DULWICH RUNNERS

SHORTS

Newsletter
Wednesday 23rd March 2011

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

– THE COMING WEEK –

Wed *23* **Club Night,** Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7pm for 7:15 start. Showers, Bar

Sun 27 **Paddock Wood 1/2M**

Tue *29* **Track Session with Steve Smythe**
At Ladywell Track, Catford
7 pm **Fee £2.45** to reception

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

Track Sessions at Ladywell

Improve you speed & strength over all distances

Tuesdays with Steve Smythe at Ladywell track
Start 7pm. Track **Fee £2.45**
pay at reception

map: http://tinyurl.com/3xexuwq

WEDNESDAY NIGHT £1 RUNNING FEE

It seems that some members are running on Wednesday nights without paying the £1 fee.
We need this money to cover costs of hiring the club house, so please remember to sign in and pay up. Thanks. – Ros

Lift Needed:

A request for anyone who may be able to offer me a lift to the Paddock Wood half marathon. Ideally from the Herne Hill area.
Many thanks – **Giles Gibson** – giles@originaltg.com

In your *SHORTS* this week !

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page 3 Club Champs Fixture List
page 5 South of Thames report
page 7 Blood suckers !
page 9/10 European Masters

And much more !

NEW RUNNERS ROTA

No new runners last week. If your name is on the rota to run with new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and swap with someone. Thanks. – **Ros**

Mary Roberts	23/03
Marlene Russell	30/03
Ian Sesnan	06/04
Jo Shelton	13/04
Ros Tabor	20/04

LUCKY VEST

This month's winner was Christine "Cake" Dawson !
Wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a draw and maybe win £5 in the clubhouse that evening
To purchase a vest and or any other club kit contact **Steve Cook** – stevecook6@googlemail.com

Paddock Wood club champs

Goodish news: there is a train from London Bridge at 7.37, Norwood Junction 7.48, E Croydon 7.55, P Wood 8.57, also one at 8.31 LB, 8.44 C, 9.27 PW (but start time is 10 – beware loo and bag drop queues). Both are change at Tonbridge. Check with the national rail website nearer the day.
B.Ching
PS: As most people are driving to Paddock Wood there will not be any club organised coach or lunch

The 'No Sleep 'til Paddock Wood' Tour!

Yes, that's right, I've got a gig again this Saturday 26th March at The Waddon, 2 Stafford Road, Croydon CR0 4NL. Who needs sleep before a half marathon anyway?

http://www.welovelocal.com/en/london/croydon/beddington/pubs/the-waddon-cr04nl-1.html

Once again, a reminder of what we do: I'm drumming with classic rock/blues band English Rogues doing tracks from the likes of Eric Clapton, ZZ Top, Jimi Hendrix, Bryan Adams, Crosby Stills & Nash, Small Faces, AC/DC, Free, Bad Company, Bob Dylan, Guns 'n Roses (even getting a bit more up to date with Snow Patrol!), etc., etc., you get the picture! Plenty of stuff to play air guitar to, bang your head, generally rock out – blistering guitar solos with mad 'Animal' drumming – just my cup of tea, I happen to know some of you are that way inclined too!

Come on, it's only Croydon, you could be back home in time for bed by 11.30 (once your eardrums stop bleeding); plenty of time for beauty sleep before 13.1 miles on Sunday morning. Of course, personally I find packing up after a gig and getting home in the early hours is the perfect preparation.....

Tony 'Thundersticks' Tuohy.

Race Entry Forms... will only be included in SHORTS if they are Club Champs races. For any other races please write a small note with a link to the entry

Thanks. Ed

Athletics Weekly: Club offer

Nb while the magazine may not be for the casual beginner, Athletics Weekly (which 2 Dulwich Runners work for) is now far more suitable for the club runner with articles on how to improve as well as the usual weekly list of race results and fixtures and news of the top Olympic sport. There is a special subscription offer now available if you go to www.subscribeme.to/athletics-weekly/cluboffer or call 01778392018 which if you subscribe gets you a free pair of hilly socks worth £11 and gives a donation of £5 to Dulwich Runners and gives you access to the digital version as well as the old fashioned paper copy which has had a redesign in recent weeks.

CURRY NIGHT

Anyone for it? "Keep Wednesday 23th March post run evening free"

We are planning a club curry night at the Surma Curry house. We have been there before and for some strange reason, they are happy to welcome us back !. Like previous visits there will be a buffet with enough choice to please the green veggies to the little baby lamb eaters.

The 23rd is approaching fast. Minimum number of 25.

The cost is expected to be around £15 a head plus drinks.

email me asap if you wish to join us:

carolineschurmann@yahoo.fr

Surma Curry House, 42 Lordship Lane, SE22 8HJ

Brighton & London Marathon

If you are running either of these this year please can you put your name on the sheet which is on the notice board downstairs at the clubhouse.

Steve Werhle

Tic Toc - Clock buddy wanted!

In a moment of extreme weakness I stupidly agreed to temporarily take over the bookings for the two race clocks that Dulwich Runners are the proud owners of. The hiring of the clocks brings in much needed funds for the club to spend on worthy needs for the club members. Peter Gibbons has done it for what seems like the last millennium and done it really well. It is a tough act to follow.

I suggested offering race organisers a special extra priced feature of having the clocks run slightly slow to create more PB's for their race – all new innovation eh?

But what is really needed is a clock buddy.

A clock buddy would deal with any booking that had to be picked up or returned if I am away. All you would need to do is a bit of e-mail or phone liaison and picking up the clock(s) when necessary so that the hirer can collect at their agreed time. You would need a bit of space in a shed or garage to store them while waiting for collection.

So, if you could raise that hand and volunteer to help I would be really grateful. I may even let you have first pick of the chocolate brownies on club night.

Giles Gibson.

CLUB CHAMPIONSHIP FIXTURES 2011

Date		Event	Venue
Mar	Sun 27	**Paddock wood 1/2M (L) entry form** http://www.paddockwoodac.co.uk/	Paddock wood
Apr	Sun 17	**London Marathon** or other marathon run before final club champs race (L)	London
June	Tue 07	**2 miles, Dulwich Park** (S)	Dulwich Park
	Sun 19	**Richmond 10k** (M)	Richmond Park
July	Tbc Tue 12	**1 mile, Dulwich College Track** (S)	Dulwich College
Sept	Tbc Sun 11	**Eridge Trail 10m** (L)	Eridge
Oct	Sat 01	**Bromley 5k parkrun** (S)	Norman Pk,
Nov	Sun 20	**Epsom 10** (M)	Epsom

This is this time of the year when we need people interested in participating in either or both Green Belt Relay (21st-22nd May) and Welsh Castle Relay (11th-12th June) to come forward and let us know so we can enter our teams with the race organisers.

The GBR takes place over Saturday and Sunday, meaning each runner gets to run a leg per day. The route is very scenic as we run through the countryside around London on a mixture of footpaths, towpaths and quiet roads. Some of you have already expressed interest in response to a request a few months ago, but this is a general request to all those interested to put your names forward.

Just a quick reminder for those thinking of running the Green Belt Relay (21-22 May), training should have started and it would be a good idea to enter the Paddock Wood 1/2M 27th March, as well while you're at it....! More info on this in the coming weeks.

Welsh Castle Relay (11-12 June) Entry now confirmed

Finally it looks like we now have 2 teams of 5 for the 1066 Relay (for details) on 8 May, but we are trying to make up a third. Those interested should contact Mike at mcmann90@yahoo.co.uk

The WCR takes place over a week-end in Wales, starting in Carnaervon, North Wales, finishing at Cardiff Castle. Each runner only runs a leg on either Saturday or Sunday, all on road. Usually this relay turns out to be a short holiday away and free minibus transport is organised by the club, leave Friday morning, back Sunday evening. We will enter one team of 20 .

information about these relays can be found online and on the club's website. **Those interested in taking part please email by end of February** as we need to enter teams with the organisers.

carolineschurmann@yahoo.fr

Info: http://www.greenbeltrelay.org.uk/index.htm

and http://www.lescroupierswcr.org/

Dulwich Runners team entry now confirmed

"**Don't forget that Dulwich Runners** are on Twitter, drop in and say you like them."

"Tweet Tweet - Dulwich Runners are now on Twitter http://twitter.com/dulwichrunners

Follow them to get the latest salacious gossip, information and be able to suggest Wednesday night eats for tweets."

Thanks - **Giles**

Surrey Road League and Kent Grand Prix

Dulwich Runners are registered in two local road leagues. By taking part in these races you can earn points for the club and take part in the individual championships. For details on these (including individual qualification for the Kent GP), see the Surrey Athletics or Kent Athletics websites. We have also included two of the races, the Ranelagh Richmond 10k and the Paddock Wood Half Marathon in our club championship.

As well as an opportunity to represent your club, these races are reasonably priced and mostly conveniently located way to trim time off those personal bests! Our league membership does not guarantee entry to the races, so make sure you enter in plenty of time. – **Charlie Lound**

Date	Race
Surrey Road League races 2011	
1 May	Sutton 10k
8 May	Richmond Half Marathon
5 June	Dorking 10 miles
19 June	Richmond 10k*
16 July	Elmore 7 miles
24 July	Elmbridge 10k
14 August	Wimbledon 5k
Kent Grand Prix races 2011	
30th January	Canterbury 10
27th February	Tunbridge Wells Half Marathon
6th March	Greenwich Meridian 10k
27th March	Paddock Wood Half Marathon*
23rd April	Folkestone 10k
June	Beckenham 10k
July	Dartford Half Marathon
September	Thanet Marathon
2nd October	Sittingbourne 10K
6th November	Deal 5K
* The Richmond 10k and Paddock Wood 1/2M are also part of our club championship	

Paddock Wood Half Marathon Update

Dulwich Runners entries now number 55 out of the 2197 runners and with 25 women, we have one of the biggest but also one of the strongest women's teams.

Sen men (9): Steve Ackroyd, Grant Barnes, Jose Barretta, Josef Danko, James Godber, Tom Marshall, Chris Treble, Mike Williams, Rob Watts

M40 (9: Joseph Brady, Mark Foster, Per Hedberg, Duncan Hussey, Charles Lound, Tiernan Ocleirigh, Ameet Patel, Cameron Timmis, Tony Tuohy

M50 (10): Mike Dodds, James Godkin, Graham Laylee, Martin Morley, Andy Murray, Barrie John Nicholls, Steve Smythe, Gary Sullivan, Mike Ward, Steve Williams

M60 (2): Mike Mann, Steve Wehrle

Sen Women (16): Lindsay Beckett, Susan Cooper. Mel Edwards, Kim Hainsworth, Emma Ibell, Meg Hughes, Cliona Kelly, Sophia Lewis, Marlene Russell, Caroline Schurmann, Alexie Shaw, Joanne Shelton, Anna Steward, Laura Stephens, Elkie Thorndyke, Sonia Townsend, Charlie Wood

Vet Women (6): Ola Balme Christine Dawson, Clare Elms, Jo Hewett, Clare Osborne, Ruki Sidhwa

W50 (3): Claire Steward, Ros Tabor, Clare Wyngard

UK Masters Rankings

The British Masters women's rankings have been published in this week's Athletics Weekly for 2010 and though in the over 45s, Clare Elms ranks as the top aged over 40 runner in Britain at 800 metres and 1500 metres and third in the 3000m, second in the 5000m and 10 miles.

Ros Tabor was ranked as the top W60 in the half marathon and she just missed out on top ranking in the 1500m, 3000m, 5000m, 10,000m and the Marathon.

Race Reports & Results

South Of Thames XC Championships, Farthing Downs, March 19

Thirteen Dulwich Runners took part in this race re-arranged from the pre-Christmas snow, only one fewer than hosts South London Harriers. The course is one 2.5 mile lap, familiar from Surrey League Cross country, then a 5 mile lap.

We had beautiful spring weather with stunning views in every direction. Conditions underfoot were largely perfect with only a few muddy patches through the 'Happy Valley' woods - even the ploughed field was fairly easygoing. There is a single sharp climb out of the woods, but plenty of long grassy sections to get the speed up.

There was very welcome support from Alexie Shaw, John McGlashan, Steve Smythe and Clare Elms. With a reduced strength field, Charlie Lound was first M40. The men's team (six to score) placed second behind the hosts. A great afternoon out was completed with a choice of tea and cakes in the SLH club house, or a couple of pints in 'The Fox'.

8	Charles Lound M40	45:31
9	Tony Tuohy M40	45:46
26	Michael Williams	49:43
30	Jose Barretta	50:41
38	Tiarnan Ocleirigh M40	52:59
44	Ola Balme W40	53:58 6th W
58	Joseph Brady M40	59:18
59	Peter Gibbons M50	59:27
61	Caroline Schurmann	60:09 13th W
62	Dave West M50	60:24
66	Claire Steward W50	62:02 16th W
71	Clare Osborne	68:11 20th W
74	Ruki Sidhwa W40	69:16 23rd W

Charles Lound

Steve Smythe's take...

This used to be a top class event but has weakened over the years and this year with it being re-run from a snow affected December it reached an all time low with 79 runners and just over 50 men when 20 years ago the all men' race attracted 300. We actually were just probably one good runner away from winning the men's team and a runner short in the women where only one team finished a team of sixth.

Led by a good run from Charles Lound who reversed recent form to pull away from Tony Tuohy and win the veterans gold medal, we took surprise team silvers. Tony, nursing an injury, wasn't far back. Mike Williams eased around to focus on a following day's training run while Jose, Tiernan and Joseph completed the scorers well supported by Peter Gibbons and Dave West.

The women were one short though a watching Clare Elms, who had eased around the Parkrun in the morning and was saving herself for the Hastings Half, probably luckily found out too late we were a runner short. Ola Balme didn't enjoy her run¸ turning her ankle and there were solid runs from the remainder of the team from Caroline Schurmann, Claire Steward, Clare Osborn and Ruki Sidhwa with Clare O's run probably being the star run.

Men's TEAM

1 South London H 12+18+22+23+27+30 132
2 Dulwich Runners 8+9+25+29+36+47 154
3 Tadworth AC 13+19+24+46+50+52 204

Parkruns 5km, March 12

Bromley

Another easy win for Clare Elms while Duncan Hussey and Buzz Shephard both gained second places.

2	Duncan Hussey	8:38
11	Clare Elms	20:12 1W
15	Steve Smythe	20:21
28	Nolan Wilkens	21:44
32	Colin Frith	21:56
36	Oscar Hussey	22:13

Banstead Woods

1 Tony Tuohy 17:31 (course PB)

Brockwell Park

2	Buzz Shephard	16:59
16	Paul Hodge	20:03
25	Graham Stanton	21:24
28	Graham Laylee	22:04

Crystal Palace

43	Chris Vernon	33:22

European Veterans Indoor Track and Field Champs, Ghent (Belgium) 16 - 20 March

Andy Murray writes…Mike, Ros and I went to compete in these championships. Mike and Ros took part in indoor races (800m, 1500m and 3000m). Ros and I ran in the cross country.

First up on Wednesday was the 3000m. Ros was up against a strong Italian, Waltraud Eggar who had a recent best 9 seconds better, and several decent Germans and Belgians. Eggar set off in front and built up an increasing lead in the first 1k from Ros, who ran steadily behind. The lead stopped increasing as Ros lapped the third-placed runner at halfway and was informed that she was making headway on the leader. Around 2k Ros caught up and went in front with Eggar staying close for a couple of laps but then fading. Ros reached the finish line well clear and very pleased to take gold.

The 800m was on Friday. Again Ros was against the Italian, Eggar but also Nancy Hitchmough, the British champion. A slow start by the pack meant Ros taking the lead to get a clear run but Hitchmough and Eggar soon took over. Chasing Hitchmough proved too much for the Italian and she was caught by Ros with less than a lap to go and couldn't respond. Silver this time for Ros.

The cross country on Saturday lunchtime comprised 5x1k loops round a waterside park, squeezed into a very small area so that there were about 8 right angled turns between 200-600m. It was completely flat, mostly grass, but with a little sand.

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The course was ideal for spectators who follow the races with hardly any walking around. We had timing chips, but delay in programming led to problems with results which were not available until 5 hours after the last race! Ros was in a combined WV55 and WV60 race.

She had an excellent run, setting off in the first 10 and overtaking all (including the 3 best GB W55's) except the winner (a V55 German). This won Ros W60 gold and a silver team medal.
Andy's race was also for 55 and 60 year olds. After a first lap a bit fast considering the twisty course he slowed a little but mostly stayed in sight of two British friends ahead.

Sunday saw Ros against the Italian Eggar for the third time, over 1500m. Again Hitchmough took the lead and ran strongly with Eggar following and Ros, who, unlike the other 2, had run the cross country the previous day, unable to match her strong last lap and getting a bronze this time.

RESULTS

3000m

Ros Tabor	11.56.27	1st W60
Mike Mann	10.48.35	

800m

Ros Tabor	2.50.10	2nd W60
Mike Mann	2.31.25	6th M60

5k cross country

Ros Tabor	22.31	1st W60
Andy Murray	21.46	28th M55

1500m

Ros Tabor	5.55.96	3rd W60
Mike Mann	5.00.62	11th M60

Whitstable Park run 19th March

Whitstable doesn't have a park but it does have a parkrun. Course is along the promenade, up a short slope and then back on the grass, so a pretty flat course which I felt would lead to a parkrun pb.
This is a relatively new run but is well staffed with enthusiastic volunteers who made it a bit of Red Nose fund raiser. Downside was a thick sea mist which, when compounded with glasses steaming up, meant I had virtually zero vision. Although I felt I had a good run my watch told me I was only the same as my usual Crystal Palace type time and not as quick as Brockwell the week before.
My Garmin had it bang on 5K so no excuse of a long course.
14th Bob Bell 23.07

Clapham Common 10K -20 March

This was an effort with not particularly fresh legs after Farthing Downs. It's quite a twisty course, and the organisation was pretty good, but I did suggest they started 20 min & quicker 5kers, and sub 40 10kers together, and the rest afterwards, rather than the 10k lot 3 mins after the 5k lot.
The 10k first lady was relatively slow - 38'37". I had guessed within 30 secs the course records - 33ish & 36ish, M & F times.

40'28"- 12th, 2 mins off Chichester's time
José

St Mary's Vampire Marathon for Guinea Pigs

Dulwich Runner finishes in top four...

As a newbie marathon runner and having suffered an appalling experience in last year's London marathon I was looking to quietly do a long training run that was, err, marathon in length but not really a high pressure "confess all in Shorts" race prior to this year's London marathon.

Upon reading the aforementioned esteemed periodical my eyes lighted upon the St Mary's University College request for volunteer runners to aid in their medical research into sports performance. All they wanted was for a few gallant people to turn up, have a few quick tests done, run a marathon and then have a few more tests done afterwards. You could even choose which one of three Saturdays to do the event. It was all part of their research into the issues about recovery after exercise and in particular the effectiveness of compression garments to aid recovery. What could go wrong I thought and duly signed up.

I received an explanatory e-mail complete with map of the course - three laps round leafy Bushy Park. Oooh, nice, soft paths and no traffic. A few days later I got an amended map, the route had been changed. It was now 5 laps on the pavements round Strawberry Hill and Teddington, near to but not in the soft paved, traffic free, leafy Bushy Park. A hint of things to come.

I arrived at their research labs on Saturday at 8.00 to start the tests. The previous Saturday they had 15 volunteers, this week it was a gallant four. Their research facilities are quite intimidating and seemed to focus on extremes, mainly pain by the look of them. The walls of the labs were covered in signed photos of athletes who use the facility, the great and the good, I was in hallowed surroundings.

With a gleam in their eye the vampires flew in and wanted their blood sample, needles flying all around. Then the rest of the team got stuck in to us all, exhale into this machine, blow into that one, test out your leg extensions, measure your nitrous oxide levels, exhale until you go dizzy and then pin a number on your shirt so they can tell you apart from the Saturday joggers. **cont...**

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Apparently I had the highest lung capacity apart from one other who they decided was a freak as his exhalation figures matched those of a horse.

Then it was out to the front of the building and we were off. To make sure we didn't all leg it round to the nearest café for a quiet read of the papers they had one of them cycling alongside us ostensibly showing us the route for the first lap.

Chatting with them as we ran (early stages, I could still talk) I got a full briefing of all the tests and what they were meant to do. I also asked nonchalantly why they had changed the course as I quite fancied a nice run round the park a few times. They explained that as the experiment was about recovery methods from muscle damage it was felt that the soft paths in the park would not cause enough damage compared to the rough pavement so they changed the course. Gee thanks, and it was only three miles in.

My aim for the run was to do it real slow just to complete without exploding. I was joined early on by one of the other volunteers and we kept to a steady 8.35 pace, faster than I was expecting but any slower got really boring. The first three laps were fine, they were there handing out water and gels and cheering us on every time we passed the start line. It was nearly enjoyable, surely some mistake.

Lap four was the one I feared but it came and went and I still managed to keep the pace. Lap five however I lost the pace and had a really painful last three miles, the loss of blood, exhalations, inhalations, leg pulls and all the other tests had obviously taken their toll. A time of 3.45 for a slightly short course (25.8).

Glad that it was over I was allowed a generous 30 seconds to catch my breath before I was hurriedly marched back to the vampires so they got their feed whilst blood was still circulating and before the usual semi rigor mortise had set in after a race. I was told that the blood samples are taken to detect creatine kinase (CK) levels as well as other things. CK is released by muscle cells when they become damaged due to strain (a marathon for instance). More exhalation tests, inhalation (again, with multiple reps each time) and back to the nitrous oxide sampler that detects inflammation of the respiratory system which is typical after extreme exercise. ***...cont***

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Although the inflammation testing was done in their altitude chamber (it can simulate 3000m altitude) they were considerate enough to keep the oxygen level equivalent to ground level, how kind. Finally they asked us to stand in front of a wall with a simple line drawn on it. One end was labelled "no pain" the other "unbearable pain". I had a quick look around for a spare set of bicycle clips just in case but to no avail. What had they dreamt up for this one? We had to do a very slow squat down, then slowly back up again and mark on the line where we thought the pain level was at. Remarkably it wasn't as bad as I feared and I put my mark about 30% along, brave or what?

The volunteers were divided into two groups, one lot had to wear the compression garments for three days non-stop (phooey), the others would have ultrasound treatment on the muscles. Despite having snazzy colours and loads of samples they didn't have my size in super tight, girth hugging, belly squashing, leg binding man-tights so I got the ultrasound treatment administered by the chief vampire.

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After all the tests were done and ultrasound delivered we were allowed to have a shower and depart. However return to the vampires lair was required for the next three days, more blood extractions, inhalations, exhalations, this bit bent, that bit prodded and the pain tests done again. By the end my arms were resembling battered colanders.

The upside that they offered was a full athletes profile that I can book in for over the next few weeks. It only takes a couple of hours and yes, you've guessed it consists of more tests, treadmill work, lung measurements, muscle tests and the now familiar appointments with the vampire whilst you are sweating away on the treadmill. Their research has shown that by tracking the lactic tolerance levels along with everything else they can predict your optimum pace for the half and full marathons to within a few per cent. Personally I reckon if they just ran behind me with a size 9 syringe and a glint in their eye it would guarantee a PB.

A fascinating experience all round and I look forward to seeing the full research results. Not sure if it would make me go out and buy a set of figure hugging man-tights though, there are limits to pain you know, even for me.

Giles Gibson

Reading Half marathon, March 20

283 John Fletcher 84:39 (84:35 chip)
2585 Carys Morgan 1:46:28 (1:42:57) (PB)

Wimbledon 10km, March 13

Tony Tuohy had another strong run on this testing course which he measured as over distance.
4 Tony Tuohy 35:29

Cranleigh 15/21 20th March 2011

This race is a staple in the calendar of any marathoner and I remember doing the 21 mile event back in 98 when I did my first marathon. This time it was Barrie's turn to cover the 21 miles in his build-up to London.

We arrived at the start with no problems this time and it was nice to see Jo S Clare and Mel who were also doing the 21. Jo was taking part in the 15 miles, accompanied by Trish who was in supporting mode too.

The race is 2 or 3 laps according to which distance you do so there is plenty of opportunity to support the runners. The first lap came down the High Street, which was very conveniently close to a coffee shop where Trish and I had wiped away the haze of the early start with an injection of caffeine.

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All seemed to be going well but Barrie came through more slowly than expected and shouted to me that he was having pain in his right foot and leg. Alas the pain only worsened throughout the whole race and he soldiered on through the next two laps in utter misery.

I stationed myself at the top of a hill towards the end of the second and third lap giving much needed encouragement to all the runners. Barrie said that the course otherwise was quite devoid of spectators apart from in the finishing funnel , so my support was very welcomed.

Barrie managed to struggle around in just outside 3 hours 20 but is now sporting a very sore red ankle and foot with training strictly off the agenda and ice packs abundant. Such a shame as he was going so well but we're now focusing on getting him to the start line.

Barrie John Nicholls (21 miles) 3.23

Lindsey Annable

Hastings Half Marathon, March 20

The club presence was down on normal due to the following week's Paddock Wood club championships race on this very tough event.

Clare Elms made a late decision to compete and run as a training run but ended up going quicker than planned and running a PB and her first sub 1:20 and finishing fifth and third Briton and breaking her own age group course record and confirm what tremendous shape she is in leading into her marathon debut.

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Ex member Kofi Agyei made a half marathon debut and ran 78 minutes.

39	Clare Elms 5W	79:44 (PB/W45 course rec.)
82	Steve Smythe	84:52 (3rd M50) (84:50)
1095	Dominic Edwards	1:50:10 (1:47:57)
1169	Jon Fletcher	1:51:11 (1:49:30)
1646	Stephen Wilson	1:58:03 (1:55:54)

Steve Smythe

EUROPEAN MASTERS INDOOR CHAMPS, GENT, 16-20 MARCH

Having only taken up indoor track racing 2 years ago, this was my first venture into the European arena, and indeed outside the Lea Valley stadium. The undoubted highlight of our trip was Ros's superb achievement in winning 4 medals - golds in the 3000m and cross country, silver in the 800m and bronze in the 1500m.

My own performance was more mixed but featured some interesting and challenging races. My first race, the 3000m, was the most predictable, though I was somewhat handicapped by still feeling under the weather, which probably cost me 10 seconds and a place.

The race started off at a fast pace and from then on it was simply a question of hanging on , though I did gain some places over the final couple of laps before being lapped and almost barged off the course as the winning Italian celebrated on crossing the finish line. Thing became less predictable in the 800m, but at least by the second day I was feeling more healthy. After a slow tactical first semi-final, the second race in which I was competing was much faster with the first 7 finishing faster than the winner of the first race. Consequently all the fastest non automatic qualifiers, including myself, came from the second race.

The fun and games really started with the 800m final which was a classic tactical race, with the first 3 laps of the 200m track at almost comfortable training pace of around 38 -39 seconds, followed by a burn up over the final lap. Fellow Brit, Ian Snow took the lead for the first 3 laps, but no one else was interested and you could have put a blanket over the remaining 9 competitors. Unfortunately I managed to get stuck at the back of the field a couple of times and found it difficult to move through.

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All hell broke loose in the final lap which was probably completed in near 30 secs by the leaders and the winning German crossed the line flat on his face. As the field opened out towards the end I was able to pick up several places.

The 1500m on the final day was if anything a more difficult race, with a higher quality field than the others. Once again it was highly tactical, but this time it was accompanied by surges of pace. With 16 starters the inevitable bunching made life quite interesting, and on two occasions in the first half of the race I had to move out to lane 4 to pass 5 or 6 runners, only for several of them to come past me half a lap later.

The plan was to avoid getting stuck at the back, as had happened during the 800m, but this was only partially successful. The shape of the track with long bends and short straights, coupled with the large field, made overtaking particularly difficult and energy consuming. The final part of the race was somewhat less manic than the 800m final, with a gradual winding up of pace over the final 2 laps, rather than a sudden sprint, and I managed to claw back a few places. With hindsight if I had adopted different tactics, my finishing position might have improved, though I suspect not by much. The only near certainty is that if the races had not been tactical, times would have been faster.

On a non -running note Gent was a great place to visit with old gabled buildings, canals and a fine selection of Belgian beers. It was a rather better version of Bruges without the tourists. One pub which we visited had a custom whereby a shoe had to be forfeited as a deposit by anyone ordering beer in a glass resembling a yard of ale. Another which we only looked into resembled a junk yard which would have failed to reach first base in any health and safety inspection in this country. - **Mike Mann**

Chairwoman Ros Tabor enjoyed probably her greatest feat in running by winning two individual European Masters gold medals and a silver and a bronze.

March 16

W60 3000m

First off was the 3000m and Ros thought she would be running for second with the younger Italian Waltraud Egger, who won W55 golds at the last Championships and who has always had the edge on Ros, building a good lead in the first kilometre, But Ros began to close in the second and then swept past with a strong kick in the last few laps to win gold eventually by 12 seconds.

1 Ros Tabor (GBR) 11:56.27
2 Waltraud Egger (ITA) 12:08.54
3 Veronika Scwarbatke (GER) 13:48.90

M60 3000m

A cold affected Mike Mann wasn't at his best.

Heat 1
1 Darrio Rapo (ITA) 10:07.96
6 Mike Mann (GBR) 10:48.35 (8th overall)

March 17

800m heat

Mike eased into the final with a 2:29.37 heat and fifth place.

March 18

800m Final

With a medal going at 2:27.21, a healthy Mike would have been in the fight but had to settle for sixth in 2:30.20

1 Johann Schr (GER) 2:25.85
6 MIKE MANN (GBR) 2:31.25

W60 800m Final

With British record holder Agnes Hitchmough well clear, Ros again had to watch the Italian Eggar and she kicked past late to take the silver with her fastest time for many years.

1 Agnes Hitchmough (GBR) 2:42.89
SILVER: Ros Tabor (GBR) 2:50.10
3 Waltraud Eggar (ITA) 2:53.09

March 19

Cross Country

Mike didn't enter the cross-country, but Ros always thought this was her best chance and on a fast grassland course that suited her and without Eggar, she was easily the best of the 15 W60s.

However, impressively Ros was also better than all bar one of the W55s and that included the 3 younger Brits Joan Howe, Susan Cooper and Jane Georghiou who have always previously beaten Ros on the country.

GOLD: Ros Tabor (GBR) 22:31
2nd: Marianne Spronk (GER) 23:06
3rd Janine Schouppe (BEL) 23:21

March 20

M60 1500m

Mike was unable to show the form of the British Masters last month or last year's European outdoors and he finished tenth in the race but actually 11th overall as the gold went to a solo run in the supposedly slower seeded heat.

1: Johny Boexstaens (BEL) 4:47.52
10th Heat 2 Mike Mann (GBR) 5:00.62 (11th overall)

W60 1500m

Her opponents had missed the cross-country and feeling tired, Ros couldn't respond on the second half and had to give way to Hitchmough and Egger for the first time.

1 Agnes Hitchmough (GBR) 5:48.36
2 Waltraud Egger(ITA) 5:52.49
BRONZE: Ros Tabor (GBR) 5:55.96

Steve Smythe

Cranleigh 15/21 - 20th March 2011

Joanne Shelton writes..... Yet another 7am start saw Joanne Shelton, Claire Steward and Mel Edwards set off to Cranleigh in Surry for their annual Tortoise and Hare 15/21 mile race organised by MABAC. This race is advertised as an ideal pre marathon run of 1x 9 mile lap plus 2x 6 mile laps of the country roads surrounding Cranleigh. There's an option to finish after the first 6 mile lap to complete the 15 mile race. A decision which only has to be made literally at the very last minute.

The morning started off quite chilly and we were all worried about our lack of layers. But once we started, the sun came out and conditions became almost perfect. I say almost as my shoulders got their first taste of sunburn for the year. As expected, Claire Steward, left us from the start and myself and Mel set off together at a leisurely, 8.30 min/mile. The master plan was to run the first 10 miles at this pace then up it to 8.20 min/mile for the remainder.

This plan very quickly went out the window as we both struggled to keep ourselves from going too fast.!! As we finished the first 9 mile lap, it was lovely to be cheered on by Lindsey and Trish who were there to support Barrie Nicholls and Jo Hewitt. At the half marathon mark, Mel and myself let out a little cheer as we realised she had just run a PB!

As we were coming up to the end of the 15 mile race, a guy next to us announced he'd had enough and was finishing. Then he promptly turned off with us to do another lap!! We continued on with the last six miles mainly in silence with Mel pulling away from me over the last two. Although the course was mainly flat, there were still a few undulations and a short sharp hill at miles 14 and 20 to keep it interesting.

As I crossed the 21 mile mark, a man running in front of me was shouting at the crowd, asking where the finish line was. He and many others hadn't read the small print which said the distance was in fact 21.2 miles and the finish line was hidden around a corner. Someone asked "What was he expecting? A load of balloons?"

21 Mile results:

Claire Steward	2:54:54
Mel Edwards	2:58:03
Joanne Shelton	2:59:16
Barrie Nichols	3:23:07

15 Mile results:

Jo Hewett:	2:30:27

P.s. – yet again, we have all been listed as Dulwich Park Runners. We can't have all selected the wrong club!!

Preparation for London Marathon 2011

SUNDAY RUNS, RACES AND REPS

Includes: middle and long distance multi-terrain / road races, Cross Country (XC) Fixtures on Saturdays
Sunday runs at High Elms, Mile repetitions in Dulwich Park ***(Provisional – dates and events subject to change)***

Weeks to go!		Event / Distance	Information
3	27 March	Paddock Wood Half	CLUB CHAMPS
2	3 Apr	10 x 1 mile	Dulwich Park 9am
1	10 Apr	Easy 10 miles	High Elms 9am
Zero	17 Apr	**London Marathon**	CLUB CHAMPS – Marathon

The traditional Sunday Dulwich Park runs start at 09:30 or 09:00 for longer runs for marathon prep.
For a more rural run, meet up with members of Orpington and Blackheath Clubs, 'HEROS' (High Elms Runners on Sunday) start from High Elms at 9:00, For more information contact Steve Wehrle or Claire Steward,

XCountry Fixture List 2010/11				
Date		***Event***	***Venue***	***Distance***
Mar	26	Vets AC XC	Wimbledon Common start 2:30pm	

If you want to relive the past winter and have a spare hour or two, TAC have a comprehensive set of videos of the cross country season on their website. Although it has a TAC bias, many DRs feature and it incorporates Clare's win at the Kent Champs!
http://www.tacdistancerunners.com/race-videos.html
Duncan Hussey

1066 RELAY MAY 8TH 2011
ENTRIES REQUESTED

Nick Brown writes: Inspired by running in the Green Belt Relay, I am now organising the inaugural **1066 Relay** on behalf of my local club Hastings Runners. This will be a 5 stage off-road team relay following the historic route of the 1066 Country Walk from Pevensey, where William the Conqueror landed, to Rye.

The 34 mile event starts in the grounds of Pevensey Castle, one of Britain's oldest fortresses, and passes by such iconic landmarks as Herstmonceux Castle and Battle Abbey before passing through Battle Great Wood.

The final two stages cover some glorious countryside, including a fantastic panoramic view at Icklesham next to the windmill which Paul McCartney uses as a recording studio, before a fast, flat finish along National Cycle Network route 2 into the charming town of Rye.

cont...

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This is an ideal prep run before the GBR, and I would be happy to take any interested runners round some of the relay stages nearer the time.

There is an entry limit of 60 teams, so please book early to avoid disappointment. Check out the website www.spanglefish.com/1066relay for more detailed information

Also I would be happy to take runners around the course nearer the time, if people were interested in running some of the stages beforehand. There will be **a team** limit of 60 teams, so would be great if Dulwich could field several or more teams in this (only 5 runners per team needed!) – **Nick Brown**

1066 RELAY, 8 MAY: ENTRIES REQUESTED

Entries are now invited for this relay which Nick Brown is organising on behalf of Hastings Runners. It starts in Pevensey and finishes in Rye and takes place on Sunday 8 May. Since there are only 5 stages, it should be possible to enter several teams, but we need to get an early idea of numbers before submitting entries. Two reasons for taking part are that it takes in some fantastic scenery and it should provide excellent preparation for the Green Belt and Welsh Castles Relays, which follow shortly afterwards. Could all those interested please email me at mcmann90@yahoo.co.uk by 26 January

Next events.

Sunday 17 April

Trail – 12Km run with basic navigation, 1hr collect as many check points as you can £12.50

Sprint – 12Km run, 18Km bike with basic navigation, 2hr collect as many check points as you can. £20.00

Sam Mayne
TRI ADVENTURE
Trail Running - Navigation - Mountain Biking
(T) 07792453136
(W) www.triadventure.co.uk

Dulwich Runners now have our own group on the flickr photo website (at long last). It already has pics from the Green Belt Relay and a growing selection of other content.

There is a link from the photo section of the Dulwich Runners website. Or use the following link to go there directly

http://www.flickr.com/groups/1411047@N20/

The group is currently moderated by me, as the flickr member with the alias 'two blue hoops' and there are further DR photos that are not yet in the group on my page. If you already use flickr and want to add some pics you need to visit the Dulwich Runners group and ask to become a member.

Once I have reviewed the application you will be able to add your flickr pics, initiate or contribute to discussions and generally build the group.

So seek us out on www.flickr.com. And help to make our

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BBC RUNNING CLUB
Regent's Park 10K

Date: Thursday 26th May 2011
Start Time: 6:30 p.m
Place: The Hub, Regent's Park London

First 100 only To get an entry form for this race contact Steve Wehrle on steve.wehrle@bbc.com

BBC/DULWICH RUNNERS 18th Tour 2011

Starting to plan this year's trip to Majorca from Friday October 14th to Tuesday October 18th, (4 nights).

There is a marathon/half marathon and 10km, all starting at the same time on the Sunday. If interested let me have your name and a non refundable £10 asap. Either give to me or post to; 30, CHARTERHOUSE ROAD, ORPINGTON, KENT BR6 9EL. Total cost for flights and accommodation will be appx £350. This will be clearer when I have numbers.

First 50, so get moving! – **Steve Wehrle**

36 PLACES NOW GONE FOR MAJORCA TRIP 14 – 18TH OCT. Last chance to sign up for this event