# SHORTS

Dulwich Runners AC
Weekly Newsletter
December 3rd 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 03 Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

**Sat 06 Womens Surrey League XC - Cheam**

**Tue 09 Track Session** - Crystal Palace Arena
7 for a 7:15pm start £2.50 per session...see below

## TRACK SESSIONS

### 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
### this Wednesday 3rd Dec.

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 5**

**Please see page 5 for important updates on Green Belt and Welsh Castle Relays**

## 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... Get your Christmas party tickets - on sale now !
5... All things Cross Country - races, advice etc
7... Fixture list, club champs,XC, road, track
8... Race reports & results
10... Parkrun results
11... Club Champs results in full
15... Wednesday night routes map
16... Turkey Trot entry form


**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 7**

| | |
|---|---|
| Dec 6 | Surrey League Womens XC, Nonsuch Park, Cheam |
| 6 | Kent Masters, sparrows Den |
| 13 | South of England Masters Horspath, Oxford |
| 13 | HW Interclub XC, Wimbledon Common |
| 20 | South of Thames 7.5 miles, Farthing Down |

## NEW RUNNERS ROTA

Thanks to **Steve Wehrle, Andy Murray, Gideon Franklin and Barry Graham** 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**

| | |
|---|---|
| **Clare Wyngard** | **03/12** |
| Hugh Balfour | 10/12 |
| Lindsey Annable | 17/12 |

## 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

# TICKETS ON SALE NOW

**but will go up to £18 from Wednesday 26th November.**

# 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.
**As of Wednesday 26th November tickets are £18**
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

I'll be at the club tonight
**Alastair Locke**

## It's almost time folks!

Party shoes are being polished, dancing frocks (and festive onesies) are being dusted down, a Christmas platter finer than any ambassador's reception is being prepared all for your xmas entertainment.
ONLY A FEW TICKETS LEFT NOW! **TICKETS NOW £18!**
TICKET SALES MUST END 12PM FRIDAY 5TH DECEMBER. That's it. No DFS style sale extensions.
See above page for details on how to pay or speak to Alastair drsocialsec@gmail.com club on Wednesdays

**So don't be bored at home on December 13th**

**Get yourself along to the party!!!!**

*Paid up party goers as of 9am on Tuesday 2nd December are…(those in red have let me know about any special diets)*

| | | | | |
|---|---|---|---|---|
| Aileen Cook 2 | Gideon Franklin 1 | Ros Tabor 1 | John Kenny 1 | Charlie Boden 1 |
| Ameet Patel 1 | Helen Lister 1 | Steve Smythe 1 | Rob Cope 2 | Tom South 2 |
| Andy Murray 1 | Ian Lilley 2 | Steve Wherle 2 | Graham Laylee 2 | John O'Byrne 1 |
| Barry Graham 1 | John McGlashan 1 | Sue Cooper 3 | Jim Dowsett 1 | Jose Baretta 1 |
| Cameron Timmis 1 | Katie Crowe 1 | Sue Vernon 2 | Joanne Shelton 1 | Kim Hainsworth 1 |
| Chris Louizu 1 | Laura Lane 1 | Toby de Belder 2 | Lucy Clapp 1 | Ed Smyth 1 |
| Claire Sinka 1 | Lindsey Annable 2 | Tony Tuhoy 1 | James Burrows 1 | Paul Keating 1 |
| Claire Steward 1 | Lloyd Collier 1 | Ron Searle 1 | Selma Benattia 2 | Katie Styles 1 |
| Claire Wyngard 1 | Mel Edwards 1 | Harry Handscome 1 | Ebe Prill 2 | Ajay Khandelwal 1 |
| Desmond Edwards 1 | Mike Dodds 1 | Hugh Balfour 2 | Ange Norris 2 | Steve Davies 1 |
| Edwin McCormack 1 | Mike Mann 2 | Denise Brady 1 | Kevin Chadwick 1 | Ola Balme 1 |
| Gary Sullivan 1 | Paul Devine 1 | Karen Grieves 1 | Richard Pole 1 | Michelle Lennon 1 |

## CHRISTMAS PARTY RAFFLE

**Sue Vernon writes:**
There will be a raffle at the Dulwich Runners Christmas Party on Saturday 13th December and the proceeds will be going to our chosen Charity of the Year 2015 Dulwich Helpline. Please buy your party tickets now and bring plenty of cash with you to purchase raffle tickets. There will be good prizes which Alastair, Matt and I will be organising.

## 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**

**WEEKEND IN SNOWDONIA 27TH FEB - 2ND MAR**
Join other DR's for some Running/Walking/Chilling in self catering cottages at the foot of Snowdon.
Options include the new parkrun at Penryn Castle, Anglesey Half Marathon (Sun 1st March) so it will fit in with your spring training and not clash with other club events.
Partners/non runners will be most welcome.
Places are limited so contact Chris Vernon on vernonrun@aol.com for more details

# 'MARATHON TRAINING SUNDAY SESSIONS'

## SUNDAY RUNS, RACES AND REPS

***(Provisional – dates and events subject to change)***

**Includes: middle and long distance multi-terrain / road races**
**Sunday runs at High Elms & Dulwich Park**
**Track sessions at Norman Park track, Bromley**
**Preparation for London Marathon 2015**

| Weeks to go! | Date | Event / Distance | Information |
|---|---|---|---|
| 16 | 4 Jan | **Tadworth 10** | Epsom Downs 10 mile race |
| | Sat 10 | Surrey League XC | Wimbledon Common (Men and women) |
| 15 | 11 Jan | Norman Park track | 09:30 'Yassoo' session – 8 x 800m |
| 14 | 18 Jan | Dulwich Park | 09:00 14 miles to Beckenham |
| 13 | 25 Jan | High Elms | 09:00 Off-road 2 hours |
| 12 | 1 Feb | High Elms | 09:00 Off-road 2 hours+ |
| | Sat 7 | Surrey League XC | Men at Lloyd Park / Women at Farthing Down |
| 11 | 8 Feb | Norman Park track | 09:30 Track session |
| 10 | 15 Feb | Dulwich Park | 09:00 18 miles |
| 9 | 22 Feb | **Tunbridge Wells Half Marathon** | Tunbridge Wells 13.1 miles Race |
| 8 | 1 Mar | Norman Park | 09:00 Road route to Tatsfield and return – 18m |
| 7 | 8 Mar | Norman Park track | 09:00 Track session |
| 6 | 15 Mar | Dulwich Park | 09:00 Road run to Town/City – 20m |
| 5 | 22 Mar | High Elms | 09:00 Off-road 2 hours + |
| 4 | 29 Mar | **Paddock Wood Half Marathon** | Paddock Wood, Kent- 13.1 mile race |
| 3 | 5 Apr | Westerham run | 09:00 Grasshopper pub, Westerham – off road 3 hrs + |
| 2 | 12 Apr | High Elms | 09:00 Off road 2 hours + |
| 1 | 19 Apr | High Elms | 09:00 Easy 10m off road |
| GO! | 26 Apr | LONDON MARATHON! | 09:00 |
| **Zero** | **13 Apr** | **LONDON MARATHON** | **CHAMPSCLUB** |

for more information contact Steve Wehrle, Claire Steward, Paul Hilton

ParkRuns (5k) take place at 09:00 on Saturday morning in local parks all over the country (incl Dulwich, Brockwell Park, Crystal Palace, Peckham Rye, Burgess Park, Southwark, Hilly Fields) – check out http://www.parkrun.org.uk/ for venues and registration

**Alternative / additional race options:**

| | | |
|---|---|---|
| 17 Jan (Sat) | Box Hill Fell Race – approx 7.5 miles off-road | http://www.fabian4.co.uk/ |
| 18 Jan | Benfleet 15 – 15 miles multi-terrain | http://benfleetrunningclub.co.uk/benfleet-15 |
| 15 Feb | Bramley 10 / 20 miles, Basingstoke | http://Readingroadrunners.org |
| 8 March | Finchley 20 miles (Ruislip) | http://www.hillingdonac.co.uk/f20/ |
| 15 March | Meon Valley Plod (multi-terrain 21 miles) | http://www.pjc.org.uk/ |
| 21 March (Sat) | Date tbc – Orion 15, Epping Forest | http://www.orionharriers.org.uk |
| 22 March | Hastings Half Marathon | http://www.hastings-half.co.uk/ |
| 29 March | Cranleigh 15/21 (15 or 21 miles) | http://www.mabac.org.uk/ |
| 29 March | Tempest 10 / Spitfire 20 (10 or 20 miles) | http://www.eventstolive.co.uk/ |
| 29 March | Croydon Half Marathon | http://www.croydonhalf.co.uk |
| 19 April | Thames Towpath 10 (10 miles, Chiwswick) | http://www.west4harriers.com/ |

# IMPORTANT UPDATE

## Green Belt & Welsh Castles Relays

The dates of these relays have now been confirmed as 16/17 May for the Green Belt Relay (GBR) and 6/7 June for the Welsh Castles Relay (WCR). These dates are different from those previously advised.

We need to make decisions shortly on which relays to enter next spring as well as the number of teams. In order to do this, we would like to ask for expressions of interest for each of these relays. It should be emphasized that these events are not targeted at our faster elite runners but are open to everyone.

They are particularly suitable for newly joined members as the WCR in particular is an excellent opportunity to get to know other club members. The GBR has 22 stages and takes place over 2 days with each competitor running on both days, so we need 11 runners per team. A lot of the relay is offroad on trails and riverside towpaths and the stage distances range from 8 to 13 miles.

The WCR also takes place over a weekend and has 20 stages, but each competitor only runs once, so we need 20 runners to complete a team. Most of the relay takes place on roads but some of the stages contain contain sections of trail. The stage distances are similar to the GBR ones. It would he helpful if those of you who would like to take part in one or both of these events could let me know by 12 December,even if you have already responded to existing Shorts articles,to enable us to see whether we have sufficient runners + reserves to enter teams.

We are looking at ways of reducing the financial burden to the club of these relays and will be increasing the current £10 contribution towards entry costs made by runners to £15. However this is similar to or less than the cost of entering most road races.

We will make decisions soon after on which relays to enter and the number of teams in the light of your responses. Those newer members who are unfamiliar with these events and who would like further information are welcome to contact me mcmann90@yahoo.co.uk

***Mike Mann on behalf of the relays team***

## Marathon Training

Steve Smythe, who has run a sub-three hour marathon in 5 different decades and is one of the Runner's World/Asics Target 26.2 marathon coaches, can offer marathon training advice and schedules free to members.
If interested, contact steve.smythe@athleticsweekly.com

## 2015 CLUB CHAMPS

Some more research is required before a final decision is reached on the club champs races for 2015. However 2 races in the long category have been selected for the spring; the Sidcup 10 on 8 March and the Paddock Wood Half Marathon on 29 March.

Since these races are currently open for entries and are filling up quite fast, you are encouraged to enter soon. Note that the first club champs race of the year will be the Dulwich parkrun on 31 January. The full list of club champs races will be issued within the next few weeks.

***Mike Mann on behalf of ADSC***

## DULWICH RUNNERS CLUB KIT

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

**There is limited stock of hoodies, very small sizes only.**
**I can order more if enough people are interested.**
**They will be £20 each.**
**Most kit is usually available Wednesdays at the club**
**Contact Ros ros@28kerfield.freeserve.co.uk**

With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

***The cross country season has started, so here is some 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 that started 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.

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***

### *UPDATE.....*

Entries are now open for the Kent Masters Champs being held at Sparrow's Den on 6 December. If you are eligible and would like to be entered please contact your captains before 17 November.

## Surrey League Cross Country, 10 January
## Volunteers Needed

We are hosting the third men's Surrey League fixture at Wimbledon Common on 10 January, and need up to 25 volunteers to provide marshals at a number of points on the course and manage the finish.

Since the women will be running on the same course earlier in the day,it is hoped that as many participants as possible will be prepared to stay on and help with the men's match starting at 2.30pm. In addition we need as many as possible of those not intending to run to help out on the day.

Our men intending to run are also encouraged to turn up early to support the women who will be starting at 12.00. Further details of the course and marshalling stations will be provided nearer the time.
In the meantime could all those willing to volunteer please contact me at mcmann90@yahoo.co.uk

## 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.

## CROSS COUNTRY MOB MATCH WITH BECKENHAM RUNNING CLUB

Beckenham Running Club have kindly agreed to host a further cross country mob match at Beckenham Place Park on 14 February. The course is likely to be similar to the one used last winter. There is a clue in the name and we need to field a large "mob" to do well. This is an event for everyone, not just our faster runners, as virtually all runners score. So please note the date in your calendars.

## CROSS COUNTRY ENTRIES

Entries are now open for the following cross country races, with the following closing dates (cds)

- South of Thames 7.5m, Farthing Down, Coulsdon 20 December cd 11 Dec
- Surrey County Champs, Lloyd Park 3 January cd tbc
- Kent County Champs, Hythe, 3 January cd tbc
- South of England Champs, Stanmer Park, Brighton cd 8 Dec (note very early deadline)

Details of the county champs are not yet available but on previous form it is likely to be early December for the Kent champs and mid December for the Surrey champs.
Make sure you notify your captains in good time.

## UPDATE

The closing date for the Kent county champs at Hythe on 3 January is approaching, so please let me know by the end of today,3 December if you want to be entered. So far only 3 men have expressed interest.

Although the South of England champs at Stanmer Park, Brighton does not take place until 24 January, entries are closing soon, so if anyone else is interested, you must inform me by 8 December.

If you still want to be entered for the South of Thames 7.5m at Farthing Down on 20 December, please also let me know by 8 December.

Entries for the Surrey County champs at Lloyd Park are open until 20 December.

Finally there is a very early closing date for the National champs at Parliament Hill Fields on 21 February, so names please by 3 January. **Mike Mann**

## 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**

## Thursday daytime sessions

A growing number of runners meet up on Thursday Mornings at various different places each week (ie Dulwich Park, Brockwell Park, Greenwich Park, Beckenham, Crystal Palace). Cost is £1.
If you want to be added to the mailing list - session usually confirmed late Wednesday - e-mail steve.smythe@athleticsweekly.com

## Marathon Training

Steve Smythe, who has run a sub-three hour marathon in 5 different decades and is one of the Runner's World/ Asics Target 26.2 marathon coaches, can offer marathon training advice and schedules free to members.
If interested, contact steve.smythe@athleticsweekly.com

## 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 |
|---|---|---|---|---|
| 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 |
| | 14 | Beckenham Mob Match | mens & women | Beckenham |
| | 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 .

## Silicon Valley Turkey Trot
## San Jose
## CA, USA

This race is a huge 5k & 10k event with thousands of runners competing in the main event. They also host a smaller elite race with decent prize money that attracts a good field of elite athletes who are based in the western states like CA, AZ, OR.

This race also finds itself on the PAUSATF road grand prix calendar, which is similar to something like the Surrey road league, and the organizers allow these club-level runners to compete with the elite athletes instead of running the main race. So, solely by virtue of possessing a paid-up membership to a PAUSATF club, I was entered in the elite race! I had three goals for the race: 1.) break 16 2.) not finish dead last 3.) not embarrass myself completely. After several months of ramping up my mileage, I went in to the race feeling strong aerobically but unsure if I was sharp enough to meet goal #1.

After doing a few strides alongside Andrew Wheating (an NCAA champion and olympian who has run 1:44/3:30) all doubts were cast aside and I was raring to race! As it turns out, the doubts would probably have been beneficial because, predictably, I went out way too fast. My first mile split wasn't too ridiculous for a sub 16 attempt but the reality was that I probably did the damage in the first 800m. I hit 400 under 73 and 800 in 2:28. In my defense, it was hard to control the pace in the start of the race because the start was lined with cheering spectators which probably made everyone run a bit too quickly and I was just following the pack right at the back.

The damage was done, however, and the rest of the race was all about trying to meet goals #2&3. Though I slowed dramatically, and felt as if I was jogging it in, I managed to finish fourth from last and meet goal #2. As for goal #3, I would estimate I failed on that one considering my ludicrous splits. In the end, I only ran 2 seconds slower than my PB which means I really blew an opportunity to get a PB with more sensible pacing.
Still, it was a fun experience, even though I felt like a complete charlatan running with (or more accurately - minutes behind) a field of that quality.

55 Edward Hill 16:27 (5:02, 5:19, 5:32, 0:34)
58 ran

## Crystal Palace Canter 2 Dec

4 Graham Laylee 23:18

## Movember 10K
## Greenwich Park
## Saturday 29 Nov

Why do I do these things? I entered this race with my daughter and her husband on a whim,but since then I have been beset with injuries, so I was hardly match fit for this run. I'm sure most of you are familiar with Greenwich Park, but for the unenlightened it is hilly...very hilly !
Considering this race falls in to the 'fun run' category, it's a knackering course for the fittest,let alone the many people I saw that probably couldn't run for a bus.

Conditions were good and when I set off I made the decision to chug along rather than worry about pace and checking the Garmin every five minutes, but I didn't want to be over 45 minutes which on current form and the difficulty of the course was a probability.

On the final 1K I checked my time and it was over 39 minutes and I was running downhill (good), but at the bottom of the hill I had to do a u-turn and run back up (bad). I dug deep got up the hill as quickly as I could without passing out (it was hard) and then it was about 300 metres to the finish and I did it under 44 minutes, which surprised and pleased me.

| | Chip time | Gun time |
|---|---|---|
| 58 Gary Sullivan | 43:43 | 43:53 |

1,424 ran
Age 1 (out of 34)

## Last Friday of the Month 5k
### Friday 28 November

Four Dulwich runners lined up for this popular monthly 5k lunchtime race in Hyde Park.Once again the alternative two lap course was used due to the winter wonderland and conditions were mild although a little windy in places.
Paul ran well making the top 10 in a course fastest time. Trying a new/common sense tactic of not going off like a lunatic, he ran a very even paced race with his last mile being the fastest.

Andy and Ros informed me at the beginning they were just going to enjoy it following a hard training session on Thursday. However both still ran very solid races- and Ros still had the best overall age grading in the entire race-show off.Carolina completed the contingent supported by injured husband Ian and had her best run in the race this year, stating her preference for the two lapped course. There was also a return to racing for ex member Ben Fairhall who impressively came 2nd overall having just returned to training.

| | | |
|---|---|---|
| 8 | Paul Devine | 17:18 |
| 101 | Andy Murray | 21:31 3V60 |
| 131 | Ros Tabor | 22:09 1FV65 |
| 231 | Carolina Lilley | 27:32 |

264 ran

## English Schools Cross Country Cup Final Newquay Cornwall U15 Boys 4.4km

After two earlier rounds, only the top 24 schools are invited to the finals, which this year, were held in Cornwall. Having reached the U15 final for the first time, Oscar's Skinners' school exceeded expectations coming fifth, and haf it been five to score rather than four, would have taken team silver such was the closeness in the teams' scores.

Newquay, although a long distance away for the four Kent teams and those further afield in Newcastle, was a unique and original choice in its blend of sea, surf and sun. Taking an early morning run at sunrise, it was hard to make your way through the wet suit clad bunch of adrenaline junkies trying to squeeze every last second out of their weekend at a far flung destination. Indeed, a quick trip out the evening before to a pizza restaurant with the six lads proved troublesome making our way firstly through a real ale and music festival and then secondly, six reindeers, Santa, a brass band and lots of primary school kids with lanterns aloft marching in the opposite direction.

The races themselves were well organised on a compact course. The weather was warm with sun tan cream and sunglasses more appropriate than the usual cross country attire.

What previously thought as being flat boring school playing fields, turned out to be challenging course with four steep ramps to climb on each of the three laps. With a frenetic pace set by some of the leading runners in the country, Oscar paced himself well until the last lap when the relentless climbing made him tire. Even so, in changing fortunes, he still managed to beat the former National Cross Country champion and the winner of the London Mini marathon.

His team mate James Puxty came an excellent second having lead most of the way. ***- Duncan Hussey***

74 Oscar Hussey 16:34
148 ran

## Self Transcendence 10k Battersea Park Sat 29th November

A later start than usual of 8.30am (yay!) meant an extra half-hour in bed, just as well after the gig on Friday night – thanks to the Dulwich Runners who attended. One of those tasteful music fans was Wayne, who also made it to the start line after being put right about which buses he had to catch in order to get home. Once the sun was up it turned out to be perfect running conditions and hopes for PBs on the fast course grew; in fact a huge field of 440 had gathered including international 2:10 marathon runner Scott Overall, who duly despatched the course record by winning easily in 30:03. Alright I suppose but nowhere near his PB.....

Back in the land of the mortals I was looking for an improvement on a succession of fairly poor 10ks this year since the best one back in May. A decent start without going too mad led into a nice rhythm and I felt I was running strongly but approaching the view of the clock at the finish brought me back to reality – and I still had to sprint for the line to ensure it was a 34. Still counts you know, better than a 35.

Wayne was running his customary annual 10k and was in shape to bother his two-year-old 35:32 PB but just fell short. Too much rock 'n roll, that's our excuse. These not-so-near misses were put in the shade by the other three Dulwich entrants who all landed PBs; Alex and Hugh knocked sizeable lumps off their debut marks from early summer while Michelle contrived to somehow squeeze a whole second from her run last month.

***-TonyTuohy***

| | | | |
|---|---|---|---|
| 26 | Tony Tuohy | 34:59 | 1st M50 |
| 40 | Wayne Lashley | 35:45 | |
| 176 | Alex Haylett | 43:16 | PB |
| 203 | Hugh French | 45:06 | PB |
| 204 | Michelle Lennon | 45:08 | PB |

440 ran

## Pirie 10 miles XC, Farthing Downs, Sun 30th November

This long-standing popular event promoted by South London Harriers once again attracted a good gathering of Dulwich Runners, all keen to stagger through thick fog and mud for a hilly cross country lasting over an hour. About 9.75 miles in fact. Hope I'm not short-selling; it's a good event, cheap to enter, good prizes and free tea and cakes back at the ranch. Lovely jubbly.

After another even later gig on Saturday, and the odd hour or two's sleep, I staggered the one mile from my house to the clubhouse wondering whether to enter or just jog/cheer. With red vests everywhere I didn't want to feel left out so handed over my tenner. I really wanted an easy, steady run here but of course soon found myself alongside an M50 rival and so a prize was now in prospect.

As it happens he wasn't as fit as usual and I was able to press on without killing myself although you can never call over an hour's steady hard running round Farthing Downs easy, and it wasn't. All the Dulwich contingent were similarly satisfied with their outings, despite running a bit slower than before in the case of previous entrants. Nevertheless, Ola still won the W45 prize, just like last year, to add to her two previous W35 wins. And for sheer enthusiasm you can't fault Des who, still getting used to cross-country, had to be assured he wasn't actually drunk as he repeatedly strayed off-line trying to run on the dodgy camber

***-Tony Tuohy***

| | | | |
|---|---|---|---|
| 16 | Tony Tuohy | 63:33 | 1M50 |
| 33 | Ola Balme | 70:35 | 1W45 |
| 36 | Neville Webb | 71:00 | |
| 46 | Ange Norris | 72:30 | 3W45 |
| 50 | Jim Dowsett | 73:09 | |
| 67 | Mike Mann | 76:51 | 2 M60 |
| 84 | Clare Wyngard | 81:33 | |
| 97 | Jo Shelton | 86:33 | |
| 104 | Des Edwards | 90:55 | |

113 ran

## November 29th

### Brockwell

236 ran

| Pos | Gen | | |
|---|---|---|---|
| 9 | 9 | Lewis Laylee | 18:38 |
| 15 | 15 | Neville Webb | 19:27 |
| 48 | 44 | Cameron Timmis | 21:39 |
| 60 | 54 | Graham Laylee | 22:01 |
| 65 | 7 | Lucy Clapp | 22:27 |
| 156 | 42 | Sharon Erdman | 26:37 |
| 178 | 56 | Sarah Lyness | 27:25 |

### Bromley

487 ran

| Pos | Gen | | |
|---|---|---|---|
| 411 | 280 | Peter Jackson | 32:45 |
| 429 | 287 | John O'byrne | 33:46 |

### Burgess

106 ran

| Pos | Gen | | |
|---|---|---|---|
| 12 | 12 | James Charles | 19:30 |
| 17 | 1 | Kim Hainsworth | 20:16 |

### Crystal Palace

165 ran

| Pos | Gen | | |
|---|---|---|---|
| 10 | 2 | Elkie Thorndyke | 19:52 |
| 36 | 33 | Bob Bell | 23:05 |
| 77 | 14 | Penelope D'arcy Graham | 25:19 |
| 95 | 20 | Belinda Cottrill | 26:40 |

### Dulwich

180 ran

| Pos | Gen | | |
|---|---|---|---|
| 3 | 3 | Alastair Locke | 17:44 |
| 4 | 4 | Stephen Davies | 17:54 |
| 7 | 7 | Ebe Prill | 18:36 |
| 11 | 11 | Timothy Bowen | 18:53 |
| 15 | 15 | Simon Burnett | 19:06 |
| 81 | 12 | Claire Steward | 24:31 |
| 106 | 84 | Mick Mead | 25:55 |
| 158 | 51 | Susan Vernon | 30:36 |

### Greenwich

144 ran

| Pos | Gen | | |
|---|---|---|---|
| 4 | 1 | Clare Elms | 18:34 |
| 11 | 10 | Stephen Smythe | 19:44 |

### Hilly Fields

134 ran

| Pos | Gen | | |
|---|---|---|---|
| 108 | 62 | Ian Lilley | 35:05 |
| 128 | 56 | Carolina Lilley | 40:36 |

### Highbury Fields

107 ran

| Pos | Gen | | |
|---|---|---|---|
| 29 | 28 | Duncan Wilson | 21:24 |

### Lloyd , Croydon

123 ran

| Pos | Gen | | |
|---|---|---|---|
| 16 | 14 | James Wicks | 22:58 |

### Nonsuch

497 ran

| Pos | Gen | | |
|---|---|---|---|
| 177 | 159 | Michael Ward | 25:00 |

### Northala Fields

99 ran

| Pos | Gen | | |
|---|---|---|---|
| 46 | 11 | Sara Harman | 25:43 |

### Orpington

93 ran

| Pos | Gen | | |
|---|---|---|---|
| 23 | 19 | Martin Morley | 23:58 |
| 24 | 20 | Colin Frith | 24:16 |

### Peckham Rye

Congratulations to Gideon Franklin as his 48th parkrun was his first sub 20 minutes, It was also my First attempt at pacing so I was pleased to make the target and help Gideon achieve this.
Now the target is sub19, except I've only done it a few times myself!

After the parkrun I was chatting to a tourist not knowing it was Ros's Brother and he told me despite his sister finding the course horrible and twisty (well she ran a PB!) he actually enjoyed it. When I told him I was also a Dulwich runner I could tell he thought oh bugger what have I just said!!

Its ok though as I don't like Dulwich parkrun and Ros is still awesome

65 ran

| Pos | Gen | | |
|---|---|---|---|
| 5 | 5 | Gideon Franklin | 19:53 PB |
| 6 | 6 | Kevin Chadwick | 19:53 pacer |
| 8 | 8 | Michael Fullilove | 20:18 |
| 23 | 2 | Nicola Mcivor | 21:50 |
| 26 | 24 | Andy Murray | 22:32 |
| 27 | 3 | Ros Tabor | 22:34 PB |

### Riddlesdown

102 ran

| Pos | Gen | | |
|---|---|---|---|
| 53 | 7 | Ange Norris | 28:19 |

### Roundshaw Downs

86 ran

| Pos | Gen | | |
|---|---|---|---|
| 23 | 3 | Clare Wyngard | 24:12 |
| 24 | 21 | Michael Dodds | 24:13 |

### Wolverhampton

112 ran

| Pos | Gen | | |
|---|---|---|---|
| 12 | 12 | Matt Hartin | 19:39 |

**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.

## 2014 CHAMPIONSHIP WINNERS

| | |
|---|---|
| Overall Winner | Ros Tabor |
| 2nd | Clare Elms |
| 3rd | Tony Tuohy |
| 1st Sen Woman | Mel Edwards |
| 2nd Sen Woman | Sue Cooper |
| 3rd Sen Woman | Katie Crowe |
| 1st Sen Man | Ed Hill |
| 2nd Sen Man | Paul Devine |
| 3rd Sen Man | Edwin Mccormack |
| 1st MV40 | Rob Cope |
| 2nd MV40 | Charlie Lound |
| 3rd MV40 | Ian Lilley |
| 1st FV40 | Ola Balme |
| 2nd FV40 | Lindsey Annable |
| 1st MV50 | Tony Tuohy |
| 2nd MV50 | Ebe Prill |
| 3rd MV50 | Gary Sullivan |
| 1st FV50 | Clare Elms |
| 2nd FV50 | Ros Tabor |
| 3rd FV50 | Clare Wyngard |
| 1st MV60 | Mike Mann |
| 2nd MV60 | Andy Murray |
| 3rd MV60 | Barrie John Nicholls |

## 2014 CHAMPIONSHIPS COMPLETED

| |
|---|
| Graham Laylee |
| Steve Davies |
| Wayne Lashley |
| Alastair Locke |
| Mark Foster |
| Gideon Franklin |
| Bob Bell |
| Kevin Chadwick |
| Pete Gibbons |
| Toby de Belder |
| Jim Dowsett |
| Sam Crump |
| Joseph Brady |
| Cameron Timmins |
| Mike Dodds |
| Alex Haylett |
| Martin Double |
| Laura Lane |
| Steve Wehrle |
| Hugh French |
| Paul Hilton |
| Desmond Edwards |

## 2014 champs categories MARATHON

| | | |
|---|---|---|
| **1** | **Overall winner** | Charlie Lound |
| **2** | **Fastest man (excluding overall winner)** | Alastair Locke |
| **3** | **Fastest woman excluding overall winner)** | Shona McIntosh |
| **4** | **First Senior Man (excluding above)** | Paul Devine |
| **5** | **First Senior woman (excluding above)** | Emily Gelder |
| **6** | **First M40 (excluding above)** | Rob Cope |
| **7** | **First W40 (excluding above)** | Michelle Lennon |
| **8** | **First M50 (excluding above)** | Ebe Prill |
| **9** | **First W50 (excluding above)** | Marjorie Epson |
| **10** | **First M60 (excluding above)** | Andy Murray |
| **11** | **2nd Age Graded (excluding above)** | Toni Holt |
| **12** | **3rd Age Graded (excluding above)** | Steve Smythe |
| **13** | **Captains' award** | Charlie Boden and Laura Lane |

| | | | Short | | | Medium | | | Long | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **2014 Club Champs within age groups** | | **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** |
| | Name/Category | | | | | | | | | | | | |
| | WOMEN SENIOR | | | | | | | | | | | | |
| 1 | Melanie | Edwards | [49] | 50 | [49] | 50 | 50 | 50 | 50 | [47] | [50] | 9 | 259 |
| 2 | Sue | Cooper | 48 | - | 47 | 47 | - | - | 47 | [43] | 48 | 6 | 243 |
| 3 | Katie | Crowe | - | 49 | - | 48 | 47 | 49 | 45 | - | - | 5 | 243 |
| 4 | Laura | Lane | 45 | - | 45 | 46 | - | 47 | - | 42 | - | 5 | 230 |
| | Anna | Thomas | - | - | 46 | - | 49 | - | 49 | 44 | - | 4 | 192 |
| | Sarah | Cross | 47 | - | - | 49 | - | - | 48 | - | - | 3 | 147 |
| | Helen | Lister | 46 | - | - | - | - | - | - | 46 | 49 | 3 | 144 |
| | Nicola | McIvor | - | - | - | - | 48 | - | 46 | 45 | - | 3 | 142 |
| | Charlie | Boden | 44 | 48 | - | - | - | - | - | 42 | - | 3 | 137 |
| | Leann | Peters | 42 | - | - | - | - | - | 42 | - | 47 | 3 | 134 |
| | Emily | Gelder | - | - | 48 | - | - | - | - | 49 | - | 2 | 99 |
| | Joanne | Shelton | - | - | - | - | - | 46 | 44 | - | - | 2 | 92 |
| | Karina | Burrowes | - | - | 44 | - | - | 45 | - | - | - | 2 | 91 |
| | Belinda | Bell | - | - | - | 45 | - | - | 43 | - | - | 2 | 90 |
| | Charlie | Wood | 50 | - | - | - | - | - | - | - | - | 1 | 51 |
| | Shona | Mcintosh | - | - | - | - | - | - | - | 50 | - | 1 | 51 |
| | Tereza | Francova | - | - | 50 | - | - | - | - | - | - | 1 | 51 |
| | Toni | Holt | - | - | - | - | - | - | - | 48 | - | 1 | 49 |
| | Charlotte | Easton | - | - | - | - | - | 48 | - | - | - | 1 | 49 |
| | Laura | Vincent | - | 47 | - | - | - | - | - | - | - | 1 | 48 |
| | Natalie | Davys | - | - | - | - | - | 44 | - | - | - | 1 | 45 |
| | Kim | Hainsworth | 43 | - | - | - | - | - | - | - | - | 1 | 44 |
| | Penelope | Bell | - | - | - | - | - | - | 41 | - | - | 1 | 42 |
| | **WOMEN V40** | | | | | | | | | | | | |
| 1 | Ola | Balme | 49 | 48 | [47] | 48 | 50 | - | - | - | 50 | 6 | 251 |
| 2 | Lindsey | Annable | [43] | 45 | [44] | [44] | 47 | 49 | 44 | - | 45 | 8 | 238 |
| | Michelle | Lennon | 46 | 46 | - | - | - | - | - | 49 | 46 | 4 | 191 |
| | Nicola | Richmond | 48 | 49 | 49 | - | - | - | - | - | - | 3 | 149 |
| | Yvette | Dore | - | - | - | 46 | - | - | 45 | - | 47 | 3 | 141 |
| | Claire | Steward | - | - | - | - | 46 | 48 | - | - | 44 | 3 | 141 |
| | Andrea | Pickup | - | - | 48 | 49 | - | - | - | - | - | 2 | 99 |
| | Emma | Ibell | 47 | - | - | - | - | - | 49 | - | - | 2 | 98 |
| | Sharon | Erdman | 41 | - | - | - | - | - | - | - | 43 | 2 | 86 |
| | Louisa | Pritchard | - | - | - | - | - | - | 46 | - | - | 1 | 47 |
| | Carolina | Lilley | - | - | - | - | - | - | 42 | - | - | 1 | 43 |
| | Sarah | Lyness | 40 | - | - | - | - | - | - | - | - | 1 | 41 |
| | **WOMEN V50** | | | | | | | | | | | | |
| 1 | Clare | Elms | 50 | 50 | 50 | 50 | - | [50] | 50 | - | - | 6 | 256 |
| 2 | Ros | Tabor | [45] | 47 | 46 | [45] | 48 | - | 48 | - | 49 | 7 | 245 |
| 3 | Clare | Wyngard | [44] | - | 45 | 47 | 49 | - | 47 | - | 48 | 6 | 242 |
| | Diana | Morgan | 42 | - | - | - | - | - | 43 | - | - | 2 | 87 |
| | Marjorie | Epson | - | - | - | - | - | - | - | 50 | - | 1 | 51 |
| | **MEN SENIOR** | | | | | | | | | | | | |
| 1 | Ed | Hill | [48] | 50 | 50 | 50 | 50 | - | 48 | - | - | 6 | 254 |
| 2 | Paul | Devine | 49 | 48 | [48] | 48 | [47] | [46] | 49 | 49 | [47] | 9 | 252 |
| 3 | Edwin | McCormack | [46] | 49 | [49] | 49 | 49 | 50 | - | 47 | - | 7 | 251 |
| 4 | Alastair | Locke | 47 | - | - | - | - | 48 | 50 | 50 | 50 | 5 | 250 |
| 5 | Wayne | Lashley | 50 | 47 | - | - | 48 | 49 | - | - | 48 | 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 | - | - | 40 | [39] | 6 | 218 |
| 11 | Hugh | French | 38 | - | 39 | 43 | - | - | 40 | - | 41 | 5 | 206 |
| 12 | Desmond | Edwards | 37 | - | 38 | - | 43 | 39 | - | - | 38 | 5 | 200 |
| | Matt | Ladds | - | - | 41 | 44 | - | 41 | - | - | 40 | 4 | 170 |
| | Andrew | Cottrill | - | - | - | 47 | - | - | 43 | 42 | - | 3 | 135 |
| | James | Burrows | 41 | - | - | - | - | - | 44 | - | 46 | 3 | 134 |
| | Chris | Goodman | 44 | - | - | - | - | 40 | 42 | - | - | 3 | 129 |
| | John-Gabriel | Harrison | - | - | - | - | - | 47 | - | - | 49 | 2 | 98 |
| | Lewis | Laylee | - | 46 | 47 | - | - | - | - | - | - | 2 | 95 |
| | Edward | Smyth | - | 44 | 45 | - | - | - | - | - | - | 2 | 91 |
| | James | Wicks | - | - | 43 | - | - | 42 | - | - | - | 2 | 87 |
| | Oscar | Hussey | 40 | 45 | - | - | - | - | - | - | - | 2 | 87 |
| | Oli | Thorogood | - | - | - | - | - | - | - | 48 | - | 1 | 49 |
| | Tom | Marshall | - | - | - | - | - | - | - | 46 | - | 1 | 47 |
| | Alexander | Dodds | - | - | 44 | - | - | - | - | - | - | 1 | 45 |
| | Christian | Moody | - | - | - | - | - | - | 41 | - | - | 1 | 42 |
| | Simon | Burnett | - | - | - | - | - | - | - | 41 | - | 1 | 42 |
| | Greg | Staw | - | - | - | - | - | - | - | 39 | - | 1 | 40 |
| | Andrew | Bright | 39 | - | - | - | - | - | - | - | - | 1 | 40 |
| | Richard | Dyson | - | - | - | - | - | - | - | 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 | [45] | 47 | 8 | 244 |
| 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 |
| | Paul | Hodge | - | 45 | 47 | 47 | 44 | - | - | - | - | 4 | 187 |
| | Ajay | Khandelwal | 44 | - | 44 | - | 43 | - | 47 | - | - | 4 | 182 |
| | Paul | Keating | 41 | - | - | 43 | 42 | - | 44 | - | - | 4 | 174 |
| | Olivier | Montfort | - | - | - | 49 | - | - | - | 46 | - | 2 | 97 |
| | Duncan | Hussey | 46 | 47 | - | - | - | - | - | - | - | 2 | 95 |
| | Matthew | Galvin | - | - | - | - | - | - | - | - | 48 | 1 | 49 |
| **MEN V50** | | | | | | | | | | | | | |
| 1 | Tony | Tuohy | 50 | 50 | [50] | 50 | 50 | [50] | 50 | - | [50] | 8 | 258 |
| 2 | Ebe | Prill | 49 | 49 | [49] | 49 | [49] | - | 49 | 50 | [49] | 8 | 254 |
| 3 | Gary | Sullivan | [45] | 48 | 48 | 47 | 48 | - | 45 | - | - | 6 | 242 |
| 4 | Gideon | Franklin | [43] | - | 45 | 44 | - | 48 | [42] | 46 | 47 | 7 | 237 |
| 5 | Graham | Laylee | [39] | 44 | [39] | 43 | 44 | - | 41 | - | 44 | 7 | 223 |
| 6 | Peter | Gibbons | 37 | - | - | 38 | 41 | 44 | - | - | 40 | 5 | 205 |
| 7 | Mike | Dodds | 36 | - | - | 41 | 40 | - | 34 | - | 38 | 5 | 194 |
| | Neville | Webb | 47 | - | 47 | - | - | - | 47 | - | 48 | 4 | 193 |
| | Per | Hedberg | [29] | 43 | 40 | - | - | - | 35 | 45 | - | 5 | 168 |
| | Ameet | Patel | - | - | - | [36] | 39 | 43 | 37 | - | 39 | 5 | 163 |
| | Patrick | McMorrow | - | - | - | 35 | - | - | 33 | 43 | 37 | 4 | 152 |
| | Steve | Smythe | 48 | - | - | - | - | 49 | - | 49 | - | 3 | 149 |
| | John | English | 46 | - | - | - | - | - | 46 | - | - | 2 | 94 |
| | Hugh | Balfour | - | 46 | 44 | - | - | - | - | - | - | 2 | 92 |
| | Duncan | Wilson | 40 | - | - | - | - | 46 | - | - | - | 2 | 88 |
| | Mick | Ward | 33 | - | - | - | - | - | 36 | - | - | 2 | 71 |
| | Colin | Frith | 32 | - | - | 37 | - | - | - | - | - | 2 | 71 |
| | Chris | Loizou | - | - | - | - | - | - | 48 | - | - | 1 | 49 |
| | Steve | Williams | - | - | - | 48 | - | - | - | - | - | 1 | 49 |
| | Paul | Mottram | - | - | - | - | - | - | - | 48 | - | 1 | 49 |
| | Michael | Fullilove | - | - | - | - | 47 | - | - | - | - | 1 | 48 |
| | Graham | Stanton | - | - | - | - | - | - | - | - | 43 | 1 | 44 |
| | Ian | Sesnan | - | - | 42 | - | - | - | - | - | - | 1 | 43 |
| | Giles | Gibson | 35 | - | - | - | - | - | - | - | - | 1 | 36 |
| | Pip | Eastop | 31 | - | - | - | - | - | - | - | - | 1 | 32 |
| | Steve | Street | - | - | - | - | - | - | 31 | - | - | 1 | 32 |
| **MEN V60** | | | | | | | | | | | | | |
| 1 | Mike | Mann | [44] | 47 | 46 | 46 | [45] | 47 | [44] | - | 46 | 8 | 240 |
| 2 | Andy | Murray | [42] | 45 | [43] | 45 | 46 | - | [43] | 47 | 45 | 8 | 236 |
| 3 | Barrie John | Nicholls | [34] | 42 | [37] | [40] | 42 | 45 | [38] | 44 | 41 | 9 | 223 |
| 4 | Bob | Bell | 38 | - | [38] | 39 | 43 | - | 39 | - | 42 | 6 | 207 |
| 5 | Steve | Wehrle | - | - | 35 | 34 | - | - | 32 | 41 | 36 | 5 | 183 |
| | Martin | Morley | 41 | - | 41 | 42 | - | - | 40 | - | - | 4 | 168 |
| | Barry Graham | Evans | 28 | - | 36 | - | - | - | - | 42 | - | 3 | 109 |
| | Steve | Cook | 30 | - | - | - | - | - | - | - | - | 1 | 31 |
| | John | O'Byrne | 27 | - | - | - | - | - | - | - | - | 1 | 28 |

119 Best 5 count for year including 1 each short, medium, long. W50's and M60's have separate contests using the above scores.

| | | | Short | | | Medium | | | Long | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **Overall Age Graded Champs** | | 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-May | Average | TOTAL 5 events max inc 1.S,M,L | |
| | Name/Category | | | | | | | | | | | | | |
| 1 | Ros | Tabor | 910 | 953 | 971 | [842] | 929 | - | 902 | - | [894] | 933 | 4,665 | 5 |
| 2 | Clare | Elms | 914 | 946 | 1,001 | 873 | - | [856] | 882 | - | - | 923 | 4,617 | 5 |
| 3 | Tony | Tuohy | [831] | 881 | 878 | [828] | 854 | [826] | 859 | - | 835 | 861 | 4,306 | 5 |
| 4 | Mike | Mann | 819 | 814 | 838 | 798 | [787] | [785] | 815 | - | [788] | 817 | 4,084 | 5 |
| 5 | Charles | Lound | 805 | 827 | - | - | 825 | 761 | - | 845 | - | 813 | 4,063 | 5 |
| 6 | Ola | Balme | 801 | 824 | 816 | [738] | 818 | - | - | - | 781 | 808 | 4,040 | 5 |
| 7 | Ebe | Prill | 803 | 815 | 836 | [771] | 792 | - | 795 | [764] | [769] | 808 | 4,040 | 5 |
| 8 | Ed | Hill | 745 | 802 | 822 | [639] | 777 | - | 749 | - | - | 779 | 3,895 | 5 |
| 9 | Gary | Sullivan | 767 | 782 | 810 | [735] | 774 | - | 760 | - | - | 779 | 3,893 | 5 |
| 10 | Melanie | Edwards | [740] | 766 | [734] | [729] | 775 | 765 | 778 | [734] | 762 | 769 | 3,844 | 5 |
| 11 | Andy | Murray | 761 | 760 | 777 | [750] | 770 | - | 763 | [744] | [760] | 766 | 3,831 | 5 |
| 12 | Clare | Wyngard | 762 | - | 761 | [741] | 792 | - | 758 | - | 754 | 765 | 3,827 | 5 |
| 13 | Paul | Devine | 752 | 788 | 785 | [694] | 751 | [705] | 750 | [707] | [699] | 765 | 3,826 | 5 |
| 14 | Stephen | Davies | 759 | - | 792 | - | 762 | 723 | 743 | [687] | - | 756 | 3,779 | 5 |
| 15 | Ian | Lilley | 745 | 775 | - | - | 759 | 717 | - | [676] | 734 | 746 | 3,728 | 5 |
| 16 | Rob | Cope | 720 | 750 | 783 | [703] | 739 | [651] | 737 | [682] | [720] | 746 | 3,728 | 5 |
| 17 | Edwin | McCormack | 705 | 769 | 767 | [686] | 745 | 711 | - | [666] | - | 739 | 3,697 | 5 |
| 18 | Wayne | Lashley | 741 | 765 | - | - | 744 | 715 | - | [537] | 703 | 733 | 3,667 | 5 |
| 19 | Alastair | Locke | 711 | - | - | - | - | 701 | 744 | 716 | 737 | 722 | 3,608 | 5 |
| 20 | Mark | Foster | 720 | 742 | 734 | - | 706 | - | - | - | 687 | 718 | 3,588 | 5 |
| 21 | Gideon | Franklin | 707 | - | 733 | [698] | - | 716 | 696 | 666 | [679] | 704 | 3,518 | 5 |
| 22 | Graham | Laylee | 698 | 715 | 699 | [780] | 710 | - | 696 | - | [679] | 704 | 3,518 | 5 |
| 23 | Bob | Bell | 716 | - | 712 | 680 | 694 | - | 698 | - | [679] | 700 | 3,499 | 5 |
| 24 | Barrie John | Nicholls | [666] | 688 | 689 | 682 | 684 | [653] | 673 | [617] | [659] | 683 | 3,415 | 5 |
| 25 | Kevin | Chadwick | 667 | - | 711 | - | 665 | - | 675 | [625] | 650 | 674 | 3,369 | 5 |
| 26 | Sue | Cooper | 703 | - | 670 | 643 | [600] | - | 667 | [608] | 630 | 663 | 3,314 | 5 |

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 27 | Katie | Crowe | - | 708 | - | 677 | 666 | 609 | 652 | - | - | 662 | 3,312 | 5 |
| 28 | Peter | Gibbons | 679 | - | - | 665 | 673 | 640 | - | - | 652 | 662 | 3,308 | 5 |
| 29 | Toby | de Belder | 667 | - | - | - | - | 658 | 673 | 661 | 638 | 660 | 3,298 | 5 |
| 30 | Sam | Crump | 691 | - | - | - | - | 608 | 706 | 638 | 647 | 658 | 3,290 | 5 |
| 31 | Lindsey | Annable | [705] | 679 | 668 | 634 | 663 | [711] | 635 | - | [622] | 656 | 3,279 | 5 |
| 32 | Joseph | Brady | - | 673 | - | 646 | - | 657 | 653 | - | 624 | 651 | 3,253 | 5 |
| 33 | Jim | Dowsett | 660 | - | 678 | [634] | 659 | [635] | 651 | 605 | [622] | 651 | 3,253 | 5 |
| 34 | Cameron | Timmis | 654 | - | 666 | 639 | - | - | 635 | - | 612 | 641 | 3,206 | 5 |
| 35 | Mike | Dodds | 651 | - | - | 656 | 638 | - | 614 | - | 621 | 636 | 3,180 | 5 |
| 36 | Alex | Haylett | - | 633 | 646 | 603 | [600] | 606 | - | - | 600 | 618 | 3,088 | 5 |
| 37 | Martin | Double | - | 644 | 626 | 610 | 625 | - | - | [537] | 572 | 615 | 3,076 | 5 |
| 38 | Laura | Lane | 661 | - | 638 | 621 | - | 581 | - | 560 | - | 612 | 3,061 | 5 |
| 39 | Steve | Wehrle | - | - | 630 | 616 | - | - | 659 | 500 | 630 | 607 | 3,036 | 5 |
| 40 | Hugh | French | 575 | - | 611 | 553 | - | - | 552 | - | 584 | 575 | 2,875 | 5 |
| 41 | Paul | Hilton | - | 591 | - | 539 | 543 | - | 541 | - | 599 | 563 | 2,813 | 5 |
| 42 | Desmond | Edwards | 506 | - | 560 | - | 523 | 507 | - | - | 524 | 524 | 2,619 | 5 |
| | Neville | Webb | 792 | - | 793 | - | - | - | 810 | - | 803 | 800 | 3,199 | 4 |
| | Martin | Morley | 746 | - | 741 | 709 | - | - | 720 | - | - | 729 | 2,915 | 4 |
| | Michelle | Lennon | 729 | 743 | - | - | - | - | - | 693 | 672 | 709 | 2,837 | 4 |
| | Paul | Hodge | - | 706 | 735 | 676 | 688 | - | - | - | - | 701 | 2,805 | 4 |
| | Ajay | Khandelwal | 692 | - | 657 | - | 646 | - | 642 | - | - | 659 | 2,636 | 4 |
| | Anna | Thomas | - | - | 648 | - | 675 | - | 682 | 629 | - | 658 | 2,633 | 4 |
| | Per | Hedberg | [578] | 645 | 671 | - | - | - | 611 | 601 | - | 632 | 2,528 | 4 |
| | Patrick | McMorrow | - | - | - | 605 | - | - | 620 | 594 | 609 | 607 | 2,428 | 4 |
| | Ameet | Patel | - | - | - | 602 | 587 | [575] | 610 | - | 597 | 599 | 2,397 | 4 |
| | Nicola | Richmond | 734 | 796 | 822 | - | - | - | - | - | - | 784 | 2,352 | 3 |
| | Steve | Smythe | 779 | - | - | - | - | 762 | - | 750 | - | 763 | 2,290 | 3 |
| | Matt | Ladds | - | - | 604 | 556 | - | 554 | - | - | 557 | 568 | 2,271 | 4 |
| | Claire | Steward | - | - | - | - | 770 | 731 | - | - | 757 | 753 | 2,258 | 3 |
| | Paul | Keating | 584 | - | - | 525 | 557 | - | 571 | - | - | 559 | 2,237 | 4 |
| | Sarah | Cross | 694 | - | - | 673 | - | - | 679 | - | - | 682 | 2,045 | 3 |
| | Helen | Lister | 672 | - | - | - | - | - | - | 684 | 666 | 674 | 2,022 | 3 |
| | James | Burrows | 660 | - | - | - | - | - | 666 | - | 664 | 663 | 1,990 | 3 |
| | Nicola | McIvor | - | - | - | - | 660 | - | 660 | 644 | - | 655 | 1,964 | 3 |
| | Yvette | Dore | - | - | - | 650 | - | - | 641 | - | 651 | 647 | 1,941 | 3 |
| | Charlie | Boden | 662 | 682 | - | - | - | - | - | 567 | - | 637 | 1,911 | 3 |
| | Andrew | Cottrill | - | - | - | 623 | - | - | 656 | 607 | - | 629 | 1,886 | 3 |
| | Chris | Goodman | 668 | - | - | - | - | 543 | 645 | - | - | 619 | 1,856 | 3 |
| | Barry G. | Evans | 584 | - | 641 | - | - | - | - | 552 | - | 593 | 1,778 | 3 |
| | Andrea | Pickup | - | - | 816 | 767 | - | - | - | - | - | 791 | 1,582 | 2 |
| | Lewis | Laylee | - | 766 | 816 | - | - | - | - | - | - | 791 | 1,581 | 2 |
| | Emily | Gelder | - | - | 751 | - | - | - | - | 799 | - | 775 | 1,550 | 2 |
| | Hugh | Balfour | - | 767 | 782 | - | - | - | - | - | - | 775 | 1,549 | 2 |
| | Leann | Peters | 533 | - | - | - | - | - | 514 | - | 488 | 512 | 1,536 | 3 |
| | John | English | 746 | - | - | - | - | - | 749 | - | - | 748 | 1,495 | 2 |
| | Duncan | Hussey | 739 | 750 | - | - | - | - | - | - | - | 744 | 1,489 | 2 |
| | Oscar | Hussey | 700 | 746 | - | - | - | - | - | - | - | 723 | 1,446 | 2 |
| | Emma | Ibell | 727 | - | - | - | - | - | 706 | - | - | 717 | 1,433 | 2 |
| | John-G. | Harrison | - | - | - | - | - | 694 | - | - | 725 | 710 | 1,420 | 2 |
| | Diana | Morgan | 697 | - | - | - | - | - | 666 | - | - | 682 | 1,363 | 2 |
| | Edward | Smyth | - | 666 | 685 | - | - | - | - | - | - | 676 | 1,351 | 2 |
| | Duncan | Wilson | 675 | - | - | - | - | 652 | - | - | - | 663 | 1,327 | 2 |
| | Mick | Ward | 642 | - | - | - | - | - | 650 | - | - | 646 | 1,291 | 2 |
| | Colin | Frith | 630 | - | - | 648 | - | - | - | - | - | 639 | 1,278 | 2 |
| | Olivier | Montfort | - | - | - | 658 | - | - | - | 619 | - | 638 | 1,276 | 2 |
| | James | Wicks | - | - | 640 | - | - | 582 | - | - | - | 611 | 1,222 | 2 |
| | Joanne | Shelton | - | - | - | - | - | 584 | 625 | - | - | 605 | 1,209 | 2 |
| | Belinda | Bell | - | - | - | 586 | - | - | 571 | - | - | 578 | 1,156 | 2 |
| | Sharon | Erdman | 562 | - | - | - | - | - | - | - | 555 | 558 | 1,116 | 2 |
| | Karina | Burrowes | - | - | 569 | - | - | 524 | - | - | - | 546 | 1,092 | 2 |
| | Chris | Loizou | - | - | - | - | - | - | 825 | - | - | 825 | 825 | 1 |
| | Steve | Williams | - | - | - | 804 | - | - | - | - | - | 804 | 804 | 1 |
| | Shona | Mcintosh | - | - | - | - | - | - | - | 801 | - | 801 | 801 | 1 |
| | Marjorie | Epson | - | - | - | - | - | - | - | 790 | - | 790 | 790 | 1 |
| | Toni | Holt | - | - | - | - | - | - | - | 764 | - | 764 | 764 | 1 |
| | Charlie | Wood | 754 | - | - | - | - | - | - | - | - | 754 | 754 | 1 |
| | Tereza | Francova | - | - | 750 | - | - | - | - | - | - | 750 | 750 | 1 |
| | Michael | Fullilove | - | - | - | - | 745 | - | - | - | - | 745 | 745 | 1 |
| | Ian | Sesnan | - | - | 714 | - | - | - | - | - | - | 714 | 714 | 1 |
| | Oli | Thorogood | - | - | - | - | - | - | - | 706 | - | 706 | 706 | 1 |
| | Paul | Mottram | - | - | - | - | - | - | - | 704 | - | 704 | 704 | 1 |
| | Tom | Marshall | - | - | - | - | - | - | - | 702 | - | 702 | 702 | 1 |
| | Alexander | Dodds | - | - | 674 | - | - | - | - | - | - | 674 | 674 | 1 |
| | Matthew | Galvin | - | - | - | - | - | - | - | - | 673 | 673 | 673 | 1 |
| | Graham | Stanton | - | - | - | - | - | - | - | - | 650 | 650 | 650 | 1 |
| | Louisa | Pritchard | - | - | - | - | - | - | 649 | - | - | 649 | 649 | 1 |
| | Giles | Gibson | 638 | - | - | - | - | - | - | - | - | 638 | 638 | 1 |
| | Steve | Cook | 635 | - | - | - | - | - | - | - | - | 635 | 635 | 1 |
| | Laura | Vincent | - | 629 | - | - | - | - | - | - | - | 629 | 629 | 1 |
| | Andrew | Bright | 620 | - | - | - | - | - | - | - | - | 620 | 620 | 1 |
| | Kim | Hainsworth | 619 | - | - | - | - | - | - | - | - | 619 | 619 | 1 |
| | Pip | Eastop | 611 | - | - | - | - | - | - | - | - | 611 | 611 | 1 |
| | Charlotte | Easton | - | - | - | - | - | 589 | - | - | - | 589 | 589 | 1 |
| | Sarah | Lyness | 574 | - | - | - | - | - | - | - | - | 574 | 574 | 1 |
| | Christian | Moody | - | - | - | - | - | - | 571 | - | - | 571 | 571 | 1 |
| | Carolina | Lilley | - | - | - | - | - | - | 553 | - | - | 553 | 553 | 1 |
| | Simon | Burnett | - | - | - | - | - | - | - | 541 | - | 541 | 541 | 1 |
| | Greg | Staw | - | - | - | - | - | - | - | 531 | - | 531 | 531 | 1 |
| | Natalie | Davys | - | - | - | - | - | 517 | - | - | - | 517 | 517 | 1 |
| | Penelope | Bell | - | - | - | - | - | - | 495 | - | - | 495 | 495 | 1 |
| | John | O'Byrne | 485 | - | - | - | - | - | - | - | - | 485 | 485 | 1 |
| | Steve | Street | - | - | - | - | - | - | 474 | - | - | 474 | 474 | 1 |
| | Richard | Dyson | - | - | - | - | - | - | - | 467 | - | 467 | 467 | 1 |

# DULWICH RUNNERS AC W11

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

| min per/M | min per/Km |
|---|---|
| 6:30 | 4:02 |
| 6:45 | 4:11 |
| 7:00 | 4:20 |
| 7:15 | 4:30 |
| 7:30 | 4:39 |
| 7:45 | 4:48 |
| 8:00 | 4:58 |
| 8:15 | 5.07 |
| 8:30 | 5:16 |
| 8:45 | 5:26 |
| 9:00 | 5:35 |
| 9:15 | 5:44 |
| 9:30 | 5:54 |
| 9:45 | 6:03 |
| 10:00 | 6:12 |

**APPROXIMATE DISTANCES FOR TONIGHTS RUNS**

| | | M | Km |
|---|---|---|---|
| FULL RUN | ORANGE | 11.5 | 18.5 |
| 5HORT CUT | BLUE | 10.4 | 16.7 |
| SHORT CUT | PINK | 10.2 | 16.4 |
| SHORT CUT | GREEN | 9.5 | 15.3 |
| SHORT CUT | GREEN & PINK | 7.7 | 12.4 |
| SHORT CUT | GREEN PINK & BLUE | 6.5 | 10.5 |
| SHORT CUT | GREEN & YELLOW | 3.8 | 6.1 |

# DULWICH RUNNERS TURKEY TROT HANDICAP RACE

## 5K (approx) HANDICAP RACE (3 laps of Dulwich Park)

SUNDAY 14th DECEMBER 10.00 (meet by Queen Mary's Gate)

prizes for:
1st runner across the finish line
1st walker across the finish line
Runner closest to predicted time
best fancy dress - THEME **CHRISTMAS BELLS**

entry fee £2.50 or £2 if in fancy dress

NAME: _____

most recent 5k or parkrun time _____

predicted time for 5k on 14th December: _____

**Runners / walkers must compete without watches.**

Disqualification if 2 minutes or more faster than predicted time.

ros@28kerfield.freeserve.co.uk