SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 25th April 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed 25 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Tue 01 **Track Session with Steve Smythe** see below
Dulwich College Track 7 for 7:15 start
fee £2 pay to Steve

May 03 **Assembly League Blackheath 7:30 start**

For previous editions of SHORTS go to:
http://www.dulwichrunners.org.uk/newsletter.html

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In your *SHORTS* this week !

2 Fixture List
3 Relays
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12 Wednesday Night Map to print

And much more !

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

A brief look ahead

May 3 Assembly League Blackheath
May 6 1066 Relays
May 19/20 Green Belt Relays
full fixture list & info page 2

TRACK SESSIONS AT DULWICH

Track sessions return to Dulwich next week. 1st May
The sessions start on the Dulwich College track. Please start warm-up at 7pm and the session will actually start about 7.15pm on the grass with the last 30 minutes on the track
Officially the fee is £2 but presuming sufficient numbers turn up to cover track hire costs, just £1 will be collected on the day
Improve your speed & strength over all distances Tuesdays with Steve Smythe are suitable for all abilities.

NEW RUNNERS ROTA

Thanks to **Clare Osborne** for taking out new runners last week. If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know. Thanks. – **Ros**

Kevin Wood	**25/04**
Clare Wyngard	02/05
Lindsey Annable	09/05
Jose Barretta	16/05
Denise Brady	23/05

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please remember to pay when you sign in. Thanks. – Ros

LUCKY VEST

Don't forget to wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening

Vests/kit – a selection of tops is always available at the club on Wednesday nights (£15 each)

Wednesday Running Maps

On page 12 in SHORTS you will find a copy of the map for this weeks runs.
There will still be some available at the clubhouse , but it would help if you can print your own copy and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

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

Date			Event		Venue
May	Thu	3	Blackheath Assembly League		Blackheath Park start 7:30
	Sun	6	1066 Relay		
		19/20	Green Belt Relays		
Jun	Thu	7	Victoria Pk. Assembly League		Victoria Pk, Hackney start 7:30
		9/10	Welsh Castles Relays		
	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	5	Battersea Park Assembly League		Battersea Park start 7:30
	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Aug	Thu	2	Dulwich Pk Assembly League		Dulwich Park start 7:30
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
	Thu	6	Beckenham Assembly League		Beckenham start 7:15
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Cabbage Patch 10 has been confirmed as **21 Oct**,

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

MEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and provisional venues have now been agreed for next season's Surrey League cross country.

These are:

20 October, Lightwater

10 November, Roundshaw Down

12 January, Cranford

9 February, Wimbledon Common

The dates for the women's fixtures will be the same, apart from the second one which is likely to be on 1 December. Venues to be confirmed, though the final match will be at Denbigh's Vineyard. – **Mike**

DULWICH RUNNERS 2012 CLUB CHAMPS

The races comprising the 2012 club champs have been selected. Dates for some of the races are provisional, based on this year's dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. – ***Mike Mann***

SWEATSHOP DISCOUNT VOUCHERS

Sweatshop Clapham is offering club members a 20% discount on all its product range.

This will be available at its Clapham store in Voltaire Road until 14 April. Vouchers will be available at the club on Wednesday nights

ASSEMBLY LEAGUE:

The next race in the Assembly League is at Blackheath Park on 3 May at 7:30pm. Blackheath Park is a road just south of Blackheath Station.

The nearest toilets are at the station, but there is space near the finish to leave kit, additional toilets which are larger and would be better for changing are at Greenwich Park, less than a mile form the start.

7:30, 3 May – Blackheath Park

7:30, 7 June – Victoria Park

7:30, 5 July – Battersea Park

7:30, 2 August – Dulwich Park

7:15, 6 September – Beckenham Sports Club

The Assembly League is an informal series of races in which we compete against other local clubs. Each race is around 5k. You don't need to register or pay to run. – **Charlie Lound**

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.

Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.

Just give me your name by 7:10

Don't just sit there salivating…join in ! – **Ros**

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked below with *) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm#prov

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

Kent Grand Prix and Championship Races

6 April	Folkestone 10 *
15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

6 May	Richmond Half Marathon *
13 May	Sutton 10km
10 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

Dulwich lie 14th after 2 races in the Kent grand prix (Canterbury 10, Thanet 20) in both men and women's events – full results in spreadsheet sent with SHORTS

As past winners, we are doing modestly this year, and not taking it too seriously, we are lieing 16th in the men and 23rd in the women, currents standings attached with SHORTS

1066 RELAY, 6 MAY

Five teams are entered for the second running of this relay which starts in Pevensey and ends in Rye, with the route taking in 5 stages of unequal length. Some of the team and leg allocations have had to be adjusted and there will be a few further changes which will be sent to the participating runners shortly. Anyone not taking part but planning to support the relay should contact the Relayers Team which is arranging transport and a meal afterwards in Rye. ***Mike Mann***

GREEN BELT RELAY, 19-20 MAY

Members of the two teams entered for this year's Green Belt Relay, together with reserves, have now been selected and notified. In selecting teams we have sought to achieve a balance between those who have supported the event over the years and newcomers to the relay or club.

There are a small number of reserves for the mixed vets team and rather more for the seniors team, and we have asked reserves to keep the weekend free, if at all possible, as past experience indicates that we will need to draw on some of them. If anyone else, who has not put their name forward and is willing to stand as a reserve, particularly for the mixed vets team (age 40+), please contact one of us in the Relayers Team.

Several people have said

they would like to ride the Herne Hill Velodrome.

I have made a provisional booking for a Dulwich Runners session at 6;00pm on Saturday 12 May. We could adjourn to the Crown and Greyhound for a recovery drink afterwards. If you are interested, please email Steve – stevecook6@gmail.com
Fee should be £5 or less depending on how many people turn up. – **Steve Cook**

FRIDAY Track Sessions start 11th May Dulwich College track. 7pm for 7:15 Start.

Please remember this is aimed at all levels so that whatever your current pace is this will help you to improve and gain those PB's we all love.

No previous track experience required just a desire to improve your running. Changing and toilet facilities available. Approximately 1 hour duration with focus on improving **your** speed and technique. £2 track fee on the day.

Put it in your diary to join Martin on the 11th May, this is the ideal time to start track work if you have done a spring Marthon and now looking at 10K's etc.

We will look to organise our Festival of Running towards the end of Summer as in previous years, hopefully a bigger and better Festival this year. – **Martin Morley**

Race Reports & Results

5km Results for April 21st

Dulwich Parkrun

Having missed the inaugural run, I decided to have a crack at event number 2, which was well supported and included at least 13 Dulwich Runners who had migrated from nearby venues. Charlie Wood had a strong run to finish first woman. Not surprisingly the numbers (77) were down from the previous week.

My initial misgivings, when the parkrun was first mooted many months ago, proved largely groundless as the event was smoothly organised by race director John Fletcher and supporting volunteers, including several club members, and incident free.

Despite the early morning sunshine the course was relatively quiet and the use of the wide traffic free road round the park meant that there were fewer problems with other park users than on the narrow paths of Brockwell Park, the other venue with which I am familiar.

The main obstacle was a few large puddles. The event seems much easier to organise than Brockwell with the start and finish close together, very few marshals required except at the finish, and none of the obstacles and diversions, including contractor's vehicles, from ongoing construction work.

The less said about my run the better as it was no faster than recent attempts on undulating Brockwell Park for no good reason apart from getting my head round the idea of a 3 lap course, but my overall verdict on this new event was positive.

It is impressive that the organisation has clicked into gear so quickly. Whether it will attract runners seeking fast times on an apparently flat course remains to be seen, certainly not on the basis of my performance, and the course is not as flat as it looks, and probably slower than a couple of other venues in and around London. **Mike Mann**

Charlie ran well to be first woman with Emma following her home. Adrian Greer had his best race for a few years while Claire Steward warmed up for the marathon. **Steve Smythe**

6 Adrian Greer		18:43 (parkrun PB)
7 Charlie Wood	1W	18:45 (parkrun PB)
11 Mike Mann		19:45 (1st time)
15 Alistair Clarke		20:32 (1st time)
19 Emma Ibell	2W	20:55 (1st timer)
24 Ian Sesnan		21:29 (PB)
31 Joseph Brady		21:32 (1st timer)
34 Cameron Timmis		22:00
37 Mike Dodds		22:15 (1st timer)
41 Clare Wyngard	4W	22:54 (1st timer)
45 Ameet Patel		23:45
55 Claire Steward	9W	25:43
77 finished		

Southern Athletics League, Eltham, April 21

Clare Elms helped Cambridge to victory with three comfortable wins. The 800m was the only real competitive race and she lapped all opposition in both the 3000m and more surprisingly the 1500m. Ros, who officiated at the meeting, won the B 3000m.

Tony Tuohy had a very good run, guesting in the 5000m, holding onto the leaders in a fast first mile and once dropped, holding it together well and with a very strong last lap he broke the club vets record by a few seconds.

800: 1 Clare Elms 2:24.3
1500: 1 Clare Elms 4:56.77
3000: 1 Clare Elms 10:38.55
B 3000: 1 Ros Tabor 12:17.52
5000: 3 Tony Tuohy 16:37.11 (Club M40 record)

Steve Smythe

Bromley

PB for Mike Fulliove while Duncan returned to better form.

2 Duncan Hussey		18:32
10 Mike Fullilove		19:38 (PB)
49 Colin Frith		21:42
76 Martin Morley		22:49
267 finished		

Brockwell

17 Mark Foster		19:46
24 Duncan Wilson		20:26 (CoursePB)
58 Graham Laylee		22:12
122 Michelle Broscombe	9W	24:43 (1st time)
243 finished (record)		

Crystal Palace

2 Will Davis		18:48
11 Jim Dowsett		21:40
16 Bob Bell		22:22
23 Angela Oritsejafor	4W	23:27
28 David Harbage		24:12
29 Jane Harbage	6W	24:25
31 Jozef Danko		24:41
78 finished		

2012 April 22

There were some excellent performances headed by Claire Steward's W60 victory. Also of note were Alexie's first sub-3, Mel Edwards' big PB and Charlie's amazing run of quality consistency and M55 Steve Smythe's high placing. However,a few runs were disappointing with many failing to convert their half marathon form to twice the distance.

Weather conditions were far better than predicted with a cool start and no rain until much later and a generally sunny morning though some felt it did get a little warm late morning. Crowds were excellent and there was good support out on the course

256/256/43 M40 **Charles Lound**
2:42:28 (80:04/82:24) 815 pts
Another great run. Last 7 London's: 2:45, 2:43, 2:44, 2:41, 2:40. 2:45, 2:42! Made attempt at sub 2:40 but couldn't quite hold and just missed PB
(37:40, 38:17, 37:55, 39:29, 9:07)

521/512 **Michael Williams**
2:50:00 (82:05, 87:55) 747
(Injury spoiled last few weeks of preparation but made good attempt at 2:45 and struggled last 10km.)
(38:50, 39:05, 39:09, 43:38, 9:18)

863/833/5 M55 **Steve Smythe (elder)**
2:56:21 (86:08, 90:13) 828
(Beat namesake first time in 26 years and strong run saw him narrowly miss out on top 3 in M55s.)
(40:28, 41:16, 40:58, 43:49, 9:50)

1088/49W **Alexie Shaw**
2:58:53 (87:47, 91:06) 760
(First sub 3, taking over 5 minutes off PB and found last few miles hard after going very strongly midrace.)
(41:14, 42:03, 41:56, 43:48, 9:52)

1128/1078/48 M50 **Stephen Smythe**
2:59:13 (88:23, 90:50) 807
(41:20, 42:25, 42:27, 43:14, 9:47)
(In 31st London, Not fully fit but extended overall sub-3 span to just under 36 years.)

1921/118W **Toni Holt**
3:08:45 (92:07, 96:38) 719
(Useful Club debut ran fast first 5km (100m up on Alexie) but must have stopped before 10km and kept solid pace thereafter.)
(43:53, 43:33, 44:49, 46:17, 10:13)

1999/1868/111 M50 **Chris Loizou**
3:09:33 (88:43, 100:50) 763
(On for sub-3 pace at halfway but couldn't quite maintain.)
(41:12, 42:45, 45:23, 49:37, 10:36)

2438/2243 **Tom Marshall**
3:13:30 (87:21, 106:09) 646
(41:21, 41:29, 45:29, 54:01, 11:10)
Not in best shape but looked to be pacing well for sub-3 but struggled second half.)

2806/2556/53 M55 **Andrew Murray**
3:16:45 (95:38, 101:07) 771
(Not 100% healthy but held solid pace until 20 miles but drifted off 3:15 tempo near end.)
(45:45, 44:58, 45:49, 49:06, 11:07)

3368/3011 **Paul Devine**
3:21:51 (98:45, 103:06) 619
(Superb even pace first 30k and slowed a little but overall well-paced.)
(46:49, 46:52, 46:59, 49:51, 11:20)

3992/487W **Melanie Edwards**
3:26:37 (PB) (102:29, 104:08) 656
(Set a superb 15 minute PB and held pace well throughout.)
48:51, 48:22, 48:32, 50:02, 10:50

4060/505W/**1 W60** **Claire Steward**
3:27:11 (101:27, 105:44) 892
(47:33, 48:36, 49:30, 50:44, 10:48)
(Quick start and held on well throughout, coming through to win W60 event.)

4171/529W **Catherine Lee**
3:27:50 (92:05, 115:45) 653
(Made good attempt at 3:05 but had real struggle on second half.!
(43:19, 43:53, 46:30, 60:10, 13:58)

4333/569W/66 W45 **Ola Balme**
3:28:44 (95:21, 113:23) 724
(44:20, 45:56, 49:13, 57:31, 11:44)
(After great build up, in first marathon for many years, felt tired during week and wasn't able to gain her sub-3:15 target.)

4851/4140 **Chris Broadbent**
3:31:37 (95:45, 117:52) 596
(44:37, 46:03, 49:24, 60:43, 10:50)
(Spotted on tv at start, pace drifted throughout and wasn't able to match half-marathon form.)

5005/4252 **Wayne Lashley**
3:32:35 (87:27, 125:08) 588
(After looking in best ever shape looked to be cruising for sub-3 at halfway but had problems in second half.)
(41:31, 41:27, 43:18, 72:47, 13:32)

5185/4384 **Steve Ackroyd**
3:33:40 (105:16, 108:24) 585
(Followed up good half-marathon with strong even-paced effort.)
(50:20, 49:33, 50:15, 52:09, 11:23)

7065/1263W **Annalise Laidlow**
3:44:09 (104:59, 119:10) 605
(Good club champs debut but lost ground second half.)
(49:01, 50:26, 53:10, 59:03, 12:29)

10853/8578/249 M55 **Patrick McMorrow,**
3:59:22 (118:50, 120:32) 610
(Excellently paced by new member and held sub-4 pace all the way.)
(56:07, 56:41, 57:30, 57:14, 11:50)

12752/9920 **Christian Moody4:07:20**
(117:16, 130:04) 507
(another new member - steady run until 30k but lost ground last few miles.)
(55:27, 55:53, 57:29, 64:02, 13:49)

13982/3194W **Joanne Shelton**
4:12:23 (113:55, 138:28) 551
(After great build up in racing and training, ran on pace to halfway but found it hard thereafter.)
(54:05, 53:54, 60:32, 70:43, 12:59)

15024/11510/357 M55 **Barrie J Nicholls 4:16:29**
(121:39, 134:50) 586
(Held it together well until 30km and solid marathon overall.)
(57:33, 57:55, 58:16, 66:48, 15:57

15568/3693W **Emily Wheeler**
4:18:27 (123:31, 134:56) 525
(Started well but slowed each 10km but not distastrously so.)
(56:52, 60:10, 63:17, 64:42, 13:26)

21154/15448/1211 M50 **Giles Gibson**
4:39:56 (113:48, 146:08) 507
(On for sub 3:50 at halfway but really struggled second half,)
(53:46, 54:05, 61:58, 91:25, 18:42)

22633/16390 **Mark Paine**
4:45:54 (142:20, 143:34) 437
(Probably best pacing of any club member with very steady run.)
(66:59, 68:00, 68:48, 68:45, 13:22)

29625/20362/393 M60 **Stephen Wehrle**
5:22:00 (125:53, 196:07) 495
(57:45, 61:16, 76:01, 102:19, 24:39)
(Ever present ran his first 5 hour run (to match ones at 2 (2:59:59), 3, 4 and 6 hours and had very tough second half.)

31713/21431/1702 M50 **Stephen Street**
5:37:34 (150:28, 187:06) 417
(70:24, 72:10, 78:07, 97:38, 19:15)
(In company drifted off pace a little in second half.)

31715/21432 **Javier Pujol**
5:37:35 (150:28, 187:07)
(70:24, 72:10, 78:07, 97:38, 19:16)
(In company of Steve, lost time after 20 miles.)

35140/23036/901 M55 **Roy Hibberd**
6:22:56 (168:11, 224:05)
(67:03, 90:40, 100:38, 102:25, 22:10)
(After reasonable start, slowed after 10k and did well to hold on.)

Previous Spring Marathons

Ajay Khandelwal	3:36:46	600
Marlene Russell	4:00:44	582
Ed Smyth	3:42:43	587
Lloyd Clater	4:54:47	473

Current Club Champs Posn
Overall leader: Claire Steward 892 (W50)
Fastest Man: Charles Lound 2:42:28
Senior Man: Mike Williams 2:50:00
M40+: Steve Smythe (M55) 2:56:21
M50: Steve Smythe (M50) 2:59:13
M60: Steve Wehrle 5:22:00
Fastest Woman: Alexie Shaw 2:58:53
Senior Woman: Toni Holt 3:08:45
Veteran Woman: Ola Balme 3:28:44
W50+: free
Captain's ?
Age Graded 2: Andy Murray 771
Age Graded 3: Chris Loizou 763

Mini Marathon
U13 boys 3M
Alex Elms, despite a stitch, had a good run to make the top 30 in the Boroughs event and was in the winning Southwark team. He withdrew from the Bromley team, which enabled Oscar Hussey to run for them and Oscar had a much better run than last year. Had Alex run for Bromley they would have won and not Southwark.
22 Alex Elms 18:24
65 Oscar Hussey 19:16
245 ran
U13 girls
In her first run since the trials over a month ago, Lucy showed her potential by finishing in the top 40.
40 Lucy Elms 20:57
255 ran

Steve Smythe

Here's a link to pictures of some Dulwich Runners taken by our very own snapper **Jozef Danko**
http://www.flickr.com/photos/74307925@N07/sets/72157629875137643/

London Marathon race report
Steve Smythe (the elder)

My objective for this year was to run in the low 2:50s, beat my last time (2:55 in 2010) and maybe make the age-group podium or, failing that, to run under three hours. It requires a sub-3 just to be the fastest Steve Smythe in Dulwich Runners!

The gun went off and it was a nice easy downhill for the first half a mile then slightly uphill to Charlton House where my family were waiting for me. It was lovely to get some nice cheers from them. Even that soon into the race, my pace (6:30/mile pace) was feeling a bit hard and I had some mild stitch-like pains in the tummy. I decided to press on and see if it eased but, by the time I got to the (newly renovated) Cutty Sark at 10k, I decided to slow down to 6:40/mile.

It was lovely to see the crowds back at that point as it's a great landmark and I decided it was better to run at a more enjoyable pace so I could soak in the atmosphere. This felt much better (although still hard work) and I carried on at that pace until about 20 miles (apart from a somewhat surprising 6:23 15th mile!). By then, I was finding it harder and harder to keep going so I gave up on trying to run under 2hrs 55 and concentrate instead on running as steadily as I could to make sure I'd finish under three hours. So, miles 21 to 25 were 7 min/mile.

It was also nice to see "The Shard on the run in. All I could think of in those six miles was "keep going and don't cramp up". I had the usual Steve Redgrave thoughts during this period and told myself this was the last six miles I'd ever have to run in a marathon. I also thought back to all those hard miles I had done pushing the babyjogger and the thought of my family waiting for me at the finish. I thought I'd at least kept that speed up for the last mile and a bit, but the clock says the 26th mile was a disappointing 7min30s.

As I turned the corner for the finishing straight I could see that I was going to do just over 2:56 and I thought that would put me quite high up in my age group so I looked to see if there were any older blokes that I could speed past before the line! I saw one likely candidate (grey hair at least) so that made for a nice fast finish as I overtook him before the line. (Turns out he wasn't in my age group as fourth place was about a minute ahead according to the results).

So, although I didn't meet my main objective, it turned out I'd have needed 2:53 to get on the age group podium and I gave it my best shot on the day. It was pretty obvious from the way I felt throughout, that I simply need to train harder! I felt proud of myself, though, for battling through what was an incredibly hard race. A bit of checking afterwards revealed I was indeed fifth in my age group and that I was only beaten by two people who are older than me, out of the whole 37,000-odd. Very pleased with that!

I heard and saw lots of Dulwich Runners shouting for me along the course. It was much appreciated even if I was too tired to respond sometimes. I particularly remembered Clare Elms shouting "come on Steve Smythe" just before halfway, a big gang of DRs around 18 miles and Ros's smiley face on the run back along the Highway. Too many to mention all, but it really helps!

My First Marathon

The weather could not have been better for long-distance running as I left home at 8am on 22nd April 2012 to get the DLR to Cutty Sark. As advised, I had two bananas and two granola bars for the vital refuelling after the race, my chip was securely fastened to my trainers and I had four sachets of gel bulging out of the tiny pocket in my shorts. So I was fully prepared for the most famous endurance race in the world. Or so I thought.

When I arrived at Greenwich I started chatting to a fellow "Help the Hospices" runner who was participating in his third marathon. The first question he asked was whether I preferred Vaseline or Elastoplast to protect my nipples. I knew there was something I'd forgotten.

I was amazed by how organised the event was. There was a line of articulated lorries waiting to take our bags to the finishing line. There were plenty of toilets and loads of staff were on hand to give advice. Everybody seemed to be so happy and there was an almost palpable sense of goodwill among the participants who were waiting to enter the pens for the start. As we waited to cross the starting line, people were wishing each other good luck and there was much hand shaking. I was running with my younger brother and we had a fraternal hug just before we set off.

> "It was a wonderful day and I'll remember it for the rest of my life."

I knew from my experience at the Silverstone Half that the most important factor to remember was getting the pace right. I also knew that if I got it wrong and started off too quickly I'd probably be walking the last few miles or even failing to finish. My target was to finish in less than 4 hours and I had to keep reminding myself of this as I was overtaken by an elderly gentleman wearing plimsolls and a man dressed as a cockroach. I admit that I put on a little burst of speed when I got overtaken by a large beer bottle.

I worked out that if I could keep to 9 minute miles in the first half, it would give me a margin of slippage for the last 13.1 miles. As it happened I hit the halfway mark about a minute outside my target but I wasn't too concerned.

However, I had miscalculated how much time I would really lose in the second half due to fatigue. With each mile marker passing I was slipping further behind and my pace had slowed to about 10 minute miles.

When I got to 22 miles I looked at my watch and the task seemed insurmountable. Even if I could get back to 9 minute miles I'd still be outside my target. I remembered what I was told by almost everybody I'd spoken to before the race; "don't set yourself a target for your first marathon because you'll only be disappointed". Well, they were right. I'd set myself a target and I felt that I'd let myself down.

But then I looked around me and I realised that I was actually running a bit faster and overtaking people. I felt that I still had plenty of fuel in the tank and I hadn't hit the dreaded wall that I had been told about. The crowd by this stage was enormous and people were shouting "Paddy, Paddy" (I thought it was less of a mouthful than 'Patrick' so I wrote 'Paddy' on my vest and it seemed to work) so I started to pick up my pace. I still thought I'd left it too late but I hit the 25 mile marker with about 12 minutes to go. The noise from the crowd was deafening and the atmosphere was electric.

By this stage I'd given up trying to work out my pace. I just felt that I had to run as fast as I could if I was going to make it and I couldn't bear to look at my watch as I passed the 26 mile marker. My legs still felt OK and I could see the finishing post ahead so I went for it. It was only when my foot hit the red mat that I looked at my watch; 3:59:25. I nearly cried. In fact I later learned that my chip time was 3:59:22

"It was a wonderful day and I'll remember it for the rest of my life."

I'd like to say a special thanks to Steve Wehrle for all the time and effort he put in organising the Sunday training. It was an invaluable part of our marathon preparation. I'd also like to thank all the Dulwich Runners who turned up on the day to support us. Although I managed to miss you at the 17 mile point I'm sure you were shouting your support. Roll on 2013!

Patrick McMorrow

Claire Steward writes: **Training had gone well this year, with PBs at Paddock Wood Half and Spitfire 20 – could I dare hope for marathon PB as well?** As usual in the final pre-race days I was berating myself for being lazy – not enough long runs, too many missed sessions at the gym, lack of dedication – and then I was convinced that torrential rain was going to spoil everything.

On the day, the weather was perfect; Roy's brother dropped us off in a different place to his usual spot, and after Roy headed off to the Red Start I spent 20 minutes failing to get to the Green Start being turned back at various points and sent on a long detour back the way I has just come. Once there it seemed more crowded than usual and after depositing my bag at the truck I joined the Portaloo queue and only just had time to squash myself into my allotted start pen before the gun went. Mel, who was in the pen behind, apparently had an even harder job to get into position.

A crowded start meant a very slow first mile but then I settled into a nice pace and it was great to get lots of support from DRs along the route. From about 18 miles I felt that I was tiring and knew that I was not going to break any personal records but would be under 3:30 if I could make it to the end.

Although it is usually a welcome sight to see a Dulwich vest on the horizon it's not so good when you realise that it's someone who should be a long way ahead, and inching past Chris (Broadbent), and then Wayne and Ola, was a salutary reminder of how the marathon distance can really mess with mind and body. I was brought sharply back to reality when Mel came alongside and idiotically our final mile and half turned into a 'race'.

I just managed to hold her off at the finish but her chip time was faster, and having noted her progress throughout this year, it will no doubt be the last ever time that she fails to get past me! There were some emotional reunions at the finish and after the seemingly enormous effort of getting changed and making our way to The Marquis, it was time to enjoy a pre-ordered drink (thanks Di!) and share our mixed fortunes.

In the end I just had time to get home, cook up some pasta, get a shower and stroll along to the EDT for a second round of drinks and marathon chat. Perfect end to a long day

For such a momentous event, it was fitting that this was Barrie's 300th race in his running career. Training had gone well with no injuries to cope with this year so Barrie was hoping for a better run than last year.

After such a haphazard week of weather, marathon day turned up trumps yet again with fine sunshine and blue skies for the first few hours of the race. As we travelled to Waterloo the pavements were dotted with runners and red bags moving in unison towards the station. Once at the Blackheath start he saw Geoff, MJ and Timothy who wished him well for the run.

The race soon started and Barrie had a comfortable run enjoying the electric atmosphere of the throngs of people who lined the streets. As he came over Tower Bridge he looked like he was running well within himself and even managed a smile! The next few miles went well although he had bad stitch at one point.

As the miles passed his pace dropped slightly but he still came in at a respectable 4.16, about thirty minutes up on last year and feeling far better than 2011. He said the crowds were fantastic and it was the best race ever for atmosphere. He was pleased to have beaten one of his great rivals from the Great North Run, Gordon Ramsey who posted a 4.26 run!

I had a busy day spectating and managed to see Barrie at two points along the course as well as many of the DR contingent but such was the volume of the crowds, my cheers of encouragement were difficult to be heard at times.

After the race we went to the charity party for Leukemia and Lymphoma research where Barrie had a well deserved massage and refueled on tea, soup and sandwiches. We made our way to the pub for drinks afterwards but it was a little late for the DR gathering so we enjoyed a celebratory drink with other marathoners. The atmosphere is always great after the marathon with many people chatting to one another about the run, competitors and non-competitors alike.

Barrie would have been down on Wednesday for a celebratory pint with T-shirt and medal worn proudly but he has some work on Eastenders. Maybe he'll wear the medal on set?! A great day, a fantastic event and very well done to all who completed the race.

Barrie John Nicholls 4.16.29

A Joint Effort

It is difficult to describe such an extraordinary and magic experience on such a beautiful sunny day. Myself Xavier Pujol and Steve Street both running our first London Marathon and both raising money for local charities Dulwich Helpline and Southern Churches care.

We both had a good time training and fundraising together since we started our journey. There was an amazing atmosphere and support from Londoners, family and fellow Dulwich Runner's on our lovely struggle of 26 miles.

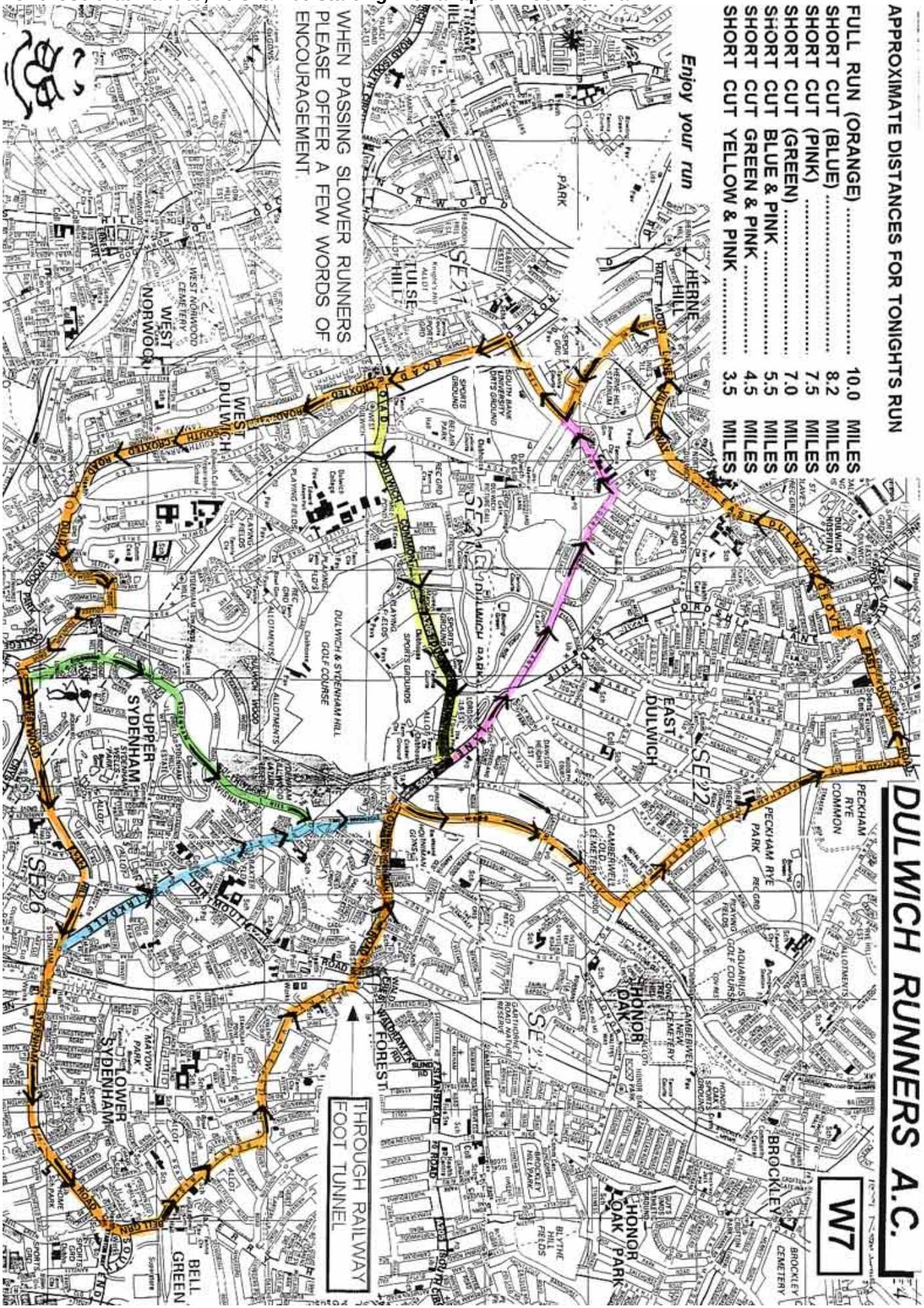
Best of all was how we motivated each other during the race, especially when we struggled around the the 23 mile, as both of us had never run that distance before and it was new territory for us. We were reminded all the time of why we were running this marathon and of the causes.

We finished the race in 5 hours and 37 minutes and it was so emotional at the finishing line. We felt so proud of wearing our Dulwich Runners vest as it such a good club to represent.

We would like mention how grateful we are for all the advice received from our experienced club colleagues like , Steve W, and to Susan and Chris Vernon who gave us the chance to run this special race for these amazing local charities that are doing such good work for Southwark.

Also we should like to say thank you to Barry J who always encouraged us to keep up our training even in our darker hours in winter when we had injuries, chest infections…

A Big Thank You to all.

Xavier Pujol and Stephen Street

For those that want to,we shall be starting with a lap of Brockwell Park