# SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 12th September 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 12** **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

**Tue 18** **Track sessions with Steve Smythe**
**Ladywell track** see below
Start 7pm, fee £2:40(tbc) pay at reception on entry

**Past issues of SHORTS can be found at:**
http://www.dulwichrunners.org.uk/newsletter.html

## In your *SHORTS* this week !


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3 Cross Country Fixtures & DR social events
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8 Emily runs off with bronze at world champs
9 Wednesday night running map
11… Club Champs roundup after 7 events


And much more !

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

*A brief look ahead*

Sep 15 Reigate Mob Match **cancelled**
Oct 20 Cross country league starts, details
**full fixture list & info** page 2

## 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**

***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.

## DULWICH TRACK SESSIONS

**We return to Ladywell track starting at 7pm**
http://goo.gl/maps/92zNw
**Improve your speed & strength over all distances. Tuesdays with Steve Smythe are suitable for all abilities.**

## NEW RUNNERS ROTA

Many thanks to Hugh Balfour, Steve Cook, Chris Loizou 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**

| | |
|---|---|
| **Graham Laylee** | **12/09** |
| Charlie Lound | 19/09 |
| Mike Mann | 26/09 |
| Martin Morley | 03/10 |

## Caroline and Francois are visiting !

They will be here from Fri 5th Oct to Wed 10th.

She will be running at the Dulwich Parkrun on the Saturday and her and Francois will be helping out at the 10k on the Sunday !

They cant make it for the Wednesday club night as they are returning to France earlier in the day, but she did tell me they are looking forward to seeing you all if you can make it on Saturday and or Sunday.

## LUCKY VEST

***September winner was Lloyd clater.***

***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 the £5 cash prize 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**
**Available most Wednesdays at the club – Ros**

# CLUB FIXTURES 2012/13

| Date | | | Event | | | Venue |
|---|---|---|---|---|---|---|
| Oct | Sat | 20 | Lightwater XC | start 3pm | M | Lightwater |
| | Sat | 20 | Roehampton Vale XC | start 12noon | W | Roehampton Vale |
| Nov | Sat | 10 | Roundshaw Down XC | start 3pm | M | Croydon |
| | Sun | 18 | Epsom 10 | | L | Epsom |
| Dec | Sat | 1 | Nonsuch Park XC | start TBC | W | Sutton |
| Jan | Sat | 12 | Cranford XC | start 2:30pm | M | Cranford |
| | Sat | 12 | Mitcham Common XC | start 12noon | W | Mitcham Common |
| Feb | Sat | 9 | Wimbledon Common XC | start 3pm | M | Wimbledon Common |
| | Sat | 9 | Denbies Vineyard XC | start 12noon | W | Dorking |

2012 Club Champs races in red S=Short L=Long
2012/13 Surrey League Cross Country M= Men W=Women
The men's Cross Country races start at 3pm, apart from the January race which starts at 2.30pm and the womens 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 remaining races and dates etc.
There is 1 event left of the 8.
To qualify it will have been necessary to have completed a minimum of five events.
Nov 18 the Epsom 10 - ***Mike Mann***

## REIGATE MOB MATCH - cancelled

Unfortunately it has not been possible to schedule our traditional cross country mob match at Reigate Priory this year because of conflicting events in the race calendar. We hope to arrange the fixture next year, but if mid September is busy again, we may need to look at alternative dates such as mid August, or possibly late October. *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 Epsom 10 on 18th november. ***Mike Mann on behalf of ADSC***

## Dulwich Runners Race Clock needs a new home.

**The Dulwich Runners Race clock raises much needed funds for the club and it needs a new person to take over the management of the rentals as I have limited time to do it anymore.**

**It doesn't take up too much time, all of the documents are on-line and it is relatively straightforward now. I can show you how it all works, the forms (all electronic) and if need be can fill in occasionally when you are away. Let Ros, Graham or me know if you are interested.**

**Giles Gibson** giles@originaltg.com

## CROSS COUNTRY CHAMPS

We are planning to hold a cross country champs once again for the forthcoming season. To qualify it will be necessary to complete 4 of the following 6 races - The 4 Surrey League matches, the South of Thames 5 miles at Reigate on 24 November and the South of England champs at Parliament Hill on 26 January.

The prize categories will be the same as last season - the 3 leading men and women and first M40, M50, M60, W40 and W50. In addition there will be a captain's award. Our traditional mob match with Reigate will not be taking place this autumn. It may be rescheduled for February/March but this will not be confirmed in time to include this race in the club champs. ***Mike Mann***

## Wednesday Running Maps

On page 10 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.

## CROSS COUNTRY FIXTURES 2012/13

| Date | | Race | Venue |
|---|---|---|---|
| Sep | 15 | Blackheath & Bromley relays | Sparrow's Den |
| | 23 | Striders Croydon Switchback | Lloyd Park |
| Oct | 13 | Surrey Masters | Richmond Park |
| | 20 | **Surrey League 1** | Lightwater (**m**) - Roehampton Vale (**w**) |
| Nov | 3 | Reigate Relays | Reigate Priory |
| | 10 | **Surrey League 2 (men)** | Roundshaw Down |
| | 17 | London Champs | Parliament Hill |
| | 24 | South of Thames 5 mile | Reigate Priory |
| Dec | 1 | **Surrey League 2 (women)** | Nonsuch Park, Sutton |
| | 8 | Kent Masters | Tunbridge Wells |
| | 8 | Dysart/ Ellis Cups | Richmond Park |
| | 8 | Masters & Inter County champs | TBC |
| | 15 | South of Thames 7.5 miles | Richmond Park |
| Jan | 5 | Surrey County Champs | Lloyd Park |
| | 5 | Kent County Champs | Dartford |
| | 12 | **Surrey League 3** | Cranford (**m**) - Mitcham Common (**w**) |
| | 19 | Vets AC Champs | Wimbledon Common |
| | 24 | South of England Champs | Parliament Hill |
| Feb | 9 | **Surrey League 4** | Wimbledon Common (**m**) - Dorking (**w**) |
| | 23 | National Champs | Sunderland |

This table includes information currently available on cross country fixtures for the forthcoming season.

Although it includes most races that will be of general interest, it is incomplete with some dates to be decided and some fixtures missing, but will be updated as further details become available.

Separate reminders about individual fixtures, including start times, distances and transport information will be provided in Shorts in advance of each event.

Many of the events listed other than the Surrey League matches require entries in advance and only those pre-entered will be eligible to run.

Please look out for requests for entries from your cross country captains and make sure that you respond in time as the closing dates for some races are well in advance of the event. ***Mike Mann***

## Dulwich Runners A.C. - Social Calendar 2012

| Event | Date | Details |
|---|---|---|
| **Dulwich 10k** | Oct 7 | tbc - ideas are welcome - picnic weather permitting? |
| **Curry Night** | Nov 14 | Details to be confirmed closer to the time. |
| **Dulwich Runners Christmas Party** | Dec 15 | The Plough, Lordship Lane<br>Please keep this date free! Tickets and further details to follow in September. |

And of course not forgetting the now legendary "Dulwich Runners Apres Cross Country Rehydration Sessions" or DRACCRS for short !, on Saturdy evenings after league cross country events (see fixture list for dates) held at local "refreshment spas" locations to be confirmed prior to each event , everybody is welcome running or not.

Questions, suggestions etc to dulwichrunners@gmail.com

## 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**

## Flat to rent

A Dulwich Runner has a lovely onebedroom flat in Thicket Road overlooking Crystal Palace park to rent. It would suit an individual or a couple. Please phone Clive on 07881 622575 for further details

## 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** | **Surrey Road League and Championship Races**

| | |
|---|---|
| 14 Oct | Maidstone Half |

*All events now completed*

## Joydens Wood 10k & 5k - Sep 16th

Some of you have done this race in previous years.
http://www.southernrunningguide.com/race_listings.php/16/09/2012/joydens_woods_10k_and_5k

## Switchback 5 Sunday 23 Sep 10.30am

low-key 5 mile, off-road race run by Striders of Croydon around Lloyd Park and Addington Hills on **Sunday 23rd September at 10.30am.** It's a perfect warm up to the cross country season.

It's great value at only £6 (+£2 on the day) if unattached. Finishers receive a free gift and free tea and cake at the Striders' clubhouseentry forms and details
from http://www.stridersofcroydon.co.uk
or you can enter online
via http://www.runnersworld.co.uk/switchback

## Training partner required

I'm training for the Royal Parks Half Marathon at the beginning of October and would like to get in some long runs (10 miles or so) on a Sunday and would love some company if anyone else is interested - ideally a long/gentle Sunday morning run.

Pace would be 8.30 ish min miles... I think
Email me if you are interested in joining me next weekend, or another weekend after that. I live in Peckham but anywhere near Brockwell lido is a good starting point for me too.
Thanks - Nicola - njmcivor@gmail.com

## Will Bolton Relays, September 15

Dulwich will have teams for this on Saturday and we will hopefully be fielding a couple of men and women's team or if needed a mixed team.

There should still be vacancies in the team if you are interested and all abilities can compete in a very friendly and relaxed event over a pleasant course. Would all prospective runners ensure they arrive by 2pm,

Contact stevesmythe2006@yahoo.com to confirm interest or phone 07894076229 to make contact on day

The organisers said this. "The format is a 4x4km marshalled course across playing fields and undulating woodland trails at Sparrows Den in West Wickham. The race is very well supported by clubs from across the region and you are invited to enter as many teams as you wish. There are prizes for winning teams and full split times and results will be published on the B&B website.

Registration and number collection will be at the B&B tent at the start line rather than at the clubhouse. The Blackheath and Bromley clubhouse facilities and changing rooms will be open for use in Hayes, these are a 10 minute jog from the start and teas and cakes will be served afterwards and team and individual prizes awarded courtesy of our race sponsors.

| | | |
|---|---|---|
| **Men's Race** | **Team of 4 x 4km** | **Start: 2.45pm** |
| **Women's Race** | **Team of 4 x 4km** | **Start: 2.45pm** |

Team declaration, registration and number collection at the Blackheath and Bromley tent Sparrows Den, Corkscrew Hill, West Wickham, BR4 9BB. Limited parking available on site.

Changing facilities, toilets and additional parking available at the Blackheath & Bromley Clubhouse 56 Bourne Way Hayes BR2 7EY. Clubhouse is approximately 1 mile jog to the Start.

## Southern Road Relays, Aldershot M50 team, September 23

We also hope to field a men's team and M40 team. Of the M50s, so far Tony Tuohy, Nick Brown, Colin Bailey Wood, Steve Williams, Mike Mann, Steve Smythe have confirmed they are ok to run and we should have at least two teams. There is no limit on numbers. Ayone interested contact stevesmythe2006@yahoo.com

## Women/Vets Team, September 22

So far Clare Elms, Charlie Wood, Kim Hainsworth, Ola Balme, Emily Gelder, Nicola Richmond, Mel Edwards have confirmed they can run. Any other women interested, please contact stevesmythe2006@yahoo.com

## South of England Relays, Aldershot: Women & Women Vets September 22, Men Sunday September 23

The Club will be making an effort to put out strong teams in the senior women, senior men, veteran women, and M40 and M50 events. The men's race is 6Km and the women's 4km.

There is no limit to numbers and for instance we could put out 3 teams in the M50s at almost the same strength as the team that have been close to medals in the past. We will shortly be in touch with potential scoring runners

**The M50 squad :**

Tony Tuohy, Nick Brown, Adrian Greer, Colin Bailey Wood, Steve Williams, Neville Webb, Mike Mann, Mike Fullilove, Gary Sullivan, Steve Smythe, Andy Murray have confirmed availability - hopefully more to follow and we could have three teams.

please contact: stevesmythe2006@yahoo.com if interested in competing in the M50 or women's teams here or contact Charlie Lound if interested for the senior men and M40 squads.

# Race Reports & Results

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

## 5km Results, September 8th

There were wins for Ola, Alexie and Ros and lots of PBs at Dulwich, including a very big one for Mel.

### Brockwell

| | |
|---|---|
| 9 Adrian Greer | 18:43 |
| 23 Ola Balme 1W | 20:06 |
| 85 Vicky Fong 18W | 24:19 |
| 101 Claire Quirico 24W | 25:10 |
| 126 Michelle Lennon 35W | 26:55 |

### Bromley

| | |
|---|---|
| 16 Mike Fullilove | 19:12 |
| 100 Colin Frith | 22:52 |

### Crystal Palace

| | |
|---|---|
| 23 Jozef Danko | 21:40 |
| 24 Will Davis | 21:47 |
| 28 Cameron Timmis | 22:07 |
| 34 Jim Dowsett | 22:33 |
| 64 Ruki Sidhwa 18W | 24:47 |
| 66 Ameet Patel | 24:52 |

### Dulwich

| | |
|---|---|
| 3 Buzz Shephard | 17:14 (PB) |
| 8 Alexie Shaw 1W | 18:34 (PB) |
| 13 Joseph Brady | 19:04 (PB) |
| 22 Mel Edwards 3W | 20:31(PB) |
| 49 Claire Steward 8W | 23:08 |
| 60 Paul Keating | 24:24 (PB) |

### Riddlesdown

| | |
|---|---|
| 12 Angie Norris 3W | 20:17 |

### Hilly Fields

Graham and I did the inaugural Hilly Fields parkrun. We enjoyed the pleasant park, but the run is tough (clue in title of run).

We thought it would be suitable for hill training on non- cross country days. 3 hilly laps and it would be possible to run the whole thing on grass if you wanted.

| | |
|---|---|
| 23 Ros Tabor 1W | 23.18 |
| 27 Graham Laylee | 23.49 |

***Ros***

## Parkrun news

**15 Sep**

**- no Brockwell run due to Country Show**

- first Orpington Parkrun

22 Sep

-first Burgess Parkrun

Check for confirmation with the event websites

### Whitley Bay

*Mike Dodds writes*....Even though the number of parkruns per square mile isn't quite going to hit South London levels - where there are now 3 of them within an 18 minute jog of my front door - they are increasingly being rolled out elsewhere in the UK too. Clare and I were therefore keen to try out the Whitley Bay parkrun which has just started, this was its 13th running, near to my mother's home in south east Northumberland. On previous visits we had gone to the event in Newcastle but this one is less than half the distance away and much easier to park the car.

Conditions were perfect, adjacent to a North Sea that was as flat as a millpond. We had previously run in one off events more or less in the same vicinity which were very flat and fast. This wasn't quite the same with a few twists and turns and the odd short, but steep, inclines over a small burn (trans: stream) in a two lap course. We were pleased though with our form on the day, both dipping under 23 mins and being first V50s in our respective categories. In addition Clare was second woman overall and 3rd highest age grading.

The North Sea may have been a millpond but we can report, after a post run paddle, that it was rather colder than the sea off Sicily had been on the previous Saturday. And despite being a long way home some things were eerily familiar as Claire Steward was announced as the Sweatshop prize winner for August (although closer inspection of the results subsequently revealed this to be a Claire Stewart).

| | |
|---|---|
| 20 Mike Dodds | 22:36 |
| 22 Clare Wyngard | 22:58 |

135 ran

## Veterans AC 10,000m Champs, Kingsmeadow 05.09.12

**Race 2**

Having not finished my previous 10,000 at a hot European Masters Championships, it was a case of getting back on the bike as soon as possible and making sure I finished this time. On a warm but not too hot evening I decided to go for a modest 7 minute mile pace (c 1.44/lap) to make sure I kept going to the end.

This worked quite well as I was able to keep going comfortably at about 1.43's and in the second half of the race caught 3 runners as they faded to move into 3rd place in this second-fastest of 3 races. No lap counting problems as I was on the same lap as the leader, so could just look at the indicator.

With a slight finishing kick on the last lap I managed a 9 seconds negative split over the race (21.29, 21.20) andI was reasonably happy with the time, despite being a minute slower than last year, as I'd run a marathon 11 days before this one. ***Andy Murray***

3 Andy Murray 42:48.9 (4th m55 of races 1&2)

Race 1: 4 Tony Tuohy 35:05.7]

## London Duathlon 9 September Classic Distance

Matt Galvin writes.....Conditions were as expected, clear and warm on a gorgeous late summer morning in Richmond Park. I started the 10 km course at 9.38am and steadily headed up the perimeter road from the Roehampton Gate in an anti-clockwise loop taking in the Richmond and Kingston Gates via the Isabella Plantations. I kept the pace fairly conservative (42.47) in preparation for the forthcoming bike and run.

T1 went well and I really enjoyed the bike leg, 4 clockwise laps of the perimeter road (93.18), even if I was passed by about 20 budding-Brad Wiggo's on pricey TT bikes per lap!

Laps 3 and 4 were hard work and although I tried to conserve some energy for the dreaded second 5km, the midday heat had drained my reserves so following a swift T2 I couldn't get into my running at all, my hamstrings had tightened up after 90+mins on the bike, so I plodded home in 22.26 mins.

It was my slowest ever race pace - way off my usual sub-19min pace. I was 166th out of 646 finishers for the Classic Distance. I plan to be better prepared for my next duathlon – the shorter, flatter Serpentine Duathlon on 28 October.

I was racing in memory of my friend Ed, who lost his battle with cancer last summer.

## Beckenham Assembly League Results

For the first time in 36 years, the results weren't available by the weekend and hopefully will appear next week.

The leading runners went off course yet again !

## Eridge 10 Trail Challenge, 9 Sep. 2012

Claire Steward writes: In 2009 the trail challenge was voted Runner's World UK's Best Race and in 2010 was voted Most Improved Event, and despite being deemed thoroughly unsuitable as a Club Champs race last year, a few of us love it sufficiently to make it a regular fixture in our calendars. I did it in 2005, 6, 7, 10, and 11 and thoroughly enjoy the hilly and challenging course around a beautiful, off-road course on the Marquis of Abergavenny's Eridge Park estate.

It's a very well organised race with lots of marshals, especially at the dodgy corners and by the worst of the mud. There's a wearable tee-shirt in sizes for all participants, and free beer and cakes at the finish. Despite the race director exhorting us to tie our shoes tightly I saw at least two people along the course with only one shoe, having irretrievably consigned the other to the depths of Cheeky's Bog.

The course changes slightly each year and registered 10.25 on the Garmin so it's impossible to compare times but having finished around 12-13 mins ahead of Joanne for the past two years, she showed just how much she has improved by pulling steadily away from me in the latter stages. After failing to get round last year, José had a good run off minimal training and headed off for a spot of rock climbing afterwards. Mel did brilliantly for a first timer, finishing fifth woman and won the muddiest Dulwich Runner award, and Josef who was suffering from the heat even before the start was a few minutes quicker than last time.

After partaking of the free cakes and ale, and attempting to clean off the mud with wet-wipes we sat on the grass in the sunshine for the presentations by Rosie Swale Pope who was handing out copies of her book 'Just a little run around the world' with the awards so I was lucky enough to get a copy which she kindly signed for me. Mel, Joanne and I were third women's team; we probably would have been second if I hadn't been quite so slow!

| | | |
|---|---|---|
| 1 | Winner | 1:03:37 |
| 42 | José Barretta | 1:24:21 |
| 66 | Mel Edwards 5W | 1:27:25 |
| 75 | Josef Danko | 1:28:31 |
| 178 | Joanne Shelton | 1:40:21 |
| 199 | Claire Steward | 1:42:29 |
| 429 | ran Final finisher | 2:58:11) |

## Richmond River Run 10k 9th Sep. 2012

A university friend of mine wanted to do this race as a warm up for a half marathon he has challenged himself to do. He asked us if we would also enter to support him. It's nineteen years since he's done a race so he was somewhat nervous about the whole experience.

The good thing was that it was a small and friendly race and for us, very local with a familiar and pleasant course but it did carry a rather hefty entrance fee. It supported a number of charities so it is to be hoped that the majority of the money benefitted them.
The start was on Kew Green, which looked stunning under bright blue skies and warm sunshine. Despite the relatively early kick-off of 9 a.m. the temperature already was rising as we registered and picked up our numbers.

The race was started by Zac Goldsmith, after a mass warm-up lead by local fitness club employees. Given that there was a set of steps to climb up to the river in the first kilometre, the start was staggered. Fortunately this made for an uncrowded ascent of the steps and good conditions overall, although the narrow towpath limited overtaking in parts. The route followed the river to Twickenham Bridge and made a small loop into Richmond Deer Park before returning to Kew. Whilst largely flat, the uneven surface meant it felt harder work than a flat tarmac route and the conditions were quite warm.

We all enjoyed the race and happily my friend had a good run, despite his initial concerns. Barrie and myself had been given number 1 and 2 as race numbers (no guessing who got number 1) so Barrie received his race medal from the Mayor of Richmond and was photographed for the local paper.

After a gentle cool down jog and swapping university gossip Barrie and I headed off as we had tickets for the Closing Ceremony of the Paralympics. The latter was excellent with a fantastic atmosphere and lighting effects in the stadium, and it rounded off a fun if not tiring day.

| | |
|---|---|
| Barrie John Nicholls | 51.07 (3rd VM55) |
| Lindsey Annable | 52.04 |

## World and European 24 hour Championships, Poland, September 8/9

Emily Gelder produced one of the greatest performances ever by a Dulwich Runner to take a superb world championships bronze medal at the weekend. Her final distance was 238.875 km (148miles 757yards), a huge improvement on her previous best and that puts her second on the British all-time lists to Lizzy Hawker's world record.

En route she set, subject to ratification, a new Welsh best performance for 100miles of 15 hours 15min 29 secs. The race was won by Michaela Dimitriadu from the Czech Republic with a distance of 244.232 km (151.75 miles) with Connie Gardner (240.385km, 149.36miles) USA in second.

Emily led the British women's team to bronze medals in the world team competition behind USA and France.
In the European championships, Emily claimed the individual silver medal and the GB squad the team silver medals.

She said,"It was tough but I felt good going into the race. I was hoping for top 10 and was aiming for 225km. I had a plan, I knew I would fade in the last 4 hours - I always seem to and i was carrying a hamstring injury from six weeks ago at the UK 100km champs, so I knew I had to get the miles on the board early in the race. I am gutted that I couldn't hold onto the gold after leading for so long but I gave it my best shot and i am delighted with a world bronze in a very competitive field. Also got a 16km pb in the 24 hour distance so more than i could have hoped for."

Incredibly, Emily is hoping to run for Dulwich in the Southern Road Relays in less than two weeks time.
***Steve Smythe***

It is free but you need to book

THE RUNNING SCHOOL

RUN BETTER! RUN FASTER!

# Outdoor Running Technique Workshop

## Thursday 13th September from 6.20pm – 8pm.

**This is a Running Workshop which will teach you how to run BETTER and FASTER with the correct technique.**

**We meet at Body Logic Health Physiotherapy Clinic, 292 Battersea Park Road and we jog down to Battersea Park where the session will take place. Then we jog back to the clinic (with your AMAZING new technique!!) for a Video and Q & A session.**

**Open to Adults and Children (from + 6yrs).**

**Visit our website for further information** http://www.body-logic.co.uk/running-school.html

**Limited places available so give us a call on 0207 924 6068 or email on info@body-logic.co.uk to book in.**

## ALGARVE RUNNING CHALLENGE, NOVEMBER

For those of you who fancy some warm weather training and racing and escaping the often gloomy weather here, there is an opportunity this autumn. The Algarve Running Challenge takes place from 7 to 11 November and includes a cross country race, a mile on the track, a 10km forest trail race and a 10 mile road race from Spain to Portugal across the Guardiana Bridge.

The hotel is situated on the beach and there are excellent opportunities for training runs through pine woods, cycling and swimming in the sea or pool, or alternatively lounging on the beach for those wishing to chill out. Trips to some picturesque local towns nearby can be made on the local railway. As it off season the cost is very reasonable with the total including flights, bed and breakfast, evening meal and race entries amounting to no more than £550 per head for a 7 day stay, and less for a shorter trip.

The organisation of the races is by our own Steve Smythe, and Ros, Andy and myself are regular participants, so please contact one of us for further details or get a brochure from Track and Field Running Tours (www.trackandfield.co.uk ) *Mike Mann*

DULWICH RUNNERS A.C.
S15
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
DENMARK HILL
EAST
YOU ARE HERE
Lets be careful out there
HALF MOON LA.
DULWICH VILLAGE
DULWICH PARK
PARK
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
PLEASE KEEP THE FIRST LAP OF THE PARK AS A WARM-UP - AND KEEP TOGETHER AT A SLOW JOG

**DULWICH RUNNERS CLUB CHAMPIONSHIPS 2012**

POSITION AFTER 7 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** | **Epsom 10 Nov 18** | Events completed | **TOTAL POINTS inc 1 bonus for each event** |
| **WOMEN SENIOR** | | | | | | | | | | |
| Charlie Wood | 50 | 49 | 50 | | 49 | | [49] | | 5 | **203** |
| Melanie Edwards | [47] | 48 | 49 | 50 | [47] | 48 | [48] | | 7 | **202** |
| Anna Thomas | 43 | | | 49 | 44 | 44 | | | 4 | **184** |
| Joanne Shelton | 44 | | | | 45 | 42 | 46 | | 4 | **181** |
| Alexie Shaw | 49 | | | | 50 | 50 | | | 3 | **152** |
| Kim Hainsworth | 48 | | | | 43 | | 47 | | 3 | **141** |
| Shona McIntosh | | 50 | | | - | | 50 | | 2 | **102** |
| Laura Stephens | 45 | | | | 48 | | | | 2 | **95** |
| Sue Cooper | 46 | | | | 46 | | | | 2 | **94** |
| Michelle Allard | 41 | | | | - | | 45 | | 2 | **88** |
| 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** |
| **WOMEN V40** | | | | | | | | | | |
| Ola Balme | 49 | [48] | | [49] | 50 | 49 | 50 | | 6 | **204** |
| Claire Steward (50+) | [45] | 47 | [47] | | 48 | 50 | 49 | | 6 | **200** |
| Lindsey Annable | [42] | [44] | 45 | 47 | 46 | | 48 | | 6 | **192** |
| Sue Rowlands | | 43 | | 46 | 45 | | 47 | | 4 | **185** |
| 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** |
| 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 | 46 | | 6 | **190** |
| Paul Devine | | | 47 | | 44 | 48 | 47 | | 4 | **190** |
| Christian Moody | | | 45 | 48 | [38] | 42 | 44 | | 5 | **184** |
| Rupert Nash | | 47 | | | 46 | | 49 | | 3 | **145** |
| 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** |
| Edward Hill | 48 | | | | | | 50 | | 2 | **100** |
| Will Davis | | 46 | 49 | | | | | | 2 | **97** |
| Chris Broadbent | | | | | 47 | 47 | | | 2 | **96** |
| Alex Elms | 46 | 48 | | | | | | | 2 | **96** |
| Jozef Danko | 44 | | | | | | 48 | | 2 | **94** |
| Ed Smyth | | 45 | | | | 45 | | | 2 | **92** |
| Oscar Hussey | 43 | 41 | | | | | | | 2 | **86** |
| Jim Dowsett | 42 | | | | 40 | | | | 2 | **84** |
| James Godber | | | | | 48 | | | | 1 | **49** |
| Scott Hemmens | | | 48 | | | | | | 1 | **49** |
| Matt Galvin | - | - | | - | 45 | | - | - | 1 | **46** |
| Robert Balzanella | | | | | | | 45 | | 1 | **46** |
| John Fletcher | | 44 | | | | | | | 1 | **45** |
| Alexander Dodds | | 43 | | | | | | | 1 | **44** |
| Graeme Campbell | | | | | | | 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 | [49] | | 7 | **207** |
| Tony Tuohy | 49 | 50 | 50 | | | | 50 | | 4 | **203** |
| 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** |
| Ameet Patel | 42 | [42] | | 46 | 44 | | 45 | | 5 | **182** |
| Cameron Timmis | 44 | 43 | 44 | | 45 | | | | 4 | **180** |
| Joseph Brady | | | 45 | 48 | | | 48 | | 3 | **144** |
| Duncan Wilson | 47 | | | | 46 | | 46 | | 3 | **142** |
| Duncan Hussey | | 49 | 48 | | | | | | 2 | **99** |
| Mike Fullilove | 48 | - | | - | - | | 47 | - | 2 | **97** |
| Jonah Albert | 43 | | | | 43 | | | | 2 | **88** |
| Jon Hyde | | | | | | 49 | | | 1 | **50** |
| John English | | 45 | | | | | | | 1 | **46** |
| Dave Feasey | | | | | | | 44 | | 1 | **45** |
| Paul Keating | | | | | 42 | | | | 1 | **43** |
| | | | | | | | | | | |
| **MEN V50** | | | | | | | | | | |
| Mike Mann (60+) | 49 | 49 | 49 | | 48 | | | | 4 | **199** |
| Andy Murray | 48 | [45] | 47 | | | 47 | 48 | | 5 | **195** |
| Steve Smythe | 50 | 40 | [39] | | 49 | 49 | | | 5 | **193** |
| Barrie John Nicholls | [39] | [41] | [40] | 46 | 43 | 45 | 46 | | 7 | **187** |
| Graham Laylee | 42 | 42 | [41] | 48 | 45 | | | | 5 | **182** |
| Steve Wehrle (60+) | [38] | | | 45 | 42 | 42 | 45 | | 5 | **179** |
| Chris Vernon (60+) | [35] | 37 | 37 | 44 | | | 44 | | 5 | **167** |
| 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** |
| Martin Morley (60+) | 46 | | 44 | | | | 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** |
| Russell Daker | | 48 | 48 | | | | | | 2 | **98** |
| Gary Sullivan | 47 | | | | | | 49 | | 2 | **98** |
| Colin Frith | 44 | | | | 46 | | | | 2 | **92** |
| Colin Bailey-Wood | | | 50 | | | | | | 1 | **51** |
| Steve Smythe (2) | | | | | | 50 | | | 1 | **51** |
| Steve Williams | | | | | 50 | | | | 1 | **51** |
| Adrian Greer | | 50 | | | - | | | | 1 | **51** |
| Neville Webb | | | | | | | 50 | | 1 | **51** |
| 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 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 | Epsom 10 Nov 18 | | TOTAL POINTS | average | best | position |
| Claire Steward | 858 | 901 | 874 | | [850] | 892 | [856] | | | **3,524** | 881 | 901 | **1** |
| Tony Tuohy | 852 | 847 | 848 | | | | 879 | | | **3,426** | 857 | 879 | **2** |
| Mike Mann | 851 | 855 | 838 | | 854 | | | | | **3,398** | 850 | 855 | **3** |
| Charles Lound | 824 | [766] | [777] | [812] | 832 | 822 | 828 | | | **3,306** | 826 | 832 | **4** |
| Ola Balme | 811 | 797 | | [777] | 806 | [724] | 814 | | | **3,228** | 807 | 814 | **5** |
| Andy Murray | 806 | 758 | [758] | | | 771 | 802 | | | **3,137** | 784 | 806 | **6** |
| Charlie Wood | 778 | 763 | 790 | | [759] | | 779 | | | **3,110** | 777 | 790 | **7** |
| Steve Smythe | 808 | 625 | [575] | | 817 | 807 | | | | **3,057** | 764 | 817 | **8** |
| Ebe Prill | [710] | 763 | 764 | 759 | 686 | | | | | **2,972** | 743 | 764 | **9** |
| Mark Foster | | 731 | 715 | 699 | 691 | | | | | **2,837** | 709 | 731 | **10** |
| Wayne Lashley | | 747 | 739 | | 757 | 588 | | | | **2,831** | 708 | 757 | **11** |
| Melanie Edwards | 699 | [651] | [653] | 667 | 688 | [656] | 734 | | | **2,788** | 697 | 734 | **12** |
| Clare Elms | 894 | 972 | 913 | | - | | | | | **2,780** | 927 | 972 | **13** |
| Ros Tabor | 925 | 908 | 913 | | - | | | | | **2,746** | 915 | 925 | **14** |
| Graham Laylee | 700 | 658 | [653] | 699 | 682 | | | | | **2,739** | 685 | 700 | **15** |
| Barrie John Nicholls | 661 | [655] | 660 | 671 | [647] | [586] | 678 | | | **2,671** | 668 | 678 | **16** |
| Paul Devine | | | 672 | | 671 | 619 | 650 | | | **2,612** | 653 | 672 | **17** |
| Steve Wehrle | 646 | | | 643 | 642 | [495] | 670 | | | **2,601** | 650 | 670 | **18** |

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Steve Ackroyd | 664 | 647 | | [631] | 642 | [585] | 647 | | **2,600** | 650 | 664 | **19** |
| Ajay Khandelwal | 657 | 664 | | | 657 | 600 | | | **2,579** | 645 | 664 | **20** |
| Lindsey Annable | 644 | 648 | 638 | [616] | [621] | | 628 | | **2,558** | 640 | 648 | **21** |
| Joanne Shelton | 668 | | | | 665 | 551 | 670 | | **2,554** | 639 | 670 | **22** |
| Cameron Timmis | 646 | 617 | 620 | | 622 | | | | **2,505** | 626 | 646 | **23** |
| Ameet Patel | 609 | 607 | | [605] | 647 | | 630 | | **2,493** | 623 | 647 | **24** |
| Anna Thomas | 647 | | | 621 | 630 | 554 | | | **2,451** | 613 | 647 | **25** |
| Sue Rowlands | | 621 | | 604 | 609 | | 615 | | **2,449** | 612 | 621 | **26** |
| Christian Moody | | | 592 | 596 | 577 | [507] | 628 | | **2,393** | 598 | 628 | **27** |
| Alexie Shaw | 763 | | | | 794 | 760 | | | **2,317** | 772 | 794 | **28** |
| Chris Vernon | [550] | 583 | 590 | 576 | | | 537 | | **2,287** | 572 | 590 | **29** |
| Nicola Richmond | 752 | 778 | [727] | 757 | - | | | | **2,286** | 762 | 778 | **30** |
| Chris Loizou | | 748 | | | 761 | 763 | | | **2,272** | 757 | 763 | **31** |
| Clare Wyngard | 752 | 748 | [726] | 743 | - | | | | **2,242** | 747 | 752 | **32** |
| Martin Morley | 754 | | 734 | | | | 738 | | **2,226** | 742 | 754 | **33** |
| Joseph Brady | | | 703 | 730 | | | 774 | | **2,207** | 736 | 774 | **34** |
| Steve Street | 553 | 541 | 546 | | 534 | [417] | | | **2,175** | 544 | 553 | **35** |
| Mick Ward | [690] | 708 | 717 | 724 | | | | | **2,149** | 716 | 724 | **36** |
| Ian Sesnan | 716 | | 715 | 693 | | | | | **2,123** | 708 | 716 | **37** |
| Bob Bell | 726 | | 719 | | 672 | | | | **2,117** | 706 | 726 | **38** |
| Rupert Nash | | 701 | | | 701 | | 699 | | **2,101** | 700 | 701 | **39** |
| Duncan Wilson | 717 | | | | 683 | | 685 | | **2,085** | 695 | 717 | **40** |
| Mike Dodds | 689 | 671 | [660] | 693 | | | | | **2,053** | 684 | 693 | **41** |
| Rob Cope | | 679 | 666 | 670 | - | | | | **2,014** | 671 | 679 | **42** |
| Jose Barretta | 716 | | | | 645 | 593 | | | **1,954** | 651 | 716 | **43** |
| Kim Hainsworth | 742 | | | | 488 | | 709 | | **1,939** | 646 | 742 | **44** |
| Clare Osborne | 633 | | | | 638 | 599 | | | **1,870** | 623 | 638 | **45** |
| Alex Elms | 805 | 860 | | | - | | | | **1,665** | 832 | 860 | **46** |
| Shona McIntosh | | 786 | | | - | | 841 | | **1,626** | 813 | 841 | **47** |
| Lloyd Clater | | 588 | | | 550 | 477 | | | **1,616** | 539 | 588 | **48** |
| Ben Fairhall | 813 | 793 | | | - | | | | **1,606** | 803 | 813 | **49** |
| Mike Williams | 803 | | | | - | 747 | | | **1,550** | 775 | 803 | **50** |
| Duncan Hussey | | 780 | 756 | | | | | | **1,536** | 768 | 780 | **51** |
| Mike Fullilove | 743 | - | | - | - | | 785 | - | **1,528** | 764 | 785 | **52** |
| Gary Sullivan | 735 | | | | | | 773 | | **1,508** | 754 | 773 | **53** |
| Edward Hill | 759 | | | | - | | 740 | | **1,499** | 750 | 759 | **54** |
| Oscar Hussey | 715 | 764 | | | - | | | | **1,479** | 740 | 764 | **55** |
| Russell Daker | | 748 | 721 | | | | | | **1,469** | 735 | 748 | **56** |
| Will Davis | | 695 | 718 | | - | | | | **1,413** | 706 | 718 | **57** |
| Tom Marshall | | | | | 764 | 646 | | | **1,410** | 705 | 764 | **58** |
| Colin Frith | 709 | | | | 697 | | | | **1,406** | 703 | 709 | **59** |
| Laura Stephens | 693 | | | | 696 | | | | **1,389** | 695 | 696 | **60** |
| Sue Cooper | 694 | | | | 677 | | | | **1,371** | 686 | 694 | **61** |
| Susan Vernon | 644 | 673 | | | - | | | | **1,317** | 658 | 673 | **62** |
| Chris Broadbent | | | | | 710 | 596 | | | **1,306** | 653 | 710 | **63** |
| Jozef Danko | 658 | | | | - | | 648 | | **1,306** | 653 | 658 | **64** |
| Ed Smyth | | 672 | | | - | 587 | | | **1,259** | 630 | 672 | **65** |
| Jim Dowsett | 635 | | | | 622 | | | | **1,257** | 629 | 635 | **66** |
| Jonah Albert | 633 | | | | 597 | | | | **1,230** | 615 | 633 | **67** |
| Michelle Allard | 617 | | | | - | | 581 | | **1,198** | 599 | 617 | **68** |
| Steve Williams | | | | | 840 | | | | **840** | 840 | 840 | **69** |
| Steve Smythe (2) | | | | | | 836 | | | **836** | 836 | 836 | **70** |
| Neville Webb | | | | | | | 817 | | **817** | 817 | 817 | **71** |
| Adrian Greer | - | 816 | | - | - | | - | | **816** | 816 | 816 | **72** |
| Hugh Balfour | - | 784 | | - | - | | - | - | **784** | 784 | 784 | **73** |
| Colin Bailey-Wood | | | 780 | | | | - | - | **780** | 780 | 780 | **74** |
| Andrea Pickup | | | | | 770 | | | | **770** | 770 | 770 | **75** |
| Emma Ibell | 758 | | | | - | | | | **758** | 758 | 758 | **76** |
| James Godber | | | | | 729 | | | | **729** | 729 | 729 | **77** |
| John English | | 726 | | | | | | | **726** | 726 | 726 | **78** |
| Toni Holt | | | | | - | 719 | | | **719** | 719 | 719 | **79** |
| Stephanie Burchill | 703 | | | | - | | | | **703** | 703 | 703 | **80** |
| Matt Galvin | - | - | | - | 690 | | - | - | **690** | 690 | 690 | **81** |
| Alexander Dodds | | 687 | | | - | | | | **687** | 687 | 687 | **82** |
| John Fletcher | | 675 | | | - | | | | **675** | 675 | 675 | **83** |
| Scott Hemmens | | | 673 | | - | | | | **673** | 673 | 673 | **84** |
| Ruki Sidwha | 654 | | | | - | | | | **654** | 654 | 654 | **85** |
| Catherine Lee | | | | | - | 653 | | | **653** | 653 | 653 | **86** |
| Neil Daniels | | | | | 642 | | | | **642** | 642 | 642 | **87** |
| Carys Morgan | 639 | | | | - | | | | **639** | 639 | 639 | **88** |
| Jon Hyde | | | | | | 631 | | | **631** | 631 | 631 | **89** |
| Olivier Montfort | | | | | 625 | | | | **625** | 625 | 625 | **90** |
| Nicole King | | 624 | | | - | | | | **624** | 624 | 624 | **91** |
| Robert Balzanella | | | | | - | | 617 | | **617** | 617 | 617 | **92** |
| Patrick McMorrow | | | | | | 610 | | | **610** | 610 | 610 | **93** |
| Annalise Laidlow | | | | | - | 605 | | | **605** | 605 | 605 | **94** |
| Graeme Campbell | | | | | - | | 594 | | **594** | 594 | 594 | **95** |

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Marlene Russell | | | | | - | 582 | | | | **582** | 582 | 582 | **96** |
| Dave Feasey | | | | | - | | 576 | | | **576** | 576 | 576 | **97** |
| Paul Keating | | | | | 563 | | | | | **563** | 563 | 563 | **98** |
| Doerte Weber | | | | | - | 555 | | | | **555** | 555 | 555 | **99** |
| John O'Byrne | 544 | | | | | | | | | **544** | 544 | 544 | **100** |
| Giles Gibson | | | | | | 507 | | | | **507** | 507 | 507 | **101** |
| Mark Paine | | | | | - | 439 | | | | **439** | 439 | 439 | **102** |
| Roy Hibberd | | | | | | 385 | | | | **385** | 385 | 385 | **103** |
| Javier Pujol | | | | | - | 373 | | | | **373** | 373 | 373 | **104** |