DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
June 29th 2016

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

Wed 29 Club Night, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 - 7:15 for 7:30 start. Showers, Bar.

Thu 30 Dulwich Runners Midsummer Relays
Tue 05 Dulwich College - £1 per session.
First half of the session will be on grass,second on the track. Meet 7:15 for 7:30 start

TRACK SESSIONS

Tuesday at Dulwich College - meet 19:00 - £1 per session **Elkie Mace** will start with a warmup for anyone who is keen to do so, then **Steve Smythe** for the first half of the main session which is on the grass and the second half on the track. - ***Suitable for all standards***

If sufficient demand there will be some Thursday evening track sessions - specifically aimed at 800m and 1500m/Mile speed - most will probably be at Ladywell.
No sessions on Assembly League nights.
If interested, contact steve.smythe@athleticsweekly.com

Additionally there may be some Saturday grass hill sessions at Crystal palace every other week or so - if there is demand - if interested advise steve.smythe@athleticsweekly.com

Thurdays morning sessions

speed/hill work mostly on grass taken by Steve Smythe.
Start 11:15 - 11:30 in various local parks.
There is no fee. Suitable for all standards.
steve.smythe@athleticsweekly.com to go on the mailing list

Remember to SIGN IN!

WEDNESDAY NIGHT £1 RUNNING FEE

PLEASE SIGN AND PAY AS SOON AS YOU ARRIVE

- **Sign the attendance register and pay £1.**
- **We need the money to help pay for clubhouse hire, map printing etc.**
- **We use the register to compile the new runners' rota, so please write legibly.**

Thank you. - Ros

MILE RACES

Although awards for the mile club champs were presented at the Mark Hayes Mile, times achieved at both the City Mile at Sutcliffe Park on 22 June and the Golden Stag Mile at the Allianz Stadium, Hendon on 20 July will count towards the overall club champs (see page 4 for further details).

In your SHORTS this week !

1... General information
2... Club kit, social events etc
3... Fixture list, club champs,XC, road, track
4... Race reports and results...Club champs after 5 events
9... Parkrun results..
10... Map for this Wednesday night routes

And much more !

Visit us at:
www.dulwichrunners.org.uk/index.html
Click to SUBSCRIBE or UNSUBSCRIBE

You can follow us on

EVENT HORIZON

A brief look ahead

July 7 Assembly league - o2 North Greenwich

NEW RUNNERS ROTA

Thanks very much to everyone who volunteers to take new runners even when it's not their turn on the rota.
Last week thanks go to: **no new runners :(**
If you're on the list, please 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**

Lindsey Annable	**29/06**
Karina Burrowes	06/07
Lloyd Collier	13/07

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

DULWICH RUNNERS MIDSUMMER RELAYS

THURSDAY JUNE 30th

Now taking entrys from Dulwich Runners club teams entry details here

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 !

After your run 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)

SOCIAL SPOT

Watch this space for upcoming 2016 events !

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each
Socks	£5 pair
Buffs/snoods	£6 each

Most kit is usually available Wednesdays at the club
Contact Ros ros.tabor49@gmail.com
Keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood. - all sizes available - £25

only £5

LUCKY VEST

June winner - Clare Wyngard

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.
Vests £18 each from Ros and all kit ros.tabor49@gmail.com

SHORTS!

DULWICH RUNNERS' SHORTS
They are traditionally cut either 'racing' style, or slightly longer – size medium.
Both styles are a bargain £15.

SPECIAL HOT WEATHER OFFER
CROP TOPS £1 TO CLEAR
AVAILABLE ON WEDNESDAY

HOODIES…

There are a few hoodies left – sizes medium and small - £20, at the club on Wednesdays Thanks Ros

Buffs/snoods - only £6

Trust10 Runs Polesden Lacey

Sun 26 June & every 4th Sunday of the month until September
Run starts at 9am
Explore beautiful
Polesden Lacey
Trust10 is a free, monthly, 10k trail running event held across selected National Trust sites, open to both members and non members.
Register on the day and if timing is important to you bring your own device.
trust10@nationaltrust.org.uk | nationaltrust.org.uk/sport

Sports & Therapeutic Massage

Do you:

- Suffer from a sporting injury
- Need to rejuvenate after your hard training and recent race

What you could benefit from?

- Massage to ease muscle fatigue and aid in recovery
- Deep tissue massage to prevent injury
- Learning appropriate stretches and exercises

Ola is an experienced club runner and Sports Massage Therapist

To find out more contact me on : 0750 655 4004
ola.balme@btinternet.com
www.hernehillsportsmassage.co.uk

ALGARVE RUNNING CHALLENGE

2 - 6 NOVEMBER

If you want to get away from the cold damp weather of the British autumn, the Algarve Running Challenge presents an excellent opportunity for warm weather racing and training at the eastern end of the Algarve, close to the Spanish border. The races are organized by Steve Smythe and include a 5km cross country, a track mile, a 10km trail race, finishing with the 10 Milhas de Guadiana, actually closer to 11 miles, and takes in the impressive suspension bridge which forms the Spain/ Portugal border. The hotel in Monte Gordo is located just behind the beach and as well as running, there are opportunities for cycling on quiet roads, swimming in the sea which remains warm in November and sightseeing in nearby towns in Portugal and Spain. The trails through the pine woods used for some of the races and the long sandy beach are ideal for an early morning run. The event is organized by Track and Field Tours and should appear on their website shortly. Prices are very reasonable at that time of year. If you want more details, have a word with Steve, Ros, Andy, Jim or myself. - ***Mike Mann***

Dulwich Runners 2016/17 Fixtures

Further information regarding races will usually be here in SHORTS and or announced on a Wednesday club night.
Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

DULWICH RUNNERS 2016 CLUB CHAMPIONSHIPS

A total of 9 races split into 2 categories, short (S) and long (L). To qualify you need to complete 5 in total, including at least one from each of the two categories. See fixture list for the remaining four events

CLUB CHAMPS UPDATE

CLUB CHAMPS 5km (and mile) clarification With the Assembly League race at Battersea Park on 2 June used for the 5k club champs, trophies and individual points will be awarded at this race. However in view of the late change, resulting in part from bringing forward the date of the Mark Hayes Mile, it has been decided that times at the Sri Chimnoy race on 13 June will count for overall points and for completing sufficient club champs events.

Thus for overall points (ie age graded scores) the better of the two races will count for those taking part in both.
Individual age group points will initially be based though solely on the first race - ie Assembly League (as per club Mile).

However if for example 10 M50 athletes run the club mile or Assembly League then 11th place onwards is possible at the Eltham mile or Sri Chinmoy 5km.
It should be noted though that athletes focusing on the club mile may not wish to run the Sri Chinmoy race a few days earlier.

2016 ASSEMBLY LEAGUE

These races started in April and range from 3 to 3.5 miles on road or on paths within parks and run on the first Thursday of the summer months against 12 other clubs. They are extremely popular and all members are encouraged to participate whatever your standard or ability. They are free to enter, all you need to do is have a club vest, turn up and run.
From this year women's team scores will be based upon 4-to-score, the same as the men

MARATHONS 2016

If you are planning to run a marathon in 2016 please can you tell Shorts so that we can list those with forthcoming races.
After the race make sure you send your time.
We will try to maintain an up to date list so that we can keep a proper record for the club championships.

10m race - CLUB CHAMPS UPDATE

With the Cabbage Patch 10 taking place on 16 October falling on the same weekend as the (later than usual) first Surrey League cross country fixture, we have been looking for alternatives. These are limited with one on the same weekend as the SEAA relays on 17/18 September and another involving a long coach trip. We have therefore decided to go for the Epsom 10, organized by Epsom and Ewell Harriers, on 20 November. This is the day after the BMAF cross country relays, but for those selected for this, it should be possible to combine both with the relay stages only 3km. Entry forms are not yet available but hopefully should be soon.

Golden Stag Mile, Barnet

Wednesday July 20

it's worth making a note of this event where quite a few Dulwich Runners ran as guests last year - Ros even set a short-lived world mile age group record.
While a trek across London, it is an event suitable for absolutely everyone and well worth competing in.
The races are graded so that everyone gets to race people of a similar ability as we love a close finish! This year we are opening up the event to athletes from other clubs and we hope to see some of our friends and rivals on the start line. As with the City Mile at Sutcliffe Park on 22 June (see immediately above), times achieved at this event will count towards overall age graded points for the club championships.
http://www.barnetadac.com/racing/club-races/the-golden-stag-mile/
http://www.entrycentral.com/goldenstagmile

Cross country Club Champs Assembly League **Relays &Misc.**

Date		Race	Venue
Jun	17	Mark Hayes Mile (S)	Dulwich Track
Jul	7	Assembly League - start 7:30pm (3 miles approx)	o2 Dome, North Greenwich
Aug	4	Assembly League - Victoria Park - 7:30pm start (3.5 miles)	Hackney
Sep	1	Assembly League - Beckenham - 7:15pm start (3 miles)	Beckenham
	4	Middlesex 10k (S)	Victoria Park, Hackney
	4	River Relay	along Thames west of London
	10	Will Bolton Relays	Sparrow's Den
	17/18	SEAA Road Relays	Aldershot
	24	England Masters Inter Area Challenge Cross Country	Wimbledon Common
Oct	2	Titsey Multi-Terrain 10k (L)	Oxted
	15	Surrey League	Richmond Park (m) tbc (w)
	22	Surrey Masters Champs	Richmond Park
	29	5k Parkrun (S)	Burgess Park
Nov	12	Surrey League	Farthing Down (m)
	19	BMAF Relay Champs	Long Eaton
	26	South of Thames 5m	Ham Lands
Dec	3	Surrey League	Mitcham Common (w)
	17	South of Thames 7.5m	Venue tbc
Jan	7	County Champs	Lloyd Park (Surrey) tbc (Kent)
	14	Surrey League	Mitcham Common (m&w)
	21	Vets AC Champs	Wimbledon Common
	28	South of England Champs	Parliament Hill
Feb	12	Surrey League	tbc (m) Ham Lands (w)
	26	National Champs	North of England tbc

Track Meetings

The table includes a list of track meetings over the forthcoming season. You do not have to be a member of a track club to take part in any of the open meetings.
Check details of the races on offer at respective club websites.
In most cases you can either enter in advance or on the day.
In addition the Watford Open Graded Races take place on alternative Wednesdays until 7 September, (see WATFORD ATHLETICS AND WATFORD HARRIERS ATHLETIC CLUB for details.

July	4	GLL	Mile End
	11	Blackheath&Bromley Open	Norman Pk
	20	Cambridge Harriers Open	Sutcliffe Pk
	20	Golden Stag Mile, Allianz Stadium	Hendon
	23	HHH Open	Tooting
	3	Hercules Wimbledon Open	Wimbledon Pk
Aug	7	London Athletics	Mile End
	15	Blackheath&Bromley Open	Norman Pk
	17	Cambridge Harriers Open	Sutcliffe Pk
	22	GLL	Mile End
	27	HHH Open	Tooting
	28	Vets AC T&F Champs	Kingsmeadow
Sept	7	Vets AC 10,000m	Battersea Pk
	10/11	BMAF T&F Champs	Birmingham

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 VETS LEAGUE

In the third of the four qualifying matches, HHH men won a clear victory, while the women emerged in second place on the night.
Lloyd Collier was delighted to finish winner in his 100m, and later in more familiar territory duly won his 400m. Claire Steward finished with solid second places in her 400m and 1500m, despite very recent long training runs in preparation for a forthcoming marathon.

My 400m took me rather outside my comfort zone, but although not super fast, I managed to get the pace about right, helped by being drawn in lane 2. Legs and lungs had not fully recovered for the 1500m shortly afterwards, but I managed a steady pace, finishing only a second outside recent times. There was a single race with almost 30 runners, so the first 200m was fairly chaotic, but I managed to tuck in behind 2 competitors thereafter, overtaking one with 100m to go. For some reason my mile performances in the past week have been better than my recent 1500m races, by up to 5 seconds. I put this down to more positive first laps (within reason), and I got this about right in the club mile.

My best performances for these distances over recent year have featured a fast first lap, followed by a dip in the middle and then picking it up in the final lap, though this year my finishing speed has been poor. So for future 1500m races, I plan to adopt a similar approach. For longer track distances and road, even paced works best for me, and I suspect for many others. - ***Mike Mann***

100m
Lloyd Collier 13.4 (1st M35A)
400m
Lloyd Collier 58.4 (1st M35A)
Mike Mann 74.6 (3rd M60)
Claire Steward 87.8 (2nd W60)
1500m
Mike Mann 5:32.5 (1st M60)
Claire Steward 6:32.0 (2nd W60)

Crystal Palace Fun Runners Dino Dash 2016

Charlie Lound writes...
Dulwich got out six teams of three for the second running of the Dino dash on a lovely warm (and dry!) evening in Crystal Palace Park. This was a shorter approximately 3k course than the 5k course in the inaugural year.
The course starts from near the cafe at the foot of the park and rises, steeply in parts, up to round the bowl, then down back, appropriately, through the dinosaurs. About one hundred teams finished.

Perhaps the best Dulwich team name came from 'Men O'Pausurus' with Paul Hilton, Peter Jackson and Paul Keating coming in 67th place. Laura Vincent, Natalie Davys and Claire Barnard did better than their 'Notsoseriousosaurus' name suggested, coming in 7th female team and 58th overall. The 'Femosaurs2' of Lucy Pickering, Niamh Falconer and Claire Wyngard, appropriately enough took the second place for all female teams.

Our mixed team, the 'Mixosaurs' rocked up in 5th in their category, led off by Yvette Dore, with Tom South and brought home by Eleanor Simmons.
It was great to see Dulwich cheer home a double first place for our 'Femosaurs', Emma Ibell, Michelle Lennon and Elkie Mace, and our 'Malosaurs', Charlie Lound, Andy Bond and Kev Chadwick.
The nature of the event was more about a good club performance than individual times, but the Andy's joint second overall time of exactly 10 minutes and first woman Elkie in exactly 11 minutes were exceptional.

Many thanks to Barry Graham for encouraging participation and sorting out the teams!

Barry Graham adds...thanks to all those that ran, superb efforts from everyone.
Dulwich Runners have taken most of the awards in both years of this event against some stiff competition.
Paul Hodge put in a fine effort and I aslo spotter Roz Johnson there but am unable to find her time.
Maybe we can grab all three team prizes next year.....

Pos.		Team Name	Team	Runner A	Time	Runner B	Time	Runner C	Time
1		Malosaurs	**31:17**	Charlie Lound	**10:38**	Andy Bond	**10:00**	Kevin Chadwick	**10:39**
20	1st F of 22	Femosaurs	**35:34**	Emma Ibell	**12:19**	Michelle Lennon	**12:15**	Elkie Mace	**11:00**
26	5th mixed	Mixosaurs	**37:00**	Yvette Dore	**12:45**	Thomas South	**11:19**	Eleanor Simmons	**12:56**
35	2nd F	Femosaurs2	**39:29**	Lucy Pickering	**13:03**	Niamh Falconer	**12:45**	ClaireWyngard	**13:41**
58	7th F	Notsoseriousosaurus	**43:29**	Laura Vincent	**13:03**	Natalie Davys	**15:12**	Claire Barnard	**15:14**
67		Men O' Pausurus	**44:47**	Paul Hilton	**15:17**	Peter Jackson	**15:01**	Paul Keating	**14:29**
44		TT-Rex Racers	**40:44**	non DR runner	**14:52**	non DR runner	**13:20**	Paul Hodge	**12:32**
		103 teams ran, slowest	**63.25**						

Mile Races
Club Championship points

17 and 22 June

In the second mile race, on Wednesday 22 June at Sutcliffe Park, DR's who missed the 17 June race could score position points within age group (although those in the first race were counted as first past the post) plus the extra point for competing an event and also an age grade score. Those running both races could improve their age grade score.

The following points were scored
Tim Bowen 44+1 in senior men, 816 age grade points
Paul Devine improved to 805 age grade points
Stephen Davies improved to 849 age grade points
James Burrows improved to 758 age grade points
Clare Elms 42+1 in w40/50, 995 age grade points
Melanie Edwards 43+1 in senior women, 707 age grade points
Jim Dowsett 42+1 in m40, 657 age grade points
Joseph Brady 39+1 in m50/60, 683 age grade points
Ameet Patel improved to 639 age grade points

Sorry, I mssed Steve Smythe, Mike Mann, Ros Tabor and Selma Benattia were slightly slower than in their runs the previous Friday.

UKYDL Match 3
Allianz Stadium, Hendon

26 June

With three events within two and half hours, quite a challenge but even with slightly windy conditions, Oscar Hussey performed well with a six second PB in the steeplechase and an 80cm improvement in the triple jump.

All U17M B String:

3rd	800m	2.09.70
1st	1500 SC	5.03.72 PB
1st	Triple Jump	11.22m PB

26th Harry Hawks 10M

Ameet Patel chip time 81:35 (2nd claim)

Picnic Marathon, Box Hill

25 June 2016

Claire Steward writes: The Picnic Marathon has received many accolades from previous participants in the Runners World Hall of Fame: 'Hardest Marathon in Britain' in 2006, 'Britain's best marathon' in 2007 and 2009, 'Britain's best trail race' in 2011 and 'one of Britain's top 3 'other distance' races' in 2012 when it was extended to become the Olympicnic Ultra. On the Trionium website it is described as 'truly nuts, bananas, fruitcake and a few sandwiches short of the full picnic'. Of course, describing a marathon as 'the hardest' is a chllenge that some of us just can't resist.; I completed it 2009 (5:22:08), 2011 (5:55:30), the ultra in 2012 (6:36:59), and in 2013 I did the Midsummer Munro (MM) Half Marathon in 2:38:33.

The Picnic takes place on alternate years; it consists of completing the Midsummer Munro (which is held every year) twice; there is well over 6,000 ft of ascent/descent including (allegedly) 2,840 steps. The steps are, of course, uneven, incredibly steep, falling apart and deadly slippery after it's been raining.
In 2014, nursing an ongoing injury, I was a marshal, out on the course for around six hours directing runners in both races, in four directions and earning myself a free entry which for some mad reason I decided to take up this year, despite no relevant training (one 18 miler, one 15, and High Elms 10k for a spot of trail racing). I knew it was going to be tough and the first hurdle was to get round the MM course before the three hour cut-off. Without stressing myself (much) I made it with 12 seconds to spare and set off to do it all again. Seeing other runners behind me at various loops on the course I realised the cut-off had been extended, and hoped I wasn't going to be last.

Yes, it was hard, but it's such a good natured event, there are many places to see runners ahead and behind, and everyone offers support and encouragement.
I got excruciating cramp a couple of times but after a short breather I was able to get going again, and although I was plodding up the hills I was still able to run the flatter sections. Despite ominous black thunderheads, the rain held off until I was nearly at the finish but succeeded in making the last couple of miles extra slippery.
I was elated to make it to the finish, and after getting my tee-shirt, pint glass, medal, the last remaining smoked slamon sandwich, and as many cakes as I could manage, a kindly local gave me a much appreciated lift back to the station, regaling me with tales of her long-distance horse-ridng exploits (lucky her – getting the horse to do the running).

I was a bit disappointed with my time but looking through the results I discovered that there were only five women doing the full marathon and two of them didn't finish!! Nineteen men either didn't finish or just recorded a time for the half distance, and a further 20 race numbers were not collected so my time looks a bit more impressive next to them.

Picnic stats:
Winner: 3:57:57
Me: 58th overall and 3rd (last!) woman, in 6:31:41
Last finisher (65th)6:53:05

Midsummer Munro
Winner 1:54:01

Cambridge Harrier/BMC open meeting Sutcliffe Park

June 22

Those who missed the club mile got another chance to get club points while those who thought they could do better got a second chance.
BMC Race 1
Tim, who was away for the club mile, looked on course for Lewis's club record (4:32.83) at halfway but he struggled on the last lap and missed out by a few seconds but did set a PB.
Paul also set a PB with a very strong last lap and much quicker second half. Oscar also set a PB and chased him home well as he brought his mile time into line with his 1500m best.
Steve made it 4 PBs but didn't quite fulfill his potential as he wasn't able to finish as strongly.
James Burrows hung on for dear life at the back of the field and was rewarded as he was pulled around to a 11 second PB compared to his Dulwich time.
7 Tim Bowen 4:34.92 (44+1 in senior men, 816 age grade points)
10 Paul Devine 4:48.36 (improved to 805 age grade points)
11 Oscar Hussey 4:50.26 (2nd claim)
13 Stephen Davies 4:52.74 (improved to 849 age grade points)
15 James Burrows 5:01.78 (improved to 758 age grade points)

BMC Race 2
Clare ran the fastest club women's time of the year by 15 seconds and was satisfied after a tiring flight from Kenya a few days earlier. She would have probably run even faster had she been in the other mile as she ran most of the race isolated and fell narrowly short of Ros's age-graded time from Dulwich and was aplace down on the money prizes as she was fourth placed woman.
It is believed that Clare's time was a world age-52 best for a woman Mike has obviously been racing too much with young kids as instead of running like a 67 year-old it was more a 6.7 year old as he blasted the first lap then was 10 seconds slower on the next two and ended up a few seconds slower than Dulwich.
Mel, not at her sharpest after injury, just missed six minutes and was chased home by Jim, who had been on holiday last week. Joseph (who missed Wednesday) finished well just ahead of Ros. Ros was slightly slower (2 seconds) than the club mile but Selma lost over 20 due to a long weekend bike ride.
Ameet had a lonely run but did well to improve a few seconds on Dulwich.
4W/5th Clare Elms 5:08.37 (42+1 in w40/50, 995 age grade points)
9 Steve Smythe 5:44.06 (slower than club mile)
10 Mike Mann 5:49.98 (slower than club mile)
11 Mel Edwards 6:00.33 (43+1 in senior women, 707 age grade points)
12 Jim Dowsett 6:04.16 (42+1 in m40, 657 age grade points)
13 Joseph Brady 6:12.73 (39+1 in m50/60, 683 age grade points
14 Ros Tabor 6:13.58 (slower than club mile)
15 Selma Benattia 6:21.01 (slower than club mile)
16 Ameet Patel 6:44.96 (mproved to 639 age grade points)

BMC 800m race C
Lewis ran a different race to his previous sub-2s and really attacked the first lap and therefore wasn't able to finish as strongly as normal on the second lap. The electonic timing failed in his race and almost certainly cost him a PB. He was given a hand time of 1:58.8 compared to his 1:58.76 PB.
3 Lewis Laylee 1:58.8 ***-Steve Smythe***

Southern Vets League Kent Division, Ashford

June 28
Clare won her 3000m for Blackheath by 100 seconds while Ros won her W60 3000m and was second in the W50 400m (only a second slower than her medal winning performance in the Euro Vets Indoors in Italy) for Cambridge but injured herself in the 4x400m relay. Cara also scored well for Cambridge. ***-Steve Smythe***

W35: 400m: 5 Cara Oliver	78.6
W35: 3000m: 3 Cara Oliver	12:02.2
W35: 4x400 (Cara, Ros) 3rd	5:37.7
W50: 400: 2 Ros Tabor	77.1
W50: 3000: 1 Clare Elms	10:18.6
W60: 3000: 1 Ros Tabor	12:45.5

2016 Club Championship Within Age Groups After 5 Events Incl Marathons		Short					Long					
		10k Chichester 7-Feb	5k Battersea 2 - Jun	1M Dulwich 17-Jun	10k Victoria Park 4-Sep	5k Parkrun 29-Oct	1/2M Dartford 13-Mar	Marathon London or other 24-Apr	10k Multi Titsey 2-Oct	10M Epsom 20-Nov	Bonus for no. of events	TOTAL 5 events max inc. 1.S,M,L
WOMEN SENIOR												
Selma	Benattia	49	42	48	-	-	48	-	-	-	4	191
Fiona	Askew	-	48	-	-	-	47	49	-	-	3	147
Melanie	Edwards	50	-	43	-	-	50	-	-	-	3	146
Elkie	Mace	-	50	50	-	-	-	-	-	-	2	102
Katie	Styles	48	45	-	-	-	-	-	-	-	2	95
Eleanor	Simmons	-	44	47	-	-	-	-	-	-	2	93
Karina	Burrowes	-	43	44	-	-	-	-	-	-	2	89
Roz	Johnson	-	-	-	-	-	-	50	-	-	1	51
Claire	Baglin	-	49	-	-	-	-	-	-	-	1	50
Helen	Lister	-	-	-	-	-	49	-	-	-	1	50
Kim	Hainsworth	-	-	49	-	-	-	-	-	-	1	50
Tessa	Morrison	-	-	-	-	-	-	48	-	-	1	49
Sue	Cooper	47	-	-	-	-	-	-	-	-	1	48
Anna	Thomas	-	47	-	-	-	-	-	-	-	1	48
Laura	Coote	-	-	-	-	-	-	47	-	-	1	48
Niamh	Falconer	-	-	46	-	-	-	-	-	-	1	47
Lucy	Elms	-	46	-	-	-	-	-	-	-	1	47
Rebecca	Schulleri	-	-	45	-	-	-	-	-	-	1	46
Laura	Vincent	-	41	-	-	-	-	-	-	-	1	42
WOMEN V40												
Joanne	Shelton-Pereda	45	42	-	-	-	47	44	-	-	4	182
Lindsey	Annable	43	41	44	-	-	45	-	-	-	4	177
Michelle	Lennon	48	49	-	-	-	-	47	-	-	3	147
Sharon	Erdman	-	40	-	-	-	-	43	-	-	2	85
Andrea	Pickup	-	-	50	-	-	-	-	-	-	1	51
Emily	Gelder	-	-	-	-	-	-	49	-	-	1	50
Emma	Ibell	49	-	-	-	-	-	-	-	-	1	50
Ola	Balme	-	48	-	-	-	-	-	-	-	1	49
Yvette	Dore	-	-	48	-	-	-	-	-	-	1	49
Louisa	Pritchard	-	43	-	-	-	-	-	-	-	1	44
WOMEN V50												
Clare	Elms	50	50	42	-	-	50	50	-	-	5	247
Claire	Steward	44	44	43	-	-	46	46	-	-	5	228
Clare	Wyngard	46	45	46	-	-	48	-	-	-	4	189
Ros	Tabor	47	47	49	-	-	-	-	-	-	3	146
Lucy	Clapp	-	46	47	-	-	49	-	-	-	3	145
Lucy	Pickering	-	-	45	-	-	-	45	-	-	2	92
Angie	Norris	-	-	-	-	-	-	48	-	-	1	49
MEN SENIOR												
Timothy	Bowen	50	50	44	-	-	50	50	-	-	5	249
Mark	Lacey	48	46	-	-	-	48	48	-	-	4	194
Paul	Devine	47	48	49	-	-	-	46	-	-	4	194
James	Burrows	46	-	48	-	-	47	47	-	-	4	192
Matthew	Ladds	44	41	45	-	-	-	-	-	-	3	133
Lewis	Laylee	49	-	50	-	-	-	-	-	-	2	101
Alastair	Locke	-	-	-	-	-	49	49	-	-	2	100
Kevin	Chadwick	-	45	-	-	-	-	42	-	-	2	89
Buzz	Shephard	-	49	-	-	-	-	-	-	-	1	50
Wayne	Lashley	-	47	-	-	-	-	-	-	-	1	48
Jonathan	Whitaker	-	-	47	-	-	-	-	-	-	1	48
Sam	Mattu	-	-	46	-	-	-	-	-	-	1	47
Ross	Rook	45	-	-	-	-	-	-	-	-	1	46
Sam	Crump	-	-	-	-	-	-	45	-	-	1	46
David	Stone	-	44	-	-	-	-	-	-	-	1	45
Paul	Greenhalgh	-	-	-	-	-	-	44	-	-	1	45
Edward	Smyth	-	43	-	-	-	-	-	-	-	1	44
Toby	de Belder	-	-	-	-	-	-	43	-	-	1	44
Kamal	Lewis-Gopie	-	42	-	-	-	-	-	-	-	1	43
Stuart	Erskine	-	-	-	-	-	-	41	-	-	1	42
Desmond	Edwards	-	-	-	-	-	-	40	-	-	1	41
Martin	Double	-	40	-	-	-	-	-	-	-	1	41
MEN V40												
Ian	Lilley	49	47	46	-	-	49	47	-	-	5	243
Stephen	Davies	-	50	49	-	-	50	49	-	-	4	202
Charles	Lound	48	48	48	-	-	-	50	-	-	4	198
Hugh	French	45	43	45	-	-	46	-	-	-	4	183
Jim	Dowsett	-	45	42	-	-	47	43	-	-	4	181
Lloyd	Collier	50	49	50	-	-	-	-	-	-	3	152
Mark	Foster	47	46	47	-	-	-	-	-	-	3	143
Cameron	Timmis	46	44	44	-	-	-	-	-	-	3	137
Tom	Marshall	-	-	-	-	-	-	48	-	-	1	49
Holger	Betz	-	-	-	-	-	48	-	-	-	1	49
Tom	Wilson	-	-	-	-	-	-	46	-	-	1	47
Mark	Callaghan	-	-	-	-	-	-	45	-	-	1	46
Grzegorz	Galezia	-	-	-	-	-	-	44	-	-	1	45
Ajay	Khandelwal	-	-	43	-	-	-	-	-	-	1	44
Paul	Keating	-	42	-	-	-	-	-	-	-	1	43
Miles	Griffies	-	-	-	-	-	-	42	-	-	1	43
MEN V50												
Eberhard	Prill	49	49	49	-	-	50	50	-	-	5	252
Stephen	Smythe	48	48	47	-	-	-	49	-	-	4	196
Gideon	Franklin	46	44	-	-		47	48	-	-	4	189
Graham	Laylee	44	43	43	-	-	44	-	-	-	4	178
Tony	Tuohy	50	50	50	-	-	-	-	-	-	3	153
Michael	Fullilove	-	-	45	-	-	48	47	-	-	3	143
Ameet	Patel	40	-	41	-	-	42	-	-	-	3	126
Michael	Dodds	39	40	42	-	-	-	-	-	-	3	124
Gary	Sullivan	-	47	-	-	-	49	-	-	-	2	98
Joseph	Brady	-	39	39	-	-	-	-	-	-	2	80
John	English	-	-	48	-	-	-	-	-	-	1	49
Christopher	Loizou	46	-	-	-	-	-	-	-	-	1	47
Graham	Stanton	-	-	-	-	-	46	-	-	-	1	47
Adrian	Ward	42	-	-	-	-	-	-	-	-	1	43
MEN V60												
Andrew	Murray	43	42	44	-	-	45	46	-	-	5	225
Barrie John	Nicholls	41	41	40	-	-	41	45	-	-	5	213
Mike	Mann	47	46	46	-	-	-	-	-	-	3	142
Neville	Webb	-	45	-	-	-	-	-	-	-	1	46
Robert	Bell	-	-	-	-	-	43	-	-	-	1	44
93		37	53	45	-	-	29	38	-	-	202	

Best 5 count for year inc. 1 each short, long. W50's and M60's have separate contests using scores within 40+, 50+. Marathon points temp

		Short					Long						
		10k Chichester 7-Feb	5k Battersea 2- Jun	1M Dulwich 17-Jun	10k Victoria Park 4-Sep	5k Parkrun 29-Oct	1/2M Dartford 13-Mar	Marathon London or other 24-Apr	10k Multi Titsey 2-Oct	10M Epsom 20-Nov	Events counting	TOTAL 5 events max inc 1.S,M,L	Average
Clare	Elms	932	936	995	-	-	914	908	-	-	5	4,684	937
Claire	Steward	809	849	851	-	-	806	818	-	-	5	4,134	827
Eberhard	Prill	797	799	803	-	-	779	781	-	-	5	3,958	792
Timothy	Bowen	775	821	816	-	-	771	766	-	-	5	3,949	790
Ian	Lilley	778	770	690	-	-	735	734	-	-	5	3,707	741
Andrew	Murray	729	742	743	-	-	739	667	-	-	5	3,620	724
Barrie John	Nicholls	675	712	691	-	-	650	602	-	-	5	3,331	666
Charles	Lound	791	855	811	-	-	-	854	-	-	4	3,311	828
Stephen	Davies	-	847	849	-	-	786	787	-	-	4	3,269	817
Stephen	Smythe	777	824	807	-	-	-	768	-	-	4	3,176	794
Clare	Wyngard	776	771	788	-	-	752	-	-	-	4	3,087	772
Paul	Devine	742	788	805	-	-	-	718	-	-	4	3,053	763
Mark	Lacey	748	757	-	-	-	746	724	-	-	4	2,975	744
James	Burrows	725	-	758	-	-	720	726	-	-	4	2,929	732
Gideon	Franklin	711	724	-	-	-	731	721	-	-	4	2,886	722
Selma	Benattia	723	729	720	-	-	697	-	-	-	4	2,869	717
Ros	Tabor	922	921	1,012	-	-	-	-	-	-	3	2,855	952
Graham	Laylee	727	720	691	-	-	704	-	-	-	4	2,842	710
Lindsey	Annable	662	686	688	-	-	643	-	-	-	4	2,679	670
Jim	Dowsett	-	672	657	-	-	674	624	-	-	4	2,626	656
Tony	Tuohy	855	873	858	-	-	-	-	-	-	3	2,586	862
Joanne	Shelton-Pereda	660	656	-	-	-	644	585	-	-	4	2,544	636
Mike	Mann	823	834	849	-	-	-	-	-	-	3	2,507	836
Lloyd	Collier	779	821	813	-	-	-	-	-	-	3	2,413	804
Hugh	French	587	612	654	-	-	552	-	-	-	4	2,404	601
Michelle	Lennon	769	780	-	-	-	-	723	-	-	3	2,272	757
Lucy	Clapp	-	755	778	-	-	724	-	-	-	3	2,257	752
Melanie	Edwards	784	-	707	-	-	752	-	-	-	3	2,243	748
Mark	Foster	694	751	739	-	-	-	-	-	-	3	2,185	728
Michael	Fullilove	-	-	754	-	-	733	685	-	-	3	2,172	724
Fiona	Askew	-	741	-	-	-	651	653	-	-	3	2,045	682
Michael	Dodds	647	680	666	-	-	-	-	-	-	3	1,993	664
Cameron	Timmis	650	676	657	-	-	-	-	-	-	3	1,984	661
Matthew	Ladds	616	629	633	-	-	-	-	-	-	3	1,877	626
Ameet	Patel	616	-	639	-	-	598	-	-	-	3	1,853	618
Elkie	Mace	-	831	786	-	-	-	-	-	-	2	1,617	808
Gary	Sullivan	-	805	-	-	-	779	-	-	-	2	1,584	792
Lewis	Laylee	760	-	799	-	-	-	-	-	-	2	1,559	780
Alastair	Locke	-	-	-	-	-	762	754	-	-	2	1,517	758
Eleanor	Simmons	-	685	715	-	-	-	-	-	-	2	1,400	700
Lucy	Pickering	-	-	732	-	-	-	667	-	-	2	1,399	700
Katie	Styles	703	688	-	-	-	-	-	-	-	2	1,391	695
Joseph	Brady	-	676	683	-	-	-	-	-	-	2	1,359	680
Kevin	Chadwick	-	747	-	-	-	-	554	-	-	2	1,301	650
Karina	Burrowes	-	588	591	-	-	-	-	-	-	2	1,179	589
Sharon	Erdman	-	616	-	-	-	-	547	-	-	2	1,163	581
Andrea	Pickup	-	-	821	-	-	-	-	-	-	1	821	821
Angie	Norris	-	-	-	-	-	-	819	-	-	1	819	819
Buzz	Shephard	-	817	-	-	-	-	-	-	-	1	817	817
John	English	-	-	779	-	-	-	-	-	-	1	779	779
Neville	Webb	-	776	-	-	-	-	-	-	-	1	776	776
Ola	Balme	-	773	-	-	-	-	-	-	-	1	773	773
Wayne	Lashley	-	769	-	-	-	-	-	-	-	1	769	769
Claire	Baglin	-	761	-	-	-	-	-	-	-	1	761	761
Emily	Gelder	-	-	-	-	-	-	758	-	-	1	758	758
Kim	Hainsworth	-	-	757	-	-	-	-	-	-	1	757	757
Emma	Ibell	753	-	-	-	-	-	-	-	-	1	753	753
Tom	Marshall	-	-	-	-	-	-	745	-	-	1	745	745
David	Stone	-	742	-	-	-	-	-	-	-	1	742	742
Chris	Loizou	736	-	-	-	-	-	-	-	-	1	736	736
Holger	Betz	-	-	-	-	-	731	-	-	-	1	731	731
Yvette	Dore	-	-	727	-	-	-	-	-	-	1	727	727
Lucy	Elms	-	724	-	-	-	-	-	-	-	1	724	724
Ross	Rook	716	-	-	-	-	-	-	-	-	1	716	716
Helen	Lister	-	-	-	-	-	708	-	-	-	1	708	708
Tom	Wilson	-	-	-	-	-	-	702	-	-	1	702	702
Sue	Cooper	699	-	-	-	-	-	-	-	-	1	699	699
Anna	Thomas	-	695	-	-	-	-	-	-	-	1	695	695
Robert	Bell	-	-	-	-	-	689	-	-	-	1	689	689
Jonathan	Whitaker	-	-	685	-	-	-	-	-	-	1	685	685
Graham	Stanton	-	-	-	-	-	684	-	-	-	1	684	684
Mark	Callaghan	-	-	-	-	-	-	679	-	-	1	679	679
Grzegorz	Galezia	-	-	-	-	-	-	676	-	-	1	676	676
Laura	Vincent	-	672	-	-	-	-	-	-	-	1	672	672
Louisa	Pritchard	-	671	-	-	-	-	-	-	-	1	671	671
Roz	Johnson	-	-	-	-	-	-	667	-	-	1	667	667
Martin	Double	-	665	-	-	-	-	-	-	-	1	665	665
Niamh	Falconer	-	-	656	-	-	-	-	-	-	1	656	656
Sam	Mattu	-	-	656	-	-	-	-	-	-	1	656	656
Edward	Smyth	-	647	-	-	-	-	-	-	-	1	647	647
Rebecca	Schulleri	-	-	641	-	-	-	-	-	-	1	641	641
Paul	Greenhalgh	-	-	-	-	-	-	636	-	-	1	636	636
Adrian	Ward	636	-	-	-	-	-	-	-	-	1	636	636
Sam	Crump	-	-	-	-	-	-	634	-	-	1	634	634
Kamal	Lewis-Gopie	-	631	-	-	-	-	-	-	-	1	631	631
Ajay	Khandelwal	-	-	629	-	-	-	-	-	-	1	629	629
Paul	Keating	-	600	-	-	-	-	-	-	-	1	600	600
Toby	de Belder	-	-	-	-	-	-	591	-	-	1	591	591
Tessa	Morrison	-	-	-	-	-	-	578	-	-	1	578	578
Miles	Griffies	-	-	-	-	-	-	552	-	-	1	552	552
Stuart	Erskine	-	-	-	-	-	-	501	-	-	1	501	501
Desmond	Edwards	-	-	-	-	-	-	454	-	-	1	454	454
Laura	Coote	-	-	-	-	-	-	435	-	-	1	435	435
93		37	53	45	-	-	29	38	-	-			

parkrun

June 25th

Barking
85 ran

Pos	Gen		
3	1	Kim Hainsworth	19:31

Brockwell
193 ran

Pos	Gen		
37	35	Cameron Timmis	21:44
38	3	Lucy Pickering	21:46
103	87	Kees Kuijlaars	25:56
124	99	Alex Haylett	26:55
139	34	Sarah Lyness	27:43

Bromley
582 ran

Pos	Gen		
264	217	Peter Jackson	26:15

Cannon Hill , Birmingham
600 ran

Pos	Gen		
127	16	Ros Tabor	23:10
128	112	Andy Murray	23:10

Crane Park
152 ran

Pos	Gen		
1	1	Andy Bond	17:18

Crystal Palace
187 ran

Pos	Gen		
7	7	Simon Lang	20:11
22	20	Paul Hodge	21:27
43	5	Clare Wyngard	23:18
50	45	Duncan Wilson	23:43
53	6	Lucy Cartlidge	23:51
62	53	Michael Dodds	24:27
76	15	Belinda Cottrill	25:19
93	71	David Haviland	26:21
102	76	Bob Bell	26:52

Derry City
84 ran

Pos	Gen		
8	1	Niamh Falconer	21:59

Dulwich
200 ran

Pos	Gen		
4	4	Lloyd Collier	17:46
11	11	Stephen Smythe	18:54
30	2	Victoria Read	20:32
56	53	Graham Laylee	22:07
111	20	Hannah Harvest	25:50
119	97	Ajay Khandelwal	26:10

Greenwich
223 ran

Pos	Gen		
19	17	Michael Fullilove	21:02

Peckham Rye
128 ran

Pos	Gen		
2	2	Alastair Locke	18:00
13	2	Michelle Lennon	21:27
24	4	Lucy Elms	22:29
30	5	Laura Vincent	23:22
71	30	Claire Barnard	26:44

Richmond
292 ran

Pos	Gen		
65	60	Barrie John Nicholls	23:05
101	12	Lindsey Annable	24:08

Riddlesdown
149 ran

Pos	Gen		
56	10	Ange Norris	25:45

Southwark
163 ran

Pos	Gen		
59	48	Paul Keating	24:18
93	29	Kaylee Coxall	26:13

Tooting Common
347 ran

Pos	Gen		
6	6	Gregory Hills	18:13

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 AC S12

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5.07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

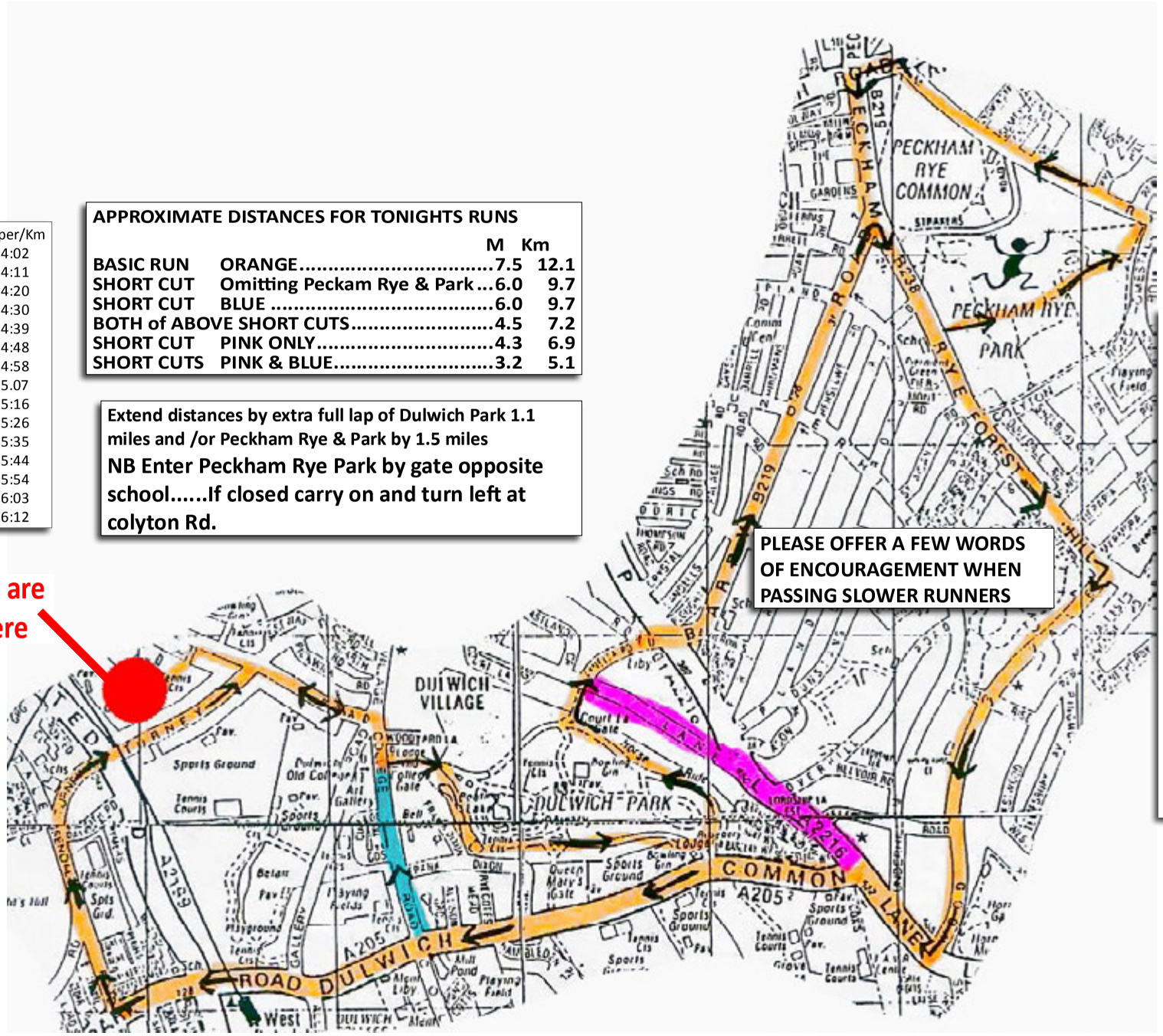
APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
BASIC RUN	ORANGE	7.5	12.1
SHORT CUT	Omitting Peckam Rye & Park	6.0	9.7
SHORT CUT	BLUE	6.0	9.7
BOTH of ABOVE SHORT CUTS		4.5	7.2
SHORT CUT	PINK ONLY	4.3	6.9
SHORT CUTS	PINK & BLUE	3.2	5.1

Extend distances by extra full lap of Dulwich Park 1.1 miles and /or Peckham Rye & Park by 1.5 miles

NB Enter Peckham Rye Park by gate opposite school.....If closed carry on and turn left at colyton Rd.

PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT WHEN PASSING SLOWER RUNNERS



Here be dragons