



## These are your SHORTS

Please send your reports, running news etc to:  
[barry@bg1.co.uk](mailto:barry@bg1.co.uk) or [barry@1bg1.com](mailto:barry@1bg1.com)

### DEADLINE for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. - £1 fee per run  
Changing rooms, showers & bar all open.  
Paces and distances to suit all abilities

Tuesday speed work at Crystal Palace Track  
- suitable for all abilities

## In your SHORTS this week !

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Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

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## Dulwich Runners AC membership 2021/22

For those of you that did not renew your club membership last year the new membership year started on April 1 so please contact me if you would like to renew.

If you are not sure of your current membership status or have any queries about membership and or EA registration please feel free to contact me.

We hope that you will renew and continue running with the club and look forwards to seeing you all again.  
A big thankyou to all of you that renewed this year.

And if you have been "trying us out" and want to join or require further details about us contact me: [barry@bg1.co.uk](mailto:barry@bg1.co.uk)

## Dulwich Runners Christmas Party

Saturday 11th December

### *Important information, please read*

**NB – Due to the rising numbers of covid cases and that we will be indoors for the party, we are requesting that all members do a lateral flow test before coming. This is to help protect us all and in line with many current functions.**



### Deadline Party – Wednesday 8<sup>th</sup>

Saturday 11<sup>th</sup> December at the Edward Alleyn Club,  
Start - 7pm, with food being served at 8:30pm.



The evening includes a welcome drink, food, presentation of the awards for overall club champs and marathon, and the Gill Johnson award, plus music and dancing til late.

Price of a ticket is £20 which includes food and your welcome drink.

We need confirmation of attendance and dietary requirements by Wednesday 8th December.

Confirm and pay at the club on a Wednesday night or by contacting Michelle and Gower at:

[dulwichrunnersscoialsec@gmail.com](mailto:dulwichrunnersscoialsec@gmail.com)

# Dulwich Runners Club Championship 2021 Overall Awards

Congratulations to all who took part and completed our championships this year! It sure hasn't been easy in these times with an uncertain race calendar over the past 20 odd months. There were more important things occupying us all in this period. Sometimes gentle running was all that kept me reasonably sane but not necessarily race fit. Running in isolation seemed not quite the same during lock-down and company was wonderful as soon as it was possible again!

It is great to see that over 60 of us completed the necessary four races in our two short and long categories, including the two events from 2020 when we had to abandon our club champs. Everyone who completed the champs but didn't win an award will receive a medal in appreciation at our Christmas party on Saturday (See the complete results table at the very end of this newsletter). The award winners listed in the summary table will be presented with a trophy.

And this year, as a first step on our way to become more sustainable in our club activities, the trophies are eco-friendly and handmade from oak veneered wood by a small company in Stafford.

We will also hold the awards presentation for the final individual race category of our championship, the marathon.

All marathon medalists are listed here:

I look forward to seeing you all on Saturday for celebrating with food, drink, music and good company!

And please do a lateral flow test before to also keep each other safe.

I wish all the best possible festive season and Merry Christmas,

Ebe Prill, Co-Chair



<b>DR Overall Club Championship 2021 Award</b>			
<b>Winners (not mutually exclusive)</b>			
	<b>By Age Grading</b>		
	<b>1st Overall</b>	<b>2nd Overall</b>	<b>3rd Overall</b>
	Andy Bond	Tom South	Ed Chuck
	<b>Men</b>	<b>Women</b>	
<b>1st Senior</b>	Ed Chuck	Polly Warrack	
<b>2nd Senior</b>	Jack Ramm	Kay Sheedy	
<b>3rd Senior</b>	Timothy Bowen	Marta Miaskiewicz	
<b>1st V40</b>	Andy Bond	Yvette Dore	
<b>2nd V40</b>	Tom South	Clare Whitaker	
<b>3rd V40</b>	Kev Chadwick	Sonja Jutte	
<b>1st V50</b>	Grzegorz Galezia	Michelle Lennon	
<b>2nd V50</b>	Ebe Prill	Lucy Pickering	
<b>3rd V50</b>	Mike Fullilove	Lindsey Annable	
<b>1st V60+</b>	Barrie Nicholls	Claire Steward	
<b>2nd V60+</b>	Graham Laylee	Sue Vernon	
<b>3rd V60+</b>	Mike Mann	-	

<b>Marathon Medalists 2021</b>	
<b>1st Overall (Age Graded)</b>	Ange Norris
<b>1st Man</b>	Jack Ramm
<b>1st Woman</b>	Polly Warrack
<b>2nd Man</b>	Ben Howe
<b>2nd Woman</b>	Marta Miaskiewicz
<b>3rd Man</b>	Tom South
<b>3rd Woman</b>	Kay Sheedy
<b>1st M40</b>	Andy Bond
<b>1st W40</b>	Yvette Dore
<b>1st M50</b>	Grzegorz Galezia
<b>1st W50</b>	Lucy Pickering
<b>1st M60+</b>	Steve Smythe
<b>1st W60+</b>	Claire Steward
<b>Age Graded Man</b>	Tim Bowen
<b>Age Graded Woman</b>	Charlotte Sanderson

## Gill Johnson Awards

These awards in memory of Gill Johnson, who sadly died a few years ago, are for outstanding performance on the road. The current holders in 2019 are Tim Bowen and Marta Miaskiewicz.

No awards were made for 2020.

**The nominations for 2021 are:**

### Men

Ed Chuck 14:54 5K, 31:25 10K (new club records)  
Tom South 2:36.20 marathon (M45 club record)  
Andy Bond 15:27 5K, 32:41 10K (M45 club records)  
Jack Ramm 69:17 half marathon

### Women

Ange Norris 3:15.38 marathon (W60 club record, winner of Wanda Age Group champs)  
Polly Warrack 2:56.59 marathon

Results are based on votes from the captains and coaches, but any of these who are nominated can't vote in their own gender category. Winners to be announced at the Christmas party on 11 December.

# Turkey Trot Handicap Race



10 am Sunday 12<sup>th</sup> December

Dulwich Park, start by Queen Mary's Gate

5k – parkrun course

A weekend of Dulwich Runner festivities. What more could you want? After the Christmas party on Saturday 11<sup>th</sup>, what better way to shake off a hangover than by the traditional annual 5k handicap race!

Runners are given a handicap according to recent parkrun/5k times, which should give an exciting sprint finish; everyone eager to win this most prestigious race.

Fancy dress is not compulsory but it makes it more festive, plus you get reduced entry fee and a chance for a prize.

Presentation of prizes is afterwards in the Dulwich Park café.

Prizes are awarded for –

- 1<sup>st</sup> runner across the line
- 1<sup>st</sup> walker across the line
- Runner closest to predicted finish time NB Everyone runs without a watch.
- Best fancy dress – Christmas theme

Defending champion – Alex Bond

To take part, email Ange – [dulwichchair@gmail.com](mailto:dulwichchair@gmail.com)

Cost - £2.50 or £2 if in fancy dress. Card payments only. You can pay on a Wednesday night or on the day.

**Deadline – Friday 10<sup>th</sup> December as I will need to sort handicaps.**

Include –

- Name
- Most recent parkrun/5k time
- Predicted finish time on 12/12/21
- Running or walking

NB Any person finishing in 2 mins or more faster than their predicted finish time will be disqualified.

# Club Runs & Training Sessions

## Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7pm...

**each time you run** - Contactless payments only

Meet upstairs in clubhouse, arrive by 6:50pm to register, pay & sort out which group you'll run with.

The usual runs are : long 8-9M, medium 6-7M, short around 5M

If you're new at the club, we will place you with others at your preferred pace and distance.

**NOTE: £1 club run fee for members and guests**

## Tuesday Evening Speed - Crystal Palace Track

Tuesday training at Crystal Palace track.

You should arrive at 7pm for a 7.10 start. There will be 2 groups with training until Christmas focussed on cross country and endurance.

If you have not previously done so you must register with Crystal Palace Arena using the form on our website

<https://www.dulwichrunners.org.uk/tuesday>

You will need to reactivate your Crystal Palace membership on your apps and pay online.

### Crystal Palace Track sessions

Around 60 from the club are doing the Tuesday night sessions .

If these numbers continue the groups will have to be split into two or three groups to ensure correct recovery for all and sufficient space.

These are the initial planned sessions in basic form with the recovery and distance dependent on ability.

Dec	7	400s
	14	800s
	21	1000s

## Tuesday Morning Speed - Dulwich Park

Sessions start 11am in Dulwich Park, for anyone available meet by the cricket nets. .

We will use either the grass and or the parkrun circuit - followed by coffee. - Further details Mike Mann

[mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am for anyone available - Alternating each week between Brockwell Park and Crystal Palace Park, including short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities -

Further details Mike Mann [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)

## Sunday Morning Runs

Runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 mins per mile. - Contact Ola [olabalme1@gmail.com](mailto:olabalme1@gmail.com)

For later starts 9 to 10am, a longer run from the Dulwich area (10 miles+) around 8-9 min. mile

Contact Tom Poynton [tpoynton@hotmail.com](mailto:tpoynton@hotmail.com)

Longer & faster - 8am from July for marathon training. Circa 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park, check in advance. - Tom South [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

**If interested in any of these runs check in advance with the respective contacts**



### **Surrey League**

We compete in the Surrey League and this is the club's main priority. With 4 fixtures in the season details will be in Shorts and on the website with info on start times etc. posted nearer the time. Keep these dates free if possible. Men compete in Division 2 but with good turnouts and performances from our strongest runners, we have a chance to return to Division 1.

### **Distance**

Men's Surrey League races are around 8km, women's races start at 6km in the autumn, increasing to 8km in the New Year. Other races vary from 8km in the autumn to 12km and over for the men later in the season.

### **Scoring**

Surrey League is first 5 women for the club and 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 suitable for runners of all abilities, and in the men's Surrey League there is now a B team competition where the second 10 runners score.

These races are an excellent way of improving overall fitness, with the uneven and hilly terrain providing good strength and endurance training, from which you will reap benefits over a wide range of races. Members who have joined recently are encouraged to take part. These are team events and provide a good opportunity to get to know other club members.

### **Surrey League entry**

All men intending to take part should

inform their captains to enable online entries to be made in advance. Race numbers are kept for the entire season. This means that runners should return their numbers to their captains after the race, or take them home, in which case they must remember to take them to the next race. The Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

### **Other Races**

As well as Surrey League there are other cross country races, mostly on Saturdays. It's possible to find a race most Saturdays during the season. eg: the county champs (including Masters), London Champs, 2 South of Thames races, South of England and National champs. Plus others for Masters. See fixture list in Shorts and website.

### **Which races to go for**

Races are from early October until late February. Our main priority is the 4 Surrey League races, and the other 4 races that make up the Ken Croke cross country champs (see below for details). You are also encouraged to compete in the Surrey and Kent county and masters champs.

This season the English National Champs is at Parliament Hill Fields, South of England champs at Beckenham Place Park (tbc). You are encouraged to compete in both these races.

### **Entry for other races**

For most races other than the Surrey League, your captains have to submit entries in advance, in some cases more

than a month before events. Details will be posted in Shorts and by email, requesting interested runners to put their names forward in advance of the deadline given, so please read these carefully.

With the club paying for entries, you are asked not to put yourself forward on a speculative basis, so please first check you are free, but don't worry if you have to withdraw later for a good reason, such as injury or illness.

### **Footwear**

Early season road or trail shoes and as the ground becomes heavier late autumn onwards, cross country spikes or fell shoes are a must. Make sure that you get cross country spikes as opposed to track spikes. Spikes come in different lengths from 6 to 15mm and are screwed in. As the ground becomes heavier longer spikes will be needed, particularly on heavy courses eg: Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. Cross country shoes can be bought at most running shops and or online. Most offer a 10% discount to those with club or EA membership.

### **2021/22 Ken Croke XC Championships**

For the 2021/22 cross country season, the champs races will consist of 4 men's and women's Surrey League fixtures plus 4 other races. To qualify you need to complete 5 events, including 3 Surrey League races. There are awards for the first 3 men and women and to the winners of the men's and women's 40-49, 50-59 and 60+ age categories.

The qualifying races are shown on the following page.

### **Contacts**

Further information contact your captains at:

[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

[thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com)

[chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)



Further info 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.

For further info about events in Shorts, how to enter etc, contact your captains:  
 Thomas South [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com) Ed Chuck [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)  
 Ola Balme, Kay Sheedy, [dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

## Cross Country Fixtures

2021				Distances, Start times etc
Dec	11	SEAA Masters	Lloyd Park	6k M70, all women 11.45   10k M40, 50, 60 2.10
	18	South of Thames 7.5m	Beckenham Place Park	7.5m 2pm
2022				
Jan	8	Kent County Champs	Brands Hatch	12k men, 8k women start times tbc
	9	Surrey County Champs	Denbies Vineyard, Dorking	" " "
	15	<b>Surrey League 3 (men)</b>	<b>Richmond Park</b>	8k men and women start times tbc
	15	<b>Surrey League 3 (ladies)</b>	<b>Mitcham Common</b>	" " "
	29	South of England Champs	<b>Venue tbc</b>	8k women 2.05   15k men 2.50
Feb	19	<b>Surrey League 4 (men)</b>	<b>Lloyd Park</b>	8k men and women start times tbc
	19	<b>Surrey League 4 (ladies)</b>	<b>Effingham Common</b>	" " "
	26	England National Champs	Parliament Hill Fields	8k women 12k men start times tbc

## 21/22 Ken Croke Cross Country Championships

For the 2021/22 cross country season, the champs races are the 4 men's and women's Surrey League fixtures plus 4 other races. Qualifying races are:

- 4 Surrey League races (see fixture list above)
- Nov. 20 - London Champs, Parliament Hill,
- Dec. 18 - South of Thames 7M, Beckenham Place Park,
- Jan. 29 - South of England Champs, Beckenham Place Park (venue tbc),
- Feb. 26 - England National Champs, Parliament Hill,

**To qualify you need to complete 5 events, incl. 3 Surrey Leagues. Awards for first 3 men and women and winners of men's and women's 40-49, 50-59 and 60+ age categories.**

## SEAA Masters Cross Country

### 11 December

Venue for this masters championship race has switched from Horspath, outside Oxford to our familiar Lloyd Park. Any men and women 40s, 50s and 60s+ who are interested should contact their captains.

Closing date for entries likely to be towards the end of November. Costs of entry to the club are quite high, so make sure you're available before putting yourself forward, in the event of any change in circumstances, inform your captains ASAP in advance of the entry being submitted. Distances are 10k for the men's age categories and 6k for the women. There's individual awards in 5 year age bands and team awards (3 to score) in 10 year age bands.

**Update: This is an important masters event suitable for all vets over 40. To be entered register your interest no later than 23 November.**

## English Fell Running Championships 2022

Between us we have spoken to a number of people who have expressed an interest in taking part in all or some of these races next year. Therefore, we are wondering if we can get a team to take part. The English Champs are made up of a series of six races of varying distances throughout the season. If we want to compete as a team or as an individual then it's a "four races to count" rule, and these four must include a short, a medium and a long, plus any one other race. Perhaps we can see how it goes next year but a team from Dulwich is bound to give Keswick AC a run for its money.

As you can see most of the races are in the north of England (which is not just above Watford). They are in some pretty amazing places and fell runs tend to have really great atmospheres normally featuring pubs afterwards (if your still awake).

This does we are aware create some logistical challenges and some coordination issues but we are happy to shoulder some of that burden if we can get a group interested. Some of these races fill up quickly and it is generally advisable to join the Fell Runners Association too as you get some preference on entry. You get a nice quarterly magazine too with scary

articles about fell runners.

The races chosen for next year are:

Guisborough 3 Tops (Medium, 10-20 km) N York Moors 30 April  
 Lower Borrowdale Skyline (Medium) SE Lakes 21 May  
 Bukden Pike (Short, less than 10 km) Yorkshire Dales 18 June  
 Old Crown Round (Long, more than 20km) N Lakes 23 July  
 Bradwell Short (Short) Peak District 13 August  
 Langdale Horseshoe (Long) Central Lakes 8 October  
 All these races are category A (50m+ ascent per km)

A note of caution the long races in particular are a significant challenge and you sometimes have to deal with some really bad weather. You need to be able to navigate with map and compass (GPS is not allowed). There are online courses for this but you will need to have done it (and like to do it) in the real world too! Some races are not on paths and involve decision making on the best line too. On the plus side there is the joy of racing over difficult terrain some amazing views and finishing a course that is slightly more challenging than Dulwich Park! It is an amazing experience .. or we think so.

If you'd like to know more or interested in taking part contact Hugh Balfour [hugh@christchurchpeckham.info](mailto:hugh@christchurchpeckham.info) or Mark Foster [markafos@gmail.com](mailto:markafos@gmail.com)

We can then see if we have enough interest to co-ordinate a team.

# South Of Thames 7.5M Beckenham

Saturday 18 December

Our next cross country champs event is the South of Thames 7.5 miles at Beckenham Place Park, start is close to the Mansion at 2pm.

A 3 lap course, taking in a large part of the park, similar to the one used 2 years ago for this event. We are looking for a big entry to this race, hopefully matching the 40 or so runners we fielded for the London Champs.

**To enter contact either the joint ladies captains or Mike Mann by December 5th at the latest.**

[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com)

[mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk)



## URGENT REQUEST FOR VOLUNTEERS

We have agreed to provide marshals for this event, starting at 2pm. We need around 10 marshals so if you are not planning to run your help will be much appreciated. Contact me at [mcmann90@yahoo.co.uk](mailto:mcmann90@yahoo.co.uk).

# Box Hill Fell Race

Saturday 22 Jan. 2022

Confirmed on, no entries date yet, will advise here

If you've never done any fell running, Box Hill near Dorking is an ideal intro. 7.5 miles (12 km), marked, mainly good paths (no bogs, becks or boulder fields, no chance of getting lost). About 1750' (530 m) of ascent, quite challenging climbs and exciting descents. Very slippery in places, you'll need proper fell shoes (Walshes or Inov8s).

You'll have a bad time in trail shoes and a horrible time in road shoes. Xc spikes not allowed. A popular race that fills up very quickly (in a few hours). Entry last time was £10.

i'm at the club most Wednesdays, or email me:

[hugh@christchurchpeckham.info](mailto:hugh@christchurchpeckham.info) **Hugh Balfour**

### Contacts:

[dulwichladiescaptain@gmail.com](mailto:dulwichladiescaptain@gmail.com) - [thomas\\_south@hotmail.com](mailto:thomas_south@hotmail.com) - [chuckedward@googlemail.com](mailto:chuckedward@googlemail.com)

## Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist and DR club runner. -

To find out more - 07506 554004 - [www.hernehillsportsmassage.co.uk](http://www.hernehillsportsmassage.co.uk)



This Wednesday Gerry Lockspeiser and Andrew Roberts (both members of Serpentine) are coming to the Club to promote this excellent book. It contains 88 stories of individuals' experience of running, from international athletes to Parkrun beginners.

My story got in as the token fell runner! The book is a fund-raiser for The Running Charity which helps homeless and troubled young people through getting them running. It costs £8.99 and they can do cashless payments as well as cash. Do buy it. My story alone is worth the price!

**Hugh Balfour**



# Race Reports & Results

Want your race results and reports in SHORTS ? please email them to [barry@1bg1.com](mailto:barry@1bg1.com)  
All road, xc, fell, tri and track results etc, are welcome.

You are welcome to submit running, tri, cycling etc or related stories, anecdotes, past glories, object fails etc.

## The Tale of Victoria Park Half 2.0

or Two qualifiers for the London Marathon Championship Entry and a PB

Becca Schuller writes: Since having missed my sub 1:28 qualifying time by 10seconds 4 weeks ago I had been contemplating giving it another go. Three big motivators were: reading about Shane also wanting to give it another try at Victoria Park, Jack having changed his plans and now being free to pace me as well as RunThrough giving me 2 free entries after I complained about their misleading course description and marshalling last time.

So after a fairly civilised Christmas Party from my tri club



front of me, shielding me from some wind and doing his best to keep me on schedule. I was having to use all my energy on the running so was not able to speak with him. I had not checked timings once, just my pace and was relying entirely on Jack (and waiting for him to let me ease off a bit as I thought we were doing ok for the 1:27 so surely could take the pace down just a little?) With 2 laps out of 6.5 to go I was even considering dropping out but felt like I owed it to Jack if no one else to finish and get the sub 1:28. On the last km Jack kept shouting 'I need you to give 100% Becca, sprint!' just for me to pull a face and say 'I caaaaaan't' and thinking I wasn't going to make it once again.

Finally we crossed the finish line in 1:27:09 – Jack had not heard me mention the minute slack I had left in my timings!

Happy but completely exhausted I gave my friends a hug who'd come along to support me. Another minute of my time here from 4 weeks ago and finally that Championship qualifying time I was after!! (Now I need to remember to actually apply in April 2022)

Shane was paced by Ed who called Shane's pace 'U-shaped' but they both made it in 1:12:14 with Ben flying around the course in a blistering 1:11:09. We all had a coffee and some chats in the park's café before all going our way happy knowing we'd all achieved what we'd come here for and grateful for the support we'd had with that goal from fellow club members! Absolutely safe to say I would not have gotten that time without Jack.

Ben Howe 3rd M	71:09 (first male 1:07:58)
Shane O'Neill 4th M	72:14 (Ed Chuck same)
Becca Schuller 4th F	87:09 (Jack the same and first female 1:23:14)



Jack Becca Shane Ed Ben

the night before I once again lined up at the startline - this time with Jack who had kindly offered to pace me and whom I had given a piece of paper showing each kilometre split for a 1:27 finish ('to leave some buffer for the end' I thought I had explained to Jack..)

Weather conditions were pretty good: cold and sunny but with headwind on one stretch which after a tight almost 180 degree turn changed to a nice tailwind. The first 9k were okay, after that I was already longing for half way or basically the finish line. Jack stayed a good bit in



# A Spanish Inquisition - Barcelona and Valencia Marathon's

**I** doubt if I'm alone in my unwise tendency to book races on a whim or indeed post several Wednesday club run beers...however, it's worth stating up front that neither of these races were intentionally planned quite like this.

## Barcelona: Sun 7th November



Running Barcelona four weeks after my jaunt in the Sahara, with a nagging lower leg injury and next to no proper marathon training, was at best unwise. Alas the lure of my final World Marathon Major in Boston next April was too great. Having already BQ'd once, booked flights and hotel for April 2020, moved to October 2020, moved again to April 2021 and finally missed out because I was busy in the Sahara (not that I could have flown anyway as it turned



out)... I was, and still am, determined to tick it off the list. Boston is the worlds oldest annual marathon and demands a qualifying time to enter. Finding a suitable marathon was not easy: ideally not the week before or after Marathon des Sables, flat, fast, not too far away, not on the 'red list' or where COVID is likely to torpedo it, chip timed and ratified by a governing body BAA recognise and taking place before the 12th Nov qualifying cut-off. Hola, Barcelona!

Fortune had it that a good friend, MDS tent mate and with whom I've run several other events, also decided to run Barcelona. We were in for a fun weekend! I hadn't been there for years and forgot what a beautiful city it is. With further good fortune, I'd booked a hotel not only spitting distance from the start/finish line and the expo, it turned out to be the race HQ where most of the elite athletes were staying. Always useful to be in similar company!!!

The marathon was well organised from start to finish, with no dramas to deal with. The looped course takes in many of Barcelona's best known sights including the Basílica de la Sagrada Família, a Gaudí designed UNESCO World Heritage Site, started in 1882 and still under construction! The route did have a couple of inclines though nothing meaningful and the tall buildings kept runners shaded from most of the Catalan sun. I enjoy switchbacks during a marathon as you get to see the elites merrily clipping along - on this occasion, we ended up spending the entire afternoon with several of them back at the hotel, including Samuel Kosgei the men's winner.

My BQ (Boston qualifying) time was 3:25, so to be safe the target was 3:15. However, I truly had no idea how my marathon would go, with an absence of training and uncertain what lasting effects MDS might unleash come the 'business end' of the race. After a full length rendition of 'Barcelona' performed by two opera singers, we were off.

True to form, I set out too fast encouraged by the slight downhill first mile, then running comfortably



10 seconds inside my planned 7:25 pace through the first half. At 22 miles I was still well ahead of my planned target and although still feeling confident I was digging deep, slowing to around 7:30 pace. The wind had now picked



up and sections closer to the seafront became a struggle. Mile 23 dropped to 7:40 recovering to 7:20 in mile 24...after which the wheels completely came off.

I was relieved to cross the line just outside my target, though well inside the Boston qualifying time and confident I had done enough to beat the cutoff. I was even more relieved a couple of weeks later to read that (for the first time in history) the cutoff was zero!

Gower Tan 3:16:33 1353 overall  
116 M50 ~10,000 ran



## Valencia: Sun 5th December



Fast forward 4 weeks and 300km along the Catalan coast to Valencia. Another COVID deferral, I'd originally planned to run the Valencia marathon last year and had rolled my place, flight and hotel to this year long before MDS (8 weeks prior) and Barcelona (4 weeks prior) inconveniently dropped into my running calendar. I'd enjoyed the beautiful food, architecture and sunshine of Barcelona so much, I decided to throw caution to the wind as usual and run this one too.

Originally I had planned Valencia as an 'A race' - with its reputation as a very fast, flat course, several half marathon world records and listing as a World Athletics 'Elite Platinum Label' event. However given



the circumstances, my original goal of a sub-3 attempt was completely off the cards. With no real pressure, I reset my target to simply try and run a more even pace (perhaps even a negative split) and to improve on my effort in Barcelona. Anything more would be a bonus.

Once again, my hotel was conveniently a stone's throw to the start and the expo, located at the incredible 'City of Arts and Sciences' complex which made logistics easy. In common with Barcelona, the architecture and food were equally wonderful - seducing me to consume far more beer and wine and to walk way too many steps the day before a marathon. Still, the lobster ravioli was outstanding.

It was clear there were a lot of fast runners here, no doubt also attracted by Valencia's reputation as a fast course. I started in the 2nd wave at 8:30 and thankfully had some throwaway layers as it felt freezing before the sun was fully out. I'd decided to run with Aftershokz (bone conducting headphones, allowed within the rules) - I hadn't raced a marathon with any type of headphones in ages, but I hoped my carefully curated playlist might help me keep a better pace and give me a boost in the latter stages.

Also in common with Barcelona, the looped course had several switchbacks and it was fun to observe the leading elite pack gradually breaking into ever smaller pieces. My first half went broadly as hoped, pacing evenly and close to my 7:30 plan to come through half way at 1:38:13. Some buildings threw out my Garmin at around 19 miles, however with that exception I kept close to the same pace for the rest of the race, with a strong final mile. Although just 2 seconds slower than Barcelona, it was a much more even run and only 10 seconds of an even first/second half split. All things considered, I was delighted.

Having scanned the advance comms about the pre and post race goodie bags, one was not disappointed. In addition to a plethora of snacks, creams, bags and assorted running accoutrements, the post race bag also had enough fruit and veg to open a greengrocer. With only hand



luggage, the hotel maid was delighted when I offered her my haul!

There are flat courses and there are very flat courses. Valencia is undoubtedly the flattest I've ever run. Although there was the occasional pothole, there are no hills. If you're looking for a fast one and a pretty city, this could be the one!

Gower Tan 3:16:35 3373 overall  
307 M50~16,000 ran



# Kent Masters XC

## Dartford

Saturday 4th

Ange Norris writes: This course is an example of how to fit a race into a very small area. It consists of small laps around a playing field followed by longer laps that incorporate figures of 8 loops and short inclines and declines on a steep bank. At times, runners are passing each other going in opposite directions. It's the type of course that is said to be 'good for spectators' as they barely have to move to see runners multiple times. However, it can be confusing for both spectators and runners, especially first timers.

The Dulwich ladies' team were up first running 5.4k in a race with the 60+ men so it was quite congested at the start and around some of the tight turns. Clare E, in her 13th Kent Masters' Champs, reported that either jet lag or the booster jab made her legs slightly heavy so she knew she couldn't catch the leader and worked on holding off the runners coming up behind. Kay started in the following bunch then worked her way through the field into third position, with just a man between her and Clare. As a newbie to the course, she finished strongly

believing she could have run slightly harder. Next home was Clare Whitaker with another strong run. She seems to run well on both flatter courses like this and hillier ones like Parliament Hill. I'm the opposite – this is not my type of course – too short and flat. So that's my excuse! I started steadily and worked my way through, which was difficult at times with the sharp turns, but I managed to feel strong until the end. Jenny was another

newbie at this course in only her second xc race. She looked strong all the way and finished saying she had enjoyed a good race.

Our men were in the following race; a smaller field of 54 men V40+. Andy had a good run and reported that he was pleased with his time considering he was isolated in 4th for much of the time. He realised he wasn't going to be able to catch the first three runners so made sure he did enough to avoid being caught.

Joe said after the race, 'I was a bit intimidated by the name "masters", til Ange explained it means "old people" which I'm happy to embrace, and in the end I was happy to set a reasonable old fogey 10k pace and keep it going the whole course, even gaining a few places in the second half, while young fogey Andy raced off ahead, probably looking for a geocache.'

Andy did look far more excited after the race when scurrying around in the bushes teaching Joe and I the wonders of searching for a geocache. Hence the only race day photo of him!



Kay Clare W Jenny Ange Clare E



Andy

### Ladies 5.4k

2 Clare Elms	20.54 (1st W55)
3 Kay Sheedy	21.13 (1st W35)
19 Clare Whitaker	22.47
30 Ange Norris	23.49 (2nd W60)
90 Jenny Bomers	29.38

### Men 8.7k

4 Andy Bond	29.45 (2nd M45)
30 Joe Farrington-Douglas	34.03



Joe



# Mapledurham 10M

5th December 2021

Tradition dictates that we always do a Christmas run before the festive season. After all, it was after a run with the club at Christmas that romance blossomed between the two of us. We have done the Mince Pie for many years but unfortunately missed the entry this time. The Mapledurham 10 seemed like a very suitable alternative with the added bonus of not just a festive mince pie at the end but mulled wine too!

Training had been up and down in November as we'd both had a bit of a lurgy. I'd also had the booster jab on the Thursday so was taking a gamble doing the race. Vaccines number one and two had made me quite ill for two weeks and six days respectively but I was banking on the duration of the after effects halving again to three days.

The race was run in the grounds of Mapledurham House and Hardwick Estate, most of which is normally private land not open to the public. Needless to say actors seem to have an uncanny knack of sniffing out film locations and Mapledurham has

attracted many film and television productions including *The Eagle has Landed*, *Miss Marple*, *Midsomer Murders* and *Sharpe*.



The race was billed as muddy, hilly and hard and so it proved. It was held together with a 10km and in keeping with the theme of mud, we started in a muddy field. After three and a half miles we hit the

much feared Turrets Hill which was very steep indeed and reduced most runners to a walk. There were also a fair few narrow paths which forced us into single file. If someone was walking up ahead we all had to do the same. The course meandered through countless woods, along muddy fields and paths and country roads. It was truly up and down with the hills seemingly never ending. However it was really picturesque and the woods were stunning in their autumnal wardrobe.

## Vets AC Indoor Champs

4 December

These champs had to be brought forward from mid February to early December because the indoor facilities at the Lee Valley complex were heavily booked. This required a marked change of gear from my current cross country training.

For the second time in a row I had problems with the 800m with my heart rate all over the place, despite a thorough warm up. This resulted in a marked slowing down in the second part of the race. I think I will draw a curtain over this event from now on. The 1500m was a much more comfortable experience and I managed to maintain my rather slow pace throughout.

800m 3:23.71  
1500m 6:36.34

Now back to cross country until the indoor season proper gets started. Mike Mann

Barrie had a good run having banked a few longer runs than me. As I feared I had little energy and running just felt awkward particularly and frustratingly on the little flat ground there was. I managed to get round in rather a shuffle to the extent that Barrie said I looked fresh as a



daisy when I finished but I couldn't have run a jot faster. Still it was thoroughly enjoyable which had been the plan - get round and celebrate being able to complete it. The mulled wine afterwards was truly welcome in the cold biting wind as the tannoy system belted out Christmas music to add to the festive cheer. We meandered back to London but wanted to stop for lunch on the way. Anxious to avoid busy Sunday pubs and restaurants- spattered muddy leggings and filthy trail shoes were not a good look - we happened on a warm welcoming cafe in Pangbourne. Pangbourne is a pretty village sitting outside Reading and is well within the commuter belt for London. It offers the excitement of going over a toll bridge for the princely sum of 60 pence.

As we were finishing our lunch and just to carry on with the festive theme, we received a surprise visit from Santa at the cafe. Santa didn't quite look like a runner although he claimed he had done a ten mile race in his younger years. Evidently too many mince pies had taken their toll as he went on his rounds delivering presents. He welcomed people as they came into the cafe announcing their arrival and delivering a hearty 'ho ho', ringing his bell with much gusto. If you are a fan of mud and hills this race is one to put on your to do list. It is advertised as 'a classic on the trail runner calendar' and is now in its 8th year. We spoke to the race organiser and he said they'd be willing to give DRs a discount if you want to run it next year as they are keen to attract club runners. All you need to do it email them to ask.

96 Barrie John Nicholls 1.35.43 (chip 1.35.33)  
144 Lindsey Annable 1.46.35 (chip 1.46.25)  
191 ran

## Dartford Heath parkrun

The Hon President writes: This weekend was my 90th different parkrun venue, somehow I had missed Dartford Heath off my 'to do' list as I had confused it with its Dartford neighbour (the Mick Jagger one) which I had done many moons ago.

This run is very old school with no frills, no facilities and a small field. In two years only 4 DRs have visited. At just under 2 laps there is only a little lapping but you do meet runners coming the other way. Although the course is fairly flat and should be fast the route was very slippery with mud on chalk and leaves.

It was overcast when we started but later the sun came out and the heath looked beautiful in the autumn colours. After a few near miss slips, trips and falls I slowed up, yes, I can go even slower, and chatted to the tail walker, a retired police officer.

This would be a super venue on a frosty morning or in the spring when many birds visit. Give it a try. After a flurry of touring recently I will have to take stock of how and where my last 10 venues will come from to make up my 'Full Cowell'

Chris Vernon 72nd out of 73 53.51 and still 1st VM 75

## Project 20: Week 9

***Down a Rabbit Hole with No Way Out I Seek the Way of the Dulwich Runner to Save Me***

*Dulwich Park Run Time: 23.44*

*Goal time: 19.59*

*Weighing scales: Not used*

Reviewing my progress so far it would be accurate to say, objectively, and even subjectively speaking, there hasn't been ANY AT ALL. I'm still running pretty much the same time for a 5km as when I started the column. I'm 3 minutes and 45 seconds outside my goal time. I know some people are slower than others to show improvement, but nine weeks? It seems I am in hole, unimprovable. I have had various suggestions

made to me by club mates, ranging from the offer of carbon plated shoes, to revising my goal time to an age graded version. Some have even made outrageous suggestions that involve training and even, yes, running more! Thanks, but no thanks, at least not yet. It is true I did consider throwing in the towel, but have decided to go deeper, and connect with the "Way of the Dulwich Runner" for one final push.

This week I promise to run up Mount Canobie, to drink Erdinger Alcohol Free Beer at least once. I will pray to gods of running and scale back extra-curricular activities to focus my Chi on visualising my mid sole foot-strike. I will undertake to run every day, even if its only one hundred metres, to help me connect to the way of the "Dulwich Runner."

To be continued

Ajay Khandelwal

To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club.  
If you are no longer a member please remove DR as your club.

### Alvaston

204 Ran
Pos Gen
8 2 Polly Warrack 18:41

### Beckenham Place

201 Ran
Pos Gen
25 23 Martin Double 22:28
89 67 Andy Bond 26:56

### Bethlem Royal Hsp.

48 Ran
Pos Gen
38 12 Clare Osborne 33:01

### Bromley

404 Ran
Pos Gen
152 113 Colin Frith 25:46
226 150 Peter Jackson 28:50

### Clapham Common

436 Ran
Pos Gen
41 35 Justin Siderfin 20:20

### Catford

134 Ran
Pos Gen
13 13 Dan Hill 21:38

### Brockwell , Herne Hill

242 Ran
Pos Gen
19 17 Jonny Hough 20:27
32 27 Stephen Trowell 21:24
34 29 Mark Foster 21:29
53 5 Christiana Campbell 22:28
68 54 Cameron Timmis 23:18
70 10 Catherine Buglass 23:31
72 56 Graham Laylee 23:42
101 66 James Gordon 24:59

### Crystal Palace

280 Ran
Pos Gen
26 24 David Benyon 20:57
30 28 Sam Jenkins 21:15
51 1 Emma Kelly 22:21
207 142 Paul Hilton 29:58

### Cannon Hill

457 Ran
Pos Gen
36 30 Lloyd Collier 20:30
185 31 Susan Cooper 25:48
191 139 Michael Dodds 25:55
246 50 Clare Wyngard 27:42

### Dartford Heath

73 Ran
Pos Gen
72 45 Chris Vernon 53:51

### Dulwich

352 Ran
Pos Gen
7 6 Hugh Stobart 16:56
11 10 Adrian Russell 17:25
18 15 Tom Shakhli 18:25
28 25 Grzegorz Galezia 18:47
56 52 James Auger 20:14
59 55 Hugh French 20:16
63 57 Lee Wild 20:31
68 3 Clare Norris 20:48
129 11 Naomi Crowther 23:21
141 116 Ajay Khandelwal 23:44
147 122 Nicholas Brown 24:05

### Hilly Fields

195 Ran
Pos Gen
35 27 Martin Kelsen 22:53
191 129 Paul Keating 27:46

### Milton Keynes

313 Ran
Pos Gen
22 20 Joe Sheppard 22:08

### Peckham Rye

219 Ran
Pos Gen
12 11 Ebe Prill 20:05
22 1 Michelle Lennon 21:16

### Riddlesdown

98 Ran
Pos Gen
3 3 Daniel Mann 20:30
69 49 James Wicks 34:17

### Southwark

300 Ran
Pos Gen
171 37 Claire Steward 26:21
173 38 Joanne Shelton Pereda 26:36

### Sutcliffe

156 Ran
Pos Gen
143 55 Denise Brady 42:44

### Town Moor

388 Ran
Pos Gen
141 103 Sam Mattu 24:43

### Tilgate

358 Ran
Pos Gen
113 101 Gary Budinger 26:17

### Tooting Common

402 Ran
Pos Gen
303 154 Joe Wood 31:01

# DULWICH RUNNERS KIT

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

Most kit is usually available  
Wednesdays at the club from Ros  
[ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)



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



**Bufs-snoods - only £6**  
An ideal face covering!

**Socks only £5**



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



**The Beast from the East!**  
It's always on the way!.. be prepared..  
get yourself a bobble hat £15

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

For all club kit enquiries: [ros.tabor49@gmail.com](mailto:ros.tabor49@gmail.com)





## 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 & hoodies.

Just click 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](mailto:ros.tabor49@gmail.com)



College Hoodie



Micro Fleece Jacket

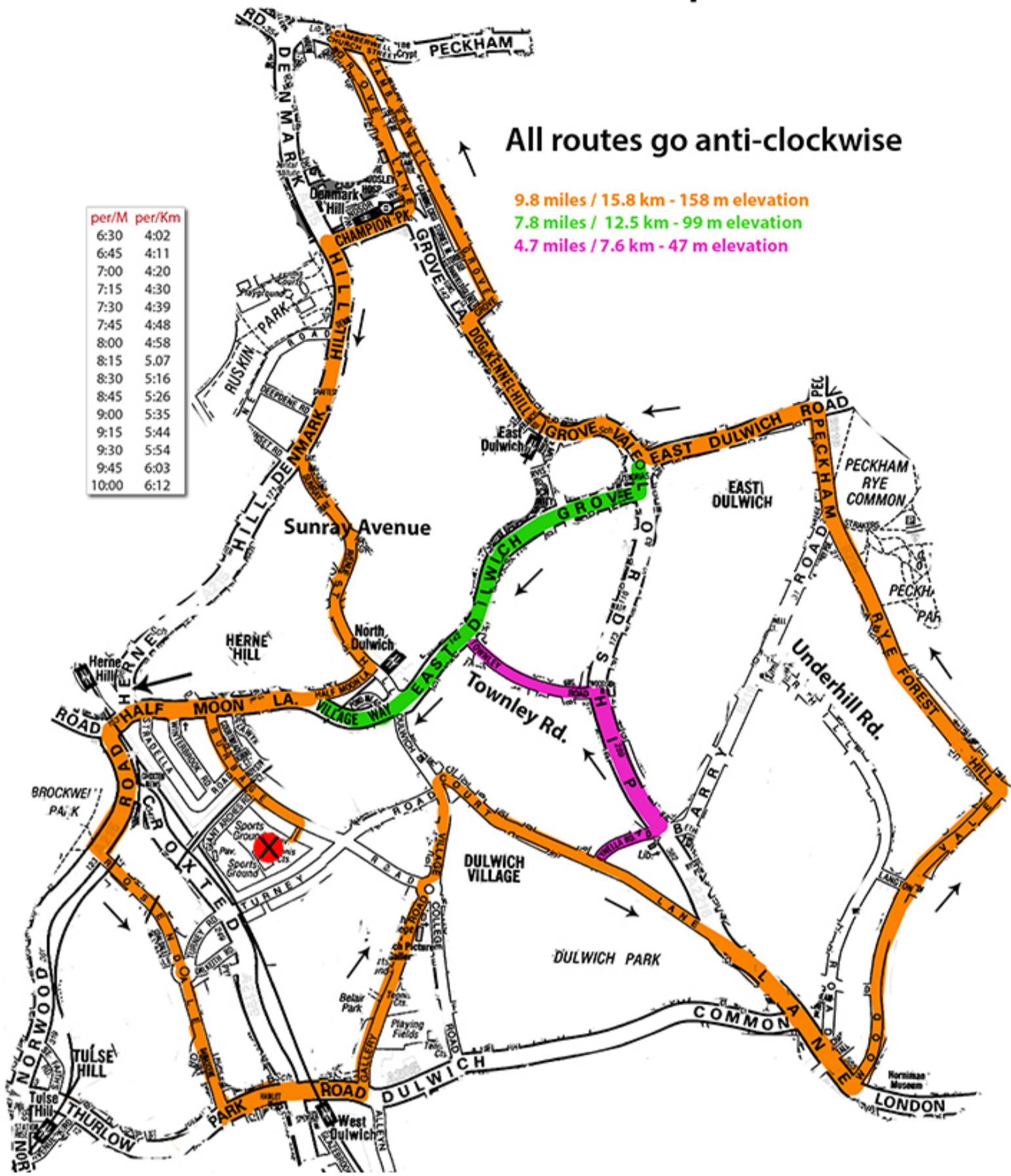


Showerproof  
Team Jacket



Pro Mid Layer  
1-4 Zip Top

# Dulwich Runners Winter Map 14



All routes go anti-clockwise

9.8 miles / 15.8 km - 158 m elevation  
 7.8 miles / 12.5 km - 99 m elevation  
 4.7 miles / 7.6 km - 47 m elevation

All maps on Strava (you don't need an account)  
<https://www.dulwichrunners.org.uk-wednesday-night-routes>

## Amended Winter Routes

Transport for London introduced an Ultra Low Emission Zone in October with its border being the A205 South Circular. Whilst this will help remove Nitrous Oxides and some fine particulate matter on roads in Dulwich, Herne Hill, Nunhead etc, there is a risk that the South Circular could be worse as cars and vans divert. Having briefly cycled along the road along Dulwich Common on a Sunday I realised how bad air quality was. As a result we have reviewed and amended many of the winter routes that followed the South Circular for significant stretches particularly where there were narrow pavements, selecting alternative routes which hopefully should be more pleasant although I can't guarantee as flat! These include routes such as Court Lane and Melbourne Grove which have reduced traffic flows as a result of the Low Traffic Neighbourhoods initiative. These changes particularly affects the shorter 5 mile routes.

You can see the updated routes here: <https://www.dulwichrunners.org.uk/wednesday-night-routes>

New copies will be available on a Wednesday night.

We have also added a take care symbol for the Grove Pub junction where there is no pedestrian phase for the traffic lights. When descending Sydenham Hill you may find it safer to cross at the signalised pedestrian crossing at the foot of the hill.

Also to note that I will be revising the Summer routes in the next couple of weeks to similarly reduce A205 running so if anyone has any feedback on any routes please let me know at [jonathanwhittaker79@yahoo.co.uk](mailto:jonathanwhittaker79@yahoo.co.uk)

Jonathan Whittaker

2020-21 CLUB CHAMPIONSHIP WITHIN AGE GROUPS AFTER 9 EVENTS		SHORT						LONG							
		5K	1M	5k	c 5k	5M	1/2M	1/2M	MARATHON	10k	BONUS	TOTAL	4+ events		
		BECKENHAM	Dul,Wimb	Battersea	PARKRUN	2ND SUNDAY	BIG HALF	Big,P Wd etc	LON or other	Reg Pk etc	FOR NO OF EVENTS		Position		
		15/02/20		or other		Sep/Oct/Nov	01/03/2020	2021	04/10/21	2021					
<b>WOMEN SENIOR</b>															
Polly	Warrack			#N/A	#N/A		[46]	#N/A	#N/A		1	#N/A	1		
Kay	Sheedy		#N/A	#N/A	#N/A			[49]	[48]	#N/A	2	#N/A	2		
Marta	Miaskiewicz	#N/A			#N/A		#N/A	[47]	#N/A		1	#N/A	3		
Rebecca	Schulleri		#N/A	#N/A			[42]	#N/A		#N/A	1	#N/A	4		
Emma	Kelly	[43]	#N/A	#N/A	[44]		[39]	#N/A		#N/A	3	#N/A	5		
Christiana	Campbell		#N/A	#N/A	#N/A					#N/A	0	#N/A	6		
Katie	Styles		#N/A	#N/A	#N/A		#N/A				0	#N/A	7		
Jenny	Bomers	#N/A	#N/A	[39]	[34]		[37]	#N/A		#N/A	3	#N/A	8		
Belinda	Cottrill	[36]			#N/A		#N/A	#N/A		#N/A	1	#N/A	9		
Madison	Newey		#N/A	#N/A	#N/A						0	#N/A			
Charlotte	Sanderson				#N/A			#N/A	#N/A		0	#N/A			
Alice	Williams			#N/A			#N/A	#N/A			0	#N/A			
Anna	Thomas	#N/A		#N/A	42						1	#N/A			
Rhian	Stansfield				#N/A			#N/A	#N/A		0	#N/A			
Naomi	Crowther		#N/A	#N/A	#N/A						0	#N/A			
Claire	Barnard	#N/A			#N/A		#N/A				0	#N/A			
Becca	Davis		#N/A	#N/A	#N/A						0	#N/A			
Roz	Johnson	#N/A					#N/A				0	#N/A			
Vicky	Jessett		#N/A					#N/A			0	#N/A			
Laura	Vincent	#N/A					#N/A				0	#N/A			
Shoko	Okamura	#N/A			#N/A						0	#N/A			
Hannah	Harvest	#N/A			#N/A						0	#N/A			
Ali	Campbell_						#N/A				0	#N/A			
Elkie	Mace						#N/A				0	#N/A			
Sara	Roloff						#N/A				0	#N/A			
Colleen	Williams_									#N/A	0	#N/A			
Sue	Cooper_				#N/A						0	#N/A			
Karina	Burrowes						#N/A				0	#N/A			
Michelle	Key_						#N/A				0	#N/A			
Katie	Prior						#N/A				0	#N/A			
<b>WOMEN V40</b>															
Yvette	Dore	#N/A	[49]	#N/A	[49]		#N/A	[49]	#N/A	[49]	4	#N/A	1		
Clare	Whitaker		#N/A	[49]	#N/A		[47]	#N/A		#N/A	2	#N/A	2		
Sonja	Jutte	#N/A	#N/A	#N/A		#N/A					0	#N/A	3		
Catherine	Buglass		#N/A		#N/A				#N/A		0	#N/A			
Sadie	Sholem					#N/A	#N/A				0	#N/A			
Emma	Ibell				46		#N/A				1	#N/A			
Katie	Smith_		#N/A		#N/A						0	#N/A			
Eleanor	Simmons_		#N/A		#N/A						0	#N/A			
Carys	Morgan	#N/A			#N/A						0	#N/A			
Clare	Osborne	#N/A			39						1	#N/A			
Kim	Hainsworth				#N/A						0	#N/A			
Stephanie	Lundon						#N/A				0	#N/A			
Teresa	Northey				#N/A						0	#N/A			
Madi	Robinson				#N/A						0	#N/A			
Joanne	Shelton Pereda				#N/A						0	#N/A			
<b>WOMEN V50</b>															
Michelle	Lennon	#N/A	[49]	[49]	#N/A	[50]	#N/A	#N/A		[50]	4	#N/A	1		
Lucy	Pickering			#N/A	[48]		#N/A	#N/A	#N/A		1	#N/A	2		
Lindsey	Annable		#N/A	[46]	[42]	#N/A	[46]	#N/A		#N/A	3	#N/A	3		
Ola	Balme	#N/A	#N/A	#N/A	#N/A						0	#N/A			



Clare	Elms			#N/A	#N/A						0	#N/A	
Midge	Cameron	#N/A					#N/A				0	#N/A	
Lucy	Clapp				#N/A		#N/A				0	#N/A	
Andrea	Pickup		#N/A								0	#N/A	
Ange	Norris				#N/A						0	#N/A	
Victoria	Read				#N/A						0	#N/A	
<b>WOMEN V60</b>													
Claire	Steward			#N/A	[49]	#N/A	#N/A	#N/A	[49]	[50]	3	#N/A	1
Susan	Vernon_	#N/A			#N/A		#N/A			#N/A	0	#N/A	2
Elizabeth	Begley				#N/A		#N/A			#N/A	0	#N/A	
Ros	Tabor	#N/A			#N/A						0	#N/A	
Ange	Norris								#N/A		0	#N/A	
Alison	Peel				#N/A						0	#N/A	
Stephanie	Burchill		#N/A								0	#N/A	
Clare	Wyngard				#N/A						0	#N/A	
Denise	Brady_				#N/A						0	#N/A	
<b>MEN SENIOR</b>													
Edward	Chuck	#N/A	#N/A	#N/A	[50]			[49]		#N/A	2	#N/A	1
Jack	Ramm		#N/A	[49]			#N/A	#N/A	#N/A		1	#N/A	2
Timothy	Bowen		#N/A	#N/A	[44]		#N/A	[45]	#N/A		2	#N/A	3
Jon	Phillips		[44]	#N/A	#N/A			#N/A	#N/A		1	#N/A	4
Shane	O'Neill			#N/A	#N/A		#N/A			#N/A	0	#N/A	5
Martin	Belzunce	#N/A		[39]	#N/A		#N/A	[40]		#N/A	2	#N/A	6
Hugh	Stobart		#N/A	#N/A	#N/A					#N/A	0	#N/A	7
Shane	Donlon	#N/A		[36]	[40]		#N/A	#N/A	#N/A		2	#N/A	8
Sean	Cordon			#N/A				#N/A	#N/A	#N/A	0	#N/A	9
Tom	Shakhli			#N/A	#N/A		[39]	#N/A	#N/A		1	#N/A	10
Eugene	Cross	#N/A		#N/A	[39]		#N/A		46		2	#N/A	10
Joe	Wood				#N/A			#N/A	#N/A	#N/A	0	#N/A	12
Nicholas	Fiducia			#N/A				#N/A	#N/A	#N/A	0	#N/A	13
Des	Crinion		#N/A	#N/A	#N/A		#N/A				0	#N/A	14
Ed	Harper-Masters	#N/A			#N/A		#N/A			#N/A	0	#N/A	15
Michael	Nogas		#N/A	#N/A	#N/A			[32]		#N/A	1	#N/A	16
Edward	Smyth	#N/A	#N/A	#N/A	[28]					#N/A	1	#N/A	17
Ben	Howe		#N/A		#N/A				#N/A		0	#N/A	
Austin	Laylee_			#N/A	#N/A			#N/A		#N/A	0	#N/A	18
Ed	Simmons				#N/A		#N/A	#N/A		#N/A	0	#N/A	19
Joe	Hallsworth				#N/A			#N/A	#N/A		0	#N/A	
David	Benyon			#N/A	[27]		#N/A	#N/A		#N/A	1	#N/A	20
Fred	Bungay		#N/A	#N/A				#N/A			0	#N/A	
James	Burrows	#N/A			33		#N/A				1	#N/A	
Finn	Nugent				#N/A			#N/A	#N/A		0	#N/A	
Rob	Fawn			#N/A	39			#N/A			1	#N/A	
Jamie	Nicol	#N/A			#N/A			#N/A			0	#N/A	
Ross	Rook	#N/A		35	33						2	#N/A	
Grant	Kennedy	#N/A					#N/A				0	#N/A	
Ben	Smith						#N/A		#N/A		0	#N/A	
Rob	Hollands						#N/A		#N/A		0	#N/A	
Will	Lawn	#N/A					#N/A				0	#N/A	
Max	Catterall	#N/A		#N/A							0	#N/A	
Rob	Meadows		#N/A		#N/A						0	#N/A	
Arthur	Coates		#N/A	#N/A							0	#N/A	
Sam	Jenkins_				#N/A					#N/A	0	#N/A	
James	Rimmer		#N/A				#N/A				0	#N/A	
Matt	Wood___				#N/A		#N/A				0	#N/A	
Matthew	Bouette				#N/A				#N/A		0	#N/A	
Will	Cole		#N/A								0	#N/A	
Alex	Key						#N/A				0	#N/A	
Matt	Hartin									#N/A	0	#N/A	

Steven	Kendall								#N/A		0	#N/A		
Oliver	Cooper__						#N/A				0	#N/A		
Tommy	Fernandez				#N/A						0	#N/A		
Tomas	Lane							#N/A			0	#N/A		
Euan	Davies_						#N/A				0	#N/A		
Tomasz	Strzyz							#N/A			0	#N/A		
Matt	Ladds						#N/A				0	#N/A		
Desmond	Edwards						#N/A				0	#N/A		
Sam	Mattu				#N/A						0	#N/A		
<b>MEN V40</b>														
Andy	Bond		#N/A		#N/A	#N/A	[49]	[49]	[49]	#N/A	3	#N/A	1	
Tom	South				[48]	#N/A	[48]	#N/A	#N/A	#N/A	2	#N/A	2	
Kev	Chadwick		[40]	#N/A	#N/A	[44]	[43]	#N/A	[44]	#N/A	4	#N/A	3	
James	Brown__		#N/A			[42]	#N/A	#N/A	#N/A	#N/A	1	#N/A	4	
Matt	Cooke		[42]	#N/A	#N/A		#N/A	[36]	[34]	[40]	4	#N/A	5	
Joe	Farrington-Douglas			#N/A	#N/A	[41]		#N/A	[41]	[41]	3	#N/A	6	
Alex	Loftus				#N/A	[40]		#N/A	#N/A	#N/A	1	#N/A	7	
Daniel	Mann_					#N/A		#N/A	#N/A	#N/A	0	#N/A	8	
Justin	Siderfin		#N/A	#N/A		#N/A		#N/A	#N/A		0	#N/A	9	
Jonny	Hough		#N/A			#N/A		#N/A	#N/A		0	#N/A	10	
Alex	Bazin			#N/A	#N/A	[31]		[33]	#N/A	#N/A	2	#N/A	11	
Chris	Nunn			#N/A	#N/A				[37]	#N/A	1	#N/A	12	
Chris	Cooper			#N/A		#N/A			#N/A	#N/A	0	#N/A	13	
Buzz	Shephard					#N/A		#N/A	#N/A		0	#N/A		
Andrew	Inglis				#N/A	#N/A				#N/A	0	#N/A		
Miles	Gawthorp		#N/A			#N/A		#N/A	#N/A		0	#N/A	14	
Rob	Emes				#N/A	#N/A			#N/A		0	#N/A		
Hugh	French		#N/A						#N/A	#N/A	0	#N/A		
Tom	Poynton			#N/A		#N/A				#N/A	0	#N/A		
James	Auger					#N/A		#N/A	#N/A		0	#N/A		
Ian	Lilley		#N/A					#N/A			0	#N/A		
Ed	Mawby				#N/A		#N/A				0	#N/A		
Tom	Wilson		#N/A					#N/A			0	#N/A		
Paul	Greenhalgh								#N/A	#N/A	0	#N/A		
Lloyd	Collier			#N/A		#N/A					0	#N/A		
Martin	Double		#N/A					#N/A			0	#N/A		
Alex	Haylett		#N/A						#N/A		0	#N/A		
Matt	Webb_				#N/A				#N/A		0	#N/A		
Mike	Williams_			#N/A							0	#N/A		
Peter	Jenkins									#N/A	0	#N/A		
Ade	Russell					#N/A					0	#N/A		
Dominic	O'Sullivan								#N/A		0	#N/A		
Toby	de Belder								#N/A		0	#N/A		
Chris	Lawrence				#N/A					39	1	#N/A		
James	Burrows					#N/A					0	#N/A		
Robert	Tokarski					#N/A					0	#N/A		
Jonathan	Whittaker					#N/A					0	#N/A		
<b>MEN V50</b>														
Grzegorz	Galezia			[49]	#N/A	[49]	#N/A	[46]	#N/A	#N/A	[50]	4	#N/A	1
Ebe	Prill			[46]	#N/A	[45]	#N/A	[44]	[45]	#N/A	#N/A	4	#N/A	2
Tony	Tuohy		#N/A	#N/A	#N/A	#N/A						0	#N/A	
Michael	Fullilove		#N/A			[42]		#N/A	#N/A	#N/A	1	#N/A	3	
Mark	Foster		#N/A		#N/A	#N/A			#N/A		0	#N/A	4	
Ameet	Patel		#N/A		#N/A				#N/A	#N/A	0	#N/A	5	
Cameron	Timmis			#N/A	#N/A	[36]		38	#N/A		2	#N/A	6	
Paul	Keating		#N/A			#N/A		#N/A	#N/A		0	#N/A	7	
Stephen	Davies		#N/A			#N/A		#N/A			0	#N/A		
Gower	Tan						#N/A	#N/A	#N/A	#N/A	0	#N/A		

Stephen	Trowell		#N/A		#N/A			#N/A			0	#N/A		
Andrea	Ceccolini	#N/A			#N/A			#N/A			0	#N/A		
Rupert	Winlaw		#N/A		#N/A			#N/A			0	#N/A		
Joseph	Brady	#N/A			#N/A		#N/A				0	#N/A		
Charles	Lound				#N/A		#N/A				0	#N/A		
Paul	Collyer				#N/A		#N/A				0	#N/A		
Gideon	Franklin	#N/A			#N/A						0	#N/A		
Chris	Beardsell				#N/A						0	#N/A		
Tim	Jones									#N/A	0	#N/A		
Miles	Griffies								#N/A		0	#N/A		
Terence	Baker				#N/A						0	#N/A		
Lee	Wild				#N/A						0	#N/A		
Ajay	Khandelwal				#N/A						0	#N/A		
Paul	Hodge				#N/A						0	#N/A		
<b>MEN V60</b>														
Barrie John	Nicholls	#N/A	[47]	[45]	[40]	#N/A	[48]	#N/A	#N/A	[46]	5	#N/A	1	
Graham	Laylee			#N/A	#N/A		#N/A	#N/A			0	#N/A	2	
Mike	Mann		#N/A	#N/A	[42]	#N/A				#N/A	1	#N/A	3	
Bob	Bell	#N/A			[34]		#N/A	#N/A		#N/A	1	#N/A	4	
Andy	Murray	#N/A		#N/A	[37]	#N/A	#N/A				1	#N/A	5	
Neville	Webb		#N/A	#N/A	#N/A						0	#N/A		
Steve	Williams__		#N/A		#N/A					#N/A	0	#N/A		
Colin	Frith	#N/A			#N/A					#N/A	0	#N/A		
Chris	Vernon	#N/A			#N/A					#N/A	0	#N/A		
Nicholas	Brown			#N/A	#N/A						0	#N/A		
Martin	Kelsen				#N/A					#N/A	0	#N/A		
Steve	Smythe				#N/A				#N/A		0	#N/A		
Ian	Sesnan			#N/A	#N/A						0	#N/A		
Gary	Budinger			#N/A	#N/A						0	#N/A		
John	O'Byrne	#N/A			#N/A						0	#N/A		
Gary	Sullivan						#N/A			#N/A	0	#N/A		
Hugh	Balfour				#N/A						0	#N/A		
Barry	Graham	#N/A									0	#N/A		
Dave	West				#N/A						0	#N/A		
Mike	Dodds				#N/A						0	#N/A		
Peter	Jackson				#N/A						0	#N/A		
197		4	6	10	31	1	16	12	8	5	93		63	

Best 4 count for year including 1 each short, long. 4 including one short and long needed for completion medal.

Those moving age groups within championship had their races scored according to rules. They counted for older age category if four races done in it, otherwise all races scored for younger age group. Race scores from other age group highlighted in yellow.

		SHORT					LONG							
2020-21 CLUB CHAMPIONSHIP		5K PARKRUN	1M	5k	c 5k	5M	1/2M	1/2M	MARATHON	10k	EVENTS	TOTAL	avg.	POSN
OVERALL CHAMPIONSHIP		BECKENHAM	Dul,Wimb	Battersea	PARKRUN	2ND SUNDAY	BIG HALF	Big,P Wd etc	LON or other	Reg Pk etc				
AFTER 9 EVENTS		15/02/20		or other	2021	Sep/Oct/Nov	01/03/2020	2021	04/10/21	2021	RUN		4+	
Andy	Bond	[827]		#N/A	#N/A		#N/A	[867]	[786]	#N/A	3	#N/A	#N/A	1
Tom	South			#N/A	#N/A		[824]	#N/A	[841]	#N/A	2	#N/A	#N/A	2
Edward	Chuck	[760]	#N/A	#N/A	#N/A			[833]		#N/A	2	#N/A	#N/A	3
Michelle	Lennon	[788]	[812]	#N/A	#N/A	[790]	[817]	#N/A		#N/A	4	#N/A	#N/A	4
Claire	Steward			[809]	#N/A	[838]	[815]	#N/A	#N/A	#N/A	3	#N/A	#N/A	5
Jack	Ramm		[813]	#N/A			#N/A	#N/A	#N/A		1	#N/A	#N/A	6
Tony	Tuohy	#N/A	#N/A	#N/A	#N/A						0	#N/A	#N/A	
Timothy	Bowen		#N/A	#N/A	#N/A		#N/A	[764]	[773]		2	#N/A	#N/A	7
Grzegorz	Galezia	[792]	#N/A	#N/A	#N/A	[758]	[710]	#N/A	[793]	#N/A	4	#N/A	#N/A	8
Lucy	Pickering			#N/A	#N/A		#N/A	#N/A	[752]		1	#N/A	#N/A	9
Jon	Phillips		#N/A	#N/A	#N/A			#N/A	[753]		1	#N/A	#N/A	10
Shane	O'Neill			#N/A	#N/A		#N/A			#N/A	0	#N/A	#N/A	11
Kay	Sheedy		#N/A	#N/A	#N/A			[765]	[668]	#N/A	2	#N/A	#N/A	12
Polly	Warrack			#N/A	#N/A		[734]	#N/A	#N/A		1	#N/A	#N/A	13
Yvette	Dore	[749]	#N/A	#N/A	#N/A		#N/A	[766]	[734]	[781]	4	#N/A	#N/A	14
Ebe	Prill		[756]	#N/A	#N/A	#N/A	[700]	[736]	[764]	#N/A	4	#N/A	#N/A	15



Kev	Chadwick	[689]	#N/A	#N/A	#N/A		[730]	[739]	[710]	#N/A	4	#N/A	#N/A	16
Ola	Balme	#N/A	#N/A	#N/A	#N/A						0	#N/A	#N/A	
Alex	Loftus			#N/A	#N/A		[732]	#N/A	#N/A		1	#N/A	#N/A	17
Hugh	Stobart		#N/A	#N/A	#N/A					#N/A	0	#N/A	#N/A	18
James	Brown__	[723]			#N/A		#N/A	#N/A	#N/A		1	#N/A	#N/A	19
Tom	Shakhli			#N/A	#N/A		#N/A	#N/A	[710]		1	#N/A	#N/A	20
Mike	Mann		#N/A	#N/A	#N/A	[746]				#N/A	1	#N/A	#N/A	21
Rebecca	Schulleri		#N/A	#N/A			[650]	#N/A		#N/A	1	#N/A	#N/A	22
Joe	Farrington-Douglas		#N/A	#N/A	#N/A		[693]	[686]	[627]	#N/A	3	#N/A	#N/A	23
Clare	Whitaker		#N/A	#N/A	#N/A		[633]	[734]		#N/A	2	#N/A	#N/A	24
Daniel	Mann_				#N/A		#N/A		#N/A	#N/A	0	#N/A	#N/A	25
Martin	Belzunce	#N/A		#N/A	#N/A		#N/A	[714]		[717]	2	#N/A	#N/A	26
Eugene	Cross	[708]		#N/A	#N/A		#N/A		#N/A		1	#N/A	#N/A	27
Michael	Fullilove	#N/A			#N/A		#N/A	#N/A		[694]	1	#N/A	#N/A	28
Shane	Donlon	#N/A		#N/A	#N/A		[721]	#N/A	[718]		2	#N/A	#N/A	29
Sean	Cordon			#N/A				#N/A	#N/A	#N/A	0	#N/A	#N/A	30
Marta	Miaskiewicz	#N/A			#N/A		#N/A	#N/A	[708]		1	#N/A	#N/A	31
Mark	Foster	#N/A		#N/A	#N/A			#N/A			0	#N/A	#N/A	32
Chris	Nunn		#N/A	#N/A				#N/A	[516]	#N/A	1	#N/A	#N/A	33
Joe	Wood				#N/A			#N/A	#N/A	#N/A	0	#N/A	#N/A	34
Des	Crinion		#N/A	#N/A	#N/A		#N/A				0	#N/A	#N/A	35
Graham	Laylee			#N/A	#N/A		#N/A	#N/A			0	#N/A	#N/A	36
Justin	Siderfin	#N/A	#N/A		#N/A			#N/A			0	#N/A	#N/A	37
Katie	Styles		#N/A	#N/A	#N/A		#N/A				0	#N/A	#N/A	38
Matt	Cooke	#N/A	#N/A	#N/A		[694]	[698]	[611]	[571]	#N/A	4	#N/A	#N/A	39
Nicholas	Fiducia			#N/A				#N/A	#N/A	#N/A	0	#N/A	#N/A	40
Jonny	Hough	#N/A			#N/A		#N/A	#N/A			0	#N/A	#N/A	41
Chris	Cooper		#N/A		#N/A			#N/A		#N/A	0	#N/A	#N/A	42
Emma	Kelly	[563]	#N/A	#N/A	[680]		[585]	#N/A		#N/A	3	#N/A	#N/A	43
Barrie John	Nicholls	[668]	[660]	#N/A	#N/A	#N/A	[652]	[656]	[506]	#N/A	5	#N/A	#N/A	44
Ed	Harper-Masters	#N/A			#N/A		#N/A		#N/A		0	#N/A	#N/A	45
Ed	Simmons				#N/A		#N/A	#N/A		#N/A	0	#N/A	#N/A	46
Alex	Bazin		[664]	#N/A	#N/A		#N/A	#N/A		[666]	2	#N/A	#N/A	47
Christiana	Campbell		#N/A	#N/A	#N/A					#N/A	0	#N/A	#N/A	48
Ed	Smyth	[582]	#N/A	#N/A	#N/A					#N/A	1	#N/A	#N/A	49
Cameron	Timmis		#N/A	#N/A	#N/A		#N/A	[627]			1	#N/A	#N/A	50
Michael	Nogas		#N/A	#N/A	#N/A			[625]		#N/A	1	#N/A	#N/A	51
Austin	Laylee_			#N/A	#N/A			#N/A		#N/A	0	#N/A	#N/A	52
Andy	Murray	#N/A		#N/A	#N/A	[635]	#N/A				1	#N/A	#N/A	53
Lindsey	Annable		[630]	#N/A	#N/A	[628]	#N/A	[628]		#N/A	3	#N/A	#N/A	54
Andrew	Inglis			#N/A	#N/A					#N/A	0	#N/A	#N/A	
David	Benyon			#N/A	#N/A		[608]	#N/A		#N/A	1	#N/A	#N/A	55
Buzz	Shephard				#N/A		#N/A	#N/A			0	#N/A	#N/A	
Sonja	Jutte	#N/A	#N/A	#N/A		#N/A					0	#N/A	#N/A	56
Bob	Bell	#N/A			#N/A		#N/A	#N/A		[506]	1	#N/A	#N/A	57
Ben	Howe		#N/A		#N/A				#N/A		0	#N/A	#N/A	
Belinda	Cottrill	[337]			#N/A		#N/A	#N/A		#N/A	1	#N/A	#N/A	58
Miles	Gawthorp	#N/A			#N/A		#N/A	#N/A			0	#N/A	#N/A	59
Stephen	Davies	#N/A			#N/A		#N/A				0	#N/A	#N/A	
Rob	Emes			#N/A	#N/A			#N/A			0	#N/A	#N/A	
Jenny	Bomers	[550]	#N/A	[542]	#N/A		#N/A	[518]		#N/A	3	#N/A	#N/A	60
Joe	Hallsworth				#N/A			#N/A	#N/A		0	#N/A	#N/A	
Neville	Webb		#N/A	#N/A	#N/A						0	#N/A	#N/A	
Susan	Vernon_	#N/A			#N/A		#N/A			#N/A	0	#N/A	#N/A	61
Gower	Tan						#N/A	#N/A	#N/A		0	#N/A	#N/A	
Stephen	Trowell		#N/A		#N/A			#N/A			0	#N/A	#N/A	
Fred	Bungay		#N/A	#N/A				#N/A			0	#N/A	#N/A	
Ameet	Patel	#N/A		#N/A				#N/A		#N/A	0	#N/A	#N/A	62
James	Burrows	#N/A			#N/A		#N/A				0	#N/A	#N/A	
Rob	Fawn			#N/A	#N/A			#N/A			0	#N/A	#N/A	

Alice	Williams			#N/A		#N/A	#N/A			0	#N/A	#N/A	
Andrea	Ceccolini	#N/A			#N/A		#N/A			0	#N/A	#N/A	
Steve	Williams__		#N/A		#N/A				#N/A	0	#N/A	#N/A	
Rupert	Winlaw		#N/A		#N/A		#N/A			0	#N/A	#N/A	
Finn	Nugent				#N/A		#N/A	#N/A		0	#N/A	#N/A	
Paul	Keating	#N/A			#N/A	#N/A	#N/A			0	#N/A	#N/A	63
Madison	Newey		#N/A	#N/A	#N/A					0	#N/A	#N/A	
Ross	Rook	#N/A		#N/A	#N/A					0	#N/A	#N/A	
Colin	Frith	#N/A			#N/A				#N/A	0	#N/A	#N/A	
James	Auger				#N/A	#N/A	#N/A			0	#N/A	#N/A	
Tom	Poynton		#N/A		#N/A				#N/A	0	#N/A	#N/A	
Anna	Thomas	#N/A		#N/A	#N/A					0	#N/A	#N/A	
Charlotte	Sanderson				#N/A		#N/A	#N/A		0	#N/A	#N/A	
Elizabeth	Begley				#N/A	#N/A	#N/A		#N/A	0	#N/A	#N/A	
Catherine	Buglass		#N/A		#N/A			#N/A		0	#N/A	#N/A	
Jamie	Nicol	#N/A			#N/A		#N/A			0	#N/A	#N/A	
Naomi	Crowther		#N/A	#N/A	#N/A					0	#N/A	#N/A	
Hugh	French	#N/A					#N/A		#N/A	0	#N/A	#N/A	
Clare	Elms			#N/A	#N/A					0	#N/A	#N/A	
Joseph	Brady	#N/A			#N/A	#N/A	#N/A			0	#N/A	#N/A	
Rhian	Stansfield				#N/A		#N/A	#N/A		0	#N/A	#N/A	
Claire	Barnard	#N/A			#N/A	#N/A	#N/A			0	#N/A	#N/A	
Becca	Davis		#N/A	#N/A	#N/A					0	#N/A	#N/A	
Ange	Norris				#N/A			#N/A		0	#N/A	#N/A	
Ros	Tabor	#N/A			#N/A					0	#N/A	#N/A	
Nicholas	Brown			#N/A	#N/A					0	#N/A	#N/A	
Charles	Lound				#N/A	#N/A	#N/A			0	#N/A	#N/A	
Lloyd	Collier		#N/A		#N/A					0	#N/A	#N/A	
Ian	Lilley	#N/A				#N/A	#N/A			0	#N/A	#N/A	
Paul	Collyer				#N/A	#N/A	#N/A			0	#N/A	#N/A	
Lucy	Clapp				#N/A	#N/A	#N/A			0	#N/A	#N/A	
Emma	Ibell				#N/A	#N/A	#N/A			0	#N/A	#N/A	
Ed	Mawby			#N/A		#N/A	#N/A			0	#N/A	#N/A	
Martin	Kelsen				#N/A				#N/A	0	#N/A	#N/A	
Ben	Smith					#N/A	#N/A	#N/A		0	#N/A	#N/A	
Roz	Johnson	#N/A				#N/A	#N/A			0	#N/A	#N/A	
Grant	Kennedy	#N/A				#N/A	#N/A			0	#N/A	#N/A	
Tom	Wilson	#N/A				#N/A	#N/A			0	#N/A	#N/A	
Paul	Greenhalgh						#N/A	#N/A		0	#N/A	#N/A	
Rob	Hollands					#N/A	#N/A	#N/A		0	#N/A	#N/A	
Vicky	Jessett		#N/A				#N/A			0	#N/A	#N/A	
Katie	Smith__		#N/A		#N/A					0	#N/A	#N/A	
Ian	Sesnan			#N/A	#N/A					0	#N/A	#N/A	
Midge	Cameron	#N/A				#N/A	#N/A			0	#N/A	#N/A	
Max	Catterall	#N/A		#N/A						0	#N/A	#N/A	
Will	Lawn	#N/A				#N/A	#N/A			0	#N/A	#N/A	
Rob	Meadows		#N/A		#N/A					0	#N/A	#N/A	
Gideon	Franklin	#N/A			#N/A					0	#N/A	#N/A	
Matt	Wood__				#N/A	#N/A	#N/A			0	#N/A	#N/A	
Laura	Vincent	#N/A				#N/A	#N/A			0	#N/A	#N/A	
Martin	Double	#N/A				#N/A	#N/A			0	#N/A	#N/A	
Gary	Budinger			#N/A	#N/A					0	#N/A	#N/A	
Carys	Morgan	#N/A			#N/A					0	#N/A	#N/A	
Matthew	Bouette				#N/A			#N/A		0	#N/A	#N/A	
Shoko	Okamura	#N/A			#N/A					0	#N/A	#N/A	
Matt	Webb_				#N/A		#N/A			0	#N/A	#N/A	
Steve	Smythe				#N/A			#N/A		0	#N/A	#N/A	
Chris	Vernon	#N/A			#N/A				#N/A	0	#N/A	#N/A	
Sadie	Sholem					#N/A	#N/A			0	#N/A	#N/A	
Arthur	Coates		#N/A	#N/A						0	#N/A	#N/A	
James	Rimmer		#N/A			#N/A	#N/A			0	#N/A	#N/A	

Sam	Jenkins_				#N/A					#N/A	0	#N/A	#N/A
Hannah	Harvest	#N/A			#N/A						0	#N/A	#N/A
Alex	Haylett	#N/A						#N/A			0	#N/A	#N/A
Clare	Osborne	#N/A			#N/A						0	#N/A	#N/A
Gary	Sullivan						#N/A			#N/A	0	#N/A	#N/A
Andrea	Pickup		#N/A								0	#N/A	#N/A
Chris	Beardsell				#N/A						0	#N/A	#N/A
Ade	Russell				#N/A						0	#N/A	#N/A
Alison	Peel				#N/A						0	#N/A	#N/A
Hugh	Balfour				#N/A						0	#N/A	#N/A
Matt	Hartin									#N/A	0	#N/A	#N/A
Mike	Dodds				#N/A						0	#N/A	#N/A
Barry	Graham	#N/A									0	#N/A	#N/A
Sue	Cooper_				#N/A						0	#N/A	#N/A
Dave	West				#N/A						0	#N/A	#N/A
Stephanie	Lundon						#N/A				0	#N/A	#N/A
Teresa	Northey				#N/A						0	#N/A	#N/A
Steven	Kendall							#N/A			0	#N/A	#N/A
Oliver	Cooper__						#N/A				0	#N/A	#N/A
Tim	Jones									#N/A	0	#N/A	#N/A
Toby	de Belder							#N/A			0	#N/A	#N/A
Alex	Key							#N/A			0	#N/A	#N/A
Clare	Wyangard				#N/A						0	#N/A	#N/A
Kim	Hainsworth				#N/A						0	#N/A	#N/A
Victoria	Read				#N/A						0	#N/A	#N/A
Lee	Wild				#N/A						0	#N/A	#N/A
Chris	Lawrence			#N/A							0	#N/A	#N/A
Will	Cole	#N/A									0	#N/A	#N/A
Sara	Roloff						#N/A				0	#N/A	#N/A
Elkie	Mace						#N/A				0	#N/A	#N/A
Dominic	O'Sullivan							#N/A			0	#N/A	#N/A
Ali	Campbell_						#N/A				0	#N/A	#N/A
Terence	Baker				#N/A						0	#N/A	#N/A
Mike	Williams_	#N/A									0	#N/A	#N/A
Peter	Jenkins									#N/A	0	#N/A	#N/A
Denise	Brady_				#N/A						0	#N/A	#N/A
Karina	Burrowes						#N/A				0	#N/A	#N/A
Michelle	Key_						#N/A				0	#N/A	#N/A
Tomas	Lane							#N/A			0	#N/A	#N/A
Sam	Mattu				#N/A						0	#N/A	#N/A
Colleen	Williams___									#N/A	0	#N/A	#N/A
Peter	Jackson				#N/A						0	#N/A	#N/A
Joanne	Shelton Pereda				#N/A						0	#N/A	#N/A
Miles	Griffies							#N/A			0	#N/A	#N/A
John	O'Byrne	#N/A			#N/A						0	#N/A	#N/A
Stephanie	Burchill		#N/A								0	#N/A	#N/A
Matt	Ladds						#N/A				0	#N/A	#N/A
Robert	Tokarski				#N/A						0	#N/A	#N/A
Ajay	Khandelwal				#N/A						0	#N/A	#N/A
Euan	Davies_						#N/A				0	#N/A	#N/A
Eleanor	Simmons_				#N/A						0	#N/A	#N/A
Paul	Hodge				#N/A						0	#N/A	#N/A
Madi	Robinson				#N/A						0	#N/A	#N/A
Tommy	Fernandez				#N/A						0	#N/A	#N/A
Jonathan	Whittaker				#N/A						0	#N/A	#N/A
Tomasz	Strzyz							#N/A			0	#N/A	#N/A
Katie	Prior						#N/A				0	#N/A	#N/A
Desmond	Edwards						#N/A				0	#N/A	#N/A
195		12	7	2	1	7	16	16	17	5	83		