SHORTS

Dulwich Runners AC
Weekly Newsletter
November 18th 2015

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

- THE COMING WEEK –

Wed 18 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 24 Track at Crystal Palace Arena 7 for a 7:20pm start £2.50 per session
Next week will be a hill session
see below

In your SHORTS this week !

1... General information
2... Club kit, social events etc
2... 2015 Dulwich Runners Club Champs races diary
3... All things Cross country
5... Fixture list, club champs,XC, road, track
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And much more !

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

You can follow us on

TRACK SESSIONS

Crystal Palace Track

- Excellent for building speed,stamina and endurance
- Go to reception, tell them you are with Dulwich Runners. Allow 10 mins to get from there down to the track
- Pay Ros £2.50 on the track, do not pay at reception
- Elkie will commence a warm-up around 7pm and the main session will start approximately at 7.20pm.

Suitable for all standards

Numbers have been between 40 and 50 since returning to the Palace in the autumn.
Note next week's session at Crystal Palace will probably be off the track for a change and use a nearby hill. Full details of where to meet will be given later in week but provisionally meet 7.10pm outside reception.

Thurdays morning sessions

And there's also speed sessions taken by Steve Smythe. Usually starting between 11:15 - 30 in various local parks.
There is no fee. Suitable for all standards.
Interested ? then email steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

- Sign the attendance register and pay £1.
- **We need the money to help pay for clubhouse hire, map printing etc.**
- **We use the register to compile the new runners' rota, so please write legibly.**
- **We also like to keep an accurate record of weekly attendance.**

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE
Thank you. - Ros

EVENT HORIZON

A brief look ahead

full fixture list page 4

21 Nov **South of Thames 5 mile race, Polesdon Lacey**

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to: **Steve Cook, Mike Mann and Sharon Erdman's group.**
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**

Natalie Davys	**18/11**
Yvette Dore	25/11
Sharon Erdman	02/12

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

SOCIAL SPOT

SPOT

A few dates for the diary!

Charity Quiz Night

Wednesday November 18

This will be hosted in the bar after the club run, starting at 9pm it is £5pp with a maximum of 4 per team.

There will be prizes (probably alcoholic!) for the winning team.

Fish and chips will be on as usual so you can refuel after the run, the bar will be open and the quiz will likely finish up about 10pm.

Hope to see as many of you as possible there, following on from the AGM all proceeds will go to the clubs fundraising efforts for Jose

Dulwich Runners Christmas Party

The Plough - Saturday 12th December

Get your dodgy Christmas jumper and your dancing shoes on for the one you've been waiting all year for!! Bar, music, food (menu TBC - veggie option) and club awards.

Let me know if you are a veggie or have any dietary needs.

Tickets are £15 but will go up to £18 from Thursday 26th November and the final deadline will be Wednesday 2nd December.

Pay on a club night or transfer your festive pounds to:

Matthew Ladds - Santander ref your name
Account: 34933412
Sort Code: 09-01-28
Any queries then just give me a shout.

Many Thanks - Matt matthew.ladds@uk.zurich.com

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)

LUCKY VEST

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.tabor49@gmail.com

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

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

New !!! Dulwich Runners SOCKS

only £5

They will be at the club on Wednesdays,thanks - Ros

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

HOODIES

Thanks for all who responded, and asked for a hoody.

The order has been sent off and I am expecting delivery in about 2 weeks

Thanks Ros ros.tabor49@gmail.com

Unashamedly asking for cash!

I have SHAVED my HAIR OFF to raise funds and would very much appreciate any contribution you can make...it is true that every penny helps...
I could go on for hours(YES, I KNOW YOU BELIEVE ME) about the monumental changes this accident has made to Jose's life all of them expensive.

https://crowdfunding.justgiving.com/christine-dawson

....Imagine waking up tomorrow morning and the only part of your body you can move is your head.....

On the 25th of April this year a good friend of mine, Jose Barretta, rode his mountain bike up to Oxley's Wood with Bradley his chocolate brown Vizlador (Vizla/Labrador x) for their Saturday morning romp in the great outdoors.

By the end of the morning Jose was being airlifted by the London Air Ambulance to Whitechapel Hospital.

He spent the next 5 months in hospital and now faces life as a quadraplegic.

I met Jose at the Dulwich Running club 8 years ago. He has run sub-3 marathons a TOTALLY AWESOME TIME(for non runners); he has cycled many of the Cols on the Tour de France circuit; he was a keen rock climber (he met his wife, Katie rock climbing); he loved nothing more than to be out on his mountain bike exercising Bradley; in short, Jose is a hugely active athletic individual.

Imagine going from being so active to having to go to sports centre every time you need a shower let alone NOT being able to wash yourself once you are there.

Thinking about how much his life has changed utterly deflates me, but I have not heard him once utter a word of complaint. His resilience in the face of this new mountain he must climb is utterly humbling and makes me feel totally inadequate.

He and Katie have just got on with it with remarkable courage, tenacity and determination.

Why am I bothering you?

I would very much like to raise some money to buy equipment to enhance Jose's life, the main prize being a FES bike which is the only form of exercise Jose is able to do, it will increase his circulation therefore stimulating his endocrine system.It will also aid respiration & muscle tone not to mention mental & physical well being. I know having one would make such a difference to Jose.

So far we have raised £9000 so we are half way to getting Jose on a "bike" any contribution would be very gratefully received.

Thank you so much - Kind regards

Christine

The cross country season is now upon us with fixtures taking place on most Saturdays up to late February. Here is some advance information for the benefit of both newly joined members and regulars.

We compete in the Surrey League and this is the club's main priority, with the men in Division 2..... There are 4 fixtures during the season starting on 10 October with the women at Roundshaw Down and the men at Wimbledon Common. Further details regarding individual fixtures will be posted nearer the time. Details of other Surrey League fixtures can be found elsewhere in Shorts.

Event distances in the men's Surrey League races are approximately 8k, while the women's races start at 6k, increasing to 8k later in the season. Distances in other races vary, increasing in the New Year to 12k or over for the men and usually around 8k for the women.

For the men's Surrey League, theres no need to enter in advance or pay; simply turn up on the day in good time to register and warm up.Please don't turn up at the last minute as it will stress out your captain and yourself.

With the women's Surrey League, Ange has sent an email to all ladies to enter runners in advance. If any lady still wants to run but has not replied it is not too late as there are some places on the day but do get in contact to let Ange know - don't just turn up.

With the first 5 runners scoring for the women and the first 10 for the men, it is important that we field as many as possible of our strongest runners. But these and other cross country races are not elite and are suitable for runners of all abilities. They are also an excellent way of improving your overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits across races of all distances and surfaces.

In addition to the Surrey League, there are a number of other races, almost all of which take place on Saturdays. Indeed if you are a cross country fanatic, it is possible to race most weekends through the season. These races include the Kent and Surrey Masters, the London champs, 2 South of Thames races, the county champs, the South of England and National champs. See the fixture list in Shorts for details.

For virtually all these races other than the Surrey League, entries have to be submitted in advance, in some cases over a month before the events. Your captains will post details in Shorts or by email, requesting those interested in participating to contact them before the deadline given. It is not possible to cater for runners who decide after the deadline or even on the day that they would like a run. Note that the club pays for entries. You are asked not to put yourself forward on a speculative basis, but don't worry if you have to withdraw because of injury or illness.

Regarding footwear, you can often get away with road or trail shoes early in the season, but as the ground becomes muddier, cross country spikes or fell shoes will be necessary.

for further information and make sure you respond in good time if you like to take part in races.
Cross country captains
Mike Mann
mcmann90@yahoo.co.uk
Ange Norris
dulwichladiescaptain@gmail.com

CROSS COUNTRY CHAMPS

We are holding a cross country champs once again this season. There are 4 events to qualify including a minimum of 3 Surrey League races. The other races are the South of Thames 5 miles at Polesdon Lacey on 21 November and a mob match yet to be arranged but likely to be in March, probably using the Lloyd parkrun. **Mike Mann**

SEAA MASTERS CROSS COUNTRY 12 DECEMBER

These Masters champs held near Oxford last December revert to Biggleswade this year. Age categories for both men and women are 40+. 50+, as well as M60+ with 3 to score in each age category. Start times are 11am for M50s and M60s (10k), 11.43am for W40s and W50s (6k) and 12.10pm for M40s (10k).
Those who have taken part in the last 2 years plus anyone who is a regular scorer or just outside the scoring teams in the Surrey League are invited to put their names forward to their captains by 25 November.
The above applies to the younger age groups. Any of the usual suspects amongst W50+ and M60+ should apply. Since the venue is difficult to reach by train , we will be organizing a series of lifts. **Mike Mann**

Dulwich Runners 2015/16 Fixtures

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

Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

Cross country Club Champs Assembly League **Misc.**

Date		Race		Venue
Nov	.21	South of Thames 5 mile race,		Polesdon Lacey
Dec	5	Kent Masters		Sparrows Den
	6	Pirie 10 Cross country		Farthing Down, Coulsdon
	12	SEAA Masters Champ		tbc
	19	South of Thames 7.5m		Tonbridge
		2016		2016
Jan	9	County Champs (Surrey & Kent)		Various
	16	Surrey League match 3	men & women	Reigate Priory Park
	tbc 23	Vets AC Champs		Wimbledon Common
	30	South of England champs		Parliament Hill Fields
Feb	13	Surrey League match 4	men	Lloyd Park
	13	Surrey League match 4	women	Richmond Park
	27	National Champs		Donnington

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.

Race Reports & Results

CLARE WINS - ROS SECOND

BRITISH AND IRELAND MASTERS INTERNATIONAL CROSS-COUNTRY CHAMPIONSHIPS DUBLIN, NOVEMBER 14

Two Dulwich Runners ran this year for England in Ireland and both did excellently on a very wet and breezy day on a flat but slippery course.
Watched by her 80 year-old plus parents, Clare Elms was up against three-time winner Fiona Matheson of Scotland, who holds the world over-50 10,000m record.
Matheson led the first lap, with Clare followinh and then at halfway Clare pushed past her and finishing strongly, she eventually won gold to retain her title by 15 seconds and also ensured England won the team competition.
Clare had not previously been fully fit this winter due to a foot problem, but here she had her best cross-country run for a long time and felt comfortable all the way.
Additionally Clare beat all the younger age group (W45 runners) easily too and would have won the W45 race too - her best result while a W45 was second (see list).
W50(6km): 1 C Elms (ENG) 22:43; 2 F Matheson (SCO) 22:58; 3 G Griffiths (ENG) 23:39; 4 N O'Sullivan (IRL) 23:44; 5 A Terek (NI) 24:10; 6 S Cahill (IRL) 24:18; 7 C Wood (ENG) 24:31; 8 J Halford (ENG) 24:43; 9 B Junnier (SCO) 24:54; 10 H Shields (NI) 24:58; 11 P McCrossan (SCO) 25:19; 12 R Anderson (SCO) 25:49; 13 A O'Connor (IRL) 25:54; 14 T Williams (WAL) 25:59; 15 E Collins (WAL) 26:09; 16 H Kelly (NI) 26:24; 17 A McNeill (NI) 26:27; 18 S Davies (WAL) 28:01; 19 B Haines-Jones (WAL) 28:19
TEAM: 1 England 11; 2 Scotland 22; 3 Ireland 23; 4 N Ireland 31; 5 Wales 47

Ros equalled her best ever result with a clear second. A knee problem meant she couldn't train all week but she wouldn't have been able to match team-mate Angela Copson at cross-country anyway and she ran sensibly and strongly for second.
Unfortunately the other English quality runners dropped out and the team could only use a W70 reserve runner who finished a distant last and England lost out by a point despite a first and second.
W65 (6km): 1 A Copson (ENG) 25:47; 2 R Tabor (ENG) 26:58; 3 M Glavey (IRL) 27:23; 4 H Bradley (SCO) 28:13; 5 C Birch (WAL) 28:49; 6 P Browne (IRL) 29:35; 7 J Coyle (IRL) 29:43; 8 R Lynch (IRL) 30:03; 9 A James (WAL) 30:12; 10 M Docking (WAL) 31:11; 11 S Adkins (WAL) 31:19; 12 P Lemoncello (SCO) 33:47; 13 A Bath (SCO) 34:11; 14 B Robinson (ENG) 38:11
TEAM: 1 Ireland 16; 2 England 17; 3 Wales 24; 4 Scotland 29

Clare's record
2007 Belfast 4th W40
2008 Swansea 3rd W40
2009 Birmingham 3rd W45
2010 Dublin 2nd W45
2011 Glasgow 4th W45
2012 Belfast injured
2013 Cardiff 2nd W45
2014 Nottingham 1st W50
2015 Dublin 1st W50

Ros's record since 2003
2003 Cardiff 6th W50
2004 Croydon reserve
2005 Dublin 3rd W55
2006 Falkirk 9th W55
2007 Belfast reserve
2008 Swansea reserve
2009 Birmingham 3rd W60
2010 Dublin 2nd W60
2011 Glasgow 4th W60
2012 Belfast reserve
2013 Cardiff 3rd W60
2014 Nottingham 2nd W65
2015 Dublin 2nd W65

It was an excellent day for Dulwich women cross-country runners as we produced our best ever London cross-country result with a fine second place -with excellent packing - just missing out on gold - and did so even without our top runner in Dublin and confirms when we get everyone out we have a very competitive team.
Steve Smythe

DULWICH WOMEN WIN SILVER AT PARLIAMENT HILL

Along with Clare Elms and Ros Tabor's excellent performances in Dublin,achieving second placed team at the London cross country champs capped a highly successful weekend for our women. The organization wasn't great with a last minute unexplained delay to the start of the women's race leaving them hanging around in the cold rain, no woodchip on many of the paths crossed by the course, paper numbers that disintegrated in the rain and delayed results. Despite the rain, the course was not in bad condition though patches of sloppy mud made it slippery in places, particularly on the descents.

The women's race was over 2 laps of around 3k. Although Clare Elms was missing, we fielded pretty well our strongest possible team, and an impressive14 runners in total. Clare Baglin and Elkie Mace, both currently in excellent form, ran close together, with Elkie leading on the first lap, with Clare finishing narrowly ahead. Emily Gelder ran very strongly to finish close behind. Our final scorer was Mel Edwards, who had achieved the dubious distinction of falling in the mud during her warm-up. Consequently she started off rather cautiously but came through the field strongly in the second lap. Not far behind were Nicola Richmond, followed by Ola Balme.

With runners now coming through thick and fast, Emma Ibell, closely followed by Laura Long were the next finishers. Our remaining runners were Katie Styles, who ran well, Selma Bennatia, slightly down on recent form, followed by Michelle Lennon, Lucy Pickering, Lucy Clapp and Yvette Dore, who all battled away strongly. The team finished in second place, well ahead of the next team, and only 7 points behind the winners, London Heathside.
Such was the strength of our women's team that Nicola and Ola would have been in the second placed team if 2 of our scorers had been absent.

The men's course, fractionally under 10k, started off with 2 short laps followed by a couple of longer laps, the same as the women's course. There was little respite from the hills, cambers and slippery technical descents on the short laps, but the longer laps provided some easier stretches to run on. Unlike the women, several of our stronger runners were missing, partly because of the Epsom 10 the following day. Tim Taylor in his best run to date for the club was our first finisher, almost 4 minutes ahead of Ross Rook, another to have a good run. Next was Kev Chadwick, who was followed by Ebe Prill both of whom had excellent runs. Tom South started off close to Ebe, but feeling unwell pulled out halfway through.

John English, back from recent injury and illness problems, had easily his best run since his return. There was then a gap with Mike Mann, back to something approaching half decent form, was the next to finish with Gideon Franklin, wearing road shoes. How he managed to stay upright throughout is one of life's enduring mysteries. Both Mark Foster and Gary Sullivan found it difficult to repeat their form on the recent shorter distance relays. Our final finishers were Ian Sesnan, followed by Chris Loizou in his first race since foot surgery earlier in the year, and treating it as a gentle training run, which he came through with no ill effects. After the race some of us adjourned to the newly refurbished Magdala, where the N7 craft beer on tap is highly recommended. Thanks to Jim Dowsett for his support and to Tom and others for their assistance in taking down the tent which pops up instantaneously but only pops down if Charlie is there to help. ***Mike Mann***

Women

11 Claire Baglin	24:59
12 Elkie Mace	25:04
16 Emily Gelder	25:14
31 Mel Edwards	25:50
33 Nicola Richmond	26:03
38 Ola Balme	26:24
80 Emma Ibell	27:46
81 Laura Long	27:52
100 Katie Styles	28:33
107 Selma Bennatia	29:00
111 Michelle Lennon	29:14
117 Lucy Pickering	29:40
123 Lucy Clapp	29:53
127 Yvette Dore	30:04

Men

41 Tim Taylor	37:18
140 Ross Rook	41:06
182 Kevin Chadwick	42:38
196 Ebe Prill	43:12
211 John English	43:53
261 Mike Mann	46:10
262 Gideon Franklin	46:17
272 Mark Foster	47:02
285 Gary Sullivan	47:55
333 Ian Sesnan	54:04
343 Chris Loizou	57:30

Ebe adds...
Slogging around Parliament Hill Fields can get strangely addictive I found over the last years, so I wanted to do the London champs again this time. That meant unfortunately that the Epsom 10 club race on the next morning would be a bit of a struggle. For a while I was toying with the idea of just spectating at Epsom, but ultimately the 'lust of running' prevailed and I entered with the idea of treating it as 'brisk training' (never really works though, it's just racing badly with tired legs). So two versions of up and down hills, one in the mud and one on the road.

The usual mad hare start up the soggy hill on Saturday was with Tim, Ross and me positioned at the front this time, Kev and Tom a bit behind. Tim and also Ross (who in my opinion had one of his strongest runs so far) disappeared ahead pretty soon, I was aiming to keep it a bit more steady than my run last year. On the second of the first two shorter laps Kev appeared and left me behind up one of the hills. At some point around mid race I noticed Tom South right behind me and braced myself for a good fight to the finish, like in many a Wednesday night club run together. I accelerated tentatively expecting him at my shoulder, but shortly after a look back at a turn revealed no Dulwich vest in sight. Later I learned he had to retire still suffering from the effects of a recent illness. Next time Tom!

My laps were more consistent this time and I managed to stay ahead of two M50s who had beaten me last year. The muddy final downhill felt glorious with the finish in sight and just one slippery turn left to stay on my feet. I thought

I was going at a fair old pace, but nevertheless a Cambridge Harrier came flying past me at breakneck speed, mud splattering all around. Always amazing to watch, those descents. He told me in the funnel he had crashed earlier and was making up lost time.
I was quite surprised how similar my time and position was compared to the year before, given that cross country can vary a lot. I claim it as consistency on my part; one could also describe it as distinct lack of progress, but hey, in light of the excellent beer in the pub afterwards, I prefer the 'glass half full' approach.
I also can flatter myself with (so far) a 3. M50-55 place in the race. But that could change on Po10 with all runners properly identified by age. So better to stick with 56. Vet overall (M40 and older), which amazingly is the exact same position as last year.
2014 our Dulwich team of best four men came second to last out of 27 teams with Ian Lilley (116. in 40:20), Ebe Prill (200. in 43:09), Jim Dowsett (244. in 45:15), Andy Murray (300. in 49:10). This year we improved to 16. team out of 24 teams with all our four scorers finishing higher up than 200. place (Tim Taylor 41., Ross Rook 140., Kev Chadwick 182., Ebe Prill 196.). Next year maybe with a few more of our stronger runners we could go higher yet.

The Epsom 10 next day was never going to be pretty after that. I started quite hard on the first downhill mile, optimistically trying to track James Burrows for as long as I could. Turned out I couldn't for long. Like Ross the day before he soon was way ahead, not much behind the bunch with Ian Lilley, Mark Lacey and Charlie, followed closely by Tom Calvert. I ran with Kev for a bit (he had also doubled up that weekend), until he forged ahead up the first longer hill. From then on it was a hard slog. The downhills felt surprisingly harder than the uphills this time, and on a downhill stretch after 5 miles I was caught by Mike Fullilove. Payback time for him, since I remember catching him on an uphill stretch in 2012 in the same race. He looked strong and was going well. Not much chance of latching on to him and I soon trailed behind. I was glad when the race was over and I finished about two minutes slower than in 2012 and a good six minutes down on my time at the Sidcup 10 in February. Brisk training indeed, not sure if the idea was so great, but the setting of the race is worth it (imagine you can weigh yourself in pre-race like a jockey and watch how much you lost over the race after; in my case 1.5 kg), and, well, like Wayne I earned my point for the clubchamps. And I will always cherish the rare head to head score, Wayne ;-)!

EPSOM 10 MILES CLUB CHAMPIONSHIP

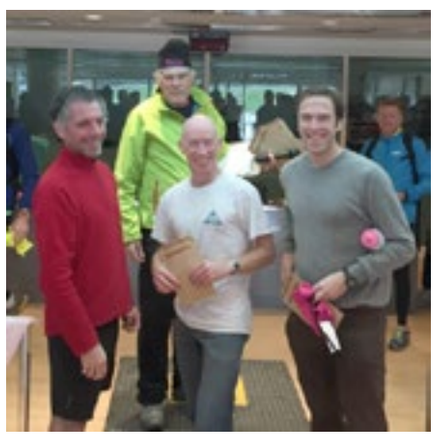
SUN 15TH NOVEMBER

The tenth and final club championship event of 2015 provided a tough course, gale force winds and a resolution to the cliff-hanger race for the senior men's championship – though not before another bout of comedy gold from Wayne. Come on, wouldn't be the same without it...

Any thoughts I had of trying to shelter behind Tim for a while from that wind evaporated in the first half-mile as he practically sprinted after the leader. He couldn't maintain that but a fine second place is his best open road race placing and going under the hour on this course in these conditions was no mean feat, and is definitely on a par with his 77:16 half marathon a couple of months ago. I was wary of the tough climbs up to the 4-mile point and after recent implosions towards the end of races was running scared of a repeat performance. I expected Charlie and his Dulwich posse to come by at any moment, but they didn't materialise and I ran the faster second half quite well to finish strongly enough, albeit two and a half minutes slower than I managed here last year.

Charlie, Ian and Mark had run together for most of the race but Charlie pressed on in the latter stages and managed to shake them off, while Ian produced a cracking performance to distance Mark, who was himself running strongly. Mark was hoping that his 49 championship points would be enough to wrest the senior men's title as his two rivals appeared to be absent (more on that later....he said, cackling). With three of us in the first ten overall we easily secured the team prize and trousered wads of cash for doing so. To see three happy chappies clutching brown envelopes, have a look at the accompanying photo.

Tom Calvert's 65:23 must be his best run since joining the club, especially considering the course and weather, and he did particularly well to stay ahead of Kev and James, both of whom



ran strongly. Mike Fullilove also had an excellent race, managing a rare reverse over an out-of-sorts Ebe, and grabbing the club champs 1st M50. Jim reliably had a good solid run but Gideon was a bit short of the form of his excellent Oxford half marathon last month. Selma was first of the Dulwich ladies today with a strong 75:21, just in front of Cameron's equally strong run.

Three minutes later, Joe Brady was a tad short of his 64:13 PB achieved at Epsom three years ago (to be fair, I'm fairly sure he wasn't expecting to trouble it). Good solid runs followed from Clare Wyngard, Michelle Lennon, Hugh French, Jo Shelton and club champs debutante Niamh Falconer who posted a very good debut time for the distance. Ameet appears to run as strongly as usual whatever conditions he's facing, as does Barrie-John, both of them somehow contriving to come close to their times at the much faster Sidcup course. Claire Steward wasn't that impressed with her run, although I thought it was okay – especially as my own time meant I managed to leapfrog ahead of her to third in the overall age-graded club champs. Sorry Claire. Lindsey was next home and appears to have run a blinder, somehow squeezing a four second PB, a real rarity from such a difficult race. Mike Dodds survived the course well, as did Des and Paul, who were caught and passed by Wayne near the end. Pardon?

Yes, Wayne's time isn't a misprint. He made it to the event in time to start about half an hour late after being diverted to save a damsel in distress, or something. Alright, I made that up; it was just engineering works that delayed his train. But he got there, and I think we'll find when the final table is published that the extra point he gets for just getting round the course means that he secures the senior men's club championship by just that one point; proof of the old adage - you've got to be in it to win it. We didn't even know he was there until he came in after we'd showered and changed. And Mark's valiant late season surge, including a trip to New York that retrieved the point he lost to Alastair in the marathon, nearly made it, but not quite. Comedy gold. It could only happen to Wayne.

Tony Tuohy

EPSOM 10

Wayne Lashley writes

My journey to the Epsom 10 race was never going to be easy. I was travelling from Tring and already got a cab to Leighton Buzzard in order to get a 6.54am train to London Euston. I needed that train to come on time to stand any chance of getting to the race near Tattenham Corner before the start at 9.30am. My luck was out. The train was 15 minutes late. I therefore knew early on I would not make it. I had a decision to make; do I run or write this one off? With the Club Championship at stake and 'The Locke' surely running, i needed a valuable point. I had to run.

When I eventually got to the start and set off, I was some 28 minutes behind the leaders. It became very clear this was going to be a different kind of challenge for me; a psychological one. In he early part of the race, I was unsure of directions and was having to give way to cars as the roads had not been closed off. It was quite dangerous in places. I was also acutely aware I hadn't trained for a 10 mile race!

Being cut off from the main body of the race gave me a great deal of thinking time. The more I thought about my decision to race, the more convinced I was I'd made the right decision for the wrong reasons.

Two people came into my head as I progressed around the course: my friend Chris 'Milton' Ivin and Jose Barretta. Dulwich Runners are well aware of Jose. Chris 'Milton' Ivin is the person whose name I proudly wear on my running vest. He died of testicular cancer three years ago in his thirties and was someone who refused to give up no matter how desperate things seemed. That solitary point became irrelevant. It was about doing what was right as oppse to what was easy.

So i kept going. My inconvenience or pain would only be temporary compared to that of others; I would be fine in an hour. So i pushed on. Importantly, i got past the guy who was taking the mile markers down and then caught the last runner on the course. I was then able to relax a bit more as i got off the busier roads and my pace picked up. Catching people helped my rhythm and gave me targets. I have to say the marshalls were excellent and really encouraged me on the way round.

When i got to the finish, i was actually surprised the Dulwich contigent was still there. My gun time was 30 minutes slower than my best but my chip time was around 62.10 mins which, given the circumstances, i was pretty chuffed with. It wasn't until the finish i realised 'The Locke 'had not actually run so unfortunately for Mark Lacey, my late appearance was significant for the overall Club Championship results. More importantly though, i was pleased i faced plenty of mental barriers in that race and i dealt with all of them (thanks to a little belp from my friends).

Epsom 10 - Jeremy Hemming took pictures at Epsom 10 and pictures can be bought for reasonable prices
imagetogo.net/go/?28071

2015 champs categories EPSOM 10

1 Overall winner TONY TUOHY
2 Fastest man (excluding overall winner) TIM BOWEN
3 Fastest woman excluding overall winner) SELMA BENATTIA
4 First Senior Man (excluding above) MARK LACEY
5 First Senior woman (excluding above) NIAMH FALCONER
6 First M40 (excluding above) CHARLIE LOUND
7 First W40 (excluding above) MICHELLE LENNON
8 First M50 (excluding above) MIKE FULLILOVE
9 First W50 (excluding above) CLARE WYNGARD
10 First M60 (excluding above) BARRIE JOHN NICHOLLS
11 2nd Age Graded (excluding above) CLAIRE STEWARD
12 3rd Age Graded (excluding above) IAN LILLEY
13 Captains' award LINDSEY ANNABLE

	Name		Time		Age graded points	ms	m40	m50/60	f s	f 40/50	Club champs awards
2	Timothy	Bowen	59.31		754	50					fastest M
7	Tony	Tuohy	61.22		840			50			overall win
10	Charles	Lound	62.20		792		50				1st M40
11	Ian	Lilley	62.39	m40	756		49				3rd age g
12	Mark	Lacey	62.58	m s	714	49					1st SM
22	Tom	Calvert	65.23	m s	686	48					
24	Kevin	Chadwick	65.57	m s	685	47					
26	James	Burrows	66.14	m s	682	46					
31	Michael	Fullilove	67.27	m50	764			49			1st M50
38	Eberhard	Prill	68.22	m50	754			48			
50	Jim	Dowsett	70.46	m40	659		48				
64	Gideon	Franklin	73.15	m50	704			47			
77	Selma	Benattia	75.21	f s	677				50		fastest W
78	Cameron	Timmis	75.23	m40	639		47				
94	Joseph	Brady	78.21	m40	636		46				
107	Clare	Wyngard	80.28	f50	747					50	1st W50
112	Michelle	Lennon	81.03	f40	690					49	1st W40
113	Hugh	French	81.05	ms/40	571	45					
118	Niamh	Falconer	82.01	f s	614				49		1st SW
119	Joanne	Shelton	82.01	f40	639					48	
123	Ameet	Patel	82.21	m50	615			46			
134	Barrie John	Nicholls	84.42	m60	655			45			1st M60
141	Claire	Steward	85.47	f60	790					47	2nd age g
146	Lindsey	Annable	86.24	f40	640					46	
151	Michael	Dodds	88.15	m50	606			44			
157	Wayne	Lashley	89.12	m s	725	44					
159	Desmond	Edwards	90.30	m s	499	43					
194	Paul	Keating	98.30	m40	501		45				

ALGARVE CHALLENGE PORTUGAL NOVEMBER 4-8

As usual, Dulwich made up a fair proportion of the field for the four event challenge. It was a quality field with 10 of the competitors being National master champions or World masters medallists, The weather for the first day was rainy but it graduallly improved and the hot sunny weather for the last few days was as warm as any day it has been in the last ten years that club members have been coming to the event.

There are three races exclusive to the challenge - a 5km cross-country, an one mile track race and a 10km trail handicap race and then the challenge is included in the X Millas del Guadiana, a 1000-strong race that is run between Portugal and Spain and alternates direction each year.
Clare and Ros warmed up for the international cross-country this weekend at Dublin with a week's racing. Clare was the fastest in the first three races - and then while holding back initially in the 17.5km road race, still finished a strong second woman overall though did have a few problems with her foot and the hot windy conditions in the last few miles.
Ros was a clear second in the Challenge and close to Clare in terms of the age-grading and ran well in all four races though saved energy for next Saturday by running within herslef in the long road race. She outscored Clare in the mile and her 6:11.1 was easily a world age-66 best for the distance, though Clare's solo 5:23.1, though nowhere near her best this year, was still better than any other 51 year-old had ever run.

Mike Mann struggled badly in the opening 5km and was well beaten by both Ros and Andy but ran a good mile and did enough in the last 2 races to be the top man of the Challenge.
Steve Smythe's best run came in the 17.5km event while Andy struggled with injury and peaked in the first race and was beaten by Ros in all four events, Jim Dowsett made a good Challenge debut with good solid runs in all four events and was the third or fourth fastest in each Challenge event but being easily the youngest of the Dulwich contingent, he was at a disadvantage in the age-grading. His biggest points scorer was the mile where he finished just ahead of Mike with a strong last lap. He appears in a good photograph in this week's Athletics Weekly. ***Steve Smythe***

1 Clare Elms 3548 (18:41 5Kmxc, 5:23.3 1M, 38:52 Trail 10Km, 70:21 17.5Km)
2 Ros Tabor 3531 (22:13, 6:11.1, 46:48, 83:23)
4 Mike Mann 3131 (23:01, 5:58.8, 44:40, 81:09)
7 Steve Smythe 3035 (20:32, 5:55.6, 42:07, 74:04)
9 Andy Murray 2802 (22:24, 6:24.4, 48:32, 90:53)
12 Jim Dowsett 2610 (20:43, 5:57.4, 43:03, 78:35

X MILLAS DEL GUADIANA
VILA REAL – AYAMONTE (ESP)
NOVEMBER 8

The heat made this race tough and though the breeze across the Bridge was cooling, it did further slow times and the Dulwich contingent (and the other British competitors) were on average between 5 and 10 minutes slower than on the same course in 2013.
2W/70 Clare Elms 70:21 (1 W35+)
122 Steve Smythe 74:04
218 Jim Dowsett 78:35
311 Mike Mann 82:32 (4 M60)
337 Ros Tabor 83:23 (3 W45+)
528 Andy Murray 90:53

BECKENHAM CHARITY 10KM

On a warm Remembrance Sunday over 200 runners lined up for this off road race, which (if my memory serves me correctly) has been used as part of our Championships. This was not possible this year due to the Surrey Cross Country League behind held the previous day, but 10 DR's still manage to make the start.

Certain races do have traditions and this one certainly has. Being Remembrance the 2 minute silence was immaculately observed, the only thing which broke that was a passing train on the nearby railway line, which was crossed twice on each lap.The other thing which is done by Beckenham Runners is to arrange for a bugler to play the Last Post which preceded the silence. The bugler also played a cameo to signal the end of the silence and to indicate the start of the race.

The race was advertised as being muddy in places, it was but not as bad as in previous years. There was also a long stage which was run along a shingled path which, personally, I found to be a tad uninteresting. The only part of the race which bothered me was the long downhill at the start of each lap which had to be negotiated carefully otherwise it would have been on your backside for 50 yards! It did not bother Ola, who, being slightly late for the start, literally flew down the hill and still managed to greet me as she went past!

The ladies won their race (Andrea, Ola and Sue who used this as a warm up for her Everest Trek) while Andrea won the ladies race. 203 runners finished, the winning time was 37:06 by Philip Coates of Striders of Croydon.

11	Robert Holland	40:11	
17	Andrea Pickup	44:15	1W
30	Ola Balme	45:26	
43	Sue Cooper	47:17	
57	Yvette Dore	48:48	
80	Jo Shelton	52:05	
94	Tony MacPherson	54:06	
116	Paul Keating	57:04	
118	Claire Steward	57:07	
128	Steve Wehrle	57:42	
198	John O'Byrne	77:32	

These times must be taken into context owing to the nature of the course and to the fact that many ran in the Surrey League the previous day. Also thanks to Barry Graham for coming out to watch and to Steve for his photos.
John O'Byrne

SURREY LEAGUE - JUNIOR MEN WIMBLEDON COMMON

7 NOV

This was the same venue as the first match, although this time we ran on a different course which was only muddy in the middle mile because the start and finish were on rocky tracks (uncomfortable in spikes). I set off hard to get a good position with the aim of improving on my run in the first match when I was ill. In the middle part of this approx 2.8 mile course was the hilly section, but I managed to stick with a small group who had dropped off from the leaders.

Once we got back onto the flat finishing mile I struggled to find a turn of pace which was frustrating because I have been finishing strongly over road 5ks recently but I am slowly learning cross country is very different to road and track racing. Overall not a bad run and I was pleased to move up a few places from the first match, although I still feel I am still struggling to translate my fitness and speed in training over to cross country races but hopefully this will come with consistent racing - with Parliament Hill next.

8 Lewis Laylee 15:34
121 ran

A RATHER WINDY BRIGHTON 10K

Wearing my alternate strip the "deckchair" (Tunbridge Wells Harriers yellow and blue stripes) I ventured for a 3rd consecutive improving bite at the Brighton 10k cherry.

Sadly the weather forecast was correct and as we arrived one of the flags on the pier was horizontal while the other had semi-detached itself in the force of the gale and road barriers were falling like tumbleweed along Madeira Drive. They couldn't even get the finish gantry to stay up!

The course is a straight out and back so the first 3.5k were directly into the wind, then 5k with it directly behind and then the final 1.5 back into the wind.
Despite the conditions I actually felt pretty good for a PB although acknowledged that my <36:00 target was probably not going to happen.

I've never seen a road race with a peloton like this, it was like the tail on a serpent behind each runner crazy enough to take a go at the head of the snake with the rest trying to hide on the shoulder of the runner in front.

Passed halfway in 17:57 and was ahead of target at 7k (passing the finish line). The 8k/9k marker had blown away so I'm not sure exactly where I lost the time vs my target. Oh, in fact perhaps it was running head on into a 45mph wind for that last 1.5k with no runners around to shelter behind or share the burden with.

So, while a big PB, time was a slightly frustrating 36:18 however taking the away the knowledge that I can go much quicker in the right conditions. ***Lloyd Collier***

BECKENHAM TRAIL 10K

SUNDAY 8 NOVEMBER 2015

Claire Steward writes: I have done this event every year since its inception in 2007 and once again we had a lovely Autumnal day for this local race. At 11:00am we stood quietly for the Last Post and two minute silence before the race started. The course consists of two multi-terrain laps in Beckenham Place Park with woodland trails, open grassy areas and footpaths, a testing climb at the start and finish of each lap, and just enough mud following the recent rain to make it interesting.

Andrea was first woman, with Ola, who has occupied the top spot for the last two years, finishing third; an excellent effort after arriving late due to the early departure of her train and having to work her way through the field. Together with Sue they were easily first women's team. Last year I recorded my slowest time by nearly 7 minutes following twelve months of injury. This year I was regaining confidence after Beachy Head and finding some pace at ParkRun and Crystal Palace Canter, then it all went to pieces after I crashed to the ground the previous Wednesday when I caught my foot in a loop of wire in the middle of Alleyn Road. Paul started out strongly, I caught him after he turned his ankle, only for him to put in a late charge to the line for which I had no response, and I was even slower than last year.

Barry Graham was there to lend support and we all enjoyed the post-race tea and cakes at the Cricket Club.

Winner	37:06	
11	40:11	Robert Hollands
17 (F1)	44:15	Andrea Pickup
30 (F3)	45:26	Ola Balme
43	47:17	Sue Cooper
57	48:48	Yvette Dore
80	52:05	Joanne Shelton
94	54:06	Tony Macpherson
116	57:04	Paul Keating
118	57:07	Claire Steward
128	57:42	Steve Wehrle
198	77:32	John O'Byrne
203 Finisher		

November 14th

Barking

80 ran.

Pos	Gen		
19	17	Kevin Smith	23:23

Braunstone

246 ran.

Pos	Gen		
1	1	Ian Frith 17:33	
55	52	Colin Frith	23:15

Brockwell

204 ran.

Pos	Gen		
54	50	Graham Laylee	22:00
61	7	Sarah Cross	22:22
142	32	Sarah Lyness	26:53

Crystal Palace

165 ran.

Pos	Gen		
2	2	Wayne Lashley	17:06
4	4	Tom Wilson	18:52
40	4	Belinda Cottrill	23:22
45	41	Bob Bell 23:41	
56	7	Clare Wyngard	24:25
61	8	Joanne Shelton	24:39
78	67	Michael Dodds	25:22

Didcot

87 ran.

Pos	Gen		
21	2	Caroline Pettigrew	22:11

Dulwich

212 ran.

Pos	Gen		
10	10	Shane O'neill	18:09
55	51	Mark Muffett	21:53
104	14	Hannah Little	24:06
111	19	Lucy Cartlidge	24:23
125	26	Claire Steward	25:06
169	49	Stephanie Burchill	28:30

Greenwich

131 ran.

Pos	Gen		
3	3	Michael Fullilove	20:12

Newark

146 ran.

Pos	Gen		
18	18	Martin Morley	22:58

Orpington

121 ran.

Pos	Gen		
13	1	Tereza Francova	22:15

Peckham Rye

97 ran.

Pos	Gen		
1	1	Andy Bond	17:42
59	12	Claire Barnard	26:52

Riddlesdown

125 ran.

Pos	Gen		
19	3	Ange Norris	21:29

St Anne's

170 ran.

Whilst in Dublin for Ros and Clare's masters international I opted for an early Parkrun rather than the later open masters cross country ,which was 4th event on a wet course. St Anne's Park is near Raheny, a few stops on the Dart train from central Dublin. The course was two laps on tarmac paths, a few bends in the first half lap but then a slightly downhill straight kilometre back along an avenue of evergreen oaks, so pretty fast overall. My 6th Parkrun nation counting football teams (4 home countries plus Rep of Ireland, Poland). ***Andy Murray***

Pos	Gen		
42	38	Andy Murray	22:33

St Peters , Sydney, Aust.

233 ran.

Pos	Gen		
112	19	Penelope D'arcy Graham	25:28

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.

CROSS COUNTRY CHAMPIONSHIPS 2015/16 MEN

TOTAL OF 4 BEST RUNS - MUST INCLUDE 3 SURREY LEAGUES

NAME	Surrey Lge Wimbledon 10/10/15	Surrey Lge 2 Walton 07/11/15	S of Thames Polesdon Lacey 21/11/15	Surrey Lge 3 Reigate 16/01/2016	Surrey Lge 4 Lloyd Park 13/02/2016	Mob Match ?/?/16	TOTAL	No. of events
Wayne Lashley	50	50					100	
Tim Taylor	49	49					98	
Charlie Lound	48	45					93	
Alastair Locke	47	46					93	
Ebe Prill	41	43					84	
Graham Laylee	36	41					77	
Ian Sesnan	34	40					74	
Barrie John Nicholl	33	39					72	
Tim Bowen		48					48	
Andy Bond		47					47	
Tony Tuohy	46						46	
Steve Davies	45						45	
Tom Rann	44						44	
Ross Rook		44					44	
Mark Lacey	43						43	
Ian Lilley	42						42	
John English		42					42	
Jim Dowsett	40						40	
Duncan Wilson	39						39	
Mike Mann	38						38	
Hugh Balfour	37						37	
Andy Murray	35						35	

CROSS COUNTRY CHAMPIONSHIPS 2015/16 WOMEN

TOTAL OF 4 BEST RUNS - MUST INCLUDE 3 SURREY LEAGUES

NAME	Surrey Lge 1 Roundshaw 10/10/15	Surrey Lge 2 West End 7/11/15	S of Thames Polesdon Lacey 06/12/15	Surrey Lge 3 Reigate 16/01/16	Surrey Lge 4 Richmond 13/02/16	Mob Match ?/?/16	TOTAL	No. of events
Claire Baglin	49	50					99	
Nicola Richmod	47	48					95	
Ola Balme	46	47					93	
Ange Norris	45	45					90	
Sue Cooper	42	40					82	
Katie Styles	40	41					81	
Eleanor Simmons	41	38					79	
Katie Crowe	36	37					73	
Lindsey Annable	33	35					68	
Stephanie Burchill	31	34					65	
Clare Elms	50						50	
Mel Edwards		49					49	
Elkie Mace	48						48	
Laura Long		46					46	
Helen Lister	44						44	
Anna Thomas		44					44	
Michelle Lennon	43						43	
Selma Benattia		43					43	
Fiona Askew		42					42	
Lucy Pickering	39						39	
Ruth Bennett		39					39	
Lucy Clapp	38						38	
Ros Tabor	37						37	
Sarah Banting		36					36	
Joanne Shelton	35						35	
Clare Wyngard	34						34	
Claire Steward	32						32	

Club Championships

Below are the points tables after 4 events, including marathons to date. The points can change according to marathons later in the year.

2015 Club Champs within age group.		Short			Medium			Long					
Name/Category		5k Dulwich 31-Jan	2M Battersea 1 - Jun	1M Dulwich 10-Jul	10K Richmond 21-June	7M Sevenoaks 31-Aug	10k Vic Pk 4-Oct	10M Sidcup 8-Mar	1/2M Padd. Wood 29-Mar	Marathon London or other 26-Apr	10m Epsom 15-Nov	Bonus for no. of events	TOTAL 5 events max 1.S,M,L
WOMEN SENIOR													
Claire	Baglin	-	50	49	50	-	-	49	50	-	-	5	**253**
Kim	Hainsworth	50	-	48	49	-	50	47	-	-	-	5	**249**
Laura	Long	[47]	49	[47]	48	50	48	46	-	[46]	-	8	**249**
Selma	Benattia	[45]	46	[42]	47	49	-	[43]	47	[44]	50	9	**248**
Helen	Lister	-	47	[44]	-	[46]	49	48	48	47	-	7	**246**
Katie	Styles	42	44	[41]	46	48	-	42	-	-	-	6	**228**
Karina	Burrowes	-	43	-	-	43	-	40	43	41	-	5	**215**
Anna	Thomas	48	48	46	-	-	-	45	-	-	-	4	191
Ruth	Bennett	43	45	[43]	-	47	47	-	-	-	-	5	187
Laura	Lane	-	-	-	-	-	-	41	46	45	-	3	135
Laura	Vincent	-	-	-	-	44	-	-	44	43	-	3	134
Emily	Gelder	-	-	-	-	-	-	50	-	48	-	2	100
Ellie	Horrocks	49	-	-	-	-	-	-	49	-	-	2	100
Lucy	Cartlidge	-	-	-	-	-	-	-	45	42	-	2	89
Shona	Mcintosh	-	-	-	-	-	-	-	-	50	-	1	51
Elkie	Mace	-	-	50	-	-	-	-	-	-	-	1	51
Melanie	Edwards	-	-	-	-	-	-	-	-	49	-	1	50
Niamh	Falconer	-	-	-	-	-	-	-	-	-	49	1	50
Caroline	Wedmore	46	-	-	-	-	-	-	-	-	-	1	47
Clare	Nicholson	-	-	-	-	-	46	-	-	-	-	1	47
Eleanor	Simmons	-	-	45	-	-	-	-	-	-	-	1	46
Claire	Barnard	-	-	-	-	45	-	-	-	-	-	1	46
Charlie	Boden	44	-	-	-	-	-	-	-	-	-	1	45
Sue	Cooper	-	-	-	-	-	-	44	-	-	-	1	45
Natalie	Davys	-	-	-	-	-	-	-	-	40	-	1	41
Joanna	Walker	-	-	-	-	-	-	-	-	39	-	1	40
WOMEN V40													
Nicola	Richmond	[46]	-	48	48	50	50	[47]	49	-	-	7	**252**
Michelle	Lennon	[43]	49	[42]	[47]	48	48	[43]	47	[47]	49	10	**251**
Yvette	Dore	-	-	43	-	45	-	46	48	48	-	5	**235**
Lindsey	Annable	[36]	46	[37]	43	[42]	46	[41]	43	-	46	9	**233**
Joanne	Shelton	39	-	[38]	44	44	-	-	-	44	48	6	**225**
Ola	Balme	49	-	46	-	49	-	48	-	-	-	4	196
Caroline	Pettigrew	47	-	47	49	-	-	-	-	-	-	3	146
Sharon	Erdman	37	-	36	-	-	-	-	-	43	-	3	119
Andrea	Pickup	-	-	49	-	-	-	49	-	-	-	2	100
Emma	Ibell	45	-	45	-	-	-	-	-	-	-	2	92
Lucy	Pickering	42	-	-	-	-	-	-	46	-	-	2	90
Carolina	Lilley	34	-	-	-	-	44	-	-	-	-	2	80
Cara	Oliver	48	-	-	-	-	-	-	-	46	-	2	96
Sue	Rowlands	-	-	-	-	-	45	-	-	-	-	1	46
Clare	Osborne	-	-	-	-	-	-	-	42	-	-	1	43
WOMEN V50													
Clare	Elms	50	[50]	[50]	50	-	-	50	50	50	-	7	**257**
Claire	Steward	[38]	47	[40]	-	[43]	47	[42]	45	45	47	9	**240**
Clare	Wyngard	40	-	[39]	46	47	-	44	-	-	50	6	**233**
Ros	Tabor	44	-	44	45	-	49	45	-	-	-	5	**232**
Lucy	Clapp	41	48	41	-	46	-	-	44	-	-	5	**225**
Angie	Norris	-	-	-	-	-	-	-	-	49	-	1	50
Stephanie	Burchill	35	-	-	-	-	-	-	-	-	-	1	36
MEN SENIOR													
Wayne	Lashley	49	50	[48]	50	[49]	50	48	-	-	[44]	8	**255**
Mark	Lacey	-	49	[46]	[47]	[46]	48	49	49	50	[49]	9	**254**
Alastair	Locke	50	[44]	-	-	48	49	50	-	49	-	6	**252**
Timothy	Bowen	47	[47]	[45]	-	47	-	47	47	-	50	7	**245**
James	Burrows	[44]	46	[41]	-	-	45	[44]	46	48	46	8	**239**
Kevin	Chadwick	-	-	44	[45]	[43]	46	45	-	46	47	7	**235**
Ross	Rook	46	45	40	-	-	44	46	-	-	-	5	**226**
Matthew	Ladds	-	41	-	43	41	-	43	44	[35]	-	6	**218**
Hugh	French	-	40	36	41	-	43	-	-	-	45	5	**210**
Alex	Haylett	-	42	37	42	42	-	-	-	40	-	5	**208**
Lewis	Laylee	48	-	50	-	45	47	-	-	-	-	4	194
Paul	Devine	-	48	47	46	44	-	-	-	-	-	4	189
John-Gabriel	Harrison	-	-	-	49	50	-	-	48	-	-	3	150
Mark	Callaghan	-	-	42	48	-	-	-	-	47	-	3	140
Toby	de Belder	-	-	-	44	-	-	-	45	43	-	3	135
Desmond	Edwards	-	-	-	-	-	-	-	43	37	43	3	126
Oscar	Hussey	43	-	43	-	-	-	-	-	-	-	2	88
Sam	Crump	45	-	38	-	-	-	-	-	-	-	2	85
Simon	Burnett	41	-	-	-	-	-	-	-	38	-	2	81
Tom	Marshall	-	-	-	-	-	-	-	50	-	-	1	51
Elliott	Nicholson	-	-	49	-	-	-	-	-	-	-	1	50
Tom	Calvert	-	-	-	-	-	-	-	-	-	48	1	49

bold = champs completed

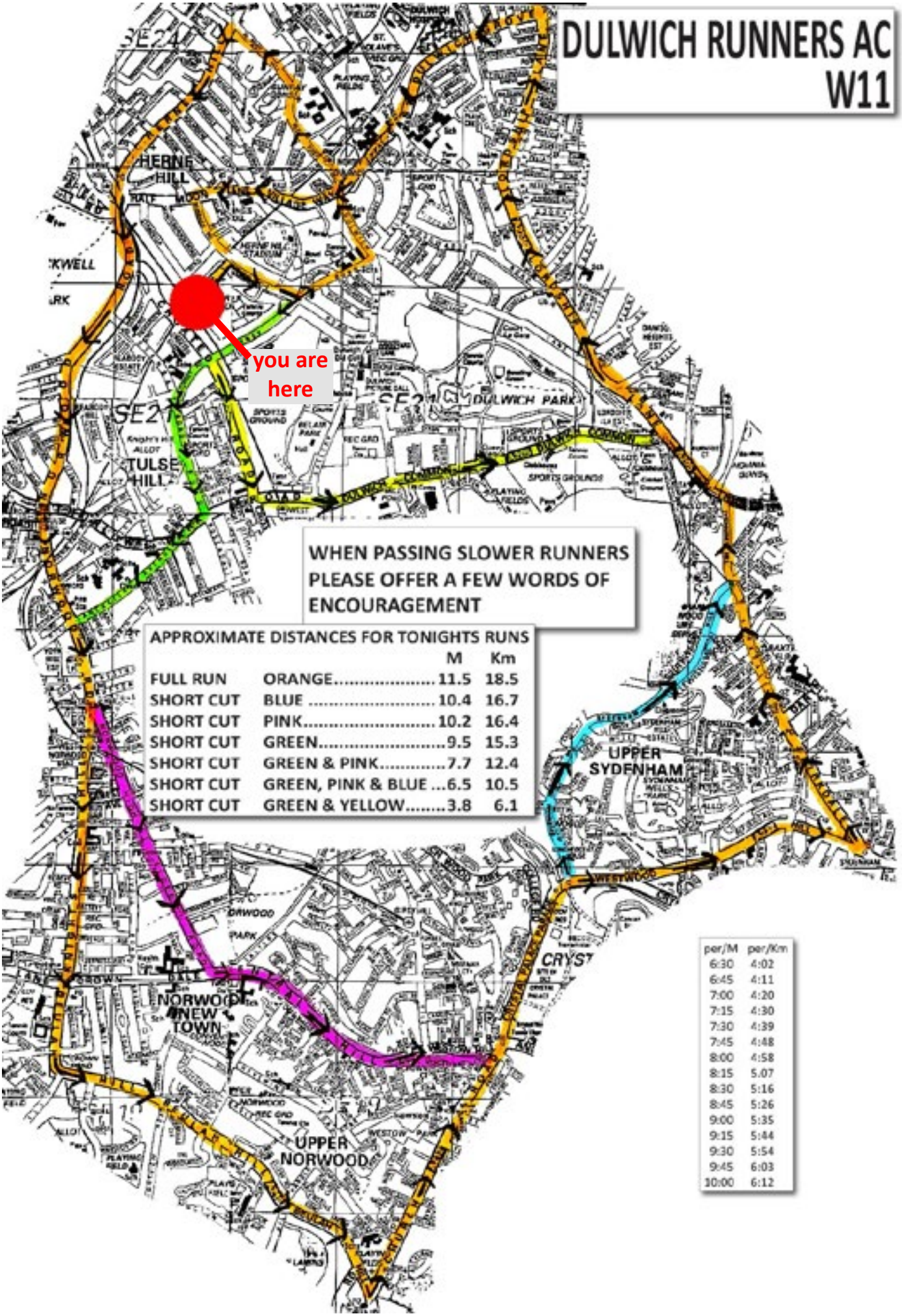
Joseph	Rham	-	-	-	-	-	-	-	-	45	-	1	46
Robert	Hollands	-	-	-	-	-	-	-	-	44	-	1	45
Thomas	South	-	43	-	-	-	-	-	-	-	-	1	44
William	Haines	42	-	-	-	-	-	-	-	-	-	1	43
Andrew	Bright	-	-	-	-	-	-	-	-	42	-	1	43
Daniel	Walsh	-	-	-	-	-	-	-	-	41	-	1	42
Chris	Goodman	40	-	-	-	-	-	-	-	-	-	1	41
Edward	Smyth	-	-	39	-	-	-	-	-	-	-	1	40
Patrick	Beardmore	-	-	-	-	-	-	-	-	39	-	1	40
Richard	Dyson	-	-	-	-	-	-	-	-	36	-	1	37
MEN V40													
Charles	Lound	49	-	[48]	[49]	50	50	[49]	50	50	[50]	9	**258**
Stephen	Davies	50	50	-	50	[49]	[49]	50	49	[49]	-	8	**257**
Ian	Lilley	-	48	-	48	48	48	-	-	-	49	5	**246**
Jim	Dowsett	[46]	-	47	-	[45]	46	-	48	47	48	7	**243**
Paul	Keating	[43]	46	-	46	-	45	45	47	-	[45]	7	**236**
Cameron	Timmis	44	-	46	-	44	-	47	-	-	47	5	**233**
Paul	Hilton	-	45	-	45	-	44	43	46	-	-	5	**228**
Lloyd	Collier	-	49	50	-	47	-	48	-	-	-	4	198
Rob	Cope	48	47	49	47	[46]	[47]	-	-	-	-	6	197
Tom	Wilson	-	-	-	-	-	-	-	-	48	-	1	49
Duncan	Hussey	47	-	-	-	-	-	-	-	-	-	1	48
Joseph	Brady	-	-	-	-	-	-	-	-	-	46	1	47
Olivier	Montfort	-	-	-	-	-	-	46	-	-	-	1	47
Jon	Hyde	-	-	-	-	-	-	-	-	46	-	1	47
Ajay	Khandelwal	45	-	-	-	-	-	-	-	-	-	1	46
Christian	Moody	-	-	-	-	-	-	44	-	-	-	1	
MEN V50													
Eberhard	Prill	50	[49]	50	50	-	[49]	50	[49]	50	[48]	9	**259**
Tony	Tuohy	-	50	-	-	50	50	-	50	-	50	5	**255**
Stephen	Smythe	49	48	[42]	49	-	-	49	-	49	-	6	**250**
Gideon	Franklin	48	[46]	-	48	-	-	47	-	48	47	6	**244**
Gary	Sullivan	[42]	-	46	46	-	46	43	47	-	-	6	**234**
Graham	Laylee	[43]	[42]	39	-	46	45	44	45	-	-	7	**226**
Ameet	Patel	39	-	[37]	[40]	43	42	[38]	44	-	46	8	**222**
Michael	Dodds	41	-	[35]	42	41	-	40	-	-	44	6	**214**
Michael	Fullilove	-	-	48	-	-	-	48	48	-	49	4	197
Ian	Sesnan	-	44	43	44	44	-	-	-	-	-	4	179
Duncan	Wilson	46	-	41	-	47	-	-	-	-	-	3	137
Patrick	McMorrow	-	-	-	-	-	-	-	42	45	-	2	89
John	English	-	-	49	-	-	-	-	-	-	-	1	50
Graham	Stanton	-	-	-	-	-	-	-	46	-	-	1	47
Mark	Judge	-	-	45	-	-	-	-	-	-	-	1	46
Mike	Crilly	-	-	-	-	-	-	41	-	-	-	1	42
Per	Hedberg	-	-	-	-	-	-	-	-	41	-	1	42
Mick	Mead	38	-	-	-	-	-	-	-	-	-	1	39
Barry	Graham	37	-	-	-	-	-	-	-	-	-	1	38
Stephen	Street	36	-	-	-	-	-	-	-	-	-	1	37
MEN V60													
Mike	Mann	-	47	47	47	49	[47]	46	-	-	-	6	**242**
Hugh	Balfour	47	45	44	-	48	-	-	-	46	-	5	**235**
Andrew	Murray	45	-	[40]	45	45	[44]	45	-	47	-	7	**234**
Barrie John	Nicholls	[40]	41	[36]	[41]	[42]	43	[39]	43	43	45	10	**225**
Robert	Bell	44	43	[38]	43	-	-	42	-	44	-	6	**222**
Stephen	Wehrle	-	40	-	-	-	41	37	41	42	-	5	**206**
Neville	Webb	-	-	-	-	-	48	-	-	-	-	1	49
Barry Graham	Evans	-	-	-	-	-	-	-	-	40	-	1	41
124		60	41	61	40	44	37	51	40	52	28	454	

Best 5 count for year inc. 1 each short, medium, long. W50's and M60's have separate contests using scores within 40+, 50+

Overall Age Graded Champs		**Short**			**Medium**			**Long**						
Name/Category		**5k Dulwich 31-Jan**	**2M Battersea 1 - Jun**	**1M Dulwich 10-Jul**	**10K Richmond 21-June**	**7M Sevenoaks 31-Aug**	**10k Vic Pk 4-Oct**	**10M Sidcup 8-Mar**	**1/2M Padd. Wood 29-Mar**	**Marathon London or other 26-Apr**	**10m Epsom 15-Nov**	**Events**	**TOTAL 5 events max inc 1.S,M,L**	**Average**
Clare	Elms	926	938	992	918	-	-	915	[910]	[889]	-	5	4,688	938
Ros	Tabor	915	-	986	905	-	932	907	-	-	-	5	4,644	929
Tony	Tuohy	-	878	-	-	855	850	-	840	-	840	5	4,263	853
Claire	Steward	[799]	882	882	-	825	840	[818]	823	[809]	[790]	5	4,251	850
Mike	Mann	-	835	858	[832]	836	841	818	-	-	-	5	4,188	838
Charles	Lound	812	-	[806]	817	[817]	826	[788]	820	849	[792]	5	4,123	825
Eberhard	Prill	813	824	833	803	-	[803]	807	[786]	[781]	[754]	5	4,079	816
Stephen	Davies	809	820	-	823	[797]	806	[778]	787	[765]	-	5	4,046	809
Stephen	Smythe	786	777	[714]	802	-	-	816	-	751	-	5	3,932	786
Nicola	Richmond	758	-	799	[756]	808	803	[743]	751	-	-	5	3,919	784
Clare	Wyngard	754	-	761	781	790	-	775	-	-	[747]	5	3,861	772
Ian	Lilley	-	776	-	755	777	773	-	-	-	756	5	3,838	768
Hugh	Balfour	785	772	800	-	786	-	-	-	692	-	5	3,835	767
Wayne	Lashley	[749]	[762]	797	763	770	772	[714]	-	-	725	5	3,827	765
Claire	Baglin	-	765	750	767	-	-	757	723	-	-	5	3,761	752
Andrew	Murray	756	-	741	764	734	[726]	757	-	[715]	-	5	3,752	750
Mark	Lacey	-	746	761	742	753	[741]	739	[737]	[718]	[714]	5	3,741	748
Alastair	Locke	752	[684]	-	-	766	768	742	-	708	-	5	3,736	747
Kim	Hainsworth	748	-	748	764	-	745	716	-	-	-	5	3,722	744
Gary	Sullivan	[668]	-	792	752	-	763	700	704	-	-	5	3,710	742

Timothy	Bowen	711	730	755	-	756	-	[706]	[704]	-	754	5	3,705	741
Michelle	Lennon	735	757	755	[734]	737	[731]	[687]	721	[662]	[690]	5	3,705	741
Lucy	Clapp	728	774	773	-	749	-	-	680	-	-	5	3,704	741
Gideon	Franklin	742	733	-	746	-	-	727	-	[701]	704	5	3,652	730
Robert	Bell	741	733	720	725	-	-	712	-	[636]	-	5	3,631	726
Laura	Long	[707]	722	714	731	721	[708]	710	-	[676]	-	5	3,598	720
Kevin	Chadwick	-	-	764	711	706	715	694	-	[672]	[685]	5	3,590	718
Graham	Laylee	702	[702]	705	-	718	726	714	[685]	-	-	5	3,564	713
Helen	Lister	-	687	[674]	-	[677]	730	722	704	706	-	5	3,548	710
James	Burrows	703	730	706	-	-	709	[693]	[668]	695	[682]	5	3,543	709
Ross	Rook	714	699	693	-	-	698	706	-	-	-	5	3,510	702
Yvette	Dore	-	-	714	-	687	-	698	691	659	-	5	3,449	690
Barrie John	Nicholls	[665]	700	680	696	[645]	691	673	[653]	[613]	[655]	5	3,441	688
Selma	Benattia	681	679	[670]	685	696	-	[652]	[664]	[595]	677	5	3,419	684
Jim	Dowsett	685	-	673	-	676	663	-	[639]	[605]	659	5	3,355	671
Lindsey	Annable	[607]	667	656	636	[636]	648	[620]	[626]	-	640	5	3,246	649
Katie	Styles	[629]	633	644	650	687	-	629	-	-	-	5	3,243	649
Michael	Dodds	657	-	645	669	[544]	-	653	-	-	606	5	3,230	646
Cameron	Timmis	659	-	651	-	645	-	635	-	-	639	5	3,229	646
Joanne	Shelton	642	-	640	631	646	-	-	-	[600]	639	5	3,198	640
Stephen	Wehrle	-	644	-	-	-	669	655	648	544	-	5	3,160	632
Ameet	Patel	[594]	-	632	625	618	[608]	[605]	608	-	615	5	3,097	619
Hugh	French	-	619	647	585	-	610	-	-	-	571	5	3,031	606
Alex	Haylett	-	623	633	579	613	-	-	-	533	-	5	2,981	596
Matthew	Ladds	-	605	-	594	581	-	589	584	[476]	-	5	2,953	591
Paul	Keating	597	608	-	596	-	565	[562]	568	-	[501]	5	2,934	587
Paul	Hilton	-	547	-	567	-	545	553	551	-	-	5	2,763	553
Karina	Burrowes	-	568	-	-	581	-	560	510	508	-	5	2,728	546
Ola	Balme	814	-	815	-	809	-	780	-	-	-	4	3,218	804
Lloyd	Collier	-	786	838	-	765	-	751	-	-	-	4	3,140	785
Lewis	Laylee	748	-	846	-	746	728	-	-	-	-	4	3,068	767
Rob	Cope	[694]	743	791	[734]	735	746	-	-	-	-	4	3,015	754
Michael	Fullilove	-	-	773	-	-	-	740	725	-	764	4	3,002	751
Paul	Devine	-	756	780	728	722	-	-	-	-	-	4	2,985	746
Ian	Sesnan	-	718	723	709	696	-	-	-	-	-	4	2,846	712
Anna	Thomas	704	713	707	-	-	-	682	-	-	-	4	2,807	702
Ruth	Bennett	[655]	669	665	-	677	675	-	-	-	-	4	2,686	671
Caroline	Pettigrew	748	-	771	757	-	-	-	-	-	-	3	2,276	759
John-Gl	Harrison	-	-	-	753	767	-	-	732	-	-	3	2,251	750
Mark	Callaghan	-	-	776	770	-	-	-	-	704	-	3	2,250	750
Duncan	Wilson	715	-	684	-	691	-	-	-	-	-	3	2,089	696
Toby	de Belder	-	-	-	680	-	-	-	648	636	-	3	1,964	655
Laura	Lane	-	-	-	-	-	-	630	645	600	-	3	1,875	625
Laura	Vincent	-	-	-	-	598	-	-	591	583	-	3	1,771	590
Sharon	Erdman	603	-	610	-	-	-	-	-	549	-	3	1,761	587
Andrea	Pickup	-	-	829	-	-	-	774	-	-	-	2	1,603	801
Emily	Gelder	-	-	-	-	-	-	796	-	783	-	2	1,580	790
Desmond	Edwards	-	-	-	-	-	-	-	521	515	499	3	1,535	512
Oscar	Hussey	710	-	797	-	-	-	-	-	-	-	2	1,508	754
Emma	Ibell	728	-	738	-	-	-	-	-	-	-	2	1,466	733
Lucy	Pickering	723	-	-	-	-	-	-	712	-	-	2	1,435	717
Ellie	Horrocks	716	-	-	-	-	-	-	714	-	-	2	1,430	715
Cara	Oliver	754	-	-	-	-	-	-	-	619	-	2	1,373	686
Sam	Crump	700	-	661	-	-	-	-	-	-	-	2	1,361	680
Patrick	McMorrow	-	-	-	-	-	-	-	621	638	-	2	1,259	630
Simon	Burnett	669	-	-	-	-	-	-	-	518	-	2	1,187	593
Lucy	Cartlidge	-	-	-	-	-	-	-	598	560	-	2	1,158	579
Carolina	Lilley	543	-	-	-	-	534	-	-	-	-	2	1,077	539
Shona	Mcintosh	-	-	-	-	-	-	-	-	846	-	1	846	846
Angie	Norris	-	-	-	-	-	-	-	-	827	-	1	827	827
Elliott	Nicholson	-	-	800	-	-	-	-	-	-	-	1	800	800
Neville	Webb	-	-	-	-	-	794	-	-	-	-	1	794	
John	English	-	-	784	-	-	-	-	-	-	-	1	784	784
Tom	Marshall	-	-	-	-	-	-	-	767	-	-	1	767	767
Melanie	Edwards	-	-	-	-	-	-	-	-	765	-	1	765	765
Elkie	Mace	-	-	765	-	-	-	-	-	-	-	1	765	765
Mark	Judge	-	-	763	-	-	-	-	-	-	-	1	763	763
Duncan	Hussey	727	-	-	-	-	-	-	-	-	-	1	727	727
Tom	Wilson	-	-	-	-	-	-	-	-	718	-	1	718	718
Eleanor	Simmons	-	-	705	-	-	-	-	-	-	-	1	705	705
Thomas	South	-	701	-	-	-	-	-	-	-	-	1	701	701
Tom	Calvert	-	-	-	-	-	-	-	-	-	686	1	686	686
Ajay	Khandelwal	685	-	-	-	-	-	-	-	-	-	1	685	685
Caroline	Wedmore	683	-	-	-	-	-	-	-	-	-	1	683	683
Charlie	Boden	678	-	-	-	-	-	-	-	-	-	1	678	678
Edward	Smyth	-	-	669	-	-	-	-	-	-	-	1	669	669
Graham	Stanton	-	-	-	-	-	-	-	669	-	-	1	669	669
William	Haines	667	-	-	-	-	-	-	-	-	-	1	667	667
Sue	Cooper	-	-	-	-	-	-	660	-	-	-	1	660	660
Joseph	Rham	-	-	-	-	-	-	-	-	655	-	1	655	655
Stephanie	Burchill	644	-	-	-	-	-	-	-	-	-	1	644	644
Robert	Hollands	-	-	-	-	-	-	-	-	643	-	1	643	643
Mike	Crilly	-	-	-	-	-	-	642	-	-	-	1	642	642
Joseph	Brady	-	-	-	-	-	-	-	-	-	636	1	636	636
Mick	Mead	626	-	-	-	-	-	-	-	-	-	1	626	626
Sue	Rowlands	-	-	-	-	-	623	-	-	-	-	1	623	623
Andrew	Bright	-	-	-	-	-	-	-	-	621	-	1	621	621
Niamh	Falconer	-	-	-	-	-	-	-	-	-	614	1	614	614
Olivier	Montfort	-	-	-	-	-	-	607	-	-	-	1	607	607
Chris	Goodman	605	-	-	-	-	-	-	-	-	-	1	605	605
Barry	Graham	605	-	-	-	-	-	-	-	-	-	1	605	605
Claire	Barnard	-	-	-	-	602	-	-	-	-	-	1	602	602
Daniel	Walsh	-	-	-	-	-	-	-	-	601	-	1	601	601
Clare	Nicholson	-	-	-	-	-	599	-	-	-	-	1	599	599
Patrick	Beardmore	-	-	-	-	-	-	-	-	528	-	1	528	528
Clare	Osborne	-	-	-	-	-	-	-	528	-	-	1	528	528
Christian	Moody	-	-	-	-	-	-	524	-	-	-	1	524	524
Jon	Hyde	-	-	-	-	-	-	-	-	522	-	1	522	522
Richard	Dyson	-	-	-	-	-	-	-	-	506	-	1	506	506
Stephen	Street	501	-	-	-	-	-	-	-	-	-	1	501	501
Natalie	Davys	-	-	-	-	-	-	-	-	496	-	1	496	496
Barry G	Evans	-	-	-	-	-	-	-	-	471	-	1	471	471
Joanna	Walker	-	-	-	-	-	-	-	-	468	-	1	468	468
Per	Hedberg	-	-	-	-	-	-	-	-	423	-	1	423	423
124		60	41	61	40	44	37	51	40	52	28			

DULWICH RUNNERS AC W11



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	11.5	18.5
SHORT 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

per/M	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