



SHORTS

Dulwich Runners AC

Weekly Newsletter

August 8th 2018

These are your SHORTS,

Please send your reports, running news & anecdotes to:

barry@bg1.co.uk or barry@1bg1.com

DEADLINE 17:30 TUESDAY

- THE COMING WEEK -

Wed 8 Club Night, Edward Alleyn Club

83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Dulwich College track, College Rd.

cost £2 per session - Start with a warm up at

Tue 14 7:10pm then 1st part of session will be on grass,
2nd on the track. - page 2 for more details

In your SHORTS this week !

- 1 General information
- 2 Fixture list, 2018 & race details
- 4 Race reports and times
- 5 Parkrun times
- 6 Club kit - new kit additions !
- 7 Social events etc
- 8 Wednesday map + Strava links

And much more !

Click to [SUBSCRIBE](#) or [UNSUBSCRIBE](#)

our website: www.dulwichrunners.org.uk

Connect with us:



TRACK SESSIONS

Tuesdays At Dulwich College track, College Road.

Cost is £2 per session

Warm up taken by **Elkie Mace**, various drills and stretches etc will start around 7.10pm..

The main session taken by **Steve Smythe** will start on grass and move on to track and is more suitable for all levels of ability than the Crystal Palace sessions.

Like us on Facebook @dulwichrunners

----- EVENT HORIZON -----

A brief look ahead

Aug 30 Assembly League - Beckenham Place Park

Thursdays 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

NEW RUNNERS ROTA

Many thanks to everyone who volunteers to take out new runners even when it's not their turn on the rota. 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

Lloyd Collier	8/8
Natalie Davys	15/8
Yvette Dore	22/8
Sharon Erdman	29/8

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)

Wednesday Night Map

This map for this Wednesday's runs can be found at the back 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

We are in the process of putting the new maps onto Strava (you don't need an account) and links can be found here:
<https://www.dulwichrunners.org.uk/wednesday-night-routes>

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**.
- The money is to help pay for clubhouse hire, map printing, club costs etc.
- We use the register to compile the new runners' rota, so please write legibly.

Thank you. - Ros

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**

2018		Race	Venue
Aug	13	Blackheath & Bromley Open Meeting	Norman Park, Bromley
	15	BMC Meeting	Eltham
	20	Blackheath & Bromley Open Meeting	Norman Park, Bromley
	25	HHH Open Meeting	Tooting
	27	Dartford Harriers Open Meeting	Central Park, Dartford
	30	Assembly League	Beckenham Place Park
Sep	12	Highgate Harriers / City of London Open Meeting	Parliament Hill
Sep	15	Beckenham parkrun (S)	Beckenham Place Park
	23	Southern 6/4/3 stage road relays	Crystal Palace Park
	30	Middlesex 10k (L)	Victoria Park, Hackney
Oct	13	Surrey League Xc Men	Richmond Park
Nov	10	Surrey League Xc Men	(tbc)
	24	South of Thames 5 mile Xc (S) (inc. club champs 5M)	(tbc)
Dec	15	South of Thames 7 mile Xc	Beckenham Place Park
Jan	12	Surrey League Xc Men	Mitcham Common
Feb	9	Surrey League Xc Men	Lloyd Park
2019			
Mar	10	Virginity Big Half (L)	London

CLUB COACHES

At the AGM we discussed the importance of our club coaches. We also agreed that we would like more coaches. The club has a policy of contributing to coaching costs. There are various levels of qualification and different pathways which can be followed.

Details are on the website: www.Englandathletics.org

Our current coaches (Steve Smythe and Elkie Mace) have agreed to help or advise interested members.

If you are interested please contact me or another committee member. ros.tabor49@gmail.com

Blackheath & Bromley "So Clean" Mile, Norman Park

Monday 13th August, 9.05pm

Enter online at www.entry4sports.co.uk

Entries cost £6 if you book online prior to Friday 10th August. After which it becomes pretty expensive! Open to all ages and abilities.

Ladywell 10000 - Sun 2 Sept

Entries are now on sale. Last year it sold out well in advance. Races are seeded by time with opportunities for anyone who can run under 55 minutes.

<http://www.kentac.org.uk/about-us/ladywell-10000/>
limit now reached and have a waiting limit of 50!

SEAA Road Relays - 23 SEPT

The SEAA 6/4/3 stage relays take place at Crystal Palace on 23 September. We will be looking to enter strong men's and women's senior and vets teams, so we will be approaching those of you who competed last year plus other in-form runners based on recent race performances. In the meantime please keep that date free and if you are able to contact your captains about your availability that would be helpful, and please reply promptly to emails and other communications from your captains.

Big Half - Club Champs 10 March 2019

We don't normally select the programme of club champs races for the next year until late autumn, but this time it is necessary to make an exception. A number of members took part in this year's Big Half and it proved a popular race with good feedback. In view of this and because the Paddock Wood is often close to the London Marathon and is difficult to get to by train, we have chosen the Big Half on 10 March 2019 as our club champs half marathon. This is likely to fill up fast so it's best to enter as soon as possible. - *Mike Mann*
<https://www.thebighalf.co.uk/how-enter/>



Mine and Becca's Triathlon Club are hosting a 5K track event next month

Thursday evening 16th August.

It will be done in waves of predicted times where people hopefully go for a 5K PB.

You submit your fastest recent 5K with cash prizes for fastest male, fastest female and most improved Male & Female (relative to their PB). Sure to be of interest to some Dulwich Runners looking for a PB or a cash prize. There's also a team event for clubs with a prize for best overall team performance. Obviously then there is a social afterwards!

for further details and to enter :

<https://willesdentriathlon.co.uk/events/>

Thanks - Des Crinion & Becca Schulleri

Herne Hill Harriers Open - 10000m - Tooting Bec Track

Saturday 25th August, 12 noon

This includes the usual selection of races up to 1500m but also the 10000m incorporating Surrey Champs starting at 12 noon. If you don't get a place at Ladywell this would be one to consider. Enter online at hernehillharriers.org for £4.50 prior to the night before. Otherwise £5.50 on the day - get there an hour before

Thames River Relay

Sunday 9th September

This is a 5 stage relay along the Thames from Dorney Lake to Kingston - approx 26 miles. Stages vary from about 4 miles to 6.5 miles.

Have a look at the website - (it still has 2017 dates but will be updated soon) www.stragglers.org/river_relay
 It costs £10 per runner.

Let me know on dulwichladiescaptain@gmail.com or on a Wednesday. Teams have to be mixed with at least one vet.
Ange Norris

If you require any further information about any races in Shorts then contact your respective captains:

Men Xc: mcmann90@yahoo.co.uk

Men road: ebepriill@yahoo.co.uk

Ladies: dulwichladiescaptain@gmail.com

Club Championship 2018

The club championship in 2018 consists of 9 races at various distances during the year at which members are encouraged to take part, to maximise competition and team spirit amongst all abilities. The full rules for 2018 will be on the club website shortly.

A series of club medals is awarded for each event:

Overall age-graded, 1-3m, 1-3w, 1m&w40, 1m&w50, 1m&w60, next best m&w age graded, captains' award

Also there are age group points competitions for the year – medals for top 3 in each category

- **5 events must be completed** including at least one long and one short, best 5 scores for the year to count;
- **Age groups** -senior men, women plus 40's, 50's, 60+'s age groups for each
- 50 points for 1st in age group in each race, 49 for 2nd etc. Plus one point per event completed.

Plus an overall age graded competition for the year -medals for top 3, plus for 5 events completed

- uses World Masters Athletics tables for men and women at each age – score is basically world best time for sex/age as a percentage of runner's time; then this %age x 1000.
- **5 events must be completed** including at least one long and one short, best 5 scores for the year to count;

Fixtures (make sure you enter in good time - see event websites for 1 mile and long events)

Short

3 Feb Dulwich Parkrun 5k (71 DR's ran)
7 Jun Battersea Park Assembly League 5k
27 Jul SOAR 1 Mile London Stadium, Stratford
15 Sep *tbc* Beckenham Place Parkrun 5k
24 Nov Beckenham Place S of Thames XC 5m

Long

24 Mar Run Through Hyde Park 10k (28 DR's ran)
8 Apr Paddock Wood Half Marathon
22 Apr London Marathon (or any certified marathon up to 24 Nov)
30 Sep Middlesex Victoria Park 10k



Assembly League 2018

The assembly league is a series of 6 inter-club races held each month on Thursday evenings from April to September. The dates appear in the fixture list. The races are all about 5k, with the June fixture in Battersea an officially measured 5k distance. The emphasis is on positions in the race rather than times.

Two races (including the first one) are multi-terrain in Beckenham Place Park; two on paths in Victoria Park; one on paths in Battersea Park; and a new venue for this year – Tottenham Marshes. There is an Assembly League facebook group, or you can ask one of the club captains for information.

The races are free to all club members and runners of all abilities are welcome. Men and women run together. There is no need to pre-enter. Just turn up, sign your name and pick up a number to pin to your club vest.

At the end of the season there are men's and women's trophies. At each race the first 4 men and women score for



their club's A teams and the second 4 for the B teams. The teams with the lowest cumulative scores win. There are also individual medals for the 1st 3 runners in each 5 year age group.

The races are very friendly occasions and club members often follow them with a social drink in a nearby bar or pub. I hope Dulwich Runners will have a large presence at each fixture. - *Ros Tabor*

2019 London Marathon Good for Age Places Qualifying

Extract from the website – nb changes to times, ages and no longer a guarantee, particularly for men just inside their qualifying time.

You will be eligible to make a Good for Age application for the 2019 Virgin Money London Marathon if you achieve the qualifying time [at a certified marathon] between **1 January 2017** and **10 August 2018**.

The Good for Age qualifying times for the 2019 Virgin Money London Marathon are:

Men	Time (in hours)	Women	Time (in hours)
Age 18-39	sub 3:00	Age 18-39	sub 3:45
Age 40-44	sub 3:05	Age 40-44	sub 3:50
Age 45-49	sub 3:10	Age 45-49	sub 3:53
Age 50-54	sub 3:15	Age 50-54	sub 4:00
Age 55-59	sub 3:20	Age 55-59	sub 4:05
Age 60-64	sub 3:45	Age 60-64	sub 4:30
Age 65-69	sub 4:00	Age 65-69	sub 5:00
Age 70-74	sub 5:00	Age 70-74	sub 6:00
Age 75-79	sub 5:15	Age 75-79	sub 6:20
80+	sub 5:30	80+	sub 6:40

PLEASE NOTE: if the number of Good for Age applicants exceeds number of places available, then the qualifying time will be reduced evenly across age group categories listed above until 3,000 runners of that gender are accepted.

Club Championship Marathons reminder

Please ensure your DR membership is paid up for 2018/19. Arrange for a report or results to be sent to Shorts (London results should be covered but reports welcome) after a few days check with your athlete page on Power of 10 that they have picked up your result; if not, submit it to them, this helps ensure the marathon ranking for the club on Power of 10 is complete. **Andy Murray**

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.

Vets League, Perivale

1 August

This was the final qualifying match, rescheduled owing to the clash with the England Croatia game.

As usual Lucy doubled up with the 800m and 3000m. In her 800m, she did well to achieve a PB, finishing 3rd W50. The women's 3000m race was quite tactical, but this did not prevent Lucy from achieving a good time, finishing 2nd W50.

Originally I had been targeting the 3000m as a repeat of my performance a month earlier would have put me high in the M70 rankings. However injury put paid to this, with my target limited to a decent placing. With little training over the past 10 days, I may have lost a little fitness, but the main problem was inability to warm up properly. I decided to duck the 800m which would have almost certainly meant not making the 3000m start line. As often happens in track races, adrenaline kicked in and even at the end did not feel too uncomfortable, but increasingly these days I need to warm up properly to perform well. In the end I was some 17 secs down on my late June effort, but finished in my customary 2nd M60 place.

Mike Mann

800m

Lucy Clapp 2:55.4 3rd W50 PB

3000m

Lucy Clapp 2:16.7 2nd W50

Mike Mann 2:22 (unofficial) 2nd M60

BBC 10km

31st July 2018

Back for another year this longstanding race once again was patronised by a few DRs. Started in 1984 it is the oldest race in Regent's Park and it always seem to enjoy a loyal following. Conditions were pretty warm and windy, but we couldn't really play the weather card as an excuse after the scorching temperatures in the last few weeks.

This year the race switched to a Tuesday which wasn't the greatest of timing if you were going to double with the Assembly League. Race founder Steve Wehrle was given number 1 as tradition dictates and Colin was given a special mention as one of the original organisers.

It was good to see Steve Williams lead in the DR clan followed by Colin posting a 48 minute 10km. I had hoped for a sub 50 but my legs were aching after a weekend trying to make up missed training during the previous week's business trip to Madrid. I could feel my pace dropping by 4km so decided not to worry too much about a sub 50.

Claire had an excellent race to come in below 54 minutes despite injury-interrupted training. Apparently she stopped twice at the water station for a drink and chat - just how much of a chat Claire?! Steve W came in close to his predicted time.

Crystal Palace Chase the Sun 10k

1st August 2018

In the Bell household things rarely go according to plan and although clearly marking off the week to go sailing Bob found that he had to be in London mid week. Belinda had already entered this run so Dad decided to do it too. Starting at 7.00 the heat had dropped a bit but the course takes in most of the park, so was hilly with a bit of off road as well, so wasn't going to be quick. One lap was the 5k option with those doing 10k repeating the course a second time. Having done the first lap in a reasonable (for me) parkrun time I actually felt quite good but Belinda was already way ahead. She stormed off to a 10k pb, whereas I was happy just to keep up the pace.

- Bob Bell

20 Belinda Cottrill 43:09 (chip 42:51)

40 Bob Bell 47:06 (chip 46:53)

203 ran 10k 182 5k

Sri Chinmoy 5K - Flying Falcon Battersea Park

6th August 2018

Having missed the Assembly League this week I wanted to make up by doing another race in equally hot conditions. I went out too fast for the heat and suffered in the second lap but pleased to finish under 19:00 albeit way behind the 15:10 winner.

55 Joe Farrington-Douglas 18:51

None of the DR team had at shout at silverware but had they presented trophies to the second and third vets as previous years, I would have snatched third place. Now, there are not many opportunities I can add to my small shelf of trophies (not a room like Claire's) so it was a bit of a shame. Barrie had entered the race but plans to run were scuppered by some filming or whatever of another blockbuster movie at Hatfield House.

Over drinks at the traditional post-race watering hole, talk turned to slowing times for us all and the glory of past race performances. Steve W noted he was getting ever closer to doubling his original time of 38 minutes! He showed us a photo of the first race with Coach Steve also present on the start line. Paul Keating joined us all for a drink after the race which quite frankly seemed a far more sensible idea! Well done to all and bring on next year!

42 Steve Williams 44:04

76 Colin Frith 48:53

90 Lindsey Annable 50:57 (3rd FV)



Banstead Woods

217 Ran

Pos	Gen		
4	4	Paul Devine	18:34

Beckenham Place

133 Ran

Pos	Gen		
12	11	Nicholas Brown	20:50
39	37	Joseph Brady	23:21

Brockwell

250 Ran

Pos	Gen		
29	28	Mark Foster	20:31
114	91	Alex Haylett	26:05
160	44	Sharon Erdman	28:35

Clacton Seafront

147 Ran

Pos	Gen		
22	2	Ros Tabor	24:11
28	26	Andy Murray	24:50

Cleethorpes

214 Ran

Pos	Gen		
16	15	Stephen Williams	21:12
28	26	Colin Frith	22:11

Crane Park

131 Ran

Pos	Gen		
2	2	Thomas South	17:32

Crystal Palace

314 Ran

Pos	Gen		
21	21	Oliver Bottle	20:48
35	1	Emma Ibell	22:03
37	2	Belinda Cottrill	22:13
40	38	Tom Wilson	22:22
46	44	Bob Bell	22:34
69	67	Graham Laylee	23:41
85	79	Michael Dodds	24:21
111	10	Clare Wyngard	25:00
144	124	Barry Graham	26:45
149	22	Claire Steward	27:06
150	23	Joanne Shelton Pereda	27:06
157	132	Paul Keating	27:23

Dartford

157 Ran

Pos	Gen		
4	4	Michael Fullilove	20:46

Dulwich

264 Ran

Pos	Gen		
1	1	Edward Chuck	15:40
15	14	Michael Williams	18:13
32	31	Chris Cooper	20:05
53	50	Tom Shakhli	21:25
55	52	Paul Vivash	21:29

Fulham Palace

404 Ran

Pos	Gen		
118	19	Susan Cooper	23:06

Gorleston Cliffs

298 Ran

Pos	Gen		
160	121	Peter Jackson	28:54

Horsham

399 Ran

Pos	Gen		
139	121	Gary Budinger	25:47

Orpington

199 Ran

Pos	Gen		
65	12	Claire Barnard	26:01
199	124	John O'byrne	52:54

Richmond

337 Ran

Pos	Gen		
108	12	Lindsey Annable	24:48

Peckham Rye

193 Ran

Pos	Gen		
7	7	Joe Farrington-Douglas	19:07

Haga

77 Ran

Pos	Gen		
12	11	Paul Collyer	19:48

Markeaton

391 Ran

Pos	Gen		
1	1	Andy Bond	16:37

South Norwood

109 Ran

Pos	Gen		
2	2	Stephen Davies	17:55

Tonbridge

430 Ran

Pos	Gen		
110	97	Matthew Ladds	25:21

New members especially, and others....

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



NEW KIT – BUY ONLINE DIRECT FROM THE MANUFACTURER

We have set up an arrangement with pbteamwear to provide showerproof jackets and mid-layer training tops. You just click on the link to the Dulwich Runners shop: <https://www.pbteamwear.co.uk/athletics-clubs/dulwich-runners.html> and purchase directly. any questions contact Ros at: ros.tabor49@gmail.com



Showerproof Team Jacket

Full Zip Multi Purpose Club Jacket. Unisex Fit, Chin guard, Concealed hood. Drawcord system, Durable water repellent textured fabric, Inside pocket. Mesh lining. Scooped hem, Generously sized



Pro Mid Layer 1/4 Zip Top

Technical Mid layer Pro 1/4 Zip Training Top, 220gsm 4 Way stretch matt finish / full dull polyester outer Scooped hem dropped back, Soft touch anti - pill fleece reverse

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
Bufs/snoods	£6 each

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

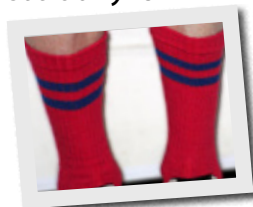


SHORTS!

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



Socks only £5



Bufs/snoods - only £6

HOODIES...

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



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

SOCIAL SPOT

P
O
T

Upcoming events.

watch this space!

Algarve Running Challenge

7-11 NOVEMBER

For those of you interested in some warm weather training and racing this autumn, this year's Algarve Running Challenge takes place between 7-11 November. Accommodation and races are in Monte Gordo at the eastern end of the Algarve in Portugal and it is organized by Track & Field Tours.

Mike Mann



Instagram

Dulwich Runners are on Instagram.

So if you would like to see any of our Dulwich Runners photos destroying the opposition, having fun or simply getting from A to Z, please send through to either of Barry Graham, Yvette Dore or Jonathan Whittaker who will take care of it!

The Instagram feed will be linked to our new and upgraded website - more on that soon.

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

Photographs needed !...

If anyone has any good recent photos of Dulwich Runners in action either on the race course or at the pub (or dance floor for Ajay) for inclusion in the brand new website, please could you send them to:

jonathanwhittaker79@yahoo.co.uk



Gill's 55th Birthday Celebration!





After raising an amazing **£1600** at the wake of My Mums Funeral, I would like to join you all back in celebration of her birthday.

Saturday 25th August 2018

From 4pm Til Late.

At:

241 Stanstead Road

Forest Hill

SE23 1HU



All Donations and money raised will be going to Cancer Research.

We will have music, Karaoke (for when the drunk singers in you want to pay for a singalong!), a Raffle with some great prizes, and lots of food.

This will be free admission but donations more than welcome at the Door.

Any other fundraising ideas welcome, and I look forward to seeing you all there!

Ashleigh x





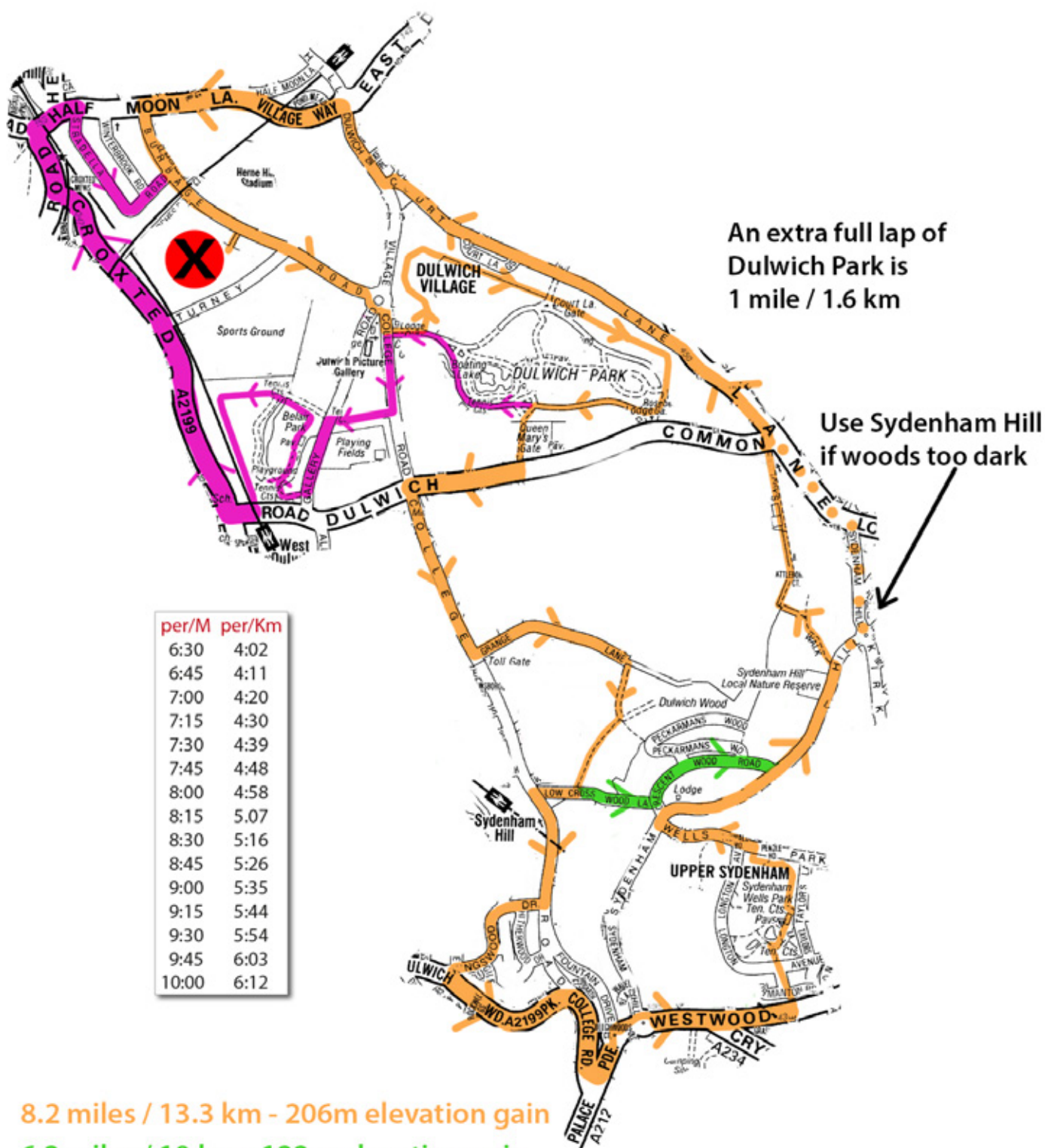
Hello

You can help me raise money for this great cause by donating directly to my fundraising page - <https://www.justgiving.com/Gill-Johnson63>

JustGiving sends your donation straight to Cancer Research UK and automatically reclaims Gift Aid if you are a UK taxpayer, so your donation is worth even more.

Thank you for your support! - Ashleigh Johnson

Dulwich Runners Summer Map 6



8.2 miles / 13.3 km - 206m elevation gain

6.2 miles / 10 km - 122m elevation gain

5 miles / 8 km - 34m elevation gain

We are in the process of revising, updating and putting the maps onto Strava. There are some new routes. You don't need an account to view them and links can be found here:

<https://www.dulwichrunners.org.uk/wednesday-night-routes>



SHORTS

Dulwich Runners AC

Weekly Newsletter

August 8th 2018

Assembly League 3.5M Victoria Park

August 2

Apologises - I'm away and it's a rushed report. Thanks to all those who attended.

A great result by the men especially as Andy was a superb fifth in very hot conditions.

Tim, Steve D and Shane completed the A team who were third and that was matched by the B team of Jack, Tom, Ed and Des Clare was second overall which should see her win the overall league as long as she is able to run the final fixture at Beckenham.

Christina, Tess and Rebecca completed the A team - also third while the B team of Anna, Lucy, Eleanor and Ros were of course also third
Steve Smythe

On night results

Men

TEAM: 1 Kent 24; 2 VPPTH 34; 3 **Dulw 64**; 4 Stock E 81; 5 Eton M 114; 6 Serp 157; 7 Petts W 196; 8 London U 222; 9 Lloyds 257; 10 Camb H 345; 11 Beck 443; 12 Dart 605; 13 Aquila 745
B TEAM: 1 Kent 63; 2 VPPTH 121; 3 **Dulwich 161**; 4 Stock E 234; 5 Eton M 326; 6 Petts W 369; 7 Serp 394; 8 Lloyds 633; 9 Lond U 683; 10 Camb H 728

Women

TEAM: 1 Kent 19; 2 VPPTH 25; 3 **Dulw 58**; 4 Eton M 92; 5 Serp 207; 6 Petts W 225; 7 Camb H 238; 8 Beck 239
B TEAM: 1 VPPTH 75; Kent 94; 3 **Dulw 134**; 4 Eton M 234

Posn		Cat.	Time	Cat. pts	posn
5	Andy Bond	M40	17:49	M/5,M40/1	
15	Tim Bowen	SM	18:32	M/15	
21	Steve Davies	M45	18:49	M45/1	
23	Shane O'Neill	SM	18:52		
35/34M	Jack Ramm	SM	19:28		
36/35M	Tom South	M40	19:32	M40/8	
37/36M	Ed Harper	SM	19:33		
57/56M	Des Crinion	SM	20:19		
58/57M	Jonathan Whittaker	SM	20:20		
2W/69	Clare Elms	W50	20:44	W/2,W50/1	
70/68M	Lloyd Collier	M45	20:47	M45/8	
82/78M	Tom Wilson	M40	21:25		
99M	Grant Kennedy	SM	22:12		
143/130M	Chris Cooper	M40	23:37		
14W/144	Christina Dimitrov	SW	23:39	W/14	
147/132M	Mark Foster	M50	23:46	M50/8	
20W/160	Tess Bright	SW	24:15		
22W/163	Rebecca Schulleri	SW	24:25		
24W/169	Anna Thomas	W35	24:38	W35/5	
170/146M	Cameron Timmis	M45	24:41		
30W/178	Lucy Clapp	W50	25:04	W50/3	
187/153M	Graham Laylee	M60	25:27	M60/3	
194/157M	Joseph Brady	M50	25:42		
39W/199	Eleanor Simmons	W40	25:57	W40/7	
41W/205	Ros Tabor	W65	26:13	W65/1	
42W/213	Teresa Northey	W40	26:51	W40/8	
219/175M	Barrie John Nicholls	M60	27:36	M60/5	
226/176M	Andy Murray	M65	28:08	M65/3	
52W/231	Lindsey Annable	W50	28:29	W50/4	
253/188M	Steve Smythe	M60	31:58	M60/8	

265 finished

Team standings after 5 events

Men A

Kent	15	15	14	15	15	74
VPPTH	14	14	13	14	14	70
Dulw	13	12	12	13	13	63
Serp	7	13	15	11	10	56
Stock E	8	11	11	10	12	52
Eton M	9	9	8	12	11	49
Lloyds	11	10	9	6	7	43
Camb H	12	8	10	5	6	41
Petts W	10	7	7	4	9	37
Beck	5	6	4	7	5	27
Ravens	6	4	2	8	-	20
Lon U	2	3	5	9	8	19
Dart	3	5	3	3	4	18
Aquila	4	-	6	-	3	13

Men B

Kent	15	15	14	14	15	73
VPPTH	11	14	13	15	14	67
Dulw	12	12	11	12	13	60
Serp	7	13	15	11	9	55
Stock	10	9	12	9	12	52
EM	8	10	8	13	11	50
Lloyds	14	11	10	8	-	43
Petts W	13	8	9	-	10	40
Camb H	6	7	7	-	6	26
Lon U	-	5	4	10	7	26
Ravs	5	4	5	8	-	22
Beck	9	6	6	-	-	21
Dartf	-	3	-	-	-	3

Women A

Kent	15	14	13	15	15	72
VPPTH	13	15	14	13	14	69
Dulw	14	13	12	14	13	66
EM	12	12	11	12	12	59
Serp	7	11	15	11	11	55
Beck	11	7	5	9	8	40
Lloyds	10	8	8	10	-	36
Camb H	8	10	9	-	9	36
PW	5	9	10	-	10	34
Dartf	9	5	6	-	-	20
Stock E	4	6	7	-	-	17
Ravs	6	-	4	-	-	10
Lon U	-	4	-	-	-	4

Women B

Kent	15	15	13	13	14	70
Dulw	14	13	14	15	13	69
VPH	11	14	15	14	15	69
EM	13	12	11	12	12	60
Serp	-	11	12	-	-	23
Beck	12	-	-	-	-	12
Stock E	-	10	-	-	-	10
Lloyds	-	-	9	-	5	9

Individual standings

Name	Bk	VP	Batt	Tott	VP	Bk	tot
Men							
6 Andrew Bond	-	5	-	11	11		27
13 Ed Chuck	-	-	6	12	-		18
M40							
2 Andrew Bond	-	10	9	10	10		39
9 Tom South	-	-	-	8	3		11
M45							
2 Steve Davies	-	7	5	8	10		30
11 Lloyd Collier	7	-	-	-	3		10
M50							
11 Charlie Lound	-	-	10	-	-		10
M55							
5 Ebe Prill	6	-	10	-	-		16
10 Tony Tuohy	-	-	10	-	-		10
M60							
2 Steve Smythe	10	8	8	9	3		38
7 Hugh Balfour	9	-	3	-	-		12
8 Graham Laylee	2	1	-	-	8		11
M65							
3 Andy Murray	8	7	6	8	8		37
5 Mike Mann	-	8	7	9	-		24
U20 men							
10 Oscar Hussey	9	-	-	-	-		9

Women

1 Clare Elms	13	13	13	14	14		67
11 Lucy Elms	11	-	4	-	-		15
12 Helen Lister	9	-	6	-	-		15
W35							
4 Anna Thomas	-	-	4	7	6		17
6 Katie Styles	7	5	2	-	-		14
W40							
8 Eleanor Simmons	-	-	6	4	-		10
W45							
6 Andrea Pickup	9	-	8	-	-		17
W50							
1 Clare Elms	10	10	10	10	10		50
2 Lucy Clapp	6	7	8	7	8		36
3 Michelle Lennon	9	9	9	8	-		35
4 Lucy Pickering	8	8	7	9	-		32
9 Lindsey Annable	2	-	-	7	-		9
W55							
6 Clare Wyngard	-	-	9	-	-		9
W65							
1 Ros Tabor	10	10	10	10	10		50
2 Claire Steward	9	9	-	-	-		18
U20W							
2 Lucy Elms	10	10	-	-	-		20
5 Katie Balme	8	-	-	-	-		8