-	1	49
Stephen	Williams	-			48			-	-	-	1	49
Feasey	Dave	-			-			-	43	-	1	44
Duncan	Wilson	40			-			-	-	-	1	41
Giles	Gibson	35			-			-	-	-	1	36
Pip	Eastop	31			-			-	-	-	1	32
Stephen	Street	-			-			31	-	-	1	32
Steve	Cook (60+)	30			-			-	-	-	1	31
Barry G.	Evans (60+)	28			-			-	-	-	1	29
John	O'Byrne (60+)	27			-			-	-	-	1	28
									*	*		

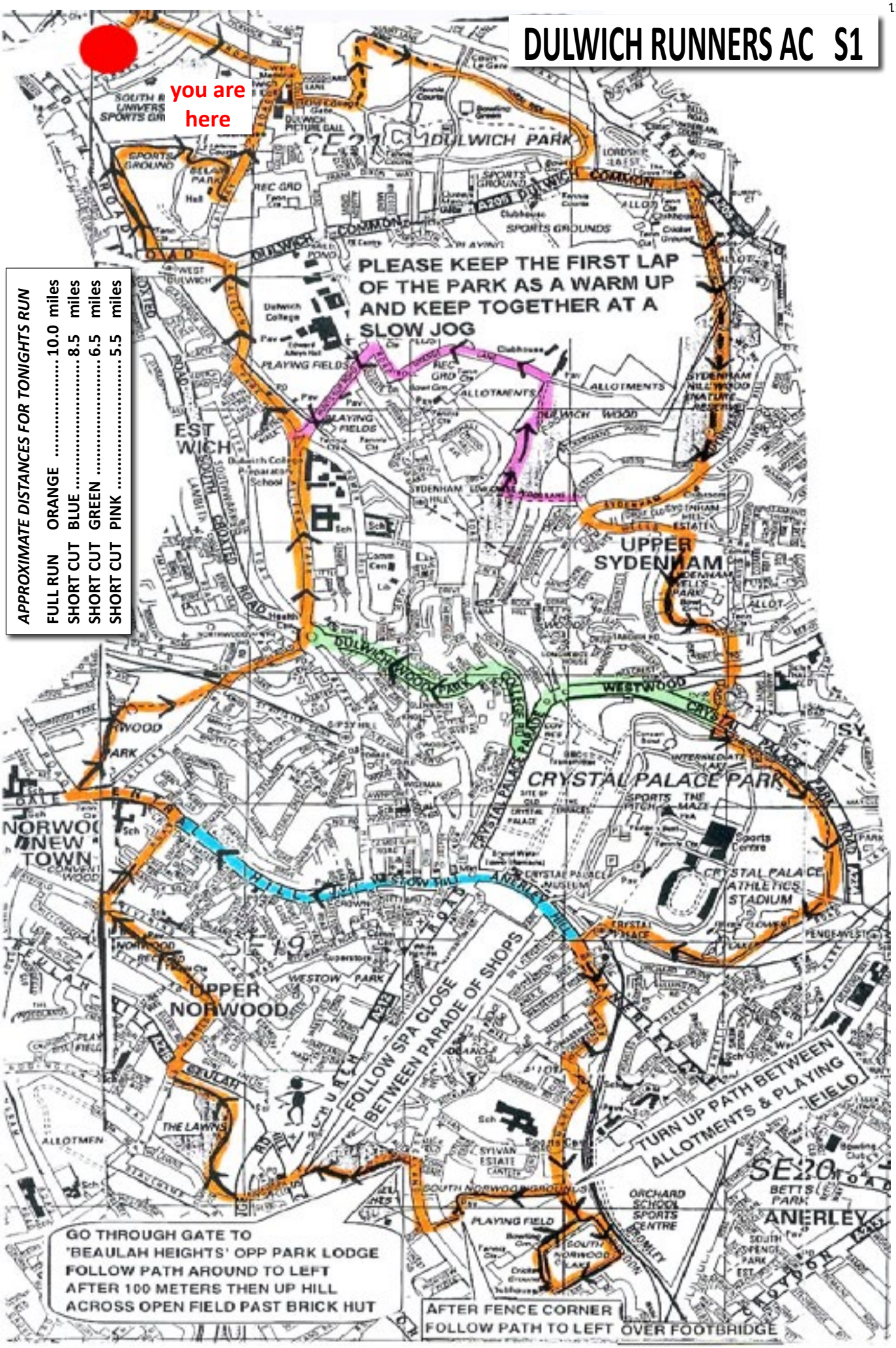
Best 5 count for year including 1 each short, medium, long. W50's and M60's have separate contests using the above scores.
*Later marathons and Cabbage Patch 10 still to come

		Short			Medium			Long				
Name/Category		5k BROCKWELL 01-Feb	2M BATTERSEA 16 - Jun	1M DULWICH 11-Jul	10K BROMLEY 05-May	10K BECKENHAM 22-Jun	7M SEVENOAKS 31-Aug	1/2 MAR TUN.WELLS 02-Mar	MARATHON LON or other 13-Apr	10M RYE 25-May	aver age	TOTAL 5 events max 1.S,M,L
Andrew	Murray (60+)	761			750			763	744	760	756	3,778
Rob	Cope	720			703			737	682	720	713	3,563
Ros	Tabor (50+)	910			842			902	-	894	887	3,548
Gideon	Franklin	707			686			696	666	696	690	3,452
Barrie J.	Nicholls	666			682			673	617	659	659	3,297
Mike	Mann (60+)	819			798			815	-	788	805	3,220
Eberhard	Prill	803			771			795	764	-	783	3,133
Clare	Wyngard 50+)	762			741			758	-	754	754	3,016
Melanie	Edwards	740			729			778	734	-	745	2,980
Paul	Devine	752			694			750	707	-	726	2,903
Robert	Bell (60+)	716			680			698	-	679	693	2,772
Clare	Elms (50+)	914			873			882	-	-	890	2,670
Jim	Dowsett	660			639			651	-	652	651	2,602
Michael	Dodds	651			656			614	-	621	635	2,542
Lindsey	Annable	650			634			635	-	622	635	2,542
Tony	Tuohy	831			828			859	-	-	839	2,518
Patrick	McMorrow	-			605			620	594	609	607	2,428
Stephen	Wehrle (60+)	-			616			659	500	630	601	2,406
Neville	Webb	792			-			810	-	803	802	2,406
Gary	Sullivan	767			738			760	-	-	755	2,265
Edward	Hill	745			735			749	-	-	743	2,229
Stephen	Davies	759			-			743	687	-	729	2,188
Martin	Morley (60+)	746			709			720	-	-	725	2,174
Alastair	Locke	711			-			744	701	-	719	2,156
Edwin	McCormack	705			712			-	702	-	707	2,120
Graham	Laylee	698			698			696	-	-	697	2,092
Sarah	Cross	694			673			679	-	-	682	2,045
Sam	Crump	691			-			706	638	-	678	2,034
Sue	Cooper	703			643			667	-	-	671	2,013
Toby	de Belder	667			-			673	661	-	667	2,001
Peter	Gibbons	679			665			-	-	652	665	1,995
James	Burrows	660			-			666	-	664	663	1,990
Kevin	Chadwick	667			-			675	625	-	656	1,967
Cameron	Timmis	654			639			635	-	-	643	1,928
Joseph	Brady	-			646			653	-	624	641	1,923
Yvette	Dore	-			650			641	-	629	640	1,919
Andrew	Cottrill	-			623			656	607	-	629	1,886

Laura	Lane	661			621			-	560	-	614	1,842
Ameet	Patel	-			602			610	-	597	603	1,810
Hugh	French	575			553			552	-	-	560	1,680
Paul	Keating	584			525			571	-	-	560	1,680
Paul	Hilton	-			539			541	-	599	559	1,678
Charles	Lound	805			-			-	845	-	825	1,650
Ola	Balme	801			780			-	-	-	790	1,581
Stephen	Smythe	779			-			-	750	-	764	1,529
John	English	746			-			749	-	-	748	1,495
Emma	Ibell	727			-			706	-	-	717	1,433
Mark	Foster	720			-			-	-	687	703	1,407
Michelle	Lennon	729			-			-	655	-	692	1,383
Diana	Morgan (50+)	697			-			666	-	-	682	1,363
Helen	Lister	672			-			-	684	-	678	1,356
Ajay	Khandelwal	692			-			642	-	-	667	1,334
Katie	Crowe	-			677			652	-	-	664	1,329
Chris	Goodman	668			-			645	-	-	657	1,313
Anna	Thomas	-			-			682	629	-	655	1,311
Michael	Ward	642			-			650	-	-	646	1,291
Colin	Frith	630			648			-	-	-	639	1,278
Olivier	Montfort	-			658			-	619	-	638	1,276
Charlie	Boden	662			-			-	567	-	614	1,229
Per	Hedberg	578			-			611	-	-	594	1,189
Dominic	Joiner	663			-			-	525	-	594	1,189
Belinda	Bell	-			586			571	-	-	578	1,156
Martin	Double	-			610			-	537	-	573	1,146
Matthew	Ladds	-			556			-	-	557	557	1,113
Leann	Peters	533			-			514	-	-	524	1,048
Desmond	Edwards	506			-			-	-	454	480	959
Chris	Loizou	-			-			825	-	-	825	825
Stephen	Williams	-			804			-	-	-	804	804
Shona	Mcintosh	-			-			-	801	-	801	801
Marjorie	Epson (50+)	-			-			-	790	-	790	790
Emily	Gelder	-			-			-	781	-	781	781
Andrea	Pickup	-			767			-	-	-	767	767
Toni	Holt	-			-			-	764	-	764	764
Charlie	Wood	754			-			-	-	-	754	754
Ian	Lilley	745			-			-	-	-	745	745
Wayne	Lashley	741			-			-	-	-	741	741
Duncan	Hussey	739			-			-	-	-	739	739
Nicola	Richmond	734			-			-	-	-	734	734
Oli	Thorogood	-			-			-	706	-	706	706
Paul	Mottram	-			-			-	704	-	704	704
Tom	Marshall	-			-			-	702	-	702	702
Oscar	Hussey	700			-			-	-	-	700	700
Paul	Hodge	-			676			-	-	-	676	676
Duncan	Wilson	675			-			-	-	-	675	675
Louisa	Pritchard	-			-			649	-	-	649	649
Nicola	McIvor	-			-			-	644	-	644	644
Giles	Gibson	638			-			-	-	-	638	638
Steve	Cook (60+)	635			-			-	-	-	635	635
Joanne	Shelton	-			-			625	-	-	625	625
Andrew	Bright	620			-			-	-	-	620	620
Kim	Hainsworth	619			-			-	-	-	619	619
Pip	Eastop	611			-			-	-	-	611	611
Alex	Haylett	-			603			-	-	-	603	603
Barry G.	Evans (60+)	584			-			-	-	-	584	584
Sarah	Lyness	574			-			-	-	-	574	574
Christian	Moody	-			-			571	-	-	571	571
Carolina	Lilley	-			-			553	-	-	553	553
Penelope	Bell	-			-			495	-	-	495	495
John	O'Byrne (60+)	485			-			-	-	-	485	485
Dave	Feasey	-			-			-	475	-	475	475
Stephen	Street	-			-			474	-	-	474	474
										*	*	

*Later marathons and Cabbage Patch 10 still to come

DULWICH RUNNERS AC S1



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN	ORANGE	10.0 miles
SHORT CUT	BLUE	8.5 miles
SHORT CUT	GREEN	6.5 miles
SHORT CUT	PINK	5.5 miles