SHORTS

Dulwich Runners AC
Weekly Newsletter
October 22nd 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 22 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 28 Track Session - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

TRACK SESSIONS

back at Crystal Palace Arena
Tuesdays with Steve Smythe

Improve your speed & strength over all distances, suitable for all standards and abilities.
Please be warmed up and ready for the session to start at 7.15.

You need to go through the Crystal Palace reception check in where you say you are with Dulwich Runners and you will be given a wristband.

When you get to the track itself, Ros will be there to collect your track fee (£2.50 per week) and mark the track register. If you want to pay in advance for future sessions that is fine.

LUCKY VEST
October winner Cameron Timmiss

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 17**

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered 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 !

Rehydration !

After your run come up to the bar and have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also available)

In your SHORTS this week !

2... AGM notice
5... All things Cross Country
6... Fixture list, club champs,XC, road, track etc
7... Race reports & results
8/9... Cabbage Patch 10 club champs race report and stats
10... The Italian Job !
14... Club Championship tables
18... Parkrun results
19... Wednesday night routes map

And much more !

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

You can follow us on

EVENT HORIZON
A brief look ahead

full fixture list page 6

Nov	1	Reigate Priory Relays
Nov	8	Mens Surrey League XC, Ham Lands, Nr Richmond
Nov	15	London XC Champs, Parliament Hill fields
Nov	22	South of Thames 5mile XC, Wimbledon Common

NEW RUNNERS ROTA

No 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**

Stephen Street	**22/10**
Ros Tabor	29/10
Cameron Timmis	05/11
Tony Tuohy	12/11

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

ANNUAL GENERAL MEETING:

Wednesday 29th October 2014, 9pm

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 Honorary Secretary, Clare Osborne, by Wednesday 8th 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 2013 AGM are available on the Dulwich Runners website and will be proposed for adoption at this AGM.

All Committee posts are up for election with the table below showing whether the present incumbent wishes to stand again. This shows that there are four posts, that of Honorary Secretary, Social Secretary, Women's captain and one of the general member posts, where there are definite vacancies.
It may be possible to accommodate someone who wishes 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.

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.

Sue is also happy to step aside if someone is interested in taking her role as one of the two general member posts.

Nominations for any of these posts should be sent to Clare by Wednesday 8th October to allow time to organise an election if there is more than one candidate, but nominations will be taken up to and including the day of the AGM.
Clare can be contacted at **secretary@dulwichrunners.org.uk**

Post	Present Holder	Standing Again?
President	Ron Searle	N/A
Chair	Ros Tabor	Yes
Hon. Secretary	Clare Osborne	**No**
Hon Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Alastair Locke	**No**
Women's Captain	Mel Edwards	**No**
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
General member	Paul Devine	**No**
General member	Sue Vernon	Yes

TFT RUNNING TOURS
ALGARVE
Running Challenge

Algarve Challenge, November 5-9

The Algarve running challenge is a warm weather training holiday, taking place between Wed 5 and Sunday 9 of November, based in Monte Gordo on the South coast of Portugal.

The running challenge is organised by Steve Smythe and comprises:
5 Nov undulating 5k trail race
6 Nov 1 mile track races
7 Nov mainly flat 10k trail handicap
The above 3 are time trials amongst the group of runners present.
9 Nov X Milhas Do Guadiana 17k open road race Spain to Portugal.
Awards are made on an age graded basis to participants (plus the opportunity to win hotel stay and other prizes in the road race)

Participants mainly stay at the Dunamar Hotel, which has indoor and outdoor pools, large modern rooms and is situated on a long sandy beach, also adjacent to a pine forest with many trails .

The half board option is reasonable and includes breakfast and buffet supper with vegetarian options.
There is plenty of free time to explore the area by bike or local trains and buses.

Ros in full flight

Mike Mann, Andy Murray and Ros Tabor have already booked for this year. If you fancy joining us have a word, or click this link:

http://www.trackandfield.co.uk/default.asp?UniqueID=190

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

FOR DISCUSSION AT THE AGM ON 29TH OCTOBER 2014 - Susan Vernon writes:

The current Dulwich Charity 10k race, which has been held in October each year since 1986, is now not viable as the course has become too congestion through Dulwich Village and also in Dulwich Park, with other users making good use of the facilities, especially on a glorious Autumn day. We also have the floodworks taking place this year. The Dulwich Runners 10k committee have looked into alternative courses and venues for this event but have come to the conclusion that there is nothing which quite fits the bill. A suggestion received recently suggests we could possibly use Peckham Rye Park for a future event.

The main DR Committee have come up with an alternative Dulwich charity event as they feel it is important for the club to put something back into the community and this also helps to raise our profile.

For 2015 we will have a Dulwich Charity Challenge and members were asked to put forward names of local charities from which 3 were shortlisted at a recent committee meeting. Members were then asked to vote, via an online survey, for their favoured charity, The winner will be announced at the AGM.

We now want to encourage you, the members, to put on sponsored events to raise money for this charity, the target being £2,015 for next year. This year's event has not happened but it has been suggested that we could put into the empty pot in January, proceeds from the Christmas party or another social event. Would you all agree?

So....get your thinking caps on and come up with ideas for raising money. I am willing to be the co-ordinator for 2015. Anyone who wants to put on an event must contact me in the first instance, we can then advertise the event and put someone in charge. Rob Cope will be assisting me so any question or queries you may have, can be directed to either of us". See you all at the AGM I hope.

DULWICH CHARITY OF THE YEAR 2015

Sue Vernon writes:
Just a reminder to ask you all to vote for your favoured charity via the link http://goo.gl/forms/kv1CfXqvGD.
We have extended the deadline to Monday 27th October.
We will announce the result at the AGM so hope to see many of you there on 29th October

Crystal Palace National Sports Centre

The Mayor has recently launched a consultation for the redevelopment of the National Sports Centre at Crystal Palace https://www.london.gov.uk/media/mayor-press-releases/2014/10/mayor-launches-public-consultation-on-plans-to-transform-crystal
The proposals include the demolition of the existing athletics stadium and states that the provision of a community athletics facility to replace it is under review!!

I would urge members to respond on the consultation (the survey only takes 5 mins to complete) by 31st October closing date

and here is a link to an e-petition to save the stadium, its vital that as many people as possible sign this

http://epetitions.direct.gov.uk/petitions/70880

Next pacing/promotional event- to be hosted on the day of the Xmas party!

Following the recent success of providing pacers to promote the club at Peckham Rye parkrun- the next parkrun that will play host to us in this capacity is Brockwell on December 13th.

As it also happens to be the day of the Christmas party what better way to start your day! You can get a nice run in and then fill your boots at the buffet in the evening! If we get a high response it would be great to not just have pacers, but also a group of our runners in club colours running as a `mob` preferably towards the back of the field to chat to and encourage slower runners who may have a misconception that running clubs are only for elite runners.

It would also be nice to have a couple of non running volunteeers at the event itself (e.g barcode scanners, marshalls) who could hand out leaflets or just generally chat to the runners as they finish.

Please contact me at pddevine2000@yahoo.co.uk if you're interested in taking part, and inform me what role you would like to undertake. I can then assess how we will structure the event - **Paul Devine**

Dulwich Runners' AC

Christmas Party 2014

Saturday 13th December from 7:30
at The Plough, 381 Lordship Lane , London SE22 8JJ
Bar, music, buffet,(veggie option), club awards, raffle.
Let me know if you are veggie or have any other dietary needs.
Tickets: £15
Contact Alastair Locke email: drsocialsec@gmail.com
Pay on a club night or transfer your festive pounds to:
Alastair Locke - CoOp bank ref your name
Account: 23208232 Sort code: 08-93-00
Alastair Locke

Pheonix Players is a small not for profit am dram group in Dulwich that Jo Walker (the current chairman) and Doug Keighley (who are both Dulwich Runners) are part of, and we put on shows at Edward Alleyn Theatre in Dulwich College, SE21 7LD.

Next week sees us put on Curtains - the Musical Murder Comedy starring a local cast and produced by the creators of Chicago.

Anyhow it would be great to get the support of anyone from Dulwich Runners who would like a laugh and see some local am dram.
Tickets are £10.50 and avaiable here:
http://www.phoenixplayers.org.uk/

October 23rd, 24th and 25th, 2014 (including a matinee on 25th) - Come and support some local am dram!

GREEN BELT AND WELSH CASTLES RELAYS

It's a long way to go until these relays take place next spring, but we would like to encourage as many club members as possible to take part in 2015. We had very positive feedback from those of you in the 2 teams that completed this year's Green Belt Relay and it was great to see so many newly joined members participating.

A number of you were keen to take part in both events next year. It was disappointing that we were not able to field a team for the Welsh Castles Relay; we were just a few short of a full team of 20. We would particularly like to promote this for 2015 and make every effort possible to field a complete team.

We have just been informed of the date which is 13/14 June, a week later than usual, so please try to keep that weekend clear if you are interested; it is a highly enjoyable running and social weekend. The date for next year's Green Belt Relay has not yet been set but it is likely to be either 16/17 May or 23/24 May. ***Mike Mann***

Emer Casey Foundation 10K

Sunday 26th October 9:30am Brockwell Park
Charity race being organised Herne Hill Harriers
As an extra incentive to local clubs, we are offering a deal of 6 entries for £60. This offer is available until the 12th October, and needs to be done directly through the club via the email emercaseylondon10k@gmail.com
(i.e. don't enter online!).
Alternatively runners can enter individually online, or just turn up on the day!
Location - Brockwell Park (start near the lido), 3.5 laps on paved paths
Entry fee - From £12 (no further fundraising required) advanced entry, or enter on the day
Facilities - Changing and baggage storage
Prizes - First 3 men, first 3 women, first 40+ man, first 35+ woman, spot prizes, medal for all finishers
Contact - emercaseylondon10k@gmail.com
Race entry and details
www.runnersworld.co.uk/emercasey10k2014

Box Hill Fell Race

Saturday 17 January 2015

For anyone who wants to enter the Box Hill Fell Race, I have been informed by the organiser that the entries open on 1st November. Last year it filled up in 9 days, and several people missed out. You can enter on line at Fabian 4. Cost £5.

If you have never done a fell race before and would like to try it, Box Hill is an ideal one to start with – not too demanding and no chance of getting lost. But nonetheless fell running is not for the faint-hearted as the photo of Paul Jeggo (Springfield Striders) at the end of this year's Black Mountains race testifies. Paul is a regular at Box Hill and won the V50 last year. You can see the photo and some others of that race at www.wfra.me.uk

If you want to ask me anything about Box Hill or fell races in general, I will next be down on a Wednesday on 22 Oct and hopefully at the AGM on 29th. - ***Hugh Balfour***

Dulwich Runners AC London Marathon Club Entries 2015

The club gets a number of London Marathon places each year. Because of our membership we normally get four places, but I am waiting for confirmation for this year - I should know by the end of October.

To be considered eligible for one of these places you must have applied unsuccessfully for a place and have been a member for at least one year. In addition, we are excluding those that benefited from a club place last 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 8th November in person or at chas.lound@btinternet.com
Charlie Lound

DULWICH RUNNERS KIT STOCK CLEARANCE SALE

There will be a sale of old style kit - vests, short and long sleeved shirts.

Now is your chance to buy an extra vest or long sleeved training top.

Limited sizes - all items £10.

Available on Wednesday nights,
or email Ros ros@28kerfield.freeserve.co.uk

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

The cross country season will be starting shortly, so here is some advance information, particularly for the benefit of newly joined members.

We compete in the Surrey League cross country with the men in Division 2 whilst the women compete in Division 1.

There are 4 fixtures during the season, starting on 11 October at Richmond Park for the women and Newlands Corner near Guildford for the men (details of other fixtures can be found in Shorts).

With the Men's Surrey League there's 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 will receive 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, being held at Parliament Hill Fields this season.

There are also a number of Masters events. For all these races, other than the Surrey League it's 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 or trail shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country spikes, or alternatively fell shoes become essential.

As a warm up for the cross country season, the Will Bolton relays at Sparrow's Den on 13 September (advertised separately in Shorts) are highly recommended. The stages of 4k are shorter than other cross country races, most of which range from 3 to 8 miles, but will be able to put your summer training to good use on what is usually firm ground.

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 ENTRIES

Our Surrey League cross country races, (see eleswhere in Shorts for further details) do not require advance entry - you can simply turn up on the day - but most other races in the calendar do.

Two such fixtures this autumn are the London Champs at Parliament Hill on 15 November and the South of Thames 5 miles at Wimbledon Common a week later on 22 November. In order to take part, it is essential that you notify your respective women's and men's captains in advance.

If you would like to take part please contact your captains no later than 29 October for the London Champs and by 12 November for the South of Thames race. ***- Mike Mann***

SURREY LEAGUE & OTHER CROSS COUNTRY FIXTURES

Please try to keep the Surrey League dates free, particularly if you are likely to be in the scoring (the first 10 runners in each team). We are hosting the Surrey League fixture at Wimbledon Common and will be asking for helpers.

Since the National Champs take place in London this time, it is likely to be included as part of our own cross country champs.

Dulwich Runners 2014/15 Fixtures

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

Date		Race		Venue
Nov	1	Reigate Priory Relays		Reigate Priory Park
	8	Surrey League 2	mens	Ham Lands, nr Richmond
	15	London Champs		Parliament Hill Fields
	22	South of Thames 5 miles		Wimbledon Common
	30	Pirie 10		Farthing Down, Coulsdon
Dec	6	Surrey League 2	womens	Nonsuch Park, Cheam
	6	Kent Masters		Sparrows Den
	13	South of England Masters		Horspath, Oxford
	13	HW Interclub Cross Country		Wimbledon Common
	20	South of Thames 7.5 miles		Farthing Down, Coulsdon
Jan	3	County Champs		Various venues
	10	Surrey League 3	mens & womens	Wimbledon Common
	24	South of Englands Champs		Stanmer Park, Brighton
Feb	7	Surrey League 4	mens	Lloyd Park, Croydon
	7	Surrey League 4	womens	Farthing Downs, Coulsden
	21	National Champs		Parliament Hill Fields

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 .

Amari 12km Midnight Run, Bangkok

While out in this part of the world on holiday, I thought I might as well do a race as well. So with a weeks worth of warm weather training on Samui (average temp 26 C with 50% humidity), I headed up to Bangkok for the race.

On the day of the race, the temptature had hit 41c at Midday, though by race time was a somehwat cooler 28c with 77% humidity.

The course map showed a fast flat course with a couple short sharp climbs at the 2km point and at 6km. I had set myself the target of running a steady pace of 6:20 miling pace pace which would leave me something in the tank at the end.

At the start, it was slightly manic as 7,000 entrants jostled for position, and with no organisation in place so there was a mixture of slower paced runners right near the front.

Once the race started I quickly got into my running, and felt comfortable maintaining my target pace. After the first 3km the field was well spread out and I found myself running in the top twenty.

After two miles I really noticed the humidity starting to take effect, but thankfully there were well placed water stations.

All was going well until the 10km point, when the heat and humidity got to me,and my right calf muscle started to cramp up, which slowed me right down to a jog. After a quick strecth of the calf to ease the cramp, I was able to pick up the speed to my intended pace again, and in relative comfort, to finish in 49:22, losing three minutes to the cramp.

I am fairly please with my performance, feeling my pacing was about right, with room to have gone a few seconds faster per mile, but with the humidity, would of found it hard to maintain that pace.

Would i run in the event again? Yes, as it was well organised, with a good atmosphere, and a good fast course. To run a better time, I would probably have a weeks training in the same heat and humidity, as its a killer.
Would I want to do a marathon out there? No thanks.

Tom South 49:22

Cabbage Patch 10 miles, Twickenham, Sun 19th October

The addition of the popular and fast Cabbage Patch 10 to the club championships (as an alternative to the early season Rye 10) attracted over 40 Dulwich entrants although various unlucky injuries/illnesses meant only 34 made it to the finish line. It was a breezy but nice mild morning for running and no doubt more than a few on the start line were looking to improve their club championship points score and get amongst the trophy hunters at the annual presentation/Christmas party in December (tickets now on sale!). In fact, although there was some good racing, fast times were hard to come by and a good number of us came away a tad disappointed with our performances.

First up was Alastair running a perfectly judged race and being rewarded with a big, though not exactly unexpected, PB. Since his foot fracture mended his fitness has come back rather impressively and this hopefully shows he's rounding into long distance form just in time for his stint at the Frankfurt Marathon next week. Under half a minute behind was a great debut from J-G and I'll put money on better times than this to come if my runs with him on Wednesday nights at the club are anything to go by.

Next - I can skip the superlatives now – I came in nearly a minute behind Alastair after suffering and slowing through the second half (2 minutes slower than the first) to complete my worst 10 miles for over 5 years. Alastair was apparently convinced I was playing 'mind games' with him when he passed me at about six miles. The only mind game I was having was trying to convince myself to get it over with just in case I was winning the first M50 prize. In my stupor every bloke that passed me, and there were many, looked older than me (it's a personal opinion, my eyesight's dodgy, alright?). And that goes for the women who passed me too. This miserable experience was alleviated somewhat by finding out I'd unbelievably won the thing in a time much slower than winners in recent years – you've got to be in it to win it, as the saying goes. The prize? Six bottles of beer and a cabbage, what more could you want? Well, a large wad of cash actually, I won't mention how much; don't want begging letters.

Wayne, Paul and me were the three miserable amigos trying not to cry into our drinks at the pub afterwards. Wayne unaccountably was a minute down on his fine run at the much harder Dartford 10 only last month and Paul was well short of the under-the-hour target we all know he's capable of. As runners do, we compared notes searching for clues to our relative failures, and, as runners do, came up with a big fat zero. No need for that with Ian though. He got in front of Paul but was marginally disappointed with his time on his debut 10 miles, but in fact it's easily in line with his 10k PB earlier this month and he'll get closer to the hour. Having not yet run a road 10 this year, Mel was due to revise her PB to something more in line with her 10k and half marathon and duly obliged, running another of her trademark negative splits to knock a good two and a half minutes off. While there's still a way to go to join the club's sub-one hour women, Mel has moved nicely up the Dulwich all-time list, now narrowly up on Ola and Charlie Wood and just two seconds behind Andrea Pickup and Teresa Gaillard de Laubenque.

Ebe has been running consistently lately and did so again here, squeezing himself a three second PB – I bet that was a frantic dash over the last few yards into York House. He was followed by solid runs from Neville, Sam (a very good result after little recent form) and Kevin making a good debut. James was the next to PB, bettering his run at Rye by a few seconds, followed by more solid runs from Ola, Matt, who's only been getting about one run a week done, and Toby, easing back after his recent calf troubles and the tough Jersey marathon only two weeks ago. Jim has run PBs all year and did it again here, a minute off his Rye time, although he had hoped for more, while Helen made a very good 10 mile debut rewarded with a club medal, and that's after running Peckham parkrun the day before. She was followed in by Alex setting a three minute improvement on his first 10 back in July, much more in line with his form over other distances.

There were good solid runs from most of the rest of the Dulwich contingent; well done to Sharon on her debut 10 and to Leann and Des for decent PBs – Des earned the Captains' award for his. There was one more PB and that was from Yvette who knocked a huge six minutes from her time at Rye, a not unexpected improvement after her fine PB half marathon at Folkestone only three weeks ago. Michelle was up to her multi-racing tricks again, running well having already competed at the Surrey Masters XC on the previous afternoon. But Sue Cooper tried to outdo that, apparently being 'killed' on a long bike ride on Saturday and with, as she put it, the 'small issue' of a marathon last weekend still in her legs. However, being an Iron Lady now she's not allowed to complain.

Any changes in the club champs situation as a result of this race were only likely in the senior men's competition, where Edwin and Paul had chances of overhauling expatriate Ed Hill, who got enough counting events done in time before emigrating in August. Edwin's unfortunate absence through recent illness and Paul falling short of his required 50 points (currently leaving him just one point short in the standings) scuppered their chances and Alastair's late charge, even if he lands a 50-pointer marathon next week, will come too late. So it looks like Ed Hill can read this from his sunny chair in California and celebrate landing the club championship! We'll expect you at the party Ed, see you there....

Tony Tuohy

44	Alastair Locke	0:58:39	PB
50	John-Gabriel Harrison	0:59:03	
65	Tony Tuohy 1st M50	0:59:36	
92	Wayne Lashley	1:01:28	
109	Ian Lilley	1:02:11	
122	Paul Devine	1:02:48	
130	Melanie Edwards	1:03:28	PB
158	Eberhard Pril	1:04:54	PB
179	Neville Webb	1:05:58	
195	Sam Crump	1:06:34	
203	Kevin Chadwick	1:06:55	
219	James Burrows	1:07:17	PB
220	Ola Balme	1:07:18	
225	Matthew Galvin	1:07:29	
252	Toby De Belder	1:08:42	
311	Jim Dowsett	1:10:48	PB
349	Helen Lister	1:12:06	
369	Alex Haylett	1:12:40	PB
448	Cameron Timmis	1:15:06	
483	Graham Laylee	1:16:02	
490	Graham Stanton	1:16:11	
506	Susan Cooper	1:16:33	
510	Hugh French	1:16:37	
531	Yvette Dore	1:17:18	PB
556	Martin Double	1:17:44	
577	Michelle Lennon	1:18:06	
660	Lucy Pickering	1:20:03	
714	Matthew Ladds	1:21:29	
773	Desmond Edwards	1:22:59	PB
825	Claire Steward	1:24:19	
966	Barrie John Nicholls	1:27:17	
988	Lindsey Annable	1:27:49	
1135	Sharon Erdman	1:31:22	
1377	Leann Peters	1:38:20	PB

2014 champs categories 10 MILES RYE / CABBAGE PATCH

1	**Overall winner**	Ros Tabor	Rye
2	**Fastest man (excl. overall winner)**	Alastair Locke	Cabbage Patch
3	**Fastest woman excl. overall winner)**	Mel Edwards	Cabbage Patch
4	**First Senior Man (excl. above)**	John Gabriel Harrison	Cabbage Patch
5	**First Senior woman (excl. above)**	Helen Lister	Cabbage Patch
6	**First M40 (excl. above)**	Ian Lilley	Cabbage Patch
7	**First W40 (excl. above)**	Ola Balme	Cabbage Patch
8	**First M50 (excl. above)**	Tony Tuohy	Cabbage Patch
9	**First W50 (excl. above)**	Clare Wyngard	Rye
10	**First M60 (excl. above)**	Mike Mann	Rye
11	**2nd Age Graded (excl. above)**	Neville Webb	Cabbage Patch
12	**3rd Age Graded (excl. above)**	Ebe Prill	Cabbage Patch
13	**Captains' award**	Desmond Edwards	Cabbage Patch

First Name	Surname	Rye hill	Cabbage Patch	Adjusted Cabbage Patch +3.7%	Best	Points in age	Age grade
Senior Women							
Melanie	Edwards		63.28	65.30	65.30	50	762
Helen	Lister		72.06	74.42	74.42	49	666
Sue	Cooper		76.33	79.01	79.01	48	630
Leann	Peters		98.2	101.45	101.45	47	488
Women 40+							
Ola	Balme		67.18	69.35	69.35	50	781
Ros	Tabor (50+)	76.07		-	76.07	49	894
Clare	Wyngard (50+)	77.32		-	77.32	48	754
Yvette	Dore	82.42	77.18	79.58	79.58	47	651
Michelle	Lennon		78.06	80.55	80.55	46	672
Lucy	Pickering		80.03	82.59	82.59	2nd claim	[670]
Lindsey	Annable	86.30	87.49	90.31	86.30	45	622
Claire	Steward		84.19	87.14	87.14	44	757
Sharon	Erdman		91.22	94.30	94.30	43	555
Senior Men							
Alastair	Locke		58.39	60.23	60.23	50	737
John-Gabriel	Harrison		59.03	61.12	61.12	49	725
Wayne	Lashley		61.28	63.26	63.26	48	703
Paul	Devine		62.48	64.36	64.36	47	699
James	Burrows	67.24	67.17	69.35	67.24	46	664
Sam	Crump		66.34	68.39	68.39	45	647
Kevin	Chadwick		66.55	68.47	68.47	44	650
Toby	de Belder		68.42	70.47	70.47	43	638
Alex	Haylett		72.4	74.55	74.55	42	597
Hugh	French		76.37	79.03	79.03	41	584
Matthew	Ladds	79.39	81.29	84.11	79.39	40	557
Martin	Double		77.44	80.07	80.07	39	572
Desmond	Edwards	98.39	82.59	85.24	85.24	38	524
Men 40-49							
Ian	Lilley		62.11	64.22	64.22	50	734
Rob	Cope	65.05		-	65.05	49	720
Matthew	Galvin		67.29	69.40	69.40	48	673
Jim	Dowsett	71.21	70.48	72.53	71.21	47	652
Mark	Foster	72.10		-	72.10	46	687
Cameron	Timmis		75.06	77.49	77.49	45	612
Joseph	Brady	79.26		-	79.26	44	624
Paul	Hilton	82.50		-	82.50	43	599
Men 50+							
Tony	Tuohy		59.36	61.24	61.24	50	835
Eberhard	Prill		64.54	66.42	66.42	49	768
Neville	Webb	67.14	65.58	67.46	67.14	48	803
Gideon	Franklin	73.00		-	73.00	47	696
Mike	Mann (60+)	73.09		-	73.09	46	788
Andrew	Murray (60+)	73.04		-	73.04	45	760
Graham	Laylee		76.02	78.49	78.49	44	679
Graham	Stanton		76.11	78.53	78.53	43	650
Robert	Bell (60+)	81.01		-	81.01	42	679
Barrie John	Nicholls (60+)	83.27	87.17	90.19	83.27	41	659
Peter	Gibbons	83.34		-	83.34	40	652
Ameet	Patel	84.23		-	84.23	39	597
Michael	Dodds	84.42		-	84.42	38	621
Patrick	McMorrow	87.54		-	87.54	37	609
Stephen	Wehrle (60+)	92.20		-	92.20	36	630
		23	34		49		

See page 14 for complete championships standings

Italia 2014 Lake Garda

The day, Friday 10 October 2014. The time, 05:50 hrs. The place, the British Airways check in at the North Terminal. A familiar figure is seen pacing around and he is getting agitated more and more by the minute. This is Mr Steve Wehrle the Dulwich Runners equivalent of Thomas Cook. "They said that they would be here by now where are they? He looks up and becomes aware of a large group of people all pulling suitcases bearing down on him. "I knew that they would all turn up."

Not all though. One person did go back to bed. That person shall remain anonymous but shall be regarded as Main Man. More about that later.

We made it to the camp site which was more a village than a camp site. We all stayed in chalets and the site boasted facilities like several shops, a restaurant and 2 bars, a very large childrens play area, a jetty, (the site was beside Lake Garda). We all had our evening meal in the restaurant, and had just finished a large cheer broke out. Main Man suddenly appeared. He was unable to check in for the flight and had to travel to Lake Garda via Milan and then a long train journey.

The next day was free and most of us decided to go to Verona which was meant to be a 20 minute train journey away. Easy? No. We got to the station only to be told by the booking clerk who also appeared to be selective as to when he was suffering from deafness or not that the first available train was due in 2 hours. We all made it to Verona by piling onto a bus (some did take a taxi) which was bursting at the seams when it did leave.

Verona is a beautiful city, best known for its arena and Juliet's balcony, worth a visit.

The next day, Sunday was when the serious business began. The race. There were 3 options: a marathon, the 30km run, or a 15 km run which was billed as a "fun run." 3 people optic for the marathon, nobody took up the offer for the 30km and rest who were running did the "fun run." Also interesting to note that those who did the 15km run were running at that distance for the first time so many pb's were achieved. I believe the results are being provided by somebody else but I will hasten to add that most of the race was along the shores of Lake Garda.

As it was a point to point race, we all had to be brought back to the start, to collect our bus. It was done in style, we went by boat. One event does stand in my memory, was the greeting that Sue Cooper got when she entered the finishing area after completing the marathon in 3 hours 45 mins. Sue was adamant that she would do it in 5 hours. It reminded me of the gladiators entering the arena, one vital ingredient was missing...no lions!.

That evening was the customary awards dinner were all sorts of prizes are distributed out, mainly for the individual winners and wooden spoons for the last ones in. Perhaps I should say that in Andrea, Jill, Emma and Ros, we got the first 4 women home, but as this was a FUN RUN, no prizes. A bit mean bearing in mind that the race entry fee was large. (I should say at this stage there were no prizes at the race). Steve of course got a presentation, a helping of Beatles T Shirts and memorabilia.

The next day was the boat trip or the Day of the Miracles. Italy has traditionally been a country where miracles happen and what happened should be entered into the annals of Lake Garda history. First one was that the thunderstorm which occurred at "elevenses" time happened when we were having morning coffee at Bardolina. To say that it was a thunderstorm was putting it mildly, it was more like Hurricane Gonzoala gone off course. Hail stones the size of golf balls falling on the main street became a torrent and nearly all the shops and cafes suffered various degrees of water intrusion. The local shopkeepers just regarded it as a sort of minor incovenience, just swept it away and trading started up again when the rain stopped. Hate to think what would have happened if we were on the lake. The second miracle was that it happened on the Monday and not the day before, for it would have happened during the race. However, a swell appeared on the Lake which prevented us from docking at any of the other planned stops.

Finally it was Tuesday, time to fly home, but as the departure was in the evening, another free day. We were all in the plane waiting for the captain to switch on the engines then the captain was heard over the intercom, "Sorry for the delay folks but it appears that we have mislaid one passenger. Suddenly Main Man appeared.

Finally it must be reported with sadness that we are taking our leave of a dear old friend which has played a major part on our trips. Steve has decided to retire the "T Shirt". No more will we hear the cry of "T Shirt T Shirt" which has been awarded for all sorts of misdemeanours like getting locked in the bus, mistaking a load of skin divers for seals, drinking Lisbon dry of port and various states of intoxication.

Finally thanks to Steve for organising all this and also thanks to Ann for putting up with him. We are all grateful to both of you and long may it continue, T Shirt or no T Shirt. - ***John O'Byrne***

Lake Garda Races – 12 October 2014

Claire Steward writes:

On Friday, nearly 50 of us were heading off at the crack of dawn for Steve Wehrle's 21st annual running tour, this year to Italy. Accommodation was in chalets in the massive Bella Italia camping site on the shores of Lake Garda and after settling in, most of us managed an exploratory run along the lakeside, and a visit to the bar, or both. John Tymukas somehow managed to miss the flight but joined us in the restaurant later in the evening.

Saturday was a sightseeing day and around 25 of us walked into Peschiera del Garda to get the train to Verona.

Ros and Andy were already at the station purchasing their tickets from the machine; this seemed fairly straightforward until the next group tried and were informed that there was only one ticket remaining on the next train.

Apparently you are not allowed to stand on the trains so can't buy a ticket once all the seats have been allocated! We waited at the ticket office for 15 mins while a solitary customer failed to purchase a ticket to anywhere, and were informed that the next train that could accommodate us was in two hours' time. Some decided to go by bus, some by taxi and some not at all.

A few of us bought tickets and used the intervening time to have a look around Peschiera and visit the Museum of Fishing and Traditions an 'exciting exhibition' which featured historical boats used for eel fishing, outboard engines, and photographs, most notably of a fisherwoman pictured with a variety of massive fish in her arms.

We finally made it into Verona and took the little street 'train' for a short tour taking in the major sites before visiting the Amphitheatre Arena, Juliet's balcony and the bustling market in Piazza Erbe where a pianist was playing schmaltzy tunes. As we enjoyed a drink in the main square, the heavens opened and we tried to dodge the rain for the rest of the day.

Sunday was an early start with a coach to Malcesine to collect race numbers and leave kit to be transported to the finish at Torbole. The 15k race started at 9:30 with the marathon and 30k options starting 10 minutes later but initially heading off in a different direction. The route followed the lake northwards and the views were stunning.

There were a number of tunnels which were disorientating as we ran from sunshine into relative darkness and out again. I had a good run, setting off steadily and managed to maintain an even pace although I thought I was going to blow up as I negotiated the seemingly endless turns before the finish line, which appeared to be somewhat further than 15k.

Andrea, Gill, Emma and Ros were first four finishers but the 15k is regarded as a 'fun run' so there were no medals or prizes. After collecting our kit we spent some time on the lakeside where we could sit in the sun,or take a dip before heading to a bar which gave us a view of the oncoming marathon runners as they headed to the finish. Eagle-eyed Paul Hilton spotted Peter Amos (Orpington RR) and then Sue, and then partner Tony as they approached, and we leapt up to cheer them for the final metres.

Sue had a fantastic run considering her lack of training and her pre-race regime; as a one-time marathon devotee I wanted to know her secret and this is provided below (although I don't think it will help me as I try to regain some sort of distance-running fitness). After lunch and beers we caught the ferry back to Malcesine and the coach. The post-race meal was the usual fun-filled evening of over-indulgence.

Monday we walked into Peschiero to board our boat for a day trip around the lake with planned stops at a few locations on the way. Unfortunately the weather had other ideas and shortly after we disembarked at Bardolino it started to rain. Taking shelter in various coffee shops and bars we watched as the rain became a downpour, then a monsoon, then added marble-sized chunks of ice and lashing wind.

With awnings threatening to collapse, and tables, chairs and parasols in danger of taking flight, we retreated further indoors and watched in amazement, as a river flowed down between the buildings and water gushed up through the drains. It was soon over and as the water emptied into the lake we returned to our boat where we lunched on fabulous canapes, and pasta salad, with glasses of prosecco. The captain decided that it was too rough to moor at any further locations so we motored around for a while; Andrea and Steve Street each took a turn at helm, and the sparkling wine flowed.

On the final day I woke at 7:30 and went out for a solo run to Peschiera with the early sunshine gleaming over the lake. After packing up and leaving all our cases in two of the chalets. We had free time to explore, and a few of us went by bus to Sirmione, on a narrow peninsula jutting into the lake. This is a delightful place, well worth a visit, with the fabulous moated Scaliger Castle, where we were able to climb up to the ramparts and tower.

I also went to visit the Grotte di Catullus, the ruins of a Roman villa at the tip of the peninsula. Remains of fortifications and other buildings cover a large area within an olive grove, and overlook the coast where you occasionally get wafts of sulphur from the thermal springs. All too soon it was time to return to the chalets, collect our bags and depart for the airport for our 22:20 flight.

As always, Steve did us proud – a trip for 50 people is a huge undertaking, I don't know how he does it. Where to next year?

continued on next page....

Sue Cooper adds.....
The marathon was stunning, managed to eeek out a 3:43. Legs have been totally fine, which is surprising (given the below) but had a gorgeous dunk in Lake Garda straight after the run and then fuelled up with beer and wine.
Who ever said carbs were bad?

Excuses

- It was a three day smoking/drinking bender and didn't hold back (it was always going to be that kind of holiday);
- No gels, first feed station at mile 13 (I got a tad grouchy);
- Stuffed face with bananas at mile 18, had a chat with the guys who'd completed the 30k option, and a swig of beer. Last 6 miles involved a lot of walking;
- It was 26.68 miles (the additional 0.48 was enough to nark me off but had enough to make a half attempt at a final sprint at the end)
- Mileage prior was hardly anything to write home about.

15k Runners:	
Chris Loizou	1:04:18
Andrea Pickup (W1)	1:05:42
Gill Johnson (W2)	1:08:40
Andy Murray	1:09:04
Emma Ibell (W3)	1:10:00
Ros Tabor (W4)	1:10:57
Clare Wyngard	1:12:58
Yvette Dore	1:13:36
Bob Bell	1:15:06
Mike Dodds	1:19:06
Clare Steward	1:19:40
Joanne Shelton	1:19:50
Paul Keating	1:20:04
Peter Gibbons	1:20:15
Steve Wehrle	1:24:19
Paul Hilton	1:25:00
Di Morgan	1:28:22
Clare Osborne	1:28:47
Ruki Sihdwa	1:29:52
Penny D'Arcy Graham	1:32:03
Colin Frith	1:35.19
15k walkers	
Chris Bell	2:05:14
Steve Street	2:22:26
Richard Pole	2:22:27

Surrey Masters Cross Country, 18 October

Richmond Park was in excellent condition on a warm autumn day. The only potential obstacle was a large stag on the course but he seemed preoccupied with feeding on chestnuts and was unspooked by the horde of runners passing by.

All our runners took part in the combined women's and men's over 60s race, which was around 6k. Nicola had a strong run with a fast start though faded a bit in the second lap. Another good performer was Michelle Lennon who was closely followed by a slightly below par Ros, who finished 2nd W65. Stephanie Burchill struggled for a while but picked up, doing well to complete the race.

Amongst the men Mike Mann went off fast but struggled towards the end of the first lap before getting his act together again, and finishing 2nd M65. Andy had a strong run to finish 4th M60. Thanks to Steve Smythe and Clare Elms for their support. ***Mike Mann***

Nicola Richmond	25:39 (4th W40)
Mike Mann	26:16 (2nd M65)
Andy Murray	27:06 (4th M60)
Michelle Lennon	29:08
Ros Tabor	29:17 (2nd W65)
Stephanie Burchill	35:58

SCOTTISH ATHLETICS ROAD RACE GRAND PRIX SERIES

Shona McIntosh won with three third places behind her, to do just enough in the final race at the great Scottish half (82:26 - the week after Loch Ness) to pip Loch Ness Marathon winner Jennifer Emsley by one point (82 to 81) with Megan Crawford a close third (78). -**Steve Smythe**
Final standings (best 4 races) – Women: 1 S McIntosh (HBT/Dul R) 82; 2 J Emsley (Centr) 81; 3 M Crawford (Fife) 78

Amsterdam Marathon October 19

Warming up for the World 100km championships, Emily Gelder went close to her PB with a superb acceleration. Her 10km splits were 42:43, 42:29, 41:51 and 40:58 and she had halfs of 89:45 and 87:09. -**Steve Smythe**
12W (3rd W35) Emily Gelder 2:57:23 (2:56:54)

Croydon 10k - 18 Oct.

229 Diana Morgan 54:49 54:35 chip
457 ran

Civil Service Athletics Club - Cross Country event Parliament Hill - Wed 15 Nov.

The weekday dog walkers and pram pushers were treated to the sight of some mid-week athletic exploits as just over 100 civil servants dragged themselves away from their civic duty and lined up for the Civil Service Cross Country champs at Parliament Hill.

Initially I saw this as a nice jolly out of the office for the afternoon (making me happier and therefore a better person, more able to serve this government and the tax payer) until I walked up to Parliament Hill from the train station and started getting flash backs to the nationals earlier in the year (what a delight they were).

Still, this time round the field was a little less intimidating and the 3 x 2 mile lap course thankfully only took in a few of the usual Parliament Hill course highlights as it followed a truncated version of the nationals race route.

Reminded of Steve's words to start fast at XC to get a good start I chickened out and made a tentative start telling myself that I'd have something left to push on with on lap 2. The field quickly split up with the leader out on a race of his own while the following pack comprised about 5 runners with a handful of other runners strung out between the pack and me.

The first lap was tougher than I'd have liked but I'd made up a few places by the start of the second and ran the first half of the lap as part of a group of 5. The group broke up on the long climb to the top of the course and I found myself nudging ahead of an "Ordnance Survey" runner. We swapped places from then on until I made a concerted effort with just over half a lap to go to pick up the pace (whether the pace picked up or not is questionable but it certainly felt harder) and managed to gap him with enough left for a fear driven and needless sprint to the line.

With some very strong runners from Serpentine, Herne Hill and other London clubs as well as some visitors from up north in the mix it was a surprisingly competitive field.

Coming in in 11th place secured Defra the 2nd place men's team (well the guys who came in 2nd and 6th for the team probably "secured" it) and will probably be the highest I ever finish at a race on Parliament Hill.

Alastair Locke 37:53
(winning time 34:55)

Brussels Ekiden Marathon Relay Sat 18Th Oct 2014

by Mike Dodds and Clare Wyngard

'Ekiden' is an old Japanese term for a stage relay now adopted in various running cultures - but not (yet) in the UK -specifically to mean a team of a maximum of 6 runners covering a marathon distance. The Brussels event is the biggest outside Japan with 1250 teams in the 2013 edition being extended to 1600 in 2014. That's almost 10,000 runners so a very big event, so big, in fact, that the national stadium is used for the changeovers. This, of course, is the venue used these days for the conclusion of the Diamond League in early September each year. It now goes by the name of the Stade Roi Baudouin but was previously the rather infamous Heysel Stadium.

The legs were divided up between the 6 runners on the basis of 5/10/5/10/5/7.5 = 42.5km with Clare joining Mike's works team. Mike had very gallantly volunteered Clare for a 10km leg while he nabbed a 5km one for himself. Mike ran the opening leg and handed over the "baton" (a, by now, nicely sweaty sash) to Clare at the 300m mark on the track. The course was effectively a 5km lap based around the stadium in the surrounding park and in the shadow of the Atomium. The 10km runners had to return to the stadium halfway through their legs, do a lap of the track, and then exit back out to the park (past strong smelling bratwurst, burger and beer tents!) for their second laps. It sounds like a recipe for chaos - especially as the race wore on, but it was brilliantly organised.

The course was rather challenging with significant undulations and a couple of switchbacks. It was also bizarrely hot for mid October. Mike managed to do his normal parkrun time which he was quite pleased with on account of the course and some significant congestion, this being the opening leg. He officially ran 4.65km in 21.58. Clare, racing on the continent for the third weekend in succession, actually did a 10.5km leg in 48mins and handed over to her Finnish team mate at the 100m mark - having met him only seconds before she started running (thank goodness he was huge and wearing a bright orange top so was easy to spot amongst the hundreds of runners waiting at the changeover point!). At least being the first two runners meant they could disappear from the venue for alcoholic refreshment for a good hour or so before returning to the stands - from where these days the crowds normally cheer the likes of Hazard, Kompany, Miralles et al - to see their team finish and receive medals all engraved with "Brussels Ekiden 2014 Finisher 1/6" and the ubiquitous Belgian honey cake sweet stuff.

Our team (" EU Give Europe Hope CACE mixed") was 175th out of 1525 finishers in a time of 3.22.51. The winning men's team did 2.12.03 and the winning women's team 3.15 (actually from Mike's work running club, "CACE"). There were 102 EU teams, of which we were 6th.

Surrey League stats for women over the last few years

Stats from the Surrey League website https://www.facebook.com/Surrey-CrossCountryLeague show Dulwich have won theleague title once in 1995/1996. We have won a league match seven times, oncein the 1994/95 season, twice in 1995/96, once in 1997/98, once in 2001/2 andtwice in 2012/13

Alison Fletcher won six individual league races between 1993/94 and 2001/02. Meredith Pannett won 4 times between 1997/98 and 2003/04. Clare Elms won in 2008/09.

In terms of scoring - analysing the last 7 seasons (plus last week's fixture) - there have been 29 league races and incredibly Ola Balme has made the five scorers on 28 occasions - she missed one league race in 2009.
Her best division 1 position is 17th in the February 2014 race at Croydon.

Over the past 7 seasons (2007/08 season), Clare Elms had the best highest position record, leading the team home on 16 occasions with an average of fourth. Charlie Wood is the only other runner over this period to score more than 10 times.

28 different runners have scored over this period and obviously some such as Ros and Clare W have scored a lot more for the B team. Hopefully will update with all appearances and not just scorers as important we get as many to appear as possible and not just our five fastest.
Ola Balme 28 scoring runs
Clare Elms 18
Charlie Wood 14
Nicola Richmond/Andrea Pickup 8
Ros Tabor/Catherine Lee 7
Kim Hainsworth/Mel Edwards/Angie Norris 6, Katie Crowe 5, Clare Wyngard/Shona McIntosh/Teresa Gaillard de Laubenque 4, Emma Ibell 3, Lis Pritchard/Alexie Shaw /Elkie Mace/ Claire Tinker 2, Various 1.

Best Div 1 positions 2007-2014
Mel Edwards and Claire Baglin became the 11th and 12th Dulwich women to gain a top 20 placing
1st: Elms
2nd: McIntosh
4th: Debbie Nicoll
6th: Lee
8th: Edwards
9th: Shaw
11th: Pickup
13th: Mace, Wood
15th: Claire Baglin
17th: Balme
19th: Gaillard de Laubenque
Steve Smythe

Dulwich Runners AC Club Championship

2014 CLUB CHAMPIONSHIP WITHIN AGE GROUPS			Short			Medium			Long				
Name/Category			5k Brockwell 01-Feb	2M Dulwich 11-Jul	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 Cab.P 25-May/19 Oct	Bonus for no. of events	TOTAL 5 events max inc 1.S,M,L
Senior Women										not inc later mar's			
1	Melanie	Edwards	[49]	50	[49]	50	50	50	50	[47]	[50]	9	259
2	Katie	Crowe	-	49	-	48	47	49	45	-	-	5	243
3	Sue	Cooper	48	-	47	47	-	-	47	-	48	5	242
4	Laura	Lane	45	-	45	46	-	47	-	43	-	5	231
5	Anna	Thomas	-	-	46	-	49	-	49	44	-	4	192
6	Sarah	Cross	47	-	-	49	-	-	48	-	-	3	147
7	Helen	Lister	46	-	-	-	-	-	-	46	49	3	144
8	Nicola	McIvor	-	-	-	-	48	-	46	45	-	3	142
9	Charlie	Boden	44	48	-	-	-	-	-	43	-	3	138
10	Leann	Peters	42	-	-	-	-	-	42	-	47	3	134
11	Emily	Gelder	-	-	48	-	-	-	-	49	-	2	99
12	Joanne	Shelton	-	-	-	-	-	46	44	-	-	2	92
13	Karina	Burrowes	-	-	44	-	-	45	-	-	-	2	91
14	Belinda	Bell	-	-	-	45	-	-	43	-	-	2	90
15	Charlie	Wood	50	-	-	-	-	-	-	-	-	1	51
16	Shona	Mcintosh	-	-	-	-	-	-	-	50	-	1	51
17	Tereza	Francova	-	-	50	-	-	-	-	-	-	1	51
18	Toni	Holt	-	-	-	-	-	-	-	48	-	1	49
19	Charlotte	Easton	-	-	-	-	-	48	-	-	-	1	49
20	Laura	Vincent	-	47	-	-	-	-	-	-	-	1	48
21	Natalie	Davys	-	-	-	-	-	44	-	-	-	1	45
22	Kim	Hainsworth	43	-	-	-	-	-	-	-	-	1	44
23	Penelope	Bell	-	-	-	-	-	-	41	-	-	1	42
WOMEN V40													
1	Clare	Elms (50+)	50	50	50	50	-	[50]	50	-	-	6	256
2	Ola	Balme	49	48	[47]	48	50	-	-	-	50	6	251
3	Ros	Tabor (50+)	[45]	47	46	[45]	48	-	48	-	49	7	245
4	Clare	Wyngard (50+)	[44]	-	45	47	49	-	47	-	48	6	242
5	Lindsey	Annable	[43]	45	[44]	[44]	47	49	44	-	45	8	238
6	Michelle	Lennon	46	46	-	-	-	-	-	49	46	4	191
7	Nicola	Richmond	48	49	49	-	-	-	-	-	-	3	149
8	Yvette	Dore	-	-	-	46	-	-	45	-	47	3	141
9	Claire	Steward	-	-	-	-	46	48	-	-	44	3	141
10	Andrea	Pickup	-	-	48	49	-	-	-	-	-	2	99
11	Emma	Ibell	47	-	-	-	-	-	49	-	-	2	98
12	Diana	Morgan (50+)	42	-	-	-	-	-	43	-	-	2	87
13	Marjorie	Epson (50+)	-	-	-	-	-	-	-	50	-	1	51
14	Louisa	Pritchard	-	-	-	-	-	-	46	-	-	1	47
15	Sharon	Erdman	-	-	-	-	-	-	-	-	43	1	44
16	Carolina	Lilley	-	-	-	-	-	-	42	-	-	1	43
17	Sarah	Lyness	41	-	-	-	-	-	-	-	-	1	42

continued on next page....

MEN SENIOR													
1	Edward	Hill	[48]	50	50	50	50	-	48	-	-	6	254
2	Paul	Devine	49	48	[48]	48	[47]	[46]	49	50	[47]	9	253
3	Edwin	McCormack	[46]	49	[49]	49	49	50	-	48	-	7	252
4	Wayne	Lashley	50	47	-	-	48	49	-	-	48	5	247
5	Alastair	Locke	47	-	-	-	-	48	50	47	50	5	247
6	Kevin	Chadwick	[43]	-	46	-	46	-	46	43	44	6	231
7	Sam	Crump	45	-	-	-	-	44	47	44	45	5	230
8	Toby	de Belder	42	-	-	-	-	45	45	45	43	5	225
9	Alex	Haylett	-	43	[42]	46	44	43	-	-	42	6	224
10	Martin	Double	-	42	40	45	45	-	-	41	[39]	6	219
11	Hugh	French	37	-	39	43	-	-	40	-	41	5	205
12	Desmond	Edwards	36	-	38	-	43	39	-	-	38	5	199
13	Matthew	Ladds	-	-	41	44	-	41	-	-	40	4	170
14	Andrew	Cottrill	-	-	-	47	-	-	43	42	-	3	135
15	James	Burrows	41	-	-	-	-	-	44	-	46	3	134
16	Chris	Goodman	44	-	-	-	-	40	42	-	-	3	129
17	John-Gabriel	Harrison	-	-	-	-	-	47	-	-	49	2	98
18	Lewis	Laylee	-	46	47	-	-	-	-	-	-	2	95
19	Edward	Smyth	-	44	45	-	-	-	-	-	-	2	91
20	James	Wicks	-	-	43	-	-	42	-	-	-	2	87
21	Oscar	Hussey	39	45	-	-	-	-	-	-	-	2	86
22	Dominic	Joiner	40	-	-	-	-	-	-	39	-	2	81
23	Oli	Thorogood	-	-	-	-	-	-	-	49	-	1	50
24	Tom	Marshall	-	-	-	-	-	-	-	46	-	1	47
25	Alexander	Dodds	-	-	44	-	-	-	-	-	-	1	45
26	Christian	Moody	-	-	-	-	-	-	41	-	-	1	42
27	Greg	Staw	-	-	-	-	-	-	-	40	-	1	41
28	Andrew	Bright	38	-	-	-	-	-	-	-	-	1	39
MEN V40													
1	Rob	Cope	[47]	[48]	50	50	[47]	[46]	50	49	49	9	257
2	Charles	Lound	50	50	-	-	50	50	-	50	-	5	255
3	Ian	Lilley	48	49	-	-	49	49	-	[48]	50	6	251
4	Stephen	Davies	49	-	49	-	48	48	49	[47]	-	6	249
5	Jim	Dowsett	[43]	-	46	48	[45]	47	48	-	47	7	243
6	Mark	Foster	45	46	48	-	46	-	-	-	46	5	236
7	Cameron	Timmis	42	-	45	46	-	-	46	-	45	5	229
8	Joseph	Brady	-	44	-	45	-	45	45	-	44	5	228
9	Paul	Hilton	-	43	-	44	41	-	43	-	43	5	219
10	Paul	Hodge	-	45	47	47	44	-	-	-	-	4	187
11	Ajay	Khandelwal	44	-	44	-	43	-	47	-	-	4	182
12	Paul	Keating	41	-	-	43	42	-	44	-	-	4	174
13	Olivier	Montfort	-	-	-	49	-	-	-	46	-	2	97
14	Duncan	Hussey	46	47	-	-	-	-	-	-	-	2	95
15	Matthew	Galvin	-	-	-	-	-	-	-	-	48	1	49
MEN V50													
1	Tony	Tuohy	50	50	[50]	50	50	[50]	50	-	[50]	8	258
2	Eberhard	Prill	49	49	[49]	49	[49]	-	49	50	[49]	8	254
3	Gary	Sullivan	[45]	48	48	47	48	-	45	-	-	6	242
4	Mike	Mann (60+)	[44]	47	46	46	[45]	47	[44]	-	46	8	240
5	Gideon	Franklin	[43]	-	45	44	-	48	[42]	46	47	7	237
6	Andrew	Murray (60+)	[42]	45	[43]	45	46	-	[43]	47	45	8	236
7	Barrie John	Nicholls	[34]	42	[37]	[40]	42	45	[38]	44	41	9	223
8	Graham	Laylee	[39]	44	[39]	43	44	-	41	-	44	7	223
9	Robert	Bell (60+)	38	-	[38]	39	43	-	39	-	42	6	207
10	Peter	Gibbons	37	-	-	38	41	44	-	-	40	5	205
11	Michael	Dodds	36	-	-	41	40	-	34	-	38	5	194
12	Stephen	Wehrle (60+)	-	-	35	34	-	-	32	41	36	5	183
13	Neville	Webb	47	-	47	-	-	-	47	-	48	4	193
14	Martin	Morley (60+)	41	-	41	42	-	-	40	-	-	4	168
15	Per	Hedberg	[29]	43	40	-	-	-	35	45	-	5	168
16	Ameet	Patel	-	-	-	[36]	39	43	37	-	39	5	163
17	Patrick	McMorrow	-	-	-	35	-	-	33	43	37	4	152
18	Stephen	Smythe	48	-	-	-	-	49	-	49	-	3	149
19	Barry G.	Evans (60+)	28	-	36	-	-	-	-	42	-	3	109
20	John	English	46	-	-	-	-	-	46	-	-	2	94
21	Hugh	Balfour	-	46	44	-	-	-	-	-	-	2	92
22	Duncan	Wilson	40	-	-	-	-	46	-	-	-	2	88
23	Michael	Ward	33	-	-	-	-	-	36	-	-	2	71
24	Colin	Frith	32	-	-	37	-	-	-	-	-	2	71
25	Chris	Loizou	-	-	-	-	-	-	48	-	-	1	49
26	Stephen	Williams	-	-	-	48	-	-	-	-	-	1	49
27	Paul	Mottram	-	-	-	-	-	-	-	48	-	1	49
28	Michael	Fullilove	-	-	-	-	47	-	-	-	-	1	48
29	Graham	Stanton	-	-	-	-	-	-	-	-	43	1	44
30	Ian	Sesnan	-	-	42	-	-	-	-	-	-	1	43
31	Giles	Gibson	35	-	-	-	-	-	-	-	-	1	36
32	Pip	Eastop	31	-	-	-	-	-	-	-	-	1	32
33	Stephen	Street	-	-	-	-	-	-	31	-	-	1	32
34	Steve	Cook (60+)	30	-	-	-	-	-	-	-	-	1	31
35	John	O'Byrne (60+)	27	-	-	-	-	-	-	-	-	1	28
										*	*		

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

continued on next page....

OVERALL AGE GRADED CHAMPS			Short			Medium			Long				
			5k Brockwell 01-Feb	2M Dulwich 11-Jul	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-Mayt	Average	TOTAL 5 events max inc 1.S,M,L
1	Ros	Tabor	910	953	971	[842]	929	-	902	-	[894]	933	4,665
2	Clare	Elms	914	946	1,001	873	-	[856]	882	-	-	923	4,617
3	Tony	Tuohy	[831]	881	878	[828]	854	[826]	859	-	835	861	4,306
4	Mike	Mann	819	814	838	798	[787]	[785]	815	-	[788]	817	4,084
5	Charles	Lound	805	827	-	-	825	761	-	845	-	813	4,063
6	Ola	Balme	801	824	816	[780]	818	-	-	-	781	808	4,040
7	Eberhard	Prill	803	815	836	[771]	792	-	795	[764]	[769]	808	4,040
8	Edward	Hill	745	802	822	[735]	777	-	749	-	-	779	3,895
9	Gary	Sullivan	767	782	810	[738]	774	-	760	-	-	779	3,893
10	Melanie	Edwards	[740]	766	[734]	[729]	775	765	778	[734]	762	769	3,844
11	Andrew	Murray	761	760	777	[750]	770	-	763	[744]	[760]	766	3,831
12	Clare	Wyngard	762	-	761	[741]	792	-	758	-	754	765	3,827
13	Paul	Devine	752	788	785	[694]	751	[705]	750	[707]	[699]	765	3,826
14	Stephen	Davies	759	-	792	-	762	723	743	[687]	-	756	3,779
15	Ian	Lilley	745	775	-	-	759	717	-	[676]	734	746	3,728
16	Rob	Cope	720	750	783	[703]	739	[651]	737	[682]	[720]	746	3,728
17	Edwin	McCormack	[705]	769	767	712	745	[711]	-	702	-	739	3,695
18	Wayne	Lashley	741	765	-	-	744	715	-	-	703	733	3,667
19	Alastair	Locke	711	-	-	-	-	701	744	701	737	719	3,593
20	Mark	Foster	720	742	734	-	706	-	-	-	687	718	3,588
21	Gideon	Franklin	707	-	733	[686]	-	716	696	[666]	696	710	3,548
22	Graham	Laylee	698	715	699	[698]	710	-	696	-	[679]	704	3,518
23	Robert	Bell	716	-	712	680	694	-	698	-	[679]	700	3,499
24	Barrie John	Nicholls	[666]	688	689	682	684	[653]	673	[617]	[659]	683	3,415
25	Kevin	Chadwick	667	-	711	-	665	-	675	[625]	650	674	3,369
26	Sue	Cooper	703	-	670	643	-	-	667	-	630	663	3,314
27	Katie	Crowe	-	708	-	677	666	609	652	-	-	662	3,312
28	Peter	Gibbons	679	-	-	665	673	640	-	-	652	662	3,308
29	Jim	Dowsett	660	-	678	[639]	659	654	[651]	-	652	661	3,303
30	Toby	de Belder	667	-	-	-	-	658	673	661	638	660	3,298
31	Lindsey	Annable	650	679	668	[634]	663	[635]	635	-	[622]	659	3,296
32	Sam	Crump	691	-	-	-	-	608	706	638	647	658	3,290
33	Joseph	Brady	-	673	-	646	-	657	653	-	624	651	3,253
34	Cameron	Timmis	654	-	666	639	-	-	635	-	612	641	3,206
35	Michael	Dodds	651	-	-	656	638	-	614	-	621	636	3,180
36	Alex	Haylett	-	633	646	603	[600]	606	-	-	600	618	3,088
37	Martin	Double	-	644	626	610	625	-	-	[537]	572	615	3,076
38	Laura	Lane	661	-	638	621	-	581	-	560	-	612	3,061
39	Stephen	Wehrle	-	-	630	616	-	-	659	500	630	607	3,036
40	Hugh	French	575	-	611	553	-	-	552	-	584	575	2,875
41	Paul	Hilton	-	591	-	539	543	-	541	-	599	563	2,813
42	Desmond	Edwards	506	-	560	-	523	507	-	-	524	524	2,619
43	Neville	Webb	792	-	793	-	-	-	810	-	803	800	3,199
44	Martin	Morley	746	-	741	709	-	-	720	-	-	729	2,915
45	Paul	Hodge	-	706	735	676	688	-	-	-	-	701	2,805
46	Michelle	Lennon	729	743	-	-	-	-	-	655	672	700	2,798
47	Ajay	Khandelwal	692	-	657	-	646	-	642	-	-	659	2,636
48	Anna	Thomas	-	-	648	-	675	-	682	629	-	658	2,633
49	Per	Hedberg	[578]	645	671	-	-	-	611	601	-	632	2,528
50	Patrick	McMorrow	-	-	-	605	-	-	620	594	609	607	2,428
51	Ameet	Patel	-	-	-	602	587	[575]	610	-	597	599	2,397
52	Matthew	Ladds	-	-	604	556	-	554	-	-	557	568	2,271
53	Paul	Keating	584	-	-	525	557	-	571	-	-	559	2,237
54	Nicola	Richmond	734	796	822	-	-	-	-	-	-	784	2,352
55	Stephen	Smythe	779	-	-	-	-	762	-	750	-	763	2,290
56	Claire	Steward	-	-	-	-	770	731	-	-	757	753	2,258
57	Sarah	Cross	694	-	-	673	-	-	679	-	-	682	2,045
58	Helen	Lister	672	-	-	-	-	-	-	684	666	674	2,022
59	James	Burrows	660	-	-	-	-	-	666	-	664	663	1,990
60	Nicola	McIvor	-	-	-	-	660	-	660	644	-	655	1,964
61	Yvette	Dore	-	-	-	650	-	-	641	-	651	647	1,941
62	Charlie	Boden	662	682	-	-	-	-	-	567	-	637	1,911
63	Andrew	Cottrill	-	-	-	623	-	-	656	607	-	629	1,886
64	Chris	Goodman	668	-	-	-	-	543	645	-	-	619	1,856
65	Barry G.	Evans	584	-	641	-	-	-	-	552	-	593	1,778
66	Leann	Peters	533	-	-	-	-	-	514	-	488	512	1,536
67	Andrea	Pickup	-	-	816	767	-	-	-	-	-	791	1,582
68	Lewis	Laylee	-	766	816	-	-	-	-	-	-	791	1,581
69	Emily	Gelder	-	-	751	-	-	-	-	799	-	775	1,550
70	Hugh	Balfour	-	767	782	-	-	-	-	-	-	775	1,549
71	John	English	746	-	-	-	-	-	749	-	-	748	1,495
72	Duncan	Hussey	739	750	-	-	-	-	-	-	-	744	1,489
73	Oscar	Hussey	700	746	-	-	-	-	-	-	-	723	1,446
74	Emma	Ibell	727	-	-	-	-	-	706	-	-	717	1,433
75	John-Gabriel	Harrison	-	-	-	-	-	694	-	-	725	710	1,420
76	Diana	Morgan	697	-	-	-	-	-	666	-	-	682	1,363
77	Edward	Smyth	-	666	685	-	-	-	-	-	-	676	1,351
78	Duncan	Wilson	675	-	-	-	-	652	-	-	-	663	1,327

continued on next page....

79	Michael	Ward	642	-	-	-	-	-	650	-	-	646	1,291
80	Colin	Frith	630	-	-	648	-	-	-	-	-	639	1,278
81	Olivier	Montfort	-	-	-	658	-	-	-	619	-	638	1,276
82	James	Wicks	-	-	640	-	-	582	-	-	-	611	1,222
83	Joanne	Shelton	-	-	-	-	-	584	625	-	-	605	1,209
84	Dominic	Joiner	663	-	-	-	-	-	-	525	-	594	1,189
85	Belinda	Bell	-	-	-	586	-	-	571	-	-	578	1,156
86	Karina	Burrowes	-	-	569	-	-	524	-	-	-	546	1,092
87	Chris	Loizou	-	-	-	-	-	-	825	-	-	825	825
88	Stephen	Williams	-	-	-	804	-	-	-	-	-	804	804
89	Shona	Mcintosh	-	-	-	-	-	-	-	801	-	801	801
90	Marjorie	Epson	-	-	-	-	-	-	-	790	-	790	790
91	Toni	Holt	-	-	-	-	-	-	-	764	-	764	764
92	Charlie	Wood	754	-	-	-	-	-	-	-	-	754	754
93	Tereza	Francova	-	-	750	-	-	-	-	-	-	750	750
94	Michael	Fullilove	-	-	-	-	745	-	-	-	-	745	745
95	Ian	Sesnan	-	-	714	-	-	-	-	-	-	714	714
96	Oli	Thorogood	-	-	-	-	-	-	-	706	-	706	706
97	Paul	Mottram	-	-	-	-	-	-	-	704	-	704	704
98	Tom	Marshall	-	-	-	-	-	-	-	702	-	702	702
99	Alexander	Dodds	-	-	674	-	-	-	-	-	-	674	674
100	Matthew	Galvin	-	-	-	-	-	-	-	-	673	673	673
101	Graham	Stanton	-	-	-	-	-	-	-	-	650	650	650
102	Louisa	Pritchard	-	-	-	-	-	-	649	-	-	649	649
103	Giles	Gibson	638	-	-	-	-	-	-	-	-	638	638
104	Steve	Cook	635	-	-	-	-	-	-	-	-	635	635
105	Laura	Vincent	-	629	-	-	-	-	-	-	-	629	629
106	Andrew	Bright	620	-	-	-	-	-	-	-	-	620	620
107	Kim	Hainsworth	619	-	-	-	-	-	-	-	-	619	619
108	Pip	Eastop	611	-	-	-	-	-	-	-	-	611	611
109	Charlotte	Easton	-	-	-	-	-	589	-	-	-	589	589
110	Sarah	Lyness	574	-	-	-	-	-	-	-	-	574	574
111	Christian	Moody	-	-	-	-	-	-	571	-	-	571	571
112	Sharon	Erdman	-	-	-	-	-	-	-	-	555	555	555
113	Carolina	Lilley	-	-	-	-	-	-	553	-	-	553	553
114	Greg	Staw	-	-	-	-	-	-	-	531	-	531	531
115	Natalie	Davys	-	-	-	-	-	517	-	-	-	517	517
116	Penelope	Bell	-	-	-	-	-	-	495	-	-	495	495
117	John	O'Byrne	485	-	-	-	-	-	-	-	-	485	485
118	Stephen	Street	-	-	-	-	-	-	474	-	-	474	474
											*	*	

*Later marathons and Cabbage Patch 10 still to come

October 18th

Bexley

214 ran

Pos	Gen		
7	7	Michael Fullilove	20:30

Brockwell , Herne Hill

246 ran

Pos	Gen		
54	3	Anna Thomas	21:22
108	15	Lucy Clapp	23:21
235	75	Sarah Lyness	31:34

Burgess

111 ran

Pos	Gen		
19	2	Kim Hainsworth	21:09
67	50	Barry Evans	26:26

Crystal Palace

134 ran

Pos	Gen		
38	34	Bob Bell	23:46
45	41	Ian Sesnan	24:15

Dulwich

186 ran

Pos	Gen		
69	62	Ajay Khandelwal	23:24
70	63	Mark Muffett	23:25
105	17	Claire Steward	25:36

Fulham Palace

258 ran

Chris Vernon writes

Back on the road again. After a summer of few new parkruns in far flung places like Victoria Park Glasgow , Sheringham Park Norfolk and the new Peckham Rye it is time to try some new ones in London.

Saturday was the first anniversary of Fulham Palace and the enthusiastic team celebrated in fine style with fancy dress including a fairy, a crocodile and a magnificent black and white cow as the 'tail' runner (shades of the Mooathon a DR trip of a while back) balloons and pacers for every two minutes from 19 to 33. They were rewarded with a record turnout.

This is the home run of Fulham RC who meet in the park, a friendly bunch of all abilities who wear their colours with pride. The course is pancake flat, three laps, alongside the river, past Craven Cottage and some interesting decoration features in the park.

Despite a stiff head wind off the river and a crowded course the winner came home in 15.55 over a minute ahead of the field. My 134th parkrun at my 35th different venue was two minutes quicker than my last one two weeks ago but 6 minutes behind my age group winner and I was beaten by the cow! Sue struggled with the wind, the loose dogs and the wayward children and was disappointed not to get nearer her goal of 30 minutes.

Afterwards we all gathered in the very posh Drawing Room Café in the Palace for coffee and birthday cake.

223	72	SusanVernon 1FV65	31:13
247	159	Chris Vernon 2MV70	35:40

Greenwich

165 ran

Pos	Gen		
12	12	Jim Dowsett	21:42

Hilly Fields

136 ran

Pos	Gen		
4	4	Ian Lilley	19:50
90	25	Carolina Lilley	28:33

Northala Fields

99 ran

Pos	Gen		
27	3	Sara Harman	24:33

Orpington

129 ran

Pos	Gen		
25	24	Martin Morley	24:09
35	32	Colin Frith	25:41

Peckham Rye

90 ran

Pos	Gen		
4	4	Kevin Chadwick	19:16
11	11	Toby De Belder	20:16
14	1	Helen Lister	20:49

Riddlesdown

122 ran

Pos	Gen		
13	1	Ange Norris	21:33

Roundshaw Downs

122 ran

Pos	Gen		
25	1	Emma Ibell	22:33

Sheffield Hallam

516 ran

Pos	Gen		
32	32	James Charles	20:20

Shrewsbury

305 ran

Pos	Gen		
29	28	James Wicks	20:53

New members especially ! and others....

Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC.
This helps ensure your results get picked up and saves you having to send them in.

DULWICH RUNNERS AC W5

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUN IN MILES

FULL RUN	ORANGE	10.5
SHORT CUT	BLUE	8.5
SHORT CUT	PINK	7.0
SHORT CUT	GREEN BLUE & PINK	5.0