SHORTS

Dulwich Runners AC
Weekly Newsletter
March 15th 2017

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

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

Tue 21 Crystal Palace Arena Track - £2.50 per session
Full warm up from 7pm & main session starts around 7:20
See notice below for more details

In your SHORTS this week !

1 General information
2 Club kit, social events etc
5 Fixture list, club champs, road, XC, etc
5 Marathon Training Schedule
6 Race reports and results
8 Cross country champs results and points so far....
9 Parkrun results
10 Wednesday map

And much more !

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

You can follow us on

TRACK SESSIONS

At **Crystal Palace National Arena**
£2.50 per session - Suitable for all abilities.
At reception say you are with Dulwich Runners but do not pay there, pay Ros trackside.
Leave time to get from there down to track - it can take up to 10 minutes.

Arrive at 7pm if you want a full warm-up of various drills etc, taken by Elkie Mace.
Main session taken by Steve Smythe starts around 7.20 - 7.25pm and will last 40-45 minutes.

------- EVENT HORIZON -------
A brief look ahead

Mar 18 BMAF XC champs - Liverpool
Mar 25 Mob match at Beckenham

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
No new runners last week.
If you're on the list, please 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

Mick Ward	**15/3**
Clare Wyngard	22/3
Lindsey Annable	29/3
Hugh Balfour	05/4

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE
PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- 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.

Thank you. - 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

SOCIAL SPOT

Watch this space for upcoming 2017 events !

Wednesday 22nd March
Curry Night - Surma

Pop it in your diaries, as always £10 buffet at Surma on Lordship Lane post club run.
If you want to go let me know ASAP please

Thanks - Matt Matthew.ladds@uk.zurich.com

Wednesday Apres-Run Carbo Loading !

For all you hungry runners, fish and chips can be ordered to indulge your calorie cravings after the Wednesday run.
Arrives close to 9pm and the cost is **£6.00**
Just give me your name and money when you sign in - Ros
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)

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
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club from Ros
ros.tabor49@gmail.com

SHORTS!

DULWICH RUNNERS' SHORTS - All sizes available
They are traditionally cut either 'racing' style, or slightly longer– Both styles are a bargain £15.

Keep dry in a Dulwich Runners waterproof jacket.
Incorporated hood. - all sizes available - £25

Socks only £5

HOODIES...

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

Buffs/snoods - only £6

Dulwich Runners Race Clock Help Required

As many of you know the club is the owner of a large race clock which we use for our own events and hire out to others, typically generating £400-600 of income each year for the club.
I currently look after the clock, storing it, taking bookings and arranging for customers to pick it up and return it (we do not offer a delivery service.

I am likely to be away for the whole of July and am looking for someone to take on this role for that period. You will need to store the clock in a garage/shed/spare room and be available for any bookers to collect the clock from and return to you. Based on previous years I would not expect more than 1 or 2 bookings during this period, although the club may require it for the Mark Hayes Mile. - Please let me know if you are able to help - Graham Laylee: grahamlaylee@btinternet.com

Assembly League Races

These races will take place on the first Thursday of each summer month starting from April, with the exception of the August race which has been brought forward to the final Thursday in July.
Some venues are yet to be confirmed but most, if not all, are likely to be the same as in 2016. The race at Battersea Park on 1 June will be used as our 5k club champs. The confirmed dates and provisional; venues will be as follows:

Apr 6	Beckenham
May 4	Victoria Park, Hackney
June 1	Battersea Park
July 6	O2, North Greenwich
July 27	Victoria Park, Hackney
Sept 7	Beckenham

Assembly league races are free to enter, just turn up on the day.
Open to all members whatever your ability.

For further information about rany races please contact your captains: Ladies: dulwichladiescaptain@gmail.com
Men: mcmann90@yahoo.co.uk

Sat 20th & Sun 21st May

This is a great weekend of running around the green belt of London.
Teams of eleven runners who each run a leg on Saturday and a leg on Sunday.
Starts at Hampton Court on Saturday morning and ends at Kingston at approx. 6 p.m. on Sunday, roughly following the Green Belt, taking in river and canal tow paths, old disused railway tracks, foot paths, woods, fields and quiet roads.
Although it is a relay, each leg has a specific start time.
Have a look at the website – www.greenbeltrelay.org.uk
We have entered teams for this for many years and there are lots of you who regularly sign up for it. We have entered one team and will potentially enter another if there is the demand.

If you're a Green Belt Enthusiast or a Potential Rookie, email me if you are available and keen.
Legs vary in length from 6 miles to 13.5 miles and in degree of difficulty. We try our best to give runners legs that are appropriate to their ability.
Note – This is the same weekend as the BMAF relays at Sutton Park, Birmingham.
Ange – dulwichladiescaptain@gmail.com

Mob Match At Beckenham Parkrun

25 March

The mob match with Beckenham Running Club takes place on 25 March starting at 9am using the Beckenham parkrun course. This is the final fixture of our cross country champs, but everyone is encouraged to run, whether or not you have competed in cross country this season.

We are fielding a men's team for the 12-stage relay on the same day, but we are still looking for a high turnout from club members. So all parkrun regulars are encouraged to make a trip to Beckenham on that day and hopefully most of those who competed in the first road club champs race of the year at Southwark Park last month, with the exception of our relayers, will be able to take part.

The rules mean that it is to our advantage to field the maximum number of runners regardless of ability;hence the term "mob", so it is very much an event open to all. You may want to bring trail shoes as the course is mostly grass and don't forget your barcodes and club vests.

Given the higher number of runners than usual who will be taking part, we have been asked to provide some volunteers, so if you are not intend to run and are available please contact me. Mike Mann mcmann90@yahoo.co.uk

Marathon Schedule

Note if anyone wants more specific training for marathon on another date or another event, then please let me know ***Steve Smythe***

March

Wed	15	10M steady
Thu	16	Tempo - alternate 800m at 10K and mar. pace for 7M
Fri	17	4M easy or rest
Sat	18	5M fartlek or easy hills
Sun	19	18-20M with 10 miles close to mar. pace
Mon	20	4M easy or rest
Tue	21	1600m reps
Wed	22	12M steady
Thu	23	Tempo 7M with odd miles slightly slower than mar. pace, evens slightly faster
Fri	24	4M easy or rest
Sat	25	Parkrun match v Beckenham
Sun	26	22-23M slow
Mon	27	4M easy or rest
Tue	28	400m reps
Wed	29	8M steady
Thu	30	5M tempo accelerating after slow start - with 4M at mar. pace, fifth at HM pace
Fri	31	3M easy or rest

April

Sat	1	rest
Sun	2	Paddock Wood 1/2M
Tue	4	1000 reps
Sun	9	18-20M
Tue	11	800m reps
Sun	16	10-12M
Tue	18	200/400m reps
Sun	***23***	***London Marathon***

2017 CLUB CHAMPIONSHIPS

With the exception of the mile race we now have a full programme of events for 2017.

The remaining fixtures are listed together with distance categories.

2	April	Paddock Wood 1/2M	L
23	April	London Marathon (or alternative	L
1	June	Assembly League 5k, Battersea Park	S
(14	July	Mark Hayes Mile, Dulwich track or alternative race **tbc**)	S
10	Sept	Thames Hare & Hounds MT 5m, Wimbledon Common	L
1	Oct	Sittingbourne 10	L

We are still investigating possibilities for a track mile race in the summer. If this proves unsuccessful, the Mark Hayes Mile will be used for the club champs. Note that the 5 mile MT race will be classified as a long race.

2017 club championship rules can be found on the club website.

DULWICH RUNNERS 2017 FIXTURES

Further information about 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 here regularly.

Road & other **Cross country** **Club Champs** **Assembly League**

		Race	Venue	
Mar	18	BMAF XC Champs	Wavertree, Liverpool	
	25	Mob Match with Beckenham	Beckenham Place Park	
Apr	2	Paddock wood 1/2M	Paddock Wood	
	6	Assembly League	Beckenham	**tbc**
	9	BMAF 10km road champs	Gravesend Cyclopark	
	23	London or alternative marathon	various	
May	4	Assembly League	Victoria Pk, Hackney	**tbc**
Jun	1	Assembly League incorporating Club champs 5k	Battersea Park	
Jul	6	Assembly League	O2, Nth Greenwich	**tbc**
	27	Assembly League	Victoria Pk, Hackney	**tbc**
Sep	7	Assembly League	Beckenham	**tbc**
	11	MT 5 mile race, organised by TH&H	Wimbledon Common	

Race Reports & Results

Want your race results/reports in SHORTS ? make sure and send them to barry@1bg1.com
All road, fell, xc, tri and track results etc, are welcome.

Bromley Veterans XC

Sunday 12/03/2017

By Rebecca Schulleri
Upon Lucy's recommendation, I joined her for this friendly cross country race and it turned out that Eleanor, too had decided to take part. Luckily the weather forecast was wrong and instead of heavy rain we got to run in very mild conditions, which were almost too warm for my likings (what am I going to do in summer?!).

We got there well in time and had time to do a warm up jog through the woods (almost getting lost..) and even an Elkie style warm up. The course was 3 laps around a field and 2 laps inside beautiful woods with 2 hills. Unfortunately the hills were not directly followed by a downhill part but instead flat running for a while which to me made it a hard course.

I started a bit too quick and was chased by Lucy with Eleanor not far behind until my lace came undone and I could use Lucy to pace me for a bit until I overtook her on the way up a hill and she was surprised to hear my greeting as she hadn't even noticed overtaking me!

The finish was a bit unluckily positioned being after a sharp turn after a long straight stretch with Lucy slowing down before the finish line thinking the end of the straight stretch was the end probably losing a few seconds. Eleanor finished strongly and we all got medals and enjoyed a cup of tea and some cake from the BVAC stand which was collecting money for charity with lots and lots of cakes to offer.

Lucy won a bottle of wine as first W50 woman only to notice when the results came out that actually another Lucy came in before her for the W50. Honest as she is she contacted the organisers straight away but they told her to keep the bottle and that they will send the other Lucy another one. Lucky day for all Lucys =)

This was the complete opposite to Happy Valley with mild weather conditions and a more leisurely atmosphere giving all three of us the opportunity to be amongst the first 10 female finishers (out of 59), woopwoop!

136 finished

33	Rebecca Schulleri	W6	41:37
36	Lucy Clapp	W7	42:03
43	Eleanor Simmons	W10	43:15

British Masters Indoor Champs

11-12 March

These championships at Lee Valley which marked the culmination of the domestic indoor season, were a success for Tony Tuohy and Mike Mann. Competing in 5 races, they won four silvers and one bronze medal between them.

In the 1500m, Tony decided to play safe and run for silver when Simon Anderson shot off, sitting comfortably behind the next 3 M50s. He sprinted hard with 400m to go to finish second in a slow but tactically astute race. Mike managed to knock slightly over 3 secs off his 1500m SB, finishing comfortably in second place. The race slowed midway through and he was probably over-cautious in going for a position, sitting behind rival, Ian Snow for another 400m before going ahead and finishing with a bit too much left in the tank. With two below par 800m races in recent weeks, Mike was looking to eliminate errors from starting too fast and going to sleep mid race, in the hope that this would be reflected in an improved time.

Confident after his 1500m performance the day before, the plan worked like a dreram as he improved his SB by over 4 secs. In his 3000m Tony ran with a group for the early part of the race, but fell away in the second km before picking up the pace in the final 600m to drop the next M50 and win silver. After a brisk start, Mike's pace fell away in the second km of his 3000m but managed to improve his SB of 2 week's earlier by the slimmest of margins (0.05 secs) through picking up the pace strongly in the final 800m. Mike Mann

800m
Mike Mann 2:41.07 3rd M65
1500m
Tony Tuohy 4:41.08 2nd M50
Mike Mann 5:28.18 2nd M65
3000m
Tony Tuohy 9:47.22 2nd M50

Darrtford Half Marathon

March 12

Steve Smythe writes last year for the 40th running, this was a club championships and rather less returned in 2017 for the 40th anniversary with the first run in 1977. Mark Callaghan led the Dulwich contingent home with a very strong run to make the top five and was only 20 odd seconds outside his PB, despite the hills, which make it one of the toughest courses probably being worth two to three minutes.

Greg Hills finished seventh and came through very strongly after a slow start, and he too should be below 80 minutes on a faster course.
Clare Elms made a late decision to run, and she comfortably retained her women's crown despite having a few problems with her knee which required a few stops and had rather interrupted her training over the last few weeks.
Steve Williams ran his first half-marathon for three years and while it was almost certainly his slowest ever half, he easily won the M60 event within the race.
Mike Fullilove had a steady run though was five minutes down on his 2016 run here.
Steve Smythe, the only surviving runner from the 1977 race won by Steve Ovett in 65 minutes, was determined to run despite tweaking a hamstring a few days earlier. In 2016, his calf muscle went two metres past the start and he managed a mile before having to drop out. In 2017, he pulled his hamstring two metres past the start line, but by running carefully at around eight minute-miling, he was able to at least carry on at a reduced pace and get to the finish, even if it means he probably won't run for weeks afterwards.

The race is well organised, though the course is probably unnecessarily hilly, and expensive because of the vast traffic management costs. The prizes which used to be generous - ie televisions to the winner of 1977 race is now a few cheap trophies.

5 Mark Callaghan	81:07 (81:05 chip)
7 Gregory Hills	81:48 (81:46)
21 Clare Elms 1W	86:24 (86:22)
50 Steve Williams	94:25 (94:12)
73 Mike Fullilove	97:28 (97:25)
140 Steve Smythe	1:45:03 (1:45:03)
727 finished	

Dartford 1/2M

I've done this before a few times, but never this course, so why sample the north kent grottiness again. Well, a half marathon was another box to tick on the comeback, and it fell on my 61st birthday, so what better way was there to build up the appetite for cake. Slight trepidation about being able to hold the pace meant a hesitant start, but also meant steadily picking people off once I got going, and just about dealing with the brutal hill at mile 11. It may seem odd to come away with a substantial personal worst and still be happy with the performance, but that's what happened, so a good way to start the day.

50 Steve Williams 1st MV60 94:12 chip time

Back from the wilderness…

Ajay Khandelwal was a low point. I had bought the club into disrepute by some frankly immature behaviour in upstaging the women's B mile race during the summer months. (Sorry!) I don't know if it was the lack of pre-entry, the bare feet, the suit, or the ungracious sprint at the end. Actually, maybe it was the pirouette on lap 1 when I found myself accidentally in the lead (before Becca chased me down.) Charlie Lound gave the stern 1950s sort of look. The club authorities were lenient in their disciplinary actions, but I was still unceremoniously stripped of my first club victory and given the news by the clubs top official, Ros. Yes, it was that serious. I had become the official club idiot.

Since then I've been quietly trying to rehabilitate myself from club joker to club contender. Even so, this hasn't been easy. Ebe recently said to me, "Ajay can you stop shouting at the track in my ear. It is very annoying. You are all over the place. I can't take you seriously. Just do the run, and then you can talk afterwards." Don't you love that man's tact? Since then, I've shut my mouth and am waiting for the legs to do some talking.

The first club champs, the Southwark 5km, was a good opener. The night before I became obsessed with Gary Sullivan. I mean I'm sure he's a nice guy, but I found myself chanting "death to Gary, death to Gary." Sure enough he overtook me mile 2, but I just chanted, "death to the Sullivan, death to the Sullivan" as I sat menacingly and unshakeably on his shoulder. I took the race on the last turn, sweet.

The next outing was the club 10k. Gary was now a spent force, a broken, hobbling half-man. He didn't put any resistance, just folded. Dust. So super tough Everest climbing ultra man Gregorz was my next target. Mile 3 I took him out, bang. But hang on, is that Jim Dowsett up there. He looks like he's doing the rhumba on strictly, so how can he be faster than me? Looks like Helen has been drinking some of the Lockestar's EPO.

She was doing the heavy lifting and cutting through the wind, while Jim just heel sucking. Seriously! Jim, my new nemesis, didn't fade. That man is on fire. Club superhuman effort award! Next race, 20 miler at Finchley. Superbly marshalled race, what a joy. I'd forgotten my wallet and only brought 1 satsuma for food. I talked to Shane at the start, making small talk, and was plucking up the courage to ask him for a gel, but then he darted off to the front. Change of tactics, I decided to scavenge, calculating I'd see a fallen gel. Mile 13 I picked one up and had a suck. Yuck, it was totally empty and I just imbibed some sweet saliva! A new low, just when I thought I couldn't go any lower. But it did the trick. Had the satsuma, and luckily a marshall had some jelly beans.

Finished well and ran the last mile @7.18 feeling comfortable. Went on Strava and saw Jim had just run 20 miles faster on a total training run! Can I catch him…keep reading my new column to find out !

Woldingham 10km

I did the 10k in Dulwich colours today at the picturesque Marden Park home of Woldingham School which has its own train station in its grounds (I was the only person who got off the train from London to do the run!) I finished 7th place at 40:30 on the undulating course (c100m of climbing) which was two laps of an out and back course. Predictably the second lap was tougher with the hard 6 and 7kms uphill taking their toll on a sub 40 min time.
Jonathan Whittaker

7 Jonathan Whittaker 40:30
107 ran

Woldingham 5km

10 Jo Quantill 2nd claim 23:58.3

500 not out - Lydd Half Marathon and 20 mile race

12th March 2017

Lindsey Annable writes: I hadn't ever envisaged we'd make our way back to this remote, windswept corner of the country having run here in the Club Championships a few years earlier. Not to mention the minimalist facilities at the race and no showers which don't really enhance the appeal and make the drive back a tough one. However, with the need to complete three 20-mile training runs looming large, Barrie had no option but to find races of that distance in March.

The event has introduced the 20 miler to its portfolio which undoubtedly has increased numbers of participants, with the majority selecting that option. After our long 90 mile drive we parked in the centre of Lydd itself and had a short walk to the 'minimalist' cricket club HQ.

My plan was firmly to treat this as a training run, after a couple of exhausting weeks where I'd had a 4-day business trip to Shanghai with less than 18 hours at home before I went to watch the athletics in Belgrade. I had had a shocking track session on the Tuesday before where I had absolutely no energy whatsoever. Probably the travelling had finally taken a toll not to mention sitting inside an indoor athletics arena with jetlag, which did nothing to regulate my body clock.

Barrie's training had been somewhat up and down but he'd had some exhausting weeks too recently when he was filming 4-5 days a week. Those days were quite brutal where he was out and about from 5.30 a.m. til 9.30 pm so absolutely no chance to train. He'd also felt quite tired in the week and struggled on the club run.

Last time we had run in very cold and windy conditions but fortunately this year the weather was all together more pleasant and even on the warm side. We set off together and I paced Barrie for the first six miles averaging around 9.50 per mile as we had planned. We both felt we were working harder than our time per mile suggested but we managed to maintain a steady pace

The half marathon route peeled off just after six miles to do a dogleg to complete the additional 1.1 miles and then we returned via the same route. Barrie headed off on his extra 3.5 miles before returning via the same course too.

I turned at the half way point just short of 64 minutes and picked up the pace on the return leg in a quest to just dip under 2 hours. However, I felt quite uncomfortable with stitch and came in just outside two hours despite a negative split. It felt even harder with a few of the top 20 milers sweeping past like gazelles, with the winner claiming the course record in an awesome 1:50!

Barrie felt it was hard work too but seemed to have kept a steady pace nonetheless. It was his 500th race and he was very pleased to complete his first 20 miles of this year.

Credit has to go to the race organisers who did a sterling job, with cheerful and professional marshals throughout, teams of girl guides and scouts giving out water and jelly babies and a hardworking announcer who made every effort to mention everyone's name with great gusto as they crossed the line right to the end of the race. The last finisher came in at just outside 5 hours so they certainly had a long day.

On the way back to the car we looked around the church in Lydd which is rather large and grandiose for such a small place. It dates back to the 5th century and reflects times when Lydd was a wealthy parish probably as a gateway to more populous lands. Afterwards we couldn't resist the magnetic pull (or is that radioactive pull?) of Dungeness-by-Nuclear-Power-Station and parked up with a view out towards the sea. This time we'd self-catered for lunch so didn't sample the culinary 'delights' of the local pubs.

After lunch we took a walk on the beach and stumbled on a film set! Trust Barrie to find a camera lens! A smart-suited man, carrying the shell of an empty television set, was striding across the pebbles rather purposefully, followed by a camera man scuttling along to keep up. As we turned back from our walk, there was a noise of firecrackers which we assumed to be bored errant youths from the local area. As it transpired it was the film crew with said television, now taking centre stage on the ridged sand with a firework in it. Well the area is famous for attracting artists and creative types…..

Job done and well done to Barrie on his 500th race. On to the next one…

Chip times
Half marathon
184 Lindsey Annable 2:01:36 (6th FV45)
367 ran

20 miles
451 Barrie John Nicholls 3:18:56 (12th MV60)
676 ran

CROSS COUNTRY CHAMPONSHIPS (KEN CROOKE SHIELDS)

The last race in this year's championship is the mob match on 23 March (Beckenham parkrun)
In order to qualify for the champs you need to have done 4 events, including at least 3 Surrey leagues.
Ros

CROSS COUNTRY CHAMPIONSHIPS 2016/17 WOMEN
TOTAL OF 4 BEST RUNS MUST INCLUDE 3 SURREY LEAGUES

	Surrey Lge 1	Surrey Lge 2	South of Thames	Surrey Lge 3	Surrey Lge 4	Mob Match	Best 4 inc. 3 SL	Running total
	15/10/16	3/12/16	26/11/16	14/01/17	11/02/17	25/3/17		
	Nonsuch	Mitcham	Polesdon L	Lloyd Pk	HappyValley	Beckenham		
Ola Balme	41	49	48	46	47			231
Katie Styles	44	45	46	42	42			219
Ange Norris	48		50	47	50			195
Selma Benattia	47		49	48	49			193
Michelle Lennon		46	45	43	45			179
Roz Johnson	49	50		49				148
Laura Vincent	39			41	43			123
Lucy Clapp	40			39	40			119
Hannah Harvest	33	42			36			111
Joanne S.-Pereda	34			34	38			106
Clare Elms	50			50				100
Helen Lister	46	48						94
Elkie Mace				45	48			93
Andrea Pickup	45		47					92
Anna Thomas		47			44			91
Rebecca Schulleri				44	46			90
Emma Ibell	43		44					87
Eleanor Simmons		44		40				84
Ros Tabor	38	43						81
Sarah Banting	32		43					75
Claire Steward				36	37			73
Lucy Elms	42							42
Lucy Pickering					41			41
Yvette Dore					39			39
Clare Wyngard				38				38
Clare Cummings	37							37
Cathy Bennett				37				37
Anna Saunders	36							36
Tessa Morrison	35							35
Lyndsey Annable				35				35

CROSS COUNTRY CHAMPIONSHIPS 2016/17 MEN
TOTAL OF 4 BEST RUNS - MUST INCLUDE 3 SURREY LEAGUES

	Surrey Lge 1	Surrey Lge 2	South of Thames	Surrey Lge 3	Surrey Lge 4	Mob Match	Best 4 inc. 3 SL	Running total
	15/10/16	12/11/16	26/11/16	14/01/17	11/02/17	25/3/17		
	Richmond	Farthing D	Polesdon L	Mitcham		Beckenham		
Tim Bowen	50		50	50	50			200
Alastair Locke	48		49	45	49			191
Ebe Prill	33	34	46	31	42			186
Jim Dowsett	32	30	43	32	41			178
Mike Mann	32	32	42	28	40			174
Mark Lacey	42	45		43	43			173
Tom South	37	36	47		45			165
Nick Wood	40	38		40	44			162
Andy Bond	49	50		49				148
Lewis Laylee	47	46	48					141
Wayne Lashley	45	44		47				136
Daniel Mann		42		46	48			136
Tony Tuohy	44			42	47			133
Mark Callaghan		41		38	46			125
Ian Lilley	39	40		35				114
Kevin Chadwick	38	37		37				112
Steve Davies		48		48				96
Greg Hills	46	49						95
Tim Taylor		47		44				91
Paul Devine	43	43						86
Duncan Wilson			45		39			84
Shane O'Neill	41			41				82
Charlie Lound		39		39				78
Ross Rook	34	35						69
David Stone	35			34				69
Hugh Balfour		33		30				63
Gary Budinger	31	29						60
Hugh Balfour			44					44
Graham Laylee			41					41
Lloyd Collier	36							36
Derek Lee				36				36
Steve Smythe				33				33
Mark Foster		31						31
John English				29				29
Gregorz Galezia				27				27
Justin Siderfin				26				26

parkrun

March 11th

Ashton Court
484

Pos	Gen		
135	119	Barnes Stringer	25:17

Beckenham Place
165

Pos	Gen		
1	1	Stephen Davies	17:12
3	3	Lewis Laylee	17:45
6	1	Clare Elms	18:35
12	2	Selma Benattia	19:43
44	41	Graham Laylee	22:38
49	45	Colin Frith	23:01

Brockwell
293

Pos	Gen		
22	20	Jim Dowsett	20:18
28	26	Mark A Foster	20:26
92	80	Jonathan Senker	23:36
103	87	Kees Kuijlaars	24:09
268	101	Sharon Erdman	32:12

Burgess
254

Pos	Gen		
68	60	Hugh Balfour	22:45
243	96	Susan Vernon	36:28

Dulwich
311

Pos	Gen		
4	4	Edward Chuck	16:46
5	5	Daniel Mann	16:48
20	19	Simon Burnett	18:33
25	24	Ian Lilley	18:41
27	26	Ebe Prill	18:46
28	27	Rob Cope	18:49
38	37	Ajay Khandelwal	19:53
90	84	Andy Cottrill	22:07
113	103	Michael Dodds	23:06
143	19	Hannah Harvest	24:06
145	125	Duncan Wilson	24:18
148	21	Penny D'Arcy Graham	24:34
170	142	Bob Bell	25:11
171	143	Ameet Patel	25:11

Hilly Fields
285

Pos	Gen		
34	34	Gary Sullivan	21:08

Malling
182

Pos	Gen		
19	2	Tereza Francova	20:31

Marlay
662

Pos	Gen		
1	1	Timothy Bowen	16:44

Mount Edgcumbe
41

Pos	Gen		
12	1	Laura Vincent	24:36

Riddlesdown
152

Pos	Gen		
10	3	Ange Norris	21:25

Pymmes
66

Pos	Gen		
17	3	Ros Tabor	22:36
20	16	Andy Murray	22:53

Peckham Rye
200

Pos	Gen		
1	1	Andy Bond	16:39
2	2	Alastair Locke	17:34
3	3	Charles Lound	17:51
12	12	Paul Devine	19:49
49	43	Matthew Ladds	22:48

Royal Tunbridge Wells
184

Pos	Gen		
161	54	Rhoda Collier	36:52
165	110	Lloyd Collier	38:05
167	112	Rafe Collier	38:16

Southwark
300

Pos	Gen		
31	2	Helen Lister	19:38
117	18	Claire Steward	23:43
148	124	Paul Keating	24:39

South Manchester
389

Pos	Gen		
39	5	Fiona Askew	19:45

Tilgate
532

Pos	Gen		
136	121	Gary Budinger	25:25

Tooting Common
471

Pos	Gen		
124	119	Ian Sesnan	22:54

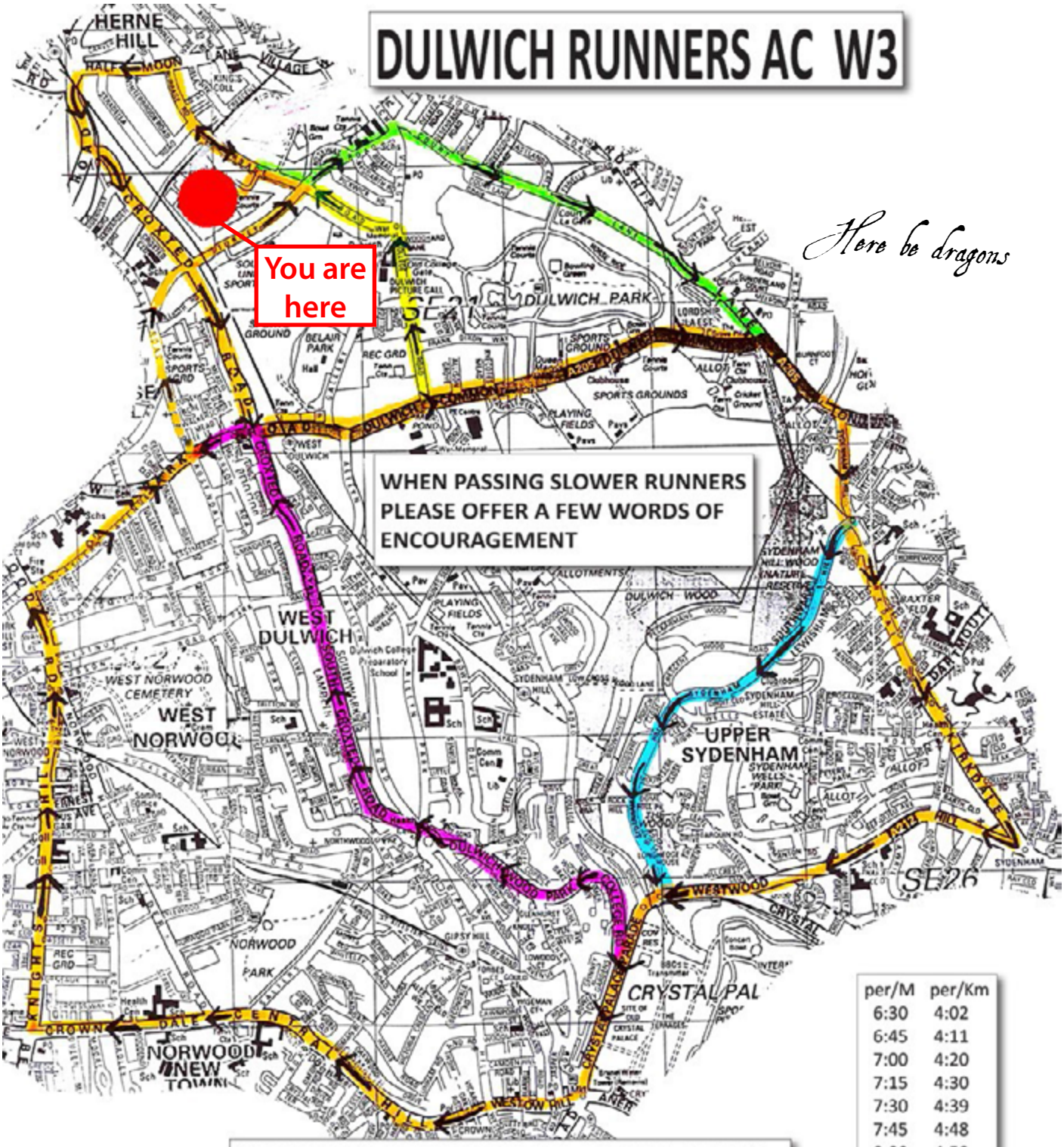
Western Springs
37

Pos	Gen		
6	5	Nick Bell	23:11

New members especially, and others....

For your results to appear here you need to update your parkrun profiles to show you are a current member of Dulwich Runners AC. or send them in.

DULWICH RUNNERS AC W3



APPROXIMATE DISTANCES FOR TONIGHTS RUNS		M	Km
FULL RUN	ORANGE	9.5	15.3
SHORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK or GREEN	8.0	12.9
SHORT CUT	GREEN & BLUE	7.0	11.3
SHORT CUT	GREEN & PINK	6.5	10.5
SHORT CUT	GREEN, BLUE & PINK	5.5	8.9
SHORT CUT	YELLOW	3.0	4.8

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