



SHORTS

Dulwich Runners AC
Weekly Newsletter
December 11th 2019
www.dulwichrunners.org.uk

These are your SHORTS,
Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com
DEADLINE 17:30 TUESDAY

| | |
|--------|---|
| Wed 11 | Club Night , Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7:15 for 7:30 start. Showers, Bar. |
| Tue 17 | Crystal Palace Track - starts @ 7.10 warm up taken by Elkie Mace, Anna Thomas & Katie Styles, main session Steve Smythe @ 7.25 see below for cost and new payment system |

No club runs on 25th Dec or 1st Jan – parkruns available.

In your SHORTS this week !

- 1 General information
- 2 Fixture list & upcoming races etc
- 3 Cross country information
- 4 Reports, results - final club champs tables etc
- 13 parkrun times
- 14 Club kit,
- 16 Wednesday route map

And much more !

Like us on Facebook @dulwichrunners

Connect with us:



TRACK SESSIONS

Crystal Palace Track

Warm up drills at 7:10pm with Elkie Mace then 7.25 main session with Steve Smythe.
£2.50 for members (non members the standard £4.45)
No trackside payment - Either pay at reception...(You may be asked for proof of membership) or Online at:
<https://www.better.org.uk-leisure-centre-london-crystal-palace-crystal-palace-national-sports-centre>

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

When I became Chair of Dulwich Runners,

the club was celebrating its 25th anniversary.
This summer we will be celebrating 40 years!
I have decided that it is time for me to stand down as Chair, so I will not be going for re-election at the AGM in March. I have really enjoyed my time, but it's time for someone else to take over.
I am happy to discuss the role with anyone interested, and thank you all for your support over the years.
Ros Tabor - ros.tabor49@gmail.com



LUCKY VEST December winner



Joanne Shelton Pereda

Wear your Dulwich Runners vest or t-shirt for the club run on the first Wednesday of any month and you'll go into a free draw and could win the £5 cash spot prize !
Vests £18 each from Ros ros.tabor49@gmail.com

Turkey Trot Handicap Race 10am Sunday 15 December

Make this annual jolly event the perfect end to your Dulwich Runners Christmas weekend.
It's a friendly handicap approx. 5k race (3laps of Dulwich Park). Runners start off according to their speed and we hope there is a great sprint finish, with all runners together!
Runners will be handicapped according to recent parkrun times. The more runners we have, the more exciting is the finish.
Runners are encouraged to wear fancy dress and afterwards we go to the park cafe for the prizegiving. Defending champion is Clare Wyngard. **Entry form at the end of Shorts.**
Further details ask me, or any committee member.
Ros Tabor ros.tabor49@gmail.com

EVENT HORIZON

A brief look ahead

- Dec 21 South of Thames 7.5 miles - Lloyd Park
 - Jan 4 Kent XC champs - Brands Hatch
 - Jan 5 Surrey XC champs - Denbies Vineyard, Kent
 - Jan 11 Surrey League XC - mens and womens
- See full fixture list for more events and details



NEW RUNNERS ROTA

I am very pleased that we have been attracting a large number of new runners every week (often too many for the person on the rota).

Thanks for taking out new runners last week goes to **Barry Graham, Gower Tan, and Dylan Wymer**

Thank you very much to members who regularly volunteer to run with new people on a Wednesday even though its not their turn.

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 asap. - Thanks. - Ros

| | |
|----------------|-------|
| Ange Norris | 11/12 |
| Teresa Northey | 18/12 |
| no club run | 25/12 |
| no club run | 1/1 |

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN IN & 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.

Rehydration !

After your run come up to the bar, have a drink and a chat, it's a good way to get to know fellow runners (hot drinks also)

Wednesday Night Map

Map for this Wednesday can be found at the end of Shorts. Copies will be at the clubhouse, but feel free to print your own and 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.

All maps also on Strava (you don't need an account)

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

DULWICH RUNNERS 2019-20 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.

| 2019 | Race | | | Venue |
|------|------|---------------------------------------|------------|------------------------|
| Dec | 21 | South of Thames 7.5 miles | 2pm | Lloyd Park |
| 2020 | | | | |
| Jan | 4 | Kent county cross country champs | | Brands Hatch |
| | 5 | Surrey county cross country champs | | Denbies Vineyard, Kent |
| | 11 | Surrey League cross country | men | Beckenham |
| | 11 | Surrey League cross country - 8k | 11am women | Wimbledon Common |
| | 25 | South of England cross country champs | | Parliament Hill |
| Feb | 8 | Surrey League cross country | men | Lloyd Park |
| | 8 | Surrey League cross country - 8k | 1pm women | Richmond Park |
| | 15 | Dulwich parkrun | short | Dulwich Park |
| | 22 | England cross country champs, | | Nottingham |
| Mar | 1 | Validity Big Half | long | London |
| | 21 | England area 12 and 6 stage relays | | t.b.c |
| Apr | 4 | National 12 and 6 stage relays | | Sutton Park |
| | 26 | London Marathon or alternative | long | London or alt. |
| Jun | 15 | Sri Chinmoy 5km | short | Battersea Park |
| Jul | 18 | Richmond Summer Riverside 10km | long | Richmond |
| tbc | | SOAR Mile late July/early August tbc | short | t.b.c |
| Sep | 13 | Second Sunday of Month 5M trail | short | Wimbledon Common |
| Oct | 18 | Cabbage Patch 10 | long | Twickenham |

Road & other

Cross country

Club Champs

Assembly League

If you require information about any races in Shorts, how to enter etc, contact your respective captains:
 Men road: ebeprill@yahoo.co.uk Men Xc: mcmann90@yahoo.co.uk Ladies: dulwichladiescaptain@gmail.com

2020 Club Championships Races

The programme of races for the 2020 club championships has now been selected. The races are as follows:

15 Feb Dulwich parkrun short
 1 Mar Validity Big Half long
 26 Apr London Marathon (or alternative) long
 15 Jun Sri Chinmoy 5km, Battersea Park short
 18 Jul Richmond Summer Riverside 10km long
 late July/early August tbc SOAR Mile short
 13 Sep Second Sunday of Month 5M trail, Wimbledon Comm. short
 18 Oct Cabbage Patch 10 long

4 races to qualify from a total of 8 including at least one from each distance category. This compares with 5 races to qualify from a total of 9 this year, and should increase participation.

Awards for this year's club championships along with the Gill Johnson awards for outstanding road performance (men and women) will be presented at the Christmas party on 14 December.

Surrey County Champs

Requests to enter these champs taking place at Denbies Vineyard, Dorking on 5 January have been trickling in slowly. **Please contact your captains by 23 December** if you would like to take part. **Note that entries for the Kent champs on 4 January are now closed.**

Ken Crooke Cross Country Champs

Will include the following events in 2019-20

- 4 Surrey League races
- Lloyd parkrun, 28 Sep.
- London Champs, Parliament Hill, 16 Nov.
- South of Thames 5 miles, Morden Park, 23 Nov.
- South of England champs, Parliament Hill, 25 Jan.

To qualify you will need to include 5 events, including 3 of the 4 Surrey League races

South Of Thames 7 Miles

21 December

Entries are now open so please contact your captains by Dec 10 to be entered.

Update: today is your final chance to enter this race.

South Of England Xc Champs 25 January

Taking place at their usual venue of Parliament Hill in those years when the National champs take place outside London. Women's race is 8km and the men's 15k. Note that this event is likely to feature on marathon schedules. Closing date is very early so **contact your captains by 18 December** to take part



The club has 10 places for the Brighton Marathon. Regular entry is closed, the club places go for the same fee.

Let me know by Monday 24 February latest, ebeprill@yahoo.co.uk or in person.

Marathon Training

If anyone needs any help with marathon training for next year with schedules or advice, contact me on steve.smythe@athleticsweekly.com

I have run a marathon every year since 1976 so 2020 will be my 45th consecutive year of doing a marathon (and quite likely last) My PB was long, long ago (2:29) but (for now), I still average well under 2:50 for my 60 plus marathons and have run a sub-3 in five different decades (70s, 80s, 90s, 00s, 10s) - a sixth looking doubtful though judging by my current health and fitness.

Nine of you applied for one of our two club places to the VMLM 2020.

Judged on contributions to club events alone (to paraphrase 'Strictly') one place went to Barrie John Nicholls with 14 points (see table a few pages down). The other place was decided in a draw before our Wednesday night clubrun.



Second claim members can compete in the Surrey League, but not in most other cross country races.

Surrey League

Is the main priority, 4 races this season, further details posted nearer the time in Shorts or: <http://surreyleague.org> Keep these dates free if possible. Our men were promoted to Div 1 last season and we will need to perform well again to avoid the drop. Ladies compete in Div 1.

Distance

Men's Surrey League around 8km, women's races start at 6km in autumn, up to 8km in the new year. Other races from around 8km autumn to 12km plus for men later in the season, normally not more than 8k for women.

Scoring

Surrey League, first 5 women for the club and the first 10 men qualify for the scoring team, so it is important we field as many of our strongest runners as possible. Cross country races are not elite, are suitable for runners of all abilities, and in both the men's and women's Surrey League there is now a B team competition where the second 5 or 10 runners score.

Surrey League entry

To take part inform your captains so we can pre-enter men & women. Men and women use the same numbers for the entire season, so either give them to your captains after the race, or take them home, in which case you must bring them to the next race. Surrey League is free for all runners.

Other Races

There are cross country race most Saturdays during the season eg: county champs (incl. Masters), London Champs, 2 Sth. of Thames races, Sth. of England and National champs, and other races for Masters. See fixture list in Shorts and on the website.

Which races to go for

Main priority is the 4 Surrey League races, and races in the Ken Crooke champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

Other races are medium priority, but you are encouraged to compete for your eligible county in the Surrey and Kent county champs and Masters champs. We would also like a good entry in the two South of Thames races and the South of England champs. Other non high priority high races eg: SEAA relays and Reigate Relays. Note that Lloyd parkrun, 28 Sep is the first race in the Ken Crooke cross country champs (see below for further details).

Entry for other races

Apart from Surrey League for nearly all other races captains have to submit entries in advance of a deadline, details of which will be put in Shorts, by email and Facebook, requesting those interested to put their names forward, so please read these carefully. It is not possible to cater for runners who decide at the last minute

Big Half Sun 1st March 2020

The community places for our club are filled.

Good for Age entry open at : <https://www.thebighalf.co.uk/events-vitality-big-half-good-age-entry>

Possible more regular entries as last year, but no guarantee.

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

The lucky winner was Joe Twomey. So congratulations and commiserations and thank you all for taking part! There are still club places for the Brighton marathon available on a first come first served basis (see other notice).

Ebe Prill

that they fancy a race and substitutions are not permitted.

The club pays for entries, so do not put yourself forward on a speculative basis but don't worry if you have to withdraw later for a good reason, such as injury or illness.

Footwear

Road or trail shoes early season, late autumn onwards spikes or fell shoes are best. Get cross country spikes, not track spikes. Screw in spikes are from 6mm to 15mm. As it gets muddier change to longer spikes, eg: Parliament Hill and Lloyd Park.

Fell shoes are studded with more grip than trail shoes and are suitable for most conditions except ice. Cross country shoes can be bought at a number of places eg: Run & Become (Victoria), Intersport (Herne Hill), Runners Need and Sweatshop or Wiggle online. Most offer a 10% discount to those with club or EA membership.

Ken Crooke championships

2019-20 will include the following:

4 Surrey League races

Lloyd parkrun, 28 Sep.

London Champs, Parliament Hill, 16 Nov.

South of Thames 5M, Morden Pk, 23 Nov.

South of England champs, 25 Jan.

To qualify you will need to include

5 events, including 3 of the 4 Surrey

League races

For further information please contact your captains at:

dulwichladiescaptain@gmail.com

or mcmann90@yahoo.co.uk

or ebeprill@yahoo.co.uk

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.



Fordh Sen Mighal IV St Michael's Way trail race

In the afterglow of the Slovakian adventure, my thoughts turned to finding a poor man's equivalent in my homeland of Cornwall. Not known for my advance planning, I chanced upon a sold out trail race one month out, that followed the ancient St Michael's Way pilgrim route from Lelant near St Ives on the north coast, to St Michael's Mount near Penzance on the south. I'd flagged the route

on previous visits as being of interest, but each time ended up being deterred by inclement weather or my old favourites on the coastal footpath. Nevertheless, this time I popped my name on the waitlist and forwarded the info through to the rest of the Slovakian gang with the promise of free accommodation and a hearty Cornish welcome if they could secure a place.



In the end three of us were free. Ebe and I secured places fairly quickly, but sadly Jack languished on the waitlist. A shame as he would certainly have been in contention for overall winner. Anyhow, Ebe turned out to be absolutely excellent company all weekend and in particular made the long drive more bearable than normal.

On the day of the race, we were dropped to the evocatively named "dynamite quay" to register in light drizzle. With the weather gods smiling on us, the skies cleared just in time for the start of the race, but not before crowning the race briefing and start with a beautiful rainbow. From there we set off up a track, briefly onto road and then out onto the coastal footpath for a couple of miles. If you were surefooted enough, you could enjoy glancing to the golden bays on your right. I was mostly trying not to fall over as per usual...

After passing through Carbis Bay, the route headed inland, crossed over the road that connects to St Ives, and started to

climb. We turned left onto a muddy footpath, and I was glad to have fell shoes on after all. Ebe was comfortably ahead of me on the flatter sections, but was managing his hamstring issues on the climbs. We then passed through fields and another road crossing before climbing to the highest point on Trencom hill which offered a sweeping vista of both coasts and more bizarrely a marshall dressed as a knight of the realm. Ebe couldn't resist taking a photo, where as I callously plowed on, as by this point had been made aware I was first female and was feeling under pressure to stay that way.



The route down off the hill was slippery granite, but not as bad as the race briefing had suggested. More fields, a major road crossing, rutted farmland, marsh nature reserve and a trainline crossing followed, before we were spit out onto the road in Marazion, the finish in sight. To make the distance up a little, we then ran on pavement through the village before turning onto the beach to finish a quarter mile down in front of the pub.

Happy and surprised to have finished first female, I then ran straight into the sea which was surprisingly warm and definitely the best way of cleaning off the mud. Ebe followed, but I think he might have at least taken his shoes off! The icing on the cake was the hilarious, knitted trophy...

The rest of the weekend passed in a blur of coastal walks, runs, food, art at the Tate St Ives, dramatic gales and a bit of Rick Stein fish and chips. Really good fun and hope to drag more of you down for a Cornish event next time.

| | |
|---------------------|---------|
| 26 Laura Vincent 1W | 1:52:06 |
| 30 Eberhard Prill | 1:53:02 |
| 178 ran | |



Club and English record for Clare

Telford 10km

December 9

Steve Smythe writes.. Having had her fast time at Leeds and club W55 record erased from the rankings when it was later found to be 23 metres short, Clare decided to run in this event, where she set her all-time PB of 35:17 in 2011 when she won the race outright. She also set her second fastest ever time here of 35:18 in 2007. The course has a fast downhill first kilometre and then is out and back twice on a flat narrow path in Telford Town Park and finishes at the bottom of the hill so is overall downhill - but legal in terms of net drop and position of start and finish.

It was very windy on Sunday but the course is sheltered in a valley surrounded by trees and was not much of a problem.

Clare felt she started a little too fast and at halfway in 18:04 was well within schedule for the world record.

However, she found the second half hard and felt tired but her 36:54 (36:49 on gun time) was still an English record by nearly a minute and she defeated all the W50s.

Clare Elms 36:54 (36:49 gun)(1W50+)

Race 1

Second claimer Lewis Laylee ran in the first race for sub-33 runners and also went a little too fast at halfway which he reached in 15:34 and his second half was a much tougher 16:35 but he still achieved an one minute PB.

112 Lewis Laylee 32:12 (32:09 chip)

SEAA Masters Cross Country Championships – Hosparth Park, Oxford

Tom South writes... Five Dulwich Runners men headed up to Oxford to make their debut in the SEAA Masters Cross country champs in Hosparth Park, Oxford. This is not the easiest place to get to due to heavy Christmas traffic trying to get out of London but on arrival were presented with a challenging two lap , 5.4 mile course.

The course took in some playing fields and wooded trails with a couple of steep climbs each laps. The underfoot conditions around the fields were soft but would prove energy sapping while going through the woods there were places where the mud was ankle deep. With a couple of tarmac patches, 12 mm spikes

were the order of the day.

Pre race talk featured whether we had a chance of getting team medals. Both Herne Hill and Brighton looked strong so we would have to wait and see how the race would pan out.

Leading the team in was Buzz Shepard who was making his debut at cross country this season. Buzz has been in some excellent form of late on the road though feeling a bit lethargic placed an excellent 16th.

Following in was Tom South. After a big mileage week training in Portugal, was feeling a bit tired in the legs coming into this race. Ran a strong first lap and faded a bit in the second lap but held position well to finish 28th.

Third man completing the scoring team and following up his strong run from the Kent Championships at the previous weekend was Ian Lilley. Ian has upped his training lately in preparation for next years London Marathon and placed an excellent 51st, and like Buzz and Tom in front of him, was slightly heavy legged.

Keeping Ian in sight all the way round was Nick Wood. Nick has had a good cross country season so far this year and placed

Green Team Duathlon, Lanzarote

December 2

Steve and Tony participated in the duathlon.

Tony came in second on the run in 8:28 and was enjoying his ride as he worked well on the bike in very strong winds with the athlete who came in behind him until a non participating cyclist got in the way.

He timed 24:14 for the ride.

His second run of 9:40 was not as good (fourth best) and he finished a clear third.

Steve started badly - missing the start - which was annoying after awaiting around half a hour after initially being told wrongly it was a 8am start and then thinking it was 8.30am, to see the runners had started at 8.25 and came in 13th on the run with a poor 10:32. His ride also started badly as he took the wrong turning and lost ground but though struggling a bit in the wind with no one of a similar pace, he was fourth fastest on the ride despite the detour and overtook seven on the bike which he covered in 24:58, It was then confirmed his running is a lot inferior to his cycling now as he lost two places on the final run though his 10:59 was almost a minute closer to Tony's than his first as he had to sprint on the track to narrowly hold off a pair of faster runners.

They were supported by club M45 mile record holder from about 50 years ago, John McGlashan.

| | |
|-----------------|-----------------------------|
| 3M Tony Tuohy | 42:21 (8:28, 24:14, 9:40) |
| 6M Steve Smythe | 46:29 (10:32, 24:58, 10:59) |

a good 68th here. In the results though for some strange reason it has Nick down as a different name and running for Ely Runners. Final man in and the sole m50 was Gideon Franklin. Gideon had a strong run here to finish in 149th place overall and 28th in his m55 – m59 age group.

n the M40 age group the Dulwich team placed an excellent 5th. If we can get all our strongest runners out next year, depending on availability and fitness, we would have an excellent chance of a team medal.

| | |
|---------------------|------------------|
| 16 Buzz Shepard | 33:47 (8th V40) |
| 28 Tom South | 34:48 (15th V40) |
| 51 Ian Lille | 36:24 (15th v45) |
| 68 Nick Wood | 37:13 (18th v45) |
| 149 Gideon Franklin | 44:49 (28th V55) |

Team Results

Herne Hill – 17 points

Brighton and Hove – 17 points

Thames Hare & Hounds 47points

Watford Joggers – 76 points

Dulwich Runners 95points

Crystal Palace Canter

3 December

| | |
|----------------------------|-------|
| 1 Mike Mann | 23:04 |
| 2 Graham Laylee | 23:30 |
| 3 Jo Quantrill (2nd Claim) | 23:40 |
| 8 Claire Steward | 26:47 |
| 10 Clare Wyngard | 28:11 |
| 11 Mike Dodds | 28:11 |
| 13 Peter Jackson | 29:08 |

Hogsback 11.4km

8th December 2019

We last ran this race in 2001 when it was a Christmas outing with the club and we had a festive lunch after the race. There had been a free seat next to Barrie at the lunch table and the rest they say is history. This race has been going for 59 years but has struggled with race permits recently. It used to go up the Hogsback (in other words a long hard hill) along a footpath by the A31 but the powers that be deemed this dangerous. The organising running club has managed to find a new route which takes in the Hogsback via a local residential road but the race is shorter than the original one.

Race HQ was in the grounds of the majestic Loseley House outside Guildford. It was a stunning back drop to drive in to but the narrow entrance struggled to cope with the onslaught of arriving cars. We finally parked up just half an hour before the race start! However the organisation was immaculate with a prompt number pick-up and for once ample facilities so no queues. We had the briefest of warm-ups and then we were off. Barrie and I had decided to wear Santa hats to add a little festive cheer but they actually kept us nice and warm too in the

Not just another parkrun

Dave West writes... I ran the South Norwood Parkrun last Saturday in my slowest 5km ever, but this time I had actually finished. In my last attempt in 2017, my HR had shot off somewhere north of 200 after three-quarters of a mile and I crawled home. After being in denial for a while, and blaming my poor running form on age, stress and overwork, this was now clear evidence that something was not right.

Luckily I had a new GP who wasn't overweight or overwhelmed when a 59 year old running lunatic turned up in his surgery with a Garmin plus heart rate graphs and a running log going back 35 years. It took

early morning chill.

The course meandered briefly through the house grounds for a kilometre or so before going up a short but brutal hill. I wondered if this was the Hogsback already until I heard someone say 'I am glad that is over but wait til you get to the second hill. That's four times as bad.' Nothing like a positive mental attitude to keep you going. Needless to say we soon hit the said hill which was indeed worse than the first one and very steep. It then flattened out along a narrow track for a mile or so. The organisers had promised no mud but must have written the race instructions during dry weather. The track was strewn with puddles and muddy which proved quite slippery.

I'd started behind Barrie but caught him at about 1km only for him to pull away again. As we were going along the muddy track I could see him drawing into sight and caught him at about 6km. We ran together for a while which prompted hearty encouragement from the marshals 'Go on Santas'.

Then the inevitable battle ensued as Barrie kept kicking on to try and lose me. I clung on for dear life but he finally managed to gain a couple of yards at about 9km. The final run in was along another muddy track in the house grounds and I managed to

just seconds with a stethoscope to identify that I had an irregular heartbeat and he reassured me that it wasn't fatal. I was eventually diagnosed with Paroxysmal Atrial Fibrillation where part of the heart occasionally sends rogue electrical signals that conflict with the normal rhythm. That's obviously what had happened in South Norwood Country Park in 2017 meaning that my heart was being pushed and pulled in two directions and not pumping as it should. The scans and other tests identified that my heart was in very good shape from all the running and the problem was purely electrical.

After nearly two years on various waiting lists, I had a procedure in September to block the rogue signals and a month later I started running again. As anyone with a long term injury will know, it's not like starting from scratch again but I do have to re-learn how

Royal Parks Winter 10K Series 2019/20

Regent's Park

Sunday 8th

James Brown 39:10

pull nearer to him to the tune of a couple of seconds.

As there were only one or two catering options at the event village we decided to head into Guildford where we happened on the Ivy café for a bite to eat. We weren't quite in the typical Ivy attire in our medals and Dulwich hoodies but they gave us a stunning seat with a view overlooking the castle. It was only later looking at the results that I saw my chip time was actually faster than Barrie's. Result! There then ensued a heated debate as to the validity of chip vs. gun time with Barrie googling the rules. He claimed the IAAF recognised gun time but seeing as neither of us are going to challenge the IAAF rankings I am sticking with chip time. Barrie was keen to point out that the race used gun times for their official results. The debate still rages on...

Last time we'd run this, I'd covered the 8.3 miles in just outside 60 minutes and was third lady in the DR ladies winning team. Those days are long gone but at least I'd still come away with a victory (in my book at least!).

391 Barrie John Nicholls 1:05:54 (chip time 1:05:32)

392 Lindsey Annable 1:05:56 (chip time 1:05:29)

620 ran

to do something that I did without thinking thousands of times over the decades. I also bought a Garmin Running Dynamics Pod which produces stats on running form and I've been able to see the numbers gradually improve. On Saturday I ran faster than in training because my stride length was on average 7 cm longer, vertical bounce a cm higher and my ground contact time was 25 milliseconds less. Sadly these things didn't exist when I ran 16:57 sometime in the last century!

No one seems to have done any research into the effects of my operation on runners, but it looks like my maximum heart rate has gone up a lot. I've no idea whether that's normal but nor has anyone else. The main thing is that I'm back running and getting p'd off when my watch says sub-29 and the published results add seconds to the time. Game on!

2019 Club Championships

| Within age groups after 9 events | Short | | | | | Long | | | | Bonus for no. of events | TOTAL 5 events max inc. 1.S,L | 5+ events position |
|-------------------------------------|-------------------------|---------------------------|---------------------------|--------------------------|-------------------------------|-------------------------------|--------------------------------|--|---------------------------|----------------------------------|-------------------------------------|--------------------------|
| | 5k Dulwich 16 Feb | 5k Battersea 10 Jun | 5M Eltham Pk 16 Jun | 1M Stratford 2 Aug | 10k Regents Pk 3 Nov | 1/2M Big Half 10 Mar | 10M Towpath 10 14 Apr | Marathon London or other 28 Apr | 7M Sevenoaks 14 Jul | | | |
| WOMEN SENIOR | | | | | | | | | | | | |
| Marta Miaskiewicz | 50 | [48] | 50 | [50] | [48] | [48] | 50 | 50 | 50 | 9 | 259 | 1 |
| Kim Hainsworth | 49 | [46] | 49 | | 50 | [45] | 48 | | 48 | 7 | 251 | 2 |
| Belinda Cottrill | [37] | 45 | | 47 | 46 | | 49 | | 49 | 6 | 242 | 3 |
| Laura Vincent | 46 | [43] | | 49 | 45 | [40] | 46 | | 45 | 7 | 238 | 4 |
| Tess Bright | | | | 48 | | 44 | 47 | 44 | 47 | 5 | 235 | 5 |
| Claire Barnard | | | | 45 | 42 | 36 | 45 | | 43 | 5 | 216 | 6 |
| Sonja Jutte | 41 | 39 | | | 41 | | | | 44 | 4 | 169 | |
| Hannah Harvest | 39 | 41 | | 46 | | 38 | | | | 4 | 168 | |
| Ali Campbell | | 49 | | | | 50 | | 49 | | 3 | 151 | |
| Elkie Mace | | 50 | | | | 49 | | 47 | | 3 | 149 | |
| Rebecca Schulleri | 48 | 47 | | | | 42 | | | | 3 | 140 | |
| Sara Roloff | | 44 | | | 47 | | | 46 | | 3 | 140 | |
| Anna Thomas | 47 | | | | | 43 | | | 46 | 3 | 139 | |
| Katie Styles | | 42 | | | 49 | 41 | | | | 3 | 135 | |
| Karina Burrowes | 40 | 40 | | | | 37 | | | | 3 | 120 | |
| Hayley Seddon | | | | | | 47 | | 48 | | 2 | 97 | |
| Alice Williams | | | | | | 46 | | 45 | | 2 | 93 | |
| Jenny Shutt | | | | | | | 44 | 42 | | 2 | 88 | |
| Jenny Ross | 43 | | | | | 39 | | | | 2 | 84 | |
| Chloe Green | | | | | | 30 | | 30 | | 2 | 62 | |
| Cherry Newsam | 45 | | | | | | | | | 1 | 46 | |
| Kay Sheedy | | | | | 44 | | | | | 1 | 45 | |
| Charlotte Sanderson | 44 | | | | | | | | | 1 | 45 | |
| Emma Kelly | | | | | 43 | | | | | 1 | 44 | |
| Roz Johnson | | | | | | | | 43 | | 1 | 44 | |
| Helen Lister | 42 | | | | | | | | | 1 | 43 | |
| Michelle Key | | | | | | | | 41 | | 1 | 42 | |
| Jenny Bomers | | | | | 39 | | | | | 1 | 40 | |
| Natalie Davys | 38 | | | | | | | | | 1 | 39 | |
| WOMEN V40 | | | | | | | | | | | | |
| Yvette Dore | 50 | 50 | [50] | [50] | [50] | 50 | 50 | 50 | [50] | 9 | 259 | 1 |
| Joanne Shelton Pereda | 48 | | [47] | 48 | | 46 | 48 | [47] | 48 | 7 | 245 | 2 |
| Teresa Northey | 49 | | 48 | | | 47 | 47 | 48 | | 5 | 244 | 3 |
| Sharon Erdman | 47 | 49 | | | 49 | 44 | | | 47 | 5 | 241 | 4 |
| Emma Ibell | | | 49 | | | | 49 | | 49 | 3 | 150 | |
| Clare Osborne | 45 | | | | 48 | | 46 | | 46 | 4 | 189 | |
| Eleanor Simmons | | | | | | 49 | | 49 | | 2 | 100 | |
| Colleen Williams | 46 | | | | | 45 | | | | 2 | 93 | |
| Clare Norris | | | | 49 | | | | | | 1 | 50 | |
| Stephanie Lundon | | | | | | 48 | | | | 1 | 49 | |
| Vicky Gashe | | | | | | | | 46 | | 1 | 47 | |
| WOMEN V50 | | | | | | | | | | | | |
| Michelle Lennon | 50 | [49] | 50 | [49] | [50] | 50 | 50 | [49] | 50 | 9 | 259 | 1 |
| Lucy Clapp | 48 | | | [48] | 49 | 48 | 48 | | 49 | 6 | 248 | 2 |
| Lucy Pickering | 49 | 50 | | | | 49 | | 48 | | 4 | 200 | |
| Midge Cameron | 47 | | 49 | | 48 | 47 | | | | 4 | 195 | |
| Lindsey Annable | 46 | | | | 47 | | | | | 2 | 95 | |
| Ange Norris | | | | | | | | 50 | | 1 | 51 | |
| Clare Elms | | | | 50 | | | | | | 1 | 51 | |
| Ola Balme | | | | | | | 49 | | | 1 | 50 | |
| Clare Wyngard | 45 | | | | | | | | | 1 | 46 | |
| WOMEN V60 | | | | | | | | | | | | |
| Ros Tabor | 50 | 50 | 50 | 50 | [49] | | 50 | | | 6 | 256 | 1 |
| Claire Steward | | 49 | 49 | | 50 | 50 | 49 | | | 5 | 252 | 2 |
| Susan Vernon | 49 | | | | | | | | | 1 | 50 | |
| Elizabeth Begley | | | | | | 49 | | | | 1 | 50 | |

| MEN SENIOR | | | | | | | | | | | | |
|------------------------|------|------|------|------|------|------|------|------|------|-----|-----|----|
| Edward Chuck | 50 | 50 | | 50 | 50 | 50 | [48] | 50 | 6 | 256 | 1 | |
| Jack Ramm | 47 | 47 | | | 50 | 50 | [42] | 49 | 6 | 249 | 2 | |
| Alastair Locke | 49 | | 49 | | | 48 | 45 | 48 | 5 | 244 | 3 | |
| Joe Twomey | 44 | 45 | 48 | | | [43] | 48 | [32] | 7 | 240 | 4 | |
| James Burrows | 46 | | | [44] | [45] | 46 | 49 | 44 | 46 | 7 | 238 | 5 |
| Des Crinion | 45 | 44 | | | 43 | 44 | 46 | | | 5 | 227 | 6 |
| Eugene Cross | 40 | 42 | 46 | | 44 | [40] | 45 | [39] | | 7 | 224 | 7 |
| Joe Farrington-Douglas | 42 | 43 | 47 | | 41 | [38] | 44 | | | 6 | 223 | 8 |
| Grant Kennedy | 43 | | | | 46 | 42 | | 34 | 45 | 5 | 215 | 9 |
| Tom Shakhli | 34 | | | 47 | 47 | 41 | | 36 | | 5 | 210 | 10 |
| Alex Haylett | 36 | | 44 | | 39 | 31 | 38 | | | 5 | 193 | 11 |
| Matt Ladds | 39 | | | | | 33 | 43 | 31 | 41 | 5 | 192 | 12 |
| Timothy Bowen | 41 | 49 | | 49 | | | | 50 | | 4 | 193 | |
| Matt Cooke | | 39 | | 45 | 42 | | | | 43 | 4 | 173 | |
| Ross Rook | | 40 | | 43 | | 34 | 42 | | | 4 | 163 | |
| Shane O'Neill | | 48 | 50 | | | | | 46 | | 3 | 147 | |
| Wayne Lashley | 48 | | | 48 | | | | | 47 | 3 | 146 | |
| Edward Harper | | 46 | | | | 47 | | 41 | | 3 | 137 | |
| Jonathan Whittaker | 35 | 41 | | | | | | | 44 | 3 | 123 | |
| Alex Bazin | | | 45 | | | 32 | 40 | | | 3 | 120 | |
| Greg Falconer | 37 | | | | | 35 | 41 | | | 3 | 116 | |
| Lee Fedden | | | | | | 49 | | 49 | | 2 | 100 | |
| Rob Hollands | | | | | | 45 | | 43 | | 2 | 90 | |
| Steve Rolfe | | | | | | | 47 | 40 | | 2 | 89 | |
| Jamie Nicol | 38 | | | | | | 39 | | | 2 | 79 | |
| Martin Belzunce | | | | | 49 | | | | | 1 | 50 | |
| Finn Nugent | | | | | | | | 47 | | 1 | 48 | |
| Kevin Chadwick | | | | 46 | | | | | | 1 | 47 | |
| Cameron Lund | | | | | | | | | 42 | 1 | 43 | |
| Cameron Lund | | | | | 40 | | | | | 1 | 41 | |
| Ben Smith | | | | | | | | 38 | | 1 | 39 | |
| Ed Simmons | | | | | | 39 | | | | 1 | 40 | |
| Oliver Cooper | | | | | | | | 37 | | 1 | 38 | |
| Robert Yates | | | | | | 37 | | | | 1 | 38 | |
| William Bancroft | | | | | | | | 35 | | 1 | 36 | |
| Stephen Pinkster | | | | | | 36 | | | | 1 | 37 | |
| Richard Barclay | | | | | | | | 33 | | 1 | 34 | |
| MEN V40 | | | | | | | | | | | | |
| Andy Bond | 50 | 50 | | | [50] | 50 | 50 | | 50 | 6 | 256 | 1 |
| Daniel Mann | 49 | 49 | 50 | 50 | | 49 | 50 | [47] | | 6 | 253 | 2 |
| Tom South | [47] | [48] | 49 | | 49 | 48 | 49 | [48] | 49 | 8 | 252 | 3 |
| Justin Siderfin | 46 | | | 48 | 48 | 42 | | | 48 | 5 | 237 | 4 |
| Cameron Timmis | 39 | 42 | | | 45 | | 46 | | 46 | 5 | 223 | 5 |
| Hugh French | 37 | 41 | | | | 37 | 45 | | 45 | 5 | 210 | 6 |
| Grzegorz Galezia | | 44 | | | | 45 | | 45 | 47 | 4 | 185 | |
| Gower Tan | 44 | | | | 47 | | 48 | 43 | | 4 | 186 | |
| Paul Devine | | | | 49 | | 47 | | 43 | | 3 | 142 | |
| Stephen Davies | 48 | | | 42 | | | | 48 | | 3 | 141 | |
| Miles Gawthorp | 41 | | | | 46 | | | 42 | | 3 | 132 | |
| Martin Double | | 43 | | | | 38 | 47 | | | 3 | 131 | |
| Ian Lilley | | 47 | | 47 | | | | | | 2 | 96 | |
| Tom Wilson | | 46 | | | | | | 44 | | 2 | 92 | |
| Paul Collyer | | 45 | | | | 46 | | | | 2 | 93 | |
| Rob Cope | 45 | | | | | 44 | | | | 2 | 91 | |
| Peter Jenkins | | 38 | | | | | | 49 | | 2 | 89 | |
| Olivier Montfort | 43 | | | | | 43 | | | | 2 | 88 | |
| Jonny Hough | 42 | | | | | 41 | | | | 2 | 85 | |
| Christopher Cooper | 40 | | | | | 39 | | | | 2 | 81 | |
| Buzz Shephard | | | | | | | | 50 | | 1 | 51 | |
| Gary Clarke | | | | | | 40 | | | | 1 | 41 | |
| Ajay Khandelwal | 38 | | | | | | | | | 1 | 39 | |
| Spencer Sutcliff | | | | | | | 37 | | | 1 | 38 | |
| Alex Loftus | | | | | | | | 30 | | 1 | 31 | |
| MEN V50 | | | | | | | | | | | | |
| Tony Tuohy | 50 | 50 | 50 | 50 | | | | | 50 | 5 | 255 | 1 |
| Ebe Prill | 49 | | [47] | [48] | [49] | 49 | 49 | 49 | 49 | 8 | 253 | 2 |
| Gideon Franklin | [45] | 48 | 46 | | 48 | 47 | | 46 | | 6 | 241 | 3 |
| Paul Keating | 44 | | 43 | | 46 | 46 | 48 | | | 5 | 232 | 4 |
| Charles Lound | | 49 | | | | 50 | 50 | 50 | | 4 | 203 | |
| Michael Fullilove | 48 | | 49 | 49 | | | | 48 | | 4 | 198 | |
| Mark Foster | 47 | | 48 | | 50 | 48 | | | | 4 | 197 | |
| Ameet Patel | 43 | | 44 | 47 | | | | | 48 | 4 | 186 | |
| Joseph Brady | | | 45 | | 47 | | | | | 2 | 94 | |
| Paul Hodge | | | | | 39 | | 37 | | | 2 | 78 | |
| Andrea Ceccolini | | | | | | | | 47 | | 1 | 48 | |
| John English | 46 | | | | | | | | | 1 | 47 | |
| Mike Crilly | | | | | | | 37 | | | 1 | 38 | |
| MEN V60 | | | | | | | | | | | | |
| Stephen Smythe | 50 | 50 | | [47] | | 50 | | 50 | 50 | 6 | 256 | 1 |
| Bob Bell | [47] | 49 | | 50 | 49 | 48 | [47] | 49 | [48] | 8 | 253 | 2 |
| Graham Laylee | 48 | [48] | 50 | | | 49 | 50 | | 49 | 6 | 252 | 3 |
| Barrie John Nicholls | [46] | [47] | 49 | 48 | 48 | [46] | 48 | 48 | [47] | 9 | 250 | 4 |
| Andy Murray | 44 | 46 | 48 | | | 47 | 49 | | | 5 | 239 | 5 |
| Mike Mann | | | | | 50 | | | | | 4 | 54 | |
| Hugh Balfour | 49 | | | | | | | | | 1 | 50 | |
| Colin Frith | | | | 49 | | | | | | 1 | 50 | |
| Michael Dodds | 45 | | | | | | | | | 1 | 46 | |
| Chris Vernon | 43 | | | | | | | | | 1 | 44 | |
| 152 | 75 | 49 | 30 | 34 | 47 | 73 | 46 | 58 | 38 | 453 | | 41 |

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.

| 2019 Club Champs Overall championship After 9 events incl. marathons | Short | | | | | Long | | | | | Events counting | TOTAL 5 events max inc 1,S,L | Avg. | Avg. of all races |
|---|-------------------------|---------------------------|------------------------------|--------------------------|-------------------------------|----------------------------|--------------------------------|--|---------------------------|---|--------------------|---------------------------------------|------|-------------------------|
| | 5k Dulwich 16 Feb | 5k Battersea 10 Jun | 5M Eltham Pk 16 Jun | 1M Stratford 2 Aug | 10k Regents Pk 3 Nov | 1/2M Big Half 10 Mar | 10M Towpath 10 14 Apr | Marathon London or other 28 Apr | 7M Sevenoaks 14 Jul | | | | | |
| Tony Tuohy | 895 | 911 | 887 | 902 | | | | | 857 | 5 | 4,452 | 890 | 2 | 890 |
| Andy Bond | 870 | 890 | | | 873 | [848] | 852 | | 865 | 5 | 4,350 | 870 | 3 | 870 |
| Edward Chuck | 835 | 827 | | 838 | | 827 | | [769] | 832 | 5 | 4,158 | 832 | 4 | 832 |
| Michelle Lennon | [816] | 831 | 844 | 826 | [809] | [812] | 823 | [785] | 823 | 5 | 4,146 | 829 | 5 | 829 |
| Tom South | 805 | 836 | 813 | | 829 | [787] | [785] | [769] | 796 | 5 | 4,078 | 816 | 6 | 816 |
| Daniel Mann | 810 | 828 | 812 | 832 | | 778 | | [705] | | 5 | 4,060 | 812 | 7 | 812 |
| Stephen Smythe | 821 | 804 | | [609] | | 829 | | 801 | 796 | 5 | 4,052 | 810 | 8 | 810 |
| Yvette Dore | [759] | 789 | 815 | 812 | [781] | [766] | 787 | [753] | 786 | 5 | 3,989 | 798 | 9 | 798 |
| Claire Steward | | 808 | 797 | | 817 | 773 | 785 | | | 5 | 3,980 | 796 | 10 | 796 |
| Marta Miasiewicz | [769] | 792 | 811 | [752] | [719] | 785 | 793 | 784 | [771] | 5 | 3,966 | 793 | 11 | 793 |
| Lucy Clapp | 779 | | | 823 | 775 | 772 | 789 | | [766] | 5 | 3,938 | 788 | 12 | 788 |
| Jack Ramm | 734 | 803 | | | 795 | | 775 | [707] | 810 | 5 | 3,916 | 783 | 13 | 783 |
| Ebe Prill | 804 | | [727] | [711] | 738 | 759 | 776 | 766 | [726] | 5 | 3,842 | 768 | 14 | 768 |
| Alastair Locke | 778 | | 745 | | | 779 | | 755 | 763 | 5 | 3,819 | 764 | 15 | 764 |
| Kim Hainsworth | 749 | 740 | 754 | | 744 | [709] | [715] | | 723 | 5 | 3,710 | 742 | 16 | 742 |
| Justin Siderfin | 748 | | | 781 | 730 | 712 | | | 727 | 5 | 3,698 | 740 | 17 | 740 |
| James Burrows | 754 | | | 724 | [717] | 747 | 740 | 730 | [712] | 5 | 3,696 | 739 | 18 | 739 |
| Joe Twomey | 727 | 755 | 729 | | 721 | [707] | 710 | [622] | | 5 | 3,640 | 728 | 19 | 728 |
| Bob Bell | 741 | 732 | | 733 | 699 | [679] | [634] | [572] | 717 | 5 | 3,623 | 725 | 20 | 725 |
| Joe Farrington-Douglas | 729 | 742 | 733 | | 690 | [685] | 711 | | | 5 | 3,605 | 721 | 21 | 721 |
| Des Crinion | 735 | 749 | | | 680 | 712 | 707 | | | 5 | 3,582 | 716 | 22 | 716 |
| Graham Laylee | 720 | 705 | 722 | | | [690] | 712 | | 712 | 5 | 3,571 | 714 | 23 | 714 |
| Eugene Cross | 716 | 723 | 717 | | 710 | [693] | 705 | [696] | | 5 | 3,571 | 714 | 24 | 714 |
| Belinda Cottrill | [365] | 724 | | 679 | 703 | | 722 | | 715 | 5 | 3,544 | 709 | 25 | 709 |
| Grant Kennedy | 720 | | | | 718 | 708 | | 631 | 687 | 5 | 3,463 | 693 | 26 | 693 |
| Laura Vincent | 700 | 704 | | 718 | 671 | [649] | [634] | | 668 | 5 | 3,461 | 692 | 27 | 692 |
| Tess Bright | | | | 682 | 698 | 683 | 686 | | 709 | 5 | 3,457 | 691 | 28 | 691 |
| Barrie John Nicholls | 697 | 683 | 707 | [669] | 684 | [628] | 675 | [533] | [667] | 5 | 3,445 | 689 | 29 | 689 |
| Gideon Franklin | 708 | 703 | 681 | | 674 | 667 | | [639] | | 5 | 3,432 | 686 | 30 | 686 |
| Andy Murray | 687 | 681 | 682 | | 674 | 686 | | | | 5 | 3,410 | 682 | 31 | 682 |
| Tom Shakhli | 483 | | | 767 | 729 | 695 | | 654 | | 5 | 3,328 | 666 | 32 | 666 |
| Cameron Timmis | 673 | 674 | | | 639 | | 666 | | 664 | 5 | 3,317 | 663 | 33 | 663 |
| Teresa Northey | 664 | | 679 | | | 624 | 639 | 629 | | 5 | 3,234 | 647 | 34 | 647 |
| Joanne Shelton Pereda | 647 | | 652 | 665 | | [618] | 643 | [573] | 619 | 5 | 3,224 | 645 | 35 | 645 |
| Matt Ladds | 674 | | | | | 610 | 649 | 540 | 624 | 5 | 3,097 | 619 | 36 | 619 |
| Sharon Erdman | 627 | 639 | | | 612 | 567 | | | 617 | 5 | 3,061 | 612 | 37 | 612 |
| Alex Haylett | 619 | | 619 | | 562 | 584 | 591 | | | 5 | 2,974 | 595 | 38 | 595 |
| Claire Barnard | | | | 571 | 596 | 546 | 584 | | 560 | 5 | 2,857 | 571 | 39 | 571 |
| Hugh French | 574 | 608 | | | 539 | 564 | | | 565 | 5 | 2,849 | 570 | 40 | 570 |
| Paul Keating | 611 | | 564 | | 488 | 550 | 594 | | | 5 | 2,807 | 561 | 41 | 561 |
| Charles Lound | | 814 | | | | 816 | 855 | 850 | | 4 | 3,335 | 834 | | 834 |
| Lucy Pickering | 829 | 849 | | | | 790 | | 762 | | 4 | 3,230 | 808 | | 808 |
| Timothy Bowen | 705 | 836 | | 808 | | | | 830 | | 4 | 3,179 | 795 | | 795 |
| Michael Fullilove | 798 | | 790 | 760 | | | | 745 | | 4 | 3,092 | 773 | | 773 |
| Grzegorz Galezia | | 787 | | | | 770 | | 754 | 736 | 4 | 3,047 | 762 | | 762 |
| Mark Foster | 753 | | 746 | | 736 | 692 | | | | 4 | 2,927 | 732 | | 732 |
| Gower Tan | 753 | | | | 741 | | 715 | 698 | | 4 | 2,908 | 727 | | 727 |
| Matt Cooke | | 696 | | 728 | 687 | | | | 679 | 4 | 2,790 | 698 | | 698 |
| Midge Cameron | 698 | | 714 | | 706 | 652 | | | | 4 | 2,769 | 692 | | 692 |
| Ross Rook | | 708 | | 708 | | 634 | 657 | | | 4 | 2,708 | 677 | | 677 |
| Ameet Patel | 595 | | 611 | 635 | | | | | 608 | 4 | 2,449 | 612 | | 612 |
| Sonja Jutte | 595 | 605 | | | 594 | | | | 592 | 4 | 2,387 | 597 | | 597 |
| Hannah Harvest | 550 | 655 | | 588 | | 593 | | | | 4 | 2,386 | 597 | | 597 |
| Ali Campbell | | 814 | | | | 800 | | 772 | | 3 | 2,386 | 795 | | 795 |
| Elkie Mace | | 825 | | | | 793 | | 764 | | 3 | 2,382 | 794 | | 794 |
| Shane O'Neill | | 804 | 789 | | | | | 750 | | 3 | 2,343 | 781 | | 781 |
| Wayne Lashley | 777 | | | 800 | | | | | 750 | 3 | 2,327 | 776 | | 776 |
| Emma Ibell | | | 797 | | | | 744 | | 769 | 3 | 2,310 | 770 | | 770 |
| Clare Osborne | 596 | | | | 548 | | 573 | | 569 | 4 | 2,286 | 571 | | 571 |
| Paul Devine | | | | 814 | | 765 | | 690 | | 3 | 2,270 | 757 | | 757 |
| Stephen Davies | 864 | | | 571 | | | | 811 | | 3 | 2,246 | 749 | | 749 |
| Edward Harper | | 792 | | | | 751 | | 697 | | 3 | 2,239 | 746 | | 746 |
| Sara Roloff | | 720 | | | 712 | | | 717 | | 3 | 2,150 | 717 | | 717 |
| Rebecca Schulleri | 719 | 737 | | | | 680 | | | | 3 | 2,135 | 712 | | 712 |
| Katie Styles | | 700 | | | 739 | 692 | | | | 3 | 2,130 | 710 | | 710 |
| Anna Thomas | 713 | | | | | 692 | | | 695 | 3 | 2,100 | 700 | | 700 |
| Jonathan Whittaker | 597 | 723 | | | | | | | 694 | 3 | 2,014 | 671 | | 671 |
| Greg Falconer | 719 | | | | | 641 | 643 | | | 3 | 2,003 | 668 | | 668 |
| Martin Double | | 688 | | | | 614 | 655 | | | 3 | 1,958 | 653 | | 653 |
| Alex Bazin | | | 672 | | | 616 | 642 | | | 3 | 1,929 | 643 | | 643 |

| | | | | | | | | | | | | | | |
|---------------------|-----|-----|-----|-------|-----|-----|-----|-----|-----|-----|-------|-------|----|-------|
| Miles Gawthorp | 679 | | | | 640 | | | 557 | | 3 | 1,877 | 626 | | 626 |
| Karina Burrowes | 582 | 597 | | | | 578 | | | | 3 | 1,758 | 586 | | 586 |
| Lee Fedden | | | | | | 809 | | 801 | | 2 | 1,610 | 805 | | 805 |
| Paul Collyer | | 810 | | | | 778 | | | | 2 | 1,588 | 794 | | 794 |
| Ian Lilley | | 802 | | 782 | | | | | | 2 | 1,584 | 792 | | 792 |
| Hayley Seddon | | | | | | 775 | | 756 | | 2 | 1,531 | 765 | | 765 |
| Tom Wilson | | 779 | | | | | | 722 | | 2 | 1,501 | 750 | | 750 |
| Rob Hollands | | | | | | 730 | | 719 | | 2 | 1,450 | 725 | | 725 |
| Rob Cope | 735 | | | | | 712 | | | | 2 | 1,447 | 724 | | 724 |
| Olivier Montfort | 723 | | | | | 710 | | | | 2 | 1,433 | 717 | | 717 |
| Alice Williams | | | | | | 708 | | 691 | | 2 | 1,400 | 700 | | 700 |
| Steve Rolfe | | | | | | | | 707 | 691 | 2 | 1,398 | 699 | | 699 |
| Peter Jenkins | | 597 | | | | | | 769 | | 2 | 1,367 | 683 | | 683 |
| Jonny Hough | 689 | | | | | 671 | | | | 2 | 1,360 | 680 | | 680 |
| Eleanor Simmons | | | | | | 682 | | 648 | | 2 | 1,330 | 665 | | 665 |
| Jamie Nicol | 666 | | | | | | | 624 | | 2 | 1,290 | 645 | | 645 |
| Christopher Cooper | 664 | | | | | 621 | | | | 2 | 1,286 | 643 | | 643 |
| Joseph Brady | | | 620 | | 624 | | | | | 2 | 1,244 | 622 | | 622 |
| Jenny Ross | 612 | | | | | 600 | | | | 2 | 1,212 | 606 | | 606 |
| Colleen Williams | 605 | | | | | 512 | | | | 2 | 1,117 | 559 | | 559 |
| Paul Hodge | | | | | 545 | | 509 | | | 2 | 1,054 | 527 | | 527 |
| Lindsey Annable | 399 | | | | 640 | | | | | 2 | 1,039 | 519 | | 519 |
| Clare Elms | | | | 1,029 | | | | | | 1 | 1,029 | 1,029 | | 1,029 |
| Jenny Shutt | | | | | | | 509 | 506 | | 2 | 1,014 | 507 | | 507 |
| Chloe Green | | | | | | 512 | | 482 | | 2 | 994 | 497 | | 497 |
| Ange Norris | | | | | | | | 874 | | 1 | 874 | 874 | | 874 |
| Buzz Shephard | | | | | | | | 837 | | 1 | 837 | 837 | | 837 |
| Hugh Balfour | 821 | | | | | | | | | 1 | 821 | 821 | | 821 |
| Mike Mann | | | | | 797 | | | | | 1 | 797 | 797 | | |
| Ola Balme | | | | | | | | 795 | | 1 | 795 | 795 | | 795 |
| Kevin Chadwick | | | | 766 | | | | | | 1 | 766 | 766 | | 766 |
| Finn Nugent | | | | | | | | 764 | | 1 | 764 | 764 | | 764 |
| Martin Belzunce | | | | | 740 | | | | | 1 | 740 | 740 | | |
| Clare Norris | | | | 738 | | | | | | 1 | 738 | 738 | | 738 |
| John English | 715 | | | | | | | | | 1 | 715 | 715 | | 715 |
| Colin Frith | | | | 699 | | | | | | 1 | 699 | 699 | | 699 |
| Ben Smith | | | | | | | | 693 | | 1 | 693 | 693 | | 693 |
| Ed Simmons | | | | | | 690 | | | | 1 | 690 | 690 | | 690 |
| Stephanie Lundon | | | | | | 689 | | | | 1 | 689 | 689 | | 689 |
| Roz Johnson | | | | | | | | 685 | | 1 | 685 | 685 | | 685 |
| Andrea Ceccolini | | | | | | | | 681 | | 1 | 681 | 681 | | 681 |
| Oliver Cooper | | | | | | | | 677 | | 1 | 677 | 677 | | 677 |
| Stephen Pinkster | | | | | | 671 | | | | 1 | 671 | 671 | | 671 |
| Ajay Khandelwal | 670 | | | | | | | | | 1 | 670 | 670 | | 670 |
| Cherry Newsam | 664 | | | | | | | | | 1 | 664 | 664 | | 664 |
| Robert Yates | | | | | | 660 | | | | 1 | 660 | 660 | | 660 |
| Michael Dodds | 659 | | | | | | | | | 1 | 659 | 659 | | 659 |
| Gary Clarke | | | | | | 658 | | | | 1 | 658 | 658 | | 658 |
| Charlotte Sanderson | 653 | | | | | | | | | 1 | 653 | 653 | | 653 |
| Kay Sheedy | | | | | 651 | | | | | 1 | 651 | 651 | | |
| Cameron Lund | | | | | | | | | 635 | 1 | 635 | 635 | | 635 |
| William Bancroft | | | | | | | | 633 | | 1 | 633 | 633 | | 633 |
| Cameron Lund | | | | | 623 | | | | | 1 | 623 | 623 | | |
| Richard Barclay | | | | | | | | 623 | | 1 | 623 | 623 | | 623 |
| Emma Kelly | | | | | 612 | | | | | 1 | 612 | 612 | | |
| Susan Vernon | 606 | | | | | | | | | 1 | 606 | 606 | | 606 |
| Helen Lister | 596 | | | | | | | | | 1 | 596 | 596 | | 596 |
| Elizabeth Begley | | | | | | 582 | | | | 1 | 582 | 582 | | 582 |
| Natalie Davys | 555 | | | | | | | | | 1 | 555 | 555 | | 555 |
| Jenny Bomers | | | | | 545 | | | | | 1 | 545 | 545 | | |
| Spencer Sutcliffe | | | | | | | | 509 | | 1 | 509 | 509 | | 509 |
| Mike Crilly | | | | | | | | 509 | | 1 | 509 | 509 | | 509 |
| Michelle Key | | | | | | | | 486 | | 1 | 486 | 486 | | 486 |
| Alex Loftus | | | | | | | | 482 | | 1 | 482 | 482 | | 482 |
| Vicky Gashe | | | | | | | | 482 | | 1 | 482 | 482 | | 482 |
| Clare Wyngard | 431 | | | | | | | | | 1 | 431 | 431 | | 431 |
| Chris Vernon | 365 | | | | | | | | | 1 | 365 | 365 | | 365 |
| 138 | 75 | 49 | 30 | 34 | 47 | 73 | 46 | 58 | 38 | 402 | | | 41 | |

2018 Club Championships Marathon

Notified performances in time order

Here are the final club championship tables.

The marathon captains' awards are still being considered.

Jonathan has included some detail on the website at : <https://www.dulwichrunners.org.uk/news>

| | cat. | marathon | time | age graded pts. | Temporary position points only Age group points | | | | | | | | | |
|-----------------------|------|------------------|---------|-----------------------|--|-------|-----|-----|-------|-----|-----|-----|--|------------------------------------|
| | | | | | ms | m40 | m50 | m60 | fs | f40 | f50 | f60 | | |
| Tim Bowen | m s | London 28 Apr | 2.28.53 | 830 | 50 | | | | | | | | | 1st man |
| Buzz Shephard | m40 | York 20 Oct | 2.34.30 | 837 | | 50 | | | | | | | | 2nd man |
| Lee Fedden | m s | Edinburgh 26 May | 2.35.18 | 801 | 49 | | | | | | | | | 3rd man |
| Ed Chuck | m s | London 28 Apr | 2.39.56 | 768.9 | 48 | | | | | | | | | |
| Finn Nugent | m s | Hull 22 Sep | 2.40.55 | 764 | 47 | | | | | | | | | |
| Charles Lound | m50 | London 28 Apr | 2.42.52 | 850 | | | 50 | | | | | | | 1st m50 |
| Shane O'Neill | m s | Valencia 1 Dec | 2.43.57 | 750 | 46 | | | | | | | | | |
| Peter Jenkins | m s | Valencia 1 Dec | 2.44.22 | 769.2 | | 49 | | | | | | | | man age graded |
| Alastair Locke | ms | London 28 Apr | 2.44.10 | 755 | 45 | | | | | | | | | |
| Stephen Davies | m40 | Tokyo 3 Mar | 2.47.39 | 811 | | 48 | | | | | | | | 1st m40 |
| Tom South | m40 | London 28 Apr | 2.48.17 | 768.6 | | 47 | | | | | | | | |
| James Burrows | ms | London 28 Apr | 2.51.08 | 730 | 44 | | | | | | | | | |
| Rob Hollands | m s | Brighton 14 Apr | 2.52.17 | 719 | 43 | | | | | | | | | |
| Marta Miaskiewicz | f s | London 28 Apr | 2.53.33 | 784 | | | | | 50 | | | | | 1st woman |
| Jack Ramm | m s | Exeter 19 May | 2.53.56 | 707 | 42 | | | | | | | | | |
| Ali Campbell | f s | London 28 Apr | 2.55.22 | 772 | | | | | 49 | | | | | 2nd woman |
| Edward Harper | m s | Gt Manc 7 Apr | 2.56.31 | 697 | 41 | | | | | | | | | |
| Steve Rolfe | m s | London 28 Apr | 2.58.03 | 691 | 40 | | | | | | | | | |
| Hayley Seddon | f s | London 28 Apr | 2.59.13 | 756 | | | | | 48 | | | | | 3rd woman |
| Daniel Mann | m40 | Brighton 14 Apr | 2.59.26 | 705 | | 46 | | | | | | | | |
| Eugene Cross | m40 | Budapest 29 Sep | 2.59.29 | 696 | 39 | | | | | | | | | |
| Elkie Mace | f s | Edinburgh 26 May | 2.59.57 | 764 | | | | | 47 | | | | | woman age graded |
| Grzegorz Galezia | m40 | Brighton 14 Apr | 3.00.21 | 754 | | 45 | | | | | | | | |
| Ben Smith | m s | Amsterdam 20 Oct | 3.00.23 | 693 | 38 | | | | | | | | | |
| Tom Wilson | m40 | London 28 Apr | 3.00.40 | 722 | | 44 | | | | | | | | |
| Oliver Cooper | m s | London 28 Apr | 3.01.47 | 677 | 37 | | | | | | | | | |
| Alex Loftus | m40 | London 28 Apr | 3.03.00 | 482 | | 30 nv | | | | | | | | |
| Paul Devine | m40 | London 28 Apr | 3.04.29 | 690 | | 43 | | | | | | | | |
| Chloe Green | f s | London 28 Apr | 3.04.54 | 482 | | | | | 30 nv | | | | | |
| Steve Smythe | m60 | Brighton 14 Apr | 3.09.25 | 801 | | | | 50 | | | | | | 1st m60 |
| Tom Shakhli | m s | London 28 Apr | 3.09.40 | 654 | 36 | | | | | | | | | |
| Ebe Prill | m50 | London 28 Apr | 3.10.44 | 766 | | | | 49 | | | | | | |
| Sara Roloff | f s | Munich 13 Oct | 3.11.33 | 717 | | | | | 46 | | | | | |
| Ange Norris | f50 | London 28 Apr | 3.12.58 | 874 | | | | | | | 50 | | | 1st overall |
| Mike Fullilove | m50 | Brighton 14 Apr | 3.14.20 | 745 | | | | 48 | | | | | | |
| William Bancroft | ms | Gt Manc 7 Apr | 3.14.20 | 633 | 35 | | | | | | | | | |
| Gower Tan | m40 | London 28 Apr | 3.14.51 | 698 | | 43 | | | | | | | | |
| Yvette Dore | f40 | London 28 Apr | 3.15.04 | 753 | | | | | | 50 | | | | 1st w40 |
| Alice Williams | f s | London 28 Apr | 3.16.47 | 691 | | | | | 45 | | | | | |
| Grant Kennedy | ms | London 28 Apr | 3.17.04 | 631 | 34 | | | | | | | | | |
| Richard Barclay | ms | Edinburgh 26 May | 3.17.25 | 623 | 33 | | | | | | | | | |
| Tess Bright | f s | London 28 Apr | 3.17.38 | 686 | | | | | 44 | | | | | |
| Joe Twomey | ms | Athens 10 Nov | 3.18.02 | 622 | 32 | | | | | | | | | |
| Michelle Lennon | f50 | London 28 Apr | 3.21.16 | 785 | | | | | | | | 49 | | 1st w50 |
| Roz Johnson | f s | London 28 Apr | 3.21.39 | 685 | | | | | 43 | | | | | |
| Andrea Ceccolini | m50 | Valencia 1 Dec | 3.23.09 | 681 | | | | 47 | | | | | | |
| Lucy Pickering | f50 | Paris 14 Apr | 3.29.48 | 762 | | | | | | | 48 | | | |
| Eleanor Simmons | f40 | London 28 Apr | 3.36.52 | 648 | | | | | | 49 | | | | |
| Gideon Franklin | m50 | Brighton 14 Apr | 3.46.21 | 639 | | | | 46 | | | | | | |
| Matt Ladds | ms | Abingdon 20 Oct | 3.47.53 | 540 | 31 | | | | | | | | | |
| Teresa Northey | f40 | London 28 Apr | 3.51.04 | 629 | | | | | | 48 | | | | |
| Miles Gawthorp | m40 | Richm Pk 19 May | 3.55.58 | 557 | | 42 | | | | | | | | |
| Joanne Shelton Pereda | f40 | Edinburgh 26 May | 4.11.15 | 573 | | | | | | | 47 | | | |
| Jenny Shutt | f s | Berlin 26 Sep | 4.30.39 | 506 | | | | | 42 | | | | | |
| Bob Bell | m60 | Verona 17 Nov | 4.36.03 | 572 | | | | 49 | | | | | | |
| Michelle Key | f s | London 28 Apr | 4.39.54 | 486 | | | | | 41 | | | | | |
| Vicky Gashe | f40 | London 28 Apr | 4.51.52 | 482 | | | | | | 46 | | | | |
| Barrie John Nicholls | m60 | Berlin 29 Sep | 4.55.45 | 533 | | | | 48 | | | | | | |
| Gemma Sampson | f s | London 28 Apr | 5.17.53 | 2nd claim | | | | | | | | | | |
| | | | | 58 | 20 | 11 | 5 | 3 | 11 | 5 | 3 | - | | |
| nv = no club vest | | | | 482 | min | 30 | | | | | | | | Captains' award to be finalised |
| | | | | | score | | | | | | | | | |

THE ABOVE ARE SUBJECT TO MEMEBRSHIP BEING PAID UP TO DATE
NB Certified marathons throughout the year can count.

| 2020 london | marathon club places | | | | | | | | |
|-------------------------|----------------------|----|----|----|----|-----|-----|----|----|
| | JFD | MC | JT | AH | LV | BJN | MLE | EC | MG |
| DULWICH PARKRUN | Ö | | Ö | Ö | Ö | Ö | Ö | Ö | Ö |
| BATTERSEA 5K | Ö | Ö | Ö | Ö | Ö | | Ö | | |
| SOAR MILE | | Ö | | Ö | Ö | | | | |
| Sevenoaks 7 | | Ö | | Ö | Ö | Ö | | | |
| TOWPATH 10 | Ö | | Ö | Ö | Ö | Ö | Ö | Ö | |
| BIG HALF | Ö | | Ö | Ö | Ö | Ö | Ö | Ö | |
| ELTHAM 5 | Ö | | Ö | Ö | | Ö | | Ö | |
| REGENTS PARK 10K | Ö | Ö | Ö | Ö | Ö | Ö | | Ö | Ö |
| MARATHON | | | | | | Ö | Ö | Ö | Ö |
| A L BECKENHAM APRIL | Ö | | | Ö | Ö | | Ö | Ö | |
| A L VIC PARK MAY | Ö | | | Ö | Ö | | | | |
| A L LEYTON JUNE | Ö | Ö | | | | Ö | | | |
| AL CRYSTAL PALACE JULY | Ö | Ö | | | | Ö | | | |
| A L VIC PARK AUGUST | Ö | Ö | | Ö | 11 | Ö | | | |
| A L BECKENHAM SEPTEMBER | Ö | | | | | | | Ö | |
| SURREY LEAGUE JAN | | | | | | | | | Ö |
| SURREY LEAGUE MARCH | | | | | | | | | |
| SURREY LEAGUE FEB | | | | | | | | | |
| SURREY LEAGUE OCT | | Ö | | | | | | | |
| SURREY LEAGUE NOV | | Ö | | | | | | Ö | Ö |
| GREEN BELT | | | | Ö | | | | | |
| DR relay | Ö | | | | | | | Ö | Ö |
| TOTAL | JFD | MC | JT | AH | LV | BJN | MLE | EC | MG |
| | 12 | 9 | 6 | 5 | 11 | 14 | 5 | 11 | 6 |

Joe Farrington Douglas, Matt Cooke, Joe Twomey, Alex Haylett, Laura Vincent, Barrie John Nicholls, Matt Ladds, Eugene Cross, Miles Gawthorp

December 7

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

Bethlem

132 Ran
Pos Gen
1 1 Andy Bond 18:17

Bromley

645 Ran
Pos Gen
5 5 Kevin Chadwick 17:52
17 1 Kim Hainsworth 19:02
186 158 Colin Frith 24:24
337 256 Peter Jackson 28:13

Bexley

293 Ran
Pos Gen
21 20 Michael Fullilove 21:56

Beckenham Place

246 Ran
Pos Gen
42 39 Stephen Smythe 21:45
165 55 Claire Steward 28:29

Burgess

528 Ran
Pos Gen
46 3 Michelle Lennon 20:02
502 186 Susan Vernon 38:04
520 326 Chris Vernon 50:16

Cardiff

571 Ran
Pos Gen
167 24 Ros Tabor 24:53
281 223 Andy Murray 27:26

Crissy Field

82 Ran
Pos Gen
3 3 Alex Loftus 19:06

Crystal Palace

300 Ran
Pos Gen
8 7 Alastair Locke 20:07
38 5 Helen Lister 22:17

105 19 Joanne Shelton Pereda 25:16
124 99 Bob Bell 26:06
174 48 Jenny Bomers 28:11

Delaware & Raritan

39 Ran
Pos Gen
8 2 Claire Barnard 24:20

Dulwich

519 Ran
Pos Gen
6 6 Daniel Mann 17:24
12 12 Timothy Bowen 17:38
19 17 Tom Shakhli 18:12
23 21 Edward Simmons 18:38
33 30 Gower Tan 18:55
42 39 Jonny Hough 19:28
51 47 Matthew Ladds 19:47
54 50 Mark Foster 19:50
134 121 Graham Laylee 22:17
141 16 Lucy Clapp 22:34
161 20 Lucy Pickering 22:57
425 128 Karina Burrowes 30:46
447 307 Mick Mead 32:31

Fire Service College

166 Ran
Pos Gen
11 1 Katie Styles 22:07

Gladstone

207 Ran
Pos Gen
12 12 Des Crinion 20:31

Hanworth

50 Ran
Pos Gen
19 4 Lindsey Annable 26:43

Highbury Fields

425 Ran
Pos Gen
51 48 Paul Collyer 21:14

Horsham

294 Ran
Pos Gen

46 41 Gary Budinger 23:40

Lullingstone

36 Ran
Pos Gen
36 12 Tereza Francova 46:43

Margate

97 Ran
Pos Gen
8 1 Anna Thomas 21:48

Peckham Rye

343 Ran
Pos Gen
3 3 Joe Twomey 18:02
12 12 Kieran New 19:41
18 2 Emma Ibell 20:36
47 5 Helena Flippance 22:02
170 52 Michelle Key 27:13

Riddlesdown

102 Ran
Pos Gen
14 1 Ange Norris 22:46

South Norwood

137 Ran
Pos Gen
80 62 Dave West 29:01
82 20 Hannah Harvest 29:07

Southwark

354 Ran
Pos Gen
245 76 Clare Wyngard 28:45
246 170 Michael Dodds 28:46

Tooting Common

516 Ran
Pos Gen
168 139 Ian Sesnan 24:59

West Coast Park

109 Ran
Pos Gen
61 19 Elizabeth Begley 30:12

DULWICH RUNNERS CLUB KIT

- Vests £18 each
- T-shirts short sleeved £20 each
- T-shirts long sleeved £22 each
- Socks £5 pair
- Buffs-snoods £6 each

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



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



Buffs-snoods - only £6

Socks only £5



WATERPROOF JACKETS
LIMITED STOCK - only £10 each
Only 2 Xlarge left



The Beast from the East !

It's on the way!.. be prepared...
get yourself a bobble hat £15

ros.tabor49@gmail.com

**! Available now !
Women's "Racer Back"
vests - £25**



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces and hoodies.

You just click on the link to the Dulwich Runners shop and purchase directly.

<https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html>

any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 13

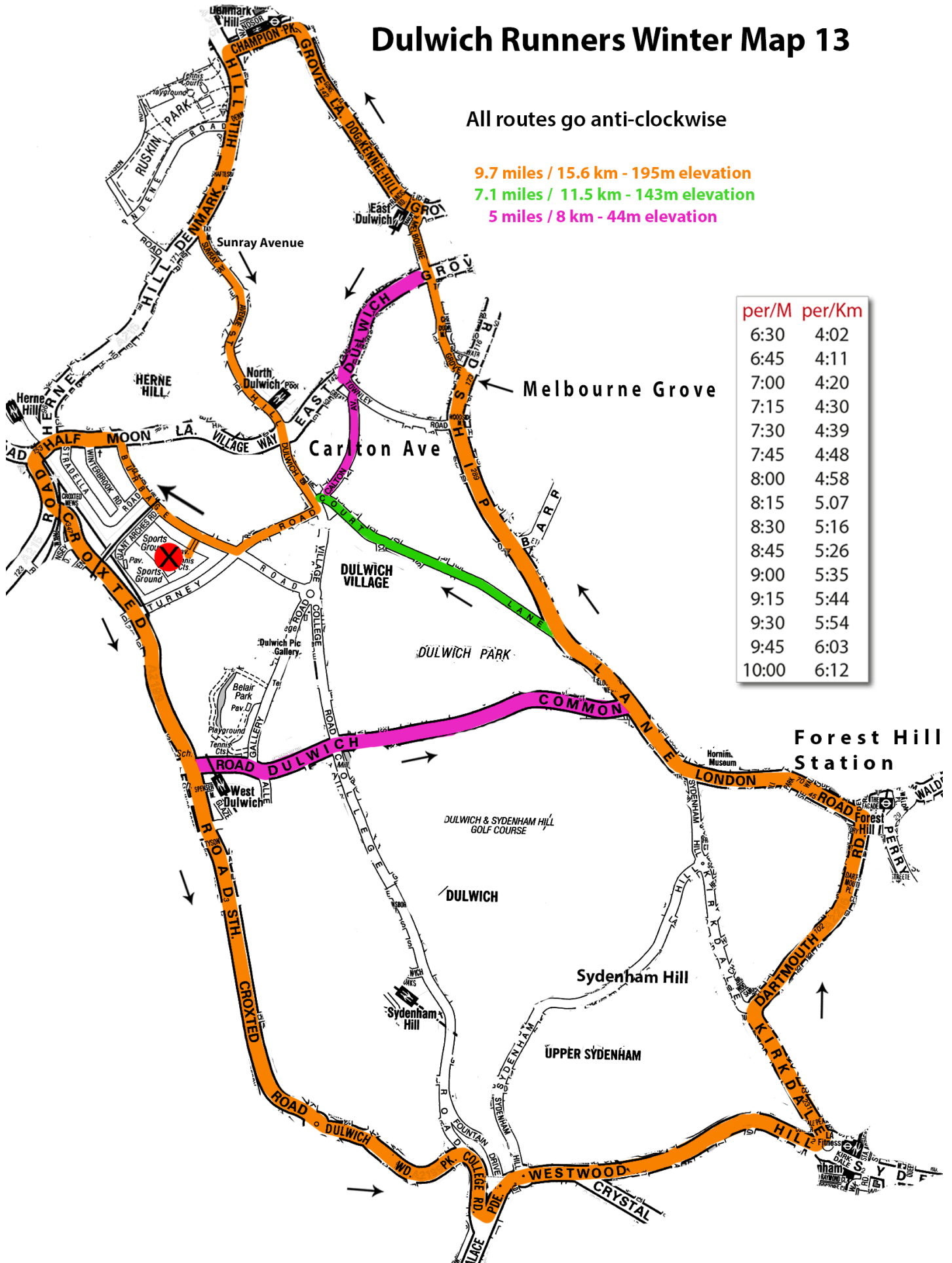
All routes go anti-clockwise

9.7 miles / 15.6 km - 195m elevation

7.1 miles / 11.5 km - 143m elevation

5 miles / 8 km - 44m elevation

| 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 |





***DULWICH RUNNERS
IS 40 NEXT YEAR!
DESIGN A T-SHIRT!***

*We would like to have a t-shirt to commemorate the club's 1st 40 years of running
And are looking for someone who could produce a design suitable for printing
on a t-shirt, (front, back or both)*

Use your imagination to create something fantastic!

If you want more details speak to anyone on the committee.

DULWICH TURKEY HANDICAP

RUNNERS TROT RACE

DULWICH 10.00 DECEMBER



PARK SUNDAY 15 2019

5K (approx) HANDICAP

RACE (3 laps of Dulwich Park) meet

by Queen Mary's Gate

prizes for:

1st runner across the finish line

1st walker across the finish line

Runner closest to predicted time

best fancy dress - **the theme is CHRISTMAS!**

entry fee £2.50 or £2 if in fancy dress

NAME: _____

most recent 5k or parkrun time _____

predicted time for 5k on 15th December: _____

Runners / walkers must compete without watches.

Disqualification if 2 minutes or more faster than predicted time.

ros.tabor49@gmail.com