SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 24th April 2013

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

- THE COMING WEEK –

Wed	**24**	**Club Night**, Edward Alleyn Club 83-85 Burbage Road. London, SE24 9HD Fee £1 - 7 for 7:15 start. Showers, Bar
Fri	**26**	**Track sessions – with Martin Morley** **Dulwich college Track** **7 for 7:15 start** £2 for Adults £1 for Children
Sat	**27**	**Parkruns – Free to enter,various locations 9am start** http://www.parkrun.org.uk/
Tue	**30**	**Track sessions with Steve Smythe - £1 fee** **Dulwich College Track** - 7 for 7:15pm start,.

DULWICH TRACK SESSIONS

NOTE back at Dulwich College Track

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

Arrive at 7 for warm-up then a prompt 7.15pm start

FRIDAY TRACK SESSIONS STARTING Friday 26th
Dulwich College Track..
Arrive at 7pm to warm up for 7:15 start. Duration approx 1 hour. - £2 for Adults £1 for Children.
All abilities are welcome, if you have never run on a track before this is your opportunity to come and see what it is like. Any questions then please come and speak to me. - **Martin Morley**.

LUCKY VEST

April winner was Charlie Lound.
Don't forget , wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win the £5 cash prize on the spot in the clubhouse that evening.

NEW KIT NEW KIT NEW KIT

new mens and womens vests and T- shirts,

Hoodies	**£15 each**
Vests	**£18 each**
T- shirts short sleeved	**£20 each**
T- " long sleeved T's	**£22 each**
Waterproof Jackets	**£25 each**

Available Wednesdays at the club – Ros

In your *SHORTS* this week !

3 Fixtures, Club champs, Assembly League etc
5 Race reports etc
6 Women take silver in London
9 Medals in Beckenham
11 Wednesday night running map

And much more !

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.

---------- *EVENT HORIZON* ---------

A brief look ahead

May 2	Victoria Park Assembly league
Jun 6	Dulwich Park Assembly league
Jun 8/9	Welsh castles Relays

full fixture list page 3

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house etc, so please don't forget to pay when you sign in. Thanks. - Ros

NEW RUNNERS ROTA

Many thanks to **Paul Keating** 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 as early in advance as possible . Thanks. – **Ros**

Graham Laylee	**24/04**
Alastair Locke	01/05
Charlie Lound	08/05
Chris Loizou	15/05

FRIDAY TRACK SESSIONS

The response has been good so we are looking to start this on Friday 26th at Dulwich College Track, College Rd. Dulwich. Start time is 7:15pm so please arrive at 7pm for the warm-up.
Duration is approximately 1 hour and aimed at all levels. Remember people running at 13min+ pace will improve far more than a currently faster runner!!
Any questions/comments then please contact me.
Martin Morley

Clare Osborne writes:
Your DR Committee are due to meet on Monday 29th April. If any DR members have any issues they would like the Committee to consider discussing, please speak to me on Wednesday evening at the club, or email me on secretary@dulwichrunners.org.uk by 25th April.
As before, following the meeting, a short note of key decisions taken will appear in Shorts

A big "thank you" to all those that came out and supported our runners on Sunday. I know it meant so much to all of them, whether running 2 hours 40 or (especially) 6 hours 40.
It was also great to see so many runners and supporters at The Marquis afterwards.
Well done all. I am a very proud President.
Ron Searle

Wednesday Night Map

On page 11 in SHORTS is the map for this weeks Wednesday night runs. 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 them in the clubhouse.

BLACKHEATH AND BROMLEY HARRIERS AC - PRESENT

THE TED PEPPER MEMORIAL 10K RACE
(and children's fun run)
MONDAY 6 MAY 2013, 10.00AM START
FULL DETAILS AT OUR WEBSITE:
www.bandbhac.org.uk.
Entry form at back of SHORTS

Beckenham Running Club

3 x 2.6 mile Road Relays
Wednesday, 15th May 2013, 7.30pm
Details to follow -

WELSH CASTLES RELAY 8-9 JUNE

All those who have put their names down for this year's Welsh Castles Relay should now have been contacted with requests for confirmation, travel arrangements, stage preferences etc. Please respond in good time to enable us to proceed with the arrangements. ***Mike Mann***

ASSEMBLY LEAGUE 2013

For those new to the club, this is a series of 6 races roughly 5k in distance open to all members **free of charge.**
The races are normally held on the first Thursday of the month from April to September, starting at 7.15pm.
Dulwich Park and Battersea Park are 5k in length, Beckenham around 4.5k and Victoria Park at 5.5k.

2 May	Victoria Park, Hackney
6 June	Dulwich Park (also our 5k club champs)
4 July	Battersea Park
1 August	Victoria Park
5 September	Beckenham

Further information on venues and times will be provided nearer the time. ***Mike Mann***

DULWICH RUNNERS CLUB CHAMPS 2013

Races still to come in this year's club championships.

- 6 June — Assembly League 5k, Dulwich Park
- 20 June — 2 Miles, Dulwich Park
- 12 July — 1 Mile, Dulwich College Track
- 1 September — Lingfield (Dry Hill) 10
- 5 October — Trail race, Lloyd Park parkrun

The usual rules apply with the 8 races split into long and short categories. The marathon, half marathon, 10 miles and 10K will be classified as long and the remainder short.
4 races to qualify, including at least one from each of the 2 distance categories.
Mike Mann *(on behalf of ADSC).*

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.
Arrives around 9.
Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating…join in ! - **Ros**

DULWICH RUNNERS 2013 FIXTURES

Assembly league races are free and open to all club members and no advance entry is needed, just turn up and run. Details will be posted nearer race dates

Date		Race		Venue
May	2	Victoria Park Assembly League		Victoria Park, Hackney
Jun	6	Dulwich Assembly League 5k (club champs)	S	Dulwich Park
	8/9	Welsh Castles Relays		Wales
	20	2 Miles club (champs race)	S	Dulwich Park
Jul	4	Battersea Park Assembly League		Battersea Park
	12	1 Mile club (champs race)	S	Dulwich College Track
Aug	1	Victoria Park Assembly League		Victoria Park, Hackney
Sep	1	Lingfield (Dry Hill) 10	L	Lingfield (Dry Hill)
	5	Beckenham Assembly League		Beckenham Sports Club, Foxgrove Rd
Oct	5	Trail race, Lloyd Park parkrun	S	Lloyd Park

Surrey and Sussex Track & Field Masters Championships 2013 Held under UKA & WMA Rules for competition
1st June 2013 Ewell Court (King George's Recreation Ground), Poole Road, Epsom KT19 9RY
The entry for the Surrey, Sussex and Open Masters Championships is now open. Entry via online only at: https://www.jctsportssolutions.com/event-booking/event.php?id=14
Awards:
Surrey County Medals for 1st, 2nd and 3rd (5 year age groups).
Sussex County Medals for 1st, 2nd and 3rd (5 year age groups) subject to achieving the standard, details available on the Sussex Athletics Association website.
Entry: To enter a Surrey County Championship you must possess a current Surrey qualification. Details of the UKA rules regarding County qualification can be found at www.surreyathletics.org.uk/qualification where there is also a definition of what constitutes the county of Surrey for this purpose. ↗

To enter a County Championship you must not have competed in another county's championship nor have represented another county in inter-county competition during the current competition year which commenced on 1st October 2012.
Athletes from other Counties can enter as guests.
Events: 100m, 200m, 400, 800m, 1500m, 3K walk, 5k, 300mH, 400mH, HJ, LJ, PV, HT, DT, JT, SP, and H/Hammer.
Booking closes midnight 10th May 2013 - no late entries.
The timetable will be sent to all entrants after the closing date and will be posted on the Surrey CAA website.
£5 per event plus 5.4% Paypal booking fee (regardless of number of events entered).

Helpline number: 07968 131 577 up to 9pm

Masters Fixtures

These are the main British Masters fixtures. The main club event will be the BMAF Road Relay Championships, where we have done well in recent years.

There are M35, M45, M55 asnd W35 and W45 and W55 events and we could have teams in all of them. Last year we won the W45s and medalled in the W55s and were well up in the M45s (6th) and M55s (4th) and should do even better in 2013 and could do well in the W35s and M35s too.

May 18	BMAF Road Relay Champs.	Sutton Park
Jun 16	BMAF 5km road Champs.	Horwich
Jun 23	BMAF 10k track women's Champs.	Oxford
Jul 27/28	BMAF 10k track men's Champs.	Oxford
Aug 18	BMAF 10km Champs., Pollok Ctry. Pk.	Glasgow
Sep 14/15	BMAF Track & Field Champs.	Birmingham
Oct 15-27	World Masters Champs.	Porte Allegre, Brazil
Oct 27	BMAF Marathon Champs.	Newcastle
Nov 16	British & Int. Cross-country	Colwyn Bay

Kent Grand Prix and Surrey Road Leagues

As well as the races we select for the Club Championships and the Assembly League races, listed elsewhere in Shorts, we also take part in the Kent Grand Prix and Surrey Road Leagues.
Some of these are designated County Championship races for the given distance, for runners that are suitably qualified. In addition, all runners can accumulate points over the season to compete in the league by age category.
For more details see the following links:
Kent Athletics:http://www.kcaa.org.uk/road%20races.htm
Surrey Athletics:http://www.surreyathletics.org.uk/road/league
Charlie Lound

Kent Grand Prix		Surrey Road League	
tbc	Beckenham 10k	2 Jun	Dorking 10 miles
tbc	Mount Ephraim 10k	23 Jun	Richmond 10km
tbc	Kent Coastal Marathon	13 Jul	Elmore 7 miles
tbc	Tonbridge 1/2M	21 Jul	Elmbridge 10km
tbc	Sittingbourne 10m	11 Aug	Wimbledon 5km

GREEN BELT RELAY 2013 News

I attended a meeting called by the race director of the GBR so he could explain why he had to cancelled this years race and his plans for next years race. This was a very good meeting were all those attending were allow to speak, give comments, suggestions and ask questions and we were given answers to all.

There were several reasons that added up to the cancellation but the main two were they had a big drop in number of teams entering. Mainly like ourselves clubs only entering one team instead of two or three teams as in previous years. This had the knock-on effect of being able to have enough marshalls to safely marshall all the necessary marshalling points. They were also concerned that as they only had the minimum number of teams any withdrawals made late would have stopped the race proceeding and costing clubs money for mini-bus hire, accommodations bookings etc, so they felt it was best to cancel sooner rather than later.

We were than informed that they were working on a new marshalling procedure which would not be so reliant on the number of teams entered. This was going to mean a small band of flying marshalls (actually guys on motor-bikes) that would marshall all the "critical" marshalling points. We were asked if we thought it would be better if clubs were responsible for marshalling an entire leg rather than as at present various points spread over the two days.

I like everyone else thought that marshalling one leg would be preferable as it would make teams logistics easier. I did raise the question of the three early Sunday legs might prove difficult as we don't have many teams from Essex so it maybe we have to use the current method. This was taken on board by the race director.

They also are considering how to promote the race better and in doing that encourage teams from such areas as Essex to take part. Any suggestions they would like to hear about.

They are also looking at ways to get the results of each leg out asap and are looking at using social media etc to help speed this up and so that all teams are as aware of team positions as early as possible.

They are confident that next years race will go on due to the flying marshalls and will be sending out entry forms late this year.

They thanked all the clubs that had come along to this meeting (approx 25).

We will look forward to asking for members to sign up for this great event in 2014!!

Martin Morley.

BRITISH BUPA 10Km May 27th

This event includes the British 10km championships and we can put in 6 free male and 6 free female entries and places will go the six most likely fastest runners available.

Contact Steve Smythe for details

stevesmythe2006@yahoo.com Or

steve.smythe@athleticsweekly.com

BUPA Westminster Mile

The organisers of the 10km above have asked the club to publicise details of the BUPA Westminster Mile which will be held the day before on Sunday May 26.

They are planning 50 different races on a road course from the Mall to Buckingham Palace, and the event will contain the first ever British age group Mile Championships and should be a fun event, and possibly even a good warm up for the 10km.http://www.bupawestminstermile.co.uk/

British Masters Relays, Sutton Park, May 18

With the Green Belt and Hastings Relays cancelled, all those over 35 can focus on these relays where we have traditionally done well at – a few are away on holidays but most of our top runners are available and we hope to field teams in the W35, W45, W55, M35 and M45 and M55 events. Contact Steve Smythe for details.

stevesmythe2006@yahoo.com or

steve.smythe@athleticsweekly.com

Race Reports & Results

Unless it's a club champs race, one of the more local parkruns or other major club race which **Steve Smythe** kindly finds & collates results for us, then it's highly unlikely that your results will be appear here in SHORTS
So to make sure your race results, road, fell, XC, Tri etc, are mentioned please send them in, and if you can write a report to go with it even better.

parkrun 5km Results, Sat 20th April

Banstead Woods

Tony won by 27 seconds.

1 Tony Tuohy	17:46

Brockwell

7 Adrian Greer	18:17 (course PB) 1M55
13 Mark Foster	19:15 (PB)
37 Mike Mann	20:59
39 Cameron Timmis	21:22
49 Graham Laylee	21:43
86 Michelle Lennon 14W	24:11
172 Susan Nicolai 63W	30:27
173 Barry Walker	31:07
184 ran	

Bromley

63 Martin Morley	22:35
66 Colin Frith	22:44
108 Di Morgan 7W	24:12
158 Clare Osborne 21W	24:07
217 Jo Shelton 43W	27:33
348 ran	

Burgess

20 Ros Tabor 3W	21.45 course PB
27 Andy Murray	22.43
34 Barry Evans	24.13 course PB
67 Chris Vernon	29.52
82 ran	

Crystal Palace

10 Steve Ackroyd	20:23
13 Andy Cottrill	20:55 (PB)
46 Jozef Danko	24:24
53 Jane Harbage 6W	25:02
56 Penelope Bell 7W	25:17
117ran	

Dulwich

10 Ebe Prill	18:23
17 Stephen Davies	19:23
35 Duncan Wilson	21:17
69 Claire Steward 12W	25:53
106 Ajay Khandelwal	30:49
123 ran	

Eastbourne

Three weeks earlier I had struggled home in a snow flurry in 19.31, having only just resumed training after a winter lay-off. However this time, feeling much sharper and enjoying the spring like conditions, I set off far more positively and found myself somewhat surprisingly in the lead after 1/4 mile.

When you get to my age the opportunities to win any type of race are few and far between!, so I decided to push on and take the risk of blowing up later on in the race. I reached the halfway/turn round point in 9.25 and only slowed marginally on the way back to finish in 18.55, over 40 secs clear of the runner up in the 88 strong field.

Nick Brown 18:55

Gunnersbury
Hilly Fields

Orpington

Riddlesdown

Another win for Angie

22 Ange Norris 1W	21:21
144 ran	

Thetford

Ian Sesnan reports..I did the Thetford Park run on 20th April in a time of 22.20. This is an attractive park run around the Abbey meadows and waterways – it is unusually well signposted and marshalled - no doubt because of the intriguing route which involves 3 different circuits of two laps each – you have to keep your wits about you as approach the same bridge six times; turning right first time, then left next time, right over the bridge the time after, left the next time, then right next time, then left next time, then right again over the bridge and then right to the finish! It is an accurate course on a mixture of paths and off road.

Ian Sesnan 22:20

Dulwich women had one of the club's greatest ever results when they finished second team in the London marathon, taking British and English Championships team silvers.

Shona McIntosh produced the star run, breaking the club record and finishing fourth woman on the main start and 21st woman overall and taking a Scottish bronze behind two top internationals. Emily Gelder and Toni Holt provided good back up and worth remembering that last year Alexie Shaw broke three and the year before that Clare Elms did so we have a great squad of potential marathoners and this year we also had the improving Mel and Charlie inside 3:15. Claire Steward was our most successful Veteran finishing as third W60 though Charlie Lound's run was notable as he broke his club M40 record putting him 15th M45.

Buzz Shephard was again our fastest runner and will go much faster with more miles in his legs.

125 Buzz Shephard 2:37:38 (PB) (76:21, 81:17) (previous best 2:42:06) 793 pts
Couldn't quite maintain first half pace but easily broke his PB and only a few minutes from top 100.
195 Charles Lound 2:40:40 (PB) (2:40:47 gun) (79:42, 80:58) (pb 2:40:52) **(CLUB M40 record)** 831 pts
(Hadn't thought he was at his best form but ran superb even race and broke the club vets record)
4W (non elite)/237 Shona McIntosh 2:42:17 (PB) (2:42:24) (81:38, 80:46) **(Women's CLUB record)** 834 pts
(Superb run to break the 11 year-old Dulwich women's club record of 2:44:42 with a very strong second half to take Scottish bronze and lead us to British and English team silvers.)
507 Alastair Locke 2:49:17 (PB) (2:49:58) (83:57, 85:20) 738 pts
(Took a few minutes off his Berlin time from last year and paced it well to break 2:50 for first time)
978 Tom Marshall 2:56:47 (2:57:23) (87:39, 89:08) 709 pts
(Paced well off reduced training to break three)
57W/1422 Emily Gelder 3:01:08 (3:01:11) (87:10, 93:58) 774 pts
(Possibly not fully recovered from her British 100km win and couldn't quite maintain her PB pace over second half and slowed to outside three.)
65W/1518 Toni Holt 3:02:19 (PB) (3:02:28) (85:49, 96:30) 746 pts
(Only her second ever run for us as Dulwich Runner and set PB though did run very quick first half and slowed on second half but her run ensured we won British silver medals.)
2131 Chris Treble 3:09:28 (PB) (3:10:15) (95:01, 94:27) 659 pts
(Ran excellent second half to take 20 minutes off his previous best.)
2254 Toby de Belder 3:10:47 (PB) (3:11:31) (90:52, 99:55) not paid up
(Couldn't quite hold near three hour pace and faded but still set PB.)
2400 Adam Vaughan 3:12:14 (PB?) (3:12:39) (89:53, 102:21) 650 pts
(First known club run and wasn't able to hold sub-three pace)
2420 Steve Smythe 3:12:27 (3:12:38) (88:08, 104:19) 759 pts
(In 30th consecutive London, struggled on second half with hamstring problem and ended up almost 30 minutes down on time of five years ago.)
186W/2489 Mel Edwards 3:13:04 (PB) (3:13:12) (95:51, 97:13) 703 pts
(Though had injury problems in last few weeks which meant running more cautiously, took 13 minutes off PB.)
2513 John English 3:13:17 (PB) (3:15:25) (95:25, 97:52) 722 pts
(Paced it well to break his 3:15:00 target)
196W/2531 Charlie Wood 3:13:29 (PB) (3:13:26) (95:52, 97:37) 703 pts
(Hadn't been able to race in previous 10 weeks due to injury but though lost a lot of training, paced it well with Mel and took 15 minutes off PB.)
2602 Scott Hemmens 3:13:56 (3:14:45) (92:52, 101:04) 644 pts
(Was on for pb pace at halfway but wasn't able to hold it and down on past 2 years.)
2682 John Fletcher 3:14:35 (3:15:45) (97:18, 97:17) 642 pts
(Not in sub-3 form of few years ago but paced it supewrbly evenly with one second negative split!)
3261 James Burrows 3:19:33 (PB) (3:20:38) (1:37:03, 1:42:30)
(Held form well over second half to set a 20 minute PB)
529W/4363 Kim Hainsworth 3:28:10 (3:28:36) (100:56, 107:14) 652 pts
(An injury ravaged build up of already light training and did well to break 3:30.)
687W/4932 Ola Balme 3:31:23 (3:31:31) (96:28, 114:55) 723 pts
(Wasn't able to run the time capable of as suffered an off day.)
865W/5605 Claire Steward 3:35:46 (3:36:30) (3W60) (106:21, 109:25) 869 pts
(Though wasn't at fittest after injury problems, was still able to go into surprising big lead in club champs with another well paced run and finish as third W60.)
4980 Andrew Bright 3:31:39 (1:45:19, 1:46:20) 590 pts
(Even run and just missed out on sub 3:30,)
5970 Jozef Danko 3:37:51 (102:16, 115:25)
(Substitute for Jose Barretta – was on for sub 3:30 pace for fair distance.)
7059 Robert Balzanella 3:43:45 (1:43:32, 2:00:13) 558 pts
(Struggled on second half after sub 3:30 pace early on.)
11495 Simon Winstanley 4:02:30 (PB) (1:58:38, 2:03:52) 516 pts
(Good club debut and pleased with time in his first marathon.)
11878 Per Hedberg 4:04:22 (2:01:08, 2:03:14) 576 pts
(Good even paced run and close to four hours.)
12115 Ed Smyth 4:05:43 (4:06:31) (1:47:05, 2:18:38) 508 pts
(Hour outside capabilities as chose no to race it but still struggled second half.)

14222 Barrie John Nicholls 4:15:23 (4:23:26) (2:06:11, 2:09:12) 594 pts
(Strong run, holding pace well over second half to run a minute faster than in 2012.)
15045 Ajay Khandelwal 4:18:54 (4:20:10) (1:58:31, 2:20:23) 507 pts
(Not able to hold sub-four pace over second half and 40 minutes down on last year.)
16967 Jim Dowsett 4:26:57 (1:56:16, 2:30:41) 476 pts
(comfortably sub four pace on first half but over five hour pace on second half)
20385 Steve Wehrle 4:41:29 (4:44:16) (2:12:52, 2:28:37) 572 pts
(Ever present had a solid marathon, 40 minutes up on last year.)
21353 Cory Wharton Malcolm 4:45:45 (1:55:47, 2:49:58)
(Struggled after attempting a sub-four)
27872 Steve Street 5:22:20 (5:42:03) (2:32:40, 2:49:40) 441 pts
(Held form reasonably well over second half to run 15 minutes quicker than 2012 after 20 minutes to cross the line.
10741W/31833 Susan Vernon 6:05:16 (6:18:56) (2:40:10, 3:25:06) 565 pts
(Did well in first marathon for many years after taking 13 minutes to cross start line.)
32929 Roy Hibberd 6:28:50 (2:56:28, 3:32:22) 379 pts
(LM regular found second half hard and did so at 7 hour pace)
Olivier Montfont – dropped out with bad injury

2nd claim
3231 Jim Estall 3:19:20 (3:20:45) (95:07, 104:13)
(Men's club record holder did almost identical time to 2012 after struggling with injury.)
6297 Helen Garrett 3:39:44 (1:46:58, 1:52:46)
(Very pleased with debut after having a few injury problems in last few months.)

Alastair Llocke writes "We'll just get you a wheelchair mate," wasn't the first thing I expected to hear after crossing the finish line but I wasn't about to protest. An injury that I had picked up in training meant my knee seized up as soon as I stopped and had a lot of very enthusiastic St. John's ambulance new recruits scrambling to help. If the huge crowds hadn't made the marathon itself a surreal event this was quite a bizarre finish but I thought of it as the executive pass being wheeled through goodie-bag and baggage pick up with everyone asking if I was alright before being dropped off at the physio tent into the capable hands of some lovely physios who'd come all the way down from Edinburgh.

A step up from the jaffa cakes and weak tea that have been laid on at the end of some other marathons I've done.
It was an exciting prospect to be running London especially with so many other folk from the club taking part as well which made it a whole different experience actually training together and sharing tales of injury and Arctic training runs round the south circular. However at the start of April I was a wreck and barely able to contemplate running a mile let alone 26 and then at a pace to get a PB. The low point being when I headed out for one of Steve's scheduled speed sessions only to get a wry smirk from a guy as I hobbled round one shin splintering lap of Dulwich park before calling it quits.

Thankfully after some intensive tapering and a couple of eye watering trips to go and see Ola, when the big day finally came the legs were feeling fresh and I was more hyped than I had ever been for any run before. With the training having been admittedly hit and miss since March I was sure a PB was out the window but a few wise words from cheesy motivational YouTube videos and Steve had me set off aiming to bag a 1:24 half and then the plan was to take it from there.

With nothing more than the trusty Casio to keep the pace and having to dodge Nigel (left cheek) from Wales (right cheek) in his mankini, timekeeping kept me focussed and I passed the halfway point feeling comfortable at just under 1:24.

Having missed a couple of the longer training runs I knew the 13-20mile section
was going to be tough but crucial so I just got my head down but..er...kept my chin up and just tried to tick the miles off.
The 20 mile marker was a welcome sight and I decided that there was no quitting now. If I could get through the Meon Valley Plod then these 6 mud-free miles in the sunshine should be a breeze.

A breeze they certainly weren't but knowing that I was so close to a PB this close to the end and some sheer bloody mindedness of getting something back from a winter of frozen fingers and grumpy cold training runs kept the legs moving and coming down Birdcage Walk I picked up the pace (in my head at least) passing a guy who I know from the trail runs and who always seems to beat me and at the 400m mark I even put on a short lived sprint before my legs reminded me this wasn't a track session and I flailed across the line.

For now I'm more relieved than anything that I bagged a PB and part of me is almost disappointed that I didn't smash my time but I guess these are the thoughts that will have me signing up for another one in good time and back out seeing purple dots at the top of the path by Sydenham Hill station after a hill session.

What I have realised though is why London is such a special race to be part of. Pacing the streets where you normally take the number 12 bus, turning the corner to be met by Tower Bridge packed with people and keeping an eye on the every present Shard really were special moments but having support from so many friends and other DR's is really what made it. You chaps were everywhere (I'm sure I saw Claire Elms in about 5 different spots)! The track sessions and club runs are clearly doing their job because you all have some big lungs to shout so loud! A bit like playing to a home crowd too, wanting to do the club and everyone proud. A special thanks to Rupert too for an amazing cycling water drop at mile 23; made me feel pretty cool having my own support team!
A great day but just a little bit strange getting the bus back home down the Woolwich Road after all that.
Alastair Locke 2:49:17

John English writes...Just under a year ago and 2 weeks after attempting my first marathon where I had learnt the lesson of just how much the 26.2 miles can hurt, I came to my first Dulwich Runners track session. If I was ever to run a strong and controlled marathon, it was time to call in the professionals! Even then the demands of my 8yo and 10yo kids combined with my wife's tennis on a Tuesday night meant I was only an occasional participant on the Wednesday night run.

Early December saw me get a place in the London Marathon 2013 with The Anaphylaxis Campaign – a charity that has provided fantastic support to our family in the management of my son Joe's anaphylactic dairy and fish allergies.

Now I really was committed! So my marathon specific training started on 2 December with the hope of achieving a sub–3:30. Following a training schedule in 'Run Faster' by Brad Hudson got me a good foundation but it was only at the end of January when Steve Smythe worked out a training schedule for me (one of 30 schedules he was doing!) that the real intensity and focus began to build the endurance and strength that was so lacking 9 months previously. The only difficulty now was fitting the 45-55 miles per week, especially as Claire, my wife, had also got a place for the London Marathon.

Come Sunday, the weather was perfect and all was set. I was hoping for 3:15 and in the end the run was wonderfully uneventful. Set off comfortably at around 7:10 pace (except for stopping for a pee within the first mile!) and so was able to enjoy the unbelievably amazing crowds. My half marathon split was bang on target at 1:35:25. It started to hurt at around 18 miles but with the training I was able to push on and my pace dropped only slightly each mile. I had nothing left in the tank by the end so even when I came to the '400m to go' banner I couldn't increase the pace for a glory sprint over the line. I crossed the line at 3:13:17.

High points were the minute's silence for Boston among the huge crowd at the Red Start, the first few miles knowing my legs felt good, seeing my family and friends along the route, passing the 3:15 pacemaker at 20 miles, the wall of noise and goodwill from the crowd especially at Cutty Sark and Tower Bridge and, of course, the end at sub 3:15. And Claire coming in with a fantastic time of 4:13. We also raised over £3,000 for The Anaphylaxis Campaign. All in all a fantastic day!!!!

Huge thanks to Steve for the Tuesday night track sessions and for taking the time to fit me in to his long list of training schedules. There is no way I could have goy anywhere near that time without him Thanks also to Alastair for the benefit of his experience with lots of practical tips on the drive home from Tuesday night track sessions.

So now it's time to think about the next challenge. But it will start with track session next Tuesday night.

John English 3:13:17

John Fletcher says…..Following a training campaign that was less of my usual military operation and more cobbled together, I didn't quite know what to expect for my third running of the London Marathon. However in the latter stages of my training, I found some better form returning so my expectations began to rise.

Thankfully I'd learnt from past marathon mistakes so didn't let this new found enthusiasm get me going too fast to start. After saying hellos to Josef and Scott at the start I set off cautiously and soon found myself settling into a steady 7:30ish per mile pace, right in line with my upper realistic target for a 3:15 marathon.

While I think nothing can quite match my first experience of London in 2007 - also my first marathon - this was one of my most enjoyable races, with beautiful weather and "up for it" crowds! Following a few attempted brief surges I found that my pace was only just manageable so stuck with it. On reaching the Highway, I was starting to overtake runners and imagined that I might run a significantly quicker second half.

However the reality was, unsurprisingly, needing to make more and more effort just to maintain my speed! The final 6 miles required extreme concentration. I attempted to distract myself from the pain by counting the number of people who shouted my name (averaging one shout per 100 metres run - another random and slightly dubious London Marathon statistic, knowing how addled my mind was towards the end of the race. In reality there were probably many more).

I came in just ahead of my target, comfortably my London PB, with the second half of my run just 1 second faster than my first. A great day out in town!

John Fletcher 3:14:35

Claire Steward writes: 'Train less, enjoy more' – After a few months of absolutely minimal training I knew I wasn't going for a quick time or a position so I decided I was going to enjoy it, look out for friends in the crowd, not get stressed with people getting in my way, and hoped to do between 3:40-3:45. I loved being out in the sunshine and running in slightly warmer weather although it was a bit of a shock to the system after recent conditions and I know it's not for everyone.

I found it hard to set off at a slower place, especially with the early downhill sections and reasoned that keeping a sustained effort would inevitably result in losing pace overall but that setting off more slowly might not actually contribute to a quicker result. Somewhere between 30-35k I had one appalling mile (over 9 mins) before pulling myself together and accelerating for last 2k to achieve my aim. I felt almost too good at the finish so wished I had tried a bit harder; it's difficult to get the right balance of effort vs result, but hopefully I will be fit enough to train harder for the next one

Barrie John writes:In 1995 I completed my first London Marathon and it was the reason I joined Dulwich Runners to help me in my training. Having left a sixteen year gap to my next marathon I had set myself the goal of completing three in consecutive years.

2013 and mission accomplished – three London marathons in three years and this one was certainly the best. The atmosphere on the course was amazing and the crowds seemed bigger than ever, at some stages up to ten deep. It was very moving at the start to observe the silence in honour of Boston and see that everyone was wearing the black ribbon in memory of the victims.

It was a perfect day for marathon running and after a slow start I settled into a steady pace behind the 4.15 pacer. The crowds built and built, particularly at Cutty Sark where we were greeted with a mass of cheers. I passed Steve W at about mile 11 who was going well. Crossing Tower Bridge I was happy to see Lindsey and Xavier and was feeling quite strong at that stage.

The second half was the harder part but I kept a reasonable pace, just slowing slightly. As ever the final few miles weren't any easier but I still managed a big sprint up the Mall after giving a wave to Buck Palace.

After finding Lindsey among the hoards of supporters we headed for the charity party held by Leukaemia and Lymphoma Research. They greet all their runners with a huge cheer and round of applause as you go into the party, which is really touching. A post race massage was available and it helped to ease my sore legs.

The marathon highlights on TV allowed us to reflect on a fantastic day and a tribute from London to the global running community. Thank you to Steve Wehrle and Lindsey for help in my training schedule and to Dulwich Runners too.

Barrie John Nicholls 4.15.23

ASSEMBLY LEAGUE 3M, Beckenham, April 18

Though the London Marathon clash weakened us significantly, we still had a great turnout and won both women's sections and the men's B team and was third in the A team.

The women had the better result. After a steady start, Clare Elms won the women's race comfortably and a clear second was Catherine Lee. The final scorer was Andrea Pickup who had her best race for a while to finish sixth. Close behind Cara Oliver finished strongly in her first ever league race for us to lead home the B team.

Ros Tabor was first W60 (and indeed W50/W55) just ahead of another league debutante, Katie Styles.

Clare Wyngard and Lindsey Annable were our other women finishers.

The men's A team was led by Tony Tuohy in one of his highest ever positions of sixth and he was first M50.

Fellow M50 Dave Beaver led home the rest of the team with a top 10 placing. Ed Hill also had his best ever league run for us while the final scorer was Wayne Lashley, who wasn't at his best.

The B team was led home by excellent runs from Ebe Prill and Rob Cope, who also had their best league races. Duncan Hussey was the third scorer and the team was completed by Chris Loizou, who had his best race for some time.

Ian Lilley made a good league debut ahead of first under-15 Oscar Hussey while Joseph Brady, Steve Ackroyd, Gary Sullivan, Steve Smythe, Hugh Balfour, Mike Mann, Ian Sesnan, Paul Hodge, Graham Laylee, Colin Frith, Martin Morley, Steve Cook, Ameet Patel and Kev Wood gave us 24 men and 32 in total

6 Tony Tuohy (1M50) 16:15
10 Dave Beaver (2 M50) 16:40
16 Ed Hill 16:50
1W/26 Clare Elms 17:15
30 Wayne Lashley 17:27
38 Ebe Prill 17:50
2W/40 Catherine Lee 18:07
44 Rob Cope 18:15
45 Duncan Hussey 18:17
50 Chris Loizou 18:25
58 Ian Lilley 18:43
59 Oscar Hussey 18:52
65 Joseph Brady 19:07
6W/66 Andrea Pickup 19:08
68 Steve Ackroyd 19:10
7W/71 Cara Oliver 19:13
72 Gary Sullivan 19:13
85 Steve Smythe 19:41
86 Hugh Balfour 19:42
96 Mike Mann 20:12
106 Ian Sesnan 20:37
109 Paul Hodge 20:46
17W/114 Ros Tabor 21:03
117 Katie Styles 21:14
118 Graham Laylee 21:17
134 Clare Wyngard 22:02
145 Colin Frith 22:40
146 Martin Morley 22:43
151 Lindsey Annable 23:23
152 Steve Cook 23:25
158 Ameet Patel23:51
165 Kevin Wood 24:55
184 finished

TEAM: 1 Stock Exchange 15; 2 Camb H 55; 3 Dulw 61; 4 Beckenham 85; 5 Dartford 91
B TEAM: 1 Dulwich 169; 2 Stock Exchange 170; 3 VPHTH 171
Women TEAM: 1 Dulwich 9; 2 Eton M 24; 3 VPHTH 43
B TEAM: 1 Dulwich 43; 2 Eton M 87; 3 VPHTH 94

Mini Marathon

Oscar produced the best club performance with Alex having an injury problem.

U15
174 Lewis Laylee 18:56
U13
76 Oscar Hussey 18:26 (PB)
85 James Elms 18:34
217 Alex Elms 20:36
U13 girls
89 Lucy Elms 20:17
165 Katie Balme 21:51
182 Claudia Pickup 22:08

Veterans AC 5, Battersea, April 16

Tony won by two minutes in a PB 27:40 but looks it won't count as a club record as the event isn't permitted.
1 Tony Tuohy 27:40 (PB)

Southern Athletics League, Sutcliffe Park, Eltham, April 20

Clare had another busy afternoon though was disappointed with how she felt and her speed in the 800m as she was beaten by younger runners in the last 100m.

She made up for it in the3000m, kicking away on the last lap to win easily and she did the same in the 1500m sprinting away with a faster finish leaving a trio of runners over 30 years her junior in her wake.

Nicola also scored good points, winning the B 3000m though struggling slightly over the second half after running PB pace for 2km. She was third in the 1500m, beating one of the A runners who beat her in the 3000m.

800m: 2nd A Clare Elms 2:24.87
3000m: 1st A Clare Elms 10:50.46
3000m: 1st B Nicola Richmond 11:43.99
1500m: 1st A Clare Elms 4:56.30
1500m: 3rd B Nicola Richmond 5:29.96

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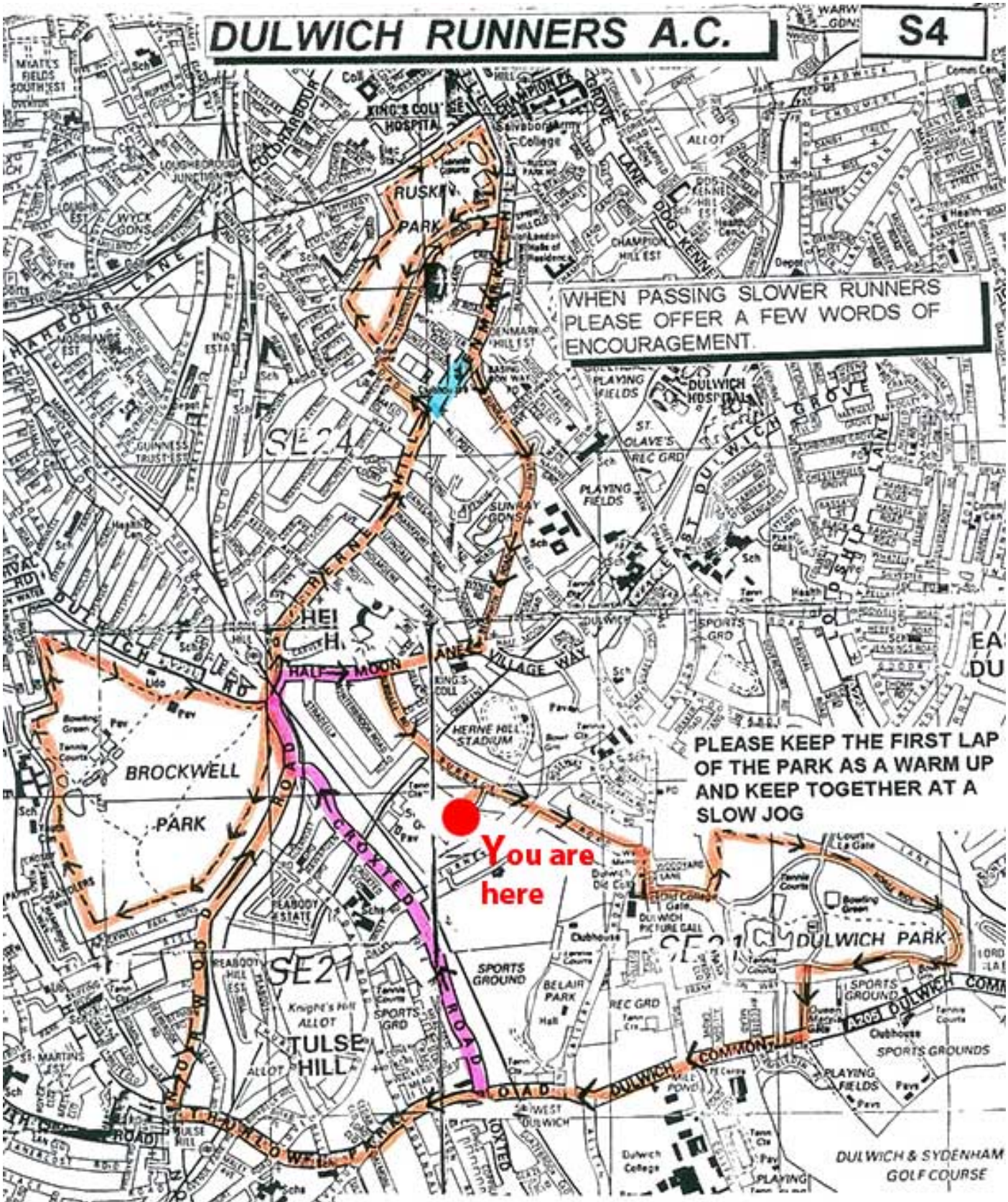
DULWICH RUNNERS A.C.

S4



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	8.5	MILES
ABOVE BUT OMITTING RUSKIN PARK	7.0	MILES
ABOVE BUT OMITTING BROCKWELL PARK	6.8	MILES
SHORT CUT (BLUE)	5.3	MILES
SHORT CUT (PINK)	3.4	MILES

Extend distance by extra full lap of Dulwich Park 1.1 miles
or / and Ruskin Park 0.9 mile or / and Brockwell Park 1.7 miles

Enjoy your run

BLACKHEATH AND BROMLEY HARRIERS AC
PRESENT
THE TED PEPPER
MEMORIAL 10K RACE (and children's fun run)
AN OPEN RACE OVER 10KM
INCORPORATING SCVAC 10KM CHAMPIONSHIPS

MONDAY 6 MAY 2013, 10.00AM START **UKA LICENCE NO:** 2013-105234

New Venue: Norman Park Athletics track, and the surrounding countryside.
Hayes Lane, Bromley BR2 9EF

Course: 1 lap, all off road, accurately measured and almost flat.

Awards: Winner: TED PEPPER MEMORIAL TROPHY **MEMENTO ALL FINISHERS**
Prizes: 1st, 2nd & 3rd Man and Woman
Individual Vet Prizes according to entry
Specific spot prizes
SCVAC, individual medals in 5year age groups

Fee: £10.00 BAF Affiliated Clubs, £11.00 Non Affiliated, Additional £1 SCVAC Members, £12.00 Late Entries, including on the day (on the day also accepted for SCVAC)
Cheques payable to "Blackheath and Bromley Harriers AC", enclosing Entry Form and large (A5) SAE for acceptance and details to:
Event Secretary, 78 Constance Crescent, Hayes, Bromley, Kent
(E-mail: andy.tucker@aig.com)
FULL DETAILS AT OUR WEBSITE: www.bandbhac.org.uk.
Closing Date: For postal entries Monday 29 April 2013 or race limit of 250
On Line Entry Also Available at Runners World.co.uk Events.

ENTRY FORM – BLOCK CAPITALS PLEASE – PHOTOCOPIES & STANDARD ENTRY FORM ACCEPTED

Surname: **Forename:** **Male/Female**

Address:

Postcode:
Affiliated club, if any:
Member of SCVAC entering Club Championships: Yes/No Membership No, if known:

Date of Birth: Age on 6 May 2013:

Telephone No. (including STD code):

I certify that I will not take part in the race unless I am medically fit to run and I will in no way hold the Organisers responsible for any injury, illness, accident, loss or damage resulting from my participating in the event. I will abide by UKA rules governing this event.

Signature: Date: Fee: £10.00 Affilliated
£11.00 Non-Affil.
£12.00 Late Entry
Add £1.00 SCVAC Cheques: "Blackheath and Bromley Harriers AC"
Entries to: Event Secretary, 78 Constance Crescent, Hayes, Bromley, Kent, BR2 7QQ

PLEASE DON'T FORGET YOUR FEE & LARGE (A5) SAE

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ola.balme@btinternet.com

Saturday 27th April 2013 – Post Marathon Rock Mayhem with English Rogues!

Have you got post-Marathon blues? Well not yet, and hopefully not all. Either way, you will definitely need some post-Marathon ROCK! Fed up with the cold (alright, it might be warmer by the time you read this)? You need some 'Summer of '69'! Even more fed up with not getting any PBs lately? You need some 'All or Nothing'!

I think I've done most of these 'jokes' before so might be boring you. Anyway, you've guessed it, English Rogues appear to be short of a drummer again so I've had a call, which is just as well as I've been gagging to do a gig for months, especially since the last one got cancelled, and that was January. It's all the usual pub-rock mayhem; classic rock/blues tracks by the likes of Eric Clapton, ZZ Top, Rolling Stones, Jimi Hendrix, Bryan Adams, The Kinks, Crosby Stills & Nash, Small Faces, AC/DC, Free, Bad Company, Bob Dylan, Guns 'n Roses, etc., etc., you know what I mean! All with blistering guitar solos and mad 'Animal' drumming – you need it and you need it now!

So once again it's exciting, edge-of-your-seat, totally unrehearsed live music guaranteed – it's time to really let your hair down (I can't anymore but don't like to talk about it)! Get on the 'Highway to Hell' and come and 'Love The One You're With'! And then……oh, I'm doing all those old song title jokes again……..

And as if any more persuasion is needed, the gig's at the not-too-distant William IV, 116 Croydon Road, Elmers End, Beckenham BR3 4DF, start about 9pm – and it's totally FREE.

http://www.randompubfinder.com/pubmap.php?Name=William_IV,_116_Croydon_Rd,_Elmers_End,_Beckenham&Pub=725

Tony 'Thundersticks' Tuohy.

Come on, let your ears bleed (don't worry, just an expression, it's not that loud. Honest…….)