DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
October 4th 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 4 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Tue 10 Track - back at Crystal Palace Arena -see below

TRACK SESSIONS

We are back at Crystal Palace Track !

£2.50 per session - Suitable for all abilities.
Go to reception say you are with Dulwich Runners but do not pay there, pay Ros trackside.
Leave time to get from reception down to track - it can take up to 10 minutes.
Arrive at 7pm if you want a full warm-up consisting of various drills.
Strides etc will start around 7.20pm, main session taken by Steve Smythe will start shortly after and be in the region of 40-45 minutes

A reminder track sesssions have started again at Crystal Palace. Reasonable numbers attended the first session though maybe a few were missing because of the 10-mile at the weekend.
In my view apart from the long Sunday run, if you are preparing for a marathon, this is the key session to improve speed and speed endurance but works best if you do it regularly. ***Steve Smythe***

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

LUCKY VEST

tonight in the clubhouse

Wear your Dulwich Runners vest or t-shirt 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 spot prize !
Vests £18 each from Ros ros.tabor49@gmail.com

In your SHORTS this week !

1 General information
2 DR 2017 AGM Notice and notes etc
4 Club kit, social events etc
5 Fixture list, club champs, road, XC, etc
6 Cross country information - ***Important make sure to read***
7 Race reports & results etc
7 Sittingbourne 10 results and full club champs tables etc
14 Parkrun results
15 This Wednesday route map

And much more !

Click to SUBSCRIBE or UNSUBSCRIBE
www.dulwichrunners.org.uk/index.html

You can follow us on

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

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

Oct 14 Surrey League - men and women - see fixture list
21 SEAA relays - Wormwood Scrubbs

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota.
Thanks go to Joanne Shelton Perada for taking out 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

Ian Sesnan	**4/10**
Jo Shelton Perada	11/10
Katie Styles	18/10

Wednesday Night Map

This map for this Wednesday's runs can be found on the last page of Shorts.
Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse - Thanks

DULWICH RUNNERS A.C.
ANNUAL GENERAL MEETING:

Wednesday 18th October 2016, 9pm

The AGM will be held in 'The Nursery' downstairs at the Edward Alleyn Club, Burbage Road, London SE24 9HD at 9pm on Wednesday 18th October.

Items for the agenda should be sent to the Club Secretary, Yvette Dore, by Friday 13th October to be sure of inclusion.

Minor items of 'any other business' will be allowed on the day at the discretion of the Chair depending upon the time available.

Draft minutes of the 2016 AGM are available on the club website http://www.dulwichrunners.org.uk/index.html# and will be proposed for approval at this AGM.

All Committee posts are up for election with the table opposite showing whether the present incumbent is happy to stand again.
There is one post, General Member, where there is a definite vacancy, but members are encouraged to stand for any role that they may be interested in.
For further information on the responsibilities, please see the brief descriptions below, or have a chat with the person currently in the role.

It may be possible to accommodate someone who wishes to join the Committee, but who would prefer to take on one of the other roles, through some re-shuffling of the rest of Committee.

If you are interested in any of the roles, or know of someone who you think would be a good fit, please have a word with any Committee member as soon as possible.

Nominations for any role should be sent to Yvette by Wednesday 11th October to allow time to organise an election if there is more than one candidate, but nominations will be taken up to and including the day of the AGM.

Yvette can be contacted at:
secretary@dulwichrunners.org.uk

Post	Present Holder	Standing Again?
President	Ron Searle	Yes
Chair	Ros Tabor	Yes
Secretary	Yvette Dore	Yes
Treasurer	Graham Laylee	Yes
Membership Secretary	Barry Graham	Yes
Social Secretary	Matt Ladds	Yes
Joint Women's Captains	Clare Wyngard & Ange Norris	Yes
Men's Captain	Charles Lound	Yes
Men's Cross Country Captain	Mike Mann	Yes
Shorts Editor	Barry Graham	Yes
Publicity Officer	Chris Loizou	Yes
General Member	Ebe Prill	Yes
General Member	Sue Vernon	No

Dulwich Runners AC - Committee Roles 2017

Generally, the role of all Committee members is to deliver the smooth running of Dulwich Runners AC, ensuring it remains a successful, welcoming and sociable Club where members of mixed abilities can get the most out of their running and have the opportunity to develop and progress.

Club President
The role of Club President is to encourage all members, especially new ones, and to ensure that we remain a friendly Club and that true sportsmanship is important to us.

Club Chair
The Club Chair has overall responsibility for the smooth running of the Club, and Chairs committee meetings and the AGM.
The role administers and attends Tuesday track sessions and Wednesday Club nights, including maps, register and announcements, greeting new runners and finding them a group to run with.
The Chair also oversees Club events including the Club Championships, coordinating results, and organising and presenting medals. The Chair listens to members' views and raises relevant issues at meetings.

continued next page....

Club Treasurer
The Club Treasurer manages the Club's finances and financial records, maintaining cash and income and expenditure records, and making payments and banking income as required.
The Treasurer makes track bookings at Crystal Palace and Dulwich College and negotiates rates as necessary.
The Treasurer produces and presents income and expenditure summaries for each Committee meeting and the AGM.

Club Secretary
The Club Secretary organises and co-ordinates five Committee Meetings per year. This includes compiling and distributing the agenda, and attending and writing meeting minutes. The Secretary also attends and minutes the AGM, and supports the Club Chair in Committee Meetings and the AGM as required.

Membership Secretary
The Membership Secretary maintains the database holding an up to date record of Club members and issues membership cards. Sends out an annual notice via email of membership renewals, registering members with England Athletics, and liaising with EA throughout the year.
The Membership Secretary attends Wednesday Club runs to welcome new and prospective members, explaining the benefits of joining, the training we offer and about all aspects of Dulwich Runners and answer any questions they may have about running with us.

Social Secretary
The Social Secretary organises regular events to increase club engagement, such as curry nights and quizzes. The main event of the year is the Christmas Party which is the responsibility of the Social Secretary. The Social Secretary is also responsible for arranging coaches to Club Championship Races that are difficult to get to or too far away for public transport.

Club Captains
There are four Club Captains, two Men's and two Women's. Collectively, the Captains encourage members to participate in Club events, ensuring they are aware of fixtures and fulfilling any submission for the Club's participation in races and Leagues. They are responsible for selecting Club Championship races, and also selecting members to represent the Club in certain races and Leagues.
Occasionally, there are sub-committee meetings of the Men's and Women's Captains.

Men's Captain
The Men's Captain works alongside the Men's Cross Country Captain to encourage men in the Club to participate in all events. They keep members informed of upcoming races, through Shorts and emails, and are responsible for submitting entries to races and relays as required.
The Men's Captain leads in the selection of members to represent the Club in certain races and Leagues.

Men's Cross Country Captain
The Men's Cross Country Captain encourages participation in cross country races, providing information on races in Shorts and through emails. This role selects events for the cross country championships in consultation with the ladies' captain and liaises with them over arrangements. The Cross Country Captain leads on organising Surrey League races in which the club is involved, including submitting declarations and attending the Surrey League AGM, and also has a leading role in ADSC in agreeing events and setting the rules for the Club championships.

Joint Women's Captain
The Women's Captain is a joint role, sharing responsibility, to ensure women members, new and existing, feel part of a team. They let new members know what races, runs and events they can be involved in, keep all members informed of upcoming races, and are responsible for submitting entries to races and relays as required. The Captains submit notices of races and or results to Shorts, and often write a race report.
The Women's Captains inform members of social events and sometimes arrange women-only social evenings.

Shorts Editor
Shorts is the Dulwich Runners AC weekly newsletter. The Shorts Editor compiles and edits where required all stories and articles, ensuring the newsletter goes out every Wednesday containing all relevant information about the Club and upcoming races and events. The Editor distributes Shorts via email to all subscribers and also makes it available on the club Facebook page and via a downloadable online copy.

Publicity Officer
The Publicity Officer is responsible for publicising the Club and its achievements. This includes submitting regular reports of races the Club has competed at, including Cross Country and Club Championships, to relevant publications such as the South London Press. The role is also responsible for distributing publicity materials at local venues, such as sports shops and stations.

Kit Person
The Kit Person orders and sells Club kit, including Club vests, and maintains a stock list

General Member x 2
There are currently two General Member roles on the Committee. Their remit is to represent club members generally and feedback to the Committee by taking part in most club events (training, road and cross country races, and social activities), and picking up on general matters through input from other members as well as their own experiences.

Dear all who know Gill Johnson.

She would love as many of you as possible to come to a Celebration of her Life. Her daughter Ashleigh has asked for any photos, hopefully some of running or maybe write their favourite/funny memory they have, or even just a message they would like her to read and it will be added in to a book that she is making for her on the day. Either send to me or Ashleigh. Please spread the word re the 13th October.
email photos etc to me Andrea Pickup at andrea.pickup@gmail.com
or to Ashleigh at Ashleigh_Johnson@cotyinc.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
Socks	£5 pair
Buffs/snoods	£6 each

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

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

STOCK CLEARANCE! BARGAIN KIT !

I have a limited number of old stock vests (mostly large sizes) for sale at £1 each

Available at the club on Wednesdays but please email to make sure

Ros Tabor
ros.tabor49@gmail.com

Socks only £5

SHORTS!

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

HOODIES...

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

Buffs/snoods - only £6

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004
ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

Algarve Running Challenge

This year's Algarve Running Challenge takes place between 1 and 5 November in Monte Gordo, Portugal. As usual there will be 4 races spread over 5 days, finishing with the traditional Spain to Portugal race of around 11 miles. There's also plenty of opportunities for local sightseeing, running on local woodland trails, cycling and swimming in warm autumn weather. For further details please contact me.
Mike Mann

SOCIAL SPOT

Watch this space for future events.

Curry Night - Wed 25th Oct.
Surma, Lordship Lane

As autumn has arrived we'll have our next warming curry night as ever at Surma on Lordship Lane.
It is £10pp for a curry buffet and will start at 9pm post club run.
All welcome any questions let me know.

Free Quiz Night - Wed 22nd Nov.

The Social Fund will be laying on some prizes for a fun quiz night post club run.
Teams of 4 and I promise there will be no Harry Potter round this year!
It will begin at 9pm in the club house bar.
Don't worry if you're not sure who'll you'll team up with there'll be plenty to form teams on the night.

Xmas Party - Save the Date - Sat 16th Dec.

A date for the diary and one not to be missed !
This year will see a change of venue to the Edward Alleyn Club.
More details to follow shortly. Any suggestions and feedback based on last years always welcome.

Matt Ladds - laddsm85@gmail.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 2017/18 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** **Track**

2017		Race		Venue	
Oct	14	Surrey League 1	men	Wimbledon Common	
	14	Surrey League 1	women	Priory Park Reigate	
	21	SEAA Relays		Wormwood Scrubs	
	21	Surrey Masters,		Richmond Park	**tbc**
	28	BMAF XC Relays		Long Eaton	
Nov	4	Reigate Priory relays men & women		Reigate	
	11	Surrey League 2	men	Richmond Park	
	11	Surrey League 2	women	Nonsuch Park	
	17	November British and Irish Masters		Derry, Northern Ireland	
	18	London champs		Parliament Hil	
	25	England Masters Inter-Area		Bournemouth	**tbc**
	25	South of Thames 5		Beckenham	**tbc**
Dec	2	Kent Masters			**tbc**
	9	SEAA Masters XC		Horspath, Oxford	
	16	South of Thames 7.5		Aldershot	
2018		2018		2018	
Jan	6	Surrey and Kent Champs			**tbc**
	13	Surrey League 3	men		**tbc**
	13	Surrey League 3	women	Wimbledon Common	
	20	Vets AC Champs		Wimbledon Common	**tbc**
	27	South of England Champs			**tbc**
Feb	10	Surrey League 4	men	Lloyd Park	
	10	Surrey League 4	women	Richmond Park	
	24	National Champs		Parliament Hill	
Mar	17	BMAF Champs		Forres, Scotland	

The cross country season starts in October with races taking place on most Saturdays until mid February.
Here is some key information for the benefit of both newly joined members and regulars.

Surrey League
We compete in the Surrey League and this is the club's main priority. There are 4 fixtures during the season starting on 14 October with the women at Reigate Priory Park and the men at Wimbledon Common. Further details on times, location etc. will be posted by your captains nearer the time.
Details on other Surrey League fixtures can be found elsewhere in Shorts and on the website. Please keep these dates free if at all possible. Our men were relegated to Division 2 last season, but will need to maintain their excellent turnouts and performances to be sure of returning to Division1.

Distance
The men's Surrey League races are around 8km, while the women's races start at 6km in the autumn, increasing to 8km in the New Year. Distances of other races vary, ranging from around 8km in the autumn to 12km and over for the men later in the season, but normally not more than 8k for the women.

Scoring
In the Surrey League, the first 5 women for the club and the first 10 men qualify for the scoring team, so it is important that we field as many of our strongest runners as possible.
But cross country races are not elite and are suitable for runners of all abilities. They are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance, from which you will reap benefits over a wide range of races. The hill sessions on Tuesday nights in September will help, and there are likely to be other hill sessions during the season.

Surrey League entry
For the men's Surrey League there is no need to enter in advance or pay; simply turn up on the day in good time to register and warm up (though your captain will find it helpful to know your availability in advance in order to help with the online declarations). For the women's Surrey League, runners have to be entered in advance. The women's captains will contact everyone for availability. It is free for all runners.

Other Races
In addition to the Surrey League there are a number of other cross country races, almost all of which take place on Saturdays. For those who are keen, it is possible to find a race on most Saturdays during the season. Races include the county champs (including Masters), London champs, 2 South of Thames races, South of England and National champs, which take place at Parliament Hill Fields in February. There are also a number of other races for Masters. See the fixture list in Shorts for details.

Cross country champs
Once again, we will be holding a cross country champs. Details are yet to be finalized but are likely to include the 4 Surrey League events, the South of Thames 5 miles and the National champs, with 4 events to qualify including 3 Surrey League races.

Entry for other races
For virtually all races other than the Surrey League, your captains have to submit entries in advance, in some cases more than a month before events. Details will be posted in Shorts and by email, requesting those interested in participating to put their names forward in advance of a deadline, so please read these carefully. It is not possible to cater for runners who decide at the last minute that they fancy a race. With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please check your calendars first, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear
You can often get away with road or trail shoes in early season races, but as the ground becomes heavier, cross country spikes or fell shoes become necessary.

Contacts
For further information please contact your captains at:
dulwichladiescaptain@gmail.com or mcmann90@yahoo.co.uk

Cross Country Entries

The cross country season proper begins with the Surrey League fixtures on 14 October, with the men at Wimbledon Common and the women at Reigate Priory. We are looking for good turnouts and performances to kick off the season, so please keep that date free.
There are two early season events, both taking place on 21 October. All those over 40 and eligible to compete for Surrey by birth or residence can compete in the Surrey Masters champs in Richmond Park on a fast, scenic, gently undulating course (6km for all women and M60+, 10km for M40s and M50s). If you would like to take part or have any queries about your eligibility, **please inform your captains by 11 October**. For those not eligible to compete in these champs, the SEAA relays at Wormwood Scrubs provides an alternative (3x3k for senior women, 4x5k for senior men). **Please register interest with your captains by 3 October.** If you are able to agree teams of 3 or 4 beforehand that would make your captains' work easier.

Upcoming Events

The Surrey leagues have traditionally been amongst our major winter targets - personally in view of the current lack of fit top seniors (men and women), it might be worth better focussing on some other events too.
Oct 14 Surrey leagues: men - Wimbledon, women: Reigate

Oct 21 Sth of Eng. XC Relays, Wormwood Scrubs/Surrey Masters
Of the two, I would prefer we focussed on the relays. We have put a good women's team in the past and just missed out on medals, and everyone seemed to enjoy the fast 2 mile course around the Scrubs, and it's fairly easy to get to, but just good numbers would be good. Please think about supporting the club in this event but the Captains need to know asap.

Oct 28 BMAF XC Relays, Long Eaton-
We should have some teams here but seems a disappointing response so far. While quite a way away, the train journey is fast and the club will support the cost.

Nov 4 Reigate Relays
Unlike the two above relays, this is non Championships, and less important but traditionally we have good numbers competing and the 2.5 mile course around Reigate Priory park is a popular one.

Nov 11 Surrey Leagues, Richmond and Nonsuch Park

Nov 18 London Champs, Parliament Hill

Nov 25 South of Thames 5, Beckenham -
A local mixed race that should be worth targetting with good numbers and a likely club champs race

Dec 2 Kent Masters Championships, Dartford -
potentially we could have a few medal-winning teams - especially the men, if we can get everyone out - we have won the M50s recently but could also do well in the M40s for the first time. The women have also done well in recent years, and the multi lap course in Central park was well received last year. ***Steve Smythe***

BMAF Cross Country Relays

28 October

These cross country relays take place in Long Eaton, Derbyshire on Saturday 28 October. We have had success with some of our teams in recent years and are treating this as a high priority event. Cross country regulars, including those who have competed in these relays before will be contacted individually but anyone else interested is free to contact their captains.

We hope to be able to field strong A teams but may also be able to include B teams in some of the age categories. There are teams of 3 for W35s,W45s and W 55s, teams of 5 for M35s and M45s, and teams of 4 for M55s. Each stage is 3km in length, mostly over firm fast grass. Long Eaton is an easy day trip from London and the club will fund travel expenses.
Mike Mann mcmann90@yahoo.co.uk

Reigate Priory Relays

Saturday 4th November 1.30 p.m.

ladies 3 x 2.5 miles
men 4 x 2.5 miles

These low key cross country relays take place in scenic Reigate Priory park. They are for all abilities, any age, 1st and 2nd claim members and EA number isn't needed.

If you are interested in running please let your captain know by Friday 20th October.
Mike Mann - mcmann90@yahoo.co.uk
Ange and Clare - dulwichladiescaptain@gmail.com

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

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.

Sittingbourne 10

Club Champs Race

Sunday October 1

The first time this race has been used for the Club Champs and reasonably well supported by 24 Dulwich Runners and, as the race is part of the Kent Grand Prix, by other Kent clubs aswell. The course is hilly and along country roads unbothered by traffic and very well marshalled. Greg Hills, Steve Davies and Andy Bond ran together for most of the way with Greg winning out in the end, showing great form for the Amsterdam Marathon in a couple of weeks time. Steve and Andy were 2nd and 3rd MV40s. Helen Lister was 5th Woman overall but first senior. Notable PBs were run by Jonathan Whittaker, Michelle Lennon, Lucy Pickering and Clare Cummings.
The race is exceptionally good value for money , including one of the well sought after long sleeved technical t-shirts, free massage, free cake tent, nice (if a bit random) goody bag and finisher medal. The 10:15 start allows runners to travel by public transport from South London.

Graham Laylee/Ebe Prill

2017 Champs Categories Sittingbourne 10 miles

Overall Winner (age grading)	Ros Tabor
1st Man (any age cat.)	Greg Hills
1st Woman (any age cat.)	Helen Lister
2nd Man (any age cat.)	Steve Davies
2nd Woman (any age cat.)	Michelle Lennon
3rd Man (any age cat.)	Andy Bond
3rd Woman (any age cat.)	Tereza Frankova
1st Senior Man (exc. above)	Ed Harper
1st Senior Woman (exc. above)	Clare Cummings
1st M40 (exc. above)	Tom South
1st W40 (exc. above)	Joanne Shelton Pereda
1st M50 (exc. above)	Gary Sullivan
1st W50 (exc. above)	Lucy Pickering
1st M60 (exc. above)	Graham Laylee
1st W60 (exc. above)	
Age Graded Man (exc. above)	Ebe Prill
Age Graded Woman (exc. above)	Clare Wyngard
13 Captains' Award	Jonathan Whittaker

5	Greg Hills	59:34	1st 10mile race, HM pb 77:10 2017
6	Steve Davies	59:53	2nd MV40 59:04 pb Jan 2017 faster course; Epsom 10 clubchamps 2016: 60:14
7	Andy Bond	59:55	1st 10mile race, HM pb 76:16 2017
12	Tom South	64:07	1st 10mile race, HM pb 87:01 2016
15	Ed Harper	64:14	1st 10mile race, 10k pb 37:09 2017
35	Jonathan Whittaker	68:09	PB, previous 10M 76:53 2012
41	Gary Sullivan	68:52	SB, pb 65:09 2010; Epsom 10 clubchamps 2016: 67:55
55	Ebe Prill	70:33	1st 10M 2017, pb 62:06 2015; Epsom 10 clubchamps 2016: 68:49
61	Helen Lister	71:45	1st SW 1st 10M 2017, pb 68:25 2015
77	Michelle Lennon	73:28	PB, previous 10mile pb 78:06 2014
82	Jim Dowsett	73:54	1st 10M 2017, pb 69:36 2015; Epsom 10 clubchamps 2016: 72:32
99	Tereza Francova	75:53	1st 10M 2017, pb 73:23 2015
96	Graham Laylee	75:54	1st 10M 2017, pb 73:25 2015
104	Joe Brady	76:24	1st 10M 2017, pb 64:13 2012
116	Lucy Pickerg	77:29	PB, previous best 77:56 2016
127	Clare Wyngard	78:21	1st 10M 2017, pb 72:03 2006
141	Ros Tabor	79:27	1st FV65 1st 10M 2017, pb 67:03 2006
143	Andy Murray	79:34	1st 10M 2017, pb 64:33 2006
144	Clare Cummings	79:34	PB, previous best at Epsom 10 clubchamps 2016: 82:25
157	Michael Dodds	81:17	1st 10M 2017, pb 76:52 2011
183	Joe Shelton Pereda	83:10	1st 10M 2017, pb 76:19 2012
184	Col Frith	83:16	ran 81:13 on faster course earlier t year; pb 73:14 2011
224	Claire Barnard	88:14	1st 10M race, longest distance so far
322	Barrie John Nicholls	101:22	1st 10M 2017, pb 80:39 2011; Epsom 10 clubchamps 2016: 86:55

Dulwich Runners' times - Sittingbourne 10 - 1 October 2017

	Time	Points in age category m/f								Age grade points	Club champs awards
		m s	m40	m50	m60	f s	f40	f50	f60+		
Greg Hills	59.34	50								766	1st man
Steve Davies	59.53		50							838	2nd man
Andy Bond	59.55		49							811	3rd man
Tom South	64.07		48							745	1st m40
Ed Harper	64.14	49								710	1st senior man
Jonathan Whittaker	68.09	48								679	Captains' award
Gary Sullivan	68.52			50						804	1st m50
Ebe Prill	70.33			49						756	Man age graded
Helen Lister	71.45					50				718	1st woman
Michelle Lennon	73.28							50		792	2nd woman
Jim Dowsett	73.54		47							652	
Tereza Francova	75.53					49				677	3rd woman
Graham Laylee	75.54			48						736	1st m60
Joseph Brady	76.24			47						674	
Lucy Pickering	77.29							49		770	1st w50
Clare Wyngard	78.21							48		800	Woman age graded
Ros Tabor	79.27								50	933	Overall age graded
Andy Murray	79.34				50					729	
Clare Cummings	79.34					48				643	1st senior woman
Mike Dodds	81.17			46						681	
Joanne Shelton Pereda	83.10						50			651	1st w40
Colin Frith	83.16			45						671	
Claire Barnard	88.14					47				580	
Barrie John Nicholls	101.22				49					567	
	24	3	4	6	2	4	1	3	1		

2017 Club Championships

We have now all but completed the 8 events for the year.

As runners can score in any certified marathon, there are a few runs still remaining -those known of are Natalie Davys (Chicago 8 Oct), Greg Hills (Amsterdam 15 Oct) , Joanne Shelton-Pereda and Shane O'Neill (Valencia 19 Nov).

The current standings are as follows (50 for first DR in age group at each race, 49 for 2nd etc -best 5 scores plus one point for each event completed). 5 events completed or 4 and marathon pending:

Women up to 39
Helen Lister 252
Katie Styles 234
Hannah Harvest 219
Claire Barnard 217

Women 40-49
Yvette Dore 257
[Joanne Shelton-Pereda on 4 events 198]

Women 50-59
Michelle Lennon 255
Lucy Clapp 247
[Previously topping the 40-49's,
Michelle turned 50 in March
& the 10M gave her 5 events
in the new age group]

Women 60+
Ros Tabor 256

Men up to 39
Tim Bowen 257
Alastair Locke 250
Shane O'Neill 239
Mark Lacey 233
Alex Haylett 224
Matt Ladds 217
[Greg Hills
on 4 events 198]

Men 40-49
Steve Davies 256
Andy Bond 253
Tom South 244
Jim Dowsett 238
Rob Cope 230

Men 50-59
Tony Tuohy 255
Ebe Prill 253
Gary Sullivan 251
Steve Smythe 247
Joseph Brady 239
Graham Laylee 232

Men 60+
Mike Mann 253
Andy Murray 251
Barrie J. Nicholls 250

See the following tables for the full list of scorers and event breakdown (nb a few marathons to come).

There will be a presentation of age group, overall and completion awards at the club Christmas Party.
Whilst responsibility for next year's events is not yet confirmed, please contact this year's organisers (Mike Mann and Ebe Prill – thank you) with any comments on this year's events and any suggestions, with reasons, for next year.
Andy Murray - points compiler.

Overall on age grading (top 10) best 5 events out of 1000 max

Ros Tabor	4682	ave 936
Tony Tuohy	4321	ave 864
Steve Davies	4262	ave 852
Mike Mann	4111	ave 822
Andy Bond	4063	ave 813
Steve Smythe	4043	ave 809
Gary Sullivan	4027	ave 805
Tim Bowen	4012	ave 802
Michelle Lennon	3954	ave 791
Ebe Prill	3930	ave 786

2017 Club Championships

within age groups after 8 events including marathons to Oct. 1st

	Short				Long					
	5k Southwark 4-Feb	10k Regents Pk 5-Mar	5k Battersea 1-Jun	1m Batter-sea 21 Jul	1/2M Padd Wood 2-Apr	Marathon London or other 23-Apr	5m MT Wimbledon 10-Sep	10m Sitting bourne 1-Oct	Bonus for no. of events	TOTAL 5 events max inc. 1.S,L
Women Senior										
Helen Lister		50	47	[47]	50	49		50	6	252
Katie Styles	46	49	41	43			50		5	234
Hannah Harvest	42		40	42	44		46		5	219
Claire Barnard	44		37	41	43			47	5	217
Selma Benattia	50		46	49	49				4	198
Laura Vincent	48				46	45	48		4	191
Eleanor Simmons	47		42	45			47		4	185
Karina Burrowes	43		38		45	42			4	172
Anna Thomas	49			44			49		3	145
Lucy Elms			50	50					2	102
Clare Cummings						46		48	2	96
Alice Williams			45			47			2	94
Rebecca Schulleri			44		47				2	93
Christina Dimitrov				48		43			2	93
Ellie Balfe			43	46					2	91
Shona Mcintosh						50			1	51
Roz Johnson			49						1	50
Tereza Francova								49	1	50
Melanie Edwards						48			1	49
Fiona Askew					48				1	49
Claire Baglin			48						1	49
Susan Cooper	45								1	46
Laura Lane						44			1	45
Tessa Morrison						41			1	42
Sarah Banting			39						1	40
Women V40										
Yvette Dore	[48]	[49]	50	50	50	50	50		7	257
Joanne Shelton-Pereda	47	48			49			50	4	198
Lindsey Annable	46				48		48		3	145
Sharon Erdman	45				46		49		3	143
Emma Ibell	49								1	50
Tess Le					47				1	48
Kaylee Coxall	44								1	45
Women V50										
Michelle Lennon	[]	[]	50	50	49	49		50	7	255
Lucy Clapp	49	49	48	48			48		5	247
Clare Elms	50	50			50		50		4	204
Lucy Pickering		48			48	48		49	4	197
Ola Balme			49	49			49		3	150
Clare Wyngard	48		47					48	3	146
Ange Norris						50			1	51
Women V60										
Ros Tabor	50	50	50	50	50		[50]	[50]	6	256
Claire Steward		49							1	50
Susan Vernon	49								1	50
Men Senior										
Timothy Bowen	[49]	50	50	50	50	50	[50]		7	257
Alastair Locke	50	49	48		49	49			5	250
Shane O'neill	46	47	46	49	45	[42]			6	239
Mark Lacey	45	46	44		47	46			5	233
Alex Haylett	43	44	41	45			46		5	224
Matt Ladds			42	46	40	37	47		5	217
Greg Hills				48	48	48		50	4	198
Daniel Mann	47	48			46				3	144
Paul Devine			45		44	47			3	139
Jonathan Whittaker				47	41			48	3	139
Wayne Lashley	48		49						2	99
Lewis Laylee			47				49		2	98
James Burrows	44	45							2	91
Edward Harper						40		49	2	91
Steve Rolfe			43			43			2	88
Paul Vivash					42	41			2	85
Toby De Belder					43	39			2	84
Grant Kennedy							48		1	49
Edward Chuck						45			1	46
Tom Tabori						44			1	45
Freddie Vernon	42								1	43
Stephen Duck						38			1	39

Men V40										
Stephen Davies	49	[49]	50	50	50	[49]		50	7	256
Andy Bond	50	50			49		50	49	5	253
Tom South		47	48	47			49	48	5	244
Jim Dowsett	[41]	[43]	45	46	45	[43]	47	47	8	238
Rob Cope	40	44	46		47		48		5	230
Grzegorz Galezia	42	40			46	45			4	177
Ajay Khandelwal	43	42	44			42			4	175
Cameron Timmis	39	39	42		42				4	166
Charles Lound	48	48				50			3	149
William Cotter	44			49	43				3	139
Justin Siderfin		41		48	44				3	136
Martin Double			43		41		46		3	133
Lloyd Collier	46		49						2	97
Michael Hutchinson					48	46			2	96
Ian Lilley	47	46							2	95
Mark Callaghan	45					47			2	94
Hugh French	38		41						2	81
Tom Marshall						48			1	49
Padraig Prunty			47						1	48
Holger Betz		45							1	46
Tom Wilson						44			1	45
Men V50										
Tony Tuohy	50	50	50	50	50				5	255
Ebe Prill	49	49	49	[48]	49	49	[48]	[49]	8	253
Gary Sullivan	47	[47]	[47]	49	[47]	48	49	50	8	251
Stephen Smythe	48		46		48	50	50		5	247
Joseph Brady	46	48	45	47	[44]			47	6	239
Graham Laylee	43	45	44				47	48	5	232
Michael Dodds	41	44	43					46	4	178
Ameet Patel	39		40	46					3	128
Paul Keating	40	43	41						3	127
Mark Foster			48		45				2	95
Michael Fullilove	45				46				2	93
Duncan Wilson		46			43				2	91
Colin Frith	42							45	2	89
Gideon Franklin	44								1	45
Gary Budinger			42						1	43
Men V60										
Michael Mann	48	50	50	50			50		5	253
Andy Murray	[46]	49	48	49			49	50	6	251
Barrie John Nicholls	[47]	48	[47]	48	49	48	[48]	49	8	250
Hugh Balfour	50		49			50			3	152
Patrick Mcmorrow	45				48	49			3	145
Bob Bell	44		46	47					3	140
Stephen Williams	49				50				2	101
Peter Jackson	43								1	44
Chris Vernon	42								1	43
0	64	40	56	35	49	43	29	24	339	

Best 5 count for year including 1 each short, long. 5 including one short and long needed for completion medal.
Marathon points are temporary.
Bracketed points [ ] are discards, outside top 5 scores.

	Short				Long						
	5k Southwark 4-Feb	10k Regents Pk 5-Mar	5k Battersea 1-Jun	1m Battersea	1/2M Padd Wood 2-Apr	Marathon London or other 23-Apr	5m Wimbledon Sep	10m Sitting bourne 1-Oct	Events counting	TOTAL 5 events max inc 1.S,L	Average
Ros Tabor	[875]	921	[906]	1,002	912		915	933	5	4,682	936
Tony Tuohy	881	844	891	860	846				5	4,321	864
Stephen Davies	859	[824]	869	858	839	[814]		838	5	4,262	852
Michael Mann	826	798	849	852			787		5	4,111	822
Andy Bond	845	815			805		788	811	5	4,063	813
Stephen Smythe	809		780		802	837	816		5	4,043	809
Gary Sullivan	788	[742]	803	819	[768]	[719]	814	804	5	4,027	805
Timothy Bowen	787	[781]	819	798	802	806	[781]		5	4,012	802
Michelle Lennon	787	[770]	793	799	783	[744]		792	5	3,954	791
Ebe Prill	789	779	819	[737]	787	[705]	[737]	756	5	3,930	786
Alastair Locke	797	780	775		784	774			5	3,910	782
Lucy Clapp	747	768	749	799			774		5	3,837	767
Shane O'neill	764	739	749	753	734	[671]			5	3,739	748
Tom South		735	764	737			745	745	5	3,726	745
Mark Lacey	750	739	746		749	712			5	3,696	739
Helen Lister		730	753	[704]	748	733		718	5	3,682	736
Clare Elms	947	922			919		874		4	3,663	916
Andy Murray	722	[717]	731	734			735	729	5	3,651	730
Graham Laylee	717	713	720				710	736	5	3,597	719
Yvette Dore	[684]	698	724	735	708	[685]	691		5	3,556	711
Barrie John Nicholls	716	697	713	688	697	[588]	[671]	[567]	5	3,512	702
Rob Cope	679	698	725		723		673		5	3,498	700
Joseph Brady	711	692	712	675	674			[674]	5	3,463	693
Jim Dowsett	691	680	685	697	666	[636]	[661]	[652]	5	3,419	684
Katie Styles	679	645	677	649			725		5	3,374	675
Lucy Pickering		740			766	726		770	4	3,002	751
Selma Benattia	755		746	745	734				4	2,980	745
Greg Hills				737	757	710		766	4	2,971	743
Hannah Harvest	603		587	591	596		555		5	2,933	587
Alex Haylett	558	553	602	632			579		5	2,925	585
Claire Barnard	612		545	577	561			580	5	2,874	575
Grzegorz Galezia	723	684			722	707			4	2,836	709
Matt Ladds			602	635	574	417	580		5	2,808	562
Ajay Khandelwal	725	690	702			635			4	2,753	688
Eleanor Simmons	687		685	713			631		4	2,717	679
Michael Dodds	668	661	677					681	4	2,687	672
Cameron Timmis	670	655	670		630				4	2,624	656
Joanne Shelton-Pereda	629	648			633			651	4	2,561	640
Laura Vincent	689				627	591	635		4	2,542	635
Charles Lound	827	790				836			3	2,452	817
Daniel Mann	797	765			755				3	2,317	772
Karina Burrowes	610		564		589	546			4	2,309	577
Ola Balme			775	781			752		3	2,308	769
Clare Wyngard	725		766					800	3	2,291	764
Hugh Balfour	792		790			692			3	2,273	758
Paul Devine			782		738	725			3	2,245	748
William Cotter	729			776	663				3	2,169	723
Justin Siderfin		674		755	671				3	2,101	700
Anna Thomas	699			684			686		3	2,069	690
Jonathan Whittaker				743	634			679	3	2,056	685
Bob Bell	631		684	675					3	1,990	663
Lindsey Annable	664				663		565		3	1,891	630
Martin Double			655		582		617		3	1,855	618
Patrick Mcmorrow	646				618	590			3	1,854	618
Ameet Patel	584		602	620					3	1,805	602
Paul Keating	610	579	601						3	1,789	596
Sharon Erdman	606				557		569		3	1,732	577
Wayne Lashley	785		805						2	1,590	795
Stephen Williams	775				808				2	1,583	792
Lucy Elms			783	779					2	1,562	781
Lloyd Collier	761		788						2	1,549	775
Ian Lilley	795	752							2	1,547	774
Lewis Laylee			757				740		2	1,498	749
Mark Foster			758		711				2	1,469	734
Mark Callaghan	735					730			2	1,465	733
Michael Fullilove	725				729				2	1,454	727
Michael Hutchinson					738	713			2	1,451	725
Ellie Balfe			715	705					2	1,419	710
James Burrows	713	697							2	1,410	705
Steve Rolfe			728			680			2	1,408	704
Alice Williams			726			673			2	1,400	700
Rebecca Schulleri			720		646				2	1,366	683
Colin Frith	691							671	2	1,362	681
Edward Harper						597		710	2	1,308	654
Paul Vivash					666	627			2	1,293	647
Duncan Wilson		688			604				2	1,292	646
Christina Dimitrov				717		567			2	1,284	642
Toby De Belder					680	605			2	1,284	642
Clare Cummings						612		643	2	1,256	628
Hugh French	533		545						2	1,078	539
Ange Norris						871			1	871	871
Claire Steward		850							1	850	850
Shona Mcintosh						809			1	809	809
Roz Johnson			763						1	763	763
Tom Marshall						755			1	755	755
Emma Ibell	753								1	753	753
Padraig Prunty			753						1	753	753
Claire Baglin			753						1	753	753
Holger Betz		743							1	743	743
Melanie Edwards						733			1	733	733
Fiona Askew					719				1	719	719
Gideon Franklin	704								1	704	704
Edward Chuck						695			1	695	695
Tom Tabori						687			1	687	687
Tereza Francova								677	1	677	677
Grant Kennedy							674		1	674	674
Susan Cooper	667								1	667	667
Tom Wilson						645			1	645	645
Gary Budinger			645						1	645	645
Peter Jackson	630								1	630	630
Kaylee Coxall	602								1	602	602
Laura Lane						595			1	595	595
Sarah Banting			586						1	586	586
Stephen Duck						581			1	581	581
Tess Le					539				1	539	539
Tessa Morrison						522			1	522	522
Susan Vernon	509								1	509	509
Freddie Vernon	498								1	498	498
Chris Vernon	432								1	432	432
0	64	40	56	35	49	43	29	24	314		

Oslo Marathon

Saturday 16th September 2017

A few weeks delayed after some busy weekends. This was a great weekend. I think it trumped Geneva with its display of wealth: the expo on Friday showcasing its sponsor's i8, and well-stocked stands by Garmin, Swiss, Skins and more recognised brands: Nike, Adidas and Asics. I picked up my bib, free t-shirt (quality Adidas one) and protein shake, keeping my wallet securely zipped away.

I arrived in Oslo nursing some Achilles pains, but felt aerobically fit after Quebec and decent long runs in the previous weeks. With this being my last scheduled marathon of the year, I obviously opted for the glass half full: fitness will beat injury. In pen 1 too.

The route loosely resembles a figure of eight. Starting by the harbour, heading out to the north west, around the sculptures park, back towards the water (dreary motorway section), through the modern swanky docks, behind the fort and up around the park to the north east, through the city centre and back to the harbour. Repeat.

Both parks are quite a few metres above the waterfront. With fresh legs, park one was a comfortable climb and enjoyable loop - trail path through the park itself. The climb to the second park was not enjoyable; 200m stride at its steepest (and still only at c18km). Made it up on the free-wheeling descent. Half way in 1:34; on PB schedule.

Tempted to stop (writing) at this point; that's pretty much when my Achilles did. Again, like Geneva, a second half of a marathon mixing painful trots with striding. Enjoying the sun and great support all the while.

This is not a PB course. But a pleasant small city marathon. Great idea by the organisers to have four back to back races: roller skiers off first (Norway after all), then marathon, then half, finishing with a 10k. We heard one person being interviewed doing all three runs. Some ultra! The city centre was packed and the harbour was a buzz.

So after a tough year - first time I've done seven marathons (and three new letters) in one year - 25 letters of the marathon alphabet done: Amsterdam, Big Sur, CCC, Dublin, Eiger, Florence, Geneva, Houston, Istanbul, Jersey, Kingston, London, Memphis, New York, Oslo, Paris, Quebec, Rome, South Downs, TDS, Venice, Windermere, X-Alpine, Yorkshire, Zermatt. I really hope to get my UTMB entry for 2018!!!

590 Toby de Belder 3:37
3954 ran

BMAF 1 Mile Road Championships - Cardiff

Saturday 30 September

The Cardiff University Festival of Running consists of a weekend of running in the Welsh capital. The half marathon takes place on the Sunday. On the day before, the organisers make use of the finish area, athletes' village etc. to hold a series of mile races.
The course is a traffic free circuit in central Cardiff around the City Hall area. Altogether 2,500 runners experienced a mile race. There were world records set by male and female fire fighters running in full kit, and also races for students, toddlers, families and mascots.

There were also more serious races: Welsh age group championship races, and then finally the combined Welsh and British Masters Championships. There were 3 races for masters runners, with the women altogether in the last race with the men over 65. The weather was not favourable – showery and windy. In previous years I have been lucky to have close competition but this year the race was quite spread out. I was first in the age group as I was the only W65, but did beat 4 younger women. A highlight was the medal ceremony where medals were awarded by Steve Jones (still the British marathon record holder).

1 W65 Ros Tabor 6:43

The Highway 10k (Orpington)

Sunday 24th September

This was yet another undulating course and very well organised. As usual, I struggled with the hills on this course.I was relatively happy with 50.35 Not sure what I can do about the hills going forward and the Sittingbourne 10 will be a challenge this week.

9 Mike Fullilove 42.52
45 Colin Frith 50.42
1st M 36.53 - 1st F 42.23
161 Finishers

32nd Marbella Half Marathon or 13.6 M

24th September 2017

We wanted to bask in a bit of late sunshine in Southern Spain with a sprinkling of glitz and glamour from the Puerto Banus region - and oh yes there happened to be a race to do too. We were following in the footsteps of the Wherle running tour empire and Barrie was keen to continue his record of participating in an international race every year for the last 18 years. Good reports from fellow DRs had put this race firmly on the to do list.

I sadly had to give this one a miss as what was meant to be minor surgery in July lead to a month of total rest and an ongoing slow recovery of short runs and gentle gym sessions since. Barrie had done some training but as with most early autumn halves the race had crept up on him and he was lacking somewhat in distance work. He had also picked up a sore throat and cough when filming Good Omens for the BBC on the Tuesday with David Tennant and Michael Sheen. Not just any old cold then.....This must have prompted him covertly to revise any plans to 'race' the half. The first clue was in he joined me for a couple of glasses of champagne in the business lounge at Gatwick. He then declared he really wasn't feeling 100% for running a half marathon in the heat and was going to take it easy.

We arrived to glorious sunshine and beautiful blue skies on our first day with temperatures edging 30 degrees. Wonderful for chasing away the English autumn blues although less favourable for running as predicted. Our first day was spent meandering around the beautiful old town with delightful centuries-old churches and chapels - and actually this could masquerade as a course reccy too as the first few kilometres of the race went up and down through the old town.

Saturday was the day for race bib collection. Many races we have done abroad have offered an exhibition to wander around but this one remained true to its word and was just a small room literally for the collection of race numbers and free kit. As per reports from previous DR visitors Spanish clothing sizes are clearly not aligned to European norms! Whilst Barrie's t-shirt was fine, the shorts were anything but and would have created serious problems if he had tried to run in them!

After a horse and carriage ride around the town for yet more course orientation (well not really) we had a leisurely early dinner in the Nautical Club of Marbella - a perfect prelude to the next day with a view over the array of boats in the port. As a bonus, we also managed to change the aforementioned shorts as the bib collection was still open after our meal, not that they ever debuted in the race. Better safe than sorry.

Whilst we had had wisps of cloud on the Saturday, typically race day on Sunday dawned with a sky of untainted azure blue. We were going to be in for a scorcher. We had a lovely walk though along the front to the race start at 9. As it was dark til 8 in Marbella, we saw a stunning sunrise over the sea and the temperature was still pleasant.

The race started alongside the Parque de Alameda which is a historical park in Marbella dating back to the nineteenth century. It is festooned with a large variety of exotic species of trees, decorative fountains and tiled benches depicting scenes from the era in which they were built. Barrie tucked himself behind the two-hour pacer which I thought was a little ambitious given the state of his health (not to mention his previous intent to take it easy).

The course looped out of town briefly before tracking back into the old town. This afforded spectators the chance, with just a short walk, to see the runners at about 4 or 5 km. As before Barrie was following the pacer and looking pretty comfortable. The race then went back though the start area so I returned to where I had come from to see Barrie pass through 6.5km. At this point he didn't look quite so easy which started me worrying what lay ahead.

Given there were few cafes open in the old town I walked down to the front for a coffee and as luck would have it ended up right by the course with about half a kilometre to go. I also happened to be by a clock which also showed the temperature. I looked on with some concern as it very quickly rose from 25 to 30 degrees. I really felt for the runners as they were running back right along the seaside from Puerto Banus - fantastic scenery but directly into the rising sun. Even the front Spanish runners were looking hot and bothered and pouring with sweat, with the exception of the leading man who romped home way ahead of the second placer.

The two-hour pacer duly appeared with Barrie right alongside him, now looking as comfortable as ever. Apparently, Barrie was the only person that had stuck with the pacing group. They appeared to be running outside two hours however but on conversations with some English runners afterwards, the course was long, measuring about 13.6-13.7 miles by some people's gamins.

Barrie was disappointed not to break two but in reality, probably would have done so for the correct distance. He did run well within himself and could have easily picked up the pace. For the second time in a race for him (the last time being the marathon) he told me the appointed pacer had dropped out injured at about 18km. He had given the pacing flag to someone else who then passed it on to another runner after a while. People were dropping like flies in the heat. The injured pacer then dutifully reappeared on a bicycle shouting encouragement loudly in Spanish.

The finish in the park was busy with runners and many were using the fountain to cool tired legs so Barrie followed suit. We watched the presentation and saw a lady from Sutton Runners bag second prize in the W55 category and another English lady take first W60 with a time of 2:14. The race seemed pretty low key with only about 5 women appearing to break 1 hour 40. Surely there must be lots of opportunities for DR ladies to amass some silverware in a country where women constitute only 10% of race entries!

An afternoon on the beach beckoned and Barrie had another dip this time in the sea and he treated himself to a massage at his sunbed. Nothing to do with the fact of course that Anthony Joshua has been pictured recently doing the same on a Marbella beach.

With the race firmly out the way we could relax and indulge in other activities Marbella has to offer. The highlight was a 4-hour boat trip during which we cruised the beautiful coastline and stopped for a swim. Barrie seemed to take this post race ice bath theory to heart and floated off in the cold sea so far away from the boat I thought he was going to break shore in Gibraltar. Even the captain seemed worried and threw out a safely line but Barrie had enough energy to swim back.

We also caught the regular ferry to Puerto Banus, our appetite to explore the place wetted by Barrie's half marathon run past the stylish designer stores and multi-million pound yachts. We enjoyed it so much we spent our last evening there having a drink overlooking the Sierra Nevada. Next it was dinner in a lovely port-side family run Italian restaurant, watching the revolving car showroom of Bentleys, Ferraris, Lamborghinis and Rollers drive past us. We rounded the evening off in the locally famed bar Sinatra's, which played host to a lively crowd including a few old expat soaks reflecting on a hard day of brilliant sunshine and too many yacht parties.

Job done for Barrie's 2017 international and he claims it was one of the most scenic courses he has run of all his races abroad. As I write this he is still suffering with a bad cough and cold probably exacerbated by the half. So it looks like the Sittingbourne 10 will be another race to take easy not to mention another one I am sitting out as it equals my current weekly mileage!

Lindsey Annable

Barrie John Nicholls 2:03:01 (chip time)

parkrun September 30th

Beckenham
172 ran

Pos	Gen		
9	9	William Cotter	18:55
18	18	Stephen Smythe	19:54
78	67	Peter Jackson	25:31

Bexley
405 ran

Pos	Gen		
5	5	Andy Bond	19:28

Bromley
517 ran

Pos	Gen		
184	155	Chris Goodman	25:20

Burgess
319 ran

Pos	Gen		
50	50	Hugh Balfour	20:56
148	130	Andrew Hollister	24:47
319	109	Susan Vernon	57:02

Cannon Hill , Birmingham
753 ran

Pos	Gen		
94	7	Susan Cooper	21:28

Castlehaven
22 ran

Pos	Gen		
1	1	Timothy Bowen	18:55

Crystal Palace
277 ran

Pos	Gen		
5	5	Justin Siderfin	19:06
9	9	Tom Wilson	19:39
36	4	Belinda Cottrill	22:12
43	6	Yvette Dore	22:36
90	16	Clare Wyngard	24:55
91	75	Michael Dodds	24:56
138	111	Paul Hilton	26:29
152	32	Claire Steward	27:07

Dulwich
345 ran

Pos	Gen		
46	1	Ellie Balfe	20:10
203	34	Natalie Davys	26:03
261	197	Mick Mead	28:31

Greenwich
217 ran

Pos	Gen		
13	13	Ross Rook	20:49

Malling
397 ran

Pos	Gen		
56	52	Nicholas Brown	20:48
397	178	Tereza Francova	56:24

Old Deer Park
123 ran

Pos	Gen		
51	9	Lindsey Annable	26:27

Penrhyn
154 ran

Pos	Gen		
150	98	Chris Vernon	42:16

Pomphrey Hill
331 ran

Pos	Gen		
19	18	Joe Farrington-Douglas	21:19

Peckham Rye
227 ran

Pos	Gen		
7	7	Charles Lound	18:16
10	10	Mark Callaghan	18:25
20	19	Rob Cope	19:56
22	21	Paul Devine	20:01
93	76	Thomas Macey-Dare	24:30

Royal Tunbridge Wells
267 ran

Pos	Gen		
81	72	Rafe Collier	26:18
103	90	Lloyd Collier	27:31
104	14	Rhoda Collier	27:32

Riddlesdown
163 ran

Pos	Gen		
14	2	Ange Norris	20:48

Southwark
302 ran

Pos	Gen		
169	128	Paul Keating	26:17

Tamar Lakes
91 ran

Pos	Gen		
3	3	Alastair Locke	19:29
15	1	Helen Lister	21:06

Western Springs
96 ran

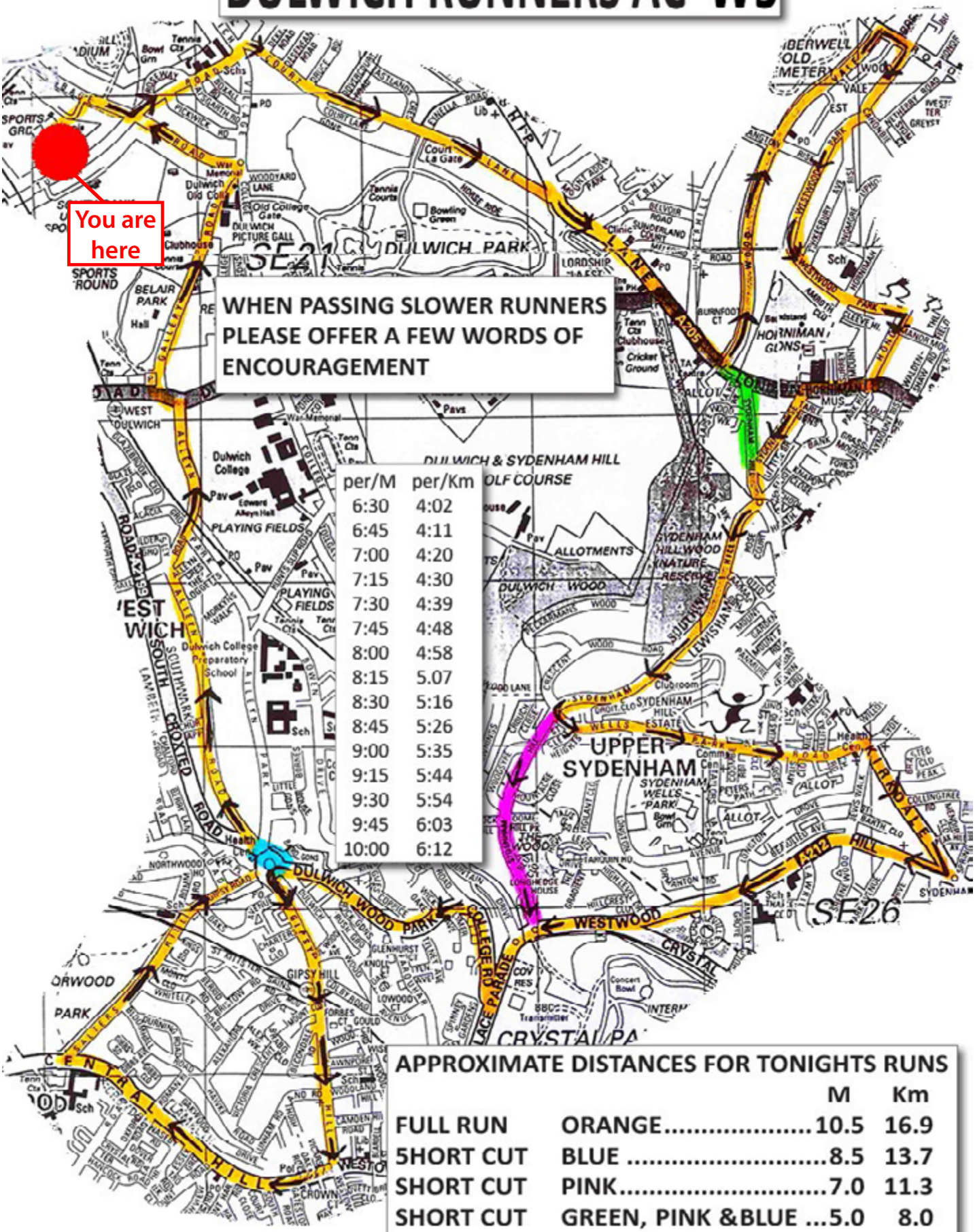
Pos	Gen		
26	21	Nick Bell	23:44

York
596 ran

Pos	Gen		
180	160	Colin Frith	24:00

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 W5



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

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

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE.....	10.5	16.9
5HORT CUT	BLUE	8.5	13.7
SHORT CUT	PINK.....	7.0	11.3
SHORT CUT	GREEN, PINK &BLUE ...	5.0	8.0