DULWICH RUNNERS

SHORTS

Dulwich Runners AC
Weekly Newsletter
April 29th 2015

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

- THE COMING WEEK –

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

Tue 05 Track Session - Dulwich College Track
7 for a 7:10pm start £1 per session...see below

In your SHORTS this week !

1... General information
2... ***New*** - Social Spot - coming social events
4... 2015 Dulwich Runners Club Champs races diary
4... Fixture list, club champs,XC, road, track
6... Race reports and results
6... London marathon results and reports
10... Parkrun results
12... Wednesday night routes map

And much more !

TRACK SESSIONS

at Dulwich College Track

Tuesdays with Steve Smythe & Elkie Mace

Improve your speed & strength over all distances, suitable for all standards and abilities.
Be warmed up ready for the session to start at 7.10
Post London Marathon, the summer sessions have started at **Dulwich College track. Start warm-up at 7pm and ready for session to commence at 7.10pm.**

Next meeting of the DR Committee

The next meeting of the Dulwich Runners' Committee will take place on Thursday 30th April.
If you have any matters which you would like the Committee to discuss or consider, please email me on secretary@dulwichrunners.org.uk by Monday 27th April.
Many thanks.
Yvette Dore
DR Secretary

In conclusion to our members survey the committee has decided to:

a) introduce a more formal way for participants on Wednesday night to run together at a set pace. We have started this already, as those who were at the club will have noticed. In the introduction to the clubrun the different pace groups will be pointed out.

b) from Wednesday the 29. April on we will start the clubrun at a later time of 7:30 pm. We will test this for three months and decide then if we continue with the later start time.

LUCKY VEST

April winner Paul Hilton

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.
Vests £18 each and can be puchased from Ros as can all kit
ros@28kerfield.freeserve.co.uk
for all other club kit please see **page 2**

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

You can follow us on

EVENT HORIZON

A brief look ahead

full fixture list **page 4**

May	7	Assembly League	Victoria Park	7:30pm

NEW RUNNERS ROTA

Many thanks to **Sharon Erdman** for taking out new runners last week.
If you are on the list, please can you try and turn up that night and make sure anybody new has someone to run with.
If you can't make it, please try and either swap with someone or let us know as early in advance as possible.
Thanks. – **Ros**

Volunteers may be needed	**29/04**
Charlie Lound	06/05
Patrick Mcmrorrow	13/05
Mike Mann	21/05

WEDNESDAY NIGHT £1 RUNNING FEE

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

Wednesday Night Run - Map

Click above for this weeks Wednesday night map, which is on the last page of Shorts.
Copies will be at the clubhouse, but it would help if you can print your own and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave it in the clubhouse - Thanks

Some of you will already be aware that José Barretta has had an accident whilst out on his bike.
Below are the details that his wife Katie has made available via email.
Will let you all know if and when any further information becomes available

Im sure we would all like to offer Jose and Katie our best wishes, and hope his operation goes well and he has a speedy recovery.

Dear All

Please forgive this round robin mail. I (Katie) have tried to contact as many people as possible but do not have access to José's phone contact details.

José was exercising the dog on Saturday morning on his off-road bike when he was suffered an accident in Oxleas Woods. Bradley (the dog) alerted other walkers who found him conscious, struggling to breath and unmoving. Paramedics were called and an air ambulance sent for.

José remains in intensive care under sedation and on a ventilator. CT and MRI scans show a broken neck and swelling to the spinal cord which is being restricted by his spine. He is hopefully going to have an operation this afternoon and then we will just have to wait to see what movement he is able to regain.

The prognosis with this type of injury is unknown but we are through the first critical hours.
I am sorry I do not have a more positive message for you.

Please contact me on katherine.barretta@yahoo.com or 07843 844 876
Katie

SOCIAL SPOT

Glad that everyone enjoyed the first social of the year at Surma. Now that we have the lighter evenings and nicer weather watch this space for social updates..... ***Matt Ladds***

May

Post Marathon Season Social - Friday May 8th - 7pm
Unfortunately I have had to cancel the "Boozy Brunch" I had planned as I've had something come up that weekend, however never fear I have arranged some drinks on the Friday night instead. The plan is to start in The Plough (by Dulwich Library) and finish up in The Bishop (further down Lordship Lane) as it's open late! I will get an area booked, no need to RSVP as very casual but let me know if you see me if you plan on popping down so I can get an idea of numbers so we have a big enough area reserved at The Plough.

Pizza/Pasta Night - Date TBC - Rocco, Dulwich Village
More details to follow shortly on this....

June/July

Summer Picnic - Date/Venue TBC

Mark Hayes Mile Drinks - Friday 10th July
After the club mile, come along for a drink at The Alleyns Head.

Always open to suggestions/requests so feel free to drop me a line or grab me when I'm down the club
matthew.ladds@uk.zurich.com
Thanks - Matt

Wednesday Apres-Run Carbo Loading !

For all you hungry runners fish and chips can be ordered to scoff after the Wednesday run.
Arrives close to 9 and the cost is £5, or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name and money by 7:10
Don't just sit there salivating...join in !

Rehydration !

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

DULWICH RUNNERS CLUB KIT

Vests	£18 each
T- shirts short sleeved	£20 each
T- shirts long sleeved	£22 each
Waterproof Jackets	£25 each
Hoodies	£20 each

There is limited stock of hoodies, very small sizes only.
I can order more if enough people are interested. They will be £20 each.

Most kit is usually available Wednesdays at the club
Contact Ros ros@28kerfield.freeserve.co.uk
With winter approaching keep dry in a Dulwich Runners waterproof jacket - they have an incorporated hood and are ideal for wearing to cross country races - all sizes available - £25

New addition to the Dulwich Runners kit range

buffs/snoods - only £6
available from 1 April

DULWICH RUNNERS MIDSUMMER 5K

THURSDAY 25 JUNE -5k at 7.45pm, 1 mile junior run at 7.15pm

Please make a note of this date in your diary

Our annual 5k fundraising run is back in Dulwich Park this year.

We will need around 30 marshals to help:

- Set out the start and finish area
- Control traffic to the car park
- Direct runners on the course
- Record finishers' numbers and times
- Give out medals and water at the finish

Please contact Andy or Ros if able to help.

d10k@28kerfield.freeserve.co.uk

If you wish to run please let us know but offer to marshal first.

Once we have enough marshals we can advise DR volunteers who wish to run.

We also need publicity – putting posters up at leisure centres etc, social media messages.

Race website http://www.dulwichrunners.org.uk

Dulwich Runners
2015 Club Championships

Some of the earlier races have already been advertised, with the remaining ones held back as dates have yet to be confirmed. Although this still remains the case, we have decided to issue the complete list which will be updated with confirmed dates once these are known.

Once again the races will be split into 3 distance categories. As the 3 long events fall within a 6 week period, we have added the Cabbage Patch 10 as an additional long race to accommodate those who may be injured during the spring. Details of scoring rules to follow.

31 Jan	Dulwich parkrun (short) (completed)
8 March	Sidcup 10 (long) (completed)
29 March	Paddock Wood half marathon (long)
26 April	London Marathon (or alt. marathon) (long)
1 June	Battersea Park 2 miles (short)
21 June	Ranelagh Richmond 10k (medium)
10 July	Mark Hayes Mile, Dulwich College track (short)
31 August	Sevenoaks 7 (medium)
4 Oct	Middlesex 10k, Victoria Park (medium)
1 Nov	**Cabbage Patch 10 (long) RACE CANCELLED**
22 Nov	Epsom 10 (long) replacement for CP10 (tbc)

Assembly League Races

This year's series of Assembly League races starts shortly - see the fixture list below.
These races range from 3 to 3.5 miles in distance, are on road or on paths within parks and are suitable for runners of all abilities, including newly joined members. They take place monthly over the summer months with the April fixture starting at 7.15 and the remainder at 7.30.
They are free to enter.

9 April Beckenham (Beckenham Running Club HQ)
7 May Victoria Park, Hackney
4 June Battersea Park
2 July The Dome (North Greenwich)
30 July Victoria Park, Hackney
3 September Beckenham (Beckenham Running Club HQ)

Dulwich Runners 2015/16 Fixtures

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

Cross country and other races for 2015/16 have been announced.
Some dates and locations are subject to confirmation and or changes, so make sure to check this list regularly .

Club champs update:

Note the confirmed details of the 2 miles race is June 1st at Battersea Park.
Proposed as an alternative to the cancelled Cabbage Patch will be The Epsom 10 all details to be confirmed.

Date		Race		Venue
May	7	Assembly League Victoria Park 7:30pm		Hackney
Jun	1	Battersea Park 2 miles	short	Battersea
	4	Assembly League Battersea Park 7:30pm		Battersea
	21	Ranelagh Richmond 10k	medium	Richmond
Jul	2	Assembly League The Dome North Greenwich 7:30pm		The Dome, Nth Greenwich
Jul	10	Mark Hayes Mile	short	Dulwich College Track
	30	Assembly League Victoria Park 7:30pm		Hackney
Aug	Mon 31	Sevenoaks 7	medium	Sevenoaks, Kent
Sep	3	Assembly League Beckenham Running Club HQ 7:30pm		Beckenham
Sep	19/20	SEAA Road Relays		Aldershot
Oct	4	Middlesex 10k	medium	Victoria Park 10:30
	10	**Surrey League match 1**	**men**	**Wimbledon Common**
	10	**Surrey League match 1**	**women**	**Nork Park**
	17	**Surrey Masters (tbc)**		**Richmond**
Nov	1	**Cabbage Patch 10**	**CANCELLED**	**CANCELLED**
	7	**Surrey League match 2**	**men**	**Walton**
	14	**London Champs**		**Parliament Hill Fields**
	tbc 22	Epsom 10 (replacement for the cancelled Cabbage Patch)		Epsom
Dec	5	**Surrey League match 2**	**women**	**Lightwater**
		2016		**2016**
Jan	9	**County Champs (Surrey & Kent)**		
	16	**Surrey League match 3**	**men**	**Reigate Priory Park**
	16	**Surrey League match 3**	**women**	**Reigate Priory Park**
	tbc 30	**South of England champs**		**Parliament Hill Fields**
Feb	13	**Surrey League match 4**	**men**	**Lloyd Park**
	13	**Surrey League match 4**	**women**	**Richmond Park**
	27	**National Champs**		**tbc**

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

.....Races to look to in May

Sunday 10th May
Sutton Runners 10k
Nonsuch Park and will be the second race of the 2015 Surrey Road
League.
enter quickly to avoid disappointment,
the link to our on-line entry is:
http://www.suttonrunners.org/sutton_10km/

Saturday May 16
British Masters Road Relay Championships
Sutton Park, Birmingham
Traditionally we put teams in for this and the captains will be asking around so we can get strong teams out. We have won golds in W35, W45 and W55, medals in M55 and placed highly in M35 and M45.
The women's race (separate medals for W35 (4 legs), W45, W55, W65 (each 3 legs) starts at 10.30am, the M55 (3 legs) and M65 race (3 legs) is at 12.15pm and the M35 (6 legs) and M45 (4 legs).

HERNE HILL OPEN MEETING, 4 MAY

For regular trackies or those wanting to try your hand at it, the second Herne Hill Harriers open meeting of the season will be held at Tooting Track on Bank Holiday Monday, 4 May. The programme includes:
12.30 5000m
2.30 Stan Allen Mile
4.00 800m
4.30 400m

Please go to page 11 for a comprehensive track and open meetings fixture list

Ola Balme
Sports & Therapeutic Massage

To celebrate the 30th Anniversary of the London Marathon

30% Off Post Marathon Massage to everyone who has taken part in spring marathon
(offer ends 11th May)

Sports massage after a race is a great way to soothe and ease fatigued and tired tissues and prevent delayed onset muscle soreness.

Ola is an experienced Sports Massage Therapist and club member.

If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

Monday May 25 Bupa London 10,000

This race includes the UK road race championships and the club gets 6 free men's and 6 free women's places.
The race is run over a fast traffic-free course through Trafalgar Square and along the river and places go to the six fastet men and six fastest women available.
If you are interested in competing and haven't been in touch yet, then you need to let Steve Smythe know if you want to have a free entry in one of Britain's fastest and top 10k races and be one of the club's six runners.
steve.smythe@athleticsweekly.com

7Oaks7 race entry now open

This year the 22nd 7Oaks7 run will be held on bank holiday Monday, 31 August 2015

Fee again unchanged: £11 Affiliated / £13 Unaffiliated / £15 On the day (subject to availability)

A course map, race notes, and other entry details can be found at: http://www.7oaks-ac.org.uk/sevenoaks-7

Race Reports & Results

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

London Marathon

Steve Smythe writes..
There were some great marathon performances.
Charlie Lound smashed the club vets record with a brilliant well-paced 2:37:23.
Shona McIntosh broke her women's club record with a big PB of 2:40:06. which placed her fifth women off the non elite start and just over three minutes down on the first who was world record holder Paula Radcliffe in her last marathon.
Steve Davies smashed his PB by 20 minutes and went inside three for the first time after a very good winter's training with 2:51:57.
Clare Elms won her age group - the W50s - defeating former international Angharad Mair, who was Britain's first finisher in the 1997 World Championships and it was a club W50 record by 14 minutes.
It should have been quicker but Clare went far too fast on the first half and did well to survive suffering from hamstring cramps and ran 2:55:18 and one of the quickest ever British times by an over-50.
Ebe Prill has also trained brilliantly and methodically this winter and he ran a well controlled race to break three for the first time.
With Toni Holt having a rest from marathons and Emily Gelder recovering from the World 24 hour championships and no one else available, we only had two runners on the Championship start and couldn't replicate Championship medals this year (though we had our fastest ever two runners in).
However, potentially we will have two more next year.
Helen Lister ran an excellent race with a strong second half and improved to 3:11:58 while former club marathon record holder **Ange Norris** ran her fastest time for over 20 years with a strong 3:13:20 and both qualify for next year's Championships as they both bettered 3:15.
Steve Smythe completed his 40th year of marathoning and 34th London but unwell struggled on the second half.
A few weeks before the race, **Kevin Chadwick** thought he was too injured to run but made a recovery and set a PB.
Andrew Bright made an excellent club marathon debut with 3:17
Gideon Franklin was well inside his 3:30 target with a strong run as was **Laura Long** who also did well to break 3:30.
Though over 3:30, **Andy Murray and Jim Dowsett** did well after their own problems to have steady runs.
Claire Steward made the top ten of her age group after a lot of injury problems over recent months.
Laura Lane and Selma Benattia plus the **Patricks - McMorrow and Beardmore** were all inside four with great runs.
Lucy Cartlidge and Barrie John Nicholls were just over four while **Jon Hyde** was reasonably close with a 4:09.
Karina Burrowes ran a superb race and her last 2km relative to her other splits was probably the best of all the Dulwich Runners and was much her fastest split.
Jo Walker was inside five as was ever present **Steve Wehrle**.

Charles Lound	2:37:23
Shona Mcintosh	2:40:06
Stephen Davies	2:51:57
Clare Elms	2:55:18
Eberhard Prill	2:58:42
Helen Lister	3:11:58
Ange Norris	3:13:20
Stephen Smythe	3:14:37
Kevin Chadwick	3:16:21
Andrew Bright	3:17:59
Franklin Gideon	3:19:19
Laura Long	3:21:49
Andrew Murray	3:34:07
Jim Dowsett	3:39:20
Claire Steward	3:47:22
Laura Lane	3:48:07
Selma Benattia	3:49:26
Patrick Mcmorrow	3:50:57
Patrick Beardmore	3:52:55
Lucy Cartlidge	4:02:15
Barrie John Nicholls	4:07:21
Jon Hyde	4:09:39
Karina Burrowes	4:26:33
Joanna Walker	4:49:11
Steve Wehrle	4:56:09

The London Marathon: through the eyes of a first-timer!

If you'd have told me just two years on from training for a fun run 10k that I would be running London, I would have told you you were mad! If you'd have said that I would get a ballot place after Matt 'casually' entered me in the ballot, I also would have told you you were mad. But low and behold last Sunday finally came around, after surviving the 'renowned-Wehrle-4 month-training-plan'.

A well-organised and easy start to navigate, Blackheath was a pleasant surprise and kept me calm in the anxious 90 minutes before the get go. With voices echoing in my head around slow pacing to begin with, I set off relaxed and settled in nicely for the first 8 miles. The first half flew by quite comfortably and I already had Limehouse in my head as my first marker (knowing there was a big support group for me there!).

Turning the corner at Westferry and heading down the Isle of Dogs, I started to feel it in my legs and with the crowds thinning out I had a couple of harder miles where I lost a few minutes. This turned around nicely at Canary Wharf thanks to the amazing, unexpected crowd. After then seeing my Limehouse supporters again at mile 21, I was able to pick it up again to then really push the final three miles. These were some of my fastest miles coming in at 9.43, 9.52 and 9.44. Finishing strong made all the difference for me - I crossed the line feeling very proud.

A quick mention of thanks to Steve W and the training group, without their support I would never have completed this. Finally a big congratulations to all those who ran.

Karina Burrowes 4:26:33 Chip time:

Virgin Money London Marathon My obsession: A 'Sub 3' Marathon

Steve Davies writes…..

For me, Sunday was a very good day in that I achieved a longstanding aim of completing a marathon within 3 hours. The marathon has been an obsession of mine over the last decade. It was the first road race that I took part in (as a jogger) in London 2005, even before running a 5 or a 10K. I also remember watching the first London Marathon in 1981 and prior to Sunday I had completed 7 marathons with a personal best of just under one minute the wrong side of the 3 hour target.

I started the 18 week training programme, devised by Steve Smythe, last December on the back of a winter of injury free running, steady improvement and some encouraging cross country races. It was also reassuring to know that I was going into this marathon with a good group of us aiming for the sub 3 goal. Unfortunately, we lost Ian Lilley, Tom South and Rob Cope due to injury – the euphoria of my personal achievement is somewhat diluted by the fact they were not able to run with us on Sunday.

For me the training programme went well; I ticked off all the long runs, was a consistent attender at track and completed the weekly tempo schedules. Also, the improvement in my recent race performances surpassed my expectations, with PBs at Parkrun, 10 mile and half marathon.

So, I was going in to Sunday's race in probably the best fitness and form of my life. I had tapered appropriately and had thought about the 'carb load' with some care (having consulted around). The one fly in the ointment, however, was that I did not sleep well the night before and I awoke on Sunday with nausea and a headache. Seeds of doubt had entered my mind and I was focusing on the negative.

I arrived at the Red Start (FGFA) in good time; met Ebe in the start area and discussed conditions, race strategy and we wished each other well. Long line to the portaloos. Also, I raised an eye- brow at the young guy with load speaker barking 'put your bags in the delivery trucks leaving in the next 15 minutes', even though we were more than 60 minutes away from the start!

I had decided to set off at 6.30 pace and be in the region of 2 hrs 50 (after consulting Coach Steve). I also decided to monitor my heart rate for the first 20 miles (and after that I was going to ignore it!)
So into the start pen we go. The vast majority of people around me were dressed in typical club runner attire. However, there were a couple of double takes I made – next to me was Elvis. A few rows in front of me was someone in a gorilla out-fit carrying one of those large inflatable Bananas that you used to see on the terraces at Man City games. Further on was a middle-aged bloke dressed in a Mankini. (And during the race itself I overtook someone dressed up as Shaun-the-Sheep). 10 minute wait and we were off.

The first few miles were rather uneventful – heart rate seemed fine, cadence at around 180spm, pace as per plan (save for the faster down-hill at mile 3). The first surprise was when the Red and Blue starts merged – in the past I thought there was this customary practice of 'booing' each other, but it was silent save for the band pumping out music around the corner. Looked out for Clare Elms as she was broadly heading at the same pace (or so I thought) – could not see her.

On to Greenwich and the usual roar of the crowd around Cutty Sark. Then through the quieter bit around Rotherhithe (well not that quiet – noticed Matt Ladds and Ross Rooke). At mile 11, I felt a tightening of my calf and then suddenly all these thoughts enter your mind thinking of a worst case scenario of having to limp and hop the last 10 miles. Anyway, a mile later I took a gel and soon after the pain had gone away and I forgot about it.
Now into Bermondsey and I was taken aback by the wall of sound down Jamaica Road – much loader than previous years - and onto Tower Bridge which is always a highlight. Looked out for my family on Tower Bridge but could not see them. I reached the half way mark in 1:25:37 (broadly spot on for 2:50ish).

Still going fine – into the Isle of dogs, but that cadence was slowing a little and the heart rate was increasing (as expected). The underpass at 15 miles I've always considered to be a dark, solemn place with a few runners bent double with exhaustion was surprisingly bright with video screens of the runners – glided past one on my left, noticed my running style – 'not that bad', I thought.

Now 17- 18 miles in, broadly keeping pace. The new ramp up to Westferry Circus was not that engaging. The Garmin had gone haywire but I did not let that phase me. (By the way, I had recently purchased a new Garmin 620 watch as my 610 was starting to play up in terms of GPS reception so, unorthodoxically, I decided to wear both Garmins to show different data and also for interest. That said, both went out of sync with the mile makers and they were also both showing different readings).

I was now past Canary Wharf; some of the runners around me were slowing, a few even walking. So with 20 miles on the clock I took my first caffeinated Gel and that gave me a much needed boost. (It was Cola flavour and a dark brown sludgy substance – when I ripped it open I managed to spill a significant proportion of the contents onto my shorts and legs – what a mess!)
Six miles within 50 minutes to break sub 3.

So onto the final stretch home; time to dig in. Seeing the runners streaming past in the opposite direction along the Highway provides mixed feelings – positive energy that I'm almost there and a sense of empathy for the runners who've been on their feet for 2 hours plus and they're not even half way.

It was along here that I received additional vociferous encouragement. Nikki Clark, volunteering, gave me a great shout in both directions and on the way back to Tower Hill I glanced over and saw Tony Tuohy screaming words of encouragement at me – Tony, I thought for a moment that you were going to climb over the rail and run with me (such is your desire to run a marathon… perhaps not).

I should mention the support along the route. It was exhilarating with people screaming me on. I noted a large number of club members along the course at various stages and I heard so many encouraging shouts along the way, whether it was for 'Dulwich' or 'Steve'. (I also kept looking around if there was another Dulwich Runner around me).

Approaching Blackfriars Tunnel, I saw Clare Elms in the distance – but I was gaining and when I went past her I tried to encourage Clare to run with me, but I think she had an injury so I carried on.

Out of the Tunnel, into daylight and more screams of encouragement (I later learnt it was Wayne Lashley).
Two miles to go – and although I felt comfortable my slowest mile on the course was at mile 25 (at 6:49). I was overtaking runners, but I must have lost concentration on the Embankment.

(The 'runpix link on the results website provides an array of interesting facts, including tracking the number of runners you passed, and how many passed you within the final 7.2K; for me it was 147 passed v 5 overtaking me. Is that good or not so good?). Anyway, I noticed Ian, Alistair and Paul shouting me on.
One mile in 13 minutes to break 'sub 3'. Past Big Ben and we're almost there – Is Bird Cage Walk really that long? The count-down - 800M, 600M, 400M to go.

With the finish line around the corner, I could see the video screens and the announcer shouting 'these are all Sub 3 runners, all well within Sub 3' and so I glanced at my watch and noticed I should be able to dip in below 2 hours 52 minutes and managed a sort of 5K pace sprint finish to achieve that – also checking that I was not going to cross the line with someone dressed in a fancy dress costume.

A big sigh of relief that the immediate personal goal of a sub 3 hour marathon had been achieved.
I glanced over to see James Cracknell stooped over a rail – I checked later that he had come in under a minute ahead of me. Jenson Button was approximately a minute behind me.
After waiting around in the cold for 20 minutes, I managed to sort myself out and get to the Marquis where it was great to see everyone afterwards for a drink. It was great to hear that there were some excellent performances by many club members and numerous PBs.
I would not have achieved my 'sub 3' target without the encouragement and advice that many of you have provided to me on my marathon journey.

It's always difficult to single people out, but I must pass on my gratitude to Coach Steve for the excellent training schedules, and advice on race and pacing strategy. Also, the 'Sunday Long Run' group for the organised long runs, company and jovial banter on many a cold, damp or icy Sunday morning.
....Thanks also to Mother Nature for a very cool day in late April to run the marathon.
Stats:
Finish Time: 2:51:57
1st Half: 1:25:37
2nd Half: 1:26:20 (not quite an even split race).

London Marathon 2015

Claire Steward writes: Following a miserable time nursing a tendon injury from November 2013, I resumed ParkRuns in April last year, did my first 10-miler in September and managed to build up to a couple of half marathons, two extremely slow 20-mile training runs, and one long off-road run three weeks ago.

Finding myself awaiting the start of my eleventh London marathon felt rather surreal, as if it were happening to someone else. I was freezing cold despite a fleece (discarded just I set off) and a windproof jacket, which I bravely took off and tied round my waist after about 3 miles. I had been thinking that I should be able to get round in under four hours, secretly hoping for 3:45, but at the same time still wondering how on earth I was actually going to manage 26 miles.

However, once I started, I just had to get on with it, and gradually got into the swing of things, soaking up the atmosphere and spotting friends amongst the crowds. I was ticking along nicely until around mile 23 when I started to get cramping and had to stop several times to stretch my legs with the crowds voicing concern, urging me on, and cheering as I managed to shuffle off for another kilometre or so. As a 3:45 pacer passed, I watched him pulling away with his band of followers, and after clocking 10 mins for the final mile I was delighted it was all over, but I do have a good-forage time in case I decide I want to do it all over again next year.

Virgin Money London Marathon

As I write this Barrie is probably hobbling around the set of 'Snow White and the Huntsman' at Pinewood Studios. It's feast or famine in the acting business so he was really pleased to get a good chunk of work on this Disney blockbuster but less pleased when he heard the first four days of filming were right after the marathon. It was a very sore 6 a.m. start this morning. I am just hoping he doesn't have to a) walk b) walk fast c) go up stairs d) go down stairs or e) even worse, run as part of his role!

Barrie ran his fifth consecutive London marathon on Sunday and fittingly it was 20 years since his first one. Whist most runners were probably happy with the cooler weather Barrie was hoping for slightly more clement conditions and sunshine, but he soon warmed up when he got going. As ever he loved the atmosphere on this great course and the camaraderie with the other runners. He tucked himself behind the sub-four hour pacer and looked very comfortable as he came across Tower Bridge. This continued with Barrie determinedly focussing on the blue sub-four hour flag and matching the pacer for stride for stride.

It was then a real psychological blow when the pacer said he needed to drop out at 22 miles with a knee niggle. Barrie in no way blamed him and was extremely grateful for his support until then, but it really came at the toughest part of the race. He tried to lift himself and continue the same pace but sadly lost focus and drifted away from that elusive sub-four. He consoled himself with the fact that he might not have gone sub-four anyway and he was a touch quicker than last year. Indeed he has improved year on year for the last five marathons. However he was left to rue 'what might have been'.

From a spectator's point of view the marathon continued to dish up a real spectacle. I arrived on Tower Bridge relatively early to see all races and, of course, Princess Paula who seemed to glow with happiness to be running London again. The crowds were relatively sparse early on but soon swelled to the now traditional voluminous hoards. Only a megaphone would have made my cheers for DRs audible so I hope my increasingly hoarse 'Go on Dulwich' spurred a few of you on. Well done to all and great to see some notable personal goals achieved as well as some of you making it to the start line against all expectations.

Stop press: Just heard as part of the action on set Barrie has had to run upstairs! Ouch! The Director said to him 'Lose the limp Barrie!!'
Barrie John Nicholls
4:07:21
Lindsey Annable

Marathon report.

This was my 20th London marathon, my first dating back to 1989. Training was going OK until March, when I had two colds and upper leg injuries. On race day I had just a knee twinge but was short of stamina training.

My aim was to finish within 3.40 and I set off steadily at just over 8 minute miles, being passed by Gideon, Laura Long and Ange, until the faster downhill third mile. From there on I found it easy to run slightly faster and went through halfway in just over 1.41.

As I should have anticipated, by 18 miles my upper legs were stiffening and pace gradually fading. At 21 I was thinking of walking but the DR and general crowd support kept me going past the Tower and Lower Thames Street. It was too noisy to stop in the Blackfriars tunnel but I did finally walk briskly for a minute up the slope out in the daylight to the embankment.

This enabled me to recover some energy and I interspersed jog two+ minutes/walk one through to 800m to go and was pleased to run round to see the finish clock coming up to 3.34.

Andy Murray

Virgin Mini Marathon,

Katie improved on her time from last year with a pb.
11th in the borough challenge

Callum (aged 11) running his first mini marathon as an U15 instead of U13.
If he was running an U13 he would have been quite high up.

Katie Balme U15 18.27
Callum Balme (U15), 17.34 48th out of 224. He was the third scorer for Lambeth (11th out of 33 team)

London Mini Marathon

U17M
This is one of my favourite races of the year because of the iconic finish on the Mall after running the last 3 miles of the marathon course. I was one of the younger ones in my age group, but was pleased with my time which roughly converts to a 5k PB.

51 Lewis Laylee 16:49

Virgin London mini-marathon

3 miles
Preparation not ideal with a DofE camp overnight and hike the day before, so a reasonable run. Formed part of the Bromley winning team who won the London Champs against the 32 other boroughs. Bromley in fact won 4 of the 6 age categories on offer. The U15 Boys race probably one of the most competitive races with the winner an unknown who was 101st in the recent National XC..

Oscar Hussey 17.36

51st in London Champs (224 ran)
111st overall (287 ran)

Antwerp 10 miles, 26 April

So, you thought you were either participating in or else watching the biggest race in Europe last Sunday then?

Well, to be honest, you were – the biggest in the world, of course, on the day. But it wasn't by anything like as much as you might think. Let me enlighten you.

Just when practically all of you must have made it to the pub I was warming up – yes, they love their mid-afternoon starts here in Flanders and Holland - for this 10 mile race with over 25,000 others, so many of us that we had to be set off in 3 waves at 30 minute intervals. It was the 30th anniversary of the event, and so probably a bit bigger than usual on that account, but team mates of mine from the Commission club who have run it previously confirm that it's always been huge. There were kids races and a further 2500 competitors in a marathon staged in the morning too.

As you might expect it was pretty flat and the drop in temperatures by the weekend, here as in the UK, made for good conditions. Even better, despite taking a couple of minutes to reach the start line, once I was over the mat there was plenty of space to run into so the chip time below is very fair. Drawbacks were that the passages through the city centre, beautiful as they were and with great crowds, had the usual Flemish cobbles and tram tracks to watch out for. It also crossed the River Scheldt a few times, latterly through a 1.8 km(!) tunnel which was bad enough at that stage going down but sheer murder coming up again. Not steep just long, long, long, vaguely reminiscent of the delightful run that many of us did in Garda last October but in a different league altogether.

I was pretty desperate by the time I got out of that but once the garmin had recovered I could see I only had about 600 metres to go and soon I was satisfied both with knocking about a minute off my Sidcup time and with the understated, but rather stylish, medal hanging around my neck. I'm going to have to psych myself up to continue for a further 4k when the final day of next month arrives, though, and it's time, once again, for the Brussels 20k.

4825Mike Dodds 78:42 24,673 finishers

Serpentine 5k, Friday 24th April

Two days before a slightly bigger event, eleven non-marathon-running Dulwich Runners turned out for the latest last-Friday-of-the-month 5k in Hyde Park. I know you'll be wanting to skip through this report quickly to get to the long distance heroics so I'll make this short. Especially as it's nearly midnight and I'm getting up early.....

Still searching for a sub-17 on this course, I came in with 17:06 for the second time, to go with the 17:05 and 17:09 recordings from other previous attempts. Stuck-in-a-groove just doesn't cover it. Paul was next with a good 17:37, very similar to last month; he's getting decently fit around his new-dad limitations (as Dirty Harry said, 'A man's gotta know his limitations'). As for Tim Bowen – another blinding run in his debut open 5k, knocking 22 seconds from his best at the Dulwich parkrun; I think there will more impressive outings from him this summer. Ian continued his comeback from injury and recent non-running holiday (those little islands in the Maldives are only as big as your front room, lapping them would get tedious) with another improvement, hitting his hoped-for pace of 6mins/mile.

Rob is also on the comeback trail and made a big step-up here from his early season parkruns; he's now within a minute of his best form. Steve Williams posted another 20 minute clocking and is currently struggling to regain his old form but is yet to recover properly from a dislocated shoulder. Nick was slightly off-colour today too, slipping about half a minute from recent parkrun form. Ros was her usual consistent self, similar to her best recent 5k form, and I could write exactly the same sentence for Graham, but won't as I don't want to repeat myself. Katie had a great run, turning in her best shorter distance performance for two years, while Lindsey is another one for consistency, matching to the second her best parkrun this year from only last week.

7	Tony Tuohy	17:06	1M50
13	Paul Devine	17:37	
20	Tim Bowen	18:00	PB
33	Ian Lilley	18:41	
38	Rob Cope	19:00	
73	Steve Williams	20:07	
80	Nick Brown	20:38	
104	Ros Tabor	21:42	1W65
108	Graham Laylee	21:54	
153	Katie Styles	23:14	
172	Lindsey Annable	23:53	

270 finishers

parkrun

April 25th

Banstead Woods

164 ran

Pos	Gen		
2	2	Tony Tuohy	17:42

Brockwell

260 ran

Pos	Gen		
32	2	Nicola Richmond	20:41
39	37	Michael Mann	21:04
58	55	Cameron Timmis	22:04
89	9	Lucy Clapp	23:16

Bromley

428 ran

Pos	Gen		
262	212	Peter Jackson	28:03

Burgess

143 ran

Pos	Gen		
24	2	Ros Tabor	21:48
27	24	Graham Laylee	22:00

Crystal Palace

157 ran

Pos	Gen		
5	5	Andy Cottrill	19:55
31	3	Yvette Dore	22:34
34	31	Bob Bell	22:47
43	5	Belinda Cottrill	23:22

Dulwich

172 ran

Pos	Gen		
6	6	Alex Elms	17:51
16	16	Simon Burnett	18:59
33	31	John Fletcher	20:15
65	56	Stephen Smythe	23:18
84	68	Mick Mead	24:36
99	78	Ameet Patel	25:39
115	24	Claire Steward	26:39
130	35	Stephanie Burchill	27:45

Hastings

105 ran

Pos	Gen		
5	4	Nicholas Brown	20:27

Hilly Fields

145 ran

Pos	Gen		
15	14	Gary Sullivan	21:04

Newark

163 ran

Pos	Gen		
19	19	Martin Morley	22:49

Orpington

143 ran

Pos	Gen		
5	5	Duncan Hussey	20:10
55	45	Colin Frith	26:36

Peckham Rye

117 ran

Pos	Gen		
13	13	Kevin Chadwick	20:55
22	2	Michelle Lennon	22:33
55	10	Eleanor Allan	25:45

Southwark

135 ran

Pos	Gen		
119	44	Susan Vernon	30:37

York

452 ran

Pos	Gen		
90	85	Ian Sesnan	22:07

New members especially ! and others....

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

Day	Track / Location	Event	Host	Website
April				
Sun 12	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Wed 29	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
May				
Mon 4	Tooting	Open	HHH	www.hernehillharriers.org
Mon 4	Mile End	Open	Just Timing	http://justiming-live.co.uk/mile-end2015.html
Tues 5	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Mon 11	Battersea Pk	SCVAC		
Wed 13	Battersea Pk	Rosenheim	Belgrave	
Wed 13	Brighton	Open BMC	Brighton Phoenix	www.brightonphoenix.org.uk
Sat 16	Parliament Hill 10,000	Open Night of the PBs	Highgate Harriers	www.highgateharriers.org.uk
Mon 18	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Sat 23/Sun 24	Kent County Champs	Open	Ashford	http://www.kcaa.org.uk/fixtures.htm
Wed 27	Croydon	Rosenheim	Croydon Harriers	www.croydonharriers.co.uk
Wed 27	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Sat 30	Mile End	SML	VP & TV	
June				
Mon 1	Mile End	Open	Just Timing	http://justiming-live.co.uk/mile-end2015.html
Tues 2	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Wed 3	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Sun 7	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Mon 8	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Mon 8	Hillingdon	SCVAC		
Wed 10	Wimbledon	Rosenheim	Hercules Wimbledon	www.herculeswimbledonac.org.uk
Sat 20	Tooting	SML	HHH	
Mon 22	Battersea Park	SCVAC		
Wed 24	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
July				
Wed 1	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Wed 1	Battersea Pk	Rosenheim		
Sat 4	Tooting	SML	HHH	
Mon 6	Mile End	Open	Just Timing	http://justiming-live.co.uk/mile-end2015.html
Tues 7	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Sun 12	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Mon 13	Perivale	SCVAC		
Mon 20	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Wed 22	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Wed 22	Tooting	Rosenheim	HHH	www.hernehillharriers.org
Sat 25	Tooting	Open	HHH	www.hernehillharriers.org
Sat 25/Sun 26	Birmingham	British Masters		
August				
Sat 1	Eton	SML Final		
Mon 3	Mile End	Open	Just Timing	www.justiming.co.uk
Tues 4	Tonbridge	Open	Tonbridge AC	www.tonbridgeac.co.uk
Mon 10	Norman Pk, Bromley	Open	Blackheath & Bromley	www.bandbhac.org.uk
Wed 12	Kingsmeadow	Rosenheim Final		
Wed 19	Kidbrooke	Open BMC	Cambridge Harriers	www.cambridgeharriers.org.uk
Wed 26	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html
Sat 29	Tooting	Open	HHH	www.hernehillharriers.org
September				
Sun 5	Gillingham	Open	Medway & Maidstone	www.mandmac.org
Sun 6	Ashford	SCVAC Final		
Wed 9	Parliament Hill	Open	Highgate Harriers	www.highgateharriers.org.uk
Sat 12/Sun 13	Erith	Kent Masters Champs		http://www.kcaa.org.uk/fixtures.htm
Wed 16	Ashford	Open	Just Timing	http://justiming-live.co.uk/ashford2015.html

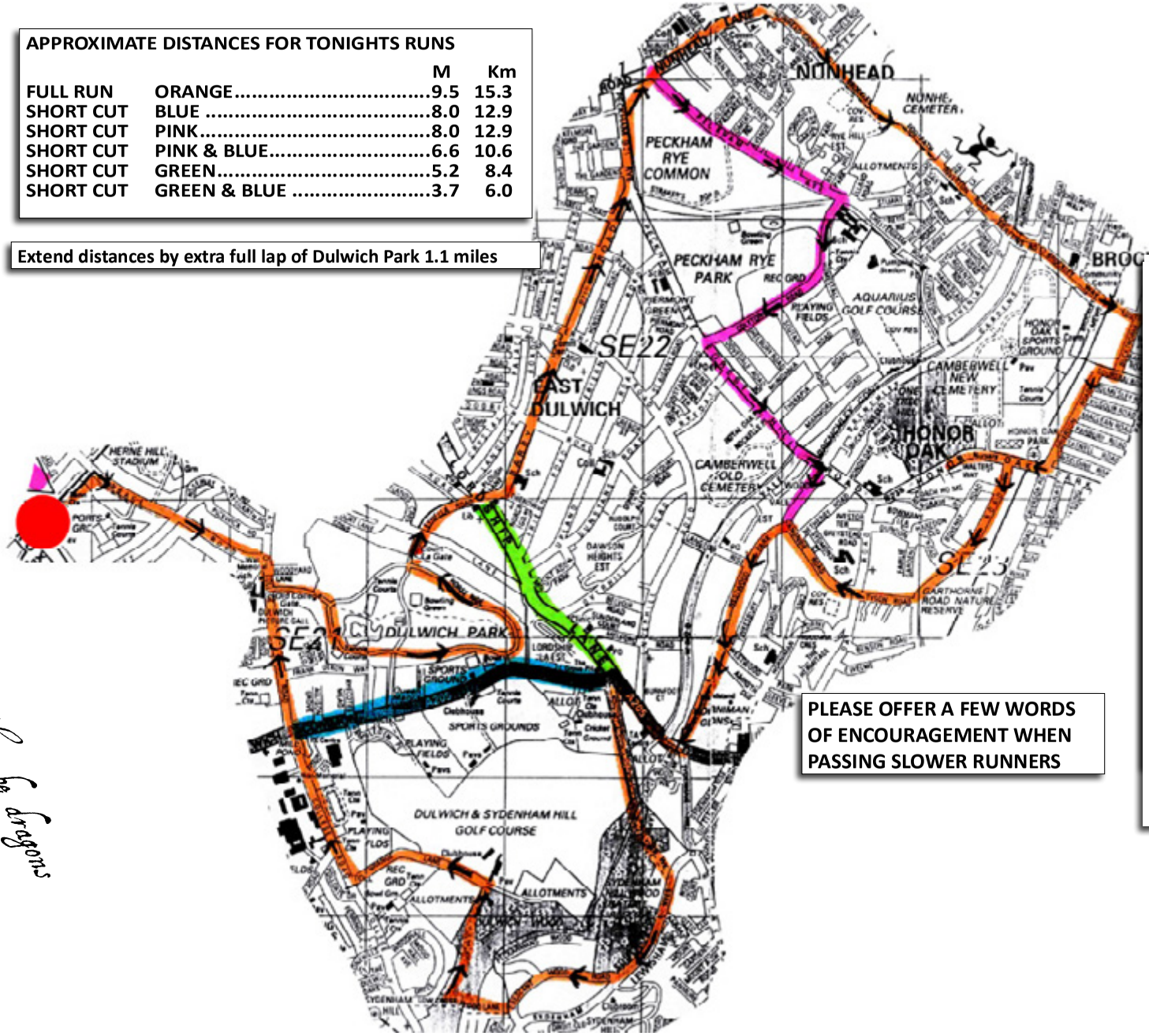
DULWICH RUNNERS AC S17

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

APPROXIMATE DISTANCES FOR TONIGHTS RUNS

		M	Km
FULL RUN	ORANGE	9.5	15.3
SHORT CUT	BLUE	8.0	12.9
SHORT CUT	PINK	8.0	12.9
SHORT CUT	PINK & BLUE	6.6	10.6
SHORT CUT	GREEN	5.2	8.4
SHORT CUT	GREEN & BLUE	3.7	6.0

Extend distances by extra full lap of Dulwich Park 1.1 miles



Here be dragons

PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT WHEN PASSING SLOWER RUNNERS