SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 9th May 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed 09 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Fri 11 **Track Session with Martin Morley** details
Dulwich College Track 7 for 7:15 start
fee £2 pay to Martin

Tue 08 **Track Session with Steve Smythe** see below
Dulwich College Track 7 for 7:15 start
fee £2 pay to Steve

For previous editions of SHORTS go to:
http://www.dulwichrunners.org.uk/newsletter.html

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In your *SHORTS* this week !

2 Fixture List
4 Race Results
6 Blackheath Assembly League results
8 Women run off with trophy at 1066
10 Wednesday Night Map to print
11.. Club Champs roundup

And much more !

---------- *EVENT HORIZON* ---------

A brief look ahead

May 19 Green Belt Relays
Jun 7 Victoria Pk. Assembly League
Jun 9/10 Welsh Castle relays
Jun 22 Club champs 1mile , Dulwich track
full fixture list & info page 2

DULWICH TRACK SESSIONS

Track sessions back at Dulwich.

The sessions start on the Dulwich College track. Please start warm-up at 7pm and the session will actually start about 7.15pm on the grass with the last 30 minutes on the track

Cost is provisionally £1 as long as you pay on thenight. £2 if don't pay on night. Subject to change if track hire costs aren't covered

Improve your speed & strength over all distances

Tuesdays with Steve Smythe are suitable for all abilities. *Over 30 runners attended the first Tuesday night session.*

LUCKY VEST

May winner Paul Keating

Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening.

NEW KIT *NEW KIT* *NEW KIT*

We now have lovely new vests and short sleeved T shirts for men and women. I'll bring them down to the club tonight

Vests £18 – t shirts £20

Ros

NEW RUNNERS ROTA

Thanks to **Clare Wyngard, Chris Vernon and Patrick McMorrow** for taking out new runners last week. If you are listed to take out new runners, please can you 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. Thanks. – **Ros**

Jose Barretta	09/05
Denise Brady	16/05
Stephanie Burchill	23/05
Lindsey Annable	30/05
Joseph Brady	04/06

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please remember to pay when you sign in. Thanks. – **Ros**

Wednesday Running Maps

On page 10 in SHORTS you will find a copy of the map for this weeks runs.

There will still be some available at the clubhouse , but it would help if you can print your own copy and bring it with you.

If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

CLUB FIXTURES 2011/12 - Club Champs , Xcountry, etc.

Date			Event		Venue
May		19/20	Green Belt Relays		
Jun	Thu	7	Victoria Pk. Assembly League		Victoria Pk, Hackney start 7:30
		9/10	Welsh Castles Relays		
	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	5	Battersea Park Assembly League		Battersea Park start 7:30
	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Aug	Thu	2	Dulwich Pk Assembly League		Dulwich Park start 7:30
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
	Thu	6	Beckenham Assembly League		Beckenham start 7:15
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Cabbage Patch 10 has been confirmed as **21 Oct**,

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

MEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and provisional venues have now been agreed for next season's Surrey League cross country.

These are:

20 October, Lightwater

10 November, Roundshaw Down

12 January, Cranford

9 February, Wimbledon Common

The dates for the women's fixtures will be the same, apart from the second one which is likely to be on 1 December. Venues to be confirmed, though the final match will be at Denbigh's Vineyard. – **Mike**

ASSEMBLY LEAGUE:

The Assembly League is an informal series of races, open to all club members in which we compete against other local clubs.

Each race is around 5k. You don't need to register or pay to run, just turn up.

Next race is at Victoria Park on 7th June at 7:30pm. Details to follow.

7 Jun	Victoria Park	7:30
5 Jul	Battersea Park	7:30
2 Aug	Dulwich Park	7:30
6 Sep	Beckenham Sports Club	7:15

Charlie Lound

DULWICH RUNNERS 2012 CLUB CHAMPS

The races comprising the 2012 club champs have been selected. Dates for some of the races are provisional, based on this year's dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. – ***Mike Mann***

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.

Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.

Just give me your name by 7:10

Don't just sit there salivating…join in ! – **Ros**

WELSH CASTLES RELAY

Provisional stage allocations have now been sent to all the runners. If anyone not running fancies a weekend in Wales, we are looking for additional minibus drivers as well as extra cars to help with the transport logistics.

GREEN BELT RELAY, 19-20 MAY

Owing to withdrawals through injury, we are no longer fielding a vets team and are now entering two mixed teams.

Our mixed A team contains many of our strongest men and women and stands a reasonable chance of being amongst the prizes. Revised stage allocations have been sent to all participants.

Jubilee celebrations in and around Windsor have resulted in major alterations to stages 2 and 3.

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked below with *) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm#prov

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

Kent Grand Prix and Championship Races

15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

13 May	Sutton 10km
10 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

Dulwich lie 14th after 2 races in the Kent grand prix (Canterbury 10, Thanet 20) in both men and women's events – full results in spreadsheet sent with SHORTS

FRIDAY Track Sessions start 11th May
Dulwich College track
7pm for 7:15 Start

Please remember this is aimed at all levels so that whatever your current pace is this will help you to improve and gain those PB's we all love

No previous track experience required just a desire to improve your running. Changing and toilet facilities available. Approximately 1 hour duration with focus on improving **your** speed and technique. £2 track fee on the day

Note in your diary to join Martin on the 11th May, this is the ideal time to start track work if you have done a spring Marthon and looking at 10K's etc

We will look to organise our Festival of Running towards the end of Summer as in previous years, hopefully a bigger and better Festival this year. – **Martin Morley**

BUPA London 10km, Sunday May 27

Entries will be confirmed in next few weeks.

So far the men's 6 would be: Tony, Wayne, Tom, Mike W, Dave B plus 1 other

Women 6 would be Clare, Shona, Charlie, Andrea, Alexie and Ola

Several people have said

they would like to ride the Herne Hill Velodrome.

I have made a provisional booking for a Dulwich Runners session at 6;00pm on Saturday 12 May. We could adjourn to the Crown and Greyhound for a recovery drink afterwards. If you are interested, please email Steve – stevecook6@gmail.com

Fee should be £5 or less depending on how many people turn up. – **Steve Cook**

TONIGHT: Beckenham Relays, May 9

The following runners are expected at today's Beckenham Relays
7.30pm start, meeting at Beckenham Cricket club at 7pm to sort teams out
There are still places available in the teams to runners of any abilities and teams can be mixed. Dulwich looks like having at least 9 teams starting. Women's teams are likely to be split so the top 3 teams are of similar standard. contact stevesmythe2006@yahoo.com if you want to run.

Men:	**Women:**
Wayne Lashley	Clare Elms
Tony Tuohy	Mel Edwards
Mike Williams	Shona McIntosh
Duncan Hussey	Alexie Shaw
Alex Elms	Susan Cooper
Jose Barretta	Debbie Niccol
Steve Smythe	Andrea Pickup
Chris Loizou	Emma Ibell
Colin Bailey Wood	Nicola Richmond
Ebe Prill	Jo Shelton
Mike Mann	Clare Osborn
Russell Daker	Ruki Sidhwa
Martin Morley	
Ameet Patel	

"The Big Jubilee Quiz Night"

Hi Everyone
Just a quick note to plug our 'Big Jubilee Quiz Night' at The Edward Alleyn Club on Friday 1st June!

To celebrate the Diamond Jubilee, we'll be providing a quiz night full of great prizes, lots of entertainment and a fantastic set of challenging questions, compered by our very own John Battle.

The night will begin at 7.30pm (quiz from 8pm) and refreshments will be provided.

Entry is £3 per person and teams are limited to four people for each team.

Please pass this message on and sign up early as you can as spaces are
limited.

Looking forward to seeing you on the night!

Thanks – Rob

Race Reports & Results

Whitstable 10k 7th May

This is a favourite of mine as I come from Whitstable and I can also normally get in a sail after the run. Perfick as the say down in Kent
Another reason I like it is it's very well organised with seemingly as many helpers as runners. It can also be a very fast course if the wind behaves. Being an "out and back" along the coast it can also be a killer if the wind is howling in your face.

This year it looked like being cold and windy but Monday morning turned out to be sunny with just a light Southerly, so almost perfect running conditions. The first mile is all downhill so a quick (for me) sub seven minute made me wonder whether I was going too fast but it seemed comfortable enough. I had ambitiously set a target of double my parkrun time so around 45 mininutes and with 2K to go thought I may get under 45, something I haven't achieved for a number of years.

However despite being in a group that was intent on pushing up the pace and what seemed like a sprint last kilometre I finished in 45.22 (Chip 45.18) which I should have been pleased with but wasn't, but there was still the sailing to look forward to so not all bad.
124 Bob Bell 45.22 (chip 45.18)
628 Finished

5kYourWay 02/05/12 Hackney Marshes

This is an annual fitness event for employees of London Boroughs, Health Authorities and Greenwich Leisure Ltd, who hosted the event at their modern changing room centre overlooking the football pitches just north of the Olympic site.

The pitch area is approximately oval with the sports centre near the southern end. The Parkrun there goes around the perimeter path and back but with around 1000 runners and walkers our course started straight ahead across the pitches to the northern end, then once clockwise round the perimeter path (tarmac to start then twisty grass), then back to the start across the pitches.

Debbie was trying to stay ahead of her male colleagues and did that , whilst also beating all the women. Neville and Andy (1st in Southwark team) followed. The Garmin showed this as 5.2k and the evening weather was cool and breezy.
6 /1w Debbie Nichol (GLL, 2nd claim DR) 18.36 gun, 18.33 chip
23/3m50 Neville Webb (GLL) 20.24/20.19
36/5m50 Andy Murray (LB Southwark) 21.01/20.54
Andy Murray

5km Results for May 5th

Amager Fælled - Copenhagen

Myself and David joined the parkrun tourist gang, completing the Amager Fælled parkrun in Copenhagen in 23:48 and 23:55 respectively

There were 94 runners, including one wearing a lime green all in one leotard, which even covered his face!

40 Jane Harbage	6W	23:48
42 David Harbage		23:55

94 ran

Brockwell

11 Graeme Campbell		22:16
66 Claire Steward	14W	23:32
72 Nicola Hill	17W	24:03
74 Jessica Sale	18W	24:09
93 Michelle Lennon	24W	25:33

157 finished

Bromley

10 Mike Fullilove	19:53
73 Martin Morley	23:23

277 finishers

Crystal Palace

Will Davis gained another win, his sixth, but the only PB was for Susan Vernon. Clare Wyngard was the only one who also ran Blackheath and she was one second quicker here on a tougher course.

1 Will Davis		18:36
18 Bob Bell		22:18
25 Mike Dodds		23:01
28 Clare Wyngard	1W	23:07
36 Jo Quantrill (2nd cl)	5W	23:59
53 Ameet Patel		25:55
54 Clare Osborne	9W	26:01
87 Chris Vernon		31:36
90 Susan Vernon		32:49 (PB)

98 finished (2nd ever highest)

Dulwich

Tony equalled his time of the week before while Mark Foster, Nicola Richmond and Graham Laylee also PB'd, and the latter two ran quicker than in the League just 40 hours earlier. Ola gained another individual win in her 40th parkrun.

2 Tony Tuohy 16:54 (eq PB)
9 Chris Loizou 19:04
14 John Fletcher 19:16 (first timer)
15 Mark Foster 19:22 (PB)
1W/21 Ola Balme 20:34
3W/23 Nicola Richmond 20:43 (PB)
35 Graham Laylee 21:40 (PB)
53 Paul Keating 23:34 (first timer)
85 finished
from last week Mike Dodds 22:07, course pb

Greenwich

Despite his Mum deafening the entire field of runners with encouraging shouts, Alex Elms just missed out of winning in a sprint finish and making it a family double. Clare, who was warming up for a hard track session immediately afterwards, won her 39th parkrun out of 39 races, and won by four minutes.

2 Alex Elms		19:33
3 Steve Smythe		20:22
4 Clare Elms	1W	20:23

68 finished

Cambridge Harriers Trials, Sutcliffe Park, May 2

Alex Elms made a successful track debut easily being first under 13 in the 800m and just missed breaking 2:30 and at present it places him in the top ten 11 year-olds in Britain.

He also came second in the 200m in 29.2, which is slightly quicker than his Mum's listed Vets PB of 29.4

U13 800: 1 Alex Elms 2:30.6
U13 200: 2 Alex Elms 29.2

TUI Marathon Hanover, 06.05.12

Doerte Weber writes…"I managed to survive and finish my first marathon in 4.07.42"

130th women
16th in age group
1067 ran

Club record smashed.....

"By running 2:56:21 at the London Marathon on 22nd April 2012, Steve Smythe (the elder) broke Joe Fell's marathon MV55 age group record by over eighteen minutes. The previous record, which had stood since April 2000, was 3:15:00."

Assembly League, Blackheath, approx 5km, May 3

This course was used for the first ever Assembly League in 1976 but hasn't been used since 2001. It's not quite 5km, being about 80 metres short but with three testing climbs up Pond Road and three short steep hills, it gives pretty much an exact 5k time. The organisers decided to keep the course as per the original rather than make it accurate.

The women won easily and the women's B team were even more dominant. The men didn't fare quite as well but it was agreat turn out and we were third team. A comparison is given with Beckenham which is a shorter course – most were 30 seconds slower this time.

4 Ben Fairhall 16:02 (Beckenham 15:44)
(Third on the Dulwich all-time lists with a superb run and lost a few seconds and possible third place due to a misunderstanding near the finish)
12 Tony Tuohy 16:44 (prev best 17:33 in 1994) **(**3rd Vet/2M45) (Beckenham 16:12)
(Easily set course PB to go 4th on Dulwich Vets all-time behind John McGlashan 16:31, John Neighbour 16:39 and Steve Williams' 16:41)
16 Mike Williams 16:59 (Beckenham 16:22)
(Third scorer returning to form well after London Marathon)
1W/27 Clare Elms 17:40 (Beckenham 17:18)
Sat in behind leading woman until last lap and pulled away for easy win by 15 seconds to go third on women's all time lists.)
39 Duncan Hussey 18:27 (best 16:53 in 1998)
(Beckenham 17:56)
(Started quickly and headed Clare on first half but struggled second half.)
3W/44 Alexie Shaw 18:43 (Beckenham 17:51)
(Easing back after Marathon with strong run and be easily third woman.)
46 Rupert Nash 18:46
(Good Assembly league debut with steady well-paced run.)
49 Chris Loizou 19:00 (3rd M50) (Beckenham 17:49)
(Started well but couldn't quite hold pace and went fourth on Dulwich all-time M50 lists behind Mike Mann's 17:56, Tony Edwards' 18:42 and Joe Fell's 18:52.
51 Steve Smythe 19:08 (prev best 15:42 in 1980, Dulwich best 16:11 in 1993) (Beckenham 18:20)
(Ran here in first year in 1976 and 42nd Blackheath league race but slowest by well over 2 minutes.)
53 Mike Mann 19:11 (prev best 17:56 in 2001) (1M60) (Beckenham 18:34)
(Solid run to easily break Club M60 best on course.)
57 Hugh Balfour 19:18
(Best ever Assembly league race and strong last lap)
58 Mike Fullilove 19:22 (0:34 slower than Beckenham)
(Equivalent run of PB in other events with steady effort.)
60 Colin Bailey Wood 19:25 (prev best 17:31 in 1996); (Beckenham 19:36)
(Easing back to form after years of injury.)
63 Chris Treble 19:30
(Didn't quite maintain pace on last lap after missed training.)
74 Oscar Hussey 19:50 (Beckenham 19:50)
(Found last lap hard but much better run than last league though did exactly same time.)
5W/77 Ola Balme 19:53 (best 19:58 in 98 - Beckenham 19:20)
(Beat previous best 14 years ago by 5 seconds as eased back after Marathon.)
80 Andy Murray 19:57 (best 17:18 in 1998)
(Beckenham 20:07)
(Steady run but up on his Beckenham performance.)
99 Duncan Wilson 20:39
(Still well short on best fitness and didn't quite hold pace after quickish start.)
14W/104 Nicola Richmond 20:50
(Another gradually returning to fitness with steady run and led home B team.)
108 Mick Ward 21:08 (Beckenham 21:01)
(Greatly improved form on Beckenham.)
17W/110 Sue Cooper 21:10
(Short of race fitness as scored for B team)
20W/115 Mel Edwards 21:18 (Beckenham 21:10)
(One of best short distances races in first test since Marathon pb and improved on Beckenham run.)
122 Martin Morley 22:00 (17:18 in 1996) (Beckenham 21:18)
(almost 5 minutes down on best as trying to ease back to fitness.)
124 Joseph Brady 22:02 (Beckenham 21:28)
(Still struggling to get back to form of few years ago and similar run to Beckenham)
129 Graham Laylee 22:10 (Beckenham 21:32)
(Followed Joseph home as per Beckenham.)
130 Claire Steward 22:24 (Beckenham 21:38) (1st W60)
(Third race in 11 days after marathon and half-marathon in previous weeks.)
140 Clare Wyngard 23:08
(Surprisingly was Blackheath debut and not quite matching parkrun form.)
146 Kev Wood 23:51 (best 17:26 in 1997) (Beckenham 23:09)
(Six minutes down on best and his 15th Blackheath league for Dulwich which is club record.)
152 Lindsay Annable 24:20
(Solid run with good finish.)
171 Stephanie Burchill 26:09 (22:23 in 1998)
(Beckenham 25:29)
(Run on a par with Beckenham with steady run.)
A Team: 1 Kent 18; 2 Stock Ex 60; 3 Dulwich 66; 4 Serpentine 68
Women: 1 Dulwich 8; 2 Kent 27; 3 Dulwich B 51

TED PEPPER 10K, 7 MAY

Mike Mann reports This traditional Bank Holiday Monday event took place on an entirely new course, which most people thought was a marked improvement on the previous rather dreary 3 lap course with several roundabouts to negotiate.

However what would normally be a pleasant relatively fast trail run 9 years out of 10 was reduced to something approaching cross country, with a lot of heavy mud and large puddles to negotiate once leaving the benign conditions of Norman Park. The race started and finished on Blackheath & Bromley's track, including the first 600m.

This, and the relatively good grass conditions in Norman Park probably explains why many were surprised by their fast times at 1k and their noticeable slowing down thereafter. On leaving Norman Park around two thirds of the race took place in cross country like conditions in the woods (actually quite a bit worse than many of the courses run in the recent winter season, though without much in the way of hills).

The event was well organised by Blackheath & Bromley with marshals posted at all the points where one could go wrong. The off-road course together with the mud must have been worth a good couple of minutes compared with a typical road 10k. For the 4 who ran the road course last year, comparisons were all over the place ranging from around 1:30 to 5:30 mins slower, so read into that what you will. Unless there is repeat of recent weather anyone doing the race next year is expected to go a good deal faster, or else come up with a convincing excuse.

Several people had run the 1066 relay the day before, including 3 of us doubling up with 2 stages. I for one felt particularly creaky and wasn't quite sure what I was doing there for the first 2k until a rival M60 came alongside me, whereupon I woke up instantly and stayed in the zone for the rest of the race.

Andrea, slowed somewhat by her exertions the previous day, was 2nd woman, while Ola finished in 3rd place. There was a good turnout from the club with 12 participants, including a good run from Mark Foster. Mike Dodds wins the prize for being closest to his 2011 time, while Claire Steward, the W60 winner beat all the W50s in the process.

Ameet Patel produced an impressive sprint on the track at the end to go past Martin Morley. The race was won convincingly by former member Ian Frith in a time of 35:56.

The 2k fun run was easily won by Alex Elms, while Francesca Pickup finished 3rd girl and Claudia and Benjamin Pickup also did well but it seems results won't be published for that..

20	Mike Mann		41:30 (1st M60)
25	Andrea Pickup	2W	42:37
27	Mark Foster		42:46
31	Ola Balme	3W	43:25
47	Duncan Wilson		45:07
70	Graham Laylee		47:05
78	Angela Oritsejafor		48:02
85	Mike Dodds		48:32
87	Claire Steward		48:43 (1st W60)
101	Ameet Patel		50:06
102	Martin Morley		50:18
112	Clare Osborne		51:05

"BIG TROPHY HAUL AT 1066 RELAY"....

The lengthy wet spell and the cold miserable weather on the day made conditions challenging in the second year of the 1066 Relay, but the Dulwich contingent came away with an impressive medal haul, with both our women's teams winning and 16 individual awards. As expected our strong senior women's team emerged as winners, but our women's vets team did exceptionally well to win as well.

Alexie Shaw, Andrea Pickup, Mel Edwards and Michael Williams won their individual stages, while David Beaver, Angie Norris, Joanne Shelton, Andrea, Chris and Ebe Prill were first vets in their respective age categories and Mike Mann, Steve Williams, Angie Norris and Ebe picked up age adjusted awards for 4 out of the 5 stages. In total we collected an impressive16 individual awards, 10 more than the next best club.

Once again the organisation of the event by Nick Brown and his team was excellent, with marshals scattered over the course avoiding any potential navigational challenges. Full results are not yet available and will be provided in Shorts next week. In the meantime times for our many stage winners are posted here. Apologies for those not mentioned in the report below in the absence of their finishing times. A fuller summary, including reports from competing runners will go on the website.

Most of us warmed up and restored our sapping energy levels at the George Inn, Rye, where we had an enjoyable and relaxed lunch.

Stage 1 **Pevensey Castle to Herstmonceux Castle**, 6.42 miles, difficulty rating 4

This stage is gently undulating with the first half on small country lanes, and the second half off-road across the Pevensey Levels, starting off on grassy paths, broken up by gates, but degenerating into slippery paths for a half mile up-hill stretch towards the end. David Beaver, despite recent injury problems that have cut back his training, had a strong run, finishing in second place and first M50. Andrea, running with Mike, for most of the stage, was only just ahead of a competing woman at half way, but made short work of her once we hit the off-road section, to finish first woman, and close behind Mike, the age adjusted winner.

Claire Tinker put in a strong effort to kickstart the women's vets team victory, while Ameet coped very well with the conditions, despite being narrowly beaten to one of the gates by a herd of cattle.

Stage 2 **Herstmonceux Castle to Battle Abbey,** 11.08 miles, difficulty rating 9

This is the longest and most testing stage of the relay, with a number of tough climbs totalling almost 1100 ft, made more tricky by slippery ground conditions on many of the off-road paths. Despite this, Alexie was a minute faster than in 2011, finishing first woman once again. Chris had a strong run to win the M50 award, while Angie Norris, member of the winning women's vets team, was first W50 and overall age adjusted winner.

Stage 3 **Battle to Kent St**, 3.2 miles, difficulty rating 3

Although by far the shortest stage, this was quite challenging with a number of short and sharp climbs, and probably the most difficult ground conditions of the whole relay, far worse than most of us had experienced over the winter cross country season. 75% of the stage is on off-roads paths which were all extremely mucky. Consequently there was a lot of slipping and sliding around by John Fletcher and Sue Cooper, both of whom were wearing road shoes. Nevertheless John was first of our runners home, followed by Mike who passed him a couple of times earlier on some of the treacherous descents, with Andrea not far behind, followed closely by Martin and Sue. Andrea finished first W35 and Mike won the age adjusted award.

Stage 4 **Kent Street to Icklesham**, 7.05 miles, difficulty rating 7

Another tough but scenic stage with numerous stiles, largely off-road with extensive mud to contend with, particularly early on. It contains three challenging climbs, including a comedy hill near the end with an ascent of 143 ft in 0.35 miles. Mike Williams had a great run to emerge as winner, while Mel continued her excellent recent form to finish first woman and Joanne Shelton performed well as first W35. Steve Williams had a strong run to finish age adjusted winner.

Stage 5 **Icklesham to Rye**, 5.5 miles, difficulty rating 3

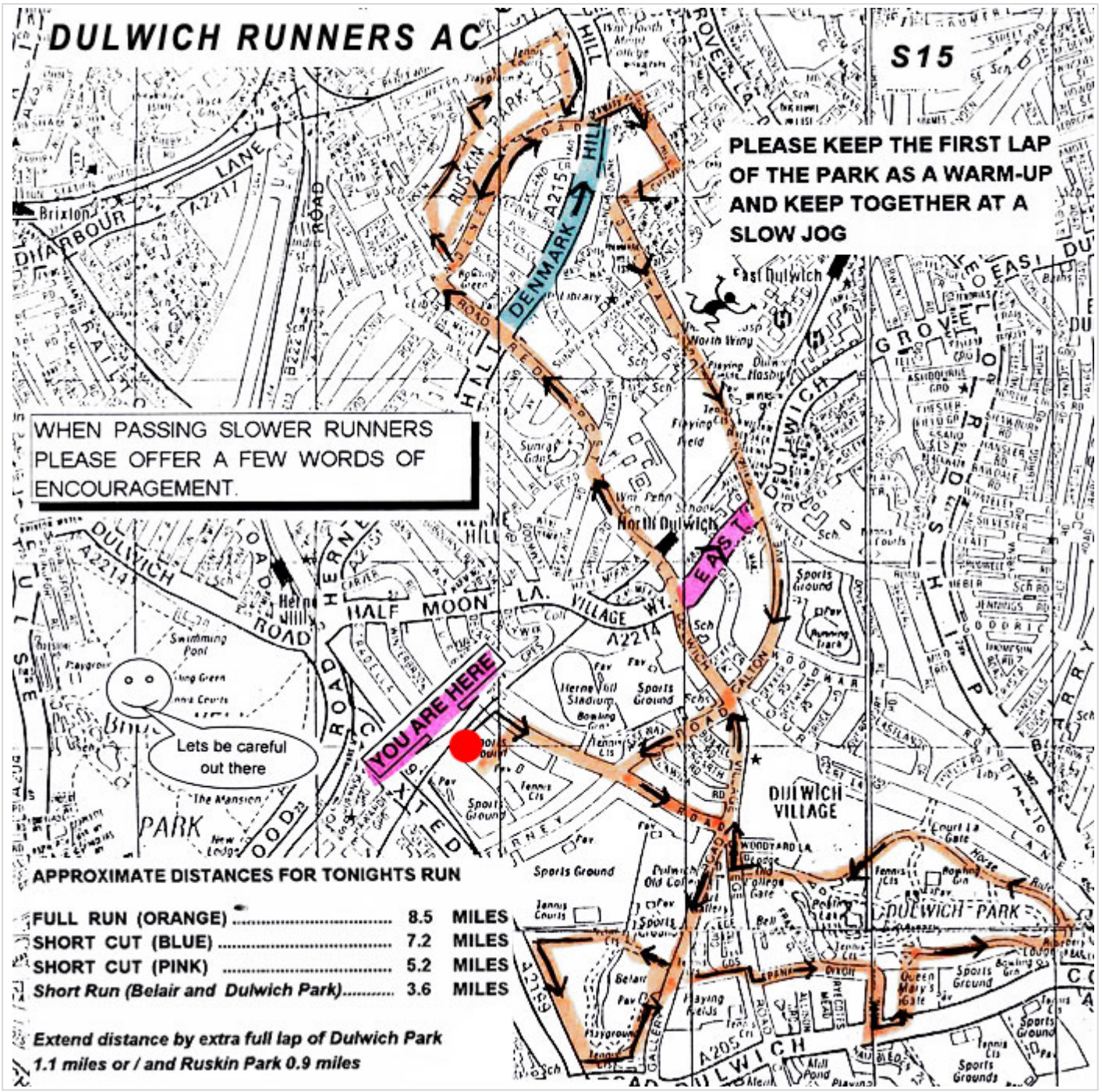
The final section into Rye is largely on country lanes and hard track, but there were enough greasy off-road paths to give a cross county feel to parts of it. Ebe, returning to his form of a few months ago, had an excellent run to finish first M50 and age adjusted winner. There was also a good run by Louisa Pritchard who was only seconds behind the winning W35 and kept the women's vets team on target for its win

Our winning ladies team with their trophy

L–R: Alexie Shaw, Laura Stephens, Andrea Pickup, SueCooper, Mel Edwards

RACE SUMMARY 1066 RELAY MAY 6th 2012	
Winners **Beckenham RC men's seniors**-	3.42.58
2nd **Canterbury Harriers**-	3.45.38
3rd **Petts Wood men's seniors**-	3.49.31
First women's team **Dulwich Runners women's seniors**-	4.07.19
First male vets and local 1066 Trophy winners **Hastings AC**-	3.55.13
First women's vets **Dulwich Runners**	4.24.05
First mixed team **Serpentine Team A**	4.12.07
Stage awards	
1. Pevensey Castle to Herstmonceux Castle 6.42 miles (Rating 4)	
Winner Ally Thorpe Beckenham men's seniors-	40.26
First M50 David Beaver Dulwich Runners -	40.38
First woman Andrea Pickup Dulwich Runners-	44.37
First F35 Andrea Pickup as above	
Best age graded Mike Mann Dulwich Runners - 79.86%	
2 . Herstmonceux Castle to Battle Abbey 11.08 miles (Rating 9)	
Winner Jim Addison Beckenham men's seniors	73.25
First M50 Chris Loizou Dulwich Runners	80.39
First woman Alexie Shaw Dulwich Runners-	78.35
First F45 Angie Norris Dulwich Runners -	84.36
Best age graded Angie Norris as above - 75.20%	
3. Battle to Kent Street 3.20 miles (Rating 3)	
Winner Peter Hogben Canterbury Harriers-	18.26
First F35 Andrea Pickup Dulwich Runners	21.47
Best age graded Mike Mann Dulwich Runners - 72.25%	
4. Kent Street to Icklesham 7.05 miles (Rating 7)	
Winner Mike Williams Dulwich Runners-	47.13
First woman Mel Edwards Dulwich Runners-	59.08
First F35 Joanne Shelton Dulwich Runners	63.48
Best age graded Steve Williams Dulwich Runners - 68.89%	
5. Icklesham to Rye 5.50 miles (Rating 4)	
Winner Kris Everett Hastings AC-	36.25
First M50 Ebe Prill Dulwich Runners-	37.40
Best age graded Ebe Prill Dulwich Runners - 71.64%	

Individual awards - **Dulwich Runners (16)**; Beckenham RC (6); Petts Wood Runners (3); Serpentine RC (2); Hastings AC (2); Hastings Runners (1); Canterbury Harriers (1); Heathfield Road Runners (1); Hailsham Harriers (1); The Team With No Name (1); West 4 Harriers (1).


DULWICH RUNNERS AC
S15
PLEASE KEEP THE FIRST LAP OF THE PARK AS A WARM-UP AND KEEP TOGETHER AT A SLOW JOG
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
Lets be careful out there
YOU ARE HERE
DENMARK HILL
EAST DULWICH
DULWICH VILLAGE
DULWICH PARK
HALF MOON LA.
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 8.5 MILES
SHORT CUT (BLUE) ..... 7.2 MILES
SHORT CUT (PINK) ..... 5.2 MILES
Short Run (Belair and Dulwich Park)..... 3.6 MILES
Extend distance by extra full lap of Dulwich Park
1.1 miles or / and Ruskin Park 0.9 miles

Club Championship

Tables are attached after 3 events, firstly within age groups and then overall age graded.

Certified Marathons continue to count throughout the year, so the points for that distance are not final.

Next events are short -1 mile (22 June) & 2 miles (12 July) organised by Dulwich Runners, turn up on the night.

Andy Murray

DULWICH RUNNERS CLUB CHAMPIONSHIPS 2012

POSITION AFTER 3 EVENTS OF 8 BEST 4 EVENTS TO COUNT 50 for first in category, 49 for 2nd etc

AGE CATEGORY CHAMPIONSHIPS EVENTS COMPLETED

	SHORT				LONG					
Name / Championship c	**Bromley ParkRun 5k 10 March**	**Dulwich Track 1 mile 22 Jun**	**Dulwich Park 2 mile 12 Jul**	**Elmbridge 10k 22 Jul tbc**	**Paddock Wood Half Marathon 1 Apr**	**London (or any other certified) Marathon 17 April**	**Dry Hill 10 mile 2 Sep**	**Eridge 10m trail 11 Sep**	Events completed	**TOTAL POINTS inc 1 bonus for each event**
WOMEN SENIOR										
Alexie Shaw	49				50	50			3	**152**
Melanie Edwards	47				47	48			3	**145**
Joanne Shelton	44				45	43			3	**135**
Anna Thomas	43				44	44			3	**134**
Charlie Wood	50				49				2	**101**
Laura Stephens	45				48				2	**95**
Sue Cooper	46				46				2	**94**
Kim Hainsworth	48				43				2	**93**
Toni Holt					-	49			1	**50**
Catherine Lee					-	47			1	**48**
Annalise Laidlow					-	46			1	**47**
Marlene Russell					-	45			1	**46**
Emily Wheeler					-	42			1	**43**
Carys Morgan	42				-				1	**43**
Michelle Allard	41				-				1	**42**
WOMEN V40										
Ola Balme	49				50	49			3	**151**
Claire Steward (50+)	45				48	50			3	**146**
Clare Osborne	43				47				2	**92**
Lindsey Annable	42				46				2	**90**
Clare Elms	50				-				1	**51**
Andrea Pickup					49				1	**50**
Emma Ibell	48				-				1	**49**
Nicola Richmond	47				-				1	**48**
Ros Tabor (50+)	46				-				1	**47**
Sue Rowlands					45				1	**46**
Clare Wyngard (50+)	44				-				1	**45**
Ruki Sidwha	41				-				1	**42**
Stephanie Burchill (50+)	40				-				1	**41**
Susan Vernon (50+)	39				-				1	**40**
MEN SENIOR										
Steve Ackroyd	45				43	44			3	**135**
Jose Barretta	47				41	43			3	**134**
Mike Williams	49					50			2	**101**
Tom Marshall					50	49			2	**101**
Wayne Lashley					49	46			2	**97**
Chris Broadbent					47	47			2	**96**
Paul Devine					44	48			2	**94**
Jim Dowsett	42				40				2	**84**
Christian Moody					38	42			2	**82**
Ben Fairhall	50				-				1	**51**
James Godber					48				1	**49**
Edward Hill	48								1	**49**
Rupert Nash					46				1	**47**
Alex Elms	46								1	**47**
Ed Smyth						45			1	**46**
Matt Galvin	-	-		-	45		-	-	1	**46**
Jozef Danko	44								1	**45**
Oscar Hussey	43								1	**44**
Neil Daniels					42				1	**43**
Mark Paine						41			1	**42**
Javier Pujol						40			1	**41**
Olivier Montfort					39				1	**40**

MEN V50											
Steve Smythe	50				49	49			3	**151**
Barrie John Nicholls	39				43	45			3	**130**
Steve Wehrle (60+)	38				42	42			3	**125**
Steve Street	37				40	41			3	**121**
Mike Mann (60+)	49				48				2	**99**
Chris Loizou					47	48			2	**97**
Andy Murray	48					47			2	**97**
Colin Frith	44				46				2	**92**
Graham Laylee	42				45				2	**89**
Bob Bell	43				44				2	**89**
Steve Smythe (2)						50			1	**51**
Steve Williams					50				1	**51**
Gary Sullivan	47								1	**48**
Patrick McMorrow						46			1	**47**
Martin Morley	46								1	**47**
Ian Sesnan	45								1	**46**
Giles Gibson						44			1	**45**
Lloyd Clater						43			1	**44**
Lloyd Clater					41				1	**42**
Mike Dodds	41								1	**42**
Roy Hibberd						40			1	**41**
Mick Ward	40								1	**41**
John O'Byrne	36								1	**37**
Chris Vernon (60+)	35								1	**36**

OVERALL CHAMPIONSHIP - AGE GRADED

	SHORT						LONG					
Name	**Bromley ParkRun 5k 10 March**	**Dulwich Track 1 mile 22 Jun**	**Dulwich Park 2 mile 12 Jul**	**Elmbridge 10k 22 Jul tbc**	**Paddock Wood Half Marathon 1 Apr**	**London (or any other certified) Marathon 17 April**	**Dry Hill 10 mile 2 Sep**	**Eridge 10m trail 11 Sep**	**TOTAL POINTS**	average	best	position
Claire Steward (50+)	858				850	892			**2,600**	867	892	**1**
Charles Lound	824				832	815			**2,471**	824	832	**2**
Steve Smythe	808				817	807			**2,432**	811	817	**3**
Ola Balme	811				806	724			**2,341**	780	811	**4**
Alexie Shaw	763				794	760			**2,317**	772	794	**5**
Melanie Edwards	699				688	656			**2,043**	681	699	**6**
Jose Barretta	716				645	588			**1,949**	650	716	**7**
Ajay Khandelwal	657				657	600			**1,914**	638	657	**8**
Barrie John Nicholls	661				647	586			**1,894**	631	661	**9**
Steve Ackroyd	664				642	585			**1,891**	630	664	**10**
Joanne Shelton	668				665	551			**1,884**	628	668	**11**
Anna Thomas	647				630	554			**1,831**	610	647	**12**
Steve Wehrle (60+)	646				642	495			**1,783**	594	646	**13**
Mike Mann (60+)	851				854				**1,705**	853	854	**14**
Andy Murray	806					771			**1,577**	788	806	**15**
Mike Williams	803				-	747			**1,550**	775	803	**16**
Charlie Wood	778				759				**1,537**	769	778	**17**
Chris Loizou					761	763			**1,524**	762	763	**18**
Steve Street	553				534	417			**1,504**	501	553	**19**
Tom Marshall					764	646			**1,410**	705	764	**20**
Colin Frith	709				697				**1,406**	703	709	**21**
Duncan Wilson	717				683				**1,400**	700	717	**22**
Bob Bell	726				672				**1,398**	699	726	**23**
Ebe Prill	710				686				**1,396**	698	710	**24**
Laura Stephens	693				696				**1,389**	695	696	**25**
Graham Laylee	700				682				**1,382**	691	700	**26**
Sue Cooper	694				677				**1,371**	686	694	**27**
Chris Broadbent					710	596			**1,306**	653	710	**28**
Clare Osborne	633				638				**1,271**	636	638	**29**
Cameron Timmis	646				622				**1,268**	634	646	**30**
Lindsey Annable	644				621				**1,265**	633	644	**31**
Jim Dowsett	635				622				**1,257**	629	635	**32**
Ameet Patel	609				647				**1,256**	628	647	**33**
Kim Hainsworth	742				488				**1,230**	615	742	**34**
Jonah Albert	633				597				**1,230**	615	633	**34**
Christian Moody					577	507			**1,084**	542	577	**36**
Ros Tabor (50+)	925				-				**925**	925	925	**37**
Clare Elms	894				-				**894**	894	894	**38**
Tony Tuohy	852								**852**	852	852	**39**
Steve Williams					840				**840**	840	840	**40**
Steve Smythe (2)						828			**828**	828	828	**41**
Ben Fairhall	813				-				**813**	813	813	**42**

Alex Elms	805				-				**805**	805	805	**43**
Andrea Pickup					770				**770**	770	770	**44**
Edward Hill	759				-				**759**	759	759	**45**
Emma Ibell	758				-				**758**	758	758	**46**
Martin Morley	754								**754**	754	754	**47**
Nicola Richmond	752				-				**752**	752	752	**48**
Clare Wyngard (50+)	752				-				**752**	752	752	**48**
Mike Fullilove	743	-		-	-		-	-	**743**	743	743	**50**
Gary Sullivan	735								**735**	735	735	**51**
James Godber					729				**729**	729	729	**52**
Toni Holt					-	719			**719**	719	719	**53**
Ian Sesnan	716								**716**	716	716	**54**
Oscar Hussey	715				-				**715**	715	715	**55**
Stephanie Burchill (50+)	703				-				**703**	703	703	**56**
Rupert Nash					701				**701**	701	701	**57**
Mark Foster					691				**691**	691	691	**58**
Matt Galvin	-	-		-	690		-	-	**690**	690	690	**59**
Mick Ward	690								**690**	690	690	**59**
Mike Dodds	689								**689**	689	689	**61**
Jozef Danko	658				-				**658**	658	658	**62**
Ruki Sidwha	654				-				**654**	654	654	**63**
Catherine Lee					-	653			**653**	653	653	**64**
Susan Vernon (50+)	644				-				**644**	644	644	**65**
Neil Daniels					642				**642**	642	642	**66**
Carys Morgan	639				-				**639**	639	639	**67**
Olivier Montfort					625				**625**	625	625	**68**
Paul Devine					n/k	619			**619**	619	619	**69**
Michelle Allard	617				-				**617**	617	617	**70**
Patrick McMorrow						610			**610**	610	610	**71**
Sue Rowlands					609				**609**	609	609	**72**
Annalise Laidlow					-	605			**605**	605	605	**73**
Wayne Lashley					n/k	588			**588**	588	588	**74**
Ed Smyth					-	587			**587**	587	587	**75**
Marlene Russell					-	582			**582**	582	582	**76**
Paul Keating					563				**563**	563	563	**77**
Lloyd Clater					550				**550**	550	550	**78**
Chris Vernon (60+)	550								**550**	550	550	**78**
John O'Byrne	544								**544**	544	544	**80**
Emily Wheeler					-	525			**525**	525	525	**81**
Giles Gibson						507			**507**	507	507	**82**
Lloyd Clater						473			**473**	473	473	**83**
Mark Paine					-	437			**437**	437	437	**84**
Roy Hibberd						381			**381**	381	381	**85**
Javier Pujol					-	373			**373**	373	373	**86**