SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 25th July 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 04 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 10 **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

In your *SHORTS* this week !

2 Fixture List
4 Race reports etc
6 Elmbridge 10k Club champs results
7 Just what you need for a British summer !
8 Wednesday Night Map to print
9... Club Champs roundup

And much more !

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

A brief look ahead

Aug 02 Dulwich Park Assembly League
Sep 02 Dry Hill 10m Club champs
Sep 06 Beckenham Assembly League
full fixture list & info page 2

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - Ros

DULWICH TRACK SESSIONS

Improve your speed & strength over all distances. Tuesdays with Steve Smythe are suitable for all abilities.

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 the night, £2 if don't pay on night. Subject to change if track hire costs aren't covered

LUCKY VEST

July winner was Jo Shelton

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 new vests and short sleeved T shirts for men and women. - Vests £18 - T shirts £20
Waterproof Jackets 25 – Ros
Available most Wednesday at the club

There will be no kit at the club this Wednesday but it will be available again from Aug 1st

NEW RUNNERS ROTA

Thanks to **Vicky Fong, Hugh Balfour and Steve Cook** 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**

Roy Hibberd	**25/07**
Pail Hilton	01/08
Emma Ibell	08/08
Peter Jackson	15/08
Ajay Khandelwal	23/08

RUN1600 RUN1600 RUN1600

Wednesday 15th August will be Dulwich Runners' 1600th Wednesday run!

To mark the occasion there will be some free raffles, and I can tell you one of the prizes will be a free club membership for next year !
We shall also be taking some group pictures of you all outside the clubhouse to go on the clubs website, so please wear your club kit if you can.

And if anybody fancys making some cakes, hint hint for after the run I'm sure they will go down a treat !

CLUB FIXTURES 2012/13

Dates			Event		Venue
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
TBC	**Sat**	15	Reigate Mob Match **(date TBC)**		Reigate Priory
Oct	**Sat**	**20**	**Lightwater XC**	**M**	**Lightwater**
	Sat	**20**	**Roehampton Vale XC**	**W**	**Roehampton Vale**
Nov	**Sat**	**10**	**Roundshaw Down XC**	**M**	**Croydon**
Nov	Sun	18	Epsom 10	L	Epsom
Dec	**Sat**	**1**	**Epsom Downs XC**	**W**	**Epsom**
Jan	**Sat**	**12**	**Cranford XC**	**M**	**Cranford**
	Sat	**12**	**Mitcham Common XC**	**W**	**Mitcham Common**
Feb	**Sat**	**9**	**Wimbledon Common XC**	**M**	**Wimbledon Common**
	Sat	**9**	**Denbies Vineyard XC**	**W**	**Dorking**

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

2012/13 Mens & Womens Surrey League Cross Country **M= Men W=Women**

Dates and provisional venues for next season's Surrey League cross country. Fixtures usually start at 12 noon with the exception of the womens Epsom Downs match, (time TBC)

XC Captains:

Men - Mike Mann mcmann90@yahoo.co.uk Women: Mel Edwards & Sue Cooper dulwich.womenscaptain@yahoo.co.uk

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

DULWICH RUNNERS

2012 CLUB CHAMPS

See fixture list for races and dates etc.

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

After the one and two mile races we have the Elmbridge 10k on 22 July. The race has a limit of 700 entrants and nearly 300 have already gone, so get in your entries soon! - ***Mike Mann***

CLUB CHAMPS

We have already taken a decision to remove the Cabbage Patch 10 from this year's club champs as it clashes with a men's Surrey League match that weekend.

It was provisionally proposed to replace it with the cross country mob match at Reigate, but this was not ideal as the date has yet to be fixed and the distance is only 5 miles. We have investigated various alternative races, but in many cases the dates were unsuitable. By far the best option is the Epsom 10 which takes place on 18 November and was used as a club champs race last year, so we have designated this as the replacement club champs race. As yet the race has not been heavily advertised, but entry forms will be included in Shorts as soon as they are available.

The next club champs race is the Lingfield (Dry Hill) 10 on 2 September (see separate notice, entry forms available at the club). *Mike Mann on behalf of ADSC*

CROSS COUNTRY MOB MATCH

We are hoping to stage our now traditional cross country mob match with Reigate this September, but it has not yet been fixed.

However we have a provisional date of Saturday 15 September with a late morning start, so you may want to put this in your diaries. ***Mike Mann***

Entry forms now available

The DRY HILL 10, which is a Club championship race,.

I have left some at the Club, which are headed Lingfield Running Club. It is on the 2nd September and is a multi terrain event.

Alternatively 'google' Lingfield running club and enter online. It's usually a fairly small field of entrants. There are a couple of wonderful hills and paths across fields etc. whilst it is multi terrain it is nowhere as difficult as the Eridge 10 which many of you have done.

After the race I have booked the OLD CAGE pub in Lingfield for lunch. They do roasts for £7.95,(beef/pork or chicken), or veg roast for £6.95 but **must** know numbers in advance and food choices.

I will therefore compile a list of who wants lunch and will require a £5 deposit in advance. Please therefore let me have names and £ over the next few weeks .

Steve.Wehrle@immediate.co.uk

Steve Wehrle

Dulwich Runners 2012 Annual General meeting

I realise that as we all continue to enjoy this glorious summer the club AGM will be one of the last things on your minds. However I ought to point out that the Committee has had to put back the originally expected date for the 2012 AGM by one week to Wednesday 24th October to ensure that Graham Laylee, our Treasurer, can attend.

There is a requirement that the AGM takes place during October and we also try to avoid clashing with school half term. On that score please note that the autumn half term in 2012 is a bit later this year, actually in the following week, so will not clash with this new date.

The venue will be our usual Wednesday meeting place with food provided and most of us doing a slightly shorter run to enable a 9.00 p.m. start. I'll be putting out the usual notices about the agenda and inviting nominations for Committee posts nearer the time.

For the time being, though, I'll let you get back to that wonderful sunshine out there.

Mike Dodds
Club secretary

Committee vacancy - Club Secretary

I will almost certainly be taking up a job in Brussels during the autumn, most likely around the time of the 2012 AGM, see separate notice, and won't be able to continue doing the job properly from there (although I won't be disappearing entirely from the scene by any standards).

The club therefore needs to recruit a new secretary and, whilst practically all of the club posts are up for re-election in principle at the AGM,this one is a definite vacancy.

I'd be delighted to have a chat with anyone who might be interested about what's involved. It really doesn't involve any special skills nor is it hugely onerous. It's largely a case of arranging, recording and following up the, roughly quarterly, committee meetings as well as the AGM, of course.

In addition there is some handling of small amounts of correspondence with England Athletics, the local associations, other clubs etc. - whatever drops into the dedicated secretary's mailbox, basically - and participating in general committee discussions and business.

Nothing's offered in return other than the satisfaction of carrying out a core role in ensuring that Dulwich Runners remains the welcoming, forward looking and successful outfit that we all know and love. What more is there to ask for?

Mike Dodds

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

Kent Grand Prix and Championship Races

2 September	Kent Coastal Marathon
14 October	Maidstone Half

Surrey Road League and Championship Races

11 August	Wimbledon 5km

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**

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.

Details to follow.

2 Aug Dulwich Park 7:30
6 Sep Beckenham Sports Club 7:15

Charlie Lound

Wednesday Running Maps

On page 8 in SHORTS you will find a copy of the map for this weeks runs.
Although there will still be some available at the clubhouse , 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.

TRACK RACES

For track race regulars and those wishing to try their hand at it, there are a few track meetings coming up over the next month. The next HHH open meeting takes place on the afternoon of 21 July, and soon after there is a Rosenheim League meeting at Tooting track on the evening of 25 July, where it is possible to enter as a guest.

The last Blackheath & Bromley open meeting of the summer takes place on the evening of 13 August, and the final HHH open meeting is on the afternoon of 18 August. See HHH and Blackheath & Bromley websites for further details or have a word with me. ***Mike Mann***

Chris Vernon writes

WHERE WILL YOU WATCH THE OLYMPICS?

How about getting together with other DRs out on the course to watch the following for free:

28/7 Men's road cycling - The Mall 10.00hrs
Watch the start and then find a big screen/pub for the rest

29/7 Women's road cycling - The Mall 12.00hrs
Watch the start and then find a big screen/pub for the rest

4/8 Women's Triathlon - Hyde Park 09.00hrs

5/8 Women's Marathon - ?Embankment (where you see them 4 times) 11.00hrs

7/8 Men's Triathlon - Hyde Park 11.30hrs

11/8 Men's 50k walk - The Mall? 17.00hrs

11/8 Women's 20k walk - The Mall? 18.45hrs

12/8 Men's Marathon - ? Embankment where you see them 4 times 11.00hrs.

If you want to join us or have any other ideas on times, venues etc drop me an e mail on vernonrun@aol.com

ASSEMBLY LEAGUE
2 AUGUST DULWICH PARK

As you will have seen from Shorts, the next Assembly League race (2 August) will be in Dulwich Park, organised by Dulwich Runners.

The course will be similar to the one used by parkrun (approximately 3 laps of the road).

This is a great opportunity for members who have not yet participated in the Assembly League to experience the camaraderie of an interclub event.

All levels of runner take part, men and women together, and it's free!

Just turn up at the start and pick up a number. Last week at the event organised by Serpentine, at Battersea Park, they had 30 runners - let's see if we can beat that.

We shall also need a few people for marshalling, especially at the finish. If you are able to help, can you let me know. - Thanks - Ros

Race Reports & Results

Unless it's a club champs race or one of the more local parkruns or other major race, the times of which Steve Smythe kindly collates for us, then it's highly unlikely that your results will be appear in SHORTS
So to make sure you get your race results mentioned please send them in and if you want to write a report to go with it even better.

5km Results for July 21st

The club championships the following day may have reduced numbers slightly. Highlights were Will Davis winning Ally Pally in a PB, Angie Norris winning Riddlesdown for the 24th time and PBs fro Bob Bell, Ed Hill (inside 18) and Mick Mead

Ally Pally

1 Will Davis	18:30(PB) 63rd parkrun

Bromley

22 Russell Daker	19:55

Brockwell

66 Anna Thomas 15W	25:08
111 Michelle Lennon 33W	27:35

Crystal Palace

16 Bob Bell	22.03(PB) 69th parkrun
42 Mike Dodds	25.06
48 Ameet Patel	25.34
118 Finishers	

Dulwich

4 Ed Hill	17:55 (PB)
25 Ian Sesnan	21:40
33 Gary Sullivan	22:43 (1st time)
46 Matt Kerr	24:10
52 Paul Hodge	24:43
61 Mick Mead	25:09 (PB)

Serpentine Last Friday of the Month 5k

32 Paul Devine	18.56
82 Ros Tabor 13W	21.35

(1st W60 and top on age grading 91.2%)

BMC Eltham, July 18

Wayne and Clare ran slightly too quickly on the first lap.
800m race C
6th Wayne Lashley 2:06.6
800mRace E

2 Debbie Niccol (2nd claim)	2:13.6 (PB)
5 Clare Elms	2:18.4

BRITISH MASTERS TRACK & FIELD CHAMPS, DERBY, 21/22 JULY

Towards the top of my 5 year age category now, I knew I was only a distant medal prospect and so it proved, coming 5th in both my races. With the Alexander Stadium in Birmingham being used by the US Olympic team, these champs were relocated to Derby for this year.

Compared with the summer so far the weather was near perfect - cool and still for my early morning 1500m and hot and breezy for my 5000m the following afternoon. I was hoping to finish nearer 5 minutes in the 1500m, but was pleased with my first 5000m on the track this season, a few seconds faster than my recent Assembly League run on the road, despite slowing over the last 2k.

Encouragingly for next year I was faster than the winning M65 times in both races. ***Mike Mann***

1500m	5:04.11 (5th M60)
5000m	18:54.04 (5th M60

Herne Hill Open Meeting

After my 800m race on Wednesday at Eltham, I I felt I was in better form than the 2:06.6 mins that I ran. I also felt my spikes were having an adverse effect on how I was running. So after a cheeky little spikes purchase on Thursday evening, I was eager to test my theory. The Herne Hill Open Race was the perfect opportunity.

I was a little more cautious this time, running the first 200m in 30 seconds and the first lap in 61 seconds. I felt much stronger on the second lap this time and held off a challenge from a Serpentine runner. If I had attacked sooner, I may have caught three runners in front of me. My form felt more natural this time so I feel very positive for the races coming up.

My time at Herne Hill was 2:05.27 mins. Over a second faster in the space of three days. Bring on the next race.
800: A:
7 Wayne Lashley 2:05.27
Wayne Lashley

Elmbridge 10k, Club Championships 22/07

With a 9am start, this is quite a tricky race to get to on public transport and on Sunday with a local market and car boot sale blocking the roads, the approach by car was slow with some choosing to park some way off and jogging the last part. In fact the car boot sale queues were blocking the course, so the start was delayed by half an hour. But on the positive side, the summer had finally arrived and it was nice to see runners applying sun block rather than trying to keep dry.

This is very much a race of two halves, starting out from a leisure centre along suburban roads before turning at around the half way mark to return along the scenic towpath – locks, rowing, fishing, willow trees - which looked particularly attractive on this sunny day. (The race has been classified on ThePowerof10 as multi-terrain, but I'm not convinced the flat gravel towpath is slower than a road course.) Compliments go to Elmbridge Road Runners on a very well organised race.

The Dulwich turnout looked to be affected somewhat by holiday and other commitments, with 22 runners turning out. The results were initially affected by a glitch on the automatic timing but I hope this is the definitive list of times and overall places:

37	Charlie Lound	36:22
112	Ebe Prill	40:28 PB
116	Joe Brady	40:45
141	Nicola Richmond	41:40
149	Ola Balme	41:53
157	Rob Cope	42:04 PB
168	Mark Foster	42:32
187	Steve Ackroyd	43:14
209	Mick Ward	44:12
243	Mike Dodds	45:23
244	Mel Edwards	45:29
252	Graham Laylee	45:46
260	Ian Sesnan	46:11
267	Christian Moody	46:36
273	Clare Wyngard	46:50
329	Barrie John Nicholls	48:51
332	Anna Thomas	48:53 PB
360	Ameet Patel	49:57
417	Lindsey Annable	52:21
442	Steve Wehrle	53:50
443	Sue Rowlands	53:51 PB
551	Chris Vernon	62:21

In the absence of the club statistician, the two club captains present found the complex prize reckoning (or any thinking at all, actually) a bit of a struggle, but these were subsequently determined to be as follows. We'll try to get the medals distributed as soon as possible:

Overall: Charlie Lound
Fastest man: Ebe Prill
Senior: Rob Cope
Fastest woman: Nicola Richmond
Senior woman: Mel Edwards
Vet woman: Ola Balme
Vet man: Joe Brady
M50: Mick Ward
W50: Clare Wyngard
M60: Steve Wehrle
Age graded 2: Mark Foster
Age graded 3: Graham Laylee
Captains' prize: Lindsay Annable

Elmbridge 10k 22/07

A gloriously sunny morning for a race in Walton-on-Thames, but also for a car boot sale close by, it seemed. And so the race was started half an hour late to allow the big traffic jam blocking part of the course to clear. It's one fast and flat lap, half running on road, half on a towpath along the river (thus it counts as 'Multi-terrain' and does not figure as official 10k PB on UK athletics websites, in case you wonder).

The race started well enough for me, feeling quite confident to finally get under 40 minutes. I cleared the first 5k in 19:30 and didn't feel stretched. Dropped the pace a bit to just under 4min per k to have enough left for the last 2 k and enjoyed the stretch along the Thames. So far so good, the marker for kilometre nine came up, a glance on the watch showed 35:50, definitely a 39 something looked doable now.

So for a faster last kilometre, speeding up and ... a sudden pain in the left hamstring muscles reduces me to a fast hobble, loosing about 50 seconds and 12 positions on the final k. Big frustration and the sorry spectacle of German curses all the way to the finish! Next came scrounging ice packs from the (very caring and nice) St John ambulance guys and filling out the inevitable paperwork going with it.

So the quest for the sub 40 continues, but for now it's another round of 'how to cope with injury', this time a pulled hamstring. Very much hope the Berlin marathon is still possible. Time will show!

Ebe Prill (40:28)

BMC Solihull, July 21

After her below par 800m, Clare wasn't sure about travelling so far to this top class meeting which saw four Olympic runners in the women's 1500 A race.

Conditions were near perfect and with a best this year of outside 4:35, Clare managed a sub 4:30 pace over the first 1000m She couldn't quite maintain it over the last 500m but she held her form well and only slowed very slightly on the second half but had a strong last 100m.

Her time was a superb 4:32.63, her second best ever but it was a world age 48 record and as her fastest time of 4:31.87 two years ago was never ratified, it was faster than her official British W45 record of 4:33.27.

Her age grading was the highest ever by a Dulwich Runner, an astonishing 98.95% with every chance of a 100% over the next 12 months.

The only mark higher by a younger British athlete is Kelly Holmes 3:57.90 British record at the age of 34 when she won gold in the Athens Olympics which got a fractionally higher 98.99%!

C race

9th Clare Elms 4:32.63 (world age record/UK W45 record)

Just What You Need For A British Summer

New Dulwich Runners waterproof jackets now in stock.
Price only £25
Thanks - Ros

S 8

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT

APPROXIMATE DISTANCES FOR TONIGHT'S RUN

DISTANCES IN SECOND COLUMN INCLUDE A LAP OF SYDENHAM WELLS PARK AND THIRD COLUMN A LAP OF CRYSTAL PALACE PARK ALSO

FULL RUN (ORANGE)	6.3	7.3	9.2 MILES
SHORT CUT (BLUE)	5.2	6.2	8.1 MILES
SHORT CUT (PINK)	3.7	—	— MILES
SHORT CUT (GREEN)	1.9	—	— MILES

AN EXTRA LAP OF DULWICH PARK ADDS 1.1 MILES TO ALL RUNS

Dulwich runners Cluyb Championship - updated for the last 2 events.
July age grade has the age grade scores for those 2 events for the medals.

DULWICH RUNNERS CLUB CHAMPIONSHIPS 2012

POSITION AFTER 6 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 category	**Bromley ParkRun 5k 10 March**	**Dulwich Track 1 mile 22 Jun**	**Dulwich Park 2 mile 12 Jul**	**Elmbridge 10k 22 Jul**	**Paddock Wood Half Marathon 1 Apr**	**London (or any other certified) Marathon 17 April**	**Dry Hill 10 mile 2 Sep**	**Reigate mob xc tbc**	Events completed	**TOTAL POINTS inc 1 bonus for each event**
WOMEN SENIOR										
Charlie Wood	50	49	50		49				4	**202**
Melanie Edwards	[47]	48	49	50	[47]	48			6	**201**
Anna Thomas	43			49	44	44			4	**184**
Alexie Shaw	49				50	50			3	**152**
Joanne Shelton	44				45	42			3	**134**
Laura Stephens	45				48				2	**95**
Sue Cooper	46				46				2	**94**
Kim Hainsworth	48				43				2	**93**
Shona McIntosh		50			-				1	**51**
Toni Holt					-	49			1	**50**
Catherine Lee					-	47			1	**48**
Annalise Laidlow					-	46			1	**47**
Marlene Russell					-	45			1	**46**
Doerte Weber					-	43			1	**44**
Carys Morgan	42				-				1	**43**
Michelle Allard	41				-				1	**42**
WOMEN V40										
Ola Balme	49	[48]		49	50	49			5	**202**
Claire Steward (50+)	[45]	47	47		48	50			5	**197**
Lindsey Annable	[42]	44	45	47	46				5	**187**
Clare Elms	50	50	50		-				3	**153**
Nicola Richmond	[47]	49	49	50	-				4	**152**
Ros Tabor (50+)	46	46	48		-				3	**143**
Clare Wyngard (50+)	[44]	45	46	48	-				4	**143**
Clare Osborne	43				47	48			3	**141**
Sue Rowlands		43		46	45				3	**137**
Susan Vernon (50+)	39	41			-				2	**82**
Andrea Pickup					49				1	**50**
Emma Ibell	48				-				1	**49**
Nicole King		42			-				1	**43**
Ruki Sidwha	41				-				1	**42**
Stephanie Burchill (50+)	40				-				1	**41**
MEN SENIOR										
Wayne Lashley		49	50		49	46			4	**198**
Steve Ackroyd	45	[40]		49	43	44			5	**186**
Christian Moody			46	48	38	42			4	**178**
Paul Devine			47		44	48			3	**142**
Rob Cope		42	46	50					3	**141**
Jose Barretta	47				41	43			3	**134**
Ben Fairhall	50	50			-				2	**102**
Mike Williams	49					50			2	**101**
Tom Marshall					50	49			2	**101**
Will Davis		46	49						2	**97**
Chris Broadbent					47	47			2	**96**
Alex Elms	46	48							2	**96**
Rupert Nash		47			46				2	**95**
Ed Smyth		45				45			2	**92**
Oscar Hussey	43	41							2	**86**
Jim Dowsett	42				40				2	**84**
James Godber					48				1	**49**
Edward Hill	48								1	**49**
Scott Hemmens			48						1	**49**
Matt Galvin	-	-		-	45		-	-	1	**46**
Jozef Danko	44								1	**45**
John Fletcher		44							1	**45**
Alexander Dodds		43							1	**44**
Neil Daniels					42				1	**43**
Mark Paine						41			1	**42**
Javier Pujol						40			1	**41**
Olivier Montfort					39				1	**40**

MEN V40										
Charles Lound	50	[48]	[49]	50	50	50			6	206
Ebe Prill	[46]	47	47	49	47				5	195
Mark Foster		46	46	47	49				4	192
Ajay Khandelwal	45	44			48	48			4	189
Cameron Timmis	44	43	44		45				4	180
Ameet Patel	42	42		46	44				4	178
Tony Tuohy	49	50	50						3	152
Duncan Hussey		49	48						2	99
Duncan Wilson	47				46				2	95
Joseph Brady			45	48					2	95
Jonah Albert	43				43				2	88
Jon Hyde						49			1	50
Mike Fullilove	48	-		-	-		-	-	1	49
John English		45							1	46
Paul Keating					42				1	43
MEN V50										
Mike Mann (60+)	49	49	49		48				4	199
Steve Smythe	50	40	[39]		49	49			5	193
Andy Murray	48	45	47			47			4	191
Graham Laylee	42	42	[41]	48	45				5	182
Barrie John Nicholls	[39]	41	[40]	46	43	45			6	181
Steve Wehrle (60+)	38			45	42	42			4	171
Steve Street	[37]	38	38		40	41			5	162
Chris Loizou		46			47	48			3	144
Mick Ward	[40]	44	46	50					4	144
Ian Sesnan	45		45	47					3	140
Mike Dodds	[41]	43	42	49					4	138
Bob Bell	43		43		44				3	133
Lloyd Clater		39			41	43			3	126
Chris Vernon (60+)	[35]	37	37	44					4	122
Russell Daker		48	48						2	98
Colin Frith	44				46				2	92
Martin Morley	46		44						2	92
Colin Bailey-Wood			50						1	51
Steve Smythe (2)						50			1	51
Steve Williams					50				1	51
Adrian Greer		50			-				1	51
Gary Sullivan	47								1	48
Hugh Balfour	-	47		-	-		-	-	1	48
Patrick McMorrow						46			1	47
Giles Gibson						44			1	45
Roy Hibberd						40			1	41
John O'Byrne	36								1	37

OVERALL CHAMPIONSHIP - AGE GRADED

	SHORT						LONG						
Name	Bromley	Dulwich	Dulwich	Elmbridge	Paddock	London (or	Dry Hill	Reigate mob		TOTAL	average	best	position
Claire Steward	858	901	874		[850]	892				3,524	881	901	1
Mike Mann	851	855	838		854					3,398	850	855	2
Charles Lound	824	[766]	[777]	812	832	822				3,289	822	832	3
Ola Balme	811	797		777	806	[724]				3,191	798	811	4
Andy Murray	806	758	758			771				3,093	773	806	5
Charlie Wood	778	763	790		759					3,089	772	790	6
Steve Smythe	808	625	[575]		817	807				3,057	764	817	7
Ebe Prill	[710]	763	764	759	686					2,972	743	764	8
Mark Foster		731	715	699	691					2,837	709	731	9
Wayne Lashley		747	739		757	588				2,831	708	757	10
Clare Elms	894	972	913		-					2,780	927	972	11
Ros Tabor	925	908	913		-					2,746	915	925	12
Graham Laylee	700	658	[653]	699	682					2,739	685	700	13
Melanie Edwards	699	[651]	[653]	667	688	656				2,710	677	699	14
Barrie John Nicholls	661	[655]	660	671	647	[586]				2,639	660	671	15
Steve Ackroyd	664	647		631	642	[585]				2,584	646	664	16
Ajay Khandelwal	657	664			657	600				2,579	645	664	17
Lindsey Annable	644	648	638	[616]	621					2,552	638	648	18
Tony Tuohy	852	847	848							2,547	849	852	19
Cameron Timmis	646	617	620		622					2,505	626	646	20
Ameet Patel	609	607		605	647					2,468	617	647	21
Anna Thomas	647			621	630	554				2,451	613	647	22
Steve Wehrle	646			643	642	495				2,426	606	646	23
Alexie Shaw	763				794	760				2,317	772	794	24
Nicola Richmond	752	778	[727]	757	-					2,286	762	778	25
Christian Moody			592	596	577	507				2,272	568	596	26
Chris Loizou		748			761	763				2,272	757	763	27
Clare Wyngard	752	748	[726]	743	-					2,242	747	752	28
Steve Street	553	541	546		534	[417]				2,175	544	553	29
Mick Ward	[690]	708	717	724						2,149	716	724	30
Ian Sesnan	716		715	693						2,123	708	716	31
Bob Bell	726		719		672					2,117	706	726	32
Mike Dodds	689	671	[660]	693						2,053	684	693	33
Paul Devine			672		671	619				1,962	654	672	34
Jose Barretta	716				645	593				1,954	651	716	35
Joanne Shelton	668				665	551				1,884	628	668	36
Clare Osborne	633				638	599				1,870	623	638	37
Sue Rowlands		621		604	609					1,834	611	621	38
Chris Vernon	[550]	583	590	576						1,749	583	590	39
Alex Elms	805	860			-					1,665	832	860	40
Lloyd Clater		588			550	477				1,616	539	588	41
Ben Fairhall	813	793			-					1,606	803	813	42
Mike Williams	803				-	747				1,550	775	803	43
Duncan Hussey		780	756							1,536	768	780	44
Martin Morley	754		734							1,488	744	754	45
Oscar Hussey	715	764			-					1,479	740	764	46
Russell Daker		748	721							1,469	735	748	47

Joseph Brady			703	730					1,432	716	730	48
Will Davis		695	718		-				1,413	706	718	49
Tom Marshall					764	646			1,410	705	764	50
Colin Frith	709				697				1,406	703	709	51
Rupert Nash		701			701				1,402	701	701	52
Duncan Wilson	717				683				1,400	700	717	53
Laura Stephens	693				696				1,389	695	696	54
Sue Cooper	694				677				1,371	686	694	55
Rob Cope		679		670	-				1,349	674	679	56
Susan Vernon	644	673			-				1,317	658	673	57
Chris Broadbent					710	596			1,306	653	710	58
Ed Smyth		672			-	587			1,259	630	672	59
Jim Dowsett	635				622				1,257	629	635	60
Kim Hainsworth	742				488				1,230	615	742	61
Jonah Albert	633				597				1,230	615	633	61
Steve Williams					840				840	840	840	63
Steve Smythe (2)						836			836	836	836	64
Adrian Greer	-	816		-	-		-		816	816	816	65
Shona McIntosh		786			-				786	786	786	66
Hugh Balfour	-	784		-	-		-	-	784	784	784	67
Colin Bailey-Wood			780				-	-	780	780	780	68
Andrea Pickup					770				770	770	770	69
Edward Hill	759				-				759	759	759	70
Emma Ibell	758				-				758	758	758	71
Mike Fullilove	743	-		-	-		-	-	743	743	743	72
Gary Sullivan	735								735	735	735	73
James Godber					729				729	729	729	74
John English		726							726	726	726	75
Toni Holt					-	719			719	719	719	76
Stephanie Burchill	703				-				703	703	703	77
Matt Galvin	-	-		-	690		-	-	690	690	690	78
Alexander Dodds		687			-				687	687	687	79
John Fletcher		675			-				675	675	675	80
Scott Hemmens			673		-				673	673	673	81
Jozef Danko	658				-				658	658	658	82
Ruki Sidwha	654				-				654	654	654	83
Catherine Lee					-	653			653	653	653	84
Neil Daniels					642				642	642	642	85
Carys Morgan	639				-				639	639	639	86
Jon Hyde						631			631	631	631	87
Olivier Montfort					625				625	625	625	88
Nicole King		624			-				624	624	624	89
Michelle Allard	617				-				617	617	617	90
Patrick McMorrow						610			610	610	610	91
Annalise Laidlow					-	605			605	605	605	92
Marlene Russell					-	582			582	582	582	93
Paul Keating					563				563	563	563	94
Doerte Weber					-	555			555	555	555	95
John O'Byrne	544								544	544	544	96
Giles Gibson						507			507	507	507	97
Mark Paine					-	439			439	439	439	98
Roy Hibberd						385			385	385	385	99
Javier Pujol					-	373			373	373	373	100

DULWICH RUNNERS CLUB CHAMPIONSHIPS 2012	Elmbridge 10k 22 Jul		Dulwich Park 2 mile 12 Jul	
Charles Lound	812	1 overall	Clare Elms	913
Ola Balme	777	1w40	Ros Tabor (50+)	913
Nicola Richmond	757	1w	Claire Steward (50+)	874
Ebe Prill	759	1 man	Tony Tuohy	848
Clare Wyngard (50+)	743	1w50	Mike Mann (60+)	838
Joseph Brady	730	1 m40	Charlie Wood	790
Mick Ward	724	1m50	Colin Bailey-Wood	780
Mark Foster	699	2ag	Charles Lound	777
Graham Laylee	699	3ag	Ebe Prill	764
Mike Dodds	693		Andy Murray	758
Ian Sesnan	693		Duncan Hussey	756
Barrie John Nicholls	671		Wayne Lashley	739
Rob Cope	670	1sm	Martin Morley	734
Melanie Edwards	667	1sw	Nicola Richmond	727
Steve Wehrle (60+)	643	1m60	Clare Wyngard (50+)	726
Steve Ackroyd	631		Russell Daker	721
Anna Thomas	621		Bob Bell	719
Lindsey Annable	616		Will Davis	718
Ameet Patel	605		Mick Ward	717
Sue Rowlands	604		Mark Foster	715
Christian Moody	596		Ian Sesnan	715
Chris Vernon (60+)	576		Joseph Brady	703
			Scott Hemmens	673
			Paul Devine	672
			Mike Dodds	660
			Barrie John Nicholls	660
			Melanie Edwards	653
			Graham Laylee	653
			Lindsey Annable	638
			Cameron Timmis	620
			Christian Moody	592
			Chris Vernon (60+)	590
			Steve Smythe	575
			Steve Street	546