SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 30th October 2013

These are your SHORTS,
Please send your reports, running news & anecdotes to:
shorts@dulwichrunners.org.uk
DEADLINE 17:30 TUESDAY

- THE COMING WEEK –

Wed 30 **Club Night, Edward Alleyn Club**
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Sat 02 Reigate Priory Relays

Tue 05 **NO TRACK THIS WEEK:** Due to Fireworks at Crystal Palace there will be no track session on November 5 Instead it is suggested meeting up opposite Sydenham Hill Station at 7.15pm and doing a hill session.
Track resumes on November 12

All race reports/articles etc are welcome in SHORTS...but please remember to keep them cordial and free from remarks that might be considered as personal attacks/politics etc, as they will be edited out.
Thanks for your co-operation - **Dulwich Runners committee**

Dulwich Track Sessions

Crystal Palace Track

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

Nb we are now committed to Crystal Palace for Tuesday track for the winter.
We are paying a monthly fee and it is important that we get as many people to use the track as possible so we don't lose any money.

The system was changed and now a Crystal Palace duty manager or a Dulwich Runner will hand out a wristband at reception and you don't need to pay or queue at reception but you will need to pay £2.50 to whoever is doing the club rota at the track (Ros did it this Tuesday). Ideally aim to arrive at 7pm.
It might be easier to pay £5 for a further session. It will be £3 if you can't pay.
It is important that we try and get 30 runners each week for this to work and the club doesn't lose money so please support this. Some of us are travelling some way to do this and those who live within a few miles should make a special effort to run on what has traditionally been one of the best tracks and athletic stadiums in the world and every top class athlete of the last 40 years has competed on it at some stage

Ideally you should have some sort of identification - Dulwich members card or England registration card - certainly from next week.

In your SHORTS this week !

5 Fixtures, Club Champs, Assembly League etc.
8 Race reports , results etc
12 Wednesday night running map

And much more !

Click below to
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EVENT HORIZON

A brief look ahead

full fixture list page 6

Nov	02	Reigate Priory Relays - to register see page 7
Nov	09	Mens Surrey League XC, Wimbledon
Nov	16	London XC champs Parliament Hill Fields

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to help 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

Thanks to **Lindsey Annable and Steve Wehrle** for taking out new runners last week.
If you are on the list, 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 as early in advance as possible.
Important guidance notes for people on the New Runners Rota are on page 3 please read them. When it's your turn you will recieve a couple of reminders by email
Thanks. – Ros

James Burrows	**30/10**
Joseph Brady	06/05
Lloyd Clater	13/11
Sue Cooper	20/11

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is at the back of Shorts.
Copies will be at the clubhouse, but it would help if you can print your own 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 it in the clubhouse- Thanks

Remembering **PATRICK SUGRUE**

A gathering for friends and family to celebrate the life of Paddy

9TH NOVEMBER 2013

2.30 - 5.30 PM

ST FAITHS COMMUNITY CENTRE
RED POST HILL
LONDON SE24 9JQ

Patrick Sugrue aged 50 died on the 17th July this year. Pat was a member of Dulwich runners until 2009. He has not run for the last five years after being diagnosed with Leukaemia. As I think a number of you know he had a tough time of it over this period, having to battle one set of side effects after another, in his attempt to beat the illness.

Pat was the first Dulwich runner I got to know really well as we were more or less the same pace, and remained so as we ran together. We became firm friends; our primarily running 'achievement' was our attempts year after year to follow one of Steve's plans to get us under 40 mins for 10K. We never did quite manage it (possibly due to beer intake on Fridays) but as Pat said after he stopped running, at least I did it in the end, and we 'enjoyed' our attempts.

His sister Dara is organising an event to celebrate Pats life on the 9th November at 2.30 - 5.30pm at St Faiths (bottom of Red Post Hill).

If you know Pat it would be great if you could make it.
Please let me know if you can come on **Markafos@gmail.com** so we get an idea of numbers.
Mark Foster

LUCKY VEST

October winner - Claire Steward

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 on the spot in the clubhouse that evening.
Vests £18 each and can be puchased from Ros as can all kit

ros@28kerfield.freeserve.co.uk

for all other club kit please see **page 4**

Wednesday Apres-Run Rehydration !

Come up to the bar and have a drink and a natter with us , it's a great way to get to know fellow runners (hot drinks also available)

Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the Wednesday run.
Arrives close to 9 and the 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 and money by 7:10
Don't just sit there salivating…join in ! - Ros

curry night

Hi All,
Please build up an appetite during your usual Wednesday night Club runs and join us at Surma, for a mouth watering Indian Cuisine

When: Wednesday 30th October, 9pm after club run
Where: Surma, 42 Lordship Lane, East Dulwich, SE22
Buffet Price: £10 per person (with an optional contribution of £1 as a tip) cash on the night please drinks paid for separately at the bar).
Itinerary: Club run, shower, travel to East Dulwich (car, walk, bus or otherwise), eat-drink-eat, feel all warm- fuzzy and glad you came.

Lindsey Annable	Sue Cooper	Steve Wehrle
Joseph Brady	Andy Murray	Stephen Street
Steve Cooke	Barry J Nicholls	Steven Smythe
Aileen Cooke	Ron Searle	Patrick McMorrow
Clare Wyngard	Katie Styles	Chris Vernon
Paul Devine	Ros Tabor	Harry Hanscombe
Mel Edwards	Rupert Nash	Di Morgan
Paul Keating	Shona Mcintosh	Clare Osborne
Alastair Locke	Tony Tuohy	

If you would like to come email me
susan.cooper@hsbc.com

NEW RUNNERS

As you are a regular runner on Wednesday nights you have been included on the new runners' rota.
Your name will probably only appear about once a year.

Here are some guidelines:

- read Shorts and make a note in your diary of when your turn is (the list is largely alphabetical)
- if you can't make that date try and swap with someone else on the list and let Barry/Ros know
- if swapping dates is impossible let Barry know as soon as possible, so he can amend Shorts
- arrive in good time so you can meet any new people and discuss their needs
- agree the distance and pace that the group will be running. If the new runners are much faster (or slower) than you, you will have to ask around and find someone else to go with them, consulting Ros as necessary
- make sure the group stays together and no-one is left behind
- slower runners may need time to stop and rest, or short periods of walking
- tell people about how the club works – championships, cross country, track nights, relays etc
- emphasize the social side of the club
- encourage people to come to the bar after the run and try to introduce them to others of similar age and/or ability
- if you are not confident taking a group out by yourself ask for someone to go with you
- encourage people to sign up for Shorts and read it
- encourage people to join (through Barry)
- if you see people you ran with in later weeks, ask how they are getting on

Run the London Marathon in 2014
Dulwich Runners has four club entries for the 2014 London Marathon.
To be considered and eligible for one of these places you must have applied unsuccessfully for a place and have been a member for at least one year.
We will allocate three places on the basis of number of appearances and volunteering for marshalling during the last year in selected club events. The fourth place we will decide by ballot.
Note, these places still require payment of an entry fee.
If you would like to be considered for a place contact me by 31st October in person or at **chas.lound@btinternet.com**
Charlie Lound

Dulwich Runners Christmas Party Saturday, 14th Dec 2013
The Cambria,Herne Hill Road

I need to confirm numbers by 29th November latest and then the price of tickets increases to £20.
There is only capacity for 100...so to be one of the lucky ones get in quick and contact me below.
If you have any music requests for the DJ let me know by the same date

susan.cooper@hsbc.com

Dulwich Runners Club Kit

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£18 each

Hoodies are now available. There are a few left in each size .
Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk

Dulwich Runners 2013/14 Fixtures

Further information regarding races will usually be here in SHORTS and/ or announced on a Wednesday club night.

Date		Race		Venue
Nov	2	Reigate Priory Relays XC		Reigate Priory
	9	Surrey League Cross Country	Men	Wimbledon Common
	16	Dysart/Ellis Cups (XC)		Petersham, Richmond Park
	16	London XC Champs		Parliament Hill Fields
	23	BMAF XC Relays		Derby
	23	South of Thames 5m XC		Streatham Common
Dec	7	Surrey League Cross Country	Women	Farthing Down
	7	Kent Masters XC Champs		Danson Park, Bexley
	14	SEAA Masters XC		Biggleswade
	21	South of Thames 7.5m XC		Wimbledon Common
Jan	4	Surrey XC Champs		Denbies Vineyard
	4	Kent XC Champs		Hythe
	11	Surrey League Cross Country	Men	Reigate Priory (DR to co-host)
	11	Surrey League Cross Country	Women	Putney Vale
	25	South of England XC Champs		Parliament Hill Fields
Feb	8	Surrey League Cross Country	Men & Women	Lloyd Park
	15	Beckenham/Striders/Dulwich Mob Match		Beckenham Place Park
	22	National XC Champs		Nottingham

I've had a few enquiries about the forthcoming cross country season, so here is some advance information, particularly for the benefit of newly joined members.

We compete in the Surrey League cross country and the men were promoted to Division 2 last season whilst the women remain in Division 1.
There are 4 fixtures during the season, starting on 19 October at Lightwater for the women and Richmond Park for the men (details of other fixtures can be found in Shorts).

With the **Men's Surrey League** there is no need to enter in advance; you simply turn up on the day though your captain will find it helpful if you could let him know in advance.

With the **Women's Surrey League**, we need to enter runners in advance and you should have received an email regarding this.
With the first 5 runners scoring for the women and the first 10 for the men , it is important to field as many as possible of our strongest runners.

But these and other cross country races are not elite and are suitable for all abilities. They also provide excellent strength and endurance training from which you will reap the benefits, particularly in longer road races.

In addition to the Surrey League there are a number of other races during the season, almost all of which take place on Saturdays. These include the London champs in November, two South of Thames races in the autumn, the county champs (Kent and Surrey) in early January, the South of England champs in late January and the National champs in February.

There's also a number of Masters events. For all these races it' necessary to submit entries in advance, in some cases over a month before the events. Your captains will post details in Shorts and contact regular cross country competitors nearer the time, but it is important to read this information carefully and respond before the deadline given if you want to participate.

The club pays for race entries. We cannot cater for runners who simply decide on the day that they fancy a run, but they are of course welcome to support our runners.

Regarding footwear, you can often get away with road shoes in the early part of the season, but as the ground becomes muddier later in the autumn, either cross country shoes, or alternatively fell or trail shoes become essential.

Please contact your captains if you would like to take part and for any other information regarding the forthcoming cross country season. - ***Mike Mann***

Your Cross Country contacts: Men - Mike Mann **mcmann90@yahoo.co.uk**
Women - Anna Thomas & Mel Edwards **dulwich.womenscaptain@yahoo.co.uk**

Cross Country Fixtures

In addition to the cross country races mentioned separately in Shorts, there are two higher profile events this autumn for which we would like to enter the strongest teams available.

These are the BMAF Relays in Derby on 23 November and the SEAA Masters in Biggleswade on 14 December. In both these events we have medal winning potential in some of the age categories. Those of you that have been approached for the SEAA road relays at Aldershot later this month, provided you are eligible as these are masters events, will be contacted individually in due course.

For the BMAF relays the age categories are M35/45/55+ and W35/45/55+ and each stage is around 3k in length. Some of us took part last year and it is a well organised event over an excellent course. The age categories for the SEAA Masters XC are M40/50/60+ and W40/50+, and the distances are 6k for the women and 10k for the men with 3 to score

Beckenham/Striders of Croydon/Dulwich Mob Match, 15 February

A 3 way cross country mob match against Beckenham Running Club and Striders of Croydon has been arranged for Saturday 15 February, starting at 2.30. It will take place in Beckenham Place Park on a course similar to that used for the 10k trail race there.

It is suitable for runners of all standards; the idea is to field as many competitors as possible. Further details will be provided nearer the time.

Note that this race will form part of a cross country champs competition (see separate notice in Shorts). - ***Mike Mann***

CROSS COUNTRY CHAMPS

We will be holding a cross country champs once again this season. To qualify it will be necessary to complete 4 out of the 6 following races: 3 out of the 4 Surrey League matches plus either the South of Thames 5 miles at Streatham Common on 23 November or the mob match on 15 February.

The prize categories will be the three leading men and women, the first M40, M50, M60, W40 and W50, plus a captain's award. - ***Mike Mann***

CROSS COUNTRY ENTRIES

Entries are now open for the London Champs at Parliament Hill Fields (5 miles for men) on 16 November and the South of Thames 5 miles at Streatham Common on 23 November. If you are interested in the London Champs please let me know no later than 30 October.
The deadline for the South of Thames is a little more relaxed at 12 November. You will need to be entered in order to run as entries are not accepted on the day. Note that the South of Thames race forms part of our cross country club champs. Mike Mann
mcmann90@yahoo.co.uk

Cross-Country tactics

Pacing at cross-country without the absence of mile markers isn't easy so a garmin is useful or at the very least a watch so you can estimate roughly how long you will be racing to gauge your effort.

Getting to a race well in advance helps too and it is best to be half a hour too early with time to kill than half a hour too late and risk missing the start! Then you can relax pre race, warm up gently and look over some of the course and check the start ie is it too narrow and is there a need to start faster than usual so as not to get boxed. You can also check the finish and also what shoes or spikes you need to fit the terrain.

While it isn't easy in your first cross-country races, narrow starts excepting, it is important to be reasonably close to what is your intended finishing position after the first mile. Coming gradually through the field is generally far more rewarding and successful than starting way too fast but it is pointless being 30 seconds down on people who should be your rivals after a mile as you won't make it up if they are a similar ability.

However run the first mile ten seconds too fast and the likelihood is you will run the latter few miles 20-30 seconds slower and end up in a far worse position than if you had been more conservative.

I suggest those who ran the league this week should look at their position and aim to come slightly higher next time and try and set off at that position or near to the runner you want to try and run with from the start.

Always try and finish strongly and speedwork should help and try and work out where the last 200m is before the race so you can work out where to start accelerating. When you finish try and check your time and hear what's called and check who is around you as initial results aren't always accurate and it could help the team if you can provide a time and confirm who you finished just ahead of or behind. - ***Steve Smythe***

SURREY LEAGUE CROSS COUNTRY, WIMBLEDON COMMON, 9 NOVEMBER

Our second Surrey League fixture takes place at Wimbledon Common, starting at 3pm. Although we ended up in 8th position after the first match at Richmond Park, the points totals were unusually close between the 9 participating clubs, so there is all to play for in the rest of the season. It is important that we field as many of our scorers as possible plus those who missed the first race.

Please read the joining instructions very carefully as the start of the course is located in the middle of Wimbledon Common and not easy to find. If you arrive in good time, and not at the last minute as many of our runners did last time, there should be enough people to follow if you do go astray. You should aim to be start by 2.30pm at the very latest. Note that you are discouraged from driving as there is only limited parking around the Common. If you must drive and are familiar with the Common, there is a sizeable parking area near the Windmill but it is good mile away from the start.

The organizers, Wimbledon Windmilers, are looking for one marshal from each club to help with the children's race and to be at the start at 1.30pm. If anyone is able to help, could you contact Ebe Prill who is standing in for me. Any questions should be directed to Ebe as I will not be around much in the near future: **ebeprill@yahoo.co.uk**
Mike Mann

DULWICH RUNNERS CLUB CHAMPS 2014

We have now finalized the events and structure of next year's club champs. There will be 9 races in total split into 3 distance categories. In order to qualify it will be necessary to complete 5 races in total, including at least one from each distance category.

The structure of awards will be unchanged from recent years. Club vests are compulsory for all events other than the mile. You will need to ensure that your club membership is up to date in order to qualify for points.

Finally you are advised to enter the Tunbridge Wells Half marathon early as last year entries were closed from very early in January.

The events are as follows:

1 February	Brockwell parkrun 5k (short)
2 March	** **Tunbridge Wells Half (long)**
13 April	London (or other) Marathon (long)
5 May	Ted Pepper 10k (medium)
25 May	***Rye 10 miles (long)
22 June	Beckenham 10k (medium)
11 July (tbc)	Mark Hayes Mile (short)
31 August	Sevenoaks 7 (medium)
11 September	Dulwich Park 2 miles (short)

Mike Mann (on belhalf of ADSC)

** **According to the host club , entries were closed this year 2 months in advance of the race, so you are strongly advised to submit your entry by December**
http://tinyurl.com/mskwjte

*** **Note corrected date**

Joining Instructions Wimbledon Windmiler Hosted Match

Nov. 9th
Juniors 14:15
Seniors: 15:00

The traditional Windmiler course will be used. As you are aware this is mostly single track allowing 3 people abreast, widening as it crosses playing fields approx.. 1 mile in. It is on mixed terrain comprising mud, grass and gravel. No roads or tarmac should be crossed.
Hazards – tree roots, fallen branches, low trees, steep hills and uneven ground. The Common is an extremely popular area for walking dogs and children. Please remind all your team members that people on the course are allowed to be there and may struggle to get out of the way. Please treat them with courtesy.
The course is suitable for spikes but typically these are not required as the Common drains well.
Juniors will do one lap starting at Caesars well on Wimbledon Common and finishing near the start.
Seniors will do two laps. It is proposed to walk participants down to a broad part of the course, thereby allowing a smoother start. The finish will be at the same point as the juniors. The distance will still be approx.. 5 miles.
Transport
There is (virtually) no parking at the start.
Participants are encouraged to travel by train to Wimbledon Station and then take a bus to War Memorial. You can then walk across the Common to the Fox & Grapes pub. Go beyond this to Wimbledon Common Golf Club and you should see Sunset Road. At the far end of Sunset Road there are white gateposts. Go to the right of these down a small track and you should come to an open space (Ceasers Well) surrounding pine trees. This is the start.
The usual mistake is to head down Gravelly Hill. If you do this you will see flags marking the course. Follow these through the trees to your right and you will also arrive at Ceasers Well.
The start is at least 1 mile from the bus stop and you should allow time for this walk (20 minutes plus).

Tuesday track

33 did the Tuesday session at Crystal palace on October 29.

Due to Fireworks at Crystal Palace there will be no track session on November 5
Instead it is suggested meeting up opposite Sydenham Hill Station at 7.15pm and doing a hill session.
Track resumes on November 12

Race Reports & Results

Nb Steve Smythe can no longer compile results for Shorts for races he's not at and will only send results for races he will attend (or arrange for someone else to send), so if you want them to be recorded here in SHORTS you must send them in. If you can write a report even better, all road, fell, XC, Tri results etc, are welcome but please keep them cordial and free from what might be considered as personal attacks/politics etc. as they will be edited out

Last Friday 5k, Hyde Park, 25 October

A good turnout of Dulwich Runners for Serpentine's Last Friday 5k in October. Blustery conditions, but dry and sunny.

Ian took the lead early on, had another good run and missed his PB by a few seconds, lacking someone from Dulwich to pace him or chase him.

Rob had his best run since his canine mishap, getting faster each mile and under 18:45 to his delight.

Paul wasn't much affected by his marathon 5 days earlier. He started cautiously, shouting encouragement from the back, until he got bored by the slow pace and went ahead of Ebe for the last mile.

Ebe was feeling under the weather and did his slowest Last Friday so far. Concerning training, or lack thereof, he found that annoyingly the body forgets, but it does not forgive!

Ebe Prill

27	Ian Lilley	18:24
35	Rob Cope	18:41
39	Paul Devine	18:44
43	Ebe Prill	18:51

238 ran

Brockwell

45 Nicola McIvor 6W	*21:49 (course pb)*
55 Graham Laylee	*22:15*
68 Clare Wyngard 12W	*23:01*
78 Mike Dodds	*23:34*

172 ran

Bromley

168 Claire Steward 28W	*26:29*

348 ran

Burgess

96 Barry Walker	*29:45*

118 ran

Crystal Palace

30 Bob Bell	*23.12*
73 Ameet Patel	*27.50*
78 Penelope Bell	*28.30*

115 ran

Dulwich

4 Edward Hill	*17:46*
15 Chris Loizou	*19:18 (1M55)*
18 Chris Goodman	*19:39*
22 Ajay Khandelwal	*19:59*
59 Michelle Lennon 7W	*23:10*
79 Stephanie Robinson 11W	*25:03 (PB)*

138 ran

Hilly Fields

Clare gained her 64th win out of 64 parkruns behind a fast finishing Kevin.

5 Kevin Chadwick	19:16
6 Clare Elms 1W	19:24
9 Stephen Smythe	21:47 (1M55)
45 Carolina Lilley 13W	28:01

Beachy Head Marathon

Dave Feasey writes...

On Saturday 26th October, at the starting line of the Beachy Head Marathon, stood three Dulwich Runners. Club legend Steve Werhle had hoodwinked two rookies, Lloyd Clater and Dave Feasey into spending an autumn Saturday morning on the South Downs.

'It's a great view of the sea.' he had told us. 19 gruelling miles later the sea came into view. And how spectacular it was. The breath taking scenery, dominated by the Seven Sisters, was worth every lung busting hill that we had experienced up to that point. The wind, the mud, the steps and the walls were a fitting challenge before experiencing the near out of body experience of running across those magnificent chalk cliffs.

During the race we wondered how anybody could be fit enough to run this race in 3 hours. It is tough and will test any runner. But all competitors we met were only too happy to enjoy the moment rather than strive for a PB. And it may be the only marathon that has sausage rolls, soup and hot cross buns at food stops.

My time was 5.51 and I was pleased with that. Next year I may get under 5.30. Oh yes. We will be there next year!

Beachy Head Parkrun

Saturday morning, sharp at nine,
Once again it's Parkrun time,
Why not go in search of sun,
Go south and find a different one,
So off we go to 'Beachy Head',
Recommended route instead,
Line up for the unusal start,
Straight up a cliff, what a lark,
The 5km distance comes and goes,
And on we plod to where who knows,
One hour in, enjoying the views,
But should have worn different shoes,
Something wrong with my watch,
Cause now it says it's 11 o'clock,
Plodding on, little power ,
Gone on now for another hour,
Now it's Saturday afternoon,
Surely we will be there soon,
Four hours in ,not much talk,
Think we're stuck in a time warp,
Getting hungry, need some food,
Any sugar fix will do,
Now we've been moving for hours five,
Wondering if we're still alive,
On and on the 'Seven Sisters' we wend,
Will this dream ever end,
Then at last, what's than innit,
Looks like it might be the finish,
Yipee, yes it's all over & done,
THE BEACHY HEAD MARATHON

Steve Wehrle

Steve Wehrle
Dave Feasey
Lloyd Clater
Combined time 17 hours and 49 minutes

You can follow us on

Club Championship update

DULWICH RUNNERS CLUB CHAMPIONSHIPS 2013

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

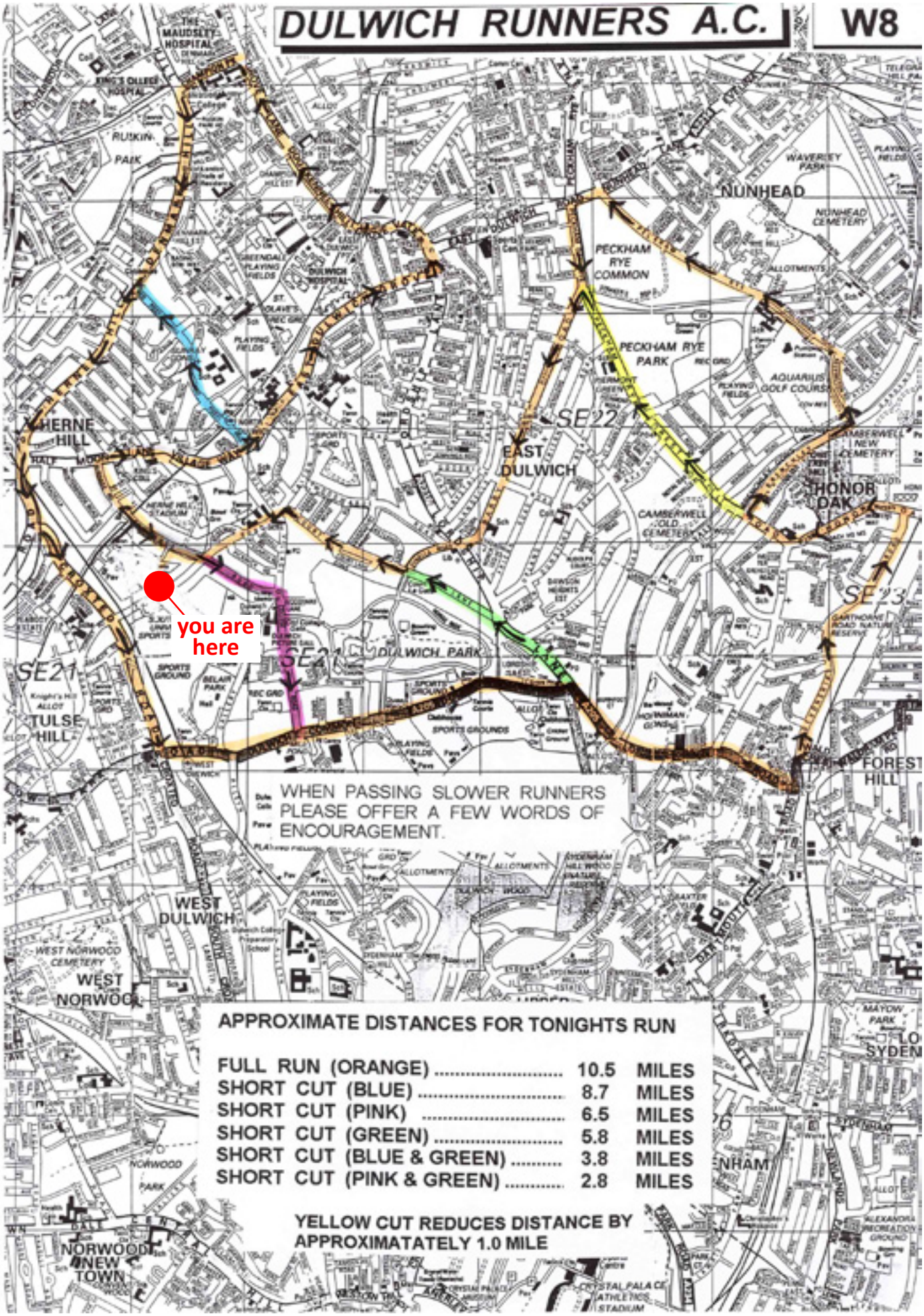
AGE CATEGORY CHAMPIONSHIPS EVENTS COMPLETED

	Short				Long					
Name/Champs cat.	**Assemblyy League 5k Dulwich Pk 6 Jun**	**Dulwich Park 2 miles 20 Jun**	**Dulwich Track 1 mile 12 Jul**	**Lloyd Pk 5k 5Oct**	**Chicester 10k 03 Feb**	**Lydd 1/2M 10 Mar**	**London (or any cert. M'thon 21 April**	**Dry Hill 10 mile 1 Sep**	**Events completed**	**TOTAL POINTS inc 1 bonus for each event**
WOMEN SENIOR										
Shona McIntosh	50				50	50	50		4	204
Melanie Edwards	[47]	50	[47]		47	49	[47]	50	7	203
Anna Thomas		47	[45]	50	[45]	47	[43]	49	7	200
Kim Hainsworth	[43]	49	48		46		45		5	193
Sue Cooper	[42]	45	46		43	46			5	185
Emily Gelder	44		50				49		3	146
Cara Oliver	46		49			48			3	146
Joanne Shelton					44	45	[42]	48	4	141
Catherine Lee	49				49				2	100
Charlie Wood					48		46		2	96
Toni Holt	45						48		2	95
Katie Styles	40	-	44		-	-			2	86
Laura Long		48							1	49
Elkie Mace	48	-	-		-	-			1	49
Laura White		46							1	47
Susanna Wilkey						44			1	45
Sophie Bennett							44		1	45
Clare Quirico							41		1	42
Nicola McIvor	41	-	-		-	-			1	42
Rachel Warriner	39								1	40
WOMEN V40										
Clare Elms		50	50	[50]	50	50		[50]	6	206
Ola Balme	48	[47]	[47]		49	49	50		6	202
Nicola Richmond	49	48	49		48				4	198
Claire Steward (50+)	49				[46]	47	48	48	5	197
Clare Wyngard (50+)	50	46		48		48			4	196
Lindsey Annable	[45]	[45]	[44]	47	45	46		47	7	192
Ros Tabor (50+)		44	46	49				49	4	192
Andrea Pickup	50	49	48						3	150
Michelle Lennon	47		45						2	94
Ange Norris							49		1	50
Susan Vernon (50+)							47		1	48
Louisa Pritchard					47	-			1	48
Susie Labinjoe	46								1	47
MEN SENIOR										
Buzz Shephard	50		[50]		50	50	50		5	205
Edward Hill	49	50	48					50	4	201
Paul Devine	[43]	[45]	[43]	49		48	47	49	7	200
Alastair Locke	47	48				49	49		4	197
Rob Cope	46	47	[45]	[46]	47	47			6	193
Kevin Chadwick	45	46	[44]	47				46	5	189
James Burrows	[39]	[41]	40		46		42	47	6	181
Ed Smyth	42	43	[41]	45			36		5	171
Robert Balzanella		38		44		44	38		4	168
Wayne Lashley	48	49		50					3	150
Rupert Nash		44	46		49				3	142
Chris Treble	44				48		46		3	141
Sam Crump				48			41	48	3	140
Lewis Laylee	40	42	47						3	132
Olivier Montfort	36	39				45			3	123
Jim Dowsett			38			42	35		3	118
Adam Vaughan	41						45		2	88
Jozef Danko						46	39		2	87
Andrew Bright						43	40		2	85
John Fletcher		40					43		2	85
Steve Ackroyd	37				45				2	84
Oscar Hussey	38		39						2	79
Alex Elms			49						1	50
Tom Marshall							48		1	49
Scott Hemmens							44		1	45
Neil Moriarty			42						1	43
Simon Winstanley							37		1	38
Cory W Malcolm							34		1	35

MEN V40										
Charles Lound	50	50	50	[50]			50		5	205
Joseph Brady	[47]	[47]		48	50	50	[49]	49	7	204
Duncan Hussey	48	49	49					50	4	200
Ian Lilley	49	48	[48]	49				46	5	197
Ajay Khandelwal	45		[45]			48	48	48	5	194
Cameron Timmis	44	[44]	[44]	47		49		47	6	193
Mark Foster	43	46	47		49				4	189
Ameet Patel	[42]	43		46	48	47			4	189
Paul Hodge	46	45	46						3	140
Brendan Greaney			43			46			2	91
Paul Keating	41	42							2	85
Dave Feasey							47		1	48
MEN V50										
Tony Tuohy	50	50	50	[50]	50				5	205
Ebe Prill	49	[48]	49		[47]	[48]	50	50	7	205
Steve Smythe	[47]			49	48	50	49	[48]	6	202
John English	44	47	48				48		4	191
Gary Sullivan	[43]	44	47		46			49	5	191
Andy Murray (60+)	42	[40]	45	48	[44]	[47]	[47]	47	8	190
Mike Mann (60+)	46	45	46		45				4	186
Barrie J Nicholls	[37]	[36]	[41]	43	[41]	44	45	45	8	185
Bob Bell		41		45	42	46			4	178
Steve Wehrle (60+)				42		42	44	44	4	176
Graham Laylee	39	[39]	42	46	43				5	175
Steve Street	[34]	[35]		40	40	[40]	42	43	7	172
Martin Morley	38	38	43			43			4	166
Chris Vernon (60+)			37	38		39		42	4	160
Ian Sesnan	40		44	47					3	134
Duncan Wilson	41	42						46	3	132
John O'Byrne		34	38	39					3	114
Neville Webb					49	49			2	100
Chris Loizou	48	49							2	99
Mike Dodds				44		45			2	91
Steve Williams	45	43							2	90
Per Hedberg		37					46		2	85
Barry Evans (60+)			39				43		2	84
Adrian Greer		46							1	47
Lloyd Clater							42		1	43
Roy Hibberd							41		1	42
Patrick McMorrow						41			1	42
Bernard Imber				41					1	42
Steve Cook			40						1	41
Mick Ward	36								1	37
Kev Wood	35					-			1	36

OVERALL CHAMPIONSHIP - AGE GRADED

	Short				Long							
Name	Assembly League 5k Dulwich Pk 6 Jun	Dulwich Park 2 miles 20 Jun	Dulwich Track 1 mile 12 Jul	Lloyd Pk 5k 5 Oct	Chichester 10k 03 Feb	Lydd 1/2M 10 Mar	London (or any cert. M'thon 21 April	Dry Hill 10 mile 1 Sep	TOTAL POINTS	Average	Best	Position
Clare Elms		937	984	[880]	937	[899]		932	**3,790**	948	984	**1**
Ros Tabor		844	935	900				909	**3,589**	897	935	**2**
Tony Tuohy	889	871	872	[848]	889				**3,521**	880	889	**3**
Claire Steward	870				[849]	862	869	857	**3,458**	865	870	**4**
Shona McIntosh	843				839	849	834		**3,365**	841	849	**5**
Mike Mann	863	832	849		804				**3,348**	837	863	**6**
Buzz Shephard	821		823		848	826	[793]		**3,317**	829	848	**7**
Charles Lound	849	801	798	[772]			831		**3,279**	820	849	**8**
Ebe Prill	816	[795]	817		804	[792]	[747]	826	**3,264**	816	826	**9**
Steve Smythe	818			780	835	825	[759]	[765]	**3,258**	815	835	**10**
Gary Sullivan	776	[767]	806		779			810	**3,172**	793	810	**11**
Ola Balme	783	[777]	788		807	784	[723]		**3,162**	790	807	**12**
Edward Hill	787	772	801					777	**3,137**	784	801	**13**
Duncan Hussey	773	763	802					781	**3,119**	780	802	**14**
Nicola Richmond	771	776	805		735				**3,087**	772	805	**15**
Melanie Edwards	761	[743]	[719]		751	762	[703]	808	**3,082**	770	808	**16**
Andy Murray	765	[728]	762	755	[754]	[747]	[676]	785	**3,067**	767	785	**17**
Clare Wyngard	772	758		750		770			**3,050**	763	772	**18**
John English	754	752	808				722		**3,035**	759	808	**19**
Joseph Brady	766	739		[687]	[720]	738	[676]	726	**2,969**	742	766	**20**
Rob Cope	756	737	752	[702]	717	[716]			**2,962**	741	756	**21**
Kim Hainsworth	730	731	742		749		[652]		**2,952**	738	749	**22**
Alastair Locke	729	702				743	738		**2,912**	728	743	**23**
Bob Bell		727		703	748	734			**2,911**	728	748	**24**
Paul Devine	[702]	[701]	720	725		703	[701]	754	**2,901**	725	754	**25**
Mark Foster	623	727	746		716				**2,812**	703	746	**26**
Kevin Chadwick	701	695	717	[674]				689	**2,803**	701	717	**27**

Graham Laylee	707	683	[674]	682	724				**2,797**	699	724	**28**
Martin Morley	697	695	718			683			**2,794**	698	718	**29**
James Burrows	685	[680]	689		685		[626]	720	**2,779**	695	720	**30**
Ian Lilley	739	726	728	[718]				572	**2,765**	691	739	**31**
Barrie J Nicholls	683	[666]	672	[671]	[671]	681	[594]	688	**2,725**	681	688	**32**
Anna Thomas		[649]	[654]	658	686	675	[611]	703	**2,721**	680	703	**33**
Sue Cooper	704	[601]	680		659	669			**2,711**	678	704	**34**
Ajay Khandelwal	659		665			613	[507]	680	**2,617**	654	680	**35**
Lindsey Annable	[619]	662	666	649	[564]	[614]		621	**2,598**	649	666	**36**
Cameron Timmis	[607]	644	650	630		[624]		662	**2,586**	646	662	**37**
Ed Smyth	688	687	697	[638]			508		**2,581**	645	697	**38**
Steve Wehrle				632		673	572	688	**2,565**	641	688	**39**
Ameet Patel	604	587		[575]	607	625			**2,423**	606	625	**40**
Andrea Pickup	803	790	810						**2,403**	801	810	**41**
Robert Balzanella		615		576		632	558		**2,381**	595	632	**42**
Cara Oliver	780		796			753			**2,328**	776	796	**43**
Emily Gelder	747		784				774		**2,305**	768	784	**44**
Lewis Laylee	745	745	787						**2,277**	759	787	**45**
Wayne Lashley	742	739		745					**2,227**	742	745	**46**
Steve Street	546	557		[484]	560	[518]	[441]	559	**2,221**	740	560	**47**
Chris Vernon			553	548		556		561	**2,218**	554	561	**48**
Paul Hodge	705	724	726						**2,154**	718	726	**49**
Rupert Nash		687	715		711				**2,113**	704	715	**50**
Ian Sesnan	719		696	685					**2,100**	700	719	**51**
Duncan Wilson	686	694						689	**2,069**	690	694	**52**
Sam Crump				702			621	727	**2,050**	683	727	**53**
Olivier Montfort	681	694				663			**2,038**	679	694	**54**
Chris Treble	691				686		659		**2,036**	679	691	**55**
Joanne Shelton					685	663	[602]	673	**2,021**	674	685	**56**
Jim Dowsett			625			622	476		**1,723**	574	625	**57**
Neville Webb					863	846			**1,709**	854	863	**58**
Chris Loizou	828	825							**1,653**	826	828	**59**
Catherine Lee	805				814				**1,619**	810	814	**60**
John O'Byrne		538	555	512					**1,604**	535	555	**61**
Steve Williams	802	777							**1,579**	790	802	**62**
Charlie Wood					806		703		**1,509**	754	806	**63**
Oscar Hussey	744		758						**1,502**	751	758	**64**
Toni Holt	733						746		**1,479**	739	746	**65**
Michelle Lennon	711		733						**1,444**	722	733	**66**
Adam Vaughan	689						650		**1,339**	669	689	**67**
Steve Ackroyd	667				669				**1,336**	668	669	**68**
Mike Dodds				671		659			**1,329**	665	671	**69**
John Fletcher		674					642		**1,316**	658	674	**70**
Katie Styles	667	-	640	-	-	-		-	**1,307**	654	667	**71**
Jozef Danko						646	621		**1,267**	634	646	**72**
Barry Evans			694				570		**1,264**	632	694	**73**
Brendan Greaney			663			595			**1,258**	629	663	**74**
Andrew Bright						632	590		**1,222**	611	632	**75**
Per Hedberg		630					576		**1,206**	603	630	**76**
Paul Keating	588	515							**1,104**	552	588	**77**
Alex Elms			907						**907**	907	907	**78**
Adrian Greer		789							**789**	789	789	**79**
Elkie Mace	769	-		-	-	-		-	**769**	769	769	**80**
Ange Norris							764		**764**	764	764	**81**
Neil Moriarty			710						**710**	710	710	**82**
Tom Marshall							709		**709**	709	709	**83**
Louisa Pritchard	-	-			700		-	-	**700**	700	700	**84**
Susie Labinjoe	698								**698**	698	698	**85**
Nicola McIvor	687	-		-	-	-		-	**687**	687	687	**86**
Steve Cook			675						**675**	675	675	**87**
Laura Long		674							**674**	674	674	**88**
Laura White		648							**648**	648	648	**89**
Sophie Bennett							646		**646**	646	646	**90**
Scott Hemmens							644		**644**	644	644	**91**
Mick Ward	644								**644**	644	644	**92**
Kev Wood	618	-			-	-	-		**618**	618	618	**93**
Susanna Wilkey						597			**597**	597	597	**94**
Bernard Imber	-	-		577	-	-	-		**577**	577	577	**95**
Patrick McMorrow						575			**575**	575	575	**96**
Rachel Warriner	569								**569**	569	569	**97**
Susan Vernon							565		**565**	565	565	**98**
Clare Quirico							543		**543**	543	543	**99**
Simon Winstanley							516		**516**	516	516	**100**
Cory W Malcolm							437		**437**	437	437	**101**
Dave Feasey							395		**395**	395	395	**102**
Roy Hibberd							379		**379**	379	379	**103**
Lloyd Clater							378		**378**	378	378	**104**

DULWICH RUNNERS A.C. W8