

Saturday, she was not at her very best but though never quite getting the pace she required, she dug in well on the last lap and her reward was a two second improvement on her W55 world record from the Stag Mile. It gained her a huge 102.9% on age-grading. Ian made an attempt to go with Tony but struggled on the second half.

James Burriows had a steady race and though well down on his 2016 form, he did at least show improvement on last year.

4 Tony Tuohy (Dulw, M55) 4:59.07; (5:05 MH)

6 Kevin Chadwick (Dulw, M35) 5:05.17; (5:16 MH)

11 Clare Elms (Dulw, W55) 5:10.35; (5:15.40 2018)

12 Ian Lilley (Dulw, M45) 5:17.70 (5:02.43 2018)

14 James Burrows (Dulw, M35) 5:22.80. (5:29.64 2018)

#### r10:

Daniel ran a perfect race, holding back and then blasting a 64 last lap to be first man, albeit behind the fastest woman. It was his best performance ever and came after some good track sessions and in contrast

to 2018 when he went off too quick.

Paul was not happy with his run, getting caught and boxed early on and not getting a clear run. But he finished strongly and was nine seconds up on his run from last year and he caught Steve D in the final strides. Steve ran the opposite way to Daniel and went out far too quick and did not make the most of his improved 800m speed from the week before.

2 Daniel Mann (Dulw, M40) 4:45.32 (5:01.33 2018)

9 Paul Devine (Dulw, M40) 4:51.45; (5:00.68 2018)

10 Steve Davies (Dulw, M50) 4:52.29; (4:49.12 2018)

#### r11:

Wayne was short of his best mile performance levels but ran a steady race that won him the men's age graded award.

13 Wayne Lashley (Dulw, M35) 4:50.21; (4:43.61 2018)

#### r12:

In the day's final race, which was won in 4:01,

Ed ran a steady race with the customary look at his watch every few strides but as he set a PB but missed Lewis's club record from last year by 1.4 seconds, regretting his Assembly League second place of the night before. Tim, running solo, was some way down on his form of last year after not feeling at his best recently and would have run much quicker had he been in an earlier race

14 Ed Chuck (Dulw) 4:27.87 (4:31.69 2018) (4:37 MH)

17 Tim Bowen (Dulw, M35) 4:41.41 (4:32.27 2018) (4:56 MH)

#### Top Age graded

1 Clare Elms 1029  
2 Ros Tabor 992  
3 Tony Tuohy 901  
Ed Chuck 838  
Tim Bowen 836  
Daniel Mann 831  
Michelle Lennon 825  
Lucy Clapp 822  
Paul Devine 814  
Yvette Dore 812

## Dulwich Runners' times in Stratford SOAR Mile 2 August 2019

	Time	Points In Age Category M/F								Age Grade Pts.	Club Champs Awards
		ms	m40	m50	m60	fs	f40	f50	f60+		
Edward Chuck	4.27.87	50								838	1st man
Tim Bowen	4.41.41	49								836	2nd man
Daniel Mann	4.45.32		50							832	3rd man
Wayne Lashley	4.50.21	48								800	Man age graded
Paul Devine	4.51.45		49							814	1st m40
Steve Davies	4.52.29		42							571	[no club vest]
Tom Shakhli	4.58.15	47								767	
Tony Tuohy	4.59.07			50						902	1st m50
Kevin Chadwick	5.05.17	46								766	
Clare Elms	5.10.35							50		1,029	Overall age graded
Justin Siderfin	5.15.79		48							781	captains' award (m)
Ian Lilley	5.17.7		47							782	
Matthew Cooke	5.18.87	45								728	
James Burrows	5.22.8	44								724	
Ross Rook	5.27.76	43								708	
Marta Miaskiewicz	5.40.54					50				752	1st woman
Yvette Dore	5.54.59						50			812	2nd woman
Mike Fullilove	5.54.83		49							760	
Laura Vincent	6.00.98					49				718	3rd woman
Clare Norris	6.07.82						49			738	1st w40
Tess Bright	6.11.08					48				682	
Michelle Lennon	6.11.6							49		826	1st w50
Belinda Cottrill	6.17.02					47				679	
Ebe Prill	6.19.32		48							711	
Lucy Clapp	6.22.9							48		823	Woman age graded
Bob Bell	6.34.68				50					733	1st m60
Ros Tabor	6.37.56								50	992	1st w60
Colin Frith	6.43.08				49					699	
Joanne Shelton Pereda	6.57.73						48			665	captains' award (w)
Ameet Patel	6.57.86		47							635	
Hannah Harvest	7.09.9					46				588	
Barrie John Nicholls	7.12.6				48					669	
Claire Barnard	7.22.64					45				571	
Stephen Smythe	7.38.19				47					609	
	34	8	5	4	4	6	3	3	1		