SHORTS

Dulwich Runners AC
Weekly Newsletter
July 16th 2014

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

- THE COMING WEEK –

Wed 16 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7 for 7:15 start. Showers, Bar

Tue 22 Track session with Steve Smythe - £1 fee
Dulwich college Track - 7 for 7:15pm start

In your SHORTS this week !

3 Fixture list, Club champs,XC road, trail etc
4 Race reports & results
6 Mark Hayes memorial mile - full results
8 Parkrun results
9 Club Champs standingsso far
12 Wednesday night running map

And much more !

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www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

TRACK SESSIONS

at Dulwich College

Tuesdays with Steve Smythe

Improve your speed & strength over all distances.
suitable for all standards and abilities.
Dulwich will be just a pound but additional £2 payable next day or following week for those who don't pay on night

Arrive at 7 for warm-up then a prompt 7:15pm start

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**

EVENT HORIZON

A brief look ahead

full fixture list page 3

Aug 07 Assembly League -Victoria Park, Mile End
Aug 31 Seven Oaks 7 - club champs race

LUCKY MARSHAL

at the Midsummer 5k
The winner of this prestigious award and voucher goes to
Alastair Locke

NEW RUNNERS ROTA

Thankyou to **Mike Mann** 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.
Thanks. – **Ros**

Steve Werhle	**16/07**
Lindsey Annable	23/07
Hugh Balfour	30/07
James Burrows	06/08
Joseph Brady	13/08

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered 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 !

Rehydration !

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

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page 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

Striders of Croydon's Multi-terrain race

Switchback 5 28th September.

We have kept the entry fee low - £6 for affiliated runners before race day – but still provide a goody bag including free tea and cake.

Details and entry from are here :
http://www.stridersofcroydon.org.uk/?page_id=4005

Online entry forms are here :
http://www.runnersworld.co.uk/events/registrationinfo.asp?sp=&v=2&EN=84639&ms=

DULWICH CHARITY EVENT - Susan Vernon writes:

I have been appealing to Dulwich Runners members over the last 3 weeks for charity nominations for a Dulwich Charity event for 2015 in place of the Dulwich Charity 10k, which, sadly, we can no longer put on. So far I have received 2 nominations. Come on people, get your thinking caps on and come up with some inspiring local good causes for whom we can raise money.

Nominations must be with me by the end of July please. We will then shortlist to 3 and get DRs to then choose a charity. vernonrun@aol.com

DULWICH RUNNERS 2014 FIXTURES

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

Date		Race			Venue
Jul	23	B & BH open meeting 5000m			Norman Park, Bromley
Aug	7	Assembly League	3.5miles		Victoria Park, Mile End - 7:30 start
	31	Sevenoaks 7		(medium)	Sevenoaks
Sep	4	Assembly League	3miles		Beckenham - 7:15 start
Oct	11	Surrey League 1	mens		Newlands Corner, nr Guildford
	11	Surrey League 1	womens		Richmond Park
	18	Surrey Masters Champs			Richmond Park
	19	Cabbage Patch 10	(alternative to Rye 10)	(Long)	Twickenham
Nov	8	Surrey League 2	mens		Ham Lands, nr Richmond
tbc	22 or 29	South of Thames 5 miles			tbc
Dec	06	Surrey League 2	womens		Nonsuch Park, Cheam
	20	South of Thames 7.5 miles			Farthing Down, Coulsdon
Jan	3	County Champs			Various venues
	10	Surrey League 3	mens & womens		Wimbledon Common
	24	South of Englands champs			tbc
Feb	7	Surrey League 4	mens		Lloyd Park, Croydon
	8	Surrey League 4	womens		Farthing Downs, Coulsden
	21	National Champs			Parliament Hill Fields

SURREY LEAGUE AND OTHER CROSS COUNTRY FIXTURES

Dates and venues have been agreed for next season's men's Surrey League matches as well as a number of other fixtures.

Please try to keep the Surrey League dates free, particularly if you are likely to be in the scoring (the first 10 runners in each team). We are hosting the Surrey League fixture at Wimbledon Common and will be asking for helpers.

Since the National Champs take place in London this time, it is likely to be included as part of our own cross country champs.

ASSEMBLY LEAGUE 2014

First Thursday of every summer month, venues ame as last year.
For those that are new to the club these races are open to all standards and abilities, 5k, and free to enter, all you need to do is have a club vest, turn up and run. Any further information regarding these races it will appear here in Shorts.
Events still to come:

7 Aug	Victoria Park	3.5 miles	7.30 start
4 Sept	Beckenham	3 miles	7.15 start

DULWICH RUNNERS CLUB CHAMPS 2014

9 races in total split into 3 distance categories. 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 current club membership to qualify for points. **Mike Mann** (on belhalf of ADSC)

For those wishing to know the Clup Champs rules they are on the clubs website

Remaining events are as follows:

11 July	Mark Hayes Mile (short)
31 August	Sevenoaks 7 (medium)
19 October	Cabbage Patch 10 (Long) (Rye 10 alternative)

CLUB CHAMPIONSHIPS important update

The Committee decided to add the Cabbage Patch 10 on 19th October as an additional 10 mile race to the Rye 10. Times recorded at the Cabbage Patch will be adjusted to reflect the relative difficulty of the 2 courses and overall 10 mile results produced soon after 19 October. Runners who compete at both races will be credited with their best performance of the 2.

to enter:
http://www.sportsystems.co.uk/ss/event/Cabbage-Patch1012

TRACK MEETINGS

UPDATE

For those of you interested in competing on the track, there are several open meetings held at local venues during the spring/summer season.

Open meetings, hosted by HHH are held at Tooting Bec on some Saturday afternoons.

Other open meetings are at Norman Park, Bromley on Monday evenings, Crystal Palace on Saturday afternoons and at Parliament Hill.

19	July	Crystal Palace
21	July	Norman Park
23	July	Norman Park, 5000m
23	July	Eltham
26	July	Tooting
11	Aug	Norman Park
20	Aug	Eltham
23	Aug	Tooting track
23	Aug	Crystal Palace
27	Aug	Norman Park
10	Sep	Parliament Hill

These meetings, where there are usually 800m, 1500m and 3000m races on offer, are ideal for those looking for improved times, having done some earlier races. Please contact me for further details.
Mike Mann

GREEN BELT AND WELSH CASTLES RELAYS

It's a long way to go until these relays take place next spring, but we would like to encourage as many club members as possible to take part in 2015. We had very positive feedback from those of you in the 2 teams that completed this year's Green Belt Relay and it was great to see so many newly joined members participating.

A number of you were keen to take part in both events next year. It was disappointing that we were not able to field a team for the Welsh Castles Relay; we were just a few short of a full team of 20. We would particularly like to promote this for 2015 and make every effort possible to field a complete team.

We have just been informed of the date which is 13/14 June, a week later than usual, so please try to keep that weekend clear if you are interested; it is a highly enjoyable running and social weekend. The date for next year's Green Belt Relay has not yet been set but it is likely to be either 16/17 May or 23/24 May. ***Mike Mann***

Race Reports & Results

To be sure your race results/reports appear in SHORTS you must send them in. barry@1bg1.com
All road, fell, XC, Tri results etc, are welcome .

Southern Women's League (premier division), Guildford, 13th July

Having decided that track racing isn't for me – and with my dodgy foot becoming increasing unhappy every time I donned my spikes – I thought I'd have one last crack at sub 11 before hanging up my spikes for the rest of the year. However, after the club mile the evening before and with conditions being unpleasantly hot and sticky, I was happy just to run an even paced race, move through the field, and finish strongly – taking another few seconds off my 3000m PB.

I'd offered to run in the 1500m if needed but was hoping the team manager's ambiguous response meant I wasn't needed. No such luck so after a brief slump in the stands, it was back onto the track – or so I thought until the team manager appeared and asked if I'd give the javelin a go. I agreed but fortunately it clashed with the 1500. Phew! There was no plan for the 1500, other than to get round and make a swift exit before I got asked to anything else. I wasn't too surprised or concerned when a large gap quickly emerged between most of the field and myself but was pleased to gradually close down the gap on two runners and put in another strong finish, even if one of them came past me again in the last metre.

So after three PBs in 24 hours – and with that sub 11 getting gradually closer – I may not hang up my spikes just yet …

3000 11:04.7 (3rd A string, PB)
1500 5:23.9 (7th A string, PB)

Mel Edwards

SCVAC Track And Field League - Kent Division Julie Rose Stadium (Asford) Monday 7 July

Competing for Cambridge Harriers:

400m

V35 A string	Emily Gelder	3rd	68.3
V35 B string	Cara Oliver (V40)	2nd	72.4
V50	Ros Tabor (V60)	1st	77.3

3000m

V35 A string	Emily Gelder	2nd	11:14.4
V35 B string	Cara Oliver (V40)	2nd	12:10.3
V50	Ros Tabor (V60)	2nd	13:07.0

triple jump

V35	Emily Gelder	6.43m

and competing for Blackheath and Bromley AC:

3000m

V35 B string Andrea Pickup (V40) 2nd 11:20.2

Ros Tabor

Southern Counties Senior Inter County Match, Mile End, Sun 13th July

3000m A race

Selected to run for the Kent senior team, Clare hoped to post a season's best for the distance here but in fact knew her form wasn't there from early on in the race (even world record holders are human). She finished a creditable second in a still highly respectable time.

2 Clare Elms 10:14.17

Self Transcendence 2 miles, Battersea Park Mon 14th July

In a slightly less competitive race than last month's club championship, I ran a conservative first mile with the leaders but couldn't speed up for the finish, falling nine seconds short of my previous time.

3 Tony Tuohy 10.30 1st M50
69 finishers

Tony Tuohy

British 10k London Run 13th July 2014

This race seems to grow bigger every year and the number of runners lined up at the start towards Hyde Park Corner always impresses. This year, to add to the usual pomp and circumstance, they had organised special celebrations for the centenary anniversary of the outbreak of WW1. Before the race commenced, a troop of mounted horsemen dressed in historical military costume lined up and poetry was recited to remember the fallen and commemorate their heroic efforts. A rendering of the National Anthem by the Military Wives Choir also rounded off the pre-race proceedings.

I have done this race for many years and enjoy the bands along the route, the iconic tourist sights and the excellent support. Runners come from all around the country probably to make the most of the central London course, which is largely only accessible otherwise by the London marathon.

A sharp shower just before the start gave way to extremely hot and muggy conditions. I took the run at a steady pace and just enjoyed the atmosphere. I was pleased with my time given the conditions and quantity of runners. It seems I was the only DR representative at this the largest 10km in the UK but official results were still being finalised as Shorts went to print!

2136 Barrie John Nicholls 51:24 (chip time/51:48 gun time)
14244 finishers

X-Alpine, Trail Verbier St-Bernard

'd been paying attention to the weather forecast all week. Every day getting more confidence: it was going to rain.

Things got confirmed when I received a text from the course organisers on Friday afternoon: "Security for X-Alpine: not possible to do Catogne and Col de Breya. One depart only at 5am." On the plus side, I would get an extra hour in bed.

For these mountain ultra marathons, they're very strict with "kit obligitoire"; each runner must be self-sufficient carrying: gore tex jacket, gloves, hat, 2 head torches, survival blanket, phone, food and water. Not many Brits entered the main race, X-Alpine, 111km (there were two other "shorter" distances of 61k and 29k); I think I was one of 10 with the French and Swiss taking most of the places. The briefing told us that the weather should hold up, some light drizzle, and with the re-routing the course will be 105km. I'm guessing the organisers wanted us at the start line.

Although it started dry, the weather really came in during the afternoon and well into the evening. A real pity as you do these races largely due to the awesome scenery.

Well I mainly saw clouds, either within or looking down into the valleys.

Usual bullish spirit I set off at a good pace. Striding up the first climb (c300m) and then runnable (there are plenty that aren't) descent to the first check point. This becomes the rhythm of the day: up, up, up, down, down, down. Very few flat sections. Check points every 10-15km or so to refuel (bananas, oranges, trail mix, chocolate, and savoury food: cheese and salami) and rest. You need it.

The monster climb of the race went from 714m above sea level to 2817m! The trail goes from woods to exposed boulders amongst the snow. There was a section, about mid way, where you're walking through ankle deep snow: tough but walkable uphill, on your backside downhill.

I was in ok shape having got to the bag drop, c77km, by 7pm. Even thinking I could finish for last orders in Verbier (target: 2am, 21 hours). That went right out of the window on the next climb, though. Weather turned torrential, there was more water and mud than trail!

I got bitterly cold and light was fading fast , definitely my low point, two false summits and breaking one of my poles didn't help en route to the Cabane de Mille (2572m). There were runners huddling around the cabin fire doing their best to warm up. I had three coffees. The time was 11pm.Only way down, this wasn't a place where you could drop out. 10km until

the next, and final, check point. I really had to dig in and concentrate with head torch doing its best through the mist. The downhills were more treacherous than the ups, with every step being a 1m slide. I lost count the number of falls I had.

I wasn't the only one suffering. At Lourtier, 100km, there were runners having a sleep, others abandoning. I maintained my place of around 80th. One more climb. But this was like some sick joke. 1200m in about 4.5 km (27% average gradient). Think Canonbie Road for 4.5k in mud!

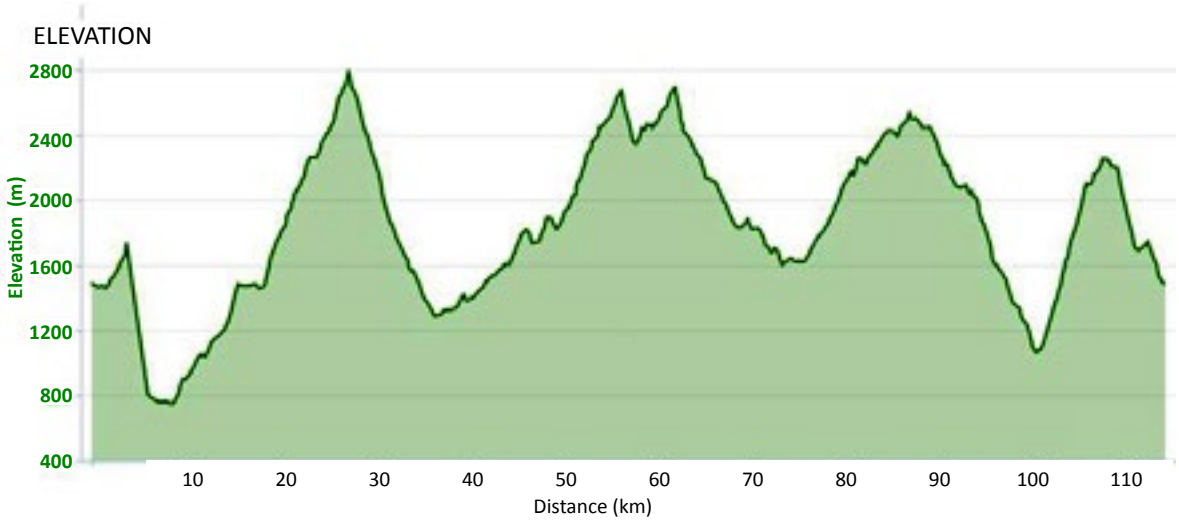
It took almost 3 hours.

Then a 7km descent as first light was appearing. More mud, more sliding but knowledge that this was it, kept me moving. I trotted (it was a struggle) through the finishers' funnel at 06:55am, picked up a finishers gilet and 4 UTMB points.

Hardest ultra I've done, especially due to the weather and trail conditions. Of the 419 entrants only 173 finished (almost 60% drop out). My Garmin (never lies) reports 113.51km and 8,948m of ascent. I broke two poles, caused 5 blisters, and in serious need of a massage. Not sure I'm persuading too many DRs that these are fun races. But I'll continue to promote them.

Alps next year, anyone?

83 Toby de Belder 25:55 - that's not a 5km time.
419 ran (246 DNF)



Mark Hayes Memorial Mile (Club Championship), 11th July

Ed and Clare win the Mark Hayes shields, Ed equals club record – oh, and Clare breaks the world record!

Tony Tuohy reports.....

No fewer than 57 Dulwich Runners lined up in four races on Friday night to try their hand at the classic middle distance event. For those who have run this race before there were a lot of improved times including Ed Hill's tremendous solo effort to equal Buzz Shephard's club record. But rather appropriately in the 60th anniversary year of the first mile under five minutes by a woman (yes, that's right, it was the same year as the first men's sub-four), our own local legend Clare Elms became the first woman over 50 to accomplish the feat, setting her third world record in 33 days - even Seb Coe's famous three took 41 days!

(2013 times in brackets)

Race A

Kevin Chadwick did well to run as he had to scarper straight after the race to get to work – otherwise he'd have been in the fastest race. In any case he showed an impressive last lap kick to run away with the victory. Most ran to form with the notable exception of Jim Dowsett, re-writing another of his PBs by an enormous amount.

1	Kevin Chadwick	SM	5:18.1 (5:14.2)	10	James Wicks	SM	5:48.7
2	Ed Smyth	SM	5:28.7 (5:22.3)	11	Alex Haylett	SM	5:50.3
3	Gary Sullivan	M55	5:30.1 (5:28.9)	12	Gideon Franklin	M50	5:53.1
4	Alexander Dodds	SM	5:31.4	13	Hugh Balfour	M60	5:54.0
5	Mark Foster	M45	5:41.2 (5:33.1)	14	Andy Murray	M60	5:59.5 (6:02.6, +3.1)
6	Neville Webb	M55	5:43.0	15	Justin Pickup (guest)	M40	6:01.2
7	Paul Hodge	M45	5:43.6 (5:44.8, +1.2)	16	Cameron Timmis	SM	6:01.5 (6:07.8, +6.3)
8	Mike Mann	M65	5:45.3 (5:38.2)	17	Matt Ladds	SM	6:08.5
9	Jim Dowsett	W45	5:47.4 (6:13.8 +26.4)	18	Ajay Khandelwhal	M40	6:09.7 (6:01.8)

Race B

Another decisive win here, this time for Martin Double, who would have no doubt run even better in the faster race. Most others also ran to form with decent improvements from Ian, Martin. Graham and Barrie-John and a very good run from under-13 Claudia Pickup.

1	Martin Double	M35	6:10.6	9	Oliver Bottle (Guest)	U13M	6:38.8
2	Ian Sesnan	M55	6:17.9 (6:24.5, +6.6)	10	Barrie J. Nicholls	M60	6:42.0 (6:48.0 + 6.0)
3	Graham Lane (Guest)	SM	6:19.2	11	Desmond Edwards	SM	6:44.0
4	Hugh French	SM	6:19.7	12	Claudia Pickup B&B	U13W	6:44.5
5	Martin Morley	SM	6:20.3 (6:28.8, +8.5)	13	Karine Brissy-Hayes	guest	W40 7:22.2 (7:20.9)
6	Per Hedberg	M50	6:25.4	14	Barry Evans	M65	7:39.7 (7:01.1)
7	Graham Laylee	M55	6:25.9 (6:37,2 +11.3)	15	Steve Wehrle	M65	7:43.7
8	Bob Bell	M60	6:28.8				

Race C

Ed Hill set off with the express intent to take the club record from Buzz before he leaves us next month to return to the USA. He had to go it alone as no-one else can match him since his improvements on the track this season but left himself a little too much to do for the last quarter – nevertheless with his customary kick he managed to equal Buzz's figures and so shares the record.

Meanwhile Edwin and Paul were shadowing each other at a decent lick, although possibly feeling a little rudderless as they were missing their expected pacemaker Tony, who was in fact following at a distance leaving them to it. This was due to having to ease into the race carefully after arriving only with enough time for a warm-up that consisted solely of lacing up his spikes (don't ask).

It was no surprise after this year's improvements to see Paul knock a huge 24 seconds off his mile time from a year ago; but although Edwin, Paul and Tony posted good times (Tony's puts him at no.1 on the UK M50 rankings, at least for this week) they were all slightly down on their equivalent recent 1500s, as was Lewis although clocking another excellent mile PB.

Clare has been under five minutes before (four years ago) but perhaps it was the lure of a world record that focused her effort here to achieve the feat again (at a somewhat more advanced age!). She followed guest Gary Ironmonger (Herne Hill Harriers) at what turned out to be a spot-on pace to better the old record by the best part of two seconds with 4:58.7, equating to a mind-boggling age-grading of 100.09%!

Meanwhile Rob and Ebe were chasing behind, busy smashing their PBs, split by an equally impressive debut from Steve Davies.

1	Ed Hill	M35	4:38.4 (4:44.1 +5.7) (equals club record)	6	Gary Ironmonger HHH	M50	4:58.2
2	Edwin McCormack	SM	4:50.2	7	Clare Elms	W50	4:58.7 (5:00.5, +1.8) W50 World Record
3	Paul Devine	M35	4:51.3 (5:15.6, +24.3)	8	Rob Cope	M40	5:03.0 (5:13.3, +10.3)
4	Tony Tuohy	M50	4:52.2 (4:51.8)	9	Steve Davies	M45	5:08.9
5	Lewis Laylee	U15M	4:54.5 (5:10.9, +16.4)	10	Ebe Prill	M50	5:09.5 (5:13.7, +4.2)

Race D

After his efforts in the first race Gary Sullivan assumed the duties of pacemaker here; apparently he was a tad too quick but as he wasn't getting paid, what can you do? Just can't get the staff. Anyway, Nicola followed while being closely shadowed by Tereza, newly confident of her pace after testing it in the Battersea Park mile relay on the previous Monday.

However, despite an excellent debut time, she couldn't match Nicola's acceleration over the last couple of laps, which opened a winning margin that only closed slightly with Tereza's fast finish. Behind these two, Andrea did well to stay ahead of Mel, who was a big improver along with Ola.

Most others again ran to form, but a brilliant run from Ros has incredibly raised the exciting prospect of Dulwich gaining another world record holder; repeating her performance here after her 65th birthday next month would take the W65 world record. So, no pressure Ros……..

1	Nicola Richmond	W40	5:33.9 (5:36.8, +2.9)
2	Tereza Francova	SW	5:35.8
3	Andrea Pickup	W40	5:40.6 (5:38.8)
4	Mel Edwards	SW	5:44.7 (5:50.9, +6.2)
5	Emily Gelder	W35	5:50.8 (5:32.7)
6	Ola Balme	W45	5:53.0 (6:01.1, +8.1)
7	Ros Tabor	W60	6:14.5 (6:23.4, +8.9)
8	Sue Cooper	SW	6:17.5 (6:10.6)
9	Anna Thomas	SW	6:30.4 (6:25.9)
10	Laura Lane	W35	6:41.4
11	Francesca Pickup	B&B U15W	6:46.6 (6:29.2)
12	Clare Wyngard	W50	6:48,4
13	Lindsey Annable	W45	7:05.9 (7:02.2)
14	Karina Burrows	SW	7:22.6

Club Championship winners
Overall winner Clare Elms
Fastest man Ed Hill
Fastest woman Nicola Richmond
1st senior man Edwin McCormack
1st senior woman Tereza Francova
1st m40 Rob Cope
1st f40 Andrea Pickup
1st m50 Tony Tuohy
1st w50 Ros Tabor
1st m60 Mike Mann
2nd age graded Ebe Prill
3rd age graded Ola Balme

Kids 600m
1 Benjamin Pickup 2:24
2 Celeste 2:33
3 Abbie 2:41
4 Jimmy 2:51
5 Raffi 3:32
6 Esme 3:38
7 Pruja 3:49
8 Anya 4:00
9 Emilie 4:38
10 Max 5:08

Stop Press: There are possible ratification problems (number of official timekeepers, etc.) that mean Clare's time may not count for world record purposes. She may have to repeat it elsewhere. Watch this space…….

Thanks to everyone who donated money at the Mark Hayes Mile championship races.
We collected £285, which will be sent to Karine and her daughters.

parkrun

July 12th

Beeston
166 Ran

27	Colin Frith	23:05

Brockwell
187 Ran

9	Neville Webb	19:19
17	Ola Balme	19:48
20	Nicola Richmond	20:00
49	Graham Laylee	21:59
159	Sarah Lyness	29:26

Bromley
442 Ran

19	Stephen Smythe	19:49

Burgess
122 Ran

18	Jim Dowsett	19:58 PB
20	Hugh Balfour	20:24
69	Barry G. Evans	25:11
92	Sarah Hind	27:44

Crystal Palace
147 Ran

13	Paul Hodge	20:33
21	Andy Cottrill	21:02
42	Bob Bell	22:54
57	Belinda Cottrill	24:06
113	Barry Graham	28:48

Dulwich
145 Ran

29	Ajay Khandelwal	20:44
44	Per Hedberg	22:18 PB
50	Clare Wyngard	22:31
59	Michael Dodds	23:22
82	Paul Keating	24:54
83	Claire Steward	24:55
96	Mick Mead	26:23

Hilly Fields
103 Ran

4	Gary Sullivan	20:19

Orpington
132 Ran

26	Martin Morley	23:30

Peckham Rye
62 Ran

2	Ebe Prill	18:48
15	Andy Murray	21:24
25	Ian Sesnan	22:31
28	Ros Tabor	22:36
29	Matthew Ladds	22:45
46	Karina Burrowes	26:22

Riddlesdown
113 Ran

62	Ange Norris	29:06

Wormwood Scrubs
53 Ran

6	James Wicks	20:43

New members especially ! and others....

Could you update your parkrun profiles to show you are a current member of Dulwich Runners AC. This helps ensure your results get picked up and saves you having to send them in.

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

2014 Club Champs within age group		Short			Medium			Long				
Name/Category		5k Brockwell 01-Feb	2M Battersea 16 - Jun	1M Dulwich 11-Jul	10K Bromley 05-May	10K Beckenham 22-Jun	7M Sevenoaks 31-Aug	1/2 Mar Tun.wells 02-Mar	Marathon Lon Or Other 13-Apr	10M Rye 25-May	Bonus for no. of events	TOTAL 5 events max 1.S,M,L
								not inc later mar's -not inc CP 10				
WOMEN SENIOR												
Melanie	Edwards	49	50	[49]	50	50		50	[47]	-	7	256
Katie	Crowe	-	49	-	48	47		45	-	-	4	193
Sue	Cooper	48	-	47	47	-		47	-	-	4	193
Anna	Thomas	-	-	46	-	49		49	44	-	4	192
Laura	Lane	45	-	45	46	-		-	43	-	4	183
Sarah	Cross	47	-	-	49	-		48	-	-	3	147
Nicola	McIvor	-	-	-	-	48		46	45	-	3	142
Charlie	Boden	44	48	-	-	-		-	43	-	3	138
Emily	Gelder	-	-	48	-	-		-	48	-	2	98
Helen	Lister	46	-	-	-	-		-	46	-	2	94
Belinda	Bell	-	-	-	45	-		43	-	-	2	90
Leann	Peters	42	-	-	-	-		42	-	-	2	86
Charlie	Wood	50	-	-	-	-		-	-	-	1	51
Shona	Mcintosh	-	-	-	-	-		-	50	-	1	51
Tereza	Francova	-	-	50	-	-		-	-	-	1	51
Toni	Holt	-	-	-	-	-		-	49	-	1	50
Laura	Vincent	-	47	-	-	-		-	-	-	1	48
Joanne	Shelton	-	-	-	-	-		44	-	-	1	45
Karina	Burrowes	-	-	44	-	-		-	-	-	1	45
Kim	Hainsworth	43	-	-	-	-		-	-	-	1	44
Penelope	Bell	-	-	-	-	-		41	-	-	1	42
WOMEN V40												
Clare	Elms (50+)	50	50	50	50	-		50	-	-	5	255
Ros	Tabor (50+)	[45]	47	46	[45]	48		48	-	50	7	246
Clare	Wyngard (50+)	[44]	-	45	47	49		47	-	49	6	243
Lindsey	Annable	[43]	45	[44]	44	47		44	-	47	7	234
Ola	Balme	49	48	[47]	48	50		-	-	-	5	200
Nicola	Richmond	48	49	49	-	-		-	-	-	3	149
Michelle	Lennon	46	46	-	-	-		-	49	-	3	144
Yvette	Dore	-	-	-	46	-		45	-	48	3	142
Andrea	Pickup	-	-	48	49	-		-	-	-	2	99
Emma	Ibell	47	-	-	-	-		49	-	-	2	98
Diana	Morgan (50+)	42	-	-	-	-		43	-	-	2	87
Marjorie	Epson (50+)	-	-	-	-	-		-	50	-	1	51
Louisa	Pritchard	-	-	-	-	-		46	-	-	1	47
Claire	Steward	-	-	-	-	46		-	-	-	1	47
Carolina	Lilley	-	-	-	-	-		42	-	-	1	43
Sarah	Lyness	41	-	-	-	-		-	-	-	1	42
MEN SENIOR												
Edward	Hill	[48]	50	50	50	50		48	-	-	6	254
Paul	Devine	49	48	[48]	48	[47]		49	50	-	7	251
Edwin	McCormack	[46]	49	49	49	49		-	48	-	6	250
Kevin	Chadwick	43	-	46	-	46		46	43	-	5	229
Martin	Double	-	42	40	45	45		-	41	-	5	218
Alex	Haylett	-	43	42	46	44		-	-	-	4	179
Desmond	Edwards	36	-	38	-	43		-	-	48	4	169
Hugh	French	37	-	39	43	-		40	-	-	4	163
Wayne	Lashley	50	47	-	-	48		-	-	-	3	148
Alastair	Locke	47	-	-	-	-		50	47	-	3	147
Sam	Crump	45	-	-	-	-		47	44	-	3	139
James	Burrows	41	-	-	-	-		44	-	50	3	138
Matthew	Ladds	-	-	41	44	-		-	-	49	3	137
Toby	de Belder	42	-	-	-	-		45	45	-	3	135
Andrew	Cottrill	-	-	-	47	-		43	42	-	3	135
Lewis	Laylee	-	46	47	-	-		-	-	-	2	95
Edward	Smyth	-	44	45	-	-		-	-	-	2	91
Chris	Goodman	44	-	-	-	-		42	-	-	2	88
Oscar	Hussey	39	45	-	-	-		-	-	-	2	86
Dominic	Joiner	40	-	-	-	-		-	40	-	2	82
Oli	Thorogood	-	-	-	-	-		-	49	-	1	50
Tom	Marshall	-	-	-	-	-		-	46	-	1	47
Alexander	Dodds	-	-	44	-	-		-	-	-	1	45
James	Wicks	-	-	43	-	-		-	-	-	1	44
Christian	Moody	-	-	-	-	-		41	-	-	1	42
Andrew	Bright	38	-	-	-	-		-	-	-	1	39
MEN V40												
Rob	Cope	[47]	[48]	50	50	[47]		50	49	50	8	257
Stephen	Davies	49	-	49	-	48		49	47	-	5	247
Jim	Dowsett	[43]	-	46	48	45		48	-	49	6	242
Mark	Foster	45	46	48	-	46		-	-	48	5	238
Paul	Hilton	-	43	-	44	41		43	-	46	5	222
Charles	Lound	50	50	-	-	50		-	50	-	4	204
Ian	Lilley	48	49	-	-	49		-	48	-	4	198
Paul	Hodge	-	45	47	47	44		-	-	-	4	187
Joseph	Brady	-	44	-	45	-		45	-	47	4	185
Cameron	Timmis	42	-	45	46	-		46	-	-	4	183
Ajay	Khandelwal	44	-	44	-	43		47	-	-	4	182

Paul	Keating	41	-	-	43	42		44	-	-	4	174
Olivier	Montfort	-	-	-	49	-		-	46	-	2	97
Duncan	Hussey	46	47	-	-	-		-	-	-	2	95
MEN V50												
Tony	Tuohy	50	50	[50]	50	50		50	-	-	6	256
Eberhard	Prill	49	49	[49]	49	[49]		49	50	-	7	253
Gary	Sullivan	[45]	48	48	47	48		45	-	-	6	242
Mike	Mann (60+)	[44]	47	46	46	45		[44]	-	48	7	239
Andrew	Murray (60+)	[42]	45	[43]	45	46		[43]	47	47	8	238
Gideon	Franklin	43	-	45	44	-		[42]	46	49	6	233
Barrie J	Nicholls	[34]	42	[37]	40	42		[38]	45	45	8	222
Graham	Laylee	39	44	[39]	43	44		41	-	-	6	217
Robert	Bell (60+)	38	-	[38]	39	43		39	-	46	6	211
Michael	Dodds	36	-	-	41	40		34	-	42	5	198
Neville	Webb	47	-	47	-	-		47	-	50	4	195
Stephen	Wehrle (60+)	-	-	35	34	-		32	42	40	5	188
Martin	Morley (60+)	41	-	41	42	-		40	-	-	4	168
Peter	Gibbons	37	-	-	38	41		-	-	44	4	164
Ameet	Patel	-	-	-	36	39		37	-	43	4	159
Patrick	McMorrow	-	-	-	35	-		33	44	41	4	157
Per	Hedberg	29	43	40	-	-		35	-	-	4	151
Barry G	Evans (60+)	28	-	36	-	-		-	43	-	3	110
Stephen	Smythe	48	-	-	-	-		-	49	-	2	99
John	English	46	-	-	-	-		46	-	-	2	94
Hugh	Balfour (60+)	-	46	44	-	-		-	-	-	2	92
Michael	Ward	33	-	-	-	-		36	-	-	2	71
Colin	Frith	32	-	-	37	-		-	-	-	2	71
Chris	Loizou	-	-	-	-	-		48	-	-	1	49
Stephen	Williams	-	-	-	48	-		-	-	-	1	49
Paul	Mottram	-	-	-	-	-		-	48	-	1	49
Michael	Fullilove	-	-	-	-	47		-	-	-	1	48
Ian	Sesnan	-	-	42	-	-		-	-	-	1	43
Duncan	Wilson	40	-	-	-	-		-	-	-	1	41
Giles	Gibson	35	-	-	-	-		-	-	-	1	36
Pip	Eastop	31	-	-	-	-		-	-	-	1	32
Stephen	Street	-	-	-	-	-		31	-	-	1	32
Steve	Cook (60+)	30	-	-	-	-		-	-	-	1	31
John	O'Byrne (60+)	27	-	-	-	-		-	-	-	1	28
									*	*		

Best 5 count for year including 1 each short, medium, long. W50's and M60's have separate contests using the above scores.

*Later marathons and Cabbage Patch 10 still to come

		Short			Medium			Long				
		5k Brockwell 01-Feb	2M Dulwich 11-Jul	1M Dulwich 11-Jul	10K Bromley 05-May	10K Beckenham 22-Jun	7M Sevenoaks 31-Aug	1/2 Mar Tun.wells 02-Mar	Marathon Lon Or Other 13-Apr	10M Rye 25-May	Average	TOTAL 5 events max inc 1.S,M,L
Ros	Tabor	910	953	971	[842]	929		902	-	[894]	933	4,665
Clare	Elms	914	946	1,001	873	-		882	-	-	923	4,617
Tony	Tuohy	831	881	878	[828]	854		859	-	-	861	4,303
Mike	Mann	819	814	838	798	[787]		815	-	[788]	817	4,084
Eberhard	Prill	803	815	836	[771]	792		795	[764]	-	808	4,040
Edward	Hill	745	802	822	[735]	777		749	-	-	779	3,895
Gary	Sullivan	767	782	810	[738]	774		760	-	[622]	779	3,893
Andrew	Murray	761	[760]	777	[750]	770		763	[744]	760	766	3,830
Clare	Wyngard	762	-	761	[741]	792		758	-	754	765	3,827
Paul	Devine	752	788	785	[694]	751		750	[707]	-	765	3,826
Melanie	Edwards	740	766	[734]	[729]	775		778	734	-	758	3,791
Stephen	Davies	759	-	792	-	762		743	687	-	749	3,743
Rob	Cope	720	750	783	[703]	739		737	[682]	[720]	746	3,728
Edwin	McCormack	[705]	769	767	712	745		-	702	-	739	3,695
Mark	Foster	720	742	734	-	706		-	-	687	718	3,588
Gideon	Franklin	707	-	733	686	-		696	[666]	696	704	3,518
Graham	Laylee	698	715	699	[698]	710		696	-	-	704	3,518
Robert	Bell	716	-	712	680	694		698	-	[679]	700	3,499
Barrie J	Nicholls	[666]	688	689	682	684		673	[617]	[659]	683	3,415
Kevin	Chadwick	667	-	711	-	665		675	625	-	669	3,343
Charles	Lound	805	827	-	-	825		-	845	-	825	3,301
Jim	Dowsett	660	-	678	[639]	659		651	-	652	660	3,300
Lindsey	Annable	650	679	668	[634]	663		635	-	[622]	659	3,296
Ola	Balme	801	824	816	[780]	818		-	-	-	815	3,259
Neville	Webb	792	-	793	-	-		810	-	803	800	3,199
Michael	Dodds	651	-	-	656	638		614	-	621	636	3,180
Martin	Double	-	644	626	610	625		-	537	-	608	3,041
Stephen	Wehrle	-	-	630	616	-		659	500	630	607	3,036
Ian	Lilley	745	775	-	-	759		-	676	-	738	2,954
Martin	Morley	746	-	741	709	-		720	-	-	729	2,915
Paul	Hilton	-	591	-	539	543		541	-	599	563	2,813

Paul	Hodge	-	706	735	676	688		-	-	-	701	2,805
Katie	Crowe	-	708	-	677	666		652	-	-	676	2,703
Sue	Cooper	703	-	670	643	-		667	-	-	671	2,683
Peter	Gibbons	679	-	-	665	673		-	-	652	667	2,668
Ajay	Khandelwal	692	-	657	-	646		642	-	-	659	2,636
Anna	Thomas	-	-	648	-	675		682	629	-	658	2,633
Joseph	Brady	-	673	-	646	-		653	-	624	649	2,597
Cameron	Timmis	654	-	666	639	-		635	-	-	648	2,594
Per	Hedberg	578	645	671	-	-		611	-	-	626	2,505
Alex	Haylett	-	633	646	603	600		-	-	-	621	2,482
Laura	Lane	661	-	638	621	-		-	560	-	620	2,480
Patrick	McMorrow	-	-	-	605	-		620	594	609	607	2,428
Ameet	Patel	-	-	-	602	587		610	-	597	599	2,397
Nicola	Richmond	734	796	822	-	-		-	-	-	784	2,352
Hugh	French	575	-	611	553	-		552	-	-	573	2,291
Wayne	Lashley	741	765	-	-	744		-	-	-	750	2,249
Paul	Keating	584	-	-	525	557		571	-	-	559	2,237
Alastair	Locke	711	-	-	-	-		744	701	-	719	2,156
Michelle	Lennon	729	743	-	-	-		-	655	-	709	2,126
Sarah	Cross	694	-	-	673	-		679	-	-	682	2,045
Desmond	Edwards	506	-	560	-	523		-	-	454	511	2,042
Sam	Crump	691	-	-	-	-		706	638	-	678	2,034
Toby	de Belder	667	-	-	-	-		673	661	-	667	2,001
James	Burrows	660	-	-	-	-		666	-	664	663	1,990
Nicola	McIvor	-	-	-	-	660		660	644	-	655	1,964
Yvette	Dore	-	-	-	650	-		641	-	629	640	1,919
Charlie	Boden	662	682	-	-	-		-	567	-	637	1,911
Andrew	Cottrill	-	-	-	623	-		656	607	-	629	1,886
Barry G	Evans	584	-	641	-	-		-	552	-	593	1,778
Matthew	Ladds	-	-	604	556	-		-	-	557	572	1,717
Andrea	Pickup	-	-	816	767	-		-	-	-	791	1,582
Lewis	Laylee	-	766	816	-	-		-	-	-	791	1,581
Hugh	Balfour	-	767	782	-	-		-	-	-	775	1,549
Emily	Gelder	-	-	751	-	-		-	781	-	766	1,531
Stephen	Smythe	779	-	-	-	-		-	750	-	764	1,529
John	English	746	-	-	-	-		749	-	-	748	1,495
Duncan	Hussey	739	750	-	-	-		-	-	-	744	1,489
Oscar	Hussey	700	746	-	-	-		-	-	-	723	1,446
Emma	Ibell	727	-	-	-	-		706	-	-	717	1,433
Diana	Morgan	697	-	-	-	-		666	-	-	682	1,363
Helen	Lister	672	-	-	-	-		-	684	-	678	1,356
Edward	Smyth	-	666	685	-	-		-	-	-	676	1,351
Chris	Goodman	668	-	-	-	-		645	-	-	657	1,313
Michael	Ward	642	-	-	-	-		650	-	-	646	1,291
Colin	Frith	630	-	-	648	-		-	-	-	639	1,278
Olivier	Montfort	-	-	-	658	-		-	619	-	638	1,276
Dominic	Joiner	663	-	-	-	-		-	525	-	594	1,189
Belinda	Bell	-	-	-	586	-		571	-	-	578	1,156
Leann	Peters	533	-	-	-	-		514	-	-	524	1,048
Chris	Loizou	-	-	-	-	-		825	-	-	825	825
Stephen	Williams	-	-	-	804	-		-	-	-	804	804
Shona	Mcintosh	-	-	-	-	-		-	801	-	801	801
Marjorie	Epson	-	-	-	-	-		-	790	-	790	790
Claire	Steward	-	-	-	-	770		-	-	-	770	770
Toni	Holt	-	-	-	-	-		-	764	-	764	764
Charlie	Wood	754	-	-	-	-		-	-	-	754	754
Tereza	Francova	-	-	750	-	-		-	-	-	750	750
Michael	Fullilove	-	-	-	-	745		-	-	-	745	745
Ian	Sesnan	-	-	714	-	-		-	-	-	714	714
Oli	Thorogood	-	-	-	-	-		-	706	-	706	706
Paul	Mottram	-	-	-	-	-		-	704	-	704	704
Tom	Marshall	-	-	-	-	-		-	702	-	702	702
Duncan	Wilson	675	-	-	-	-		-	-	-	675	675
Alexander	Dodds	-	-	674	-	-		-	-	-	674	674
Louisa	Pritchard	-	-	-	-	-		649	-	-	649	649
James	Wicks	-	-	640	-	-		-	-	-	640	640
Giles	Gibson	638	-	-	-	-		-	-	-	638	638
Steve	Cook	635	-	-	-	-		-	-	-	635	635
Laura	Vincent	-	629	-	-	-		-	-	-	629	629
Joanne	Shelton	-	-	-	-	-		625	-	-	625	625
Andrew	Bright	620	-	-	-	-		-	-	-	620	620
Kim	Hainsworth	619	-	-	-	-		-	-	-	619	619
Pip	Eastop	611	-	-	-	-		-	-	-	611	611
Sarah	Lyness	574	-	-	-	-		-	-	-	574	574
Christian	Moody	-	-	-	-	-		571	-	-	571	571
Karina	Burrowes	-	-	569	-	-		-	-	-	569	569
Carolina	Lilley	-	-	-	-	-		553	-	-	553	553
Penelope	Bell	-	-	-	-	-		495	-	-	495	495
John	O'Byrne	485	-	-	-	-		-	-	-	485	485
Stephen	Street	-	-	-	-	-		474	-	-	474	474
									*	*		

*Later marathons and Cabbage Patch 10 still to come

DULWICH RUNNERS AC S8

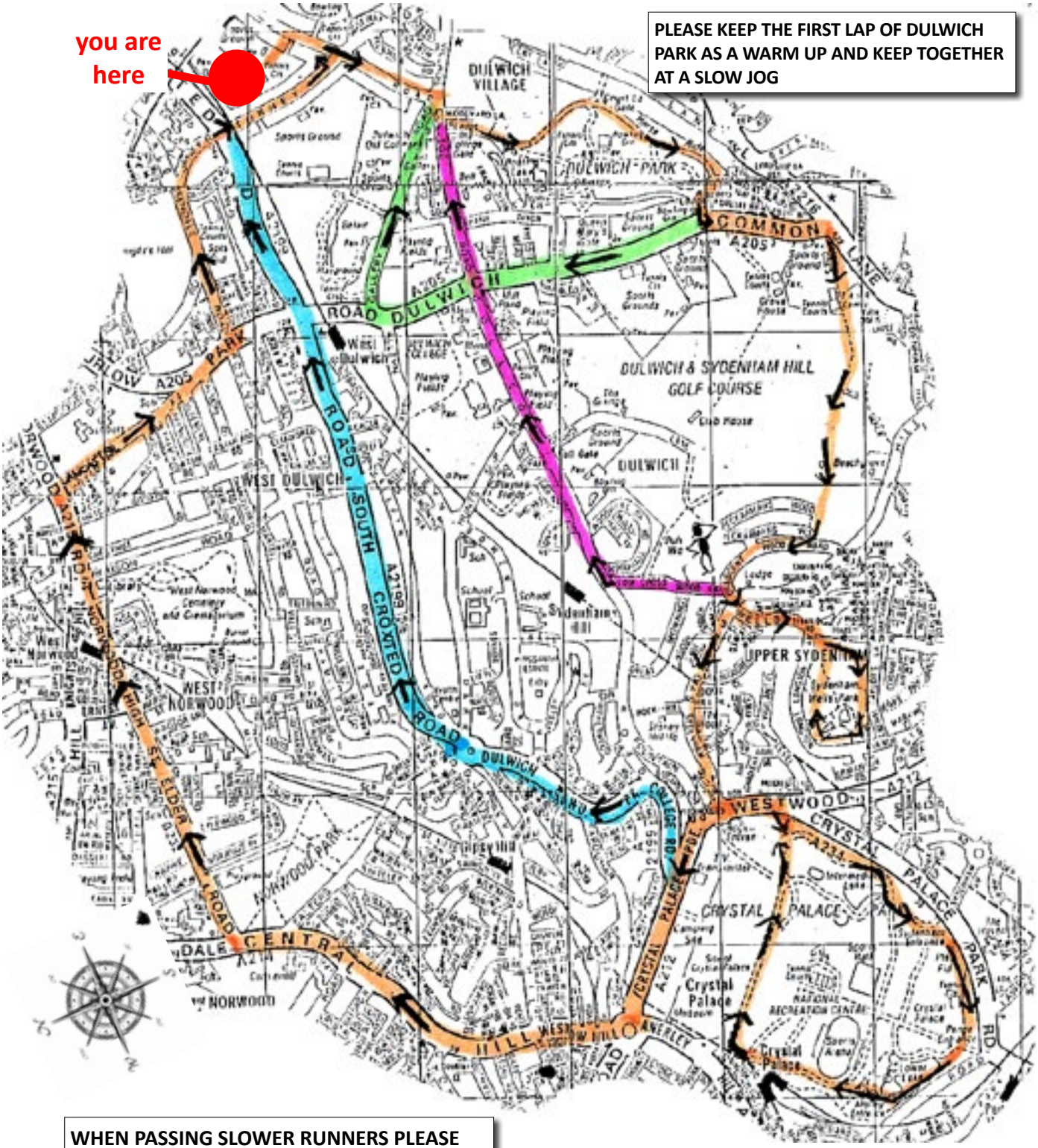
DISTANCES IN 2nd COLUMN INCLUDE A LAP OF SYDENHAM WELLS PARK AND 3rd COLUMN A LAP OF CRYSTAL PALACE PARK ALSO

FULL RUN	ORANGE		6.3	7.3	9.2 miles
SHORT CUT	BLUE	5.2	6.2	8.1	miles
SHORT CUT	PINK.....	3.7			miles
SHORT CUT	GREEN	1.9			miles

Extra lap of Dulwich Park adds 1.1miles to all runs

Here be dragons

PLEASE KEEP THE FIRST LAP OF DULWICH PARK AS A WARM UP AND KEEP TOGETHER AT A SLOW JOG



WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT