SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 4th 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

Thu 05 **Battersea Park Assembly League, start 7:30**
By the bandstand

Fri 06 **Track Session with Martin Morley details**
Dulwich College Track 7 for 7:15 start
fee £2 pay to Martin

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

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

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

Friday Track Sessions. Unless we manage to have 10+ people attending it will not be financially viable to continue

If you wish to see these track sessions continue you need to make the effort to attend – ***Martin Morley***

LUCKY VEST- This Wednesday

June winner was Tiarnan O'cleirigh.

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. I'll bring them down to the club tonight - Vests £18 - T shirts £20 – Ros

In your *SHORTS* this week !

2 Fixture List
4 Race reports etc
6 Wednesday Night Map to print
7... Club champs roundup after four events

And much more !

---------- EVENT HORIZON ---------

A brief look ahead

Jul 5 Battersea Park Assembly League
Jul 12 Club champs 2mile, Dulwich Park
Jul 22 Elmbridge 10k , Club champs race
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

NEW RUNNERS ROTA

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**

Mike Dodds	**04/07**
Mel Edwards	11/07
Giles Gibson	18/07
Jo Hewett	25/07
Roy Hibberd	01/08

Thank you to all 5k race marshals. The winner of the lucky marshal voucher from the Beckenham Running Shop was Jo Shelton.

Thank you to everyone who contributed at the Mark Hayes 1 mile race evening. We sent £136 to Karine in memory of Mark

Crystal palace grand prix Friday 13th

I have a spare ticket for the athletics at Crystal Palace on the Friday. If you are interested in coming along please contact me on lindsey.annable@gmail.com for details.
Many thanks -Lindsey

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

Date			Event		Venue
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	S	Elmbridge
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

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 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

Mike

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***

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 Battersea Park on 5th July at 7:30pm. Details to follow.

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

Charlie Lound

Assembly league this Thursday

This Thursday the first ever Assembly League to be be at Battersea will be run over over a fast 5km course, starting and meeting on the central bandstand.

The race starts 7.30m. Pick up a number by 7pm.

Our women's turn out was poor last time and we need women of all abilities to help us retain our wome's team trophy

WOMEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and venues have been confirmed for the women's fixtures as:

20 October, Roehampton Vale
1 December, Epsom Downs
12 January, Mitcham Common
9 February, Denbie's Vineyard

All fixtures start at 12 noon with the exception of the Epsom Downs match, (time TBC) **Mel & Sue**

CLUB CHAMPS

Since selecting the Cabbage Patch 10 on 21 October as one of our club champs races, the first men's and women's Surrey League cross country fixtures have been scheduled for the day before, which is later in October than usual.

Having these two events in one weekend is likely to have an adverse effect on turnout for this important Surrey League match, so we have decided to remove this race from the club champs. We are looking at alternative races to replace the Cabbage Patch. The most promising one looks to be the cross country mob match at Reigate Priory. The date has not yet been fixed but is likely to be Saturday 15 September. Further details will be posted when available.

The next club champs race is the 2 miles at Dulwich Park on Thursday 12 July. This will start at around 7.15, but further details will be posted in Shorts.

If you have not yet entered for the Elmbridge 10k on 22 July, it is recommended that you do so soon as it is filling up. Entry forms are available at the club on Wednesday nights for the Dry Hill 10 on 2 September. There are plans to go to a local pub afterwards (watch out for further details nearer the time). ***Mike Mann***

Club 2 mile

Anyone intending to compete should e-mail stevesmythe2006@yahoo.com so we have an idea of how many races we will have and wear the split will be in each race

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

At the time of writing there are still places available for the Harvel 5 and Dorking 10

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 *

FRIDAY Track Sessions
Dulwich College Track
7pm for 7:15 Start

For all levels, whatever your current pace, 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. - **Martin Morley**

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

Wednesday Running Maps

On page 6 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.

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**

Race Reports & Results

5km Results for June 30th

Wins for Tony, Ola and Nicola

Banstead Woods

1 Tony Tuohy		18:05

Brockwell

10 Ola Balme 1W		20:11
33 Cameron Timmis		22:33
79 Nicola Hill 21W		26:40
80 Michelle Lennon	22W	26:53

Crystal Palace

Arrived to find Crystal Palace heaving with the London Youth Games, not sure but the congestion may have led to the race director being late, hence no equipment and part of the course blocked off for cycling.

With no timers or scanners initial idea was for "free run" ie just take your own time and go home. That then turned into an ambitious plan to take the times manually but still left the need to have additional marshalls for the parts were the cycling was taking place. Chris Vernon and Jim Dowsett amongst others, kindly offered to don high visibilty jackets in an attempt to avoid collisions which meant running on the grass for bits and then ducking under tape.

Fortunately for the timers the kit turned up during the race which meant that timing didn't need to be with a quill pen but although there were some PB's also seems that the disruption around the course led to marginally slower times for most.

2	Wayne Lashley	18.05
34	Bob Bell	22.42
39	Joseph Danko	23.19
41	Claire Steward 10W	23.34
45	Jane Harbage 11W	24.21

Dulwich

9 Ebe Prill	19:38
12 Joseph Brady	20:18)eq PB
13 Rob Cope	20:19 (PB)
1W/16 Nicola Richmond	20:28 (PB)
22 Ajay Khandelwal	21:21
28 Ian Sesnan	21:51
29 Mike Dodds	21:57 (PB)
3W/40 Clare Wyngard 3W	23:18
41 Jo Quantrill (2nd cl/PB) 4W	23:19
92 ran	

BEXHILL 5KMS 27th June

On a very hot evening (90% humidity!) with hardly any wind, which is a rarity for us training on the South Coast!, I was pleased to clock 18.38 coming home in 7th place in the 120 strong field.

The 2 lap out and back course, which contains 3 tight turns, is part of a 3 race summer series organised by Bexhill RC.

7 Nick Brown (1st M50) 18:38

SERPENTINE LAST FRIDAY OF THE MONTH 5K

This race is being held on a different course for June, July, and August, because of preparations for the Olympic triathlon in Hyde Park.

The course is just over 2 laps in Kensington Gardens. Instead of two races (divided according to predicted finishing times), there is only one race.

2 Dulwich Runners took part;

Paul Devine	19.13
Ros Tabor	22.27

SOUTHERN VETS LEAGUE HILLINGDON 25 JUNE

Official and slightly slower times for my 2 races were:

400m 70.5 secs

1500m 5:06.3

Mike Mann

Dulwich Runners Midsummer 5k 20.06.12

An extra result omitted last week

40 Scott Hemmens 19:20

Watford Open Meeting, June 27

There were 19 1500m race with an average of 15 runners each. Clare took part in race 11 and was pleased to break 4:40 for the first time in two years.

Her time of 4:35.69 was only a few seconds outside her British age group record and puts her well clear in the British W45 rankings this year. Her run scored an incredible 97.86% on age-grading, the first time she has gone over 97%

6 Clare Elms 4:35.69

Eltham, June 20

10 Clare Elms 1W 4:41.5

Bewl 15 miles – 1 July 2012

Claire Steward writes: Knowing that I had the OlymPicnic to contend with the previous weekend, I didn't enter in advance but seeing Ebe at the track, and Jozef at ParkRun, I decided to join them for my sixth Bewl 15. The race is mostly off-road following the footpaths around the Bewl Water reservoir through woodland and fields, apart from the section on the road around 10-11 miles where the steepest climbs are.

Having tired legs and wearing a new pair of shoes on test, I was not optimistic of a fast time but the shoes (Asics Gel Volt 33) were fantastic, although in need of a wash after one particularly muddy section, the legs found a new lease of life, and having Jozef as a target just ahead, all encouraged me to in an enjoyable run, despite the deluge just one mile from the finish.

Angie earned a 'gold' medal finishing in the first 100 and was first FV50; Angie, Angela and I were third women's team. Clare was a little slower than she would have liked but did well on minimal recent training, and everyone enjoyed the feast of fabulous cakes and free beer to the strains of the Wadhurst Brass Band as the rain stopped.

77	1:52:58	Angie Norris (1FV50)
122	1:57:41	Ebe Prill
163	2:03:02	Jozef Danko
171	2:03:38	Claire Steward (2FV60)
209	2:07:34	Angela Oritsejafor
502	2:34:18	Clare Osborne

(617 finishers)

The public unveiling of Burbage Road's first Blue Plaque next Wednesday morning at 11.30am. It's wonderful to celebrate this in the Olympic year and everyone is very welcome.
The Edward Alleyn Club will be open for anyone who would like to buy drinks and snacks afterwards.
Representatives from the Herne Hill Harriers, The Herne Hill Velodrome, The Dulwich Estate, local schools, The Dulwich Society will be attending.
Councillors, our own Dulwich Runners and the press have been invited. The film, Chariots of Fire, is shortly to be rereleased and there is a play based on the story running in the West End.

Best wishes, Louise Wood
On behalf of the Burbage Road Residents' Association

Dulwich "Chariots of Fire" Coach to get Blue Plaque

A blue plaque is being unveiled in a short ceremony at 11.30 on

Wednesday 11th July at

84 Burbage Road

All are welcome to come and celebrate a Dulwich sporting great.

Only think of two things - the gun and the tape. When you hear the one, just run like hell until you break the other.

The athletics coach Scipio Africanus "Sam" Mussabini (1867-1927) is to be commemorated with an English Heritage blue plaque at his former home at 84 Burbage Road. A pioneering figure in both professional and amateur sport in Britain, Sam transformed athletics. The house backs on to the Herne Hill Velodrome, where he worked as a cycling and athletics coach from the 1890s until his death and where he trained many medal-winning Olympic athletes.

Mussabini's innovative training methods led to his runners winning eleven Olympic medals, including five gold. He addressed every aspect of training, using scientific methods, and instilled powerful self-belief in his athletes. He is best known for coaching Harold Abrahams, who won gold in the 100m sprint at the 1924 Paris Olympics. Mussabini's vital role in Abrahams' success was later immortalised in the film *Chariots of Fire* (1981), in which he was played by Ian Holm. Mussabini also helped to ensure female athletes received high quality coaching. He told his athletes, "Only think of two things - the gun and the tape. When you hear the one, just run like hell until you break the other".

DULWICH RUNNERS A.C.
S5
YOU ARE HERE
HERNE HILL
EAST DULWICH
SOUTH BANK UNIVERSITY SPORTS GROUND
DULWICH PARK
DULWICH COMMON
TULSE HILL
WEST DULWICH
DULWICH & SYDENHAM HILL GOLF COURSE
WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.
WEST NORWOOD
UPPER SYDENHAM
CRYSTAL PALACE PARK
CRYSTAL PALACE ATHLETICS STADIUM
APPROXIMATE DISTANCES FOR TONIGHTS RUN
FULL RUN (ORANGE) ..... 8.8 MILES
SHORT CUT (BLUE) ..... 6.8 MILES
SHORT CUT (PINK) ..... 5.0 MILES
SHORT CUT (GREEN) ..... 2.7 MILES
Extend distance by extra full lap of Dulwich Park 1.1 miles
Enjoy your run
PLEASE KEEP THE LAP OF DULWICH PARK AS A WARM UP AND KEEP TOGETHER AT A SLOW JOG

DULWICH RUNNERS CLUB CHAMPIONSHIPS 2012

POSITION AFTER 4 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 tbc**	**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										
Melanie Edwards	47	48			47	48			4	**194**
Alexie Shaw	49				50	50			3	**152**
Charlie Wood	50	49			49				3	**151**
Joanne Shelton	44				45	42			3	**134**
Anna Thomas	43				44	44			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			50	49			4	**200**
Claire Steward (50+)	45	47			48	50			4	**194**
Clare Osborne	43				47	48			3	**141**
Lindsey Annable	42	44			46				3	**135**
Clare Elms	50	50			-				2	**102**
Nicola Richmond	47	49			-				2	**98**
Ros Tabor (50+)	46	46			-				2	**94**
Clare Wyngard (50+)	44	45			-				2	**91**
Sue Rowlands		43			45				2	**90**
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										
Steve Ackroyd	45	40			43	44			4	**176**
Wayne Lashley		49			49	46			3	**147**
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**
Chris Broadbent					47	47			2	**96**
Alex Elms	46	48							2	**96**
Rupert Nash		47			46				2	**95**
Paul Devine					44	48			2	**94**
Ed Smyth		45				45			2	**92**
Oscar Hussey	43	41							2	**86**
Jim Dowsett	42				40				2	**84**
Christian Moody					38	42			2	**82**
James Godber					48				1	**49**
Edward Hill	48								1	**49**
Will Davis		46							1	**47**
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**
Rob Cope		42							1	**43**
Mark Paine						41			1	**42**
Javier Pujol						40			1	**41**
Olivier Montfort					39				1	**40**

MEN V40										
Charles Lound	50	48			50	50			4	**202**
Ajay Khandelwal	45	44			48	48			4	**189**
Ebe Prill	46	47			47				3	**143**
Cameron Timmis	44	43			45				3	**135**
Ameet Patel	42	42			44				3	**131**
Tony Tuohy	49	50							2	**101**
Mark Foster		46			49				2	**97**
Duncan Wilson	47				46				2	**95**
Jonah Albert	43				43				2	**88**
Duncan Hussey		49							1	**50**
Jon Hyde						49			1	**50**
Mike Fullilove	48	-		-	-		-	-	1	**49**
John English		45							1	**46**
Paul Keating					42				1	**43**
MEN V50										
Steve Smythe	50	40			49	49			4	**192**
Barrie John Nicholls	39	41			43	45			4	**172**
Steve Street	37	38			40	41			4	**160**
Mike Mann (60+)	49	49			48				3	**149**
Chris Loizou		46			47	48			3	**144**
Andy Murray	48	45				47			3	**143**
Graham Laylee	42	42			45				3	**132**
Lloyd Clater		39			41	43			3	**126**
Steve Wehrle (60+)	38				42	42			3	**125**
Colin Frith	44				46				2	**92**
Bob Bell	43				44				2	**89**
Mike Dodds	41	43							2	**86**
Mick Ward	40	44							2	**86**
Chris Vernon (60+)	35	37							2	**74**
Steve Smythe (2)						50			1	**51**
Steve Williams					50				1	**51**
Adrian Greer		50			-				1	**51**
Russell Daker		48							1	**49**
Gary Sullivan	47								1	**48**
Hugh Balfour	-	47		-	-		-	-	1	**48**
Patrick McMorrow						46			1	**47**
Martin Morley	46								1	**47**
Ian Sesnan	45								1	**46**
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	Reigate mob xc tbc	TOTAL POINTS	average	best	position
Claire Steward (50+)	858	901			850	892			**3,501**	875	901	**1**
Charles Lound	824	766			832	822			**3,244**	811	832	**2**
Ola Balme	811	797			806	724			**3,138**	784	811	**3**
Steve Smythe	808	625			817	807			**3,057**	764	817	**4**
Melanie Edwards	699	651			688	656			**2,694**	674	699	**5**
Ajay Khandelwal	657	664			657	600			**2,579**	645	664	**6**
Mike Mann (60+)	851	855			854				**2,560**	853	855	**7**
Barrie John Nicholls	661	655			647	586			**2,549**	637	661	**8**
Steve Ackroyd	664	647			642	585			**2,538**	634	664	**9**
Andy Murray	806	758				771			**2,335**	778	806	**10**
Alexie Shaw	763				794	760			**2,317**	772	794	**11**
Charlie Wood	778	763			759				**2,300**	767	778	**12**
Chris Loizou		748			761	763			**2,272**	757	763	**13**
Ebe Prill	710	763			686				**2,159**	720	763	**14**
Wayne Lashley		747			757	588			**2,092**	697	757	**15**
Steve Street	553	541			534	417			**2,045**	511	553	**16**
Graham Laylee	700	658			682				**2,040**	680	700	**17**
Jose Barretta	716				645	593			**1,954**	651	716	**18**
Lindsey Annable	644	648			621				**1,913**	638	648	**19**
Cameron Timmis	646	617			622				**1,885**	628	646	**20**
Joanne Shelton	668				665	551			**1,884**	628	668	**21**
Clare Osborne	633				638	599			**1,870**	623	638	**22**
Clare Elms	894	972			-				**1,866**	933	972	**23**
Ameet Patel	609	607			647				**1,863**	621	647	**24**
Ros Tabor (50+)	925	908			-				**1,833**	916	925	**25**
Anna Thomas	647				630	554			**1,831**	610	647	**26**
Steve Wehrle (60+)	646				642	495			**1,783**	594	646	**27**
Tony Tuohy	852	847							**1,699**	850	852	**28**
Alex Elms	805	860			-				**1,665**	832	860	**29**
Lloyd Clater		588			550	477			**1,616**	539	588	**30**
Ben Fairhall	813	793			-				**1,606**	803	813	**31**
Mike Williams	803				-	747			**1,550**	775	803	**32**
Nicola Richmond	752	778			-				**1,530**	765	778	**33**
Clare Wyngard (50+)	752	748			-				**1,500**	750	752	**34**
Oscar Hussey	715	764			-				**1,479**	740	764	**35**
Mark Foster		731			691				**1,422**	711	731	**36**
Tom Marshall					764	646			**1,410**	705	764	**37**
Colin Frith	709				697				**1,406**	703	709	**38**
Rupert Nash		701			701				**1,402**	701	701	**39**
Duncan Wilson	717				683				**1,400**	700	717	**40**
Mick Ward	690	708							**1,398**	699	708	**41**
Bob Bell	726				672				**1,398**	699	726	**42**
Laura Stephens	693				696				**1,389**	695	696	**43**
Sue Cooper	694				677				**1,371**	686	694	**44**
Mike Dodds	689	671							**1,360**	680	689	**45**
Susan Vernon (50+)	644	673			-				**1,317**	658	673	**46**
Chris Broadbent					710	596			**1,306**	653	710	**47**
Paul Devine					671	619			**1,290**	645	671	**48**
Ed Smyth		672			-	587			**1,259**	630	672	**49**
Jim Dowsett	635				622				**1,257**	629	635	**50**
Kim Hainsworth	742				488				**1,230**	615	742	**51**
Jonah Albert	633				597				**1,230**	615	633	**51**
Sue Rowlands		621			609				**1,230**	615	621	**53**
Chris Vernon (60+)	550	583							**1,133**	567	583	**54**
Christian Moody					577	507			**1,084**	542	577	**55**
Steve Williams					840				**840**	840	840	**56**
Steve Smythe (2)						836			**836**	836	836	**57**
Adrian Greer	-	816		-	-		-		**816**	816	816	**58**
Shona McIntosh		786			-				**786**	786	786	**59**
Hugh Balfour	-	784		-	-		-	-	**784**	784	784	**60**
Duncan Hussey		780							**780**	780	780	**61**
Andrea Pickup					770				**770**	770	770	**62**
Edward Hill	759				-				**759**	759	759	**63**
Emma Ibell	758				-				**758**	758	758	**64**

Martin Morley	754								754	754	754	**65**
Russell Daker		748							**748**	748	748	**66**
Mike Fullilove	743	-		-	-		-	-	**743**	743	743	**67**
Gary Sullivan	735								**735**	735	735	**68**
James Godber					729				**729**	729	729	**69**
John English		726							**726**	726	726	**70**
Toni Holt					-	719			**719**	719	719	**71**
Ian Sesnan	716								716	716	716	**72**
Stephanie Burchill (50+)	703				-				**703**	703	703	**73**
Will Davis		695			-				**695**	695	695	**74**
Matt Galvin	-	-		-	690		-	-	**690**	690	690	**75**
Alexander Dodds		687			-				**687**	687	687	**76**
Rob Cope		679			-				**679**	679	679	**77**
John Fletcher		675			-				**675**	675	675	**78**
Jozef Danko	658				-				**658**	658	658	**79**
Ruki Sidwha	654				-				**654**	654	654	**80**
Catherine Lee					-	653			**653**	653	653	**81**
Neil Daniels					642				**642**	642	642	**82**
Carys Morgan	639				-				**639**	639	639	**83**
Jon Hyde						631			**631**	631	631	**84**
Olivier Montfort					625				**625**	625	625	**85**
Nicole King		624			-				**624**	624	624	**86**
Michelle Allard	617				-				**617**	617	617	**87**
Patrick McMorrow						610			**610**	610	610	**88**
Annalise Laidlow					-	605			**605**	605	605	**89**
Marlene Russell					-	582			**582**	582	582	**90**
Paul Keating					563				**563**	563	563	**91**
Doerte Weber					-	555			**555**	555	555	**92**
John O'Byrne	544								544	544	544	93
Giles Gibson						507			507	507	507	94
Mark Paine					-	439			**439**	439	439	**95**
Roy Hibberd						385			385	385	385	96
Javier Pujol					-	373			**373**	373	373	**97**